

Junior Girls 3000m

1	Katie Rowe	England	9:21
2	Sabrina Sinha	England	9:24
3	Katie Shiel Rankin	England	9:28
4	Hope Goddard	England	9:32
5	Harriet Knowles-Jones	England	9:36
6	Grace Goddard	England	9:41
7	Laura Stark	Scotland	9:45
8	Nadia Power	Ireland	9:45
9	Gillian Black	Scotland	9:48
10	Clodagh O'Reilly	Ireland	9:53
11	Issy Morris	Wales	9:53
12	Jodie Judd	England	9:55
13	Carla Sweeney	Ireland	9:56
14	Kirstin Oakley	Scotland	10:03
15	Sopie Tooley	England	10:03
16	Mollie Davies	Wales	10:04
17	Cari Hughes	Wales	10:04
18	Katie Black	Scotland	10:05
19	Holly Still	Scotland	10:06
20	Jessica Bradley	Wales	10:11
21	Seren Allin	Wales	10:14
22	Heidi Davies	Wales	10:16
23	Hannah Addison	Scotland	10:17
24	Amy Hamill	Ireland	10:18
25	Bethan Evans	Wales	10:24
26	Emma Kelly	Scotland	10:28
27	Zoe Carruthers	Ireland	10:31
28	Cara Todd	Ireland	10:34
29	Laura Cooke	Ireland	10:38
30	Emma Ferrie	Scotland	10:41
31	Rosa Yates	Wales	10:56
32	Karen Kennedy	Ireland	11:35

Team Result

	Pts
1 England	21
2 Scotland	90
3 Wales	107
4 Ireland	110

Junior Boys 4000m

1	Joss Kerr	Scotland	11:45
2	Jamie Dee	England	11:51
3	George Elliot	England	11:53
4	Daniel Evans	England	11:53
5	George Butler	England	11:59
6	Jamal Lewis	England	12:02
7	Joshua Scofield	England	12:12
8	Sam Sommerville	England	12:14
9	Padraic Creaven	Ireland	12:17
10	Tyler Pritchard	Wales	12:18
11	William Richardson	England	12:21
12	Jack O'Leary	Ireland	12:25
13	Kevin Mulcaire	Ireland	12:30
14	Nikita Neary	Wales	12:36
15	Cathal Doyle	Ireland	12:36
16	Chinnie Izuchhkwu	Ireland	12:36
17	Luke Horgan	Ireland	12:37
18	Alex Carcas	Scotland	12:40
19	Adam O'Brien	Ireland	12:40
20	Scott Lisle	Scotland	12:48
21	Euan Trotter	Scotland	12:50
22	Aran Rees	Wales	12:51
23	Rhys Gooch	Wales	12:53
24	Jake Heyward	Wales	12:53
25	John McLaughlin	Scotland	12:58
26	Sam Davidson	Scotland	13:10
27	Alex Price	Wales	13:16
28	Callum Wellman	Wales	13:21
29	Drew Davidson	Scotland	13:28
30	Kyle Owen	Wales	13:58

Team Result

	Pts
1 England	27
2 Ireland	82
3 Scotland	111
4 Wales	120

Intermediate Girls 4000m

1	Annabel Mason	England	12:39
2	Bronwen Owen	England	13:13
3	Mari Smith	England	13:16
4	Jessica Parsons	England	13:27
5	Sophie Forman	England	13:33
6	Ellie Atkinson	Wales	13:36
7	Catriona Graves	Scotland	13:40
8	Lara Philippart	Wales	13:42
9	Connie Lewis	England	13:45
10	Kate Gerard	England	13:50
11	Olivia Gwynn	Wales	13:56
12	Gwem Gillham	Scotland	13:58
13	Linda Conroy	Ireland	14:01
14	Malika Rezougui	Wales	14:03
15	Alex Cawthra	Wales	14:04
16	Stacie Taylor	Scotland	14:04
17	Rebecca Evans(C)	Wales	14:07
18	Yasmin Wilson	Ireland	14:08
19	Kate Seary	Wales	14:09
20	Eilidh MacCorquodale	Scotland	14:09
21	Paloma Pineda	Ireland	14:12
22	Chloe Cowan	Scotland	14:23
23	Isobel Glasher	England	14:28
24	Cara Cummins	Ireland	14:30
25	Brogan Wallace	Scotland	14:32
26	Emily Greenham	Scotland	14:33
27	Rosie Hynes	Ireland	14:43
28	Sarah Fitzpatrick	Ireland	14:50
29	Jessica Coyne	Ireland	14:53
30	Anna Sheehan	Ireland	14:59
31	Caitlin Thompson	Wales	15:21
32	Rossana Stewart	Scotland	16:12

Team Result

	Pts
1 England	24
2 Wales	71
3 Scotland	102
4 Ireland	131



Intermediate Boys 6000m

1	Scott Halstead	England	16:52
2	Euan Gillham	Scotland	17:01
3	Liam Dee	England	17:05
4	Alex Carter	England	17:07
5	Daniel Wallis	England	17:08
6	Conal Kirk	Ireland	17:11
7	Gavin McArdle	Scotland	17:13
8	Jac Hopkins	Wales	17:15
9	Jonathan Glen	Scotland	17:15
10	James Hall	England	17:17
11	Kyle Larkin	Ireland	17:20
12	Ben Rochford	England	17:22
13	Adam Howard	England	17:27
14	Haran Dunderdale	England	17:29
15	Jonathan Tobin	Wales	17:38
16	Ryan Thompson	Scotland	17:39
17	Conor Cristie	Ireland	17:39
18	Sean Chalmers	Scotland	17:47
19	Ryan Sharkey	Ireland	17:48
20	Connor Davies	Wales	17:52
21	Andrew Wright	Ireland	17:52
22	Aidan Thompson	Scotland	17:54
23	Liam Fitzpatrick	Ireland	18:00
24	John Cove	Wales	18:11
25	James Hunt	Wales	18:21
26	Iolo Hughes	Wales	18:27
27	Callum Matthews	Scotland	18:28
28	Peter Gibbons	Ireland	18:29
29	Dylan Keegan	Ireland	18:44
30	Deri Stewart	Wales	18:47
31	Jack Gooch (C)	Wales	19:21

Team Result

	Pts
1 England	35
2 Scotland	74
3 Ireland	97
4 Wales	118