

# The PSUK National Cross Country Championships at Cofton Park, Birmingham on Wednesday 20th March 2013

## Women's Race — FINAL RESULTS

Pos	Num	Name	Cat/Pos	Club	Time		
1	56	Sarah Hill	L40	1 Hampshire	32:31		
2	76	Dianne Lauder	L35	1 Lothian And Borders	33:29		
3	30	Nicola Davies		Dyfed-Powys	35:53		
4	57	Kate Towerton		Hampshire	36:04		
5	26	Sarah Chaloner	L45	1 Dorset	36:22		
6	133	Deb Blakeman	L35	2 West Midlands	36:33		
7	105	Kelly Morgan		South Wales	36:38		
8	121	Rebecca Black	L35	3 Surrey	37:11		
9	77	Gillian Duncan	L40	2 Lothian And Borders	37:24		
10	83	Sharon McHugh	L35	4 Metropolitan	37:50		
11	37	Joanna Wilson		Fife	37:56		
12	68	Janine Fallon	L35	5 Lancashire	38:06		
13	135	Sophie Clement	L35	6 West Midlands	38:14		
14	18	Lisa Knight	L40	3 Derbyshire	38:23		
15	137	Sarah Rose	L35	7 West Midlands	38:37		
16	2	Nicky Morgan	L40	4 British Transport Police	38:45		
17	112	Lynn Callaghan	L35	8 Staffordshire	38:58		
18	160	Janice White	L35	9 PSNI	39:14		
19	89	Victoria Emsley		Metropolitan	39:26		
20	102	Heidi Williams	L35	10 South Wales	39:37		
21	53	Sue Tagg	L45	2 Gwent	39:43		
22	96	Kate Williams	L50	1 Northampton	39:49		
23	84	Sarah Green		Metropolitan	39:52		
24	5	Kate Armstrong	L50	2 Cambridgeshire	39:54		
25	21	Rachel Short		Devon & Cornwall	39:54		
26	70	Nikki Kay		Lancashire	40:07		
27	58	Gail Chippendale	L35	11 Hampshire	40:30		
28	48	Joanne Glyn	L45	3 Greater Manchester	40:33		
29	107	Clare Biddlecombe	L45	4 South Wales	40:35		
30	143	Yvette Arthur	L50	3 West Yorkshire	40:40		
31	138	Gill Russon	L40	5 West Midlands	40:44		
32	94	Louise Rout		Norfolk	41:00		
33	62	Rachel Love	L40	6 Humberside	41:01		
34	134	Naomi Davies		West Midlands	41:26		
35	28	Dee Nix	L40	7 Dyfed-Powys	41:30		
36	104	Rachel Walsh		South Wales	41:51		
37	81	Lisa Brazier	L35	12 Lothian And Borders	41:52		
38	113	Deb Wilne	L35	13 Staffordshire	41:58		
39	38	Sally Kinsell	L35	14 Fife	42:13		
40	8	Kirsty Baird	L40	8 Central Scotland	42:20		
41	73	Katrina Kemp	L50	4 Leicestershire	42:23		
42	51	Katrina Hughes		Greater Manchester	42:32		
43	85	Karen Horswood	L45	5 Metropolitan	42:33		
44	88	Angela Breen		Metropolitan	42:41		
45	46	Karen Mather	L50	5 Greater Manchester	42:50		
46	24	Sara Crane	L40	9 Devon & Cornwall	42:51		
				47 91 Lucy Campbell	L45 6 Norfolk	43:01	
				48 139 Kelly Monaghan		West Midlands	43:15
				49 122 Claire Lowe	L35 15 Surrey		43:31
				50 110 Lindsay Rust	L35 16 South Yorkshire		43:38
				51 106 Tesa Gould	L50 6 South Wales		43:52
				52 61 Lorraine Paterson	L40 10 Humberside		43:53
				53 136 Sarah Boot	L45 7 West Midlands		43:57
				54 125 Rena Richards		Thames Valley	44:00
				55 114 Clare Davenport	L35 17 Staffordshire		44:14
				56 71 Laura Lawler	L40 11 Lancashire		44:29
				57 66 Tracy Nicholls	L45 8 Kent		44:37
				58 33 Sue Jones	L40 12 Essex		44:47
				59 148 Mel Gegg		Wiltshire	44:58
				60 86 Jacqui Reid	L45 9 Metropolitan		45:24
				61 146 Nicky Calway	L35 18 Wiltshire		45:26
				62 97 Madeline Moutrie	L50 7 Northampton		45:31
				63 92 Emily Hannant		Norfolk	45:37
				64 126 Cheryl Thornley	L35 19 Thames Valley		45:38
				65 142 Anna Gaches	L35 20 West Yorkshire		46:58
				66 64 Caroline Filmer	L40 13 Kent		47:20
				67 74 Jill Sharpe	L55 1 Leicestershire		47:30
				68 128 Laura Bottrill		Warwickshire	47:33
				69 124 Vanessa Hall		Thames Valley	47:39
				70 20 Dominique Oliver		Devon & Cornwall	47:44
				71 131 Laura Williams		West Mercia	47:51
				72 101 Frances Williams	L45 10 South Wales		48:04
				73 11 Shonagh McKie		Central Scotland	48:11
				74 152 Claire Weston		Wiltshire	48:11
				75 87 Alison Lapper	L40 14 Metropolitan		48:23
				76 47 Claire Williams		Greater Manchester	48:31
				77 23 Sue Bookless-Brown	L40 15 Devon & Cornwall		49:08
				78 130 Joy Brookes	L45 11 West Mercia		49:29
				79 22 Julie Gardner	L40 16 Devon & Cornwall		50:39
				80 149 Kirsty Keeping	L35 21 Wiltshire		51:32
				81 147 Jeanette Brownsea	L40 17 Wiltshire		51:36
				82 144 Heather Mitchell	L60 1 West Yorkshire		51:49
				83 34 Amanda Pollard	L40 18 Essex		52:40
				84 150 Sarah Kyte	L35 22 Wiltshire		53:43
				85 103 Samantha Thompson	L45 12 South Wales		54:07
				86 6 Louise Watson		Cambridgeshire	54:56
				87 10 Gillian Rennie	L35 23 Central Scotland		56:18
				88 31 Sally-Ann Neville	L35 24 Dyfed-Powys		56:58
				89 65 Wendy Gilham	L45 13 Kent		57:33
				90 69 Sue Harrison	L55 2 Lancashire		59:18
				91 49 Helen Fletcher		Greater Manchester	59:47
				92 4 Rachel Gourlay	L45 14 Cambridgeshire		1:00:24

## Women's Race — TEAM RESULTS

1 Hampshire	32	—	1 Sarah Hill	4 Kate Towerton	27 Gail Chippendale
2 West Midlands	34	—	6 Deb Blakeman	13 Sophie Clement	15 Sarah Rose
3 Lothian And Borders	48	—	2 Dianne Lauder	9 Gillian Duncan	37 Lisa Brazier
4 Metropolitan	52	—	10 Sharon McHugh	19 Victoria Emsley	23 Sarah Green
5 South Wales	56	—	7 Kelly Morgan	20 Heidi Williams	29 Clare Biddlecombe
6 Lancashire	94	—	12 Janine Fallon	26 Nikki Kay	56 Laura Lawler
7 Staffordshire	110	—	17 Lynn Callaghan	38 Deb Wilne	55 Clare Davenport
8 Greater Manchester	115	—	28 Joanne Glyn	42 Katrina Hughes	45 Karen Mather
9 Dyfed-Powys	126	—	3 Nicola Davies	35 Dee Nix	88 Sally-Ann Neville
10 Devon & Cornwall	141	—	25 Rachel Short	46 Sara Crane	70 Dominique Oliver
11 Norfolk	142	—	32 Louise Rout	47 Lucy Campbell	63 Emily Hannant
12 West Yorkshire	177	—	30 Yvette Arthur	65 Anna Gaches	82 Heather Mitchell
13 Thames Valley	187	—	54 Rena Richards	64 Cheryl Thornley	69 Vanessa Hall
14 Wiltshire	194	—	59 Mel Gegg	61 Nicky Calway	74 Claire Weston
15 Central Scotland	200	—	40 Kirsty Baird	73 Shonagh McKie	87 Gillian Rennie
16 Cambridgeshire	202	—	24 Kate Armstrong	86 Louise Watson	92 Rachel Gourlay
17 Kent	212	—	57 Tracy Nicholls	66 Caroline Filmer	89 Wendy Gilham

## Women's Race (Vets) — TEAM RESULTS

1 West Midlands	34	—	6 Deb Blakeman	13 Sophie Clement	15 Sarah Rose
2 Lothian And Borders	48	—	2 Dianne Lauder	9 Gillian Duncan	37 Lisa Brazier
3 South Wales	100	—	20 Heidi Williams	29 Clare Biddlecombe	51 Tesa Gould
4 Staffordshire	110	—	17 Lynn Callaghan	38 Deb Wilne	55 Clare Davenport
5 Metropolitan	113	—	10 Sharon McHugh	43 Karen Horswood	60 Jacqui Reid
6 Lancashire	158	—	12 Janine Fallon	56 Laura Lawler	90 Sue Harrison
7 West Yorkshire	177	—	30 Yvette Arthur	65 Anna Gaches	82 Heather Mitchell
8 Devon & Cornwall	202	—	46 Sara Crane	77 Sue Bookless-Brown	79 Julie Gardner
9 Kent	212	—	57 Tracy Nicholls	66 Caroline Filmer	89 Wendy Gilham
10 Wiltshire	222	—	61 Nicky Calway	80 Kirsty Keeping	81 Jeanette Brownsea

## Women's Race - Minor Forces — TEAM RESULTS

1 Staffordshire	110	—	17 Lynn Callaghan	38 Deb Wilne	55 Clare Davenport
2 Dyfed-Powys	126	—	3 Nicola Davies	35 Dee Nix	88 Sally-Ann Neville
3 Norfolk	142	—	32 Louise Rout	47 Lucy Campbell	63 Emily Hannant
4 Wiltshire	194	—	59 Mel Gegg	61 Nicky Calway	74 Claire Weston
5 Central Scotland	200	—	40 Kirsty Baird	73 Shonagh McKie	87 Gillian Rennie
6 Cambridgeshire	202	—	24 Kate Armstrong	86 Louise Watson	92 Rachel Gourlay

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Internet: <http://www.race-results.co.uk> -- full results will be available for downloading tonight