

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

Pos	No	Name	Club	Time	
1	737	Renata McDonnell (W45)	Invicta East Kent AC	34:20	W45
2	623	Carole Coulon (W45)	Blackheath and Bromley H AC	34:33	W45
3	799	Maria Heslop (W55)	Tonbridge AC	35:00	W55
4	693	Hannah Roberts (W40)	Dartford Harriers AC	35:31	W35
5	574	Gemma Carter-Collins (W40)	Ashford and District RRC	36:34	W35
6	795	Claire Day (W40)	Tonbridge AC	36:43	W35
7	796	Nichola Evans (W40)	Tonbridge AC	36:51	W35
8	621	Jennie Butler (W50)	Blackheath and Bromley H AC	37:15	W45
9	663	Katie Sanders (W40)	Cambridge Harriers	37:27	W35
10	803	Elizabeth Owen (W45)	Tonbridge AC	37:36	W45
11	635	Julie Backley (W50)	Cambridge Harriers	37:44	W45
12	627	Trang Nguyen (W35)	Blackheath and Bromley H AC	37:48	W35
13	604	Aurelia Osborne (W45)	Beckenham Running Club	37:50	W45
14	834	Tara Taylor (W55)	Tunbridge Wells Harriers	38:03	W55
15	708	Nicola Goodwin (W40)	Folkestone Running and Athletics Club	38:30	W35
16	745	Louise Brass (W45)	Maidstone Harriers	38:39	W45
17	800	Sasha Humphries (W50)	Tonbridge AC	38:43	W45
18	598	Nathalie Gaudillat (W45)	Beckenham Running Club	38:47	W45
19	666	Elizabeth Brookes (W40)	Central Park Athletics	38:52	W35
20	752	Karen Cudmore (W50)	Medway and Maidstone AC	38:59	W45
21	643	Susan Dixon (W55)	Cambridge Harriers	39:15	W55
22	757	Taryne McPherson (W45)	Medway and Maidstone AC	39:26	W45
23	815	Vicky Eames (W40)	Tunbridge Wells Harriers	39:41	W35
24	820	Jillian Holford (W50)	Tunbridge Wells Harriers	39:50	W45
25	671	Anoushka Johnson (W45)	Central Park Athletics	40:07	W45
26	816	Ali Farrall (W50)	Tunbridge Wells Harriers	40:32	W45
27	692	Sophie Price (W40)	Dartford Harriers AC	40:39	W35
28	736	Faye Jeacocke (W45)	Invicta East Kent AC	40:40	W45
29	797	Rachel Fagg (W45)	Tonbridge AC	40:42	W45
30	792	Olwen Cockell (W50)	Swale Combined AC	40:49	W45
31	573	Tracey Calnan (W50)	Ashford and District RRC	40:54	W45
32	732	Nicola Vander (W35)	Harvel Hash House Harriers	41:05	W35
33	619	Sarah Belaon (W40)	Blackheath and Bromley H AC	41:08	W35
34	813	Susan Cooper (W40)	Tunbridge Wells Harriers	41:12	W35
35	739	Sally George (W40)	Istead & Ifield Harriers	41:17	W35
36	618	Kirsty Witt	Bexley AC	41:19	W35
37	724	Emmanuelle Navarri (W50)	Greenwich Tritons	41:54	W45
38	762	Vanessa Vander (W35)	Medway and Maidstone AC	42:00	W35
39	744	Kulwinder Thind (W40)	Istead & Ifield Harriers	42:01	W35
40	723	Lesley McCarthy (W50)	Greenwich Tritons	42:02	W45
41	802	Grazia Manzotti (W50)	Tonbridge AC	42:13	W45
42	778	Amanda Williams (W45)	Orpington Road Runners	42:15	W45
43	650	Maggie Illingworth (W45)	Cambridge Harriers	42:16	W45
44	680	Siobhan Carroll (W45)	Crystal Palace Triathlon	42:19	W45
45	588	Sophie West (W40)	Ashford and District RRC	42:24	W35
46	673	Gemma May (W40)	Central Park Athletics	42:28	W35
47	639	Lynette Boston (W50)	Cambridge Harriers	42:29	W45

48	710	Catherine O'Connor (W50)	Folkestone Running and Athletics Club	42:31	W45
49	823	Sonja King (W40)	Tunbridge Wells Harriers	42:34	W35
50	684	Kerrie Clarke (W45)	Dartford Harriers AC	42:36	W45
51	638	Christine Bond (W55)	Cambridge Harriers	42:39	W55
52	767	Hanka Eichler-Gregory (W45)	Mote Runners	43:12	W45
53	683	Kati Tully (W50)	Crystal Palace Triathlon	43:14	W45
54	718	Marcela Arvizu (W50)	Greenwich Tritons	43:17	W45
55	599	Amy Harris (W40)	Beckenham Running Club	43:19	W35
56	686	Jane Crawley (W45)	Dartford Harriers AC	43:49	W45
57	617	Gill Stewart (W50)	Bexley AC	43:57	W45
58	695	Stephanie Wood (W55)	Dartford Harriers AC	44:16	W55
59	772	Zoe Fiander (W35)	Orpington Road Runners	44:23	W35
60	636	Rose Baker (W55)	Cambridge Harriers	44:26	W55
61	613	Beata Kubala-Todd (W45)	Bexley AC	44:29	W45
62	773	Samantha Goffin (W55)	Orpington Road Runners	44:36	W55
63	706	Caroline Curtis (W55)	Folkestone Running and Athletics Club	44:40	W55
64	832	Rose Sawyer (W50)	Tunbridge Wells Harriers	44:47	W45
65	740	Camilla Hilland-Lamprell (W35)	Istead & Ifield Harriers	44:50	W35
66	741	Deborah McCarthy (W50)	Istead & Ifield Harriers	44:55	W45
67	647	Marian Hine (W55)	Cambridge Harriers	44:57	W55
68	589	Gail Arnott (W60)	Beckenham Running Club	45:14	W55
69	809	Theresa White (W50)	Tonbridge AC	45:16	W45
70	581	Jayne Fryer (W50)	Ashford and District RRC	45:25	W45
71	603	Tiffany Nairn (W35)	Beckenham Running Club	45:57	W35
72	766	Tracey Dennis (W55)	Mote Runners	46:17	W55
73	791	Rebecca Young (W45)	South Kent Harriers	46:19	W45
74	731	Emily Plummer (W35)	Harvel Hash House Harriers	46:20	W35
75	607	Sonja Van de Pol (W45)	Beckenham Running Club	46:27	W45
76	830	Brenda Purse (W50)	Tunbridge Wells Harriers	46:28	W45
77	768	Jen McLeod (W50)	Mote Runners	46:39	W45
78	677	Kelly Noble (W45)	Central Park Athletics	46:41	W45
79	709	Zoe Neale (W45)	Folkestone Running and Athletics Club	46:48	W45
80	790	Jennifer Spillane (W40)	South Kent Harriers	46:53	W35
81	674	Kirsten McTeer (W45)	Central Park Athletics	46:57	W45
82	699	Alexandra Cooper (W50)	Dartford Road Runners	46:59	W45
83	637	Joanne Barber (W50)	Cambridge Harriers	47:04	W45
84	717	Jane Wren (W55)	Folkestone Running and Athletics Club	47:15	W55
85	670	Amy Hutchings (W35)	Central Park Athletics	47:24	W35
86	775	Gillian Lawrence (W60)	Orpington Road Runners	47:30	W55
87	760	Catherine Rodwell (W35)	Medway and Maidstone AC	47:31	W35
88	675	Christine Munday (W45)	Central Park Athletics	47:49	W45
89	798	Selina Hawker (W45)	Tonbridge AC	47:53	W45
90	678	Denise Rose (W60)	Central Park Athletics	48:08	W55
91	703	Catherine Clipstone (W55)	Folkestone Running and Athletics Club	48:22	W55
92	582	Kelly Gammon (W40)	Ashford and District RRC	48:44	W35
93	804	Pearl Pearce (W45)	Tonbridge AC	48:54	W45
94	729	Sue Cameron (W55)	Harvel Hash House Harriers	48:58	W55
95	701	Marie Brazier (W45)	Folkestone Running and Athletics Club	49:12	W45
96	606	Melanie Tunmore (W40)	Beckenham Running Club	49:13	W35
97	694	Indre Salako	Dartford Harriers AC	49:16	W35

98	644	Angela Ford (W50)	Cambridge Harriers	49:38	W45
99	722	Louise Johnson (W55)	Greenwich Tritons	50:02	W55
100	774	Anna Lerner (W40)	Orpington Road Runners	50:11	W35
101	714	Jennifer Quinn (W40)	Folkestone Running and Athletics Club	50:27	W35
102	612	Christina Fleetwood (W45)	Bexley AC	50:43	W45
103	756	Sarah Kenyon (W50)	Medway and Maidstone AC	50:46	W45
104	818	Ana-Maria Green (W55)	Tunbridge Wells Harriers	50:53	W55
105	777	Monika Thaler (W50)	Orpington Road Runners	51:20	W45
106	835	Carol Tsang (W45)	Tunbridge Wells Harriers	53:09	W45
107	657	Frances Nestor (W55)	Cambridge Harriers	53:22	W55
108	661	Joanna Parke (W45)	Cambridge Harriers	53:22	W45
109	609	Claire Briner (W45)	Bexley AC	53:26	W45
110	584	Lucy Johnstone (W45)	Ashford and District RRC	53:39	W45
111	793	Penny Ademuyiwa (W50)	Tonbridge AC	54:04	W45
112	667	Nataly Canaveral (W35)	Central Park Athletics	54:21	W35
113	665	Leila Banyard (W35)	Central Park Athletics	54:23	W35
114	669	Katie Couchman (W35)	Central Park Athletics	54:36	W35
115	715	Lisa Smith (W40)	Folkestone Running and Athletics Club	54:41	W35
116	691	Gillian Manning (W60)	Dartford Harriers AC	56:06	W55
117	593	Tanya Byrne (W55)	Beckenham Running Club	56:18	W55
118	689	Julie Hibbard (W60)	Dartford Harriers AC	57:22	W55
119	705	Trudi Curd (W60)	Folkestone Running and Athletics Club	59:43	W55
120	682	Audrey Livingston (W55)	Crystal Palace Triathlon	60:53	W55
121	611	Sarah Dodds (W45)	Bexley AC	60:54	W45
122	645	Rupa Ganguli (W45)	Cambridge Harriers	67:22	W45