

# English National Cross Country Championships at Cofton Park, Birmingham on Saturday 19th February 2005

## Senior Men — FINAL RESULTS (\$=non-counter)

Pos	Name	Club	Time
1	G Tromans	Coventry Godiva Harriers	37:53
2	R Whalley	Bristol & West AC	38:26
3	MMiles	Belgrave Harriers	38:28
4	F Tickner	Wells City Harriers	38:31
5	S White	Coventry Godiva Harriers	38:44
6	J Walsh	Leamington C & AC	38:56
7	G Raven	Sale Harriers Manchester	39:07
8	N Talbot	Notts AC	39:10
9	B Tickner	Wells City Harriers	39:20
10	M Watson	Bingley H & AC	39:26
11	MMahieddine-F	Thanet RR	39:34
12	K Heywood	Bristol & West AC	39:35
13	A Jones	Salford H & AC	39:36
14	MColeman	Medway & Maidstone AC	39:36
15	T Abyu	Salford H & AC	39:37
16	MRoscoe	Leeds City AC	39:38
17	DMitchinson	Newham & Essex Beagles AC	39:44
18	MDalkins	Birchfield Harriers	39:44
19	W Burns	Salford H & AC	39:45
20	M Shaw	Tipton Harriers	39:48
21	JBrown	Salford H & AC	39:49
22	A Hennessy	Wells City Harriers	39:54
23	J Mays	Kent AC	39:59
24	IFisher	Otley AC	40:01
25	P Hinch	Tipton Harriers	40:04
26	A Rayner	Blackheath & Bromley Harriers	40:05
27	MPowell	OWLS AC	40:05
28	S Deakin	Leeds City AC	40:06
29	D Augustus	Sale Harriers Manchester	40:10
30	M Lole	Coventry Godiva Harriers	40:11
31	J Gilby	Derby AC	40:13
32	K Nash	Belgrave Harriers	40:16
33	W Levett	Bedford & County AC	40:22
34	D Fowlie	Norfolk Gazelles AC	40:22
35	S Hall	Tipton Harriers	40:23
36	P Nicholls	Tipton Harriers	40:26
37	D Norman	Altrincham & District AC	40:26
38	N Leighton	Bristol & West AC	40:29
39	S North	Sale Harriers Manchester	40:31
40	R Burney	Liverpool H & AC	40:34
41	M Hilton	Leeds City AC	40:35
42	T Payne	Birchfield Harriers	40:36
43	C Powner	Cannock & Stafford AC	40:36
44	R Faulkner	OWLS AC	40:37
45	C Birchall	Leeds City AC	40:39
46	A Barber	Newham & Essex Beagles AC	40:40
47	I Lockett	Herne Hill Harriers	40:40
48	A Robinson	Newham & Essex Beagles AC	40:42
49	M Janes	Bedford & County AC	40:43
50	M Burrett	Leeds City AC	40:44
51	N Jones	Salford H & AC	40:45
52	A Beavers	Leeds City AC	40:47
53	David Anderson	Belgrave Harriers	40:50
54	R James	South London Harriers	40:52
55	S Major	Newham & Essex Beagles AC	40:56
56	K Lockett	Tipton Harriers	40:57
57	P Tedd	Bingley H & AC	40:59
58	G Blackman	Harrow AC	41:02
59	K Stone	Newham & Essex Beagles AC	41:02
60	M Williams	Tipton Harriers	41:03
61	S Platts	Morpeth H & AC	41:03
62	B Fish	Blackburn H & AC	41:04
63	R Kay	Notts AC	41:04
64	J Boardman	Liverpool Pembroke & Sefton H	41:05
65	H Dodwell	Higgate Harriers	41:14
66	T Watson	Belgrave Harriers	41:16
67	A Weir	Thames Hare & Hounds	41:17
68	C Smith	Thames Valley Harriers	41:17
69	M Cryer	Salford H & AC	41:18
70	A Thake	Hallamshire Harriers Sheffield	41:21
71	P McGlory	Liverpool H & AC	41:22
72	R Lee	Windsor Slough Eton & Hounslow	41:24
73	B Reynolds	Thames Hare & Hounds	41:24
74	M Aspinall	Lancaster & Morecambe AC	41:25
75	S Hazell	Coventry Godiva Harriers	41:29
76	D Gitau-F	Kent AC	41:29
77	J Brooks	London Irish AC	41:32
78	G Hull	Leeds City AC	41:33
79	J Mooney	Morpeth H & AC	41:33
80	J McCole	Liverpool H & AC	41:36
81	C Warren	Birchfield Harriers	41:36
82	I Pierce	Tipton Harriers	41:38
83	A Woods	Bristol & West AC	41:38
84	N Chisolm	Altrincham & District AC	41:39
85	J Hayden	Notts AC	41:40
86	J Connor	Kent AC	41:40
87	A Hilton	Nestle Rowntree AC York	41:41
88	M Murray	Trafford AC	41:43
89	H Care	Nestle Rowntree AC York	41:44
90	A Osborne	Leeds City AC	41:45
91	A Smith	Aldershot Farnham & Dist AC	41:46
92	S Pullen	St Albans Striders	41:49
93	E Simpson	Preston Harriers	41:50
94	A Donaldson	Newham & Essex Beagles AC	41:52
95	J Hutchins	Basingstoke & Mid Hants AC	41:52
96	S Shepley	Tipton Harriers	41:54
97	H Raidi	Belgrave Harriers	42:01
98	CO'Neill	OWLS AC	42:02
99	L Dunn	Salford H & AC	42:05
100	T Gayle	City Of Stoke AC	42:09
101	D Moore	Bristol & West AC	42:09
102	P Lowe	North York Moors	42:10
103	C Leigh	Trafford AC	42:10
104	D McCarthy	Aldershot Farnham & Dist AC	42:10
105	S Bailey	Sale Harriers Manchester	42:14
106	P Parry	Bristol & West AC	42:15
107	S Aldridge	Reading AC	42:15
108	J Adie	Bromsgrove & Redditch AC	42:16
109	D Milliken	Salford H & AC	42:17
110	N Stirk	Tipton Harriers	42:17
111	W Cockerell	Belgrave Harriers	42:18
112	C Riley	Bedford & County AC	42:20
113	S MacDonald	Bingley H & AC	42:21
114	N Miller	Bedford & County AC	42:21
115	P Edmondson	Tipton Harriers	42:22
116	D Benton	Ranelagh Harriers	42:22
117	N Adams	Bristol & West AC	42:23
118	T Bedford	Aldershot Farnham & Dist AC	42:24
119	R Gamble	Barnet & District AC	42:26
120	O Williams	Hallamshire Harriers Sheffield	42:26
121	M Bristow	Brighton & Hove City AC	42:27
122	P Doyle	Ranelagh Harriers	42:27
123	A Ward	Wigan Phoenix	42:28
124	J Bolton	Basingstoke & Mid Hants AC	42:30
125	H Hammond	Coventry Godiva Harriers	42:32
126	L Siemaszko	Liverpool H & AC	42:32
127	M Bishop	Hallamshire Harriers Sheffield	42:33
128	S Spence	Wirral AC	42:34
129	J Healey	Kent AC	42:35
130	D Swinburne	Morpeth H & AC	42:35
131	M Hager	Tipton Harriers	42:36
132	W Speake	Notts AC	42:40
133	A Cooke	Leeds City AC	42:41
134	P Dobson	Springfield Striders	42:42
135	N Mapp	OWLS AC	42:44
136	S Hallas	Preston Harriers	42:45
137	A Tate	Muddy Mucky Munkkeys	42:46
138	I Rodrigues	Boston & District AC	42:47
139	M Aspinall	Clayton-Le-Moors Harriers	42:48
140	G Williams	Medway & Maidstone AC	42:50
141	J Rendall	Tonbridge AC	42:50
142	P Andrew	Saracens RC	42:51
143	B Stopher	Aldershot Farnham & Dist AC	42:52
144	S Mitchell	Leeds City AC	42:52
145	J Atkinson	Blackheath & Bromley Harriers	42:53
146	D Symons	Thames Hare & Hounds	42:53
147	P Darbyshire	Wigan Phoenix	42:54
148	R Berry	Southport Waterloo AC	42:54
149	D Lugsden	City Of Bath AC	42:55
150	K Chapman	Salford H & AC	42:56
151	T Kenderdine	Kidderminster & Stourport AC	42:57
152	A Draper	Blackheath & Bromley Harriers	42:57
153	J Hunt	Wirral AC	42:59
154	P Smith	Chelmsford AC	42:59
155	J Bailey	Sale Harriers Manchester	43:00
156	P Newton	Claremont RR	43:00
157	L Bek	Birchfield Harriers	43:01
158	S Wurr	Thames Hare & Hounds	43:02
159	M Buntin	Tipton Harriers	43:03
160	A Taylor	St Edmunds Pacers	43:04
161	M O'Doherty	Bristol & West AC	43:07
162	C Blackburn	Serpentine RC	43:09
163	S Mitchell-F	Enfield & Haringey AC	43:09
164	SA Williams	Nene Valley Harriers	43:10
165	M Eadie	North Fylde AC	43:13
166	A Robertshaw	Otley AC	43:15
167	W Joyce	Telford AC	43:16
168	JO'Neill	City Of Norwich AC	43:16
169	I Rowbotham	Harrogate H & AC	43:17
170	T Boyce	OWLS AC	43:17
171	DO'Jera	London Irish AC	43:18
172	I Salisbury	Trafford AC	43:18
173	C Harvey	Severn AC	43:19
174	J Convery	Bingley H & AC	43:20
175	J Clarke	Belgrave Harriers	43:20
176	J Pike	Nene Valley Harriers	43:21
177	K Newton	Herne Hill Harriers	43:22
178	M Potter	London Heathside AC	43:22
179	W Nock	Halesowen A & CC	43:23
180	P Harwood	Aldershot Farnham & Dist AC	43:26
181	J McMahon-F	Bedford & County AC	43:27
182	J Wolf-F	Belgrave Harriers	43:27
183	B Jukes	Leeds University CCC	43:28
184	R Powell	Bedford & County AC	43:29
185	M Broadhead	Hallamshire Harriers Sheffield	43:30
186	S Reynolds	Bristol & West AC	43:31
187	N Ratcliffe	Derby AC	43:32
188	D Mason	Salford H & AC	43:34
189	J Williams	Chelmsford AC	43:34
190	J Orange	Richmond & Zetland Harriers	43:35
191	P Curran	Medway & Maidstone AC	43:36
192	M Fowler	Salford H & AC	43:37
193	W Smith	Keighley & Craven AC	43:39
194	A Dunwoody	Kent AC	43:39
195	R Maddams	London Irish AC	43:40
196	J Loxam	Stockport H & AC	43:42
197	S Beard	Nene Valley Harriers	43:43
198	C Pass	Wesham RR	43:44
199	M Wilkinson	Newham & Essex Beagles AC	43:45
200	N Hodges	Dorking & Mole Valley AC	43:45
201	S Freeman	Liverpool H & AC	43:46
202	D Ragan	Basingstoke & Mid Hants AC	43:46
203	M Farran	Leeds City AC	43:47
204	P Hoole	Rotherham H & AC	43:49
205	J Mudeman	Leamington C & AC	43:49
206	A McGarva	Ealing Southall & Middlesex AC	43:50
207	S Dixon	London Heathside AC	43:50
208	A Peach	Worcester AC	43:50
209	D Lipscomb	Cambridge Harriers	43:51
210	I Cunningham	Ealing Southall & Middlesex AC	43:52
211	P Waby	Dudley & Stourbridge Harriers	43:53
212	N Cayton	Otley AC	43:55
213	T Kimber	Crawley AC	43:55
214	G Clarkson	Kingston Upon Hull AC	43:56
215	C Needham	Leeds City AC	43:59
216	SMurcott	Tipton Harriers	43:59
217	S Combes	Herne Hill Harriers	44:01
218	A Greenleaf	Winchester & District AC	44:01
219	M Nolan	Solihull & Small Heath AC	44:02
220	P Sanger	Epsom & Ewell Harriers	44:03
221	A Johnson	Bingley H & AC	44:05
222	J Bradley	Cheltenham & County Harriers	44:06
223	T Miggley	Leeds City AC	44:07
224	G Ramsey	Barnet & District AC	44:08
225	P Hall	Clayton-Le-Moors Harriers	44:08
226	P Jacob	Luton AC	44:09
227	L Reilly	Kent AC	44:10
228	J Quint	City Of Norwich AC	44:13
229	T Hadfield	Belgrave Harriers	44:15
230	P Mainwaring	Guildford & Godalming AC	44:15
231	M Robinson	Bristol & West AC	44:17
232	T Kingsnorth	Bristol & West AC	44:19
233	A Turnbull	Bedford & County AC	44:20
234	P Simons	Shaftesbury Barnet Harriers	44:20
235	H Perez	Rugby & Northampton AC	44:21
236	A Gibbins	Blackheath & Bromley Harriers	44:22
237	T Davies	Oldham & Royton H & AC	44:22
238	A Wileman	Kingston Upon Hull AC	44:23
239	A Kennington	Birmingham Rowheath AC	44:23
240	SRashid	Liverpool Pembroke & Sefton H	44:24
241	A Gore	Cheltenham & County Harriers	44:27
242	P Tucker	Blackheath & Bromley Harriers	44:28
243	P Flewitt	Ealing Southall & Middlesex AC	44:29
244	J Solly	Bournville Harriers	44:30
245	C Davey	City Of Bath AC	44:31
246	J Godber	Dulwich Runners	44:31
247	G Briggs	Thames Valley Harriers	44:31
248	S Buckle	St Albans Striders	44:32
249	T Orton	Tamworth AC	44:33
250	A Rowe	Wesham RR	44:33
251	P Smith	Altrincham & District AC	44:33
252	J Burnett	Reading AC	44:34
253	D Burbidge	Highgate Harriers	44:34
254	D Noad	Bristol & West AC	44:35
255	RMunn	Kent AC	44:35
256	A Geen	Leamington C & AC	44:36
257	CMiller	Harrogate H & AC	44:37
258	D Connor	Ripley RC	44:38
259	K Donkin	Aldershot Farnham & Dist AC	44:40
260	MSJoz	Kirk Hallam AC	44:42
261	J Mohamed	Newham & Essex Beagles AC	44:42
262	N Hawkins	Stratford-On-Avon AC	44:43
263	J Ward	Derby AC	44:43
264	J Carter	Kingston Upon Hull AC	44:43
265	D Hill	Tipton Harriers	44:44
266	J Painter	Brighton & Hove City AC	44:44
267	J Atyeo	Herne Hill Harriers	44:45
268	G Kirk	Sale Harriers Manchester	44:45
269	D Riley	Sparkhill Harriers	44:47
270	R Batchelor	Aldershot Farnham & Dist AC	44:48
271	SLivingstone	Garden City Runners	44:48
272	A Welshman	London Heathside AC	44:49
273	SRobinson	North Fylde AC	44:50
274	SKinson	Leamington C & AC	44:51
275	D Coales	City Of Bath AC	44:51
276	T Bark	Corby AC	44:52
277	M Goatley	Guildford & Godalming AC	44:52
278	D Browne	London Heathside AC	44:52
279	A Jones	Keighley & Craven AC	44:53
280	J Thorpe	Blackheath & Bromley Harriers	44:54
281	P Lemmon	London Heathside AC	44:54
282	A Greenway	Serpentine RC	44:55
283	M Lockyer	Newcastle (Staffs) AC	44:56
284	W Prince	Birchfield Harriers	44:59
285	B Graney	St Helens Sutton AC	45:00
286	A Gray	Shrewsbury AC	45:00
287	J Howarth	Leigh H & AC	45:01
288	P Larkins	Newham & Essex Beagles AC	45:01
289	T Toseland	Kettering Town Harriers	45:02
290	D Nolan	Hallamshire Harriers Sheffield	45:02
291	A Clansay	Liverpool Pembroke & Sefton H	45:03
292	P Scarlett	Wirral AC	45:04
293	ABissell	Knavesmire Harriers	45:04
294	DAustin	Bristol & West AC	45:05
295	RO'Toole	Hallamshire Harriers Sheffield	45:07
296	RSmith	Blackheath & Bromley Harriers	45:07
297	V Clissham	Coventry Godiva Harriers	45:08
298	J Bignall	Harrow AC	45:09
299	J Howe	Trafford AC	45:09
300	J Smith	Ranelagh Harriers	45:10
301	D Rayner	Crawley AC	45:11
302	R Hornsey	Stratford-On-Avon AC	45:12
303	M Moore	Leamington C & AC	45:13

318	C Waugh	ChelmsfordAC	45:29	430	A Deamer	Wells City Harriers	46:54	542	JHunton	ChelmsfordAC	48:11
319	A Crosby	Garden City Runners	45:30	431	SBurley	SwindonHarriers	46:55	543	N Percival	Manx Harriers	48:11
320	BMcMillan	ClaremontRR	45:32	432	A Bickerstaff	Ranelagh Harriers	46:56	544	M Morris	Wirral AC	48:12
321	A Henderson	Wells City Harriers	45:33	433	M James	Hereford Couriers	46:56	545	B Broyd	Herts Phoenix AC	48:13
322	B Brennan	Guildford & Godalming AC	45:34	434	T Lawes	Nestle Rowntree AC York	46:56	546	J Steele	Shrewsbury AC	48:14
323	L Best	Stockport H & AC	45:34	435	D Gee	Manchester H & AC	46:57	547	C Taylor	Watford Joggers	48:14
324	T Weeks	Epsom & Ewell Harriers	45:35	436	P Tasker	Tamworth AC	46:57	548	D Baker	Reigate Priory AC	48:15
325	M Raynes	Nestle Rowntree AC York	45:35	437	A Clarke	Liverpool H & AC	46:57	549	N Collins	Having Mayesbrook AC	48:15
326	J Simpson	Kenilworth Runners	45:35	438	M Winn-Smith	Cambridge Harriers	46:58	550	C Morrison	Sinfin RC	48:16
327	D Lines	Nene Valley Harriers	45:36	439	T Mitchell-Smith	Victoria Park H/Tower Hamlets	46:58	551	K Straw	Kirk Hallam AC	48:16
328	P Scarr	Rochdale H & AC	45:36	440	S Ralph	Royal Sutton Coldfield AC	46:59	552	R Thetford	Headington RR	48:17
329	M Tennyson	Guildford & Godalming AC	45:37	441	T McKeey	Kingston Upon Hull AC	47:00	553	P Hands	Leicester Coritanian AC	48:17
330	M Hann	St Albans Striders	45:38	442	D Mason	Hornich RMI Harriers	47:01	554	S Claridge	Harrogate H & AC	48:18
331	D Clarke	Northbrook AC	45:39	443	R Spencer	Holmfirth Harriers AC	47:01	555	N Mitchell	London Heathside AC	48:18
332	S Simpson	Nestle Rowntree AC York	45:40	444	D Foster	Otley AC	47:02	556	B Atwell	South London Harriers	48:19
333	A Lashmar	Victoria Park H/Tower Hamlets	45:41	445	C Jones	Liverpool Pembroke & Sefton H	47:03	557	C Essex-Crosby	Blackpool & Fylde AC	48:20
334	I Stevens	Derby AC	45:41	446	R Prout	Chelmsford AC	47:04	558	C Lescott	Serpentine RC	48:20
335	A Greer	Birchfield Harriers	45:42	447	B Moen	Rugby & Northampton AC	47:05	559	S Partridge	Rugby & Northampton AC	48:21
336	A Fox	Manx Harriers	45:43	448	K Robinson	Rochdale H & AC	47:06	560	A Brook	Harrogate H & AC	48:21
337	C Clark	Nene Valley Harriers	45:44	449	J Culshaw	Tamworth AC	47:06	561	M Noyce	Winchester & District AC	48:22
338	C Bagshaw	Telford AC	45:44	450	A Porteous	Belgrave Harriers	47:06	562	A Hauser	Holmfirth Harriers AC	48:22
339	B McEvoy	Birmingham Rowheath AC	45:44	451	G Maley	Having Mayesbrook AC	47:07	563	G Rayner	Springfield Striders	48:22
340	V Maughn	Herne Hill Harriers	45:45	452	A Normandale	Nestle Rowntree AC York	47:08	564	R Erickson	London Heathside AC	48:23
341	G Wilson	Telford AC	45:45	453	R Stewart	Highgate Harriers	47:09	565	S Garside	Stone Master Marathoners	48:23
342	P Wood	Middleton Harriers AC	45:45	454	N Davey	Birmingham Rowheath AC	47:11	566	S Kinsey	Severn AC	48:24
343	J Mangat	Guildford & Godalming AC	45:45	455	K Langan	Knavesmire Harriers	47:11	567	K Darcy-F	Serpentine RC	48:24
344	P Stephens	Severn AC	45:46	456	I White	St Helens Sutton AC	47:12	568	A Morgan	Halesowen A & CC	48:27
345	B Coulter	Orion Harriers	45:46	457	A Clague	West Cheshire AC	47:13	569	C Driskell	Steel City Striders	48:28
346	R Goose	City Of Norwich AC	45:47	458	M Williams	Kenilworth Runners	47:14	570	M Wells	Orion Harriers	48:30
347	M Couldwell	Charmwood AC	45:48	459	F Smith	Saltwell Harriers	47:14	571	M Waime	Southend-On-Sea AC	48:34
348	I Hardcastle	Winchester & District AC	45:49	460	J Barker	Thriff Green Trotters	47:14	572	P Ouibell	Preston Harriers	48:34
349	J Broom	Barnsley AC	45:49	461	S Heaton	East Cheshire H & Tamside AC	47:15	573	R Chrzan	Kidderminster & Stourport AC	48:35
350	G Matthews	East Cheshire H & Tamside AC	45:49	462	A Dodd	Ealing Southall & Middlesex AC	47:16	574	K Bentley	Spenborough & District AC	48:36
351	J Heywood	Holmfirth Harriers AC	45:50	463	J Smith	Aldershot Farnham & Dist AC	47:16	575	S Howard	Ely Runners	48:37
352	D Turvey	Halesowen A & CC	45:51	464	P Barrett	Oldham & Royton H & AC	47:17	576	P Warburton	Hillingdon AC	48:38
353	C Hays	Sale Harriers Manchester	45:52	465	I Hayburn	St Helens Sutton AC	47:17	577	C Old	Serpentine RC	48:39
354	B Atkinson	Knavesmire Harriers	45:52	466	G Wilson	Preston Harriers	47:18	578	A Bodycote	Coventry Godiva Harriers	48:41
355	S Donegan	Liverpool Pembroke & Sefton H	45:53	467	S Bond	Reading AC	47:18	579	J Bateman	Ripley RC	48:41
356	V Carroll	Rugby & Northampton AC	45:54	468	A Jones	Staffordshire Moorlands AC	47:19	580	M Flowers	Wye Valley Runners	48:42
357	J Pickley	Sparkhill Harriers	45:55	469	T Munt	Reading AC	47:20	581	M Faughnan	Garden City Runners	48:44
358	L McMeekin	Medway & Maidstone AC	45:56	470	H Bush	Tamworth AC	47:21	582	C Romero	Highgate Harriers	48:44
359	B Sumner	Rugby & Northampton AC	45:56	471	L Pickering	Chelmsford AC	47:21	583	T Hutchison	City Of Bath AC	48:45
360	N Marsh	Louth AC	45:57	472	J Scott	St Albans Striders	47:21	584	P Goode	Saltwell Harriers	48:46
361	K Fisher	Telford AC	45:58	473	C Taylor	Hallamshire Harriers Sheffield	47:22	585	S Plested	Ealing Southall & Middlesex AC	48:47
362	S Lidgate-Taylor	Solihull & Small Heath AC	45:58	474	C Edgington	South London Harriers	47:22	586	R Darling	Erewash Valley RC	48:49
363	I Greenwood	Clayton-Le-Moors Harriers	45:59	475	P Lazo-F	Kent AC	47:22	587	S Rose	Bournville Harriers	48:49
364	A Grenfell	Rossendale H & AC	45:59	476	G Robinson	Chester-Le-Street & Dist AC	47:23	588	P Austin	Northbrook AC	48:49
365	S Still	Luton AC	45:59	477	S Brady	Lancaster & Morecambe AC	47:25	589	M Hill	Notts AC	48:50
366	N Hazelwood	Halesowen A & CC	46:00	478	S Hale	City Of Bath AC	47:26	590	I Keyte	Bromsgrove & Redditch AC	48:51
367	T Wall	Morpeth H & AC	46:00	479	G Rickerby-F	Blackheath & Bromley Harriers	47:27	591	R Vose	St Helens Sutton AC	48:52
368	A Booth	Knavesmire Harriers	46:01	480	T Canaway	Leeds University CCC	47:28	592	P Cuthbert	Wallasey AC	48:52
369	C Breakell	Lancaster & Morecambe AC	46:01	481	A Thomas	Keighley & Craven AC	47:28	593	O Mason	Peterborough AC	48:53
370	P Golding	St Edmunds Pacers	46:02	482	R Kenny	Preston Harriers	47:30	594	D Stewart	Spenborough & District AC	48:53
371	D Boyce	Brighton & Hove City AC	46:03	483	M Wilkins	Invicta East Kent AC	47:30	595	J Lowe	Highgate Harriers	48:54
372	M Barlow	Kent AC	46:03	484	D Keating	Corby AC	47:31	596	G Patton	Sphinx AC	48:55
373	G Jones-F	Thames Valley Harriers	46:04	485	E Phillips	Serpentine RC	47:34	597	J Laban	Derby AC	48:55
374	K Lanckham	Bromsgrove & Redditch AC	46:05	486	P Insall	Great Western Runners	47:35	598	J Zapple	Herne Hill Harriers	48:58
375	S Riley	Leamington C & AC	46:06	487	P Mitchell	South London Harriers	47:36	599	D Whitaker	Hallamshire Harriers Sheffield	48:58
376	C Stokes	Sphinx AC	46:07	488	S Endacott	Dulwich Runners	47:36	600	N Stringer	Sparkhill Harriers	48:58
377	G Dehl	West Bromwich Harriers	46:08	489	E Cullen	Skelmersdale Boundary Harriers	47:37	601	A Weatherston	Heanor RC	48:59
378	V Booth	Trafford AC	46:08	490	A Grant	Halesowen A & CC	47:38	602	P Daniels	Dulwich Runners	49:00
379	S Marsden	Hallamshire Harriers Sheffield	46:10	491	K Turner	Barnet & District AC	47:38	603	G Timmins	Birchfield Harriers	49:00
380	R Gray	Birmingham Rowheath AC	46:11	492	S Marshall	Stratford-On-Avon AC	47:39	604	G Hall	Corby AC	49:01
381	D Brennan	London Irish AC	46:13	493	M Benford	Notts AC	47:39	605	K Kemp	London Heathside AC	49:01
382	A White	Hallamshire Harriers Sheffield	46:14	494	C Oxlade	Broxbourne Runners	47:40	606	S Scrutton	Highgate Harriers	49:02
383	M Cates	Eton Manor AC	46:15	495	P Wheel	Wigan Phoenix	47:41	607	G Cook	North Herts RR	49:02
384	P Shackleton	Tipton Harriers	46:16	496	T Stock	Macclesfield H & AC	47:41	608	R Starr	Sutton-In-Ashfield H & AC	49:03
385	J Cox	St Albans Striders	46:17	497	C Owens	Ranelagh Harriers	47:42	609	N Tolfrey	Victory AC	49:03
386	J James	Wells City Harriers	46:20	498	M Ellithorn	Corby Harriers	47:42	610	S Howes	Solihull & Small Heath AC	49:03
387	M Hulmstom	Wirral AC	46:21	499	B Murphy	Liverpool H & AC	47:45	611	J Roche	Clayton-Le-Moors Harriers	49:04
388	N Humphreys	Corby AC	46:21	500	C Raymond	Ely Runners	47:45	612	B Fursej	Medway & Maidstone AC	49:04
389	D Brock	Orion Harriers	46:22	501	C Harris	Halesowen A & CC	47:46	613	T Howarth	Massey Ferguson AC	49:04
390	S Furnam	Severn AC	46:23	502	S Scott	Kent AC	47:46	614	T Collins	Having Mayesbrook AC	49:05
391	M Allen	Garden City Runners	46:23	503	G Cassidy	Altrincham & District AC	47:47	615	J Kallehaug	City Of Sheffield AC	49:05
392	J Flahive	London Heathside AC	46:24	504	J Nash	Nene Valley Harriers	47:48	616	S Burke	Newbury AC	49:06
393	T Yoshiwaya	Invicta East Kent AC	46:24	505	P Bowell	Invicta East Kent AC	47:48	617	C Leach	Rochdale H & AC	49:06
394	S Sternkopf	Worcester AC	46:26	506	I Druce-F	Serpentine RC	47:49	618	K Hawkes	Stratford-On-Avon AC	49:08
395	A Devoy	Wirral AC	46:27	507	T Eley	Dorking & Mole Valley AC	47:49	619	M Edwards	Burnham Joggers	49:08
396	S Meadows	Rugby & Northampton AC	46:27	508	S Hopkin	Kenilworth Runners	47:51	620	M Clews	Aldershot Farnham & Dist AC	49:09
397	J Smith	Kidderminster & Stourport AC	46:28	509	J Houghton	North Fylde AC	47:51	621	G Johnston	North Fylde AC	49:09
398	N Eccles	Altrincham & District AC	46:30	510	C Paton	Gateshead H & AC	47:52	622	J Guest	Northbrook AC	49:09
399	A Coleman	Enfield & Haringey AC	46:31	511	S Griffiths	Kent AC	47:52	623	J Fletcher	Royal Sutton Coldfield AC	49:10
400	P Wetton	Thames Valley Harriers	46:31	512	S Clarke	Medway & Maidstone AC	47:52	624	J Webb	Westbury Harriers	49:10
401	M Gohar	Ranelagh Harriers	46:33	513	M McHale	Redhill RR	47:53	625	P Chan	Great Western Runners	49:11
402	S Battle	Workshop Harriers	46:33	514	A Slack	Herts Phoenix AC	47:53	626	A Haycock	Stafford Harriers	49:12
403	D Pearce	Leicester Coritanian AC	46:34	515	S Clare	Clayton-Le-Moors Harriers	47:53	627	I Page	Rolls-Royce Harriers	49:13
404	P Froggatt	Solihull & Small Heath AC	46:36	516	E Bayne	London Heathside AC	47:54	628	S Wells	Chester-Le-Street & Dist AC	49:13
405	M Manir	Wigan Phoenix	46:37	517	K Francis	Shrewsbury AC	47:55	629	M Maple	Ilford AC	49:14
406	C Shuttleworth	Clayton-Le-Moors Harriers	46:38	518	C Lancaster	Ludlow Runners	47:55	630	G Quick	Ranelagh Harriers	49:14
407	N Overton	Nene Valley Harriers	46:40	519	P Leppard	Hillingdon AC	47:56	631	R Casey	Garden City Runners	49:15
408	N Woroswick	Clayton-Le-Moors Harriers	46:41	520	B Horrock	Clayton-Le-Moors Harriers	47:57	632	B Lively	Stratford-On-Avon AC	49:16
409	P Miller	Boston & District AC	46:42	521	W Shone	Stockport H & AC	47:57	633	B Park	Kidderminster & Stourport AC	49:17
410	J Kazer	Cambridge & Coleridge AC	46:42	522	J Knibb	Derby AC	47:58	634	M West	Boston & District AC	49:17
411	M Allen	Halesowen A & CC	46:43	523	M Gore	Harborough AC	47:58	635	N Russell	Workshop Harriers	49:18
412	D Potter	Notts AC	46:43	524	P Harrison	Liverpool H & AC	47:58	636	M Riches	Belper Harriers	49:19
413	G Lawrence	Solihull & Small Heath AC	46:44	525	B Wareing	Sparkhill Harriers	47:59	637	K Brailford	Derby AC	49:19
414	D Gilchrist	Altrincham & District AC	46:44	526	J Hogan	Bristol & West AC	47:59	638	S Masters	Wells City Harriers	49:20
415	M Hill	Worcester AC	46:45	527	R Dickinson	Forest Of Dean AC	48:00	639	A Bayliss	Dulwich Runners	49:20
416	S Rutherford	Darlington H & AC	46:45	528	G Dickinson	Chester-Le-Street & Dist AC	48:00	640	D Scholes	Keighley & Craven AC	49:21
417	P Riley	Liverpool H & AC	46:45	529	S Sheard	Aldershot Farnham & Dist AC	48:01	641	N Farrow	Workshop Harriers	49:21
418	A Carruthers	Halesowen A & CC	46:46	530	M Gore	Invicta East Kent AC	48:02	642	P Davis	Centurion RC	49:24
419	D Ogden	South London Harriers	46:46	531	R Scotter	City Of Norwich AC	48:03	643	J Thorpe	Great Western Runners	49:25
420	T Egan	Rugby & Northampton AC	46:47	532	A Carroll	East Cheshire H & Tamside AC	48:04	644	J G Jones	Shrewsbury AC	49:25
421	D Battersby	Bedford & County AC	46:47	533	E Messer	Chelmsford AC	48:04	645	S Kelly	Walsend H & AC	49:26
422	M Giles	Stourbridge RC	46:48	534	C Cooke	St Edmunds Pacers	48:04	646	R Homes	Kenilworth Runners	49:26
423	A Reeves	Serpentine RC	46:48	535	P Newton	Redhill RR	48:05	647	C Stone	Reigate Priory AC	49:26
424	J Hewitt	Workshop Harriers	46:49	536	E Barker	Charmwood AC	48:05	648	B Hutchinson	Kent AC	49:27
425	G Williams	Nene Valley Harriers	46:50	537	D Batstone	Coventry Godiva Harriers	48:06	649	A Wasdell	St Albans Striders	49:27
426	P Young	Hallamshire Harriers Sheffield	46:51	538	A McCoy	Cheltenham & County Harriers	48:06	650	C Ross	Stafford Harriers	49:28
427	S Geggie	Halesowen A & CC	46:52	539	A Fay	Dorking & Mole Valley AC	48:07	651	J Croft	Holmfirth Harriers AC	49:29
428	P Hancock	Harborough AC	46:53	540	L Rumble	Herts Phoenix AC	48:07	652	K Waterman	Hillingdon AC	49:29
429	D Holdway	Fleet & Crookham AC	46:54	541	K Moore	West Bromwich Harriers	48:09	653	N Chester	Liverpool H & AC	49:3

654	MJacklin	Werrington Joggers	49:30	766	D Newton	Manx Harriers	50:56	878	MBell	RipleyRC	52:47
655	BMills	Tipton Harriers	49:31	767	NO'Connor-F	SerpentineRC	50:57	879	B Weber	LondonHeathsideAC	52:49
656	DPlaxdon	Wye Valley Runners	49:31	768	H Knowles	City Of Norwich AC	50:57	880	D Allen	Wye Valley Runners	52:51
657	D Potter	Leamington C & AC	49:32	769	A Walker	Reigate Priory AC	50:58	881	A Peace	Bingley H & AC	52:52
658	H Pearson	Otley AC	49:33	770	A Matthews	SerpentineRC	51:00	882	D Birch	Steel City Striders	52:54
659	PManning	RipleyRC	49:34	771	R Townsend	Saltwell Harriers	51:04	883	NDilkes	Wreake Runners	52:54
660	D Bent	PitseaRC	49:36	772	S Jackson	Kenilworth Runners	51:05	884	S Ashmore	Heanor RC	52:56
661	B Hussain	Stockport H & AC	49:38	773	A Daws	SerpentineRC	51:06	885	G Clifton	West Bromwich Harriers	52:57
662	D Edwards	Saracens RC	49:39	774	P Reddaway	Broxbourne Runners	51:08	886	S Jackson	Eton Manor AC	52:58
663	J Edwards	Bourville Harriers	49:39	775	S Herington	Hereford Couriers	51:08	887	N Park	Kent AC	52:58
664	K Lomas	Charmwood AC	49:40	776	P Hayman	Peterborough AC	51:10	888	G Patchett	Spenborough & District AC	52:59
665	M Bailey	Newcastle (Staffs) AC	49:41	777	B Rogers	Ipswich Jaffa	51:11	889	O Broadbent	Orion Harriers	53:00
666	M Hudspith	Sphinx AC	49:41	778	C Moran	Salford Metropolitan AC	51:13	890	M Nelson	Macclesfield H & AC	53:03
667	S Driscoll	Totton RC	49:42	779	R Atkins	Poole AC	51:15	891	M Stevens	Werrington Joggers	53:03
668	M Haines	Leicester Coritanian AC	49:42	780	A Lewis	Shrewsbury AC	51:16	892	D Dixon	Watford Joggers	53:04
669	A Taylor	Salford Metropolitan AC	49:43	781	G Bunting-F	SerpentineRC	51:19	893	K Boardman	Leigh H & AC	53:04
670	M Connelly	Elswick Harriers	49:43	782	S Robinson	East Cheshire H & Tamside AC	51:19	894	D Simpson	SerpentineRC	53:05
671	A Welsh	North Fylde AC	49:44	783	P Dixon	Sunderland Strollers	51:20	895	D Kelly	Stopsley Striders	53:05
672	P Prosser	Brighton & Hove City AC	49:45	784	A Richards	Epsom & Ewell Harriers	51:21	896	M Willcox	Great Western Runners	53:06
673	P Cates	Eton Manor AC	49:45	785	N Rothwell	The Stragglers	51:22	897	J Johnson	Wallasey AC	53:07
674	R Sunley	Horsforth Harriers	49:46	786	M Brooks	Richmond & Zetland Harriers	51:23	898	J Holder	PitseaRC	53:07
675	R MacIver	SerpentineRC	49:46	787	S Edge	Harborough AC	51:23	899	D Pilbeam	Totton RC	53:08
676	J Long	St Edmunds Pacers	49:46	788	K Naughton	Sphinx AC	51:24	900	C Harper	Forest Of Dean AC	53:08
677	B Cobb-F	SerpentineRC	49:46	789	O Fairclough	Sparkhill Harriers	51:26	901	S Brown	Sparkhill Harriers	53:09
678	M Mann	Dulwich Runners	49:47	790	S Mason	Northbrook AC	51:28	902	R Hall	Blackheath & Bromley Harriers	53:10
679	P Hurcombe	Birmingham Rowheath AC	49:47	791	M Peace	Ranelagh Harriers	51:29	903	A Murray	Dulwich Runners	53:10
680	J Thompson	Saltwell Harriers	49:48	792	A Harries	Derby AC	51:32	904	P Edwards	Heanor RC	53:10
681	J Emmines	The Stragglers	49:48	793	P Gillespie	RedhillRR	51:33	905	I Povey	New Marske Harriers	53:11
682	G Corbett	Kidderminster & Stourport AC	49:49	794	A Wolton	Chorley Harriers	51:34	906	A Hyland	Broxbourne Runners	53:11
683	M Dransfield	Spennorth & District AC	49:49	795	K Wood	Dulwich Runners	51:35	907	R Findlay	Team Kennet	53:12
684	G Callaghan	Liverpool Pembroke & Sefton H	49:50	796	H Anderson	Northbrook AC	51:36	908	N Oldham	Manchester YMCA Harriers	53:12
685	BMiller	Harrogate H & AC	49:51	797	M Green	Forest Of Dean AC	51:36	909	A Sofley	ChesapeakeRR	53:13
686	L Heath	St Edmunds Pacers	49:53	798	P Stubbs	Hallamshire Harriers Sheffield	51:37	910	N Shaw	Rochdale H & AC	53:14
687	D Shortridge	Victoria Park H/Tower Hamlets	49:53	799	B Groves	Morpeth H & AC	51:38	911	BMills	Reading AC	53:15
688	N Stockman	Highgate Harriers	49:53	800	P Nixon	Stockport H & AC	51:39	912	S Donaghy	Herne Hill Harriers	53:16
689	L Heathcock	Tipton Harriers	49:54	801	RO'Sullivan	Kirk Hallam AC	51:40	913	P Dakin	Bourville Harriers	53:17
690	P Dixon	Elswick Harriers	49:54	802	PHawkins	Great Western Runners	51:40	914	P Bullock	Worcester AC	53:19
691	J Dawson	Orion Harriers	49:55	803	M Green	Reading AC	51:41	915	P Kinwin	Peterborough AC	53:21
692	A Butler	Halesowen A & CC	49:57	804	M Clarke	Ilford AC	51:42	916	J Howell	Stone Master Marathoners	53:22
693	DBennett	ThaneRR	49:57	805	R Weston	London Heathside AC	51:42	917	G Platt	Chorley Harriers	53:22
694	D Daniels	Wallsend H & AC	49:58	806	J Dowson	Cambridge Harriers	51:42	918	W Gilby	London Heathside AC	53:23
695	K Barnes	Hereford Couriers	49:59	807	M Chaplin	Cambridge & Coleridge AC	51:43	919	G Busch	Stopsley Striders	53:24
696	P Benedickter	Luton AC	50:00	808	F Allegretti-F	Coventry Godiva Harriers	51:43	920	M Bentley	Stafford Harriers	53:24
697	N Wasledge	Fairlands Valley Spartans	50:01	809	J Spencer	Hallamshire Harriers Sheffield	51:43	921	B Goodall	Erewash Valley RC	53:24
698	T Barbat	Wallasey AC	50:01	810	I Hughes	Macclesfield H & AC	51:44	922	B Norman	Wesham RR	53:26
699	J Barnes	Nestle Rowntree AC York	50:02	811	M Wakefield	Salford H & AC	51:44	923	J Whiffin	Loughton AC	53:27
700	B Cooke	Bromsgrove & Redditch AC	50:02	812	SWright	Newham & Essex Beagles AC	51:45	924	I Greenaway	Lingfield RC	53:29
701	J Currie	Royal Sutton Coldfield AC	50:05	813	C Vernon	Stubbington Green Runners	51:47	925	ICrifton	Liverpool Pembroke & Sefton H	53:30
702	A Sweet	London Heathside AC	50:06	814	G McMillan	Kidderminster & Stourport AC	51:49	926	BBennett	Orion Harriers	53:31
703	A Cowper-Smith	Invicta East Kent AC	50:06	815	J Lock-F	SerpentineRC	51:50	927	P Coventry	Nuneaton Harriers	53:34
704	R Moye	Kent AC	50:07	816	J Ward	Herne Hill Harriers	51:50	928	P Shaw	RipleyRC	53:35
705	G Lawson	Saracens RC	50:07	817	P Anderson	Bromsgrove & Redditch AC	51:50	929	A Wheeler	Bourville Harriers	53:35
706	CCurtis	Corby AC	50:08	818	P Kent	Cambridge Harriers	51:51	930	P Keech	Stopsley Striders	53:37
707	I Taylor	Blackheath & Bromley Harriers	50:09	819	BSchofield	Oldham & Royton H & AC	51:52	931	J Harrison	Mansfield H & AC	53:38
708	ABenson	Herts Phoenix AC	50:09	820	C Bentley	Macclesfield H & AC	51:53	932	S Pratt	Lincoln & District Runners	53:39
709	M D' Ayala	Ely Runners	50:10	821	D Neal	Poole AC	51:53	933	E Craft	Reigate Priory AC	53:39
710	C Gray	Bingley H & AC	50:10	822	W Arbury	Epsom & Ewell Harriers	51:54	934	J Howe	London Heathside AC	53:40
711	TO'Clerigh	Dulwich Runners	50:11	823	MClewlow	Newcastle (Staffs) AC	51:55	935	A Adkin	Saracens RC	53:41
712	M Waplington	Tamworth AC	50:11	824	M Anderson	Lincoln & District Runners	51:56	936	P Mullarkey	Saltwell Harriers	53:42
713	R Knox	Hillingdon AC	50:14	825	A Rea	Centurion RC	51:57	937	F Gibbs	Bingley H & AC	53:42
714	C Balderson	Clayton-Le-Moors Harriers	50:15	826	G Fallon	Derby AC	51:57	938	T Babbs	Loughton AC	53:43
715	A Hooley	Workshop Harriers	50:15	827	F Nolan	Queens Park Harriers	51:58	939	S Moss	Spennorth & District AC	53:45
716	P Butler	Halesowen A & CC	50:17	828	B Olpin	RedhillRR	51:58	940	D Gillick	Stone Master Marathoners	53:47
717	M Fryer	Hallifax H & AC	50:18	829	A MacDonald	Birmingham Rowheath AC	51:58	941	T Adams	Leeds City AC	53:47
718	DOxland	Notts AC	50:19	830	N Warren	Erewash Valley RC	52:01	942	C Rowberry	Hereford Couriers	53:48
719	J Dalzell	Royal Sutton Coldfield AC	50:20	831	A Moore	Stopsley Striders	52:01	943	S Bach	Bromsgrove & Redditch AC	53:48
720	TLyken-F	Ely Runners	50:21	832	A Mason	Springfield Striders	52:03	944	I Price	Stourbridge RC	53:49
721	K Wood	Saltwell Harriers	50:21	833	ARawlins	Werrington Joggers	52:03	945	M Trigger	Tamworth AC	53:52
722	N Kulnich	Aurora Harriers	50:22	834	MCross	Cambridge Harriers	52:06	946	ATuttle	Newbury AC	53:53
723	AShort	Grantham & District AC	50:24	835	T Back	Ipswich Jaffa	52:07	947	T Wright	Orion Harriers	53:55
724	A Tant	Broxbourne Runners	50:24	836	MCunningham	Manchester H & AC	52:08	948	R Ryan	Birmingham Rowheath AC	53:58
725	MCronshaw	North Fylde AC	50:25	837	K Hopkinson	Workshop Harriers	52:08	949	C Beer	City Of Bath AC	53:59
726	H Jeffrey	Otley AC	50:25	838	P Thomas	Rugby & Northampton AC	52:09	950	D Edwards	Garden City Runners	54:00
727	P Mensley	Charmwood AC	50:26	839	CBailey-Wood	Dulwich Runners	52:09	951	W Clarke	Stone Master Marathoners	54:01
728	CHinks	Sparkhill Harriers	50:26	840	J Brady	Dulwich Runners	52:09	952	MCardew	Cheltenham & County Harriers	54:02
729	G Thomas	Northbrook AC	50:27	841	B Miller	Leamington C & AC	52:10	953	MCollins	Fairlands Valley Spartans	54:02
730	D Wharton	St Helens Sutton AC	50:27	842	SMillington	Halesowen A & CC	52:11	954	M Rowe	Croydon Harriers	54:03
731	B Busby	Wreake Runners	50:29	843	F Reddington	Spennorth & District AC	52:11	955	AO'Brien	Saracens RC	54:06
732	D Anderson	Wallsend H & AC	50:29	844	J Ketteringham	Wreake Runners	52:12	956	D Laurie	Desford Striders RC	54:07
733	M Moore	Holme Pierrepont RC	50:30	845	AGillan	Springfield Striders	52:12	957	J Boyd	Reading AC	54:07
734	L Spencer	Keighley & Craven AC	50:31	846	ABrooks	Shelton Striders	52:13	958	R Cave	Werrington Joggers	54:08
735	P Mann	Dorking & Mole Valley AC	50:31	847	DRandall	Ealing Southall & Middlesex AC	52:14	959	T Gray	Eye Community Runners	54:10
736	B Walmsley	Skelmersdale Boundary Harriers	50:32	848	PHawkins	Stratford-On-Avon AC	52:15	960	R Wood	Liverpool Pembroke & Sefton H	54:14
737	DCrossland	Steel City Striders	50:32	849	JBunn	New Marske Harriers	52:16	961	A White	Rugby & Northampton AC	54:15
738	L Broadbridge	Springfield Striders	50:33	850	C Greyson	RedhillRR	52:17	962	THanson	Elswick Harriers	54:15
739	P Foot	Bourville Harriers	50:34	851	D Christopher	Stopsley Striders	52:18	963	SSymons	Manchester YMCA Harriers	54:16
740	SCouldwell	Birchfield Harriers	50:34	852	I Harris	Spectrum Striders RC	52:18	964	C Ward	Steel City Striders	54:17
741	D Hendley	Knavesmere Harriers	50:35	853	M Hurrell	Barnsley AC	52:19	965	P Cutts	Poole AC	54:18
742	G Mayoh	Walford Harriers	50:35	854	D Harrison	Tunbridge Wells Harriers	52:22	966	R McBean	Desford Striders RC	54:18
743	K McLaughlin	Wallasey AC	50:36	855	MBaker	Wallsend H & AC	52:23	967	A Sweet	Nuneaton Harriers	54:19
744	ABangerl	Victory AC	50:36	856	M Judge	Massey Ferguson RC	52:24	968	A Farley	East Cheshire H & Tamside AC	54:20
745	M Bateman	Hillingdon AC	50:37	857	R Brigidin	City Of Bath AC	52:25	969	R Wilson	Elswick Harriers	54:21
746	G Perkins	Scunthorpe & District AC	50:38	858	J Smith	Saltwell Harriers	52:26	970	F Robinson	Barnet & District AC	54:22
747	S Medhurst	Nene Valley Harriers	50:38	859	A Dalton	Skelmersdale Boundary Harriers	52:27	971	J Robertson	Derby AC	54:23
748	J Sturmman	Wallsend H & AC	50:39	860	A Vandenberg	Aldershot Farnham & Dist AC	52:27	972	W Gardner	Lancaster & Morecambe AC	54:24
749	AShorrock	Blackburn H & AC	50:40	861	M Nixon	Stockport H & AC	52:28	973	G Tudbury	Erewash Valley RC	54:24
750	M Ferguson	Bourville Harriers	50:41	862	M Long	Burton AC	52:29	974	M Wornes	Steel City Striders	54:25
751	N Evans	Southwell RC	50:42	863	M Whitmore	Charmwood AC	52:30	975	MBetts	Halesowen A & CC	54:26
752	SColbourne	Sphinx AC	50:43	864	P Connor	North York Moors	52:31	976	SBell	Elswick Harriers	54:27
753	M Wilcox	Rugby & Northampton AC	50:44	865	D Cooper	Barnsley AC	52:34	977	D Hanwell	Kettering Town Harriers	54:27
754	J Harrison	Workshop Harriers	50:45	866	J Wilkinson	Harrogate H & AC	52:35	978	N Wood	Herne Hill Harriers	54:28
755	TSouthwood	Birmingham Rowheath AC	50:46	867	GBlack	Halesowen A & CC	52:36	979	CBuxton	Forest Of Dean AC	54:29
756	M Walker	RipleyRC	50:47	868	RBell	Thames Valley Harriers	52:36	980	G Westley	Stubbington Green Runners	54:31
757	B Thompson	Halesowen A & CC	50:47	869	A Emberson	Thames Valley Harriers	52:37	981	G Hand	Spectrum Striders RC	54:32
758	CLamont	Stopsley Striders	50:48	870	P Jameson	West Bromwich Harriers	52:38	982	J Dowsett	Stopsley Striders	54:32
759	A Fuller	Altrincham & District AC	50:48	871	I Stainthorpe	Rochdale H & AC	52:38	983	J Gates	Buxley AC	54:34
760	D Warren	Croydon Harriers	50:51	872	M Thirlaway	Gateshead H & AC	52:39	984	S Annett	The Stragglers	54:34
761	C Stebbings	Luton AC	50:52	873	T Hatch	Southampton RC	52:40	985	CFrith	Dulwich Runners	54:36
762	S Williams	North Fylde AC	50:54	874	CCooper	Dorking & Mole Valley AC	52:41	986	M Gardner	Dorking & Mole Valley AC	54:37
763	ADeville	Medway & Maidstone AC	50:54	875	D Percy	Desford Striders RC	52:42	987	J Falvey	Ealing Southall & Middlesex AC	54:38
764	N Wilson	Nuneaton Harriers	50:55	876	P Bouston	Wye Valley Runners	52:43	988	M Moran	Rochdale H & AC	54:38
765	M Plint	City Of Sheffield AC	50:55	877	RFairhurst	Keighley & Craven AC	52:45	989	T Woodthorpe	Notts AC	54:39

Results Service by G.J. Fecitt (SportSoft) Tel & Fax 01204 884887, Email

990	DonAnderson	Belgrave Harriers	54:42	1099	G Vickers	Wesham RR	57:06	1208	R Andrews	Birmingham Rowheath AC	1:00:01
991	N Hemming	Croydon Harriers	54:43	1100	M Ludford	Birmingham Rowheath AC	57:07	1209	R Bailey	City Of Bath AC	1:00:10
992	BEKington	Kenilworth Runners	54:45	1101	S Greenwell	Elsworth Harriers	57:08	1210	C Penn	Ealing Southall & Middlesex AC	1:00:24
993	C Lewis	Erewash Valley RC	54:46	1102	R Francis	Broxbourne Runners	57:10	1211	R Booth	Shelton Striders	1:00:24
994	G Harrold	Enfield & Haringey AC	54:47	1103	D Blencarn	Ludlow Runners	57:10	1212	M Reibschied	St Albans Striders	1:00:27
995	R Devitt	Shaftesbury Barnet Harriers	54:48	1104	N Pratten	Wirral AC	57:11	1213	P Shipway	Sparkhill Harriers	1:00:31
996	R Hornsby	Ludlow Runners	54:49	1105	R Clapperton	Retford AC	57:12	1214	M Aston	Leamington C & AC	1:00:32
997	T Woolridge	Watford Joggers	54:50	1106	I Pass	St Helens Sutton AC	57:13	1215	D Crawley	Leighton Buzzard AC	1:00:33
998	P Summers	Skelmersdale Boundary Harriers	54:52	1107	K Wright	Springfield Striders	57:14	1216	P Wilkinson	Skelmersdale Boundary Harriers	1:00:39
999	D Turnbull	Aurora Harriers	54:53	1108	P Bellamy	Saltwell Harriers	57:16	1217	A Scoffham	Metros RC	1:00:41
1000	P Wilson	Sphinx AC	54:55	1109	J Thompson	Skelmersdale Boundary Harriers	57:18	1218	P Dugmore	Bournville Harriers	1:00:42
1001	S Adams	Elton Manor AC	54:55	1110	D Paver	Nestle Rowntree AC York	57:20	1219	J Fuller	Tunbridge Wells Harriers	1:00:44
1002	M Todd	Wallsend H & CC	54:56	1111	S Maddison	Thames Valley Harriers	57:22	1220	M Newell	Cambridge Harriers	1:00:45
1003	A Nock	Halesowen A & CC	54:56	1112	M Brown	Blyth RC	57:23	1221	T Doherty	Bournville Harriers	1:00:46
1004	K Allen	Notts AC	54:57	1113	N Cook	Thanet RR	57:24	1222	M George	Saracens RC	1:00:47
1005	A Gibbs	St Albans Striders	54:58	1114	C Palmer	Notts AC	57:25	1223	W Aylott	Garden City Runners	1:00:53
1006	C Edwards	Wye Valley Runners	54:59	1115	A Croke	Bournville Harriers	57:26	1224	D West	Dulwich Runners	1:00:58
1007	D Hall	Highgate Harriers	55:00	1116	K Macrosson	Ipswich Jaffa	57:26	1225	R Clay	Stafford Harriers	1:01:00
1008	P Lusardi	Ipswich Jaffa	55:02	1117	A Mathews	Centurion RC	57:28	1226	I Day	Ely Runners	1:01:02
1009	A Davy	Leeds City AC	55:02	1118	M Wheelton	Macclesfield H & AC	57:30	1227	R Miles	Royal Sutton Coldfield AC	1:01:06
1010	J Morrison	Charmwood AC	55:03	1119	D Thornton	Shelton Striders	57:31	1228	M Lynock	Bournville Harriers	1:01:09
1011	G Martin	Lincoln & District Runners	55:05	1120	G Lawrence	Reigate Priory AC	57:32	1229	D Buffham	Otley AC	1:01:11
1012	C Saunders	Serpentine RC	55:06	1121	J Skevington	Wreake Runners	57:33	1230	A Hodgkiss	Telford AC	1:01:13
1013	J Bignell	Hillingdon AC	55:09	1122	E Smith	Stafford Harriers	57:34	1231	A Barks	Redhill RR	1:01:15
1014	P Bovill	Ely Runners	55:09	1123	T Burke	Metros RC	57:35	1232	L Richardson	Stopsley Striders	1:01:18
1015	M Tomlinson	Ripley RC	55:12	1124	B Burden	Invicta East Kent AC	57:37	1233	R Inchley	Leighton Buzzard AC	1:01:20
1016	M Morley	Dulwich Runners	55:13	1125	W Southgate	Rolls-Royce Harriers	57:42	1234	P Robertson	Erewash Valley RC	1:01:21
1017	N Harding	Poole AC	55:14	1126	T Marlow	London Heathside AC	57:44	1235	J McKenna	Kenilworth Runners	1:01:22
1018	R Blake	Heanor RC	55:16	1127	R Dickinson	Blyth RC	57:45	1236	P Watkins	Leighton Buzzard AC	1:01:34
1019	A Steel	Wreake Runners	55:23	1128	A Lloyd	Halesowen A & CC	57:45	1237	D Debnam	Stopsley Striders	1:01:36
1020	W Winter	Leicester Corinthian AC	55:25	1129	T Jackson	Stratford-On-Avon AC	57:46	1238	T Brawn	Chiltem Harriers AC	1:01:40
1021	R Davies	Queens Park Harriers	55:28	1130	R Hardy	Luton AC	57:49	1239	C Ashton	Newcastle (Staffs) AC	1:01:42
1022	S Daly	The Stragglers	55:29	1131	JO Dowd	Hillingdon AC	57:51	1240	D Fox	Erme Valley Harriers	1:01:43
1023	D Parry	Steel City Striders	55:30	1132	G Pugh	Harlow RC	57:52	1241	S Ramsden	Sunderland Strollers	1:01:44
1024	C Lindesay	Wirral AC	55:31	1133	A Johns	Thames Hare & Hounds	57:55	1242	S Giddings	Sparkhill Harriers	1:01:58
1025	N Lindesay	Wirral AC	55:31	1134	I Manners	Manchester YMCA Harriers	57:56	1243	J Midgley	Erewash Valley RC	1:02:04
1026	M McGann	East Cheshire H & Tamside AC	55:32	1135	M Edolls	Serpentine RC	57:57	1244	S Mason	Totton RC	1:02:11
1027	S Gray	Coventry Godiva Harriers	55:34	1136	D Wood	North Fylde AC	57:58	1245	M Hulme	Salford Metropolitan AC	1:02:12
1028	G French	Enfield & Haringey AC	55:35	1137	P McLaughlin	Pitsea RC	58:04	1246	A Knight	Great Western Runners	1:02:15
1029	R Taylor	Blackburn H & AC	55:36	1138	R M Jones	Vegetarian C & AC	58:06	1247	A Scott	Werrington Joggers	1:02:25
1030	M Robins	Garden City Runners	55:37	1139	P Simpson	Vegetarian C & AC	58:06	1248	R Rainsford	Heanor RC	1:02:26
1031	M Jillians	City Of Bath AC	55:37	1140	B Allman	Horwich RMII Harriers	58:07	1249	K Taylor	Watford Joggers	1:02:31
1032	K Reed	Erme Valley Harriers	55:38	1141	D Yates	Matlock AC	58:08	1250	F Flint	Thanet RR	1:02:33
1033	V Olivant	Stone Master Marathoners	55:39	1142	I Gower	Saracens RC	58:09	1251	P Marshall	Stratford-On-Avon AC	1:02:34
1034	L Austin	Orion Harriers	55:40	1143	K Bailey	Trafford AC	58:09	1252	R Lawson	Clayton-Le-Moors Harriers	1:02:37
1035	R Hardcastle	Longwood HAC Huddersfield	55:41	1144	P Hatfield	Bexley AC	58:12	1253	L Badger	Stone Master Marathoners	1:02:44
1036	D Stanley	Amptihill & Flitwick Flyers	55:42	1145	D Beale	Herts Phoenix AC	58:14	1254	K Angel	Bexley AC	1:02:53
1037	R Berezia	Wye Valley Runners	55:43	1146	C Coulson	Desford Striders RC	58:21	1255	I Soane	Pitsea RC	1:03:00
1038	P Greenfield	Neaton Harriers	55:44	1147	C Burgess	Eye Community Runners	58:25	1256	Chanson	Birmingham Rowheath AC	1:03:16
1039	T Jolly	Kirk Hallam AC	55:46	1148	D Burt	Aurora Harriers	58:26	1257	D Burns	Massey Ferguson RC	1:03:17
1040	M Cliffe	Chelmsford AC	55:48	1149	S Bowen	Shrewsbury AC	58:27	1258	R Richardson	Werrington Joggers	1:03:17
1041	S Allen	Barnet & District AC	55:49	1150	T Fowler	Buxton AC	58:29	1259	K Passingham	Pitsea RC	1:03:23
1042	R Meek	West Bromwich Harriers	55:49	1151	T Timms	Saracens RC	58:30	1260	R Grenhalf	Kenilworth Runners	1:03:25
1043	G Mills	Erewash Valley RC	55:51	1152	R Hobbs	Dursley & District AC	58:30	1261	P Coughlan	Aurora Harriers	1:03:33
1044	J Stewart	Lancaster & Morecambe AC	55:53	1153	G Lawson	Manchester H & AC	58:31	1262	S Shillington	Kenilworth Runners	1:03:34
1045	I Clarke	Stourbridge RC	55:55	1154	S Garner	Wreake Runners	58:34	1263	I Cousins	Stopsley Striders	1:03:46
1046	A Peers	Spectrum Striders RC	55:57	1155	J Tymukas	Dulwich Runners	58:37	1264	L Greaves	Aurora Harriers	1:03:54
1047	S Page	Bournville Harriers	55:58	1156	B Condon	Chelmsford AC	58:38	1265	G Imber	Dulwich Runners	1:04:00
1048	G Crump	Bristol & West AC	56:01	1157	J Hart	Loughton AC	58:38	1266	R Westrum	Wallasey AC	1:04:02
1049	J Lee	City Of Sheffield AC	56:02	1158	K MacDonald	Watford Harriers	58:38	1267	D Brown	Metros RC	1:04:03
1050	D Robinson	Victoria Park H/Tower Hamlets	56:03	1159	N Munroe	West Bromwich Harriers	58:39	1268	M French	Serpentine RC	1:04:06
1051	S Dower	Newark AC	56:04	1160	R Saunders	Saracens RC	58:40	1269	C Jenks	Newham & Essex Beagles AC	1:04:10
1052	B Ellis	Horsforth Harriers	56:05	1161	D Fairbrass	Kent AC	58:40	1270	K Black	Spectrum Striders RC	1:04:28
1053	I Hodge	Serpentine RC	56:05	1162	C Barlow	Stone Master Marathoners	58:42	1271	D Lampitt	Stratford-On-Avon AC	1:04:31
1054	D Havenhand	Workshop Harriers	56:06	1163	T Forster	Saltwell Harriers	58:44	1272	J Tatham	Wallasey AC	1:04:36
1055	M Walker	Rochdale H & AC	56:09	1164	F Breen	Desford Striders RC	58:46	1273	R MacDonald	Bourton RR	1:04:40
1056	M Knight	Dudley Kingswinford RC	56:11	1165	M Anderson	Claremont RR	58:47	1274	D Grant	Werrington Joggers	1:04:44
1057	A Ward	Stopsley Striders	56:11	1166	P Goss	Bexley AC	58:50	1275	S Probert	Stone Master Marathoners	1:04:54
1058	M Branfoot	Chelmsford AC	56:13	1167	D Sinclair	Pitsea RC	58:50	1276	J Fogarty	Garden City Runners	1:04:58
1059	P Hawcroft	Bromsgrove & Redditch AC	56:16	1168	P Lymer	Droitwich AC	58:52	1277	S Hawes	West Bromwich Harriers	1:05:04
1060	R McDonough	Kingsing AC & Polytechnic H	56:17	1169	R Middleton	Havering Mayesbrook AC	58:54	1278	R Maxwell	Watford Joggers	1:05:08
1061	P Radford	Tunbridge Wells Harriers	56:17	1170	P York	Ealing Southall & Middlesex AC	58:55	1279	G McGregor	Wirral AC	1:05:18
1062	J Read	Shelton Striders	56:18	1171	D Shoemsmith	Macclesfield H & AC	58:56	1280	A Mussen	Kent AC	1:05:28
1063	B Moran	Tamworth AC	56:18	1172	J Wray	Watford Harriers	58:57	1281	A Maycraft	Loughton AC	1:05:36
1064	S Tanner	City Of Sheffield AC	56:24	1173	SK Kirk	Stratford-On-Avon AC	58:58	1282	P James	Saltwell Harriers	1:06:07
1065	D Dutchburn	Broxbourne Runners	56:25	1174	A Ault	Vale Royal AC	58:59	1283	J Adam	Leighton Buzzard AC	1:06:14
1066	T Smith	Salford H & AC	56:26	1175	D Kear	Claremont RR	59:00	1284	S Rochelle	Saltwell Harriers	1:06:16
1067	P Smart	Reading AC	56:29	1176	S Hopkins	Bournville Harriers	59:02	1285	R Laverick	Aurora Harriers	1:06:21
1068	J Andrew	Saracens RC	56:30	1177	B Woodhall	Stopsley Striders	59:03	1286	H Manning	Clayton-Le-Moors Harriers	1:06:44
1069	B Porter	Wesham RR	56:30	1178	R Beaumont	Trafford AC	59:04	1287	G Brownhill	Erewash Valley RC	1:06:52
1070	M Grimsdale	Watford Harriers	56:31	1179	R Bennett	Newark AC	59:05	1288	S Dickinson	Lincoln & District Runners	1:07:07
1071	J Ward	Bournville Harriers	56:32	1180	B Feldman	Hillingdon AC	59:06	1289	A Keeler	Ealing Southall & Middlesex AC	1:07:17
1072	C Lee	Horsham Blue Star Harriers	56:32	1181	G Mann	Birmingham Rowheath AC	59:07	1290	R Roberts	Bournville Harriers	1:07:32
1073	J Downey	Wirral AC	56:33	1182	E Lewis	Serpentine RC	59:07	1291	R Taylor	Stockport H & AC	1:08:16
1074	R Guest	Halesowen A & CC	56:33	1183	M Affleck	Swindon Harriers	59:08	1292	L Collier	Dulwich Runners	1:08:45
1075	R Norman	Belper Harriers	56:35	1184	D Bradshaw	St Helens Sutton AC	59:09	1293	J Hayes	Totton RC	1:08:58
1076	A Willerton	Watford Joggers	56:36	1185	M Jones	Stafford Harriers	59:10	1294	M Morris	Kenilworth Runners	1:09:01
1077	K Willshire	Blyth RC	56:37	1186	M Arnold	Sparkhill Harriers	59:12	1295	A Lea-Gerrard	Herne Hill Harriers	1:09:04
1078	C Chilton	Saracens RC	56:39	1187	A Mullis	Heaton Harriers	59:13	1296	T Crowhurst	Lingfield RC	1:09:04
1079	C Ryan	Retford AC	56:41	1188	S Ingham	Manchester YMCA Harriers	59:15	1297	C Bricher	Kenilworth Runners	1:09:09
1080	M Lancaster	Lincoln & District Runners	56:41	1189	G Walden	Werrington Joggers	59:17	1298	N Brooks	Harborough AC	1:09:36
1081	M Daly	The Stragglers	56:42	1190	D Mitchell	Epsom & Ewell Harriers	59:18	1299	N Starr	Erewash Valley RC	1:10:05
1082	M Russell	Elsworth Harriers	56:43	1191	J Purdy	Rochdale H & AC	59:19	1300	S Dunn	Werrington Joggers	1:10:32
1083	C Smith	Centurion RC	56:45	1192	L Menken-F	Serpentine RC	59:25	1301	D Phillips	Massey Ferguson RC	1:11:05
1084	M Russell	Tunbridge Wells Harriers	56:46	1193	P Kilbey	East Cheshire H & Tamside AC	59:26	1302	M Hayden	Aurora Harriers	1:11:40
1085	G Mason	Bournville Harriers	56:46	1194	M Garrod	Harborough AC	59:33	1303	P Williams	Pitsea RC	1:11:41
1086	R Haywood	Lincoln Wellington AC	56:46	1195	C Downey	Dudley Kingswinford RC	59:39	1304	F Grant	Stafford Harriers	1:11:51
1087	G Tanner	Bexley AC	56:48	1196	C Fenitman	Sparkhill Harriers	59:40	1305	K Vejdani	Lingfield RC	1:12:30
1088	A Gow	North Fylde AC	56:49	1197	S Chilton	Barnet & District AC	59:43	1306	M Cartwright	Chiltem Harriers AC	1:12:37
1089	K Reid	Invicta East Kent AC	56:50	1198	D Meyer	Trafford AC	59:46	1307	S James	Bromsgrove & Redditch AC	1:12:53
1090	A Cheek	Tunbridge Wells Harriers	56:52	1199	P Roberts	Rochdale H & AC	59:47	1308	A Dwyer	Eye Community Runners	1:14:57
1091	O'Rielly	Eye Community Runners	56:55	1200	J Worth	Headington RR	59:49	1309	T Rowbottom	Chesapeake RR	1:15:46
1092	J Parnor	Manchester YMCA Harriers	56:56	1201	M McGrath	Knavesmire Harriers	59:49	1310	B Taylor	Tunbridge Wells Harriers	1:16:22
1093	D Kyn	Blackpool & Fylde AC	56:57	1202	J Thornhill	Rolls-Royce Harriers	59:51	1311	M Dilks	Chesapeake RR	1:16:55
1094	MO'Brien	Manchester YMCA Harriers	56:57	1203	K Chesham	Pitsea RC	59:51	1312	P Brocklesby	Stourbridge RC	1:17:43
1095	M Olley	Forest Of Dean AC	56:58	1204	J Jarvis	Serpentine RC	59:55	1313	R Smith	Lincoln & District Runners	1:18:11
1096	P Sawko	Garden City Runners	57:03	1205	A Pratt	Droitwich AC	59:56	1314	A Dickinson	Lincoln & District Runners	1:21:28
1097	R Brown	Harborough AC	57:04	1206	J Woodward	Sunderland Strollers	59:59	1315	G Routledge	Heaton Harriers	1:21:54
1098	T Jones	Birmingham Rowheath AC	57:05	1207	S Harris	Rugby & Northampton AC	1:00:01	1316	S Maughan	Serpentine RC	1:25:47

## Senior Men — TEAMRESULTS

NOTE: Unattached and non-counters are DELETED before teams are calculated

1	Salford H & AC	188	—	13	A Jones	15	T Abyu	19	W Burns	21	J Brown	51	N Jones	69	M Cryer
2	Leeds City AC	232	—	16	M Roscoe	28	S Deakin	41	M Hilton	45	C Birchall	50	M Burrett	52	A Beevers
3	Tipton Harriers	232	—	20	M Shaw	25	P Hinch	35	S Hall	36	P Nicholls	56	K Lockett	60	M Williams
4	Newham & Essex Beagles AC	319	—	17	D Mitchinson	46	A Barber	48	A Robinson	55	S Major	59	K Stone	94	A Donaldson
5	Bristol & West AC	342	—	2	R Whalley	12	K Heywood	38	N Leighton	83	A Woods	101	D Moore	106	P Parry
6	Belgrave Harriers	362	—	3	M Miles	32	K Nash	53	David Anderson	66	T Watson	97	H Raidi	111	W Cockerell
7	Coventry Godiva Harriers	533	—	1	G Tromans	5	S White	30	M Lole	75	S Hazell	125	H Hammond	297	V Clisham
8	Sale Harriers Manchester	603	—	7	G Raven	29	D Agustus	39	S North	105	S Bailey	155	J Bailey	268	G Kirk
9	Bedford & County AC	673	—	33	W Levett	49	M Janes	112	C Riley	114	N Miller	181	J McMahon	F184	R Powell
10	Kent AC	735	—	23	J Mays	76	D Gitau-F	86	J Connor	129	J Healey	194	A Dunwoody	227	L Reilly
11	OWLS AC	790	—	27	M Powell	44	R Faulkner	98	C O'Neill	135	N Mapp	170	T Boyce	316	T Doran
12	Liverpool H & AC	822	—	40	R Burney	71	P McGlory	80	J McCole	126	L Siemaszko	201	S Freeman	304	P Owens
13	Aldershot Farnham & Dist AC	895	—	91	A Smith	104	D McCarthy	118	T Bedford	143	B Stopher	180	P Harwood	259	K Donkin
14	Birchfield Harriers	917	—	18	M Dalkins	42	T Payne	81	C Warren	157	L Bek	284	W Prince	335	A Greer
15	Blackheath & Bromley Harriers	1081	—	26	A Rayner	145	J Atkinson	152	A Draper	236	A Gibbins	242	P Tucker	280	J Thorpe
16	Hallamshire Harriers Sheffield	1087	—	70	A Thake	120	O Williams	127	M Bishop	185	M Broadhead	290	D Nolan	295	R O'Toole
17	Wells City Harriers	1172	—	4	F Tickner	9	B Tickner	22	A Hennessy	321	A Henderson	386	J James	430	A Deamer
18	Notts AC	1193	—	8	N Talbot	63	R Kay	85	J Hayden	132	W Speake	412	D Potter	493	M Benford
19	Bingley H & AC	1285	—	10	M Watson	57	P Tedd	113	S MacDonald	174	J Convery	221	A Johnson	710	C Gray
20	Leamington C & AC	1419	—	6	J Walsh	205	J Mudeman	256	A Geen	274	S Kinson	303	M Moore	375	S Riley
21	London Heathside AC	1608	—	178	M Potter	207	S Dixon	272	A Welshman	278	D Browne	281	P Lemmon	392	J Flahive
22	Herne Hill Harriers	1646	—	47	I Lockett	177	K Newton	217	S Combes	267	J Atyeo	340	V Maughn	598	J Zaple
23	Altrincham & District AC	1687	—	37	D Norman	84	N Chisolm	251	P Smith	398	N Eccles	414	D Gilchrist	503	G Cassidy
24	Nestle Rowntree AC York	1719	—	87	A Hilton	89	H Care	325	M Raynes	332	S Simpson	434	T Lawes	452	A Normandale
25	Medway & Maidstone AC	1827	—	14	M Coleman	140	G Williams	191	P Curran	358	L McMeekin	512	S Clarke	612	B Fursey
26	Ranelagh Harriers	1868	—	116	D Benton	122	P Doyle	300	J Smith	401	M Gohar	432	A Bickerstaff	497	C Owens
27	Nene Valley Harriers	1869	—	176	J Pike	197	S Beard	327	D Lines	337	C Clark	407	N Overton	425	G Williams
28	Wirral AC	1899	—	128	S Spence	153	J Hunt	292	P Scarrett	387	M Hulmstom	395	A Devoy	544	M Morris
29	Derby AC	1934	—	31	J Gilby	187	N Ratcliffe	263	J Ward	334	I Stevens	522	J Knibb	597	J Laban
30	Clayton-Le-Moors Harriers	2056	—	139	M Aspinall	225	P Hall	363	I Greenwood	406	C Shuttleworth	408	N Worswick	515	S Clare
31	Liverpool Pembroke & Sefton H	2079	—	64	J Boardman	240	S Rashid	291	A Clansey	355	S Donegan	445	C Jones	684	G Callaghan
32	Chelmsford AC	2111	—	154	P Smith	189	J Williams	318	C Waugh	446	R Prout	471	L Pickering	533	E Messer
33	Halesowen A & CC	2153	—	179	W Nock	352	D Turvey	366	N Hazelwood	411	M Allen	418	A Carruthers	427	S Geggie
34	Serpentine RC	2171	—	162	C Blackburn	282	A Greenway	313	S Hilton	423	A Reeves	485	E Phillips	506	I Druce-F
35	St Albans Striders	2176	—	92	S Pullen	248	S Buckle	330	M Hann	385	J Cox	472	J Scott	649	A Wasdell
36	Trafford AC	2183	—	88	M Murray	103	C Leigh	172	I Salisbury	299	J Howe	378	V Booth	1143	K Bailey
37	Rugby & Northampton AC	2213	—	235	H Perez	356	V Carroll	359	B Summer	396	S Meadows	420	T Egan	447	B Moen
38	Otley AC	2230	—	24	I Fisher	166	A Robertshaw	212	N Cayton	444	D Foster	658	H Pearson	726	H Jeffrey
39	Birmingham Rowheath AC	2396	—	239	A Kenchington	305S	Underwood	339	B McEvoy	380	R Gray	454	N Davey	679	P Hurcombe
40	Ealing Southall & Middlesex AC	2553	—	206	A McGarva	210	I Cunningham	243P	Flewitt	462	A Dodd	585	S Plested	847	D Randall
41	Highgate Harriers	2554	—	65	H Dodwell	253	D Burbidge	453	R Stewart	582	C Romero	595	J Lowe	606	S Scrutton
42	City Of Bath AC	2587	—	149	D Lugsden	245	C Davey	275	D Jones	478	S Hale	583	T Hutchison	857	R Brigden
43	Thames Valley Harriers	2825	—	68	C Smith	247	G Briggs	373	G Coales-F	400	P Wetton	868	R Bell	869	A Emberson
44	North Fylde AC	2964	—	165	M Eadie	273	S Robinson	509	J Houghton	621	G Johnston	671	A Welsh	725	M Cronshaw
45	Reading AC	3009	—	107	S Aldridge	252	J Burnett	467	S Bond	469	T Munt	803	M Green	911	B Mills
46	Harrogate H & AC	3091	—	169	I Rowbotham	257	C Miller	554	S Claridge	560	A Brook	685	B Miller	866	J Wilkinson
47	Garden City Runners	3143	—	271	S Livingstone	319	A Crosby	391	M Allen	581	M Faughnan	631	R Casey	950	D Edwards
48	Stratford-On-Avon AC	3154	—	262	N Hawkins	302	R Hornsey	492	S Marshall	618	K Hawkes	632	B Lively	848	P Hawkins
49	Keighley & Craven AC	3204	—	193	W Smith	279	A Jones	481	A Thomas	640	D Scholes	734	L Spencer	877	R Fairhurst
50	Kidderminster & Stourport AC	3250	—	151	T Kenderdine	397S	Smith	573	R Chrzan	633	B Park	682	G Corbett	814	G McMillan
51	Tamworth AC	3261	—	249	T Orton	436	P Tasker	449	J Culshaw	470	H Bush	712M	Waplington	945	M Trigger
52	Sparkhill Harriers	3268	—	269	D Riley	357	J Picksley	525	B Wareing	600	N Stringer	728	C Hinks	789	O Fairclough
53	Stockport H & AC	3362	—	196	J Loxam	323	L Best	521	W Shone	661	B Hussain	800	P Nixon	861	M Nixon
54	Dulwich Runners	3364	—	246	J Godber	488	S Endacott	602	P Daniels	639	A Bayliss	678	M Mann	711	T O'Clerrigh
55	Knivesmire Harriers	3412	—	293	A Bissell	354	B Atkinson	368	A Booth	455	K Langan	741	D Hendley	1201	M McGrath
56	Bromsgrove & Redditch AC	3532	—	108	J Adie	374	K Lanckham	590	I Keyte	700	B Cooke	817	P Anderson	943	S Bach
57	Workop Harriers	3571	—	402	S Battle	424	J Hewitt	635	N Russell	641	N Farrow	715	A Hooley	754	J Harrison
58	St Helens Sutton AC	3633	—	285	B Graney	456	I White	465	I Hayburn	591	R Vose	730	D Wharton	1106	I Pass
59	Kenilworth Runners	3702	—	326	J Simpson	458	M Williams	508	S Hopkins	646	R Homes	772	S Jackson	992	B Elkington
60	Invicta East Kent AC	3703	—	393	T Yoshiwaya	483	M Wilkins	505	P Bowell	530	M Gore	703A	Cowper-Smith	1089	K Reid
61	Orion Harriers	3810	—	345	B Coulter	389	D Brock	570	M Wells	691	J Dawson	889	Q Broadbent	926	B Bennett
62	Redhill RR	3829	—	310	M Yates	513	M McHale	535	P Newton	793	P Gillespie	828	B Olpin	850	C Greyson
63	Dorking & Mole Valley AC	3841	—	200	N Hodges	507	T Eelsey	539	A Fay	735	P Mann	874	C Cooper	986	M Gardner
64	Northbrook AC	3856	—	331	D Clarke	588	P Austin	622	J Guest	729	G Thomas	790	S Mason	796	H Anderson
65	Bourville Harriers	3896	—	244	J Solly	587	S Rose	663	J Edwards	739	P Foot	750	M Ferguson	913	P Dakin
66	Shrewsbury AC	3922	—	286	A Gray	517	K Francis	546	J Steele	644	J G Jones	780	A Lewis	1149	S Bowen
67	Barnet & District AC	4042	—	119	R Gamble	224	G Ramsey	491	K Turner	970	F Robinson	1041	S Allen	1197	S Chilton
68	Ripley RC	4058	—	258	D Connor	579	J Bateman	659	P Manning	756	M Walker	878	M Bell	928	P Shaw
69	Saltwell Harriers	4073	—	459	F Smith	584	P Goode	680	J Thompson	721	K Wood	771	R Townsend	858	J Smith
70	East Cheshire H & Tamside AC	4119	—	350	G Matthews	461	S Heaton	532	A Carroll	782	S Robinson	968	A Farley	1026	M McGann
71	Charnwood AC	4147	—	347	M Couldwell	536	E Barker	664	K Lomas	727	P Mensley	863	M Whitmore	1010J	Morrison
72	Rochdale H & AC	4162	—	328	P Scarr	448	K Robinson	617	C Leach	871	I Stainthorpe	910	N Shaw	988	M Moran
73	Sphinx AC	4178	—	376	C Stokes	596	G Patton	666	M Hudspith	752	S Colbourne	788	K Naughton	1000	P Wilson
74	Hillingdon AC	4218	—	519	P Leppard	576	P Warburton	652	K Waterman	713	R Knox	745	M Bateman	1013	J Bignell
75	Springfield Striders	4219	—	134	P Dobson	563	G Rayner	738	L Broadbridge	832	A Mason	845	A Gillan	1107	K Wright
76	Cambridge Harriers	4325	—	209	D Lipscomb	438	M Winn-Smith	806	J Dowson	818	P Kent	834	M Cross	1220	M Newell
77	Macclesfield H & AC	4446	—	312	A Lamont	496	T Stock	810	I Hughes	820	C Bentley	890	M Nelson	1118	M Wheelton
78	Saracens RC	4467	—	142	P Andrew	662	D Edwards	705	G Lawson	935	A Adkin	955	A O'Brien	1068	J Andrew
79	Spennborough & District AC	4521	—	574	K Bentley	594	D Stewart	683	M Dransfield	843	F Reddington	888	G Patchett	939	S Moss
80	Walsend H & AC	4676	—	645	S Kelly	694	D Daniels	732	D Anderson	748	J Sturman	855	M Baker	1002	M Todd
81	Great Western Runners	4698	—	486	P Insall	625	P Chan	643	J Thorpe	802	P Hawkins	896	M Willcox	1246	A Knight
82	Ely Runners	4744	—	500	C Rayment	575	S Howard	709	M D'Ayala	720	T Lytken-F	1014	P Bovill	1226	I Day
83	West Bromwich Harriers	4874	—	377	G Dehl	541	K Moore	870	P Jameson	885	G Clifton	1042	R Meek	1159	N Munroe
84	Wye Valley Runners	5035	—	580	M Flowers	656	D Plaxdon	876	P Bouston	880	D Allen	1006	C Edwards	1037	R Bereza
85	Broxbourne Runners	5065	—	494	C Oxlade	724	A Tant	774	P Reddaway	906	A Hyland	1065	D Dutchburn	1102	R Francis
86	Steel City Striders	5149	—	569	C Driskell	737	D Crossland	882	D Birch	964	C Ward	974	M Wornes	1023	D Parry

87	Stopsley Striders	5184	—	758	C Lamont	831	A Moore	851	D Christopher	895	D Kelly	919	G Busch	930	P Keech
88	Harborough AC	5327	—	428	P Hancock	523	M Gore	787	S Edge	1097	R Brown	1194	M Garrod	1298	N Brooks
89	Erewash Valley RC	5346	—	586	R Darling	830	N Warren	921	B Goodall	973	G Tudbury	993	C Lewis	1043	G Mills
90	Elswick Harriers	5349	—	670	M Connelly	690	P Dixon	962	T Hanson	969	R Wilson	976	S Bell	1082	M Russell
91	Skelmersdale Boundary Harriers	5407	—	489	E Cullen	736	B Walmsley	859	A Dalton	998	P Summers	1109	J Thompson	1216	P Wilkinson
92	Wallasey AC	5468	—	592	P Cuthbert	698	T Barbat	743	K McLaughlin	897	J Johnson	1266	R Westrum	1272	J Tatham
93	Stone Master Marathoners	5567	—	565	S Garside	916	J Howell	940	D Gillick	951	W Clarke	1033	V Olivant	1162	C Barlow
94	Stafford Harriers	5728	—	626	A Haycock	650	C Ross	920	M Bentley	1122	E Smith	1185	M Jones	1225	R Clay
95	Wreake Runners	5752	—	731	B Busby	844	J Ketteringham	883	N Dilkes	1019	A Steel	1121	J Skevington	1154	S Garner
96	Werrington Joggers	5772	—	654	M Jacklin	833	A Rawlins	891	M Stevens	958	R Cave	1189	G Walden	1247	A Scott
97	Watford Joggers	6039	—	547	C Taylor	892	D Dixon	997	T Woolridge	1076	A Willerton	1249	K Taylor	1278	R Maxwell
98	Pitsea RC	6320	—	660	D Bent	898	J Holder	1137	P McLaughlin	1167	D Sinclair	1203	K Chesham	1255	I Soane
99	Manchester YMCA Harriers	6379	—	908	N Oldham	963	S Symons	1092	J Paramor	1094	M O'Brien	1134	I Manners	1188	S Ingham
100	Lincoln & District Runners	6448	—	824	M Anderson	932	S Pratt	1011	G Martin	1080	M Lancaster	1288	S Dickinson	1313	R Smith
101	Tunbridge Wells Harriers	6618	—	854	D Harrison	1061	P Radford	1084	M Russell	1090	A Cheek	1219	J Fuller	1310	B Taylor
102	Aurora Harriers	6679	—	722	N Kulinich	999	D Turnbull	1148	D Burt	1261	P Coughlan	1264	L Greaves	1285	R Laverick