

Pos	RaceNo	Time	Firstname	Lastname	Club
1	4677	31:50	Katherine	Sparke	Woodford Green AC with Essex Ladies
2	4005	32:14	Faye	Fullerton	Havering Mayesbrook AC
3	3765	32:20	Nicola	Sykes	Bedford & County AC
4	3880	32:27	Olivia	Walwyn	City of Norwich AC
5	3702	32:45	Emily	Adams	Aldershot Farnham & District
6	4004	32:49	Lauren	Deadman	Havering Mayesbrook AC
7	3882	32:52	Justina	Heslop	Clapham Chasers
8	3771	33:14	Catherine	Bryson	Belgrave Harriers
9	3724	33:44	Caroline	Hoyte	Arena 80 AC
10	4061	33:47	Elizabeth	Hall	Herts Phoenix AC
11	3752	33:50	Stacey	Ward	Basildon AC
12	3709	34:01	Vicky	Gill	Aldershot Farnham & District
13	3879	34:11	Ruth	Senior	City of Norwich AC
14	4063	34:15	Suenja	Abel	Highgate Harriers
15	4496	34:26	Lisa	Elmore	Trent Park RC
16	3721	34:27	Fiona	Clark	Arena 80 AC
17	4040	34:29	Karen	Ellison	Herne Hill Harriers
18	3897	34:37	Hannah	Brooks	Crawley AC
19	4667	34:42	Linda	Jackson	Woodford Green AC with Essex Ladies
20	4656	34:43	Rebecca	Taylor	Windsor Slough Eton & Hounslow AC
21	4066	34:46	Esther	Evans	Highgate Harriers
22	4123	34:47	Andrea	Devine	London Heathside
23	4439	34:52	Ceri	Mitchell	Team Southampton
24	3928	34:55	Emily	Alden	Epsom & Ewell Harriers
25	3806	35:00	Bryony	Proctor	Blackheath & Bromley H AC
26	4638	35:09	Michaela	McCallum	Winchester & District AC
27	4457	35:09	Lisa	Da Silva	Thames Valley Harriers
28	4010	35:16	Robyn	Matson	Havering Mayesbrook AC
29	4537	35:26	Jo	Singer	Victoria Park H & Tower Hamlets AC
30	3796	35:45	Jennie	Butler	Blackheath & Bromley H AC
31	4678	35:50	Lauren	Stewart	Woodford Green AC with Essex Ladies
32	3703	35:52	Beth	Andrew	Aldershot Farnham & District
33	4335	35:54	Liz	Wynn	Serpentine RC
34	4139	35:58	Claire	Bassill	Luton AC
35	4392	36:03	Claire	Cornwell	Southend-on-Sea AC
36	4643	36:14	Barbara	Yff	Winchester & District AC
37	4161	36:15	Louise	Watson	Medway & Maidstone AC
38	3960	36:17	Jenny	Gray	Garden City Runners
39	4617	36:18	Ruth	Clifton	Wimbledon Windmilers RC
40	4051	36:20	Harriet	Owles	Herne Hill Harriers
41	4218	36:23	Lucy	Kelvey	Newquay & Par AC
42	4060	36:26	Elizabeth	Brathwaite	Herts Phoenix AC
43	3891	36:27	Danielle	Tatum	Colchester & Tendring AC
44	4074	36:28	Astrid	Wingler	Highgate Harriers
45	3740	36:29	Jo	Kent	Barnet & District AC
46	4378	36:30	Nicci	Blandford	Southampton RC
47	4440	36:32	Helen	Zenner	Team Southampton
48	3921	36:43	Alison	Hopkins	Ealing Southall & Middlesex AC
49	4147	36:44	Lara	Bromilow	Marshall Milton Keynes AC
50	4153	36:48	Carly	Scott	Marshall Milton Keynes AC

51	4599	36:53	Isobel	Rea	West 4 Harriers
52	4001	36:54	Polly	Keen	Havant AC
53	4304	37:00	Marina	Stedman	Reading RR
54	3795	37:00	Jane	Bradshaw	Blackheath & Bromley H AC
55	4325	37:03	Mariah	Mandelman	Serpentine RC
56	3753	37:04	Teresa	Ward	Basildon AC
57	3914	37:05	Fiona	Kennedy	Ealing Southall & Middlesex AC
58	4367	37:10	Gemma	Marrs	South London Harriers
59	4639	37:15	Emma	Patez	Winchester & District AC
60	3894	37:16	Emma	Stallard	Cornwall AC
61	4177	37:18	Katherine	Reeves	Metropolitan Police AC
62	4592	37:20	Anna	Critchlow	West 4 Harriers
63	4338	37:22	Philippa	Aukett	Shaftesbury Barnet Harriers
64	4238	37:32	Liz	Durman	Phoenix AC
65	4143	37:34	Claire	Donald	Maidenhead AC
66	3967	37:34	Katherine	Philp	Garden City Runners
67	4569	37:35	Anna	Lewis	Wells City Harriers
68	4666	37:38	Katherine	Gundersen	Woodford Green AC with Essex Ladies
69	3705	37:41	Kate	Brown	Aldershot Farnham & District
70	4354	37:42	Carol	Evans	South London Harriers
71	3822	37:43	Tamsin	Neale	Burnham Joggers
72	4057	37:45	Helen	Sharp	Herne Hill Harriers
73	4648	37:57	Paula	Fudge	Windsor Slough Eton & Hounslow AC
74	4068	37:58	Rhian	Hampson-Jones	Highgate Harriers
75	4148	37:59	Sarah	Cox	Marshall Milton Keynes AC
76	4364	38:01	Michelle	Jenkins	South London Harriers
77	4295	38:03	Sarah	Wilkins	Reading AC
78	3870	38:03	Nicola	Alford	City of Norwich AC
79	4159	38:04	Helena	Penfold	Medway & Maidstone AC
80	4052	38:05	Clare	Pauzers	Herne Hill Harriers
81	4634	38:16	Johanna	Jefferies	Winchester & District AC
82	3979	38:17	Amy	Tanner	Hardley Runners
83	3748	38:17	Karen	Goode	Basildon AC
84	4403	38:18	Elizabeth	McKie	St.Albans Striders
85	4289	38:19	Sue	Francis	Reading AC
86	4382	38:20	Hannah	Coombs	Southampton RC
87	4602	38:21	Molly	James	West Norfolk AC
88	4023	38:21	Laura	Kyte	Headington RR
89	3775	38:23	Mathilde	Heaton	Belgrave Harriers
90	4048	38:25	Rosalind	Kieran	Herne Hill Harriers
91	4150	38:26	Sophie	Gibbens	Marshall Milton Keynes AC
92	4064	38:29	Sarah	Bailey	Highgate Harriers
93	4012	38:35	Vicky	Smith	Havering Mayesbrook AC
94	4348	38:37	Vicky	Webster	Shaftesbury Barnet Harriers
95	4404	38:38	Sally	Onn	St.Albans Striders
96	4242	38:40	Erica	Martin	Phoenix AC
97	4466	38:42	Tracey	Tory	Thames Valley Harriers
98	4668	38:45	Diana	Kennedy	Woodford Green AC with Essex Ladies
99	4020	38:47	Adrienne	Hopkins	Headington RR
100	4389	39:02	Marie	Stokes	Southampton RC
101	3701	39:07	Clementine	Adams	Aldershot Farnham & District

102	3704	39:12	Claire	Bounds	Aldershot Farnham & District
103	4650	39:15	Leigh	James	Windsor Slough Eton & Hounslow AC
104	3807	39:17	Julie	Reynolds	Blackheath & Bromley H AC
105	3730	39:19	Caroline	Woods	Arena 80 AC
106	3798	39:23	Sarah	Dowling	Blackheath & Bromley H AC
107	3726	39:27	Chris	Naylor	Arena 80 AC
108	3907	39:33	Cara	Oliver	Dartford Harriers AC
109	4669	39:36	Rachel	Lund	Woodford Green AC with Essex Ladies
110	3707	39:37	Val	Clews	Aldershot Farnham & District
111	4589	39:38	Alison	Brownhill	West 4 Harriers
112	4660	39:43	Jenna	Tarrant	Woking AC
113	4641	39:48	Sue	TRUE	Winchester & District AC
114	4287	39:52	Lucy	Daniels	Reading AC
115	4405	39:55	Belinda	Pullan	St.Albans Striders
116	3919	39:56	Patricia	Thomas	Ealing Southall & Middlesex AC
117	4461	40:06	Diana	Kennedy	Thames Valley Harriers
118	4073	40:10	Jenny	Turner	Highgate Harriers
119	4285	40:10	Nicky	Cooke	Reading AC
120	4674	40:13	Magdalena	Powell	Woodford Green AC with Essex Ladies
121	4535	40:14	Francine	Rump	Victoria Park H & Tower Hamlets AC
122	3917	40:18	Gillian	Morgan	Ealing Southall & Middlesex AC
123	4646	40:26	Yolande	Edwards	Windsor Slough Eton & Hounslow AC
124	3953	40:29	Penny	Abbott	Fleet & Crookham AC
125	4384	40:31	Sally	Diaper	Southampton RC
126	4501	40:32	Laurey	Rankin	Trent Park RC
127	3961	40:35	Caroline	Hale	Garden City Runners
128	4413	40:37	Christine	Anthony	St.Edmund Pacers
129	3719	40:40	Clare	Aquilina	Arena 80 AC
130	3741	40:41	Katherine	March	Barnet & District AC
131	4096	40:46	Elisabeth	Batty	Invicta East Kent
132	3713	40:49	Ruth	Mclannan	Aldershot Farnham & District
133	3952	40:52	Rebecca	Cousins	Fenland R & AC
134	3758	40:55	Linda	Plant	Basingstoke & Mid Hants AC
135	4587	40:58	Rachel	Badham	West 4 Harriers
136	4149	41:00	Lauren	Cripps	Marshall Milton Keynes AC
137	4631	41:03	Sarah	Yates	Wimbledon Windmilers RC
138	4109	41:05	Sharon	McNally	Isle of Wight AC
139	4002	41:09	Beverley	Lavery	Havant AC
140	4463	41:10	Kate	Nunn	Thames Valley Harriers
141	4655	41:10	Dee	Smale	Windsor Slough Eton & Hounslow AC
142	3744	41:12	Grace	Brown	Basildon AC
143	4194	41:12	Maki	Kimura	Mornington Chasers
144	3996	41:13	Kate	Dulley	Harrow AC
145	3883	41:15	Becky	Adams	Colchester & Tendring AC
146	4278	41:16	Sandra	Prosser	Ranelagh Harriers
147	4141	41:19	Christine	Lathwell	Luton AC
148	3939	41:21	Zoe	Woodward	Eton Manor AC
149	3908	41:23	Ruth	Ward	Dartford Harriers AC
150	4164	41:25	Libby	Cameron	Metropolitan Police AC
151	4339	41:29	Maggie	Cooper	Shaftesbury Barnet Harriers
152	4027	41:30	Claire	Grima	Hercules Wimbledon AC

153	3754	41:31	Charmaine	Wheeler	Basildon AC
154	3805	41:35	Kate	Pratten	Blackheath & Bromley H AC
155	4198	41:37	Laura	Grimer	Nene Valley Harriers
156	4488	41:39	Hayley	Pegg	Thrift Green Trotters
157	3710	41:41	Gemma	Greenfield	Aldershot Farnham & District
158	4058	41:41	Suzanne	Swane	Herne Hill Harriers
159	4402	41:49	Gill	Jubb	St.Albans Striders
160	4044	41:56	Virginia	Grant	Herne Hill Harriers
161	4203	41:58	Janet	Cobby	New Eltham Joggers
162	4435	42:01	Josephine	Thompson	Striders of Croydon
163	4103	42:06	Caroline	Smith	Invicta East Kent
164	4344	42:08	Katie	Parfoot	Shaftesbury Barnet Harriers
165	4091	42:12	Melinda	Jones	Ilford AC
166	4286	42:14	Andrea	Curson	Reading AC
167	4142	42:16	Jo	Winfield	Luton AC
168	3738	42:24	Karen	Bradley	Barnet & District AC
169	3819	42:24	Liz	Annettes	Burnham Joggers
170	4406	42:26	Ruth	Richards	St.Albans Striders
171	3913	42:28	Carol	Jones	Ealing Southall & Middlesex AC
172	3898	42:31	Ann	Buckett	Crawley AC
173	4623	42:34	Susan	Hutchinson	Wimbledon Windmilers RC
174	4327	42:40	Rachel	Powell	Serpentine RC
175	4401	42:45	Lydia	Burgess-Gamble	St.Albans Striders
176	4175	42:47	Laura	Parker	Metropolitan Police AC
177	4314	42:51	Barbara	Deuring	Serpentine RC
178	4661	42:52	Ramona	Thevenet-Smith	Woking AC
179	3760	42:58	Emma	Coombes	Bedford & County AC
180	4167	43:00	Karen	Horswood	Metropolitan Police AC
181	4272	43:00	Sarah	Lintern	Ranelagh Harriers
182	4095	43:01	Bree	Nordin	Ilford AC
183	4266	43:02	Michelle	Beaumont	Ranelagh Harriers
184	4603	43:04	Gillian	Loughlin	West Norfolk AC
185	4088	43:07	Dianne	Crisp	Ilford AC
186	3831	43:10	Christine	Bond	Cambridge Harriers
187	4097	43:13	Sarah	Bonnage	Invicta East Kent
188	4291	43:16	Rachel	Phillips	Reading AC
189	4201	43:21	Andrea	Page	Nene Valley Harriers
190	3911	43:25	Ros	Tabor	Dulwich Runners
191	3929	43:34	Vanda	Caulfield	Epsom & Ewell Harriers
192	4070	43:56	Fiona	Maguire	Highgate Harriers
193	4326	43:57	Georgina	McFadyen	Serpentine RC
194	4036	43:58	Rebecca	Barrow	Herne Hill Harriers
195	4473	44:02	Hilary	Hillhouse	The Stragglers
196	4039	44:03	Amanda	Du Rand	Herne Hill Harriers
197	4136	44:05	Ursula	Wilson	London Heathside
198	4100	44:09	Susan	Cooper	Invicta East Kent
199	4499	44:15	Victoria	Hyland	Trent Park RC
200	4363	44:16	Pam	Iannella	South London Harriers
201	4642	44:22	Madeline	Vosser	Winchester & District AC
202	4309	44:29	Sarah	Vick	Saxmundham Sports R & Fitness C
203	4527	44:31	Elaine	Battson	Victoria Park H & Tower Hamlets AC

204	4538	44:36	Louise	Vacher	Victoria Park H & Tower Hamlets AC
205	3787	44:39	Juliette	Hoareau	Bexley AC
206	4571	44:41	Katerina	Prior	Wells City Harriers
207	4168	44:44	Sarah	Jackson	Metropolitan Police AC
208	4613	44:47	Carolyn	Murphy	White Horse Harriers
209	4277	44:49	Louise	Piears	Ranelagh Harriers
210	4196	44:51	Louise	Burton	Nene Valley Harriers
211	4321	44:54	Leanne	Keltie	Serpentine RC
212	4122	44:54	Susie	Brighton	London Heathside
213	3812	45:00	Judith	Carder	Brighton & Hove City AC
214	4026	45:05	Helen	Turley	Headington RR
215	3797	45:14	Anne	Cilia	Blackheath & Bromley H AC
216	4491	45:16	Val	Evans	Tonbridge AC
217	3820	45:16	Beverley	Holmes	Burnham Joggers
218	3770	45:19	Jennifer	Beecroft	Belgrave Harriers
219	4274	45:22	Danelle	Mingham	Ranelagh Harriers
220	4368	45:24	Marketa	Martins	South London Harriers
221	4216	45:28	Debbie	Sheperd	Newham & Essex Beagles
222	4427	45:30	Linda	Thomasson	Stopsley Striders
223	3811	45:33	Gill	Cammack	Brighton & Hove City AC
224	4144	45:38	Di	Baldwin	Marshall Milton Keynes AC
225	4090	45:42	Nicola	Hopkinson	Ilford AC
226	4426	45:45	Alison	Sugars	Stopsley Striders
227	4684	45:45	Sally	Valentine	Yaxley Runners & Joggers
228	4099	45:49	Lisa	Clayton	Invicta East Kent
229	4323	45:49	Poppy	Lenton	Serpentine RC
230	4035	45:49	Sarah	Allen	Herne Hill Harriers
231	4544	45:59	Amanda	Godfrey	Victory AC
232	4248	46:03	Angela	Bent	Pitsea RC
233	3920	46:06	Mary	Walsh	Ealing Southall & Middlesex AC
234	4424	46:09	Jenna	Litchfield	Stopsley Striders
235	4386	46:11	Lynne	Massey	Southampton RC
236	4681	46:12	Alex	Wardle	Woodford Green AC with Essex Ladies
237	4507	46:19	Jane	Johnstone	Tunbridge Wells Harriers
238	4619	46:23	Jess	Enstee	Wimbledon Windmilers RC
239	3957	46:28	Joy	Allen	Garden City Runners
240	3970	46:29	Aleksandra	Burlinson	Hardley Runners
241	4105	46:32	Brianna	Zoll	Invicta East Kent
242	4640	46:40	Joy	Radford	Winchester & District AC
243	4265	46:42	Kirsty	Bangham	Ranelagh Harriers
244	4290	46:43	Charlotte	Phillips	Reading AC
245	4041	46:44	Penelope	Fixter	Herne Hill Harriers
246	3910	46:59	Kim	Hainsworth	Dulwich Runners
247	3984	47:01	Katie	Herrington	Harlow RC
248	3794	47:12	Carolyna-Jones	Baldock	Blackheath & Bromley H AC
249	3900	47:17	Jane	Dotzek	Crawley AC
250	4430	47:28	Alice	Ewen	Striders of Croydon
251	4178	47:29	Jacqui	Reid	Metropolitan Police AC
252	4682	47:31	Lucy	Wilson	Woodford Green AC with Essex Ladies
253	4093	47:32	Victoria	Morgan	Ilford AC
254	4385	47:39	Eleanor	Kirk	Southampton RC

255	3832	47:41	Marian	Hine	Cambridge Harriers
256	4208	47:55	Jenny	Neal	New Eltham Joggers
257	4318	48:00	Jane	Harris	Serpentine RC
258	4053	48:01	Fiona	Pierce	Herne Hill Harriers
259	4111	48:03	Teresa	Donohue	Lingfield RC
260	4229	48:03	Anne	Hulse	Norwich RR
261	4670	48:06	Stephanie	McCarthy	Woodford Green AC with Essex Ladies
262	3823	48:10	Kate	Newbury	Burnham Joggers
263	4628	48:12	Claire	Morgan	Wimbledon Windmilers RC
264	4469	48:22	Sue	Cockle	The Stragglers
265	4140	48:25	Charlotte	Hardy	Luton AC
266	4477	48:28	Ingrid	Wagner	The Stragglers
267	4552	48:35	Nicola	Economu	Watford Harriers
268	4498	48:37	Wendy	Guild	Trent Park RC
269	3895	48:53	Susan	Aldridge	Crawley AC
270	3815	49:22	Isobel	Muir	Brighton & Hove City AC
271	4468	49:25	Lynda	Chase	The Stragglers
272	4171	49:28	Ellen	Lovatt	Metropolitan Police AC
273	3934	49:30	Gail	Brannon	Eton Manor AC
274	4154	49:43	Becky	Williams	Marshall Milton Keynes AC
275	3736	49:44	Christine	King	Ashford AC
276	4399	49:49	Kerry	Marsh	Springfield Striders RC
277	4028	49:52	Rowena	Hornshaw	Hercules Wimbledon AC
278	3938	49:53	Paula	Steere	Eton Manor AC
279	4121	50:00	Debbie	Wilkes	Lingfield RC
280	4497	50:10	Theodosia	Green	Trent Park RC
281	4212	50:16	Julie	Unitt	New Eltham Joggers
282	3926	50:29	Peta	Novak	Enfield & Haringey AC
283	3940	50:40	Sharon	Crowley	Fairlands Valley Spartans
284	3969	50:45	Tara	Anglim	Hardley Runners
285	4545	51:03	Belinda	Harding	Victory AC
286	4350	51:14	Su	Bottle	South London Harriers
287	4658	51:29	Mary	Raleigh	Woking AC
288	4249	51:40	Teresa	Flannigan	Pitsea RC
289	4420	51:47	Dianne	Blackmore	Stopsley Striders
290	4541	52:11	Marilyn	Crocker	Victory AC
291	4504	52:31	Jo	Summers	Trent Park RC
292	4422	53:01	Elaine	Harries	Stopsley Striders
293	4204	53:08	Suzanne	Dansie	New Eltham Joggers
294	4236	53:17	Laura	Greenwood	Peterborough AC
295	3968	53:37	Michelle	Smith	Garden City Runners
296	3931	53:40	Christina	Adams	Eton Manor AC
297	4596	54:11	Shelley	Martin	West 4 Harriers
298	4540	54:15	Ruth	Bates	Victory AC
299	3947	54:34	Sarah	O'Bryan	Fairlands Valley Spartans
300	4221	55:38	Lindsay	Cook	North Herts RR
301	3788	56:57	Geraldine	Legon	Bexley AC
302	4493	57:02	Rosa	Coelho	Trent Park RC
303	4331	57:07	Stephanie	Vaatz	Serpentine RC
304	4580	57:10	Linda	Rawlins	Werrington Joggers
305	4193	57:25	Lynne	Connolly	Mornington Chasers

306	4235	57:45	Helen	Freeman	Peterborough AC
307	4494	57:53	Penny	Cording	Trent Park RC
308	3975	1:00:02	Linda	Noke	Hardley Runners
309	4583	1:03:15	Tracey	Walker	Werrington Joggers
310	4577	1:06:21	Sue	Ford	Werrington Joggers
311	4579	1:06:21	Rosie	Loughton	Werrington Joggers