

Race : 1	Vest		BMC 800 B (Mens)	Start : 13 22	Perf
Posn	No.	BMC	Name	Club	
1	227	5952	Jack Gleave U23	Warrington	01:56.51
2	232	6594	Jacob Preece U20	Cardiff	01:57.11
3	231	6518	Henry Johnson U17	Durham	01:57.48
4	230	6519	Jeremy Barnes U20	Coventry	01:58.36
5	228	NO	Chris Brown	Mansfield	02:01.86

Race : 2	Vest		BMC 800 A (Womens)	Start : 13 29	Perf
Posn	No.	BMC	Name	Club	
1	241	5286	Adelle Tracey U23	Guildford & Godalming/St. Mary	02:08.96
2	242	5742	Sophie Tyers	Radley/Loughborough Uni	02:10.65
3	244	4267	Montana Jones	Aldershot Farnham & District	02:11.48
4	243	6103	Emily Jenkinson U20	Southampton	02:12.72
5	246	4693	Alex Turner	Amber Valley/Nottingham Trent	02:15.63
6	245	6170	Hollie Parker U20	Cambridge & Coleridge	02:18.19

Race : 3	Vest		BMC 800 A (Mens)	Start : 13 36	Perf
Posn	No.	BMC	Name	Club	
1	221	6378	Jamie Webb U23	Liverpool H/Manchester Metropo	01:51.34
2	224	2846	Anthony Whiteman V40	Shaftesbury Barnet	01:53.29
3	222	6531	Nzimah Akpan U23	Liverpool H	01:55.81
4	223	6325	Louis Rawlings U20	Cambridge & Coleridge/France	01:57.03
5	226	3939	Mark Fallaize	Vale of Aylesbury/Leeds Metrop	01:57.33
	225	3733	Graeme Oudney	Harrow/Pitreavie/Dundee Uni	DNS

Race : 4	Vest		BMC 800 B (Womens)	Start : 13 43	Perf
Posn	No.	BMC	Name	Club	
1	247	NO	Laura Langowski	Coventry/Birchfield H	02:13.22
2	248	6121	Rachael Scott U20	Preston	02:17.81
3	251	NO	Amelia Robinson U17	Kingston upon Hull	02:29.33
4	249	6565	Niamh Emerson U17	Amber Valley	DNS
5	250	5456	Rebecca Nuttall	Cardiff/UWIC	DNS

Race : 5	Vest		BMC 800 C (Mens)	Start : 13 50	Perf
Posn	No.	BMC	Name	Club	
1	233	6322	Matthew Wigelsworth U20	Warrington	01:59.07
2	236	NO	Paul Harmer V35	Charnwood	02:00.42
3	240	NO	Darren Carr U23	Liverpool H	02:00.61
4	239	6376	Andrew Miles U23	Vale Royal/Central Lancashire	02:01.50
5	238	6715	Samuel Hassall U20	Derby	02:01.58
6	235	6718	Jonathon Beharrell U17	Kingston upon Hull	02:04.18
7	237	NO	James Palmer	City of York/York Acorn	DNS

Race : 6	Vest		BMC 1500 A (Mens)	Start : 14 22	Perf
Posn	No.	BMC	Name	Club	
1	255	5311	Niall Brooks	Sale Harriers Manchester	03:47.48
2	259	5887	Ben Coldray	Stroud/St. Mary's Uni	03:53.39
3	253	6349	Guy Smith	Swansea/Cardiff Uni	03:54.51
4	252	4909	Stuart King	Mansfield/Leeds Metropolitan U	03:54.52
5	258	5707	David Horniman	Trafford	03:56.30
6	254	5983	Tom Straw	Lincoln Wellington	03:56.77
7	256	6442	Ben Martin	Trafford	04:06.18
8	257	6200	Cameron Boyek U23	Shildon	DNS
9	260	NO	Michael Dowling	Ferrybank/Newham & Essex Beagl	DNS

Race : 7	Vest		BMC 1500 B (Mens)	Start : 14 32	Perf
Posn	No.	BMC	Name	Club	
1	266	NO	Harry Harper	Liverpool H/Birmingham Uni	03:53.05
2	262	5121	Stuart Ferguson U23	Radley/Birmingham Uni	03:53.89
3	264	5508	Jordan Donnelly	Woodford Green Essex Ladies/Br	04:06.25
4	261	5222	Chris Hepworth	Ealing Southall & Middx	04:07.12
5	263	5363	James Miller	Cheltenham/Police	04:07.54
6	265	NO	Kelvin Gomez U23	Loughborough Uni/Gibraltar	DNS

Race : 8	Vest		BMC 3000 A (Mens)	Start : 14 47	Perf
Posn	No.	BMC	Name	Club	
1	283	3755	Richard Weir	Derby/Staffordshire Uni	08:10.60
2	291	NO	Stephen Lisgo	Leeds City/Edinburgh AC/Mansfi	08:20.11
3	287	6419	Eliot Buckner	Newham & Essex Beagles/Loughbo	08:21.94
4	280	6038	Robbie Fitzgibbon U20	Brighton Phoenix	08:32.54
5	281	3929	Frank Baddick	Newham & Essex Beagles/Loughbo	08:32.98
6	282	5583	Kris Lecher	City of Hull/Hull Uni	08:35.48
7	289	NO	Jordan Ali U23	City of Norwich/Ipswich/Queen	08:57.32
8	290	5152	Joe Gratton	Hallamshire/University of Sout	09:12.85
9	286	NO	Alhasan Alkaff U20	Loughborough Uni	09:24.27
10	278	4068	Russell Bentley	Kent NS	DNS
11	279	5216	Matthew Bowser	Lincoln Wellington/Loughboroug	DNS

Race : 9	Vest		BMC 1500 A (Womens)	Start : 15 02	Perf
Posn	No.	BMC	Name	Club	
1	276	4472	Claire Gibson	Kilbarchan	04:19.29
2	268	5973	Rowena Cole U23	Coventry/Coventry Uni	04:21.98
3	272	6427	Racheal Bamford	Otley	04:22.20
4	270	4688	Rosie Anne Galligan	Gloucester/Ireland	04:23.21
5	275		Kirsty Legg	Mandale/Butler	04:27.22
6	277	5385	Laura Dunn	Edinburgh AC	04:27.70
7	269	6441	Natalie Whitty	Guernsey	04:34.63
8	274	4310	Claire Tarplee	Solihull & Small Heath/Dundrum	04:36.15
9	271	4861	Natalie Shaw	Derby	04:36.29
10	273	6470	Kelly Grant	City of Norwich	04:37.56
11	267	6488	Louise Rudd V35	Stockport/Lytham St. Annes/Nor	04:38.00