

Kent Cross Country League Results - Swanley Park, Swanley 25/11/2023**Masters 45 Women 8000m Individual Results**

Pos	No	Name	Club	Time	
1	623	Carole Coulon (W45)	Blackheath and Bromley H AC	30:33	W45
2	737	Renata McDonnell (W45)	Invicta East Kent AC	31:13	W45
3	621	Jennie Butler (W50)	Blackheath and Bromley H AC	32:47	W45
4	628	Ashley Pearson (W45)	Blackheath and Bromley H AC	32:56	W45
5	803	Elizabeth Owen (W45)	Tonbridge AC	32:59	W45
6	635	Julie Backley (W50)	Cambridge Harriers	33:19	W45
7	598	Nathalie Gaudillat (W45)	Beckenham Running Club	33:43	W45
8	604	Aurelia Osborne (W45)	Beckenham Running Club	33:53	W45
9	734	Lucy Hale (W45)	Invicta East Kent AC	33:55	W45
10	752	Karen Cudmore (W50)	Medway and Maidstone AC	34:00	W45
11	757	Taryne McPherson (W45)	Medway and Maidstone AC	34:52	W45
12	801	Lisa Knight (W50)	Tonbridge AC	35:06	W45
13	797	Rachel Fagg (W50)	Tonbridge AC	35:30	W45
14	783	Rebecca Pickard (W45)	Sevenoaks AC	35:53	W45
15	792	Olwen Cockell (W50)	Swale Combined AC	36:04	W45
16	633	Katy Sugden (W45)	Blackheath and Bromley H AC	36:29	W45
17	820	Jillian Holford (W50)	Tunbridge Wells Harriers	36:29	W45
18	710	Catherine O'Connor (W50)	Folkestone Running and Athletics Club	37:09	W45
19	573	Tracey Calnan (W50)	Ashford and District RRC	37:10	W45
20	802	Grazia Manzotti (W50)	Tonbridge AC	37:11	W45
21	686	Jane Crawley (W45)	Dartford Harriers AC	37:35	W45
22	639	Lynette Boston (W50)	Cambridge Harriers	37:49	W45
23	1371	Patricia Salamanca (W45)	Tunbridge Wells Harriers	38:12	W45
24	767	Hanka Eichler-Gregory (W45)	Mote Runners	38:15	W45
25	590	Alice Baverstock (W50)	Beckenham Running Club	38:40	W45
26	680	Siobhan Carroll (W45)	Crystal Palace Triathlon	38:40	W45
27	832	Rose Sawyer (W50)	Tunbridge Wells Harriers	38:58	W45
28	698	Emma Brown (W45)	Dartford Road Runners	39:03	W45
29	617	Gill Stewart (W50)	Bexley AC	39:18	W45
30	809	Theresa White (W50)	Tonbridge AC	39:20	W45
31	1363	Karla Larnder (W45)	Folkestone Running and Athletics Club	39:20	W45
32	791	Rebecca Young (W45)	South Kent Harriers	39:27	W45
33	640	Sally Carr (W50)	Cambridge Harriers	39:29	W45
34	613	Beata Kubala-Todd (W45)	Bexley AC	40:01	W45
35	699	Alexandra Cooper (W50)	Dartford Road Runners	40:11	W45
36	607	Sonja Van de Pol (W45)	Beckenham Running Club	40:14	W45
37	830	Brenda Purse (W50)	Tunbridge Wells Harriers	40:17	W45
38	586	Natalie Songhurst (W45)	Ashford and District RRC	40:33	W45
39	768	Jen McLeod (W50)	Mote Runners	40:43	W45
40	675	Christine Munday (W45)	Central Park Athletics	41:22	W45
41	709	Zoe Neale (W45)	Folkestone Running and Athletics Club	41:32	W45
42	1397	Deniz Bowart (W45)	Tonbridge AC	41:44	W45
43	591	Niamh Brooks (W45)	Beckenham Running Club	41:52	W45
44	587	Kelli Sullivan (W45)	Ashford and District RRC	41:58	W45
45	677	Kelly Noble (W45)	Central Park Athletics	42:19	W45
46	637	Joanne Barber (W50)	Cambridge Harriers	42:21	W45
47	1360	Kelli Potter (W45)	Bexley AC	42:56	W45

48	798	Selina Hawker (W45)	Tonbridge AC	43:07	W45
49	674	Kirsten McTeer (W45)	Central Park Athletics	43:15	W45
50	712	Diane Parsons (W45)	Folkestone Running and Athletics Club	43:19	W45
51	804	Pearl Pearce (W45)	Tonbridge AC	43:40	W45
52	644	Angela Ford (W50)	Cambridge Harriers	44:01	W45
53	756	Sarah Kenyon (W50)	Medway and Maidstone AC	44:39	W45
54	612	Christina Fleetwood (W45)	Bexley AC	44:48	W45
55	584	Lucy Johnstone (W45)	Ashford and District RRC	47:40	W45
56	611	Sarah Dodds (W45)	Bexley AC	54:14	W45