

First Name	Last Name	Age Group	Origin Club	Destination Club
Steven	Abrahams	Senior	Wolverhampton & Bilston	Tipton Harriers
Aidan	Adams	Senior	Leeds City Athletic Club	Harrogate Tri Club
Ronnie	Adams	Senior	Portsmouth Joggers	New Forest Junior AC
Andrew	Aitken	Senior	Highgate Harriers	Striders Of Croydon
Joseph	Alexander	Senior	Great Bentley Running Club	Colchester Harriers AC
Molly	Andrews	U20	Bridgnorth AC	Wolverhampton & Bilston
Andrew	Archer	Senior	Crossgates Harriers	Pontefract AC
Jennifer	Armson	Senior	Serpentine RC	Queen's Park Harriers
Chris	Armstrong	Senior	Nene Valley Harriers	Grantham Running Club
Scott	Armstrong	Senior	Jesmond Joggers	Heaton Harriers & AC
Judith	Ashford	Senior	Oldham & Royton H & AC	Rochdale Tri Club
Kiera-Jayne	Atkinson	U13	Colchester & Tendring AC	Chelmsford AC
Steve	Bailey	Senior	City Of Salisbury AC & RC	Winchester & District AC
Steven	Bailey	Senior	Desford Striders	1485 Triathlon Club
Howard	Bamber	Senior	East Cheshire Harriers & Tameside AC	Hyde Village Striders
Stephen	Bamigbade	U15	Bexley AC	Dartford Harriers AC
Mat	Barber	Senior	Kent AC	London City Athletics Club
Zoe	Barber	Senior	Shrewsbury AC	Trentham RC
Trefor	Bark	Senior	Purple Patch Runners	Ealing Southall & Middlesex AC
Cally	Barker	Senior	Beverley Athletic Club	Chorlton Runners
Trystan	Barnett	U17	Rugby & Northampton AC	Silson AC
Theo	Barron	U13	Low Fell RC	Gateshead Harriers & AC
Hester	Barsham-Rolfe	Senior	Belgrave Harriers	Greenwich Tritons Triathlon Club
Renee	Bassin	U15	Brighton Phoenix	Horsham Blue Star Harriers
John	Batchelor	Senior	Mercia Fell Runners	Cannock & Stafford AC
melvyn	beale	Senior	Team Derby Runner	Wilne Runners
Gary	Beck-Sykes	Senior	Skegness & District Running Club	Boston Triathlon Club
Ricky	Bellett	Senior	Stamford Striders	Peterborough AC
Yitzhak	Ben-Aroya	Senior	Barnet & District AC	Wymondham AC
Kathryn	Berry	Senior	Trent Park Running Club	Horwich R M I Harriers
Christopher	Bertins	Senior	Sleaford Striders AC	Skegness & District Running Club
Andy	Betton	Senior	Tri London	Trent Park Running Club
Andrew	Birch	Senior	Trismart	Shrewsbury AC
Stephanie	Bird	Senior	Waverley Harriers	Headington RR
Chris	Birkett	Senior	Humber Triathletes	City of Hull AC
Eleanor	Bishop	Senior	Birmingham Running Athletics & Triathlon Club (BRAT)	London City Athletics Club
Peter	Bishop	Senior	Wreake Runners	Honiton RC



First Name	Last Name	Age Group	Origin Club	Destination Club
Anna	Blackwell	Senior	Cambridge Triathlon Club	York Knavesmire Harriers
Ellie	Bloomfield	Senior	Ipswich Harriers	Notts AC
Craig	Boardman	U20	City Of Portsmouth AC	Harlow AC
Ken	Bool	Senior	Norwich Road Runners	Tri-Anglia Triathlon Club
Angela	Boycott	Senior	Lawley Running Club	Telford Harriers
Justin	Brandon	Senior	Basingstoke & Mid Hants AC	Winchester & District AC
Рорру	Branton	U17	Framlingham Flyers	Ipswich Harriers
Rose	Branton	U15	Framlingham Flyers	Ipswich Harriers
Becky	Briggs	U20	Beverley Athletic Club	City of Hull AC
Oliver	Bright	U15	Kent AC	Blackheath and Bromley Harriers Athletic Club
Robert	Brind	Senior	Didcot Runners	Harwell Harriers
Richard	Brine	Senior	Leeds City Athletic Club	Lincoln Wellington Athletic Club
Andrew	Britton	Senior	Idle AC	Wharfedale Harriers
David	Brooker	Senior	Maidstone Harriers	Larkfield Athletics Club
Tui	Brooks	U13	Wharfedale Harriers	Keighley & Craven AC
Penny	Browell	Senior	Durham City Harriers & AC	Elvet Striders
Bethany	Brown	Senior	Middlesbrough Athletic Club (Mandale)	Wycombe Phoenix Harriers & AC
Ken	Brown	Senior	St Austell Running Club	Bodmin Road Runners
Nicholas	Brown	Senior	Lincoln Wellington Athletic Club	Cheltenham and County Harriers
Hannah	Bryan	Senior	York Knavesmire Harriers	South Yorkshire Police AC
Fiona	Bugler	Senior	Hailsham Harriers	Arena 80 AC
Billie	Burroughs	Senior	Leigh on Sea Striders	Benfleet RC
Ida	Burrows	U17	Reading AC	Windsor Slough Eton & Hounslow AC
John	Burton	Senior	Skegness & District Running Club	Boston Triathlon Club
Sarah	Burton-Fleming	Senior	Skegness & District Running Club	Boston Triathlon Club
Penny	Butcher	Senior	Huntingdonshire AC	Bedford & County AC
Francesco	Caci	Senior	Michelin AC	City of Stoke AC
Rachel	Calvert	Senior	Sowerby Bridge Snails Running Club	Northowram Pumas Running Club
Richard	Carden	Senior	Cumberland Fell Runners	Saltaire Striders
Ben	Carpenter	U13	South London Harriers	Holland Sports AC
Emma	Carr	Senior	Newcastle Staffs AC	Mow Cop Runners
Joseph	Carr	U15	Skyrac Athletic Club	Leeds City Athletic Club
Madeline	Carr	U15	Bexley AC	Greenwich Tritons Triathlon Club
Daniel-James	Carrington	Senior	Fenland Running Club	Running Forever RC
Amy	Carter	U17	New Marske Harriers Club	Middlesbrough Athletic Club (Mandale)
Carl	Carver	Senior	St Theresa's A.C.	Queensbury Running Club
Nicolle	Carver	Senior	Guildford & Godalming AC	Alton Runners
Richard	Champney	Senior	Newcastle University AC	Almost Athletes



First Name	Last Name	Age Group	Origin Club	Destination Club
Dave	Chanter	Senior	Tavistock AC	Tavistock Run Project
Richard	Churchill	Senior	Great Western Runners	Westbury Harriers
Robert	Clarke	Senior	Black Pear Joggers	Staffs Moorlands AC
Sebastian	Clarke	U17	Telford AC	Gloucester AC
Nicky	Clay	Senior	Abbey Runners	Bingley Harriers & AC
Lee	Clayton	Senior	Matlock Athletic Club	North Derbyshire RC
Kieran	Clements	Senior	Ipswich Harriers	Shaftesbury Barnet Harriers
Tom	Clewley	Senior	Southampton Athletic Club	Hailsham Harriers
Gary	Clifton	Senior	Aldridge RC	West Bromwich Harriers
Gillian	Clingham	Senior	Chester Triathlon Club	Team Derby Runner
David	Coak	Senior	Eastleigh RC	Southampton Athletic Club
Kerrin	Cocks	Senior	Cotswold Allrunners	Stroud & District AC
Harrison Lewis	Codd	U15	Burnley AC	Clayton-le-Moors Harriers
James	Cole	Senior	Tavistock AC	Tavistock Run Project
Matthew	Coleman	U20	Radley Athletic Club	Windsor Slough Eton & Hounslow AC
Peta	Collins	U15	Sedgefield Harriers	Darlington H & AC
Luke Alexander	Collis	U20	Hillingdon AC	Harrow AC
Ashya	Colvin	U20	Blackpool Wyre & Fylde AC	Liverpool Harriers & AC
Marie	Conaty	Senior	Bourne Town Harriers	Eye Community Runners
Jessica	Connolly	U15	Warrington Tri Club	Warrington A C
Peter	Coogan	Senior	Huncote Harriers	Badgers
Claire	Cook	Senior	Sun City Tri	Sunderland Strollers
Alison	Cooke	Senior	Hereford Couriers	Glaxo Hoad Hill Harriers
Rachael	Cooley	Senior	Wallasey Athletic Club	Pensby Runners
Duncan	Coombs	Senior	Cambridge & Coleridge AC	Hallamshire Harriers Sheffield
Charlotte	Cooney-Quinn	U15	Thames Valley Harriers	Ealing Southall & Middlesex AC
Letitia	Cooper	Senior	The Stragglers Running Club	Manchester Triathlon Club
Rhea Ellen	Cooper	U17	Saffron Athletics Club	Rugby & Northampton AC
Amy	Cope-Balchin	Senior	Ealing Eagles Running Club	Gade Valley Harriers
Stephen	Corbishley	Senior	Rossendale Harriers & AC	Tipton Harriers
Caroline	Coward	Senior	Chippenham Harriers	Leamington Cycling and Athletic Club
Jonathan	Cowie	Senior	Herne Hill Harriers	London Frontrunners
Mia	Сох	U15	Medway and Maidstone AC	Dartford Harriers AC
Posy	Cranfield	U11	Team Kennet Triathlon & AC	Newbury AC
Anna	Crawley	Senior	QBE Running Club	llford AC
Marion	Croke	Senior	Handy Cross Runners	Hazlemere Runners
ALEX	CROSSLAND	Senior	Clevedon AC	Highgate Harriers
Mariasole	Da Boit	Senior	Derwent Runners (Derby)	Barrow Runners



First Name	Last Name	Age Group	Origin Club	Destination Club
Chloe	Dalton	U17	Ripon Runners	Richmond & Zetland Harriers
Reece	Dalton	U20	Ripon Runners	Richmond & Zetland Harriers
Carlissa	Daniels	U17	Cleethorpes and District AC	Louth AC
Jayden	Daniels	U15	Cleethorpes and District AC	Louth AC
Benjamin	Davidson	U17	Tavistock AC	Taunton AC
Grace	Davidson	U15	East Cornwall Harriers	Newquay & Par AC
Stuart	Davidson	Senior	Queen's Park Harriers	Victoria Park Harriers and Tower Hamlets AC
Dawn	Davis	Senior	Fittleworth Flyers	100 Marathon Club
Chris	Davison	Senior	Derby Athletic Club	Bushfield Joggers
Fenton	Davoren	U15	Lewes AC	Tonbridge AC
Charli	Dawson	U13	East Cornwall Harriers	Newquay & Par AC
AJ	De Montjoie	Senior	UKRunChat Running Club	Teignbridge Trotters
Mary Ann	Deasy	U20	Colchester & Tendring AC	Colchester Harriers AC
Kristina	Defries	Senior	Trentham RC	Stone Master Marathoners
David	Denton	Senior	Striders Of Croydon	Deal Tri Club
Jennifer	Dews	Senior	Ackworth Road Runners	Pontefract AC
Santos	Diana	Senior	Dulwich Park Runners	Bexley AC
Lucy	Dixon	U17	Bexley AC	Greenwich Tritons Triathlon Club
Dan	Dooney	Senior	Bere Alston Trekkers	Tavistock Run Project
Emma	Dooney	Senior	Tavistock AC	Tavistock Run Project
Peter	Doran	Senior	Lawley Running Club	Telford AC
Laura	Douse	Senior	Brighton & Hove AC	Wadhurst Runners
Sarah	Dowling	Senior	Greenwich Tritons Triathlon Club	Kent AC
Nicholas	Dransfield	Senior	Sherfield Park Runners	Chineham Park Running Club
Joanne	Drewett	Senior	Cherwell Runners & Joggers	Black Pear Joggers
Sally	Drury	Senior	Meltham AC	Holmfirth Harriers AC
Sarah	Duffy	Senior	Alchester Running Club	Kidlington Running Club
Chris	Dunn	Senior	South Shields Harriers & AC	Jarrow & Hebburn AC
Isaac	Earnshaw	U11	Hyndburn AC	Preston Harriers
Abigail	Eastwood	U13	City of York AC	Pocklington Runners
Jane	Eccleston	Senior	Astley & Tyldesley Road Runners	Manchester Triathlon Club
Aaron	Edwards	U13	Blaydon Harriers & AC	Elswick Harriers
Alexandra	Edwards	Senior	Newham & Essex Beagles AC	Havering AC
Carly	Edwards	Senior	Blackburn Harriers & AC	Trawden Athletic Club
Hannah	Edwards	Senior	Tattenhall Runners	Chester Triathlon Club
Imogen	Edwards	Senior	Saracens Running Club	Sphinx AC
Steve	Edwards	Senior	Serpentine RC	Veterans AC
lan	Elden	Senior	Sudbury Joggers	Ipswich Jaffa RC



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Charlotte	Eley	U20	Windle Valley Runners	King's College London Athletics and Cross Country Club
Steve	Ellerton	Senior	Royal Sutton Coldfield Athletic Club	Birmingham Running Athletics & Triathlon Club (BRAT)
lan	Ellis	Senior	Birkenhead AC	UTS Running Club
Lucy	Elms	U20	Dulwich Runners AC	Blackheath and Bromley Harriers Athletic Club
Megan	Emms	Senior	Swindon Harriers	Royal Wootton Bassett Hounds RC
Olivia	English	U15	Blackheath and Bromley Harriers Athletic Club	Tonbridge AC
Paul	Erwood	Senior	Marshall Milton Keynes AC	Milton Keynes Distance Project
Dimosthenis	Evangelidis	Senior	Brighton & Hove AC	Hercules Wimbledon AC
Annabelle	Evans	U20	Newton Abbot AC	Teignbridge Trotters
Lorraine	Evans	Senior	Fylde Coast Runners	Chorlton Runners
Lisa	Farrington	Senior	Norwich Road Runners	Waveney Valley AC
Jason	Fazekas	Senior	Team Derby Runner	Long Eaton Running Club
Calvin	Feakes	Senior	Holme Pierrepont RC	Rushcliffe AC
Elizabeth	Fell	Senior	Stamford Striders	Nene Valley Harriers
Alice	Fellbaum	Senior	Macclesfield Harriers & AC	North Leeds Fell Runners
Dawn	Fenton	Senior	Penny Lane Striders	Stockport Tri Club
Joe	Ferguson	U20	Barnsley Athletic Club	Leeds City Athletic Club
Kirsty	Finlay	U17	Leicester Coritanian AC	Notts AC
Sean	Fitzpatrick	Senior	Herne Hill Harriers	Kent AC
Rachel	Flannigan	Senior	Pitsea RC	Phoenix Striders
Georgia	Flawn-Thomas	U20	Marshall Milton Keynes AC	Milton Keynes Distance Project
Jordan	Folk	Senior	Reading AC	Southampton Athletic Club
Samantha	Follows	Senior	Dragons Running Club (Sale)	Winston Runners
Mark	Forrest	Senior	London Frontrunners	Richmond & Zetland Harriers
Рорру	Forster	U15	Billingham Marsh Hse H & AC	Hartlepool Youth Athletics Club
Tippi	Francis	U11	Bolton United Harriers & AC	Blackburn Harriers & AC
Nikki	Fraser	Senior	Aurora Harriers	New Marske Harriers Club
Renard	Frederick	Senior	Shaftesbury Barnet Harriers	Harrow AC
Josh	Freed	Senior	Brighton & Hove AC	Jesmond Joggers
Jon	French	Senior	Blyth Running Club	Wallsend Harriers & AC
William	Fuller	U17	North Somerset AC	Weston Athletic Club
David	Garner	Senior	Ryton Triathlon Club	Blaydon Harriers & AC
Jack	Gavin	Senior	Winchester & District AC	Abingdon AC
Richard	Gayton	Senior	Loughborough Students AC	Fulham Running Club
Karen	Gear	Senior	North Devon RRC	South West Veterans AC
Andre	Gennace	U15	Reading AC	Bracknell AC
Ben	Gent	Senior	Warrington Road Runners	Winston Runners



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Neha	Ghosalkar	U15	Hillingdon AC	Slough Junior AC
Oliver	Gifford	Senior	Colchester & Tendring AC	Colchester Harriers AC
Emma	Giles	Senior	Tyne Bridge Harriers	Derwent Valley Trail Runners
Darshan	Gill	U15	Sparkhill Harriers	Birchfield Harriers
Grace	Gillen	Senior	Leighton Fun Runners	Kirkby Milers AC
Jackson	Gilroy	U11	North Shields Polytechnic Club	Wallsend Harriers & AC
Danielle	Glassey	Senior	St Albans Striders	Elvet Striders
Leanne	Glover	Senior	North Devon AC	Bideford AAC
Paul	Glover	Senior	Staffs Moorlands AC	Stone Master Marathoners
Jane	Godsland	Senior	South Ribble Runners	Red Rose Road Runners
Amy	Goldby	Senior	Wootton Road Runners	Leighton Buzzard Triathlon Club
Yuko	Gordon	Senior	North Herts RRC	Fairlands Valley Spartans
Christine	Gorham	Senior	City Of Salisbury AC & RC	100 Marathon Club
Amanda	Gould	Senior	Tamworth AC	Badgers
Catherine	Goulder-Davies	Senior	Worcester AC	Birmingham Running Athletics & Triathlon Club (BRAT)
Nicola	Grace	Senior	Telford Harriers	Northwich Running Club
Samuel	Grain	Senior	Hastings AC	Tunbridge Wells Harriers
Philip	Greer	Senior	Staffs Moorlands AC	Boalloy Running Club
Freya	Gregory	U13	Cirencester AC	Stroud & District AC
Evie	Grice	U20	Aldershot Farnham & District	Southampton Athletic Club
Susan	Grice	Senior	Peel Road Runners	Badgers
Ellie	Grinnell	U17	Crewe and Nantwich AC	Vale Royal AC
Stephanie	Groot	Senior	London City Athletics Club	Tunbridge Wells Harriers
Matthew	Guilder	Senior	Shrewsbury AC	Durham City Harriers & AC
Thomas	Hadden	U17	Biggleswade AC	Cambridge & Coleridge AC
Carrie	Hague	Senior	Dartford Road Runners	Vegan Runners UK
Chloe	Haines	Senior	Ilkley Harriers AC	Steel City Striders RC
Andrew	Hall	Senior	Race Hub	Leicester Triathlon Club
Sarah	Hall	Senior	BRJ Run and Tri	Vegan Runners UK
Edith	Hancock	U11	Brighton Triathlon Club	Brighton & Hove AC
Jack	Hancock	U20	City of Stoke AC	Staffs Moorlands AC
Jonny	Hancock	U13	Brighton Triathlon Club	Brighton & Hove AC
Andrew	Harris	Senior	Beaumont RC	Desford Striders
Jenny	Harris	Senior	Rothwell Harriers & AC	Methley Striders
Tim	Harris	Senior	Luton Athletic Club	Ampthill & Flitwick Flyers RC
Nick	Hart	Senior	Pudsey & Bramley AC	Pudsey Pacers RC
Paul	Hartopp	Senior	Beaumont RC	Team Anstey Amblers and Runners
Anna	Harvey	U15	Middlesbrough Athletic Club	Hartlepool Youth Athletics Club



First Name	Last Name	Age Group	Origin Club	Destination Club
Stephen	Harvey	Senior	South West Veterans AC	Beccles & Bungay Harriers
Lillian	Hawkins	Senior	Yeovil Olympiads AC	Southampton Athletic Club
Richard	Hayes	Senior	Penistone Footpath Runners & Athletic Club	Manchester Harriers & AC
Joe	Heather	U15	Enfield and Haringey A C	Shaftesbury Barnet Harriers
Damien	Helleboid	Senior	Dulwich Runners AC	Serpentine RC
Matt	Helme	Senior	Penny Lane Striders	Liverpool Running Club
Catherine	Henery	Senior	Norwich Road Runners	City Of Norwich AC
Mahiis	Hersi	U15	Ealing Southall & Middlesex AC	Shaftesbury Barnet Harriers
Najiib	Hersi	U13	Ealing Southall & Middlesex AC	Shaftesbury Barnet Harriers
Sudeys	Hersi	U17	Ealing Southall & Middlesex AC	Shaftesbury Barnet Harriers
Bradley	Hicks	U17	Colchester & Tendring AC	Colchester Harriers AC
Tom	Hicks	Senior	Lytchett Manor Striders	Poole Runners
Jessica	Hill	U15	Watford Harriers	Dacorum & Tring AC
Tim	Hill	Senior	Northbrook Athletic Club	Rugby & Northampton AC
Ulrike	Hill	Senior	Northbrook Athletic Club	Rugby & Northampton AC
Joon Wee	Но	Senior	Leicester Triathlon Club	Holme Pierrepont RC
Tristan	Hodges	Senior	Medway and Maidstone AC	Medway Park Phoenix
Garry	Hodgkins	Senior	Mansfield Harriers	Harborough AC
David	Holcroft	Senior	St Albans Striders	Elvet Striders
Rhys	Hopkins	U13	Warrington A C	St Helens Sutton AC
Mark	Hopper	Senior	Stoke F.I.T	Stone Master Marathoners
Zak	Houghton	U15	Norwich Road Runners	City Of Norwich AC
Ruth	Hoyle	Senior	City Of Norwich AC	Norwich Road Runners
Zac	Hudd	U20	Team Bath Athletic Club	Keswick AC
Matthew	Hugh	Senior	Tamar Trotters	Storm Plymouth
Katie	Hughes	U20	Stockport Harriers & AC	Newcastle (Staffs) Tri Club
Rebecca	Hughes	Senior	Staffs Moorlands AC	Newcastle (Staffs) Tri Club
Lottie	Hull	U15	The Stragglers Running Club	Kent AC
Charlie	Hulson	Senior	Sale Harriers Manchester	Liverpool Harriers & AC
Robert	Humber	Senior	Sinfin Running Club	Mickleover Running Club
Andrew	Humphreys	Senior	Zoom Tri Club Bournemouth	Poole Runners
Isabelle	Humphreys	U15	Horsham Blue Star Harriers	Crawley AC
ELIZABETH	HUNT	Senior	Washlands Women Runners	South Derbyshire Road Runners
Kerion	Hunt	Senior	Fen Edge Runners	Cambridge & Coleridge AC
Joseph	lbe	Senior	Birmingham Running Athletics & Triathlon Club (BRAT)	Striders Of Croydon
Lucy	Ironmonger	Senior	Manchester Frontrunners	Chorlton Runners
Isobel	lvings	U15	High Peak Athletic Club	Buxton AC
Katie	lvings	U15	High Peak Athletic Club	Buxton AC



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Andrew	Jackson	Senior	Delamere Spartans	Helsby Running Club
Ben	Jackson	Senior	Vale Of Aylesbury AC	Vegan Runners UK
Nichola	Jackson	Senior	Ranelagh Harriers	Ribble Valley Harriers
Suzanne	Janes	Senior	Mornington Chasers	Littledown Harriers
Tony	Jewell	Senior	Cumberland Fell Runners	BodyFit Cumbria Running Club
Flora	Johnson	U20	Dorchester AC	Egdon Heath Harriers
Jack	Johnson	U17	Camberley & District AC	Aldershot Farnham & District
Shamei	John-Wood	U20	Longwood Harriers AC	Birchfield Harriers
Alex	Jones	Senior	University of Sheffield Union of Students	Trafford Athletic Club
Ann-Marie	Jones	Senior	Altrincham & District Athletic Club Limited	Macclesfield Harriers & AC
Ben	Jones	Senior	Ilford AC	Trent Park Running Club
Emma	Jones	U13	Halesowen ACC	Birchfield Harriers
Jason	Jones	Senior	Trail Running Association	Congleton Harriers
Samuel	Jones	U15	Halesowen ACC	Birchfield Harriers
Michael	Jordan	Senior	Sun City Tri	South Shields Harriers & AC
Megan	Judge	Senior	Malvern Joggers	Black Pear Joggers
Rachel	Kane	Senior	Sheffield RC	DH Runners
Philip	Kastner	U17	Windsor Slough Eton & Hounslow AC	Walton AC
Emma	Kavanagh	Senior	Herts Phoenix AC	Clapham Chasers
Jacob	Kavanagh	U15	Nidd Valley Road Runners	Harrogate Harriers & AC
Richard	Кау	Senior	Marshall Milton Keynes AC	Milton Keynes Distance Project
Anna	Keeble	U20	Felixstowe RRC	Ipswich Harriers
rebecca	keen	U17	Barrow & Furness Striders AC	Sale Harriers Manchester
Grace	Kelly	U15	Ribble Valley Athletic Club	Preston Harriers
Alex	Kennedy	Senior	Spa Striders	Coventry Godiva Harriers
Tristan	Kent	Senior	Rossendale Harriers & AC	Ramsbottom Running Club
Jonathan	Kilsby	Senior	Barnet & District AC	Wymondham AC
Chloe	Kindon	U11	Birtley AC	Jarrow & Hebburn AC
Jasmine	King	U15	Fleet & Crookham AC	Aldershot Farnham & District
Thomas	Kingston	Senior	Belgrave Harriers	London City Athletics Club
Tom	Kwissa	U17	Southport Waterloo AC	Liverpool Pembroke & Sefton H AC
Joshua	Lahiri	Senior	University of Warwick	Liss Runners
Keith	Lamb	Senior	Wolds Veteran RC	Caistor Running Club
Jasmine	Lander	U17	Staffs Moorlands AC	Boalloy Running Club
Samuel	Lander	U15	Staffs Moorlands AC	Boalloy Running Club
Sarah	Larkam	Senior	West 4 Harriers	Ealing Southall & Middlesex AC
Nathan	Lawson	Senior	Huncote Harriers	Dark Peak Fell Runners
Jordan	Layne	Senior	Wycombe Phoenix Harriers & AC	Blackheath and Bromley Harriers Athletic Club



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Rachel	Leach	Senior	Stubbington Green Runners	Ely Runners
Tallulah	Lebon	U17	City Of Norwich AC	Vegan Runners UK
Jack	Lennard	Senior	Liverpool Harriers & AC	Tonbridge AC
David	Lewin	Senior	Reading AC	Hercules Wimbledon AC
Amy	Lewis	Senior	Middlesbrough & Cleveland Harriers	North York Moors AC
Andrew	Lewis	Senior	Eastleigh RC	Southampton Athletic Club
Thomas	Lines	Senior	Sphinx AC	Kings Heath RC - The Lions
leva	Lobaciute	Senior	Herne Hill Harriers	Clapham Chasers
David	Long	Senior	Royal Sutton Coldfield Athletic Club	West Bromwich Harriers
Ellie	Loosley	U13	BRJ Run and Tri	Cambridge & Coleridge AC
Steve	Lowe	Senior	Wakefield District H & AC	Pontefract AC
Mia	Lowndes	U17	Sale Harriers Manchester	Stockport Harriers & AC
Harry	Luckhurst	Senior	Gloucester AC	University of Sheffield Union of Students
Amelia	Macdonald	U17	Enfield and Haringey A C	Woodford Green AC with Essex Ladies
Heather	Macdonald	U15	Tynedale Harriers & AC	Blyth Running Club
Ross	MacDonald	Senior	Herne Hill Harriers	Ranelagh Harriers
Martin	MacMillan	Senior	Orpington Road Runners	Tunbridge Wells Harriers
Andrew	Maillardet	Senior	New Eltham Joggers	London City Athletics Club
Bethan	Male	Senior	Burgess Hill Runners	Brighton Triathlon Club
Dominika	Malinowska	Senior	Kirkstall Harriers	Kings Heath RC - The Lions
Peter	Manning	Senior	City Of Salisbury AC & RC	Reading Roadrunners
Mark	Marsden	Senior	Southampton University Athletics & Cross Country Club	Guildford & Godalming AC
Heather	Marshall	Senior	Mornington Chasers	London Heathside
Alison	Martin	Senior	Hartlepool Burn Road Harriers	Abingdon AC
Eliza	Martin	U15	Crawley AC	Haywards Heath Harriers
Eva	Martin	Senior	Trentham RC	Stone Master Marathoners
James	Martin	U15	Horsham Blue Star Harriers	Crawley AC
Howard	Mayers	Senior	Belle Vue Racers	Rochdale Tri Club
Daniel	McAloon	Senior	South West Road Runners	Exeter Harriers
Matthew	McCristal	Senior	Erewash Valley RC	Witham Runners (Lincolnshire)
Andrew	McGrath	Senior	Clapham Chasers	Sorby Hinds Running Club
Felix	McGrath	Senior	Westbury Harriers	Newcastle Staffs AC
Keiron	McGrath	Senior	Wimbledon Windmilers	Crystal Palace Fun Runners
Katie	McInnes	Senior	Hercules Wimbledon AC	Chorlton Runners
Jamie	Mcloughlin	Senior	Veterans AC	Walton AC
Philip	McManus	Senior	Brighton & Hove AC	Burgess Hill Runners
Anna	McMillan	Senior	Baildon Runners	Bingley Harriers & AC
Janine	McNeill	Senior	Thornton Cleveleys Running Club	Glaxo Hoad Hill Harriers



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Gavin	Meadows	Senior	Rochdale Harriers & AC	Rochdale Tri Club
Oliver	Megeary	U17	Marshall Milton Keynes AC	Milton Keynes Distance Project
Luke	Meleschko	Senior	Halifax Harriers & AC	Calder Valley Fell Runners
Matthew	Mellor	Senior	Folkestone RC	Ealing Eagles Running Club
Rose	Michael	Senior	Barnet & District AC	Epsom Oddballs RC
Robert	Michaelson-Yeates	Senior	Bearbrook Running Club	Knowle & Dorridge RC
Harriet	Middlebrough	Senior	Skyrac Athletic Club	Southville Running Club
Leah	Miles	U13	Slough Junior AC	Windsor Slough Eton & Hounslow AC
Noah	Miller	U13	East Essex Triathlon Club	Basildon AC
Frances	Mills	Senior	Skegness & District Running Club	Boston Triathlon Club
Nicholas	Mills	Senior	Tri London	Tonbridge AC
Lucia	Minto	Senior	Crystal Palace Fun Runners	Quakers Running Club
Amy	Moore	Senior	Clapham Pioneers	Crystal Palace Fun Runners
John	Moran	Senior	Ackworth Road Runners	Askern & District RC
Christopher	Morgan	Senior	Trentham RC	Newcastle Staffs AC
Laura	Morton	Senior	City Of Norwich AC	Norwich Road Runners
Stephen	Mott	Senior	Bracknell Forest Runners	Sandhurst Joggers
Ruth	Mountstevens	Senior	Roadhoggs Leicester AC	Newark Striders Running Club
Jason	Munro	Senior	Royal Manor Of Portland AC	Poole Runners
Hannah	Nagel	Senior	Chester Le Street & Dist AC	Heaton Harriers & AC
Caroline	Najafi	Senior	Low Fell RC	Saltwell Harriers
Simon	Navin	Senior	OS Runners	Redway Runners
Ben	Neale	Senior	Tavistock AC	Tavistock Run Project
Luke	Neilson	Senior	Southville Running Club	Great Western Runners
Jak	Newby	Senior	Shildon Running & AC	Lancaster University Running Club
Jason	Newland	Senior	Bearbrook Running Club	On the Run Aylesbury
James	Nice	Senior	Dereham Runners & AC	City Of Norwich AC
Jonathan	Nicholls	Senior	St Albans Striders	Ware Joggers
Rowan	Nicholls	Senior	Oxford University AC	Fulham Running Club
Tom	Nixon	Senior	Pudsey Pacers RC	Darlington Triathlon Club
Harley	Norman	U15	Epsom & Ewell Harriers	South London Harriers
Todd	Oates	Senior	Barrow & Furness Striders AC	Thames Valley Harriers
Paul	O'Callaghan	Senior	Mossley Hill AC	Kirkby Milers AC
Steve	O'Connor	Senior	Wirral AC	Vegan Runners UK
Clare	O'Donnell	Senior	Lawley Running Club	Telford Harriers
Jonathan	O'Hara	Senior	Great Yarmouth Road Runners	Beccles & Bungay Harriers
Brian	O'Keeffe	Senior	Serpentine RC	Kent AC
Howard	Oldham	Senior	Hyde Village Striders	East Cheshire Harriers & Tameside AC



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Jenny	Orr	Senior	Bushfield Joggers	Plymstock Road Runners
Kevin	Otto	Senior	Keswick AC	Tunbridge Wells Harriers
Emmanuel	Owolabi	U20	Luton Athletic Club	Bedford & County AC
David	Oxtoby	Senior	Olney Runners AC	Kenilworth Runners
Liz	Painter	Senior	Bournville Harriers	Birmingham Running Athletics & Triathlon Club (BRAT)
Charlie	Palmer	U13	Colchester & Tendring AC	Colchester Harriers AC
Jennifer	Palmer	U15	Colchester & Tendring AC	Colchester Harriers AC
Kos	Parfitt	U15	Staffs Moorlands AC	Boalloy Running Club
Richard	Parr	Senior	Andover AC	Winchester & District AC
mark	parry	Senior	Warwickshire Police Running Club	Spa Striders
Beth	Pascall	Senior	Bristol and West AC	Belper Harriers
Johannien	Patrick	Senior	Tri3 Sleaford Triathlon Club	Sleaford Striders AC
Delphine	Pearson	Senior	Northern Masters AC	Clowne Road Runners Club
Sophie	Pearson	Senior	Rochford Running Club	Hockley Trail Runners
Richard	Penny	Senior	York Knavesmire Harriers	Tadcaster Harriers
Chris	Perry	Senior	The Sixth Dimension	Woodbridge Shufflers RC
Neil	Pettie	Senior	Goyt Valley Striders	Macclesfield Harriers & AC
Daniel	Pettitt	Senior	Horsham Joggers	Kent AC
Melissa	Pinfield	Senior	Okehampton RC	Bere Alston Trekkers
Anthony	Pinson	Senior	Telford Harriers	Wolverhampton & Bilston
Luca	Pirtali	Senior	Croydon Harriers	Epsom & Ewell Harriers
Rose	Piskorska	U11	Keighley & Craven AC	Pendle Athletic Club
ROISIN	PLUNKETT	Senior	Derwent Valley Trail Runners	Team Coco
Sophie	Pooley	Senior	Mansfield Harriers	Norfolk Gazelles AC
Billy George	Praim-Singh	U20	Southend On Sea AC	Shaftesbury Barnet Harriers
Russell	Price	Senior	Hercules Wimbledon AC	Chorlton Runners
Aaron	Pritchard	Senior	Somer AC	Team Bath Athletic Club
Edward	Pritchard	Senior	Sheffield RC	Holmfirth Harriers AC
John	Pritchard	U13	St Petroc's Dragons Triathlon Club Bodmin	Newquay & Par AC
Rob	Pritchard	Senior	Ashbourne Running Club	Mickleover Running Club
Cheryl	Proctor	Senior	Herne Hill Harriers	Roundhay Runners
Harry	Pulham	Senior	Gateshead Harriers & AC	Jesmond Joggers
Catriona	Purdy	Senior	Abbey Runners	North Leeds Fell Runners
Maura	Quill	Senior	City of Birmingham Striders	Shropshire Shufflers
Helen	Quinn	Senior	BBC Running Club	West 4 Harriers
Simon	Radcliffe	Senior	Spa Striders	Bromsgrove and Redditch
Tom	Ramsay	Senior	York Triathlon Club	Driffield Striders
Wanausha	Rashed Khafaf	Senior	Vegan Runners UK	Manchester Triathlon Club



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Danielle	Rawson	U17	Newquay & Par AC	Newquay Road Runners
Molly	Redgrave	U13	Colchester & Tendring AC	Colchester Harriers AC
Christopher	Redmond	Senior	Time2Run Events	UTS Running Club
Claire	Reedy	Senior	Manchester Frontrunners	Chorlton Runners
Owen	Reekie	U11	Manchester Triathlon Club	Trafford Athletic Club
Julian	Reid	Senior	Birchfield Harriers	Sale Harriers Manchester
Kate	Reilly	Senior	Saffron Striders RC	Ripon Runners
Stephen	Reilly	Senior	Saffron Striders RC	Ripon Runners
Lesley	Renshaw	Senior	South Ribble Runners	Red Rose Road Runners
Helen	Rhodes	Senior	Kenilworth Runners	Royston Runners
Christopher	Richards	U20	Helm Hill Runners	Salford Harriers & AC
Cindy	Richards	Senior	Black Pear Joggers	Worcester AC
Abigail	Rickard	U13	Halesowen ACC	Birchfield Harriers
Katie	Ridley	U13	Worthing & District Harriers	Brighton & Hove AC
Thomas	Ridley	U15	Worthing & District Harriers	Brighton & Hove AC
Aaron	Rigby	Senior	4Life Triathlon Club	Holme Pierrepont RC
Chris	Riley	Senior	Trafford Athletic Club	Chorlton Runners
Chris	Rimmer	Senior	Telford AC	Tavistock Run Project
Elly	Roberts	Senior	Lawley Running Club	Ackworth Road Runners
Hal	Roberts	Senior	Kirkstall Harriers	Steel City Striders RC
James	Roberts	Senior	Lawley Running Club	Ackworth Road Runners
Jenny	Roberts	Senior	Handy Cross Runners	Wycombe Phoenix Harriers & AC
Oliver	Roberts	Senior	Pudsey Pacers RC	Howgill Harriers
Charlotte	Robinson	U15	Leighton Buzzard Athletic Club	Vale Of Aylesbury AC
Imelda	Robinson	Senior	Handy Cross Runners	Hazlemere Runners
Danny	Rock	Senior	Ipswich Jaffa RC	Felixstowe RRC
Paul	Roddy	Senior	Sunderland Strollers	Vegan Runners UK
Mathew	Rowland	Senior	Cherwell Runners & Joggers	Marshall Milton Keynes AC
David	Rushton	Senior	London Frontrunners	Elvet Striders
Jessica	Russon	Senior	UK Athletics Limited	Hartlepool Youth Athletics Club
Zoe	Ruston	Senior	Bridlington Road Runners	Scarborough Athletic Club
Fern	Rutterford	U11	Norwich Road Runners	City Of Norwich AC
Mark	Salisbury-Rood	Senior	Derwent Runners (Derby)	Team Derby Runner
Liban	Samater	Senior	23 Mile Club	Newham & Essex Beagles AC
Richard	Sample	Senior	Saddleworth Runners Club	Hyde Village Striders
Carmen	Sanchez Toribio	Senior	Sale Harriers Manchester	University of Manchester Ath & XC Club
Josh	Saunders	Senior	Calne SMaRTT	Chippenham Harriers
James	Savage	Senior	Kent AC	Chorlton Runners



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Nicholas	Savva	U15	Watford Harriers	Shaftesbury Barnet Harriers
Martin	Scaife	Senior	North York Moors AC	Darlington H & AC
Hannah	Schultz	U17	Basildon AC	Chelmsford AC
Рорру	Scoffings	U17	Absolute Tri	Redhill Road Runners
Jessica	Scott	Senior	Notts Women Runners	Vegan Runners UK
Miles	Seavill	Senior	Lewes AC	Reading AC
Sophie	Seddon	Senior	Ellesmere Port RC	Halmer Harriers
Hannah	Sharma	Senior	Roundhay Runners	Gade Valley Harriers
Mark	Sharrock	Senior	Stoke F.I.T	Staffs Moorlands AC
Chris	Shaw	Senior	Sun City Tri	Washington Running Club
Therese	Sheehan	Senior	Saltaire Striders	Kirkstall Harriers
John	Sheil	Senior	Sinfin Running Club	Mickleover Running Club
Kathleen	Sheridan	Senior	Chorlton Runners	2 Dash
Natalie	Shoham	Senior	Sutton Runners	London Heathside
Hattie	Sibbick	Senior	Kenilworth Runners	Coventry Triathletes
Kate	Simons	Senior	Wolds Veteran RC	Louth AC
Callum	Simpson	U20	Gateshead Harriers & AC	City of York AC
Kim	Simpson	Senior	Durham City Harriers & AC	Gateshead Harriers & AC
Benjamin	Sims	U13	Adderbury Running Club	Oxford City AC
Gurmal	Singh	Senior	Tipton Harriers	West Bromwich Harriers
Becci	Slade	Senior	UKRunChat Running Club	Cobra Running & Triathlon Club
Grace	Slater	U17	Dudley and Stourbridge Harriers	Tipton Harriers
Jackson	Sloan	U17	Wirral AC	West Cheshire Athletic Club
Chris	Smallman	Senior	Mercia Fell Runners	Black Pear Joggers
Duncan	Smart	Senior	Bridlington Road Runners	Scarborough Athletic Club
Carl	Smith	Senior	Leeds City Athletic Club	Tyne Bridge Harriers
Conal	Smith	U15	Wrekin College Triathlon Club	Birchfield Harriers
Jamie	Smith	Senior	Enfield and Haringey A C	London Heathside
Lily	Smith	U11	Braintree & District AC	Orion Harriers
Martin	Smith	Senior	Bitton Road Runners	Thornbury RC
Rebekah	Smith	U17	Bracknell AC	Camberley & District AC
Rich	Smith	Senior	Valley Striders AC	Abbey Runners
Richard	Smith	Senior	Swaledale Runners	Richmond & Zetland Harriers
Ishmael	Smith-John	Senior	Blackheath and Bromley Harriers Athletic Club	Crawley AC
Ben	Snaith	Senior	Enfield and Haringey A C	Newham & Essex Beagles AC
Steven	Snape	Senior	Salford Harriers & AC	Blackburn Harriers & AC
Tom	Southgate	U13	4Life Triathlon Club	Rushcliffe AC
Richard	Speller	Senior	Worthing Striders	Horsham Joggers



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Gavin	Stanfield	Senior	Sherfield Park Runners	Lytham St Annes RR Club
Luke	Staples	Senior	Lewes AC	City Of Portsmouth AC
Jeanette	Stevens	Senior	Team Derby Runner	Notfast RC
Bryan	Stevenson	Senior	Wallasey Athletic Club	UTS Running Club
Stevie	Stockton	Senior	Vale Royal AC	Leeds City Athletic Club
Leo	Stones	Senior	Chorley Athletic and Triathlon Club	Preston Harriers
Barry	Stratford	Senior	Herts Phoenix AC	Ampthill & Flitwick Flyers RC
Isabelle	Stutchfield	U13	Bramhall Runners	Stockport Harriers & AC
Joshua	Stutchfield	U11	Bramhall Runners	Stockport Harriers & AC
Tom	Suddaby	Senior	Serpentine RC	Crystal Palace Triathletes
Graham	Summerbell	Senior	Elswick Harriers	Saltwell Harriers
Becky	Taylor	Senior	Waverley Harriers	Westbury Harriers
Julie	Taylor	Senior	Birmingham Running Athletics & Triathlon Club (BRAT)	Ivanhoe Runners
Jack	Tetley	U15	Staffs Moorlands AC	Boalloy Running Club
Jessica	Thomas	U15	Team Hounslow Athletic Club	St Mary's Richmond AC
Peter	Thompson	Senior	Walden Tri	Cambridge & Coleridge AC
Ella	Tobin	U15	Southport Waterloo AC	Liverpool Harriers & AC
Grace	Tobin	U13	Southport Waterloo AC	Liverpool Harriers & AC
Bradlee	Tod	Senior	Bournville Harriers	Kenilworth Runners
Melanie	Tomlinson	Senior	Rochford Running Club	Hockley Trail Runners
Robyn	Topper	U20	City Of Norwich AC	Wymondham AC
Matthew	Trainer	Senior	Victoria Park Harriers and Tower Hamlets AC	Tunbridge Wells Harriers
Russell	Tuffin	Senior	4Life Triathlon Club	Rushcliffe AC
Rio	Turl	U15	South West Road Runners	Exeter Harriers
Stuart	Turnbull	Senior	Harvel Hash House Harriers	Weald Tri Club
Venetta	Uye	Senior	Manchester Frontrunners	Chorlton Runners
Lahana	Vardy	U15	City of Sheffield and Dearne AC	Rotherham Harriers and AC
Adam	Vaughan	Senior	Dulwich Runners AC	Lewes AC
George	Vaughan	U20	Enfield and Haringey A C	Woodford Green AC with Essex Ladies
Stephanie	Velez	Senior	Hillingdon AC	Victoria Park Harriers and Tower Hamlets AC
Chloe	Vernon-Hamilton	Senior	Stevenage & North Herts AC	Herts Phoenix AC
Charlotte	Vickers	U11	Bolton United Harriers & AC	Horwich R M I Harriers
Scarlett	Wager-Leigh	U20	Chiltern Harriers AC	Dacorum & Tring AC
Gillian	Wain	Senior	Woodthorpe Huffers & Puffers	Sutton in Ashfield Harriers & AC
Philippa	Wakefield	Senior	Keswick AC	DH Runners
Christopher	Walker	Senior	Mendip Athletic Club	Wells City Harriers
Harry	Walker	Senior	Headington RR	Haldon Trail Runners



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Holly	Walker	U13	Selby Striders	Wakefield District H & AC
Neil	Walker	Senior	Red Rose Road Runners	Preston Harriers
Nicholas	Walker	Senior	Swindon Harriers	St Albans AC
James	Ward	Senior	Derby Athletic Club	Rolls Royce Harriers
Patrick	Wardle	Senior	Skipton AC	Wharfedale Harriers
Henry	Ware	U20	Tavistock AC	Tavistock Run Project
Steven	Watson	Senior	Tavistock AC	Tavistock Run Project
christopher	Wayman	Senior	JP Morgan RC	Benfleet RC
Nigel	Webb	Senior	Orpington Road Runners	Tunbridge Wells Harriers
Sophie	Webb	U15	Chiltern Harriers AC	Windsor Slough Eton & Hounslow AC
lzzy	Wedderburn	U17	Bournemouth AC	Basingstoke & Mid Hants AC
Neil	Weightman	Senior	Erewash Valley RC	Dark Peak Fell Runners
Suzy	West	Senior	Eye Community Runners	Ipswich Jaffa RC
Luke	Wharam	U13	Framlingham Flyers	Ipswich Harriers
Ryan	Whatling	Senior	University of Portsmouth Athletics Club	City Of Portsmouth AC
Chris	Whawell	Senior	Ackworth Road Runners	Pontefract AC
Thomas	Wheatley	Senior	Wimbledon Windmilers	RunThrough
Mark	White	Senior	Pudsey Pacers RC	Bramley Breezers
Anna	Wilby-Lopez	Senior	Southampton Athletic Club	Stubbington Green Runners
Ross	Wilcox	Senior	Fylde Coast Runners	Stowmarket Striders RC
Rosemary	Wilson	Senior	Trentham RC	Stone Master Marathoners
James	Winship	U13	Camberley & District AC	Bracknell AC
Martin	Wood	Senior	Cotswold Allrunners	Stroud & District AC
Victoria	Woodhall	Senior	Wye Valley Runners	Hereford Couriers
Lauren	Woodiwiss	U17	Colchester & Tendring AC	Colchester Harriers AC
Oliver	Woodmason	U15	Tavistock AC	City Of Plymouth AC
Andrew	Woollacott	Senior	North Devon RRC	North Devon AC
Dan	Wright	Senior	Middlesbrough & Cleveland Harriers	North York Moors AC
Hannah	Wright	Senior	Reading Roadrunners	West 4 Harriers
Chris	Yoxall	Senior	Clapham Chasers	Leighton Buzzard Triathlon Club