

**SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 1**

**Milton Keynes  
24 March 2019**

**Leg 1: Long: 7664m**

Pos'n	No.	Name	Team	Time
1	108 A08	Will Fuller	Blackheath & Bromley Harriers	23:15
2	145 A45	Jake Shelley	Shaftesbury Barnet Harriers "A"	23:17
3	128 A28	Abdishakur Nage Abdulle	Hillingdon AC	23:18
4	118 A18	John Sanderson	Guildford & Godalming AC "A"	23:25
5	156 A56	Paul Martelletti	Victoria Park H & Tower H AC	23:27
6	105 A05	Ben Davies	Bedford & County AC "A"	23:30
7	138 A38	Josh Trigwell	Newham & Essex Beagles AC "A"	23:38
8	152 A52	Antonio Silva	Thames Valley Harriers "A"	23:45
9	158 A58	Ed Shepherd	Woodford Green w Essex L	23:46
10	121 A21	Andrew Penney	Hercules Wimbledon AC "A"	23:51
11	154 A54	Ryan Driscoll	Tonbridge AC "A"	23:52
12	129 A29	Chris Busaileh	Kent AC "A"	24:00
13	137 A37	Tewelde Menges	Medway & Maidstone AC	24:06
14	125 A25	Robel Bahelbi	Highgate Harriers "A"	24:07
15	142 A42	Tony Payne	Serpentine RC "A"	24:08
16	157 A57	Adam Moore	Windsor S E & Hounslow AC	24:13
17	135 A35	Daniel Woodgate	Marshall Milton Keynes AC "A"	24:25
18	141 A41	Rory Domville	Reading AC	24:27
19	117 A17	Mohamed Hashi	Ealing Southall & Middlesex AC	24:27
20	107 A07	Andrew Fyfe	Belgrave Harriers	24:34
21	112 A12	Ash Harrell	City of Norwich AC "A"	24:44
22	102 A02	Philip Sewell	Aldershot Farnham & District "A"	24:56
23	114 A14	Edward Mitchell	Colchester Harriers	25:02
24	109 A09	Shaun Wyllie	Bracknell AC	25:12
25	146 A46	Rory Muir	Shaftesbury Barnet Harriers "B"*	25:16
26	104 A04	Niall Fleming	Barnet & District AC	25:18
27	147 A47	Tom Higgs	South London Harriers "A"	25:23
28	150 A50	Alex Wall Clarke	Southampton AC	25:26
29	140 A40	Tom Webb	North Herts RRC	25:26
30	130 A30	Niall Stewart	Kent AC "B"	25:28
31	133 A33	Matthew Rallison	London Heathside AC "A"	25:31
32	123 A23	Andrew Warburton	Herne Hill Harriers "A"	25:34
33	126 A26	Darryl Davison	Highgate Harriers "B"	25:39
34	110 A10	Lloyd Kempson	Cambridge & Coleridge AC "A"	25:43
35	115 A15	James Samson	Datchet Dashers	25:44
36	151 A51	Paul Adams	St Albans Striders	25:46
37	106 A06	Peter Benedickter	Bedford & County AC "B"	26:01
38	103 A03	Richard Lovejoy	Aldershot Farnham & District "B"*	26:02
39	122 A22	David Lewin	Hercules Wimbledon AC "B"	26:24
40	155 A55	Daniel Bradley	Tonbridge AC "B"	26:27
41	131 A31	Rowan Crichton	Kent AC "C"	26:35
42	136 A36	Jonathan Peters	Marshall Milton Keynes AC "B"*	26:44
43	143 A43	Tim Powell	Serpentine RC "B"	27:03
44	124 A24	Simon Thompson	Herne Hill Harriers "B"	27:03
45	132 A32	Billy Mead	Leighton Buzzard AC	27:07
46	120 A20	Jim Cooper	Harrow AC	27:17
47	111 A11	Paul Veitch	Cambridge & Coleridge AC "B"*	27:30
48	116 A16	John Foxall	Ealing Eagles Running Club	28:02
49	127 A27	Alex Davidson	Highgate Harriers "C"	28:06
50	101 A01	James Clayton	Abingdon AC	28:13
51	153 A53	Stephen Norris	Thames Valley Harriers "B"*	28:42
52	134 A34	Gavin Evans	London Heathside AC "B"	30:12



**Leg 2: Short: 5053m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 2****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	B08	Lewis Mills	Blackheath & Bromley Harriers	15:31 0:38:46	0
2	B18	George Dollner	Guildford & Godalming AC "A"	15:34 0:38:59	2
3	B05	Richard Henderson	Bedford & County AC "A"	15:50 0:39:20	3
4	B38	Dale King Clutterbuck	Newham & Essex Beagles AC "A"	15:43 0:39:21	3
5	B52	Abdiqadir Mohamed	Thames Valley Harriers "A"	15:40 0:39:25	3
6	B25	Niki Faulkner	Highgate Harriers "A"	15:24 0:39:31	8
7	B45	Stuart Haw	Shaftesbury Barnet Harriers "A"	16:18 0:39:35	-5
8	B21	Elliot Palmer	Hercules Wimbledon AC "A"	15:48 0:39:39	2
9	B29	James Bowler	Kent AC "A"	15:45 0:39:45	3
10	B54	Stuart Brown	Tonbridge AC "A"	15:56 0:39:48	1
11	B57	Daniel Brookling	Windsor S E & Hounslow AC	16:01 0:40:14	5
12	B58	Joshua Entwistle	Woodford Green w Essex L	16:34 0:40:20	-3
13	B28	Philip Warburton	Hillingdon AC	17:03 0:40:21	-10
14	B56	Gareth Evans	Victoria Park H & Tower H AC	16:59 0:40:26	-9
15	B35	Samuel Winters	Marshall Milton Keynes AC "A"	16:07 0:40:32	2
16	B12	Tom Greenacre	City of Norwich AC "A"	15:56 0:40:40	5
17	B50	Jonathon Roberts	Southampton AC	15:18 0:40:44	11
18	B02	Matthew Merrick	Aldershot Farnham & District "A"	15:51 0:40:47	4
19	B07	Konstantinos Touse	Belgrave Harriers	16:15 0:40:49	1
20	B42	Joost Vogel	Serpentine RC "A"	16:52 0:41:00	-5
21	B37	Marley Godden	Medway & Maidstone AC	17:02 0:41:08	-8
22	B23	Mike Cummings	Herne Hill Harriers "A"	15:50 0:41:24	10
23	B41	Ryan Faulkner	Reading AC	17:01 0:41:28	-5
24	B09	Oli Lum	Bracknell AC	16:40 0:41:52	0
25	B22	Ross Franks	Hercules Wimbledon AC "B"	15:44 0:42:08	14
26	B26	Ben Noad	Highgate Harriers "B"	16:34 0:42:13	7
27	B10	Richard Park	Cambridge & Coleridge AC "A"	16:42 0:42:25	7
28	B17	Mukhtar Farah	Ealing Southall & Middlesex AC	18:02 0:42:29	-9
29	B47	Gareth Parr	South London Harriers "A"	17:10 0:42:33	-2
30	B51	George Withers	St Albans Striders	16:49 0:42:35	6
31	B40	Stewart Overton	North Herts RRC	17:17 0:42:43	-2
32	B14	Paul Rodgers	Colchester Harriers	17:42 0:42:44	-9
33	B04	Daniel Nichols	Barnet & District AC	17:28 0:42:46	-7
34	B06	Chris Thornley	Bedford & County AC "B"	17:13 0:43:14	3
35	B03	Jack Pearson	Aldershot Farnham & District "B"*	17:15 0:43:17	3
36	B30	Neil Phillips	Kent AC "B"	17:52 0:43:20	-6
37	B55	Jamie Brown	Tonbridge AC "B"	17:15 0:43:42	3
38	B33	Laurie Swan	London Heathside AC "A"	18:16 0:43:47	-7
39	B15	Sebastian Burley	Datchet Dashers	18:31 0:44:15	-4
40	B36	Stephen Ratcliffe	Marshall Milton Keynes AC "B"*	17:59 0:44:43	2
41	B31	Dan Ansell	Kent AC "C"	18:10 0:44:45	0
42	B11	Chris Molloy	Cambridge & Coleridge AC "B"*	17:21 0:44:51	5
43	B43	Marcin Kacperczyk	Serpentine RC "B"	18:35 0:45:38	0
44	B24	Keith Newton	Herne Hill Harriers "B"	18:37 0:45:40	0
45	B01	Aric Klukowski	Abingdon AC	17:47 0:46:00	5
46	B32	Adam Haylock	Leighton Buzzard AC	19:08 0:46:15	-1
47	B27	Michael Dan	Highgate Harriers "C"	18:13 0:46:19	2
48	B46	David Greenstein	Shaftesbury Barnet Harriers "B"*	21:12 0:46:28	-23
49	B16	Nils-Kristian Liborg	Ealing Eagles Running Club	18:33 0:46:35	-1
50	B20	Jason Kabel	Harrow AC	21:27 0:48:44	-4
51	B53	Richard Hooley	Thames Valley Harriers "B"*	20:32 0:49:14	0

52 B34	Kris Milovsorov	London Heathside AC "B"	19:27 0:49:39	0
53 B48	Michael Chappell	South London Harriers "B"*	23:07 0:54:58	0

**Leg 3: Long: 7664m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 3****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	305 C05	Matt Bray	Bedford & County AC "A"	23:46 1:03:06	2
2	308 C08	Joshua Schofield	Blackheath & Bromley Harriers	24:32 1:03:18	-1
3	318 C18	Simon Goldsworthy	Guildford & Godalming AC "A"	24:21 1:03:20	-1
4	325 C25	Alex Crossland	Highgate Harriers "A"	24:22 1:03:53	2
5	329 C29	Jim Allchin	Kent AC "A"	24:14 1:03:59	4
6	321 C21	Belal Ahmed	Hercules Wimbledon AC "A"	24:25 1:04:04	2
7	328 C28	Mohamed Mohamed	Hillingdon AC	23:56 1:04:17	6
8	345 C45	Tom Butler	Shaftesbury Barnet Harriers "A"	24:51 1:04:26	-1
9	352 C52	James Ellis	Thames Valley Harriers "A"	25:09 1:04:34	-4
10	307 C07	Ben MacCronan	Belgrave Harriers	23:46 1:04:35	9
11	302 C02	Harvey Dixon	Aldershot Farnham & District "A"	23:49 1:04:36	7
12	312 C12	Logan Smith	City of Norwich AC "A"	24:01 1:04:41	4
13	354 C54	Jamie Bryant	Tonbridge AC "A"	25:13 1:05:01	-3
14	309 C09	Zak Seddon	Bracknell AC	23:16 1:05:08	10
15	338 C38	Jad El-Houssami	Newham & Essex Beagles AC "A"	25:48 1:05:09	-11
16	335 C35	Thomas Comerford	Marshall Milton Keynes AC "A"	25:01 1:05:33	-1
17	350 C50	Sam Costley	Southampton AC	24:51 1:05:35	0
18	357 C57	Mark Vardy	Windsor S E & Hounslow AC	25:30 1:05:44	-7
19	356 C56	John Payne	Victoria Park H & Tower H AC	25:20 1:05:46	-5
20	358 C58	Darren Southcott	Woodford Green w Essex L	25:55 1:06:15	-8
21	337 C37	Ben Tyler	Medway & Maidstone AC	25:32 1:06:40	0
22	342 C42	Benjamin Tolputt	Serpentine RC "A"	25:44 1:06:44	-2
23	317 C17	Anthony Haynes	Ealing Southall & Middlesex AC	24:23 1:06:52	5
24	341 C41	Alex Sutton	Reading AC	25:29 1:06:57	-1
25	323 C23	Andrew Clarke	Herne Hill Harriers "A"	25:33 1:06:57	-3
26	310 C10	Joe Turner	Cambridge & Coleridge AC "A"	24:56 1:07:21	1
27	314 C14	Adrian Mussett	Colchester Harriers	25:15 1:07:59	5
28	326 C26	Henry Murdoch	Highgate Harriers "B"	26:08 1:08:21	-2
29	347 C47	Callum Wilson	South London Harriers "A"	26:12 1:08:45	0
30	322 C22	Joe Toomey	Hercules Wimbledon AC "B"	26:46 1:08:54	-5
31	340 C40	Jim McConnel	North Herts RRC	26:20 1:09:03	0
32	351 C51	Steve Buckle	St Albans Striders	26:41 1:09:16	-2
33	355 C55	Dane Poore	Tonbridge AC "B"	25:50 1:09:32	4
34	330 C30	Tim Lawrence	Kent AC "B"	26:40 1:10:00	2
35	306 C06	Stephen Headley	Bedford & County AC "B"	26:54 1:10:08	-1
36	303 C03	Michael Boucher	Aldershot Farnham & District "B"*	27:08 1:10:25	-1
37	304 C04	Benjamin Boxer	Barnet & District AC	27:46 1:10:32	-4
38	333 C33	Sion Lewis	London Heathside AC "A"	27:46 1:11:33	0
39	315 C15	Robert Baylis	Datchet Dashers	27:21 1:11:36	0
40	331 C31	Tom Thain	Kent AC "C"	27:48 1:12:33	1
41	301 C01	Harrison Read	Abingdon AC	26:55 1:12:55	4
42	336 C36	Herbie Hopkins	Marshall Milton Keynes AC "B"*	28:41 1:13:24	-2
43	311 C11	Daniel Hurst	Cambridge & Coleridge AC "B"*	29:20 1:14:11	-1
44	327 C27	Jack Matthewman	Highgate Harriers "C"	28:20 1:14:39	3
45	324 C24	Eric Dol	Herne Hill Harriers "B"	29:09 1:14:49	-1
46	316 C16	Jose Manuel Pabon	Ealing Eagles Running Club	28:24 1:14:59	3
47	332 C32	Thomas Inchley	Leighton Buzzard AC	29:28 1:15:43	-1
48	343 C43	Lee-marvin Tolentino	Serpentine RC "B"	30:34 1:16:12	-5
49	320 C20	Kevin Fini	Harrow AC	28:03 1:16:47	1
50	334 C34	Liam Hazelton	London Heathside AC "B"	30:04 1:19:43	2
51	348 C48	George Tovey	South London Harriers "B"*	31:42 1:26:40	2

**Leg 4: Short: 5053m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 4****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
	1	D18 Colin High	Guildford & Godalming AC "A"	15:59 1:19:19	2
	2	D05 Alfie Yabsley	Bedford & County AC "A"	16:15 1:19:21	-1
	3	D25 Charlie Haywood	Highgate Harriers "A"	15:31 1:19:24	1
	4	D29 Anthony Johnson	Kent AC "A"	16:01 1:20:00	1
	5	D21 Dimosthenis Evangelidis	Hercules Wimbledon AC "A"	15:58 1:20:02	1
	6	D07 Steve Gardner	Belgrave Harriers	15:57 1:20:32	4
	7	D08 Marco Acuri	Blackheath & Bromley Harriers	17:21 1:20:39	-5
	8	D02 Shaun Smith	Aldershot Farnham & District "A"	16:06 1:20:42	3
	9	D45 Ted Ntibazonkiza	Shaftesbury Barnet Harriers "A"	16:27 1:20:53	-1
	10	D54 Michael Ellis	Tonbridge AC "A"	16:05 1:21:06	3
	11	D28 Bradley Birch	Hillingdon AC	16:49 1:21:06	-4
	12	D52 Naol Abagibe	Thames Valley Harriers "A"	16:43 1:21:17	-3
	13	D35 James Tuttle	Marshall Milton Keynes AC "A"	15:57 1:21:30	3
	14	D12 Sam Todd	City of Norwich AC "A"	16:55 1:21:36	-2
	15	D38 Victor Nutakor	Newham & Essex Beagles AC "A"	16:30 1:21:39	0
	16	D09 Maxwell Cooper	Bracknell AC	16:46 1:21:54	-2
	17	D56 Jonny Scott	Victoria Park H & Tower H AC	16:20 1:22:06	2
	18	D57 Shaun Hudson	Windsor S E & Hounslow AC	16:39 1:22:23	0
	19	D50 Oliver Smith	Southampton AC	16:53 1:22:28	-2
	20	D41 Mark Booth	Reading AC	16:10 1:23:07	4
	21	D42 Simon Craddock	Serpentine RC "A"	16:40 1:23:24	1
	22	D10 Oliver Park	Cambridge & Coleridge AC "A"	16:09 1:23:30	4
	23	D58 Peter Caton	Woodford Green w Essex L	18:08 1:24:23	-3
	24	D23 Matthew Cartwright	Herne Hill Harriers "A"	17:31 1:24:28	1
	25	D26 Brahma Pochee	Highgate Harriers "B"	16:21 1:24:42	3
	26	D17 Reece Asik	Ealing Southall & Middlesex AC	17:51 1:24:43	-3
	27	D14 Douglas McGillivray	Colchester Harriers	17:12 1:25:11	0
	28	D47 Mark Finbow	South London Harriers "A"	16:39 1:25:24	1
	29	D22 Zachary Purnell	Hercules Wimbledon AC "B"	16:43 1:25:37	1
	30	D37 Sean Rodwell	Medway & Maidstone AC	19:11 1:25:51	-9
	31	D55 Sam Crick	Tonbridge AC "B"	16:46 1:26:18	2
	32	D30 Ben Cook	Kent AC "B"	16:50 1:26:50	2
	33	D06 Matt Nicholson	Bedford & County AC "B"	16:47 1:26:55	2
	34	D40 Steve Mckeown	North Herts RRC	18:41 1:27:44	-3
	35	D51 Jed Lumb	St Albans Striders	20:16 1:29:32	-3
	36	D31 Michael Eagling	Kent AC "C"	17:02 1:29:35	4
	37	D03 Daniel Black	Aldershot Farnham & District "B"*	19:18 1:29:43	-1
	38	D33 Jake Spencer	London Heathside AC "A"	18:13 1:29:46	0
	39	D04 Robert Scott	Barnet & District AC	19:32 1:30:04	-2
	40	D15 Mark Thorne	Datchet Dashers	18:37 1:30:13	-1
	41	D01 James Willard	Abingdon AC	18:47 1:31:42	0
	42	D36 Mark Dowson	Marshall Milton Keynes AC "B"*	19:05 1:32:29	0
	43	D11 Michael Buchallet	Cambridge & Coleridge AC "B"*	18:49 1:33:00	0
	44	D24 Chris De Mauny	Herne Hill Harriers "B"	18:12 1:33:01	1
	45	D32 Sam Dear	Leighton Buzzard AC	18:23 1:34:06	2
	46	D16 Kieran Santry	Ealing Eagles Running Club	19:14 1:34:13	0
	47	D43 Ben Stanton	Serpentine RC "B"	19:01 1:35:13	1
	48	D20 Noor Mohamoud	Harrow AC	18:32 1:35:19	1
	49	D27 Richard Stewart	Highgate Harriers "C"	21:02 1:35:41	-5
	50	D34 Tom Bedwell	London Heathside AC "B"	18:28 1:38:11	0

**Leg 5: Long: 7664m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 5****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	G05	Matt Bergin	Bedford & County AC "A"	22:48 1:42:09	1
2	G25	Roger Poolman	Highgate Harriers "A"	23:01 1:42:25	1
3	G45	Kieran Clements	Shaftesbury Barnet Harriers "A"	22:50 1:43:43	6
4	G29	David Morgan	Kent AC "A"	24:21 1:44:21	0
5	G18	Tom Foster	Guildford & Godalming AC "A"	25:13 1:44:32	-4
6	G07	Paskar Owor	Belgrave Harriers	24:20 1:44:52	0
7	G02	Luke Prior	Aldershot Farnham & District "A"	24:19 1:45:01	1
8	G21	Fred Slemeck	Hercules Wimbledon AC "A"	25:04 1:45:06	-3
9	G12	Piers Arnold	City of Norwich AC "A"	23:55 1:45:31	5
10	G08	Alex Bruce-Littlewood	Blackheath & Bromley Harriers	25:14 1:45:53	-3
11	G54	Cameron Payas	Tonbridge AC "A"	25:04 1:46:10	-1
12	G35	Paul Mizon	Marshall Milton Keynes AC "A"	25:06 1:46:36	1
13	G09	Matthew Seddon	Bracknell AC	24:54 1:46:48	3
14	G41	Jonny Davies	Reading AC	24:02 1:47:09	6
15	G38	John Gordon	Newham & Essex Beagles AC "A"	26:00 1:47:39	0
16	G50	Matthew Bennett	Southampton AC	25:32 1:48:00	3
17	G10	Jonathan Escalante-Phillips	Cambridge & Coleridge AC "A"	24:40 1:48:10	5
18	G42	Nicolas Besson	Serpentine RC "A"	24:48 1:48:12	3
19	G57	James Tidd	Windsor S E & Hounslow AC	26:11 1:48:34	-1
20	G56	Carl Selya-Hammer	Victoria Park H & Tower H AC	26:44 1:48:50	-3
21	G28	Fahad Abdi	Hillingdon AC	27:57 1:49:03	-10
22	G58	Ahmed Abdulle	Woodford Green w Essex L	24:42 1:49:05	1
23	G47	Gary Laybourne	South London Harriers "A"	24:13 1:49:37	5
24	G23	Lewis Laylee	Herne Hill Harriers "A"	25:44 1:50:12	0
25	G17	Oliver Way	Ealing Southall & Middlesex AC	25:37 1:50:20	1
26	G26	William De Donker	Highgate Harriers "B"	26:18 1:51:00	-1
27	G14	Nathan Filer	Colchester Harriers	26:52 1:52:03	0
28	G22	Justin Reid	Hercules Wimbledon AC "B"	26:50 1:52:27	1
29	G52	Petros Surafel	Thames Valley Harriers "A"	31:55 1:53:12	-17
30	G37	Lee Mcmeekin	Medway & Maidstone AC	27:29 1:53:20	0
31	G30	Alex Dudney	Kent AC "B"	26:46 1:53:36	1
32	G51	James McMurray	St Albans Striders	24:08 1:53:40	3
33	G55	Harry Lawson	Tonbridge AC "B"	27:39 1:53:57	-2
34	G06	Chris Riley	Bedford & County AC "B"	28:23 1:55:18	-1
35	G40	John Rayner	North Herts RRC	27:44 1:55:28	-1
36	G33	Kimon Doulis	London Heathside AC "A"	26:38 1:56:24	2
37	G31	Benedict Holmes	Kent AC "C"	27:37 1:57:12	-1
38	G04	Rajesh Patel	Barnet & District AC	27:47 1:57:51	1
39	G15	Mark Ferguson	Datchet Dashers	27:46 1:57:59	1
40	G01	Cameron Weir	Abingdon AC	29:29 2:01:11	1
41	G24	Matthew Munro	Herne Hill Harriers "B"	28:21 2:01:22	3
42	G36	Andrew Kirschner	Marshall Milton Keynes AC "B"*	29:23 2:01:52	0
43	G11	Christopher Pell	Cambridge & Coleridge AC "B"*	29:21 2:02:21	0
44	G20	David Branfoot	Harrow AC	27:44 2:03:03	4
45	G43	Simon Morris	Serpentine RC "B"	28:31 2:03:44	2
46	G32	William Eastman	Leighton Buzzard AC	29:41 2:03:47	-1
47	G16	Brian Stakelum	Ealing Eagles Running Club	29:51 2:04:04	-1
48	G27	Dave Gilbert	Highgate Harriers "C"	30:12 2:05:53	1
49	G34	Ben Lewis	London Heathside AC "B"	30:45 2:08:56	1

**Leg 6: Short: 5053m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 6****Milton Key  
24 March 2**

Pos'n	No.	Name	Team	Time	Total Gain/loss	
	1	H05 Jack Goodwin	Bedford & County AC "A"	15:35	1:57:44	0
	2	H25 Morgan Mitchell	Highgate Harriers "A"	16:02	1:58:27	0
	3	H45 Omar Parsons	Shaftesbury Barnet Harriers "A"	16:44	2:00:27	0
	4	H29 Peter Lighting	Kent AC "A"	16:07	2:00:28	0
	5	H02 Max Heyden	Aldershot Farnham & District "A"	15:28	2:00:29	2
	6	H21 Ross Murray	Hercules Wimbledon AC "A"	16:00	2:01:06	2
	7	H07 Arne Dumez	Belgrave Harriers	16:24	2:01:16	-1
	8	H54 Robbie Farnham-Rose	Tonbridge AC "A"	15:48	2:01:58	3
	9	H08 William Ruiz	Blackheath & Bromley Harriers	16:13	2:02:06	1
	10	H12 Sam Kenmore	City of Norwich AC "A"	17:09	2:02:40	-1
	11	H35 Thomas Cuthbertson	Marshall Milton Keynes AC "A"	16:22	2:02:58	1
	12	H18 Ben Friend	Guildford & Godalming AC "A"	18:27	2:02:59	-7
	13	H41 Matthew Rawlings	Reading AC	16:06	2:03:15	1
	14	H10 Jordan Wood	Cambridge & Coleridge AC "A"	15:42	2:03:52	3
	15	H38 Nick Armstrong	Newham & Essex Beagles AC "A"	16:27	2:04:06	0
	16	H50 Matthieu Marshall	Southampton AC	16:17	2:04:17	0
	17	H09 James Daly	Bracknell AC	17:44	2:04:32	-4
	18	H42 Daniel De Palol	Serpentine RC "A"	17:14	2:05:26	0
	19	H56 David Jones	Victoria Park H & Tower H AC	17:05	2:05:55	1
	20	H58 Simon Beedell	Woodford Green w Essex L	16:56	2:06:01	2
	21	H23 Angus Butler	Herne Hill Harriers "A"	16:07	2:06:19	3
	22	H57 Alex Webb	Windsor S E & Hounslow AC	17:55	2:06:29	-3
	23	H28 Charlie Edwards	Hillingdon AC	17:42	2:06:45	-2
	24	H47 Will Cullen	South London Harriers "A"	17:13	2:06:50	-1
	25	H17 Akira Anzai-Jackson	Ealing Southall & Middlesex AC	17:55	2:08:15	0
	26	H26 Dominic Smith	Highgate Harriers "B"	17:19	2:08:19	0
	27	H14 Colin Ridley	Colchester Harriers	18:17	2:10:20	0
	28	H30 Barnaby Day	Kent AC "B"	17:00	2:10:36	3
	29	H22 Henry Silverstein	Hercules Wimbledon AC "B"	18:16	2:10:43	-1
	30	H52 Robert Vallance	Thames Valley Harriers "A"	17:35	2:10:47	-1
	31	H51 Joseph Dunn	St Albans Striders	17:52	2:11:32	1
	32	H37 Alun Rodgers	Medway & Maidstone AC	19:10	2:12:30	-2
	33	H55 Joe Watts	Tonbridge AC "B"	18:47	2:12:44	0
	34	H06 Richard Laursen	Bedford & County AC "B"	17:28	2:12:46	0
	35	H40 Edward Price	North Herts RRC	17:51	2:13:19	0
	36	H33 Andy Barnes	London Heathside AC "A"	17:18	2:13:42	0
	37	H31 Daniel Pettitt	Kent AC "C"	17:34	2:14:46	0
	38	H04 Mark Cottle	Barnet & District AC	17:20	2:15:11	0
	39	H15 Steven Ilott	Datchet Dashers	19:10	2:17:09	0
	40	H01 Les Newell	Abingdon AC	16:59	2:18:10	0
	41	H11 Alex Lione	Cambridge & Coleridge AC "B"*	16:46	2:19:07	2
	42	H24 Gary Ironmonger	Herne Hill Harriers "B"	18:49	2:20:11	-1
	43	H20 Peter Norris	Harrow AC	18:35	2:21:38	1
	44	H32 Benjamin Corfield	Leighton Buzzard AC	17:58	2:21:45	2
	45	H36 Steven Martin	Marshall Milton Keynes AC "B"*	20:42	2:22:34	-3
	46	H16 Campbell Easton	Ealing Eagles Running Club	18:47	2:22:51	1
	47	H43 Alex Malzer	Serpentine RC "B"	20:16	2:24:00	-2
	48	H27 Damien Bidaud	Highgate Harriers "C"	19:37	2:25:30	0
	49	H34 Adam Mitchell	London Heathside AC "B"	22:37	2:31:33	0



**Leg 7: Long: 7664m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 7****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	705 J05	Ben Alcock	Bedford & County AC "A"	23:50 2:21:34	0
2	725 J25	Chris Rainsford	Highgate Harriers "A"	23:57 2:22:24	0
3	707 J07	Nick Goolab	Belgrave Harriers	22:19 2:23:35	4
4	729 J29	Owen Hind	Kent AC "A"	23:18 2:23:46	0
5	745 J45	Richard Goodman	Shaftesbury Barnet Harriers "A"	23:33 2:24:00	-2
6	702 J02	Ellis Cross	Aldershot Farnham & District "A"	23:57 2:24:26	-1
7	754 J54	Corey De'Ath	Tonbridge AC "A"	24:23 2:26:21	1
8	721 J21	Finn Johnson	Hercules Wimbledon AC "A"	25:21 2:26:27	-2
9	712 J12	Ben Spratling	City of Norwich AC "A"	25:17 2:27:57	1
10	708 J08	Alex Gibbins	Blackheath & Bromley Harriers	26:11 2:28:17	-1
11	741 J41	Isaac Farnworth	Reading AC	25:12 2:28:27	2
12	710 J10	Chris Darling	Cambridge & Coleridge AC "A"	24:43 2:28:35	2
13	735 J35	Graham Jones	Marshall Milton Keynes AC "A"	25:41 2:28:39	-2
14	738 J38	Olivier Heaslip	Newham & Essex Beagles AC "A"	25:01 2:29:07	1
15	718 J18	Sam Begg	Guildford & Godalming AC "A"	26:29 2:29:28	-3
16	750 J50	Matt Ridsen	Southampton AC	26:42 2:30:59	0
17	709 J09	Jamie Ashton	Bracknell AC	26:31 2:31:03	0
18	742 J42	Glenn Hughes	Serpentine RC "A"	25:44 2:31:10	0
19	757 J57	Simon Millett	Windsor S E & Hounslow AC	25:07 2:31:36	3
20	758 J58	Tom Phillips	Woodford Green w Essex L	26:22 2:32:23	0
21	723 J23	Jack Brotchie	Herne Hill Harriers "A"	26:07 2:32:26	0
22	747 J47	James Lyne	South London Harriers "A"	25:37 2:32:27	2
23	756 J56	Sam Priestley	Victoria Park H & Tower H AC	26:49 2:32:44	-4
24	728 J28	Abdirahman Hamud	Hillingdon AC	27:50 2:34:35	-1
25	717 J17	Ben Waterman	Ealing Southall & Middlesex AC	26:26 2:34:41	0
26	726 J26	Barnaby Walker	Highgate Harriers "B"	26:52 2:35:11	0
27	752 J52	Conor Kissane-Wood	Thames Valley Harriers "A"	25:44 2:36:31	3
28	714 J14	Dean Williamson	Colchester Harriers	26:38 2:36:58	-1
29	730 J30	Calum Fraser	Kent AC "B"	26:50 2:37:26	-1
30	737 J37	Noel Sutton	Medway & Maidstone AC	26:15 2:38:45	2
31	733 J33	Charles Hardy	London Heathside AC "A"	25:37 2:39:19	5
32	722 J22	Tom Miller	Hercules Wimbledon AC "B"	28:56 2:39:39	-3
33	751 J51	Douglas Hobson	St Albans Striders	28:47 2:40:19	-2
34	706 J06	Steven Herring	Bedford & County AC "B"	27:52 2:40:38	0
35	755 J55	Jack Keywood	Tonbridge AC "B"	28:23 2:41:07	-2
36	740 J40	Mark Vaughan	North Herts RRC	27:48 2:41:07	-1
37	731 J31	Ben McGeown	Kent AC "C"	28:53 2:43:39	0
38	715 J15	Ian Gutteridge	Datchet Dashers	28:03 2:45:12	1
39	701 J01	Phil Egerton	Abingdon AC	27:49 2:45:59	1
40	711 J11	John Basllington	Cambridge & Coleridge AC "B"	27:23 2:46:30	1
41	732 J32	Robert Elmore	Leighton Buzzard AC	26:40 2:48:25	3
42	724 J24	Jonathan Ratcliffe	Herne Hill Harriers "B"	28:23 2:48:34	0
43	720 J20	Chris Jones	Harrow AC	28:32 2:50:10	0
44	704 J04	John Kourpas	Barnet & District AC	35:34 2:50:45	-6
45	716 J16	Laurence Elliott	Ealing Eagles Running Club	28:14 2:51:05	1
46	743 J43	Henry Kemp	Serpentine RC "B"	29:01 2:53:01	1
47	727 J27	Alex Holley	Highgate Harriers "C"	27:49 2:53:19	1
48	736 J36	Ben Nutt	Marshall Milton Keynes AC "B"	33:14 2:55:48	-3
49	734 J34	Joseph Clemoes	London Heathside AC "B"	28:51 3:00:24	0

**Leg 8: Short: 5053m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 8****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	K25	Peter Chambers	Highgate Harriers "A"	15:20 2:37:44	1
2	K05	Jonathan Janes	Bedford & County AC "A"	16:15 2:37:49	-1
3	K29	Jonathan Tipper	Kent AC "A"	15:46 2:39:32	1
4	K07	Bradley Courtney-Pinn	Belgrave Harriers	16:01 2:39:36	-1
5	K02	Callum Charleston	Aldershot Farnham & District "A"	15:22 2:39:48	1
6	K45	Oliver Greenstein	Shaftesbury Barnet Harriers "A"	17:49 2:41:49	-1
7	K21	Jonny Earl	Hercules Wimbledon AC "A"	16:01 2:42:28	1
8	K54	Bede Pitcairn-Knowles	Tonbridge AC "A"	16:30 2:42:51	-1
9	K41	Peter Cook	Reading AC	16:09 2:44:36	2
10	K12	Luke Alden	City of Norwich AC "A"	16:45 2:44:42	-1
11	K38	James Mccarthy	Newham & Essex Beagles AC "A"	15:40 2:44:47	3
12	K08	Danny Brewer	Blackheath & Bromley Harriers	17:01 2:45:18	-2
13	K10	Max Williams	Cambridge & Coleridge AC "A"	16:44 2:45:19	-1
14	K35	Jeremy Vick	Marshall Milton Keynes AC "A"	17:38 2:46:17	-1
15	K50	Stephen Simpson	Southampton AC	16:59 2:47:58	1
16	K18	Robert Marcus	Guildford & Godalming AC "A"	18:53 2:48:21	-1
17	K42	Nicola Barberis Negra	Serpentine RC "A"	17:13 2:48:23	1
18	K23	Peter Hart	Herne Hill Harriers "A"	16:45 2:49:11	3
19	K09	Bruce Poll	Bracknell AC	18:25 2:49:28	-2
20	K56	James Cordwell	Victoria Park H & Tower H AC	16:53 2:49:37	3
21	K57	Joe Spicer	Windsor S E & Hounslow AC	18:08 2:49:44	-2
22	K47	Simon Pontin	South London Harriers "A"	18:06 2:50:33	0
23	K58	Julian Russell	Woodford Green w Essex L	18:50 2:51:13	-3
24	K22	Liam White	Hercules Wimbledon AC "B"	12:14 2:51:53	8
25	K26	Tom Crowley	Highgate Harriers "B"	17:07 2:52:18	1
26	K28	Dominic Speight	Hillingdon AC	18:03 2:52:38	-2
27	K17	Mark Kencroft	Ealing Southall & Middlesex AC	18:19 2:53:00	-2
28	K52	Gordon Low	Thames Valley Harriers "A"	17:44 2:54:15	-1
29	K30	Ian Ellwood	Kent AC "B"	17:05 2:54:31	0
30	K14	Tom Cresswell	Colchester Harriers	17:55 2:54:53	-2
31	K33	Peter Gould	London Heathside AC "A"	17:50 2:57:09	0
32	K37	Gareth Williams	Medway & Maidstone AC	18:29 2:57:14	-2
33	K55	Donald Carter	Tonbridge AC "B"	16:55 2:58:02	2
34	K51	Ming Wang-Koh	St Albans Striders	19:24 2:59:43	-1
35	K40	James Walsh	North Herts RRC	19:06 3:00:13	1
36	K06	Massi Dendani	Bedford & County AC "B"	20:24 3:01:02	-2
37	K31	Roger Beardsworth	Kent AC "C"	18:44 3:02:23	0
38	K15	Neil Potter	Datchet Dashers	18:22 3:03:34	0
39	K11	Curtis Wood	Cambridge & Coleridge AC "B"*	19:04 3:05:34	1
40	K01	Andrew Caruana	Abingdon AC	19:53 3:05:52	-1
41	K32	Matthew Brooks	Leighton Buzzard AC	20:21 3:08:46	0
42	K16	Christopher Jones	Ealing Eagles Running Club	19:22 3:10:27	3
43	K04	Alejandro Sanchez	Barnet & District AC	20:17 3:11:02	1
44	K20	Mike Lepps	Harrow AC	20:57 3:11:07	-1
45	K27	Oliver Kean	Highgate Harriers "C"	18:48 3:12:07	2
46	K43	Abu Asad	Serpentine RC "B"	22:41 3:15:42	0
47	K24	Ian Strong	Herne Hill Harriers "B"	29:02 3:17:36	-5

**SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 9**

**Milton Key  
24 March 2**

**Leg 9: Long: 7664m**

Pos'n	No.	Name	Team	Time	Total Gain/l
1	905 M05	John Eves	Bedford & County AC "A"	24:00 3:01:49	1
2	925 M25	Rob Wilson	Highgate Harriers "A"	24:25 3:02:09	-1
3	902 M02	Jonny Hay	Aldershot Farnham & District "A"	23:20 3:03:08	2
4	929 M29	Christopher Greenwood	Kent AC "A"	24:12 3:03:44	-1
5	907 M07	Nick Buckle	Belgrave Harriers	25:08 3:04:44	-1
6	921 M21	Johnny Cornish	Hercules Wimbledon AC "A"	24:30 3:06:58	1
7	954 M54	Alex Howard	Tonbridge AC "A"	24:15 3:07:06	1
8	938 M38	Eoin Pierce	Newham & Essex Beagles AC "A"	24:18 3:09:05	3
9	945 M45	Sam Wiggins	Shaftesbury Barnet Harriers "A"	27:23 3:09:12	-3
10	908 M08	Ross Braden	Blackheath & Bromley Harriers	24:48 3:10:06	2
11	912 M12	Sam Coyne	City of Norwich AC "A"	25:38 3:10:20	-1
12	910 M10	Michael Gilbert	Cambridge & Coleridge AC "A"	25:08 3:10:27	1
13	941 M41	Edward Stockdale	Reading AC	26:24 3:11:00	-4
14	935 M35	Elliot Hind	Marshall Milton Keynes AC "A"	25:24 3:11:41	0
15	950 M50	Max Costley	Southampton AC	25:30 3:13:28	0
16	918 M18	Matthew Mcdaniel	Guildford & Godalming AC "A"	25:22 3:13:43	0
17	942 M42	Hugh Torry	Serpentine RC "A"	27:03 3:15:26	0
18	956 M56	Steve Hobbs	Victoria Park H & Tower H AC	25:55 3:15:32	2
19	923 M23	Andrew Grigg	Herne Hill Harriers "A"	26:37 3:15:48	-1
20	909 M09	Benjamin Wills	Bracknell AC	26:45 3:16:13	-1
21	947 M47	Paul Prothero	South London Harriers "A"	25:59 3:16:32	1
22	957 M57	Sebastien Pencole	Windsor S E & Hounslow AC	27:05 3:16:49	-1
23	958 M58	Tom Beedell	Woodford Green w Essex L	25:44 3:16:57	0
24	928 M28	Aramias Zeration	Hillingdon AC	25:09 3:17:47	2
25	926 M26	James Johnson	Highgate Harriers "B"	26:30 3:18:48	0
26	917 M17	Chris Hepworth	Ealing Southall & Middlesex AC	25:49 3:18:49	1
27	922 M22	George Longworth	Hercules Wimbledon AC "B"	27:23 3:19:16	-3
28	930 M30	Joe Hartley	Kent AC "B"	25:49 3:20:20	1
29	952 M52	Michael Cameron	Thames Valley Harriers "A"	26:16 3:20:31	-1
30	914 M14	Christopher Sellens	Colchester Harriers	28:07 3:23:00	0
31	933 M33	Thomas Clark	London Heathside AC "A"	26:06 3:23:15	0
32	937 M37	Richard Tomlinson	Medway & Maidstone AC	26:52 3:24:06	0
33	955 M55	Greg Cole	Tonbridge AC "B"	27:06 3:25:08	0
34	951 M51	Stephen Hosty	St Albans Striders	28:02 3:27:45	0
35	906 M06	Ewan Wilson	Bedford & County AC "B"	29:08 3:30:10	1
36	931 M31	Richard Giles	Kent AC "C"	27:48 3:30:11	1
37	940 M40	Richard Harbon	North Herts RRC	33:08 3:33:21	-2
38	901 M01	Paul Hughes	Abingdon AC	29:06 3:34:58	2
39	932 M32	Peter Mackrell	Leighton Buzzard AC	26:39 3:35:25	2
40	904 M04	Ben Nagy	Barnet & District AC	24:31 3:35:33	3
41	911 M11	Sandy Rogers	Cambridge & Coleridge AC "B"*	30:04 3:35:38	-2
42	916 M16	Tom Irving	Ealing Eagles Running Club	29:54 3:40:21	0
43	915 M15	Christopher Hunt	Datchet Dashers	37:57 3:41:31	-5
44	927 M27	Harry Heathwick-Lammers	Highgate Harriers "C"	29:40 3:41:47	1
45	920 M20	Jack Rowlands	Harrow AC	32:52 3:43:59	-1
46	943 M43	Luke Parker	Serpentine RC "B"	31:03 3:46:45	0
47	924 M24	Deron Fagan	Herne Hill Harriers "B"	44:57 4:02:33	0

**Leg 10: Short: 5053m****SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 10****Milton Keynes  
24 March 2019**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	1005	Michael Channing	Bedford & County AC "A"	16:07 3:17:56	0
2	1025	Sean Renfer	Highgate Harriers "A"	15:53 3:18:02	0
3	1002	Sam Eglen	Aldershot Farnham & District "A"	15:39 3:18:47	0
4	1029	Sean Fitzpatrick	Kent AC "A"	15:56 3:19:40	0
5	1007	Phil Wicks	Belgrave Harriers	15:33 3:20:17	0
6	1021	Howell Craske	Hercules Wimbledon AC "A"	15:39 3:22:37	0
7	1054	Ben Murphy	Tonbridge AC "A"	15:57 3:23:03	0
8	1038	Christian Van Eitzen	Newham & Essex Beagles AC "A"	15:23 3:24:28	0
9	1010	Cameron Ackroyd	Cambridge & Coleridge AC "A"	16:26 3:26:53	3
10	1008	Chris Tuck	Blackheath & Bromley Harriers	17:45 3:27:51	0
11	1045	James Trapmore	Shaftesbury Barnet Harriers "A"	18:52 3:28:04	-2
12	1035	Ian Wood	Marshall Milton Keynes AC "A"	16:33 3:28:14	2
13	1041	Michael Lennon	Reading AC	17:26 3:28:26	0
14	1012	Mark Solway	City of Norwich AC "A"	19:29 3:29:49	-3
15	1050	Peter Costley	Southampton AC	18:51 3:32:19	0
16	1018	Ben Gilmore	Guildford & Godalming AC "A"	18:51 3:32:34	0
17	1023	Bryn Reynolds	Herne Hill Harriers "A"	16:48 3:32:36	2
18	1042	Michele Bottone	Serpentine RC "A"	17:11 3:32:37	-1
19	1057	Matthew Clutterbuck	Windsor S E & Hounslow AC	16:22 3:33:11	3
20	1009	Steven Payne	Bracknell AC	17:41 3:33:54	0
21	1047	Robert Knight	South London Harriers "A"	17:29 3:34:01	0
22	1056	Tony Macdowall	Victoria Park H & Tower H AC	18:43 3:34:15	-4
23	1028	Mayank Mishra	Hillingdon AC	18:06 3:35:53	1
24	1026	Russ Ashford	Highgate Harriers "B"	17:16 3:36:04	1
25	1030	Cameron Forrest	Kent AC "B"	16:41 3:37:01	3
26	1058	Robbie Cox	Woodford Green w Essex L	20:29 3:37:26	-3
27	1052	Andrew Mitchell	Thames Valley Harriers "A"	17:11 3:37:42	2
28	1017	Robert Brown	Ealing Southall & Middlesex AC	19:05 3:37:54	-2
29	1022	Joseph Clark	Hercules Wimbledon AC "B"	19:11 3:38:27	-2
30	1033	Thomas Foy	London Heathside AC "A"	18:19 3:41:34	1
31	1037	Andrejs Safars	Medway & Maidstone AC	18:03 3:42:09	1
32	1014	Jonathan Nears	Colchester Harriers	19:20 3:42:20	-2
33	1055	Mark Pitcairn-Knowles	Tonbridge AC "B"	20:01 3:45:09	0
34	1051	Nigel Aston	St Albans Striders	19:31 3:47:16	0
35	1006	Michael Harrison	Bedford & County AC "B"	17:21 3:47:31	0
36	1031	Matthew Harper	Kent AC "C"	17:23 3:47:34	0
37	1004	Chris Price	Barnet & District AC	17:15 3:52:48	3
38	1040	John Auld	North Herts RRC	19:43 3:53:04	-1
39	1032	Timothy Inchley	Leighton Buzzard AC	19:26 3:54:51	0
40	1001	David Bedlington	Abingdon AC	21:41 3:56:39	-2
41	1016	Tim Ward	Ealing Eagles Running Club	19:47 4:00:08	1
42	1015	Christopher Fox	Datchet Dashers	18:46 4:00:17	1
43	1020	Nick Andrews	Harrow AC	18:43 4:02:42	2
44	1027	James Rossiter	Highgate Harriers "C"	21:19 4:03:06	0
45	1043	Peter Mackintosh	Serpentine RC "B"	24:17 4:11:02	1
46	1024	Valdis Pauzers	Herne Hill Harriers "B"	22:15 4:24:48	1

**SEAA Men's 12-stage****Milton Keynes****Leg 11: Long: 7664m****Road Relay Championships****24 March 2019****Team Positions after leg 11**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	1102	S02 Joe Morwood	Aldershot Farnham & District "A"	23:12 3:41:59	2
2	1105	S05 Josh Lunn	Bedford & County AC "A"	24:13 3:42:09	-1
3	1125	S25 Alex Lepretre	Highgate Harriers "A"	24:22 3:42:24	-1
4	1129	S29 John Gilbert	Kent AC "A"	24:00 3:43:40	0
5	1107	S07 Andrius Jaksevicius	Belgrave Harriers	25:06 3:45:23	0
6	1154	S54 Ben Cole	Tonbridge AC "A"	23:50 3:46:53	1
7	1121	S21 Tom Jervis	Hercules Wimbledon AC "A"	25:02 3:47:39	-1
8	1138	S38 Luke Conway	Newham & Essex Beagles AC "A"	26:13 3:50:41	0
9	1110	S10 James Reed	Cambridge & Coleridge AC "A"	25:11 3:52:04	0
10	1108	S08 Charlie Davis	Blackheath & Bromley Harriers	24:49 3:52:40	0
11	1135	S35 Jamie Seddon	Marshall Milton Keynes AC "A"	25:32 3:53:46	1
12	1145	S45 Mohamed Mohamed	Shaftesbury Barnet Harriers "A"	26:59 3:55:03	-1
13	1112	S12 George Gay	City of Norwich AC "A"	25:31 3:55:20	1
14	1141	S41 Rob Tan	Reading AC	27:26 3:55:52	-1
15	1150	S50 Riccardo Rubini	Southampton AC	25:57 3:58:16	0
16	1123	S23 Jeff Cunningham	Herne Hill Harriers "A"	25:52 3:58:28	1
17	1142	S42 Kit Grierson	Serpentine RC "A"	26:47 3:59:24	1
18	1156	S56 Aaron Mcgrady	Victoria Park H & Tower H AC	25:38 3:59:53	4
19	1118	S18 Terry Booth	Guildford & Godalming AC "A"	28:36 4:01:10	-3
20	1157	S57 Kieran Best	Windsor S E & Hounslow AC	28:16 4:01:27	-1
21	1109	S09 Adam Dart	Bracknell AC	27:49 4:01:43	-1
22	1128	S28 James Laing	Hillingdon AC	26:04 4:01:57	1
23	1126	S26 Andres Chau	Highgate Harriers "B"	26:53 4:02:57	1
24	1147	S47 Andy Tindall	South London Harriers "A"	29:00 4:03:01	-3
25	1152	S52 Oliver Newton	Thames Valley Harriers "A"	25:21 4:03:03	2
26	1158	S58 Daniel Steel	Woodford Green w Essex L	25:58 4:03:24	0
27	1130	S30 Jonathan Beatty	Kent AC "B"	26:44 4:03:45	-2
28	1117	S17 Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	25:56 4:03:50	0
29	1122	S22 Rob Tuer	Hercules Wimbledon AC "B"	28:26 4:06:53	0
30	1137	S37 Jack Crossley	Medway & Maidstone AC	26:31 4:08:40	1
31	1133	S33 Alex Sweet	London Heathside AC "A"	28:42 4:10:16	-1
32	1114	S14 James Wright	Colchester Harriers	28:33 4:10:53	0
33	1106	S06 Craig Emmerson	Bedford & County AC "B"	25:57 4:13:28	2
34	1151	S51 Jonathan Scott	St Albans Striders	27:02 4:14:18	0
35	1131	S31 Will Pitt	Kent AC "C"	27:06 4:14:40	1
36	1155	S55 Jordan Saul	Tonbridge AC "B"	29:38 4:14:47	-3
37	1104	S04 Will Morris	Barnet & District AC	27:10 4:19:58	0
38	1132	S32 Ian Grimshaw	Leighton Buzzard AC	27:15 4:22:06	1
39	1140	S40 Peter Clarke	North Herts RRC	30:13 4:23:17	-1
40	1101	S01 Owen Stepney	Abingdon AC	26:47 4:23:26	0
41	1120	S20 Damian Nevins	Harrow AC	26:07 4:28:49	2
42	1115	S15 Sean Paynter	Datchet Dashers	29:31 4:29:48	0
43	1127	S27 Tom Crowley	Highgate Harriers "C"	26:58 4:30:04	1
44	1116	S16 Oliver Gildea	Ealing Eagles Running Club	30:31 4:30:39	-3
45	1143	S43 Tom Poynton	Serpentine RC "B"	32:41 4:43:43	0
46	1124	S24 Jonathan Key	Herne Hill Harriers "B"	29:16 4:54:04	0

**SEAA Men's 12-stage  
Road Relay Championships  
Team Positions after leg 12**

**Milton Keynes  
24 March 2019**

**Leg 12: Short: 5053m**

Pos'n	No.	Name	Team	Time	Total Gain/loss
1	T02	Ricky Harvie	Aldershot Farnham & District "A"	15:07	3:57:06 0
2	T25	Fergal Smithwick	Highgate Harriers "A"	15:55	3:58:19 1
3	T05	Joe Strange	Bedford & County AC "A"	16:57	3:59:06 -1
4	T29	Jordan Weaver	Kent AC "A"	15:59	3:59:39 0
5	T07	Alex Miller	Belgrave Harriers	16:25	4:01:48 0
6	T54	Sean Molloy	Tonbridge AC "A"	15:44	4:02:37 0
7	T21	Charlie Estaugh	Hercules Wimbledon AC "A"	15:38	4:03:17 0
8	T38	Daniel Mees	Newham & Essex Beagles AC "A"	16:24	4:07:05 0
9	T10	Oliver Newman	Cambridge & Coleridge AC "A"	15:45	4:07:49 0
10	T08	Callum Myatt	Blackheath & Bromley Harriers	16:31	4:09:11 0
11	T35	Ross Threlfall	Marshall Milton Keynes AC "A"	16:55	4:10:41 0
12	T12	Marcus Sladden	City of Norwich AC "A"	16:38	4:11:58 1
13	T45	Tony Jackson	Shaftesbury Barnet Harriers "A"	17:50	4:12:53 -1
14	T41	Arturo Martinez De Murguia	Reading AC	17:25	4:13:17 0
15	T23	Josh Pewter	Herne Hill Harriers "A"	17:06	4:15:34 1
16	T50	Peter Merritt	Southampton AC	17:25	4:15:41 -1
17	T56	Will Kirk	Victoria Park H & Tower H AC	16:39	4:16:32 1
18	T42	David P Evans	Serpentine RC "A"	17:32	4:16:56 -1
19	T57	Ben Findlay	Windsor S E & Hounslow AC	16:47	4:18:14 1
20	T09	Harry Digby	Bracknell AC	16:59	4:18:42 1
21	T26	Jonny Laybourn	Highgate Harriers "B"	16:35	4:19:32 2
22	T28	Martin Bateman	Hillingdon AC	17:54	4:19:51 0
23	T52	Daniel Garcia-Rasines	Thames Valley Harriers "A"	16:51	4:19:54 2
24	T30	Jake English	Kent AC "B"	16:31	4:20:16 3
25	T47	Joseph Lyne	South London Harriers "A"	17:53	4:20:54 -1
26	T18	Marc Woodall	Guildford & Godalming AC "A"	19:50	4:21:00 -7
27	T17	Nick Steel	Ealing Southall & Middlesex AC	17:50	4:21:40 1
28	T58	Tony Pamphilon	Woodford Green w Essex L	19:37	4:23:01 -2
29	T37	Chris Rampling	Medway & Maidstone AC	17:22	4:26:02 1
30	T22	Sean Crummy	Hercules Wimbledon AC "B"	20:57	4:27:50 -1
31	T33	Daniel Johns	London Heathside AC "A"	18:03	4:28:19 0
32	T14	Cameron Humphries	Colchester Harriers	18:41	4:29:34 0
33	T51	Rowan Daly	St Albans Striders	17:53	4:32:11 1
34	T55	Tom Cox	Tonbridge AC "B"	18:58	4:33:45 2
35	T31	Matthew Moroney	Kent AC "C"	19:41	4:34:21 0
36	T04	Adrian Mason	Barnet & District AC	18:00	4:37:58 1
37	T01	Peter Akrill	Abingdon AC	18:15	4:41:41 3
38	T32	Warren Rose	Leighton Buzzard AC	19:43	4:41:49 0
39	T40	Ian Datlen	North Herts RRC	20:51	4:44:08 0
40	T15	Satnam Singh	Datchet Dashers	19:20	4:49:08 2
41	T20	Kevin Concannon	Harrow AC	22:01	4:50:50 0
42	T16	Simon Moore	Ealing Eagles Running Club	20:59	4:51:38 2
43	T27	Nick Gold	Highgate Harriers "C"	25:46	4:55:50 0
44	T24	Robert Nagorski	Herne Hill Harriers "B"	20:46	5:14:50 1

**SEAA Road Relay Championships**  
**Final results of the Men's 12 Stage Relay**

**Milton Keynes - 24 March 2019**

<b>1 02</b>	<b>Aldershot Farnham &amp; District "A"</b>	<b>3:57:06</b>		
1 102	A02 Philip Sewell	24:56	22	24:56
2 202	B02 Matthew Merrick	15:51	18	0:40:47
3 302	C02 Harvey Dixon	23:49	11	1:04:36
4 402	D02 Shaun Smith	16:06	8	1:20:42
5 502	G02 Luke Prior	24:19	7	1:45:01
6 602	H02 Max Heyden	15:28	5	2:00:29
7 702	J02 Ellis Cross	23:57	6	2:24:26
8 802	K02 Callum Charleston	15:22	5	2:39:48
9 902	M02 Jonny Hay	23:20	3	3:03:08
10 1002	P02 Sam Eglon	15:39	3	3:18:47
11 1102	S02 Joe Morwood	23:12	1	3:41:59
12 1202	T02 Ricky Harvie	15:07	1	3:57:06
<b>2 25</b>	<b>Highgate Harriers "A"</b>	<b>3:58:19</b>		
1 125	A25 Robel Bahelbi	24:07	14	24:07
2 225	B25 Niki Faulkner	15:24	6	0:39:31
3 325	C25 Alex Crossland	24:22	4	1:03:53
4 425	D25 Charlie Haywood	15:31	3	1:19:24
5 525	G25 Roger Poolman	23:01	2	1:42:25
6 625	H25 Morgan Mitchell	16:02	2	1:58:27
7 725	J25 Chris Rainsford	23:57	2	2:22:24
8 825	K25 Peter Chambers	15:20	1	2:37:44
9 925	M25 Rob Wilson	24:25	2	3:02:09
10 1025	P25 Sean Renfer	15:53	2	3:18:02
11 1125	S25 Alex Lepretre	24:22	3	3:42:24
12 1225	T25 Fergal Smithwick	15:55	2	3:58:19
<b>3 05</b>	<b>Bedford &amp; County AC "A"</b>	<b>3:59:06</b>		
1 105	A05 Ben Davies	23:30	6	23:30
2 205	B05 Richard Henderson	15:50	3	0:39:20
3 305	C05 Matt Bray	23:46	1	1:03:06
4 405	D05 Alfie Yabsley	16:15	2	1:19:21
5 505	G05 Matt Bergin	22:48	1	1:42:09
6 605	H05 Jack Goodwin	15:35	1	1:57:44
7 705	J05 Ben Alcock	23:50	1	2:21:34
8 805	K05 Jonathan Janes	16:15	2	2:37:49
9 905	M05 John Eves	24:00	1	3:01:49
10 1005	P05 Michael Channing	16:07	1	3:17:56
11 1105	S05 Josh Lunn	24:13	2	3:42:09
12 1205	T05 Joe Strange	16:57	3	3:59:06
<b>4 29</b>	<b>Kent AC "A"</b>	<b>3:59:39</b>		
1 129	A29 Chris Busaileh	24:00	12	24:00
2 229	B29 James Bowler	15:45	9	0:39:45
3 329	C29 Jim Allchin	24:14	5	1:03:59
4 429	D29 Anthony Johnson	16:01	4	1:20:00
5 529	G29 David Morgan	24:21	4	1:44:21
6 629	H29 Peter Lighting	16:07	4	2:00:28
7 729	J29 Owen Hind	23:18	4	2:23:46
8 829	K29 Jonathan Tipper	15:46	3	2:39:32
9 929	M29 Christopher Greenwood	24:12	4	3:03:44
10 1029	P29 Sean Fitzpatrick	15:56	4	3:19:40
11 1129	S29 John Gilbert	24:00	4	3:43:40
12 1229	T29 Jordan Weaver	15:59	4	3:59:39
<b>5 07</b>	<b>Belgrave Harriers</b>	<b>4:01:48</b>		

1	107	A07 Andrew Fyfe	24:34	20	24:34
2	207	B07 Konstantinos Touse	16:15	19	0:40:49
3	307	C07 Ben MacCronan	23:46	10	1:04:35
4	407	D07 Steve Gardner	15:57	6	1:20:32
5	507	G07 Paskar Owor	24:20	6	1:44:52
6	607	H07 Arne Dumez	16:24	7	2:01:16
7	707	J07 Nick Goolab	22:19	3	2:23:35
8	807	K07 Bradley Courtney-Pinn	16:01	4	2:39:36
9	907	M07 Nick Buckle	25:08	5	3:04:44
10	1007	P07 Phil Wicks	15:33	5	3:20:17
11	1107	S07 Andrius Jaksevicius	25:06	5	3:45:23
12	1207	T07 Alex Miller	16:25	5	4:01:48
<b>6</b>	<b>54</b>	<b>Tonbridge AC "A"</b>	<b>4:02:37</b>		
1	154	A54 Ryan Driscoll	23:52	11	23:52
2	254	B54 Stuart Brown	15:56	10	0:39:48
3	354	C54 Jamie Bryant	25:13	13	1:05:01
4	454	D54 Michael Ellis	16:05	10	1:21:06
5	554	G54 Cameron Payas	25:04	11	1:46:10
6	654	H54 Robbie Farnham-Rose	15:48	8	2:01:58
7	754	J54 Corey De'Ath	24:23	7	2:26:21
8	854	K54 Bede Pitcairn-Knowles	16:30	8	2:42:51
9	954	M54 Alex Howard	24:15	7	3:07:06
10	1054	P54 Ben Murphy	15:57	7	3:23:03
11	1154	S54 Ben Cole	23:50	6	3:46:53
12	1254	T54 Sean Molloy	15:44	6	4:02:37
<b>7</b>	<b>21</b>	<b>Hercules Wimbledon AC "A"</b>	<b>4:03:17</b>		
1	121	A21 Andrew Penney	23:51	10	23:51
2	221	B21 Elliot Palmer	15:48	8	0:39:39
3	321	C21 Belal Ahmed	24:25	6	1:04:04
4	421	D21 Dimosthenis Evangelidis	15:58	5	1:20:02
5	521	G21 Fred Slemeck	25:04	8	1:45:06
6	621	H21 Ross Murray	16:00	6	2:01:06
7	721	J21 Finn Johnson	25:21	8	2:26:27
8	821	K21 Jonny Earl	16:01	7	2:42:28
9	921	M21 Johnny Cornish	24:30	6	3:06:58
10	1021	P21 Howell Craske	15:39	6	3:22:37
11	1121	S21 Tom Jervis	25:02	7	3:47:39
12	1221	T21 Charlie Estaugh	15:38	7	4:03:17
<b>8</b>	<b>38</b>	<b>Newham &amp; Essex Beagles AC "A"</b>	<b>4:07:05</b>		
1	138	A38 Josh Trigwell	23:38	7	23:38
2	238	B38 Dale King Clutterbuck	15:43	4	0:39:21
3	338	C38 Jad El-Houssami	25:48	15	1:05:09
4	438	D38 Victor Nutakor	16:30	15	1:21:39
5	538	G38 John Gordon	26:00	15	1:47:39
6	638	H38 Nick Armstrong	16:27	15	2:04:06
7	738	J38 Olivier Heaslip	25:01	14	2:29:07
8	838	K38 James Mccarthy	15:40	11	2:44:47
9	938	M38 Eoin Pierce	24:18	8	3:09:05
10	1038	P38 Christian Van Eitzen	15:23	8	3:24:28
11	1138	S38 Luke Conway	26:13	8	3:50:41
12	1238	T38 Daniel Mees	16:24	8	4:07:05
<b>9</b>	<b>10</b>	<b>Cambridge &amp; Coleridge AC "A"</b>	<b>4:07:49</b>		
1	110	A10 Lloyd Kempson	25:43	34	25:43
2	210	B10 Richard Park	16:42	27	0:42:25
3	310	C10 Joe Turner	24:56	26	1:07:21
4	410	D10 Oliver Park	16:09	22	1:23:30
5	510	G10 Jonathan Escalante-Phillips	24:40	17	1:48:10



6	610	H10 Jordan Wood	15:42	14	2:03:52
7	710	J10 Chris Darling	24:43	12	2:28:35
8	810	K10 Max Williams	16:44	13	2:45:19
9	910	M10 Michael Gilbert	25:08	12	3:10:27
10	1010	P10 Cameron Ackroyd	16:26	9	3:26:53
11	1110	S10 James Reed	25:11	9	3:52:04
12	1210	T10 Oliver Newman	15:45	9	4:07:49
<b>10</b>	<b>08</b>	<b>Blackheath &amp; Bromley Harriers</b>	<b>4:09:11</b>		
1	108	A08 Will Fuller	23:15	1	23:15
2	208	B08 Lewis Mills	15:31	1	0:38:46
3	308	C08 Joshua Schofield	24:32	2	1:03:18
4	408	D08 Marco Acuri	17:21	7	1:20:39
5	508	G08 Alex Bruce-Littlewood	25:14	10	1:45:53
6	608	H08 William Ruiz	16:13	9	2:02:06
7	708	J08 Alex Gibbins	26:11	10	2:28:17
8	808	K08 Danny Brewer	17:01	12	2:45:18
9	908	M08 Ross Braden	24:48	10	3:10:06
10	1008	P08 Chris Tuck	17:45	10	3:27:51
11	1108	S08 Charlie Davis	24:49	10	3:52:40
12	1208	T08 Callum Myatt	16:31	10	4:09:11
<b>11</b>	<b>35</b>	<b>Marshall Milton Keynes AC "A"</b>	<b>4:10:41</b>		
1	135	A35 Daniel Woodgate	24:25	17	24:25
2	235	B35 Samuel Winters	16:07	15	0:40:32
3	335	C35 Thomas Comerford	25:01	16	1:05:33
4	435	D35 James Tuttle	15:57	13	1:21:30
5	535	G35 Paul Mizon	25:06	12	1:46:36
6	635	H35 Thomas Cuthbertson	16:22	11	2:02:58
7	735	J35 Graham Jones	25:41	13	2:28:39
8	835	K35 Jeremy Vick	17:38	14	2:46:17
9	935	M35 Elliot Hind	25:24	14	3:11:41
10	1035	P35 Ian Wood	16:33	12	3:28:14
11	1135	S35 Jamie Seddon	25:32	11	3:53:46
12	1235	T35 Ross Threlfall	16:55	11	4:10:41
<b>12</b>	<b>12</b>	<b>City of Norwich AC "A"</b>	<b>4:11:58</b>		
1	112	A12 Ash Harrell	24:44	21	24:44
2	212	B12 Tom Greenacre	15:56	16	0:40:40
3	312	C12 Logan Smith	24:01	12	1:04:41
4	412	D12 Sam Todd	16:55	14	1:21:36
5	512	G12 Piers Arnold	23:55	9	1:45:31
6	612	H12 Sam Kenmore	17:09	10	2:02:40
7	712	J12 Ben Spratling	25:17	9	2:27:57
8	812	K12 Luke Alden	16:45	10	2:44:42
9	912	M12 Sam Coyne	25:38	11	3:10:20
10	1012	P12 Mark Solway	19:29	14	3:29:49
11	1112	S12 George Gay	25:31	13	3:55:20
12	1212	T12 Marcus Sladden	16:38	12	4:11:58
<b>13</b>	<b>45</b>	<b>Shaftesbury Barnet Harriers "A"</b>	<b>4:12:53</b>		
1	145	A45 Jake Shelley	23:17	2	23:17
2	245	B45 Stuart Haw	16:18	7	0:39:35
3	345	C45 Tom Butler	24:51	8	1:04:26
4	445	D45 Ted Ntibazonkiza	16:27	9	1:20:53
5	545	G45 Kieran Clements	22:50	3	1:43:43
6	645	H45 Omar Parsons	16:44	3	2:00:27
7	745	J45 Richard Goodman	23:33	5	2:24:00
8	845	K45 Oliver Greenstein	17:49	6	2:41:49
9	945	M45 Sam Wiggins	27:23	9	3:09:12
10	1045	P45 James Trapmore	18:52	11	3:28:04

11	1145	S45 Mohamed Mohamed	26:59	12	3:55:03
12	1245	T45 Tony Jackson	17:50	13	4:12:53
<b>14</b>	<b>41</b>	<b>Reading AC</b>	<b>4:13:17</b>		
1	141	A41 Rory Domville	24:27	18	24:27
2	241	B41 Ryan Faulkner	17:01	23	0:41:28
3	341	C41 Alex Sutton	25:29	24	1:06:57
4	441	D41 Mark Booth	16:10	20	1:23:07
5	541	G41 Jonny Davies	24:02	14	1:47:09
6	641	H41 Matthew Rawlings	16:06	13	2:03:15
7	741	J41 Isaac Farnworth	25:12	11	2:28:27
8	841	K41 Peter Cook	16:09	9	2:44:36
9	941	M41 Edward Stockdale	26:24	13	3:11:00
10	1041	P41 Michael Lennon	17:26	13	3:28:26
11	1141	S41 Rob Tan	27:26	14	3:55:52
12	1241	T41 Arturo Martinez De Murguia	17:25	14	4:13:17
<b>15</b>	<b>23</b>	<b>Herne Hill Harriers "A"</b>	<b>4:15:34</b>		
1	123	A23 Andrew Warburton	25:34	32	25:34
2	223	B23 Mike Cummings	15:50	22	0:41:24
3	323	C23 Andrew Clarke	25:33	25	1:06:57
4	423	D23 Matthew Cartwright	17:31	24	1:24:28
5	523	G23 Lewis Laylee	25:44	24	1:50:12
6	623	H23 Angus Butler	16:07	21	2:06:19
7	723	J23 Jack Brotchie	26:07	21	2:32:26
8	823	K23 Peter Hart	16:45	18	2:49:11
9	923	M23 Andrew Grigg	26:37	19	3:15:48
10	1023	P23 Bryn Reynolds	16:48	17	3:32:36
11	1123	S23 Jeff Cunningham	25:52	16	3:58:28
12	1223	T23 Josh Pewter	17:06	15	4:15:34
<b>16</b>	<b>50</b>	<b>Southampton AC</b>	<b>4:15:41</b>		
1	150	A50 Alex Wall Clarke	25:26	28	25:26
2	250	B50 Jonathon Roberts	15:18	17	0:40:44
3	350	C50 Sam Costley	24:51	17	1:05:35
4	450	D50 Oliver Smith	16:53	19	1:22:28
5	550	G50 Matthew Bennett	25:32	16	1:48:00
6	650	H50 Matthieu Marshall	16:17	16	2:04:17
7	750	J50 Matt Ridsen	26:42	16	2:30:59
8	850	K50 Stephen Simpson	16:59	15	2:47:58
9	950	M50 Max Costley	25:30	15	3:13:28
10	1050	P50 Peter Costley	18:51	15	3:32:19
11	1150	S50 Riccardo Rubini	25:57	15	3:58:16
12	1250	T50 Peter Merritt	17:25	16	4:15:41
<b>17</b>	<b>56</b>	<b>Victoria Park H &amp; Tower H AC</b>	<b>4:16:32</b>		
1	156	A56 Paul Martelletti	23:27	5	23:27
2	256	B56 Gareth Evans	16:59	14	0:40:26
3	356	C56 John Payne	25:20	19	1:05:46
4	456	D56 Jonny Scott	16:20	17	1:22:06
5	556	G56 Carl Selya-Hammer	26:44	20	1:48:50
6	656	H56 David Jones	17:05	19	2:05:55
7	756	J56 Sam Priestley	26:49	23	2:32:44
8	856	K56 James Cordwell	16:53	20	2:49:37
9	956	M56 Steve Hobbs	25:55	18	3:15:32
10	1056	P56 Tony Macdowall	18:43	22	3:34:15
11	1156	S56 Aaron Mcgrady	25:38	18	3:59:53
12	1256	T56 Will Kirk	16:39	17	4:16:32
<b>18</b>	<b>42</b>	<b>Serpentine RC "A"</b>	<b>4:16:56</b>		
1	142	A42 Tony Payne	24:08	15	24:08
2	242	B42 Joost Vogel	16:52	20	0:41:00

3	342	C42 Benjamin Tolputt	25:44	22	1:06:44
4	442	D42 Simon Craddock	16:40	21	1:23:24
5	542	G42 Nicolas Besson	24:48	18	1:48:12
6	642	H42 Daniel De Palol	17:14	18	2:05:26
7	742	J42 Glenn Hughes	25:44	18	2:31:10
8	842	K42 Nicola Barberis Negra	17:13	17	2:48:23
9	942	M42 Hugh Torry	27:03	17	3:15:26
10	1042	P42 Michele Bottone	17:11	18	3:32:37
11	1142	S42 Kit Grierson	26:47	17	3:59:24
12	1242	T42 David P Evans	17:32	18	4:16:56
<b>19</b>	<b>57</b>	<b>Windsor S E &amp; Hounslow AC</b>	<b>4:18:14</b>		
1	157	A57 Adam Moore	24:13	16	24:13
2	257	B57 Daniel Brookling	16:01	11	0:40:14
3	357	C57 Mark Vardy	25:30	18	1:05:44
4	457	D57 Shaun Hudson	16:39	18	1:22:23
5	557	G57 James Tidd	26:11	19	1:48:34
6	657	H57 Alex Webb	17:55	22	2:06:29
7	757	J57 Simon Millett	25:07	19	2:31:36
8	857	K57 Joe Spicer	18:08	21	2:49:44
9	957	M57 Sebastien Pencole	27:05	22	3:16:49
10	1057	P57 Matthew Clutterbuck	16:22	19	3:33:11
11	1157	S57 Kieran Best	28:16	20	4:01:27
12	1257	T57 Ben Findlay	16:47	19	4:18:14
<b>20</b>	<b>09</b>	<b>Bracknell AC</b>	<b>4:18:42</b>		
1	109	A09 Shaun Wyllie	25:12	24	25:12
2	209	B09 Oli Lum	16:40	24	0:41:52
3	309	C09 Zak Seddon	23:16	14	1:05:08
4	409	D09 Maxwell Cooper	16:46	16	1:21:54
5	509	G09 Matthew Seddon	24:54	13	1:46:48
6	609	H09 James Daly	17:44	17	2:04:32
7	709	J09 Jamie Ashton	26:31	17	2:31:03
8	809	K09 Bruce Poll	18:25	19	2:49:28
9	909	M09 Benjamin Wills	26:45	20	3:16:13
10	1009	P09 Steven Payne	17:41	20	3:33:54
11	1109	S09 Adam Dart	27:49	21	4:01:43
12	1209	T09 Harry Digby	16:59	20	4:18:42
<b>21</b>	<b>26</b>	<b>Highgate Harriers "B"</b>	<b>4:19:32</b>		
1	126	A26 Darryl Davison	25:39	33	25:39
2	226	B26 Ben Noad	16:34	26	0:42:13
3	326	C26 Henry Murdoch	26:08	28	1:08:21
4	426	D26 Brahma Pochee	16:21	25	1:24:42
5	526	G26 William De Donker	26:18	26	1:51:00
6	626	H26 Dominic Smith	17:19	26	2:08:19
7	726	J26 Barnaby Walker	26:52	26	2:35:11
8	826	K26 Tom Crowley	17:07	25	2:52:18
9	926	M26 James Johnson	26:30	25	3:18:48
10	1026	P26 Russ Ashford	17:16	24	3:36:04
11	1126	S26 Andres Chau	26:53	23	4:02:57
12	1226	T26 Jonny Laybourn	16:35	21	4:19:32
<b>22</b>	<b>28</b>	<b>Hillingdon AC</b>	<b>4:19:51</b>		
1	128	A28 Abdishakur Nage Abdulle	23:18	3	23:18
2	228	B28 Philip Warburton	17:03	13	0:40:21
3	328	C28 Mohamed Mohamed	23:56	7	1:04:17
4	428	D28 Bradley Birch	16:49	11	1:21:06
5	528	G28 Fahad Abdi	27:57	21	1:49:03
6	628	H28 Charlie Edwards	17:42	23	2:06:45

7	728	J28 Abdirahman Hamud	27:50	24	2:34:35
8	828	K28 Dominic Speight	18:03	26	2:52:38
9	928	M28 Aramias Zeration	25:09	24	3:17:47
10	1028	P28 Mayank Mishra	18:06	23	3:35:53
11	1128	S28 James Laing	26:04	22	4:01:57
12	1228	T28 Martin Bateman	17:54	22	4:19:51
<b>23</b>	<b>52</b>	<b>Thames Valley Harriers "A"</b>	<b>4:19:54</b>		
1	152	A52 Antonio Silva	23:45	8	23:45
2	252	B52 Abdiqadir Mohamed	15:40	5	0:39:25
3	352	C52 James Ellis	25:09	9	1:04:34
4	452	D52 Naol Abagibe	16:43	12	1:21:17
5	552	G52 Petros Surafel	31:55	29	1:53:12
6	652	H52 Robert Vallance	17:35	30	2:10:47
7	752	J52 Conor Kissane-Wood	25:44	27	2:36:31
8	852	K52 Gordon Low	17:44	28	2:54:15
9	952	M52 Michael Cameron	26:16	29	3:20:31
10	1052	P52 Andrew Mitchell	17:11	27	3:37:42
11	1152	S52 Oliver Newton	25:21	25	4:03:03
12	1252	T52 Daniel Garcia-Rasines	16:51	23	4:19:54
<b>24</b>	<b>30</b>	<b>Kent AC "B"</b>	<b>4:20:16</b>		
1	130	A30 Niall Stewart	25:28	30	25:28
2	230	B30 Neil Phillips	17:52	36	0:43:20
3	330	C30 Tim Lawrence	26:40	34	1:10:00
4	430	D30 Ben Cook	16:50	32	1:26:50
5	530	G30 Alex Dudney	26:46	31	1:53:36
6	630	H30 Barnaby Day	17:00	28	2:10:36
7	730	J30 Calum Fraser	26:50	29	2:37:26
8	830	K30 Ian Ellwood	17:05	29	2:54:31
9	930	M30 Joe Hartley	25:49	28	3:20:20
10	1030	P30 Cameron Forrest	16:41	25	3:37:01
11	1130	S30 Jonathan Beatty	26:44	27	4:03:45
12	1230	T30 Jake English	16:31	24	4:20:16
<b>25</b>	<b>47</b>	<b>South London Harriers "A"</b>	<b>4:20:54</b>		
1	147	A47 Tom Higgs	25:23	27	25:23
2	247	B47 Gareth Parr	17:10	29	0:42:33
3	347	C47 Callum Wilson	26:12	29	1:08:45
4	447	D47 Mark Finbow	16:39	28	1:25:24
5	547	G47 Gary Laybourne	24:13	23	1:49:37
6	647	H47 Will Cullen	17:13	24	2:06:50
7	747	J47 James Lyne	25:37	22	2:32:27
8	847	K47 Simon Pontin	18:06	22	2:50:33
9	947	M47 Paul Prothero	25:59	21	3:16:32
10	1047	P47 Robert Knight	17:29	21	3:34:01
11	1147	S47 Andy Tindall	29:00	24	4:03:01
12	1247	T47 Joseph Lyne	17:53	25	4:20:54
<b>26</b>	<b>18</b>	<b>Guildford &amp; Godalming AC "A"</b>	<b>4:21:00</b>		
1	118	A18 John Sanderson	23:25	4	23:25
2	218	B18 George Dollner	15:34	2	0:38:59
3	318	C18 Simon Goldsworthy	24:21	3	1:03:20
4	418	D18 Colin High	15:59	1	1:19:19
5	518	G18 Tom Foster	25:13	5	1:44:32
6	618	H18 Ben Friend	18:27	12	2:02:59
7	718	J18 Sam Begg	26:29	15	2:29:28
8	818	K18 Robert Marcus	18:53	16	2:48:21
9	918	M18 Matthew Mcdaniel	25:22	16	3:13:43
10	1018	P18 Ben Gilmore	18:51	16	3:32:34
11	1118	S18 Terry Booth	28:36	19	4:01:10

12	1218	T18	Marc Woodall	19:50	26	4:21:00
<b>27</b>	<b>17</b>	<b>Ealing Southall &amp; Middlesex AC</b>		<b>4:21:40</b>		
1	117	A17	Mohamed Hashi	24:27	19	24:27
2	217	B17	Mukhtar Farah	18:02	28	0:42:29
3	317	C17	Anthony Haynes	24:23	23	1:06:52
4	417	D17	Reece Asik	17:51	26	1:24:43
5	517	G17	Oliver Way	25:37	25	1:50:20
6	617	H17	Akira Anzai-Jackson	17:55	25	2:08:15
7	717	J17	Ben Waterman	26:26	25	2:34:41
8	817	K17	Mark Kencroft	18:19	27	2:53:00
9	917	M17	Chris Hepworth	25:49	26	3:18:49
10	1017	P17	Robert Brown	19:05	28	3:37:54
11	1117	S17	Jamie Taylor-Caldwell	25:56	28	4:03:50
12	1217	T17	Nick Steel	17:50	27	4:21:40
<b>28</b>	<b>58</b>	<b>Woodford Green w Essex L</b>		<b>4:23:01</b>		
1	158	A58	Ed Shepherd	23:46	9	23:46
2	258	B58	Joshua Entwhistle	16:34	12	0:40:20
3	358	C58	Darren Southcott	25:55	20	1:06:15
4	458	D58	Peter Caton	18:08	23	1:24:23
5	558	G58	Ahmed Abdulle	24:42	22	1:49:05
6	658	H58	Simon Beedell	16:56	20	2:06:01
7	758	J58	Tom Phillips	26:22	20	2:32:23
8	858	K58	Julian Russell	18:50	23	2:51:13
9	958	M58	Tom Beedell	25:44	23	3:16:57
10	1058	P58	Robbie Cox	20:29	26	3:37:26
11	1158	S58	Daniel Steel	25:58	26	4:03:24
12	1258	T58	Tony Pamphilon	19:37	28	4:23:01
<b>29</b>	<b>37</b>	<b>Medway &amp; Maidstone AC</b>		<b>4:26:02</b>		
1	137	A37	Tewelde Menges	24:06	13	24:06
2	237	B37	Marley Godden	17:02	21	0:41:08
3	337	C37	Ben Tyler	25:32	21	1:06:40
4	437	D37	Sean Rodwell	19:11	30	1:25:51
5	537	G37	Lee Mcmeekin	27:29	30	1:53:20
6	637	H37	Alun Rodgers	19:10	32	2:12:30
7	737	J37	Noel Sutton	26:15	30	2:38:45
8	837	K37	Gareth Williams	18:29	32	2:57:14
9	937	M37	Richard Tomlinson	26:52	32	3:24:06
10	1037	P37	Andrejs Safars	18:03	31	3:42:09
11	1137	S37	Jack Crossley	26:31	30	4:08:40
12	1237	T37	Chris Rampling	17:22	29	4:26:02
<b>30</b>	<b>33</b>	<b>London Heathside AC "A"</b>		<b>4:28:19</b>		
1	133	A33	Matthew Rallison	25:31	31	25:31
2	233	B33	Laurie Swan	18:16	38	0:43:47
3	333	C33	Sion Lewis	27:46	38	1:11:33
4	433	D33	Jake Spencer	18:13	38	1:29:46
5	533	G33	Kimon Doulis	26:38	36	1:56:24
6	633	H33	Andy Barnes	17:18	36	2:13:42
7	733	J33	Charles Hardy	25:37	31	2:39:19
8	833	K33	Peter Gould	17:50	31	2:57:09
9	933	M33	Thomas Clark	26:06	31	3:23:15
10	1033	P33	Thomas Foy	18:19	30	3:41:34
11	1133	S33	Alex Sweet	28:42	31	4:10:16
12	1233	T33	Daniel Johns	18:03	31	4:28:19
<b>31</b>	<b>14</b>	<b>Colchester Harriers</b>		<b>4:29:34</b>		
1	114	A14	Edward Mitchell	25:02	23	25:02
2	214	B14	Paul Rodgers	17:42	32	0:42:44

3	314	C14 Adrian Mussett	25:15	27	1:07:59
4	414	D14 Douglas Mcgillivray	17:12	27	1:25:11
5	514	G14 Nathan Filer	26:52	27	1:52:03
6	614	H14 Colin Ridley	18:17	27	2:10:20
7	714	J14 Dean Williamson	26:38	28	2:36:58
8	814	K14 Tom Cresswell	17:55	30	2:54:53
9	914	M14 Christopher Sellens	28:07	30	3:23:00
10	1014	P14 Jonathan Nears	19:20	32	3:42:20
11	1114	S14 James Wright	28:33	32	4:10:53
12	1214	T14 Cameron Humphries	18:41	32	4:29:34
<b>32</b>	<b>51</b>	<b>St Albans Striders</b>	<b>4:32:11</b>		
1	151	A51 Paul Adams	25:46	36	25:46
2	251	B51 George Withers	16:49	30	0:42:35
3	351	C51 Steve Buckle	26:41	32	1:09:16
4	451	D51 Jed Lumb	20:16	35	1:29:32
5	551	G51 James McMurray	24:08	32	1:53:40
6	651	H51 Joseph Dunn	17:52	31	2:11:32
7	751	J51 Douglas Hobson	28:47	33	2:40:19
8	851	K51 Ming Wang-Koh	19:24	34	2:59:43
9	951	M51 Stephen Hosty	28:02	34	3:27:45
10	1051	P51 Nigel Aston	19:31	34	3:47:16
11	1151	S51 Jonathan Scott	27:02	34	4:14:18
12	1251	T51 Rowan Daly	17:53	33	4:32:11
<b>33</b>	<b>55</b>	<b>Tonbridge AC "B"</b>	<b>4:33:45</b>		
1	155	A55 Daniel Bradley	26:27	40	26:27
2	255	B55 Jamie Brown	17:15	37	0:43:42
3	355	C55 Dane Poore	25:50	33	1:09:32
4	455	D55 Sam Crick	16:46	31	1:26:18
5	555	G55 Harry Lawson	27:39	33	1:53:57
6	655	H55 Joe Watts	18:47	33	2:12:44
7	755	J55 Jack Keywood	28:23	35	2:41:07
8	855	K55 Donald Carter	16:55	33	2:58:02
9	955	M55 Greg Cole	27:06	33	3:25:08
10	1055	P55 Mark Pitcairn-Knowles	20:01	33	3:45:09
11	1155	S55 Jordan Saul	29:38	36	4:14:47
12	1255	T55 Tom Cox	18:58	34	4:33:45
<b>34</b>	<b>31</b>	<b>Kent AC "C"</b>	<b>4:34:21</b>		
1	131	A31 Rowan Crichton	26:35	41	26:35
2	231	B31 Dan Ansell	18:10	41	0:44:45
3	331	C31 Tom Thain	27:48	40	1:12:33
4	431	D31 Michael Eagling	17:02	36	1:29:35
5	531	G31 Benedict Holmes	27:37	37	1:57:12
6	631	H31 Daniel Pettitt	17:34	37	2:14:46
7	731	J31 Ben McGeown	28:53	37	2:43:39
8	831	K31 Roger Beardsworth	18:44	37	3:02:23
9	931	M31 Richard Giles	27:48	36	3:30:11
10	1031	P31 Matthew Harper	17:23	36	3:47:34
11	1131	S31 Will Pitt	27:06	35	4:14:40
12	1231	T31 Matthew Moroney	19:41	35	4:34:21
<b>35</b>	<b>04</b>	<b>Barnet &amp; District AC</b>	<b>4:37:58</b>		
1	104	A04 Niall Fleming	25:18	26	25:18
2	204	B04 Daniel Nichols	17:28	33	0:42:46
3	304	C04 Benjamin Boxer	27:46	37	1:10:32
4	404	D04 Robert Scott	19:32	39	1:30:04
5	504	G04 Rajesh Patel	27:47	38	1:57:51
6	604	H04 Mark Cottle	17:20	38	2:15:11
7	704	J04 John Kourpas	35:34	44	2:50:45

8	804	K04 Alejandro Sanchez	20:17	43	3:11:02
9	904	M04 Ben Nagy	24:31	40	3:35:33
10	1004	P04 Chris Price	17:15	37	3:52:48
11	1104	S04 Will Morris	27:10	37	4:19:58
12	1204	T04 Adrian Mason	18:00	36	4:37:58
<b>36</b>	<b>01</b>	<b>Abingdon AC</b>	<b>4:41:41</b>		
1	101	A01 James Clayton	28:13	50	28:13
2	201	B01 Aric Klukowski	17:47	45	0:46:00
3	301	C01 Harrison Read	26:55	41	1:12:55
4	401	D01 James Willard	18:47	41	1:31:42
5	501	G01 Cameron Weir	29:29	40	2:01:11
6	601	H01 Les Newell	16:59	40	2:18:10
7	701	J01 Phil Egerton	27:49	39	2:45:59
8	801	K01 Andrew Caruana	19:53	40	3:05:52
9	901	M01 Paul Hughes	29:06	38	3:34:58
10	1001	P01 David Bedlington	21:41	40	3:56:39
11	1101	S01 Owen Stepney	26:47	40	4:23:26
12	1201	T01 Peter Akrill	18:15	37	4:41:41
<b>37</b>	<b>32</b>	<b>Leighton Buzzard AC</b>	<b>4:41:49</b>		
1	132	A32 Billy Mead	27:07	45	27:07
2	232	B32 Adam Haylock	19:08	46	0:46:15
3	332	C32 Thomas Inchley	29:28	47	1:15:43
4	432	D32 Sam Dear	18:23	45	1:34:06
5	532	G32 William Eastman	29:41	46	2:03:47
6	632	H32 Benjamin Corfield	17:58	44	2:21:45
7	732	J32 Robert Elmore	26:40	41	2:48:25
8	832	K32 Matthew Brooks	20:21	41	3:08:46
9	932	M32 Peter Mackrell	26:39	39	3:35:25
10	1032	P32 Timothy Inchley	19:26	39	3:54:51
11	1132	S32 Ian Grimshaw	27:15	38	4:22:06
12	1232	T32 Warren Rose	19:43	38	4:41:49
<b>38</b>	<b>40</b>	<b>North Herts RRC</b>	<b>4:44:08</b>		
1	140	A40 Tom Webb	25:26	29	25:26
2	240	B40 Stewart Overton	17:17	31	0:42:43
3	340	C40 Jim McConnel	26:20	31	1:09:03
4	440	D40 Steve Mckeown	18:41	34	1:27:44
5	540	G40 John Rayner	27:44	35	1:55:28
6	640	H40 Edward Price	17:51	35	2:13:19
7	740	J40 Mark Vaughan	27:48	36	2:41:07
8	840	K40 James Walsh	19:06	35	3:00:13
9	940	M40 Richard Harbon	33:08	37	3:33:21
10	1040	P40 John Auld	19:43	38	3:53:04
11	1140	S40 Peter Clarke	30:13	39	4:23:17
12	1240	T40 Ian Datlen	20:51	39	4:44:08
<b>39</b>	<b>15</b>	<b>Datchet Dashers</b>	<b>4:49:08</b>		
1	115	A15 James Samson	25:44	35	25:44
2	215	B15 Sebastian Burley	18:31	39	0:44:15
3	315	C15 Robert Baylis	27:21	39	1:11:36
4	415	D15 Mark Thorne	18:37	40	1:30:13
5	515	G15 Mark Ferguson	27:46	39	1:57:59
6	615	H15 Steven Ilott	19:10	39	2:17:09
7	715	J15 Ian Gutteridge	28:03	38	2:45:12
8	815	K15 Neil Potter	18:22	38	3:03:34
9	915	M15 Christopher Hunt	37:57	43	3:41:31
10	1015	P15 Christopher Fox	18:46	42	4:00:17
11	1115	S15 Sean Paynter	29:31	42	4:29:48

12	1215	T15 Satnam Singh	19:20	40	4:49:08
<b>40</b>	<b>20</b>	<b>Harrow AC</b>	<b>4:50:50</b>		
1	120	A20 Jim Cooper	27:17	46	27:17
2	220	B20 Jason Kabel	21:27	50	0:48:44
3	320	C20 Kevin Fini	28:03	49	1:16:47
4	420	D20 Noor Mohamoud	18:32	48	1:35:19
5	520	G20 David Branfoot	27:44	44	2:03:03
6	620	H20 Peter Norris	18:35	43	2:21:38
7	720	J20 Chris Jones	28:32	43	2:50:10
8	820	K20 Mike Lepps	20:57	44	3:11:07
9	920	M20 Jack Rowlands	32:52	45	3:43:59
10	1020	P20 Nick Andrews	18:43	43	4:02:42
11	1120	S20 Damian Nevins	26:07	41	4:28:49
12	1220	T20 Kevin Concannon	22:01	41	4:50:50
<b>41</b>	<b>16</b>	<b>Ealing Eagles Running Club</b>	<b>4:51:38</b>		
1	116	A16 John Foxall	28:02	48	28:02
2	216	B16 Nils-Kristian Liborg	18:33	49	0:46:35
3	316	C16 Jose Manuel Pabon	28:24	46	1:14:59
4	416	D16 Kieran Santry	19:14	46	1:34:13
5	516	G16 Brian Stakelum	29:51	47	2:04:04
6	616	H16 Campbell Easton	18:47	46	2:22:51
7	716	J16 Laurence Elliott	28:14	45	2:51:05
8	816	K16 Christopher Jones	19:22	42	3:10:27
9	916	M16 Tom Irving	29:54	42	3:40:21
10	1016	P16 Tim Ward	19:47	41	4:00:08
11	1116	S16 Oliver Gildea	30:31	44	4:30:39
12	1216	T16 Simon Moore	20:59	42	4:51:38
<b>42</b>	<b>27</b>	<b>Highgate Harriers "C"</b>	<b>4:55:50</b>		
1	127	A27 Alex Davidson	28:06	49	28:06
2	227	B27 Michael Dan	18:13	47	0:46:19
3	327	C27 Jack Matthewman	28:20	44	1:14:39
4	427	D27 Richard Stewart	21:02	49	1:35:41
5	527	G27 Dave Gilbert	30:12	48	2:05:53
6	627	H27 Damien Bidaud	19:37	48	2:25:30
7	727	J27 Alex Holley	27:49	47	2:53:19
8	827	K27 Oliver Kean	18:48	45	3:12:07
9	927	M27 Hanry Heathwick-Lammers	29:40	44	3:41:47
10	1027	P27 James Rossiter	21:19	44	4:03:06
11	1127	S27 Tom Crowley	26:58	43	4:30:04
12	1227	T27 Nick Gold	25:46	43	4:55:50
<b>43</b>	<b>24</b>	<b>Herne Hill Harriers "B"</b>	<b>5:14:50</b>		
1	124	A24 Simon Thompson	27:03	44	27:03
2	224	B24 Keith Newton	18:37	44	0:45:40
3	324	C24 Eric Dol	29:09	45	1:14:49
4	424	D24 Chris De Mauny	18:12	44	1:33:01
5	524	G24 Matthew Munro	28:21	41	2:01:22
6	624	H24 Gary Ironmonger	18:49	42	2:20:11
7	724	J24 Jonathan Ratcliffe	28:23	42	2:48:34
8	824	K24 Ian Strong	29:02	47	3:17:36
9	924	M24 Deron Fagan	44:57	47	4:02:33
10	1024	P24 Valdis Pauzers	22:15	46	4:24:48
11	1124	S24 Jonathan Key	29:16	46	4:54:04
12	1224	T24 Robert Nagorski	20:46	44	5:14:50
		<b>Disqualified team</b>			
<b>22</b>		<b>Hercules Wimbledon AC "B"</b>	<b>4:27:50</b>		
1	122	A22 David Lewin	26:24	39	26:24
2	222	B22 Ross Franks	15:44	25	0:42:08



3	322	C22 Joe Toomey	26:46	30	1:08:54
4	422	D22 Zachary Purnell	16:43	29	1:25:37
5	522	G22 Justin Reid	26:50	28	1:52:27
6	622	H22 Henry Silverstein	18:16	29	2:10:43
7	722	J22 Tom Miller	28:56	32	2:39:39
8	822	K22 Liam White	12:14	24	2:51:53 dq
9	922	M22 George Longworth	27:23	27	3:19:16
10	1022	P22 Joseph Clark	19:11	29	3:38:27
11	1122	S22 Rob Tuer	28:26	29	4:06:53
12	1222	T22 Sean Crummy	20:57	30	4:27:50

**Incomplete teams**

**03 Aldershot Farnham & District "B"\***

1	103	A03 Richard Lovejoy	26:02	38	26:02
2	203	B03 Jack Pearson	17:15	35	0:43:17
3	303	C03 Michael Boucher	27:08	36	1:10:25
4	403	D03 Daniel Black	19:18	37	1:29:43

**06 Bedford & County AC "B"**

1	106	A06 Peter Benedickter	26:01	37	26:01
2	206	B06 Chris Thornley	17:13	34	0:43:14
3	306	C06 Stephen Headley	26:54	35	1:10:08
4	406	D06 Matt Nicholson	16:47	33	1:26:55
5	506	G06 Chris Riley	28:23	34	1:55:18
6	606	H06 Richard Laursen	17:28	34	2:12:46
7	706	J06 Steven Herring	27:52	34	2:40:38
8	806	K06 Massi Dendani	20:24	36	3:01:02
9	906	M06 Ewan Wilson	29:08	35	3:30:10
10	1006	P06 Michael Harrison	17:21	35	3:47:31
11	1106	S06 Craig Emmerson	25:57	33	4:13:28

**11 Cambridge & Coleridge AC "B"\***

1	111	A11 Paul Veitch	27:30	47	27:30
2	211	B11 Chris Molloy	17:21	42	0:44:51
3	311	C11 Daniel Hurst	29:20	43	1:14:11
4	411	D11 Michael Buchallet	18:49	43	1:33:00
5	511	G11 Christopher Pell	29:21	43	2:02:21
6	611	H11 Alex Lione	16:46	41	2:19:07
7	711	J11 John Basllington	27:23	40	2:46:30
8	811	K11 Curtis Wood	19:04	39	3:05:34
9	911	M11 Sandy Rogers	30:04	41	3:35:38

**34 London Heathside AC "B"**

1	134	A34 Gavin Evans	30:12	52	30:12
2	234	B34 Kris Milovsorov	19:27	52	0:49:39
3	334	C34 Liam Hazelton	30:04	50	1:19:43
4	434	D34 Tom Bedwell	18:28	50	1:38:11
5	534	G34 Ben Lewis	30:45	49	2:08:56
6	634	H34 Adam Mitchell	22:37	49	2:31:33
7	734	J34 Joseph Clemoes	28:51	49	3:00:24

**36 Marshall Milton Keynes AC "B"\***

1	136	A36 Jonathan Peters	26:44	42	26:44
2	236	B36 Stephen Ratcliffe	17:59	40	0:44:43
3	336	C36 Herbie Hopkins	28:41	42	1:13:24
4	436	D36 Mark Dowson	19:05	42	1:32:29
5	536	G36 Andrew Kirschner	29:23	42	2:01:52
6	636	H36 Steven Martin	20:42	45	2:22:34
7	736	J36 Ben Nutt	33:14	48	2:55:48

**43 Serpentine RC "B"**

1	143	A43 Tim Powell	27:03	43	27:03
2	243	B43 Marcin Kacperczyk	18:35	43	0:45:38

3	343	C43 Lee-marvin Tolentino	30:34	48	1:16:12
4	443	D43 Ben Stanton	19:01	47	1:35:13
5	543	G43 Simon Morris	28:31	45	2:03:44
6	643	H43 Alex Malzer	20:16	47	2:24:00
7	743	J43 Henry Kemp	29:01	46	2:53:01
8	843	K43 Abu Asad	22:41	46	3:15:42
9	943	M43 Luke Parker	31:03	46	3:46:45
10	1043	P43 Peter Mackintosh	24:17	45	4:11:02
11	1143	S43 Tom Poynton	32:41	45	4:43:43

**46 Shaftesbury Barnet Harriers "B"\***

1	146	A46 Rory Muir	25:16	25	25:16
2	246	B46 David Greenstein	21:12	48	0:46:28

**48 South London Harriers "B"\***

1	148	A48 Ian Kitching	31:51	53	31:51
2	248	B48 Michael Chappell	23:07	53	0:54:58
3	348	C48 George Tovey	31:42	51	1:26:40

**53 Thames Valley Harriers "B"\***

1	153	A53 Stephen Norris	28:42	51	28:42
2	253	B53 Richard Hooley	20:32	51	0:49:14

**SEAA Men's 12-stage  
Road Relay Championships****Milton Keynes  
24 March 2019****Long: 7664m****Fastest times**

Pos'n	Name	Team	Time	
1	J07 Nick Goolab	Belgrave Harriers	22:19	7
2	G05 Matt Bergin	Bedford & County AC "A"	22:48	5
3	G45 Kieran Clements	Shaftesbury Barnet Harriers "A"	22:50	5
4	G25 Roger Poolman	Highgate Harriers "A"	23:01	5
5	S02 Joe Morwood	Aldershot Farnham & District "A"	23:12	11
6	A08 Will Fuller	Blackheath & Bromley Harriers	23:15	1
7	C09 Zak Seddon	Bracknell AC	23:16	3
8	A45 Jake Shelley	Shaftesbury Barnet Harriers "A"	23:17	1
9	J29 Owen Hind	Kent AC "A"	23:18	7
10	A28 Abdishakur Nage Abdulle	Hillingdon AC	23:18	1
11	M02 Jonny Hay	Aldershot Farnham & District "A"	23:20	9
12	A18 John Sanderson	Guildford & Godalming AC "A"	23:25	1
13	a56 Paul Martelletti	Victoria Park H & Tower H AC	23:27	1
14	a05 Ben Davies	Bedford & County AC "A"	23:30	1
15	J45 Richard Goodman	Shaftesbury Barnet Harriers "A"	23:33	7
16	a38 Josh Trigwell	Newham & Essex Beagles AC "A"	23:38	1
17	a52 Antonio Silva	Thames Valley Harriers "A"	23:45	1
18	C07 Ben MacCronan	Belgrave Harriers	23:46	3
19	a58 Ed Shepherd	Woodford Green w Essex L	23:46	1
20	C05 Matt Bray	Bedford & County AC "A"	23:46	3
21	C02 Harvey Dixon	Aldershot Farnham & District "A"	23:49	3
22	S54 Ben Cole	Tonbridge AC "A"	23:50	11
23	J05 Ben Alcock	Bedford & County AC "A"	23:50	7
24	a21 Andrew Penney	Hercules Wimbledon AC "A"	23:51	1
25	a54 Ryan Driscoll	Tonbridge AC "A"	23:52	1
26	G12 Piers Arnold	City of Norwich AC "A"	23:55	5
27	C28 Mohamed Mohamed	Hillingdon AC	23:56	3
28	J25 Chris Rainsford	Highgate Harriers "A"	23:57	7
29	J02 Ellis Cross	Aldershot Farnham & District "A"	23:57	7
30	M05 John Eves	Bedford & County AC "A"	24:00	9
31	S29 John Gilbert	Kent AC "A"	24:00	11
32	a29 Chris Busaileh	Kent AC "A"	24:00	1
33	C12 Logan Smith	City of Norwich AC "A"	24:01	3
34	G41 Jonny Davies	Reading AC	24:02	5
35	a37 Tewelde Menges	Medway & Maidstone AC	24:06	1
36	a25 Robel Bahelbi	Highgate Harriers "A"	24:07	1
37	G51 James McMurray	St Albans Striders	24:08	5
38	a42 Tony Payne	Serpentine RC "A"	24:08	1
39	M29 Christopher Greenwood	Kent AC "A"	24:12	9
40	S05 Josh Lunn	Bedford & County AC "A"	24:13	11
41	G47 Gary Laybourne	South London Harriers "A"	24:13	5
42	a57 Adam Moore	Windsor S E & Hounslow AC	24:13	1
43	C29 Jim Allchin	Kent AC "A"	24:14	3
44	M54 Alex Howard	Tonbridge AC "A"	24:15	9
45	M38 Eoin Pierce	Newham & Essex Beagles AC "A"	24:18	9
46	G02 Luke Prior	Aldershot Farnham & District "A"	24:19	5
47	G07 Paskar Owor	Belgrave Harriers	24:20	5
48	C18 Simon Goldsworthy	Guildford & Godalming AC "A"	24:21	3
49	G29 David Morgan	Kent AC "A"	24:21	5
50	C25 Alex Crossland	Highgate Harriers "A"	24:22	3
51	S25 Alex Lepretre	Highgate Harriers "A"	24:22	11
52	C17 Anthony Haynes	Ealing Southall & Middlesex AC	24:23	3

53	J54 Corey De'Ath	Tonbridge AC "A"	24:23	7
54	M25 Rob Wilson	Highgate Harriers "A"	24:25	9
55	a35 Daniel Woodgate	Marshall Milton Keynes AC "A"	24:25	1
56	C21 Belal Ahmed	Hercules Wimbledon AC "A"	24:25	3
57	a41 Rory Domville	Reading AC	24:27	1
58	a17 Mohamed Hashi	Ealing Southall & Middlesex AC	24:27	1
59	M21 Johnny Cornish	Hercules Wimbledon AC "A"	24:30	9
60	M04 Ben Nagy	Barnet & District AC	24:31	9
61	C08 Joshua Schofield	Blackheath & Bromley Harriers	24:32	3
62	a07 Andrew Fyfe	Belgrave Harriers	24:34	1
63	G10 Jonathan Escalante-Phillips	Cambridge & Coleridge AC "A"	24:40	5
64	G58 Ahmed Abdulle	Woodford Green w Essex L	24:42	5
65	J10 Chris Darling	Cambridge & Coleridge AC "A"	24:43	7
66	a12 Ash Harrell	City of Norwich AC "A"	24:44	1
67	G42 Nicolas Besson	Serpentine RC "A"	24:48	5
68	M08 Ross Braden	Blackheath & Bromley Harriers	24:48	9
69	S08 Charlie Davis	Blackheath & Bromley Harriers	24:49	11
70	C50 Sam Costley	Southampton AC	24:51	3
71	C45 Tom Butler	Shaftesbury Barnet Harriers "A"	24:51	3
72	G09 Matthew Seddon	Bracknell AC	24:54	5
73	a02 Philip Sewell	Aldershot Farnham & District "A"	24:56	1
74	C10 Joe Turner	Cambridge & Coleridge AC "A"	24:56	3
75	J38 Olivier Heaslip	Newham & Essex Beagles AC "A"	25:01	7
76	C35 Thomas Comerford	Marshall Milton Keynes AC "A"	25:01	3
77	S21 Tom Jervis	Hercules Wimbledon AC "A"	25:02	11
78	a14 Edward Mitchell	Colchester Harriers	25:02	1
79	G21 Fred Slemeck	Hercules Wimbledon AC "A"	25:04	5
80	G54 Cameron Payas	Tonbridge AC "A"	25:04	5
81	S07 Andrius Jaksevicius	Belgrave Harriers	25:06	11
82	G35 Paul Mizon	Marshall Milton Keynes AC "A"	25:06	5
83	J57 Simon Millett	Windsor S E & Hounslow AC	25:07	7
84	M07 Nick Buckle	Belgrave Harriers	25:08	9
85	M10 Michael Gilbert	Cambridge & Coleridge AC "A"	25:08	9
86	M28 Aramias Zeration	Hillingdon AC	25:09	9
87	C52 James Ellis	Thames Valley Harriers "A"	25:09	3
88	S10 James Reed	Cambridge & Coleridge AC "A"	25:11	11
89	a09 Shaun Wyllie	Bracknell AC	25:12	1
90	J41 Isaac Farnworth	Reading AC	25:12	7
91	C54 Jamie Bryant	Tonbridge AC "A"	25:13	3
92	G18 Tom Foster	Guildford & Godalming AC "A"	25:13	5
93	G08 Alex Bruce-Littlewood	Blackheath & Bromley Harriers	25:14	5
94	C14 Adrian Mussett	Colchester Harriers	25:15	3
95	a46 Rory Muir	Shaftesbury Barnet Harriers "B"*	25:16	1
96	J12 Ben Spratling	City of Norwich AC "A"	25:17	7
97	a04 Niall Fleming	Barnet & District AC	25:18	1
98	C56 John Payne	Victoria Park H & Tower H AC	25:20	3
99	S52 Oliver Newton	Thames Valley Harriers "A"	25:21	11
100	J21 Finn Johnson	Hercules Wimbledon AC "A"	25:21	7
101	M18 Matthew Mcdaniel	Guildford & Godalming AC "A"	25:22	9
102	a47 Tom Higgs	South London Harriers "A"	25:23	1
103	M35 Elliot Hind	Marshall Milton Keynes AC "A"	25:24	9
104	a50 Alex Wall Clarke	Southampton AC	25:26	1
105	a40 Tom Webb	North Herts RRC	25:26	1
106	a30 Niall Stewart	Kent AC "B"	25:28	1
107	C41 Alex Sutton	Reading AC	25:29	3
108	C57 Mark Vardy	Windsor S E & Hounslow AC	25:30	3

109	M50 Max Costley	Southampton AC	25:30	9
110	a33 Matthew Rallison	London Heathside AC "A"	25:31	1
111	S12 George Gay	City of Norwich AC "A"	25:31	11
112	G50 Matthew Bennett	Southampton AC	25:32	5
113	C37 Ben Tyler	Medway & Maidstone AC	25:32	3
114	S35 Jamie Seddon	Marshall Milton Keynes AC "A"	25:32	11
115	C23 Andrew Clarke	Herne Hill Harriers "A"	25:33	3
116	a23 Andrew Warburton	Herne Hill Harriers "A"	25:34	1
117	J33 Charles Hardy	London Heathside AC "A"	25:37	7
118	G17 Oliver Way	Ealing Southall & Middlesex AC	25:37	5
119	J47 James Lyne	South London Harriers "A"	25:37	7
120	M12 Sam Coyne	City of Norwich AC "A"	25:38	9
121	S56 Aaron Mcgrady	Victoria Park H & Tower H AC	25:38	11
122	a26 Darryl Davison	Highgate Harriers "B"	25:39	1
123	J35 Graham Jones	Marshall Milton Keynes AC "A"	25:41	7
124	a10 Lloyd Kempson	Cambridge & Coleridge AC "A"	25:43	1
125	M58 Tom Beedell	Woodford Green w Essex L	25:44	9
126	G23 Lewis Laylee	Herne Hill Harriers "A"	25:44	5
127	J42 Glenn Hughes	Serpentine RC "A"	25:44	7
128	J52 Conor Kissane-Wood	Thames Valley Harriers "A"	25:44	7
129	a15 James Samson	Datchet Dashers	25:44	1
130	C42 Benjamin Tolputt	Serpentine RC "A"	25:44	3
131	a51 Paul Adams	St Albans Striders	25:46	1
132	C38 Jad El-Houssami	Newham & Essex Beagles AC "A"	25:48	3
133	M17 Chris Hepworth	Ealing Southall & Middlesex AC	25:49	9
134	M30 Joe Hartley	Kent AC "B"	25:49	9
135	C55 Dane Poore	Tonbridge AC "B"	25:50	3
136	S23 Jeff Cunningham	Herne Hill Harriers "A"	25:52	11
137	C58 Darren Southcott	Woodford Green w Essex L	25:55	3
138	M56 Steve Hobbs	Victoria Park H & Tower H AC	25:55	9
139	S17 Jamie Taylor-Caldwell	Ealing Southall & Middlesex AC	25:56	11
140	S50 Riccardo Rubini	Southampton AC	25:57	11
141	S06 Craig Emmerson	Bedford & County AC "B"	25:57	11
142	S58 Daniel Steel	Woodford Green w Essex L	25:58	11
143	M47 Paul Prothero	South London Harriers "A"	25:59	9
144	G38 John Gordon	Newham & Essex Beagles AC "A"	26:00	5
145	a06 Peter Benedickter	Bedford & County AC "B"	26:01	1
146	a03 Richard Lovejoy	Aldershot Farnham & District "B"*	26:02	1
147	S28 James Laing	Hillingdon AC	26:04	11
148	M33 Thomas Clark	London Heathside AC "A"	26:06	9
149	S20 Damian Nevins	Harrow AC	26:07	11
150	J23 Jack Brotchie	Herne Hill Harriers "A"	26:07	7
151	C26 Henry Murdoch	Highgate Harriers "B"	26:08	3
152	J08 Alex Gibbins	Blackheath & Bromley Harriers	26:11	7
153	G57 James Tidd	Windsor S E & Hounslow AC	26:11	5
154	C47 Callum Wilson	South London Harriers "A"	26:12	3
155	S38 Luke Conway	Newham & Essex Beagles AC "A"	26:13	11
156	J37 Noel Sutton	Medway & Maidstone AC	26:15	7
157	M52 Michael Cameron	Thames Valley Harriers "A"	26:16	9
158	G26 William De Donker	Highgate Harriers "B"	26:18	5
159	C40 Jim McConnel	North Herts RRC	26:20	3
160	J58 Tom Phillips	Woodford Green w Essex L	26:22	7
161	a22 David Lewin	Hercules Wimbledon AC "B"	26:24	1
162	M41 Edward Stockdale	Reading AC	26:24	9
163	J17 Ben Waterman	Ealing Southall & Middlesex AC	26:26	7
164	a55 Daniel Bradley	Tonbridge AC "B"	26:27	1
165	J18 Sam Begg	Guildford & Godalming AC "A"	26:29	7

166	M26 James Johnson	Highgate Harriers "B"	26:30	9
167	J09 Jamie Ashton	Bracknell AC	26:31	7
168	S37 Jack Crossley	Medway & Maidstone AC	26:31	11
169	a31 Rowan Crichton	Kent AC "C"	26:35	1
170	M23 Andrew Grigg	Herne Hill Harriers "A"	26:37	9
171	G33 Kimon Doulis	London Heathside AC "A"	26:38	5
172	J14 Dean Williamson	Colchester Harriers	26:38	7
173	M32 Peter Mackrell	Leighton Buzzard AC	26:39	9
174	J32 Robert Elmore	Leighton Buzzard AC	26:40	7
175	C30 Tim Lawrence	Kent AC "B"	26:40	3
176	C51 Steve Buckle	St Albans Striders	26:41	3
177	J50 Matt Risdén	Southampton AC	26:42	7
178	G56 Carl Selya-Hammer	Victoria Park H & Tower H AC	26:44	5
179	S30 Jonathan Beatty	Kent AC "B"	26:44	11
180	a36 Jonathan Peters	Marshall Milton Keynes AC "B"*	26:44	1
181	M09 Benjamin Wills	Bracknell AC	26:45	9
182	G30 Alex Dudney	Kent AC "B"	26:46	5
183	C22 Joe Toomey	Hercules Wimbledon AC "B"	26:46	3
184	S01 Owen Stepney	Abingdon AC	26:47	11
185	S42 Kit Grierson	Serpentine RC "A"	26:47	11
186	J56 Sam Priestley	Victoria Park H & Tower H AC	26:49	7
187	J30 Calum Fraser	Kent AC "B"	26:50	7
188	G22 Justin Reid	Hercules Wimbledon AC "B"	26:50	5
189	G14 Nathan Filer	Colchester Harriers	26:52	5
190	J26 Barnaby Walker	Highgate Harriers "B"	26:52	7
191	M37 Richard Tomlinson	Medway & Maidstone AC	26:52	9
192	S26 Andres Chau	Highgate Harriers "B"	26:53	11
193	C06 Stephen Headley	Bedford & County AC "B"	26:54	3
194	C01 Harrison Read	Abingdon AC	26:55	3
195	S27 Tom Crowley	Highgate Harriers "C"	26:58	11
196	S45 Mohamed Mohamed	Shaftesbury Barnet Harriers "A"	26:59	11
197	S51 Jonathan Scott	St Albans Striders	27:02	11
198	a43 Tim Powell	Serpentine RC "B"	27:03	1
199	a24 Simon Thompson	Herne Hill Harriers "B"	27:03	1
200	M42 Hugh Torry	Serpentine RC "A"	27:03	9
201	M57 Sebastien Pencole	Windsor S E & Hounslow AC	27:05	9
202	M55 Greg Cole	Tonbridge AC "B"	27:06	9
203	S31 Will Pitt	Kent AC "C"	27:06	11
204	a32 Billy Mead	Leighton Buzzard AC	27:07	1
205	C03 Michael Boucher	Aldershot Farnham & District "B"*	27:08	3
206	S04 Will Morris	Barnet & District AC	27:10	11
207	S32 Ian Grimshaw	Leighton Buzzard AC	27:15	11
208	a20 Jim Cooper	Harrow AC	27:17	1
209	C15 Robert Baylis	Datchet Dashers	27:21	3
210	J11 John Basllington	Cambridge & Coleridge AC "B"*	27:23	7
211	M45 Sam Wiggins	Shaftesbury Barnet Harriers "A"	27:23	9
212	M22 George Longworth	Hercules Wimbledon AC "B"	27:23	9
213	S41 Rob Tan	Reading AC	27:26	11
214	G37 Lee Mcmeekin	Medway & Maidstone AC	27:29	5
215	a11 Paul Veitch	Cambridge & Coleridge AC "B"*	27:30	1
216	G31 Benedict Holmes	Kent AC "C"	27:37	5
217	G55 Harry Lawson	Tonbridge AC "B"	27:39	5
218	G20 David Branfoot	Harrow AC	27:44	5
219	G40 John Rayner	North Herts RRC	27:44	5
220	C33 Sion Lewis	London Heathside AC "A"	27:46	3
221	C04 Benjamin Boxer	Barnet & District AC	27:46	3

222	G15 Mark Ferguson	Datchet Dashers	27:46	5
223	G04 Rajesh Patel	Barnet & District AC	27:47	5
224	C31 Tom Thain	Kent AC "C"	27:48	3
225	J40 Mark Vaughan	North Herts RRC	27:48	7
226	M31 Richard Giles	Kent AC "C"	27:48	9
227	J01 Phil Egerton	Abingdon AC	27:49	7
228	J27 Alex Holley	Highgate Harriers "C"	27:49	7
229	S09 Adam Dart	Bracknell AC	27:49	11
230	J28 Abdirahman Hamud	Hillingdon AC	27:50	7
231	J06 Steven Herring	Bedford & County AC "B"	27:52	7
232	G28 Fahad Abdi	Hillingdon AC	27:57	5
233	M51 Stephen Hosty	St Albans Striders	28:02	9
234	a16 John Foxall	Ealing Eagles Running Club	28:02	1
235	C20 Kevin Fini	Harrow AC	28:03	3
236	J15 Ian Gutteridge	Datchet Dashers	28:03	7
237	a27 Alex Davidson	Highgate Harriers "C"	28:06	1
238	M14 Christopher Sellens	Colchester Harriers	28:07	9
239	a01 James Clayton	Abingdon AC	28:13	1
240	J16 Laurence Elliott	Ealing Eagles Running Club	28:14	7
241	S57 Kieran Best	Windsor S E & Hounslow AC	28:16	11
242	C27 Jack Matthewman	Highgate Harriers "C"	28:20	3
243	G24 Matthew Munro	Herne Hill Harriers "B"	28:21	5
244	J24 Jonathan Ratcliffe	Herne Hill Harriers "B"	28:23	7
245	G06 Chris Riley	Bedford & County AC "B"	28:23	5
246	J55 Jack Keywood	Tonbridge AC "B"	28:23	7
247	C16 Jose Manuel Pabon	Ealing Eagles Running Club	28:24	3
248	S22 Rob Tuer	Hercules Wimbledon AC "B"	28:26	11
249	G43 Simon Morris	Serpentine RC "B"	28:31	5
250	J20 Chris Jones	Harrow AC	28:32	7
251	S14 James Wright	Colchester Harriers	28:33	11
252	S18 Terry Booth	Guildford & Godalming AC "A"	28:36	11
253	C36 Herbie Hopkins	Marshall Milton Keynes AC "B"*	28:41	3
254	a53 Stephen Norris	Thames Valley Harriers "B"*	28:42	1
255	S33 Alex Sweet	London Heathside AC "A"	28:42	11
256	J51 Douglas Hobson	St Albans Striders	28:47	7
257	J34 Joseph Clemoes	London Heathside AC "B"	28:51	7
258	J31 Ben McGeown	Kent AC "C"	28:53	7
259	J22 Tom Miller	Hercules Wimbledon AC "B"	28:56	7
260	S47 Andy Tindall	South London Harriers "A"	29:00	11
261	J43 Henry Kemp	Serpentine RC "B"	29:01	7
262	M01 Paul Hughes	Abingdon AC	29:06	9
263	M06 Ewan Wilson	Bedford & County AC "B"	29:08	9
264	C24 Eric Dol	Herne Hill Harriers "B"	29:09	3
265	S24 Jonathan Key	Herne Hill Harriers "B"	29:16	11
266	C11 Daniel Hurst	Cambridge & Coleridge AC "B"*	29:20	3
267	G11 Christopher Pell	Cambridge & Coleridge AC "B"*	29:21	5
268	G36 Andrew Kirschner	Marshall Milton Keynes AC "B"*	29:23	5
269	C32 Thomas Inchley	Leighton Buzzard AC	29:28	3
270	G01 Cameron Weir	Abingdon AC	29:29	5
271	S15 Sean Paynter	Datchet Dashers	29:31	11
272	S55 Jordan Saul	Tonbridge AC "B"	29:38	11
273	M27 Harry Heathwick-Lammers	Highgate Harriers "C"	29:40	9
274	G32 William Eastman	Leighton Buzzard AC	29:41	5
275	G16 Brian Stakelum	Ealing Eagles Running Club	29:51	5
276	M16 Tom Irving	Ealing Eagles Running Club	29:54	9
277	C34 Liam Hazelton	London Heathside AC "B"	30:04	3
278	M11 Sandy Rogers	Cambridge & Coleridge AC "B"*	30:04	9

279	G27 Dave Gilbert	Highgate Harriers "C"	30:12	5
280	a34 Gavin Evans	London Heathside AC "B"	30:12	1
281	S40 Peter Clarke	North Herts RRC	30:13	11
282	S16 Oliver Gildea	Ealing Eagles Running Club	30:31	11
283	C43 Lee-marvin Tolentino	Serpentine RC "B"	30:34	3
284	G34 Ben Lewis	London Heathside AC "B"	30:45	5
285	M43 Luke Parker	Serpentine RC "B"	31:03	9
286	C48 George Tovey	South London Harriers "B"*	31:42	3
287	a48 Ian Kitching	South London Harriers "B"*	31:51	1
288	G52 Petros Surafel	Thames Valley Harriers "A"	31:55	5
289	S43 Tom Poynton	Serpentine RC "B"	32:41	11
290	M20 Jack Rowlands	Harrow AC	32:52	9
291	M40 Richard Harbon	North Herts RRC	33:08	9
292	J36 Ben Nutt	Marshall Milton Keynes AC "B"*	33:14	7
293	J04 John Kourpas	Barnet & District AC	35:34	7
294	M15 Christopher Hunt	Datchet Dashers	37:57	9
295	M24 Deron Fagan	Herne Hill Harriers "B"	44:57	9



**SEAA Men's 12-stage  
Road Relay Championships**

**Milton Keynes  
24 March 2019**

**Short: 5053m**

**Fastest times**

Pos'n	No.	Name	Team	Time	
1	T02	Ricky Harvie	Aldershot Farnham & District "A"	15:07	12
2	B50	Jonathon Roberts	Southampton AC	15:18	2
3	K25	Peter Chambers	Highgate Harriers "A"	15:20	8
4	K02	Callum Charleston	Aldershot Farnham & District "A"	15:22	8
5	P38	Christian Van Eitzen	Newham & Essex Beagles AC "A"	15:23	10
6	B25	Niki Faulkner	Highgate Harriers "A"	15:24	2
7	H02	Max Heyden	Aldershot Farnham & District "A"	15:28	6
8	B08	Lewis Mills	Blackheath & Bromley Harriers	15:31	2
9	D25	Charlie Haywood	Highgate Harriers "A"	15:31	4
10	P07	Phil Wicks	Belgrave Harriers	15:33	10
11	B18	George Dollner	Guildford & Godalming AC "A"	15:34	2
12	H05	Jack Goodwin	Bedford & County AC "A"	15:35	6
13	T21	Charlie Estaugh	Hercules Wimbledon AC "A"	15:38	12
14	P02	Sam Eglan	Aldershot Farnham & District "A"	15:39	10
15	P21	Howell Craske	Hercules Wimbledon AC "A"	15:39	10
16	B52	Abdiqadir Mohamed	Thames Valley Harriers "A"	15:40	2
17	K38	James Mccarthy	Newham & Essex Beagles AC "A"	15:40	8
18	H10	Jordan Wood	Cambridge & Coleridge AC "A"	15:42	6
19	B38	Dale King Clutterbuck	Newham & Essex Beagles AC "A"	15:43	2
20	T54	Sean Molloy	Tonbridge AC "A"	15:44	12
21	B22	Ross Franks	Hercules Wimbledon AC "B"	15:44	2
22	T10	Oliver Newman	Cambridge & Coleridge AC "A"	15:45	12
23	B29	James Bowler	Kent AC "A"	15:45	2
24	K29	Jonathan Tipper	Kent AC "A"	15:46	8
25	H54	Robbie Farnham-Rose	Tonbridge AC "A"	15:48	6
26	B21	Elliot Palmer	Hercules Wimbledon AC "A"	15:48	2
27	B23	Mike Cummings	Herne Hill Harriers "A"	15:50	2
28	B05	Richard Henderson	Bedford & County AC "A"	15:50	2
29	B02	Matthew Merrick	Aldershot Farnham & District "A"	15:51	2
30	P25	Sean Renfer	Highgate Harriers "A"	15:53	10
31	T25	Fergal Smithwick	Highgate Harriers "A"	15:55	12
32	B12	Tom Greenacre	City of Norwich AC "A"	15:56	2
33	B54	Stuart Brown	Tonbridge AC "A"	15:56	2
34	P29	Sean Fitzpatrick	Kent AC "A"	15:56	10
35	D35	James Tuttle	Marshall Milton Keynes AC "A"	15:57	4
36	D07	Steve Gardner	Belgrave Harriers	15:57	4
37	P54	Ben Murphy	Tonbridge AC "A"	15:57	10
38	D21	Dimosthenis Evangelis	Hercules Wimbledon AC "A"	15:58	4
39	D18	Colin High	Guildford & Godalming AC "A"	15:59	4
40	T29	Jordan Weaver	Kent AC "A"	15:59	12
41	H21	Ross Murray	Hercules Wimbledon AC "A"	16:00	6
42	K07	Bradley Courtney-Pin	Belgrave Harriers	16:01	8
43	K21	Jonny Earl	Hercules Wimbledon AC "A"	16:01	8
44	B57	Daniel Brookling	Windsor S E & Hounslow AC	16:01	2
45	D29	Anthony Johnson	Kent AC "A"	16:01	4
46	H25	Morgan Mitchell	Highgate Harriers "A"	16:02	6
47	D54	Michael Ellis	Tonbridge AC "A"	16:05	4
48	D02	Shaun Smith	Aldershot Farnham & District "A"	16:06	4
49	H41	Matthew Rawlings	Reading AC	16:06	6
50	H29	Peter Lighting	Kent AC "A"	16:07	6
51	B35	Samuel Winters	Marshall Milton Keynes AC "A"	16:07	2
52	H23	Angus Butler	Herne Hill Harriers "A"	16:07	6

53	P05 Michael Channing	Bedford & County AC "A"	16:07	10
54	D10 Oliver Park	Cambridge & Coleridge AC "A"	16:09	4
55	K41 Peter Cook	Reading AC	16:09	8
56	D41 Mark Booth	Reading AC	16:10	4
57	H08 William Ruiz	Blackheath & Bromley Harriers	16:13	6
58	K05 Jonathan Janes	Bedford & County AC "A"	16:15	8
59	D05 Alfie Yabsley	Bedford & County AC "A"	16:15	4
60	B07 Konstantinos Touse	Belgrave Harriers	16:15	2
61	H50 Matthieu Marshall	Southampton AC	16:17	6
62	B45 Stuart Haw	Shaftesbury Barnet Harriers "A"	16:18	2
63	D56 Jonny Scott	Victoria Park H & Tower H AC	16:20	4
64	D26 Brahma Pochee	Highgate Harriers "B"	16:21	4
65	H35 Thomas Cuthbertson	Marshall Milton Keynes AC "A"	16:22	6
66	P57 Matthew Clutterbuck	Windsor S E & Hounslow AC	16:22	10
67	H07 Arne Dumez	Belgrave Harriers	16:24	6
68	T38 Daniel Mees	Newham & Essex Beagles AC "A"	16:24	12
69	T07 Alex Miller	Belgrave Harriers	16:25	12
70	P10 Cameron Ackroyd	Cambridge & Coleridge AC "A"	16:26	10
71	D45 Ted Ntibazonkiza	Shaftesbury Barnet Harriers "A"	16:27	4
72	H38 Nick Armstrong	Newham & Essex Beagles AC "A"	16:27	6
73	D38 Victor Nutakor	Newham & Essex Beagles AC "A"	16:30	4
74	K54 Bede Pitcairn-Knowle	Tonbridge AC "A"	16:30	8
75	T08 Callum Myatt	Blackheath & Bromley Harriers	16:31	12
76	T30 Jake English	Kent AC "B"	16:31	12
77	P35 Ian Wood	Marshall Milton Keynes AC "A"	16:33	10
78	B58 Joshua Entwistle	Woodford Green w Essex L	16:34	2
79	B26 Ben Noad	Highgate Harriers "B"	16:34	2
80	T26 Jonny Laybourn	Highgate Harriers "B"	16:35	12
81	T12 Marcus Sladden	City of Norwich AC "A"	16:38	12
82	D57 Shaun Hudson	Windsor S E & Hounslow AC	16:39	4
83	D47 Mark Finbow	South London Harriers "A"	16:39	4
84	T56 Will Kirk	Victoria Park H & Tower H AC	16:39	12
85	D42 Simon Craddock	Serpentine RC "A"	16:40	4
86	B09 Oli Lum	Bracknell AC	16:40	2
87	P30 Cameron Forrest	Kent AC "B"	16:41	10
88	B10 Richard Park	Cambridge & Coleridge AC "A"	16:42	2
89	D52 Naol Abagibe	Thames Valley Harriers "A"	16:43	4
90	D22 Zachary Purnell	Hercules Wimbledon AC "B"	16:43	4
91	H45 Omar Parsons	Shaftesbury Barnet Harriers "A"	16:44	6
92	K10 Max Williams	Cambridge & Coleridge AC "A"	16:44	8
93	K23 Peter Hart	Herne Hill Harriers "A"	16:45	8
94	K12 Luke Alden	City of Norwich AC "A"	16:45	8
95	D09 Maxwell Cooper	Bracknell AC	16:46	4
96	D55 Sam Crick	Tonbridge AC "B"	16:46	4
97	H11 Alex Lione	Cambridge & Coleridge AC "B"*	16:46	6
98	D06 Matt Nicholson	Bedford & County AC "B"	16:47	4
99	T57 Ben Findlay	Windsor S E & Hounslow AC	16:47	12
100	P23 Bryn Reynolds	Herne Hill Harriers "A"	16:48	10
101	D28 Bradley Birch	Hillingdon AC	16:49	4
102	B51 George Withers	St Albans Striders	16:49	2
103	D30 Ben Cook	Kent AC "B"	16:50	4
104	T52 Daniel Garcia-Rasines	Thames Valley Harriers "A"	16:51	12
105	B42 Joost Vogel	Serpentine RC "A"	16:52	2
106	K56 James Cordwell	Victoria Park H & Tower H AC	16:53	8
107	D50 Oliver Smith	Southampton AC	16:53	4
108	K55 Donald Carter	Tonbridge AC "B"	16:55	8

109	D12 Sam Todd	City of Norwich AC "A"	16:55	4
110	T35 Ross Threlfall	Marshall Milton Keynes AC "A"	16:55	12
111	H58 Simon Beedell	Woodford Green w Essex L	16:56	6
112	T05 Joe Strange	Bedford & County AC "A"	16:57	12
113	T09 Harry Digby	Bracknell AC	16:59	12
114	B56 Gareth Evans	Victoria Park H & Tower H AC	16:59	2
115	K50 Stephen Simpson	Southampton AC	16:59	8
116	H01 Les Newell	Abingdon AC	16:59	6
117	H30 Barnaby Day	Kent AC "B"	17:00	6
118	B41 Ryan Faulkner	Reading AC	17:01	2
119	K08 Danny Brewer	Blackheath & Bromley Harriers	17:01	8
120	D31 Michael Eagling	Kent AC "C"	17:02	4
121	B37 Marley Godden	Medway & Maidstone AC	17:02	2
122	B28 Philip Warburton	Hillingdon AC	17:03	2
123	H56 David Jones	Victoria Park H & Tower H AC	17:05	6
124	K30 Ian Ellwood	Kent AC "B"	17:05	8
125	T23 Josh Pewter	Herne Hill Harriers "A"	17:06	12
126	K26 Tom Crowley	Highgate Harriers "B"	17:07	8
127	H12 Sam Kenmore	City of Norwich AC "A"	17:09	6
128	B47 Gareth Parr	South London Harriers "A"	17:10	2
129	P42 Michele Bottone	Serpentine RC "A"	17:11	10
130	P52 Andrew Mitchell	Thames Valley Harriers "A"	17:11	10
131	D14 Douglas Mcgillivray	Colchester Harriers	17:12	4
132	B06 Chris Thornley	Bedford & County AC "B"	17:13	2
133	H47 Will Cullen	South London Harriers "A"	17:13	6
134	K42 Nicola Barberis Negra	Serpentine RC "A"	17:13	8
135	H42 Daniel De Palol	Serpentine RC "A"	17:14	6
136	P04 Chris Price	Barnet & District AC	17:15	10
137	B03 Jack Pearson	Aldershot Farnham & District "B"*	17:15	2
138	B55 Jamie Brown	Tonbridge AC "B"	17:15	2
139	P26 Russ Ashford	Highgate Harriers "B"	17:16	10
140	B40 Stewart Overton	North Herts RRC	17:17	2
141	H33 Andy Barnes	London Heathside AC "A"	17:18	6
142	H26 Dominic Smith	Highgate Harriers "B"	17:19	6
143	H04 Mark Cottle	Barnet & District AC	17:20	6
144	P06 Michael Harrison	Bedford & County AC "B"	17:21	10
145	B11 Chris Molloy	Cambridge & Coleridge AC "B"*	17:21	2
146	D08 Marco Acuri	Blackheath & Bromley Harriers	17:21	4
147	T37 Chris Rampling	Medway & Maidstone AC	17:22	12
148	P31 Matthew Harper	Kent AC "C"	17:23	10
149	T41 Arturo Martinez De M	Reading AC	17:25	12
150	T50 Peter Merritt	Southampton AC	17:25	12
151	P41 Michael Lennon	Reading AC	17:26	10
152	B04 Daniel Nichols	Barnet & District AC	17:28	2
153	H06 Richard Laursen	Bedford & County AC "B"	17:28	6
154	P47 Robert Knight	South London Harriers "A"	17:29	10
155	D23 Matthew Cartwright	Herne Hill Harriers "A"	17:31	4
156	T42 David P Evans	Serpentine RC "A"	17:32	12
157	H31 Daniel Pettitt	Kent AC "C"	17:34	6
158	H52 Robert Vallance	Thames Valley Harriers "A"	17:35	6
159	K35 Jeremy Vick	Marshall Milton Keynes AC "A"	17:38	8
160	P09 Steven Payne	Bracknell AC	17:41	10
161	H28 Charlie Edwards	Hillingdon AC	17:42	6
162	B14 Paul Rodgers	Colchester Harriers	17:42	2
163	K52 Gordon Low	Thames Valley Harriers "A"	17:44	8
164	H09 James Daly	Bracknell AC	17:44	6
165	P08 Chris Tuck	Blackheath & Bromley Harriers	17:45	10

166	B01 Aric Klukowski	Abingdon AC	17:47	2
167	K45 Oliver Greenstein	Shaftesbury Barnet Harriers "A"	17:49	8
168	T45 Tony Jackson	Shaftesbury Barnet Harriers "A"	17:50	12
169	T17 Nick Steel	Ealing Southall & Middlesex AC	17:50	12
170	K33 Peter Gould	London Heathside AC "A"	17:50	8
171	H40 Edward Price	North Herts RRC	17:51	6
172	D17 Reece Asik	Ealing Southall & Middlesex AC	17:51	4
173	B30 Neil Phillips	Kent AC "B"	17:52	2
174	H51 Joseph Dunn	St Albans Striders	17:52	6
175	T51 Rowan Daly	St Albans Striders	17:53	12
176	T47 Joseph Lyne	South London Harriers "A"	17:53	12
177	T28 Martin Bateman	Hillingdon AC	17:54	12
178	H17 Akira Anzai-Jackson	Ealing Southall & Middlesex AC	17:55	6
179	K14 Tom Cresswell	Colchester Harriers	17:55	8
180	H57 Alex Webb	Windsor S E & Hounslow AC	17:55	6
181	H32 Benjamin Corfield	Leighton Buzzard AC	17:58	6
182	B36 Stephen Ratcliffe	Marshall Milton Keynes AC "B"*	17:59	2
183	T04 Adrian Mason	Barnet & District AC	18:00	12
184	B17 Mukhtar Farah	Ealing Southall & Middlesex AC	18:02	2
185	P37 Andrejs Safars	Medway & Maidstone AC	18:03	10
186	T33 Daniel Johns	London Heathside AC "A"	18:03	12
187	K28 Dominic Speight	Hillingdon AC	18:03	8
188	K47 Simon Pontin	South London Harriers "A"	18:06	8
189	P28 Mayank Mishra	Hillingdon AC	18:06	10
190	K57 Joe Spicer	Windsor S E & Hounslow AC	18:08	8
191	D58 Peter Caton	Woodford Green w Essex L	18:08	4
192	B31 Dan Ansell	Kent AC "C"	18:10	2
193	D24 Chris De Mauny	Herne Hill Harriers "B"	18:12	4
194	B27 Michael Dan	Highgate Harriers "C"	18:13	2
195	D33 Jake Spencer	London Heathside AC "A"	18:13	4
196	T01 Peter Akrill	Abingdon AC	18:15	12
197	H22 Henry Silverstein	Hercules Wimbledon AC "B"	18:16	6
198	B33 Laurie Swan	London Heathside AC "A"	18:16	2
199	H14 Colin Ridley	Colchester Harriers	18:17	6
200	K17 Mark Kencroft	Ealing Southall & Middlesex AC	18:19	8
201	P33 Thomas Foy	London Heathside AC "A"	18:19	10
202	K15 Neil Potter	Datchet Dashers	18:22	8
203	D32 Sam Dear	Leighton Buzzard AC	18:23	4
204	K09 Bruce Poll	Bracknell AC	18:25	8
205	H18 Ben Friend	Guildford & Godalming AC "A"	18:27	6
206	D34 Tom Bedwell	London Heathside AC "B"	18:28	4
207	K37 Gareth Williams	Medway & Maidstone AC	18:29	8
208	B15 Sebastian Burley	Datchet Dashers	18:31	2
209	D20 Noor Mohamoud	Harrow AC	18:32	4
210	B16 Nils-Kristian Liborg	Ealing Eagles Running Club	18:33	2
211	B43 Marcin Kacperczyk	Serpentine RC "B"	18:35	2
212	H20 Peter Norris	Harrow AC	18:35	6
213	B24 Keith Newton	Herne Hill Harriers "B"	18:37	2
214	D15 Mark Thorne	Datchet Dashers	18:37	4
215	D40 Steve Mckeown	North Herts RRC	18:41	4
216	T14 Cameron Humphries	Colchester Harriers	18:41	12
217	P56 Tony Macdowall	Victoria Park H & Tower H AC	18:43	10
218	P20 Nick Andrews	Harrow AC	18:43	10
219	K31 Roger Beardsworth	Kent AC "C"	18:44	8
220	P15 Christopher Fox	Datchet Dashers	18:46	10
221	H55 Joe Watts	Tonbridge AC "B"	18:47	6

222	D01 James Willard	Abingdon AC	18:47	4
223	H16 Campbell Easton	Ealing Eagles Running Club	18:47	6
224	K27 Oliver Kean	Highgate Harriers "C"	18:48	8
225	D11 Michael Buchallet	Cambridge & Coleridge AC "B"*	18:49	4
226	H24 Gary Ironmonger	Herne Hill Harriers "B"	18:49	6
227	K58 Julian Russell	Woodford Green w Essex L	18:50	8
228	P50 Peter Costley	Southampton AC	18:51	10
229	P18 Ben Gilmore	Guildford & Godalming AC "A"	18:51	10
230	P45 James Trapmore	Shaftesbury Barnet Harriers "A"	18:52	10
231	K18 Robert Marcus	Guildford & Godalming AC "A"	18:53	8
232	T55 Tom Cox	Tonbridge AC "B"	18:58	12
233	D43 Ben Stanton	Serpentine RC "B"	19:01	4
234	K11 Curtis Wood	Cambridge & Coleridge AC "B"*	19:04	8
235	D36 Mark Dowson	Marshall Milton Keynes AC "B"*	19:05	4
236	P17 Robert Brown	Ealing Southall & Middlesex AC	19:05	10
237	K40 James Walsh	North Herts RRC	19:06	8
238	B32 Adam Haylock	Leighton Buzzard AC	19:08	2
239	H15 Steven Ilott	Datchet Dashers	19:10	6
240	H37 Alun Rodgers	Medway & Maidstone AC	19:10	6
241	P22 Joseph Clark	Hercules Wimbledon AC "B"	19:11	10
242	D37 Sean Rodwell	Medway & Maidstone AC	19:11	4
243	D16 Kieran Santry	Ealing Eagles Running Club	19:14	4
244	D03 Daniel Black	Aldershot Farnham & District "B"*	19:18	4
245	P14 Jonathan Nears	Colchester Harriers	19:20	10
246	T15 Satnam Singh	Datchet Dashers	19:20	12
247	K16 Christopher Jones	Ealing Eagles Running Club	19:22	8
248	K51 Ming Wang-Koh	St Albans Striders	19:24	8
249	P32 Timothy Inchley	Leighton Buzzard AC	19:26	10
250	B34 Kris Milovsorov	London Heathside AC "B"	19:27	2
251	P12 Mark Solway	City of Norwich AC "A"	19:29	10
252	P51 Nigel Aston	St Albans Striders	19:31	10
253	D04 Robert Scott	Barnet & District AC	19:32	4
254	T58 Tony Pamphilon	Woodford Green w Essex L	19:37	12
255	H27 Damien Bidaud	Highgate Harriers "C"	19:37	6
256	T31 Matthew Moroney	Kent AC "C"	19:41	12
257	T32 Warren Rose	Leighton Buzzard AC	19:43	12
258	P40 John Auld	North Herts RRC	19:43	10
259	P16 Tim Ward	Ealing Eagles Running Club	19:47	10
260	T18 Marc Woodall	Guildford & Godalming AC "A"	19:50	12
261	K01 Andrew Caruana	Abingdon AC	19:53	8
262	P55 Mark Pitcairn-Knowle	Tonbridge AC "B"	20:01	10
263	H43 Alex Malzer	Serpentine RC "B"	20:16	6
264	D51 Jed Lumb	St Albans Striders	20:16	4
265	K04 Alejandro Sanchez	Barnet & District AC	20:17	8
266	K32 Matthew Brooks	Leighton Buzzard AC	20:21	8
267	K06 Massi Dendani	Bedford & County AC "B"	20:24	8
268	P58 Robbie Cox	Woodford Green w Essex L	20:29	10
269	B53 Richard Hooley	Thames Valley Harriers "B"*	20:32	2
270	H36 Steven Martin	Marshall Milton Keynes AC "B"*	20:42	6
271	T24 Robert Nagorski	Herne Hill Harriers "B"	20:46	12
272	T40 Ian Datlen	North Herts RRC	20:51	12
273	K20 Mike Lepps	Harrow AC	20:57	8
274	T22 Sean Crummy	Hercules Wimbledon AC "B"	20:57	12
275	T16 Simon Moore	Ealing Eagles Running Club	20:59	12
276	D27 Richard Stewart	Highgate Harriers "C"	21:02	4
277	B46 David Greenstein	Shaftesbury Barnet Harriers "B"*	21:12	2
278	P27 James Rossiter	Highgate Harriers "C"	21:19	10

279	B20 Jason Kabel	Harrow AC	21:27	2
280	P01 David Bedlington	Abingdon AC	21:41	10
281	T20 Kevin Concannon	Harrow AC	22:01	12
282	P24 Valdis Pauzers	Herne Hill Harriers "B"	22:15	10
283	H34 Adam Mitchell	London Heathside AC "B"	22:37	6
284	K43 Abu Asad	Serpentine RC "B"	22:41	8
285	B48 Michael Chappell	South London Harriers "B"*	23:07	2
286	P43 Peter Mackintosh	Serpentine RC "B"	24:17	10
287	T27 Nick Gold	Highgate Harriers "C"	25:46	12
288	K24 Ian Strong	Herne Hill Harriers "B"	29:02	8