

Kent Cross Country League Results - Swanley Park, Swanley 12/10/2019**Senior Women 5000m Individual Results**

Pos	No	AthleteName	Club	Time
1	785	Rebecca Weston	Invicta East Kent AC	17:54
2	683	Holly Dixon	Cambridge Harriers	18:00
3	861	Becky Morrish	Tonbridge AC	18:27
4	618	Imogen Amos (U20W)	Invicta East Kent AC	18:31
5	844	Chloe Bird	Tonbridge AC	18:41
6	872	Alice Wood	Tonbridge AC	18:48
7	740	Renata McDonnell (W45)	Deal Tri	18:49
8	632	Gemma Carter Collins (W40)	Ashford AC	19:04
9	811	Emily Hale	Medway and Maidstone AC	19:05
10	822	Nicola Lilley (W35)	Medway Tri	19:18
11	609	Amy Leach (U20W)	Blackheath and Bromley H AC	19:23
12	848	Alexandra Crockford	Tonbridge AC	19:26
13	633	Briony Walsh	Ashford AC	19:29
14	690	Lucy Marlow (W35)	Cambridge Harriers	19:30
15	628	India Nicholson (U20W)	Tonbridge AC	19:30
16	862	Tina Oldershaw (W50)	Tonbridge AC	19:35
17	818	Jemma Whyman	Medway and Maidstone AC	19:43
18	688	Louise Knight (W45)	Cambridge Harriers	19:49
19	643	Becky Macey (W35)	Ashford & District RRC	19:51
20	877	Cathy Gill	Tunbridge Wells Harriers	19:55
21	850	Claire Day (W35)	Tonbridge AC	19:55
22	626	Elizabeth Heslop (U20W)	Tonbridge AC	20:01
23	814	Taryne McPherson (W40)	Medway and Maidstone AC	20:03
24	704	Anoushka Johnson (W45)	Central Park Athletics	20:05
25	847	Annabel Carter	Tonbridge AC	20:06
26	623	Elena Jury (U20W)	Swale Combined AC	20:08
27	657	Nathalie Gaudillat (W45)	Beckenham Running Club	20:11
28	858	Lisa Knight (W45)	Tonbridge AC	20:26
29	815	Antel Muller	Medway and Maidstone AC	20:29
30	718	Emma Dodds	Crystal Palace Triathlon	20:31
31	608	Phoebe Cooper (U20W)	Bexley AC	20:35
32	630	Meghan Watson (U20W)	Tonbridge AC	20:36
33	870	Charlotte Warren	Tonbridge AC	20:38
34	694	Hayley Newman	Cambridge Harriers	20:39
35	660	Donna Mewis (W50)	Beckenham Running Club	20:40
36	881	Jillian Holford (W45)	Tunbridge Wells Harriers	20:44
37	684	Susan Dixon (W50)	Cambridge Harriers	20:47
38	839	Natalie Long	Swale Combined AC	20:49
39	866	Nina Ridge (W45)	Tonbridge AC	20:49
40	865	Elise Rendall (W40)	Tonbridge AC	20:54
41	702	Elizabeth Brookes (W40)	Central Park Athletics	20:55
42	857	Susan Jeddo (W45)	Tonbridge AC	20:56
43	706	Sally Kyle (W45)	Central Park Athletics	20:57
44	629	Stephanie Puxty (U20W)	Tonbridge AC	20:57
45	810	Jenny Fowler (W40)	Medway and Maidstone AC	21:00
46	678	Sally Haffenden (W45)	Blackheath and Bromley H AC	21:09
47	825	Mandy Barker (W45)	Paddock Wood AC	21:11
48	863	Jacqueline O'Reilly (W35)	Tonbridge AC	21:12
49	616	Emily Chambers (U20W)	Folkestone Running Club	21:15
50	830	Suzy Claridge (W45)	Sevenoaks AC	21:20
51	710	Ashley O'Brien (W50)	Central Park Athletics	21:26
52	614	Lilly Gibbs (U20W)	Dartford Harriers AC	21:29
53	774	Amanda Woby	Greenwich Tritons	21:31
54	868	Nicola Summerfield	Tonbridge AC	21:33
55	637	Christine Costiff (W55)	Ashford & District RRC	21:37
56	659	Kate Marchant (W50)	Beckenham Running Club	21:39

57	755	Marcela Arvizu (W45)	Greenwich Tritons	21:40
58	627	Lucy Kingston (U20W)	Tonbridge AC	21:45
59	635	Tracey Calnan (W45)	Ashford & District RRC	21:48
60	768	Emmanuelle Navarri (W45)	Greenwich Tritons	21:50
61	617	Hannah Capey (U20W)	Greenwich Tritons	21:52
62	800	Sarah McDonald (W45)	Larkfield AC	21:54
63	831	Jessica Phillips	South Kent Harriers	21:55
64	789	Sally George (W35)	Istead & Ifield Harriers	21:59
65	624	Aeryn Stretton (U20W)	Thanet Roadrunners AC	22:00
66	842	Wendy Walach (W40)	Swale Combined AC	22:04
67	803	Laura Taylor (W35)	Larkfield AC	22:06
68	703	Tessa Hales (W35)	Central Park Athletics	22:08
69	731	Emma Brown (W40)	Dartford Road Runners	22:10
70	749	Zoe Neale (W45)	Folkestone Running Club	22:11
71	892	Gemma Stilliard (W40)	Tunbridge Wells Harriers	22:12
72	681	Christine Bond (W55)	Cambridge Harriers	22:15
73	665	Victoria Butterworth	Bexley AC	22:15
74	836	Dorothee Barker (W40)	Swale Combined AC	22:16
75	819	Claire Wilkins (W35)	Medway and Maidstone AC	22:24
76	673	Suzannah Sheerin	Bexley AC	22:26
77	834	Marie Watson (W50)	South Kent Harriers	22:34
78	838	Olwen Cockell (W45)	Swale Combined AC	22:37
79	720	Anna Jackson (W35)	Crystal Palace Triathlon	22:39
80	837	Lisa Berkman (W45)	Swale Combined AC	22:40
81	812	Bernadette Harrop (W45)	Medway and Maidstone AC	22:42
82	766	Lesley McCarthy (W45)	Greenwich Tritons	22:51
83	682	Sally Carr (W45)	Cambridge Harriers	22:51
84	780	Emily Plummer	Harvel Hash House Harriers	22:51
85	846	Clare Brown (W50)	Tonbridge AC	22:56
86	607	Ciara Mackey (U20W)	Ashford AC	22:59
87	658	Amy Harris (W35)	Beckenham Running Club	23:00
88	874	Michele Bradshaw (W60)	Tunbridge Wells Harriers	23:03
89	638	Jill Crofton-Martin (W45)	Ashford & District RRC	23:07
90	656	Isobel Finnie (W40)	Beckenham Running Club	23:10
91	750	Catherine O'Connor (W50)	Folkestone Running Club	23:15
92	859	Grazia Manzotti (W50)	Tonbridge AC	23:18
93	775	Lisa Bowring (W50)	Harvel Hash House Harriers	23:19
94	606	Jacqueline Benson (U20W)	Ashford AC	23:20
95	873	Clare Andrew (W45)	Tunbridge Wells Harriers	23:28
96	883	Sonja King (W35)	Tunbridge Wells Harriers	23:31
97	646	Gill O'Connor (W55)	Ashford & District RRC	23:32
98	644	Aurelie Morris (W50)	Ashford & District RRC	23:41
99	636	Massah Cooper (W40)	Ashford & District RRC	23:45
100	640	Claire Green (W35)	Ashford & District RRC	23:50
101	664	Hannah Araniello	Bexley AC	23:51
102	634	Jenny Wilton (W45)	Ashford AC	23:53
103	732	Tanya Brightwell (W45)	Dartford Road Runners	23:56
104	752	Gail Turbutt (W45)	Folkestone Running Club	23:57
105	890	Rose Sawyer (W45)	Tunbridge Wells Harriers	23:57
106	772	Jenni Tomblin (W35)	Greenwich Tritons	24:02
107	835	Collette Windsor (W40)	South Kent Harriers	24:03
108	887	Lesley Page (W45)	Tunbridge Wells Harriers	24:07
109	654	Emma Coakley	Beckenham Running Club	24:09
110	687	Marian Hine (W50)	Cambridge Harriers	24:12
111	650	Gail Arnott (W55)	Beckenham Running Club	24:14
112	805	Tracey Dennis (W50)	Maidstone Harriers	24:25
113	719	Natasha Dowds (Raggett)	Crystal Palace Triathlon	24:42
114	723	Elizabeth Ives (W50)	Dartford Harriers AC	24:45
115	760	Louise Johnson (W50)	Greenwich Tritons	24:49

116	733	Alexandra Cooper (W45)	Dartford Road Runners	24:57
117	893	Carol Tsang (W40)	Tunbridge Wells Harriers	24:58
118	773	Tabitha Watson	Greenwich Tritons	25:04
119	692	Joanne Murphy (W55)	Cambridge Harriers	25:10
120	647	Karine Reid (W45)	Ashford & District RRC	25:12
121	707	Kirsten McTeer (W40)	Central Park Athletics	25:18
122	801	Janice Moorekite (W60)	Larkfield AC	25:20
123	816	Catherine Rodwell	Medway and Maidstone AC	25:27
124	708	Christine Munday (W40)	Central Park Athletics	25:41
125	642	Jaelyn Kay (W35)	Ashford & District RRC	25:47
126	737	Caroline Judge (W45)	Dartford Road Runners	25:56
127	886	Lucy Neuburger	Tunbridge Wells Harriers	26:05
128	727	Helen Nyberg-Mitroi (W40)	Dartford Harriers AC	26:08
129	712	Lindsey Sanders (W35)	Central Park Athletics	26:12
130	783	Nicola Vincent (W40)	Harvel Hash House Harriers	26:15
131	820	Jill Young (W45)	Medway and Maidstone AC	26:15
132	849	Angie Crush (W40)	Tonbridge AC	26:17
133	741	Ivana Collier (W40)	Folkestone Running Club	26:19
134	778	Veronika Lothian (W50)	Harvel Hash House Harriers	26:20
135	693	Frances Nestor (W55)	Cambridge Harriers	26:22
136	829	Natasha Wild (W45)	Paddock Wood AC	26:58
137	787	Sally Dawodu-Talabi (W55)	Istead & Ifield Harriers	27:03
138	826	Julie Harker (W45)	Paddock Wood AC	27:03
139	666	Paula Cooper (W50)	Bexley AC	27:13
140	674	Lisa Smith (W40)	Bexley AC	27:14
141	782	Kelly Short (W40)	Harvel Hash House Harriers	27:20
142	795	Barbara Ockendon (W65)	Istead & Ifield Harriers	27:26
143	882	Lucille Joannes (W60)	Tunbridge Wells Harriers	27:34
144	641	Lucy Johnstone (W40)	Ashford & District RRC	27:36
145	725	Gillian Manning (W55)	Dartford Harriers AC	27:41
146	770	Catherine Pinchen (W55)	Greenwich Tritons	27:51
147	685	Angela Ford (W50)	Cambridge Harriers	27:57
148	745	Julie Gibbs (W60)	Folkestone Running Club	28:25
149	655	Jane Ellis (W60)	Beckenham Running Club	28:29
150	701	Tracy Balfe (W40)	Central Park Athletics	28:38
151	828	Diana Tilston (W40)	Paddock Wood AC	28:42
152	705	Ann Komzolik (W55)	Central Park Athletics	29:22
153	709	Janice Munday (W45)	Central Park Athletics	29:34
154	827	Kelly Ann Large (W40)	Paddock Wood AC	29:35
155	769	Jane Newman (W45)	Greenwich Tritons	30:20
156	668	Sarah Dodds (W40)	Bexley AC	30:46
157	771	Lauren Porter (W45)	Greenwich Tritons	30:46
158	670	Geraldine Legon (W60)	Bexley AC	31:58
159	797	Claire Ward (W50)	Istead & Ifield Harriers	32:37
160	756	Sue Brown (W55)	Greenwich Tritons	34:02
161	711	Janet Pyne (W70)	Central Park Athletics	35:25
162	764	Hilary Logan (W40)	Greenwich Tritons	37:56