

National XC Relays - Senior Men

1 Shaftesbury Barnet Harriers			152	01:00:10.497
	A152	Isaac Hirshman Chandler	00:15:16.480 (15)	
	B152	Liam Dee	00:14:55.529 (3)	
	C152	Dylan Evans	00:14:57.215 (2)	
	D152	Jamie Dee	00:15:01.273 (4)	
2 Bedford & County AC			7	01:00:29.424
	A7	Ed Blythman	00:15:11.248 (12)	
	B7	Benjamin Alcock	00:15:00.375 (6)	
	C7	Harry Brodie	00:15:11.566 (6)	
	D7	Jack Goodwin	00:15:06.235 (5)	
3 Cambridge & Coleridge AC			25	01:00:44.714
	A25	Thomas Keen	00:14:55.765 (6)	
	B25	Jonathan Escalante-Phillips	00:15:01.680 (7)	
	C25	Jack Gray	00:15:29.631 (8)	
	D25	Callum Elson	00:15:17.638 (7)	
4 Morpeth Harriers & AC			112	01:00:50.802
	A112	Alexander Brown	00:16:01.191 (42)	
	B112	Scott Beattie	00:14:47.414 (1)	
	C112	Phillip Winkler	00:15:31.251 (9)	
	D112	Rory Leonard	00:14:30.946 (1)	
5 Aldershot Farnham & District			1	01:00:59.769
	A1	Callum Charleston	00:15:30.145 (23)	
	B1	Joseph O'Connell	00:15:07.106 (8)	
	C1	Ellis Cross	00:14:47.506 (1)	
	D1	Sam Eglen	00:15:35.012 (14)	
6 Highgate Harriers			67	01:01:04.366
	A67	Seyed Taha Ghafari	00:14:58.756 (8)	
	B67	Jacob Allen	00:15:23.468 (15)	
	C67	Alexander Lepretre	00:15:03.718 (4)	
	D67	Roger Poolman	00:15:38.424 (16)	
7 Bracknell AC			22	01:01:12.661
	A22	Ricky Harvie	00:15:27.416 (20)	
	B22	Scott Halsted	00:15:17.912 (13)	
	C22	Benjamin Wills	00:15:35.943 (13)	
	D22	Zak Seddon	00:14:51.390 (3)	
8 Hallamshire Harriers Sheffield			58	01:01:24.813
	A58	Alfie Manthorpe	00:14:51.416 (5)	
	B58	Tommy Power	00:15:19.693 (14)	
	C58	Daniel Haworth	00:15:39.779 (14)	
	D58	Andrew Heyes	00:15:33.925 (13)	
9 Tonbridge Ac			168	01:01:33.606
	A168	Benjamin Murphy	00:15:35.411 (29)	
	B168	Jack Higgins	00:15:41.553 (22)	
	C168	Ted Higgins	00:15:35.501 (12)	
	D168	James Kingston	00:14:41.141 (2)	
10 Ashford AC			4	01:01:39.419
	A4	Louis Small	00:15:09.740 (11)	
	B4	Ahmed Hasan Ogeto	00:15:10.738 (10)	
	C4	Wegahta Zerom	00:15:56.263 (21)	
	D4	Jack Small	00:15:22.678 (9)	
11 Newham & Essex Beagles AC			117	01:01:49.040
	A117	Oluwatosin Emmanuel Adedeji	00:16:03.450 (44)	
	B117	Frank O'Brien	00:15:38.156 (20)	
	C117	Charlie Brisley	00:14:59.257 (3)	
	D117	Jacob Cann	00:15:08.177 (6)	
12 Salford Harriers & AC			149	01:02:03.517
	A149	Alex Ediker	00:15:26.807 (19)	
	B149	David Barratt	00:15:43.528 (23)	
	C149	Robert Smyk	00:15:35.124 (11)	
	D149	Callum Davidson	00:15:18.058 (8)	
13 Highgate Harriers B			68	01:02:14.055
	A68	Terry Fawden	00:15:36.440 (32)	
	B68	Peter Chambers	00:15:35.702 (17)	
	C68	Flurry Grierson	00:15:29.239 (7)	
	D68	Joseph Young	00:15:32.674 (11)	

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14 City of York AC			38	01:02:20.146
	A38	Angus McMillan	00:14:44.991 (2)	
	B38	James Tucker	00:16:10.723 (37)	
	C38	Tommy Shaw	00:15:50.522 (17)	
	D38	Declan Neary	00:15:33.910 (12)	
15 Leeds City Athletic Club			90	01:02:27.997
	A90	Joe Sagar	00:15:31.730 (25)	
	B90	Mark Bostock	00:15:47.561 (25)	
	C90	Ed Bovingdon	00:15:32.208 (10)	
	D90	Richard Allen	00:15:36.498 (15)	
16 Milton Keynes Distance Project			111	01:02:36.029
	A111	Charles Wheeler	00:14:44.761 (1)	
	B111	George Wheeler	00:14:55.948 (4)	
	C111	Max Nicolle	00:15:55.128 (20)	
	D111	Marcus Lovell	00:17:00.192 (35)	
17 Aldershot Farnham & District B			2	01:02:48.400
	A2	Tom Chandler	00:15:28.792 (21)	
	B2	Liam Stone	00:15:35.219 (16)	
	C2	Luke Prior	00:15:53.234 (18)	
	D2	Theo Doran	00:15:51.155 (17)	
18 University of Birmingham AC and Cross Country Club			173	01:03:40.999
	A173	Tyler Bilyard	00:15:29.943 (22)	
	B173	Oliver Smart	00:15:13.236 (11)	
	C173	Joshua Geddes	00:17:04.114 (43)	
	D173	Liam Rawlings	00:15:53.706 (18)	
19 Gateshead Harriers & AC			50	01:03:49.968
	A50	Luca Minale	00:15:31.335 (24)	
	B50	Calum Johnson	00:14:52.091 (2)	
	C50	Lewis Liddle	00:16:26.048 (28)	
	D50	Dave Richardson	00:17:00.494 (36)	
20 Bristol and West AC			24	01:03:53.010
	A24	Joe Morrow	00:15:23.055 (18)	
	B24	Luke Burgess	00:15:50.767 (27)	
	C24	Flynn Jennings	00:15:50.150 (16)	
	D24	Dylan Rigby	00:16:49.038 (34)	
21 Tonbridge Ac B			169	01:03:57.413
	A169	Will Beeston	00:15:35.921 (31)	
	B169	Alex Howard	00:15:37.302 (18)	
	C169	Miles Weatherseed	00:16:10.934 (24)	
	D169	Cameron Chambers	00:16:33.256 (26)	
22 Leeds City Athletic Club B			91	01:03:59.737
	A91	Gavyn Chalmers	00:16:16.585 (50)	
	B91	Sean Flanagan	00:15:46.152 (24)	
	C91	William Tighe	00:15:41.452 (15)	
	D91	Matthew Grieve	00:16:15.548 (20)	
23 Bedford & County AC B			8	01:04:21.161
	A8	Benjamin Davies	00:15:33.592 (27)	
	B8	James Minter	00:15:52.877 (28)	
	C8	Michael Harrison	00:16:23.619 (27)	
	D8	Alfie Yabsley	00:16:31.073 (25)	
24 Mansfield Harriers			103	01:04:29.793
	A103	Alex Hampson	00:15:51.708 (36)	
	B103	Paul Wright	00:15:55.026 (31)	
	C103	Sam Gilliver	00:16:35.877 (31)	
	D103	Jake Richardson	00:16:07.182 (19)	
25 Highgate Harriers C			69	01:04:31.050
	A69	Harry Allan	00:16:04.410 (45)	
	B69	Monte Watson	00:15:37.422 (19)	
	C69	Sam Jinks	00:16:12.799 (25)	
	D69	Alex Jackson	00:16:36.419 (29)	
26 Newark AC			114	01:04:53.261
	A114	George Hatton	00:16:29.851 (61)	
	B114	Elliot Smith-Rasmussen	00:15:07.970 (9)	
	C114	William Tucker	00:16:57.135 (41)	
	D114	Conor William Pacey	00:16:18.305 (22)	

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27 City Of Norwich AC			35	01:04:59.901
	A35	Jacob Ocal	00:16:25.978 (58)	
	B35	Harry Allcock	00:16:05.376 (34)	
	C35	Jack White	00:15:53.338 (19)	
	D35	Danny Adams	00:16:35.209 (28)	
28 Blackburn Harriers & Ac			18	01:05:01.074
	A18	Matthew James Ramsden	00:14:45.053 (3)	
	B18	Robert Warner-Judd	00:16:00.916 (32)	
	C18	Ross Harrison	00:15:57.386 (22)	
	D18	Christopher G Davies	00:18:17.719 (66)	
29 Radley Athletic Club			134	01:05:13.069
	A134	Rowan Miell-Ingram	00:15:32.425 (26)	
	B134	Mawgan Andrew	00:17:10.438 (57)	
	C134	Alexander Miell-Ingram	00:16:12.845 (26)	
	D134	Benjamin Cumberland	00:16:17.361 (21)	
30 Shaftesbury Barnet Harriers B			153	01:05:28.325
	A153	Jeremy Dempsey	00:14:50.746 (4)	
	B153	Luca Stubbs	00:16:28.348 (41)	
	C153	Mark Pearce	00:15:11.139 (5)	
	D153	Oliver Greenstein	00:18:58.092 (83)	
31 Leeds City Athletic Club C			92	01:05:36.311
	A92	Andrew Smith	00:15:59.236 (40)	
	B92	Mohamed Abshir	00:16:19.579 (39)	
	C92	Nathan Marsh	00:16:42.540 (35)	
	D92	Harry Butler	00:16:34.956 (27)	
32 Chiltern Harriers AC			30	01:05:41.052
	A30	Simon Bossi	00:16:45.255 (67)	
	B30	Richard Slade	00:15:17.034 (12)	
	C30	Aran Davidson	00:17:08.927 (49)	
	D30	Harry Cox	00:16:29.836 (23)	
33 Keighley & Craven AC			84	01:05:42.125
	A84	Joseph Carnelley	00:16:22.577 (55)	
	B84	Jimmy Lund	00:15:53.882 (30)	
	C84	Louis Hudson	00:16:37.745 (32)	
	D84	Tom Barrett	00:16:47.921 (33)	
34 Hallamshire Harriers Sheffield B			59	01:05:47.878
	A59	James McCrae	00:15:36.882 (33)	
	B59	Jamie Hall	00:16:34.204 (45)	
	C59	Jed Bartlett	00:16:30.467 (29)	
	D59	John Birch	00:17:06.325 (38)	
35 Tonbridge Ac C			170	01:06:23.350
	A170	Simon Coppard	00:16:00.896 (41)	
	B170	James Crombie	00:16:08.811 (36)	
	C170	Calum Laing	00:17:07.889 (47)	
	D170	George Marshall	00:17:05.754 (37)	
36 Notts AC			125	01:06:53.780
	A125	Alastair Watson	00:15:44.730 (35)	
	B125	Matthew Williams	00:16:47.059 (49)	
	C125	Jack Holland	00:16:55.336 (39)	
	D125	Rezene Hayle	00:17:26.655 (39)	
37 Thames Valley Harriers			165	01:06:58.681
	A165	Jordan Rowe	00:16:24.791 (57)	
	B165	Hugo Cayssials	00:16:23.826 (40)	
	C165	Michael Cameron	00:16:06.359 (23)	
	D165	Robert Vallance	00:18:03.705 (62)	
38 Rotherham Harriers And Ac			139	01:07:01.566
	A139	Joseph Massingham	00:15:15.411 (14)	
	B139	Josh Wragg	00:16:34.044 (44)	
	C139	James Mellor	00:17:07.444 (46)	
	D139	Michael Grimes	00:18:04.667 (63)	
39 Houghton Harriers & AC			78	01:07:16.018
	A78	James Gillon	00:16:51.008 (68)	
	B78	Will Bellamy	00:17:15.764 (59)	
	C78	Ethan McGlen	00:17:40.252 (56)	
	D78	Cameron Allan	00:15:28.994 (10)	

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40 Windsor Slough Eton & Hounslow AC			182	01:07:20.196
	A182	Ross Van Heerde	00:16:19.162 (54)	
	B182	Ben Reynolds	00:17:13.407 (58)	
	C182	Jack Campbell	00:17:04.501 (44)	
	D182	Matthew Clutterbuck	00:16:43.126 (30)	
41 East Cheshire Harriers & Tameside Ac			45	01:07:28.547
	A45	Joseph Hudak	00:16:08.105 (46)	
	B45	Michael Holness	00:16:42.412 (48)	
	C45	Gavin Browne	00:16:50.544 (38)	
	D45	Liam Browne	00:17:47.486 (51)	
42 Derby Athletic Club			41	01:07:29.909
	A41	Benjamin Draper	00:15:57.480 (39)	
	B41	Joshua Mitchell	00:17:24.752 (61)	
	C41	Joseph Booth	00:17:20.903 (54)	
	D41	Tom Potter	00:16:46.774 (32)	
43 Newham & Essex Beagles AC B			118	01:07:40.554
	A118	John Gordon	00:16:23.095 (56)	
	B118	Callum Bowen-Jones	00:16:16.144 (38)	
	C118	Adam Robinson	00:17:08.136 (48)	
	D118	Wayne Bell	00:17:53.179 (54)	
44 Warrington A C			180	01:07:42.875
	A180	Daniel Fox	00:16:18.288 (52)	
	B180	Cameron Field	00:16:37.130 (47)	
	C180	Jack Wadsworth	00:17:05.039 (45)	
	D180	Adam Rashud	00:17:42.418 (47)	
45 Vale Royal Ac			175	01:07:53.887
	A175	Jacob Brown	00:16:29.085 (60)	
	B175	Sam Stephens	00:16:54.271 (53)	
	C175	Aaron Doyle	00:16:48.611 (37)	
	D175	John Humphries	00:17:41.920 (46)	
46 Leamington Cycling and Athletics Club			89	01:08:10.216
	A89	Henry Morton	00:18:07.720 (99)	
	B89	Baljeev Kandola	00:15:40.588 (21)	
	C89	Louis O'Brien	00:16:41.321 (33)	
	D89	Alexander Ibbs	00:17:40.587 (45)	
47 Marshall Milton Keynes AC			106	01:08:19.550
	A106	Jamie Seddon	00:17:01.405 (75)	
	B106	Matthew Dicks	00:16:57.833 (54)	
	C106	Ian Wood	00:16:41.938 (34)	
	D106	Kieran White	00:17:38.374 (44)	
48 Chelmsford AC			29	01:08:22.563
	A29	Tom Rehal	00:16:15.359 (49)	
	B29	Ethan Reilly	00:16:35.603 (46)	
	C29	David Fewell	00:17:41.711 (58)	
	D29	Sebastian Cirillo	00:17:49.890 (52)	
49 Rugby & Northampton Ac			142	01:08:25.057
	A142	Noah Bennett	00:15:57.438 (38)	
	B142	Arthur Tilt	00:18:05.841 (83)	
	C142	Joseph Comerford	00:16:47.534 (36)	
	D142	Matthew Everett	00:17:34.244 (40)	
50 Herts Phoenix Ac			66	01:08:37.248
	A66	Oscar Bell	00:14:57.100 (7)	
	B66	Brett Rushman	00:14:56.712 (5)	
	C66	Steven Prosser	00:17:54.555 (64)	
	D66	George Lynch	00:20:48.881 (103)	
51 Trafford Athletic Club			171	01:08:46.234
	A171	Finley Proffitt	00:15:12.382 (13)	
	B171	Simon O'Meara	00:17:24.979 (62)	
	C171	Seb Patrick	00:18:06.843 (67)	
	D171	Jeff Prest	00:18:02.030 (61)	
52 Peterborough & Nene Valley AC			131	01:08:53.049
	A131	Nathan Bunting	00:16:18.706 (53)	
	B131	Daniel Lewis	00:17:42.048 (71)	
	C131	Harvey Hancock	00:16:56.259 (40)	
	D131	Simon Fell	00:17:56.036 (55)	

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53 Huntingdonshire AC			79	01:09:23.283
	A79	James Orrell	00:16:41.434 (64)	
	B79	Oliver Mills	00:16:28.624 (42)	
	C79	Simon Mead	00:18:38.452 (73)	
	D79	Brandon Ballard	00:17:34.773 (41)	
54 Herne Hill Harriers			64	01:09:27.814
	A64	Arlo Ludewick	00:15:35.833 (30)	
	B64	Alex Gutteridge	00:17:32.430 (66)	
	C64	Simon Coombes	00:18:36.865 (72)	
	D64	Fintan Kearney	00:17:42.686 (48)	
55 Bedford & County AC C			9	01:09:44.178
	A9	Sam Knee-Robinson	00:16:34.081 (62)	
	B9	Jonathan Janes	00:16:01.510 (33)	
	C9	Edward Whiting	00:17:43.783 (60)	
	D9	Alan Turnbull	00:19:24.804 (88)	
56 Hallamshire Harriers Sheffield C			60	01:09:44.825
	A60	Ewan Heritage	00:16:58.539 (73)	
	B60	Tom Bailey	00:16:57.897 (55)	
	C60	David Lewis	00:17:50.901 (62)	
	D60	Christian Battersby	00:17:57.488 (57)	
57 Mansfield Harriers B			104	01:09:47.020
	A104	Lewis Boswell	00:16:42.846 (65)	
	B104	Ben Burnham	00:17:29.093 (64)	
	C104	Daniel Wheat	00:17:59.846 (65)	
	D104	Jordan Boam	00:17:35.235 (42)	
58 City of York AC B			39	01:09:49.090
	A39	Oskar Fraser-Krauss	00:17:10.195 (79)	
	B39	Simon Bolland-Cage	00:16:53.807 (52)	
	C39	Luca Parker	00:17:12.629 (50)	
	D39	Mark Bolland-Cage	00:18:32.459 (72)	
59 Sale Harriers Manchester			146	01:09:50.117
	A146	Max Wharton	00:15:34.793 (28)	
	B146	Robert Dunn	00:17:29.660 (65)	
	C146	Marcus Nicholson	00:17:17.231 (53)	
	D146	Matthew Spragg	00:19:28.433 (90)	
60 Notts AC B			126	01:09:57.205
	A126	Tim Hartley	00:17:28.930 (85)	
	B126	Tom De Jong	00:17:26.349 (63)	
	C126	Jack Speake	00:17:14.965 (52)	
	D126	Sam Shuttleworth	00:17:46.961 (50)	
61 City Of Norwich AC B			36	01:10:04.932
	A36	Will Simm	00:16:59.795 (74)	
	B36	Gary Crush	00:17:22.444 (60)	
	C36	Elliott Taylor	00:17:41.568 (57)	
	D36	Patrick Thomas	00:18:01.125 (60)	
62 Lincoln Wellington Athletic Club			95	01:10:05.872
	A95	Matthew Bowser	00:16:09.553 (47)	
	B95	Jack Foot	00:18:26.878 (88)	
	C95	William Goodacre	00:18:58.891 (80)	
	D95	William Strangeway	00:16:30.550 (24)	
63 Liverpool Harriers & AC			98	01:10:18.485
	A98	Mathew Jackson	00:15:53.754 (37)	
	B98	Ethan Dunn	00:17:44.882 (74)	
	C98	Matthew Hughes	00:17:52.980 (63)	
	D98	Thomas Webster	00:18:46.869 (77)	
64 Rossendale Harriers & AC			138	01:10:24.613
	A138	Benjamin Kirkman	00:16:35.108 (63)	
	B138	Jonathan Cleaver	00:17:45.860 (75)	
	C138	Andrew Grenfell	00:17:38.265 (55)	
	D138	Aaron Barker	00:18:25.380 (71)	
65 Gateshead Harriers & AC B			51	01:10:51.452
	A51	Matthew Linsley	00:16:16.954 (51)	
	B51	James Cripwell	00:17:10.107 (56)	
	C51	Chris West	00:19:06.576 (82)	
	D51	Hugh Porter	00:18:17.815 (67)	

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66 Halesowen ACC			55	01:11:11.861
	A55	Harry Law	00:17:06.236 (77)	
	B55	Matthew Wilkinson	00:18:42.294 (96)	
	C55	James Thomas	00:16:59.903 (42)	
	D55	Peter Dear	00:18:23.428 (69)	
67 Hillsborough & Rivelin RC			70	01:11:22.808
	A70	Jimmie Stuart	00:17:52.198 (92)	
	B70	Matthew Noble	00:17:43.169 (72)	
	C70	Peter Boden	00:18:03.537 (66)	
	D70	Max Revitt	00:17:43.904 (49)	
68 North Shields Polytechnic Club			123	01:11:56.728
	A123	Alex Black	00:17:37.479 (86)	
	B123	Lucas Sutherland	00:17:32.569 (67)	
	C123	Patrick Houghton	00:18:46.065 (75)	
	D123	Matthew Moran	00:18:00.615 (59)	
69 Invicta East Kent AC			82	01:11:57.701
	A82	Marcus Etheridge	00:16:02.144 (43)	
	B82	Oliver Weston	00:16:08.078 (35)	
	C82	Joseph Griffiths	00:17:14.434 (51)	
	D82	Jeremy Dack	00:22:33.045 (123)	
70 Marshall Milton Keynes AC B			107	01:12:32.062
	A107	Chad Lambert	00:16:56.591 (72)	
	B107	Jamie Darcy	00:18:35.637 (93)	
	C107	Viv Parnell-Murphy	00:18:21.747 (69)	
	D107	Steve Tuttle	00:18:38.087 (73)	
71 Rotherham Harriers And Ac B			140	01:13:02.670
	A140	Gareth Sampson	00:18:07.554 (98)	
	B140	Toby Wildgoose	00:18:09.764 (84)	
	C140	Sam Clegg	00:17:44.325 (61)	
	D140	Aidan Johnson	00:19:01.027 (85)	
72 Worksop Harriers			184	01:13:06.656
	A184	Dominic Fielding	00:17:21.533 (80)	
	B184	Matthew Daly	00:18:25.281 (87)	
	C184	Henry Brady	00:19:42.901 (97)	
	D184	Thomas Shaw	00:17:36.941 (43)	
73 Salford Harriers & AC B			150	01:13:08.431
	A150	Joe Barton	00:17:23.896 (82)	
	B150	Marcus Law	00:17:59.185 (80)	
	C150	David Hudson	00:19:36.078 (92)	
	D150	Joseph Twigg	00:18:09.272 (64)	
74 Newark AC B			115	01:13:19.088
	A115	Tom Marshall	00:17:41.579 (88)	
	B115	Oliver Crampton	00:18:57.504 (101)	
	C115	Robert Lindsay	00:18:19.212 (68)	
	D115	Leigh Marshall	00:18:20.793 (68)	
75 Thames Valley Harriers B			166	01:13:19.892
	A166	Fahad Abdi	00:17:52.596 (93)	
	B166	Harry Reynolds	00:17:46.232 (76)	
	C166	Gordon Low	00:18:49.852 (77)	
	D166	Chris Turner	00:18:51.212 (80)	
76 Retford AC			136	01:13:56.194
	A136	Samuel Roberts	00:15:22.169 (17)	
	B136	George Page	00:17:56.049 (78)	
	C136	Benjamin Harris	00:19:48.177 (99)	
	D136	Mark Fielding	00:20:49.799 (104)	
77 Peterborough & Nene Valley AC B			132	01:14:14.979
	A132	Steven Sheppard	00:18:11.651 (101)	
	B132	Steven Wilkinson	00:18:19.841 (86)	
	C132	Kyle Tombleson	00:18:56.476 (78)	
	D132	Harry Ledger	00:18:47.011 (78)	
78 Sutton in Ashfield Harriers & AC			160	01:14:17.595
	A160	Stanley Clarke	00:17:04.654 (76)	
	B160	Adam Knights	00:18:45.236 (99)	
	C160	Nick Burnside	00:19:45.638 (98)	
	D160	Lewis Tarnai-Wilson	00:18:42.067 (76)	

National XC Relays - Senior Men

79 Herne Hill Harriers B			65	01:14:19.217
	A65	Ben Millar	00:18:15.394 (102)	
	B65	Chris Speed	00:18:43.785 (98)	
	C65	Deron Fagan	00:18:39.986 (74)	
	D65	Stephen McLeod	00:18:40.052 (75)	
80 Hillsborough & Rivelin RC B			71	01:14:20.052
	A71	James Garner	00:18:36.520 (106)	
	B71	Matthew Betts	00:19:21.082 (106)	
	C71	Thomas Harrington-Vogt	00:18:22.314 (70)	
	D71	John Boden	00:18:00.136 (58)	
81 Lincoln Wellington Athletic Club B			96	01:14:45.798
	A96	Phillip Williams	00:18:03.930 (96)	
	B96	Ian Boyle	00:18:27.333 (89)	
	C96	Marc Thorpe	00:19:21.428 (86)	
	D96	Sean Barkes	00:18:53.107 (81)	
82 Tamworth AC			163	01:14:53.344
	A163	Howard Bush	00:21:39.706 (148)	
	B163	Reinis Baltins	00:17:35.054 (68)	
	C163	Robert Dyjak	00:17:42.183 (59)	
	D163	Max Kent	00:17:56.401 (56)	
83 Long Eaton Running Club			100	01:14:54.506
	A100	Ben Plummer	00:16:54.635 (71)	
	B100	Daniel Hawley	00:18:31.234 (90)	
	C100	James Fisher	00:20:29.915 (108)	
	D100	Michael Bland	00:18:58.722 (84)	
84 Royal Sutton Coldfield Athletics Club			141	01:15:16.463
	A141	Alex Seabright	00:17:25.331 (84)	
	B141	Christian Hine	00:17:35.196 (69)	
	C141	Thomas Lloyd	00:20:04.142 (103)	
	D141	Barry Lloyd	00:20:11.794 (99)	
85 Holmfirth Harriers AC			76	01:15:24.736
	A76	Paul Sammonds	00:18:27.943 (104)	
	B76	Archie Hall	00:18:35.595 (92)	
	C76	Patrick Needham	00:18:47.765 (76)	
	D76	Philip Hewitt	00:19:33.433 (93)	
86 North Derbyshire RC			120	01:15:33.130
	A120	Thomas Topham	00:19:13.648 (116)	
	B120	Chris Shelton	00:18:03.574 (82)	
	C120	Andrew Todd	00:19:13.569 (85)	
	D120	John Sanderson	00:19:02.339 (86)	
87 Steel City Striders Rc			157	01:15:41.120
	A157	Naeem Stevens	00:17:41.743 (89)	
	B157	Malcolm Baggaley	00:20:04.967 (117)	
	C157	Louis Wood	00:19:36.855 (94)	
	D157	Robert Byers	00:18:17.555 (65)	
88 Vale Royal Ac B			176	01:15:46.482
	A176	Tom Heaword	00:19:29.009 (122)	
	B176	Lee Carrington	00:19:56.131 (115)	
	C176	Josh Betteley	00:18:31.423 (71)	
	D176	Stuart Doyle	00:17:49.919 (53)	
89 East Cheshire Harriers & Tameside Ac B			46	01:16:01.377
	A46	Michael Obi	00:18:00.309 (95)	
	B46	Liam Faherty	00:19:01.330 (102)	
	C46	Tom McMahon	00:19:03.883 (81)	
	D46	James Hartshorne	00:19:55.855 (98)	
90 Aldershot Farnham & District C			3	01:16:22.053
	A3	Finlay Cross	00:17:24.217 (83)	
	B3	George Morris	00:16:51.804 (51)	
	C3	Rafe Man	00:16:35.446 (30)	
	D3	Stuart Boswell	00:25:30.586 (142)	
91 Matlock Athletic Club			109	01:16:34.638
	A109	Colin Davenport	00:18:04.765 (97)	
	B109	Luke Beresford	00:17:55.927 (77)	
	C109	John Thorpe	00:21:03.022 (116)	
	D109	Ben Meakin	00:19:30.924 (91)	

National XC Relays - Senior Men

92 Beeston AC			10	01:16:38.551
	A10	Harry Taylor	00:18:40.020 (107)	
	B10	Ian Hunter	00:19:01.830 (103)	
	C10	Niki Russell	00:20:06.155 (104)	
	D10	Andrew Taplin	00:18:50.546 (79)	
93 Wakefield District H & AC			178	01:16:55.072
	A178	Robert Brailsford	00:16:44.626 (66)	
	B178	Steve Lowe	00:18:37.860 (95)	
	C178	Stewart Knowles	00:18:58.737 (79)	
	D178	Ian Ogden	00:22:33.849 (124)	
94 Taunton AC			164	01:16:57.495
	A164	Andrew Power	00:16:54.504 (70)	
	B164	Oscar Lee	00:17:56.941 (79)	
	C164	Sam Ponter	00:19:42.290 (96)	
	D164	Rob Brown	00:22:23.760 (119)	
95 Kimberley & District Striders			85	01:17:01.543
	A85	Brad Musgrove	00:19:20.478 (119)	
	B85	Micheal Perry	00:19:34.199 (108)	
	C85	Richard Myers	00:19:27.615 (88)	
	D85	Paul Taylor	00:18:39.251 (74)	
96 East Hull Harriers & AC			48	01:17:09.162
	A48	Lewis Suddaby	00:16:54.103 (69)	
	B48	Harry Masterman	00:17:38.775 (70)	
	C48	Connor Eyles	00:21:20.181 (120)	
	D48	Paul Wray	00:21:16.103 (110)	
97 Nuneaton Harriers			128	01:17:13.327
	A128	Luke Melling	00:18:17.833 (103)	
	B128	Johnathan Ritchie	00:19:51.398 (113)	
	C128	Matt Collins	00:19:36.130 (93)	
	D128	Matiss Murphy	00:19:27.966 (89)	
98 Sheffield RC			154	01:18:04.032
	A154	David Millns	00:17:38.911 (87)	
	B154	Aaron Francis	00:18:34.946 (91)	
	C154	Richard Ward	00:21:59.679 (126)	
	D154	Christopher Moss	00:19:50.496 (96)	
99 Crook & Dist Sports AC			40	01:18:11.273
	A40	Jackson Wills	00:19:14.363 (117)	
	B40	Ryan Etherington	00:19:52.014 (114)	
	C40	Ben Etherington	00:20:40.127 (112)	
	D40	Sam Etherington	00:18:24.769 (70)	
100 Newark AC C			116	01:18:35.816
	A116	David Robinson	00:19:08.446 (113)	
	B116	Adrian Dix	00:20:07.356 (118)	
	C116	Chris Harrison	00:19:48.266 (100)	
	D116	Timothy Bagguley	00:19:31.748 (92)	
101 City of Hull AC			32	01:18:45.938
	A32	Ben Wales	00:19:12.680 (115)	
	B32	Martin Smith	00:19:07.996 (104)	
	C32	Lee Hammond	00:20:32.998 (109)	
	D32	Pawel Zurek	00:19:52.264 (97)	
102 Trafford Athletic Club B			172	01:19:35.326
	A172	Thomas Rogers	00:17:55.236 (94)	
	B172	Laurence Skidmore	00:18:01.030 (81)	
	C172	Joseph Bentall	00:20:12.920 (105)	
	D172	Michael Hutchinson	00:23:26.140 (134)	
103 Warriors Pentathlon & Athletic Club			181	01:20:07.007
	A181	David Pastor	00:18:42.661 (108)	
	B181	Richard Dunning	00:18:37.845 (94)	
	C181	Jack Berry	00:19:22.982 (87)	
	D181	Ronan Kearney	00:23:23.519 (133)	
104 Grantham Running Club			52	01:20:11.890
	A52	Dean Riggall	00:21:00.957 (140)	
	B52	Matthew Atter	00:20:48.136 (130)	
	C52	Samuel Jepson	00:19:27.825 (89)	
	D52	Russel Whittaker	00:18:54.972 (82)	

National XC Relays - Senior Men

105 Holme Pierrepont RC			73	01:20:25.148
	A73	Andrew Walters	00:19:40.084 (125)	
	B73	Steve Moorhouse	00:19:49.231 (112)	
	C73	Nick Pidgeon	00:21:08.566 (117)	
	D73	Andrew Soley	00:19:47.267 (94)	
106 Huntingdonshire AC B			80	01:20:46.412
	A80	Simon Bowman	00:18:48.033 (110)	
	B80	Ty Farrer	00:18:42.523 (97)	
	C80	Ryan Bullard	00:21:43.665 (121)	
	D80	Nathan Jermy	00:21:32.191 (112)	
107 Marshall Milton Keynes AC C			108	01:21:27.724
	A108	Chris Hearn	00:18:44.991 (109)	
	B108	Nigel Smith	00:20:25.896 (123)	
	C108	Ewan Forsythe	00:19:38.443 (95)	
	D108	David Edwards	00:22:38.394 (126)	
108 Bingley Harriers & AC			14	01:21:32.923
	A14	David Norris	00:20:31.972 (136)	
	B14	Greg Hull	00:20:09.425 (120)	
	C14	Nick Chapman	00:20:21.639 (107)	
	D14	Quentin Emery	00:20:29.887 (101)	
109 Blackhill Bounders			20	01:21:35.688
	A20	Jordan Bell	00:17:21.867 (81)	
	B20	Gary Wallace	00:18:17.155 (85)	
	C20	Ian Young	00:21:56.692 (125)	
	D20	Paul Armstrong	00:23:59.974 (138)	
110 Sutton in Ashfield Harriers & AC B			161	01:21:38.188
	A161	Thomas Welham	00:18:54.114 (111)	
	B161	Steven Reid	00:20:11.802 (122)	
	C161	Martin Greensmith	00:20:58.945 (114)	
	D161	Christopher Bradshaw	00:21:33.327 (113)	
111 East Cheshire Harriers & Tameside Ac C			47	01:22:05.970
	A47	Jonathan Aust	00:20:02.522 (130)	
	B47	Dennis Thomas	00:21:42.262 (136)	
	C47	George Lewis	00:19:30.140 (90)	
	D47	Allan Cooke	00:20:51.046 (106)	
112 Lincoln Wellington Athletic Club C			97	01:22:07.415
	A97	Martin Dennis	00:21:23.915 (146)	
	B97	Lee Smith	00:19:43.403 (110)	
	C97	Raymond Clayton	00:20:36.713 (111)	
	D97	Patrick Liddell	00:20:23.384 (100)	
113 Dronfield RC			44	01:22:35.799
	A44	Jimmy Sharman	00:22:35.693 (154)	
	B44	Matthew Payne	00:19:26.642 (107)	
	C44	Paul Bednall	00:23:48.964 (141)	
	D44	Michael Kenyon	00:16:44.500 (31)	
114 Holme Pierrepont RC B			74	01:22:44.347
	A74	Kristian Roebuck	00:21:05.444 (142)	
	B74	Richard Holt	00:20:37.281 (128)	
	C74	Joe O'Donnell	00:19:57.087 (101)	
	D74	David Laws	00:21:04.535 (108)	
115 Nuneaton Harriers B			129	01:22:48.012
	A129	Andrew Massey	00:20:06.775 (131)	
	B129	Thomas Randle	00:20:56.474 (132)	
	C129	Garry Hodgkins	00:20:16.584 (106)	
	D129	Paul Smith	00:21:28.179 (111)	
116 Rushcliffe AC			144	01:23:04.440
	A144	Steve Dickens	00:18:08.913 (100)	
	B144	Steven Carr	00:20:49.573 (131)	
	C144	James Gandee	00:20:54.311 (113)	
	D144	Graham Moffatt	00:23:11.643 (130)	
117 Kimberley & District Striders B			86	01:23:06.319
	A86	Oliver Braybrook	00:20:54.621 (139)	
	B86	Ryan Stocks	00:20:03.669 (116)	
	C86	Luke Jones	00:21:17.130 (119)	
	D86	Stuart Laurie	00:20:50.899 (105)	

National XC Relays - Senior Men

118 Ripley Running Club			137	01:23:20.344
	A137	Richard West	00:20:09.028 (132)	
	B137	Neil Worthy	00:22:47.112 (142)	
	C137	Matt Nicholls	00:20:35.870 (110)	
	D137	Matthew Jones	00:19:48.334 (95)	
119 Hillsborough & Rivelin RC C			72	01:24:18.528
	A72	Michael Ashworth	00:21:11.943 (144)	
	B72	Daniel Fitzgerald	00:19:44.884 (111)	
	C72	Andrew Davies	00:22:17.518 (130)	
	D72	Mark Ansell	00:21:04.183 (107)	
120 Steel City Striders Rc B			158	01:24:30.471
	A158	Chris Ireland	00:21:06.776 (143)	
	B158	Michael Pearson	00:20:31.902 (126)	
	C158	Ben Baxendale	00:22:05.036 (127)	
	D158	Chris Lawson	00:20:46.757 (102)	
121 Barnsley Harriers			5	01:24:46.306
	A5	Adam Chambers	00:19:17.657 (118)	
	B5	Mark Rawnsley	00:22:12.460 (139)	
	C5	Jason Shepherd	00:23:56.944 (143)	
	D5	Richard Spooner	00:19:19.245 (87)	
122 Holmfirth Harriers AC B			77	01:25:08.118
	A77	James Washington	00:19:36.668 (124)	
	B77	Damian McQueen	00:21:44.039 (138)	
	C77	Martin Hirst	00:21:47.657 (123)	
	D77	Craig Sheard	00:21:59.754 (118)	
123 Long Eaton Running Club B			101	01:25:20.473
	A101	Mark Lay	00:18:33.742 (105)	
	B101	Stephen Horton	00:20:08.721 (119)	
	C101	Christopher Magee	00:23:45.143 (140)	
	D101	Reece Newman	00:22:52.867 (129)	
124 Bearbrook Running & Triathlon Club			6	01:25:41.876
	A6	Rob Palmer	00:20:23.053 (134)	
	B6	Justin Harvey	00:20:32.824 (127)	
	C6	Simon Griffiths	00:22:09.460 (129)	
	D6	Ian Higginson	00:22:36.539 (125)	
125 North Derbyshire RC B			121	01:25:46.077
	A121	Wayne Church	00:20:12.891 (133)	
	B121	Matt Taylor	00:23:49.312 (153)	
	C121	Chris Gabbott	00:20:00.629 (102)	
	D121	Tim Clayton	00:21:43.245 (116)	
126 City of Hull AC B			33	01:26:05.534
	A33	Eddie Rex	00:19:22.025 (120)	
	B33	Paul Cartwright	00:23:00.647 (147)	
	C33	James Durham	00:21:51.954 (124)	
	D33	Rupert Wilks	00:21:50.908 (117)	
127 Heanor Running Club			61	01:26:37.031
	A61	Dean Cross	00:20:01.559 (129)	
	B61	James Wyatt	00:22:52.019 (143)	
	C61	Chris Cotton	00:21:16.272 (118)	
	D61	Adrian Smith	00:22:27.181 (120)	
128 Nuneaton Harriers C			130	01:27:48.387
	A130	Terence Orourke	00:19:51.909 (126)	
	B130	Dean Bateman	00:23:27.349 (149)	
	C130	Andrew Offor	00:22:47.058 (134)	
	D130	Philip Evans	00:21:42.071 (115)	
129 Hermitage Harriers			63	01:28:49.868
	A63	Jason Williams	00:19:11.482 (114)	
	B63	Peter Armstrong	00:21:42.937 (137)	
	C63	Tony Edwards	00:23:15.813 (136)	
	D63	Scott Baxter	00:24:39.636 (140)	
130 Steel City Striders Rc C			159	01:29:04.218
	A159	Mark Baines	00:22:05.705 (150)	
	B159	Ian Stinson	00:22:56.801 (144)	
	C159	Jim Rangeley	00:22:24.487 (132)	
	D159	Alex Pegg	00:21:37.225 (114)	

National XC Relays - Senior Men

131 Beeston AC C			12	01:29:48.835
	A12	Neil Byford	00:20:24.037 (135)	
	B12	John Walker	00:23:47.481 (152)	
	C12	Mark Elwell	00:22:54.511 (135)	
	D12	Alec MacLean	00:22:42.806 (127)	
132 Worksop Harriers B			185	01:30:26.226
	A185	Adam Jonczyk	00:22:50.740 (155)	
	B185	Nick Mould	00:21:27.066 (135)	
	C185	Christopher Lawrence	00:23:36.299 (139)	
	D185	Chris Johnson	00:22:32.121 (122)	
133 Kimberworth Striders			88	01:30:45.939
	A88	Liam Swift	00:21:58.311 (149)	
	B88	Lee Weatherall	00:23:38.368 (151)	
	C88	Kevin Doyle	00:21:00.787 (115)	
	D88	Michael Noone	00:24:08.473 (139)	
134 Holme Pierrepont RC C			75	01:30:53.572
	A75	Martin Walters	00:21:28.859 (147)	
	B75	Matthew Grainge	00:20:42.842 (129)	
	C75	Gary Cragg	00:23:54.960 (142)	
	D75	Matt Aldridge	00:24:46.911 (141)	
135 Kimberley & District Striders C			87	01:31:27.785
	A87	Daniel Bailey	00:22:29.289 (152)	
	B87	Simon Tooth	00:22:29.820 (140)	
	C87	Edward Davison	00:22:36.457 (133)	
	D87	Dominic Devlin	00:23:52.219 (136)	
136 Sutton in Ashfield Harriers & AC C			162	01:31:55.582
	A162	Wayne Lowe	00:21:23.612 (145)	
	B162	William Horsepool	00:26:15.822 (157)	
	C162	Jordan Mitchell	00:21:46.360 (122)	
	D162	Paul Hillman	00:22:29.788 (121)	
137 Redhill Road Runners			135	01:32:18.135
	A135	Martin Lee	00:19:59.621 (128)	
	B135	Simon Nash	00:20:27.961 (124)	
	C135	Tony Lowe	00:30:35.345 (151)	
	D135	Lee Scott	00:21:15.208 (109)	
138 Wreake Runners			187	01:33:21.278
	A187	Ricky Aggarwal	00:25:19.433 (162)	
	B187	Gavin Speed	00:22:31.898 (141)	
	C187	Mark Bush	00:22:09.179 (128)	
	D187	Mark Jelley	00:23:20.768 (132)	
139 Beeston AC B			11	01:33:33.607
	A11	Colin Smith McGloin	00:20:33.880 (137)	
	B11	Michael Read	00:25:34.428 (155)	
	C11	Steve Lever	00:23:31.842 (138)	
	D11	David Cross	00:23:53.457 (137)	
140 Grantham Running Club B			53	01:33:55.104
	A53	Thomas Feely	00:25:19.333 (161)	
	B53	Peter Jennings	00:23:00.168 (146)	
	C53	Robin Atter	00:22:23.618 (131)	
	D53	Alan Carley	00:23:11.985 (131)	
141 Rushcliffe AC B			145	01:36:46.508
	A145	Danny McIntyre	00:22:24.420 (151)	
	B145	Jonathan Maston	00:23:59.022 (154)	
	C145	Paul Kelly	00:24:45.058 (145)	
	D145	Ian Sutcliffe	00:25:38.008 (143)	
142 North Derbyshire RC C			122	01:38:52.185
	A122	Derry French	00:25:23.065 (163)	
	B122	Andrew Shelton	00:23:33.430 (150)	
	C122	Matthew Evans	00:23:57.820 (144)	
	D122	Shaun Johnson	00:25:57.870 (144)	
143 Matlock Athletic Club B			110	01:39:43.334
	A110	Peter Wilmot	00:23:38.913 (158)	
	B110	Dennis Holmes	00:27:00.036 (158)	
	C110	Rob Curtis	00:25:25.383 (147)	
	D110	Geoff Cooper	00:23:39.002 (135)	

National XC Relays - Senior Men

144 Sparkhill Harriers			155	01:42:03.167
	A155	Andrew Law	00:25:07.595 (160)	
	B155	James Hannon	00:22:57.972 (145)	
	C155	Craig Hinks	00:31:09.024 (152)	
	D155	Edward O'Neill	00:22:48.576 (128)	
145 City of Hull AC C			34	01:44:28.705
	A34	Carl Horth	00:25:02.263 (159)	
	B34	Anthony Chapman	00:25:47.221 (156)	
	C34	Andrew Guymmer	00:26:10.841 (149)	
	D34	Paul Furness	00:27:28.380 (146)	
146 Grantham Running Club C			54	01:46:09.504
	A54	Cameron Hoggan	00:23:26.048 (156)	
	B54	Andrew MacAllister	00:27:08.383 (159)	
	C54	Jack Holroyd	00:29:03.798 (150)	
	D54	Dale Towing	00:26:31.275 (145)	
147 Bracknell AC B			23	00:52:04.490
	A23	Matthew Seddon	00:16:26.957 (59)	
	B23	Callum Broadbent	00:16:29.000 (43)	
	C23	Oliver Hall	00:19:08.533 (83)	
148 Luton Athletic Club			102	00:53:08.041
	A102	Mohammed Elbayan	00:16:12.484 (48)	
	B102	Adam Hunt	00:17:43.606 (73)	
	C102	Ellis Woolley	00:19:11.951 (84)	
149 Notts AC C			127	00:57:54.143
	A127	Sam Godwin	00:19:36.108 (123)	
	B127	Colin Palmer	00:18:46.478 (100)	
	C127	John Muddeman	00:19:31.557 (91)	
150 Peterborough & Nene Valley AC C			133	01:03:46.190
	A133	Andrew Preston	00:19:26.800 (121)	
	B133	Max Dalloz	00:20:57.570 (133)	
	C133	Sean Beard	00:23:21.820 (137)	
151 Halesowen ACC B			56	01:05:41.520
	A56	Adam Hollis	00:21:03.908 (141)	
	B56	James Hoult	00:19:20.753 (105)	
	C56	Alex Morgan	00:25:16.859 (146)	
152 North Shields Polytechnic Club B			124	01:08:23.396
	A124	Graham Hall	00:22:32.510 (153)	
	B124	Sean Maley	00:20:10.930 (121)	
	C124	Brad King	00:25:39.956 (148)	
153 Birmingham Running Athletics & Triathlon Club (brat)			17	00:30:48.522
	A17	Joseph Tuffin	00:15:00.817 (9)	
	B17	John Stolberg	00:15:47.705 (26)	
154 Cambridge & Coleridge AC B			26	00:31:11.149
	A26	Ewan Spencer	00:15:17.901 (16)	
	B26	Alexander Melloy	00:15:53.248 (29)	
155 Birchfield Harriers			16	00:31:55.239
	A16	Thomas Dodd	00:15:04.215 (10)	
	B16	Daniel Swain	00:16:51.024 (50)	
156 Chiltern Harriers AC B			31	00:37:32.231
	A31	Finn O'Brien	00:17:49.589 (91)	
	B31	Jonathan Slade	00:19:42.642 (109)	
157 City Of Norwich AC C			37	00:38:15.047
	A37	Daniel Whitmarsh	00:17:44.548 (90)	
	B37	Russell Hopkins	00:20:30.499 (125)	
158 Rugby & Northampton Ac B			143	00:40:09.247
	A143	Ned Gifford	00:17:07.226 (78)	
	B143	Michael Starr	00:23:02.021 (148)	
159 Elswick Harriers			49	00:41:59.521
	A49	Paul Taylor	00:20:54.433 (138)	
	B49	Roland Brown	00:21:05.088 (134)	
160 Charnwood A C			28	00:15:37.635
	A28	Luke Nuttall	00:15:37.635 (34)	
161 Blackburn Harriers & Ac B			19	00:18:58.323
	A19	Daniel Maynard	00:18:58.323 (112)	
162 Derby Athletic Club B			42	00:19:58.222
	A42	Jake Hindmarsh	00:19:58.222 (127)	

National XC Relays - Senior Men

163 Huntingdonshire AC C			81	00:23:27.138
	A81	Derek Darnell		00:23:27.138 (157)