

1 Liverpool Harriers & AC	00:32:31	Vale Royal 'B'	00:22:00
Adam Moorcroft (9)	10:45	Josh Hinchly (15)	11:00
Thomas Rogerson (2)	10:49	Kieran Wakefield (5)	11:00
Christian Woods (1)	10:57		
2 Liverpool Pembroke & Sefton	00:32:52	Kingston Upon Hull AC 'B'	00:23:35
Liam Bibby (8)	10:39	Adam Egan (21)	11:43
Jack Crook (1)	10:44	Sam Brennan (17)	11:52
Joseph Martin (2)	11:29		
3 Vale Royal	00:32:58	Preston Harriers 'B'	00:24:14
William Parsons (3)	10:25	Liam McDermott (24)	11:53
Jacob Pantling (3)	11:20	George Ashcroft (21)	12:21
Robert Weir (3)	11:13		
4 Kingston Upon Hull AC	00:33:00	Longwood Harriers AC	00:24:38
Jack Brothwell (6)	10:35	Elliot Thompson (25)	12:19
Connor Bingham (11)	11:56	Callum Hamilton (22)	12:19
Baldvin Magnusson (4)	10:29		
5 Sale Harriers Manchester	00:33:07	East Cheshire H & Tameside B	00:25:32
Michael Quin (11)	10:51	Joseph Oakes (27)	13:05
Saeed Absiyeh (8)	11:14	Ethan Hartshorne (25)	12:27
Adam Kinghorn (5)	11:02		
6 Preston Harriers	00:33:10	Trafford AC 'B'	00:10:17
Dean Tierney (4)	10:33	Jake Lonsdale (2)	10:17
Adam Roberts (4)	11:13		
Ethan Darr (6)	11:24	Wakefield DH & AC	00:10:51
		Edward Dunbavin (12)	10:51
7 Leeds City	00:33:14	Trafford AC	00:11:24
Billy Dawson (5)	10:34	Colin Daly (19)	11:24
Alexander Booth (6)	11:30		
Dominic Peterson (7)	11:10		
8 Sale Harriers Manchester 'B'	00:33:20		
Dylan Burchill (17)	11:16		
Jake Spilsbury (9)	11:07		
Adam Spilsbury (8)	10:57		
9 Warrington Athletic Club	00:34:01		
Benjamin Mullarkey (18)	11:19		
Kai Stewart (12)	11:18		
K Smithyman-Hardi (9)	11:24		
10 Holmfirth Harriers AC	00:34:09		
Seth Waterman (14)	10:54		
Lewis Bartholomew (13)	11:43		
Andrew Farquhar (10)	11:32		
11 East Cheshire H & Tameside AC	00:34:12		
George Lewis (7)	10:37		
Shaun Alford (10)	11:52		
Louie Haynes (11)	11:43		
12 Morpeth Harriers & AC	00:34:38		
Jacob Hopkins (16)	11:05		
Euan Jones (15)	12:06		
Kieran Hedley (12)	11:27		
13 Blackburn Harriers	00:34:52		
Byron Abbott (13)	10:54		
Kristian McInery (14)	12:00		
Harry Rushton (13)	11:58		
14 Kendal Aac	00:34:53		
Cole Blaikie (10)	10:47		
Alex Birkett (16)	12:33		
Robbie Sproul (14)	11:33		
15 Wirral AC	00:35:38		
Gabriel Cooper (23)	11:51		
Michael Smith (19)	11:58		
Ieuan Kearney (15)	11:49		
16 Leigh Harriers & AC	00:36:19		
Ethan Jones (20)	11:37		
Matthew Lee (20)	12:33		
Callum Smith (16)	12:09		
17 Derby AC	00:37:07		
Hugo Milner (1)	09:48		
Todd Webster (7)	12:16		
Kyle Holmes (17)	15:03		
18 St Helens Sutton AC	00:37:13		
Adam Woosey (22)	11:49		
Joseph Walker (18)	11:48		
Anthony Walker (18)	13:36		
19 Liverpool Harriers & AC 'B'	00:38:09		
Steven Jones (28)	13:22		
Ryan Doubtfire (23)	11:44		
Charlie Sharp (19)	13:03		
20 Wirral AC 'B'	00:38:48		
T Bickerstaffe (26)	12:54		
David Jamieson (24)	12:32		
George Patterson (20)	13:22		

Stage 1

1	00:09:48	Hugo Milner	Derby AC	15	00:11:00	Josh Hinchly	Vale Royal 'B'
2	00:10:17	Jake Lonsdale	Trafford AC 'B'	16	00:11:05	Jacob Hopkins	Morpeth Harriers & AC
3	00:10:25	William Parsons	Vale Royal	17	00:11:16	Dylan Burchill	Sale Harriers Manchester 'B'
4	00:10:33	Dean Tierney	Preston Harriers	18	00:11:19	Benjamin Mullarkey	Warrington Athletic Club
5	00:10:34	Billy Dawson	Leeds City	19	00:11:24	Colin Daly	Trafford AC
6	00:10:35	Jack Brothwell	Kingston Upon Hull AC	20	00:11:37	Ethan Jones	Leigh Harriers & AC
7	00:10:37	George Lewis	East Cheshire H & Tameside AC	21	00:11:43	Adam Egan	Kingston Upon Hull AC 'B'
8	00:10:39	Liam Bibby	Liverpool Pembroke & Sefton	22	00:11:49	Adam Woosey	St Helens Sutton AC
9	00:10:45	Adam Moorcroft	Liverpool Harriers & AC	23	00:11:51	Gabriel Cooper	Wirral AC
10	00:10:47	Cole Blaikie	Kendal Aac	24	00:11:53	Liam McDermott	Preston Harriers 'B'
11	00:10:51	Michael Quin	Sale Harriers Manchester	25	00:12:19	Elliot Thompson	Longwood Harriers AC
12	00:10:51	Edward Dunbavin	Wakefield DH & AC	26	00:12:54	T Bickerstaffe	Wirral AC 'B'
13	00:10:54	Byron Abbott	Blackburn Harriers	27	00:13:05	Joseph Oakes	East Cheshire H & Tameside B
14	00:10:54	Seth Waterman	Holmfirth Harriers AC	28	00:13:22	Steven Jones	Liverpool Harriers & AC 'B'

Stage 2

1	00:10:44	Jack Crook	Liverpool Pembroke & Sefton	14	00:11:52	Sam Brennan	Kingston Upon Hull AC 'B'
2	00:10:49	Thomas Rogerson	Liverpool Harriers & AC	15	00:11:56	Connor Bingham	Kingston Upon Hull AC
3	00:11:00	Kieran Wakefield	Vale Royal 'B'	16	00:11:58	Michael Smith	Wirral AC
4	00:11:07	Jake Spilsbury	Sale Harriers Manchester 'B'	17	00:12:00	Kristian McInery	Blackburn Harriers
5	00:11:13	Adam Roberts	Preston Harriers	18	00:12:06	Euan Jones	Morpeth Harriers & AC
6	00:11:14	Saeed Absiyeh	Sale Harriers Manchester	19	00:12:16	Todd Webster	Derby AC
7	00:11:18	Kai Stewart	Warrington Athletic Club	20	00:12:19	Callum Hamilton	Longwood Harriers AC
8	00:11:20	Jacob Pantling	Vale Royal	21	00:12:21	George Ashcroft	Preston Harriers 'B'
9	00:11:30	Alexander Booth	Leeds City	22	00:12:27	Ethan Hartshorne	East Cheshire H & Tameside B
10	00:11:43	Lewis Bartholomew	Holmfirth Harriers AC	23	00:12:32	David Jamieson	Wirral AC 'B'
11	00:11:44	Ryan Doubtfire	Liverpool Harriers & AC 'B'	24	00:12:33	Alex Birkett	Kendal Aac
12	00:11:48	Joseph Walker	St Helens Sutton AC	25	00:12:33	Matthew Lee	Leigh Harriers & AC
13	00:11:52	Shaun Alford	East Cheshire H & Tameside AC				

Stage 3

1	00:10:29	Baldvin Magnusson	Kingston Upon Hull AC	11	00:11:32	Andrew Farquhar	Holmfirth Harriers AC
2	00:10:57	Christian Woods	Liverpool Harriers & AC	12	00:11:33	Robbie Sproul	Kendal Aac
3	00:10:57	Adam Spilsbury	Sale Harriers Manchester 'B'	13	00:11:43	Louie Haynes	East Cheshire H & Tameside AC
4	00:11:02	Adam Kinghorn	Sale Harriers Manchester	14	00:11:49	Ieuan Kearney	Wirral AC
5	00:11:10	Dominic Peterson	Leeds City	15	00:11:58	Harry Rushton	Blackburn Harriers
6	00:11:13	Robert Weir	Vale Royal	16	00:12:09	Callum Smith	Leigh Harriers & AC
7	00:11:24	Ethan Darr	Preston Harriers	17	00:13:03	Charlie Sharp	Liverpool Harriers & AC 'B'
8	00:11:24	K Smithyman-Hardi	Warrington Athletic Club	18	00:13:22	George Patterson	Wirral AC 'B'
9	00:11:27	Kieran Hedley	Morpeth Harriers & AC	19	00:13:36	Anthony Walker	St Helens Sutton AC
10	00:11:29	Joseph Martin	Liverpool Pembroke & Sefton	20	00:15:03	Kyle Holmes	Derby AC

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:09:48	Hugo Milner	Derby AC	38	00:11:30	Alexander Booth	Leeds City
2	00:10:17	Jake Lonsdale	Trafford AC 'B'	39	00:11:32	Andrew Farquhar	Holmfirth Harriers AC
3	00:10:25	William Parsons	Vale Royal	40	00:11:33	Robbie Sproul	Kendal Aac
4	00:10:29	Baldvin Magnusson	Kingston Upon Hull AC	41	00:11:37	Ethan Jones	Leigh Harriers & AC
5	00:10:33	Dean Tierney	Preston Harriers	42	00:11:43	Louie Haynes	East Cheshire H & Tameside AC
6	00:10:34	Billy Dawson	Leeds City	43	00:11:43	Lewis Bartholomew	Holmfirth Harriers AC
7	00:10:35	Jack Brothwell	Kingston Upon Hull AC	44	00:11:43	Adam Egan	Kingston Upon Hull AC 'B'
8	00:10:37	George Lewis	East Cheshire H & Tameside AC	45	00:11:44	Ryan Doubtfire	Liverpool Harriers & AC 'B'
9	00:10:39	Liam Bibby	Liverpool Pembroke & Sefton	46	00:11:48	Joseph Walker	St Helens Sutton AC
10	00:10:44	Jack Crook	Liverpool Pembroke & Sefton	47	00:11:49	Adam Woosey	St Helens Sutton AC
11	00:10:45	Adam Moorcroft	Liverpool Harriers & AC	48	00:11:49	Ieuan Kearney	Wirral AC
12	00:10:47	Cole Blaikie	Kendal Aac	49	00:11:51	Gabriel Cooper	Wirral AC
13	00:10:49	Thomas Rogerson	Liverpool Harriers & AC	50	00:11:52	Shaun Alford	East Cheshire H & Tameside AC
14	00:10:51	Michael Quin	Sale Harriers Manchester	51	00:11:52	Sam Brennan	Kingston Upon Hull AC 'B'
15	00:10:51	Edward Dunbavin	Wakefield DH & AC	52	00:11:53	Liam McDermott	Preston Harriers 'B'
16	00:10:54	Byron Abbott	Blackburn Harriers	53	00:11:56	Connor Bingham	Kingston Upon Hull AC
17	00:10:54	Seth Waterman	Holmfirth Harriers AC	54	00:11:58	Harry Rushton	Blackburn Harriers
18	00:10:57	Christian Woods	Liverpool Harriers & AC	55	00:11:58	Michael Smith	Wirral AC
19	00:10:57	Adam Spilsbury	Sale Harriers Manchester 'B'	56	00:12:00	Kristian McInery	Blackburn Harriers
20	00:11:00	Josh Hinchly	Vale Royal 'B'	57	00:12:06	Euan Jones	Morpeth Harriers & AC
21	00:11:00	Kieran Wakefield	Vale Royal 'B'	58	00:12:09	Callum Smith	Leigh Harriers & AC
22	00:11:02	Adam Kinghorn	Sale Harriers Manchester	59	00:12:16	Todd Webster	Derby AC
23	00:11:05	Jacob Hopkins	Morpeth Harriers & AC	60	00:12:19	Elliot Thompson	Longwood Harriers AC
24	00:11:07	Jake Spilsbury	Sale Harriers Manchester 'B'	61	00:12:19	Callum Hamilton	Longwood Harriers AC
25	00:11:10	Dominic Peterson	Leeds City	62	00:12:21	George Ashcroft	Preston Harriers 'B'
26	00:11:13	Adam Roberts	Preston Harriers	63	00:12:27	Ethan Hartshorne	East Cheshire H & Tameside B
27	00:11:13	Robert Weir	Vale Royal	64	00:12:32	David Jamieson	Wirral AC 'B'
28	00:11:14	Saeed Absiyeh	Sale Harriers Manchester	65	00:12:33	Alex Birkett	Kendal Aac
29	00:11:16	Dylan Burchill	Sale Harriers Manchester 'B'	66	00:12:33	Matthew Lee	Leigh Harriers & AC
30	00:11:18	Kai Stewart	Warrington Athletic Club	67	00:12:54	T Bickerstaffe	Wirral AC 'B'
31	00:11:19	Benjamin Mullarkey	Warrington Athletic Club	68	00:13:03	Charlie Sharp	Liverpool Harriers & AC 'B'
32	00:11:20	Jacob Pantling	Vale Royal	69	00:13:05	Joseph Oakes	East Cheshire H & Tameside B
33	00:11:24	Ethan Darr	Preston Harriers	70	00:13:22	Steven Jones	Liverpool Harriers & AC 'B'
34	00:11:24	Colin Daly	Trafford AC	71	00:13:22	George Patterson	Wirral AC 'B'
35	00:11:24	K Smithyman-Hardi	Warrington Athletic Club	72	00:13:36	Anthony Walker	St Helens Sutton AC
36	00:11:27	Kieran Hedley	Morpeth Harriers & AC	73	00:15:03	Kyle Holmes	Derby AC
37	00:11:29	Joseph Martin	Liverpool Pembroke & Sefton				