

The Northern 6 Stage & 4 Stage Road Relays at Blackpool on Saturday 25th september 2004

Northern Womens 4 Stage Stage 1 — Final Results

| Pos | Name | Club | Leg Time | | | | |
|-----|----------------|-------------|----------|----|----------------|-------------|-------|
| 1 | B Jenkins | SalfordH | 14:45 | 25 | R Cronshaw | KendalAAC | 17:03 |
| 2 | Lisa Mawer | BingleyH | 14:52 | 26 | Jane Green | Barrow&FS A | 17:09 |
| 3 | Louise Gardner | Lancaster A | 14:53 | 27 | Sue Jones | HorwichRM A | 17:12 |
| 4 | Kerry Smithson | SaleHM A | 14:57 | 28 | H Corbishley | Rossendle | 17:19 |
| 5 | S Wilkinson | ChesterLS A | 15:08 | 29 | A Bligh | Blackpool | 17:28 |
| 6 | Hannah Carroll | Liverpool A | 15:18 | 30 | Karen Smout | HorwichRM C | 17:29 |
| 7 | C McIlroy | Wirral AC A | 15:32 | 31 | Fioa Whitehead | Lancaster B | 17:51 |
| 8 | Jane Raffell | WiganP A | 15:38 | 32 | Natalie Dawson | MorpethH B | 17:58 |
| 9 | R Thompson | Liverpool B | 15:44 | 33 | J Eccleston | StHelens | 18:07 |
| 10 | Lisa Palmer | Derby AC | 15:46 | 34 | S Thomas | Stockport B | 18:31 |
| 11 | Nicola Maddick | KingstonU | 15:49 | 35 | Julie Haworth | HorwichRM B | 18:36 |
| 12 | Sarah Scarrott | ChorleyH | 15:53 | 36 | Lisa Smith | HullAAC A | 18:41 |
| 13 | Kerrie Wood | Stockport A | 15:54 | 37 | Kath Hoyer | WeshamRR A | 18:42 |
| 14 | E Calderbank | NorthFAC A | 16:10 | 38 | A Titterington | NorthFAC B | 18:49 |
| 15 | R Townsend | LeedsCAC B | 16:13 | 39 | Alison Holmes | Middleton A | 18:50 |
| 16 | Kirsteen Young | LeedsCAC A | 16:19 | 40 | Jennie Ormerod | HullAAC B | 19:00 |
| 17 | P Atkinson | Macclesfd | 16:23 | 41 | Linda Gabriel | TraffordA B | 19:03 |
| 18 | Liz Radbourne | HeanorRC | 16:37 | 42 | Brigid Walsh | LongwoodH | 19:07 |
| 19 | Clare McKeown | BorderH&A | 16:39 | 43 | Carole Hesketh | WiganP B | 19:40 |
| 20 | Joanna Seymour | Hallamshr A | 16:41 | 44 | C Brook | NorthFAC C | 19:51 |
| 21 | Danielle Watts | MorpethH A | 16:43 | 45 | Lee Reynolds | LythamSAR | 19:52 |
| 22 | Helen Berry | Holmfirth A | 16:47 | 46 | Liz Routledge | NorthFAC D | 21:23 |
| 23 | Emma Deakin | PrestonH A | 16:51 | 47 | Marie Wyld | WeshamRR B | 24:17 |
| 24 | Sarah Wiblin | TraffordA A | 17:00 | | | | |

Northern Womens 4 Stage Stage 2 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain | | | | | |
|-----|-----------------|-------------|----------|------------|------|--------------------------------------|----------------|-------------|-------|------------|
| 1 | Anne Buckley | SalfordH | 15:25 | 30:10 | 0 | 30 | Clare Morley | HullAAC A | 18:02 | 36:43 + 6 |
| 2 | S Robson | ChesterLS A | 15:34 | 30:42 + 3 | | 31 | C Navan | Rossendle | 19:30 | 36:49 - 3 |
| 3 | Meryl Dodd | BingleyH | 15:55 | 30:47 - 1 | | 32 | Emily Wildon | Blackpool | 19:32 | 37:00 - 3 |
| 4 | C Entwistle | WiganP A | 15:22 | 31:00 + 4 | | 33 | Linda Webb | HorwichRM C | 19:42 | 37:11 - 3 |
| 5 | Kaye Kirkham | SaleHM A | 16:16 | 31:13 - 1 | | 34 | MTaylor | HeanorRC | 20:35 | 37:12 - 16 |
| 6 | Elizabeth Edan | Liverpool A | 15:58 | 31:16 0 | | 35 | Julie Kennedy | Middleton A | 18:26 | 37:16 + 4 |
| 7 | Gill Keddie | LeedsCAC A | 15:09 | 31:28 + 9 | | 36 | C Pickersgill | LongwoodH | 18:11 | 37:18 + 6 |
| 8 | Chloe Rodham | Lancaster A | 16:47 | 31:40 - 5 | | 37 | Elaine Gardner | Lancaster B | 19:29 | 37:20 - 6 |
| 9 | Jenny Murray | Stockport A | 15:54 | 31:48 + 4 | | 38 | B Dickinson | WeshamRR A | 18:50 | 37:32 - 1 |
| 10 | Andrea Bryan | Derby AC | 16:12 | 31:58 0 | | 39 | Jane Morley | HullAAC B | 18:39 | 37:39 + 1 |
| 11 | Joanne Maddick | KingstonU | 16:13 | 32:02 0 | | 40 | R Calderbank | NorthFAC B | 19:03 | 37:52 - 2 |
| 12 | Chaanah Patton | Hallamshr A | 15:35 | 32:16 + 8 | | 41 | K Culshaw | WiganP B | 18:57 | 38:37 + 2 |
| 13 | V Griffith | Liverpool B | 16:38 | 32:22 - 4 | | 42 | C Dickinson | StHelens | 20:50 | 38:57 - 9 |
| 14 | Alison Hartopp | Macclesfd | 16:18 | 32:41 + 3 | | 43 | Susan Exon | TraffordA B | 19:58 | 39:01 - 2 |
| 15 | R Robinson | KendalAAC | 15:43 | 32:46 + 10 | | 44 | Janice Delaney | NorthFAC C | 21:56 | 41:47 0 |
| 16 | Sian Ellison | MorpethH A | 16:14 | 32:57 + 5 | | 45 | Tracey Ellor | NorthFAC D | 21:06 | 42:29 + 1 |
| 17 | E Spencer | Holmfirth A | 16:23 | 33:10 + 5 | | 46 | Julie Holmes | LythamSAR | 24:07 | 43:59 - 1 |
| 18 | C O'Connor | NorthFAC A | 17:07 | 33:17 - 4 | | 47 | Brenda Dwyer | WeshamRR B | 22:04 | 46:21 0 |
| 19 | J Rashleigh | HorwichRM A | 16:30 | 33:42 + 8 | | Fastest runners over stage 2: | | | | |
| 20 | Julie Barley | LeedsCAC B | 17:33 | 33:46 - 5 | | 1 | Gill Keddie | LeedsCAC A | 15:09 | |
| 21 | Paula Cooper | Wirral AC A | 18:25 | 33:57 - 14 | | 2 | C Entwistle | WiganP A | 15:22 | |
| 22 | Claire Goulden | ChorleyH | 18:28 | 34:21 - 10 | | 3 | Anne Buckley | SalfordH | 15:25 | |
| 23 | Jane Hodgkinson | PrestonH A | 17:39 | 34:30 0 | | 4 | S Robson | ChesterLS A | 15:34 | |
| 24 | C Nelson | TraffordA A | 17:37 | 34:37 0 | | 5 | Chaanah Patton | Hallamshr A | 15:35 | |
| 25 | Gwenda Cavill | MorpethH B | 17:10 | 35:08 + 7 | | 6 | R Robinson | KendalAAC | 15:43 | |
| 26 | Katie Savage | Barrow&FS A | 18:28 | 35:37 0 | | 7 | Jenny Murray | Stockport A | 15:54 | |
| 27 | Clare McKenna | HorwichRM B | 17:21 | 35:57 + 8 | | 8 | Meryl Dodd | BingleyH | 15:55 | |
| 28 | Lisa Uren | BorderH&A | 19:37 | 36:16 - 9 | | 9 | Elizabeth Edan | Liverpool A | 15:58 | |
| 29 | Alice Dagg | Stockport B | 18:01 | 36:32 + 5 | | 10 | Andrea Bryan | Derby AC | 16:12 | |

The Northern 6 Stage & 4 Stage Road Relays at Blackpool on Saturday 25th september 2004

Northern Womens 4 Stage Stage 3 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-----|----------------|-------------|----------|----------|------|
| 1 | Sonya Hanson | SalfordH | 16:02 | 46:12 | 0 |
| 2 | Laura Carney | Liverpool A | 15:42 | 46:58 | + 4 |
| 3 | M Czarnecka | ChesterLS A | 16:19 | 47:01 | - 1 |
| 4 | Alex Gostling | LeedsCAC A | 15:36 | 47:04 | + 3 |
| 5 | Emma McIntyre | SaleHM A | 16:00 | 47:13 | 0 |
| 6 | Lynn Jolley | WiganP A | 16:22 | 47:22 | - 2 |
| 7 | Sue Cariss | BingleyH | 16:55 | 47:42 | - 4 |
| 8 | Gemma Phillips | KendalAAC | 15:21 | 48:07 | + 7 |
| 9 | Kelly Jackson | Derby AC | 16:42 | 48:40 | + 1 |
| 10 | J Whitehead | Hallamshr A | 16:52 | 49:08 | + 2 |
| 11 | E McGuire | Stockport A | 17:22 | 49:10 | - 2 |
| 12 | Cheryl Lyons | KingstonU | 17:26 | 49:28 | - 1 |
| 13 | R Thompson | HorwichRM A | 16:16 | 49:58 | + 6 |
| 14 | Jayne Perry | Lancaster A | 18:28 | 50:08 | - 6 |
| 15 | Michelle King | Liverpool B | 17:48 | 50:10 | - 2 |
| 16 | Tanja Allen | PrestonH A | 15:43 | 50:13 | + 7 |
| 17 | Jane Mooney | MorpethH A | 17:24 | 50:21 | - 1 |
| 18 | Sally Hales | Macclesfd | 18:04 | 50:45 | - 4 |
| 19 | Laura Kemp | Holmfirth A | 17:54 | 51:04 | - 2 |
| 20 | Susan Turner | NorthFAC A | 18:00 | 51:17 | - 2 |
| 21 | Gwen Farnworth | ChorleyH | 17:51 | 52:12 | + 1 |
| 22 | V O'Donnell | TraffordA A | 17:43 | 52:20 | + 2 |
| 23 | Helen Allison | Wirral AC A | 18:46 | 52:43 | - 2 |
| 24 | June Foster | HorwichRM B | 17:10 | 53:07 | + 3 |
| 25 | Susan Sharp | Barrow&FS A | 18:17 | 53:54 | + 1 |
| 26 | Anita Pace | HullaAC A | 18:20 | 55:03 | + 4 |

| | | | Fastest runners over stage 3: | | |
|----|----------------|-------------|-------------------------------|--|--|
| 1 | Gemma Phillips | KendalAAC | 15:21 | | |
| 2 | Alex Gostling | LeedsCAC A | 15:36 | | |
| 3 | Laura Carney | Liverpool A | 15:42 | | |
| 4 | Tanja Allen | PrestonH A | 15:43 | | |
| 5 | Emma McIntyre | SaleHM A | 16:00 | | |
| 6 | Sonya Hanson | SalfordH | 16:02 | | |
| 7 | R Thompson | HorwichRM A | 16:16 | | |
| 8 | M Czarnecka | ChesterLS A | 16:19 | | |
| 9 | Lynn Jolley | WiganP A | 16:22 | | |
| 10 | Kelly Jackson | Derby AC | 16:42 | | |

Northern Womens 4 Stage Stage 4 — Final Results

| Pos | Name | Club | Leg Time | Cum Time | Gain |
|-----|----------------|-------------|----------|----------|------|
| 1 | J Clague | Liverpool A | 15:03 | 1:02:01 | + 1 |
| 2 | A Parkinson | SaleHM A | 14:52 | 1:02:05 | + 3 |
| 3 | Patricia Sloan | SalfordH | 16:14 | 1:02:26 | - 2 |
| 4 | Kathryn Waugh | ChesterLS A | 15:46 | 1:02:47 | - 1 |
| 5 | Celia DeMaria | LeedsCAC A | 16:02 | 1:03:06 | - 1 |
| 6 | Sue Beconsall | BingleyH | 16:19 | 1:04:01 | + 1 |
| 7 | Ellie Stevens | Derby AC | 15:22 | 1:04:02 | + 2 |
| 8 | Rachael Moore | WiganP A | 16:50 | 1:04:12 | - 2 |
| 9 | C Handforth | KendalAAC | 17:39 | 1:05:46 | - 1 |
| 10 | Nicola Squires | Hallamshr A | 16:51 | 1:05:59 | 0 |
| 11 | Aiveen Fox | MorpethH A | 16:02 | 1:06:23 | + 6 |
| 12 | Philippa Walsh | PrestonH A | 16:16 | 1:06:29 | + 4 |
| 13 | Jane Mellor | Stockport A | 17:44 | 1:06:54 | - 2 |
| 14 | S Budgett | HorwichRM A | 16:58 | 1:06:56 | - 1 |
| 15 | Rachel Pleeth | Macclesfd | 16:45 | 1:07:30 | + 3 |
| 16 | M Maddick | KingstonU | 18:33 | 1:08:01 | - 4 |
| 17 | Lauren Cooper | Lancaster A | 18:24 | 1:08:32 | - 3 |
| 18 | Lucy Griffiths | Holmfirth A | 17:39 | 1:08:43 | + 1 |
| 19 | Andrea Smith | NorthFAC A | 17:31 | 1:08:48 | + 1 |
| 20 | Jane Rigby | Liverpool B | 19:42 | 1:09:52 | - 5 |
| 21 | Lois Brooks | TraffordA A | 18:25 | 1:10:45 | + 1 |
| 22 | Diana Ridd | ChorleyH | 18:55 | 1:11:07 | - 1 |
| 23 | Clare Hawkes | Wirral AC A | 18:33 | 1:11:16 | 0 |
| 24 | D Wakefield | HorwichRM B | 19:11 | 1:12:18 | 0 |
| 25 | Denise Wilson | Barrow&FS A | 20:24 | 1:14:18 | 0 |
| 26 | Katie Elder | HullaAC A | 19:18 | 1:14:21 | 0 |

| | | | Fastest runners over stage 4: | | |
|----|----------------|-------------|-------------------------------|--|--|
| 1 | A Parkinson | SaleHM A | 14:52 | | |
| 2 | J Clague | Liverpool A | 15:03 | | |
| 3 | Ellie Stevens | Derby AC | 15:22 | | |
| 4 | Kathryn Waugh | ChesterLS A | 15:46 | | |
| 5 | Aiveen Fox | MorpethH A | 16:02 | | |
| 6 | Celia DeMaria | LeedsCAC A | 16:02 | | |
| 7 | Patricia Sloan | SalfordH | 16:14 | | |
| 8 | Philippa Walsh | PrestonH A | 16:16 | | |
| 9 | Sue Beconsall | BingleyH | 16:19 | | |
| 10 | Rachel Pleeth | Macclesfd | 16:45 | | |

The Northern 6 Stage & 4 Stage Road Relays at Blackpool on Saturday 25th september 2004

Northern Womens 4 Stage — Team Results — Final

(nn) is team position after the appropriate stage.

| | |
|---|---|
| 1 Liverpool Harriers & Ac 'A' 1:02:01 | 17 Lancaster & Morecambe Ac 'A' 1:08:32 |
| 1 Hannah Carroll (6) 15:18 2 Elizabeth Edan (6) 15:58 | 1 Louise Gardner (3) 14:53 2 Chloe Rodham (8) 16:47 |
| 3 Laura Carney (2) 15:42 4 J Clague (1) 15:03 | 3 Jayne Perry (14) 18:28 4 Lauren Cooper (17) 18:24 |
| 2 Sale Harriers Manchester 'A' 1:02:05 | 18 Holmfirth Harriers Ac 'A' 1:08:43 |
| 1 Kerry Smithson (4) 14:57 2 Kaye Kirkham (5) 16:16 | 1 Helen Berry (22) 16:47 2 E Spencer (17) 16:23 |
| 3 Emma McIntyre (5) 16:00 4 A Parkinson (2) 14:52 | 3 Laura Kemp (19) 17:54 4 Lucy Griffiths (18) 17:39 |
| 3 Salford Harriers 1:02:26 | 19 North Fylde Ac 'A' 1:08:48 |
| 1 B Jenkins (1) 14:45 2 Anne Buckley (1) 15:25 | 1 E Calderbank (14) 16:10 2 C O'Connor (18) 17:07 |
| 3 Sonya Hanson (1) 16:02 4 Patricia Sloan (3) 16:14 | 3 Susan Turner (20) 18:00 4 Andrea Smith (19) 17:31 |
| 4 Chester Le Street & Dist Ac 'A' 1:02:47 | 20 Liverpool Harriers & Ac 'B' 1:09:52 |
| 1 S Wilkinson (5) 15:08 2 S Robson (2) 15:34 | 1 R Thompson (9) 15:44 2 V Griffith (13) 16:38 |
| 3 MCzarnecka (3) 16:19 4 Kathryn Waugh (4) 15:46 | 3 Michelle King (15) 17:48 4 Jane Rigby (20) 19:42 |
| 5 Leeds City Athletic Club 'A' 1:03:06 | 21 Trafford Athletic Club 'A' 1:10:45 |
| 1 Kirsteen Young (16) 16:19 2 Gill Keddie (7) 15:09 | 1 Sarah Wiblin (24) 17:00 2 C Nelson (24) 17:37 |
| 3 Alex Gostling (4) 15:36 4 Celia DeMaria (5) 16:02 | 3 V O'Donnell (22) 17:43 4 Lois Brooks (21) 18:25 |
| 6 Bingley Harriers & Ac 1:04:01 | 22 Chorley Harriers 1:11:07 |
| 1 Lisa Mawer (2) 14:52 2 Meryl Dodd (3) 15:55 | 1 Sarah Scarrott (12) 15:53 2 Claire Goulden (22) 18:28 |
| 3 Sue Cariss (7) 16:55 4 Sue Becconsall (6) 16:19 | 3 Gwen Farnworth (21) 17:51 4 Diana Ridd (22) 18:55 |
| 7 Derby Ac 1:04:02 | 23 Wirral Ac 'A' 1:11:16 |
| 1 Lisa Palmer (10) 15:46 2 Andrea Bryan (10) 16:12 | 1 C Mclroy (7) 15:32 2 Paula Cooper (21) 18:25 |
| 3 Kelly Jackson (9) 16:42 4 Ellie Stevens (7) 15:22 | 3 Helen Allison (23) 18:46 4 Clare Hawkes (23) 18:33 |
| 8 Wigan Phoenix 'A' 1:04:12 | 24 Horwich RMI Harriers 'B' 1:12:18 |
| 1 Jane Raffell (8) 15:38 2 C Entwistle (4) 15:22 | 1 Julie Haworth (35) 18:36 2 Clare McKenna (27) 17:21 |
| 3 Lynn Jolley (6) 16:22 4 Rachael Moore (8) 16:50 | 3 June Foster (24) 17:10 4 D Wakefield (24) 19:11 |
| 9 Kendal Amateur Athletic Club 1:05:46 | 25 Barrow & Furness Striders Ac 'A' 1:14:18 |
| 1 R Cronshaw (25) 17:03 2 R Robinson (15) 15:43 | 1 Jane Green (26) 17:09 2 Katie Savage (26) 18:28 |
| 3 Gemma Phillips (8) 15:21 4 C Handforth (9) 17:39 | 3 Susan Sharp (25) 18:17 4 Denise Wilson (25) 20:24 |
| 10 Hallamshire Harriers Sheffield 'A' 1:05:59 | 26 Hull Achilles Ac 'A' 1:14:21 |
| 1 Joanna Seymour (20) 16:41 2 Chaanah Patton (12) 15:35 | 1 Lisa Smith (36) 18:41 2 Clare Morley (30) 18:02 |
| 3 J Whitehead (10) 16:52 4 Nicola Squires (10) 16:51 | 3 Anita Pace (26) 18:20 4 Katie Elder (26) 19:18 |
| 11 Morpeth Harriers & Ac 'A' 1:06:23 | 27 Heanor Running Club 1:14:49 |
| 1 Danielle Watts (21) 16:43 2 Sian Ellison (16) 16:14 | 1 Liz Radbourne (18) 16:37 2 M Taylor (34) 20:35 |
| 3 Jane Mooney (17) 17:24 4 Aiveen Fox (11) 16:02 | 3 Lisa Morgan (33) 19:38 4 Glenda Halton (27) 17:59 |
| 12 Preston Harriers & Ac 'A' 1:06:29 | 28 Stockport Harriers & Ac 'B' 1:15:01 |
| 1 Emma Deakin (23) 16:51 2 Jane Hodgkinson (23) 17:39 | 1 S Thomas (34) 18:31 2 Alice Dagg (29) 18:01 |
| 3 Tanja Allen (16) 15:43 4 Philippa Walsh (12) 16:16 | 3 Sharon Glendon (27) 19:19 4 K McCrackle (28) 19:10 |
| 13 Stockport Harriers & Ac 'A' 1:06:54 | 29 Rossendale Harriers & Ac 1:15:24 |
| 1 Kerrie Wood (13) 15:54 2 Jenny Murray (9) 15:54 | 1 H Corbishley (28) 17:19 2 C Navan (31) 19:30 |
| 3 E McGuire (11) 17:22 4 Jane Mellor (13) 17:44 | 3 Julie Holden (31) 19:51 4 Vanessa Hamlet (29) 18:44 |
| 14 Horwich RMI Harriers 'A' 1:06:56 | 30 North Fylde Ac 'B' 1:15:53 |
| 1 Sue Jones (27) 17:12 2 J Rashleigh (19) 16:30 | 1 A Titterington (38) 18:49 2 R Calderbank (40) 19:03 |
| 3 R Thompson (13) 16:16 4 S Budgett (14) 16:58 | 3 Julie Cruse (32) 18:50 4 J Hodgkinson (30) 19:11 |
| 15 Macclesfield Harriers & Ac 1:07:30 | 31 Middleton Harriers Ac 'A' 1:16:41 |
| 1 P Atkinson (17) 16:23 2 Alison Hartopp (14) 16:18 | 1 Alison Holmes (39) 18:50 2 Julie Kennedy (35) 18:26 |
| 3 Sally Hales (18) 18:04 4 Rachel Pleeth (15) 16:45 | 3 C Brooks (30) 19:17 4 Kim Molyneux (31) 20:08 |
| 16 Kingston Upon Hull AC 1:08:01 | 32 Wesham Road Runners & Ac 'A' 1:16:50 |
| 1 Nicola Maddick (11) 15:49 2 Joanne Maddick (11) 16:13 | 1 Kath Hoyer (37) 18:42 2 B Dickinson (38) 18:50 |
| 3 Cheryl Lyons (12) 17:26 4 M Maddick (16) 18:33 | 3 Julie Murphy (34) 20:26 4 Jennifer Salt (32) 18:52 |

The Northern 6 Stage & 4 Stage Road Relays at Blackpool on Saturday 25th september 2004

33 Horwich RMI Harriers 'C' 1:17:03
 1 Karen Smout (30) 17:29 2 Linda Webb (33) 19:42
 3 Nicola Guffogg (29) 19:21 4 Shirley Cook (33) 20:31

34 Longwood Harriers Ac 1:18:19
 1 Brigid Walsh (42) 19:07 2 C Pickersgill (36) 18:11
 3 Linda Brewis (28) 19:04 4 S Pickersgill (34) 21:57

35 Wigan Phoenix 'B' 1:18:26
 1 Carole Hesketh (43) 19:40 2 K Culshaw (41) 18:57
 3 Jenna Broad (36) 20:14 4 Susan Waterson (35) 19:35

36 St Helens Sutton Ac 1:21:38
 1 J Eccleston (33) 18:07 2 C Dickinson (42) 20:50
 3 Louise Casey (35) 19:38 4 P Picton (36) 23:03

37 North Fylde Ac 'D' 1:25:47
 1 Liz Routledge (46) 21:23 2 Tracey Ellor (45) 21:06
 3 Diane Seville (38) 22:52 4 Karen Dunford (37) 20:26

38 Lytham St Annes Rr Club 1:26:29
 1 Lee Reynolds (45) 19:52 2 Julie Holmes (46) 24:07
 3 Sarah Tatton (39) 22:02 4 C Taylor (38) 20:28

39 North Fylde Ac 'C' 1:27:20
 1 C Brook (44) 19:51 2 Janice Delaney (44) 21:56
 3 Eileen Swallow (37) 22:18 4 J Bleasdale (39) 23:15

40 Wesham Road Runners & Ac 'B' 1:32:50
 1 Marie Wyld (47) 24:17 2 Brenda Dwyer (47) 22:04
 3 J Thompson (40) 22:24 4 Pat Swarbrick (40) 24:05

Incomplete Teams:

Leeds City Athletic Club 'B' 33:46
 1 R Townsend (15) 16:13 2 Julie Barley (20) 17:33

Morpeth Harriers & Ac 'B' 35:08
 1 Natalie Dawson (32) 17:58 2 Gwenda Cavill (25) 17:10

Border Harriers & Ac 36:16
 1 Clare McKeown (19) 16:39 2 Lisa Uren (28) 19:37

Blackpool & Fylde Ac 37:00
 1 A Bligh (29) 17:28 2 Emily Wildon (32) 19:32

Lancaster & Morecambe Ac 'B' 37:20
 1 Fioa Whitehead (31) 17:51 2 Elaine Gardner (37) 19:29

Hull Achilles Ac 'B' 37:39
 1 Jennie Ormerod (40) 19:00 2 Jane Morley (39) 18:39

Trafford Athletic Club 'B' 39:01
 1 Linda Gabriel (41) 19:03 2 Susan Exon (43) 19:58

Fastest of all legs

| | | |
|-------------------|-----------|---------|
| 1 B Jenkins | SalfordH | 14:45 |
| 2 A Parkinson | SaleHM | A 14:52 |
| = Lisa Mawer | BingleyH | 14:52 |
| 4 Louise Gardner | Lancaster | A 14:53 |
| 5 Kerry Smithson | SaleHM | A 14:57 |
| 6 J Clague | Liverpool | A 15:03 |
| 7 S Wilkinson | ChesterLS | A 15:08 |
| 8 Gill Keddie | LeedsCAC | A 15:09 |
| 9 Hannah Carroll | Liverpool | A 15:18 |
| 10 Gemma Phillips | KendalAAC | 15:21 |