

## Sheet1

Pos	RaceNo	Time	Name	Club
1	2031	00:11:22	Jessica Judd	Thurrock Harriers
2	1890	00:11:42	Grace Howie	Poole AC
3	1676	00:11:43	Hannah Bethwaite	Ellenborough AC
4	1504	00:11:49	Ruth Bourne	Aldershot Farnham & District AC
5	1598	00:11:52	Jade Bird	Cannock & Stafford AC
6	1513	00:11:54	Susan Shiel Rankin	Aldershot Farnham & District AC
7	1952	00:11:56	Karis Mimms	Shaftesbury Barnet Harriers
8	1760	00:11:58	Shannon Johnson	Leigh Harriers & AC
9	1695	00:11:59	Sky Draper	Harrow AC
10	1981	00:12:00	Louise Baker	Staffordshire Moorlands AC
11	1761	00:12:07	Bethany Jones	Leigh Harriers & AC
12	2006	00:12:08	Imogen Briscoe	Stroud & District AC
13	1685	00:12:08	Holly Callaghan	Halifax Harriers
14	1748	00:12:09	Amy Griffiths	Leicester Coritanian AC
15	1529	00:12:10	Molly McKenzie	Bedford & County AC
16	1728	00:12:10	Jessica Lonsdale	Kingston upon Hull AC
17	1966	00:12:10	Aimee Garnett	Southend AC
18	1806	00:12:11	Danielle Wallis	Macclesfield Harriers & AC
19	1502	00:12:13	Jade Anderson Busby	Aldershot Farnham & District AC
20	1771	00:12:15	Bo Haywood	Lincoln Wellington AC
21	1790	00:12:17	Beth Tynan	Liverpool Harriers & AC
22	1747	00:12:18	Megan Fairbrother	Leicester Coritanian AC
23	1863	00:12:18	Emily Sales	Nuneaton Harriers
24	1506	00:12:18	Leigh Chapman	Aldershot Farnham & District AC
25	1740	00:12:20	Tilly Abraham	Leicester Coritanian AC
26	1929	00:12:22	Alice Sadler	Royal Sutton Coldfield AC
27	1616	00:12:23	Georgina Gunn	Cheltenham & County Harriers
28	1729	00:12:24	Katie Michaels	Kingston upon Hull AC
29	1741	00:12:24	April Beeby	Leicester Coritanian AC
30	1898	00:12:25	Beki Taylor	Reading AC
31	1683	00:12:26	Nicole Bailey	Halesowen AC
32	1642	00:12:26	Naomi Richardson	Coventry Godiva Harriers
33	1694	00:12:26	Claire Wilsher	Hallamshire Harriers
34	1530	00:12:26	Rebecca Murray	Bedford & County AC
35	1633	00:12:27	Celine Bangay	Corby AC
36	1576	00:12:27	Alice Reed	Bodyworks XTC Tri Store
37	2058	00:12:28	Tessa McCormick	West Cheshire AC
38	1999	00:12:28	Olivia Wild	Stockport Harriers AC
39	2038	00:12:29	Pandora Banbury	Tonbridge AC
40	1955	00:12:29	Yee Yewt Smart	Shaftesbury Barnet Harriers
41	1803	00:12:29	Revee Nolan	Luton AC
42	1867	00:12:29	Armanni Antoine Chager	Orion Harriers
43	1749	00:12:30	Emily Orton	Leicester Coritanian AC
44	1970	00:12:30	Bethany Ellis	Spenborough AC
45	2029	00:12:31	Sasha Tory	Thames Valley Harriers
46	2007	00:12:31	Corrine Blythe	Tamworth AC
47	1915	00:12:31	Codie Marsh	Rotherham Harriers & AC
48	1878	00:12:31	Lauren Hawtin	Oxford City AC
49	1532	00:12:32	Megan Shreeves	Bedford & County AC
50	1720	00:12:33	Camilla Denton	Kettering Town Harriers
51	2042	00:12:33	Alice Wood	Tonbridge AC
52	1617	00:12:34	Mia O'Connell	Cheltenham & County Harriers

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53	1733	00:12:34	Sarah Hodgson	Lancaster & Morecambe AC
54	1886	00:12:35	Stephanie Williams	Peterborough AC
55	2032	00:12:36	Ailish Craig	Tipton Harriers
56	1602	00:12:38	Rebecca Straw	Cannock & Stafford AC
57	1928	00:12:38	Rebecca Robinson	Royal Sutton Coldfield AC
58	1776	00:12:38	Katie Bowers Folan	Liverpool Harriers & AC
59	1788	00:12:39	Olivia Perez	Liverpool Harriers & AC
60	1606	00:12:40	Joni Ashford	Charnwood AC
61	1951	00:12:43	Freya Lenton	Shaftesbury Barnet Harriers
62	1836	00:12:43	Rebecca Carver	Mendip AC
63	1527	00:12:44	Alanah Harris	Bedford & County AC
64	1919	00:12:44	Niamh Gent	Royal Sutton Coldfield AC
65	1784	00:12:45	Bethany Mason	Liverpool Harriers & AC
66	1762	00:12:45	Ashley Kearsley	Leigh Harriers & AC
67	1978	00:12:45	Chelsea Jarvis	St.Helens Sutton AC
68	1542	00:12:46	Jessica Freeman	Birchfield Harriers
69	1887	00:12:46	Georgia Woods	Peterborough AC
70	1866	00:12:46	Emma Peters	Oldham & Royton Harriers & AC
71	1812	00:12:47	Charlotte Bellingham	Mansfield Harriers & AC
72	1850	00:12:47	Page Lambert	Nene Valley Harriers
73	1927	00:12:47	Nicole Parsons	Royal Sutton Coldfield AC
74	1688	00:12:47	Fiona Bell	Hallamshire Harriers
75	1971	00:12:48	Mollie Flannery	Spenborough AC
76	1555	00:12:48	S Taylor	Birtley AC
77	1545	00:12:50	Ellie Howat	Birchfield Harriers
78	1923	00:12:52	Gabrielle Kinney	Royal Sutton Coldfield AC
79	1552	00:12:52	S Forster	Birtley AC
80	1780	00:12:53	Rebecca Donohue	Liverpool Harriers & AC
81	1696	00:12:54	Amanda Blaxland	Havering Mayesbrook AC
82	1774	00:12:54	Katrina Thomas	Lincoln Wellington AC
83	1862	00:12:54	Lindsey Deacon	Nuneaton Harriers
84	1811	00:12:54	Chevelle Baxter	Mansfield Harriers & AC
85	1976	00:12:55	Izzy Thompson	St.Albans AC
86	1620	00:12:56	Bethany Angell	City of Sheffield AC
87	1972	00:12:56	Emma Wilkinson	Spenborough AC
88	1799	00:12:57	Sydney Cherrie	Louth AC
89	2078	00:12:57	Annie Leathem	Leamington C & AC
90	1768	00:12:57	Maddy Smith	Lewes AC
91	1817	00:12:58	Demi Jade Jakymelen	Mansfield Harriers & AC
92	1875	00:12:59	Hannah Byren	Oxford City AC
93	1742	00:12:59	Rachel Borrows	Leicester Coritanian AC
94	2052	00:12:59	Olivia Radcliffe	Wakefield & District Harriers AC
95	1553	00:13:00	B Oakes	Birtley AC
96	1631	00:13:00	Katy Wood	City of York AC
97	1525	00:13:00	Megan Angell	Bedford & County AC
98	1855	00:13:00	Amy Sweet	Newquay & Par AC
99	1719	00:13:00	Eilidh Sproul	Kendal AC
100	1528	00:13:01	Ellie Kemming	Bedford & County AC
101	1650	00:13:01	Veleska Wills	Derby AC
102	1645	00:13:01	Fiona Dewar	Darlington Harriers
103	1682	00:13:02	Sophia Tucker	Grantham AC
104	1993	00:13:04	Imogen Nutter	Stockport Harriers AC
105	1723	00:13:05	Holly Rice	Kettering Town Harriers

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106	1935	00:13:05	Victoria Calderbank	Sale Harriers Manchester
107	1763	00:13:05	Georgina Leck	Leigh Harriers & AC
108	1982	00:13:06	Lucy Farrell	Staffordshire Moorlands AC
109	1818	00:13:06	Molly Johnson	Mansfield Harriers & AC
110	2082	00:13:07	Katheryn Jones	Leamington C & AC
111	2057	00:13:07	Stephanie Burton	Werrington Joggers
112	1963	00:13:08	Maria Kavanagh	South London Harriers
113	1872	00:13:08	Georgia Tuckfield	Orion Harriers
114	2027	00:13:12	Rebecca Power Ross	Thames Valley Harriers
115	1584	00:13:12	Ellie Boyson	Boston & District AC
116	1520	00:13:12	Jessica Turner	Amber Valley AC
117	1833	00:13:13	Loren Keighley	Marshall Milton Keynes AC
118	1975	00:13:14	Megan Steer	St.Albans AC
119	1931	00:13:15	Rachel Smith	Royal Sutton Coldfield AC
120	1711	00:13:15	Alex Clay	Invicta East Kent AC
121	1731	00:13:15	Katie Norris	Kingston upon Hull AC
122	1692	00:13:16	Hannah Malmgren	Hallamshire Harriers
123	1512	00:13:16	Abbie Schmid	Aldershot Farnham & District AC
124	1730	00:13:16	Alice Middleton	Kingston upon Hull AC
125	1957	00:13:16	Zoe Hewitson	Shildon R & AC
126	1583	00:13:17	Emma Wiggans	Bolton United Harriers & AC
127	1926	00:13:17	Naomi O'Brien	Royal Sutton Coldfield AC
128	1988	00:13:18	Nicola Berry	Stockport Harriers AC
129	1949	00:13:18	Rebecca Graham	Shaftesbury Barnet Harriers
130	1953	00:13:19	Danni Newman	Shaftesbury Barnet Harriers
131	1652	00:13:19	Ciara Denny	Dorking & Mole Valley AC
132	1967	00:13:19	Jordan Lacey	Southend AC
133	1666	00:13:19	Heather Booth	East Cheshire Harriers & Tameside AC
134	1894	00:13:19	Molly Haines	Reading AC
135	1710	00:13:20	Annabelle Carter	Invicta East Kent AC
136	1821	00:13:20	Hayley Silver	Mansfield Harriers & AC
137	1930	00:13:20	Lydia Sergiew	Royal Sutton Coldfield AC
138	1603	00:13:21	Tara Thorpe	Cannock & Stafford AC
139	1865	00:13:21	Chloe Ward	Nuneaton Harriers
140	1703	00:13:21	Maisie Hilliare	Herne Hill Harriers
141	1575	00:13:22	Stacey Robinson	Blyth RC
142	1789	00:13:22	Erin Stewart	Liverpool Harriers & AC
143	1888	00:13:22	Hayley Woodward	Peterborough AC
144	2044	00:13:23	Hannah Bishop	Vale Royal AC
145	1597	00:13:23	Elle Twentyman	Buxton AC
146	1974	00:13:24	Anna McKenzie	St.Albans AC
147	1596	00:13:24	Natasha Lindley	Buxton AC
148	1687	00:13:24	Francesca Oddy	Halifax Harriers
149	2069	00:13:26	L Bourne	Worthing & District Harriers
150	1684	00:13:26	Annie Robertson	Halesowen AC
151	2050	00:13:27	Libby Greatorex	Wakefield & District Harriers AC
152	2040	00:13:27	Katie Humphrey	Tonbridge AC
153	1804	00:13:28	Ellie Still	Luton AC
154	1732	00:13:28	Christina Bell	Lancaster & Morecambe AC
155	1991	00:13:29	Carla Edwards	Stockport Harriers AC
156	1924	00:13:29	Megan McBrien	Royal Sutton Coldfield AC
157	1954	00:13:29	Nikita Shah	Shaftesbury Barnet Harriers
158	1830	00:13:29	Gemma Childs	Marshall Milton Keynes AC

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159	1551	00:13:30	Sian Whittingham	Birchfield Harriers
160	1670	00:13:30	Danielle Leath	East Cheshire Harriers & Tameside AC
161	1517	00:13:30	Rosie Blunt	Amber Valley AC
162	1786	00:13:31	Sarah McDonough	Liverpool Harriers & AC
163	1604	00:13:31	Lydia Trow	Cannock & Stafford AC
164	1783	00:13:32	Natasha Kyffin	Liverpool Harriers & AC
165	1775	00:13:32	Holly Barrett	Liverpool Harriers & AC
166	1925	00:13:32	Evie McGrail	Royal Sutton Coldfield AC
167	1587	00:13:33	Robyn Brailey	Bristol & West AC
168	1877	00:13:33	Elissa Clark	Oxford City AC
169	1755	00:13:33	Katie Blackley	Leigh Harriers & AC
170	1769	00:13:33	Abbie Donnelly	Lincoln Wellington AC
171	2048	00:13:33	Kate Moulds	Vale Royal AC
172	1900	00:13:33	Emma Taylor	Reading AC
173	1816	00:13:33	Hannah Hardy	Mansfield Harriers & AC
174	1753	00:13:35	Olivia Tansey	Leicester Coritanian AC
175	1589	00:13:35	Chloe Hayward	Bristol & West AC
176	2004	00:13:36	Molly White	Stratford-on-Avon AC
177	1815	00:13:36	Robyn Foster	Mansfield Harriers & AC
178	1668	00:13:36	Sophie Dickie	East Cheshire Harriers & Tameside AC
179	1968	00:13:37	Jessica Mead	Southend AC
180	1987	00:13:37	Aimee Aikin	Stockport Harriers AC
181	1943	00:13:37	Lucy Matthews	Salford Metropolitan AC
182	1964	00:13:38	Ruth Myburgh	South London Harriers
183	1781	00:13:38	Vicky Evans	Liverpool Harriers & AC
184	1750	00:13:39	Hannah Perry	Leicester Coritanian AC
185	1847	00:13:39	Rhiannon Harris	Nene Valley Harriers
186	1601	00:13:39	Amelia Ridgway	Cannock & Stafford AC
187	1921	00:13:39	Ellie Goodall	Royal Sutton Coldfield AC
188	2046	00:13:39	Jade Evans	Vale Royal AC
189	1700	00:13:40	Leila Abandah	Herne Hill Harriers
190	1515	00:13:42	Roseanna Stewart	Aldershot Farnham & District AC
191	1824	00:13:44	Tamsin Smith	Mansfield Harriers & AC
192	1735	00:13:44	Grace Coburn	Leeds City AC
193	1580	00:13:44	Leah Peploe	Bolton United Harriers & AC
194	1907	00:13:45	Megan Bailey	Rotherham Harriers & AC
195	1881	00:13:45	Bethany Freeman	Peterborough AC
196	1828	00:13:46	Lorna Adams	Marshall Milton Keynes AC
197	1969	00:13:46	Katie Byrne	Spenborough AC
198	1627	00:13:46	Grace Mahoney	City of Stoke AC
199	1522	00:13:47	Kirstie Conway	Barnet & District AC
200	1986	00:13:49	Jasmin Southam	Stilton Striders
201	1767	00:13:49	Hannah Jackson	Lewes AC
202	1956	00:13:49	Amy Etherington	Shildon R & AC
203	1667	00:13:50	Hannah Davies	East Cheshire Harriers & Tameside AC
204	1832	00:13:50	Amy Hulley	Marshall Milton Keynes AC
205	1918	00:13:51	Hannah Davis	Royal Sutton Coldfield AC
206	1669	00:13:51	Courtney Donald	East Cheshire Harriers & Tameside AC
207	1808	00:13:52	Ciara Green	Manchester Harriers & AC
208	1746	00:13:52	Bethan Elliot	Leicester Coritanian AC
209	2053	00:13:52	Bethany Sharp	Wakefield & District Harriers AC
210	1614	00:13:53	Rebecca Wade	Chelmsford AC
211	1902	00:13:53	Amy Coulson	Richmond & Zetland Harriers

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212	1691	00:13:53	Alice Hague	Hallamshire Harriers
213	1509	00:13:53	Emily Murray	Aldershot Farnham & District AC
214	1765	00:13:53	Bethany Unsworth	Leigh Harriers & AC
215	1578	00:13:53	Bryony Mutton	Bolton United Harriers & AC
216	1802	00:13:55	Grace Keane	Luton AC
217	1663	00:13:55	Shannon Powell	Ealing Southall & Middx. AC
218	1639	00:13:56	Abigale Morrow Harris	Corby AC
219	1536	00:13:56	Eden Tanner	Bexley AC
220	1997	00:13:56	Jessica Shaw	Stockport Harriers AC
221	1979	00:13:57	Rachel Wilcock	St.Helens Sutton AC
222	1903	00:13:59	Abbie Fletcher	Richmond & Zetland Harriers
223	1777	00:14:00	Hannah Burgon	Liverpool Harriers & AC
224	2033	00:14:00	Lauren Evans	Tipton Harriers
225	1533	00:14:01	Armored Tribbeck	Bedford & County AC
226	2079	00:14:01	Fleur O'Dwyer	Leamington C & AC
227	1766	00:14:02	Grace Warburton	Leigh Harriers & AC
228	1960	00:14:03	Tessa Billup	South London Harriers
229	1845	00:14:03	Sarah Wilkes	Morpeth Harriers & AC
230	2075	00:14:03	Ellen McNeelance	Wreake Runners
231	1677	00:14:05	Megan Hansew	Erme Valley Harriers
232	1634	00:14:06	Georgia Bevins	Corby AC
233	2073	00:14:06	Emily Hollis	Wreake Runners
234	1814	00:14:07	Emily D'Aguiar	Mansfield Harriers & AC
235	1727	00:14:07	Rebecca Gill	Kingston upon Hull AC
236	1531	00:14:07	Leah Relton	Bedford & County AC
237	2041	00:14:07	Lucy Roud	Tonbridge AC
238	1882	00:14:08	Maiya Greenwood	Peterborough AC
239	1994	00:14:09	Emma O'Connell	Stockport Harriers AC
240	1842	00:14:10	Adele Stewart	Morpeth Harriers & AC
241	1590	00:14:10	Orianna Ball	Bromsgrove & Redditch AC
242	1569	00:14:10	Hope Stenning	Blackheath & Bromley Harriers AC
243	1946	00:14:11	Louise Wilson	Salford Metropolitan AC
244	1933	00:14:12	Alice Bennett	Sale Harriers Manchester
245	1591	00:14:12	George Hartigan	Bromsgrove & Redditch AC
246	2035	00:14:12	Chloe Hingley	Tipton Harriers
247	1895	00:14:13	Nicole Haines	Reading AC
248	1973	00:14:15	Hannah Hull	St.Albans AC
249	1770	00:14:15	Hanna Dunderdale	Lincoln Wellington AC
250	1661	00:14:15	Evie King	Ealing Southall & Middx. AC
251	1635	00:14:16	Holly Bevins	Corby AC
252	1764	00:14:17	Lauren O'Malley	Leigh Harriers & AC
253	1858	00:14:18	India Hasnid	Notts AC
254	1810	00:14:18	Kate McDermott	Manchester Harriers & AC
255	2015	00:14:19	Eloise Redfern	Tamworth AC
256	1773	00:14:19	Rhiannon Philps	Lincoln Wellington AC
257	1829	00:14:20	Emily Bousfield	Marshall Milton Keynes AC
258	1621	00:14:21	Paige Massey	City of Sheffield AC
259	2014	00:14:22	Bethany Puffett	Tamworth AC
260	1550	00:14:23	Katy Warren	Birchfield Harriers
261	1809	00:14:24	Alice Hughes	Manchester Harriers & AC
262	1998	00:14:24	Sarah Tipping	Stockport Harriers AC
263	1857	00:14:25	Grace Foster	Notts AC
264	2056	00:14:25	Sarah Jervis	Warrington AC

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265	2037	00:14:27	Hayleigh Wright	Tipton Harriers
266	1759	00:14:28	Ashley Hayes	Leigh Harriers & AC
267	1574	00:14:29	Emily Wass	Blackwell & District AC
268	1610	00:14:29	Veda Jallard	Charnwood AC
269	1959	00:14:29	Amy Billup	South London Harriers
270	1672	00:14:30	Shalom Mirza	East Cheshire Harriers & Tameside AC
271	2045	00:14:30	Heather Careys	Vale Royal AC
272	1936	00:14:31	Nancy Clare	Sale Harriers Manchester
273	2018	00:14:31	Amber James	Team Bath AC
274	1641	00:14:33	Rebecca Wymant	Corby AC
275	2002	00:14:33	Ellen Scholes	Stratford-on-Avon AC
276	1702	00:14:34	Georgie Hay	Herne Hill Harriers
277	1899	00:14:34	Bethan Taylor	Reading AC
278	1785	00:14:38	Laura McCourt	Liverpool Harriers & AC
279	1718	00:14:38	Joelle Campbell	Kendal AC
280	1581	00:14:38	Georgia Taylor Green	Bolton United Harriers & AC
281	1848	00:14:38	Pam Jacobs	Nene Valley Harriers
282	1637	00:14:39	Helena Keenan	Corby AC
283	1572	00:14:40	Lyndsey Morgan	Blackwell & District AC
284	2039	00:14:40	Ella Farndon	Tonbridge AC
285	1568	00:14:40	Holly Starling	Blackheath & Bromley Harriers AC
286	1653	00:14:41	K Bailey	Ealing Southall & Middx. AC
287	1932	00:14:42	Miranda Stoddart	Royal Sutton Coldfield AC
288	1920	00:14:43	Gemma Gilbert	Royal Sutton Coldfield AC
289	1840	00:14:43	Stephanie Purvis	Morpeth Harriers & AC
290	1660	00:14:44	Mari Johnson	Ealing Southall & Middx. AC
291	1917	00:14:45	Georgina Spencer	Rotherham Harriers & AC
292	1744	00:14:47	Molly Burd	Leicester Coritanian AC
293	2077	00:14:47	Ellie Mae Wilson	Wreake Runners
294	1883	00:14:47	Sophie Lambert	Peterborough AC
295	2034	00:14:49	Lauren Fairfax	Tipton Harriers
296	1823	00:14:50	Jessica Smith	Mansfield Harriers & AC
297	1905	00:14:52	Rosie Stirr	Richmond & Zetland Harriers
298	1782	00:14:52	Anna Forde	Liverpool Harriers & AC
299	2036	00:14:53	Harriett Vincent	Tipton Harriers
300	1738	00:14:53	India Wilson	Leeds City AC
301	1835	00:14:54	Hayley Carver	Mendip AC
302	1577	00:14:54	Catherine Jones	Bolton United Harriers & AC
303	1751	00:14:55	Rebecca Saunders	Leicester Coritanian AC
304	1664	00:14:56	Ellis Redmond	Ealing Southall & Middx. AC
305	1516	00:14:56	Nicola Scott	Altrincham & District AC
306	1912	00:14:56	Emily Hutchinson	Rotherham Harriers & AC
307	1626	00:14:57	Jade Heath	City of Stoke AC
308	1977	00:14:57	Louise Hayes	St.Helens Sutton AC
309	1673	00:14:59	Hartshorne Phoebe	East Cheshire Harriers & Tameside AC
310	1841	00:15:00	Eve Shashova	Morpeth Harriers & AC
311	1846	00:15:03	Megan Griessel	Nene Valley Harriers
312	2071	00:15:03	Cassie Amor	Wreake Runners
313	1599	00:15:05	Alice Fone	Cannock & Stafford AC
314	2028	00:15:06	Cassia Rowland	Thames Valley Harriers
315	2024	00:15:06	Aneta Jaskulska	Thames Valley Harriers
316	2080	00:15:07	Hope O'Dwyer	Leamington C & AC
317	1754	00:15:08	Ella Voss	Leicester Coritanian AC

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318	2003	00:15:09	Hannah Taylor	Stratford-on-Avon AC
319	1624	00:15:11	Jessica Griffiths	City of Stoke AC
320	1822	00:15:13	Holly Smith	Mansfield Harriers & AC
321	1622	00:15:14	Hayley Simpson	City of Sheffield AC
322	1674	00:15:15	Hayley Simpson	East Cheshire Harriers & Tameside AC
323	1665	00:15:15	Lauren Alford	East Cheshire Harriers & Tameside AC
324	1662	00:15:15	H McDougall	Ealing Southall & Middx. AC
325	1547	00:15:16	Phoebe Ratcliffe	Birchfield Harriers
326	1623	00:15:17	Alison Stoney	City of Sheffield AC
327	1595	00:15:18	Jade Hill	Buxton AC
328	1726	00:15:18	Zoe Czelecki	Kingston upon Hull AC
329	1571	00:15:19	Kerryn Marsh	Blackwell & District AC
330	1734	00:15:20	Lauren Sharkey	Lancaster & Morecambe AC
331	1656	00:15:21	K Eastmond	Ealing Southall & Middx. AC
332	1659	00:15:23	Gahan Graine	Ealing Southall & Middx. AC
333	2013	00:15:25	Jasmine Oliver	Tamworth AC
334	1537	00:15:26	Nicole Walker	Bexley AC
335	1985	00:15:27	Amelia Coltman	Stilton Striders
336	1607	00:15:30	Beth Ashman	Charnwood AC
337	1805	00:15:31	Bethany Sloan	Macclesfield Harriers & AC
338	1819	00:15:33	Jessica Raynor	Mansfield Harriers & AC
339	1983	00:15:34	Antonia Lewis	Staffordshire Moorlands AC
340	1625	00:15:34	Melissa Harding	City of Stoke AC
341	1535	00:15:39	Grace Penney	Bexley AC
342	1916	00:15:40	Rachel Owen	Rotherham Harriers & AC
343	1843	00:15:48	Rachael Todd	Morpeth Harriers & AC
344	1897	00:15:59	Amy Sturgess	Reading AC
345	1837	00:16:04	Amy Reakes	Mendip AC
346	1772	00:16:05	Mary Lester	Lincoln Wellington AC
347	1813	00:16:05	Hazel Blount	Mansfield Harriers & AC
348	1849	00:16:10	Rosie Jacobs	Nene Valley Harriers
349	1807	00:16:10	Katrina Davies	Manchester Harriers & AC
350	1853	00:16:12	Chloe Walker	Nene Valley Harriers
351	1655	00:16:13	Genevieve Crean	Ealing Southall & Middx. AC
352	1704	00:16:14	Ruby Vaughan	Herne Hill Harriers
353	1908	00:16:14	Elspeth Bovan	Rotherham Harriers & AC
354	2025	00:16:15	Ella Julien	Thames Valley Harriers
355	1839	00:16:18	Ailidh McAllister Williams	Morpeth Harriers & AC
356	2010	00:16:22	Elisha Freeman	Tamworth AC
357	1758	00:16:23	Amy Hayes	Leigh Harriers & AC
358	1701	00:16:32	Hazel Ashby	Herne Hill Harriers
359	1860	00:16:35	Lauren Rudd	Notts AC
360	1693	00:17:00	Rebecca Taylor	Hallamshire Harriers
361	2074	00:17:07	Rebecca Ketteringham	Wreake Runners
362	1910	00:17:17	Emily Flintham	Rotherham Harriers & AC
363	1705	00:17:18	Alex West	Herne Hill Harriers
364	1739	00:17:35	Holly Wilton	Leeds City AC
365	2009	00:17:35	Sam Brady	Tamworth AC
366	1980	00:19:12	Lauren Gee	Stafford Harriers
367	1658	00:20:07	Charlotte Gould	Ealing Southall & Middx. AC

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Pos	Points	Team Name	Placings
1	53	Aldershot Farnham & District AC	( 4 6 19 24 )
2	90	Leicester Coritnian AC	( 14 22 25 29 )
3	161	Bedford & County AC	( 15 34 49 63 )
4	192	Leigh Harriers & AC	( 8 11 66 107 )
5	203	Liverpool Harriers & AC	( 21 58 59 65 )
6	220	Royal Sutton Coldfield AC	( 26 57 64 73 )
7	237	Shaftesbury Barnet Harriers	( 7 40 61 129 )
8	289	Kingston upon Hull AC	( 16 28 121 124 )
9	355	Mansfield Harriers & AC	( 71 84 91 109 )
10	362	Cannock & Stafford AC	( 5 56 138 163 )
11	403	Spenborough AC	( 44 75 87 197 )
12	425	Stockport Harriers AC	( 38 104 128 155 )
13	441	Hallamshire Harriers	( 33 74 122 212 )
14	461	Peterborough AC	( 54 69 143 195 )
15	479	Tonbridge AC	( 39 51 152 237 )
16	521	Lincoln Wellington AC	( 20 82 170 249 )
17	564	Birchfield Harriers	( 68 77 159 260 )
18	583	Reading AC	( 30 134 172 247 )
19	597	St.Albans AC	( 85 118 146 248 )
20	674	East Cheshire Harriers & Tameside AC	( 133 160 178 203 )
21	675	Marshall Milton Keynes AC	( 117 158 196 204 )
22	736	Corby AC	( 35 218 232 251 )
23	741	Leamington C & AC	( 89 110 226 316 )
24	774	Vale Royal AC	( 144 171 188 271 )
25	788	Thames Valley Harriers	( 45 114 314 315 )
26	790	Tipton Harriers	( 55 224 246 265 )
27	791	South London Harriers	( 112 182 228 269 )
28	814	Bolton United Harriers & AC	( 126 193 215 280 )
29	838	Rotherham Harriers & AC	( 47 194 291 306 )
30	849	Nene Valley Harriers	( 72 185 281 311 )
31	893	Tamworth AC	( 46 255 259 333 )
32	957	Herne Hill Harriers	( 140 189 276 352 )
33	991	City of Sheffield AC	( 86 258 321 326 )
34	1043	Ealing Southall & Middx. AC	( 217 250 286 290 )
35	1068	Morpeth Harriers & AC	( 229 240 289 310 )
36	1068	Wreake Runners	( 230 233 293 312 )
37	1071	Manchester Harriers & AC	( 207 254 261 349 )
38	1164	City of Stoke AC	( 198 307 319 340 )



## Sheet1

Pos	RaceNo	Time	Name	Club
1	4213	00:10:21	Fergus Roberts	Richmond & Zetland Harriers
2	3996	00:10:39	Leon Gregory	East Cheshire Harriers & Tameside AC
3	4361	00:10:40	Alex Carter	Team Bath AC
4	3981	00:10:43	Adam Hulin	Dorking & Mole Valley AC
5	4287	00:10:44	Richard Hindley	Stockport Harriers AC
6	3831	00:10:44	Kenneth Mason	Bedford & County AC
7	4148	00:10:47	Adam Harrington	Morpeth Harriers & AC
8	4090	00:10:47	Richard Powell	Leigh Harriers & AC
9	4019	00:10:49	Charlie Joslin-Allan	Hastings AC
10	3964	00:10:50	Michael McKeown	Coventry Godiva Harriers
11	4010	00:10:53	Harvey Brown	Halesowen AC
12	3920	00:10:54	Stephen Woodford	Chelmsford AC
13	4054	00:10:57	Jake Rogers	Invicta East Kent AC
14	3802	00:10:58	Matthew Arnold	Aldershot Farnham & District AC
15	4375	00:10:58	Nick Jones	Wirral AC
16	4362	00:10:59	Tom Eames	West Suffolk AC
17	4051	00:11:03	Jack Balsdon	Invicta East Kent AC
18	3891	00:11:04	Adam Wimbleton	Bracknell AC
19	4276	00:11:05	James McMurray	St.Albans AC
20	3814	00:11:05	Ben Watson	Aldershot Farnham & District AC
21	3926	00:11:06	Jack Dutton	Chiltern Harriers AC
22	4333	00:11:06	Felix Harding	Tonbridge AC
23	4252	00:11:07	Chandi Uduwawala	Shaftesbury Barnet Harriers
24	4302	00:11:07	Antony Parkes	Tamworth AC
25	3811	00:11:08	Stephen Knuckey	Aldershot Farnham & District AC
26	4150	00:11:08	Jonathan Nisbet	Morpeth Harriers & AC
27	3928	00:11:08	Michael Goddard	Chiltern Harriers AC
28	4185	00:11:08	Stephen Ashman	OWLS AC
29	4299	00:11:09	Kristian Edwards	Tamworth AC
30	4272	00:11:10	Liam Stedman	Spensborough AC
31	3824	00:11:10	Tobias Smith	Basingstoke & Mid Hants AC
32	4294	00:11:11	William Paulson	Stroud & District AC
33	4070	00:11:13	Callum Hanion	Leamington C & AC
34	4106	00:11:13	Luke Towers	Liverpool Harriers & AC
35	4022	00:11:14	Monty Wilson	Hastings AC
36	4002	00:11:16	Michael Murphy	East Cheshire Harriers & Tameside AC
37	3817	00:11:16	Josh Rae	Amber Valley AC
38	3815	00:11:17	Andrew Fenwick	Amber Valley AC
39	3924	00:11:17	Daniel Barraclough	Chiltern Harriers AC
40	3832	00:11:17	Scott Proctor	Bedford & County AC
41	3936	00:11:18	Tom Hook	City of Norwich AC
42	4209	00:11:19	James King	Richmond & Zetland Harriers
43	3855	00:11:20	Jamal Logan	Birchfield Harriers
44	4201	00:11:20	Daniel Breeds	Reading AC
45	4338	00:11:21	Hanro Rossouw	Tonbridge AC
46	4341	00:11:22	Adam Sixsmith	Trafford AC
47	3879	00:11:22	Ellis Hetherington	Blyth RC
48	3954	00:11:23	David Sheldon	City of Stoke AC
49	3993	00:11:26	Jack Crabtree	East Cheshire Harriers & Tameside AC
50	4339	00:11:26	Will Roud	Tonbridge AC
51	4255	00:11:27	Jack Beetham	Skipton AC
52	4355	00:11:27	Jack Gleave	Warrington AC

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53	3982	00:11:28	Jack Wyllie	Dorking & Mole Valley AC
54	4104	00:11:29	Liam Rogers	Liverpool Harriers & AC
55	4351	00:11:32	Steven Darbyshire	Warrington AC
56	4217	00:11:32	Daniel Walsh	Rossendale Harriers & AC
57	4094	00:11:32	Haran Dunderdale	Lincoln Wellington AC
58	4254	00:11:33	Matthew Coulthard	Shildon R & AC
59	3980	00:11:34	Joseph Wilkinson	Derby AC
60	3889	00:11:34	Callum Short	Bolton United Harriers & AC
61	4379	00:11:34	James Stockings	Woodford Green AC with Essex Ladies
62	4013	00:11:35	Joe Somers	Halesowen AC
63	3908	00:11:35	Joe Bailey	Cannock & Stafford AC
64	4210	00:11:36	Daniel Overin	Richmond & Zetland Harriers
65	4100	00:11:36	Jack Christie	Liverpool Harriers & AC
66	4080	00:11:37	Luke Murray	Leeds City AC
67	4140	00:11:37	Jonathan Doull	Matlock AC
68	3834	00:11:38	Josh Steel	Bedford & County AC
69	3918	00:11:39	Steven Adcock	Chelmsford AC
70	4001	00:11:39	Chris Middleton	East Cheshire Harriers & Tameside AC
71	3935	00:11:40	Scott Greeves	City of Norwich AC
72	4103	00:11:40	William Reynolds	Liverpool Harriers & AC
73	3938	00:11:41	Sean Watson	City of Norwich AC
74	4250	00:11:41	Mathew McLaughin	Shaftesbury Barnet Harriers
75	4177	00:11:41	Harry Foster	Notts AC
76	3906	00:11:41	Ben Bradley	Camberley & District AC
77	4134	00:11:42	Tom Wragg	Mansfield Harriers & AC
78	3801	00:11:43	Richard Allen	Aldershot Farnham & District AC
79	4195	00:11:43	Ben Mogg	Poole AC
80	3987	00:11:44	Dalton McGuigan	Ealing Southall & Middx. AC
81	4234	00:11:44	Sam Watkins	Royal Sutton Coldfield AC
82	4385	00:11:44	James Hatton	Wreake Runners
83	4277	00:11:45	Oliver Poulain	St.Albans AC
84	4149	00:11:45	Jack Hepple	Morpeth Harriers & AC
85	4114	00:11:45	Kyle Nicholls	Liverpool Pembroke & Sefton H & AC
86	4008	00:11:46	Barry Maskell	Gateshead Harriers & AC
87	4336	00:11:46	Joe Newsome	Tonbridge AC
88	3861	00:11:46	Camron Wood	Birchfield Harriers
89	3890	00:11:46	Matthew Seddon	Bracknell AC
90	4266	00:11:47	Oliver Kyrakides	Southend AC
91	4231	00:11:47	Theo Larcombe	Royal Sutton Coldfield AC
92	3864	00:11:48	Robbie Loraine	Birtley AC
93	4305	00:11:48	Oliver Smith	Tamworth AC
94	3965	00:11:48	Joe Shail	Coventry Godiva Harriers
95	3862	00:11:48	Niall Harris	Birmingham Rowheath AC
96	3931	00:11:49	Andrew Stenning	Chiltern Harriers AC
97	3825	00:11:49	Ben Alcock	Bedford & County AC
98	4344	00:11:49	Mike Vennard	Vale Royal AC
99	4343	00:11:49	Lewis Healy	Vale Royal AC
100	3948	00:11:50	Sam Fares	City of Stoke AC
101	4116	00:11:51	Warren Turner	Liverpool Pembroke & Sefton H & AC
102	4289	00:11:51	May Cole	Stockport Harriers AC
103	3968	00:11:51	Jack Villette	Coventry Godiva Harriers
104	3828	00:11:53	Michael Harrison	Bedford & County AC
105	4349	00:11:53	Jake Worton	Wakefield & District Harriers AC

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106	4012	00:11:54	Tom Rankin	Halesowen AC
107	3958	00:11:54	Luke Jacobs	Clevedon AC
108	3956	00:11:55	Kristian Washington	City of Stoke AC
109	4184	00:11:55	Jack Webb	Nuneaton Harriers
110	4188	00:11:55	Josh McTighe	OWLS AC
111	4015	00:11:55	Alex Wyer	Halesowen AC
112	3816	00:11:56	David Narborough	Amber Valley AC
113	4325	00:11:56	Thomas Bains	Tipton Harriers
114	4298	00:11:57	Ellis Cross	Tamworth AC
115	3880	00:11:57	Mathew Jackson	Blyth RC
116	4180	00:11:58	Matt Williams	Notts AC
117	4084	00:11:58	Jonathan Monk	Leicester Coritanian AC
118	3977	00:11:59	Sam Sadler	Derby AC
119	4346	00:11:59	Daniel Franks	Wakefield & District Harriers AC
120	3989	00:12:01	Duncan Pinder	Ealing Southall & Middx. AC
121	4372	00:12:01	Liam Gawne	Wirral AC
122	4337	00:12:02	Alex Norden	Tonbridge AC
123	4232	00:12:03	Alfie McBrien	Royal Sutton Coldfield AC
124	4230	00:12:03	Luke Fleming	Royal Sutton Coldfield AC
125	4067	00:12:03	Eric Gardham	Kingston Upon Hull AC
126	4291	00:12:04	Ander Brown	Stroud & District AC
127	4105	00:12:04	Tom Schumachler	Liverpool Harriers & AC
128	3951	00:12:04	Keiran Lee	City of Stoke AC
129	4120	00:12:05	Jack Benedickter	Luton AC
130	3978	00:12:06	Aaron Smalley	Derby AC
131	3887	00:12:06	Jacob Kearney	Bolton United Harriers & AC
132	3812	00:12:06	Jack Rowe	Aldershot Farnham & District AC
133	4350	00:12:08	Henry Buttress	Warrington AC
134	3939	00:12:08	Rory Bevis	City of Portsmouth AC
135	4308	00:12:08	Ben Wright	Tamworth AC
136	4306	00:12:09	Robert Stroud	Tamworth AC
137	4297	00:12:09	Aidan Blythe	Tamworth AC
138	4158	00:12:10	Greg Dunn	Nene Valley Harriers
139	4360	00:12:10	Christopher Smith	Warrington AC
140	3878	00:12:11	Harry Williams	Blackwell & District AC
141	3873	00:12:11	Adam Willis	Blackheath & Bromley Harriers AC
142	3863	00:12:12	Adrian Bailes	Birtley AC
143	3932	00:12:12	Darryl Broughton	City of Norwich AC
144	3881	00:12:12	Christopher Lillico	Blyth RC
145	4034	00:12:13	Lascelles Kossey	Herne Hill Harriers
146	3905	00:12:13	Mason Bayliss	Camberley & District AC
147	4003	00:12:13	George Eaton	Eastbourne Rovers AC
148	3986	00:12:13	Anthony Haynes	Ealing Southall & Middx. AC
149	4293	00:12:14	Thomas Parnell	Stroud & District AC
150	4102	00:12:14	Kristian Quirk	Liverpool Harriers & AC
151	4247	00:12:15	Richard Johnson	Shaftesbury Barnet Harriers
152	3988	00:12:15	Fellan McGuigan	Ealing Southall & Middx. AC
153	3915	00:12:15	Harry Buttery	Charnwood AC
154	4160	00:12:16	Ross Huskinson	Nene Valley Harriers
155	3940	00:12:16	Jordan Warren	City of Portsmouth AC
156	3851	00:12:17	Oliver Griffiths	Birchfield Harriers
157	4151	00:12:18	Reece Ramsey	Morpeth Harriers & AC
158	4370	00:12:18	Andrew Desmond	Wirral AC

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159	3912	00:12:19	Matthew Haywood	Cannock & Stafford AC
160	4131	00:12:19	Sam Johnson	Mansfield Harriers & AC
161	3925	00:12:19	Joe Cochrane	Chiltern Harriers AC
162	3929	00:12:20	Peter Illingworth	Chiltern Harriers AC
163	4096	00:12:20	Alex Humberstone	Lincoln Wellington AC
164	4295	00:12:21	Jothro Pickering	Stroud & District AC
165	4167	00:12:21	Raife Plant	Newcastle (Staffs) AC
166	4345	00:12:21	Andrew Zimmer	Vale Royal AC
167	4316	00:12:22	Oliver Berg	Thames Valley Harriers
168	4144	00:12:22	Kieran Young	Mendip AC
169	4352	00:12:22	Alexander Dorman	Warrington AC
170	4085	00:12:23	James Nutt	Leicester Coritanian AC
171	3997	00:12:23	James Hill	East Cheshire Harriers & Tameside AC
172	4009	00:12:23	Keiron Newton	Gateshead Harriers & AC
173	4327	00:12:24	George Duckworth	Tipton Harriers
174	4064	00:12:24	Liam Kirk	Kettering Town Harriers
175	4182	00:12:24	Jordan Hayward	Nuneaton Harriers
176	3852	00:12:24	Joshua Hackett	Birchfield Harriers
177	3984	00:12:24	Jordan Hannington	Ealing Southall & Middx. AC
178	4228	00:12:25	David Carty	Royal Sutton Coldfield AC
179	3937	00:12:25	Alex Lubbock	City of Norwich AC
180	4053	00:12:26	Louis Duprez	Invicta East Kent AC
181	4233	00:12:26	Ben Topley	Royal Sutton Coldfield AC
182	3969	00:12:27	Joseph Booth	Derby AC
183	4023	00:12:27	Tyler Bennett	Havering Mayesbrook AC
184	4159	00:12:27	Ben Hampson	Nene Valley Harriers
185	4175	00:12:28	Paddy Clark	Notts AC
186	3947	00:12:29	Lindon Evans	City of Stoke AC
187	4347	00:12:29	Jack Mitchel	Wakefield & District Harriers AC
188	4391	00:12:29	George Hoy	Orion Harriers
189	4075	00:12:29	Martin Williams	Leamington C & AC
190	3990	00:12:31	Sam Shindler-Glass	Ealing Southall & Middx. AC
191	3967	00:12:31	Nathan Udall	Coventry Godiva Harriers
192	4251	00:12:31	Dougal Oliver	Shaftesbury Barnet Harriers
193	4038	00:12:32	Dominic Wynes-Devlin	Herne Hill Harriers
194	3838	00:12:32	Nicholas Armstrong	Bexley AC
195	3872	00:12:32	Richard Webb	Blackheath & Bromley Harriers AC
196	4011	00:12:33	Nick Jennings	Halesowen AC
197	4130	00:12:34	Jonathon Stewart	Manchester Harriers & AC
198	4270	00:12:34	Will Copley	Spensborough AC
199	4092	00:12:34	Richard Brine	Lincoln Wellington AC
200	4323	00:12:35	Luke Dawson	Thanet Road Runners AC
201	4111	00:12:36	Andrew Hutchinson	Liverpool Pembroke & Sefton H & AC
202	3914	00:12:37	Ryan Perry	Cannock & Stafford AC
203	4334	00:12:37	Robert Harvey	Tonbridge AC
204	4132	00:12:38	Jake Lancaster	Mansfield Harriers & AC
205	4223	00:12:38	Nicholas Myers	Rotherham Harriers & AC
206	3821	00:12:38	Cullum Baylis	Barnet & District AC
207	4125	00:12:39	James Taylor	Macclesfield Harriers & AC
208	3911	00:12:39	William Haycox	Cannock & Stafford AC
209	4115	00:12:39	David Reece	Liverpool Pembroke & Sefton H & AC
210	4296	00:12:40	Keelan Tootell	Stroud & District AC
211	3848	00:12:40	Thomas Potter	Bingley Harriers & AC

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212	4353	00:12:40	Cameron Field	Warrington AC
213	4214	00:12:41	Max Robson	Richmond & Zetland Harriers
214	3882	00:12:41	Corey Robertson	Blyth RC
215	3917	00:12:41	Sam Moore	Charnwood AC
216	4145	00:12:42	Jonathan Anderson	Morpeth Harriers & AC
217	3957	00:12:42	Ashley Wyatt	City of Stoke AC
218	4006	00:12:42	Graeme Tinkler	Erme Valley Harriers
219	4342	00:12:42	Josh Boyce	Vale Royal AC
220	4340	00:12:43	Georgio Russo	Tonbridge AC
221	3909	00:12:43	Tom Childs	Cannock & Stafford AC
222	3953	00:12:43	Bradley Sentence	City of Stoke AC
223	4271	00:12:43	Paul Davis	Spenborough AC
224	4257	00:12:44	William Peryer	Skipton AC
225	4121	00:12:44	Jacob Anderson	Macclesfield Harriers & AC
226	4091	00:12:46	Robert Powell	Leigh Harriers & AC
227	3827	00:12:46	Connor Delaney	Bedford & County AC
228	4021	00:12:46	Harry Reece	Hastings AC
229	4093	00:12:46	Sam Chapman	Lincoln Wellington AC
230	4187	00:12:47	Chris Bowers-Parker	OWLS AC
231	4076	00:12:47	Ollie Watson	Leeds Carnegie AC
232	4224	00:12:47	Christopher Page	Rotherham Harriers & AC
233	4000	00:12:47	Matthew McGann	East Cheshire Harriers & Tameside AC
234	4165	00:12:47	James Thomas	Nene Valley Harriers
235	3927	00:12:48	George Gillingwater	Chiltern Harriers AC
236	4078	00:12:48	H Foster	Leeds City AC
237	3892	00:12:49	Michael Wimbledon	Bracknell AC
238	3904	00:12:50	Matt Lomas	Buxton AC
239	3955	00:12:51	Greg Smalley	City of Stoke AC
240	4122	00:12:52	Will Gayne	Macclesfield Harriers & AC
241	4249	00:12:52	Calum McCormick	Shaftesbury Barnet Harriers
242	4273	00:12:53	Andrew Butcher	Sphinx AC
243	4024	00:12:54	Thomas Davis	Havering Mayesbrook AC
244	4332	00:12:55	Daniel Flatman	Tonbridge AC
245	3900	00:12:55	Alex Benfield	Burton AC
246	3897	00:12:55	Jim Morley	Bromsgrove & Redditch AC
247	4178	00:12:56	Robert Keighery	Notts AC
248	4275	00:12:57	Matthew Cloke	St.Albans AC
249	4307	00:12:58	Oliver Wood	Tamworth AC
250	4117	00:12:58	Robert Morris	Longwood Harriers AC
251	4059	00:12:59	Tom Hartley	Kendal AC
252	3983	00:13:00	Tommy Fogarty-Cameron	Ealing Southall & Middx. AC
253	4193	00:13:01	Tom Holyoake	Peterborough AC
254	4065	00:13:02	Jake McAllister	Kettering Town Harriers
255	4324	00:13:02	Ryan Skipp	Thetford AC
256	4259	00:13:02	Ben Foreman	South London Harriers
257	3807	00:13:04	Daniel Ditton	Aldershot Farnham & District AC
258	4371	00:13:06	Conor Flanagan	Wirral AC
259	4374	00:13:07	Matthew Hay	Wirral AC
260	3857	00:13:08	Mark Poniatowski	Birchfield Harriers
261	3902	00:13:09	Jack Clarke	Buxton AC
262	4286	00:13:10	Thomas Hebden	Stockport Harriers AC
263	4301	00:13:10	Sam Greenbank	Tamworth AC
264	4018	00:13:10	Sam Garland	Hastings AC

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265	3829	00:13:11	Daniel Henson	Bedford & County AC
266	4221	00:13:12	William Johnson	Rotherham Harriers & AC
267	4163	00:13:13	Callum Reid	Nene Valley Harriers
268	3916	00:13:13	Alexander Dickie	Charnwood AC
269	3877	00:13:14	Daniel Mee	Blackwell & District AC
270	3844	00:13:14	Charlie Winch	Bexley AC
271	3992	00:13:15	Ellis Atkinson	East Cheshire Harriers & Tameside AC
272	4004	00:13:15	Tom Hansen	Erme Valley Harriers
273	4126	00:13:15	Ryan Wallis	Macclesfield Harriers & AC
274	3818	00:13:15	Jerome Richards	Amber Valley AC
275	4329	00:13:17	Luke Vine	Tipton Harriers
276	3850	00:13:18	Theo Blundell	Birchfield Harriers
277	4071	00:13:19	Jonathon Jones	Leamington C & AC
278	4200	00:13:20	Alex Bow	Reading AC
279	4133	00:13:21	David Wilkinson	Mansfield Harriers & AC
280	3899	00:13:22	Jamie Scoltock	Bromsgrove & Redditch AC
281	4326	00:13:22	Jordan Drummond	Tipton Harriers
282	3836	00:13:23	James Thornley	Bedford & County AC
283	4318	00:13:23	Kyle Kenrick	Thames Valley Harriers
284	3970	00:13:24	Dominic Chambers	Derby AC
285	4207	00:13:25	Paul Harmsworth	Richmond & Zetland Harriers
286	4256	00:13:25	Joe Brown	Skipton AC
287	3994	00:13:26	Nyle Flynn	East Cheshire Harriers & Tameside AC
288	4358	00:13:27	James Jackson	Warrington AC
289	4058	00:13:28	Jake Carradus	Kendal AC
290	4156	00:13:28	Robert Bradley	Nene Valley Harriers
291	3963	00:13:30	Daniel McKeown	Coventry Godiva Harriers
292	4095	00:13:33	Lewis Goddard	Lincoln Wellington AC
293	3923	00:13:33	Edward Selvey	Chesterfield & District AC
294	3985	00:13:35	Sean Hannington	Ealing Southall & Middx. AC
295	3991	00:13:36	Alex Allen	East Cheshire Harriers & Tameside AC
296	4373	00:13:36	Aaron Haviland	Wirral AC
297	3976	00:13:36	Benjamin Robertson	Derby AC
298	3949	00:13:37	Korey Hallett-Branch	City of Stoke AC
299	4274	00:13:37	Manveer Sahota	Sphinx AC
300	3960	00:13:37	Sam Furey	Corby AC
301	4190	00:13:43	Gihoff York	OWLS AC
302	3910	00:13:44	Jasper Hall	Cannock & Stafford AC
303	4290	00:13:44	Howard Allison	Stratford-on-Avon AC
304	4127	00:13:45	Russ Weightman	Macclesfield Harriers & AC
305	4113	00:13:45	Darren McDonald	Liverpool Pembroke & Sefton H & AC
306	4303	00:13:47	Josh Roughley	Tamworth AC
307	4063	00:13:49	Edward Cherry	Kettering Town Harriers
308	4285	00:13:50	Joseph Carnell	Stilton Striders
309	4123	00:13:50	James Mothershaw	Macclesfield Harriers & AC
310	4321	00:13:52	Coslee Searles	Thames Valley Harriers
311	4380	00:13:52	Dan Colbourne	Worthing & District Harriers
312	4147	00:13:55	Joe Elder	Morpeth Harriers & AC
313	4390	00:13:55	Cheyenne Antoine-Chager	Orion Harriers
314	4300	00:13:56	Zac Gray	Tamworth AC
315	4154	00:13:58	Sam Bently	Nene Valley Harriers
316	4025	00:14:04	Andrew Holland	Havering Mayesbrook AC
317	4304	00:14:04	Nick Russell	Tamworth AC

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318	4072	00:14:05	George Loveday	Leamington C & AC
319	4066	00:14:07	Liam Smith	Kettering Town Harriers
320	4227	00:14:09	Jordan Small	Rotherham Harriers & AC
321	4328	00:14:09	Joshua Evans	Tipton Harriers
322	4310	00:14:09	William Patmore	Team Bath AC
323	4098	00:14:10	Luke Martin	Lincoln Wellington AC
324	4288	00:14:11	James Parrott	Stockport Harriers AC
325	3898	00:14:11	Lawson Phipps-Jones	Bromsgrove & Redditch AC
326	4110	00:14:13	Ben Haines	Liverpool Pembroke & Sefton H & AC
327	3966	00:14:13	Jack Sweeney	Coventry Godiva Harriers
328	3995	00:14:14	Ian Graham	East Cheshire Harriers & Tameside AC
329	4166	00:14:16	Paul Fradley	Newcastle (Staffs) AC
330	4032	00:14:19	Fraser Kay	Herne Hill Harriers
331	4081	00:14:20	Q Scobie	Leeds City AC
332	4042	00:14:21	Sam Hobbs	Hillingdon AC
333	4387	00:14:23	Thomas Johnson	Wreake Runners
334	4394	00:14:24	Bix Hall	Orion Harriers
335	4101	00:14:28	Chris Manning	Liverpool Harriers & AC
336	4388	00:14:31	Archie Lyon	Wreake Runners
337	4179	00:14:32	Phillip Waring	Notts AC
338	3974	00:14:33	Joel Herbert	Derby AC
339	3858	00:14:35	Kieran Ratcliffe	Birchfield Harriers
340	4161	00:14:36	Dan Martin	Nene Valley Harriers
341	3901	00:14:38	James Latham	Burton AC
342	3853	00:14:39	Sam Lacey	Birchfield Harriers
343	4322	00:14:41	Nabil Toumi	Thames Valley Harriers
344	4320	00:14:48	Jack Pullan	Thames Valley Harriers
345	4174	00:14:51	Ben Abbott	Notts AC
346	4119	00:14:54	Liam Hartley	Louth AC
347	4189	00:14:57	Connor Muccdon	OWLS AC
348	4168	00:15:04	Jonathan Whitehurst	Newcastle (Staffs) AC
349	4099	00:15:07	Jake Moss	Lincoln Wellington AC
350	3876	00:15:25	Craig Marsh	Blackwell & District AC
351	4356	00:15:57	Michael Hawgood	Warrington AC
352	4222	00:16:11	Andrew Lidster	Rotherham Harriers & AC
353	3903	00:17:52	Bradley Fowler	Buxton AC

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Pos	Points	Team Name	Placings
1	137	Aldershot Farnham & District AC	( 14 20 25 78 )
2	157	East Cheshire Harriers & Tameside AC	( 2 36 49 70 )
3	183	Chiltern Harriers AC	( 21 27 39 96 )
4	204	Tonbridge AC	( 22 45 50 87 )
5	211	Bedford & County AC	( 6 40 68 97 )
6	225	Liverpool Harriers & AC	( 34 54 65 72 )
7	260	Tamworth AC	( 24 29 93 114 )
8	274	Morpeth Harriers & AC	( 7 26 84 157 )
9	290	Halesowen AC	( 11 62 106 111 )
10	320	Richmond & Zetland Harriers	( 1 42 64 213 )
11	328	City of Norwich AC	( 41 71 73 143 )
12	379	Warrington AC	( 52 55 133 139 )
13	384	City of Stoke AC	( 48 100 108 128 )
14	398	Coventry Godiva Harriers	( 10 94 103 191 )
15	419	Royal Sutton Coldfield AC	( 81 91 123 124 )
16	440	Shaftesbury Barnet Harriers	( 23 74 151 192 )
17	461	Amber Valley AC	( 37 38 112 274 )
18	463	Birchfield Harriers	( 43 88 156 176 )
19	471	Stroud & District AC	( 32 126 149 164 )
20	489	Derby AC	( 59 118 130 182 )
21	500	Ealing Southall & Middx. AC	( 80 120 148 152 )
22	520	Blyth RC	( 47 115 144 214 )
23	536	Hastings AC	( 9 35 228 264 )
24	552	Wirral AC	( 15 121 158 258 )
25	582	Vale Royal AC	( 98 99 166 219 )
26	596	Liverpool Pembroke & Sefton H & AC	( 85 101 201 209 )
27	623	Notts AC	( 75 116 185 247 )
28	632	Cannock & Stafford AC	( 63 159 202 208 )
29	648	Lincoln Wellington AC	( 57 163 199 229 )
30	669	OWLS AC	( 28 110 230 301 )
31	693	Stockport Harriers AC	( 5 102 262 324 )
32	710	Nene Valley Harriers	( 138 154 184 234 )
33	720	Mansfield Harriers & AC	( 77 160 204 279 )
34	817	Leamington C & AC	( 33 189 277 318 )
35	842	Tipton Harriers	( 113 173 275 281 )
36	945	Macclesfield Harriers & AC	( 207 225 240 273 )
37	1023	Rotherham Harriers & AC	( 205 232 266 320 )
38	1054	Kettering Town Harriers	( 174 254 307 319 )
39	1103	Thames Valley Harriers	( 167 283 310 343 )



## Sheet1

Pos	RaceNo	Time	Name	Club
1	2706	00:12:27	Emelia Gorecka	Aldershot Farnham & District AC
2	2708	00:12:37	Ruth Haynes	Aldershot Farnham & District AC
3	2791	00:12:46	Naomi Speake	Bristol & West AC
4	2789	00:12:49	Annabel Gummon	Bristol & West AC
5	2738	00:13:05	Emily Wallbank	Bedford & County AC
6	3034	00:13:10	Melissa Hawtin	Oxford City AC
7	3197	00:13:10	Louisa Warwick	Winchester & District AC
8	2838	00:13:11	Kate Holt	City Of Stoke AC
9	3179	00:13:22	Lauren Proctor	Wakefield & District Harriers AC
10	3169	00:13:25	Megan Huxley	Vale Royal AC
11	3043	00:13:31	Melissa Courtney	Poole AC
12	3208	00:13:33	Georgia Peel	Woking AC
13	3069	00:13:34	Lucy Farnell	Royal Sutton Coldfield AC
14	2988	00:13:38	Sarah Astin	Manx Harriers
15	3092	00:13:40	Sophie Connor	Shaftesbury Barnet Harriers
16	2703	00:13:47	Ciara Dullaghan	Aldershot Farnham & District AC
17	3044	00:13:49	Alex Bell	Pudsey & Bramley AC
18	2922	00:13:49	Charlotte Christensen	Ipswich Harriers
19	2734	00:13:50	Abigail Mackinnon Austin	Bedford & County AC
20	3079	00:13:50	Hannah Doherty	Sale Harriers Manchester
21	2897	00:13:50	Eleanor Bounds	Havering Mayesbrook AC
22	2782	00:13:54	Rebecca Eaton	Bodyworks XTC Tri Store
23	2910	00:13:54	Katie Snowden	Herne Hill Harriers
24	2833	00:13:55	Jessica Chen	City Of Portsmouth AC
25	2997	00:13:55	Rachel Denton	Morpeth Harriers & AC
26	2979	00:13:56	Rachel Brandham	Mansfield Harriers & AC
27	2987	00:13:56	Hannah Wragg	Mansfield Harriers & AC
28	2715	00:13:57	Emma Stevens	Aldershot Farnham & District AC
29	3189	00:13:57	Holly Archer	West Suffolk AC
30	2712	00:13:59	Mae Partridge	Aldershot Farnham & District AC
31	2920	00:13:59	Rebecca Weston	Invicta East Kent AC
32	2891	00:14:00	Calli Thackery	Hallamshire Harriers
33	2880	00:14:03	Adelle Tracey	Guildford & Godalming AC
34	3077	00:14:07	Sarah Barker	Sale Harriers Manchester
35	2856	00:14:08	Georgia Bell	Ealing Southall & Middx. AC
36	3008	00:14:08	Charlotte Taylor	Nene Valley Harriers
37	2870	00:14:09	Victoria Newell	East Cheshire Harriers & Tameside AC
38	2885	00:14:09	Emily Monk	Halesowen AC
39	3108	00:14:10	Camilla Smee	Southend AC
40	2994	00:14:11	Elle Roche	Marshall Milton Keynes AC
41	2985	00:14:12	Claire Talbot	Mansfield Harriers & AC
42	3051	00:14:13	Julia Henderson	Reading AC
43	2871	00:14:13	Katie Reynolds	East Cheshire Harriers & Tameside AC
44	3170	00:14:13	Charlotte Mills	Vale Royal AC
45	3172	00:14:14	Claire Perry	Vale Royal AC
46	2951	00:14:15	Laura Riches	Leigh Harriers & AC
47	3151	00:14:17	Joanna Mobed	Thames Valley Harriers
48	3059	00:14:22	Emily Fisher	Rotherham Harriers & AC
49	2906	00:14:22	Hannah Edwards	Herne Hill Harriers
50	3031	00:14:24	Lauren Macgregor	Orion Harriers
51	2868	00:14:24	Kirsten McAslan	East Cheshire Harriers & Tameside AC
52	2834	00:14:25	Emma Gilmore	City Of Portsmouth AC

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53	2872	00:14:25	Georgia Taylor Brown	East Cheshire Harriers & Tameside AC
54	2875	00:14:27	Amber Watson	Gloucester AC
55	2929	00:14:27	Jess Dimmock	Kettering Town Harriers
56	2948	00:14:28	Freya Vincent	Leicester Coritanian AC
57	2731	00:14:31	Alice Burgin	Bedford & County AC
58	3148	00:14:31	Harriet Grandfield	Telford AC
59	2981	00:14:32	Dea Anna Davey	Mansfield Harriers & AC
60	2950	00:14:33	Elizabeth Lee	Leigh Harriers & AC
61	2733	00:14:33	Ruth Flory	Bedford & County AC
62	3101	00:14:34	Fiona Higgin	Shildon R & AC
63	2863	00:14:34	Brogan Dean	East Cheshire Harriers & Tameside AC
64	3185	00:14:36	Rachael Jefferson	Warrington AC
65	3212	00:14:37	C Firth	Worthing & District Harriers
66	2923	00:14:39	Mary Galbraith	Ipswich Harriers
67	3159	00:14:40	Ellen Holmes	Tonbridge AC
68	3205	00:14:41	Nicole Haviland	Wirral AC
69	2725	00:14:42	Lori Marshall	Amber Valley AC
70	3073	00:14:42	Amy Johnson	Royal Sutton Coldfield AC
71	2765	00:14:43	Rebecca Taylor	Blackburn Harriers
72	3040	00:14:44	Georgie Freeman	Peterborough AC
73	2898	00:14:44	Rachel Sadler	Havering Mayesbrook AC
74	2768	00:14:45	Danielle Critchley	Blackheath & Bromley Harriers AC
75	2882	00:14:45	Jade Burke	Halesowen AC
76	3152	00:14:45	Freya Sharp	Thames Valley Harriers
77	3157	00:14:45	Lucy Blackstone	Tonbridge AC
78	2723	00:14:46	Lucy Smith	Altrincham & District AC
79	3000	00:14:46	Hannah Rank	Morpeth Harriers & AC
80	3160	00:14:46	Lucy Ried	Tonbridge AC
81	2713	00:14:46	Daisy Seabrook	Aldershot Farnham & District AC
82	2933	00:14:50	Hannah Jacobson	KUHAC
83	2874	00:14:52	Rebecca Oldham	Gateshead Harriers & AC
84	3190	00:14:52	Emily Barker	West Suffolk AC
85	2825	00:14:52	Juliette Brewster	City Of Norwich AC
86	2757	00:14:53	Laura Muth	Birchfield Harriers
87	2810	00:14:54	Briony Bendle	Charnwood AC
88	3076	00:14:54	Emily Waugh	Rugby & Northampton AC
89	2707	00:14:55	Laura Haines	Aldershot Farnham & District AC
90	3028	00:14:57	Jane Augsburg	Oldham & Royton Harriers & AC
91	3207	00:14:57	Jess Schofield	Wirral AC
92	2794	00:14:57	Sally Hogan	Bromsgrove & Redditch AC
93	2936	00:14:57	Charlotte Rickards	Lancaster & Morecambe AC
94	2802	00:14:58	Catherine Hulme	Cannock & Stafford AC
95	2941	00:14:58	Johanna Wilton	Leeds City AC
96	3134	00:14:59	Nienke Verwer	Stratford-on-Avon AC
97	2800	00:15:00	Rebecca Bray	Cannock & Stafford AC
98	2735	00:15:00	Chelsea McKenzie	Bedford & County AC
99	2983	00:15:00	Siobhan Harrison	Mansfield Harriers & AC
100	3029	00:15:00	Jay Andrews	Orion Harriers
101	2847	00:15:01	Rosie Clarke	Darlington Harriers
102	2801	00:15:01	Rebecca Cooke	Cannock & Stafford AC
103	2913	00:15:02	Courtney Gray	Hull Achilles AC
104	3187	00:15:02	Victoria Walker	Watford Harriers
105	3036	00:15:02	Jade Walker	Oxford City AC

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106	3171	00:15:02	Hannah Paver	Vale Royal AC
107	2724	00:15:03	Emily Allsop	Amber Valley AC
108	3068	00:15:03	Emily Cosgrove	Royal Sutton Coldfield AC
109	3123	00:15:03	Jemma Shaw	St.Helens Sutton AC
110	2901	00:15:03	Clara Evans	Hereford & County AC
111	2836	00:15:04	Samantha Bailey	City Of Stoke AC
112	2949	00:15:04	Abigail Howarth	Leigh Harriers & AC
113	3142	00:15:05	Marcie Bower	Team Bath AC
114	2828	00:15:05	Esme Salmon	City Of Norwich AC
115	3021	00:15:06	Jenny Evans	Notts AC
116	2717	00:15:07	Rachel Sykes	Aldershot Farnham & District AC
117	3071	00:15:09	Amy Goodall	Royal Sutton Coldfield AC
118	2769	00:15:09	Michelle Fewster	Blackheath & Bromley Harriers AC
119	2980	00:15:09	Laura Brown	Mansfield Harriers & AC
120	3097	00:15:09	Yat Wing Smart	Shaftesbury Barnet Harriers
121	2727	00:15:10	Kate Barber	Barnet & District AC
122	2924	00:15:10	Sophia Nicklin	Ipswich Harriers
123	2957	00:15:10	Laura Donnelly	Lincoln Wellington AC
124	2889	00:15:11	Laurel Quinn	Hallamshire Harriers
125	2970	00:15:12	Hannah Whiteside	Liverpool Harriers & AC
126	2784	00:15:12	Chelsea Brockett	Boston & District AC
127	3107	00:15:12	Helen Wilson	South London Harriers
128	3219	00:15:13	Beth Chasty	Macclesfield Harriers & AC
129	2938	00:15:13	Caitlin Regan	Leeds City AC
130	2925	00:15:13	Hannah Petterson	Ipswich Harriers
131	3070	00:15:14	Sophie Gilbert	Royal Sutton Coldfield AC
132	2849	00:15:15	Kym Ai Chuah	Derby AC
133	2881	00:15:15	Jourdanna Beresford Smith	Halesowen AC
134	3218	00:15:15	Megan Clements	Leamington C & AC
135	3098	00:15:16	Ciara Stewart	Shaftesbury Barnet Harriers
136	2754	00:15:17	Danni Johnson	Birchfield Harriers
137	2721	00:15:18	Helena Filppance	Altrincham & District AC
138	2919	00:15:18	Leah Samarasinghe	Invicta East Kent AC
139	2804	00:15:18	Teresa Hulme	Cannock & Stafford AC
140	3020	00:15:18	Kristi Clark	Notts AC
141	2730	00:15:19	Emily Boast	Bedford & County AC
142	3024	00:15:20	Katie Patson	Nuneaton Harriers
143	3094	00:15:22	Laura Graham	Shaftesbury Barnet Harriers
144	3013	00:15:23	Sophie Plant	Newcastle (Staffs) AC
145	3033	00:15:24	Ella Walker	Oswestry Olympians
146	3176	00:15:24	Lucy Wittick	Vale Royal AC
147	2958	00:15:25	Ellie Jones	Lincoln Wellington AC
148	2827	00:15:26	Iona Lake	City Of Norwich AC
149	3145	00:15:27	Alex Stainthorpe	Team Bath AC
150	3161	00:15:27	Lucy Saker	Tonbridge AC
151	2962	00:15:28	Hester Talbot	Lincoln Wellington AC
152	3211	00:15:28	Kate Stockings	Woodford Green AC with Essex Ladies
153	2762	00:15:29	Holly Broughton	Blackburn Harriers
154	2884	00:15:29	Megan Evans	Halesowen AC
155	2732	00:15:31	Brogan Fielden	Bedford & County AC
156	3046	00:15:31	Abi Morgan	Pudsey & Bramley AC
157	2955	00:15:31	Megan Ball	Lincoln Wellington AC
158	2850	00:15:32	Hannah Falgate	Derby AC

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159	3087	00:15:33	Aisling Toal	Sale Harriers Manchester
160	3155	00:15:33	Leah Sargeant	Tipton Harriers
161	2830	00:15:34	Hazel Wilson	City Of Norwich AC
162	2986	00:15:34	Sophie Ward	Mansfield Harriers & AC
163	2743	00:15:34	Rebecca Farrell	Bexley AC
164	2865	00:15:35	Jade Flynn	East Cheshire Harriers & Tameside AC
165	2845	00:15:36	Charlotte Cotter	Corby AC
166	3039	00:15:36	Penelope Ford	Peterborough AC
167	2969	00:15:36	Lauren Towers	Liverpool Harriers & AC
168	3049	00:15:37	Naomi Forshaw	Reading AC
169	3095	00:15:37	Faye McCormick	Shaftesbury Barnet Harriers
170	2982	00:15:39	Hannah Harrison	Mansfield Harriers & AC
171	2858	00:15:40	Emma Davies	Ealing Southall & Middx. AC
172	3037	00:15:41	Laura Arnold	Peterborough AC
173	3041	00:15:42	Amy Haines Eynon	Peterborough AC
174	2761	00:15:42	Charlotte Atkinson	Blackburn Harriers
175	2811	00:15:42	Katya Blackledge	Charnwood AC
176	3129	00:15:44	Stephanie Reeves	Staffordshire Moorlands AC
177	3055	00:15:44	Hayley Randell	Reading AC
178	2821	00:15:45	Sophie Johnstone	Chelmsford AC
179	3006	00:15:45	Emma Randle	Nene Valley Harriers
180	3115	00:15:46	Sophie Edge	Sphinx AC
181	2793	00:15:47	T Ball	Bromsgrove & Redditch AC
182	2773	00:15:47	Sophia Maslin	Blackheath & Bromley Harriers AC
183	2999	00:15:47	Ailsa McGregor	Morpeth Harriers & AC
184	2939	00:15:47	Emily Robinson	Leeds City AC
185	2888	00:15:48	Ellie Bishop	Hallamshire Harriers
186	3045	00:15:48	Chelsea Corrican	Pudsey & Bramley AC
187	2806	00:15:49	Rebecca Philips	Cannock & Stafford AC
188	3141	00:15:50	Lauren Mann	Tamworth AC
189	2831	00:15:50	Katie Burns	City Of Plymouth AC
190	2824	00:15:51	Elizabeth Sandham	Cheltenham & County Harriers
191	3135	00:15:52	Becky Young	Stratford-on-Avon AC
192	3038	00:15:53	Gemma Bays	Peterborough AC
193	2946	00:15:54	Catherine Robertson	Leicester Coritanian AC
194	3072	00:15:55	Lucy Jennings	Royal Sutton Coldfield AC
195	2786	00:15:56	Louise Rutt	Boston & District AC
196	2803	00:15:57	Sarah Hulme	Cannock & Stafford AC
197	2840	00:15:58	Charlotte Mason	City Of York AC
198	3203	00:15:59	Katie Duckers	Wirral AC
199	2937	00:16:01	Chloe Harley	Leeds City AC
200	3210	00:16:02	Sophie Fiihr	Woodford Green AC with Essex Ladies
201	2900	00:16:04	A Turner	Havering Mayesbrook AC
202	2890	00:16:06	Stephanie Rodgers	Hallamshire Harriers
203	3214	00:16:07	A Wallace	Worthing & District Harriers
204	3184	00:16:07	Elizabeth Heaven	Warrington AC
205	2816	00:16:07	Isabelle Perry	Charnwood AC
206	2758	00:16:08	Liliane Sutton	Birchfield Harriers
207	3081	00:16:08	Jodie Guinnane	Sale Harriers Manchester
208	2926	00:16:09	Rosie Hellawell	Keighley & Craven AC
209	2942	00:16:09	Georgie Brookes	Leicester Coritanian AC
210	3181	00:16:09	Katie Ashcroft	Warrington AC
211	2964	00:16:12	Laurice Hyland	Liverpool Harriers & AC

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212	3102	00:16:12	Elizabeth Wood	Shildon R & AC
213	2813	00:16:13	Eleanor Jones	Charnwood AC
214	2772	00:16:13	Mel Kane	Blackheath & Bromley Harriers AC
215	3026	00:16:14	Natasha Timson	Nuneaton Harriers
216	3050	00:16:14	Alyx Gregory	Reading AC
217	3042	00:16:15	Katie Potter	Peterborough AC
218	2722	00:16:19	Leanne Sigsworth	Altrincham & District AC
219	3163	00:16:20	Robyn Darcy	Trafford AC
220	2971	00:16:21	Zoe Woodward	Liverpool Harriers & AC
221	3183	00:16:22	Victoria Hamilton	Warrington AC
222	3009	00:16:25	Beth Thomas	Nene Valley Harriers
223	2899	00:16:27	Sidinie Sales	Havering Mayesbrook AC
224	2883	00:16:27	Emily Davies	Halesowen AC
225	3100	00:16:28	Emily Findlay	Shildon R & AC
226	3158	00:16:28	Maisie Farndon	Tonbridge AC
227	2799	00:16:28	Julie Addison	Cannock & Stafford AC
228	2984	00:16:29	Megan Roach	Mansfield Harriers & AC
229	3011	00:16:32	Megan Bird	Newcastle (Staffs) AC
230	2961	00:16:33	Gemma Selwood	Lincoln Wellington AC
231	2778	00:16:34	Kirstie Johnson	Blyth RC
232	3121	00:16:34	Heateher Drillingcourt	St.Helens Sutton AC
233	2914	00:16:35	Juilet May	Hull Achilles AC
234	3120	00:16:36	Lauren Bradshaw	St.Helens Sutton AC
235	3007	00:16:37	Rebecca Suslowski	Nene Valley Harriers
236	3083	00:16:38	Samara Mohtasham	Sale Harriers Manchester
237	2832	00:16:39	Amy Martin	City Of Plymouth AC
238	2976	00:16:39	Zoe Carter	Macclesfield Harriers & AC
239	3133	00:16:39	Katie Taylor	Stratford-on-Avon AC
240	3130	00:16:43	Rebecca Hetherington	Stockport Harriers AC
241	2741	00:16:44	Beth Armstrong	Bexley AC
242	3027	00:16:44	Tania White	Nuneaton Harriers
243	2822	00:16:45	Laura Oconnor	Chelmsford AC
244	2756	00:16:46	Faye Morley	Birchfield Harriers
245	3066	00:16:48	Madeline Wragg	Rotherham Harriers & AC
246	2867	00:16:52	Holly Hemmings Fitton	East Cheshire Harriers & Tameside AC
247	2932	00:16:53	Eve Caveney	KUHAC
248	3032	00:16:54	Laura O Connor	Orion Harriers
249	2945	00:16:54	Jasmine Mellor	Leicester Coritanian AC
250	2934	00:16:55	Nicole Peters	KUHAC
251	2915	00:16:56	Jenny Burgin	Huntingdonshire AC
252	2879	00:16:57	Lucy Smith	Grantham AC
253	3217	00:16:59	Mary Donaldson	Leamington C & AC
254	2790	00:17:00	Olivia Sadler	Bristol & West AC
255	2775	00:17:00	Rachel Robinson	Blackheath & Bromley Harriers AC
256	2842	00:17:00	Emily Simpson	City Of York AC
257	3182	00:17:00	Megan Ashcroft	Warrington AC
258	2998	00:17:01	Catriona Macdonald	Morpeth Harriers & AC
259	2967	00:17:01	Stephanie Romano-Smith	Liverpool Harriers & AC
260	3005	00:17:04	Emma Przbyi	Nene Valley Harriers
261	3216	00:17:09	Georgina Easthaugh	Leamington C & AC
262	3131	00:17:10	Amie Hughes	Stockport Harriers AC
263	3047	00:17:10	Ami Sudcliffe	Pudsey & Bramley AC
264	3113	00:17:11	Katherine Davies	Spenborough AC

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265	3204	00:17:12	Jess Evans	Wirral AC
266	2746	00:17:13	Chloe Slater	Bexley AC
267	3019	00:17:15	Hollie Startup	Newquay & Par AC
268	3060	00:17:17	Rachel Hall	Rotherham Harriers & AC
269	2815	00:17:19	Katie Oakes	Charnwood AC
270	2965	00:17:22	Poppy Lang	Liverpool Harriers & AC
271	3143	00:17:22	Jessica Heffer	Team Bath AC
272	3023	00:17:28	Charlotte Saunders	Notts AC
273	3012	00:17:29	Hannah Jones	Newcastle (Staffs) AC
274	3099	00:17:30	Amber Tomlinson	Shaftesbury Barnet Harriers
275	2912	00:17:32	Aisha Wey	Herne Hill Harriers
276	2917	00:17:33	Beth Burnett	Invicta East Kent AC
277	2963	00:17:35	Rebecca Wells	Lincoln Wellington AC
278	3125	00:17:36	Alysha Chell	Stafford Harriers
279	2763	00:17:36	Rachel Leech	Blackburn Harriers
280	2861	00:17:40	Nicola Shelley	Ealing Southall & Middx. AC
281	2851	00:17:41	Christina Lewis	Derby AC
282	2820	00:17:45	Bethany Hawkings	Chelmsford AC
283	3003	00:17:48	Georgina Igoe	Nene Valley Harriers
284	3149	00:17:49	Florence Armstrong	Thames Valley Harriers
285	3150	00:17:53	Roberta Fox	Thames Valley Harriers
286	2959	00:17:54	Laura McMunn	Lincoln Wellington AC
287	2866	00:18:03	Victoria Hartshorne	East Cheshire Harriers & Tameside AC
288	3162	00:18:10	Emily Symons	Tonbridge AC
289	3004	00:18:11	Georgie Ivens	Nene Valley Harriers
290	3167	00:18:31	Millie Ashworth	Vale Royal AC
291	2777	00:18:40	Loren Bain	Blyth RC
292	2978	00:18:46	Sian Davies	Manchester Harriers & AC
293	3063	00:18:48	Olivia Neal	Rotherham Harriers & AC
294	3164	00:18:59	Natasha Dunn	Trafford AC
295	2719	00:19:26	Constance Burke	Altrincham & District AC
296	2857	00:19:46	Rosie Cordy	Ealing Southall & Middx. AC
297	3062	00:20:13	Melissa Hellewell	Rotherham Harriers & AC
298	2780	00:20:34	Stephanie Ramsay	Blyth RC
299	2903	00:20:40	Agatha Blake	Herne Hill Harriers
300	2785	00:21:14	Katie Rodriguez	Boston & District AC

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Pos	Points	Team Name	Placings
1	47	Aldershot Farnham & District AC	( 1 2 16 28 )
2	142	Bedford & County AC	( 5 19 57 61 )
3	153	Mansfield Harriers & AC	( 26 27 41 59 )
4	184	East Cheshire Harriers & Tameside AC	( 37 43 51 53 )
5	205	Vale Royal AC	( 10 44 45 106 )
6	308	Royal Sutton Coldfield AC	( 13 70 108 117 )
7	336	Ipswich Harriers	( 18 66 122 130 )
8	374	Tonbridge AC	( 67 77 80 150 )
9	400	Halesowen AC	( 38 75 133 154 )
10	413	Shaftesbury Barnet Harriers	( 15 120 135 143 )
11	420	Sale Harriers Manchester	( 20 34 159 207 )
12	432	Cannock & Stafford AC	( 94 97 102 139 )
13	508	City Of Norwich AC	( 85 114 148 161 )
14	518	Havering Mayesbrook AC	( 21 73 201 223 )
15	543	Hallamshire Harriers	( 32 124 185 202 )
16	545	Morpeth Harriers & AC	( 25 79 183 258 )
17	578	Lincoln Wellington AC	( 123 147 151 157 )
18	583	Peterborough AC	( 72 166 172 173 )
19	588	Blackheath & Bromley Harriers AC	( 74 118 182 214 )
20	603	Reading AC	( 42 168 177 216 )
21	607	Leeds City AC	( 95 129 184 199 )
22	622	Pudsey & Bramley AC	( 17 156 186 263 )
23	622	Wirral AC	( 68 91 198 265 )
24	646	Herne Hill Harriers	( 23 49 275 299 )
25	672	Nene Valley Harriers	( 36 179 222 235 )
26	672	Birchfield Harriers	( 86 136 206 244 )
27	677	Blackburn Harriers	( 71 153 174 279 )
28	680	Charnwood AC	( 87 175 205 213 )
29	692	Thames Valley Harriers	( 47 76 284 285 )
30	699	Warrington AC	( 64 204 210 221 )
31	707	Leicester Coritanian AC	( 56 193 209 249 )
32	723	Liverpool Harriers & AC	( 125 167 211 220 )
33	728	Altrincham & District AC	( 78 137 218 295 )
34	782	Ealing Southall & Middx. AC	( 35 171 280 296 )
35	854	Rotherham Harriers & AC	( 48 245 268 293 )

## Sheet1

Pos	RaceNo	Time	Name	Club
1	288	00:11:25	Shaun Webb	Ipswich Harriers
2	393	00:11:35	Danny Mills	Nuneaton Harriers
3	500	00:11:41	Thomas Curr	Stroud & District AC
4	90	00:11:42	Phillip Seasman	Blackheath & Bromley Harriers AC
5	461	00:11:55	Richard Goodman	Shaftesbury Barnet Harriers
6	75	00:11:57	Jack Gray	Birmingham Rowheath AC
7	318	00:11:58	Nathan Page	Lincoln Wellington AC
8	195	00:11:59	Benjamin Connor	Derby AC
9	56	00:12:00	Jack Goodwin	Bedford & County AC
10	333	00:12:01	Toby Loveridge	Liverpool Pembroke & Sefton H & AC
11	527	00:12:05	Oliver Davey	Thurrock Harriers
12	208	00:12:06	Karnvir Hayer	Ealing Southall & Middx. AC
13	178	00:12:08	Sam Atkin	Cleethorpes AC
14	112	00:12:09	Zak Seddon	Bracknell AC
15	55	00:12:09	Peter Devaney	Bedford & County AC
16	167	00:12:10	James Gray	City of Sheffield AC
17	313	00:12:13	Michael Wood	Leeds City AC
18	311	00:12:13	Elliott Todd	Leeds City AC
19	460	00:12:15	Frank Baily	Shaftesbury Barnet Harriers
20	453	00:12:16	Danny Collins	Scarborough AC
21	568	00:12:16	Thomas Jervis	Warrington AC
22	623	00:12:16	Aidan Brace	Wycombe Phoenix Harriers & AC
23	430	00:12:17	Sam Wood	Richmond & Zetland Harriers
24	417	00:12:18	Dion Whiteley	Pudsey & Bramley AC
25	508	00:12:18	Stephen Parkes	Tamworth AC
26	207	00:12:19	Richard Charles	Ealing Southall & Middx. AC
27	9	00:12:19	Joshua Grace	Aldershot Farnham & District AC
28	359	00:12:20	Marcus Cram	Morpeth Harriers & AC
29	54	00:12:21	James Burton	Bedford & County AC
30	169	00:12:22	Nathan Ainsworth	City of Stoke AC
31	314	00:12:22	Jake Kench	Leicester Coritanian AC
32	457	00:12:23	Josh Schofield	Scarborough AC
33	268	00:12:24	Carl Yates	Hillingdon AC
34	6	00:12:25	Harvey Dixon	Aldershot Farnham & District AC
35	495	00:12:25	Jack Morris	Stockport Harriers AC
36	397	00:12:25	Ashley Chambers	OWLS AC
37	317	00:12:26	Ian Maplethorpe	Lincoln Wellington AC
38	187	00:12:26	Matthew Rose	Coventry Godiva Harriers
39	515	00:12:26	Louis Gates	Team Southampton
40	538	00:12:27	Josh Bentham	Tonbridge AC
41	86	00:12:29	Hector Kurtyanek	Blackheath & Bromley Harriers AC
42	587	00:12:29	William Massey	Westbury Harriers
43	345	00:12:30	Tom Mead	Luton AC
44	543	00:12:31	Will Metham	Tonbridge AC
45	352	00:12:32	Ryan Saxton	Mansfield Harriers & AC
46	390	00:12:32	Mark Thompson	Notts AC
47	129	00:12:34	Chris Perrin	Cannock & Stafford AC
48	193	00:12:35	Paul Clifford	Darlington Harriers
49	149	00:12:36	James Selvey	Chesterfield & District AC
50	466	00:12:37	Cameron Boyek	Shildon R & AC
51	22	00:12:39	Elliot Woolmer	Aldershot Farnham & District AC
52	252	00:12:40	Lewis Lloyd	Herne Hill Harriers



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53	347	00:12:41	Lloyd Hilton	Macclesfield Harriers & AC
54	168	00:12:41	Daniel Jepson	City of Sheffield AC
55	545	00:12:42	Luca Russo	Tonbridge AC
56	504	00:12:43	Thomas Purnell	Stroud & District AC
57	272	00:12:43	Max Kaye	Holmfirth Harriers AC
58	4	00:12:44	George Brown	Aldershot Farnham & District AC
59	107	00:12:44	Fergus O'Reilly	Bournemouth AC
60	600	00:12:45	Max Jeffers	Wirral AC
61	355	00:12:45	Daniel Murphy	Marshall Milton Keynes AC
62	472	00:12:46	William Pinder	Skipton AC
63	323	00:12:46	Mark Loveridge	Liverpool Harriers & AC
64	523	00:12:46	Thomas Francis	Thetford AC
65	34	00:12:47	Christopher Berntsen	Andover AC
66	301	00:12:47	Guy Allen	Leamington C & AC
67	608	00:12:47	Stephen Simpson	Wirral AC
68	199	00:12:47	Niall Maguire	Derby AC
69	259	00:12:48	Edward Shepherd	Herts Phoenix AC
70	409	00:12:48	Jacob Wisbey	Peterborough AC
71	5	00:12:48	Nathan Ditton	Aldershot Farnham & District AC
72	540	00:12:49	Ryan Driscoll	Tonbridge AC
73	307	00:12:50	Gordon Benson	Leeds City AC
74	10	00:12:50	Daniel Hooper	Aldershot Farnham & District AC
75	2	00:12:52	Ian Bailey	Aldershot Farnham & District AC
76	526	00:12:52	Ben Davey	Thurrock Harriers
77	330	00:12:52	Chris Hatton	Liverpool Pembroke & Sefton H & AC
78	58	00:12:52	Patrick Stewart	Bedford & County AC
79	257	00:12:52	Samuel Woods	Herne Hill Harriers
80	124	00:12:53	Kegan Lymn	Camberley & District AC
81	429	00:12:53	Marc Scott	Richmond & Zetland Harriers
82	428	00:12:53	George Robinson	Richmond & Zetland Harriers
83	346	00:12:53	Sean Still	Luton AC
84	142	00:12:54	Alex Short	Chelmsford AC
85	496	00:12:54	Jack Nixon	Stockport Harriers AC
86	577	00:12:55	James Ellis	West Cheshire AC
87	483	00:12:55	John Ashcroft	St.Helens Sutton AC
88	371	00:12:56	Callum Ramsey	Nene Valley Harriers
89	549	00:12:56	Josh McHugh	Trafford AC
90	284	00:12:56	Jack Garvin	Ipswich Harriers
91	606	00:12:57	Sam Robinson	Wirral AC
92	281	00:12:57	Alex Newson	Invicta East Kent AC
93	335	00:12:57	Edward Rimmer	Liverpool Pembroke & Sefton H & AC
94	293	00:12:57	Patrick Vicary	Kendal AC
95	263	00:12:59	Matthew Fayers	Hillingdon AC
96	270	00:12:59	Tom Halton	Holmfirth Harriers AC
97	566	00:13:00	Daniel Jackson	Warrington AC
98	418	00:13:00	Mathew Winder	Pudsey & Bramley AC
99	171	00:13:00	Tom Guy	City of Stoke AC
100	558	00:13:01	Philip Pugh	Uttoxeter Road Runners
101	13	00:13:01	Jordan Nutbrown	Aldershot Farnham & District AC
102	432	00:13:01	Joe Johnston	Rosendale Harriers & AC
103	308	00:13:01	Alex Hart	Leeds City AC
104	243	00:13:02	Joe Rainsford	Heanor RC
105	539	00:13:02	Jamie Bryant	Tonbridge AC

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106	131	00:13:02	Ashley Wickett	Cannock & Stafford AC
107	184	00:13:02	Daniel Hillman	Coventry Godiva Harriers
108	258	00:13:02	Thomas Barfoot	Herts Phoenix AC
109	172	00:13:05	Michael Harding	City of Stoke AC
110	202	00:13:05	George James	Dorking & Mole Valley AC
111	14	00:13:06	Sean Nutbrown	Aldershot Farnham & District AC
112	445	00:13:06	Callum Greenwood	Sale Harriers Manchester
113	24	00:13:07	Ryan Ganose	Altrincham & District AC
114	63	00:13:07	Ben Marriott	Bingley Harriers & AC
115	267	00:13:07	Mark Speight	Hillingdon AC
116	470	00:13:07	Joel Griffith	Skipton AC
117	114	00:13:08	Matthew Deacon	Bristol & West AC
118	494	00:13:08	Harry Long	Stockport Harriers AC
119	484	00:13:09	David Griffiths	St.Helens Sutton AC
120	236	00:13:10	Jamie Buckley-Stanton	Havering Mayesbrook AC
121	570	00:13:10	Luke Johnson	Warrington AC
122	61	00:13:11	Sam Risby	Bexley AC
123	479	00:13:12	Carl Foulstone	Spensborough AC
124	406	00:13:12	Luke Phillips	Peterborough AC
125	294	00:13:12	George Quinn	Kent AC
126	579	00:13:12	Henry Loughlin	West Norfolk AC
127	170	00:13:13	Jos Broome	City of Stoke AC
128	156	00:13:13	Callum McLaren	City of Norwich AC
129	316	00:13:13	Matthew Bee	Lincoln Wellington AC
130	580	00:13:15	Stanley Roffe	West Norfolk AC
131	141	00:13:17	Marc Reynolds	Chelmsford AC
132	119	00:13:17	Adam Speake	Bristol & West AC
133	503	00:13:18	Aaron Phelps	Stroud & District AC
134	541	00:13:18	Robbie Farnham-Rose	Tonbridge AC
135	463	00:13:18	Antonio Razzano	Shaftesbury Barnet Harriers
136	332	00:13:19	Sean Kirkbride	Liverpool Pembroke & Sefton H & AC
137	410	00:13:19	William Gray	Phoenix AC
138	513	00:13:19	Martin Campbell	Team Southampton
139	469	00:13:20	Will Crisp	Skipton AC
140	487	00:13:20	Jamie White	St.Helens Sutton AC
141	534	00:13:21	Joel Hatton	Tipton Harriers
142	480	00:13:21	Jamie Cozens	Sphinx AC
143	501	00:13:21	Jordan Frapwell	Stroud & District AC
144	485	00:13:22	Daniel Hughes	St.Helens Sutton AC
145	465	00:13:22	Ryan Stephenson	Shaftesbury Barnet Harriers
146	448	00:13:23	Josh Oguntayo	Sale Harriers Manchester
147	113	00:13:23	Sam Bedwell	Bristol & West AC
148	51	00:13:23	Sam Bennet	Bedford & County AC
149	441	00:13:25	Kieran Smith	Royal Sutton Coldfield AC
150	144	00:13:26	Stephen Strange	Chelmsford AC
151	174	00:13:27	Alex Porecker	City of Stoke AC
152	533	00:13:27	Luke Gainham	Tipton Harriers
153	312	00:13:28	Robert Torch	Leeds City AC
154	310	00:13:28	Tom Rollins	Leeds City AC
155	419	00:13:28	Jordan Bateman	Reading AC
156	211	00:13:29	Christopher Young	Ealing Southall & Middx. AC
157	625	00:13:29	Alex Imce	Wycombe Phoenix Harriers & AC
158	351	00:13:29	Henry Partridge	Mansfield Harriers & AC

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159	132	00:13:29	Luke Baxter	Charnwood AC
160	206	00:13:30	Christopher Charles	Ealing Southall & Middx. AC
161	334	00:13:30	John Meakin	Liverpool Pembroke & Sefton H & AC
162	127	00:13:31	Sam Derry	Cannock & Stafford AC
163	85	00:13:31	Sam Jackson	Blackheath & Bromley Harriers AC
164	37	00:13:31	Alex Rudge	Andover AC
165	482	00:13:33	Elliot Poulain	St.Albans AC
166	230	00:13:33	Justin Boyd	Hallamshire Harriers
167	244	00:13:34	Geordie Logan	Hercules Wimbledon AC
168	221	00:13:34	Johnie Boyd	Gateshead Harriers & AC
169	173	00:13:34	Luke Kinch	City of Stoke AC
170	217	00:13:35	Aaron Schofield	East Cheshire Harriers & Tameside AC
171	509	00:13:36	Luke Roughley	Tamworth AC
172	235	00:13:36	Ross Skelton	Hastings AC
173	498	00:13:36	Jack McMullen	Stratford-on-Avon AC
174	205	00:13:36	Mark Cameron	Ealing Southall & Middx. AC
175	603	00:13:36	Josh Mitchell	Wirral AC
176	344	00:13:37	Daniel Johnson	Luton AC
177	273	00:13:38	Declan McGivern	Holmfirth Harriers AC
178	50	00:13:39	Luke Angell	Bedford & County AC
179	52	00:13:39	Matthew Bergin	Bedford & County AC
180	222	00:13:39	Robbie Costello	Gateshead Harriers & AC
181	542	00:13:40	Jack Keywood	Tonbridge AC
182	68	00:13:40	Ben Griffiths	Birchfield Harriers
183	372	00:13:40	Tom Rodgers	Nene Valley Harriers
184	192	00:13:41	Oliver Glyn	Dacorum & Tring AC
185	128	00:13:42	Jack Lockett	Cannock & Stafford AC
186	137	00:13:43	Joe Wales	Charnwood AC
187	519	00:13:43	Ben Winstanley	Team Southampton
188	291	00:13:44	Luke Ingham	Kendal AC
189	440	00:13:44	Stuart McCaw	Royal Sutton Coldfield AC
190	87	00:13:45	Will Mercer	Blackheath & Bromley Harriers AC
191	497	00:13:45	Jack Allison	Stratford-on-Avon AC
192	139	00:13:45	Steven Hardy	Chelmsford AC
193	134	00:13:45	Alex Kavanagh	Charnwood AC
194	101	00:13:45	Zak Haywood	Bolton United Harriers & AC
195	215	00:13:45	Joseph Hudak	East Cheshire Harriers & Tameside AC
196	143	00:13:45	Michael Smith	Chelmsford AC
197	375	00:13:46	Tommy Bower	Newham & Essex Beagles
198	282	00:13:46	Kieran Reilly	Invicta East Kent AC
199	537	00:13:46	Lee Whitehouse	Tipton Harriers
200	403	00:13:46	Rupert Radley	OWLS AC
201	391	00:13:47	Nathan Gray	Nuneaton Harriers
202	486	00:13:47	Jamie Webb	St.Helens Sutton AC
203	605	00:13:47	Phil Robertson	Wirral AC
204	547	00:13:48	Andrew Thomas	Tonbridge AC
205	260	00:13:48	Gavin Barclay	Hillingdon AC
206	122	00:13:48	Chris Rushworth	Buxton AC
207	408	00:13:48	Nicholas Stone	Peterborough AC
208	130	00:13:49	James Perrin	Cannock & Stafford AC
209	228	00:13:49	Liam Taylor	Halesowen AC
210	389	00:13:49	Freddie Hessian	Notts AC
211	449	00:13:49	Callum Rowlinson	Sale Harriers Manchester

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212	200	00:13:50	Samuel Poole	Derby AC
213	532	00:13:50	Sam Davies	Tipton Harriers
214	574	00:13:51	Matthew Pontifex	Warrington AC
215	626	00:13:51	Scott Pulley	Wycombe Phoenix Harriers & AC
216	158	00:13:51	Toby Brimecombe	City of Portsmouth AC
217	367	00:13:52	Eddie Hewitt	Nene Valley Harriers
218	507	00:13:52	Richard Mahoney	Tamworth AC
219	506	00:13:52	Jack Childs	Tamworth AC
220	59	00:13:54	Chris Thornley	Bedford & County AC
221	327	00:13:55	Michael Bride	Liverpool Pembroke & Sefton H & AC
222	303	00:13:55	Matt Bull	Leamington C & AC
223	385	00:13:55	Joe Coleshaw	Notts AC
224	210	00:13:55	William Pinder	Ealing Southall & Middx. AC
225	138	00:13:56	Ben Bird	Chelmsford AC
226	491	00:13:57	Joe Briggs	Stockport Harriers AC
227	561	00:13:57	Ryan Hartley	Wakefield & District Harriers AC
228	377	00:13:58	David Kail	Newham & Essex Beagles
229	350	00:13:58	John Brown	Mansfield Harriers & AC
230	353	00:13:58	Richie Talbot	Mansfield Harriers & AC
231	370	00:13:59	Toby Nolan	Nene Valley Harriers
232	342	00:13:59	Guy Gregory	Ludlow Runners
233	17	00:13:59	Matthew Reese	Aldershot Farnham & District AC
234	474	00:14:02	Robbie Swift	Skipton AC
235	322	00:14:02	Tom Crowley	Liverpool Harriers & AC
236	546	00:14:03	Nick Taylor	Tonbridge AC
237	297	00:14:04	Adam Bateson	Lancaster & Morecambe AC
238	290	00:14:04	Mike Hoyle	Kendal AC
239	136	00:14:04	Ben Salt	Charnwood AC
240	340	00:14:04	Russell Adams	Ludlow Runners
241	89	00:14:04	Greg Proctor	Blackheath & Bromley Harriers AC
242	49	00:14:05	Josh Angell	Bedford & County AC
243	190	00:14:05	Sean Dyer	Crewe & Nantwich AC
244	618	00:14:05	Rowan Miargraves	Wreake Runners
245	306	00:14:06	Chris Wood	Leamington C & AC
246	179	00:14:06	Nathan Duncan	Cleethorpes AC
247	27	00:14:06	Josh Smith	Altrincham & District AC
248	321	00:14:08	Ryan Stevenson	Lincoln Wellington AC
249	309	00:14:08	J Higgins	Leeds City AC
250	298	00:14:08	Callum Mason	Lancaster & Morecambe AC
251	437	00:14:09	Sam Howis	Rotherham Harriers & AC
252	296	00:14:10	Daniel Thompson	Kettering Town Harriers
253	224	00:14:10	Nathan Newton	Gateshead Harriers & AC
254	511	00:14:11	Lui Pollastrone	Team Bath AC
255	106	00:14:12	Craig Melvin	Boston & District AC
256	489	00:14:13	Jack Ross	Staffordshire Moorlands AC
257	471	00:14:13	Peter Messenger	Skipton AC
258	209	00:14:13	Connor Hearn	Ealing Southall & Middx. AC
259	28	00:14:14	Michael Bosworth	Amber Valley AC
260	363	00:14:14	Henry Dunn	Nene Valley Harriers
261	116	00:14:15	George Hurford	Bristol & West AC
262	229	00:14:15	Michael Gaughan	Halifax Harriers
263	616	00:14:15	David Freeman	Wreake Runners
264	499	00:14:15	Sam Taylor	Stratford-on-Avon AC

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265	514	00:14:16	Simon Campbell	Team Southampton
266	621	00:14:16	Josh Slingsby	Wreake Runners
267	521	00:14:17	Ben Burton	Thanet Road Runners AC
268	609	00:14:18	Liam Blaikie	Woodford Green AC with Essex Ladies
269	435	00:14:21	Elliot Whyllie	Rossendale Harriers & AC
270	15	00:14:21	Francois Owlage	Aldershot Farnham & District AC
271	459	00:14:21	Daniel Abrey	Shaftesbury Barnet Harriers
272	219	00:14:22	Alex Gibson	East Hull Harriers
273	492	00:14:22	Jamie Henderson	Stockport Harriers AC
274	29	00:14:22	Chris Dawe	Amber Valley AC
275	265	00:14:24	Kyle Ingham-Neacy	Hillingdon AC
276	601	00:14:24	Toby Kelly	Wirral AC
277	198	00:14:24	Ashwin Kang	Derby AC
278	536	00:14:25	Matthew Rice	Tipton Harriers
279	279	00:14:27	Sam Hudson	Invicta East Kent AC
280	627	00:14:27	Ellis Ball	Orion Harriers
281	8	00:14:28	Tom Fricker	Aldershot Farnham & District AC
282	434	00:14:29	Jack Stringfellow	Rossendale Harriers & AC
283	201	00:14:30	Jack Robertson	Derby AC
284	175	00:14:31	Rob Wilson	City of Stoke AC
285	524	00:14:32	Joe Kirton	Thetford AC
286	189	00:14:33	Liam Dyer	Crewe & Nantwich AC
287	302	00:14:33	Jimmy Bull	Leamington C & AC
288	148	00:14:33	Timothy Schaanning	Chesterfield & District AC
289	23	00:14:33	Adam Dolan	Altrincham & District AC
290	70	00:14:34	Joshua Lacey	Birchfield Harriers
291	564	00:14:35	Joseph Braidwood	Warrington AC
292	358	00:14:36	Tom Brookes	Morpeth Harriers & AC
293	126	00:14:37	Stuart Davies	Cannock & Stafford AC
294	396	00:14:37	Jake Boat	OWLS AC
295	31	00:14:39	Aiden Smith	Amber Valley AC
296	197	00:14:40	Matthew Hayes	Derby AC
297	102	00:14:40	Danny Johnson	Bolton United Harriers & AC
298	468	00:14:41	Ryan Etherington	Shildon R & AC
299	111	00:14:43	James Mitchell	Bracknell AC
300	154	00:14:44	Jack Harrison	City of Norwich AC
301	431	00:14:44	Luke Gregory	Rossendale Harriers & AC
302	57	00:14:44	Andrew Minney	Bedford & County AC
303	366	00:14:46	Sam Harris	Nene Valley Harriers
304	630	00:14:46	Auberon Hall	Orion Harriers
305	145	00:14:47	Ted Shaughnessy	Cheltenham & County Harriers
306	619	00:14:48	Jim Payne	Wreake Runners
307	622	00:14:48	Gregg Webb	Wreake Runners
308	25	00:14:49	Stewart Nichol	Altrincham & District AC
309	522	00:14:50	Jacob Burton	Thanet Road Runners AC
310	565	00:14:52	Michael Hilton	Warrington AC
311	530	00:14:55	John Carpenter	Tipton Harriers
312	104	00:14:55	Jeremy Baily	Boston & District AC
313	256	00:14:55	Daniel Wilmott	Herne Hill Harriers
314	105	00:14:56	Aidan McClure	Boston & District AC
315	83	00:14:56	Jonathan Halls	Blackheath & Bromley Harriers AC
316	478	00:14:56	Simon Bolland	Spensborough AC
317	467	00:14:58	Fergus Chadwick	Shildon R & AC

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318	399	00:15:00	Niall McSharry	OWLS AC
319	544	00:15:01	Henry Newsome	Tonbridge AC
320	295	00:15:01	David Edwards	Kettering Town Harriers
321	464	00:15:02	Jordan Stainer	Shaftesbury Barnet Harriers
322	69	00:15:04	Alex Jackson	Birchfield Harriers
323	407	00:15:05	Tristian Smith	Peterborough AC
324	251	00:15:06	Jamal Langley	Herne Hill Harriers
325	379	00:15:09	James Watts	Newham & Essex Beagles
326	368	00:15:18	Rob Jacobs	Nene Valley Harriers
327	567	00:15:23	Adam Jefferson	Warrington AC
328	121	00:15:25	Harrison Howie	Bromsgrove & Redditch AC
329	212	00:15:30	Liam Banks-Carr	East Cheshire Harriers & Tameside AC
330	361	00:15:35	Philip Shuttleworth	Morpeth Harriers & AC
331	245	00:15:43	Edward Saywell	Hercules Wimbledon AC
332	617	00:15:44	Spencer Lyon	Wreake Runners
333	392	00:15:45	Jake Hayward	Nuneaton Harriers
334	74	00:15:51	Patrick Tirwus	Birchfield Harriers
335	227	00:15:55	Robert Spencer	Halesowen AC
336	188	00:16:05	Andrew Timothy	Coventry Godiva Harriers
337	505	00:16:07	Oliver Starkey	Stroud & District AC
338	349	00:16:08	Matthew Wallis	Macclesfield Harriers & AC
339	404	00:16:14	Peter Gooly	Peterborough AC
340	183	00:16:16	Nick Fellows	Coventry Godiva Harriers
341	280	00:16:17	Chris Little	Invicta East Kent AC
342	578	00:16:19	Michael McCormick	West Cheshire AC
343	118	00:16:20	Zach Marsh	Bristol & West AC
344	575	00:16:32	Wayne Robinson	Warrington AC
345	43	00:16:48	Jack Morris	Barnet & District AC
346	216	00:17:20	Adam Porritt	East Cheshire Harriers & Tameside AC
347	214	00:19:42	Michael Fagg	East Cheshire Harriers & Tameside AC

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Pos	Points	Team Name	Placings
1	131	Bedford & County AC	( 9 15 29 78 )
2	170	Aldershot Farnham & District AC	( 27 34 51 58 )
3	211	Tonbridge AC	( 40 44 55 72 )
4	211	Leeds City AC	( 17 18 73 103 )
5	304	Shaftesbury Barnet Harriers	( 5 19 135 145 )
6	316	Liverpool Pembroke & Sefton H & AC	( 10 77 93 136 )
7	335	Stroud & District AC	( 3 56 133 143 )
8	354	Ealing Southall & Middx. AC	( 12 26 156 160 )
9	365	City of Stoke AC	( 30 99 109 127 )
10	394	Wirral AC	( 60 68 91 175 )
11	398	Blackheath & Bromley Harriers AC	( 4 41 163 190 )
12	422	Lincoln Wellington AC	( 7 38 129 248 )
13	448	Hillingdon AC	( 33 95 115 205 )
14	453	Warrington AC	( 21 97 121 214 )
15	464	Stockport Harriers AC	( 35 85 118 226 )
16	490	St.Helens Sutton AC	( 87 119 140 144 )
17	499	Cannock & Stafford AC	( 47 105 162 185 )
18	551	Skipton AC	( 62 116 139 234 )
19	557	Chelmsford AC	( 84 131 150 192 )
20	564	Derby AC	( 8 67 212 277 )
21	629	Team Southampton	( 39 138 187 265 )
22	633	Tamworth AC	( 25 171 218 219 )
23	657	Bristol & West AC	( 117 132 147 261 )
24	662	Mansfield Harriers & AC	( 45 158 229 230 )
25	705	Tipton Harriers	( 141 152 199 213 )
26	719	Nene Valley Harriers	( 88 183 217 231 )
27	724	Peterborough AC	( 70 124 207 323 )
28	768	Herne Hill Harriers	( 52 79 313 324 )
29	777	Charnwood AC	( 159 186 193 239 )
30	820	Leamington C & AC	( 66 222 245 287 )
31	820	Coventry Godiva Harriers	( 37 107 336 340 )
32	848	OWLS AC	( 36 200 294 318 )
33	910	Invicta East Kent AC	( 92 198 279 341 )
34	954	Rossendale Harriers & AC	( 102 269 282 301 )
35	957	Altrincham & District AC	( 113 247 289 308 )
36	1041	East Cheshire Harriers & Tameside AC	( 170 196 329 346 )
37	1079	Wreake Runners	( 244 263 266 306 )
38	1128	Birchfield Harriers	( 182 290 322 334 )

## Sheet1

Pos	RaceNo	Time	Name	Club
1	810	00:14:24	Laura Park	Ellenborough AC
2	713	00:14:44	Charlie Purdue	Aldershot Farnham & District AC
3	714	00:14:48	Louise Small	Aldershot Farnham & District AC
4	848	00:14:58	Beth Carter	Invicta East Kent AC
5	854	00:14:59	Vanessa Rollins	Kettering Town Harriers
6	860	00:15:01	Hannah Bateson	Lancaster & Morecambe AC
7	861	00:15:02	Annika Jarman	Lancaster & Morecambe AC
8	711	00:15:04	Lily Partridge	Aldershot Farnham & District AC
9	780	00:15:07	Jessica Burns	City of Plymouth AC
10	843	00:15:07	Kerrie Harris	Hull Achilles AC
11	1010	00:15:08	Louise Webb	Team Southampton
12	1038	00:15:12	Rebecca Craigie	Vale Royal AC
13	949	00:15:21	Stefanie Burns	Rotherham Harriers & AC
14	795	00:15:25	Hannah Walker	Dacorum & Tring AC
15	979	00:15:28	Kate Avery	Shildon R & AC
16	777	00:15:40	Claire Pring	City of Norwich AC
17	910	00:15:43	Laura Weightman	Morpeth Harriers & AC
18	960	00:15:46	Monique Powell	Royal Sutton Coldfield AC
19	809	00:15:49	Charlotte Arter	Eden Runners
20	853	00:15:50	Nicole Roberts	Kettering Town Harriers
21	716	00:15:51	Catherine Taylor	Aldershot Farnham & District AC
22	871	00:15:52	Georgia Ball	Lincoln Wellington AC
23	1046	00:15:53	Nicola Morgan	Wells City Harriers
24	757	00:15:53	Eleanor Wimshurst	Bristol & West AC
25	986	00:16:02	Dainelle Hurley	Southend AC
26	750	00:16:03	Kristie Leybourne	Blackpool Wyre & Fylde AC
27	970	00:16:03	Rachel Robinson	Scunthorpe & District AC
28	958	00:16:06	Zara Farnell	Royal Sutton Coldfield AC
29	1017	00:16:08	Melissa Newbery	Thames Valley Harriers
30	791	00:16:10	Laura Condron	Colchester & Tendring AC
31	850	00:16:13	Rosie Stuart	Keswick AC
32	900	00:16:14	Gemma Astin	Manx Harriers
33	999	00:16:15	Bryony Pearce	Stockport Harriers AC
34	765	00:16:17	Zoe Hawkins	Charnwood AC
35	701	00:16:18	Laura Alexander High	Aldershot Farnham & District AC
36	1007	00:16:20	Aiya Abe	Team Southampton
37	1045	00:16:21	Amy Talbot	Warrington AC
38	998	00:16:22	Lucy McLoughlin	Stockport Harriers AC
39	842	00:16:25	Briney Harris	Hull Achilles AC
40	951	00:16:29	Robyn Lanceley	Rotherham Harriers & AC
41	858	00:16:31	Jodie Spencer	Kingston Upon Hull AC
42	891	00:16:31	Alex Sharp	Louth AC
43	718	00:16:35	Tamara Armoush	Amber Valley AC
44	1028	00:16:35	Megan Brickell	Tonbridge AC
45	1041	00:16:37	Cathy Stringer	Vale Royal AC
46	957	00:16:37	Sarah Davis	Royal Sutton Coldfield AC
47	753	00:16:38	Oriel Hardman	Bolton United Harriers & AC
48	1075	00:16:39	S Burgin	Winchester & District AC
49	855	00:16:41	Laura Jane Day	Kingston Upon Hull AC
50	1014	00:16:43	Olivia Bryant	Thames Valley Harriers
51	764	00:16:45	Johanna Gurney	Charnwood AC
52	840	00:16:46	April Stevenson	Horwich RMI Harriers



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53	1059	00:16:49	Georja Busetto	Wirral AC
54	818	00:16:51	Kate Russell	Hallamshire Harriers
55	1022	00:16:56	Katie Harper	Tipton Harriers
56	852	00:16:56	Hayley Hunn	Kettering Town Harriers
57	954	00:16:57	Laura Spence	Rotherham Harriers & AC
58	865	00:16:58	Sophie Waterhouse	Leeds City AC
59	996	00:17:03	Leah Kay	Stockport Harriers AC
60	911	00:17:04	Natalie Young	Morpeth Harriers & AC
61	975	00:17:06	Alice Keane	Shaftesbury Barnet Harriers
62	985	00:17:07	Emily Burgess	Southend AC
63	827	00:17:10	Vanessa Brann	Hereford & County AC
64	702	00:17:12	Claire Arnold	Aldershot Farnham & District AC
65	728	00:17:13	Samantha Cutler	Bedford & County AC
66	870	00:17:16	Hannah Warburton	Leigh Harriers & AC
67	944	00:17:19	Emma Flanagan	Rossendale Harriers & AC
68	725	00:17:19	Sophie Smith	Basingstoke & Mid Hants AC
69	859	00:17:20	Michelle Stone	Kingston Upon Hull AC
70	794	00:17:20	Ella Neale	Colchester Harriers AC
71	923	00:17:23	Claire Waring	Notts AC
72	898	00:17:23	Lucy Smith	Mansfield Harriers & AC - No Vest
73	866	00:17:24	Louise Monk	Leicester Coritanian AC
74	1036	00:17:28	Sarah Johnson	Trentham RC
75	789	00:17:28	Michaela Brolly	Clayton-Le-Moors Harriers
76	1011	00:17:29	Cerian Lancaster	Telford AC
77	712	00:17:29	Sam Prier	Aldershot Farnham & District AC
78	857	00:17:30	Lauren Havercroft	Kingston Upon Hull AC
79	881	00:17:30	Olivia Desborough	Liverpool Harriers & AC
80	788	00:17:35	Jenny Parker	City of York AC
81	904	00:17:36	Fiona Gilbert	Matlock AC
82	751	00:17:38	Hannah Darby	Bolton United Harriers & AC
83	770	00:17:38	Victoria Hayes	Chelmsford AC
84	880	00:17:38	Megan Davies	Liverpool Harriers & AC
85	772	00:17:41	Katie Ann Tuttlebury	Chelmsford AC
86	914	00:17:42	Charlotte Hinch	Nene Valley Harriers
87	724	00:17:42	Katie Smith	Basingstoke & Mid Hants AC
88	837	00:17:43	Bethany Pettit	Holmfirth Harriers AC
89	761	00:17:44	Rachel Atherton	Cannock & Stafford AC
90	741	00:17:44	Rachel Searson	Blackburn Harriers
91	1060	00:17:45	Rebecca Hannah	Wirral AC
92	905	00:17:46	Zoe Armstrong	Morpeth Harriers & AC
93	833	00:17:47	Julia Wedmore	Herne Hill Harriers
94	1061	00:17:48	Emily Murphy	Wirral AC
95	1080	00:17:48	Megan Rothman	Leamington C & AC
96	1031	00:17:49	Vicky Rukin	Tonbridge AC
97	1040	00:17:52	Katie Howard	Vale Royal AC
98	899	00:17:53	Emma Wilkinson	Mansfield Harriers & AC
99	816	00:17:53	Bethany Young	Halesowen AC
100	1027	00:17:54	Sophie Ward	Tipton Harriers
101	1034	00:17:55	Catherine Symons	Tonbridge AC
102	766	00:17:56	Emily Milodowski	Charnwood AC
103	908	00:17:57	Deborah Oakley	Morpeth Harriers & AC
104	978	00:17:57	Sophie Proffitt	Shaftesbury Barnet Harriers
105	835	00:17:58	Amy McGivern	Holmfirth Harriers AC

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106	862	00:17:59	Claire Pogson	Lancaster & Morecambe AC
107	1033	00:18:08	Clemmie Swift	Tonbridge AC
108	1024	00:18:09	Sophie Lynch	Tipton Harriers
109	877	00:18:10	Holly Haywood	Lincoln Wellington AC
110	1064	00:18:10	Jessica Docking	Woodford Green AC with Essex Ladies
111	730	00:18:12	Amber Wright	Bedford & County AC
112	705	00:18:13	Hannah Barefield	Aldershot Farnham & District AC
113	1032	00:18:13	Rachael Salway	Tonbridge AC
114	821	00:18:14	Rachel Wilkie	Hallamshire Harriers
115	1079	00:18:15	Emma Fulcher	Leamington C & AC
116	805	00:18:15	Hannah Pollak	Ealing Southall & Middx. AC
117	1044	00:18:16	Louise Sullivan	Warrington AC
118	959	00:18:17	Emma Overy	Royal Sutton Coldfield AC
119	1037	00:18:17	Sophie Axford	Vale Royal AC
120	817	00:18:20	Nicola Birch	Hallamshire Harriers
121	799	00:18:20	Charlotte Hingley	Derby AC
122	1000	00:18:28	Amber Whewell	Stockport Harriers AC
123	993	00:18:29	Samantha Sheldon	Staffordshire Moorlands AC
124	1042	00:18:33	Sarah Griffiths	Warrington AC
125	883	00:18:37	Louise Forde	Liverpool Harriers & AC
126	1035	00:18:37	Katie Milner	Trafford AC
127	785	00:18:39	Cloe Green	City of Stoke AC
128	1062	00:18:44	Rachel Patterson	Wirral AC
129	727	00:18:45	Sarah Caunt	Bedford & County AC
130	709	00:18:46	Susanna Ditton	Aldershot Farnham & District AC
131	942	00:18:51	Hayleigh Wood	Reading AC
132	798	00:18:52	Elizabeth Hill	Derby AC
133	823	00:18:52	Jessica Edge	Harborough AC
134	1029	00:18:56	Jess Owen	Tonbridge AC
135	988	00:19:08	Sarah Peacock	Spensborough AC
136	1072	00:19:09	Jenny Smith	Wreake Runners
137	793	00:19:13	Phoebe May	Colchester Harriers AC
138	742	00:19:13	Melanie Taylor	Blackburn Harriers
139	976	00:19:13	Emma Layton	Shaftesbury Barnet Harriers
140	754	00:19:13	Emma Chapman	Bristol & West AC
141	892	00:19:13	Rosie Keane	Luton AC
142	938	00:19:14	Katherine Jones	Reading AC
143	943	00:19:16	Rosie Adams	Richmond & Zetland Harriers
144	851	00:19:16	Kelly Barnett	Kettering Town Harriers
145	1082	00:19:17	Faye Barr	Leamington C & AC
146	895	00:19:21	Holly Blount	Mansfield Harriers & AC
147	903	00:19:24	Hayley Cameron	Matlock AC
148	1006	00:19:28	Rosie Brown	Team Bath AC
149	878	00:19:31	Katrina Sutcliff	Lincoln Wellington AC
150	760	00:19:32	Nathalie Richards	Cambridge & Coleridge
151	819	00:19:32	Hayley Tranfield	Hallamshire Harriers
152	769	00:19:32	Rachael Chester	Chelmsford AC
153	896	00:19:34	Gina Radford	Mansfield Harriers & AC
154	991	00:19:36	Georgia Greaves	Staffordshire Moorlands AC
155	931	00:19:36	Charlotte Kenny	Peterborough AC
156	1067	00:19:40	Amelia Holford	Woodford Green AC with Essex Ladies
157	1003	00:19:40	Elise Jinks	Tamworth AC
158	907	00:19:41	Stevie Goodfellow	Morpeth Harriers & AC

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159	922	00:19:44	Vicki McQueen	Notts AC
160	897	00:19:46	Kate Raynor	Mansfield Harriers & AC
161	945	00:19:51	Francesca Gregory	Rossendale Harriers & AC
162	758	00:19:52	Zoe Bayley	Buxton AC
163	845	00:19:53	Sammi Skinner	Huntingdonshire AC
164	839	00:19:56	Bethan Faulkner	Horwich RMI Harriers
165	790	00:19:56	Josie Condron	Colchester & Tendring AC
166	997	00:19:57	Sarah Kay	Stockport Harriers AC
167	1020	00:19:59	Natalie Davies	Tipton Harriers
168	721	00:20:06	Kim Jenner	Amber Valley AC
169	1018	00:20:11	Michaela Shaw	Thames Valley Harriers
170	947	00:20:12	Heather Parker	Rossendale Harriers & AC
171	802	00:20:13	Helena French	Ealing Southall & Middx. AC
172	932	00:20:21	Michelle Longman	Peterborough AC
173	990	00:20:23	Amy Dean	Staffordshire Moorlands AC
174	941	00:20:27	Alice Wainwright	Reading AC
175	733	00:20:31	Mary Donnelly	Bexley AC
176	719	00:20:33	Cassie Blount	Amber Valley AC
177	808	00:20:36	Chelsea Salisbury	East Cheshire Harriers & Tameside AC
178	1019	00:20:41	Joanna Thom	Thames Valley Harriers
179	768	00:20:44	Kayleigh Beedon	Chelmsford AC
180	797	00:20:52	Alicia Cliffe	Derby AC
181	1004	00:20:56	Laura Lewis	Tamworth AC
182	994	00:20:56	Kelsie Stair	Staffordshire Moorlands AC
183	1013	00:20:57	Stephanie Ainley	Thames Valley Harriers
184	1005	00:21:10	Amy Williams	Tamworth AC
185	731	00:21:12	Jaime Binder	Bexley AC
186	930	00:21:19	Rebecca Dale	Peterborough AC
187	820	00:21:19	Rosie Upton	Hallamshire Harriers
188	720	00:21:29	Emily Cotterill	Amber Valley AC
189	1071	00:22:21	Alice Goodbourn	Wreake Runners
190	1030	00:22:28	Stephanie Rukin	Tonbridge AC
191	906	00:23:32	Sarah Bewick	Morpeth Harriers & AC
192	872	00:23:41	April Bontoft	Lincoln Wellington AC
193	803	00:24:48	Elizabeth Matthews	Ealing Southall & Middx. AC
194	917	00:25:18	Amy Whitehurst	Newcastle (Staffs) AC

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Pos	Points	Team Name	Placings
1	34	Aldershot Farnham & District AC	( 2 3 8 21 )
2	210	Royal Sutton Coldfield AC	( 18 28 46 118 )
3	225	Kettering Town Harriers	( 5 20 56 144 )
4	237	Kingston Upon Hull AC	( 41 49 69 78 )
5	252	Stockport Harriers AC	( 33 38 59 122 )
6	272	Morpeth Harriers & AC	( 17 60 92 103 )
7	273	Vale Royal AC	( 12 45 97 119 )
8	348	Tonbridge AC	( 44 96 101 107 )
9	366	Wirral AC	( 53 91 94 128 )
10	426	Thames Valley Harriers	( 29 50 169 178 )
11	430	Tipton Harriers	( 55 100 108 167 )
12	439	Hallamshire Harriers	( 54 114 120 151 )
13	472	Lincoln Wellington AC	( 22 109 149 192 )
14	499	Chelmsford AC	( 83 85 152 179 )
15	557	Mansfield Harriers & AC	( 98 146 153 160 )
16	575	Amber Valley AC	( 43 168 176 188 )
17	632	Staffordshire Moorlands AC	( 123 154 173 182 )

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Pos	RaceNo	Time	Name	Club
1	2376	00:14:39	Daniel Clorley	Luton AC
2	2275	00:14:43	Ross Murray	Gateshead Harriers & AC
3	2641	00:14:47	Ronnie Sparke	Woodford Green AC with Essex Ladies
4	2597	00:14:53	Daniel Cliffe	Warrington AC
5	2572	00:14:56	Jeremy Gilmour	Trafford AC
6	2596	00:15:07	Stephen Broadhurst	Warrington AC
7	2105	00:15:07	Jonny Hay	Aldershot Farnham & District AC
8	2152	00:15:15	Paul Thompson	Birmingham Rowheath AC
9	2128	00:15:17	Ryan Parker	Bedford & County AC
10	2168	00:15:19	Tom Carson	Bolton United Harriers & AC
11	2104	00:15:21	Josh Gorecki	Aldershot Farnham & District AC
12	2490	00:15:23	Abdirisak Ahmed	Sheffield RC
13	2602	00:15:23	James Robinson	West Norfolk AC
14	2480	00:15:24	Danny Schofield	Scarborough AC
15	2291	00:15:24	Grant Twist	Havering Mayesbrook AC
16	2217	00:15:26	Jacob Landers	City of Plymouth AC
17	2233	00:15:26	Kieran Smith	City of York AC
18	2378	00:15:26	John McDonnell	Luton AC
19	2637	00:15:27	Alex Cornwell	Woodford Green AC with Essex Ladies
20	2172	00:15:28	Tom Farrell	Border Harriers & AC
21	2471	00:15:30	Niall Brooke	Sale Harriers Manchester
22	2600	00:15:32	Harry Ellis	West Cheshire AC
23	2566	00:15:37	Seb Harding	Tonbridge AC
24	2562	00:15:37	Andy Combs	Tonbridge AC
25	2218	00:15:38	Jack Moxley	City of Plymouth AC
26	2599	00:15:39	Matthew Jackson	Warrington AC
27	2280	00:15:39	Richard Spooner	Hallamshire Harriers
28	2305	00:15:40	Richard Mann	Hillingdon AC
29	2244	00:15:40	Matthew Salt	Dacorum & Tring AC
30	2365	00:15:42	David Forrester	Liverpool Pembroke & Sefton H & AC
31	2548	00:15:42	Jamie Knapp	Team Southampton
32	2349	00:15:42	Shane Robinson	Lincoln Wellington AC
33	2137	00:15:44	Thomas Crowley	Bingley Harriers & AC
34	2432	00:15:44	Josh Ogden	Oswestry Olympians
35	2211	00:15:44	James Jackson	City of Norwich AC
36	2491	00:15:44	Yasin Mohamed	Sheffield RC
37	2617	00:15:45	Max Kiralyfi	Winchester & District AC
38	2131	00:15:46	Dale Williamson	Bedford & County AC
39	2437	00:15:46	Sam Stabler	OWLS AC
40	2107	00:15:46	Joe Morwood	Aldershot Farnham & District AC
41	2136	00:15:47	Frank Kilama	Bexley AC
42	2454	00:15:48	Doug Roberts	Richmond & Zetland Harriers
43	2503	00:15:50	Daniel Sellman	South London Harriers
44	2543	00:15:51	Oliver Bower	Team Bath AC
45	2327	00:15:52	Geoff Belcher	Leeds City AC
46	2527	00:15:53	Jon Turnock	Staffordshire Moorlands AC
47	2586	00:15:55	Andy Clews	Vale Royal AC
48	2140	00:15:55	Adam Blundell	Birchfield Harriers
49	2236	00:15:55	Lloyd Heard	Colchester & Tendring AC
50	2579	00:15:56	Sam Witter	Trafford AC
51	2177	00:15:56	Sean Hazell	Bristol & West AC
52	2434	00:15:57	Josh Norman	OWLS AC

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53	2568	00:15:58	Michael Mason	Tonbridge AC
54	2528	00:15:59	Michael Cook	Stockport Harriers AC
55	2286	00:15:59	Adam Clarke	Hastings AC
56	2315	00:16:00	Elliott Palmer	Ipswich Harriers
57	2616	00:16:00	Dom Kiralyfi	Winchester & District AC
58	2249	00:16:00	Thomas Bishop	Derby AC
59	2507	00:16:01	Tom Frith	Southend AC
60	2402	00:16:01	Daniel Layton	Mendip AC
61	2631	00:16:02	Andrew Gawne	Wirral AC
62	2475	00:16:02	Jamie Roden	Sale Harriers Manchester
63	2232	00:16:02	Iain Lynn	City of York AC
64	2487	00:16:03	Jake Shelley	Shaftesbury Barnet Harriers
65	2374	00:16:04	Peter Benedickter	Luton AC
66	2457	00:16:05	Joe Kelly	Rossendale Harriers & AC
67	2123	00:16:06	Alex Bellew	Bedford & County AC
68	2433	00:16:06	Danny Hallam	OWLS AC
69	2189	00:16:06	Scott Baxter	Charnwood AC
70	2219	00:16:06	Chris Sykes	City of Plymouth AC
71	2403	00:16:07	Nathan Young	Mendip AC
72	2155	00:16:08	Stephen Cavey	Blackheath & Bromley Harriers AC
73	2570	00:16:08	Kurt Wolfe	Tonbridge AC
74	2476	00:16:09	Alex Webster	Sale Harriers Manchester
75	2615	00:16:10	Callum Brown	Winchester & District AC
76	2520	00:16:11	Matt Allott	Staffordshire Moorlands AC
77	2126	00:16:12	Michael Goodwin	Bedford & County AC
78	2440	00:16:14	Richard Pawlak	Peterborough AC
79	2486	00:16:15	Evan McKenzie	Shaftesbury Barnet Harriers
80	2320	00:16:16	Liam Holiday	Kingston Upon Hull AC
81	2521	00:16:16	Kyle Fowler	Staffordshire Moorlands AC
82	2483	00:16:16	Jial Fleming	Shaftesbury Barnet Harriers
83	2408	00:16:17	Jarl Taylor	Morpeth Harriers & AC
84	2470	00:16:17	Jonny Pegg	Rutland AC
85	2407	00:16:18	Jordan Scott	Morpeth Harriers & AC
86	2341	00:16:20	Ashley Williams	Lewes AC
87	2209	00:16:21	Thomas Crawshaw	City of Norwich AC
88	2564	00:16:22	James Darby	Tonbridge AC
89	2214	00:16:23	James Senior	City of Norwich AC
90	3648	00:16:24	George Withey	Stroud & District AC
91	2628	00:16:24	Stephen Duckers	Wirral AC
92	2101	00:16:24	Oli Aitchinson	Aldershot Farnham & District AC
93	2103	00:16:25	Tom Goddard	Aldershot Farnham & District AC
94	2330	00:16:26	Eddie Mason	Leeds City AC
95	2306	00:16:27	Robert Thompson	Hillingdon AC
96	2405	00:16:28	Alistair Douglass	Morpeth Harriers & AC
97	2436	00:16:28	Lewis Smart	OWLS AC
98	2482	00:16:29	Billy Collins	Shaftesbury Barnet Harriers
99	2419	00:16:29	Chris Wright	Nene Valley Harriers
100	2505	00:16:30	Howard Clarke	Southend AC
101	2127	00:16:30	George Kemp	Bedford & County AC
102	2267	00:16:31	Ryan Gould	East Cheshire Harriers & Tameside AC
103	2146	00:16:31	Nicholas Hardy	Birchfield Harriers
104	2509	00:16:32	David Smale	Southend AC
105	2629	00:16:33	Shaun Egan	Wirral AC

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106	2200	00:16:34	Ryan Judge	Chelmsford AC
107	2633	00:16:34	Ross Maxwell	Wirral AC
108	2304	00:16:35	James Laing	Hillingdon AC
109	2124	00:16:35	Tom Corbett	Bedford & County AC
110	2331	00:16:35	N Plastow	Leeds City AC
111	2409	00:16:37	Chris Clarke	Nene Valley Harriers
112	2638	00:16:37	Gavin Lewis	Woodford Green AC with Essex Ladies
113	2277	00:16:38	Tom Butler	Hallamshire Harriers
114	2575	00:16:38	James Keeler	Trafford AC
115	2328	00:16:38	Danny Davies	Leeds City AC
116	2456	00:16:39	Ashley Kay	Rossendale Harriers & AC
117	2578	00:16:39	James Witter	Trafford AC
118	2248	00:16:39	David Bishop	Derby AC
119	2317	00:16:40	Alfred Grimley	Kent AC
120	2274	00:16:41	Liam Baister	Gateshead Harriers & AC
121	2174	00:16:41	Henry Mitchell	Bracknell AC
122	2247	00:16:41	Nick Wood	Dartford Harriers
123	2203	00:16:42	Andrew Kaighin	Cheltenham & County Harriers
124	2183	00:16:42	Will Mycroft	Cambridge & Coleridge
125	2655	00:16:43	Liam Bartlett	Manchester Harriers & AC
126	2445	00:16:43	Ryan Creaves	Pudsey & Bramley AC
127	2230	00:16:43	Josh Kinch	City of Stoke AC
128	2418	00:16:44	Jacob Walker	Nene Valley Harriers
129	2250	00:16:44	Callum Chambers	Derby AC
130	2336	00:16:45	Liam Phelan	Leicester Coritanian AC
131	2190	00:16:46	Micheal Brind	Charnwood AC
132	2594	00:16:46	Dale Worton	Wakefield & District Harriers AC
133	2439	00:16:46	Ed Gunby	Peterborough AC
134	2130	00:16:46	Luke Turnbull	Bedford & County AC
135	2355	00:16:47	Chris Woodger	Lincoln Wellington AC
136	2524	00:16:48	Andy Marsden	Staffordshire Moorlands AC
137	2636	00:16:49	Jon-Philip Seymour	Wirral AC
138	2212	00:16:49	Oliver Maskell	City of Norwich AC
139	2245	00:16:50	Chris Gaffney	Darlington Harriers
140	2383	00:16:50	Edward Williams	Macclesfield Harriers & AC
141	2574	00:16:50	David Horniman	Trafford AC
142	2181	00:16:50	Adam Peacock	Bromsgrove & Redditch AC
143	2243	00:16:51	Chris Lugg	Crewe & Nantwich AC
144	2192	00:16:52	Sam Densuam	Charnwood AC
145	2649	00:16:53	Sanjay Silva	Wycombe Phoenix Harriers & AC
146	2627	00:16:53	Chris Cooper	Wirral AC
147	2310	00:16:53	Jason Prickett	Invicta East Kent AC
148	2258	00:16:55	Patrick Hannah	Ealing Southall & Middx. AC
149	2428	00:16:55	Blayne Pick	Notts AC
150	2530	00:16:56	Nathan Ludlain	Stockport Harriers AC
151	2372	00:16:56	Mark Boot	Long Eaton Running Club
152	2455	00:16:57	Jordan Beard	Rossendale Harriers & AC
153	2516	00:16:57	Matthew Melia	Sphinx AC
154	2225	00:16:58	Alex Walker	City of Sheffield AC
155	2235	00:16:58	Joe Wilbourne	Cleethorpes AC
156	2514	00:16:59	Patrick Vis	Southport Waterloo AC
157	2519	00:16:59	Jake Healy	St.Helens Sutton AC
158	2227	00:17:00	David Clarke	City of Stoke AC

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159	2323	00:17:01	Jon Tucker	Kingston Upon Hull AC
160	2363	00:17:01	James Toohey	Liverpool Harriers & AC
161	2316	00:17:02	Tom Sessford	Keighley & Craven AC
162	2167	00:17:02	Robert Ashworth	Bolton United Harriers & AC
163	2240	00:17:04	Andrew Downing	Coventry Godiva Harriers
164	2561	00:17:05	Michael-John Clemmence	Tonbridge AC
165	2171	00:17:05	Liam Short	Bolton United Harriers & AC
166	2202	00:17:05	Daniel Harrison	Cheltenham & County Harriers
167	2201	00:17:05	James Woodley	Chelmsford AC
168	2559	00:17:08	Billy Trueman	Tipton Harriers
169	2411	00:17:09	Alex Gibb	Nene Valley Harriers
170	2234	00:17:10	Mathew Duncan	Cleethorpes AC
171	2478	00:17:11	James Wignall	Sale Harriers Manchester
172	2536	00:17:11	Stephen Deeley	Tamworth AC
173	2204	00:17:12	George Livingstone-Thompson	Cheltenham & County Harriers
174	2357	00:17:12	Ben Brown	Liverpool Harriers & AC
175	2492	00:17:12	Brendan Chadwick	Shildon R & AC
176	2467	00:17:12	Scott Rowley	Royal Sutton Coldfield AC
177	2589	00:17:13	James Stringer	Vale Royal AC
178	2598	00:17:14	Brian Gallagher	Warrington AC
179	2185	00:17:15	Hayden Carter	Cannock & Stafford AC
180	2468	00:17:16	Will Stevens	Royal Sutton Coldfield AC
181	2143	00:17:19	Jarryd Dunn	Birchfield Harriers
182	2368	00:17:21	Chris Hesketh	Liverpool Pembroke & Sefton H & AC
183	2282	00:17:22	Harry Thorpe	Hallamshire Harriers
184	2303	00:17:23	Shane Coombes	Hillingdon AC
185	2191	00:17:23	George Buttery	Charnwood AC
186	2339	00:17:23	Thomas Powell	Leigh Harriers & AC
187	2382	00:17:25	Daniel Seager	Macclesfield Harriers & AC
188	2180	00:17:26	Simon Lanckham	Bromsgrove & Redditch AC
189	2542	00:17:26	Matthew Wood	Tamworth AC
190	2525	00:17:26	Vincent Martin	Staffordshire Moorlands AC
191	2251	00:17:29	Adam Herbert	Derby AC
192	2207	00:17:29	Allan Stewart	Chiltern Harriers AC
193	2375	00:17:30	Daniel Bianchi	Luton AC
194	2263	00:17:30	Jamie Taylor-Caldwell	Ealing Southall & Middx. AC
195	2435	00:17:30	Paddy Raduey	OWLS AC
196	2410	00:17:31	Scott Forman	Nene Valley Harriers
197	2540	00:17:31	Sam Micklewright	Tamworth AC
198	2653	00:17:31	Daniel Penfold	Orion Harriers
199	2298	00:17:33	Charlie Luscombe	Herne Hill Harriers
200	2544	00:17:35	Ruben Bower	Team Bath AC
201	2332	00:17:35	Daniel Callow	Leicester Coritanian AC
202	2329	00:17:36	Mark Lunn	Leeds City AC
203	2532	00:17:36	David Thompson	Stockport Harriers AC
204	2198	00:17:37	Peter Hawkings	Chelmsford AC
205	2326	00:17:38	Lee Allsop	Leeds City AC
206	2453	00:17:38	Liam Fletcher	Richmond & Zetland Harriers
207	2162	00:17:39	Luke Berry	Blackpool Wyre & Fylde AC
208	2553	00:17:40	Manzu-Lyn Cain	Tipton Harriers
209	2511	00:17:40	Paul Gavan	Southport Waterloo AC
210	2362	00:17:41	Phil Leggett	Liverpool Harriers & AC
211	2416	00:17:41	Josh Reed	Nene Valley Harriers



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212	2595	00:17:42	Connor McArdle	Wallasey AC
213	2194	00:17:43	Simon Jones	Charnwood AC
214	2555	00:17:44	Zabie Hassan	Tipton Harriers
215	2413	00:17:48	Josh Lunn	Nene Valley Harriers
216	2325	00:17:48	Jack Mee	Leamington C & AC
217	2216	00:17:49	Ben Anderson	City of Plymouth AC
218	2366	00:17:49	Thomas Hanlon	Liverpool Pembroke & Sefton H & AC
219	2541	00:17:52	Joe Saddington	Tamworth AC
220	2415	00:17:52	David Newton	Nene Valley Harriers
221	2488	00:17:53	Jack Thie	Shaftesbury Barnet Harriers
222	2576	00:17:54	David Meyer	Trafford AC
223	2176	00:17:55	Bruce Coram	Bristol & West AC
224	2253	00:17:58	William Robertson	Derby AC
225	2539	00:18:00	Jacob Hughes	Tamworth AC
226	2242	00:18:01	Lee Norman	Coventry Godiva Harriers
227	2283	00:18:03	Matthew Wilsher	Hallamshire Harriers
228	2473	00:18:04	Alex Lett	Sale Harriers Manchester
229	2119	00:18:05	Jake Harrison	Barrow Runners
230	2129	00:18:06	Richard Taberner	Bedford & County AC
231	2229	00:18:06	Ham Hendricken	City of Stoke AC
232	2563	00:18:08	James Cotterill	Tonbridge AC
233	2261	00:18:09	Anthony Shaw	Ealing Southall & Middx. AC
234	2458	00:18:11	Tom Maden	Rossendale Harriers & AC
235	2558	00:18:11	Jacob Tipper	Tipton Harriers
236	2294	00:18:13	Deyan Knespl	Hercules Wimbledon AC
237	2554	00:18:17	Luke Corbett	Tipton Harriers
238	2632	00:18:18	Rory Lott	Wirral AC
239	2259	00:18:22	Christopher Hepworth	Ealing Southall & Middx. AC
240	2228	00:18:24	Rob Cook	City of Stoke AC
241	2148	00:18:24	Lewis Morley	Birchfield Harriers
242	2630	00:18:24	Eamonn Foster	Wirral AC
243	2517	00:18:25	Steven Clague	St.Helens Sutton AC
244	2272	00:18:25	Andrew Reed	Erme Valley Harriers
245	2133	00:18:31	Adam Kneeshaw	Beverley AC
246	2373	00:18:32	Matthew Trounson	Ludlow Runners
247	2178	00:18:34	Danny Joseph	Bristol & West AC
248	2472	00:18:35	Danny Hope	Sale Harriers Manchester
249	2466	00:18:36	Warren Price	Royal Sutton Coldfield AC
250	2334	00:18:36	Stephen Maddocks	Leicester Coritanian AC
251	2112	00:18:38	Dominic Scott	Altrincham & District AC
252	2147	00:18:39	Daniel Lismore	Birchfield Harriers
253	2199	00:18:42	Conar Judge	Chelmsford AC
254	2348	00:18:44	Henry Naughton	Lincoln Wellington AC
255	2565	00:18:44	James Edwards	Tonbridge AC
256	2319	00:18:47	Mark Cage	Kingston Upon Hull AC
257	2132	00:18:48	James Carson	Beverley AC
258	2173	00:18:48	Stephen Brockett	Boston & District AC
259	2296	00:18:51	Dan King	Hereford & County AC
260	2360	00:18:54	Tom Croft	Liverpool Harriers & AC
261	2515	00:18:55	Thomas Delaney	Sphinx AC
262	2206	00:18:56	Rowan Tibbs	Cheltenham & County Harriers
263	2465	00:18:58	Liam Thompson	Rotherham Harriers & AC
264	2431	00:18:58	Jared Wilson	Nuneaton Harriers

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265	2281	00:19:03	Frank Thorpe	Hallamshire Harriers
266	2447	00:19:06	Jack Roundhill	Pudsey & Bramley AC
267	2342	00:19:08	Gavin Campbell	Lincoln Wellington AC
268	2380	00:19:10	Andrew Mothershaw	Macclesfield Harriers & AC
269	2518	00:19:14	Adam Fackey	St.Helens Sutton AC
270	2567	00:19:15	Alex Hookway	Tonbridge AC
271	2552	00:19:16	Harry King	Thurrock Harriers
272	2265	00:19:17	David Barratt	East Cheshire Harriers & Tameside AC
273	2231	00:19:18	Matt Scraggs	City of Stoke AC
274	2588	00:19:19	Andy Perry	Vale Royal AC
275	2135	00:19:26	Stephen Carter	Bexley AC
276	2300	00:19:28	Samuel Stein	Herne Hill Harriers
277	2533	00:19:37	Liam Turnbull	Stockport Harriers AC
278	2506	00:19:43	Josh Crompton	Southend AC
279	2385	00:19:53	Alec George	Mansfield Harriers & AC
280	2346	00:19:56	Neil Humberstone	Lincoln Wellington AC
281	2114	00:19:58	Arron Smith	Amber Valley AC
282	2444	00:20:09	Richard Bhoia	Pudsey & Bramley AC
283	2302	00:20:17	Henry Sutcliffe	Herne Hill Harriers
284	2238	00:20:26	Richard Bowman	Coventry Godiva Harriers
285	2523	00:20:30	Jamie Lewis	Staffordshire Moorlands AC
286	2144	00:20:41	Jak Frankham	Birchfield Harriers
287	2550	00:20:54	Chris Lewis	Telford AC
288	2262	00:21:05	Martin Shelley	Ealing Southall & Middx. AC
289	2446	00:21:07	Steve Locking	Pudsey & Bramley AC
290	2406	00:21:28	Daniel Hedley	Morpeth Harriers & AC
291	2301	00:22:04	Nathan Stone	Herne Hill Harriers

## Sheet1

Pos	Points	Team Name	Placings
1	150	Aldershot Farnham & District AC	( 7 11 40 92 )
2	173	Tonbridge AC	( 23 24 53 73 )
3	191	Bedford & County AC	( 9 38 67 77 )
4	214	Warrington AC	( 4 6 26 178 )
5	256	OWLS AC	( 39 52 68 97 )
6	277	Luton AC	( 1 18 65 193 )
7	286	Trafford AC	( 5 50 114 117 )
8	323	Shaftesbury Barnet Harriers	( 64 79 82 98 )
9	328	Sale Harriers Manchester	( 21 62 74 171 )
10	328	City of Plymouth AC	( 16 25 70 217 )
11	339	Staffordshire Moorlands AC	( 46 76 81 136 )
12	349	City of Norwich AC	( 35 87 89 138 )
13	364	Wirral AC	( 61 91 105 107 )
14	364	Leeds City AC	( 45 94 110 115 )
15	415	Hillingdon AC	( 28 95 108 184 )
16	496	Derby AC	( 58 118 129 191 )
17	507	Nene Valley Harriers	( 99 111 128 169 )
18	529	Charnwood AC	( 69 131 144 185 )
19	541	Southend AC	( 59 100 104 278 )
20	550	Hallamshire Harriers	( 27 113 183 227 )
21	554	Morpeth Harriers & AC	( 83 85 96 290 )
22	568	Rosendale Harriers & AC	( 66 116 152 234 )
23	573	Birchfield Harriers	( 48 103 181 241 )
24	684	Stockport Harriers AC	( 54 150 203 277 )
25	688	Lincoln Wellington AC	( 32 135 254 267 )
26	724	Cheltenham & County Harriers	( 123 166 173 262 )
27	730	Chelmsford AC	( 106 167 204 253 )
28	756	City of Stoke AC	( 127 158 231 240 )
29	777	Tamworth AC	( 172 189 197 219 )
30	804	Liverpool Harriers & AC	( 160 174 210 260 )
31	814	Ealing Southall & Middx. AC	( 148 194 233 239 )
32	825	Tipton Harriers	( 168 208 214 235 )
33	963	Pudsey & Bramley AC	( 126 266 282 289 )
34	1049	Herne Hill Harriers	( 199 276 283 291 )

## Sheet1

Pos	RaceNo	Time	Name	Club
1	1109	00:13:53	Stephanie Twell	Aldershot Farnham & District AC
2	1175	00:14:19	Joanne Harvey	Exeter Harriers
3	1319	00:14:33	Charlotte Roach	Vale Royal AC
4	1107	00:14:38	Emma Pallant	Aldershot Farnham & District AC
5	1289	00:14:41	Sarah Waldrow	Shaftesbury Barnet Harriers
6	1261	00:14:52	Rosie Edwards	Rotherham Harriers & AC
7	1314	00:14:53	Kirsty Milner	Trafford AC
8	1213	00:14:55	Lauren Howarth	Leigh Harriers & AC
9	1137	00:14:58	Stephanie Barnes	Bristol & West AC
10	1178	00:15:03	Mary Ferrier	Gateshead Harriers & AC
11	1155	00:15:05	Hollie Rowland	City Of Norwich AC
12	1320	00:15:05	Stevie Stockton	Vale Royal AC
13	1105	00:15:06	Rose Anne Gallighan	Aldershot Farnham & District AC
14	1266	00:15:11	Jo Callaway	Royal Sutton Coldfield AC
15	1161	00:15:13	Emma Jackson	City Of Stoke AC
16	1153	00:15:17	Danielle Nimmock	City Of Norwich AC
17	1330	00:15:19	Rebecca Gough	Winchester & District AC
18	1271	00:15:22	Olivia Larcombe	Royal Sutton Coldfield AC
19	1125	00:15:23	Lucy Mayho	Bingley Harriers & AC
20	1167	00:15:24	H Brooks	Crawley AC
21	1240	00:15:24	A Lavender	Oswestry Olympians
22	1332	00:15:26	Lorna Russell	Winchester & District AC
23	1149	00:15:27	Clare Mensley	Charnwood AC
24	1226	00:15:29	Natalie Gray	Medway & Maidstone AC
25	1270	00:15:31	Emma Langdell	Royal Sutton Coldfield AC
26	1162	00:15:36	Vicky Graves	City Of York AC
27	1269	00:15:38	Jordan Kinney	Royal Sutton Coldfield AC
28	1264	00:15:41	Natalie Grant	Rotherham Harriers & AC
29	1200	00:15:42	Steph Bloor	Kingston upon Hull AC
30	1331	00:15:43	India Lee	Winchester & District AC
31	1187	00:15:47	Robyn Matson	Havering Mayesbrook AC
32	1183	00:15:48	Zanthe Wray	Hallamshire Harriers
33	1281	00:15:49	Emma Clayton	Scunthorpe & District AC
34	1268	00:15:50	Olivia Kenney	Royal Sutton Coldfield AC
35	1170	00:15:51	Abby Wilson	Darlington Harriers
36	1141	00:15:53	Katie Knowles	Bristol & West AC
37	1104	00:15:58	Natasha Doel	Aldershot Farnham & District AC
38	1136	00:15:59	I Ainsworth	Bristol & West AC
39	1260	00:16:00	Klachen Cheshire	Rotherham Harriers & AC
40	1147	00:16:01	Katie Lomas	Charnwood AC
41	1257	00:16:04	Jade Allen	Rotherham Harriers & AC
42	1173	00:16:08	Sarah Hudak	East Cheshire Harriers & Tameside AC
43	927	00:16:16	Natalie Kipps	Orion Harriers
44	1132	00:16:16	Jodie Stimpson	Birmingham Rowheath AC
45	1133	00:16:18	Rachel Wood	Blackburn Harriers
46	1337	00:16:22	Charlotte Oconell	Wirral AC
47	1291	00:16:22	Alex Snook	Shildon R & AC
48	1224	00:16:23	Tanya Taylor	Marshall Milton Keynes AC
49	1311	00:16:25	Lowri Richards	Tonbridge AC
50	1285	00:16:26	Rebecca Gardiner	Shaftesbury Barnet Harriers
51	1116	00:16:31	Suzi Boast	Bedford & County AC
52	1279	00:16:35	Janine Stockton	Sale Harriers Manchester

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53	1227	00:16:39	Lauren Roche	Middlesborough & Cleveland Harriers
54	1218	00:16:40	C Murphy	Liverpool Harriers & AC
55	1262	00:16:43	Jessica Fawcett	Rotherham Harriers & AC
56	1211	00:16:45	Danielle Allen	Leigh Harriers & AC
57	1148	00:16:52	Amber McGee	Charnwood AC
58	1286	00:16:53	Clare Miles	Shaftesbury Barnet Harriers
59	1233	00:16:54	Amelia Susulowsky	Nene Valley Harriers
60	1225	00:16:54	Jenny Reed	Matlock AC
61	1138	00:16:55	Clare Louise Conway	Bristol & West AC
62	1214	00:17:01	Rebecca Howarth	Leigh Harriers & AC
63	1329	00:17:03	Charlotte Bates	Winchester & District AC
64	1234	00:17:03	Jess Williams	Nene Valley Harriers
65	1176	00:17:05	Claire Baudouin	Gateshead Harriers & AC
66	1190	00:17:13	Monique Davis	Herne Hill Harriers
67	1242	00:17:15	Sarah Caskey	Peterborough AC
68	1273	00:17:16	Hannah Jones	Rugby & Northampton AC
69	1219	00:17:17	Melissa Ronan	Liverpool Harriers & AC
70	1182	00:17:19	Alex Firth	Hallamshire Harriers
71	1324	00:17:19	Rheanon Rainford	Warrington AC
72	1267	00:17:20	Clare Hodgson	Royal Sutton Coldfield AC
73	1255	00:17:24	Sarah Yeomans	Rossendale Harriers & AC
74	1146	00:17:27	Becky Krych	Charnwood AC
75	1212	00:17:28	Dionne Allen	Leigh Harriers & AC
76	1106	00:17:29	Charlotte Maxted	Aldershot Farnham & District AC
77	1117	00:17:39	Rachel Cave	Bedford & County AC
78	1272	00:17:41	Nicole Powell	Royal Sutton Coldfield AC
79	1129	00:17:51	Emma Limes	Birchfield Harriers
80	1232	00:17:54	Natasha Frolich	Nene Valley Harriers
81	1201	00:17:56	Emily Curry	Kingston upon Hull AC
82	1295	00:17:56	Kerry Holland	Southend AC
83	1245	00:18:00	Shirley Ann Dix	Reading AC
84	1293	00:18:01	Jenny Musgrave	Solihull & Small Heath AC
85	1342	00:18:03	Lucy Rogers	Wycombe Phoenix Harriers & AC
86	1284	00:18:06	Chantelle Bazzonni	Shaftesbury Barnet Harriers
87	1327	00:18:08	Natalie Sutton	West Norfolk AC
88	1220	00:18:10	Sophie Whiteside	Liverpool Harriers & AC
89	1217	00:18:13	Hannah McManus	Liverpool Harriers & AC
90	1250	00:18:14	Jo Adams	Richmond & Zetland Harriers
91	1189	00:18:17	Jmaela Brooks	Herne Hill Harriers
92	1163	00:18:18	Emma Willits	City Of York AC
93	1288	00:18:19	Hannah Shelley	Shaftesbury Barnet Harriers
94	1296	00:18:21	Caran Lefever	Southend AC
95	1174	00:18:22	Sally Teague	East Cheshire Harriers & Tameside AC
96	1344	00:18:22	Roxanne Russell	Birchfield Harriers
97	1120	00:18:23	Simei Snyman	Bedford & County AC
98	1308	00:18:26	Hayley Pegg	Thrift Green Trotters
99	1228	00:18:27	Laura Dixon	Morpeth Harriers & AC
100	1216	00:18:34	Danielle Leahy	Liverpool Harriers & AC
101	1315	00:18:43	Katie Herman	University of Liverpool AC
102	1168	00:18:44	Elizabeth Roberts	Dacorum & Tring AC
103	1287	00:18:47	Perry Ryan	Shaftesbury Barnet Harriers
104	1309	00:18:50	Susannah Davies	Tipton Harriers
105	1259	00:18:54	Kim Bateman	Rotherham Harriers & AC

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106	1263	00:19:00	Annabelle Grady	Rotherham Harriers & AC
107	1151	00:19:05	Rebecca Moorhouse	Chiltern Harriers AC
108	1110	00:19:06	Leila Armoush	Amber Valley AC
109	1316	00:19:07	Sarah Neary	University of Liverpool AC
110	1274	00:19:12	Pippa Hicks	Rutland AC
111	1303	00:19:12	Kat Snowden	Tamworth AC
112	1253	00:19:16	Catherine Gallagher	Rosendale Harriers & AC
113	1254	00:19:26	Laura Johnston	Rosendale Harriers & AC
114	1112	00:19:28	Briony Walsh	Ashford AC
115	1191	00:19:28	Jenny Honneyball	Herne Hill Harriers
116	1312	00:19:55	Nicola Ellis	Trafford AC
117	1115	00:20:02	Tarley Barnes	Bedford & County AC
118	1301	00:20:08	Emily Field Lucas	Tamworth AC
119	1318	00:20:25	Rachael Clews	Vale Royal AC
120	1150	00:20:44	Hannah Roberts	Charnwood AC
121	1247	00:20:59	Rose Dyson	Reading AC
122	1181	00:21:05	Hollie Clarke	Hallamshire Harriers
123	1126	00:21:27	Holly Ramsden	Bingley Harriers & AC
124	1297	00:21:31	Samantha` Brough	Stilton Striders
125	1194	00:21:32	Amie Reynolds	Herne Hill Harriers
126	1195	00:21:53	Katy Burgin	Huntingdonshire AC
127	1128	00:21:57	Sarah Capewell	Birchfield Harriers
128	1130	00:22:08	Holly O'Nera	Birchfield Harriers
129	1144	00:24:17	Joanna Gibson	Charnwood AC

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Pos	Points	Team Name	Placings
1	55	Aldershot Farnham & District AC	( 1 4 13 37 )
2	84	Royal Sutton Coldfield AC	( 14 18 25 27 )
3	114	Rotherham Harriers & AC	( 6 28 39 41 )
4	132	Winchester & District AC	( 17 22 30 63 )
5	144	Bristol & West AC	( 9 36 38 61 )
6	194	Charnwood AC	( 23 40 57 74 )
7	199	Shaftesbury Barnet Harriers	( 5 50 58 86 )
8	201	Leigh Harriers & AC	( 8 56 62 75 )
9	300	Liverpool Harriers & AC	( 54 69 88 89 )
10	342	Bedford & County AC	( 51 77 97 117 )
11	397	Herne Hill Harriers	( 66 91 115 125 )
12	430	Birchfield Harriers	( 79 96 127 128 )

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Pos	RaceNo	Time	Name	Club
1	7380	00:27:19	L Carey	Nuneaton Harriers
2	3344	00:27:49	Alistair Brownlee	Bingley Harriers & AC
3	3633	00:28:06	David Forrester	St.Helens Sutton AC
4	3309	00:28:20	Ben Lindsay	Aldershot Farnham & District AC
5	3665	00:28:25	Andrew Livingstone	Thurrock Harriers
6	3401	00:28:39	Mitch Goose	City of Norwich AC
7	3319	00:28:42	Phillip Berntsen	Andover AC
8	3563	00:28:52	Ricky Stevenson	New Marske Harriers
9	3348	00:28:58	James Trollope	Birchfield Harriers
10	3553	00:28:59	Nick Swinburn	Morpeth Harriers & AC
11	3456	00:29:06	Ross Clarke	Havering Mayesbrook AC
12	3415	00:29:12	Lenny Shail	Coventry Godiva Harriers
13	3402	00:29:14	Ashley Harrell	City of Norwich AC
14	3378	00:29:18	Jonathan Brownlee	Bradford Grammar School
15	3531	00:29:20	Alec Duffield	Loftus & Whitby AC
16	3639	00:29:23	Alex Derricott	Staffordshire Moorlands AC
17	3434	00:29:26	Simon Horsfield	East Cheshire Harriers & Tameside AC
18	3627	00:29:29	Ben Hunter	Southend AC
19	3385	00:29:37	Richard Peters	Bristol & West AC
20	3304	00:29:40	Steve Connor	Aldershot Farnham & District AC
21	3554	00:29:40	Jonathan Taylor	Morpeth Harriers & AC
22	3643	00:29:42	Andrew Nixon	Stockport Harriers AC
23	3345	00:29:44	Greg Divall	Birchfield Harriers
24	3383	00:29:54	Steve Mitchell	Bristol & West AC
25	3438	00:29:56	Shaun Collins	Enfield & Haringey AC
26	3308	00:29:57	Aaron Harris	Aldershot Farnham & District AC
27	3505	00:30:00	James Wilkinson	Leeds City AC
28	3413	00:30:02	Ryan Kenny	Coventry Godiva Harriers
29	3484	00:30:12	Chris Rooke	Ipswich Harriers
30	3578	00:30:17	Tom Bell	OWLS AC
31	3523	00:30:19	Adam Peers	Liverpool Harriers & AC
32	3638	00:30:20	Matt Clowes	Staffordshire Moorlands AC
33	3580	00:30:21	Caz Davies	OWLS AC
34	3518	00:30:25	Craig Gunderson	Liverpool Harriers & AC
35	3472	00:30:25	Gary Priestley	Horwich RMI Harriers
36	3315	00:30:27	Tom Wade	Aldershot Farnham & District AC
37	3581	00:30:28	Eddie Highton	OWLS AC
38	3403	00:30:33	Stuart Huntington	City of Norwich AC
39	3465	00:30:34	Saningo Martyn	Highgate Harriers
40	3533	00:30:36	Tom Best	Luton AC
41	3451	00:30:38	Jonathan Hare	Halifax Harriers
42	3623	00:30:41	Nicholas Lyster	Solihull & Small Heath AC
43	3674	00:30:43	Sam Bradley	Tonbridge AC
44	3668	00:30:45	Daniel Cotterill	Tipton Harriers
45	3503	00:30:45	Michael Salter	Leeds City AC
46	3449	00:30:46	Christian Booker	Halesowen AC
47	3473	00:30:46	Kristopher Lecher	Hull Achilles AC
48	3726	00:30:50	Angus Holford	Woodford Green AC with Essex Ladies
49	3311	00:30:50	Chris Moore	Aldershot Farnham & District AC
50	3630	00:30:51	Paul Whittaker	Southend AC
51	3388	00:30:54	Dan Woolford	Bristol & West AC
52	3364	00:30:56	Tom Cunningham	Blackpool Wyre & Fylde AC



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53	3644	00:30:59	Stephen Pearson	Stockport Harriers AC
54	3349	00:31:01	Peter Whitehouse	Birchfield Harriers
55	3541	00:31:02	James Mee	Mansfield Harriers & AC
56	3733	00:31:03	Jack Stroud	Orion Harriers
57	3524	00:31:03	James Russell	Liverpool Harriers & AC
58	3310	00:31:05	Brian Markham	Aldershot Farnham & District AC
59	3461	00:31:05	Chris Rainsford	Heanor RC
60	3552	00:31:06	Ross Floyd	Morpeth Harriers & AC
61	3353	00:31:08	Danny Brewer	Blackheath & Bromley Harriers AC
62	3416	00:31:09	Alistair Smith	Coventry Godiva Harriers
63	3582	00:31:10	Tom Mahon	OWLS AC
64	3333	00:31:12	Stephen Tuttle	Bedford & County AC
65	3613	00:31:14	Sam O'Neil	Scunthorpe & District AC
66	3373	00:31:15	James Ashton	Bracknell AC
67	3519	00:31:16	Harry Harper	Liverpool Harriers & AC
68	3475	00:31:20	Rob Dennis	Invicta East Kent AC
69	3376	00:31:24	Richard Larsen	Bracknell AC
70	3366	00:31:25	Luke Minns	Blackpool Wyre & Fylde AC
71	3496	00:31:26	Richard Harper	Leamington C & AC
72	3537	00:31:27	Tim Pattison	Macclesfield Harriers & AC
73	3703	00:31:28	Jonathan Laybourn	West Norfolk AC
74	3515	00:31:28	David Catt	Liverpool Harriers & AC
75	3507	00:31:29	Oliver Ziff	Leeds City AC
76	3682	00:31:29	Daniel Brocklehurst	Trafford AC
77	3437	00:31:30	Joshua Varney	Eastbourne Rovers AC
78	3577	00:31:31	Michael Mannings	Oldham & Royton Harriers & AC
79	3469	00:31:32	Matthew Revier	Hillingdon AC
80	3721	00:31:33	Tom Madden	Wirral AC
81	3397	00:31:34	Matt Bennett	Chiltern Harriers AC
82	3400	00:31:34	Steven Cannell	City of Norwich AC
83	3595	00:31:35	William Mackay	Riverside Runners ( St.Neots )
84	3510	00:31:38	Ben Corfield	Leighton Buzzard AC
85	3316	00:31:42	Craig Williams	Aldershot Farnham & District AC
86	3556	00:31:42	Jonathan Young	Morpeth Harriers & AC
87	3428	00:31:43	David Westbury	Derby AC
88	3313	00:31:45	Ben Snowball	Aldershot Farnham & District AC
89	3564	00:31:48	Mark Vardy	Newbury AC
90	3714	00:31:49	Alex Tovey	Windsor Slough Eton & Hounslow AC
91	3539	00:31:52	Danial Heathcote	Mansfield Harriers & AC
92	3694	00:31:53	Chris Perry	Vale Royal AC
93	3324	00:31:56	David Hook	Barrow & Furness Striders AC
94	3502	00:32:00	James Lavin	Leeds City AC
95	3568	00:32:03	Jason Long	Newquay & Par AC
96	3368	00:32:03	James Munn	Boston & District AC
97	3302	00:32:05	Chris Bounds	Aldershot Farnham & District AC
98	3617	00:32:07	Jack Parslow	Shaftesbury Barnet Harriers
99	3354	00:32:14	Alex Bruce-Littlewood	Blackheath & Bromley Harriers AC
100	3573	00:32:15	Chris McGurk	Notts AC
101	3391	00:32:17	Ben Lacey	Charnwood AC
102	3535	00:32:21	Tom Grundy	Macclesfield Harriers & AC
103	3444	00:32:21	Alex Hawkins	Epsom & Ewell Harriers
104	3646	00:32:23	Carl Frapwell	Stroud & District AC
105	3490	00:32:23	Jack Cutsforth	Kingston Upon Hull AC

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106	3693	00:32:26	Tom Heaward	Vale Royal AC
107	3525	00:32:28	Khalil Thompson	Liverpool Harriers & AC
108	3676	00:32:30	Nick James	Tonbridge AC
109	3488	00:32:31	Rob Shau	Keighley & Craven AC
110	3312	00:32:32	Greg Smith	Aldershot Farnham & District AC
111	3301	00:32:33	Josh Arnold	Aldershot Farnham & District AC
112	3500	00:32:35	James Dean	Leeds City AC
113	3387	00:32:36	Rob Whitham	Bristol & West AC
114	3471	00:32:37	Matthew Johnson	Holmfirth Harriers AC
115	3470	00:32:38	Daniel Thompson	Hillingdon AC
116	3426	00:32:39	Thomas Lawrence	Derby AC
117	3494	00:32:39	Steven Allen	Leamington C & AC
118	3654	00:32:40	Simon King	Tamworth AC
119	3417	00:32:42	Harvey Speed	Coventry Godiva Harriers
120	3468	00:32:45	Jonathon Castro	Hillingdon AC
121	3499	00:32:46	Alex Davy	Leeds City AC
122	3435	00:32:48	Stuart Laing	East Cheshire Harriers & Tameside AC
123	3602	00:32:50	Stephen Milner	Rugby & Northampton AC
124	3677	00:32:51	Chris Kiely	Tonbridge AC
125	3604	00:32:52	David Howlett	Sale Harriers Manchester
126	3508	00:32:54	Ed Glaister	Leicester Coritanian AC
127	3306	00:33:01	Scott Edgington	Aldershot Farnham & District AC
128	3350	00:33:01	Matthew Bayliss	Birmingham Rowheath AC
129	3419	00:33:03	Jack Swallow	Crawley AC
130	3734	00:33:06	David Smith	Rotherham Harriers & AC
131	3433	00:33:08	Anthony Connally	East Cheshire Harriers & Tameside AC
132	3683	00:33:11	Graham Hogg	Trafford AC
133	3625	00:33:11	Mark Bailey	Southend AC
134	3551	00:33:13	Marc Cochrane	Morpeth Harriers & AC
135	3603	00:33:13	Sam Aspinall	Sale Harriers Manchester
136	3557	00:33:16	Adam Binns	Nene Valley Harriers
137	3597	00:33:21	Phil Bolton	Rossendale Harriers & AC
138	3574	00:33:22	Scott Rischer	Notts AC
139	3691	00:33:22	Zack Cross	Vale Royal AC
140	3375	00:33:26	Jake Hughes	Bracknell AC
141	3536	00:33:31	Declan Murray	Macclesfield Harriers & AC
142	3527	00:33:32	Daniel Gordon	Liverpool Pembroke & Sefton H & AC
143	3334	00:33:37	Sam Wallbank	Bedford & County AC
144	3605	00:33:40	Rob Jowett	Sale Harriers Manchester
145	3377	00:33:41	Alex Mouradian	Bracknell AC
146	3474	00:33:49	Donald Carter	Invicta East Kent AC
147	3610	00:33:52	Luke Winterbottom	Sale Harriers Manchester
148	3460	00:33:53	Luke James	Heanor RC
149	3392	00:33:55	Andrew Lomas	Charnwood AC
150	3466	00:33:56	Jack Matthewman	Highgate Harriers
151	3584	00:33:56	Jason Burke	Peterborough AC
152	3463	00:34:01	Bryn Reynolds	Herts Phoenix AC
153	3346	00:34:01	Simon O'Meara	Birchfield Harriers
154	3422	00:34:05	Jamie Rutherford	Darlington Harriers
155	3596	00:34:06	Aaron Barker	Rossendale Harriers & AC
156	3432	00:34:10	Gavin Browne	East Cheshire Harriers & Tameside AC
157	3631	00:34:13	Liam Kincaid	Sphinx AC
158	3628	00:34:19	Chris Lee	Southend AC

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159	3583	00:34:20	Simon May	OWLS AC
160	3358	00:34:28	Richard Daniel	Blackheath & Bromley Harriers AC
161	3598	00:34:29	Grant Cunliffe	Rossendale Harriers & AC
162	3530	00:34:31	Clark Roberts	Liverpool Pembroke & Sefton H & AC
163	3371	00:34:36	Adam Hillless	Bourne Town Harriers
164	3687	00:34:39	Andrew Martin	University of Liverpool AC
165	3548	00:34:40	Robert Balmbra	Morpeth Harriers & AC
166	3532	00:34:40	Stuart Baird	Luton AC
167	3343	00:34:49	Jamie Walker	Bexley AC
168	3481	00:34:51	Daniel Palmer	Ipswich Harriers
169	3712	00:34:52	James Cotton	Windsor Slough Eton & Hounslow AC
170	3478	00:34:57	Nick Little	Invicta East Kent AC
171	3369	00:35:03	Matt Grace	Bourne Town Harriers
172	3418	00:35:05	Matthew Timothy	Coventry Godiva Harriers
173	3681	00:35:06	Daniel Ansell	Trafford AC
174	3389	00:35:19	Alister Mathie	Burton AC
175	3632	00:35:19	John Appleton	St.Helens Sutton AC
176	3680	00:35:36	Jon Undy	Tonbridge AC
177	3445	00:35:37	Alex Jackson	Epsom & Ewell Harriers
178	3731	00:35:38	Ben Hall	Orion Harriers
179	3572	00:35:40	Chris Keenan	Notts AC
180	3393	00:35:59	James Paramore	Charnwood AC
181	3370	00:36:10	Matt Green	Bourne Town Harriers
182	3722	00:36:15	David Rampling	Wirral AC
183	3429	00:36:21	Paul Witcombe	Derby AC
184	3492	00:36:27	Josh Beech	Knavesmire Harriers
185	3362	00:36:49	John Vintner	Blackheath & Bromley Harriers AC
186	3690	00:37:03	Peter Cox	Vale Royal AC
187	3497	00:37:11	Jamie Langley	Leamington C & AC
188	3318	00:37:17	Fred Maier	Amber Valley AC
189	3697	00:37:25	Steve Lampkin	Wallasey AC
190	3341	00:37:28	Luis Crane	Bexley AC
191	3698	00:37:53	Matt Williams	Wallasey AC
192	3588	00:38:21	Alan Metcalfe	Poole AC
193	3685	00:39:13	Adam Budd	University of Liverpool AC
194	3339	00:39:52	Phil Burn	Beverley AC
195	3686	00:42:17	Colin Jones	University of Liverpool AC
196	3538	00:42:42	Chris Brown	Mansfield Harriers & AC
197	3493	00:45:07	Lewis Kingdom	Knavesmire Harriers

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Pos	Points	Team Name	Placings
1	86	Aldershot Farnham & District AC	( 4 20 26 36 )
2	139	City of Norwich AC	( 6 13 38 82 )
3	163	OWLS AC	( 30 33 37 63 )
4	177	Morpeth Harriers & AC	( 10 21 60 86 )
5	189	Liverpool Harriers & AC	( 31 34 57 67 )
6	207	Bristol & West AC	( 19 24 51 113 )
7	221	Coventry Godiva Harriers	( 12 28 62 119 )
8	239	Birchfield Harriers	( 9 23 54 153 )
9	241	Leeds City AC	( 27 45 75 94 )
10	359	Southend AC	( 18 50 133 158 )
11	420	Bracknell AC	( 66 69 140 145 )
12	426	East Cheshire Harriers & Tameside AC	( 17 122 131 156 )
13	451	Tonbridge AC	( 43 108 124 176 )
14	505	Blackheath & Bromley Harriers AC	( 61 99 160 185 )
15	523	Vale Royal AC	( 92 106 139 186 )
16	551	Sale Harriers Manchester	( 125 135 144 147 )

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Pos	RaceNo	Time	Name	Club
1	4466	00:23:44	Elizabeth Yelling	Bedford & County AC
2	4888	00:24:25	Gemma Miles	Kendal AC
3	5566	00:24:29	Rachel Townend	Winchester & District AC
4	4464	00:24:36	Jo Wilkenson	Bedford & County AC
5	4798	00:24:50	Faye Fullerton	Havering Mayesbrook AC
6	4795	00:24:55	Andrea Whitcombe	Harrow AC
7	4891	00:24:59	Sara Tunstal	Kendal AC
8	5160	00:24:59	Sonia Thomas	Sale Harriers Manchester
9	4586	00:25:03	Stacey Johnson	Cannock & Stafford AC
10	5128	00:25:04	Laura Kenney	Royal Sutton Coldfield AC
11	4492	00:25:09	Victoria Wilkinson	Bingley Harriers & AC
12	4889	00:25:13	Rebecca Robinson	Kendal AC
13	4597	00:25:19	Jane Potter	Charnwood AC
14	5218	00:25:21	Jo Anker	Shaftesbury Barnet Harriers
15	4799	00:25:22	Alexa Joel	Havering Mayesbrook AC
16	5224	00:25:23	Rachel Felton	Shaftesbury Barnet Harriers
17	4598	00:25:24	Juliet Potter	Charnwood AC
18	4516	00:25:28	Pauline Powell	Blackburn Harriers
19	4407	00:25:28	Vicky Gill	Aldershot Farnham & District AC
20	4555	00:25:32	Amy Chalk	Bristol & West AC
21	4767	00:25:34	Hatti Dean	Hallamshire Harriers
22	4601	00:25:37	Hannah Whitmore	Charnwood AC
23	5558	00:25:44	Louise Damen	Winchester & District AC
24	5406	00:25:45	Claire Martin	Telford AC
25	5561	00:25:49	Karen Hazlitt	Winchester & District AC
26	4402	00:25:51	Emily Adams	Aldershot Farnham & District AC
27	5120	00:25:53	Jenny Blizzard	Rotherham Harriers & AC
28	4417	00:25:53	Andrea Woodvine	Aldershot Farnham & District AC
29	4772	00:25:57	Julia Russell	Hallamshire Harriers
30	4651	00:25:58	Becky Penty	City of York AC
31	4907	00:26:01	Louise Gardner	Lancaster & Morecambe AC
32	4509	00:26:08	Debbie Walters	Birchfield Harriers
33	4641	00:26:09	Olivia Walwyn	City of Norwich AC
34	5040	00:26:16	Nicola Bamford	Notts AC
35	5429	00:26:30	Joanne Ritson	Tipton Harriers
36	4653	00:26:32	Justina Heslop	Clapham Chasers
37	5229	00:26:38	Vicky Webster	Shaftesbury Barnet Harriers
38	4717	00:26:45	Emily Nelson	Epsom & Ewell Harriers
39	4403	00:26:46	Susie Bush	Aldershot Farnham & District AC
40	5172	00:26:47	Tessa Walker	Salford Harriers
41	5530	00:26:50	Frances Briscoe	White Horse Harriers
42	4556	00:26:50	Charlotte Coffey	Bristol & West AC
43	4797	00:26:53	Lauren Deadman	Havering Mayesbrook AC
44	4557	00:26:55	Helen Fines	Bristol & West AC
45	5564	00:26:58	Emma Patel	Winchester & District AC
46	4485	00:27:01	Ann Buckley	Bingley Harriers & AC
47	5599	00:27:04	Linda Jackson	Woodford Green AC with Essex Ladies
48	4560	00:27:06	Claire Hallissey	Bristol & West AC
49	5604	00:27:06	Linzi Snow	Woodford Green AC with Essex Ladies
50	4488	00:27:08	Sharon Taylor	Bingley Harriers & AC
51	4619	00:27:10	Fiona Burnie	Chester-Le-Street & District AC
52	5174	00:27:11	Lindsey Curtis	Scunthorpe & District AC

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53	4765	00:27:16	Lizzie Adams	Hallamshire Harriers
54	4914	00:27:19	Alex Gostling	Leeds City AC
55	4796	00:27:21	Debbie Appleton	Havering Mayesbrook AC
56	4966	00:27:27	Sarah Harris	Macclesfield Harriers & AC
57	4902	00:27:27	Jo Maddick	KUAAC
58	4639	00:27:28	Ruth Proctor	City of Norwich AC
59	5382	00:27:29	Marilyn Kitching	Tattenhall Runners
60	4558	00:27:38	Kate Goodhead	Bristol & West AC
61	4519	00:27:39	Siobhan Budd	Blackheath & Bromley Harriers AC
62	4785	00:27:40	Sarah Haines	Harborough AC
63	5398	00:27:41	Claire Robson	Teesdale AC
64	4773	00:27:47	Nicola Squires	Hallamshire Harriers
65	4842	00:27:49	Helen Berry	Holmfirth Harriers AC
66	4622	00:27:50	Tracy Laws	Chester-Le-Street & District AC
67	4594	00:27:51	Kim Looms	Charnwood AC
68	5011	00:27:52	Sarah Graham	Morpeth Harriers & AC
69	4831	00:27:53	Kate Jenrick	Highgate Harriers
70	5177	00:27:54	Nicola Geddes	Scunthorpe & District AC
71	4669	00:27:57	Nicola Rogers	Colchester & Tendring AC
72	5272	00:27:57	Amanda Crook	Southport Waterloo AC
73	4640	00:27:59	Kelly Rushton	City of Norwich AC
74	5402	00:28:04	Sian Davies	Telford AC
75	5150	00:28:04	Jenna Hill	Sale Harriers Manchester
76	4739	00:28:05	Jess Trowbridge	Gateshead Harriers & AC
77	5638	00:28:05	Monica Williamson	Leamington C & AC
78	4503	00:28:06	Emma Phillips	Birchfield Harriers
79	4996	00:28:07	Carly Scott	Marshall Milton Keynes AC
80	4928	00:28:08	Harriet Canter	Lincoln Wellington AC
81	5254	00:28:14	Helen Finch	Solihull & Small Heath AC
82	5101	00:28:17	Tamsin Clarke	Richmond & Zetland Harriers
83	5410	00:28:17	Lisa Blackman	Thames Valley Harriers
84	5253	00:28:19	Elizabeth Crawford	Solihull & Small Heath AC
85	5374	00:28:20	Louise Durman	Stroud & District AC
86	5010	00:28:20	Aiveen Fox	Morpeth Harriers & AC
87	4590	00:28:22	Beverley Gray	Charnwood AC
88	4880	00:28:23	Helen Glover	Keighley & Craven AC
89	5425	00:28:23	Lynne Cox	Tipton Harriers
90	5567	00:28:24	Carolyn Dickie	Windsor Slough Eton & Hounslow AC
91	4836	00:28:25	Nicola De La Salle	Hillingdon AC
92	4520	00:28:26	Jenny Butler	Blackheath & Bromley Harriers AC
93	5600	00:28:27	Diana Kennedy	Woodford Green AC with Essex Ladies
94	5220	00:28:27	Philippa Aukett	Shaftesbury Barnet Harriers
95	5225	00:28:27	Emily Ferenczi	Shaftesbury Barnet Harriers
96	5629	00:28:28	Ruth Watchorn-Rice	Cheadle Running Club
97	5264	00:28:29	Michelle Jenkins	South London Harriers
98	4738	00:28:31	Kim Simpson	Gateshead Harriers & AC
99	4833	00:28:32	Astrid Wingler	Highgate Harriers
100	4458	00:28:33	Elinor Caborn	Bedford & County AC
101	4683	00:28:36	Myshola Kirkham	Coventry Godiva Harriers
102	4604	00:28:38	Francis Cliff	Chelmsford AC
103	4994	00:28:41	Sarah Cox	Marshall Milton Keynes AC
104	5584	00:28:42	Karen Hallas	Wolverhampton & Bilston AC
105	5592	00:28:42	Sara Bird	Woodford Green AC with Essex Ladies

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106	5461	00:28:43	Adela Salt	Trentham RC
107	4823	00:28:46	Clare Pauzers	Herne Hill Harriers
108	5503	00:28:47	Anna Lewis	Wells City Harriers
109	5086	00:28:49	Marie Synnott Wells	Ranelagh Harriers
110	4633	00:28:50	Nicola Alford	City of Norwich AC
111	4687	00:28:52	Susan Wint	Coventry Godiva Harriers
112	5162	00:28:53	Ruth Watson	Sale Harriers Manchester
113	4829	00:28:53	Anne Curley	Highgate Harriers
114	4946	00:28:54	Kirsty Longley	Liverpool Pembroke & Sefton H & AC
115	4770	00:28:55	Jenny Johnson	Hallamshire Harriers
116	4699	00:28:56	Fiona Kennedy	Ealing Southall & Middx. AC
117	4565	00:28:58	Clare Stevinson	Bristol & West AC
118	5179	00:29:00	Ruth Clifton	Serpentine RC
119	5295	00:29:02	Lucy Waterlow	St.Albans Striders
120	5349	00:29:02	Jayne Dickens	Stone Master Marathoners
121	4912	00:29:04	Celia De Maria	Leeds City AC
122	4847	00:29:07	Claire Leaver	Holmfirth Harriers AC
123	4510	00:29:08	Sophie Williams	Birchfield Harriers
124	4698	00:29:09	Alison Hopkins	Ealing Southall & Middx. AC
125	5104	00:29:13	Kelly Haniver	Richmond & Zetland Harriers
126	5462	00:29:16	Deb Thomas	Trentham RC
127	4681	00:29:20	Rachel Buxton	Coventry Godiva Harriers
128	4461	00:29:20	Charlotte Moss	Bedford & County AC
129	4686	00:29:23	Ann Marie Smith	Coventry Godiva Harriers
130	4901	00:29:24	Cheryl Lyons	KUAAC
131	4963	00:29:24	Janine Stones	Mablethorpe RC
132	4505	00:29:26	Sarah Rudge	Birchfield Harriers
133	5294	00:29:28	Deborah Steer	St.Albans Striders
134	4609	00:29:30	Rebecca Luxton	Chelmsford AC
135	5308	00:29:31	Nina Skilton	Stafford Harriers
136	5298	00:29:31	Gemma Connolly	St.Helens Sutton AC
137	4845	00:29:33	Julia Johnson	Holmfirth Harriers AC
138	5361	00:29:34	Louise Peters	Stopsley Striders
139	5625	00:29:36	Sharleen Hollingshead	Cheadle Running Club
140	5611	00:29:36	Sally Newman	Wreake Runners
141	4835	00:29:40	Fiona Cressy	Hillingdon AC
142	4749	00:29:40	Andrea Culp	Great Western Runners
143	4518	00:29:44	Jane Bradshaw	Blackheath & Bromley Harriers AC
144	5222	00:29:51	Maggie Cooper	Shaftesbury Barnet Harriers
145	5597	00:29:52	Katherine Gundersen	Woodford Green AC with Essex Ladies
146	5255	00:29:53	Joanne Finch	Solihull & Small Heath AC
147	5052	00:29:55	Katie Trickett	Pendle AC
148	5622	00:29:57	Caroline Warrington	York Knavesmire Harriers
149	4643	00:30:00	Clare Booker	City of Stoke AC
150	4769	00:30:02	Rachael Elder	Hallamshire Harriers
151	4501	00:30:05	Sally Latham	Birchfield Harriers
152	5426	00:30:11	Amie Fithern	Tipton Harriers
153	5044	00:30:12	Michelle Hooton	Notts AC
154	4989	00:30:13	Gail Griffiths	Manx Harriers
155	5433	00:30:15	Kate Williams	Tipton Harriers
156	4629	00:30:16	Melissa Turner	Chester-Le-Street & District AC
157	5325	00:30:18	Carley Davies	Stockport Harriers AC
158	4636	00:30:19	Amy Dungar	City of Norwich AC

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159	4652	00:30:21	Karen Wood	City of York AC
160	4904	00:30:23	Helen Booth	Lancaster & Morecambe AC
161	4894	00:30:24	Lucie Custance	Kettering Town Harriers
162	5232	00:30:25	Debbie Richards	Sheffield RC
163	5098	00:30:25	Debbie Taylor	Reading AC
164	5142	00:30:25	Madeleine Smith	Rugby & Northampton AC
165	5293	00:30:26	Gill Jubb	St.Albans Striders
166	4544	00:30:26	Sally Gray	Bournville Harriers
167	4941	00:30:28	Sarah Jackson	Liverpool Harriers & AC
168	4694	00:30:30	Cara Oliver	Dartford Harriers
169	5384	00:30:32	Alison Smith	Tattenhall Runners
170	5618	00:30:33	Abbey George Plunkett	York Knavesmire Harriers
171	5252	00:30:35	Jennifer Clements	Solihull & Small Heath AC
172	4906	00:30:36	Lauren Cooper	Lancaster & Morecambe AC
173	5531	00:30:37	Josephine Rhodes	White Horse Harriers
174	4587	00:30:39	Christine Kilkenny	Cannock & Stafford AC
175	4476	00:30:40	Sharon Mellors	Belper Harriers
176	5370	00:30:41	Dawn Davies	Stratford-on-Avon AC
177	4545	00:30:42	Marianne Hensman	Bournville Harriers
178	5096	00:30:44	Ariane Pritchard	Reading AC
179	4672	00:30:44	Emily Bowen	Colchester Harriers AC
180	5440	00:30:46	Alison Drasdo	Trafford AC
181	4793	00:30:47	Amy Tanner	Hardley Runners
182	5620	00:30:48	Andrea Lancaster	York Knavesmire Harriers
183	4809	00:30:50	Glenda Alton	Heanor RC
184	5133	00:30:53	Angela Copson	Rugby & Northampton AC
185	4908	00:30:55	Joanne Perry	Lancaster & Morecambe AC
186	5170	00:30:57	Sarah Russ	Salford Harriers
187	5585	00:30:57	Jane Jones	Wolverhampton & Bilston AC
188	4776	00:30:57	Kathy Van Hee	Hallamshire Harriers
189	4543	00:30:58	Anna Louise Didier	Bournville Harriers
190	5391	00:30:59	Rebecca Pierce	Team Bath AC
191	5073	00:31:01	Emma Deakin	Preston Harriers
192	4973	00:31:01	Hanny Stockman	Macclesfield Harriers & AC
193	5560	00:31:03	Jan Hardcastle	Winchester & District AC
194	5231	00:31:03	Jenny Horne	Sheffield RC
195	5514	00:31:04	Joanna Goorney	Wesham RR
196	4924	00:31:06	Ruth Wilcox	Leeds City AC
197	4405	00:31:06	Val Clews	Aldershot Farnham & District AC
198	5331	00:31:07	Kaysleigh Greenham	Stockport Harriers AC
199	5350	00:31:09	Melissa Harrison	Stone Master Marathoners
200	4579	00:31:11	Emma Wharton	Buxton AC
201	5078	00:31:13	Yvonne Hill	Ranelagh Harriers
202	4995	00:31:16	Lauren Licietis	Marshall Milton Keynes AC
203	4437	00:31:17	Lesley Noon	Barnsley AC
204	5141	00:31:18	Rachel Shaw	Rugby & Northampton AC
205	5617	00:31:18	Alayne Finlay	York Knavesmire Harriers
206	5368	00:31:19	Emma Bexson	Stratford-on-Avon AC
207	4702	00:31:20	Patricia Thomas	Ealing Southall & Middx. AC
208	4896	00:31:22	Rebecca Hall	Kettering Town Harriers
209	5075	00:31:22	Marian Hesketh	Preston Harriers
210	5202	00:31:23	Penny Thorn	Serpentine RC
211	4936	00:31:23	Marina Ali	Liverpool Harriers & AC



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212	5034	00:31:25	Karen Heppenstall	North York Moors AC
213	5588	00:31:29	Vicki Ornsby	Wolverhampton & Bilston AC
214	4768	00:31:29	Jennifer Dick	Hallamshire Harriers
215	4533	00:31:33	Kate Pratten	Blackheath & Bromley Harriers AC
216	4863	00:31:34	Clair Morley	Hull Achilles AC
217	5380	00:31:34	Sara Atkinson	Tattenhall Runners
218	5634	00:31:37	Zara Blower	Leamington C & AC
219	4960	00:31:38	Claire Pickersgill	Longwood Harriers AC
220	5615	00:31:39	Aislyn Austin	York Knavesmire Harriers
221	5008	00:31:40	Gwenda Cavill	Morpeth Harriers & AC
222	4695	00:31:43	Ruth Ward	Dartford Harriers
223	4919	00:31:45	Sophie Lovell	Leeds City AC
224	4546	00:31:48	Linda Howell	Bournville Harriers
225	4981	00:31:53	Hayley Kutor	Manchester YMCA Harriers
226	5435	00:31:54	Diane Bradley	Tonbridge AC
227	5369	00:31:56	Sarah Bland	Stratford-on-Avon AC
228	4701	00:31:56	Gillian Morgan	Ealing Southall & Middx. AC
229	4780	00:31:57	Toni Boa	Harborough AC
230	5347	00:31:59	Amy Cope	Stone Master Marathoners
231	4550	00:31:59	Judy Allison	Bridlington RR
232	5422	00:31:59	Joanne Ross	Thornbury Running Club
233	4418	00:32:02	Bev Ganose	Altrincham & District AC
234	5243	00:32:05	Debra Campbell	Skelmersdale Boundary Harriers
235	5555	00:32:08	Kate Sutton	Wilmslow RC
236	5050	00:32:09	Simone Wilson	Nuneaton Harriers
237	4750	00:32:14	Lucy Ellis	Great Western Runners
238	5552	00:32:15	Sally Price	Wilmslow RC
239	5329	00:32:18	Helen Garner	Stockport Harriers AC
240	4921	00:32:19	Veronique Marot	Leeds City AC
241	5452	00:32:20	Laurey Rankin	Trent Park RC
242	5134	00:32:23	Sharon Fearn	Rugby & Northampton AC
243	5132	00:32:23	Annette Carlin	Rugby & Northampton AC
244	5109	00:32:25	Joseph Terim	Rochdale Harriers & AC
245	5043	00:32:26	Tracy Hallam	Notts AC
246	5191	00:32:26	Valerie Metcalf	Serpentine RC
247	5300	00:32:27	Julia Eccleston	St.Helens Sutton AC
248	5277	00:32:27	Sian Evans	Sparkhill Harriers
249	5635	00:32:27	Emma Day	Leamington C & AC
250	4569	00:32:29	Judy Appleby	BRR AC
251	5455	00:32:30	Joanne Donnelly	Trentham RC
252	5565	00:32:31	Joy Radford	Winchester & District AC
253	5641	00:32:32	Kendra White	North York Moors AC
254	4955	00:32:33	Jackie Wastell	London Heathside
255	5099	00:32:35	Sarah Wilkins	Reading AC
256	5301	00:32:36	Louise Hogg	St.Helens Sutton AC
257	5366	00:32:45	Joan Clarke	Stourbridge RC
258	5281	00:32:47	Kathryn Stuart	Sphinx AC
259	4813	00:32:50	Judith Gration	Heanor RC
260	4763	00:32:56	Linda Crabtree	Halifax Harriers
261	4942	00:32:57	Jenny Pybis	Liverpool Harriers & AC
262	4725	00:32:58	Zoe Woodward	Eton Manor AC
263	5450	00:33:00	Kathryn Berry	Trent Park RC
264	5302	00:33:02	Karen Jarvis	St.Helens Sutton AC

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265	5047	00:33:03	Lisa Morris	Notts AC
266	5093	00:33:04	Lucy Daniels	Reading AC
267	5439	00:33:05	Melissa Davis	Trafford AC
268	5579	00:33:06	Tracey Gibson	Wolds Veterans RC
269	4956	00:33:07	Jackie Watt	London Heathside
270	5246	00:33:11	Carole Quirk	Skelmersdale Boundary Harriers
271	4917	00:33:12	Sorrel Hoare	Leeds City AC
272	5159	00:33:13	Joanne Street	Sale Harriers Manchester
273	4676	00:33:15	Timea Latinovics	Corby AC
274	4684	00:33:20	Linda McDonald	Coventry Godiva Harriers
275	5275	00:33:22	Elizabeth Blake	Sparkhill Harriers
276	5187	00:33:23	Sarah Knox	Serpentine RC
277	4529	00:33:24	Katie Jinks	Blackheath & Bromley Harriers AC
278	4937	00:33:25	Stephanie Bullock	Liverpool Harriers & AC
279	4970	00:33:26	Barbara Murray	Macclesfield Harriers & AC
280	4478	00:33:27	Judith Battersby	Beverley AC
281	4541	00:33:29	Katherine Abbott	Bournville Harriers
282	4570	00:33:31	Ann Stuart	BRR AC
283	5610	00:33:32	Louise Newcomb	Wreake Runners
284	5014	00:33:33	Michelle Muller	Morpeth Harriers & AC
285	4682	00:33:36	Christa James	Coventry Godiva Harriers
286	4949	00:33:38	Fiona Holland	London Heathside
287	5092	00:33:40	Nicky Cooke	Reading AC
288	5155	00:33:41	Alison Pye	Sale Harriers Manchester
289	4819	00:33:42	Rebecca Barrow	Herne Hill Harriers
290	4851	00:33:42	Serena Blackburn	Horsforth Harriers
291	4762	00:33:43	Jo Buckley	Halifax Harriers
292	4864	00:33:43	Jane Morley	Hull Achilles AC
293	5106	00:33:44	Lucy Holmes	Ripley Running Club
294	4959	00:33:45	Vicky Yeomans	Long Eaton Running Club
295	5624	00:33:46	Dawn Hawkins	Cheadle Running Club
296	4761	00:33:47	Sally Spencer	Halesowen AC
297	5479	00:33:51	Sue Gardener	Victory AC
298	5135	00:33:53	Heather Fiddament Harris	Rugby & Northampton AC
299	5511	00:33:53	Julie Cruse	Wesham RR
300	4568	00:33:54	Jane Anderson	BRR AC
301	4443	00:33:54	Kirsty Hillier	Barrow Runners
302	5434	00:33:55	Pippa Blackstone	Tonbridge AC
303	4438	00:33:56	Linda Westlake	Barnsley AC
304	5309	00:33:57	Louise Clowes	Stafford Triathlon Club
305	4758	00:34:00	Nina Jowett	Halesowen AC
306	4673	00:34:03	Elodie Henrion	Colchester Harriers AC
307	5136	00:34:03	Debbie Cross	Rugby & Northampton AC
308	5593	00:34:04	Karen Burns	Woodford Green AC with Essex Ladies
309	5416	00:34:05	Julia Pearce	The Stragglers
310	4747	00:34:06	Catriona Ambrose	Great Western Runners
311	5591	00:34:10	Jenny Wilson	Wolverhampton & Bilston AC
312	5143	00:34:14	Kate Williams	Rugby & Northampton AC
313	5125	00:34:17	Gill Taylor	Rotherham Harriers & AC
314	5284	00:34:18	Sue Clarke	Springfield Striders
315	5289	00:34:19	Elizabeth Turk	Springfield Striders
316	4971	00:34:22	Sally Ann Pattison	Macclesfield Harriers & AC
317	5362	00:34:23	Alison Sugars	Stopsley Striders

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318	4737	00:34:28	Tamsin Rich	Gateshead Harriers & AC
319	4449	00:34:33	Joanne Robinson	Barrow Runners
320	4723	00:34:36	Stephanie Baxter	Eton Manor AC
321	5306	00:34:37	Sue Johnson	Stafford Harriers
322	5026	00:34:38	Louise Winter	Newark AC
323	5541	00:34:41	Amanda Bradbury	Wilmslow RC
324	5421	00:34:41	Madeline Parrott	Thornbury Running Club
325	5408	00:34:44	Jane Staite	Telford Harriers
326	5307	00:34:45	Christine Skellern	Stafford Harriers
327	4862	00:34:46	Denise Wakefield	Horwich RMI Harriers
328	4841	00:34:47	Lesley Cliff	Holme Pierrepont RC
329	5468	00:34:48	Nicky Clements	Uttoxeter Road Runners
330	4523	00:34:51	Justine Eastbury	Blackheath & Bromley Harriers AC
331	5303	00:34:52	Eleanor Reynolds	St.Helens Sutton AC
332	4850	00:34:54	Katie Walshaw	Holmfirth Harriers AC
333	4470	00:34:54	Catherine Eastham	Belgrave Harriers
334	5260	00:34:57	Carol Godfrey	South Cheshire Harriers
335	5453	00:34:58	Karen Wyer	Trent Park RC
336	4540	00:35:00	Helen Morris	Blyth RC
337	4771	00:35:01	Claire Leventon	Hallamshire Harriers
338	4828	00:35:03	Natasha Cendrowicz	Highgate Harriers
339	4734	00:35:09	Christine Baudouin	Gateshead Harriers & AC
340	5140	00:35:10	Ann Rullings	Rugby & Northampton AC
341	4521	00:35:11	Anne Cillia	Blackheath & Bromley Harriers AC
342	5263	00:35:13	Pam Iannella	South London Harriers
343	4423	00:35:13	Jane Poole	Amber Valley AC
344	4979	00:35:21	Steph Goodchild	Manchester YMCA Harriers
345	4580	00:35:23	Diana Braverman	Cambridge & Coleridge
346	5304	00:35:24	Lydia Atkins	Stafford Harriers
347	4978	00:35:25	Miranda Clarke	Manchester YMCA Harriers
348	4786	00:35:26	Nicola James	Harborough AC
349	5420	00:35:33	Judy Mills	Thornbury Running Club
350	5137	00:35:34	Kate Lundy	Rugby & Northampton AC
351	5607	00:35:37	Alex Wardle	Woodford Green AC with Essex Ladies
352	5237	00:35:38	Julie Heithus	Sinfin RC
353	4986	00:35:39	Ann Brown	Mansfield Harriers & AC
354	4467	00:35:39	Jennifer Beecroft	Belgrave Harriers
355	5333	00:35:41	Marie Kay	Stockport Harriers AC
356	5457	00:35:45	Kiri Johnson	Trentham RC
357	4675	00:35:46	Lorraine Kent	Corby AC
358	4482	00:35:46	Juliette Hoaireau	Bexley AC
359	4807	00:35:48	Helen Turley	Headington RR
360	5317	00:35:48	Carol Beattie	Steel City Striders
361	5064	00:35:53	Angela Bent	Pitsea RC
362	5400	00:35:54	Lisa Blagden	Telford AC
363	4983	00:35:59	Sue Todd	Manchester YMCA Harriers
364	5245	00:36:00	Helen Holland	Skelmersdale Boundary Harriers
365	5343	00:36:03	Maureen Wilkins	Stockport Harriers AC
366	4542	00:36:03	Maggie Curtis	Bournville Harriers
367	5414	00:36:05	Jo Kilkenny	The Stragglers
368	5100	00:36:05	Maria Needham	Retford AC
369	5053	00:36:05	Jackie Chen	Penny Lane Striders
370	5058	00:36:05	Gen Williams	Penny Lane Striders

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371	5299	00:36:09	Christine Dickinson	St.Helens Sutton AC
372	4677	00:36:10	Cathy Oram	Corby AC
373	5507	00:36:11	Emma Chambers	Werrington Joggers
374	5412	00:36:13	Chris Glew	The Stragglers
375	5601	00:36:13	Stef McCarthy	Woodford Green AC with Essex Ladies
376	5095	00:36:14	Rachel Phillips	Reading AC
377	4548	00:36:16	Helen Owen	Bournville Harriers
378	4984	00:36:18	Sue Bellingham	Mansfield Harriers & AC
379	5305	00:36:23	Jane Bisiker	Stafford Harriers
380	5258	00:36:26	Ella Brett	South Cheshire Harriers
381	4987	00:36:28	Louise Harrison	Mansfield Harriers & AC
382	5012	00:36:31	Margaret MacDonald	Morpeth Harriers & AC
383	4678	00:36:31	Trudi Pike	Corby AC
384	4459	00:36:32	Emma Coombes	Bedford & County AC
385	5165	00:36:34	Jane Bilton	Salford Harriers
386	5508	00:36:34	Dierdre Fee	Werrington Joggers
387	4980	00:36:36	Liz Hall	Manchester YMCA Harriers
388	5613	00:36:43	Jenny Thorpe	Wreake Runners
389	4439	00:36:46	Alexandra Blossom	Barrow Runners
390	5240	00:36:48	Helen Ripley	Sinfin RC
391	5199	00:36:50	Cheryl Sacks	Serpentine RC
392	5441	00:36:51	Sue Exon	Trafford AC
393	5327	00:36:51	Julie Fairclough	Stockport Harriers AC
394	4484	00:36:52	Sue Becconsall	Bingley Harriers & AC
395	4721	00:36:56	Sasha Ackland	Eton Manor AC
396	5348	00:36:57	Mel Crosby	Stone Master Marathoners
397	4892	00:37:02	Jacqueline Waive	Kendal AC
398	4962	00:37:02	Claire Bassill	Luton AC
399	5411	00:37:03	Lynda Chase	The Stragglers
400	5355	00:37:07	Karen Ashby	Stopsley Striders
401	5130	00:37:09	Carol Woodfield	Royal Sutton Coldfield AC
402	5518	00:37:11	Sarah Sherrat	Wesham RR
403	4433	00:37:14	Marion Harrison	Barnsley AC
404	5070	00:37:15	Lorna Pettifer	Pitsea RC
405	5436	00:37:23	Liz Farndon	Tonbridge AC
406	4866	00:37:30	Monique Le Roux	Huntingdonshire AC
407	4724	00:37:31	Paula Steere	Eton Manor AC
408	5241	00:37:32	Vicky Sims	Sinfin RC
409	5236	00:37:32	Fiona Evans	Sinfin RC
410	5460	00:37:32	Jill Phillips	Trentham RC
411	5458	00:37:46	Samantha Joseph	Trentham RC
412	5055	00:37:49	Amanda Jones	Penny Lane Striders
413	5276	00:37:53	Margaret Ehrenberg	Sparkhill Harriers
414	5549	00:37:55	Catriona Marshall	Wilmslow RC
415	5580	00:38:05	Carol Hall	Wolds Veterans RC
416	5287	00:38:07	Kerry Marsh	Springfield Striders
417	5351	00:38:08	Michelle Rushton	Stone Master Marathoners
418	5449	00:38:10	Jane Allen	Trent Park RC
419	4720	00:38:11	Jayne Reed	Erme Valley Harriers
420	5247	00:38:16	Jane Woodburn	Skelmersdale Boundary Harriers
421	4910	00:38:19	Kathy Winrow	Lancaster & Morecambe AC
422	4861	00:38:21	Chris Sweatman	Horwich RMI Harriers
423	4818	00:38:23	Sarah Allen	Herne Hill Harriers

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424	4603	00:38:23	Sandra Burke	Chelmsford AC
425	5636	00:38:27	Carol Blower	Leamington C & AC
426	5478	00:38:29	Marilyn Crocker	Victory AC
427	4865	00:38:31	Karen Cameron	Huntingdonshire AC
428	5066	00:38:35	Teresa Flannigan	Pitsea RC
429	4745	00:38:37	Feena Machin	Grantham AC
430	4441	00:38:38	Jennie Harrison	Barrow Runners
431	5623	00:38:38	Sue Baker	Cheadle Running Club
432	4782	00:38:38	Lianne Brooks	Harborough AC
433	5357	00:38:41	Elaine Harries	Stopsley Striders
434	5074	00:38:59	Judith Deakin	Preston Harriers
435	4455	00:39:00	Sue Zurawliw	Barrow Runners
436	5631	00:39:02	Melanie Koth	
437	5472	00:39:06	Lucy Webb	Uttoxeter Road Runners
438	5586	00:39:09	Pam McEntee	Wolverhampton & Bilston AC
439	5051	00:39:10	Faye Holden	Pendle AC
440	4497	00:39:12	Emily Evans	Birchfield Harriers
441	5071	00:39:15	Helen Tompkins	Pitsea RC
442	5506	00:39:18	Orla Carmody	Werrington Joggers
443	5612	00:39:27	Maria Payne	Wreake Runners
444	5587	00:39:37	Trish Morgan	Wolverhampton & Bilston AC
445	5627	00:39:46	Sue Taylor	Cheadle Running Club
446	4824	00:39:48	Fiona Pierce	Herne Hill Harriers
447	5022	00:39:51	Angela Marsh	Newark AC
448	4985	00:39:56	Jayne Broomham	Mansfield Harriers & AC
449	4760	00:40:00	Kirsty Morgan	Halesowen AC
450	5072	00:40:07	Rachael Cole	Portsmouth Joggers
451	5239	00:40:17	Julie Muggleton	Sinfin RC
452	5045	00:40:17	Gemma Hull	Notts AC
453	5259	00:40:20	Lorna Fewtrell	South Cheshire Harriers
454	4870	00:40:20	Carol Sharratt	Ilkeston RC
455	4779	00:40:21	Ruth Bingham	Harborough AC
456	4432	00:40:29	Anne Bennett	Barnsley AC
457	4674	00:40:33	Tracey Craker	Corby AC
458	5060	00:40:37	Laura Greenwood	Peterborough AC
459	4742	00:41:12	Janice Anderson	Grantham AC
460	4445	00:41:15	Elaine Pladgeman	Barrow Runners
461	4783	00:41:24	Lin Farrow	Harborough AC
462	5352	00:41:26	Lisa Russell	Stone Master Marathoners
463	4448	00:41:28	Lisa Rees	Barrow Runners
464	4893	00:41:42	Pauline Dable	Kenilworth Runners
465	5204	00:41:53	Stephanie Vaatz	Serpentine RC
466	4787	00:42:00	Joanna Johnston	Harborough AC
467	4572	00:42:01	Nicola Long	Burton AC
468	5033	00:42:14	Lindsay Cook	North Herts RR
469	5630	00:42:19	Alison Wright	Cheadle Running Club
470	5108	00:42:30	Brenda Robinson	Rochdale Harriers & AC
471	5473	00:42:35	Lincy Whitlock	Uttoxeter Road Runners
472	4658	00:42:38	Sue Allen	Clayton-le-Moors Harriers
473	4964	00:42:57	Elisa Connor	Macclesfield Harriers & AC
474	5497	00:43:11	Sarah Coltman	Watford Joggers
475	5510	00:43:12	Linda Rawlins	Werrington Joggers
476	4751	00:43:28	Patricia Parr	Great Western Runners

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477	4759	00:43:33	Sonia Michael	Halesowen AC
478	4583	00:43:47	Mary Holmes	Cambridge & Coleridge
479	5469	00:44:00	Sandra Durow	Uttoxeter Road Runners
480	5068	00:44:04	Heather Jackson	Pitsea RC
481	4805	00:44:35	Mary Russell	Headington RR
482	5451	00:44:41	Marion Lambert	Trent Park RC
483	5614	00:44:43	Gail Whalley	Wreake Runners
484	4791	00:45:04	Linda Noke	Hardley Runners
485	5626	00:45:11	Isabel Syred	Cheadle Running Club
486	5637	00:45:21	Heather Waller	Leamington C & AC
487	5280	00:46:24	Jackie Stuart	Sphinx AC
488	5470	00:47:55	Liz Goodwin	Uttoxeter Road Runners
489	5063	00:47:59	Linda Bates	Pitsea RC
490	5407	00:48:15	Cynthia Lewis	Telford Harriers
491	5242	00:48:28	Andrea Talbot	Sinfin RC
492	5041	00:48:42	Laura Boulton	Notts AC
493	4705	00:48:55	Mary Carrick	East Hull Harriers
494	4748	00:49:46	Audrey Butler	Great Western Runners
495	5632	00:52:28	Dawn Lock	

## Sheet1

Pos	Points	Team Name	Placings
1	96	Winchester & District AC	( 3 23 25 45 )
2	112	Aldershot Farnham & District AC	( 19 26 28 39 )
3	118	Havering Mayesbrook AC	( 5 15 43 55 )
4	119	Charnwood AC	( 13 17 22 67 )
5	154	Bristol & West AC	( 20 42 44 48 )
6	161	Shaftesbury Barnet Harriers	( 14 16 37 94 )
7	167	Hallamshire Harriers	( 21 29 53 64 )
8	233	Bedford & County AC	( 1 4 100 128 )
9	274	City of Norwich AC	( 33 58 73 110 )
10	294	Woodford Green AC with Essex Ladies	( 47 49 93 105 )
11	365	Birchfield Harriers	( 32 78 123 132 )
12	418	Kendal AC	( 2 7 12 397 )
13	431	Tipton Harriers	( 35 89 152 155 )
14	467	Sale Harriers Manchester	( 8 75 112 272 )
15	468	Coventry Godiva Harriers	( 101 111 127 129 )
16	482	Solihull & Small Heath AC	( 81 84 146 171 )
17	501	Bingley Harriers & AC	( 11 46 50 394 )
18	511	Blackheath & Bromley Harriers AC	( 61 92 143 215 )
19	548	Lancaster & Morecambe AC	( 31 160 172 185 )
20	594	Leeds City AC	( 54 121 196 223 )
21	619	Highgate Harriers	( 69 99 113 338 )
22	656	Holmfirth Harriers AC	( 65 122 137 332 )
23	659	Morpeth Harriers & AC	( 68 86 221 284 )
24	675	Ealing Southall & Middx. AC	( 116 124 207 228 )
25	697	Notts AC	( 34 153 245 265 )
26	705	York Knavesmire Harriers	( 148 170 182 205 )
27	756	Bournville Harriers	( 166 177 189 224 )
28	794	Rugby & Northampton AC	( 164 184 204 242 )
29	815	Wolverhampton & Bilston AC	( 104 187 213 311 )
30	831	Gateshead Harriers & AC	( 76 98 318 339 )
31	839	Trentham RC	( 106 126 251 356 )
32	843	Macclesfield Harriers & AC	( 56 192 279 316 )
33	850	Serpentine RC	( 118 210 246 276 )
34	862	Reading AC	( 163 178 255 266 )
35	903	St.Helens Sutton AC	( 136 247 256 264 )
36	917	Liverpool Harriers & AC	( 167 211 261 278 )
37	945	Stone Master Marathoners	( 120 199 230 396 )
38	949	Stockport Harriers AC	( 157 198 239 355 )
39	961	Cheadle Running Club	( 96 139 295 431 )
40	969	Leamington C & AC	( 77 218 249 425 )
41	1071	Harborough AC	( 62 229 348 432 )
42	1128	Stafford Harriers	( 135 321 326 346 )
43	1165	Great Western Runners	( 142 237 310 476 )
44	1210	Wilmslow RC	( 235 238 323 414 )
45	1254	Wreake Runners	( 140 283 388 443 )
46	1257	Trent Park RC	( 241 263 335 418 )
47	1265	Herne Hill Harriers	( 107 289 423 446 )
48	1279	Manchester YMCA Harriers	( 225 344 347 363 )
49	1288	Skelmersdale Boundary Harriers	( 234 270 364 420 )
50	1288	Stopsley Striders	( 138 317 400 433 )
51	1365	Barnsley AC	( 203 303 403 456 )
52	1384	Eton Manor AC	( 262 320 395 407 )

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53	1385 Corby AC	( 273 357 372 383 )
54	1439 Barrow Runners	( 301 319 389 430 )
55	1449 The Stragglers	( 309 367 374 399 )
56	1527 Halesowen AC	( 296 305 449 477 )
57	1559 Sinfin RC	( 352 390 408 409 )
58	1560 Mansfield Harriers & AC	( 353 378 381 448 )
59	1634 Pitsea RC	( 361 404 428 441 )
60	1676 Werrington Joggers	( 373 386 442 475 )
61	1716 Uttoxeter Road Runners	( 329 437 471 479 )



## Sheet1

Pos	RaceNo	Time	Name	Club
1	6163	00:32:03	T Humphries	Cannock & Stafford AC
2	5891	00:32:16	P Wicks	Belgrave Harriers
3	7973	00:32:32	S Vernon	Stockport Harriers AC
4	7634	00:32:37	A Jones	Salford Harriers
5	6033	00:32:47	Michael Skinner	Blackheath & Bromley Harriers AC
6	6974	00:32:51	J Walsh	Leeds City AC
7	7615	00:32:56	G Raven	Sale Harriers Manchester
8	7178	00:33:04	M Coleman	Medway & Maidstone AC
9	6533	00:33:04	Lee Merrien	Guernsey Island AAC
10	5733	00:33:05	Andy Vernon	Aldershot Farnham & District AC
11	5944	00:33:05	M Watson	Bingley Harriers & AC
12	5837	00:33:06	D Deed	Bedford & County AC
13	6343	00:33:11	J Gilby	Derby AC
14	7276	00:33:26	K Gerrard	Newham & Essex Beagles
15	5827	00:33:34	S Rees-Jones	Basingstoke & Mid Hants AC
16	6960	00:33:35	A Grice	Leeds City AC
17	6108	00:33:37	P Wylie	Bristol & West AC
18	5931	00:33:37	C Cariss	Bingley Harriers & AC
19	7408	00:33:39	R Fraser	OWLS AC
20	7302	00:33:42	K Toher	Newquay & Par AC
21	8051	00:33:50	M Hood	Sunderland Harriers
22	6098	00:33:53	K Heywood	Bristol & West AC
23	7373	00:33:55	N Talbot	Notts AC
24	7374	00:33:59	J Thewlis	Notts AC
25	7008	00:34:00	R Burney	Liverpool Harriers & AC
26	7294	00:34:03	K Stone	Newham & Essex Beagles
27	5752	00:34:05	D Norman	Altrincham & District AC
28	6946	00:34:05	D Bilton	Leeds City AC
29	7415	00:34:06	M Powell	OWLS AC
30	7376	00:34:07	C Warburton	Notts AC
31	7462	00:34:09	John Henegan	Pudsey & Bramley AC
32	7631	00:34:10	C Hardman	Salford Harriers
33	7334	00:34:12	I Boneham	Notts AC
34	6155	00:34:14	D Lacy	Cambridge Harriers
35	6105	00:34:17	R Whalley	Bristol & West AC
36	5727	00:34:17	Ben Moreau	Aldershot Farnham & District AC
37	7752	00:34:18	Orlando Edwards	Shaftesbury Barnet Harriers
38	7416	00:34:25	P Richardson	OWLS AC
39	7349	00:34:27	T Hartley	Notts AC
40	6947	00:34:32	C Birchall	Leeds City AC
41	6956	00:34:32	S Deakin	Leeds City AC
42	6063	00:34:32	O Freeman	Bodyworks XTC Tri Store
43	7378	00:34:33	M Whitehouse	Notts AC
44	7356	00:34:37	R Kay	Notts AC
45	8483	00:34:39	Hywel Care	Woodford Green AC with Essex Ladies
46	6029	00:34:41	Andrew Rayner	Blackheath & Bromley Harriers AC
47	7611	00:34:41	S Mills	Sale Harriers Manchester
48	8166	00:34:43	M Dalkins	Tipton Harriers
49	5994	00:34:45	Thomas Cornthwaite	Blackburn Harriers
50	7282	00:34:46	O Laws	Newham & Essex Beagles
51	6411	00:34:49	J Frost	East Hull Harriers
52	6962	00:34:50	M Hilton	Leeds City AC

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53	7612	00:34:59	S North	Sale Harriers Manchester
54	7768	00:35:00	Glen Watts	Shaftesbury Barnet Harriers
55	7399	00:35:01	I Fisher	Otley AC
56	6104	00:35:04	T Wallis	Bristol & West AC
57	7190	00:35:06	B Royden	Medway & Maidstone AC
58	6165	00:35:09	R Little	Cannock & Stafford AC
59	8177	00:35:10	S Marriott	Tipton Harriers
60	6971	00:35:10	M Roscoe	Leeds City AC
61	7461	00:35:10	Shane Green	Pudsey & Bramley AC
62	5845	00:35:14	M Janes	Bedford & County AC
63	7015	00:35:14	J McCole	Liverpool Harriers & AC
64	6950	00:35:17	M Burrett	Leeds City AC
65	8185	00:35:19	M Williams	Tipton Harriers
66	7409	00:35:20	G Lee	OWLS AC
67	5849	00:35:20	O Matthews	Bedford & County AC
68	7735	00:35:21	T Dalton	Severn AC
69	6567	00:35:21	D Newbold	Hallamshire Harriers
70	6969	00:35:22	A Osborne	Leeds City AC
71	8323	00:35:23	Eliot Haimes	Wells City Harriers
72	7344	00:35:25	D Fowlie	Notts AC
73	6251	00:35:27	S Cook	City of York AC
74	6254	00:35:28	A Hilton	City of York AC
75	6315	00:35:28	Paul Rodgers	Crawley AC
76	7765	00:35:30	James Trapmore	Shaftesbury Barnet Harriers
77	5824	00:35:34	J Hutchins	Basingstoke & Mid Hants AC
78	7598	00:35:34	M Bond	Sale Harriers Manchester
79	8492	00:35:36	Kevin Murphy	Woodford Green AC with Essex Ladies
80	7864	00:35:37	R Berry	Southport Waterloo AC
81	7269	00:35:38	R Cole	Newham & Essex Beagles
82	6103	00:35:40	P Parry	Bristol & West AC
83	5851	00:35:44	N Miller	Bedford & County AC
84	7014	00:35:44	M Keeley	Liverpool Harriers & AC
85	7023	00:35:45	C Robb	Liverpool Harriers & AC
86	5998	00:35:46	Jamie Atkinson	Blackheath & Bromley Harriers AC
87	7355	00:35:47	R Joy	Notts AC
88	8178	00:35:47	J Millington	Tipton Harriers
89	7635	00:35:48	J Kovacs	Salford Harriers
90	7266	00:35:49	A Barber	Newham & Essex Beagles
91	6106	00:35:50	J Wills	Bristol & West AC
92	6724	00:35:53	Henry Dodwell	Highgate Harriers
93	6734	00:35:54	Glenn Saqui	Highgate Harriers
94	7365	00:35:54	B Raeside	Notts AC
95	5847	00:35:55	W Levett	Bedford & County AC
96	7180	00:35:56	P Curran	Medway & Maidstone AC
97	8213	00:35:56	I Salisbury	Trafford AC
98	5836	00:35:57	D Dalmedo	Bedford & County AC
99	6039	00:35:57	Peter Tucker	Blackheath & Bromley Harriers AC
100	6027	00:35:59	James Poole	Blackheath & Bromley Harriers AC
101	7405	00:35:59	J Boxell	OWLS AC
102	6049	00:35:59	P Leybourne	Blackpool Wyre & Fylde AC
103	8018	00:35:59	J Brocklehurst	Stratford-on-Avon AC
104	7761	00:36:00	Kev Robertson	Shaftesbury Barnet Harriers
105	7595	00:36:01	J Bailey	Sale Harriers Manchester

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106	7978	00:36:02	B Gamble	Stone Master Marathoners
107	7570	00:36:05	P Hoole	Rotherham Harriers & AC
108	8447	00:36:06	O Jones	Windsor Slough Eton & Hounslow AC
109	6162	00:36:06	J Houghton	Cannock & Stafford AC
110	5832	00:36:09	S Body	Bedford & County AC
111	8494	00:36:09	Bertie Powell	Woodford Green AC with Essex Ladies
112	6568	00:36:10	R O'Toole	Hallamshire Harriers
113	5831	00:36:10	P Chritchlow	Beaumont RC
114	7412	00:36:11	P Miles	OWLS AC
115	5726	00:36:13	Fergus Meade	Aldershot Farnham & District AC
116	7333	00:36:16	M Blunden	Notts AC
117	7313	00:36:18	P Andrew	Northbrook AC
118	6228	00:36:19	Steve Evison	City of Sheffield AC
119	7808	00:36:19	J Mercer	Skipton AC
120	7414	00:36:20	S Platts	OWLS AC
121	5927	00:36:22	L Athersmith	Bingley Harriers & AC
122	8495	00:36:23	Jon Powell	Woodford Green AC with Essex Ladies
123	8215	00:36:23	D Talbot	Trafford AC
124	6549	00:36:25	W Nock	Halesowen AC
125	8138	00:36:26	C Smith	Thames Valley Harriers
126	8099	00:36:28	C Rimmer	Telford AC
127	7307	00:36:28	P Lowe	North York Moors AC
128	6013	00:36:28	Alex Gibbons	Blackheath & Bromley Harriers AC
129	7258	00:36:29	M Griffiths	Newcastle (Staffs) AC
130	7148	00:36:31	Kevin Coundes	Manx Harriers
131	6885	00:36:32	Matthew Grainger	Kidderminster & Stourport AC
132	8499	00:36:33	Matt Shone	Woodford Green AC with Essex Ladies
133	6634	00:36:34	Peter Norris	Harrow AC
134	7274	00:36:35	S Farah	Newham & Essex Beagles
135	6850	00:36:36	Michael Claff	Kent AC
136	6822	00:36:38	Will Smith	Keighley & Craven AC
137	6462	00:36:40	W Clark	Epsom & Ewell Harriers
138	6944	00:36:40	A Adams	Leeds City AC
139	6708	00:36:41	Ben Paviour	Herne Hill Harriers
140	6647	00:36:42	G Harris	Headington RR
141	5939	00:36:42	S MacDonald	Bingley Harriers & AC
142	7847	00:36:43	Tom Jenkins	South London Harriers
143	6559	00:36:44	M Bishop	Hallamshire Harriers
144	5839	00:36:45	J Elworthy	Bedford & County AC
145	8505	00:36:46	E Lumley	Worcester AC
146	7731	00:36:48	N Tory	Serpentine RC
147	7185	00:36:49	A Lowther	Medway & Maidstone AC
148	7155	00:36:50	John Halligan	Manx Harriers
149	7629	00:36:52	M Cryer	Salford Harriers
150	7418	00:36:52	M Coffey	Oxford City AC
151	6907	00:36:54	R Lawson	Knavesmire Harriers
152	7482	00:36:56	S Granger-Bevan	Reading AC
153	6573	00:36:56	P Winskill	Hallamshire Harriers
154	8160	00:36:56	Ryan Prout	Thrift Green Trotters
155	8175	00:36:56	P Kavanagh	Tipton Harriers
156	7607	00:36:56	C Heys	Sale Harriers Manchester
157	6695	00:36:57	Tim Elsey	Herne Hill Harriers
158	5702	00:36:57	M Sanders	Ackworth Road Runners & AC

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159	6592	00:36:58	P Swaine	Harborough AC
160	6952	00:37:00	A Cooke	Leeds City AC
161	6211	00:37:00	C Goose	City of Norwich AC
162	7179	00:37:04	T Collins	Medway & Maidstone AC
163	7527	00:37:05	D Connor	Ripley Running Club
164	6190	00:37:07	J Bradley	Cheltenham & County Harriers
165	6466	00:37:08	P Sangar	Epsom & Ewell Harriers
166	8194	00:37:08	Graeme Saker	Tonbridge AC
167	5929	00:37:09	S Brooks	Bingley Harriers & AC
168	5748	00:37:10	S Marwood	Altrincham & District AC
169	5932	00:37:11	J Convery	Bingley Harriers & AC
170	7019	00:37:13	J Norman	Liverpool Harriers & AC
171	7411	00:37:15	T Meakin	OWLS AC
172	8433	00:37:16	Jim Pendmu	Wilmslow RC
173	7584	00:37:16	S Emery	Rugby & Northampton AC
174	7586	00:37:17	N Mariey	Rugby & Northampton AC
175	5985	00:37:17	M Matthews	Birmingham Rowheath AC
176	6922	00:37:18	R Parrington	Lancaster & Morecambe AC
177	6565	00:37:18	O Johnson	Hallamshire Harriers
178	6116	00:37:19	D Kesterton	Bromsgrove & Redditch AC
179	5854	00:37:20	A Turnbull	Bedford & County AC
180	7885	00:37:21	D Riley	Sparkhill Harriers
181	7017	00:37:23	J Meldrum	Liverpool Harriers & AC
182	7329	00:37:24	T Bailey	Notts AC
183	6968	00:37:24	A O'Neill	Leeds City AC
184	6896	00:37:25	G Clarkson	Kingston Upon Hull AC
185	7468	00:37:26	P Haarer	Ranelagh Harriers
186	6889	00:37:28	Tom Kenderdine	Kidderminster & Stourport AC
187	6633	00:37:28	Damian Nevins	Harrow AC
188	7962	00:37:28	C Southam	Stilton Striders
189	8326	00:37:29	John James	Wells City Harriers
190	7588	00:37:30	S Nelson	Rugby & Northampton AC
191	5867	00:37:31	W Cockerell	Belgrave Harriers
192	7006	00:37:32	P Williams	Lincoln Wellington AC
193	5940	00:37:32	T Midgeley	Bingley Harriers & AC
194	6643	00:37:33	R Warner	Havering Mayesbrook AC
195	7601	00:37:33	A Elliott	Sale Harriers Manchester
196	8094	00:37:34	C Bagshaw	Telford AC
197	7162	00:37:34	Tom Comerford	Marshall Milton Keynes AC
198	7012	00:37:35	G Groves	Liverpool Harriers & AC
199	8132	00:37:36	G Irvine	Thames Valley Harriers
200	6582	00:37:38	S Fenwick	Harborough AC
201	8097	00:37:41	W Joyce	Telford AC
202	5805	00:37:41	G Beetham	Barrow Runners
203	6235	00:37:42	S Bazell	City of Stoke AC
204	7632	00:37:42	R Hughes	Salford Harriers
205	8176	00:37:43	M Lockett	Tipton Harriers
206	6270	00:37:44	M Aspinall	Clayton-le-Moors Harriers
207	6785	00:37:45	R Nixon	Ilford AC
208	8504	00:37:46	Hywel Wyber	Woodford Green AC with Essex Ladies
209	6166	00:37:46	C Pearson	Cannock & Stafford AC
210	6784	00:37:48	M Muir	Ilford AC
211	6189	00:37:49	W Wright	Chelmsford AC

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212	6233	00:37:49	A Allen	City of Stoke AC
213	6730	00:37:49	Alistair Lindsay	Highgate Harriers
214	7474	00:37:50	M Snaith	Ranelagh Harriers
215	6231	00:37:52	Richard Mace	City of Sheffield AC
216	8426	00:37:53	Malcolm Fowler	Wilmslow RC
217	6636	00:37:55	Alan Wray	Harrow AC
218	6223	00:37:56	P Bleach	City of Portsmouth AC
219	5844	00:37:57	A Inskip	Bedford & County AC
220	7371	00:37:57	B Speake	Notts AC
221	6720	00:37:59	Chris Beecham	Highgate Harriers
222	8456	00:37:59	J Hunt	Wirral AC
223	5874	00:37:59	K Hegvold	Belgrave Harriers
224	6570	00:38:00	M Sprot	Hallamshire Harriers
225	8497	00:38:02	Jim Roche	Woodford Green AC with Essex Ladies
226	8203	00:38:02	B Ellis	Trafford AC
227	8165	00:38:03	P Clamp	Tipton Harriers
228	8167	00:38:04	M Eustace	Tipton Harriers
229	6671	00:38:08	Belal Aly	Hercules Wimbledon AC
230	8413	00:38:08	Andy Ward	Wigan Phoenix
231	6572	00:38:08	S Wilson	Hallamshire Harriers
232	7261	00:38:09	M Lockier	Newcastle (Staffs) AC
233	6022	00:38:10	Dave McKinley	Blackheath & Bromley Harriers AC
234	8026	00:38:10	S Marshall	Stratford-on-Avon AC
235	7738	00:38:11	G Hope	Severn AC
236	5738	00:38:12	T Bush	Altrincham & District AC
237	5865	00:38:13	M Byansi	Belgrave Harriers
238	8455	00:38:14	M Hulmstom	Wirral AC
239	7011	00:38:16	R Dewhurst	Liverpool Harriers & AC
240	7730	00:38:17	H Tory	Serpentine RC
241	6255	00:38:17	M Metcalfe	City of York AC
242	7950	00:38:18	S Pyke	Staffordshire Moorlands AC
243	5710	00:38:18	Mike Boucher	Aldershot Farnham & District AC
244	8170	00:38:18	D Hill	Tipton Harriers
245	6216	00:38:18	J Quint	City of Norwich AC
246	6719	00:38:18	Andrew Aitken	Highgate Harriers
247	7714	00:38:19	E O'Connell	Serpentine RC
248	6558	00:38:20	D Archer	Hallamshire Harriers
249	6390	00:38:20	A Kotsyubka	Ealing Southall & Middx. AC
250	7046	00:38:21	M Potter	London Heathside
251	7571	00:38:21	P Humphries	Rotherham Harriers & AC
252	7874	00:38:22	S Wilkinson	Southport Waterloo AC
253	7621	00:38:22	R Watson	Sale Harriers Manchester
254	7212	00:38:23	B Harrison	Morpeth Harriers & AC
255	7604	00:38:24	C Gell	Sale Harriers Manchester
256	5708	00:38:24	Richard Batchelor	Aldershot Farnham & District AC
257	5870	00:38:25	J Fairbourn	Belgrave Harriers
258	6623	00:38:26	Matthew Carey	Harrow AC
259	7755	00:38:27	Tony Jackson	Shaftesbury Barnet Harriers
260	6696	00:38:28	Deron Fagan	Herne Hill Harriers
261	6693	00:38:28	Simon Coombes	Herne Hill Harriers
262	6895	00:38:29	Tom McKee	Kingston Upon Hull AC
263	7522	00:38:29	K Harper	Richmond & Zetland Harriers
264	8462	00:38:30	S Spence	Wirral AC

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265	7095	00:38:30	A Lamont	Macclesfield Harriers & AC
266	6877	00:38:30	T Toseland	Kettering Town Harriers
267	8461	00:38:32	P Scarrett	Wirral AC
268	5905	00:38:33	D Williams	Beverley AC
269	7644	00:38:34	P West	Salford Harriers
270	7718	00:38:34	E Phillips	Serpentine RC
271	8239	00:38:34	Ian Yates	Trentham RC
272	7721	00:38:34	A Reeves	Serpentine RC
273	7486	00:38:35	T Munt	Reading AC
274	7153	00:38:36	Darren Gray	Manx Harriers
275	6543	00:38:37	N Hazelwood	Halesowen AC
276	6694	00:38:38	Jeff Cunningham	Herne Hill Harriers
277	5938	00:38:38	A Johnson	Bingley Harriers & AC
278	7007	00:38:40	A Ashton	Liverpool Harriers & AC
279	8350	00:38:40	C Pass	Wesham RR
280	7737	00:38:41	A Hope	Severn AC
281	7404	00:38:42	A Robertshaw	Otley AC
282	6635	00:38:42	Mohammed Rahim	Harrow AC
283	6183	00:38:44	E Messer	Chelmsford AC
284	7628	00:38:45	S Bruton	Salford Harriers (NC)
285	6416	00:38:45	J Rogers	East Hull Harriers
286	6738	00:38:46	M Bateman	Hillingdon AC
287	6191	00:38:48	R Forsbrook	Cheltenham & County Harriers
288	7036	00:38:48	R Browne	London Heathside
289	8129	00:38:49	M Da Silva	Thames Valley Harriers
290	6281	00:38:49	G Shaw	Clayton-le-Moors Harriers
291	7165	00:38:49	Chris Hearn	Marshall Milton Keynes AC
292	6972	00:38:50	P Steel	Leeds City AC
293	7225	00:38:51	S Beard	Nene Valley Harriers
294	8440	00:38:52	J Mann	Winchester & District AC
295	6084	00:38:52	J Benniman	Brighton & Hove City AC
296	6209	00:38:53	M Beamish	City of Norwich AC
297	7043	00:38:54	P Lemmon	London Heathside
298	6561	00:38:54	A Bush	Hallamshire Harriers
299	7722	00:38:57	A Robbins	Serpentine RC
300	7941	00:38:58	G Briggs	Staffordshire Moorlands AC
301	6837	00:38:58	P Gould	Kenilworth Runners
302	6030	00:38:58	Daniel Ryan	Blackheath & Bromley Harriers AC
303	6677	00:38:58	Justin Kelly	Hercules Wimbledon AC
304	7241	00:38:58	Doug Kelley	Newark AC
305	7479	00:39:00	N Earl	Reading AC
306	8324	00:39:01	Tim Hawkins	Wells City Harriers
307	5993	00:39:01	Zak Scott	Birtley AC
308	6725	00:39:02	Peter Downie	Highgate Harriers
309	6613	00:39:02	C Miller	Harrogate HAC
310	7816	00:39:03	Tim Price	Solihull & Small Heath AC
311	8432	00:39:04	Stuart Parlott	Wilmslow RC
312	8187	00:39:06	Daniel Bradley	Tonbridge AC
313	6808	00:39:06	Steve Brock	Keighley & Craven AC
314	6728	00:39:08	Daniel Higgins	Highgate Harriers
315	6012	00:39:09	Nick Gasson	Blackheath & Bromley Harriers AC
316	7590	00:39:10	J Sewell	Rugby & Northampton AC
317	7101	00:39:10	T Taylor	Macclesfield Harriers & AC

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318	5889	00:39:12	T Weeks	Belgrave Harriers
319	7887	00:39:13	P Thompson	Sparkhill Harriers
320	6654	00:39:14	V Zverev	Headington RR
321	7407	00:39:15	R Falkner	OWLS AC
322	6446	00:39:16	A Baci	Enfield & Haringey AC
323	8057	00:39:16	D Lydon	Sunderland Strollers
324	8100	00:39:17	J Sanders	Telford AC
325	6569	00:39:18	D Sprot	Hallamshire Harriers
326	6403	00:39:20	G Matthews	East Cheshire Harriers & Tameside AC
327	8062	00:39:21	H Bush	Tamworth AC
328	6179	00:39:21	G Chatterton	Chelmsford AC
329	6296	00:39:22	J Attwooll	Coventry Godiva Harriers
330	7263	00:39:22	S Ratcliffe	Newcastle (Staffs) AC
331	6566	00:39:24	R Lancaster	Hallamshire Harriers
332	7223	00:39:24	P Waterston	Morpeth Harriers & AC
333	5730	00:39:25	Jamie Smith	Aldershot Farnham & District AC
334	6815	00:39:26	Adrian Jones	Keighley & Craven AC
335	6673	00:39:26	Deon Coetzee	Hercules Wimbledon AC
336	6146	00:39:28	C Flood	Cambridge & Coleridge
337	7747	00:39:30	Ronan Breen	Shaftesbury Barnet Harriers
338	7832	00:39:33	P Mallison	South Cheshire Harriers
339	7419	00:39:33	M Hunt	Pendle AC
340	6933	00:39:34	Brian Green	Leamington C & AC
341	6807	00:39:34	Nigel Bedell	Keighley & Craven AC
342	8146	00:39:34	P Graham	The Stragglers
343	8321	00:39:34	Jon Gilling	Wells City Harriers
344	6427	00:39:36	S Grey	Elswick Harriers
345	7393	00:39:38	Danny Moses	Orion Harriers
346	6348	00:39:39	T Offord	Derby AC
347	6902	00:39:40	D Eiser	Knivesmire Harriers
348	6095	00:39:41	C Bromhall	Bristol & West AC
349	6511	00:39:42	C Paton	Gateshead Harriers & AC
350	6314	00:39:43	Dave Rayner	Crawley AC
351	7358	00:39:46	S Long	Notts AC
352	6291	00:39:48	N Humphreys	Corby AC
353	6676	00:39:48	Aidan Hogan	Hercules Wimbledon AC
354	6205	00:39:49	J Raven	Chester-Le-Street & District AC
355	6133	00:39:50	R Mathie	Burton AC
356	6796	00:39:50	Mark Wilkins	Invicta East Kent AC
357	8429	00:39:51	Tom Mcgaff	Wilmslow RC
358	6240	00:39:53	J Danaham	City of Stoke AC
359	6437	00:39:54	A Thompson	Elswick Harriers
360	5948	00:39:54	Mitch Blundell	Birchfield Harriers
361	6226	00:39:54	S Warner	City of Portsmouth AC
362	6034	00:39:54	Roy Smith	Blackheath & Bromley Harriers AC
363	5928	00:39:55	O Brewer	Bingley Harriers & AC
364	7886	00:39:55	N Stringer	Sparkhill Harriers
365	8028	00:39:56	R Minton	Stratford-on-Avon AC
366	8301	00:39:56	Neil Ashcroft	Warrington AC
367	7810	00:39:57	Kevin Fisher	Solihull & Small Heath AC
368	7636	00:39:58	W Martin	Salford Harriers
369	8498	00:39:58	Chris Shephard	Woodford Green AC with Essex Ladies
370	7041	00:39:59	J Flahive	London Heathside

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371	7191	00:40:00	N Slade	Medway & Maidstone AC
372	6937	00:40:03	John Muddeman	Leamington C & AC
373	7151	00:40:04	Andy Fox	Manx Harriers
374	8552	00:40:05	Runner 8552	
375	7818	00:40:07	Rene Vergo	Solihull & Small Heath AC
376	7922	00:40:10	G Williams	St.Helens Sutton AC
377	7170	00:40:10	Ian Van Lokven	Marshall Milton Keynes AC
378	7081	00:40:10	S Still	Luton AC
379	8248	00:40:11	G Powell	University of Liverpool AC
380	6873	00:40:11	S Giles	Kettering Town Harriers
381	8135	00:40:11	S Norris	Thames Valley Harriers
382	6782	00:40:11	D Bottrill	Ilford AC
383	6252	00:40:12	P Goble	City of York AC
384	7392	00:40:13	Neil McGoun	Orion Harriers
385	6509	00:40:13	C Hainsworth	Gateshead Harriers & AC
386	6225	00:40:14	C Scott	City of Portsmouth AC
387	7260	00:40:15	B Liu	Newcastle (Staffs) AC
388	8551	00:40:17	Nick Brown	Stilton Striders
389	7713	00:40:18	E Noble	Serpentine RC
390	8486	00:40:19	Iain Cumming	Woodford Green AC with Essex Ladies
391	8302	00:40:20	Stephen Burthem	Warrington AC
392	5879	00:40:22	D Mason	Belgrave Harriers
393	7526	00:40:23	T Zaranko	Richmond & Zetland Harriers
394	8418	00:40:24	Geoff Capper	Wilmslow RC
395	6085	00:40:25	D Boyce	Brighton & Hove City AC
396	6391	00:40:25	A McGarva	Ealing Southall & Middx. AC
397	6729	00:40:26	Thierry Lebreton	Highgate Harriers
398	5946	00:40:26	J Willingham	Bingley Harriers & AC
399	6365	00:40:28	K Duckworth	Dudley Kingswinford RC
400	8071	00:40:29	S Ellis	Tattenhall Runners
401	5859	00:40:29	Stephen Earley	Bedford Harriers AC
402	8207	00:40:32	J Howe	Trafford AC
403	6672	00:40:32	Arnaud Claverie	Hercules Wimbledon AC
404	6377	00:40:32	P Daniels	Dulwich Runners AC
405	7863	00:40:34	Steve Whittaker	Southend AC
406	6118	00:40:35	K Lanckham	Bromsgrove & Redditch AC
407	7454	00:40:36	Robin Ward	Portsmouth Joggers
408	7455	00:40:37	S Hallas	Preston Harriers
409	7304	00:40:38	G Cook	North Herts RR
410	6841	00:40:39	M Johnson	Kenilworth Runners
411	7252	00:40:40	C Pedder	Newburgh Nomads
412	5982	00:40:41	R Gray	Birmingham Rowheath AC
413	6384	00:40:41	R Brown	Ealing Southall & Middx. AC
414	7913	00:40:42	I Costello	St.Helens Sutton AC
415	7435	00:40:43	P Hayman	Peterborough AC
416	7842	00:40:45	Andy Collins	South London Harriers
417	7674	00:40:45	J-L Benavides	Serpentine RC
418	7920	00:40:47	T Wahid	St.Helens Sutton AC
419	7096	00:40:47	S Lomas	Macclesfield Harriers & AC
420	6539	00:40:47	A Carruthers	Halesowen AC
421	7478	00:40:48	M Curson	Reading AC
422	8141	00:40:49	P Wetton	Thames Valley Harriers
423	5907	00:40:51	John Armstrong	Bexley AC



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424	8484	00:40:55	Alex Chklar	Woodford Green AC with Essex Ladies
425	6258	00:40:56	M Raynes	City of York AC
426	6894	00:40:56	Anthony Budarkiewicz	Kingston AC & Polytechnic Harriers
427	5949	00:40:58	Lauren Chenard	Birchfield Harriers
428	7940	00:40:59	D Bratt	Staffordshire Moorlands AC
429	7954	00:41:01	S Bennett	Steel City Striders
430	8221	00:41:02	J Flannery	Trent Park RC
431	7914	00:41:02	B Graney	St.Helens Sutton AC
432	6449	00:41:03	A Brown	Enfield & Haringey AC
433	6045	00:41:05	C Essex-Crosby	Blackpool Wyre & Fylde AC
434	6424	00:41:06	P Dixon	Elswick Harriers
435	7525	00:41:07	P Roberts	Richmond & Zetland Harriers
436	6260	00:41:08	S Simpson	City of York AC
437	7469	00:41:08	M Lane	Ranelagh Harriers
438	7010	00:41:09	A Clarke	Liverpool Harriers & AC
439	7514	00:41:10	A Walker	Reigate Priory AC
440	6669	00:41:11	A Weatherson	Heanor RC
441	8081	00:41:11	Stuart Curtis	Team Bath AC
442	7524	00:41:11	S Purkiss	Richmond & Zetland Harriers
443	7126	00:41:11	S Davies	Mansfield Harriers & AC
444	6554	00:41:12	M Fryer	Halifax Harriers
445	6213	00:41:13	N Hendrey	City of Norwich AC
446	8327	00:41:13	Matthew Lewis	Wells City Harriers
447	6915	00:41:13	T Watson	Knivesmire Harriers
448	6435	00:41:14	K Stephenson	Elswick Harriers
449	6069	00:41:14	T Wigley	Bourne Town Harriers
450	6351	00:41:15	J Robertson	Derby AC
451	8280	00:41:15	A Barbat	Wallasey AC
452	7964	00:41:16	Kevan Garner	Stockport Harriers AC
453	6562	00:41:16	G Candy	Hallamshire Harriers
454	8193	00:41:17	Richard Owen	Tonbridge AC
455	6898	00:41:18	B Atkinson	Knivesmire Harriers
456	6918	00:41:19	M Everard	Lancaster & Morecambe AC
457	6685	00:41:19	W Lloyd	Hereford Couriers
458	6400	00:41:19	M Gregory	East Cheshire Harriers & Tameside AC
459	7327	00:41:20	P Archer	Notts AC
460	8517	00:41:21	M Bush	Wreake Runners
461	7087	00:41:22	N Thompson	Lytham St. Annes RRC
462	5890	00:41:22	M Whiting	Belgrave Harriers
463	7677	00:41:23	M Braley	Serpentine RC
464	7840	00:41:23	Dave Baker	South London Harriers
465	7777	00:41:24	K Francis	Shrewsbury AC
466	6015	00:41:24	David Griffin	Blackheath & Bromley Harriers AC
467	6778	00:41:25	I Marshall	Huntingdonshire AC
468	8299	00:41:29	S Wilkinson	Wallasey AC
469	7078	00:41:29	D Edwards	Luton AC
470	7795	00:41:29	C Morrison	Sinfin RC
471	8079	00:41:31	David Coales	Team Bath AC
472	6114	00:41:32	J Dancyger	Bromsgrove & Redditch AC
473	7097	00:41:33	R Murray	Macclesfield Harriers & AC
474	7386	00:41:34	O Flage	Oldham & Royton Harriers & AC
475	6455	00:41:34	A O'Connor	Enfield & Haringey AC
476	6906	00:41:34	K Langan	Knivesmire Harriers

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477	6580	00:41:35	T Duck	Harborough AC
478	8076	00:41:38	Craig Bridges	Team Bath AC
479	6545	00:41:38	K Monk	Halesowen AC
480	6812	00:41:38	Laurence Hellowell	Keighley & Craven AC
481	7564	00:41:39	G Walsh	Rossendale Harriers & AC
482	5756	00:41:40	G Bostock	Amber Valley AC
483	7477	00:41:41	J Burnett	Reading AC
484	7229	00:41:42	S Reid	Nene Valley Harriers
485	6942	00:41:42	Jim Rothman	Leamington C & AC
486	8506	00:41:42	R Walsh	Worcester AC
487	6597	00:41:43	M Cummings	Hardley Runners
488	6256	00:41:44	A Nesom	City of York AC
489	7583	00:41:46	V Carroll	Rugby & Northampton AC
490	8151	00:41:48	Phil Lucker	Thornbury Running Club
491	7139	00:41:49	D Ross	Mansfield Harriers & AC
492	7814	00:41:49	Steve Lidgate-Taylor	Solihull & Small Heath AC
493	7675	00:41:52	D Bent	Serpentine RC
494	7537	00:41:52	C Leach	Rochdale Harriers & AC
495	6744	00:41:53	P Leppard	Hillingdon AC
496	8103	00:41:53	Jamie Anderson	Telford Harriers
497	8231	00:41:53	Dave Pearsall	Trentham RC
498	5871	00:41:54	T Fordyce	Belgrave Harriers
499	7849	00:41:55	Paul Mitchell	South London Harriers
500	6879	00:41:55	P West	Kettering Town Harriers
501	6935	00:41:57	Simon Kinson	Leamington C & AC
502	6478	00:41:58	M Hansen	Erme Valley Harriers
503	6282	00:41:58	C Shuttleworth	Clayton-le-Moors Harriers
504	7466	00:42:00	A Bickerstaff	Ranelagh Harriers
505	7562	00:42:00	I Pudge	Rossendale Harriers & AC
506	7596	00:42:01	P Barrett	Sale Harriers Manchester
507	7938	00:42:02	L Boulton	Staffordshire Moorlands AC
508	8450	00:42:03	G Brooks	Wirral AC
509	7935	00:42:03	D Allen	Staffordshire Moorlands AC
510	7381	00:42:04	E Fowler	Nuneaton Harriers
511	7467	00:42:05	C Brook	Ranelagh Harriers
512	7352	00:42:06	J Hutchinson	Notts AC
513	8156	00:42:07	Phil Cooper	Thrift Green Trotters
514	7311	00:42:07	J Skidmore	North York Moors AC
515	6655	00:42:09	S Ashmore	Heanor RC
516	8067	00:42:09	P Tasker	Tamworth AC
517	5737	00:42:10	N Burke	Altrincham & District AC
518	8519	00:42:12	A Hollis	Wreake Runners
519	6648	00:42:12	L Hurman	Headington RR
520	8388	00:42:13	R Bewell	Wetherby Runners AC
521	8273	00:42:13	S Faulkner	Wakefield & District Harriers AC
522	8069	00:42:15	D Williams	Tamworth AC
523	6061	00:42:16	A Robinson	Blyth RC
524	5817	00:42:18	D Walker	Barrow Runners
525	8398	00:42:18	Dave Collins	Wigan Phoenix
526	7038	00:42:19	P Crockford	London Heathside
527	6512	00:42:19	S Rhodes	Gateshead Harriers & AC
528	7192	00:42:21	G Williams	Medway & Maidstone AC
529	6257	00:42:24	A Normandale	City of York AC

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530	6551	00:42:25	N Price	Halesowen AC
531	6185	00:42:26	L Pickering	Chelmsford AC
532	5893	00:42:27	Alan Billington	Belper Harriers (NC)
533	6646	00:42:28	J Griffiths	Headington RR
534	6871	00:42:28	K Cameron	Kettering Town Harriers
535	7231	00:42:28	G Williams	Nene Valley Harriers
536	6473	00:42:29	C Trembirth	Erewash Valley RC
537	8286	00:42:30	G Jones	Wallasey AC
538	6117	00:42:31	I Keyte	Bromsgrove & Redditch AC
539	7149	00:42:31	Andrew Duncan	Manx Harriers
540	6284	00:42:31	G Wilkinson	Clayton-le-Moors Harriers
541	7042	00:42:32	K Kemp	London Heathside
542	7013	00:42:32	P Harrison	Liverpool Harriers & AC
543	6848	00:42:33	M Williams	Kenilworth Runners
544	7091	00:42:34	C Bentley	Macclesfield Harriers & AC
545	7167	00:42:35	Steve Rice	Marshall Milton Keynes AC
546	8191	00:42:35	Peter Mason	Tonbridge AC
547	7437	00:42:37	O Mason	Peterborough AC
548	7337	00:42:38	S Burton	Notts AC
549	7383	00:42:39	M Treadwell	Nuneaton Harriers
550	5991	00:42:42	Karl Oakes	Birtley AC
551	6674	00:42:43	Philip Glynn	Hercules Wimbledon AC
552	7045	00:42:44	N Mitchell	London Heathside
553	6152	00:42:44	M Cross	Cambridge Harriers
554	6548	00:42:45	A Nock	Halesowen AC
555	7573	00:42:46	D Jones	Rotherham Harriers & AC
556	6150	00:42:47	J Morley	Cambridge & Coleridge
557	6839	00:42:47	R Homes	Kenilworth Runners
558	7472	00:42:47	C Owens	Ranelagh Harriers
559	7490	00:42:48	D Stevens	Reading AC
560	7785	00:42:48	S Waters	Shrewsbury AC
561	6414	00:42:48	P Mcoy	East Hull Harriers
562	5963	00:42:49	Mechael Moreley	Birchfield Harriers
563	7802	00:42:49	C Crook	Skelmersdale Boundary Harriers
564	5900	00:42:49	J Leskiewicz	Beverley AC
565	7655	00:42:50	J Thompson	Saltwell Harriers
566	8341	00:42:52	D Buckley	Wesham RR
567	8404	00:42:54	Steve Nichols	Wigan Phoenix
568	7264	00:42:55	I Sparks	Newcastle (Staffs) AC
569	6714	00:42:56	James Ward	Herne Hill Harriers
570	7164	00:42:57	Chris Hahon	Marshall Milton Keynes AC
571	6169	00:42:57	Richard Lee	Charnwood AC
572	6598	00:42:58	A Kellaway	Hardley Runners
573	7945	00:42:58	M Dean	Staffordshire Moorlands AC
574	6640	00:42:59	T Collins	Havering Mayesbrook AC
575	7336	00:43:01	D Brazener	Notts AC
576	6053	00:43:02	T Uttley	Blackpool Wyre & Fylde AC
577	7926	00:43:03	T Hobbins	Stafford Harriers
578	7582	00:43:05	S Larcombe	Royal Sutton Coldfield AC
579	6687	00:43:06	D Williams	Hereford Couriers
580	8482	00:43:07	Chris Brogan	Woodford Green AC with Essex Ladies
581	7684	00:43:09	R Coyle	Serpentine RC
582	6821	00:43:09	Dave Shaw	Keighley & Craven AC

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583	7980	00:43:09	J Holland	Stone Master Marathoners
584	7841	00:43:10	Mark Burtwell	South London Harriers
585	6173	00:43:10	K Amos	Cheadle RC
586	6429	00:43:10	M Ketley	Elswick Harriers
587	8029	00:43:11	P Taylor	Stratford-on-Avon AC
588	6834	00:43:12	P Bryan	Kenilworth Runners
589	6277	00:43:13	B Horrock	Clayton-le-Moors Harriers
590	6686	00:43:16	M Suff	Hereford Couriers
591	8342	00:43:17	J Collier	Wesham RR
592	6392	00:43:18	S Plested	Ealing Southall & Middx. AC
593	6810	00:43:19	Steve Curtis	Keighley & Craven AC
594	6845	00:43:22	W Oakes	Kenilworth Runners
595	7817	00:43:22	Seben Schouten	Solihull & Small Heath AC
596	7807	00:43:24	J Thompson	Skelmersdale Boundary Harriers
597	7321	00:43:25	M O'Shea	Northbrook AC
598	6941	00:43:25	Steve Roberts	Leamington C & AC
599	7092	00:43:26	B Blyth	Macclesfield Harriers & AC
600	7351	00:43:27	K Hope	Notts AC
601	6016	00:43:27	Richard Hall	Blackheath & Bromley Harriers AC
602	7778	00:43:29	JG Jones	Shrewsbury AC
603	7568	00:43:30	H Darwin	Rotherham Harriers & AC
604	6366	00:43:30	S Holdcroft	Dudley Kingswinford RC
605	7175	00:43:31	M Moorhouse	Matlock AC
606	7531	00:43:31	M Tomlinson	Ripley Running Club
607	6375	00:43:31	S Tromans	Dudley Kingswinford RC
608	7867	00:43:32	R Handley	Southport Waterloo AC
609	7870	00:43:32	S McLean	Southport Waterloo AC
610	6531	00:43:33	J Thorpe	Great Western Runners
611	6330	00:43:34	G Bell	Darlington Harriers
612	6048	00:43:35	J Houghton	Blackpool Wyre & Fylde AC
613	5784	00:43:35	A Horton	Barnet & District AC
614	6292	00:43:36	D Keating	Corby AC
615	6649	00:43:36	A Phelps	Headington RR
616	7906	00:43:36	Dave Norman	Springfield Striders
617	6148	00:43:36	J Kazer	Cambridge & Coleridge
618	8284	00:43:36	P Cuthbert	Wallasey AC
619	7650	00:43:36	P Goode	Saltwell Harriers
620	8389	00:43:37	Paul Windle	Wetherby Runners AC
621	8454	00:43:37	S Fox	Wirral AC
622	8186	00:43:38	Cain Bradley	Tonbridge AC
623	7544	00:43:39	K Robinson	Rochdale Harriers & AC
624	8196	00:43:40	Adam Styles	Tonbridge AC
625	5861	00:43:40	Jason Goodman	Bedford Harriers AC
626	7998	00:43:42	S Harries	Stopsley Striders
627	5811	00:43:43	R Lee	Barrow Runners
628	8237	00:43:43	Jon Williamson	Trentham RC
629	7265	00:43:44	T Twentyman	Newcastle (Staffs) AC
630	5765	00:43:45	Daniel O'Grady	Askern District RC
631	7255	00:43:46	A J Tuttle	Newbury AC
632	7773	00:43:46	J Turner	Sheffield RC
633	8063	00:43:47	S Deegan	Tamworth AC
634	7065	00:43:48	T Wright	Longwood Harriers AC
635	8315	00:43:50	Colin Taylor	Watford Joggers

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636	7546	00:43:51	I Stainthorpe	Rochdale Harriers & AC
637	8030	00:43:52	W Vickers	Stratford-on-Avon AC
638	7171	00:43:52	Andrew Waspell	Marshall Milton Keynes AC
639	5897	00:43:53	I Boardley	Beverley AC
640	7907	00:43:53	Chris Purse	Springfield Striders
641	6316	00:43:53	D Barnett	Croft Ambrey RC
642	6468	00:43:55	R Hyde	Erewash Valley RC
643	7872	00:43:56	J Sprackland	Southport Waterloo AC
644	7306	00:43:57	T Gibbons	North York Moors AC
645	7061	00:43:57	A Norgate	Longwood Harriers AC
646	6387	00:43:57	R Howells	Ealing Southall & Middx. AC
647	7915	00:43:58	I Hayburn	St.Helens Sutton AC
648	6813	00:44:00	J.P. Hopkinson	Keighley & Craven AC
649	6487	00:44:00	I Lambert	Eton Manor AC
650	7481	00:44:01	M Gittins	Reading AC
651	8345	00:44:02	A Glasgow	Wesham RR
652	8434	00:44:02	Ian Smallwood	Wilmslow RC
653	6765	00:44:02	R Sunley	Horsforth Harriers
654	7944	00:44:03	P Davies	Staffordshire Moorlands AC
655	6526	00:44:03	P Chan	Great Western Runners
656	6523	00:44:04	A Short	Grantham AC
657	7812	00:44:04	Steve Howes	Solihull & Small Heath AC
658	7403	00:44:05	H Pearson	Otley AC
659	6991	00:44:05	J Hurley	Leighton Buzzard AC
660	7882	00:44:05	P Murtagh	Sparkhill Harriers
661	5898	00:44:05	M Dalton	Beverley AC
662	6801	00:44:06	K MacRosson	Ipswich Jaffa
663	7898	00:44:06	Lyndsey Broadbridge	Springfield Striders
664	5935	00:44:07	C Gray	Bingley Harriers & AC
665	6717	00:44:09	Jim Zaple	Herne Hill Harriers
666	7458	00:44:09	R Kenny	Preston Harriers
667	7360	00:44:09	R Mitson	Notts AC
668	7772	00:44:14	M Levery	Sheffield RC
669	8417	00:44:15	Nick Bishop	Wilmslow RC
670	5908	00:44:16	Mark Casella	Bexley AC
671	7330	00:44:16	R Belton	Notts AC
672	6170	00:44:17	Kevin Lomas	Charnwood AC
673	6959	00:44:18	M Gostling	Leeds City AC
674	7138	00:44:18	T Raynor	Mansfield Harriers & AC
675	7851	00:44:18	Simon Rosser	South London Harriers
676	6023	00:44:19	Brendan McShane	Blackheath & Bromley Harriers AC
677	7953	00:44:20	B Beattie	Steel City Striders
678	8271	00:44:21	M Dodsworth	Wakefield & District Harriers AC
679	7993	00:44:22	A Copp	Stopsley Striders
680	6535	00:44:22	Adam Stirk	Guildford & Godalming AC
681	6327	00:44:23	M Rowe	Croydon Harriers
682	8202	00:44:25	D Drasdo	Trafford AC
683	8508	00:44:25	Paul Dickenson	Worksop Harriers AC
684	7256	00:44:27	M Bailey	Newcastle (Staffs) AC
685	7080	00:44:28	L McNabola	Luton AC
686	6187	00:44:29	C Waugh	Chelmsford AC
687	8148	00:44:30	W Rothwell	The Stragglers
688	8269	00:44:32	N Tolfrey	Victory AC

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689	5896	00:44:32	Mark Riches	Belper Harriers
690	6537	00:44:33	M Allen	Halesowen AC
691	6161	00:44:34	D Constance	Cannock & Stafford AC
692	6243	00:44:34	M Kinch	City of Stoke AC
693	7846	00:44:35	Alex Halpin	South London Harriers
694	5714	00:44:36	Mark Clews	Aldershot Farnham & District AC
695	8020	00:44:36	K Hawkes	Stratford-on-Avon AC
696	7957	00:44:37	K Coulter	Steel City Striders
697	6759	00:44:40	B Holroyd	Holmfirth Harriers AC
698	6777	00:44:42	S Hunt	Huntingdonshire AC
699	7338	00:44:44	R Darling	Notts AC
700	7093	00:44:46	C Holden	Macclesfield Harriers & AC
701	7967	00:44:46	Sean Whewell	Stockport Harriers AC
702	6945	00:44:47	L Atkin	Leeds City AC
703	6650	00:44:49	S Purchon	Headington RR
704	6401	00:44:50	D Hughes	East Cheshire Harriers & Tameside AC
705	7942	00:44:52	J Burgess	Staffordshire Moorlands AC
706	7982	00:44:54	P Roughley	Stone Master Marathoners
707	8294	00:44:54	P Riley	Wallasey AC
708	7296	00:44:55	J Henderson	Newquay & Par AC
709	5894	00:44:56	Simon Edwards	Belper Harriers
710	7110	00:44:57	Lee Dunn	Manchester YMCA Harriers
711	8223	00:44:59	S Sami	Trent Park RC
712	6917	00:45:00	G Everard	Lancaster & Morecambe AC
713	8074	00:45:00	M Smith	Tattenhall Runners
714	7423	00:45:01	J Farrell	Penny Lane Striders
715	7593	00:45:04	A White	Rugby & Northampton AC
716	7315	00:45:04	M Brunt	Northbrook AC
717	6838	00:45:05	R Green	Kenilworth Runners
718	7762	00:45:05	Phil Shelley	Shaftesbury Barnet Harriers
719	5815	00:45:06	J Rees	Barrow Runners
720	7088	00:45:07	G Webster	Lytham St. Annes RRC
721	6141	00:45:08	Dave Nutton	Buxton AC
722	6780	00:45:09	A Richardson	Huntingdonshire AC
723	6321	00:45:09	S Powney	Croft Ambrey RC
724	6936	00:45:09	Brian Miller	Leamington C & AC
725	6811	00:45:10	Russ Fairhurst	Keighley & Craven AC
726	7989	00:45:10	B Barrett	Stopsley Striders
727	6464	00:45:11	A McDonald	Epsom & Ewell Harriers
728	8150	00:45:13	Nick Langridge	Thornbury Running Club
729	5783	00:45:13	C Goulding	Barnet & District AC
730	7339	00:45:14	R Denton	Notts AC
731	7051	00:45:15	P Abbott	Long Eaton Running Club
732	6070	00:45:15	Philip Dakin	Bournville Harriers
733	6041	00:45:16	M Cronshaw	Blackpool Wyre & Fylde AC
734	8487	00:45:17	Alistair Holford	Woodford Green AC with Essex Ladies
735	6683	00:45:17	S Herington	Hereford Couriers
736	7420	00:45:23	M Balmer	Penny Lane Striders
737	6843	00:45:24	B Lively	Kenilworth Runners
738	7340	00:45:24	T Doyle	Notts AC
739	7102	00:45:25	R Thomas	Macclesfield Harriers & AC
740	6793	00:45:25	Peter Bowell	Invicta East Kent AC
741	6060	00:45:26	K Freeman	Blyth RC

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742	7918	00:45:26	I Pass	St.Helens Sutton AC
743	7759	00:45:26	Tim Parkin	Shaftesbury Barnet Harriers
744	6731	00:45:28	Joseph Lowe	Highgate Harriers
745	6426	00:45:28	I Fenwick	Elswick Harriers
746	8022	00:45:28	P Hawkins	Stratford-on-Avon AC
747	6361	00:45:29	Rob Russell	Dorking & Mole Valley AC
748	6859	00:45:29	Andrew Moreton	Kent AC
749	7865	00:45:30	M Cunningham	Southport Waterloo AC
750	6612	00:45:31	B Miller	Harrogate HAC
751	8489	00:45:32	Paul Manson	Woodford Green AC with Essex Ladies
752	5916	00:45:32	Martin Jenner	Bexley AC
753	6519	00:45:33	P Davidson	Grantham AC
754	7916	00:45:34	P Johnson	St.Helens Sutton AC
755	6317	00:45:34	R Hornsby	Croft Ambrey RC
756	7532	00:45:35	M Walker	Ripley Running Club
757	7535	00:45:36	M Catherall	Rochdale Harriers & AC
758	7361	00:45:36	S Nee	Notts AC
759	7896	00:45:37	F Reddington	Spensborough AC
760	6075	00:45:38	Daniel Wilson	Bournville Harriers
761	8373	00:45:39	G Clifton	West Bromwich Harriers
762	7565	00:45:39	A Carroll	Rotherham Harriers & AC
763	6596	00:45:40	M Anglim	Hardley Runners
764	6376	00:45:41	N Daniels	Dulwich Runners AC
765	7831	00:45:42	N Jones	South Cheshire Harriers
766	8379	00:45:43	B Collision	West Norfolk AC
767	7930	00:45:43	P Sarson	Stafford Harriers
768	8513	00:45:43	Andrew Hooley	Worksop Harriers AC
769	5803	00:45:45	I Apperley	Barrow Runners
770	7652	00:45:46	P Mullarkey	Saltwell Harriers
771	6976	00:45:46	T Wilks	Leeds City AC
772	7060	00:45:47	L Medley	Longwood Harriers AC
773	8253	00:45:48	Simon Danks	Uttoxeter Road Runners
774	7389	00:45:48	David Brock	Orion Harriers
775	7577	00:45:48	J Spencer	Rotherham Harriers & AC
776	7132	00:45:49	T Hiscox	Mansfield Harriers & AC
777	5899	00:45:50	I Husband	Beverley AC
778	7813	00:45:52	Graham Lawrence	Solihull & Small Heath AC
779	7140	00:45:53	C Russell	Mansfield Harriers & AC
780	8226	00:45:53	Dan Clowes	Trentham RC
781	7319	00:45:54	T Hoy	Northbrook AC
782	7538	00:45:54	P Leary	Rochdale Harriers & AC
783	6628	00:45:56	Kevin Draper	Harrow AC
784	7657	00:45:57	J Trezise	Saltwell Harriers
785	6129	00:45:57	A Tant	Broxbourne Runners
786	5997	00:45:57	Richard Taylor	Blackburn Harriers
787	8249	00:45:58	Simon Alcock	Uttoxeter Road Runners
788	6396	00:45:59	L Browne	East Cheshire Harriers & Tameside AC
789	6699	00:46:00	Geoff Jerwood	Herne Hill Harriers
790	7880	00:46:02	C Hinks	Sparkhill Harriers
791	5858	00:46:03	James Dunn	Bedford Harriers AC
792	7603	00:46:04	W Fox	Sale Harriers Manchester
793	7963	00:46:05	Steve Fairclough	Stockport Harriers AC
794	8320	00:46:06	Andrew Deamer	Wells City Harriers

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795	7883	00:46:08	B O'Neill	Sparkhill Harriers
796	7780	00:46:09	A Lewis	Shrewsbury AC
797	6110	00:46:10	P Anderson	Bromsgrove & Redditch AC
798	6332	00:46:10	K Grainger	Darlington Harriers
799	6932	00:46:11	Phil Galpin	Leamington C & AC
800	7072	00:46:12	A Hartley	Louth AC
801	7919	00:46:13	R Vose	St.Helens Sutton AC
802	7238	00:46:14	Carl Braithwaite	Newark AC
803	7707	00:46:16	J Lock	Serpentine RC
804	6880	00:46:16	M Winstone	Kettering Town Harriers
805	7904	00:46:16	Andy Mason	Springfield Striders
806	7438	00:46:17	R Wilson	Peterborough AC
807	8085	00:46:17	Nick Pollastrone	Team Bath AC
808	6071	00:46:18	Paul Foot	Bournville Harriers
809	6311	00:46:19	M Slevin	Coventry Godiva Harriers
810	6943	00:46:20	Pete Taylor	Leamington C & AC
811	8409	00:46:20	Vincent Robinson	Wigan Phoenix
812	7084	00:46:22	T Hellings	Lytham St. Annes RRC
813	8275	00:46:24	R West	Wakefield & District Harriers AC
814	6803	00:46:24	J Weston	Ipswich Jaffa
815	6748	00:46:26	P Swan	Hillingdon AC
816	8064	00:46:26	N Fisher	Tamworth AC
817	6656	00:46:27	P Edwards	Heanor RC
818	5800	00:46:28	S Pickersgill	Barnsley AC
819	7853	00:46:32	Colin Young	South London Harriers
820	6394	00:46:34	P York	Ealing Southall & Middx. AC
821	6741	00:46:35	S Dokic	Hillingdon AC
822	5901	00:46:35	S Peacock	Beverley AC
823	8000	00:46:36	P Leech	Stopsley Striders
824	6872	00:46:36	A Clawson	Kettering Town Harriers
825	8276	00:46:37	T White	Wakefield & District Harriers AC
826	8525	00:46:37	M Whalley	Wreake Runners
827	7057	00:46:38	G Whitt	Long Eaton Running Club
828	6486	00:46:40	A Frost	Eton Manor AC
829	7387	00:46:40	B Schofield	Oldham & Royton Harriers & AC
830	5799	00:46:40	M Hurrell	Barnsley AC
831	5966	00:46:41	Gordon Orme	Birchfield Harriers
832	6924	00:46:41	S Perry	Lancaster & Morecambe AC
833	7475	00:46:43	N Walford	Ranelagh Harriers
834	8274	00:46:44	C Ward	Wakefield & District Harriers AC
835	8314	00:46:45	Mark Studdart	Watford Joggers
836	6074	00:46:46	James Taylor	Bournville Harriers
837	7121	00:46:46	Steve Symons	Manchester YMCA Harriers
838	6961	00:46:50	S Hill	Leeds City AC
839	5796	00:46:51	M Casey	Barnsley AC
840	7815	00:46:53	Aaron Lincoln	Solihull & Small Heath AC
841	7362	00:46:54	P Orme	Notts AC
842	7843	00:46:55	Clive Edgington	South London Harriers
843	6111	00:46:56	J Atkins	Bromsgrove & Redditch AC
844	6398	00:46:57	A Farley	East Cheshire Harriers & Tameside AC
845	6577	00:46:57	I Chick	Harborough AC
846	6528	00:46:58	J Hargreaves	Great Western Runners
847	7310	00:46:58	V Rutland	North York Moors AC



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848	7002	00:46:58	G Hall	Lincoln Wellington AC
849	5856	00:46:59	Tony Barnes	Bedford Harriers AC
850	6795	00:47:02	Thomas Sutton	Invicta East Kent AC
851	7305	00:47:03	David Morris	North Shields Polytechnic Club
852	5924	00:47:03	Kevin Winch	Bexley AC
853	6122	00:47:05	R Mole	Bromsgrove & Redditch AC
854	6171	00:47:07	Mark Whitmore	Charnwood AC
855	8313	00:47:08	Ian Harvey	Watford Joggers
856	8375	00:47:08	P Jameson	West Bromwich Harriers
857	7547	00:47:10	M Walker	Rochdale Harriers & AC
858	6458	00:47:11	M Alden	Epsom & Ewell Harriers
859	6174	00:47:11	M Beadmore	Cheadle RC
860	7991	00:47:12	G Busch	Stopsley Striders
861	7039	00:47:13	A Dickson	London Heathside
862	8347	00:47:14	R Mabbutt	Wesham RR
863	7086	00:47:14	W Richmond	Lytham St. Annes RRC
864	8318	00:47:14	Tim Woolridge	Watford Joggers
865	7803	00:47:15	A Dalton	Skelmersdale Boundary Harriers
866	6900	00:47:17	D Chambers	Knivesmire Harriers
867	7324	00:47:18	J Trill	Northbrook AC
868	5801	00:47:19	A Waters	Barnsley AC
869	7109	00:47:23	Roger Carter	Manchester YMCA Harriers
870	5996	00:47:25	A Shorrock	Blackburn Harriers
871	6221	00:47:27	P Woodyatt	City of Norwich AC
872	6723	00:47:27	Jonathan Deane	Highgate Harriers
873	7844	00:47:28	Peter Emery	South London Harriers
874	6474	00:47:29	G Tudbury	Erewash Valley RC
875	6186	00:47:31	W Tamlyn	Chelmsford AC
876	6802	00:47:32	B Rogers	Ipswich Jaffa
877	6823	00:47:32	Liam Spencer	Keighley & Craven AC
878	8270	00:47:32	M Wilson	Victory AC
879	7124	00:47:33	L Chambers	Mansfield Harriers & AC
880	7054	00:47:33	A Vais	Long Eaton Running Club
881	6842	00:47:34	M Lambert	Kenilworth Runners
882	6124	00:47:34	C Scoltock	Bromsgrove & Redditch AC
883	7797	00:47:35	M Radbourne	Sinfin RC
884	8054	00:47:36	K Blyth	Sunderland Strollers
885	6140	00:47:37	Terry Fowler	Buxton AC
886	8023	00:47:38	T Jackson	Stratford-on-Avon AC
887	6579	00:47:40	H Delargy	Harborough AC
888	7825	00:47:40	M Cole	South Cheshire Harriers
889	7309	00:47:41	C Poole	North York Moors AC
890	6794	00:47:42	Michael Gore	Invicta East Kent AC
891	7910	00:47:42	Kev Wright	Springfield Striders
892	6602	00:47:43	J Evans	Harlow RC
893	7465	00:47:44	F Nolan	Queens Park Harriers
894	6557	00:47:44	A Royston	Halifax Harriers
895	8093	00:47:45	A Robson	Teesdale AC
896	8004	00:47:45	A Reid	Stopsley Striders
897	7965	00:47:46	Steve Matkin	Stockport Harriers AC
898	6131	00:47:47	G Dingley	Burton AC
899	6689	00:47:49	Eddie Barrow	Herne Hill Harriers
900	5797	00:47:50	D Cooper	Barnsley AC

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901	7473	00:47:51	M Peace	Ranelagh Harriers
902	6774	00:47:51	M Fischer	Huntingdonshire AC
903	5781	00:47:53	S Allen	Barnet & District AC
904	6428	00:47:54	T Hansen	Elswick Harriers
905	8072	00:47:56	S Hammond	Tattenhall Runners
906	7451	00:47:56	D Verlaect	Pitsea RC
907	6827	00:47:57	S Burrows	Kendal AC
908	7234	00:47:59	T Povey	New Marske Harriers
909	7105	00:47:59	M Cunningham	Manchester Harriers & AC
910	8043	00:48:00	J Gueran	Stubbington Green Runners & AC
911	5923	00:48:02	Steven Walker	Bexley AC
912	8219	00:48:03	D Birks	Trent Park RC
913	8521	00:48:03	J Ketteringham	Wreake Runners
914	7545	00:48:05	N Shaw	Rochdale Harriers & AC
915	8496	00:48:07	Trevor Powell	Woodford Green AC with Essex Ladies
916	8016	00:48:07	P Walters	Stourbridge RC
917	7806	00:48:09	P Summers	Skelmersdale Boundary Harriers
918	6247	00:48:10	A Thiemicke	City of Stoke AC
919	6370	00:48:11	P Richards	Dudley Kingswinford RC
920	8255	00:48:13	Steve Parsonage	Uttoxeter Road Runners
921	7988	00:48:14	P Abbott	Stopsley Striders
922	8220	00:48:14	P Castaldo	Trent Park RC
923	7876	00:48:15	A Carroll	Sparkhill Harriers
924	6532	00:48:16	M Willcox	Great Western Runners
925	7959	00:48:16	D Perry	Steel City Striders
926	7325	00:48:17	K Allen	Notts AC
927	6668	00:48:18	S Wardle	Heanor RC
928	8198	00:48:19	B Beaumont	Trafford AC
929	7112	00:48:20	Dominic Hemi	Manchester YMCA Harriers
930	6958	00:48:21	R Gatenby	Leeds City AC
931	6324	00:48:22	P Gilbert	Croydon Harriers
932	6736	00:48:23	Nick Stockman	Highgate Harriers
933	7960	00:48:24	I Stinson	Steel City Striders
934	6322	00:48:28	J Utley	Croft Ambrey RC
935	6467	00:48:29	B Goodall	Erewash Valley RC
936	7193	00:48:30	I Humphreys	Mendip AC
937	8218	00:48:31	M Allen	Trent Park RC
938	8059	00:48:31	D Warnaby	Sunderland Strollers
939	7997	00:48:34	J Dowsett	Stopsley Striders
940	6137	00:48:36	Phill Barnes	Bushfield Joggers
941	8256	00:48:36	Alan Roberts	Vale of Aylesbury AC
942	6059	00:48:40	R Dickinson	Blyth RC
943	8395	00:48:40	G Wiggins	White Horse Harriers
944	8254	00:48:41	Brian Mackey	Uttoxeter Road Runners
945	6482	00:48:41	S Adams	Eton Manor AC
946	6964	00:48:42	J Mace	Leeds City AC
947	8050	00:48:43	G Westley	Stubbington Green Runners & AC
948	5986	00:48:45	R Ryan	Birmingham Rowheath AC
949	8265	00:48:46	A Bangert	Victory AC
950	7826	00:48:46	P Cooper	South Cheshire Harriers
951	6262	00:48:48	I Wilcock	City of York AC
952	5794	00:48:49	D Bennett	Barnsley AC
953	6019	00:48:51	Steve Hough	Blackheath & Bromley Harriers AC

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954	8524	00:48:51	A Steel	Wreake Runners
955	7530	00:48:52	K Tietz	Ripley Running Club
956	6940	00:48:55	Graham Roberts	Leamington C & AC
957	8520	00:48:55	M Jelley	Wreake Runners
958	8297	00:48:56	D Walton	Wallasey AC
959	5857	00:48:57	Simon Costin	Bedford Harriers AC
960	7706	00:48:57	A Lloyd	Serpentine RC
961	6280	00:48:58	J Rusius	Clayton-le-Moors Harriers
962	7981	00:49:00	J Howell	Stone Master Marathoners
963	6385	00:49:05	J Falvey	Ealing Southall & Middx. AC
964	7976	00:49:10	B Clarke	Stone Master Marathoners
965	6130	00:49:14	N Chapman	Burton AC
966	8002	00:49:16	M Mitchell	Stopsley Striders
967	7083	00:49:17	T Croft	Lytham St. Annes RRC
968	6469	00:49:18	N Lander	Erewash Valley RC
969	8048	00:49:18	P May	Stubbington Green Runners & AC
970	6762	00:49:18	M Pennington	Holmfirth Harriers AC
971	7928	00:49:19	D Marsden	Stafford Harriers
972	6529	00:49:21	P Hawkins	Great Western Runners
973	6994	00:49:22	F Watt	Leighton Buzzard AC
974	6763	00:49:22	B Ellis	Horsforth Harriers
975	6373	00:49:22	Rob Sannwald	Dudley Kingswinford RC
976	6156	00:49:23	M Newell	Cambridge Harriers
977	8055	00:49:23	D Dixon	Sunderland Strollers
978	6328	00:49:24	D Warren	Croydon Harriers
979	7226	00:49:24	S Gibb	Nene Valley Harriers
980	7782	00:49:25	T Smith	Shrewsbury AC
981	5787	00:49:26	J Murphy	Barnet & District AC
982	7792	00:49:29	M Evans	Sinfin RC
983	8222	00:49:31	S Merritt	Trent Park RC
984	6476	00:49:31	S Wickham	Erewash Valley RC
985	8247	00:49:31	D Boatright	University of Liverpool AC
986	6818	00:49:35	Dave Ramsden	Keighley & Craven AC
987	5984	00:49:37	M Ludford	Birmingham Rowheath AC
988	8145	00:49:38	J Emmines	The Stragglers
989	5910	00:49:39	David Farrell	Bexley AC
990	6042	00:49:40	D Dyson	Blackpool Wyre & Fylde AC
991	7402	00:49:41	T Hannah	Otley AC
992	6177	00:49:41	R Williams	Cheadle RC
993	7783	00:49:42	S Turk	Shrewsbury AC
994	6506	00:49:43	S Baudouin	Gateshead Harriers & AC
995	6142	00:49:45	Mark Quince	Buxton AC
996	7881	00:49:46	R Mills	Sparkhill Harriers
997	7923	00:49:48	M Bentley	Stafford Harriers
998	7056	00:49:48	P Walters	Long Eaton Running Club
999	5798	00:49:50	M Crofts	Barnsley AC
1000	7536	00:49:54	R Dalby	Rochdale Harriers & AC
1001	6955	00:49:55	A Davy	Leeds City AC
1002	8252	00:49:57	Graham Cope	Uttoxeter Road Runners
1003	6923	00:49:58	M Peat	Lancaster & Morecambe AC
1004	7242	00:49:59	Graham Kelley	Newark AC
1005	7890	00:50:00	N Griffiths	Spectrum Striders AC
1006	7784	00:50:01	C Wakeman	Shrewsbury AC

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1007	8510	00:50:03	John Harrison	Worksop Harriers AC
1008	6057	00:50:04	J Wright	Blackpool Wyre & Fylde AC
1009	7995	00:50:05	B Davies	Stopsley Striders
1010	6434	00:50:06	P Sloan	Elswick Harriers
1011	8501	00:50:06	Julian Thorpe	Woodford Green AC with Essex Ladies
1012	5789	00:50:07	F Robinson	Barnet & District AC
1013	8056	00:50:08	Ian Lumley	Sunderland Strollers
1014	6178	00:50:09	J Booty	Chelmsford AC
1015	6439	00:50:11	R Wilson	Elswick Harriers
1016	6590	00:50:12	G Rolfe	Harborough AC
1017	8053	00:50:13	B Blair	Sunderland Strollers
1018	8493	00:50:15	Michael Murphy	Woodford Green AC with Essex Ladies
1019	7548	00:50:16	N Walsh	Rochdale Harriers & AC
1020	5919	00:50:17	Phil Mathieson	Bexley AC
1021	8133	00:50:18	S Maddison	Thames Valley Harriers
1022	7108	00:50:19	Andy Barclay	Manchester YMCA Harriers
1023	7909	00:50:21	John Williams	Springfield Striders
1024	5895	00:50:22	Rob Norman	Belper Harriers
1025	7809	00:50:23	Roy Dale	Solihull & Small Heath AC
1026	5793	00:50:23	T Bailey	Barnsley AC
1027	6453	00:50:24	S Keys	Enfield & Haringey AC
1028	7894	00:50:24	A Peers	Spectrum Striders AC
1029	7781	00:50:27	G Lloyd	Shrewsbury AC
1030	6160	00:50:28	T Buss	Cannock & Stafford AC
1031	8337	00:50:29	A Rawlins	Werrington Joggers
1032	7834	00:50:30	A Painter	South Cheshire Harriers
1033	6077	00:50:32	D Foster	Bridlington RR
1034	6542	00:50:33	A Grant	Halesowen AC
1035	7117	00:50:37	Mille O'Brien	Manchester YMCA Harriers
1036	8192	00:50:37	Ken Newsome	Tonbridge AC
1037	7062	00:50:38	J Scholes	Longwood Harriers AC
1038	7554	00:50:38	R Wilson	Rolls Royce Harriers
1039	6090	00:50:39	A Mitchelson	Brighton & Hove City AC
1040	7541	00:50:40	J Purdy	Rochdale Harriers & AC
1041	7366	00:50:42	C Rischer	Notts AC
1042	7449	00:50:46	P McLaughlin	Pitsea RC
1043	7838	00:50:49	S Whincup	South Cheshire Harriers
1044	5779	00:50:50	B Usher	Aurora Harriers
1045	7145	00:50:51	Les Brown	Manx Harriers
1046	6682	00:50:51	T Clarke	Hereford Couriers
1047	7827	00:50:53	R Cummings	South Cheshire Harriers
1048	7331	00:50:54	M Benford	Notts AC
1049	8061	00:50:55	J Woodward	Sunderland Strollers
1050	7552	00:50:55	W Southgate	Rolls Royce Harriers
1051	7931	00:51:01	E Smith	Stafford Harriers
1052	8232	00:51:01	Adrian Pestell	Trentham RC
1053	6471	00:51:02	G Mills	Erewash Valley RC
1054	7956	00:51:03	A Buck	Steel City Striders
1055	8250	00:51:04	Clive Baggaley	Uttoxeter Road Runners
1056	8019	00:51:04	J Deacon	Stratford-on-Avon AC
1057	7833	00:51:06	R Mayes	South Cheshire Harriers
1058	7453	00:51:07	N Harding	Poole AC
1059	8104	00:51:07	Darren Fincham	Telford Harriers

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1060	6908	00:51:08	A McLeod	Knavesmire Harriers
1061	8316	00:51:09	Keith Taylor	Watford Joggers
1062	6520	00:51:10	D Eldridge	Grantham AC
1063	6175	00:51:10	T Cochrane	Cheadle RC
1064	6062	00:51:14	K Willshire	Blyth RC
1065	6540	00:51:15	M Endacott	Halesowen AC
1066	7830	00:51:18	A Hadfield	South Cheshire Harriers
1067	7245	00:51:22	Rob Orgill	Newark AC
1068	6395	00:51:23	J Bowker	East Cheshire Harriers & Tameside AC
1069	8522	00:51:24	K Naylor	Wreake Runners
1070	6581	00:51:26	S Edge	Harborough AC
1071	6465	00:51:27	D Mitchell	Epsom & Ewell Harriers
1072	6239	00:51:29	S Cooper	City of Stoke AC
1073	7796	00:51:30	T Pope	Sinfin RC
1074	5742	00:51:31	M Dutzenka	Altrincham & District AC
1075	8312	00:51:32	Paul Emery	Watford Joggers
1076	7925	00:51:34	M Harris	Stafford Harriers
1077	7079	00:51:34	A Johnson	Luton AC
1078	6470	00:51:35	C Lewis	Erewash Valley RC
1079	6928	00:51:38	David Blower	Leamington C & AC
1080	7771	00:51:39	J Lee	Sheffield RC
1081	5757	00:51:40	T Jolly	Amber Valley AC
1082	7052	00:51:41	C Bostock	Long Eaton Running Club
1083	6293	00:51:41	D Rafferty	Corby AC
1084	7932	00:51:42	M Thompson	Stafford Harriers
1085	7902	00:51:43	John Clarke	Springfield Striders
1086	7328	00:51:44	Chris Armstrong	Notts AC
1087	8025	00:51:45	P Marshall	Stratford-on-Avon AC
1088	6666	00:51:46	N Scollin	Heanor RC
1089	5775	00:51:46	P Hunter	Aurora Harriers
1090	7396	00:51:46	B Baker	Otley AC
1091	8453	00:51:51	J Downey	Wirral AC
1092	8460	00:51:54	N Pratten	Wirral AC
1093	7539	00:51:55	J Mayall	Rochdale Harriers & AC
1094	6139	00:51:56	David Mason	Bushfield Joggers
1095	6136	00:51:57	P Smith	Burton AC
1096	7113	00:51:58	Steve Ingham	Manchester YMCA Harriers
1097	6423	00:51:58	S Curry	Elswick Harriers
1098	5862	00:51:59	Noel Jones	Bedford Harriers AC
1099	6790	00:52:00	R Sharratt	Ilkeston RC
1100	8317	00:52:04	Andy Willerton	Watford Joggers
1101	7446	00:52:06	J Holder	Pitsea RC
1102	6921	00:52:07	M Leck	Lancaster & Morecambe AC
1103	6739	00:52:09	J Bignell	Hillingdon AC
1104	5807	00:52:12	M Harris	Barrow Runners
1105	7824	00:52:13	P Cliff	South Cheshire Harriers
1106	7422	00:52:15	D Clarkson	Penny Lane Striders
1107	6047	00:52:17	P Gibson	Blackpool Wyre & Fylde AC
1108	6521	00:52:23	J Ellerby	Grantham AC
1109	7656	00:52:25	R Townsend	Saltwell Harriers
1110	7136	00:52:27	M Partridge	Mansfield Harriers & AC
1111	6926	00:52:27	J Stewart	Lancaster & Morecambe AC
1112	7877	00:52:29	C Fentiman	Sparkhill Harriers

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1113	6065	00:52:33	D Grace	Bourne Town Harriers
1114	6134	00:52:35	G Murfin	Burton AC
1115	6276	00:52:36	J Hickie	Clayton-le-Moors Harriers
1116	6326	00:52:38	T Lapins	Croydon Harriers
1117	8024	00:52:39	D Licence	Stratford-on-Avon AC
1118	6115	00:52:44	S James	Bromsgrove & Redditch AC
1119	6556	00:52:45	Reilly Heath	Halifax Harriers
1120	6389	00:52:50	A Keeler	Ealing Southall & Middx. AC
1121	6783	00:52:54	S Cheal	Ilford AC
1122	6600	00:52:57	D McElhenny	Hardley Runners
1123	8300	00:53:05	S Williams	Wallasey AC
1124	8526	00:53:09	A Wilde	Wreake Runners
1125	6919	00:53:13	J Hulse	Lancaster & Morecambe AC
1126	7897	00:53:14	David Kelly	Sphinx AC
1127	6123	00:53:15	L Quartly	Bromsgrove & Redditch AC
1128	7089	00:53:16	Mark Covett	Mablethorpe RC
1129	8356	00:53:17	G Vickers	Wesham RR
1130	7369	00:53:18	R Rudd	Notts AC
1131	7984	00:53:18	I Stoddart	Stone Master Marathoners
1132	7390	00:53:20	Pete Deadman	Orion Harriers
1133	7787	00:53:20	B Boole	Sinfin RC
1134	6067	00:53:21	R Pearson	Bourne Town Harriers
1135	6787	00:53:24	D Litchfield	Ilkeston RC
1136	7924	00:53:24	R Clay	Stafford Harriers
1137	7103	00:53:26	M Wheelton	Macclesfield Harriers & AC
1138	8152	00:53:29	Pete Mainstone	Thornbury Running Club
1139	7519	00:53:30	C Ryan	Retford AC
1140	6132	00:53:32	P Mathie	Burton AC
1141	7794	00:53:33	D Lander	Sinfin RC
1142	7929	00:53:35	C Ross	Stafford Harriers
1143	7119	00:53:35	Jon Paramor	Manchester YMCA Harriers
1144	6135	00:53:36	T Norman	Burton AC
1145	8336	00:53:42	K McGregor	Werrington Joggers
1146	6383	00:53:47	Roland Hobbs	Dursley & District AC
1147	7426	00:53:48	S Knott	Penny Lane Striders
1148	6745	00:53:52	J Luscombe	Hillingdon AC
1149	6206	00:53:55	T Brawn	Chiltern Harriers AC
1150	7788	00:53:57	J Bush	Sinfin RC
1151	7236	00:54:01	Timothy Bagguley	Newark AC
1152	6995	00:54:02	P Miller	Lewes AC
1153	7326	00:54:04	P Anthony	Notts AC
1154	8005	00:54:06	L Richardson	Stopsley Striders
1155	6836	00:54:08	T Dable	Kenilworth Runners
1156	5763	00:54:11	Andy Goodair	Askern District RC
1157	5828	00:54:14	I Smith	Basingstoke & Mid Hants AC
1158	6278	00:54:17	R Lawson	Clayton-le-Moors Harriers
1159	6903	00:54:20	R Gott	Knavesmire Harriers
1160	6555	00:54:25	M Gaughan	Halifax Harriers
1161	8010	00:54:26	R Lamming	Stourbridge RC
1162	7836	00:54:28	M Stirna	South Cheshire Harriers
1163	7367	00:54:31	P Robinson	Notts AC
1164	6525	00:54:35	S Sellars	Grantham AC
1165	6286	00:54:37	Paul Barrett	Colchester Harriers AC

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1166	6055	00:54:38	D Wood	Blackpool Wyre & Fylde AC
1167	7257	00:54:39	M Clewlow	Newcastle (Staffs) AC
1168	6479	00:54:42	K Reed	Erme Valley Harriers
1169	7398	00:54:43	D Buffham	Otley AC
1170	8267	00:54:46	M Harris	Victory AC
1171	6522	00:54:48	P Hall	Grantham AC
1172	6833	00:55:00	M Broomfield	Kenilworth Runners
1173	7116	00:55:00	Ian Manners	Manchester YMCA Harriers
1174	8523	00:55:05	J Skevington	Wreake Runners
1175	7122	00:55:11	A Bellingham	Mansfield Harriers & AC
1176	8339	00:55:15	G Walden	Werrington Joggers
1177	6176	00:55:22	B James	Cheadle RC
1178	7447	00:55:25	K Jackson	Pitsea RC
1179	7983	00:55:27	R Shaw	Stone Master Marathoners
1180	6846	00:55:28	S Shillington	Kenilworth Runners
1181	8266	00:55:28	J Gallagher	Victory AC
1182	8355	00:55:34	J Swarples	Wesham RR
1183	7515	00:55:37	R Clapperton	Retford AC
1184	6372	00:55:52	Richard Sannwald	Dudley Kingswinford RC
1185	6404	00:56:02	M McGann	East Cheshire Harriers & Tameside AC
1186	6601	00:56:03	R Noke	Hardley Runners
1187	7543	00:56:24	P Roberts	Rochdale Harriers & AC
1188	8008	00:56:31	I Clarke	Stourbridge RC
1189	7798	00:56:34	J Shiel	Sinfin RC
1190	7927	00:56:37	M Jones	Stafford Harriers
1191	6927	00:56:39	Mick Aston	Leamington C & AC
1192	7828	00:56:43	M Cutler	South Cheshire Harriers
1193	8338	00:56:48	A Scott	Werrington Joggers
1194	7800	00:56:57	G Young	Sinfin RC
1195	7375	00:56:57	K Tombleson	Notts AC
1196	5770	00:57:01	P Coughlan	Aurora Harriers
1197	8279	00:57:04	J Armstrong	Wallasey AC
1198	6355	00:57:07	G Murray	Derwentside AC
1199	6432	00:57:18	A Middleton	Elswick Harriers
1200	6172	00:57:26	D Alkins	Cheadle RC
1201	7888	00:57:30	K Black	Spectrum Striders AC
1202	6382	00:57:30	Chris Ashworth	Dursley & District AC
1203	7444	00:57:35	C Bent	Pitsea RC
1204	7848	00:57:38	Antonio Martins	South London Harriers
1205	8457	00:57:46	N Lindesay	Wirral AC
1206	5780	00:57:53	K Weavers	Aurora Harriers
1207	7082	00:58:04	D Cosh	Lytham St. Annes RRC
1208	7986	00:58:05	D Wallis	Stone Master Marathoners
1209	8298	00:58:08	R Westrum	Wallasey AC
1210	6477	00:58:25	D Fox	Erme Valley Harriers
1211	8096	00:58:32	A Hodgekiss	Telford AC
1212	7359	00:58:45	Alan Marsh	Notts AC
1213	7059	00:58:53	R Hardcastle	Longwood Harriers AC
1214	7445	00:59:00	P Flannigan	Pitsea RC
1215	6550	00:59:08	K Perry	Halesowen AC
1216	6931	00:59:23	Noel Butler	Leamington C & AC
1217	8425	00:59:32	Trevor Faulkner	Wilmslow RC
1218	7450	00:59:43	J Pettifer	Pitsea RC

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1219	7837	00:59:47	S Walker	South Cheshire Harriers
1220	8357	00:59:53	M Walsh	Wesham RR
1221	5771	01:00:01	L Greaves	Aurora Harriers
1222	7133	01:00:21	D Hodgkinson	Mansfield Harriers & AC
1223	6588	01:00:27	D Oram	Harborough AC
1224	7357	01:00:39	J Litchfield	Notts AC
1225	6331	01:00:40	J Brant	Darlington Harriers
1226	5950	01:00:41	Steve Couldwell	Birchfield Harriers
1227	7659	01:00:49	M Thompson	Scarborough AC
1228	8251	01:01:14	Danny Carter	Uttoxeter Road Runners
1229	5774	01:01:32	J Hume	Aurora Harriers
1230	8234	01:01:37	Malcolm Rushton	Trentham RC
1231	7452	01:01:43	P Williams	Pitsea RC
1232	6701	01:02:10	Andy Lea-Gerrard	Herne Hill Harriers
1233	6575	01:02:23	N Brooks	Harborough AC
1234	6835	01:02:54	P Buchan	Kenilworth Runners
1235	5983	01:03:15	C Hanson	Birmingham Rowheath AC
1236	7581	01:03:16	L Kyd	Royal Sutton Coldfield AC
1237	7443	01:03:44	P Bates	Pitsea RC
1238	6126	01:05:12	J Nugent	Broxbourne Runners
1239	6832	01:05:25	C Bricher	Kenilworth Runners
1240	7899	01:06:02	Hugh Bullard	Springfield Striders
1241	5773	01:06:23	M Hayden	Aurora Harriers
1242	7318	01:07:28	T French	Northbrook AC
1243	5989	01:07:59	Patrick Kelly	Birtley AC
1244	8334	01:09:13	A Deaton	Werrington Joggers



## Sheet1

Pos	Points	Team Name	Placings
1	183	Leeds City AC	( 6 16 28 40 41 52 )
2	192	Notts AC	( 23 24 30 33 39 43 )
3	303	Bristol & West AC	( 17 22 35 56 82 91 )
4	367	OWLS AC	( 19 29 38 66 101 114 )
5	395	Newham & Essex Beagles	( 14 26 50 81 90 134 )
6	417	Bedford & County AC	( 12 62 67 83 95 98 )
7	446	Sale Harriers Manchester	( 7 47 53 78 105 156 )
8	464	Blackheath & Bromley Harriers AC	( 5 46 86 99 100 128 )
9	608	Liverpool Harriers & AC	( 25 63 84 85 170 181 )
10	620	Tipton Harriers	( 48 59 65 88 155 205 )
11	627	Bingley Harriers & AC	( 11 18 121 141 167 169 )
12	697	Woodford Green AC with Essex Ladies	( 45 79 111 122 132 208 )
13	747	Salford Harriers	( 4 32 89 149 204 269 )
14	841	Medway & Maidstone AC	( 8 57 96 147 162 371 )
15	867	Shaftesbury Barnet Harriers	( 37 54 76 104 259 337 )
16	878	Hallamshire Harriers	( 69 112 143 153 177 224 )
17	993	Aldershot Farnham & District AC	( 10 36 115 243 256 333 )
18	1173	Highgate Harriers	( 92 93 213 221 246 308 )
19	1228	Belgrave Harriers	( 2 191 223 237 257 318 )
20	1474	Serpentine RC	( 146 240 247 270 272 299 )
21	1632	City of York AC	( 73 74 241 383 425 436 )
22	1662	Herne Hill Harriers	( 139 157 260 261 276 569 )
23	1860	Harrow AC	( 133 187 217 258 282 783 )
24	2057	Rugby & Northampton AC	( 173 174 190 316 489 715 )
25	2098	Cannock & Stafford AC	( 1 58 109 209 691 1030 )
26	2102	Wilmslow RC	( 172 216 311 357 394 652 )
27	2120	Wirral AC	( 222 238 264 267 508 621 )
28	2149	Wells City Harriers	( 71 189 306 343 446 794 )
29	2174	Hercules Wimbledon AC	( 229 303 335 353 403 551 )
30	2186	Keighley & Craven AC	( 136 313 334 341 480 582 )
31	2193	Reading AC	( 152 273 305 421 483 559 )
32	2272	London Heathside	( 250 288 297 370 526 541 )
33	2275	Newcastle (Staffs) AC	( 129 232 330 387 568 629 )
34	2382	Halesowen AC	( 124 275 420 479 530 554 )
35	2409	Ranelagh Harriers	( 185 214 437 504 511 558 )
36	2437	Thames Valley Harriers	( 125 199 289 381 422 1021 )
37	2458	Trafford AC	( 97 123 226 402 682 928 )
38	2509	Manx Harriers	( 130 148 274 373 539 1045 )
39	2559	Staffordshire Moorlands AC	( 242 300 428 507 509 573 )
40	2617	Macclesfield Harriers & AC	( 265 317 419 473 544 599 )
41	2618	Marshall Milton Keynes AC	( 197 291 377 545 570 638 )
42	2621	Stratford-on-Avon AC	( 103 234 365 587 637 695 )
43	2724	Tonbridge AC	( 166 312 454 546 622 624 )
44	2742	Knavesmire Harriers	( 151 347 447 455 476 866 )
45	2780	South London Harriers	( 142 416 464 499 584 675 )
46	2796	Solihull & Small Heath AC	( 310 367 375 492 595 657 )
47	2830	Headington RR	( 140 320 519 533 615 703 )
48	2914	Chelmsford AC	( 211 283 328 531 686 875 )
49	2916	Elswick Harriers	( 344 359 434 448 586 745 )
50	2941	Southport Waterloo AC	( 80 252 608 609 643 749 )
51	2993	Kenilworth Runners	( 301 410 543 557 588 594 )
52	3020	Leamington C & AC	( 340 372 485 501 598 724 )

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53	3028 St.Helens Sutton AC	( 376 414 418 431 647 742 )
54	3053 Rotherham Harriers & AC	( 107 251 555 603 762 775 )
55	3089 Clayton-le-Moors Harriers	( 206 290 503 540 589 961 )
56	3108 Sparkhill Harriers	( 180 319 364 660 790 795 )
57	3116 Ealing Southall & Middx. AC	( 249 396 413 592 646 820 )
58	3234 Bromsgrove & Redditch AC	( 178 406 472 538 797 843 )
59	3308 Kettering Town Harriers	( 266 380 500 534 804 824 )
60	3446 Blackpool Wyre & Fylde AC	( 102 433 576 612 733 990 )
61	3455 City of Stoke AC	( 203 212 358 692 918 1072 )
62	3584 Harborough AC	( 159 200 477 845 887 1016 )
63	3731 Beverley AC	( 268 564 639 661 777 822 )
64	3739 Wallasey AC	( 451 468 537 618 707 958 )
65	3945 Barrow Runners	( 202 524 627 719 769 1104 )
66	4042 Mansfield Harriers & AC	( 443 491 674 776 779 879 )
67	4078 Wesham RR	( 279 566 591 651 862 1129 )
68	4149 Rochdale Harriers & AC	( 494 623 636 757 782 857 )
69	4188 East Cheshire Harriers & Tameside AC	( 326 458 704 788 844 1068 )
70	4244 Otley AC	( 55 281 658 991 1090 1169 )
71	4281 Lancaster & Morecambe AC	( 176 456 712 832 1003 1102 )
72	4320 Northbrook AC	( 117 597 716 781 867 1242 )
73	4396 Shrewsbury AC	( 465 560 602 796 980 993 )
74	4452 Stone Master Marathoners	( 106 583 706 962 964 1131 )
75	4458 Trentham RC	( 271 497 628 780 1052 1230 )
76	4597 Bexley AC	( 423 670 752 852 911 989 )
77	4610 Stopsley Striders	( 626 679 726 823 860 896 )
78	4628 Wreake Runners	( 460 518 826 913 954 957 )
79	4638 Springfield Striders	( 616 640 663 805 891 1023 )
80	4668 Hillingdon AC	( 286 495 815 821 1103 1148 )
81	4688 Dudley Kingswinford RC	( 399 604 607 919 975 1184 )
82	4714 Steel City Striders	( 429 677 696 925 933 1054 )
83	4723 Bedford Harriers AC	( 401 625 791 849 959 1098 )
84	4895 Trent Park RC	( 430 711 912 922 937 983 )
85	4939 Erewash Valley RC	( 536 642 874 935 968 984 )
86	5016 South Cheshire Harriers	( 338 765 888 950 1032 1043 )
87	5030 Lytham St. Annes RRC	( 461 720 812 863 967 1207 )
88	5152 Sunderland Strollers	( 323 884 938 977 1013 1017 )
89	5207 Barnsley AC	( 818 830 839 868 900 952 )
90	5325 Watford Joggers	( 635 835 855 864 1061 1075 )
91	5402 Manchester YMCA Harriers	( 710 837 869 929 1022 1035 )
92	5439 Stafford Harriers	( 577 767 971 997 1051 1076 )
93	5481 Uttoxeter Road Runners	( 773 787 920 944 1002 1055 )
94	5567 Burton AC	( 355 898 965 1095 1114 1140 )
95	5682 Sinfin RC	( 470 883 982 1073 1133 1141 )
96	5876 Cheadle RC	( 585 859 992 1063 1177 1200 )
97	5914 Grantham AC	( 656 753 1062 1108 1164 1171 )
98	6644 Pitsea RC	( 906 1042 1101 1178 1203 1214 )
99	6985 Aurora Harriers	( 1044 1089 1196 1206 1221 1229 )

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Pos	Points	Team Name
1	377	Leeds City AC
2	395	Notts AC
3	850	Bedford & County AC
4	979	OWLS AC
5	1149	Sale Harriers Manchester
6	1314	Blackheath & Bromley Harriers AC
7	1319	Tipton Harriers
8	1323	Liverpool Harriers & AC
9	1460	Bingley Harriers & AC
10	1655	Hallamshire Harriers
11	1681	Woodford Green AC with Essex Ladies
12	2580	Belgrave Harriers
13	2628	Highgate Harriers
14	2743	Serpentine RC
15	3600	City of York AC
16	4015	Herne Hill Harriers
17	4152	Keighley & Craven AC
18	5134	South London Harriers
19	5171	Halesowen AC
20	5193	Macclesfield Harriers & AC
21	5309	Stratford-on-Avon AC
22	5328	Kenilworth Runners
23	5439	Solihull & Small Heath AC
24	5508	Wirral AC
25	5585	Leamington C & AC
26	5845	Elswick Harriers
27	6087	Bromsgrove & Redditch AC
28	6139	Sparkhill Harriers
29	6727	Blackpool Wyre & Fylde AC
30	7082	Rochdale Harriers & AC
31	7110	Harborough AC
32	7268	Wallasey AC
33	7436	Stopsley Striders
34	7549	Mansfield Harriers & AC
35	7995	Wreake Runners
36	8186	South Cheshire Harriers
37	8801	Stafford Harriers
38	8814	Manchester YMCA Harriers
39	9215	Sinfin RC
40	10330	Pitsea RC

Placings

( 6 16 28 40 41 52 60 64 70 )  
( 23 24 30 33 39 43 44 72 87 )  
( 12 62 67 83 95 98 110 144 179 )  
( 19 29 38 66 101 114 120 171 321 )  
( 7 47 53 78 105 156 195 253 255 )  
( 5 46 86 99 100 128 233 302 315 )  
( 48 59 65 88 155 205 227 228 244 )  
( 25 63 84 85 170 181 198 239 278 )  
( 11 18 121 141 167 169 193 277 363 )  
( 69 112 143 153 177 224 231 248 298 )  
( 45 79 111 122 132 208 225 369 390 )  
( 2 191 223 237 257 318 392 462 498 )  
( 92 93 213 221 246 308 314 397 744 )  
( 146 240 247 270 272 299 389 417 463 )  
( 73 74 241 383 425 436 488 529 951 )  
( 139 157 260 261 276 569 665 789 899 )  
( 136 313 334 341 480 582 593 648 725 )  
( 142 416 464 499 584 675 693 819 842 )  
( 124 275 420 479 530 554 690 1034 1065 )  
( 265 317 419 473 544 599 700 739 1137 )  
( 103 234 365 587 637 695 746 886 1056 )  
( 301 410 543 557 588 594 717 737 881 )  
( 310 367 375 492 595 657 778 840 1025 )  
( 222 238 264 267 508 621 1091 1092 1205 )  
( 340 372 485 501 598 724 799 810 956 )  
( 344 359 434 448 586 745 904 1010 1015 )  
( 178 406 472 538 797 843 853 882 1118 )  
( 180 319 364 660 790 795 923 996 1112 )  
( 102 433 576 612 733 990 1008 1107 1166 )  
( 494 623 636 757 782 857 914 1000 1019 )  
( 159 200 477 845 887 1016 1070 1223 1233 )  
( 451 468 537 618 707 958 1123 1197 1209 )  
( 626 679 726 823 860 896 921 939 966 )  
( 443 491 674 776 779 879 1110 1175 1222 )  
( 460 518 826 913 954 957 1069 1124 1174 )  
( 338 765 888 950 1032 1043 1047 1057 1066 )  
( 577 767 971 997 1051 1076 1084 1136 1142 )  
( 710 837 869 929 1022 1035 1096 1143 1173 )  
( 470 883 982 1073 1133 1141 1150 1189 1194 )  
( 906 1042 1101 1178 1203 1214 1218 1231 1237 )