

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4999	1	Jessica Gibbon	00:29:00	Reading AC	16.55	03:38
5019	2	Eleanor Bolton	00:29:08	Ribble Valley Harriers	16.48	03:38
4710	3	Bronwen Owen	00:29:23	Leeds City Athletic Club	16.34	03:40
5057	4	Georgia Taylor-Brown	00:29:43	Sale Harriers Manchester	16.15	03:43
4009	5	Niamh Brown	00:30:06	Aldershot Farnham & District	15.95	03:46
5007	6	Kirsty Walker	00:30:08	Reading AC	15.93	03:46
5457	7	Sophie Tarver	00:30:09	Wirral AC	15.92	03:46
4767	8	Beth Hawling	00:30:09	London Heathside	15.92	03:46
4711	9	Jennifer Walsh	00:30:09	Leeds City Athletic Club	15.92	03:46
4843	10	Philippa Stone	00:30:23	Middlesbrough Athletic Club (mandale)	15.8	03:48
4018	11	Nancy Scott	00:30:28	Aldershot Farnham & District	15.75	03:49
4321	12	Julie Emmerson	00:30:32	Coventry Godiva Harriers	15.72	03:49
4078	13	Sarah Astin	00:30:45	Belgrave Harriers	15.61	03:51
4019	14	Louise Small	00:30:48	Aldershot Farnham & District	15.58	03:51
4109	15	Anne Kenchington	00:30:50	Birmingham Running Athletics & Triathlon Club (BRA	15.57	03:51
4113	16	Niamh Bridson-Hubbard	00:30:56	Blackheath & Bromley Harriers AC	15.52	03:52
4199	17	Holly Dixon	00:30:58	Cambridge Harriers	15.5	03:52
4325	18	Sian Rainsley	00:31:02	Coventry Godiva Harriers	15.47	03:53
5262	19	Lucy Reid	00:31:05	Tonbridge Ac	15.44	03:53
4708	20	Georgia Malir	00:31:13	Leeds City Athletic Club	15.38	03:54
5332	21	Amelia Pettitt	00:31:13	Vale Royal Ac	15.38	03:54
4707	22	Rhianne Hughes	00:31:15	Leeds City Athletic Club	15.36	03:54
4615	23	Hannah Viner	00:31:16	Highgate Harriers	15.35	03:55
4232	24	Juliet Potter	00:31:17	Charnwood A C	15.34	03:55
5084	25	Naomi Taschimowitz	00:31:30	Shaftesbury Barnet Harriers	15.24	03:56
4053	26	Kate Estlea	00:31:33	Basingstoke & Mid Hants AC	15.21	03:57
4258	27	Mabel Beckett	00:31:44	City Of Norwich AC	15.13	03:58
4514	28	Suzannah Monk	00:31:46	Guildford & Godalming AC	15.11	03:58
4259	29	Iona Lake	00:31:49	City Of Norwich AC	15.09	03:59
5220	30	Bethanie Murray	00:31:53	Thames Hare & Hounds	15.05	03:59
4014	31	Lauren Hall	00:31:59	Aldershot Farnham & District	15.01	04:00
4105	32	Lillian Partridge	00:32:02	Birchfield Harriers	14.98	04:00
4507	33	Carolyn Baxter	00:32:04	Guildford & Godalming AC	14.97	04:00
5110	34	Lillian Hawkins	00:32:06	Southampton Athletic Club	14.95	04:01
4158	35	Elena Carey	00:32:09	Bracknell AC	14.93	04:01
5329	36	Abigail Howarth	00:32:11	Vale Royal Ac	14.91	04:01
4107	37	Molly Browne	00:32:17	Birmingham Running Athletics & Triathlon Club (BRA	14.87	04:02
4260	38	Emily Ruane	00:32:18	City Of Norwich AC	14.86	04:02
5256	39	Lauren Major	00:32:19	Tonbridge Ac	14.85	04:02
4114	40	Andrea Clement	00:32:23	Blackheath & Bromley Harriers AC	14.82	04:03
4550	41	Eileen Beach	00:32:28	Hastings AC	14.78	04:04
4243	42	Beth Garland	00:32:28	Chichester Runners & AC	14.78	04:04
5405	43	Floren Scrafton	00:32:29	Westbury Harriers	14.78	04:04
4168	44	Chelsea Creak	00:32:32	Bristol and West AC	14.75	04:04
5254	45	Verity Hopkins	00:32:32	Tonbridge Ac	14.75	04:04
4783	46	Brogan Wallace	00:32:34	London Heathside	14.74	04:04
4051	47	Charlotte Chalwin	00:32:35	Basingstoke & Mid Hants AC	14.73	04:04
4629	48	Julia Jagger	00:32:40	Holmfirth Harriers AC	14.69	04:05
5326	49	Naomi Kingston	00:32:42	University of Sheffield Union of Students	14.68	04:05
4528	50	Charlotte Slack	00:32:47	Hallamshire Harriers Sheffield	14.64	04:06
4008	51	Katrina Brown	00:32:48	Aldershot Farnham & District	14.63	04:06
4424	52	Naomi Lenane	00:32:49	Epsom & Ewell Harriers	14.63	04:06
4633	53	Annabel Morton	00:32:51	Horsham Blue Star Harriers	14.61	04:06
4081	54	Rachel Brown	00:32:58	Belgrave Harriers	14.56	04:07
4760	55	Rebecca Bunting	00:33:00	London Heathside	14.55	04:08
4626	56	Erica Byram	00:33:03	Holmfirth Harriers AC	14.52	04:08
4769	57	Josie Hinton	00:33:06	London Heathside	14.5	04:08
4235	58	Hannah Seager	00:33:07	Charnwood A C	14.49	04:08
4093	59	Victoria Hiscock	00:33:12	Benfleet RC	14.46	04:09
4763	60	Evangelista Divetain	00:33:13	London Heathside	14.45	04:09
4163	61	Tara Bage	00:33:14	Brighton Phoenix	14.44	04:09
5330	62	Kate Moulds	00:33:15	Vale Royal Ac	14.44	04:09
4206	63	Megan Marchant	00:33:20	Cambridge Harriers	14.4	04:10
4691	64	Katie Rowland	00:33:24	Kent AC	14.37	04:11
4531	65	Harriet Wingfield	00:33:28	Hallamshire Harriers Sheffield	14.34	04:11
5109	66	Natalie Griffiths	00:33:30	Southampton Athletic Club	14.33	04:11
4086	67	Olivia Papaioannou	00:33:37	Belgrave Harriers	14.28	04:12
5062	68	Alice Wright	00:33:39	Sale Harriers Manchester	14.26	04:12
4089	69	Grace Richardson	00:33:40	Belgrave Harriers	14.26	04:12
4684	70	Sarah Hanley	00:33:41	Kent AC	14.25	04:13
4865	71	Rebecca Gallop	00:33:42	Newark Ac	14.24	04:13
4527	72	Eve Pannone	00:33:43	Hallamshire Harriers Sheffield	14.24	04:13
5265	73	Lucy Thompson	00:33:45	Tonbridge Ac	14.22	04:13
4926	74	Alexandra Bettez	00:33:48	Oxford University AC	14.2	04:13

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4757	75	Annie Arnold	00:33:48	London Heathside	14.2	04:13
4728	76	Natalie Burns	00:33:54	Lincoln Wellington Athletic Club	14.16	04:14
4169	77	Katrina Entwistle	00:33:54	Bristol and West AC	14.16	04:14
5040	78	Elizabeth Leason	00:33:58	Runnymede Runners	14.13	04:15
4480	79	Paula Rutherford	00:34:04	Ful-On Tri Club	14.09	04:16
5030	80	Mya Taylor	00:34:06	Rotherham Harriers And Ac	14.08	04:16
4669	81	Alexandra Sneddon	00:34:07	Jarrow & Hebburn AC	14.07	04:16
4011	82	Laura Gent	00:34:09	Aldershot Farnham & District	14.06	04:16
5226	83	Emily Dudgeon	00:34:09	Thames Valley Harriers	14.06	04:16
5158	84	Caroline Brock	00:34:13	Steel City Striders Rc	14.03	04:17
5215	85	Helene Greenwood	00:34:15	Thames Hare & Hounds	14.01	04:17
5051	86	Juliet Downs	00:34:16	Sale Harriers Manchester	14.01	04:17
5112	87	Sarah Winstone	00:34:16	Southampton Athletic Club	14.01	04:17
4762	88	Olivia Desborough	00:34:20	London Heathside	13.98	04:18
4173	89	Catie O'Donoghue	00:34:24	Bristol and West AC	13.95	04:18
5076	90	Natasha Sheel	00:34:25	Serpentine RC	13.95	04:18
5209	91	Serena Carter	00:34:28	Thames Hare & Hounds	13.93	04:19
4050	92	Emily Smith	00:34:29	Barrow Runners	13.92	04:19
4085	93	Ella-may Hards	00:34:30	Belgrave Harriers	13.91	04:19
4934	94	Sarah Caskey	00:34:31	Peterborough & Nene Valley AC	13.91	04:19
4529	95	Nicola Squires	00:34:32	Hallamshire Harriers Sheffield	13.9	04:19
4833	96	Lara Bromilow	00:34:35	Marshall Milton Keynes AC	13.88	04:19
4925	97	Rebecca Frake	00:34:35	Oxford City AC	13.88	04:19
4631	98	Ruby Sykes	00:34:35	Holmfirth Harriers AC	13.88	04:19
4194	99	Lara Atkinson	00:34:37	Cambridge Harriers	13.87	04:20
4176	100	Hannah Pollak	00:34:40	Bristol and West AC	13.85	04:20
5284	101	Emily Jeanes	00:34:40	Trent Park Running Club	13.85	04:20
5267	102	Harriet Woolley	00:34:41	Tonbridge Ac	13.84	04:20
5467	103	Ana Montgomery	00:34:42	Wycombe Phoenix Harriers & Ac	13.83	04:20
4917	104	Emily Negus	00:34:42	Nuneaton Harriers	13.83	04:20
5266	105	Alice Wood	00:34:43	Tonbridge Ac	13.83	04:20
5166	106	Christine Lathwell	00:34:44	Stopsley Striders	13.82	04:20
5473	107	Josie Rawes	00:34:44	York Knavesmire Harriers	13.82	04:20
4594	108	Natasha Lodge	00:34:45	Herne Hill Harriers	13.81	04:21
5243	109	Amie Williams	00:34:46	Tipton Harriers	13.81	04:21
4020	110	Emma Stevens	00:34:49	Aldershot Farnham & District	13.79	04:21
4884	111	Emma Rowley	00:34:51	Newquay Road Runners	13.77	04:21
5216	112	Claire Hammett	00:34:52	Thames Hare & Hounds	13.77	04:22
4583	113	Katie Balme	00:34:53	Herne Hill Harriers	13.76	04:22
5397	114	Kate Titlow	00:34:55	West Cheshire Athletic Club	13.75	04:22
4935	115	Chloe Finlay	00:34:58	Peterborough & Nene Valley AC	13.73	04:22
4909	116	Naomi Elliott	00:34:59	Notts AC	13.72	04:22
4136	117	Caitlin Peers	00:34:59	Bournemouth Ac	13.72	04:22
5280	118	Cyn Cano	00:35:00	Trent Park Running Club	13.71	04:23
5228	119	Lara Sterritt	00:35:00	Thames Valley Harriers	13.71	04:23
4276	120	Eleanor Curran	00:35:01	City Of Sheffield And Dearne Ac	13.71	04:23
4995	121	Suzu Whatmough	00:35:02	Ranelagh Harriers	13.7	04:23
5224	122	Chloe Baker	00:35:03	Thames Valley Harriers	13.69	04:23
4077	123	Samantha Amend	00:35:04	Belgrave Harriers	13.69	04:23
4180	124	Tamara Freeman	00:35:05	Bromsgrove and Redditch	13.68	04:23
5275	125	Vicki Cronin	00:35:06	Trafford Athletic Club	13.68	04:23
4092	126	Flora Whyte	00:35:07	Belgrave Harriers	13.67	04:23
4076	127	Lea Adamson	00:35:07	Belgrave Harriers	13.67	04:23
4063	128	Josie Smith	00:35:11	Bedford & County AC	13.64	04:24
4108	129	Flora Johnson	00:35:13	Birmingham Running Athletics & Triathlon Club (BRA	13.63	04:24
4118	130	Amy Leach	00:35:16	Blackheath & Bromley Harriers AC	13.61	04:24
4734	131	India Elliott	00:35:16	Liverpool Harriers & AC	13.61	04:24
4593	132	Grace Leyland	00:35:17	Herne Hill Harriers	13.6	04:25
5231	133	Sophie Biggs	00:35:18	The Stragglers Running Club	13.6	04:25
5427	134	Lucy Elliott	00:35:19	Winchester & District AC	13.59	04:25
4553	135	Ginte Bailey	00:35:19	Havering AC	13.59	04:25
5458	136	Katie Hopkins	00:35:20	Woking AC	13.58	04:25
4383	137	Clare Elms	00:35:20	Dulwich Runners AC	13.58	04:25
4736	138	Jade Morgan	00:35:21	Liverpool Harriers & AC	13.58	04:25
4933	139	Tilly Woods	00:35:22	Oxford University AC	13.57	04:25
4487	140	Kim Simpson	00:35:23	Gateshead Harriers & AC	13.57	04:25
4877	141	Rebecca Twardochleb	00:35:24	Newcastle Staffs Ac	13.56	04:26
4915	142	Katherine Hodgson	00:35:25	Nuneaton Harriers	13.55	04:26
4167	143	Naomi Aylwin	00:35:27	Bristol and West AC	13.54	04:26
4079	144	Natalie Beadle	00:35:27	Belgrave Harriers	13.54	04:26
4679	145	Jennifer Berg	00:35:27	Kent AC	13.54	04:26
4614	146	Karina Thornton	00:35:28	Highgate Harriers	13.53	04:26
5004	147	Katie Rodda	00:35:28	Reading AC	13.53	04:26
4091	148	Alix Vermeulen	00:35:31	Belgrave Harriers	13.51	04:26

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4690	149	Alexa Parker	00:35:33	Kent AC	13.5	04:27
4236	150	Ella Taylor	00:35:33	Charnwood A C	13.5	04:27
4128	151	Rhiannon Douglas	00:35:34	Border Harriers & Ac	13.5	04:27
4116	152	Carole Coulon	00:35:34	Blackheath & Bromley Harriers AC	13.5	04:27
4170	153	Elaina Gard	00:35:36	Bristol and West AC	13.48	04:27
5086	154	Ellen Joanna McLeod	00:35:38	Sheffield RC	13.47	04:27
4475	155	Leah Walland	00:35:39	Fulham Running Club	13.46	04:27
4195	156	Julie Backley	00:35:40	Cambridge Harriers	13.46	04:28
4151	157	Eleanor Pitcher	00:35:42	Bournville Harriers	13.45	04:28
5018	158	Eloise Bull	00:35:45	Reigate Priory AC	13.43	04:28
5083	159	Charlene Jacobs-Conradie	00:35:53	Shaftesbury Barnet Harriers	13.38	04:29
5037	160	Josephine Edmunds	00:35:53	Royston Runners	13.38	04:29
4327	161	Amelia Starling	00:35:53	Coventry Godiva Harriers	13.38	04:29
5185	162	Jessica Fox	00:35:55	Sunderland Harriers & AC	13.36	04:29
4562	163	Leonie Glasson	00:36:00	Headington RR	13.33	04:30
5039	164	Tilly Lea	00:36:03	Rugby & Northampton Ac	13.31	04:30
4433	165	Eleanor George	00:36:04	Eton Manor AC	13.31	04:31
4296	166	Bonnie Murphy	00:36:06	Clapham Chasers	13.3	04:31
5068	167	Victoria Crawford	00:36:07	Serpentine RC	13.29	04:31
5452	168	Isabelle Rayner	00:36:08	Windsor Slough Eton & Hounslow AC	13.28	04:31
5430	169	Jane Gandee	00:36:09	Winchester & District AC	13.28	04:31
4189	170	Belinda Dow	00:36:11	Cambridge & Coleridge AC	13.27	04:31
5385	171	Laura James	00:36:13	Wells City Harriers	13.25	04:32
5297	172	Deborah Thomas	00:36:15	Trentham Rc	13.24	04:32
4620	173	Hannah Wells	00:36:15	Hillingdon AC	13.24	04:32
4266	174	Katie Simister	00:36:16	City Of Portsmouth AC	13.24	04:32
5042	175	Alex Gandee	00:36:17	Rushcliffe Ac	13.23	04:32
4366	176	Hannah Morris	00:36:18	Dorking & Mole Valley AC	13.22	04:32
4829	177	Laura Dickinson	00:36:18	Manx Harriers	13.22	04:32
5063	178	Amelia Beaman	00:36:22	Salford Harriers & Ac	13.2	04:33
4883	179	Alison Roose	00:36:23	Newquay Road Runners	13.19	04:33
4775	180	Ciera Kennedy	00:36:24	London Heathside	13.19	04:33
4333	181	Madeleine Armstrong-Plieth	00:36:25	Croydon Harriers	13.18	04:33
4083	182	Sarah Dewhirst	00:36:25	Belgrave Harriers	13.18	04:33
5279	183	Kat Alpe	00:36:26	Trent Park Running Club	13.17	04:33
4038	184	Holly Newman	00:36:26	Avon Valley Runners	13.17	04:33
4130	185	Clare McKeown	00:36:27	Border Harriers & Ac	13.17	04:33
5260	186	Polly Pitcairn-Knowles	00:36:28	Tonbridge Ac	13.16	04:34
4237	187	Rachel Broome	00:36:29	Chelmsford Ac	13.16	04:34
5468	188	Jenny Roberts	00:36:31	Wycombe Phoenix Harriers & Ac	13.14	04:34
5438	189	Eleanor Swire	00:36:32	Winchester & District AC	13.14	04:34
4616	190	Emily Young	00:36:33	Highgate Harriers	13.13	04:34
4737	191	Abbie Oliver	00:36:34	Liverpool Harriers & AC	13.13	04:34
5082	192	Elana Dimmer	00:36:36	Shaftesbury Barnet Harriers	13.11	04:34
5111	193	Lucy Short	00:36:37	Southampton Athletic Club	13.11	04:35
5255	194	Sasha Humphries	00:36:38	Tonbridge Ac	13.1	04:35
4263	195	Emma Jolley	00:36:38	City Of Portsmouth AC	13.1	04:35
5413	196	Mattie Edwards	00:36:40	Wilmslow Striders	13.09	04:35
5010	197	Hannah Green	00:36:40	Reading Roadrunners	13.09	04:35
4990	198	Cecily Day	00:36:41	Ranelagh Harriers	13.08	04:35
5462	199	Bethany Tabor	00:36:41	Wolverhampton & Bilston	13.08	04:35
4233	200	Aimee Seager	00:36:41	Charnwood A C	13.08	04:35
4782	201	Shannon Sinclair	00:36:42	London Heathside	13.08	04:35
5121	202	Jenna Williams	00:36:43	Southend On Sea Ac	13.07	04:35
5203	203	Claire Altmann	00:36:45	Thames Hare & Hounds	13.06	04:36
5229	204	Rosie Vallance	00:36:46	Thames Valley Harriers	13.06	04:36
4209	205	Katie Sanders	00:36:47	Cambridge Harriers	13.05	04:36
5320	206	Kathryn Stevenson	00:36:47	Tyne Bridge Harriers	13.05	04:36
5070	207	Megan Hunt	00:36:49	Serpentine RC	13.04	04:36
4927	208	Julia Burdulis	00:36:50	Oxford University AC	13.03	04:36
4082	209	Mimi Corden-Lloyd	00:36:52	Belgrave Harriers	13.02	04:36
5242	210	Bethany Walker	00:36:53	Tipton Harriers	13.01	04:37
5444	211	Sophie Roberts	00:36:53	Windrush Triathlon Club	13.01	04:37
4062	212	Lauren Nichols	00:36:59	Bedford & County AC	12.98	04:37
5247	213	Chloe Bird	00:37:00	Tonbridge Ac	12.97	04:37
4640	214	Ieva Klavina	00:37:01	Huntingdonshire AC	12.97	04:38
4837	215	Emily Hale	00:37:03	Medway And Maidstone Ac	12.96	04:38
4294	216	Rosemary Hurford	00:37:04	Clapham Chasers	12.95	04:38
4464	217	Hannah Farrow	00:37:04	Fulham Running Club	12.95	04:38
4688	218	Teresa Murphy	00:37:05	Kent AC	12.94	04:38
5333	219	Clara Pettitt	00:37:05	Vale Royal Ac	12.94	04:38
5282	220	Anja Greenwood	00:37:06	Trent Park Running Club	12.94	04:38
5420	221	Helen Rountree	00:37:06	Wimbledon Windmilers	12.94	04:38
4471	222	Sophie McKeeman	00:37:07	Fulham Running Club	12.93	04:38

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4177	223	Lucy Tothill	00:37:07	Bristol and West AC	12.93	04:38
4826	224	Charlotte Johnston	00:37:09	Maidstone Harriers	12.92	04:39
5261	225	Alice Ralph	00:37:09	Tonbridge Ac	12.92	04:39
4278	226	Mandy Vernon	00:37:09	City Of Stoke Ac	12.92	04:39
4785	227	Genevieve Weston	00:37:11	London Heathside	12.91	04:39
4022	228	Sophie Vallis	00:37:13	Aldershot Farnham & District	12.9	04:39
4521	229	Catherine Allen	00:37:14	Hallamshire Harriers Sheffield	12.89	04:39
4388	230	Rebecca Schulleri	00:37:14	Dulwich Runners AC	12.89	04:39
5178	231	Kelley Haniver	00:37:18	Stubbington Green Runners	12.87	04:40
4368	232	Heather Paterson	00:37:19	Dorking & Mole Valley AC	12.86	04:40
5137	233	Hannah Burkhardt	00:37:21	St Albans Striders	12.85	04:40
4726	234	Johanna Sharples	00:37:21	Leighton Buzzard Athletic Club	12.85	04:40
4556	235	Robyn Matson	00:37:25	Havering AC	12.83	04:41
4039	236	Jacqueline Rockliffe	00:37:25	Avon Valley Runners	12.83	04:41
5150	237	Hannah Rayden	00:37:25	St Albans Striders	12.83	04:41
5113	238	Katherine Fry	00:37:28	Southampton University Athletics & Cross Country C	12.81	04:41
5290	239	Jayne Dickens	00:37:28	Trentham Rc	12.81	04:41
5101	240	Alice Germana	00:37:30	South London Harriers	12.8	04:41
5205	241	Chloe Beckett	00:37:33	Thames Hare & Hounds	12.78	04:42
5308	242	Cathy Gill	00:37:34	Tunbridge Wells Harriers	12.78	04:42
5422	243	Araminta Stubbs	00:37:35	Wimborne AC	12.77	04:42
5118	244	Hayley Lamkin	00:37:36	Southend On Sea Ac	12.77	04:42
5475	245	Karen Tostee	00:37:36	York Knavesmire Harriers	12.77	04:42
4875	246	Grace Ranford	00:37:38	Newcastle Staffs Ac	12.75	04:42
5087	247	Rachel Rose	00:37:40	Sheffield RC	12.74	04:43
4992	248	Natalie Haarer	00:37:41	Ranelagh Harriers	12.74	04:43
4661	249	Ashia Fenwick	00:37:41	Ipswich Harriers	12.74	04:43
4246	250	Emily Hollis	00:37:41	Chiltern Harriers AC	12.74	04:43
4413	251	Nicola Payne	00:37:41	Ealing Southall & Middlesex AC	12.74	04:43
4303	252	Liza Bradshaw	00:37:43	CLC Striders	12.73	04:43
5170	253	Emma Bexson	00:37:45	Stratford Upon Avon AC	12.72	04:43
5116	254	Sarah Jeffery	00:37:45	Southend On Sea Ac	12.72	04:43
5008	255	Hayleigh Wood	00:37:45	Reading AC	12.72	04:43
4547	256	Joanna Finill	00:37:46	Harrow AC	12.71	04:43
4913	257	Eleanor Fowler	00:37:56	Nuneaton Harriers	12.65	04:45
4068	258	Caitlin Bradbury	00:37:57	Beeston AC	12.65	04:45
4490	259	Briony Bishop	00:37:57	Gloucester AC	12.65	04:45
5218	260	Katy Hedgethorne	00:37:59	Thames Hare & Hounds	12.64	04:45
4788	261	Lily Woolcock	00:38:00	London Heathside	12.63	04:45
5425	262	Emma Carter	00:38:00	Winchester & District AC	12.63	04:45
5431	263	Kate Green	00:38:03	Winchester & District AC	12.61	04:45
5107	264	Philippa Aukett	00:38:04	Southampton Athletic Club	12.61	04:46
5038	265	Zoe Hewitson	00:38:04	Royston Runners	12.61	04:46
5341	266	Lydia Briggs	00:38:04	Victoria Park Harriers And Tower Hamlets Ac	12.61	04:46
4544	267	Hannah Turner	00:38:07	Harpenden Arrows	12.59	04:46
4714	268	Eleanor Johnson	00:38:11	Leigh on Sea Striders	12.57	04:46
4932	269	Rebecca Walker	00:38:12	Oxford University AC	12.57	04:47
4849	270	Sophie Brownlee	00:38:14	Mornington Chasers	12.55	04:47
5358	271	Ali Trauttmansdorff	00:38:15	Victoria Park Harriers And Tower Hamlets Ac	12.55	04:47
5250	272	Alexandra Crockford	00:38:16	Tonbridge Ac	12.54	04:47
4709	273	Victoria Merrick	00:38:17	Leeds City Athletic Club	12.54	04:47
4962	274	Becky Rendall	00:38:18	Poole Ac	12.53	04:47
5345	275	Claire Fisher	00:38:20	Victoria Park Harriers And Tower Hamlets Ac	12.52	04:47
4252	276	Rachel Brown	00:38:21	Chorlton Runners	12.52	04:48
5437	277	Samantha Parkinson	00:38:22	Winchester & District AC	12.51	04:48
4157	278	Rebecca Berger-North	00:38:24	Bracknell AC	12.5	04:48
4323	279	Penny Oliver	00:38:25	Coventry Godiva Harriers	12.49	04:48
4290	280	Lucy Hancock	00:38:26	Clapham Chasers	12.49	04:48
5050	281	Anne Chinoy	00:38:27	Sale Harriers Manchester	12.48	04:48
5340	282	Susan Bint	00:38:27	Victoria Park Harriers And Tower Hamlets Ac	12.48	04:48
4703	283	Rebecca Keddie	00:38:28	Kingston AC And Poly Harriers	12.48	04:48
4281	284	Angharad Pryce	00:38:29	City of York AC	12.47	04:49
5479	285	Jenny Featherstone	00:38:29	Totley AC	12.47	04:49
4012	286	Megan Gildea	00:38:30	Aldershot Farnham & District	12.47	04:49
4598	287	Jennifer Nandi	00:38:31	Herne Hill Harriers	12.46	04:49
4587	288	Fiona De Mauny	00:38:31	Herne Hill Harriers	12.46	04:49
4451	289	Kayleigh Copeland	00:38:33	Farnham Runners	12.45	04:49
4456	290	Nikki Goodwin	00:38:35	Folkestone RC	12.44	04:49
4659	291	Ruth Kitchen	00:38:35	Ilkley Harriers AC	12.44	04:49
4645	292	Jordan Hinds	00:38:36	Ilford AC	12.44	04:49
4287	293	Helen Cooper	00:38:38	Clapham Chasers	12.42	04:50
5381	294	Sarah Morris	00:38:40	Waverley Harriers	12.41	04:50
4881	295	Eleanor Dixon	00:38:41	Newquay Road Runners	12.41	04:50
5459	296	Louise Mills	00:38:42	Woking AC	12.4	04:50

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4265	297	Emma Montiel	00:38:43	City Of Portsmouth AC	12.4	04:50
4162	298	Hannah Araniello	00:38:46	Brighton Phoenix	12.38	04:51
4214	299	Emily Bradley	00:38:46	Cambridge University Hare and Hounds Club	12.38	04:51
5081	300	Suzy Claridge	00:38:49	Sevenoaks AC	12.37	04:51
4175	301	Hannah Plunkett-Cole	00:38:51	Bristol and West AC	12.36	04:51
4496	302	Sophia Tucker	00:38:52	Grantham AC	12.35	04:51
4300	303	Francesca Stocco	00:38:53	Clapham Chasers	12.34	04:52
4047	304	Karen Murphy	00:38:53	Barnet & District AC	12.34	04:52
5353	305	Harriet Lowndes	00:38:53	Victoria Park Harriers And Tower Hamlets Ac	12.34	04:52
4524	306	Ellie Crownshaw	00:38:54	Hallamshire Harriers Sheffield	12.34	04:52
4885	307	Emily Baynes	00:38:54	North Derbyshire RC	12.34	04:52
4597	308	Natalie McDougall	00:38:55	Herne Hill Harriers	12.33	04:52
4634	309	Janet Rashleigh	00:38:56	Horwich R M I Harriers	12.33	04:52
5383	310	Christine Robinson	00:39:00	Waverley Harriers	12.31	04:53
5080	311	Laura Bestow	00:39:02	Sevenoaks AC	12.3	04:53
4219	312	Anoushka Johnson	00:39:04	Central Park Athletics	12.29	04:53
4822	313	Fran Sille	00:39:04	Maidenhead AC	12.29	04:53
4229	314	Hollie Elliott	00:39:05	Charnwood A C	12.28	04:53
4895	315	Carla Maley	00:39:05	North Shields Polytechnic Club	12.28	04:53
4770	316	Laura Hunt	00:39:05	London Heathside	12.28	04:53
5005	317	Eva Thomas	00:39:06	Reading AC	12.28	04:53
4835	318	Lottie Riddle	00:39:07	Matlock Athletic Club	12.27	04:53
4304	319	Frances Crozier	00:39:09	Clevedon AC	12.26	04:54
4338	320	Laura Marshall	00:39:09	Croydon Harriers	12.26	04:54
5315	321	Amy Johnson	00:39:11	Tyne Bridge Harriers	12.25	04:54
5387	322	Anna Critchlow	00:39:11	West 4 Harriers	12.25	04:54
4476	323	Ursula Hankinson	00:39:11	Ful-On Tri Club	12.25	04:54
4636	324	Eleanor Daglish	00:39:12	Houghton Harriers & Ac	12.24	04:54
4548	325	Issy Jones	00:39:13	Harrow AC	12.24	04:54
4618	326	Freya Hollingsworth	00:39:13	Hillingdon AC	12.24	04:54
4609	327	Ellen Kerr	00:39:13	Highgate Harriers	12.24	04:54
4777	328	Julie Pickering	00:39:14	London Heathside	12.23	04:54
5064	329	Sarah Carroll	00:39:14	Salford Harriers & Ac	12.23	04:54
4492	330	Victoria Cartwright	00:39:15	GoodGym Race Team	12.23	04:54
4870	331	Claire Capper	00:39:15	Newcastle Staffs Ac	12.23	04:54
4468	332	Seren Hughes	00:39:17	Fulham Running Club	12.22	04:55
5187	333	Amber Brough-Nuesink	00:39:18	Sutton Runners	12.21	04:55
4215	334	Emma Rocheteau	00:39:19	Cambridge University Hare and Hounds Club	12.21	04:55
4551	335	Jenna Levett	00:39:22	Hastings AC	12.19	04:55
5090	336	Laura Jacklin	00:39:24	Sinfin Running Club	12.18	04:55
4251	337	Leona Beaumont	00:39:24	Chorlton Runners	12.18	04:55
4998	338	Lucy Daniells	00:39:28	Reading AC	12.16	04:56
4509	339	Karen Bryant	00:39:28	Guildford & Godalming AC	12.16	04:56
4724	340	Nicola Mellor	00:39:29	Leighton Buzzard Athletic Club	12.16	04:56
4426	341	Sheridan Marshall	00:39:29	Epsom & Ewell Harriers	12.16	04:56
5398	342	Fiona Chick	00:39:30	Westbury Harriers	12.15	04:56
5327	343	Lucy Burch	00:39:31	Vale Royal Ac	12.15	04:56
4185	344	Bev Holmes	00:39:32	Burnham Joggers	12.14	04:56
4996	345	Lydia Blythe	00:39:32	Reading AC	12.14	04:56
4795	346	Sari Giering	00:39:33	Lordshill Road Runners	12.14	04:57
4046	347	Katherine March	00:39:34	Barnet & District AC	12.13	04:57
5139	348	Kate Dixon	00:39:35	St Albans Striders	12.13	04:57
5270	349	Helen Bonaer	00:39:35	Totton RC	12.13	04:57
4137	350	Lorna Al-Ani	00:39:36	Bournville Harriers	12.12	04:57
4204	351	Jessica Lowe	00:39:36	Cambridge Harriers	12.12	04:57
4611	352	Sabina Russell	00:39:37	Highgate Harriers	12.12	04:57
4980	353	Karima Harris	00:39:38	Queen's Park Harriers	12.11	04:57
4247	354	Katie Royals	00:39:38	Chiltern Harriers AC	12.11	04:57
5440	355	Rachel Ferguson	00:39:39	Windrush Triathlon Club	12.11	04:57
4986	356	Georgina Thorborn	00:39:43	Queen's Park Harriers	12.09	04:58
5406	357	Emma Woodworth	00:39:45	Westbury Harriers	12.08	04:58
4423	358	Lauren Johnson	00:39:46	Epsom & Ewell Harriers	12.07	04:58
4554	359	Clare Davies	00:39:48	Havering AC	12.06	04:58
4862	360	Juliette Westbrook	00:39:50	Mornington Chasers	12.05	04:59
5197	361	Amy Glynn	00:39:53	Team Bath Athletic Club	12.04	04:59
4104	362	Danel Jansen Van Rensburg	00:39:53	Birchfield Harriers	12.04	04:59
4567	363	Rachel Shaw	00:39:54	Headington RR	12.03	04:59
5454	364	Natalie Thompson	00:39:54	Windsor Slough Eton & Hounslow AC	12.03	04:59
5321	365	Hannah Stewart	00:39:55	Tyne Bridge Harriers	12.03	04:59
4181	366	Natasha Newton	00:39:55	Bromsgrove and Redditch	12.03	04:59
5092	367	Jade Brown	00:39:56	Skegness & District Running Club	12.02	05:00
4727	368	Elizabeth McNally	00:39:58	Leven Valley AC	12.01	05:00
4680	369	Victoria Buck	00:39:58	Kent AC	12.01	05:00
4385	370	Emma Ibell	00:39:59	Dulwich Runners AC	12.01	05:00

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4280	371	Therese Jansson	00:40:00	City of York AC	12	05:00
5251	372	Sarah Cronin	00:40:00	Tonbridge Ac	12	05:00
4650	373	Jessica Denman	00:40:01	Ilkeston Running Club	12	05:00
4339	374	Jessica Moore	00:40:04	Croydon Harriers	11.98	05:01
4651	375	Melissa Denman	00:40:06	Ilkeston Running Club	11.97	05:01
5184	376	Holly Watson	00:40:08	Stubbington Green Runners	11.96	05:01
4299	377	Alice Steele	00:40:08	Clapham Chasers	11.96	05:01
4391	378	Katie Smith	00:40:14	Dulwich Runners AC	11.93	05:02
4040	379	Leah Sartain	00:40:15	Avon Valley Runners	11.93	05:02
4393	380	Melissa Drignon	00:40:17	Durham City Harriers & AC	11.92	05:02
4499	381	Vicky Presland	00:40:18	Great Bentley Running Club	11.91	05:02
4218	382	Elizabeth Brookes	00:40:20	Central Park Athletics	11.9	05:02
4334	383	Anna Corby	00:40:20	Croydon Harriers	11.9	05:02
5115	384	Lee-anne Cann	00:40:21	Southend On Sea Ac	11.9	05:03
4200	385	Susan Dixon	00:40:23	Cambridge Harriers	11.89	05:03
4823	386	Melanie Tudor	00:40:24	Maidenhead AC	11.88	05:03
4003	387	Andrea Cobo	00:40:24	Abbey Runners	11.88	05:03
4850	388	Cloudy Carnegie	00:40:24	Mornington Chasers	11.88	05:03
4387	389	Ange Norris	00:40:25	Dulwich Runners AC	11.88	05:03
5146	390	Lucy Jones	00:40:25	St Albans Striders	11.88	05:03
5213	391	Vikki Filsell	00:40:25	Thames Hare & Hounds	11.88	05:03
5065	392	Jo Burkett	00:40:26	Serpentine RC	11.87	05:03
4613	393	Jemima Storey	00:40:28	Highgate Harriers	11.86	05:04
4623	394	Emma Cupitt	00:40:29	Holme Pierrepont Rc	11.86	05:04
5245	395	Rowena De Belligny	00:40:29	Tiptree Road Runners	11.86	05:04
4293	396	Rebecca Hughes	00:40:29	Clapham Chasers	11.86	05:04
5404	397	Alison Rogers	00:40:31	Westbury Harriers	11.85	05:04
5134	398	Naomi Baker	00:40:33	St Albans Striders	11.84	05:04
4968	399	Kate Lakeland	00:40:34	Preston Harriers	11.83	05:04
5418	400	Bernadette Maher	00:40:37	Wimbledon Windmilers	11.82	05:05
4421	401	Corrine Whaling	00:40:38	Elvet Striders	11.81	05:05
4607	402	Natasha Cendrowicz	00:40:38	Highgate Harriers	11.81	05:05
4255	403	Daria Jermakova	00:40:39	Chorlton Runners	11.81	05:05
4702	404	Eleanor Arnfield	00:40:40	Kingston AC And Poly Harriers	11.8	05:05
4621	405	Janet Atkinson	00:40:41	Holme Pierrepont Rc	11.8	05:05
5349	406	Faye Jeacocke	00:40:42	Victoria Park Harriers And Tower Hamlets Ac	11.79	05:05
4358	407	Chloe Scotchbrook	00:40:47	Datchet Dashers	11.77	05:06
5056	408	Sian Rowley	00:40:47	Sale Harriers Manchester	11.77	05:06
4689	409	Zuzana Nemeckova	00:40:49	Kent AC	11.76	05:06
4418	410	Andrea Banner	00:40:49	Elswick Harriers	11.76	05:06
4454	411	Emily Chambers	00:40:50	Folkestone RC	11.76	05:06
4910	412	Katy McGonigal	00:40:51	Notts AC	11.75	05:06
4619	413	Karmen Pardoe	00:40:51	Hillingdon AC	11.75	05:06
5047	414	Helen Armitage	00:40:51	Sale Harriers Manchester	11.75	05:06
4635	415	Danielle Coulson	00:40:54	Houghton Harriers & Ac	11.74	05:07
4340	416	Victoria Coleman	00:40:57	Dacorum Athletic Club	11.72	05:07
4138	417	Monica Baptista	00:40:57	Bournville Harriers	11.72	05:07
4439	418	Lee Milne	00:40:58	Eton Manor AC	11.72	05:07
4746	419	Vanessa Parker	00:40:59	London City Runners	11.71	05:07
4405	420	Jennifer Watt	00:40:59	Ealing Eagles Running Club	11.71	05:07
4428	421	Aneta Ryans	00:41:01	Epsom & Ewell Harriers	11.7	05:08
4132	422	Elissa Clark	00:41:03	Bournemouth Ac	11.69	05:08
4787	423	Jennifer Wing	00:41:04	London Heathside	11.69	05:08
5126	424	Polly Bridgman	00:41:07	Springfield Striders RC	11.67	05:08
4844	425	Joanna Adamson	00:41:08	Middleton Harriers Ac	11.67	05:09
4744	426	Sophie More	00:41:10	London City Runners	11.66	05:09
5165	427	Claire Collinson	00:41:12	Stocksfield Striders	11.65	05:09
4549	428	Jennifer Keal	00:41:13	Harrow AC	11.65	05:09
5470	429	Aoife Burke	00:41:14	York Knavesmire Harriers	11.64	05:09
5278	430	Sophie Ralston	00:41:15	Trafford Athletic Club	11.64	05:09
4292	431	Pippa Hudson	00:41:17	Clapham Chasers	11.63	05:10
4444	432	Zoe Woodward	00:41:17	Eton Manor AC	11.63	05:10
5141	433	Lauren Eckley	00:41:19	St Albans Striders	11.62	05:10
4552	434	Amy Rodway	00:41:20	Hastings AC	11.61	05:10
4346	435	Sophie Routledge	00:41:21	Dacorum Athletic Club	11.61	05:10
5011	436	Chloe Lloyd	00:41:21	Reading Roadrunners	11.61	05:10
4719	437	Ruth Eastman	00:41:22	Leighton Buzzard Athletic Club	11.6	05:10
5259	438	Lucy Pitcairn-Knowles	00:41:22	Tonbridge Ac	11.6	05:10
4546	439	Sarah Gill	00:41:24	Harrogate Harriers & AC	11.59	05:11
5319	440	Rachael Perowne	00:41:24	Tyne Bridge Harriers	11.59	05:11
4164	441	Amy Davis	00:41:24	Brighton Phoenix	11.59	05:11
5091	442	Hannah Lilley	00:41:25	Sinfin Running Club	11.59	05:11
4146	443	Faith Lucas	00:41:25	Bournville Harriers	11.59	05:11
4154	444	Georgina Robson	00:41:27	Bournville Harriers	11.58	05:11

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4864	445	Patricia Speedie	00:41:28	New Marske Harriers Club	11.58	05:11
4836	446	Karen Cudmore	00:41:28	Medway And Maidstone Ac	11.58	05:11
5403	447	Jayne Pemble	00:41:29	Westbury Harriers	11.57	05:11
4750	448	Naseem Allmomen	00:41:32	London Frontrunners	11.56	05:11
4721	449	Orla Fehily	00:41:33	Leighton Buzzard Athletic Club	11.55	05:12
4786	450	Ciara Williams	00:41:34	London Heathside	11.55	05:12
4860	451	Fiona Russell	00:41:35	Mornington Chasers	11.54	05:12
4681	452	Susanna Davies	00:41:37	Kent AC	11.53	05:12
4041	453	Sarah Boxer	00:41:38	Barnet & District AC	11.53	05:12
5066	454	Debbie Clarke	00:41:38	Serpentine RC	11.53	05:12
4382	455	Yvette Dore	00:41:38	Dulwich Runners AC	11.53	05:12
4773	456	Trudy Kearney	00:41:39	London Heathside	11.52	05:12
4212	457	Hannah Cooke	00:41:39	Cambridge Triathlon Club	11.52	05:12
5285	458	Aimee Jenner	00:41:41	Trent Park Running Club	11.52	05:13
4660	459	Sarah Pickering	00:41:42	Ilkley Harriers AC	11.51	05:13
4377	460	Ola Balme	00:41:43	Dulwich Runners AC	11.51	05:13
4572	461	Kelsey Moloney	00:41:44	Heanor Running Club	11.5	05:13
4543	462	Aisling Patterson	00:41:46	Harpenden Arrows	11.49	05:13
5099	463	Heidi Dann	00:41:51	South London Harriers	11.47	05:14
4515	464	Lottie Newman	00:41:52	Guildford & Godalming AC	11.46	05:14
4819	465	Ellen Easten	00:41:53	Maidenhead AC	11.46	05:14
5210	466	Jessica Davies	00:41:54	Thames Hare & Hounds	11.46	05:14
4655	467	Alison Bennett	00:41:54	Ilkley Harriers AC	11.46	05:14
4756	468	Tanya Addison	00:41:54	London Heathside	11.46	05:14
5093	469	Sarah Dowling	00:41:54	Skegness & District Running Club	11.46	05:14
4580	470	Annamarie Seymour	00:41:57	Hercules Wimbledon AC	11.44	05:15
4624	471	Ann Gould	00:41:58	Holme Pierreport Rc	11.44	05:15
4738	472	Amber Barton	00:41:58	London City Runners	11.44	05:15
5072	473	Rhiannon Needham	00:41:58	Serpentine RC	11.44	05:15
4467	474	Katherine Gow	00:41:59	Fulham Running Club	11.43	05:15
5194	475	Rebecca Mills	00:41:59	Swinton Running Club	11.43	05:15
4228	476	Natalie Egginton	00:42:02	Charnwood A C	11.42	05:15
4065	477	Julia Barham	00:42:03	Beeston AC	11.41	05:15
4722	478	Amy Inchley	00:42:03	Leighton Buzzard Athletic Club	11.41	05:15
4936	479	Elisabeth Sennitt Clough	00:42:03	Peterborough & Nene Valley AC	11.41	05:15
5389	480	Rosemary Lewis	00:42:07	West 4 Harriers	11.4	05:16
4560	481	Madeleine Ding	00:42:08	Headington RR	11.39	05:16
4923	482	Hayley Rogerson	00:42:10	Orion Harriers	11.38	05:16
4867	483	Eleanor Jordan	00:42:11	Newbury AC	11.38	05:16
5309	484	Jillian Holford	00:42:13	Tunbridge Wells Harriers	11.37	05:17
4268	485	Katie Clements	00:42:13	City Of Salisbury AC & RC	11.37	05:17
5003	486	Lynne Nike	00:42:15	Reading AC	11.36	05:17
4569	487	Katie Davis	00:42:16	Heanor Running Club	11.36	05:17
4563	488	Lucy Goddard	00:42:17	Headington RR	11.35	05:17
4262	489	Katie Carew-Robinson	00:42:17	City Of Portsmouth AC	11.35	05:17
4960	490	Kirstin Hay	00:42:18	Poole Ac	11.35	05:17
4465	491	Sophie Finnigan	00:42:18	Fulham Running Club	11.35	05:17
4946	492	Rachel Flannigan	00:42:19	Phoenix Striders	11.34	05:17
5120	493	Rebecca Taylor	00:42:19	Southend On Sea Ac	11.34	05:17
5145	494	Anna Jones	00:42:25	St Albans Striders	11.32	05:18
5032	495	Jennie Lloyd	00:42:25	Royal Sutton Coldfield Athletics Club	11.32	05:18
5474	496	Clare Rowntree	00:42:26	York Knivesmire Harriers	11.31	05:18
5133	497	Caroline Bailes	00:42:28	St Albans Striders	11.3	05:18
4796	498	Georgia Harrison	00:42:28	Lordshill Road Runners	11.3	05:18
4224	499	Sade McKenzie	00:42:31	Centurion RC	11.29	05:19
4944	500	Gillian Selman	00:42:32	Petts Wood Runners	11.29	05:19
4422	501	Louisa Harrold	00:42:36	Epsom & Ewell Harriers	11.27	05:20
4654	502	Sarah Taylor	00:42:36	Ilkeston Running Club	11.27	05:20
4043	503	Jennifer Johns	00:42:36	Barnet & District AC	11.27	05:20
4869	504	Maxine Bickerton	00:42:36	Newcastle Staffs Ac	11.27	05:20
5232	505	Julie Haworth	00:42:39	The Stragglers Running Club	11.25	05:20
4144	506	Charlie Hurd	00:42:39	Bournville Harriers	11.25	05:20
4026	507	Kirsty Parker	00:42:39	Arena 80 AC	11.25	05:20
4720	508	Amy Farnfield	00:42:40	Leighton Buzzard Athletic Club	11.25	05:20
5151	509	Karen Sheard	00:42:41	St Albans Striders	11.25	05:20
4813	510	Rosie Canham	00:42:41	Luton Athletic Club	11.25	05:20
4505	511	Emmanuelle Navarri	00:42:42	Greenwich Tritons Triathlon Club	11.24	05:20
4478	512	Joanna Peterschmitt	00:42:42	Ful-On Tri Club	11.24	05:20
4264	513	Joanne Kitching	00:42:43	City Of Portsmouth AC	11.24	05:20
5188	514	Chloe Constantine	00:42:45	Sutton Runners	11.23	05:21
4697	515	Jo Wint	00:42:46	Kent AC	11.22	05:21
4390	516	Eleanor Simmons	00:42:47	Dulwich Runners AC	11.22	05:21
4558	517	Stephanie Phillips	00:42:53	Havering AC	11.19	05:22
5396	518	Claire Harris	00:42:54	West Cheshire Athletic Club	11.19	05:22

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
5135	519	Louise Bentham	00:42:55	St Albans Striders	11.18	05:22
4540	520	Ursula Stevens	00:42:58	Harborough AC	11.17	05:22
4542	521	Isabel Green	00:43:00	Harpenden Arrows	11.16	05:23
5466	522	Laura Storer	00:43:01	Wreake & Soar Valley	11.16	05:23
4005	523	Helen Roden	00:43:02	Abbey Runners	11.15	05:23
4581	524	Suzie Slameck	00:43:04	Hercules Wimbledon AC	11.15	05:23
5054	525	Sarah Goulden	00:43:04	Sale Harriers Manchester	11.15	05:23
4641	526	Eleanor Smith	00:43:07	Huntingdonshire AC	11.13	05:23
4036	527	Bethan Francis	00:43:08	Avon Valley Runners	11.13	05:23
5274	528	Ruth Beresford	00:43:10	Trafford Athletic Club	11.12	05:24
4539	529	Hazel O'connell	00:43:13	Harborough AC	11.11	05:24
5371	530	Beverley McLees	00:43:14	Ware Joggers	11.1	05:24
5020	531	Jill Barton	00:43:14	Rochdale Harriers & AC	11.1	05:24
5244	532	Kate Williams	00:43:15	Tipton Harriers	11.1	05:24
5240	533	Lisa Kendrick	00:43:16	Tipton Harriers	11.09	05:25
4811	534	Cheryl Parkin	00:43:17	Low Fell RC	11.09	05:25
4853	535	Ellie Holloway	00:43:17	Mornington Chasers	11.09	05:25
5272	536	Patricia Spodzieja	00:43:17	Totton RC	11.09	05:25
4921	537	Christine Kennedy	00:43:18	Orion Harriers	11.09	05:25
4429	538	Sharon Bolister	00:43:19	Eton Manor AC	11.08	05:25
5428	539	Alison Fenwick	00:43:21	Winchester & District AC	11.07	05:25
4761	540	Kimberli Butler	00:43:21	London Heathside	11.07	05:25
4863	541	Rosie Young	00:43:23	Mornington Chasers	11.06	05:25
4196	542	Christine Bond	00:43:25	Cambridge Harriers	11.06	05:26
5335	543	Lina Ambruleviciute	00:43:27	Vegan Runners UK	11.05	05:26
5238	544	Cheryl Graham	00:43:28	Tipton Harriers	11.04	05:26
4571	545	Jayne Lynas	00:43:29	Heanor Running Club	11.04	05:26
4308	546	Katie Gibson	00:43:29	Colchester Harriers AC	11.04	05:26
5129	547	Imogen Ovenden	00:43:31	Springfield Striders RC	11.03	05:26
4188	548	Anna Broughton	00:43:31	Cambridge & Coleridge AC	11.03	05:26
4330	549	Michele Nixon	00:43:31	Crawley Saints & Sinners Running Club	11.03	05:26
4643	550	Fiona Norman-Brown	00:43:43	HY Runners	10.98	05:28
5249	551	Danila Costamagna	00:43:43	Tonbridge Ac	10.98	05:28
4855	552	Rafaele Lamour	00:43:44	Mornington Chasers	10.98	05:28
4244	553	Elizabeth Robinson	00:43:48	Chichester Runners & AC	10.96	05:29
5318	554	Claire Norman	00:43:49	Tyne Bridge Harriers	10.95	05:29
5163	555	Clair Wren	00:43:50	Steel City Striders Rc	10.95	05:29
5193	556	Lauren Marsden	00:43:51	Swinton Running Club	10.95	05:29
5033	557	Dale Lyons	00:43:51	Royal Sutton Coldfield Athletics Club	10.95	05:29
5323	558	Charlie Pinkney	00:43:52	Tynedale Harriers & AC	10.94	05:29
4207	559	Hayley Newman	00:43:52	Cambridge Harriers	10.94	05:29
4495	560	Floor Christie	00:43:53	Gosforth Harriers & Ac	10.94	05:29
5168	561	Amy Evans	00:43:56	Stourbridge RC	10.93	05:30
4692	562	Suzanne Spalding	00:43:57	Kent AC	10.92	05:30
4241	563	Nadia Anderson	00:43:58	Chichester Runners & AC	10.92	05:30
4472	564	Heather Miller	00:43:58	Fulham Running Club	10.92	05:30
5376	565	Amy Cope-Balchin	00:43:59	Watford Joggers	10.91	05:30
4442	566	Jane Rukin-White	00:44:00	Eton Manor AC	10.91	05:30
4119	567	Amber Reed	00:44:03	Blackheath & Bromley Harriers AC	10.9	05:30
4941	568	Jenny Leng	00:44:03	Petts Wood Runners	10.9	05:30
5119	569	Vanessa Mathers	00:44:04	Southend On Sea Ac	10.89	05:30
5195	570	Helen Nation	00:44:04	Swinton Running Club	10.89	05:30
5433	571	Jo Jefferies	00:44:06	Winchester & District AC	10.88	05:31
5471	572	Orna O'Toole	00:44:07	York Knavesmire Harriers	10.88	05:31
4096	573	Beata Kubala-Todd	00:44:07	Bexley Ac	10.88	05:31
4789	574	Ann Woulfe	00:44:09	London Heathside	10.87	05:31
4187	575	Ruth Gowers	00:44:10	Buxton AC	10.87	05:31
5408	576	Jacqui Jones	00:44:11	Wigan & District H & AC	10.86	05:31
4718	577	Lynn Boddy	00:44:11	Leighton Buzzard Athletic Club	10.86	05:31
4649	578	Cathy Ayton	00:44:12	Ilkeston Running Club	10.86	05:32
5079	579	Janet Worster	00:44:12	Serpentine RC	10.86	05:32
5044	580	Suzanne Rathbone	00:44:13	Rushcliffe Ac	10.86	05:32
4605	581	Jessica Winfield	00:44:13	Herne Hill Harriers	10.86	05:32
5415	582	Claire Boynton	00:44:14	Wimbledon Windmilers	10.85	05:32
4463	583	Katherine Elmore-Jones	00:44:15	Fulham Running Club	10.85	05:32
4596	584	Evie McDermott	00:44:18	Herne Hill Harriers	10.84	05:32
4411	585	Olivia Howes Smith	00:44:23	Ealing Southall & Middlesex AC	10.81	05:33
4513	586	Wendy Marryshow	00:44:25	Guildford & Godalming AC	10.81	05:33
4030	587	Ailis Goddard	00:44:25	Ashford & District RRC	10.81	05:33
5257	588	Grazia Manzotti	00:44:26	Tonbridge Ac	10.8	05:33
4784	589	Jacqueline Wastell	00:44:27	London Heathside	10.8	05:33
5407	590	Lisa Heyes	00:44:30	Wigan & District H & AC	10.79	05:34
5198	591	Philippa Spruit	00:44:30	Team Bath Athletic Club	10.79	05:34
4903	592	Joanna Killingworth	00:44:30	Norwich Road Runners	10.79	05:34



Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
5336	593	Tess Killingbeck	00:44:32	Vegan Runners UK	10.78	05:34
5236	594	Penelope Barber	00:44:34	Tipton Harriers	10.77	05:34
4541	595	Liz Young	00:44:34	Hardley Runners	10.77	05:34
4226	596	Rebecca Goult	00:44:36	Chapel Allerton Runners	10.76	05:35
5117	597	Kasia Kostyrka-Allchorne	00:44:37	Southend On Sea Ac	10.76	05:35
5227	598	Fran Lou	00:44:37	Thames Valley Harriers	10.76	05:35
5314	599	Jessica Graham	00:44:39	Tyne Bridge Harriers	10.75	05:35
4706	600	Courtney Depala	00:44:41	Leamington Cycling and Athletic Club	10.74	05:35
4365	601	Ness Kingham	00:44:41	Dorking & Mole Valley AC	10.74	05:35
4512	602	Cordelia Dowsey	00:44:42	Guildford & Godalming AC	10.74	05:35
4791	603	Gabriele Cook	00:44:43	Lordshill Road Runners	10.73	05:35
4573	604	Susan Pinder	00:44:45	Heanor Running Club	10.73	05:36
4211	605	Christine Barr	00:44:45	Cambridge Triathlon Club	10.73	05:36
4332	606	Eleanor Spencer-Regan	00:44:48	Crook & Dist Sports AC	10.71	05:36
5132	607	Mandy Attree	00:44:48	St Albans Striders	10.71	05:36
4403	608	Anna Shierson	00:44:49	Ealing Eagles Running Club	10.71	05:36
5456	609	Anne Rosbottom	00:44:51	Wirral AC	10.7	05:36
5006	610	Kathryn Tolson	00:44:51	Reading AC	10.7	05:36
5374	611	Emma Gardner	00:44:52	Watford Harriers	10.7	05:36
4275	612	Donna Claridge	00:44:54	City Of Sheffield And Dearne Ac	10.69	05:37
5096	613	Shun-lai Chan	00:44:54	South London Harriers	10.69	05:37
4566	614	Nicola Oldroyd	00:44:55	Headington RR	10.69	05:37
5009	615	Sarah Alsford	00:44:55	Reading Roadrunners	10.69	05:37
4449	616	Lindsay Bamford	00:44:56	Farnham Runners	10.68	05:37
4141	617	Jude Glynn	00:44:58	Bournville Harriers	10.67	05:37
4004	618	Laura Phillips	00:45:00	Abbey Runners	10.67	05:37
5071	619	Sarah MacKenzie	00:45:03	Serpentine RC	10.65	05:38
4488	620	Charlotte Bliss	00:45:05	Glossopdale Harriers	10.65	05:38
4075	621	Susan Wheatcroft	00:45:08	Beeston AC	10.64	05:39
4975	622	Amelia Carman	00:45:09	Queen's Park Harriers	10.63	05:39
4048	623	Sarah Ralphs	00:45:09	Barnet & District AC	10.63	05:39
4002	624	Daisy Street	00:45:12	26.2 Road Runners Club	10.62	05:39
5288	625	Anna Sikorska	00:45:13	Trent Park Running Club	10.62	05:39
4768	626	Claire Hennigan	00:45:14	London Heathside	10.61	05:39
4906	627	Caroline Youngman	00:45:15	Norwich Road Runners	10.61	05:39
5269	628	Jacquie Barlow	00:45:18	Totton RC	10.6	05:40
5052	629	Sinead Ferguson	00:45:20	Sale Harriers Manchester	10.59	05:40
4952	630	Kristina Read	00:45:21	Phoenix Striders	10.58	05:40
5357	631	Eleanor Tait	00:45:22	Victoria Park Harriers And Tower Hamlets Ac	10.58	05:40
4898	632	Debbie Campbell	00:45:23	Northbrook Athletic Club	10.58	05:40
4938	633	Jade Watson	00:45:23	Peterborough & Nene Valley AC	10.58	05:40
5299	634	Marie Alden	00:45:24	Tri London	10.57	05:41
4283	635	Gemma Brierley-Rutter	00:45:26	Clapham Chasers	10.56	05:41
4397	636	Claire Ellison	00:45:27	Ealing Eagles Running Club	10.56	05:41
5174	637	Stephanie Upton	00:45:29	Striders Of Croydon	10.55	05:41
4320	638	Sophia Charters	00:45:30	Coventry Godiva Harriers	10.55	05:41
4427	639	Bethany Quy	00:45:32	Epsom & Ewell Harriers	10.54	05:42
5230	640	Madeleine Baptista	00:45:32	The Stragglers Running Club	10.54	05:42
4595	641	Alexandra Marginean	00:45:32	Herne Hill Harriers	10.54	05:42
4812	642	Bernadette Salmon	00:45:33	Low Fell RC	10.54	05:42
4871	643	Jan Cassidy	00:45:34	Newcastle Staffs Ac	10.53	05:42
4500	644	Meera Rajoo-Oakley	00:45:36	Great Bentley Running Club	10.53	05:42
4322	645	Jayne Mumford	00:45:39	Coventry Godiva Harriers	10.51	05:42
4234	646	Elaine Seager	00:45:42	Charnwood A C	10.5	05:43
5390	647	Sarah McIntosh	00:45:44	West 4 Harriers	10.5	05:43
4942	648	Alice Neal	00:45:45	Petts Wood Runners	10.49	05:43
5173	649	Cindy Siu	00:45:46	Striders Of Croydon	10.49	05:43
4889	650	Jackie Walker	00:45:48	North East Project	10.48	05:43
5360	651	Michele Alty	00:45:49	Wallasey Athletic Club	10.48	05:44
5361	652	Jannine McArd	00:45:49	Wallasey Athletic Club	10.48	05:44
5402	653	Emma Jane Orchard	00:45:50	Westbury Harriers	10.47	05:44
4890	654	Amanda Waller	00:45:50	North East Project	10.47	05:44
4647	655	Alison Sale	00:45:53	Ilford AC	10.46	05:44
4978	656	Gillian Cross	00:45:54	Queen's Park Harriers	10.46	05:44
4155	657	Nicola Tautscher	00:45:54	Bournville Harriers	10.46	05:44
4846	658	Gaby Anderson	00:45:57	Mornington Chasers	10.45	05:45
5022	659	Naomi Clegg	00:45:59	Rotherham Harriers And Ac	10.44	05:45
5368	660	Anthea Francis	00:45:59	Ware Joggers	10.44	05:45
4380	661	Lucy Clapp	00:46:00	Dulwich Runners AC	10.43	05:45
5196	662	Lisa Bennett	00:46:02	Team Bath Athletic Club	10.43	05:45
5369	663	Joanne Gladding	00:46:03	Ware Joggers	10.42	05:45
4285	664	Noemie Cavaillon-Ram	00:46:05	Clapham Chasers	10.42	05:46
4617	665	Zoe Dobbs	00:46:07	Hillingdon AC	10.41	05:46
5258	666	Pearl Pearce	00:46:08	Tonbridge Ac	10.4	05:46

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4576	667	Elaine Wilkins	00:46:08	Heanor Running Club	10.4	05:46
4458	668	Catherine O'Connor	00:46:13	Folkestone RC	10.39	05:47
4414	669	Louise Prince	00:46:14	Ealing Southall & Middlesex AC	10.38	05:47
4134	670	Lea Lohk	00:46:15	Bournemouth Ac	10.38	05:47
4799	671	Antonia Mintoff	00:46:16	Lordshill Road Runners	10.37	05:47
5147	672	Ruth Kent	00:46:18	St Albans Striders	10.37	05:47
5372	673	Louise Oliver	00:46:18	Ware Joggers	10.37	05:47
4715	674	Michelle Lane	00:46:20	Leigh on Sea Striders	10.36	05:48
4565	675	Yvonne Morris	00:46:21	Headington RR	10.36	05:48
4821	676	Leila Oliver	00:46:23	Maidenhead AC	10.35	05:48
4753	677	Maxine Kelly	00:46:24	London Fronrunners	10.34	05:48
4672	678	Hazel Clark	00:46:25	Kendal Amateur Athletic Club	10.34	05:48
4731	679	Maggie Statham-Berry	00:46:25	Lingfield RC	10.34	05:48
5248	680	Deniz Bowart	00:46:27	Tonbridge Ac	10.33	05:48
5384	681	Abi Truelove	00:46:28	Waverley Harriers	10.33	05:49
4644	682	Deborah Read	00:46:29	HY Runners	10.33	05:49
4074	683	Jenny Walker	00:46:31	Beeston AC	10.32	05:49
4665	684	Anna Cleary	00:46:32	Istead & Ifield Harriers	10.32	05:49
4179	685	Sharon Fox	00:46:33	Bromsgrove and Redditch	10.31	05:49
5477	686	Qin Zhou	00:46:34	York Knavesmire Harriers	10.31	05:49
4511	687	Elizabeth Davies	00:46:34	Guildford & Godalming AC	10.31	05:49
4976	688	Anastasia Chew	00:46:35	Queen's Park Harriers	10.3	05:49
5363	689	Chrystal Skeldon	00:46:36	Wallsend Harriers & Ac	10.3	05:49
4201	690	Marian Hine	00:46:37	Cambridge Harriers	10.3	05:50
5233	691	Julie Rosemary Holmes	00:46:39	The Stragglers Running Club	10.29	05:50
5453	692	Juliet Soane	00:46:42	Windsor Slough Eton & Hounslow AC	10.28	05:50
4319	693	Rachel Aldrich	00:46:47	Coventry Godiva Harriers	10.26	05:51
4453	694	Linda Tyler	00:46:49	Farnham Runners	10.25	05:51
5088	695	Elizabeth Wood	00:46:49	Sheffield RC	10.25	05:51
5012	696	Kaja Milczewska	00:46:50	Reading Roadrunners	10.25	05:51
4310	697	Nicola Hilson	00:46:50	Colchester Harriers AC	10.25	05:51
5073	698	Kristin Raassum	00:46:51	Serpentine RC	10.25	05:51
4922	699	Karen Lyons	00:46:52	Orion Harriers	10.24	05:51
4412	700	Barbro Julin	00:46:53	Ealing Southall & Middlesex AC	10.24	05:52
4653	701	Sonia Hutchby	00:46:53	Ilkeston Running Club	10.24	05:52
4344	702	Poppy McGeown	00:46:55	Dacorum Athletic Club	10.23	05:52
4874	703	Gayl Nixon	00:46:55	Newcastle Staffs AC	10.23	05:52
4302	704	Katharine Waldron	00:46:58	Clapham Chasers	10.22	05:52
4125	705	Kandis Watson	00:46:58	Blyth Running Club	10.22	05:52
4729	706	Liz McLennan	00:46:59	Lingfield RC	10.22	05:52
4381	707	Rebecca Davis	00:46:59	Dulwich Runners AC	10.22	05:52
4357	708	Bonnie Maugey	00:47:01	Dartford Harriers AC	10.21	05:53
4905	709	Niki Park	00:47:02	Norwich Road Runners	10.21	05:53
4652	710	Laura Hickey	00:47:03	Ilkeston Running Club	10.2	05:53
4519	711	Bethan Davies	00:47:03	Halifax Harriers & AC	10.2	05:53
4809	712	Clare Magrath	00:47:04	Low Fell RC	10.2	05:53
4888	713	Helen Hall	00:47:06	North East Project	10.19	05:53
4771	714	Jo Irwin	00:47:07	London Heathside	10.19	05:53
5378	715	Annie Whitton	00:47:11	Watford Joggers	10.17	05:54
4924	716	Katherine Taylor	00:47:13	Orion Harriers	10.17	05:54
4891	717	Zoe Walls	00:47:16	North East Project	10.16	05:55
4666	718	Sally George	00:47:18	Istead & Ifield Harriers	10.15	05:55
4687	719	Jo Mott	00:47:20	Kent AC	10.14	05:55
4034	720	Rebecca Dyer	00:47:23	Ashford AC	10.13	05:55
5162	721	Kate Scott	00:47:23	Steel City Striders Rc	10.13	05:55
4839	722	Bernadette Harrop	00:47:25	Medway And Maidstone Ac	10.12	05:56
4337	723	Jenny Forde	00:47:26	Croydon Harriers	10.12	05:56
5159	724	Caroline Rowena Greenough	00:47:27	Steel City Striders Rc	10.12	05:56
4435	725	Gail Hennessy	00:47:28	Eton Manor AC	10.11	05:56
4042	726	Kathryn Ellis	00:47:28	Barnet & District AC	10.11	05:56
4272	727	Isabel McNulty	00:47:30	City Of Salisbury AC & RC	10.11	05:56
4111	728	Kirsty Robinson	00:47:31	Birtley AC	10.1	05:56
4098	729	Kirsty McEwen	00:47:31	Bexley Ac	10.1	05:56
4213	730	Caroline Harding	00:47:32	Cambridge Triathlon Club	10.1	05:56
4555	731	Emily James	00:47:32	Havering AC	10.1	05:56
4253	732	Ann Carney	00:47:32	Chorlton Runners	10.1	05:56
4497	733	Lisa Briggs	00:47:32	Great Bentley Running Club	10.1	05:56
4523	734	Kirsty Bryan-Jones	00:47:35	Hallamshire Harriers Sheffield	10.09	05:57
4945	735	Chloe Wilkinson	00:47:36	Petts Wood Runners	10.08	05:57
4751	736	Emily Chong	00:47:38	London Fronrunners	10.08	05:57
4533	737	Wendy Carter	00:47:39	Halstead RRC	10.07	05:57
4459	738	Sylvia Tokarska	00:47:41	Folkestone RC	10.07	05:58
5307	739	Michele Bradshaw	00:47:42	Tunbridge Wells Harriers	10.06	05:58
4033	740	Lesley Taylor	00:47:45	Ashford & District RRC	10.05	05:58

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4142	741	Sara Hewison	00:47:51	Bournville Harriers	10.03	05:59
4394	742	Christine Woods	00:47:53	Durham City Harriers & AC	10.02	05:59
4658	743	Diane Kitchen	00:47:53	Ilkley Harriers AC	10.02	05:59
5421	744	Ella Waddingham	00:47:54	Wimbledon Windmilers	10.02	05:59
4574	745	Joanne Potter	00:47:55	Heanor Running Club	10.02	05:59
5015	746	Rachel Sliney	00:47:56	Reading Roadrunners	10.01	06:00
4504	747	Lesley McCarthy	00:48:00	Greenwich Tritons Triathlon Club	10	06:00
5155	748	Thea Cummings	00:48:00	St Mary's Richmond AC	10	06:00
5177	749	Penny Forse	00:48:01	Stubbington Green Runners	10	06:00
5393	750	Yuko Saito	00:48:01	West 4 Harriers	10	06:00
4250	751	Alison Barbuti	00:48:03	Chorlton Runners	9.99	06:00
4457	752	Karla Larnder	00:48:06	Folkestone RC	9.98	06:01
4362	753	Abigail Edwards	00:48:07	Dorking & Mole Valley AC	9.98	06:01
4221	754	Christine Munday	00:48:14	Central Park Athletics	9.95	06:02
4857	755	Stephanie Mercier	00:48:17	Mornington Chasers	9.94	06:02
4897	756	Jessica Barry	00:48:22	Northbrook Athletic Club	9.92	06:03
4802	757	Aimee Rippon	00:48:22	Lordshill Road Runners	9.92	06:03
5375	758	Clare Bonnick	00:48:23	Watford Joggers	9.92	06:03
4798	759	Helen Lovell	00:48:23	Lordshill Road Runners	9.92	06:03
5310	760	Suzannah Kinsella	00:48:24	Tunbridge Wells Harriers	9.92	06:03
4940	761	Lianne Flynn	00:48:24	Petts Wood Runners	9.92	06:03
4126	762	Sandra Watson	00:48:25	Blyth Running Club	9.91	06:03
4820	763	Jennefer Francis	00:48:29	Maidenhead AC	9.9	06:04
4183	764	Jennifer Coleman	00:48:30	Burnham Joggers	9.9	06:04
4747	765	Emily Riddell	00:48:32	London City Runners	9.89	06:04
4579	766	Angie Jenkinson	00:48:32	Hercules Wimbledon AC	9.89	06:04
4901	767	Sarah Boosey	00:48:33	Norwich Road Runners	9.89	06:04
4902	768	Deborah English	00:48:34	Norwich Road Runners	9.88	06:04
4712	769	Hollie Boyd	00:48:36	Leigh on Sea Striders	9.88	06:05
4420	770	Fiona Shenton	00:48:36	Elvet Striders	9.88	06:05
5161	771	Laura Rangeley	00:48:37	Steel City Striders Rc	9.87	06:05
4673	772	Carolyn Kevan	00:48:38	Kendal Amateur Athletic Club	9.87	06:05
4723	773	Ceana MacKenzie-Brodie	00:48:38	Leighton Buzzard Athletic Club	9.87	06:05
5416	774	Isabel Gwyther	00:48:40	Wimbledon Windmilers	9.86	06:05
4462	775	Sophie Denman	00:48:41	Fulham Running Club	9.86	06:05
5365	776	Julie Williams	00:48:43	Wallsend Harriers & Ac	9.85	06:05
4417	777	Jan Suddaby	00:48:45	East Hull Harriers & AC	9.85	06:06
4982	778	Elizabeth Horridge	00:48:46	Queen's Park Harriers	9.84	06:06
5391	779	Joanna Neville	00:48:50	West 4 Harriers	9.83	06:06
4879	780	Rachel Wakefield	00:48:51	Newcastle Staffs Ac	9.83	06:06
4331	781	Sharon Bridge	00:48:51	Crook & Dist Sports AC	9.83	06:06
4828	782	Lindsey Farrelly	00:48:52	Manchester Harriers & AC	9.82	06:07
5148	783	Ellie Morris	00:48:52	St Albans Striders	9.82	06:07
5235	784	Sharon Bailey	00:48:55	Tipton Harriers	9.81	06:07
4984	785	Bethany Rudd	00:48:57	Queen's Park Harriers	9.81	06:07
5401	786	Hannah McAlpine	00:48:59	Westbury Harriers	9.8	06:07
4956	787	Kate Howlett	00:48:59	Pitsea Rc	9.8	06:07
4395	788	Liz Ainsworth	00:49:01	Ealing Eagles Running Club	9.79	06:08
4742	789	Sophie Jamieson	00:49:02	London City Runners	9.79	06:08
4178	790	Betty Foggitt	00:49:03	Bromley Veterans AC	9.79	06:08
5127	791	Donna Fisher	00:49:07	Springfield Striders RC	9.77	06:08
5124	792	Jennifer Price	00:49:08	Sparkhill Harriers	9.77	06:09
5313	793	Gemma Finnie	00:49:11	Tyne Bridge Harriers	9.76	06:09
5074	794	Avril Riddell	00:49:12	Serpentine RC	9.76	06:09
4971	795	Louise Trainor	00:49:15	Quakers Running Club	9.75	06:09
5013	796	Katie Rennie	00:49:16	Reading Roadrunners	9.74	06:10
4858	797	Rosie Nance	00:49:17	Mornington Chasers	9.74	06:10
4568	798	Rosie Winder	00:49:18	Headington RR	9.74	06:10
5075	799	Jane Rumble	00:49:18	Serpentine RC	9.74	06:10
4887	800	Emma Hicken	00:49:19	North Derbyshire RC	9.73	06:10
4486	801	Barbara Kubis-Labiak	00:49:20	Garden City Runners	9.73	06:10
4402	802	Anne Sampson	00:49:22	Ealing Eagles Running Club	9.72	06:10
4873	803	Hannah Jones	00:49:23	Newcastle Staffs Ac	9.72	06:10
4872	804	Cheryl Everard	00:49:29	Newcastle Staffs Ac	9.7	06:11
5338	805	June Barrow-Green	00:49:36	Victoria Park Harriers And Tower Hamlets Ac	9.68	06:12
4586	806	Penelope Cummings	00:49:36	Herne Hill Harriers	9.68	06:12
4794	807	Lucy Fraser	00:49:37	Lordshill Road Runners	9.67	06:12
4099	808	Sally Searle	00:49:42	Bexley Ac	9.66	06:13
5273	809	Elizabeth White	00:49:43	Totton RC	9.65	06:13
4288	810	Joanna Greening	00:49:44	Clapham Chasers	9.65	06:13
4656	811	Petra Bijsterveld	00:49:45	Ilkley Harriers AC	9.65	06:13
4419	812	Stephanie Barlow	00:49:50	Elvet Striders	9.63	06:14
5352	813	Sarah Knox	00:49:52	Victoria Park Harriers And Tower Hamlets Ac	9.63	06:14
4315	814	Louise Yates	00:49:54	Colchester Harriers AC	9.62	06:14

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4537	815	Lisa Rodbourn	00:49:55	Halstead RRC	9.62	06:14
5171	816	Rebecca Pridham	00:49:57	Stratford Upon Avon AC	9.61	06:15
5169	817	Rachel Smith	00:49:57	Stourbridge RC	9.61	06:15
4360	818	Justyna Felczerek	00:49:58	Doncaster Athletic Club	9.61	06:15
4701	819	Michelle Ann Chauhan	00:50:00	Kimberley & District Striders	9.6	06:15
4335	820	Miriam De Souza	00:50:11	Croydon Harriers	9.56	06:16
4914	821	Karenanne Herbert	00:50:11	Nuneaton Harriers	9.56	06:16
4438	822	Christina Long	00:50:12	Eton Manor AC	9.56	06:16
4803	823	Catherine Woods	00:50:19	Lordshill Road Runners	9.54	06:17
4378	824	Midge Cameron	00:50:22	Dulwich Runners AC	9.53	06:18
4648	825	Hannah Sheikh	00:50:23	Ilford AC	9.53	06:18
4312	826	Tarynn MacLeod	00:50:24	Colchester Harriers AC	9.52	06:18
4575	827	Heather Wesson	00:50:28	Heanor Running Club	9.51	06:19
5106	828	Marise Taylor	00:50:29	South West Veterans AC	9.51	06:19
5077	829	Catkin Shelley	00:50:30	Serpentine RC	9.5	06:19
5439	830	Cat Baron	00:50:35	Windrush Triathlon Club	9.49	06:19
4220	831	Kirsten McTeer	00:50:39	Central Park Athletics	9.48	06:20
4764	832	Sue Eedle	00:50:40	London Heathside	9.47	06:20
4311	833	Rosanna Holden	00:50:41	Colchester Harriers AC	9.47	06:20
5478	834	Tracey Dennis	00:50:41	Mote Runners	9.47	06:20
4376	835	Lindsey Annable	00:50:42	Dulwich Runners AC	9.47	06:20
4450	836	Kay Copeland	00:50:42	Farnham Runners	9.47	06:20
5131	837	Rachel Aldridge	00:50:44	St Albans Striders	9.46	06:21
5098	838	Gina Coulson	00:50:47	South London Harriers	9.45	06:21
4328	839	Victoria Wilson	00:50:51	Coventry Godiva Harriers	9.44	06:21
5138	840	Gemma Carruthers	00:50:52	St Albans Striders	9.44	06:21
5382	841	Helen Morton	00:50:54	Waverley Harriers	9.43	06:22
5182	842	Sara McRitchie	00:50:58	Stubbington Green Runners	9.42	06:22
4625	843	Tara Ricketts	00:50:58	Holme Pierrepont Rc	9.42	06:22
4604	844	Gillian Wheeldon	00:50:59	Herne Hill Harriers	9.41	06:22
4983	845	Leanna Mailer	00:51:00	Queen's Park Harriers	9.41	06:23
4274	846	Sarah Robertson	00:51:02	City Of Salisbury AC & RC	9.41	06:23
4147	847	Helen McGettrick	00:51:03	Bournville Harriers	9.4	06:23
5214	848	Helen Geldert	00:51:03	Thames Hare & Hounds	9.4	06:23
4398	849	Jessica Hood	00:51:06	Ealing Eagles Running Club	9.39	06:23
4431	850	Janine Durrant	00:51:07	Eton Manor AC	9.39	06:23
4851	851	Anne Caspi	00:51:07	Mornington Chasers	9.39	06:23
4028	852	Massah Cooper	00:51:13	Ashford & District RRC	9.37	06:24
4060	853	Emma Coombes	00:51:14	Bedford & County AC	9.37	06:24
4452	854	Jane Georghiou	00:51:15	Farnham Runners	9.37	06:24
5202	855	Alison Preece	00:51:16	Telford Ac	9.36	06:24
5410	856	Lucy McKenna	00:51:18	Wigan & District H & AC	9.36	06:25
4535	857	Charlotte King	00:51:18	Halstead RRC	9.36	06:25
4350	858	Rahana Islam	00:51:21	Dagenham 88 Runners	9.35	06:25
4498	859	Sarah Davison	00:51:22	Great Bentley Running Club	9.34	06:25
5379	860	Micaela Grammer	00:51:22	Waverley Harriers	9.34	06:25
4434	861	Jennifer Hall	00:51:23	Eton Manor AC	9.34	06:25
4257	862	Sue Waring	00:51:25	Chorlton Runners	9.34	06:26
4797	863	Sarah Kay	00:51:28	Lordshill Road Runners	9.33	06:26
5351	864	Nicola Kerr	00:51:29	Victoria Park Harriers And Tower Hamlets Ac	9.32	06:26
4408	865	Annette Galloway	00:51:35	Ealing Southall & Middlesex AC	9.31	06:27
4474	866	Joanne Walker	00:51:37	Fulham Running Club	9.3	06:27
5049	867	Caroline Barrett	00:51:42	Sale Harriers Manchester	9.28	06:28
4341	868	Louise Flower	00:51:42	Dacorum Athletic Club	9.28	06:28
4896	869	Lauren Mueller	00:51:46	Northampton AC	9.27	06:28
4401	870	Olivia Parker-Scott	00:51:49	Ealing Eagles Running Club	9.26	06:29
4336	871	Jules Del Nevo	00:51:52	Croydon Harriers	9.25	06:29
4267	872	Helen Carlton	00:51:55	City Of Salisbury AC & RC	9.25	06:29
4657	873	Hilda Coulsey	00:51:56	Ilkley Harriers AC	9.24	06:30
4918	874	Simone Wilson	00:51:58	Nuneaton Harriers	9.24	06:30
4161	875	Surjit Grewal	00:51:59	Brentwood Running Club	9.23	06:30
4049	876	Amanda Violet	00:52:00	Barnet & District AC	9.23	06:30
4848	877	Laurie Boulton	00:52:03	Mornington Chasers	9.22	06:30
5100	878	Maria David	00:52:06	South London Harriers	9.21	06:31
4730	879	Wendy Smith	00:52:07	Lingfield RC	9.21	06:31
5144	880	Jennifer Johnston	00:52:13	St Albans Striders	9.19	06:32
4254	881	Hannah Greenlee	00:52:16	Chorlton Runners	9.18	06:32
5104	882	Paula Atkinson	00:52:17	South Shields Harriers & Ac	9.18	06:32
4066	883	Carrie Barker	00:52:17	Beeston AC	9.18	06:32
4904	884	Anne Millett	00:52:18	Norwich Road Runners	9.18	06:32
4600	885	Eibhlin Nibhradaigh	00:52:26	Herne Hill Harriers	9.15	06:33
4485	886	Helen Harrison	00:52:28	Garden City Runners	9.15	06:33
5362	887	Julie Collinson	00:52:33	Wallsend Harriers & Ac	9.13	06:34
4964	888	Lita Short	00:52:39	Poole Runners	9.12	06:35

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
5442	889	Florence Mowlem	00:53:00	Windrush Triathlon Club	9.06	06:38
5200	890	Lisa Blagden	00:53:07	Telford Ac	9.04	06:38
5366	891	Gemma Charville	00:53:10	Ware Joggers	9.03	06:39
4671	892	Sue Booth	00:53:13	Kendal Amateur Athletic Club	9.02	06:39
4792	893	Claire Corbridge	00:53:14	Lordshill Road Runners	9.02	06:39
4186	894	Patricia Keene	00:53:14	Burnham Joggers	9.02	06:39
5252	895	Angie Crush	00:53:16	Tonbridge Ac	9.01	06:40
5292	896	Sarah McDonald	00:53:20	Trentham Rc	9	06:40
4570	897	Rita Fisher	00:53:22	Heanor Running Club	8.99	06:40
4095	898	Christina Fleetwood	00:53:25	Bexley Ac	8.99	06:41
5322	899	Kim Firstbrook	00:53:26	Tynedale Harriers & AC	8.98	06:41
5123	900	Clare Bovill	00:53:29	Sparkhill Harriers	8.97	06:41
4807	901	Vicki Halse	00:53:32	Low Fell RC	8.97	06:42
4493	902	Claudia Neira Torne	00:53:36	GoodGym Race Team	8.96	06:42
4951	903	Jo Pearce	00:53:36	Phoenix Striders	8.96	06:42
4916	904	Michele Kondakor	00:53:37	Nuneaton Harriers	8.95	06:42
4861	905	Alice Sullivan	00:53:39	Mornington Chasers	8.95	06:42
4564	906	Sandra Harding-Brown	00:53:52	Headington RR	8.91	06:44
5078	907	Miwa Tonaki	00:54:02	Serpentine RC	8.88	06:45
5312	908	Carol Tsang	00:54:05	Tunbridge Wells Harriers	8.88	06:46
4948	909	Lynsey Gray	00:54:07	Phoenix Striders	8.87	06:46
4409	910	Catherine Gunnewicht	00:54:09	Ealing Southall & Middlesex AC	8.86	06:46
4430	911	Hayley Dalton	00:54:10	Eton Manor AC	8.86	06:46
4859	912	Tamsin Ogilvie	00:54:16	Mornington Chasers	8.85	06:47
4847	913	Elizabeth Aryeetey	00:54:18	Mornington Chasers	8.84	06:47
5337	914	Sophie Landau	00:54:23	Vegan Runners UK	8.83	06:48
5276	915	Sue Exon	00:54:24	Trafford Athletic Club	8.82	06:48
4534	916	Sarah Frost	00:54:25	Halstead RRC	8.82	06:48
4880	917	Amanda White	00:54:26	Newcastle Staffs Ac	8.82	06:48
4814	918	Carolyn Smith	00:54:27	Lymm Runners	8.82	06:48
4205	919	Maria MacDonald	00:54:30	Cambridge Harriers	8.81	06:49
4886	920	Mandy Curtis	00:54:39	North Derbyshire RC	8.78	06:50
5157	921	Carol Beattie	00:54:54	Steel City Striders Rc	8.74	06:52
5364	922	Christine Stretesky	00:54:54	Wallsend Harriers & Ac	8.74	06:52
4373	923	Ib Lilley	00:55:03	Dulwich Park Runners	8.72	06:53
5417	924	Radhika Lingham	00:55:05	Wimbledon Windmilers	8.71	06:53
4532	925	Treena Carder	00:55:13	Halstead RRC	8.69	06:54
5283	926	Christine Hawker	00:55:35	Trent Park Running Club	8.64	06:57
5409	927	Rachel Lawton	00:55:41	Wigan & District H & AC	8.62	06:58
5441	928	Laura Hamilton	00:55:43	Windrush Triathlon Club	8.62	06:58
4124	929	Claire Mason	00:55:46	Blyth Running Club	8.61	06:58
4957	930	Gemma Jones	00:55:59	Pitsea Rc	8.57	07:00
4947	931	Lisa Garner	00:56:00	Phoenix Striders	8.57	07:00
4704	932	Julie Elmes	00:56:14	Knaresborough Striders	8.54	07:02
4646	933	Frieda Keane	00:56:15	Ilford AC	8.53	07:02
5130	934	Madeline Turner	00:56:24	Springfield Striders RC	8.51	07:03
4123	935	Anne Craddock	00:56:31	Blyth Running Club	8.49	07:04
5281	936	Celine Goldsmith	00:56:38	Trent Park Running Club	8.48	07:05
5419	937	Lisa Rippon	00:56:43	Wimbledon Windmilers	8.46	07:05
5143	938	Gill Hudnott	00:56:47	St Albans Striders	8.45	07:06
5167	939	Lisa Coyne	00:56:48	Stourbridge RC	8.45	07:06
4371	940	Clare Dunne	00:56:48	Dulwich Park Runners	8.45	07:06
4242	941	Sue Baker	00:56:50	Chichester Runners & AC	8.45	07:06
4970	942	Sue Wickham	00:56:53	Preston Harriers	8.44	07:07
4223	943	Denise Makepeace	00:56:55	Centurion RC	8.43	07:07
4808	944	Wendy J Lynch	00:57:01	Low Fell RC	8.42	07:08
4032	945	Lucy Johnstone	00:57:13	Ashford & District RRC	8.39	07:09
4834	946	Leah Hartwell	00:57:14	Marshall Milton Keynes AC	8.39	07:09
4664	947	Kathy Wilson-Brown	00:57:14	Ipswich Jaffa RC	8.39	07:09
4878	948	Susan Twardochleb	00:57:14	Newcastle Staffs Ac	8.39	07:09
4810	949	Michelle McDonough	00:57:26	Low Fell RC	8.36	07:11
5317	950	Emma Moir	00:57:27	Tyne Bridge Harriers	8.36	07:11
4559	951	Rosemary Cameron	00:57:30	Headington RR	8.35	07:11
5298	952	Rosemary Wilson	00:57:32	Trentham Rc	8.34	07:11
4025	953	Rebecca Fleckney	00:57:41	Amphill & Flitwick Flyers Rc	8.32	07:13
5316	954	Morag Kerry	00:57:45	Tyne Bridge Harriers	8.31	07:13
4351	955	Rosina Salmon	00:58:00	Dagenham 88 Runners	8.28	07:15
5128	956	Sarah Goodwin	00:58:01	Springfield Striders RC	8.27	07:15
4958	957	Angela Smith	00:58:04	Pitsea Rc	8.27	07:15
4277	958	Caroline Fuller	00:58:19	City Of Sheffield And Dearne Ac	8.23	07:17
4536	959	Lauren Ripton	00:58:21	Halstead RRC	8.23	07:18
4894	960	Carina Quayle	00:58:28	North Herts Road Runners	8.21	07:18
4892	961	Lindsay Cook	00:58:30	North Herts Road Runners	8.21	07:19
4044	962	Kirsty Johnstone	00:58:46	Barnet & District AC	8.17	07:21

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
4148	963	Anna McManus	00:58:47	Bournville Harriers	8.17	07:21
4466	964	Louise Garlick	00:58:51	Fulham Running Club	8.16	07:21
4639	965	Angela King	00:58:57	Huntingdonshire AC	8.14	07:22
4073	966	Gemma Smart	00:59:05	Beeston AC	8.12	07:23
4440	967	Siobhan Parker	00:59:13	Eton Manor AC	8.11	07:24
4446	968	Sharon Crowley	00:59:18	Fairlands Valley Spartans	8.09	07:25
4455	969	Maria Felicetti	00:59:21	Folkestone RC	8.09	07:25
4502	970	Marcela Arvizu	00:59:33	Greenwich Tritons Triathlon Club	8.06	07:27
4732	971	Dily Ruffer	00:59:45	Littledown Harriers	8.03	07:28
4805	972	Mary Johnson	01:00:11	Loughton AC	7.98	07:31
4443	973	Sue Unsworth	01:00:15	Eton Manor AC	7.97	07:32
4683	974	Annabelle Hadlow	01:00:24	Kent AC	7.95	07:33
4406	975	Lauren Wiggins	01:01:35	Ealing Eagles Running Club	7.79	07:42
4676	976	Pauline Dable	01:02:00	Kenilworth Runners	7.74	07:45
4959	977	Nicola Cornes	01:02:33	Poole Ac	7.67	07:49
5367	978	Jeanette Collins	01:02:35	Ware Joggers	7.67	07:49
4804	979	Danielle Zhao	01:02:42	Lordshill Road Runners	7.66	07:50
4149	980	Sharon Newman	01:03:11	Bournville Harriers	7.6	07:54
4222	981	Clare Colquhoun	01:03:15	Centurion RC	7.59	07:54
4969	982	Julie Tyrer	01:03:30	Preston Harriers	7.56	07:56
4954	983	Marion Breeze	01:03:47	Pitsea Rc	7.53	07:58
5067	984	Rose Coral	01:03:51	Serpentine RC	7.52	07:59
4950	985	Nicola Maslen	01:04:03	Phoenix Striders	7.49	08:00
4953	986	Theo Suga	01:04:03	Phoenix Striders	7.49	08:00
4437	987	Janet Hoskin	01:04:12	Eton Manor AC	7.48	08:02
4800	988	Siobhan Mintoff	01:04:25	Lordshill Road Runners	7.45	08:03
4245	989	Wendy Whelan	01:05:08	Chichester Runners & AC	7.37	08:08
4271	990	Janine Kemm	01:05:52	City Of Salisbury AC & RC	7.29	08:14
4355	991	Selon Timi Veerasamy	01:05:58	Dagenham 88 Runners	7.28	08:15
4353	992	Kaya Smith	01:06:18	Dagenham 88 Runners	7.24	08:17
5271	993	Dorothea Kennard	01:06:32	Totton RC	7.21	08:19
4793	994	Charlotte Feist	01:06:42	Lordshill Road Runners	7.2	08:20
4097	995	Geraldine Legon	01:07:04	Bexley Ac	7.16	08:23
5287	996	Christine Read	01:07:27	Trent Park Running Club	7.12	08:26
4067	997	Emmalee Bish	01:07:49	Beeston AC	7.08	08:29
4503	998	Louise Johnson	01:07:55	Greenwich Tritons Triathlon Club	7.07	08:29
4961	999	Laura Horswill	01:08:00	Poole Ac	7.06	08:30
4801	1000	Michelle Nears	01:10:26	Lordshill Road Runners	6.81	08:48
4501	1001	Pat Brightman	01:11:23	Great Yarmouth & District AC	6.72	08:55
5189	1002	Felicidade Gunn	01:11:26	Sutton Runners	6.72	08:56
5476	1003	Edwina Wilcox	01:12:11	York Knavesmire Harriers	6.65	09:01
5094	1004	Julie Goodwin	01:12:42	Skegness & District Running Club	6.6	09:05
5095	1005	Helena Shelton	01:12:47	Skegness & District Running Club	6.59	09:06
5289	1006	Marie Cooper	01:13:37	Trentham Rc	6.52	09:12
5291	1007	Jacquie MacPhail	01:13:38	Trentham Rc	6.52	09:12
5125	1008	Sally-anne Tully	01:14:33	Sphinx AC	6.44	09:19
4140	1009	Claire Daniels	01:14:57	Bournville Harriers	6.4	09:22
4469	1010	Emilyn Hutchinson	01:16:58	Fulham Running Club	6.24	09:37

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
1	Leeds City Athletic Club	53
2	Aldershot Farnham & District	61
3	London Heathside	167
4	Tonbridge Ac	175
5	Belgrave Harriers	203
6	Hallamshire Harriers Sheffield	282
7	Bristol and West AC	311
8	Thames Hare & Hounds	318
9	Cambridge Harriers	335
10	Blackheath & Bromley Harriers AC	338
11	Vale Royal Ac	338
12	Southampton Athletic Club	380
13	Reading AC	409
14	Kent AC	428
15	Charnwood A C	432

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
16	Sale Harriers Manchester	439
17	Coventry Godiva Harriers	470
18	Thames Valley Harriers	528
19	Trent Park Running Club	622
20	Herne Hill Harriers	640
21	Highgate Harriers	686
22	Oxford University AC	690
23	Winchester & District AC	754
24	Serpentine RC	856
25	Guildford & Godalming AC	864
26	Fulham Running Club	926
27	Clapham Chasers	955
28	Southend On Sea Ac	1084
29	Victoria Park Harriers And Tower Hamlets Ac	1094
30	Dulwich Runners AC	1115



<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
31	Westbury Harriers	1139
32	City Of Portsmouth AC	1155
33	Epsom & Ewell Harriers	1172
34	St Albans Striders	1207
35	Newcastle Staffs Ac	1222
36	Havering AC	1246
37	Croydon Harriers	1258
38	York Knavesmire Harriers	1277
39	Peterborough & Nene Valley AC	1321
40	Nuneaton Harriers	1324
41	Avon Valley Runners	1326
42	Tyne Bridge Harriers	1331
43	Bournville Harriers	1367
44	Tipton Harriers	1384
45	Leighton Buzzard Athletic Club	1460

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
46	Mornington Chasers	1469
47	Headington RR	1495
48	Eton Manor AC	1553
49	Hillingdon AC	1577
50	Barnet & District AC	1607
51	Chorlton Runners	1749
52	Dorking & Mole Valley AC	1763
53	Ilkeston Running Club	1828
54	Maidenhead AC	1840
55	Reading Roadrunners	1944
56	Wimbledon Windmilers	1947
57	Ilkley Harriers AC	1960
58	The Stragglers Running Club	1969
59	Queen's Park Harriers	1987
60	Trafford Athletic Club	1998

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
61	Beeston AC	2039
62	London City Runners	2082
63	Steel City Striders Rc	2084
64	Heanor Running Club	2097
65	Chichester Runners & AC	2099
66	Folkestone RC	2107
67	Holme Pierrepont Rc	2114
68	Lordshill Road Runners	2118
69	Waverley Harriers	2126
70	South London Harriers	2154
71	Stubbington Green Runners	2198
72	West 4 Harriers	2199
73	Ealing Southall & Middlesex AC	2205
74	Tunbridge Wells Harriers	2225
75	Trentham Rc	2259

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
76	Central Park Athletics	2279
77	Windrush Triathlon Club	2285
78	Totton RC	2322
79	Dacorum Athletic Club	2421
80	Orion Harriers	2434
81	Farnham Runners	2435
82	Petts Wood Runners	2451
83	Ealing Eagles Running Club	2452
84	Ware Joggers	2526
85	Great Bentley Running Club	2616
86	Norwich Road Runners	2695
87	Springfield Striders RC	2696
88	Iford AC	2705
89	North East Project	2734
90	Poole Ac	2740

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
91	Low Fell RC	2789
92	Skegness & District Running Club	2844
93	Colchester Harriers AC	2883
94	City Of Salisbury AC & RC	2930
95	Phoenix Striders	2934
96	Wigan & District H & AC	2949
97	Bexley Ac	3008
98	Ashford & District RRC	3124
99	Greenwich Tritons Triathlon Club	3227
100	Wallsend Harriers & Ac	3274
101	Halstead RRC	3325
102	Blyth Running Club	3331
103	Pitsea Rc	3657
104	Dagenham 88 Runners	3796
	26.2 Road Runners Club	

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8312	1	Mahamed Mahamed	00:40:52	Southampton Athletic Club	17.62	03:24
7418	2	Emile Caires	00:41:07	Leeds City Athletic Club	17.51	03:26
7392	3	Alex Yee	00:42:04	Kent AC	17.12	03:30
8313	4	Zakariya Mahamed	00:42:21	Southampton Athletic Club	17	03:32
6353	5	Jack Millar	00:42:23	Bristol and West AC	16.99	03:32
8147	6	Nigel Martin	00:42:24	Sale Harriers Manchester	16.98	03:32
7680	7	Daniel Haworth	00:42:26	Matlock Athletic Club	16.97	03:32
8184	8	Joe Steward	00:42:44	Salford Harriers & Ac	16.85	03:34
6996	9	Andrew Heyes	00:42:48	Hallamshire Harriers Sheffield	16.82	03:34
8317	10	Alexander Teuten	00:42:52	Southampton Athletic Club	16.8	03:34
7327	11	Joe Hudson	00:42:58	Keighley & Craven AC	16.76	03:35
7290	12	Ahmed Abdulle	00:43:00	Ilford AC	16.74	03:35
6018	13	Ben Bradley	00:43:06	Aldershot Farnham & District	16.71	03:35
6395	14	Jack Gray	00:43:08	Cambridge & Coleridge AC	16.69	03:36
6392	15	James Edgerton	00:43:14	Cambridge & Coleridge AC	16.65	03:36
9001	16	Edward Shepherd	00:43:18	Woodford Green AC with Essex Ladies	16.63	03:36
7201	17	Alexander Lepretre	00:43:22	Highgate Harriers	16.6	03:37
6662	18	Dominic Nolan	00:43:29	Croydon Harriers	16.56	03:37
6128	19	Benjamin Alcock	00:43:35	Bedford & County AC	16.52	03:38
8241	20	Dylan Evans	00:43:38	Shaftesbury Barnet Harriers	16.5	03:38
6320	21	Zak Seddon	00:43:45	Bracknell AC	16.46	03:39
7857	22	Alastair Watson	00:43:47	Notts AC	16.44	03:39
7434	23	Linton Taylor	00:43:52	Leeds City Athletic Club	16.41	03:39
7321	24	Ed Bovingdon	00:43:58	Istead & Ifield Harriers	16.38	03:40
9006	25	George Beardmore	00:44:00	Worcester AC	16.36	03:40
8459	26	Samuel Moakes	00:44:04	Sutton in Ashfield Harriers & AC	16.34	03:40
7852	27	Douglas Musson	00:44:05	Notts AC	16.33	03:40
8633	28	Maximilian Nicholls	00:44:06	Tonbridge Ac	16.33	03:40
6479	29	Harry Leleu	00:44:08	Chichester Runners & AC	16.31	03:41
6022	30	Sam Eglen	00:44:15	Aldershot Farnham & District	16.27	03:41
6695	31	Daniel Haymes	00:44:17	Derby Athletic Club	16.26	03:41
6135	32	Jack Goodwin	00:44:19	Bedford & County AC	16.25	03:42
7096	33	Daniel Cliffe	00:44:26	Hercules Wimbledon AC	16.2	03:42
6386	34	Michael Bartram	00:44:28	Cambridge & Coleridge AC	16.19	03:42
6326	35	William Cork	00:44:29	Brighton & Hove AC	16.19	03:42
6330	36	Tomer Tarragano	00:44:29	Brighton & Hove AC	16.19	03:42
7358	37	John Gilbert	00:44:30	Kent AC	16.18	03:42
8106	38	Elisha De Mello	00:44:30	Rugby & Northampton Ac	16.18	03:42
8080	39	Joseph Massingham	00:44:32	Rotherham Harriers And Ac	16.17	03:43
6132	40	Darren Deed	00:44:35	Bedford & County AC	16.15	03:43
6461	41	Harry Lupton	00:44:43	Charnwood A C	16.1	03:44
6405	42	James Teagle	00:44:43	Cambridge & Coleridge AC	16.1	03:44
7436	43	Joshua Woodcock-Shaw	00:44:47	Leeds City Athletic Club	16.08	03:44
7744	44	Carl Avery	00:44:50	Morpeth Harriers & AC	16.06	03:44
8113	45	Lee Gratton	00:44:51	Rugeley Runners	16.05	03:44
6023	46	Lasse Eini	00:45:00	Aldershot Farnham & District	16	03:45
6397	47	Thomas Keen	00:45:02	Cambridge & Coleridge AC	15.99	03:45
8307	48	Peter Hart	00:45:03	Southampton Athletic Club	15.98	03:45
6281	49	James Douglas	00:45:04	Border Harriers & Ac	15.98	03:45
6361	50	Kurt Taylor	00:45:09	Bristol and West AC	15.95	03:46
8628	51	Jamie Goodge	00:45:10	Tonbridge Ac	15.94	03:46
7580	52	Seyfu Jamaal	00:45:12	London Heathside	15.93	03:46
7799	53	Frank O Brien	00:45:13	Newham & Essex Beagles AC	15.92	03:46
7499	54	Liam Burthem	00:45:14	Liverpool Harriers & AC	15.92	03:46
7430	55	Graham Rush	00:45:14	Leeds City Athletic Club	15.92	03:46
6352	56	Felix McGrath	00:45:14	Bristol and West AC	15.92	03:46
6691	57	Tom Bishop	00:45:21	Derby Athletic Club	15.88	03:47
7120	58	Frederick Slemeck	00:45:24	Hercules Wimbledon AC	15.86	03:47
6359	59	Ben Robinson	00:45:24	Bristol and West AC	15.86	03:47
7842	60	Milan Champion	00:45:27	Notts AC	15.84	03:47
6733	61	Edward Chuck	00:45:28	Dulwich Runners AC	15.84	03:47
8503	62	Macgregor Cox	00:45:28	Thames Hare & Hounds	15.84	03:47
6751	63	Jack Ramm	00:45:29	Dulwich Runners AC	15.83	03:47
8133	64	Nicholas Barry	00:45:32	Sale Harriers Manchester	15.81	03:48
7848	65	Freddie Hessian	00:45:33	Notts AC	15.81	03:48
8314	66	Jacob O'Hara	00:45:36	Southampton Athletic Club	15.79	03:48
7425	67	Mick Hill	00:45:38	Leeds City Athletic Club	15.78	03:48
6201	68	Philip Wicks	00:45:40	Belgrave Harriers	15.77	03:48
8647	69	Stephen Strange	00:45:42	Tonbridge Ac	15.75	03:49
7811	70	Kieran Walker	00:45:44	North East Project	15.74	03:49
6245	71	Max Stapley	00:45:50	Birtley AC	15.71	03:49
8843	72	Oscar Bell	00:45:50	Ware Joggers	15.71	03:49
6348	73	Owain Jones	00:45:51	Bristol and West AC	15.7	03:49
8905	74	Dominic James	00:45:52	Western Tempo	15.7	03:49

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7424	75	Matthew Grieve	00:45:53	Leeds City Athletic Club	15.69	03:49
8625	76	Michael Ellis	00:45:53	Tonbridge Ac	15.69	03:49
6141	77	William MacKay	00:45:55	Bedford & County AC	15.68	03:50
6234	78	Alex Tovey	00:45:55	Birchfield Harriers	15.68	03:50
8529	79	Patrick Roddy	00:45:56	Thames Hare & Hounds	15.67	03:50
8309	80	Rikki James	00:45:56	Southampton Athletic Club	15.67	03:50
8306	81	Sam Costley	00:45:57	Southampton Athletic Club	15.67	03:50
6015	82	Stephen Blake	00:45:59	Aldershot Farnham & District	15.66	03:50
7173	83	Alex Bampton	00:46:02	Highgate Harriers	15.64	03:50
7179	84	Peter Chambers	00:46:02	Highgate Harriers	15.64	03:50
7423	85	Sean Flanagan	00:46:02	Leeds City Athletic Club	15.64	03:50
7745	86	Matthew Briggs	00:46:03	Morpeth Harriers & AC	15.64	03:50
6024	87	George Gathercole	00:46:04	Aldershot Farnham & District	15.63	03:50
8549	88	Conor Kissane-Wood	00:46:05	Thames Valley Harriers	15.62	03:50
8907	89	Ben Price	00:46:05	Western Tempo	15.62	03:50
7676	90	James Tuttle	00:46:06	Marshall Milton Keynes AC	15.62	03:50
8540	91	Michael Cameron	00:46:07	Thames Valley Harriers	15.61	03:51
6247	92	Ben Fish	00:46:07	Blackburn Harriers & Ac	15.61	03:51
7708	93	Jack Willis	00:46:09	Middlesbrough & Cleveland Harriers	15.6	03:51
6510	94	Logan Smith	00:46:14	City Of Norwich AC	15.57	03:51
7347	95	Noah Armitage-Hookes	00:46:14	Kent AC	15.57	03:51
7681	96	Harry Holmes	00:46:16	Matlock Athletic Club	15.56	03:51
7265	97	Joe Mercer	00:46:17	Horwich R M I Harriers	15.56	03:51
8619	98	Jamie Bryant	00:46:18	Tonbridge Ac	15.55	03:52
7171	99	Robel Bahelbi	00:46:21	Highgate Harriers	15.53	03:52
8145	100	Daniel Kashi	00:46:23	Sale Harriers Manchester	15.52	03:52
6114	101	Dave Ragan	00:46:28	Basingstoke & Mid Hants AC	15.49	03:52
6999	102	Christopher Law	00:46:29	Hallamshire Harriers Sheffield	15.49	03:52
7746	103	Finn Brodie	00:46:29	Morpeth Harriers & AC	15.49	03:52
6909	104	Matthew Elkington	00:46:29	Glaxo Hoad Hill Harriers	15.49	03:52
7192	105	Charlie Haywood	00:46:30	Highgate Harriers	15.48	03:53
8076	106	Luke Cotter	00:46:30	Rotherham Harriers And Ac	15.48	03:53
7113	107	Richard McDowell	00:46:31	Hercules Wimbledon AC	15.48	03:53
7792	108	Callum Bowen-Jones	00:46:33	Newham & Essex Beagles AC	15.47	03:53
8968	109	Marcus Shantry	00:46:33	Windsor Slough Eton & Hounslow AC	15.47	03:53
7762	110	Edward Buck	00:46:33	Newark AC	15.47	03:53
7713	111	Joe Morrow	00:46:34	Milton Keynes Distance Project	15.46	03:53
8152	112	Philip Robertson	00:46:35	Sale Harriers Manchester	15.46	03:53
7691	113	Teweldebrhan Menges	00:46:37	Medway And Maidstone Ac	15.45	03:53
8789	114	Joe Dale	00:46:38	Victoria Park Harriers And Tower Hamlets Ac	15.44	03:53
7555	115	Tom Aldred	00:46:39	London Heathside	15.43	03:53
6243	116	Adrian Bailes	00:46:40	Birtley AC	15.43	03:53
8107	117	William Gardner	00:46:43	Rugby & Northampton Ac	15.41	03:54
6402	118	James Reed	00:46:43	Cambridge & Coleridge AC	15.41	03:54
8716	119	Mark Innocenti	00:46:47	Tring RC	15.39	03:54
8123	120	Joseph Tuffin	00:46:47	Rushcliffe Ac	15.39	03:54
7116	121	Andrew Penney	00:46:48	Hercules Wimbledon AC	15.38	03:54
7112	122	George Mallett	00:46:48	Hercules Wimbledon AC	15.38	03:54
7098	123	Jonathan Cornish	00:46:48	Hercules Wimbledon AC	15.38	03:54
6319	124	Matthew Seddon	00:46:49	Bracknell AC	15.38	03:54
7208	125	Roger Poolman	00:46:50	Highgate Harriers	15.37	03:54
6390	126	Chris Darling	00:46:50	Cambridge & Coleridge AC	15.37	03:54
6175	127	Henry Hart	00:46:50	Belgrave Harriers	15.37	03:54
6772	128	John Fielding	00:46:51	Ealing Southall & Middlesex AC	15.37	03:54
8545	129	James Ellis	00:46:52	Thames Valley Harriers	15.36	03:54
6690	130	David Bishop	00:46:53	Derby Athletic Club	15.36	03:54
8941	131	William Boutwood	00:46:53	Winchester & District AC	15.36	03:54
9008	132	Tom Mahon	00:46:53	Wreake & Soar Valley	15.36	03:54
7798	133	Olivier Heaslip	00:46:53	Newham & Essex Beagles AC	15.36	03:54
8170	134	Thomas Cornthwaite	00:46:55	Salford Harriers & Ac	15.35	03:55
6084	135	Edward Knudsen	00:46:56	Avon Valley Runners	15.34	03:55
8159	136	James Wignall	00:46:57	Sale Harriers Manchester	15.34	03:55
8149	137	William Onek	00:46:58	Sale Harriers Manchester	15.33	03:55
8566	138	Christopher Thomas	00:47:01	Thames Valley Harriers	15.31	03:55
8453	139	Stephen Jackson	00:47:04	Sunderland Harriers & AC	15.3	03:55
6363	140	Andrew Watt	00:47:06	Bristol and West AC	15.29	03:55
7332	141	Alasdair Russell	00:47:07	Kendal Amateur Athletic Club	15.28	03:56
7891	142	Jared Martin	00:47:09	Oxford University AC	15.27	03:56
8622	143	Ben Cole	00:47:09	Tonbridge Ac	15.27	03:56
7314	144	James Reeder	00:47:09	Ipswich Harriers	15.27	03:56
8024	145	Sam Rodda	00:47:10	Reading AC	15.27	03:56
6001	146	Ben Chown	00:47:12	26.2 Road Runners Club	15.25	03:56
8634	147	Cameron Payas	00:47:12	Tonbridge Ac	15.25	03:56
8176	148	Chris Livesey	00:47:12	Salford Harriers & Ac	15.25	03:56

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6653	149	James Hancock	00:47:12	Croydon Harriers	15.25	03:56
9023	150	Robert Wright	00:47:13	Wycombe Phoenix Harriers & Ac	15.25	03:56
8906	151	Dan Owen	00:47:14	Western Tempo	15.24	03:56
8202	152	Andy Greenleaf	00:47:16	Serpentine RC	15.23	03:56
6984	153	Jed Bartlett	00:47:16	Hallamshire Harriers Sheffield	15.23	03:56
6356	154	Tony Orvain	00:47:18	Bristol and West AC	15.22	03:56
6638	155	Kieran Barnes	00:47:19	Crawley Ac	15.22	03:57
6987	156	John Birch	00:47:19	Hallamshire Harriers Sheffield	15.22	03:57
7756	157	James Taylor	00:47:20	Morpeth Harriers & AC	15.21	03:57
6394	158	Michael Gilbert	00:47:21	Cambridge & Coleridge AC	15.21	03:57
6057	159	David Norman	00:47:21	Altrincham & District Athletic Club Limited	15.21	03:57
8742	160	William Levett	00:47:22	Tunbridge Wells Harriers	15.2	03:57
7819	161	David Green	00:47:24	North Shields Polytechnic Club	15.19	03:57
7269	162	Cameron Allan	00:47:25	Houghton Harriers & Ac	15.18	03:57
8541	163	Hugo Cayssials	00:47:27	Thames Valley Harriers	15.17	03:57
7750	164	Sam Hancox	00:47:27	Morpeth Harriers & AC	15.17	03:57
7416	165	Alexander Bellew	00:47:27	Leeds City Athletic Club	15.17	03:57
7771	166	Callum O'Neill	00:47:28	Newbury AC	15.17	03:57
7607	167	Christopher Vincent	00:47:31	London Heathside	15.15	03:58
6993	168	Jamie Hall	00:47:31	Hallamshire Harriers Sheffield	15.15	03:58
6698	169	Alex Pilcher	00:47:32	Derby Athletic Club	15.15	03:58
7051	170	Ben Davis	00:47:32	Havering AC	15.15	03:58
9003	171	James Stockings	00:47:33	Woodford Green AC with Essex Ladies	15.14	03:58
6990	172	Leo Cossham	00:47:34	Hallamshire Harriers Sheffield	15.14	03:58
7951	173	Ben Lewis	00:47:35	Poole Ac	15.13	03:58
8640	174	Kieran Reilly	00:47:37	Tonbridge Ac	15.12	03:58
8626	175	Luke Fisher	00:47:39	Tonbridge Ac	15.11	03:58
7220	176	Rob Wilson	00:47:43	Highgate Harriers	15.09	03:59
8467	177	Simon Byrne	00:47:43	Swindon Harriers	15.09	03:59
6149	178	Alfred Yabsley	00:47:44	Bedford & County AC	15.08	03:59
7853	179	Tony Payne	00:47:46	Notts AC	15.07	03:59
7420	180	Gavyn Chalmers	00:47:47	Leeds City Athletic Club	15.07	03:59
8607	181	Martin Williams	00:47:49	Tipton Harriers	15.06	03:59
8502	182	Josh Carr	00:47:50	Thames Hare & Hounds	15.05	03:59
8331	183	Samuel Norris	00:47:51	Southend On Sea Ac	15.05	03:59
7353	184	Cameron Dockerill	00:47:54	Kent AC	15.03	04:00
7422	185	Benjamin Douglas	00:47:56	Leeds City Athletic Club	15.02	04:00
7760	186	Harry Allan	00:47:56	New Marske Harriers Club	15.02	04:00
7417	187	Mike Burrett	00:47:56	Leeds City Athletic Club	15.02	04:00
6246	188	Luke Betts	00:47:58	Blackburn Harriers & AC	15.01	04:00
8150	189	Gareth Raven	00:47:59	Sale Harriers Manchester	15.01	04:00
8555	190	Oliver Newton	00:48:03	Thames Valley Harriers	14.98	04:00
6013	191	Harrison Read	00:48:04	Abingdon AC	14.98	04:00
7093	192	Oliver Carrington	00:48:06	Hercules Wimbledon AC	14.97	04:00
8158	193	Alan White	00:48:06	Sale Harriers Manchester	14.97	04:00
7089	194	Jack Bibbings	00:48:07	Hercules Wimbledon AC	14.96	04:01
8604	195	Joseph Read	00:48:09	Tipton Harriers	14.95	04:01
6986	196	Cameron Bell	00:48:09	Hallamshire Harriers Sheffield	14.95	04:01
6317	197	Neil Kevern	00:48:10	Bracknell AC	14.95	04:01
8994	198	Angus Holford	00:48:12	Woodford Green AC with Essex Ladies	14.94	04:01
6313	199	Adam Dart	00:48:13	Bracknell AC	14.93	04:01
7165	200	Andrew Warburton	00:48:15	Herne Hill Harriers	14.92	04:01
7090	201	Rhys Boorman	00:48:15	Hercules Wimbledon AC	14.92	04:01
7001	202	Connor Milnes	00:48:15	Hallamshire Harriers Sheffield	14.92	04:01
6787	203	Stefan Ritte	00:48:15	Ealing Southall & Middlesex AC	14.92	04:01
8220	204	Jonathan Poole	00:48:16	Serpentine RC	14.92	04:01
7686	205	Tom Collins	00:48:17	Medway And Maidstone Ac	14.91	04:01
8200	206	Andrea Fraquelli	00:48:18	Serpentine RC	14.91	04:02
7209	207	Sean Renfer	00:48:20	Highgate Harriers	14.9	04:02
7371	208	Chris McGurk	00:48:21	Kent AC	14.89	04:02
6434	209	Neil Ibata	00:48:21	Cambridge University Hare and Hounds Club	14.89	04:02
7279	210	David Hudson	00:48:21	Huntingdonshire AC	14.89	04:02
6992	211	Matthew Fuller	00:48:22	Hallamshire Harriers Sheffield	14.89	04:02
6087	212	Michael Towler	00:48:23	Avon Valley Runners	14.88	04:02
8305	213	Max Costley	00:48:24	Southampton Athletic Club	14.88	04:02
8797	214	James Hotham	00:48:24	Victoria Park Harriers And Tower Hamlets Ac	14.88	04:02
7258	215	Kai Sunman	00:48:25	Holmfirth Harriers AC	14.87	04:02
8992	216	Tom Beedell	00:48:25	Woodford Green AC with Essex Ladies	14.87	04:02
6249	217	Tim Raynes	00:48:26	Blackburn Harriers & AC	14.87	04:02
6282	218	Tom Humphries	00:48:26	Border Harriers & Ac	14.87	04:02
7415	219	Mohamed Abshir	00:48:26	Leeds City Athletic Club	14.87	04:02
6493	220	Fraser MacDonald Oulds	00:48:27	Chorlton Runners	14.86	04:02
6794	221	Gavin Browne	00:48:27	East Cheshire Harriers & Tameside Ac	14.86	04:02
6542	222	Tim Stratton	00:48:28	City of York AC	14.86	04:02



Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7264	223	Nick Leigh	00:48:30	Horwich R M I Harriers	14.85	04:02
8963	224	Sebastian Cirillo	00:48:30	Windsor Slough Eton & Hounslow AC	14.85	04:02
6119	225	Robert Wood	00:48:30	Basingstoke & Mid Hants AC	14.85	04:02
7888	226	Matthew Berrington	00:48:30	Oxford University AC	14.85	04:02
6384	227	Brogan McCawley	00:48:31	Camberley & District AC	14.84	04:03
7498	228	Richard Burney	00:48:32	Liverpool Harriers & AC	14.84	04:03
6463	229	Ben Felton	00:48:33	Chelmsford AC	14.83	04:03
7438	230	Pascal Bouttier-Butler	00:48:36	Leicester Coritanian AC	14.81	04:03
8615	231	Daniel Bradley	00:48:39	Tonbridge Ac	14.8	04:03
6323	232	Conor Culham	00:48:39	Braintree & District AC	14.8	04:03
6331	233	James Turner	00:48:40	Brighton & Hove AC	14.79	04:03
7591	234	Kieran Morris	00:48:40	London Heathside	14.79	04:03
6595	235	Jordan Middlemist	00:48:41	Colchester Harriers AC	14.79	04:03
8781	236	Andrew Barrington	00:48:42	Victoria Park Harriers And Tower Hamlets Ac	14.78	04:04
6478	237	Mike Houston	00:48:42	Chichester Runners & AC	14.78	04:04
7352	238	Dame Dibaba	00:48:43	Kent AC	14.78	04:04
7138	239	Brandon Dewar	00:48:43	Herne Hill Harriers	14.78	04:04
8985	240	Ben Goddard	00:48:46	Woking AC	14.76	04:04
7517	241	Mathew Speed	00:48:46	London City Athletics Club	14.76	04:04
7329	242	Jonathan Dry	00:48:48	Kendal Amateur Athletic Club	14.75	04:04
8525	243	Richard Ollington	00:48:51	Thames Hare & Hounds	14.74	04:04
6420	244	Chris Loudon	00:48:54	Cambridge Harriers	14.72	04:04
7210	245	James Ross	00:48:57	Highgate Harriers	14.71	04:05
7119	246	Matthew Sharp	00:48:58	Hercules Wimbledon AC	14.7	04:05
8286	247	Ollie Garrod	00:48:59	South London Harriers	14.7	04:05
8208	248	Glenn Hughes	00:48:59	Serpentine RC	14.7	04:05
8546	249	Niki Faulkner	00:49:00	Thames Valley Harriers	14.69	04:05
6065	250	James Dicks	00:49:00	Arena 80 AC	14.69	04:05
6514	251	Sam Todd	00:49:02	City Of Norwich AC	14.68	04:05
7049	252	Samuel Atkins	00:49:02	Havering AC	14.68	04:05
7223	253	James Laing	00:49:03	Hillingdon AC	14.68	04:05
6512	254	David Sparshott	00:49:03	City Of Norwich AC	14.68	04:05
8302	255	Daniel Bradford	00:49:04	Southampton Athletic Club	14.67	04:05
8500	256	James Bartram	00:49:04	Thames Hare & Hounds	14.67	04:05
8135	257	Alex Bradford	00:49:04	Sale Harriers Manchester	14.67	04:05
8901	258	Ben Rawlins	00:49:04	Westbury Harriers	14.67	04:05
7203	259	Henry Murdoch	00:49:04	Highgate Harriers	14.67	04:05
8036	260	Jack Gregory	00:49:05	Reading Roadrunners	14.67	04:05
8244	261	Kojo Kyereme	00:49:05	Shaftesbury Barnet Harriers	14.67	04:05
8293	262	James Lyne	00:49:06	South London Harriers	14.66	04:06
6516	263	Paul Cardy	00:49:06	City Of Portsmouth AC	14.66	04:06
8501	264	Joe Bowness	00:49:06	Thames Hare & Hounds	14.66	04:06
7879	265	Lewis Harknett	00:49:07	Orion Harriers	14.66	04:06
6133	266	Craig Emmerson	00:49:09	Bedford & County AC	14.65	04:06
7677	267	Steve Tuttle	00:49:10	Marshall Milton Keynes AC	14.64	04:06
6436	268	Mark Poynting	00:49:11	Cambridge University Hare and Hounds Club	14.64	04:06
6625	269	Joe McLeod	00:49:12	Coventry Godiva Harriers	14.63	04:06
8108	270	Andrew Johnstone	00:49:15	Rugby & Northampton Ac	14.62	04:06
7355	271	Samuel Evans	00:49:17	Kent AC	14.61	04:06
7609	272	James Wooldridge	00:49:17	London Heathside	14.61	04:06
7822	273	Joe Gentry	00:49:18	North Somerset AC	14.6	04:07
6533	274	David Rich	00:49:21	City of Sheffield and Dearne AC	14.59	04:07
6988	275	Euan Brown	00:49:22	Hallamshire Harriers Sheffield	14.58	04:07
8457	276	Nathan Reed	00:49:23	Sunderland Harriers & AC	14.58	04:07
8288	277	Matthew Jiggins	00:49:23	South London Harriers	14.58	04:07
7578	278	James Hurrell	00:49:23	London Heathside	14.58	04:07
7381	279	Daniel Pettitt	00:49:23	Kent AC	14.58	04:07
8512	280	James Hoad	00:49:24	Thames Hare & Hounds	14.57	04:07
7777	281	Jacob Droogmans	00:49:24	Newcastle Staffs Ac	14.57	04:07
8000	282	Ben Anderson	00:49:26	Ranelagh Harriers	14.57	04:07
8965	283	Hugo Donovan	00:49:27	Windsor Slough Eton & Hounslow AC	14.56	04:07
8790	284	Greg Divall	00:49:27	Victoria Park Harriers And Tower Hamlets Ac	14.56	04:07
7310	285	Cameron Reilly	00:49:29	Ilkley Harriers AC	14.55	04:07
6335	286	Sam Peters	00:49:29	Brighton Phoenix	14.55	04:07
7753	287	Connor Marshall	00:49:30	Morpeth Harriers & AC	14.55	04:08
7111	288	Edward Mallett	00:49:30	Hercules Wimbledon AC	14.55	04:08
8193	289	Nicolas Besson	00:49:30	Serpentine RC	14.55	04:08
6189	290	Jonny Neville	00:49:31	Belgrave Harriers	14.54	04:08
7682	291	Jose Rivas Gutierrez	00:49:31	Matlock Athletic Club	14.54	04:08
8072	292	Stephen Corbishley	00:49:33	Rossendale Harriers & AC	14.53	04:08
8225	293	Jens Sudmeier	00:49:33	Serpentine RC	14.53	04:08
7003	294	Keiron Sexton	00:49:33	Hallamshire Harriers Sheffield	14.53	04:08
6194	295	Jonathan Scott	00:49:34	Belgrave Harriers	14.53	04:08
6862	296	Ellis Meades-Woolley	00:49:35	Fareham Running Club	14.52	04:08

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7990	297	Andrew McCarron	00:49:35	Queen's Park Harriers	14.52	04:08
7470	298	Billy Mead	00:49:35	Leighton Buzzard Athletic Club	14.52	04:08
8326	299	Rhys Gillard	00:49:35	Southend On Sea Ac	14.52	04:08
7159	300	Ben Paviour	00:49:36	Herne Hill Harriers	14.52	04:08
8896	301	Alex Hamblin	00:49:36	Westbury Harriers	14.52	04:08
6441	302	Peter Hogben	00:49:36	Canterbury Harriers	14.52	04:08
6106	303	Jonney Yeates	00:49:38	Barnet & District AC	14.51	04:08
6576	304	Adam Dalton	00:49:39	Cleethorpes AC	14.5	04:08
8850	305	Michael Waddington	00:49:40	Ware Joggers	14.5	04:08
6578	306	Daniel James	00:49:40	Cleethorpes AC	14.5	04:08
8310	307	Aiden Lennan	00:49:42	Southampton Athletic Club	14.49	04:09
6264	308	Daniel Kennedy	00:49:42	Blackheath & Bromley Harriers AC	14.49	04:09
6706	309	Daniel Evans	00:49:43	Dorking & Mole Valley AC	14.48	04:09
8481	310	Aidan Daniel	00:49:43	Team Bath Athletic Club	14.48	04:09
7586	311	Francesco Melloni	00:49:44	London Heathside	14.48	04:09
8803	312	Fabien Lassonde	00:49:45	Victoria Park Harriers And Tower Hamlets Ac	14.47	04:09
6187	313	Conall McNally	00:49:48	Belgrave Harriers	14.46	04:09
6622	314	Scott Hudspith	00:49:48	Coventry Godiva Harriers	14.46	04:09
7146	315	Jack Hillier	00:49:49	Herne Hill Harriers	14.45	04:09
6182	316	Angus Lamb	00:49:50	Belgrave Harriers	14.45	04:09
7135	317	Jeff Cunningham	00:49:51	Herne Hill Harriers	14.44	04:09
6985	318	Christian Battersby	00:49:52	Hallamshire Harriers Sheffield	14.44	04:09
7099	319	Jackson Creegan	00:49:57	Hercules Wimbledon AC	14.41	04:10
6117	320	Thomas Syckelmoore	00:49:57	Basingstoke & Mid Hants AC	14.41	04:10
8601	321	Karl Quiney	00:49:59	Tipton Harriers	14.4	04:10
7859	322	Matthew Williams	00:50:00	Notts AC	14.4	04:10
6481	323	Ben Morton	00:50:02	Chichester Runners & AC	14.39	04:10
7480	324	Aiden Briffett	00:50:03	Lewes AC	14.39	04:10
8070	325	Jonathan Cleaver	00:50:05	Rossendale Harriers & AC	14.38	04:10
6422	326	James MacDonald	00:50:08	Cambridge Harriers	14.36	04:11
8532	327	Phillip Tedd	00:50:10	Thames Hare & Hounds	14.35	04:11
6261	328	Alex Gibbins	00:50:10	Blackheath & Bromley Harriers AC	14.35	04:11
6612	329	Matthew Battley	00:50:11	Coventry Godiva Harriers	14.35	04:11
8599	330	Alvin Karangizi	00:50:11	Tipton Harriers	14.35	04:11
7174	331	James Barber	00:50:13	Highgate Harriers	14.34	04:11
8904	332	Marc Fallows	00:50:15	Western Tempo	14.33	04:11
6190	333	James Nutt	00:50:15	Belgrave Harriers	14.33	04:11
6535	334	Sebastian Duffy	00:50:16	City Of Stoke Ac	14.32	04:11
6256	335	Thomas Desborough	00:50:16	Blackheath & Bromley Harriers AC	14.32	04:11
8466	336	Luke Byrne	00:50:18	Swindon Harriers	14.31	04:11
6391	337	James Dunce	00:50:19	Cambridge & Coleridge AC	14.31	04:12
8474	338	Dan Thomas	00:50:21	Swindon Harriers	14.3	04:12
7806	339	Alexander McCartney	00:50:26	Newquay & Par AC	14.28	04:12
7705	340	Gregory Jayasuriya	00:50:27	Middlesbrough & Cleveland Harriers	14.27	04:12
8637	341	James Puxty	00:50:28	Tonbridge Ac	14.27	04:12
8131	342	Sam Aspinwall	00:50:30	Sale Harriers Manchester	14.26	04:12
6524	343	Michael Beckett	00:50:30	City Of Salisbury AC & RC	14.26	04:12
8864	344	Sean Collum	00:50:32	Watford Joggers	14.25	04:13
7214	345	David Shepherd	00:50:33	Highgate Harriers	14.24	04:13
6357	346	William Parkin	00:50:33	Bristol and West AC	14.24	04:13
6833	347	Steve Winder	00:50:34	Epsom & Ewell Harriers	14.24	04:13
8969	348	Mark Vardy	00:50:34	Windsor Slough Eton & Hounslow AC	14.24	04:13
7617	349	Daniel Campion	00:50:35	Lordshill Road Runners	14.23	04:13
7953	350	Brian Underwood	00:50:36	Poole Ac	14.23	04:13
7412	351	David Brown	00:50:37	Lancaster & Morecambe AC	14.22	04:13
7127	352	Eoin Brady	00:50:37	Herne Hill Harriers	14.22	04:13
7154	353	Arlo Ludewick	00:50:38	Herne Hill Harriers	14.22	04:13
8722	354	Matthew Wade	00:50:40	Tring RC	14.21	04:13
6339	355	Peter Bains	00:50:41	Bristol and West AC	14.21	04:13
8535	356	Simon Wurr	00:50:42	Thames Hare & Hounds	14.2	04:13
6508	357	Jacob Ocal	00:50:42	City Of Norwich AC	14.2	04:13
7000	358	David Lewis	00:50:44	Hallamshire Harriers Sheffield	14.19	04:14
7413	359	Joseph Twigg	00:50:44	Lancaster & Morecambe Ac	14.19	04:14
6694	360	Grant Cummings	00:50:44	Derby Athletic Club	14.19	04:14
7095	361	Joseph Clark	00:50:46	Hercules Wimbledon AC	14.18	04:14
6121	362	Philip Chritchlow	00:50:46	Beaumont RC	14.18	04:14
8739	363	Alexander Jeffreys	00:50:46	Tunbridge Wells Harriers	14.18	04:14
8478	364	Peter Hackett	00:50:47	Tamworth AC	14.18	04:14
6360	365	Andy Salmon	00:50:48	Bristol and West AC	14.17	04:14
8257	366	David Millns	00:50:49	Sheffield RC	14.17	04:14
6503	367	Ryan Davidson	00:50:50	City Of Norwich AC	14.16	04:14
8939	368	George Belfield	00:50:50	Winchester & District AC	14.16	04:14
7343	369	Lewis Sheward	00:50:50	Kenilworth Runners	14.16	04:14
8137	370	Chris Donnelly	00:50:51	Sale Harriers Manchester	14.16	04:14

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6039	371	Bryn Smith	00:50:51	Aldershot Farnham & District	14.16	04:14
6790	372	James Taylor-Caldwell	00:50:52	Ealing Southall & Middlesex AC	14.15	04:14
6101	373	Edward Spencer	00:50:53	Barnet & District AC	14.15	04:14
8171	374	Carl Hardman	00:50:53	Salford Harriers & Ac	14.15	04:14
7038	375	David Lawrence	00:50:54	Harrow AC	14.15	04:15
6997	376	Wyatt Hill	00:50:54	Hallamshire Harriers Sheffield	14.15	04:15
6365	377	Mark Appleton	00:50:55	Bromsgrove and Redditch	14.14	04:15
8927	378	Daniel Reynolds	00:50:57	Wimbledon Windmilers	14.13	04:15
6574	379	Peter MacKrell	00:50:57	Clayton-le-Moors Harriers	14.13	04:15
6398	380	Tom McCusker	00:50:57	Cambridge & Coleridge AC	14.13	04:15
8075	381	Ben Burton	00:50:57	Rotherham Harriers And Ac	14.13	04:15
8910	382	Adam Stirk	00:50:58	Wharfedale Harriers	14.13	04:15
6054	383	Dave Richardson	00:51:00	Alnwick Harriers	14.12	04:15
7884	384	Richard Smith	00:51:01	Orion Harriers	14.11	04:15
7851	385	John Muddeman	00:51:02	Notts AC	14.11	04:15
8079	386	Aidan Johnson	00:51:03	Rotherham Harriers And Ac	14.1	04:15
6735	387	Sean Cordon	00:51:03	Dulwich Runners AC	14.1	04:15
8477	388	Robert Dyjak	00:51:06	Tamworth AC	14.09	04:16
8278	389	Billy Casserley	00:51:06	South London Harriers	14.09	04:16
6287	390	James Ashley	00:51:06	Bournville Harriers	14.09	04:16
7556	391	Andrew Barnes	00:51:08	London Heathside	14.08	04:16
8522	392	Alistair McMaster	00:51:10	Thames Hare & Hounds	14.07	04:16
6621	393	Jamie Hnatushka	00:51:11	Coventry Godiva Harriers	14.07	04:16
8592	394	Taylor Newell	00:51:11	Thurrock Harriers	14.07	04:16
7134	395	Simon Coombes	00:51:12	Herne Hill Harriers	14.06	04:16
6950	396	Nathan Janmohamed	00:51:13	Guildford & Godalming AC	14.06	04:16
8798	397	Dominic Howarth	00:51:14	Victoria Park Harriers And Tower Hamlets Ac	14.05	04:16
6170	398	Matthew Edgar	00:51:14	Belgrave Harriers	14.05	04:16
8513	399	Lawrence Hollom	00:51:15	Thames Hare & Hounds	14.05	04:16
8673	400	Laurence Skidmore	00:51:15	Trafford Athletic Club	14.05	04:16
6538	401	Daniel Watt	00:51:19	City Of Stoke Ac	14.03	04:17
6998	402	Peter Hodges	00:51:19	Hallamshire Harriers Sheffield	14.03	04:17
6185	403	Michael McCarthy	00:51:20	Belgrave Harriers	14.03	04:17
8489	404	Daniel Jones	00:51:22	Team Bath Athletic Club	14.02	04:17
8639	405	Luke Reeves	00:51:22	Tonbridge Ac	14.02	04:17
8144	406	Ken Hunt	00:51:23	Sale Harriers Manchester	14.01	04:17
8667	407	Matthew Cooper	00:51:24	Trafford Athletic Club	14.01	04:17
6615	408	Damien Chambeft	00:51:24	Coventry Godiva Harriers	14.01	04:17
6173	409	Tobias Fletcher	00:51:25	Belgrave Harriers	14	04:17
7581	410	Harry Kleiman	00:51:26	London Heathside	14	04:17
6136	411	Andrew Headley	00:51:26	Bedford & County AC	14	04:17
7061	412	Tom Dobra	00:51:26	Headington RR	14	04:17
7639	413	Stephen Magrath	00:51:28	Low Fell RC	13.99	04:17
7665	414	Stephen Garrett	00:51:28	Manx Harriers	13.99	04:17
7236	415	Joshua Knight	00:51:28	Holland Sports AC	13.99	04:17
7582	416	Sion Lewis	00:51:30	London Heathside	13.98	04:18
8455	417	Joseph Pomfret	00:51:31	Sunderland Harriers & AC	13.98	04:18
7199	418	Jonathan Laybourn	00:51:33	Highgate Harriers	13.97	04:18
7053	419	James Stewart	00:51:35	Havering AC	13.96	04:18
7515	420	Luke Rowland	00:51:36	London City Athletics Club	13.95	04:18
7790	421	Wayne Bell	00:51:36	Newham & Essex Beagles AC	13.95	04:18
8999	422	Bertie Powell	00:51:37	Woodford Green AC with Essex Ladies	13.95	04:18
7361	423	Christopher Greenwood	00:51:37	Kent AC	13.95	04:18
6515	424	Edward Whiting	00:51:38	City Of Norwich AC	13.94	04:18
6233	425	Andrew Peat	00:51:38	Birchfield Harriers	13.94	04:18
9024	426	Sam Sommerville	00:51:39	Yeovil Olympiads AC	13.94	04:18
6029	427	Matthew Latham	00:51:39	Aldershot Farnham & District	13.94	04:18
8528	428	Ben Reynolds	00:51:40	Thames Hare & Hounds	13.94	04:18
8226	429	Hugh Torry	00:51:40	Serpentine RC	13.94	04:18
6116	430	Daniel Short	00:51:41	Basingstoke & Mid Hants AC	13.93	04:18
6080	431	Chris Else	00:51:43	Avon Valley Runners	13.92	04:19
6886	432	Jeremy Dunnett	00:51:44	Ful-On Tri Club	13.92	04:19
6241	433	Matthew Pollard	00:51:45	Birmingham Running Athletics & Triathlon Club (BRA	13.91	04:19
6097	434	Gary Pelosi	00:51:47	Barnet & District AC	13.9	04:19
6780	435	Chris Hepworth	00:51:48	Ealing Southall & Middlesex AC	13.9	04:19
8336	436	Lee Taylor	00:51:48	Southend On Sea Ac	13.9	04:19
7752	437	Andrew Lawrence	00:51:49	Morpeth Harriers & AC	13.9	04:19
7204	438	Eamonn Murphy	00:51:49	Highgate Harriers	13.9	04:19
7989	439	Alastair Matheson	00:51:49	Queen's Park Harriers	13.9	04:19
7373	440	Dave Morgan	00:51:50	Kent AC	13.89	04:19
8717	441	Ross Langley	00:51:52	Tring RC	13.88	04:19
6113	442	Javier Molina Molina	00:51:52	Basingstoke & Mid Hants AC	13.88	04:19
7197	443	James Johnson	00:51:54	Highgate Harriers	13.87	04:19
7652	444	Andrew Hartley	00:51:55	Manchester Harriers & AC	13.87	04:20

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7357	445	Calum Fraser	00:51:55	Kent AC	13.87	04:20
8649	446	James Taylor	00:51:55	Tonbridge Ac	13.87	04:20
7128	447	Jack Brotchie	00:51:57	Herne Hill Harriers	13.86	04:20
7486	448	Luke Davis	00:51:59	Lingfield RC	13.85	04:20
7160	449	Andrew Perfect	00:52:01	Herne Hill Harriers	13.84	04:20
6507	450	Jack Mollicone	00:52:03	City Of Norwich AC	13.83	04:20
7195	451	Adam Horne	00:52:04	Highgate Harriers	13.83	04:20
6795	452	Liam Browne	00:52:05	East Cheshire Harriers & Tameside Ac	13.82	04:20
8802	453	William Kirk	00:52:05	Victoria Park Harriers And Tower Hamlets Ac	13.82	04:20
8523	454	James Meiklejohn	00:52:05	Thames Hare & Hounds	13.82	04:20
6061	455	Tim Harris	00:52:06	Ampthill & Flitwick Flyers RC	13.82	04:20
8468	456	Courtenay Chessell	00:52:07	Swindon Harriers	13.82	04:21
6749	457	Jon Phillips	00:52:08	Dulwich Runners AC	13.81	04:21
7042	458	Jack Whitebury	00:52:09	Harrow AC	13.81	04:21
6188	459	Alex Mills	00:52:10	Belgrave Harriers	13.8	04:21
8976	460	Tom Williams	00:52:11	Wirral AC	13.8	04:21
8646	461	Jay Smith	00:52:11	Tonbridge Ac	13.8	04:21
8073	462	Andrew Grenfell	00:52:12	Rossendale Harriers & AC	13.79	04:21
7560	463	Conor Brown	00:52:15	London Heathside	13.78	04:21
7007	464	Josh Williams	00:52:15	Hallamshire Harriers Sheffield	13.78	04:21
8757	465	William Bowers	00:52:15	Tyne Bridge Harriers	13.78	04:21
7088	466	Jamie Bannister	00:52:16	Hercules Wimbledon AC	13.78	04:21
6914	467	Andrew De-Camps	00:52:16	Gloucester AC	13.78	04:21
6975	468	Mateusz Sliwinski	00:52:17	Halesowen ACC	13.77	04:21
8284	469	Ryan Evans	00:52:18	South London Harriers	13.77	04:22
8568	470	Robert Vallance	00:52:19	Thames Valley Harriers	13.76	04:22
6248	471	Joe Gebbie	00:52:20	Blackburn Harriers & AC	13.76	04:22
8315	472	Scott Pulley	00:52:20	Southampton Athletic Club	13.76	04:22
6258	473	Luca Ecolani	00:52:21	Blackheath & Bromley Harriers AC	13.75	04:22
6753	474	Adrian Russell	00:52:21	Dulwich Runners AC	13.75	04:22
8157	475	Joseph Vis	00:52:22	Sale Harriers Manchester	13.75	04:22
6563	476	Ben Pickford	00:52:22	Clapham Chasers	13.75	04:22
7141	477	Joe Elliott	00:52:23	Herne Hill Harriers	13.74	04:22
8397	478	Adam Yorwerth	00:52:25	St Albans Striders	13.74	04:22
6928	479	George Hatton	00:52:26	Grantham AC	13.73	04:22
6667	480	Phil Symonds	00:52:27	Croydon Harriers	13.73	04:22
8548	481	Ryan Keane	00:52:28	Thames Valley Harriers	13.72	04:22
8083	482	Gareth Sampson	00:52:29	Rotherham Harriers And Ac	13.72	04:22
6224	483	Kieran O'Doherty	00:52:29	Billericay Striders	13.72	04:22
7142	484	Joseph Fenwick	00:52:29	Herne Hill Harriers	13.72	04:22
6052	485	Toby Oury	00:52:30	Aldridge RC	13.71	04:23
8163	486	Jack Bristow	00:52:30	Salford Harriers & Ac	13.71	04:23
7669	487	Ewan Forsythe	00:52:30	Marshall Milton Keynes AC	13.71	04:23
7421	488	Alexander Davy	00:52:35	Leeds City Athletic Club	13.69	04:23
7683	489	Max Wainwright	00:52:38	Matlock Athletic Club	13.68	04:23
6374	490	Andrew Humphrey	00:52:39	Burnham Joggers	13.68	04:23
7554	491	Ismail Abukar	00:52:41	London Heathside	13.67	04:23
8719	492	Tom Sawyer	00:52:41	Tring RC	13.67	04:23
8612	493	Will Beeston	00:52:42	Tonbridge Ac	13.66	04:23
7645	494	Mark Walker	00:52:43	Macclesfield Harriers & AC	13.66	04:24
6345	495	William Christofi	00:52:43	Bristol and West AC	13.66	04:24
6608	496	Jacob Akers	00:52:43	Corby AC	13.66	04:24
6178	497	Ben Hurley	00:52:43	Belgrave Harriers	13.66	04:24
8175	498	Matthew Latham	00:52:44	Salford Harriers & Ac	13.65	04:24
8608	499	Aaron Graves	00:52:45	Tiptree Road Runners	13.65	04:24
7570	500	Christopher Gracie	00:52:45	London Heathside	13.65	04:24
6183	501	Tom Lole	00:52:46	Belgrave Harriers	13.64	04:24
6336	502	Luke Piper	00:52:47	Brighton Phoenix	13.64	04:24
8868	503	Oliver Hill	00:52:48	Watford Joggers	13.64	04:24
7965	504	Wesley Wilkinson	00:52:48	Preston Harriers	13.64	04:24
7196	505	Danny Isaacs	00:52:49	Highgate Harriers	13.63	04:24
6366	506	Peter Ball	00:52:50	Bromsgrove and Redditch	13.63	04:24
8780	507	Jon Andueza	00:52:51	Victoria Park Harriers And Tower Hamlets Ac	13.62	04:24
7844	508	Patric Clark	00:52:51	Notts AC	13.62	04:24
8469	509	Tom Hunton	00:52:53	Swindon Harriers	13.61	04:24
6389	510	Euan Cunningham	00:52:53	Cambridge & Coleridge AC	13.61	04:24
6769	511	Tyler Bowcombe	00:52:54	Ealing Southall & Middlesex AC	13.61	04:24
8605	512	Luke Vine	00:52:54	Tipton Harriers	13.61	04:24
8029	513	David Boulton	00:52:55	Reading Roadrunners	13.61	04:25
7045	514	Connor McGurk	00:52:56	Harwell Harriers	13.6	04:25
6828	515	Neil Henderson	00:52:57	Epsom & Ewell Harriers	13.6	04:25
6728	516	Timothy Bowen	00:52:58	Dulwich Runners AC	13.59	04:25
7604	517	Mark Topham	00:52:59	London Heathside	13.59	04:25
6324	518	Innes Fullerton	00:53:01	Braintree & District AC	13.58	04:25

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7751	519	Thomas Innes	00:53:02	Morpeth Harriers & AC	13.58	04:25
7755	520	Mark Snowball	00:53:03	Morpeth Harriers & AC	13.57	04:25
7191	521	Lewis Greaves	00:53:03	Highgate Harriers	13.57	04:25
8484	522	Tom Dudden	00:53:05	Team Bath Athletic Club	13.56	04:25
8526	523	Gordon Pearce	00:53:07	Thames Hare & Hounds	13.56	04:26
8510	524	Thomas Greenwood	00:53:08	Thames Hare & Hounds	13.55	04:26
8011	525	Peter Tucker	00:53:09	Ravens School Runners	13.55	04:26
7882	526	Michael McTernan	00:53:10	Orion Harriers	13.54	04:26
7386	527	Robert Sesemann	00:53:10	Kent AC	13.54	04:26
6343	528	Matt Brydon	00:53:11	Bristol and West AC	13.54	04:26
6837	529	Stevie Boyle	00:53:11	Eton Manor AC	13.54	04:26
7468	530	Andrew Inchley	00:53:11	Leighton Buzzard Athletic Club	13.54	04:26
8991	531	Simon Beedell	00:53:11	Woodford Green AC with Essex Ladies	13.54	04:26
6337	532	Morris Tarragano	00:53:12	Brighton Triathlon Club	13.53	04:26
8940	533	Wayne Bevan	00:53:12	Winchester & District AC	13.53	04:26
6546	534	Elliot Davies	00:53:13	Clapham Chasers	13.53	04:26
7690	535	Justin Lane	00:53:14	Medway And Maidstone Ac	13.53	04:26
8569	536	Jack Bradley	00:53:15	Thanet Roadrunners AC	13.52	04:26
7897	537	Kirk Brawn	00:53:15	Peterborough & Nene Valley AC	13.52	04:26
7552	538	Marius Thies	00:53:16	London Frontrunners	13.52	04:26
7845	539	Sam Godwin	00:53:16	Notts AC	13.52	04:26
6743	540	Joe Hallsworth	00:53:17	Dulwich Runners AC	13.51	04:26
8153	541	Peter Shipley	00:53:18	Sale Harriers Manchester	13.51	04:26
8423	542	Scott Williams	00:53:18	Stowmarket Striders RC	13.51	04:26
7668	543	Christopher Killey	00:53:18	Manx Harriers	13.51	04:26
6624	544	Samuel Marshall	00:53:19	Coventry Godiva Harriers	13.5	04:27
8234	545	Peter Wooldridge	00:53:19	Serpentine RC	13.5	04:27
7725	546	Charlie Fraser	00:53:19	Mornington Chasers	13.5	04:27
7025	547	Paul Goodwin	00:53:20	Harpenden Arrows	13.5	04:27
8603	548	Todd Quiney	00:53:20	Tipton Harriers	13.5	04:27
8486	549	Brian Glynn	00:53:20	Team Bath Athletic Club	13.5	04:27
8922	550	Richard Cohen	00:53:21	Wimbledon Windmilers	13.5	04:27
6257	551	Robert Donohue	00:53:21	Blackheath & Bromley Harriers AC	13.5	04:27
6086	552	Niall Thorne	00:53:22	Avon Valley Runners	13.49	04:27
6480	553	Conrad Meagher	00:53:23	Chichester Runners & AC	13.49	04:27
8428	554	Andrew Aitken	00:53:23	Striders Of Croydon	13.49	04:27
9021	555	Sean Wilson	00:53:23	Wycombe Phoenix Harriers & Ac	13.49	04:27
7898	556	Luke Brown	00:53:24	Peterborough & Nene Valley AC	13.48	04:27
8103	557	Duncan Birtwistle	00:53:24	Rugby & Northampton Ac	13.48	04:27
6960	558	Nick Tearle	00:53:26	Guildford & Godalming AC	13.47	04:27
7261	559	Simon Bruton	00:53:27	Horwich R M I Harriers	13.47	04:27
6699	560	Mariusz Felczerek	00:53:27	Doncaster Athletic Club	13.47	04:27
7043	561	Richard Darling	00:53:28	Hartlepool Burn Road Harriers	13.47	04:27
6882	562	Nick Thomas	00:53:28	Fulham Running Club	13.47	04:27
8127	563	Robert Simmonds	00:53:29	Ryston Runners	13.46	04:27
7267	564	Alastair Murray	00:53:29	Horwich R M I Harriers	13.46	04:27
6559	565	Aidan Mercer	00:53:30	Clapham Chasers	13.46	04:28
7466	566	Ian Grimshaw	00:53:31	Leighton Buzzard Athletic Club	13.45	04:28
7478	567	David McNally	00:53:32	Leven Valley AC	13.45	04:28
9002	568	Daniel William Steel	00:53:33	Woodford Green AC with Essex Ladies	13.45	04:28
7260	569	Jonathan Bruton	00:53:33	Horwich R M I Harriers	13.45	04:28
8337	570	Andrew Kershaw	00:53:33	Southport Waterloo AC	13.45	04:28
7207	571	Sion Parry	00:53:33	Highgate Harriers	13.45	04:28
6931	572	Richard Heath	00:53:33	Great Bentley Running Club	13.45	04:28
8974	573	James MacKie	00:53:34	Wirral AC	13.44	04:28
6459	574	Patrick Faulkner	00:53:35	Charnwood A C	13.44	04:28
8088	575	Barry Lloyd	00:53:35	Royal Sutton Coldfield Athletics Club	13.44	04:28
7710	576	Jorden Burke	00:53:35	Middleton Harriers Ac	13.44	04:28
7513	577	Simon Brown	00:53:36	London City Athletics Club	13.43	04:28
7296	578	Malcolm Muir	00:53:36	Ilford AC	13.43	04:28
6861	579	Emlyn Hughes	00:53:36	Fareham Running Club	13.43	04:28
7709	580	Ben Bergstrand	00:53:37	Middlesbrough Athletic Club (mandale)	13.43	04:28
8914	581	Jonathan Kearsley	00:53:37	Wigan & District H & AC	13.43	04:28
7800	582	Liam O Driscoll	00:53:38	Newham & Essex Beagles AC	13.42	04:28
6801	583	Lewis Suddaby	00:53:38	East Hull Harriers & AC	13.42	04:28
6433	584	David Worden	00:53:38	Cambridge Harriers	13.42	04:28
6830	585	Chris Ryans	00:53:39	Epsom & Ewell Harriers	13.42	04:28
8364	586	Tony Brady-Locke	00:53:40	St Albans Striders	13.42	04:28
7188	587	Mark Ganly	00:53:40	Highgate Harriers	13.42	04:28
6410	588	Thomas Brooke	00:53:42	Cambridge Harriers	13.41	04:28
7301	589	Ian Hunter	00:53:43	Ilkeston Running Club	13.4	04:29
6096	590	Will Morris	00:53:43	Barnet & District AC	13.4	04:29
6369	591	Patrick MacKie	00:53:43	Bromsgrove and Redditch	13.4	04:29
7616	592	Pete Boustred	00:53:44	Lordshill Road Runners	13.4	04:29

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8517	593	Jack Lancefield	00:53:45	Thames Hare & Hounds	13.4	04:29
6062	594	Chris Littlejohn	00:53:46	Ampthill & Flitwick Flyers RC	13.39	04:29
7366	595	Peter Lighting	00:53:46	Kent AC	13.39	04:29
8298	596	Jono Wood	00:53:46	South London Harriers	13.39	04:29
6371	597	Wayne Watkins	00:53:47	Bromsgrove and Redditch	13.39	04:29
8671	598	Jeff Prest	00:53:47	Trafford Athletic Club	13.39	04:29
7889	599	Jake Drysdale	00:53:47	Oxford University AC	13.39	04:29
8483	600	James Donald	00:53:48	Team Bath Athletic Club	13.38	04:29
8013	601	Peter Cook	00:53:49	Reading AC	13.38	04:29
6836	602	Paul Boddey	00:53:49	Eton Manor AC	13.38	04:29
8844	603	Will Breese	00:53:51	Ware Joggers	13.37	04:29
8092	604	Tom Beach	00:53:52	Royston Runners	13.37	04:29
7194	605	Alex Holley	00:53:53	Highgate Harriers	13.36	04:29
7183	606	Michael Dan	00:53:54	Highgate Harriers	13.36	04:30
8764	607	Paul O'Mara	00:53:54	Tyne Bridge Harriers	13.36	04:30
7592	608	Oliver Negus	00:53:55	London Heathside	13.35	04:30
6977	609	Andrew Yapp	00:53:56	Halesowen ACC	13.35	04:30
6841	610	Simon Cottle	00:53:57	Eton Manor AC	13.35	04:30
7333	611	Joe Todd	00:53:58	Kendal Amateur Athletic Club	13.34	04:30
7278	612	Ty Farrer	00:53:58	Huntingdonshire AC	13.34	04:30
8040	613	Tony Page	00:53:58	Reading Roadrunners	13.34	04:30
7354	614	Ian Ellwood	00:54:00	Kent AC	13.33	04:30
7336	615	Ryan Baker	00:54:04	Kenilworth Runners	13.32	04:30
6172	616	Abdulla Elsadig	00:54:05	Belgrave Harriers	13.31	04:30
8831	617	Daniel Anderson	00:54:06	Wallasey Athletic Club	13.31	04:31
6654	618	Omar Harhara	00:54:06	Croydon Harriers	13.31	04:31
6202	619	James Williams	00:54:06	Belgrave Harriers	13.31	04:31
6325	620	Howard Bristow	00:54:08	Brighton & Hove AC	13.3	04:31
6006	621	Simon Jones	00:54:08	Abbey Runners	13.3	04:31
8292	622	Alex Lyne	00:54:09	South London Harriers	13.3	04:31
6629	623	Clark Roberts	00:54:09	Coventry Godiva Harriers	13.3	04:31
8057	624	Stephen Bass	00:54:09	Reigate Priory AC	13.3	04:31
6266	625	Fintan Parkinson	00:54:11	Blackheath & Bromley Harriers AC	13.29	04:31
6102	626	Thomas Thain	00:54:12	Barnet & District AC	13.28	04:31
7055	627	John Whitehead	00:54:12	Havering AC	13.28	04:31
6200	628	David Walsh	00:54:14	Belgrave Harriers	13.28	04:31
7246	629	Luke Myers	00:54:15	Holme Pierrepoint Rc	13.27	04:31
6947	630	Edwin Dixon	00:54:16	Guildford & Godalming AC	13.27	04:31
8809	631	Tiago Mendes	00:54:17	Victoria Park Harriers And Tower Hamlets Ac	13.26	04:31
8332	632	Matthew Randall	00:54:18	Southend On Sea AC	13.26	04:31
8945	633	Ben Findlay	00:54:18	Winchester & District AC	13.26	04:31
8788	634	Sam Cathro	00:54:19	Victoria Park Harriers And Tower Hamlets Ac	13.26	04:32
6906	635	Peter Grimoldby	00:54:19	Gateshead Harriers & AC	13.26	04:32
6834	636	Daniel Wolff	00:54:20	Epsom & Ewell Harriers	13.25	04:32
7106	637	Austin Hall	00:54:20	Hercules Wimbledon AC	13.25	04:32
9000	638	Julian Russell	00:54:21	Woodford Green AC with Essex Ladies	13.25	04:32
9014	639	Dean Childs	00:54:22	Wycombe Phoenix Harriers & Ac	13.24	04:32
8471	640	Ethan Pierce	00:54:24	Swindon Harriers	13.24	04:32
8214	641	Ewan Maynard	00:54:27	Serpentine RC	13.22	04:32
8858	642	Zac McDonough	00:54:30	Watford Harriers	13.21	04:33
6843	643	George Fernandez	00:54:31	Eton Manor AC	13.21	04:33
8677	644	James Arrowsmith	00:54:36	Trent Park Running Club	13.19	04:33
8676	645	Ben Allen	00:54:36	Trent Park Running Club	13.19	04:33
6120	646	Kyle Hurst	00:54:37	Bearbrook Running Club	13.18	04:33
7455	647	Dean Ovel	00:54:38	Leigh on Sea Striders	13.18	04:33
7056	648	Galen Aymar	00:54:39	Headington RR	13.17	04:33
7360	649	Richard Giles	00:54:40	Kent AC	13.17	04:33
8151	650	Phil Richardson	00:54:40	Sale Harriers Manchester	13.17	04:33
8581	651	Alastair Hall	00:54:42	The Stragglers Running Club	13.16	04:34
8017	652	Arturo Martinez De Murguia	00:54:45	Reading AC	13.15	04:34
8450	653	Michael Edwards	00:54:45	Sunderland Harriers & AC	13.15	04:34
7595	654	Benjamin Palmer	00:54:46	London Heathside	13.15	04:34
6192	655	Valentin Rigori	00:54:46	Belgrave Harriers	13.15	04:34
6878	656	Stephen McLeod	00:54:47	Fulham Running Club	13.14	04:34
8689	657	William Rowley	00:54:47	Trent Park Running Club	13.14	04:34
8161	658	Paul Bannister	00:54:48	Salford Harriers & Ac	13.14	04:34
8508	659	Oliver Garner	00:54:49	Thames Hare & Hounds	13.13	04:34
6547	660	Jonathan Fawcett	00:54:51	Clapham Chasers	13.13	04:34
8524	661	Ashley Middlewick	00:54:52	Thames Hare & Hounds	13.12	04:34
8815	662	Elliot Parker	00:54:53	Victoria Park Harriers And Tower Hamlets Ac	13.12	04:34
6130	663	Michael Channing	00:54:53	Bedford & County AC	13.12	04:34
7892	664	James Morris	00:54:54	Oxford University AC	13.11	04:34
6138	665	Steven Herring	00:54:54	Bedford & County AC	13.11	04:34
8173	666	David Hudson	00:54:54	Salford Harriers & Ac	13.11	04:34

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7241	667	Scott Barnes	00:54:55	Holme Pierrepoint Rc	13.11	04:35
8863	668	Jack Chubb	00:54:55	Watford Joggers	13.11	04:35
6609	669	Adam Eales	00:54:56	Corby AC	13.11	04:35
8533	670	Andy Weir	00:54:56	Thames Hare & Hounds	13.11	04:35
7743	671	Henry Woodward	00:54:57	Mornington Chasers	13.1	04:35
7814	672	Mark Vaughan	00:54:58	North Herts Road Runners	13.1	04:35
6147	673	Ewan Wilson	00:54:59	Bedford & County AC	13.09	04:35
6283	674	Ross Landon	00:55:00	Border Harriers & Ac	13.09	04:35
6146	675	Christopher Riley	00:55:01	Bedford & County AC	13.09	04:35
8970	676	James Walker	00:55:01	Windsor Slough Eton & Hounslow AC	13.09	04:35
6545	677	Martin Brierley-Rutter	00:55:01	Clapham Chasers	13.09	04:35
6275	678	Christopher McCarthy	00:55:02	Blackpool Wyre & Fylde AC	13.08	04:35
8411	679	Alec Francis	00:55:02	Stockport Harriers & AC	13.08	04:35
6439	680	Henry Cox	00:55:04	Canterbury Harriers	13.08	04:35
7568	681	Peter Gould	00:55:04	London Heathside	13.08	04:35
6732	682	Kevin Chadwick	00:55:04	Dulwich Runners AC	13.08	04:35
7362	683	Luke Hack	00:55:04	Kent AC	13.08	04:35
7463	684	Will Eastman	00:55:05	Leighton Buzzard Athletic Club	13.07	04:35
6506	685	Harvey Lake	00:55:06	City Of Norwich AC	13.07	04:36
6850	686	James Pilch	00:55:07	Eton Manor AC	13.06	04:36
7047	687	Sean Parker-Harding	00:55:08	Hastings AC	13.06	04:36
8847	688	Kevin Francis	00:55:09	Ware Joggers	13.06	04:36
7869	689	Andrew Massey	00:55:11	Nuneaton Harriers	13.05	04:36
8775	690	Dean Evans	00:55:12	Vegan Runners UK	13.04	04:36
8349	691	Sergio Torija	00:55:14	Sphinx AC	13.04	04:36
6435	692	Connor O'Pray	00:55:14	Cambridge University Hare and Hounds Club	13.04	04:36
7619	693	Patrick Connors	00:55:14	Lordshill Road Runners	13.04	04:36
7516	694	Christopher Speed	00:55:14	London City Athletics Club	13.04	04:36
7448	695	Jim Dodsworth	00:55:15	Leigh on Sea Striders	13.03	04:36
8085	696	Andy Bradley	00:55:15	Royal Sutton Coldfield Athletics Club	13.03	04:36
8490	697	Chris Maxwell	00:55:15	Team Bath Athletic Club	13.03	04:36
8222	698	Andrew Reeves	00:55:16	Serpentine RC	13.03	04:36
8231	699	Matthew Vokes	00:55:16	Serpentine RC	13.03	04:36
7182	700	Tom Cowling	00:55:16	Highgate Harriers	13.03	04:36
7566	701	Tom Fancett	00:55:18	London Heathside	13.02	04:36
7062	702	James Eve	00:55:19	Headington RR	13.02	04:37
8404	703	Matthew Statham	00:55:20	Staffs Moorlands AC	13.01	04:37
8928	704	David Sharman	00:55:21	Wimbledon Windmilers	13.01	04:37
7684	705	Patrick Wright	00:55:21	Matlock Athletic Club	13.01	04:37
8929	706	Gareth Tomlinson	00:55:22	Wimbledon Windmilers	13	04:37
8254	707	Aaron Francis	00:55:22	Sheffield RC	13	04:37
7320	708	Paul Wain	00:55:25	Ipswich Jaffa RC	12.99	04:37
6238	709	Paul Jolliffe	00:55:26	Birmingham Running Athletics & Triathlon Club (BRA	12.99	04:37
8358	710	Michael Ah-Chung	00:55:29	St Albans Striders	12.98	04:37
7348	711	Stuart Beaney	00:55:31	Kent AC	12.97	04:38
6181	712	Rob Kelly	00:55:33	Belgrave Harriers	12.96	04:38
7685	713	Harry Collins	00:55:34	Medway And Maidstone Ac	12.96	04:38
6466	714	Will Parrott	00:55:35	Chelmsford AC	12.95	04:38
8185	715	Christopher Tully	00:55:35	Salford Harriers & Ac	12.95	04:38
7768	716	David Robinson	00:55:36	Newark AC	12.95	04:38
6447	717	Sam Dowler	00:55:36	Central Park Athletics	12.95	04:38
7050	718	James Blogg	00:55:37	Havering AC	12.95	04:38
8146	719	David Marsh	00:55:37	Sale Harriers Manchester	12.95	04:38
7738	720	Darren Souster	00:55:37	Mornington Chasers	12.95	04:38
8575	721	Ed Buckley	00:55:38	The Stragglers Running Club	12.94	04:38
6260	722	Gregory Firth	00:55:39	Blackheath & Bromley Harriers AC	12.94	04:38
6055	723	Ted Murray	00:55:40	Altrincham & District Athletic Club Limited	12.93	04:38
6423	724	Luke Martin	00:55:41	Cambridge Harriers	12.93	04:38
6028	725	Marcus Irving	00:55:41	Aldershot Farnham & District	12.93	04:38
8384	726	Douglas Hobson	00:55:42	St Albans Striders	12.93	04:39
7471	727	Charles Mead	00:55:42	Leighton Buzzard Athletic Club	12.93	04:39
8155	728	Tom Stephenson	00:55:43	Sale Harriers Manchester	12.92	04:39
6532	729	Anton Weatherhead	00:55:43	City Of Salisbury AC & RC	12.92	04:39
8595	730	Tom Acha	00:55:43	Tipton Harriers	12.92	04:39
7673	731	Stephen Ratcliffe	00:55:44	Marshall Milton Keynes AC	12.92	04:39
7571	732	Jonathan Halliwell	00:55:44	London Heathside	12.92	04:39
8192	733	Romain Benvenuto	00:55:44	Serpentine RC	12.92	04:39
8932	734	Simon Wright	00:55:45	Wimbledon Windmilers	12.91	04:39
7952	735	Barry Miller	00:55:45	Poole Ac	12.91	04:39
7372	736	Arif Merali	00:55:46	Kent AC	12.91	04:39
6676	737	Jamie Marlow	00:55:46	Dacorum Athletic Club	12.91	04:39
8862	738	William Brotherston	00:55:46	Watford Joggers	12.91	04:39
6941	739	James Adams	00:55:48	Guildford & Godalming AC	12.9	04:39
6730	740	James Burrows	00:55:48	Dulwich Runners AC	12.9	04:39

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8330	741	Dominic Le Mare	00:55:48	Southend On Sea Ac	12.9	04:39
6713	742	Chris Reeh	00:55:50	Dorking & Mole Valley AC	12.9	04:39
7443	743	Dave Smith	00:55:51	Leigh Harriers & Ac	12.89	04:39
6534	744	Ashley Dennett	00:55:51	City Of Stoke Ac	12.89	04:39
7787	745	Andrew Walker	00:55:54	Newcastle Staffs Ac	12.88	04:39
8154	746	Matthew Spragg	00:55:55	Sale Harriers Manchester	12.88	04:40
8002	747	David Lawley	00:55:56	Ranelagh Harriers	12.87	04:40
7608	748	Matthew Wheat	00:55:57	London Heathside	12.87	04:40
7759	749	Will Newbery	00:55:58	New Forest Runners	12.86	04:40
8915	750	Mark Morgan-Hillam	00:55:59	Wigan & District H & AC	12.86	04:40
6966	751	Peter Dear	00:55:59	Halesowen ACC	12.86	04:40
7631	752	Kevin Willsher	00:55:59	Lordshill Road Runners	12.86	04:40
8701	753	Rob Baldock	00:56:00	Tri London	12.86	04:40
8804	754	Julien Lepretre	00:56:02	Victoria Park Harriers And Tower Hamlets Ac	12.85	04:40
6255	755	Darren Corneille	00:56:02	Blackheath & Bromley Harriers AC	12.85	04:40
7587	756	Paul Mercer	00:56:03	London Heathside	12.85	04:40
8823	757	Alex Thompson	00:56:04	Victoria Park Harriers And Tower Hamlets Ac	12.84	04:40
6911	758	Nathaniel Hicks	00:56:05	Glossopdale Harriers	12.84	04:40
6961	759	Mark Tennyson	00:56:06	Guildford & Godalming AC	12.83	04:40
8749	760	Edward Steele	00:56:06	Tunbridge Wells Harriers	12.83	04:40
8511	761	Richard Hewitt	00:56:07	Thames Hare & Hounds	12.83	04:41
8520	762	David Maasdorp	00:56:07	Thames Hare & Hounds	12.83	04:41
6815	763	Michael Littlewood	00:56:07	Elvet Striders	12.83	04:41
8857	764	Stuart Ingham	00:56:08	Watford Harriers	12.83	04:41
6014	765	Richard Gould	00:56:09	Alcester Running Club	12.82	04:41
6162	766	Andrew Taplin	00:56:10	Beeston AC	12.82	04:41
7041	767	Declan Traynor	00:56:10	Harrow AC	12.82	04:41
8849	768	Tom Porter	00:56:12	Ware Joggers	12.81	04:41
8515	769	Petter Johnsen	00:56:13	Thames Hare & Hounds	12.81	04:41
7036	770	Chris Finill	00:56:13	Harrow AC	12.81	04:41
6552	771	Sam Heward	00:56:15	Clapham Chasers	12.8	04:41
8950	772	Peter Sansome	00:56:16	Winchester & District AC	12.8	04:41
8110	773	Adrian Kaczmarek	00:56:17	Rugby & Northampton Ac	12.79	04:41
6877	774	Frederick Levy	00:56:18	Fulham Running Club	12.79	04:42
6107	775	Geoffrey Beetham	00:56:19	Barrow Runners	12.78	04:42
8321	776	Alex Hutchison	00:56:20	Southampton University Athletics & Cross Country C	12.78	04:42
6570	777	Sonny Williams	00:56:22	Clapham Chasers	12.77	04:42
8172	778	Michael Heaney	00:56:23	Salford Harriers & Ac	12.77	04:42
6775	779	Samuel Gunnewicht	00:56:23	Ealing Southall & Middlesex AC	12.77	04:42
7274	780	Rory Graham	00:56:24	Houghton Harriers & Ac	12.77	04:42
7492	781	Thomas Seller	00:56:26	Lingfield RC	12.76	04:42
6494	782	Ben McCormack	00:56:26	Chorlton Runners	12.76	04:42
6338	783	Sam Appleton	00:56:27	Bristol and West AC	12.75	04:42
8596	784	Steve Brookes	00:56:27	Tipton Harriers	12.75	04:42
8674	785	Naeem Stevens	00:56:27	Trafford Athletic Club	12.75	04:42
7615	786	Lewis Bailey	00:56:28	Lordshill Road Runners	12.75	04:42
8822	787	Patrick Thomas	00:56:28	Victoria Park Harriers And Tower Hamlets Ac	12.75	04:42
7234	788	James Ellis	00:56:29	Holland Sports AC	12.75	04:42
8228	789	Christopher Tsantoulas	00:56:29	Serpentine RC	12.75	04:42
7155	790	Ben Millar	00:56:31	Herne Hill Harriers	12.74	04:43
7770	791	Christopher Ward	00:56:32	Newark AC	12.74	04:43
7966	792	Marc Ellis	00:56:33	Quakers Running Club	12.73	04:43
6543	793	Martin Bell	00:56:34	Clapham Chasers	12.73	04:43
8221	794	Tim Powell	00:56:35	Serpentine RC	12.72	04:43
7057	795	Andrew Bradley	00:56:36	Headington RR	12.72	04:43
7585	796	Joseph McKeown	00:56:36	London Heathside	12.72	04:43
7184	797	Alex Davidson	00:56:36	Highgate Harriers	12.72	04:43
8917	798	Rob Downs	00:56:38	Wilmslow Running Club	12.71	04:43
6123	799	Ross Tyrrell	00:56:40	Beaumont RC	12.71	04:43
7364	800	Fergus Johnson	00:56:41	Kent AC	12.7	04:43
6163	801	Harry Taylor	00:56:42	Beeston AC	12.7	04:43
8287	802	Jack Harrison	00:56:46	South London Harriers	12.68	04:44
8462	803	Damien Hersey	00:56:47	Sutton Runners	12.68	04:44
7662	804	George Dickinson	00:56:47	Manx Harriers	12.68	04:44
7649	805	Cameron Chambers	00:56:48	Maidstone Harriers	12.68	04:44
7942	806	Richard Greatbatch	00:56:49	Pitsea RC	12.67	04:44
6967	807	James Hoult	00:56:50	Halesowen ACC	12.67	04:44
8514	808	Bob Hoogendoorn	00:56:51	Thames Hare & Hounds	12.66	04:44
7603	809	Nathan Tipping	00:56:53	London Heathside	12.66	04:44
6158	810	David Nelson	00:56:53	Beeston AC	12.66	04:44
8894	811	Jack Derrick	00:56:53	Westbury Harriers	12.66	04:44
7508	812	Ryan Whiston	00:56:53	Liverpool Harriers & AC	12.66	04:44
8009	813	Jonathan Smith	00:56:54	Ranelagh Harriers	12.65	04:45
8201	814	James Gillanders	00:56:54	Serpentine RC	12.65	04:45



Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6579	815	Gerald Buck	00:56:56	Colchester & Tendring AC	12.65	04:45
8196	816	Angus Brown	00:56:57	Serpentine RC	12.64	04:45
6789	817	Nick Steel	00:56:58	Ealing Southall & Middlesex AC	12.64	04:45
8746	818	Alex Reid	00:56:59	Tunbridge Wells Harriers	12.64	04:45
7601	819	Jake Spencer	00:56:59	London Heathside	12.64	04:45
8388	820	Jordan Lister	00:56:59	St Albans Striders	12.64	04:45
8449	821	Christopher Bell	00:56:59	Sunderland Harriers & AC	12.64	04:45
6853	822	Graham White	00:57:01	Eton Manor AC	12.63	04:45
6649	823	Henry Butt	00:57:02	Croydon Harriers	12.62	04:45
6825	824	Stuart Flack	00:57:04	Epsom & Ewell Harriers	12.62	04:45
8482	825	Thomas Davies	00:57:05	Team Bath Athletic Club	12.61	04:45
7129	826	James Brown	00:57:06	Herne Hill Harriers	12.61	04:46
7435	827	Patrick Vis	00:57:07	Leeds City Athletic Club	12.61	04:46
7495	828	Matthew Brown	00:57:08	Littledown Harriers	12.6	04:46
8801	829	Dariusz Kabulski	00:57:08	Victoria Park Harriers And Tower Hamlets Ac	12.6	04:46
8497	830	Paul Obrien	00:57:10	Telford Ac	12.59	04:46
8836	831	James Duthie	00:57:11	Wallsend Harriers & Ac	12.59	04:46
6049	832	Michael Morley	00:57:11	Aldridge RC	12.59	04:46
7346	833	Daniel Ansell	00:57:12	Kent AC	12.59	04:46
7317	834	Jack Noble	00:57:12	Ipswich Jaffa RC	12.59	04:46
7484	835	Christopher Taylor	00:57:13	Lincoln Wellington Athletic Club	12.58	04:46
6607	836	Bryan Lomas	00:57:14	Congleton Harriers	12.58	04:46
7699	837	Stephane Prud Homme	00:57:15	Mendip Triathlon and Running Club	12.58	04:46
7185	838	William Dawber	00:57:17	Highgate Harriers	12.57	04:46
6686	839	Matt Davison	00:57:18	Dartford Road Runners	12.57	04:47
8105	840	Vincent Carroll	00:57:18	Rugby & Northampton Ac	12.57	04:47
7148	841	Mohammed Ismail	00:57:19	Herne Hill Harriers	12.56	04:47
7271	842	Lee James Dover	00:57:19	Houghton Harriers & Ac	12.56	04:47
7040	843	Adam Towle	00:57:20	Harrow AC	12.56	04:47
7557	844	Paul Beale	00:57:21	London Heathside	12.55	04:47
6976	845	Richard White	00:57:22	Halesowen ACC	12.55	04:47
9031	846	Tom Ratcliffe	00:57:22	York Knavesmire Harriers	12.55	04:47
7786	847	Jerome Stevens	00:57:23	Newcastle Staffs Ac	12.55	04:47
6011	848	Aric Klukowski	00:57:23	Abingdon AC	12.55	04:47
7200	849	Adam Lennox	00:57:23	Highgate Harriers	12.55	04:47
9004	850	Robert Wilbraham	00:57:24	Woodford Green AC with Essex Ladies	12.54	04:47
7313	851	Chris Hill	00:57:26	Invicta East Kent AC	12.54	04:47
9029	852	Toby Hone	00:57:28	York Knavesmire Harriers	12.53	04:47
8684	853	Francis Mannion	00:57:28	Trent Park Running Club	12.53	04:47
8748	854	James Sarre	00:57:29	Tunbridge Wells Harriers	12.53	04:47
7400	855	Tim Livesley	00:57:30	Kings Heath RC - The Lions	12.52	04:47
7694	856	Alun Rodgers	00:57:31	Medway And Maidstone AC	12.52	04:48
6465	857	Nick Hunter	00:57:31	Chelmsford AC	12.52	04:48
6944	858	Mathias Cartailier	00:57:31	Guildford & Godalming AC	12.52	04:48
7342	859	Harry Purewal	00:57:32	Kenilworth Runners	12.51	04:48
7452	860	Damien Harvey	00:57:33	Leigh on Sea Striders	12.51	04:48
8613	861	Anthony Bennett	00:57:37	Tonbridge Ac	12.5	04:48
6490	862	Paul Griffiths	00:57:37	Chorlton Runners	12.5	04:48
7987	863	Maciej Kolterniak	00:57:38	Queen's Park Harriers	12.49	04:48
6017	864	Michael Boucher	00:57:40	Aldershot Farnham & District	12.49	04:48
6908	865	Jonathan Malley	00:57:40	Gateshead Harriers & AC	12.49	04:48
6235	866	Ben Beaumont	00:57:40	Birmingham Running Athletics & Triathlon Club (BRA	12.49	04:48
8027	867	Ben Ashby	00:57:41	Reading Roadrunners	12.48	04:48
8291	868	Graham Lane	00:57:42	South London Harriers	12.48	04:48
6525	869	Peter Callanan	00:57:43	City Of Salisbury AC & RC	12.47	04:49
8681	870	Paul Brennan	00:57:44	Trent Park Running Club	12.47	04:49
6854	871	Dylan Williams	00:57:44	Eton Manor AC	12.47	04:49
7576	872	Nicholas Hodges-Gibson	00:57:44	London Heathside	12.47	04:49
6486	873	Oliver Bernstein	00:57:44	Chorlton Runners	12.47	04:49
8430	874	Sebastian Munday	00:57:45	Striders Of Croydon	12.47	04:49
7254	875	Curtis Firth	00:57:46	Holmfirth Harriers AC	12.46	04:49
7635	876	Jon Whitehouse	00:57:47	Loughton AC	12.46	04:49
6385	877	Graham Anderson	00:57:47	Cambridge & Coleridge AC	12.46	04:49
6920	878	James Walters	00:57:48	Gloucester AC	12.46	04:49
6599	879	Matt Shaw	00:57:50	Colchester Harriers AC	12.45	04:49
7904	880	Benjamin Hewitt	00:57:50	Peterborough & Nene Valley AC	12.45	04:49
6808	881	Robert Spread	00:57:52	East London Runners	12.44	04:49
6910	882	Steve Crossman	00:57:56	Glossopdale Harriers	12.43	04:50
7663	883	Andrew Falconer	00:57:57	Manx Harriers	12.42	04:50
8975	884	Michael Wilkinson	00:57:57	Wirral AC	12.42	04:50
8967	885	Toby Rowlands	00:57:57	Windsor Slough Eton & Hounslow AC	12.42	04:50
6244	886	Ian Robinson	00:58:00	Birtley AC	12.41	04:50
6640	887	Andrew Kerr	00:58:01	Crawley Saints & Sinners Running Club	12.41	04:50
8047	888	Peter McNally	00:58:02	Redhill Road Runners	12.41	04:50

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8074	889	Andy Preston	00:58:02	Rossendale Harriers & AC	12.41	04:50
8943	890	David Comb	00:58:02	Winchester & District AC	12.41	04:50
8852	891	George Dibble	00:58:03	Warley Woods Pacers	12.4	04:50
6177	892	Miles Horn	00:58:04	Belgrave Harriers	12.4	04:50
7190	893	Callum Gordon	00:58:04	Highgate Harriers	12.4	04:50
7741	894	Jonathan Thomson	00:58:05	Mornington Chasers	12.4	04:50
8712	895	Simon Barnett	00:58:06	Tring RC	12.39	04:50
8283	896	Gavin Englefield	00:58:07	South London Harriers	12.39	04:51
8099	897	Tim Jones	00:58:07	Royston Runners	12.39	04:51
8578	898	Donovan Duffy	00:58:08	The Stragglers Running Club	12.39	04:51
8259	899	James Thompson	00:58:08	Sheffield RC	12.39	04:51
8229	900	William Tucker	00:58:09	Serpentine RC	12.38	04:51
6797	901	George Lewis	00:58:09	East Cheshire Harriers & Tameside Ac	12.38	04:51
7772	902	Ben Wickens	00:58:10	Newbury AC	12.38	04:51
6273	903	Sean Kenny	00:58:10	Blackpool Wyre & Fylde AC	12.38	04:51
6567	904	Gary Salmon	00:58:10	Clapham Chasers	12.38	04:51
8264	905	David Garji	00:58:12	Sinfin Running Club	12.37	04:51
8060	906	Ben Stanton	00:58:13	Reigate Priory AC	12.37	04:51
6367	907	Scott Beverley	00:58:14	Bromsgrove and Redditch	12.36	04:51
7910	908	Kevin Howarth	00:58:14	Petts Wood Runners	12.36	04:51
7162	909	Jonathan Ratcliffe	00:58:15	Herne Hill Harriers	12.36	04:51
8948	910	Andy Parkinson	00:58:15	Winchester & District AC	12.36	04:51
7883	911	Colin Read	00:58:16	Orion Harriers	12.36	04:51
9018	912	Tim Hogbin	00:58:17	Wycombe Phoenix Harriers & Ac	12.35	04:51
7534	913	Ben Whicher	00:58:17	London City Runners	12.35	04:51
6736	914	Eugene Cross	00:58:18	Dulwich Runners AC	12.35	04:51
8219	915	Brett Osler	00:58:19	Serpentine RC	12.35	04:52
8685	916	Stephen Moss	00:58:19	Trent Park Running Club	12.35	04:52
8249	917	Robert Rigby	00:58:21	Shaftesbury Barnet Harriers	12.34	04:52
7618	918	Neil Catchlove	00:58:22	Lordshill Road Runners	12.34	04:52
8253	919	Robert Addenbrooke	00:58:22	Sheffield RC	12.34	04:52
7085	920	John Sturman	00:58:24	Heaton Harriers & Ac	12.33	04:52
7507	921	Adrian Roach	00:58:24	Liverpool Harriers & AC	12.33	04:52
7721	922	Andy Davies	00:58:24	Mornington Chasers	12.33	04:52
7661	923	Roger Thomas	00:58:25	Manchester Triathlon Club	12.33	04:52
7817	924	Vincent Wright	00:58:27	North Herts Road Runners	12.32	04:52
7226	925	Dominic Speight	00:58:28	Hillingdon AC	12.31	04:52
6010	926	Isaac Harding	00:58:29	Abingdon AC	12.31	04:52
7821	927	Sean Maley	00:58:29	North Shields Polytechnic Club	12.31	04:52
8865	928	Tim Cook	00:58:32	Watford Joggers	12.3	04:53
7004	929	Jon Slate	00:58:32	Hallamshire Harriers Sheffield	12.3	04:53
6555	930	Jeremy Judge	00:58:32	Clapham Chasers	12.3	04:53
6942	931	Robin Boon	00:58:33	Guildford & Godalming AC	12.3	04:53
7958	932	Andy Howse	00:58:33	Poole Runners	12.3	04:53
8031	933	Matthew Davies	00:58:33	Reading Roadrunners	12.3	04:53
7873	934	Paul Smith	00:58:33	Nuneaton Harriers	12.3	04:53
8130	935	Mike Ashby	00:58:34	Sale Harriers Manchester	12.29	04:53
6762	936	Matt Kaufman	00:58:34	Ealing Eagles Running Club	12.29	04:53
8265	937	Jacob Garji	00:58:35	Sinfin Running Club	12.29	04:53
6577	938	Stephen Dring	00:58:35	Cleethorpes AC	12.29	04:53
7136	939	Chris De Mauny	00:58:35	Herne Hill Harriers	12.29	04:53
8190	940	Chris Lines	00:58:36	Sedgefield Harriers	12.29	04:53
7206	941	Harry Osborn	00:58:37	Highgate Harriers	12.28	04:53
8136	942	Conor Donaghy	00:58:37	Sale Harriers Manchester	12.28	04:53
8641	943	Tom Rule	00:58:38	Tonbridge Ac	12.28	04:53
8834	944	Martin Crozier	00:58:38	Wallsend Harriers & Ac	12.28	04:53
8611	945	James Beeston	00:58:38	Tonbridge Ac	12.28	04:53
6333	946	James Hampshire	00:58:38	Brighton Phoenix	12.28	04:53
7396	947	Joshua Cannell	00:58:39	Kettering Town Harriers	12.28	04:53
8395	948	Adam Webster	00:58:40	St Albans Striders	12.27	04:53
7144	949	Muhamud Haile	00:58:42	Herne Hill Harriers	12.27	04:53
7444	950	Phillip Williams	00:58:44	Leigh Harriers & Ac	12.26	04:54
6488	951	Luke Donald	00:58:48	Chorlton Runners	12.24	04:54
6642	952	Paul Luttmann	00:58:48	Crawley Saints & Sinners Running Club	12.24	04:54
8902	953	Ben Wood	00:58:49	Westbury Harriers	12.24	04:54
7736	954	Alaa Shasheet	00:58:53	Mornington Chasers	12.23	04:54
8710	955	Thomas Rigard-Asquith	00:58:53	Tri London	12.23	04:54
7078	956	Joe Henstock	00:58:54	Heanor Running Club	12.22	04:55
8768	957	Will Lloyd	00:58:56	Tynedale Harriers & AC	12.22	04:55
8335	958	John Staunton	00:58:56	Southend On Sea Ac	12.22	04:55
8476	959	Howard Bush	00:58:57	Tamworth AC	12.21	04:55
7715	960	John Armstrong	00:58:58	Mornington Chasers	12.21	04:55
8068	961	Richard Stirzaker	00:58:58	Rochdale Harriers & AC	12.21	04:55
7996	962	James Welch	00:58:58	Queen's Park Harriers	12.21	04:55

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8432	963	Matthew Stone	00:58:58	Striders Of Croydon	12.21	04:55
8233	964	Philip Whitehouse	00:58:59	Serpentine RC	12.21	04:55
8003	965	Christopher Lepine	00:59:01	Ranelagh Harriers	12.2	04:55
6214	966	Simon Wells	00:59:02	Bexley Ac	12.2	04:55
8926	967	Philip Reeves	00:59:03	Wimbledon Windmilers	12.19	04:55
6709	968	Bruce Harrold	00:59:03	Dorking & Mole Valley AC	12.19	04:55
8496	969	Dean Gapper	00:59:04	Telford Ac	12.19	04:55
6738	970	Joe Farrington-Douglas	00:59:05	Dulwich Runners AC	12.19	04:55
7409	971	Gregory Turner	00:59:05	Knowle & Dorridge RC	12.19	04:55
7046	972	Nickolaj Kennett	00:59:06	Hastings AC	12.18	04:55
8359	973	Edward Anders	00:59:07	St Albans Striders	12.18	04:56
7263	974	Chris Essex-Crosby	00:59:07	Horwich R M I Harriers	12.18	04:56
6468	975	Harrison Miles	00:59:07	Cheltenham and County Harriers	12.18	04:56
7538	976	Tim Charters	00:59:08	London Frontrunners	12.18	04:56
6429	977	Christian Poulton	00:59:09	Cambridge Harriers	12.17	04:56
7166	978	Ollie White	00:59:10	Herne Hill Harriers	12.17	04:56
7335	979	Richard Wilson	00:59:11	Kendal Amateur Athletic Club	12.17	04:56
6078	980	Ian King	00:59:11	Ashford AC	12.17	04:56
6921	981	Graham Atkins	00:59:12	GoodGym Race Team	12.16	04:56
6482	982	Chris West	00:59:12	Chichester Runners & AC	12.16	04:56
6550	983	Derek Green	00:59:13	Clapham Chasers	12.16	04:56
7380	984	William Palmer	00:59:14	Kent AC	12.16	04:56
7251	985	Sam Williams-Duncan	00:59:14	Holme Pierrepont Rc	12.16	04:56
8329	986	Alec Louis Kyriakides	00:59:16	Southend On Sea Ac	12.15	04:56
8194	987	Michele Bottone	00:59:17	Serpentine RC	12.15	04:56
7221	988	Scott Farley	00:59:18	Hillingdon AC	12.14	04:56
8763	989	David Moir	00:59:20	Tyne Bridge Harriers	12.13	04:57
8693	990	Mark Espley	00:59:21	Trentham RC	12.13	04:57
7376	991	Chris Mullin	00:59:21	Kent AC	12.13	04:57
6572	992	Callum Zorn-Singh	00:59:25	Clapham Chasers	12.12	04:57
7395	993	Rafal Buzuk	00:59:26	Kettering Town Harriers	12.11	04:57
6045	994	Lee Harris	00:59:27	Aldridge RC	12.11	04:57
6560	995	Seb Moulding	00:59:28	Clapham Chasers	12.11	04:57
7322	996	Robert Conneta	00:59:28	Istead & Ifield Harriers	12.11	04:57
8301	997	Jonathan Bean	00:59:29	Southampton Athletic Club	12.1	04:57
8892	998	Alastair Blackwood	00:59:29	Westbury Harriers	12.1	04:57
8791	999	Alex Douglas	00:59:29	Victoria Park Harriers And Tower Hamlets Ac	12.1	04:57
6253	1000	Roger Beswick	00:59:29	Blackheath & Bromley Harriers AC	12.1	04:57
9027	1001	Giles Hawking	00:59:30	York Knavesmire Harriers	12.1	04:57
8487	1002	Tim Hill	00:59:30	Team Bath Athletic Club	12.1	04:57
6755	1003	Gower Tan	00:59:31	Dulwich Runners AC	12.1	04:58
8493	1004	Aiden Wiffen	00:59:31	Team Bath Athletic Club	12.1	04:58
8810	1005	Abdillahi Mohamed	00:59:31	Victoria Park Harriers And Tower Hamlets Ac	12.1	04:58
8805	1006	George Long	00:59:31	Victoria Park Harriers And Tower Hamlets Ac	12.1	04:58
7407	1007	Robert Mundy	00:59:33	Knowle & Dorridge RC	12.09	04:58
6631	1008	Stefan Schlag	00:59:33	Coventry Godiva Harriers	12.09	04:58
7048	1009	Gary Atkins	00:59:33	Havering AC	12.09	04:58
7176	1010	Chris Beecham	00:59:33	Highgate Harriers	12.09	04:58
7294	1011	Daniel Holeyman	00:59:34	Ilford AC	12.09	04:58
7692	1012	Joshua Nice	00:59:34	Medway And Maidstone Ac	12.09	04:58
8931	1013	Robbie Ventham	00:59:35	Wimbledon Windmilers	12.08	04:58
6079	1014	Sahil Sood	00:59:37	Ashford AC	12.08	04:58
7764	1015	Adrian Dix	00:59:37	Newark AC	12.08	04:58
7306	1016	John Reynolds	00:59:38	Ilkeston Running Club	12.07	04:58
7823	1017	Rory Anderson	00:59:40	Northbrook Athletic Club	12.07	04:58
7491	1018	Simon Moore	00:59:42	Lingfield RC	12.06	04:58
6884	1019	John Wray	00:59:42	Fulham Running Club	12.06	04:58
7218	1020	Daniel Tombor	00:59:42	Highgate Harriers	12.06	04:58
7437	1021	Zejun Yao	00:59:43	Leeds University AC and CC Club	12.06	04:59
7918	1022	Andy Tippet	00:59:44	Petts Wood Runners	12.05	04:59
7870	1023	Matiss Murphy	00:59:46	Nuneaton Harriers	12.05	04:59
6845	1024	Russell Jones	00:59:46	Eton Manor AC	12.05	04:59
6857	1025	Ciaran McAneny	00:59:47	Fairlands Valley Spartans	12.04	04:59
6903	1026	Dom Thomas	00:59:47	Garden City Runners	12.04	04:59
8813	1027	Ethan O'Brien	00:59:48	Victoria Park Harriers And Tower Hamlets Ac	12.04	04:59
7370	1028	Iago Martinez	00:59:48	Kent AC	12.04	04:59
6618	1029	Peter Eccleston	00:59:49	Coventry Godiva Harriers	12.04	04:59
6782	1030	Jonathan Horan	00:59:50	Ealing Southall & Middlesex AC	12.03	04:59
6814	1031	Ben Hoare	00:59:52	Elvet Striders	12.03	04:59
8096	1032	Richard Harrison	00:59:53	Royston Runners	12.02	04:59
6558	1033	David Lyons Whyte	00:59:53	Clapham Chasers	12.02	04:59
6617	1034	Daniel Dalton	00:59:53	Coventry Godiva Harriers	12.02	04:59
7285	1035	Dan Isted	00:59:54	HY Runners	12.02	05:00
8807	1036	Dan McPhilmey	00:59:54	Victoria Park Harriers And Tower Hamlets Ac	12.02	05:00

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6166	1037	Lawrence Burton	00:59:59	Belgrave Harriers	12	05:00
7334	1038	Matthew Wilson	01:00:00	Kendal Amateur Athletic Club	12	05:00
8064	1039	David David	01:00:01	Richmond & Zetland Harriers	12	05:00
9012	1040	Joe Branch	01:00:01	Wycombe Phoenix Harriers & Ac	12	05:00
8779	1041	Badar Al Raisi	01:00:02	Victoria Park Harriers And Tower Hamlets Ac	11.99	05:00
8506	1042	Chris Daniels	01:00:02	Thames Hare & Hounds	11.99	05:00
7473	1043	Warren Rose	01:00:02	Leighton Buzzard Athletic Club	11.99	05:00
8005	1044	Neil Rae	01:00:03	Ranelagh Harriers	11.99	05:00
6069	1045	Paul Crisp	01:00:04	Ashford & District RRC	11.99	05:00
7726	1046	Callum Gathercole	01:00:04	Mornington Chasers	11.99	05:00
8209	1047	Raoul Huysmans	01:00:06	Serpentine RC	11.98	05:01
8765	1048	Ian Pickett	01:00:06	Tyne Bridge Harriers	11.98	05:01
8043	1049	Oliver Watts	01:00:08	Reading Roadrunners	11.97	05:01
7077	1050	Andy Harding	01:00:09	Heanor Running Club	11.97	05:01
6408	1051	Charlie Allen	01:00:11	Cambridge Harriers	11.96	05:01
6946	1052	Ian Davies	01:00:12	Guildford & Godalming AC	11.96	05:01
7461	1053	Matthew Brooks	01:00:13	Leighton Buzzard Athletic Club	11.96	05:01
7472	1054	Greg Pearce	01:00:14	Leighton Buzzard Athletic Club	11.95	05:01
6806	1055	Scott McMillan	01:00:16	East London Runners	11.95	05:01
7133	1056	Keith Collins-Achong	01:00:16	Herne Hill Harriers	11.95	05:01
7276	1057	Steven Church	01:00:17	Huntingdonshire AC	11.94	05:01
7734	1058	Rendy Prakoso	01:00:17	Mornington Chasers	11.94	05:01
8425	1059	Phil Reading	01:00:17	Stratford Upon Avon AC	11.94	05:01
6561	1060	Ian Napier	01:00:17	Clapham Chasers	11.94	05:01
8039	1061	Lance Nortcliff	01:00:19	Reading Roadrunners	11.94	05:02
6949	1062	Ben Gilmore	01:00:20	Guildford & Godalming AC	11.93	05:02
7069	1063	Richard Skilbeck	01:00:21	Headington RR	11.93	05:02
8132	1064	Paul Barrett	01:00:24	Sale Harriers Manchester	11.92	05:02
6809	1065	Philip Cooper	01:00:25	Eden Runners	11.92	05:02
8729	1066	Matthew Ferris	01:00:27	Tunbridge Wells Harriers	11.91	05:02
7748	1067	Jason Dawson	01:00:28	Morpeth Harriers & Ac	11.91	05:02
6774	1068	Adam Goodman	01:00:29	Ealing Southall & Middlesex AC	11.9	05:02
8651	1069	Joseph Watts	01:00:30	Tonbridge Ac	11.9	05:02
7288	1070	Jamie Webb	01:00:30	HY Runners	11.9	05:02
8912	1071	Mike Harris	01:00:31	Wigan & District H & AC	11.9	05:03
6876	1072	Sam Kelly	01:00:32	Fulham Running Club	11.89	05:03
7520	1073	Daniel Carleton	01:00:32	London City Runners	11.89	05:03
6872	1074	Elliot Dowley	01:00:33	Fulham Running Club	11.89	05:03
7387	1075	Tim Sharp	01:00:33	Kent AC	11.89	05:03
6485	1076	James Atkiss	01:00:33	Chorlton Runners	11.89	05:03
8320	1077	Jonathan Findell	01:00:34	Southampton University Athletics & Cross Country C	11.89	05:03
7086	1078	Jason Wall	01:00:35	Heaton Harriers & Ac	11.88	05:03
8258	1079	Christopher Moss	01:00:35	Sheffield RC	11.88	05:03
6267	1080	Martin Parkinson	01:00:35	Blackheath & Bromley Harriers AC	11.88	05:03
8911	1081	Sanjay Bisnauthsing	01:00:35	Wigan & District H & AC	11.88	05:03
7330	1082	Carl Hanaghan	01:00:36	Kendal Amateur Athletic Club	11.88	05:03
8700	1083	Liam Tosh	01:00:37	Trentham RC	11.88	05:03
7308	1084	Tim Ashelford	01:00:37	Ilkley Harriers AC	11.88	05:03
7536	1085	Alfred Burton	01:00:38	London Frontrunners	11.87	05:03
7946	1086	Alan Barnett	01:00:38	Poole Ac	11.87	05:03
8838	1087	Iain Hall	01:00:39	Wallsend Harriers & Ac	11.87	05:03
8559	1088	Stephen Norris	01:00:40	Thames Valley Harriers	11.87	05:03
8140	1089	Olivier Gaillemin	01:00:40	Sale Harriers Manchester	11.87	05:03
6912	1090	Paul Skuse	01:00:40	Glossopdale Harriers	11.87	05:03
7574	1091	Liam Hazelton	01:00:41	London Heathside	11.86	05:03
6068	1092	James Booth	01:00:41	Ashford & District RRC	11.86	05:03
8046	1093	Mark Davis	01:00:42	Redhill Road Runners	11.86	05:04
6620	1094	Matthew Hadlum	01:00:43	Coventry Godiva Harriers	11.86	05:04
8787	1095	Lee Butler	01:00:44	Victoria Park Harriers And Tower Hamlets Ac	11.86	05:04
8122	1096	Graham Moffatt	01:00:44	Rushcliffe Ac	11.86	05:04
8979	1097	Peter Riley	01:00:44	Witham RC	11.86	05:04
6427	1098	Mark Penny	01:00:44	Cambridge Harriers	11.86	05:04
6900	1099	Chris Jones	01:00:45	Garden City Runners	11.85	05:04
8696	1100	Ian Heath	01:00:45	Trentham RC	11.85	05:04
8217	1101	Graham O'Donoghue	01:00:45	Serpentine RC	11.85	05:04
7244	1102	David Laws	01:00:47	Holme Pierrepont Rc	11.85	05:04
8295	1103	David Ogden	01:00:48	South London Harriers	11.84	05:04
7872	1104	Andy Parkes	01:00:49	Nuneaton Harriers	11.84	05:04
6124	1105	Mehul Vaitha	01:00:49	Beaumont RC	11.84	05:04
8570	1106	Jacob Burton	01:00:51	Thanet Roadrunners AC	11.83	05:04
6995	1107	James Hartley	01:00:52	Hallamshire Harriers Sheffield	11.83	05:04
6734	1108	Lloyd Collier	01:00:53	Dulwich Runners AC	11.83	05:04
6499	1109	Matthew Southerby	01:00:54	Chorlton Runners	11.82	05:04
7545	1110	Alex Hellier	01:00:54	London Frontrunners	11.82	05:04

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7132	1111	Trevor Chilton	01:00:56	Herne Hill Harriers	11.82	05:05
6186	1112	Patrick McDougall	01:01:00	Belgrave Harriers	11.8	05:05
6042	1113	Robert Wakefield	01:01:03	Aldershot Farnham & District	11.79	05:05
7202	1114	Joseph Lowe	01:01:04	Highgate Harriers	11.79	05:05
8454	1115	David Lash	01:01:04	Sunderland Harriers & AC	11.79	05:05
8845	1116	Neil Bull	01:01:05	Ware Joggers	11.79	05:05
8942	1117	Robert Carter	01:01:06	Winchester & District AC	11.78	05:06
7539	1118	Euan Cheyne	01:01:09	London Frontrunners	11.77	05:06
7529	1119	Matthew Luck	01:01:11	London City Runners	11.77	05:06
8702	1120	Adam Chown	01:01:11	Tri London	11.77	05:06
7527	1121	Christopher Gynn	01:01:13	London City Runners	11.76	05:06
7058	1122	See Wah Cheng	01:01:15	Headington RR	11.76	05:06
8973	1123	Mark Hulmston	01:01:16	Wirral AC	11.75	05:06
8655	1124	Steve Weeks	01:01:16	Torbay AAC	11.75	05:06
7012	1125	Stephen May	01:01:17	Halstead RRC	11.75	05:06
7785	1126	Matthew Robinson	01:01:18	Newcastle Staffs Ac	11.75	05:07
7660	1127	Tim Johns	01:01:18	Manchester Triathlon Club	11.75	05:07
8785	1128	Richard Bryant	01:01:18	Victoria Park Harriers And Tower Hamlets Ac	11.75	05:07
7945	1129	Michael Woodward	01:01:18	Pitsea Rc	11.75	05:07
8848	1130	Jamie Higgs	01:01:18	Ware Joggers	11.75	05:07
8726	1131	Matthew Clements	01:01:19	Tunbridge Wells Harriers	11.74	05:07
9019	1132	Clark Schofield	01:01:20	Wycombe Phoenix Harriers & Ac	11.74	05:07
6009	1133	Cy Toplis	01:01:21	Abbey Runners	11.74	05:07
7583	1134	Gareth Marshall	01:01:22	London Heathside	11.73	05:07
7739	1135	Lachlan Stibbard Hawkes	01:01:22	Mornington Chasers	11.73	05:07
8120	1136	David Gandee	01:01:24	Rushcliffe Ac	11.73	05:07
7624	1137	Chris Lowrey	01:01:25	Lordshill Road Runners	11.72	05:07
6484	1138	Ian Lawson	01:01:26	Chiltern Harriers AC	11.72	05:07
8360	1139	Nigel Aston	01:01:27	St Albans Striders	11.72	05:07
8456	1140	Paul Redman	01:01:27	Sunderland Harriers & AC	11.72	05:07
6155	1141	Michael Lyons	01:01:29	Beeston AC	11.71	05:07
6075	1142	Adrian Moody	01:01:29	Ashford & District RRC	11.71	05:07
6496	1143	Ian Sharpe	01:01:29	Chorlton Runners	11.71	05:07
7071	1144	Laurie Wilkinson	01:01:30	Headington RR	11.71	05:08
7152	1145	Jonathon Key	01:01:31	Herne Hill Harriers	11.7	05:08
8657	1146	Scott Baxendale-White	01:01:31	Totton RC	11.7	05:08
6812	1147	Michael Russell	01:01:32	Elswick Harriers	11.7	05:08
8767	1148	Andy Green	01:01:33	Tynedale Harriers & AC	11.7	05:08
6421	1149	Clinton Lowe	01:01:33	Cambridge Harriers	11.7	05:08
7377	1150	Laurie Oliver	01:01:34	Kent AC	11.69	05:08
8888	1151	Alex Veres	01:01:34	West 4 Harriers	11.69	05:08
6685	1152	Nicholas Varley	01:01:34	Dartford Harriers AC	11.69	05:08
7483	1153	Sam Shuttleworth	01:01:36	Lincoln Wellington Athletic Club	11.69	05:08
6206	1154	Ian Boardley	01:01:37	Beverley Athletic Club	11.69	05:08
8955	1155	Patrick Batty	01:01:38	Windrush Triathlon Club	11.68	05:08
6978	1156	Ryan Barker	01:01:41	Halifax Harriers & AC	11.67	05:08
8063	1157	Andrew Simpson	01:01:42	Retford AC	11.67	05:09
6704	1158	Dennis Earl	01:01:43	Dorking & Mole Valley AC	11.67	05:09
7193	1159	Hanry Heatherwick-Lammers	01:01:44	Highgate Harriers	11.66	05:09
8714	1160	Kevin Berg	01:01:44	Tring RC	11.66	05:09
6823	1161	William Caruana	01:01:44	Epsom & Ewell Harriers	11.66	05:09
6956	1162	David Renshaw	01:01:47	Guildford & Godalming AC	11.65	05:09
6895	1163	Steve Ellerd-Elliott	01:01:47	Garden City Runners	11.65	05:09
6005	1164	Tom Sellen	01:01:47	26.2 Road Runners Club	11.65	05:09
8557	1165	Christian Nielsen	01:01:47	Thames Valley Harriers	11.65	05:09
8880	1166	Douglas Fry	01:01:48	West 4 Harriers	11.65	05:09
7831	1167	Terry Moynihan	01:01:49	Northbrook Athletic Club	11.65	05:09
8650	1168	Jacek Traczynski	01:01:50	Tonbridge Ac	11.64	05:09
7599	1169	Peter Scodie-Ward	01:01:50	London Heathside	11.64	05:09
8448	1170	Mike White	01:01:50	Stubbington Green Runners	11.64	05:09
7600	1171	Rob Shulman	01:01:50	London Heathside	11.64	05:09
7862	1172	Jack Easthorpe	01:01:51	Nuneaton Harriers	11.64	05:09
8900	1173	Ewan Paton	01:01:51	Westbury Harriers	11.64	05:09
8977	1174	Nick Wilson	01:01:52	Wirral AC	11.64	05:09
6647	1175	David Brown	01:01:52	Croydon Harriers	11.64	05:09
7399	1176	Kevin Doyle	01:01:53	Kimberworth Striders	11.63	05:09
8703	1177	Arnaud Delaeter	01:01:54	Tri London	11.63	05:09
7834	1178	Jonathan Cordle	01:01:54	Norwich Road Runners	11.63	05:09
6368	1179	Andrew Freeman	01:01:55	Bromsgrove and Redditch	11.63	05:10
8741	1180	Mike King	01:01:56	Tunbridge Wells Harriers	11.63	05:10
8215	1181	Kevin McQuaid	01:01:59	Serpentine RC	11.62	05:10
8530	1182	Iain Sheridan	01:02:00	Thames Hare & Hounds	11.61	05:10
7724	1183	Simon Fitzmaurice	01:02:01	Mornington Chasers	11.61	05:10
6211	1184	Martin Jenner	01:02:02	Bexley Ac	11.61	05:10

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8121	1185	Danny McIntyre	01:02:03	Rushcliffe Ac	11.6	05:10
8357	1186	Henry Willis	01:02:03	Springfield Striders RC	11.6	05:10
7553	1187	Glyn Wise	01:02:05	London Frontrunners	11.6	05:10
8463	1188	George Melville	01:02:05	Sutton Runners	11.6	05:10
8041	1189	Jamie Smith	01:02:05	Reading Roadrunners	11.6	05:10
6294	1190	Xenofon Gogouvitis	01:02:05	Bournville Harriers	11.6	05:10
7606	1191	Valentin Valeanu	01:02:06	London Heathside	11.59	05:11
7121	1192	Robert Tuer	01:02:06	Hercules Wimbledon AC	11.59	05:11
7530	1193	Benjamin Miller	01:02:06	London City Runners	11.59	05:11
8627	1194	Simon Fraser	01:02:07	Tonbridge Ac	11.59	05:11
8078	1195	Elliott Jackson	01:02:08	Rotherham Harriers And Ac	11.59	05:11
6842	1196	Joshua Dent	01:02:08	Eton Manor AC	11.59	05:11
8600	1197	Krisztian Karasz	01:02:09	Tipton Harriers	11.58	05:11
6913	1198	Rick Steckles	01:02:10	Glossopdale Harriers	11.58	05:11
6904	1199	Mark Westley	01:02:12	Garden City Runners	11.58	05:11
7625	1200	Mathew Pidgeon	01:02:12	Lordshill Road Runners	11.58	05:11
7177	1201	Jacob Billingham	01:02:13	Highgate Harriers	11.57	05:11
7458	1202	Scott Thrush	01:02:14	Leigh on Sea Striders	11.57	05:11
7611	1203	Simon Crook	01:02:14	Longwood Harriers AC	11.57	05:11
8352	1204	Paul Broome	01:02:15	Springfield Striders RC	11.57	05:11
6938	1205	Tom Ralph	01:02:16	Greenwich Tritons Triathlon Club	11.56	05:11
6462	1206	Simon Bowring	01:02:17	Chelmsford AC	11.56	05:11
7175	1207	Justin Bean	01:02:17	Highgate Harriers	11.56	05:11
8800	1208	Oliver Jamieson	01:02:19	Victoria Park Harriers And Tower Hamlets Ac	11.55	05:12
7749	1209	Neil Gunstone	01:02:19	Morpeth Harriers & AC	11.55	05:12
8251	1210	Jonny Shaw	01:02:20	Shaftesbury Barnet Harriers	11.55	05:12
6432	1211	Guy Swarbreck	01:02:21	Cambridge Harriers	11.55	05:12
6839	1212	Paul Cates	01:02:23	Eton Manor AC	11.54	05:12
7496	1213	Stephen Williams	01:02:23	Littledown Harriers	11.54	05:12
8889	1214	William Yates	01:02:26	West 4 Harriers	11.53	05:12
6707	1215	Greg Fitch	01:02:26	Dorking & Mole Valley AC	11.53	05:12
7066	1216	Neil Pinnell	01:02:26	Headington RR	11.53	05:12
7573	1217	Chris Hartley	01:02:28	London Heathside	11.53	05:12
6840	1218	David Cato	01:02:28	Eton Manor AC	11.53	05:12
7032	1219	Nick Andrews	01:02:29	Harrow AC	11.52	05:12
6665	1220	Jacob Plieth	01:02:31	Croydon Harriers	11.52	05:13
8593	1221	Scott Rice	01:02:32	Thurrock Harriers	11.51	05:13
7864	1222	Eric Fowler	01:02:32	Nuneaton Harriers	11.51	05:13
8086	1223	Sam Crawford	01:02:33	Royal Sutton Coldfield Athletics Club	11.51	05:13
7151	1224	Tim Kerr	01:02:33	Herne Hill Harriers	11.51	05:13
8699	1225	Nasar Rafiq	01:02:34	Trentham RC	11.51	05:13
8237	1226	Mark Cottle	01:02:35	Shaftesbury Barnet Harriers	11.5	05:13
6053	1227	Luke White	01:02:35	Aldridge RC	11.5	05:13
8635	1228	Mark Pitcairn-Knowles	01:02:36	Tonbridge Ac	11.5	05:13
7980	1229	Michael Dmitrzak	01:02:38	Queen's Park Harriers	11.5	05:13
6379	1230	Nigel Sullivan	01:02:38	Burnham Joggers	11.5	05:13
6104	1231	Michael Walker	01:02:41	Barnet & District AC	11.49	05:13
6467	1232	Matthew Evans	01:02:41	Cheltenham and County Harriers	11.49	05:13
6722	1233	Nathaniel Lewis	01:02:42	Dulwich Park Runners	11.48	05:14
6881	1234	Robert Prichard-Jones	01:02:46	Fullham Running Club	11.47	05:14
6223	1235	Geoff Keily	01:02:47	Billericay Striders	11.47	05:14
7890	1236	Matthew Kunov	01:02:48	Oxford University AC	11.46	05:14
6431	1237	Peter St-Amour	01:02:48	Cambridge Harriers	11.46	05:14
6272	1238	Jordan Cobb	01:02:49	Blackpool Wyre & Fylde AC	11.46	05:14
6225	1239	Barry Weldon	01:02:51	Billericay Striders	11.46	05:14
6898	1240	Andy Holt	01:02:51	Garden City Runners	11.46	05:14
6781	1241	Tom Hewitt	01:02:52	Ealing Southall & Middlesex AC	11.45	05:14
6528	1242	James Mills	01:02:54	City Of Salisbury AC & RC	11.45	05:14
8452	1243	Andrew Hughes	01:02:54	Sunderland Harriers & AC	11.45	05:14
9030	1244	Hem Rana	01:02:56	York Knavesmire Harriers	11.44	05:15
8098	1245	Graham Hill	01:02:57	Royston Runners	11.44	05:15
9028	1246	Rory Henderson	01:02:57	York Knavesmire Harriers	11.44	05:15
8668	1247	Jacob Fletcher	01:02:58	Trafford Athletic Club	11.43	05:15
9026	1248	Barry Atkinson	01:02:59	York Knavesmire Harriers	11.43	05:15
8978	1249	Leo Cole	01:02:59	Witham Rc	11.43	05:15
6513	1250	Ian Todd	01:03:00	City Of Norwich AC	11.43	05:15
8733	1251	Dave Hadaway	01:03:01	Tunbridge Wells Harriers	11.43	05:15
8062	1252	Simon Foster	01:03:01	Retford AC	11.43	05:15
7614	1253	Dominic Ashton	01:03:02	Lordshill Road Runners	11.42	05:15
6349	1254	Tariq Kurd	01:03:03	Bristol and West AC	11.42	05:15
6105	1255	Boon Kiat (calvin) Wu	01:03:04	Barnet & District AC	11.42	05:15
6768	1256	Akira Anzai-Jackson	01:03:05	Ealing Southall & Middlesex AC	11.41	05:15
7447	1257	Alex Childs	01:03:08	Leigh on Sea Striders	11.4	05:16
7593	1258	Joel Northcott	01:03:10	London Heathside	11.4	05:16

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7467	1259	Adam Haylock	01:03:10	Leighton Buzzard Athletic Club	11.4	05:16
7459	1260	Mike Webber	01:03:10	Leigh on Sea Striders	11.4	05:16
6276	1261	George Robinson	01:03:11	Blackpool Wyre & Fylde AC	11.4	05:16
6641	1262	Wayne Kingsnorth	01:03:11	Crawley Saints & Sinners Running Club	11.4	05:16
8853	1263	Daniel Newman	01:03:13	Warrington A C	11.39	05:16
6064	1264	Samuel Bennett	01:03:14	Arena 80 AC	11.39	05:16
7157	1265	Keith Newton	01:03:14	Herne Hill Harriers	11.39	05:16
6541	1266	Michael Raynes	01:03:15	City of York AC	11.38	05:16
8656	1267	Joel Paisley	01:03:15	Totley AC	11.38	05:16
8491	1268	Malcolm Treby	01:03:16	Team Bath Athletic Club	11.38	05:16
7995	1269	Jimmy Perkins	01:03:16	Queen's Park Harriers	11.38	05:16
8416	1270	Robert Colman	01:03:17	Stourbridge RC	11.38	05:16
7067	1271	Oliver Robertson	01:03:18	Headington RR	11.37	05:16
8016	1272	Charlie Madelaine	01:03:18	Reading AC	11.37	05:16
6887	1273	Richard Harper	01:03:19	Ful-On Tri Club	11.37	05:17
6981	1274	Michael Gaughan	01:03:19	Halifax Harriers & AC	11.37	05:17
7702	1275	Andrew Doig	01:03:21	Mid Essex Casuals	11.37	05:17
7237	1276	Aziouz Lammali	01:03:21	Holland Sports AC	11.37	05:17
7621	1277	Graham Evans	01:03:26	Lordshill Road Runners	11.35	05:17
7054	1278	Steve Walker	01:03:29	Havering AC	11.34	05:17
8930	1279	Norman Urquia	01:03:29	Wimbledon Windmilers	11.34	05:17
6526	1280	Marc Hankins	01:03:30	City Of Salisbury AC & RC	11.34	05:17
7457	1281	Toby Stubbington	01:03:31	Leigh on Sea Striders	11.34	05:18
8010	1282	Richard Willoughby	01:03:32	Ranelagh Harriers	11.33	05:18
6767	1283	Archie Allen-Jones	01:03:32	Ealing Southall & Middlesex AC	11.33	05:18
7542	1284	Gareth Fletcher	01:03:33	London Frontrunners	11.33	05:18
6334	1285	Austen Hunter	01:03:34	Brighton Phoenix	11.33	05:18
6784	1286	Mark Kencroft	01:03:34	Ealing Southall & Middlesex AC	11.33	05:18
8008	1287	James Ritchie	01:03:35	Ranelagh Harriers	11.32	05:18
6236	1288	Christopher Burrows	01:03:36	Birmingham Running Athletics & Triathlon Club (BRA	11.32	05:18
7992	1289	Jamie Myers	01:03:37	Queen's Park Harriers	11.32	05:18
6537	1290	Phil Rowley	01:03:39	City Of Stoke Ac	11.31	05:18
7717	1291	Daniel Berry	01:03:39	Mornington Chasers	11.31	05:18
6802	1292	Karan Gadhia	01:03:40	East London Runners	11.31	05:18
8267	1293	Ciaran Morrison	01:03:41	Sinfin Running Club	11.31	05:18
8420	1294	Tim Larke	01:03:42	Stowmarket Striders RC	11.3	05:18
9017	1295	Kieran Gilfedder	01:03:43	Wycombe Phoenix Harriers & Ac	11.3	05:19
6916	1296	Dave Gresswell	01:03:43	Gloucester AC	11.3	05:19
6799	1297	Philip McCoy	01:03:43	East Hull Harriers & AC	11.3	05:19
6511	1298	Mark Solway	01:03:43	City Of Norwich AC	11.3	05:19
6263	1299	Steven Hough	01:03:45	Blackheath & Bromley Harriers AC	11.29	05:19
6700	1300	Ben Brading	01:03:47	Dorking & Mole Valley AC	11.29	05:19
8134	1301	Oliver Bartlett	01:03:47	Sale Harriers Manchester	11.29	05:19
8344	1302	Ian Wilson	01:03:48	Spenborough & Dist AC	11.29	05:19
8866	1303	Ben Cope	01:03:49	Watford Joggers	11.28	05:19
8664	1304	Neil White	01:03:49	Totton RC	11.28	05:19
7812	1305	John Auld	01:03:49	North Herts Road Runners	11.28	05:19
8840	1306	Keith O'Donnell	01:03:51	Wallsend Harriers & Ac	11.28	05:19
7383	1307	Leonard Reilly	01:03:53	Kent AC	11.27	05:19
7369	1308	Chris Lydon	01:03:54	Kent AC	11.27	05:20
8505	1309	David Crowther	01:03:55	Thames Hare & Hounds	11.26	05:20
8369	1310	Thomas Croft	01:03:57	St Albans Striders	11.26	05:20
7885	1311	Tim Wright	01:03:57	Orion Harriers	11.26	05:20
6796	1312	James Hartshorne	01:03:59	East Cheshire Harriers & Tameside Ac	11.25	05:20
7706	1313	Aaron Keys	01:04:00	Middlesbrough & Cleveland Harriers	11.25	05:20
6716	1314	Kev Stroud	01:04:00	Dorking & Mole Valley AC	11.25	05:20
6935	1315	James Bentley	01:04:00	Greenwich Tritons Triathlon Club	11.25	05:20
6070	1316	Alex Francis	01:04:00	Ashford & District RRC	11.25	05:20
6943	1317	Terry Booth	01:04:00	Guildford & Godalming AC	11.25	05:20
6227	1318	Ian Ferguson	01:04:01	Bingley Harriers & AC	11.25	05:20
7917	1319	Andrew Robertson	01:04:01	Petts Wood Runners	11.25	05:20
6440	1320	Adam Elston	01:04:03	Canterbury Harriers	11.24	05:20
6763	1321	Aleem Nasser	01:04:04	Ealing Eagles Running Club	11.24	05:20
6770	1322	Robert Brown	01:04:04	Ealing Southall & Middlesex AC	11.24	05:20
7622	1323	Alan Graham	01:04:04	Lordshill Road Runners	11.24	05:20
7397	1324	Jack Watson	01:04:07	Kettering Town Harriers	11.23	05:21
8743	1325	Ken MacSparran	01:04:07	Tunbridge Wells Harriers	11.23	05:21
7450	1326	Harry Grose	01:04:08	Leigh on Sea Striders	11.23	05:21
8709	1327	Kevin Linehan	01:04:08	Tri London	11.23	05:21
7929	1328	Jimmy Justice	01:04:09	Phoenix Striders	11.22	05:21
8833	1329	Simon Charlton	01:04:09	Wallsend Harriers & Ac	11.22	05:21
8422	1330	Ross Wilcox	01:04:09	Stowmarket Striders RC	11.22	05:21
6268	1331	Christopher Tuck	01:04:10	Blackheath & Bromley Harriers AC	11.22	05:21
6495	1332	Philip Moyle	01:04:10	Chorlton Runners	11.22	05:21

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7866	1333	Chris Hamer-Hodges	01:04:12	Nuneaton Harriers	11.21	05:21
6829	1334	Badre Kamah	01:04:12	Epsom & Ewell Harriers	11.21	05:21
7247	1335	Andrew Soley	01:04:13	Holme Pierrepoint Rc	11.21	05:21
6742	1336	Grzegorz Galezia	01:04:14	Dulwich Runners AC	11.21	05:21
8851	1337	Adam Watson	01:04:16	Ware Joggers	11.2	05:21
8055	1338	Leigh Stubbs	01:04:17	Redhill Road Runners	11.2	05:21
8387	1339	Stephen Lambert	01:04:18	St Albans Striders	11.2	05:22
8210	1340	Adrian Kerr	01:04:18	Serpentine RC	11.2	05:22
6551	1341	Ian Healy	01:04:19	Clapham Chasers	11.19	05:22
8776	1342	Jamie Graham	01:04:21	Vegan Runners UK	11.19	05:22
7205	1343	Mark Opie	01:04:22	Highgate Harriers	11.19	05:22
6043	1344	Peter Dimbleby	01:04:24	Aldridge RC	11.18	05:22
8661	1345	Andy Herman	01:04:25	Totton RC	11.18	05:22
7324	1346	Jamie Foster	01:04:25	Itchen Spitfires Running Club	11.18	05:22
9034	1347	Olmo Velayos Hernando	01:04:25	London City Athletics Club	11.18	05:22
8753	1348	Geoff Turner	01:04:29	Tunbridge Wells Harriers	11.17	05:22
8138	1349	Robert Fairbanks	01:04:30	Sale Harriers Manchester	11.16	05:23
6901	1350	Richard Somerset	01:04:31	Garden City Runners	11.16	05:23
6074	1351	Scott Lynch	01:04:32	Ashford & District RRC	11.16	05:23
6531	1352	Craig Weatherburn	01:04:32	City Of Salisbury AC & RC	11.16	05:23
7915	1353	Stephen Pond	01:04:32	Petts Wood Runners	11.16	05:23
6637	1354	John Treadwell	01:04:33	Coventry Godiva Harriers	11.15	05:23
8028	1355	Oliver Atwal	01:04:34	Reading Roadrunners	11.15	05:23
6852	1356	Robert Sommerville	01:04:35	Eton Manor AC	11.15	05:23
6442	1357	Alex Horsley	01:04:36	Canterbury Harriers	11.15	05:23
6002	1358	Gerard Hasson	01:04:36	26.2 Road Runners Club	11.15	05:23
8718	1359	Daniel Newman	01:04:37	Tring RC	11.14	05:23
7282	1360	Tom Brampton	01:04:39	HY Runners	11.14	05:23
7903	1361	Cameron Harris	01:04:39	Peterborough & Nene Valley AC	11.14	05:23
6204	1362	David Horton	01:04:41	Belper Harriers	11.13	05:23
6176	1363	Samuel Hodges	01:04:42	Belgrave Harriers	11.13	05:23
7666	1364	Jamie Hayes	01:04:44	Manx Harriers	11.12	05:24
8464	1365	Rahul Pandey	01:04:45	Sutton Runners	11.12	05:24
7558	1366	Matthew Beard	01:04:46	London Heathside	11.12	05:24
8543	1367	Manuel Da Silva	01:04:47	Thames Valley Harriers	11.11	05:24
6372	1368	Paul Boote	01:04:47	Burnham Joggers	11.11	05:24
6660	1369	James Moore	01:04:48	Croydon Harriers	11.11	05:24
8282	1370	Christopher Dunhill	01:04:49	South London Harriers	11.11	05:24
8583	1371	Andrew Hoseason	01:04:53	The Stragglers Running Club	11.1	05:24
7212	1372	Andrew Russell	01:04:53	Highgate Harriers	11.1	05:24
8346	1373	David Gamez Morris	01:04:53	Sphinx AC	11.1	05:24
6864	1374	Patrick Hughes	01:04:54	Folkestone RC	11.09	05:25
6477	1375	Jim Garland	01:04:55	Chichester Runners & AC	11.09	05:25
7100	1376	Andrew Davies	01:04:55	Hercules Wimbledon AC	11.09	05:25
8372	1377	Richard Davis	01:04:56	St Albans Striders	11.09	05:25
6626	1378	Anthony Mitrofaniuk	01:04:56	Coventry Godiva Harriers	11.09	05:25
7070	1379	Simon Venn	01:04:57	Headington RR	11.09	05:25
8558	1380	Simon Nixon	01:04:58	Thames Valley Harriers	11.08	05:25
7562	1381	Lee Connor	01:04:59	London Heathside	11.08	05:25
6151	1382	David Cross	01:04:59	Beeston AC	11.08	05:25
6569	1383	Christopher Williams	01:05:00	Clapham Chasers	11.08	05:25
7186	1384	Donato Delvecchio	01:05:01	Highgate Harriers	11.07	05:25
7440	1385	Mark Gornall	01:05:01	Leigh Harriers & Ac	11.07	05:25
8937	1386	Rupert Talfourd-Cook	01:05:02	Wimborne AC	11.07	05:25
6969	1387	Alex Morgan	01:05:02	Halesowen ACC	11.07	05:25
7014	1388	Gavin Ripton	01:05:03	Halstead RRC	11.07	05:25
6556	1389	Richard Kehoe	01:05:03	Clapham Chasers	11.07	05:25
6424	1390	Graham Maynard	01:05:04	Cambridge Harriers	11.07	05:25
8322	1391	Matthew Aitken	01:05:04	Southend On Sea Ac	11.07	05:25
6098	1392	Robert Scott	01:05:06	Barnet & District AC	11.06	05:25
7962	1393	Paul Jeffries	01:05:06	Preston Harriers	11.06	05:25
7464	1394	Michael Furness	01:05:06	Leighton Buzzard Athletic Club	11.06	05:25
7613	1395	Robert Daniel Agar	01:05:14	Lordshill Road Runners	11.04	05:26
7877	1396	Zoltan Fodor	01:05:14	Orion Harriers	11.04	05:26
6831	1397	James Thomas	01:05:15	Epsom & Ewell Harriers	11.03	05:26
7826	1398	Tommy Dempsey	01:05:16	Northbrook Athletic Club	11.03	05:26
8094	1399	Grant Chapman	01:05:16	Royston Runners	11.03	05:26
6761	1400	Thomas Irving	01:05:20	Ealing Eagles Running Club	11.02	05:27
6597	1401	James Plant	01:05:21	Colchester Harriers AC	11.02	05:27
8378	1402	Richard Evans	01:05:23	St Albans Striders	11.01	05:27
6469	1403	Rowan Tibbs	01:05:25	Cheltenham and County Harriers	11.01	05:27
9015	1404	Shaun Chillingworth	01:05:26	Wycombe Phoenix Harriers & Ac	11	05:27
7073	1405	Chris Woodruff	01:05:26	Headington RR	11	05:27
8188	1406	Clive Rolfe	01:05:27	Sandhurst Joggers	11	05:27



Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7239	1407	Philip Vowles	01:05:28	Holland Sports AC	11	05:27
6750	1408	Eberhard Prill	01:05:29	Dulwich Runners AC	11	05:27
7537	1409	Patrick Cahill	01:05:30	London Frontrunners	10.99	05:28
6219	1410	David Butler	01:05:30	Billericay Striders	10.99	05:28
8408	1411	Chris Lawson	01:05:31	Steel City Striders Rc	10.99	05:28
7024	1412	Salva Diaz	01:05:35	Harpenden Arrows	10.98	05:28
7249	1413	John Sutherns	01:05:37	Holme Pierrepont Rc	10.97	05:28
6452	1414	Lee Caves	01:05:41	Centurion RC	10.96	05:28
7742	1415	David Thorne	01:05:41	Mornington Chasers	10.96	05:28
7636	1416	Richard Conder	01:05:45	Low Fell RC	10.95	05:29
6711	1417	Robert McCaffrey	01:05:46	Dorking & Mole Valley AC	10.95	05:29
7082	1418	Adrian Smith	01:05:47	Heanor Running Club	10.95	05:29
8242	1419	David Greenstein	01:05:49	Shaftesbury Barnet Harriers	10.94	05:29
6278	1420	Lee Shockledge	01:05:49	Blackpool Wyre & Fylde AC	10.94	05:29
8197	1421	Simon Caney	01:05:50	Serpentine RC	10.94	05:29
7230	1422	Chris Guy	01:05:51	Hillsborough & Rivelin RC	10.93	05:29
8412	1423	Gez Fallon	01:05:52	Stopsley Striders	10.93	05:29
8623	1424	Anthony Crush	01:05:52	Tonbridge Ac	10.93	05:29
7156	1425	Robert Nagorski	01:05:53	Herne Hill Harriers	10.93	05:29
8361	1426	Jonathan Bird	01:05:54	St Albans Striders	10.93	05:30
7628	1427	Luke Seery	01:05:55	Lordshill Road Runners	10.92	05:30
7123	1428	Simon Woodley	01:05:56	Hercules Wimbledon AC	10.92	05:30
7102	1429	Maximillian Dew	01:05:57	Hercules Wimbledon AC	10.92	05:30
6764	1430	Jose Manuel Pabon	01:06:00	Ealing Eagles Running Club	10.91	05:30
7446	1431	Elliott Carter	01:06:01	Leigh on Sea Striders	10.91	05:30
6885	1432	Mark Benton	01:06:02	Ful-On Tri Club	10.9	05:30
6601	1433	Chris Stevenson	01:06:02	Colchester Harriers AC	10.9	05:30
7021	1434	Matt Casey	01:06:02	Hardley Runners	10.9	05:30
6677	1435	Steven Russell	01:06:03	Dacorum Athletic Club	10.9	05:30
7216	1436	Richard Stewart	01:06:03	Highgate Harriers	10.9	05:30
6702	1437	Ceri Davies	01:06:04	Dorking & Mole Valley AC	10.9	05:30
8814	1438	Matthew Ogg	01:06:04	Victoria Park Harriers And Tower Hamlets Ac	10.9	05:30
8759	1439	Andrew Chiu	01:06:05	Tyne Bridge Harriers	10.9	05:30
8058	1440	Gavin Lawrence	01:06:05	Reigate Priory AC	10.9	05:30
6470	1441	Dave Gough	01:06:05	Cheshire Dragons	10.9	05:30
6342	1442	Richard Brent	01:06:06	Bristol and West AC	10.89	05:30
7832	1443	Damian Pharoah	01:06:07	Northbrook Athletic Club	10.89	05:31
6231	1444	Josh Spencer	01:06:08	Bingley Harriers & AC	10.89	05:31
8204	1445	Matthew Hearne	01:06:08	Serpentine RC	10.89	05:31
8405	1446	Malcolm Baggaley	01:06:08	Steel City Striders Rc	10.89	05:31
8443	1447	Mark Eaton	01:06:09	Stubbington Green Runners	10.88	05:31
6613	1448	Nick Bennett	01:06:10	Coventry Godiva Harriers	10.88	05:31
6475	1449	Stephen Davy	01:06:11	Chichester Runners & AC	10.88	05:31
7451	1450	Jed Hallam	01:06:11	Leigh on Sea Striders	10.88	05:31
8273	1451	Phillip Weaver	01:06:12	Skegness & District Running Club	10.88	05:31
6067	1452	Adrian Beresford	01:06:12	Ashford & District RRC	10.88	05:31
8648	1453	Peter Sutton	01:06:13	Tonbridge Ac	10.87	05:31
8971	1454	Chris Ball	01:06:14	Wirral AC	10.87	05:31
6717	1455	Kevin Sibley	01:06:15	Dronfield RC	10.87	05:31
8837	1456	Scott Ellis	01:06:17	Wallsend Harriers & Ac	10.86	05:31
6818	1457	Richard Hill	01:06:20	Ely Runners	10.85	05:32
8023	1458	James Quinn	01:06:28	Reading AC	10.83	05:32
7525	1459	Charlie Finch	01:06:29	London City Runners	10.83	05:32
7612	1460	Donald Kennedy	01:06:30	Longwood Harriers Ac	10.83	05:33
7344	1461	Stewart Underhill	01:06:30	Kenilworth Runners	10.83	05:33
8191	1462	Abu Asad	01:06:33	Serpentine RC	10.82	05:33
7087	1463	Felix Allen	01:06:35	Hercules Wimbledon AC	10.81	05:33
7442	1464	David Pollitt	01:06:35	Leigh Harriers & Ac	10.81	05:33
6571	1465	Michael Zielinski	01:06:36	Clapham Chasers	10.81	05:33
7307	1466	Paul Whittleton	01:06:38	Ilkeston Running Club	10.81	05:33
7469	1467	James Lowe	01:06:39	Leighton Buzzard Athletic Club	10.8	05:33
8751	1468	Hayden Thirkell	01:06:41	Tunbridge Wells Harriers	10.8	05:33
7075	1469	Ryan Blake	01:06:43	Heanor Running Club	10.79	05:34
8584	1470	Mark Pattinson	01:06:44	The Stragglers Running Club	10.79	05:34
7949	1471	John Hall	01:06:46	Poole Ac	10.78	05:34
7972	1472	Tom Alexander	01:06:46	Queen's Park Harriers	10.78	05:34
7063	1473	Peter Hellawell	01:06:48	Headington RR	10.78	05:34
8097	1474	Paul Haynes	01:06:49	Royston Runners	10.78	05:34
8769	1475	Dominic McDermott	01:06:49	Tynedale Harriers & AC	10.78	05:34
6044	1476	Duncan Gould	01:06:50	Aldridge RC	10.77	05:34
6072	1477	Mark Harrison	01:06:51	Ashford & District RRC	10.77	05:34
6073	1478	Daniel Head	01:06:52	Ashford & District RRC	10.77	05:34
6889	1479	Charles Muir-Sands	01:06:53	Ful-On Tri Club	10.77	05:34
7149	1480	Ian Jack	01:06:54	Herne Hill Harriers	10.76	05:35

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
8631	1481	Jack Keywood	01:06:55	Tonbridge Ac	10.76	05:35
7295	1482	Diarmuid Mac Donnell	01:07:00	Ilford AC	10.75	05:35
6962	1483	Marc Woodall	01:07:02	Guildford & Godalming AC	10.74	05:35
7707	1484	Martin Vasey	01:07:03	Middlesbrough & Cleveland Harriers	10.74	05:35
7532	1485	Harry Mumford-Turner	01:07:05	London City Runners	10.73	05:35
8758	1486	Graeme Carr	01:07:06	Tyne Bridge Harriers	10.73	05:35
8458	1487	Dale Wilkinson	01:07:08	Sunderland Harriers & AC	10.72	05:36
6378	1488	Sean Rooney	01:07:10	Burnham Joggers	10.72	05:36
6554	1489	Kevin Hughes	01:07:10	Clapham Chasers	10.72	05:36
8692	1490	Douglas Alcock	01:07:11	Trentham RC	10.72	05:36
7039	1491	Peter Norris	01:07:11	Harrow AC	10.72	05:36
7565	1492	Gavin Evans	01:07:12	London Heathside	10.71	05:36
7180	1493	Andres Chau	01:07:12	Highgate Harriers	10.71	05:36
8521	1494	Alex MacKula	01:07:14	Thames Hare & Hounds	10.71	05:36
8294	1495	Paul Mitchell	01:07:14	South London Harriers	10.71	05:36
6963	1496	Peter Wootton	01:07:14	Guildford & Godalming AC	10.71	05:36
6788	1497	Javaher Sondh	01:07:14	Ealing Southall & Middlesex AC	10.71	05:36
7211	1498	James Rossiter	01:07:15	Highgate Harriers	10.71	05:36
8018	1499	Andrew McDonald	01:07:18	Reading AC	10.7	05:36
7074	1500	Daniel Bladon	01:07:21	Heanor Running Club	10.69	05:37
7765	1501	Gareth Owens	01:07:22	Newark AC	10.69	05:37
7774	1502	Andrew Brownsword	01:07:23	Newcastle Staffs Ac	10.69	05:37
8734	1503	George Harris	01:07:23	Tunbridge Wells Harriers	10.69	05:37
6077	1504	Andrew Noble	01:07:24	Ashford & District RRC	10.68	05:37
7243	1505	Chris Jekiel	01:07:25	Holme Pierrepont Rc	10.68	05:37
6059	1506	Roger Ball	01:07:26	Amptill & Flitwick Flyers RC	10.68	05:37
7117	1507	Victor Ray	01:07:30	Hercules Wimbledon AC	10.67	05:37
7597	1508	Leo Pemberton	01:07:36	London Heathside	10.65	05:38
7340	1509	Barry Elkington	01:07:37	Kenilworth Runners	10.65	05:38
6226	1510	Calvin Nicholson	01:07:37	Billingham Marsh Hse H & Ac	10.65	05:38
6498	1511	Stephen Smith	01:07:38	Chorlton Runners	10.65	05:38
6652	1512	Daniel Denore	01:07:38	Croydon Harriers	10.65	05:38
7104	1513	Richard Evans	01:07:38	Hercules Wimbledon AC	10.65	05:38
6684	1514	Cullen Odonnell	01:07:40	Dartford Harriers AC	10.64	05:38
8271	1515	Robert Sands	01:07:42	Skegness & District Running Club	10.64	05:39
7674	1516	Danny Simmons	01:07:43	Marshall Milton Keynes AC	10.63	05:39
7489	1517	Michael Manwill	01:07:43	Lingfield RC	10.63	05:39
7740	1518	Matt Thomas	01:07:43	Mornington Chasers	10.63	05:39
8367	1519	Max Campbell	01:07:44	St Albans Striders	10.63	05:39
6883	1520	Douglas Wood	01:07:45	Fulham Running Club	10.63	05:39
6160	1521	Geoff Pennington	01:07:45	Beeston AC	10.63	05:39
8614	1522	Tobin Bird	01:07:45	Tonbridge Ac	10.63	05:39
8752	1523	Colin Timmins	01:07:46	Tunbridge Wells Harriers	10.62	05:39
7633	1524	Alan Fricker	01:07:47	Loughton AC	10.62	05:39
7975	1525	John Brosnan	01:07:47	Queen's Park Harriers	10.62	05:39
8410	1526	Ian Stinson	01:07:47	Steel City Striders Rc	10.62	05:39
7034	1527	Peter Butler	01:07:48	Harrow AC	10.62	05:39
6741	1528	Michael Fullilove	01:07:49	Dulwich Runners AC	10.62	05:39
8534	1529	James Whale	01:07:50	Thames Hare & Hounds	10.61	05:39
6250	1530	John Sutton	01:07:50	Blackburn Harriers & AC	10.61	05:39
8243	1531	Barry Haws	01:07:51	Shaftesbury Barnet Harriers	10.61	05:39
8740	1532	Andrew Joad	01:07:52	Tunbridge Wells Harriers	10.61	05:39
6529	1533	Steven Mitchell	01:07:52	City Of Salisbury AC & RC	10.61	05:39
6968	1534	David Lewis	01:07:53	Halesowen ACC	10.61	05:39
7147	1535	Tom Irish	01:07:55	Herne Hill Harriers	10.6	05:40
7778	1536	Karl Everard	01:07:56	Newcastle Staffs Ac	10.6	05:40
7630	1537	Benjamin Tavendale	01:07:56	Lordshill Road Runners	10.6	05:40
8925	1538	Jon Pollard	01:07:56	Wimbledon Windmilers	10.6	05:40
6965	1539	Andrew Carruthers	01:07:59	Halesowen ACC	10.59	05:40
8817	1540	James Richens	01:08:00	Victoria Park Harriers And Tower Hamlets Ac	10.59	05:40
7641	1541	Keith Roll	01:08:00	Low Fell RC	10.59	05:40
8232	1542	Alistair Webb	01:08:02	Serpentine RC	10.58	05:40
6614	1543	Joe Chalmers	01:08:03	Coventry Godiva Harriers	10.58	05:40
7298	1544	Neil Cort	01:08:06	Ilkeston Running Club	10.57	05:41
7924	1545	Neal Clark	01:08:06	Phoenix Striders	10.57	05:41
8766	1546	John Tollitt	01:08:08	Tyne Bridge Harriers	10.57	05:41
6168	1547	William Cockerell	01:08:09	Belgrave Harriers	10.56	05:41
7782	1548	Christopher Nixon	01:08:09	Newcastle Staffs Ac	10.56	05:41
6940	1549	Martin Tynan	01:08:10	Greenwich Tritons Triathlon Club	10.56	05:41
6703	1550	Fraser Dawson	01:08:10	Dorking & Mole Valley AC	10.56	05:41
6696	1551	Chris Jordan	01:08:11	Derby Athletic Club	10.56	05:41
6306	1552	Jonathan Stanforth	01:08:11	Bournville Harriers	10.56	05:41
6299	1553	Grant Newman	01:08:12	Bournville Harriers	10.56	05:41
8433	1554	Kerim Suruliz	01:08:13	Striders Of Croydon	10.55	05:41

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7402	1555	Peter Austin	01:08:13	Knowle & Dorridge RC	10.55	05:41
6150	1556	Dave Bish	01:08:15	Beeston AC	10.55	05:41
8380	1557	Derek Fowler	01:08:15	St Albans Striders	10.55	05:41
7393	1558	Simon Neville	01:08:16	Keswick AC	10.55	05:41
7011	1559	Robert Langley	01:08:17	Halstead RRC	10.54	05:41
8494	1560	Mark Ison	01:08:17	Team Derby Runner	10.54	05:41
7052	1561	Roy James	01:08:18	Havering AC	10.54	05:42
7110	1562	Brian Lynch	01:08:19	Hercules Wimbledon AC	10.54	05:42
6688	1563	Sam Fullilove	01:08:20	Dartford Road Runners	10.54	05:42
6922	1564	Steven Lee	01:08:21	GoodGym Race Team	10.53	05:42
6805	1565	Amit Marks	01:08:22	East London Runners	10.53	05:42
7304	1566	David Millington	01:08:22	Ilkeston Running Club	10.53	05:42
6471	1567	Eddie Austin	01:08:22	Chester Triathlon Club	10.53	05:42
7122	1568	Simon Woodington	01:08:26	Hercules Wimbledon AC	10.52	05:42
7339	1569	Neil Cressy	01:08:27	Kenilworth Runners	10.52	05:42
7027	1570	Roger Montgomery	01:08:28	Harpenden Arrows	10.52	05:42
6933	1571	Craig Mitchell	01:08:29	Great Bentley Running Club	10.51	05:42
6589	1572	David Hilson	01:08:30	Colchester Harriers AC	10.51	05:42
6590	1573	Lee Holohan	01:08:31	Colchester Harriers AC	10.51	05:43
8475	1574	Ian Cronshaw	01:08:31	Swinton Running Club	10.51	05:43
9032	1575	Marcus Elwes	01:08:32	Petts Wood Runners	10.51	05:43
8698	1576	Chris Mosiuk	01:08:33	Trentham RC	10.5	05:43
7807	1577	Phil Whiting	01:08:34	Norfolk Gazelles AC	10.5	05:43
7815	1578	James Walsh	01:08:37	North Herts Road Runners	10.49	05:43
7655	1579	Andrew Parsonage	01:08:38	Manchester Harriers & AC	10.49	05:43
8252	1580	Tim Underhill	01:08:39	Shaftesbury Barnet Harriers	10.49	05:43
6099	1581	Gareth Senior	01:08:40	Barnet & District AC	10.49	05:43
8886	1582	Will Sutton	01:08:43	West 4 Harriers	10.48	05:44
7028	1583	Muiris O'Connell	01:08:44	Harpenden Arrows	10.48	05:44
6118	1584	Terry Wegg	01:08:44	Basingstoke & Mid Hants AC	10.48	05:44
7602	1585	Marcus Tillotson	01:08:44	London Heathside	10.48	05:44
6657	1586	Terry Lapins	01:08:45	Croydon Harriers	10.47	05:44
8981	1587	Joel Floyd	01:08:45	Witney Road Runners	10.47	05:44
6109	1588	Christopher Burghes	01:08:50	Basingstoke & Mid Hants AC	10.46	05:44
6444	1589	Ian Stokes	01:08:52	Canterbury Harriers	10.45	05:44
6090	1590	Paul Carter	01:08:52	Barnet & District AC	10.45	05:44
7389	1591	Kyle Spelman	01:08:53	Kent AC	10.45	05:44
8391	1592	Steve Scorer	01:08:53	St Albans Striders	10.45	05:44
6627	1593	Jose Ortiz Gonzalez	01:08:53	Coventry Godiva Harriers	10.45	05:44
8246	1594	Paul MacCarthy	01:08:54	Shaftesbury Barnet Harriers	10.45	05:45
7656	1595	Neil Ryan	01:08:55	Manchester Harriers & AC	10.45	05:45
7291	1596	Stephen Crane	01:08:55	Ilford AC	10.45	05:45
7703	1597	Benjamin Leeds	01:08:56	Mid Essex Casuals	10.44	05:45
6164	1598	John Walker	01:08:56	Beeston AC	10.44	05:45
6008	1599	Matthew Sharpe	01:08:57	Abbey Runners	10.44	05:45
7224	1600	Paul Leppard	01:08:58	Hillingdon AC	10.44	05:45
7213	1601	Rob Saunders	01:08:58	Highgate Harriers	10.44	05:45
8609	1602	Mark Lawes	01:08:58	Tiptree Road Runners	10.44	05:45
8706	1603	Brian Heffernan	01:09:00	Tri London	10.43	05:45
7277	1604	Derek Darnell	01:09:01	Huntingdonshire AC	10.43	05:45
7840	1605	Ashley Yellop	01:09:02	Norwich Road Runners	10.43	05:45
8353	1606	Stephen Bugden	01:09:03	Springfield Striders RC	10.43	05:45
8240	1607	Danny Digweed	01:09:04	Shaftesbury Barnet Harriers	10.42	05:45
7252	1608	Joe Young	01:09:06	Holme Pierreport Rc	10.42	05:45
6888	1609	Jonathan Koos	01:09:07	Ful-On Tri Club	10.42	05:46
7094	1610	Thomas Cheetham	01:09:09	Hercules Wimbledon AC	10.41	05:46
7242	1611	Gary Cragg	01:09:11	Holme Pierreport Rc	10.41	05:46
8275	1612	Steven Howes	01:09:15	Solihull & Small Heath Athletic Club	10.4	05:46
7323	1613	Derek George	01:09:16	Istead & Ifield Harriers	10.39	05:46
7016	1614	Lewis Parker	01:09:19	Harborough AC	10.39	05:47
8832	1615	Karl Burton	01:09:20	Wallsend Harriers & Ac	10.38	05:47
6645	1616	Neil Aikman	01:09:21	Croydon Harriers	10.38	05:47
8280	1617	Andrew Collins	01:09:21	South London Harriers	10.38	05:47
6487	1618	Andrew Carlson	01:09:21	Chorlton Runners	10.38	05:47
6740	1619	Hugh French	01:09:22	Dulwich Runners AC	10.38	05:47
7943	1620	Martin Orford	01:09:23	Pitsea Rc	10.38	05:47
8213	1621	Alex Malzer	01:09:24	Serpentine RC	10.37	05:47
8245	1622	Paul Lewis	01:09:24	Shaftesbury Barnet Harriers	10.37	05:47
8365	1623	Colin Braybrook	01:09:25	St Albans Striders	10.37	05:47
8465	1624	Simon Thornhill	01:09:25	Sutton Runners	10.37	05:47
6091	1625	Peter Ellis	01:09:29	Barnet & District AC	10.36	05:47
6863	1626	Paul Bartlett	01:09:30	Folkestone RC	10.36	05:48
6580	1627	John Henington	01:09:33	Colchester & Tendring AC	10.35	05:48
8297	1628	Sujan Shrestha	01:09:33	South London Harriers	10.35	05:48

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7521	1629	Richard Coates	01:09:37	London City Runners	10.34	05:48
7865	1630	James Gillum	01:09:41	Nuneaton Harriers	10.33	05:48
7219	1631	Mark Watson	01:09:42	Highgate Harriers	10.33	05:49
8437	1632	Haydn Brown	01:09:43	Stubbington Green Runners	10.33	05:49
7533	1633	Alexander Stuart	01:09:44	London City Runners	10.33	05:49
7217	1634	David Sutherland	01:09:44	Highgate Harriers	10.33	05:49
7305	1635	Ben Morley	01:09:45	Ilkeston Running Club	10.32	05:49
8586	1636	Kevin Price	01:09:45	The Stragglers Running Club	10.32	05:49
7439	1637	Jason Denton	01:09:45	Leigh Harriers & Ac	10.32	05:49
8052	1638	Timothy Raynor	01:09:46	Redhill Road Runners	10.32	05:49
6517	1639	Mark Gordon	01:09:47	City Of Portsmouth AC	10.32	05:49
8855	1640	Simeon Beckford-Tongs	01:09:47	Watford Harriers	10.32	05:49
7646	1641	Jonathan Oliver	01:09:48	Maidenhead AC	10.32	05:49
8389	1642	Anthony Nicolson	01:09:50	St Albans Striders	10.31	05:49
7634	1643	James Lambden	01:09:52	Loughton AC	10.31	05:49
8376	1644	Jonathan Earp	01:09:53	St Albans Striders	10.3	05:49
6835	1645	John Black	01:09:54	Eton Manor AC	10.3	05:49
8778	1646	Duncan Rimmer	01:09:54	Veterans AC	10.3	05:49
6936	1647	Konstantin Gayduk	01:09:58	Greenwich Tritons Triathlon Club	10.29	05:50
8573	1648	Richard Bowes	01:10:00	The Stragglers Running Club	10.29	05:50
7474	1649	Gary Stratford	01:10:00	Leighton Buzzard Athletic Club	10.29	05:50
8736	1650	Simon Holford	01:10:01	Tunbridge Wells Harriers	10.28	05:50
8300	1651	Miles Weston	01:10:01	South Shields Harriers & Ac	10.28	05:50
6492	1652	Sean Lord	01:10:02	Chorlton Runners	10.28	05:50
6759	1653	Nick Davies	01:10:03	Ealing Eagles Running Club	10.28	05:50
8957	1654	Stephen Lovejoy	01:10:05	Windrush Triathlon Club	10.27	05:50
8544	1655	Hugo Dias	01:10:05	Thames Valley Harriers	10.27	05:50
8429	1656	Luke Burden	01:10:05	Striders Of Croydon	10.27	05:50
9020	1657	Michael Taylor	01:10:05	Wycombe Phoenix Harriers & Ac	10.27	05:50
6650	1658	Stan Colomb	01:10:06	Croydon Harriers	10.27	05:50
7887	1659	Francis Aznaran	01:10:07	Oxford University AC	10.27	05:51
8754	1660	Christopher Walmsley	01:10:10	Tunbridge Wells Harriers	10.26	05:51
8461	1661	Darko Calina	01:10:10	Sutton Runners	10.26	05:51
6710	1662	Liam Hole	01:10:11	Dorking & Mole Valley AC	10.26	05:51
7494	1663	Brandon Webb	01:10:12	Lingfield RC	10.26	05:51
7900	1664	Timothy Clough	01:10:14	Peterborough & Nene Valley AC	10.25	05:51
8897	1665	Mike Mewse	01:10:15	Westbury Harriers	10.25	05:51
6076	1666	Paul Moses	01:10:16	Ashford & District RRC	10.25	05:51
6899	1667	Peter Jasko	01:10:17	Garden City Runners	10.24	05:51
6159	1668	Charlie Pearce	01:10:18	Beeston AC	10.24	05:51
8869	1669	Anatole Ransom	01:10:18	Watford Joggers	10.24	05:51
8445	1670	Graham James	01:10:19	Stubbington Green Runners	10.24	05:52
6262	1671	Rod Harrington	01:10:20	Blackheath & Bromley Harriers AC	10.24	05:52
6714	1672	Robert Russell	01:10:20	Dorking & Mole Valley AC	10.24	05:52
7215	1673	Andrew Shipley	01:10:21	Highgate Harriers	10.23	05:52
7874	1674	Stephen White	01:10:22	Nuneaton Harriers	10.23	05:52
6897	1675	Paul Gatens	01:10:23	Garden City Runners	10.23	05:52
6446	1676	Kurt Bowen	01:10:23	Central Park Athletics	10.23	05:52
6302	1677	David Powner	01:10:25	Bournville Harriers	10.22	05:52
8417	1678	Philip Kinghorn	01:10:26	Stourbridge RC	10.22	05:52
6892	1679	Ben Sutton	01:10:28	Ful-On Tri Club	10.22	05:52
7780	1680	Lee Kempson	01:10:28	Newcastle Staffs Ac	10.22	05:52
8279	1681	Stephen Clancey	01:10:29	South London Harriers	10.22	05:52
8339	1682	Patrick Finnegan	01:10:30	Sparkhill Harriers	10.21	05:53
6932	1683	Simon Leggett	01:10:31	Great Bentley Running Club	10.21	05:53
8732	1684	Paul Gregory	01:10:33	Tunbridge Wells Harriers	10.21	05:53
7588	1685	Kris Milovsorov	01:10:33	London Heathside	10.21	05:53
7944	1686	Bobby Robertson	01:10:33	Pitsea Rc	10.21	05:53
7941	1687	Robert Elson	01:10:34	Pitsea Rc	10.2	05:53
8577	1688	Pedro Das Gupta	01:10:36	The Stragglers Running Club	10.2	05:53
8953	1689	David Vosser	01:10:37	Winchester & District AC	10.2	05:53
7318	1690	Chris Servant	01:10:38	Ipswich Jaffa RC	10.19	05:53
8141	1691	Steven Gavin	01:10:38	Sale Harriers Manchester	10.19	05:53
7281	1692	John Badrock	01:10:40	HY Runners	10.19	05:53
7253	1693	Christopher Beadle	01:10:40	Holmfirth Harriers AC	10.19	05:53
7026	1694	Stephen Green	01:10:40	Harpenden Arrows	10.19	05:53
6673	1695	Martin Gill	01:10:41	Dacorum Athletic Club	10.19	05:53
7563	1696	Steve Crowley	01:10:41	London Heathside	10.19	05:53
6112	1697	Michael Hickey	01:10:44	Basingstoke & Mid Hants AC	10.18	05:54
8887	1698	Jerome Ungricht	01:10:46	West 4 Harriers	10.17	05:54
6220	1699	Philip Cooper	01:10:47	Billericay Striders	10.17	05:54
8042	1700	Toby Walker	01:10:48	Reading Roadrunners	10.17	05:54
7994	1701	Gavin O'Sullivan	01:10:49	Queen's Park Harriers	10.17	05:54
7549	1702	Francis O'Callaghan	01:10:49	London Frontrunners	10.17	05:54

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6083	1703	Andrew Jefferies	01:10:49	Avon Valley Runners	10.17	05:54
7657	1704	Chris Sewart	01:10:50	Manchester Harriers & AC	10.16	05:54
7934	1705	Colin Wilkinson	01:10:51	Phoenix Striders	10.16	05:54
6923	1706	Aidan Padfield	01:10:51	GoodGym Race Team	10.16	05:54
8903	1707	Andrew Yuill	01:10:51	Westbury Harriers	10.16	05:54
7829	1708	Tom Miller	01:10:52	Northbrook Athletic Club	10.16	05:54
6103	1709	Chris Violet	01:10:52	Barnet & District AC	10.16	05:54
8262	1710	Brendan Devlin	01:10:54	Sinfin Running Club	10.16	05:55
8431	1711	Andy Perks	01:10:55	Striders Of Croydon	10.15	05:55
6724	1712	Ronnie Patel	01:10:58	Dulwich Park Runners	10.15	05:55
8882	1713	Peter Jeffrey	01:10:59	West 4 Harriers	10.14	05:55
8961	1714	James Thompson	01:11:00	Windrush Triathlon Club	10.14	05:55
7867	1715	Andy Harris	01:11:01	Nuneaton Harriers	10.14	05:55
8924	1716	Phil McElhinney	01:11:02	Wimbledon Windmilers	10.14	05:55
9025	1717	Martin Kirby	01:11:03	York Acorn Running Club	10.13	05:55
7977	1718	Richard Byrne	01:11:05	Queen's Park Harriers	10.13	05:55
8401	1719	Daniel Findlay-Robinson	01:11:08	Stafford Harriers	10.12	05:56
7326	1720	Angus Miller	01:11:10	Jesmond Joggers	10.12	05:56
8026	1721	Neil Walker	01:11:12	Reading AC	10.11	05:56
8582	1722	Robert Hodge	01:11:14	The Stragglers Running Club	10.11	05:56
7727	1723	Russ Hall	01:11:14	Mornington Chasers	10.11	05:56
6430	1724	Joe Sheldrake	01:11:17	Cambridge Harriers	10.1	05:56
7629	1725	Chris Selfe	01:11:18	Lordshill Road Runners	10.1	05:56
6388	1726	Ben Chamberlain	01:11:19	Cambridge & Coleridge AC	10.1	05:57
6656	1727	Matthew Kiernan	01:11:20	Croydon Harriers	10.09	05:57
8629	1728	Mark Grange	01:11:20	Tonbridge Ac	10.09	05:57
8756	1729	Robert Winter	01:11:22	Tunbridge Wells Harriers	10.09	05:57
6800	1730	Paul Nippress	01:11:23	East Hull Harriers & AC	10.09	05:57
8199	1731	Gavin Edmonds	01:11:25	Serpentine RC	10.08	05:57
7540	1732	Neil Colquhoun	01:11:26	London Frontrunners	10.08	05:57
7968	1733	Lee Dunn	01:11:26	Quays Running Club	10.08	05:57
7076	1734	Peter Edwards	01:11:28	Heanor Running Club	10.07	05:57
8959	1735	Jake Pollard	01:11:30	Windrush Triathlon Club	10.07	05:57
6701	1736	Juan Casanova	01:11:31	Dorking & Mole Valley AC	10.07	05:58
8340	1737	James Hannon	01:11:31	Sparkhill Harriers	10.07	05:58
6210	1738	Jonathan Hunter	01:11:32	Bexley Ac	10.07	05:58
7664	1739	Andrew Fox	01:11:34	Manx Harriers	10.06	05:58
8663	1740	Andrew Warren	01:11:34	Totton RC	10.06	05:58
6879	1741	Piers Mulrone	01:11:35	Fulham Running Club	10.06	05:58
6793	1742	Philip York	01:11:36	Ealing Southall & Middlesex AC	10.06	05:58
6252	1743	Timothy Ayres	01:11:37	Blackheath & Bromley Harriers AC	10.05	05:58
7784	1744	Jonathan Ranford	01:11:38	Newcastle Staffs Ac	10.05	05:58
7064	1745	Duncan Henning	01:11:39	Headington RR	10.05	05:58
7488	1746	Ian Greenaway	01:11:40	Lingfield RC	10.05	05:58
6277	1747	Greg Seddon	01:11:41	Blackpool Wyre & Fylde AC	10.04	05:58
6254	1748	Richard Byford	01:11:41	Blackheath & Bromley Harriers AC	10.04	05:58
8576	1749	Neil Carrington	01:11:42	The Stragglers Running Club	10.04	05:59
8771	1750	Alan Roberts	01:11:43	Vale Of Aylesbury Ac	10.04	05:59
7250	1751	Steve Tupholme	01:11:48	Holme Pierrepont Rc	10.03	05:59
6679	1752	Peter Salmon	01:11:49	Dagenham 88 Runners	10.03	05:59
7973	1753	Adrian Boylan	01:11:50	Queen's Park Harriers	10.02	05:59
8921	1754	Andy Allan	01:11:50	Wimbledon Windmilers	10.02	05:59
6826	1755	Peter Frost	01:11:52	Epsom & Ewell Harriers	10.02	05:59
6457	1756	Edmund Wallace	01:11:53	Centurion RC	10.02	05:59
7010	1757	Philip Jeffries	01:11:54	Halstead RRC	10.01	06:00
7590	1758	Norman Mitchell	01:11:54	London Heathside	10.01	06:00
7109	1759	Gordon Lilly	01:11:57	Hercules Wimbledon AC	10.01	06:00
8112	1760	Liam Dormann	01:11:58	Rugeley Runners	10	06:00
7018	1761	Graeme Rolfe	01:11:59	Harborough AC	10	06:00
8956	1762	Jacob Halpin	01:12:00	Windrush Triathlon Club	10	06:00
6413	1763	Clem Dixon	01:12:00	Cambridge Harriers	10	06:00
8187	1764	Mike Race	01:12:04	Salford Metropolitan Ac	9.99	06:00
7541	1765	Robert Dufton	01:12:06	London Frontrunners	9.99	06:00
7837	1766	Glyn Manton	01:12:08	Norwich Road Runners	9.98	06:01
8050	1767	Paul Newton	01:12:08	Redhill Road Runners	9.98	06:01
7019	1768	Gary Wallis	01:12:09	Harborough AC	9.98	06:01
7836	1769	Martin Howard	01:12:12	Norwich Road Runners	9.97	06:01
7728	1770	Tony Him	01:12:13	Mornington Chasers	9.97	06:01
7776	1771	Mark Cotton	01:12:14	Newcastle Staffs Ac	9.97	06:01
7044	1772	David Wallace	01:12:16	Hartlepool Burn Road Harriers	9.96	06:01
6377	1773	Simon North	01:12:18	Burnham Joggers	9.96	06:02
7493	1774	Ian Watkins	01:12:18	Lingfield RC	9.96	06:02
8343	1775	Edward O'Neill	01:12:21	Sparkhill Harriers	9.95	06:02
8572	1776	John Atherton	01:12:23	The Stragglers Running Club	9.95	06:02

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7913	1777	David Moore	01:12:28	Petts Wood Runners	9.94	06:02
8856	1778	Adrian Harwood	01:12:32	Watford Harriers	9.93	06:03
7667	1779	Neil Kane	01:12:33	Manx Harriers	9.92	06:03
7775	1780	Stuart Cassidy	01:12:35	Newcastle Staffs Ac	9.92	06:03
8034	1781	Ian Giggs	01:12:36	Reading Roadrunners	9.92	06:03
6593	1782	Dan MacEy	01:12:36	Colchester Harriers AC	9.92	06:03
7620	1783	Chris Cook	01:12:37	Lordshill Road Runners	9.92	06:03
6491	1784	Etienne Humphries	01:12:39	Chorlton Runners	9.91	06:03
6232	1785	Paul Spencer	01:12:39	Bingley Harriers & AC	9.91	06:03
6971	1786	Bill Nock	01:12:43	Halesowen ACC	9.9	06:04
8248	1787	Tim Parkin	01:12:44	Shaftesbury Barnet Harriers	9.9	06:04
7730	1788	Daniel Lewis	01:12:45	Mornington Chasers	9.9	06:04
6027	1789	Andrew Hislop	01:12:46	Aldershot Farnham & District	9.89	06:04
8936	1790	Peter Kingswell-Farr	01:12:48	Wimborne AC	9.89	06:04
7991	1791	Tom Moberly	01:12:51	Queen's Park Harriers	9.88	06:04
7270	1792	Kevin Daglish	01:12:52	Houghton Harriers & Ac	9.88	06:04
6663	1793	Colin Oxlade	01:12:55	Croydon Harriers	9.87	06:05
7974	1794	Gildas Braine	01:12:56	Queen's Park Harriers	9.87	06:05
8115	1795	Paul Pratt	01:12:57	Rugeley Runners	9.87	06:05
7013	1796	Darren Powell	01:12:58	Halstead RRC	9.87	06:05
7482	1797	Simon Machin	01:12:59	Lincoln Wellington Athletic Club	9.87	06:05
7187	1798	Christian Erlandson	01:13:01	Highgate Harriers	9.86	06:05
6518	1799	Tony Hewett	01:13:02	City Of Portsmouth AC	9.86	06:05
7653	1800	Casey Longden	01:13:03	Manchester Harriers & AC	9.86	06:05
7735	1801	Philip Rutnam	01:13:03	Mornington Chasers	9.86	06:05
8272	1802	Andy Shelton	01:13:04	Skegness & District Running Club	9.85	06:05
8695	1803	John Guest	01:13:06	Trentham RC	9.85	06:05
6152	1804	Gary Fox	01:13:11	Beeston AC	9.84	06:06
6680	1805	Andrew Archer	01:13:14	Dartford Harriers AC	9.83	06:06
8562	1806	Simon Rubens	01:13:15	Thames Valley Harriers	9.83	06:06
8812	1807	Keith Mussington	01:13:16	Victoria Park Harriers And Tower Hamlets Ac	9.83	06:06
8835	1808	David Diston	01:13:16	Wallsend Harriers & Ac	9.83	06:06
8203	1809	Christopher Hadley	01:13:18	Serpentine RC	9.82	06:07
8795	1810	Russell Gillett-Toone	01:13:18	Victoria Park Harriers And Tower Hamlets Ac	9.82	06:07
8761	1811	Stephen Kettle	01:13:19	Tyne Bridge Harriers	9.82	06:07
8878	1812	Jason Drake	01:13:19	West 4 Harriers	9.82	06:07
8056	1813	David Walsh	01:13:21	Redhill Road Runners	9.82	06:07
6156	1814	Alec MacLean	01:13:22	Beeston AC	9.81	06:07
6594	1815	Daniel Meecham	01:13:24	Colchester Harriers AC	9.81	06:07
8794	1816	Gigi Giannella	01:13:24	Victoria Park Harriers And Tower Hamlets Ac	9.81	06:07
8665	1817	Geoffrey Willis	01:13:29	Totton RC	9.8	06:07
7986	1818	Paul Jordan	01:13:30	Queen's Park Harriers	9.8	06:07
8059	1819	Jon Payn	01:13:33	Reigate Priory AC	9.79	06:08
8708	1820	Anthony Leahy	01:13:37	Tri London	9.78	06:08
8051	1821	Raymond Poynter	01:13:39	Redhill Road Runners	9.78	06:08
6964	1822	Matt Allen	01:13:42	Halesowen ACC	9.77	06:09
6110	1823	Rohan Chaffey	01:13:44	Basingstoke & Mid Hants AC	9.76	06:09
8610	1824	Sam Yell	01:13:44	Tiptree Road Runners	9.76	06:09
8368	1825	Gavin Clifton	01:14:00	St Albans Striders	9.73	06:10
8285	1826	John Foss	01:14:04	South London Harriers	9.72	06:10
8686	1827	Kai Parker	01:14:08	Trent Park Running Club	9.71	06:11
6934	1828	Ashley Spooner	01:14:09	Great Bentley Running Club	9.71	06:11
7638	1829	Craig Lamb	01:14:10	Low Fell RC	9.71	06:11
8645	1830	Alex Slack	01:14:10	Tonbridge Ac	9.71	06:11
8224	1831	Andrew Roberts	01:14:11	Serpentine RC	9.71	06:11
8400	1832	Lee Radley	01:14:11	St Neots Riverside Runners	9.71	06:11
7911	1833	John Kingscott	01:14:14	Petts Wood Runners	9.7	06:11
7528	1834	Navin Kapil	01:14:14	London City Runners	9.7	06:11
8290	1835	Robert Laing	01:14:17	South London Harriers	9.69	06:11
7916	1836	Michael Reeves	01:14:17	Petts Wood Runners	9.69	06:11
6412	1837	Luiz Custodio	01:14:18	Cambridge Harriers	9.69	06:12
6527	1838	Peter Manning	01:14:19	City Of Salisbury AC & RC	9.69	06:12
7714	1839	Paul Allen	01:14:20	Mornington Chasers	9.69	06:12
8690	1840	Ed Simmons	01:14:21	Trent Park Running Club	9.68	06:12
8356	1841	David Weldon	01:14:22	Springfield Striders RC	9.68	06:12
7970	1842	Anoop Selvin	01:14:23	Quays Running Club	9.68	06:12
7863	1843	Peter Everitt	01:14:24	Nuneaton Harriers	9.68	06:12
7781	1844	Pab Maddox	01:14:26	Newcastle Staffs Ac	9.67	06:12
7167	1845	Richard Bloom	01:14:28	Herts Phoenix Ac	9.67	06:12
7610	1846	Daniel Wrapson	01:14:30	London Heathside	9.66	06:13
6217	1847	Paul Jones	01:14:31	Bicester AC	9.66	06:13
8126	1848	Anthony Savage	01:14:31	Ryston Runners	9.66	06:13
6979	1849	Stephen Fitz-Costa	01:14:33	Halifax Harriers & AC	9.66	06:13
8705	1850	John Griffin	01:14:34	Tri London	9.66	06:13

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7830	1851	David Mills	01:14:34	Northbrook Athletic Club	9.66	06:13
8993	1852	Alistair Holford	01:14:35	Woodford Green AC with Essex Ladies	9.65	06:13
8022	1853	Gerard Odriscoll	01:14:35	Reading AC	9.65	06:13
6111	1854	Tim Fowler	01:14:37	Basingstoke & Mid Hants AC	9.65	06:13
6807	1855	Mark Moir	01:14:37	East London Runners	9.65	06:13
6644	1856	Neil Fowler	01:14:38	Crewe and Nantwich AC	9.65	06:13
7839	1857	Andy Palmer	01:14:38	Norwich Road Runners	9.65	06:13
7835	1858	Ally Haddon	01:14:40	Norwich Road Runners	9.64	06:13
7860	1859	Allan Wilson	01:14:44	Notts AC	9.63	06:14
6417	1860	Martin Hawkins	01:14:44	Cambridge Harriers	9.63	06:14
8723	1861	Stephen Austin	01:14:44	Tunbridge Wells Harriers	9.63	06:14
6917	1862	Neil Hobbs	01:14:45	Gloucester AC	9.63	06:14
6610	1863	John Treacy	01:14:45	Corby AC	9.63	06:14
8351	1864	Tim Brockington	01:14:45	Springfield Striders RC	9.63	06:14
6474	1865	Tim Brown	01:14:46	Chichester Runners & AC	9.63	06:14
7158	1866	Valdis Pauzers	01:14:52	Herne Hill Harriers	9.62	06:14
6588	1867	George Hayes	01:14:53	Colchester Harriers AC	9.61	06:14
6669	1868	Ashley Baker	01:14:57	Dacorum Athletic Club	9.61	06:15
8308	1869	Keith Hollis	01:14:58	Southampton Athletic Club	9.6	06:15
8920	1870	Brynjar Agnarsson	01:15:01	Wimbledon Windmilers	9.6	06:15
7761	1871	Lee Braithwaite	01:15:01	Newark Ac	9.6	06:15
8230	1872	James Turner	01:15:02	Serpentine RC	9.6	06:15
6456	1873	Andy Rea	01:15:04	Centurion RC	9.59	06:15
7969	1874	Philip Pennill	01:15:06	Quays Running Club	9.59	06:16
6092	1875	Mark Glover	01:15:09	Barnet & District AC	9.58	06:16
8642	1876	Richard Sargent	01:15:12	Tonbridge Ac	9.57	06:16
8750	1877	Simon Swinnerton	01:15:14	Tunbridge Wells Harriers	9.57	06:16
6295	1878	Tim Hodges	01:15:19	Bournville Harriers	9.56	06:17
8638	1879	Richard Puxty	01:15:20	Tonbridge Ac	9.56	06:17
6970	1880	Andrew Nock	01:15:22	Halesowen ACC	9.55	06:17
7519	1881	Antoine Beck	01:15:23	London City Runners	9.55	06:17
8124	1882	Russell Tuffin	01:15:26	Rushcliffe Ac	9.54	06:17
8419	1883	Robert Taylor	01:15:26	Stourbridge RC	9.54	06:17
7584	1884	Marco Maserati	01:15:26	London Heathside	9.54	06:17
8382	1885	Paddy Green	01:15:30	St Albans Striders	9.54	06:18
6007	1886	James Roden	01:15:34	Abbey Runners	9.53	06:18
8694	1887	Adrian Frost	01:15:34	Trentham RC	9.53	06:18
8366	1888	Anthony Bunker	01:15:35	St Albans Striders	9.53	06:18
8885	1889	Gary Robinson	01:15:39	West 4 Harriers	9.52	06:18
6523	1890	James Ballard	01:15:42	City Of Salisbury AC & RC	9.51	06:19
6866	1891	David Smyth	01:15:46	Folkestone RC	9.5	06:19
6153	1892	Bob Frake	01:15:48	Beeston AC	9.5	06:19
8067	1893	Ian Stainthorpe	01:15:52	Rochdale Harriers & AC	9.49	06:19
8460	1894	Martin Breeden	01:15:55	Sutton Runners	9.48	06:20
6670	1895	Tim Boyall	01:15:56	Dacorum Athletic Club	9.48	06:20
7441	1896	Andrew Howarth	01:15:57	Leigh Harriers & Ac	9.48	06:20
7535	1897	Christos Bitzis-Politis	01:16:03	London Frontrunners	9.47	06:20
8212	1898	Sammy Li	01:16:05	Serpentine RC	9.46	06:20
8747	1899	Michael Russell	01:16:06	Tunbridge Wells Harriers	9.46	06:21
7912	1900	Paul Leng	01:16:09	Petts Wood Runners	9.46	06:21
6455	1901	James Houghton	01:16:16	Centurion RC	9.44	06:21
8498	1902	Tony Preece	01:16:21	Telford Ac	9.43	06:22
6606	1903	Nick Budd	01:16:24	Congleton Harriers	9.42	06:22
6438	1904	Adam Cowper-Smith	01:16:26	Canterbury Harriers	9.42	06:22
6443	1905	Andy Phillips	01:16:27	Canterbury Harriers	9.42	06:22
7967	1906	Steven Snook	01:16:27	Quakers Running Club	9.42	06:22
8728	1907	Andrew Deighton	01:16:36	Tunbridge Wells Harriers	9.4	06:23
8399	1908	Trevor Cummings	01:16:39	St Mary's Richmond AC	9.39	06:23
7950	1909	Donald Harper	01:16:40	Poole Ac	9.39	06:23
8033	1910	David Fiddes	01:16:42	Reading Roadrunners	9.39	06:24
6122	1911	Tomasz Jarczyk	01:16:46	Beaumont RC	9.38	06:24
8436	1912	Stuart Bamberger	01:16:47	Stubbington Green Runners	9.38	06:24
6218	1913	Tony Agg	01:16:57	Billericay Striders	9.36	06:25
8345	1914	Wayne Broadbent	01:16:58	Sphinx AC	9.35	06:25
7828	1915	Francis Mason	01:16:59	Northbrook Athletic Club	9.35	06:25
7648	1916	Christopher Sutton	01:17:01	Maidenhead AC	9.35	06:25
7928	1917	Lee Hazelwood	01:17:01	Phoenix Striders	9.35	06:25
7259	1918	David Barnes	01:17:04	Horwich R M I Harriers	9.34	06:25
7733	1919	Krushaal Patel	01:17:08	Mornington Chasers	9.33	06:26
8198	1920	Mark Cogan	01:17:12	Serpentine RC	9.33	06:26
6616	1921	Simon Clarke	01:17:13	Coventry Godiva Harriers	9.32	06:26
8934	1922	Brendan Dunn	01:17:18	Wimborne AC	9.31	06:27
8413	1923	Richard Hardy	01:17:23	Stopsley Striders	9.3	06:27
8054	1924	Michael Stephenson	01:17:24	Redhill Road Runners	9.3	06:27

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6720	1925	Sam Duong	01:17:25	Dulwich Park Runners	9.3	06:27
6329	1926	Andy Mitchelson	01:17:30	Brighton & Hove AC	9.29	06:28
8715	1927	Stuart Fogarty	01:17:33	Tring RC	9.28	06:28
7338	1928	Martin Broomfield	01:17:36	Kenilworth Runners	9.28	06:28
8658	1929	Sean Driscoll	01:17:43	Totton RC	9.26	06:29
7626	1930	Dean Powell	01:17:44	Lordshill Road Runners	9.26	06:29
6451	1931	Richard Buchanan	01:17:45	Centurion RC	9.26	06:29
6705	1932	Christopher Edwards	01:17:54	Dorking & Mole Valley AC	9.24	06:30
7225	1933	Martin Searle	01:17:58	Hillingdon AC	9.23	06:30
7643	1934	Michael Smith	01:18:02	Lymm Runners	9.23	06:30
6530	1935	James Rodwell	01:18:05	City Of Salisbury AC & RC	9.22	06:30
8744	1936	Nick Pierce	01:18:05	Tunbridge Wells Harriers	9.22	06:30
6955	1937	Brian O'Kane	01:18:14	Guildford & Godalming AC	9.2	06:31
6089	1938	David Byrne	01:18:24	Barnet & District AC	9.18	06:32
6251	1939	Danny Teare	01:18:28	Blackburn Harriers & AC	9.18	06:32
6875	1940	Trevor Ingram	01:18:29	Fulham Running Club	9.17	06:32
7722	1941	Paul Dickens	01:18:30	Mornington Chasers	9.17	06:33
8760	1942	Paul Colver	01:18:30	Tyne Bridge Harriers	9.17	06:33
6221	1943	Alasdair Daw	01:18:31	Billericay Striders	9.17	06:33
7522	1944	Darren Cudlipp	01:18:37	London City Runners	9.16	06:33
7325	1945	Geoffrey Blair	01:18:48	Jesmond Joggers	9.14	06:34
6821	1946	William Brook	01:18:57	Epsom & Ewell Harriers	9.12	06:35
8745	1947	Duncan Ralph	01:18:58	Tunbridge Wells Harriers	9.12	06:35
7908	1948	David Groom	01:19:00	Petts Wood Runners	9.11	06:35
7168	1949	Stuart Mann	01:19:06	Herts Phoenix Ac	9.1	06:36
8386	1950	Michael Jack	01:19:10	St Albans Striders	9.09	06:36
8270	1951	David Kenyon	01:19:15	Skegness & District Running Club	9.09	06:36
8983	1952	Stephen Roberts	01:19:24	Witney Road Runners	9.07	06:37
6954	1953	Martin Newman	01:19:29	Guildford & Godalming AC	9.06	06:37
8374	1954	Paul Duce	01:19:30	St Albans Striders	9.06	06:38
7920	1955	Paul Whelan	01:19:33	Petts Wood Runners	9.05	06:38
8424	1956	Owen Lewis	01:19:39	Stratford Upon Avon AC	9.04	06:38
8960	1957	Barney Thompson	01:19:43	Windrush Triathlon Club	9.03	06:39
6239	1958	Martin Ludford	01:19:45	Birmingham Running Athletics & Triathlon Club (BRA	9.03	06:39
7825	1959	Spencer Davies	01:19:50	Northbrook Athletic Club	9.02	06:39
7719	1960	Eamon Byrne	01:19:53	Mornington Chasers	9.01	06:39
8066	1961	Matthew Cox	01:19:57	Rochdale Harriers & AC	9.01	06:40
6376	1962	Tom Kingsbury	01:19:59	Burnham Joggers	9	06:40
7303	1963	Simon Kirk	01:20:02	Ilkeston Running Club	9	06:40
6207	1964	Brad Freeman	01:20:07	Beverley Athletic Club	8.99	06:41
7833	1965	Roly Cook	01:20:10	Norwich Road Runners	8.98	06:41
6411	1966	Stephen Brown	01:20:14	Cambridge Harriers	8.97	06:41
8772	1967	John Moulds	01:20:16	Vale Royal Ac	8.97	06:41
7637	1968	Philip Halse	01:20:20	Low Fell RC	8.96	06:42
6208	1969	Paul Furness	01:20:21	Beverley Athletic Club	8.96	06:42
8414	1970	James Bellamy	01:20:23	Stourbridge RC	8.96	06:42
7548	1971	Anastasios Koutsos	01:20:29	London Fronrunners	8.95	06:42
8873	1972	Colin Williams	01:20:31	Watford Joggers	8.94	06:43
6719	1973	Alan Brown	01:20:33	Dulwich Park Runners	8.94	06:43
7235	1974	Richard Hilson	01:20:36	Holland Sports AC	8.93	06:43
8682	1975	Eamonn Cullen	01:20:39	Trent Park Running Club	8.93	06:43
8585	1976	Stephen Penpraze	01:20:42	The Stragglers Running Club	8.92	06:43
6100	1977	Matthew Sleeman	01:20:43	Barnet & District AC	8.92	06:44
7115	1978	Tom Morris	01:20:45	Hercules Wimbledon AC	8.92	06:44
6633	1979	Martin Slevin	01:20:45	Coventry Godiva Harriers	8.92	06:44
7015	1980	Peter Attenborough	01:20:47	Harborough AC	8.91	06:44
6307	1981	Rob Styles	01:20:48	Bournville Harriers	8.91	06:44
8195	1982	Neil Bradshaw	01:20:48	Serpentine RC	8.91	06:44
6573	1983	Peter Browning	01:20:51	Clayton-le-Moors Harriers	8.91	06:44
6280	1984	David Bradley	01:20:52	Blyth Running Club	8.9	06:44
7809	1985	Chris Hunt	01:20:55	North Derbyshire RC	8.9	06:45
7485	1986	Keith Chambers	01:21:00	Lingfield RC	8.89	06:45
7723	1987	Andrew Disley	01:21:03	Mornington Chasers	8.88	06:45
7737	1988	Robin Smale	01:21:05	Mornington Chasers	8.88	06:45
7659	1989	Craig Turner	01:21:15	Manchester Harriers & AC	8.86	06:46
6222	1990	Dan Goodson	01:21:32	Billericay Striders	8.83	06:48
8826	1991	Andrew Wright	01:21:36	Victory AC	8.82	06:48
7632	1992	Ricky Zhao	01:21:43	Lordshill Road Runners	8.81	06:49
6549	1993	Alan Grant	01:21:43	Clapham Chasers	8.81	06:49
7925	1994	Neil Colley	01:21:51	Phoenix Striders	8.8	06:49
7729	1995	Gary Homewood	01:21:51	Mornington Chasers	8.8	06:49
6619	1996	Garry Flude	01:21:58	Coventry Godiva Harriers	8.78	06:50
7150	1997	Glen Keegan	01:22:02	Herne Hill Harriers	8.78	06:50
8421	1998	Robert Reason	01:22:05	Stowmarket Striders RC	8.77	06:50



Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
7983	1999	Patrick Haggard	01:22:17	Queen's Park Harriers	8.75	06:51
8385	2000	Jim Hopkins	01:22:27	St Albans Striders	8.73	06:52
7909	2001	Nigel Hewson	01:22:29	Petts Wood Runners	8.73	06:52
8591	2002	Bernard Johnson	01:22:32	Thurrock Harriers	8.72	06:53
7232	2003	Adrian Mathers	01:22:34	Hockley Trail Runners	8.72	06:53
6387	2004	Peter Bennet	01:22:36	Cambridge & Coleridge AC	8.72	06:53
8045	2005	Stuart Bell	01:22:40	Redhill Road Runners	8.71	06:53
8590	2006	Peter Wedderburn	01:22:46	The Stragglers Running Club	8.7	06:54
7905	2007	Steve Burnett	01:23:03	Petts Wood Runners	8.67	06:55
6209	2008	Chris Gosden	01:23:10	Bexley Ac	8.66	06:56
6205	2009	Robert Norman	01:23:12	Belper Harriers	8.65	06:56
6804	2010	Peter Hatley	01:23:16	East London Runners	8.65	06:56
6300	2011	Kevin Peace	01:23:24	Bournville Harriers	8.63	06:57
8398	2012	Andrew O'Connor	01:23:29	St Helens Sutton AC	8.62	06:57
8891	2013	Jon Moorhouse	01:23:31	West Cheshire Athletic Club	8.62	06:58
8879	2014	John Freir	01:23:38	West 4 Harriers	8.61	06:58
7598	2015	Alexander Praag	01:23:42	London Heathside	8.6	06:58
8394	2016	Mark Stevens	01:23:56	St Albans Striders	8.58	07:00
6497	2017	Jerry Smith	01:24:00	Chorlton Runners	8.57	07:00
8427	2018	Dave Wolstencroft	01:24:09	Stratford Upon Avon AC	8.56	07:01
6643	2019	Frank Stone	01:24:10	Crawley Saints & Sinners Running Club	8.55	07:01
6242	2020	David Sansom	01:24:13	Birmingham Running Athletics & Triathlon Club (BRA	8.55	07:01
8019	2021	Matin Mesghali	01:24:20	Reading AC	8.54	07:02
6476	2022	Peter Dunne	01:24:30	Chichester Runners & AC	8.52	07:02
7720	2023	Johnny Chapman	01:24:33	Mornington Chasers	8.52	07:03
6012	2024	David Morgan	01:24:37	Abingdon AC	8.51	07:03
6216	2025	Tom Gould	01:24:40	Bicester AC	8.5	07:03
6924	2026	John Shirley	01:24:51	GoodGym Race Team	8.49	07:04
6409	2027	Patrick Austin	01:24:56	Cambridge Harriers	8.48	07:05
8348	2028	Paul Slatford	01:25:04	Sphinx AC	8.46	07:05
8616	2029	Benedict Brooks	01:25:37	Tonbridge Ac	8.41	07:08
6856	2030	Andrew Jay	01:25:42	Fairlands Valley Spartans	8.4	07:08
7490	2031	Scott McDonald	01:25:46	Lingfield RC	8.39	07:09
8371	2032	Mike Dando	01:25:46	St Albans Striders	8.39	07:09
6646	2033	Josh Bakare	01:25:49	Croydon Harriers	8.39	07:09
6382	2034	Robert Sharratt	01:25:58	Burton AC	8.38	07:10
8434	2035	Simon Webster	01:26:12	Striders Of Croydon	8.35	07:11
6489	2036	William Franks	01:26:20	Chorlton Runners	8.34	07:12
8341	2037	Andrew Law	01:26:22	Sparkhill Harriers	8.34	07:12
6047	2038	Simon Hudson	01:26:52	Aldridge RC	8.29	07:14
8777	2039	Adrian Pope	01:26:53	Vegan Runners UK	8.29	07:14
6304	2040	Paul Samuels	01:26:54	Bournville Harriers	8.29	07:14
7627	2041	Jonathan Rau	01:26:55	Lordshill Road Runners	8.28	07:15
8256	2042	Neal Matthews	01:27:07	Sheffield RC	8.26	07:16
6126	2043	Stephen Harvey	01:27:20	Beccles & Bungay Harriers	8.24	07:17
8786	2044	William Burbridge-James	01:27:22	Victoria Park Harriers And Tower Hamlets Ac	8.24	07:17
7906	2045	Spencer Davis	01:27:26	Petts Wood Runners	8.23	07:17
6290	2046	John Cheel	01:27:32	Bournville Harriers	8.23	07:18
6860	2047	Tim Robinson	01:28:05	Fairlands Valley Spartans	8.17	07:20
7838	2048	Tony Millett	01:28:09	Norwich Road Runners	8.17	07:21
7930	2049	Laurence Levine	01:28:16	Phoenix Striders	8.16	07:21
6501	2050	Carl Horth	01:29:00	City of Hull AC	8.09	07:25
8205	2051	Yue-hang Hans Ho	01:29:17	Serpentine RC	8.06	07:26
6373	2052	Brian Bower	01:29:23	Burnham Joggers	8.06	07:27
7827	2053	Adrian Lowe	01:29:46	Northbrook Athletic Club	8.02	07:29
8439	2054	Nick Crane	01:29:52	Stubbington Green Runners	8.01	07:29
8281	2055	Tim Cooke	01:30:01	South London Harriers	8	07:30
6426	2056	Mark Newell	01:30:12	Cambridge Harriers	7.98	07:31
7008	2057	Andrew Carter	01:30:27	Halstead RRC	7.96	07:32
6974	2058	Jamie Sircom	01:30:31	Halesowen ACC	7.95	07:33
7971	2059	Stephen Symons	01:30:36	Quays Running Club	7.95	07:33
6939	2060	Vernon Thomas	01:30:38	Greenwich Tritons Triathlon Club	7.94	07:33
7704	2061	David Leeds	01:30:42	Mid Essex Casuals	7.94	07:34
6416	2062	Peter Hadley	01:31:19	Cambridge Harriers	7.88	07:37
8355	2063	Stephen Parr	01:31:21	Springfield Striders RC	7.88	07:37
6683	2064	Jason Marchant	01:31:45	Dartford Harriers AC	7.85	07:39
7940	2065	David Davidson	01:31:48	Pitsea Rc	7.84	07:39
8261	2066	Humphrey Marten	01:31:56	Silson AC	7.83	07:40
8038	2067	Peter Morris	01:32:38	Reading Roadrunners	7.77	07:43
8644	2068	Scott Shurmer	01:34:19	Tonbridge Ac	7.63	07:52
7017	2069	Simon Poynton	01:35:09	Harborough AC	7.57	07:56
6747	2070	Barrie John Nicholls	01:35:58	Dulwich Runners AC	7.5	08:00
8116	2071	Dominic Holleron	01:36:28	Ruislip RC	7.46	08:02
8350	2072	Andy Wilkinson	01:36:32	Sphinx AC	7.46	08:03

Bib	Overall Position	Name	Guntime	Team / Club	Avg speed	Avg pace
6639	2073	Nick Baker	01:37:03	Crawley Saints & Sinners Running Club	7.42	08:05
8617	2074	Steven Brooks	01:37:28	Tonbridge Ac	7.39	08:07
7993	2075	William O'Connor	01:39:02	Queen's Park Harriers	7.27	08:15
8111	2076	John Saw	01:39:12	Rugby & Northampton Ac	7.26	08:16
6682	2077	Robert Coombes	01:39:16	Dartford Harriers AC	7.25	08:16
6604	2078	Arthur Whiston	01:39:40	Colchester Harriers AC	7.22	08:18
8260	2079	Tim Bentley	01:40:04	Shelton Striders	7.2	08:20
7935	2080	John Wilkinson	01:40:43	Phoenix Striders	7.15	08:24
7569	2081	Robert Gould	01:41:08	London Heathside	7.12	08:26
7647	2082	Richard Pink	01:41:42	Maidenhead AC	7.08	08:28
7758	2083	David Grunfeld	01:46:16	Mote Runners	6.78	08:51
6918	2084	Christopher O'Carroll	01:47:00	Gloucester AC	6.73	08:55
7926	2085	Peter Eates	01:50:10	Phoenix Striders	6.54	09:11
7316	2086	David Coley	01:51:26	Ipswich Jaffa RC	6.46	09:17
7293	2087	Ray Everingham	01:51:48	Ilford AC	6.44	09:19

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
1	Southampton Athletic Club	215
2	Leeds City Athletic Club	271
3	Cambridge & Coleridge AC	276
4	Bristol and West AC	389
5	Tonbridge Ac	471
6	Highgate Harriers	519
7	Sale Harriers Manchester	561
8	Hercules Wimbledon AC	570
9	Bedford & County AC	618
10	Aldershot Farnham & District	635
11	Notts AC	681
12	Hallamshire Harriers Sheffield	766
13	Kent AC	772
14	Thames Valley Harriers	805
15	Morpeth Harriers & AC	847

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
16	Thames Hare & Hounds	1093
17	London Heathside	1124
18	Herne Hill Harriers	1377
19	Serpentine RC	1398
20	Belgrave Harriers	1415
21	Woodford Green AC with Essex Ladies	1560
22	Victoria Park Harriers And Tower Hamlets Ac	1563
23	Salford Harriers & Ac	1654
24	City Of Norwich AC	1753
25	Dulwich Runners AC	1964
26	Tipton Harriers	2093
27	South London Harriers	2246
28	Coventry Godiva Harriers	2263
29	Derby Athletic Club	2306
30	Ealing Southall & Middlesex AC	2434

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
31	Swindon Harriers	2462
32	Windsor Slough Eton & Hounslow AC	2530
33	Rotherham Harriers And Ac	2596
34	Rugby & Northampton Ac	2601
35	Blackheath & Bromley Harriers AC	2626
36	Horwich R M I Harriers	2992
37	Team Bath Athletic Club	3088
38	Basingstoke & Mid Hants AC	3109
39	Havering AC	3202
40	Southend On Sea Ac	3255
41	Croydon Harriers	3270
42	Winchester & District AC	3333
43	Sunderland Harriers & AC	3428
44	Medway And Maidstone Ac	3440
45	Cambridge Harriers	3449

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
46	Tring RC	3468
47	Chichester Runners & AC	3506
48	Ware Joggers	3559
49	Barnet & District AC	3564
50	Clapham Chasers	3689
51	Leighton Buzzard Athletic Club	3854
52	Eton Manor AC	3898
53	Guildford & Godalming AC	3946
54	Tunbridge Wells Harriers	4027
55	Wimbledon Windmilers	4045
56	Epsom & Ewell Harriers	4075
57	Lordshill Road Runners	4096
58	Kendal Amateur Athletic Club	4099
59	Bromsgrove and Redditch	4164
60	Reading Roadrunners	4241

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
61	St Albans Striders	4274
62	Wycombe Phoenix Harriers & Ac	4435
63	Harrow AC	4439
64	Blackburn Harriers & Ac	4446
65	Watford Joggers	4491
66	Westbury Harriers	4501
67	Oxford University AC	4534
68	Trent Park Running Club	4591
69	Mornington Chasers	4712
70	Headington RR	4749
71	Chorlton Runners	4770
72	Orion Harriers	4801
73	Halesowen ACC	4874
74	Shaftesbury Barnet Harriers	5062
75	Queen's Park Harriers	5068

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
76	Ranelagh Harriers	5140
77	Fulham Running Club	5163
78	Reading AC	5636
79	Wirral AC	5677
80	Dorking & Mole Valley AC	5700
81	Poole Ac	5733
82	Manx Harriers	5754
83	City Of Salisbury AC & RC	5824
84	Leigh on Sea Striders	5930
85	Newark AC	6013
86	Sheffield RC	6020
87	London Frontrunners	6024
88	Tyne Bridge Harriers	6041
89	Newcastle Staffs Ac	6045
90	Holme Pierrepont Rc	6140



<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
91	Nuneaton Harriers	6153
92	Aldridge RC	6367
93	Kenilworth Runners	6391
94	Beeston AC	6430
95	York Knavesmire Harriers	6446
96	Royston Runners	6660
97	The Stragglers Running Club	6756
98	Ilford AC	6777
99	London City Runners	6888
100	Tri London	6945
101	Wallsend Harriers & Ac	6961
102	Garden City Runners	7088
103	Colchester Harriers AC	7103
104	Canterbury Harriers	7163
105	Lingfield RC	7183

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
106	Blackpool Wyre & Fylde AC	7258
107	Birmingham Running Athletics & Triathlon Club (BRA	7285
108	Striders Of Croydon	7321
109	Ashford & District RRC	7409
110	Trentham RC	7474
111	Ilkeston Running Club	7826
112	Ful-On Tri Club	7916
113	Petts Wood Runners	7965
114	Billericay Striders	7992
115	Leigh Harriers & Ac	8086
116	Heanor Running Club	8138
117	Bournville Harriers	8252
118	Burnham Joggers	8323
119	West 4 Harriers	8539
120	Sutton Runners	8547

<b>POS</b>	<b>TEAM NAME</b>	<b>TOTAL SCORE</b>
121	Redhill Road Runners	8550
122	Northbrook Athletic Club	8597
123	East London Runners	8670
124	Pitsea RC	9008
125	Manchester Harriers & AC	9125
126	Totton RC	9296
127	Stubbington Green Runners	9515
128	Halstead RRC	9697
129	Springfield Striders RC	9780
130	Windrush Triathlon Club	9993
131	Norwich Road Runners	10049
132	Phoenix Striders	10555
	26.2 Road Runners Club	
	Abbey Runners	
	Abingdon AC	