

9 1500m BMC Race 1			
1	Jonathan DAVIES	Reading AC/Birmingham Uni	Sm 3:47.26
2	Max WHARTON	Liverpool H/St. Mary's Uni	Sm 3:51.42
3	Jeremy BARNES	Coventry/St. Mary's Uni	Sm 3:51.72
4	Matthew SEDDON	Bracknell AC/Cardiff Met Uni	Sm 3:54.30
5	Doug MUSSON	Notts/Nottingham Trent Uni	Sm 3:54.32
6	Adam MOORE	Windsor Slough Eton & Hounslow/	Sm 3:59.29
7	Miles WEATHERSEED	Tonbridge/Oxford Uni	Sm 4:02.43
8	Harry KENDALL	Tonbridge	Sm 4:04.46
9	Jack SIMPSON	Burton	U20M 4:04.95
DNF	Nicholas LANDEAU	NicholasEaling Southall & Middx/Trinida	Sm
9 1500m BMC Race 2			
1	David PROCTOR	Sale Harriers Manchester/Rochda	Sm 3:59.78
2	Alistair RUTHERFORD	Birchfield H/Birmingham City Un	Sm 4:01.60
3	Sam KNEE-ROBINSON	Bedford & County/Birmingham Uni	Sm 4:03.64
4	Max JONES	Basildon	Sm 4:04.51
5	Stuart KING	Notts/Leeds Beckett Uni	Sm 4:07.86
6	Michael ELLIS	Tonbridge/Sheffield Hallam Uni	Sm 4:08.81
7	Jonathan HIORNS	Notts	Sm 4:08.82
8	Kieron CONNOR	Croydon	Sm 4:08.90
9	Callum CRAWFORD-WALKER	Annadale	Sm 4:08.98
10	Archie BANKS	Charnwood	U20M 4:10.12
11	Yahye DIRIR	Birchfield H/Aston Uni	Sm 4:12.58
9 1500m BMC Race 3			
1	Ciara EVERARD	University College Dublin/Irela	Sm 4:27.28
2	Georgie HARTIGAN	Birchfield H/Loughborough Stude	Sw 4:27.49
3	Kimberly JOHANSEN	Chelmsford AC	Sw 4:28.94
4	Gemma KERSEY	Basildon/Middlesex Uni	Sw 4:33.65
5	Lilly COWARD	Invicta East Kent/St. Mary's Un	Sw 4:37.22
6	Abigail NOLAN	Coventry/St. Mary's Uni	U20w 4:39.26
7	Grace MADDOX	Preston/Leeds Uni	Sw 4:44.45
8	Cara ANDERSON	Perth Strathtay/Derby Uni	Sm 4:47.22
9	Anna SHARP	Southampton/Oxford Uni	Sw 4:48.30
10	Phoebe BRAMLEY	Leeds University AC/Cc Club	Sw 5:33.12
6 800m BMC Race 1			
1	Canaan SOLOMON	Woodford Green Essex Ladies	Sm 1:52.41
2	Patrick TAYLOR	Birchfield H/Birmingham Uni	Sm 1:53.87
3	Kevin BELL	Liverpool H	Sm 1:54.89
4	James SAXTON	Wakefield/Warwick Uni/ACKworth	Sm 1:55.21
5	Samuel JONES	St. Albans AC/St. Albans Stride	Sm 1:57.57
6	Dan RIDDINGTON	Bracknell AC	Sm 1:58.74
6 800m BMC Race 2			
1	Thomas RANDOLPH	Tamworth/St. Mary's Uni	U20M 1:55.39
2	Luke JONES	Tamworth/Birmingham Uni	Sm 1:56.19
3	Fergus MCAULIFFE	Charnwood	U20M 1:56.77
4	Jonathon BEHARRELL	Sheffield & Dearne/St. Mary's U	Sm 1:56.87

5	Matthew PATERSON	Corby	U20M	1:57.94
6	Anthony WHITEMAN	Shaftesbury Barnet	V45M	2:02.16
0			0	
6	800mBMC Race 3			
1	Tim ROGERS	Wycombe	U20M	2:01.12
2	Tom GUY	City of Stoke/St. Mary's Uni	Sm	2:01.69
3	Finn HUTTON	Havering	Sm	2:01.91
4	Oli LUM	Bracknell AC/Cardiff Met Uni	Sm	2:02.15
5	Jack BENSTEAD	Corby	U20M	2:02.19
6	Dean RICHARDSON	City of Stoke/Midland Masters	V40m	2:03.10
DNF	Tom MACKMAN	TomBrighton Phoenix/Birmingham Uni	Sm	0.00
0			0	
6	800m BMC Race 4			
1	Leah BARROW	Windsor Slough Eton & Hounslow/	Sw	2:10.33
2	Julia COOKE	Birchfield H/Birmingham Uni/Run	Sw	2:10.97
3	Danielle WEBB	Liverpool H/Loughborough Studen	Sw	2:13.23
4	Gabrielle COVENEY	Ealing Southall & Middx/Dundrum	Sw	2:13.52
5	Saskia HUXHAM	Hallamshire	U20W	2:14.71
6	Molly POCOCK	Aldershot Farnham & District	U23	2:15.57
7	Richael BROWNE	Sli Cualann/Ireland	Sw	2:19.36