

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Masters 55 Women 8000m Individual Results**

| Pos | No | Name | Club | Time |
|------------|-----------|---------------------------|---------------------------------------|-------------|
| 1 | 799 | Maria Heslop (W55) | Tonbridge AC | 35:00 |
| 2 | 834 | Tara Taylor (W55) | Tunbridge Wells Harriers | 38:03 |
| 3 | 643 | Susan Dixon (W55) | Cambridge Harriers | 39:15 |
| 4 | 638 | Christine Bond (W55) | Cambridge Harriers | 42:39 |
| 5 | 695 | Stephanie Wood (W55) | Dartford Harriers AC | 44:16 |
| 6 | 636 | Rose Baker (W55) | Cambridge Harriers | 44:26 |
| 7 | 773 | Samantha Goffin (W55) | Orpington Road Runners | 44:36 |
| 8 | 706 | Caroline Curtis (W55) | Folkestone Running and Athletics Club | 44:40 |
| 9 | 647 | Marian Hine (W55) | Cambridge Harriers | 44:57 |
| 10 | 589 | Gail Arnott (W60) | Beckenham Running Club | 45:14 |
| 11 | 766 | Tracey Dennis (W55) | Mote Runners | 46:17 |
| 12 | 717 | Jane Wren (W55) | Folkestone Running and Athletics Club | 47:15 |
| 13 | 775 | Gillian Lawrence (W60) | Orpington Road Runners | 47:30 |
| 14 | 678 | Denise Rose (W60) | Central Park Athletics | 48:08 |
| 15 | 703 | Catherine Clipstone (W55) | Folkestone Running and Athletics Club | 48:22 |
| 16 | 729 | Sue Cameron (W55) | Harvel Hash House Harriers | 48:58 |
| 17 | 722 | Louise Johnson (W55) | Greenwich Tritons | 50:02 |
| 18 | 818 | Ana-Maria Green (W55) | Tunbridge Wells Harriers | 50:53 |
| 19 | 657 | Frances Nestor (W55) | Cambridge Harriers | 53:22 |
| 20 | 691 | Gillian Manning (W60) | Dartford Harriers AC | 56:06 |
| 21 | 593 | Tanya Byrne (W55) | Beckenham Running Club | 56:18 |
| 22 | 689 | Julie Hibbard (W60) | Dartford Harriers AC | 57:22 |
| 23 | 705 | Trudi Curd (W60) | Folkestone Running and Athletics Club | 59:43 |
| 24 | 682 | Audrey Livingston (W55) | Crystal Palace Triathlon | 60:53 |