

Lakeland Trails Series Results ladies 2009

Surname	Name	Club	Category	Hawkshead	Garburn	Derwent	Coniston	Total
EVANS	Carol	South London Harriers	Lady Vet 40	493	598	497	495	2083
WOODLEY	Helen	Unattached - Ulverston		494	594	496	493	2077
CRITCHLEY	Alix	Northbrook Athletics Club		482	591	493	481	2047
CROWTHER	Kim	Evenwood Road Runners		476	587	492	487	2042
SCOTT	Steph	Northumberland Fell Runners		479	581	475	475	2010
WRIGHT	Janet	Aire Valley Runners	Lady Vet 40	460	578	483	478	1999
GRAHAM	Emma	St Bees Triers		478	560	482	477	1997
MACKINTOSH	Carolyn	Ambleside AC		458	573	472	457	1960
SAMUELSON-DEAN	Katie	Unattached - Cambridge		449	568	449	443	1909
OWEN	Megan	Unattached - Leeds		475	582	422	425	1904
NESMITH	Sharon	Unattached - Ambleside		444	544	462	451	1901
BUTTERFIELD	Becky	Lancaster and Morecombe AC		428	533	460	449	1870
JEYNES	Anne	Mossley Hill Athletics Club		439	566	441	412	1858
BENSON	Tracey	Lancaster and Morecombe AC		440	552	416	440	1848
FENN	Cath	Northbrook Athletics Club		375	567	447	446	1835
SMART	Elizabeth	Dumfries Running Club	Lady Vet 50	420	532	439	436	1827
CUMMINGS	Ann	Unattached - Cockermonth	Lady Vet 40	417	534	442	414	1807
MCDUGAL	Rachael	Unattached - Lockerbie		407	536	429	434	1806
GOLD	Laura	Unattached - Birmingham	Lady Vet 40	465	558	427	323	1773
WATERS	Elizabeth	Unattached - Warrington		421	505	411	411	1748
GAVIN	Caroline	Unattached - Wigan		434	446	430	429	1739
MCGRATH	Karen	Worthing Striders	Lady Vet 40	401	530	419	386	1736
SHUTTLEWORTH	Michelle	St Bees Triers		368	538	397	419	1722
BUTLER	Nicky	Keswick Athletics Club	Lady Vet 40	385	466	428	433	1712
JAMES	Leah	Unattached - Barnsley		387	520	418	384	1709
THORPE	Lynda	Unattached - Castleford	Lady Vet 40	361	500	390	401	1652
GOLDTHORPE	Helen	Kirkstall Harriers		323	517	415	371	1626
PARTRIDGE	Susan	City Of Glasgow AC		499	600		499	1598
BURNS	Annie	Nidd Valley Road Runners	Lady Vet 50	373	489	363	363	1588
HUGHES	Isaline	Burnden Road Runners	Lady Vet 40	485	595		485	1565
Sturgess	Karen	Unattached - Keswick	Lady Vet 40	343	506	359	355	1563
JONES	Sarah	Unattached, Kendal		356	508	349	350	1563
SUNDERLAND	Samantha	Unattached - Dalton	Lady Vet 40	354	484	378	341	1557
GREENWOOD	Judy	Nidd Valley Road Runners	Lady Vet 50	329	493	364	362	1548
WHITEHOUSE	Helen	Dallam Running Club	Lady Vet 50	299	485	356	382	1522
SCHOFIELD	Amanda	Unattached - Milton Keynes			549	484	464	1497
BARKER	Anita	Unattached - Cockermonth			556	452	462	1470
HOLDSWORTH	Josephine	Clayton le Moors Harriers		480		490	480	1450
WOODBURN	Jane	Skelersdale Boundary Harriers	Lady Vet 40	268	473	375	329	1445
RIDOUT	Alice	Horsforth Harriers		450	537		442	1429
MCGUIRE	Christina	Lancaster and Morecombe AC	Lady Vet 40		516	458	455	1429
CARLENS	Nicole	Rosendale Harriers		312	433	355	328	1428
WOODLEY	Kath	Unattached, Kendal		469		480	473	1422
CLENNETT	Catherine	Billingham Marsh House Harriers		309	449	388	269	1415
WESTON	Judith	Unattached - Stockton-on-Tees	Lady Vet 40	296	471	333	299	1399
MORETON	Penny	Black Combe Runners	Lady Vet 40	215	478	304	364	1361
GRIMSHAW	Maxine	WalkB4Urun	Lady Vet 40	288	438	303	321	1350
MAXTED	Claire	Eye Community Runners		391	527	398		1316
KENYON	Caroline	Unattached - Liverpool	Lady Vet 50	281	457	290	268	1296
COULTHARD	Anja	Unattached		430		431	421	1282
ADAMS	Alyson	Manchester Harriers	Lady Vet 40	409	461		408	1278
ROBINSON	Rhiannon	Tynedale Harriers and AC	Lady Vet 40	402		436	431	1269
ROBINSON	Hillary	Bolton United Harriers	Lady Vet 40	349	488	385		1222
BEDDARD	Rachel	Unattached - Cambridge	Lady Vet 40	220	440	279	266	1205
LAW	Sally	Unattached	Lady Vet 60	412		393	390	1195
ROSE	Andree	Unattached - Tarporley		238	436	270	239	1183
COUPE	Gemma	Unattached - Preston		381	507		295	1183
MERCER	Catherine	Unattached - Wigan	Lady Vet 40	207	425	278	260	1170
FOX	Sue	Unattached - Leeds	Lady Vet 40	362		404	398	1164

MEYRICK	Catherine	Unattached - Windermere	Lady Vet 40		479	350	333	1162
SMALLWOOD	Mary	Mossley Hill Athletics Club	Lady Vet 40	437		307	409	1153
ALLEN	Rachel	Todmorden Harriers	Lady Vet 40	261	429	243	216	1149
HERON	Joanne	Womens Running Network	Lady Vet 40		476	322	336	1134
MODEN	Mary	Rosendale Harriers		210	432	266	224	1132
METCALF	Janice	Preston Harriers	Lady Vet 40	384		380	357	1121
CARR	Dott	Unattached - Harrogate	Lady Vet 60	197	421	254	234	1106
SCOTT	Norna	Fell Runners Association		212	416	258	220	1106
JORDAN	Elizabeth	Unattached - Stockton-on-Tees	Lady Vet 50	295	470	338		1103
ARMSTRONG	Michelle	North East Vets Athletics Club	Lady Vet 40	337	401	362		1100
COLLINGRIDGE	Hannah	Fell Runners Association		206	415	251	219	1091
MAIDMENT	Rebecca	Unattached - Egremont		286	451		348	1085
HEMMING	Caroline	Spectrum Striders	Lady Vet 40	492	586			1078
SULLIVAN	Carmel	Wesham Road Runners	Lady Vet 40		589	487		1076
MOUSLEY	Victoria	Accrington Road Runners		484	590			1074
MACLAINE	Claire	Unattached - Chester		172	413	253	229	1067
VITTY	Caroline	Unattached - Liverpool	Lady Vet 50		458	326	279	1063
ROSEN	Miriam	Lancaster and Morecombe AC	Lady Vet 50	313	456	291		1060
BATES	Lucy	Unattached - Oldham		306		383	366	1055
JACKSON	Jane	Edinburgh Athletic Club			576	477		1053
DUFFIELD	Honor	Skeldersdale Boundary Harriers		474	574			1048
Hallworth	Louise	Chorlton Runners		291	475	281		1047
KIMBER	Helen	Unattached - Chorley	Lady Vet 40	285	453		303	1041
BARTON	Helen	Low Wood	Lady Vet 40	468	569			1037
JEFFS	Ella	Unattached - Grange-Over-Sands	Lady Vet 50	380		271	383	1034
PLACKETT	Lydia	Womens Running Network	Lady Vet 50	174	417	235	207	1033
DIXON	Angela	Skeldersdale Boundary Harriers			557	474		1031
BELLHOUSE	Gina	Southport & Waterloo H	Lady Vet 40	160	405	240	218	1023
KING	Julia	Eden Runners	Lady Vet 50		554	469		1023
HOLMES	Kathryn	Manchester Harriers	Lady Vet 40	283	460		277	1020
WARNER	Jane	Skeldersdale Boundary Harriers	Lady Vet 40	252		387	380	1019
SHEPHERD	Sue	Unattached - West Yorkshire	Lady Vet 50		437	292	290	1019
QUIRK	Carole	Skeldersdale Boundary Harriers	Lady Vet 50	443	564			1007
Wilkinson	Vic	Bingley Harriers				500	500	1000
ALLAN	Janice	Unattached - Dumfries	Lady Vet 40	308		339	349	996
WYKE	Yvonne	Wigan Phoenix	Lady Vet 40	496		498		994
CLAYTON	Diane	WalkB4Urun	Lady Vet 40	156	409	231	197	993
MAKINSON	Jan	WalkB4Urun	Lady Vet 50	155	410	230	196	991
PARDOE	Elaine	Unattached - Manchester	Lady Vet 40	317		358	315	990
Armstrong	Angela	Unattached - Carlise				494	491	985
SWEENEY	Lynne	Low Wood	Lady Vet 40	453	529			982
ATTACHO	Morgan	Unattached - Glasgow			518	464		982
MCPMAHON	Emma	Unattached - Kendal		149	408	229	195	981
AUBREY	Kathleen	Helm Hill Running Club	Lady Vet 40	488		491		979
FONE	Linda	Unattached - Kendal	Lady Vet 40	148	407	228	194	977
ROTHERHAM	Mel	Unattached - Windermere	Lady Vet 40	491			482	973
WILCOX	Ruth	Leeds City		483			490	973
PAGE	Hillary	Unattached	Lady Vet 40	418	545			963
Holmes	Annabel	Keswick Athletics Club	Lady Vet 40			473	458	931
PINKERTON	Jill	Unattached - Bowness		360	553			913
HAYES	Melanie	Unattached - Manchester	Lady Vet 40	451		459		910
PARRY	Lesley	Cleethorpes AC, Lincolnshire	Lady Vet 40	382	519			901
SLOSS	Barbara	Motherwell Athletics Club	Lady Vet 50	378	522			900
OLIVER	Jan	Tynedale Harriers and AC		438		461		899
CHAUDHRI	Sarah	Cumberland AC	Lady Vet 40		491	408		899
BULCOCK	Caroline	Unattached - Burscough		374	524			898
COLLISON	Cherry	Lostock Athletics Club		392	501			893
MARSHALL	Stephanie	Unattached - Bolton				445	445	890
GRAHAM	Julie	Garstang Running Club	Lady Vet 40		509		379	888
CLARK	Lindsey	Unattached - Lancaster		200	424	263		887

CHILTON	Susan	Lune Valley Hash House Harriers	Lady Vet 40		495		388	883
MAINES	Morna	Mossley Hill Athletics Club		455			427	882
COLYER	Sarah	Unattached - Burton in Kendal	Lady Vet 40		504		373	877
FITZPATRICK	Ciara	Unattached - London		432		438		870
BATTY	Ruth	Unattached - Sheffield				444	417	861
RUSSELL	Rachel	Unattached - Howarth		371	483			854
DOWTY	Clare	Ranleigh Harriers	Lady Vet 40	255		318	275	848
FARREN	Hilary	Rosendale Harriers	Lady Vet 40		490		358	848
MITCHELL	Sally	Unattached - Stockport	Lady Vet 50	413			430	843
PYE	Jocelyn	Unattached - Keswick	Lady Vet 40			426	413	839
MILLER	Angie	Unattached - Liverpool	Lady Vet 50	345	482			827
ALLEN	Marie	Barrow and Furness Striders	Lady Vet 40	359	467			826
STOKES	Kay	Billingham Marsh House Harriers	Lady Vet 50	399		423		822
MCDUGAL	Jean	Unattached - Lockerbie	Lady Vet 60	167	419		232	818
BARBER	Susan	Unattached - keighley		336	474			810
MAGGIORI	Lucy	Unattached - Dumfries		236		294	276	806
ROBSON	Charmain	Unattached - St Bees	Lady Vet 60	278		286	236	800
LATHAM	Gill	Womens Running Network			477	323		800
MULLISS	Ceri	Unattached - Caernarfon			469	328		797
IRELAND	Jan	Eden Runners	Lady Vet 40	335	462			797
NELSON	Sandra	Unattached - Cocker mouth	Lady Vet 40	405		391		796
Carling	Janet	Nidd Valley Road Runners	Lady vet 50			412	381	793
GENT	Emily	Unattached - Kendal		376		410		786
Day	Joanne	Macclesfield Harriers				376	410	786
EVANS	Angela	Reading Road Runners			439	345		784
PLANT	Karen	Unattached - Poulton-le-Flyde		209	575			784
Akers	Ruth	Sheffield				413	369	782
LIVINGSTONE	Zoe	Unattached - Carlisle		315	464			779
TEMPLEMAN	Sue	Unattached - Frizington	Lady Vet 40	162	402		211	775
RILEY	Belinda	Newcastle Staffs AC	Lady Vet 40	310	459			769
MCDERMOTTROE	Jayne	Billingham Marsh House Harriers		389		365		754
COSTIN	Valerie	Unattached - Ashton under Lyne	Lady Vet 50	320		433		753
PIELA	Claire	Unattached - Preston, Lancashire		346		405		751
HAWORTH	Linda	Unattached - Warwick	Lady Vet 40	369			375	744
HARDING	Emma	Unattached - Bristol		365			372	737
CROSS	Felicity	Preston Harriers	Lady Vet 50	370			365	735
DUNLOP	Trish	Unattached - Cocker mouth	Lady Vet 40	383			338	721
IRVING	Claire	Unattached - Brampton	Lady Vet 40	341			377	718
ALLWOOD	Cressida	Unattached	Lady Vet 40	395			320	715
ELLIOT	Catherine	Unattached - Manchester		379		335		714
HARROLD	Valerie	Unattached - St Helens	Lady Vet 60		441		257	698
CHAPMAN	Sian	Howgill Harriers	Lady Vet 50	181		283	230	694
SIMPSON	Catherine	Sleaford Town Runners	Lady Vet 50		435		245	680
OUTTERSIDE	Joanna	Unattached - Cheadale		332			345	677
IREDALE	Ingrid	Keswick AC		226	444			670
PATON	Amanda	CoCo	Lady Vet 40	205		233	213	651
WILLIAMSON	Julie	Unattached - Wigan		173		250	228	651
WILSON	Lynne	Unattached	Lady Vet 40		412	237		649
MARTIN	Heidi	Unattached - Cumbria		180		246	214	640
BRIERLEY	Vanessa	Unattached- Cocker mouth	Lady Vet 40	293		346		639
DEAKIN	Judith	Preston Harriers	Lady Vet 60	352			285	637
BONNETT	Catherine	Unattached - Barnard Castle	Lady Vet 40			309	325	634
KRYNEN	Hilde	Unattached, Kendal	Lady Vet 40			337	296	633
ROBSON	Jo-Anna	Unattached - Shifnal				321	307	628
Gibson	Jane	Tynedale Harriers	Lady Vet 40			330	292	622
KNAPPETT	Nikki	Unattached - Alderley Edge		195	426			621
GRAHAM	Susan	Dumfries Running Club	Lady Vet 50		411		206	617
MACDONALD	J	Unattached - Ashton on Ribble		250		366		616
RILEY	Gaynor	Unattached - Ilkley	Lady Vet 40			306	304	610

KHATTAB	Hannah	Unattached - Kendal		189	418			607
RILEY	Jessica	Stainland Lions Running Club			599			599
EZARD	Jill	Unattached - Ilkley, W Yorkshire	Lady Vet 40			302	297	599
NAYLOR	Lorraine	Stainland Lions, Halifax			597			597
BEEVER	Margaret	Stainland Lions Running Club			596			596
JORDAN	Angela	Stainland Lions Running Club			593			593
WATSON	Helen	Unattached - Southport	Lady Vet 40		592			592
SEAR	Lorna	The Womens Trail Running Club		260		331		591
DOUGLAS	Charlotte	Border Harriers			588			588
KING	Kathryn	Wye Valley Runners			585			585
MEE	Steve	Cheshire			584			584
WEDDERBURN	Bridget	Unattached - Windermere	Lady Vet 40		583			583
LEWIS	Jennifer	Unattached - Manchester				305	278	583
WALKER	Denise	Unattached - York	Lady Vet 40	264			317	581
NEWTON	Jackie	Stockport Harriers	Lady Vet 40		580			580
KICKS	Emma	Nidd Valley Road Runners			579			579
MERCER	Helen	Unattached - Wigan	Under 21 Women	233		344		577
BLACKBURN	Serena	Horsforth Harriers	Lady Vet 40		577			577
SULLIVAN	Polly	Unattached - Windermere	Lady Vet 50	280		293		573
LOCKWOOD	Alison	Unattached - Barnsley	Lady Vet 40	147		227	198	572
NUMMELA	Miia	Unattached - Leeds		272			300	572
DUCKETT	Theresa	Horsforth Harriers			572			572
HOYER	Kath	Wesham Road Runners	Lady Vet 40		571			571
WRIGHT	Catherine	Unattached - Kettering, Surrey	Lady Vet 50		570			570
RIGBY	Lucy	Unattached - Penrith				325	244	569
DEVEREUX	Christine	Unattached - Yarm	Lady Vet 40		565			565
HUNT	Shirley	Tri Preston			563			563
SCOTT	Donna	Clayton le Moors Harriers	Lady Vet 40		562			562
VAUGHAN	Andrea	Meirionnydd Running Club			561			561
WILSON	Angela	Unattached - Liverpool			559			559
GREEN	Jane	Unattached - St Bees			555			555
JAMES	Jo	Unattached - London			551			551
PINNY	Rachel	Unattached - Edingburgh			550			550
SALVAGE	Christine	Vagabond Mountaineering, Cheshire	Lady Vet 40		548			548
STAINER	Rachel	Brunel University			547			547
HODGSON	Susan	Unattached - Hipperholme			546			546
COLLIGAN	Sian	Unattached			543			543
TROUP	Alice	Unattached - Bury St Edmunds	Lady Vet 50	144	398			542
JONES	Joanna	Unattached - Southport	Lady Vet 40		542			542
WILDE	Birgit	Unattached - Lymm		145	396			541
ELENER	Claire	Eccles Hill Road Runners			541			541
BUCZYNSKI	Jody	Unattached - Westoning			540			540
KIRWAN	Mary	Unattached - Liverpool	Lady Vet 40			285	255	540
CLIFT	Deborah	Billingham Marsh House Harriers	Lady Vet 40		539			539
WELSBY	Tracy	Unattached - Putney			535			535
MARANOWICZ	Sara	Unattached - Cambridge			531			531
SHEA	Jackie	Unattached, Kendal	Lady Vet 40		528			528
CALLANAN	Collette	Sandhurst Joggers	Lady Vet 40		526			526
SIJTSMA	Leonie	Unattached - Nottingham			525			525
HORTON	Alys	Unattached - Manchester			523			523
HAMBLIN	Sara	Unattached - Sheffield			521			521
COTTERILL	Cathryn	Womens Running Network	Lady Vet 40		515			515
DAVIES	Liz	Unattached - Shipley	Lady Vet 50	235		280		515
HOWARD	Jane	Baildon Runners	Lady Vet 40		514			514
Miles	Jenny	Fetcheveryone Running Club	Lady Vet 50			273	241	514

WYANT	Julie	Unattached - Birmingham	Lady Vet 40		513			513
TEUBLER	Josephine	Unattached - Manchester			512			512
BREWER	Siobhan	Unattached - Cocker mouth			511			511
GRAHAM	Kate	Unattached			510			510
STONE	Lucind	Stafforshire Moorlands			503			503
BRYANT	Jo	Almost Athletes			502			502
TAYLOR	Candice	Clayton Le Moors Harriers		500				500
MCKERROW	Kate	Unattached - London			499			499
Watts	Jenny	Northumberland				499		499
SEELE	Maria	Unattached - London			498			498
WALWYN	Olivia	Altrincham & District AC					498	498
GRAVES	Victoria	City Of York AC	Under 21 Women	498				498
THREADGALL	Kim	Unattached - Edingburgh		497				497
SEELE	Ruth	Unattached - Exeter			497			497
RIDEHALGH	Sarah	Accrington Road Runners					497	497
CHUTER	Hilary	Lancaster & Morecambe AC	Lady Vet 50			248	248	496
WORTHINGTON	Jeanie	Unattached - Hope Valley			496			496
ZAKRZEWSKI	Jo	Dumfries Running Club					496	496
BALMER	Mal	Penny Lane Striders	Lady Vet 40	495				495
Mckeown	Clare	Border Harriers				495		495
WARLAND	Gary	Alchester Running Club					494	494
CARRUTHERS	Sheila	Shepshe'd Running Club	Lady Vet 50		494			494
CASEY	Jackie	Barrow and Furness Striders	Lady Vet 50				492	492
DYKES	Kirsty	Elvet Striders			492			492
SOUTHWORTH	Susan	Unattached - Preston	Lady Vet 40	232			259	491
WOOD	Jo	Low Wood		490				490
PAGE	Holly	Halifax Harriers	Under 21 Women	489				489
GREENHAM	Kaisleigh	Stockport Harriers					489	489
Wilkinson	Sue	Keswick AC	Lady Vet 40			489		489
GREENHAM	Laura	Stockport Harriers					488	488
Sheffield	Rebecca	Colne				488		488
CARPENTER	Angela	Chichester Runners and AC	Lady Vet 40	487				487
HOLMES	Janice	Prestatyn			487			487
KIRKBY	Paula	Womens Running Network		231			256	487
COLLIER	Sally	Unattached - Salisbury	Lady Vet 40	217			270	487
TABY	Briony	Mossley Hill Athletics Club	Lady Vet 40	486				486
HINKLES	Emma	Baildon Runners					486	486
MCKAY	Tina	Cleethorpes Athletics Club	Lady Vet 40		486			486
Spoons	Catherine	Chester-le-Street				486		486
MARRON	Alison	Unattached - Lancaster		225		260		485
ROBINSON	Brenda	Unattached - Rochdale	Lady Vet 60	221		264		485
Davies	Helen	Mossley Hill AC				485		485
SHERRATT	Sarah	Wesham Road Runners					484	484
CHINNERY	Rachel	Tynedale Harriers	Lady Vet 40				483	483
HOWE	Louise	Unattached - London			481			481
TRAINOR	Louise	Unattached - Durham		481				481
Russell	Claire	Workington				481		481
EDWARDS	Claire	Unattached - London			480			480
BRUCE	Claire	Morporth Harriers	Lady Vet 40				479	479
Grindley	Suzu	Keswick AC				479		479
WHITMAN	Maureen	Preston Harriers	Lady Vet 60	213		265		478
Hodgson	Hayley	Keswick AC	Lady Vet 40			478		478
CAVE	Liz	Desford Striders					476	476
Collier	Penny	DPFR	Lady Vet 40			476		476

AYLMER	Sarah	Stockport Harriers	Lady Vet 40				474	474
THURLEBECK	Sue	Unattached	Lady Vet 40	473				473
HUNTER- ROWE	Caroline	Dumfries Running Club	Lady Vet 40	472				472
COPLEY	Jennifer	Elvet Striders				472		472
ROBERTS	Louise	Unattached - Newcastle					472	472
DAVIS	Katy	Penistone Footpath Runners & AC		471				471
CLARKE	Mandy	Bingley Harriers	Lady Vet 40				471	471
Griffin	Louise	Oakwood	Lady Vet 40			471		471
HOLMES	Christine	Unattached - Trentham		470				470
PELLY	Dorothy	Ambleside AC	Lady Vet 50				470	470
Thompson	Sarah	Keswick				470		470
ETHERDEN	Kath	SELOC	Lady Vet 50			238	231	469
LEITCH	Margie	Unattached - Edinburgh	Lady Vet 40				469	469
BRAMWELL	Emma	Unattached - London				468		468
HURR	Kate	Carlisle Triathlon Club					468	468
WILKINSON	Lisa	Halifax Harriers	Lady Vet 50	230			238	468
Jones	Sarah	Lothian RC				468		468
CROSLAND	Elizabeth	KCAC		467				467
WISE	Fiona	Unattached - Middle Claydon					467	467
Leah	Joanne	Ulverston				467		467
CHAFFER	Jo	Unattached - Ambleside		466				466
CROWLEY-FOXWELL	Michelle	Ambleside AC					466	466
Davison	Nicola	Keswick AC				466		466
GARNER	Helen	Stockport Harriers					465	465
DARWELL	Synne	Unattached - Carnforth				465		465
Horsburgh	Jill	Lothian Running Club	Lady Vet 50				465	465
BUTTERWORTH-COWELL	Carol	Darwen Dashers	Lady Vet 40	464				464
WEISBLATT	Emma	Trail Runners Association	Lady Vet 40			463		463
YATES	Jane	Unattached - Penrith	Lady Vet 40				241	222
BENBOW	Lisa	Unattached - Litchfield					463	463
HOLMES	Ruth	Unattached - Sandy		463				463
Burrus	Cath	Carlisle	Lady vet 40				463	463
THOMPSON	Beverley	Clayton Le Moors Harriers	Lady Vet 40	462				462
BROADBENT	Amy	Unattached - Grange-Over-Sands		461				461
GODDARD	Debra	Elvet Striders					461	461
WALLACE	Jessica	Alchester Running Club					460	460
JALIL	Natalie	Hallamshire Harriers AC	Lady Vet 40				459	459
LOWIS	Sarah	Unattached - Gateshead		459				459
VIALS	Katherine	Unattached - Newcastle		457				457
Bent	Catherine	Wetheral				457		457
WOLSTENHOLME	Carol	Hallamshire Harriers AC	Lady Vet 60				456	456
RENDER	Jayne	Harrogate Harriers	Lady Vet 40	456				456
BLANCHARD	Jill	Manchester Harriers	Lady Vet 40	216			240	456
Matthews	Kim	Elswick harriers	Lady Vet 50				456	456
TAYLOR	Sarah	Finklewinkle Runners				455		455
Brown	Sarah	LONDON					455	455
SCOWCROFT	Catherine	Low Wood	Lady Vet 40	454				454
EAKETTS	Karen	Unattached	Lady Vet 40				454	454
ELLIOTT	Pauline	Allen Valley Striders	Lady Vet 40			454		454
Milburn	Susan	Newton Aycliffe AC	Lady Vet 50				454	454
STEWART	Claire	Swaledale Road Runners, N Yorks	Lady Vet 40				453	453

Hughes	Liz	London	Lady Vet 40			453		453
BLY	Barbara	Hallamshire Harriers AC	Lady Vet 50				452	452
ROBBINS	Brittany	Unattached - London		452				452
TOMLINS	Zoe	Elvet Striders			452			452
Tromans	Clare	York				451		451
BROWN	Anna	Unattached - St Bees			450			450
CLARKE	Miranda	Manchester YMCA					450	450
Cassidy	Emma	Hexham				450		450
SHINETT	Claire	Unattached			448			448
RUSBRIDGE	Deb	Arragons Cumbrian Tri Club		168			280	448
PRICE	Helen	Harrogate Harriers		448				448
KATE	Hutchings	Alchester Running Club					448	448
Burkitt	Hilary	Cleethorpes AC	Lady Vet 50			448		448
GRANDIDGE	Lisa	Unattached - Southport	Under 21 Women	447				447
BAINBRIDGE	Shelley	Unattached - Penrith	Lady Vet 40		447			447
BERESFORD	Anne	Penistone Footpath Runners & AC	Lady Vet 40	446				446
Shanley	Claire	Lothian Running Club	Lady Vet 40			446		446
GLANVILLE	Julie	Unattached - Oxford			445			445
GRAHAM	Libbie	Unattached - Keswick		445				445
HUNTER	Tracy	Swaledale Road Runners, N Yorks					444	444
FAZAELI	Tahera	Womens Running Network	Lady Vet 40		443			443
Wilson	Helen	Garstang Running Club	Lady Vet 40			443		443
SIER	Julia	Dallam Running Club		442				442
GILLHAM	Rosie	Unattached - Kendal	Lady Vet 40		442			442
HILL	Georgina	North York Moors AC		441				441
POWELL	Jean	Skipton AC	Lady Vet 40				441	441
Mullins	Evelyn					440		440
GRIFFITHS	Louise	Unattached - Liverpool					439	439
SCHWEITZER	Pamela	Unattached - Gateshead		192			247	439
SMITH	Fay	Unattached - Bolton					438	438
GREENWOOD	Claire	Baildon Runners	Lady Vet 40				437	437
WINCH	Julie	Unattached - Newcastle	Lady Vet 40	191			246	437
Anderson	Luan	York				437		437
GLEDHILL	Susan	Stainland Lions Running Club		436				436
COLCLOUGH	Edwina	Alchester Running Club					435	435
QUINE	Jane	Unattached - Kendal	Lady Vet 40	435				435
Treadwell	Lorraine	west sussex	Lady Vet 40			435		435
MARSHALL	Brenda	Fetcheveryone			434			434
Paton	Isabella	Hart Road Runners				434		434
COCKERTON	Jane	Penistone Footpath Runners & AC	Lady Vet 40	433				433
HIRD	Alison	Sale Harriers					432	432
MERCER	Sarah	Unattached - Wigan		185		247		432
Rivatelli	Daniela	Stuttgart GERMANY	Lady vet 40			432		432
MCLAREN	Christine	Unattached		431				431
PARKER	Sheila	Unattached	Lady Vet 50		431			431
WEBB	Alison	Unattached - Kendal	Lady Vet 40		430			430
FRITH	Vanessa	Driffield Striders		429				429
TOWERS	Jenny	Unattached - Reading			428			428
LUKEHURST	Tess	Fetcheveryone	Lady Vet 40				428	428
HUGHES	Liz	Coniston Mountain Rescue	Lady Vet 40	427				427
CRAWFORD	Mhairi	Winchester and District AC			427			427
SPRING	Helen	Unattached - York		426				426
FLETCHER	Maxine	Wooler Running Club					426	426

CAIE	Catriona	Unattached - Colene		425			425
Safranauskas	Renata	Manchester	Lady Vet 40			425	425
GROMLIMUND	Liz	Alchester Running Club				424	424
CHARLESWORTH	Susan	Penistone Footpath Runners & AC	Lady Vet 40	424			424
Lundrigan	Julie	Preston				424	424
ROPER	Helen	Alchester Running Club				423	423
JOHNSTONE	Joan	Unattached - Hale	Lady Vet 50		423		423
MILLS	Khara	Leeds & Bradford Tri		423			423
FRASER	Jane	Unattached - Altrincham	Lady Vet 50		422		422
ADAMS	Sally	Parbold Pink Panthers				422	422
Kidd	Gillian	Cumberland AC	Lady Vet 40			421	421
FITZSIMONS	Jillian	NEW ZEALAND - Christchurch	Lady Vet 40		420		420
WALKER	Karen	Unattached - Colne	Lady Vet 40			420	420
Coates	Dawn	penrith	Lady vet 40			420	420
COUSEN	Sue	Unattached - Sale	Lady Vet 40	419			419
WILKINS	Maureen	Stockport Harriers	Lady Vet 40			418	418
Ashton	Felicity	Hartlepool	Lady vet 40			417	417
RICHES	Lisa	Unattached - Stoke on Trent				416	416
MCGRATH	Sally	Stubbington Green AC	Lady Vet 40	416			416
CLARKE	Andrea	PB Fitness Running Club	Lady Vet 40			415	415
STAPLEY	Tracey	Unattached - Thame		415			415
BURROWS	Clare	Unattached - Stafford	Lady Vet 40		414		414
MUIRHEAD	Juliet	Ilkley Harriers		414			414
Dever	Louisa	Wallasey	Lady Vet 40			414	414
BAKER	Joanne	Unattached - Whaley Bridge	Lady Vet 50	411			411
CLEGG	Kate	St Helens Striders		410			410
Morris	Fiona	Gala Harriers	Lady Vet 50			409	409
DALY	Allison	Unattached - Kendal		408			408
HUFTON	Emily	Unattached				407	407
Beaty	Anna	penrith				407	407
DUKES	Ann	Southampton Running Sisters	Lady Vet 60		406		406
MCDONNELL	Catherine	Alchester Running Club				406	406
HEYWOOD	Sue	Saddleworth Runners Club	Lady Vet 60	406			406
Pringle	Dawn	Penrith	Lady Vet 40			406	406
KERR	Helen	Unattached - Redditch				405	405
MATHEWS	Caroline	Unattached, Kendal				404	404
FOLLETT	Lucy	Ryton Tri Club		404			404
HADLEY	Sally	Unattached - Liverpool	Lady Vet 50		404		404
HANLEY	Lynn	Portobello Running Club	Lady Vet 40	403			403
FLYNN	Susan	Unattached - Liverpool	Lady Vet 50		403		403
LUCAS	Susan	Lancaster and Morecombe AC	Lady Vet 50			403	403
Varnfield	Deborah	Kettering	Lady Vet 40			403	403
MERCER	Suzanne	Teviotdale Harriers	Lady Vet 40			402	402
Bumby	Kerrie	Kendal				402	402
Moran	Michele	North East Vets AC	Lady Vet 40			401	401
GOULD	Alison	Unattached - Tynemouth			400		400
WHITE	Jenny	Unattached - Carnforth		400			400
ATKINSON	Lydia	Unattached - Barrow-in-Furness	Lady Vet 40			400	400
Frost	Hilda	Elswick Harriers	Lady Vet 40			400	400
SPOONER	Alice	Penny Lane Striders, Liverpool				399	399
BUSHHELL	Tanya	Unattached, Kendal			399		399
Atkins	Sarah Kate	Otley				399	399
TRUMP	Keziah	Bitton Road Runners		398			398
HIGGINS	Fenella	Buckley Runners		397			397

TOMLIN	Nina	Unattached - Glossop				397	397
BEECH	Paula	Unattached - Manchester			397		397
FINLAYSON	Liz	Unattached - Kendal		396			396
RANNER	Rowan	Unattached				396	396
Pretswell	Ann	Keswick	Lady Vet 40			396	396
FREESTONE	Catherine	Unattached				395	395
COOK	Sarah	Unattached - London			395		395
Bell	Claire	Keswick	Lady Vet 40			395	395
BARBER	Li	Unattached - St Helens			394		394
GALLAGHER	Sarah	Unattached - Milnthorpe				394	394
RAWLINGS	Yvonne	Unattached - Bristol		394			394
Bailey	Sarah	Keswick AC				394	394
HALL	Jackie	Unattached - Stockton	Lady Vet 40	393			393
CROSBY	Maria	Unattached	Lady Vet 40			393	393
MARSDEN	Joanne	Tynedale Harriers and AC				392	392
Mcblane	Kate	Derby				392	392
BLACK	Susan	Tynedale Harriers and AC	Lady Vet 40			391	391
PLATT	Dawn	St Helens Striders	Lady Vet 40	390			390
NOLAN	Nicky	Unattached - Alderley Edge	Lady Vet 40	154		236	390
WALKER	Martina	Unattached - keighley	Lady Vet 40			389	389
Glover	Alyson	Pudsey Pacers	Lady Vet 40			389	389
BENNETT	Melanie	Unattached - Gargrave	Lady Vet 40	388			388
O'DOHERTY	Janet	Blackpool, Wyre & Fylde AC	Lady Vet 50			387	387
GALE	Di	Low Wood	Lady Vet 40	386			386
TICKNER	Rachel	Unattached - Cocker mouth	Lady Vet 50	177		209	386
Garfield	Debbie	Border H				386	386
WOODS	Sue	Central Athletic, Clackmannanshire	Lady Vet 40			385	385
Merrilees	Tabby	Kirkstall Harriers				384	384
Wilson	Paula	Dumfries Running Club				382	382
Jelley	Di	North Shields Polytechnic AC	Lady Vet 50			381	381
MOSS	Sarah	Unattached - Hebden Bridge	Lady Vet 40	163		217	380
SUTHERLAND	Paula	Unattached - Hebden Bridge	Lady Vet 40	164		215	379
Beattie	Elspeth	Leeds				379	379
MARTIN	Sarah	Unattached - Preston				378	378
WEBSTER	Claire	Unattached - Southport		377			377
Ambler	Jane	Razzers Runners				377	377
LOCKWOOD	Joanne	Unattached - Preston				376	376
PENNYCOTT	Amanda	Unattached - Edingburgh				374	374
Mumford	Gina	Barford St Michael	Lady Vet 40			374	374
Moncrieff	Jane	Lothian Running Club	Lady Vet 40			373	373
CULLEN	Carolyn	Unattached - Manchester		372			372
Clow	Dawn	liverpool				372	372
Formby	Alison	Pinetops Running Club				371	371
MUIR	Luz Dary	Unattached : Failsworth	Lady Vet 40			370	370
Taberner	Josie	Keswick	Lady Vet 40			370	370
Carver	Suzanne	Newton Aycliffe AC	Lady Vet 40			369	369
CLARK	Melanie	Unattached - London				368	368
Crowther	Emma	Todmorden				368	368
HORNBY	Catherine	Unattached - Darwen	Lady Vet 40			367	367
DONE	Val	Unattached - keighley	Lady Vet 40	367			367
White	Patricia	Kendal	Lady Vet 40			367	367
PARSONS	Samantha	PACTRAC		366			366
BRIGHT	Ria	Unattached	Lady Vet 40	153		212	365

HYDE	Joanna	Unattached - St Albans		364				364
HUGGINS	Theodora	Petts Wood Runners		363				363
WYATT	Paula	Allithwaite and District RC	Lady Vet 40				361	361
Davies	Julie	Windermere	Lady Vet 40				361	361
GILKES	Polly	Unattached - Rugby					360	360
Green	Stephanie	Wigton	Lady Vet 40				360	360
BRIDGER	Kathryn	Unattached	Lady Vet 40				359	359
WILLIAMS	Nicola	Unattached - Ambleside		358				358
WARD	Vicky	Horsforth Harriers		357				357
Allen	Marie	Barrow & Furness Striders AC	Lady Vet 40				357	357
THOMSON	Julie	Unattached - Lymm	Lady Vet 40				356	356
BEDWELL	Carol	Unattached - Wirral	Lady Vet 40	355				355
ATKINS	Lydia	Stafford Harriers					354	354
Daly	Amanda	Manchester	Lady Vet 40				354	354
GRAY	Heather	Lincoln Wellington AC	Lady Vet 50				353	353
BURLINSON	Sarah	Unattached - Hyde	Lady Vet 40	353				353
Kaur	Rosie	Liverpool					353	353
WIDDOWSON	Diane	Ackworth RR	Lady Vet 40				352	352
Kirton	Kath	Chorley					352	352
PLEASANT	Elizabeth	Unattached - Hyde	Lady Vet 40	351				351
FAIRCLOUGH	Julie	Stockport Harriers	Lady Vet 40				351	351
Brooks	Susan	Stockport	Lady vet 40				351	351
BROWN	Caroline	Unattached - Chorley		350				350
BARFOOT	Jill	Silverdale Mums	Lady Vet 40	348				348
Carlsson-Mitchell	Petra	Northumberland					348	348
WINDER	Katie	Unattached - Cumbria					347	347
BRENDLING	Ursula	Unattached - Ambleside	Lady Vet 40	347				347
Stienlet	Gemma	Riding Mill					347	347
LOCKE	Liz	Unattached - Ulverston	Lady Vet 40				346	346
JACKSON	Helen	Unattached - Cockermouth					344	344
MCKENZIE	Kath	GMP	Lady Vet 40	344				344
SMITH	Emma	Vegetarian Cycling & A.C.					343	343
Pryor	Louise	Cambridge	Lady Vet 40				343	343
MURRELL	Deb	Bowland Rell Runners	Lady Vet 40				342	342
ROBERTSON	Katia	Unattached - Felsted	Lady Vet 40	342				342
Burrell	Jules	Penrith	Lady vet 40				342	342
Lewis	Maggie	Eastleigh	Lady Vet 40				341	341
SMITH	Emma	Manchester Triathlon Club		340				340
DONALDSON	Fiona	Harmeny Athletics Club	Lady Vet 40				340	340
Hughes	Stella	stockport cheshire	Lady Vet 40				340	340
HOPE	Deborah	Unattached - Carlisle					339	339
KLUETER	Sarah	Manchester Triathlon Club		339				339
HIORNS	Rachel	Unattached - Manchester		338				338
VINCENT	Bronwen	Parbold Pink Panthers	Lady Vet 40				337	337
Housby	Miranda	Penrith					336	336
HORAN	Laura	Holcombe Harriers					335	335
KIRBY	Jane	Unattached - Morporth		334				334
SPIPKER	Karen	Unattached - London					334	334
Sykes	Carmen	north devon	Lady Vet 40				334	334
MALTON	Debra	Unattached - Doncaster		333				333
ROUNDING	Sarah	Unattached : Crewe					332	332
Park	Nicola	Hoad Hill Harriers					332	332
MCCLEERY	Amanda	Allithwaite and District RC		331				331
BUNN	Helen	Unattached, Kendal					331	331
ROBERTS	Amanda	Unattached - Sheffield		330				330

HALL	Christine	Ackworth RR	Lady Vet 50				330	330
Shepley	Sarah	Hamsters	Lady Vet 40			329		329
THOMPSON	Maxine	Unattached - Bedlington		328				328
LOWE	Cathy	Unattached - Nottingham	Lady Vet 40				327	327
MCVEY	Fiona	Helm Hill Running Club	Lady Vet 40	327				327
Taylor	Lisa	Derwentside AC				327		327
HIGGINS	Amanda	Unattached - Stourbridge					326	326
GARNETT	Eleanor	Kendal Amateur Athletic Club		326				326
WILLIAMS	Donna	Unattached - Euxton	Lady Vet 40	325				325
WATSON	Eva	Unattached - Shippley	Lady Vet 40				324	324
HORROBIN	Rachel	Unattached - Carnforth		324				324
Gillies	Maureen	Lothian RC	Lady Vet 40			324		324
CAUNT	Kate	Unattached - Bristol					322	322
HIGHAM	Sue	Penistone Footpath Runners & AC	Lady Vet 50	322				322
MCKAVETT	Michaela	Unattached - Southport	Lady Vet 40	321				321
Guenther	Petra	Wigan				320		320
IVES	Jane	Elvet Striders					319	319
GRANDIDGE	Julie	Unattached - Southport		319				319
Redmond	Deborah	Cumberland AC	Lady Vet 40			319		319
HARVEY	Carol	Wigton Road Runners	Lady Vet 40	318				318
MASON	Denise	Elvet Striders					318	318
Parker	Eleanor	Whitehaven				317		317
TAYLOR	Elizabeth	Unattached - Edingburgh	Lady Vet 40				316	316
KEARNEY	Sue	Unattached - Bolton	Lady Vet 40	316				316
Greenwood	Lindzi					316		316
Cubitt	Rachel	Norwich				315		315
SEAGO	Amanda	Unattached - Ulverston		314				314
GOULD	Emma	Alchester Running Club					314	314
Sunshine	Clare	Redditch				314		314
BARFOOT	Nicky	Eastleigh Running Club	Lady Vet 40				313	313
Johnson	Rachel	Penrith				313		313
CALLANDER	Susan	Dumfries Running Club	Lady Vet 50				312	312
Farmer	Sharon	Mossley Hill AC				312		312
MILNE	Sara	Unattached - Cockermonth	Lady Vet 40	311				311
STEAD	Wendy	Muller RC					311	311
Hughes	Hazel	stretford	Lady Vet 60			311		311
SMITH	Kate	Unattached - Manchester					310	310
Spencer	Julie	Willaston	Lady Vet 40			310		310
KENEALY	Janet	Unattached - London					309	309
HUNTER	Samantha	Unattached - Bacup	Lady Vet 40				308	308
Cullen	Julie	Penrith	Lady Vet 40			308		308
KENT	Sher	Winchester and District AC	Lady Vet 50	307				307
COURTNEY	Lucy	Unattached - Hexham					306	306
SHERRIFF	Jane	Garstang Running Club					305	305
THURSTON	Lorraine	Saddleworth Runners Club	Lady Vet 40	305				305
GUEST	Janice	Saddleworth Runners Club	Lady Vet 50	304				304
LINDSAY	Denise	Unattached - Biggar, SCOTLAND	Lady Vet 50	303				303
BRYAN	Bryony	Unattached - Chippenham		302				302
MACKENZIE	Holly	Unattached - Lanark, Scotland					302	302
WILSON	Kathryn	Unattached - Chadderton		301				301
MACLEAN	Ruth	Ackworth RR	Lady Vet 50				301	301
Cannon	Diane	Keswick	Lady vet 40			301		301
BIRKETT	Shelagh	Unattached - Kendal	Lady Vet 40	300				300
Gee	Kathryn	bolton				300		300

Loftus O'Brien	Kate	Levens				299		299
ANDREWS	Hilary	Unattached - Skipton	Lady Vet 40	298				298
STEAD	Rita	Muller Running Club	Lady Vet 50				298	298
Parker	Vikki	Wigan				298		298
MILNES	Claire	Unattached - Harrogate		297				297
Taylor	Sandie	Wigan	Lady Vet 40			297		297
Gamberini	Lorna	Cockermouth	Lady Vet 40			296		296
Saxby	Fiona	Cheshire				295		295
COOPER	Karen	Shelton Striders	Lady Vet 40				294	294
WILCOCKS	Tracey	Unattached - Sowerby Bridge		294				294
GILL	Valerie	Black Combe Runners	Lady Vet 50				293	293
POOLER	Victoria	Unattached - Halifax		292				292
MORRISON	Nicola	Unattached - Dumfries					291	291
BROWN	Susan	Unattached - Newcastle	Lady Vet 40	290				290
FARTHING	Helen	Low Wood	Lady Vet 50	289				289
LOMAS	Sue	Black Combe Runners	Lady Vet 40				289	289
Larson	Angela	Pinetops Running Club	Lady Vet 40			289		289
CRITCHLEY	Carole	Unattached	Lady Vet 40				288	288
Cass	Tamsin	Maryport				288		288
HARRIS	Marion	Alchester Running Club	Lady Vet 50				287	287
CARROLL	Sally	Unattached - Cambridge	Lady Vet 40	287				287
Jones	Cathy	Liverpool				287		287
LALLY	Jo	Unattached - Hexham	Lady Vet 40				286	286
LITT	Sarah	Unattached - Silloth, Cumbria					284	284
CAMPBELL	Shirley	Unattached - Macclesfield	Lady Vet 50	284				284
Ainsworth	Kate	Wirral	Lady Vet 40			284		284
WHITMORE	Eloise	Unattached - Manchester					283	283
FIRSTBROOK	Kim	Unattached - Hexham	Lady Vet 50				282	282
STONES	Sharon	Unattached - Ross-on-Wye	Lady Vet 40	282				282
Carvey	Ann	Chorlton Runners	Lady vet 40			282		282
WAISTELL	Zoe	Unattached - Hinckley					281	281
TAYLOR	Caroline	Unattached - Ripponden		279				279
GRAVES	Gillian	Unattached - York	Lady Vet 40	277				277
Naik	Mamta	Chorlton Runners	Lady Vet 40			277		277
ROGERS	Joanne	Unattached - Backbarrow	Lady Vet 40	276				276
Francis	Kirsten	Hexham	Lady Vet 40			276		276
ATKINSON	Wendy	Unattached - Glossop		275				275
Biddle	Emily	St. Ives				275		275
CLARKE	Fiona	Unattached - Stockport		274				274
LEE	Sue	Unattached - Bicester	Lady Vet 40				274	274
Horder	Katharine	WCOC	Lady Vet 40			274		274
GOLLINS	Hannah	Unattached - Manchester		273				273
RAWSON	Pamela	Hallamshire Harriers AC	Lady Vet 60				273	273
WILLIAMS	Teresa	Ackworth RR	Lady Vet 60				272	272
Jeffs	Emma	GRANGE OVER SANDS				272		272
DAVIES	Elizabeth	Baildon Runners	Lady Vet 50				271	271
PEISER	Gillian	Penny Lane Striders		271				271
BRIGHT	Linda	Unattached - Chester- le-Street	Lady Vet 40	270				270
MOYER	Julie	Unattached, Kendal	Lady Vet 50	269				269
Cooke	Emma	Sale				269		269
Potter	Justine	Oldham				268		268
STYLES	Isobel	Unattached - St Bees					267	267
HAYWARD	Pen	Unattached - Manchester		267				267
Spencer	Tania	Watford				267		267
CLENAGHAN	Jan	Dumfries Running Club	Lady Vet 50	266				266
BAXANDALL	Marie	FROC	Lady Vet 50				265	265

KEANE	Sarah	Unattached - Manchester		265				265
RUANE	Jean	FROC	Lady Vet 50				264	264
BRADFIELD	Ali	Unattached - Bristol		263				263
VAUGHAN	Jacqui	Bexhill Runners	Lady Vet 50				263	263
PHILO	Becky	Unattached - Hyde	Lady Vet 40	262				262
YOUEL	Karen	Ackworth RR	Lady Vet 40				262	262
Miller	Carole	netherhall					262	262
KNOWLES	Jackie	Womens Running Network	Lady Vet 40				261	261
Hoskins	Sarah	Penrith					261	261
MOORE	Nikki	Unattached - Harrogate		259				259
Puttick	Meg	yarm	Lady Vet 40				259	259
O'HARA	Danny	Unattached - Preston		258				258
HARRISON	Karen	Derby MC	Lady Vet 50				258	258
PRESTON	Christine	Unattached - Oakworth	Lady Vet 40	257				257
Johnson	Juliet	Southport					257	257
SMALLEY	Hannah	Hawkshead Outdoor Ltd		256				256
Carney	Paula	Southport					256	256
Menzies	Lindsay	Bicester					255	255
HIRST	Catherine	Team Runnerbean	Lady Vet 40	254				254
HOLDSWORTH	Paula	Unattached - Burnley					254	254
ENSOLL	Ann	Unattached - Windermere	Lady Vet 40	253				253
WATSON	Diane	Unattached - Wigan	Lady Vet 40				253	253
IVORY	Beth	Unattached - West Dulwich					252	252
Shrimpton	Joanne	Tamworth					252	252
BROWN	Debra	Virgin Active Road Runners		251				251
GARDNER	Tina	Womens Running Network	Lady Vet 40				251	251
BURGESS	Clare	Unattached - Bicester	Lady Vet 40				250	250
SKILLING	Angela	Unattached - Warrington					249	249
FLANAGAN	Harriet	Unattached - Leeds		249				249
Mercer	Sarah	Wigan					249	249
MCCORMICK	Zita	Unattached - Rochdale	Lady Vet 40	248				248
Timmins	Sophie	TAMWORTH					245	245
Currie	Gail	Dumfries					244	244
BLACKBURN	Gale	Unattached - Bolton					243	243
HOLMES	Heidi	Unattached - Carlisle		243				243
WILLIAMS	Judy	Unattached - Warwick		242				242
CLEMENT	Yvonne	Unattached - Brampton	Lady Vet 40				242	242
Cheesman	Julie	Manchester	Lady vet 60				242	242
JACKSON	Anne Marie	Serpentine Running Club	Lady Vet 40	241				241
CROSSLEY	Rachel	Unattached - Lancaster		240				240
GIBSON	Tania	Unattached - Long Credon		239				239
Coward	Kelsey	Worcester	Lady Vet 40				239	239
MODDER	Alex	Unattached - Liverpool	Lady Vet 40				237	237
SCHOFIELD	Mandy	Unattached - Liverpool	Lady Vet 40				235	235
COVENTRY	Sarah	Unattached - Leeds		234				234
Richmond	Nicola	Canterbury harriers	Lady Vet 40				234	234
KITA	Isabelle	Striders of Croydon	Lady Vet 40				233	233
Cass	Gail	Maryport	lady vet 50				232	232
MALE	Maria	Unattached - Ripponden	Lady Vet 40	229				229
BAILEY	Gina	Easingwold Running Club		228				228
FAIRCLOUGH	Clare	Unattached - Manchester	Lady Vet 40				227	227
SALVINI	Francesca	Unattached		227				227
KIMBERLING	Courtney	Unattached - York					226	226

Howe	Catherine	Make Us Smile Keswick				226		226
CARR	Shirley	FROC	Lady Vet 50				225	225
Graham	Rachel	Make Us Smile Keswick				225		225
BRADLEY	Claire	Unattached - Kenilworth	Lady Vet 40	224				224
Holmes	Janet	St Helens Sutton AC	Lady Vet 50			224		224
STANFORD	Dianne	Unattached - Wigan	Lady Vet 40	223				223
GILBERT	Lisa	Unattached					223	223
Sloan	Debbie	Mawdesley	Lady Vet 40			223		223
FIELDING	Nerys	Unattached	Lady Vet 40	222				222
Findlay	Debbie	Mawdesley Ladies	Lady Vet 40			222		222
WILKIE	Theresa	FROC	Lady Vet 50				221	221
Turner	Beth	Mawdesley Ladies	Lady Vet 40			221		221
Lindsay	Elizabeth	Mawdesley Ladies	Lady Vet 40			220		220
SPRAGG	Lynn	Unattached - Silverdale		219				219
Anderson	Susan	Mawdesley Ladies	Lady vet 40			219		219
LOWIS	Margaret	Unattached - Carlisle	Lady Vet 50	218				218
Hall	Jennifer	Make Us Smile Keswick	Lady Vet 60			218		218
PRICE	Ruth	Preston Harriers		214				214
MACFARLANE	Kerry	Unattached - Liverpool	Lady Vet 50	211				211
MASSEY	Rachel	Unattached					210	210
WINDRIDGE	Jackie	Unattached - Cockermouth	Lady Vet 50				208	208
BAYBUT	Kay	Unattached - Wigan		208				208
HUCKER	Jackie	Alchester Running Club	Lady Vet 40				205	205
TRINDER	Julie	Alchester Running Club	Lady Vet 40				204	204
BODENHAM	Rachel	Unattached - Carnforth		204				204
WILLACY	Kerry	Dumfries Running Club		203				203
ECCLESTON	Nicola	Unattached - Cannock					203	203
STEELE	Sarah	Unattached - Ormskirk		202				202
NICHOLS	Tracey	Unattached - Stafford	Lady Vet 40				202	202
LEACH	Kathryn	Unattached - St Helens		201				201
JENNION	Sarah	Unattached - Stockport					201	201
MCGREEN	Jane	Unattached - West Midlands	Lady Vet 50				200	200
POSTLETHWAITE	Cayt	St Bees Tri	Lady Vet 40				199	199
BLEIKER	Jill	Unattached - Ivybridge	Lady Vet 50	199				199
PETTIT	Kirsty	Unattached - Steeton	Lady Vet 40	198				198
CRAWLEY	Patricia	Unattached - keighley	Lady Vet 40	196				196
FELGATE	Helen	Unattached - Leeds	Lady Vet 50	194				194
LOWE	Sarah	Brighton & Hove Running Sisters		193				193
DERITIS	Vicki	Unattached - Newcastle	Lady Vet 40	190				190
HULL	Stephanie	Unattached - Halifax	Lady Vet 40	187				187
CHOW	Joanna	Unattached - Newcastle		186				186
POLLARD	Rosemary	Unattached - Barrow-in-Furness	Lady Vet 60	184				184
GRIFFITHS	Kathleen	Preston Harriers		183				183
CROSBIE	Lesley	Unattached - Liverpool	Lady Vet 40	182				182
WOODROW	Jacqueline	Unattached - Penrith	Lady Vet 40	179				179
MACCOLL	Lorna	Unattached - Hebden Bridge	Lady Vet 40	178				178
HURST	Janice	Unattached - Preston	Lady Vet 40	176				176
PORTEOUS	Kim	Penistone Footpath Runners & AC	Lady Vet 50	175				175
FOSTER	Jane	Penistone Footpath Runners & AC	Lady Vet 50	171				171
SLATER	Kerry	Unattached - York		170				170
SEARS	Glenys	Unattached - Nottingham	Lady Vet 40	169				169

MASTIN	Jane	Unattached - Ambleside	Lady Vet 40	166				166
HODGESON	Susan	Unattached - Tyne and Wear	Under 21 Women	165				165
KELLY	Jo	Unattached - Liverpool	Lady Vet 40	161				161
MCCULLAGH	Melanie	Unattached - London		159				159
GREGORY	Jane	Unattached - Driffield	Lady Vet 40	158				158
HODGSON	Christine	Unattached - Tyne and Wear	Lady Vet 50	157				157
HACKETT	Gill	Unattached - Aylesbury		152				152
LANCASTER	Anne	Unattached - Leeds		151				151
KANE	Annette	Silverdale Mums	Lady Vet 50	150				150
MERRICK	Amanda	Unattached - Manchester	Lady Vet 40	146				146
KAY	Elizabeth	Unattached - Wirral	Lady Vet 40	143				143
WALLACE	Pauline	Hartlepool Burn Road Harriers	Lady Vet 40	142				142
MCMASTER	Janet	Unattached - Gateshead	Lady Vet 40	141				141
TOOTELL	Deborah	Unattached	Lady Vet 40	140				140
DAVEY	Karen	LIFE		139				139
STONE	Natalie	Bridgedale		138				138
TURNER	Vicki	Bridgedale		137				137