

# British Masters Cross Country Relays

## at Long Eaton, Derbyshire on Saturday 19th November 2016

### Race 1 - W35 Stage 1 - Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Lisa Palmer	HeanorRC35	10:42	10	Debbie Hope	StaffsMo35	12:49
2	Michelle Clarke	TelfordA35	11:42	11	Steff Warwick	LongEato35	12:51
3	Zoe Doyle	Belgrave35	11:44	12	Kim Hainsworth	DulwichR35	12:56
4	Katherine Wellam	SaleHarr35	11:57	13	Beverley Armstrong	Mansfiel35	12:57
5	Amanda Davies	CheadleR35 A	11:58	14	Kerry Storrar	Barnsley35	13:05
6	Helen Smith	ValeRoya35	12:13	15	Kerri James	Halesowe35	13:09
7	Lesley Latchem	Peniston35	12:18	16	Janet Atkinson	HolmePie35 A	13:14
8	Tracey Greenway	DerbyAC 35	12:22	17	Jacqueline Robson	ClowneRo35 A	13:48
9	Ruth Watchornrice	CheadleR35 B	12:23	18	Michelle Noble	HolmePie35 B	13:50

### Race 1 - W35 Stage 2 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Louise Insley	HeanorRC35	12:09	22:51	0	16	Ellen Ambrose	Halesowe35	14:30	27:39	- 1
2	Sophie Carter	Belgrave35	11:51	23:35	+ 1	17	Gemma Arbon	Mansfiel35	15:11	28:08	- 4
3	Rachel Coupe	TelfordA35	12:19	24:01	- 1	18	Sue Chicken	HolmePie35 B	14:28	28:18	0
4	Jenny Day	CheadleR35 A	12:21	24:19	+ 1	<b>Fastest runners over stage 2:</b>					
5	Anne Chinoy	SaleHarr35	12:23	24:20	- 1	1	Kerry Marchant	StaffsMo35	11:36		
6	Kerry Marchant	StaffsMo35	11:36	24:25	+ 4	2	Sophie Carter	Belgrave35	11:51		
7	Sally Smith	Peniston35	13:01	25:19	0	3	Louise Insley	HeanorRC35	12:09		
8	Sarah Holford	DerbyAC 35	12:59	25:21	0	4	Rachel Coupe	TelfordA35	12:19		
9	Jodie Smith	LongEato35	12:45	25:36	+ 2	5	Jenny Day	CheadleR35 A	12:21		
10	Julie Hulbert	CheadleR35 B	13:19	25:42	- 1	6	Anne Chinoy	SaleHarr35	12:23		
11	Naomi Biddlestone	Barnsley35	13:09	26:14	+ 3	7	Jodie Smith	LongEato35	12:45		
12	Sarah Gibbs	ValeRoya35	14:17	26:30	- 6	8	Sarah Holford	DerbyAC 35	12:59		
13	Emma Cupitt	HolmePie35 A	13:20	26:34	+ 3	9	Sally Smith	Peniston35	13:01		
14	Ros Tabor	DulwichR35	14:06	27:02	- 2	10	Naomi Biddlestone	Barnsley35	13:09		
15	Karen Shipman	ClowneRo35 A	13:47	27:35	+ 2						

### Race 1 - W35 Stage 3 - Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Sarah Harris	HeanorRC35	10:51	33:42	0	16	J Sheltonpereda	DulwichR35	14:48	41:50	- 2
2	Claire Martin	TelfordA35	10:36	34:37	+ 1	17	Ann Gould	HolmePie35 B	13:48	42:06	+ 1
3	Fiona Maddocks	Belgrave35	12:25	36:00	- 1	18	S Massingham	ClowneRo35 A	16:07	43:42	- 3
4	Rebecca Harrison	CheadleR35 A	11:53	36:12	0	<b>Fastest runners over stage 3:</b>					
5	Helen Armitage	SaleHarr35	12:19	36:39	0	1	Claire Martin	TelfordA35	10:36		
6	Joanne Hackett	StaffsMo35	13:38	38:03	0	2	Sarah Harris	HeanorRC35	10:51		
7	Steph Spencer	DerbyAC 35	12:46	38:07	+ 1	3	Rebecca Harrison	CheadleR35 A	11:53		
8	S Hollinshead	CheadleR35 B	12:29	38:11	+ 2	4	Helen Armitage	SaleHarr35	12:19		
9	Sarah Semmens	LongEato35	12:53	38:29	0	5	Fiona Maddocks	Belgrave35	12:25		
10	Claire Hayesgill	HolmePie35 A	13:11	39:45	+ 3	6	S Hollinshead	CheadleR35 B	12:29		
11	Sarah Walch	Peniston35	14:47	40:06	- 4	7	Steph Spencer	DerbyAC 35	12:46		
12	Samantha Morton	Halesowe35	12:54	40:33	+ 4	8	Sarah Semmens	LongEato35	12:53		
13	Debbie Broad	ValeRoya35	14:31	41:01	- 1	9	Samantha Morton	Halesowe35	12:54		
14	Kahli Johnson	Mansfiel35	12:55	41:03	+ 3	10	Kahli Johnson	Mansfiel35	12:55		
15	Helen Jonescrofts	Barnsley35	15:06	41:20	- 4						

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### W35 — Team Results — Final

(nn) is team position after the appropriate stage.

<p><b>1 Heanor RC W35</b> <b>33:42</b></p> <p>1 Lisa Palmer (1) 10:42 2 Louise Insley (1) 12:09 3 Sarah Harris (1) 10:51</p> <p><b>2 Telford Ac W35</b> <b>34:37</b></p> <p>1 Michelle Clarke (2) 11:42 2 Rachel Coupe (3) 12:19 3 Claire Martin (2) 10:36</p> <p><b>3 Belgrave Harriers W35</b> <b>36:00</b></p> <p>1 Zoe Doyle (3) 11:44 2 Sophie Carter (2) 11:51 3 Fiona Maddocks (3) 12:25</p> <p><b>4 Cheadle Rc W35 'A'</b> <b>36:12</b></p> <p>1 Amanda Davies (5) 11:58 2 Jenny Day (4) 12:21 3 Rebecca Harrison (4) 11:53</p> <p><b>5 Sale Harriers Manchester W35</b> <b>36:39</b></p> <p>1 Katherine Wellam (4) 11:57 2 Anne Chinoy (5) 12:23 3 Helen Armitage (5) 12:19</p> <p><b>6 Staffs Moorlands Ac W35</b> <b>38:03</b></p> <p>1 Debbie Hope (10) 12:49 2 Kerry Marchant (6) 11:36 3 Joanne Hackett (6) 13:38</p> <p><b>7 Derby AC W35</b> <b>38:07</b></p> <p>1 Tracey Greenway (8) 12:22 2 Sarah Holford (8) 12:59 3 Steph Spencer (7) 12:46</p> <p><b>8 Cheadle Rc W35 'B'</b> <b>38:11</b></p> <p>1 Ruth Watchornrice (9) 12:23 2 Julie Hulbert (10) 13:19 3 S Hollinshead (8) 12:29</p> <p><b>9 Long Eaton RC W35</b> <b>38:29</b></p> <p>1 Steff Warwick (11) 12:51 2 Jodie Smith (9) 12:45 3 Sarah Semmens (9) 12:53</p> <p><b>10 Holme Pierrepont Rc W35 'A'</b> <b>39:45</b></p> <p>1 Janet Atkinson (16) 13:14 2 Emma Cupitt (13) 13:20 3 Claire Hayesgill (10) 13:11</p> <p><b>11 Penistone Footpath Runners W35</b> <b>40:06</b></p> <p>1 Lesley Latchem (7) 12:18 2 Sally Smith (7) 13:01 3 Sarah Walch (11) 14:47</p>	<p><b>12 Halesowen Acc W35</b> <b>40:33</b></p> <p>1 Kerri James (15) 13:09 2 Ellen Ambrose (16) 14:30 3 Samantha Morton (12) 12:54</p> <p><b>13 Vale Royal Ac W35</b> <b>41:01</b></p> <p>1 Helen Smith (6) 12:13 2 Sarah Gibbs (12) 14:17 3 Debbie Broad (13) 14:31</p> <p><b>14 Mansfield Harriers W35</b> <b>41:03</b></p> <p>1 Beverley Armstrong (13) 12:57 2 Gemma Arbon (17) 15:11 3 Kahli Johnson (14) 12:55</p> <p><b>15 Barnsley AC W35</b> <b>41:20</b></p> <p>1 Kerry Storrar (14) 13:05 2 Naomi Biddlestone (11) 13:09 3 Helen Jonescrofts (15) 15:06</p> <p><b>16 Dulwich Runners Ac W35</b> <b>41:50</b></p> <p>1 Kim Hainsworth (12) 12:56 2 Ros Tabor (14) 14:06 3 J Sheltonpereda (16) 14:48</p> <p><b>17 Holme Pierrepont Rc W35 'B'</b> <b>42:06</b></p> <p>1 Michelle Noble (18) 13:50 2 Sue Chicken (18) 14:28 3 Ann Gould (17) 13:48</p> <p><b>18 Clowne Road Runners Club W35 'A'</b> <b>43:42</b></p> <p>1 Jacqueline Robson (17) 13:48 2 Karen Shipman (15) 13:47 3 S Massingham (18) 16:07</p> <p><b>Fastest of all legs — Final</b></p> <p>1 Claire Martin TelfordA35 10:36 2 Lisa Palmer HeanorRC35 10:42 3 Sarah Harris HeanorRC35 10:51 4 Kerry Marchant StaffsMo35 11:36 5 Michelle Clarke TelfordA35 11:42 6 Zoe Doyle Belgrave35 11:44 7 Sophie Carter Belgrave35 11:51 8 Rebecca Harrison CheadleR35 A 11:53 9 Katherine Wellam SaleHarr35 11:57 10 Amanda Davies CheadleR35 A 11:58</p>
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