

Pos	Bib	Firstname	Lastname	Cat	Club	Time
1	517	Dewi	Griffiths		SWANSEA HARRIERS	00:28:07
2	522	Adam	Hickey		SOUTHEND AC	00:28:15
3	521	Jonathan	Hay		ALDERSHOT FARNHAM & DI	00:28:26
4	526	Ben	Livesey		Royal Air Force	00:28:27
5	542	Frank	Tickner		WELLS CITY	00:28:44
6	504	Matt	Bond		SALE HARRIERS MANCHESTE	00:29:00
7	552	William	Gray		BRIGHTON & HOVE AC	00:29:12
8	523	Jonathan	Hopkins		CARDIFF AAC	00:29:23
9	515	Weynay	Ghebresilasie		BIRCHFIELD HARRIERS	00:29:38
10	543	Alex	Tovey		WSEH	00:29:42
11	506	Adam	Clarke		ALDERSHOT FARNHAM & DI	00:29:54
12	546	Lee	Turner		TRAFFORD AC	00:29:56
13	519	Carl	Hardman		SALFORD HARRIERS	00:30:04
14	505	Joshua	Bull		DERBY AC	00:30:19
15	541	Daniel	Thorne		READING AC	00:30:24
16	538	Ross	Skelton		HASTINGS AC	00:30:44
17	536	Nathan	Shrubb		MORPETH HARRIERS & AC	00:30:47
18	507	Andrew	Connick		BELGRAVE HARRIERS	00:31:17
19	548	Jake	Waldron		EXETER HARRIERS	00:31:26
20	510	Matthew	Drury		CARDIFF AAC	00:31:35
21	514	Ollie	Garrod		EPSOM AND EWELL HARRIEF	00:31:57
22	544	Michael	Towler		AVON VALLEY RUNNERS	00:32:14
23	530	Sean	Parker-Harding		HASTINGS AC	00:32:37
24	531	Philip	Parry	50	BRISTOL & WEST AC	00:32:40
25	549	Richard	Waldron		SOUTHAMPTON AC	00:32:53
26	532	Max	Pickard		PHOENIX AC	00:32:55
27	540	Dan	Summers		WESTBURY HARRIERS	00:33:15
28	556	Mukhtaar	Farhan		CARDIFF AAC	00:33:37
29	509	Dean	Crangle		GATESHEAD HARRIERS	00:33:38
30	537	Adam	Simms		GATESHEAD HARRIERS	00:34:20
31	501	Oliver	Andrew		EXETER UNIVERSITY	00:34:55
32	529	Charlie	Pantlin	35	BRISTOL & WEST AC	00:36:03
33	550	Steven	Waldron		CARDIFF AAC	00:36:17
34	535	Glyn	Sansom	50	SAN DOMENICO	00:38:26
35	525	Johnny	Lam	40	SAN DOMENICO	00:38:32
36	547	Ivan	Usenko		BADTRI	00:39:03
37	511	Matthew	Dutton	40	NORTH DEVON AC	00:39:30