

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 13 Girls — FINAL RESULTS Distance = 3000m

Pos	Name	Club	Time
1	E Goreka	Aldershot Farnham & District	10:44
2	C Cook	Eastbourne Rovers	10:59
3	N Speake	Bristol & West AC	11:02
4	G Bell	Ealing Southall & Middlesex AC	11:06
5	E Wallbank	Bedford & County AC	11:10
6	R Haynes	Aldershot Farnham & District	11:13
7	A Watson	Gloucester AC	11:19
8	S Astin	Manx Harriers	11:21
9	K McAslan	East Cheshire H & Tameside AC	11:26
10	M Huxley	Vale Royal AC	11:29
11	V Newell	East Cheshire H & Tameside AC	11:31
12	R Brandram	Mansfield H & AC	11:43
13	K Reynolds	East Cheshire H & Tameside AC	11:44
14	B Dean	East Cheshire H & Tameside AC	11:46
15	D Wallis	Macclesfield H & AC	11:48
16	H Rank	Morpeth H & AC	11:48
17	L Smith	Altrincham & District AC	11:51
18	K Barber	Barnet & District AC	11:52
19	R Robinson	Royal Sutton Coldfield AC	11:53
20	F Vincent	Leicester Coritanian AC	11:53
21	H Shreeve	Bingley H & AC	11:53
22	B Jones	Leigh H & AC	11:54
23	M Partridge	Aldershot Farnham & District	11:56
24	R Denton	Morpeth H & AC	11:56
25	R Taylor	Blackburn H & AC	11:57
26	A Beeby	Leicester Coritanian AC	11:59
27	S Dias	Leicester Coritanian AC	12:01
28	G Peel	Woking AC	12:01
29	P Banbury	Tonbridge AC	12:02
30	S Johnson	Leigh H & AC	12:03
31	L Blackstone	Tonbridge AC	12:06
32	G Brookes	Leicester Coritanian AC	12:06
33	S Sajkovic	Kingston Upon Hull AC	12:07
34	J AndersonBusby	Aldershot Farnham & District	12:08
35	E AlexanderHigh	Aldershot Farnham & District	12:09
36	RO'Neill	Havering Mayesbrook AC	12:09
37	E Holmes	Tonbridge AC	12:11
38	N Davies	East Cheshire H & Tameside AC	12:11
39	C Evans	Hereford & County AC	12:13
40	E Heaven	Warrington AC	12:13
41	M Winzer	Richmond & Zetland Harriers	12:13
42	A AshbeeSimmonds	Crawley AC	12:15
43	A Thorogood	Mendip AC	12:16
44	C Perry	Vale Royal AC	12:16
45	A Wood	Tonbridge AC	12:16
46	M Fairbrother	Leicester Coritanian AC	12:17
47	S ShielRankin	Aldershot Farnham & District	12:18
48	A HainesEynon	Peterborough AC	12:19
49	F Higgin	Shildon R & AC	12:20
50	S Simeen	Sale Harriers Manchester	12:20
51	H Whiteside	Liverpool H & AC	12:21
52	N Thompson	Blackburn H & AC	12:21
53	C Atkinson	Blackburn H & AC	12:24
54	L Sutton	Birchfield Harriers	12:24
55	T McCormick	West Cheshire AC	12:25
56	G Hughes	Hereford & County AC	12:28
57	A Hughes	Stockport H & AC	12:29
58	B Taylor	Reading AC	12:30
59	G Rodgers	Loftus & Whitby AC	12:30
60	G Stewart	Shaftesbury Barnet Harriers	12:30
61	E Robinson	Leeds City AC	12:31
62	E Wilkinson	Spensorough & District AC	12:31
63	E Spencer	Pendle AC	12:32
64	R Donohue	Liverpool H & AC	12:33
65	C Jones	Bolton United H & AC	12:34
66	L Quin	Hallamshire Harriers Sheffield	12:36
67	E Orton	Leicester Coritanian AC	12:37
68	S Taylor	Birtley AC	12:38
69	H Coulson	Kettering Town Harriers	12:38
70	S Smith	Spensorough & District AC	12:39
71	B Kidger	Crawley AC	12:40
72	G Sherlock	Kettering Town Harriers	12:40
73	FO'Donnell	Aldershot Farnham & District	12:40
74	L Richardson	Durham City H & AC	12:40
75	C Regan	Leeds City AC	12:41
76	C Gibbs	Reading AC	12:41
77	N Forshaw	Reading AC	12:41
78	O Radcliffe	Wakefield District H & AC	12:41
79	R Bourne	Aldershot Farnham & District	12:42
80	NO'Brien	Royal Sutton Coldfield AC	12:42
81	L Botham	Charnwood AC	12:44
82	E Fox	Warrington AC	12:46
83	A Carter	Invicta East Kent AC	12:47
84	E Ward	Darlington H & AC	12:47
85	H Coulson	Stockport H & AC	12:48
86	H Broughton	Pendle AC	12:48
87	J Mellor	Leicester Coritanian AC	12:49
88	D Atanda	Newham & Essex Beagles	12:50
89	R Smith	Royal Sutton Coldfield AC	12:50
90	N Hatswell	Rotherham H & AC	12:51
91	L Arnold	Peterborough AC	12:51
92	G Johnson	Tonbridge AC	12:51
93	R Sadler	Havering Mayesbrook AC	12:52
94	F Lockhart	Gateshead H & AC	12:52
95	L Tipper	Tipton Harriers	12:53
96	E Fields	Middlesbrough AC (Mandale)	12:53
97	L Suggit	Aldershot Farnham & District	12:54
98	R Colton	Nestle Rowntree York AC	12:54
99	B Fielden	Bedford & County AC	12:54
100	M Searson	Blackburn H & AC	12:55
101	R Courtney	Liverpool H & AC	12:55
102	N Berry	Stockport H & AC	12:56
103	L Arkinstall	Charnwood AC	12:56
104	M Angell	Bedford & County AC	12:57
105	H Harrison	Mansfield H & AC	12:57
106	P Jones	Gateshead H & AC	12:58
107	G Kinney	Royal Sutton Coldfield AC	12:58
108	M Reed	Sunderland H & AC	12:58
109	P Ford	Peterborough AC	12:59
110	S Robinson	Blyth RC	12:59
111	E Lee	Leigh H & AC	13:00
112	H Falgate	Derby AC	13:00
113	C Price	Gateshead H & AC	13:00
114	H Wain	Liverpool H & AC	13:00
115	C Mack	Bingley H & AC	13:01
116	J Ashford	Charnwood AC	13:01
117	S Hodgson	Lancaster & Morecambe AC	13:02
118	G Woods	Peterborough AC	13:03
119	K BowersFolan	Liverpool H & AC	13:05
120	N Woods	Wreake Runners	13:06
121	S Dickie	East Cheshire H & Tameside AC	13:07
122	S Botterill	Nestle Rowntree York AC	13:08
123	L Haines	Aldershot Farnham & District	13:08
124	D Braithwaite	Loftus & Whitby AC	13:09
125	A Blazland	Havering Mayesbrook AC	13:10
126	J Nevin	Sale Harriers Manchester	13:10
127	C Stringer	Spensorough & District AC	13:10
128	H Davies	East Cheshire H & Tameside AC	13:11
129	A Mellor	Buxton & District AC	13:11
130	M Simpson	Morpeth H & AC	13:12
131	E Twentyman	Buxton & District AC	13:13
132	C Bellingham	Mansfield H & AC	13:14
133	S Perez	Liverpool H & AC	13:14
134	E Higgins	Middlesbrough AC (Mandale)	13:14
135	A Gregory	Reading AC	13:15
136	I Nutter	Stockport H & AC	13:15
137	P Lang	Liverpool H & AC	13:15
138	K Wood	Nestle Rowntree York AC	13:16
139	S Tipping	Stockport H & AC	13:16
140	K McLelland	Sale Harriers Manchester	13:16
141	L Alford	East Cheshire H & Tameside AC	13:17
142	R Blount	Amber Valley AC	13:17
143	C Falconer	Gosforth H & AC	13:17
144	N Parsons	Royal Sutton Coldfield AC	13:18
145	H Walker	Hallamshire Harriers Sheffield	13:18
146	E Jones	Charnwood AC	13:18
147	L Salter	Bedford & County AC	13:19
148	J Turner	Amber Valley AC	13:19
149	S Parker	Sunderland H & AC	13:20
150	S Hood	Lincoln Wellington AC	13:20
151	M Bailey	Rotherham H & AC	13:20
152	E Taylor	Ilkley Harriers AC	13:21
153	V Hamilton	Warrington AC	13:21
154	M Kidger	Crawley AC	13:22
155	J Coulson	Richmond & Zetland Harriers	13:22
156	J Wilton	Leeds City AC	13:22
157	J Killock	Bingley H & AC	13:23
158	E Farrow	East Cheshire H & Tameside AC	13:23
159	L Walton	Shaftesbury Barnet Harriers	13:24
160	M Hillaire	Herne Hill Harriers	13:25
161	E Bradbury	Blaydon H & AC	13:26
162	J Williams	Hereford & County AC	13:27
163	R Nolan	Luton AC	13:27
164	H Barrett	Liverpool H & AC	13:28
165	L Page	Houghton & Peterlee AC	13:29
166	H Smith	Leicester Coritanian AC	13:30

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)

Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

167	M Fardon	Tonbridge AC	13:30	218	E D'Agaur	Notts AC	14:10
168	S Leahy	Wirral AC	13:31	219	J Taylor	Gateshead H & AC	14:10
169	J Hogge	Reading AC	13:31	220	R Wells	Lincoln Wellington AC	14:11
170	H Mc Curry	Invicta East Kent AC	13:31	221	J Wilkinson	Middlesbrough AC (Mandale)	14:11
171	E Findlay	Shildon R & AC	13:32	222	F Keighley	Nestle Rowntree York AC	14:12
172	M Saywell	Shildon R & AC	13:32	223	L Minnis	Sunderland H & AC	14:15
173	K Ashcroft	Warrington AC	13:33	224	S Wilson	Stockport H & AC	14:16
174	B Burnett	Invicta East Kent AC	13:35	225	H Buswell	Gosforth H & AC	14:17
175	L Lane	Chester-Le-Street & Dist AC	13:35	226	R James	Nestle Rowntree York AC	14:18
176	G Taylor	Bolton United H & AC	13:36	227	R D'arcy	Trafford AC	14:18
177	K Bailey	Ealing Southall & Middlesex AC	13:37	228	M Hellewell	Rotherham H & AC	14:20
178	C Jones	Middlesbrough & Cleveland H	13:38	229	E Debiase	Wakefield District H & AC	14:21
179	L O'Malley	Leigh H & AC	13:39	230	N Peachey	Havering Mayesbrook AC	14:23
180	L Abandum	Herne Hill Harriers	13:40	231	L Berridge	Pudsey & Bramley AC	14:28
181	B Armstrong	Bexley AC	13:40	232	V Evans	Liverpool H & AC	14:30
182	O Tansey	Leicester Coritanian AC	13:40	233	R Stirr	Richmond & Zetland Harriers	14:35
183	B Oakes	Birtley AC	13:41	234	E Kesterton	Wakefield District H & AC	14:36
184	V Lawrence	Lincoln Wellington AC	13:41	235	H Hopwood	East Cheshire H & Tameside AC	14:38
185	T McCormick	Shaftesbury Barnet Harriers	13:41	236	H Starling	Blackheath & Bromley Harriers	14:39
186	M Flannery	Spensborough & District AC	13:42	237	A Waites	Sunderland H & AC	14:41
187	G Warburton	Leigh H & AC	13:42	238	B Bradford	Blaydon H & AC	14:43
188	T Campbell	Chorley Harriers	13:43	239	C Sloan	Elswick Harriers	14:47
189	M Ashcroft	Warrington AC	13:43	240	R Maugham	Houghton & Peterlee AC	14:48
190	H Gordon	Tynedale H & AC	13:43	241	S Addison	Reading AC	14:52
191	H Connolly	Charnwood AC	13:44	242	M Donaldson	Leamington C & AC	14:54
192	C Sadler	Tynedale H & AC	13:45	243	R Wray	Middlesbrough & Cleveland H	14:55
193	J Twentyman	Buxton & District AC	13:46	244	J Rayner	Mansfield H & AC	14:56
194	C Bradbury	Blaydon H & AC	13:47	245	S Wilding	Rotherham H & AC	14:57
195	G Chew	Blackheath & Bromley Harriers	13:47	246	S Longman	Peterborough AC	14:58
196	C Harley	Leeds City AC	13:49	247	H McDougall	Ealing Southall & Middlesex AC	15:02
197	K Seddon	Leeds City AC	13:50	248	L Hayes	St Helens Sutton AC	15:05
198	A Sutcliffe	Pudsey & Bramley AC	13:50	249	S Bennett	Houghton & Peterlee AC	15:06
199	K Taylor	Stratford-On-Avon AC	13:51	250	K Whittaker	Warrington AC	15:07
200	N Hutchinson	Loftus & Whitby AC	13:51	251	N Walker	Bexley AC	15:09
201	S Williams	Peterborough AC	13:52	252	B Taylor	Elswick Harriers	15:12
202	E Stevenson	Shildon R & AC	13:52	253	L Mee	Leamington C & AC	15:14
203	D Leith	Stockport H & AC	13:52	254	N Dunn	Trafford AC	15:16
204	H Wragg	Rotherham H & AC	13:54	255	I Perry	Charnwood AC	15:19
205	L Evans	Tipton Harriers	13:54	256	M Hagan	Blaydon H & AC	15:39
206	E Wood	Shildon R & AC	13:55	257	E Watkins	Middlesbrough AC (Mandale)	15:50
207	C Jordan	Middlesbrough & Cleveland H	13:55	258	D Whittingham	Leeds City AC	16:01
208	S Edwards	Gateshead H & AC	13:59	259	K Fisher	Chorley Harriers	16:05
209	J Smith	Notts AC	14:01	260	L Rudd	Notts AC	16:06
210	S McDonough	Liverpool H & AC	14:01	261	K Bell	Houghton & Peterlee AC	16:06
211	E Harper	Scarborough AC	14:03	262	K Esmond	Ealing Southall & Middlesex AC	16:11
212	K Byrne	Spensborough & District AC	14:04	263	K Hall	Warrington AC	16:34
213	G Guarnieri	East Cheshire H & Tameside AC	14:05	264	L Ramsay	Buxton & District AC	16:44
214	A Ramsden	Pudsey & Bramley AC	14:06	265	R Taylor	Hallamshire Harriers Sheffield	17:05
215	R Bayley	North Shields Poly	14:07	266	M Crowley	Bingley H & AC	17:24
216	A Sawdon	Middlesbrough & Cleveland H	14:07	267	L Kitchen	Ilkley Harriers AC	18:14
217	L Preston	Pudsey & Bramley AC	14:07	268	A Palmer	Notts AC	19:45

## Under 13 Girls — TEAM RESULTS

1	East Cheshire H & Tameside AC	47	—	9	K McAslan	11	V Newell	13	K Reynolds	14	B Dean
2	Aldershot Farnham & District	64	—	1	E Goreka	6	R Haynes	23	M Partridge	34	J AndersonBusby
3	Leicester Coritanian AC	105	—	20	F Vincent	26	A Beeby	27	S Dias	32	G Brookes
4	Tonbridge AC	142	—	29	P Banbury	31	L Blackstone	37	E Holmes	45	A Wood
5	Blackburn H & AC	230	—	25	R Taylor	52	N Thompson	53	C Atkinson	100	M Searson
6	Royal Sutton Coldfield AC	295	—	19	R Robinson	80	N O'Brien	89	R Smith	107	G Kinney
7	Liverpool H & AC	330	—	51	H Whiteside	64	R Donohue	101	R Courtney	114	H Wain
8	Leigh H & AC	342	—	22	B Jones	30	S Johnson	111	E Lee	179	L O'Malley
9	Reading AC	346	—	58	B Taylor	76	C Gibbs	77	N Forshaw	135	A Gregory
10	Bedford & County AC	355	—	5	E Wallbank	99	B Fielden	104	M Angell	147	L Salter
11	Peterborough AC	366	—	48	A HainesEynon	91	L Arnold	109	P Ford	118	G Woods
12	Stockport H & AC	380	—	57	A Hughes	85	H Coulson	102	N Berry	136	I Nutter
13	Spensborough & District AC	445	—	62	E Wilkinson	70	S Smith	127	C Stringer	186	M Flannery
14	Charnwood AC	446	—	81	L Botham	103	L Arkinstall	116	J Ashford	146	E Jones
15	Warrington AC	448	—	40	E Heaven	82	E Fox	153	V Hamilton	173	K Ashcroft
16	Havering Mayesbrook AC	484	—	36	RO'Neill	93	R Sadler	125	A Blazland	230	N Peachey
17	Leeds City AC	488	—	61	E Robinson	75	C Regan	156	J Wilton	196	C Harley
18	Mansfield H & AC	493	—	12	R Brandram	105	H Harrison	132	C Bellingham	244	J Rayner
19	Gateshead H & AC	521	—	94	F Lockhart	106	P Jones	113	C Price	208	S Edwards
20	Bingley H & AC	559	—	21	H Shreeve	115	C Mack	157	J Killock	266	M Crowley
21	Nestle Rowntree York AC	580	—	98	R Colton	122	S Botterill	138	K Wood	222	F Keighley
22	Shildon R & AC	594	—	49	F Higgin	171	E Findlay	172	M Saywell	202	E Stevenson
23	Rotherham H & AC	673	—	90	N Hatswell	151	M Bailey	204	H Wragg	228	M Hellewell
24	Ealing Southall & Middlesex AC	690	—	4	G Bell	177	K Bailey	247	H McDougall	262	K Esmond
25	Middlesbrough AC (Mandale)	708	—	96	E Fields	134	E Higgins	221	J Wilkinson	257	E Watkins
26	Sunderland H & AC	717	—	108	M Reed	149	S Parker	223	L Minnis	237	A Waites
27	Buxton & District AC	717	—	129	A Mellor	131	E Twentyman	193	J Twentyman	264	L Ramsay
28	Middlesbrough & Cleveland H	844	—	178	C Jones	207	C Jordan	216	A Sawdon	243	R Wray
29	Blaydon H & AC	849	—	161	E Bradbury	194	C Bradbury	238	B Bradford	256	M Hagan
30	Pudsey & Bramley AC	860	—	198	A Sutcliffe	214	A Ramsden	217	L Preston	231	L Berridge
31	Houghton & Peterlee AC	915	—	165	L Page	240	R Maugham	249	S Bennett	261	K Bell
32	Notts AC	955	—	209	J Smith	218	E D'Agaur	260	L Rudd	268	A Palmer

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 13 Boys — FINAL RESULTS

Distance = 3000m

Pos	Name	Club	Time				Time
1	TPurnell	Stroud & District AC	10:22	83	MCampbell	Team Southampton	11:45
2	M Shaw	New Marske Harriers	10:35	84	B Alcock	Bedford & County AC	11:45
3	RPark	Hereford & County AC	10:38	85	N Stone	Peterborough AC	11:46
4	F Roberts	Richmond & Zetland Harriers	10:39	86	MWilliams	Notts AC	11:46
5	R Charles	Ealing Southall & Middlesex AC	10:39	87	L Rogers	Liverpool H & AC	11:46
6	M Kaye	Holmfirth Harriers AC	10:40	88	L Towers	Liverpool H & AC	11:47
7	E Shepherd	Herts Phoenix AC	10:45	89	S Stern	Leamington C & AC	11:47
8	C Murray	Macclesfield H & AC	10:47	90	S Hudson	Invicta East Kent AC	11:47
9	C Boyek	Shildon R & AC	10:50	91	T Hutton	Hallamshire Harriers Sheffield	11:48
10	S Knuckey	Aldershot Farnham & District	10:51	92	Kerfoot-Roberts	Halifax H & AC	11:48
11	FIsmail	Keighley & Craven AC	10:52	93	J Gleave	Warrington AC	11:48
12	C Short	Bolton United H & AC	10:55	94	S Woodford	Chelmsford AC	11:50
13	G Harris	Wells City Harriers	10:56	95	W Johnson	Bedford & County AC	11:50
14	R Ganose	Altrincham & District AC	10:57	96	MHoyle	Kendal AAC	11:50
15	O Dixon	Nestle Rowntree AC	10:57	97	B Griffiths	Birchfield Harriers	11:51
16	G Benson	Leeds City AC	10:58	98	J Bretherton	Chorley Harriers	11:51
17	M Scott	Richmond & Zetland Harriers	10:58	99	B Maskell	Gateshead H & AC	11:51
18	L Russo	Tonbridge AC	10:58	100	T Kelly	Wirral AC	11:52
19	A Wickett	Cannock & Stafford AC	10:59	101	S Allen	Leamington C & AC	11:53
20	R Farnham-Rose	Tonbridge AC	11:01	102	A Fenwick	Amber Valley AC	11:53
21	L Hogg	Gateshead H & AC	11:03	103	A Smith	Amber Valley AC	11:54
22	T Bennett	Andover AC	11:05	104	K Nicholls	Liverpool Pembroke & Sefton H	11:54
23	R Hindley	Stockport H & AC	11:07	105	S Robson	Gateshead H & AC	11:55
24	R Powell	Leigh H & AC	11:08	106	J Keywood	Tonbridge AC	11:55
25	G Allen	Leamington C & AC	11:09	107	N Taylor	Tonbridge AC	11:55
26	G Sugars	Bedford & County AC	11:09	108	R Radley	OWLS AC	11:56
27	JWilliams	Bedford & County AC	11:10	109	JHudak	East Cheshire H & Tameside AC	11:56
28	MThompson	Notts AC	11:11	110	S Campbell	Team Southampton	11:56
29	H Coldray	Gloucester AC	11:11	111	A Bailes	Birtley AC	11:57
30	A Speake	Bristol & West AC	11:12	112	N Newton	Gateshead H & AC	11:57
31	L Gregory	East Cheshire H & Tameside AC	11:12	113	S Darbyshire	Warrington AC	11:57
32	J Schofield	Scarborough AC	11:12	114	L Fryer	Wirral AC	11:58
33	D Maw	Scarborough AC	11:14	115	J King	Richmond & Zetland Harriers	11:58
34	A Nix	Amber Valley AC	11:16	116	J Lancaster	Mansfield H & AC	11:59
35	J Bryant	Tonbridge AC	11:17	117	C Brooks	Leicester Coritanian AC	11:59
36	JTidd	Aldershot Farnham & District	11:17	118	A Campbell	Bristol & West AC	12:00
37	A Schofield	East Cheshire H & Tameside AC	11:18	119	A Wort	Warrington AC	12:00
38	S Greenwood	Tynedale H & AC	11:19	120	H Rossouw	Tonbridge AC	12:00
39	E Todd	Leeds City AC	11:19	121	J Boyd	North Shields Poly AC	12:01
40	G Brown	Aldershot Farnham & District	11:20	122	A James	Bristol & West AC	12:02
41	J Nixon	Stockport H & AC	11:21	123	W McGrath	Middlesbrough & Cleveland H	12:04
42	C Thornley	Bedford & County AC	11:21	124	O'Mahoney	Havering Mayesbrook AC	12:05
43	J Woodcock-Shaw	Spensorough & District AC	11:21	125	D Narborough	Amber Valley AC	12:06
44	R Driscoll	Tonbridge AC	11:21	126	M McKeown	Coventry Godiva Harriers	12:07
45	J Brown	Tynedale H & AC	11:22	127	H Rodgers	Nene Valley Harriers	12:07
46	M Boardman	Aldershot Farnham & District	11:23	128	A Sample	Scarborough AC	12:07
47	T Gardner	Stroud & District AC	11:24	129	L Cooper	Tonbridge AC	12:08
48	MCameron	Ealing Southall & Middlesex AC	11:25	130	JMcTighe	OWLS AC	12:08
49	N Jones	Wirral AC	11:26	131	F Hessian	Notts AC	12:09
50	L Angel	Bedford & County AC	11:27	132	M Fayer	Hillingdon AC	12:09
51	K Mason	Bedford & County AC	11:27	133	JHepple	Morpeth H & AC	12:10
52	D Parker	Tynedale H & AC	11:28	134	W Phelps	Warrington AC	12:10
53	U Kempson	Nene Valley Harriers	11:28	135	S Bowden	Stockport H & AC	12:10
54	CHanlon	Leamington C & AC	11:29	136	J Galliphant	Durham City Harriers & AC	12:11
55	LMcGrail	Liverpool H & AC	11:29	137	J Benedickter	Luton AC	12:11
56	HDavies	Grimsby H & AC	11:30	138	R Costello	Gateshead H & AC	12:11
57	O Taylor	Blackheath & Bromley Harriers	11:30	139	O Ghee	Holmfirth Harriers AC	12:11
58	J Balsdon	Invicta East Kent AC	11:31	140	S Gotts	City Of Norwich AC	12:12
59	J Robertson	Derby AC	11:32	141	S Ashman	OWLS AC	12:12
60	A Hart	Leeds City AC	11:33	142	S Thornton	Shildon R & AC	12:13
61	RO'Neill	Warrington AC	11:33	143	F Reynolds	Hallamshire Harriers Sheffield	12:13
62	S Bedwell	Bristol & West AC	11:34	144	T Kelly	City Of Norwich AC	12:15
63	C Middleton	East Cheshire H & Tameside AC	11:35	145	L Ingham	Kendal AAC	12:15
64	J Mitchell	Wirral AC	11:35	146	L Boyek	Shildon R & AC	12:17
65	M Jeffers	Wirral AC	11:36	147	A Taylor	Lincoln Wellington AC	12:17
66	B Smith	Lancaster & Morecambe AC	11:36	148	J Chilton	Warrington AC	12:18
67	MurphyM	East Cheshire H & Tameside AC	11:37	149	M Bailes	Birtley AC	12:18
68	G Hurford	Bristol & West AC	11:37	150	J Baines	Sedgefield Harriers	12:18
69	J Coleshaw	Notts AC	11:37	151	J Logan	Birchfield Harriers	12:19
70	J Selvey	Chesterfield & District AC	11:37	152	J Brown	Mansfield H & AC	12:20
71	A Phelps	Stroud & District AC	11:38	153	B Walker	Spensorough & District AC	12:21
72	F Harding	Tonbridge AC	11:38	154	T Hinchcliffe	Leeds City AC	12:22
73	A Bateson	Lancaster & Morecambe AC	11:38	155	J Nutt	Leicester Coritanian AC	12:22
74	K Young	Mendip AC	11:39	156	J Mitchell	Wakefield District H & AC	12:23
75	M Bosworth	Amber Valley AC	11:39	157	J Newsome	Tonbridge AC	12:25
76	R Loraine	Birtley AC	11:39	158	C Charles	Ealing Southall & Middlesex AC	12:27
77	J Griffin	Bristol & West AC	11:40	159	A Goldfarb	Liverpool Pembroke & Sefton H	12:29
78	E Hetherington	Blyth RC	11:41	160	J Dawson	Morpeth H & AC	12:30
79	J Dry	Aldershot Farnham & District	11:43	161	L Ayton	Durham City Harriers & AC	12:31
80	MDavies	Tipton Harriers	11:44	162	M Wilson	Sunderland H & AC	12:32
81	T Woods	City Of Norwich AC	11:44	163	A Minney	Bedford & County AC	12:32
82	A Thomas	Tonbridge AC	11:45	164	R Marsden	Worthing & District Harriers	12:33

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# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

165	J Bamber	Warrington AC	12:34	212	M Turnbull	Gateshead H & AC	13:10
166	K Robley	Tynedale H & AC	12:35	213	A Dorman	Warrington AC	13:10
167	M Prentice	Herne Hill Harriers	12:35	214	S Clarke	Ilkley Harriers	13:11
168	G Proctor	Blackheath & Bromley Harriers	12:36	215	T Hammond	Tipton Harriers	13:11
169	F Chadwick	Shildon R & AC	12:36	216	N Neeve	Middlesbrough & Cleveland H	13:12
170	A Howarth	Leigh H & AC	12:36	217	Z Brown	Stroud & District AC	13:13
171	E Atkinson	East Cheshire H & Tameside AC	12:37	218	I Rothman	Leamington C & AC	13:14
172	J Seekings	Havering Mayesbrook AC	12:38	219	C Pascoe	New Marske Harriers	13:14
173	T Wragg	Mansfield H & AC	12:38	220	P Clark	Notts AC	13:15
174	J Henderson	Stockport H & AC	12:38	221	A Cochrane	Middlesbrough & Cleveland H	13:17
175	MMcGann	East Cheshire H & Tameside AC	12:39	222	W Johnson	Rotherham H & AC	13:17
176	T Bains	Tipton Harriers	12:40	223	W Turner	Liverpool Pembroke & Sefton H	13:19
177	M Brown	Chorley Harriers	12:41	224	A Swinton	Ilkley Harriers	13:19
178	T Preston	OWLS AC	12:42	225	N Myers	Rotherham H & AC	13:20
179	J Carter	Middlesbrough & Cleveland H	12:43	226	B Cammidge	Mansfield H & AC	13:20
180	S Jackson	Blackheath & Bromley Harriers	12:43	227	N Armstrong	Bexley AC	13:21
181	X Tansey	Leicester Coritanian AC	12:46	228	L Davidson	Blyth RC	13:22
182	J Hill	East Cheshire H & Tameside AC	12:47	229	O Bennett	Gateshead H & AC	13:23
183	J Richmond	Wakefield District H & AC	12:48	230	R Wallis	Macclesfield H & AC	13:25
184	J Crane	Ilkley Harriers	12:49	231	B Hall	Orion Harriers	13:27
185	J Richards	Amber Valley AC	12:49	232	D Rutter	Gateshead H & AC	13:27
186	H Buttery	Charnwood AC	12:49	233	J Langley	Herne Hill Harriers	13:29
187	S Haggard	Ilkley Harriers	12:50	234	O Roberts	Gosforth H H & AC	13:30
188	H Danby-Platt	Houghton & Peterlee AC	12:50	235	J Anderson	Morpeth H & AC	13:33
189	A Allen	Ealing Southall & Middlesex AC	12:50	236	T Scott	Blackheath & Bromley Harriers	13:36
190	J Christie	Liverpool H & AC	12:51	237	W Preece	Macclesfield H & AC	13:37
191	M Lawton	Holmfirth Harriers AC	12:52	238	O Watson	Leeds Carnegie AC	13:38
192	D Wilmott	Herne Hill Harriers	12:52	239	B Morton	Warrington AC	13:39
193	J Monk	Leicester Coritanian AC	12:53	240	C Rose	Tipton Harriers	13:39
194	S Austin	Warrington AC	12:53	241	J Rutherford	North Shields Poly AC	13:42
195	S Moore	Charnwood AC	12:53	242	S Bolland	Spensborough & District AC	13:43
196	J Swails	Sedgefield Harriers	12:54	243	R Etherington	Shildon R & AC	13:44
197	A Allen	Blackburn H & AC	12:54	244	B Jewitt	Warrington AC	13:44
198	A Jackson	Birchfield Harriers	12:56	245	A Jefferson	Warrington AC	13:45
199	C Robertson	Blyth RC	12:56	246	A McClure	Boston & District AC	13:46
200	J Oram	Elswick Harriers	12:57	247	Q Scobie	Leeds City AC	13:48
201	B Smith	Leeds City AC	12:58	248	R Walton	Shildon R & AC	13:50
202	M Fearn	Houghton & Peterlee AC	12:59	249	L Baker	Middlesbrough & Cleveland H	13:57
203	R Wilson	Middlesbrough AC (Mandale)	13:00	250	R Currie	Notts AC	14:06
204	D Ditton	Aldershot Farnham & District	13:00	251	J Small	Middlesbrough & Cleveland H	14:25
205	B Swinton	Ilkley Harriers	13:01	252	B Abbot	Notts AC	14:29
206	L Onabanjo	Herne Hill Harriers	13:01	253	J Barefield	Aldershot Farnham & District	14:32
207	B Shelley	Shaftesbury Barnet Harriers	13:02	254	R Weightman	Macclesfield H & AC	14:33
208	P Harmsworth	Richmond & Zetland Harriers	13:04	255	R Needham	Notts AC	14:37
209	O Griffiths	Birchfield Harriers	13:06	256	J Smith	Spensborough & District AC	14:46
210	M Scragg	Liverpool Pembroke & Sefton H	13:07	257	S Ferguson	Blyth RC	15:13
211	M Constable	Ipswich Harriers	13:08	258	B Chapman	Ilkley Harriers	15:32

## Under 13 Boys — TEAM RESULTS

1	Tonbridge AC	117	—	18	L Russo	20	R Farnham-Rose	35	J Bryant	44	R Driscoll
2	Aldershot Farnham & District	132	—	10	S Knuckey	36	J Tidd	40	G Brown	46	M Boardman
3	Bedford & County AC	145	—	26	G Sugars	27	J Williams	42	C Thornley	50	L Angel
4	East Cheshire H & Tameside AC	198	—	31	L Gregory	37	A Schofield	63	C Middleton	67	MurphyM
5	Bristol & West AC	237	—	30	A Speake	62	S Bedwell	68	G Hurford	77	J Griffin
6	Leamington C & AC	269	—	25	G Allen	54	C Hanlon	89	S Stern	101	S Allen
7	Leeds City AC	269	—	16	G Benson	39	E Todd	60	A Hart	154	T Hinchcliffe
8	Wirral AC	278	—	49	N Jones	64	J Mitchell	65	M Jeffers	100	T Kelly
9	Tynedale H & AC	301	—	38	S Greenwood	45	J Brown	52	D Parker	166	K Robley
10	Amber Valley AC	314	—	34	A Nix	75	M Bosworth	102	A Fenwick	103	A Smith
11	Notts AC	314	—	28	M Thompson	69	J Coleshaw	86	M Williams	131	F Hessian
12	Stroud & District AC	336	—	1	T Purnell	47	T Gardner	71	A Phelps	217	Z Brown
13	Gateshead H & AC	337	—	21	L Hogg	99	B Maskell	105	S Robson	112	N Newton
14	Richmond & Zetland Harriers	344	—	4	F Roberts	17	M Scott	115	J King	208	P Harmsworth
15	Stockport H & AC	373	—	23	R Hindley	41	J Nixon	135	S Bowden	174	J Henderson
16	Warrington AC	386	—	61	RO'Neill	93	J Gleave	113	S Darbyshire	119	A Wort
17	Ealing Southall & Middlesex AC	400	—	5	R Charles	48	MCameron	158	C Charles	189	A Allen
18	Liverpool H & AC	420	—	55	L McGrail	87	L Rogers	88	L Towers	190	J Christie
19	Shildon R & AC	466	—	9	C Boyek	142	S Thornton	146	L Boyek	169	F Chadwick
20	OWLS AC	557	—	108	RRadley	130	JMcTighe	141	S Ashman	178	T Preston
21	Blackheath & Bromley Harriers	641	—	57	O Taylor	168	G Proctor	180	S Jackson	236	T Scott
22	Leicester Coritanian AC	646	—	117	C Brooks	155	J Nutt	181	X Tansey	193	J Monk
23	Birchfield Harriers	655	—	97	B Griffiths	151	J Logan	198	A Jackson	209	O Griffiths
24	Mansfield H & AC	667	—	116	J Lancaster	152	J Brown	173	T Wragg	226	BCammidge
25	Spensborough & District AC	694	—	43	J Woodcock-Shaw	153	B Walker	242	S Bolland	256	J Smith
26	Liverpool Pembroke & Sefton H	696	—	104	K Nicholls	159	A Goldfarb	210	M Scragg	223	W Turner
27	Tipton Harriers	711	—	80	M Davies	176	T Bains	215	T Hammond	240	C Rose
28	Macclesfield H & AC	729	—	8	C Murray	230	R Wallis	237	W Preece	254	R Weightman
29	Middlesbrough & Cleveland H	739	—	123	W McGrath	179	J Carter	216	N Neeve	221	A Cochrane
30	Blyth RC	762	—	78	E Hetherington	199	C Robertson	228	L Davidson	257	S Ferguson
31	Ilkley Harriers	790	—	184	J Crane	187	S Haggard	205	B Swinton	214	S Clarke
32	Herne Hill Harriers	798	—	167	M Prentice	192	D Wilmott	206	L Onabanjo	233	J Langley

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 15 Girls — FINAL RESULTS Distance = 4000m

Pos	Name	Club	Time
1	L Park	Ellenborough AC	16:33
2	C Freeman	Bodyworks XTC Tri	16:39
3	B Carter	Invicta East Kent AC	16:40
4	M Courtney	Poole Athletic Club	16:50
5	K Holt	City Of Stoke AC	16:57
6	S Burns	Rotherham H & AC	17:18
7	K Avery	Shildon R & AC	17:19
8	L Small	Aldershot Farnham & District	17:21
9	T Armoush	Amber Valley AC	17:23
10	C Thackery	Hallamshire Harriers Sheffield	17:25
11	A Mackinnon Austin	Bedford & County AC	17:35
12	N Roberts	Kettering Town Harriers	17:36
13	R Eaton	Eastbourne Rovers	17:42
14	L Farnell	Royal Sutton Coldfield AC	17:47
15	G Ball	Lincoln Wellington AC	17:50
16	R Robinson	Scunthorpe & District AC	17:51
17	L Riches	Leigh H & AC	17:54
18	C Dullaghan	Aldershot Farnham & District	18:00
19	M Powell	Royal Sutton Coldfield AC	18:04
20	C Taylor	Aldershot Farnham & District	18:05
21	L Crookes	Leicester Coritanian AC	18:06
22	B Hubbard	Aldershot Farnham & District	18:07
23	A Riley	Leigh H & AC	18:09
24	C Robertson	Bingley H & AC	18:10
25	B Saville	Worthing & District Harriers	18:10
26	H Wragg	Mansfield H & AC	18:16
27	A Tracey	Guildford & Godalming AC	18:18
28	G Astin	Manx Harriers	18:19
29	E Wimshurst	Bristol & West AC	18:20
30	D Johnsn	Birchfield Harriers	18:21
31	E Buckley	Preston Harriers	18:21
32	A Shepherd Barrow	Tonbridge AC	18:22
33	E Relton	Bedford & County AC	18:22
34	K Stringer	Vale Royal AC	18:23
35	A Jarmon	Lancaster & Morecambe AC	18:23
36	D Seabrook	Aldershot Farnham & District	18:24
37	C Hall	Guildford & Godalming AC	18:26
38	E Stevens	Aldershot Farnham & District	18:28
39	M Reynolds	Ealing Southall & Middlesex AC	18:30
40	M Davies	Liverpool H & AC	18:31
41	E Fisher	Chesterfield & District AC	18:32
42	E Blackwell	Bedford & County AC	18:34
43	D Davey	Lincoln Wellington AC	18:36
44	V Brann	Hereford & County AC	18:37
45	N Dabhi	Newham & Essex Beagles	18:38
46	A Bell	Pudsey & Bramley AC	18:39
47	I AlRabia	Charnwood AC	18:40
48	A Stevenson	Horwich RMI Harriers	18:43
49	Pickavance-Clar	Chester-Le-Street & Dist AC	18:44
50	V Walker	Wattford Harriers	18:47
51	H Jacobson	Kingston Upon Hull AC	18:50
52	M Fewster	Blackheath & Bromley Harriers	18:51
53	L Patry	Blackburn H & AC	18:53
54	G Milton	Mansfield H & AC	18:53
55	H Paver	Vale Royal AC	18:54
56	L Sullivan	Warrington AC	18:56
57	D Critchley	Blackheath & Bromley Harriers	18:57
58	L Towers	Liverpool H & AC	18:58
59	E Hosker Thornhill	Invicta East Kent AC	18:59
60	T Watson	Sale Harriers Manchester	19:00
61	Z Armstrong	Morpeth H & AC	19:02
62	R Lundgren	Gosforth H & AC	19:05
63	H Malins	Kettering Town Harriers	19:07
64	E Furber	Vale Royal AC	19:08
65	V Rukin	Tonbridge AC	19:09
66	A McGivern	Holmfirth Harriers AC	19:11
67	A Forde	Liverpool H & AC	19:11
68	E Flanagan	Rossendale H & AC	19:12
69	S Smith	Tynedale H & AC	19:12
70	A Johnson	Royal Sutton Coldfield AC	19:13
71	E Richmond	Wakefield District H & AC	19:14
72	L Elliott	Aldershot Farnham & District	19:16
73	D Pavlovic	Tonbridge AC	19:17
74	L Monk	Leicester Coritanian AC	19:17
75	J Jackson	Buxton & District AC	19:20
76	P Pavlovic	Tonbridge AC	19:20
77	N Jackson	Preston Harriers	19:21
78	J Parker	Nestle Rowntree York AC	19:22
79	B Faulkner	Horwich RMI Harriers	19:23
80	H Pettit	Holmfirth Harriers AC	19:23
81	H Barefield	Aldershot Farnham & District	19:25
82	S Maslin	Blackheath & Bromley Harriers	19:26
83	R Farrell	Bexley AC	19:27
84	A Turner	Amber Valley AC	19:27
85	R Atherton	Cannock & Stafford AC	19:27
86	A Howarth	Leigh H & AC	19:28
87	L Reid	Tonbridge AC	19:28
88	S Harrison	Mansfield H & AC	19:29
89	H Craig	Bingley H & AC	19:31
90	C Waring	Notts AC	19:32
91	J Henderson	Reading AC	19:33
92	R Jameson	Gateshead H & AC	19:34
93	B Bolt	Aldershot Farnham & District	19:34
94	E Bowen	Liverpool Pembroke & Sefton H	19:35
95	R Clarke	Darlington H & AC	19:35
96	B Hewitt	Woodford Green W Essex Ladies	19:35
97	L Woodcock	Sale Harriers Manchester	19:36
98	S Cutler	Bedford & County AC	19:36
99	I Lake	City Of Norwich AC	19:37
100	E Cosgrove	Royal Sutton Coldfield AC	19:38
101	E Davies	Ealing Southall & Middlesex AC	19:39
102	E Neale	Colchester Harriers AC	19:40
103	L Brown	Mansfield H & AC	19:41
104	V Bryant	Shaftesbury Barnet Harriers	19:42
105	Z Woodward	Liverpool H & AC	19:44
106	L Samarasinghe	Invicta East Kent AC	19:45
107	S Munn	Kettering Town Harriers	19:46
108	D Bell	Gateshead H & AC	19:47
109	R Oldham	Gateshead H & AC	19:47
110	H Tranfield	Hallamshire Harriers Sheffield	19:48
111	E Masson	Gosforth H & AC	19:48
112	M Wiblin	Stockport H & AC	19:48
113	S Allison	Middlesbrough AC (Mandale)	19:50
114	J Shaw	St Helens Sutton AC	19:53
115	K Clark	Notts AC	19:54
116	J Dybeck	Ilkley Harriers AC	19:55
117	A DeMatos	Blackheath & Bromley Harriers	19:55
118	C Blount	Amber Valley AC	19:56
119	D Brewer	Aldershot Farnham & District	19:56
120	S Goodfellow	Morpeth H & AC	19:57
121	F Gregory	Rossendale H & AC	19:57
122	C Mason	Nestle Rowntree York AC	19:57
123	H Nagel	Chester-Le-Street & Dist AC	19:58
124	E Bishop	Hallamshire Harriers Sheffield	19:58
125	H Goodwin	Bedford & County AC	19:59
126	E Wilkinson	Mansfield H & AC	19:59
127	R Bray	Cannock & Stafford AC	20:00
128	A McCarthy	Aldershot Farnham & District	20:00
129	P Knowles	Rotherham H & AC	20:02
130	J Parsons	Royal Sutton Coldfield AC	20:03
131	R Jefferson	Warrington AC	20:06
132	E Binns	Liverpool Pembroke & Sefton H	20:07
133	J Kitson	Pudsey & Bramley AC	20:11
134	G Dykstra	Liverpool H & AC	20:12
135	H Draycott	Derby AC	20:12
136	J Saville	Blackheath & Bromley Harriers	20:13
137	H Waddell	Gosforth H & AC	20:16
138	K Barnett	Kettering Town Harriers	20:17
139	L Cartledge	Amber Valley AC	20:19
140	N Meadows	Vale Royal AC	20:20
141	D Smith	Kettering Town Harriers	20:20
142	H Talbot	Lincoln Wellington AC	20:21
143	C Fletcher	Gateshead H & AC	20:22
144	J Smith	Wreake Runners	20:23
145	R Cooke	Cannock & Stafford AC	20:24
146	J Grieves	Mansfield H & AC	20:24
147	L Owen	East Cheshire H & Tameside AC	20:25
148	A Wright	Bedford & County AC	20:25
149	E Walker	Nestle Rowntree York AC	20:26
150	S Griffiths	Warrington AC	20:26
151	R Maguire	Middlesbrough AC (Mandale)	20:26
152	L Proffitt	Shaftesbury Barnet Harriers	20:28
153	F Bryant	Shaftesbury Barnet Harriers	20:28
154	R Ferguson	Gateshead H & AC	20:29
155	S Loraine	Birtley AC	20:29
156	N Birch	Hallamshire Harriers Sheffield	20:33
157	V Swift	Liverpool Pembroke & Sefton H	20:33
158	A Whewell	Stockport H & AC	20:34
159	P Kemp King	Ealing Southall & Middlesex AC	20:35
160	H Parker	Rossendale H & AC	20:37
161	J Owen	Tonbridge AC	20:38
162	C Smith	Gateshead H & AC	20:39
163	S Romano Smith	Liverpool H & AC	20:39
164	E Boast	Bedford & County AC	20:40
165	S Lynch	Tipton Harriers	20:43
166	K Saunby	Mansfield H & AC	20:47
167	J Allinson	Longwood Harriers AC	20:47
168	C Capper	City Of Stoke AC	20:47

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# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

169	L Saker	Tonbridge AC	20:48	209	RWilliams	Herne Hill Harriers	21:46
170	H Bentley	Kingston Upon Hull AC	20:50	210	E Hope	Sunderland H & AC	21:46
171	R Smith	Blackheath & Bromley Harriers	20:50	211	N Wareham	Longwood Harriers AC	21:52
172	C Swoft	Tonbridge AC	20:50	212	L Cairns	Morpeth H & AC	21:53
173	L Marshall	Amber Valley AC	20:51	213	G Bays	Peterborough AC	21:55
174	H Randell	Reading AC	20:51	214	M Longman	Peterborough AC	22:00
175	R Grieves	Blaydon H & AC	20:52	215	S Rukin	Tonbridge AC	22:02
176	K Rayner	Mansfield H & AC	20:54	216	R Kitchen	Ilkley Harriers AC	22:03
177	S Kelly	Liverpool H & AC	20:55	217	B Thompson	Reading AC	22:08
178	C Arnold	Aldershot Farnham & District	20:56	218	H Shield	Durham City H & AC	22:12
179	H Drillingcourt	St Helens Sutton AC	20:58	219	M Bovington	Shaftesbury Barnet Harriers	22:13
180	B Kurphey	Scarborough AC	20:58	220	S Armstrong	Lancaster & Morecambe AC	22:20
181	E Pelucci	Scarborough AC	20:58	221	B Campbell	Sunderland H & AC	22:22
182	C Green	City Of Stoke AC	21:06	222	K Oakes	Charnwood AC	22:24
183	R Lowther	Louth AC	21:08	223	E Mercer	Shaftesbury Barnet Harriers	22:24
184	L Hadley	Hereford & County AC	21:09	224	G EIlman	Tynedale H & AC	22:35
185	C Robertson	Leicester Coritanian AC	21:10	225	E Unsworth	Chorley Harriers	22:37
186	F Narayan	Sale Harriers Manchester	21:11	226	K Jones	Reading AC	22:38
187	J Bullock	Bingley H & AC	21:12	227	L Taylor	Elswick Harriers	22:40
188	L Graham	Shaftesbury Barnet Harriers	21:12	228	G Taylor	Aldershot Farnham & District	22:42
189	L Fisher	Chorley Harriers	21:13	229	E Stevenson	Tonbridge AC	22:46
190	S Dick	Nestle Rowntree York AC	21:13	230	C Macdonald	Morpeth H & AC	22:54
191	H Wann	Reading AC	21:14	231	H French	Ealing Southall & Middlesex AC	23:01
192	L Sigsworth	Altrincham & District AC	21:15	232	H Cartwright	Holmfirth Harriers AC	23:08
193	G Wilkinson	Chester-Le-Street & Dist AC	21:16	233	R Lucido	Reading AC	23:08
194	Z Bayley	Buxton & District AC	21:20	234	A Blake	Herne Hill Harriers	23:13
195	R Hall	Rotherham H & AC	21:22	235	S Woods	North Shields Poly	23:15
196	A Steven	New Marske Harriers	21:23	236	V Mitchell	Middlesbrough AC (Mandale)	23:15
197	B Curran	Gateshead H & AC	21:25	237	L Clark	Ilkley Harriers AC	23:24
198	E Fulcher	Leamington C & AC	21:26	238	V Jackson	New Marske Harriers	23:35
199	L Bradshaw	St Helens Sutton AC	21:28	239	V Jewitt	Warrington AC	23:37
200	E Robson	Tynedale H & AC	21:28	240	B Dawson	Notts AC	23:39
201	L Jennings	Royal Sutton Coldfield AC	21:29	241	S Thurlby	Kettering Town Harriers	23:44
202	R Bennett	Gateshead H & AC	21:31	242	J Smith	Gateshead H & AC	23:55
203	J Mayho	Bingley H & AC	21:32	243	C Kenny	Peterborough AC	24:05
204	J Condron	Chelmsford AC	21:32	244	N Shelley	Ealing Southall & Middlesex AC	24:59
205	R Gyte	Scarborough AC	21:34	245	S Pearson	Houghton & Peterlee AC	25:19
206	E Symons	Tonbridge AC	21:38	246	R Williams	Tynedale H & AC	26:08
207	C Slater	Bexley AC	21:42	247	R Huitson	Houghton & Peterlee AC	26:10
208	A Schumacher	Liverpool H & AC	21:43	248	C Clarke	Hallamshire Harriers Sheffield	26:13

## Under 15 Girls — TEAM RESULTS

1	Aldershot Farnham & District	68	—	8	L Small	18	C Dullaghan	20	C Taylor	22	B Hubbard
2	Bedford & County AC	184	—	11	A MackinnonAustin	33	E Relton	42	E Blackwell	98	S Cutler
3	Royal Sutton Coldfield AC	203	—	14	L Farnell	19	M Powell	70	A Johnson	100	E Cosgrove
4	Tonbridge AC	246	—	32	A ShepherdBarrow	65	V Rukin	73	D Pavlovic	76	P Pavlovic
5	Liverpool H & AC	270	—	40	M Davies	58	L Towers	67	A Forde	105	Z Woodward
6	Mansfield H & AC	271	—	26	H Wragg	54	G Milton	88	S Harrison	103	L Brown
7	Vale Royal AC	293	—	34	K Stringer	55	H Paver	64	E Furber	140	N Meadows
8	Blackheath & Bromley Harriers	308	—	52	M Fewster	57	D Critchley	82	S Maslin	117	A DeMatos
9	Kettering Town Harriers	320	—	12	N Roberts	63	H Malins	107	S Munn	138	K Barnett
10	Amber Valley AC	350	—	9	T Armoush	84	A Turner	118	C Blount	139	L Cartledge
11	Hallamshire Harriers Sheffield	400	—	10	C Thackery	110	H Tranfield	124	E Bishop	156	N Birch
12	Gateshead H & AC	452	—	92	R Jameson	108	D Bell	109	R Oldham	143	C Fletcher
13	Bingley H & AC	503	—	24	C Robertson	89	H Craig	187	J Bullock	203	J Mayho
14	Ealing Southall & Middlesex AC	530	—	39	M Reynolds	101	E Davies	159	P KempKing	231	H French
15	Nestle Rowntree York AC	539	—	78	J Parker	122	C Mason	149	E Walker	190	S Dick
16	Warrington AC	576	—	56	L Sullivan	131	R Jefferson	150	S Griffiths	239	V Jewitt
17	Shaftesbury Barnet Harriers	597	—	104	V Bryant	152	L Proffitt	153	F Bryant	188	L Graham
18	Morpeth H & AC	623	—	61	Z Armstrong	120	S Goodfellow	212	L Cairns	230	C Macdonald
19	Reading AC	673	—	91	J Henderson	174	H Randell	191	H Wann	217	B Thompson
20	Tynedale H & AC	739	—	69	S Smith	200	E Robson	224	G EIlman	246	R Williams

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 15 Boys — FINAL RESULTS

Distance = 4500m

Pos	Name	Club	Time				
1	N Young	Mendip AC	15:01	84	DHallam	OWLS AC	16:41
2	S Harding	Tonbridge AC	15:06	85	S Woods	Herne Hill Harriers	16:44
3	A Combs	Tonbridge AC	15:18	86	B Costello	Wirral AC	16:44
4	J Moody	Matlock AC	15:20	87	M Bride	Liverpool Pembroke & Sefton H	16:45
5	P Thompson	Notts AC	15:22	88	M Rice	Gosforth H H & AC	16:46
6	B Norris	Notts AC	15:26	89	J Archer	Sunderland H & AC	16:46
7	J Hay	Aldershot Farnham & District	15:29	90	R Worland	Sale Harriers Manchester	16:47
8	B Coldray	Gloucester AC	15:31	91	J Philips	Darlington H & AC	16:47
9	Z Randall	Wycombe Phoenix Harriers	15:35	92	T Rodgers	Nene Valley Harriers	16:48
10	D Schofield	Scarborough AC	15:36	93	J Falconer	Gosforth H H & AC	16:50
11	T Venus	Tynedale H & AC	15:37	94	J Tipper	Tipton Harriers	16:51
12	M Mason	Tonbridge AC	15:38	95	K Bibby	Preston Harriers	16:51
13	O Aitchison	Aldershot Farnham & District	15:38	96	T Loveridge	Louth AC	16:52
14	D Forrester	Liverpool Pembroke & Sefton H	15:39	97	A York	Blackheath & Bromley Harriers	16:53
15	J Helm	Liverpool Pembroke & Sefton H	15:41	98	J Naylor	Derby AC	16:53
16	T Carson	Bolton United H & AC	15:44	99	D Davis	Leeds City AC	16:54
17	N Fleming	Shaftesbury Barnet Harriers	15:46	100	S Wood	Richmond & Zetland Harriers	16:56
18	T Crawshaw	City Of Norwich AC	15:47	101	P Devaney	Bedford & County AC	16:58
19	J McDonnell	Leighton Buzzard AC	15:48	102	N Ditton	Aldershot Farnham & District	16:59
20	E Woolmer	Aldershot Farnham & District	15:48	103	L Smart	OWLS AC	17:00
21	R Letch	Aldershot Farnham & District	15:51	104	I McCann	Leigh H & AC	17:00
22	T Marsden	Worthing & District Harriers	15:52	105	C Drilanbanquri	Manx Harriers	17:01
23	K Fowler	Staffordshire Moorlands AC	15:52	106	P Sesemann	Blackheath & Bromley Harriers	17:03
24	J Bentham	Tonbridge AC	15:53	107	F Bailey	Shaftesbury Barnet Harriers	17:04
25	T Curr	Stroud & District AC	15:54	108	T Walker	Gosforth H H & AC	17:05
26	B Homer	Wakefield District H & AC	15:55	109	T Mead	Luton AC	17:06
27	C Gaffney	Newton Aycliffe AC	15:55	110	W Mitham	Tonbridge AC	17:07
28	D Mills	Nuneaton Harriers	15:56	111	W Marshall	Skipton AC	17:08
29	P Benedickter	Luton AC	15:56	112	Taylor-Caldwell	Thames Valley Harriers	17:09
30	R Judge	Chelmsford AC	15:58	113	A Fackey	St Helens Sutton AC	17:09
31	Y Mohamed	City Of Sheffield AC	15:59	114	T West	Newton Aycliffe AC	17:10
32	D Woodgate	Luton AC	16:00	115	R Pearse	New Marske Harriers	17:10
33	S Bowden	Bromsgrove & Redditch AC	16:02	116	M Speight	Hillingdon AC	17:11
34	A Clews	Vale Royal AC	16:04	117	T Butler	Hallamshire Harriers Sheffield	17:14
35	A Wiltshire	Wells City Harriers	16:05	118	S Risby	Bexley AC	17:15
36	G Hawkins	Middlesbrough AC (Mandale)	16:05	119	J Griffith	Skipton AC	17:16
37	H Ellis	West Cheshire AC	16:06	120	J Modley	Lancaster & Morecambe AC	17:18
38	C Darby	City Of Norwich AC	16:06	121	J Cotterill	Tonbridge AC	17:19
39	G Rowe	Blaydon H & AC	16:07	122	L Buswell	Gosforth H H & AC	17:19
40	M Wood	Leeds City AC	16:08	123	S Price	Macclesfield Harriers	17:19
41	L Baister	Gateshead H & AC	16:09	124	L Drury	Halifax H & AC	17:20
42	A Partington	Sale Harriers Manchester	16:09	125	M Kilbridge	Sunderland H & AC	17:21
43	J Roden	Sale Harriers Manchester	16:09	126	N Ludlain	Stockport H & AC	17:21
44	N Maguire	Derby AC	16:09	127	A Constable	Ipswich Harriers	17:22
45	T Smith	Kingston Upon Hull AC	16:10	128	C Chambers	Derby AC	17:22
46	C Hesketh	Liverpool Pembroke & Sefton H	16:11	129	B Pick	Notts AC	17:23
47	S Cavey	Blackheath & Bromley Harriers	16:11	130	F Gray	Mansfield H & AC	17:24
48	J Goodwin	Bedford & County AC	16:12	131	S Dignam	Liverpool Pembroke & Sefton H	17:25
49	J Skeet	Lincoln Wellington AC	16:13	132	B Marriott	Bingley H & AC	17:27
50	A Webster	Sale Harriers Manchester	16:14	133	H Kurtyanek	Blackheath & Bromley Harriers	17:28
51	S Hutchinson	Skipton AC	16:15	134	C Wilson	Wirral AC	17:29
52	S Stabler	OWLS AC	16:15	135	H Sutcliff	Herne Hill Harriers	17:30
53	D Collins	Scarborough AC	16:16	136	W Robertson	Derby AC	17:30
54	G Buttery	Charnwood AC	16:17	137	M Bachini	Luton AC	17:31
55	J Taylor	City Of Norwich AC	16:18	138	C Dawe	Amber Valley AC	17:32
56	N Hardy	Birchfield Harriers	16:18	139	J Anderson	Gosforth H H & AC	17:32
57	K Chirnside	Chester-Le-Street & Dist AC	16:19	140	B Trueman	Tipton Harriers	17:33
58	R Gould	East Cheshire H & Tameside AC	16:20	141	P Roberts	Liverpool Pembroke & Sefton H	17:34
59	G Urwin	Tynedale H & AC	16:21	142	A Harrison	Preston Harriers	17:34
60	T Jervis	Warrington AC	16:22	143	C Luscombe	Herne Hill Harriers	17:35
61	C Sutton	Havering Mayesbrook AC	16:22	144	B Johnston	Shaftesbury Barnet Harriers	17:35
62	J Grace	Aldershot Farnham & District	16:22	145	N Montgomery	Blaydon H & AC	17:36
63	J Puttock	Aldershot Farnham & District	16:22	146	N Young	Mendip AC	17:36
64	J Woodley	Chelmsford AC	16:24	147	J Johnson	Rosendale H & AC	17:36
65	J Pigot	Tonbridge AC	16:25	148	J Healy	St Helens Sutton AC	17:37
66	T Sessford	Keighley & Craven AC	16:26	149	D Rogers	City Of Norwich AC	17:37
67	S Campbell	Lincoln Wellington AC	16:28	150	C McArdle	Wallasey AC	17:38
68	A Cornwell	Woodford Green AC With Essex L	16:29	151	A Shaw	Ealing Southall & Middlesex AC	17:39
69	P Hawkings	Chelmsford AC	16:30	152	P Shuttleworth	Morpeth H & AC	17:39
70	A Douglass	Morpeth H & AC	16:31	153	F Watson	Matlock AC	17:40
71	A Sinclair	Skipton AC	16:31	154	MCain	Tipton Harriers	17:40
72	J Lee	Aldershot Farnham & District	16:32	155	A Griffin	Bolton United H & AC	17:41
73	T Allen	Richmond & Zetland Harriers	16:32	156	A Lett	Sale Harriers Manchester	17:41
74	T Collins	Notts AC	16:33	157	N Burch	Cambridge & Coleridge AC	17:42
75	B Pinder	Skipton AC	16:34	158	C Hatton	Liverpool Pembroke & Sefton H	17:43
76	J Senior	City Of Norwich AC	16:35	159	Buckley-Stanton	Havering Mayesbrook AC	17:43
77	P Clifford	Darlington H & AC	16:35	160	A Haswell	West Cheshire AC	17:43
78	J Thomas	Lincoln Wellington AC	16:36	161	M Reynolds	Chelmsford AC	17:45
79	I Maplethorpe	Lincoln Wellington AC	16:37	162	J McMullan	Stratford Upon Avon AC	17:46
80	M Peters	Westbury Harriers	16:39	163	A Wilson	Blaydon H & AC	17:46
81	R Greaves	Pudsey & Bramley AC	16:40	164	J Marshall	Derwentside AC	17:46
82	A Baron	Scarborough AC	16:40	165	C Bradbury	Blaydon H & AC	17:48
83	M Logue	Stockport H & AC	16:41	166	J Edmunds	Shaftesbury Barnet Harriers	17:49

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

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# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

167	R Stephenson	Shaftesbury Barnet Harriers	17:50	217	R Talbot	Mansfield H & AC	18:33
168	J Moore	Rotherham H & AC	17:51	218	B Phillips	Woodford Green AC With Essex L	18:35
169	S Derry	Cannock & Stafford AC	17:51	219	T Grey	Houghton & Peterlee AC	18:36
170	L Whitehouse	Tipton Harriers	17:52	220	D Hughes	St Helens Sutton AC	18:37
171	D Bianchi	Luton AC	17:52	221	S Still	Luton AC	18:39
172	C Murray	Scarborough AC	17:52	222	S Rashleigh	Horwich RMI Harriers	18:42
173	J McManus	Bolton United H & AC	17:53	223	S Howis	Rotherham H & AC	18:42
174	C Hancock	Hallamshire Harriers Sheffield	17:53	224	L Baldwin	Tonbridge AC	18:43
175	P Hope	Sunderland H & AC	17:54	225	R Dickenson	Amber Valley AC	18:45
176	C Judge	Chelmsford AC	17:54	226	A Hall	Orion Harriers	18:47
177	J Nutbrown	Aldershot Farnham & District	17:55	227	B Roden	Wirral AC	18:53
178	B Page	Halifax H & AC	17:56	228	J Barnes	Hereford & County AC	18:54
179	C Melvin	Boston & District AC	17:57	229	Jey P Cox	Tonbridge AC	18:56
180	C Scothern	Rotherham H & AC	17:58	230	J Baily	Boston & District AC	18:56
181	D Bower	Amber Valley AC	17:58	231	J Angel	Bedford & County AC	18:57
182	S Hearn	Tynedale H & AC	17:59	232	R Hingley	Ealing Southall & Middlesex AC	18:59
183	B Redley	Scarborough AC	18:00	233	Jonathon Cowell	Blackburn H & AC	19:02
184	W Buswell	Gosforth H H & AC	18:00	234	K Amoss	Blaydon H & AC	19:10
185	J Hatton	Tipton Harriers	18:01	235	T Lazenby	Middlesbrough & Cleveland H	19:12
186	M Rogers	City Of Norwich AC	18:03	236	K Moreland	Shaftesbury Barnet Harriers	19:26
187	T Yasin	Ealing Southall & Middlesex AC	18:03	237	A Perrin	Boston & District AC	19:36
188	J Ashcroft	St Helens Sutton AC	18:03	238	N Rees	Charnwood AC	19:37
189	S Butbrown	Aldershot Farnham & District	18:07	239	M Bennett	Gateshead H & AC	19:37
190	T Powell	Leigh H & AC	18:07	240	D Jackson	Warrington AC	19:40
191	D Griffiths	St Helens Sutton AC	18:08	241	C Pearson	Houghton & Peterlee AC	19:41
192	L Sugars	Bedford & County AC	18:08	242	J McGarr	Gosforth H H & AC	19:45
193	R Lott	Wirral AC	18:09	243	D Wilson	Herts Phoenix AC	19:49
194	S Aubrey	Houghton & Peterlee AC	18:14	244	A Whittaker	Warrington AC	19:50
195	S Causebrook	Tynedale H & AC	18:14	245	S Blackett	Chester-Le-Street & Dist AC	19:53
196	M Mitchell	New Marske Harriers	18:15	246	S Taylor	Stratford Upon Avon AC	19:57
197	B Bird	Chelmsford AC	18:18	247	S Stein	Herne Hill Harriers	20:00
198	L Hartley-Wright	Skipton AC	18:19	248	M Wallis	Macclesfield Harriers	20:03
199	W Gray	Phoenix AC	18:19	249	L Gregory	Rossendale H & AC	20:05
200	F Thorpe	Hallamshire Harriers Sheffield	18:20	250	A Gribben	Ealing Southall & Middlesex AC	20:08
201	A Perry	Vale Royal AC	18:20	251	S Wilson	Tipton Harriers	20:14
202	O Harper	Tipton Harriers	18:21	252	J Wilson	Nuneaton Harriers	20:17
203	D Gibbons	Houghton & Peterlee AC	18:23	253	R Best	New Marske Harriers	20:19
204	H Long	Stockport H & AC	18:24	254	P Blowers	New Marske Harriers	20:21
205	J Mee	Leamington C & AC	18:24	255	J Hunt	Tipton Harriers	20:23
206	C Rushworth	Buxton AC	18:25	256	R Churcher	Ealing Southall & Middlesex AC	20:30
207	C Foulstone	Spennborough & District AC	18:25	257	N Phillips	Mansfield H & AC	20:33
208	L Attwell	Houghton & Peterlee AC	18:25	258	J Stringer	Spennborough & District AC	20:36
209	S Hutchinson	Loftus & Whitby AC	18:26	259	J Birch-Machin	Gosforth H H & AC	20:39
210	T Knight	Wirral AC	18:26	260	S Milodowski	Charnwood AC	20:41
211	L Baxter	Charnwood AC	18:27	261	D Watson	Sunderland H & AC	20:53
212	L Allsop	Leeds City AC	18:27	262	S Bewick	Morpeth H & AC	21:09
213	J Frapwell	Stockport & District AC	18:27	263	D Inglis	Newton Aycliffe AC	21:17
214	N Cooper	Salford Metropolitan AC	18:28	264	D King	Hereford & County AC	21:29
215	M Rice	Tipton Harriers	18:29	265	J Dinsmore	Houghton & Peterlee AC	21:57
216	J Edwards	Tonbridge AC	18:32	266	R Perrin	Boston & District AC	23:55

## Under 15 Boys — TEAM RESULTS

1	Tonbridge AC	41	—	2	S Harding	3	A Combs	12	M Mason	24	J Bentham
2	Aldershot Farnham & District	61	—	7	J Hay	13	O Aitchison	20	E Woolmer	21	R Letch
3	Liverpool Pembroke & Sefton H	162	—	14	D Forrester	15	J Helm	46	C Hesketh	87	M Bride
4	City Of Norwich AC	187	—	18	T Crawshaw	38	C Darby	55	J Taylor	76	J Senior
5	Notts AC	214	—	5	P Thompson	6	B Norris	74	T Collins	129	B Pick
6	Sale Harriers Manchester	225	—	42	A Partington	43	J Roden	50	A Webster	90	R Worland
7	Lincoln Wellington AC	273	—	49	J Skeet	67	S Campbell	78	J Thomas	79	I Maplethorpe
8	Luton AC	307	—	29	P Benedickter	32	D Woodgate	109	T Mead	137	M Bachini
9	Skipton AC	308	—	51	S Hutchinson	71	A Sinclair	75	B Pinder	111	W Marshall
10	Scarborough AC	317	—	10	D Schofield	53	D Collins	82	A Baron	172	C Murray
11	Chelmsford AC	324	—	30	R Judge	64	J Woodley	69	P Hawkings	161	M Reynolds
12	Blackheath & Bromley Harriers	383	—	47	S Cavey	97	A York	106	P Sesemann	133	H Kurtyanek
13	Derby AC	406	—	44	N Maguire	98	J Naylor	128	C Chambers	136	W Robertson
14	Gosforth H H & AC	411	—	88	M Rice	93	J Falconer	108	T Walker	122	L Buswell
15	Shaftesbury Barnet Harriers	434	—	17	N Fleming	107	F Bailey	144	B Johnston	166	J Edmunds
16	Tynedale H & AC	447	—	11	T Venus	59	G Urwin	182	S Hearn	195	S Causebrook
17	Blaydon H & AC	512	—	39	G Rowe	145	N Montgomery	163	A Wilson	165	C Bradbury
18	Tipton Harriers	558	—	94	J Tipper	140	B Trueman	154	M Cain	170	L Whitehouse
19	Bedford & County AC	572	—	48	J Goodwin	101	P Devaney	192	L Sugars	231	J Angel
20	Herne Hill Harriers	610	—	85	S Woods	135	H Sutcliff	143	C Luscombe	247	S Stein
21	Wirral AC	623	—	86	B Costello	134	C Wilson	193	R Lott	210	T Knight
22	St Helens Sutton AC	640	—	113	A Fackey	148	J Healy	188	J Ashcroft	191	D Griffiths
23	Sunderland H & AC	650	—	89	J Archer	125	M Kilbridge	175	P Hope	261	D Watson
24	Charnwood AC	763	—	54	G Buttery	211	L Baxter	238	N Rees	260	S Milodowski
25	New Marske Harriers	818	—	115	R Pearse	196	M Mitchell	253	R Best	254	P Blowers
26	Ealing Southall & Middlesex AC	820	—	151	A Shaw	187	T Yasin	232	R Hingley	250	A Gribben
27	Houghton & Peterlee AC	824	—	194	S Aubrey	203	D Gibbons	208	L Attwell	219	T Grey
28	Boston & District AC	912	—	179	C Melvin	230	J Baily	237	A Perrin	266	R Perrin



# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 17 Women — FINAL RESULTS

Distance = 5000m

Pos	Name	Club	Time				
1	C Purdue	Aldershot Farnham & District	17:08	79	H Pollack	Ealing Southall & Middlesex AC	20:54
2	H Timmins	Warrington AC	17:48	80	H Horsley	Brighton & Hove City AC	20:57
3	R Gough	Team Southampton	17:49	81	S Proffitt	Shaftesbury Barnet Harriers	20:58
4	B Haywood	Lincoln Wellington AC	18:03	82	J Adams	Richmond & Zetland Harriers	20:59
5	S Hopkinson	Gloucester AC	18:08	83	H Warburton	Leigh H & AC	21:00
6	L Russell	Winchester & District AC	18:19	84	R Rainford	Warrington AC	21:04
7	L Partridge	Aldershot Farnham & District	18:21	85	V Dabhi	Newham & Essex Beagles	21:05
8	N Grant	Rotherham H & AC	18:24	86	I Brooks	Herne Hill Harriers	21:10
9	L Howarth	Leigh H & AC	18:27	87	E Milodowski	Charnwood AC	21:10
10	J Kinney	Royal Sutton Coldfield AC	18:28	88	S Simmons	Holmfirth Harriers AC	21:11
11	K Harris	Hull Achilles AC	18:29	89	H Seddon	Leeds City AC	21:12
12	L Spence	Rotherham H & AC	18:31	90	H McManus	Liverpool H & AC	21:12
13	L Lattimore	Harrow AC	18:46	91	S Favier	Gateshead H & AC	21:13
14	L Weightman	Morpeth H & AC	18:51	92	O Pell	Amber Valley AC	21:13
15	J Allen	Rotherham H & AC	18:57	93	L Davies	Peterborough AC	21:15
16	H Bateson	Lancaster & Morecambe AC	18:59	94	P Sweetnam	Aldershot Farnham & District	21:16
17	H Holt	City Of Stoke AC	19:05	95	H Page	Halifax H & AC	21:18
18	S Coleman	Phoenix AC	19:06	96	C Symons	Tonbridge AC	21:19
19	O Larcomb	Royal Sutton Coldfield AC	19:06	97	S Whiteside	Liverpool H & AC	21:19
20	J Fawcett	Rotherham H & AC	19:09	98	S Caunt	Bedford & County AC	21:22
21	D Nimmock	City Of Norwich AC	19:11	99	K Howard	Vale Royal AC	21:23
22	R Searson	Blackburn H & AC	19:12	100	E Overy	Royal Sutton Coldfield AC	21:24
23	H Gertig	Blaydon H & AC	19:12	101	C Gibbons	Ilkley Harriers AC	21:24
24	L Kay	Stockport H & AC	19:13	102	L Barnes	Rotherham H & AC	21:24
25	S Hudak	East Cheshire H & Tameside AC	19:13	103	E Layton	Shaftesbury Barnet Harriers	21:29
26	K Legg	Middlesbrough AC (Mandale)	19:14	104	R Harrison	Louth AC	21:35
27	H Munn	Kettering Town Harriers	19:17	105	E Williams	Middlesbrough AC (Mandale)	21:36
28	S Burgin	Winchester & District AC	19:26	106	L Taylor	Bristol & West AC	21:38
29	Z Farnell	Royal Sutton Coldfield AC	19:29	107	A Johnson	North Shields Poly	21:42
30	S Davis	Royal Sutton Coldfield AC	19:31	108	S Penny	Middlesbrough AC (Mandale)	21:43
31	J Gurney	Charnwood AC	19:34	109	K Anderson	City Of Stoke AC	21:45
32	L Downes	Reading AC	19:37	110	C Potts	Houghton & Peterlee AC	21:49
33	N Powell	Royal Sutton Coldfield AC	19:38	111	L Armouh	Amber Valley AC	21:51
34	B Harris	Hull Achilles AC	19:43	112	M Buckton	Middlesbrough & Cleveland H	21:54
35	H Kemp	Derby AC	19:44	113	R Upton	Hallamshire Harriers Sheffield	21:55
36	T Taylor	Marshall Milton Keynes AC	19:45	114	D Leahy	Liverpool H & AC	21:56
37	A McGurke	Bedford & County AC	19:51	115	V Burt	Buxton & District AC	22:00
38	A Magee	Charnwood AC	19:51	116	S Waterhouse	Leeds City AC	22:00
39	S Boast	Bedford & County AC	19:52	117	D Jupp	Bedford & County AC	22:06
40	Danielle Allen	Leigh H & AC	19:53	118	R Dyson	Reading AC	22:10
41	A Sharp	Louth AC	19:55	119	N Coffin	Tonbridge AC	22:11
42	N Young	Morpeth H & AC	19:55	120	P Bailey	Ealing Southall & Middlesex AC	22:15
43	V Needham	Nestle Rowntree York AC	19:56	121	E Coulson	Herne Hill Harriers	22:33
44	A Wheatman	Scarborough AC	19:56	122	C Pogson	Lancaster & Morecambe AC	22:34
45	J Russon	New Marske Harriers	19:57	123	R Adams	Richmond & Zetland Harriers	22:36
46	G Rutherford	North Shields Poly	19:58	124	R Burton	Derby AC	22:40
47	L Day	Kingston Upon Hull AC	19:58	125	A Holford	Woodford Green W Essex Ladies	22:41
48	K Hewitson	Hallamshire Harriers Sheffield	19:59	126	A Gorton	East Cheshire H & Tameside AC	22:44
49	Dionne Allen	Leigh H & AC	20:02	127	D Bough	Mansfield H & AC	23:01
50	R Kitchen	Scarborough AC	20:08	128	E O'Connell	Wirral AC	23:08
51	L Thomas	Lincoln Wellington AC	20:11	129	E Curry	Kingston Upon Hull AC	23:10
52	C Woods	Sale Harriers Manchester	20:14	130	H Weaver	Notts AC	23:13
53	S Prier	Aldershot Farnham & District	20:14	131	G Taylor	Elswick Harriers	23:13
54	R Gardiner	Shaftesbury Barnet Harriers	20:15	132	J Bauer	Stockport H & AC	23:19
55	K Clark	Hull Achilles AC	20:16	133	S Stephens	Warrington AC	23:22
56	L Shipley	Derby AC	20:16	134	R Jones	Aldershot Farnham & District	23:29
57	B Young	Halesowen A & CC	20:16	135	E Wignall	Lancaster & Morecambe AC	23:35
58	S Caskey	Peterborough AC	20:17	136	A Wainwright	Reading AC	23:35
59	M Stone	Kingston Upon Hull AC	20:18	137	K Sutcliffe	Lincoln Wellington AC	23:36
60	A Talbot	Warrington AC	20:18	138	T Barnes	Bedford & County AC	23:40
61	S Wilkinson	Tonbridge AC	20:23	139	A Nicholson	Hallamshire Harriers Sheffield	23:46
62	B Rowlands	Spenborough & District AC	20:25	140	K Bateman	Rotherham H & AC	23:46
63	S Dix	Reading AC	20:27	141	H Ramsden	Bingley H & AC	23:48
64	J Spencer	Kingston Upon Hull AC	20:30	142	L Smith	Herne Hill Harriers	24:20
65	L Richards	Tonbridge AC	20:31	143	R Salway	Tonbridge AC	24:25
66	J Williams	Nene Valley Harriers	20:34	144	A Reynolds	Herne Hill Harriers	24:29
67	C Hodgson	Royal Sutton Coldfield AC	20:34	145	A Rai	Ealing Southall & Middlesex AC	24:43
68	R Adams	Morpeth H & AC	20:35	146	R Collins	Tynedale H & AC	24:57
69	L Havercroft	Kingston Upon Hull AC	20:35	147	H Wood	Reading AC	25:03
70	M Ellis	Loftus & Whitby AC	20:36	148	R Charles	Ealing Southall & Middlesex AC	25:04
71	S Wilkins	Marshall Milton Keynes AC	20:41	149	C Croft	Luton AC	25:24
72	L Rogers	Wycombe Phoenix Harriers	20:43	150	E Mee	Leamington C & AC	25:53
73	E Hill	Derby AC	20:44	151	J Thornton	Richmond & Zetland Harriers	26:01
74	M Taylor	Blackburn H & AC	20:46	152	N Richards	Cambridge & Coleridge AC	26:08
75	A Smith	Middlesbrough & Cleveland H	20:49	153	J Hobson	Notts AC	26:37
76	C Murphy	Liverpool H & AC	20:50	154	A Gibb	Reading AC	28:48
77	A Ewan	Houghton & Peterlee AC	20:52	155	H Boal	Houghton & Peterlee AC	32:54
78	A Ball	Sale Harriers Manchester	20:53				

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 17 Women — TEAM RESULTS

1 Rotherham H & AC	55	—	8 N Grant	12 L Spence	15 J Allen	20 J Fawcett
2 Royal Sutton Coldfield AC	88	—	10 J Kinney	19 O Larcomb	29 Z Farnell	30 S Davis
3 Aldershot Farnham & District	155	—	1 C Purdue	7 L Partridge	53 S Prier	94 P Sweetnam
4 Leigh H & AC	181	—	9 L Howarth	40 Danielle Allen	49 Dionne Allen	83 H Warburton
5 Kingston Upon Hull AC	239	—	47 L Day	59 M Stone	64 J Spencer	69 L Havercroft
6 Warrington AC	279	—	2 H Timmins	60 A Talbot	84 R Rainford	133 S Stephens
7 Derby AC	288	—	35 H Kemp	56 L Shipley	73 E Hill	124 R Burton
8 Bedford & County AC	291	—	37 A McGurke	39 S Boast	98 S Caunt	117 D Jupp
9 Tonbridge AC	341	—	61 S Wilkinson	65 L Richards	96 C Symons	119 N Coffin
10 Reading AC	349	—	32 L Downes	63 S Dix	118 R Dyson	136 A Wainwright
11 Liverpool H & AC	377	—	76 C Murphy	90 H McManus	97 S Whiteside	114 D Leahy
12 Ealing Southall & Middlesex AC	492	—	79 H Pollack	120 P Bailey	145 A Rai	148 R Charles
13 Herne Hill Harriers	493	—	86 I Brooks	121 E Coulson	142 L Smith	144 A Reynolds

## Under 20 Women — FINAL RESULTS Distance = 5000m

Pos	Name	Club	Time				
1	J Sparke	Woodford Green W Essex Ladies	17:03	46	K Spilsbury	Vale Royal AC	19:58
2	S Stockton	Vale Royal AC	17:29	47	A Wilson	Newton Aycliffe AC	19:58
3	L Snow	Woodford Green W Essex Ladies	17:38	48	L Goldsmith	Shaftesbury Barnet Harriers	20:01
4	R Edwards	Rotherham H & AC	17:41	49	L Clarke	Rotherham H & AC	20:02
5	R Senior	City Of Norwich AC	17:49	50	M Davis	Herne Hill Harriers	20:06
6	L Mayo	Bingley H & AC	17:50	51	C McMurdock	Stockport H & AC	20:09
7	E Pallant	Aldershot Farnham & District	17:54	52	S Hanley	Stroud & District AC	20:12
8	K Sparke	Woodford Green W Essex Ladies	17:57	53	E Willits	Nestle Rowntree York AC	20:16
9	S Barnes	Bristol & West AC	18:00	54	S Wiblin	Trafford AC	20:19
10	S Johnson	Cannock & Stafford AC	18:04	55	A Firth	Hallamshire Harriers Sheffield	20:21
11	C Roach	Vale Royal AC	18:11	56	J Reed	Chesterfield & District AC	20:25
12	J Maddick	Kingston Upon Hull AC	18:13	57	V Wheatman	Scarborough AC	20:28
13	M Ferrier	Gateshead H & AC	18:17	58	C Stansfield	Stockport H & AC	20:31
14	G Hillier	Charnwood AC	18:19	59	R Turnbull	Morpeth H & AC	20:35
15	CO'Connell	Wirral AC	18:21	60	R Clews	Vale Royal AC	20:36
16	E Reed	Bristol & West AC	18:25	61	S Whitley	Leeds City AC	20:46
17	K Hamilton	Bristol & West AC	18:26	62	J Roberts	Richmond & Zetland Harriers	20:53
18	C Foley	Nene Valley Harriers	18:27	63	J Cawley	Aldershot Farnham & District	20:54
19	F Ray	Brighton & Hove City AC	18:29	64	K Solder	Woodford Green W Essex Ladies	21:01
20	D Sale	Orion Harriers	18:30	65	H Needham	Lincoln Wellington AC	21:05
21	D James	Morpeth H & AC	18:31	66	K Stuart	Sphinx AC	21:07
22	K Cheshire	Rotherham H & AC	18:35	67	H Dix	Blaydon H & AC	21:09
23	S Bailey	Stevenage & North Herts AC	18:36	68	S Swift	Liverpool Pembroke & Sefton H	21:13
24	B Proctor	Blackheath & Bromley Harriers	18:39	69	R Howarth	Leigh H & AC	21:18
25	E Langdell	Royal Sutton Coldfield AC	18:40	70	S Barnes	Rotherham H & AC	21:21
26	N Peters	Bedford & County AC	18:41	71	Z Blower	Leamington C & AC	21:23
27	H Rollins	Kettering Town Harriers	18:44	72	J Corrie Taylor	Liverpool H & AC	21:28
28	L Young	Leeds City AC	18:47	73	J Swift	Liverpool Pembroke & Sefton H	21:38
29	S Waldron	Gloucester AC	18:51	74	H Clarke	Hallamshire Harriers Sheffield	21:42
30	VO'Donnell	Trafford AC	18:58	75	F Lebeter	Leeds City AC	21:45
31	B Davies	Bristol & West AC	19:01	76	R Barnes	Chester-Le-Street & Dist AC	21:49
32	L Martin	Invicta East Kent AC	19:05	77	K Walker	Gateshead H & AC	21:53
33	L Patton	Gateshead H & AC	19:13	78	S Percival	Halesowen A & CC	22:16
34	L Fraser Moodie	Leeds City AC	19:17	79	B English	Sale Harriers Manchester	22:22
35	R Matson	Havering Mayesbrook AC	19:24	80	M Birbeck	Lancaster & Morecambe AC	22:24
36	J Callaway	Royal Sutton Coldfield AC	19:27	81	R Ellis	Notts AC	22:51
37	J Fairchild	Trafford AC	19:28	82	R Stubbs	Hallamshire Harriers Sheffield	23:00
38	K Milner	Trafford AC	19:29	83	J Brignall	Heaton Harriers	23:15
39	K Lomas	Charnwood AC	19:34	84	S Capewell	Birchfield Harriers	23:19
40	J Orr	Quakers RC	19:37	85	J Prier	Aldershot Farnham & District	23:30
41	C Canway	Bristol & West AC	19:43	86	J Honeyball	Herne Hill Harriers	23:44
42	J Stockton	Sale Harriers Manchester	19:45	87	H Pearce	Reading AC	23:54
43	A Snook	Shildon R & AC	19:49	88	HO'Meara	Birchfield Harriers	24:49
44	A Porteous	Morpeth H & AC	19:51	89	E Craven	Peterborough AC	25:09
45	L Roche	Middlesbrough & Cleveland H	19:52	90	C Phillips	Reading AC	27:23

## Under 20 Women — TEAM RESULTS

1 Bristol & West AC	73	—	9 S Barnes	16 E Reed	17 K Hamilton	31 B Davies
2 Woodford Green W Essex Ladies	76	—	1 J Sparke	3 L Snow	8 K Sparke	64 K Solder
3 Vale Royal AC	119	—	2 S Stockton	11 C Roach	46 K Spilsbury	60 R Clews
4 Rotherham H & AC	145	—	4 R Edwards	22 K Cheshire	49 L Clarke	70 S Barnes
5 Trafford AC	159	—	30 VO'Donnell	37 J Fairchild	38 K Milner	54 S Wiblin
6 Leeds City AC	198	—	28 L Young	34 L Fraser Moodie	61 S Whitley	75 F Lebeter

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 17 Men — FINAL RESULTS

Distance = 6000m

Pos	Name	Club	Time
1	D Forrester	St Helens Sutton AC	20:38
2	G Divall	Royal Sutton Coldfield AC	20:47
3	J Brownlee	Bradford Grammar School	20:52
4	D Easter	Shaftesbury Barnet Harriers	21:11
5	M Williams	Leeds City AC	21:14
6	C Harvey	Cannock & Stafford AC	21:18
7	S Collins	Enfield & Haringey AC	21:19
8	B Hunter	Southend AC	21:20
9	J Wilkinson	Leeds City AC	21:21
10	R Parker	Bedford & County AC	21:26
11	R Sparke	Woodford Green AC With Essex L	21:32
12	T Bell	OWLS AC	21:35
13	N Goolab	Ealing Southall & Middlesex AC	21:38
14	D Cliffe	Warrington AC	21:41
15	A Heyes	Hallamshire Harriers Sheffield	21:49
16	J Robinson	West Norfolk AC	21:51
17	Bruce-Littlewood	Blackheath & Bromley Harriers	21:51
18	S Broadhurst	Warrington AC	21:52
19	R Peters	Westbury Harriers	21:53
20	C Smith	Chester-Le-Street & Dist AC	21:55
21	E Ponsonby	Bristol & West AC	21:57
22	B Collins	Shaftesbury Barnet Harriers	21:59
23	R Mann	Hillingdon AC	22:02
24	C Bounds	Aldershot Farnham & District	22:04
25	A Rooke	Ipswich Harriers	22:06
26	A Bowen	Liverpool Pembroke & Sefton H	22:08
27	K Taylor	Morpeth H & AC	22:09
28	M Johnson	Holmfirth Harriers AC	22:10
29	M Barrie	Phoenix AC	22:11
30	L Shail	Coventry Godiva Harriers	22:11
31	B Snowball	Aldershot Farnham & District	22:12
32	T Crowley	Bingley H & AC	22:13
33	J Morwood	Aldershot Farnham & District	22:15
34	S Benaim	Shaftesbury Barnet Harriers	22:16
35	J Munn	Boston & District AC	22:18
36	K Wolfe	Tonbridge AC	22:18
37	M Reed	Aldershot Farnham & District	22:22
38	M Kiralyfi	Winchester & District AC	22:24
39	M Cooke	Stockport H & AC	22:25
40	R Nichol	Altrincham & District AC	22:27
41	T Mahon	OWLS AC	22:27
42	D Williamson	Bedford & County AC	22:29
43	A Duffield	Loftus & Whitby AC	22:30
44	M Jackson	Warrington AC	22:31
45	S Bradley	Tonbridge AC	22:32
46	J Laybourn	West Norfolk AC	22:33
47	R Love	Amber Valley AC	22:33
48	J Gorecki	Aldershot Farnham & District	22:35
49	L Walker	Warrington AC	22:36
50	J Hargreaves	Wakefield District H & AC	22:36
51	M Salter	Leeds City AC	22:36
52	J Gratton	Hallamshire Harriers Sheffield	22:38
53	N James	Tonbridge AC	22:42
54	R Edwards	Salford Metropolitan AC	22:45
55	D Roberts	Richmond & Zetland Harriers	22:48
56	S Laing	East Cheshire H & Tameside AC	22:51
57	H Harder	Liverpool H & AC	22:51
58	T Lawrence	Derby AC	22:52
59	H John	Belgrave Harriers	22:53
60	D Layton	Mendip AC	22:54
61	D Kiralyfi	Winchester & District AC	22:55
62	S Hazell	Bristol & West AC	22:57
63	J Cutsforth	Kingston Upon Hull AC	22:59
64	M Brind	Charnwood AC	23:02
65	B Lacey	Charnwood AC	23:03
66	M Pye	Kingston Upon Hull AC	23:03
67	N Todd	Bristol & West AC	23:04
68	A Bellew	Bedford & County AC	23:05
69	S Baxter	Charnwood AC	23:08
70	T Goddard	Aldershot Farnham & District	23:10
71	I Harland	Tonbridge AC	23:11
72	P Bolton	Rossendale H & AC	23:12
73	J Norman	Rushcliffe AC	23:14
74	E Mason	Spensborough & District AC	23:15
75	M Cochrane	Morpeth H & AC	23:16
76	T Bryant	Shaftesbury Barnet Harriers	23:16
77	A Cooke	East Cheshire H & Tameside AC	23:17
78	C Brown	Winchester & District AC	23:17
79	S Allen	Leamington C & AC	23:17
80	J Walker	Bexley AC	23:21
81	L Heard	Colchester & Tendring AC	23:21
82	I McCann	Cannock & Stafford AC	23:21
83	Z Cross	Vale Royal AC	23:24
84	M Lloyd	Preston Harriers	23:25
85	L Caldwell	Dorking & Mole Valley AC	23:25
86	L Holiday	Kingston Upon Hull AC	23:26
87	K Fairclough	Sunderland H & AC	23:27
88	O Manour	Woodford Green AC With Essex L	23:28
89	E Williams	Macclesfield H & AC	23:28
90	D Watt	North Shields Poly AC	23:31
91	A Cooper	Derby AC	23:31
92	J Arnold	Aldershot Farnham & District	23:32
93	J Scott	Morpeth H & AC	23:32
94	C Perry	Vale Royal AC	23:33
95	G Belcher	Leeds City AC	23:35
96	S Partridge	Derby AC	23:37
97	M Willmott	Marshall Milton Keynes AC	23:40
98	S Ramsay	Buxton AC	23:41
99	J Skinner	Chorley Harriers	23:45
100	D Connolly	Liverpool H & AC	23:46
101	M Williams	Warrington AC	23:46
102	S Wallbank	Bedford & County AC	23:47
103	B McCallum	Ealing Southall & Middlesex AC	23:48
104	J Tucker	Kingston Upon Hull AC	23:49
105	A Ward	Dorking & Mole Valley AC	23:52
106	D Baxter	Preston Harriers	23:56
107	F Jardine	Bolton United H & AC	23:57
108	D Barratt	East Cheshire H & Tameside AC	23:58
109	W Mycroft	Cambridge & Coleridge AC	23:58
110	E Glaister	Leicester Coritanian AC	23:58
111	K Bell	Gateshead H & AC	23:59
112	S Bayton	Halifax H & AC	24:00
113	R O'Donnell	Birchfield Harriers	24:00
114	J Frankham	Birchfield Harriers	24:06
115	M Pettit	Peterborough AC	24:08
116	D Graham	North Shields Poly AC	24:08
117	P De-Winter	Chester-Le-Street & Dist AC	24:10
118	F Fitzpatrick	Wirral AC	24:14
119	P Day	Mendip AC	24:15
120	N Gould	East Cheshire H & Tameside AC	24:17
121	R Whitham	Bristol & West AC	24:18
122	A Blowers	New Marske Harriers	24:18
123	C Frapwell	Stroud & District AC	24:20
124	H Thorpe	Hallamshire Harriers Sheffield	24:21
125	S Robson	Tynedale H & AC	24:23
126	M Goodwin	Bedford & County AC	24:26
127	R Sambrook	Shaftesbury Barnet Harriers	24:27
128	S Perkins	Rushcliffe AC	24:28
129	J Kraft	Scarborough AC	24:29
130	B Hall	Orion Harriers	24:30
131	L Furbes	Liverpool H & AC	24:34
132	J Spering	Lincoln Wellington AC	24:39
133	B Chadwick	Shildon R & AC	24:40
134	T McUine	Kingston Upon Hull AC	24:41
135	R Ashworth	Bolton United H & AC	24:45
136	H Carter	Cannock & Stafford AC	24:46
137	A Parkin	Ealing Southall & Middlesex AC	24:51
138	A Herbert	Derby AC	24:52
139	J Costello	Gateshead H & AC	24:53
140	P Bachini	Luton AC	24:54
141	C Ward	Blackheath & Bromley Harriers	24:55
142	A Cope	Invicta East Kent AC	24:56
143	J Dumbell	St Helens Sutton AC	24:56
144	C Hepworth	Ealing Southall & Middlesex AC	24:57
145	R McLaughlin	Liverpool Pembroke & Sefton H	25:02
146	S Reidy	Hereford & County AC	25:03
147	M Williams	Tynedale H & AC	25:04
148	S Sinclair	Tonbridge AC	25:05
149	E Hills	New Marske Harriers	25:05
150	S Simpson	Blackheath & Bromley Harriers	25:07
151	A Lumas	Charnwood AC	25:11
152	D Smith	Rotherham H & AC	25:19
153	M Lunn	Leeds City AC	25:22
154	M Cairns	Morpeth H & AC	25:27
155	D Walsh	Wirral AC	25:32
156	J Kendrick	Holmfirth Harriers AC	25:34
157	R Hall	Gateshead H & AC	25:35
158	P Witcomb	Derby AC	25:45
159	D Scott	Altrincham & District AC	25:53
160	D Nutt	Leicester Coritanian AC	25:53
161	A Moss	Teesdale AC	25:56
162	S Ashcroft	Ealing Southall & Middlesex AC	25:58

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

163 L Crane	Bexley AC	25:59	176 T Andrew	Blackheath & Bromley Harriers	26:54
164 B Cross	Lincoln Wellington AC	26:05	177 H Preston	Bristol & West AC	27:09
165 R Hopkins	Birtley AC	26:08	178 S Carter	Bexley AC	27:10
166 P Nixon	Stockport H & AC	26:10	179 B Fletcher	Bingley H & AC	27:13
167 M Yate	Chorley Harriers	26:13	180 T Maden	Rossendale H & AC	27:28
168 M Gibbs	Birchfield Harriers	26:13	181 S Clague	St Helens Sutton AC	27:40
169 R Bolah	Pudsey & Bramley AC	26:13	182 Baptiste-De-Lima	Ealing Southall & Middlesex AC	28:01
170 B Rowe	Lincoln Wellington AC	26:16	183 P Whitehouse	Derby AC	28:10
171 J Horrocks	Chorley Harriers	26:19	184 J Askew	Newton Aycliffe AC	28:25
172 T Larter	Louth AC	26:22	185 J Roundhill	Pudsey & Bramley AC	28:29
173 K Thompson	Liverpool H & AC	26:29	186 A Hookway	Tonbridge AC	28:29
174 D Rampling	Wirral AC	26:34	187 C Lewis	Telford AC	28:30
175 C Brown	Mansfield H & AC	26:42	188 M Ashby	Buxton AC	28:37

## Under 17 Men — TEAM RESULTS

1 Aldershot Farnham & District	125	—	24 C Bounds	31 B Snowball	33 J Morwood	37 M Reed
2 Warrington AC	125	—	14 D Cliffe	18 S Broadhurst	44 M Jackson	49 L Walker
3 Shaftesbury Barnet Harriers	136	—	4 D Easter	22 B Collins	34 S Benaim	76 T Bryant
4 Leeds City AC	160	—	5 M Williams	9 J Wilkinson	51 M Salter	95 G Belcher
5 Tonbridge AC	205	—	36 K Wolfe	45 S Bradley	53 N James	71 I Harland
6 Bedford & County AC	222	—	10 R Parker	42 D Williamson	68 A Bellew	102 S Wallbank
7 Bristol & West AC	271	—	21 E Ponsonby	62 S Hazell	67 N Todd	121 R Whitham
8 Kingston Upon Hull AC	319	—	63 J Cutsforth	66 M Pye	86 L Holiday	104 J Tucker
9 Charnwood AC	349	—	64 M Brind	65 B Lacey	69 S Baxter	151 A Lumas
10 Morpeth H & AC	349	—	27 K Taylor	75 M Cochrane	93 J Scott	154 M Cairns
11 East Cheshire H & Tameside AC	361	—	56 S Laing	77 A Cooke	108 D Barratt	120 N Gould
12 Derby AC	383	—	58 T Lawrence	91 A Cooper	96 S Partridge	138 A Herbert
13 Ealing Southall & Middlesex AC	397	—	13 N Goolab	103 B McCallum	137 A Parkin	144 C Hepworth
14 Liverpool H & AC	461	—	57 H Harder	100 D Connolly	131 L Furbes	173 K Thompson
15 Blackheath & Bromley Harriers	484	—	17 Bruce-Littlewood	141 C Ward	150 S Simpson	176 T Andrew

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Under 17 Women — TEAM RESULTS

1 Rotherham H & AC	55	—	8 N Grant	12 L Spence	15 J Allen	20 J Fawcett
2 Royal Sutton Coldfield AC	88	—	10 J Kinney	19 O Larcomb	29 Z Farnell	30 S Davis
3 Aldershot Farnham & District	155	—	1 C Purdue	7 L Partridge	53 S Prier	94 P Sweetnam
4 Leigh H & AC	181	—	9 L Howarth	40 Danielle Allen	49 Dionne Allen	83 H Warburton
5 Kingston Upon Hull AC	239	—	47 L Day	59 M Stone	64 J Spencer	69 L Havercroft
6 Warrington AC	279	—	2 H Timmins	60 A Talbot	84 R Rainford	133 S Stephens
7 Derby AC	288	—	35 H Kemp	56 L Shipley	73 E Hill	124 R Burton
8 Bedford & County AC	291	—	37 A McGurke	39 S Boast	98 S Caunt	117 D Jupp
9 Tonbridge AC	341	—	61 S Wilkinson	65 L Richards	96 C Symons	119 N Coffin
10 Reading AC	349	—	32 L Downes	63 S Dix	118 R Dyson	136 A Wainwright
11 Liverpool H & AC	377	—	76 C Murphy	90 H McManus	97 S Whiteside	114 D Leahy
12 Ealing Southall & Middlesex AC	492	—	79 H Pollack	120 P Bailey	145 A Rai	148 R Charles
13 Herne Hill Harriers	493	—	86 I Brooks	121 E Coulson	142 L Smith	144 A Reynolds

## Under 20 Women — FINAL RESULTS Distance = 5000m

Pos	Name	Club	Time				
1	J Sparke	Woodford Green W Essex Ladies	17:03	46	K Spilsbury	Vale Royal AC	19:58
2	S Stockton	Vale Royal AC	17:29	47	A Wilson	Newton Aycliffe AC	19:58
3	L Snow	Woodford Green W Essex Ladies	17:38	48	L Goldsmith	Shaftesbury Barnet Harriers	20:01
4	R Edwards	Rotherham H & AC	17:41	49	L Clarke	Rotherham H & AC	20:02
5	R Senior	City Of Norwich AC	17:49	50	M Davis	Herne Hill Harriers	20:06
6	L Mayo	Bingley H & AC	17:50	51	C McMurdock	Stockport H & AC	20:09
7	E Pallant	Aldershot Farnham & District	17:54	52	S Hanley	Stroud & District AC	20:12
8	K Sparke	Woodford Green W Essex Ladies	17:57	53	E Willits	Nestle Rowntree York AC	20:16
9	S Barnes	Bristol & West AC	18:00	54	S Wiblin	Trafford AC	20:19
10	S Johnson	Cannock & Stafford AC	18:04	55	A Firth	Hallamshire Harriers Sheffield	20:21
11	C Roach	Vale Royal AC	18:11	56	J Reed	Chesterfield & District AC	20:25
12	J Maddick	Kingston Upon Hull AC	18:13	57	V Wheatman	Scarborough AC	20:28
13	M Ferrier	Gateshead H & AC	18:17	58	C Stansfield	Stockport H & AC	20:31
14	G Hillier	Charnwood AC	18:19	59	R Turnbull	Morpeth H & AC	20:35
15	CO'Connell	Wirral AC	18:21	60	R Clews	Vale Royal AC	20:36
16	E Reed	Bristol & West AC	18:25	61	S Whitley	Leeds City AC	20:46
17	K Hamilton	Bristol & West AC	18:26	62	J Roberts	Richmond & Zetland Harriers	20:53
18	C Foley	Nene Valley Harriers	18:27	63	J Cawley	Aldershot Farnham & District	20:54
19	F Ray	Brighton & Hove City AC	18:29	64	K Solder	Woodford Green W Essex Ladies	21:01
20	D Sale	Orion Harriers	18:30	65	H Needham	Lincoln Wellington AC	21:05
21	D James	Morpeth H & AC	18:31	66	K Stuart	Sphinx AC	21:07
22	K Cheshire	Rotherham H & AC	18:35	67	H Dix	Blaydon H & AC	21:09
23	S Bailey	Stevenage & North Herts AC	18:36	68	S Swift	Liverpool Pembroke & Sefton H	21:13
24	B Proctor	Blackheath & Bromley Harriers	18:39	69	R Howarth	Leigh H & AC	21:18
25	E Langdell	Royal Sutton Coldfield AC	18:40	70	S Barnes	Rotherham H & AC	21:21
26	N Peters	Bedford & County AC	18:41	71	Z Blower	Leamington C & AC	21:23
27	H Rollins	Kettering Town Harriers	18:44	72	J Corrie Taylor	Liverpool H & AC	21:28
28	L Young	Leeds City AC	18:47	73	J Swift	Liverpool Pembroke & Sefton H	21:38
29	S Waldron	Gloucester AC	18:51	74	H Clarke	Hallamshire Harriers Sheffield	21:42
30	VO'Donnell	Trafford AC	18:58	75	F Lebeter	Leeds City AC	21:45
31	B Davies	Bristol & West AC	19:01	76	R Barnes	Chester-Le-Street & Dist AC	21:49
32	L Martin	Invicta East Kent AC	19:05	77	K Walker	Gateshead H & AC	21:53
33	L Patton	Gateshead H & AC	19:13	78	S Percival	Halesowen A & CC	22:16
34	L Fraser Moodie	Leeds City AC	19:17	79	B English	Sale Harriers Manchester	22:22
35	R Matson	Havering Mayesbrook AC	19:24	80	M Birbeck	Lancaster & Morecambe AC	22:24
36	J Callaway	Royal Sutton Coldfield AC	19:27	81	R Ellis	Notts AC	22:51
37	J Fairchild	Trafford AC	19:28	82	R Stubbs	Hallamshire Harriers Sheffield	23:00
38	K Milner	Trafford AC	19:29	83	J Brignall	Heaton Harriers	23:15
39	K Lomas	Charnwood AC	19:34	84	S Capewell	Birchfield Harriers	23:19
40	J Orr	Quakers RC	19:37	85	J Prier	Aldershot Farnham & District	23:30
41	C Canway	Bristol & West AC	19:43	86	J Honeyball	Herne Hill Harriers	23:44
42	J Stockton	Sale Harriers Manchester	19:45	87	H Pearce	Reading AC	23:54
43	A Snook	Shildon R & AC	19:49	88	HO'Meara	Birchfield Harriers	24:49
44	A Porteous	Morpeth H & AC	19:51	89	E Craven	Peterborough AC	25:09
45	L Roche	Middlesbrough & Cleveland H	19:52	90	C Phillips	Reading AC	27:23

## Under 20 Women — TEAM RESULTS

1 Bristol & West AC	73	—	9 S Barnes	16 E Reed	17 K Hamilton	31 B Davies
2 Woodford Green W Essex Ladies	76	—	1 J Sparke	3 L Snow	8 K Sparke	64 K Solder
3 Vale Royal AC	119	—	2 S Stockton	11 C Roach	46 K Spilsbury	60 R Clews
4 Rotherham H & AC	145	—	4 R Edwards	22 K Cheshire	49 L Clarke	70 S Barnes
5 Trafford AC	159	—	30 VO'Donnell	37 J Fairchild	38 K Milner	54 S Wiblin
6 Leeds City AC	198	—	28 L Young	34 L Fraser Moodie	61 S Whitley	75 F Lebeter

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Junior Men — FINAL RESULTS

Distance = 10000m

Pos	Name	Club	Time	Pos	Name	Club	Time
1	K Deighton	Bridlington RR	32:12	71	M Hartly	Preston Harriers	36:01
2	T Russell	Stroud & District AC	32:14	72	J Holden	Tipton Harriers	36:02
3	N Swinburn	Morpeth H & AC	32:30	73	Z Scott	Birtley AC	36:02
4	J Mellor	Liverpool H & AC	32:34	74	J Shaw	East Cheshire H & Tameside AC	36:03
5	R Fraser	OWLS AC	32:44	75	J Stone	Lincoln Wellington AC	36:04
6	A Holliday	Trafford AC	32:46	76	K Lecher	Hull Achilles	36:15
7	M Goose	City Of Norwich AC	33:00	77	T Pattison	Macclesfield H & AC	36:24
8	K Hardy	Ipswich Harriers	33:10	78	A Holford	Woodford Green AC With Essex L	36:29
9	S Perkins	Ranelagh Harriers	33:15	79	M Gibbons	Notts AC	36:30
10	M Mashford	Aldershot Farnham & District	33:19	80	N Hussain	Hallamshire Harriers Sheffield	36:31
11	M Burgess	Woodford Green AC With Essex L	33:24	81	A Mitchell	Middlesbrough AC (Mandale)	36:32
12	B Lindsay	Pendle AC	33:30	82	J Totterdell	Stroud & District AC	36:40
13	M Clough	Leeds City AC	33:32	83	A Conway	Blackheath & Bromley Harriers	36:45
14	C Peters	Bristol & West AC	33:35	84	P Graves	Nestle Rowntree AC	36:49
15	J Taylor	Morpeth H & AC	33:46	85	S Aspinwall	Sale Harriers Manchester	36:57
16	J Tyler	Medway & Maidstone AC	33:47	86	D Brocklehurst	Trafford AC	37:07
17	J Van-Deventer	Aldershot Farnham & District	33:48	87	T Carter	Wallsend H & AC	37:08
18	C Gunderson	Liverpool H & AC	33:57	88	M Mannings	Oldham & Royton H & AC	37:09
19	T Dalton	Severn AC	33:59	89	B Corfield	Leighton Buzzard AC	37:11
20	G Watts	Peterborough AC	34:00	90	S Payne	Derby AC	37:13
21	A Wiles	Middlesbrough AC (Mandale)	34:01	91	R Whittaker	Sale Harriers Manchester	37:17
22	A Duffield	Loftus & Whitby AC	34:01	92	S Martyn	Highgate Harriers	37:20
23	M Crawley	Durham City Harriers & AC	34:02	93	L Winterbottom	Sale Harriers Manchester	37:21
24	A Russell	Stroud & District AC	34:04	94	C McGurk	Notts AC	37:22
25	J Hare	Halfax H & AC	34:05	95	J Vintner	Blackheath & Bromley Harriers	37:24
26	B Tyler	Medway & Maidstone AC	34:07	96	S May	OWLS AC	37:25
27	D Mullett	Bristol & West AC	34:18	97	J Perkins	Scunthorpe & District AC	37:26
28	L Moses	Newton Aycliffe AC	34:19	98	B Robinson	Bristol & West AC	37:30
29	D Catt	Liverpool H & AC	34:20	99	T Minshull	Trafford AC	37:31
30	C Hopkins	City Of Norwich AC	34:23	100	J Dean	Leeds City AC	37:33
31	R Morrell	Middlesbrough AC (Mandale)	34:26	101	O Crux	Ashford AC	37:43
32	C Cullen	OWLS AC	34:32	102	R Armstrong	Beverley AC	37:47
33	J Tuttle	Bedford & County AC	34:33	103	B Proctor	Scarborough AC	37:56
34	A Donno	Brighton & Hove City AC	34:34	104	D Marsh	Sale Harriers Manchester	37:59
35	J Poole	Blackheath & Bromley Harriers	34:35	105	T Jobborn	Tipton Harriers	38:04
36	J Russell	Liverpool H & AC	34:37	106	J Fairbourn	Belgrave Harriers	38:08
37	C Davison	Derby AC	34:38	107	A Connally	East Cheshire H & Tameside AC	38:11
38	J McGonigle	Warrington AC	34:43	108	D Manassib	London Heathside Runners	38:13
39	S Scullion	Aldershot Farnham & District	34:46	109	A Davy	Leeds City AC	38:23
40	J Johnson	Kingston Upon Hull AC	34:48	110	R Daniel	Blackheath & Bromley Harriers	38:26
41	E Highton	OWLS AC	34:51	111	S Rollason	Tipton Harriers	38:29
42	M Holden	Tipton Harriers	34:53	112	K Alderson	Kendal AAC	38:32
43	N Shrubbs	Morpeth H & AC	34:54	113	A Newton	Manx Harriers	38:35
44	G Davis	OWLS AC	34:59	114	A Atkinson	Blackheath & Bromley Harriers	38:38
45	C Bradbury	Reading AC	35:00	115	M Plaskett	Lincoln Wellington AC	38:39
46	A Nixon	Stockport H & AC	35:03	116	S Huntington	City Of Norwich AC	38:43
47	C Price	Wakefield District H & AC	35:06	117	J Burke	Peterborough AC	38:47
48	J Young	Morpeth H & AC	35:07	118	M Timmins	Warrington AC	38:51
49	T Phillips	Woodford Green AC With Essex L	35:09	119	J Appleton	St Helens Sutton AC	38:52
50	M Leslie	Aldershot Farnham & District	35:10	120	D Howlett	Sale Harriers Manchester	38:55
51	E Semreab	London Heathside Runners	35:14	121	D Gordon	Liverpool Pembroke & Sefton H	39:01
52	A Russell	Kendal AAC	35:15	122	J Stathers	Beverley AC	39:01
53	J Kevan	Horwich RMI Harriers	35:19	123	T O'Loughlin	London Heathside Runners	39:06
54	E Womersley	Stroud & District AC	35:20	124	T Wade	Aldershot Farnham & District	39:09
55	L Stafford	Hallamshire Harriers Sheffield	35:27	125	A Muir	Blaydon H & AC	39:11
56	C Baddick	Bristol & West AC	35:31	126	W Davies	Luton AC	39:22
57	H Speed	Coventry Godiva Harriers	35:32	127	A Gill	Tynedale H & AC	40:01
58	R Floyd	Morpeth H & AC	35:35	128	S Feasy	Kingston Upon Hull AC	40:21
59	S Cannell	City Of Norwich AC	35:41	129	G Browne	East Cheshire H & Tameside AC	40:35
60	J Wade	Aldershot Farnham & District	35:42	130	A Thomas	Lincoln Wellington AC	41:21
61	N Hooker	Leeds City AC	35:43	131	M Hayward	Halesowen A & CC	41:21
62	J Lavin	Leeds City AC	35:44	132	T Balshaw	Preston Harriers	41:34
63	C Rooke	Ipswich Harriers	35:47	133	M Debbage	Peterborough AC	41:51
64	R Jowett	Sale Harriers Manchester	35:48	134	A Fletcher	Bingley H & AC	43:06
65	L GambleThompson	New Marske Harriers	35:48	135	S Hunter	Morpeth H & AC	43:20
66	W Wright	Chelmsford AC	35:49	136	S Hunt	Tipton Harriers	44:06
67	K Tombleson	Notts AC	35:51	137	M Jenner	Bexley AC	44:34
68	A Inskip	Bedford & County AC	35:53	138	P Chung	Durham City Harriers & Ac	46:27
69	C Moore	Aldershot Farnham & District	35:57	139	W Goodall	New Marske Harriers	47:14
70	O Ziff	Leeds City AC	35:58				

## Junior Men — TEAM RESULTS

1	Liverpool H & AC	87	—	4	J Mellor	18	C Gunderson	29	D Catt	36	J Russell
2	Morpeth H & AC	109	—	3	N Swinburn	15	J Taylor	43	N Shrubbs	48	J Young
3	Aldershot Farnham & District	116	—	10	M Mashford	17	J Van-Deventer	39	S Scullion	50	M Leslie
4	OWLS AC	122	—	5	R Fraser	32	C Cullen	41	E Highton	44	G Davis
5	Stroud & District AC	162	—	2	T Russell	24	A Russell	54	E Womersley	82	J Totterdell
6	Bristol & West AC	195	—	14	C Peters	27	D Mullett	56	C Baddick	98	B Robinson
7	Leeds City AC	206	—	13	M Clough	61	N Hooker	62	J Lavin	70	O Ziff
8	City Of Norwich AC	212	—	7	M Goose	30	C Hopkins	59	S Cannell	116	S Huntington
9	Blackheath & Bromley Harriers	323	—	35	J Poole	83	A Conway	95	J Vintner	110	R Daniel
10	Tipton Harriers	330	—	42	M Holden	72	J Holden	105	T Jobborn	111	S Rollason
11	Sale Harriers Manchester	333	—	64	R Jowett	85	S Aspinwall	91	R Whittaker	93	L Winterbottom

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Senior Women — FINAL RESULTS

Distance = 8000m

Pos	Name	Cat/Pos	Club	Time				
1	L Yelling		Bedford & County AC	28:56	84	J Finch	Solihull & Small Heath AC	34:51
2	H Yelling		Windsor Slough Eton Hounslow	29:35	85	N Thompson	Charnwood AC	34:54
3	L Damen		Winchester & District AC	29:40	86	A Wingler	Highgate Harriers	34:58
4	J Wilkinson		Bedford & County AC	29:48	87	A Oakman	Chelmsford AC	35:02
5	F Fullerton		Havering Mayesbrook AC	30:18	88	L Cowley	Herts Phoenix AC	35:05
6	W Jones		Cirencester AC	30:33	89	N Alford	City Of Norwich AC	35:06
7	L Elliott		Winchester & District AC	30:35	90	S Haines	Harborough AC	35:07
8	V Webster		Shaftesbury Barnet Harriers	30:36	91	K Hollis	Tipton Harriers	35:08
9	G Phillips		Kendal AAC	30:39	92	H Finch	Solihull & Small Heath AC	35:11
10	C Martin		Telford AC	30:44	93	J Johnson	Hallamshire Harriers Sheffield	35:13
11	P Powell		Blackburn H & AC	30:59	94	J Brooks	City Of Norwich AC	35:16
12	H Whitmore		Charnwood AC	31:06	95	E Ferenczi	Shaftesbury Barnet Harriers	35:17
13	R Brown		Newham & Essex Beagles	31:10	96	H Booth	Lancaster & Morecambe AC	35:18
14	M RossCope		City Of Stoke AC	31:18	97	M Holt	Sunderland H & AC	35:20
15	K Hazlett		Winchester & District AC	31:23	98	H Robinson	Chester-Le-Street & Dist AC	35:20
16	J Kelsey		Winchester & District AC	31:29	99	T Hird	Wharfedale Harriers	35:23
17	R Felton		Shaftesbury Barnet Harriers	31:30	100	A Hopkins	Ealing Southall & Middlesex AC	35:24
18	S Abel		Highgate Harriers	31:33	101	D Taylor	Reading AC	35:30
19	E Ward		City Of Stoke AC	31:34	102	T Waller	Hartlepool Burn Road Harriers	35:42
20	B Penty		Nestle Rowntree York AC	31:37	103	K Longley	Liverpool Pembroke & Sefton H	35:49
21	R Robinson		Kendal AAC	31:41	104	S Graham	Morpeth H & AC	35:50
22	S Bush		Aldershot Farnham & District	31:45	105	J Johnson	Holmfirth Harriers AC	35:51
23	V Wilkinson		Bingley H & AC	31:54	106	T Sloan	Salford H & AC	35:52
24	B Cooke		Sale Harriers Manchester	31:56	107	N Barnett	Chelmsford AC	35:53
25	E Adams		Aldershot Farnham & District	31:57	108	H Taylor	Bristol & West AC	35:55
26	L Taylor		Telford AC	32:01	109	A Kelly	Clayton-Le-Moors Harriers	35:56
27	K Bailey		Winchester & District AC	32:05	110	G Connolly	St Helens Sutton AC	35:59
28	A Gostling		Leeds City AC	32:18	111	C Warrington	Herne Hill Harriers	36:00
29	T Walker		Salford H & AC	32:22	112	F Shenton	Elvet Striders	36:00
30	S Young		Highgate Harriers	32:31	113	A GeorgePlunkett	Knivesmire Harriers	36:02
31	K Young		Leeds City AC	32:32	114	A Peace	Nestle Rowntree York AC	36:04
32	F Clarke		Crawley AC	32:35	115	H Lambert	North Shields Poly	36:05
33	L Mawer		Bingley H & AC	32:36	116	K Wood	Nestle Rowntree York AC	36:09
34	A Raw		Bingley H & AC	32:37	117	A Austin	Knivesmire Harriers	36:10
35	J Leventon		Trafford AC	32:38	118	L Burnie	Highgate Harriers	36:10
36	C Dickie		Windsor Slough Eton Hounslow	32:44	119	R Elder	Hallamshire Harriers Sheffield	36:11
37	C Bryson		Belgrave Harriers	32:56	120	K Kidger	Crawley AC	36:13
38	S Tunstall		Nestle Rowntree York AC	32:59	121	J Dooley	Tynedale H & AC	36:13
39	G Rutherford		Darlington H & AC	33:00	122	D Kennedy	Woodford Green W Essex Ladies	36:14
40	S Davies		Telford AC	33:00	123	C Leaver	Holmfirth Harriers AC	36:15
41	S Murphy		Belgrave Harriers	33:01	124	H Frizzell	Bedford & County AC	36:20
42	A Dixon		Chester-Le-Street & Dist AC	33:02	125	M Kirkham	Coventry Godiva Harriers	36:24
43	P Whitehouse		Dorking & Mole Valley AC	33:03	126	E Damant	Ranelagh Harriers	36:28
44	F Briscoe		White Horse Harriers	33:05	127	A Hunter	Chester-Le-Street & Dist AC	36:30
45	M Ellis		Shaftesbury Barnet Harriers	33:09	128	M Ali	Liverpool H & AC	36:31
46	R Watson		Sale Harriers Manchester	33:10	129	V Tester	Bristol & West AC	36:38
47	H Jennings		Telford AC	33:10	130	J Ross	Winchester & District AC	36:40
48	J Butler		Blackheath & Bromley Harriers	33:12	131	E Wharton	Buxton & District AC	36:45
49	S Budd		Blackheath & Bromley Harriers	33:16	132	G Barry	Sunderland H & AC	36:49
50	N Rogers		Colchester & Tendring AC	33:18	133	S Colbert	Springfield Striders	36:57
51	J Mooney		Morpeth H & AC	33:26	134	Y Thiru	Elswick Harriers	36:59
52	E Phillips		Birchfield Harriers	33:29	135	A Page	Nene Valley Harriers	37:01
53	H Moulder		Bristol & West AC	33:31	136	D Haggard	Ilkley Harriers AC	37:05
54	A Geragusian		Trafford AC	33:33	137	E Smith	Claremont RR & AC	37:05
55	S Taylor		Bingley H & AC	33:36	138	R Clifton	Serpentine RC	37:07
56	A Fox		Morpeth H & AC	33:38	139	J Terim	Rochdale H & AC	37:11
57	O Walwyn		City Of Norwich AC	33:48	140	C Hamson	Heaton Harriers	37:11
58	T Laws		Chester-Le-Street & Dist AC	33:49	141	G Cavill	Morpeth H & AC	37:12
59	J Buckley		Halifax H & AC	33:51	142	M Hart	Horsforth Harriers	37:12
60	R Townend		Winchester & District AC	33:52	143	C Morley	Hull Achilles AC	37:16
61	L Brenton		Team Southampton	33:54	144	S O'Sullivan	Horsforth Harriers	37:17
62	F Green		Blackheath & Bromley Harriers	33:55	145	B Pearce	Claremont RR & AC	37:21
63	C DeMaria		Leeds City AC	33:58	146	L Howell	Bournville Harriers	37:23
64	J Guard		Leeds City AC	34:07	147	Z Woodward	Eton Manor AC	37:30
65	C Summersgill		Middlesbrough & Cleveland H	34:09	148	R Wilcox	Leeds City AC	37:35
66	A Dalkins		Birchfield Harriers	34:14	149	N Kent	Loftus & Whitby AC	37:37
67	C Lyons		Kingston Upon Hull AC	34:17	150	Z Davis	Knivesmire Harriers	37:43
68	H Berry		Holmfirth Harriers AC	34:18	151	A Eagle	Ilkley Harriers AC	37:45
69	S Richards		Bristol & West AC	34:21	152	L Walker	Wallsend H & AC	37:46
70	J Trowbridge		Ashford AC	34:22	153	M Hsketh	Preston Harriers	37:48
71	J Nutt		Elswick Harriers	34:29	154	R Weight	Bingley H & AC	37:50
72	S Charnock		St Helens Sutton AC	34:30	155	L Brown	Blaydon H & AC	37:54
73	C Pauzers		Herne Hill Harriers	34:32	156	G Griffiths	Manx Harriers	37:55
74	L Palmer		Derby AC	34:33	157	J Tinkler	Chester-Le-Street & Dist AC	38:01
75	E Klee		Leeds City AC	34:35	158	K Philp	Blackheath & Bromley Harriers	38:05
76	C Veysel		Tipton Harriers	34:36	159	S Wilkins	Reading AC	38:10
77	A Tanner		Aldershot Farnham & District	34:38	160	C Sullivan	Wesham RR & AC	38:11
78	L Newing		Bristol & West AC	34:40	161	A StachKevitz	Newham & Essex Beagles	38:12
79	J Rashleigh		Horwich RMI Harriers	34:41	162	G Jubb	St Albans Striders	38:13
80	H Barber		Horsforth Harriers	34:43	163	J Fox	Wirral AC	38:14
81	M Stansmore		Middlesbrough & Cleveland H	34:45	164	K Else	Newark AC	38:15
82	A Watson		Chester-Le-Street & Dist AC	34:47	165	D Horne	Wallsend H & AC	38:17
83	K Chapman		Morpeth H & AC	34:51	166	A Pye	Sale Harriers Manchester	38:20
					167	J Cruse	Wesham RR & AC	38:30

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

168	A Lancaster	Knivesmire Harriers	38:31	233	M Macdonald	Morpeth H & AC	42:27
169	J Ellerton	Nestle Rowntree York AC	38:32	234	Y Russell	Wesham RR & AC	42:33
170	H Morris	Blyth RC	38:33	235	H Owen	Bournville Harriers	42:35
171	S Mackness	Telford AC	38:34	236	S Andrews	Warrington AC	42:38
172	C James	Coventry Godiva Harriers	38:40	237	J Poole	Amber Valley AC	42:41
173	J Eccleston	St Helens Sutton AC	38:42	238	L Strickland	Hartlepool Burn Road Harriers	42:46
174	S Blackburn	Horsforth Harriers	38:43	239	H Jones-Crofts	Barnsley AC	42:48
175	K Elliott	Elvet Striders	38:48	240	T Cooper	Claremont RR & AC	42:53
176	L Harman	Birchfield Harriers	38:50	241	Y Goodsell	Eye Community Runners	42:57
177	S White	Tynedale H & AC	38:51	242	S Cord	Woodford Green W Essex Ladies	43:10
178	J Clarke	West Bromwich Harriers	38:53	243	S Rock	Bournville Harriers	43:13
179	J Morley	Hull Achilles AC	38:54	244	C Irons	Warrington AC	43:14
180	N Cendrowicz	Highgate Harriers	38:56	245	J Allen	Garden City Runners	43:23
181	K Pratten	Blackheath & Bromley Harriers	38:57	246	A Marsh	Newark AC	43:25
182	J Leggett	Fleet & Crookham AC	38:59	247	E Allan	Alnwick Harriers	43:27
183	N Owens	Shildon R & AC	39:09	248	A Wardle	Woodford Green W Essex Ladies	43:39
184	G McKernan	Blaydon H & AC	39:10	249	A Martin	Leeds City AC	43:51
185	J Kisler	Sunderland Strollers	39:17	250	M Harrison	Barnsley AC	43:55
186	G Morgan	Ealing Southall & Middlesex AC	39:19	251	C Sacks	Serpentine RC	44:00
187	R Flood	Cambridge & Coleridge AC	39:21	252	V Cuthbertson	Saltwell Harriers	44:04
188	V Booth	Sunderland Strollers	39:24	253	K Robertshaw	Otley AC	44:04
189	N Woods	Royal Sutton Coldfield AC	39:27	254	S Skirrow	Alnwick Harriers	44:06
190	E Turk	Springfield Striders	39:32	255	S Bellingham	Mansfield H & AC	44:22
191	H Salminen	Liverpool H & AC	39:33	256	D Fee	Werrington Joggers	44:23
192	M Loraine	Birtley AC	39:37	257	S McCarthy	Woodford Green W Essex Ladies	44:40
193	C Jones Baldock	Blackheath & Bromley Harriers	39:37	258	J Murphy	Wesham RR & AC	44:41
194	K Jarvis	St Helens Sutton AC	39:39	259	S Exon	Trafford AC	44:45
195	A Ansell	Middlesbrough & Cleveland H	39:40	260	M Collinge	Mansfield H & AC	44:49
196	G Taylor	Rotherham H & AC	39:42	261	E Chambers	Werrington Joggers	44:58
197	K Abbott	Bournville Harriers	39:54	262	N Darragh	Middlesbrough & Cleveland H	45:09
198	J Champion	Sunderland Strollers	39:57	263	L Harris	Lytham St Annes RRC	45:10
199	B Murray	Macclesfield H & AC	40:09	264	C Dickinson	St Helens Sutton AC	45:15
200	D Kitchen	Ilkley Harriers AC	40:09	265	S Waite	Bournville Harriers	45:49
201	L Westlake	Barnsley AC	40:10	266	C Hall	Wolds Veteran RC	45:53
202	G Bell	Sedgefield Harriers	40:16	267	T Hulme	Wesham RR & AC	46:13
203	C Beaumont	Birchfield Harriers	40:19	268	J O'Doherty	Lytham St Annes RRC	46:19
204	S Findlay	Elswick Harriers	40:20	269	A Kirkham	Coventry Godiva Harriers	46:26
205	K Burns	Woodford Green W Essex Ladies	40:22	270	J Hodgetts	Otley AC	46:31
206	J Bradley	Serpentine RC	40:27	271	J Laverock	Salford H & AC	46:38
207	D Elliott	Sunderland Strollers	40:32	272	A Stewart	Alnwick Harriers	46:48
208	W Ray	Amber Valley AC	40:38	273	L Farrow	Harborough AC	46:54
209	R Kerr	Claremont RR & AC	40:42	274	K Marsh	Springfield Striders	46:56
210	A Flynn	North Shields Poly	40:48	275	T Gibson	Wolds Veteran RC	46:57
211	R MacLannan	Enfield & Haringey AC	40:50	276	C Blower	Leamington C & AC	47:24
212	L Button	Hartlepool Burn Road Harriers	40:53	277	D Winfield	Mansfield H & AC	47:31
213	J Elliott	Phoenix Runners	40:55	278	P Allen	Notts AC	47:33
214	J Bilton	Salford H & AC	40:57	279	P Dable	Kenilworth Runners	47:52
215	A Wylie	Tynedale H & AC	41:00	280	A Bennett	Barnsley AC	48:20
216	S Allen	Herne Hill Harriers	41:05	281	C Adams	Eton Manor AC	48:45
217	T Green	Mansfield H & AC	41:10	282	B Robinson	Rochdale H & AC	48:46
218	J Archbold	Claremont RR & AC	41:12	283	A Brown	Mansfield H & AC	48:50
219	S Hales	Macclesfield H & AC	41:16	284	M Holmes	Cambridge & Coleridge AC	49:34
220	L Hogg	St Helens Sutton AC	41:21	285	H Simmonds	Saltwell Harriers	50:01
221	B Pickersgill	Alnwick Harriers	41:23	286	J Stuart	Sphinx AC	50:05
222	F McGrath	Warrington AC	41:24	287	S Allen	Clayton-Le-Moors Harriers	50:43
223	R Barrow	Herne Hill Harriers	41:27	288	R Loughton	Werrington Joggers	50:51
224	C Lodwig	Blackheath & Bromley Harriers	41:27	289	E Baylis	Watford Joggers	50:59
225	R Phillips	Reading AC	41:41	290	S Clague	St Helens Sutton AC	52:20
226	S Wilson	Nuneaton Harriers	41:47	291	K Pope	Sinfin RC	53:22
227	S Bolam	Alnwick Harriers	41:49	292	H West	Leamington C & AC	53:31
228	S Clarke	Springfield Striders	41:53	293	M Carrick	East Hull Harriers & AC	54:21
229	E Coombes	Bedford & County AC	41:57	294	A Pearson	Spenborough & District AC	55:11
230	H Hore	Birchfield Harriers	42:05	295	S Coultsman	Watford Joggers	56:48
231	J Young	Elvet Striders	42:07	296	D Lock	Lytham St Annes RRC	59:46
232	L Ingleden	Middlesbrough & Cleveland H	42:26	297	C Lewis	Telford Harriers	1:02:16



# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Senior Women — TEAM RESULTS

1	Winchester & District AC	41	—	3	LDamen	7	LElliott	15	K Hazlett	16	J Kelsey
2	Telford AC	123	—	10	CMartin	26	LTaylor	40	SDavies	47	H Jennings
3	Bingley H & AC	145	—	23	V Wilkinson	33	LMawer	34	ARaw	55	STaylor
4	Shaftesbury Barnet Harriers	165	—	8	V Webster	17	RFelton	45	MEllis	95	E Ferenczi
5	Leeds City AC	186	—	28	AGostling	31	K Young	63	CDeMaria	64	J Guard
6	Highgate Harriers	252	—	18	S Abel	30	S Young	86	AWingler	118	LBurnie
7	Chester-Le-Street & Dist AC	280	—	42	ADixon	58	T Laws	82	AWatson	98	H Robinson
8	Nestle Rowntree York AC	288	—	20	BPenty	38	STunstall	114	A Peace	116	K Wood
9	Morpeth H & AC	294	—	51	J Mooney	56	AFox	83	KChapman	104	SGraham
10	Bristol & West AC	308	—	53	HMoulder	69	S Richards	78	L Newing	108	HTaylor
11	Blackheath & Bromley Harriers	317	—	48	J Butler	49	SBudd	62	F Green	158	K Philp
12	Bedford & County AC	358	—	1	LYelling	4	JWilkinson	124	H Frizzell	229	E Coombes
13	Birchfield Harriers	497	—	52	E Phillips	66	ADalkins	176	L Harman	203	C Beaumont
14	Horsforth Harriers	540	—	80	H Barber	142	M Hart	144	SO'Sullivan	174	S Blackburn
15	Knavesmire Harriers	548	—	113	AGeorgePlunkett	117	A Austin	150	Z Davis	168	ALancaster
16	St Helens Sutton AC	549	—	72	S Charnock	110	G Connolly	173	J Eccleston	194	K Jarvis
17	Middlesbrough & Cleveland H	573	—	65	C Summersgill	81	M Stansmore	195	A Ansell	232	L Ingleden
18	Salford H & AC	620	—	29	T Walker	106	T Sloan	214	JBilton	271	J Laverock
19	Herne Hill Harriers	623	—	73	CPauzers	111	C Warrington	216	S Allen	223	R Barrow
20	Claremont RR & AC	709	—	137	ESmith	145	B Pearce	209	R Kerr	218	J Archbold
21	Sunderland Strollers	778	—	185	JKisler	188	V Booth	198	JChampion	207	DElliott
22	Woodford Green W Essex Ladies	817	—	122	DKennedy	205	KBurns	242	SCord	248	A Wardle
23	Wesham RR & AC	819	—	160	CSullivan	167	J Cruse	234	Y Russell	258	J Murphy
24	Bournville Harriers	821	—	146	L Howell	197	K Abbott	235	HOwen	243	S Rock
25	Springfield Striders	825	—	133	S Colbert	190	ETurk	228	SClarke	274	K Marsh
26	Alnwick Harriers	949	—	221	B Pickersgill	227	SBolam	247	E Allan	254	SSkirrow
27	Barnsley AC	970	—	201	L Westlake	239	H Jones-Crofts	250	M Harrison	280	ABennett
28	Mansfield H & AC	1009	—	217	T Green	255	SBellingham	260	MCollinge	277	D Winfield

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

Senior Men — FINAL RESULTS (\$=non-counter)

Distance = 12000m

Pos	Name	Club	Time				
1	F Tickner	Wells City Harriers	37:31	84	A Woods	Bristol & West AC	41:03
2	H Lobb	Bedford & County AC	38:11	85	D Lacy	Cambridge Harriers	41:05
3	G Raven	Sale Harriers Manchester	38:14	86	N Miller	Bedford & County AC	41:08
4	D Bannister	Shaftesbury Barnet Harriers	38:28	87	R Baker	Hallamshire Harriers Sheffield	41:09
5	G Thornton	Kent AC	38:38	88	T Bark	Corby AC	41:10
6	I Hudspith	Morpeth H & AC	38:40	89	S Ablitt	Aldershot Farnham & Dist AC	41:13
7	J Mays	Kent AC	38:42	90	C O'Neill	OWLS	41:19
8	K Heywood	Bristol & West AC	38:44	91	J Leinonen	Gateshead H & AC	41:19
9	D Deed	Bedford & County AC	38:47	92	M Byansi	Belgrave Harriers	41:20
10	O Freeman	Bodyworks XTC Tri RC	38:52	93	M Bond	Sale Harriers Manchester	41:22
11	B Tickner	Wells City Harriers	38:55	94	J Boxell	OWLS	41:24
12	M Barnes	Altrincham & District AC	38:59	95	C Riley	Bedford & County AC	41:27
13	J Gilby	Derby AC	39:00	96	S Farah	Newham & Essex Beagles AC	41:29
14	D Webb	Leeds City AC	39:06	97	A Barber	Newham & Essex Beagles AC	41:32
15	R Williams	Shaftesbury Barnet Harriers	39:08	98	R Hope	Pudsey & Bramley AC	41:33
16	K Critchley	Knavesmire Harriers	39:15	99	R Burney	Liverpool H & AC	41:33
17	P Hinch	Tipton Harriers	39:16	100	D Swinburne	Morpeth H & AC	41:35
18	D Norman	Altrincham & District AC	39:17	101	P Tulba	Basingstoke & Mid Hants AC	41:38
19	K Gerrard	Newham & Essex Beagles AC	39:22	102	S Body	Bedford & County AC	41:39
20	O Jones	Windsor Slough Eton&HounslowAC	39:25	103	A Fooks	Thames Valley Harriers	41:40
21	M Powell	OWLS	39:25	104	K Robertson	Shaftesbury Barnet Harriers	41:42
22	J Walsh	Leeds City AC	39:27	105	M Buntin	Tipton Harriers	41:43
23	M Hudspith	Morpeth H & AC	39:27	106	M Blunden	Notts AC	41:44
24	M Janes	Bedford & County AC	39:28	107	P Edmundson	Tipton Harriers	41:45
25	M Hilton	Leeds City AC	39:28	108	D Moore	Bristol & West AC	41:46
26	B Farquharson	Notts AC	39:29	109	R Falkner	OWLS	41:47
27	T Hartley	Notts AC	39:29	110	L Siemaszko	Liverpool H & AC	41:48
28	C Smith	Thames Valley Harriers	39:30	111	R Cole	Newham & Essex Beagles AC	41:50
29	A Marriot	Wells City Harriers	39:33	112	S Phillips	Winchester & District AC	41:57
30	S Deakin	Leeds City AC	39:34	113	Trapmore	Shaftesbury Barnet Harriers	42:00
31	J Beattie	Winchester & District AC	39:35	114	S Potts	Sunderland H & AC	42:04
32	A Thake	Hallamshire Harriers Sheffield	39:36	115	A Adams	Leeds City AC	42:06
33	J Lilly	Severn AC	39:37	116	T Field	Sunderland H & AC	42:11
34	B Fish	Blackburn H & AC	39:37	117	W Grant	Shaftesbury Barnet Harriers	42:13
35	D Bilton	Leeds City AC	39:38	118	B Powell	Woodford Green AC With Essex L	42:17
36	M Roscoe	Leeds City AC	39:41	119	G Clarkson	Kingston Upon Hull AC	42:18
37	A Robinson	Newham & Essex Beagles AC	39:43	120	H Dodwell	Highgate Harriers	42:18
38	A Hennessy	Wells City Harriers	39:44	121	W Dashper	Telford AC	42:19
39	D Fowlie	Notts AC	39:46	122	A Gibbins	Blackheath & Bromley Harriers	42:19
40	M Whitehouse	Notts AC	39:47	123	M Claff	Kent AC	42:20
41	S North	Sale Harriers Manchester	39:48	124	D Nevins	Harrow AC	42:20
42	N Hall	Bedford & County AC	39:49	125	P Swaine	Harborough AC	42:20
43	J Symonds	Kendal AAC	39:50	126	E Messer	Chelmsford AC	42:22
44	P Pollock	Kent AC	39:56	127	L Cragg	Mansfield H & AC	42:22
45	M Whitfield	Bingley H & AC	39:57	128	C Leigh	Trafford AC	42:23
46	M Williams	Tipton Harriers	39:58	129	J Whitehead	Leeds City AC	42:23
47	M Gostling	Leeds City AC	40:00	130	D Lewis	Shaftesbury Barnet Harriers	42:26
48	S Mills	Sale Harriers Manchester	40:02	131	P Hoole	Rotherham H & AC	42:28
49	G Hull	Leeds City AC	40:04	132	T Doughty	Sunderland H & AC	42:29
50	T Cornthwaite	Blackburn H & AC	40:05	133	P Leybourne	Salford H & AC	42:30
51	A Osborne	Leeds City AC	40:05	134	I Hollingsworth	Morpeth H & AC	42:31
52	B Raeside	Notts AC	40:07	135	P Tucker	Blackheath & Bromley Harriers	42:34
53	J Heneghan	Pudsey & Bramley AC	40:08	136	J Halligan	Manx Harriers	42:37
54	M Hood	Sunderland H & AC	40:10	137	M Muir	Ilford AC	42:39
55	L Jones	Newham & Essex Beagles AC	40:11	138	P Critchlow	Beaumont RC	42:40
56	O Edwards	Shaftesbury Barnet Harriers	40:12	139	J Cordwell	City Of Sheffield AC	42:40
57	A Hilton	Nestle Rowntree AC	40:18	140	D Hope	Pudsey & Bramley AC	42:41
58	I Holmes	Bingley H & AC	40:19	141	T Meakin	OWLS	42:42
59	J Thewlis	Rotherham H & AC	40:20	142	A Cross	Bedford & County AC	42:42
60	C Birchall	Leeds City AC	40:21	143	S Hallas	Preston Harriers	42:44
61	D Augustus	Sale Harriers Manchester	40:23	144	C Needham	Leeds City AC	42:47
62	P Willie	Bristol & West AC	40:24	145	J Downes	London Irish AC	42:47
63	O Matthews	Bedford & County AC	40:25	146	N Wilkinson	Morpeth H & AC	42:48
64	P Green	Sale Harriers Manchester	40:26	147	P Grist	Wells City Harriers	42:48
65	M Morris	Morpeth H & AC	40:30	148	S MacDonald	Bingley H & AC	42:49
66	K Murphy	Woodford Green AC With Essex L	40:31	149	M Radlak	Coventry Godiva Harriers	42:51
67	H Care	Nestle Rowntree AC	40:32	150	T Woodthorpe	Notts AC	42:52
68	M Ashton	Aldershot Farnham & Dist AC	40:34	151	M Sanders	Ackworth RR & AC	42:52
69	Grice	Leeds City AC	40:34	152	S Hazell	Coventry Godiva Harriers	42:55
70	P Tedd	Sale Harriers Manchester	40:35	153	T Honniball	Bourne Town Harriers	42:59
71	S Jones	Belgrave Harriers	40:41	154	A Lawrence	Morpeth H & AC	43:02
72	S Wurr	Thames Hare & Hounds	40:45	155	D Turvey	Halesowen A & CC	43:03
73	C Clement	Aldershot Farnham & Dist AC	40:51	156	B Paviour	Herne Hill Harriers	43:03
74	P Bangani	Salford H & AC	40:52	157	I Boneham	Notts AC	43:04
75	J Mooney	Morpeth H & AC	40:52	158	G Brook	The Stragglers	43:05
76	J McCole	Liverpool H & AC	40:53	159	M Johnson	Hallamshire Harriers Sheffield	43:08
77	J Lockett	Herne Hill Harriers	40:55	160	R Dewhurst	Liverpool H & AC	43:09
78	A Peace	Bingley H & AC	40:56	161	J Wills	Bristol & West AC	43:10
79	J Frost	East Hull Harriers & AC	40:57	162	T Naylor	Bedford & County AC	43:12
80	R Jebb	Bingley H & AC	40:58	163	A Dunwoody	Kent AC	43:14
81	B Rushworth	Sunderland H & AC	40:59	164	D Clark	Thames Valley Harriers	43:17
82	S Platts	OWLS	41:00	165	\$A Bush	Hallamshire Harriers Sheffield	43:17
83	J Connor	Kent AC	41:02	166	M Jubb	St Albans Striders	43:18

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

167	M Granger	Kidderminster & Stourport AC	43:19	258	J Kelly	Hercules Wimbledon AC	45:22
168	A Robertshaw	Otley AC	43:21	259	JPike	Newham & Essex Beagles AC	45:26
169	J Muddeman	Leamington C & AC	43:25	260	P Taylor	Bridlington RR	45:26
170	J Millington	Tipton Harriers	43:26	261	S Coombes	Herne Hill Harriers	45:27
171	A Churchill	Hartlepool Burn Road H & AC	43:26	262	A Dent	Blaydon H & AC	45:29
172	M Lockyer	Newcastle (Staffs) AC	43:27	263	A Grenfell	Rossendale H & AC	45:30
173	T Doran	OWLS	43:27	264	G Hope	Severn AC	45:31
174	R Munn	Kent AC	43:28	265	M Lee	Rossendale H & AC	45:33
175	T Holden	Tipton Harriers	43:28	266	R Darling	Notts AC	45:34
176	P Williams	Lincoln Wellington AC	43:29	267	C Flood	Cambridge & Coleridge AC	45:36
177	P Bridger	Luton AC	43:30	268	V Booth	Trafford AC	45:37
178	J Thorpe	Blackheath & Bromley Harriers	43:31	269	C Curtis	Corby AC	45:38
179	H Wyber	Woodford Green AC With Essex L	43:32	270	M Yates	Redhill RR	45:40
180	A William	Nene Valley Harriers	43:32	271	M Ponting	Thames Valley Harriers	45:41
181	G Williams	St Helens Sutton AC	43:36	272	M Peace	Bingley H & AC	45:41
182	B Harrison	Morpeth H & AC	43:36	273	P Goble	Nestle Rowntree AC	45:42
183	C Heys	Sale Harriers Manchester	43:37	274	D Rayner	Crawley AC	45:42
184	P Walker	Blaydon H & AC	43:38	275	D Gray	Manx Harriers	45:44
185	M Hulmstom	Wirral AC	43:39	276	I Yates	Trentham RC	45:45
186	R Batchelor	Aldershot Farnham & Dist AC	43:40	277	J Worthington	Wigan Phoenix	45:45
187	J Mann	Winchester & District AC	43:42	278	N Gunstone	Dundee Hawkhill Harriers	45:46
188	J Hayden	Notts AC	43:44	279	A Thompson	Elswick Harriers	45:46
189	C Pass	Wesham RR & AC	43:44	280	J McKeown	Coventry Godiva Harriers	45:48
190	P Haarer	Ranelagh Harriers	43:45	281	G Shaw	Clayton-Le-Moors Harriers	45:49
191	G Etherington	Sedgefield Harriers	43:46	282	K Stephenson	Elswick Harriers	45:51
192	R Hughes	Salford H & AC	43:47	283	G Matthews	East Cheshire H & Tameside AC	45:52
193	W Nock	Halesowen A & CC	43:48	284	K Maynard	Sunderland Strollers	45:52
194	W Cockerell	Belgrave Harriers	43:50	285	M Ellithorn	Chorley Harriers	45:53
195	D Williams	Beverley AC	43:52	286	D Battersby	Bedford & County AC	45:54
196	D Noad	Bristol & West AC	43:52	287	J Armstrong	Bexley AC	45:55
197	S Taylor	Kent AC	43:54	288	P Stafford	Mansfield H & AC	46:01
198	D Hill	Tipton Harriers	43:55	289	J Sutton	Chorley Harriers	46:01
199	M Cronshaw	Blackpool Wyre & Fylde AC	43:57	290	L Rielly	Kent AC	46:02
200	J Elsworthy	Bedford & County AC	43:57	291	A Murphy	Shaftesbury Barnet Harriers	46:03
201	D Connor	Ripley RC	43:58	292	S Costall	Harborough AC	46:04
202	D Kesterton	Bromsgrove & Redditch AC	43:59	293	A Lilliendale	Sunderland H & AC	46:05
203	M Corbishley	Rossendale H & AC	44:00	294	B Graney	St Helens Sutton AC	46:06
204	D Purvis	Chester-Le-Street & Dist AC	44:03	295	A Pearson	Loftus & Whitby AC	46:07
205	C Brogan	Woodford Green AC With Essex L	44:04	296	B Coulter	Hartlepool Burn Road H & AC	46:07
206	E Prendergast	Blackheath & Bromley Harriers	44:05	297	M Bateman	Hillingdon AC	46:08
207	T Elly	Salford H & AC	44:05	298	M Hegarty	Morpeth H & AC	46:09
208	T Kimber	Crawley AC	44:07	299	S Rutherford	Darlington H & AC	46:10
209	N Altmann	Thames Hare & Hounds	44:08	300	C Jackson	Sunderland Strollers	46:11
210	T Midgeley	Bingley H & AC	44:09	301	D Symons	Thames Hare & Hounds	46:11
211	T Bush	Altrincham & District AC	44:11	302	A Combie	Newark AC	46:12
212	J Cunningham	Herne Hill Harriers	44:12	303	D Barks	Mansfield H & AC	46:12
213	J Quint	City Of Norwich AC	44:16	304	N Ashcroft	Warrington AC	46:15
214	R Flannery	Sale Harriers Manchester	44:18	305	C McDonald	South Shields H & AC	46:16
215	S Ratcliffe	Newcastle (Staffs) AC	44:22	306	R Nixon	Ilford AC	46:17
216	R Forsbrook	Cheltenham & County Harriers	44:24	307	K Loundas	Manx Harriers	46:18
217	T Wilks	Leeds City AC	44:26	308	G Jones	Thames Valley Harriers	46:19
218	M Farran	Leeds City AC	44:27	309	M Wilkins	Invicta East Kent AC	46:20
219	N Marley	Kettering Town Harriers	44:29	310	A Johnson	Luton AC	46:21
220	A Rowe	Wesham RR & AC	44:32	311	D Kennedy	Winchester & District AC	46:21
221	N Keys	Enfield & Haringey AC	44:33	312	S Norris	Thames Valley Harriers	46:22
222	S Still	Luton AC	44:35	313	P Sutcliffe	Keighley & Craven AC	46:23
223	P West	Salford H & AC	44:37	314	S Davies	Mansfield H & AC	46:24
224	R Minton	Stratford On Avon AC	44:37	315	S Mounsey	Rotherham H & AC	46:25
225	C Franks	Gateshead H & AC	44:38	316	S Webb	Valley Striders AC	46:26
226	S Jennings	Notts AC	44:38	317	D Lydon	Sunderland Strollers	46:26
227	S Bell	Chester-Le-Street & Dist AC	44:38	318	G Hawking	Knavesmire Harriers	46:28
228	A Morton	Kent AC	44:42	319	J Broom	Holmfirth Harriers AC	46:29
229	D Middlemass	Loftus & Whitby AC	44:46	320	N Carroll	Cambridge & Coleridge AC	46:30
230	M Beamish	City Of Norwich AC	44:47	321	J Wilkins	Invicta East Kent AC	46:31
231	P Waterston	Morpeth H & AC	44:49	322	P Leppard	Hillingdon AC	46:32
232	C Osborn	Blackheath & Bromley Harriers	44:50	323	L Talbot	Blyth RC	46:34
233	L Foster	Wirral AC	44:50	324	C Daniels	Thames Hare & Hounds	46:36
234	T McKee	Kingston Upon Hull AC	44:51	325	K Mackey	South Shields H & AC	46:38
235	J Gilling	Wells City Harriers	44:51	326	L Mathews	Thames Hare & Hounds	46:39
236	E Gumbley	Manx Harriers	44:51	327	N Burke	Altrincham & District AC	46:40
237	W Smith	Keighley & Craven AC	44:52	328	L Cornwall	Wesham RR & AC	46:41
238	A Jackson	Shaftesbury Barnet Harriers	44:53	329	G William	Nene Valley Harriers	46:42
239	M Armstrong	Hartlepool Burn Road H & AC	44:55	330	A Skitt	Manchester H & AC	46:42
240	P Norris	Harrow AC	44:55	331	M Whiting	Belgrave Harriers	46:42
241	J Lowe	Highgate Harriers	44:56	332	I Hayburn	St Helens Sutton AC	46:42
242	L Haze	Kent AC	44:57	333	M Allen	Halesowen A & CC	46:44
243	J Russell	Chester-Le-Street & Dist AC	44:57	334	I Su'-Hutchinson	Crook & District AC	46:44
244	J Kimaiyo	Belgrave Harriers	44:58	335	J Kazer	Cambridge & Coleridge AC	46:45
245	S Rennie	Kingston Upon Hull AC	44:59	336	J Sewell	Rugby & Northampton AC	46:45
246	J S Donnelly	Derwentside AC	45:00	337	N Strange	Knavesmire Harriers	46:46
247	D Kilbey	East Cheshire H & Tameside AC	45:01	338	P Embleton	Chester-Le-Street & Dist AC	46:46
248	P Merrison	Sunderland H & AC	45:02	339	P Lemmon	London Heathside Runners	46:46
249	N Humphreys	Blackheath & Bromley Harriers	45:02	340	L Armitage	Kent AC	46:47
250	D Mason	Belgrave Harriers	45:07	341	D Coetzee	Hercules Wimbledon AC	46:51
251	M Branco	Serpentine RC	45:10	342	G Huxley	Wallsend H & AC	46:52
252	A Welshman	London Heathside Runners	45:13	343	K Robinson	Rochdale H & AC	46:52
253	G Chatterton	Chelmsford AC	45:15	344	P Lazo	Kent AC	46:53
254	A Fox	Manx Harriers	45:16	345	P Bowell	Invicta East Kent AC	46:54
255	M Salt	Cambridge & Coleridge AC	45:18	346	K Hesketh	Preston Harriers	46:55
256	K Donkin	Aldershot Farnham & Dist AC	45:19	347	A Normandale	Nestle Rowntree AC	46:57
257	D McKinlay	Blackheath & Bromley Harriers	45:21	348	A Duncan	Manx Harriers	46:58

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

# English National Cross Country Championships

## at Sunderland on Saturday 10th March 2007

349	T Button	Hartlepool Burn Road H & AC	46:59	440	J Morley	Cambridge & Coleridge AC	48:47
350	L Barlow	Wesham RR & AC	46:59	441	T Egan	Rugby & Northampton AC	48:47
351	D Hendley	Knavesmire Harriers	46:59	442	A Coleman	Woodford Green AC With Essex L	48:47
352	R Sunley	Horsforth Harriers	47:00	443	M Raynes	Nestle Rowntree AC	48:48
353	I Warren	Victoria Park H&Tower Hamlets	47:01	444	J Cox	Middlebrough & Cleveland H	48:48
354	S Griffiths	Kent AC	47:01	445	G Brooks	Wirral AC	48:48
355	J Flahive	London Heathside Runners	47:03	446	C Butcher	Hartlepool Burn Road H & AC	48:49
356	B Atkinson	Knavesmire Harriers	47:03	447	S Robinson	East Cheshire H & Tameside AC	48:51
357	C Shephard	Woodford Green AC With Essex L	47:04	448	D Griffin	Blackheath & Bromley Harriers	48:52
358	D Coales	City Of Bath AC	47:04	449	S Howes	Solihull & Small Heath AC	48:53
359	P Leigh	Wallsend H & AC	47:06	450	B Horrock	Clayton-Le-Moors Harriers	48:53
360	P McCoy	East Hull Harriers & AC	47:06	451	D Pavitt	Chelmsford AC	48:54
361	I Cumming	Woodford Green AC With Essex L	47:07	452	R Vose	St Helens Sutton AC	48:54
362	J Booty	Chelmsford AC	47:07	453	M Clews	Aldershot Farnham & Dist AC	48:55
363	I Stainthorpe	Rochdale H & AC	47:08	454	R Jones	City Of Bath AC	48:55
364	A Smith	Woodford Green AC With Essex L	47:10	455	A Thomas	Keighley & Craven AC	48:55
365	M Vinegrad	East Hull Harriers & AC	47:11	456	D Jones	Rotherham H & AC	48:56
366	P Crockford	London Heathside Runners	47:12	457	D McAtominey	Low Fell RC	48:58
367	N Craigs	Alnwick Harriers	47:14	458	H Bingham	Tynedale H & AC	48:58
368	J Farquharson	Mansfield H & AC	47:15	459	C Leach	Rochdale H & AC	48:59
369	B McMillan	Claremont RR & AC	47:17	460	S Lynas	Severn AC	48:59
370	P McMahan	Trafford AC	47:20	461	A Bangert	Victory AC	48:59
371	A Goodhaie	Askern District AC	47:21	462	M Bailey	Newcastle (Staffs) AC	49:00
372	J Robertson	Derby AC	47:22	463	H Darwin	Rotherham H & AC	49:02
373	R Owen	Tonbridge AC	47:23	464	S Scott	Kent AC	49:02
374	S Livingstone	Garden City Runners	47:26	465	C Laidlaw	Lytham St Annes RR	49:03
375	A Morgan	Halesowen A & CC	47:28	466	K Kemp	London Heathside Runners	49:03
376	A Budarkiewicz	Kingston AC & Polytechnic H	47:30	467	D Wright	Newbury AC	49:04
377	B Wilson	Darlington H & AC	47:31	468	J Potter	Bridlington RR	49:04
378	M Tomlinson	Ripley RC	47:32	469	R Hall	Blackheath & Bromley Harriers	49:04
379	T Marlow	London Heathside Runners	47:33	470	M Senior	Horsforth Harriers	49:06
380	G Harden	Sunderland H & AC	47:33	471	I Pudge	Rossendale H & AC	49:08
381	N Sisson	East Hull Harriers & AC	47:34	472	M Brown	Clayton-Le-Moors Harriers	49:09
382	V Carroll	Rugby & Northampton AC	47:34	473	J McDermott	Houghton & Peterlee AC	49:11
383	M Gore	Invicta East Kent AC	47:35	474	M Gibbons	Houghton & Peterlee AC	49:12
384	J Brook	Louth AC	47:36	475	B Sellsell	Middlebrough & Cleveland H	49:12
385	J Griggs	Coventry Godiva Harriers	47:38	476	P Vincent	Tynedale H & AC	49:16
386	R Harn	Wigan Phoenix	47:38	477	E Dalby	Blaydon H & AC	49:19
387	J Watson	Thames Hare & Hounds	47:39	478	P Parker	Royal Sutton Coldfield AC	49:21
388	N Mitchell	London Heathside Runners	47:41	479	J Thompson	Saltwell Harriers	49:22
389	B Holroyd	Holmfirth Harriers AC	47:43	480	A Owen	London Heathside Runners	49:22
390	J Ward	Herne Hill Harriers	47:44	481	N Morris	Low Fell RC	49:22
391	A Watson	Manx Harriers	47:45	482	B McShane	Blackheath & Bromley Harriers	49:23
392	D Foster	Otley AC	47:46	483	N Percival	Manx Harriers	49:23
393	P Wildmore	Loftus & Whitby AC	47:47	484	J Michaelson	Liverpool H & AC	49:25
394	D Kelley	Newark AC	47:49	485	A Norgate	Longwood Harriers AC	49:29
395	A Nesom	Nestle Rowntree AC	47:50	486	P Goode	Saltwell Harriers	49:30
396	C Hodgson	East Hull Harriers & AC	47:51	487	G Pendlebury	Wesham RR & AC	49:36
397	N Ayrton	Blackheath & Bromley Harriers	47:51	488	D Robins	Heaton Harriers	49:39
398	P Whetton	Thames Valley Harriers	47:52	489	T McCarthy	Woodford Green AC With Essex L	49:40
399	R Marsh	St Helens Sutton AC	47:53	490	B Shiveley	Knavesmire Harriers	49:40
400	J Marvin	Amber Valley AC	47:53	491	S Hargreaves	Lytham St Annes RR	49:41
401	K Galbraith	Hartlepool Burn Road H & AC	47:53	492	D Clowes	Trentham RC	49:45
402	P Redman	Sunderland H & AC	47:54	493	D Shortridge	Victoria Park H&Tower Hamlets	49:47
403	T Parkin	Shaftesbury Barnet Harriers	47:56	494	N Chester	Liverpool H & AC	49:49
404	A Simpson	Stubbington Green Runners	47:59	495	R Thompson	Kenilworth Runners	49:53
405	L Millmore	Birtley AC	48:00	496	S Brazil	The Stragglers	49:56
406	P Mason	Tonbridge AC	48:01	497	K Oakes	Birtley AC	49:57
407	R Garforth	Hartlepool Burn Road H & AC	48:06	498	D Richardson	Alnwick Harriers	49:59
408	P Higham	Norfolk Gazelles	48:07	499	P Riley	Wallasey AC	49:59
409	J Johnson	Wallasey AC	48:09	500	G Johnson	Blackpool Wyre & Fylde AC	50:03
410	M Maple	Ilford AC	48:11	501	I Boardley	Beverley AC	50:07
411	C Dickinson	East Hull Harriers & AC	48:12	502	P Slater	South Shields H & AC	50:10
412	S Burthem	Warrington AC	48:15	503	N Stephens	Warrington AC	50:11
413	P Mitchell	South London Harriers	48:18	504	T Simpson	Beverley AC	50:14
414	A Short	Grantham AC	48:19	505	C Ellis	Loftus & Whitby AC	50:14
415	F Smith	Saltwell Harriers	48:19	506	S Hough	Blackheath & Bromley Harriers	50:15
416	R Murray	Macclesfield H & AC	48:20	507	D Ranson	Birtley AC	50:16
417	K Wood	Saltwell Harriers	48:21	508	E Gilligan	Manchester H & AC	50:19
418	A Tuttle	Newbury AC	48:24	509	C Gray	Bingley H & AC	50:21
419	V Hemy	North Shields Poly	48:25	510	B Greaves	Royton RR	50:23
420	L Browne	East Cheshire H & Tameside AC	48:27	511	A Shorrocks	Blackburn H & AC	50:24
421	C Taylor	Watford Joggers	48:28	512	D Daniels	Wallsend H & AC	50:26
422	N Price	Halesowen A & CC	48:30	513	P Scarr	Rochdale H & AC	50:27
423	A Walker	Reigate Priory AC	48:31	514	I Taylor	Blackheath & Bromley Harriers	50:28
424	M Barlow	Kent AC	48:31	515	S Medhurst	Nene Valley Harriers	50:28
425	N Adams	Bristol & West AC	48:32	516	N Wilson	Nuneaton Harriers	50:30
426	R Williamson	Loftus & Whitby AC	48:32	517	G Wilson	Preston Harriers	50:32
427	K Lee	Wesham RR & AC	48:33	518	K Hoyer	Chelmsford AC	50:33
428	B Dyson	Derby AC	48:33	519	K Edwards	Hartlepool Burn Road H & AC	50:36
429	M Benford	Notts AC	48:34	520	R Sharp	Rotherham H & AC	50:37
430	W Oakes	Kenilworth Runners	48:36	521	P Woodyatt	City Of Norwich AC	50:38
431	C Waugh	Chelmsford AC	48:37	522	N W-Griffiths	South Shields H & AC	50:39
432	M Dalton	Beverley AC	48:38	523	J Bertenshaw	Wesham RR & AC	50:39
433	M Jenkins	Mansfield H & AC	48:38	524	P Ackland	Kendal AAC	50:40
434	D Flett	Mansfield H & AC	48:38	525	F Nolan	Queens Park Harriers	50:40
435	J Collier	Wesham RR & AC	48:39	526	S Hutchinson	Darlington H & AC	50:41
436	C Greenough	Blackburn H & AC	48:41	527	L Christopher	Sunderland H & AC	50:41
437	A Clarke	Liverpool H & AC	48:42	528	P Johnson	Cleethorpes AC	50:42
438	S Brown	Tynedale H & AC	48:43	529	S Wells	Chester-Le-Street & Dist AC	50:45
439	R Maw	Scarborough AC	48:46	530	S Williams	Blackpool Wyre & Fylde AC	50:47

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# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

531	M Ketley	Elswick Harriers	50:50	622	G Stevens	Hartlepool Burn Road H & AC	52:54
532	R Wilkinson	Long Eaton RC	50:52	623	D Chappell	Herne Hill Harriers	52:56
533	M Riches	Belper Harriers	50:53	624	M Bennett	Elvet Striders	53:00
534	N Brown	The Stragglers	50:54	625	B Jackson	Valley Striders AC	53:02
535	P Gulc	Bridlington RR	50:56	626	N Bant	Beverley AC	53:05
536	M Harris	Victory AC	50:57	627	L Pickering	Chelmsford AC	53:08
537	B Hutchinson	Kent AC	50:58	628	T Hiscox	Mansfield H & AC	53:10
538	H Pearson	Otley AC	50:59	629	L Cavill	Morpeth H & AC	53:11
539	R Fairhurst	Keighley & Craven AC	51:00	630	R Gatenby	Leeds City AC	53:12
540	K Ayre	South Shields H & AC	51:01	631	P Foot	Bournville Harriers	53:13
541	J Rees	Barrow Runners	51:02	632	B Wake	Kettering Town Harriers	53:16
542	G Jones	Wallasey AC	51:03	633	C Russell	Mansfield H & AC	53:17
543	R Read	Darlington H & AC	51:04	634	P Galpin	Leamington C & AC	53:17
544	D Dixon	Watford Joggers	51:04	635	L Spencer	Keighley & Craven AC	53:19
545	K Freeman	Blyth RC	51:05	636	A Pestell	Trentham RC	53:20
546	D Warren	Croydon Harriers	51:06	637	I Richardson	North Shields Poly	53:21
547	P Gooding	Bedford & County AC	51:07	638	L Friel	Blaydon H & AC	53:23
548	K McDonald	South Shields H & AC	51:09	639	R Howard	Loftus & Whitby AC	53:23
549	S Fox	Wirral AC	51:10	640	B Myers	Rugby & Northampton AC	53:23
550	P Mullarkey	Saltwell Harriers	51:12	641	A Holford	Woodford Green AC With Essex L	53:25
551	S Saandham	The Stragglers	51:14	642	M Henry	Alnwick Harriers	53:29
552	P Hunter	Aurora Harriers	51:14	643	N Rothwell	The Stragglers	53:33
553	J Saw	Rugby & Northampton AC	51:14	644	D Dunn	Lytham St Annes RR	53:34
554	E Wilson	South Shields H & AC	51:16	645	M Todd	Wallsend H & AC	53:37
555	M Kirby	Nestle Rowntree AC	51:17	646	S Walker	Bexley AC	53:38
556	G Ward	Westbury Harriers	51:18	647	A Glasgow	Wesham RR & AC	53:38
557	A Young	Bristol & West AC	51:18	648	G Boyter	Ealing Southall & Middlesex AC	53:39
558	V Robinson	Wigan Phoenix	51:19	649	G Hewitson	Crook & District AC	53:41
559	K McCormick	Claremont RR & AC	51:19	650	J McKernan	Blaydon H & AC	53:42
560	B Thompson	Halesowen A & CC	51:20	651	J Spencer	Hallamshire Harriers Sheffield	53:45
561	D Smith	Oldham & Royton H & AC	51:20	652	T Towler	Valley Striders AC	53:47
562	G Everard	Lancaster & Morecambe AC	51:21	653	T MacDonald	Bridlington RR	53:48
563	P Stubbs	Hallamshire Harriers Sheffield	51:22	654	L Coles	Claremont RR & AC	53:49
564	B Bailes	Birtley AC	51:23	655	R Dickinson	Blyth RC	53:50
565	M Johnson	North Shields Poly	51:26	656	I Pass	St Helens Sutton AC	53:52
566	D Pearsall	Trentham RC	51:29	657	D Murray	Valley Striders AC	53:52
567	P Doxford	South Shields H & AC	51:30	658	A Hartley	Elswick Harriers	53:53
568	J Edgar	Serpentine RC	51:32	659	S Small	Middlebrough & Cleveland H	53:54
569	G Russell	Low Fell RC	51:33	660	J Henderson	Pactrac	54:00
570	J Queenan	Ilkeston RC	51:36	661	I White	Corby AC	54:01
571	E Kraft	Scarborough AC	51:36	662	S Smith	Garden City Runners	54:02
572	M Cunningham	Manchester H & AC	51:37	663	S McEntee	Heaton Harriers	54:03
573	M Graham	Low Fell RC	51:40	664	M Slevin	Coventry Godiva Harriers	54:04
574	D Newton	Manx Harriers	51:41	665	S Atwell	North Shields Poly	54:06
575	W Fraser	Saltwell Harriers	51:41	666	R Starr	Sutton-In-Ashfield H & AC	54:07
576	M Fone	Enfield & Haringey AC	51:43	667	B Ellis	Horsforth Harriers	54:08
577	P Dixon	Sunderland Strollers	51:44	668	D Wotton	Claremont RR & AC	54:11
578	O Reay	Derwentside AC	51:45	669	P Tait	Tynedale H & AC	54:12
579	L Medley	Longwood Harriers AC	51:45	670	P Bates	Derby AC	54:14
580	P Thomas	Trentham RC	51:47	671	I Lumley	Sunderland Strollers	54:15
581	F Reddington	Spenborough & District AC	51:53	672	P Dark	Sunderland Strollers	54:16
582	K Langan	Knivesmire Harriers	51:56	673	P Banks	Coventry Godiva Harriers	54:16
583	A Farley	East Cheshire H & Tameside AC	51:57	674	T Fowler	Buxton AC	54:18
584	M Baker	Wallsend H & AC	52:01	675	D Walton	Wallasey AC	54:22
585	A Dickson	London Heathside Runners	52:04	676	T Forster	Saltwell Harriers	54:24
586	C Ross	Stafford Harriers	52:05	677	W Richmond	Lytham St Annes RR	54:27
587	I Hughes	Macclesfield H & AC	52:06	678	P Stockings	Woodford Green AC With Essex L	54:27
588	I Lambert	Eton Manor AC	52:13	679	I Hayden	Aurora Harriers	54:29
589	M Kingston	Claremont RR & AC	52:15	680	P Jacob	Holme Pierrepont RC	54:30
590	D Chambers	Derby AC	52:16	681	G Watson	Durham City H & AC	54:31
591	K Hawkes	Stratford On Avon AC	52:17	682	S Keys	Enfield & Haringey AC	54:31
592	G Baird	Middlebrough & Cleveland H	52:17	683	S Cook	Alnwick Harriers	54:31
593	A Hayes	North Shields Poly	52:18	684	D Hughes	East Cheshire H & Tameside AC	54:32
594	A Marriott	Amber Valley AC	52:19	685	D Morris	North Shields Poly	54:32
595	C Bentley	Macclesfield H & AC	52:25	686	D Horness	Loftus & Whitby AC	54:35
596	A Kennis	Thames Hare & Hounds	52:25	687	S Kyte	Elswick Harriers	54:36
597	D Edwards	Garden City Runners	52:28	688	S Perry	Lancaster & Morecambe AC	54:37
598	S Beryl	Blaydon H & AC	52:29	689	J Pearse	New Marske Harriers	54:37
599	P Clark	Beverley AC	52:31	690	B Schofield	Oldham & Royton H & AC	54:40
600	J Murphy	Barnet & District AC	52:33	691	S Leonard	Houghton & Peterlee AC	54:47
601	G Wilkinson	East Hull Harriers & AC	52:33	692	R Beaumont	Trafford AC	54:47
602	L Lavert	South Shields H & AC	52:33	693	S Peacock	Beverley AC	54:51
603	J Holmes	Lincoln Wellington AC	52:34	694	P Hawkins	Stratford On Avon AC	54:53
604	G Fallon	Derby AC	52:35	695	I Povey	New Marske Harriers	54:54
605	P Sloan	Elswick Harriers	52:35	696	K Tietz	Ripley RC	54:55
606	N Cooper	Claremont RR & AC	52:36	697	G Rutherford	Elswick Harriers	54:56
607	D Shaw	Salford H & AC	52:37	698	G Brandie	Lytham St Annes RR	54:58
608	G Pullan	Sunderland Strollers	52:38	699	P York	Ealing Southall & Middlesex AC	55:00
609	R Piggott	Amber Valley AC	52:41	700	P Kidd	Leeds City AC	55:01
610	R Dalby	Rochdale H & AC	52:44	701	J Dancyger	Bromsgrove & Redditch AC	55:02
611	M Chaplin	Cambridge & Coleridge AC	52:45	702	C Conway	Rochdale H & AC	55:03
612	T McGrath	Middlebrough & Cleveland H	52:46	703	M Thirlaway	Gateshead H & AC	55:04
613	G Whitt	Long Eaton RC	52:46	704	D Bottrill	Ilford AC	55:07
614	B Buckley	Derwentside AC	52:47	705	R Mabbutt	Wesham RR & AC	55:08
615	E Lewis	Blaydon H & AC	52:47	706	M Peat	Lancaster & Morecambe AC	55:08
616	P Prior	Claremont RR & AC	52:47	707	A Pemberton	The Stragglers	55:08
617	K Grainger	Darlington H & AC	52:48	708	A Evans	Trentham RC	55:14
618	J Bateman	Ripley RC	52:49	709	I Hodge	Serpentine RC	55:15
619	T Hellings	Lytham St Annes RR	52:50	710	T Baker	Middlebrough & Cleveland H	55:15
620	M Creighton	East Cheshire H & Tameside AC	52:51	711	F Judson	Sunderland H & AC	55:16
621	C Griffin	Blackheath & Bromley Harriers	52:51	712	N Shaw	Rochdale H & AC	55:17

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# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

713	S Buchan	Kingston Upon Hull AC	55:19	804	A Devoy	Wirral AC	57:55
714	K Willshire	Blyth RC	55:25	805	M Wheelton	Macclesfield H & AC	57:57
715	P Manson	Woodford Green AC With Essex L	55:26	806	A Vais	Long Eaton RC	58:01
716	R Brown	Harborough AC	55:28	807	J Clarke	Springfield Striders	58:07
717	A Lynn	Nestle Rowntree AC	55:29	808	D Kear	Claremont RR & AC	58:10
718	A Storey	Blaydon H & AC	55:30	809	S Curry	Elswick Harriers	58:12
719	N Oldham	Manchester H & AC	55:31	810	M Leck	Lancaster & Morecambe AC	58:14
720	P Smith	Darlington H & AC	55:31	811	A Mulliss	Heaton Harriers	58:22
721	J Whiffin	Loughton AC	55:32	812	M Relton	North East Veterans AC	58:25
722	P Watkinson	Beverley AC	55:33	813	S Pearson	Houghton & Peterlee AC	58:26
723	S Williams	Garden City Runners	55:34	814	P Walters	Long Eaton RC	58:26
724	K Allen	Notts AC	55:35	815	P Johnson	Hartlepool Burn Road H & AC	58:28
725	D Preston	Preston Harriers	55:36	816	G Wilkinson	Mansfield H & AC	58:29
726	G Westley	Stubbington Green Runners	55:38	817	J Henderson	North East Veterans AC	58:31
727	D Gunstone	Fife AC	55:39	818	S Moss	Teesdale AC	58:33
728	S Jackson	Preston Harriers	55:41	819	P Dixon	Elswick Harriers	58:39
729	S Hindmarsh	Manchester H & AC	55:42	820	R Hardcastle	Longwood Harriers AC	58:47
730	M Mack	Woodford Green AC With Essex L	55:44	821	R Clay	Stafford Harriers	58:50
731	L Willitson	Elswick Harriers	55:45	822	G Cotter	Cheltenham & County Harriers	58:57
732	S Wilkinson	Wallasey AC	55:46	823	A Webb	North Shields Poly	58:59
733	A Brown	Enfield & Haringey AC	55:46	824	L Boardman	Chorley Harriers	59:01
734	K Wesson	Elvet Striders	55:47	825	D Brignall	Heaton Harriers	59:09
735	A Sellars	Kent AC	55:47	826	A Roberts	Vale Of Aylesbury AC	59:14
736	C Gillon	Alnwick Harriers	55:49	827	D McKay	Kent AC	59:22
737	S Hydon	Sedgefield Harriers	55:50	828	M Peggs	Loftus & Whitby AC	59:29
738	R Wilson	Elswick Harriers	55:50	829	R Sharratt	Ilkeston RC	59:31
739	D Cleverley	Bromsgrove & Redditch AC	55:52	830	A Barclay	Manchester H & AC	59:33
740	A White	Rugby & Northampton AC	55:55	831	K Pyle	Chester-Le-Street & Dist AC	59:36
741	C Burgess	Eye Community Runners	55:56	832	M Munson	Havering 90 Joggers	59:39
742	R Norman	Belper Harriers	55:58	833	D Ford	Tynedale H & AC	59:49
743	D Foster	Bridlington RR	56:00	834	W Raine	Aurora Harriers	59:53
744	E Mathieson	Long Eaton RC	56:00	835	I Humphreys	Mendip AC	59:55
745	E Baty	Heaton Harriers	56:02	836	D Wood	Blackpool Wyre & Fylde AC	1:00:00
746	S Symons	Manchester H & AC	56:02	837	G Kelley	Newark AC	1:00:03
747	C Atwell	Alnwick Harriers	56:03	838	P Kilbey	East Cheshire H & Tameside AC	1:00:11
748	G Gardner	Hartlepool Burn Road H & AC	56:03	839	J Harding	Claremont RR & AC	1:00:14
749	S Millington	Halesowen A & CC	56:08	840	P Robinson	Notts AC	1:00:20
750	N McGraw	Glossopdale Harriers	56:09	841	T Pope	Sinfin RC	1:00:22
751	M Midgeley	Wesham RR & AC	56:15	842	G Adamson	North Shields Poly	1:00:26
752	M Walker	Rochdale H & AC	56:17	843	J Falvey	Ealing Southall & Middlesex AC	1:00:38
753	M Edge	Wesham RR & AC	56:19	844	R Greenhalf	Kenilworth Runners	1:00:42
754	S Adams	Eton Manor AC	56:20	845	F Henderson	North East Veterans AC	1:00:42
755	R Bloom	Herts Phoenix AC	56:22	846	R Green	Woodford Green AC With Essex L	1:00:45
756	V Pauzers	Herne Hill Harriers	56:23	847	P Jackson	Sunderland Strollers	1:00:49
757	D Ainsley	Middlebrough & Cleveland H	56:26	848	A Charles	Horsforth Harriers	1:00:55
758	D Warnaby	Sunderland Strollers	56:27	849	J Paramor	Manchester H & AC	1:01:02
759	A Davy	Leeds City AC	56:33	850	P McArdle	Wallasey AC	1:01:10
760	P Simpson	Vegan Runners UK	56:35	851	D Shoesmith	Macclesfield H & AC	1:01:11
761	G Skerrett	Valley Striders AC	56:37	852	M Dickinson	Houghton & Peterlee AC	1:01:13
762	N Harding	Poole AC	56:40	853	A Willerton	Watford Joggers	1:01:15
763	M Lambert	Kenilworth Runners	56:41	854	G Harrold	Enfield & Haringey AC	1:01:19
764	A Dodd	Ealing Southall & Middlesex AC	56:42	855	R Maxwell	Watford Joggers	1:01:21
765	P Young	Kettering Town Harriers	56:42	856	T Dable	Kenilworth Runners	1:01:23
766	E Parsons	Sedgefield Harriers	56:43	857	D Manners	Claremont RR & AC	1:01:43
767	R Orgill	Newark AC	56:48	858	R Moore	Tynedale H & AC	1:01:53
768	Mike O'Brien	Manchester H & AC	56:49	859	M Clay	Halesowen A & CC	1:02:04
769	M Savage	Springfield Striders	56:49	860	F Strand	South Shields H & AC	1:02:08
770	A Jaconelli	Sunderland Strollers	56:52	861	P Sanderson	Valley Striders AC	1:02:10
771	J Bignell	Hillingdon AC	56:52	862	R Bennett	Newark AC	1:02:14
772	M Jones	Sedgefield Harriers	56:54	863	P Meighen	Blaydon H & AC	1:02:18
773	S Williams	Wallasey AC	56:55	864	S Carter	Middlebrough & Cleveland H	1:02:21
774	N Smith	Derwentside AC	56:56	865	K Hardcastle	Winchester & District AC	1:02:26
775	A Readman	Houghton & Peterlee AC	56:59	866	M Aston	Leamington C & AC	1:02:30
776	N Pratten	Wirral AC	57:03	867	G Little	Horsforth Harriers	1:02:31
777	R Hardy	Luton AC	57:08	868	A Kitchen	Ilkley Harriers	1:02:32
778	J Scholes	Longwood Harriers AC	57:10	869	I Manners	Manchester YMCA Harriers	1:02:34
779	R Bell	Thames Valley Harriers	57:11	870	R PINKNEY	South Shields H & AC	1:02:37
780	M McGann	East Cheshire H & Tameside AC	57:11	871	S Shillington	Kenilworth Runners	1:02:49
781	R Mitson	Notts AC	57:14	872	J Downey	Wirral AC	1:02:51
782	G Winter	Derwentside AC	57:15	873	P Roberts	Rochdale H & AC	1:03:04
783	G Walden	Werrington Joggers	57:16	874	I Park	Horsforth Harriers	1:03:09
784	K Holbrook	Salford H & AC	57:17	875	B Murray	Derwentside AC	1:03:43
785	T Woolridge	Watford Joggers	57:19	876	I Beattie	Telford AC	1:03:45
786	S Rochelle	Saltwell Harriers	57:20	877	D Fereday	Barnet & District AC	1:03:48
787	M Lynock	Bournville Harriers	57:21	878	P Hall	Grantham AC	1:03:53
788	M Brown	Blyth RC	57:29	879	R Powell	Bedford & County AC	1:04:11
789	P Dugmore	Bournville Harriers	57:33	880	Martin O'Brien	Manchester H & AC	1:04:19
790	C Burn	Heaton Harriers	57:35	881	A Edwards	Blackheath & Bromley Harriers	1:04:21
791	J Mayall	Rochdale H & AC	57:35	882	C Jenkins	Newham & Essex Beagles AC	1:04:27
792	T Hanson	Elswick Harriers	57:37	883	L Greaves	Aurora Harriers	1:04:38
793	T Hannah	Otley AC	57:40	884	K Wright	Springfield Striders	1:04:50
794	I Squire	Lytham St Annes RR	57:42	885	D Whitehead	Rochdale H & AC	1:05:02
795	J Skevington	Wreake Runners	57:43	886	D McArdle	Wallasey AC	1:05:09
796	N Hemming	Croydon Harriers	57:44	887	D Collins	South Shields H & AC	1:05:10
797	B Usher	Aurora Harriers	57:47	888	C Russel	Low Fell RC	1:05:13
798	G Vickers	Wesham RR & AC	57:48	889	G Steanson	North East Veterans AC	1:05:29
799	D Hunter	Blackheath & Bromley Harriers	57:49	890	J Armistead	Otley AC	1:05:30
800	N Simpkin	Lytham St Annes RR	57:50	891	I Clarke	Stourbridge RC	1:05:36
801	D Saunders	Claremont RR & AC	57:52	892	A Hodgkiss	Telford AC	1:05:44
802	J Cockburn	Alnwick Harriers	57:52	893	J Brant	Darlington H & AC	1:06:02
803	W Southgate	Rolls-Royce Harriers	57:53	894	S Ingham	Manchester YMCA Harriers	1:06:21

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email: [graham@race-results.co.uk](mailto:graham@race-results.co.uk)  
Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight

SportSoft

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

895	M Partridge	Mansfield H & AC	1:06:24	906	R Curwin	Preston Harriers	1:09:12
896	K Weavers	Aurora Harriers	1:06:27	907	K Holland	Long Eaton RC	1:09:31
897	G Hillier	Harborough AC	1:06:32	908	D Baker	Woodford Green AC With Essex L	1:09:49
898	A Keeler	Ealing Southall & Middlesex AC	1:06:33	909	J Fogarty	Garden City Runners	1:11:24
899	K McGregor	Werrington Joggers	1:06:45	910	R Jones	Havering 90 Joggers	1:12:36
900	A Musgrove	Hartlepool Burn Road H & AC	1:06:51	911	T Millmore	Birtley AC	1:14:30
901	A Lea-Gerrard	Herne Hill Harriers	1:07:52	912	A Purvis	Elvet Striders	1:14:42
902	B Loughton	Werrington Joggers	1:07:56	913	P Kelly	Birtley AC	1:15:03
903	H Manning	Clayton-Le-Moors Harriers	1:08:10	914	N Cook	Aurora Harriers	1:17:14
904	T Allen	Garden City Runners	1:08:22	915	C Bricher	Kenilworth Runners	1:17:19
905	M Lazenby	Middlebrough & Cleveland H	1:08:56	916	G Routledge	Heaton Harriers	1:19:33

## Senior Men — TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Leeds City AC	162	—	14	D Webb	22	J Walsh	25	M Hilton	30	S Deakin	35	D Bilton	36	M Roscoe
2	Bedford & County AC	226	—	2	H Lobb	9	D Deed	24	M Janes	42	N Hall	63	O Matthews	86	N Miller
3	Sale Harriers Manchester	287	—	3	G Raven	41	S North	48	S Mills	61	D Augustus	64	P Green	70	P Tedd
4	Notts AC	290	—	26	B Farquharson	27	T Hartley	39	D Fowle	40	M Whitehouse	52	B Raeside	106	M Blunden
5	Morpeth H & AC	403	—	6	I Hudspith	23	M Hudspith	65	M Morris	75	J Mooney	100	D Swinburne	134	I Hollingsworth
6	Shaftesbury Barnet Harriers	409	—	4	D Bannister	15	R Williams	56	O Edwards	104	K Robertson	113	Trapmore	117	W Grant
7	Newham & Essex Beagles AC	415	—	19	K Gerrard	37	A Robinson	55	L Jones	96	S Farah	97	A Barber	111	R Cole
8	Kent AC	425	—	5	G Thornton	7	J Mays	44	P Pollock	83	J Connor	123	M Claff	163	A Dunwoody
9	Wells City Harriers	460	—	1	F Tickner	11	B Tickner	29	A Marriot	38	A Hennessy	147	P Grist	234	J Gilling
10	OWLS	537	—	21	M Powell	82	S Platts	90	C O'Neill	94	J Boxell	109	R Falkner	141	T Meakin
11	Tipton Harriers	618	—	17	P Hinch	46	M Williams	105	M Buntin	107	P Edmundson	169	J Millington	174	T Holden
12	Bristol & West AC	618	—	8	K Heywood	62	P Willie	84	A Woods	108	D Moore	161	J Wills	195	D Noad
13	Bingley H & AC	618	—	45	M Whitfield	58	I Holmes	78	A Peace	80	R Jebb	148	S MacDonald	209	T Midgley
14	Sunderland H & AC	744	—	54	M Hood	81	B Rushworth	114	S Potts	116	T Field	132	T Doughty	247	P Merrison
15	Blackheath & Bromley Harriers	1118	—	122	A Gibbins	135	P Tucker	177	J Thorpe	205	E Prendergast	231	C Osborn	248	N Humphreys
16	Aldershot Farnham & Dist AC	1122	—	68	M Ashton	73	C Clement	89	S Abillit	185	R Batchelor	255	K Donkin	452	M Clews
17	Belgrave Harriers	1178	—	71	S Jones	92	M Byansi	193	W Cockerell	243	J Kimaiyo	249	D Mason	330	M Whiting
18	Thames Valley Harriers	1183	—	28	C Smith	103	A Fooks	164	D Clark	270	M Ponting	307	G Jones	311	S Norris
19	Woodford Green AC With Essex L	1282	—	66	K Murphy	118	B Powell	178	H Wyber	204	C Brogan	356	C Shephard	360	I Cumming
20	Liverpool H & AC	1364	—	76	J McCole	99	R Burney	110	L Siemaszko	160	R Dewhurst	436	A Clarke	483	J Michaelson
21	Salford H & AC	1432	—	74	P Bangani	133	P Leybourne	191	R Hughes	206	T Elly	222	P West	606	D Shaw
22	Manx Harriers	1551	—	136	J Halligan	235	E Gumbley	253	A Fox	274	D Gray	306	K Loundas	347	A Duncan
23	Nestle Rowntree AC	1578	—	57	A Hilton	67	H Care	272	P Goble	346	A Normandale	394	A Nesom	442	M Raynes
24	Thames Hare & Hounds	1614	—	72	S Wurr	208	N Altmann	300	D Symons	323	C Daniels	325	L Mathews	386	J Watson
25	Herne Hill Harriers	1715	—	77	J Lockett	156	B Paviour	211	J Cunningham	260	S Coombes	389	J Ward	622	D Chappell
26	Mansfield H & AC	1828	—	127	L Cragg	287	P Stafford	302	D Barks	313	S Davies	367	J Farquharson	432	M Jenkins
27	Hartlepool Burn Road H & AC	1857	—	170	A Churchill	238	M Armstrong	295	B Coulter	348	T Button	400	K Galbraith	406	R Garforth
28	Knivesmire Harriers	1863	—	16	K Critchley	317	G Hawking	336	N Strange	350	D Hendley	355	B Atkinson	489	B Shiveley
29	Rotherham H & AC	1940	—	59	J Thewlis	131	P Hoole	314	S Mounsey	455	D Jones	462	H Darwin	519	R Sharp
30	Wesham RR & AC	1943	—	188	C Pass	219	A Rowe	327	L Cornwall	349	L Barlow	426	K Lee	434	J Collier
31	East Hull Harriers & AC	1987	—	79	J Frost	359	P McCoy	364	M Vinograd	380	N Sisson	395	C Hodgson	410	C Dickinson
32	Halesowen A & CC	2033	—	155	D Turvey	192	W Nock	332	M Allen	374	A Morgan	421	N Price	559	B Thompson
33	London Heathside Runners	2073	—	251	A Welshman	338	P Lemmon	354	J Flahive	365	P Crockford	378	T Marlow	387	N Mitchell
34	Chelmsford AC	2136	—	126	E Messer	252	G Chatterton	361	J Booty	430	C Waugh	450	D Pavitt	517	K Hoyer
35	Cambridge & Coleridge AC	2222	—	254	M Salt	266	C Flood	319	N Carroll	334	J Kazer	439	J Morley	610	M Chaplin
36	Coventry Godiva Harriers	2299	—	149	M Radlak	152	S Hazell	279	J McKeown	384	J Griggs	663	M Slevin	672	P Banks
37	St Helens Sutton AC	2308	—	180	G Williams	293	B Graney	331	I Hayburn	398	R Marsh	451	R Vose	655	I Pass
38	Chester-Le-Street & Dist AC	2366	—	203	D Purvis	226	S Bell	242	J Russell	337	P Embleton	528	S Wells	830	K Pyle
39	Loftus & Whitby AC	2481	—	228	D Middlemass	294	A Pearson	392	P Wildmore	425	R Williamson	504	C Ellis	638	R Howard
40	East Cheshire H & Tameside AC	2594	—	246	D Kilbey	282	G Matthews	419	L Browne	446	S Robinson	582	A Farley	619	M Creighton
41	Derby AC	2672	—	13	J Gilby	371	J Robertson	427	B Dyson	589	D Chambers	603	G Fallon	669	P Banks
42	South Shields H & AC	2736	—	304	C McDonald	324	K Mackey	501	P Slater	521	N W-Griffiths	539	K Ayre	547	K McDonald
43	Sunderland Strollers	2751	—	283	K Maynard	299	C Jackson	316	D Lydon	576	P Dixon	607	G Pullan	670	I Lumley
44	Blaydon H & AC	2768	—	183	P Walker	261	A Dent	476	E Dalby	597	S Beryl	614	E Lewis	637	L Friel
45	Beverley AC	2851	—	194	D Williams	431	M Dalton	500	I Boardley	503	T Simpson	598	P Clark	625	N Bant
46	Saltwell Harriers	2916	—	414	F Smith	416	K Wood	478	J Thompson	485	P Goode	549	P Mullarkey	574	W Fraser
47	Rochdale H & AC	2984	—	342	K Robinson	362	I Stainthorpe	458	C Leach	512	P Scarr	609	R Darley	701	C Conway
48	Wirral AC	2986	—	184	M Hulmstom	232	L Foster	444	G Brooks	548	S Fox	775	N Pratten	803	A Devoy
49	Elswick Harriers	3036	—	278	A Thompson	281	K Stephenson	530	M Ketley	604	P Sloan	657	A Hartley	686	S Kyte
50	Darlington H & AC	3076	—	298	S Rutherford	376	B Wilson	525	S Hutchinson	542	R Read	616	K Grainger	719	P Smith
51	The Stragglers	3084	—	158	G Brook	495	S Brazil	533	N Brown	550	S Saandham	642	N Rothwell	706	A Pemberton
52	Rugby & Northampton AC	3086	—	335	J Sewell	381	V Carroll	440	T Egan	552	J Saw	639	B Myers	739	A White
53	Thretham RC	3252	—	275	I Yates	491	D Clowes	565	D Pearsall	579	P Thomas	635	A Pestell	707	A Evans
54	Preston Harriers	3360	—	143	S Hallas	345	K Hesketh	516	G Wilson	724	D Preston	727	S Jackson	905	R Curwin
55	Claremont RR & AC	3387	—	368	B McMillan	558	K McCormick	588	M Kingston	605	N Cooper	615	P Prior	653	L Coles
56	Middlebrough & Cleveland H	3486	—	443	J Cox	474	B Saysell	591	G Baird	611	T McGrath	658	S Small	709	T Baker
57	North Shields Poly	3558	—	418	V Hemye	564	M Johnson	592	A Hayes	636	I Richardson	664	S Atwell	684	D Morris
58	Lytham St Annes RR	3588	—	464	C Laidlaw	490	S Hargreaves	618	T Hellings	643	D Dunn	676	W Richmond	697	G Brandie
59	Manchester H & AC	3598	—	329	A Skitt	507	E Gilligan	571	M Cunningham	718	N Oldham	728	S Hindmarsh	745	S Symons
60	Wallasey AC	3624	—	408	J Johnson	498	P Riley	541	G Jones	674	D Walton	731	S Wilkinson	772	S Williams
61	Alnwick Harriers	3667	—	366	N Craigs	497	D Richardson	641	M Henry	682	S Cook	735	C Gillon	746	C Atwell
62	Tynedale H & AC	3726	—	437	S Brown	457	H Bingham	475	P Vincent	668	P Tait	832	D Ford	857	R Moore
63	Birtley AC	3791	—	404	L Millmore	496	K Oakes	506	D Ranson	563	B Bailes	910	T Millmore	912	P Kelly
64	Derwentside AC	3863	—	245	J S Donnelly	577	O Reay	613	B Buckley	773	N Smith	781	G Winter	874	B Murray
65	Valley Striders AC	3866	—	315	S Webb	624	B Jackson	656	D Murray	656	D Murray	760	G Skerrett	860	P Sanderson
66	Houghton & Peterlee AC	4072	—	472	J McDermott	473	M Gibbons	690	S Leonard	774	A Readman	812	S Pearson	851	M Dickinson
67	Horsforth Harriers	4072	—	351	R Sunley	496	M Senior	666	B Ellis	847	A Charles	866	G Little	873	I Park
68	Garden City Runners	4163	—	373	S Livingstone	569	D Edwards	661	S Smith	722	S Williams	903	T Allen	908	J Fogarty
69	Kenilworth Runners	4253	—	429	W Oakes	494	R Thompson	762	M Lambert	843	R Greenhalf	855	T Dable	870	S Shillington
70	Heaton Harriers	4316	—	487	D Robins	662	S McEntee	744	E Baty	789	C Burn	810	A Mulliss	824	D Brignall
71	Long Eaton RC	4410	—	531	R Wilkinson	612	G Whitt	743	E Mathieson	805	A Vais	813	P Walters	906	K Holland
72	Aurora Harriers	4635	—	551	P Hunter	678	I Hayden	796	B Usher	833	W Raine	882	L Greaves	895	K Weavers

# English National Cross Country Championships at Sunderland on Saturday 10th March 2007

## Senior Men — 9 MAN TEAM RESULTS

**NOTE: Unattached and non-counters are DELETED before teams are calculated**

1	Leeds City AC	309	—	14	D Webb	22	J Walsh	25	M Hilton	30	S Deakin	35	D Bilton	36	M Roscoe
				47	M Gostling	49	G Hull	51	A Osborne						
2	Bedford & County AC	565	—	2	H Lobb	9	D Deed	24	M Janes	42	N Hall	63	O Matthews	86	N Miller
				95	C Riley	102	S Body	142	A Cross						
3	Sale Harriers Manchester	775	—	3	G Raven	41	S North	48	S Mills	61	D Augustus	64	P Green	70	P Tedd
				93	M Bond	182	C Heys	213	R Flannery						
4	Notts AC	784	—	26	B Farquharson	27	T Hartley	39	D Fowlie	40	M Whitehouse	52	B Raeside	106	M Blunden
				150	T Woodthorpe	157	I Boneham	187	J Hayden						
5	Morpeth H & AC	884	—	6	I Hudspith	23	M Hudspith	65	M Morris	75	J Mooney	100	D Swinburne	134	I Hollingsworth
				146	N Wilkinson	154	A Lawrence	181	B Harrison						
6	Kent AC	1021	—	5	G Thornton	7	J Mays	44	P Pollock	83	J Connor	123	M Claff	163	A Dunwoody
				173	R Munn	196	S Taylor	227	A Morton						
7	Shaftesbury Barnet Harriers	1066	—	4	D Bannister	15	R Williams	56	O Edwards	104	K Robertson	113	Trapmore	117	W Grant
				130	D Lewis	237	A Jackson	290	A Murphy						
8	Sunderland H & AC	1816	—	54	M Hood	81	B Rushworth	114	S Potts	116	T Field	132	T Doughty	247	P Merrison
				292	A Lilliendale	379	G Harden	401	P Redman						
9	Blackheath & Bromley Harriers	2217	—	122	A Gibbins	135	P Tucker	177	J Thorpe	205	E Prendergast	231	C Osborn	248	N Humphreys
				256	D McKinlay	396	N Ayrtton	447	D Griffin						
10	Woodford Green AC With Essex L	2574	—	66	K Murphy	118	B Powell	178	H Wyber	204	C Brogan	356	C Shephard	360	I Cumming
				363	A Smith	441	A Coleman	488	T McCarthy						
11	Manx Harriers	2996	—	136	J Halligan	235	E Gumbley	253	A Fox	274	D Gray	306	K Loundas	347	A Duncan
				390	A Watson	482	N Percival	573	D Newton						
12	Hartlepool Burn Road H & AC	3441	—	170	A Churchill	238	M Armstrong	295	B Coulter	348	T Button	400	K Galbraith	406	R Garforth
				445	C Butcher	518	K Edwards	621	G Stevens						
13	Mansfield H & AC	3520	—	127	L Cragg	287	P Stafford	302	D Barks	313	S Davies	367	J Farquharson	432	M Jenkins
				433	D Flett	627	J Hiscox	632	C Russell						
14	Wesham RR & AC	3597	—	188	C Pass	219	A Rowe	327	L Cornwall	349	L Barlow	426	K Lee	434	J Collier
				486	G Pendlebury	522	J Bertenshaw	646	A Glasgow						
15	London Heathside Runners	3601	—	251	A Welshman	338	P Lemmon	354	J Flahive	365	P Crockford	378	T Marlow	387	N Mitchell
				465	K Kemp	479	A Owen	584	A Dickson						
16	South Shields H & AC	4456	—	304	C McDonald	324	K Mackey	501	P Slater	521	N W-Griffiths	539	K Ayre	547	K McDonald
				553	E Wilson	566	P Doxford	601	L Lavert						
17	East Cheshire H & Tameside AC	4893	—	246	D Kilbey	282	G Matthews	419	L Browne	446	S Robinson	582	A Farley	619	M Creighton
				683	D Hughes	779	M McGann	837	P Kilbey						
18	Sunderland Strollers	4948	—	283	K Maynard	299	C Jackson	316	D Lydon	576	P Dixon	607	G Pullan	670	I Lumley
				671	P Dark	757	D Warnaby	769	A Jacconelli						
19	Blaydon H & AC	4996	—	183	P Walker	261	A Dent	476	E Dalby	597	S Beryl	614	E Lewis	637	L Friel
				649	J McKernan	717	A Storey	862	P Meighen						
20	Elswick Harriers	5199	—	278	A Thompson	281	K Stephenson	530	M Ketley	604	P Sloan	657	A Hartley	686	S Kyte
				696	G Rutherford	730	L Willietson	737	R Wilson						
21	Rochdale H & AC	5236	—	342	K Robinson	362	I Stainthorpe	458	C Leach	512	P Scarr	609	R Dalby	701	C Conway
				711	N Shaw	751	M Walker	790	J Mayall						
22	Claremont RR & AC	5661	—	368	B McMillan	558	K McCormick	588	M Kingston	605	N Cooper	615	P Prior	653	L Coles
				667	D Wotton	800	D Saunders	807	D Kear						
23	Middlebrough & Cleveland H	6009	—	443	J Cox	474	B Saysell	591	G Baird	611	T McGrath	658	S Small	709	T Baker
				756	D Ainsley	863	S Carter	904	M Lazenby						
24	Manchester H & AC	6042	—	329	A Skitt	507	E Gilligan	571	M Cunningham	718	N Oldham	728	S Hindmarsh	745	S Symons
				767	Mike O'Brien	829	A Barclay	848	J Paramor						