

SEAA Road Relay Championships

Final results of the Men's 12 Stage Relay

Milton Keynes - 16 March 2014

1 01	Aldershot Farnham & District AC 'A'	3:59:26		
1	101 Neil Phillips	24:56	11	24:56
2	201 Charlie Critchley	16:25	13	0:41:21
3	301 Chris Thompson	22:35	1	1:03:56
4	401 Jack Wyllie	16:05	1	1:20:01
5	501 Chris Rooke	24:35	1	1:44:36
6	601 Ian Bailey	15:07	1	1:59:43
7	701 Joshua Grace	24:48	1	2:24:31
8	801 Jack Rowe	15:38	1	2:40:09
9	901 Steve Connor	24:21	1	3:04:30
10	1001 Jamie Ashton	15:48	1	3:20:18
11	1101 Elliot Robinson	24:27	1	3:44:45
12	1201 Jonny Hay	14:41	1	3:59:26
2 24	Kent AC 'A'	4:03:00		
1	124 Chris Greenwood	24:28	8	24:28
2	224 James Savage	15:58	6	0:40:26
3	324 Andrew Agnew	24:58	7	1:05:24
4	424 Stuart Beaney	17:00	8	1:22:24
5	524 Russell Bentley	24:08	3	1:46:32
6	624 Tim Alexander	16:43	3	2:03:15
7	724 Paul Pollock	23:06	2	2:26:21
8	824 Hassan Davis	16:11	2	2:42:32
9	924 John Gilbert	23:44	2	3:06:16
10	1024 Paul Griffiths	16:15	2	3:22:31
11	1124 James Connor	24:22	2	3:46:53
12	1224 Owen Hind	16:07	2	4:03:00
3 32	Newham & Essex Beagles 'A'	4:05:22		
1	132 Dave Mitchinson	24:25	7	24:25
2	232 Stephen Hepples	16:38	10	0:41:03
3	332 Niall Sheehan	25:45	12	1:06:48
4	432 Jad El-houssammi	16:57	12	1:23:45
5	532 John Pike	25:19	11	1:49:04
6	632 Wayne Bell	17:11	9	2:06:15
7	732 Colin Leak	23:39	5	2:29:54
8	832 Eliot Buckner	15:42	5	2:45:36
9	932 Lee Merrien	24:04	4	3:09:40
10	1032 Frank Baddick	14:58	3	3:24:38
11	1132 Rory Chesser	24:17	3	3:48:55
12	1232 Stuart Major	16:27	3	4:05:22
4 03	Bedford & County AC 'A'	4:06:31		
1	103 Matt Janes	25:14	18	25:14
2	203 Michael Harrison	15:37	9	0:40:51
3	303 Steve Naylor	24:29	6	1:05:20
4	403 Joe Christopher	15:40	2	1:21:00
5	503 Mitch Burton	25:23	2	1:46:23
6	603 Jack Goodwin	15:15	2	2:01:38
7	703 Josh Lunn	25:39	3	2:27:17
8	803 Ben Alcock	16:27	3	2:43:44
9	903 Luke Humphreys	25:12	3	3:08:56
10	1003 Sam Bennett	16:47	4	3:25:43
11	1103 Will Mackay	25:13	4	3:50:56
12	1203 Ryan Parker	15:35	4	4:06:31
5 36	Serpentine RC 'A'	4:07:30		

1	136 Hugh Torry	25:03	14	25:03
2	236 Martin Gaunt	16:30	14	0:41:33
3	336 Dave Morgan	24:46	11	1:06:19
4	436 Yari Fontebasso	16:45	9	1:23:04
5	536 Will Green	25:54	9	1:48:58
6	636 Simon Barrett	16:25	7	2:05:23
7	736 Richard Phillips	24:45	6	2:30:08
8	836 Hendrik Zietsman	16:50	6	2:46:58
9	936 Jonathan Poole	24:26	6	3:11:24
10	1036 Pau Herrero	16:47	6	3:28:11
11	1136 Nicholas Torry	23:20	5	3:51:31
12	1236 Glenn Hughes	15:59	5	4:07:30
6	20 Highgate Harriers 'A'	4:09:32		
1	120 Robel Bahelbi	25:13	17	25:13
2	220 Gregory Rimmer	16:06	12	0:41:19
3	320 Richard Scott	25:22	13	1:06:41
4	420 Brahma Pochee	16:39	11	1:23:20
5	520 Ben Noad	24:34	6	1:47:54
6	620 Tom Christopher	16:32	4	2:04:26
7	720 Shaun Dixon	24:06	4	2:28:32
8	820 Jonny Laybourn	16:38	4	2:45:10
9	920 Ryan McKinlay	24:43	5	3:09:53
10	1020 Henry Dodwell	16:38	5	3:26:31
11	1120 Ben Pochee	26:07	6	3:52:38
12	1220 Duncan Burbridge	16:54	6	4:09:32
7	47 Tonbridge AC 'A'	4:11:31		
1	147 Tom Cox	25:04	15	25:04
2	247 Andrew Combs	15:11	4	0:40:15
3	347 Daniel Bradley	25:27	8	1:05:42
4	447 Harry Paton	16:23	7	1:22:05
5	547 Jamie Bryant	26:22	7	1:48:27
6	647 James West	16:14	5	2:04:41
7	747 Julian Rendall	25:39	7	2:30:20
8	847 Cameron Knapp	17:35	7	2:47:55
9	947 Steve Fennell	24:48	7	3:12:43
10	1047 Michael Ellis	17:14	7	3:29:57
11	1147 Ben Cole	25:05	7	3:55:02
12	1247 Alex Howard	16:29	7	4:11:31
8	50 Woodford Green & Essex Ladies 'A'	4:14:15		
1	150 Martyn Cryer	24:08	5	24:08
2	250 Jonathon Cook	16:02	2	0:40:10
3	350 Stephan Wenk	25:06	5	1:05:16
4	450 James Stockings	16:34	4	1:21:50
5	550 Angus Holford	27:13	10	1:49:03
6	650 CJ Shepherd	17:51	11	2:06:54
7	750 Darren Southcott	26:04	11	2:32:58
8	850 Joe Everitt	17:33	10	2:50:31
9	950 Kev Murphy	26:22	10	3:16:53
10	1050 Bertie Powell	16:39	10	3:33:32
11	1150 Ed Shepherd	25:00	8	3:58:32
12	1250 Gavin Lewis	15:43	8	4:14:15
9	09 Brighton & Hove	4:17:23		
1	109 Howard Bristow	24:21	6	24:21
2	209 Ian Crowe-Wright	16:13	7	0:40:34
3	309 Philip Caine	25:28	9	1:06:02
4	409 David Boyce	17:04	10	1:23:06
5	509 David Benton	26:41	12	1:49:47

6	609 Niall Robinson	17:38	13	2:07:25
7	709 Kevin Rojas	25:07	9	2:32:32
8	809 Andrew Donno	16:32	8	2:49:04
9	909 Matthew Bristow	27:16	9	3:16:20
10	1009 Ashley Wittcomb	17:07	8	3:33:27
11	1109 Graham Godden	26:59	9	4:00:26
12	1209 Zared Hale	16:57	9	4:17:23
10 05	Belgrave Harriers 'A'	4:20:14		
1	105 Paskar Owor	23:19	2	23:19
2	205 Samuel Shore	17:29	8	0:40:48
3	305 Craig Ruddy	24:06	3	1:04:54
4	405 Richard Ward	17:07	6	1:22:01
5	505 William Cockerell	25:52	4	1:47:53
6	605 Doug Morton	17:13	6	2:05:06
7	705 Michael Trees	26:39	8	2:31:45
8	805 Knut Hegvold	17:36	9	2:49:21
9	905 Roy Maddams	26:13	8	3:15:34
10	1005 Robert Norville	17:56	9	3:33:30
11	1105 Peter Willis	29:09	10	4:02:39
12	1205 Fraser Logan	17:35	10	4:20:14
11 18	Hercules Wimbledon	4:20:29		
1	118 Liam White	25:18	19	25:18
2	218 Alex Robinson	16:40	17	0:41:58
3	318 Fred Slemeck	26:02	16	1:08:00
4	418 Dominic Kiralyfi	17:50	18	1:25:50
5	518 Ben Toomer	26:20	16	1:52:10
6	618 Phillip Glynn	17:21	15	2:09:31
7	718 Jonathan Cornish	25:43	14	2:35:14
8	818 Alex Urban	17:48	15	2:53:02
9	918 Kieran White	26:09	13	3:19:11
10	1018 Johnnie Bland	17:05	13	3:36:16
11	1118 Robert Tuer	26:27	11	4:02:43
12	1218 Peter Clarke	17:46	11	4:20:29
12 30	Marshall Milton Keynes AC 'A'	4:21:06		
1	130 Steve Tuttle	25:00	13	25:00
2	230 Ross Threlfall	16:51	16	0:41:51
3	330 Liam Smith	25:44	14	1:07:35
4	430 Ryan Burling	16:21	13	1:23:56
5	530 Marcin Fudalej	26:15	13	1:50:11
6	630 Chris Hearn	16:45	12	2:06:56
7	730 Graham Jones	27:02	13	2:33:58
8	830 Samuel Deathe	17:20	12	2:51:18
9	930 Matt Clarke	26:30	12	3:17:48
10	1030 Eliot Winter	17:33	11	3:35:21
11	1130 Alexander Bowden	28:07	13	4:03:28
12	1230 Mark Dowson	17:38	12	4:21:06
13 08	Blackheath & Bromley Harriers	4:21:12		
1	108 Alex Gibbins	26:01	24	26:01
2	208 James Poole	15:45	15	0:41:46
3	308 Scott Overall	23:20	4	1:05:06
4	408 Georges Vacharopoulos	16:19	3	1:21:25
5	508 Andrew Rayner	26:29	5	1:47:54
6	608 Steve Cooper	18:03	8	2:05:57
7	708 Mark Steinle	26:43	10	2:32:40
8	808 Gareth Evans	18:19	11	2:50:59
9	908 Sam Barnes	26:36	11	3:17:35
10	1008 Jon Vintner	18:17	12	3:35:52

11	1108	Dave McKinley	27:11	12	4:03:03
12	1208	Dan Kennedy	18:09	13	4:21:12
14	41	Southampton AC	4:21:55		
1	141	Matt Hibberd	25:58	23	25:58
2	241	Chris Hilton	16:29	19	0:42:27
3	341	Tim Sherman	27:27	22	1:09:54
4	441	Tim Spencer	17:06	22	1:27:00
5	541	Matt Revier	25:18	17	1:52:18
6	641	Connor McKeown	18:27	19	2:10:45
7	741	Jamie Knapp	25:52	17	2:36:37
8	841	Alex Wall-Clarke	15:30	13	2:52:07
9	941	Peter Merritt	27:37	14	3:19:44
10	1041	David Blackman	17:25	14	3:37:09
11	1141	Gareth Klepacz	27:29	14	4:04:38
12	1241	Matthew Emery	17:17	14	4:21:55
15	44	Thames Hare & Hounds	4:23:07		
1	144	Simon Wurr	25:22	20	25:22
2	244	Ian Harkness	16:39	18	0:42:01
3	344	Nic Gould	25:51	15	1:07:52
4	444	Jack Blaikloch	17:39	16	1:25:31
5	544	Martin Bishop	26:56	18	1:52:27
6	644	Nick Altmann	17:07	16	2:09:34
7	744	Martin Shore	26:16	15	2:35:50
8	844	Jerry Watson	18:32	17	2:54:22
9	944	Richard Hewitt	27:24	18	3:21:46
10	1044	John Clark	17:56	18	3:39:42
11	1144	Gordon Pearce	25:54	15	4:05:36
12	1244	Chris Daniels	17:31	15	4:23:07
16	12	Clapham Chasers	4:24:58		
1	112	Peter James	26:27	33	26:27
2	212	Darren Tanner	16:59	25	0:43:26
3	312	Matt Carlisle	26:55	23	1:10:21
4	412	Bryn Reynolds	17:23	23	1:27:44
5	512	James Ellis	27:38	23	1:55:22
6	612	Keith Scofield	18:14	23	2:13:36
7	712	Andy Maud	23:50	18	2:37:26
8	812	Nathan Smeaton	17:13	18	2:54:39
9	912	Jamie Bannister	26:33	17	3:21:12
10	1012	Michael Leong	18:14	17	3:39:26
11	1112	Luke Davis	27:30	16	4:06:56
12	1212	Dan Holmes	18:02	16	4:24:58
17	45	Thames Valley Harriers 'A'	4:26:45		
1	145	Mohamud Aadan	23:42	4	23:42
2	245	Manuel Da Silva	17:34	11	0:41:16
3	345	Ali Yahye	27:15	19	1:08:31
4	445	Matt Ponting	17:29	19	1:26:00
5	545	Andrew Mitchell	27:17	21	1:53:17
6	645	Robert Vallance	17:10	17	2:10:27
7	745	Peter Scannell	27:02	19	2:37:29
8	845	Charles Morris	17:49	19	2:55:18
9	945	Gordon Irvine	27:33	19	3:22:51
10	1045	Greg Bennett	19:03	20	3:41:54
11	1145	Stephen Norris	28:06	22	4:10:00
12	1245	Kieron Sexton	16:45	17	4:26:45
18	17	Harrow AC	4:27:12		
1	117	Jim Cooper	25:31	21	25:31
2	217	Jon Kyte	18:13	28	0:43:44

3	317 Alan Wray	27:11	26	1:10:55
4	417 Daniel Skeffington	17:49	26	1:28:44
5	517 Matt Carey	24:06	19	1:52:50
6	617 Richard Francis	19:24	22	2:12:14
7	717 Matt Judson	27:59	23	2:40:13
8	817 Peter Norris	17:45	24	2:57:58
9	917 Steve Norris	28:47	25	3:26:45
10	1017 Lewis Hawkins	17:55	25	3:44:40
11	1117 Nick Andrews	25:19	21	4:09:59
12	1217 Philip Benson	17:13	18	4:27:12
19	27 London Heathside 'A'	4:27:47		
1	127 George Stewart	26:23	31	26:23
2	227 Chris Burn	17:49	30	0:44:12
3	327 Mark Anderson	27:34	30	1:11:46
4	427 Stuart Meiklejohn	17:56	29	1:29:42
5	527 Dan McKeown	26:55	28	1:56:37
6	627 Chris Hartley	17:37	27	2:14:14
7	727 Dan Madams	27:11	26	2:41:25
8	827 Andrew Brooker	17:38	26	2:59:03
9	927 Ed Samuel	27:13	24	3:26:16
10	1027 Chris Jones	17:28	23	3:43:44
11	1127 Adam Kirk-Smith	27:01	24	4:10:45
12	1227 Brent Atkins	17:02	19	4:27:47
20	20 Highgate Harriers 'A'	4:09:32		
1	120 Robel Bahelbi	25:13	17	25:13
2	220 Gregory Rimmer	16:06	12	0:41:19
3	320 Richard Scott	25:22	13	1:06:41
4	420 Brahma Pochee	16:39	11	1:23:20
5	520 Ben Noad	24:34	6	1:47:54
6	620 Tom Christopher	16:32	4	2:04:26
7	720 Shaun Dixon	24:06	4	2:28:32
8	820 Jonny Laybourn	16:38	4	2:45:10
9	920 Ryan McKinlay	24:43	5	3:09:53
10	1020 Henry Dodwell	16:38	5	3:26:31
11	1120 Ben Pochee	26:07	6	3:52:38
12	1220 Duncan Burbridge	16:54	6	4:09:32
21	22 Hillingdon AC	4:28:11		
1	122 Rob Thompson	24:44	9	24:44
2	222 Chris Ingram	17:44	20	0:42:28
3	322 James Laing	26:05	20	1:08:33
4	422 Dean Clark	17:11	17	1:25:44
5	522 James Manley	28:12	22	1:53:56
6	622 Simon Connell	17:40	20	2:11:36
7	722 Edward Campbell	28:26	22	2:40:02
8	822 Mark Speight	18:06	25	2:58:08
9	922 Sam Blanshard	27:01	21	3:25:09
10	1022 Daniel Thompson	18:09	21	3:43:18
11	1122 Martin Bateman	26:34	20	4:09:52
12	1222 Paul Leppard	18:19	21	4:28:11
22	19 Herne Hill Harriers	4:28:28		
1	119 Chris Busaileh	24:59	12	24:59
2	219 Lewis Lloyd	15:22	5	0:40:21
3	319 Simon Coombes	25:50	10	1:06:11
4	419 Eric Dol	18:36	14	1:24:47
5	519 Jeff Cunningham	26:11	14	1:50:58
6	619 Victor Maughn	17:34	14	2:08:32
7	719 Deron Fagan	27:32	16	2:36:04

8	819 John Tayleur	17:48	16	2:53:52
9	919 Mohammed Ismail	26:20	15	3:20:12
10	1019 Basil Wallace	17:30	15	3:37:42
11	1119 Robert Edwards	29:17	17	4:06:59
12	1219 Andy Kirtland	21:29	23	4:28:28
23	04 Bedford & County AC 'B'	4:29:55		
1	104 Charlie Palmer	27:36	40	27:36
2	204 Massi Dendani	17:18	36	0:44:54
3	304 Craig Emmerson	27:29	34	1:12:23
4	404 Matt Nicholson	17:08	27	1:29:31
5	504 Steve Herring	27:00	27	1:56:31
6	604 Sam Knee-Robinson	17:38	26	2:14:09
7	704 Alan Turnbull	26:37	25	2:40:46
8	804 Chris Wright	16:28	20	2:57:14
9	904 Scott Proctor	27:58	22	3:25:12
10	1004 Chris Thornley	18:47	24	3:43:59
11	1104 Joe Strange	27:13	25	4:11:12
12	1204 Jack Benedickter	18:43	24	4:29:55
24	04 Bedford & County AC 'B'	4:29:55		
1	104 Charlie Palmer	27:36	40	27:36
2	204 Massi Dendani	17:18	36	0:44:54
3	304 Craig Emmerson	27:29	34	1:12:23
4	404 Matt Nicholson	17:08	27	1:29:31
5	504 Steve Herring	27:00	27	1:56:31
6	604 Sam Knee-Robinson	17:38	26	2:14:09
7	704 Alan Turnbull	26:37	25	2:40:46
8	804 Chris Wright	16:28	20	2:57:14
9	904 Scott Proctor	27:58	22	3:25:12
10	1004 Chris Thornley	18:47	24	3:43:59
11	1104 Joe Strange	27:13	25	4:11:12
12	1204 Jack Benedickter	18:43	24	4:29:55
25	34 Oxford City 'A'	4:31:28		
1	134 Aaron Burgess	26:15	27	26:15
2	234 Matthieu Marshall	17:01	23	0:43:16
3	334 Les Newell	26:10	21	1:09:26
4	434 Steve Copley	17:27	21	1:26:53
5	534 Julian Richardson	26:07	20	1:53:00
6	634 Ryan Meredith	17:30	18	2:10:30
7	734 Nick Jones	28:07	20	2:38:37
8	834 Miquel Pellicer Llopis	18:46	21	2:57:23
9	934 Maxwell Robinson	29:32	26	3:26:55
10	1034 John Atyeo	18:46	26	3:45:41
11	1134 Marcus Maxwell	27:55	26	4:13:36
12	1234 Ed Mezzetti	17:52	25	4:31:28
26	25 Kent AC 'B'	4:32:29		
1	125 Tim Lawrence	26:25	32	26:25
2	225 Andy Moreton	17:49	31	0:44:14
3	325 Calum Fraser	27:16	28	1:11:30
4	425 Glyn Parry	18:29	30	1:29:59
5	525 Paul Bell	27:00	30	1:56:59
6	625 Ron Taylor	17:26	28	2:14:25
7	725 David Longley	27:32	29	2:41:57
8	825 Tom Webb	18:33	29	3:00:30
9	925 Michael Longley	28:18	29	3:28:48
10	1025 Lee Adams	18:58	29	3:47:46
11	1125 Phil Sanders	26:00	27	4:13:46
12	1225 Richard Archer	18:43	26	4:32:29

27 10 Cambridge & Coleridge**4:33:17**

1	110 Oliver Park	26:22	30	26:22
2	210 Kieran Wood	16:15	22	0:42:37
3	310 Richard Park	27:58	24	1:10:35
4	410 Iain Wood	17:28	24	1:28:03
5	510 Matthew Slater	28:01	25	1:56:04
6	610 Mark Crook	18:34	29	2:14:38
7	710 Istvan Jacso	27:08	27	2:41:46
8	810 Neil Carrington	18:43	28	3:00:29
9	910 Graham Anderson	27:53	28	3:28:22
10	1010 John Ferguson	18:03	28	3:46:25
11	1110 Craig Dyce	28:38	28	4:15:03
12	1210 Fred Hamlin	18:14	27	4:33:17

28 29 Luton AC**4:35:04**

1	129 Ian Kimpton	23:18	1	23:18
2	229 Tom Mead	16:08	1	0:39:26
3	329 Daniel Woodgate	25:24	2	1:04:50
4	429 Shane Jay	17:09	5	1:21:59
5	529 Andrew McMulkin	26:48	8	1:48:47
6	629 Liam McNabola	17:40	10	2:06:27
7	729 Sean Still	27:25	12	2:33:52
8	829 Jahmal Williams	18:36	14	2:52:28
9	929 Stuart Still	28:08	16	3:20:36
10	1029 Daniel Winfield	18:37	16	3:39:13
11	1129 Robin Hudson	30:25	19	4:09:38
12	1229 Paul Brooks	25:26	28	4:35:04

29 48 Vale of Aylesbury**4:35:06**

1	148 Anuradha Cooray	23:22	3	23:22
2	248 Dan Gurton	16:50	3	0:40:12
3	348 James Davis	27:57	18	1:08:09
4	448 Will Gurton	18:36	20	1:26:45
5	548 Phil Corbett	28:58	24	1:55:43
6	648 Andy Rolt	17:55	24	2:13:38
7	748 Tim Jones	28:14	28	2:41:52
8	848 Patrick Taylor	17:23	27	2:59:15
9	948 Lewis Meredith	28:06	27	3:27:21
10	1048 Will Tuckett	18:24	27	3:45:45
11	1148 Mark Richards	29:46	29	4:15:31
12	1248 Richard Taylor	19:35	29	4:35:06

30 14 Datchet Dashers**4:39:44**

1	114 Rob Foster	25:45	22	25:45
2	214 Robin Smith	18:51	34	0:44:36
3	314 Richard Gibbe	28:05	36	1:12:41
4	414 Steve Ilott	18:26	35	1:31:07
5	514 Phil Jones	29:10	36	2:00:17
6	614 Guiseppe Rivelli	18:21	34	2:18:38
7	714 David Lee	27:32	32	2:46:10
8	814 Paul Woolley	18:33	31	3:04:43
9	914 Chris Hunt	27:59	30	3:32:42
10	1014 Adrian Sell	18:42	30	3:51:24
11	1114 Matt Whitehouse	29:14	30	4:20:38
12	1214 Chris Fox	19:06	30	4:39:44

31 26 Leighton Buzzard**4:40:37**

1	126 Glen Turner	26:17	28	26:17
2	226 Paul Douglas	18:56	38	0:45:13
3	326 Peter Mackrell	26:42	31	1:11:55
4	426 Adam Haylock	18:15	33	1:30:10

5	526 Andrew Inchley	29:12	34	1:59:22
6	626 Thomas Inchley	18:35	33	2:17:57
7	726 Ian Grimshaw	28:30	33	2:46:27
8	826 Timothy Inchley	18:33	32	3:05:00
9	926 William Mead	28:43	33	3:33:43
10	1026 Stuart Blofeld	19:21	31	3:53:04
11	1126 Chris Norman	28:45	32	4:21:49
12	1226 James Bell	18:48	31	4:40:37
32	43 Swindon Harriers	4:41:38		
1	143 Nyle Clinton	24:48	10	24:48
2	243 Michael Chandler	18:42	26	0:43:30
3	343 Paul Key	28:27	32	1:11:57
4	443 Peter Molloy	18:18	34	1:30:15
5	543 Simon Dill	28:39	32	1:58:54
6	643 Aaron Bishop	18:13	32	2:17:07
7	743 Paul Middleton	29:41	34	2:46:48
8	843 Michael Sas	19:08	34	3:05:56
9	943 Dominic Hodge	28:32	34	3:34:28
10	1043 Barrie Brown	19:02	33	3:53:30
11	1143 Thomas Hemming	29:10	33	4:22:40
12	1243 Mark Bellamy	18:58	32	4:41:38
33	23 Ipswich Jaffa RC	4:42:18		
1	123 Gavin Davies	26:20	29	26:20
2	223 Mark Furnace	17:40	29	0:44:00
3	323 Jonathan Ling	27:29	27	1:11:29
4	423 Joseph Peat	18:37	32	1:30:06
5	523 Ryan Ostler	27:11	31	1:57:17
6	623 Brian Rogers	19:49	31	2:17:06
7	723 Matthew Hunt	28:56	31	2:46:02
8	823 Marcus Catlin	19:09	33	3:05:11
9	923 Adam Wade	27:48	31	3:32:59
10	1023 Tom Wake	20:07	32	3:53:06
11	1123 Benjamin Turley	27:50	31	4:20:56
12	1223 Mark Leeks	21:22	33	4:42:18
34	51 Woodford Green & Essex Ladies 'B'	4:43:08		
1	151 Daniel Mann	28:04	43	28:04
2	251 Sam Bengé	17:16	40	0:45:20
3	351 Harold Wyber	25:30	25	1:10:50
4	451 Adam Frith	17:47	25	1:28:37
5	551 Louis Clark	28:19	29	1:56:56
6	651 Andy Coleman	19:38	30	2:16:34
7	751 Rob Wilbraham	29:17	30	2:45:51
8	851 Peter Caton	18:11	30	3:04:02
9	951 Tony Russell	29:18	32	3:33:20
10	1051 James Stockings	21:28	34	3:54:48
11	1151 Steve Lambert	30:18	34	4:25:06
12	1251 Jim Roche	18:02	34	4:43:08
35	38 Serpentine RC 'C'	4:46:42		
1	138 Barney Southin	27:28	39	27:28
2	238 Stephane Schneider	18:42	42	0:46:10
3	338 Jolyon Attwooll	28:14	38	1:14:24
4	438 Serdar Cetin	18:46	37	1:33:10
5	538 Simon Craddock	28:29	37	2:01:39
6	638 Gideon Reid	18:46	37	2:20:25
7	738 Andy Robbins	29:34	37	2:49:59
8	838 Tim Renshaw	19:03	35	3:09:02
9	938 Bartosz Porzuczek	29:42	35	3:38:44

10	1038 Andrew Maynard	19:36	35	3:58:20
11	1138 Will Forbes	28:47	35	4:27:07
12	1238 Andrew Taylor	19:35	35	4:46:42
36	13 Croydon Harriers	4:53:42		
1	113 Alex Penfold	27:45	42	27:45
2	213 Jake English	16:45	33	0:44:30
3	313 Peter Chambers	27:08	29	1:11:38
4	413 Harvey White	18:22	31	1:30:00
5	513 Simon Loughran	29:09	33	1:59:09
6	613 Andy Del Nevo	20:26	36	2:19:35
7	713 David Chambers	29:26	35	2:49:01
8	813 Martin Rowe	21:09	37	3:10:10
9	913 Neil Aikman	31:16	36	3:41:26
10	1013 Rob Rye	21:10	36	4:02:36
11	1113 Colin Oxlade	31:28	37	4:34:04
12	1213 Matthew Kiernan	19:38	37	4:53:42
37	28 London Heathside 'B'	4:53:45		
1	128 Tom Stephenson	28:53	44	28:53
2	228 Jacob Howe	19:01	43	0:47:54
3	328 Joseph McKeown	30:43	42	1:18:37
4	428 Mark Bailey	19:56	42	1:38:33
5	528 Gavin Evans	29:30	42	2:08:03
6	628 Asa Cusack	18:21	41	2:26:24
7	728 Sam Thompson	29:38	41	2:56:02
8	828 Kris Milovsorov	20:17	39	3:16:19
9	928 Mike Bironneau	30:26	39	3:46:45
10	1028 Paul McCrossin	20:38	40	4:07:23
11	1128 Tony Killilea	28:22	38	4:35:45
12	1228 John Flahive	18:00	38	4:53:45
38	21 Highgate Harriers 'B'	4:56:04		
1	121 Rob Walker	27:22	38	27:22
2	221 David Gilbert	17:52	39	0:45:14
3	321 Michael Uscher	28:44	37	1:13:58
4	421 Richard Stewart	19:34	38	1:33:32
5	521 Stephen Meredith	32:53	40	2:06:25
6	621 John O'Shea	20:04	42	2:26:29
7	721 Alex Davidson	28:43	39	2:55:12
8	821 Pierce Boyle	25:52	42	3:21:04
9	921 Oliver Keane	27:12	40	3:48:16
10	1021 Chris Bailey	17:40	39	4:05:56
11	1121 Mark Townsend	30:40	39	4:36:36
12	1221 Martin Bright	19:28	39	4:56:04
39	07 Biggleswade AC	5:00:20		
1	107 Craig Brown	27:19	37	27:19
2	207 David Lee	17:11	32	0:44:30
3	307 Paul Davies	28:10	35	1:12:40
4	407 Michael Blunt	18:42	36	1:31:22
5	507 Vince Plosky	28:07	35	1:59:29
6	607 Adam Murphy	19:35	35	2:19:04
7	707 Nick Haworth	30:38	36	2:49:42
8	807 David Sabey	19:29	36	3:09:11
9	907 Paul Cooke	32:38	37	3:41:49
10	1007 Ian Skerratt	23:20	37	4:05:09
11	1107 Giles Hawthorne	33:01	40	4:38:10
12	1207 John Haines	22:10	40	5:00:20
	Disqualified			
42	St Albans Striders*	4:50:17		

1	142 Cathal Gallagher	29:44	45	29:44
2	242 James McMurray	15:50	41	0:45:34
3	342 Joseph Dunn	29:03	39	1:14:37
4	442 Jamie Abbiss	19:08	39	1:33:45
5	542 Mark Castleton	32:46	41	2:06:31
6	642 David Hope	17:57	40	2:24:28
7	742 Naim McWilliams	31:13	40	2:55:41
8	842 Stuart Middleton	21:23	40	3:17:04
9	942 George Withers	29:38	38	3:46:42
10	1042 Jacob Hines	18:37	38	4:05:19
11	1142 Paul Adams	26:28	36	4:31:47
12	1242 Steve Buckle	18:30	36	4:50:17
Incomplete Teams				
16 Guildford & Godalming AC*				
1	116 Gilbert Grundy	25:05	16	25:05
2	216 Rob Myring	18:28	27	0:43:33
3	316 Matt Lythell	35:24	43	1:18:57
4	416 Tom Butcher	17:09	40	1:36:06
5	516 Matt King	28:31	38	2:04:37
6	616 Calum Roots	17:44	38	2:22:21
7	716 Matt Lythell	37:35	42	2:59:56
8	816 Wes Tilbury	17:35	41	3:17:31
02 Aldershot Farnham & District AC 'B**				
1	102 William Davies	26:29	34	26:29
2	202 Andrew Rooke	16:54	24	0:43:23
06 Belgrave Harriers 'B**				
1	106 Philip Carstairs	31:03	46	31:03
2	206 Matt Whiting	19:46	46	0:50:49
3	306 Malachi Byansi	32:48	45	1:23:37
4	406 Charles Dickinson	20:49	44	1:44:26
5	506 Donald Anderson	35:41	43	2:20:07
31 Marshall Milton Keynes AC 'B'				
1	131 Jeremy Vick	27:40	41	27:40
2	231 Jonathon Peters	17:18	37	0:44:58
3	331 Stuart Ellison	30:14	40	1:15:12
4	431 Chris Youens	21:13	41	1:36:25
5	531 Josh Lyman	28:25	39	2:04:50
6	631 Gary Blaber	17:57	39	2:22:47
7	731 Marcus Whelband	30:44	38	2:53:31
8	831 Martin McPheat	21:44	38	3:15:15
9	931 Jack Comerford	33:14	41	3:48:29
10	1031 Edward Dunn	19:54	41	4:08:23
33 Newham & Essex Beagles 'B**				
1	133 David Kail	32:07	47	32:07
2	233 Paige Haines	18:37	45	0:50:44
3	333 P Eldridge	31:06	44	1:21:50
4	433 George Choat	19:16	43	1:41:06
39 Shaftesbury Barnet Harriers AC 'A'				
1	139 Matthew Grant	26:12	26	26:12
2	239 Russell Devitt	23:17	44	0:49:29
3	339 Ronan Breen	28:42	41	1:18:11
40 Shaftesbury Barnet Harriers AC 'B'				
1	140 Richard Charles	26:46	35	26:46
46 Thames Valley Harriers 'B'				
1	146 Richard Hooley	32:14	48	32:14
2	246 Fahad Abdi	18:55	47	0:51:09