

**SOUTHERN CROSS COUNTRY CHAMPIONSHIPS HILLINGDON SAT 24 JAN 2009**

**SENIOR MEN**

<b>Pos</b>	<b>RaceNo</b>	<b>Time</b>	<b>Firstname</b>	<b>Lastname</b>	<b>Club</b>
1	5132	51:08	Phil	Wicks	Belgrave Harriers
2	6759	51:13	Benedict	Whitby	Windsor Slough Eton & Hounslow AC
3	5079	52:00	Neilson	Hall	Bedford & County AC
4	5886	52:13	Mike	Coleman	Medway & Maidstone AC
5	5013	52:15	Ben	Lindsay	Aldershot Farnham & District
6	5083	52:21	Matt	Janes	Bedford & County AC
7	5804	52:36	Gary	Thornton	Kent AC
8	5221	52:39	Kevin	Heywood	Bristol & West AC
9	6737	52:40	Tom	Payn	Winchester & District AC
10	5073	52:56	Darren	Deed	Bedford & County AC
11	6006	53:14	Kevin	Skinner	Newham & Essex Beagles
12	5436	53:17	Jon	Pepper	Enfield & Haringey AC
13	5199	53:20	Oliver	Freeman	Bodyworks XTC Tri Store
14	6259	53:45	Orlando	Edwards	Shaftesbury Barnet Harriers
15	6112	53:54	Williard	Chinhanhu	Poole Runners
16	6269	54:04	Jack	Parslow	Shaftesbury Barnet Harriers
17	6741	54:07	Gavin	Smith	Winchester & District AC
18	6001	54:23	Dave	Mitchinson	Newham & Essex Beagles
19	5557	54:27	Richard	Franzese	Harrow AC
20	6762	54:28	Hywel	Care	Woodford Green AC with Essex Ladies
21	6752	54:33	Owain	Jones	Windsor Slough Eton & Hounslow AC
22	6008	54:54	Kairn	Stone	Newham & Essex Beagles
23	6454	54:57	James	McMullan	Thames Hare & Hounds
24	5792	54:59	James	Connor	Kent AC
25	6735	55:06	Toby	Lambert	Winchester & District AC
26	5358	55:07	Ollie	Shilston	Cornwall AC
27	6729	55:14	Andy	Greenleaf	Winchester & District AC
28	5122	55:15	Simon	Jones	Belgrave Harriers
29	5658	55:17	Iain	Lockett	Herne Hill Harriers
30	6753	55:21	Stephen	Kimber	Windsor Slough Eton & Hounslow AC
31	6007	55:26	Scott	Sterling	Newham & Essex Beagles
32	5545	55:31	Adam	Bowden	Harrow AC
33	5565	55:32	Ben	Warren	Harrow AC
34	5990	55:33	Sam	Farah	Newham & Essex Beagles 5990
35	5007	55:35	Steve	Connor	Aldershot Farnham & District
36	6739	55:39	Chris	Powner	Winchester & District AC
37	5662	55:40	Ben	Paviour	Herne Hill Harriers
38	6334	55:42	Adam	Hickey	Southend-on-Sea AC
39	5985	55:46	Rob	Cole	Newham & Essex Beagles 5985
40	5125	56:01	Mark	Pollard	Belgrave Harriers
41	5123	56:09	James	Kelly	Belgrave Harriers
42	6083	56:19	Josh	Guilmant	Phoenix AC
43	5065	56:22	Phillip	Tulba	Basingstoke & Mid Hants AC
44	5023	56:27	Craig	Williams	Aldershot Farnham & District
45	5654	56:29	Alan	Barnes	Herne Hill Harriers
46	6470	56:32	Simon	Wurr	Thames Hare & Hounds
47	6281	56:35	Glen	Watts	Shaftesbury Barnet Harriers
48	6733	56:37	Philip	Killingley	Winchester & District AC
49	6644	56:41	Eliot	Haimes	Wells City Harriers
50	5093	56:49	Chris	Riley	Bedford & County AC
51	6279	56:52	James	Trapmore	Shaftesbury Barnet Harriers
52	6781	56:55	Kevin	Murphy	Woodford Green AC with Essex Ladies
53	5297	56:57	James	Baker	Chichester Runners & AC
54	5444	57:15	Will	Clark	Epsom & Ewell Harriers
55	5357	57:17	David	Buzza	Cornwall AC
56	6119	57:20	Martin	Lewis	Poole Runners

57	5999	57:21	Stuart	Major	Newham & Essex Beagles
58	6432	57:26	Gareth	Klepacz	Team Southampton
59	5082	57:27	Andrew	Inskip	Bedford & County AC
60	5562	57:28	Damian	Nevins	Harrow AC
61	6777	57:29	Ewen	Malloch	Woodford Green AC with Essex Ladies
62	5983	57:29	Andy	Barber	Newham & Essex Beagles
63	5332	57:33	Carl	Goose	City of Norwich AC
64	5501	57:35	Graham	Robinson	Garden City Runners
65	5753	57:37	Malcolm	Muir	Ilford AC
66	5699	57:40	Henry	Dodwell	Highgate Harriers
67	5793	57:41	Andrew	Dunwoody	Kent AC
68	5803	57:45	Phil	Sanders	Kent AC
69	6515	57:46	Ryan	Prout	Thrift Green Trotters
70	6123	57:46	Lee	Rodriguez	Poole Runners
71	6318	57:46	Matt	Missen	Southampton RC
72	6453	57:47	John	McFarlane	Thames Hare & Hounds
73	5660	57:49	Keith	Newton	Herne Hill Harriers
74	5003	57:51	Graham	Breen	Aldershot Farnham & District
75	6436	57:53	Neil	Phillips	Team Southampton
76	5166	57:53	Andrew	Conway	Blackheath & Bromley H AC
77	5647	57:55	Tim	Eley	Herne Hill Harriers
78	5287	57:58	Ed	Messer	Chelmsford AC
79	6468	57:59	Mark	Tuckett	Thames Hare & Hounds
80	5113	58:01	Will	Cockerell	Belgrave Harriers
81	5801	58:09	Richard	Munn	Kent AC
82	5089	58:12	Neil	Miller	Bedford & County AC
83	5091	58:18	Richard	Powell	Bedford & County AC
84	5133	58:25	Peter	Willis	Belgrave Harriers
85	5714	58:28	Glenn	Saqui	Highgate Harriers
86	5088	58:30	Jim	McMahon	Bedford & County AC
87	5591	58:33	Rob	Warner	Havering Mayesbrook AC
88	6080	58:38	Dave	Carter	Phoenix AC
89	5549	58:39	Jim	Cooper	Harrow AC
90	5448	58:55	Phil	Sangar	Epsom & Ewell Harriers
91	5216	58:59	Kevin	Mason	Brighton & Hove City AC
92	5791	59:02	Michael	Claff	Kent AC
93	6120	59:05	George	Miller	Poole Runners
94	5685	59:08	Bryn	Reynolds	Herts Phoenix AC
95	5724	59:15	Paul	Cuddihy	Hillingdon AC
96	6788	59:16	Tim	Prendergast	Woodford Green AC with Essex Ladies
97	5096	59:18	Alan	Turnbull	Bedford & County AC
98	6754	59:19	Ian	May	Windsor Slough Eton & Hounslow AC
99	5112	59:19	Malachi	Byansi	Belgrave Harriers
100	6366	59:24	Sam	Pullan	St.Albans Striders
101	5017	59:24	George	McCourt	Aldershot Farnham & District
102	5734	59:26	Daniel	Thompson	Hillingdon AC
103	6315	59:29	Oliver	Keppel	Southampton RC
104	5219	59:29	Chris	Thomson	Brighton & Hove City AC
105	5174	59:32	Alex	Gibbons	Blackheath & Bromley H AC
106	5116	59:38	James	Fairbourn	Belgrave Harriers
107	6057	59:39	Tim	Wright	Orion Harriers
108	6456	59:41	Simon	Molden	Thames Hare & Hounds
109	5700	59:42	Peter	Downie	Highgate Harriers
110	5798	59:46	Edward	Lumley	Kent AC
111	5252	59:50	Dean	Lacy	Cambridge Harriers
112	5627	59:52	Aidan	Hogan	Hercules Wimbledon AC
113	5741	59:58	David	Connell	Huntingdonshire AC
114	6248	1:00:03	Hugh	Torry	Serpentine RC
115	5129	1:00:03	Mike	Trees	Belgrave Harriers
116	5773	1:00:04	Mark	Wilkins	Invicta East Kent
117	6786	1:00:04	Bertie	Powell	Woodford Green AC with Essex Ladies

118	6575	1:00:06	Declan	Hamblin	Vale of Aylesbury
119	5296	1:00:07	Will	Wright	Chelmsford AC
120	5213	1:00:09	Andrew	Donno	Brighton & Hove City AC
121	5901	1:00:10	Ben	Tyler	Medway & Maidstone AC
122	5081	1:00:11	Luke	Humphreys	Bedford & County AC
123	6232	1:00:12	Eric	Phillips	Serpentine RC
124	5114	1:00:14	Landa	Eguia	Belgrave Harriers
125	5625	1:00:19	Michael	Halman	Hercules Wimbledon AC
126	5120	1:00:27	Knut	Hegvold	Belgrave Harriers
127	5902	1:00:29	Gareth	Williams	Medway & Maidstone AC
128	5550	1:00:29	Mark	Cranwell	Harrow AC
129	5566	1:00:31	Alan	Wray	Harrow AC
130	6554	1:00:40	Peter	Williams	Trent Park RC
131	5001	1:00:40	Richard	Batchelor	Aldershot Farnham & District
132	5645	1:00:49	Jeff	Cunningham	Herne Hill Harriers
133	6645	1:00:56	Tim	Hawkins	Wells City Harriers
134	6212	1:00:57	Martin	Gaunt	Serpentine RC
135	5257	1:00:59	David	Reader	Cambridge Harriers
136	5857	1:01:01	George	Stewart	London Heathside
137	5345	1:01:02	Paul	Bleach	City of Portsmouth AC
138	5796	1:01:05	Mike	Kitozo	Kent AC
139	6170	1:01:08	Tom	Munt	Reading AC
140	6643	1:01:16	Jon	Gilling	Wells City Harriers
141	6182	1:01:18	Andy	Taylor	Reigate Priory AC
142	5611	1:01:21	Vasily	Zverev	Headington RR
143	6368	1:01:22	Jonathan	Scott	St.Albans Striders
144	5703	1:01:26	Martin	Hoeven	Highgate Harriers
145	5201	1:01:30	Jamie	Ashton	Bracknell AC
146	6029	1:01:31	Simon	Millett	Norwich RR
147	5095	1:01:37	Matt	Sullivan	Bedford & County AC
148	6472	1:01:39	Manuel	Da Silva	Thames Valley Harriers
149	5563	1:01:40	Pete	Norris	Harrow AC
150	5871	1:01:41	Stuart	Still	Luton AC
151	6250	1:01:42	Robin	Tuddenham	Serpentine RC
152	5102	1:01:44	Steve	Earley	Bedford Harriers
153	5907	1:01:45	Karl	Free	Metropolitan Police AC
154	6593	1:01:47	Tony	Lashmar	Victoria Park H & Tower Hamlets AC
155	5720	1:01:49	Martin	Bateman	Hillingdon AC
156	5285	1:01:53	Ken	Hoye	Chelmsford AC
157	5847	1:01:56	Paul	Lemmon	London Heathside
158	6736	1:01:58	Julian	Mann	Winchester & District AC
159	6276	1:02:03	Peter	Stainer	Shaftesbury Barnet Harriers
160	5339	1:02:04	Jonathan	Quint	City of Norwich AC
161	6475	1:02:05	Gordon	Irvine	Thames Valley Harriers
162	6738	1:02:06	Steve	Phillips	Winchester & District AC
163	6543	1:02:06	Scott	Aiken	Trent Park RC
164	5893	1:02:07	Mike	Lyons	Medway & Maidstone AC
165	6204	1:02:10	Andrew	Davies	Serpentine RC
166	5564	1:02:12	Mohammed	Rahim	Harrow AC
167	6312	1:02:12	Matthew	Hibberd	Southampton RC
168	6435	1:02:12	Russell	Osborn	Team Southampton
169	5440	1:02:14	Chris	Symonds	Enfield & Haringey AC
170	5639	1:02:15	Richard	Xerri	Hercules Wimbledon AC
171	5621	1:02:15	Jonathan	Dobson	Hercules Wimbledon AC
172	6801	1:02:16	Harold	Wyber	Woodford Green AC with Essex Ladies
173	5722	1:02:19	Jonathon	Castro	Hillingdon AC
174	5898	1:02:20	Barry	Royden	Medway & Maidstone AC
175	6177	1:02:24	George	Donnelly	Reigate Priory AC
176	5744	1:02:27	Darren	Bottrill	Ilford AC
177	6460	1:02:27	Nick	Pltman	Thames Hare & Hounds
178	6344	1:02:29	Steve	Whittaker	Southend-on-Sea AC

179	5845	1:02:31	John	Flahive	London Heathside
180	5429	1:02:33	Arber	Baci	Enfield & Haringey AC
181	6193	1:02:35	Jean-Loius	Benavides	Serpentine RC
182	6563	1:02:36	Andrew	Howey	Tunbridge Wells Harriers
183	5033	1:02:38	Andrew	Kelleher	Barnet & District AC
184	6696	1:02:39	Paul	Jegou	White Horse Harriers
185	6088	1:02:43	James	Miles	Phoenix AC
186	5600	1:02:43	Julien	L'Homme	Headington RR
187	5391	1:02:46	Neil	Daniels	Dulwich Runners
188	5260	1:02:49	Matthew	Winn-Smith	Cambridge Harriers
189	5842	1:02:51	Sergio	Di Noto	London Heathside
190	6195	1:02:52	Miguel	Branco	Serpentine RC
191	5431	1:02:56	Daire	Brennan	Enfield & Haringey AC
192	5407	1:03:04	Robert	Brown	Ealing Southall & Middlesex AC
193	6168	1:03:06	Richard	Kinnersley	Reading AC
194	6151	1:03:08	Darryl	McDonald	Ranelagh Harriers
195	6642	1:03:08	Andrew	Deamer	Wells City Harriers
196	5415	1:03:12	Richard	Tomlinson	Ealing Southall & Middlesex AC
197	6655	1:03:14	Nick	Somerville	Wells City Harriers
198	5670	1:03:18	Ian	Tivey	Herne Hill Harriers
199	6025	1:03:25	Andy	Bunn	Norwich RR
200	5855	1:03:31	Ed	Samuel	London Heathside
201	5705	1:03:31	Thierry	Lebreton	Highgate Harriers
202	5289	1:03:33	Lee	Pickering	Chelmsford AC
203	6035	1:03:35	Wayne	Utting	Norwich RR
204	6241	1:03:35	Andy	Robbins	Serpentine RC
205	5484	1:03:38	Mike	Bridge	Garden City Runners
206	5061	1:03:42	David	Fry	Basingstoke & Mid Hants AC
207	6763	1:03:44	Alex	Chklar	Woodford Green AC with Essex Ladies
208	6732	1:03:45	Dave	Kennedy	Winchester & District AC
209	5858	1:03:48	Andy	Welshman	London Heathside
210	5702	1:03:51	Daniel	Higgins	Highgate Harriers
211	6507	1:03:51	John	Barker	Thrift Green Trotters
212	5946	1:03:54	John	Nash	Nene Valley Harriers
213	6024	1:03:57	Alan	Bradley	Norwich RR
214	6304	1:04:02	Dave	Blackman	Southampton RC
215	5042	1:04:10	Mel	Parker	Barnet & District AC
216	6740	1:04:12	Alex	Pritchard	Winchester & District AC
217	5771	1:04:21	Damien	Vadgamma	Invicta East Kent
218	5044	1:04:25	James	Taylor	Barnet & District AC
219	5974	1:04:27	Wayne	Lillis	Newbury AC
220	5606	1:04:31	Richard	Skillbeck	Headington RR
221	5596	1:04:41	Peter	Godwin	Headington RR
222	5980	1:04:44	David	Wright	Newbury AC
223	6325	1:04:46	Tim	Spencer	Southampton RC
224	5730	1:04:48	Brett	Hutchinson	Hillingdon AC
225	5994	1:04:50	Ben	Hellmers	Newham & Essex Beagles
226	5569	1:04:53	James	Climpson	Hastings AC
227	6136	1:04:54	Brendan	Greene	Queens Park Harriers
228	5039	1:04:57	Costa	Michael	Barnet & District AC
229	6498	1:04:59	Peter	Kennedy	The Stragglers
230	6322	1:05:03	Liam	Richardson	Southampton RC
231	5111	1:05:05	Don	Anderson	Belgrave Harriers
232	5270	1:05:06	Garon	Heslop	Canterbury Harriers
233	6742	1:05:09	David	Vosser	Winchester & District AC
234	5010	1:05:10	Keith	Donkin	Aldershot Farnham & District
235	6359	1:05:15	Colin	Braybrook	St.Albans Striders
236	5656	1:05:17	Sam	Knight	Herne Hill Harriers
237	5406	1:05:17	Gavin	Boyer	Ealing Southall & Middlesex AC
238	5130	1:05:17	Tim	Weeks	Belgrave Harriers
239	6311	1:05:19	Paul	Fotherby	Southampton RC

240	5725	1:05:23	Anupam	Das	Hillingdon AC
241	5655	1:05:27	Sawar	Khan	Herne Hill Harriers
242	6298	1:05:27	David	Ogden	South London Harriers
243	6479	1:05:28	Stephen	Norris	Thames Valley Harriers
244	6649	1:05:38	Matthew	Lewis	Wells City Harriers
245	5070	1:05:42	Dave	Cheshire	Bedford & County AC
246	5432	1:05:46	Dennis	Healy	Enfield & Haringey AC
247	5806	1:05:51	Anthony	Budarkiewicz	Kingston AC & Poly Harriers
248	6022	1:05:52	Gary	Cook	North Herts RR
249	6161	1:05:54	Nick	Earl	Reading AC
250	5805	1:05:54	Andrew	Vargi	Kent AC
251	5945	1:05:57	Steve	Medhurst	Nene Valley Harriers
252	6364	1:06:02	Paul	Kayley	St.Albans Striders
253	6235	1:06:03	Alessandro	Poggi	Serpentine RC
254	5671	1:06:04	Basil	Wallace	Herne Hill Harriers
255	5663	1:06:04	Simon	Phillips	Herne Hill Harriers
256	5603	1:06:06	Andy	Phelps	Headington RR
257	5729	1:06:07	Steve	Hirons	Hillingdon AC
258	5862	1:06:08	Mike	Rolfe	Loughton AC
259	6077	1:06:08	Oliver	Mason	Peterborough AC
260	5032	1:06:10	Alex	Horton	Barnet & District AC
261	6028	1:06:11	Martin	Horlock	Norwich RR
262	5737	1:06:14	Paul	Williams	Hillingdon AC
263	5732	1:06:15	Paul	Leppard	Hillingdon AC
264	6710	1:06:17	Mike	Daniels	Wimbledon Windmilers RC
265	5794	1:06:21	Lee	Hayes	Kent AC
266	6051	1:06:25	Dean	Moy	Orion Harriers
267	5870	1:06:27	Liam	MacNabola	Luton AC
268	5105	1:06:30	Noel	Jones	Bedford Harriers
269	5900	1:06:31	Nick	Slade	Medway & Maidstone AC
270	6780	1:06:32	Matt	Molloy	Woodford Green AC with Essex Ladies
271	5928	1:06:33	John	Armstrong	Mornington Chasers
272	6766	1:06:35	Iain	Cumming	Woodford Green AC with Essex Ladies
273	5797	1:06:39	Pablo	Lazo	Kent AC
274	6222	1:06:42	Alistair	McColl	Serpentine RC
275	6486	1:06:42	Philip	Wetton	Thames Valley Harriers
276	6226	1:06:43	Richard	Melik	Serpentine RC
277	5747	1:06:43	Neil	Crisp	Ilford AC
278	5006	1:06:50	Mark	Clews	Aldershot Farnham & District
279	5948	1:06:53	Steve	Reid	Nene Valley Harriers
280	6033	1:06:55	Paul	Sullivan	Norwich RR
281	6186	1:06:56	Andrew	Walker	Reigate Priory AC
282	6203	1:07:05	Roger	Coyle	Serpentine RC
283	6271	1:07:08	Michael	Potticary	Shaftesbury Barnet Harriers
284	6316	1:07:10	Howard	Long	Southampton RC
285	6509	1:07:12	Phil	Cooper	Thrift Green Trotters
286	6016	1:07:14	Gregg	Hooper	Newquay & Par AC
287	6246	1:07:17	Brian	Stramer	Serpentine RC
288	6513	1:07:19	Anthony	Lame	Thrift Green Trotters
289	6588	1:07:22	Simeon	Bennett	Victoria Park H & Tower Hamlets AC
290	5188	1:07:24	Roy	Priestley	Blackheath & Bromley H AC
291	5515	1:07:31	Andy	Kellaway	Hardley Runners
292	6608	1:07:38	Neil	Tolfrey	Victory AC
293	6702	1:07:40	Stuart	Shilston	White Horse Harriers
294	5409	1:07:42	Mark	Delahunty	Ealing Southall & Middlesex AC
295	6410	1:07:45	Damian	Macenhill	Striders of Croydon
296	5288	1:07:47	Dave	Pavitt	Chelmsford AC
297	6518	1:07:48	Keith	Thornton	Thrift Green Trotters
298	6386	1:07:54	Adrian	Copp	Stopsley Striders
299	6633	1:07:58	Colin	Taylor	Watford Joggers
300	6720	1:07:59	Mike	Short	Wimbledon Windmilers RC

301	6356	1:08:02	Darren	Sutton	Springfield Striders RC
302	6594	1:08:05	John	Medcroft	Victoria Park H & Tower Hamlets AC
303	5772	1:08:08	John	Wilkins	Invicta East Kent
304	5447	1:08:09	Lee	Pollock	Epsom & Ewell Harriers
305	5508	1:08:11	Ian	Banks	Hardley Runners
306	6694	1:08:13	Matt	Hart	White Horse Harriers
307	5731	1:08:20	Richard	Jenkin	Hillingdon AC
308	6172	1:08:22	Darren	Stevens	Reading AC
309	6109	1:08:25	Jim	Aylemore	Poole Runners
310	6709	1:08:27	Emlyn	Christie	Wimbledon Windmilers RC
311	5423	1:08:29	Simon	Moore	East Grinstead & District AC
312	6216	1:08:35	Andrew	Hibbert	Serpentine RC
313	5224	1:08:37	Paul	Reddaway	Broxbourne Runners
314	6159	1:08:43	Mark	Curson	Reading AC
315	6305	1:08:45	Matt	Bracher	Southampton RC
316	6135	1:08:48	Jalal	El Bahraoui	Queens Park Harriers
317	5135	1:08:52	Jonathan	Armstrong	Bexley AC
318	6122	1:08:52	Dave	Penwarden	Poole Runners
319	5323	1:08:54	Ian	Lawson	Chiltern Harriers AC
320	5321	1:08:55	Mark	Fallowfield-Smith	Chiltern Harriers AC
321	6545	1:08:56	Robert	Alston	Trent Park RC
322	5115	1:08:56	Tom	Ellacott	Belgrave Harriers
323	5910	1:08:58	John	Knight	Metropolitan Police AC
324	5009	1:09:00	Jaime	Del Campo	Aldershot Farnham & District
325	6712	1:09:01	Robin	Hutchinson	Wimbledon Windmilers RC
326	5712	1:09:02	John	O'Shea	Highgate Harriers
327	5914	1:09:06	Nigel	Rowe	Metropolitan Police AC
328	5522	1:09:09	John	Simmonds	Hardley Runners
329	6551	1:09:16	Miles	Lakin	Trent Park RC
330	6346	1:09:21	Lyndsay	Broadbridge	Springfield Striders RC
331	6497	1:09:22	Colin	Gray	The Stragglers
332	6015	1:09:24	Graham	Hodgson	Newquay & Par AC
333	5882	1:09:30	Robby	Taylor	Marshall Milton Keynes AC
334	5443	1:09:31	Jeff	Butler	Epsom & Ewell Harriers
335	5648	1:09:33	Deron	Fagan	Herne Hill Harriers
336	6031	1:09:34	Goy	Roper	Norwich RR
337	6365	1:09:35	John	Ockenden	St.Albans Striders
338	5131	1:09:37	Matt	Whiting	Belgrave Harriers
339	6717	1:09:38	Craig	Nicol	Wimbledon Windmilers RC
340	5324	1:09:40	Steve	Perkin	Chiltern Harriers AC
341	5810	1:09:41	Nick	Clay	Leighton Buzzard AC
342	6590	1:09:41	Mick	Cairns	Victoria Park H & Tower Hamlets AC
343	6730	1:09:41	Ian	Hardcastle	Winchester & District AC
344	6385	1:09:42	Derek	Christopher	Stopsley Striders
345	5770	1:09:44	Tom	Sutton	Invicta East Kent
346	6795	1:09:48	Paul	Stockings	Woodford Green AC with Essex Ladies
347	5979	1:09:48	Andy	Tuttle	Newbury AC
348	5643	1:09:50	Simon	Coombes	Herne Hill Harriers
349	6559	1:09:50	Terry	Everest	Tunbridge Wells Harriers
350	6573	1:09:52	Henry	Edwards-Evans	Vale of Aylesbury
351	5437	1:09:56	Stewart	Pepper	Enfield & Haringey AC
352	6201	1:09:57	Ben	Cope	Serpentine RC
353	6480	1:09:58	Matt	Ponting	Thames Valley Harriers
354	5752	1:10:07	Matthew	Maple	Ilford AC
355	5973	1:10:13	James	Craggs	Newbury AC
356	5958	1:10:18	Bryan	Maillardet	New Eltham Joggers
357	5667	1:10:20	Paul	Sheil	Herne Hill Harriers
358	6384	1:10:26	John	Chapman	Stopsley Striders
359	5912	1:10:28	Luke	Lazell	Metropolitan Police AC
360	6449	1:10:29	Alistair	Kemiss	Thames Hare & Hounds

361	5517	1:10:29	Kevin	King	Hardley Runners
362	6583	1:10:33	Ian	Thompson	Vale of Aylesbury
363	6491	1:10:39	Simon	Brazil	The Stragglers
364	5903	1:10:42	Bobby	Boothroyd	Metropolitan Police AC
365	6404	1:10:45	Simon	Ambrosi	Striders of Croydon
366	5418	1:10:46	Tony	Crossley	East Grinstead & District AC
367	5462	1:10:47	Adrian	Frost	Eton Manor AC
368	6412	1:10:50	Chris	Morton	Striders of Croydon
369	5819	1:10:51	Charlie	Thompson	Leighton Buzzard AC
370	5176	1:10:53	Richard	Hall	Blackheath & Bromley H AC
371	5783	1:10:59	Ker	Macrosson	Ipswich Jaffa
372	6414	1:11:01	Mick	Turner	Striders of Croydon
373	6127	1:11:04	Jonathan	Ainsworth	Queens Park Harriers
374	6639	1:11:05	Neil	Biss	Wells City Harriers
375	5795	1:11:06	Bernie	Hutchinson	Kent AC
376	6382	1:11:07	Bill	Barrett	Stopsley Striders
377	6440	1:11:10	Nigel	Wright	Team Southampton
378	5394	1:11:13	Michael	Mann	Dulwich Runners
379	6154	1:11:22	Marc	Snaith	Ranelagh Harriers
380	5750	1:11:25	Ben	Jones	Ilford AC
381	6790	1:11:28	Clinton	Ruthven	Woodford Green AC with Essex Ladies
382	5755	1:11:35	Christopher	Togwell	Ilford AC
383	6027	1:11:38	Mark	Edwards	Norwich RR
384	6579	1:11:42	Alan	Roberts	Vale of Aylesbury
385	6200	1:11:45	Nick	Copas	Serpentine RC
386	5534	1:11:48	Sven	Meinen	Harlow RC
387	6210	1:11:48	Paul	Fromme	Serpentine RC
388	6707	1:11:49	Graham	Ball	Wimbledon Windmilers RC
389	5641	1:11:51	Edmond	Barrow	Herne Hill Harriers
390	6796	1:11:59	Iain	Thompson	Woodford Green AC with Essex Ladies
391	5701	1:12:00	Jon	Gardner	Highgate Harriers
392	6500	1:12:05	Rob	Tyman	The Stragglers
393	5757	1:12:08	Peter	Bowell	Invicta East Kent
394	5159	1:12:09	Alec	McLaren	Bideford AAC
395	5957	1:12:15	Andrew	Maconachie	New Eltham Joggers
396	5726	1:12:17	Stevan	Dokic	Hillingdon AC
397	6492	1:12:20	Graham	Brook	The Stragglers
398	6257	1:12:24	Phil	Cunningham	Shaftesbury Barnet Harriers
399	6038	1:12:28	Bill	Bennett	Orion Harriers
400	5852	1:12:28	Andy	Owen	London Heathside
401	5649	1:12:29	Ben	Halifax	Herne Hill Harriers
402	5909	1:12:32	Dick	Jackson	Metropolitan Police AC
403	6349	1:12:42	John	Clarke	Springfield Striders RC
404	6567	1:12:44	Edward	Peltor	Tunbridge Wells Harriers
405	6020	1:12:45	John	Scott	Newquay & Par AC
406	5276	1:12:46	Daniel	Rumble	Canterbury Harriers
407	6471	1:12:46	Richard	Bell	Thames Valley Harriers
408	5537	1:12:49	Rick	Ricketts	Harlow RC
409	5800	1:12:51	Adam	Morton	Kent AC
410	6569	1:12:53	Chris	Smith	Tunbridge Wells Harriers
411	6526	1:12:55	Michael	Judd	Thurrock Harriers
412	5548	1:12:56	Kevin	Concannon	Harrow AC
413	5351	1:13:09	Peter	Newton	City of Portsmouth AC
414	6811	1:13:15	Mark	Hann	Yeovil Town RRC
415	6684	1:13:16	Gary	Robinson	West 4 Harriers
416	6049	1:13:20	Dave	Milner	Orion Harriers
417	6599	1:13:21	Alexander	Bangert	Victory AC
418	5506	1:13:22	Mick	Anglim	Hardley Runners
419	6802	1:13:26	Simon	Brown	Yaxley Runners & Joggers
420	6793	1:13:29	Andy	Smith	Woodford Green AC with Essex Ladies
421	5916	1:13:32	John	Camprubi	Metros RC

422	5664	1:13:39	Justin	Rabbett	Herne Hill Harriers
423	6234	1:13:42	Brent	Plump	Serpentine RC
424	6547	1:13:46	Adrian	Edwards	Trent Park RC
425	6223	1:13:55	Phil	McCubbins	Serpentine RC
426	6214	1:13:56	Paddy	Green	Serpentine RC
427	6597	1:13:57	Rob	Pitkethly	Victoria Park H & Tower Hamlets AC
428	5786	1:14:00	John	Weston	Ipswich Jaffa
429	6355	1:14:01	Chris	Purse	Springfield Striders RC
430	5682	1:14:04	Peter	Fitzpatrick	Herts Phoenix AC
431	5030	1:14:07	Stephen	Allen	Barnet & District AC
432	6652	1:14:10	Simon	Prior	Wells City Harriers
433	6137	1:14:12	Jeremy	Grigg	Queens Park Harriers
434	6319	1:14:14	John	O'Shea	Southampton RC
435	5272	1:14:15	Colin	Kent	Canterbury Harriers
436	6353	1:14:15	Andrew	Mason	Springfield Striders RC
437	5605	1:14:16	Simon	Purchon	Headington RR
438	5739	1:14:17	Sean	Barker	Huntingdonshire AC
439	5148	1:14:20	Richard	Long	Bexley AC
440	6433	1:14:23	John	MacInnes	Team Southampton
441	5935	1:14:25	Alex	Patton	Mornington Chasers
442	5790	1:14:33	David	Childs	Kent AC
443	6275	1:14:35	Phil	Shelley	Shaftesbury Barnet Harriers
444	5298	1:14:35	John	Betts	Chichester Runners & AC
445	6772	1:14:36	Alistair	Holford	Woodford Green AC with Essex Ladies
446	6705	1:14:39	Graham	Wiggins	White Horse Harriers
447	6221	1:14:45	Justin	Lock	Serpentine RC
448	6670	1:14:51	Chris	Phillips	Werrington Joggers
449	5318	1:14:52	Roger	Ellerby	Chiltern Harriers AC
450	5933	1:14:53	Guido	Le Lerrain	Mornington Chasers
451	5784	1:14:54	Brian	Rogers	Ipswich Jaffa
452	5439	1:15:00	Rob	Stockman	Enfield & Haringey AC
453	5478	1:15:02	Roger	Hill	Fleet & Crookham AC
454	6165	1:15:04	John	Gregory	Reading AC
455	5119	1:15:15	Tom	Hadfield	Belgrave Harriers
456	6354	1:15:16	Jason	Prail	Springfield Striders RC
457	6178	1:15:17	Stewart	McIntyre	Reigate Priory AC
458	6490	1:15:20	Rob	Black	The Stragglers
459	6039	1:15:23	Quin	Broadbent	Orion Harriers
460	5264	1:15:26	Bob	Davison	Canterbury Harriers
461	5222	1:15:28	Derek	Dutchburn	Broxbourne Runners
462	6152	1:15:29	Mike	Peace	Ranelagh Harriers
463	6242	1:15:29	Chris	Saunders	Serpentine RC
464	6138	1:15:29	Frank	Nolan	Queens Park Harriers
465	5441	1:15:30	Mark	Alden	Epsom & Ewell Harriers
466	6321	1:15:35	Ian	Richardson	Southampton RC
467	5733	1:15:38	John	Myall	Hillingdon AC
468	6568	1:15:41	Michael	Russell	Tunbridge Wells Harriers
469	6637	1:15:46	Tim	Woolridge	Watford Joggers
470	6591	1:15:51	Alfredo	Dimeo	Victoria Park H & Tower Hamlets AC
471	5468	1:15:57	David	Bowker	Fairlands Valley Spartans
472	5951	1:15:58	Ian	Chidwick	New Eltham Joggers
473	6716	1:16:00	Chris	Morrison	Wimbledon Windmilers RC
474	6723	1:16:01	Andy	Weaver	Wimbledon Windmilers RC
475	6314	1:16:01	John	Keenan	Southampton RC
476	6300	1:16:04	Colin	Young	South London Harriers
477	5743	1:16:06	Martin	Rowe	Huntingdonshire AC
478	5742	1:16:07	Wayne	Gimblett	Huntingdonshire AC
479	5316	1:16:08	David	Brwingan	Chiltern Harriers AC
480	6474	1:16:13	Michael	Ingram	Thames Valley Harriers
481	6774	1:16:19	Steve	Lambert	Woodford Green AC with Essex Ladies
482	5438	1:16:22	Martin	Richardson	Enfield & Haringey AC



483	6348	1:16:23	Julian	Catmull	Springfield Striders RC
484	6627	1:16:27	Matt	Wilkins	Watford Harriers
485	6671	1:16:28	Andrew	Rawlins	Werrington Joggers
486	5788	1:16:28	Luke	Armitage	Kent AC
487	6306	1:16:31	Dave	Carter	Southampton RC
488	6686	1:16:33	Ali	Yousuf	West 4 Harriers
489	5539	1:16:34	Jon	Steadman	Harlow RC
490	5450	1:16:34	Gerry	Smith	Epsom & Ewell Harriers
491	6589	1:16:39	Rob	Birchley	Victoria Park H & Tower Hamlets AC
492	5841	1:16:41	Alan	Dickson	London Heathside
493	5672	1:16:45	Andy	Ward	Herne Hill Harriers
494	5026	1:16:46	Ian	King	Ashford AC
495	6548	1:16:48	John	Flannery	Trent Park RC
496	6676	1:16:50	Andy	Bowen	West 4 Harriers
497	5348	1:16:51	Nials	Davies	City of Portsmouth AC
498	6628	1:16:52	Jonnie	Wray	Watford Harriers
499	5738	1:16:57	Christopher	Lee	Horsham Blue Star Harriers
500	6701	1:16:59	John	Peake	White Horse Harriers
501	6493	1:17:03	Nick	Brown	The Stragglers
502	5981	1:17:04	Rick	Wyatt	Newbury AC
503	5109	1:17:06	Alistair	Vile	Bedford Harriers
504	6313	1:17:07	Keith	Hollis	Southampton RC
505	6078	1:17:12	Ray	Wilson	Peterborough AC
506	6335	1:17:14	David	Hurley	Southend-on-Sea AC
507	6661	1:17:21	Ed	Willingham	Wells City Harriers
508	5661	1:17:25	Valdis	Pauzers	Herne Hill Harriers
509	6383	1:17:30	Graham	Busch	Stopsley Striders
510	5263	1:17:34	Mark	Cooper	Canterbury Harriers
511	5424	1:17:36	Lance	Quirico	East Grinstead & District AC
512	6660	1:17:38	Rex	Whitcombe	Wells City Harriers
513	6640	1:17:40	Paul	Chadwick	Wells City Harriers
514	5396	1:17:45	Andrew	Murray	Dulwich Runners
515	6553	1:17:47	David	Meller	Trent Park RC
516	5268	1:17:56	Jason	Furminger	Canterbury Harriers
517	5274	1:17:58	Steve	Reynolds	Canterbury Harriers
518	5271	1:18:06	Joe	Hicks	Canterbury Harriers
519	5157	1:18:11	Kevin	Winch	Bexley AC
520	6586	1:18:15	Peter	Simpson	Vegan Runners UK
521	5768	1:18:17	Tom	Purnell	Invicta East Kent
522	6174	1:18:18	Alan	Wylie	Reading AC
523	5158	1:18:21	David	Winfield	Bexley AC
524	5950	1:18:22	Peter	Cane	New Eltham Joggers
525	5721	1:18:22	John	Bignell	Hillingdon AC
526	6722	1:18:25	Jamie	Wardell	Wimbledon Windmilers RC
527	6641	1:18:27	Geoff	Cole	Wells City Harriers
528	6538	1:18:31	Edward	Skinner	Tiptree RRC
529	5469	1:18:35	Jim	Brown	Fairlands Valley Spartans
530	6598	1:18:38	Simon	Preuveneers	Victoria Park H & Tower Hamlets AC
531	6677	1:18:39	John	De Castro	West 4 Harriers
532	6239	1:18:48	Damon	Reeve	Serpentine RC
533	5225	1:18:50	Andy	Tant	Broxbourne Runners
534	5524	1:18:52	David	Ayling	Harlow RC
535	6293	1:18:52	Peter	Emery	South London Harriers
536	5511	1:18:55	Mark	Darcy	Hardley Runners
537	6501	1:19:01	Richard	Dolman	Thetford AC
538	5573	1:19:02	Mark	Reece	Hastings AC
539	6714	1:19:05	Sacha	Kenny	Wimbledon Windmilers RC
540	5679	1:19:09	Richard	Bloom	Herts Phoenix AC
541	5941	1:19:10	Harris	David	Nene Valley Harriers
542	6689	1:19:13	Ian	Brennan	White Horse Harriers
543	5254	1:19:17	John	Murphy	Cambridge Harriers

544	5356	1:19:21	Roger	Alexander	Colchester & Tendring AC
545	5926	1:19:26	David	Young	Metros RC
546	5554	1:19:28	Kevin	Draper	Harrow AC
547	5556	1:19:29	Richard	Francis	Harrow AC
548	5207	1:19:33	Mark	Lee	Bracknell AC
549	6395	1:19:33	Paul	Keech	Stopsley Striders
550	6631	1:19:39	Scott	Mitchell	Watford Joggers
551	6390	1:19:43	Jeff	Dowsett	Stopsley Striders
552	6544	1:19:46	Malcolm	Allen	Trent Park RC
553	5954	1:19:51	Nigel	Kent	New Eltham Joggers
554	5942	1:19:52	Steve	Gibb	Nene Valley Harriers
555	6610	1:20:09	Mark	Wilson	Victory AC
556	5961	1:20:11	Simon	Riley	New Eltham Joggers
557	5350	1:20:26	Lee	Jones	City of Portsmouth AC
558	5269	1:20:40	Neil	Godden	Canterbury Harriers
559	5343	1:20:49	Paul	Woodyatt	City of Norwich AC
560	6750	1:20:53	Mick	Hill	Windsor Slough Eton & Hounslow AC
561	6499	1:20:55	Roy	Reeder	The Stragglers
562	5426	1:20:58	Steve	Warner	East Grinstead & District AC
563	6179	1:20:59	Paddy	Patrick	Reigate Priory AC
564	5820	1:20:59	Fred	Watt	Leighton Buzzard AC
565	6561	1:21:01	George	Harris	Tunbridge Wells Harriers
566	5217	1:21:06	Andrew	Mitchelson	Brighton & Hove City AC
567	6093	1:21:22	Julian	Holder	Pitsea RC
568	5922	1:21:29	Alastair	Scoffham	Metros RC
569	5977	1:21:33	Paul	Reeves	Newbury AC
570	6018	1:21:50	Simon	Howard	Newquay & Par AC
571	5529	1:21:57	Matthew	Jones	Harlow RC
572	5143	1:22:06	Peter	Griffiths	Bexley AC
573	5519	1:22:14	David	McElhenny	Hardley Runners
574	5430	1:22:16	Neil	Barnaby	Enfield & Haringey AC
575	5266	1:22:17	Andy	Farrant	Canterbury Harriers
576	6237	1:22:17	Chris	Priestly	Serpentine RC 6237
577	6546	1:22:23	Nick	Clarke	Trent Park RC
578	5106	1:22:31	Tom	Lamb	Bedford Harriers
579	5277	1:22:33	Alastair	Telford	Canterbury Harriers
580	6405	1:22:35	Matt	Anderson	Striders of Croydon
581	6431	1:22:37	Peter	Haynes	Team Southampton
582	6133	1:22:43	Richard	Davies	Queens Park Harriers
583	5866	1:22:51	Richard	Hardy	Luton AC
584	6272	1:22:58	Ray	Powell	Shaftesbury Barnet Harriers
585	6556	1:23:03	Allan	Cheek	Tunbridge Wells Harriers
586	6606	1:23:16	Robert	Kitt	Victory AC
587	5736	1:23:37	Kevin	Waterman	Hillingdon AC
588	5931	1:23:38	Gary	Homewood	Mornington Chasers
589	5347	1:23:40	Paul	Cardy	City of Portsmouth AC
590	6324	1:23:41	David	Roots	Southampton RC
591	5952	1:23:47	John	Daly	New Eltham Joggers
592	6303	1:23:50	Jim	Bennett	Southampton RC
593	5807	1:23:51	Gerald	Baron	Larkfield AC
594	6095	1:23:56	Roger	Merchant	Pitsea RC
595	5856	1:24:01	Nik	Skipper	London Heathside
596	6258	1:24:03	Russell	Devitt	Shaftesbury Barnet Harriers
597	6477	1:24:03	Simon	Maddison	Thames Valley Harriers
598	6743	1:24:05	Stephen	Arscott	Windsor Slough Eton & Hounslow AC
599	6360	1:24:07	Graham	Clarke	St.Albans Striders
600	5829	1:24:13	Ian	Greenaway	Lingfield RC
601	5535	1:24:32	Graham	Pugh	Harlow RC
602	6685	1:24:34	Keith	Simpson	West 4 Harriers
603	5826	1:24:39	Tim	Aylett	Lingfield RC
604	6674	1:24:41	Geoff	Walden	Werrington Joggers

605	6806	1:24:52	Lenny	Peacock	Yaxley Runners & Joggers
606	6502	1:24:53	Carl	Higgins	Thetford AC
607	6713	1:25:00	Quentin	Jones	Wimbledon Windmilers RC
608	5041	1:25:08	John	Owen	Barnet & District AC
609	5964	1:25:10	Bob	Thomas	New Eltham Joggers
610	5966	1:25:16	Steve	Walker	New Eltham Joggers
611	5955	1:25:21	John	Leach	New Eltham Joggers
612	6143	1:25:24	Lennie	Thomas	Queens Park Harriers
613	6809	1:25:24	Tim	Stone	Yaxley Runners & Joggers
614	5403	1:25:29	Dave	West	Dulwich Runners
615	6399	1:25:37	Lance	Richardson	Stopsley Striders
616	5765	1:25:43	Tim	Kerr	Invicta East Kent
617	6389	1:25:52	Dave	Debnam	Stopsley Striders
618	5223	1:25:59	Andy	Hyland	Broxbourne Runners
619	5452	1:26:05	Keith	Reed	Erme Valley Harriers
620	6704	1:26:21	Dene	Stringfellow	White Horse Harriers
621	6145	1:26:27	Phil	Aitken	Ranelagh Harriers
622	6600	1:26:34	Graham	Foden	Victory AC
623	5149	1:26:48	Philip	Mathieson	Bexley AC
624	5740	1:26:49	Kevin	Baulk	Huntingdonshire AC
625	5976	1:27:03	Steve	Peppitt	Newbury AC
626	6416	1:27:04	Martin	Garrett	Sudbury Court RC
627	6804	1:27:13	Sean	Murphy	Yaxley Runners & Joggers
628	6504	1:27:34	Paul	Taverner	Thetford AC
629	6731	1:27:46	Ken	Hardcastle	Winchester & District AC
630	6634	1:27:48	Keith	Taylor	Watford Joggers
631	5924	1:28:03	David	Swan	Metros RC
632	5959	1:28:08	Sean	McGranaghan	New Eltham Joggers
633	6549	1:28:16	Ben	Gelister	Trent Park RC
634	5593	1:28:18	John	Cope	Headington RR
635	5727	1:28:25	Brian	Feldman	Hillingdon AC
636	5315	1:28:30	Trevor	Brawn	Chiltern Harriers AC
637	5918	1:28:51	John	Gorton	Metros RC
638	5230	1:29:40	Richard	Coleman	Burnham Joggers
639	6503	1:30:14	Dean	Kirton	Thetford AC
640	5915	1:30:19	Terry	Burke	Metros RC
641	5965	1:30:23	Keith	Unitt	New Eltham Joggers
642	6483	1:30:30	Anthony	Smith	Thames Valley Harriers
643	6026	1:31:04	Mark	Burrows	Norwich RR
644	6602	1:31:25	Malcolm	Hagan	Victory AC
645	5956	1:31:33	David	Lewis	New Eltham Joggers
646	6320	1:31:46	Richard	Pearson	Southampton RC
647	5758	1:32:10	Brad	Burden	Invicta East Kent
648	5825	1:32:16	Paul	Allen	Lingfield RC
649	5509	1:32:43	Jeremy	Barber	Hardley Runners
650	5827	1:33:04	James	Clegg	Lingfield RC
651	6601	1:33:13	John	Gallagher	Victory AC
652	5836	1:33:16	David	Wilkes	Lingfield RC
653	5451	1:33:31	David	Fox	Erme Valley Harriers
654	6108	1:33:47	George	Wright	Poole AC
655	6550	1:33:48	Mark	Jackson	Trent Park RC
656	6041	1:34:07	Pete	Deadman	Orion Harriers
657	5528	1:36:29	Jason	Haigh	Harlow RC
658	6570	1:36:31	Bryon	Taylor	Tunbridge Wells Harriers
659	6301	1:36:54	David	Adams	Southampton RC
660	5273	1:37:22	Bob	Pullen	Canterbury Harriers
661	6387	1:37:39	Ian	Cousins	Stopsley Striders
662	5962	1:37:54	Ray	Smith	New Eltham Joggers
663	6141	1:38:27	Aaron	Smith	Queens Park Harriers
664	5608	1:38:35	Kit	Villiers	Headington RR
665	6810	1:38:40	Richard	Vernon	Yaxley Runners & Joggers

666	5520	1:39:08	Ray	Noke	Hardley Runners
667	5932	1:40:03	Bobby	Howe	Mornington Chasers
668	5835	1:42:54	Kio	Vejdani	Lingfield RC
669	5657	1:45:28	Andrew	Lea-Gerrard	Herne Hill Harriers
670	6091	1:48:58	Peter	Bates	Pitsea RC
671	6132	1:50:35	Alex	Brodie	Queens Park Harriers
672	5317	1:51:10	Martyn	Cartwright	Chiltern Harriers AC

<b>Pos</b>	<b>Points</b>	<b>Team Name</b>	<b>Placings</b>
1	162	Winchester & District AC	( 9 17 25 27 36 48 )
2	201	Newham & Essex Beagles	( 11 18 22 31 57 62 )
3	210	Bedford & County AC	( 3 6 10 50 59 82 )
4	274	Belgrave Harriers	( 1 28 40 41 80 84 )
5	339	Kent AC	( 7 24 67 68 81 92 )
6	361	Harrow AC	( 19 32 33 60 89 128 )
7	390	Aldershot Farnham & District	( 5 35 44 74 101 131 )
8	393	Herne Hill Harriers	( 29 37 45 73 77 132 )
9	505	Thames Hare & Hounds	( 23 46 72 79 108 177 )
10	518	Woodford Green AC with Essex Ladies	( 20 52 61 96 117 172 )
11	570	Shaftesbury Barnet Harriers	( 14 16 47 51 159 283 )
12	815	Highgate Harriers	( 66 85 109 144 201 210 )
13	859	Medway & Maidstone AC	( 4 121 127 164 174 269 )
14	861	Poole Runners	( 15 56 70 93 309 318 )
15	868	Serpentine RC	( 114 123 134 151 165 181 )
16	958	Wells City Harriers	( 49 133 140 195 197 244 )
17	989	Hillingdon AC	( 95 102 155 173 224 240 )
18	1008	Southampton RC	( 71 103 167 214 223 230 )
19	1070	London Heathside	( 136 157 179 189 200 209 )
20	1149	Enfield & Haringey AC	( 12 169 180 191 246 351 )
21	1302	Norwich RR	( 146 199 203 213 261 280 )
22	1307	Windsor Slough Eton & Hounslow AC	( 2 21 30 98 559 597 )
23	1462	Headington RR	( 142 186 220 221 256 437 )
24	1535	Barnet & District AC	( 183 215 218 228 260 431 )
25	1587	Thames Valley Harriers	( 148 161 243 275 353 407 )
26	1634	Ilford AC	( 65 176 277 354 380 382 )
27	1657	Reading AC	( 139 193 249 308 314 454 )
28	1665	St.Albans Striders	( 100 143 235 252 337 598 )
29	1698	Team Southampton	( 58 75 168 377 440 580 )
30	1737	Epsom & Ewell Harriers	( 54 90 304 334 465 490 )
31	1862	Trent Park RC	( 130 163 321 329 424 495 )
32	1895	Invicta East Kent	( 116 217 303 345 393 521 )
33	1926	Wimbledon Windmilers RC	( 264 300 310 325 339 388 )
34	1928	Metropolitan Police AC	( 153 323 327 359 364 402 )
35	1984	Victoria Park H & Tower Hamlets AC	( 154 289 302 342 427 470 )
36	2170	The Stragglers	( 229 331 363 392 397 458 )
37	2213	Newbury AC	( 219 222 347 355 502 568 )
38	2239	Hardley Runners	( 291 305 328 361 418 536 )
39	2271	White Horse Harriers	( 184 293 306 446 500 542 )
40	2302	Orion Harriers	( 107 266 399 416 459 655 )
41	2355	Springfield Striders RC	( 301 330 403 429 436 456 )
42	2377	Tunbridge Wells Harriers	( 182 349 404 410 468 564 )
43	2394	Queens Park Harriers	( 227 316 373 433 464 581 )
44	2434	Stopsley Striders	( 298 344 358 376 509 549 )
45	2542	Chiltern Harriers AC	( 319 320 340 449 479 635 )
46	2559	Canterbury Harriers	( 232 406 435 460 510 516 )
47	2855	New Eltham Joggers	( 356 395 472 524 553 555 )
48	2987	Harlow RC	( 386 408 489 534 570 600 )
49	2991	Bexley AC	( 317 439 519 523 571 622 )
50	3112	Victory AC	( 292 417 554 585 621 643 )
51	3438	Metros RC	( 421 545 567 630 636 639 )
52	3815	Lingfield RC	( 599 602 647 649 651 667 )

JUNIOR MEN

Pos	RaceNo	Time	Firstname	Lastname	Club
1	3645	28:34	Ronnie	Sparke	Woodford Green AC with Essex Ladies
2	3596	28:45	Ben	Hunter	Southend-on-Sea AC
3	3535	29:09	Daniel	Clorley	Luton AC
4	3625	29:13	Philip	Berntsen	Winchester & District AC
5	3411	29:15	Steve	Scullion	Aldershot Farnham & District
6	3583	29:25	Dominic	Easter	Shaftesbury Barnet Harriers
7	3413	29:35	Joe	Wade	Aldershot Farnham & District
8	3414	29:41	Tom	Wade	Aldershot Farnham & District
9	3485	29:47	Shaun	Collins	Enfield & Haringey AC
10	3431	29:51	Stephen	Tuttle	Bedford & County AC
11	5863	29:56	Tom	Best	Luton AC
12	3458	30:01	Luke	Allen	City of Norwich AC
13	3558	30:02	Jack	Stroud	Orion Harriers
14	3462	30:03	Ashley	Harrell	City of Norwich AC
15	3489	30:04	Matt	Sharp	Enfield & Haringey AC
16	3624	30:07	Tom	Anderson	Winchester & District AC
17	3629	30:09	Jamie	Knapp	Winchester & District AC
18	3405	30:12	Josh	Gorecki	Aldershot Farnham & District
19	3579	30:15	William	Mackay	Riverside Runners
20	3623	30:21	Tim	Traynor	White Horse Harriers
21	3410	30:32	Mickey	Reed	Aldershot Farnham & District
22	3501	30:35	Adam	Clarke	Hastings AC
23	3585	30:40	Jake	Shelley	Shaftesbury Barnet Harriers
24	3574	30:41	Ralph	Street	Ranelagh Harriers
25	3628	30:43	Max	Kiralyfi	Winchester & District AC
26	3612	30:43	James	Taylor	Tonbridge AC
27	3519	30:43	Robert	Thompson	Hillingdon AC
28	3598	30:44	Paul	Whittaker	Southend-on-Sea AC
29	3526	30:46	Elliot	Palmer	Ipswich Harriers
30	3470	30:47	Matthew	Cleave	Cornwall AC
31	3564	30:48	Matthew	Barrie	Phoenix AC
32	3638	30:48	Gavin	Lewis	Woodford Green AC with Essex Ladies
33	3425	30:49	Robert	Heaney	Bedford & County AC
34	3581	30:50	Tommy	Bryant	Shaftesbury Barnet Harriers
35	3426	30:54	George	Kemp	Bedford & County AC
36	3580	30:54	Sagib	Benaim	Shaftesbury Barnet Harriers
37	3637	30:54	Angus	Holford	Woodford Green AC with Essex Ladies
38	3506	30:54	Grant	Twist	Havering Mayesbrook AC
39	3471	31:01	Ryan	Cleave	Cornwall AC
40	3443	31:06	Frank	Kilama	Blackheath & Bromley H AC
41	3423	31:11	Alex	Bellew	Bedford & County AC
42	3611	31:13	Harry	Paton	Tonbridge AC
43	3415	31:13	Tim	Burt	Ashford AC
44	3449	31:18	Will	Mycroft	Cambridge & Coleridge AC
45	3604	31:23	Sam	Bradley	Tonbridge AC
46	3475	31:26	Jack	Swallow	Crawley AC
47	3595	31:31	Lloyd	Hartman	Southend-on-Sea AC
48	3577	31:34	Carl	Bradbury	Reading AC
49	3615	31:37	Jonathan	Laybourne	West Norfolk AC
50	3472	31:47	Chris	Dobson	Cornwall AC
51	3466	31:54	James	Teuten	City of Portsmouth AC
52	3477	31:56	Sam	Ashcroft	Ealing Southall & Middlesex AC
53	3421	31:59	Dan	Francis	Basingstoke & Mid Hants AC
54	3582	32:00	Billy	Collins	Shaftesbury Barnet Harriers
55	3626	32:01	Callum	Brown	Winchester & District AC
56	3549	32:03	Richard	Pawlak	Nene Valley Harriers
57	3407	32:07	Danny	Heathcote	Aldershot Farnham & District
58	3492	32:08	Alex	Hawkins	Epsom & Ewell Harriers

59	3636	32:09	Craig	Berg	Woodford Green AC with Essex Ladies
60	3568	32:12	Joe	Walden	Poole AC
61	3440	32:13	Alex	Bruce Littlewood	Blackheath & Bromley H AC
62	3601	32:16	Mohamud	Aadan	Thames Valley Harriers
63	3578	32:23	Daniel	Thorne	Reading AC
64	3619	32:33	Andrew	Ridley	West Suffolk AC
65	3614	32:34	Kurt	Wolfe	Tonbridge AC
66	3481	32:36	Luke	Nicholas	Ealing Southall & Middlesex AC
67	3502	32:47	Stefan	Emary	Hastings AC
68	3593	32:50	Howard	Clarke	Southend-on-Sea AC
69	3476	32:58	Nick	Wood	Dartford Harriers AC
70	3551	33:07	Josh	Reed	Nene Valley Harriers
71	3610	33:14	Chris	Kiely	Tonbridge AC
72	3432	33:31	Sam	Wallbank	Bedford & County AC
73	3495	33:39	Daniel	Powell	Hardley Runners
74	3532	33:41	Toby	Edwards	Jersey Spartan AC
75	3402	34:09	Chris	Bounds	Aldershot Farnham & District
76	3487	34:14	Alex	Milne	Enfield & Haringey AC
77	3479	34:16	Christopher	Hepworth	Ealing Southall & Middlesex AC
78	3401	34:21	Josh	Arnold	Aldershot Farnham & District
79	3523	34:41	Nick	Little	Invicta East Kent
80	3512	35:04	Alex	Robinson	Hercules Wimbledon AC
81	3417	35:19	Robert	Dennis	Ashford AC
82	3491	35:30	Alex	Byrne	Epsom & Ewell Harriers
83	3524	35:43	Timothy	Byford	Ipswich Harriers
84	3503	35:47	Jason	Jeffery	Hastings AC
85	3559	35:49	Jason	Burke	Peterborough AC
86	3554	35:54	George	Guthrie	Newham & Essex Beagles
87	3416	36:01	Richard	Daggar	Ashford AC
88	3567	36:05	Greg	Shrosbree	Poole AC
89	3494	36:48	Jamie	King	Epsom & Ewell Harriers
90	3599	37:02	Nicholas	Batten	Striders of Croydon
91	3561	37:23	Peter	Davies	Peterborough AC
92	3422	37:47	Daniel	Short	Basingstoke & Mid Hants AC
93	3603	38:22	Rhys	Tyler	Thetford AC
94	3484	40:14	Martin	Shelley	Ealing Southall & Middlesex AC

Pos	Points	Team Name	Placings
1	38	Aldershot Farnham & District	( 5 7 8 18 )
2	62	Winchester & District AC	( 4 16 17 25 )
3	99	Shaftesbury Barnet Harriers	( 6 23 34 36 )
4	119	Bedford & County AC	( 10 33 35 41 )
5	129	Woodford Green AC with Essex Ladies	( 1 32 37 59 )
6	145	Southend-on-Sea AC	( 2 28 47 68 )
7	178	Tonbridge AC	( 26 42 45 65 )
8	289	Ealing Southall & Middlesex AC	( 52 66 77 94 )

#### UNDER 17 MEN

Pos	RaceNo	Time	Firstname	Lastname	Club
1	2204	20:25	Jonny	Hay	Aldershot Farnham & District
2	2421	20:29	Shaun	Webb	Ipswich Harriers
3	2506	20:50	Richard	Goodman	Shaftesbury Barnet Harriers
4	2241	21:04	Jack	Goodwin	Bedford & County AC
5	2488	21:20	Adam	Sloan	Poole AC
6	2542	21:22	Josh	Bentham	Tonbridge AC
7	2525	21:29	Tom	Frith	Southend-on-Sea AC
8	2544	21:30	Andrew	Combs	Tonbridge AC
9	2203	21:32	Joshua	Grace	Aldershot Farnham & District
10	2483	21:33	Finn	McNally	Phoenix AC
11	2548	21:42	Seb	Harding	Tonbridge AC
12	2461	21:44	Chris	Wright	Nene Valley Harriers

13	2432	21:50	John	McDonnell	Luton AC
14	2202	21:51	Ian	Bailey	Aldershot Farnham & District
15	2526	21:54	George	Moxon	Southend-on-Sea AC
16	2561	22:01	Alex	Dunbar	West Suffolk AC
17	2301	22:02	Samuel	Cheverton	City of Norwich AC
18	2589	22:02	Robert	Meadows	Woodford Green AC with Essex Ladies
19	2226	22:03	Jonathan	Bradford	Basingstoke & Mid Hants AC
20	2414	22:06	Jason	Prickett	Invicta East Kent
21	2304	22:07	James	Jackson	City of Norwich AC
22	2510	22:08	Evan	McKenzie	Shaftesbury Barnet Harriers
23	2507	22:12	Charles	Gunning	Shaftesbury Barnet Harriers
24	2309	22:13	Ben	Stanton	City of Norwich AC
25	2206	22:15	Will	Newnham	Aldershot Farnham & District
26	2319	22:16	Alex	Teuten	City of Portsmouth AC
27	2344	22:18	Dean	Scott	Enfield & Haringey AC
28	2417	22:19	John	Bird	Ipswich Harriers
29	2302	22:19	Thomas	Crawshaw	City of Norwich AC
30	2504	22:22	Frank	Bailey	Shaftesbury Barnet Harriers
31	2435	22:23	Daniel	Woodgate	Luton AC
32	2264	22:24	James	McCarthy	Brighton & Hove City AC
33	2471	22:25	Frankie	Conway	Orion Harriers
34	2313	22:27	Harry	Carter	City of Portsmouth AC
35	2363	22:28	Ross	Skelton	Hastings AC
36	2312	22:29	Toby	Brimecome	City of Portsmouth AC
37	2566	22:31	Nathan	Ditton	Windsor Slough Eton & Hounslow AC
38	2325	22:34	James	Waldie	Cornwall AC
39	2371	22:34	Callum	Sutton	Havering Mayesbrook AC
40	2478	22:35	Jacob	Wisbey	Peterborough AC
41	2305	22:35	Oliver	Maskell	City of Norwich AC
42	2585	22:37	Alex	Cornwell	Woodford Green AC with Essex Ladies
43	2346	22:38	Eliot	Buckner	Erme Valley Harriers
44	2564	22:39	Dominic	Thackery	West Suffolk AC
45	2444	22:40	Josh	Elogrfield	Medway & Maidstone AC
46	2369	22:42	Daniel	Shanney	Havering Mayesbrook AC
47	2416	22:42	Jordan	Ali	Ipswich Harriers
48	2391	22:43	Tom	Gough	Herts Phoenix AC
49	2551	22:46	James	Pigot	Tonbridge AC
50	2214	22:47	Chris	Berntsen	Andover AC
51	2382	22:48	Liam	White	Hercules Wimbledon AC
52	2576	22:48	Elliott	Woolmer	Windsor Slough Eton & Hounslow AC
53	2459	22:49	Callum	Ramsey	Nene Valley Harriers
54	2434	22:51	Sean	Still	Luton AC
55	2205	22:52	Jack	Lee	Aldershot Farnham & District
56	2527	22:53	David	Smale	Southend-on-Sea AC
57	2255	22:55	Henry	Jarvis	Bodyworks XTC Tri Store
58	2595	23:00	Tom	Marsden	Worthing & District Harriers
59	2418	23:03	Andrew	Constable	Ipswich Harriers
60	2376	23:04	Geordie	Logan	Hercules Wimbledon AC
61	2569	23:07	Nick	Lingley	Windsor Slough Eton & Hounslow AC
62	2308	23:07	James	Senior	City of Norwich AC
63	2253	23:13	Hector	Kurtyanek	Blackheath & Bromley H AC
64	2402	23:16	James	Laing	Hillingdon AC
65	2578	23:19	Richard	Calder	Woking AC
66	2550	23:19	Will	Mitham	Tonbridge AC
67	2430	23:19	Peter	Benedickter	Luton AC
68	2477	23:21	Ed	Gunby	Peterborough AC
69	2265	23:22	Kieran	Silsby	Brighton & Hove City AC
70	2455	23:23	Edward	Hewitt	Nene Valley Harriers
71	2269	23:31	Nick	Burch	Cambridge & Coleridge AC
72	2231	23:32	Stephen	Reid	Basingstoke & Mid Hants AC
73	2533	23:32	Taylor	Nunn	St.Mary's Richmond AC

74	2246	23:34	Sam	Risby	Bexley AC
75	2557	23:35	Thomas	Thick	Wells City Harriers
76	2460	23:37	Tom	Rodgers	Nene Valley Harriers
77	2399	23:38	Gavin	Barclay	Hillingdon AC
78	2516	23:40	Jack	Bourne	South London Harriers
79	2420	23:42	Andrew	Tanner	Ipswich Harriers
80	2261	23:44	Mitchell	White	Bracknell AC
81	2530	23:45	Grant	Bridgman	St.Mary's Richmond AC
82	2236	23:46	Matthew	Bergin	Bedford & County AC
83	2260	23:47	Henry	Mitchell	Bracknell AC
84	2389	23:48	Samuel	Woods	Herne Hill Harriers
85	2303	23:49	Thomas	Francis	City of Norwich AC
86	2546	23:50	Tom	Cox	Tonbridge AC
87	2347	23:52	Andrew	Reed	Erme Valley Harriers
88	2409	23:53	Carl	Yates	Hillingdon AC
89	2563	23:57	Alex	Groiss	West Suffolk AC
90	2278	23:59	Ryan	Judge	Chelmsford AC
91	2545	24:00	James	Cotterill	Tonbridge AC
92	2602	24:02	Sanjay	Sivia	Wycombe Phoenix Harriers & AC
93	2380	24:03	Joe	Toomey	Hercules Wimbledon AC
94	2329	24:04	Sam	Highfield	Dacorum & Tring AC
95	2400	24:05	James	Francis	Hillingdon AC
96	2266	24:06	Chris	Woolcott	Brighton & Hove City AC
97	2579	24:07	Jack	Cossons	Woking AC
98	2523	24:07	Alan	Brittain	Southend-on-Sea AC
99	2452	24:13	Scott	Forman	Nene Valley Harriers
100	2393	24:14	David	Wilson	Herts Phoenix AC
101	2486	24:16	George	Atkins	Poole AC
102	2263	24:17	Will	Grey	Brighton & Hove City AC
103	2419	24:17	Jim	Norris	Ipswich Harriers
104	2243	24:19	Luke	Turnbull	Bedford & County AC
105	2515	24:19	Jack-Perry	Williams	Shaftesbury Barnet Harriers
106	2370	24:21	Thomas	Shanney	Havering Mayesbrook AC
107	2207	24:22	Jordan	Nutbrown	Aldershot Farnham & District
108	2437	24:25	Matt	Eagar	Marshall Milton Keynes AC
109	2317	24:29	Ben	Placidi	City of Portsmouth AC
110	2208	24:30	Sean	Nutbrown	Aldershot Farnham & District
111	2415	24:31	James	Reilly	Invicta East Kent
112	2324	24:33	Sam	Harry	Cornwall AC
113	2513	24:34	Ryan	Stephenson	Shaftesbury Barnet Harriers
114	2237	24:39	George	Burkitt	Bedford & County AC
115	2372	24:43	Joseph	Waked	Havering Mayesbrook AC
116	2469	24:47	Tyler	Westby	Newquay & Par AC
117	2422	24:49	Sam	Bennett	Lewes AC
118	2499	24:50	Jack	Gregory	Reading AC
119	2218	24:51	Andrew	Robertson	Ashford AC
120	2298	24:52	Robert	Smith	Chiltern Harriers AC
121	2351	24:52	Julian	Tamplin	Harlow RC
122	2396	24:53	George	Laing	Highgate Harriers
123	2259	24:54	Sam	London	Bracknell AC
124	2549	24:55	Michael	Mason	Tonbridge AC
125	2267	24:56	Chris	Phillips-Hart	Camberley & District AC
126	2227	24:57	Darren	Carr	Basingstoke & Mid Hants AC
127	2271	24:59	Ben	Whittle	Cambridge & Coleridge AC
128	2268	25:01	John	Baslington	Cambridge & Coleridge AC
129	2451	25:04	Henry	Dunn	Nene Valley Harriers
130	2457	25:09	David	Newton	Nene Valley Harriers
131	2339	25:11	Tom	Fallon	Enfield & Haringey AC
132	2412	25:12	Josh	Freemont	Invicta East Kent
133	2581	25:13	Shane	Streeter	Woking AC
134	2388	25:17	Henry	Sutcliffe	Herne Hill Harriers



135	2537	25:17	Matthew	Myers	Thames Valley Harriers
136	2447	25:17	Ben	Sayer	Medway & Maidstone AC
137	2465	25:19	David	Kail	Newham & Essex Beagles
138	2247	25:20	Jacob	Tanner	Bexley AC
139	2219	25:20	Warren	Uden	Ashford AC
140	2364	25:21	Max	Thomas	Hastings AC
141	2306	25:22	Damian	Rogers	City of Norwich AC
142	2373	25:23	Anthony	Rawbin	Haywards Heath Harriers
143	2456	25:25	Josh	Lunn	Nene Valley Harriers
144	2554	25:26	Adam	Bowman	Trent Park RC
145	2332	25:28	Anthony	Shaw	Ealing Southall & Middlesex AC
146	2274	25:37	Joe	Simmons	Cambridge Harriers
147	2559	25:44	Jack	Trow	West Norfolk AC
148	2307	25:45	Micah	Rogers	City of Norwich AC
149	2315	25:46	Sebastian	Green	City of Portsmouth AC
150	2356	25:47	Adam	Gribben	Harrow AC
151	2361	25:47	Kris	Evrett-Aronnsen	Hastings AC
152	2520	25:48	Martin	Parry	South London Harriers
153	2215	25:49	Chris	Blandford	Ashford AC
154	2277	26:03	Connar	Judge	Chelmsford AC
155	2257	26:04	Chris	Larsen	Bracknell AC
156	2470	26:08	Christopher	Atkins	Orion Harriers
157	2558	26:13	Luke	Daynes	Werrington Joggers
158	2334	26:20	Myles	Vale	Ealing Southall & Middlesex AC
159	2540	26:30	Phil	Waity	Thetford AC
160	2248	26:41	Tommy	Taylor	Bexley AC
161	2454	26:48	Darrelior	Hamilton	Nene Valley Harriers
162	2522	26:52	Kyle	Aldridge	Southend-on-Sea AC
163	2345	27:18	Reece	Surrudge	Enfield & Haringey AC
164	2580	27:23	Jake	Leonard	Woking AC
165	2462	27:24	Mikhail	Barnwell	Newham & Essex Beagles
166	2323	27:25	Daniel	Drew	Cornwall AC
167	2597	27:54	John	Morrey	Worthing & District Harriers
168	2330	28:03	Chris	Pope	Dacorum & Tring AC
169	2270	28:35	Benedict	Kennard	Cambridge & Coleridge AC
170	2407	28:37	Matthew	Walton	Hillingdon AC
171	2242	28:38	Patrick	Stewart	Bedford & County AC
172	2555	28:44	Alfie	Evans	Trent Park RC
173	2411	28:45	George	Bullock	Invicta East Kent
174	2258	29:03	Richard	Lee	Bracknell AC
175	2383	29:24	Senar	Etam	Herne Hill Harriers
176	2539	29:49	Christopher	Ray	Thanet RR AC
177	2593	29:53	Daniel	Yaxley	Woodford Green AC with Essex Ladies
178	2404	30:01	A	Pal	Hillingdon AC
179	2577	30:03	Matthew	Calder	Woking AC
180	2405	32:59	R	Solanki	Hillingdon AC

Pos	Points	Team Name	Placings
1	49	Aldershot Farnham & District	( 1 9 14 25 )
2	74	Tonbridge AC	( 6 8 11 49 )
3	78	Shaftesbury Barnet Harriers	( 3 22 23 30 )
4	91	City of Norwich AC	( 17 21 24 29 )
5	136	Ipswich Harriers	( 2 28 47 59 )
6	165	Luton AC	( 13 31 54 67 )
7	176	Southend-on-Sea AC	( 7 15 56 98 )
8	205	City of Portsmouth AC	( 26 34 36 109 )
9	211	Nene Valley Harriers	( 12 53 70 76 )
10	299	Brighton & Hove City AC	( 32 69 96 102 )
11	304	Bedford & County AC	( 4 82 104 114 )
12	306	Havering Mayesbrook AC	( 39 46 106 115 )
13	324	Hillingdon AC	( 64 77 88 95 )
14	436	Invicta East Kent	( 20 111 132 173 )

15	441	Bracknell AC	( 80 83 123 155 )
16	459	Woking AC	( 65 97 133 164 )
17	495	Cambridge & Coleridge AC	( 71 127 128 169 )

#### UNDER 15 BOYS

Pos	RaceNo	Time	Firstname	Lastname	Club
1	4	14:41	Harvey	Dixon	Aldershot Farnham & District
2	158	14:46	Karnvir	Hayre	Ealing Southall & Middlesex AC
3	75	14:51	Zak	Seddon	Bracknell AC
4	256	15:03	Kieron	Clements	Ipswich Harriers
5	146	15:08	Connor	Robinson	Cornwall AC
6	247	15:09	Hugo	Hayes	Invicta East Kent
7	218	15:09	Lewis	Lloyd	Herne Hill Harriers
8	282	15:17	Adam	Gilbert	Medway & Maidstone AC
9	327	15:18	Charlie	Grice	Phoenix AC
10	235	15:20	Matthew	Fayers	Hillingdon AC
11	72	15:21	Fergus	O'Reilly	Bournemouth AC
12	21	15:23	Alex	Rudge	Andover AC
13	201	15:26	Matthew	Rawbin	Haywards Heath Harriers
14	420	15:27	Robbie	Rose	Tonbridge AC
15	365	15:30	Ben	Austin	Southend-on-Sea AC
16	432	15:33	Luca	Russo	Tonbridge AC
17	249	15:34	Alex	Newson	Invicta East Kent
18	30	15:36	Chris	Ladhams	Basingstoke & Mid Hants AC
19	440	15:38	Tommy	Atkins	Vale of Aylesbury
20	168	15:40	Joseph	Sherry	Enfield & Haringey AC
21	102	15:41	Alex	Short	Chelmsford AC
22	134	15:47	Martainn	Ramsey	City of Norwich AC
23	171	15:48	Stephen	Byrne	Harrow AC
24	257	15:48	Jack	Garvin	Ipswich Harriers
25	367	15:51	Sam	Brown	Southend-on-Sea AC
26	16	15:52	Tom	Bennett	Andover AC
27	335	15:53	Benjamin	Mogg	Poole AC
28	261	15:53	Elliott	Dorey	Jersey Spartan AC
29	147	15:54	Peter	Chambers	Croydon Harriers
30	471	15:54	James	Bennington	Windsor Slough Eton & Hounslow AC
31	35	15:57	Toby	Smith	Basingstoke & Mid Hants AC
32	417	15:59	Darryl	Wonbey	Thurrock Harriers
33	258	16:01	Rhys	Hinton-Smith	Ipswich Harriers
34	12	16:01	Andy	Provost	Aldershot Farnham & District
35	78	16:04	Adam	Wimbledon	Bracknell AC
36	419	16:05	Ryan	Driscoll	Tonbridge AC
37	438	16:06	Rory	Wagstaff	Trent Park RC
38	250	16:07	Kieran	Reilly	Invicta East Kent
39	38	16:09	Ben	Alcock	Bedford & County AC
40	426	16:09	Henry	Kinnersley	Tonbridge AC
41	491	16:09	Liam	Blaikie	Woodford Green AC with Essex Ladies
42	66	16:09	Will	Mercer	Blackheath & Bromley H AC
43	455	16:10	Simon	Dawson	West Suffolk AC
44	104	16:11	Stephen	Woodford	Chelmsford AC
45	452	16:14	Henry	Loughlin	West Norfolk AC
46	387	16:16	Bradley	Goater	St.Mary's Richmond AC
47	472	16:16	Ben	Bradley	Windsor Slough Eton & Hounslow AC
48	86	16:18	Tom	Wilmot	Brighton & Hove City AC
49	131	16:19	Tom	Hook	City of Norwich AC
50	501	16:20	James	Stuart	Woodford Green AC with Essex Ladies
51	13	16:20	Matthew	Rees	Aldershot Farnham & District
52	443	16:21	Will	Gurton	Vale of Aylesbury

53	352	16:21	Micheal	Calle Gari	Shaftesbury Barnet Harriers
54	46	16:22	Andrew	Minney	Bedford & County AC
55	321	16:23	Harry	Robertson	Oxford City AC
56	39	16:24	Luke	Angell	Bedford & County AC
57	80	16:24	Jake	Elliott	Brighton & Hove City AC
58	159	16:24	Connor	Hearn	Ealing Southall & Middlesex AC
59	177	16:25	Janakan	Rajkumar	Harrow AC
60	245	16:25	Jack	Balsdon	Invicta East Kent
61	176	16:25	Darius	Price	Harrow AC
62	423	16:25	Jack	Keywood	Tonbridge AC
63	210	16:26	Edward	Saywell	Hercules Wimbledon AC
64	428	16:26	Chris	Lloyd	Tonbridge AC
65	416	16:27	Thomas	Richardson	Thurrock Harriers
66	418	16:27	Jamie	Bryant	Tonbridge AC
67	271	16:28	Ryan	Burling	Marshall Milton Keynes AC Woodford Green AC with Essex
68	500	16:28	James	Stockings	Ladies
69	260	16:28	Oliver	Jones	Ipswich Harriers
70	322	16:29	Peter	Godly	Peterborough AC
71	253	16:29	Henry	Alexander	Ipswich Harriers
72	34	16:29	Jake	Sellwood	Basingstoke & Mid Hants AC
73	468	16:31	Ben	Lin	Winchester & District AC
74	154	16:32	Chris	Charles	Ealing Southall & Middlesex AC
75	165	16:34	Alex	Cordell	Enfield & Haringey AC
76	479	16:36	Alexander	Goodall	Windsor Slough Eton & Hounslow AC
77	483	16:38	Kegan	Lymn	Windsor Slough Eton & Hounslow AC
78	458	16:38	Jake	Hughes	West Suffolk AC
79	377	16:40	Oliver	Kyrakides	Southend-on-Sea AC
80	341	16:41	Jordan	Bateman	Reading AC
81	48	16:41	Jake	Oxenham	Bedford & County AC
82	117	16:42	Daniel	Barraclough	Chiltern Harriers AC
83	69	16:42	Oliver	Taylor	Blackheath & Bromley H AC
84	68	16:42	Greg	Proctor	Blackheath & Bromley H AC
85	96	16:44	Steven	Adcock	Chelmsford AC
86	43	16:44	Micheal	Harrison	Bedford & County AC
87	462	16:46	Anthony	Holmes	White Horse Harriers
88	456	16:47	Tom	Eames	West Suffolk AC
89	85	16:48	Alex	Rice	Brighton & Hove City AC
90	429	16:49	Joe	Newsome	Tonbridge AC
91	145	16:49	Tom	Rawet	Cornwall AC
92	475	16:51	Zak	Curran	Windsor Slough Eton & Hounslow AC
93	442	16:54	Dan	Gurton	Vale of Aylesbury
94	303	16:54	Tommy	Bower	Newham & Essex Beagles
95	390	16:54	Jack	Killip	St.Mary's Richmond AC
96	251	16:55	Jake	Rogers	Invicta East Kent
97	47	16:57	Matthew	Nickleon	Bedford & County AC
98	8	16:57	Robert	Hislop	Aldershot Farnham & District
99	19	16:57	Chris	Neil	Andover AC
100	65	16:58	Sam	Jackson	Blackheath & Bromley H AC
101	473	16:59	Gari	Brown	Windsor Slough Eton & Hounslow AC
102	477	17:04	Jonathan	Dry	Windsor Slough Eton & Hounslow AC Woodford Green AC with Essex
103	495	17:04	Lorcan	Murphy	Ladies
104	375	17:04	John	Kerridge	Southend-on-Sea AC
105	120	17:05	George	Gillingwater	Chiltern Harriers AC
106	246	17:06	Eddie	Burton	Invicta East Kent
107	459	17:08	Ciaran	Lundy	West Suffolk AC
108	42	17:08	Ben	Churhman	Bedford & County AC
109	285	17:09	Joel	Jennings	Medway & Maidstone AC
110	167	17:09	Alex	Peters	Enfield & Haringey AC
111	411	17:10	Luke	Dawson	Thanet RR AC

112	343	17:10	Daniel	Breeds	Reading AC
113	161	17:11	Dalton	McGuigan	Ealing Southall & Middlesex AC
114	448	17:11	George	Harris	Wells City Harriers
115	277	17:12	Jamie	Arnold	Medway & Maidstone AC
116	207	17:13	Joe	Clark	Hercules Wimbledon AC
117	195	17:13	Ryan	O'Mahoney	Havering Mayesbrook AC
118	351	17:14	Tom	Brooks	Shaftesbury Barnet Harriers
119	467	17:14	Richard	Clarkson	Winchester & District AC
120	49	17:15	Scott	Proctor	Bedford & County AC
121	101	17:15	Sam	Robinson	Chelmsford AC
122	135	17:16	Sean	Watson	City of Norwich AC
123	192	17:17	Hosea	Gikungu	Havering Mayesbrook AC
124	350	17:20	Daniel	Abrey	Shaftesbury Barnet Harriers
125	463	17:21	Alex	Mills	White Horse Harriers
126	252	17:22	Chris	Thomas	Invicta East Kent
127	187	17:23	Thomas	Davis	Havering Mayesbrook AC
128	31	17:23	Louie	Penny	Basingstoke & Mid Hants AC
129	281	17:24	Sam	Gibbons	Medway & Maidstone AC
130	466	17:25	Jeremy	Carter	Winchester & District AC
131	163	17:25	Ben	Waterman	Ealing Southall & Middlesex AC
132	119	17:25	Jack	Dutton	Chiltern Harriers AC
133	393	17:25	Edward	Smith	St.Mary's Richmond AC
134	254	17:25	James	Baker	Ipswich Harriers
135	215	17:27	Billy	Holmes	Herne Hill Harriers
136	449	17:28	Cameron	Rafferty	Wells City Harriers
137	118	17:29	Oliver	Church	Chiltern Harriers AC
138	5	17:29	Jordan	Fox	Aldershot Farnham & District
139	2	17:30	Matthew	Brown	Aldershot Farnham & District
140	434	17:31	Andrew	Thomas	Tonbridge AC
141	231	17:31	Joseph	Carton	Hillingdon AC
142	294	17:32	Jack	Hart	Nene Valley Harriers
143	166	17:33	Tom	Fearnley	Enfield & Haringey AC
144	382	17:34	Sam	Harrison	St.Edmund Pacers
145	70	17:34	Adam	Willis	Blackheath & Bromley H AC
146	301	17:35	James	Thomas	Nene Valley Harriers
147	450	17:36	Tom	Ward	Wells City Harriers
148	50	17:37	Christopher	Thornley	Bedford & County AC
149	37	17:38	Tom	Watson	Basingstoke & Mid Hants AC
150	446	17:39	Harry	Buckle	Wells City Harriers
151	295	17:40	Ross	Huskisson	Nene Valley Harriers
152	320	17:42	Ben	Silverstone	Orion Harriers
153	451	17:42	Reuben	Whitcombe	Wells City Harriers
154	470	17:42	Jack	Walker	Winchester & District AC
155	415	17:44	Joseph	Kirton	Thetford AC
156	414	17:45	Jason	Higgins	Thetford AC
157	148	17:46	Greg	Bennett	Dacorum & Tring AC
158	144	17:46	Aaron	Jose	Cornwall AC
159	389	17:46	Josh	Keisler	St.Mary's Richmond AC
160	123	17:47	Liam	McDonald	Chiltern Harriers AC
161	408	17:47	Thomas	Armstrong	Thanet RR AC
162	3	17:47	Luke	Buckland	Aldershot Farnham & District
163	87	17:48	Ashley	Harmsworth	Camberley & District AC
164	89	17:48	Ben	Weeks	Camberley & District AC
165	454	17:48	Adam	Cripps	West Suffolk AC
166	186	17:49	Josh	Conors	Havering Mayesbrook AC
167	298	17:51	Jack	Moore	Nene Valley Harriers
168	127	17:52	Jack	Walker	Chiltern Harriers AC
169	223	17:52	Daniel	Wilmott	Herne Hill Harriers
170	334	17:53	Samuel	Ham	Poole AC
171	130	17:53	Jack	Harrison	City of Norwich AC
172	386	17:58	Ollie	Garner	St.Mary's Richmond AC

173	504	18:01	Marcus	Stainsby	Worthing & District Harriers
174	293	18:01	Ben	Hampson	Nene Valley Harriers
175	188	18:04	Massi	Dendani	Havering Mayesbrook AC
176	11	18:05	Francois	Olwage	Aldershot Farnham & District
177	6	18:06	Tom	Fricker	Aldershot Farnham & District
178	108	18:07	Jamie	Moore Pierre-	Chichester Runners & AC
179	238	18:08	Luke	Inkson	Hillingdon AC
180	190	18:09	Ross	Earney	Havering Mayesbrook AC
181	288	18:11	Andrew	Watkins	Medway & Maidstone AC
182	465	18:12	James	Ritter	White Horse Harriers
183	507	18:13	Tom	Claessens	Wycombe Phoenix Harriers & AC
184	287	18:13	Christian	Walker	Medway & Maidstone AC
185	224	18:13	Daniel	Barcroft Foster-	Herts Phoenix AC
186	371	18:16	Harris	Carter	Southend-on-Sea AC
187	460	18:16	Archie	Palmer	West Suffolk AC
188	358	18:18	Dougal	Oliver	Shaftesbury Barnet Harriers
189	170	18:21	Abi	Brown	Harrow AC
190	431	18:22	Alex	Norden	Tonbridge AC
191	193	18:23	Chris	Hyde	Havering Mayesbrook AC
192	436	18:24	Anastasi	Georgio Teague-	Trent Park RC
193	505	18:24	Henry	Smith	Worthing & District Harriers
194	64	18:25	Tom	Greenhill	Blackheath & Bromley H AC
195	437	18:27	Sam	Szczurck	Trent Park RC
196	506	18:27	Sam	Brabham	Wycombe Phoenix Harriers & AC
197	98	18:28	Adam	Crook	Chelmsford AC
198	445	18:30	Lewis	Dormer	Watford Harriers
199	216	18:32	Joe	Kidson	Herne Hill Harriers
200	280	18:32	Christian	El Shamma	Medway & Maidstone AC
201	410	18:33	Jacob	Burton	Thanet RR AC
202	403	18:36	Lewis	Williams	Team Southampton
203	262	18:37	Aaron	Turmel	Jersey Spartan AC
204	413	18:38	Jordan	Greenwood	Thetford AC
205	404	18:38	Kyle	Kenrick	Thames Valley Harriers
206	313	18:41	James	Watts	Newham & Essex Beagles
207	232	18:43	James	Castro	Hillingdon AC
208	141	18:45	Harry	Allen	Cornwall AC
209	182	18:46	James	Western	Hastings AC
210	296	18:47	Lloyd	Kempson	Nene Valley Harriers
211	83	18:48	Charlie	Noakes	Brighton & Hove City AC
212	213	18:49	James	Allen	Herne Hill Harriers
213	125	18:49	Michael	Palfreeman	Chiltern Harriers AC
214	384	18:53	Benedict	Chapman	St.Mary's Richmond AC
215	324	18:59	Tom	Paddock	Peterborough AC
216	342	19:00	Alex	Bow	Reading AC
217	84	19:04	Harvey	Noakes	Brighton & Hove City AC
218	236	19:04	S	Hobbs	Hillingdon AC
219	92	19:06	Seth	Kennard	Cambridge & Coleridge AC
220	29	19:07	Neil	King	Basingstoke & Mid Hants AC
221	514	19:09	Liam	Rooney	Wycombe Phoenix Harriers & AC
222	18	19:12	Luke	Holman	Andover AC
223	208	19:12	Bradley	Mulroe	Hercules Wimbleton AC
224	464	19:15	Alastair	Paterson	White Horse Harriers
225	311	19:17	Jake	Smith	Newham & Essex Beagles
226	290	19:18	Robert	Bradley	Nene Valley Harriers Windsor Slough Eton & Hounslow
227	485	19:22	James	Porter	485
228	305	19:29	Jake	Burgess	Newham & Essex Beagles
229	61	19:32	Charles	Winch	Bexley AC

230	33	19:35	Tom	Searle	Basingstoke & Mid Hants AC
231	217	19:41	Jamal	Langley	Herne Hill Harriers
232	284	19:42	Ross	Hyland	Medway & Maidstone AC
233	62	19:42	Thomas	Wright	Bexley AC
234	502	19:46	Dan	Colbourne	Worthing & District Harriers
235	93	19:49	Hamish	Blanford	Cambridge Harriers
236	269	20:08	Daniel	Kelly	Luton AC
237	310	20:13	Joe	Robinson	Newham & Essex Beagles
238	180	20:14	Sam	Garland	Hastings AC
239	402	20:17	Paul	Warn	Team Southampton
240	44	20:19	Daniel	Henson	Bedford & County AC
241	513	20:32	Sam	Price	Wycombe Phoenix Harriers & AC
242	221	20:37	Tom	Thomas	Herne Hill Harriers
243	27	20:42	Callum	Baylis	Barnet & District AC
244	57	20:49	Joseph	Gunton	Bexley AC
245	197	20:54	Ben	Thompson	Havering Mayesbrook AC
246	297	20:58	Dan	Martin	Nene Valley Harriers
247	156	21:11	Jordan	Hannington	Ealing Southall & Middlesex AC
248	406	21:27	Nabil	Toumi	Thames Valley Harriers
249	512	21:32	Ian	Hill	Wycombe Phoenix Harriers & AC
250	407	21:51	Misha	Wilcockson	Thames Valley Harriers
251	142	21:54	Rob	Glading	Cornwall AC
252	32	24:01	Tom	Rowlandson	Basingstoke & Mid Hants AC

Pos	Points	Team Name	Placings
1	106	Tonbridge AC	( 14 16 36 40 )
2	121	Invicta East Kent	( 6 17 38 60 )
3	130	Ipswich Harriers	( 4 24 33 69 )
4	184	Aldershot Farnham & District	( 1 34 51 98 )
5	223	Southend-on-Sea AC	( 15 25 79 104 )
6	230	Windsor Slough Eton & Hounslow AC	( 30 47 76 77 )
7	230	Bedford & County AC	( 39 54 56 81 )
8	247	Ealing Southall & Middlesex AC	( 2 58 74 113 )
9	249	Basingstoke & Mid Hants AC Woodford Green AC with Essex	( 18 31 72 128 )
10	262	Ladies	( 41 50 68 103 )
11	271	Chelmsford AC	( 21 44 85 121 )
12	309	Blackheath & Bromley H AC	( 42 83 84 100 )
13	316	West Suffolk AC	( 43 78 88 107 )
14	332	Harrow AC	( 23 59 61 189 )
15	348	Enfield & Haringey AC	( 20 75 110 143 )
16	359	Andover AC	( 12 26 99 222 )
17	361	Medway & Maidstone AC	( 8 109 115 129 )
18	364	City of Norwich AC	( 22 49 122 171 )
19	405	Brighton & Hove City AC	( 48 57 89 211 )
20	433	St.Mary's Richmond AC	( 46 95 133 159 )
21	456	Chiltern Harriers AC	( 82 105 132 137 )
22	462	Cornwall AC	( 5 91 158 208 )
23	476	Winchester & District AC	( 73 119 130 154 )
24	483	Shaftesbury Barnet Harriers	( 53 118 124 188 )
25	510	Herne Hill Harriers	( 7 135 169 199 ) ( 117 123 127 166 )
26	533	Havering Mayesbrook AC	)
27	537	Hillingdon AC	( 10 141 179 207 ) ( 114 136 147 150 )
28	547	Wells City Harriers	) ( 142 146 151 167 )
29	606	Nene Valley Harriers	)
30	618	White Horse Harriers	( 87 125 182 224 )
31	753	Newham & Essex Beagles	( 94 206 225 228 ) ( 183 196 221 241 )
32	841	Wycombe Phoenix Harriers & AC	)

**UNDER 13 BOYS**

<b>Pos</b>	<b>RaceNo</b>	<b>Time</b>	<b>Firstname</b>	<b>Lastname</b>	<b>Club</b>
1	1102	11:55	Matthew	Arnold	Aldershot Farnham & District
2	1175	11:57	Tom	Johnson	Bracknell AC
3	1224	11:58	Michael	Goddard	Chiltern Harriers AC
4	1166	12:00	William	Somogyi	Bexley AC
5	1504	12:02	Sean	Molloy	Tonbridge AC
6	1121	12:12	Ben	Watson	Aldershot Farnham & District
7	1120	12:16	Toby	Starling	Aldershot Farnham & District
8	1572	12:18	Kieran	Wye	Windsor Slough Eton & Hounslow AC
9	1506	12:20	Hanro	Rossouw	Tonbridge AC
10	1567	12:22	Jack	Rowe	Windsor Slough Eton & Hounslow AC
11	1316	12:24	Stanley	Harrison	Highgate Harriers
12	1324	12:25	Stephen	Crosbie	Hillingdon AC
13	1496	12:27	Corey	De'Ath	Tonbridge AC
14	1101	12:29	Richard	Allen	Aldershot Farnham & District
15	1340	12:30	Oliver	Terry	Jersey Spartan AC
16	1446	12:30	Rob	Frith	Southend-on-Sea AC
17	1135	12:31	Thomas	Bieger	Banbury Harriers
18	1527	12:33	Oliver	Fox	Wells City Harriers
19	1552	12:34	Stuart	McCallum	Winchester & District AC
20	1333	12:35	Bernie	Spannagl	Horsham Blue Star Harriers
21	1339	12:38	Daniel	Robinson	Jersey Spartan AC
22	1431	12:39	Mark	Pearce	Shaftesbury Barnet Harriers
23	1178	12:43	Matthew	Seddon	Bracknell AC
24	1430	12:44	Rory	Mudd	Shaftesbury Barnet Harriers
25	1229	12:46	Andrew	Stenning	Chiltern Harriers AC
26	1155	12:47	Tom	Stead	Bedford & County AC
27	1233	12:48	Scott	Greeves	City of Norwich AC
28	1113	12:48	Zack	Jones	Aldershot Farnham & District
29	1556	12:48	Gregory	Baynham	Windsor Slough Eton & Hounslow AC
30	1315	12:49	William	Fitter	Highgate Harriers
31	1387	12:49	Josh	Tack	Oxford City AC
32	1526	12:49	Matthew	Cole	Wells City Harriers
33	1238	12:49	Rory	Bevis	City of Portsmouth AC
34	1302	12:50	Lascelles	Hussey	Herne Hill Harriers
35	1411	12:53	Oscar	Morton	Reading AC
36	1223	12:54	Jimmy	Davies	Chiltern Harriers AC
37	1154	12:54	Joshua	Saunders	Bedford & County AC
38	1558	12:55	Augustus	Cockle	Windsor Slough Eton & Hounslow AC
39	1500	12:56	Alex	Kidd	Tonbridge AC
40	1108	12:57	Tristan	Gee	Aldershot Farnham & District
41	1309	12:58	Liam	Dee	Herts Phoenix AC
42	1491	12:58	James	Murdoch	Thames Valley Harriers
43	1341	13:01	Josh	Knight	Marshall Milton Keynes AC
44	1561	13:01	George	Gathercole	Windsor Slough Eton & Hounslow AC
45	1237	13:02	Ethan	Bevis	City of Portsmouth AC
46	1412	13:03	Ben	Priddle	Reading AC
47	1227	13:04	James	McCarthy	Chiltern Harriers AC
48	1243	13:04	Sam	Heslop-George	Cornwall AC
49	1338	13:05	Ross	Tennant	Ipswich Harriers
50	1600	13:06	Toby	Wapshare	Wycombe Phoenix Harriers & AC
51	1497	13:06	Tim	Faes	Tonbridge AC
52	1195	13:06	Guy	Kendall	Cambridge & Coleridge AC
53	1494	13:06	Ben	Chapman	Tonbridge AC
54	1398	13:07	Louis	Kellaway	Poole AC
55	1570	13:07	Henry	Suggitt	Windsor Slough Eton & Hounslow AC
56	1489	13:07	Jamie	Edwards	Thames Valley Harriers
57	1461	13:07	Adam	Seymore	St.Edmund Pacers
58	1396	13:07	Billy	White	Phoenix AC

59	1515	13:07	Patrick	Taylor	Vale of Aylesbury
60	1555	13:08	Callum	Upton	Winchester & District AC
61	1182	13:08	James	Oliver	Brighton & Hove City AC
62	1190	13:08	Rian	McCrawley	Camberley & District AC
63	1310	13:09	Nicholas	Doyle	Herts Phoenix AC
64	1109	13:10	Nathan	Gibson	Aldershot Farnham & District
65	1174	13:10	Ben	Horgan	Bracknell AC
66	1241	13:11	Jordan	Warren	City of Portsmouth AC
67	1308	13:12	Jake	Barraclough	Herts Phoenix AC
68	1286	13:12	Nick	Shade	Havering Mayesbrook AC
69	1483	13:13	Alex	Ruggles	Team Southampton
70	1381	13:14	George	Hoy	Orion Harriers
71	1408	13:15	Callum	Gregory	Reading AC
72	1477	13:16	Charlie	Gunson	Team Southampton
73	1321	13:16	Eugene	Potter	Highgate Harriers
74	1433	13:16	Sam	Wilson	Shaftesbury Barnet Harriers
75	1187	13:17	Mark	Hastings	Camberley & District AC
76	1189	13:17	Brogan	McCawley	Camberley & District AC
77	1199	13:19	Adam	Bateman	Chelmsford AC
78	1391	13:21	Robbie	Fitzgibbon	Phoenix AC
79	1386	13:22	Matthieu	Marshall	Oxford City AC
80	1194	13:23	Daniel	Thompson	Camberley & District AC
81	1170	13:23	William	Ruiz	Blackheath & Bromley H AC
82	1510	13:26	Rory	Wilson	Tonbridge AC
83	1188	13:27	Nathan	Mapperley	Camberley & District AC
84	1153	13:29	Sam	Knee-Robinson	Bedford & County AC
85	1225	13:30	Alex	Johnson	Chiltern Harriers AC
86	1514	13:30	Rory	Seekins	Vale of Aylesbury
87	1369	13:31	Jed	Rimell	Newham & Essex Beagles
88	1533	13:32	Oliver	Harrington	West Suffolk AC
89	1158	13:33	Robert	Williams	Bedford & County AC
90	1214	13:33	Harry	Leleu	Chichester Runners & AC
91	1144	13:34	Henry	Merrit	Basingstoke & Mid Hants AC
92	1574	13:34	Jacob	Rainer	Woking AC
93	1203	13:35	Callum	Charleston	Chelmsford AC
94	1519	13:36	Harvey	O'Brart	Watford Harriers
95	1234	13:36	Adam	King	City of Norwich AC
96	1149	13:36	Matthew	Bray	Bedford & County AC
97	1354	13:37	James	West	Medway & Maidstone AC
98	1173	13:37	Richard	Webb	Blackheath & Bromley H AC
99	5872	13:38	George	Ward	Luton AC
100	1531	13:39	Seb	Anthony	West Suffolk AC
101	1521	13:39	Tom	Verbena	Watford Harriers
102	1394	13:40	Luke	Reynolds	Phoenix AC
103	1560	13:40	Daniel	Dry	Windsor Slough Eton & Hounslow AC
104	1253	13:41	Fellan	McGuigan	Ealing Southall & Middlesex AC
105	1592	13:42	Stephen	Delgado	Wycombe Phoenix Harriers & AC
106	1467	13:42	Jamie	Finnigan	St.Mary's Richmond AC
107	1435	13:43	Ben	Foreman	South London Harriers
108	1221	13:44	Sam	Butcher	Chiltern Harriers AC
109	1350	13:44	Daniel	Murison	Medway & Maidstone AC
110	1193	13:44	Daniel	Thackeray	Camberley & District AC
111	1513	13:45	Kieran	Lindars	Vale of Aylesbury
112	1242	13:45	Joe	Alexander	Colchester & Tendring AC
113	1231	13:46	Darryl	Broughton	City of Norwich AC
114	1232	13:46	Magnus	Chapman	City of Norwich AC
115	1245	13:47	Matthew	Simpson	Dacorum & Tring AC
116	1532	13:47	Alex	Gray	West Suffolk AC
117	1235	13:48	Bradley	Stansbury	City of Norwich AC
118	1157	13:48	Jack	Watkinson	Bedford & County AC
119	1351	13:48	Ben	Murphy	Medway & Maidstone AC



120	1255	13:50	Duncan	Pinder	Ealing Southall & Middlesex AC
121	1279	13:50	Nick	Duffy	Havering Mayesbrook AC
122	1507	13:50	William	Roud	Tonbridge AC
123	1152	13:51	Jonathon	Janes	Bedford & County AC
124	1476	13:52	David	Fisher	Team Southampton
125	1530	13:52	James	Todd	Wells City Harriers
126	1479	13:52	Matthew	Knapp	Team Southampton
127	1459	13:53	Jake	McCarthy	St.Edmund Pacers
128	1268	13:53	Oliver	Hurcum	Harrow AC
129	1168	13:54	Alex	Dunnett	Blackheath & Bromley H AC
130	1595	13:54	James	Kingston	Wycombe Phoenix Harriers & AC
131	1509	13:55	William	Whitmore	Tonbridge AC
132	1222	13:55	Joe	Cochrane Lane-De-	Chiltern Harriers AC
133	1236	13:55	Samuel	Courtin	City of Plymouth AC
134	1427	13:55	Daniel	Light	Shaftesbury Barnet Harriers
135	1177	13:56	Steven	Payne	Bracknell AC
136	1186	13:57	Harry	Sullivan-Jones	Brighton & Hove City AC
137	1392	13:58	Matt	Morrish	Phoenix AC
138	1336	13:59	Louis	Dupraz	Invicta East Kent
139	1299	13:59	Michael	Brown	Herne Hill Harriers
140	1384	14:00	Jess	Taylor	Orion Harriers
141	1257	14:01	Sam	Shindler-Glass	Ealing Southall & Middlesex AC
142	1219	14:02	Joe	Aherne	Chiltern Harriers AC
143	1110	14:03	Seb	Haddock	Aldershot Farnham & District
144	1385	14:04	Jack	Waller	Orion Harriers
145	5869	14:04	Mathew	Lewis	Luton AC
146	5867	14:07	Tom	Hudson	Luton AC
147	1184	14:07	Lewis	Sides	Brighton & Hove City AC
148	1524	14:08	Kieran	McMorran	Waveney Valley AC
149	1486	14:08	Oliver	Berg	Thames Valley Harriers
150	1566	14:09	Giles	Robinson	Windsor Slough Eton & Hounslow AC
151	1192	14:09	Max	Sanderson	Camberley & District AC
152	1352	14:10	William	Stockwell	Medway & Maidstone AC
153	1335	14:11	Thomas	King	Ilford AC
154	1141	14:11	Jonty	Davison	Basingstoke & Mid Hants AC
155	1382	14:11	Tom	Hutchingson	Orion Harriers
156	1573	14:12	Ashraf	Ould-Dada	Woking AC
157	1551	14:12	Charlie	Maw	Winchester & District AC
158	1206	14:12	Scott	Woolnough	Chelmsford AC
159	1314	14:13	Adam	Augustsson	Highgate Harriers
160	1456	14:14	Tom	Clark	St.Edmund Pacers
161	1355	14:14	James	Williamson	Medway & Maidstone AC
162	1180	14:14	Michael	Wimbledon	Bracknell AC
163	1370	14:14	Alex	Russo	Newham & Essex Beagles
164	1263	14:15	Joe	Gammell	Harrow AC
165	1103	14:16	Daniel	Ayers	Aldershot Farnham & District
166	1409	14:16	Nathan	Meredith	Reading AC
167	1226	14:16	Toby	Jones	Chiltern Harriers AC
168	1112	14:17	Alex	Hayden-Soutar	Aldershot Farnham & District
169	1127	14:23	Sam	Winchcombe	Andover AC
170	1290	14:25	Nicholas	Rawbin	Haywards Heath Harriers
171	1528	14:26	Charlie	Martin	Wells City Harriers
172	1185	14:27	Tom	Stewart-Green Fogarty-	Brighton & Hove City AC
173	1249	14:28	Tommy	Cameron	Ealing Southall & Middlesex AC
174	1415	14:31	Joe	Sumner	Reading AC
175	1183	14:34	Tom	Poole	Brighton & Hove City AC
176	1196	14:35	Joseph	Epps	Cambridge Harriers
177	1271	14:38	Lewis	Sexton	Harrow AC
178	1273	14:40	George	Smith	Harrow AC

179	1329	14:41	James	Hailstone	Hillingdon AC
180	1367	14:44	Tyler	Wright	Nene Valley Harriers
181	1542	14:46	Matthew	Rose	White Horse Harriers
182	1383	14:47	Paul	Inkpen	Orion Harriers
183	1251	14:47	Sean	Hannington	Ealing Southall & Middlesex AC
184	1277	14:48	Harry	Reece	Hastings AC
185	1389	14:48	Daniel	Stephenson	Peterborough AC
186	1211	14:49	Edward	Gerwat	Chichester Runners & AC
187	1167	14:52	Thomas	Desborough	Blackheath & Bromley H AC
188	1318	14:54	Peter	Laing	Highgate Harriers
189	1337	14:55	Louis	Seller	Ipswich Harriers
190	1418	14:57	Jon	Hemingway	Riverside Runners
191	1571	15:00	Zain	Westbrooke	Windsor Slough Eton & Hounslow AC
192	1147	15:04	Jake	Turner	Basingstoke & Mid Hants AC
193	1331	15:06	Dominic	Speight	Hillingdon AC
194	1380	15:07	Cheyenne	Antoine-Chager	Orion Harriers
195	1562	15:08	Sammy	King	Windsor Slough Eton & Hounslow 1562
196	1146	15:11	Ellis	Taylor	Basingstoke & Mid Hants AC
197	1358	15:12	Chris	Binns	Nene Valley Harriers
198	1148	15:12	James	Wootton	Basingstoke & Mid Hants AC
199	1559	15:13	David	DeVilliers	Windsor Slough Eton & Hounslow AC
200	1426	15:13	Leo	Kaye	Shaftesbury Barnet Harriers
201	1145	15:14	Jordan	Sellwood	Basingstoke & Mid Hants AC
202	1342	15:14	Simon	Allen	Medway & Maidstone AC
203	1432	15:15	Ben	Wilson	Shaftesbury Barnet Harriers
204	1365	15:15	Phil	Wilson	Nene Valley Harriers
205	1487	15:16	Joseph	Cooper	Thames Valley Harriers
206	1544	15:17	Sam	Appleton	Winchester & District AC
207	1588	15:22	Sam	Marsden	Worthing & District Harriers
208	1142	15:25	Mark	Flitcroft	Basingstoke & Mid Hants AC
209	1359	15:27	Aston	Capes	Nene Valley Harriers
210	1460	15:28	Matthew	Nichols	St.Edmund Pacers
211	1428	15:31	Calum	McCormick	Shaftesbury Barnet Harriers
212	1181	15:35	James	Hobbs	Brighton & Hove City AC
213	1405	15:36	Peredur	Jenkins	Queens Park Harriers
214	1344	15:37	Cameron	Corbishley	Medway & Maidstone AC
215	1262	15:38	James	Francis	Harrow AC
216	1171	15:38	Oliver	Sims	Blackheath & Bromley H AC
217	1164	15:39	Luke	Legan	Bexley AC
218	1488	15:39	Samuel	Cooper	Thames Valley Harriers
219	1282	15:40	Andrew	Holland	Havering Mayesbrook AC
220	1363	15:41	Jayden	Leaver	Nene Valley Harriers
221	1503	15:41	Ross	Miles	Tonbridge AC
222	1124	15:44	Solomon	Lane	Andover AC
223	1274	15:49	Ryan	Higgs	Hastings AC
224	1349	15:52	Jacob	Lane	Medway & Maidstone AC
225	1362	16:04	Matt	Hudson	Nene Valley Harriers
226	1546	16:07	Josh	Carter	Winchester & District AC
227	1220	16:12	Hugo	Aperghis	Chiltern Harriers AC
228	1319	16:14	Daniel	Lavin	Highgate Harriers
229	1138	16:18	Sean	White	Barnet & District AC
230	1244	16:19	Jack	Quoroll	Dacorum & Tring AC
231	1537	16:31	Alex	Brennan	White Horse Harriers
232	1356	16:38	Ashley	Bell	Nene Valley Harriers
233	1250	16:52	David	Hannah	Ealing Southall & Middlesex AC
234	1129	16:59	Jack	Huxley	Ashford AC
235	1535	17:11	Dom	Banham	White Horse Harriers
236	1577	17:15	Harry	Docking	Woodford Green AC with Essex Ladies
237	1254	17:25	Bradley	Pinder	Ealing Southall & Middlesex AC
238	1539	17:26	Tom	Froud	White Horse Harriers
239	1304	17:26	Ian	Souttar	Herne Hill Harriers

240	1463	18:05	Daniel	Whiting	St.Edmund Pacers
241	1511	18:59	James	Joy	Trent Park RC
242	1455	19:02	Ieuan	Alldis	St.Edmund Pacers
243	1516	19:09	Jake	Spires	Victoria Park H & Tower Hamlets AC
244	1417	19:10	Daniel	Williams	Reading AC

<b>Pos</b>	<b>Points</b>	<b>Team Name</b>	<b>Placings</b>
1	28	Aldershot Farnham & District	( 1 6 7 14 )
2	66	Tonbridge AC	( 5 9 13 39 )
3	85	Windsor Slough Eton & Hounslow AC	( 8 10 29 38 )
4	111	Chiltern Harriers AC	( 3 25 36 47 )
5	225	Bracknell AC	( 2 23 65 135 )
6	236	Bedford & County AC	( 26 37 84 89 )
7	254	Shaftesbury Barnet Harriers	( 22 24 74 134 )
8	273	Highgate Harriers	( 11 30 73 159 )
9	293	Camberley & District AC	( 62 75 76 80 )
10	318	Reading AC	( 35 46 71 166 )
11	346	Wells City Harriers	( 18 32 125 171 )
12	349	City of Norwich AC	( 27 95 113 114 )
13	375	Phoenix AC	( 58 78 102 137 )
14	391	Team Southampton	( 69 72 124 126 )
15	442	Winchester & District AC	( 19 60 157 206 )
16	452	Thames Valley Harriers	( 42 56 149 205 )
17	477	Medway & Maidstone AC	( 97 109 119 152 )
18	495	Blackheath & Bromley H AC	( 81 98 129 187 )
19	509	Orion Harriers	( 70 140 144 155 )
20	516	Brighton & Hove City AC	( 61 136 147 172 )
21	538	Ealing Southall & Middlesex AC	( 104 120 141 173 )
22	554	St.Edmund Pacers	( 57 127 160 210 )
23	633	Basingstoke & Mid Hants AC	( 91 154 192 196 )
24	647	Harrow AC	( 128 164 177 178 )
25	790	Nene Valley Harriers	( 180 197 204 209 )
26	885	White Horse Harriers	( 181 231 235 238 )

#### SENIOR LADIES

<b>Pos</b>	<b>RaceNo</b>	<b>Time</b>	<b>Firstname</b>	<b>Lastname</b>	<b>Club</b>
1	4677	31:50	Katherine	Sparke	Woodford Green AC with Essex Ladies
2	4005	32:14	Faye	Fullerton	Havering Mayesbrook AC
3	3765	32:20	Nicola	Sykes	Bedford & County AC
4	3880	32:27	Olivia	Walwyn	City of Norwich AC
5	3702	32:45	Emily	Adams	Aldershot Farnham & District
6	4004	32:49	Lauren	Deadman	Havering Mayesbrook AC
7	3882	32:52	Justina	Heslop	Clapham Chasers
8	3771	33:14	Catherine	Bryson	Belgrave Harriers
9	3724	33:44	Caroline	Hoyte	Arena 80 AC
10	4061	33:47	Elizabeth	Hall	Herts Phoenix AC
11	3752	33:50	Stacey	Ward	Basildon AC
12	3709	34:01	Vicky	Gill	Aldershot Farnham & District
13	3879	34:11	Ruth	Senior	City of Norwich AC
14	4063	34:15	Suenja	Abel	Highgate Harriers
15	4496	34:26	Lisa	Elmore	Trent Park RC
16	3721	34:27	Fiona	Clark	Arena 80 AC
17	4040	34:29	Karen	Ellison	Herne Hill Harriers
18	3897	34:37	Hannah	Brooks	Crawley AC
19	4667	34:42	Linda	Jackson	Woodford Green AC with Essex Ladies
20	4656	34:43	Rebecca	Taylor	Windsor Slough Eton & Hounslow AC
21	4066	34:46	Esther	Evans	Highgate Harriers
22	4123	34:47	Andrea	Devine	London Heathside
23	4439	34:52	Ceri	Mitchell	Team Southampton
24	3928	34:55	Emily	Alden	Epsom & Ewell Harriers
25	3806	35:00	Bryony	Proctor	Blackheath & Bromley H AC

26	4638	35:09	Michaela	McCallum	Winchester & District AC
27	4457	35:09	Lisa	Da Silva	Thames Valley Harriers
28	4010	35:16	Robyn	Matson	Havering Mayesbrook AC
29	4537	35:26	Jo	Singer	Victoria Park H & Tower Hamlets AC
30	3796	35:45	Jennie	Butler	Blackheath & Bromley H AC
31	4678	35:50	Lauren	Stewart	Woodford Green AC with Essex Ladies
32	3703	35:52	Beth	Andrew	Aldershot Farnham & District
33	4335	35:54	Liz	Wynn	Serpentine RC
34	4139	35:58	Claire	Bassill	Luton AC
35	4392	36:03	Claire	Cornwell	Southend-on-Sea AC
36	4643	36:14	Barbara	Yff	Winchester & District AC
37	4161	36:15	Louise	Watson	Medway & Maidstone AC
38	3960	36:17	Jenny	Gray	Garden City Runners
39	4617	36:18	Ruth	Clifton	Wimbledon Windmilers RC
40	4051	36:20	Harriet	Owles	Herne Hill Harriers
41	4218	36:23	Lucy	Kelvey	Newquay & Par AC
42	4060	36:26	Elizabeth	Brathwaite	Herts Phoenix AC
43	3891	36:27	Danielle	Tatum	Colchester & Tendring AC
44	4074	36:28	Astrid	Wingler	Highgate Harriers
45	3740	36:29	Jo	Kent	Barnet & District AC
46	4378	36:30	Nicci	Blandford	Southampton RC
47	4440	36:32	Helen	Zenner	Team Southampton
48	3921	36:43	Alison	Hopkins	Ealing Southall & Middlesex AC
49	4147	36:44	Lara	Bromilow	Marshall Milton Keynes AC
50	4153	36:48	Carly	Scott	Marshall Milton Keynes AC
51	4599	36:53	Isobel	Rea	West 4 Harriers
52	4001	36:54	Polly	Keen	Havant AC
53	4304	37:00	Marina	Stedman	Reading RR
54	3795	37:00	Jane	Bradshaw	Blackheath & Bromley H AC
55	4325	37:03	Mariah	Mandelman	Serpentine RC
56	3753	37:04	Teresa	Ward	Basildon AC
57	3914	37:05	Fiona	Kennedy	Ealing Southall & Middlesex AC
58	4367	37:10	Gemma	Marrs	South London Harriers
59	4639	37:15	Emma	Patez	Winchester & District AC
60	3894	37:16	Emma	Stallard	Cornwall AC
61	4177	37:18	Katherine	Reeves	Metropolitan Police AC
62	4592	37:20	Anna	Critchlow	West 4 Harriers
63	4338	37:22	Philippa	Aukett	Shaftesbury Barnet Harriers
64	4238	37:32	Liz	Durman	Phoenix AC
65	4143	37:34	Claire	Donald	Maidenhead AC
66	3967	37:34	Katherine	Philp	Garden City Runners
67	4569	37:35	Anna	Lewis	Wells City Harriers
68	4666	37:38	Katherine	Gundersen	Woodford Green AC with Essex Ladies
69	3705	37:41	Kate	Brown	Aldershot Farnham & District
70	4354	37:42	Carol	Evans	South London Harriers
71	3822	37:43	Tamsin	Neale	Burnham Joggers
72	4057	37:45	Helen	Sharp	Herne Hill Harriers
73	4648	37:57	Paula	Fudge	Windsor Slough Eton & Hounslow AC
74	4068	37:58	Rhian	Hampson-Jones	Highgate Harriers
75	4148	37:59	Sarah	Cox	Marshall Milton Keynes AC
76	4364	38:01	Michelle	Jenkins	South London Harriers
77	4295	38:03	Sarah	Wilkins	Reading AC
78	3870	38:03	Nicola	Alford	City of Norwich AC
79	4159	38:04	Helena	Penfold	Medway & Maidstone AC
80	4052	38:05	Clare	Pauzers	Herne Hill Harriers
81	4634	38:16	Johanna	Jefferies	Winchester & District AC
82	3979	38:17	Amy	Tanner	Hardley Runners
83	3748	38:17	Karen	Goode	Basildon AC
84	4403	38:18	Elizabeth	McKie	St.Albans Striders
85	4289	38:19	Sue	Francis	Reading AC
86	4382	38:20	Hannah	Coombs	Southampton RC

87	4602	38:21	Molly	James	West Norfolk AC
88	4023	38:21	Laura	Kyte	Headington RR
89	3775	38:23	Mathilde	Heaton	Belgrave Harriers
90	4048	38:25	Rosalind	Kieran	Herne Hill Harriers
91	4150	38:26	Sophie	Gibbens	Marshall Milton Keynes AC
92	4064	38:29	Sarah	Bailey	Highgate Harriers
93	4012	38:35	Vicky	Smith	Havering Mayesbrook AC
94	4348	38:37	Vicky	Webster	Shaftesbury Barnet Harriers
95	4404	38:38	Sally	Onn	St.Albans Striders
96	4242	38:40	Erica	Martin	Phoenix AC
97	4466	38:42	Tracey	Tory	Thames Valley Harriers
98	4668	38:45	Diana	Kennedy	Woodford Green AC with Essex Ladies
99	4020	38:47	Adrienne	Hopkins	Headington RR
100	4389	39:02	Marie	Stokes	Southampton RC
101	3701	39:07	Clementine	Adams	Aldershot Farnham & District
102	3704	39:12	Claire	Bounds	Aldershot Farnham & District
103	4650	39:15	Leigh	James	Windsor Slough Eton & Hounslow AC
104	3807	39:17	Julie	Reynolds	Blackheath & Bromley H AC
105	3730	39:19	Caroline	Woods	Arena 80 AC
106	3798	39:23	Sarah	Dowling	Blackheath & Bromley H AC
107	3726	39:27	Chris	Naylor	Arena 80 AC
108	3907	39:33	Cara	Oliver	Dartford Harriers AC
109	4669	39:36	Rachel	Lund	Woodford Green AC with Essex Ladies
110	3707	39:37	Val	Clews	Aldershot Farnham & District
111	4589	39:38	Alison	Brownhill	West 4 Harriers
112	4660	39:43	Jenna	Tarrant	Woking AC
113	4641	39:48	Sue	TRUE	Winchester & District AC
114	4287	39:52	Lucy	Daniels	Reading AC
115	4405	39:55	Belinda	Pullan	St.Albans Striders
116	3919	39:56	Patricia	Thomas	Ealing Southall & Middlesex AC
117	4461	40:06	Diana	Kennedy	Thames Valley Harriers
118	4073	40:10	Jenny	Turner	Highgate Harriers
119	4285	40:10	Nicky	Cooke	Reading AC
120	4674	40:13	Magdalena	Powell	Woodford Green AC with Essex Ladies
121	4535	40:14	Francine	Rump	Victoria Park H & Tower Hamlets AC
122	3917	40:18	Gillian	Morgan	Ealing Southall & Middlesex AC
123	4646	40:26	Yolande	Edwards	Windsor Slough Eton & Hounslow AC
124	3953	40:29	Penny	Abbott	Fleet & Crookham AC
125	4384	40:31	Sally	Diaper	Southampton RC
126	4501	40:32	Laurey	Rankin	Trent Park RC
127	3961	40:35	Caroline	Hale	Garden City Runners
128	4413	40:37	Christine	Anthony	St.Edmund Pacers
129	3719	40:40	Clare	Aquilina	Arena 80 AC
130	3741	40:41	Katherine	March	Barnet & District AC
131	4096	40:46	Elisabeth	Batty	Invicta East Kent
132	3713	40:49	Ruth	Mclannan	Aldershot Farnham & District
133	3952	40:52	Rebecca	Cousins	Fenland R & AC
134	3758	40:55	Linda	Plant	Basingstoke & Mid Hants AC
135	4587	40:58	Rachel	Badham	West 4 Harriers
136	4149	41:00	Lauren	Cripps	Marshall Milton Keynes AC
137	4631	41:03	Sarah	Yates	Wimbledon Windmilers RC
138	4109	41:05	Sharon	McNally	Isle of Wight AC
139	4002	41:09	Beverley	Lavery	Havant AC
140	4463	41:10	Kate	Nunn	Thames Valley Harriers
141	4655	41:10	Dee	Smale	Windsor Slough Eton & Hounslow AC
142	3744	41:12	Grace	Brown	Basildon AC
143	4194	41:12	Maki	Kimura	Mornington Chasers
144	3996	41:13	Kate	Dulley	Harrow AC
145	3883	41:15	Becky	Adams	Colchester & Tendring AC
146	4278	41:16	Sandra	Prosser	Ranelagh Harriers
147	4141	41:19	Christine	Lathwell	Luton AC

148	3939	41:21	Zoe	Woodward	Eton Manor AC
149	3908	41:23	Ruth	Ward	Dartford Harriers AC
150	4164	41:25	Libby	Cameron	Metropolitan Police AC
151	4339	41:29	Maggie	Cooper	Shaftesbury Barnet Harriers
152	4027	41:30	Claire	Grima	Hercules Wimbledon AC
153	3754	41:31	Charmaine	Wheeler	Basildon AC
154	3805	41:35	Kate	Pratten	Blackheath & Bromley H AC
155	4198	41:37	Laura	Grimer	Nene Valley Harriers
156	4488	41:39	Hayley	Pegg	Thrift Green Trotters
157	3710	41:41	Gemma	Greenfield	Aldershot Farnham & District
158	4058	41:41	Suzanne	Swane	Herne Hill Harriers
159	4402	41:49	Gill	Jubb	St.Albans Striders
160	4044	41:56	Virginia	Grant	Herne Hill Harriers
161	4203	41:58	Janet	Cobby	New Eltham Joggers
162	4435	42:01	Josephine	Thompson	Striders of Croydon
163	4103	42:06	Caroline	Smith	Invicta East Kent
164	4344	42:08	Katie	Parfoot	Shaftesbury Barnet Harriers
165	4091	42:12	Melinda	Jones	Ilford AC
166	4286	42:14	Andrea	Curson	Reading AC
167	4142	42:16	Jo	Winfield	Luton AC
168	3738	42:24	Karen	Bradley	Barnet & District AC
169	3819	42:24	Liz	Annettes	Burnham Joggers
170	4406	42:26	Ruth	Richards	St.Albans Striders
171	3913	42:28	Carol	Jones	Ealing Southall & Middlesex AC
172	3898	42:31	Ann	Buckett	Crawley AC
173	4623	42:34	Susan	Hutchinson	Wimbledon Windmilers RC
174	4327	42:40	Rachel	Powell	Serpentine RC
175	4401	42:45	Lydia	Burgess-Gamble	St.Albans Striders
176	4175	42:47	Laura	Parker	Metropolitan Police AC
177	4314	42:51	Barbara	Deuring	Serpentine RC
178	4661	42:52	Ramona	Thevenet-Smith	Woking AC
179	3760	42:58	Emma	Coombes	Bedford & County AC
180	4167	43:00	Karen	Horswood	Metropolitan Police AC
181	4272	43:00	Sarah	Lintern	Ranelagh Harriers
182	4095	43:01	Bree	Nordin	Ilford AC
183	4266	43:02	Michelle	Beaumont	Ranelagh Harriers
184	4603	43:04	Gillian	Loughlin	West Norfolk AC
185	4088	43:07	Dianne	Crisp	Ilford AC
186	3831	43:10	Christine	Bond	Cambridge Harriers
187	4097	43:13	Sarah	Bonnage	Invicta East Kent
188	4291	43:16	Rachel	Phillips	Reading AC
189	4201	43:21	Andrea	Page	Nene Valley Harriers
190	3911	43:25	Ros	Tabor	Dulwich Runners
191	3929	43:34	Vanda	Caulfield	Epsom & Ewell Harriers
192	4070	43:56	Fiona	Maguire	Highgate Harriers
193	4326	43:57	Georgina	McFadyen	Serpentine RC
194	4036	43:58	Rebecca	Barrow	Herne Hill Harriers
195	4473	44:02	Hilary	Hillhouse	The Stragglers
196	4039	44:03	Amanda	Du Rand	Herne Hill Harriers
197	4136	44:05	Ursula	Wilson	London Heathside
198	4100	44:09	Susan	Cooper	Invicta East Kent
199	4499	44:15	Victoria	Hyland	Trent Park RC
200	4363	44:16	Pam	Iannella	South London Harriers
201	4642	44:22	Madeline	Vosser	Winchester & District AC
202	4309	44:29	Sarah	Vick	Saxmundham Sports R & Fitness C
203	4527	44:31	Elaine	Battson	Victoria Park H & Tower Hamlets AC
204	4538	44:36	Louise	Vacher	Victoria Park H & Tower Hamlets AC
205	3787	44:39	Juliette	Hoareau	Bexley AC
206	4571	44:41	Katerina	Prior	Wells City Harriers
207	4168	44:44	Sarah	Jackson	Metropolitan Police AC
208	4613	44:47	Carolyn	Murphy	White Horse Harriers

209	4277	44:49	Louise	Pears	Ranelagh Harriers
210	4196	44:51	Louise	Burton	Nene Valley Harriers
211	4321	44:54	Leanne	Keltie	Serpentine RC
212	4122	44:54	Susie	Brighton	London Heathside
213	3812	45:00	Judith	Carder	Brighton & Hove City AC
214	4026	45:05	Helen	Turley	Headington RR
215	3797	45:14	Anne	Cilia	Blackheath & Bromley H AC
216	4491	45:16	Val	Evans	Tonbridge AC
217	3820	45:16	Beverley	Holmes	Burnham Joggers
218	3770	45:19	Jennifer	Beecroft	Belgrave Harriers
219	4274	45:22	Danelle	Mingham	Ranelagh Harriers
220	4368	45:24	Marketa	Martins	South London Harriers
221	4216	45:28	Debbie	Sheperd	Newham & Essex Beagles
222	4427	45:30	Linda	Thomasson	Stopsley Striders
223	3811	45:33	Gill	Cammack	Brighton & Hove City AC
224	4144	45:38	Di	Baldwin	Marshall Milton Keynes AC
225	4090	45:42	Nicola	Hopkinson	Ilford AC
226	4426	45:45	Alison	Sugars	Stopsley Striders
227	4684	45:45	Sally	Valentine	Yaxley Runners & Joggers
228	4099	45:49	Lisa	Clayton	Invicta East Kent
229	4323	45:49	Poppy	Lenton	Serpentine RC
230	4035	45:49	Sarah	Allen	Herne Hill Harriers
231	4544	45:59	Amanda	Godfrey	Victory AC
232	4248	46:03	Angela	Bent	Pitsea RC
233	3920	46:06	Mary	Walsh	Ealing Southall & Middlesex AC
234	4424	46:09	Jenna	Litchfield	Stopsley Striders
235	4386	46:11	Lynne	Massey	Southampton RC
236	4681	46:12	Alex	Wardle	Woodford Green AC with Essex Ladies
237	4507	46:19	Jane	Johnstone	Tunbridge Wells Harriers
238	4619	46:23	Jess	Enstee	Wimbledon Windmilers RC
239	3957	46:28	Joy	Allen	Garden City Runners
240	3970	46:29	Aleksandra	Burlinson	Hardley Runners
241	4105	46:32	Brianna	Zoll	Invicta East Kent
242	4640	46:40	Joy	Radford	Winchester & District AC
243	4265	46:42	Kirsty	Bangham	Ranelagh Harriers
244	4290	46:43	Charlotte	Phillips	Reading AC
245	4041	46:44	Penelope	Fixter	Herne Hill Harriers
246	3910	46:59	Kim	Hainsworth	Dulwich Runners
247	3984	47:01	Katie	Herrington	Harlow RC
248	3794	47:12	Carolyna- Jones	Baldock	Blackheath & Bromley H AC
249	3900	47:17	Jane	Dotzek	Crawley AC
250	4430	47:28	Alice	Ewen	Striders of Croydon
251	4178	47:29	Jacqui	Reid	Metropolitan Police AC
252	4682	47:31	Lucy	Wilson	Woodford Green AC with Essex Ladies
253	4093	47:32	Victoria	Morgan	Ilford AC
254	4385	47:39	Eleanor	Kirk	Southampton RC
255	3832	47:41	Marian	Hine	Cambridge Harriers
256	4208	47:55	Jenny	Neal	New Eltham Joggers
257	4318	48:00	Jane	Harris	Serpentine RC
258	4053	48:01	Fiona	Pierce	Herne Hill Harriers
259	4111	48:03	Teresa	Donohue	Lingfield RC
260	4229	48:03	Anne	Hulse	Norwich RR
261	4670	48:06	Stephanie	McCarthy	Woodford Green AC with Essex Ladies
262	3823	48:10	Kate	Newbury	Burnham Joggers
263	4628	48:12	Claire	Morgan	Wimbledon Windmilers RC
264	4469	48:22	Sue	Cockle	The Stragglers
265	4140	48:25	Charlotte	Hardy	Luton AC
266	4477	48:28	Ingrid	Wagner	The Stragglers
267	4552	48:35	Nicola	Economu	Watford Harriers
268	4498	48:37	Wendy	Guild	Trent Park RC

269	3895	48:53	Susan	Aldridge	Crawley AC
270	3815	49:22	Isobel	Muir	Brighton & Hove City AC
271	4468	49:25	Lynda	Chase	The Stragglers
272	4171	49:28	Ellen	Lovatt	Metropolitan Police AC
273	3934	49:30	Gail	Brannon	Eton Manor AC
274	4154	49:43	Becky	Williams	Marshall Milton Keynes AC
275	3736	49:44	Christine	King	Ashford AC
276	4399	49:49	Kerry	Marsh	Springfield Striders RC
277	4028	49:52	Rowena	Hornshaw	Hercules Wimbledon AC
278	3938	49:53	Paula	Steere	Eton Manor AC
279	4121	50:00	Debbie	Wilkes	Lingfield RC
280	4497	50:10	Theodosia	Green	Trent Park RC
281	4212	50:16	Julie	Unitt	New Eltham Joggers
282	3926	50:29	Peta	Novak	Enfield & Haringey AC
283	3940	50:40	Sharon	Crowley	Fairlands Valley Spartans
284	3969	50:45	Tara	Anglim	Hardley Runners
285	4545	51:03	Belinda	Harding	Victory AC
286	4350	51:14	Su	Bottle	South London Harriers
287	4658	51:29	Mary	Raleigh	Woking AC
288	4249	51:40	Teresa	Flannigan	Pitsea RC
289	4420	51:47	Dianne	Blackmore	Stopsley Striders
290	4541	52:11	Marilyn	Crocker	Victory AC
291	4504	52:31	Jo	Summers	Trent Park RC
292	4422	53:01	Elaine	Harries	Stopsley Striders
293	4204	53:08	Suzanne	Dansie	New Eltham Joggers
294	4236	53:17	Laura	Greenwood	Peterborough AC
295	3968	53:37	Michelle	Smith	Garden City Runners
296	3931	53:40	Christina	Adams	Eton Manor AC
297	4596	54:11	Shelley	Martin	West 4 Harriers
298	4540	54:15	Ruth	Bates	Victory AC
299	3947	54:34	Sarah	O'Bryan	Fairlands Valley Spartans
300	4221	55:38	Lindsay	Cook	North Herts RR
301	3788	56:57	Geraldine	Legon	Bexley AC
302	4493	57:02	Rosa	Coelho	Trent Park RC
303	4331	57:07	Stephanie	Vaatz	Serpentine RC
304	4580	57:10	Linda	Rawlins	Werrington Joggers
305	4193	57:25	Lynne	Connolly	Mornington Chasers
306	4235	57:45	Helen	Freeman	Peterborough AC
307	4494	57:53	Penny	Cording	Trent Park RC
308	3975	1:00:02	Linda	Noke	Hardley Runners
309	4583	1:03:15	Tracey	Walker	Werrington Joggers
310	4577	1:06:21	Sue	Ford	Werrington Joggers
311	4579	1:06:21	Rosie	Loughton	Werrington Joggers

Pos	Points	Team Name	Placings
1	118	Aldershot Farnham & District	( 5 12 32 69 )
2	119	Woodford Green AC with Essex Ladies	( 1 19 31 68 )
3	129	Havering Mayesbrook AC	( 2 6 28 93 )
4	153	Highgate Harriers	( 14 21 44 74 )
5	202	Winchester & District AC	( 26 36 59 81 )
6	209	Herne Hill Harriers	( 17 40 72 80 )
7	213	Blackheath & Bromley H AC	( 25 30 54 104 )
8	237	Arena 80 AC	( 9 16 105 107 )
9	265	Marshall Milton Keynes AC	( 49 50 75 91 )
10	292	Basildon AC	( 11 56 83 142 )
11	319	Windsor Slough Eton & Hounslow AC	( 20 73 103 123 )
12	343	Ealing Southall & Middlesex AC	( 48 57 116 122 )
13	357	Southampton RC	( 46 86 100 125 )
14	359	West 4 Harriers	( 51 62 111 135 )
15	381	Thames Valley Harriers	( 27 97 117 140 )
16	395	Reading AC	( 77 85 114 119 )
17	404	South London Harriers	( 58 70 76 200 )



18	439	Serpentine RC	( 33 55 174 177 )
19	453	St.Albans Striders	( 84 95 115 159 )
20	470	Garden City Runners	( 38 66 127 239 )
21	472	Shaftesbury Barnet Harriers	( 63 94 151 164 )
22	557	Victoria Park H & Tower Hamlets AC	( 29 121 203 204 )
23	567	Metropolitan Police AC	( 61 150 176 180 )
24	587	Wimbledon Windmilers RC	( 39 137 173 238 )
25	608	Trent Park RC	( 15 126 199 268 )
26	613	Luton AC	( 34 147 167 265 )
27	679	Invicta East Kent	( 131 163 187 198 )
28	708	Crawley AC	( 18 172 249 269 )
29	719	Ranelagh Harriers	( 146 181 183 209 )
30	719	Burnham Joggers	( 71 169 217 262 )
31	757	Ilford AC	( 165 182 185 225 )
32	914	Hardley Runners	( 82 240 284 308 )
33	971	Stopsley Striders	( 222 226 234 289 )
34	991	New Eltham Joggers	( 161 256 281 293 )
35	995	Eton Manor AC	( 148 273 278 296 )
36	996	The Stragglers	( 195 264 266 271 )
37	1104	Victory AC	( 231 285 290 298 )
38	1234	Werrington Joggers	( 304 309 310 311 )

#### JUNIOR LADIES

Pos	RaceNo	Time	Firstname	Lastname	Club
1	3111	21:05	Stephanie	Twell	Aldershot Farnham & District
2	3134	22:31	Hollie	Rowland	City of Norwich AC
3	3115	22:36	Suzi	Boast	Bedford & County AC
4	3136	22:57	Jessica	Burns	City of Plymouth AC
5	3131	23:01	Danielle	Nimmock	City of Norwich AC
6	3218	23:02	Louise	Webb	Team Southampton
7	3223	23:10	Laura	Parker	Wells City Harriers
8	3231	23:22	Lorna	Russell	Winchester & District AC
9	3215	23:32	Jemma	Clarry	St.Edmund Pacers
10	3174	23:33	Ella	Waldman	London Heathside
11	3230	23:48	Sarah	Holliday	Winchester & District AC
12	3227	23:53	Charlotte	Bates	Winchester & District AC
13	3103	23:53	Julia	Blomquist	Aldershot Farnham & District
14	3104	24:03	Olivia	Bryant	Aldershot Farnham & District
15	3216	24:03	Aiya	Abe	Team Southampton
16	3251	24:06	Lou	Sales	Woodford Green AC with Essex Ladies
17	3220	24:14	Catherine	Symons	Tonbridge AC
18	3121	24:46	Grace	Geilinger	Brighton & Hove City AC
19	3239	24:52	Rachel	Stedman	Windsor Slough Eton & Hounslow AC
20	3212	25:03	Kerry	Holland	Southend-on-Sea AC
21	3255	25:04	Lucy	Rogers	Wycombe Phoenix Harriers & AC
22	3117	25:07	Rachel	Cave	Bedford & County AC
23	3190	25:09	Sarah	Caskey	Peterborough AC
24	3140	25:12	Luara	Condron	Colchester & Tendring AC
25	3153	25:17	Anna	Sharrock	Enfield & Haringey AC
26	3236	25:24	Louisa	Lingley	Windsor Slough Eton & Hounslow AC
27	3150	25:36	Hannah	Pollak	Ealing Southall & Middlesex AC
28	3207	25:42	Sophie	Proffitt	Shaftesbury Barnet Harriers
29	3198	25:45	Yonit	Maroudas-Sacks	Reading AC
30	3213	25:54	Danielle	Hurley	Southend-on-Sea AC
31	3116	26:10	Sarah	Caunt	Bedford & County AC
32	3238	26:14	Faith	Smith	Windsor Slough Eton & Hounslow AC
33	3173	26:27	Bibsi	Haywill	London Heathside
34	3109	26:32	Sam	Prier	Aldershot Farnham & District
35	3189	26:44	Martha	Lloyd	Oxford City AC

36	3171	26:52	Royanne	Blackwell	Lewes AC
37	3226	27:01	Emily	Wenham	West Suffolk AC
38	3165	27:02	Lucy	Denny	Havant AC
39	3246	27:02	Jessica	Docking	Woodford Green AC with Essex Ladies
40	3233	27:04	Susanna	Ditton	Windsor Slough Eton & Hounslow AC
41	3186	27:16	Venita	Dabhi	Newham & Essex Beagles
42	3124	27:18	Nathalie	Richards	Cambridge & Coleridge AC
43	3217	27:43	Vicki	Cronin	Team Southampton
44	3224	28:00	Zara	McLoone	West Suffolk AC
45	3201	28:07	Aimee	Canham	Saxmundham Sports R & Fitness C
46	3123	28:25	Nicola Anna-	Silby	Brighton & Hove City AC
47	3241	29:14	Marie	McGraw	Woking AC
48	3200	29:17	Hayleigh	Wood	Reading AC
49	3222	30:11	Hannah	Kitchen	Watford Harriers
50	3225	30:20	Helen	Waters	West Suffolk AC
51	3248	30:30	Amelia	Holford	Woodford Green AC with Essex Ladies
52	3169	31:13	Katy	Burgin	Huntingdonshire AC
53	3166	36:01	Charlotte	Lindsey	Havant AC

Pos	Points	Team Name	Placings
1	62	Aldershot Farnham & District	( 1 13 14 34 )
2	117	Windsor Slough Eton & Hounslow AC	( 19 26 32 40 )

#### UNDER 17 LADIES

Pos	RaceNo	Time	Firstname	Lastname	Club
1	2844	21:29	Beth	Carter	Invicta East Kent
2	2708	21:53	Louise	Small	Aldershot Farnham & District
3	2861	22:19	Melissa	Hawtin	Oxford City AC
4	2990	22:49	Philippa	Woolven	Wycombe Phoenix Harriers & AC
5	2921	23:16	Megan	Brickell	Tonbridge AC
6	2917	23:19	Joanna	Mobed	Thames Valley Harriers
7	2847	23:21	Charlotte	Christensen	Ipswich Harriers
8	2710	23:37	Catherine	Taylor	Aldershot Farnham & District
9	2869	23:39	Melissa	Courtney	Poole AC
10	2812	23:44	Stacey	Clusker	Hastings AC
11	2928	23:50	Annabel	Shepherd-Barron	Tonbridge AC
12	2985	23:55	Brittany	Saville	Worthing & District Harriers
13	2932	23:55	Victoria	Walker	Watford Harriers
14	2704	24:01	Ciara	Dullaghan	Aldershot Farnham & District
15	2889	24:13	Alice	Keane	Shaftesbury Barnet Harriers
16	2923	24:16	Dunia	Pavlovic	Tonbridge AC
17	2875	24:21	Julia	Henderson	Reading AC
18	2723	24:26	Emily	Relton	Bedford & County AC
19	2733	24:28	Jennifer	Hamer	Blackheath & Bromley H AC
20	2936	24:31	Rebecca	Daines	West Norfolk AC
21	2721	24:44	Abigail	Mackinnon-Austin	Bedford & County AC
22	2951	24:46	Jennifer	McLachlan	Winchester & District AC
23	2926	24:57	Vicky	Rukin	Tonbridge AC
24	2854	25:06	Joanna	Livesey	Marshall Milton Keynes AC
25	2755	25:08	Jess	McKenzie	Chichester Runners & AC
26	2820	25:14	Hannah	Edwards	Herne Hill Harriers
27	2925	25:22	Lucy	Reid	Tonbridge AC
28	2966	25:25	Sarah	Spears	Windsor Slough Eton & Hounslow AC
29	2709	25:29	Emma	Stevens	Aldershot Farnham & District
30	2749	25:34	Victoria	Hayes	Chelmsford AC
31	2909	25:40	Madi	Garner	St.Mary's Richmond AC
32	2924	25:41	Petra	Pavlovic	Tonbridge AC
33	2900	25:43	Emily	Burgess	Southend-on-Sea AC
34	2816	25:45	Zoey	Littlechild	Haverling Mayesbrook AC
35	2722	25:47	Chelsea	McKenzie	Bedford & County AC

36	2827	25:53	Julia	Wedmore	Herne Hill Harriers
37	2901	25:54	Holly	Gillard	Southend-on-Sea AC
38	2858	25:56	Charlotte	Hinch	Nene Valley Harriers
39	2719	25:56	Emily	Boast	Bedford & County AC
40	2935	25:57	Alice	Murray-Gourlay	Wells City Harriers
41	2907	25:59	Kate	Brown	St.Mary's Richmond AC
42	2753	26:01	Katie	Johnson	Chichester Runners & AC
43	2818	26:06	Gemma	Phillips	Havering Mayesbrook AC
44	2860	26:08	Neha	Dabhi	Newham & Essex Beagles
45	2870	26:09	Abigail	Jones	Poole AC
46	2743	26:13	Lauren	Rayment	Bracknell AC
47	2845	26:22	Emily	Hosker-Thornhill	Invicta East Kent
48	2920	26:35	Lucy	Tyler	Thetford AC
49	2782	26:36	Amy	Rundle	Cornwall AC
50	2717	26:39	Sophie	Snith	Basingstoke & Mid Hants AC
51	2862	26:42	Charlotte	Kenny	Peterborough AC
52	2849	26:43	Jess	Andrews	Isle of Wight AC
53	2922	26:45	Jess	Owen	Tonbridge AC
54	2729	26:47	Chelsea	crouser	Blackheath & Bromley H AC
55	2971	26:50	Claudia	Conway	Woodford Green AC with Essex Ladies
56	2934	26:51	Lizzie	Hart	Wells City Harriers
57	2927	26:53	Lucy	Saker	Tonbridge AC
58	2961	26:56	Hannah	Barefield	Windsor Slough Eton & Hounslow AC
59	2871	26:57	Katherine	Lewer	Poole AC
60	2842	26:58	Helen	West	Huntingdonshire AC
61	2878	27:00	Hayley	Randell	Reading AC
62	2797	27:03	Rebecca	Fairhead	Guildford & Godalming AC
63	2974	27:04	Becky	Hewitt	Woodford Green AC with Essex Ladies
64	2779	27:10	Esme	Kerton	Cornwall AC
65	2939	27:13	Abi	Marriott	West Suffolk AC
66	2724	27:17	Amber	Wright	Bedford & County AC
67	2716	27:26	Katie	Smith	Basingstoke & Mid Hants AC
68	2784	27:27	Emily	McLoughlin	Crawley AC
69	2826	27:30	Avril	Robinson	Herne Hill Harriers
70	2886	27:31	Hannah	Johnson	Shaftesbury Barnet Harriers
71	2938	27:37	Emily	Barker	West Suffolk AC
72	2822	27:39	Lara	Gibson	Herne Hill Harriers
73	2746	27:41	Caroline	Ford	Cambridge Harriers
74	2713	27:48	Samantha	Beckett	Ashford AC
75	2852	27:56	Rosie	Keane	Luton AC
			Katie		
76	2751	27:58	Anne	Tuttleberry	Chelmsford AC
77	2836	27:59	Claire	Vizard	Hillingdon AC
78	2734	28:09	Melody	Kane	Blackheath & Bromley H AC
79	2720	28:12	Samantha	Cutler	Bedford & County AC
80	2919	28:16	Charlotte	Taverner	Thetford AC
81	2908	28:18	Lucy	Edmunds	St.Mary's Richmond AC
82	2937	28:20	Emily	Baker	West Suffolk AC
83	2929	28:24	Hope	Simpson	Tonbridge AC
84	2980	28:28	Kate	Stockings	Woodford Green AC with Essex Ladies
85	2968	28:33	Jessica	Wilkinson	Windsor Slough Eton & Hounslow AC
86	2800	28:36	Alice	Heron	Guildford & Godalming AC
87	2794	28:42	Eleanor	Salvidge	Enfield & Haringey AC
88	2876	28:46	Katherine	Jones	Reading AC
89	2783	28:50	Ellie	Starr	Cornwall AC
90	2837	29:11	Hannah	Wells	Hillingdon AC
91	2911	29:12	Alina	Mingham	St.Mary's Richmond AC
92	2960	29:19	Diane	Barac	Windsor Slough Eton & Hounslow AC
93	2893	29:24	Zoe	Levin	Shaftesbury Barnet Harriers
94	2757	29:25	Emma	Nicholson	Chichester Runners & AC
95	2756	29:36	Sophie	Millett	Chichester Runners & AC

96	2988	29:45	Amber	Willard	Worthing & District Harriers
97	2987	30:07	Victoria	Seth	Worthing & District Harriers
98	2787	30:16	Helena	French	Ealing Southall & Middlesex AC
99	2880	30:23	Hannah	Wann	Reading AC
100	2904	30:24	Amelia	Kyrakides	Southend-on-Sea AC
101	2781	30:59	Ellie	Parkin	Cornwall AC
102	2853	31:37	Amy	Brown	Marshall Milton Keynes AC
103	2817	31:42	Michelle	Lovell	Havering Mayesbrook AC
104	2877	32:02	Rachel	Lucido	Reading AC
105	2905	32:11	Rebecca	Guy	St.Edmund Pacers
106	2986	33:11	Hannah	Seth	Worthing & District Harriers
107	2750	33:34	Hannah	Jones	Chelmsford AC
108	2814	36:01	Isobel	Straw	Havant AC

Pos	Points	Team Name	Placings
1	53	Aldershot Farnham & District	( 2 8 14 29 )
2	55	Tonbridge AC	( 5 11 16 23 )
3	113	Bedford & County AC	( 18 21 35 39 )
4	203	Herne Hill Harriers	( 26 36 69 72 )
5	244	St.Mary's Richmond AC	( 31 41 81 91 )
6	256	Chichester Runners & AC	( 25 42 94 95 )
7	263	Windsor Slough Eton & Hounslow AC	( 28 58 85 92 )
8	265	Reading AC	( 17 61 88 99 )
9	303	Cornwall AC	( 49 64 89 101 )
10	311	Worthing & District Harriers	( 12 96 97 106 )

#### UNDER 15 GIRLS

Pos	RaceNo	Time	Firstname	Lastname	Club
1	1704	14:32	Emelia	Gorecka	Aldershot Farnham & District
2	1706	14:37	Ruth	Haynes	Aldershot Farnham & District
3	1911	14:42	Melanie	Wood	Marshall Milton Keynes AC
4	1710	14:49	Georgia	Peel	Aldershot Farnham & District
5	1881	14:51	Johanna	Spannagl	Horsham Blue Star Harriers
6	2070	15:05	Jessica	Judd	Thurrock Harriers
7	2114	15:08	Rebecca	Knapton	Winchester & District AC
8	1890	15:21	Rebecca	Weston	Invicta East Kent
9	1712	15:22	Susan	Sheil Rankin	Aldershot Farnham & District
10	1896	15:29	Chloe	Turmel	Jersey Spartan AC
11	1736	15:32	Alice	Burgin	Bedford & County AC
12	2103	15:35	Holly	Archer	West Suffolk AC
13	1759	15:35	Rebecca	Berger-North	Bracknell AC
14	1921	15:37	Charlotte	Taylor	Nene Valley Harriers
15	1909	15:39	Beth	Swords	Marshall Milton Keynes AC
16	1895	15:40	Danielle	Leerson	Jersey Spartan AC
17	1961	15:41	Grace	Howie	Poole AC
18	1849	15:41	Eleanor	Bounds	Havering Mayesbrook AC
19	1709	15:42	Mae	Partridge	Aldershot Farnham & District
20	1740	15:49	Rebecca	Murray	Bedford & County AC
21	1939	15:51	Imogen	Kempton	Oxford City AC
22	2109	15:51	Jade	Bowling	Winchester & District AC
23	1701	15:53	Emily	Alexander High	Aldershot Farnham & District
24	1938	15:54	Lauren	Hawtin	Oxford City AC
25	1891	15:58	Mary	Galbraith	Ipswich Harriers
26	2122	15:59	Maryse	Haynes	Windsor Slough Eton & Hounslow AC
27	1908	16:01	Elle	Roche	Marshall Milton Keynes AC
28	1752	16:02	Amber	Reed	Blackheath & Bromley H AC
29	2016	16:04	Aimee	Garnett	Southend-on-Sea AC
			Josephine-		
30	2153	16:08	Joy	Sunderland	Worthing & District Harriers
31	1927	16:11	April	Hogg	Newquay & Par AC
32	2036	16:12	Katie	Iliffe	St.Mary's Richmond AC

33	2080	16:12	Nicola	Wilkinson	Tonbridge AC
34	2073	16:16	Lucy	Blackstone	Tonbridge AC
35	2008	16:17	Ciara	Stewart	Shaftesbury Barnet Harriers
36	2075	16:19	Ellen	Holmes	Tonbridge AC
37	1793	16:20	Juliet	Broster	City of Norwich AC
38	2117	16:20	Amy	Rochford	Winchester & District AC
39	1934	16:23	Armani	Antoine-Chager	Orion Harriers
40	1832	16:24	Sophie	Storey	Guildford & Godalming AC
41	1935	16:26	Lauren	MacGregor	Orion Harriers
42	1830	16:27	Louise	Heron	Guildford & Godalming AC
43	1719	16:28	Connie	MacMillan	Banbury Harriers
44	2115	16:28	Jessica	Maw	Winchester & District AC
45	1946	16:28	Jessica	Varley	Peterborough AC
46	1853	16:30	Rebecca	Stanley	Havering Mayesbrook AC
47	1892	16:31	Sophia	Nicklin	Ipswich Harriers
48	1963	16:32	Danielle	Shrosbree	Poole AC
49	1962	16:34	Africa	Mason	Poole AC
50	1981	16:34	Beki	Taylor	Reading AC
51	2021	16:36	Camilla	Smee	Southend-on-Sea AC
52	1852	16:37	Rachel	Sadler	Havering Mayesbrook AC
53	1773	16:38	Emily	Nolan	Cambridge Harriers
54	2100	16:40	Jessica	Wood	Wells City Harriers
55	2087	16:40	Katy	Partington	Vale of Aylesbury
56	1940	16:40	Jade	Walker	Oxford City AC
57	1902	16:40	Steph	Clayton	Marshall Milton Keynes AC
58	1897	16:41	Maddy	Smith	Lewes AC
59	1705	16:43	Laura	Haines	Aldershot Farnham & District
60	1959	16:44	Shelby	Haysom	Poole AC
61	1762	16:44	Rebecca	Turton	Bracknell AC
62	1915	16:46	Cerys	Sanders	Medway & Maidstone AC
63	1933	16:50	Jay	Andrews	Orion Harriers
64	1756	16:51	Beth	Fitzpatrick	Bodyworks XTC Tri Store
65	1965	16:51	Lauren	Welsh	Poole AC
66	1865	16:52	Elizabeth	Bird	Herts Phoenix AC
67	1943	16:52	Georgie Mhairi-	Freeman	Peterborough AC
68	2055	16:52	Claire	Stewart	Team Southampton
69	1848	16:56	Amanda	Blaxland	Havering Mayesbrook AC
70	1880	16:57	Rosie	Inman	Horsham Blue Star Harriers
71	1738	16:57	Ruth	Flory	Bedford & County AC
72	1894	16:57	Jasmine	Seller	Ipswich Harriers
73	2072	16:58	Pandora	Banbury	Tonbridge AC
74	1899	16:58	Revee	Walcott-Nolan	Luton AC
75	2078	16:59	Nicole	Taylor	Tonbridge AC
76	1717	17:00	Kelsey	Howard	Ashford AC
77	2098	17:02	Siobhan	Stewart	Wells City Harriers
78	1937	17:02	Rebecca	Byren	Oxford City AC
79	2120	17:03	Emma	Croft	Windsor Slough Eton & Hounslow AC
80	1723	17:03	Charlotte	Michael	Barnet & District AC
81	1782	17:04	Isobel	Brown	Chichester Runners & AC
82	2119	17:05	Naomi	Barbour	Windsor Slough Eton & Hounslow AC
83	2064	17:08	Sasha	Tory	Thames Valley Harriers
84	1721	17:09	Kate	Barber	Barnet & District AC
85	1789	17:10	Katrina	Richards-White	Chichester Runners & AC
86	1744	17:11	Beth	Armstrong	Bexley AC
87	1742	17:12	Megan	Shreeves	Bedford & County AC
88	1866	17:13	Ella	Lloyd	Herts Phoenix AC
89	1857	17:13	Maisie	Hilliare	Herne Hill Harriers
90	2146	17:15	Lauren	Bourne	Worthing & District Harriers
91	1825	17:15	Katherine	Bingle	Guildford & Godalming AC
92	2063	17:16	Katherine	Spooner	Thames Valley Harriers

93	1833	17:16	Imogen	Walsh	Guildford & Godalming AC
94	1792	17:18	Mimi	Barr	City of Norwich AC
95	1718	17:19	Amelia	Jones	Ashford AC
96	1741	17:19	Leah	Relton	Bedford & County AC
97	2077	17:20	Jayne	Mallyon	Tonbridge AC
98	2099	17:22	Lauren	Willows	Wells City Harriers
99	1828	17:25	Elizabeth	Dingemans	Guildford & Godalming AC
100	1778	17:26	Sophie	Johnstone	Chelmsford AC
101	2018	17:27	Jordan	Lacey	Southend-on-Sea AC
102	1826	17:27	Catie	Callander	Guildford & Godalming AC
103	1761	17:27	Ella	Row	Bracknell AC
104	1809	17:28	Laura	Brown	Dacorum & Tring AC
105	1893	17:28	Hannah	Pettersson	Ipswich Harriers
106	2094	17:30	Natalie	Wickings	Watford Harriers
107	2107	17:31	Bethan	Murphy-Hands	White Horse Harriers
108	1794	17:31	Anna	Hoogkamer	City of Norwich AC
109	1800	17:32	Katie	Burns	City of Plymouth AC
110	2154	17:32	Amber	Wallace	Worthing & District Harriers
111	1942	17:32	Penelope	Ford	Peterborough AC
112	2032	17:33	Katie	Bryant	St.Mary's Richmond AC
113	1707	17:35	Bella	Milliken	Aldershot Farnham & District
114	2007	17:35	Yee Yew	Smart	Shaftesbury Barnet Harriers
115	1929	17:36	Ailsa	Sharrock	Newquay & Par AC
116	2096	17:37	Kayley	Kennedy	Wells City Harriers
117	2150	17:41	Megan	Lillie	Worthing & District Harriers
118	1737	17:42	Brogan	Fielden	Bedford & County AC
119	2136	17:43	Georgina	Ferrari	Woodford Green AC with Essex Ladies
120	1715	17:44	Ellora	Milsom	Andover AC
121	1871	17:47	Heather	Gibbons	Hillingdon AC
122	1975	17:48	Naomi	Forshaw	Reading AC
123	1925	17:50	Doja	Atanda	Newham & Essex Beagles
124	1844	17:51	Adele	Rainsford	Harrow AC
125	2125	17:52	Rebekah	King	Windsor Slough Eton & Hounslow AC
126	1979	17:52	Jamie	Poulston	Reading AC
127	1765	17:52	Fiona	Clarke	Camberley & District AC
128	2102	17:53	Justine	Anthony	West Suffolk AC
129	2138	17:53	Sophie	Fuhr	Woodford Green AC with Essex Ladies
130	1900	17:56	Lorna	Adams	Marshall Milton Keynes AC
131	1983	17:58	Emma	Taylor	Reading AC
132	2006	17:58	Yat Wing	Smart	Shaftesbury Barnet Harriers
133	2034	18:01	Eve	Edmunds	St.Mary's Richmond AC
134	2135	18:02	Amy	Doyle	Woodford Green AC with Essex Ladies
135	2118	18:04	Rosie	Adams	Windsor Slough Eton & Hounslow 2118
136	1920	18:05	Emma	Randle	Nene Valley Harriers
137	2000	18:05	Faye	McCormick	Shaftesbury Barnet Harriers
138	1944	18:06	Amy	Haines-Eynon	Peterborough AC
139	2097	18:11	Jessica	Potter	Wells City Harriers
140	1898	18:12	Grace	Keane	Luton AC
141	1884	18:13	Bethany	Burnett	Invicta East Kent
142	1722	18:13	Kirstie	Conway	Barnet & District AC
143	2068	18:14	Megan	Norry	Thetford AC
144	1958	18:14	Sophie	Allen	Poole AC
145	2014	18:15	Emily	Crow	Southend-on-Sea AC
146	1716	18:15	Kate	Funnell	Ashford AC
147	1885	18:17	Rachel	Byrton	Invicta East Kent
148	2020	18:18	Alex	Morgan	Southend-on-Sea AC
149	1753	18:19	Rachel	Robinson	Blackheath & Bromley H AC
150	1831	18:19	Amy	Lawrence	Guildford & Godalming AC
151	1936	18:22	Charlotte	Matthams	Orion Harriers
152	1976	18:24	Alyx	Gregory	Reading AC
153	2011	18:25	Ruth	Myburgh	South London Harriers

154	2132	18:26	Lidah	Troy	Windsor Slough Eton & Hounslow 2132
155	1972	18:26	Siobhan	Addison	Reading AC
156	2005	18:28	Suzu	Sato	Shaftesbury Barnet Harriers
157	1977	18:28	Josie	Hogge	Reading AC
158	1879	18:33	Camile	Cowan	Horsham Blue Star Harriers
159	1755	18:34	Hope	Stenning	Blackheath & Bromley H AC
160	1883	18:35	Amie	Schneider	Huntingdonshire AC
161	1754	18:36	Ella	Self	Blackheath & Bromley H AC
162	2126	18:38	Verity	Kyley	Windsor Slough Eton & Hounslow AC
163	1749	18:44	Lauren	Heria	Blackheath & Bromley H AC
164	1854	18:44	Shannon	Sullivan	Havering Mayesbrook AC
165	2052	18:45	Libertu	Pritchard	Team Southampton
166	2101	18:46	Kelly	Green	Werrington Joggers
167	1868	18:46	Amy-Jane	Cotter	Highgate Harriers
168	1733	18:47	Katy	Mason	Basingstoke & Mid Hants AC
169	1882	18:48	Bethany	Bainbridge	Huntingdonshire AC
170	2134	18:51	Holly	Bedeau	Woodford Green AC with Essex Ladies
171	1810	18:55	Bryony	Harding	Dacorum & Tring AC
172	2010	18:57	Emmy	Yatagai	Shaftesbury Barnet Harriers
173	1797	18:58	Rachel	Rathjen	City of Norwich AC
174	2116	18:59	Gabriella	Oliver	Winchester & District AC
175	1763	19:01	Rachel	Titheradge	Brighton & Hove City AC
176	2133	19:04	Emily	Wilkinson	Windsor Slough Eton & Hounslow 2133
177	1856	19:06	Tamsin	Cornelius	Herne Hill Harriers
178	1855	19:08	Leilah	Abandah	Herne Hill Harriers
179	1730	19:08	Jo	Hay	Basingstoke & Mid Hants AC
180	2002	19:09	Molly	Patch	Shaftesbury Barnet Harriers
181	2015	19:13	Summer	Dann	Southend-on-Sea AC
182	1922	19:14	Beth	Thomas	Nene Valley Harriers
183	2040	19:15	Lucy	Stansbury	St.Mary's Richmond AC
184	2012	19:24	Francesca	Parris	South London Harriers
185	1876	19:26	Esme	Stallard	Hillingdon AC
186	1948	19:26	Hayley	Woodward	Peterborough AC
187	1772	19:27	Ruby	Brown	Cambridge Harriers
188	1996	19:29	Georgina	Dunford	Shaftesbury Barnet Harriers
189	1862	19:33	Jessie	Quartey-Pigot	Herne Hill Harriers
190	2105	19:38	Grace	Waters	West Suffolk AC
191	1774	19:40	Kassia	Soards	Cambridge Harriers
192	1817	19:40	Ellis	Redmond	Ealing Southall & Middlesex AC
193	2057	19:42	Emily	Harrison	Thames Valley Harriers
194	2095	19:47	Roxanna	Colebatch	Wells City Harriers
195	1888	19:48	Grace	Leggatt	Invicta East Kent
196	2025	19:53	Lauren	Clipstone	St.Edmund Pacers
197	1870	19:54	Eve	Follows	Hillingdon AC
198	1960	20:01	Kirsten	Holmes-Evans	Poole AC
199	1815	20:03	Rebecca	Johnson	Ealing Southall & Middlesex AC
200	1799	20:06	Hazel	Wilson	City of Norwich AC
201	1727	20:08	Jess	Clement	Basingstoke & Mid Hants AC
202	1978	20:25	Becky	Mrowiec	Reading AC
203	2088	20:30	Sophie	Card	Vale of Aylesbury
204	2041	20:44	Florence	Taylor	St.Mary's Richmond AC
205	2029	20:45	Emma	Hatten	St.Edmund Pacers
206	2003	20:48	Natalia	Pereverzina	Shaftesbury Barnet Harriers
207	1766	20:52	Rochelle	Ingham	Camberley & District AC
208	1889	20:55	Rebecca	Reilly	Invicta East Kent
209	1821	20:59	Sarah	Harizi	Enfield & Haringey AC
210	1767	21:01	Alex	Sergison	Camberley & District AC
211	1728	21:01	Anouska	Cox	Basingstoke & Mid Hants AC
212	1980	21:07	Amy	Sturgess	Reading AC
213	2004	21:07	Andrea	Sanderson	Shaftesbury Barnet Harriers
214	2152	21:09	Katie	Summerfield	Worthing & District Harriers

215	1745	21:12	Rachel	Blincoe	Bexley AC
216	1919	21:13	Emma	Pryzbyl	Nene Valley Harriers
217	1735	21:18	Abby	Thorn	Basingstoke & Mid Hants AC
218	1874	21:56	Jade	Nettleton	Hillingdon AC
219	1814	24:15	Grainne	Gahan	Ealing Southall & Middlesex AC
220	2081	26:18	Myia	Joy	Trent Park RC

Pos	Points	Team Name	Placings
1	16	Aldershot Farnham & District	( 1 2 4 9 )
2	102	Marshall Milton Keynes AC	( 3 15 27 57 )
3	111	Winchester & District AC	( 7 22 38 44 )
4	174	Poole AC	( 17 48 49 60 )
5	176	Tonbridge AC	( 33 34 36 73 )
6	179	Oxford City AC	( 21 24 56 78 )
7	185	Havering Mayesbrook AC	( 18 46 52 69 )
8	189	Bedford & County AC	( 11 20 71 87 )
9	249	Ipswich Harriers	( 25 47 72 105 )
10	266	Guildford & Godalming AC	( 40 42 91 93 )
11	294	Orion Harriers	( 39 41 63 151 )
12	312	Windsor Slough Eton & Hounslow AC	( 26 79 82 125 )
13	326	Southend-on-Sea AC	( 29 51 101 145 )
14	345	Wells City Harriers	( 54 77 98 116 )
15	347	Worthing & District Harriers	( 30 90 110 117 )
16	361	Peterborough AC	( 45 67 111 138 )
17	412	City of Norwich AC	( 37 94 108 173 )
18	418	Shaftesbury Barnet Harriers	( 35 114 132 137 )
19	429	Reading AC	( 50 122 126 131 )
20	460	St.Mary's Richmond AC	( 32 112 133 183 )
21	491	Invicta East Kent	( 8 141 147 195 )
22	497	Blackheath & Bromley H AC	( 28 149 159 161 )
23	548	Nene Valley Harriers	( 14 136 182 216 )
24	552	Woodford Green AC with Essex Ladies	( 119 129 134 170 )
25	633	Herne Hill Harriers	( 89 177 178 189 )
26	721	Hillingdon AC	( 121 185 197 218 )
27	759	Basingstoke & Mid Hants AC	( 168 179 201 211 )

#### UNDER 13 GIRLS

Pos	RaceNo	Time	Firstname	Lastname	Club
1	603	13:00	Leigh	Chapman	Aldershot Farnham & District
2	846	13:09	Charlotte	Cayton-Smith	Newquay & Par AC
3	636	13:10	Molly	McKenzie	Bedford & County AC
4	958	13:14	Amy	Ellson	Tonbridge AC
5	605	13:14	Rebecca	Howard	Aldershot Farnham & District
6	633	13:16	Alanak	Harris	Bedford & County AC
7	705	13:16	Connie	Lewis	Chiltern Harriers AC
8	608	13:17	Harriet	Preedy	Aldershot Farnham & District
9	651	13:21	Rebecca	Elphick	Bodyworks XTC Tri Store
10	665	13:22	Sophie	Parks	Cambridge Harriers
11	803	13:22	Alex	Clay	Invicta East Kent
12	889	13:23	Natalie	Connor	Shaftesbury Barnet Harriers
13	858	13:25	Beth	Hawtin	Oxford City AC
14	751	13:27	Grace	Baker	Hastings AC
15	806	13:28	Suzie	Reid	Ipswich Harriers
16	804	13:29	Bobby	Clay	Invicta East Kent
17	711	13:30	Alice	Cheverton	City of Norwich AC
18	639	13:32	Ellen	Newark	Bexley AC
19	627	13:33	Charlotte	Chalwin	Basingstoke & Mid Hants AC
20	968	13:34	Alice	Wood	Tonbridge AC
21	990	13:36	Emily	Smith	Wells City Harriers
22	906	13:37	Sophie	Foreman	South London Harriers
23	679	13:37	Sophie	Riches	Chelmsford AC



24	809	13:44	Eve	Rothwell	Lewes AC
25	830	13:46	Steph	Burton	Nene Valley Harriers
26	856	13:49	Georgina	Tuckfield	Orion Harriers
27	630	13:51	Megan	Angell	Bedford & County AC
28	704	13:52	Ellie	Jones	Chiltern Harriers AC
29	717	13:53	Melissa	Kevern	Cornwall AC
30	815	13:55	Ellie	Still	Luton AC
31	650	13:58	Izzy	Cook	Bodyworks XTC Tri Store
32	628	13:59	Jenny	Helyar	Basingstoke & Mid Hants AC
33	2954	14:01	Phoebe	Rochford	Winchester & District AC
34	938	14:02	Sophie	Kalik	Team Southampton
35	874	14:02	Mollie	Haines	Reading AC
36	778	14:03	Alex	West	Herne Hill Harriers
37	703	14:05	Amy	Harris	Chiltern Harriers AC
38	718	14:06	Eva	Childs	Crawley AC
39	1033	14:07	India	Spoor	Worthing & District Harriers
40	931	14:07	Faye	Holder	St.Mary's Richmond AC
41	1000	14:08	Sophie	Lloyd	White Horse Harriers
42	611	14:09	Katie	Stevens	Aldershot Farnham & District
43	726	14:10	Kerry	Baily	Ealing Southall & Middlesex AC
44	882	14:10	Sian	Wakerley	Reading AC
45	673	14:12	Madeline	Gough	Chelmsford AC
46	755	14:13	Louise	Nash	Hastings AC
47	701	14:14	Rosalind	Firth	Chiltern Harriers AC
48	820	14:15	Loren	Keighley	Marshall Milton Keynes AC
49	1012	14:19	Eloise	Milbourn	Windsor Slough Eton & Hounslow AC
50	647	14:20	Georgina	Kennedy	Blackheath & Bromley H AC
51	859	14:20	Imogen	Van Zyl	Oxford City AC
52	988	14:20	Jemma	Jones	Wells City Harriers
53	1006	14:20	Kathryn	Ditton	Windsor Slough Eton & Hounslow AC
54	957	14:20	Sian	Driscoll	Tonbridge AC
55	839	14:22	Paige	Lambert	Nene Valley Harriers
56	807	14:25	Lauren	Lowe	Jersey Spartan AC
57	2944	14:25	Imogen	Emmett	Winchester & District AC
58	942	14:26	Caitlin	Stewart	Team Southampton
59	652	14:26	Victoria	Birch	Bracknell AC
60	992	14:27	Samantha	Carson	West Suffolk AC
61	765	14:28	Lydia	Hallam	Havering Mayesbrook AC
62	604	14:28	Bethany	Gibson	Aldershot Farnham & District
63	784	14:28	Lizzie	Parry	Herts Phoenix AC
64	965	14:29	Dominique	Von Oppel	Tonbridge AC
65	635	14:30	Ellie	Hemmings	Bedford & County AC
66	677	14:31	Rosa	Preudo	Chelmsford AC
67	1023	14:32	Ellie	Foster	Woodford Green AC with Essex Ladies
68	857	14:33	Elissa	Clark	Oxford City AC
69	2067	14:34	Rachel	Munford	Thetford AC
70	963	14:36	Jemima	Sneddon	Tonbridge AC
71	653	14:37	Rebecca	Howard	Bracknell AC
72	837	14:37	Rhannia	Harris	Nene Valley Harriers
73	937	14:37	Emily	Jenkinson	Team Southampton
74	675	14:38	Lucy	Longdon	Chelmsford AC
75	875	14:40	Nicole	Haines	Reading AC
76	924	14:40	Alice	Maguire	St.Edmund Pacers
77	897	14:41	Freya	Lenton	Shaftesbury Barnet Harriers
78	681	14:42	Katie	Solis	Chelmsford AC
79	1009	14:43	Joanne	Fallon	Windsor Slough Eton & Hounslow AC
80	614	14:44	Hermione	Toomey	Andover AC
81	812	14:44	Hannah	Farmer	Luton AC
82	801	14:47	Faye	McLellan	Huntingdonshire AC
83	697	14:47	Georgina	Warner	Chichester Runners & AC
84	671	14:51	Natasha	Fisher	Chelmsford AC

85	771	14:53	Ashleigh	Campbell	Herne Hill Harriers
86	1031	14:55	Leah	Harris	Worthing & District Harriers
87	855	14:55	Sydney	Taylor	Orion Harriers
88	668	14:56	Iona	Williams	Cambridge Harriers
89	607	14:57	Emily	Murray	Aldershot Farnham & District
90	766	14:57	Avril	Loynes	Havering Mayesbrook AC
91	602	14:57	Ellie	Bollons	Aldershot Farnham & District
92	631	15:02	Kayleigh	Barnes	Bedford & County AC
93	719	15:02	Paige	Clark	Crawley AC
94	950	15:04	Clare	Foad	Thanet RR AC
95	823	15:04	Hannah	Selvey	Marshall Milton Keynes AC
96	2955	15:06	Rosie	Upton	Winchester & District AC
97	960	15:06	Katie	Humphrey	Tonbridge AC
98	982	15:06	Harriet	Hollis	Watford Harriers
99	682	15:07	Rebecca	Wade	Chelmsford AC
100	685	15:07	Isobella	Warren	Chelmsford AC
101	813	15:11	Ellie	Hudson	Luton AC
102	773	15:11	Georgie	Hay	Herne Hill Harriers
103	955	15:11	Charlotte	Cohen	Tonbridge AC
104	920	15:12	Jessica	Gooderham	St.Edmund Pacers
105	866	15:13	Danielle	Berry	Poole AC
106	986	15:14	Abi	Gibbons	Wells City Harriers
107	776	15:14	Charlotte	Scott	Herne Hill Harriers
108	659	15:15	Laura	Smith	Brighton & Hove City AC
109	780	15:15	Megan	Breen	Herts Phoenix AC
110	951	15:16	Isobel	Francis	Thanet RR AC
111	805	15:16	Lilly	Coward	Invicta East Kent
112	770	15:17	Billie	Barbour	Herne Hill Harriers
113	657	15:19	Esther	Lutz-Davies	Brighton & Hove City AC
114	962	15:20	Lucy	Roud	Tonbridge AC
115	879	15:21	Molly	Pritchard	Reading AC
116	949	15:22	Tilly	Ellis-Jarman	Thanet RR AC
117	862	15:24	Maiya	Greenwood	Peterborough AC
118	1017	15:27	Alice	Turner	Windsor Slough Eton & Hounslow AC
119	634	15:28	Katie	Healy	Bedford & County AC
120	721	15:28	Lucinda	Steel	Crawley AC
121	723	15:28	Sarah	Needleman	Dacorum & Tring AC
122	792	15:28	Rebecca	Miles	Hillingdon AC
123	838	15:29	Emma	Hornsby	Nene Valley Harriers
124	964	15:29	Ottilie	Swift	Tonbridge AC
125	775	15:29	Francesca	Meade	Herne Hill Harriers
126	817	15:30	Emily	Bousfield	Marshall Milton Keynes AC
127	795	15:31	Katherine	Newbery	Hillingdon AC
128	985	15:32	Emma	Colebatch	Wells City Harriers
129	752	15:33	Katie	Garland	Hastings AC
130	864	15:34	Katie	Hutchinson	Peterborough AC
131	646	15:34	Izzy	Jackson	Blackheath & Bromley H AC
132	881	15:36	Emily	Stone	Reading AC
133	860	15:36	Mya	Walker	Oxford City AC
134	609	15:36	Molly	Sharples	Aldershot Farnham & District
135	989	15:37	Ellie	Kirwan	Wells City Harriers
136	610	15:39	Tahlia	Spink	Aldershot Farnham & District
137	616	15:39	Hester	Hill	Ashford AC
138	759	15:41	Georgie	Lavery	Havant AC
139	998	15:41	Josie	Harrison	White Horse Harriers
140	768	15:43	Ella	Dibson	Hercules Wimbledon AC
141	991	15:43	Sophie	Barker	West Suffolk AC
142	713	15:44	Natalie	intham	City of Norwich AC
143	877	15:48	Alice	Milsom	Reading AC
144	969	15:48	Jade	Dos Santos	Trent Park RC
145	746	15:50	Nan	Smart	Harrow AC

146	836	15:55	Megan	Griessel	Nene Valley Harriers
147	1032	15:58	Imogen	Marshall	Worthing & District Harriers
148	933	15:59	Bella	Taylor	St.Mary's Richmond AC
149	814	16:02	Catherine	Lathwell	Luton AC
150	993	16:02	Lauren	James	West Suffolk AC
151	910	16:02	Alex	Roberts	South London Harriers
152	841	16:03	Poppy	Wing	Nene Valley Harriers
153	1029	16:04	Stephanie	Smith	Woodford Green AC with Essex Ladies
154	626	16:04	Zoe	Smith	Barnet & District AC
155	732	16:05	Shannon	Powell	Ealing Southall & Middlesex AC
156	601	16:11	Amber	Acres McGuigan	Aldershot Farnham & District
157	835	16:12	Alice	Dolan	Nene Valley Harriers
158	952	16:12	Chelsea	Matthews	Thanet RR AC
159	971	16:12	Jowett	Jowett	Victoria Park H & Tower Hamlets AC
160	1007	16:13	Imogen	Eddings	Windsor Slough Eton & Hounslow AC
161	863	16:14	Megan	Haines-Eynon	Peterborough AC
162	902	16:15	Tessa	Billup	South London Harriers
163	788	16:16	Charlotte	Cowper	Hillingdon AC
164	828	16:19	Rhea	Sanders	Medway & Maidstone AC
165	808	16:20	Ella	James	Lewes AC
166	954	16:20	Rosie	Sherrell	Thetford AC
167	625	16:24	Holly	Smith	Barnet & District AC
168	774	16:25	Clemmie	Hiliare	Herne Hill Harriers
169	919	16:26	Emily	Gooderham	St.Edmund Pacers
170	708	16:28	Katie	Royals	Chiltern Harriers AC
171	961	16:29	Catherine	Northridge	Tonbridge AC
172	730	16:30	Evie	King	Ealing Southall & Middlesex AC
173	624	16:31	Hetty	Rudman	Barnet & District AC
174	1011	16:32	Ella	Higham	Windsor Slough Eton & Hounslow AC
175	620	16:32	Rebecca	Bradley	Barnet & District AC
176	709	16:32	Maria	Slade	Chiltern Harriers AC
177	722	16:36	Jenna	Haille	Dacorum & Tring AC
178	699	16:39	Amy	Buttivant	Chiltern Harriers AC
179	873	16:39	Abigail	Froud	Reading AC
180	984	16:39	Lilly	Varnham	Watford Harriers
181	973	16:40	Paris	Walker	Victoria Park H & Tower Hamlets AC
182	786	16:42	Edith	Ault	Highgate Harriers
183	930	16:44	Nina	Harding	St.Mary's Richmond AC
184	715	16:46	Megan	Wilson	City of Norwich AC
185	802	16:48	Rebecca	Pedley	Huntingdonshire AC
186	946	16:48	Aneta	Jaskulska	Thames Valley Harriers
187	623	16:48	Sophie	Parker	Barnet & District AC
188	953	16:49	Victoria	Dolman	Thetford AC
189	832	16:53	Sarah	Chan	Nene Valley Harriers
190	714	16:54	Rachel	Matthews	City of Norwich AC
191	727	16:57	Rosie	Bell	Ealing Southall & Middlesex AC
192	883	17:03	Katherine	West	Reading AC
193	865	17:04	Sophie	Lambert	Peterborough AC
194	901	17:06	Amy	Billup	South London Harriers
195	810	17:06	Phoebe	Smith	Lewes AC
196	789	17:10	Lily	Fawssett	Hillingdon AC
197	706	17:17	Claudia	McInerney	Chiltern Harriers AC
198	943	17:24	Sophie	Acquistapace	Thames Valley Harriers
199	922	17:27	Rachel	Hatten	St.Edmund Pacers
200	757	17:32	Devon	Brimecome	Havant AC
201	649	17:33	Sonia	Woolhouse	Blackheath & Bromley H AC
202	796	17:37	Bryony	O'Donnell	Hillingdon AC
203	660	17:39	Ashleigh	Holmes	Camberley & District AC
204	728	17:45	Kate	Eastmond	Ealing Southall & Middlesex AC
205	686	17:49	Holly	Beaton	Chichester Runners & AC
206	729	17:53	Mari	Johnson	Ealing Southall & Middlesex AC

207	779	17:55	Georgia	Bennett	Herts Phoenix AC
208	622	18:01	Lydia	Herridge	Barnet & District AC
209	753	18:03	Isobel	Giles	Hastings AC
210	758	18:04	Isobel	Gwyn	Havant AC
211	725	18:09	Serin	Adlem	Ealing Southall & Middlesex AC
212	816	18:11	Freya	Vafadari	Luton AC
213	662	18:18	Maddie	Parnell	Camberley & District AC
214	854	18:28	Yasmin	Crosby	Orion Harriers
215	661	18:35	Abigail	O'Mahoney	Camberley & District AC
216	731	18:39	Christina	Perricos	Ealing Southall & Middlesex AC
217	787	18:54	Juliette	Carton	Hillingdon AC
218	790	18:56	Niamh	Hobbs	Hillingdon AC
219	798	19:02	Charlotte	Steward	Hillingdon AC
220	799	19:19	Carys	Tetlaw	Hillingdon AC
221	641	20:28	Eleanor	Winch	Bexley AC

<b>Pos</b>	<b>Points</b>	<b>Team Name</b>	<b>Placings</b>
1	56	Aldershot Farnham & District	( 1 5 8 42 )
2	101	Bedford & County AC	( 3 6 27 65 )
3	119	Chiltern Harriers AC	( 7 28 37 47 )
4	142	Tonbridge AC	( 4 20 54 64 )
5	208	Chelmsford AC	( 23 45 66 74 )
6	265	Oxford City AC	( 13 51 68 133 )
7	269	Reading AC	( 35 44 75 115 )
8	275	Nene Valley Harriers	( 25 55 72 123 )
9	299	Windsor Slough Eton & Hounslow AC	( 49 53 79 118 )
10	307	Wells City Harriers	( 21 52 106 128 )
11	330	Herne Hill Harriers	( 36 85 102 107 )
12	361	Luton AC	( 30 81 101 149 )
13	398	Hastings AC	( 14 46 129 209 )
14	478	Thanet RR AC	( 94 110 116 158 )
15	529	South London Harriers	( 22 151 162 194 )
16	533	City of Norwich AC	( 17 142 184 190 )
17	548	St.Edmund Pacers	( 76 104 169 199 )
18	561	Ealing Southall & Middlesex AC	( 43 155 172 191 )
19	601	Peterborough AC	( 117 130 161 193 )
20	608	Hillingdon AC	( 122 127 163 196 )
21	669	Barnet & District AC	( 154 167 173 175 )