

1 HALLAMSHIRE HARRIERS	00:24:48	7 LEIGH HARRIERS & AC	00:26:44	13 STOCKPORT HARRIERS 'B'	00:28:57
Fiona Bell (4)	08:08	Georgina Leck (9)	08:52	Olivia Speed (17)	09:37
Hannah Fletcher (1)	08:40	Sabrina Walley (10)	09:22	Sarah Tipping (14)	09:55
Natalia Hackett (1)	08:00	Bethany Jones (7)	08:30	Aimee Aiken (13)	09:25
2 VALE ROYAL	00:25:09	8 STOCKPORT HARRIERS	00:26:46	14 CITY OF YORK AC 'B'	00:30:52
Tessa McCormick (3)	08:06	Rosa-Chrystie Lowe (10)	08:52	Laura Eden (18)	09:50
Jade Evans (2)	08:54	Imogen Nutte (7)	08:54	Zoe Robson (15)	10:04
Amelia Pettitt (2)	08:09	Nicola Berry (8)	09:00	Christina Masiak (14)	10:58
3 CITY OF SHEFFIELD AC	00:26:08	9 KINGSTON UPON HULL AC	00:27:02	15 EAST CHESHIRE HARRIERS	00:30:59
Bethany Ansell (5)	08:27	Jessica Lonsdale (2)	08:00	Courtney Donald (13)	09:11
Laura Goodwin (4)	09:00	Katie Michaels (3)	09:10	Hannah Davies (16)	11:27
Eve Pound (3)	08:41	Ellie Wilson (9)	09:52	Hayley Simpson (15)	10:21
4 CARLISLE & ASPATRIA AC	00:26:17	10 LIVERPOOL HARRIERS & AC	00:27:09	16 CITY OF SHEFFIELD AC 'B'	00:31:57
Abbie Hetherington (1)	07:52	Katherine Walker (6)	08:36	Susannah Curran (19)	10:23
Rachel Weild (9)	10:02	Riana Burton (5)	08:57	Amy Hodgson (18)	10:42
Charlotte Kennedy (4)	08:23	Rebecca Courtney (10)	09:36	Olivia Noteman (16)	10:52
5 ROTHERHAM HARRIERS & AC	00:26:32	11 LIVERPOOL HARRIERS & AC 'B'	00:28:14		
Jessica Mangham (7)	08:45	Rebecca Donohue (14)	09:21		
Emma Dutton (8)	09:03	Olivia Perez (11)	09:06		
Jessica Freeman (5)	08:44	Laura McCourt (11)	09:47		
6 CITY OF YORK AC	00:26:36	12 VALE ROYAL 'B'	00:28:22		
Connie O'Neill (8)	08:50	Emma-louise Pyatt (15)	09:24		
Kate Harris (6)	08:55	Cerys Heaher (13)	09:30		
Katy Wood (6)	08:51	Hannah Bishop (12)	09:28		

INCOMPLETE TEAMS

ROTHERHAM HARRIERS & AC 'B' 00:18:51

Bonnie Smith (12) 09:08
Mary Jenkinson (12) 09:43

VALE ROYAL 'C' 00:20:49

Louise Towers (20) 10:34
Kate Moulds (17) 10:15

HOLMFIRTH HARRIERS 00:09:06

Ruby Sykes (11) 09:06

PRESTON HARRIERS 00:09:37

Jessica McDermott (16) 09:37

Stage 1

1	00:07:52	Abbie Hetherington	CARLISLE & ASPATRIA AC	11	00:09:06	Ruby Sykes	HOLMFIRTH HARRIERS
2	00:08:00	Jessica Lonsdale	KINGSTON UPON HULL AC	12	00:09:08	Bonnie Smith	ROTHERHAM HARRIERS & AC 'B'
3	00:08:06	Tessa McCormick	VALE ROYAL	13	00:09:11	Courtney Donald	EAST CHESHIRE HARRIERS
4	00:08:08	Fiona Bell	HALLAMSHIRE HARRIERS	14	00:09:21	Rebecca Donohue	LIVERPOOL HARRIERS & AC 'B'
5	00:08:27	Bethany Ansell	CITY OF SHEFFIELD AC	15	00:09:24	Emma-louise Pyatt	VALE ROYAL 'B'
6	00:08:36	Katherine Walker	LIVERPOOL HARRIERS & AC	16	00:09:37	Jessica McDermott	PRESTON HARRIERS
7	00:08:45	Jessica Mangham	ROTHERHAM HARRIERS & AC	17	00:09:37	Olivia Speed	STOCKPORT HARRIERS 'B'
8	00:08:50	Connie O'Neill	CITY OF YORK AC	18	00:09:50	Laura Eden	CITY OF YORK AC 'B'
9	00:08:52	Georgina Leck	LEIGH HARRIERS & AC	19	00:10:23	Susannah Curran	CITY OF SHEFFIELD AC 'B'
10	00:08:52	Rosa-Chrystie Lowe	STOCKPORT HARRIERS	20	00:10:34	Louise Towers	VALE ROYAL 'C'

Stage 2

1	00:08:40	Hannah Fletcher	HALLAMSHIRE HARRIERS	10	00:09:22	Sabrina Walley	LEIGH HARRIERS & AC
2	00:08:54	Imogen Nutte	STOCKPORT HARRIERS	11	00:09:30	Cerys Heaher	VALE ROYAL 'B'
3	00:08:54	Jade Evans	VALE ROYAL	12	00:09:43	Mary Jenkinson	ROTHERHAM HARRIERS & AC 'B'
4	00:08:55	Kate Harris	CITY OF YORK AC	13	00:09:55	Sarah Tipping	STOCKPORT HARRIERS 'B'
5	00:08:57	Riana Burton	LIVERPOOL HARRIERS & AC	14	00:10:02	Rachel Weild	CARLISLE & ASPATRIA AC
6	00:09:00	Laura Goodwin	CITY OF SHEFFIELD AC	15	00:10:04	Zoe Robson	CITY OF YORK AC 'B'
7	00:09:03	Emma Dutton	ROTHERHAM HARRIERS & AC	16	00:10:15	Kate Moulds	VALE ROYAL 'C'
8	00:09:06	Olivia Perez	LIVERPOOL HARRIERS & AC 'B'	17	00:10:42	Amy Hodgson	CITY OF SHEFFIELD AC 'B'
9	00:09:10	Katie Michaels	KINGSTON UPON HULL AC	18	00:11:27	Hannah Davies	EAST CHESHIRE HARRIERS

Stage 3

1	00:08:00	Natalia Hackett	HALLAMSHIRE HARRIERS	9	00:09:25	Aimee Aiken	STOCKPORT HARRIERS 'B'
2	00:08:09	Amelia Pettitt	VALE ROYAL	10	00:09:28	Hannah Bishop	VALE ROYAL 'B'
3	00:08:23	Charlotte Kennedy	CARLISLE & ASPATRIA AC	11	00:09:36	Rebecca Courtney	LIVERPOOL HARRIERS & AC
4	00:08:30	Bethany Jones	LEIGH HARRIERS & AC	12	00:09:47	Laura McCourt	LIVERPOOL HARRIERS & AC 'B'
5	00:08:41	Eve Pound	CITY OF SHEFFIELD AC	13	00:09:52	Ellie Wilson	KINGSTON UPON HULL AC
6	00:08:44	Jessica Freeman	ROTHERHAM HARRIERS & AC	14	00:10:21	Hayley Simpson	EAST CHESHIRE HARRIERS
7	00:08:51	Katy Wood	CITY OF YORK AC	15	00:10:52	Olivia Noteman	CITY OF SHEFFIELD AC 'B'
8	00:09:00	Nicola Berry	STOCKPORT HARRIERS	16	00:10:58	Christina Masiak	CITY OF YORK AC 'B'

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:07:52	Abbie Hetherington	CARLISLE & ASPATRIA AC	28	00:09:08	Bonnie Smith	ROTHERHAM HARRIERS & AC 'B'
2	00:08:00	Natalia Hackett	HALLAMSHIRE HARRIERS	29	00:09:10	Katie Michaels	KINGSTON UPON HULL AC
3	00:08:00	Jessica Lonsdale	KINGSTON UPON HULL AC	30	00:09:11	Courtney Donald	EAST CHESHIRE HARRIERS
4	00:08:06	Tessa McCormick	VALE ROYAL	31	00:09:21	Rebecca Donohue	LIVERPOOL HARRIERS & AC 'B'
5	00:08:08	Fiona Bell	HALLAMSHIRE HARRIERS	32	00:09:22	Sabrina Walley	LEIGH HARRIERS & AC
6	00:08:09	Amelia Pettitt	VALE ROYAL	33	00:09:24	Emma-louise Pyatt	VALE ROYAL 'B'
7	00:08:23	Charlotte Kennedy	CARLISLE & ASPATRIA AC	34	00:09:25	Aimee Aiken	STOCKPORT HARRIERS 'B'
8	00:08:27	Bethany Ansell	CITY OF SHEFFIELD AC	35	00:09:28	Hannah Bishop	VALE ROYAL 'B'
9	00:08:30	Bethany Jones	LEIGH HARRIERS & AC	36	00:09:30	Cerys Heaher	VALE ROYAL 'B'
10	00:08:36	Katherine Walker	LIVERPOOL HARRIERS & AC	37	00:09:36	Rebecca Courtney	LIVERPOOL HARRIERS & AC
11	00:08:40	Hannah Fletcher	HALLAMSHIRE HARRIERS	38	00:09:37	Jessica McDermott	PRESTON HARRIERS
12	00:08:41	Eve Pound	CITY OF SHEFFIELD AC	39	00:09:37	Olivia Speed	STOCKPORT HARRIERS 'B'
13	00:08:44	Jessica Freeman	ROTHERHAM HARRIERS & AC	40	00:09:43	Mary Jenkinson	ROTHERHAM HARRIERS & AC 'B'
14	00:08:45	Jessica Mangham	ROTHERHAM HARRIERS & AC	41	00:09:47	Laura McCourt	LIVERPOOL HARRIERS & AC 'B'
15	00:08:50	Connie O'Neill	CITY OF YORK AC	42	00:09:50	Laura Eden	CITY OF YORK AC 'B'
16	00:08:51	Katy Wood	CITY OF YORK AC	43	00:09:52	Ellie Wilson	KINGSTON UPON HULL AC
17	00:08:52	Georgina Leck	LEIGH HARRIERS & AC	44	00:09:55	Sarah Tipping	STOCKPORT HARRIERS 'B'
18	00:08:52	Rosa-Chrystie Lowe	STOCKPORT HARRIERS	45	00:10:02	Rachel Weild	CARLISLE & ASPATRIA AC
19	00:08:54	Imogen Nutte	STOCKPORT HARRIERS	46	00:10:04	Zoe Robson	CITY OF YORK AC 'B'
20	00:08:54	Jade Evans	VALE ROYAL	47	00:10:15	Kate Moulds	VALE ROYAL 'C'
21	00:08:55	Kate Harris	CITY OF YORK AC	48	00:10:21	Hayley Simpson	EAST CHESHIRE HARRIERS
22	00:08:57	Riana Burton	LIVERPOOL HARRIERS & AC	49	00:10:23	Susannah Curran	CITY OF SHEFFIELD AC 'B'
23	00:09:00	Laura Goodwin	CITY OF SHEFFIELD AC	50	00:10:34	Louise Towers	VALE ROYAL 'C'
24	00:09:00	Nicola Berry	STOCKPORT HARRIERS	51	00:10:42	Amy Hodgson	CITY OF SHEFFIELD AC 'B'
25	00:09:03	Emma Dutton	ROTHERHAM HARRIERS & AC	52	00:10:52	Olivia Noteman	CITY OF SHEFFIELD AC 'B'
26	00:09:06	Ruby Sykes	HOLMFIRTH HARRIERS	53	00:10:58	Christina Masiak	CITY OF YORK AC 'B'
27	00:09:06	Olivia Perez	LIVERPOOL HARRIERS & AC 'B'	54	00:11:27	Hannah Davies	EAST CHESHIRE HARRIERS