

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 1 — Final Results

| Pos | Name | Club | Leg Time | | | |
|-----|---------------|------------|----------|----|--------------|------------------|
| 1 | Z Kiharah | Birchfield | 26:30 | 32 | J Adie | BromsRedd 28:41 |
| 2 | M Geece | Leicester | 26:34 | 33 | J White | CoventryG 28:44 |
| 3 | K Kyereme | Shaftesbur | 26:34 | 34 | B Burns | Salford Ha 28:51 |
| 4 | A Norman | Altrincham | 26:45 | 35 | M Bristow | Brighton & 28:57 |
| 5 | J Gilby | Derby Ac | 26:46 | 36 | S Duffy | Stroud & D 28:59 |
| 6 | A Robinson | Newham & E | 26:46 | 37 | O Holden | Halesowen 29:01 |
| 7 | A Vernon | Aldershot, | 26:48 | 38 | T Bailey | Telford Ac 29:08 |
| 8 | N Stirk | Tipton Har | 26:53 | 39 | J Robertson | Ealing, So 29:13 |
| 9 | A Hennessy | Wells City | 26:54 | 40 | P Darbyshire | Wigan Phoe 29:14 |
| 10 | K Heywood | Bristol & | 26:55 | 41 | S Pickering | Holmfirth 29:15 |
| 11 | Hollingsworth | Morpeth H | 26:58 | 42 | S Potts | Sunderland 29:16 |
| 12 | T Salmon | City Of No | 27:06 | 43 | A Williams | Nene Valle 29:20 |
| 13 | M Powell | Owls Ac | 27:12 | 44 | M Sawrey | Trafford A 29:20 |
| 14 | D Webb | Leeds City | 27:16 | 45 | S Rance | Reading Ac 29:23 |
| 15 | S North | Sale Harri | 27:19 | 46 | D Nevins | Harrow Ac 29:25 |
| 16 | J Hayden | Notts Ac | 27:28 | 47 | S Everington | Westbury H 29:31 |
| 17 | P Green | Hallamshir | 27:29 | 48 | M Thompson | Gateshead 29:35 |
| 18 | J McCole | Liverpool | 27:36 | 49 | A Rowe | Wesham Roa 29:36 |
| 19 | J Lilly | Severn Ac | 27:39 | 50 | A Jones | Keighley & 29:38 |
| 20 | K Murphy | Woodford G | 27:42 | 51 | M Hulmstom | Wirral Ac 29:39 |
| 21 | B Noad | Highgate H | 27:45 | 52 | M Maxwell | Woodstock 29:48 |
| 22 | S Bell | Chesterles | 27:57 | 53 | P Guinan | BlackburnH 29:57 |
| 23 | W Cockerell | Belgrave H | 27:59 | 54 | P Foster | Leigh H & 30:04 |
| 24 | R Gamble | Barnet & D | 27:59 | 55 | B Stephenson | Blackheath 30:10 |
| 25 | J Connor | Kent Ac | 28:04 | 56 | M Yates | Redhill Ro 30:26 |
| 26 | M Janes | Bedford & | 28:06 | 57 | D Coales | City Of Ba 30:36 |
| 27 | J Lewis | Swansea Ha | 28:19 | 58 | G Dehl | West Bromw 30:58 |
| 28 | A Weir | Thames Har | 28:21 | 59 | W Clapp | Harborough 31:05 |
| 29 | P Hoole | Rotherham | 28:27 | 60 | A Normandale | York Acorn 31:13 |
| 30 | P O'Callaghan | Solihull & | 28:36 | 61 | T Hinchley | RoySutCold 34:03 |
| 31 | J Bradley | Cheltenham | 28:38 | 62 | L Endean | North Fyld 34:20 |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 2 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | | |
|-----|--------------|------------|----------|----------|------|-------------------------------|--------------|------------|-------|-------|------|
| 1 | L Gunn | Derby Ac | 14:22 | 41:08 | + 4 | 38 | T Beer | Thames Har | 16:10 | 44:31 | - 10 |
| 2 | J Ward | Altrincham | 14:30 | 41:15 | + 2 | 39 | D Lewis | Telford Ac | 15:27 | 44:35 | - 1 |
| 3 | D Samuels | Morpeth H | 14:23 | 41:21 | + 8 | 40 | D Boyce | Brighton & | 16:08 | 45:05 | - 5 |
| 4 | P Miles | Owls Ac | 14:32 | 41:44 | + 9 | 41 | D Henderson | BromsRedd | 16:46 | 45:27 | - 9 |
| 5 | P Moores | Birchfield | 15:19 | 41:49 | - 4 | 42 | A Woods | Wirral Ac | 16:05 | 45:44 | + 9 |
| 6 | O Edwards | Shaftesbur | 15:21 | 41:55 | - 3 | 43 | J Atkinson | Blackheath | 15:37 | 45:47 | + 12 |
| 7 | E Malloch | Woodford G | 14:20 | 42:02 | + 13 | 44 | C Mooney | Nene Valle | 16:47 | 46:07 | - 1 |
| 8 | M Hula | Bristol & | 15:09 | 42:04 | + 2 | 45 | M Wood | BlackburnH | 16:13 | 46:10 | + 8 |
| 9 | A Beevers | Leeds City | 15:00 | 42:16 | + 5 | 46 | K Williams | Reading Ac | 16:53 | 46:16 | - 1 |
| 10 | P Kavanagh | Tipton Har | 15:36 | 42:29 | - 2 | 47 | G Robinson | Stroud & D | 17:19 | 46:18 | - 11 |
| 11 | R Hayman | Sale Harri | 15:11 | 42:30 | + 4 | 48 | C Harris | Halesowen | 17:27 | 46:28 | - 11 |
| 12 | P Harwood | Aldershot, | 15:47 | 42:35 | - 5 | 49 | J Seddon | Wigan Phoe | 17:29 | 46:43 | - 9 |
| 13 | O Williams | Hallamshir | 15:08 | 42:37 | + 4 | 50 | T Smith | Redhill Ro | 16:35 | 47:01 | + 6 |
| 14 | J Fewtrell | Bedford & | 14:39 | 42:45 | + 12 | 51 | A Urmston | Leigh H & | 17:02 | 47:06 | + 3 |
| 15 | R Sheen | Leicester | 16:17 | 42:51 | - 13 | 52 | B O'Connor | Woodstock | 17:29 | 47:17 | 0 |
| 16 | P Belcher | Wells City | 16:02 | 42:56 | - 7 | 53 | D Gunstone | City Of Ba | 16:48 | 47:24 | + 4 |
| 17 | J Mohamed | Newham & E | 16:17 | 43:03 | - 11 | 54 | J Webb | Westbury H | 17:54 | 47:25 | - 7 |
| 18 | J Quint | City Of No | 16:04 | 43:10 | - 6 | 55 | P Jameson | West Bromw | 17:42 | 48:40 | + 3 |
| 19 | N Jipriil | Kent Ac | 15:10 | 43:14 | + 6 | 56 | H Crabtree | Harborough | 17:45 | 48:50 | + 3 |
| 20 | J Thewlis | Rotherham | 14:48 | 43:15 | + 9 | 57 | M Midgley | Wesham Roa | 19:22 | 48:58 | - 8 |
| 21 | S Burton | Notts Ac | 15:49 | 43:17 | - 5 | 58 | J Barnes | York Acorn | 18:10 | 49:23 | + 2 |
| 22 | R Ward | Belgrave H | 15:19 | 43:18 | + 1 | 59 | R Fairhurst | Keighley & | 21:40 | 51:18 | - 9 |
| 23 | D Duke | Cheltenham | 14:51 | 43:29 | + 8 | 60 | B Eadie | North Fyld | 17:02 | 51:22 | + 2 |
| 24 | D Hall | Highgate H | 15:44 | 43:29 | - 3 | 61 | F Tremblay | RoySutCold | 17:25 | 51:28 | 0 |
| 25 | J Parkinson | Liverpool | 16:07 | 43:43 | - 7 | Fastest runners over stage 2: | | | | | |
| 26 | J MacDonald | Trafford A | 14:26 | 43:46 | + 18 | 1 | E Malloch | Woodford G | 14:20 | | |
| 27 | M Kinnane | Swansea Ha | 15:28 | 43:47 | 0 | 2 | L Gunn | Derby Ac | 14:22 | | |
| 28 | G Blackman | Harrow Ac | 14:23 | 43:48 | + 18 | 3 | G Blackman | Harrow Ac | 14:23 | | |
| 29 | S Fortnam | Severn Ac | 16:10 | 43:49 | - 10 | 4 | D Samuels | Morpeth H | 14:23 | | |
| 30 | B Jones | Coventry G | 15:11 | 43:55 | + 3 | 5 | J MacDonald | Trafford A | 14:26 | | |
| 31 | M Buckingham | Holmfirth | 14:47 | 44:02 | + 10 | 6 | J Ward | Altrincham | 14:30 | | |
| 32 | M Cryer | Salford Ha | 15:12 | 44:03 | + 2 | 7 | P Miles | Owls Ac | 14:32 | | |
| 33 | S Lees | Solihull & | 15:31 | 44:07 | - 3 | 8 | J Fewtrell | Bedford & | 14:39 | | |
| 34 | L Bowron | Ealing, So | 14:59 | 44:12 | + 5 | 9 | C Parr | Gateshead | 14:40 | | |
| 35 | C Parr | Gateshead | 14:40 | 44:15 | + 13 | 10 | M Buckingham | Holmfirth | 14:47 | | |
| 36 | G Massingham | Sunderland | 15:09 | 44:25 | + 6 | | | | | | |
| 37 | M Atkin | Chesterles | 16:32 | 44:29 | - 15 | | | | | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 3 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | | |
|-----|---------------|------------|----------|-----------|------|-------------------------------|---------------|------------|-------|-----------|----|
| 1 | M Scaife | Morpeth H | 26:43 | 1:08:04 + | 2 | 37 | M Elliott | Gateshead | 30:35 | 1:14:50 - | 2 |
| 2 | F Lombard | Woodford G | 26:45 | 1:08:47 + | 5 | 38 | A McNay | Cheltenham | 31:45 | 1:15:14 - | 15 |
| 3 | J Trapmore | Shaftesbur | 27:07 | 1:09:02 + | 3 | 39 | S Gregory | Rotherham | 32:16 | 1:15:31 - | 19 |
| 4 | F Thompson | Aldershot, | 26:35 | 1:09:10 + | 8 | 40 | T Russell | Stroud & D | 29:30 | 1:15:48 + | 7 |
| 5 | K Cullen | Highgate H | 25:53 | 1:09:22 + | 19 | 41 | A Wetherill | Redhill Ro | 28:48 | 1:15:49 + | 9 |
| 6 | M Williams | Tipton Har | 26:57 | 1:09:26 + | 4 | 42 | S Watterson | Westbury H | 28:43 | 1:16:08 + | 12 |
| 7 | N Talbot | Notts Ac | 26:10 | 1:09:27 + | 14 | 43 | J Burnett | Reading Ac | 29:56 | 1:16:12 + | 3 |
| 8 | G Lee | Owls Ac | 27:55 | 1:09:39 - | 4 | 44 | T Banfield | BlackburnH | 30:06 | 1:16:16 + | 1 |
| 9 | A Swearman | Birchfield | 28:04 | 1:09:53 - | 4 | 45 | K Tombleson | Nene Valle | 30:25 | 1:16:32 - | 1 |
| 10 | J Heap | Hallamshir | 27:21 | 1:09:58 + | 3 | 46 | D Morton | Halesowen | 30:29 | 1:16:57 + | 2 |
| 11 | M Roscoe | Leeds City | 27:56 | 1:10:12 - | 2 | 47 | J Worthington | Wigan Phoe | 30:26 | 1:17:09 + | 2 |
| 12 | D McKerracher | Bristol & | 28:12 | 1:10:16 - | 4 | 48 | K Lanckham | BromsRedd | 32:06 | 1:17:33 - | 7 |
| 13 | D Dalmedo | Bedford & | 27:36 | 1:10:21 + | 1 | 49 | N Baimbridge | Woodstock | 30:18 | 1:17:35 + | 3 |
| 14 | E McRae | Belgrave H | 27:06 | 1:10:24 + | 8 | 50 | D McIvor | Wirral Ac | 32:04 | 1:17:48 - | 8 |
| 15 | S Bailey | Sale Harri | 28:11 | 1:10:41 - | 4 | 51 | N Gaulder | Severn Ac | 34:17 | 1:18:06 - | 22 |
| 16 | M Lole | CoventryG | 26:53 | 1:10:48 + | 14 | 52 | B Murphy | Liverpool | 34:42 | 1:18:25 - | 27 |
| 17 | A Barber | Newham & E | 28:15 | 1:11:18 | 0 | 53 | J Baird | West Bromw | 30:25 | 1:19:05 + | 2 |
| 18 | A Pilcher | Derby Ac | 30:18 | 1:11:26 - | 17 | 54 | M Derrick | City Of Ba | 31:47 | 1:19:11 - | 1 |
| 19 | M Hobbs | Swansea Ha | 27:48 | 1:11:35 + | 8 | 55 | A Barlow | Altrincham | 39:06 | 1:20:21 - | 53 |
| 20 | W Lincoln | City Of No | 28:33 | 1:11:43 - | 2 | 56 | W Smith | Keighley & | 29:21 | 1:20:39 + | 3 |
| 21 | K Chapman | Salford Ha | 27:51 | 1:11:54 + | 11 | 57 | M Eadie | North Fyld | 29:35 | 1:20:57 + | 3 |
| 22 | M Skinner | Blackheath | 26:27 | 1:12:14 + | 21 | 58 | I Sharples | Wesham Roa | 32:10 | 1:21:08 - | 1 |
| 23 | M Hood | Sunderland | 27:51 | 1:12:16 + | 13 | 59 | A Wilkinson | Harborough | 32:25 | 1:21:15 - | 3 |
| 24 | I Zigadlo | Ealing, So | 28:06 | 1:12:18 + | 10 | 60 | A Neesom | York Acorn | 33:17 | 1:22:40 - | 2 |
| 25 | A Dunwoody | Kent Ac | 29:12 | 1:12:26 - | 6 | 61 | J Dardis | RoySutCold | 32:59 | 1:24:27 | 0 |
| 26 | O Harradence | Solihull & | 28:27 | 1:12:34 + | 7 | Fastest runners over stage 3: | | | | | |
| 27 | A Jones | Wells City | 29:42 | 1:12:38 - | 11 | 1 | K Cullen | Highgate H | 25:53 | | |
| 28 | D Watson | Holmfirth | 28:45 | 1:12:47 + | 3 | 2 | P Riley | Leigh H & | 26:08 | | |
| 29 | P Riley | Leigh H & | 26:08 | 1:13:14 + | 22 | 3 | N Talbot | Notts Ac | 26:10 | | |
| 30 | D Leggate | Harrow Ac | 29:29 | 1:13:17 - | 2 | 4 | M Skinner | Blackheath | 26:27 | | |
| 31 | D Talbot | Trafford A | 29:50 | 1:13:36 - | 5 | 5 | F Thompson | Aldershot, | 26:35 | | |
| 32 | W Dashper | Telford Ac | 29:05 | 1:13:40 + | 7 | 6 | M Scaife | Morpeth H | 26:43 | | |
| 33 | S Gale | Leicester | 30:57 | 1:13:48 - | 18 | 7 | F Lombard | Woodford G | 26:45 | | |
| 34 | P Embleton | Chesterles | 29:47 | 1:14:16 + | 3 | 8 | M Lole | Coventry G | 26:53 | | |
| 35 | N Gould | Thames Har | 29:54 | 1:14:25 + | 3 | 9 | M Williams | Tipton Har | 26:57 | | |
| 36 | S Awoah | Brighton & | 29:42 | 1:14:47 + | 4 | 10 | E McRae | Belgrave H | 27:06 | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 4 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | |
|-----|--------------|------------|----------|-----------|------|-------------------------------|------------|------------|-------|--------------|
| 1 | S Platts | Morpeth H | 15:26 | 1:23:30 | 0 | 37 | J Taylor | Leigh H & | 19:02 | 1:32:16 - 8 |
| 2 | P Nicholls | Tipton Har | 14:21 | 1:23:47 + | 4 | 38 | S Humber | Redhill Ro | 16:53 | 1:32:42 + 3 |
| 3 | M Mashford | Aldershot, | 15:21 | 1:24:31 + | 1 | 39 | N Jones | Cheltenham | 17:35 | 1:32:49 - 1 |
| 4 | R Fraser | Owls Ac | 15:10 | 1:24:49 + | 4 | 40 | R Barton | BlackburnH | 16:38 | 1:32:54 + 4 |
| 5 | P Whitelam | Hallamshir | 14:59 | 1:24:57 + | 5 | 41 | M O'Neill | Reading Ac | 17:00 | 1:33:12 + 2 |
| 6 | T Watson | Belgrave H | 14:35 | 1:24:59 + | 8 | 42 | A Birch | Nene Valle | 16:47 | 1:33:19 + 3 |
| 7 | B Raeside | Notts Ac | 15:37 | 1:25:04 | 0 | 43 | N McGee | Leicester | 19:50 | 1:33:38 - 10 |
| 8 | C Birchall | Leeds City | 14:56 | 1:25:08 + | 3 | 44 | M Lynch | Wigan Phoe | 16:32 | 1:33:41 + 3 |
| 9 | S Body | Bedford & | 14:50 | 1:25:11 + | 4 | 45 | C Palmer | Westbury H | 17:41 | 1:33:49 - 3 |
| 10 | A Mills | Highgate H | 15:53 | 1:25:15 - | 5 | 46 | S Freeman | Liverpool | 15:38 | 1:34:03 + 6 |
| 11 | D Lewis | Shaftesbur | 16:16 | 1:25:18 - | 8 | 47 | R Linnell | Woodstock | 17:32 | 1:35:07 + 2 |
| 12 | D Awde | Bristol & | 15:10 | 1:25:26 | 0 | 48 | P Butler | Halesowen | 18:12 | 1:35:09 - 2 |
| 13 | S Hepples | Newham & E | 14:15 | 1:25:33 + | 4 | 49 | C Brown | Stroud & D | 19:22 | 1:35:10 - 9 |
| 14 | L Beck | Birchfield | 15:45 | 1:25:38 - | 5 | 50 | M Baylis | Wirral Ac | 17:25 | 1:35:13 0 |
| 15 | M Griffith | Woodford G | 16:59 | 1:25:46 - | 13 | 51 | S Clewes | BromsRedd | 18:00 | 1:35:33 - 3 |
| 16 | J Philippon | Sale Harri | 15:47 | 1:26:28 - | 1 | 52 | S Kinsey | Severn Ac | 17:35 | 1:35:41 - 1 |
| 17 | A Jones | Salford Ha | 14:38 | 1:26:32 + | 4 | 53 | L Cornwall | Wesham Roa | 16:21 | 1:37:29 + 5 |
| 18 | N Pollock | Kent Ac | 14:26 | 1:26:52 + | 7 | 54 | R Crawley | City Of Ba | 18:19 | 1:37:30 0 |
| 19 | R Weir | Derby Ac | 15:31 | 1:26:57 - | 1 | 55 | P Hancock | Harborough | 17:25 | 1:38:40 + 4 |
| 20 | B Rushworth | Sunderland | 15:01 | 1:27:17 + | 3 | 56 | A Delaney | North Fyld | 18:01 | 1:38:58 + 1 |
| 21 | A Bowden | Harrow Ac | 14:16 | 1:27:33 + | 9 | 57 | P Powell | West Bromw | 20:00 | 1:39:05 - 4 |
| 22 | G Jones | Swansea Ha | 16:17 | 1:27:52 - | 3 | 58 | J Shemilt | York Acorn | 17:46 | 1:40:26 + 2 |
| 23 | G Taylor | Trafford A | 14:26 | 1:28:02 + | 8 | 59 | P Parker | RoySutCold | 16:53 | 1:41:20 + 2 |
| 24 | S Omar | Ealing, So | 15:46 | 1:28:04 | 0 | 60 | J Dennis | Keighley & | 22:32 | 1:43:11 - 4 |
| 25 | M Pierson | Holmfirth | 15:25 | 1:28:12 + | 3 | Fastest runners over stage 4: | | | | |
| 26 | P Tucker | Blackheath | 16:04 | 1:28:18 - | 4 | 1 | S Hepples | Newham & E | 14:15 | |
| 27 | M Taylor | Coventry G | 17:33 | 1:28:21 - | 11 | 2 | A Bowden | Harrow Ac | 14:16 | |
| 28 | C Rimmer | Telford Ac | 15:11 | 1:28:51 + | 4 | 3 | P Nicholls | Tipton Har | 14:21 | |
| 29 | R Parfit | Wells City | 16:18 | 1:28:56 - | 2 | 4 | N Pollock | Kent Ac | 14:26 | |
| 30 | G Dunham | City Of No | 17:39 | 1:29:22 - | 10 | 5 | G Taylor | Trafford A | 14:26 | |
| 31 | P Morby | Solihull & | 16:51 | 1:29:25 - | 5 | 6 | T Watson | Belgrave H | 14:35 | |
| 32 | J Creeghan | Gateshead | 15:35 | 1:30:25 + | 5 | 7 | A Jones | Salford Ha | 14:38 | |
| 33 | D Old | Chesterles | 16:12 | 1:30:28 + | 1 | 8 | S Body | Bedford & | 14:50 | |
| 34 | B Brett | Brighton & | 15:57 | 1:30:44 + | 2 | 9 | C Birchall | Leeds City | 14:56 | |
| 35 | F Dudbridge | Thames Har | 16:42 | 1:31:07 | 0 | 10 | P Whitelam | Hallamshir | 14:59 | |
| 36 | M Ruddleston | Rotherham | 16:22 | 1:31:53 + | 3 | | | | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 5 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | | |
|-----|-------------|------------|----------|-----------|------|-------------------------------|---------------|------------|-------|-----------|---|
| 1 | P Wicks | Belgrave H | 26:51 | 1:51:50 + | 5 | 36 | S Hughes | Leigh H & | 29:54 | 2:02:10 + | 1 |
| 2 | D Swinburne | Morpeth H | 28:32 | 1:52:02 - | 1 | 37 | P Prosser | Brighton & | 31:54 | 2:02:38 - | 3 |
| 3 | L Northall | Tipton Har | 28:23 | 1:52:10 - | 1 | 38 | N Brookes | Rotherham | 31:14 | 2:03:07 - | 2 |
| 4 | S Deakin | Leeds City | 27:09 | 1:52:17 + | 4 | 39 | R Robinson | Gateshead | 32:48 | 2:03:13 - | 7 |
| 5 | J Ward | Bristol & | 27:25 | 1:52:51 + | 7 | 40 | P Thompson | Nene Valle | 29:58 | 2:03:17 + | 2 |
| 6 | B Stopher | Aldershot, | 28:21 | 1:52:52 - | 3 | 41 | T Munt | Reading Ac | 31:07 | 2:04:19 | 0 |
| 7 | M Dalkins | Birchfield | 27:20 | 1:52:58 + | 7 | 42 | S Powell | Westbury H | 30:47 | 2:04:36 + | 3 |
| 8 | N Jones | Salford Ha | 26:27 | 1:52:59 + | 9 | 43 | P Christopher | Wigan Phoe | 31:11 | 2:04:52 + | 1 |
| 9 | S Major | Newham & E | 27:36 | 1:53:09 + | 4 | 44 | T Marshall | Cheltenham | 32:14 | 2:05:03 - | 5 |
| 10 | H Dodwell | Highgate H | 27:58 | 1:53:13 | 0 | 45 | P Scarrett | Wirral Ac | 30:26 | 2:05:39 + | 5 |
| 11 | R Faulkner | Owls Ac | 28:29 | 1:53:18 - | 7 | 46 | R Shipway | Woodstock | 30:35 | 2:05:42 + | 1 |
| 12 | C Palmer | Notts Ac | 28:23 | 1:53:27 - | 5 | 47 | P Harrison | Liverpool | 32:00 | 2:06:03 - | 1 |
| 13 | R Powell | Bedford & | 28:38 | 1:53:49 - | 4 | 48 | J Hough | Stroud & D | 30:58 | 2:06:08 + | 1 |
| 14 | R Baker | Hallamshir | 28:55 | 1:53:52 - | 9 | 49 | C Pass | Wesham Roa | 29:30 | 2:06:59 + | 4 |
| 15 | P Green | Sale Harri | 27:41 | 1:54:09 + | 1 | 50 | M Haines | Leicester | 33:31 | 2:07:09 - | 7 |
| 16 | B Tickner | Wells City | 26:31 | 1:55:27 + | 13 | 51 | A Grant | Halesowen | 32:04 | 2:07:13 - | 3 |
| 17 | H Brown | Woodford G | 29:45 | 1:55:31 - | 2 | 52 | R Matthews | BromsRedd | 32:13 | 2:07:46 - | 1 |
| 18 | N Ratcliffe | Derby Ac | 28:47 | 1:55:44 + | 1 | 53 | S Fereday | City Of Ba | 32:35 | 2:10:05 + | 1 |
| 19 | I Cardy | Kent Ac | 28:55 | 1:55:47 - | 1 | 54 | M Gore | Harborough | 31:28 | 2:10:08 + | 1 |
| 20 | A Symonds | Shaftesbur | 30:36 | 1:55:54 - | 9 | 55 | T Sarrod | West Bromw | 31:39 | 2:10:44 + | 2 |
| 21 | A Rayner | Blackheath | 27:53 | 1:56:11 + | 5 | 56 | M Cronshaw | North Fyld | 32:07 | 2:11:05 | 0 |
| 22 | P Ward | Telford Ac | 27:50 | 1:56:41 + | 6 | 57 | M Raynes | York Acorn | 31:52 | 2:12:18 + | 1 |
| 23 | M Donkin | Sunderland | 29:27 | 1:56:44 - | 3 | 58 | L Hellawell | Keighley & | 29:23 | 2:12:34 + | 2 |
| 24 | S Tobin | Swansea Ha | 29:05 | 1:56:57 - | 2 | 59 | J Currie | RoySutCold | 33:01 | 2:14:21 | 0 |
| 25 | M Ismail | Ealing, So | 29:07 | 1:57:11 - | 1 | Fastest runners over stage 5: | | | | | |
| 26 | I Salisbury | Trafford A | 29:35 | 1:57:37 - | 3 | 1 | N Jones | Salford Ha | 26:27 | | |
| 27 | J O'Neill | City Of No | 28:16 | 1:57:38 + | 3 | 2 | B Tickner | Wells City | 26:31 | | |
| 28 | E Combstock | Coventry G | 29:52 | 1:58:13 - | 1 | 3 | P Wicks | Belgrave H | 26:51 | | |
| 29 | A Shaw | Holmfirth | 30:09 | 1:58:21 - | 4 | 4 | S Deakin | Leeds City | 27:09 | | |
| 30 | M Rahim | Harrow Ac | 31:36 | 1:59:09 - | 9 | 5 | M Dalkins | Birchfield | 27:20 | | |
| 31 | P Froggatt | Solihull & | 30:34 | 1:59:59 | 0 | 6 | J Ward | Bristol & | 27:25 | | |
| 32 | S Laws | Chesterles | 29:42 | 2:00:10 + | 1 | 7 | S Major | Newham & E | 27:36 | | |
| 33 | B Fish | BlackburnH | 28:06 | 2:01:00 + | 7 | 8 | P Green | Sale Harri | 27:41 | | |
| 34 | A Howe | Thames Har | 30:09 | 2:01:16 + | 1 | 9 | P Ward | Telford Ac | 27:50 | | |
| 35 | A Tarry | Redhill Ro | 28:56 | 2:01:38 + | 3 | 10 | A Rayner | Blackheath | 27:53 | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 6 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-------------------------------|--------------|------------|----------|-----------|------|
| 1 | J Blackledge | Belgrave H | 14:38 | 2:06:28 | 0 |
| 2 | M Buntin | Tipton Har | 15:14 | 2:07:24 + | 1 |
| 3 | S Mitchell | Leeds City | 15:27 | 2:07:44 + | 1 |
| 4 | M Openshaw | Birchfield | 14:50 | 2:07:48 + | 3 |
| 5 | C Winward | Salford Ha | 14:54 | 2:07:53 + | 3 |
| 6 | S Kirtley | Morpeth H | 16:03 | 2:08:05 - | 4 |
| 7 | J Ellis | Aldershot, | 15:20 | 2:08:12 - | 1 |
| 8 | D Bickham | Highgate H | 15:26 | 2:08:39 + | 2 |
| 9 | P Rowland | Notts Ac | 15:13 | 2:08:40 + | 3 |
| 10 | T Bilham | Newham & E | 15:39 | 2:08:48 - | 1 |
| 11 | N Adams | Bristol & | 16:00 | 2:08:51 - | 6 |
| 12 | G Keight | Hallamshir | 15:17 | 2:09:09 + | 2 |
| 13 | T Meakin | Owls Ac | 15:56 | 2:09:14 - | 2 |
| 14 | A Inskip | Bedford & | 15:35 | 2:09:24 - | 1 |
| 15 | F Tickner | Wells City | 14:21 | 2:09:48 + | 1 |
| 16 | I Wetherall | Sale Harri | 15:42 | 2:09:51 - | 1 |
| 17 | K Farrow | Derby Ac | 15:00 | 2:10:44 + | 1 |
| 18 | J Headley | Kent Ac | 16:08 | 2:11:55 + | 1 |
| 19 | W Foster | Blackheath | 15:51 | 2:12:02 + | 2 |
| 20 | P Simons | Shaftesbur | 16:12 | 2:12:06 | 0 |
| 21 | H Jama | Ealing, So | 15:05 | 2:12:16 + | 4 |
| 22 | L Brovell | Sunderland | 15:35 | 2:12:19 + | 1 |
| 23 | H Wyber | Woodford G | 17:00 | 2:12:31 - | 6 |
| 24 | A Holliday | Trafford A | 15:13 | 2:12:50 + | 2 |
| 25 | I Ilie | Telford Ac | 16:21 | 2:13:02 - | 3 |
| 26 | M Davies | Swansea Ha | 16:19 | 2:13:16 - | 2 |
| 27 | R Taylor | Coventry G | 15:33 | 2:13:46 + | 1 |
| 28 | S Jones | City Of No | 16:36 | 2:14:14 - | 1 |
| 29 | J Stewart | Holmfirth | 16:44 | 2:15:05 | 0 |
| 30 | G Tyler | Harrow Ac | 16:22 | 2:15:31 | 0 |
| 31 | S Well | Chesterles | 17:09 | 2:17:19 + | 1 |
| 32 | E Lees | Thames Har | 16:22 | 2:17:38 + | 2 |
| 33 | L Stubbs | Redhill Ro | 16:10 | 2:17:48 + | 2 |
| 34 | M Lees | Solihull & | 17:51 | 2:17:50 - | 3 |
| 35 | M Almond | BlackburnH | 17:36 | 2:18:36 - | 2 |
| 36 | J Hogg | Gateshead | 16:08 | 2:19:21 + | 3 |
| 37 | L Taub | Brighton & | 16:57 | 2:19:35 | 0 |
| 38 | J Nash | Nene Valle | 16:24 | 2:19:41 + | 2 |
| 39 | W Vayro | Rotherham | 16:54 | 2:20:01 - | 1 |
| 40 | J Cooke | Leigh H & | 18:08 | 2:20:18 - | 4 |
| 41 | M Curson | Reading Ac | 16:41 | 2:21:00 | 0 |
| 42 | D Townsend | Wigan Phoe | 16:30 | 2:21:22 + | 1 |
| 43 | C Bailey | Cheltenham | 17:19 | 2:22:22 + | 1 |
| 44 | A Devoy | Wirral Ac | 17:27 | 2:23:06 + | 1 |
| 45 | N Miller | Westbury H | 18:49 | 2:23:25 - | 3 |
| 46 | C Birch | Woodstock | 17:59 | 2:23:41 | 0 |
| 47 | B Thompson | Halesowen | 18:16 | 2:25:29 + | 4 |
| 48 | D Hough | Stroud & D | 20:35 | 2:26:43 | 0 |
| 49 | G Vickers | Wesham Roa | 19:44 | 2:26:43 | 0 |
| 50 | O Thwaites | City Of Ba | 16:50 | 2:26:55 + | 3 |
| 51 | S Bach | BromsRedd | 19:10 | 2:26:56 + | 1 |
| 52 | M Carr | West Bromw | 17:56 | 2:28:40 + | 3 |
| 53 | T Harrison | Harborough | 18:48 | 2:28:56 + | 1 |
| 54 | M Dowson | York Acorn | 18:11 | 2:30:29 + | 3 |
| 55 | S Calderbank | North Fyld | 19:53 | 2:30:58 + | 1 |
| 56 | L Kellett | Keighley & | 19:58 | 2:32:32 + | 2 |
| 57 | S Rlph | RoySutCold | 18:41 | 2:33:02 + | 2 |
| Fastest runners over stage 6: | | | | | |
| 1 | F Tickner | Wells City | 14:21 | | |
| 2 | J Blackledge | Belgrave H | 14:38 | | |
| 3 | M Openshaw | Birchfield | 14:50 | | |
| 4 | C Winward | Salford Ha | 14:54 | | |
| 5 | K Farrow | Derby Ac | 15:00 | | |
| 6 | H Jama | Ealing, So | 15:05 | | |
| 7 | P Rowland | Notts Ac | 15:13 | | |
| 8 | A Holliday | Trafford A | 15:13 | | |
| 9 | M Buntin | Tipton Har | 15:14 | | |
| 10 | G Keight | Hallamshir | 15:17 | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 7 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-----|--------------|------------|----------|-----------|------|
| 1 | D Anerson | Belgrave H | 26:34 | 2:33:02 | 0 |
| 2 | W Taragon | Birchfield | 25:36 | 2:33:24 + | 2 |
| 3 | R Whalley | Bristol & | 26:09 | 2:35:00 + | 8 |
| 4 | M Hudspith | Morpeth H | 27:03 | 2:35:08 + | 2 |
| 5 | M Burrett | Leeds City | 27:37 | 2:35:21 - | 2 |
| 6 | B Moreau | Aldershot, | 27:15 | 2:35:27 + | 1 |
| 7 | D Daniels | Salford Ha | 27:36 | 2:35:29 - | 2 |
| 8 | M Lockett | Tipton Har | 28:21 | 2:35:45 - | 6 |
| 9 | W Levett | Bedford & | 26:46 | 2:36:10 + | 5 |
| 10 | A Thake | Hallamshir | 27:56 | 2:37:05 + | 2 |
| 11 | N Mapp | Owls Ac | 27:53 | 2:37:07 + | 2 |
| 12 | B Hellmers | Newham & E | 28:55 | 2:37:43 - | 2 |
| 13 | A Baker | Wells City | 27:59 | 2:37:47 + | 2 |
| 14 | S Mills | Sale Harri | 27:58 | 2:37:49 + | 2 |
| 15 | C Davies | Telford Ac | 25:21 | 2:38:23 + | 10 |
| 16 | J Pes | Highgate H | 30:05 | 2:38:44 - | 8 |
| 17 | D Potter | Notts Ac | 30:08 | 2:38:48 - | 8 |
| 18 | R Bentley | Blackheath | 27:57 | 2:39:59 + | 1 |
| 19 | D Ridout | Derby Ac | 29:42 | 2:40:26 - | 2 |
| 20 | D Askie | Ealing, So | 28:30 | 2:40:46 + | 1 |
| 21 | J McGaughey | Kent Ac | 28:53 | 2:40:48 - | 3 |
| 22 | S Smith | Swansea Ha | 27:34 | 2:40:50 + | 4 |
| 23 | G Mobbs | Shaftesbur | 28:49 | 2:40:55 - | 3 |
| 24 | T Field | Sunderland | 29:16 | 2:41:35 - | 2 |
| 25 | D Barker | Trafford A | 29:37 | 2:42:27 - | 1 |
| 26 | B Kotelo | Woodford G | 30:23 | 2:42:54 - | 3 |
| 27 | J Griggs | Coventry G | 30:42 | 2:44:28 | 0 |
| 28 | M Cursons | Harrow Ac | 29:35 | 2:45:06 + | 2 |
| 29 | J Rank | Holmfirth | 30:10 | 2:45:15 | 0 |
| 30 | I Harkness | Thames Har | 28:19 | 2:45:57 + | 2 |
| 31 | R Goose | City Of No | 31:49 | 2:46:03 - | 3 |
| 32 | L Barton | BlackburnH | 30:02 | 2:48:38 + | 3 |
| 33 | S Pigford | Chesterles | 31:30 | 2:48:49 - | 2 |
| 34 | J Ashley | Solihull & | 31:04 | 2:48:54 | 0 |
| 35 | T Boardman | Leigh H & | 28:57 | 2:49:15 + | 5 |
| 36 | P Froud | Brighton & | 29:51 | 2:49:26 + | 1 |
| 37 | S Owen | Nene Valle | 30:06 | 2:49:47 + | 1 |
| 38 | M McHale | Redhill Ro | 32:42 | 2:50:30 - | 5 |
| 39 | R Hart | Wigan Phoe | 29:30 | 2:50:52 + | 3 |
| 40 | P Neal | Rotherham | 32:12 | 2:52:13 - | 1 |
| 41 | M Gitting | Reading Ac | 31:26 | 2:52:26 | 0 |
| 42 | M Hudston | Gateshead | 33:21 | 2:52:42 - | 6 |
| 43 | P Kilgallon | Wirral Ac | 31:16 | 2:54:22 + | 1 |
| 44 | W Nock | Halesowen | 29:26 | 2:54:55 + | 3 |
| 45 | E Prince | Cheltenham | 33:12 | 2:55:34 - | 2 |
| 46 | M White | Westbury H | 32:55 | 2:56:20 - | 1 |
| 47 | N Riddell | Woodstock | 34:34 | 2:58:15 - | 1 |
| 48 | D Standon | Stroud & D | 31:39 | 2:58:22 | 0 |
| 49 | L Barlow | Wesham Roa | 31:45 | 2:58:28 | 0 |
| 50 | S Clifford | City Of Ba | 31:42 | 2:58:37 | 0 |
| 51 | I Keyte | BromsRedd | 32:56 | 2:59:52 | 0 |
| 52 | A Burt | York Acorn | 30:26 | 3:00:55 + | 2 |
| 53 | M Calatafini | West Bromw | 33:10 | 3:01:50 - | 1 |
| 54 | C Webb | Harborough | 33:41 | 3:02:37 - | 1 |
| 55 | S Robinson | North Fyld | 32:45 | 3:03:43 | 0 |
| 56 | L Spencer | Keighley & | 33:20 | 3:05:52 | 0 |
| 57 | P Kenney | RoySutCold | 33:04 | 3:06:06 | 0 |

Fastest runners over stage 7:

| | | | |
|----|------------|------------|-------|
| 1 | C Davies | Telford Ac | 25:21 |
| 2 | W Taragon | Birchfield | 25:36 |
| 3 | R Whalley | Bristol & | 26:09 |
| 4 | D Anerson | Belgrave H | 26:34 |
| 5 | W Levett | Bedford & | 26:46 |
| 6 | M Hudspith | Morpeth H | 27:03 |
| 7 | B Moreau | Aldershot, | 27:15 |
| 8 | S Smith | Swansea Ha | 27:34 |
| 9 | D Daniels | Salford Ha | 27:36 |
| 10 | M Burrett | Leeds City | 27:37 |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 8 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-------------------------------|--------------|------------|----------|-----------|------|
| 1 | K Nash | Belgrave H | 14:40 | 2:47:42 | 0 |
| 2 | S Edmonds | Birchfield | 16:06 | 2:49:30 | 0 |
| 3 | J Willis | Bristol & | 14:51 | 2:49:51 | 0 |
| 4 | A Osborne | Leeds City | 15:14 | 2:50:35 + | 1 |
| 5 | K Quinn | Aldershot, | 15:09 | 2:50:36 + | 1 |
| 6 | O Matthews | Bedford & | 14:48 | 2:50:58 + | 3 |
| 7 | D Milliken | Salford Ha | 15:37 | 2:51:06 | 0 |
| 8 | L Atkinson | Morpeth H | 16:01 | 2:51:09 - | 4 |
| 9 | S Murcott | Tipton Har | 15:49 | 2:51:34 - | 1 |
| 10 | M Bishop | Hallamshir | 15:39 | 2:52:44 | 0 |
| 11 | R Bromley | Owls Ac | 15:45 | 2:52:52 | 0 |
| 12 | G Kirk | Sale Harri | 15:57 | 2:53:46 + | 2 |
| 13 | J Corbett | Newham & E | 16:17 | 2:54:00 - | 1 |
| 14 | A Thomas | Wells City | 16:31 | 2:54:18 - | 1 |
| 15 | S Needs | Telford Ac | 16:41 | 2:55:04 | 0 |
| 16 | E Southam | Highgate H | 16:25 | 2:55:09 | 0 |
| 17 | S Jennings | Notts Ac | 16:47 | 2:55:35 | 0 |
| 18 | I William | Derby Ac | 15:18 | 2:55:44 + | 1 |
| 19 | J Thorpe | Blackheath | 16:01 | 2:56:00 - | 1 |
| 20 | A Murphy | Shaftesbur | 15:07 | 2:56:02 + | 3 |
| 21 | D Beynon | Swansea Ha | 15:23 | 2:56:13 + | 1 |
| 22 | S Coxon | Sunderland | 16:17 | 2:57:52 + | 2 |
| 23 | L Kirlew | Kent Ac | 17:07 | 2:57:55 - | 2 |
| 24 | T Lancley | Ealing, So | 17:14 | 2:58:00 - | 4 |
| 25 | A Brown | Woodford G | 15:54 | 2:58:48 + | 1 |
| 26 | J Howe | Trafford A | 17:20 | 2:59:47 - | 1 |
| 27 | N Edwards | Coventry G | 15:46 | 3:00:14 | 0 |
| 28 | T McIntyre | Harrow Ac | 17:44 | 3:02:50 | 0 |
| 29 | A Kennis | Thames Har | 16:55 | 3:02:52 + | 1 |
| 30 | S Rimmer | Holmfirth | 17:40 | 3:02:55 - | 1 |
| 31 | G Courtnell | City Of No | 17:05 | 3:03:08 | 0 |
| 32 | M Blackburn | BlackburnH | 17:24 | 3:06:02 | 0 |
| 33 | J Baxter | Brighton & | 17:09 | 3:06:35 + | 3 |
| 34 | N Grimer | Nene Valle | 16:50 | 3:06:37 + | 3 |
| 35 | S Winter | Chesterles | 18:02 | 3:06:51 - | 2 |
| 36 | S Howes | Solihull & | 18:02 | 3:06:56 - | 2 |
| 37 | M Manir | Wigan Phoe | 17:11 | 3:08:03 + | 2 |
| 38 | C Greyson | Redhill Ro | 17:38 | 3:08:08 | 0 |
| 39 | R Kinnersley | Reading Ac | 16:35 | 3:09:01 + | 2 |
| 40 | D Helps | Leigh H & | 19:52 | 3:09:07 - | 5 |
| 41 | S Gaines | Rotherham | 17:41 | 3:09:54 - | 1 |
| 42 | C Paton | Gateshead | 17:28 | 3:10:10 | 0 |
| 43 | M Clay | Halesowen | 15:20 | 3:10:15 + | 1 |
| 44 | O Hird | Wirral Ac | 17:21 | 3:11:43 - | 1 |
| 45 | A Gore | Cheltenham | 16:35 | 3:12:09 | 0 |
| 46 | K Hill | Westbury H | 18:16 | 3:14:36 | 0 |
| 47 | A Buckingham | City Of Ba | 16:43 | 3:15:20 + | 3 |
| 48 | C Thompson | Woodstock | 17:37 | 3:15:52 - | 1 |
| 49 | R Mabbett | Wesham Roa | 18:44 | 3:17:12 | 0 |
| 50 | A Jones | Stroud & D | 19:33 | 3:17:55 - | 2 |
| 51 | M Grahah | BromsRedd | 18:27 | 3:18:19 | 0 |
| 52 | S Cowan | York Acorn | 17:41 | 3:18:36 | 0 |
| 53 | D Davis | West Bromw | 19:41 | 3:21:31 | 0 |
| 54 | N Hume | North Fyld | 18:02 | 3:21:45 + | 1 |
| 55 | R Brown | Harborough | 19:14 | 3:21:51 - | 1 |
| 56 | J Dalzell | RoySutCold | 18:08 | 3:24:14 + | 1 |
| 57 | G Gill | Keighley & | 18:35 | 3:24:27 - | 1 |
| Fastest runners over stage 8: | | | | | |
| 1 | K Nash | Belgrave H | 14:40 | | |
| 2 | O Matthews | Bedford & | 14:48 | | |
| 3 | J Willis | Bristol & | 14:51 | | |
| 4 | A Murphy | Shaftesbur | 15:07 | | |
| 5 | K Quinn | Aldershot, | 15:09 | | |
| 6 | A Osborne | Leeds City | 15:14 | | |
| 7 | I William | Derby Ac | 15:18 | | |
| 8 | M Clay | Halesowen | 15:20 | | |
| 9 | D Beynon | Swansea Ha | 15:23 | | |
| 10 | D Milliken | Salford Ha | 15:37 | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 9 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | | |
|-----|---------------|------------|----------|-----------|------|-------------------------------|-----------------|------------|---------|-----------|----|
| 1 | M Miles | Belgrave H | 25:50 | 3:13:32 | 0 | 34 | A Ward | Wigan Phoe | 29:29 | 3:37:32 + | 3 |
| 2 | J Moorhouse | Birchfield | 26:58 | 3:16:28 | 0 | 35 | P Newton | Redhill Ro | 29:48 | 3:37:56 + | 3 |
| 3 | P Parry | Bristol & | 27:51 | 3:17:42 | 0 | 36 | S LidgateTaylor | Solihull & | 31:03 | 3:37:59 | 0 |
| 4 | D Deed | Bedford & | 26:53 | 3:17:51 + | 2 | 37 | G Williams | Nene Valle | 31:57 | 3:38:34 - | 3 |
| 5 | B Hilton | Leeds City | 27:25 | 3:18:00 - | 1 | 38 | S Johnson | Reading Ac | 31:18 | 3:40:19 + | 1 |
| 6 | G Smith | Aldershot, | 28:13 | 3:18:49 - | 1 | 39 | X Desse | Wirral Ac | 29:58 | 3:41:41 + | 5 |
| 7 | C Hardman | Salford Ha | 28:20 | 3:19:26 | 0 | 40 | C Hainsworth | Gateshead | 31:41 | 3:41:51 + | 2 |
| 8 | M Farah | Newham & E | 25:33 | 3:19:33 + | 5 | 41 | S Geggie | Halesowen | 31:51 | 3:42:06 + | 2 |
| 9 | N Shrubbs | Morpeth H | 29:26 | 3:20:35 - | 1 | 42 | N Pendlebury | Leigh H & | 34:33 | 3:43:40 - | 2 |
| 10 | S Shepley | Tipton Har | 29:16 | 3:20:50 - | 1 | 43 | I Giles | Cheltenham | 33:50 | 3:45:59 + | 2 |
| 11 | C O'Neill | Owls Ac | 28:12 | 3:21:04 | 0 | 44 | J Greeves | Woodstock | 30:26 | 3:46:18 + | 4 |
| 12 | P Johnson | Hallamshir | 29:50 | 3:22:34 - | 2 | 45 | H Care | York Acorn | 28:26 | 3:47:02 + | 7 |
| 13 | R Flannery | Sale Harri | 28:58 | 3:22:44 - | 1 | 46 | B Corlett | City Of Ba | 32:13 | 3:47:33 + | 1 |
| 14 | M Steinle | Blackheath | 27:34 | 3:23:34 + | 5 | 47 | T Jefferies | Westbury H | 34:34 | 3:49:10 - | 1 |
| 15 | T Bush | Wells City | 29:38 | 3:23:56 - | 1 | 48 | M Davis | Stroud & D | 31:54 | 3:49:49 + | 2 |
| 16 | P Coulson | Highgate H | 29:42 | 3:24:51 | 0 | 49 | B Peatfield | Wesham Roa | 32:40 | 3:49:52 | 0 |
| 17 | R Hailey | Telford Ac | 29:51 | 3:24:55 - | 2 | 50 | P Atkins | BromsRedd | 32:02 | 3:50:21 + | 1 |
| 18 | T Johnson | Notts Ac | 29:46 | 3:25:21 - | 1 | 51 | P Swaine | Harborough | 31:21 | 3:53:12 + | 4 |
| 19 | P Griffiths | Swansea Ha | 29:10 | 3:25:23 + | 2 | 52 | K Moore | West Bromw | 31:53 | 3:53:24 + | 1 |
| 20 | E Mayers | Shaftesbur | 30:13 | 3:26:15 | 0 | 53 | G Johnston | North Fyld | 32:34 | 3:54:19 + | 1 |
| 21 | P Bains | Derby Ac | 30:41 | 3:26:25 - | 3 | 54 | M Evans | RoySutCold | 31:23 | 3:55:37 + | 2 |
| 22 | R Munn | Kent Ac | 29:37 | 3:27:32 + | 1 | 55 | S Curtis | Keighley & | 33:52 | 3:58:19 + | 2 |
| 23 | T Pamphillion | Woodford G | 29:41 | 3:28:29 + | 2 | 56 | G Thraves | Chesterles | 1:15:47 | 4:22:38 - | 21 |
| 24 | J Blanchard | Ealing, So | 31:23 | 3:29:23 | 0 | Fastest runners over stage 9: | | | | | |
| 25 | G Harden | Sunderland | 31:48 | 3:29:40 - | 3 | 1 | M Farah | Newham & E | 25:33 | | |
| 26 | I Jones | Coventry G | 29:59 | 3:30:13 + | 1 | 2 | M Miles | Belgrave H | 25:50 | | |
| 27 | C Tipton | Trafford A | 31:44 | 3:31:31 - | 1 | 3 | D Deed | Bedford & | 26:53 | | |
| 28 | R Sales | City Of No | 29:20 | 3:32:28 + | 3 | 4 | J Moorhouse | Birchfield | 26:58 | | |
| 29 | J Bignall | Harrow Ac | 30:52 | 3:33:42 - | 1 | 5 | B Hilton | Leeds City | 27:25 | | |
| 30 | R Spencer | Holmfirth | 30:54 | 3:33:49 | 0 | 6 | M Steinle | Blackheath | 27:34 | | |
| 31 | M Lynas | Thames Har | 31:18 | 3:34:10 - | 2 | 7 | P Parry | Bristol & | 27:51 | | |
| 32 | T Cornthwaite | BlackburnH | 28:25 | 3:34:27 | 0 | 8 | C O'Neill | Owls Ac | 28:12 | | |
| 33 | P Illott | Brighton & | 29:47 | 3:36:22 | 0 | 9 | G Smith | Aldershot, | 28:13 | | |
| | | | | | | 10 | C Hardman | Salford Ha | 28:20 | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 10 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | |
|-----|----------------|------------|----------|-----------|------|--------------------------------|----------------|------------|-------|-------------|
| 1 | S Sharp | Belgrave H | 14:24 | 3:27:56 | 0 | 47 | M Duxbury | Stroud & D | 17:24 | 4:07:13 + 1 |
| 2 | M Whitehouse | Birchfield | 14:54 | 3:31:22 | 0 | 48 | J Collier | Wesham Roa | 18:05 | 4:07:57 + 1 |
| 3 | L Cadman | Bedford & | 14:39 | 3:32:30 + | 1 | 49 | P Anderson | BromsRedd | 17:53 | 4:08:14 + 1 |
| 4 | T Kingsnorth | Bristol & | 15:41 | 3:33:23 - | 1 | 50 | M Harris | Westbury H | 19:57 | 4:09:07 - 3 |
| 5 | A Adams | Leeds City | 15:34 | 3:33:34 | 0 | 51 | W Freeman | Harborough | 19:21 | 4:12:33 0 |
| 6 | M Leslie | Aldershot, | 15:44 | 3:34:33 | 0 | 52 | *Not Declared* | North Fyld | 18:16 | 4:12:35 + 1 |
| 7 | G Richards | Salford Ha | 15:46 | 3:35:12 | 0 | 53 | D Heeley | West Bromw | 20:22 | 4:13:46 - 1 |
| 8 | A Mitchell | Newham & E | 16:09 | 3:35:42 | 0 | 54 | D Hyde | RoySutCold | 18:44 | 4:14:21 0 |
| 9 | M Hager | Tipton Har | 15:41 | 3:36:31 + | 1 | 55 | J Butler | Keighley & | 16:41 | 4:15:00 0 |
| 10 | A Lawrence | Morpeth H | 16:21 | 3:36:56 - | 1 | Fastest runners over stage 10: | | | | |
| 11 | J Williams | Owls Ac | 16:22 | 3:37:26 | 0 | 1 | S Sharp | Belgrave H | 14:24 | |
| 12 | J Bailey | Sale Harri | 15:14 | 3:37:58 + | 1 | 2 | L Cadman | Bedford & | 14:39 | |
| 13 | G Turner | Hallamshir | 15:26 | 3:38:00 - | 1 | 3 | M Whitehouse | Birchfield | 14:54 | |
| 14 | A Henderson | Wells City | 15:28 | 3:39:24 + | 1 | 4 | J Bailey | Sale Harri | 15:14 | |
| 15 | R Smith | Blackheath | 16:33 | 3:40:07 - | 1 | 5 | G Turner | Hallamshir | 15:26 | |
| 16 | D Mansbridge | Telford Ac | 15:58 | 3:40:53 + | 1 | 6 | A Henderson | Wells City | 15:28 | |
| 17 | D Rees | Swansea Ha | 16:00 | 3:41:23 + | 2 | 7 | A Adams | Leeds City | 15:34 | |
| 18 | J Rogers | Highgate H | 16:37 | 3:41:28 - | 2 | 8 | J Hammond | Coventry G | 15:39 | |
| 19 | M Benford | Notts Ac | 16:17 | 3:41:38 - | 1 | 9 | M Hager | Tipton Har | 15:41 | |
| 20 | A Jackson | Shaftesbur | 16:03 | 3:42:18 | 0 | 10 | T Kingsnorth | Bristol & | 15:41 | |
| 21 | S D'Amico | Derby Ac | 16:06 | 3:42:31 | 0 | | | | | |
| 22 | B Hutchinson | Kent Ac | 17:12 | 3:44:44 | 0 | | | | | |
| 23 | C Brotherton | Woodford G | 16:56 | 3:45:25 | 0 | | | | | |
| 24 | J Hammond | Coventry G | 15:39 | 3:45:52 + | 2 | | | | | |
| 25 | A Dodd | Ealing, So | 17:10 | 3:46:33 - | 1 | | | | | |
| 26 | P Redman | Sunderland | 17:52 | 3:47:32 - | 1 | | | | | |
| 27 | E Kennewell | Trafford A | 17:47 | 3:49:18 | 0 | | | | | |
| 28 | M Dewhirst | Holmfirth | 16:13 | 3:50:02 + | 2 | | | | | |
| 29 | D Hurren | City Of No | 18:11 | 3:50:39 - | 1 | | | | | |
| 30 | J Watson | Thames Har | 17:17 | 3:51:27 + | 1 | | | | | |
| 31 | M Lepps | Harrow Ac | 18:13 | 3:51:55 - | 2 | | | | | |
| 32 | A Shorrock | BlackburnH | 17:36 | 3:52:03 | 0 | | | | | |
| 33 | S GrangerBevan | Brighton & | 16:40 | 3:53:02 | 0 | | | | | |
| 34 | P Weall | Wigan Phoe | 17:20 | 3:54:52 | 0 | | | | | |
| 35 | M Balls | Nene Valle | 16:24 | 3:54:58 + | 2 | | | | | |
| 36 | J Shanahan | Solihull & | 18:35 | 3:56:34 | 0 | | | | | |
| 37 | S Pascoe | Redhill Ro | 18:47 | 3:56:43 - | 2 | | | | | |
| 38 | P Gittings | Reading Ac | 17:29 | 3:57:48 | 0 | | | | | |
| 39 | N Hazelwood | Halesowen | 16:29 | 3:58:35 + | 2 | | | | | |
| 40 | G Brookes | Wirral Ac | 17:55 | 3:59:36 - | 1 | | | | | |
| 41 | G Smith | Gateshead | 17:58 | 3:59:49 - | 1 | | | | | |
| 42 | S Spillane | Leigh H & | 17:54 | 4:01:34 | 0 | | | | | |
| 43 | K Adams | Woodstock | 18:02 | 4:04:20 + | 1 | | | | | |
| 44 | M Lawn | York Acorn | 17:34 | 4:04:36 + | 1 | | | | | |
| 45 | P New | Cheltenham | 18:41 | 4:04:40 - | 2 | | | | | |
| 46 | A Diffey | City Of Ba | 17:45 | 4:05:18 | 0 | | | | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 11 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | | |
|-----|-------------|------------|----------|----------|------|--------------------------------|-------------|------------|-------|---------|-----|
| 1 | S Barden | Belgrave H | 26:05 | 3:54:01 | 0 | 37 | M Proven | Reading Ac | 31:28 | 4:29:16 | + 1 |
| 2 | M Yacqub | Birchfield | 26:12 | 3:57:34 | 0 | 38 | G Lawrence | Solihull & | 33:47 | 4:30:21 | - 2 |
| 3 | D Bilton | Leeds City | 27:05 | 4:00:39 | + 2 | 39 | A Turvey | Halesowen | 32:05 | 4:30:40 | 0 |
| 4 | A Mawdsley | Bedford & | 28:24 | 4:00:54 | - 1 | 40 | P Howarth | Wirral Ac | 32:36 | 4:32:12 | 0 |
| 5 | M O'Doherty | Bristol & | 28:30 | 4:01:53 | - 1 | 41 | K Boardman | Leigh H & | 32:01 | 4:33:35 | + 1 |
| 6 | K Stone | Newham & E | 27:20 | 4:03:02 | + 2 | 42 | T Hunn | Woodstock | 30:08 | 4:34:28 | + 1 |
| 7 | G O'Neill | Salford Ha | 28:05 | 4:03:17 | 0 | 43 | F Devlin | Gateshead | 34:49 | 4:34:38 | - 2 |
| 8 | R Batchelor | Aldershot, | 29:29 | 4:04:02 | - 2 | 44 | P Goble | York Acorn | 30:37 | 4:35:13 | 0 |
| 9 | M Brown | Morpeth H | 27:48 | 4:04:44 | + 1 | 45 | G Davies | City Of Ba | 31:05 | 4:36:23 | + 1 |
| 10 | D Augustus | Sale Harri | 26:56 | 4:04:54 | + 2 | 46 | M Cardew | Cheltenham | 33:31 | 4:38:11 | - 1 |
| 11 | P Edmondson | Tipton Har | 28:47 | 4:05:18 | - 2 | 47 | C Frapwell | Stroud & D | 31:05 | 4:38:18 | 0 |
| 12 | M Broadhead | Hallamshir | 28:47 | 4:06:47 | + 1 | 48 | P Cruse | Wesham Roa | 31:49 | 4:39:46 | 0 |
| 13 | T Boyce | Owls Ac | 29:37 | 4:07:03 | - 2 | 49 | D Kesterton | BromsRedd | 31:40 | 4:39:54 | 0 |
| 14 | S Newport | Blackheath | 28:01 | 4:08:08 | + 1 | 50 | I Powell | Westbury H | 30:59 | 4:40:06 | 0 |
| 15 | M Blunden | Notts Ac | 27:35 | 4:09:13 | + 4 | 51 | G Davies | North Fyld | 31:12 | 4:43:47 | + 1 |
| 16 | J James | Wells City | 30:49 | 4:10:13 | - 2 | 52 | M Davis | Harborough | 32:49 | 4:45:22 | - 1 |
| 17 | D Burbidge | Highgate H | 29:18 | 4:10:46 | + 1 | 53 | G Clifton | West Bromw | 33:07 | 4:46:53 | 0 |
| 18 | D Naylor | Swansea Ha | 30:01 | 4:11:24 | - 1 | 54 | J Fletcher | RoySutCold | 33:27 | 4:47:48 | 0 |
| 19 | P Plant | Telford Ac | 30:40 | 4:11:33 | - 3 | 55 | P Hindle | Keighley & | 34:52 | 4:49:52 | 0 |
| 20 | R Breen | Shaftesbur | 31:56 | 4:14:14 | 0 | Fastest runners over stage 11: | | | | | |
| 21 | I Stevens | Derby Ac | 31:54 | 4:14:25 | 0 | 1 | S Barden | Belgrave H | 26:05 | | |
| 22 | R Holland | Woodford G | 29:47 | 4:15:12 | + 1 | 2 | M Yacqub | Birchfield | 26:12 | | |
| 23 | L Armitage | Kent Ac | 30:29 | 4:15:13 | - 1 | 3 | D Augustus | Sale Harri | 26:56 | | |
| 24 | C Deasy | Coventry G | 29:35 | 4:15:27 | 0 | 4 | D Bilton | Leeds City | 27:05 | | |
| 25 | R Brown | Ealing, So | 31:58 | 4:18:31 | 0 | 5 | K Stone | Newham & E | 27:20 | | |
| 26 | J Dobson | Sunderland | 31:40 | 4:19:12 | 0 | 6 | M Blunden | Notts Ac | 27:35 | | |
| 27 | S Wurr | Thames Har | 28:07 | 4:19:34 | + 3 | 7 | M Brown | Morpeth H | 27:48 | | |
| 28 | I Bailey | City Of No | 29:17 | 4:19:56 | + 1 | 8 | S Newport | Blackheath | 28:01 | | |
| 29 | B Reese | Trafford A | 30:48 | 4:20:06 | - 2 | 9 | I Abbott | Redhill Ro | 28:04 | | |
| 30 | M Colligan | BlackburnH | 28:54 | 4:20:57 | + 2 | 10 | G O'Neill | Salford Ha | 28:05 | | |
| 31 | A Wray | Harrow Ac | 30:20 | 4:22:15 | 0 | | | | | | |
| 32 | A Donno | Brighton & | 30:00 | 4:23:02 | + 1 | | | | | | |
| 33 | J Heywood | Holmfirth | 33:20 | 4:23:22 | - 5 | | | | | | |
| 34 | I Abbott | Redhill Ro | 28:04 | 4:24:47 | + 3 | | | | | | |
| 35 | I Aunger | Nene Valle | 29:53 | 4:24:51 | 0 | | | | | | |
| 36 | C Wilson | Wigan Phoe | 30:33 | 4:25:25 | - 2 | | | | | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays - Mens 12 Stage Stage 12 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Time Gain |
|--------------------------------|---------------|------------|----------|-----------|-----------|
| 1 | C Moss | Belgrave H | 14:35 | 4:08:36 | 0 |
| 2 | T Payn | Birchfield | 14:39 | 4:12:13 | 0 |
| 3 | K Ritchie | Leeds City | 15:20 | 4:15:59 | 0 |
| 4 | S Herring | Bedford & | 15:26 | 4:16:20 | 0 |
| 5 | R Bugden | Bristol & | 14:39 | 4:16:32 | 0 |
| 6 | G Whellams | Salford Ha | 15:46 | 4:19:03 + | 1 |
| 7 | L Crispin | Newham & E | 16:17 | 4:19:19 - | 1 |
| 8 | G McCourt | Aldershot, | 15:57 | 4:19:59 | 0 |
| 9 | A Blair | Sale Harri | 15:24 | 4:20:18 + | 1 |
| 10 | J Lisiewicz | Morpeth H | 15:52 | 4:20:36 - | 1 |
| 11 | I Pierce | Tipton Har | 15:24 | 4:20:42 | 0 |
| 12 | A Dyson | Hallamshir | 15:03 | 4:21:50 | 0 |
| 13 | J Mills | Blackheath | 14:49 | 4:22:57 + | 1 |
| 14 | T Doran | Owls Ac | 16:07 | 4:23:10 - | 1 |
| 15 | M Wakefield | Notts Ac | 16:01 | 4:25:14 | 0 |
| 16 | P Richards | Swansea Ha | 15:13 | 4:26:37 + | 2 |
| 17 | D Wythe | Wells City | 16:28 | 4:26:41 - | 1 |
| 18 | C Bagshaw | Telford Ac | 16:04 | 4:27:37 + | 1 |
| 19 | N Stockman | Highgate H | 17:19 | 4:28:05 - | 2 |
| 20 | R Wilson | Derby Ac | 16:17 | 4:30:42 + | 1 |
| 21 | N White | Coventry G | 16:43 | 4:32:10 + | 3 |
| 22 | P Lazo | Kent Ac | 17:00 | 4:32:13 + | 1 |
| 23 | T McCarthy | Woodford G | 17:57 | 4:33:09 - | 1 |
| 24 | D Grant | Ealing, So | 16:31 | 4:35:02 + | 1 |
| 25 | A Gaskell | Thames Har | 16:15 | 4:35:49 + | 2 |
| 26 | S Riley | Trafford A | 16:55 | 4:37:01 + | 3 |
| 27 | B Long | Sunderland | 18:29 | 4:37:41 - | 1 |
| 28 | P Woodyatt | City Of No | 18:41 | 4:38:37 | 0 |
| 29 | R Taylor | BlackburnH | 18:03 | 4:39:00 + | 1 |
| 30 | G Graham | Holmfirth | 16:35 | 4:39:57 + | 3 |
| 31 | M Kelly | Harrow Ac | 17:48 | 4:40:03 | 0 |
| 32 | J Langley | Brighton & | 18:05 | 4:41:07 | 0 |
| 33 | N Cobb | Redhill Ro | 16:44 | 4:41:31 + | 1 |
| 34 | M Wilson | Nene Valle | 16:52 | 4:41:43 + | 1 |
| 35 | D Bamford | Wigan Phoe | 17:10 | 4:42:35 + | 1 |
| 36 | S Bond | Reading Ac | 15:53 | 4:45:09 + | 1 |
| 37 | A Morgan | Halesowen | 17:06 | 4:47:46 + | 2 |
| 38 | T Wintle | Solihull & | 18:30 | 4:48:51 | 0 |
| 39 | L Foster | Wirral Ac | 16:50 | 4:49:02 + | 1 |
| 40 | S Parr | Gateshead | 16:46 | 4:51:24 + | 3 |
| 41 | J Indricks | Leigh H & | 18:06 | 4:51:41 | 0 |
| 42 | T Glare | Woodstock | 17:52 | 4:52:20 | 0 |
| 43 | M Kirby | York Acorn | 17:38 | 4:52:51 + | 1 |
| 44 | T Hutchison | City Of Ba | 18:08 | 4:54:31 + | 1 |
| 45 | OberlinHarris | Stroud & D | 19:12 | 4:57:30 + | 2 |
| 46 | P Dunkerley | Wesham Roa | 18:00 | 4:57:46 + | 2 |
| 47 | R Rogan | Cheltenham | 20:04 | 4:58:15 - | 1 |
| 48 | B Cooke | BromsRedd | 18:35 | 4:58:29 + | 1 |
| 49 | S Williams | North Fyld | 17:13 | 5:01:00 + | 2 |
| 50 | M Garrod | Harborough | 19:55 | 5:05:17 + | 2 |
| 51 | N Munroe | West Bromw | 20:13 | 5:07:06 + | 2 |
| 52 | R Miles | RoySutCold | 20:20 | 5:08:08 + | 2 |
| 53 | J Callaghan | Keighley & | 19:15 | 5:09:07 + | 2 |
| Fastest runners over stage 12: | | | | | |
| 1 | C Moss | Belgrave H | 14:35 | | |
| 2 | R Bugden | Bristol & | 14:39 | | |
| 3 | T Payn | Birchfield | 14:39 | | |
| 4 | J Mills | Blackheath | 14:49 | | |
| 5 | A Dyson | Hallamshir | 15:03 | | |
| 6 | P Richards | Swansea Ha | 15:13 | | |
| 7 | K Ritchie | Leeds City | 15:20 | | |
| 8 | I Pierce | Tipton Har | 15:24 | | |
| 9 | A Blair | Sale Harri | 15:24 | | |
| 10 | S Herring | Bedford & | 15:26 | | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

National Road Relays — Team Results — Final (nn) is team position after the appropriate stage.

| | | | | | |
|--|---------------------------|----------------|---|---------------------------|----------------|
| 1 Belgrave Harriers | | 4:08:36 | 9 Sale Harriers Manchester | | 4:20:18 |
| 1 W Cockerell (23) 27:59 | 2 R Ward (22) 15:19 | | 1 S North (15) 27:19 | 2 R Hayman (11) 15:11 | |
| 3 E McRae (14) 27:06 | 4 T Watson (6) 14:35 | | 3 S Bailey (15) 28:11 | 4 J Philippon (16) 15:47 | |
| 5 P Wicks (1) 26:51 | 6 J Blackledge (1) 14:38 | | 5 P Green (15) 27:41 | 6 I Wetherall (16) 15:42 | |
| 7 D Anerson (1) 26:34 | 8 K Nash (1) 14:40 | | 7 S Mills (14) 27:58 | 8 G Kirk (12) 15:57 | |
| 9 M Miles (1) 25:50 | 10 S Sharp (1) 14:24 | | 9 R Flannery (13) 28:58 | 10 J Bailey (12) 15:14 | |
| 11 S Barden (1) 26:05 | 12 C Moss (1) 14:35 | | 11 D Augustus (10) 26:56 | 12 A Blair (9) 15:24 | |
| 2 Birchfield Harriers | | 4:12:13 | 10 Morpeth H & Ac | | 4:20:36 |
| 1 Z Kiharah (1) 26:30 | 2 P Moores (5) 15:19 | | 1 Hollingsworth (11) 26:58 | 2 D Samuels (3) 14:23 | |
| 3 A Swearman (9) 28:04 | 4 L Beck (14) 15:45 | | 3 M Scaife (1) 26:43 | 4 S Platts (1) 15:26 | |
| 5 M Dalkins (7) 27:20 | 6 M Openshaw (4) 14:50 | | 5 D Swinburne (2) 28:32 | 6 S Kirtley (6) 16:03 | |
| 7 W Taragon (2) 25:36 | 8 S Edmonds (2) 16:06 | | 7 M Hudspith (4) 27:03 | 8 L Atkinson (8) 16:01 | |
| 9 J Moorhouse (2) 26:58 | 10 M Whitehouse (2) 14:54 | | 9 N Shrubbs (9) 29:26 | 10 A Lawrence (10) 16:21 | |
| 11 M Yacqub (2) 26:12 | 12 T Payn (2) 14:39 | | 11 M Brown (9) 27:48 | 12 J Lisiewicz (10) 15:52 | |
| 3 Leeds City Ac | | 4:15:59 | 11 Tipton Harriers | | 4:20:42 |
| 1 D Webb (14) 27:16 | 2 A Beevers (9) 15:00 | | 1 N Stirk (8) 26:53 | 2 P Kavanagh (10) 15:36 | |
| 3 M Roscoe (11) 27:56 | 4 C Birchall (8) 14:56 | | 3 M Williams (6) 26:57 | 4 P Nicholls (2) 14:21 | |
| 5 S Deakin (4) 27:09 | 6 S Mitchell (3) 15:27 | | 5 L Northall (3) 28:23 | 6 M Buntin (2) 15:14 | |
| 7 M Burrett (5) 27:37 | 8 A Osborne (4) 15:14 | | 7 M Lockett (8) 28:21 | 8 S Murcott (9) 15:49 | |
| 9 B Hilton (5) 27:25 | 10 A Adams (5) 15:34 | | 9 S Shepley (10) 29:16 | 10 M Hager (9) 15:41 | |
| 11 D Bilton (3) 27:05 | 12 K Ritchie (3) 15:20 | | 11 P Edmondson (11) 28:47 | 12 I Pierce (11) 15:24 | |
| 4 Bedford & County Ac | | 4:16:20 | 12 Hallamshire Harriers Sheffield | | 4:21:50 |
| 1 M Janes (26) 28:06 | 2 J Fewtrell (14) 14:39 | | 1 P Green (17) 27:29 | 2 O Williams (13) 15:08 | |
| 3 D Dalmedo (13) 27:36 | 4 S Body (9) 14:50 | | 3 J Heap (10) 27:21 | 4 P Whitelam (5) 14:59 | |
| 5 R Powell (13) 28:38 | 6 A Inskip (14) 15:35 | | 5 R Baker (14) 28:55 | 6 G Keight (12) 15:17 | |
| 7 W Levett (9) 26:46 | 8 O Matthews (6) 14:48 | | 7 A Thake (10) 27:56 | 8 M Bishop (10) 15:39 | |
| 9 D Deed (4) 26:53 | 10 L Cadman (3) 14:39 | | 9 P Johnson (12) 29:50 | 10 G Turner (13) 15:26 | |
| 11 A Mawdsley (4) 28:24 | 12 S Herring (4) 15:26 | | 11 M Broadhead (12) 28:47 | 12 A Dyson (12) 15:03 | |
| 5 Bristol & West Ac | | 4:16:32 | 13 Blackheath & Bromley Harriers | | 4:22:57 |
| 1 K Heywood (10) 26:55 | 2 M Hula (8) 15:09 | | 1 B Stephenson (55) 30:10 | 2 J Atkinson (43) 15:37 | |
| 3 D McKerracher (12) 28:12 | 4 D Awde (12) 15:10 | | 3 M Skinner (22) 26:27 | 4 P Tucker (26) 16:04 | |
| 5 J Ward (5) 27:25 | 6 N Adams (11) 16:00 | | 5 A Rayner (21) 27:53 | 6 W Foster (19) 15:51 | |
| 7 R Whalley (3) 26:09 | 8 J Willis (3) 14:51 | | 7 R Bentley (18) 27:57 | 8 J Thorpe (19) 16:01 | |
| 9 P Parry (3) 27:51 | 10 T Kingsnorth (4) 15:41 | | 9 M Steinle (14) 27:34 | 10 R Smith (15) 16:33 | |
| 11 M O'Doherty (5) 28:30 | 12 R Bugden (5) 14:39 | | 11 S Newport (14) 28:01 | 12 J Mills (13) 14:49 | |
| 6 Salford Harriers | | 4:19:03 | 14 Owls Ac | | 4:23:10 |
| 1 B Burns (34) 28:51 | 2 M Cryer (32) 15:12 | | 1 M Powell (13) 27:12 | 2 P Miles (4) 14:32 | |
| 3 K Chapman (21) 27:51 | 4 A Jones (17) 14:38 | | 3 G Lee (8) 27:55 | 4 R Fraser (4) 15:10 | |
| 5 N Jones (8) 26:27 | 6 C Winward (5) 14:54 | | 5 R Faulkner (11) 28:29 | 6 T Meakin (13) 15:56 | |
| 7 D Daniels (7) 27:36 | 8 D Milliken (7) 15:37 | | 7 N Mapp (11) 27:53 | 8 R Bromley (11) 15:45 | |
| 9 C Hardman (7) 28:20 | 10 G Richards (7) 15:46 | | 9 C O'Neill (11) 28:12 | 10 J Williams (11) 16:22 | |
| 11 G O'Neill (7) 28:05 | 12 G Whellams (6) 15:46 | | 11 T Boyce (13) 29:37 | 12 T Doran (14) 16:07 | |
| 7 Newham & Essex Beagles | | 4:19:19 | 15 Notts Ac | | 4:25:14 |
| 1 A Robinson (6) 26:46 | 2 J Mohamed (17) 16:17 | | 1 J Hayden (16) 27:28 | 2 S Burton (21) 15:49 | |
| 3 A Barber (17) 28:15 | 4 S Hepples (13) 14:15 | | 3 N Talbot (7) 26:10 | 4 B Raeside (7) 15:37 | |
| 5 S Major (9) 27:36 | 6 T Bilham (10) 15:39 | | 5 C Palmer (12) 28:23 | 6 P Rowland (9) 15:13 | |
| 7 B Hellmers (12) 28:55 | 8 J Corbett (13) 16:17 | | 7 D Potter (17) 30:08 | 8 S Jennings (17) 16:47 | |
| 9 M Farah (8) 25:33 | 10 A Mitchell (8) 16:09 | | 9 T Johnson (18) 29:46 | 10 M Benford (19) 16:17 | |
| 11 K Stone (6) 27:20 | 12 L Crispin (7) 16:17 | | 11 M Blunden (15) 27:35 | 12 M Wakefield (15) 16:01 | |
| 8 Aldershot, Farnham & District | | 4:19:59 | 16 Swansea Harriers | | 4:26:37 |
| 1 A Vernon (7) 26:48 | 2 P Harwood (12) 15:47 | | 1 J Lewis (27) 28:19 | 2 M Kinnane (27) 15:28 | |
| 3 F Thompson (4) 26:35 | 4 M Mashford (3) 15:21 | | 3 M Hobbs (19) 27:48 | 4 G Jones (22) 16:17 | |
| 5 B Stopher (6) 28:21 | 6 J Ellis (7) 15:20 | | 5 S Tobin (24) 29:05 | 6 M Davies (26) 16:19 | |
| 7 B Moreau (6) 27:15 | 8 K Quinn (5) 15:09 | | 7 S Smith (22) 27:34 | 8 D Beynon (21) 15:23 | |
| 9 G Smith (6) 28:13 | 10 M Leslie (6) 15:44 | | 9 P Griffiths (19) 29:10 | 10 D Rees (17) 16:00 | |
| 11 R Batchelor (8) 29:29 | 12 G McCourt (8) 15:57 | | 11 D Naylor (18) 30:01 | 12 P Richards (16) 15:13 | |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

| | | | | | |
|-----------------------------------|------------|-----------------|----------------------------|-----------------|------------|
| 17 Wells City Harriers | | 4:26:41 | 26 Trafford Ac | | 4:37:01 |
| 1 A Hennessy | (9) 26:54 | 2 P Belcher | (16) 16:02 | 1 M Sawrey | (44) 29:20 |
| 3 A Jones | (27) 29:42 | 4 R Parfit | (29) 16:18 | 3 D Talbot | (31) 29:50 |
| 5 B Tickner | (16) 26:31 | 6 F Tickner | (15) 14:21 | 5 I Salisbury | (26) 29:35 |
| 7 A Baker | (13) 27:59 | 8 A Thomas | (14) 16:31 | 7 D Barker | (25) 29:37 |
| 9 T Bush | (15) 29:38 | 10 A Henderson | (14) 15:28 | 9 C Tipton | (27) 31:44 |
| 11 J James | (16) 30:49 | 12 D Wythe | (17) 16:28 | 11 B Reese | (29) 30:48 |
| 18 Telford Ac | | 4:27:37 | 27 Sunderland Harriers | | 4:37:41 |
| 1 T Bailey | (38) 29:08 | 2 D Lewis | (39) 15:27 | 1 S Potts | (42) 29:16 |
| 3 W Dashper | (32) 29:05 | 4 C Rimmer | (28) 15:11 | 3 M Hood | (23) 27:51 |
| 5 P Ward | (22) 27:50 | 6 I Ilie | (25) 16:21 | 5 M Donkin | (23) 29:27 |
| 7 C Davies | (15) 25:21 | 8 S Needs | (15) 16:41 | 7 T Field | (24) 29:16 |
| 9 R Hailey | (17) 29:51 | 10 D Mansbridge | (16) 15:58 | 9 G Harden | (25) 31:48 |
| 11 P Plant | (19) 30:40 | 12 C Bagshaw | (18) 16:04 | 11 J Dobson | (26) 31:40 |
| 19 Highgate Harriers | | 4:28:05 | 28 City Of Norwich Ac | | 4:38:37 |
| 1 B Noad | (21) 27:45 | 2 D Hall | (24) 15:44 | 1 T Salmon | (12) 27:06 |
| 3 K Cullen | (5) 25:53 | 4 A Mills | (10) 15:53 | 3 W Lincoln | (20) 28:33 |
| 5 H Dodwell | (10) 27:58 | 6 D Bickham | (8) 15:26 | 5 J O'Neill | (27) 28:16 |
| 7 J Pes | (16) 30:05 | 8 E Southam | (16) 16:25 | 7 R Goose | (31) 31:49 |
| 9 P Coulson | (16) 29:42 | 10 J Rogers | (18) 16:37 | 9 R Sales | (28) 29:20 |
| 11 D Burbidge | (17) 29:18 | 12 N Stockman | (19) 17:19 | 11 I Bailey | (28) 29:17 |
| 20 Derby Ac | | 4:30:42 | 29 Blackburn Harriers & AC | | 4:39:00 |
| 1 J Gilby | (5) 26:46 | 2 L Gunn | (1) 14:22 | 1 P Guinan | (53) 29:57 |
| 3 A Pilcher | (18) 30:18 | 4 R Weir | (19) 15:31 | 3 T Banfield | (44) 30:06 |
| 5 N Ratcliffe | (18) 28:47 | 6 K Farrow | (17) 15:00 | 5 B Fish | (33) 28:06 |
| 7 D Ridout | (19) 29:42 | 8 I William | (18) 15:18 | 7 L Barton | (32) 30:02 |
| 9 P Bains | (21) 30:41 | 10 S D'Amico | (21) 16:06 | 9 T Cornthwaite | (32) 28:25 |
| 11 I Stevens | (21) 31:54 | 12 R Wilson | (20) 16:17 | 11 M Colligan | (30) 28:54 |
| 21 Coventry Godiva Harriers | | 4:32:10 | 30 Holmfirth Harriers Ac | | 4:39:57 |
| 1 J White | (33) 28:44 | 2 B Jones | (30) 15:11 | 1 S Pickering | (41) 29:15 |
| 3 M Lole | (16) 26:53 | 4 M Taylor | (27) 17:33 | 3 D Watson | (28) 28:45 |
| 5 E Combstock | (28) 29:52 | 6 R Taylor | (27) 15:33 | 5 A Shaw | (29) 30:09 |
| 7 J Griggs | (27) 30:42 | 8 N Edwards | (27) 15:46 | 7 J Rank | (29) 30:10 |
| 9 I Jones | (26) 29:59 | 10 J Hammond | (24) 15:39 | 9 R Spencer | (30) 30:54 |
| 11 C Deasy | (24) 29:35 | 12 N White | (21) 16:43 | 11 J Heywood | (33) 33:20 |
| 22 Kent Ac | | 4:32:13 | 31 Harrow Ac | | 4:40:03 |
| 1 J Connor | (25) 28:04 | 2 N Jipriil | (19) 15:10 | 1 D Nevins | (46) 29:25 |
| 3 A Dunwoody | (25) 29:12 | 4 N Pollock | (18) 14:26 | 3 D Leggate | (30) 29:29 |
| 5 I Cardy | (19) 28:55 | 6 J Headley | (18) 16:08 | 5 M Rahim | (30) 31:36 |
| 7 J McGaughey | (21) 28:53 | 8 L Kirlew | (23) 17:07 | 7 M Cursons | (28) 29:35 |
| 9 R Munn | (22) 29:37 | 10 B Hutchinson | (22) 17:12 | 9 J Bignall | (29) 30:52 |
| 11 L Armitage | (23) 30:29 | 12 P Lazo | (22) 17:00 | 11 A Wray | (31) 30:20 |
| 23 Woodford Green With Essex Ladi | | 4:33:09 | 32 Brighton & Hove City Ac | | 4:41:07 |
| 1 K Murphy | (20) 27:42 | 2 E Malloch | (7) 14:20 | 1 M Bristow | (35) 28:57 |
| 3 F Lombard | (2) 26:45 | 4 M Griffith | (15) 16:59 | 3 S Awoah | (36) 29:42 |
| 5 H Brown | (17) 29:45 | 6 H Wyber | (23) 17:00 | 5 P Prosser | (37) 31:54 |
| 7 B Kotelo | (26) 30:23 | 8 A Brown | (25) 15:54 | 7 P Froud | (36) 29:51 |
| 9 T Pamphillion | (23) 29:41 | 10 C Brotherton | (23) 16:56 | 9 P Illott | (33) 29:47 |
| 11 R Holland | (22) 29:47 | 12 T McCarthy | (23) 17:57 | 11 A Donno | (32) 30:00 |
| 24 Ealing, Southall & Middx Ac | | 4:35:02 | 33 Redhill Road Runners | | 4:41:31 |
| 1 J Robertson | (39) 29:13 | 2 L Bowron | (34) 14:59 | 1 M Yates | (56) 30:26 |
| 3 I Zigadlo | (24) 28:06 | 4 S Omar | (24) 15:46 | 3 A Wetherill | (41) 28:48 |
| 5 M Ismail | (25) 29:07 | 6 H Jama | (21) 15:05 | 5 A Tarry | (35) 28:56 |
| 7 D Askie | (20) 28:30 | 8 T Lancley | (24) 17:14 | 7 M McHale | (38) 32:42 |
| 9 J Blanchard | (24) 31:23 | 10 A Dodd | (25) 17:10 | 9 P Newton | (35) 29:48 |
| 11 R Brown | (25) 31:58 | 12 D Grant | (24) 16:31 | 11 I Abbott | (34) 28:04 |
| 25 Thames Hare & Hounds | | 4:35:49 | 34 Nene Valley Harriers | | 4:41:43 |
| 1 A Weir | (28) 28:21 | 2 T Beer | (38) 16:10 | 1 A Williams | (43) 29:20 |
| 3 N Gould | (35) 29:54 | 4 F Dudbridge | (35) 16:42 | 3 K Tomblason | (45) 30:25 |
| 5 A Howe | (34) 30:09 | 6 E Lees | (32) 16:22 | 5 P Thompson | (40) 29:58 |
| 7 I Harkness | (30) 28:19 | 8 A Kennis | (29) 16:55 | 7 S Owen | (37) 30:06 |
| 9 M Lynas | (31) 31:18 | 10 J Watson | (30) 17:17 | 9 G Williams | (37) 31:57 |
| 11 S Wurr | (27) 28:07 | 12 A Gaskell | (25) 16:15 | 11 I Auinger | (35) 29:53 |
| 2 C Mooney | (44) 16:47 | 4 A Birch | (42) 16:47 | 6 J Nash | (38) 16:24 |
| 8 N Grimer | (34) 16:50 | 10 M Balls | (35) 16:24 | 12 M Wilson | (34) 16:52 |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

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|---|---|---|--|
| 35 Wigan Phoenix 1 P Darbyshire (40)29:14 3 J Worthington (47)30:26 5 P Christopher (43)31:11 7 R Hart (39)29:30 9 A Ward (34)29:29 11C Wilson (36)30:33 | 44 CityOf Bath Ac 1 D Coales (57)30:36 3 M Derrick (54)31:47 5 S Fereday (53)32:35 7 S Clifford (50)31:42 9 B Corlett (46)32:13 11G Davies (45)31:05 | 4:42:35 2 J Seddon (49)17:29 4 M Lynch (44)16:32 6 D Townsend (42)16:30 8 M Manir (37)17:11 10 P Weall (34)17:20 12 D Bamford (35)17:10 | 4:54:31 2 D Gunstone (53)16:48 4 R Crawley (54)18:19 6 O Thwaites (50)16:50 8 A Buckingham (47)16:43 10 A Diffey (46)17:45 12 T Hutchison (44)18:08 |
| 36 Reading Ac 1 S Rance (45)29:23 3 J Burnett (43)29:56 5 T Munt (41)31:07 7 M Gitting (41)31:26 9 S Johnson (38)31:18 11M Proven (37)31:28 | 45 Stroud & District Ac 1 S Duffy (36)28:59 3 T Russell (40)29:30 5 J Hough (48)30:58 7 D Standon (48)31:39 9 M Davis (48)31:54 11C Frapwell (47)31:05 | 4:45:09 2 K Williams (46)16:53 4 M O'Neill (41)17:00 6 M Curson (41)16:41 8 R Kinnersley (39)16:35 10 P Gittings (38)17:29 12 S Bond (36)15:53 | 4:57:30 2 G Robinson (47)17:19 4 C Brown (49)19:22 6 D Hough (48)20:35 8 A Jones (50)19:33 10 M Duxbury (47)17:24 12 Oberlin Harris (45) 19:12 |
| 37 Halesowen A & Cc 1 O Holden (37)29:01 3 D Morton (46)30:29 5 A Grant (51)32:04 7 W Nock (44)29:26 9 S Geggie (41)31:51 11A Turvey (39)32:05 | 46 Wesham Road Runners & Ac 1 A Rowe (49)29:36 3 I Sharples (58)32:10 5 C Pass (49)29:30 7 L Barlow (49)31:45 9 B Peatfield (49)32:40 11P Cruse (48)31:49 | 4:47:46 2 C Harris (48)17:27 4 P Butler (48)18:12 6 B Thompson (47)18:16 8 M Clay (43)15:20 10 N Hazelwood (39)16:29 12 A Morgan (37)17:06 | 4:57:46 2 M Midgley (57)19:22 4 L Cornwall (53)16:21 6 G Vickers (49)19:44 8 R Mabbett (49)18:44 10 J Collier (48)18:05 12 P Dunkerley (46)18:00 |
| 38 Solihull & Small Heath Ac 1 P O'Callaghan (30)28:36 3 O Harradence (26)28:27 5 P Froggatt (31)30:34 7 J Ashley (34)31:04 9 S Lidgate Taylor (36) 31:03 11G Lawrence (38)33:47 | 47 Cheltenham & County Harriers 1 J Bradley (31)28:38 3 A McNay (38)31:45 5 T Marshall (44)32:14 7 E Prince (45)33:12 9 I Giles (43)33:50 11M Cardew (46)33:31 | 4:48:51 2 S Lees (33)15:31 4 P Morby (31)16:51 6 M Lees (34)17:51 8 S Howes (36)18:02 10 J Shanahan (36)18:35 12 T Wintle (38)18:30 | 4:58:15 2 D Duke (23)14:51 4 N Jones (39)17:35 6 C Bailey (43)17:19 8 A Gore (45)16:35 10 P New (45)18:41 12 R Rogan (47)20:04 |
| 39 Wirral Ac 1 M Hulmstom (51)29:39 3 DMclvor (50)32:04 5 P Scarrett (45)30:26 7 P Kilgallon (43)31:16 9 X Desse (39)29:58 11P Howarth (40)32:36 | 48 Bromsgrove & Redditch AC 1 J Adie (32)28:41 3 K Lanckham (48)32:06 5 R Matthews (52)32:13 7 I Keyte (51)32:56 9 P Atkins (50)32:02 11D Kesterton (49)31:40 | 4:49:02 2 A Woods (42)16:05 4 M Baylis (50)17:25 6 A Devoy (44)17:27 8 O Hird (44)17:21 10 G Brookes (40)17:55 12 L Foster (39)16:50 | 4:58:29 2 D Henderson (41)16:46 4 S Clewes (51)18:00 6 S Bach (51)19:10 8 M Graham (51)18:27 10 P Anderson (49)17:53 12 B Cooke (48)18:35 |
| 40 Gateshead Harriers & Ac 1 M Thompson (48)29:35 3 M Elliott (37)30:35 5 R Robinson (39)32:48 7 M Hudston (42)33:21 9 C Hainsworth (40)31:41 11F Devlin (43)34:49 | 49 North Fylde Ac 1 L Edean (62)34:20 3 M Eadie (57)29:35 5 M Cronshaw (56)32:07 7 S Robinson (55)32:45 9 G Johnston (53)32:34 11G Davies (51)31:12 | 4:51:24 2 C Parr (35)14:40 4 J Creeghan (32)15:35 6 J Hogg (36)16:08 8 C Paton (42)17:28 10 G Smith (41)17:58 12 S Parr (40)16:46 | 5:01:00 2 B Eadie (60)17:02 4 A Delaney (56)18:01 6 S Calderbank (55)19:53 8 N Hume (54)18:02 10 Undeclared (52) 18:16 12 S Williams (49)17:13 |
| 41 Leigh H & Ac 1 P Foster (54)30:04 3 P Riley (29)26:08 5 S Hughes (36)29:54 7 T Boardman (35)28:57 9 N Pendlebury (42)34:33 11K Boardman (41)32:01 | 50 Harborough Ac 1 W Clapp (59)31:05 3 A Wilkinson (59)32:25 5 M Gore (54)31:28 7 C Webb (54)33:41 9 P Swaine (51)31:21 11M Davis (52)32:49 | 4:51:41 2 A Urmston (51)17:02 4 J Taylor (37)19:02 6 J Cooke (40)18:08 8 D Helps (40)19:52 10 S Spillane (42)17:54 12 J Indricks (41)18:06 | 5:05:17 2 H Crabtree (56)17:45 4 P Hancock (55)17:25 6 T Harrison (53)18:48 8 R Brown (55)19:14 10 W Freeman (51)19:21 12 M Garrod (50)19:55 |
| 42 Woodstock Harriers Ac 1 M Maxwell (52)29:48 3 N Baimbridge (49)30:18 5 R Shipway (46)30:35 7 N Riddell (47)34:34 9 J Greeves (44)30:26 11T Hunn (42)30:08 | 51 West Bromwich Harriers 1 G Dehl (58)30:58 3 J Baird (53)30:25 5 T Sarrod (55)31:39 7 M Calatafani (53)33:10 9 K Moore (52)31:53 11G Clifton (53)33:07 | 4:52:20 2 B O'Connor (52)17:29 4 R Linnell (47)17:32 6 C Birch (46)17:59 8 C Thompson (48)17:37 10 K Adams (43)18:02 12 T Glare (42)17:52 | 5:07:06 2 P Jameson (55)17:42 4 P Powell (57)20:00 6 M Carr (52)17:56 8 D Davis (53)19:41 10 D Heeley (53)20:22 12 N Munroe (51)20:13 |
| 43 York Acorn Running Club 1 A Normandale (60)31:13 3 A Neesom (60)33:17 5 M Raynes (57)31:52 7 A Burt (52)30:26 9 H Care (45)28:26 11P Goble (44)30:37 | 52 Royal Sutton Coldfield 1 T Hinchley (61)34:03 3 J Dardis (61)32:59 5 J Currie (59)33:01 7 P Kenney (57)33:04 9 M Evans (54)31:23 11J Fletcher (54)33:27 | 4:52:51 2 J Barnes (58)18:10 4 J Shemilt (58)17:46 6 M Dowson (54)18:11 8 S Cowan (52)17:41 10 M Lawn (44)17:34 12 M Kirby (43)17:38 | 5:08:08 2 F Tremblay (61)17:25 4 P Parker (59)16:53 6 S Rlph (57)18:41 8 J Dalzell (56)18:08 10 D Hyde (54)18:44 12 R Miles (52)20:20 |

Nike ERRA National Road Relay Championships at Sutton Park on Saturday 23rd April 2005

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|-----------------------------|--------------------------|---------|---------------------------|------------------|
| 53 Keighley & Craven Ac | | 5:09:07 | Fastest of all long legs | |
| 1 A Jones (50)29:38 | 2 R Fairhurst (59)21:40 | | 1 C Davies | Telford Ac 25:21 |
| 3 W Smith (56)29:21 | 4 J Dennis (60)22:32 | | 2 M Farah | Newham & E 25:33 |
| 5 L Hellawell (58)29:23 | 6 L Kellett (56)19:58 | | 3 W Taragon | Birchfield 25:36 |
| 7 L Spencer (56)33:20 | 8 G Gill (57)18:35 | | 4 M Miles | Belgrave H 25:50 |
| 9 S Curtis (55)33:52 | 10 J Butler (55)16:41 | | 5 K Cullen | Highgate H 25:53 |
| 11P Hindle (55)34:52 | 12 J Callaghan (53)19:15 | | 6 S Barden | Belgrave H 26:05 |
| Incomplete Teams: | | | 7 P Riley | Leigh H & 26:08 |
| Shaftesbury Barnet Harriers | | 4:14:14 | 8 R Whalley | Bristol & 26:09 |
| 1 K Kyereme (3) 26:34 | 2 O Edwards (6) 15:21 | | 9 N Talbot | Notts Ac 26:10 |
| 3 J Trapmore (3) 27:07 | 4 D Lewis (11)16:16 | | 10M Yacqub | Birchfield 26:12 |
| 5 A Symonds (20)30:36 | 6 P Simons (20)16:12 | | Fastest of all short legs | |
| 7 G Mobbs (23)28:49 | 8 AMurphy (20)15:07 | | 1 S Hepples | Newham & E 14:15 |
| 9 E Mayers (20)30:13 | 10 A Jackson (20)16:03 | | 2 A Bowden | Harrow Ac 14:16 |
| 11R Breen (20)31:56 | | | 3 E Malloch | Woodford G 14:20 |
| Westbury Harriers | | 4:40:06 | 4 F Tickner | Wells City 14:21 |
| 1 S Everington (47)29:31 | 2 J Webb (54)17:54 | | = P Nicholls | Tipton Har 14:21 |
| 3 S Watterson (42)28:43 | 4 C Palmer (45)17:41 | | 6 L Gunn | Derby Ac 14:22 |
| 5 S Powell (42)30:47 | 6 N Miller (45)18:49 | | 7 G Blackman | Harrow Ac 14:23 |
| 7 M White (46)32:55 | 8 K Hill (46)18:16 | | = D Samuels | Morpeth H 14:23 |
| 9 T Jefferies (47)34:34 | 10 M Harris (50)19:57 | | 9 S Sharp | Belgrave H 14:24 |
| 11I Powell (50)30:59 | | | 10G Taylor | Trafford A 14:26 |
| Chester Le Street & D AC | | 4:22:38 | = N Pollock | Kent Ac 14:26 |
| 1 S Bell (22)27:57 | 2 MAtkin (37)16:32 | | = J MacDonald | Trafford A 14:26 |
| 3 P Embleton (34)29:47 | 4 D Old (33)16:12 | | | |
| 5 S Laws (32)29:42 | 6 S Well (31)17:09 | | | |
| 7 S Pigford (33)31:30 | 8 S Winter (35)18:02 | | | |
| 9 G Thraves (56)75:47 | | | | |
| Rotherham Harriers & Ac | | 3:09:54 | | |
| 1 P Hoole (29)28:27 | 2 J Thewlis (20)14:48 | | | |
| 3 S Gregory (39)32:16 | 4 M Ruddleston (36)16:22 | | | |
| 5 N Brookes (38)31:14 | 6 WVayro (39)16:54 | | | |
| 7 P Neal (40)32:12 | 8 S Gaines (41)17:41 | | | |
| Liverpool Harriers & Ac | | 2:06:03 | | |
| 1 J McCole (18)27:36 | 2 J Parkinson (25)16:07 | | | |
| 3 B Murphy (52)34:42 | 4 S Freeman (46)15:38 | | | |
| 5 P Harrison (47)32:00 | | | | |
| Leicester Coritanians | | 2:07:09 | | |
| 1 M Geece (2) 26:34 | 2 R Sheen (15)16:17 | | | |
| 3 S Gale (33)30:57 | 4 N McGee (43)19:50 | | | |
| 5 M Haines (50)33:31 | | | | |
| Severn Ac | | 1:35:41 | | |
| 1 J Lilly (19)27:39 | 2 S Fortnam (29)16:10 | | | |
| 3 N Gaulder (51)34:17 | 4 S Kinsey (52)17:35 | | | |
| Altrincham & District | | 1:20:21 | | |
| 1 A Norman (4) 26:45 | 2 J Ward (2) 14:30 | | | |
| 3 A Barlow (55)39:06 | | | | |
| Barnet & District Ac | | 27:59 | | |
| 1 R Gamble (24)27:59 | | | | |