

Kent Cross Country League Results - Swanley Park, Swanley 23/11/2024**Master 35 Women 8000m Individual Results**

Pos	No	Name	Club	Time
1	648	Imogen McLennan (W40)	Blackheath and Bromley H AC	34:03
2	624	Heather Shannon (W35)	Beckenham Running Club	35:12
3	650	Trang Nguyen (W40)	Blackheath and Bromley H AC	36:43
4	582	Lauren Aldred (W35)	Ashford and District RRC	38:13
5	638	Kirsty Witt (W35)	Bexley AC	38:18
6	809	Vicky Eames (W40)	Tunbridge Wells Harriers	38:42
7	685	Coralie Charles (W40)	Central Park Athletics	38:42
8	590	Ailis Goddard (W40)	Ashford and District RRC	39:13
9	750	Sally George (W40)	Istead & Ifield Harriers	40:16
10	1368	Vanessa Vander (W40)	Medway and Maidstone AC	40:17
11	816	Sonja King (W40)	Tunbridge Wells Harriers	40:27
12	595	Wafaa Schiefler (W35)	Ashford and District RRC	41:19
13	631	Kirsty McEwen (W35)	Bexley AC	41:42
14	741	Emily Plummer (W35)	Harvel Hash House Harriers	43:18
15	710	Amy Hutchings (W40)	Dartford Road Runners	43:47
16	617	Amy Harris (W40)	Beckenham Running Club	43:47
17	614	Natasha Dowds (W35)	Beckenham Running Club	46:14
18	588	Kelly Gammon (W40)	Ashford and District RRC	46:44
19	667	Stephanie Rose Dann (W35)	Cambridge Harriers	47:27
20	620	Emma Lewis (W35)	Beckenham Running Club	47:28