

5k Race

-Mens individual results:

1st Tom Martyn, HBT, 15.43

2nd Andrew Lawler, Edinburgh University Hare & Hounds, 15.58

3rd Rory Stead, University of Aberdeen, 16.13

-Womens individual results:

1st Amelia Petitt, Newcastle University, 17.46

2nd Georgia Tindley, HBT, 18.20

3rd Beth Garland, University of Leeds, 18.46

-Veterans (over 40)

Men: 1st Gordon Crawford, Falkirk Victoria Harriers, 18.48

Women: 1st Julia Cunningham, Edinburgh Triathletes, 22.47

Mens Teams;

1st University of Manchester

2nd Newcastle University

3rd University of Aberdeen

Womens Teams;

1st Newcastle University

2nd HBT

3rd University of Manchester

10k Race

-Mens Individual results:

1st Kristian Jones, Swansea Harriers AC, 30.26

2nd Grant Sheldon, Ronhill Cambuslang Harriers, 31.18

3rd Marc Austin, Victoria Park, 31.38

-Womens individual results:

1st Fanni Gyurko, Central AC, 36.31

2nd Lucy Crookes, University of Leeds, 37.15

3rd Catriona Morrison, unattached, 38.24

Veterans (over 40)

Men: 1st Michael Reid, Carnethy Hill Running Club, 34.16

Women: 1st Megan Mowbray, HBT, 41.24

Mens Teams;

1st University of Leeds

2nd Edinburgh University Hare & Hounds

3rd University of Manchester

Womens Teams;

1st University of Leeds

2nd HBT (A team)

3rd HBT (B team)