

**UK Home Countries International XC**  
**U20 Women**  
**Comber**  
**Belfast, Northern Ireland**  
**19<sup>th</sup> January 2019**

|    |                     |                      |       |
|----|---------------------|----------------------|-------|
| 1  | Grace Brock         | England              | 14:12 |
| 2  | Amelia Samuels      | Midland Counties     | 14:25 |
| 3  | Maya Todd McIntyre  | England              | 14:51 |
| 4  | Cera Gemmell        | Scotland             | 14:54 |
| 5  | Charlotte Alexander | England              | 15:01 |
| 6  | Zoe Pflug           | Scotland             | 15:03 |
| 7  | Grace Carson        | Northern Ireland     | 15:05 |
| 8  | Kate O'Neill        | England              | 15:07 |
| 9  | Mia McCalmont       | Northern Ireland     | 15:15 |
| 10 | Laura Nicholson     | Ireland              | 15:22 |
| 11 | Zoe Brickley        | Midland Counties     | 15:31 |
| 12 | Jessica MacLeod     | Scotland             | 15:32 |
| 13 | Niamh O'Mahoney     | IRL Development Team | 15:34 |
| 14 | Annie McEvoy        | IRL Development Team | 15:43 |
| 15 | Aoife O'Cuill       | Ireland              | 15:45 |
| 16 | Orla O'Connor       | Ireland              | 15:45 |
| 17 | Lucy O'Keeffe       | IRL Development Team | 15:50 |

|    |                     |                      |       |
|----|---------------------|----------------------|-------|
| 18 | Rebecca Wallace     | Northern Ireland     | 15:51 |
| 19 | Maeve Gallagher     | Ireland              | 15:55 |
| 20 | Constance Nankivell | Scotland             | 15:58 |
| 21 | Laura Wright        | Wales                | 16:01 |
| 22 | Sarah Kelly         | Northern Ireland     | 16:02 |
| 23 | Ffion Higginson     | Welsh Schools        | 16:03 |
| 24 | Hannah Gilliland    | Northern Ireland     | 16:03 |
| 25 | Lauren Murphy       | IRL Development Team | 16:10 |
| 26 | Amy Hammersley      | Midland Counties     | 16:20 |
| 27 | Bethan Davies       | Wales                | 16:21 |
| 28 | Lucy Holmes         | IRL Development Team | 16:21 |
| 29 | Eva Edwards         | Welsh Schools        | 16:23 |
| 30 | Katrin Higginson    | Wales                | 16:33 |
| 31 | Beth Thomas         | Welsh Schools        | 16:43 |
| 32 | Martha Owen         | Wales                | 16:47 |
| 33 | Annwen Gammon       | Welsh Schools        | 17:00 |
| 34 | Chloe Wheeler       | Midland Counties     | 17:03 |

| Teams |                      |                           |    |    |              |
|-------|----------------------|---------------------------|----|----|--------------|
|       | <i>Team Name</i>     | <i>Finisher Positions</i> |    |    | <i>Total</i> |
| 1     | England              | 1                         | 3  | 5  | 9            |
| 2     | Scotland             | 4                         | 6  | 12 | 22           |
| 3     | Northern Ireland     | 7                         | 9  | 18 | 34           |
| 4     | Midland Counties     | 2                         | 11 | 26 | 39           |
| 5     | Ireland              | 10                        | 15 | 16 | 41           |
| 6     | IRL Development Team | 13                        | 14 | 17 | 44           |
| 7     | Wales                | 21                        | 27 | 30 | 78           |
| 8     | Welsh Schools        | 23                        | 29 | 31 | 83           |

# UK Home Countries International XC

U20 Men

Comber

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19<sup>th</sup> January 2019

|    |                  |                      |       |
|----|------------------|----------------------|-------|
| 1  | Zakeriya Mahamed | England              | 19:05 |
| 2  | Benjamine West   | England              | 19:07 |
| 3  | Keelan Kilrehill | Ireland              | 19:10 |
| 4  | Joshua Lay       | Midland Counties     | 19:20 |
| 5  | Connor Bentley   | England              | 19:21 |
| 6  | Paul Hartnett    | IRL Development Team | 19:36 |
| 7  | Cameron Wright   | Scotland             | 19:43 |
| 8  | Kane Elliot      | Scotland             | 19:43 |
| 9  | Hamish Hickey    | Scotland             | 19:45 |
| 10 | Shay McEvoy      | Ireland              | 19:45 |
| 11 | Conall McClean   | Northern Ireland     | 19:49 |
| 12 | Adam Ferris      | Northern Ireland     | 19:51 |
| 13 | Larry Ryan       | Wales                | 19:51 |
| 14 | Remi Adebiyi     | Welsh Schools        | 19:57 |

|    |                  |                      |       |
|----|------------------|----------------------|-------|
| 15 | Peter Gracey     | Northern Ireland     | 20:05 |
| 16 | Shane Coffey     | Ireland              | 20:08 |
| 17 | Frank O'Brien    | IRL Development Team | 20:09 |
| 18 | Nathan Jones     | Wales                | 20:12 |
| 19 | Lewis Raeburn    | Scotland             | 20:13 |
| 20 | Thomas McStay    | IRL Development Team | 20:15 |
| 21 | George Beardmore | Midland Counties     | 20:20 |
| 22 | Morgan James     | Welsh Schools        | 20:25 |
| 23 | Thomas Wood      | Wales                | 20:33 |
| 24 | Damien Madigan   | IRL Development Team | 20:42 |
| 25 | Spencer Smith    | Welsh Schools        | 20:46 |
| 26 | Aaron Donnelly   | IRL Development Team | 20:53 |
| 27 | Chris McLeod     | Midland Counties     | 21:12 |
| 28 | Liam Griffiths   | Welsh Schools        | 21:14 |

| Teams |                      |                           |    |    |              |
|-------|----------------------|---------------------------|----|----|--------------|
|       | <i>Team Name</i>     | <i>Finisher Positions</i> |    |    | <i>Total</i> |
| 1     | England              | 1                         | 2  | 5  | 8            |
| 2     | Scotland             | 7                         | 8  | 9  | 24           |
| 3     | Ireland              | 3                         | 10 | 16 | 29           |
| 4     | Northern Ireland     | 11                        | 12 | 15 | 38           |
| 5     | IRL Development Team | 6                         | 17 | 24 | 47           |
| 6     | Midland Counties     | 4                         | 21 | 27 | 52           |
| 7     | Wales                | 13                        | 18 | 23 | 54           |
| 8     | Welsh Schools        | 14                        | 22 | 25 | 61           |

**UK Home Countries International XC**  
**Senior Women**  
**Comber**  
**Belfast, Northern Ireland**  
**19<sup>th</sup> January 2019**

|    |                        |                  |       |
|----|------------------------|------------------|-------|
| 1  | Emily Hosker Thornhill | England          | 27:20 |
| 2  | Katheryn Avery         | England          | 27:29 |
| 3  | Mhairi MacLennan       | Scotland         | 27:32 |
| 4  | Claire Duck            | England          | 28:01 |
| 5  | Louise Small           | England          | 28:40 |
| 6  | Kate Maltby            | Midland Counties | 28:46 |
| 7  | Laura Shaughnessy      | Ireland          | 28:53 |
| 8  | Charlotte Taylor-Green | Midland Counties | 29:19 |
| 9  | Breege Connolly        | Northern Ireland | 29:20 |
| 10 | Catheriona Mullen      | Ireland          | 29:24 |
| 11 | Sian Edwards           | Wales            | 29:25 |

|    |                   |                  |       |
|----|-------------------|------------------|-------|
| 12 | Chloe Richardson  | Midland Counties | 29:31 |
| 13 | Nakita Burke      | Northern Ireland | 29:35 |
| 14 | Michelle Sandison | Scotland         | 29:50 |
| 15 | Jessica Craig     | Northern Ireland | 29:52 |
| 16 | Lucy Marland      | Wales            | 29:55 |
| 17 | Carolynn Hayes    | Ireland          | 29:59 |
| 18 | Jo Williams       | Scotland         | 30:04 |
| 19 | Rebecca Burns     | Scotland         | 30:35 |
| 20 | Giorgia Chattwood | Midland Counties | 31:25 |
| 21 | Helen Marshall    | Wales            | 31:55 |
| 22 | Sarah Grant       | Northern Ireland | 32:13 |

| Teams |                  |                           |    |    |              |
|-------|------------------|---------------------------|----|----|--------------|
|       | <i>Team Name</i> | <i>Finisher Positions</i> |    |    | <i>Total</i> |
| 1     | England          | 1                         | 2  | 4  | 7            |
| 2     | Midland Counties | 6                         | 8  | 12 | 26           |
| 3     | Ireland          | 7                         | 10 | 17 | 34           |
| 4     | Scotland         | 3                         | 14 | 18 | 35           |
| 5     | Northern Ireland | 9                         | 13 | 15 | 37           |
| 6     | Wales            | 11                        | 16 | 21 | 48           |

**UK Home Countries International XC**  
**Senior Men**  
**Comber**  
**Belfast, Northern Ireland**  
**19<sup>th</sup> January 2019**

|    |                |                  |       |
|----|----------------|------------------|-------|
| 1  | Charlie Hulson | Wales            | 30:43 |
| 2  | Alex Teuten    | England          | 30:46 |
| 3  | Jack Gray      | England          | 30:50 |
| 4  | Phil Norman    | England          | 30:59 |
| 5  | Adam Hickey    | England          | 31:21 |
| 6  | Alastair Hay   | Scotland         | 31:42 |
| 7  | Mark McKinstry | Northern Ireland | 31:45 |
| 8  | Liam Brady     | Ireland          | 31:54 |
| 9  | Conor Duffy    | Northern Ireland | 32:00 |
| 10 | James Hunt     | Wales            | 32:05 |

|    |                   |                  |       |
|----|-------------------|------------------|-------|
| 16 | Adam Kirk-Smith   | Northern Ireland | 32:14 |
| 17 | Cameron Strachan  | Scotland         | 32:18 |
| 18 | Calum McKenzie    | Scotland         | 32:20 |
| 19 | Declan Reed       | Northern Ireland | 32:42 |
| 20 | Danny Hallam      | Midland Counties | 32:42 |
| 21 | Abed Teweldebrahn | Wales            | 32:45 |
| 22 | Joe Smith         | Midland Counties | 32:56 |
| 23 | Tom Bains         | Midland Counties | 33:41 |
| 24 | Kenny Wilson      | Scotland         | 33:43 |
| 25 | Joe Rainsford     | Midland Counties | 34:08 |

| Teams |                  |                           |    |    |              |
|-------|------------------|---------------------------|----|----|--------------|
|       | <i>Team Name</i> | <i>Finisher Positions</i> |    |    | <i>Total</i> |
| 1     | England          | 2                         | 3  | 4  | 9            |
| 2     | Northern Ireland | 7                         | 9  | 11 | 27           |
| 3     | Wales            | 1                         | 10 | 16 | 27           |
| 4     | Scotland         | 6                         | 12 | 13 | 31           |
| 5     | Midland Counties | 15                        | 17 | 18 | 50           |