

Race : 1						
Posn	Bib	BMC	Name	Club	Perf	
			BMC 800 C (Mens)			
1	319	7202	Joseph Tuffin U23	Rushcliffe/Birmingham Uni	01:56.42	
2	320	7343	Will Perkin U23	Chiltern/Bath Uni	01:56.60	
3	317	6651	Daniel Neal	Preston/Nottingham Trent Uni	01:57.10	
4	322	7331	Kieran Eland U23	Tonbridge/Cardiff Met Uni	01:58.27	
5	316	6718	Jonathon Beharrell U23	Sheffield & Dearne/St. Mary's	01:58.54	
6	318	6770	Beck Grover U23	Herts Phoenix	01:58.79	

Race : 2						
Posn	Bib	BMC	Name	Club	Perf	
			BMC 800 D (Mens)			
1	324	7812	Rocco Zaman-Browne U20	Manchester H	01:55.54	
2	329	6291	James Saxton	Wakefield/Warwick Uni/Ackworth	01:55.90	
3	323	6093	Andrew McAslan	Sale Harriers Manchester/Bath	01:56.43	
4	327	8104	Joseph Rogers U23	Halesowen/Nottingham Trent Uni	01:57.90	
5	325	6975	Fergus McAuliffe U20	Charnwood	01:58.36	
6	330	NO	Michael Cox U20	Basildon AC	01:59.70	
7	328	7948	Samuel Howell U23	Chiltern/Warwick Uni	02:00.32	
8	326	NO	Yahye Dirir U23	Birchfield H/Aston Uni/Netherl	02:01.21	

Race : 3						
Posn	Bib	BMC	Name	Club	Perf	
			BMC 800 A (Womens)			
1	343	7164	Tamsin McGraw U23	Amber Valley & Erewash/Sheffie	02:13.02	
2	345	7851	Georgia Yearby	Leeds City/Leeds Beckett Uni	02:13.07	
3	340	7433	Katrina Simpson U20	Halesowen/Cardiff Met Uni	02:18.50	
4	344	8108	Victoria Lightbody U17	City of Lisburn	02:19.63	
5	339	7535	Amber Wallace	Harrow	02:19.91	
6	341	NO	Hannah Knights U23	Guildford & Godalming/Loughbor	02:21.41	
7	346	NO	Tania-Cyrena Cyrus	Enfield & Haringey/East London	02:21.95	

Race : 4						
Posn	Bib	BMC	Name	Club	Perf	
			BMC 800 E (Mens)			
1	331	NO	Luca Bigg U20	Brighton Phoenix	01:58.52	
2	334	7678	Harry Tullett U20	Chelmsford	01:58.76	
3	335	6443	Jonathan Hiorns	Notts	01:59.54	
4	332	7408	Ben McLaughlin U20	Wigan & District	01:59.58	
5	337	NO	Fergus Allison U23	Stratford-upon-Avon/Brunel Uni	02:02.03	
6	333	6900	Steven Payne U23	Bracknell AC	02:07.59	
7	336	NO	Alistair Finlay U23	Leicester/Durham Uni	02:10.28	

Race : 5						
Posn	Bib	BMC	Name	Club	Perf	
			BMC 1500 A (Mens)			
1	352	6378	Jamie Webb	Liverpool H/Loughborough Stude	03:43.59	
2	355	5439	Jonathan Hay	Aldershot Farnham & District	03:45.64	
3	351	5823	Kieran Reilly	Tonbridge/Eastern Michigan/Lou	03:46.10	
4	354	7073	Spencer Thomas U23	Brighton Phoenix	03:46.78	
5	348	6473	Archie Davis U23	Brighton Phoenix	03:47.41	
6	349	6939	Thomas Keen U20	Cambridge & Coleridge	03:48.83	
7	347	6910	Eoin Pierce	Newham & Essex Beagles/Clonlif	03:55.33	
DNF	353	7040	Dominic Brown	Tonbridge/Sheffield Uni		

Race : 6		BMC 800 B (Mens)			
Posn	Bib	BMC	Name	Club	Perf
1	309	5851	Ben Waterman	Ealing Southall & Middx/Run Fa	01:52.53
2	312	7069	Dominic Walton	Rosendale/Sheffield Hallam Un	01:52.66
3	314	7492	Thomas Randolph U23	Tamworth/St. Mary's Uni	01:54.00
4	308	7247	Ben Lee U20	Vale Royal	01:54.62
5	310	6694	Josh Allen U20	Middlesbrough (Mandale)/Birmin	01:55.18

Race : 7		BMC 800 A (Mens)			
Posn	Bib	BMC	Name	Club	Perf
1	305	7707	Joseph Reid	Cardiff/Manx	01:50.29
2	307	7105	Alex Botterill U20	City of York/Leeds Beckett Uni	01:51.16
3	304	7015	George Mills U23	Brighton Phoenix/Brighton Uni	01:51.18
4	306	6383	Sean Molloy	Tonbridge/St. Mary's Uni	01:51.69
5	301	7119	Finley Bigg U23	Brighton Phoenix	01:51.76
6	302	7187	Will Snook	Harlow AC/Bucks New Uni/Leeds	01:52.03
7	303	7523	James Downing	Harrow/Brunel Uni London	01:52.89

Race : 8		BMC 3000 B (Mens)			
Posn	Bib	BMC	Name	Club	Perf
1	412	7189	Adam Moore U23	Windsor Slough Eton & Hounslow	08:37.56
2	408	7234	Luke Duffy U20	Mansfield	08:37.77
3	407	7151	Mike Cummings	Herne Hill/Hardley	08:38.82
4	406	NO	Aziz Boukebal	Loughborough Students/France	08:39.84
5	404	7755	James Coxon	Kingston & Poly/Cambridge Uni	08:47.55
6	411	8113	Jordan Wood U23	Cambridge & Coleridge/Cardiff	08:55.05
7	409	8105	William Rawson	Leigh/Manchester Metropolitan	08:55.09
8	403	7320	Aaron Enser U20	Bracknell AC/Blackheath & Brom	09:01.41

Race : 9		BMC 1500 B (Mens)			
Posn	Bib	BMC	Name	Club	Perf
1	363	6631	James McCarthy	Chiltern/Warwick Uni	03:53.13
2	360	6498	James McCrae U23	Birmingham Uni/Hallamshire	03:53.45
3	358	6869	Daniel Mees U23	Newham & Essex Beagles/Kent Un	03:54.88
4	361	7640	Luke Conway	Newham & Essex Beagles	03:55.36
5	364	7188	Blake Moore U23	Windsor Slough Eton & Hounslow	03:57.00
6	362	6338	Daniel Preston U20	Liverpool H	03:57.26
7	356	6338	Oliver Dane U23	Sheffield & Dearne/Sheffield U	03:59.51
8	357	7867	Joe Ewing U20	Edinburgh AC	04:06.15

Race : 10		BMC 1500 C (Mens)			
Posn	Bib	BMC	Name	Club	Perf
1	368	7767	Callum Crawford-Walker U23	Annadale/St. Mary's Uni	03:57.02
2	371	7326	Henry Johnson U17	Houghton Harriers	03:57.91
3	373	7612	Conall McGinness U20	Cambridge & Coleridge	04:00.09
4	370	NO	Mark Bostock U23	Wakefield/Leeds Beckett Uni	04:02.05
5	369	8117	Aaron Cooper	Herts Phoenix/Birmingham Uni	04:04.14
6	367	NO	Shreyas Kanyady U20	Reading AC/India	04:04.37
7	365	8067	Daniel Payne U17	Middlesbrough (Mandale)	04:25.08

Race : 11		BMC 1500 B (Womens)			
Posn	Bib	BMC	Name	Club	Perf
1	388	7100	Emily Thompson U20	Banbury/Birmingham Uni	04:29.37
2	390	5332	Rochelle Harrison	Lincoln Wellington	04:31.14
3	386	8115	Georgina Russell	Southampton/Charleston	04:31.73
4	387	6217	Gemma Kersey	Basildon/Middlesex Uni	04:33.57
4	382	5332	Kirsty Walker U23	Reading AC/Loughborough	04:40.36

Race : 12		BMC 1500 A (Womens)			
Posn	Bib	BMC	Name	Club	Perf
1	375	4310	Claire Tarplee	Solihull & Small Heath/Dundrum	04:21.85
2	379	7031	Amy O'Donoghue	Emerald/Ireland	04:24.05
3	376	6027	Georgie Hartigan	Birchfield H/St. Mary's Uni	04:25.55
4	381	5479	Beth Kidger	Brighton Phoenix	04:27.93
5	385	5335	Holly Archer	Cambridge & Coleridge	04:29.27
6	380	NO	Rose-Anne Galligan	Gloucester/Ireland	04:30.92
7	383	5024	Chloe Bradley	Woodford Green Essex Ladies/Lo	04:33.50
8	374	8107	Swann Phelippeau U23	Herne Hill	04:40.66

Race : 13		BMC 3000 A (Mens)			
Posn	Bib	BMC	Name	Club	Perf
1	400	6916	James Gormley U23	Sheffield & Dearne/Birmingham	08:12.56
2	398	6041	Eoin Everard	Kilkenny/Ireland	08:13.98
3	399	6174	Ben Bradley	Aldershot Farnham & District/	08:18.08
4	396	5986	John Ashcroft	Leeds City/Leeds Uni	08:21.72
5	414	8106	Dane Blomquist	Aldershot Farnham & District/	08:26.47
6	401	5297	Michael Wilsmore	Bristol & West/Tamar	08:28.51
7	413	6411	Chris Perry	Vale Royal/Loughborough Student	08:31.10
8	395	7262	Declan Neary U23	Brighton Phoenix/Brighton Uni	08:34.10
9	391	4384	John Beattie	Newham & Essex Beagles	08:35.51
DNF	397	7374	Tom Horton	Sheffield & Dearne/Sheffield U	