

**Race 1****U20 Women 6k**

1	Gemma Holoway	England	21.31
2	Amy Donnelly	England	21.37
3	Anna MacFadyen	SSAA	21.56
4	Gillian Black	Scotland	22.04
5	Stephie Pennycook	Scotland	22.06
6	Laura Stark	SSAA	22.15
7	Lucy Holt	Midland Counties	22.15
8	Bryony Haines	Midland Counties	22.25
9	Niamh Bridgson Hubbard	England	22.26
10	Heidi Davies	Wales	22.27
11	Mollie Williams	Northern Athletics	22.29
12	Louise Mercer	Scotland	22.31
13	Rebekah Ward	Northern Athletics	22.46
14	Elizabeth Apsley	Northern Athletics	22.55
15	Eve Mackinnon	Scotland	22.58
16	Phillipa Stone	England	23.03
17	Hannah Addison	SSAA	23.06
18	Niamh Corry	Irish Schools	23.14
19	Niamh Ni Chiardha	Irish Schools	23.42
20	Cloadagh O'Reilly	Irish Schools	23.45
21	Iona Miller	SSAA	23.48
22	Eimear Fitzpatrick	Irish Schools	24.02
23	Sophie Burnett	Northern Athletics	24.08
24	Laura Gardiner	N Ireland NC	24.25
25	Rebecca Nixon	N Ireland	24.29
26	Jessica Bradley	Welsh Schools	24.31
27	Rosie Weston	Midland Counties	24.38
28	Bethan Evans	Wales	24.43
29	Tasha Stone	Midland Counties	24.54
30	Aife McSheffrey	N Ireland	25.25
31	Bethan Harris	Welsh Schools	25.28
32	Rhiannon Kamink	Welsh Schools	25.38
33	Megan Tucker	Welsh Schools	25.50
34	Zoe Carruthers	N Ireland	25.58
35	Lara Philipart	Wales	26.09
36	Toni Moore	N Ireland	27.03
37	Emma Lightart	Welsh Schools NC	27.31

**12 England**  
**21 Scotland**  
**26 SSAA**  
**38 Northern Athletics**  
**42 Midland Counties**  
**57 Irish Schools**  
**73 Wales**  
**89 N Ireland**  
**89 Welsh Schools**

<b>Race 2</b>		<b>U20 Men</b>	<b>8k</b>
1	Christopher Olley	England	25.07
2	Gus Cockle	England	25.08
3	Ellis Cross	England	25.40
4	Cameron Field	England	25.47
5	Ciaran Lewis	Wales	26.08
6	Craig McMeechan	Irish Schools	26.17
7	Ryan Thompson	Scotland	26.18
8	Jonathan Shields	Northern Athletics	26.26
9	Euan Gilham	Scotland	26.30
10	Joe Wilkinson	Northern Athletics	26.36
11	Jake Heywood	Welsh Schools	26.44
12	Tristan Rees	SSAA	26.48
13	Daniel Stock	Midland Counties	26.53
14	Chrity Conlon	N Ireland	26.57
15	Aidan Thomson	Scotland	27.00
16	Callum Symmons	Scotland	27.03
17	Tom McGuinness	Northern Athletics	27.04
18	Eoin McCann	N Ireland	27.07
19	Cathal Doyle	Irish Schools	27.13
20	Matthew Williams	Welsh Schools	27.21
21	Brian Flanagan	Irish Schools	27.24
22	Shaun Evans	Midland Counties	27.26
23	Gavin Smith	SSAA	27.30
24	James Hunt	Wales	27.44
25	Joe Arthur	SSAA	27.53
26	Alex Benfield	Midland Counties	27.56
27	Christian Smith	Welsh Schools	28.00
28	Max Milarvie	SSAA	28.02
29	Ashraf Liles	Welsh Schools	28.12
30	Jack Turner	Wales	28.18
31	Fintan Stewart	N Ireland	28.23
32	Marinus Peterson	Welsh Schools NC	28.50
33	Zack Nolan	Midland Counties	29.30

**6 England**  
**31 Scotland**  
**35 Northern Athletics**  
**46 Irish Schools**  
**58 Welsh Schools**  
**59 Wales**  
**60 SSAA**  
**61 Midland Counties**  
**63 N Ireland**

<b>Race 3</b>		<b>Senior Women</b>	<b>8k</b>
1	Claire Duck	England	28.32
2	Jane Potter	England	28.32
3	Sarah Inglis	Scotland	28.42
4	Steph McCall	England	29.07
5	Mhairi MacLennan	Scotland	29.14
6	Juliette Potter	England	29.25
7	Sophie Cowper	Northern Athletics	29.51
8	Anne Holyland	Midland Counties	29.56
9	Fiona Rudkin	Scotland	30.04
10	Chloe Richardson	Midland Counties	30.15
11	Eilidh MacKenzie	Scotland	30.24
12	Emma Holt	Northern Athletics	30.26
13	Lucy Marland	Wales	30.34
14	Georgia Malir	Northern Athletics	30.57
15	Clara Evans	Wales	31.16
16	Karen Alexander	N Ireland	31.30
17	Caroline Lambert	Northern Athletics	31.33
18	Sarah Mackness	Midland Counties	31.35
19	Gerrie Short	N Ireland	31.51
20	Rebecca Henderson	N Ireland	31.56
21	Jodi Smith	N Ireland	32.40
22	Anne Holyland	Midland Counties	33.19

**7 England**  
**17 Scotland**  
**33 Northern Athletics**  
**36 Midland Counties**  
**55 N Ireland**

<b>Race 4</b>		<b>Senior Men</b>	<b>10k</b>
1	Andrew Douglas	Scotland	31.27
2	Alex Teuten	England	31.32
3	Alastair Watson	England	31.36
4	Alex Brecker	England	31.53
5	Carl Avery	Northern Athletics	31.54
6	Matthew Bowser	England	32.06
7	Owain Jones	Wales	32.09
8	Michael Ferguson	Scotland	32.21
9	Jamie Roden	Northern Athletics	32.23
10	Steven Bayton	Northern Athletics	32.28
11	Rob Samuel	Wales	32.40
12	Bertie Houghton	Northern Athletics	32.50
13	Harry Lupton	Midland Counties	32.59
14	Ben Stevenson	Scotland	33.04
15	Daniel Hallam	Midland Counties	33.07
16	Mark McKinstry	N Ireland	33.11
17	Neil Johnston	N Ireland	33.15
18	Alexander Hendry	Scotland	33.32
19	Seamus Lynch	N Ireland	34.04
20	Rob Smith	Midland Counties	34.39
21	Aaron Doherty	N Ireland	35.28

**9 England**  
**23 Scotland**  
**24 Northern Athletics**  
**48 Midland Counties**

**52 N Ireland**