

BMC Nike Grand Prix External Results

Cardiff
28 Aug 10

800 1500 5000 3000SC 3000SCW

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Men 800m A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:48.74	171 Joe Thomas	U23 M	22	29.01.88	Arwyn Davies	Cardiff/UWIC	1:47.07	1:46.20
2	1:48.80	170 Gareth Warburton	SEN M	27	23.04.83	Darrell Maynard	Cardiff/UWIC	1:46.47	1:46.47
3	1:48.80	170 Ed Aston	U23 M	22	10.08.88	Michael Smith	Cambridge & Coleridge/Birmingham Uni/Birchfield H	1:47.02	1:47.02
4	1:49.85	149 Oliver Blake	U23 M	22	14.03.88		Oswestry/Loughborough Uni	1:49.11	1:48.85
5	1:49.98	146 Ben Scarlett	SEN M	24	22.01.86	Norman Poole	Swindon/Loughborough Uni/Medway & Maidstone	1:49.25	1:48.79
6	1:50.18	Mark Patterson	U20 M	19	23.01.91	Don Lennon	North Down/Ireland	1:49.20	1:49.20
7	1:50.53	135 James Thie	SEN M	32	27.06.78	James Thie	Cardiff	1:50.11	1:49.82
8	1:51.56	114 Mark Berridge	SEN M	26	15.06.84	Martin Tarsey	Basingstoke & Mid Hants	1:49.39	1:48.36

Men 800m B

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:50.5	135 Warren Frey	SEN M	26	22.09.83		Birchfield H	1:49.36	1:49.36
2	1:50.8	129 Tim Egerton	SEN M	26	19.01.84		Trafford	1:50.48	1:50.48
3	1:50.9	Vidar Dahle	U23 M	22	26.02.88		Norway	1:50.07	1:50.07
4	1:51.7	111 Sam Petty	U20 M	18	07.11.91	Mark Brace	North Devon	1:50.32	1:50.32
5	1:51.7	111 Nick Duggan	SEN M	26	22.01.84		Crawley	1:50.46	1:50.46
6	1:52.1	Rasmus Terp	U23 M	22	09.03.88		Denmark	1:51.33	1:51.33
7	1:58.1	0 Frank Baddick	SEN M	24	29.11.85	George Gandy	Newham & Essex Beagles/Loughborough Uni	1:50.77	1:50.00

Men 800m C

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:51.56	119 Jonathan Williams	PB SEN M	25	09.05.85		Llanelli/Swansea	1:51.56	1:51.56
2	1:51.59	119 Ryan Saunders	PB U20 M	19	29.07.91	Mick Woods	Bournemouth	1:50.48	1:50.48
3	1:52.08	104 Marcus Bridger-Wilkinson	U20 M	18	31.03.92	Karen Yewer	Newbury	1:51.85	1:51.85
4	1:52.25	Jacob Carstensen	SEN M	24	09.06.86		Denmark	1:51.08	1:49.80
5	1:52.44	97 Jack Hallas	U20 M	19	07.02.91	Aaron Thomas	Wakefield/Leeds Metropolitan Uni/Sale Harriers Man	1:52.02	1:50.14
6	1:53.72	71 Adam Watt	SEN M	25	29.10.84		Birchfield H	1:53.06	1:53.06
7	1:53.83	69 Andrew de-Camps	SEN M	22	13.09.87		Gloucester/Swansea Uni	1:51.89	1:51.89
8	1:53.99	66 Gareth Hill	SEN M	31	24.05.79		Ballymena & Antrim/Border	1:52.17	1:51.01

Men 800m D

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:53.82	69 James Miller	SB SEN M	25	13.03.85	Andrew Beadle	Cheltenham/Police	1:53.82	1:53.18
2	1:54.39	58 Peter Whitehouse	U23 M	20	22.09.89		Birchfield H/Birmingham Uni	1:52.36	1:52.36
3	1:54.93	47 Ben Akin	U20 M	17	11.02.93	Andy Bibby	Preston	1:53.28	1:53.28
4	1:55.09	44 Andrew Provost	U17 M	16	03.09.93	Mick Woods	Aldershot, Farnham & District	1:53.84	1:53.84
5	1:57.18	2 David Devine T13	U20 M	18	02.03.92		Liverpool H	1:54.34	1:54.34

Men 800m E

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:55.01	45 Luke Carroll	U17 M	16	20.10.93	Andrew Beadle	Cheltenham	1:54.7	1:54.7
2	1:55.32	44 Matthew Fayers	PB U17 M	16	05.08.94	Stevan Dokic	Hillingdon	1:55.32	1:55.32
3	1:56.38	18 Michael Kershaw	U23 M	19	03.11.90	James Thie	Cardiff/UWIC	1:54.7	1:54.7
4	1:56.72	11 Jordan Bransberg	U17 M	15	01.01.95	Andrew Medley	Skyrac	1:54.72	1:54.72
5	1:57.40	0 Cameron Strachan	U20 M	19	02.08.91		Aberdeen/Aberdeen Uni	1:55.57	1:55.57
6	1:58.06	0 Chris Prothero	U23 M	20	10.09.89	James Thie	Cardiff/Glamorgan Uni	1:56.64	1:56.01
7	1:59.76	0 Alistair Smith	U23 M	22	10.08.88	David Dix	Coventry	1:56.40	1:56.40
8	2:00.35	0 Andrew Dean-Young	SEN M	23	20.02.87		Bristol & West/Birmingham Uni	1:56.2	1:56.2

Men 800m F

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:56.87	13 Alex Edwards	PB U20 M	17	20.01.93	Dave Lewis	Cwmbran	1:56.31	1:56.31
2	1:57.43	0 Daniel Price	U23 M	20	31.10.89		Bournemouth/Exeter Uni	1:57.0	1:57.0
3	1:58.26	Stewart Davis	SEN M	34	16.04.76	Steve Mann	Ealing, Southall & Middx/Antigua & Barbuda	1:57.94	1:57.94
4	1:58.36	0 Jamie Taylor-Caldwell	U20 M	18	23.09.91		Ealing, Southall & Middx	1:58.06	1:58.06
5	1:58.58	Soren Dam Henriksen	SEN M	24	15.04.86		Denmark	1:58.16	1:58.16
6	1:58.59	0 David Banwell-Clode	U20 M	17	29.12.92	Dave Lewis	Cwmbran	1:56.85	1:56.85
7	1:58.90	0 Craig McDowall	U20 M	18	23.05.92		Lothian/Forth Valley	1:57.79	1:56.50

Men 800m G

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB
1	1:56.16	27 Elliot Slade	PB U17 M	15	05.11.94	Arwyn Davies	Cardiff & The Vale Schs	1:56.16	1:56.16
2	1:56.60	14 Richard Felton	SB U20 M	19	01.06.91		Bournemouth/Oxford Uni	1:56.60	1:55.45
3	1:56.94	12 Alex Coomber	PB U17 M	16	24.07.94	Paul Darney	Cardiff	1:56.94	1:56.94
4	1:58.59	0 Nick Howard	SB SEN M	23	18.12.86		Skyrac/Birmingham Uni	1:58.59	1:55.97
5	1:59.47	0 Christopher Woodger	SB U20 M	18	22.03.92	Graham Woodger	Lincoln Wellington	1:59.47	1:59.0
6	2:00.64	0 Stephen Morris	U23 M	21	13.09.88	Colin Daley	Aberdare Valley	1:58.5	1:58.5
7	2:03.26	0 Matthew Antoniazzi	U17 M	15	21.12.94	Dave Lewis	Cwmbran	1:58.99	1:58.99

Women 800m A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	2:03.9	190 Charlotte Best	SEN W	25	07.03.85	Mark Best	Crawley/Loughborough Uni	2:01.88	2:01.50	<input type="checkbox"/>
2	2:03.9	191 Danielle Christmas	SEN W	22	21.12.87	George Gandy	Crawley/Loughborough Uni	2:02.54	2:02.54	<input type="checkbox"/>
3	2:06.8	160 Carolyn Plateau	U23 W	22	22.08.88	Chris McGeorge	Radley/Oxford Uni	2:05.47	2:05.47	<input type="checkbox"/>
4	2:07.3	156 Jade MacLaren	U23 W	21	01.12.88	Rodger Harkins	Victoria Park City of Glasgow/Strathclyde Uni	2:06.63	2:06.63	<input type="checkbox"/>

Women 800m B

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	2:08.77	147 Carol Glover	PB SEN W	25	04.08.85		Swansea/UW Swansea	2:08.77	2:08.77	<input type="checkbox"/>
2	2:10.02	134 Ruth Mitchell	PB U23 W	22	10.02.88	Phil Banning	Bristol & West/UWIC	2:10.02	2:10.02	<input type="checkbox"/>
3	2:11.32	116 Rhianna Parker-Simpson	SB SEN W	27	20.07.83	Trevor Muxlow	Halesowen/Southampton	2:11.32	2:09.69	<input type="checkbox"/>
4	2:12.96	100 Jade Williams	U20 W	17	07.09.92		Amman Valley	2:11.9	2:11.5	<input type="checkbox"/>
5	2:17.02	59 Ellie Buchan	U20 W	17	27.04.93	Grant Scott Smith	Aberdeen	2:15.43	2:14.26	<input type="checkbox"/>
6	2:22.18	8 Lauren Bell	U17 W	15	07.12.94		Pembrokeshire	2:12.72	2:11.11	<input type="checkbox"/>

Women 800m C

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	2:12.53	109 Natalie Shaw	PB SEN W	24	30.01.86	David Sunderland	Derby	2:12.53	2:12.53	<input type="checkbox"/>
2	2:14.03	89 Bethan Strange	SEN W	23	07.03.87	Phil Banning	Cardiff/UWIC	2:12.5	2:12.5	<input type="checkbox"/>
3	2:14.58	84 Charlotte Gaughan	U23 W	22	27.01.88	Phil Banning	City of York/York Uni	2:13.72	2:13.72	<input type="checkbox"/>
4	2:15.96	75 Rose Penfold	PB U20 W	19	11.04.91		Mendip/Cambridge Uni	2:15.96	2:15.96	<input type="checkbox"/>
5	2:18.65	43 Rachel Atherton	U20 W	18	28.12.91		Cannock & Stafford	2:15.86	2:15.86	<input type="checkbox"/>

Men 1500m A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	3:45.65	156 Steve Mitchell	U23 M	22	24.05.88	Keith Brackstone	Bristol & West/Bristol Uni/Crawley/Helsby (BICC) R	3:45.27	3:44.29	<input type="checkbox"/>
2	3:46.02	158 Jonathan Hay	PB U20 M	18	12.02.92	Mick Woods	Aldershot, Farnham & District	3:46.02	3:46.02	<input type="checkbox"/>
3	3:46.22	152 Richard Weir	SEN M	26	07.08.84	David Sunderland	Derby/Staffordshire Uni	3:44.63	3:43.88	<input type="checkbox"/>
4	3:47.95	Jakob Hannibal	PB SEN M	29	18.01.81		Denmark	3:47.95	3:47.95	<input type="checkbox"/>
5	3:48.34	140 Tom Curr	PB U20 M	17	06.09.92	Christopher Frapwell	Stroud	3:48.34	3:48.34	<input type="checkbox"/>
6	3:48.54	Thomas Fitzpatrick	SEN M	28	02.10.81		Tallaght/Ireland	3:48.50	3:48.50	<input type="checkbox"/>
7	3:49.32	127 Nick Samuels	SEN M	29	13.06.81	George Gandy	Sale Harriers Manchester/Loughborough Uni	3:44.2	3:44.2	<input type="checkbox"/>
8	3:49.49	126 James Mills	SEN M	22	23.11.87		Wrexham/Bath Uni/Cardiff	3:46.47	3:46.47	<input type="checkbox"/>
9	3:50.34	119 Adam Clarke	U20 M	19	03.04.91	Mick Woods	Aldershot, Farnham & District/St. Mary's Uni/Hasti	3:49.45	3:49.45	<input type="checkbox"/>
10	3:51.33	111 Peter Bridger	SEN M	28	06.09.81	Tony Simmons	Luton/Lancaster Uni/Swansea	3:49.24	3:47.36	<input type="checkbox"/>
11	3:52.09	105 Ian Rawlinson	SEN M	26	03.03.84		Tipton/Shaftesbury Barnet	3:48.52	3:46.12	<input type="checkbox"/>
12	3:53.60	93 Martin Mashford	SEN M	23	03.05.87	Mick Woods	Aldershot, Farnham & District	3:45.6	3:45.6	<input type="checkbox"/>
13	3:54.39	86 Joe Durrant	U23 M	22	15.03.88		Cambridge H/Birmingham Uni	3:45.71	3:45.71	<input type="checkbox"/>
14	3:55.42	78 Jonathan Blackledge	SEN M	25	15.09.84		Belgrave/Oxford Uni	3:52.22	3:43.45	<input type="checkbox"/>

Men 1500m B

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	3:51.90	106 Tom Humphries	SB SEN M	25	24.09.84		Cannock & Stafford/Birchfield H	3:51.90	3:44.14	<input type="checkbox"/>
2	3:54.72	89 Ander Russell	PB U23 M	22	16.06.88		Stroud/Birmingham Uni	3:54.72	3:54.72	<input type="checkbox"/>
3	3:56.17	77 Sam Deathe	PB U20 M	18	07.09.91	James Bennett	Marshall Milton Keynes	3:56.17	3:56.17	<input type="checkbox"/>
4	3:56.53	74 Tom Purnell	PB U17 M	16	02.10.93	Christopher Frapwell	Stroud	3:56.53	3:56.53	<input type="checkbox"/>
5	3:58.20	56 Nathan Bibby	U23 M	20	14.09.89	Andy Bibby	Preston	3:56.33	3:56.33	<input type="checkbox"/>
6	3:58.37	55 Stephen Mears	SEN M	24	08.09.85	David Scoggins	Charnwood/Loughborough Uni	3:52.91	3:52.91	<input type="checkbox"/>
7	3:59.21	48 James Poole	SEN M	22	16.10.87	David Howe	Blackheath & Bromley/Loughborough Uni	3:55.95	3:49.78	<input type="checkbox"/>

Men 1500m C

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	3:55.05	86 Carl Bradbury	PB U23 M	21	20.04.89		Reading AC/St. Mary's Uni	3:51.59	3:51.59	<input type="checkbox"/>
2	3:56.18	77 Andrew Woods	PB U20 M	19	30.05.91		Hastings AC/Bristol Uni	3:56.18	3:56.18	<input type="checkbox"/>
3	3:57.02	70 Jonathan Henderson	PB SEN M	25	10.09.84	Kenneth Pike	Herne Hill/Edinburgh Uni	3:57.02	3:57.02	<input type="checkbox"/>
4	3:57.74	60 Mark Ryall	SEN M	29	14.02.81		Victoria Park & Tower Hamlets	3:57.52	3:57.52	<input type="checkbox"/>
5	4:01.20	32 Jonathan Peters	U23 M	20	07.06.90		Cardiff	4:00.48	4:00.48	<input type="checkbox"/>
6	4:01.32	36 Richard Kinnersley	PB SEN M	26	25.07.84	Rob McKim	Reading AC	4:01.32	4:01.32	<input type="checkbox"/>
7	4:02.31	28 Paddy Radley	PB U20 M	18	02.12.91		Owls Leicester	4:02.31	4:02.31	<input type="checkbox"/>
8	4:03.61	13 Fergus O'Reilly	U17 M	16	07.09.93	Mick Woods	Bournemouth	3:58.75	3:58.75	<input type="checkbox"/>
9	4:03.81	11 Nathaniel Lane	SEN M	34	10.04.76		Cardiff	4:01.3	4:01.3	<input type="checkbox"/>
10	4:12.13	0 James Houghton	SEN M	23	01.11.86		Cannock & Stafford/Loughborough Uni	4:02.30	3:57.18	<input type="checkbox"/>
11	4:14.31	0 Conor Mugan	U20 M	18	28.10.91		Bournemouth	4:04.43	4:04.43	<input type="checkbox"/>
12	4:24.60	0 Samuel Longville	U17 M	15	17.04.95		Bridgend	4:20.2	4:20.2	<input type="checkbox"/>

Women 1500m A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	
1	4:12.82	195 Laura Weightman	U20 W	19	01.07.91		Morpeth/Gateshead	4:09.60	4:09.60	<input type="checkbox"/>
2	4:15.88	180 Laura Kenney	SEN W	25	27.06.85	George Gandy	Royal Sutton Coldfield/Loughborough Uni	4:12.21	4:09.16	<input type="checkbox"/>
3	4:17.24	173 Tina Brown	SEN W	34	22.08.76	Glynn Tromans	Coventry	4:13.78	4:13.78	<input type="checkbox"/>
4	4:18.52	172 Alison Leonard	PB U23 W	20	17.03.90	Arthur Almond	Blackburn/Birmingham Uni	4:18.52	4:18.52	<input type="checkbox"/>
5	4:20.73	156 Stevie Stockton	U23 W	21	23.08.89	George Gandy	Vale Royal/Loughborough Uni	4:14.11	4:14.11	<input type="checkbox"/>
6	4:22.58	147 Abbey McGhee	U23 W	20	02.03.90	Bill Foster	Victoria Park City of Glasgow/Loughborough Uni/Tea	4:17.49	4:17.49	<input type="checkbox"/>
7	4:26.40	Kerry Hart	SEN W	29	15.07.81	Richard Rodgers	Windsor Slough Eton & Hounslow/Newcastle & Distric	4:19.73	4:14.17	<input type="checkbox"/>
8	4:26.95	125 Laura Dunn	U23 W	21	06.02.89	John Lees	Edinburgh/Bath Uni	4:24.23	4:24.23	<input type="checkbox"/>
9	4:30.30	108 Emelia Gorecka	U17 W	16	29.01.94	Mick Woods	Aldershot, Farnham & District	4:16.79	4:16.79	<input type="checkbox"/>
10	4:32.00	100 Jordan Kinney	U23 W	20	15.05.90	George Gandy	Royal Sutton Coldfield/Loughborough Uni	4:19.78	4:19.78	<input type="checkbox"/>

11	4:32.85	Orla Drumm	SEN W	26	06.04.84		University College Cork/Ireland	4:24.26	4:16.33	<input type="checkbox"/>
12	4:33.79	Amanda Jones	SEN W	25	07.10.84		Swansea/Army	4:21.55	4:21.55	<input type="checkbox"/>

Women 1500m B

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	<input type="checkbox"/>	
1	4:25.85	130 Melissa Courtney	SB U20	W	16	30.08.93	Mark Pauley	Poole AC/Team Dorset/Shaftesbury Barnet	4:25.85	4:25.40	<input type="checkbox"/>
2	4:29.58	112 Elaine Murty	SEN W	23	25.06.87		Blackheath & Bromley/Brunel Uni	4:24.13	4:24.13	<input type="checkbox"/>	
3	4:30.74	106 Hannah Alderson	U20	W	18	01.03.92	Keith Brackstone	Yate/Bristol & West	4:30.6	4:30.6	<input type="checkbox"/>
4	4:33.67	96 Rachel Deegan	PB SEN W	24	10.01.86		Sale Harriers Manchester/Oxford Uni	4:33.67	4:33.67	<input type="checkbox"/>	
5	4:34.68	86 Frances Briscoe	SB SEN W	27	12.04.83	Glynn Tromans	Coventry	4:34.68	4:32.15	<input type="checkbox"/>	
6	4:35.56	82 Katie Knowles	U23	W	20	06.06.90	John Knowles	Bristol & West/Birmingham Uni	4:33.40	4:27.44	<input type="checkbox"/>
7	4:35.76	81 Melanie Wood	U17	W	16	01.09.93	James Bennett	Marshall Milton Keynes	4:34.83	4:25.83	<input type="checkbox"/>
8	4:35.80	86 Natasha Cockram	PB U20	W	17	12.11.92	Dave Lewis	Cwmbran	4:35.80	4:35.80	<input type="checkbox"/>
9	4:35.90	80 Lara Thomas	U20	W	19	04.08.91	Rob Lewis	Lincoln Wellington/Birmingham Uni/Mansfield	4:34.01	4:34.01	<input type="checkbox"/>
10	4:39.51	67 Alaw Beynon-Thomas	PB U23	W	20	15.11.89	Kevin Evans	Carmarthen/West Wales	4:39.51	4:39.51	<input type="checkbox"/>
11	4:40.58	Niamh Roe	PB SEN W	28	15.12.81		Eagle/Ireland	4:40.58	4:40.58	<input type="checkbox"/>	
12	4:50.51	7 Zoe Thomas	SB U20	W	17	25.08.93	Phil Banning	Cardiff	4:50.51	4:49.20	<input type="checkbox"/>
13	4:51.50	7 Gemma Leahy	PB SEN W	22	19.11.87		Pembrokeshire/UWIC	4:51.50	4:51.50	<input type="checkbox"/>	

Men 5000m A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	<input type="checkbox"/>	
1	14:09.06	121 Bruce Raeside	SEN M	28	02.12.81	Trevor Muxlow	Notts/Cambuslang	13:53.93	13:53.93	<input type="checkbox"/>	
2	14:15.03	Henri Manninen	SEN M	25	03.01.85		Finland	14:14.4	14:14.4	<input type="checkbox"/>	
3	14:22.87	Jarkko Hamberg	SEN M	28	25.06.82		Finland	14:12.33	14:12.33	<input type="checkbox"/>	
4	14:23.06	98 Jonathan Hay	PB U20	M	18	12.02.92	Mick Woods	Aldershot, Farnham & District	14:02.29	14:02.29	<input type="checkbox"/>
5	14:23.95	92 Simon Jones	SB SEN M	26	29.11.83		Belgrave/Porthcawl Runnerslife	14:23.95	14:11.78	<input type="checkbox"/>	
6	14:25.49	89 Ryan McLeod	SEN M	25	07.06.85	John Nuttall	Tipton	13:54.43	13:54.43	<input type="checkbox"/>	
7	14:28.42	88 Dewi Griffiths	PB U20	M	19	09.08.91	Kevin Evans	Carmarthen	14:28.42	14:28.42	<input type="checkbox"/>
8	14:28.75	82 Jonathan Thewlis	SEN M	25	07.05.85	John Nuttall	Rotherham/Nottingham Uni/City of Sheffield	14:02.0	14:02.0	<input type="checkbox"/>	
9	14:53.76	37 Adam Elliott	PB SEN M	24	23.12.85		Sale Harriers Manchester/Loughborough Uni	14:53.76	14:53.76	<input type="checkbox"/>	
10	14:55.78	28 Neil Phillips	SB SEN M	31	06.01.79	Mick Woods	Aldershot, Farnham & District/St. Mary's Uni	14:55.78	14:45.75	<input type="checkbox"/>	
11	15:33.80	0 Alex Bruce-Littlewood	U23	M	20	24.04.90		Blackheath & Bromley/Portsmouth Uni/Hercules Wimbl	14:50.82	14:50.82	<input type="checkbox"/>

Men 5000m B

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	<input type="checkbox"/>	
1	14:36.92	71 Eddie McGinley	PB SEN M	27	29.01.83		Annadale/Border	14:36.92	14:36.92	<input type="checkbox"/>	
2	14:47.82	49 Steven Connor	PB U23	M	22	01.06.88	Mick Woods	Aldershot, Farnham & District/St. Mary's Uni	14:47.82	14:47.82	<input type="checkbox"/>
3	14:49.39	46 Fabian Downs	PB SEN M	24	12.03.86	Fabian Downs	Chiltern/Bangor Uni/Reading AC	14:49.39	14:49.39	<input type="checkbox"/>	
4	14:52.52	34 Lee Reynolds	SEN M	25	13.11.84	Andrew Hobdell	Windsor Slough Eton & Hounslow	14:43.28	14:43.28	<input type="checkbox"/>	
5	14:59.84	25 Dave Alcock	PB SEN M	30	20.08.80		Victoria Park & Tower Hamlets	14:59.84	14:59.84	<input type="checkbox"/>	
6	15:03.61	17 Ian Habgood	PB SEN M	26	14.05.84		Bournemouth	15:03.61	15:03.61	<input type="checkbox"/>	
7	15:10.88	Rory McDonnell	PB SEN M				Ireland	15:10.88	15:10.88	<input type="checkbox"/>	
8	15:18.31	5 Michael Tarpey	PB SEN M	24	02.09.85	Andrew Hobdell	Herts Phoenix/Hertfordshire Uni	15:18.31	15:18.31	<input type="checkbox"/>	
9	15:19.37	5 Lee Ladd	PB U23	M	22	19.07.88		Carmarthen	15:19.37	15:19.37	<input type="checkbox"/>
10	15:33.35	5 Jordan Ali	PB U20	M	17	25.09.92	Tim Ash	Ipswich	15:33.35	15:33.35	<input type="checkbox"/>
11	15:40.29	5 Peter Ryder	PB SEN M	28	31.10.81		Cardiff	15:40.29	15:40.29	<input type="checkbox"/>	
12	16:07.00	0 Rob McTaggart	SEN M	24	14.10.85		Bournemouth/Poole AC	15:27.01	15:27.01	<input type="checkbox"/>	

Women 5000m A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	<input type="checkbox"/>	
1	15:23.4	246 Charlotte Purdue	PB U20	W	19	10.06.91	Mick Woods	Aldershot, Farnham & District	15:23.4	15:23.4	<input type="checkbox"/>
2	15:26.5	218 Freya Murray	PB SEN W	26	20.09.83		Chester-le-Street/Edinburgh	15:26.5	15:26.5	<input type="checkbox"/>	
3	15:53.1	191 Sonia Samuels	PB SEN W	31	16.05.79	George Gandy	Sale Harriers Manchester/Loughborough Uni	15:53.1	15:53.1	<input type="checkbox"/>	
4	16:00.3	179 Justina Heslop	SEN W	31	03.03.79	Frank Horwill	Clapham Chasers	15:49.74	15:49.74	<input type="checkbox"/>	
5	16:10.3	174 Naomi Taschimowitz	PB U23	W	20	19.10.89	Charlotte Fisher	Taunton/Cambridge Uni/Enfield & Haringey	16:10.3	16:10.3	<input type="checkbox"/>
6	16:28.5	151 Caroline Hoyte	V40	W	40	30.06.70		Arena 80	16:17.10	16:17.10	<input type="checkbox"/>
7	16:40.7	144 Louise Perrio	PB SEN W	28	08.07.82	Alan Rowe	Guernsey/Channel Islands	16:40.7	16:40.7	<input type="checkbox"/>	
8	16:59.3	120 Bryony Proctor	U23	W	22	15.02.88	Mick Woods	Blackheath & Bromley/St. Mary's Uni	16:48.64	16:48.64	<input type="checkbox"/>
9	17:24.6	100 Leigh Lattimore	PB U20	W	19	02.02.91	Mick Woods	Harrow/Oaklands Col	17:24.6	17:24.6	<input type="checkbox"/>

Men Steeplechase A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	<input type="checkbox"/>	
1	9:00.39	164 Ben Nagy	PB U23	M	20	14.03.90	Bela Nagy	Enfield & Haringey/Bath Uni	9:00.39	9:00.39	<input type="checkbox"/>
2	9:01.81	161 Tom Doe	PB SEN M	28	01.06.82		Lincoln Wellington/Birmingham Uni/Derby	9:01.81	9:01.81	<input type="checkbox"/>	
3	9:13.19	133 Chris Discombe	SEN M	30	24.01.80	James Thie	Les Croupiers/Cardiff	9:03.24	9:03.24	<input type="checkbox"/>	
4	9:20.38	Harald Karbo	PB U20	M	18	18.05.92		Norway	9:20.38	9:20.38	<input type="checkbox"/>
5	9:58.70	47 Paul Miles	PB SEN M	26	28.04.84		Owls Leicester	9:58.70	9:58.70	<input type="checkbox"/>	

Women Steeplechase A

Pos	Perf	UKC Name	AG	Age	DOB	Coach	Club	SB	PB	<input type="checkbox"/>	
1	10:20.88	170 Laura Parker	PB U23	W	20	30.05.90	Mick Woods	Wells City/Yeovil/St. Mary's Uni/Enfield & Haringey	10:20.88	10:20.88	<input type="checkbox"/>
2	10:33.04	144 Emma Raven	SEN W	27	23.02.83	James Raven	Chester-le-Street/Thames Valley/Forth Valley/Centr	10:05.92	10:05.92	<input type="checkbox"/>	
3	10:44.24	131 Emily Brown	PB SEN W	26	08.09.83	Darrell Maynard	Cardiff/UWIC	10:44.24	10:44.24	<input type="checkbox"/>	
4	10:55.13	108 Sarah Hood	SEN W	28	09.06.82		Edinburgh/Edinburgh Uni	10:43.65	10:43.65	<input type="checkbox"/>	
5	11:10.78	87 Diana Kennedy	PB SEN W	31	21.12.78	Brian Hopkins	Woodford Green Essex Ladies	11:10.78	11:10.78	<input type="checkbox"/>	

6	11:18.74	73	Chloe Anderson	PB U23 W 21	18.08.89	Exeter/UWIC	11:18.74	11:18.74	<input type="checkbox"/>
7	11:30.91	48	Shavaun Henry	SEN W 25	02.01.85	Blackheath & Bromley	11:16.96	10:56.70	<input type="checkbox"/>
8	11:45.26	29	Kate Spilsbury	PB SEN W 23	18.09.86	Vale Royal/Loughborough Uni	11:45.26	11:45.26	<input type="checkbox"/>