

Men				Women			
M35	Chris Jo Mike Aaron Stuart James Ben Matthew Kristian James Jim	Bird Corbett Boucher Richmond Spencer Cole Beattie Shaw Watson Horman Hickinbottom	Chichester Runners & AC Chichester Runners & AC Aldershot, Farnham & District AC Bideford AAC Notts AC Tavistock Run Project Hallamshire Harriers Salford Harriers & AC Sutton in Ashfield Harriers Liverpool Harriers & AC Shrewsbury AC	F35	Alexa Fiona Lisa Elizabeth Nicola Joanna Faye Helen Christina	King De Mauny Gawthorne Renondeau Curtis Marsden Lightowler Sahgal Laking	Hart Road Runners Herne Hill Harriers Liverpool Pembroke Sefton Vale Royal AC Ellesmere Port Scunthorpe and District Pontefract AC Liverpool Pembroke & Sefton Barnsley AC
M40	James Ben Jonathan Mark Paul Orlando Nick Robert Nick Jamie Mark Mark	Reed Evans Beatty Jenkin Featherstone Corea Shasha Brownlee Jones Arnold Powell Walker	Cambridge & Coleridge AC Tamworth AC Kent AC Bideford AAC Hermitage Harriers Birchfield Harriers Orion Harriers Nene Valley Harriers Warrington AC City of Stoke AC Leicester Coritainians Macclesfield Harriers & AC	F40	Lesley Charlie Cat Kirsty Kelly Helen Sara Carolyn Michelle Catherine Esther	Locks Metcalf Cummings Longley Edwards King Murphy Dooley Buckle Charlton Broughton	Hart Road Runners Ryde Harriers Wymondham AC Liverpool Pembroke Sefton Leamington C&AC Morpeth Harriers Vale Royal AC Vale Royal AC Newcastle Staffs AC Notts AC Ripley RC
M45	Jeff Gary Stuart Jeff Terry Dean Nick Mark Paul Russell	Pyrah O'Brien Beaney Prest Scott Richardson Gaskell Johnson Fauset Maddams	Hastings AC Swindon Harriers Kent AC Trafford Tyne Bridge Harriers City of Stoke AC Ribble Valley Harriers Leicester Coritainians Dark Peak Fell Runners Keswick AC	F45	Caroline Kate Victoria Stephanie Anne Edwina Rachel Jayne Kerry Joanne	Hoyte Rennie Carter Stevens Chinoy McDowall Coupe Dickens Storrar Moss	Arena 80 South of England Vets Thames Valley Harriers Chorlton Runners Sale Harriers Headington RR Telford AC Trentham RC Barnsley AC Congleton Harriers
M50	Tony Lewis Adam Mick Nick David Kevin David Paul Mike Mike Francois	Wright Sida Tribe Kingsbury Charlesworth Hamilton Francis Edmondson Coupe Nolan Jacobs Rafferty	Cornwall AC Lewes AC Brighton & Hove AC Charnwood AC Wharfedale Harriers Southport Waterloo Shrewsbury AC Clayton-le-Moors Harriers Telford AC Dark Peak Fell Runners Bristol & West AC Southport & Waterloo	F50	Susan Sarah Trish Sara Tracey Fiona Wendy Jenny Wendy	McDonald Davis Train Avery West Price Champman Jeeves Roethenbaugh	South London Harriers Rugby & Northampton Isle of Wight RR Ellesmere Port Worksop Harriers Avon Valley Runners Sunderland Strollers Leamington C & AC Midland Masters AC
M55	Alex Paul Brian Ian Gavin Stephen Derek Christopher Tim Jonny	Davidson Spowage Kirsopp Roche Astin Watmough Crewe Cooke Clayton Lowe	Highgate Harriers Colchester Harriers AC Reading Roadrunners Mersey Tri Stockport Harriers Warrington AC Salford Harriers & AC Saint Edmund Pacers North Derbyshire RC Mansfield Harriers AC	F55	Jane Liz Julie Christine Glennis Penelope Kate Gill Cathy Lea Tracy	Clarke Killip Bass Bexton Richardson Barber Bond Boynton Ulliott Lohk Dover	City of Norwich AC The Stragglers RC Stilton Striders Beeston AC Hyde Striders Tipton Harriers Daventry Road Runners York Acorn RC Brighton & Hove AC Lytchett Manor Striders Northwich RC

M60	Paul Mike Adrian David Robert Steve David Andrew Jonathan Adrian Paul Brian Kevin	Mingay White Cornford Nicholson Johnson Shaughnessey Howard Wetherill Haynes Cornford Muller Martin Newman	Tiptree Road Runners Stubbington Green Runners Crewkerne RC Morpeth Harriers Southport Waterloo Stockport Harriers Trawden Mansfield Harriers AC Bishops Stortford RC Crewkerne RC Northern Masters AC Quakers RC Doncaster AC	F60	Jenny Helen Anne Janet Diane Linda Jacqueline Irene Alison	Wakeman Dean Ellen Harmston Baldwin Aird Cordingley Roche White	Barnsley AC Chichester Runners & AC Norfolk Gazelles Skegness Coasters Marshall Milton Keynes AC North Herts Road Runners Sale Harriers Clayton Le Moors Harriers Exmouth Harriers
M65	Paul Stephen Francis Derek Peter Ron Laurence Des Clive	Whelpton Graham Day Jackson Savill Cattle Taylor White Rose	Brighton Phoenix East Hull Harriers East Cheshire Harriers Black Pear Joggers Shrewsbury AC Midland Masters North Yorkshire Moors RC Exmouth Harriers Midland Masters AC	F65	Penny Frances Yuko Linda Dorothy Angela Yvonne	Forse Delves Gordon Whitehead Kesterton Oldham Twelvetree	Stubbington Green Runners Hailsham Harriers Fairland Valley Spartans Knowle and Dorridge Steel City Striders East Cheshire Harriers Totley AC
M70	Ron Ken David Victor Clifford John	McCullough Bowman Beattie Shirley Middleton Wright	Ipswich Jaffa Coltishall Jaguars Crawley AC Northern Masters Gainsborough & Morton Striders Chorlton Runners	F70	Sue Pauline Heather Ruth Anne Margaret Shirley Eleanor	Garner Rich Allen Fulford Dockery Crosswell Gibson Robinson	Lingfield Run Academy Worthing Hart Road Runners Cirencester AC Bristol and West AC Worcester AC Darlington Harriers Ripley AC
M75	Phil Tony Tony David Tony Larry Lindsey	Brennan Brackstone Rea Moorekite Berry Corkey Pulley	Stratford upon Avon AC Sandhurst Joggers Dragons Larkfield AC Truro RC Bedford Harriers AC Cleobury Mortimer RC	F75	Penny Patricia June	Elliott Cummins Johnson	Waverley Harriers Run Academy Worthing Midland Masters AC