

ELITE MEN (START LIST DRAFT)

BIB #	BIB NAME	ATHLETE NAME	COUNTRY	DATE OF BIRTH	CLUB	BIOG INFO
1	THOMPSON	Chis Thompson	GBR	07/04/1981	Aldershot Farnham & District	47.23 PB. Defending Champion. 2010 European 10,000m Silver medallist.
2	VERNON	Andy Vernon	GBR	07/01/1986	Aldershot Farnham & District	2014 European 10,000m Silver medallist. 48.09 PB
3	OVERALL	Scott Overall	GBR	09/02/1983	Blackheath & Bromley	47.37 PB.
4	SEAWARD	Kevin Seaward	IRL	30/10/1985	Cardiff AC	50.16 PB. 2018 Commonwealth Marathon 4th place.
5	MAHAMED	Mahamed Mahamed	GBR	18/10/1979	Southampton AC	2017 Great South Run 6th place. 49.05PB
6	TEUTEN	Alexander Teuten	GBR	03/01/1992	Southampton AC	48.38 PB
7	TEWELDE	Tsegai Tewelde	GBR	08/12/1989	Shettleston Harriers	2016 Olympian. 50.08 PB
8	HREZI	Mohamed Hrezi	LBA	28/10/1991	N/A	62.11 PB. Runs for Brooks Hansons Distance Project training in Michigan.
9	QUINN	Kevin Quinn	GBR	25/07/1979	South London	50.23 PB
10	HAYES	Thomas Hayes	IRL	08/10/1989	Kilkenny City Harriers	50.40 PB
11	ROBERTS	Jonny Roberts	GBR	11/05/1994	Southampton AC	50.56 PB
12	MARTIN	Jack Martin	GBR	29/04/1988	Stockport Harriers	50.58 PB
13	BAILEY	Ian Bailey	GBR	04/03/1993	Aldershot Farnham & District	52.00 PB
14	WALDRON	Richard Waldron	GBR	04/03/1987	Southampton AC	52.24 PB
15	GRACE	Joshua Grace	GBR	11/05/1993	Aldershot Farnham & District	Debut
16	CLEMENTS	Kieran Clements	GBR	20/11/1993	Shaftsbury Barnet	2017 Great South Run 7th. 49.21 PB
17	MILJSSON	Douglas Musson	GBR	08/04/1994	Notts AC	29.24 10K PB
18	ALLEN	Richard Allen	GBR	25/10/1995	Aldershot Farnham & District	29.45 10K PB
19	MYCROFT	William Mycroft	GBR	08/01/1991	Enfield & Haringey AC	67.04 HM
20	LONG	David Long	GBR	16/02/1995	Bournemouth AC	Debut. 30.54 10000m PB
21	DUNBAR	Alex Dunbar	GBR	24/04/1992	City of Norwich	29.34 10000m PB
22	HOPKINS	Jonathan Hopkins	GBR	06/03/1992	Swansea	Debut. 2018 Commonwealth Games 3000m Steeplechase 6th place.
23	FONTANA	Sean Fontana	GBR	06/12/1990	City of Glasgow	29.14 10000m PB
24	EVANS	Tom Evans	GBR	03/02/1992	Lewes AC	2018 World Trail Running Championships 3rd place. 66.21 Half PB
25	ABDULLAHI	Kadar Abdullahi	ETH	01/01/1996	Birchfield Harriers	2018 Great Birmingham Half Marathon Champion
26	SKELTON	Ross Skelton	GBR	11/05/1993	Brighton Phoenix	50.37 10 mile PB
27	RABJOHN	Liam Rabjohn	GBR	24/12/1997	Richmond & Zetland Harriers	Debut. 30.44 PB for 10km
28	WALL-CLARKE	Alex Wall-Clarke	GBR	17/03/1987	Southampton AC	50.15 PB
29	GOATER	Bradley Goater	GBR	13/04/1994	Shaftsbury Barnet	Debut. 30.34 PB 10km
30	ECKERSLEY	Daniel Eckersley	GBR	12/11/1986	Kingston & Poly	54.07
31	CORNISH	Jonathan Cornish	GBR	10/07/1993	Hercules Wimbledon	67.52 Half Marathon PB
32	ENGLAND	Marcus England	GBR	21/02/1982	Cheltenham Harriers	70.35 PB
33	GOLDSWORTHY	Simon Goldsworthy	GBR	13/07/1994	Guldford & Godalming AC	70.25 Half PB
34	CARMODY	Mike Carmody	IRE	27/10/1990	An Bru AC	68.01 Half PB
35	GRAHAM	Paul Graham	GBR	03/04/1992	Pontypridd AC	32.34 10k PB
36	DOREY	Elliott Dorey	GBR	19/04/1994	Jersey Spartans	Debut.
37	VARDY	Mark Vardy	GBR	19/03/1988	Newbury AC	54.32 PB
38	DUMBRELL	Maxwell Dumbrell	GBR	27/04/1987	Brighton Phoenix	69.12 Half Marathon PB
39	WADE	Joe Wade	GBR		Aldershot Farnham & District	

ELITE WOMEN (START LIST DRAFT)

BIB #	BIB NAME	ATHLETE NAME	COUNTRY	DATE OF BIRTH	CLUB	BIOG INFO
101	STEELE	Gemma Steele	GBR	12/11/1985	Charmwood	2017 Great South Run Champion. 2014 European XC Champion. 2018 Great North 10k Champion. 52.42 PB
102	MCCOLGAN	Eilish McColgan	GBR	25/11/1990	Dundee Hawkhill	2018 5000m European Silver medallist. 2017 3000m European Indoor Bronze medallist. Debut.
103	TWELL	Stephanie Twell	GBR	17/08/1989	Aldershot Farnham & District	2016 5000m European Bronze Medallist. 53.52 PB
104	PAVEY	Jo Pavey	GBR	20/09/1973	Exeter	2007 10000m World Bronze Medallist. 2014 European 10000m Champion, 2012 European 10000m Silver medallist. 52.44 PB
105	EVANS	Clara Evans	GBR	27/11/1993	Cardiff	2018 Great Bristol Half Marathon Champion. 60.35 PB
106	WINSTONE	Sarah Winstone	GBR	18/07/1986	Lordshill Road Runners	62.48 PB
107	CLARK	Isabel Clark	GBR	13/03/1986	Serpentine RC	57.20 PB
108	COWPER	Sophie Cowper	GBR	24/12/1990	Rotherham Harriers	56.24 PB
109	THACKERY	Calli Thackery	GBR	09/01/1993	Hallamshire Harriers	Debut. 1.15.33 Half PB
110	BARNES	Ruth Barnes	GBR	07/10/1978	Avon Valley Runners	56.44 PB
111	BRENTON	Laura Brenton	GBR	20/06/1986	Southampton	58.33 PB
112	CAMPBELL	Georgia Campbell	GBR	27/07/1988	Jarrow & Hebburn	58.36 PB
113	DAVIES	Liz Davies	GBR	25/12/1978	Springfield Striders	59.07 PB
114	JOLLEY	Emma Jolley	GBR	12/12/1981	City of Portsmouth	60.51 PB
115	JONES	Carly Jones	GBR			
116	STONE	Serane Stone	GBR	16/07/1976	Tiverton Harriers	V40. PB 60.09
117	WEBB	Jessica Webb	GBR	16/05/1984	Woodstock Harriers	61.45 PB
118	COLLETT	Jill Collett	GBR	16/07/1982	Datchet	37.24 PB
119	KINGSTON	Sarah Kingston	GBR	09/03/1985	Southampton AC	62.54 PB
120	CUMBER	Sarah Louise Cumber	GBR	07/02/1971	Hallifax Harriers AC	V45. 62.32 PB
121	WYLES	Ruby Wyles	GBR	31/08/2001	Gulford & Godalming AC	Debut
122	DELDERFIELD	Sophie Delderfield	GBR	08/04/1983	Vale Aylesbury AC	80.40 Half PB
123	WOOD	Georgia Wood	GBR	16/06/1980	Bournemouth AC	37.45 PB fo 10X
124	HESLOP	Maria Heslop	GBR	28/10/1967	V50. 79.00 Half PB	60.02 PB
125	KENT	Joanne Kent	GBR	17/01/1967	Barnet & District	V50. 83.58 PB
126	GRUBER	Sarah Gruber	GBR	06/03/1974	Invicta East Kent	V40. PB 82.22