

1 LIVERPOOL HARRIERS & AC	00:17:22	10 STOCKPORT HARRIERS 'B'	00:19:24	19 ST HELENS SUTTON AC	00:21:02
Anna Rowe (1)	05:29	Elizabeth Brackenridge-Jones (11)	06:11	Paige Misund (9)	06:10
Emily Gray (1)	06:05	Karley Jarrett (11)	06:16	Caitlin Young (18)	07:31
Molly A Thomson (1)	05:48	Grace Bower (10)	06:27	Alex Glynn (19)	07:21
2 HALLAMSHIRE HARRIERS	00:17:36	11 WAKEFIELD DH&AC	00:19:26	20 CITY OF SHEFFIELD AC 'B'	00:21:36
Imani Wilson (3)	05:40	Bethan Oates (7)	06:03	Megan Amy Storey (20)	06:47
Mary McCarthy (2)	05:56	Laura Sanderson (9)	06:41	Mariella DeLara (13)	06:22
Maddie Pearce (2)	06:00	Olivia Theaker (11)	06:42	Lauren Walker (20)	08:27
3 HOLMFIRTH HARRIERS	00:17:59	12 LIVERPOOL HARRIERS & AC 'B'	00:19:41	21 STOCKPORT HARRIERS 'D'	00:21:39
Olivia Sykes (4)	05:47	Bethan Strange (11)	06:15	Georgia Bourke (17)	06:41
Erica Byram (3)	06:02	Olivia Phillips (12)	06:50	Naomi Sinclair (20)	07:07
Lucy Byram (3)	06:10	Emily Rowe (12)	06:36	Abbie Wood-Doyle (21)	07:51
4 STOCKPORT HARRIERS	00:18:03	13 DONCASTER AC	00:19:44	22 CITY OF SHEFFIELD AC 'C'	00:22:15
Katy Whiteoak (6)	06:02	Nicole Pearson (23)	06:54	Poppy Nolan (25)	07:10
Emma Donaghy (7)	06:19	Summer Ward (16)	06:30	Olivia Hogan (23)	07:20
Lucy Donaghy (4)	05:42	Emily Barker (13)	06:20	Sophie Kebell (22)	07:45
5 PRESTON HARRIERS	00:18:16	14 CITY OF SHEFFIELD AC	00:20:03	23 HOLMFIRTH HARRIERS 'B'	00:22:19
Grace Handley (5)	05:53	Emily Simpson (14)	06:29	Daisy Hinchliffe (24)	07:06
Charlotte Crook (5)	06:24	Jessica Beedle (22)	07:34	Amy Kettlewell (24)	07:24
Samantha-jo Hollings (5)	05:59	Amelia Lancaster (14)	06:00	I Haley-Porteous (23)	07:49
6 KINGSTON UPON HULL AC	00:18:31	15 CITY OF YORK AC	00:20:30	24 DONCASTER AC 'B'	00:23:38
Amelia Robinson (8)	06:09	Alice Linaker (13)	06:28	Megan Gaughan (27)	08:30
Rebecca Briggs (6)	06:09	Elisa Oakley (19)	07:18	Eleanor Stokes (25)	07:59
Emily Lyons (6)	06:13	Natalie Houlston (15)	06:44	Caitlin Herbert (24)	07:09
7 EAST CHESHIRE HARRIERS	00:18:47	16 PRESTON HARRIERS 'B'	00:20:39	25 DONCASTER AC 'C'	00:24:14
Lily McGuinness (2)	05:40	Megan Rigby (15)	06:41	Niamph Carter (28)	08:31
Leah Troy (4)	06:34	Lucy Keelan (15)	06:40	Natasha Maddison (26)	08:22
Chloe Lockett (7)	06:33	Lydia Edmondson (16)	07:18	Chloe Morgan-Lister (25)	07:21
8 WARRINGTON AC	00:18:52	17 ROTHERHAM HARRIERS & AC	00:20:43		
Olivia Bush (10)	06:10	Rebecca Bentham (26)	07:31		
Amy Renton (8)	06:30	Grace Maxwell (21)	06:27		
Sarah McGrail (8)	06:12	Nicole Scarfe (17)	06:45		
9 STOCKPORT HARRIERS 'C'	00:19:11	18 KINGSTON UPON HULL AC 'B'	00:20:50		
Britney Sharples (12)	06:27	Elisa Noble (19)	06:46		
Jasmine Hannon (10)	06:20	Ellie Mason (17)	06:45		
Francesca Corosi (9)	06:24	Lucy Witherwick (18)	07:19		

INCOMPLETE TEAMS

WARRINGTON AC 'B'	00:13:17	EAST CHESHIRE HARRIERS 'B'	00:06:44
Amy Moran (21)	06:48	Alannah Newell (18)	06:44
Abbie Dickinson (14)	06:29		
		WAKEFIELD DH&AC 'B'	00:06:53
		Holly Kitchen (22)	06:53

Stage 1

1	00:05:29	Anna Rowe	LIVERPOOL HARRIERS & AC	15	00:06:41	Megan Rigby	PRESTON HARRIERS 'B'
2	00:05:40	Lily McGuinness	EAST CHESHIRE HARRIERS	16	00:06:41	Elizabeth Brackenridge	STOCKPORT HARRIERS 'B'
3	00:05:40	Imani Wilson	HALLAMSHIRE HARRIERS	17	00:06:41	Georgia Bourke	STOCKPORT HARRIERS 'D'
4	00:05:47	Olivia Sykes	HOLMFIRTH HARRIERS	18	00:06:44	Alannah Newell	EAST CHESHIRE HARRIERS 'B'
5	00:05:53	Grace Handley	PRESTON HARRIERS	19	00:06:46	Elisa Noble	KINGSTON UPON HULL AC 'B'
6	00:06:02	Katy Whiteoak	STOCKPORT HARRIERS	20	00:06:47	Megan Amy Storey	CITY OF SHEFFIELD AC 'B'
7	00:06:03	Bethan Oates	WAKEFIELD DH&AC	21	00:06:48	Amy Moran	WARRINGTON AC 'B'
8	00:06:09	Amelia Robinson	KINGSTON UPON HULL AC	22	00:06:53	Holly Kitchen	WAKEFIELD DH&AC 'B'
9	00:06:10	Paige Misund	ST HELENS SUTTON AC	23	00:06:54	Nicole Pearson	DONCASTER AC
10	00:06:10	Olivia Bush	WARRINGTON AC	24	00:07:06	Daisy Hinchliffe	HOLMFIRTH HARRIERS 'B'
11	00:06:15	Bethan Strange	LIVERPOOL HARRIERS & AC 'B'	25	00:07:10	Poppy Nolan	CITY OF SHEFFIELD AC 'C'
12	00:06:27	Britney Sharples	STOCKPORT HARRIERS 'C'	26	00:07:31	Rebecca Bentham	ROTHERHAM HARRIERS & AC
13	00:06:28	Alice Linaker	CITY OF YORK AC	27	00:08:30	Megan Gaughan	DONCASTER AC 'B'
14	00:06:29	Emily Simpson	CITY OF SHEFFIELD AC	28	00:08:31	Niamph Carter	DONCASTER AC 'C'

Stage 2

1	00:05:56	Mary McCarthy	HALLAMSHIRE HARRIERS	14	00:06:34	Leah Troy	EAST CHESHIRE HARRIERS
2	00:06:02	Erica Byram	HOLMFIRTH HARRIERS	15	00:06:40	Lucy Keelan	PRESTON HARRIERS 'B'
3	00:06:05	Emily Gray	LIVERPOOL HARRIERS & AC	16	00:06:41	Laura Sanderson	WAKEFIELD DH&AC
4	00:06:09	Rebecca Briggs	KINGSTON UPON HULL AC	17	00:06:45	Ellie Mason	KINGSTON UPON HULL AC 'B'
5	00:06:16	Karley Jarrett	STOCKPORT HARRIERS 'B'	18	00:06:50	Olivia Phillips	LIVERPOOL HARRIERS & AC 'B'
6	00:06:19	Emma Donaghy	STOCKPORT HARRIERS	19	00:07:07	Naomi Sinclair	STOCKPORT HARRIERS 'D'
7	00:06:20	Jasmine Hannon	STOCKPORT HARRIERS 'C'	20	00:07:18	Ellisa Oakley	CITY OF YORK AC
8	00:06:22	Mariella DeLara	CITY OF SHEFFIELD AC 'B'	21	00:07:20	Olivia Hogan	CITY OF SHEFFIELD AC 'C'
9	00:06:24	Charlotte Crook	PRESTON HARRIERS	22	00:07:24	Amy Kettlewell	HOLMFIRTH HARRIERS 'B'
10	00:06:27	Grace Maxwell	ROTHERHAM HARRIERS & AC	23	00:07:31	Caitlin Young	ST HELENS SUTTON AC
11	00:06:29	Abbie Dickinson	WARRINGTON AC 'B'	24	00:07:34	Jessica Beedle	CITY OF SHEFFIELD AC
12	00:06:30	Summer Ward	DONCASTER AC	25	00:07:59	Eleanor Stokes	DONCASTER AC 'B'
13	00:06:30	Amy Renton	WARRINGTON AC	26	00:08:22	Natasha Maddison	DONCASTER AC 'C'

Stage 3

1	00:05:42	Lucy Donaghy	STOCKPORT HARRIERS	14	00:06:42	Olivia Theaker	WAKEFIELD DH&AC
2	00:05:48	Molly A Thomson	LIVERPOOL HARRIERS & AC	15	00:06:44	Natalie Houlston	CITY OF YORK AC
3	00:05:59	Samantha-jo Hollings	PRESTON HARRIERS	16	00:06:45	Nicole Scarfe	ROTHERHAM HARRIERS & AC
4	00:06:00	Amelia Lancaster	CITY OF SHEFFIELD AC	17	00:07:09	Caitlin Herbert	DONCASTER AC 'B'
5	00:06:00	Maddie Pearce	HALLAMSHIRE HARRIERS	18	00:07:18	Lydia Edmondson	PRESTON HARRIERS 'B'
6	00:06:10	Lucy Byram	HOLMFIRTH HARRIERS	19	00:07:19	Lucy Witherwick	KINGSTON UPON HULL AC 'B'
7	00:06:12	Sarah McGrail	WARRINGTON AC	20	00:07:21	Chloe Morgan-Lister	DONCASTER AC 'C'
8	00:06:13	Emily Lyons	KINGSTON UPON HULL AC	21	00:07:21	Alex Glynn	ST HELENS SUTTON AC
9	00:06:20	Emily Barker	DONCASTER AC	22	00:07:45	Sophie Kebell	CITY OF SHEFFIELD AC 'C'
10	00:06:24	Francesca Corosi	STOCKPORT HARRIERS 'C'	23	00:07:49	I Haley-Porteous	HOLMFIRTH HARRIERS 'B'
11	00:06:27	Grace Bower	STOCKPORT HARRIERS 'B'	24	00:07:51	Abbie Wood-Doyle	STOCKPORT HARRIERS 'D'
12	00:06:33	Chloe Lockett	EAST CHESHIRE HARRIERS	25	00:08:27	Lauren Walker	CITY OF SHEFFIELD AC 'B'
13	00:06:36	Emily Rowe	LIVERPOOL HARRIERS & AC 'B'				

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:05:29	Anna Rowe	LIVERPOOL HARRIERS & AC	41	00:06:36	Emily Rowe	LIVERPOOL HARRIERS & AC 'B'
2	00:05:40	Lily McGuinness	EAST CHESHIRE HARRIERS	42	00:06:40	Lucy Keelan	PRESTON HARRIERS 'B'
3	00:05:40	Imani Wilson	HALLAMSHIRE HARRIERS	43	00:06:41	Megan Rigby	PRESTON HARRIERS 'B'
4	00:05:42	Lucy Donaghy	STOCKPORT HARRIERS	44	00:06:41	Elizabeth Brackenridge-Jones	STOCKPORT HARRIERS 'B'
5	00:05:47	Olivia Sykes	HOLMFIRTH HARRIERS	45	00:06:41	Georgia Bourke	STOCKPORT HARRIERS 'D'
6	00:05:48	Molly A Thomson	LIVERPOOL HARRIERS & AC	46	00:06:41	Laura Sanderson	WAKEFIELD DH&AC
7	00:05:53	Grace Handley	PRESTON HARRIERS	47	00:06:42	Olivia Theaker	WAKEFIELD DH&AC
8	00:05:56	Mary McCarthy	HALLAMSHIRE HARRIERS	48	00:06:44	Natalie Houlston	CITY OF YORK AC
9	00:05:59	Samantha-jo Hollings	PRESTON HARRIERS	49	00:06:44	Alannah Newell	EAST CHESHIRE HARRIERS 'B'
10	00:06:00	Amelia Lancaster	CITY OF SHEFFIELD AC	50	00:06:45	Ellie Mason	KINGSTON UPON HULL AC 'B'
11	00:06:00	Maddie Pearce	HALLAMSHIRE HARRIERS	51	00:06:45	Nicole Scarfe	ROTHERHAM HARRIERS & AC
12	00:06:02	Erica Byram	HOLMFIRTH HARRIERS	52	00:06:46	Elisa Noble	KINGSTON UPON HULL AC 'B'
13	00:06:02	Katy Whiteoak	STOCKPORT HARRIERS	53	00:06:47	Megan Amy Storey	CITY OF SHEFFIELD AC 'B'
14	00:06:03	Bethan Oates	WAKEFIELD DH&AC	54	00:06:48	Amy Moran	WARRINGTON AC 'B'
15	00:06:05	Emily Gray	LIVERPOOL HARRIERS & AC	55	00:06:50	Olivia Phillips	LIVERPOOL HARRIERS & AC 'B'
16	00:06:09	Amelia Robinson	KINGSTON UPON HULL AC	56	00:06:53	Holly Kitchen	WAKEFIELD DH&AC 'B'
17	00:06:09	Rebecca Briggs	KINGSTON UPON HULL AC	57	00:06:54	Nicole Pearson	DONCASTER AC
18	00:06:10	Lucy Byram	HOLMFIRTH HARRIERS	58	00:07:06	Daisy Hinchliffe	HOLMFIRTH HARRIERS 'B'
19	00:06:10	Paige Misund	ST HELENS SUTTON AC	59	00:07:07	Naomi Sinclair	STOCKPORT HARRIERS 'D'
20	00:06:10	Olivia Bush	WARRINGTON AC	60	00:07:09	Caitlin Herbert	DONCASTER AC 'B'
21	00:06:12	Sarah McGrail	WARRINGTON AC	61	00:07:10	Poppy Nolan	CITY OF SHEFFIELD AC 'C'
22	00:06:13	Emily Lyons	KINGSTON UPON HULL AC	62	00:07:18	Ellisa Oakley	CITY OF YORK AC
23	00:06:15	Bethan Strange	LIVERPOOL HARRIERS & AC 'B'	63	00:07:18	Lydia Edmondson	PRESTON HARRIERS 'B'
24	00:06:16	Karley Jarrett	STOCKPORT HARRIERS 'B'	64	00:07:19	Lucy Witherwick	KINGSTON UPON HULL AC 'B'
25	00:06:19	Emma Donaghy	STOCKPORT HARRIERS	65	00:07:20	Olivia Hogan	CITY OF SHEFFIELD AC 'C'
26	00:06:20	Emily Barker	DONCASTER AC	66	00:07:21	Chloe Morgan-Lister	DONCASTER AC 'C'
27	00:06:20	Jasmine Hannon	STOCKPORT HARRIERS 'C'	67	00:07:21	Alex Glynn	ST HELENS SUTTON AC
28	00:06:22	Mariella DeLara	CITY OF SHEFFIELD AC 'B'	68	00:07:24	Amy Kettlewell	HOLMFIRTH HARRIERS 'B'
29	00:06:24	Charlotte Crook	PRESTON HARRIERS	69	00:07:31	Rebecca Bentham	ROTHERHAM HARRIERS & AC
30	00:06:24	Francesca Corosi	STOCKPORT HARRIERS 'C'	70	00:07:31	Caitlin Young	ST HELENS SUTTON AC
31	00:06:27	Grace Maxwell	ROTHERHAM HARRIERS & AC	71	00:07:34	Jessica Beedle	CITY OF SHEFFIELD AC
32	00:06:27	Grace Bower	STOCKPORT HARRIERS 'B'	72	00:07:45	Sophie Kebell	CITY OF SHEFFIELD AC 'C'
33	00:06:27	Britney Sharples	STOCKPORT HARRIERS 'C'	73	00:07:49	I Haley-Porteous	HOLMFIRTH HARRIERS 'B'
34	00:06:28	Alice Linaker	CITY OF YORK AC	74	00:07:51	Abbie Wood-Doyle	STOCKPORT HARRIERS 'D'
35	00:06:29	Emily Simpson	CITY OF SHEFFIELD AC	75	00:07:59	Eleanor Stokes	DONCASTER AC 'B'
36	00:06:29	Abbie Dickinson	WARRINGTON AC 'B'	76	00:08:22	Natasha Maddison	DONCASTER AC 'C'
37	00:06:30	Summer Ward	DONCASTER AC	77	00:08:27	Lauren Walker	CITY OF SHEFFIELD AC 'B'
38	00:06:30	Amy Renton	WARRINGTON AC	78	00:08:30	Megan Gaughan	DONCASTER AC 'B'
39	00:06:33	Chloe Lockett	EAST CHESHIRE HARRIERS	79	00:08:31	Niamph Carter	DONCASTER AC 'C'
40	00:06:34	Leah Troy	EAST CHESHIRE HARRIERS				