

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

Stage 1

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

Stage 2

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

Stage 3

1	00:09:38	Bronwen Owen	Scarborough AC
2	00:10:25	Katie Gerrard	Vale Royal
3	00:10:30	Molly Betmead	Blackpool Wyre & Fylde AC
4	00:10:54	Megan Ashelby	East Cheshire H & Tameside AC
5	00:10:55	Mollie Williams	Stockport Harriers & AC
6	00:11:00	H Knowles-Jones	Warrington Athletic Club
7	00:11:16	Stephanie Rodgers	Wakefield DH & AC
8	00:11:36	Flora Whyte	Sale Harriers Manchester
9	00:11:38	Hannah Simeen	Sale Harriers Manchester 'B'
10	00:11:41	Heather Nuttall	Wirral AC
11	00:11:51	Sally Searson	Blackburn Harriers
12	00:11:52	Grace Maddox	Preston Harriers
13	00:11:52	Megan Hough	Vale Royal 'C'
14	00:11:57	Georgina Hannaway	Liverpool Pembroke & Sefton
15	00:11:59	Olivia Thomson	Liverpool Harriers & AC
16	00:12:02	Shona Monks	Rossendale Harriers 'B'
17	00:12:14	Clara Pettitt	Vale Royal 'B'
18	00:12:16	Racheal Hart	Liverpool Harriers & AC 'B'
19	00:12:17	Rebecca Bevan	Rossendale Harriers
20	00:12:20	Boyle Eleanor	Bury AC
21	00:12:34	Shannon Partington	St Helens Sutton AC
22	00:12:36	Maisie Elliott	Rotherham Harriers & AC
23	00:12:38	Saskia Lewis	Wakefield DH & AC 'B'
24	00:12:39	Rebecca Herring	Chesterfield Dac
25	00:12:40	Laura Nicholson	Warrington Athletic Club 'B'
26	00:12:52	Holly Cavany	Kingston Upon Hull AC
27	00:13:09	Anna Sandbach	Jarrow & Hebburn AC
28	00:13:10	Charlotte Jewell	Morpeth Harriers & AC
29	00:13:38	Lucy Read	Lincoln Wellington AC
30	00:13:56	Rachel Woosey	St Helens Sutton AC 'B'
31	00:14:07	Moira Davies	Rossendale Harriers 'C'
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	86	00:12:45	Aileen Kearney	Wirral AC
2	00:10:25	Katie Gerrard	Vale Royal	87	00:12:52	Holly Cavany	Kingston Upon Hull AC
3	00:10:30	Molly Betmead	Blackpool Wyre & Fylde AC	88	00:12:54	Maria McGoldrick	St Helens Sutton AC
4	00:10:31	Sophie Tarver	Wirral AC	89	00:12:59	Emily Hutchinson	Rotherham Harriers & AC
5	00:10:43	Sophia Brennan	Liverpool Harriers & AC	90	00:13:00	Lucy Griffiths	St Helens Sutton AC 'B'
6	00:10:46	Jessica Parsons	Vale Royal	91	00:13:09	Lydia Pinington	East Cheshire H & Tameside B
7	00:10:49	Rebecca Firth	Wakefield DH & AC	92	00:13:09	Anna Sandbach	Jarrow & Hebburn AC
8	00:10:51	Catrina Thomas	Lincoln Wellington AC	93	00:13:10	Frances Lowry	Jarrow & Hebburn AC
9	00:10:54	Alisha Johnson	Blackpool Wyre & Fylde AC	94	00:13:10	Charlotte Jewell	Morpeth Harriers & AC
10	00:10:54	Megan Ashelby	East Cheshire H & Tameside AC	95	00:13:10	Chloe Law	Rossendale Harriers 'C'
11	00:10:55	Abbie Donnelly	Lincoln Wellington AC	96	00:13:22	Mollie Neary	Rossendale Harriers 'C'
12	00:10:55	Mollie Williams	Stockport Harriers & AC	97	00:13:32	Shona Farrish	Jarrow & Hebburn AC
13	00:11:00	Amy Hinchly	Vale Royal	98	00:13:38	Lucy Read	Lincoln Wellington AC
14	00:11:00	H Knowles-Jones	Warrington Athletic Club	99	00:13:56	Rachel Woosey	St Helens Sutton AC 'B'
15	00:11:04	Christie Cook	Bury AC	100	00:14:07	Maira Davies	Rossendale Harriers 'C'
16	00:11:09	Elizabeth Smith	Warrington Athletic Club	101	00:14:14	Chloe Hever	Longwood Harriers AC
17	00:11:11	Rosie Johnson	Liverpool Pembroke & Sefton	102	00:15:15	Billie-jo Ward	Longwood Harriers AC
18	00:11:12	Alison Brown	Morpeth Harriers & AC	103	00:15:39	Lauren Wilcock	St Helens Sutton AC 'B'
19	00:11:14	Louise Taylor	Scarborough AC				
20	00:11:15	Charlotte Dodds	Rotherham Harriers & AC				
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'				
84	00:12:40	Laura Nicholson	Warrington Athletic Club 'B'				
85	00:12:42	Georgia Briggs	Kingston Upon Hull AC				