

Saucony National Cross Country Championships - Senior

Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	00:37:28	4392	Hugo Milner	Derby Athletic Club	56	00:41:56	4762	Mark Jones	Sheffield RC
2	00:37:53	4389	Ben Connor	Derby Athletic Club	57	00:41:58	4852	Amittai Ben-Israel	Thames Hare & Hounds
3	00:38:02	4879	James Kingston	Tonbridge AC	58	00:42:04	4947	Alexander Tovey	Windsor Slough Eton & Tonbridge AC
4	00:38:13	4300	Will Battershill	Bristol and West AC	59	00:42:10	4875	Jamie Goodge	Highgate Harriers
5	00:38:15	4425	Calum Johnson	Gateshead Harriers & AC	60	00:42:12	4490	Charlie Haywood	Keighley & Craven AC
6	00:38:25	4486	Seyed Taha Ghafari	Highgate Harriers	61	00:42:13	4527	Joseph Carnelley	Hallamshire Harriers
7	00:38:54	4325	Jack Gray	Cambridge & Coleridge	62	00:42:17	4442	Jed Bartlett	Liverpool Harriers & AC
8	00:38:55	4309	Jack Millar	Bristol and West AC	63	00:42:18	4574	Matt Jackson	Hallamshire Harriers
9	00:38:57	4465	Stuart McCallum	Hercules Wimbledon AC	64	00:42:22	4944	Alex Gladley	Windsor Slough Eton & Rossendale Harriers & AC
10	00:38:58	4209	Sam Eglen	Aldershot Farnham & Rugeley Runners	65	00:42:24	4705	Grant Cunliffe	Coventry Godiva Harriers
11	00:39:08	4714	Lee Gratton	Southampton AC	66	00:42:26	4369	Daniel Clarke	Vale Royal AC
12	00:39:15	4778	Jacob O'Hara	Ipswich Harriers	67	00:42:26	4902	Samuel Whitehead	Cambridge Harriers
13	00:39:26	4526	John Millar	Shaftesbury Barnet	68	00:42:29	4329	Bobby Babaker	Abingdon AC
14	00:39:32	4759	Jamie Dee	Tonbridge AC	69	00:42:37	4203	Craig Jardine	Hercules Wimbledon AC
15	00:39:42	4870	Ben Cole	Central AC	70	00:42:39	4463	Edward Mallett	Bristol and West AC
16	00:39:53	4969	Jamie Crowe	Newham & Essex Beagles	71	00:42:41	4306	Owain Jones	Salford Harriers & Ac
17	00:39:55	4627	Jacob Cann	Salford Harriers & Ac	72	00:42:43	4729	Matthew Cooper	Highgate Harriers
18	00:39:57	4727	George Beardmore	Highgate Harriers	73	00:42:45	4483	Peter Chambers	Notts AC
19	00:39:58	4485	Terence Fawden	Highgate Harriers	74	00:42:48	4644	Jack Holland	Notts AC
20	00:40:01	4555	Linton Taylor	Leeds City Athletic Club	75	00:42:50	4648	Ben Norris	Highgate Harriers
21	00:40:04	4355	Richard Slade	Chiltern Harriers AC	76	00:42:53	4502	Joseph Young	Leeds City Athletic Club
22	00:40:07	4303	Milan Champion	Bristol and West AC	77	00:42:55	4558	Joshua Woodcock	Hallamshire Harriers
23	00:40:10	4551	Graham Rush	Leeds City Athletic Club	78	00:42:59	4445	Jamie Hall	Headington RR
24	00:40:13	4730	Callum Davidson	Salford Harriers & Ac	79	00:43:01	4453	Marcus Shantry	Bristol and West AC
25	00:40:17	4265	Charlie Davis	Birmingham Running	80	00:43:04	4314	Alexander Stewart	Horwich R M I Harriers
26	00:40:18	4541	Richard Allen	Leeds City Athletic Club	81	00:43:06	4522	Joe Mercer	Sale Harriers Manchester
27	00:40:19	4456	Jonathan Cornish	Hercules Wimbledon AC	82	00:43:09	4718	Matthew Barnes	Sale Harriers Manchester
28	00:40:22	4552	Joe Sagar	Leeds City Athletic Club	83	00:43:12	4723	Philip Robertson	Border Harriers & AC
29	00:40:24	4494	Alexander Lepretre	Highgate Harriers	84	00:43:13	4282	Tom Humphries	Guildford & Godalming
30	00:40:25	4607	Phillip Winkler	Morpeth Harriers & AC	85	00:43:16	4430	Daniel Wallis	Bristol and West AC
31	00:40:32	4776	Rikki James	Southampton AC	86	00:43:18	4312	Fraser Roach	Hercules Wimbledon AC
32	00:40:38	4311	Naphtali Moulton	Bristol and West AC	87	00:43:19	4468	Henry Silverstein	Oxford City AC
33	00:40:56	4313	Ben Robinson	Bristol and West AC	88	00:43:21	4663	Robert Doorly	Brighton & Hove AC
34	00:41:01	4296	Benjamin Wills	Bracknell AC	89	00:43:28	4297	Zared Arasaretnam	Tipton Harriers
35	00:41:04	4866	Will Beeston	Tonbridge AC	90	00:43:29	4858	Richard Carpenter	Peterborough & Nene
36	00:41:05	4492	Samuel Jinks	Highgate Harriers	91	00:43:31	4676	Daniel Evans	Reading AC
37	00:41:08	4495	Roger Poolman	Highgate Harriers	92	00:43:36	4690	Jonathan Davies	Horwich R M I Harriers
38	00:41:13	4446	Daniel Haworth	Hallamshire Harriers	93	00:43:40	4521	Luke Foley	Vale Royal AC
39	00:41:15	4310	Joe Morrow	Bristol and West AC	94	00:43:40	4900	Aaron Doyle	Notts AC
40	00:41:16	4877	Ted Higgins	Tonbridge AC	95	00:43:40	4654	Matthew Williams	Wolverhampton & Bilston
41	00:41:18	4501	Robert Wilson	Highgate Harriers	96	00:43:42	4373	Scott Hudspith	Coventry Godiva Harriers
42	00:41:20	4308	Felix McGrath	Bristol and West AC	97	00:43:42	4715	Jonathan Read	Rugeley Runners
43	00:41:26	4652	Alastair Watson	Notts AC	98	00:43:43	4827	Isaac McAdam	Swindon Harriers
44	00:41:27	4968	Tom Beedell	Woodford Green AC with	99	00:43:46	4337	Christopher Perrin	Cannock & Stafford AC
45	00:41:28	4540	Mohamed Abshir	Leeds City Athletic Club	100	00:43:49	4366	Dan Poynting	City Of Salisbury AC & RC
46	00:41:28	4774	Sam Costley	Southampton AC	101	00:44:02	4480	Robel Bahelbi	Highgate Harriers
47	00:41:33	4543	Sean Flanagan	Leeds City Athletic Club	102	00:44:08	4481	Daniel Brewer	Highgate Harriers
48	00:41:33	4250	Findlay Dyer	Belgrave Harriers	103	00:44:14	4800	Daniel Cooke	St Helens Sutton AC
49	00:41:38	4341	Euan Wilson	Charnwood AC	104	00:44:14	4556	Phillip Tedd	Leeds City Athletic Club
50	00:41:40	4878	Alex Howard	Tonbridge AC	105	00:44:15	4595	Steve Tuttle	Marshall Milton Keynes
51	00:41:45	4869	Cameron Chambers	Tonbridge AC	106	00:44:18	4643	Rezene Hayle	Notts AC
52	00:41:46	4924	Greg Hayward	Westbury Harriers	107	00:44:19	4966	Thomas Adolphus	Woodford Green AC with
53	00:41:48	4489	George Gurney	Highgate Harriers	108	00:44:21	4223	David Norman	Altrincham & District
54	00:41:52	4469	James Stockings	Hercules Wimbledon AC	109	00:44:24			
55	00:41:54	4464	George Mallett	Hercules Wimbledon AC	110	00:44:30			

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Men

Pos	Time	No Name	Club	Pos	Time	No Name	Club
111	00:44:33	4782 Chris McKeown	Spa Striders	166	00:47:23	4477 Ben Millar	Herne Hill Harriers
112	00:44:34	4893 Simon O'Meara	Trafford Athletic Club	167	00:47:24	4888 James Taylor	Tonbridge AC
113	00:44:38	4621 Jacob Droogmans	Newcastle Staffs AC	168	00:47:25	4647 John Muddeman	Notts AC
114	00:44:41	4937 Richard Coen	Wilmslow Running Club	169	00:47:26	4204 Cameron Weir	Abingdon AC
115	00:44:49	4720 Alex Bradford	Sale Harriers Manchester	170	00:47:30	4765 James Stuart	Shrewsbury AC
116	00:44:50	4428 Nicholas Lightfoot	Guildford & Godalming	171	00:47:35	4691 Adam Rennie	Reading AC
117	00:44:52	4970 Angus Holford	Woodford Green AC with	172	00:47:38	4634 Matthew Hathrell	Northbrook AC
118	00:44:54	4408 Gavin Browne	East Cheshire Harriers &	173	00:47:43	4504 Peter Boden	Hillsborough & Rivelin
119	00:45:01	4474 Jeff Cunningham	Herne Hill Harriers	174	00:47:46	4602 Colin Davenport	Matlock AC
120	00:45:04	4630 Adam Robinson	Newham & Essex Beagles	175	00:47:50	4895 Jeff Prest	Trafford Athletic Club
121	00:45:06	4548 Brogan McCawley	Leeds City Athletic Club	176	00:47:53	4499 Louis Shingles	Highgate Harriers
122	00:45:09	4427 Will Ford	Guildford & Godalming	177	00:47:54	4872 Toby Emm	Tonbridge AC
123	00:45:10	4470 Sam Todd	Hercules Wimbledon AC	178	00:47:56	4702 Daniel Bennett	Rochdale Harriers & AC
124	00:45:10	4650 Bruce Raeside	Notts AC	179	00:47:59	4429 Nick Tearle	Guildford & Godalming
125	00:45:14	4387 Phil Symonds	Croydon Harriers	180	00:48:06	4518 Paul Sammonds	Holmfirth Harriers AC
126	00:45:25	4642 Tim Hartley	Notts AC	181	00:48:06	4307 David Lewin	Bristol and West AC
127	00:45:28	4861 Darren Perry	Tipton Harriers	182	00:48:10	4564 Dave Smith	Leigh Harriers & AC
128	00:45:30	4388 Alex Cameron	Dartford Harriers AC	183	00:48:12	4956 Ben Foster	Wolverhampton & Bilston
129	00:45:33	4677 Felix Dennison	Poole AC	184	00:48:13	4225 Ryan Teare	Altrincham & District
130	00:45:38	4707 Ben Burton	Rotherham Harriers And	185	00:48:13	4925 Iain Large	Westbury Harriers
131	00:45:42	4689 Jonathan Smith	Ranelagh Harriers	186	00:48:14	4524 Lee James Dover	Houghton Harriers & Ac
132	00:45:44	4299 Aled Anderson	Bristol and West AC	187	00:48:14	4461 Finn Johnson	Hercules Wimbledon AC
133	00:45:52	4860 Tom Holden	Tipton Harriers	188	00:48:16	4931 Adam Stirk	Wharfedale Harriers
134	00:45:59	4946 Simon Millett	Windsor Slough Eton &	189	00:48:24	4721 Andrew Curvis	Sale Harriers Manchester
135	00:46:06	4604 Rory Clark	Mornington Chasers	190	00:48:25	4929 Ben Stone	Westbury Harriers
136	00:46:07	4974 Neil Hutchison	Worthing & District	191	00:48:27	4735 John Seed	Salford Harriers & Ac
137	00:46:08	4277 Daniel Kennedy	Blackheath & Bromley	192	00:48:28	4211 Joshua Langham	Aldershot Farnham &
138	00:46:10	4722 Robert Dunn	Sale Harriers Manchester	193	00:48:28	4628 Peter Mayhew	Newham & Essex Beagles
139	00:46:10	4498 Thomas Rowley	Highgate Harriers	194	00:48:30	4713 Richard Francis	Rugby & Northampton AC
140	00:46:17	4928 Thomas Reed	Westbury Harriers	195	00:48:34	4338 James Perrin	Cannock & Stafford AC
141	00:46:22	4219 Adam Smith	Aldridge RC	196	00:48:37	4462 Richard Jones	Hercules Wimbledon AC
142	00:46:27	4443 Christian Battersby	Hallamshire Harriers	197	00:48:40	4639 Patric Clark	Notts AC
143	00:46:28	4413 Gareth Raven	East Cheshire Harriers &	198	00:48:44	4520 Simon Bruton	Horwich R M I Harriers
144	00:46:33	4626 Wayne Bell	Newham & Essex Beagles	199	00:48:47	4614 Richard Ryan	Nantwich Running Club
145	00:46:35	4378 Harvey Speed	Coventry Godiva Harriers	200	00:48:48	4856 Dean Bate	Tipton Harriers
146	00:46:39	4805 Seth Kirby	Steel City Striders RC	201	00:48:52	4833 Oscar Lee	Taunton AC
147	00:46:42	4710 Gareth Sampson	Rotherham Harriers And	202	00:48:53	4298 James Hampshire	Brighton Phoenix
148	00:46:43	4678 Morgan Tame	Poole AC	203	00:48:55	4882 Mark Pepper	Tonbridge AC
149	00:46:44	4475 Fintan Kearney	Herne Hill Harriers	204	00:48:55	4704 Stephen Corbishley	Rossendale Harriers & AC
150	00:46:44	4421 James Wilson	Epsom & Ewell Harriers	205	00:49:00	4409 Liam Browne	East Cheshire Harriers &
151	00:46:46	4863 Todd Quiney	Tipton Harriers	206	00:49:03	4567 David McNally	Leven Valley AC
152	00:46:48	4594 Graham Jones	Marshall Milton Keynes	207	00:49:13	4529 Ryan Baker	Kenilworth Runners
153	00:46:50	4807 Naeem Stevens	Steel City Striders RC	208	00:49:14	4559 Chris Benjamin	Leigh Harriers & AC
154	00:46:59	4367 Callum Dillon	City of Stoke AC	209	00:49:17	4576 Mihaly Zoltan Jeles	London Heathside
155	00:47:00	4972 Daniel William	Woodford Green AC with	210	00:49:22	4965 Gary Worrall	Wolverhampton & Bilston
156	00:47:03	4942 Tom Bains	Windsor Slough Eton &	211	00:49:24	4566 Andrew Inchley	Leighton Buzzard Athletic
157	00:47:05	4622 Lewis Nagington	Newcastle Staffs AC	212	00:49:25	4716 Oliver Stone	Rugeley Runners
158	00:47:09	4333 James MacDonald	Cambridge Harriers	213	00:49:27	4384 John Firby	Crook & District Sports
159	00:47:10	4839 Robert Nash	Telford AC	214	00:49:36	4383 Sam Etherington	Crook & District Sports
160	00:47:12	4629 Alec Parcell	Newham & Essex Beagles	215	00:49:40	4954 Ashley Atkinson	Wolverhampton & Bilston
161	00:47:15	4864 Martin Williams	Tipton Harriers	216	00:49:40	4585 Mark Walker	Macclesfield Harriers &
162	00:47:15	4317 Peter Ball	Bromsgrove & Redditch	217	00:49:45	4725 Tom Stephenson	Sale Harriers Manchester
163	00:47:18	4620 Benjamin Brereton	Newcastle Staffs AC	218	00:49:46	4476 Stephen McLeod	Herne Hill Harriers
164	00:47:20	4871 Michael Ellis	Tonbridge AC	219	00:49:47	4512 Andrew Soley	Holme Pierrepont RC
165	00:47:23	4769 Gareth Carless	South Cheshire Harriers	220	00:49:50	4246 Harry Taylor	Beeston AC

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Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
221	00:49:53	4343	Lee Martin	Chelmsford AC	276	00:52:39	4419	Christian Glencross	Epsom & Ewell Harriers
222	00:49:55	4665	Henry Coop	Oxford University AC	277	00:52:43	4813	Joe Burn	Stourbridge RC
223	00:49:57	4252	Rupert Talfourd-	Belgrave Harriers	278	00:52:46	4823	James Lake	Stratford Upon Avon AC
224	00:50:00	4806	Richard Millier	Steel City Striders RC	279	00:52:49	4288	Xenofon Gogouvis	Bournville Harriers
225	00:50:04	4641	Sam Godwin	Notts AC	280	00:52:51	4817	Gary Griffiths	Stourbridge RC
226	00:50:12	4826	Lewis Tarnai-	Sutton-in-Ashfield	281	00:52:52	4831	Rob Arden	Tattenhall Runners
227	00:50:16	4257	Chris Emsley	Bingley Harriers & AC	282	00:52:55	4344	Matthew Evans	Cheltenham and County
228	00:50:19	4660	Matiss Murphy	Nuneaton Harriers	283	00:52:58	4376	Samuel Marshall	Coventry Godiva Harriers
229	00:50:21	4539	Tom Watts	Leamington C & AC	284	00:52:59	4843	Jack Hindmarsh	Telford Harriers
230	00:50:24	4364	James Thomas	Cirencester AC	285	00:53:00	4431	Ben Dunlop	Halesowen ACC
231	00:50:26	4814	Steve Coldicott	Stourbridge RC	286	00:53:02	4451	Ash Lawes	Headington RR
232	00:50:29	4319	Patrick MacKie	Bromsgrove & Redditch	287	00:53:03	4242	Stephen Mason	Beeston AC
233	00:50:30	4960	Paul Marson	Wolverhampton & Bilston	288	00:53:11	4904	Mark Williamson	VeloRunner
234	00:50:31	4853	Ashley Middlewick	Thames Hare & Hounds	289	00:53:11	4360	Robert Lee	Chorlton Runners
235	00:50:33	4544	Mick Hill	Leeds City Athletic Club	290	00:53:18	4696	Simon Nash	Redhill Road Runners
236	00:50:34	4482	Nicholas Cassell	Highgate Harriers	291	00:53:21	4618	Adrian Dix	Newark AC
237	00:50:36	4227	Jeff Hornby	Baildon Runners	292	00:53:22	4262	David Norris	Bingley Harriers & AC
238	00:50:41	4275	Alex Gibbins	Blackheath & Bromley	293	00:53:23	4256	Quentin Emery	Bingley Harriers & AC
239	00:50:42	4505	James Garner	Hillsborough & Rivelin	294	00:53:27	4930	Ben Wood	Westbury Harriers
240	00:50:44	4687	Hadi Khatamizadeh	Ranelagh Harriers	295	00:53:33	4935	Mike Harris	Wigan & District H & AC
241	00:50:45	4971	Bertie Powell	Woodford Green AC with	296	00:53:37	4815	Robert Colman	Stourbridge RC
242	00:50:50	4651	Sam Shuttleworth	Notts AC	297	00:53:44	4658	Garry Hodgkins	Nuneaton Harriers
243	00:50:50	4763	Christopher Moss	Sheffield RC	298	00:53:48	4249	Alex Clements	Belgrave Harriers
244	00:50:51	4867	Anthony Bennett	Tonbridge AC	299	00:53:50	4743	Dayle Dwyer	Salford Metropolitan Ac
245	00:50:59	4911	Ryan Deakin	West Bromwich Harriers	300	00:53:55	4410	Allan Cooke	East Cheshire Harriers &
246	00:50:59	4680	Felix Wright	Poole AC	301	00:53:58	4506	James Rose	Hillsborough & Rivelin
247	00:51:04	4295	Peter Williams	Bournville Harriers	302	00:54:02	4922	Alastair Blackwood	Westbury Harriers
248	00:51:04	4952	Harry Roscoe	Wirral AC	303	00:54:20	4285	Joshua Bough	Bournville Harriers
249	00:51:05	4945	Ranulf Green	Windsor Slough Eton &	304	00:54:21	4254	Nick Chapman	Bingley Harriers & AC
250	00:51:08	4923	Jack Derrick	Westbury Harriers	305	00:54:22	4623	Matthew Robinson	Newcastle Staffs AC
251	00:51:09	4412	James Hartshorne	East Cheshire Harriers &	306	00:54:24	4933	Chris Burgess	Wigan & District H & AC
252	00:51:10	4927	Robert Poole	Westbury Harriers	307	00:54:28	4711	Hadrian Knight	Rothwell Harriers & AC
253	00:51:14	4851	Jamie Bell	Thames Hare & Hounds	308	00:54:29	4753	Tony Taylor	Sandbach Striders
254	00:51:16	4229	Geoffrey Beetham	Barrow Runners	309	00:54:33	4510	Matthew Grainge	Holme Pierrepont RC
255	00:51:20	4724	Matthew Spragg	Sale Harriers Manchester	310	00:54:40	4334	Peter St-Amour	Cambridge Harriers
256	00:51:22	4781	John Delamere	Southport Waterloo AC	311	00:54:49	4538	Colin Earl	Kimberworth Striders
257	00:51:24	4819	Chris Reynolds	Stourbridge RC	312	00:54:53	4804	Malcolm Baggaley	Steel City Striders RC
258	00:51:26	4744	Ben Farrelly	Salford Metropolitan Ac	313	00:54:56	4750	James Paterson	Salford Metropolitan Ac
259	00:51:35	4757	Philip Whitehouse	Serpentine RC	314	00:54:58	4286	David Bristoll	Bournville Harriers
260	00:51:37	4507	Richard Baldwin	Holme Pierrepont RC	315	00:55:06	4755	Chris Notton	Serpentine RC
261	00:51:38	4517	Patrick Needham	Holmfirth Harriers AC	316	00:55:10	4214	Peter Dimbleby	Aldridge RC
262	00:51:40	4550	Martin Roscoe	Leeds City Athletic Club	317	00:55:14	4802	Justin Green	Stafford Harriers
263	00:51:43	4509	Steven	Holme Pierrepont RC	318	00:55:16	4825	Michael Sheppard	Stratford Upon Avon AC
264	00:51:51	4393	Mariusz Felczerek	Doncaster AC	319	00:55:20	4795	Ian Wilson	Spennorth & Dist AC
265	00:51:52	4561	Allister Goulding	Leigh Harriers & AC	320	00:55:34	4511	Richard Holt	Holme Pierrepont RC
266	00:51:56	4617	Timothy Bagguley	Newark AC	321	00:55:37	4846	Philip Roberts	Telford Harriers
267	00:51:57	4339	Phil Wolfe	Cannock & Stafford AC	322	00:55:37	4951	Lee McKeown	Wirral AC
268	00:52:02	4407	Jonathan Aust	East Cheshire Harriers &	323	00:55:41	4415	Dennis Thomas	East Cheshire Harriers &
269	00:52:09	4903	Zejun Yao	Valley Striders AC	324	00:55:41	4662	Paul Smith	Nuneaton Harriers
270	00:52:14	4422	Chris Jones	Garden City Runners	325	00:55:42	4661	Andy Parkes	Nuneaton Harriers
271	00:52:19	4889	Joseph Watts	Tonbridge AC	326	00:55:42	4657	Chris Hamer-	Nuneaton Harriers
272	00:52:25	4697	Paul Newton	Redhill Road Runners	327	00:55:43	4742	David Cornes	Salford Metropolitan Ac
273	00:52:28	4842	Jordan-lee Stamp	Telford AC	328	00:55:52	4434	Roger Mallard	Halesowen ACC
274	00:52:35	4414	Jacob Taylor	East Cheshire Harriers &	329	00:55:54	4457	Andrew Davies	Hercules Wimbledon AC
275	00:52:38	4356	Andy Adkin	Chorlton Runners	330	00:55:56	4615	Dimitrios	Nantwich Running Club

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Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
331	00:56:00	4836	Kelvin Bieron	Telford AC	386	00:59:11	4820	Robert Woodward	Stourbridge RC
332	00:56:01	4380	James Wright	Coventry Godiva Harriers	387	00:59:15	4345	Rhys Pippard	Cheltenham and County
333	00:56:05	4612	Zak Farmer	Nantwich Running Club	388	00:59:21	4381	Waising Yip	Coventry Godiva Harriers
334	00:56:09	4575	Alfonso Estepa	London Heathside	389	00:59:29	4351	Stephen Coe	Chester Triathlon Club
335	00:56:28	4747	Richard Knight	Salford Metropolitan Ac	390	00:59:40	4613	David Kelly	Nantwich Running Club
336	00:56:28	4838	Darren Hands	Telford AC	391	00:59:43	4382	Simon Powell	Crawley AC
337	00:56:30	4920	Rob White	West Bromwich Harriers	392	00:59:44	4385	Neil Aikman	Croydon Harriers
338	00:56:30	4537	Kevin Doyle	Kimberworth Striders	393	00:59:48	4700	Simon Foster	Retford AC
339	00:56:35	4760	David Greenstein	Shaftesbury Barnet	394	00:59:52	4810	Simon Blizzard	Stourbridge RC
340	00:56:40	4586	James Wood	Macclesfield Harriers &	395	00:59:59	4370	David Cooper	Coventry Godiva Harriers
341	00:56:42	4844	Andy Pigg	Telford Harriers	396	01:00:01	4916	Karl Moore	West Bromwich Harriers
342	00:56:42	4403	Cian Rynne	Durham City Harriers &	397	01:00:10	4348	Chris Bird	Chester Triathlon Club
343	00:56:43	4656	Philip Evans	Nuneaton Harriers	398	01:00:11	4562	David Pollitt	Leigh Harriers & AC
344	00:56:47	4578	James Grierson	Lonely Goat RC	399	01:00:21	4751	Mike Race	Salford Metropolitan Ac
345	00:56:55	4771	Lewis Edwards	South Cheshire Harriers	400	01:00:33	4873	Simon Fraser	Tonbridge AC
346	00:56:56	4375	Samuel Katanda	Coventry Godiva Harriers	401	01:00:35	4394	David Clack	Dorking & Mole Valley AC
347	00:56:58	4764	Mark Smith	Shrewsbury AC	402	01:00:38	4632	Malc Copeland	Northbrook AC
348	00:56:58	4217	Michael Morley	Aldridge RC	403	01:00:45	4918	Ashish Patel	West Bromwich Harriers
349	00:56:59	4616	Anthony Wright	Nantwich Running Club	404	01:00:45	4818	Lee Palmer	Stourbridge RC
350	00:57:04	4845	Neil Price	Telford Harriers	405	01:00:47	4955	Philip Evans	Wolverhampton & Bilston
351	00:57:11	4610	Alexander	Nantwich Running Club	406	01:00:48	4597	Gary Lawson	Massey Ferguson RC
352	00:57:14	4530	Mark Hardy	Kenilworth Runners	407	01:00:48	4598	Simon Neale	Massey Ferguson RC
353	00:57:26	4841	Andrew Speke	Telford AC	408	01:00:59	4515	Christopher Beadle	Holmfirth Harriers AC
354	00:57:26	4828	Michael Donigan	Swinton Running Club	409	01:01:13	4741	Martin Burke	Salford Metropolitan Ac
355	00:57:28	4259	Andy Gibbons	Bingley Harriers & AC	410	01:01:14	4749	Girish Patel	Salford Metropolitan Ac
356	00:57:31	4748	Malcolm Orrell	Salford Metropolitan Ac	411	01:01:14	4673	Mark Samuels	Pensby Runners
357	00:57:32	4961	Derrick Milligan	Wolverhampton & Bilston	412	01:01:17	4280	Simon Clough	Blyth Running Club
358	00:57:36	4513	Anthony Squire	Holme Pierrepont RC	413	01:01:18	4897	Martin Sands	Tunbridge Wells Harriers
359	00:57:37	4761	Matt Clarry	Sheffield RC	414	01:01:20	4347	Ian Atkinson	Chester Triathlon Club
360	00:57:40	4247	James Thomas	Beeston AC	415	01:01:20	4587	Andrew Almond	Manchester Harriers & AC
361	00:57:42	4330	Robert Barns	Cambridge Harriers	416	01:01:26	4519	Craig Sheard	Holmfirth Harriers AC
362	00:57:43	4440	Ryan Barker	Halifax Harriers & AC	417	01:01:31	4914	Craig Hodgetts	West Bromwich Harriers
363	00:57:43	4278	Chris Martin	Blackheath & Bromley	418	01:01:33	4335	Jon Wilson	Cambridge Harriers
364	00:57:46	4258	Stephen Fry	Bingley Harriers & AC	419	01:01:33	4386	Matthew Kiernan	Croydon Harriers
365	00:57:47	4907	Daniel Anderson	West Bromwich Harriers	420	01:01:36	4775	Matthew Crocker	Southampton AC
366	00:57:49	4958	Peter Hood	Wolverhampton & Bilston	421	01:01:37	4230	Michael Hickey	Basingstoke & Mid Hants
367	00:57:54	4686	Tom Moberly	Queen's Park Harriers	422	01:01:38	4241	Mark Elwell	Beeston AC
368	00:58:00	4331	Steven Cummins	Cambridge Harriers	423	01:01:39	4248	John Walker	Beeston AC
369	00:58:01	4798	Mark Stevens	St Albans Striders	424	01:01:43	4318	Matthew Gordon	Bromsgrove & Redditch
370	00:58:11	4847	Ian Simmonds	Telford Harriers	425	01:02:02	4301	Matthew Brown	Bristol and West AC
371	00:58:13	4581	Alex Holloran	Lordshill RR	426	01:02:09	4596	Mark Eastwood	Massey Ferguson RC
372	00:58:13	4835	Joseph Amedo	Telford AC	427	01:02:12	4668	Keith Dunham	Pensby Runners
373	00:58:16	4756	Thomas Thornton	Serpentine RC	428	01:02:18	4592	Chris Sewart	Manchester Harriers & AC
374	00:58:28	4447	Alfie Boulton	Harborough AC	429	01:02:20	4794	Andrew Wadsworth	Sparkhill Harriers
375	00:58:31	4590	Glen Gandy	Manchester Harriers & AC	430	01:02:23	4450	Gary Wallis	Harborough AC
376	00:58:33	4437	Bill Nock	Halesowen ACC	431	01:02:25	4752	Tom Mayell	Sandbach Striders
377	00:58:38	4281	John Younger	Blyth Running Club	432	01:02:27	4816	Steven Deacon	Stourbridge RC
378	00:58:42	4374	Chris Hurst	Coventry Godiva Harriers	433	01:02:27	4801	Michael Dobson	Stafford Harriers
379	00:58:43	4536	Simon Neville	Keswick AAC	434	01:02:39	4560	Martin Conroy	Leigh Harriers & AC
380	00:58:44	4754	Andy Thomas	Sandbach Striders	435	01:02:48	4508	Gary Cragg	Holme Pierrepont RC
381	00:58:52	4695	Peter McNally	Redhill Road Runners	436	01:02:54	4746	David Hughes	Salford Metropolitan Ac
382	00:58:56	4582	Benjamin	Lordshill RR	437	01:02:58	4215	Duncan Gould	Aldridge RC
383	00:58:59	4404	Robert Brown	Ealing Southall &	438	01:03:03	4635	Mark Parker	Northbrook AC
384	00:59:00	4423	Dom Thomas	Garden City Runners	439	01:03:05	4659	Neal Lowe	Nuneaton Harriers
385	00:59:09	4363	Ian Sharpe	Chorlton Runners	440	01:03:08	4514	Steve Tupholme	Holme Pierrepont RC

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Men

Pos	Time	No Name	Club
441	01:03:08	4565 Adam Wilkinson	Leigh Harriers & AC
442	01:03:13	4438 Phillip Scarr	Halesowen ACC
443	01:03:21	4837 Craig Drew	Telford AC
444	01:03:24	4448 David MacLean	Harborough AC
445	01:03:29	4780 Nigel Wakefield	Southampton AC
446	01:03:31	4919 Steve Terry	West Bromwich Harriers
447	01:03:38	4563 Gary Sanderson	Leigh Harriers & AC
448	01:03:44	4324 Ben Chamberlain	Cambridge & Coleridge
449	01:03:54	4255 Andrew Coulton	Bingley Harriers & AC
450	01:03:57	4865 Myles Wilson	Tipton Harriers
451	01:03:59	4792 Charles Ramsey	Sparkhill Harriers
452	01:04:01	4619 Martin Bailey	Newcastle Staffs AC
453	01:04:01	4790 Edward O'Neill	Sparkhill Harriers
454	01:04:02	4786 James Hannon	Sparkhill Harriers
455	01:04:03	4834 Mark Ison	Team Derby Runner
456	01:04:17	4449 Graeme Rolfe	Harborough AC
457	01:04:19	4210 Andrew Hislop	Aldershot Farnham &
458	01:04:27	4859 Joel Green	Tipton Harriers
459	01:04:29	4609 Paul Downton	Nantwich Running Club
460	01:04:32	4328 Foyez Ahmed	Cambridge Harriers
461	01:04:43	4693 Joshua Davies	Redhill Road Runners
462	01:04:48	4321 William McDonald	Buxton AC
463	01:05:00	4293 Tom Robinson	Bournville Harriers
464	01:05:23	4292 David Powner	Bournville Harriers
465	01:05:28	4350 Richard Champion	Chester Triathlon Club
466	01:05:32	4849 James Sumnall	Telford Harriers
467	01:05:52	4571 Ian Greenaway	Lingfield RC
468	01:05:56	4290 Peter Hickman	Bournville Harriers
469	01:06:01	4601 Rob Curtis	Matlock AC
470	01:06:12	4791 Simon Outhwaite	Sparkhill Harriers
471	01:06:13	4460 Craig Howard	Hercules Wimbledon AC
472	01:06:19	4523 Michael Wilkinson	Horwich R M I Harriers
473	01:06:26	4821 Carl Wright	Stourbridge RC
474	01:06:46	4588 Edward Baldwin	Manchester Harriers & AC
475	01:07:06	4633 Spencer Davies	Northbrook AC
476	01:07:29	4436 Andrew Nock	Halesowen ACC
477	01:08:01	4357 Warren Bowden	Chorlton Runners
478	01:08:06	4599 Andrew Popplewell	Massey Ferguson RC
479	01:08:22	4611 Rob Evanson	Nantwich Running Club
480	01:08:36	4263 Emyr Rees	Bingley Harriers & AC
481	01:08:41	4332 Clem Dixon	Cambridge Harriers
482	01:08:43	4899 Alan Roberts	Vale Of Aylesbury AC
483	01:08:56	4886 Scott Shurmer	Tonbridge AC
484	01:09:01	4637 Craig Slyde	Northbrook AC
485	01:09:06	4681 Michael Brown	Preston Harriers
486	01:09:13	4694 Martyn McHale	Redhill Road Runners
487	01:09:42	4244 Michael Read	Beeston AC
488	01:09:55	4830 Leighton Medley	Swinton Running Club
489	01:09:56	4896 Andrew Deighton	Tunbridge Wells Harriers
490	01:10:10	4884 Richard Puxty	Tonbridge AC
491	01:10:18	4789 Andrew Law	Sparkhill Harriers
492	01:10:19	4600 Ab Woollass	Massey Ferguson RC
493	01:10:23	4454 Martin Slevin	Headington RR
494	01:10:51	4915 Paul Mansell	West Bromwich Harriers
495	01:10:53	4287 James Evans	Bournville Harriers

Pos	Time	No Name	Club
496	01:11:11	4976 Matt Long	Shinfin
497	01:11:17	4266 Oliver Hugh	Birmingham Running
498	01:11:19	4669 Gary Johnstone	Pensby Runners
499	01:11:20	4803 Jason Littlewood	Stafford Harriers
500	01:11:33	4671 Stephen	Pensby Runners
501	01:11:50	4788 Graham Hygate	Sparkhill Harriers
502	01:11:58	4500 Rob Walker	Highgate Harriers
503	01:12:05	4840 Tony Preece	Telford AC
504	01:12:21	4666 Paul Alexander	Pensby Runners
505	01:12:58	4525 Jim Tilbrook	Ilford AC
506	01:13:16	4850 Dean Watkins	Telford Harriers
507	01:13:18	4534 Neil Smith	Kenilworth Runners
508	01:13:28	4832 Martin Durrant	Tattenhall Runners
509	01:13:37	4868 Benedict Brooks	Tonbridge AC
510	01:13:37	4910 Chris Davis	West Bromwich Harriers
511	01:13:54	4909 Carl Burkitt	West Bromwich Harriers
512	01:14:30	4770 Phillip Cliff	South Cheshire Harriers
513	01:14:57	4796 Wayne Broadbent	Sphinx AC
514	01:15:16	4906 Mark Doherty	Wallasey Athletic Club
515	01:15:19	4589 Mike Cunningham	Manchester Harriers & AC
516	01:15:41	4291 Kevin Peace	Bournville Harriers
517	01:15:51	4432 David Jackson	Halesowen ACC
518	01:15:57	4685 Stephen Symons	Quays Running Club
519	01:16:01	4684 Anoop Selvin	Quays Running Club
520	01:16:20	4812 Paul Bradley	Stourbridge RC
521	01:17:27	4912 Daniel Floyd	West Bromwich Harriers
522	01:17:44	4371 Martin Gittins	Coventry Godiva Harriers
523	01:18:41	4653 Andrew Williams	Notts AC
524	01:19:36	4808 Ian Stinson	Steel City Striders RC
525	01:20:41	4294 Paul Samuels	Bournville Harriers
526	01:21:26	4636 Liam Shields	Northbrook AC
527	01:22:14	4787 Craig Hinks	Sparkhill Harriers
528	01:24:12	4921 Kevin Wise	West Bromwich Harriers
529	01:50:48	4455 George Routledge	Heaton Harriers & AC

Team Result:

Pos	Total	Club	Placings
1	138	Bristol and West AC	(4,8,22,32,33,39)
2	168	Highgate Harriers	(6,19,29,36,37,41)
3	189	Leeds City Athletic Club	(20,23,26,28,45,47)
4	194	Tonbridge AC	(3,15,35,40,50,51)
5	304	Hercules Wimbledon AC	(9,27,54,55,71,88)
6	522	Notts AC	(43,75,76,96,108,124)
7	826	Sale Harriers Manchester	(83,84,115,138,189,217)
8	863	Tipton Harriers	(91,127,133,151,161,200)
9	1069	Westbury Harriers	(52,140,185,190,250,252)
10	1259	East Cheshire Harriers & Tameside AC	(118,143,205,251,268,274)
11	1271	Coventry Godiva Harriers	(67,98,145,283,332,346)
12	1295	Wolverhampton & Bilston	(97,183,210,215,233,357)
13	1684	Cambridge Harriers	(69,158,310,361,368,418)
14	1727	Stourbridge RC	(231,257,277,280,296,386)
15	1729	Holme Pierrepont RC	(219,260,263,309,320,358)
16	1824	Telford AC	(159,273,331,336,353,372)
17	1835	Bingley Harriers & AC	(227,292,293,304,355,364)
18	1843	Nuneaton Harriers	(228,297,324,325,326,343)
19	1888	Salford Metropolitan Ac	(258,299,313,327,335,356)
20	1928	Leigh Harriers & AC	(182,208,265,398,434,441)
21	1952	Nantwich Running Club	(199,330,333,349,351,390)
22	2070	Bournville Harriers	(247,279,303,314,463,464)
23	2132	Telford Harriers	(284,321,341,350,370,466)
24	2163	West Bromwich Harriers	(245,337,365,396,403,417)

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Men

25 2199	Beeston AC	(220,287,360,422,423,487)
26 2424	Halesowen ACC	(285,328,376,442,476,517)
27 2497	Northbrook AC	(172,402,438,475,484,526)
28 2748	Sparkhill Harriers	(429,451,453,454,470,491)