

1	Graham Rush	National 2016	17:07
2	Phil Beastall	National 2017	17:40
3=	James Brewer	National 2013	17:49
	Phil Wylie	Midlands 2016	17:49
5	Tom Lowe	National 2006	17:51
6	Dan Duke	Midlands 2003	17:52
7	Dave Roper	National 2010	17:53
8	Rhys Park	National 2013	17:58
9	Oli Mott	National 2016	18:05
10	Alex Felce	National 2004	18:09
11	Jeremy Bradley	Midlands 2007	18:10
12	Dan Owen	Mid & Nat 2014	18:13
13	Ben Price	Midlands 2017	18:23
14	Harry Bishop	Midland 2015	18:24
15	Luke Carroll	National 2011	18:27
16	Julian Wilkie	National 2001	18:28
17	Alex Bampton	National 2017	18:36
18=	Corin Hughes	National 2001	18:38
	Andy Prophett	National 2007	18:38
20	Alex Lee	National 2016	18:41
21	John Parker	Midlands 2013	18:46
22	James Denne	Midlands 2017	18:54
23=	Russell Forsbrook	Midlands 2004	18:55
	Andrew van Kints	National 2013	18:55
25	Roger Mullins	National 2001	18:59
26	Darren Jordan	National 2007	19:00
27	Kevin Conlon	Midlands 2004	19:04
28	Ben Cox	Midlands 2003	19:05
29	Andy Gore	National 2001	19:13
30	Will New	Midlands 2015	19:15
31	Richard de-Camps	National 2017	19:16
32	Stuart Laycock	National 2004	19:18
33	Steve Oleksy	Midlands 2003	19:19
34=	Pete Holmes	National 2008	19:20
	Jon Norris	National 2007	19:20
36	Richard Dare	National 2015	19:21
37=	Andrew Hussey	Midlands 2007	19:24
	Dan Thomas	National 2017	19:24
39=	Seb Foy	National 2009	19:25
	Jon Barnes	National 2016	19:25
41=	Dave Randall	National 2001	19:27
	Andrew Kaighin	National 2011	19:27

Times shown are the best by each athlete on the Sutton Park course used at the Midland and National Championship from 2001 onwards. Only those sub 20 minutes are shown

	Anthony Bailey	Midlands 2014	19:27
	Charlie Jones	National 2017	19:27
45	Matt Warley	National 2006	19:28
46	James Bingham	Midlands 2014	19:36
47=	Dave Aubrey	Midlands 2014	19:38
	Marc Fallows	National 2014	19:38
	Liam Roarty	National 2016	19:38
50	Edd Charlton-Weedy	National 2017	19:39
51	James Miller	Midlands 2014	19:41
52	Marcus England	National 2016	19:46
53	Matt Crew	National 2014	19:48
54	Dmitry Nazarenko	National 2014	19:54
55	Dan King	Midlands 2017	19:56
56	Mark James	Midlands 2017	19:57