

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

M10 - 2.45km 20m

Championship: 19:31

Gold: 19:31

Silver: 23:26

Bronze: 31:14

Pos	Name	Club	Age Class	Time	Behind
1st	Sebastian Carr	AIRE	M10	15:37	
2nd	Jake Fox	HOC	M10	18:36	+2:59
3rd	Ali Rothman	SYO	M10	25:42	+10:05
4th	Danny Fox	HOC	M10	28:22	+12:45
5th	Lewis Kieniewicz	WRE	M10	34:42	+19:05

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RESULTS - PROVISIONAL

M12 - 2.9km 60m

Championship: 29:38

Gold: 31:09

Silver: 37:23

Bronze: 49:50

Pos	Name	Club	Age Class	Time	Behind
1st	Fred Garratt	SYO	M12	23:42	
2nd	Hugh Scarbrough	MV	M12	26:07	+2:25
3rd	Joseph Trenell	SYO	M12	27:23	+3:41
4th	Francis Mansfield	SN	M12	30:54	+7:12
5th	Mattie Rothman	SYO	M12	32:42	+9:00
6th	Mark Johnson	SO	M12	35:06	+11:24
7th	Rafe Cadman	SYO	M12	45:14	+21:32
8th	Jamie Atkins	HOC	M12	49:07	+25:25
9th	Elias Brown	BOK	M12	54:54	+31:12
10th	Cameron Gray	MDOC	M12	55:05	+31:23
11th	Tristan Manning	MDOC	M12	56:31	+32:49
12th	Daniel Tang	OD	M12	84:42	+61:00
	Dylan Goddard	QO	M12	m11	

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RESULTS - PROVISIONAL

M14 - 3.025km 60m

Championship: 28:44

Gold: 29:28

Silver: 35:21

Bronze: 47:08

Pos	Name	Club	Age Class	Time	Behind
1st	Jack Walwyn	SYO	M14	22:59	
2nd	Louis Bryant	SYO	M14	23:31	+0:32
3rd	Zac Garratt	SYO	M14	24:13	+1:14
4th	Olexiy Bogachov	AYROC	M14	24:56	+1:57
5th	Theodore Marsden	HH	M14	27:33	+4:34
6th	Matthew Owen	FVO	M14	28:28	+5:29
7th	Finn Mackie	SYO	M14	29:08	+6:09
8th	Ben Seaston	MV	M14	29:18	+6:19
9th	Nedd Hunt	SYO	M14	31:42	+8:43
10th	Lachlan Carruthers	FVO	M14	32:04	+9:05
11th	Darrio Mukyiu Tam	HH	M14	32:56	+9:57
12th	Ewan Ewart	LVO	M14	33:18	+10:19
13th=	Sean Truswell	FVO	M14	34:39	+11:40
13th=	Sam Payne	SBOC	M14	34:39	+11:40
15th	Samuel Hudson	HOC	M14	34:56	+11:57
16th	Charlie Alcock	AIRE	M14	36:00	+13:01
17th	Zebedee Harlock-Askew	NGOC	M14	36:03	+13:04
18th	Kieran Dedman	HH	M14	37:55	+14:56
19th	Alexander Harlock-Askew	NGOC	M14	42:50	+19:51
20th	Ged Waters	SYO	M14	63:02	+40:03
	Andrew Tang	OD	M14	w13	
	Ethan Lau	IND	M14	rtd	

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RESULTS - PROVISIONAL

M16 - 3.5km 85m

Championship: 29:26

Gold: 29:39

Silver: 35:35

Bronze: 47:26

Pos	Name	Club	Age Class	Time	Behind
1st=	Jake Hilton	SN	M16	23:33	
1st=	Seb Blackmore	HOC	M16	23:33	
3rd	Maxwell Groom	SYO	M16	24:04	+0:31
4th	Fraser Stamp	WCH	M16	24:36	+1:03
5th	Jamie Osborne	LOC	M16	24:43	+1:10
6th	Nathan Peel	SYO	M16	24:58	+1:25
7th	Erik Biernacki-Jablonski	WAOC	M16	25:10	+1:37
8th	Fraser Cheyne	FVO	M16	25:54	+2:21
9th	Finley Goddard	QO	M16	25:56	+2:23
10th	Aron Gazdag	BOF	M16	27:21	+3:48
11th	Matvei Dnestrovskii	TVOC	M16	27:56	+4:23
12th	James Edward	FVO	M16	28:53	+5:20
13th	Eoin Simpson	LEI	M16	28:55	+5:22
14th	Thomas Puschmann	NN	M16	29:29	+5:56
15th	James Ewart	LVO	M16	29:50	+6:17
16th	Samuel Crook	AIRE	M16	30:27	+6:54
17th	Csongor Farago	HH	M16	32:09	+8:36
18th	Lucas Baikie	FVO	M16	32:41	+9:08
19th	Magnus McCarthy	NGOC	M16	34:41	+11:08
20th	Blake Edwards	MDOC	M16	35:23	+11:50
21st	Marcus Richardson	NOR	M16	35:44	+12:11
22nd	Stanley Preston	SYO	M16	36:14	+12:41
23rd=	Ethan Radcliffe	SUFFOC	M16	37:38	+14:05
23rd=	Jake Bennett	DFOK	M16	37:38	+14:05
25th	Daniel Wareing	BOK	M16	42:24	+18:51
26th	Ralph Scarbrough	MV	M16	42:45	+19:12
27th	Chun Ho Andre Fu	WAOC	M16	43:00	+19:27
28th	Jago Reynolds	SYO	M16	43:38	+20:05
29th	Alex Darwin	WAOC	M16	45:04	+21:31
30th	Rhodes Dickinson	BAOC	M16	45:43	+22:10
31st	Jack Baxter	SYO	M16	63:55	+40:22
	John Bass	HOC	M16	m7-8	
	Alexander Cadman	SYO	M16	m13	

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RESULTS - PROVISIONAL

M18 - 4.775km 150m

Championship: 40:33

Gold: 41:09

Silver: 49:23

Bronze: 65:50

Pos	Name	Club	Age Class	Time	Behind
1st	Will Preston	SYO	M18	32:26	
2nd	Toby Heppell	WCOC	M18	32:40	+0:14
3rd	Luke Bennett	DFOK	M18	33:40	+1:14
4th	James Agombar	NGOC	M18	34:17	+1:51
5th	Caspar Reynolds	SYO	M18	34:34	+2:08
6th	Lawrence Hodgson	SYO	M18	35:17	+2:51
7th	Robin Irwin	SBOC	M18	35:35	+3:09
8th	Alexander Hunt	FVO	M18	37:29	+5:03
9th	Vince Nagy-Kovacs	SBOC	M18	37:43	+5:17
10th	Craig Thompson	HOC	M18	39:37	+7:11
11th	Douglas McDonald	INVOC	M18	39:55	+7:29
12th	Ben Chapman	SO	M18	40:08	+7:42
13th	Robbie Lightfoot	SYO	M18	42:17	+9:51
14th	Jonah Hearn	WCH	M18	42:32	+10:06
15th	Sam Osborne	LOC	M18	44:15	+11:49
16th	Matthew Inman	FVO	M18	44:23	+11:57
17th	Monty Bratcher- Howard	WIM	M18	47:37	+15:11
18th	Zach Thomas	SROC	M18	48:26	+16:00
19th	Peter Blackmore	HOC	M18	48:33	+16:07
20th	Seth Lawson	NGOC	M18	49:16	+16:50
21st	Eben Higginbottom	DEE	M18	49:42	+17:16
22nd	Max Straube-Roth	OD	M18	54:21	+21:55
23rd	George Rennie	WCOC	M18	56:29	+24:03
24th	Chun Yan Alistair Fu	WAOC	M18	74:49	+42:23
	Russell McCreadie	WIM	M18	w18	
	Henry Forsyth	SOC	M18	m11	
	Duncan Currie	SOC	M18	w11	
	Rhys Caudwell	SYO	M18	w7	
	Adam Landels	OD	M18	w15	
	Pasco Reynolds	SYO	M18	w15	

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RESULTS - PROVISIONAL

M20 - 4.775km 150m

Championship: 39:56

Gold: 41:24

Silver: 49:41

Bronze: 66:14

Pos	Name	Club	Age Class	Time	Behind
1st	Freddie Lake	SBOC	M20	31:57	
2nd	Isaac Hunter	WCOC	M20	34:16	+2:19
3rd	Matthew Birkinshaw	SHUOC	M20	34:18	+2:21
4th	Matthew McCreadie	DEE	M20	39:14	+7:17
5th	Jake O'Donnell	DVO	M20	40:12	+8:15
6th	Ben Hayward	SHUOC	M20	40:45	+8:48
7th	Harry Bratcher-Howard	BUMC	M20	45:58	+14:01
8th	Oliver Ward	SHUOC	M20	46:53	+14:56
9th	Theo Steventon-Barnes	SUFFOC	M20	50:37	+18:40
10th	Oliver Heckford	WSX	M20	54:04	+22:07
11th	Timofey Zorin	SLOW	M20	56:00	+24:03
12th	Jack Knight	KERNO	M20	61:15	+29:18
13th	William Clarke	SHUOC	M20	150:52	+118:55
	Matthew Bethell	SHUOC	M20	rtd	

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RESULTS - PROVISIONAL

M21 - 5.95km 190m

Championship: 41:28

Gold: 43:36

Silver: 52:20

Bronze: 69:46

Pos	Name	Club	Age Class	Time	Behind
1st	Euan Tryner	SYO	M21	33:10	
2nd	Chris Smithard	FVO	M35	35:31	+2:21
3rd	Charlie Rennie	WCOC	M21	35:57	+2:47
4th	Niall McCarthy	BOF	M21	36:10	+3:00
5th	Alex Wetherill	WAOC	M21	36:53	+3:43
6th	Thomas Laraia	EUOC	M21	39:21	+6:11
7th	Adam Conway	SHUOC	M21	39:47	+6:37
8th	Colm Moran	INT	M21	39:55	+6:45
9th	Robin Fieldhouse	QO	M21	40:06	+6:56
10th	Ben Mitchell	SBOC	M21	40:16	+7:06
11th	Cillin Corbett	CORK O	M21	40:35	+7:25
12th=	Joe Thomas	SYO	M21	42:20	+9:10
12th=	Benjamin Stevens	SYO	M21	42:20	+9:10
14th	Joe Hudd	WCOC	M21	42:25	+9:15
15th	Daniel Weaver	BOK	M21	43:58	+10:48
16th	Alex Matthew	EUOC	M21	45:17	+12:07
17th	Liam Marsh	SO	M21	45:31	+12:21
18th	Dominic Green	SHUOC	M21	45:44	+12:34
19th	Sam Leadley	OD	M21	47:19	+14:09
20th	Anthony Squire	NOC	M45	47:27	+14:17
21st	Christopher MacKenzie	CLOK	M21	47:49	+14:39
22nd	Tom Dobra	TVOC	M21	48:45	+15:35
23rd	Andrew Stemp-Walsh	AIRE	M21	50:04	+16:54
24th	Ryan Elliot	SYO	M21	51:31	+18:21
25th	Matthew Hall	SYO	M21	52:49	+19:39
26th	Adrien Gallet	SYO	M21	55:26	+22:16
27th	Craig Lucas	LOG	M21	57:03	+23:53
28th	Nicholas Jarvis	SO	M21	58:01	+24:51
29th	Thomas Entwistle	OD	M21	58:02	+24:52
30th	Ben Squire	NOC	M21	58:47	+25:37
31st	Lawrence Jones	TVOC	M21	59:20	+26:10
32nd	Iestyn Evans	SBOC	M21	59:26	+26:16
33rd	Robert Fieldhouse	QO	M21	59:42	+26:32
34th	Robert Finch	NGOC	M21	60:32	+27:22
35th	Kin Wai Lee	HOC	M35	60:34	+27:24
36th	Patrick Tudor	SBOC	M35	61:47	+28:37
37th	John Dasey	SO	M40	63:12	+30:02
38th	Tsz Fung Yu	OD	M21	64:14	+31:04
39th	Matthew Howlett	BAOC	M21	65:58	+32:48
40th	Matt Tooke	SYO	M21	66:43	+33:33
41st	Thomas Wright	UBOC	M21	67:42	+34:32
42nd	Euan Marsh	SO	M21	68:36	+35:26
43rd	Edward Lines	SO	M21	68:56	+35:46
44th	Daniel Hodson	HH	M21	74:04	+40:54
45th	Mark Pepper	SAX	M21	76:13	+43:03
46th	Zhenlong Li	OUOC	M21	77:39	+44:29
47th	Tom Alcock	WIM	M21	79:21	+46:11
48th	Kieran Marsh	INT	M21	81:47	+48:37
49th	Lewis Clayton	BAOC	M21	82:05	+48:55
50th	George Simmons	OD	M21	86:19	+53:09
51st	Himmy Lau	SLOW	M21	87:38	+54:28
52nd	Gilbert Lee	DEE	M35	98:43	+65:33
53rd	Markus Draeger	NOR	M21	114:26	+81:16
	Charles Anderton	HOC	M21	w7	
	James Haynes	SLOW	M21	m12	

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RESULTS - PROVISIONAL

M35 - 5.375km 165m

Championship: 49:46

Gold: 49:46

Silver: 59:44

Bronze: 79:38

Pos	Name	Club	Age Class	Time	Behind
1st	Joe Taunton	SYO	M35	39:49	
2nd	Mark Burley	MDOC	M35	42:54	+3:05
3rd	Dan Tett	SYO	M35	43:10	+3:21
4th	George Stevens	BOF	M35	46:40	+6:51
5th	Dave Murgatroyd	AIRE	M35	60:24	+20:35
6th	Ed Cochrane	NOC	M35	61:51	+22:02
7th	Robert Farrington	SYO	M35	62:40	+22:51
8th	Owain Rice	BL	M35	65:39	+25:50
9th	James Thomas	HOC	M35	72:51	+33:02

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RESULTS - PROVISIONAL

M40 - 5.375km 165m

Championship: 47:33

Gold: 50:04

Silver: 60:05

Bronze: 80:06

Pos	Name	Club	Age Class	Time	Behind
1st	David Roome	SROC	M40	38:02	
2nd	Robert Holdway	POTOC	M40	42:04	+4:02
3rd	Tom Bray	SN	M40	43:05	+5:03
4th	Rhys Manning	NGOC	M40	43:27	+5:25
5th	Andrew Powell	DVO	M40	47:16	+9:14
6th	Gareth Mansfield	BAOC	M40	52:36	+14:34
7th	Tim Kieniewicz	WRE	M40	56:56	+18:54
8th	Terence Desmond Dickinson	BAOC	M40	58:50	+20:48
9th	Tim Scarbrough	MV	M40	62:40	+24:38
10th	Simonas Sakalauskas	SROC	M40	70:50	+32:48
11th	Donatas Tumaitis	CHIG	M40	76:13	+38:11
12th	Thomas Lewis	WRE	M40	93:26	+55:24
13th	Peter Brooke	SELOC	M40	101:09	+63:07
14th	Matt Eaton	WAOC	M40	105:16	+67:14
15th	Samuel Taunton	NGOC	M40	107:11	+69:09
16th	Alex Fox	HOC	M40	122:27	+84:25
	Thomas Cochrane	NGOC	M40	m7 w15	

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RESULTS - PROVISIONAL

M45 - 4.95km 155m

Championship: 44:08

Gold: 45:36

Silver: 54:44

Bronze: 72:58

Pos	Name	Club	Age Class	Time	Behind
1st	Richard Robinson	NOC	M45	35:18	
2nd	Iain Stamp	WCH	M45	37:00	+1:42
3rd	Andrew Preston	SYO	M45	37:10	+1:52
4th	Dominic Edward	FVO	M45	40:19	+5:01
5th	Laurence Cload	INVOC	M45	40:26	+5:08
6th	Peter Daplyn	SN	M45	41:15	+5:57
7th	Ben Chesters	DEVON	M45	42:16	+6:58
8th	Glen Richardson	NOR	M45	42:46	+7:28
9th	Alistair Powell	OD	M45	43:50	+8:32
10th	Kristof Nowicki	WRE	M45	45:14	+9:56
11th	Lucy Todhunter	SROC	W45	47:09	+11:51
12th	Simon Evans	SAX	M45	50:40	+15:22
13th	Rob Baker	NN	M45	50:44	+15:26
14th=	Alex Rothman	SYO	M45	50:53	+15:35
14th=	Robert Atkins	HOC	M45	50:53	+15:35
16th	David Gray	MDOC	M45	51:16	+15:58
17th	Paulius Maciunas	DEE	M45	52:37	+17:19
18th	Ben Bethell	NOR	M45	54:37	+19:19
19th	Gareth Radcliffe	SUFFOC	M45	55:56	+20:38
20th	David Newton	DVO	M45	57:01	+21:43
21st	Steve Blackmore	HOC	M45	57:18	+22:00
22nd	Will Drewe	CLARO	M45	57:22	+22:04
23rd	Adam McCreadie	DEE	M45	57:39	+22:21
24th	Maxim Zorin	SLOW	M45	58:22	+23:04
25th	Mark Goddard	QO	M45	58:29	+23:11
26th	Andrew Weaver	WRE	M45	64:54	+29:36
27th	Jack Cheyne	FVO	M45	67:01	+31:43
28th	Rob Truswell	FVO	M45	68:38	+33:20
29th	Simon Branford	WIM	M45	82:44	+47:26
30th	Greg May	PFO	M45	83:15	+47:57
31st	David Howsam	SYO	M45	87:48	+52:30
32nd	Paul Walwyn	SYO	M45	88:12	+52:54
33rd	Anthony Payne	SBOC	M45	90:01	+54:43
34th	Tom Birthwright	NGOC	M45	90:57	+55:39
35th	Alex Hudson	HOC	M45	96:02	+60:44
36th	Maciej Jablonski	WAOC	M45	110:18	+75:00
37th	Paul Gregson	OD	M45	112:06	+76:48
38th	Kwokkay Lo	HOC	M45	152:50	+117:32
	Mark Villiers	PFO	M45	w14	

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RESULTS - PROVISIONAL

M50 - 4.95km 155m

Championship: 41:03

Gold: 45:06

Silver: 54:08

Bronze: 72:10

Pos	Name	Club	Age Class	Time	Behind
1st	Julian Simpson	CLOK	M50	32:50	
2nd	Nick Barrable	SYO	M50	34:53	+2:03
3rd	Peter Tryner	SYO	M50	40:33	+7:43
4th	Tim Higginbottom	DEE	M50	40:57	+8:07
5th	Richard Hunt	SYO	M50	42:47	+9:57
6th	Andy Simpson	LEI	M50	42:56	+10:06
7th	Martin Pigott	POTOC	M50	43:34	+10:44
8th	David Alcock	AIRE	M50	45:10	+12:20
9th	Ian Marsden	HH	M50	45:19	+12:29
10th	Jolyon Medlock	WSX	M50	48:01	+15:11
11th	Rolf Crook	AIRE	M50	50:29	+17:39
12th	Andrew Snell	SOC	M50	50:42	+17:52
13th	Bernhard Hagen	BOK	M50	51:02	+18:12
14th	Tommi Grover	BOK	M50	52:09	+19:19
15th	Francis Shillitoe	NATO	M50	52:24	+19:34
16th	David Currie	SOC	M50	52:44	+19:54
17th	Richard Mawer	BAOC	M50	52:55	+20:05
18th	Mark Ford	SAX	M50	53:03	+20:13
19th	Simon Hodgson	SYO	M50	61:43	+28:53
20th	Scott Baikie	FVO	M50	61:51	+29:01
21st	James Rhodes	BAOC	M50	62:00	+29:10
22nd	Matthew Fortes	ERYRI	M50	62:26	+29:36
23rd	Luke Brown	BOK	M50	63:10	+30:20
24th	Michael Osborne	LOC	M50	66:21	+33:31
25th	Anthony Flick	LOK	M50	67:48	+34:58
26th	Jeff Pakes	QO	M50	73:45	+40:55
27th	David Lyness	SUFFOC	M50	75:49	+42:59
28th	Bob Johnston	SYO	M50	79:43	+46:53
29th	David Ewart	LVO	M50	80:30	+47:40
30th	Alec Linton	NGOC	M50	80:40	+47:50
31st	Richard Powell	WAOC	M50	82:15	+49:25
32nd	Alistair Lovegrove	SN	M50	82:51	+50:01
33rd	Brian Cowe	WAOC	M50	83:10	+50:20
34th	Gergely Farago	HH	M50	85:38	+52:48
35th	Keith Bennett	DFOK	M50	87:47	+54:57
36th	Ivan Tang	OD	M50	102:22	+69:32
37th	Nikolay Yanev	SLOW	M50	105:41	+72:51
38th	Hugo Reynolds	SYO	M50	132:02	+99:12
39th	Edward Griffiths	DFOK	M50	135:33	+102:43
40th	Dickson Chungyin Tam	HH	M50	139:20	+106:30
	Keith McCarthy	NGOC	M50	w10	

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RESULTS - PROVISIONAL

M55 - 4.725km 150m

Championship: 45:28

Gold: 46:55

Silver: 56:18

Bronze: 75:04

Pos	Name	Club	Age Class	Time	Behind
1st	Steve Birkinshaw	WCOC	M55	36:22	
2nd	James Logue	EPOC	M55	36:49	+0:27
3rd	Peter Ward	NGOC	M55	39:26	+3:04
4th	Jamie Rennie	WCOC	M55	40:25	+4:03
5th	Jason Inman	FVO	M55	41:36	+5:14
6th	James Laird	INVOC	M55	43:07	+6:45
7th	Richard Parkin	DVO	M55	43:11	+6:49
8th	Richard Lloyd	LOK	M55	43:19	+6:57
9th	Richard Baxter	SYO	M55	44:51	+8:29
10th	Simon Hunter	WCOC	M55	45:18	+8:56
11th	Jim Edwards	MDOC	M55	46:59	+10:37
12th	Ian Renfrew	NOR	M55	47:10	+10:48
13th	Liam Corner	MDOC	M55	47:52	+11:30
14th	Ian Porter	SROC	M55	48:39	+12:17
15th	Steve Holmes	WCOC	M55	49:11	+12:49
16th	Nick Howlett	LOC	M55	49:53	+13:31
17th	Robert Frost	NOR	M55	50:32	+14:10
18th	Nick Carter	INVOC	M55	51:17	+14:55
19th	Ian Jones	ERYRI	M55	51:26	+15:04
20th	David Eades	INT	M55	51:56	+15:34
21st	Simon Kippin	TVOC	M55	53:59	+17:37
22nd	Paul Gebbett	BOK	M55	56:17	+19:55
23rd	Chris McCartney	HOC	M55	56:23	+20:01
24th	Jeremy Tonge	BOK	M55	56:31	+20:09
25th	Doug Wilson	NGOC	M55	58:10	+21:48
26th	Tom Matthew	SROC	M55	58:40	+22:18
27th	Brad Connor	FVO	M55	62:14	+25:52
28th	Tim Wiegand	SYO	M55	64:06	+27:44
29th	John Liston	RAFO	M55	65:17	+28:55
30th	Matt White	LEI	M55	67:03	+30:41
31st	Karl Marshall	SYO	M55	68:40	+32:18
32nd	Nick Martin	CLOK	M55	69:59	+33:37
33rd	John Tzanetis	DFOK	M55	71:57	+35:35
34th	Paul Bryce	NGOC	M55	79:08	+42:46
35th	Stuart Crawford	WCOC	M55	87:17	+50:55
36th	Jon Heissig	SBOC	M55	100:36	+64:14
37th	Chris O'Donnell	DVO	M55	107:33	+71:11
38th	David Heale	HH	M55	114:57	+78:35
	Richard Barrett	BAOC	M55	w6	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

M60 - 4.4km 100m

Championship: 41:15

Gold: 42:41

Silver: 51:14

Bronze: 68:18

Pos	Name	Club	Age Class	Time	Behind
1st	Quentin Harding	CLARO	M60	33:00	
2nd	Clive Hallett	BOK	M60	34:22	+1:22
3rd	Charlie Adams	SYO	M60	35:04	+2:04
4th	Alan Velecky	SO	M60	35:49	+2:49
5th	Phil Murray	SYO	M60	37:39	+4:39
6th	Steve Waters	SYO	M60	38:51	+5:51
7th	Mark Chapman	SYO	M60	39:04	+6:04
8th	Graham Patten	WCOC	M60	40:45	+7:45
9th	Dil Wetherill	WAOC	M60	40:54	+7:54
10th	John Duckworth	DVO	M60	44:18	+11:18
11th	Simon Thompson	HOC	M60	44:52	+11:52
12th	Dan Parker	BL	M60	45:30	+12:30
13th	Matthew Owen	BOK	M60	45:51	+12:51
14th	Steve Wilson	BOK	M60	46:42	+13:42
15th	Peter Chapman	SO	M60	46:57	+13:57
16th	Richard Sharp	TVOC	M60	48:04	+15:04
17th	Andy Sykes	DVO	M60	48:17	+15:17
18th	Iain Bell	DEE	M60	48:38	+15:38
19th	Dave Chaffey	DVO	M60	48:53	+15:53
20th	Richard Pay	WRE	M60	49:58	+16:58
21st	Paul Taylor	SYO	M60	50:22	+17:22
22nd	Simon Hunt	FVO	M60	51:18	+18:18
23rd	Roger Thetford	TVOC	M60	51:23	+18:23
24th	Jon Hateley	DEE	M60	51:27	+18:27
25th	Mark Adams	HH	M60	52:33	+19:33
26th	Steve Jarvis	SO	M60	53:15	+20:15
27th	David Lawson	OD	M60	53:51	+20:51
28th	Karl Kingsman	HOC	M60	53:54	+20:54
29th	Tony Burton	MV	M60	55:15	+22:15
30th	David Todd	SYO	M60	56:54	+23:54
31st	Michael John Belshaw	BAOC	M60	57:55	+24:55
32nd	Clive Richardson	WRE	M60	58:39	+25:39
33rd	Ian Buxton	LEI	M60	59:40	+26:40
34th	Aleksei Dnestrovskii	TVOC	M60	59:45	+26:45
35th	Tony Callow	WRE	M60	60:18	+27:18
36th	Phil Conway	GO	M60	60:22	+27:22
37th	Paul Fox	SN	M60	60:38	+27:38
38th	David Lobley	DFOK	M60	61:01	+28:01
39th	Alex Morgan	HOC	M60	61:58	+28:58
40th	Andy Rimes	QO	M60	62:59	+29:59
41st	Robert Lines	SO	M60	63:11	+30:11
42nd	Steve Dempsey	SYO	M60	63:53	+30:53
43rd	Chris Penny	AIRE	M60	64:41	+31:41
44th	Phil Newall	WCOC	M60	65:54	+32:54
45th	Steve Schofield	NOC	M60	66:09	+33:09
46th	David Pilling	BOK	M60	66:13	+33:13
47th	Ian Marshall	AIRE	M60	66:31	+33:31
48th	Stephen McKinley	SN	M60	67:53	+34:53
49th	Chris Rampton	WAOC	M60	68:19	+35:19
50th	Derick Mercer	BKO	M60	68:20	+35:20
51st	David McCann	MDOC	M60	68:24	+35:24
52nd	Clive Wilkinson	SUFFOC	M60	70:19	+37:19
53rd	Ian Chafer	HOC	M60	71:16	+38:16
54th	Greg Best	NGOC	M60	71:28	+38:28
55th	Ian Roberts	MV	M60	72:22	+39:22

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April 18, 2026

RESULTS - PROVISIONAL

M60 - 4.4km 100m

Championship: 41:15

Gold: 42:41

Silver: 51:14

Bronze: 68:18

Pos	Name	Club	Age Class	Time	Behind
56th	Julian Bass	HOC	M60	75:32	+42:32
57th	David Faulkner	BOK	M60	79:38	+46:38
58th	Andrew Henderson	WAOC	M60	79:54	+46:54
59th	Paul Jarvis	MDOC	M60	80:23	+47:23
60th	Lap On Leung	HOC	M60	83:41	+50:41
61st	David Hodson	HH	M60	95:36	+62:36
62nd	Rew Francis	HOC	M60	99:48	+66:48
63rd	Steve Edgar	LEI	M60	101:09	+68:09
n/c	Adrian Bailey	HOC	M60	101:10	
64th	Kin Lau	LVO	M60	104:38	+71:38
65th	Kevin Howe	BOK	M60	109:20	+76:20
66th	Ali White	BOK	W60	111:20	+78:20
	Roy McGregor	SROC	M60	m14	
	Paul Hammond	HOC	M60	rtd	
	David Leadley	OD	M60	w5	

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April 18, 2026

RESULTS - PROVISIONAL

M65 - 3.925km 100m

Championship: 42:09

Gold: 45:10

Silver: 54:12

Bronze: 72:16

Pos	Name	Club	Age Class	Time	Behind
1st	Timothy Tett	SYO	M65	33:43	
2nd	John Embrey	SROC	M65	34:37	+0:54
3rd	Adrian Pickles	WRE	M65	40:05	+6:22
4th	Keith Tonkin	BL	M65	40:26	+6:43
5th	Nicholas Lightfoot	SYO	M65	42:17	+8:34
6th	Jonathan Emberton	EPOC	M65	42:18	+8:35
7th	James Clemence	SWOC	M65	42:37	+8:54
8th	Alan Honey	BOK	M65	42:54	+9:11
9th	Chris Hooker	SO	M65	44:06	+10:23
10th	Pete Couldery	GO	M65	45:29	+11:46
11th	Mark Saunders	BOK	M65	45:39	+11:56
12th	Paul Bradbury	SYO	M65	48:21	+14:38
13th	Richard Tiley	LOC	M65	49:22	+15:39
14th	Paul Lane	SARUM	M65	49:23	+15:40
15th	Robert King	AIRE	M65	50:41	+16:58
16th	Peter Haynes	WAOC	M65	51:27	+17:44
17th	Michael Muggeridge	HAVOC	M65	51:28	+17:45
18th	Bruce Bryant	OD	M65	51:29	+17:46
19th	Simon Moore	BKO	M65	51:47	+18:04
20th	Ronan Cleary	LOK	M65	52:22	+18:39
21st	Mick Lucking	NOC	M65	53:00	+19:17
22nd	Brian Pearson	QO	M65	54:57	+21:14
23rd	Robin Wilson	SO	M65	55:17	+21:34
24th	Andy Jones	SLOW	M65	55:34	+21:51
25th	David Saunders	HH	M65	56:20	+22:37
26th	Andrew Yeates	WCH	M65	56:58	+23:15
27th	Charles Spence	LOK	M65	56:59	+23:16
28th	Andrew Quickfall	SROC	M65	57:56	+24:13
29th	David Harrington	CLARO	M65	63:48	+30:05
30th	Ian Byrne	SMOC	M65	63:53	+30:10
31st	Graham Nilsen	DEE	M65	65:40	+31:57
32nd	Tim Hulley	SO	M65	66:38	+32:55
33rd	John Leeson	HOC	M65	67:56	+34:13
34th	Simon Crocker	DEE	M65	68:16	+34:33
35th	Paul Shannon	DEE	M65	68:55	+35:12
36th	Russell Buxton	DVO	M65	70:33	+36:50
37th	Peter Woods	WAOC	M65	70:43	+37:00
38th	Ian Johnson	SO	M65	71:58	+38:15
39th	David Vincent	DVO	M65	73:24	+39:41
40th	John Owen	FVO	M65	84:00	+50:17
41st	Rob Hick	WSX	M65	89:08	+55:25
42nd	Rod Mansel	SUFFOC	M65	90:05	+56:22
43rd	Peter Foster	BOK	M65	101:12	+67:29
44th	Janusz Holender	TVOC	M65	105:41	+71:58
45th	Peter Martin	MV	M65	110:18	+76:35
	Niall Reynolds	SBOC	M65	m19	
	Andy Ellis	PFO	M65	m6	
	Ian Prosser	BAOC	M65	rtd	
	James Askew	NGOC	M65	m14	
	Mark Chapman	SO	M65	rtd	

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April 18, 2026

RESULTS - PROVISIONAL

M70 - 3.5km 85m

Championship: 44:14

Gold: 44:34

Silver: 53:29

Bronze: 71:18

Pos	Name	Club	Age Class	Time	Behind
1st	Peter Jones	SN	M70	35:23	
2nd	Ian Ditchfield	MV	M70	35:40	+0:17
3rd	Vincent Joyce	SO	M70	35:54	+0:31
4th	Mike Christopher	WIM	M70	36:39	+1:16
5th	Gavin Clegg	WSX	M70	36:44	+1:21
6th	Philip Eeles	SOC	M70	38:30	+3:07
7th	Andy Emmerson	OD	M70	38:49	+3:26
8th	Christopher Calow	DEE	M70	38:53	+3:30
9th	Richard Wilson	AIRE	M70	38:55	+3:32
10th	Andrew Evans	DFOK	M70	40:35	+5:12
11th	Lawrie Jones	WRE	M70	40:38	+5:15
12th	Steve Robertson	QO	M70	42:02	+6:39
13th	Mike Snell	ERYRI	M70	43:06	+7:43
14th	Eddie Harwood	MOR	M70	43:24	+8:01
15th	Ray Collins	WCH	M70	43:26	+8:03
16th	John Broadhead	LOC	M70	43:28	+8:05
17th	Dave Kingham	TVOC	M70	44:01	+8:38
18th	Dave Bales	BOF	M70	44:34	+9:11
19th	Don McKerrow	SLOW	M70	45:18	+9:55
20th	Mike Capper	WAOC	M70	45:41	+10:18
21st	Andrew Lewsley	BL	M70	46:57	+11:34
22nd	Mike Jones	SMOC	M70	47:25	+12:02
23rd	Joe House	SO	M70	49:04	+13:41
24th	Martyn Roome	SROC	M70	49:12	+13:49
25th	Stan Alexander	OD	M70	50:21	+14:58
26th	Andrew Robinson	LOC	M70	51:34	+16:11
27th	Richard Llewellyn	NOC	M70	51:55	+16:32
28th	David Rosen	SROC	M70	52:12	+16:49
29th	Matthew Cochrane	SROC	M70	52:32	+17:09
n/c	Paul Basher	HOC	M70	53:23	
30th	Malcolm Spencer	DVO	M70	53:27	+18:04
31st	Andrew Hannaford	SO	M70	58:41	+23:18
32nd	Peter Maliphant	BOK	M70	61:04	+25:41
33rd	Graham Johnson	DVO	M70	63:36	+28:13
34th	Chris Johnson	BOK	M70	66:40	+31:17
35th	Jon Wheatcroft	TVOC	M70	69:01	+33:38
36th	Simon St Leger-Harris	QO	M70	76:45	+41:22
37th	Mikhail Gryaznevich	TVOC	M70	99:28	+64:05
38th	Graham Urquhart	OD	M70	129:07	+93:44
	Alun Jones	TVOC	M70	rtd	

British Middle Distance Champs 2026 - Copy

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RESULTS - PROVISIONAL

M75 - 2.975km 70m

Championship: 34:41

Gold: 40:39

Silver: 48:47

Bronze: 65:02

Pos	Name	Club	Age Class	Time	Behind
1st	Steve Whitehead	EBOR	M75	27:45	
2nd	Andy Hemsted	HOC	M75	31:38	+3:53
3rd	Keith Willdig	OD	M75	38:10	+10:25
4th	John Britton	MDOC	M75	38:16	+10:31
5th	Peter Gorvett	SYO	M75	39:39	+11:54
6th	Mike Wimpenny	DEVON	M75	41:17	+13:32
7th	Tony Thornley	AIRE	M75	43:49	+16:04
8th	Mike Smithard	DEE	M75	44:32	+16:47
9th	Robin Strain	ELO	M75	46:30	+18:45
10th	John Robinson	WCH	M75	47:28	+19:43
11th	Andrew Middleton	DVO	M75	49:22	+21:37
12th	Dave Marr	OD	M75	49:44	+21:59
13th	Don Cload	NGOC	M75	50:27	+22:42
14th	Tony Davies	SROC	M75	56:46	+29:01
15th	Chris Rostron	MDOC	M75	57:00	+29:15
16th	John van Rooyen	SAX	M75	59:06	+31:21
17th	Peter Ross	MDOC	M75	59:32	+31:47
18th	Ian Couch	EPOC	M75	59:40	+31:55
19th	Chris Virgo	DEVON	M75	60:25	+32:40
20th	Paul Taunton	NGOC	M75	62:26	+34:41
21st	Paul Kilpin	TVOC	M75	68:02	+40:17
22nd	Roger Edwards	LEI	M75	68:21	+40:36
23rd	Colin Drury	SYO	M75	73:37	+45:52
24th	Roy Dawson	NATO	M75	74:10	+46:25
25th	David Mullins	SARUM	M75	74:46	+47:01
26th	Gary Waters	SBOC	M75	80:05	+52:20
27th	John Hopper	DVO	M75	80:41	+52:56
28th	John Chesters	DEVON	M75	82:52	+55:07
29th	Michael Pearson	TAY	M75	83:47	+56:02
30th	Barry Houghton	WRE	M75	88:13	+60:28
31st	Tony Hext	QO	M75	88:59	+61:14
32nd	Mike Turner	SO	M75	89:22	+61:37
33rd	Christopher Moon	BOK	M75	93:44	+65:59
34th	Stephen Round	SELOC	M75	133:13	+105:28
35th	Philip Cooper	DVO	M75	154:54	+127:09
	Hedley Calderbank	HH	M75	m9	
	John Simmons	BOK	M75	w5	
	David Lloyd	LOC	M75	m6	
	Richard Steptoe	TVOC	M75	w9	
	Mick Sadler	HOC	M75	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

M80 - 2.5km 45m

Championship: 44:36

Gold: 51:10

Silver: 61:24

Bronze: 81:52

Pos	Name	Club	Age Class	Time	Behind
1st	David Palmer	BOK	M80	35:41	
2nd	David May	SLOW	M80	42:27	+6:46
3rd	John Nuttall	SELOC	M80	44:39	+8:58
4th	Peter Carey	OD	M80	45:22	+9:41
5th	Brian Jackson	SROC	M80	49:19	+13:38
6th	John Padget	DEE	M80	50:09	+14:28
7th	George Crawford-Smith	PFO	M80	50:56	+15:15
8th	Ted McDonald	BOK	M80	54:10	+18:29
9th	Mike Atherton	LOC	M80	57:44	+22:03
10th	Ian Peirce	SARUM	M80	60:22	+24:41
11th	John Palmer	NOC	M80	66:45	+31:04
12th	Anthony Barrable	RAFO	M80	71:35	+35:54
13th	Doug Dickinson	DVO	M80	74:52	+39:11
14th	Peter Yoxall	POTOC	M80	74:54	+39:13
15th	Christopher Branford	WIM	M80	79:01	+43:20
16th	Henry Marston	SYO	M80	88:03	+52:22
	Robert Vickers	HOC	M80	m12	
	Peter Chick	LEI	M80	m10	
	Brian Yates	ESOC	M80	w2	
	John Cooke	DVO	M80	rtd	
	Bob Elmes	DEE	M80	m4-5 m12	

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April 18, 2026

RESULTS - PROVISIONAL

M85 - 2.125km 35m

Championship: 71:53

Gold: 71:53

Silver: 86:15

Bronze: 115:00

Pos	Name	Club	Age Class	Time	Behind
1st	Mike Callow	WRE	M85	57:30	
2nd	Kenneth Olley	CLOK	M85	61:47	+4:17
3rd	Roger Maher	SO	M85	75:43	+18:13
4th	Trevor Simpson	OD	M85	85:42	+28:12

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

M90 - 2.125km 35m

Championship: 119:23

Gold: 119:23

Silver: 143:15

Bronze: 191:00

Pos	Name	Club	Age Class	Time Behind
1st	John Thompson	TVOC	M90	95:30

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W10 - 2.45km 20m

Championship: 40:04

Gold: 40:04

Silver: 48:05

Bronze: 64:06

Pos	Name	Club	Age Class	Time	Behind
1st	Charlotte Drewe	CLARO	W10	32:03	
2nd	Lara Barrable	SYO	W10	38:33	+6:30
3rd	Evelyn Baker	NN	W10	40:36	+8:33
4th	Philippa Mansfield	SN	W10	43:05	+11:02
5th	Ada Atkins	HOC	W10	60:07	+28:04
6th	Suranne Tolley	LEI	W10	78:38	+46:35
	Una May	PFO	W10	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W12 - 2.9km 60m

Championship: 39:16

Gold: 40:33

Silver: 48:39

Bronze: 64:52

Pos	Name	Club	Age Class	Time	Behind
1st	Georgina Hudson	HOC	W12	31:25	
2nd	Lauren Simpson	CLOK	W12	33:27	+2:02
3rd	Eliza-Blue Elliott	SYO	W12	34:30	+3:05
4th	Fern Downing	CLOK	W12	37:31	+6:06
5th	Martha Preston	SYO	W12	39:57	+8:32
6th	Hana Powell	WAOC	W12	42:37	+11:12
7th	Annie Lewis	WRE	W12	43:45	+12:20
8th	Esther Eaton	WAOC	W12	48:13	+16:48
9th	Tunde Farago	HH	W12	58:32	+27:07
10th	Isla Findlay	DFOK	W12	77:43	+46:18
11th	Felicity Gorgan	SROC	W12	136:28	+105:03
12th	Dorothea Brooke	SELOC	W12	152:28	+121:03

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April 18, 2026

RESULTS - PROVISIONAL

W14 - 3.025km 60m

Championship: 30:43

Gold: 34:14

Silver: 41:05

Bronze: 54:46

Pos	Name	Club	Age Class	Time	Behind
1st	Hannah Inman	FVO	W14	24:34	
2nd	Alys Powell	WAOC	W14	28:36	+4:02
3rd	Beau Elliott	SYO	W14	28:58	+4:24
4th	Rae Simpson	CLOK	W14	29:00	+4:26
5th	Emma Daley	ESOC	W14	30:13	+5:39
6th	Maisie Todhunter	SROC	W14	30:59	+6:25
7th	Nell Downing	CLOK	W14	31:20	+6:46
8th	Jemma Waters	SYO	W14	32:05	+7:31
9th	Julia Ross	MOR	W14	33:02	+8:28
10th	Alethea Carr	AIRE	W14	33:03	+8:29
11th	Lulu Gooding	SOS	W14	33:06	+8:32
12th	Vira Bogachova	AYROC	W14	33:52	+9:18
13th	Laura Kitchin	INT	W14	34:57	+10:23
14th	Niamh Mitchell	HH	W14	36:27	+11:53
15th	Freya Hodgson-Jones	LOC	W14	37:03	+12:29
16th	Florrie Johnston	SYO	W14	37:15	+12:41
17th	Evie Brown	BOK	W14	37:17	+12:43
18th	Esme Finch	FVO	W14	38:12	+13:38
19th	Pippa Blackmore	HOC	W14	39:53	+15:19
20th	Lucy Holt	SYO	W14	41:45	+17:11
21st	Sophie Edward	FVO	W14	42:17	+17:43
22nd	Grace Robinson	NOC	W14	45:11	+20:37
23rd	Harriet Evans	SAX	W14	54:41	+30:07
	Elysia Cowe	WAOC	W14	w4	

British Middle Distance Champs 2026 - Copy

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RESULTS - PROVISIONAL

W16 - 2.975km 70m

Championship: 27:46

Gold: 29:10

Silver: 35:00

Bronze: 46:40

Pos	Name	Club	Age Class	Time	Behind
1st	Bethan Buckley	AIRE	W16	22:13	
2nd	Eden Pigott	POTOC	W16	24:27	+2:14
3rd	Hannah Chapman	SYO	W16	24:56	+2:43
4th	Lily Carter	INVOC	W16	25:44	+3:31
5th	Lucy Walwyn	SYO	W16	26:44	+4:31
6th	Alice French	WIM	W16	28:51	+6:38
7th	Alice Evans	SAX	W16	31:34	+9:21
8th	Anna Howard	MOR	W16	33:00	+10:47
9th	Emma Chapman	SO	W16	33:02	+10:49
10th	Hannah Agombar	NGOC	W16	35:07	+12:54
11th	Sophie Howsam	SYO	W16	35:26	+13:13
12th	Fay Thomas	SROC	W16	36:54	+14:41
13th	Ceci Knight	KERNO	W16	37:45	+15:32
14th	Emma Heckford	WSX	W16	38:56	+16:43
15th	Hazel Cload	INVOC	W16	39:26	+17:13
16th	Tess Higginbottom	DEE	W16	39:52	+17:39
17th	Cora Comisso	INVOC	W16	42:06	+19:53
18th	Emily Waters	SO	W16	47:47	+25:34
19th	Sophie Gray	MDOC	W16	58:01	+35:48
20th	Cara Tolley	LEI	W16	63:49	+41:36

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RESULTS - PROVISIONAL

W18 - 3.8km 100m

Championship: 37:39

Gold: 40:13

Silver: 48:15

Bronze: 64:20

Pos	Name	Club	Age Class	Time	Behind
1st	Anna Todd	SYO	W18	30:07	
2nd	Ella Baxter	SYO	W18	33:06	+2:59
3rd	Sophie Howard	MOR	W18	33:16	+3:09
4th	Alice Pieters	SYO	W18	33:57	+3:50
5th	Hannah Birkinshaw	WCOC	W18	34:48	+4:41
6th	Megan Brown	ESOC	W18	34:50	+4:43
7th	Sophie Crawford	WCOC	W18	36:57	+6:50
8th	Beth Sykes	SYO	W18	38:53	+8:46
9th	Olivia Stamp	WCH	W18	39:03	+8:56
10th	Isabel Hawks	HH	W18	40:45	+10:38
11th	Rebecca Mayes	CLOK	W18	41:24	+11:17
12th	Rona Laird	INVOC	W18	42:52	+12:45
13th	Charlotte Lovegrove	SN	W18	48:29	+18:22
14th	Ellie Todhunter	SROC	W18	53:09	+23:02
15th	Harriet Allinson	WRE	W18	56:10	+26:03
16th	Abigail Howsam	SYO	W18	58:09	+28:02
17th	Kate Jarrett	WAO	W18	58:49	+28:42
18th	Grace Allinson	WRE	W18	60:09	+30:02
19th	Eskarina Medlock	WSX	W18	60:48	+30:41
20th	Rosie McNamara	AYROC	W18	85:38	+55:31
	Ellie Simpson	LEI	W18	w8	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W20 - 3.8km 100m

Championship: 37:59

Gold: 38:03

Silver: 45:39

Bronze: 60:52

Pos	Name	Club	Age Class	Time	Behind
1st	Lyra Medlock	WSX	W20	30:23	
2nd	Daisy Rennie	WCOC	W20	30:28	+0:05
3rd	Jocie Hilton	SHUOC	W20	30:49	+0:26
4th	Hebe Darwin	WAOC	W20	33:07	+2:44
5th	Jessica Ward	SHUOC	W20	35:04	+4:41
6th	Ciel Matthew	CUOC	W20	35:05	+4:42
7th	Amelia Thompson	LOC	W20	35:22	+4:59
8th	Katie Lake	SBOC	W20	44:54	+14:31
9th	Grace French	WIM	W20	46:08	+15:45
10th	Rose Taylor	SHUOC	W20	63:22	+32:59
11th	Leni Hagen	BOK	W20	70:48	+40:25

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W21 - 5.525km 155m

Championship: 49:49

Gold: 54:01

Silver: 64:50

Bronze: 86:26

Pos	Name	Club	Age Class	Time	Behind
1st	Niamh Hunter	AROS	W21	39:51	
2nd	Megan Mitchell	SBOC	W21	44:34	+4:43
3rd	Fiona Eades	EUOC	W21	45:13	+5:22
4th	Chloe Potter	SYO	W21	46:03	+6:12
5th	Rachel Duckworth	DVO	W21	48:05	+8:14
6th	Ellie Bales	INT	W21	48:07	+8:16
7th	Tamsin Moran	SOC	W21	51:29	+11:38
8th	Emma Crawford	EUOC	W21	52:41	+12:50
9th	Rebecca Ward	SYO	W21	57:35	+17:44
10th	Laura Harrison	EPOC	W21	60:05	+20:14
11th	Fay Stemp-Walsh	AIRE	W21	60:28	+20:37
12th	Hannah Hateley	DEE	W21	60:55	+21:04
13th	Megan Harrison	EPOC	W21	61:21	+21:30
14th	Alex Elliot	SYO	W21	65:27	+25:36
15th	Sarah Duckworth	DVO	W21	66:06	+26:15
16th	Aimee Darley	SN	W21	69:24	+29:33
17th	Sarah Darley	SHUOC	W21	70:08	+30:17
18th	Katherine Bett	SN	W21	71:58	+32:07
19th	Eva Spurling	WRE	W21	81:30	+41:39
20th	Siobhan Jones	TVOC	W21	87:51	+48:00
21st	Mar Moreno Gonzalez	NOR	W21	89:08	+49:17
22nd	Holly Curtis	SO	W21	91:20	+51:29
23rd	Kuan Yu Lin	BOK	W21	91:34	+51:43
24th	Kathryn Unsworth	BAOC	W21	106:13	+66:22
25th	Megan Symons	SBOC	W21	108:25	+68:34
26th	Kate Boshier	BOK	W21	129:13	+89:22
27th	Sarah Chaffey	LOK	W21	132:20	+92:29
28th	Debbie Manning	NGOC	W21	153:00	+113:09
	Ka Man Leung	HOC	W21	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W35 - 4.4km 100m

Championship: 56:21

Gold: 56:21

Silver: 67:38

Bronze: 90:10

Pos	Name	Club	Age Class	Time	Behind
1st	Juliette Soulard	OD	W55	45:05	
2nd	Kerina Lake	SBOC	W45	49:36	+4:31
3rd	Jillian Tovey	BAOC	W35	62:36	+17:31
4th	Kezia Studd	SLOW	W35	67:45	+22:40
5th	Amy Hulley	SO	W35	76:14	+31:09
6th	Hannah Dabinett	PFO	W35	118:53	+73:48

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W40 - 4.4km 100m

Championship: 44:48

Gold: 47:54

Silver: 57:29

Bronze: 76:38

Pos	Name	Club	Age Class	Time	Behind
1st	Heather Roome	SROC	W40	35:50	
2nd	Kirsten Strain	OD	W40	40:47	+4:57
3rd	Cerys Manning	MDOC	W40	41:17	+5:27
4th	Sarah-Jane Barrable	SLOW	W40	47:47	+11:57
5th	Caroline Craig	NGOC	W40	49:18	+13:28
6th	Sarah Scarbrough	MV	W40	52:25	+16:35
7th	Julia Preston	SROC	W40	57:11	+21:21
8th	Emma Mansfield	SN	W40	59:32	+23:42
9th	Jennifer Williamson	ERYRI	W40	59:34	+23:44
10th	Julie Ferris-Worth	WCOC	W55	69:20	+33:30
11th	Tania Milnes	SROC	W50	69:57	+34:07
12th	Rosie Walwyn	SYO	W40	70:37	+34:47
13th	Alison Smithard	FVO	W40	79:27	+43:37
14th	Katie Lewis	WRE	W40	81:46	+45:56
	Karen Parker	BL	W60	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W45 - 3.925km 100m

Championship: 42:46

Gold: 51:01

Silver: 61:14

Bronze: 81:38

Pos	Name	Club	Age Class	Time	Behind
1st	Rachael Rothman	SYO	W45	34:13	
2nd	Toni O'Donovan	LEI	W45	42:40	+8:27
3rd	Jeanette Downing	CLOK	W45	45:33	+11:20
4th	Sian Mitchell	HH	W45	46:49	+12:36
5th	Liz Drewe	CLARO	W45	47:58	+13:45
6th	Helen Chiswell	DVO	W45	50:24	+16:11
7th	Rebecca Simpson	CLOK	W45	50:57	+16:44
8th	Iryna Bogachova	AYROC	W45	51:18	+17:05
9th	Liz Heaton	LOC	W45	54:38	+20:25
10th	Bethan Irwin	SBOC	W45	56:03	+21:50
11th	Anne Murgatroyd	AIRE	W45	56:19	+22:06
12th	Sara Currie	BOK	W45	58:15	+24:02
13th	Pauline May	PFO	W45	60:57	+26:44
14th	Victoria McCreadie	BAOC	W45	61:51	+27:38
15th	Christine Currie	SOC	W45	65:24	+31:11
16th	Louise Preston	SYO	W45	65:39	+31:26
17th	Rebecca Coupe	WRE	W45	68:35	+34:22
18th	Alex Agombar	NGOC	W45	69:36	+35:23
19th	Sarah Tipple	SYO	W45	73:33	+39:20
20th	Hannah Woods	SYO	W45	79:50	+45:37
21st	Jenny Hauxwell	LOC	W45	81:04	+46:51
22nd	Corrie Blackmore	HOC	W45	85:59	+51:46
23rd	Kathryn Weaver	WRE	W45	86:57	+52:44
24th	Jenni Nellist	SBOC	W45	91:22	+57:09
25th	Kate Comisso	INVOC	W45	104:22	+70:09
26th	Claire Stamp	WCH	W45	107:05	+72:52
	Kath Atkins	HOC	W45	m9	
	Clare Baker	NN	W45	rtd	
	Sonia Hudson	HOC	W40	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W50 - 3.775km 95m

Championship: 43:31

Gold: 52:24

Silver: 62:53

Bronze: 83:50

Pos	Name	Club	Age Class	Time	Behind
1st	Kim Baxter	SYO	W50	34:49	
2nd	Anne Straube	OD	W50	43:47	+8:58
3rd	Helen Marsden	HH	W50	47:08	+12:19
4th	Emma Jarrett	WAO	W50	47:34	+12:45
5th	Vesela Chokoeva	SLOW	W50	47:48	+12:59
6th	Alison Howe	SAX	W50	48:17	+13:28
7th	Fran Daley	ESOC	W50	49:02	+14:13
8th	Anna Chapman	SO	W50	49:32	+14:43
9th	Jo Buckley	AIRE	W50	51:26	+16:37
10th	Sally Calland	DVO	W50	53:16	+18:27
11th	Eleanor Osborne	LOC	W50	56:35	+21:46
12th	Jo Matthew	SROC	W50	59:07	+24:18
13th	Louise Reynolds	SYO	W50	59:32	+24:43
14th	Freya Askham	SMOC	W50	61:38	+26:49
15th	Helen Ellis	PFO	W50	65:48	+30:59
16th	Rachel Leathwood	BOK	W50	67:48	+32:59
17th	Elizabeth Owen	FVO	W50	71:13	+36:24
18th	Judith Cudden	SYO	W50	72:51	+38:02
19th	Vanessa Howsam	SYO	W50	75:55	+41:06
20th	Norma Rea	LVO	W50	76:06	+41:17
21st	Jenny Ewels	DEE	W50	78:07	+43:18
22nd	Sarah Covey-Crump	SAX	W50	78:32	+43:43
23rd	Helen Rennie	WCOC	W50	81:30	+46:41
24th	Beatrice Waters	SO	W50	86:05	+51:16
25th	Emese Svab	HH	W50	86:18	+51:29
26th	Katharine Shrine	SROC	W50	89:55	+55:06
27th	Dominique Lazanski	CHIG	W50	92:49	+58:00
28th	Hanna Biernacka	WAO	W50	94:26	+59:37
29th	Julia Allinson	WRE	W50	103:33	+68:44
30th	Rebecca Medlock	WSX	W50	108:26	+73:37
31st	Tina Bennett	DFOK	W50	110:46	+75:57
32nd	Tess Knight	KERNO	W50	116:00	+81:11
33rd	Emily Pieters	SYO	W50	117:45	+82:56
34th	Liz Seaston	MV	W50	129:00	+94:11
35th	Sarah Findlay	DFOK	W50	164:17	+129:28
36th	Hannah Steventon-Barnes	SUFFOC	W50	181:59	+147:10
	Helen Clare	HOC	W50	rtd	
	Pauline Tryner	SYO	W50	w14	
	Kim Sanderson	NATO	W50	m6	
	Kate Hawks	HH	W50	m6-7	
	Alison Cowe	WAO	W50	m16	
	Carol Lovegrove	SN	W50	w11	

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RESULTS - PROVISIONAL

W55 - 3.5km 85m

Championship: 38:20

Gold: 44:23

Silver: 53:15

Bronze: 71:00

Pos	Name	Club	Age Class	Time	Behind
1st	Jenny Peel	SYO	W55	30:40	
2nd	Amanda Crawshaw	SYO	W55	37:43	+7:03
3rd	Lucy Wiegand	SYO	W55	38:06	+7:26
4th	Ianka Evans	POTOC	W55	38:30	+7:50
5th	Ruth Ker	CLARO	W55	42:01	+11:21
6th	Lorna Eades	INT	W55	42:19	+11:39
7th	Katie Clarke	SN	W55	43:10	+12:30
8th	Michelle Mackervoy	DVO	W55	43:26	+12:46
9th	Sue Bett	SN	W55	43:31	+12:51
10th	Jenny Lightfoot	SYO	W55	43:33	+12:53
11th	Karen French	WIM	W55	45:12	+14:32
12th	Melanie Slade	SN	W55	45:13	+14:33
13th	Moira Chapman	SYO	W55	46:03	+15:23
14th	Karen Thompson	HOC	W55	46:44	+16:04
15th	Lisa James	SOC	W55	47:23	+16:43
16th	Emma Moody	WCOC	W55	49:03	+18:23
17th	Vanessa Lawson	NGOC	W55	49:47	+19:07
18th	Diane Jacks	WRE	W55	50:27	+19:47
19th	Bronwen Doyle	SYO	W55	51:06	+20:26
20th	Camilla Darwin	WAOC	W55	54:39	+23:59
21st	Elizabeth Treherne	QO	W55	54:42	+24:02
22nd	Fiona Hancock	BOF	W55	55:05	+24:25
23rd	Alison Yeates	WCH	W55	57:49	+27:09
24th	Julia Crook	AIRE	W55	61:29	+30:49
25th	Sally Hughes	WCH	W55	61:35	+30:55
26th	Cat Edwardes	DEVON	W55	61:49	+31:09
27th	Jane Dring-Morris	LEI	W55	63:47	+33:07
28th	Judith Bell	ESOC	W55	66:06	+35:26
29th	Karen White	LEI	W55	70:17	+39:37
30th	Ruth Harris	DEE	W55	71:24	+40:44
31st	Louise Tonge	BOK	W55	73:39	+42:59
32nd	Barbara Griessner	SLOW	W55	75:46	+45:06
33rd	Juliet Bentley	SROC	W55	78:03	+47:23
34th	Vivianne Lawson	OD	W55	80:17	+49:37
35th	Anne Kayley-Burgess	DVO	W60	81:50	+51:10
36th	Sarah Bryce	NGOC	W55	83:15	+52:35
37th	Vanessa Caudwell	SYO	W55	86:50	+56:10
38th	Ann Waters	SYO	W55	93:58	+63:18
39th	Michelle Ward	NGOC	W55	102:48	+72:08
40th	Michelle Barrows	BOK	W55	116:01	+85:21
41st	Sarah Lowe	SO	W55	129:19	+98:39
	Morlich Barnett	POTOC	W55	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

W60 - 3.5km 85m

Championship: 44:33

Gold: 48:11

Silver: 57:50

Bronze: 77:06

Pos	Name	Club	Age Class	Time	Behind
1st	Woo Allen	SN	W60	35:38	
2nd	Elizabeth Jackson	DEE	W60	38:43	+3:05
3rd	Heather Fellbaum	FVO	W60	41:17	+5:39
4th	Amanda Roberts	LOG	W60	41:37	+5:59
5th	Helena Nolan	ESOC	W60	42:33	+6:55
6th	Liz Phillips	OD	W60	42:49	+7:11
7th	Kate Brett	SYO	W60	45:37	+9:59
8th	Judith Wood	PFO	W60	47:01	+11:23
9th	Kerstin Mitchell	HOC	W60	47:56	+12:18
10th	Ginny Hudson	NGOC	W60	50:23	+14:45
11th	Jane McCann	MDOC	W60	51:42	+16:04
12th	Julia Simpson	MDOC	W60	51:54	+16:16
13th	Rachel Wilson	BOK	W60	53:05	+17:27
14th	Colette Du Toit	NGOC	W60	53:32	+17:54
15th	Cath Lee	LOC	W60	54:14	+18:36
16th	Ann-Marie Duckworth	DVO	W60	55:45	+20:07
17th	Julie Cleary	LOK	W60	55:49	+20:11
18th	Jill Emmerson	OD	W60	55:53	+20:15
19th	Julie Lobley	DFOK	W60	57:11	+21:33
20th	Karen Quickfall	SROC	W60	58:02	+22:24
21st	Nicola Hart	DVO	W60	58:24	+22:46
22nd	Elizabeth Bales	POTOC	W60	59:52	+24:14
23rd	Kate O'Sullivan	SBOC	W60	60:55	+25:17
24th	Sal Chaffey	DVO	W60	68:08	+32:30
25th	Maggie Hateley	DEE	W60	69:23	+33:45
26th	Carolyn Dent	BOK	W60	71:00	+35:22
27th	Helen Sharp	TVOC	W60	71:27	+35:49
28th	Robyn Stanyon	SYO	W60	72:16	+36:38
29th	Ursula Williamson	LEI	W60	73:28	+37:50
30th	Fiona Clough	BKO	W60	74:04	+38:26
31st	Katherine Pike	WIM	W60	76:50	+41:12
32nd	Judith Taylor	NGOC	W60	79:38	+44:00
33rd	Judith Wetherill	WAOC	W60	91:47	+56:09
34th	Shuk Han Leung	LVO	W60	96:09	+60:31
35th	Sally Wilkinson	SUFFOC	W60	99:55	+64:17
36th	Viv Hodson	HH	W60	113:30	+77:52
37th	Nicky Griffin	SBOC	W60	122:32	+86:54
	Keiko Conway	GO	W60	m10	
	Lindsey King	AIRE	W60	w11	

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RESULTS - PROVISIONAL

W65 - 2.975km 70m

Championship: 43:53

Gold: 44:11

Silver: 53:02

Bronze: 70:42

Pos	Name	Club	Age Class	Time	Behind
1st	Jackie Hallett	BOK	W65	35:06	
2nd	Sarah Howes	SAX	W65	35:15	+0:09
3rd	Vicky Thornton	FVO	W65	35:43	+0:37
4th	Val Johnson	DVO	W65	41:59	+6:53
5th	Julie Couch	EPOC	W65	44:05	+8:59
6th	Jill Blount	SO	W65	44:29	+9:23
7th	Carol Prosser	BAOC	W65	46:34	+11:28
8th	Gwen Tanner	BOK	W65	49:26	+14:20
9th	Eliza Hermann	HH	W65	51:35	+16:29
10th	Karen Jones	SLOW	W65	51:38	+16:32
11th	Lucy Paton	SN	W65	53:16	+18:10
12th	Marcia Bradbury	SYO	W65	54:39	+19:33
13th	Joyce Marshall	AIRE	W65	56:25	+21:19
14th	Anna Nilsen	DEE	W65	57:01	+21:55
15th	Fiona Sellar	ERYRI	W65	58:10	+23:04
16th	Jane Kayley-Burgess	DVO	W65	63:50	+28:44
17th	Joanna Foster	BOK	W65	64:01	+28:55
18th	Christine Jepson	SO	W65	64:13	+29:07
19th	Alison Saunders	HH	W65	65:15	+30:09
20th	Kim Buxton	DVO	W65	69:23	+34:17
21st	Kathleen Haynes	WAOC	W65	70:14	+35:08
22nd	Janet Cronk	WAOC	W65	73:56	+38:50
23rd	Jacqueline Embrey	SROC	W65	79:06	+44:00
24th	Marie Roberts	MDOC	W65	81:08	+46:02
25th	Jill Cochrane	SROC	W65	83:55	+48:49
26th	Marion Spence	LOK	W65	86:32	+51:26
	Gill Prowse	SN	W65	w9	
	Sue Woods	WAOC	W65	rtd	
	Jane Stew	OD	W65	rtd	
	Adele Newall	WCOC	W65	m3	
	Trudy Crosby	LOG	W65	rtd	
	Diana Nicoll	BOK	W65	m5-6	
	Kate Maliphant	BOK	W65	rtd	

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RESULTS - PROVISIONAL

W70 - 2.5km 45m

Championship: 36:13

Gold: 39:24

Silver: 47:17

Bronze: 63:02

Pos	Name	Club	Age Class	Time	Behind
1st	Stella Lewsley	BL	W70	28:58	
2nd	Ann Cranke	CLOK	W70	32:05	+3:07
3rd	Jill Smith	EBOR	W70	33:29	+4:31
4th	Diane Leakey	SLOW	W70	34:43	+5:45
5th	Karen Clark	EBOR	W70	35:17	+6:19
6th	Christine Robinson	LOC	W70	35:24	+6:26
7th	Christine Kiddier	BL	W70	39:00	+10:02
8th	Janice Nisbet	ESOC	W70	41:05	+12:07
9th	Judith Evans	DVO	W70	42:25	+13:27
10th	Carol Dredge	WCH	W70	42:52	+13:54
11th	Alison Simmons	BOK	W70	44:58	+16:00
12th	Susan Stevens	AIRE	W70	47:03	+18:05
13th	Jane Booker	NOC	W70	47:31	+18:33
14th	Ann Harris	SMOC	W70	48:01	+19:03
15th	Rosie Wych	QO	W70	54:24	+25:26
16th	Linda Hulley	SO	W70	62:50	+33:52
17th	Rachel Thomas	SMOC	W70	66:51	+37:53
18th	Susan Roome	SROC	W70	66:57	+37:59
19th	Anne Wilson	AIRE	W70	68:11	+39:13
20th	Margaret Willdig	OD	W70	72:38	+43:40
21st	Catherine Dawson	NATO	W70	78:41	+49:43
22nd	Jean Fitzgerald	SAX	W70	82:24	+53:26
23rd	Hilary Hodgkinson	NOC	W70	90:26	+61:28
	Sue Hooper	HH	W70	w5	
	Elizabeth Urquhart	OD	W70	rtd	
	Susan Hindle	WRE	W70	m4	

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RESULTS - PROVISIONAL

W75 - 2.5km 45m

Championship: 45:55

Gold: 46:39

Silver: 55:59

Bronze: 74:38

Pos	Name	Club	Age Class	Time	Behind
1st	Hilary Palmer	NOC	W75	36:44	
2nd	Jill Manning	SWOC	W75	37:54	+1:10
3rd	Judith Holt	DVO	W75	40:02	+3:18
4th	Jillyan Dobby	MDOC	W75	43:33	+6:49
5th	Diana McClure	SBOC	W75	45:04	+8:20
6th	Rosalind Taunton	NGOC	W75	53:08	+16:24
7th	Sheila Strain	ELO	W75	55:26	+18:42
8th	Anne May	SWOC	W75	55:53	+19:09
9th	Rosie Shaw	SMOC	W75	59:16	+22:32
10th	Wendy Crawford-Smith	PFO	W75	60:47	+24:03
11th	Di Turner	SO	W75	61:51	+25:07
12th	Denise Mullins	SARUM	W75	64:08	+27:24
13th	Ruth Chesters	DEVON	W75	107:28	+70:44
14th	Caroline Christopher	WIM	W75	132:46	+96:02
	Jo Thornley	AIRE	W75	m3-5	
	Carolyn Marr	OD	W75	m1	
	Denise Harper	BKO	W75	m4-6	
	Lynn Branford	WIM	W75	rtd	
	Miriam Rosen	SROC	W75	w12	

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RESULTS - PROVISIONAL

W80 - 2.125km 35m

Championship: 46:55

Gold: 46:55

Silver: 56:18

Bronze: 75:04

Pos	Name	Club	Age Class	Time	Behind
1st	Sheila Carey	OD	W80	37:32	
2nd	Clare Fletcher	BOK	W80	48:44	+11:12
3rd	Ruth Rhodes	SO	W80	48:47	+11:15
4th	Marian Denham	POTOC	W80	53:30	+15:58
5th	Judy Douglas	POTOC	W80	64:31	+26:59
6th	Christine Middleton	DVO	W80	73:02	+35:30
7th	Sue Bicknell	LEI	W80	79:52	+42:20
8th	Jean Rostron	POTOC	W80	81:24	+43:52
9th	Liz Yeadon	SARUM	W80	101:37	+64:05

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RESULTS - PROVISIONAL

W85 - 2.125km 35m

Championship: 77:21

Gold: 77:21

Silver: 92:50

Bronze: 123:46

Pos	Name	Club	Age Class	Time	Behind
1st	Jenny Thompson	TVOC	W85	61:53	
2nd	Judith Powell	AIRE	W85	91:44	+29:51
3rd	Hilary Simpson	OD	W85	112:16	+50:23
4th	Freda Peirce	SARUM	W85	158:45	+96:52
	Penny Hemsted	HOC	W85	rtd	

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RESULTS - PROVISIONAL

W90 - 2.125km 35m

Championship: 84:59

Gold: 84:59

Silver: 101:59

Bronze: 135:58

Pos	Name	Club	Age	Class	Time	Behind
1st	Alison Sloman	HOC	W90		67:59	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

Orange - 2.35km 115m

Pos	Name	Club	Age Class	Time	Behind
1st	Alexander Evans	POTOC	M21	24:38	
2nd	Alexander Jones	IND	M21	27:24	+2:46
3rd	Alice Powell	DVO	W14	35:06	+10:28
4th	George Powell	DVO	M16	43:10	+18:32
5th	Rachel Alexander	OD	W65	43:44	+19:06
6th	Allan Darwell	BOK	M75	47:19	+22:41
7th	Kotomi Carr	AIRE	W50	50:09	+25:31
8th	Sunning Leung	SMOC	M60	56:04	+31:26
9th	Richard Alexander McDonald	BOK	M50	56:26	+31:48
10th	Sarah Lane	SARUM	W65	59:37	+34:59
11th	Grace Au	SMOC	W60	72:12	+47:34
12th	Christine Williams	SYO	W70	74:16	+49:38
13th	Trevor Roberts	MDOC	M75	88:46	+64:08
14th	Sarah Hodgson-Jones	LOC	W50	93:14	+68:36
15th	Marilyn/Bill Hammerton	IND	W80	99:38	+75:00
16th	Matthew Mills	IND	M45	99:52	+75:14
17th	Sally Ingram	HOC	W65	114:02	+89:24
	Karen Allsop		W60	rtd	
	Tracy Edgar	LEI	W55	rtd	
	Luke Mills	IND	M45	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

Yellow - 1.55km 65m

Pos	Name	Club	Age Class	Time	Behind
1st	Lily Robinson	NOC	W10	21:06	
2nd	Edward Brooke	SELOC	M10	21:19	+0:13
3rd	Edie Evans	DEE	W10	24:37	+3:31
4th	Elsa Evans	DEE	W10	27:34	+6:28
5th	Helen Eaton	WAOC	W10	29:43	+8:37
6th	Tim Dedman	HH	M60	30:05	+8:59
7th	Sofia Zorina	SLOW	W12	37:12	+16:06
8th	Jenny Uff	HOC	W75	40:35	+19:29
9th	Molly Tudor	SBOC	W10	54:23	+33:17

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

White - 0.975km

Pos	Name	Club	Age Class	Time	Behind
1st	Henrietta Mansfield	SN	W10	10:10	
2nd	Rory Howsam	IND	M10	14:00	+3:50
3rd	Rhiannon Pinches	ERYRI	W10	15:38	+5:28
4th	Lily Robinson	NOC	W10	16:28	+6:18
5th	Thomas Howsam	IND	M10	19:30	+9:20
6th	Alexander Murgatroyd	AIRE	W10	27:19	+17:09
7th	Rafferty Roome	SROC	M10	27:51	+17:41

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

Orange - 2.35km 115m

Pos	Name	Club	Age Class	Time	Behind
1st	Alexander Evans	POTOC	M21	24:38	
2nd	Alexander Jones	IND	M21	27:24	+2:46
3rd	Alice Powell	DVO	W14	35:06	+10:28
4th	George Powell	DVO	M16	43:10	+18:32
5th	Rachel Alexander	OD	W65	43:44	+19:06
6th	Allan Darwell	BOK	M75	47:19	+22:41
7th	Kotomi Carr	AIRE	W50	50:09	+25:31
8th	Sunning Leung	SMOC	M60	56:04	+31:26
9th	Richard Alexander McDonald	BOK	M50	56:26	+31:48
10th	Sarah Lane	SARUM	W65	59:37	+34:59
11th	Grace Au	SMOC	W60	72:12	+47:34
12th	Christine Williams	SYO	W70	74:16	+49:38
13th	Trevor Roberts	MDOC	M75	88:46	+64:08
14th	Sarah Hodgson-Jones	LOC	W50	93:14	+68:36
15th	Marilyn/Bill Hammerton	IND	W80	99:38	+75:00
16th	Matthew Mills	IND	M45	99:52	+75:14
17th	Sally Ingram	HOC	W65	114:02	+89:24
	Karen Allsop		W60	rtd	
	Tracy Edgar	LEI	W55	rtd	
	Luke Mills	IND	M45	rtd	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

Yellow - 1.55km 65m

Pos	Name	Club	Age Class	Time	Behind
1st	Lily Robinson	NOC	W10	21:06	
2nd	Edward Brooke	SELOC	M10	21:19	+0:13
3rd	Edie Evans	DEE	W10	24:37	+3:31
4th	Elsa Evans	DEE	W10	27:34	+6:28
5th	Helen Eaton	WAOC	W10	29:43	+8:37
6th	Tim Dedman	HH	M60	30:05	+8:59
7th	Sofia Zorina	SLOW	W12	37:12	+16:06
8th	Jenny Uff	HOC	W75	40:35	+19:29
9th	Molly Tudor	SBOC	W10	54:23	+33:17

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

White - 0.975km

Pos	Name	Club	Age Class	Time	Behind
1st	Henrietta Mansfield	SN	W10	10:10	
2nd	Rory Howsam	IND	M10	14:00	+3:50
3rd	Rhiannon Pinches	ERYRI	W10	15:38	+5:28
4th	Lily Robinson	NOC	W10	16:28	+6:18
5th	Thomas Howsam	IND	M10	19:30	+9:20
6th	Alexander Murgatroyd	AIRE	W10	27:19	+17:09
7th	Rafferty Roome	SROC	M10	27:51	+17:41

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

1 - 5.95km 190m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Euan Tryner	SYO	M21	M21	33:10	
2nd	Chris Smithard	FVO	M35	M21	35:31	+2:21
3rd	Charlie Rennie	WCOC	M21	M21	35:57	+2:47
4th	Niall McCarthy	BOF	M21	M21	36:10	+3:00
5th	Alex Wetherill	WAOC	M21	M21	36:53	+3:43
6th	Thomas Laraia	EUOC	M21	M21	39:21	+6:11
7th	Adam Conway	SHUOC	M21	M21	39:47	+6:37
8th	Colm Moran	INT	M21	M21	39:55	+6:45
9th	Robin Fieldhouse	QO	M21	M21	40:06	+6:56
10th	Ben Mitchell	SBOC	M21	M21	40:16	+7:06
11th	Cillin Corbett	CORK O	M21	M21	40:35	+7:25
12th=	Joe Thomas	SYO	M21	M21	42:20	+9:10
12th=	Benjamin Stevens	SYO	M21	M21	42:20	+9:10
14th	Joe Hudd	WCOC	M21	M21	42:25	+9:15
15th	Daniel Weaver	BOK	M21	M21	43:58	+10:48
16th	Alex Matthew	EUOC	M21	M21	45:17	+12:07
17th	Liam Marsh	SO	M21	M21	45:31	+12:21
18th	Dominic Green	SHUOC	M21	M21	45:44	+12:34
19th	Sam Leadley	OD	M21	M21	47:19	+14:09
20th	Anthony Squire	NOC	M45	M21	47:27	+14:17
21st	Christopher MacKenzie	CLOK	M21	M21	47:49	+14:39
22nd	Tom Dobra	TVOC	M21	M21	48:45	+15:35
23rd	Andrew Stemp-Walsh	AIRE	M21	M21	50:04	+16:54
24th	Ryan Elliot	SYO	M21	M21	51:31	+18:21
25th	Matthew Hall	SYO	M21	M21	52:49	+19:39
26th	Adrien Gallet	SYO	M21	M21	55:26	+22:16
27th	Craig Lucas	LOG	M21	M21	57:03	+23:53
28th	Nicholas Jarvis	SO	M21	M21	58:01	+24:51
29th	Thomas Entwistle	OD	M21	M21	58:02	+24:52
30th	Ben Squire	NOC	M21	M21	58:47	+25:37
31st	Lawrence Jones	TVOC	M21	M21	59:20	+26:10
32nd	Iestyn Evans	SBOC	M21	M21	59:26	+26:16
33rd	Robert Fieldhouse	QO	M21	M21	59:42	+26:32
34th	Robert Finch	NGOC	M21	M21	60:32	+27:22
35th	Kin Wai Lee	HOC	M35	M21	60:34	+27:24
36th	Patrick Tudor	SBOC	M35	M21	61:47	+28:37
37th	John Dasey	SO	M40	M21	63:12	+30:02
38th	Tsz Fung Yu	OD	M21	M21	64:14	+31:04
39th	Matthew Howlett	BAOC	M21	M21	65:58	+32:48
40th	Matt Tooke	SYO	M21	M21	66:43	+33:33
41st	Thomas Wright	UBOC	M21	M21	67:42	+34:32
42nd	Euan Marsh	SO	M21	M21	68:36	+35:26
43rd	Edward Lines	SO	M21	M21	68:56	+35:46
44th	Daniel Hodson	HH	M21	M21	74:04	+40:54
45th	Mark Pepper	SAX	M21	M21	76:13	+43:03
46th	Zhenlong Li	OUOC	M21	M21	77:39	+44:29
47th	Tom Alcock	WIM	M21	M21	79:21	+46:11
48th	Kieran Marsh	INT	M21	M21	81:47	+48:37
49th	Lewis Clayton	BAOC	M21	M21	82:05	+48:55
50th	George Simmons	OD	M21	M21	86:19	+53:09
51st	Himmy Lau	SLOW	M21	M21	87:38	+54:28
52nd	Gilbert Lee	DEE	M35	M21	98:43	+65:33
53rd	Markus Draeger	NOR	M21	M21	114:26	+81:16
	Charles Anderton	HOC	M21	M21	w7	
	James Haynes	SLOW	M21	M21	m12	

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

2 - 5.525km 155m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Niamh Hunter	AROS	W21	W21	39:51	
2nd	Megan Mitchell	SBOC	W21	W21	44:34	+4:43
3rd	Fiona Eades	EUOC	W21	W21	45:13	+5:22
4th	Chloe Potter	SYO	W21	W21	46:03	+6:12
5th	Rachel Duckworth	DVO	W21	W21	48:05	+8:14
6th	Ellie Bales	INT	W21	W21	48:07	+8:16
7th	Tamsin Moran	SOC	W21	W21	51:29	+11:38
8th	Emma Crawford	EUOC	W21	W21	52:41	+12:50
9th	Rebecca Ward	SYO	W21	W21	57:35	+17:44
10th	Laura Harrison	EPOC	W21	W21	60:05	+20:14
11th	Fay Stemp-Walsh	AIRE	W21	W21	60:28	+20:37
12th	Hannah Hateley	DEE	W21	W21	60:55	+21:04
13th	Megan Harrison	EPOC	W21	W21	61:21	+21:30
14th	Alex Elliot	SYO	W21	W21	65:27	+25:36
15th	Sarah Duckworth	DVO	W21	W21	66:06	+26:15
16th	Aimee Darley	SN	W21	W21	69:24	+29:33
17th	Sarah Darley	SHUOC	W21	W21	70:08	+30:17
18th	Katherine Bett	SN	W21	W21	71:58	+32:07
19th	Eva Spurling	WRE	W21	W21	81:30	+41:39
20th	Siobhan Jones	TVOC	W21	W21	87:51	+48:00
21st	Mar Moreno Gonzalez	NOR	W21	W21	89:08	+49:17
22nd	Holly Curtis	SO	W21	W21	91:20	+51:29
23rd	Kuan Yu Lin	BOK	W21	W21	91:34	+51:43
24th	Kathryn Unsworth	BAOC	W21	W21	106:13	+66:22
25th	Megan Symons	SBOC	W21	W21	108:25	+68:34
26th	Kate Bosher	BOK	W21	W21	129:13	+89:22
27th	Sarah Chaffey	LOK	W21	W21	132:20	+92:29
28th	Debbie Manning	NGOC	W21	W21	153:00	+113:09
	Ka Man Leung	HOC	W21	W21	rtd	

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April 18, 2026

RESULTS - PROVISIONAL

3 - 4.775km 150m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Freddie Lake	SBOC	M20	M20	31:57	
2nd	Will Preston	SYO	M18	M18	32:26	+0:29
3rd	Toby Heppell	WCOC	M18	M18	32:40	+0:43
4th	Luke Bennett	DFOK	M18	M18	33:40	+1:43
5th	Isaac Hunter	WCOC	M20	M20	34:16	+2:19
6th	James Agombar	NGOC	M18	M18	34:17	+2:20
7th	Matthew Birkinshaw	SHUOC	M20	M20	34:18	+2:21
8th	Caspar Reynolds	SYO	M18	M18	34:34	+2:37
9th	Lawrence Hodgson	SYO	M18	M18	35:17	+3:20
10th	Robin Irwin	SBOC	M18	M18	35:35	+3:38
11th	Alexander Hunt	FVO	M18	M18	37:29	+5:32
12th	Vince Nagy-Kovacs	SBOC	M18	M18	37:43	+5:46
13th	Matthew McCreadie	DEE	M20	M20	39:14	+7:17
14th	Craig Thompson	HOC	M18	M18	39:37	+7:40
15th	Douglas McDonald	INVOC	M18	M18	39:55	+7:58
16th	Ben Chapman	SO	M18	M18	40:08	+8:11
17th	Jake O'Donnell	DVO	M20	M20	40:12	+8:15
18th	Ben Hayward	SHUOC	M20	M20	40:45	+8:48
19th	Robbie Lightfoot	SYO	M18	M18	42:17	+10:20
20th	Jonah Hearn	WCH	M18	M18	42:32	+10:35
21st	Sam Osborne	LOC	M18	M18	44:15	+12:18
22nd	Matthew Inman	FVO	M18	M18	44:23	+12:26
23rd	Harry Bratcher-Howard	BUMC	M20	M20	45:58	+14:01
24th	Oliver Ward	SHUOC	M20	M20	46:53	+14:56
25th	Monty Bratcher-Howard	WIM	M18	M18	47:37	+15:40
26th	Zach Thomas	SROC	M18	M18	48:26	+16:29
27th	Peter Blackmore	HOC	M18	M18	48:33	+16:36
28th	Seth Lawson	NGOC	M18	M18	49:16	+17:19
29th	Eben Higginbottom	DEE	M18	M18	49:42	+17:45
30th	Theo Steventon-Barnes	SUFFOC	M20	M20	50:37	+18:40
31st	Oliver Heckford	WSX	M20	M20	54:04	+22:07
32nd	Max Straube-Roth	OD	M18	M18	54:21	+22:24
33rd	Timofey Zorin	SLOW	M20	M20	56:00	+24:03
34th	George Rennie	WCOC	M18	M18	56:29	+24:32
35th	Jack Knight	KERNO	M20	M20	61:15	+29:18
36th	Chun Yan Alistair Fu	WAOC	M18	M18	74:49	+42:52
37th	William Clarke	SHUOC	M20	M20	150:52	+118:55
	Pasco Reynolds	SYO	M18	M18	w15	
	Russell McCreadie	WIM	M18	M18	w18	
	Henry Forsyth	SOC	M18	M18	m11	
	Duncan Currie	SOC	M18	M18	w11	
	Adam Landels	OD	M18	M18	w15	
	Rhys Caudwell	SYO	M18	M18	w7	
	Matthew Bethell	SHUOC	M20	M20	rtd	

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RESULTS - PROVISIONAL

4 - 3.8km 100m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Anna Todd	SYO	W18	W18	30:07	
2nd	Lyra Medlock	WSX	W20	W20	30:23	+0:16
3rd	Daisy Rennie	WCOC	W20	W20	30:28	+0:21
4th	Jocie Hilton	SHUOC	W20	W20	30:49	+0:42
5th	Ella Baxter	SYO	W18	W18	33:06	+2:59
6th	Hebe Darwin	WAOC	W20	W20	33:07	+3:00
7th	Sophie Howard	MOR	W18	W18	33:16	+3:09
8th	Alice Pieters	SYO	W18	W18	33:57	+3:50
9th	Hannah Birkinshaw	WCOC	W18	W18	34:48	+4:41
10th	Megan Brown	ESOC	W18	W18	34:50	+4:43
11th	Jessica Ward	SHUOC	W20	W20	35:04	+4:57
12th	Ciel Matthew	CUOC	W20	W20	35:05	+4:58
13th	Amelia Thompson	LOC	W20	W20	35:22	+5:15
14th	Sophie Crawford	WCOC	W18	W18	36:57	+6:50
15th	Beth Sykes	SYO	W18	W18	38:53	+8:46
16th	Olivia Stamp	WCH	W18	W18	39:03	+8:56
17th	Isabel Hawks	HH	W18	W18	40:45	+10:38
18th	Rebecca Mayes	CLOK	W18	W18	41:24	+11:17
19th	Rona Laird	INVOC	W18	W18	42:52	+12:45
20th	Katie Lake	SBOC	W20	W20	44:54	+14:47
21st	Grace French	WIM	W20	W20	46:08	+16:01
22nd	Charlotte Lovegrove	SN	W18	W18	48:29	+18:22
23rd	Ellie Todhunter	SROC	W18	W18	53:09	+23:02
24th	Harriet Allinson	WRE	W18	W18	56:10	+26:03
25th	Abigail Howsam	SYO	W18	W18	58:09	+28:02
26th	Kate Jarrett	WAOC	W18	W18	58:49	+28:42
27th	Grace Allinson	WRE	W18	W18	60:09	+30:02
28th	Eskarina Medlock	WSX	W18	W18	60:48	+30:41
29th	Rose Taylor	SHUOC	W20	W20	63:22	+33:15
30th	Leni Hagen	BOK	W20	W20	70:48	+40:41
31st	Rosie McNamara	AYROC	W18	W18	85:38	+55:31
	Ellie Simpson	LEI	W18	W18	w8	

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RESULTS - PROVISIONAL

5 - 5.375km 165m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	David Roome	SROC	M40	M40	38:02	
2nd	Joe Taunton	SYO	M35	M35	39:49	+1:47
3rd	Robert Holdway	POTOC	M40	M40	42:04	+4:02
4th	Mark Burley	MDOC	M35	M35	42:54	+4:52
5th	Tom Bray	SN	M40	M40	43:05	+5:03
6th	Dan Tett	SYO	M35	M35	43:10	+5:08
7th	Rhys Manning	NGOC	M40	M40	43:27	+5:25
8th	George Stevens	BOF	M35	M35	46:40	+8:38
9th	Andrew Powell	DVO	M40	M40	47:16	+9:14
10th	Gareth Mansfield	BAOC	M40	M40	52:36	+14:34
11th	Tim Kieniewicz	WRE	M40	M40	56:56	+18:54
12th	Terence Desmond Dickinson	BAOC	M40	M40	58:50	+20:48
13th	Dave Murgatroyd	AIRE	M35	M35	60:24	+22:22
14th	Ed Cochrane	NOC	M35	M35	61:51	+23:49
15th=	Tim Scarbrough	MV	M40	M40	62:40	+24:38
15th=	Robert Farrington	SYO	M35	M35	62:40	+24:38
17th	Owain Rice	BL	M35	M35	65:39	+27:37
18th	Simonas Sakalauskas	SROC	M40	M40	70:50	+32:48
19th	James Thomas	HOC	M35	M35	72:51	+34:49
20th	Donatas Tumaitis	CHIG	M40	M40	76:13	+38:11
21st	Thomas Lewis	WRE	M40	M40	93:26	+55:24
22nd	Peter Brooke	SELOC	M40	M40	101:09	+63:07
23rd	Matt Eaton	WAOC	M40	M40	105:16	+67:14
24th	Samuel Taunton	NGOC	M40	M40	107:11	+69:09
25th	Alex Fox	HOC	M40	M40	122:27	+84:25
	Thomas Cochrane	NGOC	M40	M40	m7 w15	

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RESULTS - PROVISIONAL

6 - 4.95km 155m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Julian Simpson	CLOK	M50	M50		32:50	
2nd	Nick Barrable	SYO	M50	M50		34:53	+2:03
3rd	Richard Robinson	NOC	M45	M45		35:18	+2:28
4th	Iain Stamp	WCH	M45	M45		37:00	+4:10
5th	Andrew Preston	SYO	M45	M45		37:10	+4:20
6th	Dominic Edward	FVO	M45	M45		40:19	+7:29
7th	Laurence Cload	INVOC	M45	M45		40:26	+7:36
8th	Peter Tryner	SYO	M50	M50		40:33	+7:43
9th	Tim Higginbottom	DEE	M50	M50		40:57	+8:07
10th	Peter Daplyn	SN	M45	M45		41:15	+8:25
11th	Ben Chesters	DEVON	M45	M45		42:16	+9:26
12th	Glen Richardson	NOR	M45	M45		42:46	+9:56
13th	Richard Hunt	SYO	M50	M50		42:47	+9:57
14th	Andy Simpson	LEI	M50	M50		42:56	+10:06
15th	Martin Pigott	POTOC	M50	M50		43:34	+10:44
16th	Alistair Powell	OD	M45	M45		43:50	+11:00
17th	David Alcock	AIRE	M50	M50		45:10	+12:20
18th	Kristof Nowicki	WRE	M45	M45		45:14	+12:24
19th	Ian Marsden	HH	M50	M50		45:19	+12:29
20th	Lucy Todhunter	SROC	W45	M45		47:09	+14:19
21st	Jolyon Medlock	WSX	M50	M50		48:01	+15:11
22nd	Rolf Crook	AIRE	M50	M50		50:29	+17:39
23rd	Simon Evans	SAX	M45	M45		50:40	+17:50
24th	Andrew Snell	SOC	M50	M50		50:42	+17:52
25th	Rob Baker	NN	M45	M45		50:44	+17:54
26th=	Alex Rothman	SYO	M45	M45		50:53	+18:03
26th=	Robert Atkins	HOC	M45	M45		50:53	+18:03
28th	Bernhard Hagen	BOK	M50	M50		51:02	+18:12
29th	David Gray	MDOC	M45	M45		51:16	+18:26
30th	Tommi Grover	BOK	M50	M50		52:09	+19:19
31st	Francis Shillitoe	NATO	M50	M50		52:24	+19:34
32nd	Paulius Maciunas	DEE	M45	M45		52:37	+19:47
33rd	David Currie	SOC	M50	M50		52:44	+19:54
34th	Richard Mawer	BAOC	M50	M50		52:55	+20:05
35th	Mark Ford	SAX	M50	M50		53:03	+20:13
36th	Ben Bethell	NOR	M45	M45		54:37	+21:47
37th	Gareth Radcliffe	SUFFOC	M45	M45		55:56	+23:06
38th	David Newton	DVO	M45	M45		57:01	+24:11
39th	Steve Blackmore	HOC	M45	M45		57:18	+24:28
40th	Will Drewe	CLARO	M45	M45		57:22	+24:32
41st	Adam McCreadie	DEE	M45	M45		57:39	+24:49
42nd	Maxim Zorin	SLOW	M45	M45		58:22	+25:32
43rd	Mark Goddard	QO	M45	M45		58:29	+25:39
44th	Simon Hodgson	SYO	M50	M50		61:43	+28:53
45th	Scott Baikie	FVO	M50	M50		61:51	+29:01
46th	James Rhodes	BAOC	M50	M50		62:00	+29:10
47th	Matthew Fortes	ERYRI	M50	M50		62:26	+29:36
48th	Luke Brown	BOK	M50	M50		63:10	+30:20
49th	Andrew Weaver	WRE	M45	M45		64:54	+32:04
50th	Michael Osborne	LOC	M50	M50		66:21	+33:31
51st	Jack Cheyne	FVO	M45	M45		67:01	+34:11
52nd	Anthony Flick	LOK	M50	M50		67:48	+34:58
53rd	Rob Truswell	FVO	M45	M45		68:38	+35:48
54th	Jeff Pakes	QO	M50	M50		73:45	+40:55
55th	David Lyness	SUFFOC	M50	M50		75:49	+42:59
56th	Bob Johnston	SYO	M50	M50		79:43	+46:53
57th	David Ewart	LVO	M50	M50		80:30	+47:40
58th	Alec Linton	NGOC	M50	M50		80:40	+47:50
59th	Richard Powell	WAOC	M50	M50		82:15	+49:25

British Middle Distance Champs 2026 - Copy

April 18, 2026

RESULTS - PROVISIONAL

6 - 4.95km 155m

Pos	Name	Club	Age	Class	Class	Time	Behind
60th	Simon Branford	WIM	M45	M45		82:44	+49:54
61st	Alistair Lovegrove	SN	M50	M50		82:51	+50:01
62nd	Brian Cowe	WAOC	M50	M50		83:10	+50:20
63rd	Greg May	PFO	M45	M45		83:15	+50:25
64th	Gergely Farago	HH	M50	M50		85:38	+52:48
65th	Keith Bennett	DFOK	M50	M50		87:47	+54:57
66th	David Howsam	SYO	M45	M45		87:48	+54:58
67th	Paul Walwyn	SYO	M45	M45		88:12	+55:22
68th	Anthony Payne	SBOC	M45	M45		90:01	+57:11
69th	Tom Birthwright	NGOC	M45	M45		90:57	+58:07
70th	Alex Hudson	HOC	M45	M45		96:02	+63:12
71st	Ivan Tang	OD	M50	M50		102:22	+69:32
72nd	Nikolay Yanev	SLOW	M50	M50		105:41	+72:51
73rd	Maciej Jablonski	WAOC	M45	M45		110:18	+77:28
74th	Paul Gregson	OD	M45	M45		112:06	+79:16
75th	Hugo Reynolds	SYO	M50	M50		132:02	+99:12
76th	Edward Griffiths	DFOK	M50	M50		135:33	+102:43
77th	Dickson Chungyin Tam	HH	M50	M50		139:20	+106:30
78th	Kwokkay Lo	HOC	M45	M45		152:50	+120:00
	Mark Villiers	PFO	M45	M45		w14	
	Keith McCarthy	NGOC	M50	M50		w10	

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April 18, 2026

RESULTS - PROVISIONAL

7 - 4.725km 150m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Steve Birkinshaw	WCOC	M55	M55		36:22	
2nd	James Logue	EPOC	M55	M55		36:49	+0:27
3rd	Peter Ward	NGOC	M55	M55		39:26	+3:04
4th	Jamie Rennie	WCOC	M55	M55		40:25	+4:03
5th	Jason Inman	FVO	M55	M55		41:36	+5:14
6th	James Laird	INVOC	M55	M55		43:07	+6:45
7th	Richard Parkin	DVO	M55	M55		43:11	+6:49
8th	Richard Lloyd	LOK	M55	M55		43:19	+6:57
9th	Richard Baxter	SYO	M55	M55		44:51	+8:29
10th	Simon Hunter	WCOC	M55	M55		45:18	+8:56
11th	Jim Edwards	MDOC	M55	M55		46:59	+10:37
12th	Ian Renfrew	NOR	M55	M55		47:10	+10:48
13th	Liam Corner	MDOC	M55	M55		47:52	+11:30
14th	Ian Porter	SROC	M55	M55		48:39	+12:17
15th	Steve Holmes	WCOC	M55	M55		49:11	+12:49
16th	Nick Howlett	LOC	M55	M55		49:53	+13:31
17th	Robert Frost	NOR	M55	M55		50:32	+14:10
18th	Nick Carter	INVOC	M55	M55		51:17	+14:55
19th	Ian Jones	ERYRI	M55	M55		51:26	+15:04
20th	David Eades	INT	M55	M55		51:56	+15:34
21st	Simon Kippin	TVOC	M55	M55		53:59	+17:37
22nd	Paul Gebbett	BOK	M55	M55		56:17	+19:55
23rd	Chris McCartney	HOC	M55	M55		56:23	+20:01
24th	Jeremy Tonge	BOK	M55	M55		56:31	+20:09
25th	Doug Wilson	NGOC	M55	M55		58:10	+21:48
26th	Tom Matthew	SROC	M55	M55		58:40	+22:18
27th	Brad Connor	FVO	M55	M55		62:14	+25:52
28th	Tim Wiegand	SYO	M55	M55		64:06	+27:44
29th	John Liston	RAFO	M55	M55		65:17	+28:55
30th	Matt White	LEI	M55	M55		67:03	+30:41
31st	Karl Marshall	SYO	M55	M55		68:40	+32:18
32nd	Nick Martin	CLOK	M55	M55		69:59	+33:37
33rd	John Tzanetis	DFOK	M55	M55		71:57	+35:35
34th	Paul Bryce	NGOC	M55	M55		79:08	+42:46
35th	Stuart Crawford	WCOC	M55	M55		87:17	+50:55
36th	Jon Heissig	SBOC	M55	M55		100:36	+64:14
37th	Chris O'Donnell	DVO	M55	M55		107:33	+71:11
38th	David Heale	HH	M55	M55		114:57	+78:35
	Richard Barrett	BAOC	M55	M55		w6	

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April 18, 2026

RESULTS - PROVISIONAL

8 - 4.4km 100m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Quentin Harding	CLARO	M60	M60		33:00	
2nd	Clive Hallett	BOK	M60	M60		34:22	+1:22
3rd	Charlie Adams	SYO	M60	M60		35:04	+2:04
4th	Alan Velecky	SO	M60	M60		35:49	+2:49
5th	Heather Roome	SROC	W40	W40		35:50	+2:50
6th	Phil Murray	SYO	M60	M60		37:39	+4:39
7th	Steve Waters	SYO	M60	M60		38:51	+5:51
8th	Mark Chapman	SYO	M60	M60		39:04	+6:04
9th	Graham Patten	WCOC	M60	M60		40:45	+7:45
10th	Kirsten Strain	OD	W40	W40		40:47	+7:47
11th	Dil Wetherill	WAOC	M60	M60		40:54	+7:54
12th	Cerys Manning	MDOC	W40	W40		41:17	+8:17
13th	John Duckworth	DVO	M60	M60		44:18	+11:18
14th	Simon Thompson	HOC	M60	M60		44:52	+11:52
15th	Juliette Soulard	OD	W55	W35		45:05	+12:05
16th	Dan Parker	BL	M60	M60		45:30	+12:30
17th	Matthew Owen	BOK	M60	M60		45:51	+12:51
18th	Steve Wilson	BOK	M60	M60		46:42	+13:42
19th	Peter Chapman	SO	M60	M60		46:57	+13:57
20th	Sarah-Jane Barrable	SLOW	W40	W40		47:47	+14:47
21st	Richard Sharp	TVOC	M60	M60		48:04	+15:04
22nd	Andy Sykes	DVO	M60	M60		48:17	+15:17
23rd	Iain Bell	DEE	M60	M60		48:38	+15:38
24th	Dave Chaffey	DVO	M60	M60		48:53	+15:53
25th	Caroline Craig	NGOC	W40	W40		49:18	+16:18
26th	Kerina Lake	SBOC	W45	W35		49:36	+16:36
27th	Richard Pay	WRE	M60	M60		49:58	+16:58
28th	Paul Taylor	SYO	M60	M60		50:22	+17:22
29th	Simon Hunt	FVO	M60	M60		51:18	+18:18
30th	Roger Thetford	TVOC	M60	M60		51:23	+18:23
31st	Jon Hateley	DEE	M60	M60		51:27	+18:27
32nd	Sarah Scarbrough	MV	W40	W40		52:25	+19:25
33rd	Mark Adams	HH	M60	M60		52:33	+19:33
34th	Steve Jarvis	SO	M60	M60		53:15	+20:15
35th	David Lawson	OD	M60	M60		53:51	+20:51
36th	Karl Kingsman	HOC	M60	M60		53:54	+20:54
37th	Tony Burton	MV	M60	M60		55:15	+22:15
38th	David Todd	SYO	M60	M60		56:54	+23:54
39th	Julia Preston	SROC	W40	W40		57:11	+24:11
40th	Michael John Belshaw	BAOC	M60	M60		57:55	+24:55
41st	Clive Richardson	WRE	M60	M60		58:39	+25:39
42nd	Emma Mansfield	SN	W40	W40		59:32	+26:32
43rd	Jennifer Williamson	ERYRI	W40	W40		59:34	+26:34
44th	Ian Buxton	LEI	M60	M60		59:40	+26:40
45th	Aleksei Dnestrovskii	TVOC	M60	M60		59:45	+26:45
46th	Tony Callow	WRE	M60	M60		60:18	+27:18
47th	Phil Conway	GO	M60	M60		60:22	+27:22
48th	Paul Fox	SN	M60	M60		60:38	+27:38
49th	David Loble	DFOK	M60	M60		61:01	+28:01
50th	Alex Morgan	HOC	M60	M60		61:58	+28:58
51st	Jillian Tovey	BAOC	W35	W35		62:36	+29:36
52nd	Andy Rimes	QO	M60	M60		62:59	+29:59
53rd	Robert Lines	SO	M60	M60		63:11	+30:11
54th	Steve Dempsey	SYO	M60	M60		63:53	+30:53
55th	Chris Penny	AIRE	M60	M60		64:41	+31:41
56th	Phil Newall	WCOC	M60	M60		65:54	+32:54
57th	Steve Schofield	NOC	M60	M60		66:09	+33:09
58th	David Pilling	BOK	M60	M60		66:13	+33:13
59th	Ian Marshall	AIRE	M60	M60		66:31	+33:31

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RESULTS - PROVISIONAL

8 - 4.4km 100m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Kezia Studd	SLOW	W35	W35	67:45	+34:45
61st	Stephen McKinley	SN	M60	M60	67:53	+34:53
62nd	Chris Rampton	WAOC	M60	M60	68:19	+35:19
63rd	Derick Mercer	BKO	M60	M60	68:20	+35:20
64th	David McCann	MDOC	M60	M60	68:24	+35:24
65th	Julie Ferris-Worth	WCOC	W55	W40	69:20	+36:20
66th	Tania Milnes	SROC	W50	W40	69:57	+36:57
67th	Clive Wilkinson	SUFFOC	M60	M60	70:19	+37:19
68th	Rosie Walwyn	SYO	W40	W40	70:37	+37:37
69th	Ian Chafer	HOC	M60	M60	71:16	+38:16
70th	Greg Best	NGOC	M60	M60	71:28	+38:28
71st	Ian Roberts	MV	M60	M60	72:22	+39:22
72nd	Julian Bass	HOC	M60	M60	75:32	+42:32
73rd	Amy Hulley	SO	W35	W35	76:14	+43:14
74th	Alison Smithard	FVO	W40	W40	79:27	+46:27
75th	David Faulkner	BOK	M60	M60	79:38	+46:38
76th	Andrew Henderson	WAOC	M60	M60	79:54	+46:54
77th	Paul Jarvis	MDOC	M60	M60	80:23	+47:23
78th	Katie Lewis	WRE	W40	W40	81:46	+48:46
79th	Lap On Leung	HOC	M60	M60	83:41	+50:41
80th	David Hodson	HH	M60	M60	95:36	+62:36
81st	Rew Francis	HOC	M60	M60	99:48	+66:48
82nd	Steve Edgar	LEI	M60	M60	101:09	+68:09
n/c	Adrian Bailey	HOC	M60	M60	101:10	
83rd	Kin Lau	LVO	M60	M60	104:38	+71:38
84th	Kevin Howe	BOK	M60	M60	109:20	+76:20
85th	Ali White	BOK	W60	M60	111:20	+78:20
86th	Hannah Dabinett	PFO	W35	W35	118:53	+85:53
	David Leadley	OD	M60	M60	w5	
	Paul Hammond	HOC	M60	M60	rtd	
	Karen Parker	BL	W60	W40	rtd	
	Roy McGregor	SROC	M60	M60	m14	

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RESULTS - PROVISIONAL

9 - 3.925km 100m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Timothy Tett	SYO	M65	M65		33:43	
2nd	Rachael Rothman	SYO	W45	W45		34:13	+0:30
3rd	John Embrey	SROC	M65	M65		34:37	+0:54
4th	Adrian Pickles	WRE	M65	M65		40:05	+6:22
5th	Keith Tonkin	BL	M65	M65		40:26	+6:43
6th	Nicholas Lightfoot	SYO	M65	M65		42:17	+8:34
7th	Jonathan Emberton	EPOC	M65	M65		42:18	+8:35
8th	James Clemence	SWOC	M65	M65		42:37	+8:54
9th	Toni O'Donovan	LEI	W45	W45		42:40	+8:57
10th	Alan Honey	BOK	M65	M65		42:54	+9:11
11th	Chris Hooker	SO	M65	M65		44:06	+10:23
12th	Pete Couldery	GO	M65	M65		45:29	+11:46
13th	Jeanette Downing	CLOK	W45	W45		45:33	+11:50
14th	Mark Saunders	BOK	M65	M65		45:39	+11:56
15th	Sian Mitchell	HH	W45	W45		46:49	+13:06
16th	Liz Drewe	CLARO	W45	W45		47:58	+14:15
17th	Paul Bradbury	SYO	M65	M65		48:21	+14:38
18th	Richard Tiley	LOC	M65	M65		49:22	+15:39
19th	Paul Lane	SARUM	M65	M65		49:23	+15:40
20th	Helen Chiswell	DVO	W45	W45		50:24	+16:41
21st	Robert King	AIRE	M65	M65		50:41	+16:58
22nd	Rebecca Simpson	CLOK	W45	W45		50:57	+17:14
23rd	Iryna Bogachova	AYROC	W45	W45		51:18	+17:35
24th	Peter Haynes	WAOC	M65	M65		51:27	+17:44
25th	Michael Muggeridge	HAVOC	M65	M65		51:28	+17:45
26th	Bruce Bryant	OD	M65	M65		51:29	+17:46
27th	Simon Moore	BKO	M65	M65		51:47	+18:04
28th	Ronan Cleary	LOK	M65	M65		52:22	+18:39
29th	Mick Lucking	NOC	M65	M65		53:00	+19:17
30th	Liz Heaton	LOC	W45	W45		54:38	+20:55
31st	Brian Pearson	QO	M65	M65		54:57	+21:14
32nd	Robin Wilson	SO	M65	M65		55:17	+21:34
33rd	Andy Jones	SLOW	M65	M65		55:34	+21:51
34th	Bethan Irwin	SBOC	W45	W45		56:03	+22:20
35th	Anne Murgatroyd	AIRE	W45	W45		56:19	+22:36
36th	David Saunders	HH	M65	M65		56:20	+22:37
37th	Andrew Yeates	WCH	M65	M65		56:58	+23:15
38th	Charles Spence	LOK	M65	M65		56:59	+23:16
39th	Andrew Quickfall	SROC	M65	M65		57:56	+24:13
40th	Sara Currie	BOK	W45	W45		58:15	+24:32
41st	Pauline May	PFO	W45	W45		60:57	+27:14
42nd	Victoria McCreadie	BAOC	W45	W45		61:51	+28:08
43rd	David Harrington	CLARO	M65	M65		63:48	+30:05
44th	Ian Byrne	SMOC	M65	M65		63:53	+30:10
45th	Christine Currie	SOC	W45	W45		65:24	+31:41
46th	Louise Preston	SYO	W45	W45		65:39	+31:56
47th	Graham Nilsen	DEE	M65	M65		65:40	+31:57
48th	Tim Hulley	SO	M65	M65		66:38	+32:55
49th	John Leeson	HOC	M65	M65		67:56	+34:13
50th	Simon Crocker	DEE	M65	M65		68:16	+34:33
51st	Rebecca Coupe	WRE	W45	W45		68:35	+34:52
52nd	Paul Shannon	DEE	M65	M65		68:55	+35:12
53rd	Alex Agombar	NGOC	W45	W45		69:36	+35:53
54th	Russell Buxton	DVO	M65	M65		70:33	+36:50
55th	Peter Woods	WAOC	M65	M65		70:43	+37:00
56th	Ian Johnson	SO	M65	M65		71:58	+38:15
57th	David Vincent	DVO	M65	M65		73:24	+39:41
58th	Sarah Tipple	SYO	W45	W45		73:33	+39:50
59th	Hannah Woods	SYO	W45	W45		79:50	+46:07

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RESULTS - PROVISIONAL

9 - 3.925km 100m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Jenny Hauxwell	LOC	W45	W45	81:04	+47:21
61st	John Owen	FVO	M65	M65	84:00	+50:17
62nd	Corrie Blackmore	HOC	W45	W45	85:59	+52:16
63rd	Kathryn Weaver	WRE	W45	W45	86:57	+53:14
64th	Rob Hick	WSX	M65	M65	89:08	+55:25
65th	Rod Mansel	SUFFOC	M65	M65	90:05	+56:22
66th	Jenni Nellist	SBOC	W45	W45	91:22	+57:39
67th	Peter Foster	BOK	M65	M65	101:12	+67:29
68th	Kate Comisso	INVOC	W45	W45	104:22	+70:39
69th	Janusz Holender	TVOC	M65	M65	105:41	+71:58
70th	Claire Stamp	WCH	W45	W45	107:05	+73:22
71st	Peter Martin	MV	M65	M65	110:18	+76:35
	Andy Ellis	PFO	M65	M65	m6	
	Sonia Hudson	HOC	W40	W45	rtd	
	Ian Prosser	BAOC	M65	M65	rtd	
	Niall Reynolds	SBOC	M65	M65	m19	
	Kath Atkins	HOC	W45	W45	m9	
	Clare Baker	NN	W45	W45	rtd	
	Mark Chapman	SO	M65	M65	rtd	
	James Askew	NGOC	M65	M65	m14	

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RESULTS - PROVISIONAL

10 - 3.775km 95m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Kim Baxter	SYO	W50	W50	34:49	
2nd	Anne Straube	OD	W50	W50	43:47	+8:58
3rd	Helen Marsden	HH	W50	W50	47:08	+12:19
4th	Emma Jarrett	WAO	W50	W50	47:34	+12:45
5th	Vesela Chokoeva	SLOW	W50	W50	47:48	+12:59
6th	Alison Howe	SAX	W50	W50	48:17	+13:28
7th	Fran Daley	ESOC	W50	W50	49:02	+14:13
8th	Anna Chapman	SO	W50	W50	49:32	+14:43
9th	Jo Buckley	AIRE	W50	W50	51:26	+16:37
10th	Sally Calland	DVO	W50	W50	53:16	+18:27
11th	Eleanor Osborne	LOC	W50	W50	56:35	+21:46
12th	Jo Matthew	SROC	W50	W50	59:07	+24:18
13th	Louise Reynolds	SYO	W50	W50	59:32	+24:43
14th	Freya Askham	SMOC	W50	W50	61:38	+26:49
15th	Helen Ellis	PFO	W50	W50	65:48	+30:59
16th	Rachel Leathwood	BOK	W50	W50	67:48	+32:59
17th	Elizabeth Owen	FVO	W50	W50	71:13	+36:24
18th	Judith Cudden	SYO	W50	W50	72:51	+38:02
19th	Vanessa Howsam	SYO	W50	W50	75:55	+41:06
20th	Norma Rea	LVO	W50	W50	76:06	+41:17
21st	Jenny Ewels	DEE	W50	W50	78:07	+43:18
22nd	Sarah Covey-Crump	SAX	W50	W50	78:32	+43:43
23rd	Helen Rennie	WCOC	W50	W50	81:30	+46:41
24th	Beatrice Waters	SO	W50	W50	86:05	+51:16
25th	Emese Svab	HH	W50	W50	86:18	+51:29
26th	Katharine Shrine	SROC	W50	W50	89:55	+55:06
27th	Dominique Lazanski	CHIG	W50	W50	92:49	+58:00
28th	Hanna Biernacka	WAO	W50	W50	94:26	+59:37
29th	Julia Allinson	WRE	W50	W50	103:33	+68:44
30th	Rebecca Medlock	WSX	W50	W50	108:26	+73:37
31st	Tina Bennett	DFOK	W50	W50	110:46	+75:57
32nd	Tess Knight	KERNO	W50	W50	116:00	+81:11
33rd	Emily Pieters	SYO	W50	W50	117:45	+82:56
34th	Liz Seaston	MV	W50	W50	129:00	+94:11
35th	Sarah Findlay	DFOK	W50	W50	164:17	+129:28
36th	Hannah Steventon-Barnes	SUFFOC	W50	W50	181:59	+147:10
	Helen Clare	HOC	W50	W50	rtd	
	Pauline Tryner	SYO	W50	W50	w14	
	Kim Sanderson	NATO	W50	W50	m6	
	Kate Hawks	HH	W50	W50	m6-7	
	Alison Cowe	WAO	W50	W50	m16	
	Carol Lovegrove	SN	W50	W50	w11	

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April 18, 2026

RESULTS - PROVISIONAL

11 - 3.5km 85m

Pos	Name	Club	Age Class	Class	Time	Behind
1st=	Seb Blackmore	HOC	M16	M16	23:33	
1st=	Jake Hilton	SN	M16	M16	23:33	
3rd	Maxwell Groom	SYO	M16	M16	24:04	+0:31
4th	Fraser Stamp	WCH	M16	M16	24:36	+1:03
5th	Jamie Osborne	LOC	M16	M16	24:43	+1:10
6th	Nathan Peel	SYO	M16	M16	24:58	+1:25
7th	Erik Biernacki-Jablonski	WAOC	M16	M16	25:10	+1:37
8th	Fraser Cheyne	FVO	M16	M16	25:54	+2:21
9th	Finley Goddard	QO	M16	M16	25:56	+2:23
10th	Aron Gazdag	BOF	M16	M16	27:21	+3:48
11th	Matvei Dnestrovskii	TVOC	M16	M16	27:56	+4:23
12th	James Edward	FVO	M16	M16	28:53	+5:20
13th	Eoin Simpson	LEI	M16	M16	28:55	+5:22
14th	Thomas Puschmann	NN	M16	M16	29:29	+5:56
15th	James Ewart	LVO	M16	M16	29:50	+6:17
16th	Samuel Crook	AIRE	M16	M16	30:27	+6:54
17th	Jenny Peel	SYO	W55	W55	30:40	+7:07
18th	Csongor Farago	HH	M16	M16	32:09	+8:36
19th	Lucas Baikie	FVO	M16	M16	32:41	+9:08
20th	Magnus McCarthy	NGOC	M16	M16	34:41	+11:08
21st=	Peter Jones	SN	M70	M70	35:23	+11:50
21st=	Blake Edwards	MDOC	M16	M16	35:23	+11:50
23rd	Woo Allen	SN	W60	W60	35:38	+12:05
24th	Ian Ditchfield	MV	M70	M70	35:40	+12:07
25th	Marcus Richardson	NOR	M16	M16	35:44	+12:11
26th	Vincent Joyce	SO	M70	M70	35:54	+12:21
27th	Stanley Preston	SYO	M16	M16	36:14	+12:41
28th	Mike Christopher	WIM	M70	M70	36:39	+13:06
29th	Gavin Clegg	WSX	M70	M70	36:44	+13:11
30th=	Jake Bennett	DFOK	M16	M16	37:38	+14:05
30th=	Ethan Radcliffe	SUFFOC	M16	M16	37:38	+14:05
32nd	Amanda Crawshaw	SYO	W55	W55	37:43	+14:10
33rd	Lucy Wiegand	SYO	W55	W55	38:06	+14:33
34th=	Ianka Evans	POTOC	W55	W55	38:30	+14:57
34th=	Philip Eeles	SOC	M70	M70	38:30	+14:57
36th	Elizabeth Jackson	DEE	W60	W60	38:43	+15:10
37th	Andy Emmerson	OD	M70	M70	38:49	+15:16
38th	Christopher Calow	DEE	M70	M70	38:53	+15:20
39th	Richard Wilson	AIRE	M70	M70	38:55	+15:22
40th	Andrew Evans	DFOK	M70	M70	40:35	+17:02
41st	Lawrie Jones	WRE	M70	M70	40:38	+17:05
42nd	Heather Fellbaum	FVO	W60	W60	41:17	+17:44
43rd	Amanda Roberts	LOG	W60	W60	41:37	+18:04
44th	Ruth Ker	CLARO	W55	W55	42:01	+18:28
45th	Steve Robertson	QO	M70	M70	42:02	+18:29
46th	Lorna Eades	INT	W55	W55	42:19	+18:46
47th	Daniel Wareing	BOK	M16	M16	42:24	+18:51
48th	Helena Nolan	ESOC	W60	W60	42:33	+19:00
49th	Ralph Scarbrough	MV	M16	M16	42:45	+19:12
50th	Liz Phillips	OD	W60	W60	42:49	+19:16
51st	Chun Ho Andre Fu	WAOC	M16	M16	43:00	+19:27
52nd	Mike Snell	ERYRI	M70	M70	43:06	+19:33
53rd	Katie Clarke	SN	W55	W55	43:10	+19:37
54th	Eddie Harwood	MOR	M70	M70	43:24	+19:51
55th=	Michelle Mackervoy	DVO	W55	W55	43:26	+19:53
55th=	Ray Collins	WCH	M70	M70	43:26	+19:53
57th	John Broadhead	LOC	M70	M70	43:28	+19:55
58th	Sue Bett	SN	W55	W55	43:31	+19:58
59th	Jenny Lightfoot	SYO	W55	W55	43:33	+20:00

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RESULTS - PROVISIONAL

11 - 3.5km 85m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Jago Reynolds	SYO	M16	M16	43:38	+20:05
61st	Dave Kingham	TVOC	M70	M70	44:01	+20:28
62nd	Dave Bales	BOF	M70	M70	44:34	+21:01
63rd	Alex Darwin	WAOC	M16	M16	45:04	+21:31
64th	Karen French	WIM	W55	W55	45:12	+21:39
65th	Melanie Slade	SN	W55	W55	45:13	+21:40
66th	Don McKerrow	SLOW	M70	M70	45:18	+21:45
67th	Kate Brett	SYO	W60	W60	45:37	+22:04
68th	Mike Capper	WAOC	M70	M70	45:41	+22:08
69th	Rhodes Dickinson	BAOC	M16	M16	45:43	+22:10
70th	Moiria Chapman	SYO	W55	W55	46:03	+22:30
71st	Karen Thompson	HOC	W55	W55	46:44	+23:11
72nd	Andrew Lewsley	BL	M70	M70	46:57	+23:24
73rd	Judith Wood	PFO	W60	W60	47:01	+23:28
74th	Lisa James	SOC	W55	W55	47:23	+23:50
75th	Mike Jones	SMOC	M70	M70	47:25	+23:52
76th	Kerstin Mitchell	HOC	W60	W60	47:56	+24:23
77th	Emma Moody	WCOC	W55	W55	49:03	+25:30
78th	Joe House	SO	M70	M70	49:04	+25:31
79th	Martyn Roome	SROC	M70	M70	49:12	+25:39
80th	Vanessa Lawson	NGOC	W55	W55	49:47	+26:14
81st	Stan Alexander	OD	M70	M70	50:21	+26:48
82nd	Ginny Hudson	NGOC	W60	W60	50:23	+26:50
83rd	Diane Jacks	WRE	W55	W55	50:27	+26:54
84th	Bronwen Doyle	SYO	W55	W55	51:06	+27:33
85th	Andrew Robinson	LOC	M70	M70	51:34	+28:01
86th	Jane McCann	MDOC	W60	W60	51:42	+28:09
87th	Julia Simpson	MDOC	W60	W60	51:54	+28:21
88th	Richard Llewellyn	NOC	M70	M70	51:55	+28:22
89th	David Rosen	SROC	M70	M70	52:12	+28:39
90th	Matthew Cochrane	SROC	M70	M70	52:32	+28:59
91st	Rachel Wilson	BOK	W60	W60	53:05	+29:32
n/c	Paul Basher	HOC	M70	M70	53:23	
92nd	Malcolm Spencer	DVO	M70	M70	53:27	+29:54
93rd	Colette Du Toit	NGOC	W60	W60	53:32	+29:59
94th	Cath Lee	LOC	W60	W60	54:14	+30:41
95th	Camilla Darwin	WAOC	W55	W55	54:39	+31:06
96th	Elizabeth Treherne	QO	W55	W55	54:42	+31:09
97th	Fiona Hancock	BOF	W55	W55	55:05	+31:32
98th	Ann-Marie Duckworth	DVO	W60	W60	55:45	+32:12
99th	Julie Cleary	LOK	W60	W60	55:49	+32:16
100th	Jill Emmerson	OD	W60	W60	55:53	+32:20
101st	Julie Lobley	DFOK	W60	W60	57:11	+33:38
102nd	Alison Yeates	WCH	W55	W55	57:49	+34:16
103rd	Karen Quickfall	SROC	W60	W60	58:02	+34:29
104th	Nicola Hart	DVO	W60	W60	58:24	+34:51
105th	Andrew Hannaford	SO	M70	M70	58:41	+35:08
106th	Elizabeth Bales	POTOC	W60	W60	59:52	+36:19
107th	Kate O'Sullivan	SBOC	W60	W60	60:55	+37:22
108th	Peter Maliphant	BOK	M70	M70	61:04	+37:31
109th	Julia Crook	AIRE	W55	W55	61:29	+37:56
110th	Sally Hughes	WCH	W55	W55	61:35	+38:02
111th	Cat Edwardes	DEVON	W55	W55	61:49	+38:16
112th	Graham Johnson	DVO	M70	M70	63:36	+40:03
113th	Jane Dring-Morris	LEI	W55	W55	63:47	+40:14
114th	Jack Baxter	SYO	M16	M16	63:55	+40:22
115th	Judith Bell	ESOC	W55	W55	66:06	+42:33
116th	Chris Johnson	BOK	M70	M70	66:40	+43:07
117th	Sal Chaffey	DVO	W60	W60	68:08	+44:35

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RESULTS - PROVISIONAL

11 - 3.5km 85m

Pos	Name	Club	Age Class	Class	Time	Behind
118th	Jon Wheatcroft	TVOC	M70	M70	69:01	+45:28
119th	Maggie Hateley	DEE	W60	W60	69:23	+45:50
120th	Karen White	LEI	W55	W55	70:17	+46:44
121st	Carolyn Dent	BOK	W60	W60	71:00	+47:27
122nd	Ruth Harris	DEE	W55	W55	71:24	+47:51
123rd	Helen Sharp	TVOC	W60	W60	71:27	+47:54
124th	Robyn Stanyon	SYO	W60	W60	72:16	+48:43
125th	Ursula Williamson	LEI	W60	W60	73:28	+49:55
126th	Louise Tonge	BOK	W55	W55	73:39	+50:06
127th	Fiona Clough	BKO	W60	W60	74:04	+50:31
128th	Barbara Griessner	SLOW	W55	W55	75:46	+52:13
129th	Simon St Leger-Harris	QO	M70	M70	76:45	+53:12
130th	Katherine Pike	WIM	W60	W60	76:50	+53:17
131st	Juliet Bentley	SROC	W55	W55	78:03	+54:30
132nd	Judith Taylor	NGOC	W60	W60	79:38	+56:05
133rd	Vivianne Lawson	OD	W55	W55	80:17	+56:44
134th	Anne Kayley-Burgess	DVO	W60	W55	81:50	+58:17
135th	Sarah Bryce	NGOC	W55	W55	83:15	+59:42
136th	Vanessa Caudwell	SYO	W55	W55	86:50	+63:17
137th	Judith Wetherill	WAOC	W60	W60	91:47	+68:14
138th	Ann Waters	SYO	W55	W55	93:58	+70:25
139th	Shuk Han Leung	LVO	W60	W60	96:09	+72:36
140th	Mikhail Gryaznevich	TVOC	M70	M70	99:28	+75:55
141st	Sally Wilkinson	SUFFOC	W60	W60	99:55	+76:22
142nd	Michelle Ward	NGOC	W55	W55	102:48	+79:15
143rd	Viv Hodson	HH	W60	W60	113:30	+89:57
144th	Michelle Barrows	BOK	W55	W55	116:01	+92:28
145th	Nicky Griffin	SBOC	W60	W60	122:32	+98:59
146th	Graham Urquhart	OD	M70	M70	129:07	+105:34
147th	Sarah Lowe	SO	W55	W55	129:19	+105:46
	Lindsey King	AIRE	W60	W60	w11	
	Morlich Barnett	POTOC	W55	W55	rtd	
	Keiko Conway	GO	W60	W60	m10	
	Alun Jones	TVOC	M70	M70	rtd	
	Alexander Cadman	SYO	M16	M16	m13	
	John Bass	HOC	M16	M16	m7-8	

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RESULTS - PROVISIONAL

12 - 2.975km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Bethan Buckley	AIRE	W16	W16	22:13	
2nd	Eden Pigott	POTOC	W16	W16	24:27	+2:14
3rd	Hannah Chapman	SYO	W16	W16	24:56	+2:43
4th	Lily Carter	INVOC	W16	W16	25:44	+3:31
5th	Lucy Walwyn	SYO	W16	W16	26:44	+4:31
6th	Steve Whitehead	EBOR	M75	M75	27:45	+5:32
7th	Alice French	WIM	W16	W16	28:51	+6:38
8th	Alice Evans	SAX	W16	W16	31:34	+9:21
9th	Andy Hemsted	HOC	M75	M75	31:38	+9:25
10th	Anna Howard	MOR	W16	W16	33:00	+10:47
11th	Emma Chapman	SO	W16	W16	33:02	+10:49
12th	Jackie Hallett	BOK	W65	W65	35:06	+12:53
13th	Hannah Agombar	NGOC	W16	W16	35:07	+12:54
14th	Sarah Howes	SAX	W65	W65	35:15	+13:02
15th	Sophie Howsam	SYO	W16	W16	35:26	+13:13
16th	Vicky Thornton	FVO	W65	W65	35:43	+13:30
17th	Fay Thomas	SROC	W16	W16	36:54	+14:41
18th	Ceci Knight	KERNO	W16	W16	37:45	+15:32
19th	Keith Willdig	OD	M75	M75	38:10	+15:57
20th	John Britton	MDOC	M75	M75	38:16	+16:03
21st	Emma Heckford	WSX	W16	W16	38:56	+16:43
22nd	Hazel Cload	INVOC	W16	W16	39:26	+17:13
23rd	Peter Gorvett	SYO	M75	M75	39:39	+17:26
24th	Tess Higginbottom	DEE	W16	W16	39:52	+17:39
25th	Mike Wimpenny	DEVON	M75	M75	41:17	+19:04
26th	Val Johnson	DVO	W65	W65	41:59	+19:46
27th	Cora Comisso	INVOC	W16	W16	42:06	+19:53
28th	Tony Thornley	AIRE	M75	M75	43:49	+21:36
29th	Julie Couch	EPOC	W65	W65	44:05	+21:52
30th	Jill Blount	SO	W65	W65	44:29	+22:16
31st	Mike Smithard	DEE	M75	M75	44:32	+22:19
32nd	Robin Strain	ELO	M75	M75	46:30	+24:17
33rd	Carol Prosser	BAOC	W65	W65	46:34	+24:21
34th	John Robinson	WCH	M75	M75	47:28	+25:15
35th	Emily Waters	SO	W16	W16	47:47	+25:34
36th	Andrew Middleton	DVO	M75	M75	49:22	+27:09
37th	Gwen Tanner	BOK	W65	W65	49:26	+27:13
38th	Dave Marr	OD	M75	M75	49:44	+27:31
39th	Don Cload	NGOC	M75	M75	50:27	+28:14
40th	Eliza Hermann	HH	W65	W65	51:35	+29:22
41st	Karen Jones	SLOW	W65	W65	51:38	+29:25
42nd	Lucy Paton	SN	W65	W65	53:16	+31:03
43rd	Marcia Bradbury	SYO	W65	W65	54:39	+32:26
44th	Joyce Marshall	AIRE	W65	W65	56:25	+34:12
45th	Tony Davies	SROC	M75	M75	56:46	+34:33
46th	Chris Rostron	MDOC	M75	M75	57:00	+34:47
47th	Anna Nilsen	DEE	W65	W65	57:01	+34:48
48th	Sophie Gray	MDOC	W16	W16	58:01	+35:48
49th	Fiona Sellar	ERYRI	W65	W65	58:10	+35:57
50th	John van Rooyen	SAX	M75	M75	59:06	+36:53
51st	Peter Ross	MDOC	M75	M75	59:32	+37:19
52nd	Ian Couch	EPOC	M75	M75	59:40	+37:27
53rd	Chris Virgo	DEVON	M75	M75	60:25	+38:12
54th	Paul Taunton	NGOC	M75	M75	62:26	+40:13
55th	Cara Tolley	LEI	W16	W16	63:49	+41:36
56th	Jane Kayley-Burgess	DVO	W65	W65	63:50	+41:37
57th	Joanna Foster	BOK	W65	W65	64:01	+41:48
58th	Christine Jepson	SO	W65	W65	64:13	+42:00
59th	Alison Saunders	HH	W65	W65	65:15	+43:02

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12 - 2.975km 70m

Pos	Name	Club	Age Class	Class	Time	Behind
60th	Paul Kilpin	TVOC	M75	M75	68:02	+45:49
61st	Roger Edwards	LEI	M75	M75	68:21	+46:08
62nd	Kim Buxton	DVO	W65	W65	69:23	+47:10
63rd	Kathleen Haynes	WAOC	W65	W65	70:14	+48:01
64th	Colin Drury	SYO	M75	M75	73:37	+51:24
65th	Janet Cronk	WAOC	W65	W65	73:56	+51:43
66th	Roy Dawson	NATO	M75	M75	74:10	+51:57
67th	David Mullins	SARUM	M75	M75	74:46	+52:33
68th	Jacqueline Embrey	SROC	W65	W65	79:06	+56:53
69th	Gary Waters	SBOC	M75	M75	80:05	+57:52
70th	John Hopper	DVO	M75	M75	80:41	+58:28
71st	Marie Roberts	MDOC	W65	W65	81:08	+58:55
72nd	John Chesters	DEVON	M75	M75	82:52	+60:39
73rd	Michael Pearson	TAY	M75	M75	83:47	+61:34
74th	Jill Cochrane	SROC	W65	W65	83:55	+61:42
75th	Marion Spence	LOK	W65	W65	86:32	+64:19
76th	Barry Houghton	WRE	M75	M75	88:13	+66:00
77th	Tony Hext	QO	M75	M75	88:59	+66:46
78th	Mike Turner	SO	M75	M75	89:22	+67:09
79th	Christopher Moon	BOK	M75	M75	93:44	+71:31
80th	Stephen Round	SELOC	M75	M75	133:13	+111:00
81st	Philip Cooper	DVO	M75	M75	154:54	+132:41
	Hedley Calderbank	HH	M75	M75	m9	
	Diana Nicoll	BOK	W65	W65	m5-6	
	Trudy Crosby	LOG	W65	W65	rtd	
	Kate Maliphant	BOK	W65	W65	rtd	
	Gill Prowse	SN	W65	W65	w9	
	Adele Newall	WCOC	W65	W65	m3	
	Jane Stew	OD	W65	W65	rtd	
	Sue Woods	WAOC	W65	W65	rtd	
	David Lloyd	LOC	M75	M75	m6	
	Richard Steptoe	TVOC	M75	M75	w9	
	John Simmons	BOK	M75	M75	w5	
	Mick Sadler	HOC	M75	M75	rtd	

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RESULTS - PROVISIONAL

13 - 2.5km 45m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Stella Lewsley	BL	W70	W70	28:58	
2nd	Ann Cranke	CLOK	W70	W70	32:05	+3:07
3rd	Jill Smith	EBOR	W70	W70	33:29	+4:31
4th	Diane Leakey	SLOW	W70	W70	34:43	+5:45
5th	Karen Clark	EBOR	W70	W70	35:17	+6:19
6th	Christine Robinson	LOC	W70	W70	35:24	+6:26
7th	David Palmer	BOK	M80	M80	35:41	+6:43
8th	Hilary Palmer	NOC	W75	W75	36:44	+7:46
9th	Jill Manning	SWOC	W75	W75	37:54	+8:56
10th	Christine Kiddier	BL	W70	W70	39:00	+10:02
11th	Judith Holt	DVO	W75	W75	40:02	+11:04
12th	Janice Nisbet	ESOC	W70	W70	41:05	+12:07
13th	Judith Evans	DVO	W70	W70	42:25	+13:27
14th	David May	SLOW	M80	M80	42:27	+13:29
15th	Carol Dredge	WCH	W70	W70	42:52	+13:54
16th	Jillyan Dobby	MDOC	W75	W75	43:33	+14:35
17th	John Nuttall	SELOC	M80	M80	44:39	+15:41
18th	Alison Simmons	BOK	W70	W70	44:58	+16:00
19th	Diana McClure	SBOC	W75	W75	45:04	+16:06
20th	Peter Carey	OD	M80	M80	45:22	+16:24
21st	Susan Stevens	AIRE	W70	W70	47:03	+18:05
22nd	Jane Booker	NOC	W70	W70	47:31	+18:33
23rd	Ann Harris	SMOC	W70	W70	48:01	+19:03
24th	Brian Jackson	SROC	M80	M80	49:19	+20:21
25th	John Padget	DEE	M80	M80	50:09	+21:11
26th	George Crawford-Smith	PFO	M80	M80	50:56	+21:58
27th	Rosalind Taunton	NGOC	W75	W75	53:08	+24:10
28th	Ted McDonald	BOK	M80	M80	54:10	+25:12
29th	Rosie Wych	QO	W70	W70	54:24	+25:26
30th	Sheila Strain	ELO	W75	W75	55:26	+26:28
31st	Anne May	SWOC	W75	W75	55:53	+26:55
32nd	Mike Atherton	LOC	M80	M80	57:44	+28:46
33rd	Rosie Shaw	SMOC	W75	W75	59:16	+30:18
34th	Ian Peirce	SARUM	M80	M80	60:22	+31:24
35th	Wendy Crawford-Smith	PFO	W75	W75	60:47	+31:49
36th	Di Turner	SO	W75	W75	61:51	+32:53
37th	Linda Hulley	SO	W70	W70	62:50	+33:52
38th	Denise Mullins	SARUM	W75	W75	64:08	+35:10
39th	John Palmer	NOC	M80	M80	66:45	+37:47
40th	Rachel Thomas	SMOC	W70	W70	66:51	+37:53
41st	Susan Roome	SROC	W70	W70	66:57	+37:59
42nd	Anne Wilson	AIRE	W70	W70	68:11	+39:13
43rd	Anthony Barrable	RAFO	M80	M80	71:35	+42:37
44th	Margaret Willdig	OD	W70	W70	72:38	+43:40
45th	Doug Dickinson	DVO	M80	M80	74:52	+45:54
46th	Peter Yoxall	POTOC	M80	M80	74:54	+45:56
47th	Catherine Dawson	NATO	W70	W70	78:41	+49:43
48th	Christopher Branford	WIM	M80	M80	79:01	+50:03
49th	Jean Fitzgerald	SAX	W70	W70	82:24	+53:26
50th	Henry Marston	SYO	M80	M80	88:03	+59:05
51st	Hilary Hodgkinson	NOC	W70	W70	90:26	+61:28
52nd	Ruth Chesters	DEVON	W75	W75	107:28	+78:30
53rd	Caroline Christopher	WIM	W75	W75	132:46	+103:48
	Elizabeth Urquhart	OD	W70	W70	rtd	
	Lynn Branford	WIM	W75	W75	rtd	
	Carolyn Marr	OD	W75	W75	m1	
	Robert Vickers	HOC	M80	M80	m12	
	Sue Hooper	HH	W70	W70	w5	
	Brian Yates	ESOC	M80	M80	w2	

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RESULTS - PROVISIONAL

13 - 2.5km 45m

Pos	Name	Club	Age Class	Class	Time	Behind
	Miriam Rosen	SROC	W75	W75	w12	
	Jo Thornley	AIRE	W75	W75	m3-5	
	Bob Elmes	DEE	M80	M80	m4-5 m12	
	Denise Harper	BKO	W75	W75	m4-6	
	Susan Hindle	WRE	W70	W70	m4	
	Peter Chick	LEI	M80	M80	m10	
	John Cooke	DVO	M80	M80	rtd	

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RESULTS - PROVISIONAL

14 - 2.125km 35m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Sheila Carey	OD	W80	W80	37:32	
2nd	Clare Fletcher	BOK	W80	W80	48:44	+11:12
3rd	Ruth Rhodes	SO	W80	W80	48:47	+11:15
4th	Marian Denham	POTOC	W80	W80	53:30	+15:58
5th	Mike Callow	WRE	M85	M85	57:30	+19:58
6th	Kenneth Olley	CLOK	M85	M85	61:47	+24:15
7th	Jenny Thompson	TVOC	W85	W85	61:53	+24:21
8th	Judy Douglas	POTOC	W80	W80	64:31	+26:59
9th	Alison Sloman	HOC	W90	W90	67:59	+30:27
10th	Christine Middleton	DVO	W80	W80	73:02	+35:30
11th	Roger Maher	SO	M85	M85	75:43	+38:11
12th	Sue Bicknell	LEI	W80	W80	79:52	+42:20
13th	Jean Rostron	POTOC	W80	W80	81:24	+43:52
14th	Trevor Simpson	OD	M85	M85	85:42	+48:10
15th	Judith Powell	AIRE	W85	W85	91:44	+54:12
16th	John Thompson	TVOC	M90	M90	95:30	+57:58
17th	Liz Yeadon	SARUM	W80	W80	101:37	+64:05
18th	Hilary Simpson	OD	W85	W85	112:16	+74:44
19th	Freda Peirce	SARUM	W85	W85	158:45	+121:13
	Penny Hemsted	HOC	W85	W85	rtd	

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RESULTS - PROVISIONAL

15 - 3.025km 60m

Pos	Name	Club	Age	Class	Class	Time	Behind
1st	Jack Walwyn	SYO	M14	M14		22:59	
2nd	Louis Bryant	SYO	M14	M14		23:31	+0:32
3rd	Zac Garratt	SYO	M14	M14		24:13	+1:14
4th	Hannah Inman	FVO	W14	W14		24:34	+1:35
5th	Olexiy Bogachov	AYROC	M14	M14		24:56	+1:57
6th	Theodore Marsden	HH	M14	M14		27:33	+4:34
7th	Matthew Owen	FVO	M14	M14		28:28	+5:29
8th	Alys Powell	WAOC	W14	W14		28:36	+5:37
9th	Beau Elliott	SYO	W14	W14		28:58	+5:59
10th	Rae Simpson	CLOK	W14	W14		29:00	+6:01
11th	Finn Mackie	SYO	M14	M14		29:08	+6:09
12th	Ben Seaston	MV	M14	M14		29:18	+6:19
13th	Emma Daley	ESOC	W14	W14		30:13	+7:14
14th	Maisie Todhunter	SROC	W14	W14		30:59	+8:00
15th	Nell Downing	CLOK	W14	W14		31:20	+8:21
16th	Nedd Hunt	SYO	M14	M14		31:42	+8:43
17th	Lachlan Carruthers	FVO	M14	M14		32:04	+9:05
18th	Jemma Waters	SYO	W14	W14		32:05	+9:06
19th	Darrio Mukyiu Tam	HH	M14	M14		32:56	+9:57
20th	Julia Ross	MOR	W14	W14		33:02	+10:03
21st	Alethea Carr	AIRE	W14	W14		33:03	+10:04
22nd	Lulu Gooding	SOS	W14	W14		33:06	+10:07
23rd	Ewan Ewart	LVO	M14	M14		33:18	+10:19
24th	Vira Bogachova	AYROC	W14	W14		33:52	+10:53
25th=	Sam Payne	SBOC	M14	M14		34:39	+11:40
25th=	Sean Truswell	FVO	M14	M14		34:39	+11:40
27th	Samuel Hudson	HOC	M14	M14		34:56	+11:57
28th	Laura Kitchin	INT	W14	W14		34:57	+11:58
29th	Charlie Alcock	AIRE	M14	M14		36:00	+13:01
30th	Zebedee Harlock-Askew	NGOC	M14	M14		36:03	+13:04
31st	Niamh Mitchell	HH	W14	W14		36:27	+13:28
32nd	Freya Hodgson-Jones	LOC	W14	W14		37:03	+14:04
33rd	Florrie Johnston	SYO	W14	W14		37:15	+14:16
34th	Evie Brown	BOK	W14	W14		37:17	+14:18
35th	Kieran Dedman	HH	M14	M14		37:55	+14:56
36th	Esme Finch	FVO	W14	W14		38:12	+15:13
37th	Pippa Blackmore	HOC	W14	W14		39:53	+16:54
38th	Lucy Holt	SYO	W14	W14		41:45	+18:46
39th	Sophie Edward	FVO	W14	W14		42:17	+19:18
40th	Alexander Harlock-Askew	NGOC	M14	M14		42:50	+19:51
41st	Grace Robinson	NOC	W14	W14		45:11	+22:12
42nd	Harriet Evans	SAX	W14	W14		54:41	+31:42
43rd	Ged Waters	SYO	M14	M14		63:02	+40:03
	Ethan Lau	IND	M14	M14		rtd	
	Andrew Tang	OD	M14	M14		w13	
	Elysia Cowe	WAOC	W14	W14		w4	

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16 - 2.9km 60m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Fred Garratt	SYO	M12	M12	23:42	
2nd	Hugh Scarbrough	MV	M12	M12	26:07	+2:25
3rd	Joseph Trenell	SYO	M12	M12	27:23	+3:41
4th	Francis Mansfield	SN	M12	M12	30:54	+7:12
5th	Georgina Hudson	HOC	W12	W12	31:25	+7:43
6th	Mattie Rothman	SYO	M12	M12	32:42	+9:00
7th	Lauren Simpson	CLOK	W12	W12	33:27	+9:45
8th	Eliza-Blue Elliott	SYO	W12	W12	34:30	+10:48
9th	Mark Johnson	SO	M12	M12	35:06	+11:24
10th	Fern Downing	CLOK	W12	W12	37:31	+13:49
11th	Martha Preston	SYO	W12	W12	39:57	+16:15
12th	Hana Powell	WAOC	W12	W12	42:37	+18:55
13th	Annie Lewis	WRE	W12	W12	43:45	+20:03
14th	Rafe Cadman	SYO	M12	M12	45:14	+21:32
15th	Esther Eaton	WAOC	W12	W12	48:13	+24:31
16th	Jamie Atkins	HOC	M12	M12	49:07	+25:25
17th	Elias Brown	BOK	M12	M12	54:54	+31:12
18th	Cameron Gray	MDOC	M12	M12	55:05	+31:23
19th	Tristan Manning	MDOC	M12	M12	56:31	+32:49
20th	Tunde Farago	HH	W12	W12	58:32	+34:50
21st	Isla Findlay	DFOK	W12	W12	77:43	+54:01
22nd	Daniel Tang	OD	M12	M12	84:42	+61:00
23rd	Felicity Gorgan	SROC	W12	W12	136:28	+112:46
24th	Dorothea Brooke	SELOC	W12	W12	152:28	+128:46
	Dylan Goddard	QO	M12	M12	m11	

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17 - 2.45km 20m

Pos	Name	Club	Age Class	Class	Time	Behind
1st	Sebastian Carr	AIRE	M10	M10	15:37	
2nd	Jake Fox	HOC	M10	M10	18:36	+2:59
3rd	Ali Rothman	SYO	M10	M10	25:42	+10:05
4th	Danny Fox	HOC	M10	M10	28:22	+12:45
5th	Charlotte Drewe	CLARO	W10	W10	32:03	+16:26
6th	Lewis Kieniewicz	WRE	M10	M10	34:42	+19:05
7th	Lara Barrable	SYO	W10	W10	38:33	+22:56
8th	Evelyn Baker	NN	W10	W10	40:36	+24:59
9th	Philippa Mansfield	SN	W10	W10	43:05	+27:28
10th	Ada Atkins	HOC	W10	W10	60:07	+44:30
11th	Suranne Tolley	LEI	W10	W10	78:38	+63:01
	Una May	PFO	W10	W10	rtd	