Pos	Number	Time	Team	Leg 1	Split	Overall	Leg 2	Split	Overall	Leg 3	Split	Overall	Leg 4	Split	Overall
1	28	40:12	Berry Hill Cranks	Stuart King	09:47	2	James Mee	09:51	3	Sam Johnson	10:19	12	Mark Johnson	10:15	10
2	4	40:55	Loughborough University A	Chris Perry	10:05	5	Paul Goodall	10:20	13	Alex Goodall	10:14	9	Kevin Gomez	10:16	11
3	18	41:14	Nottingham A	Robert Smith	10:10	7	Alistair Nelson	10:22	14	Josh Bull	09:46	1	Jonny Simpkins	10:56	30
4	32	42:30	Crawley AC	Tom Holden	10:25	15	Richard Ward	10:46	23	Paul Rodgers	09:59	4	Joel Clewett	11:20	41
5	5	42:51	Loughborough University B	Matthew Leema	10:27	16	Zac Curran	10:52	25	Stephen Reid	10:39	21	Andrew Warbur	10:53	27
6	29	43:41	Heanor Running Club	Stephen Ashmo	10:58	32	Andrew Basey	12:08	64	Stuart King	10:29	17	James Mee	10:06	6
7	6	44:18	Loughborough University C	Ryan Butler	10:52	26	Chris Middleton	10:30	18	Oliver Newton	12:26	76	David Rigby	10:30	19
8	2	44:42	Nottingham B	Andy Watt	10:51	24	Charlie Morris	11:40	51	Jack Poulton	11:05	33	Alex Bradford	11:06	35
9	21	44:54	Sheffield RC A	John Doherty	11:36	45	Mike Tanner	10:42	22	Ben Mahoney	12:24	75	Phil Williams	10:12	8
10	24	45:43	Nottingham Trent University	Henry Valentine	10:57	31	Matt Nicholson	11:36	47	Sam Bevan	11:16	39	George Howick	11:54	56
11	10	46:03	Team Cherry	Greg Cherry	10:54	28	Paul Lewis	11:36	45	Paul Allcock	11:07	36	Rob Allen	12:26	76
12	1	47:16	Phil Belshaws Ponies	Harry Baxter	11:19	40	Tom Collinge	10:56	29	Stuart Baird	11:42	52	Ryan Clarke	13:19	108
13	16	47:26	Nottingham D	Jamie White	11:52	55	David Edwards	11:40	50	Rudi Obasi-Adar	11:44	53	Tom Welshman	12:10	65
14	7	47:30	UoN Traithlon A	Ben Beranek	11:37	48	Andy Wilkinson	12:29	78	Stephen Jones	12:16	71	Nick Woolley	11:08	37
15	17	48:32	Nottingham C	Andrew Norton	10:35	20	Stuart Wallace	11:29	44	Robert Smith	11:15	38	Mark Crowley	15:13	129
16	26	48:42	Manchester University A	George Bilsby	12:07	63	Adrian Ceferino	12:15	70	Tom Holden	11:24	43	George Bilsby	12:56	97
17	3	49:14	Derby University	Adam Millbery	11:50	54	Alex Belton	12:30	79	James Marrs	12:22	74	Malcolm Dawes	12:32	83
18	15	49:22	Nottingham E	Mathew Malyali	12:41	87	Ham Zabil	13:02	100	Dan Taylor	11:39	49	Alex Edwards	12:00	62
19	11	49:25	Team Fox	Rob Fox	11:54	57	Richard Halloran	12:18	72	Dean Hardman	12:12	68	Phil Abbott	13:01	99
20	34	49:35	NUBC	James Fox	11:55	55	Alex Douglas	12:34	83	Ben Whitby	12:47	89	Rob Muscroft	12:19	73
21	20	49:37	Keele	Alex Palmer	12:42	88	Simon Jacklin	12:55	95	Alex Palmer	12:55	94	Felix McGrath	11:05	33
22	8	51:08	UoN Traithlon B	Jesus Hernande	13:23	109	Toby Wilson	12:54	93	Josh Briggs	12:54	92	Gregor Englemai	11:57	60
23	30	51:16	Reigate Priory AC	Peter Prickett	13:42	115	Rob Creed	12:11	66	Tim Kimber	12:14	69	Dave Rayner	13:09	103
24	14	51:52	Nottingham F	Mathias Desmou	13:40	114	Sze Wee	13:08	102	James Paintin	12:33	85	Rob Moher	12:31	81
25	22	51:54	Sheffield RC B	Ben Mahoney	12:11	67	James Howatt	15:13	130	John Doherty	12:00	61	Tom Albone	12:30	80
26	23	52:25	Leicester Mixed	Thomas Snowd	11:21	42	Alice Shaw	13:07	101	Tazz Randhawa	16:00	131	Matthew Godfre	11:57	59
27	31	53:02	Ilkeston RC A	Kev Johnson	12:33	84	Richard Iliffe	13:18	107	Tom Iliffe	13:54	116	Andrew Bird	13:17	106
28	9	53:45	UoN Traithlon C	Peter Rought	13:25	110	Dan Jones	13:15	105	Adrian Haywooc	13:55	118	Martin Nice	13:10	104
29	27	54:58	Manchester University B	Mark McGrath	13:33	111	George Bilsby	12:53	91	Mark McGrath	14:24	124	Adrian Ceferino	14:08	120
30	12	55:17	Fergie	Richard Fergus	13:34	112	Alistair Macsporrar	15:01	128	Ian Mortimer	13:54	116	Tim Baggs	12:48	90
31	19	55:43	Trampolining	Josh Whale	16:05	133	James McHugh	14:11	121	Olli Yerby	12:56	96	Laurent Guerine	12:31	81
32	33	00:58:20	Ilkeston RC B	Alan Bower	14:18	122	James Turton	16:03	132	Simon Davis	13:39	113	Ed Buda	14:20	123
33	13	58:22	Hay	John Hay	14:48	126	Shaun Burton	14:42	125	Damian Courtish	14:52	127	John	14:00	119
	25		Team Oleg	Oleg Petrenko	12:59	98									