

| Time       | Team                                 | Leg1             | Name           | Leg2             | Name       |
|------------|--------------------------------------|------------------|----------------|------------------|------------|
| 0:16:48.55 | East Cheshire Harriers & Tameside    | 0:07:57.80 (52)  | M Lewis        | 0:08:50.75 (70)  | D Winrow   |
| 0:17:25.10 | Nene Valley Harriers 'B'             | 0:08:17.20 (85)  | H Knight       | 0:09:07.90 (87)  | E Rainbow  |
| 0:17:44.15 | Preston Harriers 'C'                 | 0:08:27.65 (91)  | E Mayson       | 0:09:16.50 (93)  | E Reynolds |
| 0:18:25.65 | City Of Stoke Ac 'B'                 | 0:08:43.05 (103) | M Evans        | 0:09:42.60 (101) | E Butler   |
| 0:18:37.95 | Rotherham Harriers And Ac 'B'        | 0:08:44.00 (104) | L Hayward      | 0:09:53.95 (103) | K Sampson  |
| 0:18:50.40 | Lincoln Wellington Athletic Club 'B' | 0:08:54.70 (109) | S Knapp        | 0:09:55.70 (104) | L Davies   |
| 0:18:59.10 | Bracknell AC 'C'                     | 0:08:36.30 (98)  | L Hall         | 0:10:22.80 (106) | N Law      |
| 0:19:10.45 | Royal Sutton Coldfield Athletic Club | 0:09:13.20 (113) | L Rahmati      | 0:09:57.25 (107) | H Tyson    |
| 0:20:05.10 | Newcastle Staffs Ac 'B'              | 0:09:35.25 (115) | Z Hadden       | 0:10:29.85 (109) | L Stevens  |
| 0:07:30.40 | Gateshead Harriers & AC              | 0:07:30.40 (20)  | I Curran       |                  |            |
| 0:07:55.80 | Middlesbrough Athletic Club (mand    | 0:07:55.80 (49)  | B Bergstrand   |                  |            |
| 0:08:02.20 | North Norfolk Harriers Athletics Clu | 0:08:02.20 (54)  | E Watling      |                  |            |
| 0:08:31.20 | Ealing Southall & Middlesex AC       | 0:08:31.20 (95)  | A Ilchenko     |                  |            |
| 0:08:44.90 | City Of Sheffield And Dearne Ac      | 0:08:44.90 (107) | S Billups      |                  |            |
| 0:08:55.40 | Sutton in Ashfield Harriers & AC 'B' | 0:08:55.40 (110) | A Woolley      |                  |            |
| 0:09:24.70 | Keighley & Craven Ac 'B'             | 0:09:24.70 (114) | D Dimitrijevic |                  |            |
| 0:09:43.60 | Leicester Coritanian AC              | 0:09:43.60 (117) | A Morton       |                  |            |

## Fastest Leg 1

| Pos | Time       | Bib  | Name            | Team                                 |
|-----|------------|------|-----------------|--------------------------------------|
| 1   | 0:07:00.95 | A943 | M Todd McIntyre | Rushcliffe Ac 'A'                    |
| 2   | 0:07:02.75 | A862 | A White         | Blackheath & Bromley Harriers AC 'A' |
| 3   | 0:07:11.10 | A947 | L Crawford      | Sale Harriers Manchester 'A'         |
| 4   | 0:07:15.85 | A863 | Z Mossi         | Blackheath & Bromley Harriers AC 'B' |
| 5   | 0:07:17.15 | A951 | G Ingles        | Shaftesbury Barnet Harriers 'A'      |
| 6   | 0:07:17.45 | A976 | E Semple        | Wolverhampton & Bilston 'A'          |
| 7   | 0:07:18.45 | A901 | H Fisher        | Ipswich Harriers 'A'                 |
| 8   | 0:07:19.70 | A857 | S Perusko       | Bedford & County AC 'A'              |
| 9   | 0:07:19.90 | A909 | H Williams      | Lincoln Wellington Athletic Club 'A' |
| 10  | 0:07:20.80 | A980 | K Parker        | Wreake and Soar Valley AC            |

## Fastest Leg 2

| Pos | Time       | Bib  | Name         | Team                                 |
|-----|------------|------|--------------|--------------------------------------|
| 1   | 0:07:25.05 | B965 | F Harris     | Vale Royal Ac 'A'                    |
| 2   | 0:07:29.20 | B862 | M Squibb     | Blackheath & Bromley Harriers AC 'A' |
| 3   | 0:07:33.65 | B897 | I Penniceard | Herne Hill Harriers 'A'              |
| 4   | 0:07:40.40 | B863 | A Thomas     | Blackheath & Bromley Harriers AC 'B' |
| 5   | 0:07:42.05 | B851 | A Garner     | Aldershot Farnham & District 'A'     |
| 6   | 0:07:42.25 | B874 | J Williamson | Chiltern Harriers Ac 'A'             |
| 7   | 0:07:44.20 | B948 | R Bell       | Sale Harriers Manchester 'B'         |
| 8   | 0:07:44.75 | B876 | M Short      | City Of Norwich AC 'A'               |
| 9   | 0:07:44.80 | B976 | A Westwood   | Wolverhampton & Bilston 'A'          |
| 10  | 0:07:46.20 | B852 | L Carter     | Aldershot Farnham & District 'B'     |

## Fastest Leg 3

| Pos | Time       | Bib  | Name        | Team                                 |
|-----|------------|------|-------------|--------------------------------------|
| 1   | 0:07:12.35 | C911 | C Robinson  | Liverpool Harriers & AC 'A'          |
| 2   | 0:07:27.35 | C862 | N Toft      | Blackheath & Bromley Harriers AC 'A' |
| 3   | 0:07:28.65 | C947 | J Spilsbury | Sale Harriers Manchester 'A'         |
| 4   | 0:07:31.15 | C863 | E Dolby     | Blackheath & Bromley Harriers AC 'B' |
| 5   | 0:07:35.05 | C897 | M Collis    | Herne Hill Harriers 'A'              |
| 6   | 0:07:36.15 | C876 | G Jermy     | City Of Norwich AC 'A'               |
| 7   | 0:07:40.70 | C851 | P Roessler  | Aldershot Farnham & District 'A'     |
| 8   | 0:07:43.20 | C956 | A West      | Stockport Harriers & AC              |
| 9   | 0:07:44.75 | C865 | L Wells     | Bracknell AC 'A'                     |
| 10  | 0:07:49.00 | C980 | H Gamble    | Wreake and Soar Valley AC            |