

South of England Road Relay Championships

Stantonbury Athletics Stadium

Sunday 29 March 2015

Organised by Marshall Milton Keynes AC

Programme of events

- 12 noon: The 56th SEAA Men's 12-stage Relay Championship (starting with a long leg of 7664m, followed by a short leg of 5053m and so on).
- 1pm: The 14th SEAA Women's 6-stage Relay Championship (over a 5053m course).
- 3.45pm: Presentation of Women's Awards by the Clubhouse
- 5.15pm: Presentation of Men's Awards by the Clubhouse

Prizes

Men's race

The Open University Cup to the winning team;
SEAA medals to the first three teams plus the fastest long and short legs;
First three A teams;
First B team;
Fastest three long legs;
Fastest three short legs;
Most improved men's team over 2012 and 2014;
Spot prize.

Women's race

The Open University Cup to the winning team;
SEAA medals to the first three teams plus the fastest leg;
First three A teams;
First B team;
Fastest three long legs;
Most improved women's team over 2012 and 2014;
Spot prize.

Results

We hope to publish the results for each leg soon after the last runner has completed that leg. You will be able to view all the results as they are completed, on the website at <http://www.searelays.org.uk> during the race.

Refreshments

Hot and cold refreshments are available from the Clubhouse. If appropriate there will also be a barbecue.

Toilets and Changing Facilities

Men's and women's toilets and changing facilities/showers are located at the back of the Clubhouse. Extra toilets will be located at the side of the track.

Information Desk

A desk will be manned in the Clubhouse throughout the day. You can buy extra copies of the programme here at £1.50 per copy. You can hand in your team declarations here.

Dates for your diary

Saturday 11 April 2015: National Men's 12-stage and Women's 6-stage Road Relay Championships at Sutton Park. The first 20 teams from today's men's race automatically qualify. Five more men's teams from the south will be invited to compete by the SEAA. The Women's 6-stage Road Relay Championship that is open to all clubs.

Tuesday 30 June: Milton Keynes 10km Road Race is the last race in the East Midlands Grand Prix Series and starts at 7.45pm at the Open University. Pre-entries £7.00; entries on the night £10.00. You can download an entry form for this race and the other seven events in the Series from the Marshall Milton Keynes AC website at <http://www.emgp.org.uk>.

Saturday 28 November 2015: The 51st Wolverton 5 mile Road Race held round Willen Lake, Milton Keynes at 2pm.

South of England AA Officials**Referee** – John How **Chief Judge** – Martin Howard **Starter** – Chris Stott**Changeover Judges**

Jeanne Coker	Chris Stott
Bryan Smith	Joyce Smith

Chief Timekeeper – Nick Folwell**Timekeepers/Recorders**

Donna Barrington-Smith	Eddie Gutteridge	Sharon Herbert
Malcolm Rogers	Pam Rogers	Mike Scoggins

Judges/Recorders

Tony Cheatham	Roger Doust	Sue Doust
John Gebbels	David Lipscomb	Graham Pribul
Emma Scoggins	Dianne Wooller	

Officials Reception/Presentation – Graham Brown Don Turner**Adjudicator** – Bryan Smith**Milton Keynes Athletic Club Officials**

Course Director	Jackson Ryan
Announcer	Roland Yeomans
Marshals	Dennis Edghill
Information Stewards	Fi Han Bromilow and Brian Graves
Results	Mick Bromilow, Ian Stewart
Officials' refreshments	Bon Viveur

Organising Committee

Mick Bromilow (MMKAC) Dennis Edghill (MMKAC) Jackson Ryan (MMKAC)

Marshals: Members and friends of Marshall Milton Keynes Athletic Club.

Men's SEAA Road Relay Championships - Roll of Honour

1965-72	Wimbledon	Long	8161m	Short	5237m	80.4km
	1st		2nd		3rd	
1965	Belgrave Harriers	4.08.20	Portsmouth AC	4.08.34	Ealing Harriers	4.13.00
1966	Belgrave Harriers	4.08.40	Thames Valley Harriers	4.10.13	Portsmouth AC	4.10.52
1967	Belgrave Harriers	4.03.38	Thames Valley Harriers	4.05.48	Reading AC	4.06.22
1968	No race -		Date changed to April			
1969	Hercules Wimbledon	3.59.38	Belgrave Harriers	4.00.53	Mitcham AC	4.04.26
1970	Belgrave Harriers	4.01.26	Hercules Wimbledon	4.03.44	Mitcham AC	4.04.26
1971	Thames Valley Harriers	4.01.01	Reading AC	4.01.30	Cambridge Harriers	4.03.17
1972	Hercules Wimbledon	4.04.25	Reading AC	4.04.26	Belgrave Harriers	4.06.05
1973-92	Wimbledon	Long	8352m	Short	5334m	82.1km
1973	Aldershot, F & D	4.08.52	Thames Valley Harriers	4.09.14	Belgrave Harriers	4.09.29
1974	Thames Valley Harriers	4.12.19	Aldershot, F & D	4.13.51	Cambridge & Coleridge	4.15.04
1975	Thames Valley Harriers	4.08.56	Aldershot, F & D	4.09.17	Brighton & Hove	4.12.55
1976	Aldershot, F & D	4.09.17	Thames Valley Harriers	4.10.52	Cambridge Harriers	4.11.08
1977	Aldershot, F & D	4.09.09	Invicta AC	4.09.48	Shaftesbury Harriers	4.10.22
1978	Thames Valley Harriers	4.10.06	Aldershot, F & D	4.11.04	Invicta AC	4.15.46
1979	Aldershot, F & D	4.08.51	Thames Valley Harriers	4.10.23	Shaftesbury Harriers	4.11.12
1980	Aldershot, F & D	4.11.01	Thames Valley Harriers	4.12.58	Brighton & Hove	4.14.10
1981	Aldershot, F & D	4.06.39	Thames Valley Harriers	4.10.30	Invicta AC	4.12.25
1982	Shaftesbury Harriers	4.07.53	Invicta AC	4.09.01	Aldershot, F & D	4.10.51
1983	Invicta AC	4.06.43	Aldershot, F & D	4.07.02	Thames Valley Harriers	4.08.45
1984	Aldershot, F & D	4.06.50	Basildon AC	4.08.39	Elliot AC	4.10.17
1985	Aldershot, F & D	4.07.28	Shaftesbury Harriers	4.09.41	Basildon AC	4.12.04
1986	Shaftesbury Harriers	4.04.45	Luton United AC	4.09.02	Aldershot, F & D	4.12.19
1987	Luton United AC	4.11.12	Exeter Harriers	4.11.23	Haringey AC	4.11.33
1988	Aldershot, F & D	4.07.18	Haringey AC	4.08.19	Blackheath Harriers	4.09.40
1989	Blackheath Harriers	4.09.17	Haringey AC	4.13.27	Luton United AC	4.13.53
1990	Belgrave Harriers	4.10.10	Highgate Harriers	4.11.25	Shaftesbury B Harriers	4.12.18
1991	Aldershot, F & D	4.09.09	Highgate Harriers	4.11.12	Boxhill Racers	4.12.02
1992	Shaftesbury B Harriers	4.07.58	London Irish AC	4.09.00	Brighton & Hove	4.09.08
1993	Thurrock	Long	8070m	Short	4466m	75.2km
1993	Boxhill Racers	3.47.37	Southampton City	3.48.43	London Irish AC	3.48.57
1994-98	Thurrock	Long	7761m	Short	4371m	72.8km
1994	Boxhill Racers	3.40.51	Blackheath Harriers	3.42.50	Borough of Hounslow	3.43.26
1995	Blackheath Harriers	3.40.26	Shaftesbury B Harriers	3.40.30	Chelmsford AC	3.41.40
1996	Blackheath Harriers	3.41.43	Borough of Hounslow	3.42.39	Boxhill Racers	3.43.41
1997	Borough of Hounslow	3.44.35	Southampton RC	3.45.21	Chelmsford AC	3.45.44
1998	Shaftesbury B Harriers	3.45.41	Southampton RC	3.48.08	Borough of Hounslow	3.50.03
1999-2011	Milton Keynes	Long	7978m	Short	5506m	80.9km
1999	Blackheath Harriers	4.17.28	Belgrave Harriers	4.19.44	Brighton and Hove	4.20.32
2000	Shaftesbury B Harriers	4.12.12	Aldershot, F & D	4.14.55	Belgrave Harriers	4.15.46
2001	Windsor, Slough, E & H	4.12.00	Shaftesbury B Harriers	4.13.26	Belgrave Harriers	4.16.21
2002	Belgrave Harriers	4.11.18	Newham & Essex B	4.17.12	Bedford & County	4.18.27
2003	Belgrave Harriers	4.07.23	Newham & Essex B	4.11.51	Bedford & County	4.16.54
2004	Belgrave Harriers	4.10.53	Bedford & County	4.12.15	Aldershot, Farnham & D	4.13.37
2005	Belgrave Harriers	4.13.09	Newham & Essex B	4.15.45	Bedford & County	4.16.04
2006	Belgrave Harriers	4.12.38	Bedford & County	4.19.25	Newham & Essex B	4.21.14
2007*	Shaftesbury Barnet H	4.13.43	Belgrave Harriers	4.14.13	Newham & Essex B	4.15.34
2008**	Belgrave Harriers	4.00.01	Aldershot Farnham & D	4.01.25	Woodford Green & EL	4.04.23
2009	Belgrave Harriers	4.09.53	Aldershot Farnham & D	4.13.47	Woodford Green & EL	4.17.28
2010	Newham & Essex B	4.07.04	Belgrave Harriers	4.12.43	Aldershot Farnham & D	4.16.41
2011	Newham & Essex B	4.17.46	Highgate Harriers	4.18.43	Woodford Green & EL	4.20.03

2007* Short course 2008 Held at Aldershot**

2012-	Milton Keynes	Long	7664m	Short	5053m	76.3km
2012	Newham & Essex B	4.03.41	Highgate Harriers	4.04.13	Kent AC	4.04.25
2013***	Bedford & County	4.17.11	Woodford Green	4.20.27	Highgate Harriers	4.22.30
2014	Aldershot, Farnham & D	3:59:26	Kent AC	4:03:00	Newham & Essex B	4:05:22

2013*** Held in conjunction with the National Road Relays

Top 15 athletes

1973-92 Wimbledon

Long Stage: 8352m

1	Bernie Ford	Aldershot, Farnham & D	23.21	1976
2	Eamonn Martin	Basildon	23.43	1991
3	Jon Wigley	Invicta	23.46	1976
4=	Kevin Steere	Cambridge & Coleridge	23.47	1977
4=	Neil Coupland	Southampton & Eastleigh	23.47	1978
4=	Steve Overtt	Brighton & Hove	23.47	1979
7	Gary Staines	Belgrave Harriers	23.48	1990
8	Dave Clarke	Hercules Wimbledon	23.49	1982
9	Steve Harris	Shaftesbury Harriers	23.50	1982
10=	John Sherban	Shaftesbury Harriers	23.52	1987
10=	Paul Evans	Belgrave Harriers	23.52	1990
12	Dave Bedford	Shaftesbury Harriers	23.53	1973
13	Tony Simmons	Luton United	23.53	1979
14	B Smith	Thurrock	23.54	1977
15	Peter Standing	Windsor, Slough & Eton	23.58	1981

Short Stage: 5334m

1	Steve Harris	Shaftesbury Harriers	14.48	1986
2=	Steve Overtt	Brighton & Hove	14.52	1980
2=	Ian Stewart	Invicta	14.52	1982
4	Dave Clarke	Hercules Wimbledon	14.57	1981
5	Mark Rowland	Phoenix	14.59	1991
6	Steve Crabb	Borough of Enfield	15.03	1991
7	Seb Coe	Haringey	15.07	1984
8	James Starling	Southampton	15.08	1992
9	B Smith	Thurrock	15.10	1974
10=	John Gladwin	Belgrave	15.13	1986
10=	Peter Standing	Brighton & Hove	15.13	1976
12=	James Espir	Shaftesbury Harriers	15.16	1981
12=	Billy Dee	Luton United	15.16	1990
14=	Julian Goater	Shaftesbury Harriers	15.17	1984
14=	Colin Reitz	Newham & Essex Beagles	15.17	1985

1994-98 Thurrock

Long Stage: 7761m

1	Keith Cullen	Chelmsford	22.08	1997
2	Barry Royden	Medway	22.14	1994
3	D Taylor	Blackheath	22.19	1995
4	Dominic Bannister	Shaftesbury Barnet	22.29	1995
5	Spencer Newport	Blackheath	22.32	1996
6	Eamonn Martin	Basildon	22.34	1994
7	Steve Harris	Boxhill Racers	22.35	1996
8	Michael Simpson	Borough of Hounslow	22.39	1994
9	Dale Laughlin	Chelmsford	22.45	1995
10=	Matt O'Dowd	Swindon	22.49	1997
10=	M Barnes	Borough of Enfield	22.49	1997
12	Anthony Whiteman	GEC Avionics	22.56	1996
13=	A Morgan-Lee	Southampton RC	22.58	1995
13=	D Robertson	Tonbridge	22.58	1997
15=	J Gascoyne	Borough of Enfield	22.59	1995
15=	J McNeill	Medway	22.59	1996

Short Stage: 4371m

1	M Barnes	Borough of Enfield	12.14	1994
2	M Skelton	Tonbridge	12.23	1996
3	Gary Staines	Belgrave	12.26	1997
4=	Matthew Yates	Belgrave	12.29	1996
4=	Anthony Whiteman	GEC Avionics	12.29	1998
6	John Sherban	Shaftesbury Barnet	12.33	1995
7	N Hopkins	Boxhill Racers	12.34	1995
8	D Heath	Blackheath	12.40	1996
9	P Calnan	Blackheath	12.42	1994
10	S Sharp	Hillingdon	12.43	1997
11=	D Robertson	Tonbridge	12.44	1996
11=	Larry Mangleshot	Woodford Green	12.44	1997
13	Guy Amos	City of Norwich	12.44	1998
14	Colin Johnson	Shaftesbury Barnet	12.47	1998
15	Martin Yelling	Bedford & County	12.49	1996

1999- Milton Keynes

Long Stage: 7978m

1	Phil Wicks	Belgrave Harriers	23.08	2009
2	Andy Vernon	Aldershot, Farnham & D	23.12	2009
3	Keith Cullen	Highgate Harriers	23.16	2005
4	Chris Thompson	Aldershot, Farnham & D	23.27	2000
5	Mourmin Geele	Newham & Essex Beagles	23.31	2009
=6	Mark Steinle	Blackheath Harriers	23.36	1999
=6	Fiachra Lombard	Woodford Green & Essex L	23.36	2005
=6	Chris MacKay	Newham & Essex Beagles	23.36	2011
=9	Dave Taylor	Blackheath Harriers	23.37	1999
=9	Nick Wetheridge	Basildon	23.37	1999
11	Alistair Moses	Reigate Priory	23.38	2005
12	Ben Whitby	Windsor, Slough, Eton & H	23.39	2009

Short Stage: 5506m

1	Mo Farah	Newham & Essex Beagles	15.46	2010
2	Keith Cullen	Chelmsford	15.49	2001
3	David Anderson	Belgrave Harriers	15.51	2003
4	Stephen Sharp	Belgrave Harriers	16.00	2003
5	Rob Denmark	Basildon	16.04	1999
6	Phil Wicks	Belgrave Harriers	16.06	2010
7	Michael East	Newham & Essex Beagles	16.07	2002
8	Guy Amos	City of Norwich	16.09	2001
9	Daniel Clorley	Luton AC	16.11	2011
=10	Mark Warmby	Newham & Essex Beagles	16.13	2010
=10	Jonny Hay	Aldershot, Farnham & D	16.13	2011
=12	J Miles	Belgrave Harriers	16.15	1999

13 Spencer Newport	Blackheath & Bromley	23.42	2003	=12 Kevin Nash	Belgrave Harriers	16.15	2000
=14 A Mussett	Colchester Harriers	23.43	1999	=12 Yasin Yusuf	Belgrave Harriers	16.15	2000
=14 Sam Haughian	Windsor, Slough, Eton & H	23.43	2001	=12 Huw Lobb	Bedford & County	16.15	2003

2012-	Milton Keynes	Long Stage: 7664m					Short Stage: 5053m		
1	Chris Thompson	Aldershot, Farnham & D	22.35	2014	1	Keith Gerard	Newham & Essex B	14.37	2012
2	Paul Pollock	Kent AC	23.06	2014	2	Jonny Hay	Aldershot, Farnham & D	14.41	2014
3	Ian Kimpton	Luton	23.18	2014	3	Steve Davies	Belgrave Harriers	14.52	2012
4	Paskar Owor	Belgrave Harriers	23.19	2014	=4	Jermaine Mays	Kent AC	14.58	2012
=5	Florien Neuschwander	Kent AC	23.20	2012	=4	Frank Baddick	Newham & Essex B	14.58	2014
=5	Nicholas Torry	Serpentine	23.20	2014	6	Anthony Whiteman	Shaftesbury Barnet H	15.06	2012
=5	Scott Overall	Blackheath & Bromley	23.20	2014	7	Ian Bailey	Aldershot, Farnham & D	15.07	2014
8	Anurahda Cooray	Vale of Aylesbury	23.22	2014	=8	Stephen Sharp	Belgrave Harriers	15.11	2012
9	John Gilbert	Kent AC	23.37	2012	=8	Daniel Clorley	Luton AC	15.11	2012
=10	Glen Watts	Shaftesbury Barnet	23.39	2012	=8	Andrew Combs	Tonbridge	15.11	2014
=10	Colin Leak	Newham & Essex B	23.39	2014	=11	Russell Bentley	Blackheath & Bromley	15.13	2012
12	Mohamud Aadan	Thames Valley H	23.42	2014	=11	James Poole	Blackheath & Bromley	15.13	2012
13	Ashley Harrell	City of Norwich	23.48	2012	13	Jack Goodwin	Bedford & County	15.15	2014
14	Andy Maud	Clapham Chasers	23.50	2014	14	Joshua Grace	Aldershot, Farnham & D	15.18	2012
15	Nathan White	Windsor, Slough, E & H	23.54	2012	15	Edward Jackson	Highgate Harriers	15.20	2012

Women's SEAA Road Relay Championships - Roll of Honour

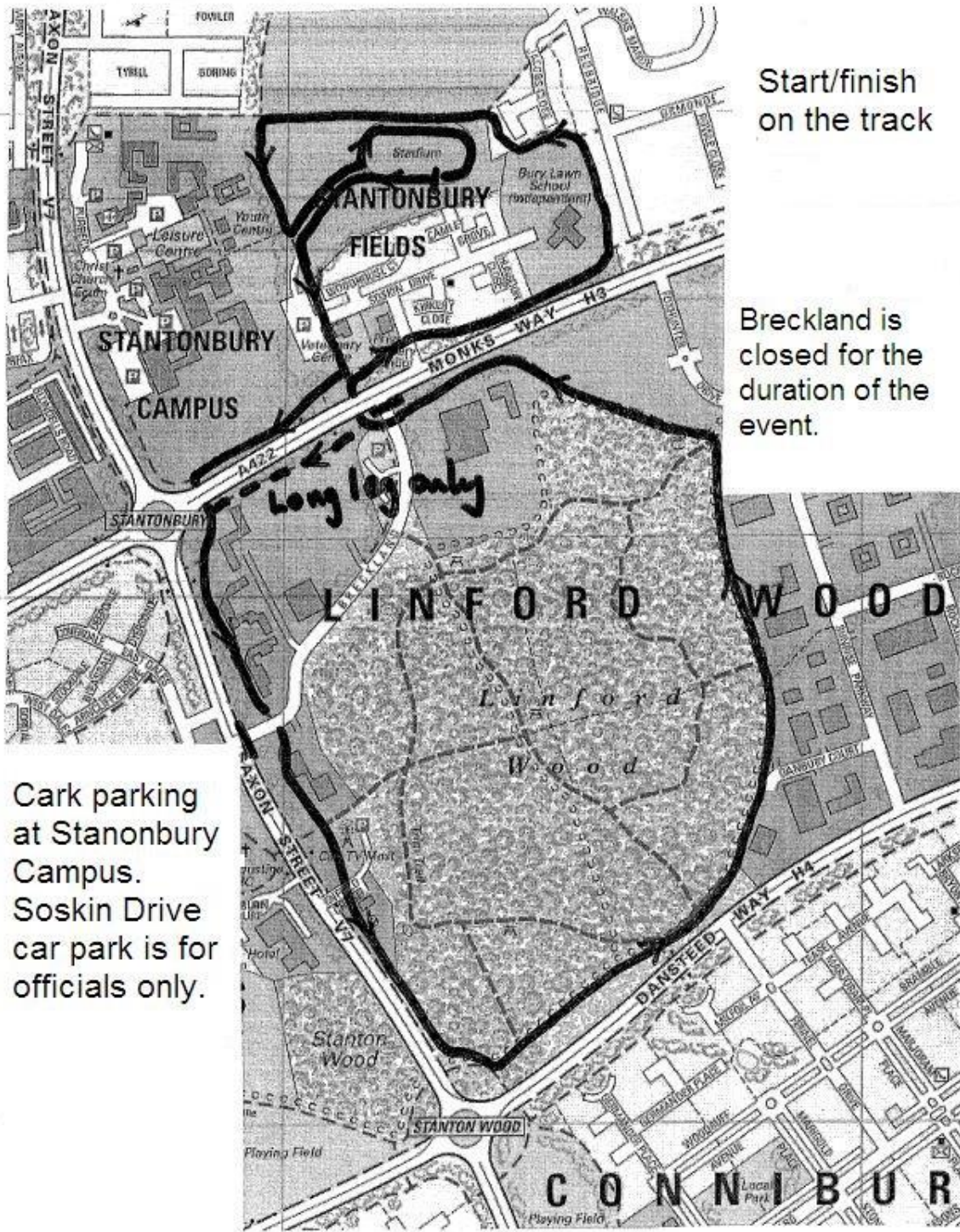
2000-2011	Milton Keynes				5506m	33.4km
2000	Shaftesbury Barnet	1.56.51	Borough of Hounslow	1.57.49	Thames Hare & Hounds	2.01.07
2001	Shaftesbury Barnet	1.59.55	Windsor, Slough E&H	2.02.35	Highgate Harriers	2.04.38
2002	Shaftesbury Barnet	2.00.11	Bedford & County	2.01.46	Belgrave Harriers	2.03.22
2003	South London Harriers	2.01.13	Shaftesbury Barnet	2.01.26	Bedford & County	2.01.45
2004	Bedford & County	1.56.51	Shaftesbury Barnet	2.00.42	Highgate Harriers	2.06.01
2005	Shaftesbury Barnet	2.02.15	Belgrave Harriers	2.02.33	Winchester & District	2.04.09
2006	Winchester & District	1.58.58	Bedford & County	2.00.56	Woodford Green & EL	2.01.58
2007*	Bedford & County	1.54.07	Aldershot, Farnham & D	1.54.59	Shaftesbury Barnet H	1.55.46
2008**	Shaftesbury Barnet	1.30.09	Aldershot, Farnham & D	1.33.49	Arena 80	1.37.19
2009	Aldershot, Farnham & D	1.55.33	Winchester & District	1.58.22	Bedford & County	2.00.28
2010	Bedford & County	2.00.44	Windsor, Slough E&H	2.05.43	Marshall Milton Keynes	2.08.15
2011	Aldershot, Farnham & D	1.58.11	Arena 80	2.01.45	City of Norwich	2.01.59
2012-	Milton Keynes				5053m	30.3km
2012	Aldershot, Farnham & D	1.44.17	Aldershot, Farnham & D	1.50.23	Dulwich Runners	1.53.02
2013***	Aldershot, Farnham & D	1.37.56	Aldershot, Farnham & D	1.43.06	Thames Valley Harriers	1.47.12
2014	Aldershot, Farnham & D	1:43:31	Belgrave Harriers	1:52:21	Bedford & County	1:52:31

2007* Short course 2008 Held at Aldershot**

2013*** Held in conjunction with the National Road Relays

Top 20 female athletes

2000-11	Milton Keynes		5506m	
1	Sonia O'Sullivan	Thames Hare & Hounds	16:59	2000
2	Natalie Harvey	South London Harriers	17:38	2003
3	Liz Yelling	Bedford & County	17:47	2004
4	Charlotte Purdue	Aldershot Farnham & D	17:55	2009
5	Hayley Yelling	Borough of Hounslow	17:58	2000
6	Emma Pallant	Aldershot Farnham & D	18:01	2009
7	Louise Damen	Winchester & D	18:12	2009
8	Louise Small	Aldershot Farnham & D	18:20	2011
9	Caroline Hoyte	Arena 80	18:25	2003
10	Lucy Elliott	Winchester & D	18:30	2006
11	Sophie Morris	Windsor, S, E & H	18:33	2010
12	Caroline Hoyte	Arena 80	18:34	2001
13	Sharon Morris	Bedford & County	18:36	2002
14	Jo Lodge	Borough of Hounslow	18:39	2000
15	Beth Potter	Shaftesbury Barnet	18.42	2011
16	Birhan Dagne	Belgrave Harriers	18.48	2005
17=	Sue Bradbury	Aldershot Farnham & D	18:49	2000
17=	Hollie Rowland	City of Norwich	18:49	2011
19	Ellie Baker	South London Harriers	18:50	2005
20	Svenja Abel	Highgate Harriers	18:52	2006
2012-	Milton Keynes		5053m	
1	Steph Twell	Aldershot Farnham & D	16.20	2014
2	Emelia Gorecka	Aldershot Farnham & D	16.22	2014
3	Beth Potter	Shaftesbury Barnet H	16.37	2014
4	Emma Pallant	Aldershot Farnham & D	16.41	2012
5	Tish Jones	Belgrave Harriers	16.52	2014
6	Rebecca Murray	Bedford & County	17.09	2014
7	Amy Griffiths	Aldershot Farnham & D	17.11	2014
8	Emily Tallen	Marshall Milton Keynes	17.15	2012
9	Vicky Webster	Shaftesbury Barnet H	17.16	2012
10	Katie Good	Thames Valley Harriers	17.22	2012
11	Jessica Judd	Chelmsford	17.27	2014
=12	Montana Jones	Aldershot Farnham & D	17.29	2012
=12	Beth Carter	Aldershot Farnham & D	17.29	2012
14	Laura Brenton	Southampton	17.31	2014
15	Dani Barnes	Windsor Slough Eton & H	17.34	2012
=16	Melissa Hawtin	Oxford City	17.36	2014
=16	Rachel Robinson	Aldershot Farnham & D	17.36	2014
18	Shona McIntosh	Dulwich Runners	17.39	2012
19	Claire Pring	City of Norwich	17.40	2012
20	Georgie Bruinvels	Aldershot Farnham & D	17.45	2012



Start/finish on the track

Breckland is closed for the duration of the event.

Long leg only

Car parking at Stantonbury Campus. Soskin Drive car park is for officials only.

South of England Road Relay Championships

Short Leg: 5053m Long Leg (two laps of Linford Wood) 7664m

Teams contending for the most improved prize

The prize for the most improved team will be presented to the team that most improves upon its average finishing position over the past two years. As the 2013 Championship was combined with the National Road Relays, with restricted entry, the most improved prize will be based on the results for 2012 and 2014. The contenders are given in the following tables.

	Women's Teams	2014	2012	Average
1	Aldershot Farnham & District AC 'A'	1	1	1
2	Windsor Slough Eton & Hounslow 'A'	4	4	4
3	Woodford Green & Essex Ladies 'A'	8	5	6.5
4	Belgrave Harriers 'A'	2	12	7
5	London Heathside 'A'	9	6	7.5
6	Serpentine RC 'A'	10	8	9
7	Marshall Milton Keynes AC 'A'	12	11	11.5
8	Thames Valley Harriers 'A'	16	9	12.5
9	Luton AC	11	16	13.5
10	Vale of Aylesbury AC 'A'	17	13	15
11	Tonbridge AC	20	14	17
12	Reading AC 'A'	24	15	19.5
13	Serpentine RC 'B'	15	25	20
14	Ealing Southall & Middlesex AC	23	19	21
15	Ipswich Jaffa RC 'A'	25	20	22.5
16	London Heathside 'B'	28	22	25
17	Woodford Green & Essex Ladies 'B'	27	24	25.5
	Men's Teams	2014	2012	Average
1	Kent AC 'A'	2	3	2.5
2	Aldershot Farnham & District AC 'A'	1	5	3
3	Highgate Harriers 'A'	6	2	4
4	Bedford & County AC 'A'	4	6	5
5	Woodford Green & Essex Ladies 'A'	8	4	6
6	Tonbridge AC 'A'	7	7	7
7	Serpentine RC 'A'	5	11	8
8	Belgrave Harriers 'A'	10	9	9.5
9	Blackheath & Bromley Harriers	13	12	12.5
10	Marshall Milton Keynes AC 'A'	12	14	13
11	Hercules Wimbledon	11	18	14.5
12	Southampton AC	14	16	15
13	Thames Valley Harriers 'A'	17	15	16
14	Herne Hill Harriers	23	10	16.5
15	Newham & Essex Beagles 'A'	3	33	18
16	Hillingdon AC	21	19	20
17	Luton AC	28	17	22.5
18	Serpentine RC 'B'	20	25	22.5
19	London Heathside 'A'	19	26	22.5
20	Harrow AC	18	32	25
21	Vale of Aylesbury	29	22	25.5
22	Ealing Southall & Middlesex AC	22	29	25.5
23	Cambridge & Coleridge	27	27	27
24	Woodford Green & Essex Ladies 'B'	34	23	28.5
25	Highgate Harriers 'B'	39	24	31.5
26	Ipswich Jaffa RC	33	31	32

Men's Teams

01 & 02 Two Teams Aldershot Farnham & District AC		03 One Team Barnet & District	04 & 05 Two Teams Bedford & County AC	
Frazer Alexander	Zippy Grice	Yitzhak Ben-Aroya	Ben Alcock	Matt Janes
Richard Allen	Aaron Harris	Ben Boxer	Alex Bellew	Sam Knee-Robinson
Josh Arnold	Jonny Hay	Tim Butler	Jack Benedickter	Matt Leach
Matthew Arnold	Robert Hislop	David Crout	Sam Bennett	Josh Lunn
Jamie Ashton	Andy Hislop	Danny Digweed	James Black	Will Mackay
Daniel Ayers	Ben Lindsay	Tim Edwards	Will Bowers	Colin Maher
Richard Batchelor	Joe Morwood	Ken Ferguson	Dan Bradford	Jim McMahon
Dane Blomquist	Elliot Palmer	Scott Fraser	Matt Bray	Andrew McMulkin
Mike Boucher	Paul Rodgers	Joe Gomes	Darren Deed	James Medley
Tom Bowerman	Andrew Rooke	Sol Ibrahim	Jack Douglas	Neil Miller
Ben Bradley	Chris Rooke	Andy Kelleher	Mark Draper	Matt Nicholson
Adam Clarke	Jack Rowe	Alex Lepretre	Craig Emmerson	Charlie Palmer
Gus Cockle	Richard Guy Smith	Adrian Mason	John Eves	Ryan Parker
Steve Connor	Toby Smith	Costa Michael	Paul Gooding	Scott Proctor
Matt Cook	Toby Starling	Des Michael	Neilson Hall	Chris Riley
Laurence Cox	Darren Symes	Andy Neatham	Michael Harrison	Oliver Saville
MacGregor Cox	Mark Symes	John Owen	Andrew Headley	Alex Short
Charlie Critchley	Bruce Thomas	Raj Patel	Stephen Headley	Sean Still
Tony Davies	Chris Thompson	Ed Price	Steve Herring	Stuart Still
William Davies	Andy Vernon	Graham Slater	James Hoad	Joe Strange
James Ellis	Tom Wade	James Taylor	Luke Humphreys	Chris Thornley
George Gathercole	Joe Wade	Chris Thurston	Andrew Inskip	Alan Turnbull
Tristan Gee	Robert Wakefield	Mike Walker	Ryan Isaacson	Sam Wallbank
Joshua Grace	Jack Wyllie	David Wilcock	Jonathan Janes	Chris Wright

06 & 07 Two Teams Belgrave Harriers		08 One Team Blackheath & Bromley	09 One Team Brighton & Hove
Don Anderson	Terry O'Neill	Sam Barnes	Adrian Bell
Ed Auden	Paskar Owor	Alex Bruce-Littlewood	David Benton
Nick Bundle	Luke Pikett	Steve Cooper	David Boyce
Mal Byansi	Mark Pollard	Tom Desborough	Howard Bristow
Will Cockerell	Craig Ruddy	Will Fuller	Matthew Bristow
Charlie Dickinson	Stephen Sharp	Richard Hall	Martin Brooks
Kris Gauson	Sam Shore	Dan Kennedy	Tom Clifford
Nick Goolab	Nick Smallwood	Scott Overall	Ian Crowe-Wright
Andrius Jaksevicius	Taras Telkovsky	James Poole	Andrew Donno
Fraser Logan	Mike Trees	Andrew Rayner	Maxwell Dumbrell
Roy Maddams	Gus Upton	Will Ruiz	Stephen Ferroni
Patrick McDougall	Tim Weeks	Dan Ryan	Graham Godden
Alex Miller	Matt Welsh	Philip Sesemann	
Doug Morton	Phil Wicks	Peter Tucker	
Rob Norville		Georges Vacharopoulos	
		Jon Vintner	
		Richard Webb	
		Rob Yates	
			Zared Hale
			Paul Howard
			Ashley Humphreys
			Tim Lunnon
			Chris Mallinson
			Charlie Noakes
			Niall Robinson
			Kevin Rojas
			Kieran Silsby
			Louis Taub
			Adam Tribe
			Jack Witt

<p style="text-align: center;">10 & 11 Two Teams Cambridge & Coleridge</p> <p>Graham Anderson Matthew Applegate Benvenuto Baldelli Nick Beer Simon Brightwell Giacomo Capetti Neil Carrington Ben Chamberlain James Chettle Giulio Cinque Tim Cobden Mark Crook Ed Crothall Craig Dyce Alex Eggeman Jonathan Escalante-Phillips John Ferguson David Harrison Alastair Hodges Daniel Hurst Istvan Jacso</p> <p>Graeme Kennedy Kye Liddle Paul Makowski Michael Moore Oliver Park Richard Park Alan Pritchard Michael Salt Christof Schweining Max Schwiening Andrew Shields Matthew Slater Adam Tapley Ross Tennant John Uff Charles Wartnaby Stephen Watterson Durward Whitehead Kieran Wood Iain Wood Curtis Wood</p>	<p style="text-align: center;">12 One Team City of Norwich AC</p> <p>Luke Alden Sam Allin Piers Arnold Bruce Beckett James Berehowskyj Tommy Carroll Will Cork Josh Entwistle Ed Foster George Gay Paul Goodall Spencer Goodall Carl Goose Ashley Harrell Tom Hook Stu Huntington Joe Kirton Wayne Lincoln Dominic Oliver Charlie Parr Jon Quint Joe Skipper Stephen Walwyn Matt Wileman</p>	<p style="text-align: center;">13 & 14 Two Teams Clapham Chasers</p> <p>Neil Aitken Clive Alley Russell Beard Matthew Carlisle Brian Cronin Luke Davis Matthew Dickinson James Ellis Dan Holmes Peter James Mick Keating Ali King Michael Leong Max Lovell Adam Marcinowicz Andrew Maud Reuben McGregor</p> <p>Ross McLeod John McMillan Tobias Mews Tom Mitchell James Neave Russell Pearson Steven Pidgeon Adam Pompa Tal Ramsay Edward Rees Bryn Reynolds Simon Rowley Martin Rutter Gary Salmon Keith Scofield Nathan Smeaton Gaetan Terra</p>	
<p style="text-align: center;">15 One Team Ealing Southall & M</p> <p>Florjan Bakalli Rob Brown Mark Delahunty Andy Dodd Jon Ellis Stephen Elson Peter Flewitt Joe Gilbert Samir Haddad Mohammed Hashi Christopher Hepworth James Hughes Angelo John Archie Jones Mark Kencroft Nicholas Landeau Luke Nicholas Malik Ouzia Santosh Rai Martin Shelley James Steel Jamie Taylor-Caldwell Ben Waterman Sebastien Zajackowski</p>	<p style="text-align: center;">16 One Team Guildford & Godalming</p> <p>Tom Butcher William Collins Ben Darlow Andrew Flanagan Gilbert Grundy Matt Lythell Rob Myring Philip Pryke Rajiv Ratan Calum Roots Adam Stirk Wes Tilbury Daniel Wallis</p>	<p style="text-align: center;">17 One Team Hercules Wimbledon</p> <p>Connor Bindler Johnnie Bland Stewart Bond Alexie Calvert-Ansari Joseph Clark Peter Clarke Jonathan Cornish Stuart Fraser Phillip Glynn David Grima Cassian Hyde Dominic Kiralyfi Peter Lee George Longworth Chris Ore Alex Robinson Matthew Sharp Fred Slemeck Ben Toomer Joe Toomey Robert Tuer Kieran White Liam White Barnaby Woods</p>	<p style="text-align: center;">18 & 19 Two Teams Herne Hill Harriers</p> <p>David Adam Alan Barnes Edmond Barrow Chris Busaileh Patrick Conaghan Tom Conlon Simon Coombes Mike Cummings Jeff Cunningham Eric Dol Mark Dooley Michael Dyer Tim Elsey Deron Fagan Sean Fitzpatrick Marcelo Fortes Dan Hallam Jack Hillier Lascelles Hussey Gary Ironmonger Mohammed Ismail Robin Jones Eric Keogh</p> <p>John Kettle Lewis Lloyd Ross Macdonald Abdi Madar Alex Marks Victor Maughn Simon Messenger Graeme Moyse Jonny Muir Matt Munro Keith Newton Greg Roberts Jayme Rossiter Robin Sanderson John Tayleur Simon Thompson John Travers Lee Van Haeften James Ward Louis Waterman-Evans Mark White Damien Wilson</p>

<p style="text-align: center;">20 & 21 Two Teams Highgate Harriers</p> <p>Robel Bahelbi Martin Bright Duncan Burbridge Tom Christopher Michael Dan Alex Davidson Darryl Davison Jonathan Deane Shaun Dixon Peter Downie Greg Fuzesi Nick Gold Peter Hawkings Dan Higgins Oliver Keane Jonny Laybourn Kerr Millar John O'Shea Ben Pochee Brahma Pochee Chris Rainsford Sean Renfer Richard Stewart Robert Wilson</p>	<p style="text-align: center;">22 One Team Hillingdon AC</p> <p>Martin Bateman Sam Blanshard Dean Clark Simon Connell Mike Dooley Scott Farley Wes Godfrey Will Grbic Steve Hirons Gary Horn Chris Ingram James Laing Paul Leppard Sam Lloyd Richard Mann David Newman Alex Ozdemir Dominic Speight Daniel Thompson Rob Thompson Ruben Vos Pete Warburton Philip Warburton Matt Zalewski</p>	<p style="text-align: center;">23 & 24 Two Teams Ipswich Jaffa RC</p> <p>Carl Ashton Mark Blackburn Darren Bond Wilf Campbell Marcus Catlin Nicolas Clark Rossi Copsey Gavin Davies Craig Fiddaman Steve Fraser-Lim Mark Furnace Will Law Mark Leeks Dave Lumby Ian Old Ryan Ostler Steven Parry Brian Rogers Matthew Spencer John Thorpe Benjamin Turley Adam Wade Tom Wake</p>	<p style="text-align: center;">25 & 26 Two Teams Kent AC</p> <p>Tim Alexander Gareth Anderson Richard Archer John Barron Stuart Beaney Russell Bentley Richard Bidgood Peter Boxshall James Connor Richard Elliot Calum Fraser John Gilbert Christopher Greenwood Paul Griffiths Joshua Haase Mark Hall Ben Harding Owen Hind</p> <p>Tim Lawrence Michael Longley David Longley Chris Lydon Richard Mathie Stephen McGrory Arif Merali Thomas Muddiman Nicholas Park Glyn Parry Neil Phillips Lennard Reilly Nicholas Roberts Phil Sanders Ben Smith Simon Taylor Tom Webb Jack Wilson</p>
<p style="text-align: center;">27 One Team Leighton Buzzard</p> <p>Stuart Blofeld Nick Clay Jordan Clay Benjamin Corfield Chris Dimmock Paul Douglas Ian Grimshaw Andrew Hallworth Adam Haylock Elliot Hind Ian Hosley Jon Hull Joe Hurley Timothy Inchley Andrew Inchley David Killick Peter Mackrell Tom May Billy Mead Charlie Mead Chris Norman Warren Rose Gary Stratford Glen Turner</p>	<p style="text-align: center;">28 & 29 Two Teams London Heathside</p> <p>Edward Adams Tom Aldred Steve Armstrong Tom Ashby Brent Atkins Mark Bailey Michael Bironneau Andrew Brooker Matt Collins Lee Connor Edward Coughlan Andrew Dunderdale Gavin Evans Tom Fancett Julian Ferraro John Flahive Philip Freeman Bentley Edward Garrett Mark George Thomas Griffiths Chris Hartley Christopher Hartley Jonathan Hopkin Jacob Howe</p> <p>Adam Ibrahim Patrick Kenyon Tony Killilea Adam Kirk-Smith Paul Lemmon Jonathan Litchfield Tom Livermore James Lynch Alex Macaulay Richard Macaulay Dan Madams Tim Marshall Gareth Marshall Dan McKeown Jo McKeown Norman Mitchell Simon Nash Thomas Pratt James Rigby Chris Shipley Sam Thompson Allan Whatmough Ben Wolfe James Wooldridge</p>	<p style="text-align: center;">30 One Team Luton AC</p> <p>Gordon Addison Tom Best Peter Bridger Paul Brooks Alan Dalglish Robin Hudson Shane Jay Tom Kearns Ian Kimpton Harry Lander Rhys Lewis John McDonnell Keith McLellan Liam McNabola Tom Mead Nathaniel Quigley Tony Thompson Harry Wells Jahmal Williams Daniel Winfield Daniel Woodgate</p>	

31, 32 & 33 Three Teams Marshall Milton Keynes AC			34 One Team Nene Valley Harriers
Gary Blaber	Stephen Green	Jonathan Peters	Sean Beard
Alexander Bowden	John Hamilton	Ian Pheasey	Adam Birch
Daniel Brumby	Finn Hansen	Mervyn Phillips	Mike Chapman
Michael Burling	Thomas Hayman	Richard Pownall	Rhys Goddard
Ryan Burling	Christopher Hearn	Samuel Redding	Justin Hargate
Chris Cahill	Stephen Herring	Carl Reynolds	Lee Harthill
Jason Carvalho	Philip Jones	Mark Ryall	Steve Hartnett
Kevin Church	Russell Jones	John Skelton	Lance Hemmings
Matthew Clarke	Neil Jones	Kelvin Smith	Sam Hunt
Thomas Comerford	Graham Jones	Liam Smith	Tim Hunt
Jack Comerford	Michael Kelly	Andrew Stiles	Keiron Jack
Adrian Cox	Ian Lamb	Ross Threlfall	Lloyd Kempston
Samuel Deathe	Chad Lambert	James Tuttle	Rob Lornie
Malcolm Down	Joshua Lyman	Steven Tuttle	James McDonald
Mark Dowson	Christopher Mahon	Ian van Lokven	Chris Mooney
Robin Dowsell	Ross Makenzie	Jeremy Vick	John Nash
Edward Dunn	Martin McPheat	Andrew Wasdell	Dave Neal
Jos Dyer	Lido Medori	Nick Washington	Rob Prady
Stuart Ellison	Harry Morton	Daniel Webber	Jake Richardson
Martin Erasmus	Geoffrey New	Eliot Winter	Aaron Sheppard
Antonio Franco	Chris Nicholson	Samuel Winters	Ollie Slater
Marcin Fudalej	Neil Ovington	Chris Worton	Joe Turner
Michal Glowacki	Mark Palser	Chris Youens	James Vernau
			Chris Wright

35 & 36 Two Teams Newham & Essex Beagles		37 & 38 Two Teams Oxford City	
Jordan Ali	Mumin Gala	Ashgar Ali	Les Newell
Frank Baddick	Ian Grime	John Atyeo	Miquel Pellicer Llopis
John Beattie	David Kail	Heath Bampton	Seb Reynolds
Wayne Bell	Olly Laws	Aaron Burgess	Maxwell Robinson
George Bettsworth	Shane Maher	Stephen Copley	Aaron Simpson
Eliot Buckner	Lee Merrien	Jason Crowther	Chris Sykes
Dara Chesser	Dave Mitchinson	John Exley	Roy Treadwell
Rory Chesser	John Pike	Simon Fisher	Mark Tyrrell
George Choat	Bruce Raeside	Nick Jones	Ben Upjohn
Dale Clutterbuck	James Shane	Nigel Marley	Patrick Wallace
Michael Dowling	Niall Sheehan	Marcus Maxwell	Rob Webster
Andre Duque	Scott Sterling	Ryan Meredith	Stephen Winter
P Eldridge	Kaim Stone		
Jad El-houssammi	Josh Trigwell		
Mo Farah	Jake Waldron		
Samatar Farah			

49 & 50 Two Teams Thames Valley Harriers		51 & 52 Two Teams Tonbridge AC		53 One Team Vale of Aylesbury
Mohamud Aadan	Louis Marriott	Rob Boylin	Chris Lloyd	Tommy Atkins
Fahad Abdi	Andrew Mitchell	Cain Bradley	Nathan Marsh	Richard Bazeley
Andrew Ajube	Bashir Mohamed	Daniel Bradley	Andrew Mercer	Andrew Byerley
Daniel Allport	Mohamed Mohamed	Dominic Brown	Sean Molloy	James Davis
Simon Baptist	Charles Morris	Daniel Bryant	Ben Murphy	Henry Edwardes-Evans
Richard Bell	Calum Nicol	Jamie Bryant	Max Nicholls	Paul Gregory
Greg Bennett	Christian Nielsen	John Coates	Harry Paton	Will Gurton
Guy Bowles	Stephen Norris	Mark Coates	Alex Patton	Ben Jackson
Scott Brewer	Matt Ponting	Tony Cohen	Henry Pearce	Tim Jones
Toby Clyde	Matthieu Ribault	Ben Cole	James Pigot	David Maisey
Manuel Da Silva	Ewan Ross	Greg Cole	Mark Pitcairn-Knowles	Charlie May
Robert Datnow	Peter Sarkies	Tom Cox	Julian Rendall	Lewis Meredith
Nazwari Dawit	Peter Scannell	Corey De'ath	Luca Russo	Mick O'Connor
Andrew Fooks	Jason Sowards	Ryan Driscoll	Graeme Saker	Mark Richards
David Franks	Kieron Sexton	George Duggan	Jordan Saul	Alan Roberts
Chris Hartley	Chris Smith	Michael Ellis	Adam Styles	Andrew Rolt
Mark Haskett	Daniel Strang	Tim Faes	James Taylor	Martyn Summerfield
Paul Heaphy	Calum Templeton	Steve Fennell	James Thompson	Patrick Taylor
Peter Hill	James Tomlinson	Simon Fraser	Dan Watt	Rob Taylor
Richard Hooley	Robert Vallance	Matt Harvey	Joe Watts	Richard Taylor
John Husbands	Philip Wetton	Alex Hookway	Miles Weatherseed	Ian Thompson
Mohamed Jebari-el-Majdoub	Louis William	Alex Howard	James West	Will Tuckett
Peter Keane	Paul Woodgate	Charlie Joslin-Allen	William Whitmore	Christian von Eitzen
Alejandro Mantas-Marzo	Ali Yahye	Cameron Knapp	Andy Wood	Sean Wilson

54 One Team Windsor, Slough E&H	55, 56 & 57 Three Teams Woodford Green with Essex Ladies		
Khalid Al-Abaidy	Tom Beedell	Angus Holford	Simon Rayner
Isaac Bayne	Simon Beedell	Steve Lambert	Jim Roche
Graham Breen	Sam Benge	Gavin Lewis	Alan Rugg
Jack Chapman	Tommy Bower	Daniel Mann	Tony Russell
Nick Chevis	Mark Cambridge	Omar Mansour	Julian Russell
Zak Curran	Gareth Cavell	Andrew Mariani	Ed Shepherd
Nathan Ditton	Louis Clark	Pete Matthews	CJ Shepherd
Jamie Edwards	Andy Coleman	Tel McCarthy	Matt Shone
Jamie Finnigan	Jonathon Cook	Adam Mead	Andy Smith
Alex Goodall	Dave Cox	Ed Messer	Darren Southcott
Rory Graham-Watson	Martyn Cryer	Matt Molloy	Daniel Steel
Dereece Green	Jordan Donnelly	Kev Murphy	James Stockings
Dave Huck	Ray Dzikowski	Tony Pamphilon	Paul Stockings
Mo Khan	Alun Evans	James Perry	Donatas Tumaitis
James McIlroy	Joe Everitt	Tom Phillips	Jonathon Webster
Simon Millett	Matt Flannelly	Tomaz Plibersek	Rob Wilbraham
Dan Morgan	Neil Ford	Bertie Powell	Harold Wyber
Aeden O'Brien	Adam Frith	Tim Prendagast	
Sebastien Pencole	Daniel Gurton	Rob Quantrell	
Ben Pointing			
James Todd			
Alex Tovey			
Walter Wessley			
Kieran Wye			

Women's Teams

W01 & W02 Two Teams Aldershot Farnham & District AC		W03 & W04 Two Teams Barnet & District 'A'	W05 One Team Bedford & County AC	W06 & W07 Two Teams Belgrave Harriers
Grace Baker	Rebecca Howard	Nina Atherton	Tina Blackwell	Samantha Amend
Katie Bingle	Beth Hubbard	Karen Bradley	Sue Boshier	Hester Barsham-Rolfe
Laura Brackley	Montana Jones	Heather Dawson	Alice Burgin	Helen Brown
Georgie Bruinvels	Ruth Jones	Linda Dworoski	Ellen Garraway	Sophie Carter
Beth Carter	Sofie Kent	Nicola Froud	Hannah Goodwin	Zoe Doyle
Caroline Cockle	Olivia Lucas	Lisa Gaul	Alanah Harris	Gemma Farrell
Angel Collins	Laura Odell	Davina Gutteridge	Rachel Humphreys (Gibbs)	Alison Heydenrych
Caitlin Critchley	Emma Pallant	Philippa Horton	Ruth Kerr	Keri Mackenzie
Karen D'Santos	Lily Partridge	Helen Hoyle	Natasha McGovern	Fi Maddocks
Gabi Eglen	Carla Plowden-Roberts	Kath March	Catherina Mullen	Fee Maycock
Laura Gent	Bryony Proctor	Jess McCormick	Natasha Peters	Maureen Noel
Megan Gildea	Rachel Robinson	Jenny McDonagh	Emily Relton	Rose O'Brien
Emelia Gorecka	Sarah Rollins	Pauline Michael	Leah Relton	Josephine Rhodes
Amy Griffiths	Susan Shiel -Rankin	Charlotte Michael	Helena Schofield	Zoe Smith
Lauren Hall	Louise Small	Karen Murphy	Kirsty Thompson	Emma Stevens
Helen Hall	Cathy Stewart	Cath Perry	Kayli Walford	Sally Underhill
Ruth Haynes	Stephanie Twell	Katey Ross	Emily Wallbank	Mel Wilkins
Beth Heddle	Emily Wicks	Emma Salmon	Jo Wilkinson	
		Hannah Sheridan		

W08 One Team Brighton & Hove	W09 One Team Cambridge & Coleridge	W10 One Team City of Norwich AC	W11, W12, W13 & W14 Four Teams Clapham Chasers	
Camilla Bishop	Carrie Bedingfield	Sarah Adcock	Rachel Baker	Elizabeth Milsom
Judith Carder	Carla Brown	Sophie Alden	Gemma Brierley	Jenna Mullett
Phoebe Connelly	Jo Edgeman	Nicky Alford	Clare Coley	Hayley Munn
Lieben Dickens	Beatrice Fitzsimons	Mabel Beckett	Helen Cooper	Gemma Nelson
Emma Dixon	Natalie Griffiths	Jihanna Bonilla-Allard	Bryony Cross	Cassandra Power
Laura Douse	Katy Hedgethorne	Jane Clark	Frances Crozier	Victoria Randall
Elaine Everill	Zoe MacDonald	Tracey Curl	Lucie Custance	Anna Ross
Helen Fitzgerald	Nicola McBride	Tessa Jones	Jennifer Elvin	Jennifer Ruddick
Jeanette Kenneally	Georgina Schwiening	Ellie Matthews	Karina Eustace	Eva Schroeder
Esther Lutz-Davies	Claire Somerton	Dani Nimmock	Katherine French	Cat St Clair
Camilla Moyle		Julia Parsley	Nikki Hebenstreit	Anna Symms
Gail Nerurkar		Tessa Pike	Sophie Jones	Lucy Till
Fiona Powell		Nastassja Potgieter	Diana Kreica	Camilla Vann
Claire Rank		Charlotte Rose	Hannah Lacey	Dana Voysey
Nicola Silsby		Megan Soanes	Fiona Love	Alice Whiley
Rachel Titheradge		Olivia Walwyn		
Helena Tobin				
Cathy Ulliott				

W15 One Team Hadleigh Hares	W16 & W17 Two Teams Herne Hill Harriers	W18 One Team Highgate Harriers	W19 & W20 Two Teams Hillingdon AC
Elisa Bostock Emma Gorwood Penny Grayson Davina Greenwell Jasmine Hayward Victoria Kenny	Cathy Ansell Laura Dowsing Mel Edwards Hannah Edwards Karen Ellison Helen Hadjam Elysie Jenkins Natasha Lodge Stephanie Mitchell Abby Penlington Mary Setyabule Katie Snowden Annes Stevens Suzanne Swaine Stacey Ward Julia Wedmore Sonia Williams Natalie Zara	Hattie Brock Emma Burgess Esther Evans Louise Faherty Vicky Frew Nora Rossberg Ashley Scott Sophie Sheldrake Alexia Trafford Imogen Turner	Lesley Conway Zoe Dobbs Pauline Fischer Jennifer Harvey Morgane Lesenne Eva Mack Michaela Mayor Donna Nash Kate Shockley Melanie Spencer Andrea Taylor Jemma Weekes Hannah Wells Stephanie Wigram Ciara Williams Bethany Young Julia Bleasdale

W21, W22 & W23 Three Teams Ipswich Jaffa RC	W24 One Team Kent AC	W25 One Team Leighton Buzzard
Lisa Bond Pippa Cresdee Helen Davies Dawn Davies Elise Daykin-Colombel Georgia Garvin Rachael Hamblyn Val Jennings Shirley Mills Kirsty Morgan Emma Mortimer Abby Powlett	Kelly Pritchard Isobel Renn Julie Richardson Mel Sherman Verity Smith Samantha Spencer Laura Thomas Nicola Weldon Jayne Williams Hannah Wood Kate Wooldridge	Lydia Blackmore Victoria Buck Amy Clements Shavaun Henry Teresa Murphy Dee O'Brien Alison Thomson Sarah Watson Kate Williams
		Coralie Anderson Lynn Boddy Helen Crossland Gail Duckworth Nikki Elvin Katie Haylock Lorraine Holloway-McLean Bianca Inchley Amy Inchley Kate Johnson Kate Owens Liz Peters Jane Sauer Fiona Towell Amelia Wallace

W26 & W27 Two Teams London Heathside	W28 One Team Luton AC
Elizabeth Beard Laura Boothman Caroline Boyle Rebecca Bunting Terezie Cancikova Anna Clarke-Janssen Kathryn Creaney Louise Dobbyn Catherine Doherty Jess Fogarty Emma Ford Gina Heiss	Jane Higgins Angela Howe Kathryn Hurrell Jo Irwin Leigh James Cathy Jeremiah Gabrielle Johnson Alice Lighton Paulina Malaga Colette Monahan Bridgit Napleton Monika Newton
	Noelle O'Regan Agi Palanki Rebecca Piggott Tammela Platt Louisa Pointon Joanna Rota Sue Rust Rosa Serafini Claire Thornhill Eilidh Wagstaff Ella Waldman Dorcas Wright
	Rosie Canham Lorraine Daghish Charlotte Hardy Rosie Keane Kerry Large Christine Lathwell Sarah Scott Ellie Still Reeve Walcott-Nolan Jo Winfield

W29, W30 & W31 Three Teams Marshall Milton Keynes AC			W32 & W33 Two Teams Ranelagh Harriers		W34 & W35 Two Teams Reading AC	
Kerry Adams	Joanna Greenslade	Katie Penrose	Carol Aikin	Anna Boniface		
Diane Baldwin	Lauren Hankers	Lorna Phillips	Julia Bailey	Lucy Daniells		
Kim Beazley-Clarke	Sophia Hannelly	Alison Ray	Ellen Clague	Patricia De Rosnay		
Amy Botham	Leah Hartwell	Faye Richold	Estelle Damant	Jordan Folk		
Debra Brent	Chelsea Hunt	Elle Roche	Michelle Davies	Naomi Forshaw		
Lara Bromilow	Leigh Inness	Christine Ryder	Megan De Silva	Sue Francis		
Maria Calleia	Katie James	Carly Scott	Hannah Doyle	Anna Godfrey		
Gemma Childs	Stephanie Johnston	Michelle Simonds	Victoria Elbourne	Carmel Keightley		
Sophia Cliffe	Alexandra Knowles	Alana Slater	Rebecca Hall	Claire Mills		
Hazel Cockerill	Jade Leggett	Katie Smith	Marilyn Horne	Caroline Stevens		
Sophie Crisp	Nadine Lewycky	Lilli Stickley	Ann Kearey	Debbie Taylor		
Julie Dalzell	Kim Lowden	Tanya Taylor	Liz Kipling	Hayleigh Wood		
Fiona Darling-Glinski	Frances Malin	Karen Tincknell	Gwen McCormack			
Sharon Edghill	Julie McPheat	Alexandra Tvarozkova	Rachel Revett			
Martinha Ferreira Pestana	Michelle Milne	Wendy Webber	Gill Sanders			
Jasmine Finlay	Corinne Nurse	Sarah Wood	Anna Scally			
Julie Freeland	Sue Nuttall	Melanie Wright	Marie Synnott-Wells			
Sophie Gibbens	Jane Ovington	Fern Yull	Lara Werrett			

W36, W37, W38 & W39 Four Teams Serpentine RC			W40 & W41 Two Teams Shaftesbury Barnet Harriers	
Sandra Ahrensfeld	Karen-Nadeen Gregory	Ellen O'Connor	Lis Ahlstrom	Rebekah Gardiner
Ilona Bagi	Sophia Holder	Elizabeth O'Connor	Beth Anderson	Lydia Herridge-Ishak
Marta Bagnati	Andrea Hunt	Helen Palmer	Philippa Aukett	Eleanor Hunt
Joanna Beak	Gen Huss	Sarah Pemberton	Kate Barber	Zoe Levin
Ahlem Ben Gueblia	Francesca Jannetta	Lisa Pettit	Georgia Bell	Cecilia Martinez-Nunez
Anne-Marie Benoy	Marina Johnson	Jenny Rix-Trott	Lizzie Bird	Sophia Parvizi-Wayne
Jennifer Bradley	Katie Judd	Megan Roberts	Florence Bryant	Molly Patch
Victoria Brown	Margaret King	Natasha Sheel	Marion Buggins	Beth Potter
Laura Carmichael	Sarah Knox	Grace Sim	Amy Campbell	Anne Ridley
Andrea Clement	Sharon Koelewyn	Sara Thomas	Natalie Connor	Suzu Sato
Catherine Coley	Deanna Laforet	Jessica Thorpe	Sophie Connor	Lucy Short
Victoria Crawford	Rosalind Lee	Bernadette Van Wijk	Grace Conroy	Claire Simm
Laura Denison	Caitlin Lloyd	Catherine Wilding	Maggie Cooper	Ciara Stewart
Sara Dudgeon	Sam Ludlow Taylor	Katie Williams	Melissa Courtney	Isobel Thompson
Anne Eden	Jenny Lundgren	Janet Worster	Vicky Dawes	Victoria Walker
Jane Fanning	Helen Murray	Kirsty Wright	Mel Ellis	Lisa Webb
Helen Gaunt	Nicola McGlennon	Liz Wynn	Rachel Felton	Vicky Webster
Daisy Gladstone	Jane Nodder			

W42 & W43 Two Teams South London Harriers		W44 One Team Southampton	W45 & W46 Two Teams Thames Valley Harriers	
Amy Billups	Mary James	Rachael Ayerst	Kirsty Addy	Frankie Lynch
Tessa Billups	Pippa Major	Nicola Blandford	Sheena Allport	Katie Mellor
Caroline Cattini	Marketa Martins	Laura Brenton	Tracy Barlow	Joanna Mobed
Beckie Chapman	Steph McCall	Rachael Evans	Jessica Bass	Lauren Morris
Rachel Coe-O'Brien	Sue McDonald	Sophie Hall	Andrea Broughton	Christine Munden
Gina Coulson	Emily Meredith	Sarah Kingston	Marion Brysdon	Kate Nunn
Natalie Gentry	Encsi Nadas	Ellie Monks	Victoria Carter	Kate O'Donoghue
Natalie Harvey	Marta Newman	Karen Shutler	Hannah Cork	Sophiane Recalt
Ruth Hutton	Maureen Traynor	Zoe West	Lisa da Silva	Imogen Simmonds
Pam Iannella	Laura Whitehead	Catriona Witcombe	Maire Gorman	Lizzie Sisley
Linda Ingram	Victoria Williams		Kate Green	Lucy Smith
			Siana Jones	Fiona Thompson
			Diana Kennedy	Heather Timmins

W47 One Team Tonbridge AC	W48 & W49 Two Teams Vale of Aylesbury	W50 One Team Winchester & District	W51 & W52 Two Teams Windsor, Slough E&H	W53 & W54 Two Teams Woodford Green with EL
Chloe Bird	Julia Austin	Kath Bailey	Emily Armstrong	Karen Balcombe
Sian Driscoll	Helen Bennewith	Lucy Elliott	Becky Atkinson	Sara Bird
Rachel Fagg	Jo Card	Jane Gandee	Dani Barnes	Anna Clark
Sophie Foreman	Pat Card	Jo Jefferies	Lois Bond	Gemma Coe
Eva Kolivoskova-Martin	Natalie Chandler	Karen Rushton	Victoria Brookling	Megan Edwards
Jayne Mallyon	Debbie Channer	Carmen Sanchez Toribio	Rebecca Croft	Katherine Gundersen
Tasminder Marsh	Heather Fallaize	Sue True	Susannah Ditton	Linda Jackson
Leah Melvin	Sophie Green	Hannah Vossier	Charlotte Firth	Rachel Lund
Ellen Pitcairn-Knowles	Rosanna Iannone	Lynne Whitaker	Maryse Haynes	Lauren MacGregor
Lucy Pitcairn-Knowles	Sharon Maisey		Helen Hinde	Emily Moss
Lucy Reid	Mandy Meecham		Paula Hing	Andrea Possee
Saffron Salih	Victoria Sheldon		Kirsty Marshall	Bernadine Pritchett
Annabel Shepherd-Barron	Charlotte Steptoe		Molly Riglin	Georgie-Lou Sales
Nicola Summerfield			Amanda Ruks	Sidnie Sales
Catherine Symons			Marina Stedman	Evie Serventi
Nicole Taylor			Rachel Stedman	Linzi Snow
Nicola Wilkinson			Nicole Swaffield	Kate Stockings
Alice Wood				Jenny Thomas
				Maxine Voutilainen
				Alex Wardle