

Race :  
1 600m Heat 1

Posn	Vest No.	Leg No.	Time	Name	Club
1	350		01:49.06	Eimear Mccinley	Ashlyn's School / Watford Harriers
2	354		01:50.82	Naomi Redmond	Queens School / Watford Harriers
3	353		01:52.18	Anya Rochester	Albury School / Watford Harriers
4	355		02:11.34	Katie Moiseeva	Parmiters School
5	352		02:23.32	Lola Rose Elderfield	St Joan Of Arc School

Race :  
2 600m Heat 2

Posn	Vest No.	Leg No.	Time	Name	Club
1	363		01:45.87	Damian Jasinki	Queens School
2	361		01:47.96	Samuel Ames	Queens School / Watford Harrier
3	364		01:50.65	Josh Woodward	Sarratt School / Watford Harriers
4	360		02:00.84	Calum Brannan	St Joan Of Arc School

Race :  
7 BMC 800m A (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	4	4	01:47.52	Reece Sharman-newell U23	Basingstoke & Mid Hants / Csp University
2	11	11	01:47.96	Samuel Reardon U23	Blackheath & Bromley
3	6	6	01:48.04	Archie Davis	Brighton Phoenix / Crawley
4	10	10	01:48.10	Matthew Stonier U23	Invicta East Kent / Loughborough Students
5	2	2	01:48.49	Charlie Da'vall Grice	Brighton Phoenix
6	7	7	01:48.53	Oliver Dustin	Border / Birmingham Uni
7	5	5	01:48.60	Riley Mcgown	Australia
8	1	1	01:48.74	Alex Botterill	City Of York / Leeds Beckett Uni
9	3	3	01:48.90	Kyle Langford	Watford

10	8	8	01:48.97	Jack Lunn U23	Australia
11	9	9	01:49.03	Thomas Randolph	Tamworth

Race :  
10 BMC 800m B (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	21	10	01:47.27	Mark English	Letterkenny / Ireland
2	15	4	01:47.65	Daniel Howells U23	Aldershot Farnham & District / Brunel Uni London
3	14	3	01:47.75	Thomas Keen U23	Cambridge & Coleridge / Birmingham Uni
4	17	6	01:47.84	Angus Harrington U23	Blackheath & Bromley / Cambridge Uni
5	13	2	01:47.96	Henry Fisher U23	Blackheath & Bromley / Birmingham Uni
6	19	8	01:47.97	Piers Copeland	Pontypridd (roadents) / Cardiff Met Uni
7	20	9	01:48.06	James McMurray	St. Albans Ac / St. Albans Striders / Brunel Uni London
8	12	1	01:50.51	Roland Surlis	Annalee Irl / Ireland

Race :  
3 BMC 800m C (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	25	4	01:49.40	Ossama Meslek	Leeds City / Loughborough Students / Italy
2	30	9	01:49.86	Callum Elson	Cambridge & Coleridge / American International College
3	28	7	01:50.61	Louis O'loughlin U23	Donore / Ireland
4	29	8	01:51.02	Daniel Joyce U23	Tynedale / Mississippi State
5	23	2	01:51.04	Nicholas Landeau	Walton / Trinidad & Tobago
6	22	1	01:51.43	Finlay Hutchinson U20	Notts
7	24	3	01:53.21	Jake Bagge U23	Estonia

Race :  
13 BMC 800m D (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	34	4	01:49.33	Elliot Savage U20	Sale Harriers Manchester
2	37	7	01:49.57	Ted Chamberlain	Holmfirth
3	32	2	01:49.73	Cillian Kirwan	Raheny Shamrocks / Ireland
4	33	3	01:50.00	Jonny White	City Of Portsmouth / Portsmouth Uni
5	31	1	01:50.31	Michael Wilson	Sunderland
6	36	6	01:50.34	Joseph Rogers	Halesowen / Wyoming Uni
7	38	8	01:51.43	Ben Murphy	Tonbridge
8	40	10	01:51.91	Sam Davey U23	Worcester / Birmingham Uni
9	376	12	01:53.12	Drake Prince	USA
10	35	5	01:56.50	Benjamin Gardiner U23	Blackheath & Bromley / Birmingham Uni

Race :  
11 BMC 800m E (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	43	2	01:50.40	Matthew Snowdon U23	Ipswich
2	46	5	01:50.69	Joseph Owen U23	Orion / Nottingham Uni
3	42	1	01:50.73	Joseph Tuffin	Brat / Rushcliffe
4	49	8	01:51.07	Jai Sispal U23	Leamington / Birmingham Uni
5	45	4	01:51.45	Jack Gumm	Brighton Phoenix / Bath Uni
6	44	3	01:51.58	Eddie Hunter U23	Leeds City / Birmingham Uni
7	50	9	01:52.46	Benjamin Davies	Bedford & County
8	48	7	01:52.93	Jaymee Domoney	City Of Salisbury

Race :  
15 BMC 800m F (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	52	2	01:51.25	Iestyn Williams U23	Carmarthen / Wichita State Uni
2	39	11	01:52.09	Cristofer Jarpa	Chile

3	59	9	01:52.90	Alex Hampson	Mansfield
4	57	7	01:53.08	Ben Brunswick	Sale Harriers Manchester / Manchester Uni
5	55	5	01:53.20	Scott Armstrong	Sunderland / Durham Uni
6	51	1	01:53.60	Sam Stephens U23	Vale Royal / Leeds Uni
7	60	10	01:55.00	Sam Winters	Bedford & County
8	56	6	01:56.07	Ricky Harvie	Aldershot Farnham & District
9	53	3	02:00.78	Nairobi Smith-mills U23	Notts / Bermuda

Race :  
12 BMC 800m G (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	66	6	01:51.24	Thomas Niner	Brighton & Hove
2	63	3	01:51.44	Stefan O'loughnane U20	Basingstoke & Mid Hants
3	69	9	01:51.50	Charlie Baldwin	Worthing / St. Mary's Uni
4	68	8	01:51.51	Jordan Chambers	Tonbridge
5	64	4	01:52.35	Jack Dickson U23	Kingston & Poly / Csp University
6	62	2	01:53.32	Pierce Clisham U23	Coventry / Leeds Uni
7	65	5	01:53.47	Jamie Webster U23	Bedford & County
8	70	10	01:54.76	Lewis Carr	Sheffield & Dearne

Race :  
1 BMC 800m H (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	71	1	01:53.43	Xavier O'hare U23	Trafford / St. Mary's Uni
2	74	4	01:53.58	Nick Armstrong	Newham & Essex Beagles / Loughborough Students
3	78	8	01:54.57	Ben Waterman	Ealing Southall & Middx / Oxford Uni / Run Fast
4	77	7	01:54.97	Ben Nolan U20	Wigan & District
5	73	3	01:56.86	Josh Trigwell	Belgrave
6	75	5	01:58.60	Nathan Brown	Edinburgh Ac / Glasgow Jaguars / Edinburgh Ac / Loughborough Students

7 72 2 01:59.49 Vince Mwangi U20 United States

Race : BMC 800m A  
6 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	82	2	02:02.33	Ellie Baker	Brighton Phoenix
2	85	5	02:03.11	Hannah Segrave	Middlesbrough (mandale)
3	83	3	02:03.70	Berdine Castillo Lillo	Chile
4	88	8	02:04.17	Steph Driscoll U23	Liverpool H / Kendal
5	84	4	02:04.44	Georgie Hartigan	Birchfield H / Dundrum South Dublin / Ireland
6	97	7	02:04.54	Rhiannon Hawker	Cardiff / Cardiff Met Uni
7	81	1	02:04.89	Jill Cherry	Victoria Park City Of Glasgow / Glasgow Uni
8	90	6	02:07.77	Emily Simpson	Sheffield & Dearne / Sheffield Hallam Uni

Race : BMC 800m B  
5 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	94	6	02:05.55	Shannon Flockhart U23	Cambridge & Coleridge / Providence Col
2	98	10	02:07.14	Rachel Mcclay	Bracknell Ac
3	92	4	02:07.42	Grace Vans Agnew	Brighton Phoenix
4	93	5	02:07.46	Morgan Mitchell	Australia
5	91	3	02:08.85	Helen Braybrook U23	Corby / Csp University

Race : BMC 800m C  
4 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	106	8	02:06.35	Bethan Morley U23	Leeds City / Loughborough Students
2	103	5	02:07.67	Melina Andorra U23	Switzerland
3	100	2	02:07.88	Ellie Leather	Team Bath

4	105	7	02:07.93	Isobel Ives	Basildon / Bath Uni
5	102	4	02:09.66	Saskia Huxham	Hallamshire / Durham Uni
6	101	3	02:09.79	Susie Nestor U23	Ireland
7	104	6	02:13.77	Renee Crotty U20	Annalee Irl / Ireland
8	99	1	02:14.78	Lily Saxon U20	Solihull & Small Heath

Race : BMC 800m D  
2 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	109	2	02:10.92	Rebekah Osborne	Dromore / Exeter Uni
2	110	3	02:11.56	Charlotte Buckley U23	Thames Valley / Oxford Uni
3	111	4	02:11.79	Charlotte Young U23	Medway & Maidstone / Loughborough Students
4	114	7	02:12.12	Zoe Carruthers	City Of Lisburn
5	113	6	02:15.43	Harriet Tuson U23	Yeovil / Keiser / Wells City

Race : BMC 800m E  
14 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	89	7	02:07.24	Indienne King U20	Wigan & District
2	117	3	02:13.85	Milly Dickinson U23	Brighton Phoenix / Cambridge Uni
3	118	4	02:14.13	Shen Wigfield-turner U20	Hallamshire
4	120	6	02:14.37	Ella Saunders	Reading Ac
5	115	1	02:14.45	Holly Watson U20	Chelmsford
6	116	2	02:15.09	Ella Fryer U20	St. Mary's Richmond / Oxford Uni
7	119	5	02:15.41	Maja Thomson U20	Team East Lothian

Race : BMC 1500m A (Mens)  
18

Posn	Vest No.	Leg No.	Time	Name	Club
1	130	10	03:40.63	Nick Griggs U20	Cndr / Ireland
2	134	14	03:41.08	James West	Tonbridge
3	138	18	03:41.38	Will Lewis	Australia
4	122	2	03:41.44	Jack Rowe	Aldershot Farnham & District
5	128	8	03:41.61	Charlie O'donovan	Leevale / Ireland
6	124	4	03:41.67	James Heneghan	Pontypridd (roadents) / Cardiff Uni
7	137	17	03:42.05	Charles Wheeler	Mk Distance Project / Wisconsin-madison Uni
8	132	12	03:42.16	Sam Blake	Australia
9	126	6	03:42.20	Will Barnicoat U23	Aldershot Farnham & District / Birmingham Uni
10	121	1	03:42.81	Luke Shaw U23	City Of Portsmouth / Australia
11	133	13	03:42.89	Tendai Nyabadza U20	Harmeny
12	136	16	03:43.40	Andrew Milligan	North Belfast / Lancaster Uni
13	131	11	03:43.66	Benjamin West	Mk Distance Project
14	125	5	03:43.68	Alex Melloy U23	Cambridge & Coleridge
15	123	3	03:43.83	Duncan Robinson U23	Giffnock North
16	129	9	03:53.51	Daniel Bebbington	Blackburn

Race :  
23 BMC 1500m B (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	152	14	03:43.88	Adam Moore	Windsor Slough Eton & Hounslow
2	146	8	03:44.38	Thomas Patrick U23	Shaftesbury Barnet / Loughborough Students
3	140	2	03:44.85	Thomas Bridger U23	Cambridge & Coleridge
4	155	17	03:44.85	Sam Mills U20	Exeter
5	144	6	03:45.14	Ben Potrykus	Woodford Green Essex Ladies / Inverclyde
6	151	13	03:45.46	Robert Howorth	Team Bath / Charleston
7	143	5	03:45.74	Andrew Penney	Hercules Wimbledon
8	142	4	03:46.30	George Wheeler	Mk Distance Project / Lamar Uni
9	141	3	03:46.81	Adam Wright	Rugby & Northampton / Queens Uni Nc
10	147	9	03:48.25	Liam Lamb U23	New Zealand
11	154	16	03:48.87	Michael Roeger V35	Australia

12	149	11	03:49.77	Isaac Rothwell U20	Cambridge & Coleridge
13	153	15	03:49.96	Daniel Brookling	Windsor Slough Eton & Hounslow / Missouri

Race :  
19 BMC 1500m C (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	169	14	03:45.76	Samuel Charig U23	City Of Portsmouth / Bath Uni
2	159	4	03:46.21	Sander Dybwad Mathiesen U23	Norway
3	163	8	03:46.84	Harry Cox	Chiltern / Cambridge Uni
4	156	1	03:47.07	Charlie Wyllie	Hercules Wimbledon / Kent Uni
5	170	15	03:47.35	Juan Ignacio Pena Pizarro	Chile
6	167	12	03:47.40	Mark Milner	Tullamore / Ireland
7	157	2	03:48.38	Angus Mcmillan	City Of York / Loughborough Students
8	172	17	03:48.51	Luke Anderson	United States
9	158	3	03:50.34	Joe Armstrong	Sunderland / Durham Uni
10	166	11	03:50.44	James Mccrae	Hallamshire
11	160	5	03:51.16	Evan Savage U20	Sale Harriers Manchester
12	165	10	03:54.04	Andrew Smith	Leeds City / Leeds Beckett Uni
13	162	7	03:55.31	David Race U20	Gateshead / Loughborough Students
14	164	9	03:57.45	Adam Peacock	Brat / Bromsgrove & Redditch

Race :  
20 BMC 1500m D (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	181	9	03:49.56	Zak Freeland U20	Marshall Milton Keynes / Queens Uni Nc
2	175	3	03:49.70	Jack O'farrell	Burren / Loughborough Students
3	187	15	03:49.96	Simon Steinshamn	Norway
4	182	10	03:50.93	Rowan Miell-ingram U20	Radley / Loughborough Students
5	180	8	03:51.15	Kieran Kelly	Raheny Shamrocks / Ireland



6	176	4	03:51.97	George Rowland U23	Cambridge & Coleridge / Birmingham Uni
7	186	14	03:52.31	Eoin Pierce	Newham & Essex Beagles / Clonliffe / Ireland
8	179	7	03:52.37	Simon Byrne V35	Swindon
9	177	5	03:52.57	Wiktor Milkowski U20	Poland
10	183	11	03:52.91	Charlie Eastaugh	Hercules Wimbledon
11	185	13	03:56.93	Finlay McPhillips	Australia
12	188	16	03:58.40	Charles Crick U23	Tonbridge / Durham Uni
13	173	1	04:05.83	Tommy Shaw U20	City Of York / Birmingham Uni
14	178	6	04:08.13	Edward Leech U23	Forest Of Dean Ac / Durham Uni

Race :  
22 BMC 1500m E (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	203	15	03:50.79	Cillian Doherty	Cambridge & Coleridge / Ireland
2	200	12	03:52.04	Freddy Richardson U23	Colchester & Tendring / St. Mary's Uni
3	196	8	03:52.37	Joe Blacknell U23	Aldershot Farnham & District / Birmingham Uni
4	193	5	03:52.53	Terence Fawden	Highgate / Cambridge Uni
5	192	4	03:52.68	James Vaughan U20	Birchfield H
6	198	10	03:52.81	William Aitken U23	Wingate University / Doncaster
7	190	2	03:52.99	Thomas Archer U20	London Heathside / Essex Schs
8	191	3	03:53.88	Luke Nuttall U23	Charnwood / Loughborough Students
9	199	11	03:54.18	Callum Bowen-jones	Newham & Essex Beagles
10	201	13	03:56.39	Michael Mccarthy	Liverpool H / Ireland
11	195	7	03:57.48	Finley Proffitt U23	Trafford / Birmingham Uni
12	189	1	04:01.59	Angus Hincksman U20	Australia
13	194	6	04:01.76	Philo Saunders V45	Australia

Race :  
8 BMC 1500m F (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	209	6	03:53.39	Lughaidh Mallon U20	Lagan Valley / Ireland
2	207	4	03:55.74	Kieron Sexton	Hallamshire / Crusaders / Ireland
3	205	2	03:56.62	Jack Woods	Worthing
4	208	5	03:56.90	Reuben Macdonald U20	Giffnock North
5	211	8	03:57.68	Scott Halsted	Bracknell Ac
6	206	3	03:58.08	Ross O'brien U20	Glasgow Jaguars / West Of Scotland Uni / Giffnock North
7	210	7	04:00.21	Niki Faulkner	Thames Valley / Imperial College
8	204	1	04:02.01	Deon Kenzie	Australia
9	212	9	04:10.98	Mark Booth	Reading Ac

Race :  
21 BMC 1500m A  
(Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	225	13	04:11.41	Mary Ekiru	Kenya
2	226	14	04:11.61	Maudie Skyring	Australia
3	222	10	04:12.00	Niamh Bridson Hubbard	Blackheath & Bromley / Cambridge Uni
4	220	8	04:12.84	Laura Nagel	New Zealand
5	224	12	04:13.29	Jaylah Hancock-cameron U23	Australia
6	227	15	04:14.04	Rebekah Greene	New Zealand
7	214	2	04:14.30	Sarah Calvert U23	Livingston / Edinburgh Uni Hare & Hounds
8	218	6	04:14.62	Megan Davies	Sale Harriers Manchester
9	213	1	04:16.76	Annie Mann U20	Winchester / Halterworth
10	216	4	04:17.33	Jenny Selman	Fife
11	223	11	04:17.81	Alice Wright U23	Brighton Phoenix
12	215	3	04:18.02	Olivia Weslien	Sweden
13	221	9	04:18.11	Amy Griffiths	Aldershot Farnham & District / Loughborough Students
14	228	16	04:20.60	Niamh Carr U23	Ballymena & Antrim / Edinburgh Uni / Ireland
15	219	7	04:23.51	Amy O'donoghue	Emerald / Ireland

16 229 17 04:25.70 Sara Basic U23 Norway

Race : BMC 1500m B  
24 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	243	14	04:19.59	Beth Kidger	Brighton Phoenix / Crawley
2	241	12	04:19.93	Lauren Church	Reading Ac
3	235	6	04:21.86	Molly Hudson U23	Derby / Leeds Beckett Uni
4	238	9	04:22.56	Katie Lowery	Warrington Ac / Leeds Uni
5	237	8	04:23.32	Shona O'brien	Ireland
6	242	13	04:23.58	Abigail Stratton U20	Blackburn
7	233	4	04:23.63	Hollie Parker	Enfield & Haringey / Brighton Phoenix
8	244	15	04:24.49	Niamh Kearney	Raheny Shamrocks / Ireland
9	255	18	04:26.36	Helen Hall V35	Winchester
10	259	17	04:26.78	Emily Lowery U23	Vale Royal / Cardiff Uni
11	234	5	04:27.32	Almi Nerurkar U23	Brighton Phoenix
12	230	1	04:28.00	Rachel Gibson	North Down
13	231	2	04:28.96	Cheryl Nolan	Hercules Wimbledon / St. Abbans / Ireland
14	245	16	04:29.29	Suzie Monk	Guildford & Godalming
15	240	11	04:31.69	Ava Lloyd U20	Wigan & District
16	236	7	04:35.06	Juliet Hodder	Wirral / St. Mary's Uni

Race : BMC 1500m C  
17 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	256	11	04:22.35	Kirsty Walker	Edinburgh Ac / Loughborough Students
2	249	4	04:23.19	Eimear Maher U23	Ireland
3	246	1	04:25.62	Molly Butterworth	Doncaster / Leeds Uni
4	252	7	04:25.97	Alex Eykelbosch	Dacorum
5	248	3	04:27.04	Chloe Sharp	Blackheath & Bromley / Kent Uni
6	258	13	04:27.05	Emma Howsham	Reading Ac

7	247	2	04:27.97	Jodie Mccann	Dublin City / Ireland
8	254	9	04:30.20	Morgan Squibb U23	Blackheath & Bromley / St. Mary's Uni
9	261	16	04:38.50	Charlotte Taylor-green V35	Clevedon
10	262	17	04:40.92	Fiona Kehoe V40	Kilmore / Ireland

Race :  
9 BMC 1500m D  
(Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	270	8	04:25.25	Katie Hughes	Aldershot Farnham & District / St. Mary's Uni / Cornwall Ac
2	267	5	04:28.29	Natalie Griffiths V35	Southampton
3	268	6	04:29.30	Emily Moyes	Aldershot Farnham & District
4	269	7	04:31.00	Cara Inch	Holmfirth / Loughborough Students
5	266	4	04:31.80	Keira Stern U23	St. Albans Ac / Loughborough Students
6	264	2	04:33.19	Laurie Marlow	Reading Ac
7	271	9	04:34.50	Holly Fisher U23	Ipswich / Loughborough Students
8	273	11	04:38.19	Alex Mundell	Thames Valley / Imperial
9	272	10	04:40.46	Dominique Corradi U23	Sutton & District / Leeds Uni

Race :  
27 BMC 3000m A (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	288	14	07:48.31	Marc Scott	Richmond & Zetland / Manchester Metropolitan Uni
2	286	12	07:49.03	Emile Cairess	Leeds City / St. Mary's Uni
3	284	10	07:49.68	Baldvin Magnusson	Kingston Upon Hull / Eastern Michigan / Iceland
4	278	4	07:50.00	Fearghal Curtin	Youghal / Ireland
5	293	19	07:53.59	Jacob Cann	Newham & Essex Beagles / Horsham Blue Star / Lancaster Uni
6	277	3	07:54.42	Alfie Manthorpe	Sheffield & Dearne / Sheffield Uni
7	282	8	07:54.73	Ian Crowe-wright	Brighton & Hove / Belgrave

8	276	2	07:54.89	Joshua Dickinson U23	Leeds City
9	279	5	07:55.26	Ignacio Velasquez C	Chile
10	295	21	07:55.56	Max Heyden	Aldershot Farnham & District / Loughborough Students
11	280	6	07:55.65	Joshua Phillips	Australia
12	294	20	07:57.36	George Watson	Cheltenham / Bradley Uni
13	275	1	08:00.43	Jack Goodwin	Bedford & County
14	289	15	08:00.70	Sam Charlton U23	Wallsend
15	287	13	08:01.30	Jonathan Escalante-phillips	Cambridge & Coleridge / Cambridge Uni
16	285	11	08:02.56	Ned Potter U23	Newham & Essex Beagles / Loughborough Students / Chichester
17	292	18	08:03.92	Callum Morgan U23	Cndr / Ireland
18	309	22	08:05.22	John Travers	Herne Hill / Donore / Ireland
19	291	17	08:05.34	Linton Taylor	Leeds City / Leeds Beckett Uni
20	281	7	08:09.64	Mitchell Small	New Zealand
21	283	9	08:14.91	John Sanderson	Guildford & Godalming

Race :  
29 BMC 3000m B (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	303	8	08:00.77	Bryn Woodall U23	Colwyn Bay / Milligan College
2	296	1	08:06.77	Jordan Skelly	Lincoln Wellington
3	302	7	08:07.21	Oscar Bell	Herts Phoenix / Ware Joggers
4	299	4	08:07.64	Callum Jones	Cornwall Ac
5	312	17	08:07.88	Luca Minale U23	Gateshead / Victoria Park & Tower Hamlets
6	306	11	08:11.26	Aaron Jones U23	United States
7	301	6	08:12.89	Dafydd Jones U20	Swansea
8	308	13	08:13.16	Kurt Taylor	Bristol & West
9	314	19	08:13.34	Dylan Evans	Shaftesbury Barnet / Australia
10	307	12	08:14.50	Mitchell Byrne	Rathfarnham / Ireland
11	310	15	08:14.59	Will Stockley	Belgrave / Milligan College
12	313	18	08:20.43	Jacob O'hara U23	Southampton
13	298	3	08:26.47	Declan Neary	Lamar Uni / City Of York

14 304 9 08:28.89 George Beardmore  
U23 Worcester / Loughborough Students

Race :  
26 BMC 3000m C (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	322	8	08:09.06	Lewis Hannigan U23	Kilbarchan
2	326	12	08:13.30	Jack Millar	Bristol & West / Thames Hare & Hounds
3	320	6	08:17.27	Samuel Gebreselassie	Belgrave
4	321	7	08:19.18	Christopher Fielding	Sale Harriers Manchester / City Of Derry
5	319	5	08:19.96	Sam Knee-robinson	Bedford & County
6	327	13	08:20.78	Lewis Mills	Blackheath & Bromley / Stephen F Austin University
7	325	11	08:21.33	Sam Costley	Southampton / Loughborough Students
8	329	15	08:21.49	Alex Howard	Tonbridge / Thames Hare & Hounds
9	328	14	08:22.92	Jed Noblett U23	Luton
10	318	4	08:24.17	Joe Morrow	Oxford Uni
11	315	1	08:29.82	Sam Hodgson U20	Windsor Slough Eton & Hounslow / Loughborough Students
12	317	3	08:30.27	Lachlan Scott	Australia
13	337	2	08:37.71	Chris Thomas	Thames Valley
14	331	17	08:39.45	Luke Davis U20	Western Tempo / Newcastle Uni
15	330	16	08:45.21	Ben Leen Smith	Ireland

Race :  
25 BMC 3000m D (Mens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	335	4	08:22.21	Euan Wilson	Charnwood / Sheffield Uni
2	333	2	08:23.12	Finnian Hutchinson U23	Leeds City / Loughborough Students
3	344	13	08:25.41	Peter Cameron	Edinburgh Ac / Cambridge Uni
4	343	12	08:28.31	Ryan Martin U23	Central / Stirling Uni
5	336	5	08:29.49	Alex Miell-ingram	Radley / Loughborough Students

6	341	10	08:30.14	Harry Brodie U23	Bedford & County
7	340	9	08:33.63	Samuel Stevens U23	City Of Norwich / St. Mary's Uni
8	339	8	08:35.93	Peter Gracey	Beechmount
9	334	3	08:36.39	Mohamed Hashi	Ealing Southall & Middx
10	342	11	08:38.33	Charlie Haywood	Highgate
11	338	7	08:50.47	Alex Tovey	Windsor Slough Eton & Hounslow / Birmingham Uni

Race : BMC 3000m A  
28 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
1	350	6	08:59.97	Cristina Ruiz	Spain
2	352	8	09:01.29	Harmilan Bains-kaur	India
3	358	14	09:02.80	Alexandra Millard U23	Invicta East Kent / Loughborough Students
4	356	12	09:04.81	Caitlin Adams	Australia
5	349	5	09:06.63	Georgia Bell	Shaftesbury Barnet
6	351	7	09:07.70	Stephanie Twell	Aldershot Farnham & District
7	348	4	09:09.47	Poppy Tank	City Of Plymouth
8	354	10	09:09.71	Sarah Astin	Belgrave
9	357	13	09:11.97	Hannah Irwin	Cambridge & Coleridge
10	359	15	09:18.88	Rebecca Johnson	Highgate / Edinburgh Uni Hare & Hounds
11	347	3	09:21.99	Holly Dixon	Cambridge H
12	363	19	09:22.99	Claire Fagan	Ireland
13	365	21	09:25.49	Tessa McCormick	Vale Royal
14	353	9	09:26.93	Stephie Pennycook	Fife / Leeds City / Edinburgh Uni
15	361	17	09:27.00	Lynn Mckenna U23	Shettleston / Glasgow Uni
16	355	11	09:28.02	Rebecca Murray	Bedford & County / Brunel Uni London
17	345	1	09:43.18	Alice Garner U23	Aldershot Farnham & District / Oxford Uni

Race : BMC 3000m B  
16 (Womens)

Posn	Vest No.	Leg No.	Time	Name	Club
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1	372	7	09:34.16	Hannah Viner	Highgate
2	373	8	09:37.73	Mia Waldmann U23	Reading Ac / St. Mary's Uni
3	371	6	09:40.13	Niamh Brown	Aldershot Farnham & District
4	374	9	09:43.35	Hannah Seager	Charnwood / Birmingham Uni
5	375	10	09:50.21	Libby Huxley U20	Preston
6	369	4	09:58.55	Pippa Roessler U20	Aldershot Farnham & District
7	366	1	10:01.01	Bronte Oates U20	Australia