

Kent Cross Country League Results - Danson Park, Welling 10/11/2018**Senior Women 5000m Individual Results**

Pos	No	AthleteName	Club	Time
1	818	Lilly Coward	Invicta East Kent AC	16:42
2	901	Maria Heslop (W50)	Tonbridge AC	16:55
3	913	Sian Robertson	Tonbridge AC	17:21
4	772	Hazel Behagg (W40)	Dartford Road Runners	17:23
5	734	Caroline Ford	Cambridge Harriers	17:28
6	653	Jessica Keene (U20W)	Blackheath and Bromley H AC	17:37
7	865	Becky Morrish	Paddock Wood AC	17:51
8	703	Victoria Croucher	Bexley AC	18:00
9	738	Lucy Marlow	Cambridge Harriers	18:01
10	722	Carole Penlington (W40)	Blackheath and Bromley H AC	18:05
11	730	Holly Dixon	Cambridge Harriers	18:06
12	659	Millie Smith (U20W)	Blackheath and Bromley H AC	18:11
13	660	Lara Atkinson (U20W)	Cambridge Harriers	18:17
14	877	Liz Weeks (W35)	Sittingbourne Striders	18:22
15	684	Becky Macey (W35)	Ashford & District RRC	18:28
16	856	Nicola Lilley (W35)	Medway Tri	18:31
17	896	Claire Day (W35)	Tonbridge AC	18:33
18	677	Briony Walsh	Ashford AC	18:37
19	933	Harriet Woolley	Tunbridge Wells Harriers	18:44
20	903	Sasha Houghton (W45)	Tonbridge AC	18:46
21	908	Tina Oldershaw (W50)	Tonbridge AC	18:54
22	788	Nikki Goodwin (W35)	Folkestone Running Club	19:03
23	670	Roseanna Temple (U20W)	Invicta East Kent AC	19:04
24	752	Anoushka Johnson (W40)	Central Park Athletics	19:05
25	853	Jemma Whyman	Medway and Maidstone AC	19:08
26	715	Jenny Butler (W45)	Blackheath and Bromley H AC	19:09
27	756	Emma Sharp (W35)	Central Park Athletics	19:18
28	870	Hannah Roberts (W35)	Petts Wood Runners	19:21
29	776	Sarah Cronin	Dartford Road Runners	19:23
30	1448	Pru Clements (W40)	Tunbridge Wells Harriers	19:29
31	835	Katherine Vick	Istead & Ifield Harriers	19:30
32	700	Alice Burnhope	Bexley AC	19:33
33	716	Lorna Clowes	Blackheath and Bromley H AC	19:41
34	802	Melissa Jones	Greenwich Tritons	19:41
35	887	Josephine Nye	Swale Combined AC	19:42
36	757	Rebecca Watson	Central Park Athletics	19:43
37	848	Jenny Fowler (W40)	Medway and Maidstone AC	19:45
38	1536	Amelia Ritchie	Cambridge Harriers	19:45
39	925	Kate Naylor (W40)	Tunbridge Wells Harriers	19:46
40	898	Rachel Fagg (W45)	Tonbridge AC	19:47
41	911	Lucy Pitcairn-Knowles (W50)	Tonbridge AC	19:49
42	897	Nichola Evans (W35)	Tonbridge AC	19:51
43	852	Antel Muller	Medway and Maidstone AC	19:53
44	822	Amy Old	Invicta East Kent AC	19:55
45	823	Gabija Rasiukeviciute	Invicta East Kent AC	19:57
46	997	Fay Storie (W35)	Beckenham Running Club	19:59
47	1489	Hayley Larkin	Tunbridge Wells Harriers	20:01
48	697	Aurelia Osborne (W40)	Beckenham Running Club	20:11
49	778	Marnie Ellison (W45)	Dartford Road Runners	20:12

50	923	Jillian Holford (W45)	Tunbridge Wells Harriers	20:13
51	731	Susan Dixon (W50)	Cambridge Harriers	20:15
52	863	Mandy Barker (W45)	Paddock Wood AC	20:15
53	728	Christine Bond (W50)	Cambridge Harriers	20:25
54	687	Elodie Paviot	Ashford & District RRC	20:26
55	799	Emma Dodds	Greenwich Tritons	20:27
56	744	Cara Oliver (W45)	Cambridge Harriers	20:30
57	727	Rose Baker (W50)	Cambridge Harriers	20:32
58	851	Taryne McPherson (W40)	Medway and Maidstone AC	20:36
59	912	Elise Rendall (W40)	Tonbridge AC	20:37
60	828	Sally George (W35)	Istead & Ifield Harriers	20:38
61	781	Sally Kyle (W40)	Dartford Road Runners	20:40
62	747	Megan Williams	Cambridge Harriers	20:41
63	784	Charlotte Wood	Dartford Road Runners	20:44
64	905	Susan Jeddo (W40)	Tonbridge AC	20:45
65	886	Natalie Long	Swale Combined AC	20:50
66	696	Kate Marchant (W50)	Beckenham Running Club	20:52
67	671	Abianne Coates (U20W)	Tonbridge AC	20:55
68	875	Jennifer Simpson	Sittingbourne Striders	21:09
69	785	Caroline Curtis (W50)	Folkestone Running Club	21:12
70	1486	Rachael Stewart (W40)	Medway and Maidstone AC	21:19
71	679	Christine Costiff (W55)	Ashford & District RRC	21:25
72	1450	Michele Bradshaw (W55)	Tunbridge Wells Harriers	21:26
73	669	Hannah Capey (U20W)	Greenwich Tritons	21:27
74	884	Lisa Berkman (W40)	Swale Combined AC	21:28
75	729	Sally Carr (W45)	Cambridge Harriers	21:32
76	711	Harley Wooler	Bexley AC	21:40
77	806	Lesley McCarthy (W45)	Greenwich Tritons	21:41
78	831	Jacqueline King (W45)	Istead & Ifield Harriers	21:42
79	690	Rhian Shrimplin	Ashford & District RRC	21:47
80	885	Olwen Cockell (W45)	Swale Combined AC	21:54
81	883	Marie Watson (W50)	South Kent Harriers	21:55
82	705	Beata Kubala-Todd (W40)	Bexley AC	21:56
83	1535	Jill Crofton-Martin (W40)	Ashford AC	21:59
84	893	Clare Brown (W50)	Tonbridge AC	22:00
85	688	Gill Pragnell (W50)	Ashford & District RRC	22:02
86	849	Bernadette Harrop (W45)	Medway and Maidstone AC	22:03
87	862	Claire Tinker (W45)	Orpington Road Runners	22:04
88	796	Kirsty Wilson	Folkestone Running Club	22:09
89	924	Sonja King (W35)	Tunbridge Wells Harriers	22:10
90	790	Catherine O'Connor (W45)	Folkestone Running Club	22:13
91	846	Mo Fazakerley (W50)	Medway and Maidstone AC	22:14
92	686	Gill O'Connor (W55)	Ashford & District RRC	22:15
93	928	Stella Richardson (W60)	Tunbridge Wells Harriers	22:21
94	773	Emma Brown (W40)	Dartford Road Runners	22:29
95	1519	Polly Haywood (W40)	Tunbridge Wells Harriers	22:30
96	735	Marian Hine (W50)	Cambridge Harriers	22:34
97	663	Molly Hawkins (U20W)	Cambridge Harriers	22:38
98	763	Jessica Dando	Dartford Harriers AC	22:39
99	770	Stephanie Wood (W50)	Dartford Harriers AC	22:47
100	879	Kirsty Hogben	South Kent Harriers	22:48
101	798	Edwina Cheng (W45)	Greenwich Tritons	22:50

102	755	Lindsey Sanders (W35)	Central Park Athletics	22:53
103	815	Emily Plummer	Harvel Hash House Harriers	23:00
104	782	Marian Povey (W60)	Dartford Road Runners	23:01
105	891	Deniz Bowart (W40)	Tonbridge AC	23:02
106	680	Claire Green (W35)	Ashford & District RRC	23:03
107	775	Alexandra Cooper (W45)	Dartford Road Runners	23:08
108	647	Gabriella Stannard (U20W)	Ashford AC	23:09
109	793	Gail Turbutt (W45)	Folkestone Running Club	23:09
110	751	Tessa Hales (W35)	Central Park Athletics	23:15
111	917	Clare Andrew (W45)	Tunbridge Wells Harriers	23:20
112	841	Tracey Dennis (W50)	Maidstone Harriers	23:21
113	761	Claire Capon	Dartford Harriers AC	23:21
114	777	Megan Davis	Dartford Road Runners	23:31
115	899	Diana Goldsmith (W35)	Tonbridge AC	23:33
116	826	Sally Dawodu-Talabi (W50)	Istead & Ifield Harriers	23:35
117	872	Alison Davey (W35)	Sittingbourne Striders	23:38
118	904	Sue James (W65)	Tonbridge AC	23:42
119	927	Brenda Purse (W45)	Tunbridge Wells Harriers	23:44
120	834	Barbara Ockendon (W65)	Istead & Ifield Harriers	23:47
121	691	Gail Arnott (W55)	Beckenham Running Club	23:52
122	791	Jennifer Quinn (W35)	Folkestone Running Club	23:54
123	685	Sandi Mortimer (W50)	Ashford & District RRC	23:55
124	907	Lorraine Nikhwai (W35)	Tonbridge AC	24:01
125	694	Emma Coakley	Beckenham Running Club	24:03
126	1538	Anne Dellow (W60)	Dartford Road Runners	24:06
127	855	Jill Young (W45)	Medway and Maidstone AC	24:13
128	882	Helen Proud (W50)	South Kent Harriers	24:43
129	1537	Katy Munt (W35)	Central Park Athletics	24:49
130	827	Helen Fooks (W45)	Istead & Ifield Harriers	24:52
131	739	Donna Martin	Cambridge Harriers	24:58
132	741	Joanne Murphy (W55)	Cambridge Harriers	24:59
133	733	Angela Ford (W50)	Cambridge Harriers	24:59
134	742	Frances Nestor (W50)	Cambridge Harriers	25:02
135	753	Kirsten Mcteer (W40)	Central Park Athletics	25:28
136	737	Maria Macdonald (W65)	Cambridge Harriers	25:32
137	810	Sarah Stoneham (W45)	Greenwich Tritons	25:44
138	864	Julie Harker (W45)	Paddock Wood AC	25:46
139	681	Lucy Johnstone (W40)	Ashford & District RRC	25:48
140	814	Sarah Leach (W50)	Harvel Hash House Harriers	25:52
141	837	Tania Yates (W55)	Istead & Ifield Harriers	26:04
142	764	Stephanie Rose Dann	Dartford Harriers AC	26:06
143	888	Katie Scoones	Swale Combined AC	26:08
144	932	Carol Tsang (W40)	Tunbridge Wells Harriers	26:14
145	807	Jane Newman (W45)	Greenwich Tritons	26:27
146	866	Jane Pilbeam (W45)	Paddock Wood AC	26:30
147	830	Angela Hames (W35)	Istead & Ifield Harriers	26:46
148	786	Tina Eke (W55)	Folkestone Running Club	26:58
149	922	Rosie Harris (W40)	Tunbridge Wells Harriers	27:04
150	779	Rebecca Finch	Dartford Road Runners	27:08
151	774	Lisa Campbell (W45)	Dartford Road Runners	27:13
152	682	Lisa Jones (W35)	Ashford & District RRC	27:20
153	689	Sue Reader (W40)	Ashford & District RRC	27:35

154	867	Diana Tilston (W40)	Paddock Wood AC	27:40
155	900	Edina Hellyer (W50)	Tonbridge AC	27:45
156	787	Julie Gibbs (W55)	Folkestone Running Club	28:08
157	808	Catherine Pinchen (W50)	Greenwich Tritons	28:29
158	767	Janice Munday (W45)	Dartford Harriers AC	29:19
159	674	Nicki Buckman (W40)	Ashford AC	30:27
160	754	Janet Pyne (W70)	Central Park Athletics	32:36