

1 Lochaber Athletic Club

Points: 31	Time	Pos.
Amanda Blackhall	02:14:26	144
Isla Mackay	02:19:14	182
Sara Byrne	02:27:28	237

2 Helm Hill Runners

Points: 38	Time	Pos.
Sharon Taylor	02:07:19	97
Marie Robson	02:27:42	240
Caroline Holmes	02:28:55	244

3 Pudsey & Bramley AC

Points: 93	Time	Pos.
Rachel Pilling	02:15:09	147
Caroline Harding	02:44:34	351
Joanna Schreiber	02:46:18	355

4 Westerlands Cross Country Club

Points: 102	Time	Pos.
Lorna Mahoney	02:36:11	294
Heather Simpson	02:41:50	330
Ros Evans	02:42:41	336
