

Senior Women

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:28:57	Lily Partridge	Aldershot Farnham & DAC	101	0:38:42	Anna Thomas	Dulwich Runners AC	201	0:46:18	Teresa Howe	Pitsea Running Club
2	0:29:01	Stephanie Twell	Aldershot Farnham & DAC	102	0:38:50	Wendy Walsh	St Albans Striders	202	0:46:25	Bobbie Westwood	Havering Mayesbrook AC
3	0:29:02	Emily Pidgeon	Aldershot Farnham & DAC	103	0:38:53	Natasha Cendrowicz	Highgate Harriers	203	0:46:35	Rosie Pitt	Victoria Park & Tower H
4	0:29:24	Rachel Felton	Shaftesbury Barnet Harriers	104	0:38:54	Sally Johnston	Bedford Harriers AC	204	0:46:48	Sally Dawodu	Istead & Ifield Harriers
5	0:29:26	Georgie Bruinvels	Aldershot Farnham & DAC	105	0:38:55	Anna Waterman	Mornington Chasers RC	205	0:46:57	Nicoleta Economu	Watford Harriers
6	0:29:28	Olivia Walwyn	City of Norwich AC	106	0:38:58	Charlotte Stickings	Blackheath & Bromley Harriers AC	206	0:47:12	Kirsty Bangham	Ranelagh Harriers
7	0:29:29	Cath Blew	Taunton AC	107	0:39:01	Gill Jubb	St Albans Striders	207	0:47:16	Rachael Whitford	Mornington Chasers RC
8	0:29:45	Lauren Deadman	Havering Mayesbrook AC	108	0:39:05	Christine Meek	Ealing Southall & Middlesex AC	208	0:47:20	Ann Golding	Dunstable Road Runners
9	0:29:53	Alison Greggor	Aldershot Farnham & DAC	109	0:39:05	Joanna Beak	Serpentine RC	209	0:47:25	Karen Chapman	Springfield Striders RC
10	0:30:06	Amy Campbell	Shaftesbury Barnet Harriers	110	0:39:09	Lauren Fawke	Folkestone Running Club	210	0:47:32	Christine Pout	St Albans Striders
11	0:30:36	Tish Jones	Belgrave Harriers	111	0:39:12	Helen White	Belgrave Harriers	211	0:47:35	Yvonne Linney	Ealing Eagles Running Club
12	0:31:08	Louise Perrio	Guernsey Island AAC	112	0:39:14	Sue True	Winchester & District AC	212	0:47:37	Victoria Lovelock	Edmonton RC
13	0:31:15	Polly Keen	Havant AC	113	0:39:17	Zoe Woodward	Eton Manor AC	213	0:47:43	Tina Eke	Folkestone Running Club
14	0:31:22	Montana Jones	Aldershot Farnham & DAC	114	0:39:17	Kim Hainsworth	Dulwich Runners AC	214	0:47:45	Anita Huddleston	Victory AC
15	0:31:26	Elaine Murty	Blackheath & Bromley Harriers AC	115	0:39:19	Susan Francis	Reading AC	215	0:47:53	Cheyl Sacks	Serpentine RC
16	0:31:41	Sue Rust	London Heathside	116	0:39:23	Eve Bugler	Serpentine RC	216	0:48:21	Tracy O'Neill	Havering Mayesbrook AC
17	0:31:45	Ellie Monks	Southampton AC	117	0:39:24	Steph Baxter	Eton Manor AC	217	0:48:22	Belinda Harding	Victory AC
18	0:31:52	Clare Elms	Dulwich Runners AC	118	0:39:24	Steph Upton	Striders of Croydon	218	0:48:38	Nicola Heron	Mornington Chasers RC
19	0:32:15	Katie Meredith	Highgate Harriers	119	0:39:26	Clare Wagh	Eton Manor AC	219	0:49:08	Erica Darby	Dunstable Road Runners
20	0:32:22	Sarah Pemberton	Serpentine RC	120	0:39:33	Amy Tanner	St Albans Striders	220	0:49:15	Sue Barty	Chichester Runners & AC
21	0:32:35	Bryony Proctor	Aldershot Farnham & DAC	121	0:39:35	Rachel Morison	Victoria Park & Tower H	221	0:49:29	Samantha Dredge	Newbury AC
22	0:32:40	Katherine Phillip	Garden City Runners	122	0:39:41	Caroline White	London Heathside	222	0:49:44	Lex Carlisle	Great Bentley RC
23	0:32:42	Gill Fullen	Bedford Harriers AC	123	0:39:43	Avril Riddell	Mornington Chasers RC	223	0:49:50	Clara Burton	Ealing Eagles Running Club
24	0:32:44	Jo Singer	Victoria Park & Tower H	124	0:39:48	Angela Halford	Watford Harriers	224	0:49:59	Sarah Waldan	Bedford Harriers AC
25	0:32:48	Marina Johnson	Serpentine RC	125	0:39:48	Celia Duncan	West Suffolk AC	225	0:50:04	Kirat Nandra	Highgate Harriers
26	0:32:54	Alex Gounelas	Eton Manor AC	126	0:39:50	Chloe Coxhead	Newbury AC	226	0:50:05	Alice Sullivan	Mornington Chasers RC
27	0:33:00	Debbie Appleton	Havering Mayesbrook AC	127	0:39:52	Sarah Thorne	Dunstable Road Runners	227	0:50:17	Carole Wisdom	Serpentine RC
28	0:33:01	Rachel Gibbs	Bedford & County AC	128	0:39:53	Laura Morgan	Victoria Park & Tower H	228	0:50:56	Joy Stroud	North Herts Road Runners
29	0:33:05	Karen Ellison	Herne Hill Harriers	129	0:39:56	Ellen Fulcher	Handy Cross Runners	229	0:50:57	Sue Baker	Chichester Runners & AC
30	0:33:05	Rebekah Gardiner	Shaftesbury Barnet Harriers	130	0:39:58	Helen Hoyle	Barnet & District AC	230	0:51:01	Angela Saunders	Folkestone Running Club
31	0:33:09	Nadene Weed	Maidstone Harriers	131	0:40:11	Victoria Curren	Springfield Striders RC	231	0:51:01	Sarah Goodwin	Springfield Striders RC
32	0:33:18	Rebecca Glover	Serpentine RC	132	0:40:12	Lizzie Keep	Lewes AC	232	0:51:04	Susan Kennedy	Queens Park Harriers
33	0:33:19	Dani Nimmock	City of Norwich AC	133	0:40:14	Ellie Mayne	Colchester Harriers AC	233	0:51:12	Susie Dutoit	Edmonton RC
34	0:33:21	Karen Whitmore	Basildon AC	134	0:40:23	Jayne Raby	Camberley & District AC	234	0:51:20	Stephanie Vaatz	Serpentine RC
35	0:33:22	Sarah Swinhoe	London Heathside	135	0:40:24	Kelly Crawford	Huntingdonshire AC	235	0:51:24	Angie Kay	Bedford Harriers AC
36	0:33:23	Hannah Wylie	Highgate Harriers	136	0:40:28	Anoushka Johnson	Bexley AC	236	0:51:36	Anna Mead	Leighton Buzzard AC
37	0:33:24	Naomi Lenane	Aldershot Farnham & DAC	137	0:40:38	Rebecca Bryant	Medway and Maidstone	237	0:51:40	Christina Watson	Eton Manor AC
38	0:33:31	Clare Thurgood	Orion Harriers	138	0:40:42	Joanne Shelton	Dulwich Runners AC	238	0:51:49	Tracey Ruane	Edmonton RC
39	0:33:35	Isabel Beinsden	Epsom and Ewell Harriers	139	0:40:47	Ruth Miller	London Heathside	239	0:52:09	Sharon Bannister	Springfield Striders RC
40	0:33:38	Claire Morrissey	London Heathside	140	0:40:48	Natasha Sheel	Serpentine RC	240	0:52:23	Tracey Hunter	Bexley AC
41	0:33:41	Lara Bromilow	Marshall Milton Keynes AC	141	0:40:54	Gillian Morgan	Ealing Southall & Middlesex AC	241	0:52:40	Katie Chilton	St Albans Striders
42	0:33:47	Sharon Elder	Arena 80 AC	142	0:40:57	Louisa Pritchards	Dulwich Runners AC	242	0:53:14	Teresa Flannigan	Pitsea Running Club
43	0:34:08	Lisa Da Silva	Thames Valley Harriers	143	0:41:01	Maki Kimura	Mornington Chasers RC	243	0:53:34	Aggie Minas	Edmonton RC
44	0:34:09	Grace Wu	Serpentine RC	144	0:41:10	Katherine Henderson	Barnet & District AC	244	0:53:36	Anne Page	Amphill & Flitwick Flyers
45	0:34:20	Estelle Damant	Ranelagh Harriers	145	0:41:12	Carol Jones	Ealing Southall & Middlesex AC	245	0:54:26	Jacqueline Frewin	Dagenham 88 Runners
46	0:34:25	Vikki Hayes	Chelmsford AC	146	0:41:20	Sarah Boxer	Barnet & District AC	246	0:54:30	Timi Veerasamy	Dagenham 88 Runners
47	0:34:28	Leigh James	Windsor Slough Eton & Hounslow AC	147	0:41:22	Liz Walls	St Albans Striders	247	0:54:53	Marilyn Crocker	Victory AC
48	0:34:32	Sarah Ivory	Colchester Harriers AC	148	0:41:34	Jane Ruhland	Ealing Southall & Middlesex AC	248	0:55:12	Jane Tyler	North Herts Road Runners
49	0:34:36	Carla Denenny	Serpentine RC	149	0:41:36	Wanda Garcia Gome	London Heathside	249	0:55:22	Ann Miller	Springfield Striders RC
50	0:34:53	Lisa Crow	Hercules Wimbledon AC	150	0:41:42	Jo Irvin	London Heathside	250	0:55:44	Sharon Eastland	Pitsea Running Club
51	0:34:59	Elspeth Storrar	London Heathside	151	0:41:43	Agnes Molendowska	Dorking & Mole Valley AC	251	0:55:52	Rene Pilbeam	Totton Running Club
52	0:35:09	Jennifer Bradley	Serpentine RC	152	0:41:45	Andrea Curson	Reading AC	252	0:56:04	Lindsay Cook	North Herts Road Runners
53	0:35:11	Michaela McCallum	Winchester & District AC	153	0:41:56	Candy Hawkins	Ashford AC	253	0:56:05	Phillippa Cockman	Victoria Park & Tower H
54	0:35:14	Nicola Blandford	Southampton AC	154	0:42:02	Maisie-Rose Byrne	Belgrave Harriers	254	0:56:33	Ann Wood	Victory AC
55	0:35:15	Jane Hansom	Queens Park Harriers	155	0:42:03	Alison Heydenrych	Belgrave Harriers	255	1:03:10	Dawn Potter	Springfield Striders RC
56	0:35:19	Erica Martin	Brighton Phoenix AC	156	0:42:06	Tracy Nichols	Amphill & Flitwick Flyers	256	1:14:07	Sian Griffiths	Queens Park Harriers
57	0:35:20	Sally Mhlanga	Chelmsford AC	157	0:42:13	Elizabeth Hall	Orion Harriers				
58	0:35:23	Sarah Jeffery	Southend on Sea Running Club	158	0:42:15	Hannah MacQuarrie	Mornington Chasers RC				
59	0:35:23	Deanna Laforet	Serpentine RC	159	0:42:40	Amelia Wallace	Leighton Buzzard AC				
60	0:35:24	Fee Maycock	Belgrave Harriers	160	0:42:56	Jenny Chewter	Springfield Striders RC				
61	0:35:26	Natalie Thomas	Andover AC	161	0:42:59	Cathrine Johnson	Bedford Harriers AC				
62	0:35:28	Fiona Alston	London Heathside	162	0:43:01	Rebecca Coxhead	Newbury AC				
63	0:35:34	Katy Hedgethorne	Brighton & Hove City AC	163	0:43:04	Tracy Land	South London Harriers				
64	0:35:35	Lowri Richards	Tonbridge Athletic Club	164	0:43:05	Hayley Hickmott	Dartford Harriers AC				
65	0:35:40	Edie Fassnidge	London Heathside	165	0:43:12	Rosemary Fuller	Pitsea Running Club				
66	0:35:44	Wendy Webster	St Albans Striders	166	0:43:14	Phillippa Horton	Barnet & District AC				
67	0:35:48	Debbie Taylor	Reading AC	167	0:43:18	Nikki Baker	Ealing Southall & Middlesex AC				
68	0:35:49	Rachel Phillips	Reading AC	168	0:43:20	Tracy Amos	Folkestone Running Club				
69	0:35:51	Sophie Darling	Southampton AC	169	0:43:22	Deirdre Heydecker	St Albans Striders				
70	0:35:55	Bridgit Nappleton	London Heathside	170	0:43:27	Pippa Dowswell	Orion Harriers				
71	0:35:57	Karen Murphy	Barnet & District AC	171	0:43:28	Anne Caspi	Mornington Chasers RC				
72	0:36:06	Nicola Smith	Headington Road Runners	172	0:43:35	Delphine Horodyski	Mornington Chasers RC				
73	0:36:07	Sarah Hironaka	Mornington Chasers RC	173	0:43:36	Carrie Murphy	Nene Valley Harriers				
74	0:36:10	Maureen McCarthy	West Suffolk AC	174	0:43:40	June Barrow Green	Victoria Park & Tower H				
75	0:36:12	Adrienne Hopkins	Headington Road Runners	175	0:43:47	Amanda Heslegrave	Dagenham 88 Runners				
76	0:36:12	Sophie Sheldrake	Highgate Harriers	176	0:43:58	Caroline Curtis	Folkestone Running Club				
77	0:36:13	Laura Denison	Serpentine RC	177	0:43:59	Catherine O'Connor	Folkestone Running Club				
78	0:36:26	Sara Flanagan	Eton Manor AC	178	0:44:06	Marketa Martins	South London Harriers				
79	0:36:30	Lisa Croft	Watford Harriers	179	0:44:08	Sarah Brogden	Mornington Chasers RC				
80	0:36:37	Christine Anthony	West Suffolk AC	180	0:44:11	Susan Hyde	Bexley AC				
81	0:36:41	Louise Faherty	Highgate Harriers	181	0:44:11	Laura Crane	Bexley AC				
82	0:36:42	Alison Sugars	Stopsley Striders	182	0:44:17	Sophia Holder	Serpentine RC				
83	0:36:44	Louise Ionasco	Dorking & Mole Valley AC	183	0:44:24	Amanda Rogers	Maidstone Harriers				
84	0:36:48	Joanne Sullivan	Havering Mayesbrook AC	184	0:44:28	Mary Walsh	Ealing Southall & Middlesex AC				
85	0:36:52	Hester Barsham Rolf	Belgrave Harriers	185	0:44:31	Mo Lear	Havering Mayesbrook AC				
86	0:36:55	Beatrix Lafreniere	Guildford & Godalming AC	186	0:44:47	Siobhan Skinner	Huntingdonshire AC				
87	0:36:59	Rachel Purdy	City of Norwich AC	187	0:44:53	Madelene Vaughan-J	Poole AC				
88	0:37:01	Rebecca Gould	Guildford & Godalming AC	188	0:45:00	Emma Pilbeam	Totton Running Club				
89	0:37:06	Anna Boniface	Reading AC	189	0:45:05	Val Metcalf	Serpentine RC				
90	0:37:20	Rhonda Munnik	Highgate Harriers	190	0:45:07	Jenni Hall	Eton Manor AC				
91	0:37:34	Elinor Winter	Highgate Harriers	191	0:45:08	Debby Lynn Hallam	Southend on Sea Running Club				
92	0:37:35	Leah Walland	Springfield Striders RC	192	0:45:12	Heather Letley	Hercules Wimbledon AC				
93	0:37:46	Jade Edwards	Havering Mayesbrook AC	193	0:45:21	Kirsty Johnstone	Barnet & District AC				
94	0:37:54	Elizabeth Durman	Brighton Phoenix AC	194	0:45:23	Sacha Kendall Woods	Sandhurst Joggers				
95	0:38:06	Jackie Wastall	London Heathside	195	0:45:25	Sam Godden	Great Bentley RC				
96	0:38:08	Maire Gorman	Thames Valley Harriers	196	0:45:26	Karen Cameron	Huntingdonshire AC				
97	0:38:14	Lucy Weekes	Folkestone Running Club	197	0:45:39	Gabi Johnson	London Heathside				
98	0:38:17	Helen Palmer	Serpentine RC	198	0:45:44	Sigrid Stangl	Serpentine RC				
99	0:38:20	Natasha Lagden	Southend on Sea Running Club	199	0:45:49	Heather Martingell	Ranelagh Harriers				
100	0:38:38	Karen Bradley	Barnet & District AC	200	0:46:06	Richella Doyle	Serpentine RC				

Team Results:				
Pos	Points	Team / Club	Placings	
1	11	Aldershot Farnham & DAC	(1 2 3 5)	
2	121	Serpentine RC	(20 25 32 44)	
3	142	London Heathside	(16 35 40 51)	
4	212	Highgate Harriers	(19 36 76 81)	
5	212	Havering Mayesbrook AC	(8 27 84 93)	
6	267	Belgrave Harriers	(11 60 85 111)	
7	334	Eton Manor AC	(26 78 113 117)	
8	339	Reading AC	(67 68 89 115)	
9	371	Dulwich Runners AC	(18 101 114 138)	
10	395	St Albans Striders	(66 102 107 120)	
11	444	Mornington Chasers RC	(73 105 123 143)	
12	445	Barnet & District AC	(71 100 130 144)	
13	447	Victoria Park & Tower H	(24 121 128 174)	
14	512	Bedford Harriers AC	(23 104 161 224)	
15	542	Ealing Southall & Middlesex AC	(108 141 145 148)	
16	551	Folkestone Running Club	(97 110 168 176)	
17	592	Springfield Striders RC	(92 131 160 209)	
18	737	Bexley AC	(136 180 181 240)	
19	858	Pitsea Running Club	(165 201 242 250)	
20	926	Edmonton RC	(212 233 238 243)	
21	932	Victory AC	(214 217 247 254)	

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:48:10	Frank Tickner	Wells City Harriers	101	0:58:20	Ben Evans	Guildford & Godalming AC	201	1:03:10	Glenn Quarton	South London Harriers
2	0:49:14	Neilson Hall	Bedford & County AC	102	0:58:25	Christopher Daniels	Thames Hare & Hounds	202	1:03:11	David Hall	Dartford Road Runners
3	0:49:37	Darren Deed	Bedford & County AC	103	0:58:26	Richard Kinnersley	Reading AC	203	1:03:12	Dan Sheldrick	Taunton AC
4	0:50:07	Jon Pepper	Brighton Phoenix AC	104	0:58:27	Scott Smith Bannister	Aldershot Farnham & DAC	204	1:03:22	Michael Baggott	Woking AC
5	0:50:16	Paul Rodgers	Aldershot Farnham & DAC	105	0:58:29	Andrew Orr	Serpentine RC	205	1:03:30	Matt Convery	London Heathside
6	0:50:25	Chris Smith	Thames Valley Harriers	106	0:58:30	Tom Heslop	Victoria Park & Tower H	206	1:03:32	Liam Hatcher	South London Harriers
7	0:50:30	Alex Teuten	City of Portsmouth AC	107	0:58:32	Nick Beresford	North Herts Road Runners	207	1:03:34	Marc Henrion	Mornington Chasers RC
8	0:50:41	Fraser Thompson	Aldershot Farnham & DAC	108	0:58:37	Paul Cates	Eton Manor AC	208	1:03:36	Scott Farley	Hillingdon AC
9	0:51:18	Steve Naylor	Bedford & County AC	109	0:58:39	Stuart Flack	Epsom and Ewell Harriers	209	1:03:38	Adrian Mason	Barnet & District AC
10	0:51:27	Nick Torry	Serpentine RC	110	0:58:40	Paul Wells	Brighton & Hove City AC	210	1:03:39	Russell Casey	Garden City Runners
11	0:51:36	Ben Noad	Highgate Harriers	111	0:58:41	Neil Cook	Victoria Park & Tower H	211	1:03:41	Alex Kitromilides	Mornington Chasers RC
12	0:51:57	Matt Janes	Bedford & County AC	112	0:58:52	Andy Hennessy	Wells City Harriers	212	1:03:42	Henry Hughes	Thames Valley Harriers
13	0:51:57	Huw Lobb	Bedford & County AC	113	0:59:02	Robert Wakefield	Aldershot Farnham & DAC	213	1:03:44	Dermot Bryers	Victoria Park & Tower H
14	0:52:04	Adrian Marriott	Wells City Harriers	114	0:59:04	Dan McKeown	London Heathside	214	1:03:45	Angelo John	Ealing Southall & Middlesex AC
15	0:52:11	Andrew Connick	Belgrave Harriers	115	0:59:07	Peter Mackrell	Leighton Buzzard AC	215	1:03:45	John Needham	Belgrave Harriers
16	0:52:21	Grant Twist	Chelmsford AC	116	0:59:09	Robert Tuer	Clapham Chasers	216	1:03:46	James MacDonald	Cambridge Harriers
17	0:52:26	Neil Phillips	Aldershot Farnham & DAC	117	0:59:10	Steve Thackeray	Beckenham Running Club	217	1:03:49	David Breslin	Sandhurst Joggers
18	0:52:35	Will Mackay	Bedford & County AC	118	0:59:11	Tony Russell	Woodford Green AC with Essex Ladies	218	1:03:51	Christian Poulton	Cambridge Harriers
19	0:52:45	Martyn Cryer	Woodford Green AC with Essex Ladies	119	0:59:12	Matthew Adcock	Watford Harriers	219	1:03:53	Ben Meakin	Mornington Chasers RC
20	0:52:51	Danny Russell	Highgate Harriers	120	0:59:15	James Chettle	Cambridge & Coleridge AC	220	1:03:53	John Foss	South London Harriers
21	0:52:52	Jonathan Poole	Serpentine RC	121	0:59:18	Jim Roche	Woodford Green AC with Essex Ladies	221	1:04:01	David Vossler	Winchester & District AC
22	0:52:57	James Baker	Chichester Runners & AC	122	0:59:21	Alan Wray	Harrow AC	222	1:04:05	Nick Williams	Tring Running Club
23	0:52:59	Richard Scott	Highgate Harriers	123	0:59:27	Rory Maguire	Serpentine RC	223	1:04:09	Alex Urban	Hercules Wimbledon AC
24	0:53:00	Julian Rendall	Tonbridge Athletic Club	124	0:59:34	James Robertson	Kingston AC & Poly Harriers	224	1:04:14	Costa Michael	Barnet & District AC
25	0:53:03	Daniel Thorne	Reading AC	125	0:59:35	Simon Barratt	Serpentine RC	225	1:04:19	Stuart Raven	Springfield Striders RC
26	0:53:14	Ben Pochee	Highgate Harriers	126	0:59:36	Iain Harrison	Striders of Croydon	226	1:04:23	Nick Barberis	Serpentine RC
27	0:53:18	Gilbert Grundy	Woking AC	127	0:59:38	Rob Walker	Highgate Harriers	227	1:04:23	Andy Owen	London Heathside
28	0:53:20	Ryan McKinlay	Highgate Harriers	128	0:59:39	Alex Horton	Barnet & District AC	228	1:04:26	Steven Church	Huntingdonshire AC
29	0:53:23	Paskar Dwor	Belgrave Harriers	129	0:59:49	Simon Bent	Colchester Harriers AC	229	1:04:31	Richard Bryant	Victoria Park & Tower H
30	0:53:25	Michael Salt	Cambridge & Coleridge AC	130	0:59:52	Tim Harris	Ampt Hill & Flitwick Flyers	230	1:04:37	Nick Brown	The Stragglers
31	0:53:26	Tomas Stasionis	Eton Manor AC	131	0:59:52	Steve Herring	Marshall Milton Keynes AC	231	1:04:41	Chris Norman	Leighton Buzzard AC
32	0:53:28	Andrew Rooke	Aldershot Farnham & DAC	132	0:59:55	Andrejs Safars	Woodway and Maidstone	232	1:04:43	Simon Lemare	Southend on Sea Running Club
33	0:53:32	Eoin Pierce	Enfield and Haringey AC	133	1:00:05	Gareth Cavell	Woodford Green AC with Essex Ladies	233	1:04:46	Mike Walker	Barnet & District AC
34	0:53:34	Andrew Donno	Brighton & Hove City AC	134	1:00:05	David Weekes	Folkestone Running Club	234	1:04:50	Simeon Bennett	Victoria Park & Tower H
35	0:53:34	Hugh Torry	Serpentine RC	135	1:00:07	Maarten Hoeven	Highgate Harriers	235	1:05:01	Leo Kirkhaar	Highgate Harriers
36	0:53:35	Orlando Edwards	Shaftesbury Barnet Harriers	136	1:00:08	Ross Langley	Tring Running Club	236	1:05:06	James Ellis	Clapham Chasers
37	0:53:36	Richard Henderson	Bedford & County AC	137	1:00:13	Peter Scannell	Thames Valley Harriers	237	1:05:07	Paul Allen	Wells City Harriers
38	0:53:45	Craig Palmer	Ampt Hill & Flitwick Flyers	138	1:00:14	Ben Wickham	Victoria Park & Tower H	238	1:05:08	James Evans	Serpentine RC
39	0:53:52	Angus Holford	Woodford Green AC with Essex Ladies	139	1:00:15	Tom Muddiman	Southampton AC	239	1:05:09	Tom Fancett	London Heathside
40	0:53:56	Luke Humphreys	Bedford & County AC	140	1:00:17	David Reader	Cambridge Harriers	240	1:05:09	Joe Everitt	Woodford Green AC with Essex Ladies
41	0:54:08	Tom Collins	Medway and Maidstone	141	1:00:19	Mark Dowson	Marshall Milton Keynes AC	241	1:05:10	Ian Girling	Mornington Chasers RC
42	0:54:13	Ryan Prout	Chelmsford AC	142	1:00:25	Fergus Campbell	Headington Road Runners	242	1:05:11	John Mitalc	Ampt Hill & Flitwick Flyers
43	0:54:14	Nathan Young	Wells City Harriers	143	1:00:27	Rich Berry	West 4 Harriers	243	1:05:12	Ivan Gowan	Serpentine RC
44	0:54:16	Robert Wilson	Ealing Southall & Middlesex AC	144	1:00:32	Adam Styles	Tonbridge Athletic Club	244	1:05:14	Gavin Evans	London Heathside
45	0:54:18	Harold Wyber	Woodford Green AC with Essex Ladies	145	1:00:32	Basil Wallace	Herne Hill Harriers	245	1:05:15	Dean Skelton	Hastings AC
46	0:54:26	Alex Gibbins	Blackheath & Bromley Harriers AC	146	1:00:33	Roy Maddams	Belgrave Harriers	246	1:05:21	Paul McClerry	Hastings AC
47	0:54:30	Ben Pavlour	Herne Hill Harriers	147	1:00:39	Richard McCormick	Barnet & District AC	247	1:05:24	Gareth Wainwright	KPMG Running Club
48	0:54:36	Henry Dodwell	Highgate Harriers	148	1:00:45	Justin West	The Stragglers	248	1:05:26	Steve Smythe	Dulwich Runners AC
49	0:54:57	Howard Bristow	Brighton & Hove City AC	149	1:00:47	Richard Mathie	Kingston AC & Poly Harriers	249	1:05:27	James Ratcliffe	Aldershot Farnham & DAC
50	0:55:02	David Fewell	Chelmsford AC	150	1:00:48	Adam Parkes	Mornington Chasers RC	250	1:05:31	Alex Hawkins	Epsom and Ewell Harriers
51	0:55:04	Niall Sheehan	Newham and Essex Beagles	151	1:00:50	Sean Crummy	Hercules Wimbledon AC	251	1:05:32	Chris Hartley	London Heathside
52	0:55:15	Nick Earl	City of Norwich AC	152	1:00:52	Brian Herrington	Harwich Runners	252	1:05:38	Robert McCaffrey	Dorking & Mole Valley AC
53	0:55:19	Peter Tucker	Blackheath & Bromley Harriers AC	153	1:00:53	Stephen Hodges	Cambridge Harriers	253	1:05:41	Tom Duker	Wells City Harriers
54	0:55:20	Mike Cummings	Herne Hill Harriers	154	1:01:01	Rob Wilbraham	Woodford Green AC with Essex Ladies	254	1:05:46	Tim Wright	Orion Harriers
55	0:55:20	Chris Rooke	Aldershot Farnham & DAC	155	1:01:03	Stuart Searle	South London Harriers	255	1:05:47	Neil Shearer	City of Norwich AC
56	0:55:27	Ben Cole	Tonbridge Athletic Club	156	1:01:05	Jonathan Yeates	Barnet & District AC	256	1:05:49	James Bell	Leighton Buzzard AC
57	0:55:30	Jim Cooper	Harrow AC	157	1:01:08	Jon Deane	Highgate Harriers	257	1:05:50	Graham Lewis	Edmonton RC
58	0:55:31	Mark Vardy	Newbury AC	158	1:01:09	Richard Fanning	Serpentine RC	258	1:05:57	Allan Peat	Hardley RC
59	0:55:40	Peter Townsend	Herts Phoenix AC	159	1:01:10	Mike Stapleton	Barnet & District AC	259	1:05:59	Nick Little	Invicta East Kent
60	0:55:41	Neil Davison	City of Norwich AC	160	1:01:11	Frankie Conway	Orion Harriers	260	1:06:01	Andrew Taylor	Serpentine RC
61	0:55:44	Andrew McMulkin	Luton AC	161	1:01:14	Tony Pamphilon	Woodford Green AC with Essex Ladies	261	1:06:02	Clem Dixon	Cambridge Harriers
62	0:55:51	Josh Lunn	Nene Valley Harriers	162	1:01:15	Sergio Martinez Goza	Ealing Eagles Running Club	262	1:06:05	Chris Mallinson	Brighton & Hove City AC
63	0:56:02	Matt Taylor	Belgrave Harriers	163	1:01:26	Andrew Inchley	Leighton Buzzard AC	263	1:06:11	Taylor Huggins	Striders of Croydon
64	0:56:05	John McKeane	Highgate Harriers	164	1:01:32	Niall Robinson	Brighton & Hove City AC	264	1:06:13	Peter McDermott	St Albans Striders
65	0:56:15	John Kettle	Herne Hill Harriers	165	1:01:39	Fintan Parkinson	Blackheath & Bromley Harriers AC	265	1:06:15	Phil Hernon	Orion Harriers
66	0:56:19	Richard Phillips	Serpentine RC	166	1:01:42	Krzysztof Klidzia	Striders of Croydon	266	1:06:16	Jonathan Taylor	Chiltern Harriers
67	0:56:22	Carl Goose	City of Norwich AC	167	1:01:46	James Gillanders	London Frontrunners	267	1:06:17	Tom Mitchell	Clapham Chasers
68	0:56:29	Maxwell Robinson	Headington Road Runners	168	1:01:46	Gary Blaber	Marshall Milton Keynes AC	268	1:06:17	Christian Rose-Day	Clapham Chasers
69	0:56:36	Phil Holland	Ampt Hill & Flitwick Flyers	169	1:01:46	Richard Skilbeck	Headington Road Runners	269	1:06:23	Glen Ridout	Dartford Road Runners
70	0:56:40	Chris Sellens	Colchester Harriers AC	170	1:01:48	Michael Dmitrzak	Queens Park Harriers	270	1:06:31	James Quinn	Serpentine RC
71	0:56:42	Darren Southcott	Woodford Green AC with Essex Ladies	171	1:01:52	Joseph McKeivitt	Cambridge Harriers	271	1:06:39	Howard Long	Southampton AC
72	0:56:43	Will Cockerell	Belgrave Harriers	172	1:01:54	Simon Wilson	Tri London	272	1:06:42	Gavin Megaw	Guildford & Godalming AC
73	0:56:53	Pau Herrero	Serpentine RC	173	1:01:55	Jon Vinter	Blackheath & Bromley Harriers AC	273	1:06:44	Jeremy Gold	Victoria Park & Tower H
74	0:56:55	Sam Humphrey	Victoria Park & Tower H	174	1:01:58	Jaime Reed	Garden City Runners	274	1:06:45	Jeff Butler	Epsom and Ewell Harriers
75	0:56:58	David Taylor	Haslemere Border AC	175	1:01:58	Anthony Doolittle	Thames Hare & Hounds	275	1:06:49	Ian Pegler	Hercules Wimbledon AC
76	0:57:02	Daniel Thompson	Hillingdon AC	176	1:02:02	Tim Ballard	Woodford Green AC with Essex Ladies	276	1:06:53	Richard Stewart	Highgate Harriers
77	0:57:06	Daniel Watt	Tunbridge Wells	177	1:02:02	Tim Erskine	Maidstone Harriers	277	1:07:09	Edward Holland	London Frontrunners
78	0:57:12	Michael Moore	Nene Valley Harriers	178	1:02:04	Stuart Still	Luton AC	278	1:07:15	Mark Cawood	South London Harriers
79	0:57:14	Danny Brewer	Blackheath & Bromley Harriers AC	179	1:02:08	Steve Masters	Wells City Harriers	279	1:07:17	Stuart Boswell	Aldershot Farnham & DAC
80	0:57:16	Daniel Simpson	Ipswich Jaffa	180	1:02:08	Nigel Bunn	Tring Running Club	280	1:07:24	Rodney Mushanganyi	Victoria Park & Tower H
81	0:57:17	Stephen Whiting	Highgate Harriers	181	1:02:17	Jamie Smalley	Serpentine RC	281	1:07:33	Toby Staines	Royston Runners
82	0:57:19	Anthony Hall	London Heathside	182	1:02:28	James Taylor	Barnet & District AC	282	1:07:34	Stephen Campbell	Serpentine RC
83	0:57:20	Graham Fisher	Southampton AC	183	1:02:32	Gary Warren	St Albans Striders	283	1:07:37	Paul Devine	Dulwich Runners AC
84	0:57:20	Alex Hamilton	Basingstoke & Mid Hants AC	184	1:02:33	Tom Inchley	Leighton Buzzard AC	284	1:07:43	Omar Sharef	Woodford Green AC with Essex Ladies
85	0:57:28	Rick Ward	City of Norwich AC	185	1:02:36	Richard Batchelor	Aldershot Farnham & DAC	285	1:07:45	Michael Simmons	Great Bentley RC
86	0:57:31	Louis Clark	Woodford Green AC with Essex Ladies	186	1:02:36	Roger Coyle	Serpentine RC	286	1:07:46	James Adams	Guildford & Godalming AC
87	0:57:33	Matthew Hunt	Ipswich Jaffa	187	1:02:37	Colin Braybrook	St Albans Striders	287	1:08:00	Colin Taylor	Watford Joggers
88	0:57:35	James Craggs	Newbury AC	188	1:02:39	John Armstrong	Mornington Chasers RC	288	1:08:03	Andy Green	Dartford Road Runners
89	0:57:40	Matthew Bristow	Brighton & Hove City AC	189	1:02:40	Darren Stevens	Reading AC	289	1:08:06	Kevin Lineham	Highgate Harriers
90	0:57:43	Dan Dalmedo	Bedford & County AC	190	1:02:40	Lewis Meredith	Vale of Aylesbury AC	290	1:08:07	Tom Hadfield	Belgrave Harriers
91	0:57:45	Nick Gold	Highgate Harriers	191	1:02:40	Stuart Blofeld	Leighton Buzzard AC	291	1:08:11	Ebehard Prill	Dulwich Runners AC
92	0:57:51	Will Bowers	Cambridge Uni Hare & Hounds	192	1:02:42	Andy Reeves	Serpentine RC	292	1:08:12	Gary Riches	Colchester & Tendring AC
93	0:58:00	Phillip Glynn	Hercules Wimbledon AC	193	1:02:43	Ian Grimshaw	Leighton Buzzard AC	293	1:08:13	Emilio Salice	Mornington Chasers RC
94	0:58:00	Matt Judson	Harrow AC	194	1:02:47	Richard Harrison	Royston Runners	294	1:08:15	Warren Rose	Leighton Buzzard AC
95	0:58:06	Yari Fontebasso	Serpentine RC	195	1:02:49	Rajiv Ratan	Edmonton RC	295	1:08:19	George Choat	Newham and Essex Beagles
96	0:58:09	Greg Cole	Tonbridge Athletic Club	196	1:02:51	Tony Lashmar	Victoria Park & Tower H	296	1:08:22	Stephen Meredith	Highgate Harriers
97	0:58:14	Bertie Powell	Woodford Green AC with Essex Ladies	197	1:02:53	Robert Brown	Ealing Southall & Middlesex AC	297	1:08:25	Manuel Da Silva	Thames Valley Harriers
98	0:58:15	Buzz Shephard	Dulwich Runners AC	198	1:02:58	Ricardo Agostinho	Ealing Eagles Running Club	298	1:08:26	Kevin Wheeler	City of Portsmouth AC
99	0:58:16	Mike Trees	Belgrave Harriers	199	1:03:01	Alastair Locke	Dulwich Runners AC	299	1:08:27	Paul Sanderson	Guildford & Godalming AC
100	0:58:17	Wesley Benton	Colchester Harriers AC	200	1:03:06	David Baker	South London Harriers	300	1:08:28	Robert Curtis	Dunstable Road Runners

Senior Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
301	1:08:38	Paul Mitchell	South London Harriers	401	1:13:34	Matt Reidy	Watford Harriers	501	1:25:28	David Hinds	Serpentine RC
302	1:08:39	Brian Stakelum	Ealing Eagles Running Club	402	1:13:38	Wayne Clements	Reading AC	502	1:25:44	Derek Harrison	Tunbridge Wells
303	1:08:41	Andrew Hislop	Aldershot Farnham & DAC	403	1:13:51	Richard Beard	Bedford Harriers AC	503	1:25:46	Simon Watts	Serpentine RC
304	1:08:44	Christof Schwiening	Cambridge & Coleridge AC	404	1:13:57	Andy Smith	Woodford Green AC with Essex Ladies	504	1:25:50	Andrew MacFarlane	Ealing Eagles Running Club
305	1:08:46	Andy Cohen Wray	Bedford & County AC	405	1:14:01	James Dunn	Bedford Harriers AC	505	1:25:55	Paul McLaughlin	Pitsea Running Club
306	1:08:47	Barry White	Striders of Croydon	406	1:14:09	Martin Rowe	Croydon Harriers	506	1:26:13	Sean Murphy	Yaxley Runners
307	1:08:49	Pete Crockford	London Heathside	407	1:14:14	Tom Gilbert	KPMG Running Club	507	1:26:20	Declan Phelan	Victoria Park & Tower H
308	1:08:51	Andy Greenwood	Serpentine RC	408	1:14:15	Michael Mann	Dulwich Runners AC	508	1:26:47	Mark Newell	Cambridge Harriers
309	1:08:53	Simon Brotherson	Queens Park Harriers	409	1:14:31	Quamil Isufaj	Eton Manor AC	509	1:26:48	Jeremy Smith	Ipswich Harriers
310	1:08:54	Ray Gascoyne	Aldershot Farnham & DAC	410	1:14:41	Alistair Gibson	Guildford & Godalming AC	510	1:27:21	Mark Duckworth	Sandhurst Joggers
311	1:08:59	Andrew Wasdell	Marshall Milton Keynes AC	411	1:14:43	Michael Gallyer Barn	Invicta East Kent	511	1:27:33	Chris Williams	Leighton Buzzard AC
312	1:09:03	Andrew Maynard	Chichester Runners & AC	412	1:14:45	Mike Moorcroft	Chichester Runners & AC	512	1:28:40	Dave Reading	Chichester Runners & AC
313	1:09:03	John Lynch	Mornington Chasers RC	413	1:14:49	Phil May	Stubbington Green	513	1:29:15	Bill Crane	Dunstable Road Runners
314	1:09:08	Neil Aikman	Croydon Harriers	414	1:14:51	John Weston	Ipswich Jaffa	514	1:29:42	David Shortridge	Victoria Park & Tower H
315	1:09:12	Jon Ellis	Ealing Southall & Middlesex AC	415	1:14:54	Ian Leslie	Ealing Southall & Middlesex AC	515	1:29:45	Chris Capps	Bedford Harriers AC
316	1:09:13	Sean Bowen	Garden City Runners	416	1:14:56	Paul Mason	Marshall Milton Keynes AC	516	1:30:06	James Rouse	Watford Harriers
317	1:09:22	Paul Carter	Barnet & District AC	417	1:14:57	Chip Halmer	London Heathside	517	1:30:07	John Betts	Chichester Runners & AC
318	1:09:32	Graham Maynard	Cambridge Harriers	418	1:15:01	Paul Carter	Havant AC	518	1:30:22	Mark Travers	Tring Running Club
319	1:09:44	Rob Cope	Dulwich Runners AC	419	1:15:04	Jon Leigh	Stubbington Green	519	1:30:41	Steve Rigby	South London Harriers
320	1:09:46	Martin Lloyd	Collingwood AC	420	1:15:07	Andy Stockwell	Stubbington Green	520	1:31:02	Terry Wardale	Bexley AC
321	1:09:51	Jose Barretta	Dulwich Runners AC	421	1:15:09	Toby Kent	South London Harriers	521	1:31:10	Richard Pearson	Southampton AC
322	1:09:52	Jason Johnson	Hastings AC	422	1:15:14	Rich Chowns	Stubbington Green	522	1:31:18	Vernon Thomas	Greenwich
323	1:09:54	Stuart Pal	Brighton Phoenix AC	423	1:15:20	Tom Callaway	Stubbington Green	523	1:31:20	Tim Brockington	Springfield Striders RC
324	1:09:56	Rory Ferguson	West 4 Harriers	424	1:15:29	Malcolm Lavery	Havant AC	524	1:31:24	Gary Bagnall	Victoria Park & Tower H
325	1:09:58	Carl Heap	London Heathside	425	1:15:41	Graham Mayoh	Watford Harriers	525	1:34:09	Paul Brooks	Luton AC
326	1:09:58	Richard Taylor	Serpentine RC	426	1:15:42	Richard Derrick	St Albans Striders	526	1:34:40	Mark Haynes	Leighton Buzzard AC
327	1:10:02	Richard Bell	Thames Valley Harriers	427	1:15:48	Keith Akerman	Chichester Runners & AC	527	1:35:01	Christopher Fadden	Bedford Harriers AC
328	1:10:03	Simon Carter	Beckenham Running Club	428	1:15:57	Steve Le Poidevin	Saint Edmund Pacers	528	1:35:05	John Corcoran	Cambridge Harriers
329	1:10:05	Chris Morton	Striders of Croydon	429	1:15:58	Paul Chandlers	Reigate Priory AC	529	1:35:28	Ian Kennedy	Wimborne AC
330	1:10:13	Alastair Fadden	Bedford Harriers AC	430	1:16:07	Andy Atkins	London Frontrunners	530	1:35:49	Tom Brassington	Bedford Harriers AC
331	1:10:14	Mick Cairns	Victoria Park & Tower H	431	1:16:15	Alan Roberts	Vale of Aylesbury AC	531	1:36:21	Peter Cornes	Poole AC
332	1:10:19	Robert Balzanella	Dulwich Runners AC	432	1:16:24	Paddy Patrick	Reigate Priory AC	532	1:37:26	Peter Bates	Pitsea Running Club
333	1:10:19	Simon Hazel	London Heathside	433	1:16:26	Mark Copeland	Wimborne AC	533	1:37:39	Barrie John Nicholls	Dulwich Runners AC
334	1:10:24	Richard Flutter	Harwich Runners	434	1:16:35	Jonathan Hunter	Bexley AC	534	1:40:32	Mark Conyers	Queens Park Harriers
335	1:10:26	Duncan Steen	Victoria Park & Tower H	435	1:16:41	Rex Whitcombe	Wells City Harriers	535	1:40:44	Alan Wells	Hillingdon AC
336	1:10:27	Reuben Burford	Dartford Harriers AC	436	1:16:43	Mark Pedder	Dunstable Road Runners	536	1:40:58	Naresh Trivedi	Edmonton RC
337	1:10:29	Adrian Frost	Eton Manor AC	437	1:17:07	Chris Topp	Dartford Road Runners	537	1:41:26	Steve Crane	Bedford Harriers AC
338	1:10:33	Marcus Cattlin	Ipswich Jaffa	438	1:17:25	Patrick Austin	Cambridge Harriers	538	1:41:34	Rick Oliver	Edmonton RC
339	1:10:37	Mark Wadley	Serpentine RC	439	1:17:31	Richard Taylor	Haslemere Border AC	539	1:43:54	Peter Faulkner	Mornington Chasers RC
340	1:10:38	Dean Makar	Newbury AC	440	1:17:41	John Bennett	Edmonton RC	540	1:50:19	John Warren	St Albans Striders
341	1:10:40	Bill Darby	Hastings AC	441	1:18:04	Kevin Winch	Bexley AC	541	1:53:05	Brendan Omahoney	Amphill & Flitwick Flyers
342	1:10:42	Steve Smith	St Albans Striders	442	1:18:12	Martin Mitchell	Stopsley Striders	Team Results:			
343	1:10:44	Paul Keech	Stopsley Striders	443	1:18:19	Ed Osborne	Beckenham Running Club	Pos	Points	Team / Club	Placings
344	1:10:45	Steve Elsmere	Newbury AC	444	1:18:24	Tom Spanyol	Woodford Green AC with Essex Ladies	1	57	Bedford & County AC	(2 3 9 12 13 18)
345	1:10:46	Gary Stafford	Leighton Buzzard AC	445	1:18:36	Peter Simpson	Vegan Runners UK	2	156	Highgate Harriers	(11 20 23 26 28 48)
346	1:10:47	Joao Diogo	Queens Park Harriers	446	1:18:45	Greg Fuzesi	Highgate Harriers	3	221	Aldershot Farnham & DAC	(5 8 17 32 55 104)
347	1:10:55	John Blake	Stubbington Green	447	1:18:46	Malcolm Hall	Royston Runners	4	300	Serpentine RC	(10 21 35 66 73 95)
348	1:10:55	Neil McGoun	Orion Harriers	448	1:18:48	Tim Dow	South London Harriers	5	357	Woodford Green AC with Essex L	(19 39 45 71 86 97)
349	1:10:58	Andrew Randall	Collingwood AC	449	1:18:49	David Campbell	Vegan Runners UK	6	424	Belgrave Harriers	(15 29 63 72 99 146)
350	1:10:58	Martin Bright	Highgate Harriers	450	1:19:02	Kevin Brookman	St Albans Striders	7	586	Wells City Harriers	(1 14 43 112 179 237)
351	1:10:59	Jerry Bryan	Barnet & District AC	451	1:19:11	Jon Legge	Springfield Striders RC	8	708	Brighton & Hove City AC	(34 49 89 110 164 26)
352	1:11:00	Ian Johnson	Serpentine RC	452	1:19:12	Colin Ewin	Garden City Runners	9	838	Victoria Park & Tower H	(74 106 111 138 196)
353	1:11:06	Simon Webster	Striders of Croydon	453	1:19:36	Andrew Gates	Totton Running Club	10	914	Blackheath & Bromley Harriers A	(46 53 79 165 173 39)
354	1:11:11	Dave Daugirda	Eton Manor AC	454	1:19:38	Nigel Dickens	Nene Valley Harriers	11	981	Barnet & District AC	(128 147 156 159 18)
355	1:11:13	Leo Pemberton	London Heathside	455	1:19:42	Richard Bloom	Herts Phoenix AC	12	1077	Leighton Buzzard AC	(115 163 184 191 19)
356	1:11:17	Oliver Greenslade	Serpentine RC	456	1:19:45	Richard Hardy	Stopsley Striders	13	1111	London Heathside	(82 114 205 227 239)
357	1:11:21	Daren Roscoe	Hillingdon AC	457	1:19:49	Paul Carlisle	Great Bentley RC	14	1159	Cambridge Harriers	(140 153 171 216 21)
358	1:11:22	Nick Stockman	Highgate Harriers	458	1:19:53	Andy Dean	Watford Joggers	15	1216	Mornington Chasers RC	(150 188 207 211 21)
359	1:11:23	Iain Donnelly	Wimborne AC	459	1:19:56	Dean Burch	Hillingdon AC	16	1260	South London Harriers	(155 200 201 206 22)
360	1:11:23	Jason Browne	Dartford Harriers AC	460	1:19:57	Gavin Newton	Crawley AC	17	1438	Dulwich Runners AC	(98 199 248 283 291)
361	1:11:24	Bill Bennett	Orion Harriers	461	1:20:19	Peter Kingswell-Farr	Wimborne AC	18	1543	Striders of Croydon	(126 166 263 306 32)
362	1:11:29	Ed Tickner	Wells City Harriers	462	1:20:25	Mark White	Maidstone Harriers	19	1575	Hercules Wimbledon AC	(93 151 223 275 370)
363	1:11:30	Rob Mitchell	Mornington Chasers RC	463	1:20:44	Mark Livingstone	Hercules Wimbledon AC	20	1585	Ealing Southall & Middlesex AC	(44 197 214 315 400)
364	1:11:31	Alex Malzer	Serpentine RC	464	1:20:45	Paul Wheeldon	Springfield Striders RC	21	1705	Eton Manor AC	(31 108 337 354 409)
365	1:11:31	Dave Cook	Crawley AC	465	1:20:56	Tom Blaylock	Chichester Runners & AC	22	1739	Guildford & Godalming AC	(101 272 286 299 37)
366	1:11:35	Peter Butler	Dartford Road Runners	466	1:21:02	Simon Deville	Eton Manor AC	23	1809	Tring Running Club	(136 180 222 374 37)
367	1:11:37	Alex Hall	Cambridge Harriers	467	1:21:12	Alan Butler	Hillingdon AC	24	1816	Hillingdon AC	(76 208 357 385 391)
368	1:11:42	Andre Besant	Harwich Runners	468	1:21:23	Steve Trice	Garden City Runners	25	1852	St Albans Striders	(183 187 264 342 42)
369	1:11:52	David Breingan	Chiltern Harriers	469	1:21:37	Robert Burton	Hillingdon AC	26	2150	Chichester Runners & AC	(22 312 412 427 465)
370	1:11:54	Frank Wood	Hercules Wimbledon AC	470	1:21:44	David Pilbeam	Totton Running Club	27	2444	Stubbington Green	(347 413 419 420 42)
371	1:11:56	Andrew Baker	Guildford & Godalming AC	471	1:21:47	Mark Stock	Sandhurst Joggers	28	2492	Dunstable Road Runners	(300 372 389 436 48)
372	1:12:00	Cahal McConville	Dunstable Road Runners	472	1:21:58	Robert Birchley	Victoria Park & Tower H	29	2640	Springfield Striders RC	(225 451 464 480 49)
373	1:12:04	Chris Smith	West 4 Harriers	473	1:22:09	Norman Hemming	Croydon Harriers	30	2669	Croydon Harriers	(314 406 473 488 48)
374	1:12:06	Trevor Lark	Tring Running Club	474	1:22:13	Nick Feakins	Reigate Priory AC	480	1:22:43	John Clarke	Springfield Striders RC
375	1:12:10	Keith Hollis	Southampton AC	475	1:22:21	John Mckim	Ealing Southall & Middlesex AC	481	1:22:45	Richard Davies	Queens Park Harriers
376	1:12:10	Laurie Hurman	Headington Road Runners	476	1:22:21	Mark Palmer	Serpentine RC	482	1:22:47	John Brophy	Dunstable Road Runners
377	1:12:14	Robin Hodgkinson	Woking AC	477	1:22:33	Geoff Walden	Werrington Joggers	483	1:22:51	Grahame Eke	Folkestone Running Club
378	1:12:18	Will Sutton	West 4 Harriers	478	1:22:36	Patrick Wadsworth	Sandhurst Joggers	484	1:23:09	Peter Ellis	Barnet & District AC
379	1:12:19	John Manning	Tring Running Club	479	1:22:41	Duncan Ralph	Tonbridge Athletic Club	485	1:23:12	Mark Warburton	West 4 Harriers
380	1:12:20	Michael Eyre	Serpentine RC	480	1:22:43	John Clarke	Springfield Striders RC	486	1:23:16	Derek Clark	London Frontrunners
381	1:12:23	Ker Macrossan	Ipswich Jaffa	481	1:22:45	Richard Davies	Queens Park Harriers	487	1:23:17	Mark Sains	Stopsley Striders
382	1:12:24	Alistair Holford	Woodford Green AC with Essex Ladies	482	1:22:47	John Brophy	Dunstable Road Runners	488	1:23:20	Robert Rye	Croydon Harriers
383	1:12:31	Colin Overton	Ealing Eagles Running Club	483	1:22:51	Grahame Eke	Folkestone Running Club	489	1:23:26	Matt Kiernan	Croydon Harriers
384	1:12:34	Joe Hurley	Leighton Buzzard AC	484	1:23:09	Peter Ellis	Barnet & District AC	490	1:23:37	Dominic Woolford	Folkestone Running Club
385	1:12:35	Paul Leppard	Hillingdon AC	485	1:23:12	Mark Warburton	West 4 Harriers	491	1:23:56	Neil Bradshaw	Serpentine RC
386	1:12:37	Nigel Bush	South London Harriers	486	1:23:16	Derek Clark	London Frontrunners	492	1:23:58	Gary Stringer	Ealing Southall & Middlesex AC
387	1:12:39	Gavin Clarke	North Herts Road Runners	487	1:23:17	Mark Sains	Stopsley Striders	493	1:24:06	Roger Green	Woodford Green AC with Essex Ladies
388	1:12:40	Mark Young	North Herts Road Runners	488	1:23:20	Robert Rye	Croydon Harriers	494	1:24:13	Francis Sykes	Yaxley Runners
389	1:12:43	Mark Cornwell	Dunstable Road Runners	489	1:23:26	Matt Kiernan	Croydon Harriers	495	1:24:26	Steve Adams	Eton Manor AC
390	1:12:46	Martin Hawkins	Cambridge Harriers	490	1:23:37	Dominic Woolford	Folkestone Running Club	496	1:24:29	Simon Wilson	Mornington Chasers RC
391	1:12:47	John Bignell	Hillingdon AC	491	1:23:56	Neil Bradshaw	Serpentine RC	497	1:24:53	Paul Bridges	Springfield Striders RC
392	1:12:51	Stuart Harries	Stopsley Striders	492	1:23:58	Gary Stringer	Ealing Southall & Middlesex AC	498	1:24:53	Lance Tabraham	Eton Manor AC
393	1:12:52	Roger Alexander	Great Bentley RC	493	1:24:06	Roger Green	Woodford Green AC with Essex Ladies	499	1:24:58	Moshin Harhara	Croydon Harriers
394	1:12:55	Anthony Wilkinson	London Heathside	494	1:24:13	Francis Sykes	Yaxley Runners	500	1:25:24	Ian Smith	Basingstoke & Mid Hants AC
395	1:13:02	Steve Vincent	South London Harriers	495	1:24:26	Steve Adams	Eton Manor AC				
396	1:13:06	Glen Hatrick	Greenwich	496	1:24:29	Simon Wilson	Mornington Chasers RC				
397	1:13:08	Michael Poppy	Sittingbourne Striders	497	1:24:53	Paul Bridges	Springfield Striders RC				
398	1:13:13	Andrew Lawes	Blackheath & Bromley Harriers AC	498	1:24:53	Lance Tabraham	Eton Manor AC				
399	1:13:19	Martin Searle	Hillingdon AC	499	1:24:58	Moshin Harhara	Croydon Harriers				
400	1:13:19	Eamon Bradley	Ealing Southall & Middlesex AC	500	1:25:24	Ian Smith	Basingstoke & Mid Hants AC				

Under 20 Men

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:25:24	2287	Ian Bailey	Aldershot Farnham & DAC					
2	0:25:55	2419	Jonathan Davies	Reading AC					
3	0:26:08	2427	Michael Callegari	Shaftesbury Barnet Harriers					
4	0:26:18	2494	Ed Shepherd	Woodford Green AC with Ess					
5	0:26:25	2291	Joshua Grace	Aldershot Farnham & DAC					
6	0:26:31	2433	Will Rye Hodges	Shaftesbury Barnet Harriers					
7	0:26:34	2369	Ross Skelton	Hastings AC					
8	0:26:46	2440	James McMurray	St Albans Striders					
9	0:26:51	2310	Matt Leach	Bedford & County AC					
10	0:26:54	2426	Frank Bailey	Shaftesbury Barnet Harriers					
11	0:27:02	2468	Luca Russo	Tonbridge Athletic Club					
12	0:27:06	2343	Peter Chamers	Croydon Harriers					
13	0:27:06	2454	Mohamed Mohamed	Thames Valley Harriers					
14	0:27:09	2289	Harrison Curling	Aldershot Farnham & DAC					
15	0:27:10	2487	Bradley Goater	Windsor Slough Eton & Houn					
16	0:27:16	2288	Ben Bradley	Aldershot Farnham & DAC					
17	0:27:21	2294	Toby Smith	Aldershot Farnham & DAC					
18	0:27:26	2473	Maccauley Delo	West Suffolk AC					
19	0:27:42	2382	Robel Bahelbi	Highgate Harriers					
20	0:27:44	2447	Nyle Clinton	Swindon Harriers					
21	0:27:56	2488	Alex Goodall	Windsor Slough Eton & Houn					
22	0:27:58	2485	Nathan Ditton	Windsor Slough Eton & Houn					
23	0:28:11	2463	Charlie Joslin Allen	Tonbridge Athletic Club					
24	0:28:23	2323	Ian Crowe Wright	Brighton & Hove City AC					
25	0:28:29	2336	Tom Hook	City of Norwich AC					
26	0:28:30	2358	Ollie Garrod	Epsom and Ewell Harriers					
27	0:28:34	2481	Callum Kennedy	Wimborne AC					
28	0:28:41	2389	Andrew Revell	Ipswich Harriers					
29	0:28:43	2302	Thomas Richardson	Basildon AC					
30	0:28:45	2318	Thomas Wright	Bexley AC					
31	0:28:52	2344	Dominic Nolan	Croydon Harriers					
32	0:28:54	2442	Adam Villard	St Mary's Richmond AC					
33	0:29:02	2372	Jamie Buckley Stanton	Havering Mayesbrook AC					
34	0:29:04	2423	Jack Williams	Reading AC					
35	0:29:20	2490	Eoghan Totten	Windsor Slough Eton & Houn					
36	0:29:22	2482	Matthew Duffin	Winchester & District AC					
37	0:29:23	2421	Jonathan Roberts	Reading AC					
38	0:29:26	2368	Sean Parker Harding	Hastings AC					
39	0:29:27	2370	Matthew Gordon	Havant AC					
40	0:29:28	2391	Billy Mead	Leighton Buzzard AC					
41	0:29:28	2420	David Lewis	Reading AC					
42	0:29:29	2385	Adrian Faulty	Horsham Blue Star Harriers					
43	0:29:29	2450	Rowan Preece	Taunton AC					
44	0:29:42	2436	Rhys Gillard	Southend on Sea Running Cl					
45	0:29:45	2497	Mateusz Sliwinski	Wycombe Phoenix Harriers					
46	0:29:46	2476	Jonny Cornish	White Horse Harriers AC					
47	0:29:57	2470	James Thompson	Tonbridge Athletic Club					
48	0:30:11	2408	Lloyd Kempson	Nene Valley Harriers					
49	0:30:18	2346	Ben Savill	Croydon Harriers					
50	0:30:20	2435	Ashley Capel	Southend on Sea Running Cl					
51	0:30:22	2496	Kieran Gilfedder	Wycombe Phoenix Harriers					
52	0:30:34	2422	Edward Stockdale	Reading AC					
53	0:30:41	2431	Ashok Mathur	Shaftesbury Barnet Harriers					
54	0:30:50	2388	Oliver Jones	Ipswich Harriers					
55	0:30:51	2455	Joseph Kirton	Thetford AC					
56	0:31:00	2452	Isaac Taschimowitz	Taunton AC					
57	0:31:11	2417	Alex Bow	Reading AC					
58	0:31:20	2316	Adam Willis	Bexley AC					
59	0:31:22	2451	Alex Rogers	Taunton AC					
60	0:31:26	2311	Matt Nicholson	Bedford & County AC					
61	0:31:30	2456	Dennis Cross	Thurrock Harriers					
62	0:31:31	2380	John Tayleur	Herne Hill Runners					
63	0:31:35	2333	George Gillingwater	Chiltern Harriers					
64	0:31:39	2401	Ryan Burling	Marshall Milton Keynes AC					
65	0:31:42	2412	Ryan Meredith	Oxford City AC					
66	0:31:45	2459	Alec Finch	Thurrock Harriers					
67	0:32:02	2325	Charlie Noakes	Brighton & Hove City AC					
68	0:32:12	2350	Mark Cameron	Ealing Southall & Middlesex /					
69	0:32:15	2475	Robert Smailes	West Suffolk AC					
70	0:32:20	2409	Jad El-Houssami	Newham and Essex Beagles					
71	0:32:44	2439	Jamie Abbiss	St Albans Striders					
72	0:33:02	2300	Alex Emanuel	Barnet & District AC					
73	0:33:05	2407	Ross Hussikson	Nene Valley Harriers					
74	0:33:16	2326	Harvey Noakes	Brighton & Hove City AC					
75	0:33:51	2471	Stuart Buckingham	Watford Harriers					
76	0:34:07	2317	Charles Winch	Bexley AC					
77	0:34:42	2383	Pierce Boyle	Highgate Harriers					
78	0:34:53	2315	Joseph Gunton	Bexley AC					
79	0:34:58	2347	Chris Donnellan	Dagenham 88 Runners					
80	0:35:53	2453	Fahad Abdi	Thames Valley Harriers					
81	0:36:53	2349	Akira Anzai Jackson	Ealing Southall & Middlesex /					
82	0:51:14	2397	Iziah Turner	London Heathside					

Team Results:

Pos	Points	Team / Club	Placings
1	36	Aldershot Farnham & DAC	(1 5 14 16)
2	72	Shaftesbury Barnet Harriers	(3 6 10 53)
3	93	Windsor Slough Eton & Hounslow	(15 21 22 35)
4	114	Reading AC	(2 34 37 41)
5	242	Bexley AC	(30 58 76 78)

Under 20 Women

Pos	Time	No	Name	Club	Pos	Time	No	Name	Club
1	0:21:11	1924	Emelia Gorecka	Aldershot Farnham & DAC					
2	0:21:35	1989	Rebecca Weston	Invicta East Kent					
3	0:22:25	1967	Iona Lake	City of Norwich AC					
4	0:22:43	1917	Jess Andrews	Aldershot Farnham & DAC					
5	0:23:01	1927	Emily Hosker Thornhill	Aldershot Farnham & DAC					
6	0:23:04	2007	Melissa Hawtin	Oxford City AC					
7	0:23:18	2018	Sophie Connor	Shaftesbury Barnet Harriers					
8	0:23:32	1921	Poppy Disley May	Aldershot Farnham & DAC					
9	0:23:49	1926	Ruth Haynes	Aldershot Farnham & DAC					
10	0:23:52	1957	George Schweining	Cambridge & Coleridge AC					
11	0:24:00	2060	Sidnie Sales	Woodford Green AC with Ess					
12	0:24:07	1923	Laura Gent	Aldershot Farnham & DAC					
13	0:24:10	2046	Justine Anthony	West Suffolk AC					
14	0:24:12	2050	Jennifer McLachlan	Winchester & District AC					
15	0:24:25	1977	Adelle Tracey	Guildford & Godalming AC					
16	0:24:27	1954	Emma Dixon	Brighton & Hove City AC					
17	0:24:39	1950	Rebecca Berger North	Bracknell AC					
18	0:24:45	1990	Chloe Turmel	Jersey Spartans AC					
19	0:24:52	2043	Nicola Wilkinson	Tonbridge Athletic Club					
20	0:25:16	1969	Nastassja Potgieter	City of Norwich AC					
21	0:25:20	2006	Lauren Hawtin	Oxford City AC					
22	0:25:31	2057	Nicole Swaffield	Windsor Slough Eton & Houn					
23	0:25:35	1966	Mabel Beckett	City of Norwich AC					
24	0:25:39	1929	Susan Shiel Rankin	Aldershot Farnham & DAC					
25	0:25:45	1955	Rachel Titheradge	Brighton & Hove City AC					
26	0:25:55	1962	Kim Johansen	Chelmsford AC					
27	0:26:01	1992	Maddy Smith	Lewes AC					
28	0:26:04	2031	Lauren Major	St Mary's Richmond AC					
29	0:26:06	1948	Amber Reed	Blackheath & Bromley Harrie					
30	0:26:33	1974	Katie Bingle	Guildford & Godalming AC					
31	0:26:34	2020	Molly Patch	Shaftesbury Barnet Harriers					
32	0:26:43	2008	Jade Walker	Oxford City AC					
33	0:26:48	2048	Laura Fenwich	Winchester & District AC					
34	0:26:56	1973	Anna Rust	Exeter Harriers					
35	0:26:57	1978	Amy Bream	Havant AC					
36	0:27:02	1985	Hannah Wells	Hillingdon AC					
37	0:27:14	1916	Cordelia Parker	Abingdon AAC					
38	0:27:16	2049	Sarah Lawson	Winchester & District AC					
39	0:27:17	1956	Megan Bradford	Brighton Phoenix AC					
40	0:27:20	2204	Armani Antoine-Chagar	Orion Harriers					
41	0:27:24	1951	Philippa Bowden	Bracknell AC					
42	0:27:35	1937	Megan Shreeves	Bedford & County AC					
43	0:28:17	2047	Katie Duncan	West Suffolk AC					
44	0:28:19	1971	Rebecca Cooke	Colchester Harriers AC					
45	0:28:45	2045	Jade Watson	Werrington Joggers					
46	0:29:01	1925	Siobhan Harrison	Aldershot Farnham & DAC					
47	0:29:10	1987	Eleanor Smith	Huntingdonshire AC					
48	0:29:15	1932	Charlotte Michael	Barnet & District AC					
49	0:29:22	1972	Rebecca Wilby	Dartford Harriers AC					
50	0:29:35	1979	Grace Crumplan	Havant AC					
51	0:29:54	2021	Suzu Sato	Shaftesbury Barnet Harriers					
52	0:32:15	2015	Emma Taylor	Reading AC					
53	0:32:27	1998	Charlotte Harris	Nene Valley Harriers					

Team Results:

Pos	Points	Team / Club	Placings
1	18	Aldershot Farnham & DAC	(1 4 5 8)
2	91	Aldershot Farnham & DAC	(9 12 24 46)

Under 17 Men

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:19:59	Ryan Isaacson	Bedford & County AC	101	0:23:13	Daniel Cade	Cambridge & Coleridge AC				
2	0:20:00	Scott Halstead	Bracknell AC	102	0:23:15	Ellis Taylor	Basingstoke & Mid Hants AC				
3	0:20:01	Max Nicholls	Tonbridge Athletic Club	103	0:23:16	Nicholas Doyle	Herts Phoenix AC				
4	0:20:02	Jordan Rowe	Colchester & Tendring AC	104	0:23:21	Giff Morgen	Hastings AC				
5	0:20:03	Ben Rochford	Watford Harriers	105	0:23:23	Joe Lyne	South London Harriers				
6	0:20:03	Jack Rowe	Windsor Slough Eton & Hounslow AC	106	0:23:27	Dylan Rigby	Invicta East Kent				
7	0:20:06	Robbie Fitzgibbon	Brighton Phoenix AC	107	0:23:29	Joe Ray	Southend on Sea Running Club				
8	0:20:07	Corey De'Ath	Tonbridge Athletic Club	108	0:23:31	Ben Brunswick	Dorking & Mole Valley AC				
9	0:20:16	Daniel Wallis	Guildford & Godalming AC	109	0:23:36	Mark Allison	City of Norwich AC				
10	0:20:19	Sebastian Anthony	West Suffolk AC	110	0:23:37	Tim Livingstone	Hercules Wimbledon AC				
11	0:20:20	Jack Douglas	Bedford & County AC	111	0:23:42	James Sothcott	Shaftesbury Barnet Harriers				
12	0:20:22	Ross Tennant	Ipswich Harriers	112	0:23:48	Sam Kitchen	Brighton Phoenix AC				
13	0:20:22	Stephen Simpson	Southampton AC	113	0:23:54	Oliver Springett	Brighton & Hove City AC				
14	0:20:23	Petros Asgodom	Enfield and Haringey AC	114	0:23:56	George Pettipher	Herts Phoenix AC				
15	0:20:31	Paulus Asgodom	Enfield and Haringey AC	115	0:23:56	John Coates	Tonbridge Athletic Club				
16	0:20:34	Oliver Butler	Basingstoke & Mid Hants AC	116	0:23:58	Ryan Allen	St Albans Striders				
17	0:20:37	Richard Webb	Blackheath & Bromley Harriers AC	117	0:23:59	Stanley Harrison	Highgate Harriers				
18	0:20:38	Richard Allen	Aldershot Farnham & DAC	118	0:24:02	Michael Ellis	Tonbridge Athletic Club				
19	0:20:38	Billy White	Brighton Phoenix AC	119	0:24:03	James Redman	Cambridge & Coleridge AC				
20	0:20:40	Jack Chapman	Windsor Slough Eton & Hounslow AC	120	0:24:04	Laurence Johnstone	Croydon Harriers				
21	0:20:46	Brendan O'Connor	Basingstoke & Mid Hants AC	121	0:24:05	Solomon Lane	Andover AC				
22	0:20:48	Callum Gregory	Reading AC	122	0:24:05	Jack Simpson	St Albans Striders				
23	0:20:52	Adam Houchell	Basildon AC	123	0:24:09	Ben Hall	Invicta East Kent				
24	0:20:54	Matt Arnold	Aldershot Farnham & DAC	124	0:24:12	Adam McKenna	Invicta East Kent				
25	0:20:56	Sam Wilson	Shaftesbury Barnet Harriers	125	0:24:21	Doug Tandy	City of Portsmouth AC				
26	0:20:59	Andrew Smith	Poole Runners	126	0:24:25	Ranulph Cameron	Wimborne AC				
27	0:20:59	Dan Mulryan	Poole Runners	127	0:24:26	Robert Clarke	Colchester Harriers AC				
28	0:20:59	Nathan Gillis	Team Kennet Triathlon AC	128	0:24:34	Edward Thompson	Havering Mayesbrook AC				
29	0:21:03	Rory Mudd	Shaftesbury Barnet Harriers	129	0:24:40	Peter Laing	Tonbridge Athletic Club				
30	0:21:04	Aiden O'Brien	Windsor Slough Eton & Hounslow AC	130	0:24:41	Patrick Bew	South London Harriers				
31	0:21:08	Jake Algar	Brighton Phoenix AC	131	0:24:44	Alastair Friar	Basingstoke & Mid Hants AC				
32	0:21:10	Lascelles Hussey	Herne Hill Runners	132	0:24:48	Bobby Harrop	Thanet Road Runners AC				
33	0:21:15	James Pitcher	Invicta East Kent	133	0:24:59	Oliver Palmer	Reading AC				
34	0:21:16	George Gathercole	Windsor Slough Eton & Hounslow AC	134	0:25:04	Mark Coates	Tonbridge Athletic Club				
35	0:21:18	James McCarthy	Chiltern Harriers	135	0:25:11	Harry Day	Stevenage & North Herts AC				
36	0:21:19	Jack Wyllie	Aldershot Farnham & DAC	136	0:25:20	William Thomas	Horsham Blue Star Harriers				
37	0:21:22	Josh Woods	Brighton & Hove City AC	137	0:25:23	Dominic Speight	Hillingdon AC				
38	0:21:22	Nicholas Armstrong	Bexley AC	138	0:25:25	Joe Gilbert	Thames Valley Harriers				
39	0:21:27	Samuel Lane de Cour	Tavistock AC	139	0:25:33	Olli White	City of Portsmouth AC				
40	0:21:29	Ted Oldman	Bungay Black Dog RC	140	0:25:36	Dominic Lemare	Southend on Sea Running Club				
41	0:21:30	Bradley Wattleworth	Ipswich Harriers	141	0:25:37	Josh Downie	Wimborne AC				
42	0:21:31	Sean Molloy	Tonbridge Athletic Club	142	0:25:42	Samuel Fenn	Harrow AC				
43	0:21:31	Ben Foreman	Tonbridge Athletic Club	143	0:26:02	Connor Burfurd	Dartford Harriers AC				
44	0:21:34	Nathan Marsh	Tonbridge Athletic Club	144	0:26:38	Jack Gladman	Stevenage & North Herts AC				
45	0:21:35	Lucas Clements	Southampton AC	145	0:26:43	Alfie Jeffery	Hastings AC				
46	0:21:36	James Wooldridge	London Heathside	146	0:26:51	Andre Stone	Bexley AC				
47	0:21:37	Nathan Meredith	Reading AC	147	0:27:04	Robert Vallance	Thames Valley Harriers				
48	0:21:38	Spencer Thomas	Brighton Phoenix AC	148	0:27:11	Peter Mills	Tonbridge Athletic Club				
49	0:21:39	Sam Knee Robinson	Bedford & County AC	149	0:27:47	Alexandria Chriso Sto	Orion Harriers				
50	0:21:40	Matt Smith	City of Portsmouth AC	150	0:30:30	Harry Pocock	City of Portsmouth AC				
51	0:21:45	Matthieu Marshall	Oxford City AC	151	0:34:35	Matthew Cornes	Poole AC				
52	0:21:46	Merhawi Tesfaldet	Herne Hill Runners								
53	0:21:47	William Stockwell	Invicta East Kent								
54	0:21:53	William Roud	Tonbridge Athletic Club								
55	0:21:54	Callum Charleston	Chelmsford AC								
56	0:21:54	Calum Upton	Winchester & District AC								
57	0:21:59	Gabriel Springer	Highgate Harriers								
58	0:22:00	Richard Fernando	Basingstoke & Mid Hants AC								
59	0:22:01	Peter Ellis	Southampton AC								
60	0:22:01	Kieran Wye	Windsor Slough Eton & Hounslow AC								
61	0:22:02	Ryan Higgs	Hastings AC								
62	0:22:05	Josh James	Chichester Runners & AC								
63	0:22:07	Dominic Oliver	City of Norwich AC								
64	0:22:07	Cameron McKie	West Suffolk AC								
65	0:22:08	Ben Franklin	Southend on Sea Running Club								
66	0:22:09	Toby Clyde	Thames Valley Harriers								
67	0:22:11	Brian Foulger	Leighton Buzzard AC								
68	0:22:12	George Hoy	Woodford Green AC with Essex Ladies								
69	0:22:13	Connor Whiting	Ipswich Harriers								
70	0:22:15	Ryan Walbridge	Wimborne AC								
71	0:22:18	Thomas Burns	Bracknell AC								
72	0:22:20	Joseph O'Hara	Bexley AC								
73	0:22:21	Jordan Clay	Leighton Buzzard AC								
74	0:22:24	Sam McGonigle	Ealing Southall & Middlesex AC								
75	0:22:24	Callum McCormick	Shaftesbury Barnet Harriers								
76	0:22:25	Ben Matthews	Bexley AC								
77	0:22:25	Ben Sendall	Wycombe Phoenix Harriers								
78	0:22:26	James Oliver	Brighton & Hove City AC								
79	0:22:29	Zephon Allen	Ealing Southall & Middlesex AC								
80	0:22:30	Declan Toth	Poole Runners								
81	0:22:35	Barney Howard	Invicta East Kent								
82	0:22:36	Peter Laing	Highgate Harriers								
83	0:22:36	Cameron Laley	Herts Phoenix AC								
84	0:22:38	Matthew Bray	Bedford & County AC								
85	0:22:38	Patrick McManus	Lewes AC								
86	0:22:39	Miles Weatherseed	Tonbridge Athletic Club								
87	0:22:42	Luke Alden	City of Norwich AC								
88	0:22:43	Tom Cully	Southampton AC								
89	0:22:44	Corrie Norton	Bournemouth AC								
90	0:22:44	Bruce Beckett	City of Norwich AC								
91	0:22:45	James Nadin	Chelmsford AC								
92	0:22:51	Matthew Rainbow	Reading AC								
93	0:22:57	Dan Ayers	Aldershot Farnham & DAC								
94	0:23:01	Cheryenne Antoine-C	Orion Harriers								
95	0:23:03	William Somogyi	Bexley AC								
96	0:23:04	Brogan McCawley	Camberley & District AC								
97	0:23:05	Luca Chiossone	Basingstoke & Mid Hants AC								
98	0:23:08	Steven Hancock	Southend on Sea Running Club								
99	0:23:10	Alex Cameron	Dartford Harriers AC								
100	0:23:12	Joshua Haasz	Croydon Harriers								

Team Results:

Pos	Points	Team / Club	Placings
1	90	Windsor Slough Eton & Hounslow	(6 20 30 34)
2	96	Tonbridge Athletic Club	(3 8 42 43)
3	105	Brighton Phoenix AC	(7 19 31 48)
4	145	Bedford & County AC	(1 11 49 84)
5	171	Aldershot Farnham & DAC	(18 24 36 93)
6	192	Basingstoke & Mid Hants AC	(16 21 58 97)
7	205	Southampton AC	(13 45 59 88)
8	240	Shaftesbury Barnet Harriers	(25 29 75 111)
9	273	Invicta East Kent	(33 53 81 106)
10	281	Bexley AC	(38 72 76 95)
11	294	Reading AC	(22 47 92 133)
12	349	City of Norwich AC	(63 87 90 109)
13	410	Southend on Sea Running Club	(65 98 107 140)
14	464	City of Portsmouth AC	(50 125 139 150)

Under 17 Women

Pos	Time	No	Name	Club
1	0:17:29	2171	Bobby Clay	Invicta East Kent
2	0:18:01	2170	Alex Clay	Invicta East Kent
3	0:18:51	2065	Grace Baker	Aldershot Farnham & DAC
4	0:19:10	2248	Sophie Foreman	Tonbridge Athletic Club
5	0:19:14	2099	Claire Wilson	Cambridge & Coleridge AC
6	0:19:18	2256	Isobel Glaisher	Wells City Harriers
7	0:19:20	2116	Connie Lewis	Chiltern Harriers
8	0:19:21	2246	Gemma Holloway	Thurrock Harriers
9	0:19:40	2281	Jessica Burgess	Woodford Green AC with Ess
10	0:19:43	2068	Rebecca Howard	Aldershot Farnham & DAC
11	0:19:50	2102	Sophie Parkes	Cambridge Harriers
12	0:19:54	2241	Holly Brown	Taunton AC
13	0:20:02	2174	Amy Old	Invicta East Kent
14	0:20:11	2212	Jess Gibbon	Reading AC
15	0:20:15	2257	Emily Smith	Wells City Harriers
16	0:20:22	2070	Harriet Preedy	Aldershot Farnham & DAC
17	0:20:34	2275	Eloise Millbourn	Windsor Slough Eton & Houn
18	0:20:36	2280	Amelia Barrett	Woodford Green AC with Ess
19	0:20:42	2227	Natalie Connor	Shaftesbury Barnet Harriers
20	0:20:46	2185	Hannah Farmer	Luton AC
21	0:20:47	2167	Hannah Viner	Highgate Harriers
22	0:20:53	2069	Carla Plowden Roberts	Aldershot Farnham & DAC
23	0:20:55	2175	Susannah Reid	Ipswich Harriers
24	0:20:58	2129	Stevie Lawrence	Croydon Harriers
25	0:21:01	2202	Charlotte Cayton-Smith	Newquay and Par CC
26	0:21:10	2207	Beth Hawtin	Oxford City AC
27	0:21:13	2274	Mary Alice Davison	Windsor Slough Eton & Houn
28	0:21:15	2235	Caitlin Stewart	Southampton AC
29	0:21:16	2080	Kelly Rodd	Bedford & County AC
30	0:21:19	2079	Molly McKenzie	Bedford & County AC
31	0:21:22	2172	Lilly Coward	Invicta East Kent
32	0:21:23	2097	Faye McLellan	Cambridge & Coleridge AC
33	0:21:25	2218	Alice Chandler	Reigate Priory AC
34	0:21:27	2262	Josie Harrison	White Horse Harriers AC
35	0:21:36	2077	Gemma Wildash	Basingstoke & Mid Hants AC
36	0:21:37	2173	Emily McKane	Invicta East Kent
37	0:21:38	2115	Emma Barraclough	Chiltern Harriers
38	0:21:39	2186	Bethany Hanson	Luton AC
39	0:21:42	2251	Alice Wood	Tonbridge Athletic Club
40	0:21:44	2074	Charlotte Chalwin	Basingstoke & Mid Hants AC
41	0:21:51	2120	Emily Hoogkamer	City of Norwich AC
42	0:21:56	2192	Jasmine Finlay	Marshall Milton Keynes AC
43	0:21:57	2123	Lauren McCarthy	City of Portsmouth AC
44	0:22:07	2234	Frances Arnott	Southampton AC
45	0:22:12	2267	Catrina Brown	Winchester & District AC
46	0:22:15	2165	Emily Ruane	Herts Phoenix AC
47	0:22:17	2164	Mary Gough	Herts Phoenix AC
48	0:22:18	2276	Emily Reeves	Windsor Slough Eton & Houn
49	0:22:26	2273	Caitlin Critchley	Windsor Slough Eton & Houn
50	0:22:28	2107	Jessica Swain	Chelmsford AC
51	0:22:29	2194	Ellie Hemming	Marshall Milton Keynes AC
52	0:22:31	2119	Jihanna Bonilla-Allard	City of Norwich AC
53	0:22:35	2095	Beth Heddle	Camberley & District AC
54	0:22:39	2258	Katie Green	Werrington Joggers
55	0:22:42	2134	Olivia Will	Ealing Southall & Middlesex /
56	0:22:43	2222	Emily Gooderham	Saint Edmund Pacers
57	0:22:49	2121	Lorna Magrath	City of Norwich AC
58	0:22:51	2113	Nicola Mead	Chichester Runners & AC
59	0:22:55	2087	Bethany Frost	Blackheath & Bromley Harrie
60	0:22:59	2268	Imogen Emmett	Winchester & District AC
61	0:23:03	2118	Hannah Wardsley	Chiltern Harriers
62	0:23:07	2089	Samantha Leighton	Blackheath & Bromley Harrie
63	0:23:14	2084	Ellen Newark	Bexley AC
64	0:23:16	2203	Zoe Hague	North Herts Road Runners
65	0:23:17	2226	Emma Watts	Saint Edmund Pacers
66	0:23:18	2169	Rebecca Pedley	Huntingdonshire AC
67	0:23:18	2238	Annabel Matthews Smith	Southend on Sea Running Cl
68	0:23:25	2271	Rosie Upton	Winchester & District AC
69	0:23:29	2237	Hayley Lamkin	Southend on Sea Running Cl
70	0:23:31	2096	Sophie Jones	Cambridge & Coleridge AC
71	0:23:36	2272	Lily Wilde	Winchester & District AC
72	0:23:36	2104	Natasha Fisher	Chelmsford AC
73	0:23:40	2127	Molly Huggins	Colchester Harriers AC
74	0:24:01	2206	Elissa Clark	Oxford City AC
75	0:24:03	2112	Emma Maynard	Chichester Runners & AC
76	0:24:15	2266	Rebecca Skeats	Wimborne AC
77	0:24:20	2139	Ellen Rose Senior	Harrow AC
78	0:24:25	2133	Katrina Will	Ealing Southall & Middlesex /
79	0:24:30	2198	Amy Gibbons	Nene Valley Harriers
80	0:24:34	2131	Josie Elliot	Ealing Southall & Middlesex /
81	0:24:35	2217	Katherine West	Reading AC
82	0:24:36	2236	Sarah Imbush	Southend on Sea Running Cl
83	0:24:36	2130	Cassie Benson	Dartford Harriers AC
84	0:24:52	2182	Kathleen Jackson	London Heathside
85	0:24:55	2110	Lucy Ellis	Chichester Runners & AC
86	0:24:56	2141	Katie Watkins	Harrow AC
87	0:25:01	2213	Mollie Haines	Reading AC
88	0:25:02	2245	Rhea Walter	Team Kennet AC
89	0:25:07	2125	Charlotte Head	Colchester Harriers AC
90	0:25:10	2264	Charlotte Bourne	Wimborne AC
91	0:25:31	2091	Lucy Sidey	Blackheath & Bromley Harrie
92	0:25:34	2144	Georgina Lavery	Havant AC
93	0:25:37	2231	Maria Pereverzina	Shaftesbury Barnet Harriers
94	0:25:42	2067	Megan Gildea	Aldershot Farnham & DAC
95	0:26:01	2126	Joy Huggins	Colchester Harriers AC
96	0:26:03	2146	Kaya Simpson	Havant AC
97	0:26:38	2285	Stephanie Smith	Woodford Green AC with Ess
98	0:26:55	2108	Rebecca Wade	Chelmsford AC
99	0:27:09	2253	Chloe Dearman	Watford Harriers
100	0:27:40	2088	Chloe Haffenden	Blackheath & Bromley Harrie

Pos	Time	No	Name	Club
101	0:27:52	2216	Jodie Penny	Reading AC
102	0:28:19	2135	Sophia Nicholaou	Folkestone Running Club

Team Results:

Pos	Points	Team / Club	Placings
1	47	Invicta East Kent	(1 2 13 31)
2	51	Aldershot Farnham & DAC	(3 10 16 22)
3	141	Windsor Slough Eton & Hounslow	(17 27 48 49)
4	244	Winchester & District AC	(45 60 68 71)
5	283	Reading AC	(14 81 87 101)
6	312	Blackheath & Bromley Harriers A	(59 62 91 100)

Under 13 Boys

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:10:33	James Puxty	Tonbridge Athletic Club	101	0:12:13	James Wood	Orion Harriers	201	0:15:08	Rowan Burford	Dartford Harriers AC
2	0:10:35	Noah Armitage-Hook	Cambridge Harriers	102	0:12:14	James Hier	Aldershot Farnham & DAC	202	0:15:27	Luke Lindus	Bexley AC
3	0:10:36	Matthew Rawlings	Reading AC	103	0:12:14	Jared Rolfe	Andover AC	203	0:17:23	Michael Cornes	Poole AC
4	0:10:41	Thomas Kendrick	Tonbridge Athletic Club	104	0:12:15	Craig Wheeler	Southend on Sea Running Club	204	0:17:40	Marcus Stoute	Croydon Harriers
5	0:10:41	Freddie Ayre	Bedford & County AC	105	0:12:16	Max Heyden	Camberley & District AC	Team Results:			
6	0:10:49	Toby Wright	Southend on Sea Running Club	106	0:12:16	Jordan Dickinson	Reading AC	Pos	Points	Team / Club	Placings
7	0:10:51	Alex Elms	Cambridge Harriers	107	0:12:16	Maximilian Buckley	Thames Valley Harriers	1	35	Tonbridge Athletic Club	(1 4 8 22)
8	0:10:53	Charlie Crick	Tonbridge Athletic Club	108	0:12:17	Patrick Owen	Ealing Southall & Middlesex AC	2	50	Cambridge Harriers	(2 7 12 29)
9	0:10:54	Jake Potter	Blackheath & Bromley Harriers AC	109	0:12:17	Glen Balfour	Bournemouth AC	3	110	Camberley & District AC	(18 20 30 42)
10	0:10:57	Ben Smith	Chiltern Harriers	110	0:12:17	Jasper Baker	Lewes AC	4	152	Chiltern Harriers	(10 34 50 58)
11	0:10:58	Alex Baxter	Ipswich Harriers	111	0:12:17	Elliott Mier	Hercules Wimbledon AC	5	156	Reading AC	(3 36 51 66)
12	0:11:01	Alfie Armitage-Hooke	Cambridge Harriers	112	0:12:17	Henry Stiff	South London Harriers	6	208	Aldershot Farnham & DAC	(17 26 82 83)
13	0:11:04	Harry Boyd	Guildford & Godalming AC	113	0:12:17	Harris Mier	Hercules Wimbledon AC	7	215	Windsor Slough Eton & Hounslow	(43 47 49 76)
14	0:11:04	Alexander Rowe	Guernsey Island AAC	114	0:12:18	Nicholas Cowley And	Thames Valley Harriers	8	233	Bedford & County AC	(5 52 77 99)
15	0:11:05	Laurie Pope	South London Harriers	115	0:12:20	Jack Patterson	Orion Harriers	9	267	Guernsey Island AAC	(14 27 90 136)
16	0:11:07	Nile McKenzie	Victoria Park & Tower H	116	0:12:22	Jack Froome	London Heathside	10	283	Ealing Southall & Middlesex AC	(25 54 96 108)
17	0:11:07	Robbie Coupland	Aldershot Farnham & DAC	117	0:12:23	Esteban Ghrous	Highgate Harriers	11	291	Shaftesbury Barnet Harriers	(24 33 60 174)
18	0:11:09	James Fleming	Camberley & District AC	118	0:12:23	Tomer Tarangano	Hercules Wimbledon AC	12	321	Hastings AC	(41 91 94 95)
19	0:11:13	Thomas Bourne	Wimborne AC	119	0:12:24	Ilia Attibbi	Victoria Park & Tower H	13	332	Blackheath & Bromley Harriers A	(9 73 123 127)
20	0:11:13	Aiden Grainger	Camberley & District AC	120	0:12:24	Sam Cliff	Dorking & Mole Valley AC	14	333	Thames Valley Harriers	(31 81 107 114)
21	0:11:13	Oscar Millard	Herne Hill Runners	121	0:12:25	Tom Mills	London Heathside	15	349	Luton AC	(35 62 87 165)
22	0:11:16	Leo Rossouw	Tonbridge Athletic Club	122	0:12:25	Keilin Spurdens	Nene Valley Harriers	16	351	Orion Harriers	(67 68 101 115)
23	0:11:16	Alex Kavanagh	Thanet Road Runners AC	123	0:12:26	George Pope	Blackheath & Bromley Harriers AC	17	362	Wimborne AC	(19 89 125 129)
24	0:11:19	Tom Fulton	Shaftesbury Barnet Harriers	124	0:12:28	Oliver Oakley	Nene Valley Harriers	18	378	Herne Hill Runners	(21 46 154 157)
25	0:11:22	John Field	Ealing Southall & Middlesex AC	125	0:12:29	Matthew Yates	Wimborne AC	19	432	City of Portsmouth AC	(59 61 133 179)
26	0:11:22	Billy Smith	Aldershot Farnham & DAC	126	0:12:30	Aiden Try	Thetford AC	20	454	Nene Valley Harriers	(53 122 124 155)
27	0:11:22	Hugo Bisson	Guernsey Island AAC	127	0:12:31	Lewis Stickings	Blackheath & Bromley Harriers AC	21	465	Havering Mayesbrook AC	(79 98 138 150)
28	0:11:22	Dempster Fawden	Highgate Harriers	128	0:12:31	Filip Bastion	Highgate Harriers	22	494	London Heathside	(97 116 121 160)
29	0:11:25	Edward Hepburn	Cambridge Harriers	129	0:12:32	Elliott Symes	Wimborne AC	23	528	Hercules Wimbledon AC	(111 113 118 186)
30	0:11:26	Alex Rodrigues	Camberley & District AC	130	0:12:33	Rufus Kent	Barnet & District AC	24	558	West Suffolk AC	(88 143 158 169)
31	0:11:27	Lucillo Burrell	Thames Valley Harriers	131	0:12:34	Timothy Fenn	Harrow AC	25	569	Barnet & District AC	(75 130 173 191)
32	0:11:27	Oscar Crowe	St Mary's Richmond AC	132	0:12:34	Harry Bentley	St Albans Striders	26	573	St Albans Striders	(92 132 167 182)
33	0:11:28	Dominic Dempsey	Shaftesbury Barnet Harriers	133	0:12:35	Gregory Coleman	City of Portsmouth AC				
34	0:11:28	Angus Denison-Smith	Chiltern Harriers	134	0:12:36	Jake Hooley	Thames Valley Harriers				
35	0:11:28	Callum Gardner	Luton AC	135	0:12:37	James Inch	Orion Harriers				
36	0:11:29	Tom Nike	Reading AC	136	0:12:37	Louis Le Cheminant	Guernsey Island AAC				
37	0:11:29	Shaun Hudson	Bracknell AC	137	0:12:39	Jack Higgins	Southampton AC				
38	0:11:31	Lewis Harknett	Harlow Athletic Club	138	0:12:40	Oliver Morter	Havering Mayesbrook AC				
39	0:11:32	Joey Croft	Huntingdonshire AC	139	0:12:41	Josh Rogers	Bedford & County AC				
40	0:11:32	Oliver Plunkett	Tonbridge Athletic Club	140	0:12:41	Harry Brandon	Chiltern Harriers				
41	0:11:33	George Pool	Hastings AC	141	0:12:42	Patrick Fisher	Southampton AC				
42	0:11:33	Ethan Sears	Camberley & District AC	142	0:12:42	Lewis Reed	Andover AC				
43	0:11:34	Jack Goddard	Windsor Slough Eton & Hounslow AC	143	0:12:43	Tommy Martin	West Suffolk AC				
44	0:11:34	Jolyon Summers	Ipswich Harriers	144	0:12:44	James Daly	Bracknell AC				
45	0:11:34	Blake Miller	Southampton AC	145	0:12:44	Peter Guy	Blackheath & Bromley Harriers AC				
46	0:11:38	Sam Cohen	Herne Hill Runners	146	0:12:44	Luke Baker	Wells City Harriers				
47	0:11:38	Matt Daines	Windsor Slough Eton & Hounslow AC	147	0:12:45	Nick Wiltshire	Abingdon AAC				
48	0:11:40	Harvey Green	Marshall Milton Keynes AC	148	0:12:45	Max Crowther	Oxford City AC				
49	0:11:40	Dan Brookling	Windsor Slough Eton & Hounslow AC	149	0:12:47	Edward Watson	Chiltern Harriers				
50	0:11:41	Cameron Reid	Chiltern Harriers	150	0:12:48	Aaron Westwood	Havering Mayesbrook AC				
51	0:11:41	Sam Rodda	Reading AC	151	0:12:50	Kieran Philpott	Leighton Buzzard AC				
52	0:11:42	George Morris	Bedford & County AC	152	0:12:53	Ben Parkinson	Winchester & District AC				
53	0:11:43	Bradley Allan	Nene Valley Harriers	153	0:12:55	Marcus Hicks	Winchester & District AC				
54	0:11:43	George Kerry	Ealing Southall & Middlesex AC	154	0:12:55	Seb Fallowfield	Herne Hill Runners				
55	0:11:44	Tom Eames	Brighton & Hove City AC	155	0:12:56	Charlie Banford	Nene Valley Harriers				
56	0:11:44	Thomas Keen	Cambridge & Coleridge AC	156	0:12:57	Callum Lambert	Thames Valley Harriers				
57	0:11:44	Mitchell Lawrence	Southend on Sea Running Club	157	0:12:57	Jim Bannister	Herne Hill Runners				
58	0:11:45	Theo Kontos	Chiltern Harriers	158	0:12:58	Jess Walters	West Suffolk AC				
59	0:11:46	Harry Moore	City of Portsmouth AC	159	0:12:59	Luke Lee Cairns	Harrow AC				
60	0:11:48	Adam Shiret	Shaftesbury Barnet Harriers	160	0:13:05	Antanas Weston	London Heathside				
61	0:11:48	Thomas Coleman	City of Portsmouth AC	161	0:13:06	Matthew Roach	Bexley AC				
62	0:11:48	Ben Abubacker	Luton AC	162	0:13:07	Joe Killip	Windsor Slough Eton & Hounslow AC				
63	0:11:49	James Wakefield	Woodford Green AC with Essex Ladies	163	0:13:09	Liam Bunn	Harrow AC				
64	0:11:51	Ben Brooks	Tonbridge Athletic Club	164	0:13:11	Robert Lawrence	Bexley AC				
65	0:11:51	Tommy Blanden	Brighton & Hove City AC	165	0:13:12	Dominic Boakye	Luton AC				
66	0:11:52	Harry Roe	Reading AC	166	0:13:12	Calum Laing	Tonbridge Athletic Club				
67	0:11:52	Joe Clarke	Orion Harriers	167	0:13:12	Andrew Shaw	St Albans Striders				
68	0:11:53	Jake Offiller	Orion Harriers	168	0:13:13	Luke MacPherson	Wells City Harriers				
69	0:11:53	Miguel Lopez de la C	Bracknell AC	169	0:13:14	Adam Newton	West Suffolk AC				
70	0:11:53	Alfie Poole	Woodford Green AC with Essex Ladies	170	0:13:16	Owen Harknett	Harlow Athletic Club				
71	0:11:54	Ben Collins	Chichester Runners & AC	171	0:13:17	Daniel Wilshire	Orion Harriers				
72	0:11:54	Bede Pitcairn-Knowle	Tonbridge Athletic Club	172	0:13:19	Henry Mead	Leighton Buzzard AC				
73	0:11:54	Oscar Hussey	Blackheath & Bromley Harriers AC	173	0:13:20	Daniel Housley	Barnet & District AC				
74	0:11:55	Ben Hughes	Reading AC	174	0:13:20	Henry Fulton	Shaftesbury Barnet Harriers				
75	0:11:56	Finn Harvey	Barnet & District AC	175	0:13:21	Joshua Firsh	Brighton & Hove City AC				
76	0:11:56	Tom Maddock	Windsor Slough Eton & Hounslow AC	176	0:13:21	Jay Atkins	Lewes AC				
77	0:11:56	Oliver Davies	Bedford & County AC	177	0:13:23	Byron Johal	Watford Harriers				
78	0:11:58	Fred Green	Dorking & Mole Valley AC	178	0:13:24	Jack Jesty	Windsor Slough Eton & Hounslow AC				
79	0:11:59	Bailey Hearne	Havering Mayesbrook AC	179	0:13:25	Adam Kimber	City of Portsmouth AC				
80	0:12:00	Brodie Keates	Chichester Runners & AC	180	0:13:25	Bradley Payne	Ealing Southall & Middlesex AC				
81	0:12:00	George Goodhart	Thames Valley Harriers	181	0:13:28	Alex Monson	Lewes AC				
82	0:12:01	Thomas Naisby	Aldershot Farnham & DAC	182	0:13:31	Ricardo James	St Albans Striders				
83	0:12:02	Sean Pocknee	Aldershot Farnham & DAC	183	0:13:32	Taha Attibbi	Victoria Park & Tower H				
84	0:12:03	Charlie Lindsay	Tonbridge Athletic Club	184	0:13:33	Jamie Fairweather	Thetford AC				
85	0:12:03	Ethan Kidd	Chiltern Harriers	185	0:13:34	Jonathan Miller	Winchester & District AC				
86	0:12:03	Eddie Steveni	Reading AC	186	0:13:35	Zac Purnell	Hercules Wimbledon AC				
87	0:12:04	Luke King	Luton AC	187	0:13:38	Douglas Noel	Invicta East Kent				
88	0:12:04	Thomas McCarthy	West Suffolk AC	188	0:13:40	James Forde	Hercules Wimbledon AC				
89	0:12:07	Liam Murphy Parry	Wimborne AC	189	0:13:44	Tom Stokes	Wimborne AC				
90	0:12:07	Joseph Yeaman	Guernsey Island AAC	190	0:13:47	Chris Hogg	Woodford Green AC with Essex Ladies				
91	0:12:07	Alex Goldstone	Hastings AC	191	0:13:52	Aiden Parker	Barnet & District AC				
92	0:12:08	Callum Walsh	St Albans Striders	192	0:13:54	Sam Crick	Tonbridge Athletic Club				
93	0:12:08	James Waller	Worthing & District Harriers	193	0:13:55	Trisain Baker	Hastings AC				
94	0:12:10	Joe Body	Hastings AC	194	0:14:05	Jake Bruton	Hastings AC				
95	0:12:10	Liam Coleman	Hastings AC	195	0:14:13	Ruairi McElhatton	Barnet & District AC				
96	0:12:11	Marcus Browne	Ealing Southall & Middlesex AC	196	0:14:16	Michael Vanderhook	Havering Mayesbrook AC				
97	0:12:11	Jack O'Shea	London Heathside	197	0:14:20	Harry Keene	Blackheath & Bromley Harriers AC				
98	0:12:11	Oliver Bath	Havering Mayesbrook AC	198	0:14:38	Marco Chiossone	Basingstoke & Mid Hants AC				
99	0:12:12	Oliver Barbato	Bedford & County AC	199	0:14:50	Max Freeman	Poole AC				
100	0:12:12	Ethan Fincham	Worthing & District Harriers	200	0:15:07	Jonathon Friend	Nene Valley Harriers				

Under 13 Girls

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:11:11	Holly Page	Dartford Harriers AC	101	0:13:16	Abianne Coates	Tonbridge Athletic Club	201	0:16:19	Elena Saiu Bell	West Suffolk AC
2	0:11:19	Amelia Vance	Taunton AC	102	0:13:17	Abigail Rutter	Poole AC	202	0:16:50	Pheobe Cooper	Bexley AC
3	0:11:20	Josie Czura	City of Portsmouth AC	103	0:13:18	Juliette Lemare	Southend on Sea Running Club	203	0:17:54	Cameron Thomas	Ealing Southall & Middlesex AC
4	0:11:27	Khai Mhlanga	Chelmsford AC	104	0:13:18	Eleanor Hobbs	St Albans Striders	204	0:18:04	Alice Fox	London Heathside
5	0:11:27	Kathleen Faes	Tonbridge Athletic Club	105	0:13:18	Jenny Smith	Poole Runners	Team Results:			
6	0:11:31	Bea Allan	Dorking & Mole Valley AC	106	0:13:19	Isla Allan	Winchester & District AC	Pos	Points	Team / Club	Placings
7	0:11:31	Naomi Kingston	Blackheath & Bromley Harriers AC	107	0:13:20	Georgina Piper	Blackheath & Bromley Harriers AC	1	106	Aldershot Farnham & DAC	(18 24 27 37)
8	0:11:38	Sophie Morton	Chiltern Harriers	108	0:13:21	Phoebe Jeffrey	Chelmsford AC	2	120	City of Portsmouth AC	(3 16 43 58)
9	0:11:39	Saskia Millard	Herne Hill Runners	109	0:13:21	Nicola Ravenhill	Ealing Southall & Middlesex AC	3	134	Bedford & County AC	(10 15 49 60)
10	0:11:43	Ellie Lawton	Bedford & County AC	110	0:13:21	Claudia Spencer Hall	West Suffolk AC	4	142	Taunton AC	(2 25 53 62)
11	0:11:43	Grace Copeland	Wimborne AC	111	0:13:21	Phoebe Knight	Chelmsford AC	5	174	Chelmsford AC	(4 28 65 77)
12	0:11:46	Mahlah Tomsett	Bracknell AC	112	0:13:23	Mia Groom	Barnet & District AC	6	175	West Suffolk AC	(13 26 56 80)
13	0:11:47	Nella Walters	West Suffolk AC	113	0:13:23	Hannah Binstead	Worthing & District Harriers	7	202	Herne Hill Runners	(9 34 70 89)
14	0:11:49	Isabella Hoy	Woodford Green AC with Essex Ladies	114	0:13:24	Hannah Griffiths	Southampton AC	8	212	Tonbridge Athletic Club	(5 40 66 101)
15	0:11:50	Erin McCaffray	Bedford & County AC	115	0:13:25	Caitlin Eckley	St Albans Striders	9	216	Chiltern Harriers	(8 52 68 88)
16	0:11:54	Elizabeth Hedley	City of Portsmouth AC	116	0:13:25	Reagen Reaginger	Thames Valley Harriers	10	245	Brighton Phoenix AC	(2 59 78 79)
17	0:11:57	Kirsty Walker	Reading AC	117	0:13:27	Fenella Johnson	City of Portsmouth AC	11	263	Dartford Harriers AC	(1 36 47 179)
18	0:11:58	Sammy Bonny	Aldershot Farnham & DAC	118	0:13:31	Annabel Field	Bexley AC	12	304	Thames Valley Harriers	(64 71 74 95)
19	0:12:01	Charlotte Summers	Ipswich Harriers	119	0:13:35	Anna Whitehead	Ipswich Harriers	13	331	Winchester & District AC	(30 41 106 154)
20	0:12:02	Amelia Stiff	South London Harriers	120	0:13:35	Roisin Lynch	Ealing Southall & Middlesex AC	14	375	St Albans Striders	(33 104 115 123)
21	0:12:02	Emily Bond	Thanet Road Runners AC	121	0:13:37	Georgia Nunn	Luton AC	15	376	Hastings AC	(81 84 85 126)
22	0:12:05	Yasmin Austridge	Blackheath & Bromley Harriers AC	122	0:13:37	Eden Crumplin	Isle of Wight AC	16	414	Havering Mayesbrook AC	(73 82 127 132)
23	0:12:05	Mollie O'Sullivan	Kingston AC & Poly Harriers	123	0:13:38	Jess Laitner	St Albans Striders	17	415	Reading AC	(17 99 129 170)
24	0:12:06	Tilly Horton	Aldershot Farnham & DAC	124	0:13:39	Emma Livingstone	Harrow AC	18	493	Shaftesbury Barnet Harriers	(76 93 160 164)
25	0:12:06	Sophie Jones	Taunton AC	125	0:13:40	Ailish Gray	Bedford & County AC	19	505	Ealing Southall & Middlesex AC	(109 120 134 142)
26	0:12:07	Megan Newton	West Suffolk AC	126	0:13:40	Jazz Clarke	Hastings AC	20	508	Windsor Slough Eton & Hounslow	(51 146 153 158)
27	0:12:08	Tara De Klerk	Aldershot Farnham & DAC	127	0:13:40	Jessica Mitchell	Havering Mayesbrook AC	21	529	Harrow AC	(94 124 140 171)
28	0:12:10	Rachel Broome	Chelmsford AC	128	0:13:41	Ruby Conway	Aldershot Farnham & DAC	22	628	Luton AC	(121 141 180 186)
29	0:12:12	Almi Nerurkar	Brighton Phoenix AC	129	0:13:41	Chloe Zmuda	Reading AC				
30	0:12:13	Emily Coulson	Winchester & District AC	130	0:13:42	Jessie Staples	Guernsey Island AAC				
31	0:12:15	Sinead Clark	Benfleet Running Club	131	0:13:45	Jessica O'Connor	Oxford City AC				
32	0:12:16	Neve Hudson	Bracknell AC	132	0:13:47	Sophie Rand	Havering Mayesbrook AC				
33	0:12:16	Emily Anders	St Albans Striders	133	0:13:48	Freya Weddell	St Albans Striders				
34	0:12:16	Eloise O'Shaunessey	Herne Hill Runners	134	0:13:52	Laura Stewart	Ealing Southall & Middlesex AC				
35	0:12:19	Anna Willis	Highgate Harriers	135	0:13:52	Poppy Wright	Southampton AC				
36	0:12:19	Jessica Sellar	Dartford Harriers AC	136	0:13:52	Anna Vinnicombe	Bedford & County AC				
37	0:12:21	Lizzie Squibbs	Aldershot Farnham & DAC	137	0:13:53	Charlotte Denny	Bedford & County AC				
38	0:12:22	Sara Jacob	Enfield and Haringey AC	138	0:13:53	Ella Mundy	Lewes AC				
39	0:12:24	Jessica Carley	Ashford AC	139	0:13:54	Jevony Hall	West Suffolk AC				
40	0:12:25	Kelsi Cornish	Tonbridge Athletic Club	140	0:13:54	Ella Joy Harrington	Harrow AC				
41	0:12:27	Catherine Darlison	Winchester & District AC	141	0:13:55	Kathryn Canham	Luton AC				
42	0:12:27	Darcy Bourne	Kingston AC & Poly Harriers	142	0:13:56	Maryam Hussain	Ealing Southall & Middlesex AC				
43	0:12:28	Maise Grice	City of Portsmouth AC	143	0:13:57	Maia Daw	Folkestone Running Club				
44	0:12:28	Stacey Burrows	Aldershot Farnham & DAC	144	0:13:58	Poppy Wardley	Reigate Priory AC				
45	0:12:29	Lucy Sturton	Camberley & District AC	145	0:13:59	Rosie Gainsford	Lewes AC				
46	0:12:29	Chloe Ridewood	Oxford City AC	146	0:13:59	Abi White	Windsor Slough Eton & Hounslow AC				
47	0:12:29	Chloe Sharp	Dartford Harriers AC	147	0:14:00	Ruby Daniels	Brighton & Hove City AC				
48	0:12:32	Isobel Mills	Orion Harriers	148	0:14:01	Elinor Fitzgerald	Brighton & Hove City AC				
49	0:12:34	Maisie Relton	Bedford & County AC	149	0:14:04	Rebecca Keddie	Kingston AC & Poly Harriers				
50	0:12:35	Megan Richardson	Benfleet Running Club	150	0:14:09	Harmony Cooper	Hastings AC				
51	0:12:35	Isobel Legg	Windsor Slough Eton & Hounslow AC	151	0:14:11	Sinead Stovell	Bedford & County AC				
52	0:12:35	Jessica Orr	Chiltern Harriers	152	0:14:12	Eleanor Found	Herts Phoenix AC				
53	0:12:35	Jess Brown	Taunton AC	153	0:14:14	Amber Frobisher	Windsor Slough Eton & Hounslow AC				
54	0:12:35	Amy Ratcliffe	Aldershot Farnham & DAC	154	0:14:14	Cara Upton	Winchester & District AC				
55	0:12:36	Nancy Callager	Orion Harriers	155	0:14:15	Olivia Dwyer	Bedford & County AC				
56	0:12:37	Lauren Murphy	West Suffolk AC	156	0:14:16	Abbie Burnett	Croydon Harriers				
57	0:12:38	Elena Carey	Bracknell AC	157	0:14:17	Katie Bridge	Medway and Maidstone				
58	0:12:39	Cheyenne James	City of Portsmouth AC	158	0:14:17	Mia Bruce	Windsor Slough Eton & Hounslow AC				
59	0:12:39	Naomi Fonteyn	Brighton Phoenix AC	159	0:14:17	Ella Fleming	Lewes AC				
60	0:12:40	Francesca Johnson	Bedford & County AC	160	0:14:18	Jessica Brew	Shaftesbury Barnet Harriers				
61	0:12:40	Elowen Penfold	Newquay and Par CC	161	0:14:19	Lily Woolet	Chelmsford AC				
62	0:12:41	Kizzy Price	Taunton AC	162	0:14:21	Gabriella Tarrant	Bedford & County AC				
63	0:12:41	Alexandra Smalley	Taunton AC	163	0:14:22	Mollie Relton	Bedford & County AC				
64	0:12:45	Hannah Jusu Sheriff	Thames Valley Harriers	164	0:14:23	Ella Cohen	Shaftesbury Barnet Harriers				
65	0:12:46	Kate Etheridge	Chelmsford AC	165	0:14:24	Scarlette Kent	Barnet & District AC				
66	0:12:47	Eleanor Cohen	Tonbridge Athletic Club	166	0:14:25	Anousha Wardley	Reigate Priory AC				
67	0:12:50	Lola Wheeler	Medway and Maidstone	167	0:14:26	Cecilia Hime	Huntingdonshire AC				
68	0:12:52	Sandie Pohlman	Chiltern Harriers	168	0:14:27	Katie Corbin	Poole AC				
69	0:12:53	Ella Fox	Invicta East Kent	169	0:14:28	Molly Ann Jarvis	Watford Harriers				
70	0:12:54	Tatiana Cooke	Herne Hill Runners	170	0:14:31	Grace Bedford	Reading AC				
71	0:12:54	Charlotte Buckley	Thames Valley Harriers	171	0:14:35	Tara Das	Harrow AC				
72	0:12:54	Anya Pigden	City of Portsmouth AC	172	0:14:36	Beth Halbard	Shaftesbury Barnet Harriers				
73	0:12:55	Rebecca Brown	Havering Mayesbrook AC	173	0:14:38	Jasmine Allen	Nene Valley Harriers				
74	0:12:55	Verity Walker	Thames Valley Harriers	174	0:14:39	Megan Raby	Camberley & District AC				
75	0:12:56	Lauren Nichols	Ampt Hill & Flitwick Flyers	175	0:14:39	Charlotte England	Reigate Priory AC				
76	0:12:56	Marie Sato	Shaftesbury Barnet Harriers	176	0:14:42	Olivia Monk	Brighton & Hove City AC				
77	0:12:56	Alice Ronn	Chelmsford AC	177	0:14:43	Rachel Howe	Newquay and Par CC				
78	0:12:56	Charlotte Matthews	Brighton Phoenix AC	178	0:14:43	Georgina Emanuel	Barnet & District AC				
79	0:12:56	Chloe Watson	Brighton Phoenix AC	179	0:14:45	Rebecca Burford	Dartford Harriers AC				
80	0:12:57	Olivia Allum	West Suffolk AC	180	0:14:46	Natasha Hayman	Luton AC				
81	0:12:57	Ellen Brooker	Hastings AC	181	0:14:47	Tulula Lebon	City of Norwich AC				
82	0:12:57	Kate O'Neill	Havering Mayesbrook AC	182	0:14:47	Saarah Nawaz	Croydon Harriers				
83	0:12:58	Emily Sharpe	Orion Harriers	183	0:14:48	Indigo Allen	Cambridge Harriers				
84	0:12:58	Becky Smart	Hastings AC	184	0:14:49	Livvy Ricketts	Ranelagh Harriers				
85	0:13:00	Kiera Aslett	Hastings AC	185	0:14:50	Nell Moran	Ealing Southall & Middlesex AC				
86	0:13:02	Megan Middleton	Bedford & County AC	186	0:14:53	Kirsty Lewis	Luton AC				
87	0:13:03	Jessica Archand	Woodford Green AC with Essex Ladies	187	0:14:56	Izzie Upton	Winchester & District AC				
88	0:13:04	Orla Fawcett	Chiltern Harriers	188	0:14:57	Rebecca Aitkin	Harrow AC				
89	0:13:06	Ella Newton	Herne Hill Runners	189	0:14:58	Grave Reavy	Southampton AC				
90	0:13:06	Robyn Watkins	Chiltern Harriers	190	0:14:59	Chloe Harvell	Camberley & District AC				
91	0:13:06	Meghan Samuel	Southend on Sea Running Club	191	0:15:04	Amy Spear	Bungay Black Dog RC				
92	0:13:09	Jodie Bushby	Worthing & District Harriers	192	0:15:20	Ellie McCormack	Croydon Harriers				
93	0:13:11	Jessica Hurley	Shaftesbury Barnet Harriers	193	0:15:20	Naomi Conlon	London Heathside				
94	0:13:11	Rachel Haddow	Harrow AC	194	0:15:29	Hannah Brookes	Chelmsford AC				
95	0:13:12	Matilda Ferrand	Thames Valley Harriers	195	0:15:30	Emily Warner	Bedford & County AC				
96	0:13:12	Scarlett Wager-Leigh	Chiltern Harriers	196	0:15:36	Sarah Goodhart	Thames Valley Harriers				
97	0:13:12	Sarah Plummer	Leighton Buzzard AC	197	0:15:38	Eliza Lawrence	Bexley AC				
98	0:13:14	Cecily Turner	Highgate Harriers	198	0:15:53	Katie Woodstock	Woodford Green AC with Essex Ladies				
99	0:13:15	Ella Saunders	Reading AC	199	0:15:58	Bethany Kippin	Abingdon AAC				
100	0:13:16	Susanna Drake	Team Kennet AC	200	0:16:12	Bethany Bangs	Icknield High School				