

15th Annual Goodwood Cross Country Relays 1st October 2016 (includes Sussex Championships)

U17 Women

1	Brighton Phoenix	Naomi Fonteyn	U17	16:05	Charlotte Matthews	U17	18:56	Almi Nerurkar	U17	14:38	49;39
2	Bodyworks	Poppy Mercer	U17	15:31	Laurel Pearce	U17	17:54	Maddi Drury	U17	17:47	51;12
	City of Portsmouth	Eleanor Perdue	U17	16:30	Katie Simister	U17	17:15				
	Hastings	Ellen Crombie	U17	15:12							

Senior Women

1	Lewes	Izzy Coomber	SW	14:44	Helen Sida	V45	16:32	Emma Rollins	V35	15:36	46;52
2	Brighton & Hove A	Phoebe Connolly	U20	16:09	Nancy Jones	U20	16:51	Emma Dixon	SW	14:11	47;11
3	Crawley A	Emily McLoughlin	SW	15:56	Kathy Peters	U20	16:43	Kennagh Marsh	U20	16:41	49;20
4	Brighton Phoenix A	Bobby Searle	SW	16:51	Anna Berry	U17	17:02	Erica Martin	SW	15:54	49;47
5	Horsham BS (non Sussex)	Romy van der Veen	U20	17:21	Evie Clarke	U17	17:48	Annabelle Morton (non SX)	U17	15:50	50;59
6	Haywards Heath A	Emma Navesey	SW	17:31	Darja Knotkova-Hanley	U17	15:24	Kat Barrett	SW	18:28	51;23
7	Crawley B	Becky Smart	U17	17:28	Susan Aldridge	V35	16:34	Becca Arthur	SW	17:54	51;56
8	Bodyworks A	Josephine Edmunds	SW	17:28	Nicloe Edmunds	SW	17:02	Sarah Coope	V45	17:29	51;59
9	Crawley C	Sophie Dowle	SW	17:15	Tia Forde	U17	18:10	Olivia Dowle	SW	16:40	52;05
10	Chichester	Karina Bennett	U20	15:00	Grace Wills	U17	16:20	Rebecca Brown	SW	21:03	52;23
11	Haywards Heath B	Siobhan Amer	V35	16:44	Abigail Redd	V35	18:18	Hannah Chapman	SW	18:04	53;06
12	Brighton & Hove B	Alice Okane	U20	19:22	Lizzie Doran	U20	18:53	Nicola Silsby	SW	17:03	55;18
13	Hastings	Lorna Watts	SW	17:21	Rosy Clements	SW	19:17	Becky Mabbon	SW	19:19	55;57
14	Brighton Phoenix B	Sarah Russell	V45	22:11	Zeina Clare	SW	21:03	Georgia Flowers	SW	18:42	61;56

V35 Women

1	Arena 80 A	Dani Tarleton	V35	15:34	Kerry Scott	V35	17:44	Caroline Hoyte	V35	14:14	47;32
2	Hastings A	Riz Maslen	V35	16:35	Kim Brown	V35	16:54	Karen Murdoch	V35	16:29	49;58
3	Brighton & Hove A	Jeanette Kenneally	V45	17:36	Cathy Ulliott	V45	17:23	Paula Blackledge	V35	16:53	51;52
4	Worthing Disrict Harriers A	Janice Lockyer	V35	18:48	Louisa Wilson	V35	19:34	Deborah Cawdery	V45	17:59	56;21
5	Arena 80 B	Jackie Rymell	V45	18:27	Amanda Hall	V35	21:45	Kirsty Parker	V35	17:22	57;34
6	Crawley A	Cara Law	V35	18:40	Anne Matthews	V35	18:04	Ann Buckett	V45	19:17	58;01
	Haywards Heath	Michelle Holdstock	V35	23:07							

V45 Women

1	Arena 80	Caroline Wood	V45	16:47	Julie Briggs	V45	14:52	Tara Shanagan	V45	17:14	48;53
2	Brighton & Hove	Camilla Moyle	V45	19:31	Tamsin Shasha	V45	19:47	Gail Nerurkar	V45	18:09	57;27
3	Brighton Phoenix	Hildi Mitchell	V45	19:48	Jude Matthews	V45	21:51	Liz Halliday	V45	19:30	61;09
4	Chichester	Persephone Hagan	V45	19:01	Nadia Anderson	V45	18:26	Sandra Nemorin-Noel	V55	23:59	61;26
5	Haywards Heath	Marion Hemsworth	V65	22:01	Sarah Hamilton	V45	22:14	Jenny Denyer	V55	27;24	71;39
	Arena 80 (non-scoring)	Fiona Jamie	V45	20:50	Brigitte Groves	V45	22:32	Jackie Rymell	V45	19;32	62;54

V55 Women

1	Chichester	Jane Harrop	V55	15:49	Amanda Godfrey	V55	19:30	Sue Barty	V55	21:22	56;41
2	Arena 80	Jenny Hughes	V55	18:08	Chris Naylor	V55	18:45	Anne Miners	V55	20:06	56;59

Fastest Lap times	U17	Almi Nerurkar	U17	14:38	Ellen Crombie	U17	15:12	Darja Knotkova-Hanley	U17	15:24
	U20	Karina Bennett	U20	15:00	Phoebe Connolly	U20	16:09	Kennagh Marsh	U20	16:41
	SW	Emma Dixon	SW	14:11	Izzy Coomber	SW	14:44	Erica Martin	SW	15:54
	V35	Caroline Hoyte	V35	14:14	Dani Tarleton	V35	15:34	Emma Rollins	V35	15:36
	V45	Julie Briggs	V45	14:52	Helen Sida	V45	16:32	Caroline Wood	V45	16:47

V55 Jane Harrop

V55 15:49 Jenny Hughes

V55 18:08 Chris Naylor

V55 18:45