

Sheet1

Pos	RaceNo	Time	Name	Club
1	5316	00:23:49	Louise Damen	Winchester & District AC
2	4552	00:23:53	Hatti Dean	Hallamshire Harriers
3	4268	00:23:56	Liz Yelling	Bedford & County AC
4	4389	00:24:13	Gemma Steel	Charnwood AC
5	4951	00:24:15	Sonia Samuels	Sale Harriers Manchester
6	5236	00:24:42	Stevie Stockton	Vale Royal AC
7	4293	00:24:55	Victoria Wilkinson	Bingley Harriers & AC
8	4222	00:25:04	Emily Wicks	Aldershot Farnham & District
9	4267	00:25:05	Nicola Sykes	Bedford & County AC
10	4391	00:25:14	Hannah Whitmore	Charnwood AC
11	4581	00:25:19	Faye Fullerton	Havering Mayesbrook AC
12	4647	00:25:21	Sarah Tustal	Kendal AAC
13	4380	00:25:25	Juliet Doyle	Charnwood AC
14	5257	00:25:26	Laura Parker	Wells City Harriers
15	4451	00:25:29	Justina Heslop	Clapham Chasers
16	4551	00:25:38	Lizzie Adams	Hallamshire Harriers
17	4697	00:25:38	Dionne Allen	Leigh Harriers & AC
18	4382	00:25:39	Gemma Hillier	Charnwood AC
19	4949	00:25:42	Lucy O'gorman	Sale Harriers Manchester
20	4986	00:25:43	Sylvie Lloyd	Serpentine RC
21	4436	00:25:45	Hollie Rowland	City of Norwich AC
22	5053	00:25:46	Georgie Bruinvels	South London Harriers
23	4481	00:25:51	Frances Briscoe	Coventry Godiva Harriers
24	4439	00:26:02	Olivia Walwyn	City of Norwich AC
25	4358	00:26:15	Rebekah Randell	Bristol & West AC
26	5070	00:26:16	Ceri Mitchell	Southampton AC
27	4978	00:26:16	Rebecca Glover	Serpentine RC
28	5317	00:26:17	Lucy Elliott	Winchester & District AC
29	4579	00:26:20	Lauren Deadman	Havering Mayesbrook AC
30	4292	00:26:22	Mary Wilkinson	Bingley Harriers & AC
31	4289	00:26:25	Emma Clayton	Bingley Harriers & AC
32	4786	00:26:25	Jennifer Pereira	Medway & Maidstone AC
33	4626	00:26:31	Katie Walshaw	Holmfirth Harriers AC
34	5170	00:26:33	Jo Meek	Tavistock AC
35	4968	00:26:34	Helen Branco	Serpentine RC
36	4516	00:26:36	Emily Alden	Epsom & Ewell Harriers
37	4490	00:26:41	Georgina Rutherford	Darlington Harriers & AC
38	4287	00:26:44	Jo Buckley	Bingley Harriers & AC
39	4497	00:26:46	Clare Elms	Dulwich Runners AC
40	4614	00:26:49	Tessa Hill	Highgate Harriers
41	5064	00:26:50	Laura Brenton	Southampton AC
42	4604	00:26:52	Cathy Ansell	Herne Hill Harriers
43	4806	00:26:55	Susie Bush	Newbury AC
44	4265	00:26:57	Rebecca Newstead	Bedford & County AC
45	4859	00:27:01	Alison Lavender	Oswestry Olympians
46	4605	00:27:04	Karen Ellison	Herne Hill Harriers
47	5187	00:27:09	Ruth Clifton	Thames Hare & Hounds
48	4941	00:27:10	Rachel Deegan	Sale Harriers Manchester
49	4349	00:27:11	Nikki Brookland	Bristol & West AC
50	4788	00:27:14	Carolyn Summersgill	Middlesbrough & Cleveland Harriers
51	4321	00:27:16	Elaine Murty	Blackheath & Bromley Harriers
52	4533	00:27:16	Mary Ferrier	Gateshead Harriers & AC
53	4328	00:27:18	Clare McKeown	Border Harriers

Sheet1

54	5101	00:27:21	Gemma Connolly	St.Helens Sutton AC
55	5100	00:27:21	Lucy Waterlow	St.Albans Striders
56	4780	00:27:22	Tanya Taylor	Marshall Milton Keynes AC
57	4318	00:27:23	Shavaun Henry	Blackheath & Bromley Harriers
58	5329	00:27:27	Charlotte Firth	Windsor Slough Eton & Hounslow AC
59	4350	00:27:28	Charlotte Coffey	Bristol & West AC
60	4435	00:27:29	Dani Nimmock	City of Norwich AC
61	4887	00:27:32	Estelle Damant	Ranelagh Harriers
62	4620	00:27:35	Helen Berry	Holmfirth Harriers AC
63	5209	00:27:37	Sue Street	Tipton Harriers
64	5083	00:27:38	Liz Whitfield	Spectrum Striders
65	5004	00:27:39	Philippa Aukett	Shaftesbury Barnet Harriers
66	4701	00:27:40	Natalie Farrow	Lincoln Wellington AC
67	4794	00:27:41	Cat Foley	Nene Valley Harriers
68	4673	00:27:44	Danielle Pye	Lancaster & Morecambe AC
69	4411	00:27:45	Tracy Millmore	Chester-Le-Street AC
70	4322	00:27:47	Bryony Proctor	Blackheath & Bromley Harriers
71	4214	00:27:48	Naomi Lenane	Aldershot Farnham & District
72	4578	00:27:48	Polly Keen	Havant AC
73	5279	00:27:49	Debbie Marsdon	Westbury Harriers
74	4681	00:27:53	Emily Birchall	Leeds City AC
75	4730	00:27:58	Sue Rust	London Heathside
76	5009	00:27:59	Becky Gardiner	Shaftesbury Barnet Harriers
77	5198	00:28:01	Vicky Callaway	The Stragglers
78	4585	00:28:02	Helen Barnes	Headington RR
79	4845	00:28:02	Eleanor Greenfield	Nuneaton Harriers
80	4688	00:28:04	Sarah Peterson	Leeds City AC
81	4474	00:28:05	Karen Harewood	Corby AC
82	5235	00:28:05	Kate Spilsbury	Vale Royal AC
83	4484	00:28:06	Myshola Kirkham	Coventry Godiva Harriers
84	4554	00:28:07	Michelle Jenkins	Hallamshire Harriers
85	5059	00:28:10	Beckie Woodland	South London Harriers
86	5063	00:28:12	Nicola Blandford	Southampton AC
87	4982	00:28:13	Natalie Kolodziej	Serpentine RC
88	4583	00:28:14	Robyn Matson	Havering Mayesbrook AC
89	5351	00:28:19	Katherine Gundersen	Woodford Green AC with Essex Ladies
90	4668	00:28:20	Gemma Smith	Kirkstall Harriers
91	4383	00:28:25	Laura Johnson	Charnwood AC
92	4777	00:28:27	Lara Bromilow	Marshall Milton Keynes AC
93	4269	00:28:28	Samantha Amend	Belgrave Harriers
94	4556	00:28:29	Julia Russell	Hallamshire Harriers
95	4810	00:28:30	Michelle Buckle	Newcastle Staffs AC
96	5365	00:28:32	Lucy Rogers	Wycombe Phoenix Harriers
97	4415	00:28:34	Lynne Clough	Chorley Harriers & Tri
98	5007	00:28:38	Maggie Cooper	Shaftesbury Barnet Harriers
99	4313	00:28:40	Jennie Butler	Blackheath & Bromley Harriers
100	4694	00:28:41	Joanne Bradford	Leicester Coritanian
101	4535	00:28:42	Jess Nixon	Gateshead Harriers & AC
102	5348	00:28:43	Audrey Wilson	Wolverhampton & Bilston AC
103	5256	00:28:46	Anna Lewis	Wells City Harriers
104	5189	00:28:46	Claire Day	Thames Hare & Hounds
105	4492	00:28:48	Helen Bridle	Dorking & Mole Valley AC
106	5245	00:28:50	Katie Brough	Warrington AC
107	4795	00:28:51	Ruth Jones	Nene Valley Harriers

Sheet1

108	4918	00:28:52	Sarah Yeomans	Rossendale Harriers & AC
109	4348	00:28:52	Imogen Ainsworth	Bristol & West AC
110	4775	00:28:54	Gail Griffiths	Manx Harriers
111	5228	00:28:56	Mandy Vernon	Trentham RC
112	4450	00:28:58	Lucie Custance	Clapham Chasers
113	4685	00:29:01	Jennie Guard	Leeds City AC
114	5171	00:29:04	Rebecca Pierce	Teambath AC
115	5221	00:29:06	Jayne Dickens	Trentham RC
116	4715	00:29:07	J Pybis	Liverpool Harriers & AC
117	4670	00:29:10	Helen Booth	Lancaster & Morecambe AC
118	4327	00:29:12	Charlotte Douglas	Border Harriers
119	4586	00:29:12	Jude Craft	Headington RR
120	4401	00:29:14	Ruth Watchorn-Rice	Cheadle RC
121	5014	00:29:15	Jenny Horne	Sheffield RC
122	4437	00:29:16	Kelly Rushton	City of Norwich AC
123	4687	00:29:18	Sophie Lovell	Leeds City AC
124	4446	00:29:21	Katy Mellor	City of York AC
125	4601	00:29:26	Lisa Palmer	Heanor RC
126	4565	00:29:27	Hannah Eveleigh	Harborough AC
127	4996	00:29:28	Maren Urner	Serpentine RC
128	5140	00:29:29	Lousie Peters	Stopsley Striders
129	5274	00:29:31	Tamsin Chick	Westbury Harriers
130	4202	00:29:35	Lauren Barklie	Abingdon AAC
131	4211	00:29:37	Montana Jones	Aldershot Farnham & District
132	5226	00:29:37	Adela Salt	Trentham RC
133	4413	00:29:40	Jenny Coxon	Chiltern Harriers AC
134	5344	00:29:44	Tess Parkinson	Wolverhampton & Bilston AC
135	4311	00:29:45	Jane Bradshaw	Blackheath & Bromley Harriers
136	4825	00:29:47	Rebecca Smith	Northbrook AC
137	5372	00:29:47	Abey Lawrence	York Knavesmire Harriers
138	4744	00:29:48	Claire McMahon	Luton AC
139	4543	00:29:50	Laura Daniel	Great Western Runners
140	5116	00:29:51	Jenny Knass	Stockport Harriers & AC
141	4505	00:29:51	Kim Simpson	Durham City Harriers & AC
142	5105	00:29:53	Nina Skilton	Stafford Harriers
143	5173	00:29:55	Michelle Clarke	Telford AC
144	4589	00:29:56	Charlotte Harris	Headington RR
145	5003	00:29:57	Lucy Aukett	Shaftesbury Barnet Harriers
146	5107	00:29:59	Carmen Anthony	Stockport Harriers & AC
147	4743	00:30:00	Christine Lathwell	Luton AC
148	4456	00:30:00	Katie Trickett	Clayton-Le-Moors Harriers
149	4486	00:30:03	Sarah Simmons	Coventry Godiva Harriers
150	4693	00:30:05	Jocelyn Payne	Leeds University AC/CC
151	4752	00:30:07	Kathleen Lamplugh	Macclesfield Harriers
152	4590	00:30:08	Adrienne Hopkins	Headington RR
153	5094	00:30:11	Gill Jubb	St.Albans Striders
154	4894	00:30:11	Nicky Cooke	Reading AC
155	5336	00:30:14	Sarah Kearney	Wirral AC
156	4368	00:30:14	Naomi Warr	Burton AC
157	4624	00:30:15	Claire Leaver	Holmfirth Harriers AC
158	4691	00:30:16	Ruth Wilcox	Leeds City AC
159	5323	00:30:17	Lauren Smith	Winchester & District AC
160	4546	00:30:21	Jenny Hunt	Guildford & Godalming AC
161	5215	00:30:22	Lowri Richards	Tonbridge AC

Sheet1

162	5332	00:30:24	Leigh James	Windsor Slough Eton & Hounslow AC
163	4473	00:30:25	Rebecca Hall	Corby AC
164	5373	00:30:26	Caroline Warrington	York Knavesmire Harriers
165	4553	00:30:26	Rachel Elder	Hallamshire Harriers
166	4900	00:30:27	Rachel Phillips	Reading AC
167	4235	00:30:27	Sandra Lewis	Altrincham & District AC
168	4404	00:30:31	Sally Mhlanga	Chelmsford AC
169	4841	00:30:34	Jenny Reed	Notts AC
170	4655	00:30:36	Imugen Peace	Kenilworth Runners
171	5193	00:30:36	Emily Hogg	Thames Hare & Hounds
172	4728	00:30:37	Claire Morrissey	London Heathside
173	4709	00:30:40	L Egan	Liverpool Harriers & AC
174	5146	00:30:41	Sarah Bland	Stratford on Avon AC
175	4938	00:30:41	Louise Thompson	Rugby & Northampton AC
176	4934	00:30:42	Jo Pulsford	Rugby & Northampton AC
177	4910	00:30:43	Lucy Holmes	Ripley Running Club
178	4248	00:30:45	Karen Murphy	Barnet & District AC
179	4375	00:30:45	Maria Monks	Cambridge University Hare & Hounds
180	4314	00:30:46	Sarah Dowling	Blackheath & Bromley Harriers
181	4406	00:30:47	Carys Sutton	Chelmsford AC
182	4329	00:30:47	Rhiannon Silson	Border Harriers
183	5066	00:30:48	Natalie Burke	Southampton AC
184	4661	00:30:49	Jacqui Phillips	Kidderminster & Stourport AC
185	4611	00:30:49	Natasha Taylor	Herts Phoenix AC
186	4966	00:30:51	Fiona Alexander	Serpentine RC
187	5058	00:30:54	Sue Mc Donald	South London Harriers
188	1020	00:30:55	Tarley Barnes	Bedford & County AC
189	4717	00:30:55	C Wilson	Liverpool Harriers & AC
190	5056	00:30:56	Pamela Iannella	South London Harriers
191	4336	00:30:58	Linda Howell	Bournville Harriers
192	5276	00:30:59	Zoe Dixon	Westbury Harriers
193	5165	00:31:01	Francesca Meakin	Sutton-in-Ashfield Harriers & AC
194	4512	00:31:04	Keri Pearson	Elvet Striders
195	4448	00:31:06	Emma Wilits	City of York AC
196	4326	00:31:06	Angela Armstrong	Border Harriers
197	4848	00:31:06	Helen Talbot	Nuneaton Harriers
198	5289	00:31:06	Sally Gilliver	Wilmslow RC
199	4921	00:31:08	Janet Hindley	Rotherham Harriers & AC
200	5307	00:31:12	Kate Sutton	Wilmslow RC
201	4975	00:31:14	Kiera Davidson	Serpentine RC
202	4587	00:31:15	Anne Edwards	Headington RR
203	5018	00:31:16	Natalie Owens	Shildon R & AC
204	4671	00:31:16	Lauren Cooper	Lancaster & Morecambe AC
205	4929	00:31:17	Angela Copson	Rugby & Northampton AC
206	4558	00:31:19	Suzanne Sharman	Hallamshire Harriers
207	4932	00:31:20	Daisy Melville	Rugby & Northampton AC
208	4675	00:31:21	Kassie Betts	Leamington C & AC
209	4884	00:31:23	Claire Mcdermott	Preston Harriers
210	4677	00:31:23	Zara Blower	Leamington C & AC
211	5078	00:31:23	Sian Evans	Sparkhill Harriers
212	4983	00:31:24	Deanna Laforet	Serpentine RC
213	4493	00:31:24	Louise Jowascu	Dorking & Mole Valley AC
214	5313	00:31:24	Evelyn Taylor	Wimbledon Windmilers
215	4403	00:31:24	Rebecca Luxton	Chelmsford AC

Sheet1

216	4334	00:31:28	Marianne Hensman	Bournville Harriers
217	4461	00:31:28	Patricia Woods	CLC Striders
218	4303	00:31:29	Eloise Lee	Birmingham RA & TC
219	4580	00:31:29	Jade Edwards	Havering Mayesbrook AC
220	4414	00:31:29	Sarah Biddulph	Chorley Harriers & Tri
221	4999	00:31:30	Wendy Vandoolaeghe	Serpentine RC
222	4695	00:31:30	Chloe Morris	Leicester Coritanian
223	4713	00:31:32	M Murphy	Liverpool Harriers & AC
224	5117	00:31:33	Jayne Lawton	Stockport Harriers & AC
225	5074	00:31:36	Sarah Jeffery	Southend AC
226	5051	00:31:37	Ruth Pryce	South Cheshire Harriers
227	4386	00:31:38	Amber-Sian Magee	Charnwood AC
228	4663	00:31:38	Charlotte Whorton	Kidderminster & Stourport AC
229	4416	00:31:40	Victoria Davison	Chorley Harriers & Tri
230	4548	00:31:40	Julie Dale	Halesowen ACC
231	4742	00:31:42	Charlotte Hardy	Luton AC
232	4936	00:31:45	Rachel Shan	Rugby & Northampton AC
233	5227	00:31:46	Debbie Thomas	Trentham RC
234	4341	00:31:48	Helen Hall	Bracknell AC
235	4332	00:31:49	Becky Hampson	Bournville Harriers
236	5213	00:31:50	Pippa Blackstone	Tonbridge AC
237	5176	00:31:50	Sarah Mackness	Telford AC
238	4781	00:31:50	Kirsteen Welch	Marshall Milton Keynes AC
239	4634	00:31:51	Victoria Stevens	Ilkley Harriers AC
240	4333	00:31:53	Caroline Harlan-Marks	Bournville Harriers
241	4618	00:31:53	Christine Heaton	Holme Pierrepont RC
242	4837	00:31:54	Michelle Hooton	Notts AC
243	5243	00:31:54	Sallie Holt	Wallasey AC
244	5266	00:31:54	Sarah Sherratt	Wesham RR
245	5175	00:31:57	Juliet Hoad	Telford AC
246	4498	00:31:57	Kim Hainsworth	Dulwich Runners AC
247	4948	00:31:58	Olivia Napier	Sale Harriers Manchester
248	4595	00:32:00	Isabel Wreford	Headington RR
249	4952	00:32:01	Joanne Street	Sale Harriers Manchester
250	4774	00:32:06	Rosy Craine	Manx Harriers
251	4272	00:32:06	Steph Ilsley	Belper Harriers
252	4616	00:32:07	Patti Cranton	Holme Pierrepont RC
253	4903	00:32:07	Debbie Taylor	Reading AC
254	5231	00:32:08	Kathryn Browning	University of Sheffield AC
255	4783	00:32:09	Bernadette Harrop	Medway & Maidstone AC
256	4480	00:32:09	Zarinda Batstone	Coventry Godiva Harriers
257	4449	00:32:10	Karen Wood	City of York AC
258	4453	00:32:11	Sarah Bowen	Claremont RR
259	4746	00:32:11	Melanie Koth	Lytham St Annes RR
260	4667	00:32:12	Rachael Pilling	Kirkstall Harriers
261	4541	00:32:14	Kirsty Johnson	Glossopdale Harriers
262	4981	00:32:15	Sarah Knox	Serpentine RC
263	4613	00:32:17	Natasha Cendrowicz	Highgate Harriers
264	4987	00:32:19	Sam Ludlow	Serpentine RC
265	4459	00:32:23	Rachel Vines	CLC Striders
266	5172	00:32:23	Lisa Blagden	Telford AC
267	4283	00:32:24	Dawn Saunders	Bexley AC
268	4912	00:32:26	Anna Blomfield	Rochdale Harriers & AC
269	4405	00:32:26	Hayley Pegg	Chelmsford AC

Sheet1

270	5347	00:32:27	Hayley Richards	Wolverhampton & Bilston AC
271	5370	00:32:29	Ashlyn Kendle	York Knavesmire Harriers
272	5310	00:32:29	Christine Bertram	Wimbledon Windmilers
273	5166	00:32:30	Lauren Marsden	Swinton RC
274	4862	00:32:31	Emily Cox	Oxford Brookes Running & AC
275	4796	00:32:32	Nicky Morgan	Nene Valley Harriers
276	5283	00:32:33	Jacqui Jones	Wigan Phoenix
277	4513	00:32:34	Fiona Shenton	Elvet Striders
278	4212	00:32:36	Ruth Jones	Aldershot Farnham & District
279	4625	00:32:36	Cara Penfold	Holmfirth Harriers AC
280	4362	00:32:37	Tamara Ball	Bromsgrove & Redditch AC
281	4540	00:32:39	Susan Clapham	Glossopdale Harriers
282	5104	00:32:40	Chris Skellern	Stafford Harriers
283	4944	00:32:40	Sian Holland	Sale Harriers Manchester
284	5182	00:32:41	Jane Staite	Telford Harriers
285	4338	00:32:42	Cat Ricketts	Bournville Harriers
286	5309	00:32:42	Jessica Anstee	Wimbledon Windmilers
287	5190	00:32:44	Vikki Filsell	Thames Hare & Hounds
288	4525	00:32:46	Lauren Fawke	Folkestone RC
289	5057	00:32:46	Marketa Martins	South London Harriers
290	4782	00:32:50	Rebecca Bryant	Medway & Maidstone AC
291	5288	00:32:50	Christine Geraghty	Wilmslow RC
292	4264	00:32:50	Kerry Large	Bedford & County AC
293	4254	00:32:51	Kerry Storrar	Barnsley AC
294	5180	00:32:53	Jessica Harvey	Telford Harriers
295	4296	00:32:53	Aimee Booth	Birchfield Harriers
296	4890	00:32:55	Sandra Prosser	Ranelagh Harriers
297	4549	00:32:58	Nina Jowett	Halesowen ACC
298	4898	00:32:58	Hayley Pearce	Reading AC
299	5205	00:33:01	Sue Davies	Tipton Harriers
300	5277	00:33:02	Evita Gonzalez	Westbury Harriers
301	4600	00:33:03	Wendy Mullineux	Heanor RC
302	4201	00:33:03	Katy Adams	Abingdon AAC
303	5141	00:33:04	Alison Sugars	Stopsley Striders
304	4784	00:33:04	Fallon Lafferty	Medway & Maidstone AC
305	4231	00:33:07	Bev Ganose	Altrincham & District AC
306	4500	00:33:10	Ros Tabor	Dulwich Runners AC
307	4245	00:33:10	Helen Hoyle	Barnet & District AC
308	5142	00:33:11	Joan Clarke	Stourbridge RC
309	4865	00:33:14	Chloe Willis	Oxford Brookes Running & AC
310	4617	00:33:17	Claire Hayes-Gill	Holme Pierrepont RC
311	4700	00:33:17	Amy Inchley	Leighton Buzzard AC
312	5337	00:33:19	Tracey Gibson	Wolds Veteran RC
313	4950	00:33:21	Julie Price	Sale Harriers Manchester
314	5349	00:33:23	Jenny Wilson	Wolverhampton & Bilston AC
315	5001	00:33:24	Helen Winsor	Serpentine RC
316	4253	00:33:25	Beth Masey	Barnsley AC
317	5248	00:33:28	Alison Putko	Watford Harriers
318	4273	00:33:31	Gemma Redfern	Belper Harriers
319	4629	00:33:33	Alison Boyle	Hyde Park Harriers
320	4544	00:33:34	Emma Oughton	Great Western Runners
321	5220	00:33:38	Becky Austin	Trentham RC
322	4399	00:33:42	Sally Kenny	Cheadle RC
323	4499	00:33:45	Caroline Schurmann	Dulwich Runners AC

Sheet1

324	4770	00:33:50	Amanda Hardy	Mansfield Harriers
325	4469	00:33:51	Laura Stubbs	Congleton Harriers
326	4496	00:33:53	Sue Cooper	Dulwich Runners AC
327	4883	00:33:54	Marian Hesketh	Preston Harriers
328	4972	00:33:56	Joanna Conn	Serpentine RC
329	4337	00:33:57	Laura Leslie	Bournville Harriers
330	5371	00:34:00	Andrea Lancaster	York Knavesmire Harriers
331	4637	00:34:00	Sally Goerge	Istead & Ifield Harriers
332	5311	00:34:02	Francesca Eddy	Wimbledon Windmilers
333	4460	00:34:04	Jo Wilkie	CLC Striders
334	4315	00:34:06	Justine Eastbury	Blackheath & Bromley Harriers
335	5164	00:34:07	Caroline Hall	Sunlight Runners
336	4339	00:34:09	Sarah Rock	Bournville Harriers
337	5254	00:34:12	Kim Freeman	Wellingborough & District AC
338	5102	00:34:13	Tracey Gee	Stafford Harriers
339	4417	00:34:19	Natasha Fellowes	Chorley Harriers & Tri
340	4886	00:34:22	Kirsty Bangham	Ranelagh Harriers
341	4871	00:34:25	Jane Eardley	Penny Lane Striders
342	5052	00:34:29	Bryony Brennan	South London Harriers
343	5179	00:34:34	Racheal Gibson	Telford Harriers
344	5287	00:34:35	Janine Ellis	Wilmslow RC
345	4722	00:34:37	Almudena Garcia	London Heathside
346	4866	00:34:38	Sophie Wilson	Oxford Brookes Running & AC
347	4797	00:34:39	Yolanda Smith	Nene Valley Harriers
348	4911	00:34:42	Danielle Beard	Rochdale Harriers & AC
349	4346	00:34:42	Angelika Corner	Bridlington RR
350	4330	00:34:44	Alison Wilson	Border Harriers
351	4361	00:34:47	Charlotte Ball	Bromsgrove & Redditch AC
352	4689	00:34:50	Faye Pinker	Leeds City AC
353	5184	00:34:52	Esme Wilson	Telford Harriers
354	5121	00:34:57	Maureen Wilkins	Stockport Harriers & AC
355	4776	00:35:00	Diane Baldwin	Marshall Milton Keynes AC
356	4476	00:35:03	Maggie Mulholland	Corby AC
357	4433	00:35:04	Gillian Loughlin	City of Norwich AC
358	4522	00:35:06	Zoe Woodward	Eton Manor AC
359	5242	00:35:07	Alison Engle	Wallasey AC
360	5291	00:35:08	Christine Hawkes	Wilmslow RC
361	4849	00:35:09	Simone Wilson	Nuneaton Harriers
362	5230	00:35:10	Rose Wilson	Trentham RC
363	4666	00:35:12	Eleanor Franks	Kirkstall Harriers
364	5183	00:35:13	Jean Turner	Telford Harriers
365	5076	00:35:16	Liz Blake	Sparkhill Harriers
366	4249	00:35:19	Sandra O'Connor	Barnet & District AC
367	4719	00:35:20	Lisa Gawthorne	Liverpool Pembroke & Sefton H AC
368	5106	00:35:22	Ruth Umerah	Stafford Harriers
369	4419	00:35:24	Nikki Rushton	Chorley Harriers & Tri
370	4992	00:35:26	Val Metcalf	Serpentine RC
371	5159	00:35:30	Lucy May	Stubbington Green Runners
372	4370	00:35:30	Diana Braverman	Cambridge & Coleridge AC
373	4654	00:35:31	Rosalind Matthews	Kenilworth Runners
374	4947	00:35:33	Helena Murphy	Sale Harriers Manchester
375	5342	00:35:34	Kathryn Morgans	Wolverhampton & Bilston AC
376	4906	00:35:35	Sandra Johnson	Richmond & Zetland Harriers
377	5350	00:35:36	Karen Burns	Woodford Green AC with Essex Ladies

Sheet1

378	4511	00:35:38	Susan Davis	Elvet Striders
379	4816	00:35:40	Melanie Young	Newcastle Staffs AC
380	4940	00:35:41	Lauren Davies	Sale Harriers Manchester
381	5123	00:35:42	Alison Brind	Stone Master Marathoners
382	4764	00:35:42	Claudia Hammond-Price	Manchester YMCA Harriers
383	5112	00:35:44	Gill Doolan	Stockport Harriers & AC
384	4919	00:35:45	Jayne Allen	Rotherham Harriers & AC
385	4639	00:35:51	Jacqueline King	Istead & Ifield Harriers
386	4827	00:35:55	Marie Clark	Norwich RR
387	4838	00:35:58	Wendy Kane	Notts AC
388	4899	00:36:01	Charlotte Phillips	Reading AC
389	5264	00:36:02	Tracey Hulme	Wesham RR
390	4335	00:36:06	Emily Holden	Bournville Harriers
391	4931	00:36:10	Susan Lawrence	Rugby & Northampton AC
392	4819	00:36:13	Michele Moran	North East Veterans AC
393	4395	00:36:15	Hazel Gibson	Cheadle RC
394	4331	00:36:15	Kathryn Gibbons Nee Abbott	Bournville Harriers
395	5255	00:36:15	Emma Murphy	Wellingborough & District AC
396	4593	00:36:17	Helen Turley	Headington RR
397	5111	00:36:17	Alexis Dinsmor	Stockport Harriers & AC
398	5024	00:36:20	Sue Clayton-Drabble	Silson Joggers AC
399	4652	00:36:22	Sally Hicks	Kenilworth Runners
400	4432	00:36:22	Esther Hope	City of Norwich AC
401	4275	00:36:23	Kate Ladell	Beverley AC
402	4599	00:36:24	Laura Harvey	Heanor RC
403	4325	00:36:25	Zoe Wood	Blackheath & Bromley Harriers
404	4528	00:36:26	Susan Mitchell	Folkestone RC
405	5125	00:36:27	Melanie Crosby	Stone Master Marathoners
406	4227	00:36:29	Rachel Parker	Aldridge RC
407	5234	00:36:31	Pauline Davies	Vale Royal AC
408	4973	00:36:33	Amy Cope	Serpentine RC
409	4259	00:36:33	Susan Zurawliw	Barrow Runners
410	4342	00:36:36	Judy Allison	Bridlington RR
411	5127	00:36:39	Emma Key	Stone Master Marathoners
412	4648	00:36:42	Kathy Winrow	Kendal AAC
413	4495	00:36:48	Angela Twine	Droitwich AC
414	5129	00:36:48	Laura Shaw	Stone Master Marathoners
415	5201	00:36:51	Julia Pearce	The Stragglers
416	4756	00:36:55	Stacey Benson	Manchester Harriers & AC
417	4244	00:36:59	Philippa Horton	Barnet & District AC
418	4255	00:37:03	Linda Westlake	Barnsley AC
419	4246	00:37:10	Kirsty Johnstone	Barnet & District AC
420	4394	00:37:11	Liz Clutton	Cheadle RC
421	4758	00:37:14	Jennifer Cunniffe	Manchester Harriers & AC
422	4524	00:37:15	Tina Eke	Folkestone RC
423	4908	00:37:17	Paula Brudenell	Ripley Running Club
424	4520	00:37:18	Jane Roche	Eton Manor AC
425	5034	00:37:22	Helen Ripley	Sinfin RC
426	5247	00:37:24	Nicoleta Economou	Watford Harriers
427	4478	00:37:24	Elizabeth Rocke	Corby AC
428	4958	00:37:25	Julie Laverock	Salford Harriers
429	5077	00:37:25	Margaret Ehrenberg	Sparkhill Harriers
430	5023	00:37:27	Sarah Clark	Silson Joggers AC
431	5369	00:37:32	Sarah Douglas	York Knavesmire Harriers

Sheet1

432	5050	00:37:38	Susan Poole	South Cheshire Harriers
433	4905	00:37:43	Fiona Hughes	Richmond & Zetland Harriers
434	4676	00:37:52	Carol Blower	Leamington C & AC
435	4768	00:37:54	Sharon Armitage	Mansfield Harriers
436	5119	00:37:58	Sophie Seingier	Stockport Harriers & AC
437	4526	00:37:59	Kim Gardiner	Folkestone RC
438	4834	00:38:02	Natalie Chandler	Notts AC
439	4257	00:38:03	Bridie Darcy	Barrow Runners
440	4650	00:38:04	Mandy Crust	Kenilworth Runners
441	5217	00:38:05	Sue Exon	Trafford AC
442	4299	00:38:10	Megan Jacobs	Birchfield Harriers
443	4550	00:38:13	Christine Lloyd	Halesowen ACC
444	4913	00:38:14	Amanda Carter	Rolls Royce Harriers
445	4963	00:38:17	Vicky Cuthbertson	Saltwell Harriers
446	5212	00:38:17	Emma Avis	Tonbridge AC
447	5029	00:38:22	Jayne Hall	Sinfin RC
448	4909	00:38:25	Cathy Cresswell	Ripley Running Club
449	5022	00:38:28	Mel Bignell	Silson Joggers AC
450	4628	00:38:29	Karen Cameron	Huntingdonshire AC
451	4529	00:38:30	Catherine O'connor	Folkestone RC
452	4707	00:38:32	K Dalby	Liverpool Harriers & AC
453	4662	00:38:36	Jill Turner	Kidderminster & Stourport AC
454	4757	00:38:37	Deborah Beresford	Manchester Harriers & AC
455	4393	00:38:40	Rachel Beardmore	Cheadle RC
456	4802	00:38:41	Angela Marsh	Newark AC
457	4678	00:38:42	Janet Mee	Leamington C & AC
458	4340	00:38:44	Rachel Ward	Bournville Harriers
459	4640	00:38:49	Barbara Ockendon	Istead & Ifield Harriers
460	5339	00:38:55	Carrie Creamer	Wolverhampton & Bilston AC
461	5214	00:38:58	Helen Cohen	Tonbridge AC
462	4935	00:38:59	Ann Rollings	Rugby & Northampton AC
463	5131	00:39:02	Lyn Shepley	Stone Master Marathoners
464	5167	00:39:04	Rebecca Mills	Swinton RC
465	4812	00:39:06	Rebecca Ibbs	Newcastle Staffs AC
466	5345	00:39:12	Thelma Powell	Wolverhampton & Bilston AC
467	4748	00:39:14	Julia Rolfe	Lytham St Annes RR
468	4392	00:39:14	Sue Baker	Cheadle RC
469	4735	00:39:15	Wendy Ray	Long Eaton RC
470	4809	00:39:20	Catherine Tuttle	Newbury AC
471	4658	00:39:22	Rachel Heath	Kidderminster & Stourport AC
472	4762	00:39:23	Steph Goodchild	Manchester YMCA Harriers
473	5263	00:39:27	Kerry Eccles	Wesham RR
474	4815	00:39:31	Harriet Riley	Newcastle Staffs AC
475	4964	00:39:37	Gillian Donaldson	Saltwell Harriers
476	5080	00:39:43	Manisha Parmar	Sparkhill Harriers
477	4564	00:39:47	Lianne Brooks	Harborough AC
478	4811	00:39:50	Jane Holt	Newcastle Staffs AC
479	4598	00:39:51	Judith Gration	Heanor RC
480	5241	00:39:54	Julie Barbat	Wallasey AC
481	5143	00:39:55	Natalie Dellar	Stourbridge RC
482	5128	00:40:20	Anne-Marie Mountford	Stone Master Marathoners
483	4567	00:40:29	Marise Taylor	Harborough AC
484	4954	00:40:31	Caroline Broderick	Salford Harriers
485	5025	00:40:31	Ellie Lock	Silson Joggers AC

Sheet1

486	4881	00:40:36	Judith Deakin	Preston Harriers
487	4832	00:40:37	Kerry Allen	Notts AC
488	5030	00:40:44	Julieanne Heithus	Sinfin RC
489	4234	00:40:52	Margaret Jones	Altrincham & District AC
490	4229	00:40:53	Abigail Wright	Aldridge RC
491	4965	00:40:54	Helena Simmonds	Saltwell Harriers
492	4665	00:40:54	Helen Fearn	Kirkstall Harriers
493	4240	00:41:01	Amber Torrington	Askern District RC
494	4745	00:41:07	Pamela Hardman	Lytham St Annes RR
495	4814	00:41:36	Belinda Riley	Newcastle Staffs AC
496	5251	00:41:45	Sonja Clark	Wellingborough & District AC
497	4878	00:41:47	Teresa Flannigan	Pitsea RC
498	4521	00:41:50	Christina Watson	Eton Manor AC
499	4228	00:41:51	Anita Redmond	Aldridge RC
500	4880	00:41:58	Helen Tompkins	Pitsea RC
501	4907	00:42:01	Michelle Sprent	Richmond & Zetland Harriers
502	4872	00:42:05	Cath Lancaster	Pensby Runners
503	5036	00:42:07	Andrea Talbot	Sinfin RC
504	4247	00:42:25	Nicola Maggs	Barnet & District AC
505	5341	00:42:28	Trish Morgan	Wolverhampton & Bilston AC
506	4408	00:42:37	Lynn Dilks	Chesapeake RR
507	4588	00:42:41	Sandra Harding-Brown	Headington RR
508	4993	00:42:44	Cheryl Sacks	Serpentine RC
509	5013	00:42:51	Amanda Hillary	Sheffield RC
510	4651	00:42:55	Pauline Dable	Kenilworth Runners
511	4635	00:43:02	Judy Bain	Istead & Ifield Harriers
512	4997	00:43:15	Stephanie Vaatz	Serpentine RC
513	4833	00:43:21	Patricia Allen	Notts AC
514	5252	00:43:25	Joanne Edwards	Wellingborough & District AC
515	4962	00:43:38	Kirsty Anderson	Saltwell Harriers
516	4224	00:43:42	Helen Hirst	Aldridge RC
517	5086	00:43:50	Julie Cozens	Sphinx AC
518	4250	00:44:13	Vicky Felton	Barnsley AC
519	4569	00:44:19	Viv Drake	Hardley Runners
520	4226	00:44:22	Anne Kelshall	Aldridge RC
521	4672	00:44:30	Karen Davis	Lancaster & Morecambe AC
522	5126	00:44:37	Julie Griffiths	Stone Master Marathoners
523	4669	00:44:39	Jill Stocks	Kirkstall Harriers
524	5233	00:44:42	Honor Cann	Uttoxeter RR
525	4281	00:44:48	Geraldine Legon	Bexley AC
526	4256	00:44:55	Anna Brocklehurst	Barrow Runners
527	4238	00:44:59	Nicola Sinclair	Askern District RC
528	4596	00:45:01	Mary Zussell	Headington RR
529	5139	00:45:02	Kate Lynhart	Stopsley Striders
530	4904	00:45:03	Luara Dunphy	Richmond & Zetland Harriers
531	4530	00:45:08	Angela Saunders	Folkestone RC
532	4371	00:45:16	Mary Holmes	Cambridge & Coleridge AC
533	4237	00:45:28	Marie-Clare Bailey	Askern District RC
534	4653	00:45:33	Joan Mason	Kenilworth Runners
535	4455	00:45:45	Susan Allen	Clayton-Le-Moors Harriers
536	4570	00:46:00	Linda Noke	Hardley Runners
537	4225	00:46:10	Amanda Houston	Aldridge RC
538	4927	00:46:16	Marian Allen	Rugby & Northampton AC
539	4933	00:46:16	Tracey Price	Rugby & Northampton AC

Sheet1

540	5145	00:46:51	Zoe Yeomans	Stourbridge RC
541	4239	00:46:59	Wendy Smith	Askern District RC
542	4879	00:47:02	Heather Jackson	Pitsea RC
543	4284	00:47:20	Wendy Somogyi	Bexley AC
544	5082	00:47:23	Anne Hewitt	Spectrum Striders
545	5033	00:47:25	Karen Pope	Sinfin RC
546	5137	00:47:43	Elaine Harries	Stopsley Striders
547	4242	00:47:52	Mary Brown	Barnet & District AC
548	4241	00:49:46	Sally Weston	Askern District RC
549	4631	00:50:09	Kay Jefferies	Hyde Park Harriers
550	4747	00:51:24	Dawn Lock	Lytham St Annes RR
551	4876	00:51:47	Linda Bates	Pitsea RC
552	4679	00:52:22	Heather Waller	Leamington C & AC