

&"Arial,Bold"Under 15 Boys

**Under 15 Boys**

Pos	Time	No	Name	M/F Cat	Team
1	00:14:26	79	Ross Millington	M	Stockport Harriers & AC
2	00:14:30	39	George Bond	M	Hastings AC
3	00:14:31	100	Richard Peters	M	Westbury Harriers
4	00:14:34	55	Todd Canham	M	Leicester Coritanian AC
5	00:14:41	50	Scott Hawkins	M	Kilbarchan AAC
6	00:14:44	82	David Forrester	M	Sutton St Helens
7	00:14:46	68	Phil Norman	M	North Devon AC
8	00:14:49	88	Craig Murphy	M	Togher AC
9	00:14:51	99	Joseph Dalglish	M	Westbury Harriers
10	00:14:54	108	Ben Hunter	M	Southend AC
11	00:14:55	58	Terry Howarth	M	Luton United AC
12	00:14:56	67	Ryan Crompton	M	North Devon AC
13	00:14:58	81	Matthew Withey	M	Stroud & District AC
14	00:14:58	35	Will Quick	M	Harrow AC
15	00:14:58	30	Shaun Collins	M	Enfield & Haringey AC
16	00:14:59	32	Christian Booker	M	Halesowen AC
17	00:15:00	72	Matt Barrie	M	Phoenix AC
18	00:15:01	106	Timothy Traynor	M	White Horse Harriers
19	00:15:08	21	Thomas Woodhouse	M	City of Salisbury A & RC
20	00:15:12	16	Chris O'Hare	M	City of Edinburgh AC
21	00:15:15	24	Oli Jennings	M	Colchester & Tendring AC
22	00:15:21	40	Matthew Bloy	M	Havering Mayesbrook AC
23	00:15:22	2	Tom Goddard	M	AFD
24	00:15:23	102	Harry Webb	M	Westbury Harriers
25	00:15:26	66	Andrew Doherty	M	North Belfast Harriers
26	00:15:33	18	Josh Holland	M	City of Norwich AC
27	00:15:35	1	Chris Bounds	M	AFD
28	00:15:36	7	Robert Love	M	Amber Valley
29	00:15:37	73	Timmy Gedin	M	Phoenix AC
30	00:15:38	25	Christopher Dobson	M	Cornwall AC
31	00:15:39	53	Stephen McGoldrick	M	Kilbarchan AAC
32	00:15:40	4	Ben Snowball	M	AFD
33	00:15:42	6	Nathan Ahlfors	M	Amber Valley
34	00:15:42	89	Eric Murphy	M	Togher AC
35	00:15:46	28	Ricky Challinor	M	Deeside AAC
36	00:15:50	37	Cameron Scott	M	Harrow AC
37	00:15:52	105	Dayle Zieleniewski	M	Enfield & Haringey AC
38	00:15:53	23	Alex Gladley	M	Colchester & Tendring AC
39	00:15:54	92	Jordan Grimsley	M	Trafford AC
40	00:15:56	29	Matthew Milsom	M	Doncaster & Stainforth AC
41	00:15:56	103	Martin Cousins	M	Woking AC
42	00:15:58	76	Joshua Norman	M	Rushcliffe A C
43	00:15:58	19	Daryl Martin	M	City of Norwich AC
44	00:16:01	5	Lee Wilson	M	AFD
45	00:16:01	62	Jack Rooney	M	Milton Keynes AC
46	00:16:03	26	Martyn Moon	M	Cornwall AC
47	00:16:06	17	Scott Hawes	M	City of Norwich AC
48	00:16:07	45	Nick Brown	M	IIF Group
49	00:16:08	43	Richard Mann	M	Hillingdon AC
50	00:16:10	83	Simon King	M	Tamworth AC
51	00:16:12	63	Grant Tilley	M	Milton Keynes AC
52	00:16:14	104	Joshua Gorecki	M	Woking AC
53	00:16:20	65	Paige Haines	M	Newham & Essex Beagles
54	00:16:25	64	David Horniman	M	Moston & District Harriers
55	00:16:28	57	Elliot Haywood	M	Lincoln Wellington AC
56	00:16:32	51	Paul Leck	M	Kilbarchan AAC
57	00:16:33	47	Marius Cromati	M	Isle of Wight AC
58	00:16:34	60	Dominic Henry	M	Mendip AC
59	00:16:36	61	Josh Lyman	M	Milton Keynes AC
60	00:16:46	56	Jake Coyle	M	Lincoln Wellington AC
61	00:16:56	3	Mickey Reed	M	AFD
62	00:16:57	101	Nick Selman	M	Westbury Harriers
63	00:16:57	49	Andrew Black	M	Kilbarchan AAC
64	00:17:01	36	Paul Royle	M	Harrow AC
65	00:17:05	46	William Barnes-Smith	M	Ipswich Harriers
66	00:17:07	77	Callum McKechnie	M	Stevenage & North Herts AC
67	00:17:08	41	Luke Mammatt	M	Hereford & County AC
68	00:17:08	70	Scott Williams	M	North Devon AC
69	00:17:14	22	Jamie Barr	M	Colchester & Tendring AC
70	00:17:37	90	Matthew Murphy	M	Togher AC
71	00:17:38	42	Alexander Brooke-Turner	M	Herne Hill Harriers
72	00:18:02	91	Daniel Stout	M	Togher AC
73	00:18:22	33	Thomas Lewis	M	Harrow AC
74	00:18:49	71	Matthew Grafton	M	Nuneaton Harriers
75	00:19:01	84	James Allan	M	Thurrock Harriers
76	00:19:03	34	Pritesh Mehta	M	Harrow AC
77	00:19:12	80	Liam Turnbull	M	Stockport Harriers & AC
78	00:19:26	20	Ryan Preston	M	City of Norwich AC
79	00:20:02	59	Alexander Bellinger	M	Medway & Maidstone AC
80	00:20:15	48	Danny Stretch	M	Isle of Wight AC
81	00:21:42	86	Craig Harrington	M	Togher AC

**Under 13 Girls**

Pos	Time	No	Name	M/F Cat	Team
1	00:10:41	19	Jessica Hicks	F	Gloucester AC
2	00:10:44	45	Melissa Hawtin	F	Oxford City AC

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3	00:10:50	46	Bea Swords	F	Oxford City AC
4	00:10:54	41	Lucy Millett	F	Milton Keynes AC
5	00:10:58	5	Tamara Armoush	F	Amber Valley
6	00:10:59	9	Hollie McGurk	F	Bedford & County AC
7	00:11:13	15	Amy De Matos	F	Blackheath Bromley Harriers
8	00:11:17	26	Georgia Ball	F	Lincoln Wellington AC
9	00:11:20	25	Nicole Roberts	F	Kettering Town Harriers
10	00:11:28	8	Hannah Goodwin	F	Bedford & County AC
11	00:11:30	17	Kristie Leybourne	F	Blackpool & Fylde AC
12	00:11:31	6	Emma Blackwell	F	Bedford & County AC
13	00:11:32	54	Katie Trehwella	F	WSEH
14	00:11:32	43	Megan Andrew	F	North Devon AC
15	00:11:33	3	Madeline Gunn	F	AFD
16	00:11:36	27	Chelsea Coyle	F	Lincoln Wellington AC
17	00:11:38	48	Monique Powell	F	Royal Sutton Coldfield AC
18	00:11:41	44	Danielle Anderson	F	Oxford City AC
19	00:11:43	40	Joanna Livesey	F	Milton Keynes AC
20	00:11:44	38	Siobhan Harrison	F	Mansfield Harriers & AC
21	00:11:47	39	Harriet Giddings	F	Milton Keynes AC
22	00:11:50	28	Hester Talbot	F	Lincoln Wellington AC
23	00:11:54	13	Amber Wright	F	Bedford & County AC
24	00:11:58	1	Claire Arnold	F	AFD
25	00:12:00	14	Samantha Cutler	F	Bedford & County AC
26	00:12:06	42	Neha Dabhi	F	Newham & Essex Beagles
27	00:12:07	34	Karen Kwok	F	Lincroft Middle School
28	00:12:10	20	Joanna Parker	F	Guildford & Godalming AC
29	00:12:22	58	Hannah Edwards	F	Herne Hill H
30	00:12:24	21	Tabitha Daniels-Moss	F	Harrow AC
31	00:12:26	11	Rachel Underhill	F	Bedford & County AC
32	00:12:29	37	Amie Grainger	F	Mansfield Harriers & AC
33	00:12:29	4	Andrea McCarthy	F	AFD
34	00:12:35	32	Helena Kaznowska	F	Lincroft Middle School
35	00:13:09	18	Hannah Fay	F	Dorking & Mole Valley AC
36	00:13:17	30	Frances Guess	F	Lincroft Middle School
37	00:13:19	2	Hannah Barefield	F	AFD
38	00:13:31	35	Katherine Thornton	F	Lincroft Middle School
39	00:13:44	51	Laura Lewis	F	Tamworth AC
40	00:13:46	36	Holly Tomlins	F	Lincroft Middle School
41	00:13:47	33	Hannah King	F	Lincroft Middle School
42	00:14:03	31	Katie Heaslip	F	Lincroft Middle School
43	00:14:55	57	Anna Grace	F	Herne Hill Harriers
44	00:15:46	56	Victoria Situ	F	Archbishop Michael Romsey Scho

Under 13 boys

Pos	Time	No	Name	M/F Cat	Team
1	00:09:59	47	Nathan Young	M	Mendip AC
2	00:10:02	22	Ben Coldray	M	Gloucester AC
3	00:10:03	55	Finn McNally	M	Phoenix AC
4	00:10:10	1	Oli Aitchison	M	AFD
5	00:10:11	54	Edward Gunby	M	Peterborough AC
6	00:10:13	31	Kristian Jackson	M	Leicester Coritanian AC
7	00:10:15	21	Miles Hollinshead	M	Giffnock North AAC
8	00:10:17	14	James Senior	M	City of Norwich AC
9	00:10:17	33	Jack Skeet	M	Lincoln Wellington AC
10	00:10:18	52	Aaron Brown	M	North Devon AC
11	00:10:20	27	Jonathon Burgess	M	Hercules Wimbledon AC
12	00:10:22	3	Jonathan Hay	M	AFD
13	00:10:25	50	Sam Winters	M	Milton Keynes AC
14	00:10:25	49	Chad Lambert	M	Milton Keynes AC
15	00:10:25	51	Dean Scott	M	Newquay & Par
16	00:10:35	56	Kristian Bibby	M	Preston Harriers
17	00:10:39	23	George Brown	M	Harrow AC
18	00:10:43	61	Harry King	M	Thurrock Harriers
19	00:10:45	11	Allan Stewart	M	Chiltern Harriers AC
20	00:10:46	53	Jack Hutchens	M	North Devon AC
21	00:10:48	5	Matthew Peters	M	Bristol & West AC
22	00:10:50	26	Thomas Paterson	M	Harrow AC
23	00:10:50	60	Craig Farrell	M	Tamworth AC
24	00:10:53	6	Joshua Grace	M	Camberley & District AC
25	00:10:55	284	Peter benedickter	M	Luton AC
26	00:10:56	2	Nathan Ditton	M	AFD
27	00:10:57	66	Daniel Studley	M	Westbury Harriers
28	00:10:57	20	Paul Bainbridge	M	Giffnock North
29	00:10:58	35	Matthew Bergin	M	Lincroft Middle School
30	00:10:59	16	Toby Jennings	M	Colchester & Tendring AC
31	00:11:00	17	Liam Ramsay	M	Doncaster & Stainforth AC
32	00:11:01	36	Samuel Brown	M	Lincroft Middle School
33	00:11:01	28	Henry Sutcliffe	M	Herne Hill Harriers
34	00:11:02	4	Connor Vine	M	AFD
35	00:11:06	10	Alex Shelley	M	Chiltern Harriers AC
36	00:11:06	7	Sam Cook	M	Charnwood AC
37	00:11:08	41	Timothy Mitchell	M	Lincroft Middle School
38	00:11:08	25	Matthew Lewis	M	Harrow AC
39	00:11:09	32	Joe Dunderdale	M	Lincoln Wellington AC
40	00:11:16	57	Alexander Jones	M	Radley AC
41	00:11:17	59	Frank Bailey	M	Shaftesbury Barnet Harriers
42	00:11:17	13	Oliver Maskell	M	City of Norwich AC
43	00:11:18	42	David Mulvihill	M	Lincroft Middle School

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44	00:11:20	15	Sam Beer	M	Colchester & Tendring AC
45	00:11:21	8	Oliver Campbell	M	Chiltern Harriers AC
46	00:11:23	38	Liam Donovan	M	Lincroft Middle School
47	00:11:24	45	Richard Taberner	M	Lincroft Middle School
48	00:11:25	19	Matt Steer	M	Dorking & Mole Valley AC
49	00:11:26	37	Sam Caunt	M	Lincroft Middle School
50	00:11:28	44	Bryn Stamp	M	Lincroft Middle School
51	00:11:29	34	Harrison Barnes	M	Lincroft Middle School
52	00:11:30	9	Nick Lingley	M	Chiltern Harriers AC
53	00:11:32	64	Daniel Jackson	M	Warrington AC
54	00:11:33	40	William King	M	Lincroft Middle School
55	00:11:47	46	Luke Turnbull	M	Lincroft Middle School
56	00:11:57	43	Patrick Mulvihill	M	Lincroft Middle School
57	00:11:59	39	Joe Holyoak	M	Lincroft Middle School
58	00:12:07	48	Sam Comerford	M	Milton Keynes AC
59	00:12:42	67	Ben Phillips	M	Woodford Green
60	00:12:46	74	Sunny Adebajji	M	Archbishop Michael Romsey Scho
61	00:12:48	62	Callum Lock	M	Thurrock Harriers
62	00:13:17	70	David Craig	M	Archbishop Michael Romsey Scho
63	00:13:21	69	Victor Situ	M	Archbishop Michael Romsey Scho
64	00:13:25	72	Santiago Ramirez	M	Archbishop Michael Romsey Scho
65	00:13:39	76	Mayowa Olaiqbe	M	Archbishop Michael Romsey Scho

Under 15 Girls

Pos	Time	No	Name	M/F	Cat	Team
1	00:16:25	97	Rebecca Gough	F		Team Southampton
2	00:16:26	6	Charlotte Purdue	F		AFD
3	00:16:29	46	Sarah Hopkinson	F		Gloucester AC
4	00:16:39	62	Blue Haywood	F		Lincoln Wellington AC
5	00:16:47	85	Jordan Kinney	F		Royal Sutton Coldfield AC
6	00:16:53	110	Kayleigh Brown	F		Carmarthen Harriers
7	00:16:54	83	Kate Hindle	F		Preston Harriers
8	00:16:57	69	Tanya Taylor	F		Milton Keynes AC
9	00:16:57	5	Lily Partridge	F		AFD
10	00:17:05	1	Laura Alexander-High	F		AFD
11	00:17:07	27	Lucy Dowsett	F		Cambridge & Coleridge AC
12	00:17:11	100	Nicola Morgan	F		West Suffolk AC
13	00:17:12	101	Laura McCord	F		Whitemoss AC
14	00:17:13	94	Luci McLoughlin	F		Stockport Harriers & AC
15	00:17:15	25	Katie Knowles	F		Bristol & West AC
16	00:17:16	77	Sundai Boulton	F		Phoenix AC
17	00:17:19	102	Julie Whyteside	F		Whitemoss AC
18	00:17:26	87	Olivia Larcombe	F		Royal Sutton Coldfield AC
19	00:17:27	31	Josephine Moultrie	F		City of Glasgow AC
20	00:17:29	63	Olivia Desborough	F		Liverpool Harriers & AC
21	00:17:31	91	Lucy Yates	F		Shaftesbury Barnet Harriers
22	00:17:32	95	Sarah Dobler	F		Swansea Harriers
23	00:17:36	78	Sophie Coleman	F		Phoenix AC
24	00:17:39	34	Jenny Almey	F		Cornwall AC
25	00:17:39	32	Carly Brown	F		City of Norwich AC
26	00:17:39	72	Kathrine Foy	F		Newham & Essex Beagles
27	00:17:40	89	Carys Davies	F		Sarnhelen
28	00:17:43	70	Sophie Wilkins	F		Milton Keynes AC
29	00:17:45	29	Laura Cameron	F		City of Glasgow AC
30	00:17:50	92	Natasha Bailey	F		Southend AC
31	00:17:52	40	Eilish McColgan	F		Dundee Hawkhill Harriers
32	00:17:55	51	Leigh Lattimore	F		Harrow AC
33	00:17:57	41	Lindsay Wilde	F		East Cheshire Harriers & Tames
34	00:17:59	76	Rachel Chard	F		Nuneaton Harriers
35	00:17:59	36	Jo Rowland	F		Crawley AC
36	00:18:00	17	Amie McGurk	F		Bedford & County AC
37	00:18:06	59	Shauna Hoey	F		Isle of Wight AC
38	00:18:06	61	Natalie Sharp	F		Kilbarhan AAC
39	00:18:06	81	Harriet Hughes	F		Poole AC
40	00:18:08	39	Elizabeth Macleish	F		Dundee Hawkhill Harriers
41	00:18:09	60	Lucy Olden	F		Isle of Wight AC
42	00:18:13	84	Sophie Cowper	F		Redhill & Surrey Beagles
43	00:18:21	82	Becky Neal	F		Poole AC
44	00:18:26	99	Natalie Sutton	F		West Norfolk AC
45	00:18:31	54	Ingrid Deane	F		Havering Mayesbrook AC
46	00:18:33	67	Freya Giddings	F		Milton Keynes AC
47	00:18:39	2	Sarah Burgin	F		AFD
48	00:18:42	86	Emma Overy	F		Royal Sutton Coldfield AC
49	00:18:43	35	Kate Horam	F		Cornwall AC
50	00:18:44	56	Hayley Thomas	F		Havering Mayesbrook AC
51	00:18:52	9	Hannah Thompson	F		AFD
52	00:18:53	30	Stephanie Cameron	F		City of Glasgow AC
53	00:18:53	26	Gemma Coe	F		Cambridge & Coleridge AC
54	00:18:57	38	Becky Gardner	F		Dorking & Mole Valley AC
55	00:18:59	48	Amy Concannon	F		Harrow AC
56	00:19:04	10	Tarley Barnes	F		Bedford & County AC
57	00:19:08	79	Theresa Gedin	F		Phoenix AC
58	00:19:11	90	Claire Simm	F		Shaftesbury Barnet Harriers
59	00:19:11	71	Venita Dabhi	F		Newham & Essex Beagles
60	00:19:21	58	Susie Ball	F		Isle of Wight AC
61	00:19:25	64	Sian Griffiths	F		Liverpool Harriers & AC
62	00:19:28	28	Katie Parker	F		Cambridge & Coleridge AC
63	00:19:33	3	Hannah Dart	F		AFD
64	00:19:36	47	Holly Barsby	F		Harrow AC
65	00:19:47	105	Gemma McDonald	F		Herne Hill Harriers

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66	00:20:00	4	Rebecca Jones	F	AFD
67	00:20:05	37	Rebecca Beale	F	Dorking & Mole Valley AC
68	00:20:10	75	Ellie Ley	F	North Devon AC
69	00:20:13	107	Helena Stegner	F	Herne Hill Harriers
70	00:20:13	103	Jmaela Brooks	F	Herne Hill Harriers
71	00:20:14	106	Amie Reynolds	F	Herne Hill Harriers
72	00:20:23	65	Sian Harrison	F	Mansfield Harriers & AC
73	00:20:23	13	Sophie Clark	F	Bedford & County AC
74	00:20:33	16	Rebecca Lennox	F	Bedford & County AC
75	00:20:48	21	Katie Gibbs	F	Blackheath Bromley Harriers
76	00:21:16	18	Eleanor Stephenson	F	Bedford & County AC
77	00:21:32	108	Grace Wales-Bonner	F	Herne Hill Harriers
78	00:21:33	52	Daisy Morris	F	Harrow AC
79	00:21:52	93	Helen Bailey	F	Stevenage & North Herts AC
80	00:21:55	49	Gloria Daniels-Moss	F	Harrow AC
81	00:22:02	42	Jess Fisher	F	Enfield & Haringey AC
82	00:24:03	55	Rachel Kerr	F	Havering Mayesbrook AC

Under 17 Men

Pos	Time	No	Name	M/F Cat	Team
1	00:15:57	49	Conor McNulty	M	Kilbarchan AAC
2	00:16:04	85	David McCarthy	M	West Waterford AC
3	00:16:11	68	David Crichton	M	Southend AC
4	00:16:14	61	Lee Carey	M	Nuneaton Harriers
5	00:16:22	31	Jon Pepper	M	Enfield & Haringey AC
6	00:16:26	22	Alex Derricott	M	City of Stoke AC
7	00:16:28	12	Craig Peters	M	Bristol & West AC
8	00:16:29	56	Jack Tyler	M	Medway & Maidstone AC
9	00:16:31	27	Afan Humphries	M	Cwmbran Harriers
10	00:16:38	40	Mike Tallis	M	IIF Group
11	00:16:42	20	Rick Ward	M	City of Norwich AC
12	00:16:42	73	Iain Whitfield	M	Stroud & District AC
13	00:16:43	77	Tristram Ford	M	Tonbridge AC
14	00:16:43	16	Mitch Goose	M	City of Norwich AC
15	00:16:44	65	Joseph Isherwood	M	Phoenix AC
16	00:16:45	28	Ieuan Thomas	M	Cwmbran Harriers
17	00:16:46	2	Stephen Blake	M	AFD
18	00:16:46	6	Ben Wilson	M	AFD
19	00:16:54	38	Ross Clarke	M	Havering Mayesbrook AC
20	00:16:57	88	Sam Dagleish	M	Westbury Harriers
21	00:16:58	95	David Stiles	M	Stockport Harriers & AC
22	00:17:02	32	Simon Watson	M	Gateshead Harriers & AC
23	00:17:05	50	Nicky Moore	M	Kilbarchan AAC
24	00:17:06	57	Tom Comerford	M	Milton Keynes AC
25	00:17:07	17	Craig Hopkins	M	City of Norwich AC
26	00:17:08	100	Rory Campbell	M	Highgate Harriers
27	00:17:11	86	Diarmuid Ofoghlu	M	West Waterford AC
28	00:17:11	69	Christopher Lee	M	Southend AC
29	00:17:12	87	Ferdia O'laodha	M	West Waterford AC
30	00:17:14	5	Greg Smith	M	AFD
31	00:17:14	66	Carl Bradbury	M	Reading AC
32	00:17:15	71	Jacob Corrigan	M	Stockport Harriers & AC
33	00:17:16	26	Gavin Hanrahan	M	Cwmbran Harriers
34	00:17:16	98	Kyle Toole	M	Kilbarchan
35	00:17:19	94	Steven Cannell	M	City of Norwich AC
36	00:17:20	52	Richard Harper	M	Leamington C & AC
37	00:17:21	91	Angus Holford	M	Woodford Green
38	00:17:23	13	Sam Gillert	M	Chichester Runners AC
39	00:17:24	84	Jamie Shaw	M	West Suffolk AC
40	00:17:25	64	Matthew Gunby	M	Peterborough AC
41	00:17:27	90	Ian May	M	WSEH
42	00:17:27	15	Matthew Dack	M	City of Norwich AC
43	00:17:28	58	Aaron Denevon	M	Moston & District Harriers
44	00:17:31	51	Fraser Williams	M	Kilbarchan AAC
45	00:17:32	39	Hamish McKinnell	M	IIF Group
46	00:17:36	42	Sam Dobin	M	Invicta East Kent AC
47	00:17:40	3	Steven Connor	M	AFD
48	00:17:42	93	Thomas Phillips	M	Woodford Green
49	00:17:42	60	Chris Baddick	M	North Devon AC
50	00:17:47	79	Danny Brocklehurst	M	Trafford AC
51	00:17:49	14	Martyn Bath	M	City of Norwich AC
52	00:17:52	43	Alex Wald	M	Ipswich Harriers
53	00:18:03	10	Tom Cunningham	M	Blackpool & Fylde AC
54	00:18:05	72	Alexander Russell	M	Stroud & District AC
55	00:18:07	46	Andrew Gibson	M	Kilbarchan AAC
56	00:18:09	53	Alex Davy	M	Leeds City AC
57	00:18:17	4	Daniel Sheppard	M	AFD
58	00:18:20	24	Jordan West	M	Cornwall AC
59	00:18:22	74	George Withey	M	Stroud & District AC
60	00:18:24	76	Tom Killigrew	M	Tipton Harriers
61	00:18:32	36	James Paterson	M	Harrow AC
62	00:18:33	92	Andrew Mariani	M	Woodford Green
63	00:18:34	1	Julian Anderson	M	AFD
64	00:18:34	41	Sam Trowbridge	M	IIF Group
65	00:18:35	18	James Preston	M	City of Norwich AC
66	00:18:53	30	Jordan Wildrianne	M	Derby AC
67	00:18:53	78	Rayford Beaumont	M	Trafford AC
68	00:19:02	34	Dean Goodman	M	Harrow AC

&"Arial,Bold"Under 15 Boys

69	00:19:37	44	<b>Billy Jones</b>	M	Isle of Wight AC
70	00:19:56	7	<b>Paul Naylor</b>	M	Ballina AC
71	00:20:31	48	<b>Andrew Jack</b>	M	Kilbarchan AAC
72	00:20:33	45	<b>Kieran McNally</b>	M	Isle of Wight AC
73	00:20:38	23	<b>Iewis Brown</b>	M	Colchester & Tendring AC
74	00:21:00	63	<b>Joss Hay</b>	M	Perth Strathtay Harriers

Under 20 Women

Pos	Time	No	Name	M/F Cat	Team
1	00:17:39	126	<b>Claire Holme</b>	F	Ipswich Harriers
2	00:17:43	168	<b>Katrina Wootton</b>	F	Bedford & County AC
3	00:17:46	118	<b>Rosie C A Smith</b>	F	Durham City Harriers & AC
4	00:17:50	134	<b>Jennifer Pereira</b>	F	Medway & Maidstone AC
5	00:17:55	124	<b>Elizabeth Hall</b>	F	Herts Phoenix
6	00:18:27	133	<b>Laura Kenney</b>	F	Loughborough Students AC
7	00:18:29	167	<b>Nicola Sykes</b>	F	Bedford & County AC
8	00:18:36	125	<b>Sara Ponsford</b>	F	IIF Group
9	00:18:42	143	<b>Marbeth Shiell</b>	F	Scotland
10	00:18:43	145	<b>Victoria Webster</b>	F	Shaftesbury Barnet Harriers
11	00:18:43	164	<b>Alice Lethbridge</b>	F	AFD
12	00:18:47	140	<b>Julia Orr</b>	F	Quakers RC
13	00:18:49	139	<b>Hannah England</b>	F	Oxford City AC
14	00:18:50	146	<b>Claire Wilson</b>	F	Shetland AAC
15	00:18:55	144	<b>Gemma Turtle</b>	F	Shaftesbury Barnet Harriers
16	00:18:56	130	<b>Joanne Maddick</b>	F	Kingston Upon Hull AC
17	00:18:58	114	<b>Stacey Johnson</b>	F	Cannock & Stafford AC
18	00:19:02	135	<b>Johanna Jackson</b>	F	Middlesborough & Cleve
19	00:19:03	141	<b>Vicky Callaway</b>	F	Royal Sutton Coldfield AC
20	00:19:07	169	<b>Becky Sanders</b>	F	Birchfield Harriers
21	00:19:07	131	<b>Nicola Maddick</b>	F	Kingston Upon Hull AC
22	00:19:12	160	<b>Emily Adams</b>	F	AFD
23	00:19:16	116	<b>Danielle Tatum</b>	F	Colchester & Tendring AC
24	00:19:28	163	<b>Georgina Furze</b>	F	AFD
25	00:19:34	157	<b>Jenny Binks</b>	F	Westbury Harriers
26	00:19:35	127	<b>Laura Odell</b>	F	Ipswich Harriers
27	00:19:39	119	<b>Louise Durman</b>	F	Dursley & District AC
28	00:19:48	171	<b>Shavaun Henry</b>	F	Birmingham University
29	00:19:50	151	<b>Emma Davis</b>	F	Telford AC
30	00:19:52	132	<b>Chloe Rodham</b>	F	Lancaster & Morecambe AC
31	00:19:56	154	<b>Emma Whittaker</b>	F	UWIC
32	00:20:01	155	<b>Becky Ellis</b>	F	Vale Royal AC
33	00:20:06	158	<b>Josephine Rhodes</b>	F	White Horse Harriers
34	00:20:07	129	<b>Cara Sloss</b>	F	Kilbarchan AAC
35	00:20:20	153	<b>Harriet Scott</b>	F	Thrift Green Trotters
36	00:20:27	128	<b>Claire Kiely</b>	F	Isle of Wight AC
37	00:20:33	159	<b>Elysia Ridley</b>	F	Witney Road Runners
38	00:20:59	156	<b>Sara Bird</b>	F	West Suffolk AC
39	00:21:30	120	<b>Maria Halley</b>	F	Ferrybank AC
40	00:21:49	259	<b>Runner 259</b>	F	
41	00:22:08	149	<b>Efa Llewellyn</b>	F	Swansea Harriers
42	00:24:00	166	<b>Rachel Fuller</b>	F	Bedford & County AC

Under 17 Women

Pos	Time	No	Name	M/F Cat	Team
1	00:17:34	122	<b>Emily Pidgeon</b>	F	Gloucester AC
2	00:17:49	38	<b>Sian Edwards</b>	F	Kettering Town Harriers
3	00:18:01	6	<b>Stephanie Twell</b>	F	AFD
4	00:18:15	66	<b>Danielle Sale</b>	F	Orion Harriers
5	00:18:32	22	<b>Stephanie Barnes</b>	F	Clevedon AC
6	00:18:33	49	<b>Siobhan Coleman</b>	F	Pitreavie AAC
7	00:18:42	34	<b>Katie Richardson</b>	F	Havering Mayesbrook AC
8	00:18:51	64	<b>Jessica Sparke</b>	F	Woodford Green
9	00:19:01	36	<b>Sarah Tedd</b>	F	IIF Group
10	00:19:04	46	<b>Kirsty Hamilton</b>	F	North Devon AC
11	00:19:21	5	<b>Emma Pallant</b>	F	AFD
12	00:19:24	51	<b>Joanna Callaway</b>	F	Royal Sutton Coldfield AC
13	00:19:25	55	<b>Sarah Waldron</b>	F	Shaftesbury Barnet Harriers
14	00:19:32	21	<b>Ruth Senior</b>	F	City of Norwich AC
15	00:19:34	24	<b>Katy Madderer</b>	F	Cornwall AC
16	00:19:38	61	<b>Kirsty Walker</b>	F	Tipton Harriers
17	00:19:40	52	<b>Olivia Kenney</b>	F	Royal Sutton Coldfield AC
18	00:19:45	40	<b>Steph Bloor</b>	F	Kingston Upon Hull AC
19	00:19:46	39	<b>Rebecca Hall</b>	F	Kettering Town Harriers
20	00:19:46	53	<b>Emma Langdell</b>	F	Royal Sutton Coldfield AC
21	00:19:49	45	<b>Leonie Woodfinden</b>	F	Newquay & Par
22	00:20:03	26	<b>Hannah Brooks</b>	F	Crawley AC
23	00:20:04	62	<b>Tina Muir</b>	F	
24	00:20:08	4	<b>India Lee</b>	F	AFD
25	00:20:09	2	<b>Hannah Jones</b>	F	AFD
26	00:20:10	54	<b>Amanda Bailey</b>	F	Shaftesbury Barnet Harriers
27	00:20:16	50	<b>Stephanie Roe</b>	F	Preston Harriers
28	00:20:16	43	<b>Natalie Gray</b>	F	Medway & Maidstone AC
29	00:20:17	11	<b>Annie Wilde</b>	F	Bedford & County AC
30	00:20:17	9	<b>Elizabeth Gibbs</b>	F	Bedford & County AC
31	00:20:22	56	<b>Sara Bailey</b>	F	Stevenage & North Herts AC
32	00:20:30	18	<b>Emma Reed</b>	F	Bristol & West AC

&"Arial,Bold"Under 15 Boys

33	00:20:31	3	Stacey Preston	F	AFD
34	00:20:32	20	Carley Rose	F	City of Norwich AC
35	00:20:36	63	Katherine Mertens	F	Woking AC
36	00:20:38	19	Rachel Brown	F	City of Norwich AC
37	00:20:42	7	Hayley Stibbs	F	Basildon AC
38	00:20:45	33	Robyn Matson	F	Havering Mayesbrook AC
39	00:20:46	44	Charlie Gaspar	F	Milton Keynes AC
40	00:20:51	23	Charlotte Taylor	F	Colchester & Tendring AC
41	00:21:20	59	Melanie Davies	F	Swansea Harriers
42	00:21:25	8	Rachel Cave	F	Bedford & County AC
43	00:21:28	1	Jessica Cawley	F	AFD
44	00:21:32	31	Holly Deegan	F	Ferrybank AC
45	00:21:55	27	Emily Goodall	F	Crawley AC
46	00:22:13	12	Emma Wright	F	Bedford & County AC
47	00:22:21	57	Rebecca Newstead	F	Stevenage & North Herts AC
48	00:22:24	29	Zoe Shannon	F	Dorking & Mole Valley AC
49	00:22:40	15	Debbie Shearring	F	Blackheath Bromley Harriers
50	00:28:25	16	Louise Smith	F	Blackheath Bromley Harriers

Under 20 Men

Pos	Time	No	Name	M/F Cat	Team
1	00:17:18	28	Luke Gunn	M	Derby AC
2	00:17:19	31	Ryan Mcleod	M	Elswick Harriers
3	00:17:21	75	Adam Hickey	M	Southend AC
4	00:17:29	38	Mark Buckingham	M	Holmfirth Harriers AC
5	00:17:35	2	James Ellis	M	AFD
6	00:17:36	57	Ryan Stephenson	M	North Shields Poly
7	00:17:39	52	Keith Gerrard	M	Manx Harriers
8	00:17:45	93	Rob Bugden	M	UWIC
9	00:17:48	6	Lewis Cadman	M	Bedford & County AC
10	00:17:54	13	Gary Davenport	M	Bristol & West AC
11	00:17:57	39	Matthew Pierson	M	Holmfirth Harriers AC
12	00:18:00	19	Alex Felce	M	Cheltenham & County Harriers
13	00:18:01	94	Steven Waldron	M	UWIC
14	00:18:02	62	Jonathan Thewlis	M	Rotherham Harriers
15	00:18:04	102	Andrew Livingstone	M	Thurrock Harriers
16	00:18:04	90	Tom Minshull	M	Trafford AC
17	00:18:05	101	Andrew Baker	M	Yeovil Olympiads
18	00:18:06	74	Mark Bailey	M	Southend AC
19	00:18:08	9	Dan Petit	M	Birmingham University
20	00:18:11	56	Frank Baddick	M	North Devon AC
21	00:18:15	79	Patrick Martin	M	Sunderland Harriers
22	00:18:17	68	Darren Shinnie	M	Scotland
23	00:18:18	54	Andrew Whetstone	M	Milton Keynes AC
24	00:18:19	85	John Beattie	M	Team Southampton
25	00:18:19	64	Rob Flannery	M	Sale Harriers Manchester
26	00:18:22	49	Thomas Boardman	M	Leigh Harriers AC
27	00:18:22	59	Daniel Watts	M	Peterborough AC
28	00:18:22	80	David Bishop	M	Swindon Harriers
29	00:18:23	42	Kelvin Hardy	M	Ipswich Harriers
30	00:18:24	89	Joe MacDonald	M	Trafford AC
31	00:18:25	11	David Awde	M	Bristol & West AC
32	00:18:27	86	Chris Rimmer	M	Telford AC
33	00:18:28	58	Darrell Bellinger	M	Oxford City AC
34	00:18:29	78	Tom Russell	M	Stroud & District AC
35	00:18:29	20	Stuart Laycock	M	Cheltenham & County Harriers
36	00:18:30	26	Ben Harding	M	City of Portsmouth AC
37	00:18:31	67	Adam Lee	M	Scotland
38	00:18:32	88	Adrian Holliday	M	Trafford AC
39	00:18:35	8	Terry Stanley	M	Bedford & County AC
40	00:18:38	12	Lee Bartlett	M	Bristol & West AC
41	00:18:39	4	Robert McCarthy	M	AFD
42	00:18:40	65	David Ward	M	Scotland
43	00:18:41	14	Matthew Dickinson	M	Bristol & West AC
44	00:18:43	47	Russell England	M	Leeds City AC
45	00:18:44	61	Richard Newton	M	Preston Harriers
46	00:18:46	23	Christopher Lamb	M	Chester Le Street AC
47	00:18:47	99	Mark Burgess	M	Woodford Green
48	00:18:52	7	Andrew Inskip	M	Bedford & County AC
49	00:18:53	40	Peter Emmett	M	IIF Group
50	00:18:58	34	Matthew Clay	M	Halesowen AC
51	00:18:59	69	George Mobbs	M	Shaftesbury Barnet Harriers
52	00:19:00	32	Ashley Humphreys	M	Erme Valley Harriers
53	00:19:01	96	Chris Gillespie	M	White Horse Harriers
54	00:19:03	66	Alastair Hay	M	Scotland
55	00:19:04	48	David MacQuarrie	M	Leeds City AC
56	00:19:06	72	Patrick Canavan	M	South London Harriers
57	00:19:06	100	Chris Reynolds	M	Woodford Green
58	00:19:13	5	Karl McCulloch	M	AFD
59	00:19:15	84	Thomas Davies	M	Team Southampton
60	00:19:23	60	Glen Watts	M	Peterborough AC
61	00:19:26	63	David Woods	M	Royal Sutton Coldfield AC
62	00:19:30	16	Wyne Evans	M	Carmarthen Harriers
63	00:19:31	18	Stephen Mears	M	Charnwood AC
64	00:19:32	44	Craig McCaffer	M	Kilbarchan AAC
65	00:19:36	73	Michael Lloyd	M	South London Harriers
66	00:19:40	51	James Drinkwater	M	Luton United AC
67	00:19:44	43	Chris Devenney	M	Kilbarchan AAC

&"Arial,Bold"Under 15 Boys

68	00:19:47	27	Joel Clewett	M	Crawley AC
69	00:19:50	45	Calum Morrison	M	Kilbarchan AAC
70	00:19:56	25	Chris Jones	M	City of Norwich AC
71	00:19:58	10	Rob McTaggart	M	Bournemouth AC
72	00:20:02	1	Paul Bridgman	M	AFD
73	00:20:11	81	Kyle Jefferies	M	Swindon Harriers
74	00:20:18	97	Alex Pritchard	M	Winchester & District AC
75	00:20:21	53	Robby Taylor	M	Milton Keynes AC
76	00:20:57	33	Steven Milligan	M	Giffnock North AAC
77	00:24:38	30	Ian Fenwick	M	Elswick Harriers

Senior Women

Pos	Time	No	Name	M/F Cat	Team
1	00:16:47	316	Hayley Yelling	F	WSEH
2	00:17:05	196	Helen Clitheroe	F	Preston Harriers
3	00:17:10	266	Natalie Harvey-Firth	F	South London Harriers
4	00:17:13	354	Charlotte Dale	F	Invicta A C
5	00:17:19	120	Faye Fullerton	F	Havering Mayesbrook AC
6	00:17:21	328	Vicky Gills	F	Chorley AC
7	00:17:27	29	Getenesh Tamirat	F	Belgrave Harriers
8	00:17:28	157	Gemma Phillips	F	Kendal AC
9	00:17:30	207	Sonia Thomas	F	Sale Harriers Manchester
10	00:17:30	265	Eleanor Baker	F	South London Harriers
11	00:17:32	318	Lorna Vyse	F	Woking AC
12	00:17:33	66	Susan Partridge	F	City of Glasgow AC
13	00:17:37	197	Hatti Dean	F	Radley AC
14	00:17:39	44	Lucy Hasell	F	Bristol & West AC
15	00:17:40	213	Freya Murray	F	Scotland
16	00:17:41	114	Sara Stevenson	F	Giffnock North AAC
17	00:17:42	211	Collette Fagan	F	Scotland
18	00:17:45	59	Jane Potter	F	Charnwood AC
19	00:17:53	310	Julie O'Mara	F	Wakefield District Harriers &
20	00:17:55	273	Catherine Dugdale	F	Swansea Harriers
21	00:18:04	18	Alexa Joel	F	Basildon AC
22	00:18:05	277	Claire Martin	F	Telford AC
23	00:18:05	64	Lindsay MacNeill	F	City of Glasgow AC
24	00:18:06	124	Debbie Sullivan	F	Havering Mayesbrook AC
25	00:18:10	198	Allison O'Neill	F	Ranelagh Harriers
26	00:18:13	271	Sarah Mullins	F	Southend AC
27	00:18:13	275	Eleanor Sherrard-Smith	F	Swansea Harriers
28	00:18:14	24	Birhan Dagne	F	Belgrave Harriers
29	00:18:15	263	Jade Wright	F	Shaftesbury Barnet Harriers
30	00:18:16	48	Dorothea Lee	F	Bristol & West AC
31	00:18:18	317	Jo Kelsey	F	Woking AC
32	00:18:25	208	Amy Waterlow	F	Sale Harriers Manchester
33	00:18:28	188	Susie Bush	F	Newbury AC
34	00:18:28	40	Ursulla Counsell	F	Bristol & West AC
35	00:18:29	22	Catherine Bryson	F	Belgrave Harriers
36	00:18:32	300	Olivia Renshaw	F	Vale Royal AC
37	00:18:34	264	Mary Wilkinson	F	Skipton SC
38	00:18:35	47	Caroline Kloiber	F	Bristol & West AC
39	00:18:36	314	Carolyn Dickie	F	WSEH
40	00:18:39	187	Michelle Lee	F	Milton Keynes AC
41	00:18:41	199	Alice Beverly	F	Ranelagh Harriers
42	00:18:42	312	Sara Bishopp	F	Winchester & District AC
43	00:18:42	313	Rachel Townend	F	Winchester & District AC
44	00:18:45	255	Jo Ankier	F	Shaftesbury Barnet Harriers
45	00:18:48	43	Sam Gray	F	Bristol & West AC
46	00:18:48	155	Sula Young	F35	Highgate Harriers
47	00:18:49	320	Grace Greenhalgh	F	Woodford Green
48	00:18:49	167	Beth Anderson	F	London Heathside Runners
49	00:18:50	261	Ros Lewis	F	Shaftesbury Barnet Harriers
50	00:18:51	212	Toni McIntosh	F	Scotland
51	00:18:54	260	Louise Griffiths	F	Shaftesbury Barnet Harriers
52	00:18:58	144	Lindsay Keyhoe	F	Highgate Harriers
53	00:19:01	21	Kirsty Waterson	F	Bedford & County AC
54	00:19:01	299	Carolyn Boosey	F	Vale of Aylesbury
55	00:19:02	125	Allison Hirst	F	Headington Road Runners
56	00:19:03	311	Charlotte Coffey	F	Westbury Harriers
57	00:19:05	256	Victoria Bowles	F	Shaftesbury Barnet Harriers
58	00:19:06	276	Heather Buckingham	F	Team Solent
59	00:19:08	401	Alyson Dixon	F	Chester Le Street A C
60	00:19:08	162	Suzanne McCormick	F	Lagan Valley
61	00:19:12	61	Hannah Whitmore	F	Charnwood AC
62	00:19:14	112	Mandy Livingstone	F	Garden City Runners
63	00:19:15	166	Hana Carroll	F	Liverpool Harriers & AC
64	00:19:16	143	Kate Jenrick	F35	Highgate Harriers
65	00:19:17	219	Lucy Brooks	F35	Serpentine AC
66	00:19:20	161	Catriona McCorkell	F	Lagan Valley
67	00:19:22	324	K Morser	F	Woodford Green
68	00:19:24	1	Janine Brown	F	Ashford AC
69	00:19:25	192	Zoe Jelbert	F	Newquay & Par
70	00:19:26	302	Naomi Bourne	F35	Victoria Park H
71	00:19:26	331	Sally Bigham	F	Hillingdon AC
72	00:19:28	338	Michaela Hutchison	F J	Hillingdon AC
73	00:19:29	147	Anna McCutcheon	F35	Highgate Harriers
74	00:19:33	41	Helen Fines	F	Bristol & West AC
75	00:19:35	257	Maqqie Cooper	F35	Shaftesbury Barnet Harriers

&"Arial,Bold"Under 15 Boys

76	00:19:36	176	Francesca Meakin	F	London Heathside Runners
77	00:19:41	195	Emma Satterly	F	Phoenix AC
78	00:19:46	141	Esther Evans	F	Highgate Harriers
79	00:19:48	32	Juliette Oldfield	F	Birchfield Harriers
80	00:19:49	103	Eileen Griffiths	F	Enfield & Haringey AC
81	00:19:51	200	Andrea Woodvine	F	Richmond and Zetland
82	00:19:54	113	Shona Hughes	F	Giffnock North AAC
83	00:19:56	12	Jo Kent	F35	Barnet & District AC
84	00:19:58	248	Vicki Sercombe	F	Serpentine AC
85	00:20:07	179	Vanessa Parry	F35	London Heathside Runners
86	00:20:08	209	Lucy Waterlow	F	Sale Harriers Manchester
87	00:20:09	57	Laura Johnson	F	Charnwood AC
88	00:20:10	49	Sian Monahan	F	Bristol & West AC
89	00:20:11	193	Lucy Flanner	F	Oxford University AC
90	00:20:12	175	Jo King	F35	London Heathside Runners
91	00:20:17	274	Rachel Goddard	F	Swansea Harriers
92	00:20:21	335	Louise Hake	F	Hillingdon AC
93	00:20:21	42	Annabel Granger	F	Bristol & West AC
94	00:20:24	46	Michelle Keenehan	F	Bristol & West AC
95	00:20:25	87	Jeni Evans	F	Ealing Southall & Middlesex A
96	00:20:31	138	Natasha Cendrowicz	F	Highgate Harriers
97	00:20:33	92	Fiona Kennedy	F35	Ealing Southall & Middlesex A
98	00:20:35	181	Louise Waldman	F35	London Heathside Runners
99	00:20:43	296	Penny Peskett	F	
100	00:20:46	60	Nicola Thompson	F	Charnwood AC
101	00:20:47	160	Rona Harkens	F	Lagan Valley
102	00:20:48	217	Theresa Brady	F35	Serpentine AC
103	00:20:53	171	Anna Critchlow	F35	London Heathside Runners
104	00:20:57	327	Bernadine Pritchett	F35	Woodford Green
105	00:20:58	215	Sadaf Awan	F	Serpentine AC
106	00:21:00	51	Helen Robinson	F	Bristol & West AC
107	00:21:02	116	Nikkii Barnett	F	Havering Mayesbrook AC
108	00:21:08	151	Josefa Souza	F35	Highgate Harriers
109	00:21:09	183	Jackie Wastell	F35	London Heathside Runners
110	00:21:13	33	Lindsay Doyle	F	Birmingham University
111	00:21:13	191	Adele Stach-Revitz	F	Newham & Essex Beagles
112	00:21:14	284	Sandra Blenkinsop	F35	The Stragglers
113	00:21:21	98	Lynn Wilson	F35	Ealing Southall & Middlesex A
114	00:21:23	353	Nicola Alford	F	City of Norwich AC
115	00:21:25	9	Helen Hoyle	F35	Barnet & District AC
116	00:21:25	163	Julie Murphy	F	Lagan Valley
117	00:21:27	343	Bronwen Weekes	F	Hillingdon AC
118	00:21:31	8	Philippa Horton	FJ	Barnet & District AC
119	00:21:31	128	Nicky McGarry	F	Herne Hill Harriers
120	00:21:37	15	Catherine Perry	F	Barnet & District AC
121	00:21:38	152	Jenny Turner	F	Highgate Harriers
122	00:21:42	322	D Kennedy	F	Woodford Green
123	00:21:48	97	Patricia Tohomas	F35	Ealing Southall & Middlesex A
124	00:21:53	93	Liz Kooper	F	Ealing Southall & Middlesex A
125	00:21:56	201	Kim Langdell	F	Royal Sutton Coldfield AC
126	00:21:56	326	H Powell	F	Woodford Green
127	00:22:10	234	Lynne Maughn	F	Serpentine AC
128	00:22:11	156	Maureen Emmett	F	IIF Group
129	00:22:14	110	Martha Hall	F	Garden City Runners
130	00:22:16	95	Gillian Morgan	F35	Ealing Southall & Middlesex A
131	00:22:30	35	Michelle Jenkins	F	Blackpool & Fylde AC
132	00:22:31	329	Julia Baxter	F	Hillingdon AC
133	00:22:34	11	Kirsty Johnstone	F35	Barnet & District AC
134	00:22:39	102	Georgina Gaughan	FJ	Enfield & Haringey AC
135	00:22:40	5	Lydia Bruce-Burges	F	Barnet & District AC
136	00:22:45	168	Nina Anderson	F	London Heathside Runners
137	00:22:46	25	Sarah Gailey	F	Belgrave Harriers
138	00:22:59	247	Paula Sadler	F	Serpentine AC
139	00:23:04	111	Wendy Johnson	F	Garden City Runners
140	00:23:04	177	Ruth Miller	F35	London Heathside Runners
141	00:23:16	85	Anna Birch	F35	Ealing Southall & Middlesex A
142	00:23:26	148	Fionna McGuire	F	Highgate Harriers
143	00:23:32	291	Liz Souness	F35	The Stragglers
144	00:23:39	304	Jen Mathieson	F	Victoria Park H
145	00:23:44	86	Teresa English	F	Ealing Southall & Middlesex A
146	00:23:53	129	Fiona Pierce	F	Herne Hill Harriers
147	00:23:56	240	Clare Nelthorpe	F	Serpentine AC
148	00:23:56	83	Helen Wichstead	F	Dulwich Runners AC
149	00:23:57	249	Josephine Spiller	F	Serpentine AC
150	00:24:02	173	Fiona Holland	F35	London Heathside Runners
151	00:24:05	246	Deborah Russo	F	Serpentine AC
152	00:24:13	301	Caroline Scott	F	Victoria Park H
153	00:24:14	69	Lindsey Annable	F35	Dulwich Runners AC
154	00:24:25	220	Rachel Brough	F35	Serpentine AC
155	00:24:35	121	Eleanor Mole	F	Havering Mayesbrook AC
156	00:24:37	241	Angharad Palin	F	Serpentine AC
157	00:24:40	14	Pauline Michael	F35	Barnet & District AC
158	00:24:44	221	Julie Cameron-Doe	F35	Serpentine AC
159	00:24:46	139	Sarah Chapman	F35	Highgate Harriers
160	00:24:47	10	Fiona Hunt	F	Barnet & District AC
161	00:24:49	123	Linda Smith	F35	Havering Mayesbrook AC
162	00:24:50	287	Chris Glew	F35	The Stragglers
163	00:25:03	180	Ruth Staff	F	London Heathside Runners
164	00:25:04	178	Fiona O'Sullivan	F35	London Heathside Runners
165	00:25:06	288	Julia Haworth	F35	The Stragglers

&"Arial,Bold"Under 15 Boys

166	00:25:18	89	<b>Julia Gristwood</b>	F35	Ealing Southall & Middlesex A
167	00:25:22	71	<b>Stephanie Burchill</b>	F35	Dulwich Runners AC
168	00:25:32	2	<b>Pippa Anderson</b>	F35	Barnet & District AC
169	00:25:48	315	<b>Felicia Louisy</b>	F	WSEH
170	00:26:22	250	<b>Beate Vogt</b>	F35	Serpentine AC
171	00:26:28	235	<b>Chris McNeil</b>	F	Serpentine AC
172	00:26:31	307	<b>Jane Roche</b>	F	Victoria Park H
173	00:26:51	228	<b>Rosie Ingram</b>	F	Serpentine AC
174	00:26:56	355	<b>Christine Bycroft</b>	F45	Queens Park
175	00:26:58	218	<b>Kathleen Broekhof</b>	F	Serpentine AC
176	00:27:15	254	<b>Ros Young</b>	F35	Serpentine AC
177	00:27:22	293	<b>Clare Thomas</b>	F	Thrift Green Trotters
178	00:27:47	292	<b>Nasreen Suleman</b>	F	Thrift Green Trotters

Senior Men

Pos	Time	No	Name	M/F Cat	Team
1	00:30:03	571	<b>Mo Farah</b>	M	WSEH
2	00:30:07	269	<b>Peter Riley</b>	M	Leigh Harriers AC
3	00:30:20	205	<b>Keith Cullen</b>	M	Highgate Harriers
4	00:30:24	87	<b>Matthew Lowe</b>	M	Coventry Godiva Harriers
5	00:30:29	88	<b>Glynn Tromans</b>	M	Coventry Godiva Harriers
6	00:30:31	57	<b>Michael Skinner</b>	M	Blackheath Bromley Harriers
7	00:30:37	347	<b>Mark Warmby</b>	M	Newham & Essex Beagles
8	00:30:41	332	<b>Michael Coleman</b>	M	Medway & Maidstone AC
9	00:30:48	569	<b>Francis Tickner</b>	M	Wells City Harriers
10	00:30:53	39	<b>Spencer Barden</b>	M	Belgrave Harriers
11	00:30:56	63	<b>Rob Whalley</b>	M	Bristol & West AC
12	00:31:03	392	<b>Robert Russell</b>	M	Scotland
13	00:31:06	158	<b>Andrew Baddeley</b>	M	Harrow AC
14	00:31:07	384	<b>Gareth Raven</b>	M	Sale Harriers Manchester
15	00:31:17	344	<b>Dave Mitchinson</b>	M	Newham & Essex Beagles
16	00:31:20	89	<b>Stefan Wight</b>	M	Coventry Godiva Harriers
17	00:31:21	356	<b>Nick Talbot</b>	M	Notts AC
18	00:31:27	362	<b>Alister Moses</b>	M	Reigate Priory
19	00:31:28	337	<b>Andrew Toward</b>	M	Morpeth Harriers
20	00:31:31	528	<b>Phil Nicholls</b>	M	Tipton Harriers
21	00:31:32	10	<b>Fraser Thompson</b>	M	AFD
22	00:31:32	34	<b>Dan Dalmedo</b>	M	Bedford & County AC
23	00:31:36	494	<b>Mark Hood</b>	M	Sunderland Harriers
24	00:31:37	268	<b>Simon Deakin</b>	M	Leeds City AC
25	00:31:38	391	<b>John Newsom</b>	M	Scotland
26	00:31:38	139	<b>Andy Coleman</b>	M	Enfield & Haringey AC
27	00:31:39	93	<b>Jonathan Gilby</b>	M	Derby AC
28	00:31:40	353	<b>Ian Boneham</b>	M	Notts AC
29	00:31:44	568	<b>Andrew Hennessy</b>	M	Wells City Harriers
30	00:31:53	240	<b>Sam Jacobs</b>	M	Ipswich Harriers
31	00:32:00	155	<b>Lee Merrien</b>	M	Guernsey Island AAC
32	00:32:04	600	<b>Dan Robinson</b>	M	
33	00:32:05	570	<b>Mark Draper</b>	M	WSEH
34	00:32:07	1	<b>Steve Ablitt</b>	M	AFD
35	00:32:11	597	<b>Daniel Simons</b>	M	Cornwall AC
36	00:32:14	156	<b>Ben Warren</b>	M	Hailsham Harriers
37	00:32:15	56	<b>Andrew Rayner</b>	M	Blackheath Bromley Harriers
38	00:32:15	50	<b>Tim Watson</b>	M	Belgrave Harriers
39	00:32:17	368	<b>Nigel Leighton</b>	M	Ron Hill Cambuslang
40	00:32:21	33	<b>Phil Tulba</b>	M	Basingstoke & Mid Hants AC
41	00:32:24	483	<b>R Williams</b>	M	Shaftesbury Barnet Harriers
42	00:32:29	369	<b>Ian MacCorquodale</b>	M	Ron Hill Cambuslang
43	00:32:30	267	<b>Martin Hilton</b>	M	Leeds City AC
44	00:32:32	508	<b>Chris Smith</b>	M	Thames Valley Harriers
45	00:32:34	186	<b>Iain Lockett</b>	M	Herne Hill Harriers
46	00:32:36	8	<b>Brian Stopher</b>	M	AFD
47	00:32:40	59	<b>Martin Cox</b>	M	Bristol & West AC
48	00:32:45	313	<b>P Byrne</b>	M	London Irish AC
49	00:32:46	142	<b>Neil Gamester</b>	M	Enfield & Haringey AC
50	00:32:51	334	<b>Barry Royden</b>	M	Medway & Maidstone AC
51	00:32:51	6	<b>Kevin Quinn</b>	M	AFD
52	00:32:54	91	<b>Joel Kidger</b>	M	Crawley AC
53	00:32:55	40	<b>Jonathan Blackledge</b>	MJ	Belgrave Harriers
54	00:32:56	5	<b>Ben Moreau</b>	M	AFD
55	00:33:03	480	<b>James Trapmore</b>	M	Shaftesbury Barnet Harriers
56	00:33:05	397	<b>Chris Blackburn</b>	M	Serpentine AC
57	00:33:06	498	<b>Angus MacLean</b>	M	Team Southampton
58	00:33:09	385	<b>Martyn Cryer</b>	M	Salford Harriers & AC
59	00:33:12	357	<b>Mark Powell</b>	M	Oadby Owls Legionnaires
60	00:33:14	497	<b>Gareth Klepacz</b>	M	Team Southampton
61	00:33:15	355	<b>Matt Blunden</b>	M	Notts AC
62	00:33:16	280	<b>Sean Dixon</b>	M	London Heathside
63	00:33:19	364	<b>John Brown</b>	M	Ron Hill Cambuslang
64	00:33:20	14	<b>Haggai Chepkwony</b>	M	Army
65	00:33:22	65	<b>Dean Lacy</b>	M	Cambridge Harriers
66	00:33:23	358	<b>Martin Bishop</b>	M	Oxford University
67	00:33:26	388	<b>Matthew Norminton</b>	M	Herne Hill Harriers
68	00:33:37	495	<b>Gavin Massingham</b>	M	Sunderland Harriers
69	00:33:38	83	<b>Kevin Conlon</b>	M	Combined Services
70	00:33:39	413	<b>Andy Greenway</b>	M	Serpentine AC
71	00:33:39	31	<b>John Hutchins</b>	M	Basingstoke & Mid Hants AC
72	00:33:40	70	<b>Alex Haing</b>	M	Cardiff AC

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73	00:33:40	371	Jamie Reid	M	Ron Hill Cambuslang
74	00:33:42	351	Darren Fowlie	M	Norfolk Gazelles
75	00:33:43	317	N Kelly	M	London Irish AC
76	00:33:44	342	Stuart Major	M	Newham & Essex Beagles
77	00:33:45	374	Andrew Wright	M	Ron Hill Cambuslang
78	00:33:53	370	Jon McCallum	M	Ron Hill Cambuslang
79	00:33:54	365	Robert Gilroy	M	Ron Hill Cambuslang
80	00:34:04	270	Rob Elmore	M	Leighton Buzzard AC
81	00:34:07	212	Dennis Fricks	M	Highgate Harriers
82	00:34:12	135	Steven Horn	M	Elswick Harriers
83	00:34:14	500	William Joyce	M	Telford AC
84	00:34:20	314	J Creane	M	London Irish AC
85	00:34:21	544	Thomas Owens	M	
86	00:34:23	123	I Cunningham	M	Ealing Southall & Middlesex AC
87	00:34:30	575	P Cuddihy	M	Hillingdon AC
88	00:34:32	237	Robert Nixon	M	Ilford AC
89	00:34:33	55	Jamie Atkinson	M	Blackheath Bromley Harriers
90	00:34:34	442	Ben Paviour	M	Serpentine AC
91	00:34:34	198	Chris Beecham	M	Highgate Harriers
92	00:34:36	200	Duncan Burbidge	M	Highgate Harriers
93	00:34:36	27	Grant Ramsey	M	Barnet & District AC
94	00:34:38	199	Dale Bickham	M	Highgate Harriers
95	00:34:40	85	Ian Smith	M	Combined Services
96	00:34:44	361	Ben Harrison	M	Preston Harriers
97	00:34:49	62	Philip Parry	M	Bristol & West AC
98	00:34:53	354	Tim Woodthorpe	M	Notts AC
99	00:34:55	274	David Browne	M40	London Heathside
100	00:34:56	13	Neil Allen	M	Army
101	00:34:59	350	John Scott	M	Newquay & Par
102	00:35:01	16	Richard Gamble	M	Barnet & District AC
103	00:35:04	467	S Hall	M	Shaftesbury Barnet Harriers
104	00:35:10	579	T Grant	M	Hillingdon AC
105	00:35:17	349	Chris McQuillen-Wright	M	Newquay & Par
106	00:35:18	301	Martin Potter	M	London Heathside
107	00:35:25	32	Jason Palmer	M	Basingstoke & Mid Hants AC
108	00:35:30	82	John Castle	M	Combined Services
109	00:35:34	217	Javier Pes	M	Highgate Harriers
110	00:35:42	366	Joe Kealey	M	Ron Hill Cambuslang
111	00:35:47	192	Andrew Slack	M	Herts Phoenix AC
112	00:35:48	7	Jamie Smith	M	AFD
113	00:35:49	236	Malcolm Muir	M	Ilford AC
114	00:35:52	307	Bruce Weber	M40	London Heathside
115	00:35:55	163	Mark McIntosh	M	Harrow AC
116	00:35:55	262	L Reilly	M40	Kent AC
117	00:35:57	215	John Landau	M	Highgate Harriers
118	00:36:02	345	Jamal Mohamed	M	Newham & Essex Beagles
119	00:36:03	367	Kevin Kealey	M	Ron Hill Cambuslang
120	00:36:06	104	James Godber	M	Dulwich Runners
121	00:36:09	3	Mike Boucher	M	AFD
122	00:36:10	502	James Whetman	M	Thames Hare & Hounds
123	00:36:10	506	Steve Norris	M	Thames Valley Harriers
124	00:36:13	178	Tony Pecararo	M40	Havering 90 Joggers
125	00:36:14	396	Simon Barrett	M	Serpentine AC
126	00:36:15	584	P Leppard	M	Hillingdon AC
127	00:36:17	331	Andrew Fox	M	Manx Harriers
128	00:36:19	60	Benjamin King	M	Bristol & West AC
129	00:36:23	67	Craig Pearson	M	Cannock & Stafford AC
130	00:36:25	292	Paul Lemmon	M40	London Heathside
131	00:36:26	58	Tom Jenkins	M	Blackpool & Fylde AC
132	00:36:27	522	John Barker	M	Thrift Green Trotters
133	00:36:32	561	Tony Lashmar	M	Victoria Park H
134	00:36:35	30	David Wilcock	M40	Barnet & District AC
135	00:36:36	475	Phil Llewellyn	M40	Shaftesbury Barnet Harriers
136	00:36:39	29	Keith Turner	M40	Barnet & District AC
137	00:36:40	510	Phil Wetton	M	Thames Valley Harriers
138	00:36:41	283	John Flahive	M	London Heathside
139	00:36:44	219	Jeremy Rogers	M	Highgate Harriers
140	00:36:45	203	Andrew Collinge	M	Highgate Harriers
141	00:36:49	119	D Askie	M	Ealing Southall & Middlesex AC
142	00:36:51	295	Norman Mitchell	M40	London Heathside
143	00:36:53	311	D Brennan	M	London Irish AC
144	00:36:56	461	Ronan Breen	M	Shaftesbury Barnet Harriers
145	00:37:02	196	Chris Bailey	M40	Highgate Harriers
146	00:37:03	183	Rob Warner	M	Havering 90 Joggers
147	00:37:04	308	Andrew Welshman	M	London Heathside
148	00:37:11	213	Greg Fuzesi	M	Highgate Harriers
149	00:37:13	137	Arber Baci	M	Enfield & Haringey AC
150	00:37:14	136	Mark Ketley	M	Elswick Harriers
151	00:37:15	586	D Newman	M40	Hillingdon AC
152	00:37:16	124	A Dodd	M	Ealing Southall & Middlesex AC
153	00:37:18	416	Steve Hilton	M	Serpentine AC
154	00:37:21	44	Tom Hadfield	M	Belgrave Harriers
155	00:37:26	208	Jonathan Deane	M	Highgate Harriers
156	00:37:37	492	Joe Brocklehurst	M	Stratford on Avon AC
157	00:37:38	252	P Lazo	M	Kent AC
158	00:37:38	881	B MacDonald	M	Queens Park A
159	00:37:39	491	Jonathan Scott	M	St Albans Striders
160	00:37:47	121	R Brown	M	Ealing Southall & Middlesex AC
161	00:37:48	404	Ian Druce	M	Serpentine AC
162	00:37:55	456	Graeme Young	M	Serpentine AC

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163	00:37:58	246	<b>H Diaz</b>	M	Kent AC
164	00:37:59	402	<b>Gary Dench</b>	M	Serpentine AC
165	00:38:03	878	<b>B Greene</b>	M	Queens Park A
166	00:38:13	328	<b>Michael Gore</b>	M	Maidstone Harriers
167	00:38:19	80	<b>Simon Wells</b>	M	Chester Le Street AC
168	00:38:22	207	<b>Pat Davis</b>	M	Highgate Harriers
169	00:38:26	193	<b>Ralph Alemano</b>	M40	Highgate Harriers
170	00:38:27	273	<b>Urban Bettaq</b>	M	London Heathside
171	00:38:27	452	<b>Barney Southin</b>	M	Serpentine AC
172	00:38:39	291	<b>Kabir Kemp</b>	M40	London Heathside
173	00:38:40	210	<b>Jim Eltringham</b>	M	Highgate Harriers
174	00:38:43	279	<b>Pete Crockford</b>	M40	London Heathside
175	00:38:47	572	<b>M Bateman</b>	M	Hillingdon AC
176	00:38:48	401	<b>Andrew Davies</b>	M	Serpentine AC
177	00:38:50	444	<b>Eric Phillips</b>	M	Serpentine AC
178	00:38:54	382	<b>Dave Truepenny</b>	M40	Runnymede Runners
179	00:39:02	130	<b>T Langley</b>	M	Ealing Southall & Middlesex AC
180	00:39:09	143	<b>Gary Leader</b>	M	Enfield & Haringey AC
181	00:39:09	133	<b>S Plested</b>	M40	Ealing Southall & Middlesex AC
182	00:39:10	251	<b>B Hutchinson</b>	M40	Kent AC
183	00:39:10	423	<b>Charles Lescott</b>	M	Serpentine AC
184	00:39:30	379	<b>Graham Jacobs</b>	M	Runnymede Runners
185	00:39:31	410	<b>Paul Fromme</b>	M	Serpentine AC
186	00:39:32	527	<b>Kevin Steed</b>	M	Thurrock Harriers
187	00:39:36	377	<b>Tony Casey</b>	M40	Runnymede Runners
188	00:39:38	223	<b>Mark Sweeney</b>	M	Highgate Harriers
189	00:39:48	150	<b>Anthony O'Connor</b>	M	Enfield & Haringey AC
190	00:39:49	590	<b>J Shipley</b>	M	Hillingdon AC
191	00:39:50	409	<b>Chris Fox</b>	M	Serpentine AC
192	00:39:53	108	<b>Simon Loach</b>	M	Dulwich Runners
193	00:39:55	886	<b>W Roye</b>	M	Queens Park A
194	00:39:56	566	<b>Dave Shortridge</b>	M	Victoria Park H
195	00:39:57	26	<b>Mel Parker</b>	M40	Barnet & District AC
196	00:39:58	110	<b>Michael Mann</b>	M40	Dulwich Runners
197	00:39:58	100	<b>Stephen Endacott</b>	M	Dulwich Runners
198	00:39:59	222	<b>Nick Stockman</b>	M	Highgate Harriers
199	00:39:59	122	<b>D Buckbridge</b>	M40	Ealing Southall & Middlesex AC
200	00:40:00	229	<b>Matt Herbet</b>	M	Ilford AC
201	00:40:10	398	<b>Miguel Branco</b>	M	Serpentine AC
202	00:40:20	525	<b>Michael Stagg</b>	M	Thrift Green Trotters
203	00:40:21	225	<b>Andy Catton</b>	M40	Ilford AC
204	00:40:28	438	<b>Niall O'Connor</b>	M	Serpentine AC
205	00:40:32	303	<b>T Strudwick</b>	M40	London Heathside
206	00:40:34	463	<b>Phil Cunningham</b>	M40	Shaftesbury Barnet Harriers
207	00:40:35	17	<b>Alex Horton</b>	M	Barnet & District AC
208	00:40:39	214	<b>Dominic Hall</b>	M	Highgate Harriers
209	00:40:39	582	<b>R Jenkin</b>	M45	Hillingdon AC
210	00:40:47	201	<b>Rory Campbell</b>	M	Highgate Harriers
211	00:40:49	306	<b>David Walton</b>	M40	London Heathside
212	00:40:52	197	<b>Robin Basford</b>	M	Highgate Harriers
213	00:40:52	557	<b>Mike Cairnes</b>	M40	Victoria Park H
214	00:40:57	330	<b>John Harrison</b>	M	Mansfield Harriers & AC
215	00:40:59	195	<b>Derek Baigent</b>	M	Highgate Harriers
216	00:41:03	513	<b>Nick Brown</b>	M	The Stragglers
217	00:41:08	226	<b>Martin Clarke</b>	M40	Ilford AC
218	00:41:11	125	<b>D Domoney</b>	M	Ealing Southall & Middlesex AC
219	00:41:17	94	<b>Andrew Fay</b>	M	Dorking & Mole Valley AC
220	00:41:23	523	<b>Simon Ellis</b>	M	Thrift Green Trotters
221	00:41:27	113	<b>Tiarnan O'Cleirigh</b>	M40	Dulwich Runners
222	00:41:30	329	<b>Steve Grainger</b>	M	Mansfield Harriers
223	00:41:32	511	<b>Steve Annett</b>	M40	The Stragglers
224	00:41:34	221	<b>Steve Scruton</b>	M40	Highgate Harriers
225	00:41:35	576	<b>S Dokic</b>	M40	Hillingdon AC
226	00:41:36	428	<b>Ruairi Maciver</b>	M	Serpentine AC
227	00:41:37	885	<b>F Nolan</b>	M	Queens Park A
228	00:41:37	453	<b>Anthony Stranger-Jones</b>	M40	Serpentine AC
229	00:41:40	235	<b>Matt Maple</b>	M	Ilford AC
230	00:41:42	879	<b>J Grigg</b>	M	Queens Park A
231	00:41:49	257	<b>R Moye</b>	M	Kent AC
232	00:41:50	126	<b>M Fairbank</b>	M	Ealing Southall & Middlesex AC
233	00:41:51	406	<b>Gavin Edmonds</b>	M	Serpentine AC
234	00:42:02	23	<b>Sean Mitchell</b>	M	Barnet & District AC
235	00:42:08	194	<b>Jesus Anorve</b>	M	Highgate Harriers
236	00:42:10	424	<b>Justin Lock</b>	M	Serpentine AC
237	00:42:20	551	<b>Gary Bagnall</b>	M	Victoria Park H
238	00:42:20	378	<b>Chris Duke</b>	M40	Runnymede Runners
239	00:42:22	28	<b>Francis Robinson</b>	M40	Barnet & District AC
240	00:42:27	512	<b>Simon Brazil</b>	M	The Stragglers
241	00:42:30	206	<b>Ben Daniels</b>	M	Highgate Harriers
242	00:42:31	488	<b>Andy Nicholls</b>	M40	South Cyprus Flyers
243	00:42:34	152	<b>Paul Stiles</b>	M40	Enfield & Haringey AC
244	00:42:35	519	<b>Alan Pemberton</b>	M40	The Stragglers
245	00:42:38	276	<b>David Chalfen</b>	M40	London Heathside
246	00:42:39	111	<b>Andrew Murray</b>	M40	Dulwich Runners
247	00:42:41	485	<b>Ray Bushby</b>	M	South Cyprus Flyers
248	00:42:47	296	<b>Hasan Nahal</b>	M40	London Heathside
249	00:42:49	97	<b>Joseph Brady</b>	M45	Dulwich Runners
250	00:42:53	880	<b>C Keogh</b>	M	Queens Park A
251	00:43:00	543	<b>Milton McIntosh</b>	M	
252	00:43:19	181	<b>John Tyler</b>	M40	Havering 90 Joggers

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253	00:43:25	284	William Gilby	M40	London Heathside
254	00:43:34	441	Derek Paterson	M40	Serpentine AC
255	00:43:38	460	Richard Bober	M40	Shaftesbury Barnet Harriers
256	00:43:49	874	A Angus	M	Queens Park A
257	00:43:54	305	Ken Townson	M	London Heathside
258	00:43:57	211	Chris Evans	M	Highgate Harriers
259	00:44:00	310	Steve Williams	M40	London Heathside
260	00:44:09	573	J Bignell	M40	Hillingdon AC
261	00:44:14	476	Ray Powell	M40	Shaftesbury Barnet Harriers
262	00:44:22	380	Neil Mitchell	M40	Runnymede Runners
263	00:44:30	553	Jude Bly	M	Victoria Park H
264	00:44:37	559	Gary Deathridge	M40	Victoria Park H
265	00:44:41	587	J O'Dowd	M40	Hillingdon AC
266	00:44:45	567	Andrew Whitehead	M	Victoria Park H
267	00:44:47	448	David Simpson	M40	Serpentine AC
268	00:44:52	451	Terry Smith	M40	Serpentine AC
269	00:44:56	537	George Inderst	M40	
270	00:45:01	266	Alistair Davy	M	Leeds City AC
271	00:45:04	595	P Williams	M	Hillingdon AC
272	00:45:10	144	Steve Leader	M	Enfield & Haringey AC
273	00:45:10	435	Neil Melville	M	Serpentine AC
274	00:45:26	127	J Falvey	M40	Ealing Southall & Middlesex AC
275	00:45:32	486	Barry Costas	M40	South Cyprus Flyers
276	00:45:35	471	John Kelly	M40	Shaftesbury Barnet Harriers
277	00:45:44	107	Graham Laylee	M40	Dulwich Runners
278	00:45:47	294	Tim Marlow	M40	London Heathside
279	00:45:57	114	Ian Sesnan	M40	Dulwich Runners
280	00:46:02	421	Huw Keene	M	Serpentine AC
281	00:46:06	877	R Davies	M	Queens Park A
282	00:46:08	872	W O'Connor	M	Queens Park A
283	00:46:10	534	Paul Blaney	M	
284	00:46:30	884	E Midgley	M	Queens Park A
285	00:46:39	550	Robin Street	M	
286	00:46:43	140	Matt Doughty	M40	Enfield & Haringey AC
287	00:46:50	408	Paul Flood	M	Serpentine AC
288	00:47:27	464	Russell Devitt	M40	Shaftesbury Barnet Harriers
289	00:47:30	146	John Mercer	M40	Enfield & Haringey AC
290	00:47:36	418	Jean-Luc Hoez	M40	Serpentine AC
291	00:47:39	547	Chris Rauchegger	M	
292	00:47:42	436	Lars Menken	M	Serpentine AC
293	00:47:46	515	Neil Dadlani	M40	The Stragglers
294	00:47:49	177	Mike Munson	M40	Havering 90 Joggers
295	00:48:01	162	Kevin Concannon	M	Harrow AC
296	00:48:14	376	Paul Benford	M40	Runnymede Runners
297	00:48:21	450	Richard Smith	M40	Serpentine AC
298	00:48:41	549	Adrian Simm	M	
299	00:48:48	518	John Greaves	M40	The Stragglers
300	00:49:15	505	Simon Maddison	M40	Thames Valley Harriers
301	00:49:26	116	Patrick Suqru	M40	Dulwich Runners
302	00:49:31	540	Toby Kent	M	
303	00:49:49	430	Simon Maughan	M	Serpentine AC
304	00:49:55	514	Nigel Clemens	M40	The Stragglers
305	00:50:22	531	Roger Mansell	M40	Trent Park RC
306	00:50:24	341	Colin Jenkins	M40	Newham & Essex Beagles
307	00:50:52	383	Ray Vango	M40	Runnymede Runners
308	00:50:55	52	Kevin Angell	M40	Bexley AC
309	00:51:02	489	Des Vine	M40	South Cyprus Flyers
310	00:51:20	552	Terry Beackon	M	Victoria Park H
311	00:51:38	507	Jimmy O'Keeffe	M40	Thames Valley Harriers
312	00:51:42	875	A Brodie	M	Queens Park A
313	00:51:47	106	Bernard Imber	M40	Dulwich Runners
314	00:51:49	560	Tim Grose	M	Victoria Park H
315	00:51:51	381	Chris Stockwell	M40	Runnymede Runners
316	00:52:42	259	A Musson	M40	Kent AC
317	00:52:53	876	T Bycroft	M	Queens Park A
318	00:53:01	173	Ron Dobie	M40	Havering 90 Joggers
319	00:53:29	175	Rolph Jones	M	Havering 90 Joggers
320	00:54:17	548	Ranjeet Sandhu	M	
321	00:54:35	363	Anthony Rodway	M40	Road Runners Club
322	00:55:30	168	Colin Clifford	M40	Havering 90 Joggers
323	00:56:55	533	Simon Bendle	M	
324	00:57:14	420	John Jarvis	M40	Serpentine AC
325	00:59:49	185	Andy Lea-Gerrard	M40	Herne Hill Harriers
326	01:09:04	882	H Lisk	M	Queens Park A

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