

1 Hallamshire Harriers	00:32:59	18 St Helens Sutton AC	00:38:31
Imani Wilson 10:47		Paige Misund 11:42	
Mary McCarthy 11:13		Alex Glynn 13:36	
Maddie Pearce 10:59		O HarwoodMoss 13:13	
2 Holmfirth Harriers AC	00:33:05	19 Stockport Harriers & AC 'C'	00:38:33
Olivia Sykes 10:48		Grace Garner 12:16	
Lucy Byram 11:03		Emiley Hughes 13:55	
Erica Byram 11:14		Francesca Carosi 12:22	
3 Liverpool Harriers & AC	00:34:25	20 Jarrow & Hebburn AC	00:38:41
Anna Rowe 11:05			12:36
Emily Gray 11:31			13:36
Molly A Thomson 11:49		Jodie Haswell 12:29	
4 Stockport Harriers & AC	00:34:58	21 Preston Harriers 'B'	00:39:03
Lucy Donaghy 11:08		Elisha Lyttle 12:39	
Karley Jarrett 12:02		Megan Rigby 12:35	
Emma Donaghy 11:48		Lydia Edmondson 13:49	
5 Sale Harriers Manchester	00:35:00	22 Stockport Harriers & AC 'D'	00:40:19
Alice Bruce 12:09		Nicole Sharrocks 12:55	
Francesca Brint 11:19		Heather Corden 13:56	
Eleanor Twite 11:32		Lauren Hunt 13:28	
6 Preston Harriers	00:35:03	23 Holmfirth Harriers AC 'B'	00:41:26
Grace Handley 11:28		Daisy Hinchliffe 13:17	
Charlotte Crook 11:51		Amy Kettlewell 13:34	
S Hollings 11:44		Charlotte Eastwood 14:35	
7 Kingston Upon Hull AC	00:35:38	Warrington Athletic Club 'B'	00:25:16
Amelia Robinson 11:50		Amy Moran 12:39	
Emily Lyons 11:42		Abbie Dickinson 12:37	
Rebecca Briggs 12:06			
8 Warrington Athletic Club	00:35:52	Liverpool Harriers & AC 'B'	00:26:21
Sarah McGrail 11:34		Olivia Phillips 12:51	
Olivia Bush 11:55		Emily Rowe 13:30	
Amy Renton 12:23			
9 East Cheshire H & Tameside AC	00:36:04	Chesterfield Dac	00:10:49
Lily McGuinness 11:13		Katy Gigg 10:49	
Leah Troy 12:30			
Chloe Locket 12:21		Vale Royal	00:12:05
		Rebecca Williams 12:05	
10 Blackburn Harriers	00:36:23	Liverpool Pembroke & Sefton	00:12:54
E Greenwood 10:52		Charlotte Mawdsley 12:54	
Kelsey Rutherford 12:26			
Georgia Turgoose 13:05		East Cheshire H & Tameside B	00:12:58
		Alannah Newell 12:58	
11 Blackpool Wyre & Fylde AC	00:36:42	Wakefield DH & AC 'B'	00:13:48
Chloe Hall 12:08		Holly Kitchen 13:48	
Annie Bradshaw 12:34			
Deni Impett 12:00			
12 Rossendale Harriers	00:36:47		
Beatrice Toman 12:25			
Shauna Williamson 12:30			
C Waddington 11:52			
13 Wakefield DH & AC	00:36:54		
Bethan Oates 11:43			
Emily Gill 12:21			
Laura Sanderson 12:50			
14 Stockport Harriers & AC 'B'	00:36:56		
Georgia Bourke 12:10			
E BrackenridgeJ 11:58			
Jasmine Hannon 12:48			
15 Leigh Harriers & AC	00:37:31		
Olivia Stones 12:38			
Maria McPolin 12:18			
Eleanor Bond 12:35			
16 Rossendale Harriers 'B'	00:38:02		
Corinna Howorth 12:34			
Sarah Longshaw 12:37			
Eleanor Solomon 12:51			
17 Lincoln Wellington AC	00:38:27		
Laura Wilkinson 12:07			
Libby Ball 13:12			
Rhiannon Martin 13:08			