

# English National Road Relay Championships

## at Sutton Park, Birmingham on Saturday 13th April 2013

### - SEAA Men Stage 1 — Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Danny Russell	Highgate H	26:17	14	Robert Thompson	Hillingdon	28:27
2	Mohamud Aadan	Thames Val	26:27	15	Sam Ashcroft	Ealing S&M	28:37
3	Alexander Dunbar	C.Norwich	26:43	16	Alex Robinson	Hercules W	28:41
4	Andrew Rayner	Blackheath	26:47	17	Alex Wall-Clarke	Southamptn	28:54
5	Nicholas Torry	Serpentine A	27:05	18	Thomas Stevens	Datchet Da	29:04
6	Matthew Graham	Belgrave H	27:14	19	Andrew Inskip	Bedford&D B	29:14
7	Luke Humphreys	Bedford&D A	27:30	20	James Chettle	Cambridge	29:38
8	Edward Shepherd	Woodford G A	27:36	21	Thomas Plibersek	Woodford G B	29:53
9	C Busaileh	Heme Hill	27:42	22	Naill Sheehan	Newham&E B	30:24
10	Glen Watts	Shaftesbur	27:44	23	Richard Edmonds	Serpentine B	30:46
11	Kevin Rojas	Brighton&H	27:48	24	Robert Wakefield	Aldershot B	33:14
12	Kieran Reilly	Tonbridge	28:13				
13	Jason Prickett	Aldershot A	28:25				

### - SEAA Men Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	James Poole	Blackheath	14:22	41:09	+ 3	20	Kevin Murphy	Woodford G B	16:05	45:58	+ 1
2	Robel Bahelbi	Highgate H	15:09	41:26	- 1	21	David Lee	Datchet Da	17:13	46:17	- 3
3	Tom Hook	C.Norwich	15:03	41:46	0	22	Matthew Applegate	Cambridge	17:39	47:17	- 2
4	Matthew Bergin	Bedford&D A	14:22	41:52	+ 3	23	John Nugus	Serpentine B	17:19	48:05	0
5	Andrew Connick	Belgrave H	14:53	42:07	+ 1	24	Robert Hislop	Aldershot B	16:53	50:07	0
6	Daniel Bruynuoghe	Woodford G A	15:23	42:59	+ 2	<b>Fastest runners over stage 2:</b>					
7	Anthony Whiteman	Shaftesbur	15:18	43:02	+ 3	1	Matthew Bergin	Bedford&D A	14:22		
8	Ali Yahye	Thames Val	16:38	43:05	- 6	2	James Poole	Blackheath	14:22		
9	Pau Herrero	Serpentine A	16:06	43:11	- 4	3	Andrew Connick	Belgrave H	14:53		
10	Ian Crowe-Wright	Brighton&H	15:31	43:19	+ 1	4	Tom Hook	C.Norwich	15:03		
11	Simon Coombes	Heme Hill	15:49	43:31	- 2	5	Andrew Penney	Hercules W	15:06		
12	Dominic Brown	Tonbridge	15:22	43:35	0	6	Robel Bahelbi	Highgate H	15:09		
13	Andrew Penney	Hercules W	15:06	43:47	+ 3	7	Steve Hepples	Newham&E B	15:11		
14	Joshua Arnold	Aldershot A	15:34	43:59	- 1	8	Anthony Whiteman	Shaftesbur	15:18		
15	Ben Waterman	Ealing S&M	16:01	44:38	0	9	Dominic Brown	Tonbridge	15:22		
16	Michael Harrison	Bedford&D B	15:36	44:50	+ 3	10	Daniel Bruynuoghe	Woodford G A	15:23		
17	Peter Merritt	Southamptn	16:18	45:12	0						
18	Daniel Thompson	Hillingdon	16:53	45:20	- 4						
19	Steve Hepples	Newham&E B	15:11	45:35	+ 3						

### - SEAA Men Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Benjamin Noad	Highgate H	27:01	1:08:27	+ 1	20	Alexander Miller	Datchet Da	28:50	1:15:07	+ 1
2	Daniel Mulhare	Belgrave H	26:44	1:08:51	+ 3	21	Louis Clark	Woodford G B	31:17	1:17:15	- 1
3	Steven Naylor	Bedford&D A	27:24	1:09:16	+ 1	22	Oliver Park	Cambridge	30:02	1:17:19	0
4	Matthew Gunby	Woodford G A	26:31	1:09:30	+ 2	23	N BarberisNegra	Serpentine B	30:27	1:18:32	0
5	Nicholas Earl	C.Norwich	28:09	1:09:55	- 2	24	Andrew Hislop	Aldershot B	35:35	1:25:42	0
6	Alex Gibbins	Blackheath	29:05	1:10:14	- 5	<b>Fastest runners over stage 3:</b>					
7	C Hartley	Thames Val	27:20	1:10:25	+ 1	1	Matthew Gunby	Woodford G A	26:31		
8	Steven Fennell	Tonbridge	27:25	1:11:00	+ 4	2	Daniel Mulhare	Belgrave H	26:44		
9	Steven Connor	Aldershot A	27:26	1:11:25	+ 5	3	Benjamin Noad	Highgate H	27:01		
10	Dave Morgan	Serpentine A	28:29	1:11:40	- 1	4	C Hartley	Thames Val	27:20		
11	Daniel Watts	Shaftesbur	28:41	1:11:43	- 4	5	Steven Naylor	Bedford&D A	27:24		
12	Ben Paviour	Heme Hill	28:42	1:12:13	- 1	6	Steven Fennell	Tonbridge	27:25		
13	Jake VanAllen	Brighton&H	29:39	1:12:58	- 3	7	Steven Connor	Aldershot A	27:26		
14	Frederick Slemeck	Hercules W	29:31	1:13:18	- 1	8	Nicholas Earl	C.Norwich	28:09		
15	Jacob Wiebel	Southamptn	28:30	1:13:42	+ 2	9	Dave Morgan	Serpentine A	28:29		
16	Oly Laws	Newham&E B	28:41	1:14:16	+ 3	10	Jacob Wiebel	Southamptn	28:30		
17	James Laing	Hillingdon	29:21	1:14:41	+ 1						
18	Richard Henderson	Bedford&D B	29:57	1:14:47	- 2						
19	Nicholas Landeau	Ealing S&M	30:11	1:14:49	- 4						

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## at Sutton Park, Birmingham on Saturday 13th April 2013

### - SEAA Men Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	Michael Dan	Highgate H	15:40	1:24:07	0	19	Matthew Nicholson	Bedford&D B	16:25	1:31:12	- 1
2	Benjamin Alcock	Bedford&D A	15:17	1:24:33	+ 1	20	Simon Wigzell	Datchet Da	17:14	1:32:21	0
3	Matt Taylor	Belgrave H	16:03	1:24:54	- 1	21	John Ferguson	Cambridge	17:07	1:34:26	+ 1
4	James Stockings	Woodford G A	15:51	1:25:21	0	22	Wilbraham Rob	Woodford G B	17:44	1:34:59	- 1
5	Mohamed Mohamed	Thames Val	15:07	1:25:32	+ 2	23	Andrew Taylor	Serpentine B	17:34	1:36:06	0
6	Wayne Lincoln	C.Norwich	16:07	1:26:02	- 1	<b>Fastest runners over stage 4:</b>					
7	Niall Fleming	Shaftesbur	14:59	1:26:42	+ 4	1	James Shane	Newham&E B	14:33		
8	Steve Cooper	Blackheath	16:52	1:27:06	- 2	2	Niall Fleming	Shaftesbur	14:59		
9	James Thompson	Tonbridge	16:08	1:27:08	- 1	3	Jorge RasoGea	Herne Hill	15:05		
10	Ben Bradley	Aldershot A	15:47	1:27:12	- 1	4	Mohamed Mohamed	Thames Val	15:07		
11	Jorge RasoGea	Herne Hill	15:05	1:27:18	+ 1	5	Benjamin Alcock	Bedford&D A	15:17		
12	Martin O'Connell	Serpentine A	16:58	1:28:38	- 2	6	Michael Dan	Highgate H	15:40		
13	James Shane	Newham&E B	14:33	1:28:49	+ 3	7	Ben Bradley	Aldershot A	15:47		
14	David Boyce	Brighton&H	16:41	1:29:39	- 1	8	James Stockings	Woodford G A	15:51		
15	Timothy Sherman	Southamptn	16:26	1:30:08	0	9	Matt Taylor	Belgrave H	16:03		
16	Belal Aly	Hercules W	17:05	1:30:23	- 2	10	Wayne Lincoln	C.Norwich	16:07		
17	Joseph Carton	Hillingdon	16:24	1:31:05	0						
18	Mohamed Hashi	Ealing S&M	16:21	1:31:10	+ 1						

### - SEAA Men Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	Paskar Owor	Belgrave H	27:16	1:52:10	+ 2	20	Jim McMahon	Bedford&D B	31:39	2:02:51	- 1
2	Ben Pochee	Highgate H	28:16	1:52:23	- 1	21	Timothy Ballard	Woodford G B	31:01	2:06:00	+ 1
3	Matthew Janes	Bedford&D A	27:59	1:52:32	- 1	22	Alex Eggeman	Cambridge	31:38	2:06:04	- 1
4	Chris Smith	Thames Val	27:17	1:52:49	+ 1	23	Jamie Hogg	Serpentine B	31:17	2:07:23	0
5	Matt Shone	Woodford G A	27:52	1:53:13	- 1	<b>Fastest runners over stage 5:</b>					
6	Michael Skinner	Blackheath	26:50	1:53:56	+ 2	1	Michael Skinner	Blackheath	26:50		
7	Stu Huntington	C.Norwich	27:59	1:54:01	- 1	2	Paskar Owor	Belgrave H	27:16		
8	Orlando Edwards	Shaftesbur	27:37	1:54:19	- 1	3	Chris Smith	Thames Val	27:17		
9	Luca Russo	Tonbridge	28:38	1:55:46	0	4	Howard Bristow	Brighton&H	27:35		
10	Mark Dooley	Herne Hill	28:37	1:55:55	+ 1	5	Orlando Edwards	Shaftesbur	27:37		
11	Tobias Smith	Aldershot A	28:45	1:55:57	- 1	6	Matt Shone	Woodford G A	27:52		
12	Howard Bristow	Brighton&H	27:35	1:57:14	+ 2	7	Stu Huntington	C.Norwich	27:59		
13	Hugh Torry	Serpentine A	28:46	1:57:24	- 1	8	Matthew Janes	Bedford&D A	27:59		
14	Matthew Bennett	Southamptn	28:06	1:58:14	+ 1	9	Matthew Bennett	Southamptn	28:06		
15	Wayne Bell	Newham&E B	30:25	1:59:14	- 2	10	Ben Pochee	Highgate H	28:16		
16	Martin Bateman	Hillingdon	29:21	2:00:26	+ 1						
17	C Hepworth	Ealing S&M	29:57	2:01:07	+ 1						
18	Sean Crummy	Hercules W	31:31	2:01:54	- 2						
19	Rob Foster	Datchet Da	29:45	2:02:06	+ 1						

### - SEAA Men Stage 6 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Time Gain						
1	Neilson Hall	Bedford&D A	14:34	2:07:06	+ 2	22	Richard Peel	Serpentine B	17:19	2:24:42	+ 1
2	Richard Ward	Belgrave H	16:06	2:08:16	- 1	23	Steve Lambert	Woodford G B	18:52	2:24:52	- 2
3	Jonathan Deane	Highgate H	16:07	2:08:30	- 1	<b>Fastest runners over stage 6:</b>					
4	Daniel Allport	Thames Val	16:15	2:09:04	0	1	Frank Baddick	Newham&E B	14:31		
5	Angus Holford	Woodford G A	16:00	2:09:13	0	2	Neilson Hall	Bedford&D A	14:34		
6	Oliver Maskell	C.Norwich	15:58	2:09:59	+ 1	3	C Joslin-Allen	Tonbridge	15:06		
7	G Vacharopoulos	Blackheath	16:29	2:10:25	- 1	4	James McCarthy	Brighton&H	15:44		
8	C Joslin-Allen	Tonbridge	15:06	2:10:52	+ 1	5	Oliver Maskell	C.Norwich	15:58		
9	James Trapmore	Shaftesbur	16:36	2:10:55	- 1	6	Angus Holford	Woodford G A	16:00		
10	Andrew Rooke	Aldershot A	16:08	2:12:05	+ 1	7	Richard Ward	Belgrave H	16:06		
11	Deron Fagan	Herne Hill	16:47	2:12:42	- 1	8	Cathal Logue	Serpentine A	16:07		
12	James McCarthy	Brighton&H	15:44	2:12:58	0	9	Jonathan Deane	Highgate H	16:07		
13	Cathal Logue	Serpentine A	16:07	2:13:31	0	10	Andrew Rooke	Aldershot A	16:08		
14	Frank Baddick	Newham&E B	14:31	2:13:45	+ 1						
15	Russell Osborn	Southamptn	17:42	2:15:56	- 1						
16	Carl Yates	Hillingdon	17:05	2:17:31	0						
17	Philip Glynn	Hercules W	17:01	2:18:55	+ 1						
18	Mark Cameron	Ealing S&M	18:02	2:19:09	- 1						
19	Gordon Barrie	Bedford&D B	16:51	2:19:42	+ 1						
20	Guiseppe Rivelli	Datchet Da	17:39	2:19:45	- 1						
21	Ben Jones	Cambridge	17:38	2:23:42	+ 1						

# English National Road Relay Championships at Sutton Park, Birmingham on Saturday 13th April 2013

## - SEAA Men Stage 7 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Lozano Alberto	Belgrave H	25:39	2:33:55	+ 1
2	Jack Goodwin	Bedford&D A	28:24	2:35:30	- 1
3	Tom Beedell	Woodford G A	28:12	2:37:25	+ 2
4	Ryan McKinlay	Highgate H	28:59	2:37:29	- 1
5	Frank Bailey	Shaftesbur	26:48	2:37:43	+ 4
6	Piers Arnold	C.Norwich	27:48	2:37:47	0
7	Peter Tucker	Blackheath	27:24	2:37:49	0
8	Thomas Cox	Tonbridge	28:13	2:39:05	0
9	Sean Renfer	Thames Val	30:11	2:39:15	- 5
10	Mark Greenwood	Aldershot A	28:56	2:41:01	0
11	Joshua Mutch	Brighton&H	28:33	2:41:31	+ 1
12	John Kettle	Herne Hill	29:49	2:42:31	- 1
13	Yari Fontebasso	Serpentine A	30:05	2:43:36	0
14	Edward Baber	Southamptn	30:27	2:46:23	+ 1
15	Ian Grime	Newham&E B	32:51	2:46:36	- 1
16	James Manley	Hillingdon	31:31	2:49:02	0
17	Joe Toomey	Hercules W	30:26	2:49:21	0
18	Chris Bradfield	Datchet Da	29:41	2:49:26	+ 2
19	Steven Herring	Bedford&D B	30:27	2:50:09	0
20	Max Wells-Pestell	Ealing S&M	33:10	2:52:19	- 2
21	Iain Wood	Cambridge	31:41	2:55:23	0
22	Richard Milner	Serpentine B	31:07	2:55:49	0
23	Tony Russell	Woodford G B	31:24	2:56:16	0

**Fastest runners over stage 7:**

1	Lozano Alberto	Belgrave H	25:39
2	Frank Bailey	Shaftesbur	26:48
3	Peter Tucker	Blackheath	27:24
4	Piers Arnold	C.Norwich	27:48
5	Tom Beedell	Woodford G A	28:12
6	Thomas Cox	Tonbridge	28:13
7	Jack Goodwin	Bedford&D A	28:24
8	Joshua Mutch	Brighton&H	28:33
9	Mark Greenwood	Aldershot A	28:56
10	Ryan McKinlay	Highgate H	28:59

## - SEAA Men Stage 8 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Kristopher Gauson	Belgrave H	14:20	2:48:15	0
2	Matt Leach	Bedford&D A	15:19	2:50:49	0
3	Jordan Donnelly	Woodford G A	15:24	2:52:49	0
4	Brahma Pochee	Highgate H	16:10	2:53:39	0
5	Zachary Randall	Shaftesbur	16:32	2:54:15	0
6	Sean Watson	C.Norwich	16:35	2:54:22	0
7	Harry Paton	Tonbridge	16:05	2:55:10	+ 1
8	Ross Braden	Blackheath	17:30	2:55:19	- 1
9	Paul Heaphy	Thames Val	16:23	2:55:38	0
10	David Mulvee	Herne Hill	14:55	2:57:26	+ 2
11	Zared Hale	Brighton&H	16:24	2:57:55	0
12	Andrew Conway	Aldershot A	18:07	2:59:08	- 2
13	Will Green	Serpentine A	15:46	2:59:22	0
14	Martin Johnson	Southamptn	16:22	3:02:45	0
15	Alan Metcalfe	Bedford&D B	17:04	3:07:13	+ 4
16	Stewart Bond	Hercules W	18:48	3:08:09	+ 1
17	Dean Burch	Hillingdon	19:25	3:08:27	- 1
18	Douglas Orr	Datchet Da	19:22	3:08:48	0
19	Martin Shelley	Ealing S&M	17:48	3:10:07	+ 1
20	Istvan Jacso	Cambridge	17:02	3:12:25	+ 1
21	Alec Laing	Serpentine B	17:52	3:13:41	+ 1
22	Joe Everitt	Woodford G B	17:39	3:13:55	+ 1

**Fastest runners over stage 8:**

1	Kristopher Gauson	Belgrave H	14:20
2	David Mulvee	Herne Hill	14:55
3	Matt Leach	Bedford&D A	15:19
4	Jordan Donnelly	Woodford G A	15:24
5	Will Green	Serpentine A	15:46
6	Harry Paton	Tonbridge	16:05
7	Brahma Pochee	Highgate H	16:10
8	Martin Johnson	Southamptn	16:22
9	Paul Heaphy	Thames Val	16:23
10	Zared Hale	Brighton&H	16:24

## - SEAA Men Stage 9 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Philip Wicks	Belgrave H	26:29	3:14:44	0
2	William MacKay	Bedford&D A	27:55	3:18:44	0
3	Michael Callegari	Shaftesbur	27:01	3:21:16	+ 2
4	Scott Overall	Blackheath	26:18	3:21:37	+ 4
5	Harold Wyber	Woodford G A	29:17	3:22:06	- 2
6	Richard Scott	Highgate H	28:39	3:22:18	- 2
7	Luke Allen	C.Norwich	29:05	3:23:27	- 1
8	Ben Cole	Tonbridge	28:39	3:23:49	- 1
9	Peter Scannell	Thames Val	30:30	3:26:08	0
10	Jeff Cunningham	Herne Hill	28:57	3:26:23	0
11	Matthew Bristow	Brighton&H	29:28	3:27:23	0
12	Rick Weston	Serpentine A	28:25	3:27:47	+ 1
13	Grant Burnett	Aldershot A	29:51	3:28:59	- 1
14	Graham Fisher	Southamptn	30:31	3:33:16	0
15	Craig Emmerson	Bedford&D B	31:43	3:38:56	0
16	Guy Richard Bowles	Datchet Da	31:06	3:39:54	+ 2
17	Alex Urban	Hercules W	33:29	3:41:38	- 1
18	Angelo John	Ealing S&M	32:22	3:42:29	+ 1
19	Simon Connell	Hillingdon	34:09	3:42:36	- 2
20	Andy Robbins	Serpentine B	31:24	3:45:05	+ 1
21	Gareth Cavell	Woodford G B	31:30	3:45:25	+ 1
22	Neil Carrington	Cambridge	34:08	3:46:33	- 2

**Fastest runners over stage 9:**

1	Scott Overall	Blackheath	26:18
2	Philip Wicks	Belgrave H	26:29
3	Michael Callegari	Shaftesbur	27:01
4	William MacKay	Bedford&D A	27:55
5	Rick Weston	Serpentine A	28:25
6	Ben Cole	Tonbridge	28:39
7	Richard Scott	Highgate H	28:39
8	Jeff Cunningham	Herne Hill	28:57
9	Luke Allen	C.Norwich	29:05
10	Harold Wyber	Woodford G A	29:17

# English National Road Relay Championships at Sutton Park, Birmingham on Saturday 13th April 2013

## - SEAA Men Stage 10 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	William Cockerell	Belgrave H	15:53	3:30:37	0	21	Richard Park	Cambridge	17:05	4:03:38	+ 1
2	Josh Lunn	Bedford&D A	15:22	3:34:06	0	22	Robert Quantrell	Woodford G B	19:28	4:04:53	- 1
3	Bertie Powell	Woodford G A	15:22	3:37:28	+ 2	<b>Fastest runners over stage 10:</b>					
4	Anthony Jackson	Shaftesbur	16:15	3:37:31	- 1	1	Mark Haskett	Thames Val	15:19		
5	David McKinlay	Blackheath	16:34	3:38:11	- 1	2	Bertie Powell	Woodford G A	15:22		
6	Stephen Whiting	Highgate H	16:03	3:38:21	0	3	Josh Lunn	Bedford&D A	15:22		
7	James Berehowskyj	C.Norwich	16:14	3:39:41	0	4	William Cockerell	Belgrave H	15:53		
8	Alex Howard	Tonbridge	16:18	3:40:07	0	5	Mohammed Ismail	Herne Hill	15:55		
9	Mark Haskett	Thames Val	15:19	3:41:27	0	6	Stephen Whiting	Highgate H	16:03		
10	Mohammed Ismail	Herne Hill	15:55	3:42:18	0	7	James Berehowskyj	C.Norwich	16:14		
11	Tim Lunnon	Brighton&H	16:35	3:43:58	0	8	Anthony Jackson	Shaftesbur	16:15		
12	Hendrik Zietsman	Serpentine A	16:38	3:44:25	0	9	Daniel Bradford	Bedford&D B	16:17		
13	Tad Dicker	Aldershot A	16:31	3:45:30	0	10	Alex Howard	Tonbridge	16:18		
14	Gareth Klepacz	Southamptn	16:44	3:50:00	0						
15	Daniel Bradford	Bedford&D B	16:17	3:55:13	0						
16	Adrian Sell	Datchet Da	17:35	3:57:29	0						
17	Benjamin Palmer	Hercules W	17:36	3:59:14	0						
18	Tony Grant	Hillingdon	19:50	4:02:26	+ 1						
19	A Anzai-Jackson	Ealing S&M	20:21	4:02:50	- 1						
20	David Evans	Serpentine B	17:58	4:03:03	0						

## - SEAA Men Stage 11 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	James Kelly	Belgrave H	26:51	3:57:28	0	18	Alan Pritchard	Cambridge	30:19	4:33:57	+ 3
2	John Eves	Bedford&D A	27:53	4:01:59	0	19	Paul Leppard	Hillingdon	32:44	4:35:10	- 1
3	Martyn Cryer	Woodford G A	27:32	4:05:00	0	20	Shepherd Chris	Woodford G B	31:03	4:35:56	+ 2
4	Henry Dodwell	Highgate H	28:27	4:06:48	+ 2	21	Mark Delahunty	Ealing S&M	33:23	4:36:13	- 2
5	Daniel Davies	Shaftesbur	29:22	4:06:53	- 1	22	Fraser Johnson	Serpentine B	34:43	4:37:46	- 2
6	Daniel Bradley	Tonbridge	28:18	4:08:25	+ 2	<b>Fastest runners over stage 11:</b>					
7	Rick Ward	C.Norwich	28:50	4:08:31	0	1	James Kelly	Belgrave H	26:51		
8	Fintan Parkinson	Blackheath	30:55	4:09:06	- 3	2	Martyn Cryer	Woodford G A	27:32		
9	James Fooks-Bale	Herne Hill	29:05	4:11:23	+ 1	3	Joe Morwood	Aldershot A	27:40		
10	Stephen Norris	Thames Val	30:07	4:11:34	- 1	4	John Eves	Bedford&D A	27:53		
11	Joe Morwood	Aldershot A	27:40	4:13:10	+ 2	5	Daniel Bradley	Tonbridge	28:18		
12	Richard Phillips	Serpentine A	29:24	4:13:49	0	6	Henry Dodwell	Highgate H	28:27		
13	Niall Robinson	Brighton&H	30:56	4:14:54	- 2	7	Rick Ward	C.Norwich	28:50		
14	Michael Tanner	Southamptn	31:36	4:21:36	0	8	James Fooks-Bale	Herne Hill	29:05		
15	Charlie Palmer	Bedford&D B	30:05	4:25:18	0	9	Daniel Davies	Shaftesbur	29:22		
16	James Samson	Datchet Da	31:08	4:28:37	0	10	Richard Phillips	Serpentine A	29:24		
17	James Davis	Hercules W	29:49	4:29:03	0						

## - SEAA Men Stage 12 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Neil Speaight	Belgrave H	15:26	4:12:54	0	19	Jason Steel	Hillingdon	17:57	4:53:07	0
2	Daniel Dalmedo	Bedford&D A	15:12	4:17:11	0	20	Luke Nicholas	Ealing S&M	17:59	4:54:12	+ 1
3	Gavin Lewis	Woodford G A	15:27	4:20:27	0	21	Stephane Schneider	Serpentine B	17:55	4:55:41	+ 1
4	Peter Downie	Highgate H	15:42	4:22:30	0	<b>Fastest runners over stage 12:</b>					
5	Ronan Breen	Shaftesbur	17:38	4:24:31	0	1	Daniel Dalmedo	Bedford&D A	15:12		
6	Cameron Knapp	Tonbridge	16:16	4:24:41	0	2	Neil Speaight	Belgrave H	15:26		
7	Jordan Ali	C.Norwich	16:35	4:25:06	0	3	Gavin Lewis	Woodford G A	15:27		
8	Danny Brewer	Blackheath	16:56	4:26:02	0	4	Peter Downie	Highgate H	15:42		
9	Basil Wallace	Herne Hill	16:53	4:28:16	0	5	Michael Read	Southamptn	16:03		
10	Simon Baptist	Thames Val	17:55	4:29:29	0	6	Cameron Knapp	Tonbridge	16:16		
11	Richard Batchelor	Aldershot A	16:40	4:29:50	0	7	Andrew Reeves	Serpentine A	16:31		
12	Andrew Reeves	Serpentine A	16:31	4:30:20	0	8	Jordan Ali	C.Norwich	16:35		
13	Chris Mallinson	Brighton&H	17:42	4:32:36	0	9	Richard Batchelor	Aldershot A	16:40		
14	Michael Read	Southamptn	16:03	4:37:39	0	10	Basil Wallace	Herne Hill	16:53		
15	James Black	Bedford&D B	18:01	4:43:19	0						
16	Philip Jones	Datchet Da	18:02	4:46:39	0						
17	Ian Pegler	Hercules W	18:32	4:47:35	0						
18	Javier DeEsteban	Cambridge	17:00	4:50:57	0						

# English National Road Relay Championships at Sutton Park, Birmingham on Saturday 13th April 2013

## SEAA Men — Team Results — Final (nn) is team position after the appropriate stage.

<b>1 Belgrave Harriers</b> 4:12:54			<b>10 Thames Valley Harriers</b> 4:29:29		
1 Matthew Graham (6) 27:14	2 Andrew Connick (5) 14:53	1 Mohamud Aadan (2) 26:27	2 Ali Yahye (8) 16:38		
3 Daniel Mulhare (2) 26:44	4 Matt Taylor (3) 16:03	3 C Hartley (7) 27:20	4 Mohamed Mohamed (5) 15:07		
5 Paskar Owor (1) 27:16	6 Richard Ward (2) 16:06	5 Chris Smith (4) 27:17	6 Daniel Allport (4) 16:15		
7 Lozano Alberto (1) 25:39	8 Kristopher Gauson (1) 14:20	7 Sean Renfer (9) 30:11	8 Paul Heaphy (9) 16:23		
9 Philip Wicks (1) 26:29	10 William Cockerell (1) 15:53	9 Peter Scannell (9) 30:30	10 Mark Haskett (9) 15:19		
11 James Kelly (1) 26:51	12 Neil Speaight (1) 15:26	11 Stephen Norris (10) 30:07	12 Simon Baptist (10) 17:55		
<b>2 Bedford &amp; County AC</b> 'A' 4:17:11			<b>11 Aldershot Farnham &amp; District</b> 'A' 4:29:50		
1 Luke Humphreys (7) 27:30	2 Matthew Bergin (4) 14:22	1 Jason Prickett (13) 28:25	2 Joshua Arnold (14) 15:34		
3 Steven Naylor (3) 27:24	4 Benjamin Alcock (2) 15:17	3 Steven Connor (9) 27:26	4 Ben Bradley (10) 15:47		
5 Matthew Janes (3) 27:59	6 Neilson Hall (1) 14:34	5 Tobias Smith (11) 28:45	6 Andrew Rooke (10) 16:08		
7 Jack Goodwin (2) 28:24	8 Matt Leach (2) 15:19	7 Mark Greenwood (10) 28:56	8 Andrew Conway (12) 18:07		
9 William MacKay (2) 27:55	10 Josh Lunn (2) 15:22	9 Grant Burnett (13) 29:51	10 Tad Dicker (13) 16:31		
11 John Eves (2) 27:53	12 Daniel Dalmedo (2) 15:12	11 Joe Morwood (11) 27:40	12 Richard Batchelor (11) 16:40		
<b>3 Woodford Green Ac With Essex L</b> 'A' 4:20:27			<b>12 Serpentine RC</b> 'A' 4:30:20		
1 Edward Shepherd (8) 27:36	2 Daniel Bruynuoghe (6) 15:23	1 Nicholas Torry (5) 27:05	2 Pau Herrero (9) 16:06		
3 Matthew Gunby (4) 26:31	4 James Stockings (4) 15:51	3 Dave Morgan (10) 28:29	4 Martin O'Connell (12) 16:58		
5 Matt Shone (5) 27:52	6 Angus Holford (5) 16:00	5 Hugh Torry (13) 28:46	6 Cathal Logue (13) 16:07		
7 Tom Beedell (3) 28:12	8 Jordan Donnelly (3) 15:24	7 Yari Fontebasso (13) 30:05	8 Will Green (13) 15:46		
9 Harold Wyber (5) 29:17	10 Bertie Powell (3) 15:22	9 Rick Weston (12) 28:25	10 Hendrik Zietsman (12) 16:38		
11 Martyn Cryer (3) 27:32	12 Gavin Lewis (3) 15:27	11 Richard Phillips (12) 29:24	12 Andrew Reeves (12) 16:31		
<b>4 Highgate Harriers</b> 4:22:30			<b>13 Brighton &amp; Hove AC</b> 4:32:36		
1 Danny Russell (1) 26:17	2 Robel Bahelbi (2) 15:09	1 Kevin Rojas (11) 27:48	2 Ian Crowe-Wright (10) 15:31		
3 Benjamin Noad (1) 27:01	4 Michael Dan (1) 15:40	3 Jake Van Allen (13) 29:39	4 David Boyce (14) 16:41		
5 Ben Pochee (2) 28:16	6 Jonathan Deane (3) 16:07	5 Howard Bristow (12) 27:35	6 James McCarthy (12) 15:44		
7 Ryan McKinlay (4) 28:59	8 Brahma Pochee (4) 16:10	7 Joshua Mutch (11) 28:33	8 Zared Hale (11) 16:24		
9 Richard Scott (6) 28:39	10 Stephen Whiting (6) 16:03	9 Matthew Bristow (11) 29:28	10 Tim Lunnon (11) 16:35		
11 Henry Dodwell (4) 28:27	12 Peter Downie (4) 15:42	11 Niall Robinson (13) 30:56	12 Chris Mallinson (13) 17:42		
<b>5 Shaftesbury Barnet Harriers</b> 4:24:31			<b>14 Southampton Athletic Club</b> 4:37:39		
1 Glen Watts (10) 27:44	2 Anthony Whiteman (7) 15:18	1 Alex Wall-Clarke (17) 28:54	2 Peter Merritt (17) 16:18		
3 Daniel Watts (11) 28:41	4 Niall Fleming (7) 14:59	3 Jacob Wiebel (15) 28:30	4 Timothy Sherman (15) 16:26		
5 Orlando Edwards (8) 27:37	6 James Trapmore (9) 16:36	5 Matthew Bennett (14) 28:06	6 Russell Osborn (15) 17:42		
7 Frank Bailey (5) 26:48	8 Zachary Randall (5) 16:32	7 Edward Baber (14) 30:27	8 Martin Johnson (14) 16:22		
9 Michael Callegari (3) 27:01	10 Anthony Jackson (4) 16:15	9 Graham Fisher (14) 30:31	10 Gareth Klepacz (14) 16:44		
11 Daniel Davies (5) 29:22	12 Ronan Breen (5) 17:38	11 Michael Tanner (14) 31:36	12 Michael Read (14) 16:03		
<b>6 Tonbridge AC</b> 4:24:41			<b>15 Bedford &amp; County AC</b> 'B' 4:43:19		
1 Kieran Reilly (12) 28:13	2 Dominic Brown (12) 15:22	1 Andrew Inskip (19) 29:14	2 Michael Harrison (16) 15:36		
3 Steven Fennell (8) 27:25	4 James Thompson (9) 16:08	3 Richard Henderson (18) 29:57	4 Matthew Nicholson (19) 16:25		
5 Luca Russo (9) 28:38	6 C Joslin-Allen (8) 15:06	5 Jim McMahon (20) 31:39	6 Gordon Barrie (19) 16:51		
7 Thomas Cox (8) 28:13	8 Harry Paton (7) 16:05	7 Steven Herring (19) 30:27	8 Alan Metcalfe (15) 17:04		
9 Ben Cole (8) 28:39	10 Alex Howard (8) 16:18	9 Craig Emmerson (15) 31:43	10 Daniel Bradford (15) 16:17		
11 Daniel Bradley (6) 28:18	12 Cameron Knapp (6) 16:16	11 Charlie Palmer (15) 30:05	12 James Black (15) 18:01		
<b>7 City Of Norwich AC</b> 4:25:06			<b>16 Datchet Dashers</b> 4:46:39		
1 Alexander Dunbar (3) 26:43	2 Tom Hook (3) 15:03	1 Thomas Stevens (18) 29:04	2 David Lee (21) 17:13		
3 Nicholas Earl (5) 28:09	4 Wayne Lincoln (6) 16:07	3 Alexander Miller (20) 28:50	4 Simon Wiggzell (20) 17:14		
5 Stu Huntington (7) 27:59	6 Oliver Maskell (6) 15:58	5 Rob Foster (19) 29:45	6 Guiseppe Rivelli (20) 17:39		
7 Piers Arnold (6) 27:48	8 Sean Watson (6) 16:35	7 Chris Bradfield (18) 29:41	8 Douglas Orr (18) 19:22		
9 Luke Allen (7) 29:05	10 James Berehowskjy (7) 16:14	9 Guy Richard Bowles (16) 31:06	10 Adrian Sell (16) 17:35		
16:14	11 Rick Ward (7) 28:50	11 James Samson (16) 31:08	12 Philip Jones (16) 18:02		
Jordan Ali (7) 16:35					
<b>8 Blackheath And Bromley Harrier</b> 4:26:02			<b>17 Hercules Wimbledon AC</b> 4:47:35		
1 Andrew Rayner (4) 26:47	2 James Poole (1) 14:22	1 Alex Robinson (16) 28:41	2 Andrew Penney (13) 15:06		
3 Alex Gibbins (6) 29:05	4 Steve Cooper (8) 16:52	3 Frederick Slemeck (14) 29:31	4 Belal Aly (16) 17:05		
5 Michael Skinner (6) 26:50	6 G Vacharopoulos (7) 16:29	5 Sean Crummy (18) 31:31	6 Philip Glynn (17) 17:01		
7 Peter Tucker (7) 27:24	8 Ross Braden (8) 17:30	7 Joe Toomey (17) 30:26	8 Stewart Bond (16) 18:48		
9 Scott Overall (4) 26:18	10 David McKinlay (5) 16:34	9 Alex Urban (17) 33:29	10 Benjamin Palmer (17) 17:36		
11 Fintan Parkinson (8) 30:55	12 Danny Brewer (8) 16:56	11 James Davis (17) 29:49	12 Ian Pegler (17) 18:32		
<b>9 Herne Hill Harriers</b> 4:28:16			<b>18 Cambridge &amp; Coleridge AC</b> 4:50:57		
1 C Busaileh (9) 27:42	2 Simon Coombes (11) 15:49	1 James Chettle (20) 29:38	2 Matthew Applegate (22) 17:39		
3 Ben Paviour (12) 28:42	4 Jorge Raso Gea (11) 15:05	3 Oliver Park (22) 30:02	4 John Ferguson (21) 17:07		
5 Mark Dooley (10) 28:37	6 Deron Fagan (11) 16:47	5 Alex Eggeman (22) 31:38	6 Ben Jones (21) 17:38		
7 John Kettle (12) 29:49	8 David Mulvee (10) 14:55	7 Iain Wood (21) 31:41	8 Istvan Jacso (20) 17:02		
9 Jeff Cunningham (10) 28:57	10 Mohammed Ismail (10) 15:55	9 Neil Carrington (22) 34:08	10 Richard Park (21) 17:05		
11 James Fooks-Bale (9) 29:05	12 Basil Wallace (9) 16:53	11 Alan Pritchard (18) 30:19	12 Javier DeEsteban (18) 17:00		

# English National Road Relay Championships at Sutton Park, Birmingham on Saturday 13th April 2013

**19 Hillingdon AC 4:53:07**

1 Robert Thompson (14) 28:27	2 Daniel Thompson (18) 16:53
3 James Laing (17) 29:21	4 Joseph Carton (17) 16:24
5 Martin Bateman (16) 29:21	6 Carl Yates (16) 17:05
7 James Manley (16) 31:31	8 Dean Burch (17) 19:25
9 Simon Connell (19) 34:09	10 Tony Grant (18) 19:50
11 Paul Leppard (19) 32:44	12 Jason Steel (19) 17:57

**20 Ealing Southall & Middlesex AC 4:54:12**

1 Sam Ashcroft (15) 28:37	2 Ben Waterman (15) 16:01
3 Nicholas Landeau (19) 30:11	4 Mohamed Hashi (18) 16:21
5 C Hepworth (17) 29:57	6 Mark Cameron (18) 18:02
7 Max Wells-Pestell (20) 33:10	8 Martin Shelley (19) 17:48
9 Angelo John (18) 32:22	10 A Anzai-Jackson (19) 20:21
11 Mark Delahunty (21) 33:23	12 Luke Nicholas (20) 17:59

**21 Serpentine RC 'B' 4:55:41**

1 Richard Edmonds (23) 30:46	2 John Nugus (23) 17:19
3 N Barberis Negra (23) 30:27	4 Andrew Taylor (23) 17:34
5 Jamie Hogg (23) 31:17	6 Richard Peel (22) 17:19
7 Richard Milner (22) 31:07	8 Alec Laing (21) 17:52
9 Andy Robbins (20) 31:24	10 David Evans (20) 17:58
11 Fraser Johnson (22) 34:43	12 Stephane Schneider (21) 17:55

## Incomplete Teams:

**Woodford Green Ac With Essex L 'B'**

1 Thomas Plibersek (21) 29:53	2 Kevin Murphy (20) 16:05
3 Louis Clark (21) 31:17	4 Wilbraham Rob (22) 17:44
5 Timothy Ballard (21) 31:01	6 Steve Lambert (23) 18:52
7 Tony Russell (23) 31:24	8 Joe Everitt (22) 17:39
9 Gareth Cavell (21) 31:30	10 Robert Quantrell (22) 19:28
11 Shepherd Chris (20) 31:03	

**Newham & Essex Beagles AC**

1 Naill Sheehan (22) 30:24	2 Steve Hepples (19) 15:11
3 Olly Laws (16) 28:41	4 James Shane (13) 14:33
5 Wayne Bell (15) 30:25	6 Frank Baddick (14) 14:31
7 Ian Grime (15) 32:51	

**Aldershot Farnham & District 'B'**

1 Robert Wakefield (24) 33:14	2 Robert Hislop (24) 16:53
3 Andrew Hislop (24) 35:35	

# English National Road Relay Championships

at Sutton Park, Birmingham on Saturday 13th April 2013

## Fastest of all long legs

1	Lozano Alberto	Belgrave H		25:39	67	Rick Ward	C.Norwich		28:50
2	Danny Russell	Highgate H		26:17	68	Alex Wall-Clarke	Southamptn		28:54
3	Scott Overall	Blackheath		26:18	69	Mark Greenwood	Aldershot	A	28:56
4	Mohamud Aadan	Thames Val		26:27	70	Jeff Cunningham	Herne Hill		28:57
5	Philip Wicks	Belgrave H		26:29	71	Ryan McKinlay	Highgate H		28:59
6	Matthew Gunby	Woodford G	A	26:31	72	Thomas Stevens	Datchet Da		29:04
7	Alexander Dunbar	C.Norwich		26:43		Alex Gibbins	Blackheath		29:05
8	Daniel Mulhare	Belgrave H		26:44		= James Fooks-Bale	Herne Hill		29:05
9	Andrew Rayner	Blackheath		26:47		= Luke Allen	C.Norwich		29:05
10	Frank Bailey	Shaftesbur		26:48	75	Andrew Inskip	Bedford&D	B	29:14
11	Michael Skinner	Blackheath		26:50	76	Harold Wyber	Woodford G	A	29:17
12	James Kelly	Belgrave H		26:51	77	Martin Bateman	Hillingdon		29:21
13	Benjamin Noad	Highgate H		27:01		= James Laing	Hillingdon		29:21
	= Michael Callegari	Shaftesbur		27:01	79	Daniel Davies	Shaftesbur		29:22
15	Nicholas Torry	Serpentine	A	27:05	80	Richard Phillips	Serpentine	A	29:24
16	Matthew Graham	Belgrave H		27:14	81	Matthew Bristow	Brighton&H		29:28
17	Paskar Owor	Belgrave H		27:16	82	Frederick Slemeck	Hercules W		29:31
18	Chris Smith	Thames Val		27:17	83	James Chettle	Cambridge		29:38
19	C Hartley	Thames Val		27:20	84	Jake VanAllen	Brighton&H		29:39
20	Steven Naylor	Bedford&D	A	27:24	85	Chris Bradfield	Datchet Da		29:41
	= Peter Tucker	Blackheath		27:24	86	Rob Foster	Datchet Da		29:45
22	Steven Fennell	Tonbridge		27:25	87	James Davis	Hercules W		29:49
23	Steven Connor	Aldershot	A	27:26		= John Kettle	Herne Hill		29:49
24	Luke Humphreys	Bedford&D	A	27:30	89	Grant Burnett	Aldershot	A	29:51
25	Martyn Cryer	Woodford G	A	27:32	90	Thomas Plibersek	Woodford G	B	29:53
26	Howard Bristow	Brighton&H		27:35	91	Richard Henderson	Bedford&D	B	29:57
27	Edward Shepherd	Woodford G	A	27:36		= C Hepworth	Ealing S&M		29:57
28	Orlando Edwards	Shaftesbur		27:37	93	Oliver Park	Cambridge		30:02
29	Joe Morwood	Aldershot	A	27:40	94	Charlie Palmer	Bedford&D	B	30:05
30	C Busaileh	Herne Hill		27:42		= Yari Fontebasso	Serpentine	A	30:05
31	Glen Watts	Shaftesbur		27:44	96	Stephen Norris	Thames Val		30:07
32	Kevin Rojas	Brighton&H		27:48	97	Sean Renfer	Thames Val		30:11
	= Piers Arnold	C.Norwich		27:48		= Nicholas Landeau	Ealing S&M		30:11
34	Matt Shone	Woodford G	A	27:52	99	Alan Pritchard	Cambridge		30:19
35	John Eves	Bedford&D	A	27:53	100	Naill Sheehan	Newham&E B		30:24
36	William MacKay	Bedford&D	A	27:55	101	Wayne Bell	Newham&E B		30:25
37	Matthew Janes	Bedford&D	A	27:59	102	Joe Toomey	Hercules W		30:26
	= Stu Huntington	C.Norwich		27:59	103	Edward Baber	Southamptn		30:27
39	Matthew Bennett	Southamptn		28:06		= N BarberisNegra	Serpentine	B	30:27
40	Nicholas Earl	C.Norwich		28:09		= Steven Herring	Bedford&D	B	30:27
41	Tom Beedell	Woodford G	A	28:12	106	Peter Scannell	Thames Val		30:30
42	Kieran Reilly	Tonbridge		28:13	107	Graham Fisher	Southamptn		30:31
	= Thomas Cox	Tonbridge		28:13	108	Richard Edmonds	Serpentine	B	30:46
44	Ben Pochee	Highgate H		28:16	109	Fintan Parkinson	Blackheath		30:55
45	Daniel Bradley	Tonbridge		28:18	110	Niall Robinson	Brighton&H		30:56
46	Jack Goodwin	Bedford&D	A	28:24	111	Timothy Ballard	Woodford G	B	31:01
47	Jason Prickett	Aldershot	A	28:25	112	Shepherd Chris	Woodford G	B	31:03
	= Rick Weston	Serpentine	A	28:25	113	Guy Richard Bowles	Datchet Da		31:06
49	Robert Thompson	Hillingdon		28:27	114	Richard Milner	Serpentine	B	31:07
	= Henry Dodwell	Highgate H		28:27	115	James Samson	Datchet Da		31:08
51	Dave Morgan	Serpentine	A	28:29	116	Jamie Hogg	Serpentine	B	31:17
52	Jacob Wiebel	Southamptn		28:30		= Louis Clark	Woodford G	B	31:17
53	Joshua Mutch	Brighton&H		28:33	118	Andy Robbins	Serpentine	B	31:24
54	Mark Dooley	Herne Hill		28:37		= Tony Russell	Woodford G	B	31:24
	= Sam Ashcroft	Ealing S&M		28:37	120	Gareth Cavell	Woodford G	B	31:30
56	Luca Russo	Tonbridge		28:38	121	James Manley	Hillingdon		31:31
57	Ben Cole	Tonbridge		28:39		= Sean Crummy	Hercules W		31:31
	= Richard Scott	Highgate H		28:39	123	Michael Tanner	Southamptn		31:36
59	Olly Laws	Newham&E B		28:41	124	Alex Eggeman	Cambridge		31:38
	= Daniel Watts	Shaftesbur		28:41	125	Jim McMahon	Bedford&D	B	31:39
	= Alex Robinson	Hercules W		28:41	126	Iain Wood	Cambridge		31:41
62	Ben Paviour	Herne Hill		28:42	127	Craig Emmerson	Bedford&D	B	31:43
63	Tobias Smith	Aldershot	A	28:45	128	Angelo John	Ealing S&M		32:22
64	Hugh Torry	Serpentine	A	28:46	129	Paul Leppard	Hillingdon		32:44
65	Alexander Miller	Datchet Da		28:50	130	Ian Grime	Newham&E B		32:51
					131	Max Wells-Pestell	Ealing S&M		33:10
					132	Robert Wakefield	Aldershot	B	33:14

# English National Road Relay Championships

## at Sutton Park, Birmingham on Saturday 13th April 2013

133 Mark Delahunty	Ealing S&M		33:23	60 Cameron Knapp	Tonbridge		16:16
134 Alex Urban	Hercules W		33:29	61 Daniel Bradford	Bedford&D	B	16:17
135 Neil Carrington	Cambridge		34:08	62 Alex Howard	Tonbridge		16:18
136 Simon Connell	Hillingdon		34:09	= Peter Merritt	Southamptn		16:18
137 Fraser Johnson	Serpentine	B	34:43	64 Mohamed Hashi	Ealing S&M		16:21
138 Andrew Hislop	Aldershot	B	35:35	65 Martin Johnson	Southamptn		16:22
<b>Fastest of all short legs</b>							
1 Kristopher Gauson	Belgrave H		14:20	66 Paul Heaphy	Thames Val		16:23
2 James Poole	Blackheath		14:22	67 Zared Hale	Brighton&H		16:24
= Matthew Bergin	Bedford&D	A	14:22	= Joseph Carton	Hillingdon		16:24
4 Frank Baddick	Newham&E	B	14:31	69 Matthew Nicholson	Bedford&D	B	16:25
5 James Shane	Newham&E	B	14:33	70 Timothy Sherman	Southamptn		16:26
6 Neilson Hall	Bedford&D	A	14:34	71 G Vacharopoulos	Blackheath		16:29
7 Andrew Connick	Belgrave H		14:53	72 Andrew Reeves	Serpentine	A	16:31
8 David Mulvee	Herne Hill		14:55	= Tad Dicker	Aldershot	A	16:31
9 Niall Fleming	Shaftesbur		14:59	74 Zachary Randall	Shaftesbur		16:32
10 Tom Hook	C.Norwich		15:03	75 David McKinlay	Blackheath		16:34
11 Jorge RasoGea	Herne Hill		15:05	76 Tim Lunnon	Brighton&H		16:35
12 Andrew Penney	Hercules W		15:06	= Sean Watson	C.Norwich		16:35
= C Joslin-Allen	Tonbridge		15:06	= Jordan Ali	C.Norwich		16:35
14 Mohamed Mohamed	Thames Val		15:07	79 James Trapmore	Shaftesbur		16:36
15 Robel Bahelbi	Highgate H		15:09	80 Ali Yahye	Thames Val		16:38
16 Steve Hepples	Newham&E	B	15:11	= Hendrik Zietsman	Serpentine	A	16:38
17 Daniel Dalmedo	Bedford&D	A	15:12	82 Richard Batchelor	Aldershot	A	16:40
18 Benjamin Alcock	Bedford&D	A	15:17	83 David Boyce	Brighton&H		16:41
19 Anthony Whiteman	Shaftesbur		15:18	84 Gareth Klepacz	Southamptn		16:44
20 Matt Leach	Bedford&D	A	15:19	85 Deron Fagan	Herne Hill		16:47
= Mark Haskett	Thames Val		15:19	86 Gordon Barrie	Bedford&D	B	16:51
22 Dominic Brown	Tonbridge		15:22	87 Steve Cooper	Blackheath		16:52
= Bertie Powell	Woodford G	A	15:22	88 Daniel Thompson	Hillingdon		16:53
= Josh Lunn	Bedford&D	A	15:22	= Robert Hislop	Aldershot	B	16:53
25 Daniel Bruynuoghe	Woodford G	A	15:23	= Basil Wallace	Herne Hill		16:53
26 Jordan Donnelly	Woodford G	A	15:24	91 Danny Brewer	Blackheath		16:56
27 Neil Speaight	Belgrave H		15:26	92 Martin O'Connell	Serpentine	A	16:58
28 Gavin Lewis	Woodford G	A	15:27	93 Javier DeEsteban	Cambridge		17:00
29 Ian Crowe-Wright	Brighton&H		15:31	94 Philip Glynn	Hercules W		17:01
30 Joshua Arnold	Aldershot	A	15:34	95 Istvan Jacso	Cambridge		17:02
31 Michael Harrison	Bedford&D	B	15:36	96 Alan Metcalfe	Bedford&D	B	17:04
32 Michael Dan	Highgate H		15:40	97 Belal Aly	Hercules W		17:05
33 Peter Downie	Highgate H		15:42	= Richard Park	Cambridge		17:05
34 James McCarthy	Brighton&H		15:44	= Carl Yates	Hillingdon		17:05
35 Will Green	Serpentine	A	15:46	100 John Ferguson	Cambridge		17:07
36 Ben Bradley	Aldershot	A	15:47	101 David Lee	Datchet Da		17:13
37 Simon Coombes	Herne Hill		15:49	102 Simon Wigzell	Datchet Da		17:14
38 James Stockings	Woodford G	A	15:51	103 John Nugus	Serpentine	B	17:19
39 William Cockerell	Belgrave H		15:53	= Richard Peel	Serpentine	B	17:19
40 Mohammed Ismail	Herne Hill		15:55	105 Ross Braden	Blackheath		17:30
41 Oliver Maskell	C.Norwich		15:58	106 Andrew Taylor	Serpentine	B	17:34
42 Angus Holford	Woodford G	A	16:00	107 Adrian Sell	Datchet Da		17:35
43 Ben Waterman	Ealing S&M		16:01	108 Benjamin Palmer	Hercules W		17:36
44 Stephen Whiting	Highgate H		16:03	109 Ronan Breen	Shaftesbur		17:38
= Matt Taylor	Belgrave H		16:03	= Ben Jones	Cambridge		17:38
= Michael Read	Southamptn		16:03	111 Matthew Applegate	Cambridge		17:39
47 Harry Paton	Tonbridge		16:05	= Joe Everitt	Woodford G	B	17:39
= Kevin Murphy	Woodford G	B	16:05	= Guiseppe Rivelli	Datchet Da		17:39
49 Richard Ward	Belgrave H		16:06	114 Chris Mallinson	Brighton&H		17:42
= Pau Herrero	Serpentine	A	16:06	= Russell Osborn	Southamptn		17:42
51 Jonathan Deane	Highgate H		16:07	116 Wilbraham Rob	Woodford G	B	17:44
= Cathal Logue	Serpentine	A	16:07	117 Martin Shelley	Ealing S&M		17:48
= Wayne Lincoln	C.Norwich		16:07	118 Alec Laing	Serpentine	B	17:52
54 Andrew Rooke	Aldershot	A	16:08	119 Simon Baptist	Thames Val		17:55
= James Thompson	Tonbridge		16:08	= Stephane Schneider	Serpentine	B	17:55
56 Brahma Pochee	Highgate H		16:10	121 Jason Steel	Hillingdon		17:57
57 James Berehowskyj	C.Norwich		16:14	122 David Evans	Serpentine	B	17:58
58 Daniel Allport	Thames Val		16:15	123 Luke Nicholas	Ealing S&M		17:59
= Anthony Jackson	Shaftesbur		16:15	124 James Black	Bedford&D	B	18:01
				125 Mark Cameron	Ealing S&M		18:02
				= Philip Jones	Datchet Da		18:02



# English National Road Relay Championships at Sutton Park, Birmingham on Saturday 13th April 2013

127 Andrew Conway	Aldershot	A	18:07
128 Ian Pegler	Hercules W		18:32
129 Stewart Bond	Hercules W		18:48
130 Steve Lambert	Woodford G	B	18:52
131 Douglas Orr	Datchet Da		19:22
132 Dean Burch	Hillingdon		19:25
133 Robert Quantrell	Woodford G	B	19:28
134 Tony Grant	Hillingdon		19:50
135 A Anzai-Jackson	Ealing S&M		20:21