

UKA Men's individual Championship results

Pos	PosAG	RNo	Name	Club	Nat	AgeGr	Finish	5km	5km-10k
1	1	1	Farah, Mo		GBR	M18	0:29:15	0:14:42	0:14:33
2	2	5	Lemoncello, Andrew	Fife Ac	GBR	M18	0:29:38	0:14:42	0:14:56
3	3	8	Wicks, Phil	Belgrave Harriers	GBR	M18	0:29:41	0:14:44	0:14:58
4	4	318	Warmby, Mark	Newham & Essex Beagles	GBR	M18	0:29:50	0:14:48	0:15:03
5	5	19	Lilly, Josh	Tipton Harriers	GBR	M18	0:29:52	0:14:48	0:15:04
6	6	324	Tickner, Ben		GBR	M18	0:29:53	0:14:45	0:15:08
7	7	316	Whitby, Benedict		GBR	M18	0:29:56	0:14:47	0:15:09
8	8	49	Kyereme, Kojo	Shaftesbury Barnet Harriers	GBR	M18	0:30:01	0:14:49	0:15:13
9	9	24	Deed, Darren	Bedford & County Ac	GBR	M18	0:30:19	0:15:00	0:15:19
10	10	42	Doe, Tom	Lincoln Wellington Ac	GBR	M18	0:30:20	0:15:04	0:15:17
11	11	58	Newton, Peter	Morpeth Harriers	GBR	M18	0:30:24	0:15:11	0:15:14
12	12	30	Richardson, Paul	OWLS AC	GBR	M18	0:30:26	0:14:49	0:15:38
13	13	76	Kimpton, Ian	Lincoln Wellington Ac	GBR	M18	0:30:28	0:15:00	0:15:29
14	14	18	Norman, Andy	Altrincham	GBR	M18	0:30:33	0:14:53	0:15:40
15	15	335	Bowser, Matthew	Lincoln Wellington Ac	GBR	M18	0:30:36	0:14:57	0:15:39
16	16	53	Gilby, Jonathon	Derby Ac	GBR	M18	0:30:41	0:15:07	0:15:34
17	17	27	Torry, Nicholas	Serpentine	GBR	M18	0:30:42	0:15:07	0:15:35
18	18	29	Skinner, Kevin	Newham & Essex Beagles	GBR	M18	0:30:44	0:15:11	0:15:33
19	19	63	Naylor, Steve	Woodstock	GBR	M18	0:30:44	0:15:15	0:15:30
20	20	2	Overall, Scott	Blackheath And Bromley Harriers AC	GBR	M18	0:30:45	0:14:44	0:16:01
21	21	40	Martelletti, Paul	Victoria Park Harriers & Tower Hamlets AC	GBR	M18	0:30:46	0:15:12	0:15:34
22	22	16	Barnes, Matt	Altrincham	GBR	M18	0:30:48	0:15:06	0:15:42
23	1	10	Hudspith, Ian	Morpeth Harriers	GBR	M40	0:30:50	0:14:54	0:15:57
24	23	57	Thompson, Paul	Birmingham Running, Athletics & Triathlon Club	GBR	M18	0:30:53	0:15:07	0:15:47
25	24	75	Connor, James	Kent Ac	GBR	M18	0:30:54	0:15:12	0:15:42
26	25	163	Mcguigan, Steve	Bristol & West Ac	GBR	M18	0:30:54	0:15:04	0:15:50
27	26	61	Dumigan, Matthew	Swansea Harriers	GBR	M18	0:31:02	0:15:12	0:15:50
28	27	20	Moreau, Ben	Aldershot Farnham & District Ac	GBR	M18	0:31:05	0:15:21	0:15:44
29	28	88	Seaward, Kevin	Cardiff Aac	GBR	M18	0:31:08	0:15:22	0:15:47
30	29	107	Connor, Steve	Aldershot Farnham & District Ac	GBR	M18	0:31:11	0:15:34	0:15:38
31	30	99	Scott, Aaron	Notts Ac	GBR	M18	0:31:13	0:15:16	0:15:58
32	31	14	Williams, Martin	Tipton Harriers	GBR	M18	0:31:18	0:15:15	0:16:03
33	32	390	Hamilton, Paddy	Annadale Striders	GBR	M18	0:31:19	0:15:12	0:16:07
34	33	25	Norman, Dave	Altrincham	GBR	M18	0:31:20	0:15:16	0:16:05
35	34	86	Bruce, Dave	Highgate Harriers	GBR	M18	0:31:21	0:15:31	0:15:50
36	35	52	Hood, Mark	Sunderland Harriers	GBR	M18	0:31:28	0:15:16	0:16:13
37	36	62	Watts, Dan	Shaftesbury Barnet Harriers	GBR	M18	0:31:30	0:15:14	0:16:16
38	37	65	Hutchins, John	Basingstoke	GBR	M18	0:31:34	0:15:16	0:16:18
39	38	79	Hoole, Phillip	Rotherham Harriers & Ac	GBR	M18	0:31:34	0:15:36	0:15:59
40	39	78	Merson, Tom	Bristol & West Ac	GBR	M18	0:31:35	0:15:24	0:16:12
41	40	80	Guilmant, Josh	Phoenix Ac	GBR	M18	0:31:36	0:15:23	0:16:13
42	41	120	Spencer, Toby	Coventry Godiva	GBR	M18	0:31:40	0:15:23	0:16:17
43	42	122	Dawes, Steve	Newham & Essex Beagles	GBR	M18	0:31:44	0:15:35	0:16:09
44	43	117	Archer, Dave	Hallamshire Harriers	GBR	M18	0:31:45	0:15:48	0:15:57
45	44	38	Whitehouse, Martin	Notts Ac	GBR	M18	0:31:47	0:15:26	0:16:22
46	45	60	Lawler, James	Bedford & County Ac	GBR	M18	0:31:47	0:15:37	0:16:11
47	46	66	Blunden, Matt	Notts Ac	GBR	M18	0:31:49	0:15:40	0:16:10
48	47	55	Matthews, Owain	Bedford & County Ac	GBR	M18	0:31:51	0:15:38	0:16:14
49	48	125	Mcnally, Finn	Phoenix Ac	GBR	M18	0:31:54	0:15:26	0:16:28
50	49	314	Hill, Mick	Tipton Harriers	GBR	M18	0:31:55	0:15:31	0:16:24
51	50	161	Morwood, Joe	Aldershot Farnham & District Ac	GBR	M18	0:31:57	0:15:37	0:16:21
52	51	131	Tucker, Peter	Metropolitan Police AC	GBR	M18	0:32:02	0:15:42	0:16:21
53	52	101	Axe, Rowan	Cardiff Aac	GBR	M18	0:32:03	0:15:17	0:16:46
54	53	167	Charles, Thomas	Trafford Ac	GBR	M18	0:32:04	0:15:42	0:16:23
55	54	177	Scott, Richard	Highgate Harriers	GBR	M18	0:32:06	0:15:44	0:16:22
56	55	337	Swinburn, Nick	Morpeth Harriers	GBR	M18	0:32:08	0:15:36	0:16:32
57	56	124	Habgood, Ian	Bournemouth	GBR	M18	0:32:11	0:15:59	0:16:12
58	57	50	Lole, Matt	Coventry Godiva	GBR	M18	0:32:12	0:15:41	0:16:32
59	58	191	Torry, Hugh	Serpentine	GBR	M18	0:32:12	0:15:53	0:16:20
60	59	128	Downs, Fabian	Chiltern Harriers	GBR	M18	0:32:14	0:15:53	0:16:21

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Pos	PosAG	RNo	Name	Club	Nat	AgeGr	Finish	5km	5km-10k
61	60	56	Care, Hywel	Woodford Green & Essex Ladies Ac	GBR	M18	0:32:15	0:15:44	0:16:31
62	61	154	Mckinlay, Ryan	Highgate Harriers	GBR	M18	0:32:20	0:16:00	0:16:21
63	62	147	Jones, Ross	Tipton Harriers	GBR	M18	0:32:21	0:15:48	0:16:33
64	2	146	Simpson, Jason	South London Harriers	GBR	M40	0:32:22	0:15:53	0:16:29
65	63	152	Beedell, Thomas	Kingston & Polytechnic AC	GBR	M18	0:32:28	0:15:39	0:16:49
66	64	137	Hope, Ben	Woodford Green & Essex Ladies Ac	GBR	M18	0:32:32	0:16:06	0:16:27
67	65	199	Brown, Robin	Thames Hare & Hounds	GBR	M18	0:32:33	0:15:57	0:16:37
68	66	165	Inskip, Andrew	Bedford & County Ac	GBR	M18	0:32:35	0:15:56	0:16:39
69	67	178	Mctaggart, Rob	Bournemouth	GBR	M18	0:32:38	0:16:02	0:16:36
70	68	183	Jones, Matt	Thames Hare & Hounds	GBR	M18	0:32:39	0:15:58	0:16:41
71	69	151	Paviour, Ben	Herne Hill Harriers	GBR	M18	0:32:40	0:16:11	0:16:29
72	70	208	Phillips, Richard	Serpentine	GBR	M18	0:32:41	0:16:01	0:16:41
73	71	319	Meade, Fergus	Leeds City	GBR	M18	0:32:42	0:15:42	0:17:01
74	72	156	Dunbar, Alex	West Suffolk	GBR	M18	0:32:42	0:15:57	0:16:46
75	73	136	Saqui, Glenn	Highgate Harriers	GBR	M18	0:32:43	0:16:08	0:16:36
76	74	77	Mcfarlane, John	Thames Hare & Hounds	GBR	M18	0:32:44	0:15:47	0:16:57
77	75	103	Reynolds, Lee	Windsor Slough Eton & Hounslow	GBR	M18	0:32:45	0:16:15	0:16:31
78	76	144	Peters, Jon	Cardiff Aac	GBR	M18	0:32:47	0:16:02	0:16:45
79	77	203	Dixon, Shaun	Highgate Harriers	GBR	M18	0:32:51	0:15:58	0:16:54
80	78	334	Powell, Bertie	Woodford Green & Essex Ladies Ac	GBR	M18	0:32:53	0:16:08	0:16:46
81	79	119	Reynolds, Bryn	Newham & Essex Beagles	GBR	M18	0:32:56	0:16:15	0:16:41
82	80	87	Dawson, Michael	Morpeth Harriers	GBR	M18	0:33:01	0:16:02	0:17:00
83	81	116	Duffy, Seb	City Of Stoke Ac	GBR	M18	0:33:01	0:15:58	0:17:03
84	82	108	Cockerell, Will	Belgrave Harriers	GBR	M18	0:33:04	0:16:18	0:16:47
85	83	135	Dodwell, Henry	Highgate Harriers	GBR	M18	0:33:05	0:16:24	0:16:41
86	84	181	Chambers, Andy	Bristol & West Ac	GBR	M18	0:33:05	0:16:01	0:17:05
87	85	323	Warren, Ben	Harrow Ac	GBR	M18	0:33:06	0:15:46	0:17:21
88	86	54	Lacy, Dean	Cambridge Harriers	GBR	M18	0:33:09	0:16:08	0:17:01
89	3	130	Haarer, Peter	Ranelagh Harriers	GBR	M40	0:33:10	0:16:13	0:16:57
90	4	166	Murchison, Alan	Winchester	GBR	M40	0:33:11	0:16:17	0:16:54
91	87	192	Gould, Nic	Thames Hare & Hounds	GBR	M18	0:33:11	0:16:14	0:16:58
92	88	102	Norris, Ben	Notts Ac	GBR	M18	0:33:14	0:16:32	0:16:42
93	89	123	Gibbins, Alex	Blackheath And Bromley Harriers AC	GBR	M18	0:33:17	0:16:20	0:16:57
94	90	142	Tomlinson, James	Brighton & Hove City Ac	GBR	M18	0:33:18	0:16:25	0:16:53
95	91	210	Wilrienne, Jordan	Derby Ac	GBR	M18	0:33:19	0:16:06	0:17:13
96	92	322	Shrubb, Nathan	Morpeth Harriers	GBR	M18	0:33:19	0:16:13	0:17:07
97	93	327	Smith, Willy	Keighley & Craven AC	GBR	M18	0:33:19	0:16:14	0:17:06
98	94	143	Bean, Martyn	Brighton & Hove City Ac	GBR	M18	0:33:21	0:16:24	0:16:57
99	95	215	Khan, Sarwar	Herne Hill Harriers	GBR	M18	0:33:28	0:16:28	0:17:00
100	96	207	Downie, Peter	Highgate Harriers	GBR	M18	0:33:31	0:16:29	0:17:02
101	5	204	Mcgrory, Stephen	Kent Ac	GBR	M40	0:33:35	0:16:28	0:17:08
102	97	112	Wenk, Stephan	Woodford Green & Essex Ladies Ac	GBR	M18	0:33:42	0:16:29	0:17:13
103	98	259	Greenwood, Christopher	Kent Ac	GBR	M18	0:33:42	0:16:40	0:17:03
104	99	106	Phillips, Neil	Aldershot Farnham & District Ac	GBR	M18	0:33:45	0:16:13	0:17:32
105	100	171	Conway, Andrew	Aldershot Farnham & District Ac	GBR	M18	0:33:52	0:16:26	0:17:26
106	101	190	White, Kieran	Hercules Wimbledon	GBR	M18	0:33:53	0:16:55	0:16:59
107	102	188	Challenger, Andrew	Hallamshire Harriers	GBR	M18	0:33:55	0:16:37	0:17:19
108	103	184	Alcock, David	Thames Hare & Hounds	GBR	M18	0:33:58	0:16:45	0:17:14
109	104	82	Ellis, Matt	Westbury Harriers	GBR	M18	0:33:59	0:16:14	0:17:45
110	105	229	Adams, Chris	Rotherham Harriers & Ac	GBR	M18	0:34:00	0:17:03	0:16:57
111	106	157	Carr, Damian	Coventry Godiva	GBR	M18	0:34:06	0:16:50	0:17:17
112	107	169	Elsey, Tim	Herne Hill Harriers	GBR	M18	0:34:12	0:16:55	0:17:17
113	108	114	Ashton, Jamie	Bracknell	GBR	M18	0:34:13	0:16:07	0:18:06
114	109	220	Prest, Jeff	Trafford Ac	GBR	M18	0:34:14	0:16:44	0:17:31
115	110	148	Dalglish, Sam	Westbury Harriers	GBR	M18	0:34:19	0:16:51	0:17:28
116	111	227	Branco, Tiago	Serpentine	GBR	M18	0:34:20	0:16:55	0:17:26
117	6	218	Goss, Steve	Bristol & West Ac	GBR	M40	0:34:20	0:16:48	0:17:33
118	112	179	Cunningham, Jeff	Herne Hill Harriers	GBR	M18	0:34:23	0:17:04	0:17:19
119	113	216	Munn, Richard	Kent Ac	GBR	M18	0:34:25	0:16:41	0:17:45
120	114	81	Burgess, Mark	Woodford Green & Essex Ladies Ac	GBR	M18	0:34:26	0:16:35	0:17:52

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Pos	PosAG	RNo	Name	Club	Nat	AgeGr	Finish	5km	5km-10k
121	115	212	Osborn, Ben	The Stragglers	GBR	M18	0:34:27	0:16:51	0:17:36
122	116	243	Munro, Simon	Bournemouth	GBR	M18	0:34:30	0:16:55	0:17:35
123	117	145	Milne, Alex	Enfield & Haringey Ac	GBR	M18	0:34:37	0:16:37	0:18:01
124	118	226	Williams, James	Salford Harriers & Ac	GBR	M18	0:34:39	0:16:38	0:18:02
125	119	198	Evans, Ryan	South London Harriers	GBR	M18	0:34:40	0:16:26	0:18:15
126	120	197	Robinson, Graham	Garden City Runners	GBR	M18	0:34:41	0:16:45	0:17:57
127	121	223	Darling, Richard	Notts Ac	GBR	M18	0:34:41	0:17:03	0:17:39
128	122	221	Parker, Dean	Bournville Harriers	GBR	M18	0:34:42	0:16:59	0:17:43
129	123	160	Wade, Sam	Phoenix Ac	GBR	M18	0:34:43	0:17:02	0:17:42
130	124	336	Christopher, Tom	Highgate Harriers	GBR	M18	0:34:47	0:16:38	0:18:10
131	125	195	Taub, Louis	Brighton & Hove City Ac	GBR	M18	0:34:54	0:16:55	0:17:59
132	126	628	Lennard, Kristian	South London Harriers	GBR	M18	0:34:54	0:16:58	0:17:56
133	127	186	Beaney, Stuart	Kent Ac	GBR	M18	0:34:57	0:17:11	0:17:47
134	128	162	Earl, Nick	City Of Norwich Ac	GBR	M18	0:34:58	0:16:46	0:18:12
135	129	1823	Brydon, Kevin	Trafford Ac	GBR	M18	0:35:02	0:17:09	0:17:53
136	130	240	McMahon, Rory	Hercules Wimbledon	GBR	M18	0:35:03	0:17:38	0:17:25
137	131	269	Ward, Chris	Wakefield District Harriers & Ac	GBR	M18	0:35:03	0:17:23	0:17:41
138	132	250	Cadd, Gareth	Bournville Harriers	GBR	M18	0:35:05	0:17:10	0:17:56
139	1	185	Reeder, Roy	The Stragglers	GBR	M45	0:35:07	0:17:40	0:17:28
140	133	193	Kingsnorth, Tom	Bristol & West Ac	GBR	M18	0:35:19	0:17:24	0:17:55
141	134	331	Brown, Stuart	Keighley & Craven AC	GBR	M18	0:35:19	0:17:04	0:18:15
142	7	233	Reeves, Andrew	Serpentine	GBR	M40	0:35:20	0:17:44	0:17:36
143	8	232	Rose, Sean	Bournville Harriers	GBR	M40	0:35:21	0:17:25	0:17:57
144	135	155	Collier, John	Westbury Harriers	GBR	M18	0:35:25	0:17:02	0:18:23
145	136	194	Boyce, David	Brighton & Hove City Ac	GBR	M18	0:35:25	0:17:02	0:18:23
146	137	275	Baynes, Chris	Garden City Runners	GBR	M18	0:35:44	0:17:22	0:18:22
147	138	234	Heslop, Tom	Victoria Park Harriers & Tower Hamlets AC	GBR	M18	0:35:52	0:17:14	0:18:39
148	139	239	Glynn, Phil	Hercules Wimbledon	GBR	M18	0:35:53	0:17:40	0:18:14
149	9	219	Washington, Darren	City Of Stoke Ac	GBR	M40	0:36:00	0:17:45	0:18:16
150	140	196	Hale, Zared	Brighton & Hove City Ac	GBR	M18	0:36:05	0:17:37	0:18:29
151	2	231	Andrew, Rob	Bournville Harriers	GBR	M45	0:36:16	0:17:30	0:18:46
152	3	315	Beard, Sean	Nene Valley Harriers	GBR	M45	0:36:20	0:17:57	0:18:24
153	141	280	Bundhun, Chris	Ranelagh Harriers	GBR	M18	0:36:28	0:18:02	0:18:27
154	142	267	Hazeldine, Julian	Victoria Park Harriers & Tower Hamlets AC	GBR	M18	0:36:29	0:18:01	0:18:29
155	143	141	Swallow, Jack	Blackheath And Bromley Harriers AC	GBR	M18	0:36:32	0:17:28	0:19:04
156	144	299	Langford, Oliver	City Of Stoke Ac	GBR	M18	0:36:38	0:17:57	0:18:42
157	145	263	Francis, Joseph	Phoenix Ac	GBR	M18	0:36:42	0:18:01	0:18:41
158	10	271	Bagnall, Gary	Victoria Park Harriers & Tower Hamlets AC	GBR	M40	0:36:53	0:18:14	0:18:40
159	146	230	Terry, John	Westbury Harriers	GBR	M18	0:36:56	0:18:08	0:18:48
160	147	211	Harper, Tom	Ranelagh Harriers	GBR	M18	0:36:57	0:18:27	0:18:30
161	1	255	Foss, John	South London Harriers	GBR	M50	0:37:19	0:18:33	0:18:47
162	4	278	Mercer, Simon	Victoria Park Harriers & Tower Hamlets AC	GBR	M45	0:37:24	0:18:21	0:19:04
163	148	294	Fowler, Sam	Basingstoke	GBR	M18	0:37:30	0:18:27	0:19:03
164	149	270	Dow, Martin	Herne Hill Harriers	GBR	M18	0:37:32	0:18:05	0:19:27
165	2	222	Donkin, Keith	Aldershot Farnham & District Ac	GBR	M50	0:37:38	0:18:25	0:19:14
166	150	252	Hayman, Paul	Serpentine	GBR	M18	0:37:53	0:18:26	0:19:28
167	11	268	Castrey, Gary	City Of Stoke Ac	GBR	M40	0:37:53	0:18:25	0:19:28
168	151	189	Reed, James	Altrincham	GBR	M18	0:37:56	0:18:25	0:19:32
169	152	329	Brown, Bobby	Keighley & Craven AC	GBR	M18	0:37:57	0:18:49	0:19:08
170	153	248	Harding, Will	Winchester	GBR	M18	0:37:59	0:18:23	0:19:36
171	154	228	Wilson, Richard	Derby Ac	GBR	M18	0:38:00	0:17:55	0:20:05
172	155	260	Snaith, Marc	Ranelagh Harriers	GBR	M18	0:38:00	0:18:32	0:19:28
173	12	330	Thomas, Adrian	Keighley & Craven AC	GBR	M40	0:38:07	0:18:45	0:19:22
174	13	261	Brackstone, Brian	Bracknell	GBR	M40	0:38:16	0:18:45	0:19:32
175	14	283	Jacobs, Nick	Aldershot Farnham & District Ac	GBR	M40	0:38:21	0:18:29	0:19:53
176	156	281	Crummy, Sean	Hercules Wimbledon	GBR	M18	0:38:25	0:18:41	0:19:44
177	5	274	Brazil, Simon	The Stragglers	GBR	M45	0:38:25	0:18:54	0:19:32
178	6	256	Johnson, Colin	Westbury Harriers	GBR	M45	0:38:27	0:18:51	0:19:37
179	157	277	Bailey, Alistair	Southampton Ac	GBR	M18	0:38:29	0:19:00	0:19:30
180	15	238	Barrie, Allan	The Stragglers	GBR	M40	0:38:38	0:19:10	0:19:28

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181	158	244	Graham, Paul	The Stragglers	GBR	M18	0:38:52	0:18:39	0:20:13
182	159	257	Birchley, Robert	Victoria Park Harriers & Tower Hamlets AC	GBR	M18	0:38:59	0:19:07	0:19:52
183	160	305	Carr, Darren	Basingstoke	GBR	M18	0:39:03	0:20:00	0:19:03
184	161	328	Spencer, Liam	Keighley & Craven AC	GBR	M18	0:39:05	0:19:12	0:19:54
185	16	298	Bond, Stewart	Hercules Wimbledon	GBR	M40	0:39:18	0:19:30	0:19:49
186	162	290	Wilson, John	Northbrook Ac	GBR	M18	0:39:30	0:19:36	0:19:55
187	163	287	Conroy, Phil	Belper Harriers	GBR	M18	0:39:31	0:19:13	0:20:19
188	164	264	Sherman, Tim	Southampton Ac	GBR	M18	0:39:34	0:18:33	0:21:01
189	165	94	Westbury, David	Derby Ac	GBR	M18	0:39:37	0:19:43	0:19:54
190	166	295	Baggott, Richard	Woking Ac	GBR	M18	0:39:45	0:19:28	0:20:18
191	1	288	Fellows, Peter	Northbrook Ac	GBR	M55	0:40:13	0:19:44	0:20:29
192	17	291	Weaver, Rob	Halesowen	GBR	M40	0:40:29	0:19:42	0:20:47
193	167	301	Harlan-Marks, Chris	Bournville Harriers	GBR	M18	0:40:53	0:20:11	0:20:43
194	18	121	Leybourne, Phil	Salford Harriers & Ac	GBR	M40	0:41:12	0:16:06	0:25:07
195	168	300	Neighbour, Andrew	Phoenix Ac	GBR	M18	0:41:47	0:20:41	0:21:06
196	1	293	Sandham, Steve	The Stragglers	GBR	M60	0:42:02	0:20:36	0:21:26
197	3	297	Mackness, Tony	Northbrook Ac	GBR	M50	0:42:14	0:21:20	0:20:55
198	169	272	O'Connor, Niall	Ranelagh Harriers	GBR	M18	0:42:27	0:20:52	0:21:35
199	170	304	Benjamin, Dan	Wakefield District Harriers & Ac	GBR	M18	0:43:20	0:21:21	0:21:59
200	7	302	Macinnes, John	Southampton Ac	GBR	M45	0:43:29	0:21:00	0:22:30
201	8	284	Millington, Steven	Halesowen	GBR	M45	0:44:24	0:21:52	0:22:33
202	171	286	Baggott, Michael	Woking Ac	GBR	M18	0:44:54	0:22:25	0:22:29
203	9	306	Gilbert, Kevin	Southampton Ac	GBR	M45	0:45:43	0:22:10	0:23:33
204	172	308	Pearce, Rob	Belper Harriers	GBR	M18	0:47:34	0:23:41	0:23:53
205	10	307	Dalton, Mark	Northbrook Ac	GBR	M45	0:48:24	0:23:56	0:24:28
206	2	310	Haynes, Peter	Southampton Ac	GBR	M60	0:48:42	0:23:33	0:25:10
207	173	258	Creegan, Jackson	Gateshead Harriers	GBR	M18	0:48:57	0:28:24	0:20:33
208	11	312	Gardner, Nigel	City Of Stoke Ac	GBR	M45	0:53:25	0:25:31	0:27:55
209	19	313	Stephenson, Craig	Garden City Runners	GBR	M40	0:59:05	0:27:23	0:31:42
210	12	311	Sharp, Dave	Wakefield District Harriers & Ac	GBR	M45	1:06:01	0:31:35	0:34:27