

5k Men

1	Samuel	Crabtree	Thanet SC	18	1;02.14	1st 17/18
2	Kieran	Lindars	East Grinstead	21	1;04.52	1st 19+
3	Vincent	Ryan	Wycombe District	17	1;04.57	2nd 17/18
4	Jamie	Irwin	Amersham SC	17	1;06.24	3rd 17/18
5	Jack	Shayler	Didcot Barramundi	18	1;06.38	
6	Daniel	Donovan	Guildford City SC	14	1;08.46	
7	Joshua	Rowland	Bicester Blue Fins	17	1;09.17	
8	James	Austen	COSC	17	1;13.03	
	James	Boucher	Guildford WPC	57	DNC	

5k Ladies

1	Nicole	Ryan	Wycombe District	19	1;03.16	1st 19+
2	Emilia	Sansome	Wycombe District	16	1;03.17	
3	Grace	Kinnell	Bracknell and Wokingham	18	1;03.36	1st 17/18
4	Chloe	Pollard	East Grinstead	20	1;04.53	2nd 19+
5	Rosie	Jenkinson	Bracknell and Wokingham	17	1;06.48	2nd 17/18
6	Samantha	Girle	Rushmoor Royals	17	1;08.58	3rd 17/18
7	Bethany	Stone	PNSC	17	1;09.10	
8	Sinead	Vine-Nealon	Bicester Blue Fins	17	1;09.14	
9	Chloe	Wanless	Bicester Blue Fins	17	1;09.19	
10	Alissa	Clarke	City of Oxford	17	1;09.21	
11	Emma	Miles	Fareham Nomads	29	1;11.38	
12	Molly	Webster	Farnham	17	1;12.10	
13	Elizabeth	Rose	PNSC	18	1;14.36	
14	Eve	Hull	Shiverers SC	17	1;15.06	
15	Carly	Bland	White Oak SC	36	1;15.21	
16	Imogen	Fraser	Witney SC	17	1;16.12	
17	Rowan	Williams	Basingstoke Bluefins	19	1;20.01	
	Maddie	Drury	East Grinstead	18	DNC	