

BMC Nike Grand Prix External Results

Cardiff

15 Aug 09

Men 800 A Men 800 B Men 800 C Men 800 D Men 800 E Men 800 F Men 800 G Men 800 H
 Women 800 A Women 800 B Women 800 C Women 800 D Women 800 E Men 1500 A Men 1500 B Men 1500 C
 Men 1500 D Men 1500 E Women 1500 A Women 1500 B Women 1500 C Men 5000 A Men 5000 B Women 5000
 Men 3000SC Women 3000SC

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None

Men 800 A										
Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB	
1	1:47.15	222	Andrew Osagie	PB U23	M	21	19.02.88	Harlow AC/St. Mary's Uni	1:47.15	1:47.15
2	1:47.37	213	Darren St. Clair	SEN	M	24	06.04.85	Enfield & Haringey/St. Mary's Uni	1:46.56	1:46.56
3	1:49.27	160	Ricky Stevenson	U23	M	20	14.11.88	New Marske/Teeside Uni	1:49.09	1:49.09
4	1:49.46	156	Ben Green	SEN	M	23	14.08.86	Warrington/Loughborough Uni	1:49.35	1:47.47
5	1:49.77	150	Graeme Oudney	SEN	M	24	11.04.85	Belgrave/Pitreavie/Dundee Uni	1:48.76	1:47.77
6	1:49.78	150	Mark Berridge	SEN	M	25	15.06.84	Basingstoke & Mid Hants	1:48.36	1:48.36
7	1:49.82	149	Nick Samuels	SEN	M	28	13.06.81	Sale Harriers Manchester/Loughborough Uni	1:49.45	1:49.45
8	1:50.60	134	Sam Ellis	SEN	M	27	23.06.82	Barnsley AC/Sheffield Hallam Uni/City of Sheffield	1:48.35	1:45.67
Men 800 B										
Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB	
1	1:51.22	121	Robbie Schofield	U20	M	18	14.12.90	Newham & Essex Beagles	1:49.82	1:49.82
2	1:51.58		Conor Healy	U23	M	22	02.06.87	Clonliffe/Ireland	1:50.49	1:50.49
3	1:51.62	113	Oliver Blake	U23	M	21	14.03.88	Oswestry/Loughborough Uni	1:50.21	1:48.85
4	1:51.76	110	Michael Salter	U20	M	19	12.01.90	Leeds City/Birmingham Uni	1:50.06	1:50.06
5	1:51.90	107	Kieran Flannery	U23	M	22	29.04.87	Gateshead/Loughborough Uni	1:50.51	1:48.95
6	1:52.61	93	Oliver Heeks	U23	M	19	27.10.89	Orion/Portsmouth Uni	1:50.84	1:50.84
Men 800 C										
Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB	
1	1:51.21	121	Chris Bryant	SB SEN	M	25	27.07.84	Sale Harriers Manchester/Liverpool John Moores Uni	1:51.21	1:51.16
2	1:51.36	118	Christopher Harvey	SB U20	M	19	12.01.90	Cannock & Stafford	1:51.36	1:51.34
3	1:52.28	100	Adam Cotton	U20	M	17	26.01.92	Birchfield H	1:51.56	1:51.56
4	1:52.38	98	Steve Evison	SEN	M	26	29.01.83	City of Sheffield/Sheffield Hallam Uni	1:51.65	1:50.84
5	1:52.64	93	Paul Laslett	SB SEN	M	29	12.05.80	Shaftesbury Barnet	1:52.64	1:47.85
6	1:52.72	91	Jonathan Cook	U23	M	22	31.07.87	Cambridge Uni	1:51.62	1:51.62
7	1:54.35		Tapani Virtanen	SEN	M	24	30.03.85	Finland	1:51.86	1:50.58
8	1:57.51	0	Rory Graham-Watson	U20	M	19	03.06.90	Windsor, Slough, Eton & Hounslow/Cambridge Uni	1:51.62	1:51.62
Men 800 D										
Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB	
1	1:52.64	93	Chris Parr	SB SEN	M	24	13.11.84	Gateshead/Loughborough Uni	1:52.64	1:52.20
2	1:53.07	84	Robert Heaney	U23	M	20	10.02.89	Bedford & County/Brunel Uni	1:52.05	1:52.05
3	1:53.40	77	Andrew de-Camps	U23	M	21	13.09.87	Gloucester/Swansea Uni	1:52.74	1:52.52
4	1:53.53	75	Matt Furber	SEN	M	24	28.10.84	Crawley/Hertfordshire Uni	1:52.79	1:52.57
5	1:54.28	60	Tim Egerton	SEN	M	25	19.01.84	Trafford	1:53.02	1:52.70
6	1:55.01	45	Ben Craddock	U23	M	22	13.05.87	Leeds City/Birmingham Uni/Enfield & Haringey	1:52.39	1:52.39
7	1:55.64	33	Paul Erwood	SEN	M	23	26.03.86	Marshall Milton Keynes/Bournemouth Uni	1:52.28	1:52.28

8	1:57.75		Mark McDonald		U20	M	18	15.12.90	Clonliffe/Ireland	1:53.30	1:53.30
9	2:00.21	0	Omar Mansour		U20	M	18	16.07.91	Woodford Green with Essex Ladies	1:53.25	1:53.25

Men 800 E

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	1:53.91	67	Jonathan Butler		U23	M	20	23.03.89	Swansea/UWIC/West Wales	1:53.30	1:53.30
2	1:54.70	51	Nico Constanti		U20	M	19	11.01.90	Gloucester	1:53.44	1:53.44
3	1:55.17	42	Mark Burchett		U23	M	20	29.10.88	Worthing/Crawley	1:53.50	1:53.50
4	1:55.34	39	John Spence		SEN	M	22	17.12.86	Hallamshire/Sheffield Hallam Uni	1:54.70	1:54.70
5	1:55.49	36	Harry Harper		U23	M	19	23.11.89	Liverpool H/Birmingham Uni	1:54.12	1:54.12
6	1:55.56	34	Nick Duggan		SEN	M	25	22.01.84	Crawley	1:54.63	1:54.63
7	1:56.58	14	James Ansell		SEN	M	23	10.06.86	Newquay & Par/Exeter	1:54.6	1:54.6
8	1:57.49	0	Nathan Riding		U23	M	20	23.03.89	Newham & Essex Beagles/Liverpool John Moores Uni/R	1:54.34	1:54.34
9	1:59.71	0	Dave Ragan		SEN	M	26	26.03.83	Basingstoke & Mid Hants/Sheffield Hallam Uni	1:54.06	1:51.14

Men 800 F

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	1:54.50	60	Ben Akin	PB	U17	M	16	11.02.93	Preston	1:54.50	1:54.50
2	1:54.79	50	Matthew Addison		SEN	M	22	15.10.86	Bromsgrove & Redditch/Brunel Uni/Harrow	1:54.68	1:53.76
3	1:55.22	46	Chris Davies	PB	SEN	M	25	02.09.83	Swansea	1:55.22	1:55.22
4	1:55.70	31	Nathan Bibby		U23	M	19	14.09.89	Preston	1:54.81	1:54.81
5	1:56.10	24	Sam Yates		U17	M	16	06.01.93	Ribble Valley	1:55.77	1:55.77
6	1:56.41	17	Stephen Bennett		U20	M	19	23.01.90	Preston	1:55.18	1:55.18
7	1:56.85	9	Declan Evans		U20	M	17	21.02.92	Cardiff	1:55.98	1:55.98
8	1:56.88	8	Matt Peel		SEN	M	24	07.01.85	Crawley	1:55.96	1:54.15

Men 800 G

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	1:54.89	53	Nathan Wake	PB	U20	M	17	08.08.92	Herts Phoenix	1:54.89	1:54.89
2	1:54.92	52	Tom Mahon	PB	U20	M	19	22.02.90	Owls Leicester	1:54.92	1:54.92
3	1:55.76	35	Russell Best	PB	U20	M	18	05.09.90	New Marske	1:55.76	1:55.76
4	1:56.01	30	Chris Prothero	PB	U23	M	19	10.09.89	Cwmbran	1:56.01	1:56.01
5	1:56.37	18	James Bleakley	SB	SEN	M	32	17.08.76	Trafford	1:56.37	1:56.11
6	1:56.50	20	Craig McDowall	PB	U20	M	17	23.05.92	Lothian/Forth Valley	1:56.50	1:56.50
7	1:56.82	14	Richard de-Camps	PB	U23	M	19	17.11.89	Gloucester	1:56.82	1:56.82
8	1:57.65	0	Adam Clansey		SEN	M	27	23.01.82	Liverpool Pembroke Sefton	1:56.54	1:56.37

Men 800 H

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	2:00.02	5	David Banwell-Clode	PB	U17	M	16	29.12.92	Cwmbran	2:00.02	2:00.02
2	2:00.13	0	Joshua Lacey		U17	M	16	05.09.92	Birchfield H	1:59.58	1:59.58
3	2:00.52	5	Stephen Morris	PB	U23	M	20	13.09.88	Aberdare Valley	2:00.52	2:00.52
4	2:01.29	0	Matthew Emery		U23	M	20	29.04.89	Rugby & Northampton	2:00.63	2:00.63
5	2:04.85		Eddie Costello	PB	SEN	M	27	01.12.81	Ireland	2:04.85	2:04.85

Women 800 A

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	2:01.34	231	Claire Gibson	PB	SEN	W	26	25.12.82	Kilbarchan/Glasgow Caledonian Uni/Victoria Park Ci	2:01.34	2:01.34
2	2:01.67	213	Hannah England		U23	W	22	06.03.87	Oxford City/Birmingham Uni	1:59.94	1:59.94
3	2:02.82	216	Charlotte Best		SEN	W	24	07.03.85	Crawley/Loughborough Uni	2:02.39	2:01.50
4	2:02.87	216	Celia Brown	SB	SEN	W	32	22.01.77	Coventry	2:02.87	2:01.56
5	2:02.99		Karin Storbacka	PB	U23	W	22	27.04.87	Finland	2:02.99	2:02.99
6	2:03.38	196	Emma Jackson		U23	W	21	07.06.88	City of Stoke/Keele Uni	2:02.09	2:01.95
7	2:05.29	177	Tara Bird		U23	W	22	22.07.87	Woodford Green with Essex Ladies/Brunel Uni	2:03.00	2:03.00
8	2:05.80	172	Vicky Griffiths		SEN	W	24	09.10.84	Liverpool H/Liverpool John Moores Uni	2:01.98	2:00.49
9	2:06.55	164	Karrie Blake		SEN	W	33	29.09.75	City of Portsmouth	2:03.96	2:03.96

Women 800 B

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	2:06.42		Suvi Selvenius		SEN	W	29	07.06.80	Finland	2:05.07	2:05.07
2	2:06.81	161	Rebecca		SEN	W	24	09.02.85	Sale Harriers Manchester/Salford Uni	2:05.53	2:05.53

			Sweeney								
3	2:07.50	155	Danielle Christmas		U23	W	21	21.12.87	Crawley/Loughborough Uni	2:04.92	2:04.92
4	2:08.56	144	Claire Nichols		SEN	W	30	14.05.79	Team Southampton/Woking	2:06.18	2:05.97
5	2:09.04	139	Rachael Thompson		SEN	W	23	15.11.85	Liverpool H/Loughborough Uni	2:05.79	2:03.57
6	2:09.55		Lauren Fleshman	PB	SEN	W	27	26.09.81	United States	2:09.55	2:09.55
7	2:15.31	76	Leigh Lennon		U20	W	18	22.05.91	Newham & Essex Beagles/Wigan & District	2:05.93	2:05.93

Women 800 C

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	2:08.09	149	Phillippa Aukett		SEN	W	24	09.09.84	Shaftesbury Barnet/Birmingham Uni	2:07.21	2:07.21
2	2:09.52	134	Suzi Boast		U20	W	19	29.03.90	Bedford & County/St. Mary's Uni/Team Bedfordshire	2:09.44	2:09.44
3	2:11.21	117	Melissa Courtney		U17	W	15	30.08.93	Poole AC/Team Dorset/Shaftesbury Barnet	2:10.8	2:10.8
4	2:11.42	115	Linzi Snow	SB	U23	W	22	08.06.87	Woodford Green with Essex Ladies/St. Mary's Uni/FI	2:11.42	2:05.49
5	2:11.80	111	Ruth Mitchell		U23	W	21	10.02.88	Bristol & West/UWIC	2:10.06	2:10.06
6	2:12.58	109	Emily Merrick	PB	U20	W	18	15.01.91	Bristol & West	2:12.58	2:12.58
7	2:14.93	80	Rebecca Newton		U20	W	17	04.08.92	Hallamshire	2:10.90	2:10.90
8	2:15.11	78	Bethan Strange		U23	W	22	07.03.87	Cardiff/UWIC	2:13.7	2:13.07

Women 800 D

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	2:11.11	123	Lauren Bell	PB	U15	W	14	07.12.94	Pembrokeshire	2:11.11	2:11.11
2	2:12.81	101	Jenna Hill	SB	SEN	W	23	16.10.85	Sale Harriers Manchester/St. Mary's Uni	2:12.81	2:09.68
3	2:13.45	100	Laura Dunn	PB	U23	W	20	06.02.89	Edinburgh Southern/Edinburgh/Bath Uni	2:13.45	2:13.45
4	2:14.81	86	Loren Bleaken	PB	U15	W	13	03.09.95	Team Bath	2:14.81	2:14.81
5	2:16.17	73	Charlotte Gaughan	PB	U23	W	21	27.01.88	City of York/York Uni	2:16.17	2:16.17
6	2:18.10	49	Beth Swords		U17	W	15	24.05.94	Marshall Milton Keynes	2:15.88	2:15.88
7	2:19.06	39	Kristie Leybourne		U20	W	17	03.05.92	Newham & Essex Beagles/Blackpool, Wyre & Fylde	2:15.7	2:15.7
8	2:19.41	35	Katherine Turner		U17	W	15	01.11.93	Team Bath	2:15.9	2:15.9

Women 800 E

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	2:18.75	47	Cerys Morgan	PB	U17	W	16	23.07.93	Swansea/West Wales	2:18.75	2:18.75
2	2:18.97	40	Rhian Dawes	SB	U20	W	17	18.07.92	Victoria Park City of Glasgow/Team Glasgow	2:18.97	2:16.71
3	2:19.09	39	Lauren Regan	SB	U20	W	17	08.04.92	Cardiff	2:19.09	2:18.16
4	2:20.05	29	Hayley Jennings	SB	SEN	W	29	11.05.80	Telford AC	2:20.05	2:19.3
5	2:21.25	22	Vicky Moritz	PB	U15	W	13	24.08.95	Worcester	2:21.25	2:21.25
6	2:25.05	0	Holly Wootten		U15	W	14	28.09.94	Worcester	2:23.93	2:23.93
7	2:28.83	0	Elysia Pearson		U17	W	15	10.01.94	Swansea/West Wales	2:18.91	2:18.91

Men 1500 A

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	3:41.18		Nick Bromley	SB	SEN	M	26	23.03.83	Australia	3:41.18	3:39.12
2	3:41.47	190	Nick McCormick	SB	SEN	M	27	11.09.81	Morpeth/Loughborough Uni	3:41.47	3:33.9
3	3:41.48	190	Jermaine Mays		SEN	M	26	23.12.82	Kent	3:39.92	3:39.85
4	3:41.77	192	Simon Horsfield	PB	U20	M	19	11.05.90	East Cheshire/St. Mary's Uni	3:41.77	3:41.77
5	3:42.36	188	Gavin Massingham	PB	SEN	M	26	04.10.82	Sunderland/Sunderland Uni	3:42.36	3:42.36
6	3:42.69	185	Frank Baddick	PB	SEN	M	23	29.11.85	Newham & Essex Beagles/Loughborough Uni	3:42.69	3:42.69
7	3:42.87	179	Jonathan Taylor		U23	M	21	10.10.87	Morpeth/Teeside Uni	3:41.97	3:41.97
8	3:43.53	178	Daniel Clorley	PB	U20	M	18	01.10.90	Luton/Team Bedfordshire	3:43.53	3:43.53
9	3:43.66	172	Bruce Raeside	SB	SEN	M	27	02.12.81	Notts/Cambuslang	3:43.66	3:42.89
10	3:44.48		Rory Chesser		U23	M	22	07.03.87	Ennis Track/St. Mary's Uni/Ireland	3:43.85	3:43.85
11	3:47.86		Liam Reale		SEN	M	26	16.03.83	Limerick/Ireland	3:43.94	3:38.65
12	3:49.69	124	Mitch Goose		U23	M	20	16.03.89	City of Norwich/St. Mary's Uni	3:44.44	3:44.44
13	3:49.70		Mark Christie		SEN	M	24	12.01.85	Mullingar/Ireland	3:43.23	3:41.91
14	3:50.21	120	Alastair Hay		SEN	M	23	07.09.85	Central/Thames Valley/Queen Margaret Uni	3:41.91	3:41.91

Men 1500 B

Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB
1	3:48.21	136	Lewis Moses	U23	M	22 09.01.87	Darlington/Loughborough Uni/Gateshead	3:45.02	3:45.02
2	3:48.23		Andreas Bueno	U23	M	21 07.07.88	Denmark	3:47.03	3:47.03
3	3:48.41		Sean Connolly	SEN	M	27 03.08.82	Tallaght/Ireland	3:47.30	3:47.19
4	3:48.51		Aidan Bailey	SB SEN	M	25 29.12.83	Clonliffe/Ireland	3:48.51	3:48.40
5	3:49.05	129	Luke Gunn	SB SEN	M	24 22.03.85	Derby/Birmingham Uni/Florida State Uni	3:49.05	3:45.14
6	3:49.49		Mark Kenneally	PB SEN	M	28 18.04.81	Ireland	3:49.49	3:49.49
7	3:49.72		Patrick McCartan	SEN	M	27 27.02.82	West Limerick/Ireland	3:48.89	3:48.89
8	3:49.86	123	James Mills	U23	M	21 23.11.87	Wrexham/Bath Uni/Cardiff	3:47.78	3:47.78
9	3:51.11	113	Steve Sharp	SB SEN	M	33 31.12.75	Belgrave	3:51.11	3:43.42
10	3:53.09	97	Rob Whittle	SEN	M	28 14.06.81	Basingstoke & Mid Hants/Loughborough Uni	3:47.25	3:42.94
11	3:53.78	91	Steve Mitchell	U23	M	21 24.05.88	Bristol & West/Bristol Uni/Helsby (BICC) RC	3:44.29	3:44.29
12	3:54.06		Thomas Fitzpatrick	SEN	M	27 02.10.81	Tallaght/Ireland	3:48.78	3:48.78
13	3:55.02		Jakob Hannibal	SEN	M	28 18.01.81	Denmark	3:48.68	3:48.35
14	3:59.49	51	Joe Thomas	PB U23	M	21 29.01.88	Cardiff/UWIC	3:59.49	3:59.49

Men 1500 C

Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB
1	3:51.58	109	Nick Goolab	U20	M	19 30.01.90	Belgrave/Birmingham Uni	3:49.78	3:49.78
2	3:51.60	114	James Trollope	PB U23	M	20 12.11.88	Birchfield H/Coventry Uni	3:51.60	3:51.60
3	3:52.17	104	Ricky Soos	SB SEN	M	26 28.06.83	Mansfield/Loughborough Uni	3:52.17	3:46.49
4	3:52.37	103	Ieuan Thomas	U23	M	20 17.07.89	Cwmbran/UWIC	3:50.55	3:50.27
5	3:53.28	95	Chris Discombe	SEN	M	29 24.01.80	Les Croupiers/Cardiff	3:50.09	3:50.09
6	3:53.52	93	Tom Phillips	U23	M	20 24.10.88	Woodford Green with Essex Ladies/UWIC	3:51.59	3:51.59
7	3:53.56	93	Tim Dalton	U23	M	21 16.08.87	Severn/Loughborough Uni	3:50.14	3:49.97
8	3:53.88	90	Matthew Armstrong	SEN	M	23 13.12.85	Blaydon/Cambridge Uni/Gateshead	3:49.87	3:49.87
9	3:54.23	88	Andrew Heyes	U20	M	19 22.06.90	Hallamshire/Oxford Uni	3:52.41	3:52.41
10	3:54.81	83	Tom Holden	SEN	M	25 02.02.84	Tipton/Manchester Uni	3:53.66	3:48.01
11	3:54.98	82	Peter Street	U23	M	20 01.02.89	Preston/Loughborough Uni	3:50.86	3:50.86
12	3:55.80	75	Douglas Selman	U23	M	21 12.07.88	Corstorphine/Edinburgh/Edinburgh Uni	3:52.11	3:51.63
13	3:55.84	75	Jonathan Hay	U20	M	17 12.02.92	Aldershot, Farnham & District	3:49.34	3:49.34
14	3:57.41	62	Jonathan Thewlis	SEN	M	24 07.05.85	Rotherham/Nottingham Uni/City of Sheffield	3:52.30	3:52.30
15	3:58.10	57	James Ellis	SEN	M	23 06.09.85	Winchester/Birmingham College	3:52.76	3:52.76
16	3:58.98	50	Harry Webb	U23	M	19 25.11.89	Bristol & West/Brunel Uni/Harrow	3:52.64	3:52.64
17	3:59.94	42	Dale Clutterbuck	U20	M	17 01.01.92	Basildon	3:51.84	3:51.84

Men 1500 D

Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB
1	3:51.81		Gavin O'Sullivan	PB SEN	M	23 16.02.86	Raheny Shamrocks/Ireland	3:51.81	3:51.81
2	3:52.48	107	Adam Clarke	PB U20	M	18 03.04.91	Hastings AC	3:52.48	3:52.48
3	3:52.56	106	Nick Hooker	PB U23	M	20 19.08.88	Leeds City	3:52.56	3:52.56
4	3:54.09	89	Russell Bentley	SB SEN	M	28 28.04.81	Blackheath & Bromley	3:54.09	3:52.4
5	3:57.14	64	Hussain Jama	U23	M	22 02.07.87	Ealing, Southall & Middx/East London U	3:55.74	3:55.74
6	3:57.31	63	Stuart Huntington	U23	M	20 02.12.88	City of Norwich	3:55.21	3:55.21
7	3:58.23	56	Carl Smith	U20	M	19 03.01.90	Chester-le-Street/Birmingham Uni	3:54.95	3:54.95
8	4:00.06	41	Ben Coldray	U20	M	17 09.11.91	Stroud/Gloucester	3:55.09	3:55.09
9	4:01.32	31	Matt Willmott	U20	M	19 22.07.90	Marshall Milton Keynes	3:56.56	3:56.56
10	4:03.44	14	Nathaniel Quigley	U23	M	20 19.04.89	Luton/Birmingham Uni	3:54.86	3:54.86
11	4:05.02	1	Gavin Lewis	U20	M	18 26.10.90	Woodford Green with Essex Ladies	3:56.13	3:56.13
12	4:07.52	0	Tom Bowerman	U20	M	18 27.10.90	Aldershot, Farnham & District	3:55.40	3:55.40

Men 1500 E

Pos	Perf	UKC	Name	AG	Age	DOB	Club	SB	PB
1	3:58.58	53	Stephen Mears	SEN	M	23 08.09.85	Charnwood/Loughborough Uni	3:57.80	3:56.53
2	4:00.18	45	Kristian Bibby	PB U17	M	16 15.10.92	Preston	4:00.18	4:00.18
3	4:00.21	40	Christopher McGurk	U23	M	20 19.12.88	Notts/Oxford Uni/Achilles	3:57.65	3:57.65

4	4:00.35	44	Craig Walker	PB	U23	M	20	13.12.88	Wolverhampton & Bilston	4:00.35	4:00.35
5	4:00.75	41	Michael Hunt	PB	V35	M	38	08.06.71	Trafford	4:00.75	4:00.75
6	4:02.49	22	Johnathan Morgan		U20	M	18	17.11.90	Newport	3:57.39	3:57.39
7	4:02.70		Feargal Geraghty	PB	SEN	M	28	02.01.81	Galway/Ireland	4:02.70	4:02.70
8	4:03.26	15	Jack Bancroft		U23	M	21	25.02.88	Wells City/Exeter Uni	4:02.17	4:02.17
9	4:03.38	19	Sam Dalglish	PB	U23	M	20	29.09.88	Westbury/Yate/Birmingham Uni	4:03.38	4:03.38
10	4:03.46	19	Jimmy Goulis	PB	V35	M	35	12.05.74	Stragglers/St. Mary's Richmond	4:03.46	4:03.46
11	4:04.43	6	Charlie Grice		U17	M	15	07.11.93	Phoenix AC	3:58.35	3:58.35
12	4:07.57	0	Fergus O'Reilly		U17	M	15	07.09.93	Bournemouth	4:04.6	4:04.6
13	4:09.96	0	Adam Stainsby		U23	M	20	14.04.89	Worthing/Brighton & Hove/Brunel Uni/Harrow	4:00.81	4:00.81
14	4:10.39	5	Andrew Kaar	PB	SEN	M	23	26.05.86	Solihull & Small Heath	4:10.39	4:10.39
15	4:19.07	0	Aaron Phelps		U17	M	15	06.10.93	Stroud/Gloucestershire Schs	4:18.89	4:18.89

Women 1500 A

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	4:10.58		Ingvill Makestad Bovin		SEN	W	28	07.08.81	Norway	4:09.62	4:09.62
2	4:13.49	192	Laura Kenney	SB	SEN	W	24	27.06.85	Royal Sutton Coldfield/Loughborough Uni	4:13.49	4:12.10
3	4:13.56	197	Emily Pidgeon	PB	U23	W	20	01.06.89	Stroud/Loughborough Uni	4:13.56	4:13.56
4	4:14.12		Charlotte Schonbeck	PB	SEN	W	24	22.12.84	Sweden	4:14.12	4:14.12
5	4:14.54	187	Stevie Stockton		U23	W	19	23.08.89	Vale Royal/Loughborough Uni	4:14.37	4:14.37
6	4:16.02		Kelly McNeice		SEN	W	31	17.06.78	City of Lisburn/Windsor, Slough, Eton & Hounslow/I	4:10.30	4:10.30
7	4:17.61	171	Harriet Scott		SEN	W	23	17.01.86	Havering Mayesbrook/London Uni	4:15.12	4:15.12
8	4:17.75		Rose-Anne Galligan		U23	W	21	09.12.87	Aldershot, Farnham & District/St. Mary's Uni/Irela	4:13.66	4:13.66
9	4:19.46		Hazel Murphy		SEN	W	25	25.06.84	Dundrum South Dublin/Ireland	4:14.68	4:14.68
10	4:22.06	149	Liz Brathwaite		SEN	W	24	10.04.85	Herts Phoenix/Oxford Uni	4:21.87	4:11.96
11	4:23.47	142	Josephine Moultrie		U20	W	18	19.11.90	Victoria Park City of Glasgow/Strathclyde Uni	4:18.99	4:18.99
12	4:23.58	142	Faye Fullerton		SEN	W	25	31.05.84	Havering Mayesbrook	4:18.20	4:10.45
13	4:27.75	121	Jess Coulson	SB	U20	W	19	18.04.90	Stockport/Loughborough Uni	4:27.75	4:18.75

Women 1500 B

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	4:23.66	141	Lauren Deadman		SEN	W	25	27.03.84	Havering Mayesbrook	4:22.99	4:22.99
2	4:23.92	145	Julia Russell	PB	SEN	W	26	08.06.83	Hallamshire/Trafford/Sheffield Hallam Uni	4:23.92	4:23.92
3	4:24.88	135	Juliet Doyle (was Potter)		SEN	W	27	24.10.81	Charnwood	4:24.6	4:18.70
4	4:27.74	121	Jessica Russon		U20	W	18	04.02.91	New Marske/Tees Valley Tigers	4:25.58	4:25.58
5	4:29.41	112	Jane Potter	SB	SEN	W	27	24.10.81	Charnwood/Nottingham Trent Uni	4:29.41	4:20.41
6	4:30.28		Marie-Louise Brasen		SEN	W	28	09.06.81	Denmark	4:28.95	4:28.95
7	4:30.40	108	Ceri Mitchell		SEN	W	26	09.12.82	Team Southampton/UWIC	4:27.53	4:27.53
8	4:30.58	107	Sonia Samuels (was Thomas)		SEN	W	30	16.05.79	Sale Harriers Manchester/Loughborough Uni	4:28.93	4:25.58
9	4:31.60		Hanne Lyngstad		SEN	W	33	05.12.75	Norway	4:23.57	4:23.57
10	4:37.59		Michelle Harvey		SEN	W	25	27.08.83	Tír Conaill/Ireland	4:31.47	4:25.17
11	4:48.64	16	Lucy Flanner		SEN	W	25	09.07.84	Solihull & Small Heath/Oxford Uni	4:27.86	4:27.86

Women 1500 C

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	4:34.6	86	Katie Knowles		U20	W	19	06.06.90	Bristol & West/Birmingham Uni	4:34.55	4:27.44
2	4:35.0	84	Deborah Niccol		U23	W	22	21.06.87	Bristol & West/UWIC	4:34.13	4:34.13
3	4:35.8	85	Stephanie Roe	PB	U23	W	20	13.08.89	Preston	4:35.8	4:35.8
4	4:37.7	76	India Lee	PB	U23	W	21	31.05.88	Winchester/Southampton Uni	4:37.7	4:37.7
5	4:37.8	70	Katherine Humphreys		SEN	W	23	28.11.85	Exeter/UWIC	4:37.4	4:37.4
6	4:46.3		Louise Reilly		SEN	W	25	21.03.84	Annalee/Clonliffe/Ireland	4:35.09	4:35.09
7	4:50.0	9	Ellen Butler		SEN	W	24	09.05.85	Notts/Swansea	4:39.99	4:39.99
8	4:50.6	6	Natasha Cockram		U17	W	16	12.11.92	Cwmbran	4:39.32	4:39.32

9	4:51.6	6	Eleanor Alexander	PB	SEN	W	23	12.06.86	Team Southampton	4:51.6	4:51.6
10	5:18.9	0	Michelle Allen	SB	U20	W	18	29.11.90	Cardiff/Millfield Sch	5:18.9	5:08.28
11	5:24.5	0	Natalie Allen	SB	U20	W	18	29.11.90	Cardiff	5:24.5	5:15.56

Men 5000 A

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	13:34.66		Moumin Geele	PB	SEN	M	23	06.04.86	Newham & Essex Beagles/Somalia	13:34.66	13:34.66
2	13:43.92	172	Andy Vernon		SEN	M	23	07.01.86	Aldershot, Farnham & District/St. Mary's Uni	13:43.31	13:43.31
3	13:46.66	166	Chris Thompson		SEN	M	28	17.04.81	Aldershot, Farnham & District/Loughborough Uni	13:26.64	13:24.60
4	13:47.69		Mati Rasanen		SEN	M	26	15.02.83	Finland	13:46.59	13:46.59
5	14:00.33		Pete Nowill	PB	SEN	M	30	15.06.79	Highgate/Australia	14:00.33	14:00.33
6	14:05.81		Fredrik Uhrbom	PB	SEN	M	32	13.08.77	Sweden	14:05.81	14:05.81
7	14:08.13	123	Antony Ford		SEN	M	26	26.05.83	Blackpool, Wyre & Fylde/Wisconsin-Madison Uni	14:01.71	13:49.45
8	14:14.02	111	Ryan McLeod		SEN	M	24	07.06.85	Tipton/Gateshead	13:58.52	13:58.52
9	14:22.56		Henrik Them	SB	SEN	M	27	16.06.82	Denmark	14:22.56	14:10.51
10	14:22.99		Tuomas Jokinen	PB	U23	M	22	26.02.87	Finland	14:22.99	14:22.99
11	14:23.32		Jussi Utriainen	SB	SEN	M	30	28.11.78	Finland	14:23.32	14:03.03
12	14:26.00	88	Simon Jones		SEN	M	25	29.11.83	Belgrave/Cornelly/Neath	14:25.75	14:11.78
13	14:31.18	77	Dave Webb		SEN	M	27	17.03.82	Leeds City/Birmingham Uni	14:11.16	14:11.16
14	15:00.98	18	Jonathan Wills		SEN	M	31	09.08.78	Bristol & West	14:24.53	14:21.21

Men 5000 B

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	14:23.52		Jarkko Hamberg	PB	SEN	M	27	25.06.82	Finland	14:23.52	14:23.52
2	14:26.01	92	Alex Pilcher	PB	SEN	M	24	22.01.85	Derby	14:26.01	14:26.01
3	14:35.73	68	John Hutchins		SEN	M	27	22.11.81	Basingstoke & Mid Hants/Oxford Uni	14:27.94	14:27.94
4	14:36.07	72	James Kelly	PB	SEN	M	25	29.08.83	Belgrave/Cambridge Uni	14:36.07	14:36.07
5	14:46.60	46	Hywel Care		SEN	M	26	15.08.83	Woodford Green with Essex Ladies	14:26.57	14:26.57
6	14:50.66	43	Ashley Harrell	PB	U23	M	20	19.01.89	City of Norwich/St. Mary's Uni/Enfield & Haringey	14:50.66	14:50.66
7	14:52.61	34	Phil Hinch		SEN	M	31	01.10.77	Tipton/Wolverhampton Uni	14:42.48	14:27.9
8	14:53.73	37	Tom Merson	PB	SEN	M	23	10.02.86	South West RR/Bristol & West	14:53.73	14:53.73
9	14:55.48		Martin Conroy		SEN	M	28	17.12.80	Sligo/Swansea/Ireland	14:43.69	14:43.69
10	15:00.51	18	Neil Phillips		SEN	M	30	06.01.79	Aldershot, Farnham & District/St. Mary's Uni	14:45.75	14:45.75
11	15:07.49	5	Ian Kimpton		SEN	M	22	08.11.86	Lincoln Wellington/Oxford Uni	14:44.81	14:44.81
12	15:14.48	0	Josh Guilman		SEN	M	25	30.08.83	Phoenix AC/Sussex Uni/Crawley	14:46.8	14:46.8
13	15:23.12	5	Steve McGuigan	PB	SEN	M	32	27.05.77	Bristol & West/White Horse	15:23.12	15:23.12
14	15:30.23		David Fitzmaurice		U20	M	19	07.03.90	Clonliffe/Ireland	15:04.47	15:04.47
15	15:35.50	0	Ben Warren		SEN	M	25	07.12.83	Hailsham/Sussex Uni/Harrow	14:52.0	14:34.0
16	15:49.94	0	Tom Beedell		SEN	M	23	12.07.86	Chiltern/London Uni/Kingston & Poly	15:24.14	15:24.14
17	15:52.13	5	Grant Webb	PB	U20	M	17	11.12.91	Basildon	15:52.13	15:52.13

Women 5000

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	16:24.20		Benita Johnson	PB	SEN	W	30	06.05.79	Thames Hare & Hounds/Australia	16:24.20	16:24.20
2	16:28.51		Alice Mason	PB	U23	W	22	15.06.87	New Zealand	16:28.51	16:28.51
3	17:41.95	78	Cathy Ansell		U23	W	22	17.06.87	Telford AC/Oxford Uni	17:28.27	17:28.27

Men 3000SC

Pos	Perf	UKC	Name		AG	Age	DOB	Club	SB	PB	
1	8:50.93	183	Samater Farah	PB	SEN	M	23	25.12.85	Newham & Essex Beagles	8:50.93	8:50.93
2	8:52.14		Daniel Lundgren	PB	SEN	M	24	04.07.85	Sweden	8:52.14	8:52.14
3	8:59.16		Benjamin Wolthers	PB	SEN	M	26	07.12.82	Denmark	8:59.16	8:59.16
4	9:04.22	156	Shaun Collins	PB	U23	M	19	18.11.89	Enfield & Haringey	9:04.22	9:04.22
5	9:23.65	112	David Westbury		U23	M	20	17.05.89	Derby	9:08.2	9:08.2
6	9:23.66	112	Ben Nagy		U20	M	19	14.03.90	Enfield & Haringey/Bath Uni	9:10.76	9:10.76
7	9:41.84	81	Andrew Friend	PB	U23	M	22	02.08.87	Cardiff/UWIC	9:41.84	9:41.84
8	9:53.79	52	Alasdair Russell		U23	M	22	18.07.87	Kendal/Central Lancashire Uni/Border	9:45.01	9:45.01
9	10:00.73	38	Jeffrey Cunningham		SEN	M	27	20.02.82	Herne Hill	9:50.40	9:50.40

Women 3000SC

Pos	Perf	UKC	Name		AG		Age	DOB	Club	SB	PB	
1	10:38.37	141	Sara Luck	PB	SEN	W	22	18.11.86	Havering Mayesbrook/London Uni	10:38.37	10:38.37	
2	11:11.70	85	Diana Kennedy	PB	SEN	W	30	21.12.78	Woodford Green with Essex Ladies	11:11.70	11:11.70	
3	11:23.67	60	Emily Brown	SB	SEN	W	25	08.09.83	Cardiff/UWIC	11:23.67	11:06.14	
4	12:11.79	5	Sophie Gibbens	PB	SEN	W	24	24.11.84	Marshall Milton Keynes/Teesside Uni	12:11.79	12:11.79	