

## Sheet1

Pos	RaceNo	Time	Name	Club
1	2706	00:12:27	Emelia Gorecka	Aldershot Farnham & District AC
2	2708	00:12:37	Ruth Haynes	Aldershot Farnham & District AC
3	2791	00:12:46	Naomi Speake	Bristol & West AC
4	2789	00:12:49	Annabel Gummon	Bristol & West AC
5	2738	00:13:05	Emily Wallbank	Bedford & County AC
6	3034	00:13:10	Melissa Hawtin	Oxford City AC
7	3197	00:13:10	Louisa Warwick	Winchester & District AC
8	2838	00:13:11	Kate Holt	City Of Stoke AC
9	3179	00:13:22	Lauren Proctor	Wakefield & District Harriers AC
10	3169	00:13:25	Megan Huxley	Vale Royal AC
11	3043	00:13:31	Melissa Courtney	Poole AC
12	3208	00:13:33	Georgia Peel	Woking AC
13	3069	00:13:34	Lucy Farnell	Royal Sutton Coldfield AC
14	2988	00:13:38	Sarah Astin	Manx Harriers
15	3092	00:13:40	Sophie Connor	Shaftesbury Barnet Harriers
16	2703	00:13:47	Ciara Dullaghan	Aldershot Farnham & District AC
17	3044	00:13:49	Alex Bell	Pudsey & Bramley AC
18	2922	00:13:49	Charlotte Christensen	Ipswich Harriers
19	2734	00:13:50	Abigail Mackinnon Austin	Bedford & County AC
20	3079	00:13:50	Hannah Doherty	Sale Harriers Manchester
21	2897	00:13:50	Eleanor Bounds	Havering Mayesbrook AC
22	2782	00:13:54	Rebecca Eaton	Bodyworks XTC Tri Store
23	2910	00:13:54	Katie Snowden	Herne Hill Harriers
24	2833	00:13:55	Jessica Chen	City Of Portsmouth AC
25	2997	00:13:55	Rachel Denton	Morpeth Harriers & AC
26	2979	00:13:56	Rachel Brandham	Mansfield Harriers & AC
27	2987	00:13:56	Hannah Wragg	Mansfield Harriers & AC
28	2715	00:13:57	Emma Stevens	Aldershot Farnham & District AC
29	3189	00:13:57	Holly Archer	West Suffolk AC
30	2712	00:13:59	Mae Partridge	Aldershot Farnham & District AC
31	2920	00:13:59	Rebecca Weston	Invicta East Kent AC
32	2891	00:14:00	Calli Thackery	Hallamshire Harriers
33	2880	00:14:03	Adelle Tracey	Guildford & Godalming AC
34	3077	00:14:07	Sarah Barker	Sale Harriers Manchester
35	2856	00:14:08	Georgia Bell	Ealing Southall & Middx. AC
36	3008	00:14:08	Charlotte Taylor	Nene Valley Harriers
37	2870	00:14:09	Victoria Newell	East Cheshire Harriers & Tameside AC
38	2885	00:14:09	Emily Monk	Halesowen AC
39	3108	00:14:10	Camilla Smee	Southend AC
40	2994	00:14:11	Elle Roche	Marshall Milton Keynes AC
41	2985	00:14:12	Claire Talbot	Mansfield Harriers & AC
42	3051	00:14:13	Julia Henderson	Reading AC
43	2871	00:14:13	Katie Reynolds	East Cheshire Harriers & Tameside AC
44	3170	00:14:13	Charlotte Mills	Vale Royal AC
45	3172	00:14:14	Claire Perry	Vale Royal AC
46	2951	00:14:15	Laura Riches	Leigh Harriers & AC
47	3151	00:14:17	Joanna Mobed	Thames Valley Harriers
48	3059	00:14:22	Emily Fisher	Rotherham Harriers & AC
49	2906	00:14:22	Hannah Edwards	Herne Hill Harriers
50	3031	00:14:24	Lauren Macgregor	Orion Harriers
51	2868	00:14:24	Kirsten McAslan	East Cheshire Harriers & Tameside AC
52	2834	00:14:25	Emma Gilmore	City Of Portsmouth AC

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53	2872	00:14:25	Georgia Taylor Brown	East Cheshire Harriers & Tameside AC
54	2875	00:14:27	Amber Watson	Gloucester AC
55	2929	00:14:27	Jess Dimmock	Kettering Town Harriers
56	2948	00:14:28	Freya Vincent	Leicester Coritanian AC
57	2731	00:14:31	Alice Burgin	Bedford & County AC
58	3148	00:14:31	Harriet Grandfield	Telford AC
59	2981	00:14:32	Dea Anna Davey	Mansfield Harriers & AC
60	2950	00:14:33	Elizabeth Lee	Leigh Harriers & AC
61	2733	00:14:33	Ruth Flory	Bedford & County AC
62	3101	00:14:34	Fiona Higgin	Shildon R & AC
63	2863	00:14:34	Brogan Dean	East Cheshire Harriers & Tameside AC
64	3185	00:14:36	Rachael Jefferson	Warrington AC
65	3212	00:14:37	C Firth	Worthing & District Harriers
66	2923	00:14:39	Mary Galbraith	Ipswich Harriers
67	3159	00:14:40	Ellen Holmes	Tonbridge AC
68	3205	00:14:41	Nicole Haviland	Wirral AC
69	2725	00:14:42	Lori Marshall	Amber Valley AC
70	3073	00:14:42	Amy Johnson	Royal Sutton Coldfield AC
71	2765	00:14:43	Rebecca Taylor	Blackburn Harriers
72	3040	00:14:44	Georgie Freeman	Peterborough AC
73	2898	00:14:44	Rachel Sadler	Havering Mayesbrook AC
74	2768	00:14:45	Danielle Critchley	Blackheath & Bromley Harriers AC
75	2882	00:14:45	Jade Burke	Halesowen AC
76	3152	00:14:45	Freya Sharp	Thames Valley Harriers
77	3157	00:14:45	Lucy Blackstone	Tonbridge AC
78	2723	00:14:46	Lucy Smith	Altrincham & District AC
79	3000	00:14:46	Hannah Rank	Morpeth Harriers & AC
80	3160	00:14:46	Lucy Ried	Tonbridge AC
81	2713	00:14:46	Daisy Seabrook	Aldershot Farnham & District AC
82	2933	00:14:50	Hannah Jacobson	KUHAC
83	2874	00:14:52	Rebecca Oldham	Gateshead Harriers & AC
84	3190	00:14:52	Emily Barker	West Suffolk AC
85	2825	00:14:52	Juliette Brewster	City Of Norwich AC
86	2757	00:14:53	Laura Muth	Birchfield Harriers
87	2810	00:14:54	Briony Bendle	Charnwood AC
88	3076	00:14:54	Emily Waugh	Rugby & Northampton AC
89	2707	00:14:55	Laura Haines	Aldershot Farnham & District AC
90	3028	00:14:57	Jane Augsburg	Oldham & Royton Harriers & AC
91	3207	00:14:57	Jess Schofield	Wirral AC
92	2794	00:14:57	Sally Hogan	Bromsgrove & Redditch AC
93	2936	00:14:57	Charlotte Rickards	Lancaster & Morecambe AC
94	2802	00:14:58	Catherine Hulme	Cannock & Stafford AC
95	2941	00:14:58	Johanna Wilton	Leeds City AC
96	3134	00:14:59	Nienke Verwer	Stratford-on-Avon AC
97	2800	00:15:00	Rebecca Bray	Cannock & Stafford AC
98	2735	00:15:00	Chelsea McKenzie	Bedford & County AC
99	2983	00:15:00	Siobhan Harrison	Mansfield Harriers & AC
100	3029	00:15:00	Jay Andrews	Orion Harriers
101	2847	00:15:01	Rosie Clarke	Darlington Harriers
102	2801	00:15:01	Rebecca Cooke	Cannock & Stafford AC
103	2913	00:15:02	Courtney Gray	Hull Achilles AC
104	3187	00:15:02	Victoria Walker	Watford Harriers
105	3036	00:15:02	Jade Walker	Oxford City AC

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106	3171	00:15:02	Hannah Paver	Vale Royal AC
107	2724	00:15:03	Emily Allsop	Amber Valley AC
108	3068	00:15:03	Emily Cosgrove	Royal Sutton Coldfield AC
109	3123	00:15:03	Jemma Shaw	St.Helens Sutton AC
110	2901	00:15:03	Clara Evans	Hereford & County AC
111	2836	00:15:04	Samantha Bailey	City Of Stoke AC
112	2949	00:15:04	Abigail Howarth	Leigh Harriers & AC
113	3142	00:15:05	Marcie Bower	Team Bath AC
114	2828	00:15:05	Esme Salmon	City Of Norwich AC
115	3021	00:15:06	Jenny Evans	Notts AC
116	2717	00:15:07	Rachel Sykes	Aldershot Farnham & District AC
117	3071	00:15:09	Amy Goodall	Royal Sutton Coldfield AC
118	2769	00:15:09	Michelle Fewster	Blackheath & Bromley Harriers AC
119	2980	00:15:09	Laura Brown	Mansfield Harriers & AC
120	3097	00:15:09	Yat Wing Smart	Shaftesbury Barnet Harriers
121	2727	00:15:10	Kate Barber	Barnet & District AC
122	2924	00:15:10	Sophia Nicklin	Ipswich Harriers
123	2957	00:15:10	Laura Donnelly	Lincoln Wellington AC
124	2889	00:15:11	Laurel Quinn	Hallamshire Harriers
125	2970	00:15:12	Hannah Whiteside	Liverpool Harriers & AC
126	2784	00:15:12	Chelsea Brockett	Boston & District AC
127	3107	00:15:12	Helen Wilson	South London Harriers
128	3219	00:15:13	Beth Chasty	Macclesfield Harriers & AC
129	2938	00:15:13	Caitlin Regan	Leeds City AC
130	2925	00:15:13	Hannah Petterson	Ipswich Harriers
131	3070	00:15:14	Sophie Gilbert	Royal Sutton Coldfield AC
132	2849	00:15:15	Kym Ai Chuah	Derby AC
133	2881	00:15:15	Jourdanna Beresford Smith	Halesowen AC
134	3218	00:15:15	Megan Clements	Leamington C & AC
135	3098	00:15:16	Ciara Stewart	Shaftesbury Barnet Harriers
136	2754	00:15:17	Danni Johnson	Birchfield Harriers
137	2721	00:15:18	Helena Filppance	Altrincham & District AC
138	2919	00:15:18	Leah Samarasinghe	Invicta East Kent AC
139	2804	00:15:18	Teresa Hulme	Cannock & Stafford AC
140	3020	00:15:18	Kristi Clark	Notts AC
141	2730	00:15:19	Emily Boast	Bedford & County AC
142	3024	00:15:20	Katie Patson	Nuneaton Harriers
143	3094	00:15:22	Laura Graham	Shaftesbury Barnet Harriers
144	3013	00:15:23	Sophie Plant	Newcastle (Staffs) AC
145	3033	00:15:24	Ella Walker	Oswestry Olympians
146	3176	00:15:24	Lucy Wittick	Vale Royal AC
147	2958	00:15:25	Ellie Jones	Lincoln Wellington AC
148	2827	00:15:26	Iona Lake	City Of Norwich AC
149	3145	00:15:27	Alex Stainthorpe	Team Bath AC
150	3161	00:15:27	Lucy Saker	Tonbridge AC
151	2962	00:15:28	Hester Talbot	Lincoln Wellington AC
152	3211	00:15:28	Kate Stockings	Woodford Green AC with Essex Ladies
153	2762	00:15:29	Holly Broughton	Blackburn Harriers
154	2884	00:15:29	Megan Evans	Halesowen AC
155	2732	00:15:31	Brogan Fielden	Bedford & County AC
156	3046	00:15:31	Abi Morgan	Pudsey & Bramley AC
157	2955	00:15:31	Megan Ball	Lincoln Wellington AC
158	2850	00:15:32	Hannah Falgate	Derby AC

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159	3087	00:15:33	Aisling Toal	Sale Harriers Manchester
160	3155	00:15:33	Leah Sargeant	Tipton Harriers
161	2830	00:15:34	Hazel Wilson	City Of Norwich AC
162	2986	00:15:34	Sophie Ward	Mansfield Harriers & AC
163	2743	00:15:34	Rebecca Farrell	Bexley AC
164	2865	00:15:35	Jade Flynn	East Cheshire Harriers & Tameside AC
165	2845	00:15:36	Charlotte Cotter	Corby AC
166	3039	00:15:36	Penelope Ford	Peterborough AC
167	2969	00:15:36	Lauren Towers	Liverpool Harriers & AC
168	3049	00:15:37	Naomi Forshaw	Reading AC
169	3095	00:15:37	Faye McCormick	Shaftesbury Barnet Harriers
170	2982	00:15:39	Hannah Harrison	Mansfield Harriers & AC
171	2858	00:15:40	Emma Davies	Ealing Southall & Middx. AC
172	3037	00:15:41	Laura Arnold	Peterborough AC
173	3041	00:15:42	Amy Haines Eynon	Peterborough AC
174	2761	00:15:42	Charlotte Atkinson	Blackburn Harriers
175	2811	00:15:42	Katya Blackledge	Charnwood AC
176	3129	00:15:44	Stephanie Reeves	Staffordshire Moorlands AC
177	3055	00:15:44	Hayley Randell	Reading AC
178	2821	00:15:45	Sophie Johnstone	Chelmsford AC
179	3006	00:15:45	Emma Randle	Nene Valley Harriers
180	3115	00:15:46	Sophie Edge	Sphinx AC
181	2793	00:15:47	T Ball	Bromsgrove & Redditch AC
182	2773	00:15:47	Sophia Maslin	Blackheath & Bromley Harriers AC
183	2999	00:15:47	Ailsa McGregor	Morpeth Harriers & AC
184	2939	00:15:47	Emily Robinson	Leeds City AC
185	2888	00:15:48	Ellie Bishop	Hallamshire Harriers
186	3045	00:15:48	Chelsea Corrican	Pudsey & Bramley AC
187	2806	00:15:49	Rebecca Philips	Cannock & Stafford AC
188	3141	00:15:50	Lauren Mann	Tamworth AC
189	2831	00:15:50	Katie Burns	City Of Plymouth AC
190	2824	00:15:51	Elizabeth Sandham	Cheltenham & County Harriers
191	3135	00:15:52	Becky Young	Stratford-on-Avon AC
192	3038	00:15:53	Gemma Bays	Peterborough AC
193	2946	00:15:54	Catherine Robertson	Leicester Coritanian AC
194	3072	00:15:55	Lucy Jennings	Royal Sutton Coldfield AC
195	2786	00:15:56	Louise Rutt	Boston & District AC
196	2803	00:15:57	Sarah Hulme	Cannock & Stafford AC
197	2840	00:15:58	Charlotte Mason	City Of York AC
198	3203	00:15:59	Katie Duckers	Wirral AC
199	2937	00:16:01	Chloe Harley	Leeds City AC
200	3210	00:16:02	Sophie Fiihr	Woodford Green AC with Essex Ladies
201	2900	00:16:04	A Turner	Havering Mayesbrook AC
202	2890	00:16:06	Stephanie Rodgers	Hallamshire Harriers
203	3214	00:16:07	A Wallace	Worthing & District Harriers
204	3184	00:16:07	Elizabeth Heaven	Warrington AC
205	2816	00:16:07	Isabelle Perry	Charnwood AC
206	2758	00:16:08	Liliane Sutton	Birchfield Harriers
207	3081	00:16:08	Jodie Guinnane	Sale Harriers Manchester
208	2926	00:16:09	Rosie Hellawell	Keighley & Craven AC
209	2942	00:16:09	Georgie Brookes	Leicester Coritanian AC
210	3181	00:16:09	Katie Ashcroft	Warrington AC
211	2964	00:16:12	Laurice Hyland	Liverpool Harriers & AC

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212	3102	00:16:12	Elizabeth Wood	Shildon R & AC
213	2813	00:16:13	Eleanor Jones	Charnwood AC
214	2772	00:16:13	Mel Kane	Blackheath & Bromley Harriers AC
215	3026	00:16:14	Natasha Timson	Nuneaton Harriers
216	3050	00:16:14	Alyx Gregory	Reading AC
217	3042	00:16:15	Katie Potter	Peterborough AC
218	2722	00:16:19	Leanne Sigsworth	Altrincham & District AC
219	3163	00:16:20	Robyn Darcy	Trafford AC
220	2971	00:16:21	Zoe Woodward	Liverpool Harriers & AC
221	3183	00:16:22	Victoria Hamilton	Warrington AC
222	3009	00:16:25	Beth Thomas	Nene Valley Harriers
223	2899	00:16:27	Sidinie Sales	Havering Mayesbrook AC
224	2883	00:16:27	Emily Davies	Halesowen AC
225	3100	00:16:28	Emily Findlay	Shildon R & AC
226	3158	00:16:28	Maisie Farndon	Tonbridge AC
227	2799	00:16:28	Julie Addison	Cannock & Stafford AC
228	2984	00:16:29	Megan Roach	Mansfield Harriers & AC
229	3011	00:16:32	Megan Bird	Newcastle (Staffs) AC
230	2961	00:16:33	Gemma Selwood	Lincoln Wellington AC
231	2778	00:16:34	Kirstie Johnson	Blyth RC
232	3121	00:16:34	Heateher Drillingcourt	St.Helens Sutton AC
233	2914	00:16:35	Juilet May	Hull Achilles AC
234	3120	00:16:36	Lauren Bradshaw	St.Helens Sutton AC
235	3007	00:16:37	Rebecca Suslowski	Nene Valley Harriers
236	3083	00:16:38	Samara Mohtasham	Sale Harriers Manchester
237	2832	00:16:39	Amy Martin	City Of Plymouth AC
238	2976	00:16:39	Zoe Carter	Macclesfield Harriers & AC
239	3133	00:16:39	Katie Taylor	Stratford-on-Avon AC
240	3130	00:16:43	Rebecca Hetherington	Stockport Harriers AC
241	2741	00:16:44	Beth Armstrong	Bexley AC
242	3027	00:16:44	Tania White	Nuneaton Harriers
243	2822	00:16:45	Laura Oconnor	Chelmsford AC
244	2756	00:16:46	Faye Morley	Birchfield Harriers
245	3066	00:16:48	Madeline Wragg	Rotherham Harriers & AC
246	2867	00:16:52	Holly Hemmings Fitton	East Cheshire Harriers & Tameside AC
247	2932	00:16:53	Eve Caveney	KUHAC
248	3032	00:16:54	Laura O Connor	Orion Harriers
249	2945	00:16:54	Jasmine Mellor	Leicester Coritanian AC
250	2934	00:16:55	Nicole Peters	KUHAC
251	2915	00:16:56	Jenny Burgin	Huntingdonshire AC
252	2879	00:16:57	Lucy Smith	Grantham AC
253	3217	00:16:59	Mary Donaldson	Leamington C & AC
254	2790	00:17:00	Olivia Sadler	Bristol & West AC
255	2775	00:17:00	Rachel Robinson	Blackheath & Bromley Harriers AC
256	2842	00:17:00	Emily Simpson	City Of York AC
257	3182	00:17:00	Megan Ashcroft	Warrington AC
258	2998	00:17:01	Catriona Macdonald	Morpeth Harriers & AC
259	2967	00:17:01	Stephanie Romano-Smith	Liverpool Harriers & AC
260	3005	00:17:04	Emma Przbyi	Nene Valley Harriers
261	3216	00:17:09	Georgina Easthaugh	Leamington C & AC
262	3131	00:17:10	Amie Hughes	Stockport Harriers AC
263	3047	00:17:10	Ami Sudcliffe	Pudsey & Bramley AC
264	3113	00:17:11	Katherine Davies	Spenborough AC

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265	3204	00:17:12	Jess Evans	Wirral AC
266	2746	00:17:13	Chloe Slater	Bexley AC
267	3019	00:17:15	Hollie Startup	Newquay & Par AC
268	3060	00:17:17	Rachel Hall	Rotherham Harriers & AC
269	2815	00:17:19	Katie Oakes	Charnwood AC
270	2965	00:17:22	Poppy Lang	Liverpool Harriers & AC
271	3143	00:17:22	Jessica Heffer	Team Bath AC
272	3023	00:17:28	Charlotte Saunders	Notts AC
273	3012	00:17:29	Hannah Jones	Newcastle (Staffs) AC
274	3099	00:17:30	Amber Tomlinson	Shaftesbury Barnet Harriers
275	2912	00:17:32	Aisha Wey	Herne Hill Harriers
276	2917	00:17:33	Beth Burnett	Invicta East Kent AC
277	2963	00:17:35	Rebecca Wells	Lincoln Wellington AC
278	3125	00:17:36	Alysha Chell	Stafford Harriers
279	2763	00:17:36	Rachel Leech	Blackburn Harriers
280	2861	00:17:40	Nicola Shelley	Ealing Southall & Middx. AC
281	2851	00:17:41	Christina Lewis	Derby AC
282	2820	00:17:45	Bethany Hawkings	Chelmsford AC
283	3003	00:17:48	Georgina Igoe	Nene Valley Harriers
284	3149	00:17:49	Florence Armstrong	Thames Valley Harriers
285	3150	00:17:53	Roberta Fox	Thames Valley Harriers
286	2959	00:17:54	Laura McMunn	Lincoln Wellington AC
287	2866	00:18:03	Victoria Hartshorne	East Cheshire Harriers & Tameside AC
288	3162	00:18:10	Emily Symons	Tonbridge AC
289	3004	00:18:11	Georgie Ivens	Nene Valley Harriers
290	3167	00:18:31	Millie Ashworth	Vale Royal AC
291	2777	00:18:40	Loren Bain	Blyth RC
292	2978	00:18:46	Sian Davies	Manchester Harriers & AC
293	3063	00:18:48	Olivia Neal	Rotherham Harriers & AC
294	3164	00:18:59	Natasha Dunn	Trafford AC
295	2719	00:19:26	Constance Burke	Altrincham & District AC
296	2857	00:19:46	Rosie Cordy	Ealing Southall & Middx. AC
297	3062	00:20:13	Melissa Hellewell	Rotherham Harriers & AC
298	2780	00:20:34	Stephanie Ramsay	Blyth RC
299	2903	00:20:40	Agatha Blake	Herne Hill Harriers
300	2785	00:21:14	Katie Rodriguez	Boston & District AC