

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

Northern Athletics Road Relays - Womens 6 Stage Stage 1 - Final Results

Pos	Name	Club	Leg Time			
1	Julia Russell	Hallamshr	A	16:47		
2	H Singleton	Wakefield	A	16:48		
3	Jenny Blizard	Rotherham	A	16:53		
4	Joanne Maddick	Kingston		16:56		
5	Melissa Turner	ChesterLS		16:58		
6	Tessa Walker	Salford H	A	17:19		
7	C Draper	Liverpool		17:30		
8	Kirsteen Young	LeedsCity	A	17:35		
9	Gemma Connolly	St Helens		17:38		
10	Jenna Hill	Sale Harr	A	17:43		
11	Helen Glover	KeighleyC	A	17:59		
12	K Farquhar	Holmfirth		18:05		
13	A Geragusan	Trafford	A	18:07		
14	Sally Morley	Ilkley H		18:15		
15	D Richards	Sheffield		18:22		
16	Tracey Dutton	WiganPhoe	A	18:25		
17	Rebecca Newton	Hallamshr	B	18:35		
18	C Robbins	Blackpool		18:40		
19	Lynn Clough	Chorley H		18:52		
20	V Mulholland	Altrinchm		19:35		
21	Stella Boam	ECH&TA		19:41		
22	Clare Morley	Scunthorp		19:47		
23	Helen Garner	Stockport A		20:07		
24	Nicky Clayton	HeanorRC		20:10		
25	Katy Green	Wilmslow		20:30		
26	Joanna Robbins	Sale Harr	B	20:38		
27	Sian Davies	LeedsCity	B	20:46		
28	Sally Howarth	Trafford	B	20:58		
29	L Rowlinson	Sale Harr	C	21:38		
30	M Wilkins	Stockport	B	22:09		
31	Camille Askins	KeighleyC	B	22:17		
32	Jayne Allen	Rotherham	B	22:18		
33	Debbie Cox	KeighleyC	C	25:59		
34	Katie Jennison	Salford H	B	27:19		

Northern Athletics Road Relays - Womens 6 Stage Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain			
1	M Czarnaeka	ChesterLS	16:58	33:56	+	4		
2	Abbie Vernon	Rotherham	A	18:06	34:59	+	1	
3	Katie McHale	Wakefield	A	18:17	35:05	-	1	
4	J Fairchild	Trafford	A	17:30	35:37	+	9	
5	Michelle Stone	Kingston		18:46	35:42	-	1	
6	Julie Cook	Salford H	A	18:30	35:49		0	
7	Amy Green	KeighleyC	A	18:01	36:00	+	4	
8	Chloe Ryalls	LeedsCity	A	18:43	36:18		0	
9	Gemma Unsworth	Blackpool		17:39	36:19	+	9	
10	H Whitelam	Hallamshr	A	19:49	36:36	-	9	
11	Claire Leaver	Holmfirth		18:41	36:46	+	1	
12	H Griffiths	Sale Harr	A	19:09	36:52	-	2	
13	M Murphy	Liverpool		19:40	37:10	-	6	
14	Jayne Taylor	WiganPhoe	A	18:49	37:14	+	2	
15	Pam Smith	Chorley H		19:43	38:35	+	4	
16	Diane Haggard	Ilkley H		20:23	38:38	-	2	
17	J Eccleston	St Helens		21:44	39:22	-	8	
18	Jill Burke	HeanorRC		19:41	39:51	+	6	
19	Anne Pugh	Altrinchm		20:44	40:19	+	1	
20	Sarah Aylmer	Stockport	A	20:29	40:36	+	3	
21	Kate Ladell	Sheffield		22:34	40:56	-	6	
22	Morag McNiven	Sale Harr	B	20:35	41:13	+	4	
23	Sarah Newman	Trafford	B	20:39	41:37	+	5	
24	Janet Grint	ECH&TA		22:04	41:45	-	3	
25	Kate Sutton	Wilmslow		21:59	42:29		0	
26	S Waterhouse	LeedsCity	B	22:38	43:24	+	1	
27	Jenna Mudd	KeighleyC	B	22:16	44:33	+	4	
28	Jenny Clink	Sale Harr	C	23:40	45:18	+	1	
29	Gillian Taylor	Rotherham	B	23:07	45:25	+	3	
30	Gill Doolan	Stockport	B	23:44	45:53		0	
31	Emma Morris	Salford H	B	25:28	52:47	+	3	
32	Emma Wadsworth	KeighleyC	C	27:46	53:45	+	1	
Fastest runners over stage 2:								
1	M Czarnaeka	ChesterLS		16:58				
2	J Fairchild	Trafford	A	17:30				
3	Gemma Unsworth	Blackpool		17:39				
4	Amy Green	KeighleyC	A	18:01				
5	Abbie Vernon	Rotherham	A	18:06				
6	Katie McHale	Wakefield	A	18:17				
7	Julie Cook	Salford H	A	18:30				
8	Claire Leaver	Holmfirth		18:41				
9	Chloe Ryalls	LeedsCity	A	18:43				
10	Michelle Stone	Kingston		18:46				

Northern Athletics Road Relays - Womens 6 Stage Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain			
1	M McDonnell	ChesterLS	16:37	50:33		0		
2	Hatti Dean	Hallamshr	A	16:08	52:44	+	8	
3	J Fawcett	Rotherham	A	18:29	53:28	-	1	
4	Nicola Maddick	Kingston		18:38	54:20	+	1	
5	Holly Williams	KeighleyC	A	18:33	54:33	+	2	
6	Anna Weaver	Salford H	A	18:51	54:40		0	
7	Joanne Dawes	Trafford	A	19:23	55:00	-	3	
8	Helen Berry	Holmfirth		18:21	55:07	+	3	
9	S Marshall	Wakefield	A	20:08	55:13	-	6	
10	Rachel Dyson	LeedsCity	A	19:07	55:25	-	2	
11	A Bligh	Blackpool		19:34	55:53	-	2	
12	S Whiteside	Liverpool		19:00	56:10	+	1	
13	Rachael Moore	WiganPhoe	A	19:10	56:24	+	1	
14	Cara Kavanagh	Sale Harr	A	20:00	56:52	-	2	
15	Judith Gratton	HeanorRC		19:23	59:14	+	3	
16	A Crabtree	Chorley H		21:24	59:59	-	1	
17	K Wood-Doyle	Stockport	A	19:33	1:00:09	+	3	
18	Karen Lambe	Ilkley H		22:21	1:00:59	-	2	
19	Rose Blackburn	Sale Harr	B	19:54	1:01:07	+	3	
20	K Harvey	Altrinchm		21:32	1:01:51	-	1	
21	Joan Howe	Trafford	B	20:51	1:02:28	+	2	
22	Rosie O'Hagan	St Helens		23:36	1:02:58	-	5	
23	Jenny Read	ECH&TA		21:24	1:03:09	+	1	
24	Clare Hawkes	Wilmslow		21:30	1:03:59	+	1	
25	Amanda Hillary	Sheffield		24:48	1:05:44	-	4	
26	Alison Hird	Sale Harr	C	22:23	1:07:41	+	2	
27	S Seingier	Stockport	B	23:32	1:09:25	+	3	
28	Shyla Lee	KeighleyC	B	26:21	1:10:54	-	1	
29	Vicky Young	KeighleyC	C	29:48	1:23:33	+	3	
Fastest runners over stage 3:								
1	Hatti Dean	Hallamshr	A	16:08				
2	M McDonnell	ChesterLS		16:37				
3	Helen Berry	Holmfirth		18:21				
4	J Fawcett	Rotherham	A	18:29				
5	Holly Williams	KeighleyC	A	18:33				
6	Nicola Maddick	Kingston		18:38				
7	Anna Weaver	Salford H	A	18:51				
8	S Whiteside	Liverpool		19:00				
9	Rachel Dyson	LeedsCity	A	19:07				
10	Rachael Moore	WiganPhoe	A	19:10				

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Northern Athletics Road Relays - Womens 6 Stage Stage 4 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Angela Hibbs	ChesterLS	16:53	1:07:26	0	22	Lucy Hickey	Trafford B	21:43	1:24:11 -	1
2	Kathy Sprot	Hallamshr A	19:16	1:12:00	0	23	C Geraghty	Wilmslow	21:25	1:25:24 +	1
3	S Burns	Rotherham A	19:48	1:13:16	0	24	Cherryl Orrick	St Helens	23:51	1:26:49 -	2
4	E Austen	Trafford A	18:35	1:13:35 +	3	25	Ruth Davidson	Sheffield	22:26	1:28:10	0
5	Tizz Woffenden	KeighleyC A	19:09	1:13:42	0	26	Alison Pye	Sale Harr C	21:19	1:29:00	0
6	Sarah Bostwick	Wakefield A	18:44	1:13:57 +	3	27	K Bainbridge	Stockport B	23:03	1:32:28	0
7	Jennie Guard	LeedsCity A	19:04	1:14:29 +	3	28	Sam Knowles	KeighleyC B	27:04	1:37:58	0
8	Lucy Griffiths	Holmfirth	19:35	1:14:42	0	29	Rosie Cook	KeighleyC C	29:12	1:52:45	0
9	Jodie Spencer	Kingston	20:25	1:14:45 -	5	Fastest runners over stage 4:					
10	Ruth Watson	Sale Harr A	18:33	1:15:25 +	4	1	Angela Hibbs	ChesterLS	16:53		
11	Anneka Sanders	Salford H A	20:49	1:15:29 -	5	2	Ruth Watson	Sale Harr A	18:33		
12	Elizabeth Egan	Liverpool	19:32	1:15:42	0	3	E Austen	Trafford A	18:35		
13	C Finch	WiganPhoe A	20:12	1:16:36	0	4	Sarah Bostwick	Wakefield A	18:44		
14	Andrea Smith	Blackpool	21:47	1:17:40 -	3	5	Jennie Guard	LeedsCity A	19:04		
15	Yvonne Crawley	HeanorRC	20:38	1:19:52	0	6	Tizz Woffenden	KeighleyC A	19:09		
16	Nicola Raby	Chorley H	19:58	1:19:57	0	7	Kathy Sprot	Hallamshr A	19:16		
17	Jo Prowse	Ilkley H	19:43	1:20:42 +	1	8	Elizabeth Egan	Liverpool	19:32		
18	Sian Holland	Sale Harr B	20:21	1:21:28 +	1	9	Lucy Griffiths	Holmfirth	19:35		
19	J Fairclough	Stockport A	21:24	1:21:33 -	2	10	Jo Prowse	Ilkley H	19:43		
20	Ros Dunnington	ECH&TA	20:17	1:23:26 +	3						
21	Laura Bostock	Altrinchm	21:39	1:23:30 -	1						

Northern Athletics Road Relays - Womens 6 Stage Stage 5 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Tracy Laws	ChesterLS	17:02	1:24:28	0	22	Rosie Fearon	Trafford B	21:59	1:46:10	0
2	Ruth Proctor	Hallamshr A	19:38	1:31:38	0	23	Sarah Waite	Wilmslow	20:53	1:46:17	0
3	Robyn Lanceley	Rotherham A	19:04	1:32:20	0	24	Lucy Savage	Sheffield	21:37	1:49:47 +	1
4	Nicola Pugh	Trafford A	19:17	1:32:52	0	25	C Dempsey	St Helens	24:11	1:51:00 -	1
5	Rachel Deegan	Sale Harr A	17:29	1:32:54 +	5	26	K Reece	Sale Harr C	23:02	1:52:02	0
6	J Clague	Liverpool	17:24	1:33:06 +	6	27	Hilary West	Stockport B	23:26	1:55:54	0
7	Jasmine Kerry	Wakefield A	19:30	1:33:27 -	1	28	Tracey Hodgson	KeighleyC B	24:44	2:02:42	0
8	Liz Tomes	KeighleyC A	20:01	1:33:43 -	3	29	Ania Sroka	KeighleyC C	30:52	2:23:37	0
9	Anna Martin	LeedsCity A	19:45	1:34:14 -	2	Fastest runners over stage 5:					
10	L Havercroft	Kingston	19:57	1:34:42 -	1	1	Tracy Laws	ChesterLS	17:02		
11	Lesley Ewart	Holmfirth	20:22	1:35:04 -	3	2	J Clague	Liverpool	17:24		
12	A Muirhead	WiganPhoe A	20:22	1:36:58 +	1	3	Rachel Deegan	Sale Harr A	17:29		
13	Laura Lawler	Blackpool	22:04	1:39:44 +	1	4	Robyn Lanceley	Rotherham A	19:04		
14	Dawn Atkins	Chorley H	19:48	1:39:45 +	2	5	Nicola Pugh	Trafford A	19:17		
15	D Shilton	Salford H A	24:35	1:40:04 -	4	6	Jasmine Kerry	Wakefield A	19:30		
16	Jann Smith	Ilkley H	21:21	1:42:03 +	1	7	Ruth Proctor	Hallamshr A	19:38		
17	J Cordingley	Sale Harr B	21:14	1:42:42 +	1	8	Anna Martin	LeedsCity A	19:45		
18	Maryte Moore	Stockport A	21:42	1:43:15 +	1	9	Dawn Atkins	Chorley H	19:48		
19	Heather Wesson	HeanorRC	23:49	1:43:41 -	4	10	L Havercroft	Kingston	19:57		
20	Ivana Morreale	ECH&TA	21:56	1:45:22	0						
21	C Harrison	Altrinchm	21:52	1:45:22	0						

Northern Athletics Road Relays - Womens 6 Stage Stage 6 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Emma Raven	ChesterLS	16:44	1:41:12	0	22	Jenny Horne	Sheffield	19:13	2:09:00 +	2
2	Nicola Squires	Hallamshr A	18:07	1:49:45	0	23	Donna Baker	HeanorRC	26:53	2:10:34 -	4
3	Maria Barrett	Liverpool	18:26	1:51:32 +	3	24	C Jones	Sale Harr C	22:44	2:14:46 +	2
4	Alison Drasdo	Trafford A	18:42	1:51:34	0	25	P Appleton	St Helens	24:06	2:15:06	0
5	Janet Hindley	Rotherham A	19:55	1:52:15 -	2	26	Vicky Barrett	Stockport B	21:23	2:17:17 +	1
6	Katie Walshaw	Holmfirth	17:38	1:52:42 +	5	27	Fran Powell	KeighleyC B	26:17	2:28:59 +	1
7	Jan Nicholls	Sale Harr A	20:16	1:53:10 -	2	28	Debbie Spurr	KeighleyC C	23:12	2:46:49 +	1
8	Ruth Wilcox	LeedsCity A	19:31	1:53:45 +	1	Fastest runners over stage 6:					
9	S Griffiths	Wakefield A	20:52	1:54:19 -	2	1	Emma Raven	ChesterLS	16:44		
10	J Arkwright	KeighleyC A	21:52	1:55:35 -	2	2	Katie Walshaw	Holmfirth	17:38		
11	J Jones	WiganPhoe A	20:17	1:57:15 +	1	3	Nicola Squires	Hallamshr A	18:07		
12	J Redmayne	Chorley H	19:45	1:59:30 +	2	4	Maria Barrett	Liverpool	18:26		
13	Tanya Ashworth	Blackpool	21:07	2:00:51	0	5	Alison Drasdo	Trafford A	18:42		
14	Alison Bennett	Ilkley H	19:39	2:01:42 +	2	6	Verges-Bausili	Trafford B	18:47		
15	Joanne Street	Sale Harr B	21:00	2:03:42 +	2	7	Jenny Horne	Sheffield	19:13		
16	Verges-Bausili	Trafford B	18:47	2:04:57 +	6	8	Ruth Wilcox	LeedsCity A	19:31		
17	S Thomas	Stockport A	21:42	2:04:57 +	1	9	Alison Bennett	Ilkley H	19:39		
18	Sandra Lewis	Altrinchm	19:41	2:05:03 +	3	10	Sandra Lewis	Altrinchm	19:41		
19	Ruth Bardsley	Salford H A	25:14	2:05:18 -	4						
20	Kate Kelly	ECH&TA	20:28	2:05:50	0						
21	Nicky Mowat	Wilmslow	21:13	2:07:30 +	2						

Northern Athletics Road Relays at Wythenshawe Park, Manchester on Sunday 21st March 2010

Womens 6 Stage — Team Results — Final (nn) is team position after the appropriate stage.

1 Chester-Le-Street And Distric				1:41:12				14 Ilkley Harriers				2:01:42			
1	Melissa Turner	(5)	16:58	2	M Czamecka	(1)	16:58	1	Sally Morley	(14)	18:15	2	Diane Hagggar	(16)	20:23
3	M McDonnell	(1)	16:37	4	Angela Hibbs	(1)	16:53	3	Karen Lambe	(18)	22:21	4	Jo Prowse	(17)	19:43
5	Tracy Laws	(1)	17:02	6	Emma Raven	(1)	16:44	5	Jann Smith	(16)	21:21	6	Alison Bennett	(14)	19:39
2 Hallamshire Harriers				'A' 1:49:45				15 Sale Harriers Manchester				'B' 2:03:42			
1	Julia Russell	(1)	16:47	2	H Whitelam	(10)	19:49	1	Joanna Robbins	(26)	20:38	2	Morag McNiven	(22)	20:35
3	Hatti Dean	(2)	16:08	4	Kathy Sprot	(2)	19:16	3	Rose Blackburn	(19)	19:54	4	Sian Holland	(18)	20:21
5	Ruth Proctor	(2)	19:38	6	Nicola Squires	(2)	18:07	5	J Cordingley	(17)	21:14	6	Joanne Street	(15)	21:00
3 Liverpool Harriers & AC				1:51:32				16 Trafford AC				'B' 2:04:57			
1	C Draper	(7)	17:30	2	MMurphy	(13)	19:40	1	Sally Howarth	(28)	20:58	2	Sarah Newman	(23)	20:39
3	S Whiteside	(12)	19:00	4	Elizabeth Egan	(12)	19:32	3	Joan Howe	(21)	20:51	4	Lucy Hickey	(22)	21:43
5	J Clague	(6)	17:24	6	Maria Barrett	(3)	18:26	5	Rosie Fearon	(22)	21:59	6	Verges-Bausili	(16)	18:47
4 Trafford AC				'A' 1:51:34				17 Stockport Harriers & AC				'A' 2:04:57			
1	A Geragusan	(13)	18:07	2	J Fairchild	(4)	17:30	1	Helen Garner	(23)	20:07	2	Sarah Aylmer	(20)	20:29
3	Joanne Dawes	(7)	19:23	4	E Austen	(4)	18:35	3	K Wood-Doyle	(17)	19:33	4	J Fairclough	(19)	21:24
5	Nicola Pugh	(4)	19:17	6	Alison Drasdo	(4)	18:42	5	Maryte Moore	(18)	21:42	6	S Thomas	(17)	21:42
5 Rotherham H & AC				'A' 1:52:15				18 Altrincham				2:05:03			
1	Jenny Blizard	(3)	16:53	2	Abbie Vernon	(2)	18:06	1	V Mulholland	(20)	19:35	2	Anne Pugh	(19)	20:44
3	J Fawcett	(3)	18:29	4	S Burns	(3)	19:48	3	K Harvey	(20)	21:32	4	Laura Bostock	(21)	21:39
5	Robyn Lanceley	(3)	19:04	6	Janet Hindley	(5)	19:55	5	C Harrison	(21)	21:52	6	Sandra Lewis	(18)	19:41
6 Holmfirth Harriers				1:52:42				19 Salford Harriers				'A' 2:05:18			
1	K Farquhar	(12)	18:05	2	Claire Leaver	(11)	18:41	1	Tessa Walker	(6)	17:19	2	Julie Cook	(6)	18:30
3	Helen Berry	(8)	18:21	4	Lucy Griffiths	(8)	19:35	3	Anna Weaver	(6)	18:51	4	Anneka Sanders	(11)	20:49
5	Lesley Ewart	(11)	20:22	6	Katie Walshaw	(6)	17:38	5	D Shilton	(15)	24:35	6	Ruth Bardsley	(19)	25:14
7 Sale Harriers Manchester				'A' 1:53:10				20 E Cheshire H & Tameside AC				2:05:50			
1	Jenna Hill	(10)	17:43	2	H Griffiths	(12)	19:09	1	Stella Boam	(21)	19:41	2	Janet Grint	(24)	22:04
3	Cara Kavanagh	(14)	20:00	4	Ruth Watson	(10)	18:33	3	Jenny Read	(23)	21:24	4	Ros Dunnington	(20)	20:17
5	Rachel Deegan	(5)	17:29	6	Jan Nicholls	(7)	20:16	5	Ivana Morreale	(20)	21:56	6	Kate Kelly	(20)	20:28
8 Leeds City AC				'A' 1:53:45				21 Wilmslow				2:07:30			
1	Kirsteen Young	(8)	17:35	2	Chloe Ryalls	(8)	18:43	1	Katy Green	(25)	20:30	2	Kate Sutton	(25)	21:59
3	Rachel Dyson	(10)	19:07	4	Jennie Guard	(7)	19:04	3	Clare Hawkes	(24)	21:30	4	C Geraghty	(23)	21:25
5	Anna Martin	(9)	19:45	6	Ruth Wilcox	(8)	19:31	5	Sarah Waite	(23)	20:53	6	Nicky Mowat	(21)	21:13
9 Wakefield District H & AC				'A' 1:54:19				22 Sheffield Running Club				2:09:00			
1	H Singleton	(2)	16:48	2	Katie McHale	(3)	18:17	1	D Richards	(15)	18:22	2	Kate Ladell	(21)	22:34
3	S Marshall	(9)	20:08	4	Sarah Bostwick	(6)	18:44	3	Amanda Hillary	(25)	24:48	4	Ruth Davidson	(25)	22:26
5	Jasmine Kerry	(7)	19:30	6	S Griffiths	(9)	20:52	5	Lucy Savage	(24)	21:37	6	Jenny Horne	(22)	19:13
10 Keighley & Craven AC				'A' 1:55:35				23 Heanor Running Club				2:10:34			
1	Helen Glover	(11)	17:59	2	Amy Green	(7)	18:01	1	Nicky Clayton	(24)	20:10	2	Jill Burke	(18)	19:41
3	Holly Williams	(5)	18:33	4	Tizz Woffenden	(5)	19:09	3	Judith Gratton	(15)	19:23	4	Yvonne Crawley	(15)	20:38
5	Liz Tones	(8)	20:01	6	J Arkwright	(10)	21:52	5	Heather Wesson	(19)	23:49	6	Donna Baker	(23)	26:53
11 Wigan Phoenix				'A' 1:57:15				24 Sale Harriers Manchester				'C' 2:14:46			
1	Tracey Dutton	(16)	18:25	2	Jayne Taylor	(14)	18:49	1	L Rowlinson	(29)	21:38	2	Jenny Clink	(28)	23:40
3	Rachael Moore	(13)	19:10	4	C Finch	(13)	20:12	3	Alison Hird	(26)	22:23	4	Alison Pye	(26)	21:19
5	A Muirhead	(12)	20:22	6	J Jones	(11)	20:17	5	K Reece	(26)	23:02	6	C Jones	(24)	22:44
12 Chorley Harriers				1:59:30				25 St Helens Sutton AC				2:15:06			
1	Lynn Clough	(19)	18:52	2	Pam Smith	(15)	19:43	1	Gemma Connolly	(9)	17:38	2	J Eccleston	(17)	21:44
3	A Crabtree	(16)	21:24	4	Nicola Raby	(16)	19:58	3	Rosie O'Hagan	(22)	23:36	4	Cherryl Orrick	(24)	23:51
5	Dawn Atkins	(14)	19:48	6	J Redmayne	(12)	19:45	5	C Dempsey	(25)	24:11	6	P Appleton	(25)	24:06
13 Blackpool Wyre & Fylde				2:00:51				26 Stockport Harriers & AC				'B' 2:17:17			
1	C Robbins	(18)	18:40	2	Gemma Unsworth	(9)	17:39	1	M Wilkins	(30)	22:09	2	Gill Doolan	(30)	23:44
3	A Bligh	(11)	19:34	4	Andrea Smith	(14)	21:47	3	S Seingier	(27)	23:32	4	K Bainbridge	(27)	23:03
5	Laura Lawler	(13)	22:04	6	Tanya Ashworth	(13)	21:07	5	Hilary West	(27)	23:26	6	Vicky Barrett	(26)	21:23

Northern Athletics Road Relays

at Wythenshawe Park, Manchester on Sunday 21st March 2010

27 Keighley & Craven AC 'B' 2:28:59
 1 Camille Askins (31) 22:17 2 Jenna Mudd (27) 22:16
 3 Shyla Lee (28) 26:21 4 Sam Knowles (28) 27:04
 5 Tracey Hodgson (28) 24:44 6 Fran Powell (27) 26:17

28 Keighley & Craven AC 'C' 2:46:49
 1 Debbie Cox (33) 25:59 2 Emma Wadsworth(32) 27:46
 3 Vicky Young (29) 29:48 4 Rosie Cook (29) 29:12
 5 Ania Sroka (29) 30:52 6 Debbie Spurr (28) 23:12

Incomplete Teams:

Kingston Upon Hull AC
 1 Joanne Maddick (4) 16:56 2 Michelle Stone (5) 18:46
 3 Nicola Maddick (4) 18:38 4 Jodie Spencer (9) 20:25
 5 L Havercroft (10) 19:57

Leeds City AC 'B'
 1 Sian Davies (27) 20:46 2 S Waterhouse (26) 22:38

Rotherham H & AC 'B'
 1 Jayne Allen (32) 22:18 2 Gillian Taylor (29) 23:07

Salford Harriers 'B'
 1 Katie Jennison (34) 27:19 2 Emma Morris (31) 25:28

Hallamshire Harriers 'B'
 1 Rebecca Newton (17) 18:35

Scunthorpe & District AC
 1 Clare Morley (22) 19:47

Fastest of all legs — Final

1 Hatti Dean	Hallamshr	A	16:08
2 M McDonnell	ChesterLS		16:37
3 Emma Raven	ChesterLS		16:44
4 Julia Russell	Hallamshr	A	16:47
5 H Singleton	Wakefield	A	16:48
6 Angela Hibbs	ChesterLS		16:53
= Jenny Blizard	Rotherham	A	16:53
8 Joanne Maddick	Kingston		16:56
9 M Czarnecka	ChesterLS		16:58
= Melissa Turner	ChesterLS		16:58