

1 Morpeth Harriers & AC Melissa Turner 16:39 Jane Hodgson 17:05 M Czarnaeka 17:11 S Wilkinson 16:51	01:07:46	16 Vale Royal Megan Huxley 17:24 Lucy Whittick 19:50 K Stringer 20:16 Kate Spilsbury 18:35	01:16:05	31 East Cheshire H & Tameside AC Holly Teague 18:58 V Hartshorne 22:23 S Ratcliffe 19:10 Katie Reynolds 18:54	01:19:25
2 Stockport Harriers & AC J Coulson 15:43 C Anthony 18:19 Eleanor Baker 15:44 K Wood-Doyle 18:29	01:08:15	17 Blackburn Harriers Katie Trickett 19:25 S Murray 18:24 Rachel Wood 18:30 C Atkinson 20:01	01:16:20	32 Airedale Athletics Jen Willingham 19:43 Shirley Oldale 22:03 Steph Wilson 21:17 Emma Stoney 19:15	01:22:18
3 Leigh Harriers & AC A Howarth 17:57 Lauren Howarth 15:41 L Thompson 16:55 Elizabeth Lee 18:55	01:09:28	18 Salford Harriers & AC 'B' T Hernandez 19:10 Estelle Malm 18:09 S Briggs 18:15 Anneka Sanders 21:07	01:16:41	33 Stockport Harriers & AC 'B' 19:54 21:42 21:25 19:49	01:22:50
4 Salford Harriers & AC Anna Weaver 17:20 Hayley Kuter 17:05 Julie Cook 18:17 B Jenkins 17:03	01:09:45	19 Rossendale Harriers Sarah Yeomans 18:04 C Gallagher 19:50 Emma Flanagan 18:16 H Corbishley 21:29	01:17:39	34 North York Moors AC Jayne Parkin 20:19 Lucy Clough 20:04 Georgina Hill 23:23 Diane Jobson 19:55	01:23:41
5 Bingley H & AC Emma Raven 16:45 Sue Becconsall 17:47 Sharon Taylor 18:46 A Dennison 18:50	01:12:08	20 Kingston Upon Hull AC L Havercroft 19:36 Michelle Stone 18:46 Eve Cavany 21:07 Laura-jane Day 18:14	01:17:43	35 Trafford AC 'B' Joanne Lott 20:51 Melissa Davis 21:06 S Woolhouse 20:06 Joan Howe 21:43	01:23:46
6 Liverpool Harriers & AC Jennifer Pybis 18:10 H Whiteside 18:39 C Wilson 18:48 Maria Barrett 17:16	01:12:53	21 Accrington Road Runners Sarah Ridehalgh 18:22 Emma Richardson 19:48 Debbie Gowans 19:43 Nicola Wood 20:00	01:17:53	36 Sale Harriers Manchester 'B' L Rowlinson 21:13 Jan Nicholls 20:12 Zoe Merck 20:40 C Jones 22:09	01:24:14
7 Trafford AC J Fairchild 17:26 V O'Donnell 18:49 J Oliver-Bell 18:16 Alison Drasdo 18:25	01:12:56	22 Wakefield DH & AC M J-Walters 18:36 H Singleton 17:06 Sharon Sykes 19:42 Reagan Wright 22:45	01:18:09	37 Lytham St. Annes Rrc Melanie Koth 19:37 Laura Ashworth 21:05 Fiona Geldard 23:15 Linda Baxter 21:22	01:25:19
8 Lancaster And Morecambe AC Louise Gardner 17:38 Annika Jarman 18:42 Helen Booth 18:33 Chloe Rodham 18:49	01:13:42	23 Wigan Phoenix V Bryant 18:38 Rachael Moore 19:27 C Finch 19:01 Emma Weall 21:16	01:18:22	38 Skipton AC Clare Pearson 22:59 A Bulcock 22:39 Hilary Seward 21:34 Emma Newbold 18:48	01:26:00
9 Rotherham Harriers & AC Jade Allen 17:53 A Grady 17:57 Robyn Lanceley 18:47 N Hatswell 19:05	01:13:42	24 Altrincham & District AC Laura Chambers 17:50 Sandra Lewis 19:04 C Harrison 20:53 Lucy Smith 20:42	01:18:29	39 Beverley AC Samantha Allen 21:02 Jayne Dale 21:49 F Giuntini 21:45 Kate Ladell 21:45	01:26:21
10 Sale Harriers Manchester Donna Jones 16:17 H Griffiths 18:29 Cara O'Brien 18:57 Alison Pye 20:01	01:13:44	25 City Of Hull Keri Pearson 19:07 Niki Whitaker 19:49 C Oakshott 19:21 Angela Hinkson 20:25	01:18:42	40 Accrington Road Runners 'B' Lisa Boyle 21:31 Julia Hartley 21:03 Maxine Morton 22:53 Carole Morris 21:55	01:27:22
11 Leeds City Jennie Guard 18:05 Rachel Dyson 19:49 Ruth Wilcox 19:24 Claire Duck 17:39	01:14:57	26 Heanor Running Club Lisa Palmer 17:19 W Mullineux 19:06 Glenda Alton 21:00 Laura Harvey 21:23	01:18:48	41 Spectrum Striders RC Alison Draper 19:56 Beth Shortt 25:49 Donna Hinsley 21:55 Karon Forster 19:54	01:27:34
12 New Marske Harriers K Livingston 18:15 Bobbi Phillips 18:58 Kath Aspin 19:17 Jessica Russon 18:35	01:15:05	27 Clayton Le Moors Harriers Candice Hay 17:39 N McNamara 20:42 G Whittaker 19:30 Irene Roche 21:10	01:19:01	42 Keighley & Craven AC 'B' Jenna Mudd 21:20 Rebecca McLean 21:36 Ania Sroka 22:38 J Arkwright 22:18	01:27:52
13 Holmfirth Harriers K Farquhar 17:51 Claire Leaver 18:59 Margaret Sykes 19:01 Cara Penfold 19:28	01:15:19	28 Keighley & Craven AC Helen Glover 17:26 Trish Gavins 19:29 Katie Green 21:15 V Wadsworth 20:58	01:19:08	43 Tyne Bridge Harriers C Willis 20:47 Kerry Reed 21:26 Lisa Walker 22:25 Denise Waugh 23:45	01:28:23
14 Blackpool Wyre & Fylde Caroline Betmead 16:58 Bev Wright 19:02 Stasia Bligh 19:38 Carolyn Robbins 19:49	01:15:27	29 Preston Harriers Philippa Walsh 18:58 Lauren Bugler 19:37 Roisin Turner 20:25 C McDermott 20:15	01:19:15	44 Salford Harriers & AC 'C' Diane Hooper 20:57 C Broderick 22:27 Laura Nash 20:16 Ruth Bardsley 26:09	01:29:49
15 Durham City Harriers Rosie Smith 16:02 Kim Simpson 18:58 Julia Quinonez 20:06 Clare Manser 20:30	01:15:36	30 East Hull Harriers Melissa Oliver 19:05 Helen Horrobin 21:21 Danielle Gloyn 19:48 Beverley Jackson 19:03	01:19:17	45 Vale Royal 'B' Diane Newsham 21:38 S Humphries 24:10 S Jakeman 21:43 Jo Denny 23:27	01:30:58

46 Wigan Phoenix 'B'		01:31:32
Nikki Bansal	20:50	
Susan Gill	22:28	
L Manir-Jolley	21:35	
Christine Hart	26:39	
47 St Helens Sutton AC		01:35:23
Cherryl Orrick	22:57	
Lynsey Wilson	23:52	
Joanne Keogh	23:55	
Chris Dempsey	24:39	
48 Lytham St. Annes Rrc 'B'		01:46:15
Pamela Hardman	23:34	
Gillian Murphy	25:19	
R Willetts	24:19	
Dawn Lock	33:03	
Border Harriers		00:59:06
Rhiannon Silson	17:58	
Clare McKeown	22:24	
A Armstrong	18:44	
Lancaster And Morecambe AC 'B'		00:59:51
Lauren Gora	19:20	
Louise Goddard	20:00	
Laura Gardner	20:31	
Liverpool Harriers & AC 'B'		01:14:23
Laura Murphy	19:15	
M Murphy	19:44	
Sarah McRobie	35:24	
Altrincham & District AC 'B'		01:19:30
Lynne Nichol	22:21	
M Bullock	35:44	
H Johnson	21:25	
Heanor Running Club 'B'		01:22:31
Heather Wesson	22:24	
Gemma Housley	37:27	
Donna Baker	22:40	
Lincoln Wellington AC		00:40:06
Hester Talbot	21:45	
Sophie Cowper	18:21	
Bingley H & AC 'B'		00:40:49
Anne Buckley	19:16	
Sue Cariss	21:33	
Rotherham Harriers & AC 'B'		00:41:27
Janet Hindley	19:31	
Nina Hague	21:56	
Wirral AC		00:18:00
Sarah Kearney	18:00	
Derby AC		00:18:14
Natalie Shaw	18:14	
Kendal Aac		00:19:08
M Burbeck	19:08	
Hallamshire Harriers		00:19:12
S Sharman	19:12	
Leeds City 'B'		00:20:11
Sheryl Punter	20:11	
Jarrow & Hebburn AC		00:20:42
Elaine Leslie	20:42	
City Of Hull 'B'		00:22:59
Lynda Hields	22:59	
Heanor Running Club 'C'		00:26:43
Sarah Lewis	26:43	