

First Name	Last Name	Age Group	Origin Club	Destination Club
Steve	Hunt	Senior	Trail Running Association	100 Marathon Club
Jennifer	Lucas	Senior	Canterbury Harriers	100 Marathon Club
Sophie	Noble	Senior	Roadhoggs Leicester AC	100 Marathon Club
Dan	Perry	Senior	Cobra Running & Triathlon Club	100 Marathon Club
Louise	Brace	Senior	Airecentre Pacers RC	12 in 12
Jimmy	Kershaw	Senior	Oswestry Olympians	Absolute Tri
Robert	Lister	Senior	Malvern Joggers	Almost Athletes
Katy	Sworn	Senior	Hart Road Runners	Almost Athletes
Angus	Gilchrist	U15	Sale Harriers Manchester	Altrincham & District Athletic Club Limited
andy	matson	Senior	BRJ Run and Tri	AM Activ Race Team
Deborah	Rostant	Senior	BRJ Run and Tri	AM Activ Race Team
Stanley	Greening	Senior	Victoria Park Harriers and Tower Hamlets AC	Ampthill & Flitwick Flyers RC
Dave	Hunt	Senior	Ashford & District RRC	Ashford Striders RC
Danyel	Carter	Senior	Ashford & District RRC	Ashford Triathlon Club
David	Triplow	Senior	South Shields Harriers & AC	Ashington Hirst Running Club
Mark	Robinson	Senior	Nuneaton Harriers	Badgers
Stephen	Phillips	Senior	Kimberworth Striders	Barnsley Harriers
Graeme	Farmer	Senior	Leicester Triathlon Club	Barrow Runners
Rosie	Helps	Senior	Leicester Triathlon Club	Barrow Runners
Paul	Legard	Senior	City of Hull AC	Barton & District AC
Matthew	Smith	Senior	Scunthorpe & District AC	Barton & District AC
Jonah	Miller	U13	East Essex Triathlon Club	Basildon AC
Alexan	Oyeleye	U15	Chelmsford AC	Basildon AC
Roan	Oyeleye	U17	Chelmsford AC	Basildon AC
Queen	Tanimowo	U15	Blackburn Harriers & AC	Basildon AC
Jay	Tuck	Senior	Finch Coasters	Basingstoke & Mid Hants AC
Laura	Button	Senior	Bungay Black Dog RC	Beccles & Bungay Harriers
Peter	Li	Senior	Striders Of Croydon	Beckenham Running Club
Alfred	Yabsley	U20	Milton Keynes Distance Project	Bedford & County AC
Caitlin	Bradbury	Senior	Blaydon Harriers & AC	Beeston AC
Peter	Wild	Senior	Bridgnorth AC	Belgrave Harriers
Michael	McGill	Senior	Kirkstall Harriers	Bentham Beagles Running Club
Graham	Justice	Senior	City of Hull AC	Beverley Athletic Club
Paul	Heywood	Senior	Seaford Striders RC	Bexhill Runners & Triathletes
Mark	Thomas	Senior	Hastings AC	Bexhill Runners & Triathletes
Darren	Jolliffe	Senior	Alchester Running Club	Bicester Triathlon Club
Ross	MacLagan	Senior	Windle Valley Runners	Bideford AAC
Emilie	Bullock	U15	Wolverhampton & Bilston	Birchfield Harriers



First Name	Last Name	Age Group	Origin Club	Destination Club
Zoe	Gardner	U15	Rugby & Northampton AC	Birchfield Harriers
Ella	Semple	U15	Wolverhampton & Bilston	Birchfield Harriers
Lucy	Semple	U15	Wolverhampton & Bilston	Birchfield Harriers
Aliya	Westwood	U15	Wolverhampton & Bilston	Birchfield Harriers
Hannes	Petzer	Senior	Radley Athletic Club	Birmingham Running Athletics & Triathlon Club (BRAT)
Helen	Seymour	Senior	Team Bath Athletic Club	Bitton Road Runners
Karen	Smith	Senior	Sole Sisters (North Bristol)	Bitton Road Runners
Rachael	Gavin	Senior	Blackburn Road Runners	Blackburn Harriers & AC
Marc	Hartley	Senior	Barlick Fell Runners	Blackburn Harriers & AC
Jessica	Judd	Senior	Chelmsford AC	Blackburn Harriers & AC
Hayley	Duckworth	Senior	Darwen Running Group	Blackburn Road Runners
Eugene	Lawlor	Senior	Yate & District AC	Blackheath and Bromley Harriers Athletic Club
Nicholas	Swatton	Senior	Herne Hill Harriers	Blackheath and Bromley Harriers Athletic Club
Marie	Liddell	Senior	Chester Le Street & Dist AC	Blyth Running Club
Tom	Moffett	Senior	Concordia Runners & Pedallers	Blyth Running Club
Trevor	Wakenshaw	Senior	North Shields Polytechnic Club	Blyth Running Club
JULIE	ATHERTON	Senior	Bodmin Women's RC	Bodmin Road Runners
Rachel	Wilson	Senior	Cumberland Fell Runners	BodyFit Cumbria Running Club
Michelle	Bird	Senior	Cambridge Triathlon Club	Bodymode Running Club
Mark	Kenny	Senior	Burnden Road Runners	Bolton Triathlon Club
Bobby	Hagan	Senior	Keswick AC	Border Harriers & AC
Oliver	Lammiman	Senior	Mablethorpe Running Club	Boston & District AC
Craig	Palmer	Senior	Ampthill & Flitwick Flyers RC	Bournemouth AC
Wayne	Walford Jelks	Senior	Littledown Harriers	Bournemouth AC
Jacob	Bradbury	Senior	Hyde Park Harriers	Bournville Harriers
Aidan	Wheeler	Senior	City of Birmingham Striders	Bournville Harriers
Petra	Morris	Senior	Bracknell Forest Runners	Bracknell AC
Jesse	Thomas	U13	Windsor Slough Eton & Hounslow AC	Bracknell AC
Jordan	Miller	Senior	Fairlands Valley Spartans	Bracknell Forest Runners
Alison	Dace	Senior	Pudsey Pacers RC	Bramley Breezers
Louise	Taylor	Senior	Scarborough Athletic Club	Bridlington Road Runners
Declan	Neary	Senior	City of York AC	Brighton Phoenix
Alex	Auton-Green	U11	Westbury Harriers	Bristol and West AC
Michail	Froudakis	Senior	South West Veterans AC	Bristol and West AC
Simeon	Howson	Senior	Leamington Cycling and Athletic Club	Bristol and West AC
Michael	Proffitt	Senior	North Somerset AC	Bristol and West AC
Philip	Graham-Clare	Senior	Sutton Runners	BRJ Run and Tri
Yasmine	Allfrey	U20	Haywards Heath Harriers	Burgess Hill Runners



First Name	Last Name	Age Group	Origin Club	Destination Club
Andy	Byatt	Senior	Louth AC	Caistor Running Club
Debbie	Iwanczuk	Senior	Cleethorpes and District AC	Caistor Running Club
Michelle	Rushby	Senior	Stainland Lions Running Club	Calder Valley Fell Runners
Lucy	Dowsett	Senior	Coventry Godiva Harriers	Cambridge & Coleridge AC
Bonnie	Brito Costa	Senior	Blackheath and Bromley Harriers Athletic Club	Cambridge Harriers
Maxine	Meju	Senior	Lancaster & Morecambe AC	Cambridge University AC
Amara	Mulliner	Senior	Oxford City AC	Cambridge University AC
Amrita	Panesar	Senior	Windsor Slough Eton & Hounslow AC	Cambridge University AC
Stephanie	Sinclair	Senior	Gloucester AC	Cambridge University AC
Martha	Stevens	U20	Windsor Slough Eton & Hounslow AC	Cambridge University AC
Catherine	Wardle	U20	Herts Phoenix AC	Cambridge University AC
Megan	Huxley	Senior	Vale Royal AC	Cannock & Stafford AC
Dylan	Beaver	Senior	Dartford Harriers AC	Central Park Athletics
Tessa	Hales	Senior	Dartford Harriers AC	Central Park Athletics
Cameron	Sharp	U17	Dartford Harriers AC	Central Park Athletics
ЕММА	SHARP	Senior	Dartford Harriers AC	Central Park Athletics
Polly	Davies	Senior	Great Yarmouth & District AC	Chapel Allerton Runners
Natalie	Egginton	Senior	Aldershot Farnham & District	Charnwood A C
David	Dench	Senior	Benfleet RC	Chester Road Runners
Daniel	Jeory	Senior	West Cheshire Athletic Club	Chester Road Runners
Richard	Bacon	Senior	Winston Runners	Chorlton Runners
Ellie	English	Senior	Skyrac Athletic Club	Chorlton Runners
Miss D	Maskell	Senior	Belle Vue Racers	Chorlton Runners
Scott	Willis	Senior	Dragons Running Club (Sale)	Chorlton Runners
Paul	Clucas	Senior	Darlington H & AC	City of Hull AC
Lindi	Day	Senior	Fitmums and Friends	City of Hull AC
Gary	McGahey	Senior	Ely Runners	City of Hull AC
NEIL	PLUMMER	Senior	Hull Springhead Harriers	City of Hull AC
James	McFarlane	Senior	Norwich Road Runners	City Of Norwich AC
Harry	Ramsey	Senior	Dorking & Mole Valley AC	City Of Portsmouth AC
Heather	Carson	Senior	University of Sheffield Union of Students	City of Sheffield and Dearne AC
Joanne	Donnelly	Senior	Newcastle (Staffs) Tri Club	City of Stoke AC
lan	Noble	Senior	Trafford Athletic Club	City of York AC
David	Todd	U20	Chester Le Street & Dist AC	City of York AC
Lucy	Wertheim	Senior	Hercules Wimbledon AC	Clapham Chasers
Damian Paul	Sharples	Senior	Trawden Athletic Club	Clayton-le-Moors Harriers
Hedley	Phillips	Senior	Thame Runners	CLC Striders
Maria	Dispirito	Senior	Almost Athletes	Cleethorpes and District AC



First Name	Last Name	Age Group	Origin Club	Destination Club
LINDSAY	PULLEY	Senior	Midland Masters AC	Cleobury Mortimer Running Club
Carl	Dyke	Senior	Matlock Athletic Club	Clowne Road Runners Club
Tom	Scott	Senior	Hermitage Harriers	Coalville Triathlon Club
David	Cahill	Senior	Braintree & District AC	Colchester & Tendring AC
Ayra	Anderson	U17	Colchester & Tendring AC	Colchester Harriers AC
Thomas	Ashley	U13	Colchester & Tendring AC	Colchester Harriers AC
Chanel	Mba	U17	Colchester & Tendring AC	Colchester Harriers AC
Samuel	Shippey	U15	Colchester & Tendring AC	Colchester Harriers AC
Victoria	Utti	U17	Colchester & Tendring AC	Colchester Harriers AC
Jasper	Zeeuw	Senior	Harwich Runners	Colchester Harriers AC
Eden	Rudling	Senior	Tri-Anglia Triathlon Club	Coltishall Jaguars RC
Gail	Aspden	Senior	Hayle Runners	Cornwall AC
Chris	Hutton	Senior	Chippenham Harriers	Corsham Running Club
Uyiosa	Osawe	Senior	Woking AC	Coventry Godiva Harriers
Ethan	Page	U15	Sevenoaks AC	Crawley AC
Hannah	Long	Senior	Withernsea Harriers	Crossgates Harriers
Stuart	Dixon	Senior	Tunbridge Wells Harriers	Crowborough Runners
Mia	McIntosh	U15	St Albans AC	Dacorum & Tring AC
Julia	Ridley	Senior	Ilford AC	Dagenham 88 Runners
David	Nalder	Senior	Ellesmere Port RC	Darlington H & AC
Joel	Aldridge	U13	Rugby & Northampton AC	Daventry AAC
Matthew	Letts	Senior	Wootton Road Runners	Daventry Road Runners
Donna	Miller	Senior	Wakefield Triathlon Club	Denby Dale Athletics Club
Tom	Shelton	Senior	Wakefield Triathlon Club	Denby Dale Athletics Club
Nicola	Winter	Senior	Wakefield Triathlon Club	Denby Dale Athletics Club
William	Atkinson	U15	Shelton Striders	Derby Athletic Club
Steven	Emerton	Senior	Shelton Striders	Derby Athletic Club
Alison	Booth	Senior	Derby Athletic Club	Derwent Runners (Derby)
Chris	Haswell	Senior	Derwent Valley Trail Runners	Derwent Valley Running Club
Harry	Tatham	Senior	Blackhill Bounders	Derwent Valley Trail Runners
Angela	Knox	Senior	Crook & Dist Sports AC	Derwentside AC
Liv	Russell	Senior	Stowmarket Striders RC	Devizes Running Club
Lindsay	McKay	Senior	Chester Le Street & Dist AC	Dragons Running Club (Leeds)
Tom	Isherwood	Senior	Stourbridge RC	Dudley and Stourbridge Harriers
Trevor Shaun	Osborne	Senior	Stourbridge RC	Dudley and Stourbridge Harriers
Martha	Brownlow	Senior	South London Harriers	Dulwich Park Runners
Colleen	Williams	Senior	Crystal Palace Triathletes	Dulwich Runners AC
David	Ireland	Senior	Serpentine RC	Ealing Eagles Running Club
Danny	Kilgannon	Senior	Ealing Eagles Running Club	Ealing Southall & Middlesex AC



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Stephanie	Cooper	Senior	York Knavesmire Harriers	Easingwold Running Club
Wis	Wang-Koh	Senior	Mornington Chasers	East End Road Runners
Rachael	Sharp	Senior	Fitmums and Friends	East Hull Harriers & AC
Brooke	Stephenson	Senior	Benfleet RC	East London Runners
Lisa	Spriggs	Senior	Durham City Harriers & AC	Elvet Striders
Rebecca	Sharpe	Senior	Cambridge & Coleridge AC	Ely Runners
Emily	Faircloth	Senior	Plymstock Road Runners	Erme Valley Harriers
Emily	Churchill	U15	Newton Abbot AC	Exeter Harriers
Sacha	Denny	U13	Brighton & Hove AC	Exeter Harriers
Abigail	Fisher	U15	Newton Abbot AC	Exeter Harriers
Phil	Hatchard	Senior	Watford Joggers	Exmouth Harriers
Ray	Lewis	Senior	City Of Portsmouth AC	Exmouth Harriers
David	Brace	Senior	Gosport Road Runners	Fareham Crusaders Running Club
Nick	MacBeath	Senior	Gosport Road Runners	Fareham Crusaders Running Club
Amber	Schothorst	Senior	Gosport Road Runners	Fareham Crusaders Running Club
Tracy	Slade	Senior	Gosport Road Runners	Fareham Crusaders Running Club
Mark	Drake	Senior	Goring RRC	Fetch Everyone
Richard	Spencer	Senior	Shelton Striders	Fetch Everyone
Daniel	White	Senior	Truro Running Club	Fetch Everyone
Jason	Neilson	Senior	Cleethorpes and District AC	Fitmums and Friends
Ruth	Wallace	Senior	Thames Hare & Hounds	Fleet & Crookham AC
Richard	Checketts	Senior	Ipswich Triathlon Club	Framlingham Flyers
David	Atkinson	Senior	Red Rose Road Runners	Fylde Coast Runners
John	Norris	Senior	Bramhall Runners	Fylde Coast Runners
Clare	Donohoe	Senior	Tring RC	Gade Valley Harriers
Craig	Brown	Senior	Biggleswade AC	Garden City Runners
Stacey	Armstrong	Senior	Ryton Triathlon Club	Gateshead Harriers & AC
Grace	Lovell	Senior	Jarrow & Hebburn AC	Gateshead Harriers & AC
Daisy	Percival	U15	Chester Le Street & Dist AC	Gateshead Harriers & AC
Bronwen	Smith	U15	Durham City Harriers & AC	Gateshead Harriers & AC
Che-Wo	Tang	Senior	Tyne Bridge Harriers	Gateshead Harriers & AC
Evie	Green	U17	Yate & District AC	Gloucester AC
Steven	Hitcham	Senior	Norwich Road Runners	GoodGym Race Team
Sarah	Chynoweth	Senior	Bourne Town Harriers	Grantham Running Club
Dona	Hall	Senior	Grantham AC	Grantham Running Club
Anna	Young	Senior	Harwich Runners	Great Bentley Running Club
Simon	McCrohan	U17	Woking AC	Guildford & Godalming AC
Falan	Malone-Priest	U15	Birmingham Running Athletics & Triathlon Club (BRAT)	Halesowen ACC



First Name	Last Name	Age Group	Origin Club	Destination Club
Shelly	Bennett	Senior	Braintree & District AC	Halstead RRC
John	Warne	Senior	Braintree & District AC	Halstead RRC
Carol	Ward	Senior	Lancing Eagles RC	Harling Athletic Club
Colin	Baker	Senior	Victoria Park Harriers and Tower Hamlets AC	Harlow RC
Joel	Adams	U17	Nidd Valley Road Runners	Harrogate Harriers & AC
Tom	Mitchell	Senior	Cambridge University AC	Harrogate Harriers & AC
Synne	Frydenlund	Senior	Hillingdon AC	Harrow AC
Bridget	Fryer	Senior	Cambridge & Coleridge AC	Harrow AC
Michelle	Astbury	Senior	Wrekin Road Runners	Hartshill Runners
Klaudio	Bari	Senior	Derwent Runners (Derby)	Hartshill Runners
Louise	Barker	Senior	Liss Runners	Haslemere Border AC
Jenna	French	Senior	Hastings Runners	Hastings AC
Tim	Barlow	Senior	Queen's Park Harriers	Hastings Runners
Charlotte	Parriss	Senior	Burnham Joggers	Hazlemere Runners
Joanne	Adamson	Senior	Saltwell Harriers	Heaton Harriers & AC
Paramjeet	Bhogal	Senior	Trail Running Association	Heaton Harriers & AC
Malcolm	Gibson	Senior	Tyne Bridge Harriers	Heaton Harriers & AC
Joanna	Rycroft	Senior	Leeds City Athletic Club	Helm Hill Runners
Thomas	Atherton	Senior	West Cheshire Athletic Club	Helsby Running Club
Elena	Dauster	U20	Belgrave Harriers	Hercules Wimbledon AC
Megan	Coffey	U17	Walton AC	Herne Hill Harriers
Conor	Donaghy	Senior	Clapham Chasers	Herne Hill Harriers
Ryan	Kingsbury	U15	London City Athletics Club	Herne Hill Harriers
Joshua	Pewter	Senior	Haywards Heath Harriers	Herne Hill Harriers
Sally	Judd	Senior	Chelmsford AC	Herts Phoenix AC
Khahisa	Mhlanga	U20	Chelmsford AC	Herts Phoenix AC
Catriona	Smith	Senior	Kings Heath RC - The Lions	Histon & Impington Runners
Heather	Smith	Senior	Bere Alston Trekkers	Histon & Impington Runners
Mike	Smith	Senior	Bere Alston Trekkers	Histon & Impington Runners
Mike	Jordan	Senior	Benfleet RC	Hockley Trail Runners
Claire	Twidell	Senior	Rochford Running Club	Hockley Trail Runners
Paul	Targett	Senior	Fell Runners Association	Holcombe Harriers
James	Middleton	Senior	Newark AC	Holme Pierrepont RC
Naomi	Jones	Senior	Reigate Priory AC	Horley Harriers Running Club
Paul	Freeman	Senior	Leeds & Bradford Triathlon Club	Horsforth Harriers
Robert	Halstead	Senior	Hyde Park Harriers	Horsforth Harriers
James	Tombs	Senior	Crawley Saints & Sinners Running Club	Horsham Joggers
Lisa	Willmore	Senior	Horsham Blue Star Harriers	Horsham Joggers



First Name	Last Name	Age Group	Origin Club	Destination Club
Izaak	Taylor	U17	Durham City Harriers & AC	Houghton Harriers & AC
Stephen	Buck	Senior	Northampton Road Runners	Human Energy AC
Tim	Baker	Senior	South Molton Strugglers	Ilfracombe Running Club
Istvan	Jacso	Senior	Cambridge & Coleridge AC	Ilkley Harriers AC
Daniel	McKeown	Senior	London Heathside	Ilkley Harriers AC
Massimo	Lai	Senior	Cambridge & Coleridge AC	Invicta East Kent AC
Kira	Wealls	U17	Colchester & Tendring AC	Ipswich Harriers
Shaun	Harris	Senior	Heaton Harriers & AC	Ipswich Jaffa RC
Emma	Studd	Senior	Sheffield Hallam University Athletics Club	Ipswich Triathlon Club
Adam	Smyth	Senior	Tamworth AC	Ivanhoe Runners
Mark	Seaton	Senior	Barking Road Runners	Jelly Legs Running Club
Alan	Abbott	Senior	Wharfedale Harriers	Keighley & Craven AC
Adam	Taylor	Senior	Alchester Running Club	Kendal Amateur Athletic Club
Adele	Hutchings	Senior	West Bromwich Harriers	Kenilworth Runners
Daniel	Mills	Senior	Barlick Fell Runners	Keswick AC
Graham	Dodd	Senior	Valley Hill Runners	Kimberworth Striders
John	Hackleton	Senior	Team Manvers	Kimberworth Striders
Hannah	McGuire	Senior	Dudley Kingswinford RC	Kings Heath RC - The Lions
Anthony	Bundy	Senior	Liverpool Running Club	Kirkby Milers AC
Melanie	Roberts	Senior	Penny Lane Striders	Knowsley Harriers
Lee	Parrington	Senior	Barlick Fell Runners	Lancaster & Morecambe AC
Kieran	Rowlands	Senior	Barlick Fell Runners	Lancaster & Morecambe AC
Kevin	Wilson	Senior	Kendal Amateur Athletic Club	Lancaster & Morecambe AC
Stella	Lee	Senior	Wrekin Road Runners	Lawley Running Club
Paul	Wootton	Senior	Market Drayton RC	Lawley Running Club
Georgina	Lord	Senior	Kingston upon Hull AC	Leeds City Athletic Club
Kerry	Williams	Senior	Benfleet RC	Leigh on Sea Striders
Martin	Anderson	Senior	Gade Valley Harriers	Leighton Fun Runners
Sean	Cuffley	Senior	Lincoln & District Runners	Lincoln Wellington Athletic Club
Malcolm	Alderton	Senior	Fylde Coast Runners	Lions Running Community
Sharon	Cottam	Senior	Lancashire Constabulary AC	Lions Running Community
Stephen	Edwards	Senior	Fylde Coast Runners	Lions Running Community
Chis	Gregory	Senior	Fylde Coast Runners	Lions Running Community
Stephen	Hill	Senior	Wigan & District H & AC	Lions Running Community
Robert	Mansfield	Senior	Fylde Coast Runners	Lions Running Community
Tim	Nuttall	Senior	Red Rose Road Runners	Lions Running Community
Jason	Spear	Senior	Red Rose Road Runners	Lions Running Community
Cliff	Utting	Senior	Northern Masters AC	Lions Running Community



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Shelby	Williams	Senior	Lancashire Constabulary AC	Lions Running Community
Suzanne	Teodorska	Senior	Springfield Striders RC	Little Baddow Ridge Runners
Amelia	Mock	U17	Liverpool Pembroke & Sefton H AC	Liverpool Harriers & AC
Alex	O'Brien	Senior	Liverpool Running Club	Liverpool Harriers & AC
Hollie	Smith	U20	Trafford Athletic Club	Liverpool Harriers & AC
Carl	Balshaw	Senior	Horwich R M I Harriers	Liverpool Running Bugs
lan	Dutton	Senior	Knowsley Harriers	Liverpool Running Bugs
lan	Hewitt	Senior	Liverpool Running Club	Liverpool Running Bugs
John	Dillon	Senior	Penny Lane Striders	Liverpool Running Club
Abigail	Thompson	U20	New Marske Harriers Club	Loftus & Whitby AC
Matthew	Hunter	Senior	Hadleigh Hares AC	London Frontrunners
Andrew	Johnston	Senior	Guildford & Godalming AC	London Heathside
Jon	Pulman	Senior	RunThrough	Lonely Goat RC
Jill	Sutton	Senior	Westbourne R C	Lonely Goat RC
Mark	Liptrot	Senior	St Helens Sutton AC	Lostock AC
Charlie	Fraser	Senior	Team Bath Athletic Club	Loughborough Students AC
Oliver	Bailey	U13	Staffs Moorlands AC	Macclesfield Harriers & AC
Ellen	Easten	Senior	Ealing Eagles Running Club	Maidenhead AC
Tom	Easten	Senior	Ealing Eagles Running Club	Maidenhead AC
Sam	Eden	Senior	Malvern Joggers	Malvern Buzzards Running Club
Gillian	Lynes	Senior	Derwent Runners (Derby)	Malvern Buzzards Running Club
Julie	Mitchell	Senior	Malvern Joggers	Malvern Buzzards Running Club
Chris	Benn	Senior	London Frontrunners	Manchester Frontrunners
Jake	Greenhalgh	U13	Notts AC	Mansfield Harriers
Katherine	Knight	Senior	Sutton in Ashfield Harriers & AC	Mansfield Harriers
Edward	George	U15	Lavington Athletics	Marlborough & District Junior AC
Maddie	George	U17	Lavington Athletics	Marlborough & District Junior AC
Vytautas	Chrapacas	Senior	Peterborough AC	Marshall Milton Keynes AC
Dean	Moore	Senior	North York Moors AC	Middlesbrough Athletic Club (Mandale)
Dominic	Bowden	Senior	Taunton AC	Minehead RC
RICHARD	JOHNSON	Senior	Alnwick Harriers	Morpeth Harriers & AC
Abigail Elizabeth	Leiper	U15	Elswick Harriers	Morpeth Harriers & AC
Hayden	Richards	Senior	Gateshead Harriers & AC	Morpeth Harriers & AC
Donna	Hilton	Senior	Hyde Village Striders	Mossley AFC Running Club
Jason	Baldwin	Senior	UKnetrunner.co.UK	Nene Valley Harriers
lssy	Elmes	U15	Peterborough AC	Nene Valley Harriers
Adam	Frankham	Senior	Ellenborough AC	Netherhall AC
Ryan	Galea	Senior	UKnetrunner.co.UK	Netherhall AC



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paul	graham	Senior	Derwent AC Cockermouth	Netherhall AC
Scott	Keough	Senior	Ellenborough AC	Netherhall AC
Richard	Murdock	Senior	Ellenborough AC	Netherhall AC
Chris	Steele	Senior	Borrowdale Fell Runners	Netherhall AC
Gary	Stephenson	Senior	Cumberland AC	Netherhall AC
Craig	Beecham	Senior	Southern Counties Veterans AC	Newbury AC
Amanda	Young	Senior	Newcastle Staffs AC	Newcastle (Staffs) Tri Club
Guy	Rintoul	Senior	Tyne Bridge Harriers	Newcastle Frontrunners
Sue	Morley-Smith	Senior	South Cheshire Harriers	Newcastle Staffs AC
Tonia	Vernon	Senior	Trentham RC	Newcastle Staffs AC
Paul	Dowling	Senior	Forest of Dean AC	Newent Runners
Adrian	Fishpool	Senior	Gloucester AC	Newent Runners
Thomas	Lole	Senior	Newcastle University AC	Newham & Essex Beagles AC
Christopher	O'Donnell	Senior	Loughborough Students AC	Newham & Essex Beagles AC
Kamil	Pedzinski	Senior	Victoria Park Harriers and Tower Hamlets AC	Newham & Essex Beagles AC
Tracey	Bolden	Senior	Saint Edmund Pacers	Newmarket Joggers
Jamie	Sales	U20	Cambridge & Coleridge AC	Newmarket Joggers
lain	Scott	Senior	Ripon Runners	Nidd Valley Road Runners
Jane	Wilkinson	Senior	Harrogate Harriers & AC	Nidd Valley Road Runners
Neil	Staveley	Senior	Vegan Runners UK	Norfolk Gazelles AC
Daniel	Lakey	Senior	Almost Athletes	North Cotswold Tri & Run
John	Davidson	Senior	Tynedale Harriers & AC	North East Veterans AC
Michael	Osei-Bonsu	Senior	Gateshead Harriers & AC	North East Veterans AC
Wayne	Gibbs	Senior	Coltishall Jaguars RC	North Norfolk Beach Runners
Kevin	Smith	Senior	Desford Striders	North Norfolk Beach Runners
Hayley	Douglass	Senior	Gateshead Harriers & AC	North Shields Polytechnic Club
Adam	Feenan	U11	Wallsend Harriers & AC	North Shields Polytechnic Club
Lisa	Farr	Senior	UKRunChat Running Club	Northwich Running Club
Jo	Molyneaux	Senior	Knutsford Tri Club	Northwich Running Club
Emma	Crow	Senior	Great Yarmouth Road Runners	Norwich Road Runners
Burkhard	Fehsenfeld	Senior	West 4 Harriers	Norwich Road Runners
Kate	Murrell	Senior	Tri-Anglia Triathlon Club	Norwich Road Runners
Millie	Dales	U17	Absolute Tri	Notts AC
Elise	Adam	Senior	Southwell Running Club	Notts Women Runners
Kelly	Chapman	Senior	Holme Pierrepont RC	Notts Women Runners
Hannah	Millwater	Senior	Killamarsh Kestrels	Notts Women Runners
Lucy	Arkinstall	Senior	Ivanhoe Runners	Nuneaton Harriers
Zoe	Fiander	Senior	Serpentine RC	Orpington Road Runners



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Geraldine	Nichols	Senior	Benfleet RC	Otley AC
Justin	Leung	Senior	Oxford University AC	Oxford City AC
Lee	Hopkins	Senior	Ackworth Road Runners	Penistone Footpath Runners & Athletic Club
lan	Sadler	Senior	Mossley Hill AC	Penny Lane Striders
Felicity	Wolohan	Senior	Lytham St Annes RR Club	Penny Lane Striders
Dominic	Moszkal	Senior	Bourne Town Harriers	Peterborough AC
gemma	body	Senior	South Devon AC	Plymouth Coasters
CHRIS	KELLEY	Senior	Instinctive Sports	Plymouth Harriers
Samuel	Yearling	U17	Erme Valley Harriers	Plymouth Harriers
Keith	Tucker	Senior	Westbourne R C	Poole AC
James	Lampert	Senior	Maidstone Harriers	Poplar Running Club
Joshua	Smith	U20	Charnwood A C	Poplar Running Club
Susan	Anderson	Senior	Blythe Bridge RC	Potters Trotters
Pirjo	Johnson	Senior	Barton & District AC	Pudsey Pacers RC
Richard	Parker	Senior	Leicester Triathlon Club	Race Hub
Mia	Crawshaw	U13	White Horse Harriers	Radley Athletic Club
Nigel	Jones	Senior	Abingdon AC	Radley Athletic Club
Luke	Young	Senior	London City Athletics Club	Ravens School Runners
Jamie	Duffield	Senior	South Devon AC	Reading Joggers
Tim	Grant	Senior	Reading Joggers	Reading Roadrunners
Stephen	Barlow	Senior	Fylde Coast Runners	Red Rose Road Runners
Conall	McNally	Senior	Notts AC	Redhill Road Runners
Karen	Miele	Senior	Notts Women Runners	Redhill Road Runners
Ruby	Thurston-Ambrose	Senior	Belper Harriers	Redhill Road Runners
Tally	Sims	U15	Epsom & Ewell Harriers	Reigate Priory AC
Mark	Tordoff	Senior	Sheffield Triathlon Club	Rother Valley Swallows
Tobey	Baker	U15	2 Dash	Rotherham Harriers and AC
Eve	Elliott	U15	City of Sheffield and Dearne AC	Rotherham Harriers and AC
John	Laverick	Senior	Selby Striders	Rothwell Harriers & AC
Lindsey	McDermott	Senior	Valley Striders AC	Roundhay Runners
Adam	Wood	Senior	Chapel Allerton Runners	Roundhay Runners
James	Amor	Senior	Egdon Heath Harriers	Royal Manor Of Portland AC
Aaron	Weeks	U20	Birchfield Harriers	Royal Sutton Coldfield Athletic Club
Betty	Bohane	Senior	Truro Running Club	Royston Runners
Laura	MacFarlane	Senior	Clapham Chasers	Royston Runners
Martin	Mcginlay	Senior	UKnetrunner.co.UK	Run Academy Worthing
Jon	Crane	Senior	Yeovil Town RRC	Running for Time
Jonathan	Ashford	Senior	City Of Norwich AC	Ryston Runners



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Eilidh	Leitch	Senior	Solent Running Sisters	Saffron Striders RC
Ben	Healy	U20	Knutsford Harriers & Athletics Club	Sale Harriers Manchester
Richard	Brittain	Senior	Tipton Harriers	Scunthorpe & District AC
Charlotte	Holmes	U17	Copeland AC	Seaton Athletic Club
Kirstin	Greatorex	U15	Durham City Harriers & AC	Sedgefield Harriers
Rebecca	Critchlow	Senior	Wolverhampton & Bilston	Sedgley Striders
Lee	Fenlon	Senior	Gainsborough & Morton Striders	Selby Striders
Sarah	Mackenzie	Senior	Ealing Eagles Running Club	Serpentine RC
Thomas	Martini	Senior	Ealing Eagles Running Club	Serpentine RC
Jeremy	MacKeown	Senior	Fittleworth Flyers	Sevenoaks AC
Jeremy	MacKeown	Senior	Fittleworth Flyers	Sevenoaks AC
Jessica	Hunter	Senior	Vale Of Aylesbury AC	Shaftesbury Barnet Harriers
Charles	Livingston	U20	Jersey Spartan AC	Shaftesbury Barnet Harriers
Steven	Hotter	Senior	Hatton Darts	Shelton Striders
Lloyd	Cross	Senior	UKnetrunner.co.UK	Shenley Striders
Tom	Neath	Senior	Coalville Triathlon Club	Shepshed Running Club
Jessica	Foster	Senior	City of York AC	Shrewsbury AC
Gary	Fletcher	Senior	Heanor Running Club	Smalley Road Runners
Conrad	Maddison	Senior	Derbyshire Dynamos	Smalley Road Runners
Otis	Walker	U15	Yate & District AC	South Glos AC
Mark	Beautement	Senior	Southern Counties Veterans AC	South West Veterans AC
Richard	Cooper	Senior	Poole Runners	South West Veterans AC
Lola	Tolhurst	U13	Basildon AC	Southend On Sea AC
Claire	Hurrell	Senior	Running Forever RC	Southville Running Club
Timothy	Milstead	Senior	Running Forever RC	Southville Running Club
Matthew	Roberts	Senior	Clapham Chasers	Southville Running Club
Sinead	Armstrong	Senior	Halifax Harriers & AC	Sowerby Bridge Snails Running Club
Garath	Radbourne	Senior	Werrington Joggers	Spa Striders
Gregory	John	Senior	Billericay Striders	Springfield Striders RC
Nicholas	Towell	Senior	Serpentine RC	Springfield Striders RC
Kurtis	Gibson	Senior	Mendip Athletic Club	St Albans Striders
Christoper	Burrows	Senior	Liverpool Running Club	St Helens Striders
Collette	Flaherty	Senior	St Helens Sutton AC	St Helens Striders
David	Maund	Senior	Ranelagh Harriers	St Mary's Richmond AC
Alice	Tellett	Senior	Burgess Hill Runners	St Neots Riverside Runners
Craig	Baxter	Senior	Stafford Harriers	Stafford Triathlon Club
Virginia	Lewin	Senior	Halifax Harriers & AC	Stainland Lions Running Club
Elizabeth	Curtis	Senior	Long Eaton Running Club	Stamford Striders
Sarah	Cowley	Senior	Derwent Runners (Derby)	Steel City Striders RC



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Frances	Roberts	Senior	Dacorum & Tring AC	Steel City Striders RC
Richard	Bruce	Senior	Fairlands Valley Spartans	Stevenage & North Herts AC
Carl	Mead	Senior	Barrow Runners	Stilton Striders
Dean	Windsor	Senior	Boalloy Running Club	Stockport Harriers & AC
Mike	Eastwood	Senior	Cheshire Tally Ho! Hare & Hounds Club	Stockport Tri Club
Matthew	Clarkson	Senior	Billingham Marsh Hse H & AC	Stockton Striders AC
Elaine	Watson	Senior	North East Veterans AC	Stockton Striders AC
Karen	Sokolenko	Senior	North Staffs RR Association	Stone Master Marathoners
Colin	Trigg	Senior	Eastleigh RC	Stubbington Green Runners
Jeremy	Turner	Senior	Fareham Crusaders Running Club	Stubbington Green Runners
Peter	Cook	Senior	Reading Roadrunners	Styal Running Club
Christopher	Offord	Senior	Northern (Isle of Man) AC	Styal Running Club
Adrian	Frost	Senior	Colchester Harriers AC	Sudbury Joggers
Madeline	Squires	U20	Sun City Tri	Sunderland Harriers & AC
Rachel	Saunders	Senior	South London Harriers	Sutton Runners
Steve	Jones	Senior	Dartford Harriers AC	Swanley & District AC
Rachel	Bendell	Senior	Swindon Harriers	Swindon Striders
Jenny	Stott	Senior	Bramley Trail Runners	Tadley Runners
Amy	Van Wyk	Senior	Sutton Runners	Tadworth AC
Trixie	Nicholson	U20	Exeter Harriers	Taunton AC
Aimee-Leigh	Clowes	U20	City Of Plymouth AC	Tavistock AC
Bart	Thomas	Senior	Calne Running Club	Tavistock AC
Jennifer	Sabine	Senior	Tavistock AC	Tavistock Run Project
Frania	Jeff	Senior	Tideswell Running Club	Team Balancise RC
Chris	Maxwell	Senior	Chippenham Harriers	Team Bath Athletic Club
Susanna	Goffe	Senior	Wimbledon Windmilers	Teignbridge Trotters
Simon	Aries	Senior	Newport and District RC	Telford Harriers
Paul	Douglas	Senior	Leighton Buzzard Athletic Club	Tewkesbury Running Club
Simon	Meadows	Senior	Gloucester AC	Tewkesbury Running Club
Diane	Sharp	Senior	Oxford City AC	Thame Runners
Rachael	Nakaye	Senior	Track Academy	Thames Valley Harriers
Scott	Stoll	Senior	Newham & Essex Beagles AC	Thames Valley Harriers
Julia	Emms	Senior	Dudley Kingswinford RC	The Yellow Army
Lisa	Frowen	Senior	Dudley Kingswinford RC	The Yellow Army
Linda	Harper	Senior	Dudley Kingswinford RC	The Yellow Army
Lisa	KENDRICK	Senior	Dudley Kingswinford RC	The Yellow Army
Louie	Boot	U20	Solihull & Small Heath Athletic Club	Tipton Harriers
Nigel	Jamieson	Senior	Halifax Harriers & AC	Todmorden Harriers



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Aidan	Collins	U13	Hastings AC	Tonbridge AC
Luke	Hooper	Senior	Maidstone Harriers	Tonbridge AC
Nigel	Fenn	Senior	Torbay AAC	Torbay Tri Club
Jeremy	Hocking	Senior	Torbay AAC	Torbay Tri Club
Glynn	Hughes	Senior	Torbay AAC	Torbay Tri Club
Andrew	Longthorpe	Senior	Torbay AAC	Torbay Tri Club
lan	McClean	Senior	Torbay AAC	Torbay Tri Club
Catherine	Parkinson	Senior	Torbay AAC	Torbay Tri Club
Jon	Parkinson	Senior	Torbay AAC	Torbay Tri Club
Frank	Reay	Senior	Torbay AAC	Torbay Tri Club
Hamish	Renton	Senior	Torbay AAC	Torbay Tri Club
Graham	Reynolds	Senior	Torbay AAC	Torbay Tri Club
lan	Tyson	Senior	Torbay AAC	Torbay Tri Club
Wendy	Urban	Senior	Torbay AAC	Torbay Tri Club
Shaun	Heys	Senior	Fylde Coast Runners	Trawden Athletic Club
Yvonne	McNamara	Senior	Womens Running Network	Trawden Athletic Club
Jack	Brown	U20	Cornwall AC	Truro Running Club
Helen	Clare	Senior	Hayle Runners	Truro Running Club
lan	Bracken	Senior	Weald Tri Club	Tunbridge Wells Harriers
Tina	Howe	Senior	Derwent Valley Trail Runners	Tyne Bridge Harriers
Claire	Naisby	Senior	Newcastle University AC	Tyne Bridge Harriers
Oliver	Shannon	Senior	Leeds & Bradford Triathlon Club	Tyne Bridge Harriers
Sue	Lomas	Senior	Sutton in Ashfield Harriers & AC	UKnetrunner.co.UK
lan	Gardner	Senior	Bungay Black Dog RC	UKRunChat Running Club
Andrew	Holland	Senior	Havering AC	University of Leicester Running & Athletics Club
Lydia	Read-Moore	Senior	Lancaster Runners	Vegan Runners UK
Lauryn	Walker	U13	Woodford Green AC with Essex Ladies	Victoria Park Harriers and Tower Hamlets AC
Jenny	Davidson	Senior	Tunbridge Wells Harriers	Wadhurst Runners
Kerri	Turner	Senior	Vegan Runners UK	Wallsend Harriers & AC
Bobbie	Lomax	Senior	Warrington Running Club	Warrington Road Runners
Katie	Di Paolo	Senior	Ealing Southall & Middlesex AC	Watford Joggers
Nick	Di Paolo	Senior	Ealing Southall & Middlesex AC	Watford Joggers
Anthony	Watts	Senior	Yeovil Town RRC	Wells City Harriers
Sharon	Hodgkin	Senior	Thorney RC	Werrington Joggers
Sharon	Stancer	Senior	Eye Community Runners	Werrington Joggers
Angela	Colby	Senior	Thornton Cleveleys Running Club	Wesham Road Runners & AC
Charles	Colby	Senior	Thornton Cleveleys Running Club	Wesham Road Runners & AC
Fiona	Hopwood	Senior	Ranelagh Harriers	West 4 Harriers



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Curtis	Rodway	U20	Vale Royal AC	West Cheshire Athletic Club
Jacob	Trangmar	U13	Newmarket Joggers	West Suffolk AC
William	Trangmar	U15	Newmarket Joggers	West Suffolk AC
Jessica	Pitt	Senior	Maidenhead AC	Wetherby Runners AC
Calum	Duck	Senior	University of Nottingham AC	Widnes Running Club
Emma	Holmes	U13	Vale Royal AC	Wigan & District H & AC
Dillon	Moss	U13	Holmfirth Harriers AC	Wigan & District H & AC
Kayleigh	Harrison	U15	Southampton Athletic Club	Winchester & District AC
Laura	Frey	Senior	Gateshead Harriers & AC	Windsor Slough Eton & Hounslow AC
Alex	Webb	Senior	Windle Valley Runners	Windsor Slough Eton & Hounslow AC
John	Ross	Senior	Red Rose Road Runners	Winston Runners
Natalie	Theobald	Senior	Datchet Dashers	Witham RC
David	Norman	Senior	Dudley Kingswinford RC	Wolverhampton & Bilston
Isabelle	Price	U13	Wrekin College Triathlon Club	Wolverhampton & Bilston
Karen	Cook	Senior	Olney Runners AC	Wootton Road Runners
Joseph	Pointon	U13	Desford Striders	Wreake & Soar Valley
Clive	Mason	Senior	Fleckney & Kibworth Athletics Club	Wreake Runners
Kevin	Angell	Senior	Bexley AC	Wrekin Road Runners
Natalie	Dimmock	Senior	Haywards Heath Harriers	Wrekin Road Runners
Dawn	Dobberson	Senior	Bexley AC	Wrekin Road Runners
Rebecca	Goodall	Senior	Plymouth Musketeers Running Club	Wrekin Road Runners
Louis	Greenaway	U17	Chiltern Harriers AC	Wycombe Phoenix Harriers & AC
Celia	Clarke	Senior	Tri-Anglia Triathlon Club	Wymondham AC
Lewis	Craske	Senior	Norfolk Harriers RC	Wymondham AC
Anthony	Glover	Senior	Westbury Harriers	Yate & District AC
Stephen	Bradbury	Senior	Arunners RC	Yaxley Runners & Joggers
Kieron	Brown	U20	City of York AC	York Acorn Running Club
Hazel	Hall	Senior	York Knavesmire Harriers	York Triathlon Club