

<b>1 Liverpool Harriers &amp; AC</b>	<b>00:30:29</b>	<b>12 Liverpool Harriers &amp; AC 'C'</b>	<b>00:33:32</b>	<b>23 Preston Harriers 'B'</b>	<b>00:34:43</b>
M Wigelsworth	10:19	Lee Dobson	11:01	Sandy Kelly	11:12
Daniel Jarvis	10:18	Kristian Quirk	11:15	Dan Whitlock	11:44
Matthew Shirling	09:52	C Manning	11:16	James Salisbury	11:47
<b>2 Trafford AC</b>	<b>00:30:42</b>	<b>13 Halifax Harriers &amp; AC</b>	<b>00:33:36</b>	<b>24 East Cheshire Harriers &amp; Tames</b>	<b>00:35:51</b>
Daniel Lawton	10:33	Jerome Castelow	10:56	Tom McGuinness	11:15
Nakita Katende	10:09	Jack Dighton	11:13	Adam Hoyles	11:52
Jack Crabtree	10:00	Edan Whitelaw	11:27	Robert Mccarthy	12:44
<b>3 Preston Harriers</b>	<b>00:31:19</b>	<b>14 Liverpool Pembroke &amp; Sefton H</b>	<b>00:33:46</b>	<b>25 Leeds City AC 'B'</b>	<b>00:36:04</b>
J Coleman	10:13	Ryan Blackwell	10:39	Jack Allison	11:29
Elliot Roberts	10:37	James Loftus	11:04	Ossama Mesleck	13:12
Patrick Dever	10:29	Jonathon Bride	12:03	Mohamed Abshir	11:23
<b>4 Derby AC</b>	<b>00:31:58</b>	<b>15 Bury AC</b>	<b>00:33:49</b>	<b>26 Wakefield District H &amp; AC</b>	<b>00:36:12</b>
Dominic Chambers	10:16	Nathan Milligan	11:22	Danny Franks	11:18
Daniel Haymes	10:25	Ben Heywood	11:24	Cameron Dye	11:49
Jack Sproson	11:17	Jack Brown	11:03	Robert Sanderson	13:05
<b>5 Warrington AC</b>	<b>00:32:23</b>	<b>16 Kingston Upon Hull AC</b>	<b>00:33:49</b>	<b>27 Derby AC 'B'</b>	<b>00:36:20</b>
Cameron Field	10:39	Josh Taylor-Brown	11:31	Samuel Hassall	11:15
Matthew Hulse	10:22	Adam Oxley	11:06	Keenan Chambers	12:26
Liam Burthem	11:22	James Needham	11:12	Joel Herbert	12:39
<b>6 Liverpool Harriers &amp; AC 'B'</b>	<b>00:32:29</b>	<b>17 Wirral AC</b>	<b>00:33:50</b>	<b>28 Preston Harriers 'C'</b>	<b>00:36:51</b>
Abdualqani Sharif	10:23	Richard Evans	10:31	Sam Williams	11:51
Owen Sharp	11:02	Christian White	11:46	Aidan Birmingham	12:30
Callum Grant	11:04	Nathan Scholfield	11:33	Douglas Ashcroft	12:30
<b>7 Gateshead Harriers &amp; AC</b>	<b>00:32:41</b>	<b>18 Hallamshire Harriers Sheffield</b>	<b>00:34:05</b>	<b>29 Kingston Upon Hull AC 'B'</b>	<b>00:37:15</b>
James Cripwell	11:10	Connor Milnes	10:48	Sam Jaram	11:44
Greg Chambers	10:27	Joshua Walton	11:30	Jack Michaels	12:29
Adam Barr	11:04	Joshua Dyball	11:47	Jake Field	13:02
<b>8 Rotherham Harriers &amp; AC</b>	<b>00:32:52</b>	<b>19 Blackburn Harriers &amp; AC</b>	<b>00:34:20</b>	<b>30 Rossendale Harriers &amp; AC</b>	<b>00:37:43</b>
Aaron Thorpe	11:07	Joseph Howe	11:16	Robert Savage	12:12
Connor Ryan	11:09	Connor Mahoney	11:26	Adam Crowder	12:48
Luke Cotter	10:36	Robert Wong	11:38	Alton Fowley	12:43
<b>9 Vale Royal AC</b>	<b>00:32:57</b>	<b>20 Bolton United Harriers &amp; AC</b>	<b>00:34:20</b>	<b>31 Warrington AC 'B'</b>	<b>00:39:15</b>
Matthew Sheen	10:22	Jack Garmony	11:25	Chris Fance	11:34
Timothy Morris	11:14	William Grimshaw	11:18	James Jackson	13:57
Samuel Whitehead	11:21	Oliver Smith	11:37	David Gerrard	13:44
<b>10 Stockport Harriers &amp; AC</b>	<b>00:33:24</b>	<b>21 Holmfirth Harriers AC</b>	<b>00:34:21</b>		
Kevin Acton	10:35	Peter Franklin	11:05		
Joe Arden	11:27	Eddie Hinchcliffe	11:55		
Robert Ward	11:22	Jonty Winn	11:21		
<b>11 Leeds City AC</b>	<b>00:33:25</b>	<b>22 Harrogate Harriers &amp; AC</b>	<b>00:34:25</b>		
Kieran Savage	10:57	Nathaniel Welsby	11:13		
Dominic Owens	11:22	Harry Brook-Dobson	11:46		
Sam Convery	11:06	Alex Gillies	11:26		

### INCOMPLETE TEAMS

<b>Vale Royal AC 'B'</b>	<b>00:22:40</b>	<b>Halifax Harriers &amp; AC 'B'</b>	<b>00:25:48</b>	<b>West Cheshire AC</b>	<b>00:13:06</b>
Daniel Morrison	11:23	Ciaran Wilson-Baig	12:50	Niall Harrison	13:06
Benjamin Mcintosh	11:17	Alex Bradley	12:58		
<b>Hallamshire Harriers Sheffield 'B'</b>	<b>00:23:57</b>	<b>City Of Sheffield AC</b>	<b>00:10:30</b>		
Sam Peters	12:07	Joseph Lancaster	10:30		
Ewan South	11:50				
<b>Chesterfield &amp; District AC</b>	<b>00:24:52</b>	<b>Holmfirth Harriers AC 'B'</b>	<b>00:12:10</b>		
Campbell Menzies	12:02	Robert Hinchcliffe	12:10		
Jame Yapp	12:50				

### Stage 1

1	00:10:13	J Coleman	Preston Harriers	20	00:11:13	Nathaniel Welsby	Harrogate Harriers & AC
2	00:10:16	Dominic Chambers	Derby AC	21	00:11:15	Samuel Hassall	Derby AC 'B'
3	00:10:19	M Wigelsworth	Liverpool Harriers & AC	22	00:11:15	Tom McGuinness	East Cheshire Harriers & Tames
4	00:10:22	Matthew Sheen	Vale Royal AC	23	00:11:16	Joseph Howe	Blackburn Harriers & AC
5	00:10:23	Abdualqani Sharif	Liverpool Harriers & AC 'B'	24	00:11:18	Danny Franks	Wakefield District H & AC
6	00:10:30	Joseph Lancaster	City Of Sheffield AC	25	00:11:22	Nathan Milligan	Bury AC
7	00:10:31	Richard Evans	Wirral AC	26	00:11:23	Daniel Morrison	Vale Royal AC 'B'
8	00:10:33	Daniel Lawton	Trafford AC	27	00:11:25	Jack Garmony	Bolton United Harriers & AC
9	00:10:35	Kevin Acton	Stockport Harriers & AC	28	00:11:29	Jack Allison	Leeds City AC 'B'
10	00:10:39	Ryan Blackwell	Liverpool Pembroke & Sefton H	29	00:11:31	Josh Taylor-Brown	Kingston Upon Hull AC
11	00:10:39	Cameron Field	Warrington AC	30	00:11:34	Chris Fance	Warrington AC 'B'
12	00:10:48	Connor Milnes	Hallamshire Harriers Sheffield	31	00:11:44	Sam Jaram	Kingston Upon Hull AC 'B'
13	00:10:56	Jerome Castelow	Halifax Harriers & AC	32	00:11:51	Sam Williams	Preston Harriers 'C'
14	00:10:57	Kieran Savage	Leeds City AC	33	00:12:02	Campbell Menzies	Chesterfield & District AC
15	00:11:01	Lee Dobson	Liverpool Harriers & AC 'C'	34	00:12:07	Sam Peters	Hallamshire Harriers Sheffield 'B'
16	00:11:05	Peter Franklin	Holmfirth Harriers AC	35	00:12:10	Robert Hinchcliffe	Holmfirth Harriers AC 'B'
17	00:11:07	Aaron Thorpe	Rotherham Harriers & AC	36	00:12:12	Robert Savage	Rossendale Harriers & AC
18	00:11:10	James Cripwell	Gateshead Harriers & AC	37	00:12:50	Ciaran Wilson-Baig	Halifax Harriers & AC 'B'
19	00:11:12	Sandy Kelly	Preston Harriers 'B'	38	00:13:06	Niall Harrison	West Cheshire AC

### Stage 2

1	00:10:09	Nakita Katende	Trafford AC	19	00:11:27	Joe Arden	Stockport Harriers & AC
2	00:10:18	Daniel Jarvis	Liverpool Harriers & AC	20	00:11:30	Joshua Walton	Hallamshire Harriers Sheffield
3	00:10:22	Matthew Hulse	Warrington AC	21	00:11:44	Dan Whitlock	Preston Harriers 'B'
4	00:10:25	Daniel Haymes	Derby AC	22	00:11:46	Harry Brook-Dobson	Harrogate Harriers & AC
5	00:10:27	Greg Chambers	Gateshead Harriers & AC	23	00:11:46	Christian White	Wirral AC
6	00:10:37	Elliot Roberts	Preston Harriers	24	00:11:49	Cameron Dye	Wakefield District H & AC
7	00:11:02	Owen Sharp	Liverpool Harriers & AC 'B'	25	00:11:50	Ewan South	Hallamshire Harriers Sheffield 'B'
8	00:11:04	James Loftus	Liverpool Pembroke & Sefton H	26	00:11:52	Adam Hoyles	East Cheshire Harriers & Tames
9	00:11:06	Adam Oxley	Kingston Upon Hull AC	27	00:11:55	Eddie Hinchcliffe	Holmfirth Harriers AC
10	00:11:09	Connor Ryan	Rotherham Harriers & AC	28	00:12:26	Keenan Chambers	Derby AC 'B'
11	00:11:13	Jack Dighton	Halifax Harriers & AC	29	00:12:29	Jack Michaels	Kingston Upon Hull AC 'B'
12	00:11:14	Timothy Morris	Vale Royal AC	30	00:12:30	Aidan Bermingham	Preston Harriers 'C'
13	00:11:15	Kristian Quirk	Liverpool Harriers & AC 'C'	31	00:12:48	Adam Crowder	Rossendale Harriers & AC
14	00:11:17	Benjamin Mcintosh	Vale Royal AC 'B'	32	00:12:50	Jame Yapp	Chesterfield & District AC
15	00:11:18	William Grimshaw	Bolton United Harriers & AC	33	00:12:58	Alex Bradley	Halifax Harriers & AC 'B'
16	00:11:22	William Owens	Leeds City AC	34	00:13:12	Ossama Mesleck	Leeds City AC 'B'
17	00:11:24	Ben Heywood	Bury AC	35	00:13:57	James Jackson	Warrington AC 'B'
18	00:11:26	Connor Mahoney	Blackburn Harriers & AC				

### Stage 3

1	00:09:52	Matthew Shirling	Liverpool Harriers & AC	17	00:11:26	Alex Gillies	Harrogate Harriers & AC
2	00:10:00	Jack Crabtree	Trafford AC	18	00:11:27	Edan Whitelaw	Halifax Harriers & AC
3	00:10:29	Patrick Dever	Preston Harriers	19	00:11:33	Nathan Scholfield	Wirral AC
4	00:10:36	Luke Cotter	Rotherham Harriers & AC	20	00:11:37	Oliver Smith	Bolton United Harriers & AC
5	00:11:03	Jack Brown	Bury AC	21	00:11:38	Robert Wong	Blackburn Harriers & AC
6	00:11:04	Adam Barr	Gateshead Harriers & AC	22	00:11:47	Joshua Dyball	Hallamshire Harriers Sheffield
7	00:11:04	Callum Grant	Liverpool Harriers & AC 'B'	23	00:11:47	James Salisbury	Preston Harriers 'B'
8	00:11:06	Sam Convery	Leeds City AC	24	00:12:03	Jonathon Bride	Liverpool Pembroke & Sefton H
9	00:11:12	James Needham	Kingston Upon Hull AC	25	00:12:30	Douglas Ashcroft	Preston Harriers 'C'
10	00:11:16	C Manning	Liverpool Harriers & AC 'C'	26	00:12:39	Joel Herbert	Derby AC 'B'
11	00:11:17	Jack Sproson	Derby AC	27	00:12:43	Alton Fowley	Rossendale Harriers & AC
12	00:11:21	Jonty Winn	Holmfirth Harriers AC	28	00:12:44	Robert Mccarthy	East Cheshire Harriers & Tames
13	00:11:21	Samuel Whitehead	Vale Royal AC	29	00:13:02	Jake Field	Kingston Upon Hull AC 'B'
14	00:11:22	Robert Ward	Stockport Harriers & AC	30	00:13:05	Robert Sanderson	Wakefield District H & AC
15	00:11:22	Liam Burthem	Warrington AC	31	00:13:44	David Gerrard	Warrington AC 'B'
16	00:11:23	Mohamed Abshir	Leeds City AC 'B'				

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:09:52	Matthew Shirling	Liverpool Harriers & AC	53	00:11:22	Nathan Milligan	Bury AC
2	00:10:00	Jack Crabtree	Trafford AC	54	00:11:22	Dominic Owens	Leeds City AC
3	00:10:09	Nakita Katende	Trafford AC	55	00:11:22	Robert Ward	Stockport Harriers & AC
4	00:10:13	J Coleman	Preston Harriers	56	00:11:22	Liam Burthem	Warrington AC
5	00:10:16	Dominic Chambers	Derby AC	57	00:11:23	Mohamed Abshir	Leeds City AC 'B'
6	00:10:18	Daniel Jarvis	Liverpool Harriers & AC	58	00:11:23	Daniel Morrison	Vale Royal AC 'B'
7	00:10:19	M Wigelsworth	Liverpool Harriers & AC	59	00:11:24	Ben Heywood	Bury AC
8	00:10:22	Matthew Sheen	Vale Royal AC	60	00:11:25	Jack Garmony	Bolton United Harriers & AC
9	00:10:22	Matthew Hulse	Warrington AC	61	00:11:26	Connor Mahoney	Blackburn Harriers & AC
10	00:10:23	Abdualgani Sharif	Liverpool Harriers & AC 'B'	62	00:11:26	Alex Gillies	Harrogate Harriers & AC
11	00:10:25	Daniel Haymes	Derby AC	63	00:11:27	Edan Whitelaw	Halifax Harriers & AC
12	00:10:27	Greg Chambers	Gateshead Harriers & AC	64	00:11:27	Joe Arden	Stockport Harriers & AC
13	00:10:29	Patrick Dever	Preston Harriers	65	00:11:29	Jack Allison	Leeds City AC 'B'
14	00:10:30	Joseph Lancaster	City Of Sheffield AC	66	00:11:30	Joshua Walton	Hallamshire Harriers Sheffield
15	00:10:31	Richard Evans	Wirral AC	67	00:11:31	Josh Taylor-Brown	Kingston Upon Hull AC
16	00:10:33	Daniel Lawton	Trafford AC	68	00:11:33	Nathan Scholfield	Wirral AC
17	00:10:35	Kevin Acton	Stockport Harriers & AC	69	00:11:34	Chris Fance	Warrington AC 'B'
18	00:10:36	Luke Cotter	Rotherham Harriers & AC	70	00:11:37	Oliver Smith	Bolton United Harriers & AC
19	00:10:37	Elliot Roberts	Preston Harriers	71	00:11:38	Robert Wong	Blackburn Harriers & AC
20	00:10:39	Ryan Blackwell	Liverpool Pembroke & Sefton H	72	00:11:44	Sam Jaram	Kingston Upon Hull AC 'B'
21	00:10:39	Cameron Field	Warrington AC	73	00:11:44	Dan Whitlock	Preston Harriers 'B'
22	00:10:48	Connor Milnes	Hallamshire Harriers Sheffield	74	00:11:46	Harry Brook-Dobson	Harrogate Harriers & AC
23	00:10:56	Jerome Castelow	Halifax Harriers & AC	75	00:11:46	Christian White	Wirral AC
24	00:10:57	Kieran Savage	Leeds City AC	76	00:11:47	Joshua Dyball	Hallamshire Harriers Sheffield
25	00:11:01	Lee Dobson	Liverpool Harriers & AC 'C'	77	00:11:47	James Salisbury	Preston Harriers 'B'
26	00:11:02	Owen Sharp	Liverpool Harriers & AC 'B'	78	00:11:49	Cameron Dye	Wakefield District H & AC
27	00:11:03	Jack Brown	Bury AC	79	00:11:50	Ewan South	Hallamshire Harriers Sheffield 'B'
28	00:11:04	Adam Barr	Gateshead Harriers & AC	80	00:11:51	Sam Williams	Preston Harriers 'C'
29	00:11:04	Callum Grant	Liverpool Harriers & AC 'B'	81	00:11:52	Adam Hoyles	East Cheshire Harriers & Tames
30	00:11:04	James Loftus	Liverpool Pembroke & Sefton H	82	00:11:55	Eddie Hinchcliffe	Holmfirth Harriers AC
31	00:11:05	Peter Franklin	Holmfirth Harriers AC	83	00:12:02	Campbell Menzies	Chesterfield & District AC
32	00:11:06	Adam Oxley	Kingston Upon Hull AC	84	00:12:03	Jonathon Bride	Liverpool Pembroke & Sefton H
33	00:11:06	Sam Convery	Leeds City AC	85	00:12:07	Sam Peters	Hallamshire Harriers Sheffield 'B'
34	00:11:07	Aaron Thorpe	Rotherham Harriers & AC	86	00:12:10	Robert Hinchcliffe	Holmfirth Harriers AC 'B'
35	00:11:09	Connor Ryan	Rotherham Harriers & AC	87	00:12:12	Robert Savage	Rossendale Harriers & AC
36	00:11:10	James Cripwell	Gateshead Harriers & AC	88	00:12:26	Keenan Chambers	Derby AC 'B'
37	00:11:12	James Needham	Kingston Upon Hull AC	89	00:12:29	Jack Michaels	Kingston Upon Hull AC 'B'
38	00:11:12	Sandy Kelly	Preston Harriers 'B'	90	00:12:30	Aidan Bermingham	Preston Harriers 'C'
39	00:11:13	Jack Dighton	Halifax Harriers & AC	91	00:12:30	Douglas Ashcroft	Preston Harriers 'C'
40	00:11:13	Nathaniel Welsby	Harrogate Harriers & AC	92	00:12:39	Joel Herbert	Derby AC 'B'
41	00:11:14	Timothy Morris	Vale Royal AC	93	00:12:43	Alton Fowley	Rossendale Harriers & AC
42	00:11:15	Samuel Hassall	Derby AC 'B'	94	00:12:44	Robert Mccarthy	East Cheshire Harriers & Tames
43	00:11:15	Tom Mcguiness	East Cheshire Harriers & Tames	95	00:12:48	Adam Crowder	Rossendale Harriers & AC
44	00:11:15	Kristian Quirk	Liverpool Harriers & AC 'C'	96	00:12:50	Jame Yapp	Chesterfield & District AC
45	00:11:16	Joseph Howe	Blackburn Harriers & AC	97	00:12:50	Ciaran Wilson-Baig	Halifax Harriers & AC 'B'
46	00:11:16	C Manning	Liverpool Harriers & AC 'C'	98	00:12:58	Alex Bradley	Halifax Harriers & AC 'B'
47	00:11:17	Jack Sproson	Derby AC	99	00:13:02	Jake Field	Kingston Upon Hull AC 'B'
48	00:11:17	Benjamin McIntosh	Vale Royal AC 'B'	100	00:13:05	Robert Sanderson	Wakefield District H & AC
49	00:11:18	William Grimshaw	Bolton United Harriers & AC	101	00:13:06	Niall Harrison	West Cheshire AC
50	00:11:18	Danny Franks	Wakefield District H & AC	102	00:13:12	Ossama Mesleck	Leeds City AC 'B'
51	00:11:21	Jonty Winn	Holmfirth Harriers AC	103	00:13:44	David Gerrard	Warrington AC 'B'
52	00:11:21	Samuel Whitehead	Vale Royal AC	104	00:13:57	James Jackson	Warrington AC 'B'