

The ERRA National Relays

at Sutton Park, Birmingham on Saturday 21st October 2006

Senior Men's 6 Stage Stage 1 - Final Results

Pos	Name	Club	Leg Time				
1	J Ndayisenga	Birchfield	17:21	39	P Bradshaw	Newcastle	18:33
2	Michael East	Newham&E	17:25	40	A Dunwoody	Kent Ac	18:35
3	Dan Samuels	Morpeth Ha	17:28	41	James Sumpter	ThamesVH	18:37
4	Stephen Sharp	Belgrave H	17:32	42	Nick Swinburn	Morpeth HB	18:40
5	Kevin Heywood	Bristol	17:35	43	Eddie Simpson	Salford Ha	18:41
6	Daniel Pettit	Peterborou	17:37	44	Julian Emery	Clevedon A	18:43
7	J Phillips	CardiffA	17:41	45	John Kimaiyo	Belgrave B	18:44
8	Ryan McLeod	Elswick Ha	17:46	46	Tom Bailey	Hallamshir	18:46
9	Dave Norman	Altrincham	17:48	47	Andrew Ward	Wigan Phoe	18:48
10	Tom Doe	Lincoln We	17:49	48	Brian Stopher	AldershotB	18:50
11	Ian Mitchell	Tipton Har	17:50	49	Peter Street	Preston Ha	18:54
12	Tom Lowe	Cheltenham	17:51	50	John Hutchins	Basingstok	18:56
13	Tommy Salmon	Norwich	17:59	51	P Killingley	Winchester	18:57
14	Neil Renault	Medway & M	18:00	52	Tom Cunningham	Blackpool,	18:58
15	Ian Williams	Derby Ac	18:01	53	Steve Bateson	East Hull	18:59
16	Jon Fletcher	Border Har	18:02	54	Kyle Hackett	Poole Runn	19:06
17	Carl Morris	Wells City	18:03	55	Mark Hood	Sunderland	19:10
18	Rory Fraser	Owls Ac	18:04	56	M Addison	BromRedd	19:14
19	John McFarlane	ThamesH&H	18:06	57	Matt Davies	Woodford G	19:17
20	Jaime Atkinson	Blackheath	18:07	58	Craig Hopkins	Norwich B	19:18
21	Josh Lilly	Severn Ac	18:07	59	David Notman	Swansea Ha	19:20
22	Lewis Timmins	Gosforth H	18:08	60	Wayne Daspher	Telford At	19:25
23	PMcGlory	Liverpool	18:08	61	Robert Little	Cannock &	19:26
24	Richard Ashe	Harrow Ac	18:09	62	Paul Rockliffe	Trafford A	19:27
25	Matt Bond	Sale Harri	18:10	63	A Murray	Horwich Rm	19:36
26	Iain Lockett	Herne Hill	18:11	64	E Combstock	Coventry G	19:38
27	Chris Birchall	Leeds City	18:12	65	Paul Waby	Dudley & S	19:45
28	Shaun Moralee	Durham Cit	18:12	66	Mike Beckett	Team Soton	19:50
29	Keith Gerrard	Newham&E B	18:13	67	Joe Parkinson	LiverpoolB	19:58
30	James Bailey	Sale HarrB	18:14	68	Nic Hazelwood	Halesowen	20:01
31	Rod Finch	Southampto	18:16	69	Mat Granger	Kiddermins	20:06
32	Mike Buntin	Tipton HaB	18:22	70	Steve Lisgo	Mansfield	20:13
33	Sean Hall	Gateshead	18:25	71	Mark Dewhirst	Holmfirth	20:16
34	Dave Bishop	Bristol B	18:28	72	Simon Kinson	Leamington	20:25
35	M Mashford	Aldershot,	18:30	73	Vince Carroll	Rugby & No	20:44
36	Nick Mapp	Owls Ac B	18:31	74	Dave Eggington	Huncote Ha	20:53
37	K Robertson	Shaftsbury	18:31	75	J Ashley	Solihull &	20:56
38	Owain Matthews	Bedford &	18:33	76	Andrew Gray	Coventry B	24:03
				77	Bruce Raeside	Notts Ac	25:23

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Senior Men's 6 Stage Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Tom Bilham	Newham&E	17:50	35:15	+ 1	50	James Adie	BromRedd	18:58	38:12	+ 6
2	Matthew Barnes	Altrincham	17:28	35:16	+ 7	51	J VanDeventer	AldershotB	19:27	38:17	- 3
3	Matt Bowser	Lincoln We	17:29	35:18	+ 7	52	Ashley Hallums	Norwich B	19:00	38:18	+ 6
4	Adam Bowden	Harrow Ac	17:17	35:26	+ 20	53	R Coleman	Southampto	20:04	38:20	- 22
5	Paul Freary	Belgrave H	17:55	35:27	- 1	54	S Da	ThamesVH	19:45	38:22	- 13
6	Philip Hinch	Tipton Har	17:45	35:35	+ 5	55	Darren Talbot	Trafford A	18:57	38:24	+ 7
7	Glen Comish	Sale Harri	17:26	35:36	+ 18	56	Martin Lewis	Poole Runn	19:22	38:28	- 2
8	Michael Morris	Morpeth Ha	18:13	35:41	- 5	57	R Nichols	Swansea Ha	19:10	38:30	+ 2
9	Jermaine Mays	Kent Ac	17:21	35:56	+ 31	58	Adam Dyson	Hallamshir	20:01	38:47	- 12
10	Chris Moss	CardiffA	18:18	35:59	- 3	59	Ian Hardcastle	Winchester	20:06	39:03	- 8
11	Jon Mellor	Liverpool	17:57	36:05	+ 12	60	Chris Bagshaw	Telford At	19:38	39:03	0
12	P Richardson	Owls Ac	18:04	36:08	+ 6	61	Bernard Murphy	LiverpoolB	19:13	39:11	+ 6
13	Matt Ashton	Aldershot,	17:40	36:10	+ 22	62	J Worthington	Wigan Phoe	20:29	39:17	- 15
14	A Hennessey	Wells City	18:09	36:12	+ 3	63	Ian Hesler	Durham Cit	21:07	39:19	- 35
15	John Ward	Bristol	18:38	36:13	- 10	64	Lee Slater	Dudley & S	19:37	39:22	+ 1
16	Steve Body	Bedford &	17:52	36:25	+ 22	65	Tom Kenderdine	Kiddermins	19:21	39:27	+ 4
17	Chris Parr	Gateshead	18:03	36:28	+ 16	66	James Mee	Mansfield	19:30	39:43	+ 4
18	Alan Barnes	Herne Hill	18:19	36:30	+ 8	67	Vaughan Sadler	Blackpool,	20:47	39:45	- 15
19	Paddy Hamilton	Border Har	18:29	36:31	- 3	68	N Goodliffe	Holmfirth	19:41	39:57	+ 3
20	Samatar Farah	Newham&E B	18:23	36:36	+ 9	69	S Ratcliffe	Newcastle	21:40	40:13	- 30
21	Joe Mills	Blackheath	18:34	36:41	- 1	70	Dominik Morton	Halesowen	20:18	40:19	- 2
22	M Nicholson	Gosforth H	18:34	36:42	0	71	Richard Harper	Leamington	19:58	40:23	+ 1
23	R Williams	Shaftsbury	18:13	36:44	+ 14	72	Andrew Kaar	Solihull &	20:43	41:39	+ 3
24	Simon Mills	Sale HarrB	18:31	36:45	+ 6	73	Brian Summers	Rugby & No	21:35	42:19	0
25	Marc Turner	Birchfield	19:27	36:48	- 24	74	Andy Ball	Huncote Ha	21:37	42:30	0
26	Martin Hilton	Leeds City	18:36	36:48	+ 1	75	Rob Birchall	Notts Ac	18:32	43:55	+ 2
27	Tom Humphries	Cannock &	17:27	36:53	+ 34	76	James Griggs	Coventry B	20:59	45:02	0
28	Simon Plummer	Woodford G	17:37	36:54	+ 29	Fastest runners over stage 2:					
29	Glen Watts	Peterborou	19:19	36:56	- 23	1	Adam Bowden	Harrow Ac	17:17		
30	Simon Wurr	ThamesH&H	18:51	36:57	- 11	2	Jermaine Mays	Kent Ac	17:21		
31	Tim Dalton	Severn Ac	18:52	36:59	- 10	3	Angus MacLean	Team Soton	17:21		
32	Julian Wilkie	Cheltenham	19:09	37:00	- 20	4	Glen Comish	Sale Harri	17:26		
33	J Millington	Tipton HaB	18:38	37:00	- 1	5	Tom Humphries	Cannock &	17:27		
34	Tarus Elly	Salford Ha	18:19	37:00	+ 9	6	Matthew Barnes	Altrincham	17:28		
35	Rick Ward	Norwich	19:06	37:05	- 22	7	Matt Bowser	Lincoln We	17:29		
36	Callum Cullen	Owls Ac B	18:37	37:08	0	8	Simon Plummer	Woodford G	17:37		
37	Angus MacLean	Team Soton	17:21	37:11	+ 29	9	Matt Ashton	Aldershot,	17:40		
38	Phil Tulba	Basingstok	18:17	37:13	+ 12	10	Philip Hinch	Tipton Har	17:45		
39	Andrew Dougal	Elswick Ha	19:32	37:18	- 31						
40	Patrick Martin	Sunderland	18:10	37:20	+ 15						
41	Frank Baddick	Bristol B	18:56	37:24	- 7						
42	Matt Lole	Coventry G	17:48	37:26	+ 22						
43	David Westbury	Derby Ac	19:27	37:28	- 28						
44	Malachi Byansi	Belgrave B	18:49	37:33	+ 1						
45	Jonny Young	Morpeth HB	18:55	37:35	- 3						
46	Paul Wilson	Clevedon A	18:58	37:41	- 2						
47	Jonathon Frost	East Hull	18:45	37:44	+ 6						
48	M Coleman	Medway & M	19:50	37:50	- 34						
49	John Nuttall	Preston Ha	19:14	38:08	0						

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Senior Men's 6 Stage Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Mark Warmby	Newham&E	17:15	52:30	0	50	Anthony Ford	Blackpool,	17:41	57:26	+ 17
2	Jason Ward	Altrincham	17:47	53:03	0	51	Andy Thake	Hallamshir	18:47	57:34	+ 7
3	Neil Burton	Tipton Har	17:30	53:05	+ 3	52	Jason Williams	Clevedon A	20:05	57:46	- 6
4	Phil Wicks	Belgrave H	17:52	53:19	+ 1	53	Rob Flannery	Sale HarrB	21:07	57:52	- 29
5	Paul Green	Sale Harri	18:04	53:40	+ 2	54	James Preston	Norwich B	19:42	58:00	- 2
6	Ben Moreau	Aldershot,	17:42	53:52	+ 7	55	Robert Balmbr	Morpeth HB	20:25	58:00	- 10
7	Ian Hudspith	Morpeth Ha	18:14	53:55	+ 1	56	Peter Elletson	East Hull	20:20	58:04	- 9
8	Rob Bugden	Bristol	17:46	53:59	+ 7	57	Stephen Norris	ThamesVH	19:54	58:16	- 3
9	Alan Buckley	Gateshead	17:33	54:01	+ 8	58	Dan Lewis	Telford At	19:24	58:27	+ 2
10	Noel Pollock	Kent Ac	18:18	54:14	- 1	59	Philip Carbutt	BromRedd	20:16	58:28	- 9
11	D Bannister	Shaftsbury	17:31	54:15	+ 12	60	M Pierson	Holmfirth	18:37	58:34	+ 8
12	Dave Webb	Leeds City	17:29	54:17	+ 14	61	Andy Greenleaf	Winchester	19:34	58:37	- 2
13	Matt Janes	Bedford &	17:59	54:24	+ 3	62	Simon McKevitt	LiverpoolB	19:44	58:55	- 1
14	W Strangeway	Lincoln We	19:08	54:26	- 11	63	Roderick Hart	Wigan Phoe	20:06	59:23	- 1
15	Andres Jones	CardiffA	18:39	54:38	- 5	64	Paul Harwood	Leamington	19:39	1:00:02	+ 7
16	Andrew Baker	Wells City	18:36	54:48	- 2	65	Chris Brown	Mansfield	20:25	1:00:08	+ 1
17	John McCole	Liverpool	18:44	54:49	- 6	66	John Towner	Poole Runn	21:50	1:00:18	- 10
18	Ian Rawlinson	Border Har	18:23	54:54	+ 1	67	Graeme Hunt	Durham Cit	21:02	1:00:21	- 4
19	Tom Snow	Woodford G	18:09	55:03	+ 9	68	Steve Smith	Kiddermins	21:02	1:00:29	- 3
20	Mohammed Rahim	Harrow Ac	19:40			69	Nick Talbot	Notts Ac	17:45	1:01:40	+ 6
55:06	-		16			70	Richard White	Halesowen	21:24	1:01:43	0
21	Mitchell Goose	Norwich	18:06	55:11	+ 14	71	Mark Staves	Dudley & S	22:22	1:01:44	- 7
22	Chris Pownier	Cannock &	18:21	55:14	+ 5	72	Tim Twentyman	Newcastle	22:11	1:02:24	- 3
23	Rob Cole	Newham&E B	18:42	55:18	- 3	73	Steve Emery	Rugby & No	20:59	1:03:18	0
24	Carl Hardman	Salford Ha	18:20	55:20	+ 10	74	S Schouten	Solihull &	21:53	1:03:32	- 2
25	MattAdcock	Owls Ac	19:16	55:24	- 13	75	Eric Carter	Huncote Ha	21:56	1:04:26	- 1
26	James Poole	Blackheath	18:53	55:34	- 5	76	Daniel Clarke	Coventry B	20:52	1:05:54	0
27	Andrew Weir	ThamesH&H	18:39	55:36	+ 3	Fastest runners over stage 3:					
28	Jon Wills	Bristol B	18:17	55:41	+ 13	1	Mark Warmby	Newham&E	17:15		
29	A Humphreys	Tipton HaB	18:42	55:42	+ 4	2	Dave Webb	Leeds City	17:29		
30	B Rushworth	Sunderland	18:25	55:45	+ 10	3	Neil Burton	Tipton Har	17:30		
31	Michael Dyer	Herne Hill	19:27	55:57	- 13	4	D Bannister	Shaftsbury	17:31		
32	Alex Pilcher	Derby Ac	18:31	55:59	+ 11	5	Alan Buckley	Gateshead	17:33		
33	Geraint Davies	Owls Ac B	18:53	56:01	+ 3	6	Anthony Ford	Blackpool,	17:41		
34	R Forsbrook	Cheltenham	19:14	56:14	- 2	7	Ben Moreau	Aldershot,	17:42		
35	Oliver Teasel	Birchfield	19:27	56:15	- 10	8	Nick Talbot	Notts Ac	17:45		
36	Peter Stephens	Severn Ac	19:19	56:18	- 5	9	Rob Bugden	Bristol	17:46		
37	Paul Hutton	Gosforth H	19:47	56:29	- 15	10	Jason Ward	Altrincham	17:47		
38	David Ragan	Basingstok	19:18	56:31	0						
39	Chris Livesey	Preston Ha	18:25	56:33	+ 10						
40	Marc Hobbs	Swansea Ha	18:11	56:41	+ 17						
41	Mark McLeod	Elswick Ha	19:28	56:46	- 2						
42	A Holliday	Trafford A	18:23	56:47	+ 13						
43	Matthew Gumbly	Peterborou	19:56	56:52	- 14						
44	Peter Willis	Belgrave B	19:29	57:02	0						
45	Laurence Cox	AldershotB	18:46	57:03	+ 6						
46	A Wall-Clarke	Team Soton	19:54	57:05	- 9						
47	Noel Edwards	CoventryG	19:46	57:12	- 5						
48	Barry Royden	Medway & M	19:25	57:15	0						
49	Dave Branfoot	Southampton	19:02	57:22	+ 4						

The ERRA National Relays

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Senior Men's 6 Stage Stage 4 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain								
1	Moumin Geele	Newham&E	17:31	1:10:01	0	51	Matt King	Winchester	19:22	1:17:59 +	10		
2	M Williams	Tipton Har	17:50	1:10:55 +	1	52	Colin Gell	Sale HarrB	20:10	1:18:02 +	1		
3	Martin Scaife	Morpeth Ha	17:54	1:11:49 +	4	53	A Lawrence	Morpeth HB	20:05	1:18:05 +	2		
4	Franck Tickner	Wells City	17:03	1:11:51 +	12	54	John Sanders	Telford At	19:44	1:18:11 +	4		
5	Martin Cox	Bristol	17:53	1:11:52 +	3	55	Jon Grainger	Southampto	20:52	1:18:14 -	6		
6	Steffan North	Sale Harri	18:14	1:11:54 -	1	56	Luke Reddy	LiverpoolB	19:22	1:18:17 +	6		
7	E Robinson	Aldershot,	18:04	1:11:56 -	1	57	David Turnbull	Holmfirth	19:55	1:18:29 +	3		
8	Kris Gauson	Belgrave H	18:40	1:11:59 -	4	58	Adam Thomas	Norwich B	21:02	1:19:02 -	4		
9	Darren Deed	Bedford &	17:39	1:12:03 +	4	59	Ian Grewar	East Hull	21:05	1:19:09 -	3		
10	Paul Smith	Altrincham	19:23	1:12:26 -	8	60	Stewart Lynas	Severn Ac	23:00	1:19:18 -	24		
11	James Connor	Kent Ac	18:33	1:12:47 -	1	61	P Darbyshire	Wigan Phoe	19:57	1:19:20 +	2		
12	Simon Deakin	Leeds City	18:45	1:13:02	0	62	D Henderson	BromRedd	20:56	1:19:24 -	3		
13	Matt Shone	Woodford G	18:14	1:13:17 +	6	63	Philip Wetton	ThamesVH	21:09	1:19:25 -	6		
14	J Leinonen	Gateshead	19:18	1:13:19 -	5	64	Stuart King	Mansfield	19:42	1:19:50 +	1		
15	Mark Steinle	Blackheath	17:50	1:13:24 +	11	65	Alan Jackson	Kiddermins	19:53	1:20:22 +	3		
16	John Brown	Salford Ha	18:06	1:13:26 +	8	66	Andrew Geen	Leamington	20:27	1:20:29 -	2		
17	C Gunderson	Liverpool	18:41	1:13:30	0	67	Matt Blunden	Notts Ac	18:54	1:20:34 +	2		
18	Tom Carey	Border Har	18:37	1:13:31	0	68	Matthew Clay	Halesowen	19:36	1:21:19 +	2		
19	Ian Kimpton	Lincoln We	19:15	1:13:41 -	5	69	Steve Marshall	Durham Cit	21:35	1:21:56 -	2		
20	Daniel Russell	Shaftsbury	19:27	1:13:42 -	9	70	Daniel Cheney	Poole Runn	22:25	1:22:43 -	4		
21	Mike Johnson	CardiffA	19:13	1:13:51 -	6	71	Lidgate-Taylor	Solihull &	20:15	1:23:47 +	3		
22	G Massingham	Sunderland	18:21	1:14:06 +	8	72	Martin Bailey	Newcastle	21:35	1:23:59	0		
23	Scott Sterling	Newham&E B	18:56	1:14:14	0	73	Steve Reeves	Rugby & No	20:57	1:24:15	0		
24	Oliver Mott	Bristol B	18:37	1:14:18 +	4	74	Nick Taylor	Huncote Ha	21:36	1:26:02 +	1		
25	Stu Huntington	Norwich	19:11	1:14:22 -	4	75	S Sinclair	Coventry B	20:30	1:26:24 +	1		
26	Steve Platts	Owls Ac	18:59	1:14:23 -	1	76	Kevin Wadeley	Dudley & S	25:09	1:26:53 -	5		
27	Zac Kiharah	Birchfield	18:12	1:14:27 +	8	Fastest runners over stage 4:							
28	Alan Wray	Harrow Ac	19:36	1:14:42 -	8	1	Franck Tickner	Wells City	17:03				
29	Keith Newton	Herne Hill	18:45	1:14:42 +	2	2	Moumin Geele	Newham&E	17:31				
30	Pat Kavanagh	Tipton HaB	19:16	1:14:58 -	1	3	Darren Deed	Bedford &	17:39				
31	C Peach	Derby Ac	19:01	1:15:00 +	1	4	Mark Steinle	Blackheath	17:50				
32	Ed Highton	Owls Ac B	19:00	1:15:01 +	1	5	M Williams	Tipton Har	17:50				
33	Gregg Taylor	Trafford A	18:16	1:15:03 +	9	6	Martin Cox	Bristol	17:53				
34	Craig Pearson	Cannock &	20:00	1:15:14 -	12	7	Martin Scaife	Morpeth Ha	17:54				
35	Nic Gould	ThamesH&H	19:50	1:15:26 -	8	8	E Robinson	Aldershot,	18:04				
36	Dan Gurmin	Swansea Ha	19:00	1:15:41 +	4	9	John Brown	Salford Ha	18:06				
37	Tom Collins	Medway & M	18:34	1:15:49 +	11	10	Zac Kiharah	Birchfield	18:12				
38	Tommy Davies	Team Soton	18:45	1:15:50 +	8								
39	Steve Scullion	AldershotB	18:49	1:15:52 +	6								
40	Steve Smith	Preston Ha	19:23	1:15:56 -	1								
41	Seb Foy	Cheltenham	20:06	1:16:20 -	7								
42	Jonnie Pearson	Elswick Ha	19:47	1:16:33 -	1								
43	Andrew Suter	Peterborou	19:46	1:16:38	0								
44	George Hill	Coventry G	19:28	1:16:40 +	3								
45	Max Roberts	Basingstok	20:20	1:16:51 -	7								
46	Mark Humphrey	Belgrave B	19:54	1:16:56 -	2								
47	M Broadhead	Hallamshir	19:27	1:17:01 +	4								
48	Liam Lavender	Gosforth H	20:56	1:17:25 -	11								
49	Kit Stokes	Clevedon A	19:58	1:17:44 +	3								
50	Bill Eadie	Blackpool,	20:25	1:17:51	0								

Senior Men's 6 Stage Stage 5 - Final Results

Senior Men's 6 Stage Stage 6 - Final Results

Event software © G.J. Fecitt (SportSoft) Tel & Fax: 01204 884887 email graham@race-results.co.uk
Full results will be on the internet tonight at <http://www.race-results.co.uk/>

The ERRA National Relays

at Sutton Park, Birmingham on Saturday 21st October 2006

Senior Men's 6 Stage — Team Results — Final

(nn) is team position after the appropriate stage.

1 Newham & Essex Beagles			1:44:46			14 Birchfield Harriers			1:50:54		
1 Michael East	(2)	17:25	2 Tom Bilham	(1)	17:50	1 J Ndayisenga	(1)	17:21	2 Marc Turner	(25)	19:27
3 Mark Warmby	(1)	17:15	4 Moumin Geele	(1)	17:31	3 Oliver Teasel	(35)	19:27	4 Zac Kiharah	(27)	18:12
5 D Mitchinson	(1)	17:43	6 Mohammed Farah	(1)	17:02	5 James Trollope	(17)	18:04	6 Tom Penfold	(14)	18:23
2 Tipton Harriers			1:46:24			15 Newham & Essex Beagles 'B'			1:50:54		
1 Ian Mitchell	(11)	17:50	2 Philip Hinch	(6)	17:45	1 Keith Gerrard	(29)	18:13	2 Samatar Farah	(20)	18:23
3 Neil Burton	(3)	17:30	4 M Williams	(2)	17:50	3 Rob Cole	(23)	18:42	4 Scott Sterling	(23)	18:56
5 P Nicholls	(2)	17:21	6 Daniel Beier	(2)	18:08	5 Kairn Stone	(14)	18:02	6 John Clarke	(15)	18:38
3 Bristol & West AC			1:47:01			16 Owls Ac			1:51:16		
1 Kevin Heywood	(5)	17:35	2 John Ward	(15)	18:38	1 Rory Fraser	(18)	18:04	2 P Richardson	(12)	18:04
3 Rob Bugden	(8)	17:46	4 Martin Cox	(5)	17:53	3 Matt Adcock	(25)	19:16	4 Steve Platts	(26)	18:59
5 Phil Willie	(4)	17:40	6 Rob Whalley	(3)	17:29	5 Chris O'Neil	(23)	18:45	6 Mark Powell	(16)	18:08
4 Belgrave Harriers			1:47:29			17 Blackheath & Bromley Hc			1:51:35		
1 Stephen Sharp	(4)	17:32	2 Paul Freary	(5)	17:55	1 Jaime Atkinson	(20)	18:07	2 Joe Mills	(21)	18:34
3 Phil Wicks	(4)	17:52	4 Kris Gauson	(8)	18:40	3 James Poole	(26)	18:53	4 Mark Steinle	(15)	17:50
5 Simon Jones	(5)	17:39	6 David Anderson	(4)	17:51	5 Alex Gibbons	(18)	19:13	6 Peter Tucker	(17)	18:58
5 Morpeth Harriers & Ac			1:47:58			18 Liverpool Harriers & Ac			1:51:37		
1 Dan Samuels	(3)	17:28	2 Michael Morris	(8)	18:13	1 P McGlory	(23)	18:08	2 Jon Mellor	(11)	17:57
3 Ian Hudspith	(7)	18:14	4 Martin Scaife	(3)	17:54	3 John McCole	(17)	18:44	4 C Gunderson	(17)	18:41
5 Chris Sampson	(6)	18:19	6 Mark Hudspith	(5)	17:50	5 David Catt	(16)	18:55	6 Adam Peers	(18)	19:12
6 Aldershot, Farnham & District			1:48:03			19 Salford Harriers & Ac			1:51:50		
1 M Mashford	(35)	18:30	2 Matt Ashton	(13)	17:40	1 Eddie Simpson	(43)	18:41	2 Tarus Elly	(34)	18:19
3 Ben Moreau	(6)	17:42	4 E Robinson	(7)	18:04	3 Carl Hardman	(24)	18:20	4 John Brown	(16)	18:06
5 Andy Vernon	(3)	17:24	6 R McCarthy	(6)	18:43	5 P Leybourne	(15)	18:52	6 Raymond Edgar	(19)	19:32
7 Bedford & County Ac			1:48:10			20 Bristol & West Ac 'B'			1:51:51		
1 Owain Matthews	(38)	18:33	2 Steve Body	(16)	17:52	1 Dave Bishop	(34)	18:28	2 Frank Baddick	(41)	18:56
3 Matt Janes	(13)	17:59	4 Darren Deed	(9)	17:39	3 Jon Wills	(28)	18:17	4 Oliver Mott	(24)	18:37
5 Neilson Hall	(7)	18:09	6 James Fewtrell	(7)	17:58	5 Phil Parry	(24)	19:13	6 Craig Peters	(20)	18:20
8 Sale Harriers Manchester			1:48:25			21 Derby Ac			1:52:10		
1 Matt Bond	(25)	18:10	2 Glen Comish	(7)	17:26	1 Ian Williams	(15)	18:01	2 David Westbury	(43)	19:27
3 Paul Green	(5)	18:04	4 Steffan North	(6)	18:14	3 Alex Pilcher	(32)	18:31	4 C Peach	(31)	19:01
5 Dan Augustus	(8)	18:18	6 Gareth Raven	(8)	18:13	5 Jonathan Gilby	(21)	17:57	6 Richard Weir	(21)	19:13
9 Wells City Harriers			1:48:48			22 Border Harriers & Ac			1:52:22		
1 Carl Morris	(17)	18:03	2 A Hennessey	(14)	18:09	1 Jon Fletcher	(16)	18:02	2 Paddy Hamilton	(19)	18:29
3 Andrew Baker	(16)	18:36	4 Franck Tickner	(4)	17:03	3 Ian Rawlinson	(18)	18:23	4 Tom Carey	(18)	18:37
5 Peter Grist	(9)	19:03	6 Ben Tickner	(9)	17:54	5 M Pluckrose	(19)	19:18	6 James Douglas	(22)	19:33
10 Leeds City Ac			1:49:37			23 Shaftsbury Barnet Harriers			1:52:27		
1 Chris Birchall	(27)	18:12	2 Martin Hilton	(26)	18:36	1 K Robertson	(37)	18:31	2 R Williams	(23)	18:13
3 Dave Webb	(12)	17:29	4 Simon Deakin	(12)	18:45	3 D Bannister	(11)	17:31	4 Daniel Russell	(20)	19:27
5 Sean Dirrane	(13)	18:50	6 Darran Bilton	(10)	17:45	5 Eric Mayers	(27)	20:12	6 Tom Bedford	(23)	18:33
11 Altrincham & District Ac			1:50:31			24 Trafford Ac			1:52:29		
1 Dave Norman	(9)	17:48	2 Matthew Barnes	(2)	17:28	1 Paul Rockliffe	(62)	19:27	2 Darren Talbot	(55)	18:57
3 Jason Ward	(2)	17:47	4 Paul Smith	(10)	19:23	3 A Holliday	(42)	18:23	4 Gregg Taylor	(33)	18:16
5 Nick Leigh	(10)	18:53	6 James Boardman	(11)	19:12	5 Chris Leigh	(29)	19:05	6 Tim Egerton	(24)	18:21
12 Kent Ac			1:50:43			25 Herne Hill Harriers			1:52:36		
1 A Dunwoody	(40)	18:35	2 Jermaine Mays	(9)	17:21	1 Iain Lockett	(26)	18:11	2 Alan Barnes	(18)	18:19
3 Noel Pollock	(10)	18:18	4 James Connor	(11)	18:33	3 Michael Dyer	(31)	19:27	4 Keith Newton	(29)	18:45
5 Simon Taylor	(11)	18:53	6 Michael Claff	(12)	19:03	5 David Mulvee	(26)	19:02	6 Ben Paviour	(25)	18:52
13 Woodford Green & Essex Ladies			1:50:53			26 Cardiff Aac			1:52:37		
1 Matt Davies	(57)	19:17	2 Simon Plummer	(28)	17:37	1 J Phillips	(7)	17:41	2 Chris Moss	(10)	18:18
3 Tom Snow	(19)	18:09	4 Matt Shone	(13)	18:14	3 Andres Jones	(15)	18:39	4 Mike Johnson	(21)	19:13
5 Mark Burgess	(12)	18:31	6 Kevin Murphy	(13)	19:05	5 James Williams	(20)	19:04	6 Mark Jennings	(26)	19:42

The ERRA National Relays

at Sutton Park, Birmingham on Saturday 21st October 2006

27 Swansea Harriers			1:52:39	41 TeamSouthampton			1:55:58
1 David Notman (59) 19:20	2 R Nichols (57) 19:10	3 A Wall-Clarke (46) 19:54	4 Tommy Davies (38) 18:45	1 Mike Beckett (66) 19:50	2 Angus MacLean (37) 17:21	3 A Wall-Clarke (46) 19:54	4 Tommy Davies (38) 18:45
3 Marc Hobbs (40) 18:11	4 Dan Gurmin (36) 19:00	5 Oli Williams (40) 20:16	6 Russell Osborn (41) 19:52	3 A Wall-Clarke (46) 19:54	4 Tommy Davies (38) 18:45	5 Oli Williams (40) 20:16	6 Russell Osborn (41) 19:52
5 Sullivan Smith (28) 18:26	6 Lewys Hobbs (27) 18:32			5 Oli Williams (40) 20:16	6 Russell Osborn (41) 19:52		
28 Tipton Harriers 'B'			1:52:50	42 Hallamshire Harriers Sheffield			1:56:05
1 Mike Buntin (32) 18:22	2 J Millington (33) 18:38	3 Andy Thake (51) 18:47	4 M Broadhead (47) 19:27	1 Tom Bailey (46) 18:46	2 Adam Dyson (58) 20:01	3 Andy Thake (51) 18:47	4 M Broadhead (47) 19:27
3 A Humphreys (29) 18:42	4 Pat Kavanagh (30) 19:16	5 Rob Baker (41) 19:14	6 Gavin Keight (42) 19:50	3 Andy Thake (51) 18:47	4 M Broadhead (47) 19:27	5 Rob Baker (41) 19:14	6 Gavin Keight (42) 19:50
5 Joe Holden (25) 18:37	6 P Edmondson (28) 19:15			5 Rob Baker (41) 19:14	6 Gavin Keight (42) 19:50		
29 City Of Norwich AC			1:53:25	43 Thames Hare & Hounds			1:56:15
1 Tommy Salmon (13) 17:59	2 Rick Ward (35) 19:06	3 Andrew Weir (27) 18:39	4 Nic Gould (35) 19:50	1 John McFarlane (19) 18:06	2 Simon Wurr (30) 18:51	3 Andrew Weir (27) 18:39	4 Nic Gould (35) 19:50
3 Mitchell Goose (21) 18:06	4 Stu Huntington (25) 19:11	5 A Kennis (39) 20:28	6 Steve Paddock (43) 20:21	3 Andrew Weir (27) 18:39	4 Nic Gould (35) 19:50	5 A Kennis (39) 20:28	6 Steve Paddock (43) 20:21
5 Steve Cannell (30) 19:52	6 Wayne Lincoln (29) 19:11			5 A Kennis (39) 20:28	6 Steve Paddock (43) 20:21		
30 Sunderland Harriers & Ac			1:53:27	44 Basingstoke & Mid Hants Ac			1:57:49
1 Mark Hood (55) 19:10	2 Patrick Martin (40) 18:10	3 David Ragan (38) 19:18	4 Max Roberts (45) 20:20	1 John Hutchins (50) 18:56	2 Phil Tulba (38) 18:17	3 David Ragan (38) 19:18	4 Max Roberts (45) 20:20
3 B Rushworth (30) 18:25	4 G Massingham (22) 18:21	5 Jason Palmer (45) 20:39	6 Rob Whittle (44) 20:19	3 David Ragan (38) 19:18	4 Max Roberts (45) 20:20	5 Jason Palmer (45) 20:39	6 Rob Whittle (44) 20:19
5 Jack Martin (22) 18:57	6 George Harden (30) 20:24			5 Jason Palmer (45) 20:39	6 Rob Whittle (44) 20:19		
31 Owls Ac 'B'			1:53:43	45 Southampton Running Club			1:57:51
1 Nick Mapp (36) 18:31	2 Callum Cullen (36) 18:37	3 Dave Branfoot (49) 19:02	4 Jon Grainger (55) 20:52	1 Rod Finch (31) 18:16	2 R Coleman (53) 20:04	3 Dave Branfoot (49) 19:02	4 Jon Grainger (55) 20:52
3 Geraint Davies (33) 18:53	4 Ed Highton (32) 19:00	5 Pete Davis (52) 20:03	6 A Morgan-Lee (45) 19:34	3 Dave Branfoot (49) 19:02	4 Jon Grainger (55) 20:52	5 Pete Davis (52) 20:03	6 A Morgan-Lee (45) 19:34
5 Simon May (33) 19:37	6 Tim Doran (31) 19:05			5 Pete Davis (52) 20:03	6 A Morgan-Lee (45) 19:34		
32 Aldershot, Farnham & Distri'B'			1:54:18	46 Liverpool Harriers & Ac 'B'			1:58:00
1 Brian Stopher (48) 18:50	2 J VanDeventer (51) 19:27	3 Simon McKeivitt (62) 19:44	4 Luke Reddy (56) 19:22	1 Joe Parkinson (67) 19:58	2 Bernard Murphy (61) 19:13	3 Simon McKeivitt (62) 19:44	4 Luke Reddy (56) 19:22
3 Laurence Cox (45) 18:46	4 Steve Scullion (39) 18:49	5 Glen Groves (48) 19:33	6 James Meldrum (46) 20:10	3 Simon McKeivitt (62) 19:44	4 Luke Reddy (56) 19:22	5 Glen Groves (48) 19:33	6 James Meldrum (46) 20:10
5 Steve Ablitt (34) 18:54	6 Mike Boucher (32) 19:32			5 Glen Groves (48) 19:33	6 James Meldrum (46) 20:10		
33 Lincoln Wellington Ac			1:54:39	47 Winchester & District Ac			1:58:19
1 Tom Doe (10) 17:49	2 Matt Bowser (3) 17:29	3 Andy Greenleaf (61) 19:34	4 Matt King (51) 19:22	1 P Killingley (51) 18:57	2 Ian Hardcastle (59) 20:06	3 Andy Greenleaf (61) 19:34	4 Matt King (51) 19:22
3 W Strangeway (14) 19:08	4 Ian Kimpton (19) 19:15	5 N Letchworth (47) 19:45	6 Adem Omar (47) 20:35	3 Andy Greenleaf (61) 19:34	4 Matt King (51) 19:22	5 N Letchworth (47) 19:45	6 Adem Omar (47) 20:35
5 Mark Plaskett (31) 20:50	6 Josh Stone (33) 20:08			5 N Letchworth (47) 19:45	6 Adem Omar (47) 20:35		
34 Cannock & Stafford Ac			1:54:44	48 Sale Harriers Manchester 'B'			1:58:21
1 Robert Little (61) 19:26	2 Tom Humphries (27) 17:27	3 Rob Flannery (53) 21:07	4 Colin Gell (52) 20:10	1 James Bailey (30) 18:14	2 Simon Mills (24) 18:31	3 Rob Flannery (53) 21:07	4 Colin Gell (52) 20:10
3 Chris Powner (22) 18:21	4 Craig Pearson (34) 20:00	5 Rob Jowett (51) 20:09	6 C Heys (48) 20:10	3 Rob Flannery (53) 21:07	4 Colin Gell (52) 20:10	5 Rob Jowett (51) 20:09	6 C Heys (48) 20:10
5 Paul Lester (36) 19:49	6 James Houghton (34) 19:41			5 Rob Jowett (51) 20:09	6 C Heys (48) 20:10		
35 Medway & Maidstone Ac			1:54:56	49 Blackpool, Wyre & Fylde Ac			1:58:22
1 Neil Renault (14) 18:00	2 M Coleman (48) 19:50	3 Anthony Ford (50) 17:41	4 James Unsworth (54) 21:03	1 Tom Cunningham (52) 18:58	2 Vaughan (50) 17:41	3 Anthony Ford (50) 17:41	4 James Unsworth (54) 21:03
3 Barry Royden (48) 19:25	4 Tom Collins (37) 18:34	5 James Unsworth (54) 21:03		Sadler (67) 20:47	3 Anthony Ford (50) 17:41	5 James Unsworth (54) 21:03	
5 Jack Tyler (35) 19:05	6 G Williams (35) 20:02			4 Bill Eadie (50) 20:25	5 James Unsworth (54) 21:03		
36 Preston Harriers & Ac			1:55:15	50 Clevedon Athletic Club			1:58:53
1 Peter Street (49) 18:54	2 John Nuttall (49) 19:14	3 Jason Williams (52) 20:05	4 Steve Hollier (50) 20:53	1 Julian Emery (44) 18:43	2 Paul Wilson (46) 18:58	3 Jason Williams (52) 20:05	4 Steve Hollier (50) 20:53
3 Chris Livesey (39) 18:25	4 Steve Smith (40) 19:23	5 Nick Hides (49) 20:16		3 Jason Williams (52) 20:05	4 Kit Stokes (49) 19:58	5 Nick Hides (49) 20:16	6 Steve Hollier (50) 20:53
5 D Parkington (38) 19:55	6 Steve Hallias (36) 19:24			5 Nick Hides (49) 20:16	6 Steve Hollier (50) 20:53		
37 Gateshead Harriers & Ac			1:55:17	51 Peterborough Ac			1:58:58
1 Sean Hall (33) 18:25	2 Chris Parr (17) 18:03	3 Matthew Gumby (43) 19:56	4 Andrew Suter (43) 19:46	1 Daniel Pettit (6) 17:37	2 Glen Watts (29) 19:19	3 Matthew Gumby (43) 19:56	4 Andrew Suter (43) 19:46
3 Alan Buckley (9) 17:33	4 J Leinonen (14) 19:18	5 Matthew Axton (44) 19:51	6 Jason Burke (51) 22:29	3 Matthew Gumby (43) 19:56	4 Andrew Suter (43) 19:46	5 Matthew Axton (44) 19:51	6 Jason Burke (51) 22:29
5 Chris Paton (32) 21:14	6 Marc Elliott (37) 20:44			5 Matthew Axton (44) 19:51	6 Jason Burke (51) 22:29		
38 Coventry Godiva Harriers			1:55:28	52 Gosforth Harriers			1:59:21
1 E Combstock (64) 19:38	2 Matt Lole (42) 17:48	3 Paul Hutton (37) 19:47	4 Liam Lavender (48) 20:56	1 Lewis Timmins (22) 18:08	2 M Nicholson (22) 18:34	3 Paul Hutton (37) 19:47	4 Liam Lavender (48) 20:56
3 Noel Edwards (47) 19:46	4 George Hill (44) 19:28	5 Trevor Bird (55) 21:33	6 Drew Graham (52) 20:23	3 Paul Hutton (37) 19:47	4 Liam Lavender (48) 20:56	5 Trevor Bird (55) 21:33	6 Drew Graham (52) 20:23
5 Martin Radlak (43) 19:42	6 Gareth Deacon (38) 19:06			5 Trevor Bird (55) 21:33	6 Drew Graham (52) 20:23		
39 Cheltenham & County Harriers			1:55:44	53 City Of Norwich Ac 'B'			1:59:31
1 Tom Lowe (12) 17:51	2 Julian Wilkie (32) 19:09	3 Craig Hopkins (58) 19:18	4 Ashley Hallums (52) 19:00	1 Craig Hopkins (58) 19:18	2 Ashley Hallums (52) 19:00	3 James Preston (54) 19:42	4 Adam Thomas (58) 21:02
3 R Forsbrook (34) 19:14	4 Seb Foy (41) 20:06	5 Mikey Beamish (60) 20:47	6 Adam Lewis (53) 19:42	3 James Preston (54) 19:42	4 Adam Thomas (58) 21:02	5 Mikey Beamish (60) 20:47	6 Adam Lewis (53) 19:42
5 Peter Holmes (42) 19:56	6 Matt Warley (39) 19:28			5 Mikey Beamish (60) 20:47	6 Adam Lewis (53) 19:42		
40 Harrow Ac			1:55:48	54 Elswick Harriers			1:59:54
1 Richard Ashe (24) 18:09	2 Adam Bowden (4) 17:17	3 Ryan McLeod (8) 17:46	4 Andrew Dougal (39) 19:32	1 Ryan McLeod (8) 17:46	2 Andrew Dougal (39) 19:32	3 Mark McLeod (41) 19:28	4 Jonnie Pearson (42) 19:47
3 Mohammed Rahim (20) 19:40	4 Alan Wray (37) 20:26	5 Mark McLeod (41) 19:28	6 Alan Thompson (54) 21:44	3 Mark McLeod (41) 19:28	4 Jonnie Pearson (42) 19:47	5 Mark Ketley (50) 21:37	6 Alan Thompson (54) 21:44
5 Mark Cursons (40) 20:40				5 Mark Ketley (50) 21:37	6 Alan Thompson (54) 21:44		

The ERRA National Relays

at Sutton Park, Birmingham on Saturday 21st October 2006

55 Holmfirth Harriers Ac				2:00:03		69 Coventry Godiva Harriers 'B'				2:06:53	
1	Mark Dewhirst	(71) 20:16	2	N Goodliffe	(68) 19:41	1	Andrew Gray	(76) 24:03	2	James Griggs	(76) 20:59
3	M Pierson	(60) 18:37	4	David Turnbull	(57) 19:55	3	Daniel Clarke	(76) 20:52	4	S Sinclair	(75) 20:30
5	Andrew France	(56) 20:48	6	Ricky South	(55) 20:46	5	Harvey Speed	(71) 20:07	6	Alistair Smith	(70) 20:22
56 Wigan Phoenix				2:00:09		70 Durham City Harriers & Ac				2:08:55	
1	Andrew Ward	(47) 18:48	2	J Worthington	(62) 20:29	1	Shaun Moralee	(28) 18:12	2	Ian Hesler	(63) 21:07
3	Roderick Hart	(63) 20:06	4	P Darbyshire	(61) 19:57	3	Graeme Hunt	(67) 21:02	4	Steve Marshall	(69) 21:35
5	Matthew Kay	(59) 20:17	6	Chris Wilson	(56) 20:32	5	Fred Hamlin	(69) 22:57	6	Francis Turner	(71) 24:02
57 East Hull Harriers & Ac				2:00:20		71 Huncote Harriers				2:09:28	
1	Steve Bateson	(53) 18:59	2	Jonathon Frost	(47) 18:45	1	Dave Eggington	(74) 20:53	2	Andy Ball	(74) 21:37
3	Peter Elletson	(56) 20:20	4	Ian Grewar	(59) 21:05	3	Eric Carter	(75) 21:56	4	Nick Taylor	(74) 21:36
5	Chris Hodgson	(58) 20:16	6	James Rogers	(57) 20:55	5	Mark Crofts	(74) 22:49	6	Craig Sabin	(72) 20:37
58 Mansfield Harriers & Ac				2:00:44		72 Solihull & Small Heath Ac				2:12:12	
1	Steve Lisgo	(70) 20:13	2	James Mee	(66) 19:30	1	J Ashley	(75) 20:56	2	Andrew Kaar	(72) 20:43
3	Chris Brown	(65) 20:25	4	Stuart King	(64) 19:42	3	S Schouten	(74) 21:53	4	Lidgate-Taylor	(71) 20:15
5	Russ Betts	(61) 20:41	6	Peter Stafford	(58) 20:13	5	Roy Dale	(72) 23:35	6	Jim Shanahan	(73) 24:50
59 Morpeth Harriers & Ac 'B'				2:00:50		73 Dudley & Stourbridge Harriers				2:12:32	
1	Nick Swinburn	(42) 18:40	2	Jonny Young	(45) 18:55	1	Paul Waby	(65) 19:45	2	Lee Slater	(64) 19:37
3	Robert Balmbra	(55) 20:25	4	A Lawrence	(53) 20:05	3	Mark Staves	(71) 22:22	4	Kevin Wadeley	(76) 25:09
5	Ben Harrison	(46) 19:32	6	D Swinburne	(59) 23:13	5	Darren Cooper	(73) 20:43	6	Eddie Fletcher	(74) 24:56
60 Leamington C & Ac				2:01:40		Non-Counters -					
1	Simon Kinson	(72) 20:25	2	Richard Harper	(71) 19:58	Notts Ac					
3	Paul Harwood	(64) 19:39	4	Andrew Geen	(66) 20:27	2:04:15					
5	John Muddeman	(62) 20:09	6	S Cornfield		1	Bruce Raeside	(77) 25:23	2	Rob Birchall	(75) 18:32
		(60) 21:02				3	Nick Talbot	(69) 17:45	4	Matt Blunden	(67) 18:54
						5	Darren Fowlie	(57) 18:47	6	James Hayden	(65) 24:54
61 Telford Athletic Club				2:01:56		Incomplete Teams:					
1	Wayne Daspher	(60) 19:25	2	Chris Bagshaw	(60) 19:38	Belgrave Harriers 'B'					
3	Dan Lewis	(58) 19:24	4	John Sanders	(54) 19:44	1:16:56					
5	Steve Needs	(53) 20:41	6	Paul Williams	(61) 23:04	1	John Kimaiyo	(45) 18:44	2	Malachi Byansi	(44) 18:49
62 Bromsgrove & Redditch AC				2:02:11		3	Peter Willis	(44) 19:29	4	Mark Humphrey	(46) 19:54
1	M Addison	(56) 19:14	2	James Adie	(50) 18:58	Thames Valley Harriers					
3	Philip Carbutt	(59) 20:16	4	D Henderson	(62) 20:56	1:19:25					
5	Ross Matthews	(63) 21:40	6	Kevin Lanckham	(62) 21:07	1	James Sumpter	(41) 18:37	2	S Da	(54) 19:45
63 Kidderminster & Stourport Ac				2:03:17		3	Stephen Norris	(57) 19:54	4	Philip Wetton	(63) 21:09
1	Mat Granger	(69) 20:06	2	Tom Kenderdine	(65) 19:21	Horwich Rmi Harriers & Ac					
3	Steve Smith	(68) 21:02	4	Alan Jackson	(65) 19:53	19:36					
5	Steve Poulton	(64) 21:34	6	Gary Corbett	(63) 21:21	1	A Murray	(63) 19:36			
64 Poole Runners				2:03:34		Fastest of all legs — Final					
1	Kyle Hackett	(54) 19:06	2	Martin Lewis	(56) 19:22	1	Mohammed Farah	Newham&E		17:02	
3	John Towner	(66) 21:50	4	Daniel Cheney	(70) 22:25	2	Franck Tickner	Wells City		17:03	
5	Peter Ferenczy	(67) 20:39	6	Matthew Clark	(64) 20:12	3	Mark Warmby	Newham&E		17:15	
65 Halesowen A & Cc				2:05:00		4	Adam Bowden	Harrow Ac		17:17	
1	Nic Hazelwood	(68) 20:01	2	Dominik Morton	(70) 20:18	5	Angus MacLean	Team Soton		17:21	
3	Richard White	(70) 21:24	4	Matthew Clay	(68) 19:36	=	Jermaine Mays	Kent Ac		17:21	
5	Barry Thompson	(66) 21:02	6	Steve Gould	(66) 22:39	=	P Nicholls	Tipton Har		17:21	
66 Severn Ac				2:05:41		=	J Ndayisenga	Birchfield		17:21	
1	Josh Lilly	(21) 18:07	2	Tim Dalton	(31) 18:52	9	Andy Vernon	Aldershot,		17:24	
3	Peter Stephens	(36) 19:19	4	Stewart Lynas	(60) 23:00	10	Michael East	Newham&E		17:25	
5	Steve Hale	(65) 23:01	6	Dave Gilbert	(67) 23:22						
67 Rugby & Northampton Ac				2:06:29							
1	Vince Carroll	(73) 20:44	2	Brian Summers	(73) 21:35						
3	Steve Emery	(73) 20:59	4	Steve Reeves	(73) 20:57						
5	Tom Cleary	(70) 20:59	6	Brendan Moen	(68) 21:15						
68 Newcastle (staffs) Ac				2:06:32							
1	P Bradshaw	(39) 18:33	2	S Ratcliffe	(69) 21:40						
3	Tim Twentyman	(72) 22:11	4	Martin Bailey	(72) 21:35						
5	Ben Liu	(68) 20:49	6	Ian Sparks	(69) 21:44						