

## 5km Men

Displaying all 171 results

Pl.	Name	Club	Cat.	#	Result
1	Ben CONNOR		Mens 5k	213	13:55
2	Brandon DOUGHTY	Reebok / ZAP Fitness	Mens 5k	202	13:55
3	Dewi GRIFFITHS	Swansea Harriers AC	Mens 5k	411	13:58
4	Petros SURAFEL	Enfield & Haringay AC	Mens 5k	291	14:00
5	Kristian JONES	Swansea Harriers	Mens 5k	253	14:03
6	Johnny CRAIN	Reebok / ZAP Fitness	Mens 5k	203	14:03
7	Graham RUSH		Mens 5k	214	14:07
8	Jordan MANN	Ocean State AC Providence	Mens 5k	201	14:08
9	Jake SHELLEY	Shaftesbury Barnet Harriers	Mens 5k	394	14:09
10	Shane QUINN	Ocean State AC Providence	Mens 5k	208	14:10
11	Matthew BERGIN	Bedford and County	Mens 5k	206	14:12
12	Charlie HULSON	Sale Harriers Manchester	Mens 5k	389	14:14
13	Yannick MICHIELS	Belgium	Mens 5k	241	14:15
14	Jake WIGHTMAN		Mens 5k	215	14:19
15	Joshua GRIFFITHS		Mens 5k	224	14:19
16	Bradley GOATER	Shaftesbury Barnet Harriers	Mens 5k	393	14:21
17	George DUGGAN	Real Runners	Mens 5k	385	14:22
18	John BEATTIE	Newham & Essex Beagles	Mens 5k	354	14:23
19	Kyran ROBERTS		Mens 5k	225	14:24
20	James GORMLEY	City of Sheffield AC	Mens 5k	277	14:24
21	Kevin DOONEY		Mens 5k	204	14:24
22	Wayney GHEBRESILASIE	Shettleston Harriers	Mens 5k	400	14:25
23	Jamie CROWE	Central AC	Mens 5k	267	14:25
24	Krystian ZALEWSKI	Polska	Mens 5k	373	14:26
25	Michael CHRISTOFOROU	Enfield & Haringay AC	Mens 5k	289	14:26
26	John SANDERSON	Real Runners	Mens 5k	380	14:27
27	Shane ROBINSON	Lincoln Track Club	Mens 5k	335	14:27
28	Tom HOLDEN	Real Runners	Mens 5k	384	14:28
29	Finn MCNALLY	Brighton Phoenix AC	Mens 5k	244	14:28
30	Arttu VATTULAINEN	Finland	Mens 5k	294	14:29
31	Conor BRADLEY	City of Derry	Mens 5k	270	14:30
32	Carwyn JONES	Cardiff AAC	Mens 5k	260	14:32
33	Dane BLOMQUIST	British Orienteering	Mens 5k	251	14:32
34	Jack GOODWIN	Bedford and County	Mens 5k	236	14:33
35	Lolo HUGHES		Mens 5k	222	14:34
36	Jack DOUGLAS	Bedford and County	Mens 5k	235	14:34
37	Ben STEVENSON		Mens 5k	218	14:34
38	Jonathan CORNISH	Hercules Wimbledon	Mens 5k	307	14:36
38	Neil JOHNSTON	Springwell Running Club	Mens 5k	210	14:36
40	Colin MAHER	Bedford and County	Mens 5k	239	14:37
41	William MYCROFT	Enfield & Haringay AC	Mens 5k	290	14:38
42	Danny MOONEY	Letterkenny AC	Mens 5k	328	14:38
43	Dale COLLEY	Central AC	Mens 5k	266	14:38
44	Jack GOOCH	Swansea Harriers AC	Mens 5k	414	14:38
45	Ben BRANAGH	St.Malachy's AC	Mens 5k	407	14:39
46	Joe WILKINSON	Lincoln Track Club	Mens 5k	331	14:39
46	Miles WEATHERSEED	Oxford University Athletic Club	Mens 5k	368	14:39
46	Nigel MARTIN	Sale Harriers Manchester	Mens 5k	390	14:39

## Sheet1

49	JP WILLIAMSON		Mens 5k	211	14:40
50	Grant SHELDON		Mens 5k	216	14:40
51	Dominic NOLAN	Croydon Harriers	Mens 5k	280	14:41
52	Ronny WILSON	Lincoln Track Club	Mens 5k	333	14:41
53	Murray STRAIN	Hunters Bog Trotters	Mens 5k	318	14:41
54	Danny RUSSELL	Highgate Harriers	Mens 5k	310	14:42
55	Bradley WATTLEWORTH	Woodford Green & Essex Lad	Mens 5k	434	14:44
56	Michael KALLENBERG	RAF/Cardiff AAC	Mens 5k	374	14:44
57	Thomas HAYES		Mens 5k	207	14:45
58	Michael WRIGHT	Central AC	Mens 5k	268	14:45
59	Christopher CARPANINI	Swansea Harriers AC	Mens 5k	410	14:46
60	Cameron Ross BOYEK	Scotland	Mens 5k	391	14:48
61	Oliver BARBARESI		Mens 5k	226	14:48
61	James MCMURRAY	Loughborough Students Athle	Mens 5k	343	14:48
63	Stuart GIBSON	Cambuslang Harriers	Mens 5k	257	14:48
63	Ciaran LEWIS		Mens 5k	219	14:48
65	Alexander HOWARD	Oxford University Athletic Club	Mens 5k	366	14:49
66	James STRAW	Lincoln Track Club	Mens 5k	330	14:50
67	Conor DUFFY	Glaslough Harriers	Mens 5k	300	14:50
68	Kenny WILSON	Moray Road Runners	Mens 5k	347	14:51
69	Oystein OSTERBO	Norway	Mens 5k	363	14:51
70	Sean GUINEY	Haileybury Athletics Club	Mens 5k	150	14:52
71	Ricky CHALLINOR	Liverpool Harriers	Mens 5k	342	14:54
72	Michael HARRISON	Bedford and County	Mens 5k	240	14:55
73	Christopher SMITHARD	British Orienteering	Mens 5k	250	14:56
74	Max PICKARD	Brighton Phoenix AC	Mens 5k	246	14:56
75	Alexandre SCHMITT	FSGT	Mens 5k	298	14:57
76	Neil WIKTORSKI	Bray Runners	Mens 5k	243	14:59
77	Conan MCCAUGHEY		Mens 5k	281	14:59
78	Chris POWNER	Winchester and District Athleti	Mens 5k	430	15:00
79	Dominic SMITH		Mens 5k	220	15:00
80	Luke COTTER	Oxford University Athletics Clu	Mens 5k	371	15:00
81	Jamie KNAPP	Southampton AC	Mens 5k	402	15:03
82	Thomas BEEDELL	Woodford Green & Essex Lad	Mens 5k	432	15:03
83	Josh LUNN	Bedford and County	Mens 5k	238	15:06
84	Marc HOBBS	Swansea Harriers AC	Mens 5k	415	15:06
85	Daniel BRADFORD	Shettleston Harriers	Mens 5k	397	15:06
86	Jonathan MCKEE	Springwell Running Club	Mens 5k	404	15:07
87	Neil MCCARTAN	East Down AC	Mens 5k	287	15:07
88	Thomas MORAN	Dunshaughlin AC	Mens 5k	283	15:08
89	Robert WILSON	Highgate Harriers	Mens 5k	314	15:09
90	Chris MADDEN	City of Lisburn AC	Mens 5k	286	15:09
91	Conal MCCAMBRIDGE	North Belfast Harriers	Mens 5k	357	15:10
92	Tom STRAW	Lincoln Track Club	Mens 5k	336	15:12
93	Chris MCGUINNESS	Foyle Valley AC	Mens 5k	295	15:14
94	Jonathan CRICKMORE	British Orienteering	Mens 5k	252	15:14
95	William GARDNER	British Orienteering	Mens 5k	255	15:15
96	Sam WADE	Brighton Phoenix AC	Mens 5k	248	15:17
97	Matthew REES	Swansea Harriers AC	Mens 5k	417	15:18
98	Alex GOODALL	Windsor Slough Eton and Hou	Mens 5k	431	15:19
99	Matthew ARNOLD	Real Runners	Mens 5k	382	15:19
100	James MCNALLY	Liverpool Harriers	Mens 5k	341	15:19
101	Jed MARSHALL	Oxford University Athletic Club	Mens 5k	365	15:19

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102	Seamus LYNCH	Newcastle AC	Mens 5k	353	15:20
103	Eoghain MCGINLEY	Letterkenny AC	Mens 5k	327	15:20
104	Charlie HAYWOOD	Highgate Harriers	Mens 5k	308	15:21
105	John SPILL	Oxford University Athletics Clu	Mens 5k	370	15:21
106	Phil WILLIAMS	Rochdale Harriers	Mens 5k	386	15:21
107	Oliver PAULIN	Oxford University Athletic Clu	Mens 5k	369	15:21
108	Damian NEVINS	Harrow AC	Mens 5k	305	15:21
109	Gavin COREY	Sperrin Harriers	Mens 5k	403	15:22
109	James VINCENT		Mens 5k	223	15:22
111	Elliot LAWRENCE		Mens 5k	221	15:23
112	John BLACK	North Belfast Harriers	Mens 5k	359	15:23
113	Matthew BRAY	Bedford and county	Mens 5k	237	15:23
114	Max DUMBRELL	Brighton Phoenix AC	Mens 5k	247	15:25
115	Adam SPEAKE	Bristol and West AC	Mens 5k	249	15:25
116	Ryan BURLING	Luton AC	Mens 5k	344	15:25
117	Eoghan TOTTEN	Oxford University Athletic Clu	Mens 5k	367	15:25
118	Sathira DON	St Marys	Mens 5k	405	15:26
119	Mark VARDY	Newbury AC	Mens 5k	352	15:27
120	Peter CAMERON	Edinburgh AC	Mens 5k	288	15:28
121	Christian LOVATT	Swansea Harriers AC	Mens 5k	409	15:28
122	Tim ROBERTSON	New Zealand	Mens 5k	351	15:28
123	Paul SORRIE	Shettleston Harriers	Mens 5k	398	15:29
124	Gerard HEANEY	St Peters AC	Mens 5k	406	15:30
125	Darren MCBREARTY	Letterkenny AC	Mens 5k	326	15:30
126	Jordan ROWE	Colchester Harriers	Mens 5k	279	15:31
127	Ian HARRIS	Swansea Harriers AC	Mens 5k	413	15:33
128	Pauric BRESNAN	Letterkenny AC	Mens 5k	152	15:34
129	Adam BAKER	Lincoln Wellington AC	Mens 5k	337	15:34
130	Lindsay GORDON	North Belfast Harriers	Mens 5k	360	15:35
131	Robert MURPHY	Rathfarnham WSAF AC	Mens 5k	375	15:37
132	Gareth HILL	Ballymena and Antrim	Mens 5k	232	15:37
133	Samuel BARNES	Serpentine AC	Mens 5k	392	15:37
134	Tim TWOMEY	Leevale AC	Mens 5k	325	15:38
135	James DEAN	Swansea Harriers	Mens 5k	408	15:40
136	Michael DESPLANQUES	FSGT	Mens 5k	299	15:41
137	Iain REID	Cambuslang. Harriers	Mens 5k	258	15:42
138	Fergal SMITHWICK	Highgate Harriers	Mens 5k	312	15:43
139	Matthew HARVEY	Swansea Harriers AC	Mens 5k	416	15:44
140	Dave NORMAN	Altrincham & District AC	Mens 5k	229	15:44
141	Sean RENFER	Highgate Harriers	Mens 5k	315	15:45
142	Peter AVENT	Shettleston Harriers	Mens 5k	399	15:47
143	Ryan PAGE	Lincoln Track Club	Mens 5k	334	15:48
144	Alistair CAMPBELL	Cambuslang Harriers	Mens 5k	256	15:49
145	Adam STACEY	Canada	Mens 5k	259	15:50
146	Alan WHITE	Sale Harriers Manchester	Mens 5k	388	15:51
146	Michael CRAWLEY		Mens 5k	424	15:51
148	Gary CONDON	Sli Cualann	Mens 5k	401	15:52
148	Vincent MCALISTER		Mens 5k	425	15:52
150	Conor CURRAN	North Belfast Harriers	Mens 5k	358	15:55
151	Darryl DAVISON	Highgate Harriers	Mens 5k	311	15:56
152	Nathan LAWSON	British Orienteering	Mens 5k	639	16:00
153	Mathias NIPEN	Norway	Mens 5k	230	16:02
154	Stuart LITTLE	Sheffield R.C.	Mens 5k	396	16:03

## Sheet1

<b>155</b>	Shane TONER	Glenmore AC	Mens 5k	301	16:05
<b>156</b>	Adam PRATT	Tynedale Harriers	Mens 5k	420	16:06
<b>157</b>	Martin LOUGHRAN	Acorns AC	Mens 5k	228	16:07
<b>158</b>	Aaron WOODMAN	PACE	Mens 5k	372	16:10
<b>159</b>	Oliver WILLIAMS	Vale Royal AC	Mens 5k	426	16:13
<b>160</b>	Christopher DEVINE	Newry City Runners	Mens 5k	355	16:15
<b>161</b>	Jim COOPER	Harrow AC	Mens 5k	306	16:15
<b>162</b>	Kevin O'BOYLE		Mens 5k	422	16:19
<b>163</b>	James TRAINOR	Dub Runners of Belfast	Mens 5k	282	16:21
<b>164</b>	Colm MORAN	Rathfarnham WSAF AC	Mens 5k	376	16:27
<b>165</b>	Russell HUGHES	Willowfield Harriers	Mens 5k	429	16:28
<b>166</b>	Luke COLEMAN	Tallaght AC	Mens 5k	418	16:28
<b>167</b>	Brendan GUINEY		Mens 5k	421	16:29
<b>168</b>	Garry MORROW	Willowfield Harriers	Mens 5k	428	16:30
<b>169</b>	Les BALL	Lincoln Wellington AC	Mens 5k	339	16:47
<b>170</b>	Robert HAWSE	Mablethorpe Running Club	Mens 5k	345	17:03
<b>171</b>	Jose FERREIRA	Lincoln Wellington AC	Mens 5k	338	17:05