



BRITISH  
ATHLETICS

## 2016 ICXC - Senior Men

Pos	Time	No	Name	County	Pos	Time	No	Name	County
1	0:37:13	4660	Dewi Griffiths	West Wales	90	0:42:04	4329	Phil Williams	Gt.Manchester
2	0:37:18	4288	Adam Hickey	Essex	91	0:42:05	4429	Ben Johnson	Merseyside
3	0:37:50	4480	Jonathan Taylor	North East	92	0:42:06	4634	Rhys Boorman	Sussex
4	0:38:31	4412	Sam Stabler	Leicestershire	93	0:42:14	4713	Connor Milnes	Yorkshire
5	0:38:43	4341	Alexander Teuten	Hampshire	94	0:42:19	4226	Jeff Cunningham	Cumbria
6	0:38:53	4623	Kojo Kyreme	Surrey	95	0:42:21	4399	Tim Raynes	Lancashire
7	0:38:55	4240	Ben Connor	Derbyshire	96	0:42:22	4456	Michael Eccles	Norfolk
8	0:38:59	4482	Phil Wylie	North East	97	0:42:22	4497	William Gardner	Northamptonshire
9	0:39:01	4526	Steve Naylor	Oxfordshire	98	0:42:23	4188	Patrick O'Hare	Cambridgeshire
10	0:39:06	4449	Chris Smith	Middlesex	99	0:42:24	4528	Julian Richardson	Oxfordshire
11	0:39:07	4476	Callum Johnson	North East	100	0:42:25	4330	Matthew Arnold	Hampshire
12	0:39:09	4438	Mohamed Aadan	Middlesex	101	0:42:25	4225	Ross Campbell	Cumbria
13	0:39:12	4129	Owain Jones	Avon & Somerset	102	0:42:28	4522	Paul Fernandez	Oxfordshire
14	0:39:22	4468	Carl Avery	North East	103	0:42:28	4407	Tom Mahon	Leicestershire
15	0:39:24	4538	Michael Ferguson	Scotland East	104	0:42:32	4209	James Wignall	Cheshire
16	0:39:37	4439	Tom Aldred	Middlesex	105	0:42:34	4523	Simon Fisher	Oxfordshire
17	0:39:44	4704	Steve Bayton	Yorkshire	106	0:42:37	4400	Chris Singleton	Lancashire
18	0:39:45	4374	Ben Cole	Kent	107	0:42:38	4629	Ben Savill	Surrey
19	0:39:48	4474	Greg Jayasuriya	North East	108	0:42:41	4647	Philip Gould	Warwickshire
20	0:39:54	4705	Alan Buckley	Yorkshire	109	0:42:42	4221	Adam Thomas	Cornwall
21	0:39:55	4396	Patrick Dever	Lancashire	110	0:42:42	4158	Alex Muir	Berkshire
22	0:40:02	4716	Joshua Woodcock-Shaw	Yorkshire	111	0:42:44	4540	Donald MacAulay	Scotland East
23	0:40:07	4475	Daniel Jenkin	North East	112	0:42:45	4416	Anthony Woodward	Leicestershire
24	0:40:11	4539	Alex Hendry	Scotland East	113	0:42:46	4607	Tom Eames	Suffolk
25	0:40:13	4544	Ben Stevenson	Scotland East	114	0:42:46	4394	Thomas Corrigan	Lancashire
26	0:40:16	4132	Rowan Preece	Avon & Somerset	115	0:42:47	4122	Jack Bancroft	Avon & Somerset
27	0:40:21	4380	George Duggan	Kent	116	0:42:50	4430	Laurie Luscombe	Merseyside
28	0:40:24	4212	Mark Jenkin	Cornwall	117	0:42:53	4290	Carwyn Jones	Essex
29	0:40:34	4214	Peter Le Grice	Cornwall	118	0:42:57	4681	Simon Nott	Wiltshire
30	0:40:36	4635	Howard Bristow	Sussex	119	0:43:03	4376	Tom Collins	Kent
31	0:40:37	4545	Scott Stirling	Scotland East	120	0:43:04	4343	Richard Waldron	Hampshire
32	0:40:42	4487	Iolo Hughes	North Wales	121	0:43:04	4144	Stephen Headley	Bedfordshire
33	0:40:44	4535	Dale Colley	Scotland East	122	0:43:05	4645	Thomas Beasley	Warwickshire
34	0:40:45	4354	Mark Pearce	Hertfordshire	123	0:43:05	4189	Oliver Park	Cambridgeshire
35	0:40:46	4185	William MacKay	Cambridgeshire	124	0:43:06	4169	Jamie Farmer	Buckinghamshire
36	0:40:47	4395	Robert Danson	Lancashire	125	0:43:07	4302	Richard De-Camps	Gloucestershire
37	0:40:49	4445	Richard Phillips	Middlesex	126	0:43:08	4204	Liam Renton	Cheshire
38	0:40:50	4317	Scott Evans	Gt.Manchester	127	0:43:12	4363	Oliver Newton	Humberside
39	0:40:50	4346	Phillip Crout	Hertfordshire	128	0:43:15	4173	Bradley Lawrence	Buckinghamshire
40	0:40:55	4675	Nyle Clinton	Wiltshire	129	0:43:16	4177	Patrick Taylor	Buckinghamshire
41	0:40:58	4194	Glenn Watts	Cambridgeshire	130	0:43:17	4436	Martin Swensson	Merseyside
42	0:40:59	4636	Max Dumbrell	Sussex	131	0:43:19	4930	Jordan Bell	Blackhill Bounders
43	0:41:00	4285	Tom Beedell	Essex	132	0:43:20	4455	Dominic Blake	Norfolk
44	0:41:00	4655	Patrick Roddy	Warwickshire	133	0:43:25	4419	Richard Brown	Lincolnshire
45	0:41:01	4631	Jake Waldron	Surrey	134	0:43:25	4450	Robert Thompson	Middlesex
46	0:41:04	4385	Neil Phillips	Kent	135	0:43:27	4340	Tom Stevens	Hampshire
47	0:41:07	4127	Josh Davies	Avon & Somerset	136	0:43:28	4942	Aidan Smith	Oxford Univ / Hallamshire H
48	0:41:08	4191	Steven Robinson	Cambridgeshire	137	0:43:31	4524	Tegid Jones	Oxfordshire
49	0:41:10	4624	James McMullan	Surrey	138	0:43:32	4613	Dominic Oliver	Suffolk
50	0:41:10	4633	James Baker	Sussex	139	0:43:35	4639	Harry Leleu	Sussex
51	0:41:10	4481	Lewis Timmins	North East	140	0:43:37	4165	Mark Worringham	Berkshire
52	0:41:18	4206	Chris Smithard	Cheshire	141	0:43:39	4605	Michael Bartram	Suffolk
53	0:41:19	4235	Alisdair Russell	Cumbria	142	0:43:39	4294	Mark Sandford	Essex
54	0:41:20	4331	Matthew Bennett	Hampshire	143	0:43:40	4166	Simon Beedell	Buckinghamshire
55	0:41:21	4703	Dave Archer	Yorkshire	144	0:43:40	4690	Matthew Harrold	Worcestershire
56	0:41:22	4520	James Chettle	Oxfordshire	145	0:43:40	4525	Matthieu Marshall	Oxfordshire
57	0:41:24	4469	Robert Balmbara	North East	146	0:43:42	4286	Tom Cammack	Essex
58	0:41:27	4674	Ben Brewster	Wiltshire	147	0:43:45	4337	Abdi Mahamed	Hampshire
59	0:41:28	4641	Paul Navesey	Sussex	148	0:43:48	4295	Christopher Sellens	Essex
60	0:41:29	4261	Jamie Grose	Dorset	149	0:43:50	4182	Alastair Hodges	Cambridgeshire
61	0:41:33	4180	Steve Tuttle	Buckinghamshire	150	0:43:52	4161	Robert Tan	Berkshire
62	0:41:35	4220	Colin Snook	Cornwall	151	0:43:52	4326	David Rich	Gt.Manchester
63	0:41:37	4422	Joe Wilkinson	Lincolnshire	152	0:43:55	4653	Dean Parker	Warwickshire
64	0:41:39	4382	Robert Jackaman	Kent	153	0:43:56	4123	Oliver Beale	Avon & Somerset
65	0:41:40	4700	Joe Smith	Worcestershire	154	0:43:56	4241	Colin Davenport	Derbyshire
66	0:41:44	4654	Andrew Peat	Warwickshire	155	0:43:57	4126	Alexa Crossland	Avon & Somerset
67	0:41:46	4202	Nigel Martin	Cheshire	156	0:43:57	4503	Luke Montgomery	Northamptonshire
68	0:41:49	4406	Chris Jordan	Leicestershire	157	0:43:58	4672	Heath Bampton	Wiltshire
69	0:41:49	4387	Daniel Watt	Kent	158	0:43:59	4257	James Pugsley	Devon
70	0:41:50	4625	Peter Mills	Surrey	159	0:44:00	4171	Christopher Hearn	Buckinghamshire
71	0:41:51	4145	Richard Henderson	Bedfordshire	160	0:44:01	4134	Robert Stewart	Avon & Somerset
72	0:41:53	4573	Paul Ward	Shropshire	161	0:44:02	4529	Maxwell Robinson	Oxfordshire
73	0:41:54	4377	Timothy Corby	Kent	162	0:44:07	4272	Elliott Hardee	East Wales
74	0:41:56	4289	Angus Holford	Essex	163	0:44:08	4402	Steven Gibson	Leicestershire
75	0:41:57	4397	William Onek	Lancashire	164	0:44:08	4408	Chris McMillan	Leicestershire
76	0:41:58	4521	Jonathan Cornish	Oxfordshire	165	0:44:09	4462	Oliver Maskell	Norfolk
77	0:41:58	4131	Felix McGrath	Avon & Somerset	166	0:44:12	4255	Simon Minting	Devon
78	0:41:59	4300	Harry Bishop	Gloucestershire	167	0:44:14	4143	Andrew Headley	Bedfordshire
79	0:41:59	4414	Nathaniel Walker	Leicestershire	168	0:44:15	4318	Ed Fazakerley	Gt.Manchester
80	0:41:59	4157	Simon Millett	Berkshire	169	0:44:16	4677	Damian Hall	Wiltshire
81	0:42:00	4638	Dean Heneghan	Sussex	170	0:44:18	4183	Anthony Johnson	Cambridgeshire
82	0:42:01	4490	Daniel Kashi	North Wales	171	0:44:19	4701	Richard White	Worcestershire
83	0:42:01	4392	Alan Corlett	Lancashire	172	0:44:22	4388	Andy Barron	Lancashire
84	0:42:01	4642	James Turner	Sussex	173	0:44:26	4652	Stephen Page	Warwickshire
85	0:42:02	4451	Hugh Torry	Middlesex	174	0:44:27	4404	Ben Harding	Leicestershire
86	0:42:02	4471	Harry Coates	North East	175	0:44:27	4517	Kristian Watson	Nottinghamshire
87	0:42:03	4198	Stuart Doyle	Cheshire	176	0:44:29	4611	Jonathan Ling	Suffolk
88	0:42:03	4323	Tom McGuinness	Gt.Manchester	177	0:44:31	4205	Matthew Smith	Cheshire
89	0:42:04	4401	Robert Webb	Lancashire	178	0:44:35	4568	Peter Middleton	Shropshire

# 2016 ICXC - Senior Men

Pos	Time	No	Name	County
179	0:44:37	4357	Mark Vaughan	Hertfordshire
180	0:44:38	4222	Paul Whear	Cornwall
181	0:44:39	4594	Thomas Hendricken	Staffordshire
182	0:44:50	4434	Philip Robertson	Merseyside
183	0:44:52	4135	James Webb	Avon & Somerset
184	0:44:53	4689	Tim Carter	Worcestershire
185	0:44:56	4227	David Fulford	Cumbria
186	0:44:56	4152	James Craggs	Berkshire
187	0:44:58	4692	Paul Little	Worcestershire
188	0:45:00	4409	Max O'Sullivan	Leicestershire
189	0:45:02	4190	Richard Park	Cambridgeshire
190	0:45:06	4423	David Brockway	Merseyside
191	0:45:11	4333	Max Costley	Hampshire
192	0:45:12	4345	Mark Crabtree	Hertfordshire
193	0:45:13	4591	Callum Dillon	Staffordshire
194	0:45:22	4592	Ben Foster	Staffordshire
195	0:45:23	4678	Thomas Hemming	Wiltshire
196	0:45:23	4238	Sol Clark	Derbyshire
197	0:45:29	4203	Richard McGeachie	Cheshire
198	0:45:30	4603	Louis Wrigley	Staffordshire
199	0:45:35	4576	John Cove	South Wales
200	0:45:39	4260	Mike Gates	Dorset
201	0:45:42	4617	John Scaife	Suffolk
202	0:45:44	4355	Edward Price	Hertfordshire
203	0:45:45	4505	Chris Wood	Northamptonshire
204	0:45:51	4590	Gareth Briggs	Staffordshire
205	0:45:51	4208	Andrew Whittingham	Cheshire
206	0:45:52	4172	Andrew Inchley	Buckinghamshire
207	0:45:53	4564	Peter Butler	Shropshire
208	0:45:54	4200	Duncan Harris	Cheshire
209	0:46:00	4433	James Muscart	Merseyside
210	0:46:03	4320	Frazer Jardine	Gt.Manchester
211	0:46:04	4696	David Price	Worcestershire
212	0:46:05	4570	Rob Nash	Shropshire
213	0:46:07	4427	Michael Fitzimmons	Merseyside
214	0:46:09	4156	Philip Marshall	Berkshire
215	0:46:10	4691	Simon Lankham	Worcestershire
216	0:46:11	4616	Danny Rock	Suffolk
217	0:46:22	4219	Paul Smith	Cornwall
218	0:46:28	4679	Chris Hine	Wiltshire
219	0:46:30	4179	Ross Threlfall	Buckinghamshire
220	0:46:41	4164	Ben Whalley	Berkshire
221	0:46:47	4694	Ian Mansell	Worcestershire
222	0:46:48	4246	John Sanderson	Derbyshire
223	0:46:51	4242	Nicholas Dennis	Derbyshire
224	0:46:51	4512	Anthony Meenaghan	Nottinghamshire
225	0:46:53	4304	Jack Evans	Gloucestershire
226	0:47:05	4496	Peter Currington	Northamptonshire
227	0:47:07	4370	Andrew Weaver	Humberside
228	0:47:08	4170	Frank Fulcher	Buckinghamshire
229	0:47:12	4365	Joshua Rowe	Humberside
230	0:47:14	4601	Tim Twentymen	Staffordshire
231	0:47:16	4250	Martin Colwill	Devon
232	0:47:19	4501	Tony Letts	Northamptonshire
233	0:47:20	4499	William Jones	Northamptonshire
234	0:47:21	4259	Steve Claxton	Dorset
235	0:47:23	4514	Anthony Rosevear	Nottinghamshire
236	0:47:24	4274	Josh Jones	East Wales
237	0:47:27	4569	Gabriel Morris	Shropshire
238	0:47:31	4671	Jack Tremlett	West Wales
239	0:47:31	4504	Stephen Thompson	Northamptonshire
240	0:47:36	4417	David Allworthy	Lincolnshire
241	0:47:41	4239	Tim Clayton	Derbyshire
242	0:47:43	4236	Dougie Tickner	Cumbria
243	0:47:44	4571	Neil O'Hanlon	Shropshire
244	0:47:47	4160	Michael Robbins	Berkshire
245	0:47:55	4267	Ryan Walbridge	Dorset
246	0:47:59	4466	Callum Stanforth	Norfolk
247	0:48:11	4563	Duncan Birtwistle	Shropshire
248	0:48:13	4668	John Ryan	West Wales
249	0:48:18	4515	Jim Semmelroth	Nottinghamshire
250	0:48:24	4424	John Cain	Merseyside
251	0:48:29	4506	Mark Boot	Nottinghamshire
252	0:48:49	4283	Leighton Webb	East Wales
253	0:48:58	4342	Calum Upton	Hampshire
254	0:49:11	4353	Steve Norris	Hertfordshire
255	0:49:16	4686	Steven Underwood	Wiltshire
256	0:49:28	4269	David Wilcox	Dorset
257	0:50:21	4425	Mark Clair	Merseyside
258	0:50:48	4275	Gareth Knight	East Wales
259	0:51:26	4271	Owen Flage	East Wales
260	0:52:11	4307	Russell Langley	Gloucestershire
261	0:53:34	4664	Chris Lewis	West Wales

Pos	Time	No	Name	County
<b>Team Results:</b>				
Pos	Points	County	Placings	
1	78	North East	( 3 8 11 14 19 23 )	
2	239	Scotland East	( 15 24 25 31 33 111 )	
3	294	Middlesex	( 10 12 16 37 85 134 )	
4	297	Kent	( 18 27 46 64 69 73 )	
5	346	Sussex	( 30 42 50 59 81 84 )	
6	399	Lancashire	( 21 36 75 83 89 95 )	
7	431	Avon & Somerset	( 13 26 47 77 115 153 )	
8	447	Oxfordshire	( 9 56 76 99 102 105 )	
9	494	Cambridgeshire	( 35 41 48 98 123 149 )	
10	524	Essex	( 2 43 74 117 142 146 )	
11	529	Leicestershire	( 4 68 79 103 112 163 )	
12	561	Hampshire	( 5 54 100 120 135 147 )	
13	613	Cheshire	( 52 67 87 104 126 177 )	
14	625	Cornwall	( 28 29 62 109 180 217 )	
15	665	Warwickshire	( 44 66 108 122 152 173 )	
16	737	Wiltshire	( 40 58 118 157 169 195 )	
17	744	Buckinghamshire	( 61 124 128 129 143 159 )	
18	745	Gt.Manchester	( 38 88 90 151 168 210 )	
19	880	Berkshire	( 80 110 140 150 186 214 )	
20	900	Hertfordshire	( 34 39 179 192 202 254 )	
21	918	Merseyside	( 91 116 130 182 190 209 )	
22	962	Worcestershire	( 65 144 171 184 187 211 )	
23	985	Suffolk	( 113 138 141 176 201 216 )	
24	1043	Derbyshire	( 7 154 196 222 223 241 )	
25	1147	Northamptonshire	( 97 156 203 226 232 233 )	
26	1149	Shropshire	( 72 178 207 212 237 243 )	
27	1200	Staffordshire	( 181 193 194 198 204 230 )	