

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

<b>Pos</b>	<b>No</b>	<b>Name</b>	<b>Club</b>	<b>Time</b>	
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	799	Maria Heslop (W55)	Tonbridge AC	31:23	W55
4	574	Gemma Carter-Collins (W40)	Ashford and District RRC	32:20	W35
5	621	Jennie Butler (W50)	Blackheath and Bromley H AC	32:47	W45
6	628	Ashley Pearson (W45)	Blackheath and Bromley H AC	32:56	W45
7	663	Katie Sanders (W40)	Cambridge Harriers	32:57	W35
8	803	Elizabeth Owen (W45)	Tonbridge AC	32:59	W45
9	635	Julie Backley (W50)	Cambridge Harriers	33:19	W45
10	598	Nathalie Gaudillat (W45)	Beckenham Running Club	33:43	W45
11	708	Nicola Goodwin (W40)	Folkestone Running and Athletics Club	33:47	W35
12	627	Trang Nguyen (W40)	Blackheath and Bromley H AC	33:53	W35
13	604	Aurelia Osborne (W45)	Beckenham Running Club	33:53	W45
14	734	Lucy Hale (W45)	Invicta East Kent AC	33:55	W45
15	666	Elizabeth Brookes (W40)	Central Park Athletics	33:55	W35
16	752	Karen Cudmore (W50)	Medway and Maidstone AC	34:00	W45
17	808	Charlotte Warren (W35)	Tonbridge AC	34:28	W35
18	643	Susan Dixon (W55)	Cambridge Harriers	34:40	W55
19	815	Vicky Eames (W40)	Tunbridge Wells Harriers	34:48	W35
20	757	Taryne McPherson (W45)	Medway and Maidstone AC	34:52	W45
21	801	Lisa Knight (W50)	Tonbridge AC	35:06	W45
22	797	Rachel Fagg (W50)	Tonbridge AC	35:30	W45
23	692	Sophie Price (W40)	Dartford Harriers AC	35:39	W35
24	783	Rebecca Pickard (W45)	Sevenoaks AC	35:53	W45
25	792	Olwen Cockell (W50)	Swale Combined AC	36:04	W45
26	758	Antel Muller (W35)	Medway and Maidstone AC	36:14	W35
27	601	Kate Marchant (W55)	Beckenham Running Club	36:24	W55
28	633	Katy Sugden (W45)	Blackheath and Bromley H AC	36:29	W45
29	820	Jillian Holford (W50)	Tunbridge Wells Harriers	36:29	W45
30	619	Sarah Belaon (W40)	Blackheath and Bromley H AC	36:31	W35
31	1366	Laura Andrade (W40)	Tonbridge AC	36:33	W35
32	588	Sophie West (W40)	Ashford and District RRC	36:36	W35
33	668	Coralie Charles (W35)	Central Park Athletics	36:47	W35
34	648	Maria Hjorth (W55)	Cambridge Harriers	36:51	W55
35	673	Gemma May (W40)	Central Park Athletics	37:00	W35
36	813	Susan Cooper (W40)	Tunbridge Wells Harriers	37:01	W35
37	762	Vanessa Vander (W35)	Medway and Maidstone AC	37:06	W35
38	710	Catherine O'Connor (W50)	Folkestone Running and Athletics Club	37:09	W45
39	573	Tracey Calnan (W50)	Ashford and District RRC	37:10	W45
40	802	Grazia Manzotti (W50)	Tonbridge AC	37:11	W45
41	685	Anna Cleary (W40)	Dartford Harriers AC	37:23	W35
42	744	Kulwinder Thind (W40)	Istead & Ifield Harriers	37:30	W35
43	686	Jane Crawley (W45)	Dartford Harriers AC	37:35	W45
44	739	Sally George (W40)	Istead & Ifield Harriers	37:43	W35
45	639	Lynette Boston (W50)	Cambridge Harriers	37:49	W45
46	1371	Patricia Salamanca (W45)	Tunbridge Wells Harriers	38:12	W45
47	767	Hanka Eichler-Gregory (W45)	Mote Runners	38:15	W45

48	636	Rose Baker (W55)	Cambridge Harriers	38:19	W55
49	706	Caroline Curtis (W55)	Folkestone Running and Athletics Club	38:22	W55
50	638	Christine Bond (W55)	Cambridge Harriers	38:35	W55
51	823	Sonja King (W40)	Tunbridge Wells Harriers	38:35	W35
52	590	Alice Baverstock (W50)	Beckenham Running Club	38:40	W45
53	680	Siobhan Carroll (W45)	Crystal Palace Triathlon	38:40	W45
54	731	Emily Plummer (W35)	Harvel Hash House Harriers	38:44	W35
55	832	Rose Sawyer (W50)	Tunbridge Wells Harriers	38:58	W45
56	698	Emma Brown (W45)	Dartford Road Runners	39:03	W45
57	599	Amy Harris (W40)	Beckenham Running Club	39:05	W35
58	647	Marian Hine (W55)	Cambridge Harriers	39:15	W55
59	617	Gill Stewart (W50)	Bexley AC	39:18	W45
60	1364	Eleanor Meo (W40)	Folkestone Running and Athletics Club	39:19	W35
61	809	Theresa White (W50)	Tonbridge AC	39:20	W45
62	1363	Karla Larnder (W45)	Folkestone Running and Athletics Club	39:20	W45
63	791	Rebecca Young (W45)	South Kent Harriers	39:27	W45
64	640	Sally Carr (W50)	Cambridge Harriers	39:29	W45
65	613	Beata Kubala-Todd (W45)	Bexley AC	40:01	W45
66	695	Stephanie Wood (W55)	Dartford Harriers AC	40:01	W55
67	699	Alexandra Cooper (W50)	Dartford Road Runners	40:11	W45
68	607	Sonja Van de Pol (W45)	Beckenham Running Club	40:14	W45
69	830	Brenda Purse (W50)	Tunbridge Wells Harriers	40:17	W45
70	586	Natalie Songhurst (W45)	Ashford and District RRC	40:33	W45
71	768	Jen McLeod (W50)	Mote Runners	40:43	W45
72	766	Tracey Dennis (W55)	Mote Runners	40:47	W55
73	760	Catherine Rodwell (W35)	Medway and Maidstone AC	40:54	W35
74	606	Melanie Tunmore (W40)	Beckenham Running Club	41:08	W35
75	675	Christine Munday (W45)	Central Park Athletics	41:22	W45
76	589	Gail Arnott (W60)	Beckenham Running Club	41:24	W55
77	759	Hayley Palmer (W40)	Medway and Maidstone AC	41:30	W35
78	709	Zoe Neale (W45)	Folkestone Running and Athletics Club	41:32	W45
79	1397	Deniz Bowart (W45)	Tonbridge AC	41:44	W45
80	591	Niamh Brooks (W45)	Beckenham Running Club	41:52	W45
81	587	Kelli Sullivan (W45)	Ashford and District RRC	41:58	W45
82	790	Jennifer Spillane (W40)	South Kent Harriers	42:06	W35
83	582	Kelly Gammon (W40)	Ashford and District RRC	42:16	W35
84	670	Amy Hutchings (W35)	Central Park Athletics	42:19	W35
85	677	Kelly Noble (W45)	Central Park Athletics	42:19	W45
86	703	Catherine Clipstone (W55)	Folkestone Running and Athletics Club	42:19	W55
87	637	Joanne Barber (W50)	Cambridge Harriers	42:21	W45
88	773	Samantha Goffin (W55)	Orpington Road Runners	42:24	W55
89	678	Denise Rose (W60)	Central Park Athletics	42:44	W55
90	667	Nataly Canaveral (W35)	Central Park Athletics	42:50	W35
91	1360	Kelli Potter (W45)	Bexley AC	42:56	W45
92	798	Selina Hawker (W45)	Tonbridge AC	43:07	W45
93	674	Kirsten McTeer (W45)	Central Park Athletics	43:15	W45
94	712	Diane Parsons (W45)	Folkestone Running and Athletics Club	43:19	W45
95	600	Emma Lewis (W35)	Beckenham Running Club	43:38	W35
96	804	Pearl Pearce (W45)	Tonbridge AC	43:40	W45
97	644	Angela Ford (W50)	Cambridge Harriers	44:01	W45

98	729	Sue Cameron (W55)	Harvel Hash House Harriers	44:33	W55
99	756	Sarah Kenyon (W50)	Medway and Maidstone AC	44:39	W45
100	612	Christina Fleetwood (W45)	Bexley AC	44:48	W45
101	705	Trudi Curd (W60)	Folkestone Running and Athletics Club	44:50	W55
102	774	Anna Larner (W40)	Orpington Road Runners	45:18	W35
103	584	Lucy Johnstone (W45)	Ashford and District RRC	47:40	W45
104	593	Tanya Byrne (W55)	Beckenham Running Club	48:56	W55
105	679	Brigit Brown (W55)	Crystal Palace Triathlon	49:28	W55
106	715	Lisa Smith (W40)	Folkestone Running and Athletics Club	49:34	W35
107	689	Julie Hibbard (W60)	Dartford Harriers AC	50:31	W55
108	682	Audrey Livingston (W55)	Crystal Palace Triathlon	53:45	W55
109	611	Sarah Dodds (W45)	Bexley AC	54:14	W45