

1 Vale Royal	00:32:11	18 Sale Harriers Manchester 'B'	00:36:04	East Cheshire H & Tameside B	00:13:09
Jessica Parsons (3)	10:46	Hannah Christy (25)	12:11	Lydia Pinington (35)	13:09
Amy Hinchly (2)	11:00	Julia Hassall (23)	12:15		
Katie Gerrard (1)	10:25	Hannah Simeen (18)	11:38		
2 Scarborough AC	00:33:14	19 Vale Royal 'C'	00:36:07		
Louise Taylor (10)	11:14	Chloe Broad (21)	12:05		
Leah Ogden (13)	12:22	Amy Nolan (19)	12:10		
Bronwen Owen (2)	09:38	Megan Hough (19)	11:52		
3 Blackpool Wyre & Fylde AC	00:33:20	20 Wakefield DH & AC 'B'	00:36:19		
Lucy Whalley (18)	11:56	Faye Beckett (17)	11:53		
Alisha Johnson (5)	10:54	Sophie Woollin (15)	11:48		
Molly Betmead (3)	10:30	Saskia Lewis (20)	12:38		
4 Wakefield DH & AC	00:33:49	21 Warrington Athletic Club 'B'	00:36:42		
Rebecca Firth (4)	10:49	Louise Watterson (22)	12:05		
Chloe Fitton (4)	11:44	Katy Entwistle (17)	11:57		
Stephanie Rodgers (4)	11:16	Laura Nicholson (21)	12:40		
5 Warrington Athletic Club	00:33:53	22 Rotherham Harriers & AC	00:36:50		
Elizabeth Smith (7)	11:09	Charlotte Dodds (11)	11:15		
Jemma Eyre (6)	11:44	Emily Hutchinson (18)	12:59		
H Knowles-Jones (5)	11:00	Maisie Elliott (22)	12:36		
6 Liverpool Harriers & AC	00:34:19	23 Liverpool Harriers & AC 'B'	00:36:53		
Sophia Brennan (2)	10:43	Isabel Perez (26)	12:17		
Abbie Gray (3)	11:37	Hannah King (25)	12:20		
Olivia Thomson (6)	11:59	Racheal Hart (23)	12:16		
7 Preston Harriers	00:34:46	24 Morpeth Harriers & AC	00:36:56		
Bethany Blackwell (13)	11:26	Alison Brown (9)	11:12		
Emma Hargreaves (7)	11:28	Sarah Wilkes (16)	12:34		
Grace Maddox (7)	11:52	Charlotte Jewell (24)	13:10		
8 Wirral AC	00:34:57	25 Rossendale Harriers 'B'	00:36:59		
Sophie Tarver (1)	10:31	Isabella Lewis (32)	12:40		
Aileen Kearney (9)	12:45	Lucy Moore (28)	12:17		
Heather Nuttall (8)	11:41	Shona Monks (25)	12:02		
9 Blackburn Harriers	00:35:14	26 Chesterfield Dac	00:37:01		
Rhiannon Wickham (12)	11:16	Sophie Quince (29)	12:34		
Katie Buckingham (10)	12:07	Tasmin Boam (21)	11:48		
Sally Seanson (9)	11:51	Rebecca Herring (26)	12:39		
10 Stockport Harriers & AC	00:35:18	27 Kingston Upon Hull AC	00:37:41		
Alice Hughes (28)	12:19	Georgia Briggs (33)	12:42		
Leah O'Connell (22)	12:04	Lauren Jones (27)	12:07		
Mollie Williams (10)	10:55	Holly Cavany (27)	12:52		
11 Liverpool Pembroke & Sefton	00:35:21	28 St Helens Sutton AC	00:37:45		
Rosie Johnson (8)	11:11	Rachel McGoldrick (27)	12:17		
Katie Walker (11)	12:13	Maria McGoldrick (29)	12:54		
Georgina Hannaway (11)	11:57	Shannon Partington (28)	12:34		
12 Bury AC	00:35:22	29 Jarrow & Hebburn AC	00:39:51		
Christie Cook (6)	11:04	Frances Lowry (36)	13:10		
Antonia Kean (8)	11:58	Shona Farrish (32)	13:32		
Boyle Eleanor (12)	12:20	Anna Sandbach (29)	13:09		
13 Lincoln Wellington AC	00:35:24	30 Rossendale Harriers 'C'	00:40:39		
Abbie Donnelly (5)	10:55	Chloe Law (37)	13:10		
Catrina Thomas (1)	10:51	Mollie Neary (31)	13:22		
Lucy Read (13)	13:38	Moirra Davies (30)	14:07		
14 East Cheshire H & Tameside AC	00:35:25	31 Longwood Harriers AC	00:42:09		
Roisin Clegg (23)	12:07	Rebecca Morris (31)	12:40		
Niamh Hartshorne (24)	12:24	Chloe Hever (33)	14:14		
Megan Ashelby (14)	10:54	Billie-jo Ward (31)	15:15		
15 Vale Royal 'B'	00:35:46	32 St Helens Sutton AC 'B'	00:42:35		
Ayse Epcim (16)	11:49	Lucy Griffiths (34)	13:00		
Lucy Scott (12)	11:43	Lauren Wilcock (34)	15:39		
Clara Pettitt (15)	12:14	Rachel Woosey (32)	13:56		
16 Rossendale Harriers	00:35:56	Preston Harriers 'B'	00:24:44		
Moirra Davies (14)	11:31	Maxine Smith (20)	12:04		
Megan Solomon (14)	12:08	Holly Johnstone (26)	12:40		
Rebecca Bevan (17)	12:17				
17 Sale Harriers Manchester	00:35:56	Warrington Athletic Club 'C'	00:25:18		
Rachel Hibberd (24)	12:08	Mia Takemoto (30)	12:39		
Caitlin Thomas (20)	12:12	Elya Monsen-Elvik (30)	12:39		
Flora Whyte (16)	11:36				
		Holmfirth Harriers AC	00:11:45		
		Sophie Spencer (15)	11:45		
		Stockport Harriers & AC 'B'	00:11:58		
		Sophie Williams (19)	11:58		

Stage 1

1	00:10:31	Sophie Tarver	Wirral AC	20	00:12:04	Maxine Smith	Preston Harriers 'B'
2	00:10:43	Sophia Brennan	Liverpool Harriers & AC	21	00:12:05	Chloe Broad	Vale Royal 'C'
3	00:10:46	Jessica Parsons	Vale Royal	22	00:12:05	Louise Watterson	Warrington Athletic Club 'B'
4	00:10:49	Rebecca Firth	Wakefield DH & AC	23	00:12:07	Roisin Clegg	East Cheshire H & Tameside AC
5	00:10:55	Abbie Donnelly	Lincoln Wellington AC	24	00:12:08	Rachel Hibberd	Sale Harriers Manchester
6	00:11:04	Christie Cook	Bury AC	25	00:12:11	Hannah Christy	Sale Harriers Manchester 'B'
7	00:11:09	Elizabeth Smith	Warrington Athletic Club	26	00:12:17	Isabel Perez	Liverpool Harriers & AC 'B'
8	00:11:11	Rosie Johnson	Liverpool Pembroke & Sefton	27	00:12:17	Rachel McGoldrick	St Helens Sutton AC
9	00:11:12	Alison Brown	Morpeth Harriers & AC	28	00:12:19	Alice Hughes	Stockport Harriers & AC
10	00:11:14	Louise Taylor	Scarborough AC	29	00:12:34	Sophie Quince	Chesterfield Dac
11	00:11:15	Charlotte Dodds	Rotherham Harriers & AC	30	00:12:39	Mia Takemoto	Warrington Athletic Club 'C'
12	00:11:16	Rhiannon Wickham	Blackburn Harriers	31	00:12:40	Rebecca Morris	Longwood Harriers AC
13	00:11:26	Bethany Blackwell	Preston Harriers	32	00:12:40	Isabella Lewis	Rossendale Harriers 'B'
14	00:11:31	Moira Davies	Rossendale Harriers	33	00:12:42	Georgia Briggs	Kingston Upon Hull AC
15	00:11:45	Sophie Spencer	Holmfirth Harriers AC	34	00:13:00	Lucy Griffiths	St Helens Sutton AC 'B'
16	00:11:49	Ayse Epcim	Vale Royal 'B'	35	00:13:09	Lydia Pinington	East Cheshire H & Tameside B
17	00:11:53	Faye Beckett	Wakefield DH & AC 'B'	36	00:13:10	Frances Lowry	Jarrow & Hebburn AC
18	00:11:56	Lucy Whalley	Blackpool Wyre & Fylde AC	37	00:13:10	Chloe Law	Rossendale Harriers 'C'
19	00:11:58	Sophie Williams	Stockport Harriers & AC 'B'				

Stage 2

1	00:10:51	Catrina Thomas	Lincoln Wellington AC	18	00:12:12	Caitlin Thomas	Sale Harriers Manchester
2	00:10:54	Alisha Johnson	Blackpool Wyre & Fylde AC	19	00:12:13	Katie Walker	Liverpool Pembroke & Sefton
3	00:11:00	Amy Hinchly	Vale Royal	20	00:12:15	Julia Hassall	Sale Harriers Manchester 'B'
4	00:11:28	Emma Hargreaves	Preston Harriers	21	00:12:17	Lucy Moore	Rossendale Harriers 'B'
5	00:11:37	Abbie Gray	Liverpool Harriers & AC	22	00:12:20	Hannah King	Liverpool Harriers & AC 'B'
6	00:11:43	Lucy Scott	Vale Royal 'B'	23	00:12:22	Leah Ogden	Scarborough AC
7	00:11:44	Chloe Fitton	Wakefield DH & AC	24	00:12:24	Niamh Hartshorne	East Cheshire H & Tameside AC
8	00:11:44	Jemma Eyre	Warrington Athletic Club	25	00:12:34	Sarah Wilkes	Morpeth Harriers & AC
9	00:11:48	Tasmin Boam	Chesterfield Dac	26	00:12:39	Elya Monsen-Elvik	Warrington Athletic Club 'C'
10	00:11:48	Sophie Woollin	Wakefield DH & AC 'B'	27	00:12:40	Holly Johnstone	Preston Harriers 'B'
11	00:11:57	Katy Entwistle	Warrington Athletic Club 'B'	28	00:12:45	Aileen Kearney	Wirral AC
12	00:11:58	Antonia Kean	Bury AC	29	00:12:54	Maria McGoldrick	St Helens Sutton AC
13	00:12:04	Leah O'Connell	Stockport Harriers & AC	30	00:12:59	Emily Hutchinson	Rotherham Harriers & AC
14	00:12:07	Katie Buckingham	Blackburn Harriers	31	00:13:22	Mollie Neary	Rossendale Harriers 'C'
15	00:12:07	Lauren Jones	Kingston Upon Hull AC	32	00:13:32	Shona Farrish	Jarrow & Hebburn AC
16	00:12:08	Megan Solomon	Rossendale Harriers	33	00:14:14	Chloe Hever	Longwood Harriers AC
17	00:12:10	Amy Nolan	Vale Royal 'C'	34	00:15:39	Lauren Wilcock	St Helens Sutton AC 'B'

Stage 3

1	00:09:38	Bronwen Owen	Scarborough AC	17	00:12:14	Clara Pettitt	Vale Royal 'B'
2	00:10:25	Katie Gerrard	Vale Royal	18	00:12:16	Racheal Hart	Liverpool Harriers & AC 'B'
3	00:10:30	Molly Betmead	Blackpool Wyre & Fylde AC	19	00:12:17	Rebecca Bevan	Rossendale Harriers
4	00:10:54	Megan Ashelby	East Cheshire H & Tameside AC	20	00:12:20	Boyle Eleanor	Bury AC
5	00:10:55	Mollie Williams	Stockport Harriers & AC	21	00:12:34	Shannon Partington	St Helens Sutton AC
6	00:11:00	H Knowles-Jones	Warrington Athletic Club	22	00:12:36	Maisie Elliott	Rotherham Harriers & AC
7	00:11:16	Stephanie Rodgers	Wakefield DH & AC	23	00:12:38	Saskia Lewis	Wakefield DH & AC 'B'
8	00:11:36	Flora Whyte	Sale Harriers Manchester	24	00:12:39	Rebecca Herring	Chesterfield Dac
9	00:11:38	Hannah Simeen	Sale Harriers Manchester 'B'	25	00:12:40	Laura Nicholson	Warrington Athletic Club 'B'
10	00:11:41	Heather Nuttall	Wirral AC	26	00:12:52	Holly Cavany	Kingston Upon Hull AC
11	00:11:51	Sally Seanson	Blackburn Harriers	27	00:13:09	Anna Sandbach	Jarrow & Hebburn AC
12	00:11:52	Grace Maddox	Preston Harriers	28	00:13:10	Charlotte Jewell	Morpeth Harriers & AC
13	00:11:52	Megan Hough	Vale Royal 'C'	29	00:13:38	Lucy Read	Lincoln Wellington AC
14	00:11:57	Georgina Hannaway	Liverpool Pembroke & Sefton	30	00:13:56	Rachel Woosey	St Helens Sutton AC 'B'
15	00:11:59	Olivia Thomson	Liverpool Harriers & AC	31	00:14:07	Moira Davies	Rossendale Harriers 'C'
16	00:12:02	Shona Monks	Rossendale Harriers 'B'	32	00:15:15	Billie-jo Ward	Longwood Harriers AC

Pos.	Time	Name	Team	Pos.	Time	Name	Team
1	00:09:38	Bronwen Owen	Scarborough AC	84	00:12:40	Laura Nicholson	Warrington Athletic Club 'B'
2	00:10:25	Katie Gerrard	Vale Royal	85	00:12:42	Georgia Briggs	Kingston Upon Hull AC
3	00:10:30	Molly Betmead	Blackpool Wyre & Fylde AC	86	00:12:45	Aileen Kearney	Wirral AC
4	00:10:31	Sophie Tarver	Wirral AC	87	00:12:52	Holly Cavany	Kingston Upon Hull AC
5	00:10:43	Sophia Brennan	Liverpool Harriers & AC	88	00:12:54	Maria McGoldrick	St Helens Sutton AC
6	00:10:46	Jessica Parsons	Vale Royal	89	00:12:59	Emily Hutchinson	Rotherham Harriers & AC
7	00:10:49	Rebecca Firth	Wakefield DH & AC	90	00:13:00	Lucy Griffiths	St Helens Sutton AC 'B'
8	00:10:51	Catrina Thomas	Lincoln Wellington AC	91	00:13:09	Lydia Pinington	East Cheshire H & Tameside B
9	00:10:54	Alisha Johnson	Blackpool Wyre & Fylde AC	92	00:13:09	Anna Sandbach	Jarrow & Hebburn AC
10	00:10:54	Megan Ashelby	East Cheshire H & Tameside AC	93	00:13:10	Frances Lowry	Jarrow & Hebburn AC
11	00:10:55	Abbie Donnelly	Lincoln Wellington AC	94	00:13:10	Charlotte Jewell	Morpeth Harriers & AC
12	00:10:55	Mollie Williams	Stockport Harriers & AC	95	00:13:10	Chloe Law	Rossendale Harriers 'C'
13	00:11:00	Amy Hinchly	Vale Royal	96	00:13:22	Mollie Neary	Rossendale Harriers 'C'
14	00:11:00	H Knowles-Jones	Warrington Athletic Club	97	00:13:32	Shona Farrish	Jarrow & Hebburn AC
15	00:11:04	Christie Cook	Bury AC	98	00:13:38	Lucy Read	Lincoln Wellington AC
16	00:11:09	Elizabeth Smith	Warrington Athletic Club	99	00:13:56	Rachel Woosey	St Helens Sutton AC 'B'
17	00:11:11	Rosie Johnson	Liverpool Pembroke & Sefton	100	00:14:07	Maira Davies	Rossendale Harriers 'C'
18	00:11:12	Alison Brown	Morpeth Harriers & AC	101	00:14:14	Chloe Hever	Longwood Harriers AC
19	00:11:14	Louise Taylor	Scarborough AC	102	00:15:15	Billie-jo Ward	Longwood Harriers AC
20	00:11:15	Charlotte Dodds	Rotherham Harriers & AC	103	00:15:39	Lauren Wilcock	St Helens Sutton AC 'B'
21	00:11:16	Rhiannon Wickham	Blackburn Harriers				
22	00:11:16	Stephanie Rodgers	Wakefield DH & AC				
23	00:11:26	Bethany Blackwell	Preston Harriers				
24	00:11:28	Emma Hargreaves	Preston Harriers				
25	00:11:31	Maira Davies	Rossendale Harriers				
26	00:11:36	Flora Whyte	Sale Harriers Manchester				
27	00:11:37	Abbie Gray	Liverpool Harriers & AC				
28	00:11:38	Hannah Simeen	Sale Harriers Manchester 'B'				
29	00:11:41	Heather Nuttall	Wirral AC				
30	00:11:43	Lucy Scott	Vale Royal 'B'				
31	00:11:44	Chloe Fitton	Wakefield DH & AC				
32	00:11:44	Jemma Eyre	Warrington Athletic Club				
33	00:11:45	Sophie Spencer	Holmfirth Harriers AC				
34	00:11:48	Tasmin Boam	Chesterfield Dac				
35	00:11:48	Sophie Woollin	Wakefield DH & AC 'B'				
36	00:11:49	Ayse Epcim	Vale Royal 'B'				
37	00:11:51	Sally Searson	Blackburn Harriers				
38	00:11:52	Grace Maddox	Preston Harriers				
39	00:11:52	Megan Hough	Vale Royal 'C'				
40	00:11:53	Faye Beckett	Wakefield DH & AC 'B'				
41	00:11:56	Lucy Whalley	Blackpool Wyre & Fylde AC				
42	00:11:57	Georgina Hannaway	Liverpool Pembroke & Sefton				
43	00:11:57	Katy Entwistle	Warrington Athletic Club 'B'				
44	00:11:58	Antonia Kean	Bury AC				
45	00:11:58	Sophie Williams	Stockport Harriers & AC 'B'				
46	00:11:59	Olivia Thomson	Liverpool Harriers & AC				
47	00:12:02	Shona Monks	Rossendale Harriers 'B'				
48	00:12:04	Maxine Smith	Preston Harriers 'B'				
49	00:12:04	Leah O'Connell	Stockport Harriers & AC				
50	00:12:05	Chloe Broad	Vale Royal 'C'				
51	00:12:05	Louise Watterson	Warrington Athletic Club 'B'				
52	00:12:07	Katie Buckingham	Blackburn Harriers				
53	00:12:07	Roisin Clegg	East Cheshire H & Tameside AC				
54	00:12:07	Lauren Jones	Kingston Upon Hull AC				
55	00:12:08	Megan Solomon	Rossendale Harriers				
56	00:12:08	Rachel Hibberd	Sale Harriers Manchester				
57	00:12:10	Amy Nolan	Vale Royal 'C'				
58	00:12:11	Hannah Christy	Sale Harriers Manchester 'B'				
59	00:12:12	Caitlin Thomas	Sale Harriers Manchester				
60	00:12:13	Katie Walker	Liverpool Pembroke & Sefton				
61	00:12:14	Clara Pettitt	Vale Royal 'B'				
62	00:12:15	Julia Hassall	Sale Harriers Manchester 'B'				
63	00:12:16	Racheal Hart	Liverpool Harriers & AC 'B'				
64	00:12:17	Isabel Perez	Liverpool Harriers & AC 'B'				
65	00:12:17	Rebecca Bevan	Rossendale Harriers				
66	00:12:17	Lucy Moore	Rossendale Harriers 'B'				
67	00:12:17	Rachel McGoldrick	St Helens Sutton AC				
68	00:12:19	Alice Hughes	Stockport Harriers & AC				
69	00:12:20	Boyle Eleanor	Bury AC				
70	00:12:20	Hannah King	Liverpool Harriers & AC 'B'				
71	00:12:22	Leah Ogden	Scarborough AC				
72	00:12:24	Niamh Hartshorne	East Cheshire H & Tameside AC				
73	00:12:34	Sophie Quince	Chesterfield Dac				
74	00:12:34	Sarah Wilkes	Morpeth Harriers & AC				
75	00:12:34	Shannon Partington	St Helens Sutton AC				
76	00:12:36	Maisie Elliott	Rotherham Harriers & AC				
77	00:12:38	Saskia Lewis	Wakefield DH & AC 'B'				
78	00:12:39	Rebecca Herring	Chesterfield Dac				
79	00:12:39	Mia Takemoto	Warrington Athletic Club 'C'				
80	00:12:39	Elya Monsen-Elvik	Warrington Athletic Club 'C'				
81	00:12:40	Rebecca Morris	Longwood Harriers AC				
82	00:12:40	Holly Johnstone	Preston Harriers 'B'				
83	00:12:40	Isabella Lewis	Rossendale Harriers 'B'				