



Senior Men

Pos	Time	No	Name	Club
1	00:30:30	73	Russell Dessaix-Chin	Australia
2	00:30:33	70	Lee Turner	Trafford AC
3	00:30:41	33	Kevin Heywood	South West England
4	00:30:49	37	Rob Whalley	South West England
5	00:31:00	66	Owain Jones	Wales
6	00:31:13	44	Martin Twigg	unattached
7	00:31:22	8	Craig Ruddy	Scotland u23
8	00:31:28	15	David Flynn	Athletics Ireland u23
9	00:31:30	14	Brendan O'Neill	Athletics Ireland u23
10	00:31:34	31	Simon Lawson	Cardiff AAC
11	00:31:34	9	Derk Hawkins	Scotland u23
12	00:31:36	10	Michael Gillespie	Scotland u23
13	00:31:46	36	Tom Merson	South West England
14	00:31:50	76	Marc Hobbs	Swansea Harriers
15	00:31:51	58	Daniel Stevens	Cardiff AAC
16	00:31:53	69	Austin Davies	Wales
17	00:32:07	16	Simon Ryan	Athletics Ireland u23
18	00:32:14	28	Rob Samuel	Wales
19	00:32:17	29	Andy Nixon	North of England
20	00:32:38	61	Chris Discombe	Les Croupiers RC
21	00:32:40	35	Ollie Shilston	South West England
22	00:32:47	3	James Mills	Wales u23
23	00:32:50	19	Conor Flanagan	Ulster u23
24	00:32:59	80	Ian Quinn	Bristol & West AC
25	00:33:06	41	Craig Hopkins	Swansea Harriers AC
26	00:33:11	64	Ieuan Thomas	Cwmbran Harriers
27	00:33:14	13	Mark Hoey	Athletics Ireland u23
28	00:33:30	31	Mike Mannings	North of England
29	00:33:48	7	Conor McNulty	Scotland u23
30	00:33:50	99	Mark Jenkin	Bideford AAC
31	00:33:58	32	Peter Matthews	North of England
32	00:34:11	4	Harry Jones	Wales u23
33	00:34:19	56	Keith Fairbank	Cardiff AAC
34	00:35:04	42	Stephen Paterson	San Domenico RC
35	00:35:08	30	Oliver Ziff	North of England
36	00:35:14	57	Pete Grist	Cardiff AAC
37	00:35:21	55	C Jenkinson	Dundrum
38	00:35:22	47	David Notman	Swansea Harriers
39	00:35:46	46	Lee Southernwood	Team Bath AC
40	00:35:52	63	Julian Baker	Les Croupiers RC
41	00:36:03	54	J Hartnett	Dundrum
42	00:36:10	53	M Conway	Dundrum
43	00:36:27	49	Stuart Crees	Les Croupiers RC
44	00:38:26	59	Steven Sheard	Cardiff AAC
45	00:39:09	79	Thomas Bloodworth	UWIC AC
46	00:39:23	78	Daniel Hockley	Somerstet RC Tri
47	00:39:23	43	Ben Pitman	unattached
48	00:39:44	78	Rob Scott	Les Croupiers RC
49	00:39:59	52	Christopher Blackmore	Cardiff Harlequins
50	00:42:02	40	Andrew Russell	Les Croupiers RC