

Kent Cross Country League Results - Swanley Park, Swanley 25/11/2023**Masters 55 Women 8000m Individual Results**

| Pos | No | Name | Club | Time | |
|------------|-----------|---------------------------|---------------------------------------|-------------|-----|
| 1 | 799 | Maria Heslop (W55) | Tonbridge AC | 31:23 | W55 |
| 2 | 643 | Susan Dixon (W55) | Cambridge Harriers | 34:40 | W55 |
| 3 | 601 | Kate Marchant (W55) | Beckenham Running Club | 36:24 | W55 |
| 4 | 648 | Maria Hjorth (W55) | Cambridge Harriers | 36:51 | W55 |
| 5 | 636 | Rose Baker (W55) | Cambridge Harriers | 38:19 | W55 |
| 6 | 706 | Caroline Curtis (W55) | Folkestone Running and Athletics Club | 38:22 | W55 |
| 7 | 638 | Christine Bond (W55) | Cambridge Harriers | 38:35 | W55 |
| 8 | 647 | Marian Hine (W55) | Cambridge Harriers | 39:15 | W55 |
| 9 | 695 | Stephanie Wood (W55) | Dartford Harriers AC | 40:01 | W55 |
| 10 | 766 | Tracey Dennis (W55) | Mote Runners | 40:47 | W55 |
| 11 | 589 | Gail Arnott (W60) | Beckenham Running Club | 41:24 | W55 |
| 12 | 703 | Catherine Clipstone (W55) | Folkestone Running and Athletics Club | 42:19 | W55 |
| 13 | 773 | Samantha Goffin (W55) | Orpington Road Runners | 42:24 | W55 |
| 14 | 678 | Denise Rose (W60) | Central Park Athletics | 42:44 | W55 |
| 15 | 729 | Sue Cameron (W55) | Harvel Hash House Harriers | 44:33 | W55 |
| 16 | 705 | Trudi Curd (W60) | Folkestone Running and Athletics Club | 44:50 | W55 |
| 17 | 593 | Tanya Byrne (W55) | Beckenham Running Club | 48:56 | W55 |
| 18 | 679 | Brigit Brown (W55) | Crystal Palace Triathlon | 49:28 | W55 |
| 19 | 689 | Julie Hibbard (W60) | Dartford Harriers AC | 50:31 | W55 |
| 20 | 682 | Audrey Livingston (W55) | Crystal Palace Triathlon | 53:45 | W55 |