

Pos	Name	Cat/Pos Club	Time
1	J Mays	South	23:39
2	J Nydisenga	Midlands	23:41
3	G Comish	North	23:42
4	D Robinson	Midlands	23:44
5	J Mellor	North	23:45
6	M Geele	Midlands	23:47
7	W Chinhanhu	South	23:54
8	N Speaight	South	24:07
9	D Deed	South	24:10
10	A Hennessy	South	24:10
11	M Williams	Midlands	24:15
12	C Morris	South	24:17
13	B Fish	North	24:24
14	Dominic Bannister	SB	24:26
15	I Mitchell	Tipton Harriers	24:27
16	R Stevenson	North	24:35
17	Phil McGlory	North	24:37
18	T Lowe	Midlands	24:37
19	Michael James	Shrewsbury Ac	24:41
20	John McCole	Liverpool Harriers	24:41
21	G Lee	Owls	24:46
22	C Fishlock	Pendle	24:48
23	G Taylor	Midlands	24:51
24	J Bradley	Cheltenham Harriers	24:51
25	R Hatman	Sale Harriers	24:52
26	Simon Mills	Sale Harriers	24:58
27	A Vaughan	Eryri	25:00
28	C Hardman	Salford Harriers	25:09
29	G Owen	Eryri	25:10
30	T Warsender	Wolverhampton	25:11

Midlands 23 pts
South 25 pts
North 37 pts