

## 2010 Nationals XC - Under 15 Boys

Pos	RaceNo	Time	Name	Club	Pos	RaceNo	Time	Name	Club
1	518	00:14:00	James McMurray	St.Albans AC	110	643	00:15:36	Matt Kirby	Wreake Runners
2	473	00:14:02	Mathew McLaughlin	Shaftesbury Barnet Harriers	111	199	00:15:37	Chris Middleton	East Cheshire Harriers & Tameside AC
3	407	00:14:08	Adam Howard	Oldham & Royton Harriers & AC	112	41	00:15:38	William Somogyi	Bexley AC
4	471	00:14:11	Micheal Callegari	Shaftesbury Barnet Harriers	113	289	00:15:39	Adam Howarth	Leigh Harriers & AC
5	211	00:14:18	Harvey Brown	Halesowen AC	114	557	00:15:42	Corey De'ath	Tonbridge AC
6	87	00:14:23	Zak Tobias	Bristol & West AC	115	283	00:15:43	Jonathan Monk	Leicester Coritanian
7	435	00:14:26	Fergus Roberts	Richmond & Zetland Harriers	116	20	00:15:43	Toby Smith	Basingstoke & Mid Hants AC
8	560	00:14:27	Charlie Joslin-Allen	Tonbridge AC	117	159	00:15:43	Tom Ridding	Coventry Godiva Harriers
9	574	00:14:29	Adam Sixsmith	Trafford AC	118	592	00:15:44	Jordan Turner	Wakefield District Harriers & AC
10	186	00:14:30	Adam Hulin	Dorking & Mole Valley AC	119	478	00:15:44	Sam Wilson	Shaftesbury Barnet Harriers
11	619	00:14:31	Ricky Harvie	Windsor Slough Eton & Hounslow AC	120	264	00:15:44	Oliver Terry	Jersey Spartans AC
12	257	00:14:32	Jake Rogers	Invicta East Kent AC	121	267	00:15:45	Robbie Ingham	Kendal AAC
13	279	00:14:36	Stefan Ashman	Leicester Coritanian	122	213	00:15:46	Max Parker	Halesowen AC
14	432	00:14:37	William Robinson	Reigate Priory AC	123	128	00:15:46	Michael Goddard	Chiltern Harriers AC
15	593	00:14:39	Jake Worton	Wakefield District Harriers & AC	124	588	00:15:46	Daniel Franks	Wakefield District Harriers & AC
16	301	00:14:40	Jack Christie	Liverpool Harriers & AC	125	163	00:15:47	Nathan Udall	Coventry Godiva Harriers
17	640	00:14:41	James Stockings	Woodford Green AC with Essex Ladies	126	203	00:15:48	Sam Johnson	Ellenborough AC
18	268	00:14:42	James Lamswood	Kingston Upon Hull AC	127	626	00:15:50	Richard Evans	Wirral AC
19	502	00:14:43	Oliver Kyrakides	Southend AC	128	192	00:15:50	Bhavesh Soneji	Ealing Southall & Middlesex AC
20	21	00:14:44	Ben Alcock	Bedford & County AC	129	607	00:15:50	Toby Rankin	West Suffolk AC
21	157	00:14:45	Michael McKeown	Coventry Godiva Harriers	130	585	00:15:51	Mike Vennard	Vale Royal AC
22	462	00:14:45	Jack Robertson	Scarborough AC	131	578	00:15:51	Josh Boyce	Vale Royal AC
23	428	00:14:45	Jonathan Davies	Reading AC	132	615	00:15:52	Mitch Lomas	White Horse Harriers
24	236	00:14:46	James Knox	Helm Hill Runners	133	519	00:15:53	Oliver Poulain	St.Albans AC
25	315	00:14:46	Alistair Nelson	Liverpool Pembroke & Sefton H & AC	134	345	00:15:53	Sammy Holt	Manx Harriers
26	558	00:14:47	Tom Devlin	Tonbridge AC	135	35	00:15:54	Nicholas Armstrong	Bexley AC
27	568	00:14:48	James Bundred	Trafford AC	136	472	00:15:55	Joe Headland	Shaftesbury Barnet Harriers
28	470	00:14:51	Luke Ames-Blackaby	Shaftesbury Barnet Harriers	137	170	00:15:56	Patrick Lucas	Croydon Harriers
29	577	00:14:52	Zack Bamber	Vale Royal AC	138	152	00:15:57	Kristian Washington	City of Stoke AC
30	221	00:14:52	Thomas Bains	Hallamshire Harriers	139	285	00:15:57	William Rawlinson	Leicester Coritanian
31	564	00:14:53	Max Nicholls	Tonbridge AC	140	127	00:15:59	George Gillingwater	Chiltern Harriers AC
32	275	00:14:53	Steven Eastwood	Leeds City AC	141	380	00:16:00	Linton Taylor	Newark AC
33	79	00:14:55	Adam Wimbledon	Bracknell AC	142	549	00:16:00	George Duckworth	Tipton Harriers
34	292	00:14:56	Ryan Moore	Leigh Harriers & AC	143	312	00:16:00	George Curran	Liverpool Pembroke & Sefton H & AC
35	169	00:14:56	Peter Chambers	Croydon Harriers	144	465	00:16:00	Ben Hetherington	Sedgefield Harriers
36	566	00:14:57	Hanro Rossouw	Tonbridge AC	145	463	00:16:01	Bobby Scarborough	Scarborough AC
37	431	00:14:57	Dominic Nolan	Reigate Priory AC	146	616	00:16:01	Jack Walker	Winchester & District AC
38	162	00:14:57	Joe Shail	Coventry Godiva Harriers	147	621	00:16:01	Henry Suggitt	Windsor Slough Eton & Hounslow AC
39	117	00:14:59	Sam Robinson	Chelmsford AC	148	148	00:16:02	Korey Hallett-Blanch	City of Stoke AC
40	78	00:14:59	Matthew Seddon	Bracknell AC	149	237	00:16:02	Joe Clark	Hercules Wimbledon AC
41	513	00:14:59	Liam Stedman	Spennorth AC	150	450	00:16:03	Ben Topley	Royal Sutton Coldfield AC
42	255	00:14:59	Luke Dawson	Invicta East Kent AC	151	595	00:16:03	Henry Buttress	Warrington AC
43	262	00:15:00	Bradley Whittlesworth	Ipswich Harriers	152	368	00:16:03	Ross Hussiksen	Nene Valley Harriers
44	80	00:15:00	Jake Elliott	Brighton & Hove City AC	153	575	00:16:04	James Stewart	Tynedale Harriers & AC
45	98	00:15:02	James Cochrane	Cambridge & Coleridge	154	479	00:16:04	Liam Boyek	Shildon Running & AC
46	310	00:15:03	Luke Towers	Liverpool Harriers & AC	155	474	00:16:04	Rory Mudd	Shaftesbury Barnet Harriers
47	307	00:15:03	Will Reynolds	Liverpool Harriers & AC	156	266	00:16:05	Tom Hartley	Kendal AAC
48	28	00:15:03	Ryan Isaacson	Bedford & County AC	157	618	00:16:05	Ben Bradley	Windsor Slough Eton & Hounslow AC
49	361	00:15:04	Jonnie Nisbet	Morpeth Harriers & AC	158	342	00:16:05	Thomas Wragg	Mansfield Harriers & AC
50	309	00:15:04	Owen Sharp	Liverpool Harriers & AC	159	394	00:16:05	Paddy Clark	Notts AC
51	569	00:15:06	Richard Hindley	Trafford AC	160	493	00:16:05	Simon Annetts	Soihull & Small Heath AC
52	622	00:15:07	Callum Todd	Windsor Slough Eton & Hounslow AC	161	506	00:16:05	Niall Cullen	Southport Waterloo AC
53	259	00:15:07	Henry Alexander	Ipswich Harriers	162	265	00:16:06	Aaron Turmel	Jersey Spartans AC
54	528	00:15:08	Michael Wilson	Sunderland Harriers & AC	163	353	00:16:06	James West	Medway & Maidstone AC
55	88	00:15:08	Keiran Young	Bristol & West AC	164	382	00:16:06	Ben Brereton	Newcastle (Staffs) AC
56	4	00:15:08	Matthew Arnold	Aldershot Farnham & District AC	165	481	00:16:07	Ben Ashcroft	Shrewsbury AC
57	105	00:15:09	Alex Hunter	Cannock & Stafford AC	166	374	00:16:07	Drew Davidson	New Marske Harriers
58	601	00:15:09	Matthew Hulse	Warrington AC	167	12	00:16:08	Robert Hislop	Aldershot Farnham & District AC
59	477	00:15:10	Chandi Uduwawala	Shaftesbury Barnet Harriers	168	397	00:16:08	Kaci Ibbegazene	Notts AC
60	571	00:15:10	Richard Powell	Trafford AC	169	551	00:16:08	Harry Hurst	Tipton Harriers
61	9	00:15:10	Sam Eglen	Aldershot Farnham & District AC	170	93	00:16:09	Kieran McMorran	Bungay Black Dog RC
62	531	00:15:10	Antony Parkes	Tamworth AC	171	392	00:16:09	Anthony Wallett	North Shields Polytechnic
63	34	00:15:11	Peter McGill	Beverley AC	172	460	00:16:10	Kyle Conway	Sale Harriers Manchester
64	272	00:15:12	Callum Hanlon	Leamington C & AC	173	441	00:16:10	Danny Walsh	Rossendale Harriers & AC
65	563	00:15:13	Sean Molloy	Tonbridge AC	174	356	00:16:10	Mathew Rhodes	Middlesbrough AC
66	83	00:15:13	Luke Jacobs	Bristol & West AC	175	38	00:16:10	Niki Faulkner	Bexley AC
67	118	00:15:13	Stephen Woodford	Chelmsford AC	176	598	00:16:11	David Gant	Warrington AC
68	164	00:15:13	Jack Villette	Coventry Godiva Harriers	177	508	00:16:11	Liam Ellis	Southport Waterloo AC
69	350	00:15:14	Sam Redding	Marshall Milton Keynes AC	178	572	00:16:11	Robert Powell	Trafford AC
70	26	00:15:14	Micheal Harrison	Bedford & County AC	179	251	00:16:11	James Downing	Huntingdonshire AC
71	530	00:15:14	Kristian Edwards	Tamworth AC	180	30	00:16:11	Scott Proctor	Bedford & County AC
72	287	00:15:15	Xander Tansey	Leicester Coritanian	181	295	00:16:12	Richard Brine	Lincoln Wellington AC
73	173	00:15:16	Ross Taylor	Dacorum & Tring AC	182	110	00:16:12	Ryan Terry	Cannock & Stafford AC
74	200	00:15:16	Michael Murphy	East Cheshire Harriers & Tameside AC	183	359	00:16:14	Phillip Caldwell	Morpeth Harriers & AC
75	475	00:15:18	Mark Pearce	Shaftesbury Barnet Harriers	184	115	00:16:14	Steven Adcock	Chelmsford AC
76	476	00:15:18	Joe Redwood	Shaftesbury Barnet Harriers	185	579	00:16:14	Lewis Healey	Vale Royal AC
77	263	00:15:19	Daniel Robinson	Jersey Spartans AC	186	567	00:16:15	Giorgio Russo	Tonbridge AC
78	516	00:15:19	Chris Hilton	St.Albans AC	187	281	00:16:16	Phillip Maddocks	Leicester Coritanian
79	427	00:15:19	Daniel Brock	Reading AC	188	396	00:16:17	Harry Foster	Notts AC
80	434	00:15:20	Daniel Overin	Richmond & Zetland Harriers	189	68	00:16:17	Jake Jansen	Blyth RC
81	297	00:15:20	Haran Dunderdale	Lincoln Wellington AC	190	238	00:16:17	Augustin Mallon	Hercules Wimbledon AC
82	443	00:15:21	Michael Eccles	Rotherham Harriers & AC	191	19	00:16:17	Thomas Biegel	Banbury Harriers AC
83	442	00:15:21	Luke Cotter	Rotherham Harriers & AC	192	582	00:16:17	Ryan Moore	Vale Royal AC
84	631	00:15:22	Daniel Jarvis	Wirral AC	193	70	00:16:18	Scott Povey	Blyth RC
85	468	00:15:23	Dominic Brown	Sevenoaks AC	194	391	00:16:19	William Crossen	Newton Aycliffe AC
86	590	00:15:23	Matthew O'Connor	Wakefield District Harriers & AC	195	58	00:16:19	Alex Lister	Blackheath & Bromley Harriers
87	224	00:15:23	Ben Daggart	Harrogate Harriers & AC	196	494	00:16:20	Daniel Milanovic	Soihull & Small Heath AC
88	430	00:15:24	Ben Priddle	Reading AC	197	15	00:16:21	Andrew Fenwick	Amber Valley AC
89	284	00:15:24	James Nutt	Leicester Coritanian	198	37	00:16:22	Lewis Eelsey	Bexley AC
90	207	00:15:25	Robbie Lorraine	Gateshead Harriers	199	371	00:16:22	Ellis O'Connell	Nene Valley Harriers
91	82	00:15:25	Miles Chandler	Bristol & West AC	200	449	00:16:22	Theo Larcombe	Royal Sutton Coldfield AC
92	276	00:15:25	Harry Foster	Leeds City AC	201	191	00:16:23	Sam Shindler-Glass	Ealing Southall & Middlesex AC
93	124	00:15:27	Dan Barraclough	Chiltern Harriers AC	202	480	00:16:24	Matthew Coulthard	Shildon Running & AC
94	156	00:15:28	Daniel McKeown	Coventry Godiva Harriers	203	337	00:16:24	Samuel Dobbs	Mansfield Harriers & AC
95	611	00:15:28	James Hall	Wharfedale Harriers	204	584	00:16:24	Nathan Tipping	Vale Royal AC
96	126	00:15:28	Jack Dutton	Chiltern Harriers AC	205	107	00:16:25	James McCann	Cannock & Stafford AC
97	298	00:15:29	Dylan Love	Lincoln Wellington AC	206	339	00:16:25	Jake Lancaster	Mansfield Harriers & AC
98	25	00:15:30	Jack Douglas	Bedford & County AC	207	426	00:16:28	Daniel Breeds	Reading AC
99	501	00:15:30	John Kerridge	Southend AC	208	302	00:16:28	Andrew Desmond	Liverpool Harriers & AC
100	447	00:15:31	Nicholas Myers	Rotherham Harriers & AC	209	482	00:16:29	George Speakman	Shrewsbury AC
101	212	00:15:31	Joe Donkin	Halesowen AC	210	102	00:16:30	Adam Coles	Cannock & Stafford AC
102	188	00:15:32	Jack Wyllie	Dorking & Mole Valley AC	211	271	00:16:30	James Whitaker	Lancaster & Morecambe AC
103	313	00:15:32	James Grundy	Liverpool Pembroke & Sefton H & AC	212	54	00:16:32	Adrian Bailes	Birtley AC
104	94	00:15:32	Alex Benfield	Burton AC	213	241	00:16:32	Tim Leek	Herne Hill Harriers
105	510	00:15:33	Paul Davis	Spennorth AC	214	628	00:16:32	Liam Ganwe	Wirral AC
106	121	00:15:33	Chris Peverley	Chester-Le-Street AC	215	488	00:16:33	Sam Birch	Skyrac AC
107	215	00:15:34	Brandon Sibley	Halesowen AC	216	294	00:16:33	Billy Mead	Leighton Buzzard AC
108	424	00:15:34	Andy Smith	Pudsey & Bramley AC	217	306	00:16:34	Kristian Quirk	Liverpool Harriers & AC
109	492	00:15:35	Joshua Asbrey	Sleaford Harriers	218	291	00:16:34	Liam Moore	Leigh Harriers & AC

Pos	RaceNo	Time	Name	Club	Pos	RaceNo	Time	Name	Club
219	603	00:16:35	Christopher Smith	Warrington AC	330	248	00:17:41	Eugene Potter	Highgate Harriers
220	526	00:16:35	Dominic Hill	Sunderland Harriers & AC	331	258	00:17:41	Jack Smith	Invicta East Kent AC
221	589	00:16:35	Jack Mitchell	Wakefield District Harriers & AC	332	55	00:17:46	Joseph Pearse	Blackburn Harriers & AC
222	608	00:16:36	Luke Broadbent	Wetherby Runners AC	333	273	00:17:47	Chris Mellor	Leeds Carnegie AC
223	627	00:16:36	Conor Flanagan	Wirral AC	334	278	00:17:49	Zak Anderson	Leicester Coritanian
224	154	00:16:36	Joe Alexander	Colchester & Tendring AC	335	448	00:17:51	Connor Ryan	Rotherham Harriers & AC
225	522	00:16:37	Kevin Acton	Stockport Harriers & AC	336	331	00:17:52	William Gayne	Macclesfield Harriers & AC
226	366	00:16:37	Ben Hampson	Nene Valley Harriers	337	637	00:17:52	Nathan Schofield	Wirral AC
227	419	00:16:37	Kingsley Judd	Preston Harriers	338	402	00:17:54	Tom Croft	Nuneaton Harriers AC
228	326	00:16:38	Sam Hever	Longwood Harriers AC	339	39	00:17:55	Luke Francis	Bexley AC
229	247	00:16:38	Stanley Harrison	Highgate Harriers	340	484	00:17:55	Jack Beetham	Skipton AC
230	7	00:16:39	Jack Court	Aldershot Farnham & District AC	341	412	00:17:56	Jack Waller	Orion Harriers
231	389	00:16:39	Alex Russo	Newham & Essex Beagles	342	328	00:17:59	Jake Foster	Louth AC
232	354	00:16:39	James Williamson	Medway & Maidstone AC	343	330	00:18:00	Jacob Anderson	Macclesfield Harriers & AC
233	565	00:16:40	Alex Norden	Tonbridge AC	344	562	00:18:00	Ross Miles	Tonbridge AC
234	602	00:16:40	Matthew Rostrow	Warrington AC	345	45	00:18:01	Joe Wain	Bingley Harriers & AC
235	617	00:16:41	Greg Baynham	Windsor Slough Eton & Hounslow AC	346	550	00:18:02	Adam Evans	Tipton Harriers
236	6	00:16:42	Luke Buckland	Aldershot Farnham & District AC	347	223	00:18:02	Rob Aitken	Harrogate Harriers & AC
237	517	00:16:42	Sam Jamieson-West	St.Albans AC	348	514	00:18:04	Andrew Butcher	Sphinx AC
238	524	00:16:42	Robert Ward	Stockport Harriers & AC	349	95	00:18:10	Jack Brown	Bury AC
239	16	00:16:42	David Narborough	Amber Valley AC	350	71	00:18:13	Michael Scott	Blyth RC
240	630	00:16:43	Matthew Hay	Wirral AC	351	559	00:18:14	Daniel Flatman	Tonbridge AC
241	367	00:16:43	Jakob Hart	Nene Valley Harriers	352	644	00:18:18	Archie Lyon	Wreake Runners
242	112	00:16:43	Mathew Cox	Charmwood AC	353	180	00:18:18	Jonathon Owen	Derby AC
243	414	00:16:44	Jack Barber	Owls AC	354	242	00:18:19	John Tayler	Herne Hill Harriers
244	612	00:16:44	Ben Johnstone	Wharfedale Harriers	355	555	00:18:20	Rory Buttle	Tonbridge AC
245	27	00:16:44	Daniel Henson	Bedford & County AC	356	393	00:18:21	Ben Abbott	Notts AC
246	360	00:16:44	Sam Hancox	Morpeth Harriers & AC	357	42	00:18:26	Charles Winch	Bexley AC
247	293	00:16:45	Brian Foulger	Leighton Buzzard AC	358	336	00:18:28	Jonathan Brown	Mansfield Harriers & AC
248	327	00:16:45	Robert Morris	Longwood Harriers AC	359	335	00:18:29	Jordan Boam	Mansfield Harriers & AC
249	193	00:16:46	Adam Way	Ealing Southall & Middlesex AC	360	66	00:18:30	Scott Goodfellow	Blyth RC
250	120	00:16:46	Campbell Menzies	Chesterfield & District AC	361	249	00:18:31	Michael Booth	Holmfirth Harriers AC
251	344	00:16:47	Stephen Garrett	Manx Harriers	362	388	00:18:32	Joe Robinson	Newham & Essex Beagles
252	72	00:16:47	Jack Gamroy	Bolton United Harriers & AC	363	385	00:18:41	Paul Fradley	Newcastle (Staffs) AC
253	498	00:16:48	David Wakefield	South Shields Harriers	364	545	00:18:51	Zewede Hamid	Thames Valley Harriers
254	583	00:16:48	Patrick Stradling	Vale Royal AC	365	250	00:18:54	Robert Hinchliffe	Holmfirth Harriers AC
255	415	00:16:48	Declan Bulmer	Pendle AC	366	210	00:18:59	Mark Thomas	Gosforth Harriers & AC
256	529	00:16:49	Aidan Blythe	Tamworth AC	367	46	00:18:59	Gordon Weight	Bingley Harriers & AC
257	201	00:16:49	Joe Steward	East Cheshire Harriers & Tameside AC	368	581	00:18:59	Matty Jakeman	Vale Royal AC
258	408	00:16:50	Alberic Hall	Orion Harriers	369	548	00:19:02	Nabil Touni	Thames Valley Harriers
259	189	00:16:51	Duncan Pinder	Ealing Southall & Middlesex AC	370	400	00:19:05	Philip Waring	Notts AC
260	178	00:16:52	Llwyd Griffiths	Derby AC	371	553	00:19:15	Ryan Keyes	Tipton Harriers
261	496	00:16:53	Ben Foreman	South London Harriers	372	645	00:19:16	Rowan Thompson	Wreake Runners
262	2	00:16:53	Owen Stepany	Abingdon AAC	373	362	00:19:27	Henrik Paulsen	Morpeth Harriers & AC
263	323	00:16:54	Miron Woldemichael	London Heathside	374	229	00:19:30	Sean Giff	Hastings AC
264	104	00:16:54	William Haycox	Cannock & Stafford AC	375	378	00:19:31	Jake Mammatt	Newark AC
265	373	00:16:55	James Thomas	Nene Valley Harriers	376	495	00:19:34	Zachary Nolan	Soihull & Small Heath AC
266	466	00:16:55	Seb Reichel	Sedgefield Harriers	377	33	00:19:35	Curtis Arnott	Beverley AC
267	96	00:16:57	Nathan Milligan	Bury AC	378	381	00:19:54	Alistair Weir	Newark AC
268	305	00:16:58	Chris Manning	Liverpool Harriers & AC	379	600	00:20:00	Michael Hawgood	Warrington AC
269	22	00:16:59	Jack Benedickter	Bedford & County AC	380	642	00:20:07	Tom Johnson	Wreake Runners
270	369	00:16:59	Dan Martin	Nene Valley Harriers	381	464	00:20:08	Sam Hearnun	Sedgefield Harriers
271	219	00:17:00	Michael Gladstone	Halifax Harriers AC	382	61	00:20:17	Jake Wade	Blackheath & Bromley Harriers
272	623	00:17:01	James Watson	Windsor Slough Eton & Hounslow AC	383	204	00:20:37	Robert Laidlaw	Elswick Harriers
273	541	00:17:02	Luke Tatton	Telford AC	384	467	00:20:55	Jack Snowden	Sedgefield Harriers
274	511	00:17:02	Christopher Hampson	Spenborough AC	385	544	00:21:06	Samuel Cooper	Thames Valley Harriers
275	300	00:17:03	Sam Shuttleworth	Lincoln Wellington AC	386	288	00:21:24	William Banks	Leigh Harriers & AC
276	416	00:17:03	Neng Wildman	Pendle AC	387	386	00:23:03	Jonathon Whitehurst	Newcastle (Staffs) AC
277	176	00:17:04	Jack Bridle	Derby AC					
278	183	00:17:04	Jordan Townsend	Derby AC					
279	596	00:17:04	Steven Darbyshire	Warrington AC		1	93	Shaftesbury Barnet Harriers	( 2 4 28 59 )
280	570	00:17:05	David Moores	Trafford AC		2	101	Tonbridge AC	( 8 26 31 36 )
281	580	00:17:05	James Ikin	Vale Royal AC		3	147	Trafford AC	( 9 27 51 60 )
282	290	00:17:06	Adam Jamson	Leigh Harriers & AC		4	159	Liverpool Harriers & AC	( 16 46 47 50 )
283	119	00:17:07	Edward Bilton	Chesterfield & District AC		5	218	Bristol & West AC	( 6 55 66 91 )
284	318	00:17:08	David Reece	Liverpool Pembroke & Sefton H & AC		6	221	Coventry Godiva Harriers	( 21 38 68 94 )
285	195	00:17:08	Jack Donnelly	East Cheshire Harriers & Tameside AC		7	236	Bedford & County AC	( 20 48 70 98 )
286	372	00:17:08	Callum Reid	Nene Valley Harriers		8	289	Leicester Coritanian	( 13 72 89 115 )
287	363	00:17:09	Matthew Metcalf	Moston District Harriers & AC		9	335	Halesowen AC	( 5 101 107 122 )
288	515	00:17:11	Craig Pears	Sphinx AC		10	343	Wakefield District Harriers & AC	( 15 86 118 124 )
289	505	00:17:11	Gary Clark	Southport Waterloo AC		11	367	Windsor Slough Eton & Hounslow AC	( 11 52 147 157 )
290	499	00:17:12	Joe Beard	Southend AC		12	397	Reading AC	( 23 79 88 207 )
291	439	00:17:12	Alton Fowler	Rossendale Harriers & AC		13	449	St.Albans AC	( 1 78 133 237 )
292	509	00:17:13	Jonathan Foster	Southport Waterloo AC		14	452	Chiltem Harriers AC	( 93 96 123 140 )
293	641	00:17:13	George Bettsworth	Wreake Runners		15	475	Vale Royal AC	( 29 130 131 185 )
294	486	00:17:14	Josh Pendle	Skipton AC		16	514	Aldershot Farnham & District AC	( 56 61 167 230 )
295	586	00:17:14	Andy Zimmer	Vale Royal AC		17	555	Liverpool Pembroke & Sefton H & AC	( 25 103 143 284 )
296	334	00:17:16	Jonathon Stewart	Manchester Harriers & AC		18	563	Rotherham Harriers & AC	( 82 83 100 298 )
297	523	00:17:17	James Parrot	Stockport Harriers & AC		19	604	Warrington AC	( 58 151 176 219 )
298	445	00:17:18	William Johnson	Rotherham Harriers & AC		20	620	Bexley AC	( 112 135 175 198 )
299	321	00:17:18	Joe Silva	London Heathside		21	634	Lincoln Wellington AC	( 81 97 181 275 )
300	103	00:17:19	Thomas Eustace	Cannock & Stafford AC		22	647	Leigh Harriers & AC	( 34 113 218 282 )
301	23	00:17:19	Matthew Bray	Bedford & County AC		23	648	Wirral AC	( 84 127 214 223 )
302	303	00:17:19	Callum Grant	Liverpool Harriers & AC		24	654	Cannock & Stafford AC	( 57 182 205 210 )
303	370	00:17:20	Jack Moore	Nene Valley Harriers		25	727	East Cheshire Harriers & Tameside AC	( 74 111 257 285 )
304	274	00:17:20	Ollie Watson	Leeds Carnegie AC		26	818	Nene Valley Harriers	( 152 199 226 241 )
305	406	00:17:23	Steven Heanue	Oldham & Royton Harriers & AC		27	823	Notts AC	( 159 168 188 308 )
306	364	00:17:25	Rob Bradley	Nene Valley Harriers		28	837	Ealing Southall & Middlesex AC	( 128 201 249 259 )
307	405	00:17:26	Scott Healey	Oldham & Royton Harriers & AC		29	851	Morpeth Harriers & AC	( 49 183 246 373 )
308	401	00:17:26	Matt Williams	Notts AC		30	892	Mansfield Harriers & AC	( 158 203 206 325 )
309	227	00:17:28	Nat Welsby	Harrogate Harriers & AC		31	919	Southport Waterloo AC	( 161 177 289 292 )
310	113	00:17:29	Alex Dickie	Charmwood AC		32	1028	Tipton Harriers	( 142 169 346 371 )
311	398	00:17:30	Robert Keighery	Notts AC		33	1092	Blyth RC	( 189 193 350 360 )
312	375	00:17:32	Peter Barrie	Newark AC		34	1127	Wreake Runners	( 110 293 352 372 )
313	343	00:17:32	Oliver Dickinson	Manx Harriers		35	1168	Derby AC	( 260 277 278 353 )
314	145	00:17:33	Bradley Stansbury	City of Norwich AC		36	1175	Sedgefield Harriers	( 144 266 381 384 )
315	320	00:17:33	Renat Hammet-Milloy	London Heathside		37	1206	Newark AC	( 141 312 375 378 )
316	635	00:17:34	Spencer Rue-Ely	Wirral AC					
317	436	00:17:34	Tom Hemingway	Riverside Runners					
318	387	00:17:34	Jed Rimell	Newham & Essex Beagles					
319	108	00:17:34	Matthew Pugh	Cannock & Stafford AC					
320	308	00:17:35	Tom Schumacher	Liverpool Harriers & AC					
321	97	00:17:36	Jack Williams	Bury AC					
322	317	00:17:36	Robert Parkinson	Liverpool Pembroke & Sefton H & AC					
323	10	00:17:37	Jordan Fox	Aldershot Farnham & District AC					
324	198	00:17:38	James Hill	East Cheshire Harriers & Tameside AC					
325	341	00:17:38	David Wilkinson	Mansfield Harriers & AC					
326	123	00:17:39	Andrew Sill	Chester-Le-Street AC					
327	507	00:17:39	Patrick Cullen	Southport Waterloo AC					
328	106	00:17:40	James Lake	Cannock & Stafford AC					
329	1	00:17:41	Matthew Smith	Abbey Runners					