

First Name	Surname	Age Group	Previous 1st claim	New 1st claim	Committee
LINDSAY	ADCOCK		DERWENT RUNNERS	TEAM DERBY RUNNERS	MID/SW
DOUGLAS	ALCOCK		NEWCASTLE STAFFS AC	TRENTHAM RUNNING CLUB	MID/SW
RAYMOND	ASHFORD		NORTH DEVON AC	SOUTH WEST VETERANS AC	MID/SW
ANDREW	ASHTON		HERMITAGE HARRIERS	POPLAR RUNNING CLUB	MID/SW
EMMA	ATKINSON		TELFORD HARRIERS	LAWLEY RUNNING CLUB	MID/SW
JOHN	BARLOW		CITY OF BIRMINGHAM STRIDERS	BOURNVILLE HARRIERS	MID/SW
STUART	BELLWORTHY		FOREVER RUNNING (TAUNTON) RC	AXE VALLEY RUNNERS	MID/SW
FIONA	BLACKMORE		BITTON ROAD RUNNERS	TEAM BATH AC	MID/SW
MICHAEL	BLACKMORE		BITTON ROAD RUNNERS	TEAM BATH AC	MID/SW
GRAHAM	BLACKSHAW		ROAD RUNNERS CLUB	SOUTH DERBYSHIRE ROAD RUNNERS CLUB	MID/SW
LORRAINE	BLYTHE		TELFORD HARRIERS	LAWLEY RUNNING CLUB	MID/SW
EMMA	CHARLES	U15	WREAKE RUNNERS YOUNG ATHLETES	CHARNOWOOD ATHLETIC CLUB	MID/SW
HOWARD	CLARK		STUBBINGTON GREEN RUNNERS	ROYAL NAVY AC	MID/SW
PETE	CLARKE		BITTON ROAD RUNNERS	BRISTOL & WEST AC	MID/SW
ALEXIA	CLIFFORD	U13	BRISTOL & WEST	YATE AC	MID/SW
CHARLOTTE	DARBY		CITY OF PLYMOUTH AC	PLYMOUTH COASTERS	MID/SW
EMMA	DARBY		CITY OF PLYMOUTH AC	PLYMOUTH COASTERS	MID/SW
AMANDA	DAVIES		TELFORD AC	CHEADLE RUNNING CLUB	MID/SW
JOANNE	DIFFEY		LAKESIDE LINCOLN RC	LINCOLN WELLINGTON	MID/SW
KIRSTIE	DODSLEY		WOODTHORPE HUFFERS & PUFFERS	NOTTS WOMEN RUNNERS	MID/SW
JESSIE	DONEGAN	U15	STOKE AC	BIRCHFIELD HARRIERS	MID/SW
KIM	FAWKE		CENTURION RC	LAWLEY RUNNING CLUB	MID/SW
STUART	FISHER		NEWCASTLE STAFFS AC	NEWCASTLE STAFFS TRIATHLON CLUB	MID/SW
COLIN	FOX		TUNBRIDGE WELLS HARRIERS	WELLS CITY HARRIERS	MID/SW
SABIELLA	GEBRU		BIRCHFIELD HARRIERS	BIRMINGHAM RUNNING ATHLETICS & TRIATHLON (BRAT)	MID/SW
JULIA	GLASS		PETTS WOOD RUNNERS	DARTMOUTH AMATEUR ATHLETICS CLUBS	MID/SW
STEVE	GRAY		ASHBOURNE RUNNING CLUB	DERWENT RUNNERS	MID/SW
NATHAN	GREEN		KENILWORTH RUNNERS	SPA STRIDERS	MID/SW
RACHAEL	HARDMAN		HARBOROUGH AC	CORBY AC	MID/SW
RICHARD	HARRIS		UKNETRUNNER.CO.UK	EMERSON GREEN RUNNING CLUB	MID/SW
GRAHAM	HARRISON		LINCOLN WELLINGTON AC	NORTHERN VETERANS AC	MID/SW
JOHN	HAYTER		TEAM BATH AC	CHIPPENHAM HARRIERS	MID/SW
PHILLIP	HENWOOD		HERNE HILL HARRIERS	NEWQUAY ROAD RUNNERS	MID/SW
MARK	HODSON		WOLDS VETERAN RUNNING CLUB	CAISTOR RUNNING CLUB	MID/SW
PHILIP	HOLFORD		KINGS HEATH RUNNING CLUB	WARLEY WOODS PACERS	MID/SW
JANE	HULL		BEAUMONT RC	WEST END RUNNERS	MID/SW
JOHN	KAVANAGH		GREAT WESTERN RUNNERS	BRISTOL & WEST AC	MID/SW
LEE	KAVANAGH		FARNHAM RUNNERS	BLACKWATER VALLEY RUNNERS	MID/SW

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DANIEL	LEAKE		BIRSTALL RUNNING CLUB	TEAM ANSTEY AMBLERS & RUNNERS	MID/SW
MARK	LEE		NORTHANTS POLICE ATHLETIC SECTION	WELLINGBOROUGH & DISTRICT AC	MID/SW
ELZBEITA	LEPA		CITY OF BIRMINGHAM STRIDERS	BOURNVILLE HARRIERS	MID/SW
ISHER	MANDER		TIPTON HARRIERS	WOLVES & BILSTON AC	MID/SW
ROBERT	MEREDITH		DUDLEY & STOURBRIDGE HARRIERS	DUDLEY KINGSWINFORF RUNNING CLUB	MID/SW
JULIET	MUMBY		NEWARK STRIDERS RUNNING CLUB	NOTFAST RUNNING CLUB	MID/SW
ANTONIO	NAPOLETANO		BEDFORD & COUNTY	DERBY AC	MID/SW
GAYLE	NIXON		CITY OF STOKE AC	NEWCASTLE (STAFFS) TRIATHLON CLUB	MID/SW
LUCY	OLDHAM		LOOE PIONEERS RC	EAST CORNWALL HARRIERS	MID/SW
JONATHAN	OXBROUGH		STILTON STRIDERS	HUNCOTE HARRIERS	MID/SW
SHAUN	PARKER		SUTTON IN ASHFIELD HARRIERS & AC	NORTH DERBYSHIRE	MID/SW
GRAHAM	PENN		DUNSTABLE ROAD RUNNERS	TEIGNBRIDGE TROTTERS	MID/SW
HARRY	PURDELL		RUSHCLIFFE AC	LEICESTER CORITANIAN AC	MID/SW
PAUL	REID		IPSWICH JAFFA RC	ALMOST ATHLETES	MID/SW
STUART	RICHARDSON		HUNCOTE HARRIERS	DESFORD STRIDERS	MID/SW
JODIE	RUANE	U13	DROITWICH AC	KIDDERMINSTER & STOURPORT AC	MID/SW
WILLIAM	RUANE	U15	DROITWICH AC	KIDDERMINSTER & STOURPORT AC	MID/SW
JOSH	RUTHERFORD	U13	NOTTS AC	RUSHCLIFFE AC	MID/SW
JENNIFER	SKEVINGTON		WREAKE RUNNERS	WREAKE & SOAR VALLEY AAC	MID/SW
JOHN	SKEVINGTON		WREAKE RUNNERS	WREAKE & SOAR VALLEY AAC	MID/SW
GARY	SPIVEY		CREDITON RUNNING NETWORK	MUD CREW TRAIL RUNNERS	MID/SW
SUSAN	TAGG		PARC BRYNBACH RC	EGDON HEATH HARRIERS	MID/SW
PAUL	THACKER		WOLVERHAMPTON & BILSTON	CANNOCK & STAFFORD AC	MID/SW
VIKKI	THOMPSON		FETCH EVERYONE	HALDON TRAIL RUNNERS	MID/SW
MICHAEL	WARREN		GREAT WESTERN RUNNERS	BRISTOL & WEST AC	MID/SW
RUTH	WATCHORN-RICE		STAFFORDSHIRE MOORLANDS AC	CHEADLE RUNNING CLUB	MID/SW
CALLUM	WELLS		TAUNTON AC	YEOVIL OLYMPIADS AC	MID/SW
JANE	WHITE		LEICESTER TRI CLUB	ANSTEY AMBLERS AND RUNNERS	MID/SW
MANDY	WILLIAMS		SOLE SISTERS (Bristol)	LEDBURY & DISTRICT HARRIERS	MID/SW
NEAL	WILLIAMS		FALMOUTH ROAD RUNNERS	MUD CREW TRAIL RUNNERS	MID/SW
GREGOR	ANDERSON	U11	LYTHAM & ST ANNES RUNNING CLUB	PRESTON HARRIERS	NORTH
JOHN	APPLETON		LES CROUPIERS	ST HELENS SUTTON AC	NORTH
EMMA	BAKER		TATTENHALL RUNNERS	ELLESMERE PORT RUNNING CLUB	NORTH
VAL	BATTLE		LONGWOOD HARRIERS	HOLMFIRTH HARRIERS	NORTH
KATE	BELL		ABBAY RUNNERS	NORTH LEEDS FELL RUNNERS	NORTH
MEGAN	BELL		ELVET STRIDERS	DURHAM CITY HARRIERS & AC	NORTH
EMMA	BLACKETT		WALLSEND HARRIERS & AC	HEATON HARRIERS	NORTH
JAY	BOWMAN	U13	BURNLEY AC	CLAYTON LE MOORS HARRIERS	NORTH
DAVID	BRIERLEY		CHESTER TRIATHLON CLUB	WEST CHESHIRE	NORTH

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RICHARD	BROWN		MACCLESFIELD HARRIERS	SALE HARRIERS	NORTH
SONNY	BURROWS		CITY OF BIRMINGHAM STRIDERS	TEAMMANVERS	NORTH
LOUISE	CASEY		ST HELENS SUTTON AC	WARRINGTON RUNNING CLUB	NORTH
MICHAEL	CHILVERS	U13	SEDGEFIELD HARRIERS	GATESHEAD HARRIERS	NORTH
BRADLEY	CLARKE		LEEDS & BRADFORD TRIATHLON CLUB	CROSSGATES HARRIERS	NORTH
JOHN	COLWELL		BAILDON RUNNERS	SALTAIRE STRIDERS	NORTH
RACHEL	COMOTTO		ROAD RUNNERS CLUB	FETCH EVERYONE	NORTH
PHIL	COULSON		LOW FELL RUNNING CLUB	NORTH SHIELDS POLYTECHNIC	NORTH
DAVID	CROSS		POOLE RUNNERS	DURHAM CITY HARRIERS & AC	NORTH
FIONA	DAVIES		KINGSTONE RUNNERS	ROTHERHAM HARRIERS	NORTH
CATHERINE	DEAR		ROTHWELL HARRIERS	DANUM HARRIERS	NORTH
ANTHONY	DICKINSON		KNOWSLEY HARRIERS	KIRBY MILERS AC	NORTH
NICOLA	DUNBABIN		WARRINGTON WONDER WOMEN RUNNING	WARRINGTON RUNNING CLUB	NORTH
NIKKI	GREEN		ROYTON ROAD RUNNERS	OLDAM & ROYTON HARRIERS	NORTH
CRAIG	HARRIMAN		SUNDERLAND STROLLERS	RUN PETERLEE	NORTH
SIMON	HEATH		HEADINGTON ROAD RUNNERS	PENNY LANE STRIDERS	NORTH
ALAN	HODGSON		TYNE BRIDGE HARRIERS	SUNDERLAND HARRIERS	NORTH
RICHARD	HOUGHTON		BOURNE TOWN HARRIERS	ELSWICK HARRIERS	NORTH
DERYCK	HUTCHINSON		SHEEPMOUNT RUNNING CLUB	D H RUNNERS	NORTH
REECE	ISAAC		KIPPAX & DISTRICT HARRIERS	LEEDS CITY HARRIERS	NORTH
REBBECA	JONES	U13	ROSSENDALE HARRIERS	BURY ATHLETICS CLUB	NORTH
MICHAEL	KEEDY		ST THERESA'S AC	LEIGH HARRIERS & AC	NORTH
TRACY	KENDRICK		DAGENHAM 88 RUNNERS	KNUTSFORD TRIATHLON CLUB	NORTH
SEAN	LAWLESSS		FYLDE COAST RUNNERS	AYCLIFFE RUNNING CLUB	NORTH
SAM	LEE	U11	BLACKHILL BOUNDERS	DERWENTSIDE ATHLETICS CLUB	NORTH
MICHAEL	LEIGH		DARWEN RUNNING GROUP	BLACKBURN HARRIERS	NORTH
KENYA	LIVINGSTONE		SALE HARRIERS	ALTRINCHAM & DISTRICT AC	NORTH
ISABEL	MANCEBO		CUMBERLAND AC	DERWENT AC	NORTH
GORDON	MATHERS		BILLINGHAM MARSH HOUSE HARRIERS & AC	NORTH EAST VETERANS ATHLETICS CLUB	NORTH
STUART	McCORMICK		STADIUM RUNNERS	STAINLAND LIONS RC	NORTH
EVE	MCDONALD	U15	BILLINGHAM MARSH HOUSE HARRIERS & AC	MIDDLESBOROUGH ATHLETICS CLUB	NORTH
LYNN	MELVIN		SOUTH RIBBLE RUNNERS	RED ROSE ROAD RUNNERS	NORTH
SARAH	MORELY		ST TERESA'S AC	SKYRAC AC	NORTH
TIMOTHY	NORMAN		CHESHIRE TALLY HO	STYAL RUNNING CLUB	NORTH
EDWARD					
ALISON	PARKINSON		CHORLEY ATHLETIC & TRIATHLON	RED ROSE ROAD RUNNERS	NORTH
STEVE	PATTERSON		ALNWICK HARRIERS	MORPETH HARRIERS & AC	NORTH

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HELEN	PENN		FITMUMS & FRIENDS	CITY OF HULL AC	NORTH
PETER	PHILLIPS		NORTH YORKS MOORS AC	LOFTUS & WHITBY AC	NORTH
MATTHEW	PIERSON		HOLMFIRTH HARRIERS	STAINLAND LIONS RC	NORTH
PAUL	PLESTED		ELLESMERE PORT RUNNING CLUB	CHESTER TRIATHLON CLUB	NORTH
SHARON	PLESTED		ELLESMERE PORT RUNNING CLUB	CHESTER TRIATHLON CLUB	NORTH
MICHAEL	PRICE		HOUGHTON HARRIERS & AC	WASHINGTON RUNNING CLUB	NORTH
ELIZABETH	RENONDEAU		TATTENHALL RUNNERS	ELLESMERE PORT RUNNING CLUB	NORTH
MATTHEW	RICHARDS		SWANSEA HARRIERS	SALE HARRIERS	NORTH
IAN	ROBERTS		MENAI TRACK & FIELD	WIRRAL AC	NORTH
JACQUIE	ROBSON		ELVET STRIDERS	DURHAM CITY HARRIERS & AC	NORTH
KELLY	ROUANE		UKNETRUNNER.CO.UK	TEAMMANVERS	NORTH
THOMAS	RUMNEY	U13	WALLSEND HARRIERS & AC	NORTH SHIELDS POLYTECHNIC	NORTH
IAN	SAMPSON		VALLEY STRIDERS AC	NORTH LEEDS FELL RUNNERS	NORTH
MATTHEW	SIMISTER		SANDBACH STRIDERS	RAZZERS RUNNERS	NORTH
TIMOTHY	SIMPSON		BEVERLEY AC	EAST HULL HARRIERS & AC	NORTH
BEN	SINCLAIR	U11	WESTERN ATHLETICS	MANX HARRIERS	NORTH
YVONNE	SKELTON		NIDD VALLEY ROAD RUNNERS	HARROGATE HARRIERS	NORTH
RICKY	SMITH		LINCOLN & DISTRICT RUNNERS	ASHINGTON HIRST RUNNING CLUB	NORTH
CRAIG	SOWERBY		SEATON AC	NORTHERN VETERANS AC	NORTH
JOHN	STAPLETON		NORTH YORK MOORS AC	STOCKTON STRIDERS AC	NORTH
IAN	TAYOR		SALE HARRIERS MANCHESTER	SALFORD METROPOLITAN	NORTH
DAVID	THOMPSON		BARNSELY AC	BARNSELY HARRIERS	NORTH
LIBERTY	THOMPSON	U13	BURNLEY AC	CLAYTON LE MOORS HARRIERS	NORTH
BROGAN	WAIN		WREKIN ROAD RUNNERS	RICHMOND AND ZETLAND HARRIERS	NORTH
CAROLINE	WALKER		GOOLE VIKING STRIDERS	BEDALE AND AISKEW RUNNERS	NORTH
JOHN	WALTON		LEEDS & BRADFORD TRIATHLON CLUB	SALTAIRE STRIDERS	NORTH
CHARLOTTE	WARDLE		SWALEDALE RUNNING CLUB	BEDALE & AISKEW RUNNERS	NORTH
DANIEL	WILLIAMS		HANDFORTH, WILMSLOW, ALDERLEY AC	MACCLESFIELD H & AC	NORTH
CHELSEA	WILLIAMSON		GOSFORTH HARRIERS	GATESHEAD HARRIERS	NORTH
LUCY	WINDER		OTLEY AC	PUDSEY PACERS	NORTH
TRACY	WOODS		SOUTH RIBBLE RUNNERS	RED ROSE ROAD RUNNERS	NORTH
GARETH	YOUNG		CITY OF HULL AC	EAST HULL HARRIERS & AC	NORTH
PAUL	BARNES		NENE VALLEY HARRIERS	EYE COMMUNITY RUNNERS	SOUTH
MADELEINE	WOOD	U13	HILLINGDON AC	WYCOMBE PHOENIX HARRIERS & AC	SOUTH
WENDY	BELLAMY		NENE VALLEY HARRIERS	EYE COMMUNITY RUNNERS	SOUTH
ROBERT	HARRISON		CHINEHAM PARK RUNNING CLUB	BASINGSTOKE & MID HANTS ATHLETICS CLUB	SOUTH
CLAIRE	DENNY		LORDSHILL ROAD RUNNERS	ITCHEN SPITFIRES RUNNING CLUB	SOUTH
COLIN	LEWIS-PURVIS		EAST LONDON RUNNERS	HAVERING 90 JOGGERS	SOUTH
PAT	MOODY		BRACKNELL FOREST RUNNERS	WINDLE VALLEY RUNNERS	SOUTH

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JULIE	GILLENDER		BARKING ROAD RUNNERS	ILFORD AC	SOUTH
MARTA	CECONI		WINCHESTER DISTRICT AC	EPSOM AND EWELL HARRIERS	SOUTH
SARAH	MERCIER		CHANNEL ISLANDS AC	GUERNSEY ISLAND AAC	SOUTH
HYWEL	ROBINSON		CHANNEL ISLANDS AC	GUERNSEY ISLAND AAC	SOUTH
TOM	DRUCE		CHANNEL ISLANDS AC	GUERNSEY ISLAND AAC	SOUTH
TOM	NUTT		STRIDERS OF CROYDON	CRAWLEY AC	SOUTH
ELIZABETH	BEIGHTON		STOWMARKET STRIDERS RC	FELIXSTOWE ROAD RUNNERS	SOUTH
MARAN	RAJU		ILFORD AC	EAST LONDON RUNNERS	SOUTH
RICHARD	MOULD		ILFORD AC	BILLERICAY STRIDERS	SOUTH
ANDREW	REVELL		IPSWICH HARRIERS	CAMBRIDGE & COLERIDGE AC	SOUTH
PAUL	SHERATON		FLEET & CROOKHAM AC	READING JOGGERS	SOUTH
LAUREN	FLUDE	U15	IPSWICH HARRIERS	CATS	SOUTH
EDWARD	KNUDSEN		WELLS CITY HARRIERS	IPSWICH JAFFA	SOUTH
MARK	BURRELL		SHERFIELD PARK RUNNERS	BASINGSTOKE & MID HANTS ATHLETICS CLUB	SOUTH
VICTORIA	GEES- THORNTON		CALNE SMARTT	ON THE RUN	SOUTH
THOMAS	HONNIBALL		CITY OF HULL AC	HILLINGDON AC	SOUTH
YVONNE	SCARROTT		HARBOROUGH AC	NENE VALLEY HARRIERS	SOUTH
PATRICK	NORRIS		FETCH EVERYONE RC	100 MARATHON CLUB	SOUTH
PETER	SIMPSON		DARTFORD HARRIERS	BEXLEY ATHLETIC CLUB	SOUTH
ARABELLA	LEWENDON		IPSWICH JAFFA RUNNING CLUB	STOWMARKET STRIDERS	SOUTH
ALAN	BUCKLE		KPMG RUNNING CLUB	WADHURST RUNNERS	SOUTH
JONATHAN	MOSCROP		LONDON FRONTRUNNERS	SERPENTINE RUNNERS	SOUTH
JAMES	GILLANDERS		LONDON FRONTRUNNERS	SERPENTINE RUNNERS	SOUTH
IAN	MILLER		NEW ELTHAM JOGGERS	CAMBRIDGE HARRIERS	SOUTH
DANIEL	MARGIOTTA		HAVERING MAYESBROOK AC	CHELMSFORD AC	SOUTH
FRANCESCA	TURNER		GREAT YARMOUTH & DISTRICT AC	GREAT YARMOUTH ROAD RUNNERS	SOUTH
MANJULA	MOON		LEICESTER CORITANIANS AC	BRIGHTON AND HOVE CITY AC	SOUTH
STEVE	ELY		NORWICH ROAD RUNNERS	WYMONHAM AC	SOUTH
EMMA	ROLLINGS		ARENA 80 AC	LEWES AC	SOUTH
JULIA	HILTON		LEIGHTON BUZZARD ATHLETIC CLUB	LEIGHTON FUN RUNNERS	SOUTH
ANOUSHKA	JOHNSON		BEXLEY AC	DARTFORD HARRIERS AC	SOUTH
EMILY	WAKE -PRIMETT	U15	BRJ RUN & TRI	BEDFORD ATHLETICS CLUB	SOUTH
MARGERET	MULHOLLAND		HUNTINGDONSHIRE AC	CORBY AC	SOUTH
MELANIE	EDWARDS		HERNE HILL HARRIERS	DULWICH RUNNERS AC	SOUTH
ROBIN	PARKER		WEST NORFOLK ATHLETIC CLUB	MARCH ATHLETIC CLUB	SOUTH
ISAAC	SEIGER		RUGBY & NORTHAMPTON	BANBURY HARRIERS	SOUTH
ELLA	BROADFIELD	U13	CHILTERN HARRIERS	DACORUM & TRING	SOUTH
AMELIA	THORPE		WALTON ATHLETIC CLUB	BELGRAVE HARRIERS	SOUTH
CARLOS	CATALAN		HADLEIGH HARES	COLCHESTER HARRIERS	SOUTH

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HOLLY	BROWN		NENE VALLEY HARRIERS	PETERBOROUGH ATHLETIC CLUB	SOUTH
ALEXANDRA	SMITH		NORWICH ROAD RUNNERS	WYMONDHAM AC	SOUTH
SAMUEL	BROWN ARAUJO		POOLE RUNNERS	PURBECK RUNNERS	SOUTH
MILLIE	DONALD	U13	RIVERSIDE RUNNERS	BEDFORD ATHLETICS CLUB	SOUTH
JOHN	BARRETT		MID ESSEX CASUALS	WITHAM RUNNING CLUB	SOUTH
JOSEPH	GRIFFITHS	U15	THANET AC	INVICTA EAST KENT AC	SOUTH
ELIZABETH	SEARCH		BBC RUNNING CLUB	EALING EAGLES RUNNING CLUB	SOUTH
AMBER	WALLACE		WORTHING & DISTRICT HARRIERS	HARROW AC	SOUTH
RYAN	SNELL		WINCHESTER & DISTRICT AC	EXMOUTH HARRIERS	SOUTH
SAIRA	MUSCHAMP		BISHOP STORTFORD RC	HARLOW RC	SOUTH
NATHANIEL	ST LOUIS - MASON		S FACTOR ACADEMY	CAMBRIDGE HARRIERS	SOUTH
HARRIET	WOOLLEY		WELLINGBOROUGH & DISTRICT AC	CAMBRIDGE & COLERIDGE AC	SOUTH
GOLDENFRITZ	NGARIZEMA		ENFIELD & HARINGEY AC	THAMES VALLEY HARRIERS	SOUTH
HELEN	CROSSLAND		LEIGHTON BUZZARD ATHLETIC CLUB	LEIGHTON FUN RUNNERS	SOUTH
WALID	FAWAZ		EALING EAGLES RUNNING CLUB	EALING SOUTHALL & MIDDLESEX	SOUTH
DAISY	PITT		IPSWICH TRIATHLON CLUB	IPSWICH HARRIERS	SOUTH
CATHERINE	CROCKER		EASTLEIGH RUNNING CLUB	ITCHEN SPITFIRES RUNNING CLUB	SOUTH
PHILIP	SMITH		LARKFIELD AC	WINDLE VALLEY RUNNERS	SOUTH
SUZI	FROST		HASTINGS ROAD RUNNERS	HASTINGS AC	SOUTH
EMMA	HEATH		BRISTOL & WEST AC	GUILDFORD AND GODALMING AC	SOUTH
DEREK	CHANDLER		DENMEAD STRIDERS	VICTORY AC	SOUTH
LOUIS	FLINN		BARNET & DISTRICT AC	SHAFTESBURY BARNET HARRIERS	SOUTH
RICHARD	TAYLOR		VALE OF AYLESBURY	KIDLINGTON RUNNING CLUB	SOUTH