

## 2010 Nationals XC - Senior Women

Pos	RaceNo	Time	Name	Club	Pos	RaceNo	Time	Name	Club
1	4527	00:27:52	Stephanie Twell	Aldershot Farnham & District AC	101	5078	00:33:15	Gail Griffiths	Manx Harriers
2	5515	00:28:07	Stevie Stockton	Vale Royal AC	102	4948	00:33:16	Amy Green	Keighley & Craven AC
3	4820	00:28:12	Hatti Dean	Hallamshire Harriers	103	5474	00:33:17	Elizabeth Stavreski ( F )	Thames Hare & Hounds
4	4845	00:28:21	Faye Fullerton	Havering Mayesbrook	104	4892	00:33:20	Rhian Hampson-Jones	Highgate Harriers
5	4590	00:28:31	Victoria Wilkinson	Bingley Harriers & AC	105	5051	00:33:22	Janine Stones	Mablethorpe RC
6	5254	00:28:31	Sonia Samuels	Sale Harriers Manchester	106	5193	00:33:24	Louise Bardsley	Reading AC
7	5637	00:28:38	Jessica Sparke	Woodford Green AC with Essex Ladies	107	5514	00:33:27	Kate Spilsbury	Vale Royal AC
8	4523	00:28:43	Emma Pallant	Aldershot Farnham & District AC	108	5257	00:33:28	Ruth Watson	Sale Harriers Manchester
9	5091	00:28:46	Natalie Gray	Medway & Maidstone AC	109	4762	00:33:29	Pippa Archer	Dorking & Mole Valley AC
10	4661	00:28:52	Claire Hallissey	Bristol & West AC	110	5378	00:33:35	Nicci Blandford	Southampton RC
11	4680	00:28:54	Jane Potter	Charnwood AC	111	5289	00:33:37	Natalie Kolodziej ( F )	Serpentine RC
12	4682	00:29:01	Hannah Whitmore	Charnwood AC	112	5457	00:33:41	Rebecca Pierce	Team Bath AC
13	4720	00:29:12	Justina Heslop	Clapham Chasers	113	4660	00:33:41	Vicky Tester	Bristol & West AC
14	4658	00:29:20	Rebekah Randell	Bristol & West AC	114	5369	00:33:42	Carol Evans	South London Harriers
15	4714	00:29:24	Becky Penty	City of York AC	115	5490	00:33:43	Cath Veysey	Tipton Harriers
16	4681	00:29:28	Gemma Steele	Charnwood AC	116	4831	00:33:44	Nicola Squires	Hallamshire Harriers
17	4599	00:29:32	Debbie Walters	Birchfield Harriers	117	4593	00:33:44	Clare Grice	Birchfield Harriers
18	5507	00:29:39	Kirsty Milner	Trafford AC	118	5192	00:33:45	Marie Synnott-Wells	Ranelagh Harriers
19	4828	00:29:46	Julia Russell	Hallamshire Harriers	119	5239	00:33:47	Louise Thompson	Rugby & Northampton AC
20	5466	00:29:46	Claire Martin	Telford AC	120	4906	00:33:48	Katherine Farquhar	Holmfirth Harriers AC
21	4649	00:29:51	Imogen Ainsworth	Bristol & West AC	121	5669	00:33:49	Naomi Eaton	Birchfield Harriers
22	4551	00:29:51	Stacey Ward	Basildon AC	122	5118	00:33:52	Ruth Jones	Nene Valley Harriers
23	4889	00:29:54	Suenja Abel ( F )	Highgate Harriers	123	5473	00:33:53	Denise Harris	Thames Hare & Hounds
24	4752	00:30:01	Georgina Rutherford	Darlington Harriers	124	5395	00:33:57	Amy Sharrad	Spenborough AC
25	4848	00:30:03	Harriet Scott	Havering Mayesbrook	125	4954	00:33:58	Tiz Woffenden	Keighley & Craven AC
26	4689	00:30:04	Tracy Laws	Chester-Le-Street AC	126	4605	00:34:02	Jennie Butler	Blackheath & Bromley Harriers
27	4556	00:30:04	Rebecca Newsted	Bedford & County AC	127	5446	00:34:02	Michelle Holt	Sunderland Harriers & AC
28	5114	00:30:06	Jane Mooney	Morpeth Harriers & AC	128	5554	00:34:03	Vicky Hindson	Walsend Harriers & AC
29	5368	00:30:11	Georgie Bruinvels	South London Harriers	129	5286	00:34:03	Catherine Higgs	Serpentine RC
30	5109	00:30:12	Carolyn Summersgill	Middlesbrough & Cleveland Harriers	130	5332	00:34:04	Deborah Richards	Sheffield RC
31	4554	00:30:19	Rachel Gibbs	Bedford & County AC	131	5628	00:34:06	Diana Kennedy	Woodford Green AC with Essex Ladies
32	4511	00:30:31	Emily Adams	Aldershot Farnham & District AC	132	5633	00:34:11	Maggie Powell	Woodford Green AC with Essex Ladies
33	4883	00:30:35	Karen Ellison	Herne Hill Harriers	133	4999	00:34:13	Sophie Lovell	Leeds City AC
34	4679	00:30:40	Sarah Maude	Charnwood AC	134	4629	00:34:14	Charlotte Douglas	Border Harriers & AC
35	4589	00:30:42	Mary Wilkinson	Bingley Harriers & AC	135	5651	00:34:17	Abey Lawrence	York Knavesmire Harriers
36	4559	00:30:53	Nicole Sykes	Bedford & County AC	136	4813	00:34:18	Andrea Culp	Great Western Runners
37	4615	00:31:01	Elaine Murty	Blackheath & Bromley Harriers	137	4641	00:34:20	Linda Howell	Bournville Harriers
38	4744	00:31:02	Frances Briscoe	Coventry Godiva Harriers	138	5273	00:34:20	Clare Morley	Scunthorpe & District AC
39	5155	00:31:05	Alison Lavender	Oswestry Olympians	139	5456	00:34:23	Kirsty Morrison	Team Bath AC
40	4710	00:31:09	Emma Jackson	City of Stoke AC	140	4603	00:34:25	Jane Bradshaw	Blackheath & Bromley Harriers
41	5612	00:31:09	Charlotte Firth	Windsor Slough Eton & Hounslow AC	141	4722	00:34:28	Lucie Custance	Clapham Chasers
42	4801	00:31:09	Mary Ferrier	Gateshead Harriers	142	5220	00:34:31	Annabelle Grady	Rotherham Harriers & AC
43	5335	00:31:10	Alex Snook	Shildon Running & AC	143	5447	00:34:33	Hayley Reed	Sunderland Harriers & AC
44	4970	00:31:12	Joanne Maddick	Kingston Upon Hull AC	144	4798	00:34:34	Kylara Hassall	Folkestone RC
45	4672	00:31:13	Amanda Scott	Cambridge University Hare & Hounds	145	5543	00:34:34	Jasmine Kerry	Wakefield District Harriers & AC
46	4568	00:31:14	Sarah Murphy	Belgrave Harriers	146	4822	00:34:37	Rachael Elder	Hallamshire Harriers
47	5246	00:31:16	Rachel Deegan	Sale Harriers Manchester	147	5330	00:34:39	Jenny Horne	Sheffield RC
48	5012	00:31:27	Rebecca Howarth	Leigh Harriers & AC	148	4713	00:34:40	Dawn Gibbs	City of York AC
49	5145	00:31:28	Nicki De La Salle	Notts AC	149	5005	00:34:44	Chloe Ryall	Leeds City AC
50	4849	00:31:30	Helen Barnes	Headington RR	150	5302	00:34:45	Maren Urner ( F )	Serpentine RC
51	4917	00:31:31	Katie Walshaw	Holmfirth Harriers AC	151	5398	00:34:47	Kathryn Stuart	Sphinx AC
52	5314	00:31:32	Philippa Aukett	Shaftesbury Barnet Harriers	152	4709	00:34:48	Clare Booker	City of Stoke AC
53	4675	00:31:36	Gemma Hillier	Charnwood AC	153	5055	00:34:49	Kath Lamplough	Macclesfield Harriers & AC
54	4863	00:31:42	Lisa Palmer	Hearon RC	154	5511	00:34:50	Adela Salt	Trentham RC
55	4573	00:31:44	Amy Robinson	Belper Harriers	155	5201	00:34:52	Rachel Phillips	Reading AC
56	4894	00:31:52	Katie Meredith	Highgate Harriers	156	4965	00:34:53	Rebecca Harvey	Kenilworth Runners
57	5261	00:31:53	Sam Briggs	Salford Harriers	157	4553	00:34:54	Helen Frizzell	Bedford & County AC
58	4512	00:31:55	Beth Andrew	Aldershot Farnham & District AC	158	5307	00:34:54	Grace Wu	Serpentine RC
59	4978	00:31:57	Katherine Penrose	Kippax & District Harriers	159	4836	00:34:56	Amy Tanner	Hardley Runners
60	4826	00:31:58	Ruth Proctor	Hallamshire Harriers	160	4832	00:34:59	Hannah Whitelam	Hallamshire Harriers
61	4746	00:31:59	Rachel Buxton	Coventry Godiva Harriers	161	5642	00:35:00	Naomi Lenane	Worthing & District Harriers
62	4734	00:32:00	Stacey Wheat	Colchester Harriers	162	5606	00:35:00	Joy Radford	Winchester & District AC
63	4903	00:32:01	Helen Berry	Holmfirth Harriers AC	163	4735	00:35:00	Ruth Barry	Congleton Harriers
64	4520	00:32:01	Alice Lethridge	Aldershot Farnham & District AC	164	4608	00:35:04	Sarah Dowling	Blackheath & Bromley Harriers
65	5407	00:32:01	Gemma Connolly	St.Helens Sutton AC	165	5247	00:35:05	Hannah Griffiths	Sale Harriers Manchester
66	5112	00:32:04	Aiveen Fox	Morpeth Harriers & AC	166	5045	00:35:06	Emily Hargreaves	Lytham St Annes RRC
67	5639	00:32:05	Lauren Stewart	Woodford Green AC with Essex Ladies	167	4909	00:35:07	Julia Johnson	Holmfirth Harriers AC
68	5379	00:32:09	Amy Campbell	Southampton RC	168	5139	00:35:08	Emily Armstrong	Norwich RR
69	5152	00:32:10	Eleanor Greenfield	Nuneaton Harriers AC	169	4728	00:35:09	Katie Trickett	Clayton-le-Moors Harriers
70	5319	00:32:12	Emily Ferenczi	Shaftesbury Barnet Harriers	170	5115	00:35:10	Emma Pearson	Morpeth Harriers & AC
71	5316	00:32:14	Maggie Cooper	Shaftesbury Barnet Harriers	171	5363	00:35:12	Helen Finch	Solihull & Small Heath AC
72	5324	00:32:16	Sarah Partridge	Shaftesbury Barnet Harriers	172	5020	00:35:13	Liz Egan	Liverpool Harriers & AC
73	4843	00:32:17	Polly Keen	Havant AC	173	4628	00:35:15	Angela Armstrong	Border Harriers & AC
74	4748	00:32:20	Myshola Kirkham	Coventry Godiva Harriers	174	4969	00:35:15	Jacqui Phillips	Kidderminster & Stourport AC
75	4585	00:32:24	Pauline Munro	Bingley Harriers & AC	175	5022	00:35:19	Michelle Murphy	Liverpool Harriers & AC
76	5004	00:32:24	Sarah Peterson	Leeds City AC	176	5087	00:35:19	Sophie Wright	Marshall Milton Keynes AC
77	5579	00:32:25	Lisa Mawer	Wetherby Runners AC	177	4797	00:35:20	Lauren Fawke	Folkestone RC
78	5026	00:32:31	Kirsty Longley	Liverpool Pembroke & Sefton H & AC	178	5006	00:35:22	Alison Varley	Leeds City AC
79	5225	00:32:34	Emma Langdell	Royal Sutton Coldfield AC	179	5380	00:35:23	Hannah Coombs	Southampton RC
80	5626	00:32:36	Katherine Gundersen	Woodford Green AC with Essex Ladies	180	5093	00:35:24	Fallon Lafferey	Medway & Maidstone AC
81	4947	00:32:37	Helen Glover	Keighley & Craven AC	181	5431	00:35:26	Helen Walch	Stockport Harriers & AC
82	5042	00:32:37	Julia Orr	Loughborough Students AC	182	5279	00:35:28	Jennifer Bradley	Serpentine RC
83	4509	00:32:42	Lauren Barklie	Abingdon AAC	183	5148	00:35:29	Michelle Hooton	Notts AC
84	5037	00:32:48	Sue Rusr	London Heathside	184	5393	00:35:31	Claire Green	Spenborough AC
85	5180	00:32:49	Karen Pickles	Pudsey Pacers RC	185	5101	00:35:33	Sharon McHugh	Metropolitan Police AC
86	4676	00:32:51	Laura Johnson	Charnwood AC	186	5083	00:35:34	Lauren Cripps	Marshall Milton Keynes AC
87	5470	00:32:52	Antonia Burt	Thames Hare & Hounds	187	4756	00:35:34	Ruth Ward	Darford Harriers
88	4753	00:32:52	Susie Rutherford	Darlington Harriers	188	4580	00:35:35	Jo Buculey	Bingley Harriers & AC
89	4656	00:32:53	Dorothea Lee-Cockerill	Bristol & West AC	189	4639	00:35:36	Marianne Hensman	Bournville Harriers
90	4846	00:32:53	Sara Luck	Havering Mayesbrook	190	4683	00:35:39	Rebecca Luxton	Chelmsford AC
91	4750	00:32:53	Sarah Simmons	Coventry Godiva Harriers	191	4501	00:35:43	Aimee Billington	26.2 RRC
92	4847	00:32:55	Robyn Matson	Havering Mayesbrook	192	4994	00:35:45	Rachel Dyson	Leeds City AC
93	4808	00:32:55	Jess Trowbridge	Gateshead Harriers	193	5136	00:35:47	Karen Poole	North York Moors AC
94	5405	00:32:55	Deborah Steer	St.Albans Striders	194	4697	00:35:49	Jackie Redmayne	Chorley Harriers
95	4632	00:33:04	Rhiannon Silson	Border Harriers & AC	195	4852	00:35:49	Adrienne Hopkins	Headington RR
96	4825	00:33:04	Michelle Jenkins	Hallamshire Harriers	196	5472	00:35:50	Anna Garnier	Thames Hare & Hounds
97	5243	00:33:06	Emily Beedham	Sale Harriers Manchester	197	5403	00:35:52	Gill Jubb	St.Albans Striders
98	4763	00:33:07	Helen Bridle	Dorking & Mole Valley AC	198	5653	00:35:54	Caroline Warrington	York Knavesmire Harriers
99	4598	00:33:08	Emma Phillips	Birchfield Harriers	199	4765	00:35:57	Louise Jonascu	Dorking & Mole Valley AC
100	4876	00:33:11	Joanna Zoppi	Heaton Harriers	200	4996	00:35:58	Jennie Guard	Leeds City AC

Pos	RaceNo	Time	Name	Club	Pos	RaceNo	Time	Name	Club
201	5044	00:36:02	Charlotte Hardy	Luton AC	303	5504	00:38:26	Joan Howe	Trafford AC
202	4717	00:36:03	Karen Wood	City of York AC	304	4529	00:38:27	Bev Ganose	Altrincham & District AC
203	5558	00:36:04	Emma Walton	Wallsend Harriers & AC	305	4944	00:38:28	Liz Crosland	Keighley & Craven AC
204	5491	00:36:04	Kate Williams	Tipton Harriers	306	5154	00:38:29	Simone Wilson	Nuneaton Harriers AC
205	4905	00:36:05	Lesley Ewart	Holmfirth Harriers AC	307	5523	00:38:29	Sue Sunderland	Valley Striders
206	5058	00:36:05	Kristy Readman	Macclesfield Harriers & AC	308	4902	00:38:30	Yvette Arthur	Holmfirth Harriers AC
207	4743	00:36:08	Samantha Anderson	Coventry Godiva Harriers	309	4670	00:38:30	Diana Braverman	Cambridge & Coleridge
208	4571	00:36:10	Stephanie Ilsley	Belper Harriers	310	4936	00:38:31	Lynne Champion	Istead & Ifield Harriers
209	5195	00:36:10	Andrea Curson	Reading AC	311	5110	00:38:34	Gwenda Cavill	Morpeth Harriers & AC
210	5301	00:36:11	Penny Thom	Serpentine RC	312	4729	00:38:36	Pirio Kivelainen	Cleethorpe AC
211	4890	00:36:12	Natasha Cendrowicz	Highgate Harriers	313	5151	00:38:37	Lisa Morris	Notts AC
212	4790	00:36:12	Zoe Woodward	Eton Manor AC	314	5641	00:38:37	Alex Wardle	Woodford Green AC with Essex Ladies
213	5120	00:36:13	Nikki Morgan	Nene Valley Harriers	315	4645	00:38:38	Emma Brown	Bridlington RR
214	4666	00:36:15	Tamara Ball	Bromsgrove & Redditch AC	316	4643	00:38:41	Sarah Rock	Bournville Harriers
215	4718	00:36:16	Helen Cooper	Clapham Chasers	317	4742	00:38:42	Cathy Wright	Corby AC
216	4532	00:36:16	Candy Hawkins	Ashford AC	318	4572	00:38:48	Gemma Redfern	Belper Harriers
217	5194	00:36:17	Nicky Cooke	Reading AC	319	5229	00:38:52	Sharon Fearn	Rugby & Northampton AC
218	4927	00:36:18	Alison Bennett	Ilkley Harriers	320	5297	00:38:56	Angharad Palin	Serpentine RC
219	4946	00:36:19	Trish Gavins	Keighley & Craven AC	321	4937	00:38:56	Angela Hames	Istead & Ifield Harriers
220	4721	00:36:20	Fiona Love	Clapham Chasers	322	4919	00:38:56	Serena Blackburn	Horsforth Harriers
221	5471	00:36:21	Vikki Filsell	Thames Hare & Hounds	323	5001	00:38:58	Veronique Marot	Leeds City AC
222	4934	00:36:22	Claire Brown	Invicta East Kent AC	324	4821	00:38:59	Jenn Dick	Hallamshire Harriers
223	4952	00:36:22	Liz Tomes	Keighley & Craven AC	325	4908	00:39:00	Deborah Hall	Holmfirth Harriers AC
224	5391	00:36:24	Marian Martin	Spectrum Striders	326	5549	00:39:01	Salli Holt	Wallasey AC
225	5052	00:36:26	Sally-Ann Hales	Macclesfield Harriers & AC	327	4815	00:39:02	Emma Oughton	Great Western Runners
226	4755	00:36:27	Cara Oliver	Dartford Harriers	328	4524	00:39:03	Jess Prier	Aldershot Farnham & District AC
227	5099	00:36:29	Elizabeth Cameron	Metropolitan Police AC	329	5183	00:39:07	Kate Brook	Ranelagh Harriers
228	5565	00:36:31	Anna Lewis	Wells City Harriers	330	5214	00:39:08	Josefa Terim	Rochdale Harriers & AC
229	5334	00:36:33	Natalie Owens	Shildon Running & AC	331	4760	00:39:09	Laura Currie	Dartford RR
230	4787	00:36:33	Sharon Bolister	Eton Manor AC	332	5646	00:39:10	Natasha Johnson	Yaxley Runners & Joggers
231	5076	00:36:36	Rosy Craine	Manx Harriers	333	5292	00:39:11	Sam Ludlow	Serpentine RC
232	4992	00:36:37	Emily Dove	Leeds & Bradford Triathlon Club	334	5596	00:39:11	Elizabeth Irving	Wimbledon Windmilers
233	5508	00:36:38	Sarah Newman	Trafford AC	335	5209	00:39:11	Sandra Johnson	Richmond & Zetland Harriers
234	5040	00:36:39	Jackie Wastell	London Heathside	336	4626	00:39:15	Helen Morris	Blyth RC
235	5089	00:36:39	Harrup Bernadette ( F )	Medway & Maidstone AC	337	5502	00:39:15	Rosie Fearon	Trafford AC
236	4513	00:36:44	Val Clews	Aldershot Farnham & District AC	338	4504	00:39:15	Rachel Mackie	Abbey Runners
237	5404	00:36:45	Sally Orr	St.Albans Striders	339	5090	00:39:16	Natalie Fullman	Medway & Maidstone AC
238	4601	00:36:49	Jane Hodgkinson	Blackburn Harriers & AC	340	4786	00:39:18	Steph Baxter	Eton Manor AC
239	4899	00:36:50	Christine Heaton	Holme Pierrepont RC	341	4809	00:39:20	Kirsty Walker	Gateshead Harriers
240	5298	00:36:54	Ella Palmer	Serpentine RC	342	4805	00:39:20	Helen Patton	Gateshead Harriers
241	4751	00:36:54	Sue Philips	Darlington Harriers	343	5294	00:39:22	Valerie Metcalf	Serpentine RC
242	4725	00:36:54	Rosie Hogg	Claremont RR & AC	344	4967	00:39:24	Rosalind Matthews	Kenilworth Runners
243	4912	00:36:56	Cara Penfold	Holmfirth Harriers AC	345	4879	00:39:26	Sarah Allen	Herne Hill Harriers
244	5620	00:36:56	Sarah Kearney	Wirral AC	346	5208	00:39:29	Fiona Hughes	Richmond & Zetland Harriers
245	5196	00:36:57	Lucy Daniels	Reading AC	347	5623	00:39:33	Jane Morley	Wolds Veterans RC
246	4552	00:36:58	Rachel Cave	Bedford & County AC	348	5177	00:39:34	Nicola Bradford	Pudsey Pacers RC
247	4638	00:36:58	Caroline Harlan-Marks	Bournville Harriers	349	5227	00:39:35	Annette Carlin	Rugby & Northampton AC
248	5147	00:36:59	Tracey Hallam	Notts AC	350	5557	00:39:35	Lisa Walker	Wallsend Harriers & AC
249	5186	00:37:02	Bronwen Fisher	Ranelagh Harriers	351	4816	00:39:38	Amanda Rhodes	Great Western Runners
250	5518	00:37:02	Catherine Farrow	Valley Striders	352	5255	00:39:38	Joanne Street	Sale Harriers Manchester
251	4804	00:37:03	Maggie Loraine	Gateshead Harriers	353	4925	00:39:39	Angela Allen	Horwich RMI Harriers
252	5179	00:37:04	Sharon Hague	Pudsey Pacers RC	354	4536	00:39:41	Denise Johnson	Baldon Runners
253	4635	00:37:04	Nicola Cumley	Bournville Harriers	355	4696	00:39:41	Anna Maria Crabtree	Chorley Harriers
254	4880	00:37:06	Rebecca Barrow	Herne Hill Harriers	356	5199	00:39:42	Hayley Pearce	Reading AC
255	4929	00:37:08	Diane Haggart	Ilkley Harriers	357	5176	00:39:44	Marian Hesketh	Preston Harriers
256	5252	00:37:09	Shiri Leventhal	Sale Harriers Manchester	358	5413	00:39:44	Alison Barrett	Steel City Striders
257	4581	00:37:12	Sue Cariss	Bingley Harriers & AC	359	4739	00:39:45	Timea Latinovics ( F )	Corby AC
258	4985	00:37:13	Joanne Perry	Lancaster & Morecambe AC	360	5621	00:39:46	Tracey Gibson	Wolds Veterans RC
259	5203	00:37:15	Caroline Stevens	Reading AC	361	5011	00:39:47	Lydia Radley	Leeds University CCC
260	5467	00:37:16	Jessica Harvey	Telford Harriers	362	5670	00:39:52	Isabel Wreford	Headington RR
261	5046	00:37:16	Melanie Koth	Lytham St Annes RRC	363	5072	00:39:53	Clare Coombs	Mansfield Harriers & AC
262	4623	00:37:17	Susanne Hunter	Blyth RC	364	5234	00:39:56	Jo Pulsford	Rugby & Northampton AC
263	4988	00:37:17	Zara Blower	Leamington C & AC	365	4812	00:39:57	Juliet Bellasie	Great Western Runners
264	4781	00:37:18	Fiona Shenton	Elvet Striders	366	4979	00:40:02	Eleanor Franks	Kirkstall Harriers
265	5175	00:37:18	Emma Essex-Crosby	Preston Harriers	367	4530	00:40:08	Sandra Lewis	Altrincham & District AC
266	4884	00:37:18	Debbie Jackson	Herne Hill Harriers	368	4838	00:40:08	Juliette Gregory	Harrogate Harriers & AC
267	5436	00:37:20	Joan Clarke	Stourbridge RC	369	5524	00:40:11	Sharon Tansley	Valley Striders
268	4637	00:37:25	Becky Hampson	Bournville Harriers	370	5116	00:40:13	Louise Burton	Nene Valley Harriers
269	5652	00:37:27	Fiona Strange	York Knavesmire Harriers	371	4646	00:40:13	Karon Colley	Bridlington RR
270	5632	00:37:29	Andrea Possee	Woodford Green AC with Essex Ladies	372	4923	00:40:14	Sarah O'Sullivan	Horsforth Harriers
271	4724	00:37:31	Mandy Herworth	Claremont RR & AC	373	5223	00:40:15	Carmel Harrison	Rothwell Harriers
272	4818	00:37:36	Carole Fryer	Halifax Harriers AC	374	5291	00:40:16	Poppy Lenton	Serpentine RC
273	4981	00:37:40	Rachel Pilling	Kirkstall Harriers	375	5433	00:40:20	Maureen Wilkins	Stockport Harriers & AC
274	5102	00:37:40	Jo Ravenhill	Metropolitan Police AC	376	5232	00:40:20	Kate Lundy	Rugby & Northampton AC
275	5163	00:37:41	Angela Srivastava	Otley AC	377	5619	00:40:23	Jeanette Fox	Wirral AC
276	5423	00:37:43	Helen Gamer	Stockport Harriers & AC	378	4982	00:40:26	Alex Saunders	Kirkstall Harriers
277	5100	00:37:45	Sarah Green	Metropolitan Police AC	379	5462	00:40:29	Lisa Blagden	Telford AC
278	5190	00:37:46	Sandra Prosser	Ranelagh Harriers	380	4764	00:40:30	Charlotte Craig	Dorking & Mole Valley AC
279	5483	00:37:53	Hester Cox	Thirsk & Sowerby Harriers	381	4942	00:40:33	Janet Arkwright	Keighley & Craven AC
280	4613	00:37:55	Carolyna Jones-Baldock	Blackheath & Bromley Harriers	382	4740	00:40:33	Maggie Mulholland	Corby AC
281	4642	00:37:57	Laura Leslie	Bournville Harriers	383	5648	00:40:34	Claire Piercy	Yaxley Runners & Joggers
282	5492	00:37:58	Pippa Blackstone	Tonbridge AC	384	5125	00:40:37	Angela Marsh	Newark AC
283	5556	00:37:59	Laura Murphy	Wallsend Harriers & AC	385	5106	00:40:40	Andrea Ansell	Middlesbrough & Cleveland Harriers
284	4767	00:38:01	Ros Tabor	Dulwich Runners	386	4636	00:40:42	Helen Foot	Bournville Harriers
285	5469	00:38:03	Jane Staitte	Telford Harriers	387	4757	00:40:42	Stephanie Wood	Dartford Harriers
286	5097	00:38:03	Louisa Brana	Metropolitan Police AC	388	4630	00:40:44	Kathryn Douglas	Border Harriers & AC
287	4555	00:38:04	Kerry Large	Bedford & County AC	389	5608	00:40:44	Madeline Vossier	Winchester & District AC
288	4663	00:38:08	Jane Anderson	Bromsgrove & Redditch AC	390	5074	00:40:49	Amanda Hardy	Mansfield Harriers & AC
289	4519	00:38:08	Montana Jones	Aldershot Farnham & District AC	391	5057	00:40:49	Barbara Murray	Macclesfield Harriers & AC
290	4719	00:38:09	Melissa Galea	Clapham Chasers	392	4886	00:40:50	Fiona Pierce-Pavaday	Herne Hill Harriers
291	5237	00:38:10	Rachel Shaw	Rugby & Northampton AC	393	5551	00:40:53	Sharon Lamont	Wallasey AC
292	5036	00:38:11	Ruth Miller	London Heathside	394	4780	00:40:54	Susan Davis	Elvet Striders
293	4543	00:38:12	Kerry Sturarr	Barnsley AC	395	4634	00:40:56	Kathryn Abbott	Bournville Harriers
294	5550	00:38:12	Tricia Jones	Wallasey AC	396	5578	00:40:57	Ann Dale	Wetherby Runners AC
295	5475	00:38:12	Madeleine Watson	Thames Hare & Hounds	397	4544	00:40:58	Linda Westlake	Barnsley AC
296	5189	00:38:14	Louise Plears	Ranelagh Harriers	398	4578	00:40:59	Helen Storr	Beverley AC
297	5050	00:38:17	Sheryl Hawse	Mablethorpe RC	399	5415	00:41:05	Pauline Lowe	Steel City Striders
298	4993	00:38:21	Sian Davies	Leeds City AC	400	4741	00:41:09	Trudi Pike	Corby AC
299	5372	00:38:21	Pam Iannella	South London Harriers	401	5535	00:41:12	Khara Mills	Virgin Active RR
300	4974	00:38:24	Leanne Hague	Kippax & District Harriers	402	5064	00:41:14	Steph Goodchild	Manchester YMCA Harriers
301	5650	00:38:24	Andrea Lancaster	York Knavesmire Harriers	403	5418	00:41:17	Vicky Barrett	Stockport Harriers & AC
302	5096	00:38:26	Karen Balcombe	Metropolitan Police AC	404	5548	00:41:19	Alison Engle	Wallasey AC

405	5200	00:41:19	Charlotte Phillips	Reading AC	506	4928	00:47:16	Bernadette Gibbons	Ilkley Harriers
406	5442	00:41:22	Lucy May	Stubbington Green Runners	507	5531	00:47:21	Sue Foster	Virgin Active RR
407	4938	00:41:24	Jackie Hing	Istead & Ifield Harriers	508	5211	00:47:41	Michaela Ridley	Riverside Runners
408	4782	00:41:25	Jan Young	Elvet Striders	509	5397	00:47:51	Jackie Stuart	Sphinx AC
409	4943	00:41:26	Camille Askins	Keighley & Craven AC	510	4575	00:47:55	Rose Sensecall	Belper Harriers
410	5452	00:41:30	Sarah Chetwynd	Tamworth AC	511	4537	00:47:59	Kate Walter	Baldon Runners
411	4640	00:41:31	Emily Holden	Bournville Harriers	512	5389	00:48:05	Stef Charman	Spectrum Striders
412	5339	00:41:33	Casey Hill	Silson Joggers AC	513	4976	00:48:08	June McHale	Kippax & District Harriers
413	5071	00:41:37	Ann Brown	Mansfield Harriers & AC	514	5396	00:48:20	Heather Barret	Sphinx AC
414	4769	00:41:42	Tania-Cyrena Cyrus	Ealing Southall & Middlesex AC	515	5157	00:48:48	Liz Ashton	Otley AC
415	4505	00:41:42	Helen Nurse	Abbey Runners	516	4773	00:48:51	Tracey Ashton	East Hull Harriers
416	4800	00:41:43	Christine Boudouin	Gateshead Harriers	517	5527	00:49:04	Helen Bailey	Virgin Active RR
417	4966	00:41:47	Sally Hicks	Kenilworth Runners	518	4671	00:49:14	Mary Holmes	Cambridge & Coleridge
418	5146	00:41:47	Rachel Ellis	Notts AC	519	5560	00:49:21	Claire Irons	Warrington AC
419	5068	00:41:57	Rachel Walker	Manchester YMCA Harriers	520	5268	00:49:46	Gillian Donaldson	Saltwell Harriers
420	5414	00:41:58	Carol Beattie	Steel City Striders	521	5538	00:49:47	Hamsa Tawfik	Virgin Active RR
421	5043	00:41:59	Anne Thorpe	Ludlow Runners	522	4940	00:50:23	Claire Ward	Istead & Ifield Harriers
422	5281	00:42:00	Kiera Davidson ( F )	Serpentine RC	523	4597	00:50:43	Wendy Morant	Birchhill Harriers
423	5164	00:42:00	Lisa Sammons	Oxford City AC	524	4534	00:50:50	Linda Carey	Baldon Runners
424	5161	00:42:03	Sarah McBrinn	Otley AC	525	5304	00:50:53	Stephanie Vaatz ( F )	Serpentine RC
425	4789	00:42:07	Jane Roche	Eton Manor AC	526	4776	00:51:00	Penny Darmody	East Hull Harriers
426	4576	00:42:10	Samantha Allen	Beverley AC	527	5233	00:51:08	Tracey Price	Rugby & Northampton AC
427	4796	00:42:11	Tina Eke	Folkestone RC	528	5230	00:51:08	Wendy Jennings	Rugby & Northampton AC
428	5401	00:42:12	Kerry Marsh	Springfield Striders	529	5226	00:51:08	Melanie Akerman	Rugby & Northampton AC
429	4930	00:42:16	Diane Kitchen	Ilkley Harriers	530	5213	00:51:10	Brenda Robinson	Rochdale Harriers & AC
430	5495	00:42:17	Liz Farndon	Tonbridge AC	531	4794	00:51:21	Jane Haynes	Eye Community Runners
431	5493	00:42:17	Helen Cohen	Tonbridge AC	532	5394	00:51:30	Amanda Pearson	Spenborough AC
432	5385	00:42:18	Margaret Ehrenberg	Sparkhill Harriers	533	4726	00:51:41	Susan Allen	Clayton-le-Moors Harriers
433	5149	00:42:22	Wendy Kane	Notts AC	534	5207	00:51:55	Laura Dunphy	Richmond & Zetland Harriers
434	4535	00:42:25	Claire Greenwood	Baldon Runners	535	4977	00:52:32	Kelly Palmer	Kippax & District Harriers
435	5430	00:42:27	Helen Nance	Stockport Harriers & AC	536	5529	00:52:48	Harp Bhambra	Virgin Active RR
436	4926	00:42:36	Carol Sharratt	Ilkeston RC	537	4625	00:53:14	Alison Lowes	Blyth RC
437	5178	00:42:36	Jenny Cooper	Pudsey Pacers RC	538	5381	00:53:27	Sally Diaper	Southampton RC
438	5235	00:42:38	Ann Rollings	Rugby & Northampton AC	539	5533	00:54:12	Kay Jefferies	Virgin Active RR
439	5331	00:42:41	Kate Ladell	Sheffield RC	540	5309	00:55:37	Vanessa Anderston	Severn AC
440	5104	00:42:43	Jacqueline Reid	Metropolitan Police AC	541	4795	00:56:51	Linda Oswin	Eye Community Runners
441	4723	00:42:43	Sarah Bowen	Claremont RR & AC	542	5047	00:58:13	Dawn Lock	Lytham St Annes RRC
442	5387	00:42:48	Manisha Parmar	Sparkhill Harriers	543	4990	00:58:44	Heather Waller	Leamington C & AC
443	4507	00:42:49	Elizabeth Willis	Abbey Runners					
444	5422	00:42:53	Gillian Doolan	Stockport Harriers & AC	Pos	Points	Team Name	Placings	
445	4761	00:42:58	Lynne Morgan	Dartford RR	1	73	Charnwood AC	( 11 12 16 34 )	
446	5059	00:43:05	Fiona Green	Manchester Harriers & AC	2	99	Aldershot Farnham & District AC	( 1 8 32 58 )	
447	5048	00:43:06	Julia Rolfe	Lytham St Annes RRC	3	134	Bristol & West AC	( 10 14 21 89 )	
448	4980	00:43:07	Marion Muir	Kirkstall Harriers	4	178	Hallamshire Harriers	( 3 19 60 96 )	
449	5018	00:43:10	Karen Dalby	Liverpool Harriers & AC	5	211	Havering Mayesbrook	( 4 25 90 92 )	
450	4698	00:43:12	Jane Scott	Chorley Harriers	6	251	Bedford & County AC	( 27 31 36 157 )	
451	4824	00:43:12	Charlie Hunt	Hallamshire Harriers	7	258	Sale Harriers Manchester	( 6 47 97 108 )	
452	5287	00:43:14	Sally Hodge	Serpentine RC	8	264	Coventry Godiva Harriers	( 38 61 74 91 )	
453	4806	00:43:14	Lydia Patton	Gateshead Harriers	9	265	Shaftesbury Barnet Harriers	( 52 70 71 72 )	
454	5266	00:43:16	Kirsty Anderson	Saltwell Harriers	10	285	Woodford Green AC with Essex Ladies	( 7 67 80 131 )	
455	4779	00:43:16	Tina Wigglesworth	East Hull Harriers	11	303	Bingley Harriers & AC	( 5 35 75 188 )	
456	5609	00:43:17	Lou Walker	Winchester & District AC	12	354	Birchfield Harriers	( 17 99 117 121 )	
457	4984	00:43:19	Collette Spencer	Kirkstall Harriers	13	394	Highgate Harriers	( 23 56 104 211 )	
458	5649	00:43:23	Sally Valentine	Yaxley Runners & Joggers	14	401	Holmfirth Harriers AC	( 51 63 120 167 )	
459	5159	00:43:31	Liz Fawcett	Otley AC	15	467	Blackheath & Bromley Harriers	( 37 126 140 164 )	
460	5098	00:43:39	Angela Breen	Metropolitan Police AC	16	509	Thames Hare & Hounds	( 87 103 123 196 )	
461	4533	00:43:44	Gabriela Boiangiu	Baldon Runners	17	527	Keighley & Craven AC	( 81 102 125 219 )	
462	5069	00:43:52	Sharon Armitage	Mansfield Harriers & AC	18	536	Leeds City AC	( 76 133 149 178 )	
463	5500	00:43:54	Sue Exon	Trafford AC	19	548	Serpentine RC	( 111 129 150 158 )	
464	5141	00:43:55	Anne Hulse	Norwich RR	20	575	Morpeth Harriers & AC	( 28 66 170 311 )	
465	4777	00:43:55	Jayne Earle	East Hull Harriers	21	589	Clapham Chasers	( 13 141 215 220 )	
466	5070	00:44:00	Sue Bellingham	Mansfield Harriers & AC	22	687	Reading AC	( 106 155 209 217 )	
467	5270	00:44:08	Lisa MacDonald	Saltwell Harriers	23	727	Gateshead Harriers	( 42 93 251 341 )	
468	5468	00:44:10	Grace Hough	Telford Harriers	24	763	Medway & Maidstone AC	( 9 180 235 339 )	
469	5438	00:44:16	Zoe Yeomans	Stourbridge RC	25	786	Dorking & Mole Valley AC	( 98 109 199 380 )	
470	4528	00:44:16	Maggie Davies	Altrincham & District AC	26	790	Border Harriers & AC	( 95 134 173 388 )	
471	4774	00:44:20	Claire Capes	East Hull Harriers	27	793	Notts AC	( 49 183 248 313 )	
472	4803	00:44:22	Karen Joynson	Gateshead Harriers	28	826	Bournville Harriers	( 137 189 247 253 )	
473	5427	00:44:27	Marie Kay	Stockport Harriers & AC	29	891	Trafford AC	( 18 233 303 337 )	
474	4924	00:44:29	Vicky Ward	Horsforth Harriers	30	895	Southampton RC	( 68 110 179 538 )	
475	5479	00:44:34	Louise Neville	The Stragglers	31	898	Herne Hill Harriers	( 33 254 266 345 )	
476	4624	00:44:44	Sarah Kaminski	Blyth RC	32	903	York Knavesmire Harriers	( 135 198 269 301 )	
477	5437	00:44:49	Natalie Dellar	Stourbridge RC	33	941	Ranelagh Harriers	( 118 249 278 296 )	
478	5014	00:44:56	Fiona Towell	Leighton Buzzard AC	34	963	Metropolitan Police AC	( 185 227 274 277 )	
479	4541	00:45:03	Marion Harrison	Barnsley AC	35	964	Wallsend Harriers & AC	( 128 203 283 350 )	
480	5162	00:45:16	Jane Shelmerdine	Otley AC	36	975	Macclesfield Harriers & AC	( 153 206 225 391 )	
481	5530	00:45:20	Rona Cubitt	Virgin Active RR	37	1078	Rugby & Northampton AC	( 119 291 319 349 )	
482	5482	00:45:33	Anne Woods	The Stragglers	38	1091	Belper Harriers	( 55 208 318 510 )	
483	5341	00:45:34	Madeleine Moutrie	Silson Joggers AC	39	1122	Pudsey Pacers RC	( 85 252 348 437 )	
484	5432	00:45:35	Hillary West	Stockport Harriers & AC	40	1179	Great Western Runners	( 136 327 351 365 )	
485	5049	00:45:43	Sarah Tatton	Lytham St Annes RRC	41	1207	Eton Manor AC	( 212 230 340 425 )	
486	5224	00:45:48	Denise Ramsden	Rothwell Harriers	42	1235	Stockport Harriers & AC	( 181 276 375 403 )	
487	4865	00:45:59	Alexandra Bonnard	Heaton Harriers	43	1336	Kippax & District Harriers	( 59 300 488 489 )	
488	4971	00:46:07	Lou Aston	Kippax & District Harriers	44	1359	Lytham St Annes RRC	( 166 261 447 485 )	
489	4975	00:46:07	Kate Kidd	Kippax & District Harriers	45	1408	Ilkley Harriers	( 218 255 429 506 )	
490	5516	00:46:12	Carole Williams	Vale Royal AC	46	1412	Kenilworth Runners	( 156 344 417 495 )	
491	5269	00:46:14	Denise Ford	Saltwell Harriers	47	1417	Wallasey AC	( 294 326 393 404 )	
492	5156	00:46:17	Carol Armitstead	Otley AC	48	1429	Valley Striders	( 250 307 369 503 )	
493	4759	00:46:27	Lisa Campbell	Dartford RR	49	1458	Corby AC	( 317 359 382 400 )	
494	5580	00:46:33	Rosie Eccles	Wharfedale Harriers	50	1465	Kirkstall Harriers	( 273 366 378 448 )	
495	4964	00:46:35	Pauline Dable	Kenilworth Runners	51	1560	Istead & Ifield Harriers	( 310 321 407 522 )	
496	4987	00:46:41	Carol Blower	Leamington C & AC	52	1611	Blyth RC	( 262 336 476 537 )	
497	5267	00:46:41	Vicky Cuthbertson	Saltwell Harriers	53	1628	Mansfield Harriers & AC	( 363 390 413 462 )	
498	5174	00:46:42	Judith Deakin	Preston Harriers	54	1638	Otley AC	( 275 424 459 480 )	
499	5399	00:46:47	Jackie Timms	Sphinx AC	55	1673	Yaxley Runners & Joggers	( 332 383 458 500 )	
500	5645	00:46:49	Karen Freeman	Yaxley Runners & Joggers	56	1673	Sphinx AC	( 151 499 509 514 )	
501	4989	00:46:55	Janet Mee	Leamington C & AC	57	1760	Baldon Runners	( 354 434 461 511 )	
502	5546	00:46:56	Julie Barbat	Wallasey AC	58	1803	Leamington C & AC	( 263 496 501 543 )	
503	5517	00:47:00	Sara Dyer	Valley Striders	59	1906	Virgin Active RR	( 401 481 507 517 )	
504	5170	00:47:06	Faye Holden	Pendle AC	60	1907	East Hull Harriers	( 455 465 471 516 )	
505	5054	00:47:11	Jennifer Jackson	Macclesfield Harriers & AC	61	1909	Saltwell Harriers	( 454 467 491 497 )	