

<b>1 Sale Harriers Manchester</b>	<b>00:30:47</b>	<b>18 Liverpool Harriers &amp; AC 'B'</b>	<b>00:33:44</b>
Ryan Moore (1)	09:58	Kristian Quirk (28)	11:24
Alexander Burchill (2)	10:27	Callum Grant (22)	11:07
C McGahan (1)	10:22	C Manning (18)	11:13
<b>2 Wakefield DH &amp; AC</b>	<b>00:31:00</b>	<b>19 Rotherham Harriers &amp; AC</b>	<b>00:33:47</b>
Matthew O'Connor (5)	10:14	Connor Ryan (24)	11:06
James Saxton (3)	10:13	William Johnson (25)	11:50
Jake Worton (2)	10:33	Nicholas Myers (19)	10:51
<b>3 Lincoln Wellington AC</b>	<b>00:31:10</b>	<b>20 Leigh Harriers &amp; AC</b>	<b>00:33:49</b>
Dylan Love (6)	10:16	Liam Moore (17)	10:49
Sam Shuttleworth (1)	10:09	Adam Howarth (19)	11:28
Haran Dunderdale (3)	10:45	Adam Jamson (20)	11:32
<b>4 Liverpool Harriers &amp; AC</b>	<b>00:31:20</b>	<b>21 Wakefield DH &amp; AC 'B'</b>	<b>00:33:54</b>
Luke Towers (10)	10:29	Daniel Franks (29)	11:24
Owen Sharp (5)	10:33	Jack Mitchell (23)	11:22
Jack Christie (4)	10:18	Steven Eastwood (21)	11:08
<b>5 East Cheshire H &amp; Tameside AC</b>	<b>00:31:49</b>	<b>22 Chesterfield Dac</b>	<b>00:34:01</b>
Chris Middleton (4)	10:14	Nathan Staniford (7)	10:20
Joe Steward (4)	10:35	Ed Bilton (12)	11:16
Jack Donnelly (5)	11:00	Campbell Menzies (22)	12:25
<b>6 Barrow &amp; Furness Striders AC</b>	<b>00:32:09</b>	<b>23 Liverpool Pembroke &amp; Sefton 'B'</b>	<b>00:34:17</b>
Sam Storey (15)	10:45	Robert Parkinson (26)	11:21
Ross Campbell (10)	10:42	James Loftus (21)	11:07
Hakan McCracken (6)	10:42	Kyle Nicholls (23)	11:49
<b>7 Warrington Athletic Club</b>	<b>00:32:15</b>	<b>24 Kendal Aac</b>	<b>00:34:40</b>
Jack Gleave (12)	10:32	Robbie Ingham (22)	11:04
Henry Buttress (13)	11:05	Mark Sullivan (24)	11:46
Matthew Hulse (7)	10:38	Tom Hartley (24)	11:50
<b>8 Preston Harriers</b>	<b>00:32:20</b>	<b>25 Bury AC</b>	<b>00:34:50</b>
J Coleman (3)	10:05	Nathan Milligan (33)	11:43
Jack Ellis (7)	11:12	Bryn Davies (26)	11:22
Sandy Kelly (8)	11:03	Jack Brown (25)	11:45
<b>9 Trafford AC</b>	<b>00:32:20</b>	<b>26 Sale Harriers Manchester 'B'</b>	<b>00:34:58</b>
Adam Sixsmith (8)	10:21	Alex Bradford (30)	11:30
Richard Powell (6)	10:50	Khaled Absiyeh (28)	11:43
Richard Hindley (9)	11:09	Dillon Bezzina (26)	11:45
<b>10 Liverpool Pembroke &amp; Sefton</b>	<b>00:32:21</b>	<b>27 Wirral AC 'B'</b>	<b>00:36:41</b>
Warren Turner (11)	10:32	Nathan Schofield (27)	11:23
James Grundy (8)	10:52	Thomas Robertson (32)	13:40
Ryan Blackwell (10)	10:57	Conor Flanagan (27)	11:38
<b>11 Vale Royal</b>	<b>00:32:22</b>	<b>East Cheshire H &amp; Tameside B</b>	<b>00:22:07</b>
Michael Vennard (16)	10:47	Adam Hoyles (25)	11:11
Luke Cockerton (14)	11:01	Callum Dinsdale (18)	10:56
Zack Bamber (11)	10:34	<b>Kingston Upon Hull AC</b>	<b>00:23:07</b>
<b>12 Wirral AC</b>	<b>00:32:36</b>	Stuart Singleton (23)	11:04
Matthew Westby (21)	11:03	Harvey Jackson (27)	12:03
Daniel Jarvis (17)	10:56	<b>Derby AC</b>	<b>00:23:20</b>
Richard Evans (12)	10:37	Terah Hooley (18)	10:52
<b>13 Warrington Athletic Club 'B'</b>	<b>00:32:44</b>	Jonathan Owen (29)	12:28
Cameron Field (9)	10:22	<b>Vale Royal 'C'</b>	<b>00:23:59</b>
David Gant (9)	11:03	Ryan Moore (32)	11:36
Christopher Smith (13)	11:19	Matthew Jakeman (30)	12:23
<b>14 Lincoln Wellington AC 'B'</b>	<b>00:32:53</b>	<b>Sale Harriers Manchester 'C'</b>	<b>00:24:02</b>
Joshua Asbrey (19)	10:52	Ben Fox (35)	12:52
Harry Baxter (16)	11:05	Kyle Conway (31)	11:10
Joe Wilkinson (14)	10:56	<b>Hallamshire Harriers</b>	<b>00:10:02</b>
<b>15 Vale Royal 'B'</b>	<b>00:32:56</b>	Tom Bains (2)	10:02
James Ayre (20)	10:56	<b>Gateshead Harriers &amp; AC</b>	<b>00:11:35</b>
Lewis Healey (11)	10:37	C Nicholson (31)	11:35
Patrick Stradling (15)	11:23	<b>Holmfirth Harriers AC</b>	<b>00:11:49</b>
<b>16 Chorley AC</b>	<b>00:33:24</b>	Robert Hinchliffe (34)	11:49
Ryan Sciacca (13)	10:33		
Adam Sciacca (15)	11:22		
Joseph Ellison (16)	11:29		
<b>17 Stockport Harriers &amp; AC</b>	<b>00:33:37</b>		
Kevin Acton (14)	10:38		
Simon Chadwick (20)	11:48		
Robert Ward (17)	11:11		

### Stage 1

1	00:09:58	Ryan Moore	Sale Harriers Manchester	19	00:10:52	Joshua Asbrey	Lincoln Wellington AC 'B'
2	00:10:02	Tom Bains	Hallamshire Harriers	20	00:10:56	James Ayre	Vale Royal 'B'
3	00:10:05	J Coleman	Preston Harriers	21	00:11:03	Matthew Westby	Wirral AC
4	00:10:14	Chris Middleton	East Cheshire H & Tameside AC	22	00:11:04	Robbie Ingham	Kendal Aac
5	00:10:14	Matthew O'Connor	Wakefield DH & AC	23	00:11:04	Stuart Singleton	Kingston Upon Hull AC
6	00:10:16	Dylan Love	Lincoln Wellington AC	24	00:11:06	Connor Ryan	Rotherham Harriers & AC
7	00:10:20	Nathan Staniford	Chesterfield Dac	25	00:11:11	Adam Hoyles	East Cheshire H & Tameside B
8	00:10:21	Adam Sixsmith	Trafford AC	26	00:11:21	Robert Parkinson	Liverpool Pembroke & Sefton 'B'
9	00:10:22	Cameron Field	Warrington Athletic Club 'B'	27	00:11:23	Nathan Schofield	Wirral AC 'B'
10	00:10:29	Luke Towers	Liverpool Harriers & AC	28	00:11:24	Kristian Quirk	Liverpool Harriers & AC 'B'
11	00:10:32	Warren Turner	Liverpool Pembroke & Sefton	29	00:11:24	Daniel Franks	Wakefield DH & AC 'B'
12	00:10:32	Jack Gleave	Warrington Athletic Club	30	00:11:30	Alex Bradford	Sale Harriers Manchester 'B'
13	00:10:33	Ryan Sciacca	Chorley AC	31	00:11:35	C Nicholson	Gateshead Harriers & AC
14	00:10:38	Kevin Acton	Stockport Harriers & AC	32	00:11:36	Ryan Moore	Vale Royal 'C'
15	00:10:45	Sam Storey	Barrow & Furness Striders AC	33	00:11:43	Nathan Milligan	Bury AC
16	00:10:47	Michael Vennard	Vale Royal	34	00:11:49	Robert Hinchliffe	Holmfirth Harriers AC
17	00:10:49	Liam Moore	Leigh Harriers & AC	35	00:12:52	Ben Fox	Sale Harriers Manchester 'C'
18	00:10:52	Terah Hooley	Derby AC				

### Stage 2

1	00:10:09	Sam Shuttleworth	Lincoln Wellington AC	17	00:11:07	James Loftus	Liverpool Pembroke & Sefton 'B'
2	00:10:13	James Saxton	Wakefield DH & AC	18	00:11:10	Kyle Conway	Sale Harriers Manchester 'C'
3	00:10:27	Alexander Burchill	Sale Harriers Manchester	19	00:11:12	Jack Ellis	Preston Harriers
4	00:10:33	Owen Sharp	Liverpool Harriers & AC	20	00:11:16	Ed Bilton	Chesterfield Dac
5	00:10:35	Joe Steward	East Cheshire H & Tameside AC	21	00:11:22	Bryn Davies	Bury AC
6	00:10:37	Lewis Healey	Vale Royal 'B'	22	00:11:22	Adam Sciacca	Chorley AC
7	00:10:42	Ross Campbell	Barrow & Furness Striders AC	23	00:11:22	Jack Mitchell	Wakefield DH & AC 'B'
8	00:10:50	Richard Powell	Trafford AC	24	00:11:28	Adam Howarth	Leigh Harriers & AC
9	00:10:52	James Grundy	Liverpool Pembroke & Sefton	25	00:11:43	Khaled Absiyeh	Sale Harriers Manchester 'B'
10	00:10:56	Callum Dinsdale	East Cheshire H & Tameside B	26	00:11:46	Mark Sullivan	Kendal Aac
11	00:10:56	Daniel Jarvis	Wirral AC	27	00:11:48	Simon Chadwick	Stockport Harriers & AC
12	00:11:01	Luke Cockerton	Vale Royal	28	00:11:50	William Johnson	Rotherham Harriers & AC
13	00:11:03	David Gant	Warrington Athletic Club 'B'	29	00:12:03	Harvey Jackson	Kingston Upon Hull AC
14	00:11:05	Harry Baxter	Lincoln Wellington AC 'B'	30	00:12:23	Matthew Jakeman	Vale Royal 'C'
15	00:11:05	Henry Buttress	Warrington Athletic Club	31	00:12:28	Jonathan Owen	Derby AC
16	00:11:07	Callum Grant	Liverpool Harriers & AC 'B'	32	00:13:40	Thomas Robertson	Wirral AC 'B'

### Stage 3

1	00:10:18	Jack Christie	Liverpool Harriers & AC	15	00:11:09	Richard Hindley	Trafford AC
2	00:10:22	C McGahan	Sale Harriers Manchester	16	00:11:11	Robert Ward	Stockport Harriers & AC
3	00:10:33	Jake Worton	Wakefield DH & AC	17	00:11:13	C Manning	Liverpool Harriers & AC 'B'
4	00:10:34	Zack Bamber	Vale Royal	18	00:11:19	Christopher Smith	Warrington Athletic Club 'B'
5	00:10:37	Richard Evans	Wirral AC	19	00:11:23	Patrick Stradling	Vale Royal 'B'
6	00:10:38	Matthew Hulse	Warrington Athletic Club	20	00:11:29	Joseph Ellison	Chorley AC
7	00:10:42	Hakan McCracken	Barrow & Furness Striders AC	21	00:11:32	Adam Jamson	Leigh Harriers & AC
8	00:10:45	Haran Dunderdale	Lincoln Wellington AC	22	00:11:38	Conor Flanagan	Wirral AC 'B'
9	00:10:51	Nicholas Myers	Rotherham Harriers & AC	23	00:11:45	Jack Brown	Bury AC
10	00:10:56	Joe Wilkinson	Lincoln Wellington AC 'B'	24	00:11:45	Dillon Bezzina	Sale Harriers Manchester 'B'
11	00:10:57	Ryan Blackwell	Liverpool Pembroke & Sefton	25	00:11:49	Kyle Nicholls	Liverpool Pembroke & Sefton 'B'
12	00:11:00	Jack Donnelly	East Cheshire H & Tameside AC	26	00:11:50	Tom Hartley	Kendal Aac
13	00:11:03	Sandy Kelly	Preston Harriers	27	00:12:25	Campbell Menzies	Chesterfield Dac
14	00:11:08	Steven Eastwood	Wakefield DH & AC 'B'				

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:09:58	Ryan Moore	Sale Harriers Manchester	84	00:11:48	Simon Chadwick	Stockport Harriers & AC
2	00:10:02	Tom Bains	Hallamshire Harriers	85	00:11:49	Robert Hinchliffe	Holmfirth Harriers AC
3	00:10:05	J Coleman	Preston Harriers	86	00:11:49	Kyle Nicholls	Liverpool Pembroke & Sefton 'B
4	00:10:09	Sam Shuttleworth	Lincoln Wellington AC	87	00:11:50	Tom Hartley	Kendal Aac
5	00:10:13	James Saxton	Wakefield DH & AC	88	00:11:50	William Johnson	Rotherham Harriers & AC
6	00:10:14	Chris Middleton	East Cheshire H & Tameside AC	89	00:12:03	Harvey Jackson	Kingston Upon Hull AC
7	00:10:14	Matthew O'Connor	Wakefield DH & AC	90	00:12:23	Matthew Jakeman	Vale Royal 'C'
8	00:10:16	Dylan Love	Lincoln Wellington AC	91	00:12:25	Campbell Menzies	Chesterfield Dac
9	00:10:18	Jack Christie	Liverpool Harriers & AC	92	00:12:28	Jonathan Owen	Derby AC
10	00:10:20	Nathan Staniford	Chesterfield Dac	93	00:12:52	Ben Fox	Sale Harriers Manchester 'C'
11	00:10:21	Adam Sixsmith	Trafford AC	94	00:13:40	Thomas Robertson	Wirral AC 'B'
12	00:10:22	C McGahan	Sale Harriers Manchester				
13	00:10:22	Cameron Field	Warrington Athletic Club 'B'				
14	00:10:27	Alexander Burchill	Sale Harriers Manchester				
15	00:10:29	Luke Towers	Liverpool Harriers & AC				
16	00:10:32	Warren Turner	Liverpool Pembroke & Sefton				
17	00:10:32	Jack Gleave	Warrington Athletic Club				
18	00:10:33	Ryan Sciacca	Chorley AC				
19	00:10:33	Owen Sharp	Liverpool Harriers & AC				
20	00:10:33	Jake Worton	Wakefield DH & AC				
21	00:10:34	Zack Bamber	Vale Royal				
22	00:10:35	Joe Steward	East Cheshire H & Tameside AC				
23	00:10:37	Lewis Healey	Vale Royal 'B'				
24	00:10:37	Richard Evans	Wirral AC				
25	00:10:38	Kevin Acton	Stockport Harriers & AC				
26	00:10:38	Matthew Hulse	Warrington Athletic Club				
27	00:10:42	Ross Campbell	Barrow & Furness Striders AC				
28	00:10:42	Hakan McCracken	Barrow & Furness Striders AC				
29	00:10:45	Sam Storey	Barrow & Furness Striders AC				
30	00:10:45	Haran Dunderdale	Lincoln Wellington AC				
31	00:10:47	Michael Vennard	Vale Royal				
32	00:10:49	Liam Moore	Leigh Harriers & AC				
33	00:10:50	Richard Powell	Trafford AC				
34	00:10:51	Nicholas Myers	Rotherham Harriers & AC				
35	00:10:52	Terah Hooley	Derby AC				
36	00:10:52	Joshua Asbrey	Lincoln Wellington AC 'B'				
37	00:10:52	James Grundy	Liverpool Pembroke & Sefton				
38	00:10:56	Callum Dinsdale	East Cheshire H & Tameside B				
39	00:10:56	Joe Wilkinson	Lincoln Wellington AC 'B'				
40	00:10:56	James Ayre	Vale Royal 'B'				
41	00:10:56	Daniel Jarvis	Wirral AC				
42	00:10:57	Ryan Blackwell	Liverpool Pembroke & Sefton				
43	00:11:00	Jack Donnelly	East Cheshire H & Tameside AC				
44	00:11:01	Luke Cockerton	Vale Royal				
45	00:11:03	Sandy Kelly	Preston Harriers				
46	00:11:03	David Gant	Warrington Athletic Club 'B'				
47	00:11:03	Matthew Westby	Wirral AC				
48	00:11:04	Robbie Ingham	Kendal Aac				
49	00:11:04	Stuart Singleton	Kingston Upon Hull AC				
50	00:11:05	Harry Baxter	Lincoln Wellington AC 'B'				
51	00:11:05	Henry Buttress	Warrington Athletic Club				
52	00:11:06	Connor Ryan	Rotherham Harriers & AC				
53	00:11:07	Callum Grant	Liverpool Harriers & AC 'B'				
54	00:11:07	James Loftus	Liverpool Pembroke & Sefton 'B				
55	00:11:08	Steven Eastwood	Wakefield DH & AC 'B'				
56	00:11:09	Richard Hindley	Trafford AC				
57	00:11:10	Kyle Conway	Sale Harriers Manchester 'C'				
58	00:11:11	Adam Hoyles	East Cheshire H & Tameside B				
59	00:11:11	Robert Ward	Stockport Harriers & AC				
60	00:11:12	Jack Ellis	Preston Harriers				
61	00:11:13	C Manning	Liverpool Harriers & AC 'B'				
62	00:11:16	Ed Bilton	Chesterfield Dac				
63	00:11:19	Christopher Smith	Warrington Athletic Club 'B'				
64	00:11:21	Robert Parkinson	Liverpool Pembroke & Sefton 'B				
65	00:11:22	Bryn Davies	Bury AC				
66	00:11:22	Adam Sciacca	Chorley AC				
67	00:11:22	Jack Mitchell	Wakefield DH & AC 'B'				
68	00:11:23	Patrick Stradling	Vale Royal 'B'				
69	00:11:23	Nathan Schofield	Wirral AC 'B'				
70	00:11:24	Kristian Quirk	Liverpool Harriers & AC 'B'				
71	00:11:24	Daniel Franks	Wakefield DH & AC 'B'				
72	00:11:28	Adam Howarth	Leigh Harriers & AC				
73	00:11:29	Joseph Ellison	Chorley AC				
74	00:11:30	Alex Bradford	Sale Harriers Manchester 'B'				
75	00:11:32	Adam Jamson	Leigh Harriers & AC				
76	00:11:35	C Nicholson	Gateshead Harriers & AC				
77	00:11:36	Ryan Moore	Vale Royal 'C'				
78	00:11:38	Conor Flanagan	Wirral AC 'B'				
79	00:11:43	Nathan Milligan	Bury AC				
80	00:11:43	Khaled Absiyeh	Sale Harriers Manchester 'B'				
81	00:11:45	Jack Brown	Bury AC				
82	00:11:45	Dillon Bezzina	Sale Harriers Manchester 'B'				
83	00:11:46	Mark Sullivan	Kendal Aac				