

## 10000m Senior Women & Senior Men

<b>Pos</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Perf</b>
1	33	Ross Harrison	SM LPS	31:01.7
2	6	Cameron Field	SM Warrington AC	31:05.8
3	19	Jon-Jo Doherty	SM Liverpool Harriers AC	31:13.9
4	15	Harvey Martin	SM Hallamshire Harriers	32:41.1
5	24	Khaleb Djesa	SM Salford Met AC	35:58.0
6	59	Sophie Cowper	SW Rotherham Harriers	38:30.4