



Results

Men 5km

Place	Name	YoB	Federation	Time
1.	Alan Bircher	(81)	GBR	0:56:49.24
2.	Richard Charlesworth	(88)	GBR	0:57:35.19
3.	James Leitch	(75)	City of Glasgow	1:02:03.82
4.	Simon Panting	(87)	GBR	1:02:19.82
5.	Adam Desmond	(84)	Co Coventry	1:02:20.13
6.	Edward Castro	(88)	St Bedes School	1:04:23.79
7.	Chris Eynon	(89)	Sudbury	1:04:42.16
8.	Lewis Mattin	(90)	UEA Norwich	1:06:55.70
9.	Tom Foley	(89)	Black Lion	1:14:17.07

Womens 5km

Place	Name	YoB	Federation	Time
1.	Cassandra Patten	(87)	GBR	1:02:00.72
2.	Keri-Anne Payne	(87)	GBR	1:02:03.87
3.	Rachel Jack	(89)	GBR	1:02:42.32
4.	Alice McCall	(91)	GBR	1:04:42.46
5.	Charlotte Woolliscroft	(90)	Shiverers	1:04:55.49
6.	Lynn Duncan	(88)	Heart of Midlothian	1:11:22.87
7.	Joanne Reeks	(91)	Derventio	1:15:20.20
8.	Clare Lamberton	(74)	Hounslow Hurricans	1:25:34.68