

2013 National XC Senior Women

Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
1	0:29:31	Louise Damen	Winchester & District AC	102	0:36:54	Sarah Mackness	Telford AC	203	0:41:01	Katherine Howland	Lytham St Annes RRC
2	0:30:31	Sonia Samuels	Sale Harriers Manchester	103	0:36:56	Claire McManus	North Shields Polytechnic	204	0:41:01	Nicky Mowat	Wilmslow RC
3	0:30:40	Gemma Steel	Charnwood AC	104	0:36:56	Linda Howell	Bournville Harriers	205	0:41:04	Natasha Cendrowicz	Highgate Harriers
4	0:30:54	Emma Clayton	Bingley Harriers & AC	105	0:36:58	Julia Leventon	Trafford AC	206	0:41:04	Fiona Shenton	Elvet Striders
5	0:31:01	Olivia Walwyn-Bush	City Of Norwich AC	106	0:36:59	Aiveen Fox	Durham City Harriers & AC	207	0:41:05	Marianne Hensman	Bournville Harriers
6	0:31:06	Georgie Bruinvels	Aldershot Farnham & District AC	107	0:37:00	Julie Caddick	Tipton Harriers	208	0:41:05	Ilona Bagi	Serpentine RC
7	0:31:07	Juliet Doyle	Charnwood AC	108	0:37:01	Deb Blakeman	Wolverhampton & Bilston AC	209	0:41:06	Louise Kemp	Wellington & District AC
8	0:31:10	Frances Briscoe	Coventry Godiva Harriers	109	0:37:07	Laura Jardine	Heaton Harriers	210	0:41:07	Lauren Fawke	Folkestone RC
9	0:31:31	Lily Partridge	Aldershot Farnham & District AC	110	0:37:07	Ruth Ross	Hallamshire Harriers	211	0:41:08	Lisa Atkinson	Gateshead Harriers & AC
10	0:31:34	Katie Brough	Warrington AC	111	0:37:14	Amber-Sian Magee	Charnwood AC	212	0:41:11	Maggie Lorraine	Gateshead Harriers & AC
11	0:31:46	Emily Pidgeon	Aldershot Farnham & District AC	112	0:37:21	Heather Robinson	Jarrow & Hebburn AC	213	0:41:15	Judith Shotton	Sunderland Strollers
12	0:31:46	Claire Duck	Leeds City AC	113	0:37:22	Tracy Barlow	Thames Valley Harriers	214	0:41:18	Anna Blomfield	Rochdale Harriers & AC
13	0:31:51	Sarah Tunstal	Kendal AC	114	0:37:23	Hayley Cavill	Sale Harriers Manchester	215	0:41:23	Lindsey Chapman	Blyth RC
14	0:32:12	Lauren Deadman	Havering Mayesbrook AC	115	0:37:26	Mary Ferrier	Gateshead Harriers & AC	216	0:41:25	Vikki Hardwicke	Rossendale Harriers & AC
15	0:32:14	Katie Walshaw	Holmfirth Harriers AC	116	0:37:27	Kathryn Stuart	Sphinx AC	217	0:41:26	Jenny Thomas	Woodford Green AC with Essex Ladies
16	0:32:17	Steph Twell	Aldershot Farnham & District AC	117	0:37:29	Elspeht Storrar	London Heathside AC	218	0:41:30	Joanne Street	Sale Harriers Manchester
17	0:32:29	Tish Jones	Belgrave Harriers	118	0:37:32	Genevieve Brouke	Serpentine RC	219	0:41:33	Natalie Pullin	Birmingham Running Athletics & Tri
18	0:32:38	Samantha Johnson	Rotherham Harriers & AC	119	0:37:34	Sarah Lister	Blackhill Bounders	220	0:41:34	Helen Gallagher	South Shields Harriers & AC
19	0:32:40	Alison Greggor	Aldershot Farnham & District AC	120	0:37:34	Sophie Lovell	Leeds City AC	221	0:41:37	Katie Scott	Houghton Harriers & AC
20	0:32:42	Polly Keen	Havant AC	121	0:37:38	Kim Mcneaney	Wallasey AC	222	0:41:37	Jill Kisler	Sunderland Strollers
21	0:32:48	Elaine Murty	Blackheath & Bromley Harriers	122	0:37:39	Zara Hyde-Peters	Coventry Godiva Harriers	223	0:41:39	Phillippa James	Rotherham Harriers & AC
22	0:32:52	Lucy O'gorman	Sale Harriers Manchester	123	0:37:40	Carla Denny	Serpentine RC	224	0:41:39	Janine Ellis	Wilmslow RC
23	0:32:54	Lennie Waite	Aldershot Farnham & District AC	124	0:37:40	Cath Holden	Tipton Harriers	225	0:41:39	Louise Priestley	Blackhill Bounders
24	0:32:59	Claire Martin	Telford AC	125	0:37:41	Sharon Bulman	New Marske Harriers	226	0:41:40	Melanie Haughan	Saltwell Harriers
25	0:33:00	Louise Small	Aldershot Farnham & District AC	126	0:37:42	Michelle Avery	Sunderland Harriers & AC	227	0:41:42	Emma MacQueen	East Cheshire Harriers & Tameside AC
26	0:33:08	Nicole Roberts	Birchfield Harriers	127	0:37:42	Lowri Richards	Tonbridge AC	228	0:41:47	Kate Sergeant	Claremont RR & AC
27	0:33:10	Tamara Armouh	Birchfield Harriers	128	0:37:47	Sally Mhlanga	Chelmsford AC	229	0:41:49	Joan Clarke	Stourbridge RC
28	0:33:12	Jackie Fairchild	Trafford AC	129	0:37:48	Tania Hernandez **	Salford Harriers	230	0:41:51	Catherine Hall	Wirral AC
29	0:33:15	Dionne Allen	Leigh Harriers & AC	130	0:37:51	Kath Farquhar	Holmfirth Harriers AC	231	0:41:51	Rachel Gibson	Wolverhampton & Bilston AC
30	0:33:17	Jenny Jagger	Bristol & West AC	131	0:37:56	Hannah Griffiths	Trafford AC	232	0:41:51	Mariah Silva	Border Harriers & AC
31	0:33:19	Katie Good	Stockport Harriers & AC	132	0:37:59	Kerry Storrar	Barnsley AC	233	0:41:54	Sue Dicks	Loftus & Whitby AC
32	0:33:21	Tess Parkinson	Wolverhampton & Bilston AC	133	0:38:00	Sarah Flanagan	Eton Manor AC	234	0:41:59	Louise Blizzard	Belgrave Harriers
33	0:33:28	Charlotte Firth	Windsor Slough Eton & Hounslow AC	134	0:38:06	Caroline Mayers	Manx Harriers	235	0:42:00	Zoe Woodward	Eton Manor AC
34	0:33:28	Alex Snook	Jarrow & Hebburn AC	135	0:38:09	Jan Nicholls	Sale Harriers Manchester	236	0:42:01	Candy Hawkins	Ashford AC
35	0:33:36	Eleanor Fowler	Nuneaton Harriers	136	0:38:15	Jackie Halford	Wolverhampton & Bilston AC	237	0:42:03	Helen Grainger	Hallamshire Harriers
36	0:33:39	Zanthe Wray	Hallamshire Harriers	137	0:38:16	Helen Palmer	Serpentine RC	238	0:42:04	Diane Osborn	Tonbridge AC
37	0:33:44	Kelly Rushton	City Of Norwich AC	138	0:38:18	Sara Roberts	Bournville Harriers	239	0:42:09	Emma Dodd	Wharfedale Harriers
38	0:33:54	Amanda Crook	Southport Waterloo AC	139	0:38:20	Leanne Robertson	Blackhill Bounders	240	0:42:14	Charlotte Spencer	Claremont RR & AC
39	0:33:58	Bryony Proctor	Aldershot Farnham & District AC	140	0:38:22	Sue Phillips	Darlington Harriers & AC	241	0:42:21	Becky Clifton	Bridlington RR
40	0:33:59	Steph Burns	Rotherham Harriers & AC	141	0:38:25	Laura Johnson	Charnwood AC	242	0:42:22	Ashleigh Ewen	Kirkstall Harriers
41	0:34:07	Nicola Squires	Hallamshire Harriers	142	0:38:35	Rhiannon Silson	Border Harriers & AC	243	0:42:26	Caroline Ringrow	Serpentine RC
42	0:34:10	Nicola Rogers	Colchester Harriers AC	143	0:38:37	Emma Brown	Bridlington RR	244	0:42:31	Jill Bennett	Elswick Harriers
43	0:34:11	Suzie Richards	Leeds City AC	144	0:38:38	Kathryn Morgans	Wolverhampton & Bilston AC	245	0:42:33	Estelle Fenton	Tonbridge AC
44	0:34:12	Alana Gill	Bingley Harriers & AC	145	0:38:40	Hester Barsham-Rolf	Belgrave Harriers	246	0:42:34	Sharon Tansley	Valley Striders AC
45	0:34:13	Sue Rust	London Heathside AC	146	0:38:41	Sue Davies	Tipton Harriers	247	0:42:37	Juliet Percival	Elvet Striders
46	0:34:17	Rebecca Glover	Serpentine RC	147	0:38:45	Helen Ward	Serpentine RC	248	0:42:38	Vicky Felton	Barnsley AC
47	0:34:20	Natalie Farrow	Lincoln Wellington AC	148	0:38:47	Laura Denison	Serpentine RC	249	0:42:39	Claire Miller	London Heathside AC
48	0:34:22	Rachel Robinson	Aldershot Farnham & District AC	149	0:38:48	Sophie Marr	Tyne Bridge Harriers	250	0:42:39	Sarah Garrett	Saltwell Harriers
49	0:34:24	Alison Lavender	Oswestry Olympians	150	0:38:49	Carolyn Gaunt	Sheffield RC	251	0:42:39	Lisa Pettit	Serpentine RC
50	0:34:36	Kate Goodhead	Bristol & West AC	151	0:38:49	Laura Stenton	Hallamshire Harriers	252	0:42:44	Amanda Hardy	Mansfield Harriers
51	0:34:37	Sarah Pemberton	Serpentine RC	152	0:38:50	Jackie Keavney	Richmond & Zetland Harriers	253	0:42:47	Sara Habib	Kenilworth Runners
52	0:34:38	Marina Johnson	Serpentine RC	153	0:38:58	Marta Bagnati	Serpentine RC	254	0:42:49	Julie Delahaye-Slater	Bouville Harriers
53	0:34:50	Victoria Callaway	Charnwood AC	154	0:38:58	Linda Bone	South Shields Harriers & AC	255	0:42:51	Victoria Cocking	Bourne Town Harriers
54	0:34:56	Clare Mckeown	Border Harriers & AC	155	0:39:00	Alison Sugars	Stopsley Striders	256	0:42:51	Marie Drozdowicz	Elswick Harriers
55	0:34:58	Emma Holt	Morpeth Harriers & AC	156	0:39:01	Linda Noble	Darlington Harriers & AC	257	0:42:56	Cheryl Parkin	Low Fell RC
56	0:35:04	Helen Berry	Holmfirth Harriers AC	157	0:39:03	Claire Spencer	Kimberworth Striders	258	0:42:58	Fern Freeman	Durham City Harriers & AC
57	0:35:06	Alex Gounelas	Eton Manor AC	158	0:39:05	Tamara Ball	Bromsgrove & Redditch AC	259	0:42:59	Val Clarke	Darlington Harriers & AC
58	0:35:11	Elaine Leslie	Jarrow & Hebburn AC	159	0:39:11	Ashleigh Thorpe	Sunderland Strollers	260	0:43:00	Rebecca Forster	South Shields Harriers & AC
59	0:35:12	Amanda Vernon	Trentham RC	160	0:39:15	Kath Aspin	New Marske Harriers	261	0:43:06	Joanne Ellis	Crook & District AC
60	0:35:15	Isabel Brinsden	Epsom & Ewell Harriers	161	0:39:25	Andrea Banner	Elswick Harriers	262	0:43:06	Caroline Holmes	Crook & District AC
61	0:35:16	Jodie Spencer	Vale Royal AC	162	0:39:28	Jenny Brignall	Heaton Harriers	263	0:43:19	Carrie Creamer	Wolverhampton & Bilston AC
62	0:35:20	Linda Jackson	Woodford Green AC with Essex Ladies	163	0:39:33	Rachel Ball	Sunderland Strollers	264	0:43:26	Maresa Bell	Blackhill Bounders
63	0:35:21	Kate Spilsbury	Vale Royal AC	164	0:39:36	Sarah Knox	Serpentine RC	265	0:43:27	Angela Charlton	South Shields Harriers & AC
64	0:35:22	Becky Gardiner	Shaftesbury Barnet Harriers	165	0:39:37	Julia Jackson	Loftus & Whitby AC	266	0:43:30	Susan Davis	Elvet Striders
65	0:35:25	Amie Fithern	Tipton Harriers	166	0:39:39	Nina Cameron	Heaton Harriers	267	0:43:35	Spink Jane	Sedgefield Harriers
66	0:35:27	Charlotte Green	Bristol & West AC	167	0:39:42	Jemma-Louise Bell	Gateshead Harriers & AC	268	0:43:47	Alex Wardle	Woodford Green AC with Essex Ladies
67	0:35:30	Jess Fawcett	Rotherham Harriers & AC	168	0:39:44	Wanda Sanchez	London Heathside AC	269	0:43:53	Sandra Prosser	Darlington Harriers
68	0:35:31	Rachel Cave	Team Balancise AC	169	0:39:49	Sarah Lowery	Sheffield RC	270	0:43:53	Rosemary Wilson	Trentham RC
69	0:35:38	Emma Willits	City of York AC	170	0:39:53	Katie Lomas	Charnwood AC	271	0:43:57	Fiona Wilson	Richmond & Zetland Harriers
70	0:35:46	Lyndsay Clarke	Stockport Harriers & AC	171	0:39:57	Suzanne Gutcher	South Shields Harriers & AC	272	0:43:58	Nina Jensen	Claremont RR & AC
71	0:35:53	Sarah Griffiths	Leigh Harriers & AC	172	0:39:57	Christine Anthony	West Suffolk AC	273	0:43:58	Nicola Cumley	Bournville Harriers
72	0:35:55	Nannah Bateson	Lancaster & Morecambe AC	173	0:39:57	Bev Ganose	Altrincham & District AC	274	0:44:00	Judy Allison	Bridlington RR
73	0:35:59	Louisa Pickles	Wharfedale Harriers	174	0:40:02	Julie Wargent	Team Balancise AC	275	0:44:01	Leonie Clitherow	Bournville Harriers
74	0:36:01	Lauren Stewart	Woodford Green AC with Essex Ladies	175	0:40:05	Jessica Bass	Thames Valley Harriers	276	0:44:03	Roz Layton	Elvet Striders
75	0:36:02	Alison Dargie	Elswick Harriers	176	0:40:08	Esther Hope	City Of Norwich AC	277	0:44:03	Emma Avis	Tonbridge AC
76	0:36:06	Myshola Kirkham	Coventry Godiva Harriers	177	0:40:10	Marie Voice	Kenilworth Runners	278	0:44:05	Paula Atkinson	South Shields Harriers & AC
77	0:36:08	Claire Green	Pudsey & Bramley AC	178	0:40:13	Sarah Rock	Bournville Harriers	279	0:44:06	Lauren Davies	Sale Harriers Manchester
78	0:36:09	Maria Snell	Lancaster & Morecambe AC	179	0:40:14	Marie Synnott-Wells	Ranelagh Harriers	280	0:44:07	Jenna Maynard	Sunderland Strollers
79	0:36:12	Samantha Amend	Belgrave Harriers	180	0:40:15	Charlotte Stickings	Blackheath & Bromley Harriers	281	0:44:09	Hayley Masterman	Blyth RC
80	0:36:13	Sally Morley	Ilkley Harriers AC	181	0:40:15	Fiona Alexander	Ripley Running Club	282	0:44:10	Megan Bell	Elvet Striders
81	0:36:14	Angela Howe	London Heathside AC	182	0:40:18	Lucy Needham	Holmfirth Harriers AC	283	0:44:12	Karen Clark	Bourne Town Harriers
82	0:36:16	Victoria Crawford	Serpentine RC	183	0:40:27	Lucy Ellis	Great Western Runners	284	0:44:16	Ann Kitchen	Newark AC
83	0:36:17	Eloise Lee	Birmingham Running Athletics & Tri	184	0:40:29	Joanne Finch	Notts AC	285	0:44:19	Moyra Magowan	Sunderland Strollers
84	0:36:18	Sarah Kearney	Wirral AC	185	0:40:30	Jo Bolton	Kimberworth Striders	286	0:44:22	Alison Bone	South Shields Harriers & AC
85	0:36:20	Megan Ellis	Loftus & Whitby AC	186	0:40:32	Helen Grant	Cambridge & Coleridge AC	287	0:44:24	Pearl Bayford	Bridlington RR
86	0:36:20	Jenny Reed	Notts AC	187	0:40:33	Heather Christopher	Blyth RC	288	0:44:26	Helen Higgins	Sunderland Harriers & AC
87	0:36:21	Clare Thompson	Sheffield RC	188	0:40:36	Lucy Jefferies	Quakers RC	289	0:44:29	Catrina Turnbull	Great Western Runners
88	0:36:23	Gail Griffiths	Manx Harriers	189	0:40:38	Joanne Worboys-Ho	Denby Dale Travellers	290	0:44:32	Dianne Priestley	Kendal AC
89	0:36:24	Vikki Hayes	Chelmsford AC	190	0:40:39	Lorna Graham	Birtley AC	291	0:44:37	Rae Moorhouse	Wolverhampton & Bilston AC
90	0:36:27	Kelly Hewitson	Hallamshire Harriers	191	0:40:42	Mel Koth	Lytham St Annes RRC	292	0:44:41	Julie Cross	Claremont RR & AC
91	0:36:30	Jo Bradford	Leicester Coritanian AC	192	0:40:44	Hazel Davies	Keswick AAC	293	0:44:47	Diane Herrington	Scarborough AC
92	0:36:33	Josephine Rhodes	Belgrave Harriers	193	0:40:45	Jayne Mumford	Coventry Godiva Harriers	294	0:44:50	Hannah Fox	Wolverhampton & Bilston AC
93	0:36:35	Sam Ludlow Taylor	Serpentine RC	194	0:40:46	Claire Diamond-How	Low Fell RC	295	0:44:52	Kelly Bentley	Houghton Harriers & AC
94	0:36:36	Claire Robson	Hallamshire Harriers	195	0:40:49	Lisa Bennett	New Marske Harriers	296	0:44:57	Jude Glyn	Bournville Harriers
95	0:36:37	Julia Wedmore	Herne Hill Harriers	196	0:40:51	Penny Barber	Tipton Harriers	297	0:45:00	Jenny Friend	Heaton Harriers
96	0:36:43	Jennifer Bradley	Serpentine RC	197	0:40:52	Susanne Hunter	Blyth RC	298	0:45:01	Tracey Hulme	Wesham RR
97	0:36:45	Debbie Thomas	Trentham RC	198	0:40:52	Janine Ridgard	East Cheshire Harriers & Tameside AC	299	0:45:06	Catherine O'connor	Folkestone RC
98	0:36:46	Deanna Laforet	Serpentine RC	199	0:40:53	Rachel Bentley	Durham City Harriers & AC	300	0:45:11	Sarah Sherratt	Wesham RR
99	0:36:47	Catherine Charlton	Redhill RR	200	0:40:55	Abbie Smith	Middlesbrough & Cleveland Harriers	301	0:45:11	Susan Milburn	Aycliffe RC
100	0:36:51	Kate Malcolm	Eton Manor AC	201	0:40:56	Laura D'alby	Belgrave Harriers	302	0:45:15	Julie Richardson	Gateshead Harriers & AC
101	0:36:52	Fee Maycock	Belgrave Harriers	202	0:41:00	Nicola Woodward	Aurora Harriers	303	0:45:20	Amanda Hillary	Sheffield RC

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Pos	Time	Name	Club	Pos	Time	Name	Club	Pos	Time	Name	Club
304	0:45:23	Sofia Holder	Serpentine RC	405	0:54:10	Tracy Brown	Sedgefield Harriers				
305	0:45:24	Rachel Smith	Serpentine RC	406	0:54:24	Jill Stocks	Kirkstall Harriers				
306	0:45:32	Diane Baines	Sedgefield Harriers	407	0:54:55	Emma Freeman	Blyth RC				
307	0:45:32	Alison Booth	Derby AC	408	0:54:56	Helen Mullarkey	Saltwell Harriers				
308	0:45:35	Carol Beattie	Steel City Striders	409	0:55:13	Margaret Smith	Low Fell RC				
309	0:45:36	Joanne Hazell	Border Harriers & AC	410	0:55:15	Katrina D'Netto	Barnsley AC				
310	0:45:36	Ali Wilson	Border Harriers & AC	411	0:55:26	Jennifer Hall	Eton Manor AC				
311	0:45:40	Andrea Ansell	Middlesbrough & Cleveland Harriers	412	0:56:06	Emma Detchon	Elvet Striders				
312	0:45:41	Carol Palin	Loftus & Whitby AC	413	0:57:01	Christine Leathley	Clayton-Le-Moors Harriers				
313	0:45:41	Charlene Albinson	Loftus & Whitby AC	414	0:57:19	Laura Tedstone	Aurora Harriers				
314	0:45:45	Val Metcalf	Serpentine RC	415	0:57:25	Victoria Taylor	Hyde Park Harriers				
315	0:46:05	Carolyn Hirons	Wilmslow RC	416	0:57:52	Antoinette Franco	Ripley Running Club				
316	0:46:07	Christine Hearmon	Sedgefield Harriers	417	0:58:03	Jan Brookes	Wolverhampton & Bilston AC				
317	0:46:08	Penel Fixter	Herne Hill Harriers	418	0:58:19	Debbie McRory	Claremont RR & AC				
318	0:46:10	Angela Forte	Ripley Running Club	419	0:58:24	Ann Cherry	East Cheshire Harriers & Tameside AC				
319	0:46:12	Debs Goddard	Elvet Striders	420	0:59:52	Susan Allen	Clayton-Le-Moors Harriers				
320	0:46:12	Shamiso Sisimayi	Kirkstall Harriers	421	1:00:08	Sarah Everett	Denby Dale Travellers				
321	0:46:13	Carmel Harrison	Rothwell Harriers	422	1:00:11	Helen Boyer	Preston Harriers				
322	0:46:15	Jill Phillips	Trentham RC	423	1:02:08	Sue Jennings	Elvet Striders				
323	0:46:17	Katy Walton	Elvet Striders	424	1:03:35	Dawn Lock	Lytham St Annes RRC				
324	0:46:18	Catherine Mills	Great Western Runners	425	1:04:25	Joanne Richardson	Elvet Striders				
325	0:46:20	Lisa Walker	Tyne Bridge Harriers	426	1:05:08	Ruby Ooi	Stourbridge RC				
326	0:46:28	Stef Barlow	Elvet Striders	427	1:08:38	Heather Aston	Leamington Cycling & Athletic Club				
327	0:46:30	Ashleigh Little	South Shields Harriers & AC								
328	0:46:31	Lisa Oliver	South Shields Harriers & AC								
329	0:46:35	Karen Brooks	Wolverhampton & Bilston AC								
330	0:46:45	Claire Bruce	Morpeth Harriers & AC								
331	0:46:55	Jan Young	Elvet Striders								
332	0:46:59	Claire Wilkinson	Denby Dale Travellers								
333	0:47:01	Teresa Douglas	Border Harriers & AC								
334	0:47:04	Sue Exon	Trafford AC								
335	0:47:06	Marion Muir	Kirkstall Harriers								
336	0:47:07	Kay Richardson	Aurora Harriers								
337	0:47:08	Helen Morris	Blyth RC								
338	0:47:11	Tracey Birbeck	Crook & District AC								
339	0:47:11	Fiona Marley-Paners	Elswick Harriers								
340	0:47:16	Marie Walker	Sedgefield Harriers								
341	0:47:17	Sheela Kennedy	Kenilworth Runners								
342	0:47:20	Tracey Emmett	South Shields Harriers & AC								
343	0:47:27	Val Baxter	Birtley AC								
344	0:47:30	Laura MacDonald	Barnsley AC								
345	0:47:38	Anne-Marie Shiels	Jarrow & Hebburn AC								
346	0:47:39	Christine Somers	Serpentine RC								
347	0:47:39	Wendy Bake	Aycliffe RC								
348	0:47:53	Diane Kitchen	Ilkley Harriers AC								
349	0:47:54	Helen Whitney	New Marske Harriers								
350	0:48:01	Lucy Eland	Claremont RR & AC								
351	0:48:07	Janet Mee	Leamington Cycling & Athletic Club								
352	0:48:13	Sharon Lamont	Wallasey AC								
353	0:48:33	Vicki Thompson	Jarrow & Hebburn AC								
354	0:48:37	Michaela Sill	Rothwell Harriers								
355	0:48:37	Fiona Geldard	Lytham St Annes RRC								
356	0:48:48	Natalie Ohlson	Tyne Bridge Harriers								
357	0:48:53	Rebecca Turnbull	Aurora Harriers								
358	0:48:58	Amanda Taylor	Crook & District AC								
359	0:49:02	Amber Torrington	Askern District RC								
360	0:49:11	Carol Blower	Leamington Cycling & Athletic Club								
361	0:49:15	Jess Carroll	Wolverhampton & Bilston AC								
362	0:49:19	Paula Dodds	Houghton Harriers & AC								
363	0:49:25	Barbara Dick	Elvet Striders								
364	0:49:29	Jean Bradley	Elvet Striders								
365	0:49:32	Shelley McCormat	Aycliffe RC								
366	0:49:37	Heather Barrass	Blyth RC								
367	0:49:40	Lianne Brooks	Harborough AC								
368	0:49:43	Melanie Rogers	South Shields Harriers & AC								
369	0:49:45	Sigrid Stangl	Serpentine RC								
370	0:49:50	Susan Clughen	Sunderland Harriers & AC								
371	0:49:51	Mary Martin	Claremont RR & AC								
372	0:49:58	Anne Middleton	Denby Dale Travellers								
373	0:50:06	Tina Eke	Folkestone RC								
374	0:50:09	Diane Mcardle	Wallasey AC								
375	0:50:28	Penny Johnson	Aycliffe RC								
376	0:50:39	Hannah Creamer	Wolverhampton & Bilston AC								
377	0:50:42	Zoe Yeomans	Stourbridge RC								
378	0:50:45	Denise Ramsden	Rothwell Harriers								
379	0:50:49	Greta Jones	Elvet Striders								
380	0:50:52	Melenie Proud	Lancaster & Morecambe AC								
381	0:50:54	Lynda Hargreaves	Wharfedale Harriers								
382	0:51:09	Rachel Brittle	Eton Manor AC								
383	0:51:15	Rosaund Bedford	Denby Dale Travellers								
384	0:51:15	Carol Sharratt	Hatton Darts								
385	0:51:24	Elise Wiegmann	South Shields Harriers & AC								
386	0:51:30	Jill Sexton	New Marske Harriers								
387	0:51:34	Julie Elmes	Ilkley Harriers AC								
388	0:51:38	Trish Morgan	Wolverhampton & Bilston AC								
389	0:51:49	Taryn Talbot	Great Western Runners								
390	0:51:54	Hannah Gill	Low Fell RC								
391	0:51:56	Faye Holden	Pendle AC								
392	0:52:05	Patricia White	South Shields Harriers & AC								
393	0:52:21	Kim Gardiner	Folkestone RC								
394	0:52:58	Janice Cobley	Lytham St Annes RRC								
395	0:53:09	Carol Williams	Vale Royal AC								
396	0:53:35	Pauline Dable	Kenilworth Runners								
397	0:53:43	Gemma Dixon	Sunderland Strollers								
398	0:53:43	Lesley Foster	Sunderland Strollers								
399	0:53:44	Anne Bennett	Barnsley AC								
400	0:53:46	Vickie Halse	Low Fell RC								
401	0:53:48	Pam Binns	Lytham St Annes RRC								
402	0:53:50	Stephanie Vaatz	Serpentine RC								
403	0:53:54	Nina Birch	Wilmslow RC								
404	0:54:00	Tracey Warrior	Aycliffe RC								

Team Results:

Pos	Points	Team / Club	Placings
1	42	Aldershot Farnham & District AC	(6 9 11 16)
2	174	Charnwood AC	(3 7 53 111)
3	231	Serpentine RC	(46 51 52 82)
4	261	Hallamshire Harriers	(36 41 90 94)
5	273	Sale Harriers Manchester	(2 22 114 135)
6	289	Belgrave Harriers	(17 79 92 101)
7	348	Rotherham Harriers & AC	(18 40 67 223)
8	383	Holmfirth Harriers AC	(15 56 130 182)
9	399	Coventry Godiva Harriers	(8 76 122 193)
10	411	London Heathside AC	(45 81 117 168)
11	420	Wolverhampton & Bilston AC	(32 108 136 144)
12	442	Tipton Harriers	(65 107 124 146)
13	525	Eton Manor AC	(57 100 133 235)
14	549	Jarrow & Hebburn AC	(34 58 112 345)
15	598	Trafford AC	(28 105 131 334)
16	621	Woodford Green AC with Essex L	(62 74 217 268)
17	627	Bournville Harriers	(104 138 178 207)
18	705	Gateshead Harriers & AC	(115 167 211 212)
19	709	Sheffield RC	(87 150 169 303)
20	734	Heaton Harriers	(109 162 166 297)
21	736	Elswick Harriers	(75 161 244 256)
22	737	Border Harriers & AC	(54 142 232 309)
23	747	Blackhill Bounders	(119 139 225 264)
24	748	Trentham RC	(59 97 270 322)
25	757	Sunderland Strollers	(159 163 213 222)
26	795	Loftus & Whitby AC	(85 165 233 312)
27	805	South Shields Harriers & AC	(154 171 220 260)
28	829	New Marske Harriers	(125 160 195 349)
29	880	Blyth RC	(187 197 215 281)
30	887	Tonbridge AC	(127 238 245 277)
31	945	Bridlington RR	(143 241 274 287)
32	995	Elvet Striders	(206 247 266 276)
33	1032	Claremont RR & AC	(228 240 272 292)
34	1123	Barnsley AC	(132 248 344 399)
35	1143	Lytham St Annes RRC	(191 203 355 394)
36	1146	Wilmslow RC	(204 224 315 403)
37	1167	Kenilworth Runners	(177 253 341 396)
38	1185	Great Western Runners	(183 289 324 389)
39	1219	Crook & District AC	(261 262 338 358)
40	1229	Sedgefield Harriers	(267 306 316 340)
41	1241	Low Fell RC	(194 257 390 400)
42	1275	Folkestone RC	(210 299 373 393)
43	1276	Denby Dale Travellers	(189 332 372 383)
44	1303	Kirkstall Harriers	(242 320 335 406)
45	1309	Aurora Harriers	(202 336 357 414)
46	1388	Aycliffe RC	(301 347 365 375)