

Kent Cross Country League Results - Foots Cray Meadows, Sidcup 14/10/2023**Master 35 Women 8000m Individual Results**

Pos	No	Name	Club	Time
1	693	Hannah Roberts (W40)	Dartford Harriers AC	35:31
2	574	Gemma Carter-Collins (W40)	Ashford and District RRC	36:34
3	795	Claire Day (W40)	Tonbridge AC	36:43
4	796	Nichola Evans (W40)	Tonbridge AC	36:51
5	663	Katie Sanders (W40)	Cambridge Harriers	37:27
6	627	Trang Nguyen (W35)	Blackheath and Bromley H AC	37:48
7	708	Nicola Goodwin (W40)	Folkestone Running and Athletics Club	38:30
8	666	Elizabeth Brookes (W40)	Central Park Athletics	38:52
9	815	Vicky Eames (W40)	Tunbridge Wells Harriers	39:41
10	692	Sophie Price (W40)	Dartford Harriers AC	40:39
11	732	Nicola Vander (W35)	Harvel Hash House Harriers	41:05
12	619	Sarah Belaon (W40)	Blackheath and Bromley H AC	41:08
13	813	Susan Cooper (W40)	Tunbridge Wells Harriers	41:12
14	739	Sally George (W40)	Istead & Ifield Harriers	41:17
15	618	Kirsty Witt	Bexley AC	41:19
16	762	Vanessa Vander (W35)	Medway and Maidstone AC	42:00
17	744	Kulwinder Thind (W40)	Istead & Ifield Harriers	42:01
18	588	Sophie West (W40)	Ashford and District RRC	42:24
19	673	Gemma May (W40)	Central Park Athletics	42:28
20	823	Sonja King (W40)	Tunbridge Wells Harriers	42:34
21	599	Amy Harris (W40)	Beckenham Running Club	43:19
22	772	Zoe Fiander (W35)	Orpington Road Runners	44:23
23	740	Camilla Hilland-Lamprell (W35)	Istead & Ifield Harriers	44:50
24	603	Tiffany Nairn (W35)	Beckenham Running Club	45:57
25	731	Emily Plummer (W35)	Harvel Hash House Harriers	46:20
26	790	Jennifer Spillane (W40)	South Kent Harriers	46:53
27	670	Amy Hutchings (W35)	Central Park Athletics	47:24
28	760	Catherine Rodwell (W35)	Medway and Maidstone AC	47:31
29	582	Kelly Gammon (W40)	Ashford and District RRC	48:44
30	606	Melanie Tunmore (W40)	Beckenham Running Club	49:13
31	694	Indre Salako	Dartford Harriers AC	49:16
32	774	Anna Lerner (W40)	Orpington Road Runners	50:11
33	714	Jennifer Quinn (W40)	Folkestone Running and Athletics Club	50:27
34	667	Nataly Canaveral (W35)	Central Park Athletics	54:21
35	665	Leila Banyard (W35)	Central Park Athletics	54:23
36	669	Katie Couchman (W35)	Central Park Athletics	54:36
37	715	Lisa Smith (W40)	Folkestone Running and Athletics Club	54:41