

**SEAA Women's 6-stage
Road Relay Championships
Team Positions after leg 1**

**Milton Keynes
24 March 2019**

Leg 1: 5053m

Po No.	Name	Team	Time
1 -100 A100	Sarah Chapman	Windsor S E & Hounslow AC "A"	17:19
2 -174 A74	Holly Archer	Cambridge & Coleridge AC "A"	17:25
3 -178 A78	Olivia Stillman	Herne Hill Harriers "A"	17:43
4 -164 A64	Louise Jackson	Southampton AC	17:51
5 -159 A59	Lucy Dowsett	Cambridge & Coleridge AC "B"*	18:06
6 -102 A102	Chloe Bradley	Woodford Green w Essex L	18:18
7 -185 A85	Kelly Thorneycroft	London Heathside AC "A"	18:34
8 -166 A66	Katriona Brown	Aldershot Farnham and District "A"	18:36
9 -187 A87	Alice Ritchie	Marshall Milton Keynes AC	18:37
10 -175 A75	Millie Solway	City of Norwich AC*	18:44
11 -179 A79	Sarah Grover	Herne Hill Harriers "B"	18:50
12 -183 A83	Alexa Parker	Kent AC	18:54
13 -171 A71	Alice Reed	Belgrave Harriers "A"	19:11
14 -199 A99	Mandy Dohren	Victoria Park H & Tower H AC	19:15
15 -172 A72	Fiona Maddocks	Belgrave Harriers "B"	19:40
16 -103 A103	Claire McMahon	Luton AC	19:43
17 -196 A96	Amelia Casey	Thames Valley Harriers "A"	20:01
18 -180 A80	Sarah Bailey	Highgate Harriers "A"	20:09
19 -190 A90	Victoria Brown	Serpentine RC	20:10
20 -173 A73	Jurgita Levertavicuite	Belgrave Harriers "C"	20:20
21 -165 A65	Lucy Waterlow	St Albans Striders	20:21
22 -191 A91	Ruth Hutton	South London Harriers "A"	20:45
23 -177 A77	Jenny Bushell	Ealing Eagles Running Club	20:56
24 -189 A89	Hayleigh Wood	Reading AC	21:01
25 -198 A98	Matilda Green	Vale of Aylesbury AC	21:08
26 -197 A97	Annabel Carter	Tonbridge AC	21:22
27 -176 A76	Stacey Eysers	Colchester Harriers	21:48
28 -188 A88	Elisa Robbins	Oxford City AC	22:01
29 -167 A67	Katie Standen	Aldershot Farnham and District "B"*	22:36
30 -168 A68	Jenny Hughes	Arena 80 AC "A"*	22:51
31 -195 A95	Ana da Silva	Thames Valley Harriers "B"*	23:26
32 -170 A70	Jenny Johns	Barnet & District AC	24:09
33 -182 A82	Pauline Smith	Hillingdon AC	24:34
34 -184 A84	Kassia Gardner	Leighton Buzzard AC	25:44

Leg 2: 7664m**SEAA Women's 6-stage
Road Relay Championships
Team Positions after leg 2****Milton Keynes
24 March 2019**

Po No.	Name	Team	Time	Total Gain/loss
1	B88 Lauren Hawtin	Oxford City AC	19:49	0:41:50 27 short
2	B76 Sarah Stradling	Colchester Harriers	20:20	0:42:08 25 short
3	B74 Charlotte Christensen	Cambridge & Coleridge AC "A"	27:33	0:44:58 -1
4	B78 Georgie Grgec	Herne Hill Harriers "A"	27:23	0:45:06 -1
5	B100 Charlotte Firth	Windsor S E & Hounslow AC "A"	28:17	0:45:36 -4
6	B75 Iona Lake	City of Norwich AC*	27:20	0:46:04 4
7	B66 Emily Wicks	Aldershot Farnham and District "A"	28:12	0:46:48 1
8	B96 Tracy Barlow	Thames Valley Harriers "A"	26:58	0:46:59 9
9	B87 Elle Roche	Marshall Milton Keynes AC	28:31	0:47:08 0
10	B85 Josie Hinton	London Heathside AC "A"	28:40	0:47:14 -3
11	B80 Hannah Viner	Highgate Harriers "A"	27:16	0:47:25 7
12	B83 Katie Rowland	Kent AC	28:45	0:47:39 0
13	B99 Rachel Thomas	Victoria Park H & Tower H AC	28:38	0:47:53 1
14	B103 Charlene Jacobs-Conradie	Luton AC	28:27	0:48:10 2
15	B90 Catherine Meyer	Serpentine RC	28:28	0:48:38 4
16	B71 Samantha Amend	Belgrave Harriers "A"	29:40	0:48:51 -3
17	B79 Olivia Zeltner	Herne Hill Harriers "B"	30:08	0:48:58 -6
18	B64 Miriam Jones-Walters	Southampton AC	32:12	0:50:03 -14
19	B102 Suzanne Phillips	Woodford Green w Essex L	31:51	0:50:09 -13
20	B98 Sophie Delderfield	Vale of Aylesbury AC	29:04	0:50:12 5
21	B89 Sophie Crumly	Reading AC	29:16	0:50:17 3
22	B59 Rebecca Frake	Cambridge & Coleridge AC "B"*	32:25	0:50:31 -17
23	B72 Jess Reed	Belgrave Harriers "B"	31:17	0:50:57 -8
24	B77 Fiona Plain	Ealing Eagles Running Club	31:09	0:52:05 -1
25	B65 Jenny Maddocks	St Albans Striders	31:55	0:52:16 -4
26	B73 Lizzie Goldie-Scot	Belgrave Harriers "C"	32:41	0:53:01 -6
27	B91 Amy Rollason	South London Harriers "A"	32:39	0:53:24 -5
28	B68 Helena Rooney	Arena 80 AC "A"*	31:15	0:54:06 2
29	B97 Ellen Pitcairn-Knowles	Tonbridge AC	33:20	0:54:42 -3
30	B67 Megan Newton	Aldershot Farnham and District "B"*	32:38	0:55:14 -1
31	B84 Johanna Sharples	Leighton Buzzard AC	29:53	0:55:37 3
32	B70 Nina Atherton	Barnet & District AC	31:43	0:55:52 0
33	B82 Hannah Wells	Hillingdon AC	32:08	0:56:42 0
34	B95 Rosie Vallance	Thames Valley Harriers "B"*	34:17	0:57:43 -3

**SEAA Women's 6-stage
Road Relay Championships
Team Positions after leg 3**

**Milton Keynes
24 March 2019**

Leg 3: 5053m

Po No.	Name	Team	Time	Total Gain/loss
1	-378 C78 Katie Snowden	Herne Hill Harriers "A"	16:48	1:01:54 3
2	-376 C76 Heidi Steele	Colchester Harriers	20:03	1:02:11 0
3	-374 C74 Becky Hair	Cambridge & Coleridge AC "A"	18:41	1:03:39 0
4	-388 C88 Rebecca Bolton	Oxford City AC	22:36	1:04:26 -3
5	-366 C66 Niamh Brown	Aldershot Farnham and District "A"	18:09	1:04:57 2
6	-300 C100 Hannah Novakovic	Windsor S E & Hounslow AC "A"	19:25	1:05:01 -1
7	-396 C96 Kirsty Addy	Thames Valley Harriers "A"	18:50	1:05:49 1
8	-385 C85 Catrin Tyler	London Heathside AC "A"	18:56	1:06:10 2
9	-380 C80 Emma Burgess	Highgate Harriers "A"	19:01	1:06:26 2
10	-399 C99 Jo Hall	Victoria Park H & Tower H AC	19:31	1:07:24 3
11	-371 C71 Rachel Brown	Belgrave Harriers "A"	19:08	1:07:59 5
12	-379 C79 Katie Balme	Herne Hill Harriers "B"	19:55	1:08:53 5
13	-383 C83 Joanne Campbell	Kent AC	21:28	1:09:07 -1
14	-387 C87 Diane Baldwin	Marshall Milton Keynes AC	22:52	1:10:00 -5
15	-390 C90 Jo Burkett	Serpentine RC	21:25	1:10:03 0
16	-303 C103 Molly Nobblet	Luton AC	22:29	1:10:39 -2
17	-377 C77 Charlotte Sheridan	Ealing Eagles Running Club	18:56	1:11:01 7
18	-302 C102 Rebecca Wilby	Woodford Green w Essex L	20:53	1:11:02 1
19	-389 C89 Susan Francis	Reading AC	20:48	1:11:05 2
20	-398 C98 Rosanna Iannone	Vale of Aylesbury AC	20:55	1:11:07 0
21	-372 C72 Stephanie Hewitt	Belgrave Harriers "B"	20:13	1:11:10 2
22	-364 C64 Jordan Folk	Southampton AC	21:09	1:11:12 -4
23	-397 C97 Elle Baker	Tonbridge AC	17:48	1:12:30 6
24	-359 C59 Siobhan Skinner	Cambridge & Coleridge AC "B"	22:07	1:12:38 -2
25	-373 C73 Josephine Rhodes	Belgrave Harriers "C"	20:43	1:13:44 1
26	-391 C91 Adele Boesinger	South London Harriers "A"	21:57	1:15:21 1
27	-365 C65 Caroline Bailes	St Albans Striders	23:47	1:16:03 -2
28	-384 C84 Amy Farnfield	Leighton Buzzard AC	21:02	1:16:39 3
29	-370 C70 Charlotte Kennedy	Barnet & District AC	21:42	1:17:34 3
30	-382 C82 Zoe Dobbs	Hillingdon AC	22:39	1:19:21 3
31	-395 C95 Maryna Voloshyna	Thames Valley Harriers "B"	24:40	1:22:23 3

Leg 4: 7664m**SEAA Women's 6-stage
Road Relay Championships
Team Positions after leg 4****Milton Keynes
24 March 2019**

Po No.	Name	Team	Time	Total Gain/loss
1	D85 Olivia Desborough	London Heathside AC "A"	18:31	1:24:41 7 short
2	D78 Stacey Ward	Herne Hill Harriers "A"	27:14	1:29:08 -1
3	D74 Victoria Knight	Cambridge & Coleridge AC "A"	27:51	1:31:30 0
4	D76 Aiko Henington	Colchester Harriers	29:55	1:32:06 -2
5	D96 Heather Timmins	Thames Valley Harriers "A"	27:02	1:32:51 2
6	D66 Bryony Proctor	Aldershot Farnham and District "A"	28:43	1:33:40 -1
7	D80 Megan Wilson	Highgate Harriers "A"	29:14	1:35:40 2
8	D71 Jane Vongvorachoti	Belgrave Harriers "A"	28:26	1:36:25 3
9	D88 Jessica Duckett	Oxford City AC	32:16	1:36:42 -5
10	D99 Martha Lloyd	Victoria Park H & Tower H AC	30:28	1:37:52 0
11	D103 Rosie McNabola	Luton AC	27:19	1:37:58 5
12	D100 Alex Slotwinska	Windsor S E & Hounslow AC "A"	33:08	1:38:09 -6
13	D79 Natasha Lodge	Herne Hill Harriers "B"	29:45	1:38:38 -1
14	D90 Marta Bagnati	Serpentine RC	29:14	1:39:17 1
15	D87 Abby Roskilly	Marshall Milton Keynes AC	30:33	1:40:33 -1
16	D83 Eliza Grant	Kent AC	31:59	1:41:06 -3
17	D59 Justine Anthony	Cambridge & Coleridge AC "B"*	29:12	1:41:50 7
18	D77 Melissah Gibson	Ealing Eagles Running Club	30:57	1:41:58 -1
19	D64 Nicola Bolinger	Southampton AC	30:47	1:41:59 3
20	D89 Sarah Urwin-Mann	Reading AC	30:57	1:42:02 -1
21	D102 Rachel Lund	Woodford Green w Essex L	32:20	1:43:22 -3
22	D98 Leonie Glasson	Vale of Aylesbury AC	32:54	1:44:01 -2
23	D97 Charlotte Richardson	Tonbridge AC	31:36	1:44:06 0
24	D72 Mimi Corden-Lloyd	Belgrave Harriers "B"	33:32	1:44:42 -3
25	D73 Katie-Ellen French	Belgrave Harriers "C"	31:31	1:45:15 0
26	D91 Clair Collin	South London Harriers "A"	32:15	1:47:36 0
27	D84 Elizabeth Peters	Leighton Buzzard AC	34:38	1:51:17 1
28	D65 Fleur Harvey-Keenan	St Albans Striders	35:20	1:51:23 -1
29	D70 Danielle Stapleton	Barnet & District AC	36:10	1:53:44 0
30	D82 Boo Smith	Hillingdon AC	38:22	1:57:43 0
31	D95 Siana Jones	Thames Valley Harriers "B"*	35:47	1:58:10 0

SEAA Women's 6-stage**Milton Keynes****Leg 5: 5053m****5-stage Road Relay Championship 24 March 2019****Team Positions after leg 5**

Po No.	Name	Team	Time	Total Gain/loss
1 -578 G78	Ella Newton	Herne Hill Harriers "A"	18:44	1:47:52 1
2 -574 G74	Zoe MacDonald	Cambridge & Coleridge AC "A"	18:30	1:50:00 1
3 -596 G96	Lisa da Silva	Thames Valley Harriers "A"	18:53	1:51:44 2
4 -576 G76	Denise Morley	Colchester Harriers	20:34	1:52:40 0
5 -566 G66	Sally Ratcliffe	Aldershot Farnham and District "A"	19:13	1:52:53 1
6 -585 G85	Rebecca Piggott	London Heathside AC "A"	29:01	1:53:42 -5 Long
7 -571 G71	Georgie Fenn	Belgrave Harriers "A"	18:26	1:54:51 1
8 -580 G80	Kani Hinshelwood	Highgate Harriers "A"	19:56	1:55:36 -1
9 -500 G100	Molly Riglin	Windsor S E & Hounslow AC "A"	18:59	1:57:08 3
10 -599 G99	Hannah Somani	Victoria Park H & Tower H AC	19:41	1:57:33 0
11 -590 G90	Sarah Pemberton	Serpentine RC	19:35	1:58:52 3
12 -503 G103	Rosie Canham	Luton AC	22:08	2:00:06 -1
13 -579 G79	Evie McDermott	Herne Hill Harriers "B"	22:08	2:00:46 0
14 -588 G88	Gwyneth Hueter	Oxford City AC	24:31	2:01:13 -5
15 -559 G59	Emma Etheridge	Cambridge & Coleridge AC "B"	20:12	2:02:02 2
16 -587 G87	Debra Brent	Marshall Milton Keynes AC	21:59	2:02:32 -1
17 -564 G64	Kelly Hewitson	Southampton AC	20:53	2:02:52 2
18 -583 G83	Susie Fairbrass	Kent AC	21:51	2:02:57 -2
19 -577 G77	Jennifer Watt	Ealing Eagles Running Club	21:26	2:03:24 -1
20 -589 G89	Lucy Daniells	Reading AC	21:22	2:03:24 0
21 -572 G72	Keri MacKenzie	Belgrave Harriers "B"	19:31	2:04:13 3
22 -502 G102	Louise Gilbert	Woodford Green w Essex L	21:14	2:04:36 -1
23 -597 G97	Lucy Pitcairn-Knowles	Tonbridge AC	21:54	2:06:00 0
24 -598 G98	Mandie Fickling	Vale of Aylesbury AC	25:21	2:09:22 -2
25 -591 G91	Anna Jenkinson	South London Harriers "A"	23:34	2:11:10 1
26 -565 G65	Catherine O'Connor	St Albans Striders	21:21	2:12:44 2
27 -584 G84	Fiona McLeish	Leighton Buzzard AC	23:54	2:15:11 0
28 -570 G70	Helen Hoyle	Barnet & District AC	23:28	2:17:12 1
29 -582 G82	Karen O'Rourke	Hillingdon AC	23:17	2:21:00 1
30 -595 G95	Annabel Cattermole	Thames Valley Harriers "B"	24:08	2:22:18 1

**SEAA Women's 6-stage
Road Relay Championships
Team Positions after leg 6**

**Milton Keynes
24 March 2019**

Leg 6: 5053m

Po No.	Name	Team	Time	Total Gain/loss
1	-678 H78 Fiona de Mauny	Herne Hill Harriers "A"	18:45	2:06:37 0
2	-674 H74 Fiona Hughes	Cambridge & Coleridge AC "A"	19:04	2:09:04 0
3	-696 H96 Katie Knowles	Thames Valley Harriers "A"	18:56	2:10:40 0
4	-666 H66 Katie Hughes	Aldershot Farnham and District "A"	18:52	2:11:45 1
5	-685 H85 Rosa Serafini	London Heathside AC "A"	18:09	2:11:51 1
6	-671 H71 Mhairi Hall	Belgrave Harriers "A"	20:49	2:15:40 1
7	-680 H80 Heloise Gaspard	Highgate Harriers "A"	20:20	2:15:56 1
8	-699 H99 Katherine Gundersen	Victoria Park H & Tower H AC	18:54	2:16:27 2
9	-600 H100 Alice Flint	Windsor S E & Hounslow AC "A"	20:18	2:17:26 0
10	-690 H90 Laura Carmichael	Serpentine RC	20:51	2:19:43 1
11	-664 H64 Sarah Kingston	Southampton AC	18:26	2:21:18 6
12	-679 H79 Aimee Hargreaves	Herne Hill Harriers "B"	20:46	2:21:32 1
13	-683 H83 Lydia Blackmore	Kent AC	20:16	2:23:13 5
14	-687 H87 Julia Totton	Marshall Milton Keynes AC	21:11	2:23:43 2
15	-672 H72 Emma Howsham	Belgrave Harriers "B"	19:53	2:24:06 6
16	-603 H103 Jacqueline Jay	Luton AC	24:12	2:24:18 -4
17	-677 H77 Hayley Kandt	Ealing Eagles Running Club	20:57	2:24:21 2
18	-602 H102 Alicia McArdell	Woodford Green w Essex L	19:45	2:24:21 4
19	-676 H76 Rebecca Cooke	Colchester Harriers	33:23	2:26:03 -15 long
20	-689 H89 Claire Mills	Reading AC	22:52	2:26:16 0
21	-697 H97 Alexandra Crockford	Tonbridge AC	22:03	2:28:03 2
22	-698 H98 Victoria Sheldon	Vale of Aylesbury AC	23:46	2:33:08 2
23	-665 H65 Naomi Baker	St Albans Striders	21:46	2:34:30 3
24	-691 H91 Patricia Howard	South London Harriers "A"	23:52	2:35:02 1
25	-688 H88 Jenny Milne	Oxford City AC	35:42	2:36:55 -11 long
26	-684 H84 Jane Sauer	Leighton Buzzard AC	22:47	2:37:58 1
27	-682 H82 Christina Benjamen	Hillingdon AC	27:14	2:48:14 2

SEAA Road Relay Championships**Milton Keynes - 24 March 2019****Final results of the Women's 6 Stage Relay**

1	78	Herne Hill Harriers "A"			2:06:37		
1	178	A78	Olivia Stillman	17:43	3	0:17:43	
2	278	B78	Georgie Grgec	27:23	4	0:45:06	
3	378	C78	Katie Snowden	16:48	1	1:01:54	
4	478	D78	Stacey Ward	27:14	2	1:29:08	
5	578	G78	Ella Newton	18:44	1	1:47:52	
6	678	H78	Fiona de Mauny	18:45	1	2:06:37	
2	74	Cambridge & Coleridge AC "A"			2:09:04		
1	174	A74	Holly Archer	17:25	2	0:17:25	
2	274	B74	Charlotte Christensen	27:33	3	0:44:58	
3	374	C74	Becky Hair	18:41	3	1:03:39	
4	474	D74	Victoria Knight	27:51	3	1:31:30	
5	574	G74	Zoe MacDonald	18:30	2	1:50:00	
6	674	H74	Fiona Hughes	19:04	2	2:09:04	
3	96	Thames Valley Harriers "A"			2:10:40		
1	196	A96	Amelia Casey	20:01	17	0:20:01	
2	296	B96	Tracy Barlow	26:58	8	0:46:59	
3	396	C96	Kirsty Addy	18:50	7	1:05:49	
4	496	D96	Heather Timmins	27:02	5	1:32:51	
5	596	G96	Lisa da Silva	18:53	3	1:51:44	
6	696	H96	Katie Knowles	18:56	3	2:10:40	
4	66	Aldershot Farnham and District "A"			2:11:45		
1	166	A66	Katriona Brown	18:36	8	0:18:36	
2	266	B66	Emily Wicks	28:12	7	0:46:48	
3	366	C66	Niamh Brown	18:09	5	1:04:57	
4	466	D66	Bryony Proctor	28:43	6	1:33:40	
5	566	G66	Sally Ratcliffe	19:13	5	1:52:53	
6	666	H66	Katie Hughes	18:52	4	2:11:45	
5	85	London Heathside AC "A"			2:11:51		
1	185	A85	Kelly Thorneycroft	18:34	7	0:18:34	
2	285	B85	Josie Hinton	28:40	10	0:47:14	
3	385	C85	Catrin Tyler	18:56	8	1:06:10	
4	485	D85	Olivia Desborough	18:31	1	1:24:41	
5	585	G85	Rebecca Piggott	29:01	6	1:53:42	
6	685	H85	Rosa Serafini	18:09	5	2:11:51	
6	71	Belgrave Harriers "A"			2:15:40		
1	171	A71	Alice Reed	19:11	13	0:19:11	
2	271	B71	Samantha Amend	29:40	16	0:48:51	
3	371	C71	Rachel Brown	19:08	11	1:07:59	
4	471	D71	Jane Vongvorachoti	28:26	8	1:36:25	
5	571	G71	Georgie Fenn	18:26	7	1:54:51	
6	671	H71	Mhairi Hall	20:49	6	2:15:40	
7	80	Highgate Harriers "A"			2:15:56		
1	180	A80	Sarah Bailey	20:09	18	0:20:09	
2	280	B80	Hannah Viner	27:16	11	0:47:25	
3	380	C80	Emma Burgess	19:01	9	1:06:26	
4	480	D80	Megan Wilson	29:14	7	1:35:40	
5	580	G80	Kani Hinshelwood	19:56	8	1:55:36	
6	680	H80	Heloise Gaspard	20:20	7	2:15:56	
8	99	Victoria Park H & Tower H AC			2:16:27		
1	199	A99	Mandy Dohren	19:15	14	0:19:15	
2	299	B99	Rachel Thomas	28:38	13	0:47:53	
3	399	C99	Jo Hall	19:31	10	1:07:24	
4	499	D99	Martha Lloyd	30:28	10	1:37:52	

5	599	G99 Hannah Somani	19:41	10	1:57:33
6	699	H99 Katherine Gundersen	18:54	8	2:16:27
9	100	Windsor S E & Hounslow AC "A"	2:17:26		
1	100	A100 Sarah Chapman	17:19	1	0:17:19
2	200	B100 Charlotte Firth	28:17	5	0:45:36
3	300	C100 Hannah Novakovic	19:25	6	1:05:01
4	400	D100 Alex Slotwinska	33:08	12	1:38:09
5	500	G100 Molly Riglin	18:59	9	1:57:08
6	600	H100 Alice Flint	20:18	9	2:17:26
10	90	Serpentine RC	2:19:43		
1	190	A90 Victoria Brown	20:10	19	0:20:10
2	290	B90 Catherine Meyer	28:28	15	0:48:38
3	390	C90 Jo Burkett	21:25	15	1:10:03
4	490	D90 Marta Bagnati	29:14	14	1:39:17
5	590	G90 Sarah Pemberton	19:35	11	1:58:52
6	690	H90 Laura Carmichael	20:51	10	2:19:43
11	64	Southampton AC	2:21:18		
1	164	A64 Louise Jackson	17:51	4	0:17:51
2	264	B64 Miriam Jones-Walters	32:12	18	0:50:03
3	364	C64 Jordan Folk	21:09	22	1:11:12
4	464	D64 Nicola Bolinger	30:47	19	1:41:59
5	564	G64 Kelly Hewitson	20:53	17	2:02:52
6	664	H64 Sarah Kingston	18:26	11	2:21:18
12	79	Herne Hill Harriers "B"	2:21:32		
1	179	A79 Sarah Grover	18:50	11	0:18:50
2	279	B79 Olivia Zeltner	30:08	17	0:48:58
3	379	C79 Katie Balme	19:55	12	1:08:53
4	479	D79 Natasha Lodge	29:45	13	1:38:38
5	579	G79 Evie McDermott	22:08	13	2:00:46
6	679	H79 Aimee Hargreaves	20:46	12	2:21:32
13	83	Kent AC	2:23:13		
1	183	A83 Alexa Parker	18:54	12	0:18:54
2	283	B83 Katie Rowland	28:45	12	0:47:39
3	383	C83 Joanne Campbell	21:28	13	1:09:07
4	483	D83 Eliza Grant	31:59	16	1:41:06
5	583	G83 Susie Fairbrass	21:51	18	2:02:57
6	683	H83 Lydia Blackmore	20:16	13	2:23:13
14	87	Marshall Milton Keynes AC	2:23:43		
1	187	A87 Alice Ritchie	18:37	9	0:18:37
2	287	B87 Elle Roche	28:31	9	0:47:08
3	387	C87 Diane Baldwin	22:52	14	1:10:00
4	487	D87 Abby Roskilly	30:33	15	1:40:33
5	587	G87 Debra Brent	21:59	16	2:02:32
6	687	H87 Julia Totton	21:11	14	2:23:43
15	72	Belgrave Harriers "B"	2:24:06		
1	172	A72 Fiona Maddocks	19:40	15	0:19:40
2	272	B72 Jess Reed	31:17	23	0:50:57
3	372	C72 Stephanie Hewitt	20:13	21	1:11:10
4	472	D72 Mimi Corden-Lloyd	33:32	24	1:44:42
5	572	G72 Keri MacKenzie	19:31	21	2:04:13
6	672	H72 Emma Howsham	19:53	15	2:24:06
16	103	Luton AC	2:24:18		
1	103	A103 Claire McMahon	19:43	16	0:19:43
2	203	B103 Charlene Jacobs-Conradie	28:27	14	0:48:10
3	303	C103 Molly Nobblet	22:29	16	1:10:39
4	403	D103 Rosie McNabola	27:19	11	1:37:58
5	503	G103 Rosie Canham	22:08	12	2:00:06

6	603	H103	Jacqueline Jay	24:12	16	2:24:18
17	77		Ealing Eagles Running Club	2:24:21		
1	177	A77	Jenny Bushell	20:56	23	0:20:56
2	277	B77	Fiona Plain	31:09	24	0:52:05
3	377	C77	Charlotte Sheridan	18:56	17	1:11:01
4	477	D77	Melissah Gibson	30:57	18	1:41:58
5	577	G77	Jennifer Watt	21:26	19	2:03:24
6	677	H77	Hayley Kandt	20:57	17	2:24:21
18	102		Woodford Green w Essex L	2:24:21		
1	102	A102	Chloe Bradley	18:18	6	0:18:18
2	202	B102	Suzanne Phillips	31:51	19	0:50:09
3	302	C102	Rebecca Wilby	20:53	18	1:11:02
4	402	D102	Rachel Lund	32:20	21	1:43:22
5	502	G102	Louise Gilbert	21:14	22	2:04:36
6	602	H102	Alicia McArdell	19:45	18	2:24:21
19	76		Colchester Harriers	2:26:03		
1	176	A76	Stacey Eysers	21:48	27	0:21:48
2	276	B76	Sarah Stradling	20:20	2	0:42:08
3	376	C76	Heidi Steele	20:03	2	1:02:11
4	476	D76	Aiko Henington	29:55	4	1:32:06
5	576	G76	Denise Morley	20:34	4	1:52:40
6	676	H76	Rebecca Cooke	33:23	19	2:26:03
20	89		Reading AC	2:26:16		
1	189	A89	Hayleigh Wood	21:01	24	0:21:01
2	289	B89	Sophie Crumly	29:16	21	0:50:17
3	389	C89	Susan Francis	20:48	19	1:11:05
4	489	D89	Sarah Urwin-Mann	30:57	20	1:42:02
5	589	G89	Lucy Daniells	21:22	20	2:03:24
6	689	H89	Claire Mills	22:52	20	2:26:16
21	97		Tonbridge AC	2:28:03		
1	197	A97	Annabel Carter	21:22	26	0:21:22
2	297	B97	Ellen Pitcairn-Knowles	33:20	29	0:54:42
3	397	C97	Elle Baker	17:48	23	1:12:30
4	497	D97	Charlotte Richardson	31:36	23	1:44:06
5	597	G97	Lucy Pitcairn-Knowles	21:54	23	2:06:00
6	697	H97	Alexandra Crockford	22:03	21	2:28:03
22	98		Vale of Aylesbury AC	2:33:08		
1	198	A98	Matilda Green	21:08	25	0:21:08
2	298	B98	Sophie Delderfield	29:04	20	0:50:12
3	398	C98	Rosanna Iannone	20:55	20	1:11:07
4	498	D98	Leonie Glasson	32:54	22	1:44:01
5	598	G98	Mandie Fickling	25:21	24	2:09:22
6	698	H98	Victoria Sheldon	23:46	22	2:33:08
23	65		St Albans Striders	2:34:30		
1	165	A65	Lucy Waterlow	20:21	21	0:20:21
2	265	B65	Jenny Maddocks	31:55	25	0:52:16
3	365	C65	Caroline Bailes	23:47	27	1:16:03
4	465	D65	Fleur Harvey-Keenan	35:20	28	1:51:23
5	565	G65	Catherine O'Connor	21:21	26	2:12:44
6	665	H65	Naomi Baker	21:46	23	2:34:30
24	91		South London Harriers "A"	2:35:02		
1	191	A91	Ruth Hutton	20:45	22	0:20:45
2	291	B91	Amy Rollason	32:39	27	0:53:24
3	391	C91	Adele Boesinger	21:57	26	1:15:21
4	491	D91	Clair Collin	32:15	26	1:47:36
5	591	G91	Anna Jenkinson	23:34	25	2:11:10
6	691	H91	Patricia Howard	23:52	24	2:35:02

25 88		Oxford City AC	2:36:55		
1	188	A88 Elisa Robbins	22:01	28	0:22:01
2	288	B88 Lauren Hawtin	19:49	1	0:41:50
3	388	C88 Rebecca Bolton	22:36	4	1:04:26
4	488	D88 Jessica Duckett	32:16	9	1:36:42
5	588	G88 Gwyneth Hueter	24:31	14	2:01:13
6	688	H88 Jenny Milne	35:42	25	2:36:55
26 84		Leighton Buzzard AC	2:37:58		
1	184	A84 Kassia Gardner	25:44	34	0:25:44
2	284	B84 Johanna Sharples	29:53	31	0:55:37
3	384	C84 Amy Farnfield	21:02	28	1:16:39
4	484	D84 Elizabeth Peters	34:38	27	1:51:17
5	584	G84 Fiona McLeish	23:54	27	2:15:11
6	684	H84 Jane Sauer	22:47	26	2:37:58
27 82		Hillingdon AC	2:48:14		
1	182	A82 Pauline Smith	24:34	33	0:24:34
2	282	B82 Hannah Wells	32:08	33	0:56:42
3	382	C82 Zoe Dobbs	22:39	30	1:19:21
4	482	D82 Boo Smith	38:22	30	1:57:43
5	582	G82 Karen O'Rourke	23:17	29	2:21:00
6	682	H82 Christina Benjamen	27:14	27	2:48:14
		Incomplete teams			
67		Aldershot Farnham and District "B"			
1	167	A67 Katie Standen	22:36	29	0:22:36
2	267	B67 Megan Newton	32:38	30	0:55:14
68		Arena 80 AC "A"			
1	168	A68 Jenny Hughes	22:51	30	0:22:51
2	268	B68 Helena Rooney	31:15	28	0:54:06
70		Barnet & District AC			
1	170	A70 Jenny Johns	24:09	32	0:24:09
2	270	B70 Nina Atherton	31:43	32	0:55:52
3	370	C70 Charlotte Kennedy	21:42	29	1:17:34
4	470	D70 Danielle Stapleton	36:10	29	1:53:44
5	570	G70 Helen Hoyle	23:28	28	2:17:12
73		Belgrave Harriers "C"			
1	173	A73 Jurgita Levertavicuite	20:20	20	0:20:20
2	273	B73 Lizzie Goldie-Scot	32:41	26	0:53:01
3	373	C73 Josephine Rhodes	20:43	25	1:13:44
4	473	D73 Katie-Ellen French	31:31	25	1:45:15
59		Cambridge & Coleridge AC "B"			
1	159	A59 Lucy Dowsett	18:06	5	0:18:06
2	259	B59 Rebecca Frake	32:25	22	0:50:31
3	359	C59 Siobhan Skinner	22:07	24	1:12:38
4	459	D59 Justine Anthony	29:12	17	1:41:50
5	559	G59 Emma Etheridge	20:12	15	2:02:02
75		City of Norwich AC*			
1	175	A75 Millie Solway	18:44	10	0:18:44
2	275	B75 Iona Lake	27:20	6	0:46:04
95		Thames Valley Harriers "B"			
1	195	A95 Ana da Silva	23:26	31	0:23:26
2	295	B95 Rosie Vallance	34:17	34	0:57:43
3	395	C95 Maryna Voloshyna	24:40	31	1:22:23
4	495	D95 Siana Jones	35:47	31	1:58:10
5	595	G95 Annabel Cattermole	24:08	30	2:22:18

SEAA Women's 6-stage**Milton Keynes****Long: 7664m Road Relay Championships****24 March 2019****Fastest times**

Pos'n	No.	Name	Team	Time	Leg
1		B96 Tracy Barlow	Thames Valley Harriers "A"	26:58	2
2		D96 Heather Timmins	Thames Valley Harriers "A"	27:02	4
3		D78 Stacey Ward	Herne Hill Harriers "A"	27:14	4
4		B80 Hannah Viner	Highgate Harriers "A"	27:16	2
5		D103 Rosie McNabola	Luton AC	27:19	4
6		B75 Iona Lake	City of Norwich AC*	27:20	2
7		B78 Georgie Grgec	Herne Hill Harriers "A"	27:23	2
8		B74 Charlotte Christensen	Cambridge & Coleridge AC "A"	27:33	2
9		D74 Victoria Knight	Cambridge & Coleridge AC "A"	27:51	4
10		B66 Emily Wicks	Aldershot Farnham and District	28:12	2
11		B100 Charlotte Firth	Windsor S E & Hounslow AC "	28:17	2
12		D71 Jane Vongvorachoti	Belgrave Harriers "A"	28:26	4
13		B103 Charlene Jacobs-Conradi	Luton AC	28:27	2
14		B90 Catherine Meyer	Serpentine RC	28:28	2
15		B87 Elle Roche	Marshall Milton Keynes AC	28:31	2
16		B99 Rachel Thomas	Victoria Park H & Tower H AC	28:38	2
17		B85 Josie Hinton	London Heathside AC "A"	28:40	2
18		D66 Bryony Proctor	Aldershot Farnham and District	28:43	4
19		B83 Katie Rowland	Kent AC	28:45	2
20		G85 Rebecca Piggott	London Heathside AC "A"	29:01	5
21		B98 Sophie Delderfield	Vale of Aylesbury AC	29:04	2
22		D59 Justine Anthony	Cambridge & Coleridge AC "B"*	29:12	4
23		D80 Megan Wilson	Highgate Harriers "A"	29:14	4
24		D90 Marta Bagnati	Serpentine RC	29:14	4
25		B89 Sophie Crumly	Reading AC	29:16	2
26		B71 Samantha Amend	Belgrave Harriers "A"	29:40	2
27		D79 Natasha Lodge	Herne Hill Harriers "B"	29:45	4
28		B84 Johanna Sharples	Leighton Buzzard AC	29:53	2
29		D76 Aiko Henington	Colchester Harriers	29:55	4
30		B79 Olivia Zeltner	Herne Hill Harriers "B"	30:08	2
31		D99 Martha Lloyd	Victoria Park H & Tower H AC	30:28	4
32		D87 Abby Roskilly	Marshall Milton Keynes AC	30:33	4
33		D64 Nicola Bolinger	Southampton AC	30:47	4
34		D77 Melissah Gibson	Ealing Eagles Running Club	30:57	4
35		D89 Sarah Urwin-Mann	Reading AC	30:57	4
36		B77 Fiona Plain	Ealing Eagles Running Club	31:09	2
37		B68 Helena Rooney	Arena 80 AC "A"*	31:15	2
38		B72 Jess Reed	Belgrave Harriers "B"	31:17	2
39		D73 Katie-Ellen French	Belgrave Harriers "C"	31:31	4
40		D97 Charlotte Richardson	Tonbridge AC	31:36	4
41		B70 Nina Atherton	Barnet & District AC	31:43	2
42		B102 Suzanne Phillips	Woodford Green w Essex L	31:51	2
43		B65 Jenny Maddocks	St Albans Striders	31:55	2
44		D83 Eliza Grant	Kent AC	31:59	4
45		B82 Hannah Wells	Hillingdon AC	32:08	2
46		B64 Miriam Jones-Walters	Southampton AC	32:12	2
47		D91 Clair Collin	South London Harriers "A"	32:15	4
48		D88 Jessica Duckett	Oxford City AC	32:16	4
49		D102 Rachel Lund	Woodford Green w Essex L	32:20	4
50		B59 Rebecca Frake	Cambridge & Coleridge AC "B"*	32:25	2
51		B67 Megan Newton	Aldershot Farnham and District	32:38	2
52		B91 Amy Rollason	South London Harriers "A"	32:39	2

53	B73 Lizzie Goldie-Scot	Belgrave Harriers "C"	32:41	2
54	D98 Leonie Glasson	Vale of Aylesbury AC	32:54	4
55	D100 Alex Slotwinska	Windsor S E & Hounslow AC "	33:08	4
56	B97 Ellen Pitcairn-Knowles	Tonbridge AC	33:20	2
57	H76 Rebecca Cooke	Colchester Harriers	33:23	6
58	D72 Mimi Corden-Lloyd	Belgrave Harriers "B"	33:32	4
59	B95 Rosie Vallance	Thames Valley Harriers "B"*	34:17	2
60	D84 Elizabeth Peters	Leighton Buzzard AC	34:38	4
61	D65 Fleur Harvey-Keenan	St Albans Striders	35:20	4
62	H88 Jenny Milne	Oxford City AC	35:42	6
63	D95 Siana Jones	Thames Valley Harriers "B"*	35:47	4
64	D70 Danielle Stapleton	Barnet & District AC	36:10	4
65 D82	Boo Smith	Hillingdon AC	38:22	4

Short: 5053m**SEAA Women's 6-stage
Road Relay Championships
Fastest times****Milton Keynes
24 March 2019**

Pos'n	Name	Team	Time	Leg
1	C78 Katie Snowden	Herne Hill Harriers "A"	16:48	3
2	A100 Sarah Chapman	Windsor S E & Hounslow AC "A"	17:19	1
3	A74 Holly Archer	Cambridge & Coleridge AC "A"	17:25	1
4	A78 Olivia Stillman	Herne Hill Harriers "A"	17:43	1
5	C97 Elle Baker	Tonbridge AC	17:48	3
6	A64 Louise Jackson	Southampton AC	17:51	1
7	A59 Lucy Dowsett	Cambridge & Coleridge AC "B"*	18:06	1
8	C66 Niamh Brown	Aldershot Farnham and District "A"	18:09	3
9	H85 Rosa Serafini	London Heathside AC "A"	18:09	6
10	A102 Chloe Bradley	Woodford Green w Essex L	18:18	1
11	G71 Georgie Fenn	Belgrave Harriers "A"	18:26	5
12	H64 Sarah Kingston	Southampton AC	18:26	6
13	G74 Zoe MacDonald	Cambridge & Coleridge AC "A"	18:30	5
14	D85 Olivia Desborough	London Heathside AC "A"	18:31	4
15	A85 Kelly Thorneycroft	London Heathside AC "A"	18:34	1
16	A66 Katriona Brown	Aldershot Farnham and District "A"	18:36	1
17	A87 Alice Ritchie	Marshall Milton Keynes AC	18:37	1
18	C74 Becky Hair	Cambridge & Coleridge AC "A"	18:41	3
19	A75 Millie Solway	City of Norwich AC*	18:44	1
20	G78 Ella Newton	Herne Hill Harriers "A"	18:44	5
21	H78 Fiona de Mauny	Herne Hill Harriers "A"	18:45	6
22	C96 Kirsty Addy	Thames Valley Harriers "A"	18:50	3
23	A79 Sarah Grover	Herne Hill Harriers "B"	18:50	1
24	H66 Katie Hughes	Aldershot Farnham and District "A"	18:52	6
25	G96 Lisa da Silva	Thames Valley Harriers "A"	18:53	5
26	H99 Katherine Gundersen	Victoria Park H & Tower H AC	18:54	6
27	A83 Alexa Parker	Kent AC	18:54	1
28	H96 Katie Knowles	Thames Valley Harriers "A"	18:56	6
29	C85 Catrin Tyler	London Heathside AC "A"	18:56	3
30	C77 Charlotte Sheridan	Ealing Eagles Running Club	18:56	3
31	G100 Molly Riglin	Windsor S E & Hounslow AC "A"	18:59	5
32	C80 Emma Burgess	Highgate Harriers "A"	19:01	3
33	H74 Fiona Hughes	Cambridge & Coleridge AC "A"	19:04	6
34	C71 Rachel Brown	Belgrave Harriers "A"	19:08	3
35	A71 Alice Reed	Belgrave Harriers "A"	19:11	1
36	G66 Sally Ratcliffe	Aldershot Farnham and District "A"	19:13	5
37	A99 Mandy Dohren	Victoria Park H & Tower H AC	19:15	1
38	C100 Hannah Novakovic	Windsor S E & Hounslow AC "A"	19:25	3
39	C99 Jo Hall	Victoria Park H & Tower H AC	19:31	3
40	G72 Keri MacKenzie	Belgrave Harriers "B"	19:31	5
41	G90 Sarah Pemberton	Serpentine RC	19:35	5
42	A72 Fiona Maddocks	Belgrave Harriers "B"	19:40	1
43	G99 Hannah Somani	Victoria Park H & Tower H AC	19:41	5
44	A103 Claire McMahon	Luton AC	19:43	1
45	H102 Alicia McArdell	Woodford Green w Essex L	19:45	6
46	B88 Lauren Hawtin	Oxford City AC	19:49	2
47	H72 Emma Howsham	Belgrave Harriers "B"	19:53	6
48	C79 Katie Balme	Herne Hill Harriers "B"	19:55	3
49	G80 Kani Hinshelwood	Highgate Harriers "A"	19:56	5
50	A96 Amelia Casey	Thames Valley Harriers "A"	20:01	1
51	C76 Heidi Steele	Colchester Harriers	20:03	3
52	A80 Sarah Bailey	Highgate Harriers "A"	20:09	1

53	A90 Victoria Brown	Serpentine RC	20:10	1
54	G59 Emma Etheridge	Cambridge & Coleridge AC "B"*	20:12	5
55	C72 Stephanie Hewitt	Belgrave Harriers "B"	20:13	3
56	H83 Lydia Blackmore	Kent AC	20:16	6
57	H100 Alice Flint	Windsor S E & Hounslow AC "A"	20:18	6
58	B76 Sarah Stradling	Colchester Harriers	20:20	2
59	A73 Jurgita Levertavicuite	Belgrave Harriers "C"	20:20	1
60	H80 Heloise Gaspard	Highgate Harriers "A"	20:20	6
61	A65 Lucy Waterlow	St Albans Striders	20:21	1
62	G76 Denise Morley	Colchester Harriers	20:34	5
63	C73 Josephine Rhodes	Belgrave Harriers "C"	20:43	3
64	A91 Ruth Hutton	South London Harriers "A"	20:45	1
65	H79 Aimee Hargreaves	Herne Hill Harriers "B"	20:46	6
66	C89 Susan Francis	Reading AC	20:48	3
67	H71 Mhairi Hall	Belgrave Harriers "A"	20:49	6
68	H90 Laura Carmichael	Serpentine RC	20:51	6
69	G64 Kelly Hewitson	Southampton AC	20:53	5
70	C102 Rebecca Wilby	Woodford Green w Essex L	20:53	3
71	C98 Rosanna Iannone	Vale of Aylesbury AC	20:55	3
72	A77 Jenny Bushell	Ealing Eagles Running Club	20:56	1
73	H77 Hayley Kandt	Ealing Eagles Running Club	20:57	6
74	A89 Hayleigh Wood	Reading AC	21:01	1
75	C84 Amy Farnfield	Leighton Buzzard AC	21:02	3
76	A98 Matilda Green	Vale of Aylesbury AC	21:08	1
77	C64 Jordan Folk	Southampton AC	21:09	3
78	H87 Julia Totton	Marshall Milton Keynes AC	21:11	6
79	G102 Louise Gilbert	Woodford Green w Essex L	21:14	5
80	G65 Catherine O'Connor	St Albans Striders	21:21	5
81	G89 Lucy Daniells	Reading AC	21:22	5
82	A97 Annabel Carter	Tonbridge AC	21:22	1
83	C90 Jo Burkett	Serpentine RC	21:25	3
84	G77 Jennifer Watt	Ealing Eagles Running Club	21:26	5
85	C83 Joanne Campbell	Kent AC	21:28	3
86	C70 Charlotte Kennedy	Barnet & District AC	21:42	3
87	H65 Naomi Baker	St Albans Striders	21:46	6
88	A76 Stacey Eysers	Colchester Harriers	21:48	1
89	G83 Susie Fairbrass	Kent AC	21:51	5
90	G97 Lucy Pitcairn-Knowles	Tonbridge AC	21:54	5
91	C91 Adele Boesinger	South London Harriers "A"	21:57	3
92	G87 Debra Brent	Marshall Milton Keynes AC	21:59	5
93	A88 Elisa Robbins	Oxford City AC	22:01	1
94	H97 Alexandra Crockford	Tonbridge AC	22:03	6
95	C59 Siobhan Skinner	Cambridge & Coleridge AC "B"*	22:07	3
96	G79 Evie McDermott	Herne Hill Harriers "B"	22:08	5
97	G103 Rosie Canham	Luton AC	22:08	5
98	C103 Molly Nobblet	Luton AC	22:29	3
99	A67 Katie Standen	Aldershot Farnham and District "B"*	22:36	1
100	C88 Rebecca Bolton	Oxford City AC	22:36	3
101	C82 Zoe Dobbs	Hillingdon AC	22:39	3
102	H84 Jane Sauer	Leighton Buzzard AC	22:47	6
103	A68 Jenny Hughes	Arena 80 AC "A"*	22:51	1
104	C87 Diane Baldwin	Marshall Milton Keynes AC	22:52	3
105	H89 Claire Mills	Reading AC	22:52	6
106	G82 Karen O'Rourke	Hillingdon AC	23:17	5
107	A95 Ana da Silva	Thames Valley Harriers "B"*	23:26	1
108	G70 Helen Hoyle	Barnet & District AC	23:28	5

109	G91 Anna Jenkinson	South London Harriers "A"	23:34	5
110	H98 Victoria Sheldon	Vale of Aylesbury AC	23:46	6
111	C65 Caroline Bailes	St Albans Striders	23:47	3
112	H91 Patricia Howard	South London Harriers "A"	23:52	6
113	G84 Fiona McLeish	Leighton Buzzard AC	23:54	5
114	G95 Annabel Cattermole	Thames Valley Harriers "B"	24:08	5
115	A70 Jenny Johns	Barnet & District AC	24:09	1
116	H103 Jacqueline Jay	Luton AC	24:12	6
117	G88 Gwyneth Hueter	Oxford City AC	24:31	5
118	A82 Pauline Smith	Hillingdon AC	24:34	1
119	C95 Maryna Voloshyna	Thames Valley Harriers "B"	24:40	3
120	G98 Mandie Fickling	Vale of Aylesbury AC	25:21	5
121	A84 Kassia Gardner	Leighton Buzzard AC	25:44	1
122	H82 Christina Benjamen	Hillingdon AC	27:14	6