

### Inter Boys 6000m

Position	Number	Name		Country	Time
1	6	Abdirisak	Ahmed	England	20.44
2	8	Ryan	Parker	England	20.48
3	17	Christopher	O'Hare	Scotland	20.56
4	25	Dewi	Griffiths	Wales	21.04
5	7	Cameron	Scott	England	21.11
6	4	Tom	Farrell	England	21.13
7	5	Joe	Dalgleish	England	21.19
8	1	Danny	Cliffe	England	21.23
9	2	Jeremy	Gilmour	England	21.27
10	11	Dan	King	Ireland	21.3
11	3	James	Robinson	England	21.33
12	18	Matthew	Graham	Scotland	21.34
13	19	Sean	Reilly	Scotland	21.35
14	26	Adam	Bitchell	Wales	21.39
15	14	Ryan	Creech	Ireland	21.43
16	21	Callum	Hawkins	Scotland	21.48
17	10	Ciaran	McKenna	Ireland	22.06
18	16	Greg	Gibson	Ireland	22.16
19	20	Joshua	Morrison	Scotland	22.18
20	31	Jamie	Bussell	Wales	22.2
21	30	Adam	Lewis	Wales	22.25
22	15	Chris	Jones	Ireland	22.37
23	27	Rowan	Axe	Wales	22.4
24	22	Alexander	Hendry	Scotland	22.42
25	28	Jonathan	Hopkins	Wales	22.46
26	32	Adam	Banks	Wales	22.5
27	23	Grant	Cameron	Scotland	22.55
28	29	Stephen	Pierce	Wales	22.58
29	13	Mark	McDonald	Ireland	23.18
30	12	Tomas	Cotter	Ireland	23.55
31	24	Steven	Fleming	Scotland	
	9	Noel	Collins	Ireland	

### Team

1	England	29
2	Scotland	87
3	Wales	107
4	Ireland	111

### Inter Girls 4500m

Position	Number	Name		Country	Time
1	1	Laura	Park	England	15.44
2	17	Elizabeth	Potter	Scotland	15.53
3	2	Kate	Avery	England	15.57
4	8	Amy	Smith	England	15.58
5	5	Laura	Weightman	England	16.05
6	7	Blue	Haywood	England	16.11
7	4	Beth	Carter	England	16.19
8	11	Tara	Jameson	Ireland	16.31

9	6	Hannah	Bateson	England	16.37
10	10	Ciara	Mageean	Ireland	16.43
11	19	Eleanor	Duncan	Scotland	16.46
12	9	Eimear	Black	Ireland	16.49
13	21	Emily	Stewart	Scotland	16.5
14	3	Nicole	Roberts	England	16.55
15	23	Laura	Sharp	Scotland	16.59
16	14	Fiona	McKenna	Ireland	17.07
17	20	Sarah	Inglis	Scotland	17.14
18	22	Natalie	Sharp	Scotland	17.2
19	32	Leah	Dixon	Wales	17.22
20	26	Benytta	Doman	Wales	17.26
21	24	Catriona	Buchanan	Scotland	17.32
22	27	Gwenno	Brown	Wales	17.35
23	12	Rachel	Gibson	Ireland	17.37
24	25	Angharad	Davies	Wales	17.46
25	15	Sinead	Denny	Ireland	17.47
26	28	Sian	Trace	Wales	17.5
27	16	Niamh	Denny	Ireland	17.53
28	13	Fionnuala	Ross	Ireland	18.01
29	31	Aneura	Phillips	Wales	18.13
30	29	Drusilla	Griffiths	Wales	18.23
31	30	Elinor	Thorogood	Wales	18.45
	18	Josephine	Moultrie	Scotland	

#### Team

1	England	26
2	Scotland	76
3	Ireland	94
4	Wales	140

#### Junior Boys 4,000m

1	9	Shane	Quinn	Ireland	14:18
2	4	Dean	Scott	England	14:47
3	8	Jamie	Crompton	England	14:56
4	2	Kahlid	Yusef	England	15:05
5	24	Andrew	Dearie	Scotland	15:10
6	1	Rickkie	Letch	England	15:12
7	7	Anthony	Taylor	England	15:13
8	12	Patrick	Monaghan	Ireland	15:17
9	3	Daniel	Mills	England	15:19
10	11	Tommy	Casey	Ireland	15:23
11	17	David	Vernon	Scotland	15:28
12	6	Daniel	Collins	England	15:30
13	25	Charlie	Hulson	Wales	15:33
14	18	Graeme	MacGregor	Scotland	15:33
15	5	Josh	Bentham	England	15:34
16	21	Stewart	Orr	Scotland	15:34
17	14	Simon	Drumm	Ireland	15:35
18	26	Chris	Carpanini	Wales	15:36
19	10	Andrew	Monaghan	Ireland	15:37
20	15	Brenda	Lundy	Ireland	15:38
21	13	Christopher	O'Brien	Ireland	15:35

22	30	Eliott	Hardee	Wales	15:49
23	28	James	Wright	Wales	15:55
24	32	Alex	Matchett	Wales	15:57
25	19	Grant	Muir	Scotland	16:01
26	23	Darren	Weir	Scotland	16:12
27	20	Jack	Hamilton	Scotland	16:25
28	27	Hywel	Bennett	Wales	16:29
29	31	James	Hanrahan	Wales	16:38
30	22	Marcus	Cram	Scotland	16:41
31	29	Luke	Parker	Wales	16:47
DNF	16	Stephen	Attride	Ireland	

### Team

1	England	31
2	Ireland	75
	Scotland	95
	Wales	128

### Junior Girls 3,000m

1	11:04	Emelia	Gorecka	England	1
2	11:07	Melissa	Hawtin	England	5
3	11:10	Sarah	Kelly	Scotland	17
4	11:18	Melissa	Courtney	England	3
5	11:29	Amber	Watson	England	7
6	11:32	Floren	Scrafton	England	8
7	11:36	Emily	Dudgeon	Scotland	18
8	11:38	Alice	Hanning	Scotland	24
9	11:41	Nicola	Lyndsay	Scotland	20
10	11:47	Hollie	Young	Scotland	19
11	11:53	Maire Aine	O'Shuilleabhain	Ireland	10
12	11:55	Carys	Deeley	Wales	25
13	11:57	Natasha	Cockram	Wales	27
14	11:58	Lauren	Harries	Wales	31
15	11:59	Kathyn	Pennel	Scotland	21
16	12:01	Michaela	Steven	Scotland	22
17	12:03	Niamh	Kearney	Ireland	12
18	12:04	Zoe	Thomas	Wales	26
19	12:05	Claire	Florence	Scotland	23
20	12:06	Cerys	Morgan	Wales	30
21	12:12	Cerian	Davies	Wales	32
22	12:14	Ffion	Jones	Wales	29
23	12:18	Mary	Fitzgerald	Ireland	11
24	12:26	Mary	Mulhare	Ireland	13
25	12:28	Abbie	Oliver	Wales	28
26	12:31	Kayla	Flynn	Ireland	15
27	12:37	Mary	Jones	Ireland	9
28	12:41	Chloe	Cook	England	4
29	12:52	Claire	Burke	Ireland	14
DNS		Camila	Freeman	England	2
DNF		Rebecca	Weston	England	6
DNF		Amy	McDaid	Ireland	16

### Teams

1	England	45
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2	Scotland	52
3	Wales	93
4	Ireland	118