

## English National XC Championships 2012 - Senior Women

Pos	RaceNo	Time	Name	Club
1	4410	00:27:06	Gemma Steel	Charnwood AC
2	4230	00:27:09	Steph Twell	Aldershot Farnham & District AC
3	5094	00:27:09	Sonia Samuels	Sale Harriers Manchester
4	4329	00:27:14	Hannah Walker	Birchfield Harriers
5	4619	00:27:47	Hatti Dean	Hallamshire Harriers
6	4618	00:27:52	Lizzie Adams	Hallamshire Harriers
7	5282	00:28:08	Naomi Taschimowitz	Taunton AC
8	5356	00:28:16	Stevie Stockton	Vale Royal AC
9	4661	00:28:26	Lauren Deadman	Havering Mayesbrook AC
10	4401	00:28:46	Hannah Doran	Charnwood AC
11	4380	00:29:05	Rebekah Randell	Bristol & West AC
12	5154	00:29:07	Amy Campbell	Shaftesbury Barnet Harriers
13	4395	00:29:09	Stacey Johnson	Cannock & Stafford AC
14	4319	00:29:14	Emma Clayton	Bingley Harriers & AC
15	5455	00:29:22	Lucy Elliott	Winchester & District AC
16	4476	00:29:25	Frances Briscoe	Coventry Godiva Harriers
17	4437	00:29:31	Olivia Walwyn	City of Norwich AC
18	4663	00:29:35	Faye Fullerton	Havering Mayesbrook AC
19	4378	00:29:38	Lucy Macalister	Bristol & West AC
20	4907	00:29:40	Emma MacReady	Midhurst Milers
21	5286	00:29:43	Claire Martin	Telford AC
22	5332	00:29:51	Jackie Fairchild	Trafford AC
23	4325	00:29:58	Victoria Wilkinson	Bingley Harriers & AC
24	5289	00:30:00	Ruth Clifton	Thames Hare & Hounds
25	5147	00:30:01	Sandra Wilson	Serpentine RC
26	4344	00:30:02	Elaine Murty	Blackheath & Bromley Harriers
27	5135	00:30:06	Sylvie Lloyd	Serpentine RC
28	4548	00:30:06	Rosie Smith	Durham City Harriers & AC
29	4974	00:30:07	Nicki De La Salle	Notts AC
30	4423	00:30:12	Andrea Clement	Chester-Le-Street AC
31	4728	00:30:13	Katie Walshaw	Holmfirth Harriers AC
32	4882	00:30:20	Michelle Jessop	Marshall Milton Keynes AC
33	5158	00:30:21	Vicky Webster	Shaftesbury Barnet Harriers
34	5078	00:30:22	Jade Allen	Rotherham Harriers & AC
35	4628	00:30:24	Nicola Squires	Hallamshire Harriers
36	4953	00:30:32	Lucy Hodgson	Newquay & Par AC
37	5485	00:30:36	Georgie-Lou Sales	Woodford Green AC with Essex Ladies
38	4993	00:30:39	Alison Lavender	Oswestry Olympians
39	4794	00:30:40	Claire Duck	Leeds City AC
40	4825	00:30:44	Seonaid Murray	Liverpool Harriers & AC
41	4827	00:30:45	Courtney Bishop	Liverpool Pembroke & Sefton H & AC
42	4659	00:30:52	Polly Keen	Havant AC
43	4727	00:30:54	Helen Berry	Holmfirth Harriers AC
44	5099	00:30:55	Hayley Kuter	Salford Harriers
45	4810	00:30:58	Dionne Allen	Leigh Harriers & AC
46	4680	00:31:01	Laura Harvey	Heanor RC
47	4982	00:31:01	Anna Simmonds	Notts AC
48	4371	00:31:03	Stephanie Barnes	Bristol & West AC
49	4818	00:31:09	Natalie Farrow	Lincoln Wellington AC
50	5034	00:31:10	Estelle Damant	Ranelagh Harriers
51	4533	00:31:10	Clare Elms	Dulwich Runners AC
52	5493	00:31:18	Lucy Rogers	Wycombe Phoenix Harriers
53	5252	00:31:20	Louise Peters	Stopsley Striders
54	4212	00:31:26	Montana Jones	Aldershot Farnham & District AC

55	4700	00:31:28	Suzie Richards	Herne Hill Harriers
56	4570	00:31:28	Emily Alden	Epsom & Ewell Harriers
57	5355	00:31:29	Kate Spilsbury	Vale Royal AC
58	4603	00:31:29	Mel Frazier	Gravesend Road Runners
59	4801	00:31:30	Sarah Peterson	Leeds City AC
60	4713	00:31:30	Tessa Hill	Highgate Harriers
61	5155	00:31:30	Rebekah Gardiner	Shaftesbury Barnet Harriers
62	4793	00:31:34	Emily Birchall	Leeds City AC
63	4839	00:31:35	Sue Rust	London Heathside
64	4482	00:31:36	Jessica Douglas	Crawley AC
65	5082	00:31:37	Samantha Johnson	Rotherham Harriers & AC
66	4497	00:31:39	Georgie Rutherford	Darlington Harriers & AC
67	5412	00:31:40	Sally Moore	West 4 Harriers
68	4804	00:31:42	Charlotte Wills	Leeds City AC
69	4819	00:31:46	Maria Barrett	Liverpool Harriers & AC
70	4348	00:31:48	Caroline Betmead	Blackpool Wyre & Fylde AC
71	5366	00:31:49	Jo Singer	Victoria Park H & Tower Hamlets AC
72	4822	00:31:51	Elizabeth Egan	Liverpool Harriers & AC
73	4696	00:31:51	Karen Ellison	Herne Hill Harriers
74	4436	00:31:52	Kelly Rushton	City of Norwich AC
75	5152	00:31:53	Philippa Aukett	Shaftesbury Barnet Harriers
76	4446	00:31:54	Lucie Custance	Clapham Chasers
77	4215	00:31:56	Naomi Lenane	Aldershot Farnham & District AC
78	5244	00:31:58	Lucy Waterlow	St Albans Striders
79	5203	00:32:00	Beckie Woodland	South London Harriers
80	4945	00:32:00	Jessica Franklin	Newbury AC
81	4379	00:32:02	Debbie Niccol	Bristol & West AC
82	5234	00:32:05	Sally Onn	St Albans Striders
83	5284	00:32:14	Rebecca Pierce	Teambath AC
84	4564	00:32:17	Lois Bowles	Enfield & Haringey AC
85	4836	00:32:17	Maxine Kelly	London Heathside
86	5465	00:32:19	Charlotte Firth	Windsor Slough Eton & Hounslow AC
87	5031	00:32:19	Lauren Tolmie	Radley AC
88	4245	00:32:22	Joanne Kent	Barnet & District AC
89	5304	00:32:22	Katie Mellor	Thames Valley Harriers
90	4808	00:32:23	Joanne Bradford	Leicester Coritanian AC
91	4432	00:32:23	Tracey Curl	City of Norwich AC
92	5306	00:32:26	Vicki Callaway	The Stragglers
93	4540	00:32:26	Alexie Shaw	Dulwich Runners AC
94	4875	00:32:26	Gail Griffiths	Manx Harriers
95	4381	00:32:27	Clare Stevinson	Bristol & West AC
96	5316	00:32:29	Julie Caddick	Tipton Harriers
97	5160	00:32:30	Jenny Horne	Sheffield RC
98	4327	00:32:31	Clare Grice	Birchfield Harriers
99	4488	00:32:32	Rebecca Harding	Dacorum & Tring AC
100	4816	00:32:34	Caitlin Lloyd	Lewes AC
101	4855	00:32:35	Claire McMahon	Luton AC
102	5333	00:32:37	Julia Leventon	Trafford AC
103	5410	00:32:40	Emily Loughnan	West 4 Harriers
104	4985	00:32:41	Eleanor Fowler	Nuneaton Harriers
105	4826	00:32:42	Jennifer Pybis	Liverpool Harriers & AC
106	4431	00:32:44	Nicola Alford	City of Norwich AC
107	4259	00:32:47	Karan Goode	Basildon AC
108	5240	00:32:49	Deborah Steer	St Albans Striders
109	5088	00:32:49	Emily Beedham	Sale Harriers Manchester
110	4625	00:32:50	Claire Robson	Hallamshire Harriers
111	5182	00:32:51	Nicola Blandford	Southampton AC

112	5342	00:32:52	Mandy Vernon	Trentham RC
113	5441	00:32:52	Daine McVey	Wilmslow RC
114	4884	00:32:52	Wendy Webber	Marshall Milton Keynes AC
115	5322	00:32:53	Cath Veysey	Tipton Harriers
116	5479	00:32:55	Kat Gundersen	Woodford Green AC with Essex Ladies
117	4317	00:32:57	Jo Buckley	Bingley Harriers & AC
118	4289	00:32:57	Fee Maycock	Belgrave Harriers
119	4624	00:32:58	Ruth Proctor	Hallamshire Harriers
120	4360	00:33:02	Linda Howell	Bournville Harriers
121	4597	00:33:03	Martha Hall	Garden City Runners
122	4604	00:33:05	Claire Gaskill	Gravesend Road Runners
123	5070	00:33:06	Lucy Holmes	Ripley Running Club
124	5125	00:33:06	Anna Ferguson	Serpentine RC
125	5120	00:33:07	Victoria Crawford	Serpentine RC
126	4636	00:33:08	Hannah Eveleigh	Harborough AC
127	4247	00:33:09	Karen Murphy	Barnet & District AC
128	4547	00:33:10	Kim Simpson	Durham City Harriers & AC
129	4297	00:33:11	Mary Grace Spalton	Belgrave Harriers
130	5026	00:33:11	Jane Hansom	Queens Park Harriers
131	5148	00:33:15	Helen Winsor	Serpentine RC
132	4983	00:33:20	Cara Sloss	Notts AC
133	5263	00:33:22	Dani Rasgauski	Stratford Upon Avon AC
134	5183	00:33:24	Laura Brenton	Southampton AC
135	4613	00:33:26	Yasmin Goater	Guildford & Godalming AC
136	5084	00:33:26	Pulsford Joanna	Rugby & Northampton AC
137	4970	00:33:28	Hannah Shortland	Nottingham University
138	4350	00:33:29	Rhannon Silson	Border Harriers
139	4407	00:33:30	Amber-Sian Magee	Charnwood AC
140	4785	00:33:31	Riina Kuuselo	Knowle & Dorridge RC
141	4209	00:33:32	Sharon Elder	Aldershot Farnham & District AC
142	4549	00:33:37	Alison Hopkins	Ealing Southall & Middlesex AC
143	4216	00:33:38	Alice Lethbridge	Aldershot Farnham & District AC
144	4572	00:33:39	Zoe West	Epsom & Ewell Harriers
145	4800	00:33:41	Jess Nixon	Leeds City AC
146	4833	00:33:43	Susie Brighton	London Heathside
147	4720	00:33:43	Elinor Winter	Highgate Harriers
148	5127	00:33:43	Rebecca Glover	Serpentine RC
149	4799	00:33:46	Sophie Lovell	Leeds City AC
150	5260	00:33:47	Katy Anderson	Stratford Upon Avon AC
151	4671	00:33:52	Liz Barker	Headington RR
152	4998	00:33:53	Sarah Davies	Oxford City AC
153	4778	00:33:53	Claire Spencer	Kimberworth Striders
154	4417	00:33:53	Sally Mhlanga	Chelmsford AC
155	5481	00:33:55	Rachel Lund	Woodford Green AC with Essex Ladies
156	4776	00:33:56	Sam James	Kimberworth Striders
157	4283	00:33:58	Mathilde Heaton	Belgrave Harriers
158	4873	00:34:01	Sally Hopkins	Mansfield Harriers & AC
159	4674	00:34:03	Charlotte Harris	Headington RR
160	4393	00:34:04	Mairead Roche	Cambridge University Hare & Hounds
161	5341	00:34:05	Laura Thompson	Trentham RC
162	4627	00:34:06	Kathy Sprot	Hallamshire Harriers
163	4579	00:34:07	Kate Malcolm	Eton Manor AC
164	5089	00:34:07	Hayley Cavill	Sale Harriers Manchester
165	4684	00:34:08	Amy Aronson	Hercules Wimbledon AC
166	4551	00:34:09	Fiona Kennedy	Ealing Southall & Middlesex AC
167	4938	00:34:10	Rebecca Taylor	Newark AC
168	4352	00:34:12	Claire Steels	Bourne Town Harriers

169	5297	00:34:12	Tracy Barlow	Thames Valley Harriers
170	4332	00:34:15	Eloise Lee	Birmingham Running Athletics & Tri Club
171	4702	00:34:17	Sue Swain	Herne Hill Harriers
172	4421	00:34:18	Carys Suhen	Chelmsford AC
173	4204	00:34:19	Sarah Rendell	Alcester Running Club
174	4711	00:34:23	Louise Faherty	Highgate Harriers
175	5424	00:34:24	Laura Bestow	West Cheshire AC
176	4595	00:34:26	Nicola Smyth	Folkestone RC
177	4648	00:34:28	Jackie Field	Haslemere Border AC
178	5467	00:34:28	Leigh James	Windsor Slough Eton & Hounslow AC
179	5293	00:34:30	Emily Hogg	Thames Hare & Hounds
180	4409	00:34:30	Kate Ramsey	Charnwood AC
181	5000	00:34:32	Livvy Napier	Oxford City AC
182	5334	00:34:35	Sally Woolhouse	Trafford AC
183	4626	00:34:38	Rachael Rothman	Hallamshire Harriers
184	5484	00:34:38	Bernadine Pritchett	Woodford Green AC with Essex Ladies
185	4255	00:34:39	Kerry Storrar	Barnsley AC
186	5051	00:34:40	Nicola Cooke	Reading AC
187	4284	00:34:41	Anne Hegvold	Belgrave Harriers
188	4312	00:34:43	Claire Baelin	Billericay Striders
189	4358	00:34:44	Marianne Hensman	Bournville Harriers
190	5126	00:34:45	Teresa Gaillard de Laubenque	Serpentine RC
191	5291	00:34:46	Vikki Filsell	Thames Hare & Hounds
192	4724	00:34:47	Meridith Grimsley	Highworth RC
193	5336	00:34:48	Sharleen Hollinshead	Trentham RC
194	4807	00:34:49	Jocelyn Payne	Leeds University AC/CC Club
195	4330	00:34:50	Sophie Williams	Birchfield Harriers
196	5013	00:34:50	Rachel Flannigan	Pitsea RC
197	4838	00:34:52	Iva Raykov	London Heathside
198	5340	00:34:53	Deborah Thomas	Trentham RC
199	5492	00:34:54	Jessica Webb	Woodstock Harriers
200	4449	00:34:55	Kathleen Henehan	Clapham Chasers
201	5045	00:34:55	Marie Synnott-Wells	Ranelagh Harriers
202	4406	00:34:56	Laura Johnson	Charnwood AC
203	4787	00:34:58	Lauren Gora	Lancaster & Morecambe AC
204	4652	00:35:00	Issy Peters	Haslemere Border AC
205	4600	00:35:01	Claire Baudouin	Gateshead Harriers & AC
206	5055	00:35:03	Susan Francis	Reading AC
207	4630	00:35:04	Hannah Whitelam	Hallamshire Harriers
208	5151	00:35:08	Lucy Aukett	Shaftesbury Barnet Harriers
209	5123	00:35:11	Laura Denison	Serpentine RC
210	4642	00:35:14	Amy Concannon	Harrow AC
211	4843	00:35:15	Ursula Wilson	London Heathside
212	5091	00:35:16	Jan Nicholls	Sale Harriers Manchester
213	4876	00:35:18	Caroline Mayers	Manx Harriers
214	4824	00:35:19	Sarah Jackson	Liverpool Harriers & AC
215	4337	00:35:23	Sarah Dowling	Blackheath & Bromley Harriers
216	5131	00:35:26	Sarah Knox	Serpentine RC
217	4781	00:35:27	Rachel Pilling	Kirkstall Harriers
218	4384	00:35:28	Tamara Ball	Bromsgrove & Redditch AC
219	5337	00:35:30	Christine Holmes	Trentham RC
220	4334	00:35:30	Jane Bradshaw	Blackheath & Bromley Harriers
221	4813	00:35:33	Jo Breslin	Leighton Buzzard AC
222	5193	00:35:34	Natalie Glover	South London Harriers
223	5326	00:35:35	Lowri Richards	Tonbridge AC
224	4987	00:35:37	Helen Talbot	Nuneaton Harriers
225	4809	00:35:38	Chloe Morris	Leicester Coritanian AC

226	4773	00:35:42	Jacqui Phillips	Kidderminster & Stourport AC
227	4425	00:35:42	Susan Fourie	Chester Triathlon Club
228	5314	00:35:43	Sarah Winter	The Stragglers
229	5146	00:35:45	Wendy Vandoolaeghe	Serpentine RC
230	4788	00:35:47	Cloe Rodham	Lancaster & Morecambe AC
231	4887	00:35:49	Mary Edmunds	Medway & Maidstone AC
232	4340	00:35:53	Rosie Ferguson	Blackheath & Bromley Harriers
233	5237	00:35:54	Belinda Pullen	St Albans Striders
234	4359	00:35:54	Kathryn Holliday	Bournville Harriers
235	4638	00:35:55	Amy Tanner	Hardley Runners
236	5130	00:35:55	Grace Kimble	Serpentine RC
237	5024	00:35:55	Claire Mcdermott	Preston Harriers
238	5425	00:35:57	Christine Anthony	West Suffolk AC
239	4911	00:35:57	Delphine Horodyski	Mornington Chasers RC
240	4803	00:35:58	Ruth Wilcox	Leeds City AC
241	5298	00:35:58	Jessica Bass	Thames Valley Harriers
242	5446	00:35:58	Clare Mullenger	Wimbledon Windmilers
243	4965	00:36:00	Elies Mann	Norwich RR
244	4388	00:36:00	Helen Grant	Cambridge & Coleridge AC
245	4243	00:36:02	Helen Hoyle	Barnet & District AC
246	5163	00:36:02	Helen Pickford	Sheffield RC
247	5452	00:36:03	Charlotte Bates	Winchester & District AC
248	5328	00:36:04	Jenny Featherstone	Totley AC
249	4795	00:36:04	Rachael Dyson	Leeds City AC
250	4763	00:36:05	Nardia Poole	Kenilworth Runners
251	5377	00:36:06	Annette Hardman	Ware Joggers
252	4556	00:36:08	Janine Ridgard	East Cheshire Harriers & Tameside AC
253	5292	00:36:14	Anna Garnier	Thames Hare & Hounds
254	5302	00:36:16	Siana Jones	Thames Valley Harriers
255	4587	00:36:16	Lauren Fawke	Folkestone RC
256	4524	00:36:17	Louise Ionascu	Dorking & Mole Valley AC
257	4898	00:36:19	Sarah Green	Metropolitan Police AC
258	4326	00:36:20	Lucy Archbold	Birchfield Harriers
259	5499	00:36:21	Caroline Warrington	York Knavesmire Harriers
260	4487	00:36:23	Sophie Bates	Croydon Harriers
261	4345	00:36:24	Kate Pratten	Blackheath & Bromley Harriers
262	4900	00:36:27	Sharon Mchugh	Metropolitan Police AC
263	4254	00:36:28	Keati McKenzie	Barnsley AC
264	5153	00:36:30	Amanda Bailey	Shaftesbury Barnet Harriers
265	4924	00:36:34	Fiona Russell	Mornington Chasers RC
266	5166	00:36:35	Clare Thompson	Sheffield RC
267	5156	00:36:36	Emily Neilan	Shaftesbury Barnet Harriers
268	5230	00:36:36	Gill Jubb	St Albans Striders
269	5057	00:36:37	Hayley Pearce	Reading AC
270	4438	00:36:38	Louise Wilkinson	City of Norwich AC
271	4620	00:36:38	Jenn Dick	Hallamshire Harriers
272	5261	00:36:39	Emma Bexson	Stratford Upon Avon AC
273	4607	00:36:43	Kira Kernan	Great Bentley RC
274	5394	00:36:43	Louise Kemp	Wellingborough & District AC
275	5231	00:36:43	Claire Kremer	St Albans Striders
276	5073	00:36:44	Anna Blomfield	Rochdale Harriers & AC
277	4474	00:36:46	Hayley Veasey	Corby AC
278	5195	00:36:46	Pam Iannella	South London Harriers
279	5168	00:36:48	Natalie Owens	Shildon Running & AC
280	5409	00:36:51	Rose Lewis	West 4 Harriers
281	5081	00:36:52	Janet Hindley	Rotherham Harriers & AC
282	4362	00:36:52	Sarah Rock	Bournville Harriers

283	4922	00:36:52	Camilla Ray	Mornington Chasers RC
284	5052	00:36:53	Andrea Curson	Reading AC
285	4525	00:36:53	Lynne Jones	Dorking & Mole Valley AC
286	4233	00:36:53	Beverley Ganose	Altrincham & District AC
287	4353	00:36:56	Nicola Cumley	Bournville Harriers
288	4557	00:36:56	Sarah Le Good	Edmonton RC
289	4986	00:36:56	Mary Hall	Nuneaton Harriers
290	5400	00:36:58	Katrina Prior	Wells City Harriers
291	5447	00:36:59	Evelyn Taylor	Wimbledon Windmillers
292	4486	00:36:59	Theresa Williams	Crawley AC
293	5050	00:37:01	Anna Boniface	Reading AC
294	4403	00:37:01	Becky Ellis	Charnwood AC
295	4991	00:37:01	Lisa Clifford	Orion Harriers
296	4563	00:37:03	Fiona Shenton	Elvet Striders
297	5403	00:37:03	Rachel Badham	West 4 Harriers
298	4841	00:37:04	Jackie Wastell	London Heathside
299	5490	00:37:06	Jenny Thomas	Woodford Green AC with Essex Ladies
300	5023	00:37:08	Marian Hesketh	Preston Harriers
301	4494	00:37:10	Caroline Tuck	Dagenham 88 Runners
302	4279	00:37:11	Hester Barsham-Rolfe	Belgrave Harriers
303	5072	00:37:11	Caroline Moss	Ripley Running Club
304	4471	00:37:11	Maggie Mulholland	Corby AC
305	5048	00:37:12	Kate Woodhouse	Ranelagh Harriers
306	4837	00:37:13	Ruth Miller	London Heathside
307	5373	00:37:13	Sallie Holt	Wallasey AC
308	5053	00:37:16	Lucy Daniels	Reading AC
309	4615	00:37:17	Jackie Mclannan	Guildford & Godalming AC
310	5275	00:37:18	Caroline Hall	Sunlight Runners
311	4695	00:37:18	Rebecca Barrow	Herne Hill Harriers
312	4355	00:37:20	Becky Hampson	Bournville Harriers
313	5222	00:37:20	Tracey Gee	Stafford Harriers
314	4609	00:37:21	Vicky Presland	Great Bentley RC
315	4532	00:37:21	Melanie Edwards	Dulwich Runners AC
316	4552	00:37:22	Gillian Morgan	Ealing Southall & Middlesex AC
317	4815	00:37:23	Jane Sauer	Leighton Buzzard AC
318	4886	00:37:25	Rebecca Bryant	Medway & Maidstone AC
319	5212	00:37:33	Victoria Curren	Springfield Striders
320	4433	00:37:35	Esther Hope	City of Norwich AC
321	4584	00:37:36	Zoe Woodward	Eton Manor AC
322	5350	00:37:37	Sian Roberts	Tunbridge Wells Harriers
323	4777	00:37:38	Debbie Procter	Kimberworth Striders
324	4775	00:37:39	Adelle Booth	Kimberworth Striders
325	5138	00:37:40	Lisa Pettit	Serpentine RC
326	5116	00:37:42	Melissa Brand	Serpentine RC
327	4968	00:37:46	Catherine Ricketts	Norwich RR
328	5171	00:37:50	Heather Cooke	Silson Joggers AC
329	5475	00:37:52	Kathryn Morgans	Wolverhampton & Bilston AC
330	4806	00:37:52	Anne-Marie Moore	Leeds University AC/CC Club
331	5279	00:37:54	Rachel McGuinness	Swanley & District AC
332	5317	00:37:56	Sue Davies	Tipton Harriers
333	5384	00:37:57	Louise Oliver	Ware Joggers
334	4955	00:37:58	Sandra Toher	Newquay & Par AC
335	5239	00:38:00	Christine Smith	St Albans Striders
336	4585	00:38:00	Lorna Muskett	Fleckney & Kibworth RC
337	5265	00:38:03	Steph Upton	Striders of Croydon
338	4223	00:38:04	Sam Prier	Aldershot Farnham & District AC
339	5254	00:38:04	Joan Clarke	Stourbridge RC

340	4292	00:38:06	Evelyn Orlando	Belgrave Harriers
341	5434	00:38:06	Christine Gelaghty	Wilmslow RC
342	4853	00:38:06	Charlotte Hardy	Luton AC
343	4926	00:38:09	Lucy Sterne	Mornington Chasers RC
344	4764	00:38:12	Sarah Stein	Kenilworth Runners
345	5219	00:38:13	Nicola Pyle	Springfield Striders
346	5214	00:38:13	Sarah Hammond	Springfield Striders
347	4814	00:38:14	Amy Inchley	Leighton Buzzard AC
348	5107	00:38:14	Melanie Haughan	Saltwell Harriers
349	4923	00:38:15	Avril Riddell	Mornington Chasers RC
350	4555	00:38:15	Emma MacQueen	East Cheshire Harriers & Tameside AC
351	4709	00:38:16	Natasha Cendrowicz	Highgate Harriers
352	5290	00:38:16	Rachael Davies	Thames Hare & Hounds
353	4999	00:38:17	Gwyneth Hueter	Oxford City AC
354	4460	00:38:22	Ellie Cumner	Colchester & Tendring AC
355	5363	00:38:23	Laura Morgan	Victoria Park H & Tower Hamlets AC
356	4842	00:38:24	Caroline White	London Heathside
357	5407	00:38:24	Louise Ferguson	West 4 Harriers
358	4780	00:38:25	Eleanor Gallon	Kirkstall Harriers
359	5191	00:38:27	Julie Clarke	South London Harriers
360	4917	00:38:31	Heather Marshall	Mornington Chasers RC
361	4541	00:38:34	Ros Tabor	Dulwich Runners AC
362	5058	00:38:35	Charlotte Phillips	Reading AC
363	4610	00:38:35	Emma Oughton	Great Western Runners
364	4772	00:38:36	Lenka Moore	Kidderminster & Stourport AC
365	4298	00:38:37	Rieko Trees	Belgrave Harriers
366	5134	00:38:38	Poppy Lenton	Serpentine RC
367	4925	00:38:38	Andrea Sanders-Reece	Mornington Chasers RC
368	5223	00:38:41	Mandy Attree	St Albans Striders
369	5415	00:38:44	Rochelle Winn	West 4 Harriers
370	5310	00:38:44	Julie Howarth	The Stragglers
371	5113	00:38:44	Ilona Bagi	Serpentine RC
372	5397	00:38:44	Liz Orchard	Wellingborough & District AC
373	4383	00:38:45	Charlotte Ball	Bromsgrove & Redditch AC
374	5471	00:38:46	Tracey Gibson	Wolds Veterans RC
375	5118	00:38:46	Joanna Conn	Serpentine RC
376	5071	00:38:47	Joanne Howett	Ripley Running Club
377	4248	00:38:48	Sandra O'Connor	Barnet & District AC
378	5243	00:38:48	Liz Walls	St Albans Striders
379	5445	00:38:49	Lindsay Doy	Wimbledon Windmilers
380	5474	00:38:51	Jackie Holford	Wolverhampton & Bilston AC
381	4354	00:38:56	Julie Delahaye-Slater	Bournville Harriers
382	5335	00:38:57	Becky Austin	Trentham RC
383	4920	00:38:57	Jane Nodder	Mornington Chasers RC
384	4242	00:38:59	Philippa Horton	Barnet & District AC
385	4475	00:39:01	Catherine Wright	Corby AC
386	4834	00:39:02	Jo Irwin	London Heathside
387	5343	00:39:02	Rosemary Wilson	Trentham RC
388	4291	00:39:03	Maureen Noel	Belgrave Harriers
389	5271	00:39:05	Lucy May	Stubbington Green
390	5278	00:39:05	Michelle De-kisshazy	Swanley & District AC
391	4447	00:39:06	Rhian Evans	Clapham Chasers
392	4973	00:39:06	Natalie Chandler	Notts AC
393	5473	00:39:08	Hannah Fox	Wolverhampton & Bilston AC
394	4735	00:39:09	Alison Boyle	Hyde Park Harriers
395	4264	00:39:10	Sue Blackall	Basingstoke & Mid Hants AC
396	5036	00:39:13	Sandra Forrest	Ranelagh Harriers

397	4222	00:39:14	Jess Prier	Aldershot Farnham & District AC
398	4770	00:39:15	Caroline Cresswell	Kidderminster & Stourport AC
399	5196	00:39:16	Sylvie Kah	South London Harriers
400	4743	00:39:16	Dianne Crisp	Iford AC
401	4649	00:39:18	Sally Goble	Haslemere Border AC
402	5229	00:39:19	Deirdre Heydecker	St Albans Striders
403	5264	00:39:19	Alice Ewen	Striders of Croydon
404	4962	00:39:21	Lucy Collyer	North Norfolk Beach Runners
405	4646	00:39:22	Alex Croucher	Haslemere Border AC
406	4912	00:39:23	Maki Kimura	Mornington Chasers RC
407	5235	00:39:25	Christine Pout	St Albans Striders
408	4840	00:39:26	Katherine Vinnicombe	London Heathside
409	5069	00:39:27	Cathy Cresswell	Ripley Running Club
410	5429	00:39:28	Maxine Powell	Wigston Phoenix RC
411	4928	00:39:31	Rachael Whitford	Mornington Chasers RC
412	4522	00:39:34	Fionna Blagg	Dorking & Mole Valley AC
413	4338	00:39:40	Justine Eastbury	Blackheath & Bromley Harriers
414	4856	00:39:41	Sally Ann Hales	Macclesfield Harriers & AC
415	5114	00:39:43	Beatrice Bonello	Serpentine RC
416	4989	00:39:44	Mary Armitage	Orion Harriers
417	5083	00:39:47	Gillian Taylor	Rotherham Harriers & AC
418	4426	00:39:48	Kate Litherland	Chester Triathlon Club
419	4318	00:39:48	Sue Cariss	Bingley Harriers & AC
420	4872	00:39:49	Amanda Hardy	Mansfield Harriers & AC
421	5345	00:39:55	Lynn Jones	Trent Park RC
422	5221	00:39:56	Lynn Tanner	Springfield Striders
423	5204	00:39:57	Clare Bovill	Sparkhill Harriers
424	5276	00:39:58	Jane Blackmore	Swanley & District AC
425	4562	00:39:59	Susan Davis	Elvet Striders
426	5498	00:39:59	Tracey Wise	Wye Valley Runners
427	4502	00:40:01	Lynne Morgan	Dartford Harriers
428	4943	00:40:09	Rebecca Coxhead	Newbury AC
429	4472	00:40:11	Trudi Pike	Corby AC
430	4542	00:40:12	Anna Thomas	Dulwich Runners AC
431	5405	00:40:12	Alison Brownhill	West 4 Harriers
432	5033	00:40:12	Kate Brook	Ranelagh Harriers
433	5248	00:40:13	Maureen Wilkins	Stockport Harriers & AC
434	4762	00:40:15	Ros Matthews	Kenilworth Runners
435	4971	00:40:15	Claire Wallace	Nottingham University
436	4550	00:40:17	Carol Jones	Ealing Southall & Middlesex AC
437	5277	00:40:18	Caroline Burley	Swanley & District AC
438	4424	00:40:19	Rachel Armstrong	Chester Triathlon Club
439	4252	00:40:20	Vicky Felton	Barnsley AC
440	5139	00:40:22	Caroline Ringrow	Serpentine RC
441	5198	00:40:26	Marketa Martins	South London Harriers
442	5074	00:40:32	Amanda Carter	Rolls Royce Harriers
443	4413	00:40:33	Hannah Bennett	Chelmsford AC
444	5295	00:40:34	Emma Pritty	Thames Hare & Hounds
445	4726	00:40:35	Lynn Mander	Highworth RC
446	4272	00:40:36	Ruth Kerr	Bedford & County AC
447	5176	00:40:39	Lucy Goss	Sinfin RC
448	4347	00:40:44	Zoe Wood	Blackheath & Bromley Harriers
449	4975	00:40:47	Rachel Ellis	Notts AC
450	4632	00:40:50	Wendy Carter	Halstead RR
451	4507	00:40:51	Stephanie Wood	Dartford Harriers
452	5399	00:40:51	Natasha Wain	Wellingborough & District AC
453	5439	00:41:02	Sharon Jones	Wilmslow RC



454	4458	00:41:02	Dana Voysey	Clapham Chasers
455	5001	00:41:03	Caroline Winton	Oxford City AC
456	4908	00:41:07	Lynne Connolly	Mornington Chasers RC
457	4988	00:41:07	Simone Wilson	Nuneaton Harriers
458	5030	00:41:08	Naomi Handley	Radley AC
459	5404	00:41:10	Anna Beausire	West 4 Harriers
460	4631	00:41:12	Hazel Buist	Halstead RR
461	5172	00:41:13	Ellie Lock	Silson Joggers AC
462	4894	00:41:14	Luisa Brana	Metropolitan Police AC
463	4746	00:41:17	Jenni Sheeham	Iford AC
464	5140	00:41:18	Cheryl Sacks	Serpentine RC
465	4858	00:41:24	Kay Banfield	Maidstone Harriers
466	4835	00:41:25	Gabi Johnson	London Heathside
467	4593	00:41:27	Catherine O'Connor	Folkestone RC
468	4963	00:41:29	Ellen Similon	North Norfolk Beach Runners
469	5006	00:41:31	Sonal Chaudhary	Phoenix AC
470	5352	00:41:34	Rebecca Smith	Tunbridge Wells Harriers
471	5137	00:41:36	Val Metcalfe	Serpentine RC
472	4697	00:41:39	Penel Fixter	Herne Hill Harriers
473	5497	00:41:39	Lucy Thomas	Wye Valley Runners
474	4921	00:41:41	Michelle Ong	Mornington Chasers RC
475	4909	00:41:42	Michele Griffiths	Mornington Chasers RC
476	5331	00:41:45	Sue Exon	Trafford AC
477	4320	00:41:48	Alana Gill	Bingley Harriers & AC
478	4686	00:41:49	Marilena De Luca	Hercules Wimbledon AC
479	4984	00:41:52	Katie Smal	Notts AC
480	5258	00:41:56	Chloe Pearson	Stourbridge RC
481	4802	00:41:57	Faye Pinker	Leeds City AC
482	5173	00:42:04	Madeleine Moutrie	Silson Joggers AC
483	4977	00:42:08	Wendy Kane	Notts AC
484	4771	00:42:09	Rachel Heath	Kidderminster & Stourport AC
485	4387	00:42:11	Diana Braverman	Cambridge & Coleridge AC
486	5143	00:42:18	Sigrid Stangi	Serpentine RC
487	4665	00:42:22	Jane Hallam	Havering Mayesbrook AC
488	5376	00:42:24	Hazel Clark	Ware Joggers
489	5374	00:42:26	Sharon Lamont	Wallasey AC
490	5188	00:42:28	Fiona Hawkins	Southend AC
491	5495	00:42:30	Rebecca Davies	Wye Valley Runners
492	5360	00:42:31	Elaine Battson	Victoria Park H & Tower Hamlets AC
493	5494	00:42:32	Lynn Compton	Wye Valley Runners
494	4468	00:42:33	Melanie Ross	Collingwood AC
495	5457	00:42:34	Joy Radford	Winchester & District AC
496	5170	00:42:34	Sue Clayton-Drabble	Silson Joggers AC
497	4473	00:42:35	Julie Smith	Corby AC
498	5369	00:42:35	Anita McReynolds	Victory AC
499	5273	00:42:40	Rachael Openshaw	Stubbington Green
500	5313	00:42:46	Julia Snaith	The Stragglers
501	5224	00:42:47	Beckie Bates	St Albans Striders
502	4966	00:42:47	Anne Millett	Norwich RR
503	5175	00:42:51	Coral Reboul-Carroll	Silson Joggers AC
504	4723	00:42:52	Vinny Colley	Highworth RC
505	4558	00:42:54	Victoria Lovelock	Edmonton RC
506	4452	00:42:55	Vanessa Lincoln	Clapham Chasers
507	4589	00:42:56	Kim Gardiner	Folkestone RC
508	4725	00:43:04	Rebecca Macklin	Highworth RC
509	4489	00:43:08	Laura Merchant	Dacorum & Tring AC
510	4633	00:43:08	Lorraine Garnham	Halstead RR

511	4236	00:43:09	Susan Macgregor	Avon Valley Runners
512	5411	00:43:09	Shelley Martin	West 4 Harriers
513	4956	00:43:10	Penny Johnson	Newton Aycliffe AC
514	5068	00:43:10	Fiona Hughes	Richmond & Zetland Harriers
515	4656	00:43:11	Johanna Trask	Haslemere Border AC
516	5372	00:43:17	Alison Engle	Wallasey AC
517	5339	00:43:20	Jill Phillips	Trentham RC
518	4916	00:43:21	Rosa Maestre	Mornington Chasers RC
519	4392	00:43:26	Rosa Sampson-Geroski	Cambridge Harriers
520	4586	00:43:27	Tina Eke	Folkestone RC
521	4529	00:43:30	Lindsey Annable	Dulwich Runners AC
522	4910	00:43:31	Nicola Heron	Mornington Chasers RC
523	5272	00:43:33	Donna Mitchell	Stubbington Green
524	5105	00:43:33	Vicky Cuthbertson	Saltwell Harriers
525	5406	00:43:40	Louise Clark	West 4 Harriers
526	4470	00:43:42	Deb Galletta	Corby AC
527	5437	00:43:47	Carolyn Hirons	Wilmslow RC
528	4481	00:43:49	Ann Buckett	Crawley AC
529	5371	00:43:52	Julie Barbat	Wallasey AC
530	4605	00:43:53	Lex Carlisle	Great Bentley RC
531	4651	00:43:53	Amanda Marden	Haslemere Border AC
532	5111	00:43:54	Helena Simmonds	Saltwell Harriers
533	4608	00:43:56	Joanne Mckay	Great Bentley RC
534	5157	00:44:06	Claire Simm	Shaftesbury Barnet Harriers
535	4253	00:44:11	Marion Harrison	Barnsley AC
536	4594	00:44:13	Angela Saunders	Folkestone RC
537	5442	00:44:15	Sarah Miles	Wilmslow RC
538	4577	00:44:19	Allison Goodlad	Eton Manor AC
539	5253	00:44:22	Alison Sugars	Stopsley Striders
540	5259	00:44:26	Zoe Yeomans	Stourbridge RC
541	5145	00:44:27	Stephanie Vaatz	Serpentine RC
542	5387	00:44:29	Jan Stock	Ware Joggers
543	4893	00:44:32	Mary Allieu	Metropolitan Police AC
544	5346	00:44:34	Mellisa O'Hare	Trent Park RC
545	5255	00:44:35	Natalie Dellar	Stourbridge RC
546	5379	00:44:36	Helen Humphries	Ware Joggers
547	5288	00:44:37	Jane Staite	Telford Harriers
548	5032	00:44:41	Kirsty Bangham	Ranelagh Harriers
549	4789	00:44:45	Carol Blower	Leamington Cycling & AC
550	5186	00:44:48	Lynda Massey	Southampton AC
551	5038	00:44:51	Heather Martingell	Ranelagh Harriers
552	5386	00:45:03	Debbie Spicer	Ware Joggers
553	4367	00:45:04	Cerian Lancaster	Brighton & Hove City AC
554	4561	00:45:04	Lorraine Pichelski	Edmonton RC
555	4918	00:45:13	Lucy McGuinness	Mornington Chasers RC
556	4237	00:45:20	Angela Backhouse	Barnet & District AC
557	5108	00:45:22	Clare Lacy	Saltwell Harriers
558	4267	00:45:28	Nina Samuels	Basingstoke & Mid Hants AC
559	5368	00:45:30	Belinda Harding	Victory AC
560	4270	00:45:36	Emma Coombes	Bedford & County AC
561	5106	00:45:38	Gillian Donaldson	Saltwell Harriers
562	4693	00:45:40	Sarah Allen	Herne Hill Harriers
563	4990	00:45:43	Parmy Boual	Orion Harriers
564	5274	00:45:45	Sharon White	Stubbington Green
565	4658	00:45:49	Janice Worsfield	Haslemere Border AC
566	4961	00:45:53	Shelly Burton	North Norfolk Beach Runners
567	5344	00:45:54	Linda Grindall	Trent Park RC

568	4732	00:45:59	Karen Cameron	Huntingdonshire AC
569	5477	00:46:03	Thelma Powell	Wolverhampton & Bilston AC
570	4690	00:46:05	Angela Kikugawa	Hercules Wimbledon AC
571	4492	00:46:05	Amanda Heslegrave	Dagenham 88 Runners
572	4575	00:46:11	Rachel Brittle	Eton Manor AC
573	4940	00:46:20	Julie Whaley	Newark AC
574	5309	00:46:22	Chrissie Glew	The Stragglers
575	5109	00:46:27	Lisa Macdonald	Saltwell Harriers
576	4560	00:46:31	Aggie Minas	Edmonton RC
577	4500	00:46:33	Julie Hibbard	Dartford Harriers
578	4851	00:46:35	Anne Thorpe	Ludlow Runners
579	4647	00:46:38	Sarah Dixon	Haslemere Border AC
580	5469	00:46:45	Esther Lindesay	Wirral AC
581	5312	00:46:48	Natasha Parry	The Stragglers
582	5228	00:46:49	Petra Grosse	St Albans Striders
583	5215	00:46:53	Sarah Knowles	Springfield Striders
584	4718	00:47:01	Kirat Nandra	Highgate Harriers
585	5021	00:47:03	Judith Deakin	Preston Harriers
586	5476	00:47:14	Trish Morgan	Wolverhampton & Bilston AC
587	5378	00:47:41	Sarah Howard	Ware Joggers
588	4967	00:47:49	Helen Oghenegweke	Norwich RR
589	4521	00:47:51	Anne Robertson	Desford Striders
590	5381	00:47:55	Kate Liddiard	Ware Joggers
591	5207	00:47:58	Manisha Parmar	Sparkhill Harriers
592	5287	00:48:00	Grace Hough	Telford Harriers
593	4485	00:48:10	Rachel Williams	Crawley AC
594	4689	00:48:11	Rowena Hornshaw	Hercules Wimbledon AC
595	4745	00:48:14	Pam Jones	Ilford AC
596	4754	00:48:15	Sally George	Istead & Ifield Harriers
597	5015	00:48:19	Nicky Gordon	Pitsea RC
598	4767	00:48:25	Silvia Ferreira	Kent AC
599	4783	00:48:33	Jill Stocks	Kirkstall Harriers
600	5213	00:48:34	Sarah Goodwin	Springfield Striders
601	5218	00:48:35	Dawn Potter	Springfield Striders
602	5016	00:48:42	Louise Smith	Pitsea RC
603	4308	00:48:43	Leander Marks	Bexley AC
604	4611	00:48:46	Taryn Talbott	Great Western Runners
605	4519	00:48:49	Ali Ide	Desford Striders
606	4757	00:48:54	Claire Ward	Istead & Ifield Harriers
607	4635	00:48:55	Lianne Brooks	Harborough AC
608	5220	00:48:58	Sandra Stanton	Springfield Striders
609	4760	00:49:08	Pauline Dable	Kenilworth Runners
610	5211	00:49:09	Nicole Callaghan	Springfield Striders
611	4490	00:49:20	Caroline Cummins	Dagenham 88 Runners
612	5174	00:49:20	Pamela Rae	Silson Joggers AC
613	4484	00:49:33	Wendy Hadley	Crawley AC
614	4469	00:49:55	Lorraine Thomas	Collingwood AC
615	5391	00:50:01	Gillian Brightwell	Wellingborough & District AC
616	5361	00:50:13	Susan Leese	Victoria Park H & Tower Hamlets AC
617	5472	00:50:17	Jan Brookes	Wolverhampton & Bilston AC
618	4655	00:50:17	Mel Spicer	Haslemere Border AC
619	5178	00:50:44	Karan Pope	Sinfin RC
620	4250	00:50:50	Anne Bennett	Barnsley AC
621	5129	00:50:51	Susan Kennedy	Serpentine RC
622	5216	00:50:54	Marney Lamb	Springfield Striders
623	5028	00:51:16	Alice Lester	Queens Park Harriers
624	5357	00:51:18	Carol Williams	Vale Royal AC

625	4251	00:51:24	Katrina D.Netto	Barnsley AC
626	4459	00:51:33	Sue Allen	Clayton-Le-Moors Harriers
627	5017	00:51:42	Caz Wallis	Pitsea RC
628	5367	00:51:44	Marilyn Crocker	Victory AC
629	5249	00:51:58	Tracey Barrett	Stopsley Striders
630	5250	00:52:01	Elaine Harries	Stopsley Striders
631	5011	00:52:20	Dianne Eastland	Pitsea RC
632	4740	00:52:44	Vikki Megsom	Hyde Park Harriers
633	4559	00:53:21	Marilyn Manze	Edmonton RC
634	5012	00:53:25	Sharon Eastland	Pitsea RC
635	4495	00:54:18	Timi Veerasamy	Dagenham 88 Runners
636	4761	00:54:31	Joan Mason	Kenilworth Runners
637	5370	00:54:41	Ann Wood	Victory AC
638	4738	00:56:12	Kay Jefferies	Hyde Park Harriers
639	4528	00:57:11	Zahara Sharples	Dorking & Mole Valley AC
640	4964	00:57:13	Sharon Armes	Norwich RR
641	4520	00:57:23	June Morris	Desford Striders
642	5315	00:57:27	Gillian Holmes	Thorney RC
643	4942	00:58:12	Emma Carter	Newbury AC
644	4518	00:58:57	Lisa Dixon	Desford Striders
645	5395	00:59:31	Trudi Knight	Wellingborough & District AC
646	5009	01:04:27	Linda Bates	Pitsea RC
647	5003	01:04:57	Faye Holden	Pendle AC
648	5257	01:05:14	Ruby Ooi	Stourbridge RC
649	5256	01:05:34	Tina Elcock	Stourbridge RC
650	4466	01:17:47	Sandhya Drew	Collingwood AC

### Senior Women Team Result

Pos	Points	Team Name	Placings
1	156	Hallamshire Harriers	( 5 6 35 110 )
2	159	Bristol & West AC	( 11 19 48 81 )
3	181	Shaftesbury Barnet Harriers	( 12 33 61 75 )
4	228	Leeds City AC	( 39 59 62 68 )
5	274	Aldershot Farnham & District AC	( 2 54 77 141 )
6	286	Liverpool Harriers & AC	( 40 69 72 105 )
7	288	City of Norwich AC	( 17 74 91 106 )
8	301	Serpentine RC	( 25 27 124 125 )
9	330	Charnwood AC	( 1 10 139 180 )
10	488	Sale Harriers Manchester	( 3 109 164 212 )
11	491	London Heathside	( 63 85 146 197 )
12	492	Woodford Green AC with Essex Ladies	( 37 116 155 184 )
13	501	St Albans Striders	( 78 82 108 233 )
14	555	Birchfield Harriers	( 4 98 195 258 )
15	573	Bingley Harriers & AC	( 14 23 117 419 )
16	591	Belgrave Harriers	( 118 129 157 187 )
17	600	Notts AC	( 29 47 132 392 )
18	610	Herne Hill Harriers	( 55 73 171 311 )
19	647	Thames Hare & Hounds	( 24 179 191 253 )
20	664	Trentham RC	( 112 161 193 198 )
21	693	Blackheath & Bromley Harriers	( 26 215 220 232 )
22	732	Highgate Harriers	( 60 147 174 351 )
23	747	West 4 Harriers	( 67 103 280 297 )
24	753	Thames Valley Harriers	( 89 169 241 254 )
25	782	Trafford AC	( 22 102 182 476 )
26	797	Rotherham Harriers & AC	( 34 65 281 417 )
27	820	Dulwich Runners AC	( 51 93 315 361 )

28	825	Bournville Harriers	( 120 189 234 282 )
29	837	Barnet & District AC	( 88 127 245 377 )
30	938	South London Harriers	( 79 222 278 359 )
31	945	Reading AC	( 186 206 269 284 )
32	952	Ranelagh Harriers	( 50 201 305 396 )
33	956	Kimberworth Striders	( 153 156 323 324 )
34	1060	Ealing Southall & Middlesex AC	( 142 166 316 436 )
35	1074	Nuneaton Harriers	( 104 224 289 457 )
36	1121	Clapham Chasers	( 76 200 391 454 )
37	1130	Mornington Chasers RC	( 239 265 283 343 )
38	1141	Oxford City AC	( 152 181 353 455 )
39	1187	Haslemere Border AC	( 177 204 401 405 )
40	1190	The Stragglers	( 92 228 370 500 )
41	1211	Ripley Running Club	( 123 303 376 409 )
42	1395	Corby AC	( 277 304 385 429 )
43	1405	Folkestone RC	( 176 255 467 507 )
44	1422	Barnsley AC	( 185 263 439 535 )
45	1432	Springfield Striders	( 319 345 346 422 )
46	1434	Wilmslow RC	( 113 341 453 527 )
47	1472	Kidderminster & Stourport AC	( 226 364 398 484 )
48	1477	Crawley AC	( 64 292 528 593 )
49	1524	Metropolitan Police AC	( 257 262 462 543 )
50	1534	Victoria Park H & Tower Hamlets AC	( 71 355 492 616 )
51	1582	Swanley & District AC	( 331 390 424 437 )
52	1592	Dorking & Mole Valley AC	( 256 285 412 639 )
53	1594	Eton Manor AC	( 163 321 538 572 )
54	1614	Ware Joggers	( 251 333 488 542 )
55	1637	Kenilworth Runners	( 250 344 434 609 )
56	1649	Highworth RC	( 192 445 504 508 )
57	1650	Great Bentley RC	( 273 314 530 533 )
58	1660	Norwich RR	( 243 327 502 588 )
59	1671	Wolverhampton & Bilston AC	( 329 380 393 569 )
60	1713	Wellingborough & District AC	( 274 372 452 615 )
61	1767	Silson Joggers AC	( 328 461 482 496 )
62	1807	Hercules Wimbledon AC	( 165 478 570 594 )
63	1841	Wallasey AC	( 307 489 516 529 )
64	1851	Stopsley Striders	( 53 539 629 630 )
65	1883	Wye Valley Runners	( 426 473 491 493 )
66	1904	Stourbridge RC	( 339 480 540 545 )
67	1923	Edmonton RC	( 288 505 554 576 )
68	1961	Saltwell Harriers	( 348 524 532 557 )
69	1975	Stubbington Green	( 389 499 523 564 )
70	2022	Pitsea RC	( 196 597 602 627 )
71	2118	Dagenham 88 Runners	( 301 571 611 635 )
72	2322	Victory AC	( 498 559 628 637 )
73	2479	Desford Striders	( 589 605 641 644 )