

Pos	Time	Team	Time1	Pos1	Name1	Time2	Pos2	Name2	Time3	Pos3	Name3	Time4	Pos4	Name4	Race
1	01:02:04.450	Cambridge & Coleridge AC	00:15:48.850	(22)	Thomas Keen	00:15:37.450	(13)	Jonathan Escalante-Phillips	00:15:28.150	(2)	Jack Gray	00:15:10.000	(1)	Callum Elson	Senior Men (4x5k)
2	01:02:06.400	Aldershot Farnham & District	00:16:01.900	(31)	Joe Blacknell	00:15:54.600	(16)	Callum Charleston	00:15:12.200	(5)	Ellis Cross	00:14:57.700	(2)	Will Barnicoat	Senior Men (4x5k)
3	01:02:36.300	Highgate Harriers	00:15:57.650	(29)	Terry Fawden	00:15:24.200	(12)	Jacob Allen	00:15:39.750	(3)	Alexander Lepreire	00:15:34.700	(3)	Roger Poolman	Senior Men (4x5k)
4	01:02:36.900	Shaftesbury Barnet Harriers	00:16:05.650	(35)	Thomas Butler	00:15:07.000	(7)	Jeremy Dempsey	00:15:57.500	(6)	Kieran Clements	00:15:26.750	(4)	Dylan Evans	Senior Men (4x5k)
5	01:03:06.650	Bristol and West AC	00:15:11.550	(5)	Jack Millar	00:16:09.300	(11)	Ben Robinson	00:15:45.950	(4)	William Battershill	00:15:59.850	(5)	Kurt Taylor	Senior Men (4x5k)
6	01:03:30.150	Morpeth Harriers & AC	00:15:54.150	(27)	William Cork	00:15:25.250	(10)	Carl Avery	00:16:44.850	(8)	Lawrence McCourt	00:15:25.900	(6)	Scott Beattie	Senior Men (4x5k)
7	01:03:38.250	Leeds City Athletic Club	00:15:26.500	(8)	Linton Taylor	00:15:38.050	(5)	Graham Rush	00:16:20.450	(7)	Joshua Woodcock-Shaw	00:16:13.250	(7)	Richard Allen	Senior Men (4x5k)
8	01:04:12.250	City of York AC	00:14:55.500	(1)	Angus McMillan	00:15:25.600	(1)	Sam Dickinson	00:16:27.300	(1)	Tim Stratton	00:17:23.850	(8)	Mark Bolland-Cage	Senior Men (4x5k)
9	01:04:19.100	Oxford University AC	00:15:29.150	(10)	Joe Morrow	00:15:48.350	(9)	Naphtali Moulton	00:16:50.350	(9)	Daniel Bundred	00:16:11.250	(9)	Alex Gruen	Senior Men (4x5k)
10	01:04:44.100	Tonbridge Ac	00:15:36.200	(16)	Benjamin Murphy	00:15:15.250	(4)	James Kingston	00:17:22.700	(11)	Alasdair Kinloch	00:16:29.950	(10)	Cameron Chambers	Senior Men (4x5k)
11	01:04:51.850	Bedford & County AC	00:15:35.800	(14)	Ed Blythman	00:15:57.500	(14)	Harry Brodie	00:16:37.850	(10)	Samuel Winters	00:16:40.700	(11)	James Minter	Senior Men (4x5k)
12	01:04:56.550	Blackburn Harriers & AC	00:15:35.050	(13)	Matthew James Ramsden	00:15:39.100	(8)	Daniel Bebbington	00:17:05.600	(12)	Ben Fish	00:16:36.800	(12)	Luke Betts	Senior Men (4x5k)
13	01:05:07.450	Leeds City Athletic Club B	00:16:15.000	(39)	Andrew Smith	00:16:22.900	(25)	Joe Sagar	00:16:09.350	(16)	William Tighe	00:16:20.200	(13)	Matthew Grieve	Senior Men (4x5k)
14	01:05:08.250	Hallamshire Harriers Sheffield	00:15:53.500	(26)	Tommy Power	00:16:22.450	(20)	Matthew Fuller	00:16:26.150	(15)	James McCrae	00:16:26.150	(14)	Euan Brown	Senior Men (4x5k)
15	01:05:21.150	Cornwall AC	00:15:37.750	(18)	Callum Jones	00:16:21.200	(18)	Samuel Goodchild	00:16:23.900	(13)	Joshua Rowe	00:16:58.300	(15)	Eward Mitchell	Senior Men (4x5k)
16	01:05:34.450	University of Birmingham AC and Cross Country Club	00:15:32.200	(11)	Tyler Bilyard	00:15:35.000	(6)	Oliver Smart	00:17:49.700	(17)	Michael Stevens	00:16:37.550	(16)	Max Cunningham	Senior Men (4x5k)
17	01:05:57.650	Bristol and West AC B	00:16:03.100	(32)	Owain Jones	00:16:58.300	(32)	Jonathan Thewlis	00:16:52.150	(27)	Luke Burgess	00:16:04.100	(17)	Max Davis	Senior Men (4x5k)
18	01:06:07.800	Highgate Harriers B	00:15:38.150	(19)	Seyed Taha Ghafari	00:16:22.100	(19)	Robert Wilson	00:17:10.850	(18)	Peter Chambers	00:16:56.700	(18)	Sean Renfer	Senior Men (4x5k)
19	01:06:29.550	Western Tempo	00:16:52.250	(67)	Daniel Owen	00:15:57.200	(28)	Dom James	00:16:50.000	(22)	Ben Price	00:16:50.100	(19)	Dylan Gillett	Senior Men (4x5k)
20	01:06:30.000	Gateshead Harriers & AC	00:15:40.450	(21)	Luca Minala	00:15:02.500	(3)	Calum Johnson	00:17:55.400	(14)	Lewis Liddle	00:17:51.650	(20)	Dave Richardson	Senior Men (4x5k)
21	01:06:33.550	Leeds City Athletic Club C	00:16:31.700	(49)	Gavyn Chalmers	00:16:41.750	(36)	Nathan Marsh	00:16:28.900	(23)	Finnian Hutchinson	00:16:51.200	(22)	Sean Flanagan	Senior Men (4x5k)
22	01:06:35.100	Notts AC	00:16:07.450	(36)	George Phillips	00:17:22.050	(44)	Jack Holland	00:15:52.700	(20)	Samuel Moakes	00:17:12.900	(23)	Matthew Williams	Senior Men (4x5k)
23	01:06:45.400	Cambridge & Coleridge AC B	00:16:24.100	(41)	Thomas Bridger	00:16:48.850	(34)	William Newcombe	00:16:34.900	(25)	Michael Bartram	00:16:57.550	(24)	Tim Harrison	Senior Men (4x5k)
24	01:06:51.350	Hercules Wimbledon AC	00:16:29.850	(46)	Henry Silverstein	00:16:32.900	(33)	Charlie Wyllie	00:16:41.900	(24)	Archie Walton	00:17:06.700	(25)	Alex Sutton	Senior Men (4x5k)
25	01:06:51.700	Birchfield Harriers	00:15:38.300	(20)	Tom Dodd	00:16:41.700	(21)	Jason Bennett	00:17:05.650	(21)	Daniel Swain	00:17:26.050	(26)	Matt Scarsbrook	Senior Men (4x5k)
26	01:07:06.800	Southampton Athletic Club	00:16:04.350	(33)	Harry Smith	00:16:32.150	(24)	Peter Hart	00:16:36.250	(19)	Sam Costley	00:17:54.050	(27)	Scott Pulley	Senior Men (4x5k)
27	01:07:12.100	North Somerset AC	00:16:24.850	(42)	Benjamin Hamblin	00:16:30.150	(30)	Alfie Hocking	00:16:56.550	(26)	Jack Wilkinson	00:17:20.550	(28)	Thomas Gostelow	Senior Men (4x5k)
28	01:07:19.650	Warrington A C	00:16:39.500	(56)	Jordan Jones	00:16:54.850	(46)	Daniel Fox	00:16:37.100	(31)	Cameron Field	00:17:08.200	(29)	Brandon Quinton	Senior Men (4x5k)
29	01:07:34.300	Keighley & Craven AC	00:16:29.200	(45)	Joseph Carnelley	00:17:28.150	(53)	Jimmy Lund	00:17:51.100	(38)	Matthew Kenneth	00:16:45.850	(30)	Tom Barrett	Senior Men (4x5k)
30	01:07:42.900	Huntingdonshire AC	00:16:30.100	(47)	Christopher Smith	00:16:26.900	(31)	Isaac Ellard	00:17:22.450	(33)	James Orrell	00:17:23.450	(31)	Joey Croft	Senior Men (4x5k)
31	01:07:45.200	Milton Keynes Distance Project	00:15:06.400	(3)	George Wheeler	00:15:16.050	(2)	Charles Wheeler	00:19:34.450	(29)	Mintu Sidhu	00:17:48.300	(32)	Max Nicole	Senior Men (4x5k)
32	01:07:47.750	Tonbridge Ac B	00:16:44.950	(59)	Will Beeston	00:17:05.500	(51)	Simon Coppard	00:16:58.200	(39)	Charlie Crick	00:16:59.100	(33)	Michael Ellis	Senior Men (4x5k)
33	01:07:59.150	Hallamshire Harriers Sheffield B	00:17:20.450	(85)	David Lewis	00:16:15.200	(47)	Elisha De Mello	00:16:56.400	(34)	Jonathan Crickmore	00:17:27.100	(34)	John Birch	Senior Men (4x5k)
34	01:08:00.200	Birmingham Running Athletics & Triathlon Club (brat)	00:15:33.450	(12)	Joseph Tuffin	00:17:44.200	(39)	Daniel Robinson	00:18:20.250	(47)	David Bissuel	00:16:22.300	(35)	John Stolberg	Senior Men (4x5k)
35	01:08:22.650	Salford Harriers & Ac B	00:16:30.250	(48)	Robert Smyk	00:16:21.650	(29)	Ryan Worland	00:17:10.550	(30)	Oliver Cook	00:18:20.200	(36)	Patrick Henderson	Senior Men (4x5k)
36	01:08:28.150	Marshall Milton Keynes AC	00:16:45.650	(60)	James Tuttle	00:16:58.500	(50)	Jack Pocock	00:17:38.300	(44)	Ian Wood	00:17:05.700	(37)	Matthew Dicks	Senior Men (4x5k)
37	01:08:31.700	Vale Royal Ac	00:17:00.500	(72)	Jacob Brown	00:18:03.650	(66)	Sam Stephens	00:16:44.950	(51)	Arun Dight	00:16:42.600	(38)	Aaron Doyle	Senior Men (4x5k)
38	01:09:01.350	Mansfield Harriers	00:16:22.200	(40)	Paul Wright	00:16:16.600	(26)	Alex Hampson	00:18:05.700	(35)	Lewis Boswell	00:18:16.850	(39)	Jordan Boam	Senior Men (4x5k)
39	01:09:04.950	Reading AC	00:15:24.600	(7)	Jonathan Davies	00:17:50.000	(37)	Mark Booth	00:17:30.200	(36)	Matthew Kunov	00:18:20.150	(40)	Ben Rollings	Senior Men (4x5k)
40	01:09:06.350	Tonbridge Ac C	00:17:06.500	(75)	Toby Emm	00:16:57.800	(55)	Jordan Chambers	00:17:23.550	(46)	Calum Laing	00:17:38.500	(41)	George Marshall	Senior Men (4x5k)
41	01:09:07.350	Highgate Harriers C	00:17:11.850	(76)	Jack McVann	00:17:16.100	(58)	James Ross	00:17:38.000	(54)	Harry Allan	00:17:01.400	(42)	Jack Steenson	Senior Men (4x5k)
42	01:09:07.600	Herne Hill Harriers	00:16:34.150	(51)	Daniel Shaw	00:16:51.400	(42)	Andrew Clarke	00:18:02.000	(45)	Oliver Walker	00:17:40.050	(43)	David Moysie	Senior Men (4x5k)
43	01:09:17.950	Rossendale Harriers & AC	00:16:01.650	(30)	Grant Cunliffe	00:17:28.800	(45)	Robert Weber	00:17:42.250	(42)	Matthew Harris	00:18:05.250	(44)	Benjamin Kirkman	Senior Men (4x5k)
44	01:09:27.950	Loughborough Students AC	00:15:50.200	(23)	George Beardmore	00:16:40.450	(23)	Fintan Kavanagh	00:18:39.500	(41)	Lewis Watt	00:18:17.800	(45)	Jack Dickson	Senior Men (4x5k)
45	01:09:36.950	Halifax Harriers & AC	00:17:01.050	(73)	Josh Hall-Brown	00:18:11.100	(69)	Ben Crowther	00:17:29.850	(61)	Max Burgin	00:16:54.950	(46)	Harry Johnson	Senior Men (4x5k)
46	01:09:40.550	Newham & Essex Beagles AC	00:15:55.450	(28)	Oisín Spillane	00:16:03.100	(17)	Sam Hart	00:18:20.750	(32)	John Gordon	00:19:21.250	(47)	Wayne Bell	Senior Men (4x5k)
47	01:09:56.650	Long Eaton Running Club	00:16:50.850	(66)	Nicholas Dennis	00:18:09.100	(64)	Darlington Magalela	00:17:24.650	(58)	Ben Plummer	00:17:32.050	(48)	Ryan Haw	Senior Men (4x5k)
48	01:10:21.950	Bracknell AC	00:15:53.150	(25)	Scott Halsted	00:16:29.200	(22)	Benjamin Wills	00:19:25.900	(50)	Aaron Enser	00:18:33.700	(49)	Oliver Hall	Senior Men (4x5k)
49	01:10:24.550	East Cheshire Harriers & Tameside AC	00:16:58.600	(71)	Joseph Hudak	00:17:25.400	(57)	Gavin Browne	00:17:52.500	(57)	Gareth Raven	00:18:08.050	(50)	Liam Browne	Senior Men (4x5k)
50	01:10:30.750	Liverpool Harriers & AC B	00:17:20.900	(86)	Harry Blackburn	00:16:44.800	(56)	Ethan Ackroyd	00:17:45.100	(52)	Joe Roberts	00:18:39.950	(51)	Matthew Hughes	Senior Men (4x5k)
51	01:10:47.950	Rotherham Harriers And Ac	00:15:28.850	(9)	Joseph Massingham	00:17:55.450	(40)	Ben Burton	00:18:31.150	(53)	Sam Clegg	00:18:52.500	(52)	Aidan Johnson	Senior Men (4x5k)
52	01:10:52.350	Bedford & County AC B	00:17:26.600	(89)	Michael Harrison	00:17:34.400	(65)	Alfred Yabsley	00:17:13.250	(56)	Jake Richardson	00:18:38.100	(53)	Craig Emmerson	Senior Men (4x5k)
53	01:10:54.050	Kent AC	00:16:50.100	(63)	Dame Dibaba	00:18:43.050	(77)	Jake Simmonds	00:17:54.400	(68)	Owen Hind	00:17:26.500	(54)	James Boustead	Senior Men (4x5k)
54	01:10:55.800	Bedford & County AC C	00:18:11.550	(108)	Joe Strange	00:17:14.200	(73)	Jamie Webster	00:18:30.400	(71)	Thomas Powell	00:16:59.650	(55)	Jonathan Janes	Senior Men (4x5k)
55	01:10:57.500	City Of Norwich AC	00:16:43.850	(58)	Will Simm	00:18:46.050	(75)	Patrick Thomas	00:17:43.200	(66)	Gary Crush	00:17:44.400	(56)	Jacob Ocal	Senior Men (4x5k)
56	01:11:00.050	Bristol and West AC C	00:17:45.700	(100)	Aaron Bruce	00:17:41.100	(74)	Hugh Brashaw	00:17:41.750	(65)	Alexander Watt	00:17:51.500	(57)	Harvey Hancock	Senior Men (4x5k)
57	01:11:15.000	Leamington Cycling and Athletics Club	00:16:36.550	(54)	Baljeev Kandola	00:17:51.600	(59)	James Hunter	00:18:22.000	(63)	Alexander Ibbs	00:18:24.900	(58)	Stanley Doxey	Senior Men (4x5k)
58	01:11:16.000	Sunderland Harriers & AC	00:16:35.150	(52)	Michael Wilson	00:17:03.750	(49)	Stephen Jackson	00:18:46.000	(59)	Nathan Reed	00:18:51.100	(59)	Christopher Bell	Senior Men (4x5k)

59	01:11:29.850	Aldershot Farnham & District B	00:17:13.900	(78)	Finlay Cross	00:18:18.950	(76)	Caleb Stephenson	00:17:30.850	(64)	George Morris	00:18:26.150	(60)	Ben Bishop	Senior Men (4x5k)
60	01:11:54.200	Invicta East Kent AC	00:16:56.800	(70)	James Akhurst	00:16:28.400	(41)	Marcus Etheridge	00:17:28.300	(40)	Joseph Griffiths	00:21:00.700	(61)	Gavin Whitlock	Senior Men (4x5k)
61	01:12:13.200	Blackheath & Bromley Harriers AC	00:18:24.050	(113)	Daniel Kennedy	00:17:59.600	(91)	Jake Leng	00:18:10.250	(77)	Justin Strover	00:17:39.300	(62)	Micah Evans	Senior Men (4x5k)
62	01:12:16.050	Liverpool Pembroke & Sefton H AC	00:16:07.950	(37)	Ross Harrison	00:18:42.150	(62)	Jonathon Bride	00:17:55.450	(62)	Daniel Jones	00:19:30.500	(63)	Kevin Usher	Senior Men (4x5k)
63	01:12:23.100	St Albans Striders	00:15:37.350	(17)	James McMurray	00:17:50.350	(43)	George Withers	00:18:41.000	(55)	Phillip Evans	00:20:14.400	(64)	Andrew Shaw	Senior Men (4x5k)
64	01:12:26.000	Hallamshire Harriers Sheffield C	00:17:44.150	(96)	Sam Kenmore	00:18:26.200	(87)	Richard Barker	00:18:32.850	(81)	Ewan Heritage	00:17:42.800	(65)	Christian Battersby	Senior Men (4x5k)
65	01:12:48.600	Sale Harriers Manchester	00:16:28.750	(44)	Christopher Fielding	00:17:24.700	(52)	Ben Brunswick	00:17:50.500	(48)	Alex Bradford	00:21:04.650	(66)	David Marsh	Senior Men (4x5k)
66	01:13:01.250	Cambridge & Coleridge AC C	00:18:08.100	(107)	Olle-joseph Parmenter	00:18:48.800	(99)	Andrew Parmenter	00:17:20.550	(76)	Sullivan Smith	00:18:43.800	(67)	Matthew Fox	Senior Men (4x5k)
67	01:13:09.850	Bromsgrove and Redditch	00:17:15.800	(80)	Harrison Mayne	00:18:46.800	(86)	Peter Ball	00:19:18.050	(84)	Brett Elesmore	00:17:49.200	(68)	Mark Appleton	Senior Men (4x5k)
68	01:13:12.650	Newark AC	00:17:32.350	(93)	Tom Marshall	00:17:44.750	(70)	William Tucker	00:18:25.150	(70)	Leigh Marshall	00:19:30.400	(69)	David Robinson	Senior Men (4x5k)
69	01:13:16.050	Rossendale Harriers & AC B	00:17:29.750	(92)	Jonathan Cleaver	00:18:29.800	(84)	Sean Greenwood	00:19:27.900	(86)	Ed Hunt	00:17:48.600	(70)	Joseph Johnston	Senior Men (4x5k)
70	01:13:16.050	Peterborough & Nene Valley AC	00:16:41.450	(57)	Nathan Bunting	00:18:25.500	(67)	Simon Fell	00:18:52.300	(72)	Steven Sheppard	00:19:16.800	(71)	Steven Wilkinson	Senior Men (4x5k)
71	01:13:22.550	Trafford Athletic Club	00:17:15.500	(79)	Seb Patrick	00:17:56.150	(68)	David Bowers	00:19:00.900	(74)	Alex Jones	00:19:10.000	(72)	Jeff Prest	Senior Men (4x5k)
72	01:13:30.600	Abingdon AC	00:17:29.550	(91)	Craig Jardine	00:17:22.750	(63)	Harrison Read	00:19:19.700	(73)	Paul Hughes	00:19:18.600	(73)	Jack Miller	Senior Men (4x5k)
73	01:13:39.300	Rugby & Northampton AC	00:15:20.950	(6)	Joshua Lay	00:18:15.650	(48)	Matthew Everett	00:17:37.450	(43)	William Gardner	00:22:25.250	(74)	Michael Starr	Senior Men (4x5k)
74	01:13:40.900	Kent AC B	00:17:46.750	(101)	Ben Harding	00:17:54.900	(78)	Ian Ellwood	00:18:56.850	(79)	Nicholas Chevis	00:19:02.400	(75)	Calum Fraser	Senior Men (4x5k)
75	01:13:46.000	Cleethorpes AC	00:17:16.700	(81)	Rob Payne	00:16:43.450	(54)	Daniel James	00:19:16.050	(67)	Jordan Carlike	00:20:29.800	(76)	Michael Skelton	Senior Men (4x5k)
76	01:13:51.800	Hearon Running Club	00:16:49.200	(61)	Joe Rainsford	00:17:53.300	(61)	Andy Harding	00:18:50.450	(69)	Ethan Rowley	00:20:18.850	(77)	Stephen Ashmore	Senior Men (4x5k)
77	01:14:06.550	Thames Valley Harriers	00:15:50.850	(24)	Jordan Rowe	00:17:22.500	(35)	Niki Faulkner	00:19:25.300	(60)	Gordon Low	00:21:27.900	(78)	Fahad Abdi	Senior Men (4x5k)
78	01:14:07.250	Mansfield Harriers B	00:17:03.150	(74)	Ben Burnham	00:19:08.850	(88)	David Cass	00:18:22.400	(78)	Daniel Wheat	00:19:32.850	(79)	Drew Hurst	Senior Men (4x5k)
79	01:14:09.150	Newmarket Joggers	00:17:12.900	(77)	Nathan Brown	00:19:10.950	(92)	James Smith	00:18:25.000	(82)	Joseph Bendall	00:19:20.300	(80)	Mark Hayward	Senior Men (4x5k)
80	01:14:43.850	Liverpool Harriers & AC	00:16:50.300	(65)	Adualqani Sharif	00:15:51.650	(27)	Mathew Jackson	00:17:12.600	(28)	Michael McCarthy	00:24:49.300	(21)	Jack O'Farrell	Senior Men (4x5k)
81	01:15:42.700	Herne Hill Harriers B	00:17:45.350	(99)	Simon Coombes	00:18:46.500	(94)	Mike Cummings	00:18:09.650	(80)	James Nutt	00:21:01.200	(87)	Ryan Willmott	Senior Men (4x5k)
82	01:15:59.650	Liverpool Harriers & AC C	00:17:19.850	(84)	Sam Flaherty	00:19:54.100	(101)	Mathew Chauhan	00:20:26.700	(102)	Callum Grant	00:18:19.000	(88)	Ben Moorcroft	Senior Men (4x5k)
83	01:16:04.600	Halesowen ACC	00:18:56.800	(123)	Richard White	00:19:02.450	(105)	Ben Williets	00:18:23.100	(94)	Peter Dear	00:19:42.250	(81)	James Thomas	Senior Men (4x5k)
84	01:16:07.650	Tamworth AC	00:20:28.650	(139)	Ben Evans	00:18:32.250	(116)	Max Kent	00:18:34.500	(101)	Robert Dyjak	00:18:32.250	(86)	Peter Hackett	Senior Men (4x5k)
85	01:16:10.000	Salford Harriers & Ac C	00:18:15.650	(109)	Callum Jones	00:18:28.900	(97)	Joseph Twigg	00:20:05.400	(97)	David Hudson	00:19:20.050	(82)	Patrick Faulkner	Senior Men (4x5k)
86	01:16:10.400	Sheffield RC	00:18:05.400	(104)	David Millns	00:18:35.100	(96)	Aaron Francis	00:21:26.800	(104)	Tim Fletcher	00:18:03.100	(90)	Mark Jones	Senior Men (4x5k)
87	01:16:20.300	Huntingdonshire AC B	00:19:02.950	(125)	Ty Farrer	00:18:56.000	(104)	Simon Mead	00:20:24.300	(105)	Chris De Stefano	00:17:57.050	(92)	Jack Clark	Senior Men (4x5k)
88	01:16:57.900	Valley Striders AC	00:18:04.300	(103)	David Song	00:19:30.200	(103)	Edward Cheseldine	00:19:54.850	(98)	Tom Thomas	00:19:28.550	(91)	Daniel Grant	Senior Men (4x5k)
89	01:17:02.450	Barnsley Harriers	00:18:50.250	(121)	Neil Armitage	00:19:26.200	(107)	Adam Chambers	00:20:44.900	(109)	Richard Spooner	00:18:01.100	(99)	Paul Johnson	Senior Men (4x5k)
90	01:17:19.000	Kettering Town Harriers	00:17:17.150	(82)	Lucas Mansell	00:19:13.950	(93)	David Locker	00:21:00.400	(100)	Ellis Johnson	00:19:47.500	(93)	Joe Young	Senior Men (4x5k)
91	01:17:35.550	East Cheshire Harriers & Tameside Ac B	00:18:31.750	(116)	Nigel Malkin	00:19:49.900	(110)	Callum Parkinson	00:20:28.050	(108)	Sam Mabbott	00:18:45.850	(95)	Matthew Smith	Senior Men (4x5k)
92	01:17:36.100	Charnwood A C	00:16:05.450	(34)	Ethan O'Shea	00:19:16.250	(71)	Paul Harmer	00:16:22.900	(49)	Luke Nuttall	00:25:51.500	(96)	Steven Hillman	Senior Men (4x5k)
93	01:17:36.750	Long Eaton Running Club B	00:17:55.650	(102)	Mark Boot	00:18:20.500	(89)	James Fisher	00:19:29.500	(91)	Alex Vize	00:21:51.100	(84)	Michael Bland	Senior Men (4x5k)
94	01:17:40.800	Hercules Wimbledon AC B	00:18:07.550	(105)	Chris McLroy	00:17:16.050	(72)	Ryan McAlister	00:18:52.100	(75)	Richard Jones	00:23:25.100	(97)	James Hamilton	Senior Men (4x5k)
95	01:17:41.850	Doncaster Athletic Club	00:16:27.150	(43)	George Phillips	00:19:22.600	(82)	Mariusz Felczerek	00:19:45.300	(88)	Connor Anderson	00:22:06.800	(83)	Peter William Badger	Senior Men (4x5k)
96	01:17:45.550	Mansfield Harriers C	00:21:04.300	(150)	Jamie MacIntyre	00:18:58.500	(119)	Richie Talbot	00:20:56.500	(116)	Paul Whittingham	00:16:46.250	(105)	Ben Hampson	Senior Men (4x5k)
97	01:17:49.450	Gateshead Harriers & AC B	00:17:37.850	(95)	Jack Douglas	00:18:05.200	(79)	Shaun Hudson	00:20:01.400	(90)	Paul Attley	00:22:05.000	(85)	Angus McKenzie	Senior Men (4x5k)
98	01:17:52.500	Halesowen ACC B	00:22:10.100	(159)	Carl Follows	00:26:54.500	(158)	Matt Allen	00:22:48.100	(149)	Oliver Dodd	00:05:59.800	(131)	James Hoult	Senior Men (4x5k)
99	01:18:00.450	East Hull Harriers & AC	00:18:18.700	(110)	Andrew Deyes	00:19:59.050	(108)	Lee Alcock	00:19:37.700	(103)	Shaun Alcock	00:20:05.000	(98)	Paul Teece	Senior Men (4x5k)
100	01:18:22.500	North Derbyshire RC	00:18:22.650	(112)	John Sanderson	00:20:16.000	(113)	Thomas Topham	00:20:02.350	(107)	James Copestake	00:19:41.500	(100)	Bryce Ward	Senior Men (4x5k)
101	01:18:32.500	Newark AC B	00:19:44.700	(131)	Chris Harrison	00:19:06.200	(115)	Geoffrey Gregory	00:20:48.700	(111)	Oliver Crampton	00:18:52.900	(104)	Timothy Bagguley	Senior Men (4x5k)
102	01:18:39.800	Wakefield District H & AC	00:18:50.250	(64)	Daniel Franks	00:18:56.600	(81)	Steve Lowe	00:19:42.850	(87)	Ashley Crow	00:23:10.100	(89)	Christopher Ward	Senior Men (4x5k)
103	01:18:42.700	Peterborough & Nene Valley AC B	00:19:51.800	(134)	Toby Hall	00:21:01.800	(127)	Connor Baker	00:22:43.350	(126)	Dave Knighton	00:15:05.750	(115)	Alex Curtis	Senior Men (4x5k)
104	01:18:42.700	East Cheshire Harriers & Tameside Ac C	00:18:44.950	(120)	Jacob Taylor	00:20:05.050	(114)	Tom McMahon	00:20:24.300	(110)	Jonathan Aust	00:19:28.400	(102)	James Hartshorne	Senior Men (4x5k)
105	01:18:54.950	Grantham Running Club	00:19:08.250	(127)	Joaquim Jeronimo	00:20:01.600	(117)	Russel Whittaker	00:21:22.750	(114)	Peter Bonner	00:18:22.350	(108)	Samuel Jepson	Senior Men (4x5k)
106	01:18:58.350	Sutton in Ashfield Harriers & AC	00:17:34.250	(94)	Stanley Clarke	00:18:23.700	(83)	Adam Knights	00:19:58.900	(93)	Richard Robinson	00:23:01.500	(94)	Chris Holmes	Senior Men (4x5k)
107	01:19:06.950	Marshall Milton Keynes AC B	00:21:55.300	(156)	Steve Tuttle	00:19:35.100	(132)	Stephen Ratcliffe	00:18:58.500	(113)	Graham Jones	00:18:38.050	(109)	Eliot Winter	Senior Men (4x5k)
108	01:19:08.300	Holme Pierpoint RC B	00:20:10.750	(137)	David Laws	00:19:57.200	(120)	Andrew Soley	00:20:56.750	(117)	Sam Williams-Duncan	00:18:03.600	(113)	Anthony Squire	Senior Men (4x5k)
109	01:19:16.550	Steel City Striders Rc	00:20:41.850	(143)	Sam Needham	00:22:53.550	(140)	Ian Stinson	00:22:28.500	(133)	Al Cook	00:13:12.650	(124)	Malcolm Baggaley	Senior Men (4x5k)
110	01:19:17.900	Notts AC C	00:18:42.350	(117)	Jack Speake	00:18:09.200	(98)	Tom De Jong	00:18:34.600	(85)	Rezene Hayle	00:23:51.750	(101)	David Oxland	Senior Men (4x5k)
111	01:19:27.150	Holme Pierrepoint RC C	00:21:03.750	(149)	Robert Mugglestone	00:25:57.550	(153)	Chris Allen	00:23:09.350	(144)	Martin Walters	00:09:16.500	(130)	Matthew Grainge	Senior Men (4x5k)
112	01:19:30.650	Kimberley & District Striders	00:21:09.000	(151)	Ryan Stocks	00:20:35.750	(133)	Jason Buckley	00:22:20.000	(127)	Liam Johnson	00:15:25.900	(120)	Daniel Bailey	Senior Men (4x5k)
113	01:19:57.400	Beeston AC B	00:23:31.350	(171)	Alec MacLean	00:22:53.250	(152)	Mark Elwell	00:24:09.450	(145)	Barrie Humphriss	00:09:23.350	(136)	Andrew Smith	Senior Men (4x5k)
114	01:20:00.950	South Birmingham Striders	00:22:25.450	(163)	Kevin Oakes	00:29:34.100	(163)	Keith Ward	00:23:33.900	(153)	Luke Powell	00:04:27.500	(142)	Oliver Duguay	Senior Men (4x5k)
115	01:20:06.950	City of Hull AC	00:19:48.250	(132)	Martin Smith	00:20:48.400	(124)	Lee Hammond	00:22:02.500	(121)	Eddie Rex	00:17:27.800	(118)	Tim Savage	Senior Men (4x5k)
116	01:20:07.950	Bromsgrove and Redditch B	00:19:06.000	(126)	Wayne Watkins	00:21:17.550	(121)	Andrew Freeman	00:21:56.200	(120)	Will Noyce	00:17:48.200	(116)	Jaroslaw Sosko	Senior Men (4x5k)
117	01:20:09.300	Sheffield RC B	00:21:41.900	(153)	Eddie Chappel	00:23:04.750	(145)	Daniel Mortensen	00:21:50.150	(135)	Pez Holda	00:13:32.500	(126)	Dean Furniss	Senior Men (4x5k)

118	01:20:18.350	Beeston AC	00:18:42.950	(118)	Adam Searle	00:22:21.900	(129)	David Cross	00:23:39.300	(129)	Michael Lyons	00:15:34.200	(122)	Colin Smith McGloin	Senior Men (4x5k)
119	01:20:20.800	Trafford Athletic Club B	00:18:19.900	(111)	Thomas Rogers	00:20:03.150	(111)	George Wright	00:21:20.200	(112)	Jacob Fletcher	00:20:37.550	(112)	Terry Greenwood	Senior Men (4x5k)
120	01:20:21.450	North Derbyshire RC B	00:20:40.200	(142)	Andrew Todd	00:21:26.400	(135)	Wayne Church	00:25:02.850	(137)	Derry French	00:13:12.000	(128)	Jack Worley	Senior Men (4x5k)
121	01:20:35.100	Kimberley & District Striders B	00:23:15.600	(168)	Dominic Devlin	00:31:48.650	(167)	Thomas Webb	00:24:17.050	(160)	Glen Weston	00:01:13.800	(145)	Kevin Johnson	Senior Men (4x5k)
122	01:20:36.300	Rushcliffe AC	00:19:33.200	(129)	Steve Dickens	00:20:54.350	(122)	Steven Carr	00:22:49.350	(125)	Danny McNlytre	00:17:19.400	(121)	David Gandee	Senior Men (4x5k)
123	01:20:49.350	Retford AC	00:16:31.750	(50)	Samuel Roberts	00:20:03.350	(95)	Benjamin Harris	00:21:49.150	(106)	Bevan Adams	00:22:25.100	(107)	Simon Foster	Senior Men (4x5k)
124	01:21:04.750	Warriors Pentathlon & Athletic Club	00:17:23.600	(88)	Alex Haggard Kearney	00:20:57.400	(109)	Paul Grabe	00:23:13.450	(118)	Mike Vesey	00:19:30.300	(117)	Ronan Kearney	Senior Men (4x5k)
125	01:21:31.850	Dudley And Stourbridge Harriers	00:19:00.000	(124)	David Ratcliffe	00:18:15.500	(102)	Harry Law	00:19:22.900	(96)	Gary Worrall	00:24:53.450	(103)	Martin Harrigan	Senior Men (4x5k)
126	01:21:39.350	Kimberworth Striders	00:20:21.600	(138)	Shaun Wright	00:21:03.150	(131)	Kevin Doyle	00:21:16.200	(122)	Toby Bellis	00:18:58.400	(110)	Mark Gladwin	Senior Men (4x5k)
127	01:21:48.100	Grantham Running Club B	00:26:07.250	(176)	Sam Dodwell	00:23:00.100	(159)	Robin Atter	00:21:51.200	(146)	Matthew Atter	00:10:49.550	(137)	Andrew Pask	Senior Men (4x5k)
128	01:21:49.950	Nuneaton Harriers	00:21:59.000	(158)	James Gillum	00:20:16.300	(136)	Matthew Kinsella	00:22:57.350	(130)	Chris Hamer-Hodges	00:16:37.300	(111)	Andrew Offor	Senior Men (4x5k)
129	01:22:04.800	Worksop Harriers	00:18:25.550	(114)	Thomas Shaw	00:23:39.750	(134)	Steve Carr	00:18:50.950	(115)	Adam Turner	00:21:08.550	(119)	Adam Jonczyk	Senior Men (4x5k)
130	01:22:10.950	Fitmums and Friends	00:17:44.300	(97)	Stuart Spencer	00:20:30.550	(106)	Luke Barnes	00:27:05.000	(132)	Alexander Abel	00:16:51.100	(127)	Ed Husband	Senior Men (4x5k)
131	01:22:14.500	Kimberworth Striders B	00:22:42.900	(164)	Christopher Keeler	00:21:14.200	(143)	Colin Earl	00:29:14.450	(151)	Darren Pryce	00:09:02.950	(140)	Jonathan Griffin	Senior Men (4x5k)
132	01:22:15.250	Matlock Athletic Club	00:20:05.750	(136)	Matt Jackson	00:20:58.300	(128)	David Robertson	00:21:56.400	(124)	Tim Clayton	00:19:14.800	(123)	Geoff Cooper	Senior Men (4x5k)
133	01:22:16.950	Kendal Amateur Athletic Club	00:18:44.350	(119)	Joe Todd	00:21:14.250	(118)	Carl Hanaghan	00:27:44.300	(139)	Gary Hollis	00:14:34.050	(133)	Andrew Sheldon	Senior Men (4x5k)
134	01:22:40.900	Leigh Harriers & Ac	00:22:14.950	(161)	David Pollitt	00:23:54.250	(150)	Adam Wilkinson	00:25:26.000	(148)	Brian Copper	00:11:05.700	(139)	Gary Sanderson	Senior Men (4x5k)
135	01:22:57.900	Beeston AC C	00:23:33.200	(172)	John Walker	00:24:08.800	(156)	Anthony Wright	00:26:38.550	(152)	Michael Read	00:08:37.350	(143)	Mihail Mihaylov	Senior Men (4x5k)
136	01:23:06.350	Blackburn Harriers & AC B	00:17:27.100	(90)	Ben Makin	00:18:34.050	(85)	Christopher G Davies	00:19:53.000	(92)	Daniel Maynard	00:27:12.200	(106)	John Chaplin	Senior Men (4x5k)
137	01:23:06.750	Newark AC C	00:22:20.750	(162)	Thomas Braithwaite	00:23:46.850	(149)	Lee Braithwaite	00:21:05.300	(138)	Adrian Dix	00:15:53.850	(134)	Tom Newbould	Senior Men (4x5k)
138	01:23:10.500	Grantham Running Club C	00:22:50.250	(165)	James McMullen	00:23:31.100	(151)	Jason Walker	00:25:59.050	(150)	Paul Davis	00:10:50.100	(141)	Peter Jennings	Senior Men (4x5k)
139	01:23:11.250	Heanor Running Club B	00:20:43.250	(144)	Dean Cross	00:22:20.600	(139)	Chris Cotton	00:23:37.300	(136)	Adrian Smith	00:16:30.100	(132)	James Wyatt	Senior Men (4x5k)
140	01:23:26.200	Belper Harriers B	00:19:22.700	(128)	Shaun Bott	00:21:56.950	(130)	Matthew Naylor	00:20:37.000	(119)	Chris Wilshaw	00:21:29.550	(125)	David Horton	Senior Men (4x5k)
141	01:23:53.250	Tipton Harriers	00:17:44.550	(98)	Joseph Read	00:19:23.550	(100)	Aaron Cooper-Brown	00:19:17.900	(95)	Adam Barnes	00:27:27.250	(114)	Myles Wilson	Senior Men (4x5k)
142	01:23:57.950	City of Hull AC B	00:23:58.650	(175)	James Durham	00:27:24.850	(162)	Donald Johnson	00:25:29.300	(154)	Anthony Chapman	00:07:05.150	(146)	Paul Davis	Senior Men (4x5k)
143	01:24:05.500	Vegan Runners UK	00:21:03.200	(148)	Allan Shaw	00:19:31.750	(123)	Jonathan Holt	00:23:46.600	(128)	Brit Peacock	00:19:43.950	(129)	Mark Gregory	Senior Men (4x5k)
144	01:24:10.850	Redhill Road Runners B	00:23:53.550	(174)	Simon Holmes	00:22:14.050	(148)	Lee Scott	00:23:54.400	(142)	Timothy Raynor	00:14:08.850	(138)	Chris Mellor-Dolman	Senior Men (4x5k)
145	01:24:14.600	Desford Striders	00:21:45.100	(154)	Richard Veitch	00:27:31.550	(160)	Matt Curtis	00:29:38.300	(159)	Ian Birnie	00:05:19.650	(148)	Gavin Heward	Senior Men (4x5k)
146	01:25:10.850	East Hull Harriers & AC B	00:20:44.850	(145)	Matthew Hayes	00:19:58.450	(125)	Nigel Sisson	00:24:36.050	(131)	Martin Hardey	00:19:51.500	(135)	Tony Alcock	Senior Men (4x5k)
147	01:25:12.000	Belper Harriers	00:27:28.200	(177)	Robert Pearce	00:24:50.150	(164)	Adrian Fowler	00:25:08.850	(155)	Mark Steele	00:07:44.800	(147)	Anthony Marchant	Senior Men (4x5k)
148	01:25:36.000	Sparkhill Harriers	00:23:22.450	(169)	James Hannon	00:29:11.400	(166)	Craig Hinks	00:26:13.000	(158)	Tahir Akhtar	00:06:49.150	(149)	Andrew Law	Senior Men (4x5k)
149	01:26:20.750	Redhill Road Runners C	00:22:13.600	(160)	Benjamin Abbott	00:25:24.700	(155)	Phil James	00:33:00.050	(161)	Andrew Bee	00:05:42.400	(151)	Clive Greyson	Senior Men (4x5k)
150	01:27:26.150	Sutton in Ashfield Harriers & AC C	00:22:56.600	(166)	Darren Hayes	00:22:14.500	(147)	Jordan Mitchell	00:24:59.350	(143)	Gary Bird	00:17:15.700	(144)	Jose Colorado	Senior Men (4x5k)
151	01:27:40.100	Worksop Harriers B	00:23:24.100	(170)	Christopher Lawrence	00:25:22.300	(157)	Nick Mould	00:28:43.100	(156)	Jeff Newton	00:10:10.600	(150)	Roy Turner	Senior Men (4x5k)
152	01:28:58.900	North Derbyshire RC C	00:23:51.750	(173)	Mark Trolley	00:28:33.800	(165)	Chris Hunt	00:31:50.400	(163)	Shaun Johnson	00:04:42.950	(152)	David Hicken	Senior Men (4x5k)
153	00:50:47.300	Salford Harriers & Ac	00:16:49.500	(62)	Ewan Wheelwright	00:16:26.950	(38)	Alexander Birkett	00:17:30.850	(37)	Joshua Dutton				Senior Men (4x5k)
154	00:54:58.700	Vale Royal Ac B	00:18:07.750	(106)	James Griffiths	00:18:13.650	(90)	Oliver Williams	00:18:37.300	(83)	Stuart Doyle				Senior Men (4x5k)
155	00:55:40.350	Notts AC B	00:17:22.350	(87)	Tim Hartley	00:18:22.800	(80)	John Muddeman	00:19:55.200	(89)	Stuart King				Senior Men (4x5k)
156	00:57:31.000	Herne Hill Harriers C	00:19:40.450	(130)	Gregory Mills	00:18:45.200	(112)	Fintan Kearney	00:19:05.350	(99)	Scott Morrison				Senior Men (4x5k)
157	01:02:44.350	Steel City Striders Rc B	00:21:22.800	(152)	Nick Burns	00:21:37.150	(138)	Alex Pegg	00:19:44.400	(123)	Richard Adrian Pegg				Senior Men (4x5k)
158	01:06:29.800	Wakefield District H & AC B	00:20:59.900	(146)	Ryan Williams	00:21:48.150	(137)	Philip Ambler	00:23:41.750	(134)	Liam O'Flaherty				Senior Men (4x5k)
159	01:09:40.250	Rotherham Running Club	00:21:48.650	(155)	Gavin Edley	00:22:39.250	(144)	Neil White	00:25:12.350	(141)	John Fellows				Senior Men (4x5k)
160	01:11:30.950	Sutton in Ashfield Harriers & AC B	00:23:08.000	(167)	Daniel Urwin	00:24:05.400	(154)	Robert Roper	00:24:17.550	(147)	Christopher Bradshaw				Senior Men (4x5k)
161	01:17:58.950	Holme Pierrepont RC	00:18:50.550	(122)	Matthew Nutt	00:39:49.600	(168)	Joe O'Donnell	00:19:18.800	(157)	Andrew Walters				Senior Men (4x5k)
162	01:20:05.600	Redhill Road Runners	00:21:01.250	(147)	Ben Wilson	00:41:03.500	(169)	Wayne Stott	00:18:00.850	(162)	Simon Nash				Senior Men (4x5k)
163	01:23:07.400	Huntingdonshire AC C	00:20:36.050	(141)	Steven Church	00:23:04.800	(141)	Derek Darnell	00:39:26.550	(140)	Chris Davies				Senior Men (4x5k)
164	00:31:48.550	Chiltern Harriers AC	00:15:10.850	(4)	Richard Slade	00:16:37.700	(15)	Simon Bossi							Senior Men (4x5k)
165	00:34:33.100	St Mary's University Athletics Club	00:16:38.150	(55)	Joshua Hobbs	00:17:54.950	(60)	Reece Lincoln							Senior Men (4x5k)
166	00:40:48.650	Doncaster Athletic Club B	00:20:32.650	(140)	Ben Watkinson	00:20:16.000	(126)	Thomas Chisholm							Senior Men (4x5k)
167	00:43:50.850	Wreake & Soar Valley	00:19:51.000	(133)	Samuel Kemp	00:23:59.850	(142)	Ian Drage							Senior Men (4x5k)
168	00:44:59.800	Aldershot Farnham & District C	00:19:51.800	(135)	Richard Batchelor	00:25:08.000	(146)	Stuart Boswell							Senior Men (4x5k)
169	00:51:10.000	Bolton United Harriers & AC	00:16:11.750	(38)	Thomas Lancashire	00:34:58.250	(161)	Anthony Valentine							Senior Men (4x5k)
170	00:15:00.100	Wirral AC	00:15:00.100	(2)	Joseph Wigfield										Senior Men (4x5k)
171	00:15:35.950	Herts Phoenix Ac	00:15:35.950	(15)	Oscar Bell										Senior Men (4x5k)
172	00:16:35.550	City of York AC B	00:16:35.550	(53)	Luca Parker										Senior Men (4x5k)
173	00:16:54.400	Morpeth Harriers & AC B	00:16:54.400	(69)	Daniel Melling										Senior Men (4x5k)
174	00:16:54.400	Shaftesbury Barnet Harriers B	00:16:54.400	(68)	Phillip Crout										Senior Men (4x5k)
175	00:17:18.450	Windsor Slough Eton & Hounslow AC	00:17:18.450	(83)	Ross van Heerde										Senior Men (4x5k)
176	00:18:31.000	Cornwall AC B	00:18:31.000	(115)	Abhik Gupta										Senior Men (4x5k)

177 00:21:56.850 Elswick Harriers

00:21:56.850 (157) Michael Russell

Senior Men (4x5k)