

2010 South of England Cross Country Championships

Venue: Parliament Hill Fields, London

Saturday, 31 January 2010

Under 13 Girls

Pos.	Race No.	Time	Name	Club
1	855	00:12:30	Becca Croft	Windsor Slough Eton & Hounslow AC
2	660	00:12:33	Sophia Cliffe	Marshall Milton Keynes AC
3	700	00:12:34	Bethany Hawtin	Oxford City AC
4	558	00:12:35	Connie Lewis	Chiltern Harriers AC
5	451	00:12:46	Leigh Chapman	Aldershot Farnham & District AC
6	460	00:12:49	Katie Shiel-Rankin	Aldershot Farnham & District AC
7	507	00:12:50	Grace Goddard	Bracknell AC
8	476	00:12:51	Maisie Jones	Basildon AC
9	704	00:12:52	Emma Butterworth	Poole AC
10	680	00:12:54	Charlotte Cayton-Smith	Newquay & Par AC
11	595	00:12:59	Lucy Drummond	Epsom & Ewell Harriers
12	635	00:13:00	Bobby Clay	Invicta East Kent AC
13	712	00:13:03	Megan Humphreys	Radley AC
14	508	00:13:04	Hope Goddard	Bracknell AC
15	503	00:13:05	Rebecca Elphick	Bodyworks XTC Tri Store
16	732	00:13:09	Natalie Connor	Shaftesbury Barnet Harriers
17	534	00:13:11	Katie Solis	Chelmsford AC
18	528	00:13:17	Jodie Judd	Chelmsford AC
19	475	00:13:20	Isobel Ives	Basildon AC
20	568	00:13:22	Megan Soanes	City of Norwich AC
21	848	00:13:22	Lucy Rochford	Winchester & District AC
22	510	00:13:22	Siannah Rayment	Bracknell AC
23	776	00:13:23	Rebecca Killip	St.Mary's Richmond AC
24	654	00:13:24	Amalia Edwards	Luton AC
25	644	00:13:25	Holly English	Lewes AC
26	533	00:13:27	Millie Smith	Chelmsford AC
27	765	00:13:27	Victoria Pritchard	St.Albans AC
28	539	00:13:30	Rose Ellis	Chichester Runners & AC
29	686	00:13:31	Georgia Timmins	Newquay & Par AC
30	454	00:13:33	Georgie Hoff	Aldershot Farnham & District AC
31	532	00:13:34	Rosa Prideaux	Chelmsford AC
32	813	00:13:35	Sian Driscoll	Tonbridge AC
33	796	00:13:36	Sophie Kalik	Team Southampton
34	849	00:13:36	Phoebe Rochford	Winchester & District AC
35	851	00:13:36	Rosie Upton	Winchester & District AC
36	553	00:13:39	Rosalind Firth	Chiltern Harriers AC
37	518	00:13:39	Claire Wilson	Cambridge & Coleridge
38	512	00:13:40	Stephania Paraskevas	Brighton & Hove City AC
39	683	00:13:40	Danielle Holmes	Newquay & Par AC
40	641	00:13:41	Anna Weston	Invicta East Kent AC
41	642	00:13:41	Ellen Whitehead	Invicta East Kent AC
42	792	00:13:42	Yasmin Ryder	Team Kennet
43	578	00:13:44	Francesca Waters	Cornwall AC
44	546	00:13:45	Emma Barraclough	Chiltern Harriers AC
45	798	00:13:45	Caitlin Stewart	Team Southampton
46	607	00:13:46	Katie Garland	Hastings AC
47	610	00:13:46	Louise Nash	Hastings AC
48	793	00:13:49	Abbie Fisher	Team Southampton
49	504	00:13:50	Vicky Birch	Bracknell AC
50	837	00:13:51	Sophie Tooley	West Suffolk AC
51	833	00:13:53	Abigail Gibbons	Wells City Harriers
52	526	00:13:54	Natasher Fisher	Chelmsford AC
53	702	00:13:55	Storm Sunderland	Oxford City AC
54	858	00:13:56	Felicity Johnson	Windsor Slough Eton & Hounslow AC
55	856	00:13:56	Kathryn Ditton	Windsor Slough Eton & Hounslow AC
56	511	00:13:57	Esther Lutz-Davies	Brighton & Hove City AC
57	859	00:13:59	Eloise Milbourne	Windsor Slough Eton & Hounslow AC
58	722	00:14:00	Georgia Walton	Reading AC
59	488	00:14:00	Sarah Kerr	Bedford & County AC
60	525	00:14:01	Christie Dailly	Chelmsford AC
61	474	00:14:02	Poppy Attmarri	Basildon AC
62	795	00:14:03	Phoebe Kalik	Team Southampton
63	782	00:14:04	Janie Latchford	Stevenage & North Herts AC
64	627	00:14:05	Elizabeth Parry	Herts Phoenix AC
65	494	00:14:06	Aimee Trafford	Bedford & County AC

66	687	00:14:06	Anna Venning	Newquay & Par AC
67	459	00:14:07	Molly Sharples	Aldershot Farnham & District AC
68	621	00:14:08	Victoria Picken	Herne Hill Harriers
69	699	00:14:10	Elisha Evans	Oxford City AC
70	692	00:14:12	Evangeline Foster	Orion Harriers
71	566	00:14:12	Alice Cheverton	City of Norwich AC
72	547	00:14:13	Katie Bench	Chiltern Harriers AC
73	636	00:14:16	Lilly Coward	Invicta East Kent AC
74	662	00:14:16	Lucy Hacking	Marshall Milton Keynes AC
75	834	00:14:17	Jemma Jones	Wells City Harriers
76	741	00:14:17	Tessa Billups	South London Harriers
77	773	00:14:18	Emma Watts	St.Edmund Pacers
78	640	00:14:18	Amy Old	Invicta East Kent AC
79	659	00:14:19	Amy Botham	Marshall Milton Keynes AC
80	791	00:14:20	Georgina Bradford	Team Kennet
81	726	00:14:21	Lydia Parker	Reigate Priory AC
82	740	00:14:21	Amy Billups	South London Harriers
83	490	00:14:22	Kelly Rodd	Bedford & County AC
84	772	00:14:22	Emily Strickland	St.Edmund Pacers
85	753	00:14:22	Emma Jarvis	Southend AC
86	816	00:14:22	Katie Humphrey	Tonbridge AC
87	653	00:14:23	Adeya Edwards	Luton AC
88	810	00:14:24	Gemma Holloway	Thurrock Harriers
89	487	00:14:25	Courney Hunter	Bedford & County AC
90	633	00:14:26	Katie Scholey	Huntingdonshire AC
91	766	00:14:26	Niamh Quinn	St.Albans AC
92	757	00:14:27	Pippa Bailey	St.Albans AC
93	840	00:14:27	Abbie Hine	Wimborne AC
94	581	00:14:29	Stevie Lawrence	Croydon Harriers
95	707	00:14:31	Rebecca Warrington	Poole AC
96	685	00:14:34	Ashley Smith	Newquay & Par AC
97	711	00:14:36	Sophie Rogers	Poole Runners
98	745	00:14:36	Keauna Phillips-Darko	South London Harriers
99	505	00:14:37	Amy Bowers	Bracknell AC
100	623	00:14:38	Jade Stroud	Herne Hill Harriers
101	861	00:14:38	Heather Riches	Windsor Slough Eton & Hounslow AC
102	542	00:14:40	Emma Maynard	Chichester Runners & AC
103	609	00:14:40	Sophie Markwick	Hastings AC
104	673	00:14:42	Sarah Chan	Nene Valley Harriers
105	457	00:14:42	Molly Pocock	Aldershot Farnham & District AC
106	819	00:14:42	Lucy Roud	Tonbridge AC
107	548	00:14:43	Georgia Bingham	Chiltern Harriers AC
108	746	00:14:45	Alex Roberts	South London Harriers
109	799	00:14:46	Briallen Taylor	Team Southampton
110	626	00:14:48	Megan Breen	Herts Phoenix AC
111	695	00:14:51	Amelia Hall	Orion Harriers
112	569	00:14:51	Katie Stratton	City of Norwich AC
113	674	00:14:52	Annie Dalton	Nene Valley Harriers
114	530	00:14:52	Lucy Longdon	Chelmsford AC
115	754	00:14:53	Lucy Kidwell	Southend AC
116	593	00:14:54	Besirat Tesfu	Ealing Southall & Middlesex AC
117	520	00:14:56	Natasha Coe-Sinha	Cambridge Harriers
118	812	00:14:56	Hannah Czarnowski	Tonbridge AC
119	841	00:14:56	Sharon Hutchings	Wimborne AC
120	562	00:14:58	Hannah Thear	Chiltern Harriers AC
121	656	00:15:01	Michelle Lathwell	Luton AC
122	701	00:15:02	Bethany Mulvany	Oxford City AC
123	585	00:15:02	Millie Bradbury	Ealing Southall & Middlesex AC
124	716	00:15:02	Lois Meredith	Reading AC
125	485	00:15:03	Jessica Wotherspoon	Basingstoke & Mid Hants AC
126	563	00:15:04	Megan Bird	City of Norwich AC
127	613	00:15:04	Georgina Lavery	Havant AC
128	580	00:15:05	Holly Haile	Croydon Harriers
129	678	00:15:05	Emmie Blamey	Newquay & Par AC
130	473	00:15:06	Zoe Smith	Barnet & District AC
131	874	00:15:06	Grace Phelan	Woodford Green AC with Essex Ladies
132	655	00:15:08	Kathryn Lathwell	Luton AC
133	509	00:15:09	Tess Pritchard	Bracknell AC
134	535	00:15:10	Holly Beaton	Chichester Runners & AC
135	462	00:15:11	Pippa Tilney	Aldershot Farnham & District AC
136	723	00:15:11	Katherine West	Reading AC
137	657	00:15:11	Lauren Maroney	Luton AC

138	826	00:15:12	Suzanne Bentley	Watford Harriers
139	808	00:15:12	Grace Humby	Thetford AC
140	829	00:15:15	Lavinia Economu	Watford Harriers
141	583	00:15:17	Claire Baxter	Dacorum & Tring AC
142	555	00:15:17	Alice Hall	Chiltern Harriers AC
143	838	00:15:17	Josie Harrison	White Horse Harriers AC
144	584	00:15:19	Rosie Bell	Ealing Southall & Middlesex AC
145	592	00:15:19	Antonia Silver	Ealing Southall & Middlesex AC
146	734	00:15:20	Alice Elwood	Shaftesbury Barnet Harriers
147	703	00:15:21	Mya Walker	Oxford City AC
148	756	00:15:22	Jennifer Allen	St.Albans AC
149	675	00:15:26	Alice Dolan	Nene Valley Harriers
150	797	00:15:28	Alana Spiers	Team Southampton
151	867	00:15:29	Billie Bradley	Woodford Green AC with Essex Ladies
152	637	00:15:31	Molly Dawson	Invicta East Kent AC
153	651	00:15:33	Genevieve Weston	London Heathside
154	498	00:15:33	Victoria Blincoe	Bexley AC
155	731	00:15:34	Fran Taylor-Lowen	Sevenoaks AC
156	727	00:15:35	Charlotte Robinson	Reigate Priory AC
157	676	00:15:35	Georgie Gibbs	Nene Valley Harriers
158	561	00:15:39	Maria Slade	Chiltern Harriers AC
159	853	00:15:39	Gemma Burgin	Windsor Slough Eton & Hounslow AC
160	523	00:15:41	Iona Williams	Cambridge Harriers
161	689	00:15:43	Madeline Carr	Orion Harriers
162	617	00:15:45	Clemmie Hilliare	Herne Hill Harriers
163	643	00:15:45	Beth Tippite	Leighton Buzzard AC
164	694	00:15:46	Sophie Grant	Orion Harriers
165	717	00:15:47	Alice Milsom	Reading AC
166	724	00:15:49	Florence Wilson	Reading AC
167	690	00:15:53	Serena Espeute	Orion Harriers
168	719	00:15:54	Ella Saunders	Reading AC
169	825	00:15:56	Bethan Turner	Victoria Park H & Tower Hamlets AC
170	612	00:15:57	Dorothy Wilson	Hastings AC
171	828	00:15:58	Chloe Dearman	Watford Harriers
172	758	00:16:00	Naomi Baker	St.Albans AC
173	863	00:16:02	Amy Talbot	Windsor Slough Eton & Hounslow AC
174	493	00:16:02	Anabelle Shreeves	Bedford & County AC
175	781	00:16:03	Melissa Doran	Stevenage & North Herts AC
176	809	00:16:06	Sausha Levy-Twomey	Thetford AC
177	513	00:16:07	Katrina Heard	Camberley & District AC
178	670	00:16:09	Rebecca Kearton	Medway & Maidstone AC
179	770	00:16:12	Gaia Johnstone	St.Edmund Pacers
180	606	00:16:15	Zoe Botting	Hastings AC
181	733	00:16:18	Emma Dwan	Shaftesbury Barnet Harriers
182	713	00:16:20	Abigail Froud	Reading AC
183	538	00:16:21	Lucy Ellis	Chichester Runners & AC
184	479	00:16:23	Shannon Jones	Basingstoke & Mid Hants AC
185	864	00:16:25	Alice Turner	Windsor Slough Eton & Hounslow AC
186	634	00:16:28	Polly Smith	Huntingdonshire AC
187	603	00:16:29	Rosa Smart	Harrow AC
188	759	00:16:30	Charlotte Brook	St.Albans AC
189	658	00:16:31	Freya Vafadari	Luton AC
190	771	00:16:32	Kerry Knott	St.Edmund Pacers
191	464	00:16:32	Ella Neil	Andover AC
192	671	00:16:33	Rhea Sanders	Medway & Maidstone AC
193	691	00:16:35	Joelle Ewen	Orion Harriers
194	471	00:16:48	Hetty Rudman	Barnet & District AC
195	495	00:16:55	Elenor Usher	Bedford & County AC
196	556	00:17:00	Isabel Heinel	Chiltern Harriers AC
197	599	00:17:01	Maria Hill	Harrow AC
198	761	00:17:08	Laura Edwards	St.Albans AC
199	802	00:17:11	Eugenia Klemos	Thames Valley Harriers
200	768	00:17:13	Jessica Gooderham	St.Edmund Pacers
201	857	00:17:14	Emily Hancock	Windsor Slough Eton & Hounslow AC
202	472	00:17:14	Holly Smith	Barnet & District AC
203	631	00:17:14	Daniella Simpson	Highgate Harriers
204	501	00:17:32	Eleanor Winch	Bexley AC
205	769	00:17:34	Chloe Jermyn	St.Edmund Pacers
206	619	00:17:44	Olivia Lamont	Herne Hill Harriers
207	714	00:17:46	Lauren Herrington	Reading AC
208	736	00:17:49	Chloe Goodson	Shaftesbury Barnet Harriers
209	470	00:18:14	Lydia Herridge	Barnet & District AC

210	649	00:18:21	Harriet Mackinney	London Heathside
211	630	00:18:28	Helena Roberts	Highgate Harriers
212	608	00:18:31	Rebecca Haggard	Hastings AC
213	647	00:18:38	Ellen Bolger	London Heathside
214	830	00:18:43	Charlotte Fuller	Watford Harriers
215	590	00:18:53	Tara Morawska	Ealing Southall & Middlesex AC
216	499	00:19:47	Maria Eremionkhale	Bexley AC
217	565	00:20:29	Ashleigh Bunn	City of Norwich AC
218	514	00:20:44	Abigail O'Mahoney	Camberley & District AC
219	482	00:20:58	Kiera Stevenson	Basingstoke & Mid Hants AC

Under 13 Boys

Pos.	Race No.	Time	Name	Club
1	1112	00:11:21	Tom Newnham	Isle of Wight AC
2	1243	00:11:24	George Duggan	Tonbridge AC
3	1169	00:11:27	Christian Voin Eitzen	Radley AC
4	1046	00:11:34	Sam McGonigle	Ealing Southall & Middlesex AC
5	1090	00:11:34	Merhawi Tesfaldet	Herne Hill Harriers
6	1294	00:11:39	Calum Upton	Winchester & District AC
7	1267	00:11:43	Oliver Fox	Wells City Harriers
8	1222	00:11:51	Jivendra Singh	St.Mary's Richmond AC
9	922	00:11:52	Oliver Butler	Basingstoke & Mid Hants AC
10	1080	00:11:53	Cassian Hyde	Hercules Wimbledon AC
11	958	00:11:55	James Oliver	Brighton & Hove City AC
12	989	00:11:58	James McCarthy	Chiltern Harriers AC
13	1263	00:11:58	Tom Verbena	Watford Harriers
14	1088	00:11:58	Lascelles Hussey	Herne Hill Harriers
15	1228	00:12:01	George Butler	Team Southampton
16	1211	00:12:05	Josh Mann	Southend AC
17	1092	00:12:05	Jake Barraclough	Herts Phoenix AC
18	1241	00:12:06	Stuart Brown	Tonbridge AC
19	1174	00:12:07	Callum Gregory	Reading AC
20	1276	00:12:11	Cameron McKie	West Suffolk AC
21	1261	00:12:12	Harvey O'Brart	Watford Harriers
22	1142	00:12:15	Alex Hampson	Nene Valley Harriers
23	986	00:12:16	Bill Hughes	Chiltern Harriers AC
24	1315	00:12:16	Ross Testa	Bedford & County
25	1312	00:12:19	Jonathon Janes	Bedford & County
26	1007	00:12:19	Sam Lane-De-Courtin	City of Plymouth AC
27	1250	00:12:23	Euan Nicholls	Tonbridge AC
28	1030	00:12:27	Harvey Stainthorpe	Croydon Harriers
29	1213	00:12:27	James Down	St.Albans AC
30	976	00:12:28	George Dempster	Chichester Runners & AC
31	1253	00:12:28	Miles Weatherseed	Tonbridge AC
32	1297	00:12:29	Gus Cockle	Windsor Slough Eton & Hounslow AC
33	1218	00:12:30	Jamie Finnegan	St.Mary's Richmond AC
34	1284	00:12:30	Ryan Walbridge	Wimborne AC
35	996	00:12:32	Andrew Stenning	Chiltern Harriers AC
36	1273	00:12:33	Michael Bartram	West Suffolk AC
37	1059	00:12:34	Luke Cooper	Hastings AC
38	1186	00:12:34	Joseph Stanley	Reigate Priory AC
39	1035	00:12:35	Ben Brunswick	Dorking & Mole Valley AC
40	1246	00:12:36	Alex Kidd	Tonbridge AC
41	983	00:12:36	Sam Butcher	Chiltern Harriers AC
42	1156	00:12:38	Archie Davis	Phoenix AC
43	962	00:12:39	Mark Hastings	Camberley & District AC
44	1272	00:12:40	Sebastian Anthony	West Suffolk AC
45	1135	00:12:41	Louis Jennings	Medway & Maidstone AC
46	1190	00:12:41	Josh Clifford	Shaftesbury Barnet Harriers
47	1061	00:12:42	Ryan Hodd	Hastings AC
48	914	00:12:42	Mark Vignaux	Andover AC
49	1251	00:12:42	William Roud	Tonbridge AC
50	1145	00:12:43	Jim Fodder	Newham & Essex Beagles
51	1298	00:12:43	Tom Coe	Windsor Slough Eton & Hounslow AC
52	1217	00:12:44	Adam Seymour	St.Edmund Pacers
53	968	00:12:44	Thomas Heylen	Cambridge & Coleridge
54	963	00:12:44	Nathan Mapperley	Camberley & District AC
55	1247	00:12:45	Peter Laing	Tonbridge AC
56	1269	00:12:45	Charlie Martin	Wells City Harriers
57	1033	00:12:47	Jonty Wager-Leigh	Dacorum & Tring AC
58	1225	00:12:47	Jamie Abrahams	Team Southampton
59	1138	00:12:48	Ashley Nisbet	Medway & Maidstone AC
60	926	00:12:48	Jonty Davison	Basingstoke & Mid Hants AC
61	1274	00:12:50	Ben Eames	West Suffolk AC
62	942	00:12:50	Billy Carter	Bexley AC
63	1185	00:12:51	Ed Clark	Reigate Priory AC
64	964	00:12:52	Brogan McCawley	Camberley & District AC
65	1305	00:12:53	George Pepplewell	Windsor Slough Eton & Hounslow AC
66	5721	00:12:54	Joe Burgin	Bedford & County
67	1008	00:12:56	Ethan Bevis	City of Portsmouth AC
68	1271	00:12:57	Luke Prior	Wells City Harriers
69	1226	00:12:57	Alexander Allen	Team Southampton
70	1111	00:12:57	William Thomas	Horsham Blue Star Harriers

71	1183	00:13:00	Jamie Brown	Reigate Priory AC
72	1060	00:13:00	Anthony Donaldson	Hastings AC
73	982	00:13:01	Joe Aherne	Chiltern Harriers AC
74	1115	00:13:01	Joe McGarry	Leighton Buzzard AC
75	993	00:13:02	Will Perkin	Chiltern Harriers AC
76	1207	00:13:02	Ed Cooper	Southend AC
77	1068	00:13:03	Freddy Keefe	Havering Mayesbrook AC
78	1052	00:13:04	Kai Hammond	Harrow AC
79	1292	00:13:05	Charles McLoughlin	Winchester & District AC
80	1193	00:13:05	Billy Kelsey	Shaftesbury Barnet Harriers
81	947	00:13:06	Andre Stone	Bexley AC
82	1293	00:13:06	Will Stafford	Winchester & District AC
83	1281	00:13:08	Piers Copeland	Wimborne AC
84	1085	00:13:09	Aaron Clark	Herne Hill Harriers
85	945	00:13:10	Jacob Marks	Bexley AC
86	949	00:13:10	Will Cooper	Bracknell AC
87	990	00:13:11	Callum Neal	Chiltern Harriers AC
88	965	00:13:11	Rian McCawley	Camberley & District AC
89	1002	00:13:13	Jamie Finch	City of Norwich AC
90	1215	00:13:15	Matthew Le Poidevin	St.Edmund Pacers
91	1084	00:13:15	Paul Burgess	Herne Hill Harriers
92	966	00:13:16	Jake Raby	Camberley & District AC
93	1239	00:13:16	Archie St Aubyn	Thames Valley Harriers
94	1194	00:13:17	Daniel Light	Shaftesbury Barnet Harriers
95	916	00:13:17	Joseph Brennan	Barnet & District AC
96	1127	00:13:18	Max Robertson	London Heathside
97	1126	00:13:18	Conor O'Shea	London Heathside
98	1067	00:13:19	Adam Hill	Havering Mayesbrook AC
99	902	00:13:19	Nathan Gibson	Aldershot Farnham & District AC
100	985	00:13:21	Sam Henning	Chiltern Harriers AC
101	1148	00:13:22	Cheyenne Antoine-Chagar	Orion Harriers
102	973	00:13:23	Christopher Waltham	Chelmsford AC
103	1309	00:13:24	Daniel Rowden	Woodford Green AC with Essex Ladies
104	1310	00:13:24	Joe Smith	Woodford Green AC with Essex Ladies
105	934	00:13:26	Thomas Pate	Basingstoke & Mid Hants AC
106	998	00:13:26	Jack Treanor	Chiltern Harriers AC
107	1282	00:13:27	Alex Diment	Wimborne AC
108	1240	00:13:28	Stephen Davies	Thurrock Harriers
109	1020	00:13:31	Luke Baker	Croydon Harriers
110	1132	00:13:32	Mark Collins	Medway & Maidstone AC
111	1155	00:13:33	Charlie Weston	Orion Harriers
112	1050	00:13:34	Youcef Harizi	Enfield & Haringey AC
113	1175	00:13:34	Alex Harris-White	Reading AC
114	1260	00:13:34	Gregor Murray	Watford Harriers
115	1245	00:13:34	Luke Gunter	Tonbridge AC
116	1306	00:13:35	Giles Robinson	Windsor Slough Eton & Hounslow AC
117	1113	00:13:36	Jordan Clay	Leighton Buzzard AC
118	957	00:13:37	Tom O'Brian	Brighton & Hove City AC
119	1268	00:13:38	Tom Jones	Wells City Harriers
120	1283	00:13:39	Jordan Symington	Wimborne AC
121	1206	00:13:41	Jamie Cook	Southend AC
122	1134	00:13:43	Robert Horgan	Medway & Maidstone AC
123	1124	00:13:44	Max Heap	London Heathside
124	931	00:13:45	Harvey Mitchell	Basingstoke & Mid Hants AC
125	1083	00:13:45	Ibrauim Belal	Herne Hill Harriers
126	1259	00:13:46	Edward Marsh	Watford Harriers
127	1032	00:13:47	Matthew Simpson	Dacorum & Tring AC
128	1034	00:13:48	Jake Williamson	Dacorum & Tring AC
129	1125	00:13:48	Johnny Naylor	London Heathside
130	1051	00:13:51	Joe Gammell	Harrow AC
131	1233	00:13:51	Joe Gilbert	Thames Valley Harriers
132	1140	00:13:52	Cameron Durrant	Nene Valley Harriers
133	1131	00:13:54	Joe Clarke	Medway & Maidstone AC
134	1231	00:13:54	Joseph Cooper	Thames Valley Harriers
135	1039	00:13:56	Bobby Baily	Ealing Southall & Middlesex AC
136	1216	00:13:58	Matthew Nichols	St.Edmund Pacers
137	1210	00:13:58	Dominic Lemare	Southend AC
138	1103	00:13:59	Liam Holbrock	Hillingdon AC
139	1176	00:14:00	Tim Kenyon	Reading AC
140	1047	00:14:01	Bradley Pinder	Ealing Southall & Middlesex AC
141	997	00:14:02	Jonny Stenning	Chiltern Harriers AC
142	1096	00:14:02	Peter Laing	Highgate Harriers

143	1110	00:14:03	Euan Thomas	Horsham Blue Star Harriers
144	1311	00:14:03	Alex Hepburn	Bedford & County
145	1049	00:14:04	George Faulkner-Mellor	Enfield & Haringey AC
146	960	00:14:05	Harry Sullivan-Jones	Brighton & Hove City AC
147	1188	00:14:09	Mathew Johnson	Sevenoaks AC
148	1197	00:14:09	Ben Wilson	Shaftesbury Barnet Harriers
149	1189	00:14:10	Anders Kjairsgvard	Sevenoaks AC
150	1120	00:14:10	Jasper Crockford	London Heathside
151	927	00:14:14	Mark Flitcroft	Basingstoke & Mid Hants AC
152	1204	00:14:15	Aaron Broomfield	Southend AC
153	1129	00:14:16	Harry Lander	Luton AC
154	984	00:14:16	Joe Cochrane	Chiltern Harriers AC
155	1209	00:14:18	Zach Inwood	Southend AC
156	917	00:14:18	Thomas Butler	Barnet & District AC
157	1235	00:14:19	John Gray	Thames Valley Harriers
158	1071	00:14:19	Fraser Scott	Havering Mayesbrook AC
159	1100	00:14:20	Gabriel Springer	Highgate Harriers
160	1038	00:14:22	Harjit Ahluwalia	Ealing Southall & Middlesex AC
161	923	00:14:24	Harry Buxton	Basingstoke & Mid Hants AC
162	1227	00:14:24	Christopher Brewer	Team Southampton
163	1107	00:14:25	Sanjiv Solanki	Hillingdon AC
164	1258	00:14:26	Cory Keane	Watford Harriers
165	946	00:14:27	Declan O'Brien	Bexley AC
166	935	00:14:30	Kieran Ruffe	Basingstoke & Mid Hants AC
167	1237	00:14:30	Abraham Mendes Da Costa	Thames Valley Harriers
168	1158	00:14:31	Alex Bourne	Poole AC
169	1056	00:14:32	Toby McDermott	Harrow AC
170	1133	00:14:34	Rory Head	Medway & Maidstone AC
171	1089	00:14:34	Scott Lavell	Herne Hill Harriers
172	1101	00:14:35	Callum Gibbons	Hillingdon AC
173	1116	00:14:36	Lloyd Milliken	Leighton Buzzard AC
174	928	00:14:37	Louie Hyde	Basingstoke & Mid Hants AC
175	978	00:14:38	Edward Gerwat	Chichester Runners & AC
176	1109	00:14:40	Daniel Pidgeon	Horsham Blue Star Harriers
177	1144	00:14:42	Alex Weeks	Nene Valley Harriers
178	1314	00:14:44	Robson Angell	Bedford & County
179	1102	00:14:46	Jack Gradwell	Hillingdon AC
180	1313	00:14:46	Matthew Marson	Bedford & County
181	1024	00:14:47	Stirling Gibbons	Croydon Harriers
182	1108	00:14:48	Jack Milnthorpe	Horsham Blue Star Harriers
183	1062	00:14:55	Alfie Jeffery	Hastings AC
184	1266	00:14:56	Daniel Bowditch	Wells City Harriers
185	1106	00:14:56	Jack McDermott	Hillingdon AC
186	937	00:14:58	Bryn Smith	Basingstoke & Mid Hants AC
187	919	00:15:03	Paul Smith	Barnet & District AC
188	1066	00:15:04	Will Hart	Havering Mayesbrook AC
189	1087	00:15:08	Max Ferrari	Herne Hill Harriers
190	1289	00:15:08	Josh Keaveney	Winchester & District AC
191	1192	00:15:10	Daniel Headland	Shaftesbury Barnet Harriers
192	1141	00:15:14	Connor Durrant	Nene Valley Harriers
193	1055	00:15:16	Max Marmor	Harrow AC
194	1303	00:15:16	Adam Moore	Windsor Slough Eton & Hounslow AC
195	907	00:15:18	Sam McCready	Aldershot Farnham & District AC
196	944	00:15:19	Luc Legon	Bexley AC
197	1095	00:15:21	Harry James	Highgate Harriers
198	1265	00:15:22	Michael Biss	Wells City Harriers
199	1304	00:15:31	Blake Moore	Windsor Slough Eton & Hounslow AC
200	904	00:15:34	Ben Hazeldene	Aldershot Farnham & District AC
201	943	00:15:36	Harry Jarvis	Bexley AC
202	1098	00:15:37	Conrad Litchfield	Highgate Harriers
203	918	00:15:54	Will Martin	Barnet & District AC
204	1143	00:16:00	Ewan O'Connell	Nene Valley Harriers
205	1214	00:16:02	Ieuan Alldis	St.Edmund Pacers
206	1122	00:16:30	Jack Forey	London Heathside
207	1277	00:16:50	Callum Morton	West Suffolk AC
208	1000	00:17:00	Thomas Carr	City of Norwich AC
209	959	00:17:07	Aiden Silsby	Brighton & Hove City AC
210	940	00:17:09	Mitchell Tucker	Basingstoke & Mid Hants AC
211	941	00:17:54	Nathan Williams	Basingstoke & Mid Hants AC
212	939	00:17:58	Liam Tatum	Basingstoke & Mid Hants AC

Under 15 Girls

Pos.	Race No.	Time	Name	Club
1	1387	00:14:48	Jessica Judd	Chelmsford AC
2	1550	00:14:57	Amy Sweet	Newquay & Par AC
3	1681	00:15:01	Rebecca Knapton	Winchester & District AC
4	1332	00:15:08	Susan Shiel-Rankin	Aldershot Farnham & District AC
5	1555	00:15:16	Lauren Hawtin	Oxford City AC
6	1351	00:15:20	Rebecca Murray	Bedford & County AC
7	1328	00:15:23	Rebecca Howard	Aldershot Farnham & District AC
8	1331	00:15:26	Harriet Preedy	Aldershot Farnham & District AC
9	1349	00:15:32	Ellie Hemming	Bedford & County AC
10	1388	00:15:37	Sophie Riches	Chelmsford AC
11	1361	00:15:39	Becky Berger-North	Bracknell AC
12	1374	00:15:42	Georgina Schwiening	Cambridge & Coleridge
13	1517	00:15:43	Revee Walcott-Nolan	Luton AC
14	1468	00:15:45	Grace Baker	Hastings AC
15	1686	00:15:46	Ruth Bourne	Windsor Slough Eton & Hounslow AC
16	1322	00:15:49	Emily Alexander-High	Aldershot Farnham & District AC
17	1661	00:15:50	Alice Wood	Tonbridge AC
18	1414	00:15:51	Natasha Potgieter	City of Norwich AC
19	1598	00:15:54	Sophie Foreman	South London Harriers
20	1451	00:15:56	Rosie Chamberlain	Exeter Harriers
21	1556	00:16:03	Imogen Kempton	Oxford City AC
22	1516	00:16:04	Ellie Still	Luton AC
23	1363	00:16:06	Fern Brereton	Bracknell AC
24	1656	00:16:06	Nicole Taylor	Tonbridge AC
25	1669	00:16:07	Emily Smith	Wells City Harriers
26	1348	00:16:10	Alanah Harris	Bedford & County AC
27	1580	00:16:14	Laura Gent	Reigate Priory AC
28	1377	00:16:18	Sophie Parks	Cambridge Harriers
29	1596	00:16:20	Isobel Thompson	Shaftesbury Barnet Harriers
30	1350	00:16:22	Molly McKenzie	Bedford & County AC
31	1323	00:16:22	Jade Anderson Busby	Aldershot Farnham & District AC
32	1457	00:16:24	Sophie Storey	Guildford & Godalming AC
33	1341	00:16:28	Eleanor Johnson	Basildon AC
34	1683	00:16:28	Georgia Morris	Winchester & District AC
35	1342	00:16:29	Charlotte Chalwin	Basingstoke & Mid Hants AC
36	1459	00:16:33	Sky Draper	Harrow AC
37	1503	00:16:34	Suzie Reid	Ipswich Harriers
38	1573	00:16:38	Beki Taylor	Reading AC
39	1560	00:16:39	Grace Howie	Poole AC
40	1333	00:16:40	Rosanna Stewart	Aldershot Farnham & District AC
41	1478	00:16:43	Elizabeth Bird	Herts Phoenix AC
42	1452	00:16:43	Poppy Disley-May	Guildford & Godalming AC
43	1553	00:16:44	Rebecca Byren	Oxford City AC
44	1453	00:16:44	Eleanor Harrison	Guildford & Godalming AC
45	1612	00:16:44	Naomi Hodson	St.Albans AC
46	1498	00:16:45	Alex Clay	Invicta East Kent AC
47	1688	00:16:45	Emma Croft	Windsor Slough Eton & Hounslow AC
48	1339	00:16:47	Charlotte Michael	Barnet & District AC
49	1384	00:16:50	Aimee Garnett	Chelmsford AC
50	1479	00:16:50	Mary Gough	Herts Phoenix AC
51	1710	00:16:52	Georgina Russell	Wycombe Phoenix Harriers
52	1513	00:16:55	Hannah Farmer	Luton AC
53	1691	00:16:56	Emma Maurer	Windsor Slough Eton & Hounslow AC
54	1554	00:16:57	Elissa Clark	Oxford City AC
55	1362	00:16:58	Phillapa Bowden	Bracknell AC
56	1552	00:17:00	Armanni Antoine-Chagar	Orion Harriers
57	1435	00:17:02	Jessica Filbey	Dorking & Mole Valley AC
58	1454	00:17:02	Louise Heron	Guildford & Godalming AC
59	1523	00:17:03	Jade Leggett	Marshall Milton Keynes AC
60	1611	00:17:04	Chloe Williams	Southend AC
61	1670	00:17:05	Siobhan Stewart	Wells City Harriers
62	1353	00:17:06	Megan Shreeves	Bedford & County AC
63	1352	00:17:07	Leah Relton	Bedford & County AC
64	1615	00:17:08	Megan Steer	St.Albans AC
65	1411	00:17:09	Anna Hoogkamer	City of Norwich AC
66	1677	00:17:10	Sophie Lloyd	White Horse Harriers AC
67	1336	00:17:11	Amelia Jones	Ashford AC
68	1650	00:17:12	Pandora Banbury	Tonbridge AC
69	1566	00:17:14	Mollie Haines	Reading AC
70	1657	00:17:15	Dominique Von Oppel	Tonbridge AC

71	1482	00:17:16	Emily Ruane	Herts Phoenix AC
72	1401	00:17:16	Phoebe Cutter	Chiltern Harriers AC
73	1602	00:17:16	Emily Crow	Southend AC
74	1367	00:17:20	Becky Turton	Bracknell AC
75	1419	00:17:21	Finlay Bray	Cornwall AC
76	1450	00:17:24	Charlotte Matthams	Enfield & Haringey AC
77	1519	00:17:24	Emily Bousfield	Marshall Milton Keynes AC
78	1586	00:17:24	Harriet Clifford	Shaftesbury Barnet Harriers
79	1565	00:17:25	Cerys Aitken	Reading AC
80	1584	00:17:26	Tabitha Adams	Sevenoaks AC
81	1682	00:17:27	Jess Maw	Winchester & District AC
82	1697	00:17:29	Alice Wills	Windsor Slough Eton & Hounslow AC
83	1679	00:17:30	Laura Fenwick	Winchester & District AC
84	1424	00:17:32	Mellissa Kevern	Cornwall AC
85	1605	00:17:34	Sarah Imbush	Southend AC
86	1491	00:17:35	Rebecca Miles	Hillingdon AC
87	1358	00:17:39	Ellen Newark	Bexley AC
88	1472	00:17:41	Billie Barbour	Herne Hill Harriers
89	1520	00:17:46	Gemma Childs	Marshall Milton Keynes AC
90	1340	00:17:47	Emily Bullis	Basildon AC
91	1507	00:17:48	Hannah Jackson	Lewes AC
92	1534	00:17:49	Jade Carvath-Smith	Nene Valley Harriers
93	1494	00:17:49	Camile Cowan	Horsham Blue Star Harriers
94	1390	00:17:52	Rebecca Wade	Chelmsford AC
95	1338	00:17:52	Beth Carter	Barnet & District AC
96	1607	00:17:53	Jordan Lacey	Southend AC
97	1696	00:17:54	Ellie Wallis	Windsor Slough Eton & Hounslow AC
98	1588	00:17:57	Harriet Hollis	Shaftesbury Barnet Harriers
99	1685	00:17:58	Rose Adams	Windsor Slough Eton & Hounslow AC
100	1496	00:17:59	Eleanor Smith	Huntingdonshire AC
101	1692	00:17:59	Rebecca Riches	Windsor Slough Eton & Hounslow AC
102	1473	00:18:01	Ashleigh Campbell	Herne Hill Harriers
103	1423	00:18:01	Lotie Jose	Cornwall AC
104	1422	00:18:02	Tasmin Gummow	Cornwall AC
105	1616	00:18:04	Sophie West	St.Albans AC
106	1373	00:18:06	Olivia McGurk	Cambridge & Coleridge
107	1654	00:18:07	Jemima Sneddon	Tonbridge AC
108	1421	00:18:07	Zoe Fisher	Cornwall AC
109	1666	00:18:08	Shannon Swann	Watford Harriers
110	1527	00:18:08	Sasha Pay	Medway & Maidstone AC
111	1574	00:18:09	Bethan Taylor	Reading AC
112	1620	00:18:10	Christina Hall	St.Mary's Richmond AC
113	1601	00:18:10	Ruth Myburgh	South London Harriers
114	1343	00:18:12	Jenny Helyar	Basingstoke & Mid Hants AC
115	1658	00:18:14	Stephanie Von Oppel	Tonbridge AC
116	1689	00:18:16	Jo Fallon	Windsor Slough Eton & Hounslow AC
117	1381	00:18:16	Sophie Crofts	Chelmsford AC
118	1492	00:18:17	Esme Stallard	Hillingdon AC
119	1389	00:18:17	Jessica Swaine	Chelmsford AC
120	1617	00:18:19	Emily Gooderham	St.Edmund Pacers
121	1576	00:18:20	Sian Wakerley	Reading AC
122	1327	00:18:21	Bethany Gibson	Aldershot Farnham & District AC
123	1415	00:18:21	Beth Stratton	City of Norwich AC
124	1593	00:18:22	Suzu Sato	Shaftesbury Barnet Harriers
125	1613	00:18:26	Hannah Hull	St.Albans AC
126	1537	00:18:29	Paige Lambert	Nene Valley Harriers
127	1655	00:18:30	Ottillie Swift	Tonbridge AC
128	1475	00:18:34	Maisie Hilliare	Herne Hill Harriers
129	1667	00:18:36	Lily Hawkins	Wells City Harriers
130	1391	00:18:38	Isabella Warren	Chelmsford AC
131	1506	00:18:40	Faith Daugherty	Lewes AC
132	1579	00:18:42	Lisa Ferguson	Reigate Priory AC
133	1515	00:18:43	Grace Keane	Luton AC
134	1524	00:18:46	Fern Yull	Marshall Milton Keynes AC
135	1649	00:18:50	Megan Norry	Thetford AC
136	1495	00:18:50	Gaye McLellan	Huntingdonshire AC
137	1618	00:18:52	Alice Maquire	St.Edmund Pacers
138	1335	00:18:55	Katherine Buckley	Ashford AC
139	1557	00:18:55	Sophie Allen	Poole AC
140	1368	00:18:56	Emma Woodhead	Bracknell AC
141	1476	00:18:57	Francesca Meade	Herne Hill Harriers
142	1595	00:18:57	Nicole Swain	Shaftesbury Barnet Harriers

143	1481	00:19:01	Helena Page	Herts Phoenix AC
144	1558	00:19:01	Danielle Burry	Poole AC
145	1493	00:19:04	Carys Tetlaw	Hillingdon AC
146	1549	00:19:07	Ailsa Sharrock	Newquay & Par AC
147	1575	00:19:09	Emma Taylor	Reading AC
148	1587	00:19:12	Rebecca Graham	Shaftesbury Barnet Harriers
149	1499	00:19:13	Grace Leggatt	Invicta East Kent AC
150	1463	00:19:15	Nan Smart	Harrow AC
151	1455	00:19:18	Amy Lawrence	Guildford & Godalming AC
152	1687	00:19:19	Natasha Carr	Windsor Slough Eton & Hounslow AC
153	1406	00:19:20	Alice Heinel	Chiltern Harriers AC
154	1543	00:19:23	Lucy Bowden	Newquay & Par AC
155	1345	00:19:27	Abbie Thorn	Basingstoke & Mid Hants AC
156	1567	00:19:28	Natasha Harris-White	Reading AC
157	1418	00:19:30	Jess Boulton	Cornwall AC
158	1488	00:19:32	Hannah Viner	Highgate Harriers
159	1693	00:19:32	Abbi Schmid	Windsor Slough Eton & Hounslow AC
160	1535	00:19:35	Emma Chan	Nene Valley Harriers
161	1544	00:19:37	Emily Cowell	Newquay & Par AC
162	1443	00:19:37	Evie King	Ealing Southall & Middlesex AC
163	1460	00:19:38	Sophie Edwardson	Harrow AC
164	1708	00:19:44	Stephanie Smith	Woodford Green AC with Essex Ladies
165	1483	00:19:52	Edith Ault	Highgate Harriers
166	1438	00:19:53	Seren Adlem	Ealing Southall & Middlesex AC
167	1480	00:19:55	Aisling Hayward	Herts Phoenix AC
168	1711	00:20:00	Ella Dobson	Hercules Wimbledon AC
169	1385	00:20:06	Jessica Jellicoe	Chelmsford AC
170	1676	00:20:08	Beth Tooley	West Suffolk AC
171	1409	00:20:11	Hannah Wardley	Chiltern Harriers AC
172	1380	00:20:25	Megan Williams	Cambridge Harriers
173	1490	00:20:37	Heather Gibbons	Hillingdon AC
174	1485	00:20:42	Joni Kelly	Highgate Harriers
175	1674	00:20:50	Lauren James	West Suffolk AC
176	1569	00:20:56	Becky Morowiec	Reading AC
177	1444	00:21:01	Shannon Powell	Ealing Southall & Middlesex AC
178	1662	00:21:09	Janie Curtis	Victoria Park H & Tower Hamlets AC
179	1663	00:21:29	Paris Walker	Victoria Park H & Tower Hamlets AC
180	1571	00:21:33	Emily Stone	Reading AC
181	1526	00:21:40	Georgia Humphries	Medway & Maidstone AC
182	1344	00:21:55	Ami Nash	Basingstoke & Mid Hants AC
183	1355	00:21:56	Rachel Blincoe	Bexley AC
184	1449	00:22:11	Ellen Burwood	Enfield & Haringey AC
185	1572	00:22:12	Amy Sturgess	Reading AC
186	1321	00:22:44	Amber Acres-McGuigan	Aldershot Farnham & District AC
187	1606	00:22:45	Sophie Jarvis	Southend AC
188	1665	00:22:54	Claire Bentley	Watford Harriers
189	1357	00:23:21	Katherine Hyde	Bexley AC
190	1590	00:23:29	Danni Newman	Shaftesbury Barnet Harriers
191	1441	00:25:23	Kate Eastmond	Ealing Southall & Middlesex AC

Under 15 Boys

Pos.	Race No.	Time	Name	Club
1	336	00:15:57	James McMurray	St.Albans AC
2	312	00:16:08	Mathew McLaughlin	Shaftesbury Barnet Harriers
3	411	00:16:11	Benedict West Henry	Weymouth Saint Pauls Harriers
4	109	00:16:22	Callum Jones	Cornwall AC
5	356	00:16:24	Rowan Preece	Taunton AC
6	294	00:16:29	Jonathan Davies	Reading AC
7	29	00:16:30	Toby Smith	Basingstoke & Mid Hants AC
8	52	00:16:31	Matthew Seddon	Bracknell AC
9	112	00:16:33	Tom Rawet	Cornwall AC
10	217	00:16:34	Jake Rogers	Invicta East Kent AC
11	435	00:16:35	James Stockings	Woodford Green AC with Essex Ladies
12	5729	00:16:37	Michael Harrison	Bedford & County
13	419	00:16:37	Stuart McCallum	Winchester & District AC
14	3	00:16:38	Matthew Arnold	Aldershot Farnham & District AC
15	307	00:16:39	Luke Ames-Blackaby	Shaftesbury Barnet Harriers
16	300	00:16:39	Will Robinson	Reigate Priory AC
17	71	00:16:40	Sam Robinson	Chelmsford AC
18	197	00:16:40	Liam Dee	Herts Phoenix AC
19	382	00:16:41	Tom Devlin	Tonbridge AC
20	432	00:16:42	Kieran Wye	Windsor Slough Eton & Hounslow AC
21	5725	00:16:43	Ryan Isaacson	Bedford & County
22	222	00:16:44	Bradley Wattleworth	Ipswich Harriers
23	390	00:16:45	Max Nicholls	Tonbridge AC
24	64	00:16:48	James Cochrane	Cambridge & Coleridge
25	63	00:16:49	Shaun Wyllie	Camberley & District AC
26	213	00:16:49	Luke Dawson	Invicta East Kent AC
27	389	00:16:49	Sean Molloy	Tonbridge AC
28	316	00:16:51	Chandi Uduwawala	Shaftesbury Barnet Harriers
29	207	00:16:52	Benjamin Collier	Horsham Blue Star Harriers
30	102	00:16:53	Sean Watson	City of Norwich AC
31	330	00:16:53	John Kerridge	Southend AC
32	237	00:16:53	Sam Redding	Marshall Milton Keynes AC
33	53	00:16:54	Adam Wimbledon	Bracknell AC
34	13	00:16:56	Toby Starling	Aldershot Farnham & District AC
35	308	00:16:56	Micheal Callegarie	Shaftesbury Barnet Harriers
36	12	00:16:57	Robert Hislop	Aldershot Farnham & District AC
37	430	00:17:01	Callum Tead	Windsor Slough Eton & Hounslow AC
38	168	00:17:02	Hoseah Gikungu	Havering Mayesbrook AC
39	67	00:17:04	Steven Adcock	Chelmsford AC
40	350	00:17:05	Nyle Clinton	Swindon Harriers
41	219	00:17:08	Henry Alexander	Ipswich Harriers
42	436	00:17:09	Ben Alcock	Bedford & County
43	422	00:17:11	Ben Bradley	Windsor Slough Eton & Hounslow AC
44	331	00:17:12	Oliver Kyrakides	Southend AC
45	139	00:17:13	Bhavesh Soneji	Ealing Southall & Middlesex AC
46	344	00:17:13	Thomas Daborn	St.Mary's Richmond AC
47	113	00:17:14	Andrew Worden	Cornwall AC
48	187	00:17:16	Michael Brown	Herne Hill Harriers
49	153	00:17:18	Dalton McGuigan	Harrow AC
50	370	00:17:18	James Murdoch	Thames Valley Harriers
51	278	00:17:19	Joshua Tack	Oxford City AC
52	393	00:17:20	Hanro Rossouw	Tonbridge AC
53	315	00:17:21	Mark Pearce	Shaftesbury Barnet Harriers
54	38	00:17:21	William Somogyi	Bexley AC
55	86	00:17:22	George Gillingwater	Chiltern Harriers AC
56	8	00:17:22	Sam Eglan	Aldershot Farnham & District AC
57	302	00:17:26	Dominic Brown	Sevenoaks AC
58	171	00:17:28	Ryan O'Mahoney	Havering Mayesbrook AC
59	347	00:17:29	Eoin O'Brien	St.Mary's Richmond AC
60	277	00:17:29	Matthieu Marshall	Oxford City AC
61	175	00:17:30	Joe Clark	Hercules Wimbledon AC
62	291	00:17:30	Daniel Breeds	Reading AC
63	198	00:17:32	Nicholas Doyle	Herts Phoenix AC
64	420	00:17:33	Jack Walker	Winchester & District AC
65	49	00:17:34	Scott Halstead	Bracknell AC
66	365	00:17:35	Hugo Cayssials	Thames Valley Harriers
67	357	00:17:36	Isaac Taschimowitz	Taunton AC
68	65	00:17:36	Guy Kendall	Cambridge & Coleridge
69	332	00:17:36	Alex Masterson	Southend AC
70	279	00:17:36	Ben Upjohn	Oxford City AC

71	354	00:17:37	Ben Hawkins	Taunton AC
72	318	00:17:38	Sam Wilson	Shaftesbury Barnet Harriers
73	433	00:17:38	Ryan Dunne	Woodford Green AC with Essex Ladies
74	196	00:17:41	Liam Cloona	Herts Phoenix AC
75	284	00:17:42	Benjamin Mogg	Poole AC
76	108	00:17:44	Sam Heslop-George	Cornwall AC
77	297	00:17:45	Ben Priddle	Reading AC
78	405	00:17:46	Macauley Delo	West Suffolk AC
79	98	00:17:47	Callum Russell	City of Norwich AC
80	253	00:17:48	Ross Husskson	Nene Valley Harriers
81	246	00:17:49	James West	Medway & Maidstone AC
82	250	00:17:49	Ben Hampson	Nene Valley Harriers
83	172	00:17:50	Nick Shade	Havering Mayesbrook AC
84	292	00:17:51	Daniel Brock	Reading AC
85	32	00:17:51	Nicholas Armstrong	Bexley AC
86	310	00:17:52	Richard Johnson	Shaftesbury Barnet Harriers
87	345	00:17:52	Ollie Garner	St.Mary's Richmond AC
88	313	00:17:52	Rory Mudd	Shaftesbury Barnet Harriers
89	309	00:17:54	Joe Headland	Shaftesbury Barnet Harriers
90	147	00:17:58	Daniel Wallis	Guildford & Godalming AC
91	245	00:17:59	George Vaughan	Medway & Maidstone AC
92	334	00:17:59	Chris Hilton	St.Albans AC
93	166	00:17:59	Thomas Davis	Havering Mayesbrook AC
94	103	00:18:00	Rory Bevis	City of Portsmouth AC
95	212	00:18:00	Eddie Burton	Invicta East Kent AC
96	404	00:18:02	Adam Cripps	West Suffolk AC
97	337	00:18:03	Oliver Poulain	St.Albans AC
98	185	00:18:03	James Allen	Herne Hill Harriers
99	194	00:18:04	Alex Wheeldon	Herne Hill Harriers
100	409	00:18:05	Archie Palmer	West Suffolk AC
101	90	00:18:05	Jack Walker	Chiltern Harriers AC
102	200	00:18:07	Stanley Harrison	Highgate Harriers
103	397	00:18:07	Sam Bedford	Wells City Harriers
104	362	00:18:08	Alex Ruggles	Team Southampton
105	220	00:18:08	Oliver Jones	Ipswich Harriers
106	286	00:18:08	Alex Brian	Poole Runners
107	5728	00:18:09	Scott Proctor	Bedford & County
108	138	00:18:10	Sam Shindler-Glass	Ealing Southall & Middlesex AC
109	225	00:18:10	Billy Mead	Leighton Buzzard AC
110	85	00:18:10	Jack Dutton	Chiltern Harriers AC
111	89	00:18:11	Liam McDonald	Chiltern Harriers AC
112	105	00:18:11	Joe Alexander	Colchester & Tendring AC
113	83	00:18:16	Dan Barraclough	Chiltern Harriers AC
114	335	00:18:16	Sam Jamieson	St.Albans AC
115	209	00:18:17	James Downing	Huntingdonshire AC
116	45	00:18:18	Declan Toth	Bournemouth AC
117	152	00:18:19	Rizwann Malik	Harrow AC
118	290	00:18:19	Alex Bow	Reading AC
119	428	00:18:20	Jack Rowe	Windsor Slough Eton & Hounslow AC
120	61	00:18:21	Kieran McMorran	Bungay Black Dog RC
121	340	00:18:21	Jake MaCarthy	St.Edmund Pacers
122	352	00:18:22	Jamie Coles	Taunton AC
123	72	00:18:22	Stephen Woodford	Chelmsford AC
124	164	00:18:24	Monty Wilson	Hastings AC
125	5	00:18:24	Luke Buckland	Aldershot Farnham & District AC
126	406	00:18:25	Tom Eames	West Suffolk AC
127	281	00:18:26	Robbie Fitzgibbon	Phoenix AC
128	322	00:18:28	Tate Baron	Southend AC
129	4	00:18:30	Daniel Ayers	Aldershot Farnham & District AC
130	424	00:18:31	Ricky Harvie	Windsor Slough Eton & Hounslow AC
131	5724	00:18:31	Jack Douglas	Bedford & County
132	440	00:18:31	Joshua Saunders	Bedford & County
133	421	00:18:33	Greg Baynham	Windsor Slough Eton & Hounslow AC
134	374	00:18:33	Jason Higgins	Thetford AC
135	165	00:18:33	Josh Connors	Havering Mayesbrook AC
136	272	00:18:34	Alberic Hall	Orion Harriers
137	241	00:18:35	Christian El Shamma	Medway & Maidstone AC
138	324	00:18:36	Ashley Capel	Southend AC
139	249	00:18:37	Greg Dunn	Nene Valley Harriers
140	268	00:18:38	Kieran Rowe	Newquay & Par AC
141	255	00:18:38	Jack Moore	Nene Valley Harriers
142	437	00:18:40	Jack Benedickter	Bedford & County

143	84	00:18:40	Jimmy Davies	Chiltern Harriers AC
144	415	00:18:41	David Long	Wimborne AC
145	136	00:18:42	Duncan Pinder	Ealing Southall & Middlesex AC
146	266	00:18:42	James Craddock	Newquay & Par AC
147	26	00:18:42	Richard Fernando	Basingstoke & Mid Hants AC
148	221	00:18:42	Ross Tennant	Ipswich Harriers
149	181	00:18:42	Ben Palmer	Hercules Wimbledon AC
150	232	00:18:43	George Ward	Luton AC
151	259	00:18:43	James Thomas	Nene Valley Harriers
152	304	00:18:45	Mads Kjairsgard	Sevenoaks AC
153	230	00:18:45	Miron Woldemichael	London Heathside
154	34	00:18:46	Lewis Elsey	Bexley AC
155	429	00:18:46	Henry Suggett	Windsor Slough Eton & Hounslow AC
156	417	00:18:47	Jack Snook	Wimborne AC
157	258	00:18:48	Callum Reid	Nene Valley Harriers
158	256	00:18:49	Ellis O'Connell	Nene Valley Harriers
159	323	00:18:50	Joe Beard	Southend AC
160	301	00:18:51	Alistair Bishop	Sevenoaks AC
161	88	00:18:53	Alex Johnson	Chiltern Harriers AC
162	151	00:18:55	Oliver Hurcum	Harrow AC
163	396	00:18:55	Hugo Fleming	Walton AC
164	50	00:18:57	Tom Johnson	Bracknell AC
165	247	00:19:00	James Williamson	Medway & Maidstone AC
166	353	00:19:01	Toby Green	Taunton AC
167	79	00:19:01	Dan Robey	Chichester Runners & AC
168	5726	00:19:05	Sam Knee-Robinson	Bedford & County
169	24	00:19:05	Alex Emanuel	Barnet & District AC
170	129	00:19:07	Oliver May	Dorking & Mole Valley AC
171	314	00:19:08	Dougal Oliver	Shaftesbury Barnet Harriers
172	273	00:19:10	George Hoy	Orion Harriers
173	206	00:19:12	Dominic Speight	Hillingdon AC
174	167	00:19:14	Nick Duffy	Havering Mayesbrook AC
175	9	00:19:17	Jordan Fox	Aldershot Farnham & District AC
176	179	00:19:17	Augustin Mallon	Hercules Wimbledon AC
177	276	00:19:17	Jack Waller	Orion Harriers
178	204	00:19:20	Samuel Hobbs	Hillingdon AC
179	320	00:19:21	Ben Foreman	South London Harriers
180	295	00:19:21	Nathan Meredith	Reading AC
181	400	00:19:23	Sam Harding	Wells City Harriers
182	283	00:19:27	Luke Reynolds	Phoenix AC
183	228	00:19:28	Callum Jackson	London Heathside
184	377	00:19:28	Ben Bradshaw	Tonbridge AC
185	223	00:19:29	Brian Foulger	Leighton Buzzard AC
186	48	00:19:29	Seb Bowerman	Bracknell AC
187	100	00:19:29	Bradley Stansbury	City of Norwich AC
188	199	00:19:33	William Fitter	Highgate Harriers
189	359	00:19:33	Niall Holt	Team Southampton
190	254	00:19:36	Dan Martin	Nene Valley Harriers
191	99	00:19:36	Ben Sauage	City of Norwich AC
192	150	00:19:36	Lewis Hawkins	Harrow AC
193	387	00:19:40	Gavin McKay	Tonbridge AC
194	311	00:19:41	Calum McCormick	Shaftesbury Barnet Harriers
195	189	00:19:42	Tim Leek	Herne Hill Harriers
196	229	00:19:42	Joe Silva	London Heathside
197	339	00:19:44	Sam Harrison	St.Edmund Pacers
198	5727	00:19:44	Matthew Bray	Bedford & County
199	47	00:19:46	Luke Bartholomew	Bracknell AC
200	201	00:19:55	Eugene Potter	Highgate Harriers
201	263	00:19:59	Alex Russo	Newham & Essex Beagles
202	163	00:20:06	Ryan Wiggs	Hastings AC
203	35	00:20:08	Luke Francis	Bexley AC
204	202	00:20:08	Stephen Crosbie	Hillingdon AC
205	107	00:20:10	Rob Glading	Cornwall AC
206	244	00:20:11	William Stockwell	Medway & Maidstone AC
207	407	00:20:16	Edmund Mills	West Suffolk AC
208	434	00:20:18	Sean Kenny	Woodford Green AC with Essex Ladies
209	418	00:20:18	Sam Appleton	Winchester & District AC
210	62	00:20:20	Daniel Thompson	Camberley & District AC
211	191	00:20:26	John Tayleur	Herne Hill Harriers
212	348	00:20:26	David Peacock	St.Mary's Richmond AC
213	36	00:20:31	Joseph Gunton	Bexley AC
214	408	00:20:36	Zak Ollington	West Suffolk AC

215	252	00:20:48	Jakob Hart	Nene Valley Harriers
216	426	00:20:57	James Porter	Windsor Slough Eton & Hounslow AC
217	159	00:21:08	Ben Ansom	Hastings AC
218	298	00:21:12	Sam Towel	Reading AC
219	40	00:21:21	Thomas Wright	Bexley AC
220	303	00:21:21	Miles Hawes	Sevenoaks AC
221	392	00:21:26	Anthony O'Dowd	Tonbridge AC
222	403	00:21:38	Jack Anthony	West Suffolk AC
223	373	00:22:14	Nabil Toumi	Thames Valley Harriers
224	127	00:23:03	Jack Quoroll	Dacorum & Tring AC
225	227	00:24:34	Renat Hammet-Millay	London Heathside
226	341	00:24:57	Daniel Whiting	St.Edmund Pacers
227	366	00:26:50	Samuel Cooper	Thames Valley Harriers
228	372	00:27:16	Bilal Toumi	Thames Valley Harriers

Under 17 Women

Pos.	Race No.	Time	Name	Club
1	2302	00:18:36	Emilia Gorecka	Aldershot Farnham & District AC
2	2308	00:19:20	Georgia Peel	Aldershot Farnham & District AC
3	2459	00:19:30	Melissa Hawtin	Oxford City AC
4	2486	00:19:41	Sophie Connor	Shaftesbury Barnet Harriers
5	2305	00:19:45	Ruth Hayes	Aldershot Farnham & District AC
6	2328	00:19:54	Emily Wallbank	Bedford & County AC
7	2465	00:19:59	Melissa Courtney	Poole AC
8	2446	00:20:28	Beth Swords	Marshall Milton Keynes AC
9	2493	00:20:31	Victoria Walker	Shaftesbury Barnet Harriers
10	2301	00:20:35	Ciara Dullaghan	Aldershot Farnham & District AC
11	2320	00:20:41	Alice Burgin	Bedford & County AC
12	2357	00:20:50	Iona Lake	City of Norwich AC
13	2437	00:20:55	Jess Andrews	Isle of Wight AC
14	2499	00:21:00	Helen Wilson	South London Harriers
15	2325	00:21:04	Abigail McKinnon-Austin	Bedford & County AC
16	2444	00:21:09	Elle Roche	Marshall Milton Keynes AC
17	2517	00:21:14	Katie Hickson	Team Southampton
18	2554	00:21:18	Maryse Haynes	Windsor Slough Eton & Hounslow AC
19	2466	00:21:19	Abigail Jones	Poole AC
20	2395	00:21:22	Anna Rust	Exeter Harriers
21	2550	00:21:24	Louisa Warwick	Winchester & District AC
22	2306	00:21:27	Bethan Hubbard	Aldershot Farnham & District AC
23	2416	00:21:35	Katie Snowden	Herne Hill Harriers
24	2457	00:21:38	Lauren MacGregor	Orion Harriers
25	2411	00:21:39	Hannah Edwards	Herne Hill Harriers
26	2326	00:21:43	Emily Relton	Bedford & County AC
27	2525	00:21:48	Ellen Holmes	Tonbridge AC
28	2473	00:21:48	Julia Henderson	Reading AC
29	2358	00:21:53	Alex McKibben	City of Norwich AC
30	2572	00:21:57	Sidnie Sales	Woodford Green AC with Essex Ladies
31	2364	00:22:01	Emma Gilmore	City of Portsmouth AC
32	2527	00:22:02	Lucy Reid	Tonbridge AC
33	2460	00:22:05	Jade Walker	Oxford City AC
34	2345	00:22:07	Rebecca O'Neill	Chelmsford AC
35	2338	00:22:12	Ellia Row	Bracknell AC
36	2365	00:22:14	Samantha Redgrave	Colchester & Tendring AC
37	2546	00:22:16	Jade Bowling	Winchester & District AC
38	2492	00:22:16	Ciara Stewart	Shaftesbury Barnet Harriers
39	2313	00:22:20	Kate Barber	Barnet & District AC
40	2533	00:22:21	Lizzie Hart	Wells City Harriers
41	2547	00:22:29	Jennifer McLachlin	Winchester & District AC
42	2523	00:22:34	Lucy Blackstone	Tonbridge AC
43	2340	00:22:34	Rebecca Carter	Cambridge & Coleridge
44	2407	00:22:35	Stacey Clusker	Hastings AC
45	2543	00:22:36	Sophie Tupman	West Suffolk AC
46	2518	00:22:38	Mhairi-Clair Stewart	Team Southampton
47	2458	00:22:39	Ellie Burns	Oxford City AC
48	2443	00:22:44	Joanna Livesey	Marshall Milton Keynes AC
49	2342	00:22:46	Poppy Blake	Chelmsford AC
50	2509	00:22:46	Maddie Garner	St.Mary's Richmond AC
51	2456	00:22:48	Jay Andrews	Orion Harriers
52	2504	00:22:52	Luara Farrar	St.Albans AC
53	2424	00:22:59	Rosie Inman	Horsham Blue Star Harriers
54	2531	00:23:00	Natalie Wickings	Watford Harriers
55	2471	00:23:00	Naomi Forshaw	Reading AC
56	2359	00:23:00	Esme Salmon	City of Norwich AC
57	2545	00:23:03	Bethan Murphy-Hand	White Horse Harriers AC
58	2556	00:23:08	Bex Myers	Windsor Slough Eton & Hounslow AC
59	2396	00:23:09	Helen Smith	Exeter Harriers
60	2452	00:23:12	Emma Randall	Nene Valley Harriers
61	2379	00:23:13	Laura Brown	Dacorum & Tring AC
62	2319	00:23:15	Emily Boast	Bedford & County AC
63	2348	00:23:18	Katie Johnson	Chichester Runners & AC
64	2467	00:23:18	Africa Mason	Poole AC
65	2449	00:23:22	Lucy Nicholson	Medway & Maidstone AC
66	2565	00:23:23	Claudia Conway	Woodford Green AC with Essex Ladies
67	2314	00:23:30	Emily Ballard	Basildon AC
68	2436	00:23:34	Hannah Pettersson	Ipswich Harriers
69	2333	00:23:52	Daisy Harper Brown	Bournemouth AC
70	2361	00:23:52	Katie Burns	City of Plymouth AC

71	2354	00:23:55	Grace Bird	City of Norwich AC
72	2398	00:23:57	Elizabeth Dingemans	Guildford & Godalming AC
73	2472	00:24:01	Alyx Gregory	Reading AC
74	2498	00:24:03	Francesca Parris	South London Harriers
75	2535	00:24:03	Jess Wood	Wells City Harriers
76	2339	00:24:04	Rachel Titheradge	Brighton & Hove City AC
77	2512	00:24:11	Molly Riglin	St.Mary's Richmond AC
78	2537	00:24:11	Rebecca Daines	West Norfolk AC
79	2507	00:24:13	Katie Bryant	St.Mary's Richmond AC
80	2442	00:24:15	Rebecca Goyder-Smith	Marshall Milton Keynes AC
81	2506	00:24:17	Rebecca Pritchard	St.Albans AC
82	2500	00:24:19	Holly Gillard	Southend AC
83	2427	00:24:21	Bethany Burnett	Invicta East Kent AC
84	2367	00:24:23	Olivia Ballard	Cornwall AC
85	2428	00:24:24	Rachel Burton	Invicta East Kent AC
86	2477	00:24:28	Hayley Randell	Reading AC
87	2474	00:24:33	Josie Hogge	Reading AC
88	2521	00:24:35	Lucy Tyler	Thetford AC
89	2309	00:24:39	Emma Stevens	Aldershot Farnham & District AC
90	2450	00:24:41	Cerys Sanders	Medway & Maidstone AC
91	2524	00:24:57	Maisie Farndon	Tonbridge AC
92	2536	00:24:58	Kelly Green	Werrington Joggers
93	2337	00:24:59	Lauren Rayment	Bracknell AC
94	2491	00:25:01	Yat Wing Smart	Shaftesbury Barnet Harriers
95	2321	00:25:09	Brogan Fielden	Bedford & County AC
96	2425	00:25:10	Genevieve Pounds	Horsham Blue Star Harriers
97	2322	00:25:19	Ruth Florey	Bedford & County AC
98	2329	00:25:25	Hannah Williams	Bedford & County AC
99	2573	00:25:30	Kate Stockings	Woodford Green AC with Essex Ladies
100	2315	00:25:49	Charlotte Bishop	Basildon AC
101	2539	00:26:03	Justine Anthony	West Suffolk AC
102	2353	00:26:07	Katrina Richards-White	Chichester Runners & AC
103	2534	00:26:10	Jessica Potter	Wells City Harriers
104	2431	00:26:10	Leah Samarasingha	Invicta East Kent AC
105	2410	00:26:13	Tamsin Cornelins	Herne Hill Harriers
106	2388	00:26:32	Rebecca Walford	Ealing Southall & Middlesex AC
107	2423	00:26:35	Hannah Wells	Hillingdon AC
108	2538	00:26:41	Serena Smith	West Norfolk AC
109	2567	00:26:45	Lauren Freeman	Woodford Green AC with Essex Ladies
110	2330	00:26:54	Beth Armstrong	Bexley AC
111	2387	00:27:03	Nicola Shelley	Ealing Southall & Middlesex AC
112	2532	00:27:54	Rosalie Dowding	Wells City Harriers
113	2503	00:28:16	Camilla Smee	Southend AC
114	2476	00:28:42	Eleanor Millican	Reading AC
115	2448	00:29:12	Louise Blair	Medway & Maidstone AC
116	2430	00:30:17	Rebecca Reilly	Invicta East Kent AC
117	2389	00:30:58	Alice Campbell	Ely Runners
118	2371	00:31:50	Ellie Parkin	Cornwall AC

Under 17 Men

Pos.	Race No.	Time	Name	Club
1	1997	00:19:48	Richard Goodman	Shaftesbury Barnet Harriers
2	1725	00:20:29	Joshua Grace	Aldershot Farnham & District AC
3	1721	00:20:31	Ian Bailey	Aldershot Farnham & District AC
4	1923	00:20:40	Kieran Clement	Ipswich Harriers
5	1723	00:20:42	Harvey Dixon	Aldershot Farnham & District AC
6	2050	00:20:47	Josh Bentham	Tonbridge AC
7	1883	00:20:49	Liam White	Hercules Wimbledon AC
8	1775	00:20:53	Zak Seddon	Bracknell AC
9	2055	00:20:56	Robbie Farnham-Rose	Tonbridge AC
10	1995	00:20:58	Frank Bailey	Shaftesbury Barnet Harriers
11	1819	00:21:08	Conner Robinson	Cornwall AC
12	1863	00:21:09	Ross Skelton	Hastings AC
13	1776	00:21:15	Mitch White	Bracknell AC
14	2064	00:21:15	Henry Pearce	Tonbridge AC
15	1887	00:21:39	Lewis Lloyd	Herne Hill Harriers
16	2023	00:21:41	Bradley Goater	St.Mary's Richmond AC
17	1765	00:21:43	Fergus O'Reilly	Bournemouth AC
18	1727	00:21:43	Kegan Lymn	Aldershot Farnham & District AC
19	1939	00:21:51	Sean Still	Luton AC
20	2065	00:21:52	Luca Russo	Tonbridge AC
21	1777	00:21:54	William Gray	Brighton & Hove City AC
22	2092	00:21:54	Nathan Ditton	Windsor Slough Eton & Hounslow AC
23	1938	00:21:54	Tom Mead	Luton AC
24	2032	00:21:55	Simon Cooper	Taunton AC
25	1978	00:21:56	Charlie Grice	Phoenix AC
26	1790	00:21:57	Alex Short	Chelmsford AC
27	2051	00:21:57	Jamie Bryant	Tonbridge AC
28	1757	00:21:58	Tom Watson	Basingstoke & Mid Hants AC
29	1865	00:22:03	Christopher Spinks	Havant AC
30	2094	00:22:07	Alex Goodall	Windsor Slough Eton & Hounslow AC
31	1983	00:22:08	Adam Sloan	Poole AC
32	2102	00:22:14	Matthew Bergin	Bedford & County
33	1791	00:22:14	Chris Youell	Chelmsford AC
34	2053	00:22:15	Tom Cox	Tonbridge AC
35	2022	00:22:16	Ross Franks	St.Mary's Richmond AC
36	1729	00:22:17	Andrew Provost	Aldershot Farnham & District AC
37	1998	00:22:17	Tadhg Grant	Shaftesbury Barnet Harriers
38	2110	00:22:19	Sam Brown	Southend AC
39	1737	00:22:20	Chris Neil	Andover AC
40	1966	00:22:21	Nakole Iddirisu	Newham & Essex Beagles
41	1894	00:22:24	Edward Shepherd	Herts Phoenix AC
42	2054	00:22:25	Ryan Driscoll	Tonbridge AC
43	1808	00:22:27	Ben Stratton	City of Norwich AC
44	1967	00:22:29	Yasir Sheikh	Newham & Essex Beagles
45	2024	00:22:30	Jack Killip	St.Mary's Richmond AC
46	1919	00:22:31	Kieran Reilly	Invicta East Kent AC
47	2017	00:22:32	George Moxon	Southend AC
48	1904	00:22:33	Rhys Spence	Hillingdon AC
49	1748	00:22:33	Andrew Law	Basildon AC
50	1734	00:22:33	Tom Bennett	Andover AC
51	2000	00:22:34	Jack Perry-Williams	Shaftesbury Barnet Harriers
52	1779	00:22:34	Kieran Silsby	Brighton & Hove City AC
53	1780	00:22:34	Tom Wilmot	Brighton & Hove City AC
54	1941	00:22:35	Ryan Burling	Marshall Milton Keynes AC
55	1927	00:22:35	Jim Norris	Ipswich Harriers
56	2042	00:22:36	Ben Davey	Thurrock Harriers
57	1809	00:22:39	Toby Brimecomb	City of Portsmouth AC
58	1931	00:22:40	Ludo Goodliffe	Lewes AC
59	1866	00:22:41	Jamie Buckley-Stanton	Havering Mayesbrook AC
60	2075	00:22:41	Simon Dawson	West Suffolk AC
61	1874	00:22:43	Joseph Waked	Havering Mayesbrook AC
62	1896	00:22:45	Vasudev Zaver	Herts Phoenix AC
63	2057	00:22:48	Jack Keywood	Tonbridge AC
64	1987	00:22:49	David Lewis	Reading AC
65	2074	00:22:53	Asa Burnett	West Suffolk AC
66	1841	00:22:54	Michael Christoforou	Enfield & Haringey AC
67	1898	00:22:56	Gavin Barclay	Hillingdon AC
68	1974	00:22:56	Auberon Hall	Orion Harriers
69	1752	00:22:58	Chris Ladhams	Basingstoke & Mid Hants AC
70	2003	00:22:59	Ryan Stephenson	Shaftesbury Barnet Harriers

71	1730	00:23:00	Jack Puttock	Aldershot Farnham & District AC
72	2062	00:23:03	Will Mitham	Tonbridge AC
73	1856	00:23:06	Andrew Holliman	Harrow AC
74	1892	00:23:06	Thomas Barfoot	Herts Phoenix AC
75	2103	00:23:10	George Burkitt	Bedford & County
76	1778	00:23:12	Alex Rice	Brighton & Hove City AC
77	2015	00:23:12	Rees Gillard	Southend AC
78	1963	00:23:15	Tommy Bower	Newham & Essex Beagles
79	1860	00:23:16	Janakan Rajkumar	Harrow AC
80	1824	00:23:19	Mark Plackett	Croydon Harriers
81	1837	00:23:20	Connor Hearn	Ealing Southall & Middlesex AC
82	1864	00:23:24	Max Thomas	Hastings AC
83	2091	00:23:26	Zac Curran	Windsor Slough Eton & Hounslow AC
84	1955	00:23:28	Edward Hewitt	Nene Valley Harriers
85	1903	00:23:29	Mark Speight	Hillingdon AC
86	1951	00:23:34	Henry Dunn	Nene Valley Harriers
87	1881	00:23:35	Joe Toomey	Hercules Wimbledon AC
88	2095	00:23:37	Rikki Letch	Windsor Slough Eton & Hounslow AC
89	1888	00:23:37	Jordan Maurice	Herne Hill Harriers
90	2106	00:23:42	Matthew Nicholson	Bedford & County
91	1764	00:23:45	Jacob Tanner	Bexley AC
92	2105	00:23:47	Patrick Stuart	Bedford & County
93	1928	00:23:48	Andrew Tanner	Ipswich Harriers
94	1830	00:23:51	Hugh Baker	Dorking & Mole Valley AC
95	2035	00:23:51	Martin Campbell	Team Southampton
96	1818	00:23:53	Jordan Roberts	Cornwall AC
97	1893	00:23:53	Alex Cloona	Herts Phoenix AC
98	2036	00:23:53	Simon Campbell	Team Southampton
99	1920	00:23:54	Chris Thomas	Invicta East Kent AC
100	1982	00:23:55	Alex Sampson	Poole AC
101	2028	00:23:57	Edward Smith	St.Mary's Richmond AC
102	2068	00:23:58	George Harris	Wells City Harriers
103	1870	00:24:01	Adam Edwards	Havering Mayesbrook AC
104	2093	00:24:04	Jonny Dry	Windsor Slough Eton & Hounslow AC
105	1990	00:24:05	Jonathan Roberts	Reading AC
106	1770	00:24:08	Chris Larsen	Bracknell AC
107	1722	00:24:09	Matthew Brown	Aldershot Farnham & District AC
108	2073	00:24:13	Henry Loughlin	West Norfolk AC
109	1930	00:24:14	James Powley	Ipswich Jaffa
110	1958	00:24:16	Tom Rodgers	Nene Valley Harriers
111	1976	00:24:18	Ryan Meredith	Oxford City AC
112	2040	00:24:19	Jonathon Mead	Thetford AC
113	1947	00:24:20	Joel Jennings	Medway & Maidstone AC
114	1839	00:24:22	Ben Waterman	Ealing Southall & Middlesex AC
115	1817	00:24:23	Aaron Jose	Cornwall AC
116	2039	00:24:25	Joseph Kirton	Thetford AC
117	1785	00:24:29	Joseph Simmons	Cambridge Harriers
118	2089	00:24:30	Gari Brown	Windsor Slough Eton & Hounslow AC
119	1959	00:24:31	Andy Sockalingham	Nene Valley Harriers
120	2082	00:24:32	Alex Mills	White Horse Harriers AC
121	2041	00:24:32	Dennis Cross	Thurrock Harriers
122	1753	00:24:38	Louis Penny	Basingstoke & Mid Hants AC
123	1879	00:24:43	Edward Saywell	Hercules Wimbledon AC
124	2014	00:24:43	Harris Foster-Carter	Southend AC
125	1788	00:24:45	Adam Crook	Chelmsford AC
126	2090	00:24:49	Dan Coe	Windsor Slough Eton & Hounslow AC
127	1994	00:24:54	Daniel Abrey	Shaftesbury Barnet Harriers
128	2080	00:24:57	Dominic Thackeray	West Suffolk AC
129	2086	00:25:00	Luke Samuel	Winchester & District AC
130	1961	00:25:01	David Kail	Newham & Essex Beagles
131	2109	00:25:03	Sam Bennett	Bedford & County
132	1975	00:25:06	James Cody	Oxford City AC
133	1942	00:25:08	Jamie Arnold	Medway & Maidstone AC
134	1838	00:25:09	William Pinder	Ealing Southall & Middlesex AC
135	1937	00:25:09	Daniel Johnson	Luton AC
136	2097	00:25:10	James Tidd	Windsor Slough Eton & Hounslow AC
137	1991	00:25:11	Edward Stockdale	Reading AC
138	1744	00:25:12	Andrew Robertson	Ashford AC
139	1784	00:25:15	Ben Weeks	Camberley & District AC
140	2072	00:25:16	Daniel Howard	West Norfolk AC
141	1766	00:25:17	Oliver Teenan	Bournemouth AC
142	1940	00:25:17	Mathew Tilly	Luton AC

143	1750	00:25:20	Darren Carr	Basingstoke & Mid Hants AC
144	1772	00:25:23	Sam London	Bracknell AC
145	1741	00:25:25	Patrick Duncan	Ashford AC
146	2030	00:25:30	Gregory Evans	Stevenage & North Herts AC
147	2069	00:25:33	Cameron Rafferty	Wells City Harriers
148	1957	00:25:34	Lloyd Kempson	Nene Valley Harriers
149	1952	00:25:37	Josh Gull	Nene Valley Harriers
150	2012	00:25:39	Ben Austin	Southend AC
151	1933	00:25:40	Ray Vincent	Lewes AC
152	1869	00:25:46	Ross Earney	Havering Mayesbrook AC
153	1890	00:25:47	Daniel Wilmot	Herne Hill Harriers
154	2067	00:25:49	Andrew Thomas	Tonbridge AC
155	1911	00:25:52	Ben Burton	Invicta East Kent AC
156	1833	00:25:54	Mark Cameron	Ealing Southall & Middlesex AC
157	1965	00:25:55	Rihads Golsts	Newham & Essex Beagles
158	1968	00:25:57	James Watts	Newham & Essex Beagles
159	1842	00:25:58	Alex Cordell	Enfield & Haringey AC
160	1825	00:25:59	Ben Savill	Croydon Harriers
161	1945	00:26:00	Sam Gibbons	Medway & Maidstone AC
162	2013	00:26:09	James Blake	Southend AC
163	1800	00:26:13	Ben Hall	Chiltern Harriers AC
164	1827	00:26:15	Greg Bennett	Dacorum & Tring AC
165	1901	00:26:16	Matthew Fayers	Hillingdon AC
166	1973	00:26:18	Alex Gordon	Orion Harriers
167	1948	00:26:20	Andrew Watkin	Medway & Maidstone AC
168	1885	00:26:28	Billy Holmes	Herne Hill Harriers
169	1909	00:26:30	George Allen	Huntingdonshire AC
170	1767	00:26:35	Aaron Walrond	Bournemouth AC
171	1857	00:26:40	Jordan Hoo-Quartey	Harrow AC
172	1760	00:26:45	Oliver O'Brien	Bexley AC
173	2010	00:26:47	David Sidwell	South London Harriers
174	2107	00:26:49	Christopher Thornley	Bedford & County
175	1899	00:26:49	James Castro	Hillingdon AC
176	1916	00:26:56	Joe Marchant	Invicta East Kent AC
177	1840	00:26:56	Chris Young	Ealing Southall & Middlesex AC
178	2071	00:27:09	Reuben Whitcombe	Wells City Harriers
179	1907	00:27:25	Ryan Bowyer	Horsham Blue Star Harriers
180	1781	00:27:34	Ashley Harmsworth	Camberley & District AC
181	1745	00:28:02	Jack Morris	Barnet & District AC
182	1914	00:28:07	Sam Hudson	Invicta East Kent AC
183	1956	00:28:20	Sam Hunt	Nene Valley Harriers
184	1915	00:28:38	Chris little	Invicta East Kent AC
185	1746	00:28:48	Luke Vincent	Barnet & District AC
186	1970	00:29:04	Ellis Ball	Orion Harriers
187	1886	00:29:39	Jamal Langley	Herne Hill Harriers
188	1934	00:29:43	Jamie Armstrong	London Heathside
189	1871	00:30:28	Chris Hyde	Havering Mayesbrook AC

Under 20 Women

Pos.	Race No.	Time	Name	Club
1	2159	00:22:53	Hannah Walker	Dacorum & Tring AC
2	2234	00:22:54	Naomi Taschimowitz	Taunton AC
3	2244	00:23:22	Grace Nicholls	Tonbridge AC
4	2255	00:23:58	Laura Parker	Wells City Harriers
5	2177	00:24:01	Leigh Lattimore	Harrow AC
6	2167	00:24:44	Isabel Brinsden	Epsom & Ewell Harriers
7	2283	00:24:50	Georgie Sales	Woodford Green AC with Essex Ladies
8	2258	00:25:02	Rebecca Gough	Winchester & District AC
9	2121	00:25:11	Charlotte Taylor	Aldershot Farnham & District AC
10	2133	00:25:21	Suzi Boast	Bedford & County AC
11	2212	00:25:25	Rebekah Gardiner	Shaftesbury Barnet Harriers
12	2232	00:25:42	Rachel Heard	Taunton AC
13	2197	00:25:49	Tanya Taylor	Marshall Milton Keynes AC
14	2286	00:25:53	Lucy Rogers	Wycombe Phoenix Harriers
15	2153	00:26:06	Bethany Alston	Cornwall AC
16	2217	00:26:08	Sophie Proffitt	Shaftesbury Barnet Harriers
17	2141	00:26:21	Katie Tuttlebury	Chelmsford AC
18	2166	00:26:53	Anna Sharrock	Enfield & Haringey AC
19	2150	00:27:22	Laura Condron	Colchester & Tendring AC
20	2251	00:27:25	Catherine Symons	Tonbridge AC
21	2169	00:27:33	Emily Bliss	Exeter Harriers
22	2130	00:27:37	Sophie Smith	Basingstoke & Mid Hants AC
23	2156	00:27:40	Elaina Gard	Cornwall AC
24	2152	00:27:42	Jenny Almey	Cornwall AC
25	2112	00:28:02	Claire Arnold	Aldershot Farnham & District AC
26	2183	00:28:05	Julia Wedmore	Herne Hill Harriers
27	2140	00:28:33	Nathalie Richards	Cambridge & Coleridge
28	2208	00:28:37	Verity Ockenden	Poole Runners
29	2245	00:28:45	Jess Owen	Tonbridge AC
30	2235	00:28:55	Hannah Taunton	Taunton AC
31	2196	00:29:10	Rosie Keane	Luton AC
32	2172	00:29:15	Rebecca Fairhead	Guildford & Godalming AC
33	2137	00:29:19	Cerian Lancaster	Brighton & Hove City AC
34	2218	00:29:21	Claire Simm	Shaftesbury Barnet Harriers
35	2216	00:29:37	Zoe Levin	Shaftesbury Barnet Harriers
36	2206	00:29:51	Kate Allen	Poole AC
37	2253	00:30:37	Hannah Kitchen	Watford Harriers
38	2200	00:30:48	Venita Dabhi	Newham & Essex Beagles
39	2129	00:30:54	Katie Smith	Basingstoke & Mid Hants AC
40	2225	00:30:58	Lucy Edmunds	St.Mary's Richmond AC
41	2247	00:31:08	Petra Pavlovic	Tonbridge AC
42	2182	00:31:09	Lucile Smith	Herne Hill Harriers
43	2180	00:31:16	Rosemary Fernando	Hercules Wimbledon AC
44	2256	00:31:34	Emily Baker	West Suffolk AC
45	2282	00:32:17	Rebecca Oatham	Woodford Green AC with Essex Ladies
46	2157	00:32:52	Lizzie Gard	Cornwall AC
47	2219	00:34:58	Emma Harkins	South London Harriers
48	2123	00:38:30	Isobel Dickinson	Ashford AC

Under 20 Men

Pos.	Race No.	Time	Name	Club
1	2730	00:27:12	Daniel Clorley	Luton AC
2	2606	00:27:15	Jonny Hay	Aldershot Farnham & District AC
3	2727	00:27:26	Mehretab Solomon	London Heathside
4	2848	00:27:34	Ronnie Sparke	Woodford Green AC with Essex Ladies
5	2641	00:27:53	Ryan Saunders	Bournemouth AC
6	2720	00:27:56	Elliott Palmer	Ipswich Harriers
7	2731	00:27:57	John McDonnell	Luton AC
8	2788	00:28:02	Ben Hunter	Southend AC
9	2802	00:28:07	Andrew Combs	Tonbridge AC
10	2750	00:28:08	Chris Wright	Nene Valley Harriers
11	2801	00:28:12	Sam Bradley	Tonbridge AC
12	2608	00:28:14	Joe Morwood	Aldershot Farnham & District AC
13	2837	00:28:19	Alex Tovey	Windsor Slough Eton & Hounslow AC
14	2611	00:28:24	Mickey Reed	Aldershot Farnham & District AC
15	2643	00:28:25	James McCarthy	Brighton & Hove City AC
16	2684	00:28:39	Ben Nagy	Enfield & Haringey AC
17	2786	00:28:43	Tom Frith	Southend AC
18	2734	00:28:43	Chad Lambert	Marshall Milton Keynes AC
19	2795	00:28:53	Mohamud Aadan (F)	Thames Valley Harriers
20	2845	00:28:56	Omar Mansour	Woodford Green AC with Essex Ladies
21	2732	00:29:01	Daniel Woodgate	Luton AC
22	2652	00:29:12	Tommu Carroll	City of Norwich AC
23	2758	00:29:14	Finn McNally	Phoenix AC
24	2605	00:29:15	Josh Gorecki	Aldershot Farnham & District AC
25	2824	00:29:27	Max Kiralyfi	Winchester & District AC
26	2779	00:29:33	Jake Shelley	Shaftesbury Barnet Harriers
27	2775	00:29:33	Charles Gunning	Shaftesbury Barnet Harriers
28	2816	00:29:33	Alex Dunbar	West Suffolk AC
29	2672	00:29:36	Sam Ashcroft	Ealing Southall & Middlesex AC
30	2626	00:29:39	Alex Bellew	Bedford & County AC
31	2717	00:29:40	John Bird	Ipswich Harriers
32	2826	00:29:40	Jamie Knapp	Winchester & District AC
33	2654	00:29:41	Thomas Crowshaw	City of Norwich AC
34	2839	00:29:45	Nathan White	Windsor Slough Eton & Hounslow AC
35	2842	00:29:48	Alex Cornwell	Woodford Green AC with Essex Ladies
36	2715	00:29:51	Jason Prickett	Invicta East Kent AC
37	2627	00:29:51	Tom Corbett	Bedford & County AC
38	2807	00:29:53	James Taylor	Tonbridge AC
39	2768	00:29:56	Sagie Benaim	Shaftesbury Barnet Harriers
40	2751	00:29:58	Harun Abdi	Newham & Essex Beagles
41	2630	00:29:59	Ryan Parker	Bedford & County AC
42	2825	00:29:59	Dom Kizalyfi	Winchester & District AC
43	2796	00:30:03	Nazwari Dawit (F)	Thames Valley Harriers
44	2700	00:30:09	Alex Robinson	Hercules Wimbledon AC
45	2814	00:30:12	Jonathon Laybourne	West Norfolk AC
46	4092	00:30:13	Will Mackay	Bedford & County AC
47	2780	00:30:19	Mathew Sullivan	Shaftesbury Barnet Harriers
48	2847	00:30:19	Darren Southcott	Woodford Green AC with Essex Ladies
49	2707	00:30:20	James Laing	Hillingdon AC
50	2844	00:30:26	Gavin Lewis	Woodford Green AC with Essex Ladies
51	2616	00:30:27	Grant Webb	Basildon AC
52	2683	00:30:31	Alex Milne	Enfield & Haringey AC
53	2668	00:30:32	Jack Swallow	Crawley AC
54	2604	00:30:37	Alex Flynn	Aldershot Farnham & District AC
55	2629	00:30:39	Michael Goodwin	Bedford & County AC
56	2759	00:30:41	Sam Wade	Phoenix AC
57	2804	00:30:41	Seb Harding	Tonbridge AC
58	2618	00:30:55	Jon Bradford	Basingstoke & Mid Hants AC
59	2835	00:31:02	Joshua Radvan	Windsor Slough Eton & Hounslow AC
60	2740	00:31:07	Josh Elderfield	Medway & Maidstone AC
61	2624	00:31:20	Stephen Reid	Basingstoke & Mid Hants AC
62	2743	00:31:21	Nathan Wilkins	Medway & Maidstone AC
63	2729	00:31:40	Peter Benedickter Jnr	Luton AC
64	2708	00:31:51	Richard Mann	Hillingdon AC
65	2609	00:31:53	Will Newnham	Aldershot Farnham & District AC
66	2656	00:31:56	Oliver Maskell	City of Norwich AC
67	2673	00:32:05	Christopher Hepworth	Ealing Southall & Middlesex AC
68	2692	00:32:11	Callum Sutton	Haverling Mayesbrook AC
69	2794	00:32:13	Thomas Milburn	Team Kennet
70	2632	00:32:14	Sam Wallbank	Bedford & County AC

71	2789	00:32:17	Alan Millar	Southend AC
72	2784	00:32:29	Howard Clarke	Southend AC
73	2642	00:32:31	Henry Mitchel	Bracknell AC
74	2722	00:32:37	Jonathan Ling	Ipswich Jaffa
75	2799	00:32:39	Jamie Bailey	Thanet RR
76	2798	00:33:01	Ali Yahye (F)	Thames Valley Harriers
77	2745	00:33:16	Thomas Dunn	Nene Valley Harriers
78	2735	00:33:16	Josh Lyman	Marshall Milton Keynes AC
79	2830	00:33:27	Rory Graham-Watson	Windsor Slough Eton & Hounslow AC
80	2747	00:33:35	Josh Lunn	Nene Valley Harriers
81	2675	00:33:36	Luke Nicholas	Ealing Southall & Middlesex AC
82	2645	00:33:39	John Baslington	Cambridge & Coleridge
83	2781	00:33:47	Jack Bourne	South London Harriers
84	2716	00:33:55	James Reilly	Invicta East Kent AC
85	2748	00:34:28	David Newton	Nene Valley Harriers
86	2710	00:34:28	Robert Thompson	Hillingdon AC
87	2813	00:34:37	David James Howard	West Norfolk AC
88	2676	00:34:46	Anthony Shaw	Ealing Southall & Middlesex AC
89	2625	00:34:58	Tom Sycklemoore	Basingstoke & Mid Hants AC
90	2763	00:35:06	Rob Ineson	Poole Runners
91	2705	00:35:15	William Laing	Highgate Harriers
92	2797	00:35:25	Fraser Nicol	Thames Valley Harriers
93	2601	00:35:34	Josh Arnold	Aldershot Farnham & District AC
94	2677	00:35:55	Martin Shelley	Ealing Southall & Middlesex AC
95	2687	00:36:14	Adam Gribben	Harrow AC
96	2762	00:36:30	Paul Green	Poole Runners
97	2812	00:37:53	Daniel Risdon	Watford Joggers
98	2783	00:38:33	Kyle Aldridge	Southend AC
99	2709	00:43:09	Rajiv Solanki	Hillingdon AC
100	2620	00:47:47	Joe Flitcroft	Basingstoke & Mid Hants AC

Senior Women

Pos.	Race No.	Time	Name	Club
1	3765	00:30:05	Jessica Sparke	Woodford Green AC with Essex Ladies
2	3161	00:31:04	Harriet Scott	Havering Mayesbrook AC
3	3148	00:31:05	Andrea Whitcombe	Harrow AC
4	3223	00:31:18	Julia Bleasdale	Hillingdon AC
5	3299	00:31:27	Natalie Gray	Medway & Maidstone AC
6	2902	00:31:40	Stacey Ward	Basildon AC
7	3766	00:31:47	Katherine Sparke	Woodford Green AC with Essex Ladies
8	2911	00:31:51	Rachel Gibbs	Bedford & County AC
9	2882	00:32:08	Fiona Clark	Arena 80 AC
10	3192	00:32:18	Karen Ellison	Herne Hill Harriers
11	3207	00:32:25	Svenja Abel (F)	Highgate Harriers
12	3239	00:32:27	Claire Holme	Ipswich Harriers
13	3552	00:32:36	Amy Campbell	Southampton RC
14	2862	00:32:40	Emily Adams	Aldershot Farnham & District AC
15	3728	00:32:43	Jess Macrory	Winchester & District AC
16	3212	00:32:46	Esther Evans	Highgate Harriers
17	2913	00:33:00	Rebecca Newstead	Bedford & County AC
18	3159	00:33:03	Sara Luck	Havering Mayesbrook AC
19	2872	00:33:09	Alice Lethbridge	Aldershot Farnham & District AC
20	3648	00:33:20	Lisa Elmore	Trent Park RC
21	2877	00:33:46	Sarah Rollins	Aldershot Farnham & District AC
22	3729	00:33:52	Michaela McCallum	Winchester & District AC
23	3507	00:33:57	Philippa Aukett	Shaftesbury Barnet Harriers
24	3285	00:33:58	Lara Bromilow	Marshall Milton Keynes AC
25	3485	00:34:00	Mariah Jean McConnaughey (F)	Serpentine RC
26	3306	00:34:10	Louise Watson	Medway & Maidstone AC
27	3549	00:34:13	Beckie Woodland	South London Harriers
28	3423	00:34:17	Liz Kipling	Ranelagh Harriers
29	2971	00:34:17	Amanda Scott	Cambridge University H & H
30	3509	00:34:17	Maggie Cooper	Shaftesbury Barnet Harriers
31	3270	00:34:20	Tess Mewton	London Heathside
32	3767	00:34:22	Lauren Stewart	Woodford Green AC with Essex Ladies
33	2897	00:34:24	Karen Goode	Basildon AC
34	3101	00:34:25	Helen Wheeler	Folkestone RC
35	3150	00:34:27	Holly Wheeler	Hastings AC
36	3274	00:34:28	Sue Rust	London Heathside
37	3733	00:34:32	Barbara Yff	Winchester & District AC
38	3750	00:34:33	Katherine Gundersen	Woodford Green AC with Essex Ladies
39	3078	00:34:34	Katherine Humphreys	Exeter Harriers
40	3361	00:34:39	Lucy Kelvey	Newquay & Par AC
41	3152	00:34:45	Polly Keen	Havant AC
42	2885	00:34:52	Gemma Sharp	Arena 80 AC
43	3517	00:34:54	Sarah Partridge	Shaftesbury Barnet Harriers
44	3218	00:34:59	Katie Meredith	Highgate Harriers
45	3108	00:35:00	Kath Hardcastle	Garden City Runners
46	3160	00:35:01	Robyn Matson	Havering Mayesbrook AC
47	3623	00:35:03	Lisa Da Silva	Thames Valley Harriers
48	3599	00:35:03	Kate Jacobs	Swindon Harriers
49	2863	00:35:06	Beth Andrew	Aldershot Farnham & District AC
50	3047	00:35:11	Fiona Kennedy	Ealing Southall & Middlesex AC
51	3421	00:35:13	Estelle Damante	Ranelagh Harriers
52	3005	00:35:25	Stacey Wheat	Colchester Harriers AC
53	3707	00:35:27	Isobel Rea	West 4 Harriers
54	3694	00:35:32	Jenny Moore	Wells City Harriers
55	3107	00:35:34	Martha Hall	Garden City Runners
56	3375	00:35:36	Clare Donovan	North Norfolk Beach Runners
57	3665	00:35:37	Jo Singer	Victoria Park H & Tower Hamlets AC
58	2947	00:35:38	Julia Downes	Brighton & Hove City AC
59	3702	00:35:50	Anna Critchlow	West 4 Harriers
60	3475	00:35:52	Catherine Higgs	Serpentine RC
61	3105	00:35:53	Jenny Gray	Garden City Runners
62	3588	00:35:54	Louise Peters	Stopsley Striders
63	3730	00:35:57	Emma Patel	Winchester & District AC
64	2901	00:35:57	Kirsty Tydeman	Basildon AC
65	3242	00:35:59	Gail Duchworth	Leighton Buzzard AC
66	3499	00:36:00	Maren Urner	Serpentine RC
67	3550	00:36:01	Nicci Blandford	Southampton RC
68	3398	00:36:03	Elizabeth Durman	Phoenix AC
69	3208	00:36:04	Sarah Bailey	Highgate Harriers
70	3338	00:36:06	Ruth Jones	Nene Valley Harriers

71	3430	00:36:08	Marie Synnott-Wells	Ranelagh Harriers
72	3618	00:36:12	Elizabeth Straveski	Thames Hare & Hounds
73	3759	00:36:14	Maggie Powell	Woodford Green AC with Essex Ladies
74	3505	00:36:16	Grace Wu	Serpentine RC
75	3282	00:36:24	Claire Donald	Maidenhead AC
76	2870	00:36:33	Kelly Haniver	Aldershot Farnham & District AC
77	3222	00:36:33	Astrid Wingler (F)	Highgate Harriers
78	3400	00:36:35	Erica Martin	Phoenix AC
79	3213	00:36:36	Rhian Hampson-Jones	Highgate Harriers
80	3741	00:36:36	Leigh James	Windsor Slough Eton & Hounslow AC
81	3495	00:36:46	Tanya Shaw (F)	Serpentine RC
82	3512	00:36:51	Emily Ferenczi	Shaftesbury Barnet Harriers
83	3754	00:36:54	Rachel Lund	Woodford Green AC with Essex Ladies
84	3566	00:36:55	Sarah Jeffery	Southend AC
85	3115	00:36:56	Jenny Hunt	Guildford & Godalming AC
86	3272	00:36:59	Claire Morrissey	London Heathside
87	3202	00:36:59	Suzanne Swaine	Herne Hill Harriers
88	3565	00:37:02	Kerry Holland	Southend AC
89	3287	00:37:02	Lauren Cripps	Marshall Milton Keynes AC
90	2976	00:37:03	Nicole Alford	City of Norwich AC
91	3201	00:37:04	Helen Sharp	Herne Hill Harriers
92	2873	00:37:06	Bel Levene	Aldershot Farnham & District AC
93	3506	00:37:06	Lucy Aukett	Shaftesbury Barnet Harriers
94	3035	00:37:08	Teresa Gaillard de Laubenque	Dulwich Runners AC
95	3663	00:37:11	Rosie Pitt	Victoria Park H & Tower Hamlets AC
96	3727	00:37:17	Jo Jefferes	Winchester & District AC
97	3097	00:37:22	Lauren Fawke	Folkestone RC
98	3553	00:37:23	Hannah Coombs	Southampton RC
99	3049	00:37:32	Sarah Richardson	Ealing Southall & Middlesex AC
100	2910	00:37:35	Helen Frizzell	Bedford & County AC
101	3339	00:37:37	Nikki Morgan	Nene Valley Harriers
102	3225	00:37:37	Eloise Lee	Horsham Blue Star Harriers
103	3308	00:37:41	Libby Cameron	Metropolitan Police AC
104	3221	00:37:41	Jenny Turner	Highgate Harriers
105	3276	00:37:42	Louise Waldman	London Heathside
106	2903	00:37:42	Teresa Ward	Basildon AC
107	3194	00:37:43	Virginia Grant	Herne Hill Harriers
108	3164	00:37:44	Liz Barker	Headington RR
109	3376	00:37:44	Emily Armstrong	Norwich RR
110	3435	00:37:45	Lucy Daniels	Reading AC
111	3577	00:37:45	Elizabeth McKie	St.Albans Striders
112	3318	00:37:45	Caroline Walsh	Metropolitan Police AC
113	3076	00:37:50	Zoe Woodward	Eton Manor AC
114	3029	00:37:56	Louise Ionescu	Dorking & Mole Valley AC
115	3281	00:37:58	Christine Lathwell	Luton AC
116	2908	00:37:59	Rebecca Sleaf	Basingstoke & Mid Hants AC
117	2970	00:38:00	Rosa Sampson-Geroski	Cambridge Harriers
118	3753	00:38:01	Diana Kennedy	Woodford Green AC with Essex Ladies
119	3439	00:38:01	Rachel Phillips	Reading AC
120	3098	00:38:02	Kylara Hassall	Folkestone RC
121	3050	00:38:03	Patricia Thomas	Ealing Southall & Middlesex AC
122	3436	00:38:03	Sue Francis	Reading AC
123	3462	00:38:04	Katie Crowe	Serpentine RC
124	3091	00:38:07	Rebecca Cousins	Fenland RC
125	2973	00:38:12	Rebecca Luxton	Chelmsford AC
126	3209	00:38:15	Natasha Cendrowicz	Highgate Harriers
127	3709	00:38:17	Molly James	West Norfolk AC
128	3464	00:38:22	Laura Denison	Serpentine RC
129	3693	00:38:23	Anna Lewis	Wells City Harriers
130	3541	00:38:24	Pippa Major	South London Harriers
131	3130	00:38:25	Amy Tanner	Hardley Runners
132	3737	00:38:27	Yolanda Edwards	Windsor Slough Eton & Hounslow AC
133	3502	00:38:27	Elizabeth Whiting	Serpentine RC
134	3169	00:38:29	Adrienne Hopkins	Headington RR
135	3167	00:38:35	Anne Edwards	Headington RR
136	3457	00:38:37	Jennifer Bradley	Serpentine RC
137	3233	00:38:37	Claire Brown	Invicta East Kent AC
138	2904	00:38:38	Charmaine Wheeler	Basildon AC
139	3324	00:38:39	Delphine Horodyski	Mornington Chasers RC
140	3699	00:38:39	Alison Brownhill	West 4 Harriers
141	3442	00:38:41	Caroline Stevens	Reading AC
142	3510	00:38:43	Vicky Dawes	Shaftesbury Barnet Harriers

143	3468	00:38:44	Anja Eichen (F)	Serpentine RC
144	3579	00:38:45	Sally Onn	St.Albans Striders
145	3277	00:38:46	Jackie Wastell	London Heathside
146	3263	00:38:47	Miriam Valencia	London Fronrunners
147	3092	00:38:53	Penny Abbott	Fleet & Crookham AC
148	3117	00:38:53	Eleanor Shotton	Guildford & Godalming AC
149	3467	00:38:53	Sarah Edmunds	Serpentine RC
150	3580	00:38:57	Belinda Pullan	St.Albans Striders
151	3302	00:38:59	Bernadette Harrup (F)	Medway & Maidstone AC
152	3645	00:39:04	Carys Sutton	Thrift Green Trotters
153	2905	00:39:07	Sarah Bolton	Basingstoke & Mid Hants AC
154	3613	00:39:14	Anna Garnier	Thames Hare & Hounds
155	3362	00:39:19	Sandra Toher	Newquay & Par AC
156	3433	00:39:21	Nicky Cooke	Reading AC
157	2974	00:39:21	Hayley Pegg	Chelmsford AC
158	3575	00:39:23	Gill Jubb	St.Albans Striders
159	3434	00:39:24	Andrea Curson	Reading AC
160	2909	00:39:25	Rachel Cave	Bedford & County AC
161	3612	00:39:26	Vikki Filsell	Thames Hare & Hounds
162	3068	00:39:28	Sharon Boulster	Eton Manor AC
163	3531	00:39:28	Kate Hewett	South London Harriers
164	3695	00:39:32	Katrina Prior	Wells City Harriers
165	3304	00:39:33	Fallon Lafforty	Medway & Maidstone AC
166	3176	00:39:35	Masumi Dobson (F)	Hercules Wimbledon AC
167	3330	00:39:44	Brigid O'Leary	Mornington Chasers RC
168	3427	00:39:52	Sandra Prosser	Ranelagh Harriers
169	3758	00:39:55	Andrea Possee	Woodford Green AC with Essex Ladies
170	3031	00:39:55	Louise Schlaeppi	Dorking & Mole Valley AC
171	2945	00:39:57	Judith Carder	Brighton & Hove City AC
172	3314	00:39:58	Jo Ravenhill	Metropolitan Police AC
173	3649	00:39:59	Karren Flannery	Trent Park RC
174	3772	00:40:01	Penny Forse	Stubbington Green
175	3305	00:40:04	Rachael Stewart	Medway & Maidstone AC
176	3494	00:40:06	Pam Rutherford	Serpentine RC
177	3489	00:40:09	Ella Palmer	Serpentine RC
178	3359	00:40:11	Adele Stach-Kevitz	Newham & Essex Beagles
179	3241	00:40:13	Elizabeth Berns	Larkfield AC
180	3582	00:40:14	Liz Walls	St.Albans Striders
181	3226	00:40:19	Julia McIntosh	Huntingdonshire AC
182	3307	00:40:20	Louisa Brana	Metropolitan Police AC
183	3203	00:40:21	Samantha Whiting	Herne Hill Harriers
184	3309	00:40:23	Sarah Green	Metropolitan Police AC
185	3238	00:40:24	Victoria Talbot-Rosner	Invicta East Kent AC
186	3647	00:40:27	Kathryn Berry	Trent Park RC
187	3711	00:40:33	Sarah Colson	West Suffolk AC
188	3332	00:40:37	Camilla Ray	Mornington Chasers RC
189	3426	00:40:42	Louise Pigars	Ranelagh Harriers
190	2887	00:40:43	Heather Dawson	Barnet & District AC
191	3219	00:40:44	Sonja Saqui (F)	Highgate Harriers
192	3461	00:40:47	Joanne Conn	Serpentine RC
193	3232	00:40:49	Elisabeth Batty	Invicta East Kent AC
194	3395	00:40:55	Gwyneth Hueter	Oxford City AC
195	3271	00:40:56	Ruth Miller	London Heathside
196	3280	00:40:59	Charlotte Hardy	Luton AC
197	3708	00:41:00	Rochelle Winn	West 4 Harriers
198	3103	00:41:03	Virginia Bird	Garden City Runners
199	3769	00:41:03	Jenny Thomas	Woodford Green AC with Essex Ladies
200	3265	00:41:03	Almudena Garcia	London Heathside
201	3187	00:41:04	Rebecca Barrow	Herne Hill Harriers
202	2965	00:41:06	Kate Aldridge	Cambridge Harriers
203	3326	00:41:06	Maki Kimura (F)	Mornington Chasers RC
204	3592	00:41:07	Suzy Yates	Striders of Croydon
205	3474	00:41:08	Carolyn Hewett (F)	Serpentine RC
206	3590	00:41:10	Alice Ewen	Striders of Croydon
207	3333	00:41:11	Avril Riddell	Mornington Chasers RC
208	2964	00:41:13	Diana Braverman	Cambridge & Coleridge
209	3041	00:41:13	Ros Tabor	Dulwich Runners AC
210	3697	00:41:14	Rachel Badham	West 4 Harriers
211	3317	00:41:18	Anneliese Tomlinson	Metropolitan Police AC
212	3216	00:41:20	Fiona Maguire	Highgate Harriers
213	3770	00:41:21	Alex Wardle	Woodford Green AC with Essex Ladies
214	3651	00:41:29	Jacqueline Hardwick	Trent Park RC

215	3020	00:41:38	Caroline Tuck	Dagenham 88 Runners
216	3537	00:41:39	Pam Iannella	South London Harriers
217	3136	00:41:41	Katie Herrington	Harlow RC
218	3704	00:41:45	Rose Lewis	West 4 Harriers
219	3481	00:41:48	Poppy Lenton	Serpentine RC
220	3721	00:41:52	Lynn Hutchings	Wimborne AC
221	3662	00:41:57	Emily Mosedale	Victoria Park H & Tower Hamlets AC
222	3749	00:42:00	Sue Cord	Woodford Green AC with Essex Ladies
223	2892	00:42:06	Cath Perry	Barnet & District AC
224	2891	00:42:13	Philippa Morton	Barnet & District AC
225	3493	00:42:16	Siobhan Reddy	Serpentine RC
226	3483	00:42:25	Samantha Ludlow	Serpentine RC
227	3067	00:42:27	Steph Baxter	Eton Manor AC
228	3347	00:42:27	Janet Cobby	New Eltham Joggers
229	3653	00:42:29	Marion Murphy	Trent Park RC
230	3095	00:42:31	Janet Leggett	Fleet & Crookham AC
231	3315	00:42:35	Katherine Reeves	Metropolitan Police AC
232	3278	00:42:41	Jackie Watt	London Heathside
233	3325	00:42:41	Marie Houlihan	Mornington Chasers RC
234	3710	00:42:42	Gillian Loughlin	West Norfolk AC
235	3602	00:42:44	Pauline Morgan	Swindon Harriers
236	3572	00:42:45	Mandy Atree	St.Albans Striders
237	3046	00:42:47	Carol Jones	Ealing Southall & Middlesex AC
238	3036	00:42:56	Kim Hainsworth	Dulwich Runners AC
239	3319	00:42:58	Olga Barbosa (F)	Mornington Chasers RC
240	3259	00:42:58	Suran Dickson	London Fronrunners
241	3598	00:43:00	Julie Goulding	Swindon Harriers
242	3554	00:43:01	Sally Diaper	Southampton RC
243	3486	00:43:02	Val Metcalfe	Serpentine RC
244	3323	00:43:12	Kirsty Hood	Mornington Chasers RC
245	3185	00:43:14	Sarah Allen	Herne Hill Harriers
246	3452	00:43:16	Nina Reid	Royston Runners
247	3392	00:43:16	Laura Burgoine	Oxford City AC
248	3193	00:43:19	Penelope Fixter	Herne Hill Harriers
249	3455	00:43:20	Libby Watson	Royston Runners
250	3655	00:43:21	Angela Spatz	Trent Park RC
251	3600	00:43:24	Laura Johnson	Swindon Harriers
252	3175	00:43:28	Marilena De Luca (F)	Hercules Wimbledon AC
253	3776	00:43:35	Georgie Watts	Stubbington Green
254	3719	00:43:42	Carolyn Murphy	White Horse Harriers AC
255	3094	00:43:47	Alison Holdway	Fleet & Crookham AC
256	3335	00:43:50	Louise Burton	Nene Valley Harriers
257	2935	00:43:55	Juliette Hoaireau	Bexley AC
258	3016	00:43:57	Jennifer Akroyd	Dagenham 88 Runners
259	3764	00:43:59	Kavita Solder	Woodford Green AC with Essex Ladies
260	3243	00:44:01	Amy Inchley	Leighton Buzzard AC
261	3264	00:44:03	Susie Brighton	London Heathside
262	3687	00:44:04	Allison Putko	Watford Harriers
263	3039	00:44:04	Caroline Schurmann	Dulwich Runners AC
264	3093	00:44:04	Rebecca Brennan	Fleet & Crookham AC
265	3320	00:44:07	Bev Dockray	Mornington Chasers RC
266	3311	00:44:17	Sam Johnston	Metropolitan Police AC
267	2884	00:44:18	Sally Manser	Arena 80 AC
268	3447	00:44:22	Diane Glynn	Royston Runners
269	3349	00:44:26	Geraldine Eastment	New Eltham Joggers
270	3437	00:44:30	Hayley Pearce	Reading AC
271	3006	00:44:39	Yasmin Anderson	Croydon Harriers
272	3773	00:44:43	Lucy May	Stubbington Green
273	3735	00:44:43	Pippa Callingham	Windsor Slough Eton & Hounslow AC
274	2944	00:44:44	Gill Cammack	Brighton & Hove City AC
275	2889	00:44:46	Kirsty Johnstone	Barnet & District AC
276	3664	00:44:48	Francine Rump	Victoria Park H & Tower Hamlets AC
277	3438	00:44:49	Charlotte Phillips	Reading AC
278	3420	00:44:49	Kirsty Bangham	Ranelagh Harriers
279	3153	00:44:56	Vicki Spencer	Havant AC
280	3720	00:45:06	Annie Dougall	Wimborne AC
281	3234	00:45:10	Lisa Clayton	Invicta East Kent AC
282	3658	00:45:13	Elaine Battson	Victoria Park H & Tower Hamlets AC
283	3355	00:45:15	Julie Unitt	New Eltham Joggers
284	3040	00:45:16	Claire Steward	Dulwich Runners AC
285	3235	00:45:19	Sue Cooper	Invicta East Kent AC
286	3379	00:45:26	Anne Millett	Norwich RR

287	3574	00:45:29	Claire Cunningham	St.Albans Striders
288	3397	00:45:38	Dianne Sharp	Oxford City AC
289	3696	00:45:39	Deirdre Fee	Werrington Joggers
290	3396	00:45:52	Christine Marshall	Oxford City AC
291	3312	00:46:01	Ali Lapper	Metropolitan Police AC
292	3377	00:46:02	Sarah Bradley	Norwich RR
293	3327	00:46:05	Rafaele Lamour	Mornington Chasers RC
294	3224	00:46:12	Anna Sebastian	Hillingdon AC
295	3419	00:46:15	Jacqui Young	Queens Park Harriers
296	3672	00:46:26	Amanda Godfrey	Victory AC
297	3666	00:46:34	Louise Vacher	Victoria Park H & Tower Hamlets AC
298	3404	00:46:38	Rachel Flannigan	Pitsea RC
299	3096	00:46:41	Tina Eke	Folkestone RC
300	3316	00:46:45	Jacqeline Reid	Metropolitan Police AC
301	3394	00:46:52	Clare Grierson	Oxford City AC
302	3701	00:46:54	Louise Clarke	West 4 Harriers
303	3684	00:47:00	Angela Halford	Watford Harriers
304	3681	00:47:02	Nicoletta Economu	Watford Harriers
305	3262	00:47:09	Helen Taylor	London Fronrunners
306	3570	00:47:09	Kerry Marsh	Springfield Striders
307	3125	00:47:12	Jane Hodge	Hardley Runners
308	3378	00:47:20	Anne Hulse	Norwich RR
309	3403	00:47:21	Angela Bent	Pitsea RC
310	3636	00:47:38	Chris Glew	The Stragglers
311	3650	00:47:39	Theodosia Green	Trent Park RC
312	3422	00:47:51	Sharon Dooley	Ranelagh Harriers
313	3260	00:47:52	Jen Kerrison	London Fronrunners
314	3451	00:47:57	Libby Mitchell	Royston Runners
315	3640	00:48:29	Louise Neville	The Stragglers
316	3010	00:48:32	Miriam De Souza	Croydon Harriers
317	3246	00:48:47	Belinda Cramp	Lingfield RC
318	3127	00:48:55	Nikki Shaw	Hardley Runners
319	2890	00:48:58	Nicola Maggi	Barnet & District AC
320	3458	00:48:59	Rachel Brough	Serpentine RC
321	3328	00:49:01	Heather Marshall	Mornington Chasers RC
322	3128	00:49:08	Claire Sinclair	Hardley Runners
323	3705	00:49:08	Shelley Martin	West 4 Harriers
324	3322	00:49:11	Lucy Francis	Mornington Chasers RC
325	3087	00:49:14	Sarah Obryan	Fairlands Valley Spartans
326	3038	00:49:23	Di Morgan	Dulwich Runners AC
327	3248	00:49:24	Daniela Forbes	Lingfield RC
328	3310	00:49:36	Sarah James	Metropolitan Police AC
329	3313	00:49:39	Sharon McHugh	Metropolitan Police AC
330	3578	00:49:45	Carole Mooney	St.Albans Striders
331	3044	00:49:48	Julia Gristwood	Ealing Southall & Middlesex AC
332	3477	00:50:05	Leanne Keltie (F)	Serpentine RC
333	3081	00:50:13	Sharon Crowley	Fairlands Valley Spartans
334	3086	00:50:26	Karen Liddle	Fairlands Valley Spartans
335	3774	00:50:53	Jasmine Smith	Stubbington Green
336	3244	00:51:00	Fiona Towell	Leighton Buzzard AC
337	3652	00:52:28	Lynn Jones	Trent Park RC
338	3354	00:52:32	Janet Smith	New Eltham Joggers
339	3113	00:52:36	Sandra Richardson	Garden City Runners
340	3762	00:53:05	Julia Shannanan	Woodford Green AC with Essex Ladies
341	3405	00:53:08	Teresa Flannigan	Pitsea RC
342	3657	00:53:50	Vanessa Hudson	Vegan Runners UK
343	3131	00:54:24	Marilyn Wratten	Hardley Runners
344	3037	00:54:28	Louise McCann	Dulwich Runners AC
345	3660	00:54:46	Susan Leese	Victoria Park H & Tower Hamlets AC
346	117	00:54:47	Margaret Fowler	KPMG Runners
347	3501	00:54:51	Stephanie Vaatz (F)	Serpentine RC
348	3775	00:54:53	Sharon White	Stubbington Green
349	3669	00:54:59	Marilyn Crocker	Victory AC
350	3654	00:55:33	Christine Read	Trent Park RC
351	3066	00:56:35	Christina Adams	Eton Manor AC
352	2937	00:57:02	Geraldine Legon	Bexley AC
353	3402	00:57:05	Linda Bates	Pitsea RC
354	3126	00:57:14	Linda Noke	Hardley Runners
355	3668	00:58:25	Ruth Bates	Victory AC
356	3401	01:00:22	Carmel Bassett	Pitsea RC
357	3123	01:00:49	Andrea Dyde	Hardley Runners

Senior Men

Pos.	Race No.	Time	Name	Club
1	4083	00:50:57	Neilson Hall	Bedford & County AC
2	4424	00:51:08	Jon Pepper	Enfield & Haringey AC
3	4156	00:51:39	Kevin Heywood	Bideford AAC
4	4080	00:51:50	Darren Deed	Bedford & County AC
5	4788	00:52:00	Florian Neuschwander (F)	Kent AC
6	4226	00:52:21	Dean Lacy	Cambridge Harriers
7	4019	00:52:24	Martin Mashford	Aldershot Farnham & District AC
8	5008	00:52:27	Kevin Toher	Newquay & Par AC
9	5462	00:52:33	Chris Smith	Thames Valley Harriers
10	5598	00:52:40	Ben Tickner	Wells City Harriers
11	4211	00:52:50	Will Clarke	Cambridge & Coleridge
12	4079	00:53:01	Dan Dalmedo	Bedford & County AC
13	5711	00:53:02	Dave Wardle	Woodford Green AC with Essex Ladies
14	4904	00:53:10	Mike Coleman	Medway & Maidstone AC
15	4567	00:53:13	Ben Warren	Harrow AC
16	5271	00:53:18	Orlando Edwards	Shaftesbury Barnet Harriers
17	5595	00:53:20	Adrian Marriott	Wells City Harriers
18	4776	00:53:24	James Connor	Kent AC
19	4091	00:53:26	Huw Lobb	Bedford & County AC
20	5667	00:53:39	Owain Jones	Windsor Slough Eton & Hounslow AC
21	5260	00:53:41	Nick Torry	Serpentine RC
22	5396	00:53:43	Craig Hopkins	Swansea Harriers AC
23	4686	00:53:53	David Bruce	Highgate Harriers
24	4093	00:53:54	Owain Matthews	Bedford & County AC
25	4126	00:53:57	James Kelly	Belgrave Harriers
26	4028	00:53:59	Paul Rodgers	Aldershot Farnham & District AC
27	4998	00:54:10	Scott Sterling	Newham & Essex Beagles
28	4025	00:54:19	Neil Phillips	Aldershot Farnham & District AC
29	5436	00:54:20	James McMullan	Thames Hare & Hounds
30	4780	00:54:23	John Gilbert	Kent AC
31	4812	00:54:39	Robbie James	Lewes AC
32	4243	00:54:44	Ryan Prout	Chelmsford AC
33	5680	00:54:46	Hywel Care	Woodford Green AC with Essex Ladies
34	4691	00:54:48	Henry Dodwell	Highgate Harriers
35	4026	00:54:51	Kevin Quinn	Aldershot Farnham & District AC
36	5686	00:54:53	Martyn Cryer	Woodford Green AC with Essex Ladies
37	5241	00:54:57	Richard Phillips	Serpentine RC
38	4626	00:55:04	Alan Barnes	Herne Hill Harriers
39	5681	00:55:08	Lotfi Chebli (F)	Woodford Green AC with Essex Ladies
40	4104	00:55:10	Steven Tuttle	Bedford & County AC
41	5495	00:55:15	Huw Evans	Tonbridge AC
42	4101	00:55:19	Steve Robinson	Bedford & County AC
43	4286	00:55:24	Stuart Huntington	City of Norwich AC
44	4010	00:55:32	Steven Connor	Aldershot Farnham & District AC
45	4035	00:55:32	Joe Wade	Aldershot Farnham & District AC
46	4128	00:55:34	Paskar Owor (F)	Belgrave Harriers
47	4249	00:55:41	James Baker	Chichester Runners & AC
48	4890	00:55:44	Tom Comerford	Marshall Milton Keynes AC
49	5441	00:55:48	Julian Rendall	Thames Hare & Hounds
50	5651	00:56:07	Phil Killingley	Winchester & District AC
51	4158	00:56:12	Mark Jenkins	Bideford AAC
52	4905	00:56:27	Tom Collins	Medway & Maidstone AC
53	4020	00:56:32	Daniel McCarthy	Aldershot Farnham & District AC
54	5679	00:56:38	Craig Berg	Woodford Green AC with Essex Ladies
55	5692	00:56:42	Angus Holford	Woodford Green AC with Essex Ladies
56	4433	00:56:44	Will Clark	Epsom & Ewell Harriers
57	4618	00:56:45	Adam Przedzrymirski	Hercules Wimbledon AC
58	5589	00:56:49	Elliot Haines	Wells City Harriers
59	4501	00:56:51	Graham Robinson	Garden City Runners
60	5449	00:56:52	Simon Wurr	Thames Hare & Hounds
61	5323	00:56:53	Jonty Hiley	Southampton RC
62	4704	00:56:56	Ryan McKinlay (F)	Highgate Harriers
63	4007	00:56:57	Graham Breen	Aldershot Farnham & District AC
64	4703	00:57:02	Lawrence Matthewman	Highgate Harriers
65	5442	00:57:05	Ben Reynolds	Thames Hare & Hounds
66	5652	00:57:12	Dave Knapman	Winchester & District AC
67	5438	00:57:14	Simon Molden	Thames Hare & Hounds
68	4730	00:57:21	Matthew Revier	Hillingdon AC
69	5700	00:57:21	Kevin Murphy	Woodford Green AC with Essex Ladies
70	5592	00:57:23	Jon James	Wells City Harriers

71	4029	00:57:25	James Savage	Aldershot Farnham & District AC
72	4443	00:57:28	Phil Sangar	Epsom & Ewell Harriers
73	4085	00:57:31	Richard Henderson	Bedford & County AC
74	4502	00:57:34	David Vaughan (F)	Garden City Runners
75	4377	00:57:35	Nick Hodges	Dorking & Mole Valley AC
76	4559	00:57:35	Julian Critchlow	Harrow AC
77	4779	00:57:45	Graeme Garner	Kent AC
78	4634	00:57:49	Jeff Cunningham	Herne Hill Harriers
79	5448	00:57:49	Andy Weir	Thames Hare & Hounds
80	5444	00:57:51	Martin Shore	Thames Hare & Hounds
81	5333	00:57:53	Tim Spencer	Southampton RC
82	5272	00:57:55	Neil Gamester	Shaftesbury Barnet Harriers
83	4459	00:57:58	Ashley Humphreys	Exeter Harriers
84	4287	00:58:01	Wayne Lincoln	City of Norwich AC
85	4316	00:58:04	David Buzza	Cornwall AC
86	5349	00:58:06	Sam Pullan	St.Albans Striders
87	5328	00:58:09	Matthew Missen	Southampton RC
88	5338	00:58:10	Roy Scott	Southend AC
89	4117	00:58:12	Will Cockerell	Belgrave Harriers
90	4733	00:58:13	Daniel Thompson	Hillingdon AC
91	4557	00:58:15	Jim Cooper	Harrow AC
92	4750	00:58:17	Malcolm Muir	Iford AC
93	4679	00:58:22	Bryn Reynolds	Herts Phoenix AC
94	5033	00:58:26	Simon Millett	Norwich RR
95	4217	00:58:30	Michael Salt	Cambridge & Coleridge
96	5240	00:58:31	Eric Phillips	Serpentine RC
97	4769	00:58:32	Mark Wilkins	Invicta East Kent AC
98	4915	00:58:38	Barry Royden	Medway & Maidstone AC
99	5162	00:58:49	Andy Taylor	Reigate Priory AC
100	5428	00:58:51	Nick Altmann	Thames Hare & Hounds
101	4910	00:58:51	James Hogg	Medway & Maidstone AC
102	4892	00:58:56	Marcin Fudalej (F)	Marshall Milton Keynes AC
103	5259	00:58:57	Hugh Torry	Serpentine RC
104	4654	00:59:01	David Mulvee	Herne Hill Harriers
105	4434	00:59:02	Matt Donnery	Epsom & Ewell Harriers
106	4023	00:59:03	Chris Moore	Aldershot Farnham & District AC
107	4932	00:59:04	Jon Worcester	Metropolitan Police AC
108	4649	00:59:05	Iain Lockett	Herne Hill Harriers
109	4190	00:59:06	Zargo Hale	Brighton & Hove City AC
110	5124	00:59:07	Peter Haarer	Ranelagh Harriers
111	4288	00:59:09	Jonathon Quint	City of Norwich AC
112	4209	00:59:11	Nick Beer	Cambridge & Coleridge
113	4775	00:59:11	Michael Claff	Kent AC
114	5138	00:59:12	Carl Bradbury	Reading AC
115	4863	00:59:13	Martin Potter	London Heathside
116	4642	00:59:15	Jonathon Henderson	Herne Hill Harriers
117	5455	00:59:17	Gordon Irvine	Thames Valley Harriers
118	4702	00:59:18	Jack Matthewman	Highgate Harriers
119	5429	00:59:20	Christopher Daniels	Thames Hare & Hounds
120	4246	00:59:24	James Williams	Chelmsford AC
121	4930	00:59:24	Peter Tucker	Metropolitan Police AC
122	4006	00:59:26	Mike Boucher	Aldershot Farnham & District AC
123	4784	00:59:28	Andy Moreton	Kent AC
124	4375	00:59:31	Bruce Harrold	Dorking & Mole Valley AC
125	4894	00:59:32	Chris Hearn	Marshall Milton Keynes AC
126	4100	00:59:34	Chris Riley	Bedford & County AC
127	5295	00:59:34	Matt Chapman	South London Harriers
128	4687	00:59:35	Duncan Burbidge	Highgate Harriers
129	4098	00:59:37	Richard Powell	Bedford & County AC
130	5682	00:59:37	Andrew Clare	Woodford Green AC with Essex Ladies
131	5664	00:59:37	Sam Gardner	Windsor Slough Eton & Hounslow AC
132	5602	00:59:39	John Herbert	Werrington Joggers
133	4130	00:59:40	Richard Stannard	Belgrave Harriers
134	5350	00:59:40	Jonathan Scott	St.Albans Striders
135	4718	00:59:41	Stephen Whiting	Highgate Harriers
136	4911	00:59:42	Adrian Lowther	Medway & Maidstone AC
137	4294	00:59:46	Carl Plumpton	City of Portsmouth AC
138	4707	00:59:48	Chris Panayiotou	Highgate Harriers
139	5703	00:59:50	Jim Roche	Woodford Green AC with Essex Ladies
140	4662	00:59:52	David Robinson	Herne Hill Harriers
141	4180	00:59:56	Jake Hughes	Bracknell AC
142	5312	00:59:57	Andy Tindall	South London Harriers

143	5431	00:59:57	Andrew Fargus	Thames Hare & Hounds
144	4777	01:00:00	Andrew Dunwoody	Kent AC
145	4181	01:00:01	Richard Larson	Bracknell AC
146	4657	01:00:01	Ben Paviour	Herne Hill Harriers
147	4720	01:00:03	Martin Bateman	Hillingdon AC
148	4690	01:00:05	Jon Deane	Highgate Harriers
149	4946	01:00:06	Tim Taylor	Mornington Chasers RC
150	4173	01:00:12	Robert McTaggart	Bournemouth AC
151	5654	01:00:16	Julian Mann	Winchester & District AC
152	4636	01:00:17	Tim Elsey	Herne Hill Harriers
153	4232	01:00:18	James Chettle	Cambridge University H & H
154	4611	01:00:18	Philip Glyn	Hercules Wimbledon AC
155	5274	01:00:18	Tony Jackson	Shaftesbury Barnet Harriers
156	5702	01:00:25	Bertie Powell	Woodford Green AC with Essex Ladies
157	4655	01:00:28	Keith Newton	Herne Hill Harriers
158	4566	01:00:29	Peter Norris	Harrow AC
159	5626	01:00:30	Paul Jegou	White Horse Harriers AC
160	4282	01:00:31	Neil Davison	City of Norwich AC
161	4722	01:00:32	Anupam Das	Hillingdon AC
162	4920	01:00:32	Gareth Williams	Medway & Maidstone AC
163	4560	01:00:49	Mark Cursons	Harrow AC
164	5470	01:00:53	Graham Brook	The Stragglers
165	4111	01:00:57	Adam Mills	Bedford Harriers AC
166	5476	01:00:58	Richard Lazell	The Stragglers
167	4929	01:00:58	Rhys Peters	Metropolitan Police AC
168	5590	01:01:04	Tim Hawkins	Wells City Harriers
169	4576	01:01:05	Josh Varney	Hastings AC
170	4632	01:01:09	Simon Coombes	Herne Hill Harriers
171	4561	01:01:12	Chris Finill	Harrow AC
172	4665	01:01:13	Jonathon Stead	Herne Hill Harriers
173	4696	01:01:15	Nick Gold	Highgate Harriers
174	4196	01:01:15	James Tomlinson	Brighton & Hove City AC
175	5029	01:01:17	Steve Gibbs	Norwich RR
176	5321	01:01:20	Matthew Hibberd	Southampton RC
177	5594	01:01:21	Alistair Lindsay	Wells City Harriers
178	4248	01:01:21	William Wright	Chelmsford AC
179	4767	01:01:22	Damien Vadgama	Invicta East Kent AC
180	4638	01:01:23	Carl Ferri	Herne Hill Harriers
181	4923	01:01:25	Karl Free	Metropolitan Police AC
182	5276	01:01:25	Dan Lewis	Shaftesbury Barnet Harriers
183	4950	01:01:25	Mike Chapman	Nene Valley Harriers
184	5066	01:01:26	Mike Bliss	Overton Harriers
185	4685	01:01:27	Chris Beecham	Highgate Harriers
186	4951	01:01:28	Steve Cockerill	Nene Valley Harriers
187	4103	01:01:29	Alan Turnbull	Bedford & County AC
188	5247	01:01:30	Andy Reeves	Serpentine RC
189	5373	01:01:32	Justin Macenhill	Striders of Croydon
190	4688	01:01:34	Guillaume Cribier (F)	Highgate Harriers
191	118	01:01:40	Philip Dove	KPMG Runners
192	5319	01:01:45	Paul Fotherby	Southampton RC
193	5345	01:01:46	Colin Braybrook	St.Albans Striders
194	4716	01:01:47	Stephen Thompson	Highgate Harriers
195	4036	01:01:51	Tom Wade	Aldershot Farnham & District AC
196	4497	01:01:53	Mark Green	Garden City Runners
197	5376	01:01:53	Tyler O'Callaghan	Striders of Croydon
198	4773	01:02:02	Luke Armitage	Kent AC
199	4233	01:02:03	Andy Collier	Cambridge University H & H
200	5699	01:02:05	Matt Molloy	Woodford Green AC with Essex Ladies
201	5414	01:02:07	Mark Shepherd	Team Kennet
202	4865	01:02:09	Ed Samuel	London Heathside
203	4633	01:02:09	Michael Cummings	Herne Hill Harriers
204	4885	01:02:10	Stuart Still	Luton AC
205	4610	01:02:12	Jonathan Dobson	Hercules Wimbledon AC
206	5302	01:02:14	Paul Hone	South London Harriers
207	4157	01:02:16	Andrew Ingle	Bideford AAC
208	4359	01:02:17	Andy Green	Dartford RR
209	5541	01:02:19	Gary Bagnall	Victoria Park H & Tower Hamlets AC
210	4516	01:02:20	Gavin Allen	Halstead RR
211	4522	01:02:21	Frank Fulcher	Handy Cross Runners
212	4221	01:02:23	Ian Brankin	Cambridge Harriers
213	5288	01:02:25	Kev Walden	Shaftesbury Barnet Harriers
214	4396	01:02:27	Steve Smythe	Dulwich Runners AC

215	5339	01:02:28	Peter Smale	Southend AC
216	4977	01:02:29	James Craggs	Newbury AC
217	4376	01:02:29	Graham Hewitt	Dorking & Mole Valley AC
218	5599	01:02:31	Jason Tuck	Wells City Harriers
219	4666	01:02:32	Ian Tivey	Herne Hill Harriers
220	5085	01:02:38	Max-Patrick Lippert	Phoenix AC
221	5503	01:02:38	Scott Aiken	Trent Park RC
222	4646	01:02:41	Sarwar Khan	Herne Hill Harriers
223	4487	01:02:42	Guy Woollett	Gade Valley Harriers
224	5075	01:02:42	Lee Tolhurst	Overton Harriers
225	4043	01:02:44	Alex Horton	Barnet & District AC
226	5300	01:02:46	Dan Gillett	South London Harriers
227	5291	01:02:49	David Baker	South London Harriers
228	4689	01:02:50	Alex Davidson	Highgate Harriers
229	5548	01:02:53	Richard Hope (F)	Victoria Park H & Tower Hamlets AC
230	5214	01:02:55	Welsey Harrison	Serpentine RC
231	4504	01:02:58	Ryan Cox	Guildford & Godalming AC
232	4603	01:02:59	Simon Tavener	Headington RR
233	4725	01:03:03	Steve Hirons	Hillingdon AC
234	4616	01:03:03	Peter Lee	Hercules Wimbledon AC
235	4187	01:03:04	Howard Bristow	Brighton & Hove City AC
236	4660	01:03:07	Simon Phillips	Herne Hill Harriers
237	4315	01:03:10	Adrian Ball	Cornwall AC
238	4498	01:03:12	Bruce Judge	Garden City Runners
239	4401	01:03:13	Robert Brown	Ealing Southall & Middlesex AC
240	5309	01:03:13	Glenn Quarton	South London Harriers
241	5183	01:03:13	Jolyon Attwooll	Serpentine RC
242	4855	01:03:15	John Flahive	London Heathside
243	4717	01:03:19	Rob Walker	Highgate Harriers
244	4852	01:03:20	Sergio Di Noto	London Heathside
245	4240	01:03:29	Ken Hoye	Chelmsford AC
246	5032	01:03:31	Mark Merrywest	Norwich RR
247	5329	01:03:32	Demetrius Onoufriou	Southampton RC
248	4698	01:03:37	Maarten Hoeven (F)	Highgate Harriers
249	4860	01:03:38	Norman Mitchell	London Heathside
250	5603	01:03:39	Michael Moore	Werrington Joggers
251	4563	01:03:42	Matt Judson	Harrow AC
252	5637	01:03:45	Graeme Furley	Wimborne AC
253	586	01:03:47	Julian Richardson	Oxford City
254	4503	01:03:48	Phil Cake	Guildford & Godalming AC
255	4940	01:03:51	Alex Kitromilides	Mornington Chasers RC
256	4895	01:03:53	Steve Herring	Marshall Milton Keynes AC
257	5477	01:03:53	Roy Reeder	The Stragglers
258	5147	01:03:54	Kyle Watson	Reading AC
259	5071	01:03:54	Sean Holmes	Overton Harriers
260	5683	01:03:56	Andy Coleman	Woodford Green AC with Essex Ladies
261	5332	01:03:58	Liam Richardson	Southampton RC
262	4414	01:03:59	Ian Day	Ely Runners
263	5424	01:04:00	Russell Osborn	Team Southampton
264	4850	01:04:02	Richard Browne	London Heathside
265	5474	01:04:05	Peter Kennedy	The Stragglers
266	5360	01:04:08	Tim Davies	Stopsley Striders
267	4908	01:04:11	Stuart Flack	Medway & Maidstone AC
268	4978	01:04:12	David Wright	Newbury AC
269	5451	01:04:12	Manuel De Silva	Thames Valley Harriers
270	4957	01:04:12	John Nash	Nene Valley Harriers
271	5267	01:04:13	Ronan Breen	Shaftesbury Barnet Harriers
272	4602	01:04:14	Richard Skilbeck	Headington RR
273	588	01:04:20	Vasily Zverev	Oxford City
274	4723	01:04:20	Scott Farley	Hillingdon AC
275	5205	01:04:20	James Edgar	Serpentine RC
276	4230	01:04:23	Dave Reader	Cambridge Harriers
277	4039	01:04:23	Chris Birkinshaw	Barnet & District AC
278	5368	01:04:25	Gerry Taylor	Stopsley Striders
279	4805	01:04:28	Andy Inchley	Leighton Buzzard AC
280	4667	01:04:31	Basil Wallace	Herne Hill Harriers
281	4571	01:04:32	James Climpson	Hastings AC
282	5468	01:04:37	Evan Bond	The Stragglers
283	4795	01:04:41	Anthony Budarkicwicz	Kingston & Polytechnic Harriers
284	5226	01:04:41	Charles Lescott	Serpentine RC
285	4917	01:04:42	Nick Slade	Medway & Maidstone AC
286	4403	01:04:43	Andrew Dodd	Ealing Southall & Middlesex AC

287	4684	01:04:44	Chris Bailey	Highgate Harriers
288	4956	01:04:45	John Massingham	Nene Valley Harriers
289	4513	01:04:46	Adam Stirk	Guildford & Godalming AC
290	5209	01:04:47	Richard Fanning	Serpentine RC
291	5306	01:04:49	Paul Mitchell	South London Harriers
292	5661	01:04:51	Franklyn Young	Winchester & District AC
293	4148	01:04:51	Jacob Mbewe (F)	Bexley AC
294	5086	01:04:52	James Miles	Phoenix AC
295	4494	01:04:53	Dave Desborough	Garden City Runners
296	4647	01:04:53	Sam Knight	Herne Hill Harriers
297	4486	01:04:54	James Smith	Gade Valley Harriers
298	4893	01:04:55	Steve Green	Marshall Milton Keynes AC
299	5181	01:04:56	Nick Jacobs	Sandhurst Joggers
300	4901	01:04:57	Les Turton	Marshall Milton Keynes AC
301	5550	01:04:58	John McKeane	Victoria Park H & Tower Hamlets AC
302	4013	01:05:00	Jaime Del Campo	Aldershot Farnham & District AC
303	4514	01:05:01	Mark Tennyson	Guildford & Godalming AC
304	4223	01:05:02	Clem Dixon	Cambridge Harriers
305	5307	01:05:04	David Ogden	South London Harriers
306	4714	01:05:06	Richard Stewart	Highgate Harriers
307	5397	01:05:08	Simon Burley	Swindon Harriers
308	5684	01:05:09	Dave Cox	Woodford Green AC with Essex Ladies
309	5203	01:05:14	Neil Donovan (F)	Serpentine RC
310	5532	01:05:16	Mark Richards	Vale of Aylesbury AC
311	4747	01:05:19	Satha Alagamahdasumdam	Ilford AC
312	5290	01:05:23	Barry Attwell	South London Harriers
313	5175	01:05:23	Toby Staines	Royston Runners
314	5185	01:05:24	Nick Barberis (F)	Serpentine RC
315	4782	01:05:24	Lee Haze	Kent AC
316	5134	01:05:24	Marc Snaith	Ranelagh Harriers
317	5216	01:05:24	Andrew Hibbert	Serpentine RC
318	5650	01:05:29	Dave Kennedy	Winchester & District AC
319	4853	01:05:32	Alan Dickson	London Heathside
320	4966	01:05:33	Bryan Haillardet	New Eltham Joggers
321	4405	01:05:35	William Gristwood	Ealing Southall & Middlesex AC
322	4834	01:05:43	James Gillanders	London Frontrunners
323	5398	01:05:44	Walter Featherstone	Swindon Harriers
324	4645	01:05:45	John Kettle	Herne Hill Harriers
325	4383	01:05:46	Stuart Prentice	Dorking & Mole Valley AC
326	4489	01:05:50	Markus Allen	Garden City Runners
327	5279	01:05:53	Tim Parkin	Shaftesbury Barnet Harriers
328	4369	01:05:54	Andrew Fay	Dorking & Mole Valley AC
329	120	01:05:55	Gareth Wainwright	KPMG Runners
330	5127	01:05:57	Niall O'Connor	Ranelagh Harriers
331	5215	01:05:58	Paul Hayman	Serpentine RC
332	5195	01:06:00	Ben Cope	Serpentine RC
333	5542	01:06:01	Simeon Bennett	Victoria Park H & Tower Hamlets AC
334	5110	01:06:01	Michael Dmitrzak	Queens Park Harriers
335	5245	01:06:02	Tobias Read	Serpentine RC
336	4057	01:06:02	Mike Stapleton	Barnet & District AC
337	4664	01:06:03	Rajdave Singh	Herne Hill Harriers
338	5593	01:06:04	Matthew Lewis	Wells City Harriers
339	5399	01:06:06	Stephen Goulding	Swindon Harriers
340	5647	01:06:07	Ian Berry	Winchester & District AC
341	5257	01:06:09	Brian Stramer	Serpentine RC
342	4279	01:06:10	Michael Beamish	City of Norwich AC
343	4097	01:06:11	Andrew Moraghan	Bedford & County AC (n/s)
344	4078	01:06:14	Dave Cheshire	Bedford & County AC
345	4964	01:06:15	Andrew Eastment	New Eltham Joggers
346	5190	01:06:20	Mark Braley	Serpentine RC
347	5649	01:06:22	Will Hadley	Winchester & District AC
348	4729	01:06:24	Julian McGowan	Hillingdon AC
349	4839	01:06:25	Joel Northcott	London Frontrunners
350	5644	01:06:25	Jerry Shield	Wimborne AC
351	5460	01:06:25	Matthieu Ribault (F)	Thames Valley Harriers
352	4450	01:06:26	Paul Cates	Eton Manor AC
353	4442	01:06:27	Lee Pollock	Epsom & Ewell Harriers
354	4936	01:06:27	Marc Henrion (F)	Mornington Chasers RC
355	4095	01:06:28	Alan Metcalfe	Bedford & County AC
356	5031	01:06:28	Martin Horlock	Norwich RR
357	5258	01:06:30	Andrew Taylor	Serpentine RC
358	589	01:06:31	Andrew Gleeson	Oxford City

359	4836	01:06:33	Matthew Littlejohn	London Frontrunners
360	5176	01:06:37	Godfrey Tofts	Royston Runners
361	4558	01:06:38	Mark Cranwell	Harrow AC
362	4683	01:06:39	Andrew Aitken	Highgate Harriers
363	4751	01:06:41	Kevin Newell	Ilford AC
364	4253	01:06:42	David Dorning	Chichester Runners & AC
365	5018	01:06:43	Oliver Saville	North Herts RR
366	5294	01:06:44	Mark Burtwell	South London Harriers
367	5112	01:06:47	Brendan Greene	Queens Park Harriers
368	5432	01:06:49	Nic Gould	Thames Hare & Hounds
369	4849	01:06:49	David Bird	London Heathside
370	4856	01:06:51	Nick Jellema	London Heathside
371	4706	01:06:54	John O'Shea	Highgate Harriers
372	4412	01:07:01	Robert Campbell	Ely Runners
373	4897	01:07:05	Chris Mahon	Marshall Milton Keynes AC
374	5704	01:07:08	Chris Shepherd	Woodford Green AC with Essex Ladies
375	4857	01:07:10	Paul Lemmon	London Heathside
376	5173	01:07:12	Richard Lowden	Royston Runners
377	5530	01:07:14	David Maisey	Vale of Aylesbury AC
378	4620	01:07:15	Matthew Sharp	Hercules Wimbledon AC
379	5210	01:07:16	Paul Fromme (F)	Serpentine RC
380	5035	01:07:18	Paul Sullivan	Norwich RR
381	5310	01:07:19	Phil Scarles	South London Harriers
382	5521	01:07:21	Michael Prior	Trent Park RC
383	4473	01:07:26	James Allen	Fleet & Crookham AC
384	5239	01:07:28	Joshua Paparo (F)	Serpentine RC
385	4241	01:07:32	Billy Parker-Brown	Chelmsford AC
386	4871	01:07:39	David Walton	London Heathside
387	4272	01:07:53	Mark Fallowfield-Smith	Chiltern Harriers AC
388	4749	01:07:55	Neil Crisp	Ilford AC
389	4902	01:08:04	Andrew Wasdell	Marshall Milton Keynes AC
390	5655	01:08:07	Alan Murchison	Winchester & District AC
391	4854	01:08:08	Gavin Evans	London Heathside
392	5506	01:08:09	Edward Brooks	Trent Park RC
393	4801	01:08:09	Peter Foulkes	Leighton Buzzard AC
394	4760	01:08:11	Michael Gore	Invicta East Kent AC
395	5122	01:08:14	Chris Bundhun	Ranelagh Harriers
396	4939	01:08:16	Mike Hurford	Mornington Chasers RC
397	4496	01:08:18	Patrick Gallagher	Garden City Runners
398	4804	01:08:20	Joe Hurley	Leighton Buzzard AC
399	5063	01:08:22	Andrew Warner	Orion Harriers
400	5116	01:08:23	Joe Sinclair	Queens Park Harriers
401	5583	01:08:28	Colin Taylor	Watford Joggers
402	5250	01:08:31	Andy Sallnow	Serpentine RC
403	4345	01:08:31	Colin Oxlade	Croydon Harriers
404	5709	01:08:37	Iain Thompson	Woodford Green AC with Essex Ladies
405	5146	01:08:38	Darren Stevens	Reading AC
406	5487	01:08:39	James Heskey-Jones	Tiptree RR
407	4884	01:08:40	Liam Macnabola	Luton AC
408	4474	01:08:45	Simon Mitchell	Fleet & Crookham AC
409	4432	01:08:46	Jeff Butler	Epsom & Ewell Harriers
410	4392	01:08:47	Chris Loizou	Dulwich Runners AC
411	5251	01:08:48	Chris Saunders	Serpentine RC
412	5701	01:08:48	Tony Pamphilon	Woodford Green AC with Essex Ladies
413	4338	01:08:50	David Brown	Croydon Harriers
414	5299	01:08:50	John Foss	South London Harriers
415	4515	01:08:51	Marc Woodall	Guildford & Godalming AC
416	5207	01:08:52	Alex Elferink	Serpentine RC
417	4357	01:08:57	Nigel Swinburne	Dagenham 88 Runners
418	4727	01:08:58	Paul Leppard	Hillingdon AC
419	5227	01:09:00	Justin Lock	Serpentine RC
420	4059	01:09:01	Keith Turner	Barnet & District AC
421	5119	01:09:02	Andy Bickerstaff	Ranelagh Harriers
422	4227	01:09:03	Graham Maynard	Cambridge Harriers
423	4942	01:09:05	Neal O'Grady	Mornington Chasers RC
424	5064	01:09:05	Tim Wright	Orion Harriers
425	5543	01:09:07	Robert Birchley	Victoria Park H & Tower Hamlets AC
426	5182	01:09:10	Jon Payne	Sandhurst Joggers
427	5004	01:09:13	Graham Hodgson	Newquay & Par AC
428	4118	01:09:14	Lander Eguia (F)	Belgrave Harriers
429	5326	01:09:19	Howard Long	Southampton RC
430	5174	01:09:21	Paul Martin	Royston Runners

431	4500	01:09:29	Patrick Pearce	Garden City Runners
432	5517	01:09:31	Jason Maloney	Trent Park RC
433	5464	01:09:32	Philip Wetton	Thames Valley Harriers
434	5642	01:09:36	Stewart Little	Wimborne AC
435	4762	01:09:39	Tom Purnell	Invicta East Kent AC
436	4799	01:09:41	Nick Clay	Leighton Buzzard AC
437	4387	01:09:42	Jose Barretta	Dulwich Runners AC
438	5179	01:09:43	Brendan Cottrell	Sandhurst Joggers
439	4379	01:09:45	Howard Jones	Dorking & Mole Valley AC
440	4748	01:09:45	Robert Attreed	Ilford AC
441	5201	01:09:46	Gary Dench	Serpentine RC
442	4628	01:09:50	Edmund Barrow	Herne Hill Harriers
443	4700	01:09:50	Kevin Lineham	Highgate Harriers
444	4746	01:09:54	Barry Wild	Huntingdonshire AC
445	5525	01:09:56	Henry Edwardes-Evans	Vale of Aylesbury AC
446	5027	01:09:57	Mark Garrett	Norwich RR
447	4808	01:10:01	Charlie Thompson	Leighton Buzzard AC
448	5547	01:10:02	Matthew Harrison	Victoria Park H & Tower Hamlets AC
449	5322	01:10:03	Stuart Hicks	Southampton RC
450	5697	01:10:07	Keith McShea	Woodford Green AC with Essex Ladies
451	4016	01:10:10	Andy Hislop	Aldershot Farnham & District AC
452	4738	01:10:11	Wayne Gimblett	Huntingdonshire AC
453	4276	01:10:13	Steve Perkin	Chiltern Harriers AC
454	4851	01:10:18	Pete Crockford	London Heathside
455	4715	01:10:21	Nick Stockman	Highgate Harriers
456	4508	01:10:27	Michael Goatley	Guildford & Godalming AC
457	5369	01:10:28	Simon Ambrosi	Striders of Croydon
458	5375	01:10:30	Chris Morton	Striders of Croydon
459	5105	01:10:36	Simon Brotherson	Queens Park Harriers
460	5193	01:10:38	Brad Cobb (F)	Serpentine RC
461	4958	01:10:42	Steve Reid	Nene Valley Harriers
462	4832	01:10:43	Adam Davey	London Fronrunners
463	5387	01:10:44	Ray Gunner	Stubbington Green Runners
464	4242	01:10:45	Lee Pickering	Chelmsford AC
465	4050	01:10:48	Liam Mitchell	Barnet & District AC
466	5422	01:10:48	Gareth Klepacz	Team Southampton
467	5026	01:10:48	Mark Edwards	Norwich RR
468	5490	01:10:49	Simon Morgan	Tiptree RR
469	5324	01:10:51	Keith Hollis	Southampton RC
470	4870	01:10:53	Robin Tremaine	London Heathside
471	4446	01:10:54	Rob Wakefield	Epsom & Ewell Harriers
472	4005	01:10:55	Lance Birkby	Aldershot Farnham & District AC
473	5585	01:10:57	Mark Woolf	Watford Joggers
474	5716	01:10:58	Neil Biss	Yeovil Town RRC
475	5531	01:10:58	Mick O'Connor	Vale of Aylesbury AC
476	4549	01:10:59	Rick Ricketts	Harlow RC
477	4726	01:10:59	Brett Hutchinson	Hillingdon AC
478	5663	01:11:00	Bob Fuller	Windsor Slough Eton & Hounslow AC
479	5363	01:11:01	Stuart Harries	Stopsley Striders
480	5666	01:11:02	Dave Huck	Windsor Slough Eton & Hounslow AC
481	4160	01:11:03	Chris Stone	Bideford AAC
482	4408	01:11:04	Steve Plested	Ealing Southall & Middlesex AC
483	4525	01:11:05	Ian Banks	Hardley Runners
484	5121	01:11:06	Chris Brook	Ranelagh Harriers
485	4481	01:11:11	Billy Hawes	Gade Valley Harriers
486	4792	01:11:15	Stuart Scott	Kent AC
487	5252	01:11:16	Stephane Schneider (F)	Serpentine RC
488	4757	01:11:16	Adam Cowper-Smith	Invicta East Kent AC
489	5172	01:11:17	Vince Long	Royston Runners
490	5180	01:11:18	Michael Freat	Sandhurst Joggers
491	5513	01:11:18	Kevin Haynes	Trent Park RC
492	5256	01:11:22	Barney Southin	Serpentine RC
493	4393	01:11:24	Michael Mann	Dulwich Runners AC
494	4510	01:11:25	Richard Heron	Guildford & Godalming AC
495	4485	01:11:27	Jon Roberts	Gade Valley Harriers
496	5634	01:11:28	Anthony Clark	Wimborne AC
497	467	01:11:30	Trevor Dixon	Oxford City
498	5057	01:11:34	Dave Milner	Orion Harriers
499	4075	01:11:36	Paul Beedie	Bedford & County AC
500	4544	01:11:38	Jamie Jephcott	Harlow RC
501	4732	01:11:44	Andrew Symonds	Hillingdon AC
502	4770	01:11:46	Ker Macrosson	Ipswich Jaffa

503	5364	01:11:47	Chris Lamont	Stopsley Striders
504	4540	01:11:49	David Ayling	Harlow RC
505	4151	01:11:49	Paul Smyth	Bexley AC
506	5469	01:11:53	Simon Brazil	The Stragglers
507	5489	01:11:58	Greg McDowell	Tiptree RR
508	4343	01:11:59	Ali Kaplankiran	Croydon Harriers
509	5221	01:11:59	Henry Humphreys	Serpentine RC
510	4386	01:12:03	Grant Barnes	Dulwich Runners AC
511	5187	01:12:06	Mark Bell	Serpentine RC
512	5544	01:12:06	Mick Cairns	Victoria Park H & Tower Hamlets AC
513	4572	01:12:07	William Darby	Hastings AC
514	4933	01:12:10	John Armstrong	Mornington Chasers RC
515	5160	01:12:11	Nathan Pavlik	Reigate Priory AC
516	4509	01:12:14	Nick Green	Guildford & Godalming AC
517	4743	01:12:17	Martin Rowe	Huntingdonshire AC
518	4931	01:12:18	Jonathan Waterfield	Metropolitan Police AC
519	4337	01:12:19	Matt Anderson	Croydon Harriers
520	5471	01:12:19	Neil Browning	The Stragglers
521	4653	01:12:20	Stuart Morrison	Herne Hill Harriers
522	4454	01:12:21	Adrian Frost	Eton Manor AC
523	4962	01:12:25	Alan Cox	New Eltham Joggers
524	4431	01:12:28	Bill Arbury	Epsom & Ewell Harriers
525	4533	01:12:30	Robert Kendall	Hardley Runners
526	4402	01:12:33	Mark Delahunty	Ealing Southall & Middlesex AC
527	5076	01:12:36	Keith Vallis	Overton Harriers
528	4245	01:12:39	David Tullett	Chelmsford AC
529	4921	01:12:42	Bobby Boothroyd	Metropolitan Police AC
530	5331	01:12:45	Ian Richardson	Southampton RC
531	5297	01:12:46	Clive Edgington	South London Harriers
532	4629	01:12:48	Simon Beston	Herne Hill Harriers
533	4596	01:12:48	Laurence Kemble	Headington RR
534	5281	01:12:53	Michael Potticary	Shaftesbury Barnet Harriers
535	5481	01:12:58	Nick Searle	Thetford AC
536	4806	01:13:00	Peter Mackrell	Leighton Buzzard AC
537	4067	01:13:01	Chris Furness	Basingstoke & Mid Hants AC
538	5619	01:13:07	Ben Collison	West Norfolk AC
539	5197	01:13:07	Rob Crangle	Serpentine RC
540	4210	01:13:10	Mark Chaplin	Cambridge & Coleridge
541	4753	01:13:13	Peter Bowell	Invicta East Kent AC
542	4623	01:13:20	Frank Wood	Hercules Wimbledon AC
543	5358	01:13:21	John Chapman	Stopsley Striders
544	4368	01:13:30	Chris Topp	Dartford RR
545	4198	01:13:32	Paul Reddaway	Broxbourne Runners
546	4694	01:13:35	Jon Gardner (F)	Highgate Harriers
547	4041	01:13:37	Paul Carter	Barnet & District AC
548	4837	01:13:38	David Maguire	London Frontrunners
549	4710	01:13:41	Steven Scruton	Highgate Harriers
550	4107	01:13:44	Matt Burgin	Bedford Harriers AC
551	4360	01:13:47	Dave Hall	Dartford RR
552	5020	01:13:49	Johnny Spinks	North Herts RR
553	5243	01:13:57	Brent Plump (F)	Serpentine RC
554	4161	01:14:00	Gavin Elliott	Biggleswade AC
555	4430	01:14:03	Mark Alden	Epsom & Ewell Harriers
556	5039	01:14:03	Bill Bennett	Orion Harriers
557	5286	01:14:04	Chris Sutherland	Shaftesbury Barnet Harriers
558	5102	01:14:05	Andy Angus	Queens Park Harriers
559	5335	01:14:10	Nick Willson	Southampton RC
560	5596	01:14:11	Simon Prior	Wells City Harriers
561	4735	01:14:11	Sean Barker	Huntingdonshire AC
562	4191	01:14:23	Luke Lambourne	Brighton & Hove City AC
563	4838	01:14:31	Jonathan Moscrop	London Frontrunners
564	5377	01:14:35	Ryan Phillips	Striders of Croydon
565	5450	01:14:36	Richard Bell	Thames Valley Harriers
566	4889	01:14:38	Mike Burling	Marshall Milton Keynes AC
567	4713	01:14:39	Eric Southam	Highgate Harriers
568	5511	01:14:42	John Flannery	Trent Park RC
569	5159	01:14:45	Paddy Patrick	Reigate Priory AC
570	4861	01:14:46	Hassan Nahal	London Heathside
571	4941	01:14:47	John Lynch	Mornington Chasers RC
572	4046	01:14:47	Michael Martin	Barnet & District AC
573	4768	01:14:49	John Wilkins	Invicta East Kent AC
574	4534	01:14:52	Stuart McGowan	Hardley Runners

575	4457	01:14:57	Andy Ruffly	Eton Manor AC
576	5696	01:14:58	Martin Mack	Woodford Green AC with Essex Ladies
577	5434	01:14:58	Larry Mathews	Thames Hare & Hounds
578	4389	01:15:03	Mark Foster	Dulwich Runners AC
579	764	01:15:03	Rob Webster	Oxford City
580	4831	01:15:06	Derek Clark	London Frontrunners
581	5391	01:15:06	Evan McGrath	Stubbington Green Runners
582	4072	01:15:09	Mark Slaney	Basingstoke & Mid Hants AC
583	5092	01:15:16	Julian Holder	Pitsea RC
584	4064	01:15:18	Graham Cooper	Basingstoke & Mid Hants AC
585	5522	01:15:24	John Rose	Trent Park RC
586	4888	01:15:27	Paul Bond	Marshall Milton Keynes AC
587	4512	01:15:29	Rob Myring	Guildford & Godalming AC
588	4798	01:15:41	Mike Bryant	Leighton Buzzard AC
589	4361	01:15:42	Nick Harding	Dartford RR
590	4239	01:15:44	Martin Gibbs	Chelmsford AC
591	5612	01:15:45	Rory Ferguson	West 4 Harriers
592	4507	01:15:45	Ben Egan	Guildford & Godalming AC
593	4488	01:15:46	Andrew Wright	Gade Valley Harriers
594	5313	01:15:56	Francis Upcott	South London Harriers
595	5068	01:15:57	Greg England	Overton Harriers
596	4277	01:15:58	Jon Taylor	Chiltern Harriers AC
597	4577	01:16:01	Malcolm Lavery	Havant AC
598	4872	01:16:05	William Whitaker	London Heathside
599	5587	01:16:05	Paul Chadwick	Wells City Harriers
600	5507	01:16:07	Nicholas Clarke	Trent Park RC
601	5229	01:16:22	Raoul Mansukhani	Serpentine RC
602	5505	01:16:23	David Birks	Trent Park RC
603	5636	01:16:24	Craig Dixon	Wimborne AC
604	4864	01:16:42	John Rene	London Heathside
605	4394	01:16:46	Martin Murley	Dulwich Runners AC
606	4656	01:16:48	Valdis Pauzers	Herne Hill Harriers
607	4112	01:16:52	Alistair Vile	Bedford Harriers AC
608	4809	01:16:53	Fred Watt	Leighton Buzzard AC
609	4845	01:16:58	Stephen Wicks	London Frontrunners
610	5188	01:17:02	Claudio Belotti (F)	Serpentine RC
611	4268	01:17:03	David Breingan	Chiltern Harriers AC
612	4219	01:17:05	Steven Thoday	Cambridge & Coleridge
613	5694	01:17:08	Steve Ladhams	Woodford Green AC with Essex Ladies
614	5129	01:17:09	Mike Peace	Ranelagh Harriers
615	5142	01:17:20	John Gregory	Reading AC
616	5390	01:17:23	Philip May	Stubbington Green Runners
617	4410	01:17:25	Robert Wilson	Ealing Southall & Middlesex AC
618	4452	01:17:29	Alan Duncan	Eton Manor AC
619	5597	01:17:30	Dave Stanfield	Wells City Harriers
620	5149	01:17:34	Brian Churchard	Reigate Priory AC
621	4898	01:17:37	Paul Mason	Marshall Milton Keynes AC
622	5284	01:17:39	Phil Shelley	Shaftesbury Barnet Harriers
623	4772	01:17:40	Brian Rogers	Ipswich Jaffa
624	5604	01:17:42	Andrew Rawlins	Werrington Joggers
625	5135	01:17:42	Andrew Woodhouse	Ranelagh Harriers
626	5096	01:17:45	Steve Horton	Poole AC
627	4674	01:17:47	Richard Bloom	Herts Phoenix AC
628	5074	01:17:49	David Titcomb	Overton Harriers
629	5012	01:17:51	Richard Harbon	North Herts RR
630	4109	01:17:53	Thomas Lamb	Bedford Harriers AC
631	5600	01:18:03	Rex Whitcombe	Wells City Harriers
632	5021	01:18:08	Michael Armes	Norwich RR
633	4523	01:18:10	Mike Hollis	Handy Cross Runners
634	5475	01:18:13	Andrew Lane	The Stragglers
635	5646	01:18:18	Graham Whiffen	Wimborne AC
636	5382	01:18:23	Nick Crane	Stubbington Green Runners
637	5153	01:18:24	Neil Hamilton	Reigate Priory AC
638	4766	01:18:25	Tom Sutton	Invicta East Kent AC
639	4675	01:18:33	Richard Foskett	Herts Phoenix AC
640	4511	01:18:35	Matthew Lythell	Guildford & Godalming AC
641	4051	01:18:47	Shaun Mitchell	Barnet & District AC
642	5235	01:18:49	Lars Olsen (F)	Serpentine RC
643	5366	01:18:52	Martin Mitchell	Stopsley Striders
644	4142	01:18:55	Peter Griffiths	Bexley AC
645	4842	01:18:57	David Thompson	London Frontrunners
646	4040	01:19:02	Jerry Bryan	Barnet & District AC

647	4551	01:19:04	John Tennant	Harlow RC
648	5533	01:19:09	Alan Roberts	Vale of Aylesbury AC
649	4916	01:19:13	Andrej Safars (F)	Medway & Maidstone AC
650	5269	01:19:13	Phil Cunningham	Shaftesbury Barnet Harriers
651	5352	01:19:14	Steve Le Poidevin	St.Edmund Pacers
652	5073	01:19:20	Steve Mcnair	Overton Harriers
653	5348	01:19:24	Michael Jack	St.Albans Striders
654	5472	01:19:26	Nick Brown	The Stragglers
655	4699	01:19:28	Thierry Lebreton (F)	Highgate Harriers
656	4828	01:19:31	Andrew Atkins	London Frontrunners
657	5586	01:19:35	Tim Woolridge	Watford Joggers
658	5621	01:19:35	Ian Todd	West Norfolk AC
659	5155	01:19:39	Gavin Lawrence	Reigate Priory AC
660	5022	01:19:41	Alan Bradley	Norwich RR
661	5114	01:19:42	Frank Nolan	Queens Park Harriers
662	5695	01:19:43	Steve Lambert	Woodford Green AC with Essex Ladies
663	5690	01:19:48	Richard Hogg	Woodford Green AC with Essex Ladies
664	4475	01:20:02	Steve Sear	Fleet & Crookham AC
665	5168	01:20:05	Malcolm Hall	Royston Runners
666	4344	01:20:11	Matt Kiernan	Croydon Harriers
667	4062	01:20:13	Mark Bevan	Basingstoke & Mid Hants AC
668	4650	01:20:25	Rupert Mainwaring	Herne Hill Harriers
669	5515	01:20:25	Michael Jones	Trent Park RC
670	4719	01:20:25	Keith Wilson	Highgate Harriers
671	4447	01:20:28	Steve Adams	Eton Manor AC
672	5538	01:20:28	Peter Simpson	Vegan Runners UK
673	5393	01:20:30	Gordon Westley	Stubbington Green Runners
674	4342	01:20:33	Norman Hemming	Croydon Harriers
675	5456	01:20:33	Simon Maddison	Thames Valley Harriers
676	5017	01:20:34	Chris Priestley	North Herts RR
677	5643	01:20:34	Roy Long	Wimborne AC
678	5367	01:20:37	Aidrew Moore	Stopsley Striders
679	4358	01:20:38	Peter Butler	Dartford RR
680	4673	01:20:42	Robin Baynham	Herts Phoenix AC
681	119	01:20:44	Alastair Lang	KPMG Runners
682	5715	01:20:46	Paul Allen	Yeovil Town RRC
683	5510	01:20:47	Matthews Fellows	Trent Park RC
684	5588	01:20:52	Geoff Cole	Wells City Harriers
685	4937	01:20:53	Gary Homewood	Mornington Chasers RC
686	4461	01:20:58	Graham Blackburn	Fairlands Valley Spartans
687	4154	01:20:59	Kevin Winch	Bexley AC
688	5551	01:21:00	Jon Medcraft	Victoria Park H & Tower Hamlets AC
689	5553	01:21:05	David Robinson	Victoria Park H & Tower Hamlets AC
690	4524	01:21:10	Mick Anglim	Hardley Runners
691	4106	01:21:23	Tony Barnes	Bedford Harriers AC
692	5638	01:21:36	Paul Hine	Wimborne AC
693	5108	01:21:44	Richard Davies	Queens Park Harriers
694	5518	01:21:50	Martin McGahon	Trent Park RC
695	5478	01:21:50	Richard Dolman	Thetford AC
696	4945	01:21:51	Dan Smith	Mornington Chasers RC
697	5508	01:22:03	Martin Cullen	Trent Park RC
698	5036	01:22:05	Darwin Turner	Norwich RR
699	4975	01:22:06	Martin Wisdom	New Eltham Joggers
700	4518	01:22:08	Andy Carter	Halstead RR
701	5037	01:22:20	Tim Tyler	Norwich RR
702	5169	01:22:39	Richard Harrison	Royston Runners
703	5113	01:23:01	Bertie Miller	Queens Park Harriers
704	4866	01:23:07	Nik Skipper	London Heathside
705	4538	01:23:07	Mike Roberts	Hardley Runners
706	4934	01:23:08	Jonathan Bindman	Mornington Chasers RC
707	4143	01:23:15	Jonathan Hunter	Bexley AC
708	5581	01:23:15	Dave Dixon	Watford Joggers
709	5556	01:23:21	David Wilkey	Victoria Park H & Tower Hamlets AC
710	4355	01:23:24	Rob Sargent	Dagenham 88 Runners
711	4721	01:23:28	John Bignell	Hillingdon AC
712	5386	01:23:45	John Gueran	Stubbington Green Runners
713	5615	01:23:49	Gary Robinson	West 4 Harriers
714	4967	01:23:50	John Kemp	New Eltham Joggers
715	5605	01:23:54	Geoff Walden	Werrington Joggers
716	4463	01:23:57	Jim brown	Fairlands Valley Spartans
717	5482	01:24:05	Paul Taverner	Thetford AC
718	5632	01:24:16	Graham Wiggins	White Horse Harriers AC

719	5631	01:24:20	Dene Stringfellow	White Horse Harriers AC
720	4531	01:24:26	Jack Hutchison	Hardley Runners
721	5584	01:24:28	Keith Taylor	Watford Joggers
722	4734	01:24:31	Christopher Lee	Horsham Blue Star Harriers
723	4381	01:24:31	Patrick Martin	Dorking & Mole Valley AC
724	4543	01:24:56	Sean Flynn	Harlow RC
725	4537	01:24:59	Simon Ridley	Hardley Runners
726	4844	01:25:02	Steven Westlake	London Frontrunners
727	5640	01:25:05	Ian Kennedy	Wimborne AC
728	4592	01:25:06	Jonathan Chambers	Headington RR
729	4829	01:25:12	John Brown	London Frontrunners
730	5509	01:25:19	Ian Ellis	Trent Park RC
731	4830	01:25:21	Adrian Butler	London Frontrunners
732	5270	01:25:24	Russell Devitt	Shaftesbury Barnet Harriers
733	4102	01:25:34	Robert Thompson	Bedford & County AC
734	4972	01:25:36	Simon Riley	New Eltham Joggers
735	4761	01:25:38	Martin Kelk	Invicta East Kent AC
736	4728	01:25:41	John Luscombe	Hillingdon AC
737	4959	01:25:46	Peter Cane	New Eltham Joggers
738	4968	01:25:52	Nigel Kent	New Eltham Joggers
739	5523	01:26:08	Paul Ward	Trent Park RC
740	4528	01:26:19	Paul Carter	Hardley Runners
741	5219	01:26:23	Jean-Luc Hoesz (F)	Serpentine RC
742	5028	01:26:30	Kevin Gee	Norwich RR
743	4152	01:26:32	Terry Waldale	Bexley AC
744	5479	01:26:33	Carl Higgins	Thetford AC
745	5170	01:26:37	Paul Haynes	Royston Runners
746	5034	01:26:39	Tony Millett	Norwich RR
747	5491	01:26:44	Edward Skinner	Tiptree RR
748	4971	01:26:46	Nick Moss	New Eltham Joggers
749	4974	01:26:49	John White	New Eltham Joggers
750	4606	01:26:50	John Worth	Headington RR
751	116	01:27:03	Tom Gilbert	KPMG Runners
752	4635	01:27:05	Hassan Dervish	Herne Hill Harriers
753	4339	01:27:07	Kieth Brown	Croydon Harriers
754	5560	01:27:08	Graham Foden	Victory AC
755	4146	01:27:10	Richard Long	Bexley AC
756	5483	01:27:10	Malcolm Bailey	Tiptree RR
757	5361	01:27:12	Dave Debnam	Stopsley Striders
758	5516	01:27:30	James Joy	Trent Park RC
759	4192	01:27:36	Andrew Mitchelson	Brighton & Hove City AC
760	4073	01:27:42	Ian Smith	Basingstoke & Mid Hants AC
761	4139	01:27:44	Dave Farrell	Bexley AC
762	4883	01:27:49	Richard Hardy	Luton AC
763	587	01:27:52	Paul Grimsdale	Oxford City
764	4724	01:27:53	Brian Feldman	Hillingdon AC
765	4803	01:28:27	Jon Hull	Leighton Buzzard AC
766	4556	01:28:30	Kevin Concannon	Harrow AC
767	5486	01:28:32	Robert Hadgraft	Tiptree RR
768	4816	01:28:41	Paul Allen	Lingfield RC
769	5639	01:29:08	Jeff Hinsley	Wimborne AC
770	4643	01:29:19	Phillip Henwood	Herne Hill Harriers
771	4214	01:29:29	Tim Long	Cambridge & Coleridge
772	4416	01:29:56	John Turner	Ely Runners
773	4835	01:30:11	Lee Kirby	London Frontrunners
774	5514	01:30:48	Ian Johnson	Trent Park RC
775	5383	01:31:04	David Docherty	Stubbington Green Runners
776	4228	01:31:25	Mark Newell	Cambridge Harriers
777	5023	01:31:32	Mark Burrows	Norwich RR
778	5091	01:31:37	Christopher Bent	Pitsea RC
779	4963	01:31:46	Nick Curtis	New Eltham Joggers
780	4970	01:32:01	Sean McGranahan	New Eltham Joggers
781	5512	01:32:11	Peter Goldfinch	Trent Park RC
782	4476	01:32:28	Robert Skripek	Fleet & Crookham AC
783	4965	01:33:08	Steve Freeman	New Eltham Joggers
784	4349	01:33:19	Bill Adams	Dagenham 88 Runners
785	4841	01:34:09	Colin Stevenson	London Frontrunners
786	4439	01:34:41	Dave Mitchell	Epsom & Ewell Harriers
787	5090	01:35:19	Peter Bates	Pitsea RC
788	5359	01:36:28	Ian Cousins	Stopsley Striders
789	4178	01:37:08	Tim Gibson	Bracknell AC
790	5046	01:37:47	Pete Deadman	Orion Harriers

791	4411	01:38:21	Stuart Baumber	Ely Runners
792	4526	01:38:46	Andrew Barber	Hardley Runners
793	5645	01:38:46	Steve Snook	Wimborne AC
794	5104	01:40:20	Alex Brodie	Queens Park Harriers
795	4754	01:40:42	Bradley Burden	Invicta East Kent AC
796	4593	01:41:13	Ricky Cherry	Headington RR
797	4938	01:41:20	Bobby Howe	Mornington Chasers RC
798	4341	01:41:46	Eric Cambell	Croydon Harriers
799	4527	01:41:51	Jeremy Barber	Hardley Runners
800	4960	01:45:37	Ian Chidwick	New Eltham Joggers
801	4605	01:45:40	Kit Villiers	Headington RR
802	5156	01:46:08	John Mackenzie	Reigate Priory AC
803	4536	01:46:28	Ray Noke	Hardley Runners
804	4648	01:46:49	Andrew Lea-Gerrard	Herne Hill Harriers
805	5099	01:49:04	George Wright	Poole AC
806	4356	01:52:57	Bill Smith	Dagenham 88 Runners