

Posn	Time	Leg 1			Leg 2			Leg 3			Leg 4		
		Team	Name	Time	Name	Time	Name	Time	Name	Time			
1	56:28	Hillingdon AC (A)	Rob Thompson	0	5 Aramias Zeration	0	3 Mohamed Mohamed	0	1 Mohamed D Mohamed	0	1		
2	57:16	Highgate Harriers	Darryl Davison	0	13 Sean Renfer	0	7 Charlie Haywood	0	4 Robert Wilson	0	2		
3	57:17	Belgrave Harriers	Andrew Fyfe	0	12 Nick Buckle	0	4 Paskar Owor	0	2 Edward Auden	0	3		
4	58:07	Herne Hill Harriers (A)	Mike Cummings	0	3 Simon Coombes	0	6 Alan Barnes	0	6 David Mulvee	0	4		
5	58:23	Newham & Essex Beagles AC	Dale Clutterbuck	0	1 Eoin Pierce	0	1 Victor Nutakor	0	3 Wayne Bell	0	5		
6	58:25	Woodford Green w Essex L	Angus Holford	0	7 Simon Beedell	0	8 Tom Beedell	0	7 Tom Phillips	0	6		
7	58:27	Oxford City AC (A)	Maxwell Robinson	0	9 William Gardner	0	2 Matthew Rallison	0	5 Dan Blake	0	7		
8	60:07	Windsor Slough E & H AC	James Tidd	0	15 Ben Findlay	0	13 Kieran Best	0	11 Simon Millett	0	8		
9	60:16	Serpentine RC (A)	Chris Wright	0	2 Hugh Torry	0	5 Simon Barrett	0	8 Gideon Reid	0	9		
10	60:18	Newbury AC (A)	Thomas Watkins	0	6 Mark Vardy	0	9 Peter Crisp	0	10 Alex Muir	0	10		
11	60:44	Oxford City AC (B)	Simon Fisher	0	19 Ewan Gault	0	16 Mark Tyrrell	0	9 Tegid Jones	0	11		
12	60:48	Thames Valley Harriers (A)	Andrew Walshe	0	11 Naol Abagibe	0	15 Ryan Keane	0	12 Conor Kissane-Wood	0	12		
13	61:36	Peterborough AC (A)	James Whitehead	0	18 James Sadlier	0	14 James Skinner	0	14 Phil Martin	0	13		
14	61:57	London Heathside AC (A)	Charles Hardy	0	10 Kimon Doulis	0	10 Chris Hartley	0	15 Daniel Johns	0	14		
15	62:34	Reading Road Runners	Mark Apsey	0	23 David McCoy	0	19 Jamie Smith	0	19 Matthew Richards	0	15		
16	63:01	Swindon Harriers	Sergio Martinez-Gonzalez	0	16 Simon Dill	0	18 Luke Byrne	0	13 Dom Hodge	0	16		
17	63:20	Harrow AC (A)	Damian Nevins	0	4 Jim Cooper	0	12 Declan Traynor	0	16 Graeme Jones	0	17		
18	63:36	West 4 Harriers (A)	Ciaran Gavin	0	22 Matt Sibert	0	22 Jonathon Abel	0	20 Will Sutton	0	18		
19	63:54	Hillingdon AC (B)	Fahad Abdi	0	24 Abdirahman Hamud	0	25 Mayank Mishra	0	23 Joel Pope	0	19		
20	64:10	Clapham Chasers RC (A)	James Kessell	0	21 Paul Sterland	0	23 Gary Salmon	0	24 Greg Amann	0	20		
21	64:14	Blackheath & Bromley H	Alex Gibbins	0	17 Dan Kennedy	0	11 Tim Ayers	0	18 Dan Marks	0	21		
22	64:21	Reading AC	Edward Stockdale	0	8 Alec Vessey	0	17 Rob Tan	0	17 Darren Stevens	0	22		
23	65:04	Herne Hill Harriers (B)	Jeff Cunningham	0	20 Deron Fagan	0	21 Edward Turner	0	22 Trevor Chilton	0	23		
24	65:32	Ealing Eagles RC (A)	Chris Wiciak	0	26 Colin Clifford	0	27 Matthew Kaufman	0	27 Jose Manual Pabon	0	24		
25	65:45	London Heathside AC (B)	Sergio Di Noto	0	27 Steve Armstrong	0	26 Jonathan Litchfield	0	25 Jake Spencer	0	25		
26	66:06	London City AC (A)	George Ashdown	0	29 William Bradley	0	29 Joe Jenkinson	0	28 Douglas Cameron	0	26		
27	66:32	Newbury AC (B)	Stephen Elsmere	0	28 Steve Barnes	0	24 Phil Marshall	0	21 Andrew Ind	0	27		
28	67:10	Redway Runners (A)	Adrian Maidment	0	35 James Down	0	32 Simon Read	0	32 Dan Hippey	0	28		
29	67:30	Clapham Chasers RC (B)	Sam Robinson	0	34 Joe Elliott	0	30 Aaran Mornin	0	31 Steven Leonard	0	29		
30	67:34	Fulham RC (A)	Thomas Daley	0	36 Stuart Macdougall	0	28 Andrew Stringer	0	26 Nathaniel Hicks	0	30		
31	67:53	Thames Valley Harriers (B)	Daniel Garcia-Rasines	0	25 Paul Woodgate	0	34 Richard Hooley	0	33 Caspar Donnison	0	31		
32	68:29	Ealing Eagles RC (B)	Bernard Sexton	0	37 Briain O'Dowd	0	33 Andrew Green	0	30 Greg Lawes	0	32		
33	68:47	Serpentine RC (B)	Jack Wild	0	31 Alex Jeffreys	0	31 Peter Clarke	0	29 Lloyd Bevan	0	33		
34	69:00	Peterborough AC (B)	Oliver Mason	0	44 Jon Peet	0	42 Steve Hall	0	35 Paul Larkins	0	34		
35	69:23	London Heathside AC (C)	Edward Adams	0	33 Samuel Thompson	0	35 Gavin Evans	0	34 Dominic Jackson	0	35		
36	70:43	Clapham Chasers RC (D)	Nick Hoyle	0	42 Matthew Dickinson	0	39 Jamie Bannister	0	38 Nigel Cutts	0	36		
37	70:49	West 4 Harriers (B)	Dave Cobb	0	41 David Savage	0	37 Simon Hill	0	37 Adrian Smith	0	37		
38	70:51	Clapham Chasers RC (C)	Luke Frizoni	0	45 Robert Campbell	0	36 Sam Blackshaw	0	36 Derek Green	0	38		
39	71:24	Harrow AC (B)	Dean Goodman	0	48 Abraham Brown	0	41 Joe Gammell	0	39 Nick Andrews	0	39		
40	73:24	London City AC (B)	Bernat Gual-Ricart	0	32 Martin Kelsen	0	43 Nick Sutcliffe	0	41 Alan Venning	0	40		
41	74:47	Thames Valley Harriers (C)	Manuel Da Silva	0	43 Scott Brewer	0	40 Peter Keane	0	40 Lawrence Tse	0	41		
42	75:23	Redway Runners (B)	Neville Rowles	0	47 Martyn Douglas	0	46 Dennis Verhoeven	0	43 Alan Humphries	0	42		
43	78:24	Fulham RC (B)	Paul Barnes	0	39 Rick Cannon	0	48 Simon Clarkson	0	44 Richard Morris	0	43		
44	80:47	Ealing Eagles RC (C)	Thomas Martini	0	49 Kieran Santry	0	47 Campbell Easton	0	42 Matthew Kay	0	44		
		Wycombe Phoenix AC	James McIlroy	0	14 Kieran Gilfedder	0	20				Incomplete Team		
		Highgate Harriers	Alex Davidson	0	46 Richard Stewart	0	38				Incomplete Team		
		London Heathside AC	James Rigby	0	38 Carl Heap	0	45				Incomplete Team		
		Newham & Essex Beagles AC	Andrew Feeney-Seale	0	30						Incomplete Team		
		Reading AC	Ryan Faulkner	0	40 David Kirk	0	44				Incomplete Team		