

Men's 10,000m

10000m	1	Alfie	Manthorpe	Sheffield (BUCS)	Senior		30:18.28
10000m	2	Ahmed	Abdulle	St Mary's (BUCS)	Senior		30:21.48
10000m	3	Hamish	Hickey	Stirling (BUCS)	Senior		30:25.08
10000m	4	George	Beardmore	Loughborough (BUCS)	U23		30:26.49
10000m	5	Charlie	Brisley	St Mary's (BUCS)	U23		30:56.68
10000m	6	Edward	Buck	York (BUCS)	Senior		31:18.52
10000m	7	Morgan	James	Birmingham (BUCS)	U23		31:33.10
10000m	8	Max	Davis	Bath (BUCS)	U23		31:35.51
10000m	9	Luke	Burgess	University of the West of England (BUCS)	U23		31:43.72
10000m	10	Samuel	Goodchild	Cardiff Met (BUCS)	U23		31:55.25
10000m	11	Fintan	Kavanagh	Loughborough (BUCS)	U20		32:07.38
10000m	12	Alex	Kilby	Durham (BUCS)	U23		32:09.63
10000m	13	John	Gordon	Loughborough (BUCS)	Senior		32:27.10
10000m	14	Oliver	Lum	Cardiff Met (BUCS)	Senior		32:31.68
10000m	15	Caleb	Stephenson	Loughborough (BUCS)	U23		32:42.84
10000m	16	Sammy	Galpin	Sheffield (BUCS)	Senior		34:27.59
10000m	17	George	Morris	St Mary's (BUCS)	Senior		34:54.59
10000m	18	George	Loxton	Birmingham (BUCS)	Senior		34:59.41
10000m		Larry	Ryan	Birmingham (BUCS)	U23		DNF

Women's 10,000m

10000m	1	Kirsty Walker	Loughborough (BUCS)	Senior		35:01.73
10000m	2	Kate Estlea	St Mary's (BUCS)	Senior		35:30.76
10000m	3	Rosie Woodhams	Loughborough (BUCS)	U23		36:19.97
10000m	4	Matilda Horton	Birmingham (BUCS)	Senior		37:22.14
10000m	5	Alice Crane	Durham (BUCS)	U23		37:50.35
10000m	6	Martha Owen	Loughborough (BUCS)	Senior		38:07.70
10000m	7	Sophie Cowper	Anglia Ruskin (BUCS)	Senior		38:32.75
10000m	8	Jade Morgan	Liverpool (BUCS)	U23		38:41.26
10000m	9	Tara Bage	UCL (BUCS)	Senior		38:44.23
10000m		Lucy Elms	Birmingham (BUCS)	Senior		DNF
10000m		Julie Emmerson	Bath (BUCS)	Senior		DNF