

ESAA RACE WALKING RESULTS (GIRLS)

JUNIOR

INTERMEDIATE

SENIOR

1974	2.5k	1	Maureen De Giovanni	Surrey	12:56	3k	1	Sylvia Saunders	Warks	14:57	5k	1	Sylvana De Giovanni	Surrey	28:43
1974	2.5k	2	Elaine Cox	Warks	13:10	3k	2	Pam Branson	Warks	15:06	5k	2	Lynn Hodgson	Cumberland	30:33
1974	2.5k	3	J. Williams	Worcs	13:27	3k	3	Sally Wish	Warks	15:15	5k	3	Kim Braznell	Staffs	31:26
1975	2.5k	1	Joanna Wickham	West Mids	12:58	3k	1	Yvonne Rowe	West Mids	16:07	5k	1	Sally Wish	West Mids	27:42
1975	2.5k	2	Elaine Cox	West Mids	13:11	3k	2	Maureen De Giovanni	Surrey	16:18	5k	2	Elaine Smith	West Mids	28:17
1975	2.5k	3	Jackie Braznell	West Mids	13:29	3k	3	Bev Francis	Sussex	16:42	5k	3	K. Frost	West Mids	29:20
1976	2.5k	1	Karen Eden	West Mids	13:24	3k	1	Joanna Wickham	West Mids	16:52	5k	1	Sally Wish	West Mids	25:33
1976	2.5k	2	Jane Wickham	West Mids	13:54	3k	2	Elaine Cox	West Mids	17:08	5k	2	Elaine Smith	West Mids	26:20
1976	2.5k	3	Jane Lewis	West Mids	14:04	3k	3	Maureen De Giovanni	Surrey	17:12	5k	3	Bev Francis	Sussex	27:09
1977	2.5k	1	Karen Eden	West Mids	12:32	3k	1	Elaine Cox	West Mids	14:54	5k	1	Maureen De Giovanni	Surrey	28:07
1977	2.5k	2	Louise Whitehead	West Mids	12:57	3k	2	Joanna Wickham	West Mids	15:16	5k	2	Anna Matthews	London	28:50
1977	2.5k	3	Jane Wickham	West Mids	13:14	3k	3	Carol Brooke	West Mids	15:35	5k	3	Carolyn Gee	Cumbria	29:32
1978	2.5k	1	Jane Harvey	Surrey	12:24	3k	1	Karen Eden	West Mids	15:13	5k	1	Joanna Wickham	West Mids	25:56
1978	2.5k	2	Jill Barrett	Herts	12:44	3k	2	Jane Lewis	West Mids	16:04	5k	2	Elaine Cox	West Mids	26:32
1978	2.5k	3	Jillian Mullins	West Mids	13:05	3k	3	Maxine Way	Surrey	16:15	5k	3	Maureen De Giovanni	Surrey	27:17
1979	2.5k	1	Sarah Brown	Sussex	13:07	3k	1	Fiona Rider	Kent	15:32	5k	1	Alison Grant	Cumbria	29:21
1979	2.5k	2	Helen Downie	Surrey	13:29	3k	2	Jillian Mullins	West Mids	15:59	5k	2	Deborah Mann	Sussex	30:12
1979	2.5k	3	Kerry Wellings	West Mids	13:35	3k	3	Charlotte Nicholl	West Mids	16:21	5k	3	Suzanne Newby	West Mids	31:09
1980	2.5k	1	Karen Bowers	Here & W	13:04	3k	1	Sarah Brown	Sussex	15:31	5k	1	Karen Eden	West Mids	26:39
1980	2.5k	2	Helen Ringshaw	Sussex	13:06	3k	2	Fiona Rider	Kent	16:16	5k	2	Jane Lewis	West Mids	28:23
1980	2.5k	3	Lisa Langford	West Mids	13:35	3k	3	Sandra Hogg	Cumbria	16:28	5k	3	P. Bryce	Sussex	30:24
1981	2.5k	1	Lisa Langford	West Mids	12:44	3k	1	Sarah Brown	Sussex	15:02	5k	1	Fiona Rider	Kent	27:58
1981	2.5k	2	Karen Bowers	Northants	12:51	3k	2	Helen Ringshaw	Sussex	15:35	5k	2	Petra Willis	Hampshire	28:26
1981	2.5k	3	Ruth Sugg	Here & W	12:55	3k	3	Elizabeth Gaffer	Leics & R	15:50	5k	3	Louise McCarthy	Essex	28:27
1982	2.5k	1	Jo Preece	West Mids	12:22	3k	1	Helen Ringshaw	Sussex	14:45	5k	1	Sarah Brown	Sussex	25:55
1982	2.5k	2	Stephanie Cooper	West Mids	12:41	3k	2	Lisa Langford	West Mids	15:08	5k	2	Elizabeth Gaffer	Leics & R	26:29
1982	2.5k	3	Sharon Tonks	Here & W	12:54	3k	3	Ruth Sugg	Here & W	15:26	5k	3	Fiona Rider	Kent	27:05
1983	2.5k	1	Stephanie Cooper	West Mids	12:32.4	3k	1	Ruth Sugg	Here & W	14:53	5k	1	Sarah Brown	Sussex	25:18
1983	2.5k	2	Susan Ashforth	South Yorks	12:36.5	3k	2	Jo Preece	West Mids	15:08	5k	2	Helen Ringshaw	Sussex	26:26
1983	2.5k	3	Vicky Lawrence	Berkshire	12:43.5	3k	3	Elizabeth Ryan	Surrey	15:10	5k	3	Alison Willis	Hampshire	27:15
1984	2.5k	1	Susan Ashforth	South Yorks	11:58	3k	1	Kim MacAdam	Warks	14:42	5k	1	Lisa Langford	West Mids	25:28
1984	2.5k	2	Nikola Ellis	West Mids	12:03	3k	2	Sally Clark	Sussex	15:51	5k	2	Ruth Sugg	Here & W	25:45
1984	2.5k	3	Vicky Lawrence	Berkshire	12:04	3k	3	Margaret O'Rawe	Essex	15:52	5k	3	Alison Willis	Hampshire	27:32
1985	2.5k	1	Julie Snead	West Mids	12:06	3k	1	Nikola Ellis	West Mids	14:39	5k	1	Lisa Langford	West Mids	24:22
1985	2.5k	2	Louise Pye	Here & W	12:06	3k	2	Angela Hodd	Kent	14:42	5k	2	Jeanette Blundell	Here & W	27:02
1985	2.5k	3	Claire Walker	West Mids	12:49	3k	3	Vicky Lawrence	Berkshire	14:47	5k	3	Ruth Sugg	Here & W	27:14
1986	2.5k	1	Joanne Ashforth	South Yorks	12:17	3k	1	Vicky Lawrence	Berkshire	14:29	5k	1	Julie Drake	Sussex	25:10

1986	2.5k	2	Tracy Devlin	South Yorks	12:25	3k	2	Angela Hodd	Kent	14:42	5k	2	Lisa Simpson	Surrey	26:04
1986	2.5k	3	Claire Walker	West Mids	12:48	3k	3	Sue Pratt	Leics & R	14:54	5k	3	Karen Dunster	Hampshire	26:44
1987	2.5k	1	Tracy Devlin	South Yorks	12:28	3k	1	Joanne Pope	Sussex	14:48	5k	1	Julie Drake	Sussex	25:03
1987	2.5k	2	Samantha Edwards	West Mids	12:36	3k	2	Verity Larby	Hampshire	14:51	5k	2	Angela Hodd	Kent	25:15
1987	2.5k	3	Carolyn Brown	Merseyside	12:57	3k	3	Paula Scholey	South Yorks	15:00	5k	3	Karen Dunster	Hampshire	25:37
1988	2.5k	1	Carolyn Brown	Merseyside	12:26	3k	1	Tracy Devlin	South Yorks	15:06	5k	1	Angela Hodd	Kent	25:20
1988	2.5k	2	Philippa Savage	Sussex	12:28	3k	2	Kerry Woodcock	Cumbria	15:24	5k	2	Verity Larby	Hampshire	25:51
1988	2.5k	3	Nicola Greenfield	West Mids	12:51	3k	3	Samantha Edwards	West Mids	15:39	5k	3	Sharon Tonks	Here & W	25:52
1989	2.5k	1	Nicola Greenfield	West Mids	12:35	3k	1	Philippa Savage	Sussex	14:53	5k	1	Kerry Woodcock	Cumbria	25:33
1989	2.5k	2	L. Young	Merseyside	12:54	3k	2	Michelle Venables	Leics & R	14:55	5k	2	Vicky Lupton	South Yorks	26:06
1989	2.5k	3	Katherine Horwill	West Mids	12:57	3k	3	Zena Lindley	South Yorks	15:02	5k	3	Sarah Isted	Hampshire	26:45
1990	2.5k	1	Nikki Parsons	Hampshire	13:10	3k	1	Philippa Savage	Sussex	15:02	5k	1	Vicky Lupton	South Yorks	24:45
1990	2.5k	2	Paula Hodd	Kent	13:20	3k	2	Carla Jarvis	Here & W	15:19	5k	2	Theresa Ashman	South Yorks	26:07
1990	2.5k	3	Jennifer Moore	West Mids	13:31	3k	3	Katherine Horwill	West Mids	15:33	5k	3	Kerry Woodcock	Cumbria	26:49
1991	2.5k	1	Lucy Butterley	South Yorks	13:04.14	3k	1	Carla Jarvis	Here & W	14:36.39	5k	1	Vicky Lupton	South Yorks	24:37.18
1991	2.5k	2	Nina Howley	South Yorks	13:12.25	3k	2	Kate Horwill	West Mids	15:00.42	5k	2	Philippa Savage	Sussex	27:18.32
1991	2.5k	3	Helen Ford-Dunn	Sussex	13:19.47	3k	3	Paula Hodd	Kent	16:15.38	5k	3	Joanne Taylor	Surrey	29:05.34
1992	2.5k	1	Nina Howley	South Yorks	12:42.8	3k	1	Lynsey Tozer	West Mids	15:50.0	5k	1	Carla Jarvis	Here & W	25:39.8
1992	2.5k	2	Sarah Bennett	West Mids	13:16.0	3k	2	Nikki Parsons	Hampshire	16:20.0	5k	2	Kate Horwill	West Mids	26:36.8
1992	2.5k	3	Jo Pickett	West Mids	13:21.3	3k	3	Paula Hodd	Kent	16:48.3	5k	3	Lorna Bailey	Warks	29:08.9
1993	2.5k	1	Sarah Bennett	West Mids	12:55.2	3k	1	Nina Howley	South Yorks	15:39.5	5k	1	Kate Horwill	West Mids	25:48.9
1993	2.5k	2	Jo Pickett	West Mids	13:10.9	3k	2	Helen Ford-Dunn	Sussex	15:45.4	5k	2	Catherine Charnock	Cumbria	27:26.9
1993	2.5k	3	Claire Whitehouse	Dorset	13:32.7	3k	3	Nikki Huckerby	West Mids	15:52.2	5k	3	Nikki Parsons	Surrey	28:39.0
1994	2.5k	1	Sarah Bennett	West Mids	12:30.72	3k	1	Nikki Huckerby	West Mids	15:18.90	5k	1	Lynsey Tozer	West Mids	26:14.09
1994	2.5k	2	Amy Hales	Sussex	13:38.26	3k	2	Nina Howley	South Yorks	15:26.56	5k	2	Samantha Vines	Hampshire	30:22.52
1994	2.5k	3	Sian Woodcock	North Yorks	13:41.45	3k	3	Sally Warren	Sussex	16:04.88	5k	3	Amy Brown	Kent	32:26.32
1995	2.5k	1	Amy Hales	Sussex	13:10.06	3k	1	Sarah Bennett	West Mids	15:28.46	5k	1	Nina Howley	South Yorks	26:22.87
1995	2.5k	2	Katie Ford	South Yorks	13:22.12	3k	2	Deborah Warren	Bucks	16:21.71	5k	2	Nikki Huckerby	West Mids	26:46.82
1995	2.5k	3	Louise Richmond	West Mids	13:29.04	3k	3	Sian Woodcock	North Yorks	16:40.69	5k	3	Claire Ellis	West Mids	27:16.59
1996	2.5k	1	Amy Hales	Sussex	12:42.43	3k	1	Sarah Bennett	West Mids	14:56.10	5k	1	Nikki Huckerby	West Mids	25:46.52
1996	2.5k	2	Katie Ford	South Yorks	12:53.80	3k	2	Becky Tisshaw	Kent	15:11.44	5k	2	Sally Warren	Sussex	26:09.15
1996	2.5k	3	Natalie Watson	West Mids	12:59.05	3k	3	Sian Woodcock	North Yorks	15:49.35	5k	3	Nina Howley	South Yorks	27:03.28
1997	3k	1	Nicola Phillips	Kent	15:26.63	3k	1	Amy Hales	Sussex	14:47.52	5k	1	Sarah Bennett	West Mids	26:39.45
1997	3k	2	Laura Fryer	Kent	15:53.90	3k	2	Katie Ford	South Yorks	14:56.67	5k	2	Sian Woodcock	North Yorks	27:02.96
1997	3k	3	Kelly Mann	West Mids	16:34.56	3k	3	Becky Tisshaw	Kent	15:13.91	5k	3	Katherine Brook	West Yorks	29:07.69
1998	3k	1	Kelly Mann	West Mids	15:36.56	3k	1	Amy Hales	Sussex	14:09.81	5k	1	Sarah Bennett	West Mids	26:14.79
1998	3k	2	Victoria Stainburn	West Yorks	15:39.55	3k	2	Katie Ford	South Yorks	14:52.98	5k	2	Becky Tisshaw	Kent	27:42.65
1998	3k	3	Hayley Hutchings	Sussex	15:49.47	3k	3	Louise Richmond	West Mids	15:50.83	5k	3	Kirsty Coleman	Sussex	28:21.53
1999	3k	1	Sophie Hales	Sussex	15:44.33	3k	1	Nicola Phillips	Kent	14:58.96	5k	1	Louise Richmond	West Mids	28:21.95
1999	3k	2	Natalie Geens	West Mids	16:02.06	3k	2	Kelly Mann	West Mids	15:34.36	5k	2	Samantha Campbell	Kent	32:46.58
1999	3k	3	Nikki Reynolds	West Mids	16:47.64	3k	3	Laura Fryer	Kent	15:34.53	5k	3	-	-	

2000	3k	1	Natasha Fox	Kent	16:46.68	3k	1	Sophie Hales	Sussex	15:44.33	5k	1	Nicola Phillips	Kent	27:13.02
2000	3k	2	Katie Stones	Humberside	17:05.49	3k	2	Natalie Evans	West Mids	16:00.24	5k	2	Louise Richmond	West Mids	29:57.35
2000	3k	3	Bryna Christmas	Humberside	17:15.62	3k	3	Nikki Reynolds	West Mids	16:07.52	5k	3	-	-	
2001	3k	1	Jenny Gagg	Humberside	16:54.34	3k	1	Sophie Hales	Sussex	14:20.70	5k	1	Clare Reeves	Kent	27:44.60
2001	3k	2	Carley Tomlin	Kent	17:52.18	3k	2	Katie Stones	Humberside	14:21.90	5k	2	Nicola Phillips	Kent	28:22.10
2001	3k	3	Hayley Repton	Here & W	17:56.58	3k	3	Bryna Christmas	Humberside	15:39.97	5k	3	Kelly Mann	West Mids	28:45.70
2002	3k	1	Rebecca Mersh	South Yorks	14:44.39	3k	1	Katie Stones	Humberside	14:25.66	5k	1	Sophie Hales	Sussex	25:31.24
2002	3k	2	Jenny Gagg	Humberside	15:10.28	3k	2	Bryna Christmas	Humberside	15:23.25	5k	2	Nikki Reynolds	West Mids	30:08.79
2002	3k	3	Carley Tomlin	Kent	17:33.75	3k	3	Natasha Fox	Kent	16:55.35	5k	3	Johanna Jackson	Cleveland	31:59.77
2003	3k	1	Rebecca Mersh	South Yorks	14:53.4	3k	1	Jenny Gagg	Humberside	15:05.8	5k	1	Katie Stones	Humberside	26:28.9
2003	3k	2	Sarah Foster	Kent	15:12.7	3k	2	Carley Tomlin	Kent	17:02.5	5k	2	Johanna Jackson	Cleveland	28:47.4
2003	3k	3	Emma Latham	Merseyside	16:34.3	3k	3	Emily Bosworth	Kent	17:56.9	5k	3	Rachel Woolley	Leics & R	29:04.5
2004	3k	1	Kathryn Granger	South Yorks	15:44.38	3k	1	Rebecca Mersh	South Yorks	14:43.75	5k	1	Emily Bosworth	Kent	25:57.85
2004	3k	2	Lauren Gimson	Leics & R	15:47.44	3k	2	Sarah Foster	Kent	15:26.00	5k	2	-	-	
2004	3k	3	Naomi Green	Sussex	16:26.43	3k	3	Emma Latham	Merseyside	16:20.15	5k	3	-	-	
2005	3k	1	Kathryn Granger	South Yorks	15:38.60	3k	1	Rebecca Mersh	South Yorks	14:29.09	5k	1	Carley Tomlin	Kent	31:59.09
2005	3k	2	Chelsea O'Rawe Hobbs	Essex	15:56.07	3k	2	Sarah Foster	Kent	15:34.04	5k	2	-	-	
2005	3k	3	Holly Smith	West Mids	16:21.83	3k	3	Emma Latham	Merseyside	15:52.10	5k	3	-	-	
2006	3k	1	Vicky Morgan	West Mids	16:06.29	3k	1	Chelsea O'Rawe Hobbs	Essex	15:07.70	5k	1	Rebecca Mersh	South Yorks	25:57.85
2006	3k	2	Natalie Myers	South Yorks	16:24.76	3k	2	Kathryn Granger	South Yorks	15:39.62	5k	2	Sarah Foster	Kent	26:45.82
2006	3k	3	Lauren Whelan	Merseyside	17:00.53	3k	3	Holly Smith	West Mids	15:47.02	5k	3	Emma Latham	Merseyside	26:47.63
2007	3k	1	Lauren Whelan	Merseyside	16:06.00	3k	1	Kathryn Granger	South Yorks	15:17.40	5k	1	Rebecca Mersh	South Yorks	27:01.53
2007	3k	2	Vicky Morgan	West Mids	16:12.02	3k	2	Chelsea O'Rawe Hobbs	Essex	16:05.24	5k	2	Fiona McGorum	Leics & R	27:23.69
2007	3k	3	Emily Symons	Kent	17:30.80	3k	3	Natalie Myers	South Yorks	16:28.76	5k	3	Keera Rayment	West Mids	28:54.96
2008	3k	1	Kelsey Howard	Kent	16:08.70	3k	1	Lauren Whelan	Merseyside	15:48.02	5k	1	Holly Smith	West Mids	26:43.27
2008	3k	2	Jasmine Nicholls	Leics & R	17:38.10	3k	2	Emily Symons	Kent	16:23.10	5k	2	Chelsea O'Rawe Hobbs	Essex	27:46.65
2008	3k	3	Cheyenne Rhoden	West Mids	18:15.30	3k	3	Vicky Morgan	West Mids	17:10.17	5k	3	Kate Percival	West Mids	32:08.60
2009	3k	1	Jasmine Nicholls	Leics & R	16:24.35	3k	1	Kelsey Howard	Kent	15:09.52	5k	1	Holly Smith	West Mids	26:08.40
2009	3k	2	Kate Funnell	Kent	16:56.90	3k	2	Emily Symons	Kent	15:54.50	5k	2	Rebecca Collins	Kent	29:07.40
2009	3k	3	Sinead Kaneen	Merseyside	17:49.13	3k	3	Lauren Whelan	Merseyside	16:14.92	5k	3	Stephanie Rukin	Kent	30:47.70
2010	3k	1	Tasha Webster	Here & W	16:15.88	3k	1	Kelsey Howard	Kent	14:58.65	5k	1	Lauren Whelan	Merseyside	26:47.64
2010	3k	2	Emma Achurch	Leics & R	16:44.18	3k	2	Kate Funnell	Kent	15:19.30	5k	2	Emily Symons	Kent	28:12.22
2010	3k	3	Rebecca Roddy	Kent	17:04.29	3k	3	Jasmine Nicholls	Leics & R	16:47.67	5k	3	Stephanie Rukin	Kent	30:19.59
2011	3k	1	Heather Butcher	London	15:26.47	3k	1	Tasha Webster	Here & W	15:07.84	5k	1	Emily Symons	Kent	29:04.99
2011	3k	2	Emma Achurch	Leics & R	16:38.81	3k	2	Kate Funnell	Kent	15:33.13	5k	2	Katerina Johnson	Oxfordshire	32:19.77
2011	3k	3	Rebecca Chambers	South Yorks	17:26.55	3k	3	Jasmine Nicholls	Leics & R	16:18.47	5k	3	-	-	
2012	3k	1	Heather Butcher	London	15:24.14	3k	1	Ellie Dooley	West Yorks	15:29.32	5k	1	Jasmine Nicholls	Leics & R	27:10.51
2012	3k	2	Sophie Lewis Ward	London	17:18.22	3k	2	Emma Achurch	Leics & R	16:29.30	5k	2	Catherine Cotterill	Kent	33:41.48
2012	3k	3	Rebecca Chambers	South Yorks	17:40.51	3k	3	Danielle Oates	Merseyside	16:45.47	5k	3	-	-	
2013	3k	1	Sophie Lewis Ward	London	15:10.06	3k	1	Heather Butcher	London	15:08.44	5k	1	Ellie Dooley	West Yorks	25:24.45
2013	3k	2	Indigo Burgin	London	18:59.64	3k	2	Emma Achurch	Leics & R	15:42.08	5k	2	Jasmine Nicholls	Leics & R	27:25.24

2013	3k	3	Emily Ghose	Sussex	20:09.74	3k	3	Rebecca Greatbatch	Merseyside	17:46.12	5k	3	Catherine Cotterill	Kent	32:19.48
2014	3k	1	Ana Garcia	South Yorks	15:20.21	3k	1	Heather Butcher	London	14:28.75	5k	1	Ellie Dooley	West Yorks	23:40.75
2014	3k	2	Evie Butcher	London	15:35.23	3k	2	Sophie Lewis Ward	London	14:30.07	5k	2	Emma Achurch	Leics & R	24:34.19
2014	3k	3	Alana Zeidler	South Yorks	16:33.05	3k	3	Emily Ghose	Sussex	17:22.15	5k	3	Rebecca Greatbatch	Merseyside	30:22.74
2015	3k	1	Pagen Spooner	North Yorks	16:01.80	3k	1	Sophie Lewis Ward	London	15:30.75	5k	1	Emma Achurch	Leics & R	25:53.66
2015	3k	2	Evie Butcher	London	16:09.44	3k	2	Emily Ghose	Sussex	16:31.15	5k	2	Heather Butcher	Kent	27:28.37
2015	3k	3	Alana Zeidler	South Yorks	16:56.84	3k	3	Abigail Jennings	Surrey	17:25.31	5k	3	Rebecca Greatbatch	Merseyside	30:25.95
2016	3k	1	Lucy Lewis Ward	London	16:42.50	3k	1	Ana Garcia	South Yorks	15:32.95	5k	1	Sophie Lewis Ward	London	26:29.28
2016	3k	2	Alice Bellando	Merseyside	17:30.90	3k	2	Pagen Spooner	North Yorks	16:08.79	5k	2	Emily Ghose	Sussex	27:42.53
2016	3k	3	Isabelle Bridge	Kent	17:36.80	3k	3	Evie Butcher	London	16:37.67	5k	3	Indigo Burgin	London	35:09.72
2017	3k	1	Lois Carty	Hampshire	17:27.31	3k	1	Ana Garcia	South Yorks	15:12.16	5k	1	Emily Ghose	Kent	26:29.87
2017	3k	2	Grace Whittingham	Kent	17:31.14	3k	2	Isabelle Bridge	Kent	16:44.21	5k	2	Abigail Jennings	Hampshire	27:59.55
2017	3k	3	Hannah Hopper	London	17:31.91	3k	3	Pagen Spooner	North Yorks	16:47.01	5k	3	-	-	
2018	3k	1	Lois Carty	Hampshire	16:39.68	3k	1	Isabelle Bridge	Kent	16:30.24	5k	1	Abigail Jennings	Hampshire	25:57.66
2018	3k	2	Abigail Smith	Kent	17:23.67	3k	2	Alice Bellando	Isle of Man	17:25.31	5k	2	Pagen Spooner	North Yorks	28:35.40
2018	3k	3	Katie Stringer	Kent	17:27.55	3k	3	Beatrice Fury	Kent	18:01.84	5k	3	Eva Payton-White	Sussex	30:22.81
2019	3k	1	Mia Dunwell	Isle of Man	16:26.36	3k	1	Lois Carty	Hampshire	16:49.20	5k	1	Beatrice Fury	Kent	31:13.13
2019	3k	2	Abby Hughes	Somerset	16:26.85	3k	2	Hannah Hopper	London	16:55.98	5k	2	Jacqueline Benson	Kent	32:03.34
2019	3k	3	Katie Stringer	Kent	17:18.13	3k	3	Millie Morris	Kent	17:15.97	5k	3	Pagen Spooner	North Yorks	DQ
2021	3k	1	Lola-Mae Billingham	Hampshire	17:58.26	3k	1	Abby Hughes	Somerset	15:37.66	5k	1	Hannah Hopper	Kent	26:46.27
2021	3k	2	-	-		3k	2	Abigail Smith	Kent	15:38.30	5k	2	Keira Heavey	Isle of Man	28:43.81
2021	3k	3	-	-		3k	3	Natasha Mitchell	Hampshire	15:41.52	5k	3	Lois Carty	Hampshire	28:47.68
2022	3k	1	-	-		3k	1	Natasha Mitchell	Hampshire	17:17.36	5k	1	Mia Dunwell	Isle of Man	27:39.95
2022	3k	2	-	-		3k	2	Jessica Wilton	Kent	17:38.46	5k	2	Abigail Smith	Kent	27:47.28
2022	3k	3	-	-		3k	3	Lola-Mae Billingham	Hampshire	18:21.56	5k	3	Abby Hughes	Somerset	28:00.98
2023	3k	1	Ava Chappell	Kent	16:35.61	3k	1	Lola-Mae Billingham	Hampshire	17:08.89	5k	1	Jessica Wilton	Kent	27:37.22
2023	3k	2	Amy Surgeon	Isle of Man	20:37.03	3k	2	-	-		5k	2	Mia Dunwell	Isle of Man	29:56.21
2023	3k	3	-	-		3k	3	-	-		5k	3	Natasha Mitchell	Hampshire	31:55.80
2024	2k	1	Ellin Wilson	Kent	10:54.30	3k	1	Cerys Bithell	Suffolk	17:11.84	3k	1	Jessica Wilton	Kent	15:06.61
2024	2k	2	Sophie Davidson	Merseyside	11:18.19	3k	2	Mimi Marshall	Kent	17:43.79	3k	2	Natasha Mitchell	Hampshire	16:09.05
2024	2k	3	Amy Surgeon	Isle of Man	12:09.16	3k	3	Tilly Heaton	Essex	19:21.48	3k	3	-	-	
2025	2k	1	Ellin Wilson	Kent	11:05.72	3k	1	Florence Watson	Kent	17:37.93	3k	1	Cerys Bithell	Cambridgeshire	17:52.84
2025	2k	2	Millicent Steele	Kent	11:40.66	3k	2	Sophie Davidson	Merseyside	17:58.38	3k	2	-	-	
2025	2k	3	Amelia Emmett	Kent	12:01.38	3k	3	Amy Surgeon	Isle of Man	18:25.87	3k	3	-	-	

COMMONWEALTH GAMES SUCCESS

LISA LANGFORD (later KEHLER) of West Midlands in 1990, 1998 and 2002, and JOHANNA JACKSON of Cleveland in 2010 won Commonwealth Games medals.

MOST WINS (6)

SARAH BENNETT (West Midlands) from 1993 to 1998. Sarah also had a 2nd place in the 1992 Junior race so meaning she has the most medal wins.
REBECCA MERSH (South Yorkshire) from 2002 to 2007.

6 MEDAL WINS

JASMINE NICHOLLS (Leicestershire and Rutland) from 2008 to 2013 including 2 title wins.
EMMA ACHURCH (Leicestershire and Rutland) from 2010 to 2015 including 1 title win.