

1 Vale Royal	00:36:17	Chesterfield Dac	00:25:01
Amelia Pettitt (2)	11:39	Lindsay Morgan (3)	11:52
Jade Evans (3)	12:58	Emily Wass (4)	13:09
Tessa McCormick (1)	11:40		
2 Blackpool Fylde And Wyre	00:37:20	Sale Harriers Manchester	00:25:19
Jodie Ferguson (5)	12:03	Davies Megan (4)	11:55
Lucy Minns (10)	13:30	Chloe Yates (8)	13:24
Lauren Gowland (2)	11:47		
3 Derby AC	00:37:25	Holmfirth Harriers AC	00:13:01
Vesleska Wills (8)	12:25	Ruby Sykes (15)	13:01
Rebecca Miller (8)	12:44		
Kirsty Shipman (3)	12:16	Stockport Harriers & AC 'B'	00:14:16
		Sarah Tipping (21)	14:16
4 Leigh Harriers & AC	00:37:32		
Georgina Leck (9)	12:29		
Sabrina Walley (9)	12:51		
Bethany Jones (4)	12:12		
5 Liverpool Harriers & AC	00:37:50		
Katherine Walker (6)	12:19		
Riana Burton (2)	12:15		
Rebecca Courtney (5)	13:16		
6 Preston Harriers	00:38:11		
Rachael Scott (10)	12:30		
Laura Sullivan (7)	12:49		
Aimee Gallagher (6)	12:52		
7 Rotherham Harriers & AC	00:38:15		
Jessica Mangham (11)	12:40		
Emma Dutton (11)	12:56		
Jessica Freeman (7)	12:39		
8 Wirral AC	00:38:19		
Fiona Nuttall (12)	12:48		
Emily Kearney (6)	12:29		
Lauren Brett (8)	13:02		
9 Stockport Harriers & AC	00:38:54		
Olivia Wild (7)	12:22		
Aimee Aikin (12)	13:24		
Imogen Nutter (9)	13:08		
10 Vale Royal 'B'	00:39:17		
Cerys Heaher (18)	13:17		
Emma-louise Pyatt (14)	12:58		
Hannah Bishop (10)	13:02		
11 Blackburn Harriers	00:40:09		
Jacinta Davison (17)	13:08		
Holly Ballantyne (16)	13:36		
Emily Fletcher (11)	13:25		
12 Liverpool Harrier 'B'	00:40:26		
Rebecca Donohue (19)	13:21		
Katie Bowers (17)	13:30		
Laura McCourt (12)	13:35		
13 Barrow & Furness Striders AC	00:40:55		
Olivia Miller (13)	12:49		
Brogan Stewart (13)	13:09		
Hannah Stanway (13)	14:57		
14 Liverpool Harriers & AC 'B'	00:40:58		
Olivia Perez (20)	13:45		
Rachel Mason (18)	13:29		
Holly Barrett (14)	13:44		
15 Rossendale Harriers	00:41:50		
Leah Williamson (14)	13:00		
Elisabeth Longshaw (15)	13:22		
Katherine Pegg (15)	15:28		
16 East Cheshire H & Tameside AC	00:43:46		
Courtney Donald (16)	13:06		
Hannah Davies (19)	16:11		
Hayley Simpson (16)	14:29		
17 Jarrow & Hebburn AC	00:45:17		
Lucy Tague (22)	15:29		
Hazel Webster-Costilla (20)	14:34		
Megan Evans (17)	15:14		
Hallamshire Harriers	00:23:56		
Fiona Bell (1)	11:28		
Hannah Fletcher (1)	12:28		

Stage 1

1	00:11:28	Fiona Bell	Hallamshire Harriers	12	00:12:48	Fiona Nuttall	Wirral AC
2	00:11:39	Amelia Pettitt	Vale Royal	13	00:12:49	Olivia Miller	Barrow & Furness Striders AC
3	00:11:52	Lindsay Morgan	Chesterfield Dac	14	00:13:00	Leah Williamson	Rossendale Harriers
4	00:11:55	Davies Megan	Sale Harriers Manchester	15	00:13:01	Ruby Sykes	Holmfirth Harriers AC
5	00:12:03	Jodie Ferguson	Blackpool Fylde And Wyre	16	00:13:06	Courtney Donald	East Cheshire H & Tameside AC
6	00:12:19	Katherine Walker	Liverpool Harriers & AC	17	00:13:08	Jacinta Davison	Blackburn Harriers
7	00:12:22	Olivia Wild	Stockport Harriers & AC	18	00:13:17	Cerys Heaher	Vale Royal 'B'
8	00:12:25	Veleska Wills	Derby AC	19	00:13:21	Rebecca Donohue	Liverpool Harrier 'B'
9	00:12:29	Georgina Leck	Leigh Harriers & AC	20	00:13:45	Olivia Perez	Liverpool Harriers & AC 'B'
10	00:12:30	Rachael Scott	Preston Harriers	21	00:14:16	Sarah Tipping	Stockport Harriers & AC 'B'
11	00:12:40	Jessica Mangham	Rotherham Harriers & AC	22	00:15:29	Lucy Tague	Jarrow & Hebburn AC

Stage 2

1	00:12:15	Riana Burton	Liverpool Harriers & AC	11	00:13:09	Emily Wass	Chesterfield Dac
2	00:12:28	Hannah Fletcher	Hallamshire Harriers	12	00:13:22	Elisabeth Longshaw	Rossendale Harriers
3	00:12:29	Emily Kearney	Wirral AC	13	00:13:24	Chloe Yates	Sale Harriers Manchester
4	00:12:44	Rebecca Miller	Derby AC	14	00:13:24	Aimee Aikin	Stockport Harriers & AC
5	00:12:49	Laura Sullivan	Preston Harriers	15	00:13:29	Rachel Mason	Liverpool Harriers & AC 'B'
6	00:12:51	Sabrina Walley	Leigh Harriers & AC	16	00:13:30	Lucy Minns	Blackpool Fylde And Wyre
7	00:12:56	Emma Dutton	Rotherham Harriers & AC	17	00:13:30	Katie Bowers	Liverpool Harrier 'B'
8	00:12:58	Jade Evans	Vale Royal	18	00:13:36	Holly Ballantyne	Blackburn Harriers
9	00:12:58	Emma-louise Pyatt	Vale Royal 'B'	19	00:14:34	Hazel Webster-Costlla	Jarrow & Hebburn AC
10	00:13:09	Brogan Stewart	Barrow & Furness Striders AC	20	00:16:11	Hannah Davies	East Cheshire H & Tameside AC

Stage 3

1	00:11:40	Tessa McCormick	Vale Royal	10	00:13:16	Rebecca Courtney	Liverpool Harriers & AC
2	00:11:47	Lauren Gowland	Blackpool Fylde And Wyre	11	00:13:25	Emily Fletcher	Blackburn Harriers
3	00:12:12	Bethany Jones	Leigh Harriers & AC	12	00:13:35	Laura McCourt	Liverpool Harrier 'B'
4	00:12:16	Kirsty Shipman	Derby AC	13	00:13:44	Holly Barrett	Liverpool Harriers & AC 'B'
5	00:12:39	Jessica Freeman	Rotherham Harriers & AC	14	00:14:29	Hayley Simpson	East Cheshire H & Tameside AC
6	00:12:52	Aimee Gallagher	Preston Harriers	15	00:14:57	Hannah Stanway	Barrow & Furness Striders AC
7	00:13:02	Hannah Bishop	Vale Royal 'B'	16	00:15:14	Megan Evans	Jarrow & Hebburn AC
8	00:13:02	Lauren Brett	Wirral AC	17	00:15:28	Katherine Pegg	Rossendale Harriers
9	00:13:08	Imogen Nutter	Stockport Harriers & AC				

Pos.	Time	Name	Team
1	00:11:28	Fiona Bell	Hallamshire Harriers
2	00:11:39	Amelia Pettitt	Vale Royal
3	00:11:40	Tessa McCormick	Vale Royal
4	00:11:47	Lauren Gowland	Blackpool Fylde And Wyre
5	00:11:52	Lindsay Morgan	Chesterfield Dac
6	00:11:55	Davies Megan	Sale Harriers Manchester
7	00:12:03	Jodie Ferguson	Blackpool Fylde And Wyre
8	00:12:12	Bethany Jones	Leigh Harriers & AC
9	00:12:15	Riana Burton	Liverpool Harriers & AC
10	00:12:16	Kirsty Shipman	Derby AC
11	00:12:19	Katherine Walker	Liverpool Harriers & AC
12	00:12:22	Olivia Wild	Stockport Harriers & AC
13	00:12:25	Veleska Wills	Derby AC
14	00:12:28	Hannah Fletcher	Hallamshire Harriers
15	00:12:29	Georgina Leck	Leigh Harriers & AC
16	00:12:29	Emily Kearney	Wirral AC
17	00:12:30	Rachael Scott	Preston Harriers
18	00:12:39	Jessica Freeman	Rotherham Harriers & AC
19	00:12:40	Jessica Mangham	Rotherham Harriers & AC
20	00:12:44	Rebecca Miller	Derby AC
21	00:12:48	Fiona Nuttall	Wirral AC
22	00:12:49	Olivia Miller	Barrow & Furness Striders AC
23	00:12:49	Laura Sullivan	Preston Harriers
24	00:12:51	Sabrina Walley	Leigh Harriers & AC
25	00:12:52	Aimee Gallagher	Preston Harriers
26	00:12:56	Emma Dutton	Rotherham Harriers & AC
27	00:12:58	Jade Evans	Vale Royal
28	00:12:58	Emma-louise Pyatt	Vale Royal 'B'
29	00:13:00	Leah Williamson	Rossendale Harriers
30	00:13:01	Ruby Sykes	Holmfirth Harriers AC
31	00:13:02	Hannah Bishop	Vale Royal 'B'
32	00:13:02	Lauren Brett	Wirral AC
33	00:13:06	Courtney Donald	East Cheshire H & Tameside AC
34	00:13:08	Jacinta Davison	Blackburn Harriers
35	00:13:08	Imogen Nutter	Stockport Harriers & AC
36	00:13:09	Brogan Stewart	Barrow & Furness Striders AC
37	00:13:09	Emily Wass	Chesterfield Dac
38	00:13:16	Rebecca Courtney	Liverpool Harriers & AC
39	00:13:17	Cerys Heaher	Vale Royal 'B'
40	00:13:21	Rebecca Donohue	Liverpool Harrier 'B'
41	00:13:22	Elisabeth Longshaw	Rossendale Harriers
42	00:13:24	Chloe Yates	Sale Harriers Manchester
43	00:13:24	Aimee Aikin	Stockport Harriers & AC
44	00:13:25	Emily Fletcher	Blackburn Harriers
45	00:13:29	Rachel Mason	Liverpool Harriers & AC 'B'
46	00:13:30	Lucy Minns	Blackpool Fylde And Wyre
47	00:13:30	Katie Bowers	Liverpool Harrier 'B'
48	00:13:35	Laura McCourt	Liverpool Harrier 'B'
49	00:13:36	Holly Ballantyne	Blackburn Harriers
50	00:13:44	Holly Barrett	Liverpool Harriers & AC 'B'
51	00:13:45	Olivia Perez	Liverpool Harriers & AC 'B'
52	00:14:16	Sarah Tipping	Stockport Harriers & AC 'B'
53	00:14:29	Hayley Simpson	East Cheshire H & Tameside AC
54	00:14:34	Hazel Webster-Costilla	Jarrow & Hebburn AC
55	00:14:57	Hannah Stanway	Barrow & Furness Striders AC
56	00:15:14	Megan Evans	Jarrow & Hebburn AC
57	00:15:28	Katherine Pegg	Rossendale Harriers
58	00:15:29	Lucy Tague	Jarrow & Hebburn AC
59	00:16:11	Hannah Davies	East Cheshire H & Tameside AC