

Bib	Pos	MCAA 3000m Women/U20 Women		Cat	Time	Warks
385	1	Ella Hughes	Mansfield	U20	10.00.68	
379	2	Beth Hawling	Cheltenham Harriers	U23	10.02.72	
384	3	Aimee Hopcroft	Birchfield Harriers	U20	10.06.49	1
381	4	Emily Waugh	Rugby & Northampton	U23	10.19.15	2
386	5	Tilly Lea	Rugby & Northampton	U20	11.44.91	3
378	DNF	Elsie Butler	Charnwood AC	SEN		
382	DNF	Katrina Wooton	Coventry Godiva	SEN		

Bib	Pos	MCAA 3000m Men/U20 Men		Cat	Time	Warks
359	1	Ross Jones	Wolverhampton & Bilston	SEN	8.31.44	
373	2	Philip Wilson	Tipton Harriers	SEN	8.34.34	
363	3	Andrew Peat	Birchfield Harriers	SEN	8.38.88	
358	4	Ben Jones	Coventry Godiva	SEN	8.40.80	1
371	5	Martin Williams	Wolverhampton & Bilston	SEN	8.41.10	
351	6	Sean Byrne	Tipton Harriers	SEN	8.41.40	
367	7	Robert Smith	Notts AC	SEN	8.42.91	
370	8	Martin Whitehouse	Notts AC	SEN	8.45.64	
372	9	Matthew Williams	Notts AC	U23	8.47.48	
374	10	Paddy Clark	Notts AC	U20	8.48.94	
362	11	Stuart Nelson	Wellingborough	SEN	8.49.99	
355	12	Tim Hartley	Notts AC	Masters	8.50.30	
360	13	Rob Keal	Notts AC	Masters	8.54.20	
365	14	Patrick Roddy	Cambridge	U23	8.55.78	2
354	15	James Douglas	Charnwood	Masters	8.56.92	
350	16	Peter Brookes	Holmfirth H	U23	8.59.63	3
376	17	Oliver Paulin	Solihull & Small Heath	U20	9.14.19	4
366	18	Joe Smith	Bromsgrove	SEN	9.14.72	
377	19	Daniel Villette	Coventry Godiva	U20	9.16.58	5
368	20	Paul Thompson	Bourneville	Masters	9.17.49	6
364	21	Clark Roberts	Coventry Godiva	SEN	9.23.85	7
389	22	Ben Musgrove	Rugby & Northampton	U17	9.33.02	
357	23	Stuart Hopkins	Kenilworth	SEN	9.40.78	8
369	24	Bradlee Todd	Bourneville	SEN	10.08.30	9