

## Sheet1

| Pos | RaceNo | Time     | Name                 | Club                            |
|-----|--------|----------|----------------------|---------------------------------|
| 1   | 810    | 00:14:24 | Laura Park           | Ellenborough AC                 |
| 2   | 713    | 00:14:44 | Charlie Purdue       | Aldershot Farnham & District AC |
| 3   | 714    | 00:14:48 | Louise Small         | Aldershot Farnham & District AC |
| 4   | 848    | 00:14:58 | Beth Carter          | Invicta East Kent AC            |
| 5   | 854    | 00:14:59 | Vanessa Rollins      | Kettering Town Harriers         |
| 6   | 860    | 00:15:01 | Hannah Bateson       | Lancaster & Morecambe AC        |
| 7   | 861    | 00:15:02 | Annika Jarman        | Lancaster & Morecambe AC        |
| 8   | 711    | 00:15:04 | Lily Partridge       | Aldershot Farnham & District AC |
| 9   | 780    | 00:15:07 | Jessica Burns        | City of Plymouth AC             |
| 10  | 843    | 00:15:07 | Kerrie Harris        | Hull Achilles AC                |
| 11  | 1010   | 00:15:08 | Louise Webb          | Team Southampton                |
| 12  | 1038   | 00:15:12 | Rebecca Craigie      | Vale Royal AC                   |
| 13  | 949    | 00:15:21 | Stefanie Burns       | Rotherham Harriers & AC         |
| 14  | 795    | 00:15:25 | Hannah Walker        | Dacorum & Tring AC              |
| 15  | 979    | 00:15:28 | Kate Avery           | Shildon R & AC                  |
| 16  | 777    | 00:15:40 | Claire Pring         | City of Norwich AC              |
| 17  | 910    | 00:15:43 | Laura Weightman      | Morpeth Harriers & AC           |
| 18  | 960    | 00:15:46 | Monique Powell       | Royal Sutton Coldfield AC       |
| 19  | 809    | 00:15:49 | Charlotte Arter      | Eden Runners                    |
| 20  | 853    | 00:15:50 | Nicole Roberts       | Kettering Town Harriers         |
| 21  | 716    | 00:15:51 | Catherine Taylor     | Aldershot Farnham & District AC |
| 22  | 871    | 00:15:52 | Georgia Ball         | Lincoln Wellington AC           |
| 23  | 1046   | 00:15:53 | Nicola Morgan        | Wells City Harriers             |
| 24  | 757    | 00:15:53 | Eleanor Wimshurst    | Bristol & West AC               |
| 25  | 986    | 00:16:02 | Dainelle Hurley      | Southend AC                     |
| 26  | 750    | 00:16:03 | Kristie Leybourne    | Blackpool Wyre & Fylde AC       |
| 27  | 970    | 00:16:03 | Rachel Robinson      | Scunthorpe & District AC        |
| 28  | 958    | 00:16:06 | Zara Farnell         | Royal Sutton Coldfield AC       |
| 29  | 1017   | 00:16:08 | Melissa Newbery      | Thames Valley Harriers          |
| 30  | 791    | 00:16:10 | Laura Condron        | Colchester & Tendring AC        |
| 31  | 850    | 00:16:13 | Rosie Stuart         | Keswick AC                      |
| 32  | 900    | 00:16:14 | Gemma Astin          | Manx Harriers                   |
| 33  | 999    | 00:16:15 | Bryony Pearce        | Stockport Harriers AC           |
| 34  | 765    | 00:16:17 | Zoe Hawkins          | Charnwood AC                    |
| 35  | 701    | 00:16:18 | Laura Alexander High | Aldershot Farnham & District AC |
| 36  | 1007   | 00:16:20 | Aiya Abe             | Team Southampton                |
| 37  | 1045   | 00:16:21 | Amy Talbot           | Warrington AC                   |
| 38  | 998    | 00:16:22 | Lucy McLoughlin      | Stockport Harriers AC           |
| 39  | 842    | 00:16:25 | Briney Harris        | Hull Achilles AC                |
| 40  | 951    | 00:16:29 | Robyn Lanceley       | Rotherham Harriers & AC         |
| 41  | 858    | 00:16:31 | Jodie Spencer        | Kingston Upon Hull AC           |
| 42  | 891    | 00:16:31 | Alex Sharp           | Louth AC                        |
| 43  | 718    | 00:16:35 | Tamara Armoush       | Amber Valley AC                 |
| 44  | 1028   | 00:16:35 | Megan Brickell       | Tonbridge AC                    |
| 45  | 1041   | 00:16:37 | Cathy Stringer       | Vale Royal AC                   |
| 46  | 957    | 00:16:37 | Sarah Davis          | Royal Sutton Coldfield AC       |
| 47  | 753    | 00:16:38 | Oriel Hardman        | Bolton United Harriers & AC     |
| 48  | 1075   | 00:16:39 | S Burgin             | Winchester & District AC        |
| 49  | 855    | 00:16:41 | Laura Jane Day       | Kingston Upon Hull AC           |
| 50  | 1014   | 00:16:43 | Olivia Bryant        | Thames Valley Harriers          |
| 51  | 764    | 00:16:45 | Johanna Gurney       | Charnwood AC                    |
| 52  | 840    | 00:16:46 | April Stevenson      | Horwich RMI Harriers            |

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|     |      |          |                      |                                   |
|-----|------|----------|----------------------|-----------------------------------|
| 53  | 1059 | 00:16:49 | Georja Busetto       | Wirral AC                         |
| 54  | 818  | 00:16:51 | Kate Russell         | Hallamshire Harriers              |
| 55  | 1022 | 00:16:56 | Katie Harper         | Tipton Harriers                   |
| 56  | 852  | 00:16:56 | Hayley Hunn          | Kettering Town Harriers           |
| 57  | 954  | 00:16:57 | Laura Spence         | Rotherham Harriers & AC           |
| 58  | 865  | 00:16:58 | Sophie Waterhouse    | Leeds City AC                     |
| 59  | 996  | 00:17:03 | Leah Kay             | Stockport Harriers AC             |
| 60  | 911  | 00:17:04 | Natalie Young        | Morpeth Harriers & AC             |
| 61  | 975  | 00:17:06 | Alice Keane          | Shaftesbury Barnet Harriers       |
| 62  | 985  | 00:17:07 | Emily Burgess        | Southend AC                       |
| 63  | 827  | 00:17:10 | Vanessa Brann        | Hereford & County AC              |
| 64  | 702  | 00:17:12 | Claire Arnold        | Aldershot Farnham & District AC   |
| 65  | 728  | 00:17:13 | Samantha Cutler      | Bedford & County AC               |
| 66  | 870  | 00:17:16 | Hannah Warburton     | Leigh Harriers & AC               |
| 67  | 944  | 00:17:19 | Emma Flanagan        | Rossendale Harriers & AC          |
| 68  | 725  | 00:17:19 | Sophie Smith         | Basingstoke & Mid Hants AC        |
| 69  | 859  | 00:17:20 | Michelle Stone       | Kingston Upon Hull AC             |
| 70  | 794  | 00:17:20 | Ella Neale           | Colchester Harriers AC            |
| 71  | 923  | 00:17:23 | Claire Waring        | Notts AC                          |
| 72  | 898  | 00:17:23 | Lucy Smith           | Mansfield Harriers & AC - No Vest |
| 73  | 866  | 00:17:24 | Louise Monk          | Leicester Coritanian AC           |
| 74  | 1036 | 00:17:28 | Sarah Johnson        | Trentham RC                       |
| 75  | 789  | 00:17:28 | Michaela Brolly      | Clayton-Le-Moors Harriers         |
| 76  | 1011 | 00:17:29 | Cerian Lancaster     | Telford AC                        |
| 77  | 712  | 00:17:29 | Sam Prier            | Aldershot Farnham & District AC   |
| 78  | 857  | 00:17:30 | Lauren Havercroft    | Kingston Upon Hull AC             |
| 79  | 881  | 00:17:30 | Olivia Desborough    | Liverpool Harriers & AC           |
| 80  | 788  | 00:17:35 | Jenny Parker         | City of York AC                   |
| 81  | 904  | 00:17:36 | Fiona Gilbert        | Matlock AC                        |
| 82  | 751  | 00:17:38 | Hannah Darby         | Bolton United Harriers & AC       |
| 83  | 770  | 00:17:38 | Victoria Hayes       | Chelmsford AC                     |
| 84  | 880  | 00:17:38 | Megan Davies         | Liverpool Harriers & AC           |
| 85  | 772  | 00:17:41 | Katie Ann Tuttlebury | Chelmsford AC                     |
| 86  | 914  | 00:17:42 | Charlotte Hinch      | Nene Valley Harriers              |
| 87  | 724  | 00:17:42 | Katie Smith          | Basingstoke & Mid Hants AC        |
| 88  | 837  | 00:17:43 | Bethany Pettit       | Holmfirth Harriers AC             |
| 89  | 761  | 00:17:44 | Rachel Atherton      | Cannock & Stafford AC             |
| 90  | 741  | 00:17:44 | Rachel Searson       | Blackburn Harriers                |
| 91  | 1060 | 00:17:45 | Rebecca Hannah       | Wirral AC                         |
| 92  | 905  | 00:17:46 | Zoe Armstrong        | Morpeth Harriers & AC             |
| 93  | 833  | 00:17:47 | Julia Wedmore        | Herne Hill Harriers               |
| 94  | 1061 | 00:17:48 | Emily Murphy         | Wirral AC                         |
| 95  | 1080 | 00:17:48 | Megan Rothman        | Leamington C & AC                 |
| 96  | 1031 | 00:17:49 | Vicky Rukin          | Tonbridge AC                      |
| 97  | 1040 | 00:17:52 | Katie Howard         | Vale Royal AC                     |
| 98  | 899  | 00:17:53 | Emma Wilkinson       | Mansfield Harriers & AC           |
| 99  | 816  | 00:17:53 | Bethany Young        | Halesowen AC                      |
| 100 | 1027 | 00:17:54 | Sophie Ward          | Tipton Harriers                   |
| 101 | 1034 | 00:17:55 | Catherine Symons     | Tonbridge AC                      |
| 102 | 766  | 00:17:56 | Emily Milodowski     | Charnwood AC                      |
| 103 | 908  | 00:17:57 | Deborah Oakley       | Morpeth Harriers & AC             |
| 104 | 978  | 00:17:57 | Sophie Proffitt      | Shaftesbury Barnet Harriers       |
| 105 | 835  | 00:17:58 | Amy McGivern         | Holmfirth Harriers AC             |

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|     |      |          |                   |                                     |
|-----|------|----------|-------------------|-------------------------------------|
| 106 | 862  | 00:17:59 | Claire Pogson     | Lancaster & Morecambe AC            |
| 107 | 1033 | 00:18:08 | Clemmie Swift     | Tonbridge AC                        |
| 108 | 1024 | 00:18:09 | Sophie Lynch      | Tipton Harriers                     |
| 109 | 877  | 00:18:10 | Holly Haywood     | Lincoln Wellington AC               |
| 110 | 1064 | 00:18:10 | Jessica Docking   | Woodford Green AC with Essex Ladies |
| 111 | 730  | 00:18:12 | Amber Wright      | Bedford & County AC                 |
| 112 | 705  | 00:18:13 | Hannah Barefield  | Aldershot Farnham & District AC     |
| 113 | 1032 | 00:18:13 | Rachael Salway    | Tonbridge AC                        |
| 114 | 821  | 00:18:14 | Rachel Wilkie     | Hallamshire Harriers                |
| 115 | 1079 | 00:18:15 | Emma Fulcher      | Leamington C & AC                   |
| 116 | 805  | 00:18:15 | Hannah Pollak     | Ealing Southall & Middx. AC         |
| 117 | 1044 | 00:18:16 | Louise Sullivan   | Warrington AC                       |
| 118 | 959  | 00:18:17 | Emma Overy        | Royal Sutton Coldfield AC           |
| 119 | 1037 | 00:18:17 | Sophie Axford     | Vale Royal AC                       |
| 120 | 817  | 00:18:20 | Nicola Birch      | Hallamshire Harriers                |
| 121 | 799  | 00:18:20 | Charlotte Hingley | Derby AC                            |
| 122 | 1000 | 00:18:28 | Amber Whewell     | Stockport Harriers AC               |
| 123 | 993  | 00:18:29 | Samantha Sheldon  | Staffordshire Moorlands AC          |
| 124 | 1042 | 00:18:33 | Sarah Griffiths   | Warrington AC                       |
| 125 | 883  | 00:18:37 | Louise Forde      | Liverpool Harriers & AC             |
| 126 | 1035 | 00:18:37 | Katie Milner      | Trafford AC                         |
| 127 | 785  | 00:18:39 | Cloe Green        | City of Stoke AC                    |
| 128 | 1062 | 00:18:44 | Rachel Patterson  | Wirral AC                           |
| 129 | 727  | 00:18:45 | Sarah Caunt       | Bedford & County AC                 |
| 130 | 709  | 00:18:46 | Susanna Ditton    | Aldershot Farnham & District AC     |
| 131 | 942  | 00:18:51 | Hayleigh Wood     | Reading AC                          |
| 132 | 798  | 00:18:52 | Elizabeth Hill    | Derby AC                            |
| 133 | 823  | 00:18:52 | Jessica Edge      | Harborough AC                       |
| 134 | 1029 | 00:18:56 | Jess Owen         | Tonbridge AC                        |
| 135 | 988  | 00:19:08 | Sarah Peacock     | Spensborough AC                     |
| 136 | 1072 | 00:19:09 | Jenny Smith       | Wreake Runners                      |
| 137 | 793  | 00:19:13 | Phoebe May        | Colchester Harriers AC              |
| 138 | 742  | 00:19:13 | Melanie Taylor    | Blackburn Harriers                  |
| 139 | 976  | 00:19:13 | Emma Layton       | Shaftesbury Barnet Harriers         |
| 140 | 754  | 00:19:13 | Emma Chapman      | Bristol & West AC                   |
| 141 | 892  | 00:19:13 | Rosie Keane       | Luton AC                            |
| 142 | 938  | 00:19:14 | Katherine Jones   | Reading AC                          |
| 143 | 943  | 00:19:16 | Rosie Adams       | Richmond & Zetland Harriers         |
| 144 | 851  | 00:19:16 | Kelly Barnett     | Kettering Town Harriers             |
| 145 | 1082 | 00:19:17 | Faye Barr         | Leamington C & AC                   |
| 146 | 895  | 00:19:21 | Holly Blount      | Mansfield Harriers & AC             |
| 147 | 903  | 00:19:24 | Hayley Cameron    | Matlock AC                          |
| 148 | 1006 | 00:19:28 | Rosie Brown       | Team Bath AC                        |
| 149 | 878  | 00:19:31 | Katrina Sutcliff  | Lincoln Wellington AC               |
| 150 | 760  | 00:19:32 | Nathalie Richards | Cambridge & Coleridge               |
| 151 | 819  | 00:19:32 | Hayley Tranfield  | Hallamshire Harriers                |
| 152 | 769  | 00:19:32 | Rachael Chester   | Chelmsford AC                       |
| 153 | 896  | 00:19:34 | Gina Radford      | Mansfield Harriers & AC             |
| 154 | 991  | 00:19:36 | Georgia Greaves   | Staffordshire Moorlands AC          |
| 155 | 931  | 00:19:36 | Charlotte Kenny   | Peterborough AC                     |
| 156 | 1067 | 00:19:40 | Amelia Holford    | Woodford Green AC with Essex Ladies |
| 157 | 1003 | 00:19:40 | Elise Jinks       | Tamworth AC                         |
| 158 | 907  | 00:19:41 | Stevie Goodfellow | Morpeth Harriers & AC               |

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|     |      |          |                    |                                      |
|-----|------|----------|--------------------|--------------------------------------|
| 159 | 922  | 00:19:44 | Vicki McQueen      | Notts AC                             |
| 160 | 897  | 00:19:46 | Kate Raynor        | Mansfield Harriers & AC              |
| 161 | 945  | 00:19:51 | Francesca Gregory  | Rossendale Harriers & AC             |
| 162 | 758  | 00:19:52 | Zoe Bayley         | Buxton AC                            |
| 163 | 845  | 00:19:53 | Sammi Skinner      | Huntingdonshire AC                   |
| 164 | 839  | 00:19:56 | Bethan Faulkner    | Horwich RMI Harriers                 |
| 165 | 790  | 00:19:56 | Josie Condron      | Colchester & Tendring AC             |
| 166 | 997  | 00:19:57 | Sarah Kay          | Stockport Harriers AC                |
| 167 | 1020 | 00:19:59 | Natalie Davies     | Tipton Harriers                      |
| 168 | 721  | 00:20:06 | Kim Jenner         | Amber Valley AC                      |
| 169 | 1018 | 00:20:11 | Michaela Shaw      | Thames Valley Harriers               |
| 170 | 947  | 00:20:12 | Heather Parker     | Rossendale Harriers & AC             |
| 171 | 802  | 00:20:13 | Helena French      | Ealing Southall & Middx. AC          |
| 172 | 932  | 00:20:21 | Michelle Longman   | Peterborough AC                      |
| 173 | 990  | 00:20:23 | Amy Dean           | Staffordshire Moorlands AC           |
| 174 | 941  | 00:20:27 | Alice Wainwright   | Reading AC                           |
| 175 | 733  | 00:20:31 | Mary Donnelly      | Bexley AC                            |
| 176 | 719  | 00:20:33 | Cassie Blount      | Amber Valley AC                      |
| 177 | 808  | 00:20:36 | Chelsea Salisbury  | East Cheshire Harriers & Tameside AC |
| 178 | 1019 | 00:20:41 | Joanna Thom        | Thames Valley Harriers               |
| 179 | 768  | 00:20:44 | Kayleigh Beedon    | Chelmsford AC                        |
| 180 | 797  | 00:20:52 | Alicia Cliffe      | Derby AC                             |
| 181 | 1004 | 00:20:56 | Laura Lewis        | Tamworth AC                          |
| 182 | 994  | 00:20:56 | Kelsie Stair       | Staffordshire Moorlands AC           |
| 183 | 1013 | 00:20:57 | Stephanie Ainley   | Thames Valley Harriers               |
| 184 | 1005 | 00:21:10 | Amy Williams       | Tamworth AC                          |
| 185 | 731  | 00:21:12 | Jaime Binder       | Bexley AC                            |
| 186 | 930  | 00:21:19 | Rebecca Dale       | Peterborough AC                      |
| 187 | 820  | 00:21:19 | Rosie Upton        | Hallamshire Harriers                 |
| 188 | 720  | 00:21:29 | Emily Cotterill    | Amber Valley AC                      |
| 189 | 1071 | 00:22:21 | Alice Goodbourn    | Wreake Runners                       |
| 190 | 1030 | 00:22:28 | Stephanie Rukin    | Tonbridge AC                         |
| 191 | 906  | 00:23:32 | Sarah Bewick       | Morpeth Harriers & AC                |
| 192 | 872  | 00:23:41 | April Bontoft      | Lincoln Wellington AC                |
| 193 | 803  | 00:24:48 | Elizabeth Matthews | Ealing Southall & Middx. AC          |
| 194 | 917  | 00:25:18 | Amy Whitehurst     | Newcastle (Staffs) AC                |