

Kent Cross Country League Results - Somerhill School, Tonbridge 28/10/2023**Senior Women 8000m Individual Results**

| Pos | No | AthleteName | Club | Time | |
|------------|-----------|----------------------------|--------------------------------------|-------------|-----|
| 1 | 1367 | Verity Hopkins | Tonbridge AC | 32:03 | SW |
| 2 | 630 | Chloe Sharp | Blackheath and Bromley H AC | 32:15 | SW |
| 3 | 632 | Morgan Squibb | Blackheath and Bromley H AC | 32:45 | SW |
| 4 | 623 | Carole Coulon (W45) | Blackheath and Bromley H AC | 33:55 | W45 |
| 5 | 748 | Charlotte Johnston | Maidstone Harriers | 34:05 | SW |
| 6 | 737 | Renata McDonnell (W45) | Invicta East Kent AC | 34:06 | W45 |
| 7 | 789 | Amy Seager | South Kent Harriers | 34:06 | SW |
| 8 | 821 | Amelie Karlsson | Tunbridge Wells Harriers | 34:08 | SW |
| 9 | 794 | Annabel Carter | Tonbridge AC | 34:30 | SW |
| 10 | 693 | Hannah Roberts (W40) | Dartford Harriers AC | 34:56 | W35 |
| 11 | 799 | Maria Heslop (W55) | Tonbridge AC | 35:05 | W55 |
| 12 | 574 | Gemma Carter-Collins (W40) | Ashford and District RRC | 35:51 | W35 |
| 13 | 754 | Emily Hale | Medway and Maidstone AC | 35:59 | SW |
| 14 | 663 | Katie Sanders (W40) | Cambridge Harriers | 36:23 | W35 |
| 15 | 763 | Katie Painter | Medway Tri | 36:28 | SW |
| 16 | 829 | Emily Nash | Tunbridge Wells Harriers | 36:28 | SW |
| 17 | 635 | Julie Backley (W50) | Cambridge Harriers | 36:55 | W45 |
| 18 | 708 | Nicola Goodwin (W40) | Folkestone Running and Athletics Clu | 37:22 | W35 |
| 19 | 628 | Ashley Pearson (W45) | Blackheath and Bromley H AC | 37:29 | W45 |
| 20 | 666 | Elizabeth Brookes (W40) | Central Park Athletics | 37:31 | W35 |
| 21 | 1361 | Phoebe Cooper | Cambridge Harriers | 37:38 | SW |
| 22 | 803 | Elizabeth Owen (W45) | Tonbridge AC | 37:59 | W45 |
| 23 | 649 | Georgia Huddleston | Cambridge Harriers | 38:10 | SW |
| 24 | 1368 | Penny Pilbeam (W50) | Tonbridge AC | 38:18 | W45 |
| 25 | 783 | Rebecca Pickard (W45) | Sevenoaks AC | 38:26 | W45 |
| 26 | 658 | Hayley Newman | Cambridge Harriers | 38:29 | SW |
| 27 | 575 | Alice Cook | Ashford and District RRC | 38:48 | SW |
| 28 | 752 | Karen Cudmore (W50) | Medway and Maidstone AC | 38:50 | W45 |
| 29 | 1369 | Ellen Pitcairn-Knowles | Tonbridge AC | 38:53 | SW |
| 30 | 602 | Donna Mewis (W50) | Beckenham Running Club | 38:55 | W45 |
| 31 | 810 | Charlotte Adiseshiah | Tunbridge Wells Harriers | 39:03 | SW |
| 32 | 757 | Taryne McPherson (W45) | Medway and Maidstone AC | 39:08 | W45 |
| 33 | 792 | Olwen Cockell (W50) | Swale Combined AC | 39:32 | W45 |
| 34 | 749 | Holly Pan | Maidstone Harriers | 39:34 | SW |
| 35 | 1366 | Laura Andrade (W40) | Tonbridge AC | 39:46 | W35 |
| 36 | 815 | Vicky Eames (W40) | Tunbridge Wells Harriers | 39:58 | W35 |
| 37 | 801 | Lisa Knight (W50) | Tonbridge AC | 40:04 | W45 |
| 38 | 730 | Alexandra Crockford | Harvel Hash House Harriers | 40:07 | SW |
| 39 | 685 | Anna Cleary (W40) | Dartford Harriers AC | 40:09 | W35 |
| 40 | 797 | Rachel Fagg (W50) | Tonbridge AC | 40:11 | W45 |
| 41 | 651 | Sophie Johnson (W35) | Cambridge Harriers | 40:17 | W35 |
| 42 | 764 | Sophie Painter | Medway Tri | 40:19 | SW |
| 43 | 692 | Sophie Price (W40) | Dartford Harriers AC | 40:27 | W35 |
| 44 | 619 | Sarah Belaon (W40) | Blackheath and Bromley H AC | 40:36 | W35 |
| 45 | 826 | Lauren Mather | Tunbridge Wells Harriers | 40:42 | SW |
| 46 | 816 | Ali Farrall (W50) | Tunbridge Wells Harriers | 40:46 | W45 |
| 47 | 673 | Gemma May (W40) | Central Park Athletics | 40:46 | W35 |

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| 48 | 618 | Kirsty Witt | Bexley AC | 40:52 | W35 |
| 49 | 825 | Emily Manners | Tunbridge Wells Harriers | 40:54 | SW |
| 50 | 732 | Nicola Vander (W35) | Harvel Hash House Harriers | 40:57 | W35 |
| 51 | 724 | Emmanuelle Navarri (W50) | Greenwich Tritons | 41:01 | W45 |
| 52 | 655 | Donna Martin (W35) | Cambridge Harriers | 41:01 | W35 |
| 53 | 802 | Grazia Manzotti (W50) | Tonbridge AC | 41:04 | W45 |
| 54 | 588 | Sophie West (W40) | Ashford and District RRC | 41:08 | W35 |
| 55 | 648 | Maria Hjorth (W55) | Cambridge Harriers | 41:09 | W55 |
| 56 | 680 | Siobhan Carroll (W45) | Crystal Palace Triathlon | 41:12 | W45 |
| 57 | 639 | Lynette Boston (W50) | Cambridge Harriers | 41:14 | W45 |
| 58 | 638 | Christine Bond (W55) | Cambridge Harriers | 41:20 | W55 |
| 59 | 601 | Kate Marchant (W55) | Beckenham Running Club | 41:23 | W55 |
| 60 | 573 | Tracey Calnan (W50) | Ashford and District RRC | 41:29 | W45 |
| 61 | 681 | Lily Kemp | Crystal Palace Triathlon | 41:54 | SW |
| 62 | 776 | Annette Shrimpton (W45) | Orpington Road Runners | 42:07 | W45 |
| 63 | 570 | Jenny Wilton (W50) | Ashford AC | 42:08 | W45 |
| 64 | 823 | Sonja King (W40) | Tunbridge Wells Harriers | 42:10 | W35 |
| 65 | 710 | Catherine O'Connor (W50) | Folkestone Running and Athletics Clu | 42:10 | W45 |
| 66 | 762 | Vanessa Vander (W35) | Medway and Maidstone AC | 42:12 | W35 |
| 67 | 688 | Grace Flower | Dartford Harriers AC | 42:20 | SW |
| 68 | 739 | Sally George (W40) | Istead & Ifield Harriers | 42:26 | W35 |
| 69 | 806 | Antonia Sanderson (W40) | Tonbridge AC | 42:30 | W35 |
| 70 | 747 | Penny Ellison (W45) | Maidstone Harriers | 42:36 | W45 |
| 71 | 684 | Kerrie Clarke (W45) | Dartford Harriers AC | 42:37 | W45 |
| 72 | 723 | Lesley McCarthy (W50) | Greenwich Tritons | 42:39 | W45 |
| 73 | 1371 | Patricia Salamanca (W45) | Tunbridge Wells Harriers | 42:46 | W45 |
| 74 | 734 | Lucy Hale (W45) | Invicta East Kent AC | 42:52 | W45 |
| 75 | 744 | Kulwinder Thind (W40) | Istead & Ifield Harriers | 43:15 | W35 |
| 76 | 636 | Rose Baker (W55) | Cambridge Harriers | 43:18 | W55 |
| 77 | 613 | Beata Kubala-Todd (W45) | Bexley AC | 43:19 | W45 |
| 78 | 686 | Jane Crawley (W45) | Dartford Harriers AC | 43:20 | W45 |
| 79 | 592 | Melanie Burdett (W45) | Beckenham Running Club | 43:25 | W45 |
| 80 | 706 | Caroline Curtis (W55) | Folkestone Running and Athletics Clu | 43:32 | W55 |
| 81 | 767 | Hanka Eichler-Gregory (W45) | Mote Runners | 43:40 | W45 |
| 82 | 640 | Sally Carr (W50) | Cambridge Harriers | 43:42 | W45 |
| 83 | 832 | Rose Sawyer (W50) | Tunbridge Wells Harriers | 43:50 | W45 |
| 84 | 1358 | Tania Dexter | Beckenham Running Club | 43:51 | SW |
| 85 | 791 | Rebecca Young (W45) | South Kent Harriers | 44:13 | W45 |
| 86 | 647 | Marian Hine (W55) | Cambridge Harriers | 44:20 | W55 |
| 87 | 695 | Stephanie Wood (W55) | Dartford Harriers AC | 44:27 | W55 |
| 88 | 430 | Millie Clisby (U20W) | Central Park Athletics | 44:33 | U20W |
| 89 | 824 | Suzannah Kinsella (W50) | Tunbridge Wells Harriers | 44:41 | W45 |
| 90 | 617 | Gill Stewart (W50) | Bexley AC | 44:51 | W45 |
| 91 | 614 | Kirsty McEwen (W35) | Bexley AC | 44:52 | SW |
| 92 | 830 | Brenda Purse (W50) | Tunbridge Wells Harriers | 44:52 | W45 |
| 93 | 733 | Lisa Watson (W50) | Harvel Hash House Harriers | 44:54 | W45 |
| 94 | 581 | Jayne Fryer (W50) | Ashford and District RRC | 44:58 | W45 |
| 95 | 594 | Natasha Dowds (W35) | Beckenham Running Club | 45:05 | W35 |
| 96 | 567 | Jacqueline Benson | Ashford AC | 45:16 | SW |
| 97 | 822 | Cordy Kent | Tunbridge Wells Harriers | 45:21 | SW |

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| 98 | 771 | Anita Dubery (W55) | Orpington Road Runners | 45:33 | W55 |
| 99 | 828 | Grace Mote | Tunbridge Wells Harriers | 45:43 | SW |
| 100 | 591 | Niamh Brooks (W45) | Beckenham Running Club | 45:46 | W45 |
| 101 | 699 | Alexandra Cooper (W50) | Dartford Road Runners | 45:57 | W45 |
| 102 | 769 | Jayne O'Sullivan (W45) | Mote Runners | 45:58 | W45 |
| 103 | 595 | Jessica Edwards | Beckenham Running Club | 46:02 | SW |
| 104 | 677 | Kelly Noble (W45) | Central Park Athletics | 46:03 | W45 |
| 105 | 712 | Diane Parsons (W45) | Folkestone Running and Athletics Clu | 46:03 | W45 |
| 106 | 1364 | Eleanor Meo (W40) | Folkestone Running and Athletics Clu | 46:05 | W35 |
| 107 | 674 | Kirsten McTeer (W45) | Central Park Athletics | 46:09 | W45 |
| 108 | 773 | Samantha Goffin (W55) | Orpington Road Runners | 46:17 | W55 |
| 109 | 583 | Ailis Goddard (W40) | Ashford and District RRC | 46:18 | W35 |
| 110 | 760 | Catherine Rodwell (W35) | Medway and Maidstone AC | 46:19 | W35 |
| 111 | 740 | Camilla Hilland-Lamprell (W35) | Istead & Ifield Harriers | 46:25 | W35 |
| 112 | 637 | Joanne Barber (W50) | Cambridge Harriers | 46:26 | W45 |
| 113 | 572 | Michala Bridgland (W45) | Ashford and District RRC | 46:27 | W45 |
| 114 | 809 | Theresa White (W50) | Tonbridge AC | 46:27 | W45 |
| 115 | 589 | Gail Arnott (W60) | Beckenham Running Club | 46:33 | W55 |
| 116 | 709 | Zoe Neale (W45) | Folkestone Running and Athletics Clu | 46:41 | W45 |
| 117 | 790 | Jennifer Spillane (W40) | South Kent Harriers | 46:47 | W35 |
| 118 | 716 | Eleanor Weekes | Folkestone Running and Athletics Clu | 47:15 | SW |
| 119 | 1365 | Lisa Stafford | Greenwich Tritons | 47:29 | SW |
| 120 | 687 | Stephanie Dann (W35) | Dartford Harriers AC | 47:38 | W35 |
| 121 | 741 | Deborah McCarthy (W50) | Istead & Ifield Harriers | 47:38 | W45 |
| 122 | 798 | Selina Hawker (W45) | Tonbridge AC | 48:11 | W45 |
| 123 | 775 | Gillian Lawrence (W60) | Orpington Road Runners | 48:29 | W55 |
| 124 | 774 | Anna Larner (W40) | Orpington Road Runners | 48:46 | W35 |
| 125 | 600 | Emma Lewis (W35) | Beckenham Running Club | 49:14 | W35 |
| 126 | 1298 | Alex Kerwin | Tunbridge Wells Harriers | 49:33 | SW |
| 127 | 804 | Pearl Pearce (W45) | Tonbridge AC | 49:45 | W45 |
| 128 | 700 | Jane Pennifold | Dartford Road Runners | 50:21 | SW |
| 129 | 678 | Denise Rose (W60) | Central Park Athletics | 50:24 | W55 |
| 130 | 818 | Ana-Maria Green (W55) | Tunbridge Wells Harriers | 50:35 | W55 |
| 131 | 761 | Rachael Stewart (W45) | Medway and Maidstone AC | 50:46 | W45 |
| 132 | 582 | Kelly Gammon (W40) | Ashford and District RRC | 51:07 | W35 |
| 133 | 1372 | Joan Woodward (W45) | Tunbridge Wells Harriers | 51:21 | W45 |
| 134 | 756 | Sarah Kenyon (W50) | Medway and Maidstone AC | 51:25 | W45 |
| 135 | 705 | Trudi Curd (W60) | Folkestone Running and Athletics Clu | 51:35 | W55 |
| 136 | 689 | Julie Hibbard (W60) | Dartford Harriers AC | 54:35 | W55 |
| 137 | 691 | Gillian Manning (W60) | Dartford Harriers AC | 54:38 | W55 |
| 138 | 1359 | Nicola Howard (W55) | Beckenham Running Club | 54:59 | W55 |
| 139 | 593 | Tanya Byrne (W55) | Beckenham Running Club | 56:09 | W55 |
| 140 | 1362 | Laura Sale (W35) | Dartford Harriers AC | 56:25 | W35 |
| 141 | 715 | Lisa Smith (W40) | Folkestone Running and Athletics Clu | 56:56 | W35 |
| 142 | 611 | Sarah Dodds (W45) | Bexley AC | 60:13 | W45 |