

Under 13 Girls

Pos	Time	No	Name	Club
1	14:33	12	Emma Gilmore	City of Portsmouth
2	14:35	13	Annabel Gummow	Cornwall
3	14:36	17	Georgia Peel	Woking
4	14:40	5	Sarah Astin	Manx
5	14:47	4	Emily Fitzhugh	Westbury
6	14:59	18	Amber Watson	Gloucester
7	15:12	30	Katie Reynolds	East Cheshire
8	15:23	139	Hywelis Thomas-Howells	Afan Nedd Tawe Schools
9	15:25	11	Charlotte Firth	Worthing & D
10	15:33	10	Victoria Budd	Westbury
11	15:39	2	Lauren Hawtin	Oxford City
12	15:43	100	Megan Withers	Dyfed Schools
13	15:48	3	Clara Evans	Hereford & County
14	15:49	75	Lora Roberts	Glamorgan Valleys Schools
15	15:51	9	Rachel Brandham	Mansfield
16	15:53	28	Jade Walker	Oxford City
17	15:58	31	Bethany Wells	Gloucester
18	16:11	60	Georgina Gunn	Gloucestershire Schools
19	16:13	97	Lauren Bell	Dyfed Schools
20	16:18	22	Shelby Haysom	Poole
21	16:23	62	Olivia Scofield	Gloucestershire Schools
22	16:33	59	Samantha Roberts	Gloucestershire Schools
23	16:34	33	Grace Hughes	Hereford & County
24	16:39	25	Emma Fay	Ardee & District (Ireland)
25	16:46	29	Saskia Manson	Westbury
26	16:48	24	Aoife Donnelly	Ardee & District (Ireland)
27	16:50	96	Amy Roberts	Dyfed Schools
28	16:56	23	Hazel McGuinness	Ardee & District (Ireland)
29	16:59	130	Jordan Smart	Afan Nedd Tawe Schools
30	17:08	61	Mia O'Connell	Gloucestershire Schools
31	17:11	66	Rebecca Raby-Smith	Gloucestershire Schools
32	17:13	123	Caitlin Bryant	Cardiff & Vale Schools
33	17:21	64	Kate Langlands-Pearce	Gloucestershire Schools
34	17:27	1	Hollie Startup	Newquay & Par
35	17:30	95	Megan Turner	Dyfed Schools
36	17:37	72	Camilla Mather	Gloucestershire Schools
37	17:47	63	Amy Jones	Gloucestershire Schools
38	17:49	68	Charlotte Thomas	Gloucestershire Schools
39	17:53	103	Josie Lewis	Dyfed Schools
40	17:57	110	Fiona Bray	Cardiff & Vale Schools
41	18:00	16	Elin James	Menai
42	18:06	32	Ailsa Sharrock	Newquay & Par
43	18:08	124	Alys Smith	Cardiff & Vale Schools
44	18:09	67	Larissa Cowin	Gloucestershire Schools
45	18:16	27	Jane Williams	Hereford & County
46	18:17	109	Chloe Gore	Cardiff & Vale Schools
47	18:17	121	Jade Talbot	Cardiff & Vale Schools
48	18:19	99	Elin Evans	Dyfed Schools
49	18:21	43	Emily Paull	South East Wales Schools
50	18:22	113	Abigail Coombs	Cardiff & Vale Schools
51	18:30	70	Joanna Stubbs	Gloucestershire Schools
52	18:32	65	Lucy Vass	Gloucestershire Schools
53	18:40	54	Mads Bansfield	South East Wales Schools
54	18:40	122	Lucy Daly	Cardiff & Vale Schools
55	18:43	21	Kirsty McDonnell	Dunleer (Ireland)
56	18:46	133	Christie McCallum	Afan Nedd Tawe Schools
57	18:53	117	Megan Clark	Cardiff & Vale Schools
58	18:56	26	Ciara Leacy	Ardee & District (Ireland)
59	18:58	69	Hannah Forward	Gloucestershire Schools
60	19:00	19	Emily Rodgers	Dunleer (Ireland)
61	19:01	101	Alyce Phillips	Dyfed Schools
62	19:03	42	Isobel Godfrey	South East Wales Schools
63	19:07	79	Robyn Wilkins	Glamorgan Valleys Schools
64	19:08	76	Nikita John	Glamorgan Valleys Schools
65	19:16	80	Cerys Thomas	Glamorgan Valleys Schools
66	19:19	104	Emily Rees	Dyfed Schools
67	19:23	73	Grace Knudsen	Gloucestershire Schools
68	19:26	138	Abby Paul	Afan Nedd Tawe Schools
69	19:27	87	Sophia Christopher	Glamorgan Valleys Schools
70	19:29	83	Bethan Dyke	Glamorgan Valleys Schools
71	19:37	84	Catrin Griffiths	Glamorgan Valleys Schools
72	19:42	116	Jessica Roberts	Cardiff & Vale Schools

Under 13 Girls

73	19:54	131	Grace Cartwright-Harwood	Afan Nedd Tawe Schools
74	19:57	85	Jenna Johnson	Glamorgan Valleys Schools
75	20:08	71	Lucy Thomas	Gloucestershire Schools
76	20:12	92	Ellie Partlow	Glamorgan Valleys Schools
77	20:17	107	Rosie Lardner	Cardiff & Vale Schools
78	20:23	136	Jodie Gill	Afan Nedd Tawe Schools
79	20:33	132	Jessica Harris	Afan Nedd Tawe Schools
80	20:34	56	Kirsty Petwner	South East Wales Schools
81	20:38	137	Sophie Parry	Afan Nedd Tawe Schools
82	20:40	119	Lois Crabtree	Cardiff & Vale Schools
83	20:51	120	Zoe Williams	Cardiff & Vale Schools
84	20:56	82	Lauren Downes	Glamorgan Valleys Schools
85	20:57	105	Hannah Davis	Cardiff & Vale Schools
86	20:58	58	Lowri Mason	South East Wales Schools
87	21:02	44	Lowri Edwards	South East Wales Schools
88	21:06	98	Aimee McAndrew	Dyfed Schools
89	21:06	111	Libby Jegou	Cardiff & Vale Schools
90	21:07	53	Rebecca Webb	South East Wales Schools
91	21:11	126	Tesni Phillips	Cardiff & Vale Schools
92	21:23	127	Claudia Fideli	Cardiff & Vale Schools
93	21:24	49	Emma Bengier	South East Wales Schools
94	21:29	112	Sophia Pauley	Cardiff & Vale Schools
95	21:40	45	Jodie Harvey	South East Wales Schools
96	21:41	51	Laura Sidney	South East Wales Schools
97	21:42	140	Jemma Parfitt	Afan Nedd Tawe Schools
98	21:45	118	Ella Hughes	Cardiff & Vale Schools
99	21:54	135	Amy Fair	Afan Nedd Tawe Schools
100	21:55	91	Elizabeth Simmons	Glamorgan Valleys Schools
101	21:56	77	Shannon Short	Glamorgan Valleys Schools
102	21:57	86	Ashleigh Kincaid	Glamorgan Valleys Schools
103	21:58	125	Rebecca Davies	Cardiff & Vale Schools
104	22:14	55	Tori Churcher	South East Wales Schools
105	22:17	20	Darlene McDonnell	Dunleer (Ireland)
106	22:20	48	Parisha Jones	South East Wales Schools
107	22:20	47	Dianna Hallett	South East Wales Schools
108	22:24	50	Shaunie Rowland	South East Wales Schools
109	24:41	57	Hayley Rowlands	South East Wales Schools
110	25:16	52	Bethan Evans	South East Wales Schools

Under 13 Boys

Pos	Time	No	Name	Club
1	13:24	37	Mark Shaw	New Marske
2	13:38	6	Thomas Purnell	Stroud & Dist
3	13:44	39	Rhys Park	Hereford & County
4	13:54	7	Edward Shepherd	Hertford Phoenix
5	14:06	29	Luke Carroll	Cheltenham H
6	14:08	105	Harri Coldray	Gloucestershire Schools
7	14:13	93	Kyran Hale	Gloucestershire Schools
8	14:21	44	Harry Robertson	Oxford City
9	14:23	3	Christopher Grayson	City of Sheffield
10	14:29	41	Jonathan Barlow	Westbury
11	14:33	43	Sam Hall	Guernsey Island
12	14:40	47	Marcus Heaume	Guernsey Island
13	14:53	19	Finn Corrigan	St Michael's College Enniskill
14	14:57	48	Cameron McNeill	Notts
15	15:01	10	Che Cullen	St Michael's College Enniskill
16	15:03	109	Stephen Reynolds	Afan Nedd Tawe Schools
17	15:03	51	Ronan Llyr	Dyfed Schools
18	15:04	98	William Paulson	Gloucestershire Schools
19	15:07	115	Daniel Lewis	Afan Nedd Tawe Schools
20	15:11	1	Kieran Young	Mendip
21	15:19	54	Lloyd Heckler	Dyfed Schools
22	15:24	136	Elliot Parry	Cardiff & Vale Schools
23	15:26	9	Lee Cullen	St Michael's College Enniskill
24	15:27	94	Rhys Edwards	Gloucestershire Schools
25	15:31	20	Jonathan Courtney	St Michael's College Enniskill
26	15:32	2	Robert Morgan	Cwmbran
27	15:35	40	Oscar Tully	North Devon
28	15:36	62	Matthew Edmund	South East Wales Schools
29	15:39	18	Shaun O'Brien	St Michael's College Enniskill
30	15:41	96	Adam Thrall	Gloucestershire Schools
31	15:45	15	Mark Dolan	St Michael's College Enniskill
32	15:46	140	Sam Longville	Cardiff & Vale Schools
33	15:48	101	Joshua Staton	Gloucestershire Schools
34	15:49	30	Sam Bingham	Ardee & District (Ireland)
35	15:51	27	Niall McKeever	St Michael's College Enniskill
36	15:52	95	Kieran Meheran	Gloucestershire Schools
37	15:52	57	David Middleton	South East Wales Schools
38	15:53	128	Adam Hewitt	Cardiff & Vale Schools
39	15:54	99	Alex Massey	Gloucestershire Schools
40	15:56	11	Leigh Jones	St Michael's College Enniskill
41	15:57	35	Karl Faulkner	Ardee & District (Ireland)
42	15:58	23	Cathal Caulfield	St Michael's College Enniskill
43	15:59	59	David Morgan	South East Wales Schools
44	16:03	14	Carl O'Reilly	St Michael's College Enniskill
45	16:04	53	Adam Bowman	Dyfed Schools
46	16:05	32	Patrick Duff	Ardee & District (Ireland)
47	16:10	130	Matthew Sullivan	Cardiff & Vale Schools
48	16:10	100	Giles Walton	Gloucestershire Schools
49	16:14	16	Kevin Caulfield	St Michael's College Enniskill
50	16:14	126	Tom Bevan	Cardiff & Vale Schools
51	16:15	110	Jake Price	Afan Nedd Tawe Schools
52	16:18	138	Jack Lewis	Cardiff & Vale Schools
53	16:19	102	Tobias Graves	Gloucestershire Schools
54	16:24	139	Kieran Latchford	Cardiff & Vale Schools
55	16:27	28	Gavin Dolan	St Michael's College Enniskill
56	16:28	66	Curtis Macias	South East Wales Schools
57	16:30	134	Zach Bartlett	Cardiff & Vale Schools
58	16:31	24	Darren Flanagan	St Michael's College Enniskill
59	16:31	58	Ryan Cole	South East Wales Schools
60	16:33	4	Owain James	Menai
61	16:33	86	Jordan Best	Glamorgan Valleys Schools
62	16:33	38	Joe Maddy	Hereford
63	16:34	135	Dan Owen	Cardiff & Vale Schools
64	16:36	97	Henry Lait	Gloucestershire Schools
65	16:41	131	Rhys Griffin	Cardiff & Vale Schools
66	16:43	103	Peter Webb	Gloucestershire Schools
67	16:45	78	Robbie Vernon	Glamorgan Valleys Schools
68	16:49	150	Rory Heslop	Cardiff & Vale Schools
69	16:51	106	Tom Olsen	Gloucestershire Schools
70	16:54	149	Luis Evans	Cardiff & Vale Schools
71	16:57	144	Ben Jones	Cardiff & Vale Schools
72	16:57	76	Jack Riley	Glamorgan Valleys Schools

Under 13 Boys

73	16:58	83	Nathan John	Glamorgan Valleys Schools
74	17:00	69	Harry Jones	South East Wales Schools
75	17:01	147	Liam Wilson	Cardiff & Vale Schools
76	17:01	13	Eoin Gallagher	St Michael's College Enniskill
77	17:01	104	Oliver Plant	Gloucestershire Schools
78	17:01	26	Barry McAleer	St Michael's College Enniskill
79	17:03	107	Declan Barnes	Gloucestershire Schools
80	17:04	133	Luc Evans	Cardiff & Vale Schools
81	17:05	160	Kalon Lambley	Cardiff & Vale Schools
82	17:06	82	Daniel Glenn	Glamorgan Valleys Schools
83	17:08	81	Matthew Antoniazzi	Glamorgan Valleys Schools
84	17:11	85	Lewis Rowlands	Glamorgan Valleys Schools
85	17:12	68	Christian McConnel	South East Wales Schools
86	17:13	65	Alex Gregory	South East Wales Schools
87	17:15	46	Xander Brown	Stroud & District
88	17:18	61	Fergus Allen	South East Wales Schools
89	17:19	123	Elliot Slade	Cardiff & Vale Schools
90	17:21	36	Jason Kerr	Ardee & District (Ireland)
91	17:24	45	Hugh Bayley	Exeter
92	17:26	145	Arron Atkins	Cardiff & Vale Schools
93	17:26	74	Ben Philpot	South East Wales Schools
94	17:27	113	David Murray	Afan Nedd Tawe Schools
95	17:30	64	Ashley Goncalves	South East Wales Schools
96	17:30	148	Sam McDonald	Cardiff & Vale Schools
97	17:32	34	Liam Murray	Ardee & District (Ireland)
98	17:33	33	Glen Kearns	Ardee & District (Ireland)
99	17:34	70	Kieron Goncalves	South East Wales Schools
100	17:36	17	Conal Mahon	St Michael's College Enniskill
101	17:38	31	Niall Kane	Ardee & District (Ireland)
102	17:41	143	Richard Saunders	Cardiff & Vale Schools
103	17:49	125	Jack Wilton	Cardiff & Vale Schools
104	17:53	137	Ceri Walters	Cardiff & Vale Schools
105	17:58	116	Rhys Williams	Afan Nedd Tawe Schools
106	18:02	63	Daniel Walker	South East Wales Schools
107	18:03	25	Colin Logan	St Michael's College Enniskill
108	18:03	141	Tom Lockyer	Cardiff & Vale Schools
109	18:06	73	Ryan Gardner	South East Wales Schools
110	18:16	124	Jack Harrold	Cardiff & Vale Schools
111	18:17	127	Gregory Lewis	Cardiff & Vale Schools
112	18:19	111	Charlie Heard	Afan Nedd Tawe Schools
113	18:24	90	Jacob Prosser	Glamorgan Valleys Schools
114	18:29	22	Conor McNally	St Michael's College Enniskill
115	18:31	12	Andrew Sheridan	St Michael's College Enniskill
116	18:36	114	Keiran John	Afan Nedd Tawe Schools

Under 15 Girls

Pos	Time	No	Name	Club
1	13:46	4	Melissa Hawtin	Oxford City
2	13:49	11	Sarah Barker	Sale
3	13:56	50	Katie Holt	City of Stoke
4	14:07	12	Melissa Courtney	Poole
5	14:18	17	Claire Pring	City of Norwich
6	14:24	37	Louise Small	Aldershot Farnham & D
7	14:25	67	Brittany Saville	Worthing & District
8	14:32	9	Gemma Astin	Manx
9	14:58	87	Jade Williams	Dyfed Schools
10	14:59	18	Carly Robertson	Bingley
11	15:06	41	Catherine Blew	Taunton
12	15:10	99	Natasha Cockram	South East Wales Schools
13	15:11	92	Lauren Harries	Dyfed Schools
14	15:11	3	Hannah Alderson	Westbury
15	15:15	15	Emily Fisher	Chesterfield
16	15:19	46	Alex Heap	Wycombe Phoenix
17	15:24	83	Cerian Davies	Dyfed Schools
18	15:29	40	Laura James	Taunton
19	15:30	145	Zoe Thomas	Glamorgan Valleys Schools
20	15:31	23	Vanessa Brann	Hereford
21	15:36	8	Danielle Anderson	Oxford City
22	15:45	42	Lucy Atkins	Yate & District
23	15:57	118	Rosie Gale	Gloucestershire Schools
24	16:00	26	Megan Andrew	North Devon
25	16:02	6	Marcie Bower	City of Bath
26	16:03	165	Ffion Price	Powys Schools
27	16:05	122	Rachel Price	Gloucestershire Schools
28	16:08	151	Ffion Jones	Glamorgan Valleys Schools
29	16:09	29	Amy Chivers	Oxford City
30	16:11	90	Lisa Neumann	Dyfed Schools
31	16:11	146	Ffion Lewis	Glamorgan Valleys Schools
32	16:12	136	Elysia Pearson	Afan Nedd Tawe Schools
33	16:20	123	Emma Sayce	Gloucestershire Schools
34	16:23	135	Cerys Morgan	Afan Nedd Tawe Schools
35	16:28	133	Gaby Rose	Gloucestershire Schools
36	16:29	127	Rebecca Summers	Gloucestershire Schools
37	16:31	147	Harriett Morris	Glamorgan Valleys Schools
38	16:32	126	Bethany Pudifoot	Gloucestershire Schools
39	16:34	137	Joelle Drummond	Afan Nedd Tawe Schools
40	16:36	131	Emily Doherty	Gloucestershire Schools
41	16:37	86	Leah Bitchell	Dyfed Schools
42	16:37	139	Katrina Ley	Afan Nedd Tawe Schools
43	16:37	132	Lisa Tattersall	Gloucestershire Schools
44	16:38	61	Lucy Harvey	Cardiff & Vale Schools
45	16:39	38	Jennifer George	Newquay & Par
46	16:48	82	Miranda Davies	Dyfed Schools
47	16:53	125	Theo Marshall	Gloucestershire Schools
48	16:58	140	Jemima Osborne	Afan Nedd Tawe Schools
49	17:01	166	Rhian Price	Powys Schools
50	17:01	130	Lydia Mitchell	Gloucestershire Schools
51	17:03	128	Melissa Chidley	Gloucestershire Schools
52	17:03	24	Bethia Manson	Westbury
53	17:04	152	Leah Lineham	Glamorgan Valleys Schools
54	17:07	72	Eloise Laity	Cardiff & Vale Schools
55	17:08	33	Katherine Cotton	City of Salisbury
56	17:08	144	Katy Reynolds	Afan Nedd Tawe Schools
57	17:11	39	Jade Norton	Newquay & Par
58	17:13	32	Jessica Whitely	City of Salisbury
59	17:16	134	Alicia Green	Gloucestershire Schools
60	17:18	84	Rhiannon Plant	Dyfed Schools
61	17:23	143	Gwenan Davies	Afan Nedd Tawe Schools
62	17:24	63	Bethan Daw	Cardiff & Vale Schools
63	17:27	36	Lizzie Hadley	Hereford & County
64	17:29	129	Eloise du Luart	Gloucestershire Schools
65	17:29	28	Cerri-Anne Santos	Cardiff
66	17:30	30	Ann-Marie Hazzard	City of Salisbury
67	17:32	105	Holly McGee	South East Wales Schools
68	17:34	103	Aby Bidgood	South East Wales Schools
69	17:36	34	Laura Hawksworth	North Devon
70	17:37	20	Aoife Sewell	Dunleer (Ireland)
71	17:39	141	Ashlea Hilton	Afan Nedd Tawe Schools
72	17:40	71	Molly Lamb	Cardiff & Vale Schools

Under 15 Girls

73	17:40	21	Louise Hynes	Dunleer (Ireland)
74	17:42	112	Cerys Norville	South East Wales Schools
75	17:44	138	Aoifa Morris	Afan Nedd Tawe Schools
76	17:45	70	Carys Deeley	Cardiff & Vale Schools
77	17:49	76	Heledd Williams	Cardiff & Vale Schools
78	17:53	79	Seren Jones	Cardiff & Vale Schools
79	17:54	53	Mary-Ann Gorey	Cardiff & Vale Schools
80	17:55	31	Ginny Green	City of Salisbury
81	17:56	65	Nia Morgan	Cardiff & Vale Schools
82	17:58	35	Lowri Van Steelant	Cardiff
83	18:01	75	Bethan Thomas	Cardiff & Vale Schools
84	18:03	142	Naomi James	Afan Nedd Tawe Schools
85	18:04	107	Sarah Pontin	South East Wales Schools
86	18:05	74	Danielle Edgerton	Cardiff & Vale Schools
87	18:13	54	Rachel Board	Cardiff & Vale Schools
88	18:14	66	Ellice Harding	Cardiff & Vale Schools
89	18:16	60	Eluned Hyde	Cardiff & Vale Schools
90	18:23	110	Sade Eze	South East Wales Schools
91	18:27	78	Savana Jones	Cardiff & Vale Schools
92	18:28	98	Haylee Muller	Dyfed Schools
93	18:28	149	Bianca Dix	Glamorgan Valleys Schools
94	18:30	168	Rhances Howes	Cardiff & Vale Schools
95	18:31	102	Rhiannon Nancarrow-Lei	South East Wales Schools
96	18:47	160	Carys Evans	Glamorgan Valleys Schools
97	18:48	148	Caitlin McWilliams	Glamorgan Valleys Schools
98	18:50	153	Nia Challinor	Glamorgan Valleys Schools
99	18:54	22	Grace Rodgers	Dunleer (Ireland)
100	18:56	68	Chloe Jones	Cardiff & Vale Schools
101	18:58	91	Florence Bowen-Rees	Dyfed Schools
102	19:02	73	Bronwen Swain	Cardiff & Vale Schools
103	19:03	106	Sinead Bereton	South East Wales Schools
104	19:03	157	Terri-Casey Barter	Glamorgan Valleys Schools
105	19:06	158	Alysha Jones	Glamorgan Valleys Schools
106	19:10	108	Rachel Davies	South East Wales Schools
107	19:12	116	Jenna Howells	South East Wales Schools
108	19:17	164	Rhianna Davies	Glamorgan Valleys Schools
109	19:20	85	Jodie Jones	Dyfed Schools
110	19:24	156	Amy Tidball	Glamorgan Valleys Schools
111	19:28	55	Katy Davies	Cardiff & Vale Schools
112	19:29	52	Gabby Dixon	Cardiff & Vale Schools
113	19:42	69	Olivia Davies	Cardiff & Vale Schools
114	19:43	161	Amy Lindley	Glamorgan Valleys Schools
115	19:44	150	Rebekah Griffiths	Glamorgan Valleys Schools
116	20:35	89	Amy Kendal	Dyfed Schools

Under 15 Boys

Pos	Time	No	Name	Club
1	15:51	5	John Bird	Ipswich
2	15:57	51	Jacob Landers	City of Plymouth
3	16:00	1	Nathan Young	Mendip
4	16:00	52	Ben Norris	Notts
5	16:05	20	Fraser Scott	Corstorphine
6	16:08	58	Dean Scott	Newquay & Par
7	16:14	15	James Jackson-Nichols	City of Norwich
8	16:15	22	Niall Cullen	St Michael's College Enniskill
9	16:22	39	Alex Wiltshire	Wells City
10	16:30	17	Zac Randall	Wycombe Phoenix
11	16:31	165	Tom Curr	Gloucestershire Schools
12	16:34	56	Matthew Peters	Westbury
13	16:43	46	Stephen Pierce	Menai
14	16:55	4	Tom Collins	Notts
15	16:57	7	Thomas Francis	Thetford
16	16:59	91	Chris Cardinali	South East Wales Schools
17	17:12	94	Daniel Chesworth	South East Wales Schools
18	17:13	92	James Hanrahan	South East Wales Schools
19	17:15	57	William Bodkin	Guernsey Island
20	17:16	36	Jack McDonnell	Dunleer (Ireland)
21	17:21	49	Jack Hutchens	North Devon
22	17:23	38	Gareth Byrne	Dunleer (Ireland)
23	17:25	8	Sam Petty	North Devon
24	17:29	21	James Waldie	Cornwall
25	17:32	35	Conor Cassidy	Dunleer (Ireland)
26	17:32	93	Elliott Hardee	South East Wales Schools
27	17:34	123	Matthew Richards	Dyfed Schools
28	17:36	26	Mark Hoy	St Michael's College Enniskill
29	17:38	72	Matthew Weekes	Glamorgan Valleys Schools
30	17:39	164	Wil Massey	Gloucestershire Schools
31	17:40	166	Jack McMullen	Gloucestershire Schools
32	17:46	37	Jamie Byrne	Dunleer (Ireland)
33	17:50	171	James Gardner	Gloucestershire Schools
34	17:56	114	Alex Matchett	Dyfed Schools
35	17:59	24	Gerard Britton	St Michael's College Enniskill
36	18:00	61	Oliver Ager	Taunton
37	18:01	132	Peter Davies	Cardiff & Vale Schools
38	18:02	167	Ted Shaugnessy	Gloucestershire Schools
39	18:03	174	Jack Evans	Gloucestershire Schools
40	18:05	60	Tim Attwell	Mendip
41	18:07	47	Ben Grant	North Devon
42	18:11	40	Barry Faulkner	Ardee & District (Ireland)
43	18:13	169	Henry Broom	Gloucestershire Schools
44	18:15	32	Fintan O'Doherty	St Michael's College Enniskill
45	18:18	168	Jake Gardiner	Gloucestershire Schools
46	18:20	73	Tom Davies	Glamorgan Valleys Schools
47	18:21	170	Will Woodcock	Gloucestershire Schools
48	18:22	143	Owen Haswell	Cardiff & Vale Schools
49	18:23	98	Joseph Hooton	South East Wales Schools
50	18:24	112	Andrew Drakeley	Dyfed Schools
51	18:25	84	Alex Edwards	Glamorgan Valleys Schools
52	18:25	139	Darren Jones	Cardiff & Vale Schools
53	18:31	100	James Middleton	South East Wales Schools
54	18:33	74	Callum Sullivan	Glamorgan Valleys Schools
55	18:33	30	Mark Blake	St Michael's College Enniskill
56	18:35	107	Matthew Whatley	South East Wales Schools
57	18:35	130	Rhys Thomas	Cardiff & Vale Schools
58	18:36	96	Marcus Price	South East Wales Schools
59	18:38	131	Nicholas Gallimore	Cardiff & Vale Schools
60	18:40	70	Mark Cunningham	Ardee & District (Ireland)
61	18:41	42	Adam Byrne	Ardee & District (Ireland)
62	18:44	97	Emyrs Penny	South East Wales Schools
63	18:45	23	John Dooris	St Michael's College Enniskill
64	18:45	55	Edward Woodhouse	Salisbury
65	18:48	146	Aneurin Campbell	Cardiff & Vale Schools
66	18:50	113	Liam Jones	Dyfed Schools
67	18:51	99	Alex Davies	South East Wales Schools
68	18:52	117	Luke Parker	Dyfed Schools
69	18:52	95	David Cloud	South East Wales Schools
70	18:55	48	Robert Overney	North Devon
71	18:56	50	Jordan Frapwell	Stroud & Dist
72	18:58	108	Adam Stratton	South East Wales Schools

Under 15 Boys

73	19:00	135	David Van Es	Cardiff & Vale Schools
74	19:01	141	Nathan Howells	Cardiff & Vale Schools
75	19:01	103	Jake Hughes	South East Wales Schools
76	19:03	138	Alex Simon	Cardiff & Vale Schools
77	19:04	137	Sam Bartlett	Cardiff & Vale Schools
78	19:05	88	Joel Richards	Glamorgan Valleys Schools
79	19:05	150	Joseff Whitmarsh-Knight	Cardiff & Vale Schools
80	19:06	140	Kofi Rowe	Cardiff & Vale Schools
81	19:07	154	Matthew Hughes	Afan Nedd Tawe Schools
82	19:13	173	Ben Gregory	Gloucestershire Schools
83	19:14	155	Matthew O'Leary	Afan Nedd Tawe Schools
84	19:15	172	Aaron Phelps	Gloucestershire Schools
85	19:19	156	Chris Davies	Afan Nedd Tawe Schools
86	19:23	41	James Eogan	Ardee & District (Ireland)
87	19:27	83	Jack Delve	Glamorgan Valleys Schools
88	19:30	147	Harry Wootton	Cardiff & Vale Schools
89	19:32	86	Lee Duggan	Glamorgan Valleys Schools
90	19:34	153	Sean White	Afan Nedd Tawe Schools
91	19:36	25	Ryan Dolan	St Michael's College Enniskill
92	19:39	69	George Wintle	Westbury
93	19:41	27	Philip McQuaid	St Michael's College Enniskill
94	19:43	76	Thomas Williams	Glamorgan Valleys Schools
95	19:44	129	Josh Battrick	Cardiff & Vale Schools
96	19:48	151	Gareth Jones	Cardiff & Vale Schools
97	20:13	159	Luke Price	Afan Nedd Tawe Schools
98	20:14	121	Johannes Neumann	Dyfed Schools
99	20:14	149	Ieuan Donovan	Cardiff & Vale Schools
100	20:28	28	Conor McQuaid	St Michael's College Enniskill
101	20:29	158	Matthew Rees	Afan Nedd Tawe Schools
102	20:29	90	Shaun Bartz	Glamorgan Valleys Schools
103	20:42	127	Glen Elsdon	Dyfed Schools
104	20:59	157	Tom Blakemore	Afan Nedd Tawe Schools
105	21:07	34	David Edwards	Kettering Town
106	21:08	115	Grant Westcott	Dyfed Schools
107	21:10	89	Chris Davies	Glamorgan Valleys Schools
108	21:12	111	Thomas Drakeley	Dyfed Schools
109	21:27	43	Padraig Whelan	Ardee & District (Ireland)
110	21:39	160	Sartak Sawlawi	Afan Nedd Tawe Schools
111	21:48	120	Finn Neumann	Dyfed Schools

Under 17 Women

Pos	Time	No	Name	Club
1	16:44	4	Laura Alexander-High	Aldershot Farnham & Dist
2	16:55	11	Rebecca Gough	Team Southampton
3	17:08	14	Sarah Hopkinson	Gloucester
4	17:32	37	Rosy Cooper	Aldershot Farnham & Dist
5	17:33	18	Josephine Moultrie	City of Glasgow
6	17:40	13	Nicola Hood	Nithsdale
7	17:54	33	Jessica Burns	City of Plymouth
8	18:02	6	Chloe Patchett	Wakefield
9	18:07	90	Leah Dixon	Glamorgan Valleys Schools
10	18:09	72	Daisy Hughes	Gloucestershire Schools
11	18:17	29	Laura Parker	Wells City
12	18:22	36	Naomi Taschimowitz	Taunton
13	18:27	40	Heather Holt	City of Stoke
14	18:37	73	Brittany Teague	Gloucestershire Schools
15	18:43	52	Benytta Doman	South East Wales Schools
16	18:47	75	Ellie Brodie	Gloucestershire Schools
17	18:59	47	Angharad Davies	Dyfed Schools
18	19:04	5	Kate Wilson	Wakefield
19	19:07	143	Aneura Phillips	Dyfed Schools
20	19:21	34	Nicola George	Newquay & Par
21	19:21	76	Stephanie Lane	Gloucestershire Schools
22	19:26	111	Drusilla Griffiths	Afan Nedd Tawe Schools
23	19:35	84	Ellie Dove	Gloucestershire Schools
24	19:37	32	Fran Norman	North Devon
25	19:38	77	Ann Tattersall	Gloucestershire Schools
26	19:49	35	Anna Sharrock	Newquay & Par
27	19:59	110	Rebecca King	Afan Nedd Tawe Schools
28	20:01	30	Ellie Grant	North Devon
29	20:11	39	Nikki Smith	Yate & District
30	20:14	100	Anagharad Bishop	South East Wales Schools
31	20:17	74	Holly Chipman	Gloucestershire Schools
32	20:18	44	Elinor Thorogood	Dyfed Schools
33	20:20	23	Aine Cotter	Dunleer (Ireland)
34	20:20	112	Nia Lewis	Afan Nedd Tawe Schools
35	20:36	49	Sophie Thomas	Dyfed Schools
36	20:38	53	Steffi Wright	South East Wales Schools
37	20:41	20	Hannah Pretty	Chesterfield
38	20:42	38	Yasmin Goater	Guildford & Godalming
39	20:44	41	Rebecca Ansell	Dyfed Schools
40	20:52	78	Rachel Gardner	Gloucestershire Schools
41	20:57	86	Hannah Jones	Gloucestershire Schools
42	21:00	48	Sally Smithson	Dyfed Schools
43	21:04	141	Grace Osborne	Cardiff & Vale Schools
44	21:13	116	Nia Williams	Afan Nedd Tawe Schools
45	21:14	136	Aimee Thomas	Cardiff & Vale Schools
46	21:15	138	Lauren Brobin	Cardiff & Vale Schools
47	21:16	26	Aislinn Ahern	Dunleer (Ireland)
48	21:18	139	Lana Evans	Cardiff & Vale Schools
49	21:18	144	Carla Rees	Glamorgan Valleys Schools
50	21:20	31	Ellie Ley	North Devon
51	21:21	50	Sian Thomas	Dyfed Schools
52	21:23	121	Ceri Sayce	Cardiff & Vale Schools
53	21:23	142	Manon Williams	Cardiff & Vale Schools
54	21:25	81	Eleanor Pudifoot	Gloucestershire Schools
55	21:27	83	Amy Penn	Gloucestershire Schools
56	21:34	54	Brigid Eades	South East Wales Schools
57	21:37	129	Bethan Davies	Cardiff & Vale Schools
58	21:45	125	Alice Johnston	Cardiff & Vale Schools
59	21:46	24	Katie McDonnell	Dunleer (Ireland)
60	21:47	126	Michelle Allen	Cardiff & Vale Schools
61	21:53	28	Rebecca Woods	Ardee & District (Ireland)
62	21:55	80	Alice Thomas	Gloucestershire Schools
63	21:59	25	Bronagh McGrane	Dunleer (Ireland)
64	22:04	67	Abbie Willmott	South East Wales Schools

Under 17 Women

65	22:05	45	Eleri Jones	Dyfed Schools
66	22:09	92	Zoe Hoskins	Glamorgan Valleys Schools
67	22:11	79	Julia Fish	Gloucestershire Schools
68	22:18	122	Lauren Regan	Cardiff & Vale Schools
69	22:25	59	Angharad Williams	South East Wales Schools
70	22:26	60	Bria Dickinson	South East Wales Schools
71	22:26	46	Ffion Evans	Dyfed Schools
72	22:30	58	Jade Flook	South East Wales Schools
73	22:30	102	Joanne Morgan	Glamorgan Valleys Schools
74	22:32	133	Elinor Faulkner-Porch	Cardiff & Vale Schools
75	22:40	127	Natalie Allen	Cardiff & Vale Schools
76	23:00	87	Hannah Berney	Gloucestershire Schools
77	23:05	124	Maddy Edgeworth	Cardiff & Vale Schools
78	23:10	64	Chelsea Yeates	South East Wales Schools
79	23:13	103	Rachel Humphreys	Glamorgan Valleys Schools
80	23:14	43	Alexandra Thorogood	Dyfed Schools
81	23:16	114	Emily Williams	Afan Nedd Tawe Schools
82	23:24	134	Hollie Ryder	Cardiff & Vale Schools
83	23:30	101	Stacey Vincent	Glamorgan Valleys Schools
84	23:32	71	Hannah Bateman	South East Wales Schools
85	23:55	130	Alenca Harrington	Cardiff & Vale Schools
86	24:18	123	Alice Hales	Cardiff & Vale Schools
87	24:21	96	Emma Williams	Glamorgan Valleys Schools
88	24:27	22	Frances Rodgers	Dunleer (Ireland)
89	24:58	65	Jessica Hinwood	South East Wales Schools

Under 17 Men

Pos	Time	No	Name	Club
1	22:18	48	Craig Murphy	Togher (Ireland)
2	22:20	111	Matthew Withey	Gloucestershire Schools
3	22:35	57	Nick Goolab	Ealing Southall & Middlesex
4	22:42	65	Simon Lawson	Cardiff
5	22:53	4	Chris Harvey	Cannock & Stafford
6	22:54	3	Andrew Doherty	North Belfast
7	22:57	42	Phil Norman	North Devon
8	22:59	56	Lenny Shail	Coventry Godiva
9	23:02	50	James Robinson	West Norfolk
10	23:03	53	Richard Peters	Westbury
11	23:03	6	Christian Booker	Halesowen
12	23:11	5	Shaun Collins	Enfield & Haringey
13	23:13	154	Dewi Griffiths	Dyfed Schools
14	23:17	39	Jack Hallas	Wakefield
15	23:19	49	Elliot Palmer	Ipswich
16	23:24	16	Tom Bell	Oadby & Wigmore L
17	23:26	18	Matthew Cleave	Newquay & Par
18	23:30	153	Adam Bitchell	Dyfed Schools
19	23:32	112	Joe Dalgliesh	Gloucestershire Schools
20	23:34	149	Rowan Axe	Cardiff & Vale Schools
21	23:38	20	Christopher Dobson	Cornwall
22	23:41	63	Matt Barrie	Phoenix
23	23:43	23	Joe Hargreaves	Wakefield
24	23:44	51	Andrew Rooke	Ipswich
25	23:44	64	Ronnie Sparke	Woodford Green & Essex L
26	23:56	17	Ricky Challinor	Deeside
27	24:04	37	Nathan White	Windsor Slough Eton & H
28	24:05	29	Rob Love	Amber Valley
29	24:05	26	Tom Mahon	Oadby & Wigmore L
30	24:14	34	Tomas Cotter	Dunleer (Ireland)
31	24:19	24	Jonathan Laybourne	West Norfolk
32	24:26	2	Ollie Bower	City of Bath
33	24:26	186	Adam Lewis	Glamorgan Valleys Schools
34	24:29	166	Michael Kershaw	South East Wales Schools
35	24:31	62	Adam Banks	Deeside
36	24:33	45	Davey Platt	North Devon
37	24:42	28	Jamie Walker	Bexley
38	24:46	32	David Lambe	Dunleer (Ireland)
39	24:53	33	David O'Brien	Dunleer (Ireland)
40	25:01	38	Toby Griffiths	Oswestry Olympians
41	25:11	127	Tom Miller	Afan Nedd Tawe Schools
42	25:12	181	Jonathan Hopkins	Glamorgan Valleys Schools
43	25:15	200	Carl Hill	Glamorgan Valleys Schools
44	25:21	159	Joshua Harries	Dyfed Schools
45	25:24	114	Robert Galt	Gloucestershire Schools
46	25:24	152	Tomos Whitmarsh-Knight	Cardiff & Vale Schools
47	25:31	115	Max Shaughnessy	Gloucestershire Schools
48	25:33	40	Michael Pierce	Menai
49	25:38	31	John Bingham	Dunleer (Ireland)
50	25:39	167	Adam Pontin	South East Wales Schools
51	25:40	164	Jon Morgan	South East Wales Schools
52	25:41	19	Ryan Cleave	Newquay & Par
53	25:42	117	Thomas Wintle	Gloucestershire Schools
54	25:45	119	Jonathan Wilson	Gloucestershire Schools
55	25:46	9	Darragh Keown	St Michael's College Enniskill
56	25:48	116	Andrew Kaighin	Gloucestershire Schools
57	25:53	120	Tom Harris	Gloucestershire Schools
58	25:57	129	Chris Rees	Afan Nedd Tawe Schools
59	25:57	35	Duncan Clinton	Dunleer (Ireland)
60	25:59	44	Matthew Hill	North Devon
61	26:04	122	Jamie Cooke	Gloucestershire Schools
62	26:07	136	Rhodri Harris	Afan Nedd Tawe Schools
63	26:10	160	Geraint Mansfield	Dyfed Schools
64	26:21	188	Hywel Jones	Glamorgan Valleys Schools

Under 17 Men

65	26:22	11	Michael Slevin	St Michael's College Enniskill
66	26:22	125	Tom Foster	Gloucestershire Schools
67	26:22	43	Freddie Bolton	North Devon
68	26:22	121	Ryan Chidley	Gloucestershire Schools
69	26:28	130	Kristian Jones	Afan Nedd Tawe Schools
70	26:33	132	Ferenc Los	Afan Nedd Tawe Schools
71	26:42	128	Matthew John	Afan Nedd Tawe Schools
72	26:44	118	Hugh Walton	Gloucestershire Schools
73	26:47	135	Antonio Cirillo	Afan Nedd Tawe Schools
74	26:50	137	James McEvoy	Afan Nedd Tawe Schools
75	26:59	131	Ceri Lewis	Afan Nedd Tawe Schools
76	27:02	10	Niall McGoldrick	St Michael's College Enniskill
77	27:03	133	Adam Marshall	Afan Nedd Tawe Schools
78	27:15	8	Colm Monaghan	St Michael's College Enniskill
79	27:16	192	Daniel Bodman	Glamorgan Valleys Schools
80	27:19	158	Nicky Morell	Dyfed Schools
81	27:20	134	Adam Grinter	Afan Nedd Tawe Schools
82	27:21	193	Karl Dowling	Glamorgan Valleys Schools
83	27:29	156	Tomas Northcott	Dyfed Schools
84	27:48	185	Owain Chick	Glamorgan Valleys Schools
85	27:52	7	Darren Martin	St Michael's College Enniskill
86	27:55	140	Jack Wilson	Cardiff & Vale Schools
87	27:57	13	Paul McGinnity	St Michael's College Enniskill
88	27:59	146	Matthew Hooper	Cardiff & Vale Schools
89	28:04	144	Declan Evans	Cardiff & Vale Schools
90	28:08	151	Luke Swaffield	Cardiff & Vale Schools
91	28:13	189	Liam Reed	Glamorgan Valleys Schools
92	28:15	173	Alistair Lee	South East Wales Schools
93	28:18	46	Chris Carter	Telford
94	28:21	184	Ryan Harding	Glamorgan Valleys Schools
95	28:27	155	Gethin Holland	Dyfed Schools
96	28:31	147	Matthew Osborne	Cardiff & Vale Schools
97	28:48	142	Luke Morgan	Cardiff & Vale Schools
98	28:52	138	Stephen Sheehy	Afan Nedd Tawe Schools
99	28:54	14	Brendan McBarron	St Michael's College Enniskill
100	29:02	12	Chris Power	St Michael's College Enniskill
101	29:03	169	Julian Jones	South East Wales Schools
102	29:12	145	Matt Thomas	Cardiff & Vale Schools
103	29:18	176	Robert Morgan	South East Wales Schools
104	29:32	190	Ross Morgan	Glamorgan Valleys Schools
105	29:47	123	Will New	Gloucestershire Schools
106	30:21	177	Matt Kinloch	South East Wales Schools

Under 20 Women

Pos	Time	No	Name	Club
1	18:38	18	Emma Pallant	Aldershot Farnham & Dist
2	18:43	15	Stephanie Barnes	Bristol & West
3	18:51	22	Stevie Stockton	North of England
4	19:03	19	Olivia Kenney	Royal Sutton Coldfield
5	19:09	12	Kirsty Hamilton	Bristol & West
6	19:20	14	Joanne Harvey	Exeter
7	19:37	23	Charlotte O'Connell	North of England
8	19:45	13	Hannah Brooks	Crawley
9	19:48	24	Rosie Edwards	North of England
10	19:48	9	Emma Reed	Bristol & West
11	20:01	21	Hollie Rowland	SG Neukirchen-Hulchrath
12	20:04	125	Julia Cooke	Gloucestershire Schools
13	20:10	26	Ruth Gillespie	Northern Ireland
14	20:19	27	Natasha Doel	City of Plymouth
15	21:01	89	Elinor Kirk	Afan Nedd Tawe Schools
16	21:29	143	Jenna Roberts	South East Wales Schools
17	21:38	109	Alaw Beynon-Thomas	Dyfed Schools
18	21:48	30	Claire Conway	Bristol & West
19	21:55	107	Martha Clarke	Cardiff & Vale Schools
20	22:01	130	Sophie Cooke	Gloucestershire Schools
21	22:07	90	Sara Dobler	Afan Nedd Tawe Schools
22	22:13	145	Danielle Page	South East Wales Schools
23	22:45	144	Aysha Doman	South East Wales Schools
24	23:01	140	Sophie Kendrick	Powys Schools
25	23:08	2	Adele Potts	UWI Cardiff
26	23:28	101	Marissa Jenkins	Cardiff & Vale Schools
27	23:32	127	Alison Drew	Gloucestershire Schools
28	23:51	139	Leigh Barker	Powys Schools
29	24:02	108	Hannah Cronin	Cardiff & Vale Schools
30	24:17	115	Carys Howell	Dyfed Schools
31	24:20	134	Alice Wigram	Gloucestershire Schools
32	24:22	131	Claire Brooke	Gloucestershire Schools
33	24:28	120	Alice Bevan	Glamorgan Valleys Schools
34	24:49	99	Amy Gould	Cardiff & Vale Schools
35	24:59	92	Rachel Arnold	Afan Nedd Tawe Schools
36	24:59	141	Lily Matthews	Powys Schools
37	25:29	146	Ceara Rice	South East Wales Schools
38	25:36	132	Charlotte Mowbray	Gloucestershire Schools
39	25:57	100	Rehana Hawthorne	Cardiff & Vale Schools
40	26:01	126	Sally Underhill	Gloucestershire Schools
41	26:10	135	Lucy Bennion	Gloucestershire Schools
42	26:24	102	Sophie Jones	Cardiff & Vale Schools
43	26:40	133	Catherine Parsons	Gloucestershire Schools
44	27:27	142	Holly Rees	Powys Schools
45	28:40	148	Grace Smith	South East Wales Schools
46	28:40	95	Alana Jenkins	Afan Nedd Tawe Schools
47	29:09	122	Rebecca Griffiths	Glamorgan Valleys Schools
48	34:28	147	Elizabeth Bowen	South East Wales Schools

Under 20 Men

Pos	Time	No	Name	Club
1	26:26	30	Lee Carey	Nuneaton
2	26:43	45	Ieuan Thomas	South East Wales Schools
3	27:02	18	Gregory Billington	Belgrave
4	27:09	27	Jack Martin	North of England & Sunderland
5	27:14	16	Ander Russell	Stroud & District
6	27:28	19	Craig Peters	Bristol & West
7	27:48	26	Jonathan Hare	North of England & Halifax
8	27:57	72	Ashley Rymer	Gloucestershire Schools
9	28:00	12	Mark Hoey	Dunleer (Ireland)
10	28:07	24	Simon Horsfield	North of England
11	28:36	73	Seb Foy	Gloucestershire Schools
12	28:52	1	Daniel Woolford	Wessex & Bath
13	28:58	38	Nick Jones	Dyfed Schools
14	28:59	13	Craig Hopkins	City of Norwich
15	29:05	23	Mark Mercier	Guernsey Island
16	29:13	84	Sam Dalglish	Gloucestershire Schools
17	29:17	22	Nathan Hardee	Newport
18	29:22	4	Carl Bradbury	Reading
19	29:52	87	Guy Smith	Afan Nedd Tawe Schools
20	30:03	47	Ian Withers	South East Wales Schools
21	30:09	55	Matthew Wreford	South East Wales Schools
22	30:56	71	Ali Solhjo	Glamorgan Valleys Schools
23	31:10	74	Richard De Camps	Gloucestershire Schools
24	31:12	83	Carl Frapwell	Gloucestershire Schools
25	31:19	37	Daniel Thomas	Dyfed Schools
26	31:44	97	Vincent Jones	Cardiff & Vale Schools
27	31:48	75	Jonathan Weedon	Gloucestershire Schools
28	31:54	90	Aled Anderson	Afan Nedd Tawe Schools
29	31:56	35	Luke Watson	Dyfed Schools
30	32:06	28	Olly Jose	
31	32:20	76	Billy Stenner	Gloucestershire Schools
32	32:22	86	Steffan Raw-Rees	Powys Schools
33	32:26	77	Tom Evans	Gloucestershire Schools
34	32:27	98	Michael Doogan	Cardiff & Vale Schools
35	32:31	46	Calum Kinlock	South East Wales Schools
36	32:33	49	Reuben Bogg	South East Wales Schools
37	32:36	92	Rhys Jones	Afan Nedd Tawe Schools
38	32:43	95	Mitchell Aspland	Afan Nedd Tawe Schools
39	33:59	78	James Mowbray	Gloucestershire Schools
40	34:37	101	John Palser	Cardiff & Vale Schools
41	36:26	79	Jonathan Fish	Gloucestershire Schools
42	36:33	94	Rhys Costello	Afan Nedd Tawe Schools
43	36:36	65	Carwyn Adler	Glamorgan Valleys Schools
44	37:59	52	John Worgan	South East Wales Schools
45	38:57	53	Joe Davies	South East Wales Schools
46	39:55	93	Scott Riseborough	Afan Nedd Tawe Schools
47	41:50	54	Tristian Castling	South East Wales Schools
48	43:58	70	Jimmy Moore	Glamorgan Valleys Schools

Senior Women

Pos	Time	No	Name	Club
1	23:40	64	Hatti Dean	Hallamshire
2	24:12	6	Victoria Wilkinson	Bingley
3	24:17	34	Michelle Ross-Cope	City of Stoke
4	24:22	37	Claire Martin	Telford
5	24:38	23	Sian Edwards	Kettering
6	25:00	12	Jill Shannon	Northern Ireland
7	25:01	48	Jessica Sparke	Woodford Green & Essex Ladies
8	25:01	19	Catherine Dugdale	Swansea
9	25:13	26	Emily Adams	Aldershot Farnham & District
10	25:17	35	Stacey Johnson	Cannock & Stafford
11	25:25	30	Rachel Gibbs	Bedford & County
12	25:30	40	Frances Briscoe	White Horse
13	25:32	44	Courtney Birch	Oxford University
14	25:34	7	Nicky Archer	Vale Royal
15	25:35	43	Debbie Jones	Cardiff
16	25:35	50	Charlie Coffey	Bristol University
17	25:36	38	Charlotte Moore	University of Birmingham
18	25:41	42	Eleanor Sherrard-Smith	Swansea
19	25:57	66	Hannah England	Oxford City
20	26:05	51	Claire Willer	Bristol University
21	26:08	11	Flo Ray	Brighton & Hove
22	26:15	63	Ceri Reed	Northern Ireland
23	26:22	3	Sian Davies	Telford
24	26:41	28	Louise Durman	Dursley & District
25	26:59	2	Ann Thomas	
26	27:05	21	Cathryn Foley	Nene Valley
27	27:13	14	Emily Brown	Cardiff
28	27:21	53	Philippa Aukett	Bristol University
29	27:22	22	Katherine Humphreys	UWI Cardiff
30	27:31	60	Claire Martin	Wells City
31	27:36	1	Georgina Parnell	
32	27:41	52	Victoria MacGregor	Bristol University
33	27:53	4	Ruth Hetherington	Wrexham
34	27:57	46	Alison Crocker	Oxford University
35	28:05	10	Gemma Jones	
36	28:57	16	Clare Morley	Hull Achilles
37	29:03	49	Vicky Tester	Bristol & West
38	29:14	56	Eleanor Hall	Bristol University
39	29:15	71	Nicola Woods	Royal Sutton Coldfield
40	29:55	25	Andrea Page	Nene Valley
41	30:11	54	Sarah Mackness	Bristol University
42	30:33	70	Joanna Summerfield	Brecon
43	30:46	55	Heather Williams	Bristol University
44	31:05	61	Leonie Woodfinden	Newquay & Par
45	31:58	45	Jennifer McNab	Oxford University

Senior Men

Pos	Time	No	Name	Club
1	32:23	100	Ben Noad	Bristol & West
2	32:29	6	Alan Buckley	Gateshead
3	32:31	15	Kevin Haywood	Bristol & West
4	32:34	81	Tom Payn	Birchfield
5	32:59	64	Jermaine Mays	Kent
6	33:05	77	Ben Tickner	Birmingham University
7	33:07	31	Rob Whalley	Bristol & West
8	33:18	53	Rob Budgen	Bristol & West
9	33:19	38	Chris Coleman	Maidstone & Medway
10	33:23	57	Ben Moreau	Oxford University
11	33:30	5	John Gilby	Derby
12	33:38	26	William Levett	Bedford & County
13	33:53	1	Ian Mitchell	Tipton
14	33:54	16	Richard Gardiner	Cardiff
15	34:01	90	Conor McGee	Lucan Harriers (Ireland)
16	34:06	48	Rory Fraser	Oadby & Wigston L
17	34:07	3	Jorge Thomas	Cardiff
18	34:10	98	Lee Turner	Staffordshire Moorlands
19	34:16	89	Tom Lowe	Cheltenham & County
20	34:20	88	Oliver Laws	Newham & Essex Beagles
21	34:20	37	Owain Jones	Windsor Slough Eton & H
22	34:27	47	Gary Davenport	Bristol & West
23	34:29	93	Tom Penfold	Birchfield
24	34:33	7	Tom Boardman	
25	34:37	97	Joe Symonds	Kendal
26	34:39	2	Huw Evans	Tonbridge
27	34:44	13	Alex Donald	Cardiff
28	34:51	83	John Beattie	Winchester & District
29	35:04	8	Martin Hilton	Leeds
30	35:05	102	Phil Parry	Bristol & West
31	35:09	14	Charles Coleman	Windsor Slough Eton & H
32	35:28	107	Dan Dalmedo	
33	35:34	24	Kelvin Hardy	Ipswich
34	35:44	66	Oliver Mott	Bristol University
35	35:45	46	Lewis Cadman	Bedford & County
36	35:47	78	Afan Humphries	Cwmbran
37	35:51	35	Michael Johnson	Cardiff
38	35:59	61	Ian Kimpton	Oxford University
39	36:03	27	Fergus Meade	East Cork (Ireland)
40	36:05	52	Peter Grist	Wells City
41	36:14	67	Stephen Mitchell	Bristol University
42	36:15	34	Matthew Collins	Cardiff
43	36:24	68	Simon Bond	Bristol University
44	36:39	65	Jonathan Wills	Bristol & West
45	37:00	25	William Joyce	Telford
46	37:29	55	Alan Chetwynd	Oxford University
47	37:35	51	Chris Friend	University of Wales Swansea
48	38:26	59	Nick Juravich	Oxford University
49	38:36	30	Steven Sheard	Cardiff
50	39:25	32	Stephen Richards	University of Wales Swansea
51	39:28	28	Grant Ramsay	Barnet & District
52	39:29	40	Nick Daniel	North Devon
53	39:59	58	Nick Howarth	Oxford University
54	40:13	109	Peter Rigler	Tipton
55	40:39	50	Andrew Friend	UWI Cardiff
56	40:43	17	Edward Takata	Cardiff
57	41:18	71	David Quinn	Bristol University
58	41:38	76	Bobby Smale	North Devon
59	42:38	72	Matthew Birch	Bristol University

Senior Men

60	43:30	74	Sam Mellor	Bristol University
61	43:46	69	Ally McColl	Bristol University
62	44:59	73	Daniel Harris	Bristol University
63	45:20	63	Anton Hunt	Oxford University