

ERRA National Road Relays 2022

at Sutton Park, Birmingham on Saturday 9th April 2022

- Womens 6 Stage Stage 1 — Final Results

Pos	Name	Club	Leg Time	Pos	Name	Club	Leg Time
1	Eleanor Bolton	SalfordHa	29:20	19	Vicki Cronin	TraffordA	33:32
2	Kate Estlea	Basingsto	30:19	20	Rebecca Frake	OxfordCit	33:44
3	Yvie Lock	ThamesVal A	30:24	21	Catie O'donoghue	Bristol&W	33:50
4	Bryony Gunn	Birchfiel A	30:27	22	Natasha Newton	Bromsgrov	34:26
5	Hannah Viner	HighgateH	30:31	23	Frances Vickers	Birchfiel B	34:30
6	Sara Willhoit	Shrewsbur	30:46	24	Laura Thompson	VictoriaP	34:38
7	Alex O'brien	Liverpool	30:56	25	Niamh Shaw	Cambridge	35:16
8	Bethanie Murray	ThamesHar	30:59	26	Joanne Clamp	NottsAc	35:51
9	Laurajane Smith	Hallamshi	31:03	27	Emily Chandler	Stroud&Di	35:55
10	Natalie Griffiths	Southampt	31:25	28	Lynne Hill	TiptonHar	36:05
11	Jasmine Young	WindsorSl	31:42	29	Sarah Holland	DatchetDa	36:36
12	Juliet Potter	Charnwood A	31:46	30	Petra Vymetalova	Cheltenha	36:39
13	Bryony Proctor	KentAc	31:57	31	Hayley Simpson	EastChesh	38:18
14	Sarah Lowery	Rotherham	32:14	32	Rhian Littlewood	Bournvill	38:29
15	Jane Evans	Knowle&Do A	32:44	33	Tess Killingbeck	VeganRunn	40:46
16	Sarah Grover	HerneHill	32:47	34	Nadia Whittaker	ThamesVal B	44:13
17	Lucy Byram	Holmfirth	32:58	35	Ellen Humpherson	RoyalSutt	45:20
18	Abbey Vandijk	DerbyAC	33:15	36	Carole Clark	Worcester	52:47

- Womens 6 Stage Stage 2 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Amelia Bratt	SalfordHa	19:30	48:50	0	23	Liz Vaughan	Bromsgrov	20:54	55:20	- 1
2	Charlotte Chalwin	Basingsto	18:36	48:55	0	24	Amie Williams	TiptonHar	19:19	55:24	+ 4
3	Alexandra Mundell	ThamesVal A	18:32	48:56	0	25	Emma Twomey	DatchetDa	21:28	58:04	+ 4
4	Ellen Donald	HighgateH	18:26	48:57	+ 1	26	Michelle Vaughan	EastChesh	20:24	58:42	+ 5
5	Lauren Cooper	Shrewsbur	18:20	49:06	+ 1	27	Esther Hunt	Birchfiel B	25:14	59:44	- 4
6	Katie Miller	Liverpool	18:38	49:34	+ 1	28	Tara Truman	Stroud&Di	23:58	59:53	- 1
7	Victoria Bradbury	Birchfiel A	19:37	50:04	- 3	29	Angela Pippard	Cheltenha	23:43	1:00:22	+ 1
8	Che Wigfieldturner	Hallamshi	19:15	50:18	+ 1	30	Sara Hewison	Bournvill	25:09	1:03:38	+ 2
9	Katie Smith	ThamesHar	19:57	50:56	- 1	31	Claire Evans	VeganRunn	24:23	1:05:09	+ 2
10	Gemma Barry	Southampt	19:46	51:11	0	32	Lucy Carey	RoyalSutt	22:44	1:08:04	+ 3
11	Lexie Mcloughlin	Charnwood A	19:43	51:29	+ 1	33	Joy Giorgi	ThamesVal B	24:06	1:08:19	+ 1
12	H Fletcherpoole	Rotherham	19:28	51:42	+ 2	Fastest runners over stage 2:					
13	Zoe Tompkins	HerneHill	19:21	52:08	+ 3	1	Lauren Cooper	Shrewsbur	18:20		
14	Victoria Buck	KentAc	20:29	52:26	- 1	2	Ellen Donald	HighgateH	18:26		
15	Helenamarie Croft	Holmfirth	19:59	52:57	+ 2	3	Alexandra Mundell	ThamesVal A	18:32		
16	Valentina Costa	DerbyAC	19:46	53:01	+ 2	4	Charlotte Chalwin	Basingsto	18:36		
17	Sarah Hudak	TraffordA	20:12	53:44	+ 2	5	Katie Miller	Liverpool	18:38		
18	Rebecca Hair	Cambridge	19:02	54:18	+ 7	6	Rebecca Hair	Cambridge	19:02		
19	Sarah Davies	OxfordCit	21:00	54:44	+ 1	7	Che Wigfieldturner	Hallamshi	19:15		
20	Monica Green	Knowle&Do A	22:01	54:45	- 5	8	Amie Williams	TiptonHar	19:19		
21	Verity Potts	Bristol&W	21:09	54:59	0	9	Zoe Tompkins	HerneHill	19:21		
22	Hannah Somani	VictoriaP	20:29	55:07	+ 2	10	H Fletcherpoole	Rotherham	19:28		

- Womens 6 Stage Stage 3 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain	Pos	Name	Club	Leg Time	Cum Time	Gain
1	Samantha Mason	SalfordHa	18:18	1:07:08	0	23	Amy Hadley	TiptonHar	22:21	1:17:45	+ 1
2	Yasmin Goater	HighgateH	18:39	1:07:36	+ 2	24	Sharon Fox	Bromsgrov	23:57	1:19:17	- 1
3	Rebecca Sleep	Basingsto	18:49	1:07:44	- 1	25	Louise Diggins	DatchetDa	22:46	1:20:50	0
4	India Elliott	Liverpool	18:53	1:08:27	+ 2	26	Josephine Wilkie	Cheltenha	21:22	1:21:44	+ 3
5	M Joneswalters	Shrewsbur	19:38	1:08:44	+ 2	27	Megan Lewis	EastChesh	23:21	1:22:03	- 1
6	Gemma Steel	Charnwood A	17:17	1:08:46	+ 5	28	Sam Watters	Birchfiel B	22:22	1:22:06	- 1
7	Lizzie Watters	Birchfiel A	18:51	1:08:55	0	29	Charlie Gorman	Stroud&Di	24:18	1:24:11	- 1
8	Lara Sterritt	ThamesVal A	20:22	1:09:18	- 5	30	Marianne Hensman	Bournvill	25:04	1:28:42	0
9	Zara Knappy	Rotherham	18:19	1:10:01	+ 3	31	Jennie Lloyd	RoyalSutt	23:43	1:31:47	+ 1
10	Catherine Allen	Hallamshi	20:10	1:10:28	- 2	32	Diana Kennedy	ThamesVal B	25:17	1:33:36	+ 1
11	Katy Hedgethorne	ThamesHar	19:45	1:10:41	- 2	33	Sonia Lord	VeganRunn	28:37	1:33:46	- 2
12	Clare Elms	KentAc	19:03	1:11:29	+ 2	Fastest runners over stage 3:					
13	Evie Grice	Southampt	20:35	1:11:46	- 3	1	Gemma Steel	Charnwood A	17:17		
14	Ella Newton	HerneHill	20:21	1:12:29	- 1	2	Samantha Mason	SalfordHa	18:18		
15	Evelyn Jones	DerbyAC	19:40	1:12:41	+ 1	3	Zara Knappy	Rotherham	18:19		
16	Natalie Bretherton	Bristol&W	18:34	1:13:33	+ 5	4	Natalie Bretherton	Bristol&W	18:34		
17	Frances Haines	Cambridge	21:00	1:15:18	+ 1	5	Yasmin Goater	HighgateH	18:39		
18	Amy Smith	Holmfirth	22:25	1:15:22	- 3	6	Rebecca Sleep	Basingsto	18:49		
19	Amy Cauley	TraffordA	22:19	1:16:03	- 2	7	Lizzie Watters	Birchfiel A	18:51		
20	Alessandra Prince	OxfordCit	21:26	1:16:10	- 1	8	India Elliott	Liverpool	18:53		
21	Claire Fisher	VictoriaP	21:17	1:16:24	+ 1	9	Clare Elms	KentAc	19:03		
22	Juliet Jones	Knowle&Do A	22:01	1:16:46	- 2	10	M Joneswalters	Shrewsbur	19:38		

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at Sutton Park, Birmingham on Saturday 9th April 2022

- Womens 6 Stage Stage 4 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Anna Bracegirdle	SalfordHa	29:49	1:36:57	0
2	Nina Griffith	HighgateH	31:11	1:38:47	0
3	Charlotte Ragan	Basingsto	31:59	1:39:43	0
4	Carli Baldwin	Birchfiel A	32:33	1:41:28 +	3
5	Jade Morgan	Liverpool	33:04	1:41:31 -	1
6	Lisa Dasilva	ThamesVal A	33:13	1:42:31 +	2
7	Mya Taylor	Rotherham	32:53	1:42:54 +	2
8	Claire Hammett	ThamesHar	32:22	1:43:03 +	3
9	Oparkahickinbottom	Shrewsbur	34:32	1:43:16 -	4
10	Nicola Squires	Hallamshi	32:50	1:43:18	0
11	Ella Taylor	Charnwood A	34:33	1:43:19 -	5
12	Katie Rowland	KentAc	32:09	1:43:38	0
13	Jessica Mackie	Bristol&W	32:18	1:45:51 +	3
14	Susannah Reid	Cambridge	32:16	1:47:34 +	3
15	Jennifer Nandi	HerneHill	35:32	1:48:01 -	1
16	Bethan Hudson	DerbyAC	35:22	1:48:03 -	1
17	Julia Jagger	Holmfirth	33:39	1:49:01 +	1
18	Felicity Hannon	OxfordCit	33:50	1:50:00 +	2
19	Sophie Ralston	TraffordA	36:26	1:52:29	0
20	Faye Stanyard	Bromsgrov	34:17	1:53:34 +	4
21	Amanda O'leary	Knowle&Do A	36:58	1:53:44 +	1
22	Valerie Wong	VictoriaP	37:53	1:54:17 -	1
23	Jane Fairbairn	Cheltenha	36:01	1:57:45 +	3
24	Victoria Charlton	TiptonHar	40:29	1:58:14 -	1
25	Emma Mckechnie	DatchetDa	37:44	1:58:34	0
26	Laura Hopcroft	Birchfiel B	39:32	2:01:38 +	2
27	Emma Macqueen	EastChesh	40:22	2:02:25	0
28	C Pinto Pearson	Stroud&Di	40:41	2:04:52 +	1
29	Faith Lucas	Bournvill	38:16	2:06:58 +	1
30	Dale Lyons	RoyalSutt	42:38	2:14:25 +	1
31	Clare Coombes	VeganRunn	43:08	2:16:54 +	2

Fastest runners over stage 4:

1	Anna Bracegirdle	SalfordHa	29:49
2	Nina Griffith	HighgateH	31:11
3	Charlotte Ragan	Basingsto	31:59
4	Katie Rowland	KentAc	32:09
5	Susannah Reid	Cambridge	32:16
6	Jessica Mackie	Bristol&W	32:18
7	Claire Hammett	ThamesHar	32:22
8	Carli Baldwin	Birchfiel A	32:33
9	Nicola Squires	Hallamshi	32:50
10	Mya Taylor	Rotherham	32:53

- Womens 6 Stage Stage 5 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Sarah Carroll	SalfordHa	19:30	1:56:27	0
2	Kate Towerton	Basingsto	18:52	1:58:35 +	1
3	Jemima Storey	HighgateH	19:55	1:58:42 -	1
4	Ella Shirley	Birchfiel A	19:25	2:00:53	0
5	Niamh Donnelly	Liverpool	19:38	2:01:09	0
6	Harriet Wingfield	Hallamshi	18:58	2:02:16 +	4
7	Katie Parker	Charnwood A	19:28	2:02:47 +	4
8	Claire Altmann	ThamesHar	20:28	2:03:31	0
9	Joanna Mobed	ThamesVal A	21:01	2:03:32 -	3
10	Mel Driver	Rotherham	21:22	2:04:16 -	3
11	Lauren Morley	Shrewsbur	21:03	2:04:19 -	2
12	Parris Williams	KentAc	21:08	2:04:46	0
13	Frances Arnott	Bristol&W	19:27	2:05:18	0
14	Charlotte Kenyon	HerneHill	20:48	2:08:49 +	1
15	Louise Insley	DerbyAC	21:28	2:09:31 +	1
16	Olivia Dyson	Holmfirth	23:28	2:12:29 +	1
17	Melanie Monks	TraffordA	21:25	2:13:54 +	2
18	Emma Horsfield	Knowle&Do A	21:12	2:14:56 +	3
19	Emily Seager	VictoriaP	20:43	2:15:00 +	3
20	Holly Graham	TiptonHar	21:31	2:19:45 +	4
21	Emily Gow	DatchetDa	21:50	2:20:24 +	4
22	Melanie Schofield	Cheltenha	23:30	2:21:15 +	1
23	Fern Ryan	Stroud&Di	25:04	2:29:56 +	5
24	Katie Catherall	EastChesh	31:13	2:33:38 +	3
25	Anna Mcmanus	Bournvill	27:46	2:34:44 +	4
26	L Ambruleviciute	VeganRunn	22:25	2:39:19 +	5
27	Georgia Delaney	RoyalSutt	25:26	2:39:51 +	3

Fastest runners over stage 5:

1	Kate Towerton	Basingsto	18:52
2	Harriet Wingfield	Hallamshi	18:58
3	Ella Shirley	Birchfiel A	19:25
4	Frances Arnott	Bristol&W	19:27
5	Katie Parker	Charnwood A	19:28
6	Sarah Carroll	SalfordHa	19:30
7	Niamh Donnelly	Liverpool	19:38
8	Jemima Storey	HighgateH	19:55
9	Claire Altmann	ThamesHar	20:28
10	Emily Seager	VictoriaP	20:43

- Womens 6 Stage Stage 6 — Final Results

Pos	Name	Club	Leg Time	Cum Time	Gain
1	Sinead Bent	SalfordHa	18:00	2:14:27	0
2	Karina Thornton	HighgateH	19:30	2:18:12 +	1
3	Rebecca Pearson	Basingsto	20:20	2:18:55 -	1
4	Susie Mcmanus	Birchfiel A	19:13	2:20:06	0
5	Lucy Miller	Liverpool	20:34	2:21:43	0
6	Charlotte Slack	Hallamshi	19:35	2:21:51	0
7	Alexa Parker	KentAc	18:40	2:23:26 +	5
8	Clare Mckittrick	Charnwood A	21:21	2:24:08 -	1
9	Maddy Austin	ThamesHar	21:06	2:24:37 -	1
10	Rebecca Friar	Rotherham	20:38	2:24:54	0
11	Susan Siddi	Shrewsbur	20:38	2:24:57	0
12	Sorrell Walsh	Bristol&W	20:10	2:25:28 +	1
13	Holly Pan	ThamesVal A	22:48	2:26:20 -	4
14	Rebecca Miller	DerbyAC	19:46	2:29:17 +	1
15	Eliza Cottingham	HerneHill	20:30	2:29:19 -	1
16	Felicity Sharp	Knowle&Do A	20:05	2:35:01 +	2
17	Zoe Storr	TraffordA	21:36	2:35:30	0
18	Ellie Daghish	VictoriaP	21:42	2:36:42 +	1
19	Chloe Scotchbrook	DatchetDa	20:51	2:41:15 +	2
20	Sophie Bestwick	Cheltenha	20:57	2:42:12 +	2
21	Sharon Bailey	TiptonHar	23:04	2:42:49 -	1
22	Helen Haigh	Holmfirth	30:32	2:43:01 -	6
23	Freja Evans	Stroud&Di	24:39	2:54:35	0
24	Bethany Mcmanus	EastChesh	22:23	2:56:01	0
25	Jude Glynn	Bournvill	24:17	2:59:01	0

Fastest runners over stage 6:

1	Sinead Bent	SalfordHa	18:00
2	Alexa Parker	KentAc	18:40
3	Susie Mcmanus	Birchfiel A	19:13
4	Karina Thornton	HighgateH	19:30
5	Charlotte Slack	Hallamshi	19:35
6	Rebecca Miller	DerbyAC	19:46
7	Felicity Sharp	Knowle&Do A	20:05
8	Sorrell Walsh	Bristol&W	20:10
9	Rebecca Pearson	Basingsto	20:20
10	Eliza Cottingham	HerneHill	20:30

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Womens 6 Stage — Team Results — Final

(nn) is team position after the appropriate stage.

<p>1 Salford Harriers & Ac 2:14:27</p> <p>1 Eleanor Bolton (1) 29:20 2 Amelia Bratt (1) 19:30 3 Samantha Mason (1) 18:18 4 Anna Bracegirdle (1) 29:49 5 Sarah Carroll (1) 19:30 6 Sinead Bent (1) 18:00</p>	<p>14 Derby Ac 2:29:17</p> <p>1 Abbey Vandijk (18) 33:15 2 Valentina Costa (16) 19:46 3 Evelyn Jones (15) 19:40 4 Bethan Hudson (16) 35:22 5 Louise Inslay (15) 21:28 6 Rebecca Miller (14) 19:46</p>
<p>2 Highgate Harriers 2:18:12</p> <p>1 Hannah Viner (5) 30:31 2 Ellen Donald (4) 18:26 3 Yasmin Goater (2) 18:39 4 Nina Griffith (2) 31:11 5 Jemima Storey (3) 19:55 6 Karina Thornton (2) 19:30</p>	<p>15 Herne Hill Harriers 2:29:19</p> <p>1 Sarah Grover (16) 32:47 2 Zoe Tompkins (13) 19:21 3 Ella Newton (14) 20:21 4 Jennifer Nandi (15) 35:32 5 Charlotte Kenyon (14) 20:48 6 Eliza Cottingham (15) 20:30</p>
<p>3 Basingstoke & Mid Hants Ac 2:18:55</p> <p>1 Kate Estlea (2) 30:19 2 Charlotte Chalwin (2) 18:36 3 Rebecca Sleaf (3) 18:49 4 Charlotte Ragan (3) 31:59 5 Kate Towerton (2) 18:52 6 Rebecca Pearson (3) 20:20</p>	<p>16 Knowle & Dorridge Rc 'A' 2:35:01</p> <p>1 Jane Evans (15) 32:44 2 Monica Green (20) 22:01 3 Juliet Jones (22) 22:01 4 Amanda O'leary (21) 36:58 5 Emma Horsfield (18) 21:12 6 Felicity Sharp (16) 20:05</p>
<p>4 Birchfield Harriers 'A' 2:20:06</p> <p>1 Bryony Gunn (4) 30:27 2 Victoria Bradbury (7) 19:37 3 Lizzie Watters (7) 18:51 4 Carli Baldwin (4) 32:33 5 Ella Shirley (4) 19:25 6 Susie Mcmanus (4) 19:13</p>	<p>17 Trafford Ac 2:35:30</p> <p>1 Vicki Cronin (19) 33:32 2 Sarah Hudak (17) 20:12 3 Amy Cauley (19) 22:19 4 Sophie Ralston (19) 36:26 5 Melanie Monks (17) 21:25 6 Zoe Storr (17) 21:36</p>
<p>5 Liverpool Harriers & Ac 2:21:43</p> <p>1 Alex O'Brien (7) 30:56 2 Katie Miller (6) 18:38 3 India Elliott (4) 18:53 4 Jade Morgan (5) 33:04 5 Niamh Donnelly (5) 19:38 6 Lucy Miller (5) 20:34</p>	<p>18 Victoria Park Harriers & Towe 2:36:42</p> <p>1 Laura Thompson (24) 34:38 2 Hannah Somani (22) 20:29 3 Claire Fisher (21) 21:17 4 Valerie Wong (22) 37:53 5 Emily Seager (19) 20:43 6 Ellie Daglish (18) 21:42</p>
<p>6 Hallamshire Harriers 2:21:51</p> <p>1 Laurajane Smith (9) 31:03 2 Che Wigfield Turner (8) 19:15 3 Catherine Allen (10) 20:10 4 Nicola Squires (10) 32:50 5 Harriet Wingfield (6) 18:58 6 Charlotte Slack (6) 19:35</p>	<p>19 Datchet Dashers 2:41:15</p> <p>1 Sarah Holland (29) 36:36 2 Emma Twomey (25) 21:28 3 Louise Diggins (25) 22:46 4 Emma Mckechnie (25) 37:44 5 Emily Gow (21) 21:50 6 Chloe Scotchbrook (19) 20:51</p>
<p>7 Kent Ac 2:23:26</p> <p>1 Bryony Proctor (13) 31:57 2 Victoria Buck (14) 20:29 3 Clare Elms (12) 19:03 4 Katie Rowland (12) 32:09 5 Parris Williams (12) 21:08 6 Alexa Parker (7) 18:40</p>	<p>20 Cheltenham & County Harriers 2:42:12</p> <p>1 Petra Vymetalova (30) 36:39 2 Angela Pippard (29) 23:43 3 Josephine Wilkie (26) 21:22 4 Jane Fairbairn (23) 36:01 5 Melanie Schofield (22) 23:30 6 Sophie Bestwick (20) 20:57</p>
<p>8 Charnwood A C 'A' 2:24:08</p> <p>1 Juliet Potter (12) 31:46 2 Lexie Mccloughlin (11) 19:43 3 Gemma Steel (6) 17:17 4 Ella Taylor (11) 34:33 5 Katie Parker (7) 19:28 6 Clare Mckittrick (8) 21:21</p>	<p>21 Tipton Harriers 2:42:49</p> <p>1 Lynne Hill (28) 36:05 2 Amie Williams (24) 19:19 3 Amy Hadley (23) 22:21 4 Victoria Charlton (24) 40:29 5 Holly Graham (20) 21:31 6 Sharon Bailey (21) 23:04</p>
<p>9 Thames Hare & Hounds 2:24:37</p> <p>1 Bethanie Murray (8) 30:59 2 Katie Smith (9) 19:57 3 Katy Hedgethorne (11) 19:45 4 Claire Hammett (8) 32:22 5 Claire Altmann (8) 20:28 6 Maddy Austin (9) 21:06</p>	<p>22 Holmfirth Harriers Ac 2:43:01</p> <p>1 Lucy Byram (17) 32:58 2 Helen Marie Croft (15) 19:59 3 Amy Smith (18) 22:25 4 Julia Jagger (17) 33:39 5 Olivia Dyson (16) 23:28 6 Helen Haigh (22) 30:32</p>
<p>10 Rotherham Harriers & Ac 2:24:54</p> <p>1 Sarah Lowery (14) 32:14 2 H Fletcher Poole (12) 19:28 3 Zara Knappy (9) 18:19 4 Mya Taylor (7) 32:53 5 Mel Driver (10) 21:22 6 Rebecca Friar (10) 20:38</p>	<p>23 Stroud & District Ac 2:54:35</p> <p>1 Emily Chandler (27) 35:55 2 Tara Truman (28) 23:58 3 Charlie Gorman (29) 24:18 4 C Pinto Pearson (28) 40:41 5 Fern Ryan (23) 25:04 6 Freja Evans (23) 24:39</p>
<p>11 Shrewsbury Ac 2:24:57</p> <p>1 Sara Willhoit (6) 30:46 2 Lauren Cooper (5) 18:20 3 M Jones Walters (5) 19:38 4 Oparkahickinbottom (9) 34:32 5 Lauren Morley (11) 21:03 6 Susan Siddi (11) 20:38</p>	<p>24 East Cheshire H & Tameside Ac 2:56:01</p> <p>1 Hayley Simpson (31) 38:18 2 Michelle Vaughan (26) 20:24 3 Megan Lewis (27) 23:21 4 Emma Macqueen (27) 40:22 5 Katie Catherall (24) 31:13 6 Bethany Mcmanus (24) 22:23</p>
<p>12 Bristol & West Ac 2:25:28</p> <p>1 Catie O'donoghue (21) 33:50 2 Verity Potts (21) 21:09 3 Natalie Bretherton (16) 18:34 4 Jessica Mackie (13) 32:18 5 Frances Amott (13) 19:27 6 Sorrell Walsh (12) 20:10</p>	<p>25 Bournville Harriers 2:59:01</p> <p>1 Rhian Littlewood (32) 38:29 2 Sara Hewison (30) 25:09 3 Marianne Hensman (30) 25:04 4 Faith Lucas (29) 38:16 5 Anna Mcmanus (25) 27:46 6 Jude Glynn (25) 24:17</p>
<p>13 Thames Valley Harriers 'A' 2:26:20</p> <p>1 Yvie Lock (3) 30:24 2 Alexandra Mundell (3) 18:32 3 Lara Sterritt (8) 20:22 4 Lisa Dasilva (6) 33:13 5 Joanna Mobed (9) 21:01 6 Holly Pan (13) 22:48</p>	

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Incomplete Teams:

Vegan Runners Uk

1 Tess Killingbeck (33) 40:46	2 Claire Evans (31) 24:23
3 Sonia Lord (33) 28:37	4 Clare Coombes (31) 43:08
5 L Ambruleviciute (26) 22:25	

Royal Sutton Coldfield Ac

1 Ellen Humphreys (35) 45:20	2 Lucy Carey (32) 22:44
3 Jennie Lloyd (31) 23:43	4 Dale Lyons (30) 42:38
5 Georgia Delaney (27) 25:26	

Cambridge & Coleridge Ac

1 Niamh Shaw (25) 35:16	2 Rebecca Hair (18) 19:02
3 Frances Haines (17) 21:00	4 Susannah Reid (14) 32:16

Oxford City Ac

1 Rebecca Frake (20) 33:44	2 Sarah Davies (19) 21:00
3 Alessandra Prince (20) 21:26	4 Felicity Hannon (18) 33:50

Bromsgrove & Redditch

1 Natasha Newton (22) 34:26	2 Liz Vaughan (23) 20:54
3 Sharon Fox (24) 23:57	4 Faye Stanyard (20) 34:17

Birchfield Harriers

'B'

1 Frances Vickers (23) 34:30	2 Esther Hunt (27) 25:14
3 Sam Watters (28) 22:22	4 Laura Hopcroft (26) 39:32

Southampton Ac

1 Natalie Griffiths (10) 31:25	2 Gemma Barry (10) 19:46
3 Evie Grice (13) 20:35	

Thames Valley Harriers

'B'

1 Nadia Whittaker (34) 44:13	2 Joy Giorgi (33) 24:06
3 Diana Kennedy (32) 25:17	

Windsor Slough Eton & Hounslo

1 Jasmine Young (11) 31:42

Notts Ac

1 Joanne Clamp (26) 35:51

Worcester Ac

1 Carole Clark (36) 52:47

Fastest of all long legs

1 Eleanor Bolton	SalfordHa	29:20 (1)
2 Anna Bracegirdle	SalfordHa	29:49 (4)
3 Kate Estlea	Basingsto	30:19 (1)
4 Yvie Lock	ThamesVal	A 30:24 (1)
5 Bryony Gunn	Birchfiel	A 30:27 (1)
6 Hannah Viner	HighgateH	30:31 (1)
7 Sara Willhoit	Shrewsbur	30:46 (1)
8 Alex O'Brien	Liverpool	30:56 (1)
9 Bethanie Murray	ThamesHar	30:59 (1)
10 Laurajane Smith	Hallamshi	31:03 (1)

Fastest of all short legs

1 Gemma Steel	Charnwood	A 17:17 (3)
2 Sinead Bent	SalfordHa	18:00 (6)
3 Samantha Mason	SalfordHa	18:18 (3)
4 Zara Knappy	Rotherham	18:19 (3)
5 Lauren Cooper	Shrewsbur	18:20 (2)
6 Ellen Donald	HighgateH	18:26 (2)
7 Alexandra Mundell	ThamesVal	A 18:32 (2)
8 Natalie Bretherton	Bristol&W	18:34 (3)
9 Charlotte Chalwin	Basingsto	18:36 (2)
10 Katie Miller	Liverpool	18:38 (2)