

National Cross Country Relays - Senior Women (3x3k)

1 Belgrave Harriers		921	00:30:11.500
	921 Kate Axford	00:09:57.550 (1)	
	921 Gemma Astin	00:10:04.700 (3)	
2 Aldershot Farnham & District	921 Sarah Astin	00:10:09.250 (2)	
		913	00:30:51.250
	913 Lauren Hall	00:10:00.300 (2)	
3 Aldershot Farnham & District B	913 Louise Small	00:10:36.300 (7)	
	913 Amy Griffiths	00:10:14.650 (3)	
		914	00:31:23.700
4 Leeds City Athletic Club	914 Kate Estlea-Morris	00:10:37.700 (10)	
	914 Niamh Brown	00:09:55.450 (1)	
	914 Millie Jordan-Lee	00:10:50.550 (8)	
5 Cambridge & Coleridge AC		990	00:31:47.950
	990 Heather Townsend	00:10:46.600 (18)	
	990 Eleanor Curran	00:10:29.150 (5)	
6 Leeds City Athletic Club C	990 Georgia Malir	00:10:32.200 (6)	
		936	00:31:51.450
	936 Louise Shanahan	00:10:10.350 (4)	
7 City Of Norwich AC	936 Katie Lowery	00:10:31.150 (6)	
	936 Ellen Leggate	00:11:09.950 (13)	
		992	00:32:20.700
8 Reading AC	992 Sarah Potter	00:10:57.950 (26)	
	992 Bethan Morley	00:09:57.800 (2)	
	992 Katrina Ballantyne	00:11:24.950 (15)	
9 Loughborough Students AC		942	00:32:28.550
	942 Megan Gadsby	00:10:23.900 (5)	
	942 Sophie Peach	00:11:43.150 (27)	
10 Belgrave Harriers B	942 Kate Willis	00:10:21.500 (5)	
		1021	00:32:33.250
	1021 Lauren Church	00:10:26.000 (6)	
11 Durham City Harriers & AC	1021 Emma Howsham	00:10:56.800 (12)	
	1021 Victoria Hiscock	00:11:10.450 (14)	
		1000	00:32:41.150
12 Bracknell AC	1000 Jessica Norkett	00:10:51.000 (22)	
	1000 Charlotte Dannatt	00:10:43.550 (9)	
	1000 Holly Fisher	00:11:06.600 (12)	
13 Blackheath & Bromley Harriers AC		922	00:32:43.200
	922 Kristina Popadich	00:10:55.550 (25)	
	922 Lea Adamson	00:10:47.500 (10)	
14 University of Birmingham AC and Cross Country Club	922 Felicity Harrison	00:11:00.150 (10)	
		950	00:33:24.300
	950 Jasmine Wood	00:10:46.750 (20)	
15 Kendal Amateur Athletic Club	950 Louise Mitchell	00:11:09.800 (15)	
	950 Nicole Burlinson	00:11:27.750 (17)	
		933	00:33:27.100
16 Hallamshire Harriers Sheffield	933 Amelia Wills	00:11:02.600 (28)	
	933 Lottie Ambridge	00:12:17.200 (36)	
	933 Amelia Quirk	00:10:07.300 (1)	
17 Highgate Harriers		930	00:33:31.100
	930 Chloe Sharp	00:10:42.150 (12)	
	930 Morgan Squibb	00:10:56.200 (11)	
18 University of Birmingham AC and Cross Country Club	930 Jessica Keene	00:11:52.750 (23)	
		1064	00:33:36.600
	1064 Elsa Palmer	00:10:40.000 (11)	
19 Kendal Amateur Athletic Club	1064 Charlotte Vaughan	00:11:30.800 (22)	
	1064 Freya Bennett	00:11:25.800 (16)	
		985	00:34:08.350
20 Hallamshire Harriers Sheffield	985 Lilian Lewis	00:11:12.300 (34)	
	985 Rebecca Robinson	00:11:23.250 (18)	
	985 Rosie Woodhams	00:11:32.800 (18)	
21 Highgate Harriers		965	00:34:12.200
	965 Lauren McNeil	00:10:29.100 (8)	
	965 Charlotte Slack	00:11:49.950 (28)	
22 Highgate Harriers	965 Catherine Allen	00:11:53.150 (24)	
		973	00:34:18.550
	973 Yasmin Goater	00:11:26.700 (42)	
23 Highgate Harriers	973 Hannah Viner	00:11:03.050 (13)	

National Cross Country Relays - Senior Women (3x3k)

	973 Ashley Scott-Wilson	00:11:48.800 (22)	
18 Thames Valley Harriers		1055	00:34:29.100
	1055 Charlotte Buckley	00:10:53.950 (23)	
	1055 Sarah Short	00:11:25.050 (20)	
	1055 Lydia Blythe	00:12:10.100 (31)	
19 Wakefield District H & AC		1067	00:34:30.700
	1067 Abbey Brooke	00:10:55.400 (24)	
	1067 Suzanne Brooke	00:11:50.800 (29)	
	1067 Libby Greatorex	00:11:44.500 (20)	
20 Herne Hill Harriers		969	00:34:30.900
	969 Leonie Biemolt	00:11:29.650 (43)	
	969 Sophie Tooley	00:11:15.000 (16)	
	969 Kaitlin Hewitt	00:11:46.250 (21)	
21 Sale Harriers Manchester		1037	00:34:36.750
	1037 Emma Finney	00:12:56.250 (73)	
	1037 Aine Cunningham	00:11:23.450 (19)	
	1037 Megan Davies	00:10:17.050 (4)	
22 Holmfirth Harriers AC		978	00:34:43.850
	978 Ruby Sykes	00:11:11.800 (33)	
	978 Julia Jagger	00:11:32.550 (23)	
	978 Helena Croft	00:11:59.500 (28)	
23 Bedford & County AC		916	00:34:52.700
	916 Tia Wilson	00:10:10.300 (3)	
	916 Lauren Nichols	00:11:30.200 (21)	
	916 Emma Smith	00:13:12.200 (47)	
24 Tonbridge Ac		1058	00:34:59.700
	1058 Annabel Carter	00:11:40.350 (50)	
	1058 Katie Goodge	00:11:36.600 (24)	
	1058 Polly Pitcairn-Knowles	00:11:42.750 (19)	
25 Belgrave Harriers C		923	00:35:08.100
	923 Karen Xiang	00:11:23.450 (41)	
	923 Emma Gordon	00:11:38.450 (25)	
	923 Clementine Cooper	00:12:06.200 (29)	
26 Birchfield Harriers		926	00:35:15.050
	926 Meghan Beesley	00:12:11.950 (58)	
	926 Sarah McDonald	00:10:27.450 (4)	
	926 Danel Jansen Van Rensburg	00:12:35.650 (36)	
27 Manchester Harriers & AC		1001	00:35:19.150
	1001 Beth Barlow	00:10:44.400 (15)	
	1001 Georgia Fazakerley	00:12:14.650 (34)	
	1001 Alice Stiles	00:12:20.100 (33)	
28 St Theresa's A.C.		1046	00:35:31.150
	1046 Sarah Kemshall	00:11:17.000 (36)	
	1046 Emma Ballantyne	00:12:15.800 (35)	
	1046 Jane Grant	00:11:58.350 (27)	
29 Wolverhampton & Bilston		1074	00:35:42.100
	1074 Maddalena Mastrodonardo	00:11:35.250 (44)	
	1074 Holly Baddeley	00:12:12.150 (33)	
	1074 Bethany Tabor	00:11:54.700 (25)	
30 Hallamshire Harriers Sheffield B		966	00:35:59.500
	966 Laura Robertson	00:11:05.500 (31)	
	966 Ellie Crownshaw	00:12:58.500 (46)	
	966 Nicola Squires	00:11:55.500 (26)	
31 Warriors Pentathlon & Athletic Club		1071	00:36:15.450
	1071 Gabrielle Phelan	00:11:46.250 (53)	
	1071 Joanne Yorke	00:13:26.900 (57)	
	1071 Emily Haggard Kearney	00:11:02.300 (11)	
32 Rotherham Harriers And Ac		1030	00:36:25.800
	1030 Mya Taylor	00:11:23.150 (40)	
	1030 Natasha Hatswell	00:10:40.700 (8)	
	1030 Naomi Clegg	00:14:21.950 (61)	
33 Mansfield Harriers		1002	00:36:35.750
	1002 Paige Roadley	00:12:35.200 (68)	
	1002 Cristina Dinescu	00:13:06.300 (50)	
	1002 Libby Coleman	00:10:54.250 (9)	
34 Charnwood A C		938	00:36:38.500
	938 Hannah Seager	00:10:43.350 (14)	

National Cross Country Relays - Senior Women (3x3k)

	938 Alison Foord	00:15:10.250 (86)		
	938 Juliet Potter	00:10:44.900 (7)		
35 Newark AC			1009	00:36:47.650
	1009 Amber Owens	00:11:57.400 (55)		
	1009 Rebecca Taylor	00:11:52.250 (30)		
	1009 Alison Monaghan	00:12:58.000 (41)		
36 Holmfirth Harriers AC B			979	00:36:48.400
	979 Claire Leaver-Hewitt	00:12:23.200 (61)		
	979 Erica Byram	00:11:55.000 (31)		
	979 Joanne Jones	00:12:30.200 (35)		
37 Elswick Harriers			954	00:36:51.100
	954 Sophie Pikett	00:10:47.300 (21)		
	954 Justina Heslop	00:11:39.650 (26)		
	954 Andrea Banner	00:14:24.150 (62)		
38 Steel City Striders Rc			1047	00:37:00.450
	1047 Caroline Brock	00:11:46.050 (52)		
	1047 Kate Scott	00:13:07.800 (51)		
	1047 Simone Young-Alls	00:12:06.600 (30)		
39 Tamworth AC			1053	00:37:08.250
	1053 Erin Bush	00:11:55.750 (54)		
	1053 Rebecca Hobbs	00:12:45.600 (44)		
	1053 Abby Halcarz	00:12:26.900 (34)		
40 St Albans Striders			1044	00:37:15.600
	1044 Keira Stern	00:10:46.000 (17)		
	1044 Lily Seach	00:12:18.500 (37)		
	1044 Deborah Steer	00:14:11.100 (56)		
41 Wirral AC			1073	00:37:16.600
	1073 Fiona Nuttall	00:11:38.850 (47)		
	1073 Lucy Hignett	00:13:26.750 (56)		
	1073 Isabel Hodder	00:12:11.000 (32)		
42 Trafford Athletic Club			1060	00:37:28.950
	1060 Kate Meeson	00:12:02.150 (56)		
	1060 Zoe Storr	00:12:35.550 (41)		
	1060 Isobel Robinson	00:12:51.250 (38)		
43 Rushcliffe AC			1035	00:37:39.200
	1035 Maya Todd McIntyre	00:10:45.300 (16)		
	1035 Cheralynne Todd McIntyre	00:13:48.550 (62)		
	1035 Katherine Malone-Brumfitt	00:13:05.350 (44)		
44 Derby Athletic Club			946	00:37:39.800
	946 Rebecca Miller	00:11:36.050 (45)		
	946 Daisy Jeffries-Williams	00:13:09.500 (52)		
	946 Lillie Jeffries-Williams	00:12:54.250 (40)		
45 Liverpool Harriers & AC B			1083	00:38:31.800
	1083 Laura Quine	00:11:20.800 (39)		
	1083 Emelia Smith	00:14:08.850 (72)		
	1083 Ella McMutrie	00:13:02.150 (43)		
46 Daventry AAC			945	00:38:37.250
	945 Kelly Barnett	00:11:39.800 (49)		
	945 Elana Alberly	00:12:19.150 (38)		
	945 Louise Brooker	00:14:38.300 (66)		
47 East Cheshire Harriers & Tameside Ac			951	00:38:47.550
	951 Entrant A951	00:13:03.000 (75)		
	951 Entrant B951	00:12:42.900 (43)		
	951 Entrant C951	00:13:01.650 (42)		
48 Huntingdonshire AC			981	00:38:57.250
	981 Jess Williams	00:12:47.950 (71)		
	981 Shelley Duffy	00:13:15.500 (55)		
	981 Anna Douglas	00:12:53.800 (39)		
49 Vale Royal Ac			1065	00:38:59.600
	1065 Hollie Carrington	00:12:26.400 (62)		
	1065 Anna Begbie	00:13:27.300 (58)		
	1065 Helen Smith	00:13:05.900 (45)		
50 Sutton in Ashfield Harriers & AC			1049	00:39:42.300
	1049 Michelle Holmes	00:11:44.550 (51)		
	1049 Lisa Staley	00:12:50.300 (45)		
	1049 Kate Simpson	00:15:07.450 (71)		
51 Mansfield Harriers B			1003	00:39:48.950

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	1003 Alice Mortiboy	00:13:14.500 (78)	
	1003 Hannah Jones	00:13:45.950 (61)	
	1003 Nancy Britten	00:12:48.500 (37)	
52 Peterborough & Nene Valley AC		1020	00:39:50.900
	1020 Hannah Knight	00:12:31.750 (65)	
	1020 Amber Park	00:12:33.050 (40)	
	1020 Elizabeth Fell	00:14:46.100 (68)	
53 Halifax Harriers & AC		964	00:39:51.100
	964 Sophie Baxter	00:12:11.850 (57)	
	964 Michelle Broadley	00:13:13.200 (53)	
	964 Cara Bintcliffe	00:14:26.050 (63)	
54 North Derbyshire RC		1012	00:40:02.350
	1012 Hannah Barnett	00:13:06.200 (76)	
	1012 Emily Baynes	00:13:01.500 (48)	
	1012 Dawn Bradley	00:13:54.650 (51)	
55 Beeston AC		918	00:40:10.050
	918 Caitlin Bradbury	00:12:40.950 (70)	
	918 Amy Connor	00:13:55.750 (64)	
	918 Lucy Grant	00:13:33.350 (49)	
56 Matlock Athletic Club		1007	00:40:18.950
	1007 Lucy Taylor	00:13:14.600 (79)	
	1007 Lottie Riddle	00:13:14.900 (54)	
	1007 Rebecca Curtis-Hall	00:13:49.450 (50)	
57 Wreake & Soar Valley		1077	00:40:26.250
	1077 Rosie Timlock	00:12:28.850 (63)	
	1077 Emily Bradshaw	00:13:43.850 (59)	
	1077 Laura Storer	00:14:13.550 (59)	
58 Warrington A C		1069	00:40:36.400
	1069 Rachel McQuillan	00:11:37.550 (46)	
	1069 Faye Lawton	00:14:03.950 (67)	
	1069 Emma Pryor	00:14:54.900 (69)	
59 Wakefield District H & AC B		1068	00:41:04.550
	1068 Chloe Fitton	00:12:15.050 (59)	
	1068 Georgina Yoh	00:14:37.800 (77)	
	1068 Angela Dales	00:14:11.700 (57)	
60 Redhill Road Runners		1024	00:41:13.000
	1024 Michelle Butler	00:13:57.400 (89)	
	1024 Chloe Baxter	00:14:04.350 (69)	
	1024 Jessica Necchi	00:13:11.250 (46)	
61 Retford AC		1027	00:41:29.450
	1027 Lauren Crossland	00:13:34.050 (84)	
	1027 Samantha Sanders	00:13:56.800 (65)	
	1027 Carolyn Winter	00:13:58.600 (52)	
62 Notts AC		1016	00:41:32.650
	1016 Ellen Gallie	00:12:59.950 (74)	
	1016 Joanne Clamp	00:12:37.200 (42)	
	1016 Donna Davenport	00:15:55.500 (75)	
63 Holme Pierrepont RC		975	00:41:56.300
	975 Claire Slaviero	00:12:52.450 (72)	
	975 Nicola Jones	00:14:37.450 (76)	
	975 Michele Noble	00:14:26.400 (64)	
64 Beeston AC B		919	00:42:07.400
	919 Salome Maybanks	00:13:29.000 (82)	
	919 Jenny Walker	00:15:18.000 (90)	
	919 Megan Hocking	00:13:20.400 (48)	
65 Worksop Harriers		1075	00:42:09.100
	1075 Sarah Worley	00:12:21.850 (60)	
	1075 Charlotte Jones	00:13:52.200 (63)	
	1075 Natalie Cunningham	00:15:55.050 (74)	
66 Heanor Running Club		967	00:43:23.150
	967 Anna Harding	00:13:33.850 (83)	
	967 Kiera Bailey	00:15:07.350 (85)	
	967 Georgina Riley	00:14:41.950 (67)	
67 Kimberley & District Striders		987	00:43:34.150
	987 Samantha Garside	00:14:19.200 (91)	
	987 Hazel Perrett	00:15:14.400 (89)	
	987 Kerstine Herbert	00:14:00.550 (53)	

National Cross Country Relays - Senior Women (3x3k)

68 East Hull Harriers & Ac		952	00:43:36.800
	952 Venika Moverley	00:13:46.950 (87)	
	952 Robyn Allan	00:14:39.350 (78)	
	952 Phoebe Gawthorpe	00:15:10.500 (72)	
69 Tipton Harriers		1057	00:43:38.800
	1057 Katie Hawkins	00:10:46.600 (19)	
	1057 Lisa Kendrick	00:14:04.050 (68)	
	1057 Sharon Bailey	00:18:48.150 (100)	
70 Redhill Road Runners B		1025	00:44:03.550
	1025 Louise Lindo	00:15:04.700 (102)	
	1025 Sarah Simpson	00:14:46.300 (79)	
	1025 Charlotte Sykes	00:14:12.550 (58)	
71 Trawden Athletic Club		1062	00:44:39.800
	1062 Paula Walsh	00:14:30.750 (95)	
	1062 Clair Priestley	00:15:47.550 (94)	
	1062 Helen Buchan	00:14:21.500 (60)	
72 Newark AC B		1010	00:44:57.500
	1010 Kimberley Etherington-Bates	00:15:43.650 (107)	
	1010 Tilly Owens	00:15:12.750 (88)	
	1010 Gillian Newbould	00:14:01.100 (54)	
73 Ripley Running Club		1028	00:45:12.200
	1028 Sarah Hill	00:14:23.950 (93)	
	1028 Alison Butlin	00:16:41.950 (100)	
	1028 Laura Gapski	00:14:06.300 (55)	
74 Mansfield Harriers C		1004	00:45:17.500
	1004 Beverley Armstrong	00:14:37.200 (96)	
	1004 Sarah Bradbury	00:15:33.100 (91)	
	1004 Claire Croll	00:15:07.200 (70)	
75 Sutton in Ashfield Harriers & AC B		1050	00:45:20.100
	1050 Yvette Robinson	00:14:46.650 (97)	
	1050 Tracy Parker	00:14:02.850 (66)	
	1050 Gayle Hutchinson	00:16:30.600 (82)	
76 North Derbyshire RC B		1013	00:45:24.050
	1013 Sarah McNicol	00:14:23.200 (92)	
	1013 Cindy Woodhead	00:14:56.600 (81)	
	1013 Emma Hicken	00:16:04.250 (77)	
77 Long Eaton Running Club		999	00:46:00.500
	999 Penny Plummer	00:14:59.700 (100)	
	999 Janine Barrowcliffe	00:14:47.550 (80)	
	999 Beverley Peel	00:16:13.250 (78)	
78 Holme Pierrepont RC C		977	00:46:11.950
	977 Lisa Chan	00:14:08.900 (90)	
	977 Ann Gould	00:15:03.500 (83)	
	977 Tara Ricketts	00:16:59.550 (87)	
79 Kendal Amateur Athletic Club B		986	00:46:17.500
	986 Amy Wilkin	00:14:26.550 (94)	
	986 Natasha Miller	00:15:33.700 (92)	
	986 Carolyn Kevan	00:16:17.250 (79)	
80 Rotherham Running Club B		1033	00:46:51.850
	1033 Lauren Beasley	00:16:04.750 (111)	
	1033 Honor Hamshaw	00:14:23.950 (74)	
	1033 Natalie Lowe	00:16:23.150 (81)	
81 Worksop Harriers B		1076	00:46:54.300
	1076 Rachel Silcock	00:16:05.350 (112)	
	1076 Cathrine Mhembere	00:16:22.050 (98)	
	1076 Madeleine Spencer	00:14:26.900 (65)	
82 Formula One Circuit Crew		957	00:46:58.400
	957 Catherine Reilly	00:15:21.800 (104)	
	957 Su Justice	00:15:03.650 (84)	
	957 Katie Bonner	00:16:32.950 (83)	
83 Doncaster Athletic Club		949	00:47:05.500
	949 Caroline Wheelhouse	00:14:54.300 (99)	
	949 Justyna Felczerek	00:15:10.300 (87)	
	949 Laura Lewis	00:17:00.900 (88)	
84 Rushcliffe AC B		1036	00:47:29.700
	1036 Henrietta Rabel	00:15:04.100 (101)	
	1036 Pauline Gandee	00:15:37.300 (93)	

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	1036	Joanna Davis	00:16:48.300 (86)		
85 Nuneaton Harriers				1019	00:47:43.400
	1019	Sharon Orridge	00:13:13.900 (77)		
	1019	Michele Kondakor	00:17:27.500 (106)		
	1019	Simone Wilson	00:17:02.000 (89)		
86 Grantham Running Club				960	00:47:44.250
	960	Andrea Ward	00:16:08.300 (113)		
	960	Harriet Morgan	00:14:58.700 (82)		
	960	Sylv Hull	00:16:37.250 (84)		
87 Steel City Striders Rc B				1048	00:48:01.600
	1048	Carol Beattie	00:18:26.200 (124)		
	1048	Josie Hill	00:14:05.850 (70)		
	1048	Laura Rangeley	00:15:29.550 (73)		
88 Rotherham Running Club				1032	00:48:04.150
	1032	Louise Siddall	00:16:52.150 (120)		
	1032	Adelle Marsden	00:14:08.550 (71)		
	1032	Leanne Race	00:17:03.450 (91)		
89 Heanor Running Club B				968	00:48:36.700
	968	Susan Pinder	00:15:37.200 (105)		
	968	Rita Fisher	00:17:02.200 (104)		
	968	Anita Hicks	00:15:57.300 (76)		
90 Sparkhill Harriers				1043	00:48:42.850
	1043	Jane Bartholomew	00:15:09.400 (103)		
	1043	Jennifer Price	00:16:24.050 (99)		
	1043	Manisha Pearce	00:17:09.400 (92)		
91 Fitmums and Friends B				956	00:48:48.300
	956	Cassie Kemp	00:15:39.600 (106)		
	956	Lee Gray	00:15:51.400 (95)		
	956	Susan Fletcher	00:17:17.300 (93)		
92 Huntingdonshire AC B				982	00:48:58.850
	982	Amelia Darnell	00:13:37.500 (86)		
	982	Pauline Stocker	00:16:54.650 (102)		
	982	Lesley Jackson	00:18:26.700 (99)		
93 Trawden Athletic Club B				1063	00:50:47.600
	1063	Debra Leah	00:16:33.300 (117)		
	1063	Catherine Louise Riley	00:17:36.950 (108)		
	1063	Helen Beech	00:16:37.350 (85)		
94 Redhill Road Runners C				1026	00:50:48.250
	1026	Jeanette Barnes	00:15:58.200 (110)		
	1026	Pia Kristensen-Bagguley	00:17:22.050 (105)		
	1026	Lisa Daxner	00:17:28.000 (95)		
95 Sutton in Ashfield Harriers & AC C				1051	00:51:06.550
	1051	Alex Lee	00:15:50.600 (108)		
	1051	Evita Crowder	00:17:39.850 (109)		
	1051	Adele Oakden	00:17:36.100 (97)		
96 Grantham Running Club B				961	00:51:29.950
	961	Holly Wragg	00:16:29.750 (116)		
	961	Emma Duncan	00:17:34.350 (107)		
	961	Zoe Wragg	00:17:25.850 (94)		
97 East Hull Harriers & Ac B				953	00:52:01.000
	953	Rachel Kemp	00:17:07.250 (121)		
	953	Shirley Oglesby	00:17:50.850 (110)		
	953	Alison Hayes	00:17:02.900 (90)		
98 Desford Striders				947	00:54:59.650
	947	Catherine Cox	00:19:19.050 (125)		
	947	Suzanne Carvell	00:19:19.600 (115)		
	947	Rhydel Poole	00:16:21.000 (80)		
99 Beeston AC C				920	00:55:46.550
	920	Christine Bexton	00:17:46.700 (123)		
	920	Cherry Krol	00:20:24.900 (116)		
	920	Marie-christine Pardon	00:17:34.950 (96)		
100 North Derbyshire RC C				1014	00:56:43.750
	1014	Mandy Curtis	00:16:47.350 (119)		
	1014	Emma Hayden-West	00:19:02.900 (114)		
	1014	Jackie Smith	00:20:53.500 (102)		
101 Grantham Running Club C				962	00:57:11.050
	962	Emma Weighill	00:20:13.900 (126)		

National Cross Country Relays - Senior Women (3x3k)

	962 Sophie Fletcher	00:18:57.550 (113)	
	962 Paula Ebbins	00:17:59.600 (98)	
102 Notts Women Runners		1018	01:03:30.000
	1018 Brenda Luckock	00:20:28.600 (127)	
	1018 Charlotte Rowatt	00:22:18.400 (118)	
	1018 Michelle Vallance	00:20:43.000 (101)	
103 Aldershot Farnham & District C		915	00:21:48.250
	915 Katie Hughes	00:10:42.750 (13)	
	915 Katriona Brown	00:11:05.500 (14)	
104 Chelmsford Ac		941	00:24:01.200
	941 Hannah Bolton	00:11:39.150 (48)	
	941 Martha Smith	00:12:22.050 (39)	
105 Bromsgrove and Redditch		935	00:24:03.200
	935 Beth Sykes	00:11:03.100 (29)	
	935 Liz Vaughan	00:13:00.100 (47)	
106 St Mary's University Athletics Club		1045	00:24:56.900
	1045 Grace Ingles	00:11:12.700 (35)	
	1045 Kate Heeks	00:13:44.200 (60)	
107 Sale Harriers Manchester B		1038	00:26:23.150
	1038 Sarah Goulden	00:13:17.650 (81)	
	1038 Mia Gibbons	00:13:05.500 (49)	
108 Thames Valley Harriers B		1056	00:26:54.500
	1056 Tash Mundell	00:12:34.500 (67)	
	1056 Daisy Jowers	00:14:20.000 (73)	
109 Warrington A C B		1070	00:29:18.450
	1070 Siobhan Gregory	00:12:33.650 (66)	
	1070 Sharon Taylor	00:16:44.800 (101)	
110 Holmfirth Harriers AC C		980	00:30:06.550
	980 Sophie Cromwell	00:13:49.600 (88)	
	980 Diane Baldwin	00:16:16.950 (97)	
111 Liverpool Pembroke & Sefton H AC		998	00:31:05.500
	998 Sharon Roberts	00:16:28.800 (115)	
	998 Lisa Procter	00:14:36.700 (75)	
112 Lincoln Wellington Athletic Club		995	00:31:34.000
	995 Rochelle Harrison	00:11:04.700 (30)	
	995 Abbie Donnelly	00:20:29.300 (117)	
113 Trafford Athletic Club B		1061	00:31:42.700
	1061 Elizabeth Heslop	00:13:17.050 (80)	
	1061 Sue Exon	00:18:25.650 (112)	
114 Leeds City Athletic Club B		991	00:32:36.500
	991 Jennifer Walsh	00:21:15.600 (128)	
	991 Stephanie Pennycook	00:11:20.900 (17)	
115 Kimberworth Striders		988	00:33:24.800
	988 Tina Medlock	00:16:24.300 (114)	
	988 Lauren Corcoran	00:17:00.500 (103)	
116 TBA		996	00:33:33.900
	996 Entrant 996	00:11:06.950 (32)	
	997 Entrant 997	00:22:26.950 (119)	
117 Reading AC B		1022	00:34:56.150
	1022 Laurie Marlow	00:22:54.200 (129)	
	1022 Ella Saunders	00:12:01.950 (32)	
118 Rotherham Running Club C		1034	00:35:55.850
	1034 Joanne Rayner-Johnson	00:17:42.500 (122)	
	1034 Nadine Allott	00:18:13.350 (111)	
119 Swindon Harriers		1052	00:38:03.300
	1052 India Ibbotson	00:12:30.850 (64)	
	1052 Rachel Oram	00:25:32.450 (120)	
120 Holme Pierrepont RC B		976	00:46:31.650
	976 Gina Granger	00:14:52.700 (98)	
	976 Christine Heaton	00:31:38.950 (121)	
121 Fitmums and Friends		955	00:46:38.650
	955 Rebecca Whiting	00:30:47.200 (130)	
	955 Rachel Proctor	00:15:51.450 (96)	
122 Border Harriers & Ac		932	00:10:27.200
	932 Olivia Grace Mason	00:10:27.200 (7)	
123 Windsor Slough Eton & Hounslow AC		1072	00:10:34.700
	1072 Alexandra Barbour	00:10:34.700 (9)	
124 Gateshead Harriers & AC		959	00:10:58.000

National Cross Country Relays - Senior Women (3x3k)

	959	Shona Haston		00:10:58.000 (27)
125 Marshall Milton Keynes AC			1082	00:11:17.700
	1082	Imogen King		00:11:17.700 (37)
126 Reading AC C			1023	00:11:17.850
	1023	Entrant A1023		00:11:17.850 (38)
127 Taunton AC			1054	00:12:35.600
	1054	Charlotte Brown		00:12:35.600 (69)
128 Keighley & Craven AC			984	00:13:36.750
	984	Sarah Osullivan		00:13:36.750 (85)
129 Vegan Runners UK			1066	00:15:51.600
	1066	Alana Holford		00:15:51.600 (109)
130 Blackburn Harriers & AC			929	00:16:37.350
	929	Lindsay Davies		00:16:37.350 (118)
131 Liverpool Harriers & AC			996	02:00:25.700
	996	Niamh Donnelly		02:00:25.700 (131)