

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### - Senior Women Stage 1 — Final Results

Pos	Name	Club	Leg	Time	Pos	Name	Club	Leg	Time
1	Abbie Donnelly	LincolnWe	A	14:01	40	Megan Rothman	Leamingto		16:29
2	Jennifer Nesbitt	CardiffAa		14:10	41	Molly Jones	WindsorSI	A	16:30
3	Amy Griffiths	Aldershot	A	14:29	42	Holly Haywood	LincolnWe	B	16:31
4	Nicole Taylor	Tonbridge	A	14:39	43	Orna Mcginley	BelgraveH		16:38
5	Iona Lake	CityOfNor	A	14:41	44	Sarah Grover	HerneHill	A	16:41
6	Laura Brenton	Southampt	A	14:49	45	Alice Wood	Tonbridge	B	16:43
7	Charlotte Dannatt	Camberley		14:51	46	Rebecca Turton	TiptonHar	A	16:51
8	Bryony Gunn	Birchfiel	A	14:54	47	Katie Kedward	HerneHill	B	16:55
9	Calli Thackery	Rotherham	A	14:54	48	E Stavreski	ThamesHar	A	16:56
10	Kirsty Longley	L'pool PS		14:58	49	Victoria Merrick	LeedsCity	B	16:57
11	Floren Scrafton	WestburyH		15:00	50	Maya Hodgson	WindsorSI	B	17:04
12	Molly Renfer	HighgateH	A	15:05	51	Olivia Harris	RoyalSutt		17:05
13	Juliet Potter	Charnwood	A	15:12	52	Becca Peach	NottsAc	B	17:07
14	Tessa McCormick	ValeRoyal	A	15:18	53	Lucymae Shepherd	Bedfordsh	B	17:12
15	Sophie Wood	SaleHarri	A	15:20	54	Sophie Marr	TyneBridg		17:19
16	Tia Wilson	Bedfordsh	A	15:20	55	Ellie Mortimer	Stroud&Di	A	17:24
17	Rachel Thomas	VictoriaP		15:34	56	R Bergernorth	Bracknell		17:25
18	Sarah Kebbell	ThamesVal	A	15:35	57	Victoria Walker	HighgateH	B	17:33
19	Hannah Robinson	NottsAc	A	15:36	58	Robyn Lanceley	Rotherham	C	17:35
20	Rachel Friend	LeedsCity	A	15:38	59	Emma Tollefson	ChorltonR	A	17:47
21	Alison Lundy	Blackburn		15:40	60	Maxine Mcinulty	Tonbridge	C	17:57
22	Rachel Longstaff	Cheltenha		15:41	61	Julie Shepherd	TiptonHar	B	18:02
23	Lucy Dowsett	Cambridge	A	15:42	62	Claire Bryan	Wreake&So		18:03
24	Sally Ratcliffe	Aldershot	C	15:43	63	Sophie Peach	CityOfNor	B	18:09
25	Vicki Cronin	TraffordA	A	15:44	64	Penny Oliver	CoventryG	A	18:17
26	Molly Browne	Birmingham	A	15:48	65	Katie Wall	TiptonHar	C	18:19
27	Katie Rowland	KentAc		15:52	66	Caitlin Mcmorrow	Birchfiel	B	18:34
28	Rosie Hattersley	Bristol&W	A	15:53	67	Sophie Pedder	Cambridge	C	18:45
29	Sophie Goodfellow	Newcastle		15:55	68	Jess Pierce	SwindonHa		18:50
30	Amber Philip	Cambridge	B	15:58	69	Melanie Johnson	ValeRoyal	B	18:58
31	Anna Sharp	Southampt	B	16:05	70	Laura Leslie	Bournvill	B	19:21
32	Beth Sykes	Bromsgrov		16:12	71	Cathlyn Bone	Birmingham	B	19:46
33	Katie Lomas	Charnwood	B	16:15	72	Louise Mangan	TraffordA	B	20:04
34	Imogen Peck	Bournvill	A	16:16	73	Gill Tavner	Stroud&Di	B	20:12
35	Keri Pearson	Rotherham	B	16:20	74	Rita Fisher	HeanorRC		20:17
36	Emma Stevens	Aldershot	B	16:22	75	Sam Pretlove	Bournvill	C	21:08
37	Alex O'brien	L'pool H		16:23	76	Ruth Cousin	ChorltonR	B	21:36
38	Ruby Wyles	Guildford		16:24	77	Kate Facey	WestBromw		25:05
39	Lisa Dasilva	ThamesVal	B	16:25					

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### - Senior Women Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Charlotte Arter	CardiffAa	14:00	28:10	+ 1
2	Sophie Coldwell	Charnwood A	14:26	29:38	+ 11
3	Laura Gent	Aldershot A	15:12	29:41	0
4	Kirandeep Marsh	Tonbridge A	15:08	29:47	0
5	Natalie Burns	LincolnWe A	15:47	29:48	- 4
6	Hannah Viner	HighgateH A	14:47	29:52	+ 6
7	Holly Archer	Cambridge A	14:22	30:04	+ 16
8	Sonia Samuels	SaleHarri A	14:51	30:11	+ 7
9	Isabel Rodriguez	CityOfNor A	15:39	30:20	- 4
10	Sophie Cowper	Rotherham A	15:29	30:23	- 1
11	Carli Baldwin	Birchfiel A	15:49	30:43	- 3
12	Amelia Pettitt	ValeRoyal A	15:25	30:43	+ 2
13	Nicole Frith	Southampt A	16:06	30:55	- 7
14	Alice Leake	LeedsCity A	15:20	30:58	+ 6
15	Laura Kaye	VictoriaP	15:43	31:17	+ 2
16	Charlotte Buckley	ThamesVal A	15:58	31:33	+ 2
17	R Twardochleb	Newcastle	15:38	31:33	+ 12
18	Amelia Quirk	Bracknell	14:13	31:38	+ 38
19	Katriona Brown	Aldershot C	15:59	31:42	+ 5
20	Niamh Brown	Aldershot B	15:23	31:45	+ 16
21	Sarah Hudak	TraffordA A	16:20	32:04	+ 4
22	Keiva Rennocks	Rotherham B	15:52	32:12	+ 13
23	Helena Corbin	HerneHill A	15:32	32:13	+ 21
24	Sarah Hanley	KentAc	16:25	32:17	+ 3
25	Lauren Nichols	Bedfordsh A	17:00	32:20	- 9
26	Becki Timmings	Bromsgrov	16:11	32:23	+ 6
27	Bethanie Murray	ThamesHar A	15:38	32:34	+ 21
28	Lisa Deacon	NottsAc A	17:00	32:36	- 9
29	C Griffiths	Guildford	16:18	32:42	+ 9
30	Lucy Short	Southampt B	16:40	32:45	+ 1
31	Hannah Delaney	L'pool H	16:25	32:48	+ 6
32	Catie O'donoghue	Bristol&W A	16:56	32:49	- 4
33	Hannah Novakovic	WindsorSI A	16:33	33:03	+ 8
34	Sianmarie Lucas	Cambridge B	17:07	33:05	- 4
35	Charlie Hanson	LincolnWe B	16:44	33:15	+ 7
36	Maryse Haynes	Birmingha A	17:35	33:23	- 10
37	Fiona Maddocks	BelgraveH	17:01	33:39	+ 6
38	Aimee Seager	Charnwood B	17:33	33:48	- 5
39	Bethany Walker	TiptonHar A	17:04	33:55	+ 7
40	Rhian Littlewood	Bournvill A	17:46	34:02	- 6
41	India Nicholson	Tonbridge B	17:21	34:04	+ 4
42	Monica Williamson	Leamington	18:03	34:32	- 2
43	Emma Williams	NottsAc B	17:27	34:34	+ 9
44	Rachel Adamson	TyneBridg	17:32	34:51	+ 10
45	Emilymay Holden	Rotherham C	17:33	35:08	+ 13
46	Ella Sharrock	CityOfNor B	17:06	35:15	+ 17
47	Juliet Soane	WindsorSI B	18:20	35:24	+ 3
48	Jenny Clarke	ChorltonR A	17:38	35:25	+ 11
49	Lindsay Davies	Blackburn	19:47	35:27	- 28
50	Myshola Kirkham	CoventryG A	17:17	35:34	+ 14
51	Ellen Humpherson	RoyalSutt	18:37	35:42	0
52	Emma Smith	Bedfordsh B	18:34	35:46	+ 1
53	Merryn Hilton	Stroud&Di A	18:24	35:48	+ 2
54	Elizabeth Heslop	Tonbridge C	18:02	35:59	+ 6
55	Georgia Hanley	ThamesVal B	19:36	36:01	- 16
56	Frances Vickers	Birchfiel B	17:30	36:04	+ 10
57	J Haywardbhikha	HerneHill B	19:24	36:19	- 10
58	Claire Hodgkiss	TiptonHar B	18:32	36:34	+ 3
59	Chloe Haines	Cambridge C	17:53	36:38	+ 8
60	Jemima Storey	HighgateH B	19:15	36:48	- 3
61	Mel James	Birmingha B	17:14	37:00	+ 10
62	Sharon Wilson	ValeRoyal B	18:09	37:07	+ 7
63	Katie Dolan	TiptonHar C	19:35	37:54	+ 2
64	Sara Hewison	Bournvill B	19:23	38:44	+ 6
65	Joanne Fifield	Stroud&Di B	18:38	38:50	+ 8
66	Kelly Parker	Wreake&So	21:56	39:59	- 4
67	Naomi Stones	ChorltonR B	19:44	41:20	+ 9
68	Heather Wesson	HeanorRC	21:28	41:45	+ 6
69	Jo Green	Bournvill C	20:48	41:56	+ 6
70	Sue Exon	TraffordA B	22:28	42:32	+ 2
71	Beverley Ward	WestBromw	25:06	50:11	+ 6

#### Fastest runners over stage 2:

1	Charlotte Arter	CardiffAa	14:00
2	Amelia Quirk	Bracknell	14:13
3	Holly Archer	Cambridge A	14:22
4	Sophie Coldwell	Charnwood A	14:26
5	Hannah Viner	HighgateH A	14:47
6	Sonia Samuels	SaleHarri A	14:51
7	Kirandeep Marsh	Tonbridge A	15:08
8	Laura Gent	Aldershot A	15:12
9	Alice Leake	LeedsCity A	15:20
10	Niamh Brown	Aldershot B	15:23

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### - Senior Women Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Lucy Marland	CardiffAa	14:57	43:07	0
2	Phoebe Barker	Tonbridge A	14:53	44:40	+ 2
3	Emily Wicks	Aldershot A	15:10	44:51	0
4	Yasmin Goater	HighgateH A	15:18	45:10	+ 2
5	Gemma Hilliermoses	Charnwood A	15:47	45:25	- 3
6	Claire Cooney	LincolnWe A	15:42	45:30	- 1
7	Zoe Macdonald	Cambridge A	15:38	45:42	0
8	Jenny Blizzard	Rotherham A	15:22	45:45	+ 2
9	Louise Jackson	Southampt A	15:33	46:28	+ 4
10	Mabel Beckett	CityOfNor A	16:11	46:31	- 1
11	Elizabeth Watters	Birchfiel A	16:01	46:44	0
12	Leila Armoush	LeedsCity A	15:57	46:55	+ 2
13	Abbie Milnes	Aldershot B	15:18	47:03	+ 7
14	Jess Lowe	VictoriaP	16:16	47:33	+ 1
15	Isabelle Franco	ThamesVal A	16:07	47:40	+ 1
16	Zara Knappy	Rotherham B	15:39	47:51	+ 6
17	Anne Chinoy	SaleHarri A	17:49	48:00	- 9
18	Laurie Marlow	Bracknell	16:32	48:10	0
19	Katie Stevens	Aldershot C	16:36	48:18	0
20	Hollie Carrington	ValeRoyal A	17:42	48:25	- 8
21	Lauren Major	ThamesHar A	16:10	48:44	+ 6
22	Molly Pocock	HerneHill A	16:38	48:51	+ 1
23	Elizabeth Clarkson	Newcastle	17:20	48:53	- 6
24	Chloe Crossman	Guildford	16:22	49:04	+ 5
25	Josie Smith	Bedfordsh A	16:46	49:06	0
26	C Warrington	Bromsgrov	16:51	49:14	0
27	Alice Flint	WindsorSl A	16:14	49:17	+ 6
28	Isabel Bradley	KentAc	17:05	49:22	- 4
29	Elaina Gard	Bristol&W A	16:46	49:35	+ 3
30	Joanne Birtwistle	NottsAc A	17:26	50:02	- 2
31	Elizabeth Egan	L'pool H	17:31	50:19	0
32	Mhairi Hall	BelgraveH	16:52	50:31	+ 5
33	Lucy Thornton	LincolnWe B	17:21	50:36	+ 2
34	Chloe Bird	Tonbridge B	16:46	50:50	+ 7
35	Melanie Monks	TraffordA A	18:56	51:00	- 14
36	Eloise Lee	Birmingha A	17:58	51:21	0
37	Helena Dyce	Cambridge B	18:25	51:30	- 3
38	Larna Partridge	TiptonHar A	17:56	51:51	+ 1
39	Kelly Hewitson	Southampt B	19:19	52:04	- 9
40	Annie Testar	Stroud&Di A	16:48	52:36	+ 13
41	Mairi Clancy	TyneBridg	18:02	52:53	+ 3
42	Aneta Radaczewska	Leamingto	18:25	52:57	0
43	Victoria Read	Bournvill A	19:01	53:03	- 3
44	Beth Neal	NottsAc B	18:46	53:20	- 1
45	Sarah Renshaw	ChorltonR A	18:03	53:28	+ 3
46	D Elliott	Rotherham C	18:37	53:45	- 1
47	Pandora Banbury	Tonbridge C	18:19	54:18	+ 7
48	Julie Bonshor	Charnwood B	20:33	54:21	- 10
49	Linda Mcdonald	CoventryG A	19:24	54:58	+ 1
50	Charlotte Gillard	Cambridge C	18:29	55:07	+ 9
51	Caitlin O'connor	RoyalSutt	19:43	55:25	0
52	Grace Slater	TiptonHar B	18:53	55:27	+ 6
53	r Jansenvan	Birchfiel B	20:45	56:49	+ 3
54	Hayley Vinnicombe	Bedfordsh B	21:06	56:52	- 2
55	Clara Pettitt	ValeRoyal B	20:23	57:30	+ 7
56	Laura Gale	Bournvill B	19:33	58:17	+ 8
57	Cheryl Graham	TiptonHar C	21:26	59:20	+ 6
58	Diane Rankin	Stroud&Di B	21:23	1:00:13	+ 7
59	C Mcnicholl	Birmingha B	23:35	1:00:35	+ 2
60	Nicky Dobra	ChorltonR B	20:08	1:01:28	+ 7
61	Kate Russell	Wreake&So	22:14	1:02:13	+ 5
62	Kirsty Hessey	HeanorRC	21:44	1:03:29	+ 6
63	Suz West	Bournvill C	21:41	1:03:37	+ 6
64	Heather Davies	WestBromw	23:34	1:13:45	+ 7

#### Fastest runners over stage 3:

1	Phoebe Barker	Tonbridge A	14:53
2	Lucy Marland	CardiffAa	14:57
3	Emily Wicks	Aldershot A	15:10
4	Abbie Milnes	Aldershot B	15:18
5	Yasmin Goater	HighgateH A	15:18
6	Jenny Blizzard	Rotherham A	15:22
7	Louise Jackson	Southampt A	15:33
8	Zoe Macdonald	Cambridge A	15:38
9	Zara Knappy	Rotherham B	15:39
10	Claire Cooney	LincolnWe A	15:42

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### - Senior Women Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain						
1	Clara Evans	CardiffAa	14:19	57:26	0	41	Zara Blower	Leamington	17:35	1:10:32	+ 1
2	Lucy Reid	Tonbridge A	14:44	59:24	0	42	Maeve Kenny	Bournvill A	17:43	1:10:46	+ 1
3	Lauren Hall	Aldershot A	14:50	59:41	0	43	Rachel Gill	TyneBridg	18:11	1:11:04	- 2
4	Rebecca Johnson	HighgateH A	14:51	1:00:01	0	44	Frances Liddell	ChorltonR A	17:47	1:11:15	+ 1
5	Gemma Steel	Charnwood A	14:47	1:00:12	0	45	Paula Richardson	CoventryG A	16:32	1:11:30	+ 4
6	Nicola Devine	Rotherham A	15:08	1:00:53	+ 2	46	Jenny Reed	Rotherham C	18:30	1:12:15	0
7	Rochelle Harrison	LincolnWe A	15:30	1:01:00	- 1	47	Stephanie Puxty	Tonbridge C	18:48	1:13:06	0
8	Susannah Reid	Cambridge A	15:50	1:01:32	- 1	48	Susannah Davies	TiptonHar B	18:22	1:13:49	+ 4
9	Sarah Kingston	Southampt A	15:46	1:02:14	0	49	Natalija Stepurko	Cambridge C	18:54	1:14:01	+ 1
10	Georgia Malir	LeedsCity A	15:29	1:02:24	+ 2	50	Madeleine Lomas	Charnwood B	20:04	1:14:25	- 2
11	Kelly Butler	Birchfiel A	16:01	1:02:45	0	51	Georgia Delaney	RoyalSutt	19:48	1:15:13	0
12	Niamh Reidsmith	Aldershot B	16:14	1:03:17	+ 1	52	Wendy Kane	NottsAc B	22:08	1:15:28	- 8
13	Ellie Taylor	CityOfNor A	17:01	1:03:32	- 3	53	Louisa Davidson	Birchfiel B	18:58	1:15:47	0
14	Emmajane Ball	Rotherham B	15:53	1:03:44	+ 2	54	Claire Perusko	Bedfordsh B	19:30	1:16:22	0
15	Samantha Harrison	NottsAc A	14:20	1:04:22	+ 15	55	Lorna Almond	Bournvill B	19:02	1:17:19	+ 1
16	K Gundersen	VictoriaP	16:50	1:04:23	- 2	56	Christina Horak	Stroud&Di B	18:30	1:18:43	+ 2
17	Alice Burgin	Bedfordsh A	15:41	1:04:47	+ 8	57	Penelope Barber	TiptonHar C	19:38	1:18:58	0
18	Eleanor Harrison	Guildford	15:45	1:04:49	+ 6	58	Renee Carney	ValeRoyal B	22:34	1:20:04	- 3
19	Gintare Juknyte	Aldershot C	16:33	1:04:51	0	59	Emily Bradshaw	Wreake&So	19:21	1:21:34	+ 2
20	Katie Knowles	ThamesVal A	17:27	1:05:07	- 5	60	Melissa Mccalla	Birmingha B	22:08	1:22:43	- 1
21	Alexa Parker	KentAc	16:12	1:05:34	+ 7	61	Jude Glynn	Bournvill C	20:39	1:24:16	+ 2
22	A Hargreaves	HerneHill A	16:56	1:05:47	0	62	Susan Pinder	HeanorRC	21:26	1:24:55	0
23	Natasha Newton	Bromsgrov	17:18	1:06:32	+ 3	63	Cat Hansen	ChorltonR B	24:42	1:26:10	- 3
24	Rebecca Pierce	Bristol&W A	17:03	1:06:38	+ 5	64	Michelle Cresswell	WestBromw	27:14	1:40:59	0
25	Rachelann Brown	BelgraveH	16:13	1:06:44	+ 7	<b>Fastest runners over stage 4:</b>					
26	Anna Begbie	ValeRoyal A	18:26	1:06:51	- 6	1	Clara Evans	CardiffAa	14:19		
27	Lottie Ambridge	Bracknell	18:44	1:06:54	- 9	2	Samantha Harrison	NottsAc A	14:20		
28	Vikki Filsell	ThamesHar A	18:42	1:07:26	- 7	3	Lucy Reid	Tonbridge A	14:44		
29	Sarah Goulden	SaleHarri A	19:38	1:07:38	- 12	4	Gemma Steel	Charnwood A	14:47		
30	Natalie Thompson	WindsorSl A	18:22	1:07:39	- 3	5	Lauren Hall	Aldershot A	14:50		
31	Lucy Thompson	Tonbridge B	17:11	1:08:01	+ 3	6	Rebecca Johnson	HighgateH A	14:51		
32	Annie Byrne	Birmingha A	16:42	1:08:03	+ 4	7	Nicola Devine	Rotherham A	15:08		
33	Judith Broadbent	LincolnWe B	17:56	1:08:32	0	8	Georgia Malir	LeedsCity A	15:29		
34	M Joneswalters	Southampt B	16:36	1:08:40	+ 5	9	Rochelle Harrison	LincolnWe A	15:30		
35	Emma Etheridge	Cambridge B	17:36	1:09:06	+ 2	10	Alice Burgin	Bedfordsh A	15:41		
36	Teresa Kemp	TraffordA A	18:15	1:09:15	- 1						
37	Catherine Holden	TiptonHar A	17:46	1:09:37	+ 1						
38	Emily Chandler	Stroud&Di A	17:21	1:09:57	+ 2						
39	Jan Cassidy	Newcastle	21:15	1:10:08	- 16						
40	Michelle Murphy	L'pool H	19:54	1:10:13	- 9						

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### Senior Women — Team Results — Final

(nn) is team position after the appropriate stage.

<b>1 Cardiff Aac</b> <b>57:26</b>				<b>17 Bedfordshire</b> <b>'A'</b> <b>1:04:47</b>			
1 Jennifer Nesbitt (2) 14:10	2 Charlotte Arter (1) 14:00	1 Tia Wilson (16) 15:20	2 Lauren Nichols (25) 17:00	3 Lucy Marland (1) 14:57	4 Clara Evans (1) 14:19	3 Josie Smith (25) 16:46	4 Alice Burgin (17) 15:41
<b>2 Tonbridge AC</b> <b>'A'</b> <b>59:24</b>				<b>18 Guildford &amp; Godalming AC</b> <b>1:04:49</b>			
1 Nicole Taylor (4) 14:39	2 Kirandeep Marsh (4) 15:08	1 Ruby Wyles (38) 16:24	2 C Griffiths (29) 16:18	3 Phoebe Barker (2) 14:53	4 Lucy Reid (2) 14:44	3 Chloe Crossman (24) 16:22	4 Eleanor Harrison (18) 15:45
<b>3 Aldershot Farnham &amp; District</b> <b>'A'</b> <b>59:41</b>				<b>19 Aldershot Farnham &amp; District</b> <b>'C'</b> <b>1:04:51</b>			
1 Amy Griffiths (3) 14:29	2 Laura Gent (3) 15:12	1 Sally Ratcliffe (24) 15:43	2 Katriona Brown (19) 15:59	3 Emily Wicks (3) 15:10	4 Lauren Hall (3) 14:50	3 Katie Stevens (19) 16:36	4 Gintare Juknyte (19) 16:33
<b>4 Highgate Harriers</b> <b>'A'</b> <b>1:00:01</b>				<b>20 Thames Valley Harriers</b> <b>'A'</b> <b>1:05:07</b>			
1 Molly Renfer (12) 15:05	2 Hannah Viner (6) 14:47	1 Sarah Kebbell (18) 15:35	2 Charlotte Buckley (16) 15:58	3 Yasmin Goater (4) 15:18	4 Rebecca Johnson (4) 14:51	3 Isabelle Franco (15) 16:07	4 Katie Knowles (20) 17:27
<b>5 Charnwood A C</b> <b>'A'</b> <b>1:00:12</b>				<b>21 Kent AC</b> <b>1:05:34</b>			
1 Juliet Potter (13) 15:12	2 Sophie Coldwell (2) 14:26	1 Katie Rowland (27) 15:52	2 Sarah Hanley (24) 16:25	3 Gemma Hilliermoses (5) 15:47	4 Gemma Steel (5) 14:47	3 Isabel Bradley (28) 17:05	4 Alexa Parker (21) 16:12
<b>6 Rotherham Harriers &amp; AC</b> <b>'A'</b> <b>1:00:53</b>				<b>22 Herne Hill Harriers</b> <b>'A'</b> <b>1:05:47</b>			
1 Calli Thackery (9) 14:54	2 Sophie Cowper (10) 15:29	1 Sarah Grover (44) 16:41	2 Helena Corbin (23) 15:32	3 Jenny Blizard (8) 15:22	4 Nicola Devine (6) 15:08	3 Molly Pocock (22) 16:38	4 A Hargreaves (22) 16:56
<b>7 Lincoln Wellington AC</b> <b>'A'</b> <b>1:01:00</b>				<b>23 Bromsgrove &amp; Redditch</b> <b>1:06:32</b>			
1 Abbie Donnelly (1) 14:01	2 Natalie Burns (5) 15:47	1 Beth Sykes (32) 16:12	2 Becki Timmings (26) 16:11	3 Claire Cooney (6) 15:42	4 Rochelle Harrison (7) 15:30	3 C Warrington (26) 16:51	4 Natasha Newton (23) 17:18
<b>8 Cambridge &amp; Coleridge AC</b> <b>'A'</b> <b>1:01:32</b>				<b>24 Bristol &amp; West AC</b> <b>'A'</b> <b>1:06:38</b>			
1 Lucy Dowsett (23) 15:42	2 Holly Archer (7) 14:22	1 Rosie Hattersley (28) 15:53	2 Catie O'donoghue (32) 16:56	3 Zoe Macdonald (7) 15:38	4 Susannah Reid (8) 15:50	3 Elaina Gard (29) 16:46	4 Rebecca Pierce (24) 17:03
<b>9 Southampton AC</b> <b>'A'</b> <b>1:02:14</b>				<b>25 Belgrave Harriers</b> <b>1:06:44</b>			
1 Laura Brenton (6) 14:49	2 Nicole Frith (13) 16:06	1 Oma Mcginley (43) 16:38	2 Fiona Maddocks (37) 17:01	3 Louise Jackson (9) 15:33	4 Sarah Kingston (9) 15:46	3 Mhairi Hall (32) 16:52	4 Rachelann Brown (25) 16:13
<b>10 Leeds City AC</b> <b>'A'</b> <b>1:02:24</b>				<b>26 Vale Royal AC</b> <b>'A'</b> <b>1:06:51</b>			
1 Rachel Friend (20) 15:38	2 Alice Leake (14) 15:20	1 Tessa McCormick (14) 15:18	2 Amelia Pettitt (12) 15:25	3 Leila Armoush (12) 15:57	4 Georgia Malir (10) 15:29	3 Hollie Carrington (20) 17:42	4 Anna Begbie (26) 18:26
<b>11 Birchfield Harriers</b> <b>'A'</b> <b>1:02:45</b>				<b>27 Bracknell AC</b> <b>1:06:54</b>			
1 Bryony Gunn (8) 14:54	2 Carli Baldwin (11) 15:49	1 R Bergemorth (56) 17:25	2 Amelia Quirk (18) 14:13	3 Elizabeth Watters (11) 16:01	4 Kelly Butler (11) 16:01	3 Laurie Marlow (18) 16:32	4 Lottie Ambridge (27) 18:44
<b>12 Aldershot Farnham &amp; District</b> <b>'B'</b> <b>1:03:17</b>				<b>28 Thames Hare &amp; Hounds</b> <b>'A'</b> <b>1:07:26</b>			
1 Emma Stevens (36) 16:22	2 Niamh Brown (20) 15:23	1 E Stavreski (48) 16:56	2 Bethanie Murray (27) 15:38	3 Abbie Milnes (13) 15:18	4 Niamh Reidsmith (12) 16:14	3 Lauren Major (21) 16:10	4 Vikki Filsell (28) 18:42
<b>13 City Of Norwich AC</b> <b>'A'</b> <b>1:03:32</b>				<b>29 Sale Harriers Manchester</b> <b>'A'</b> <b>1:07:38</b>			
1 Iona Lake (5) 14:41	2 Isabel Rodriguez (9) 15:39	1 Sophie Wood (15) 15:20	2 Sonia Samuels (8) 14:51	3 Mabel Beckett (10) 16:11	4 Ellie Taylor (13) 17:01	3 Anne Chinoy (17) 17:49	4 Sarah Goulden (29) 19:38
<b>14 Rotherham Harriers &amp; AC</b> <b>'B'</b> <b>1:03:44</b>				<b>30 Windsor Slough Eton &amp; Hounslo</b> <b>'A'</b> <b>1:07:39</b>			
1 Keri Pearson (35) 16:20	2 Keiva Rennocks (22) 15:52	1 Molly Jones (41) 16:30	2 Hannah Novakovic (33) 16:33	3 Zara Knappy (16) 15:39	4 Emmajane Ball (14) 15:53	3 Alice Flint (27) 16:14	4 Natalie Thompson (30) 18:22
<b>15 Notts AC</b> <b>'A'</b> <b>1:04:22</b>				<b>31 Tonbridge AC</b> <b>'B'</b> <b>1:08:01</b>			
1 Hannah Robinson (19) 15:36	2 Lisa Deacon (28) 17:00	1 Alice Wood (45) 16:43	2 India Nicholson (41) 17:21	3 Joanne Birtwistle (30) 17:26	4 Samantha Harrison (15) 14:20	3 Chloe Bird (34) 16:46	4 Lucy Thompson (31) 17:11
<b>16 Victoria Park Harriers &amp; Towe</b> <b>1:04:23</b>				<b>32 Birmingham Running Athletics</b> <b>'A'</b> <b>1:08:03</b>			
1 Rachel Thomas (17) 15:34	2 Laura Kaye (15) 15:43	1 Molly Browne (26) 15:48	2 Maryse Haynes (36) 17:35	3 Jess Lowe (14) 16:16	4 K Gundersen (16) 16:50	3 Eloise Lee (36) 17:58	4 Annie Byrne (32) 16:42

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### 33 Lincoln Wellington AC

1 Holly Haywood (42) 16:31 2 Charlie Hanson (35) 16:44  
3 Lucy Thornton (33) 17:21 4 Judith Broadbent (33) 17:56

'B' 1:08:32

### 50 Charnwood A C

1 Katie Lomas (33) 16:15 2 Aimee Seager (38) 17:33  
3 Julie Bonshor (48) 20:33 4 Madeleine Lomas (50) 20:04

'B' 1:14:25

### 34 Southampton AC

1 Anna Sharp (31) 16:05 2 Lucy Short (30) 16:40  
3 Kelly Hewitson (39) 19:19 4 M Joneswalters (34) 16:36

'B' 1:08:40

### 51 Royal Sutton Coldfield AC

1 Olivia Harris (51) 17:05 2 Ellen Humphrestone (51) 18:37  
3 Caitlin O'connor (51) 19:43 4 Georgia Delaney (51) 19:48

1:15:13

### 35 Cambridge & Coleridge AC

1 Amber Philip (30) 15:58 2 Sianmarie Lucas (34) 17:07  
3 Helena Dyce (37) 18:25 4 Emma Etheridge (35) 17:36

'B' 1:09:06

### 52 Notts AC

1 Becca Peach (52) 17:07 2 Emma Williams (43) 22:27  
3 Beth Neal (44) 18:46 4 Wendy Kane (52) 22:08

'B' 1:15:28

### 36 Trafford AC

1 Vicki Cronin (25) 15:44 2 Sarah Hudak (21) 16:20  
3 Melanie Monks (35) 18:56 4 Teresa Kemp (36) 18:15

'A' 1:09:15

### 53 Birchfield Harriers

1 Caitlin Mcmorrow (66) 18:34 2 Frances Vickers (56) 17:30  
3 r Jansenvan (53) 20:45 4 Louisa Davidson (53) 18:58

'B' 1:15:47

### 37 Tipton Harriers

1 Rebecca Turton (46) 16:51 2 Bethany Walker (39) 17:04  
3 Larna Partridge (38) 17:56 4 Catherine Holden (37) 17:46

'A' 1:09:37

### 54 Bedfordshire

1 Lucymae Shepherd (53) 17:12 2 Emma Smith (52) 18:34  
3 Hayley Vinnicombe (54) 21:06 4 Claire Perusko (54) 19:30

'B' 1:16:22

### 38 Stroud & District AC

1 Ellie Mortimer (55) 17:24 2 Merryn Hilton (53) 18:24  
3 Annie Testar (40) 16:48 4 Emily Chandler (38) 17:21

'A' 1:09:57

### 55 Bournville Harriers

1 Laura Leslie (70) 19:21 2 Sara Hewison (64) 19:23  
3 Laura Gale (56) 19:33 4 Lorna Almond (55) 19:02

'B' 1:17:19

### 39 Newcastle Staffs AC

1 Sophie Goodfellow (29) 15:55 2 R Twardochleb (17) 15:38  
3 Elizabeth Clarkson (23) 17:20 4 Jan Cassidy (39) 21:15

1:10:08

### 56 Stroud & District AC

1 Gill Tavner (73) 20:12 2 Joanne Fifield (65) 18:38  
3 Diane Rankin (58) 21:23 4 Christina Horak (56) 18:30

'B' 1:18:43

### 40 Liverpool Harriers & AC

1 Alex O'brien (37) 16:23 2 Hannah Delaney (31) 16:25  
3 Elizabeth Egan (31) 17:31 4 Michelle Murphy (40) 19:54

1:10:13

### 57 Tipton Harriers

1 Katie Wall (65) 18:19 2 Katie Dolan (63) 19:35  
3 Cheryl Graham (57) 21:26 4 Penelope Barber (57) 19:38

'C' 1:18:58

### 41 Leamington Cycling & AC

1 Megan Rothman (40) 16:29 2 Monica Williamson (42) 18:03  
3 Aneta Radaczewska (42) 18:25 4 Zara Blower (41) 17:35

1:10:32

### 58 Vale Royal AC

1 Melanie Johnson (69) 18:58 2 Sharon Wilson (62) 18:09  
3 Clara Pettitt (55) 20:23 4 Renee Carney (58) 22:34

'B' 1:20:04

### 42 Bournville Harriers

1 Imogen Peck (34) 16:16 2 Rhian Littlewood (40) 17:46  
3 Victoria Read (43) 19:01 4 Maeve Kenny (42) 17:43

'A' 1:10:46

### 59 Wreake & Soar Valley

1 Claire Bryan (62) 18:03 2 Kelly Parker (66) 21:56  
3 Kate Russell (61) 22:14 4 Emily Bradshaw (59) 19:21

1:21:34

### 43 Tyne Bridge Harriers

1 Sophie Marr (54) 17:19 2 Rachel Adamson (44) 17:32  
3 Mairi Clancy (41) 18:02 4 Rachel Gill (43) 18:11

1:11:04

### 60 Birmingham Running Athletics

1 Cathlyn Bone (71) 19:46 2 Mel James (61) 17:14  
3 C McNicholl (59) 23:35 4 Melissa Mccalla (60) 22:08

'B' 1:22:43

### 44 Chorlton Runners

1 Emma Tollefson (59) 17:47 2 Jenny Clarke (48) 17:38  
3 Sarah Renshaw (45) 18:03 4 Frances Liddell (44) 17:47

'A' 1:11:15

### 61 Bournville Harriers

1 Sam Pretlove (75) 21:08 2 Jo Green (69) 20:48  
3 Suz West (63) 21:41 4 Jude Glynn (61) 20:39

'C' 1:24:16

### 45 Coventry Godiva Harriers

1 Penny Oliver (64) 18:17 2 Myshola Kirkham (50) 17:17  
3 Linda McDonald (49) 19:24 4 Paula Richardson (45) 16:32

'A' 1:11:30

### 62 Heanor RC

1 Rita Fisher (74) 20:17 2 Heather Wesson (68) 21:28  
3 Kirsty Hessey (62) 21:44 4 Susan Pinder (62) 21:26

1:24:55

### 46 Rotherham Harriers & AC

1 Robyn Lanceley (58) 17:35 2 Emily May Holden (45) 17:33  
3 DElliott (46) 18:37 4 Jenny Reed (46) 18:30

'C' 1:12:15

### 63 Chorlton Runners

1 Ruth Cousin (76) 21:36 2 Naomi Stones (67) 19:44  
3 Nicky Dobra (60) 20:08 4 Cat Hansen (63) 24:42

'B' 1:26:10

### 47 Tonbridge AC

1 Maxine Mcinulty (60) 17:57 2 Elizabeth Heslop (54) 18:02  
3 Pandora Banbury (47) 18:19 4 Stephanie Puxty (47) 18:48

'C' 1:13:06

### 64 West Bromwich Harriers

1 Kate Facey (77) 25:05 2 Beverley Ward (71) 25:06  
3 Heather Davies (64) 23:34 4 Michelle Cresswell (64) 27:14

1:40:59

### 48 Tipton Harriers

1 Julie Shepherd (61) 18:02 2 Claire Hodgkiss (58) 18:32  
3 Grace Slater (52) 18:53 4 Susannah Davies (48) 18:22

'B' 1:13:49

### 49 Cambridge & Coleridge AC

1 Sophie Pedder (67) 18:45 2 Chloe Haines (59) 17:53  
3 Charlotte Gillard (50) 18:29 4 Natalija Stepurko (49) 18:54

'C' 1:14:01

# National Road Relays

## at Sutton Park, Birmingham on Sunday 6th October 2019

### Incomplete Teams:

#### City Of Norwich AC 'B'

1 Sophie Peach (63) 18:09 2 Ella Sharrock (46) 17:06

#### Windsor Slough Eton & Hounslo 'B'

1 Maya Hodgson (50) 17:04 2 Juliet Soane (47) 18:20

#### Blackburn Harriers & AC

1 Alison Lundy (21) 15:40 2 Lindsay Davies (49) 19:47

#### Thames Valley Harriers 'B'

1 Lisa Dasilva (39) 16:25 2 Georgia Hanley (55) 19:36

#### Herne Hill Harriers 'B'

1 Katie Kedward (47) 16:55 2 J Haywardbhikha (57) 19:24

#### Highgate Harriers 'B'

1 Victoria Walker (57) 17:33 2 Jemima Storey (60) 19:15

#### Trafford AC 'B'

1 Louise Mangan (72) 20:04 2 Sue Exon (70) 22:28

#### Camberley & District AC

1 Charlotte Dannatt (7) 14:51

#### Liverpool Pembroke & Sefton H

1 Kirsty Longley (10) 14:58

#### Westbury Harriers

1 Floren Scrafton (11) 15:00

#### Cheltenham & County Harriers

1 Rachel Longstaff (22) 15:41

#### Leeds City AC 'B'

1 Victoria Merrick (49) 16:57

#### Swindon Harriers

1 Jess Pierce (68) 18:50

### Fastest of all legs

1	Charlotte Arter	CardiffAa	14:00 (2)
2	Abbie Donnelly	LincolnWe	A 14:01 (1)
3	Jennifer Nesbitt	CardiffAa	14:10 (1)
4	Amelia Quirk	Bracknell	14:13 (2)
5	Clara Evans	CardiffAa	14:19 (4)
6	Samantha Harrison	NottsAc	A 14:20 (4)
7	Holly Archer	Cambridge	A 14:22 (2)
8	Sophie Coldwell	Charnwood	A 14:26 (2)
9	Amy Griffiths	Aldershot	A 14:29 (1)
10	Nicole Taylor	Tonbridge	A 14:39 (1)