

Lakes Reloaded - Rusland Beeches Middle Distance - Provisional Startlist

| MEN | | | | WOMEN | |
|-------------------|-------------------|-------------------|-------|------------------|-------------------|
| Name | Start Time | | | Name | Start Time |
| Jamie Rennie | 12:15 | Tom Fellbaum | 13:05 | Emma Baird | 13:08 |
| Steven Breeze | 12:17 | Ben Stevens | 13:07 | Zuzana Windsor | 13:10 |
| Stephen Wilson | 12:19 | Ben Windsor | 13:09 | Georgia Jones | 13:12 |
| Luke Fisher | 12:21 | Finlay Todd | 13:11 | Louise Adams | 13:14 |
| Robin Fieldhouse | 12:23 | William Rigg | 13:13 | Mary Fleming | 13:16 |
| Bertie Kingsley | 12:25 | Duncan Birtwistle | 13:15 | Lucy Haines | 13:18 |
| Ben Breeze | 12:27 | Zac Hudd | 13:17 | Pippa Carcas | 13:20 |
| Thomas Entwistle | 12:29 | Freddie Carcas | 13:19 | Florence Haines | 13:22 |
| Matthew Pickering | 12:31 | Philip Vokes | 13:21 | Anne Edwards | 13:24 |
| Scott Collier | 12:33 | Joe Woodley | 13:23 | Pippa Archer | 13:26 |
| Joe Sunley | 12:35 | Alex Carcas | 13:25 | Chloe Haines | 13:28 |
| Charlie Rennie | 12:37 | Thomas Laraia | 13:27 | Chloe Potter | 13:30 |
| Nicholas Jarvis | 12:39 | Chris Smithard | 13:29 | Kirstin Maxwell | 13:32 |
| Tom Dobra | 12:41 | Aidan Rigby | 13:31 | Emma Wilson | 13:34 |
| Michael Adams | 12:43 | Joe Hudd | 13:33 | Helen Ockenden | 13:36 |
| Andrew Stemp | 12:45 | Daniel Spencer | 13:35 | Laura King | 13:38 |
| John Ockenden | 12:47 | Alasdair McLeod | 13:37 | Niamh Hunter | 13:40 |
| Duncan Archer | 12:49 | Thomas Wilson | 13:39 | Fiona Bunn | 13:42 |
| James Ackland | 12:51 | Peter Hodgkinson | 13:41 | Fay Walsh | 13:44 |
| Jonny Malley | 12:53 | Alastair Thomas | 13:43 | Sarah Jones | 13:46 |
| Ben Maliphant | 12:55 | Peter Bray | 13:45 | Grace Molloy | 13:48 |
| Richard Purkis | 12:57 | Nathan Lawson | 13:47 | Cecilie Andersen | 13:50 |
| Paul Pruzina | 12:59 | William Gardner | 13:49 | | |
| Matthew Vokes | 13:01 | Graham Gristwood | 13:51 | | |
| Alasdair Pedley | 13:03 | | | | |