

| Pos | No | Time | Forename | Surname | M/F | Cat | Club |
|-----|----|------|----------|----------|-------------|-----|----------------------------|
| | 1 | 574 | 0:14:25 | Victoria | Weir | F | CITY OF PLYMOUTH AC |
| | 2 | 536 | 0:14:29 | Harriet | Knowles-Jo | F | WARRINGTON AC |
| | 3 | 549 | 0:14:43 | Hannah | Nuttall | F | CHARNWOOD AC |
| | 4 | 537 | 0:14:44 | Phoebe | Law | F | KINGSTON AC & POLYT |
| | 5 | 528 | 0:14:49 | Gemma | Holloway | F | THURROCK HARRIERS / |
| | 6 | 531 | 0:14:52 | Cari | Hughes | F | MENAI TRACK & FIELD |
| | 7 | 564 | 0:15:12 | Philippa | Stone | F | MIDDLESBROUGH AC |
| | 8 | 541 | 0:15:13 | Anna | Macfadyen | F | FORRES HARRIERS |
| | 9 | 563 | 0:15:14 | Laura | Stark | F | KILBARCHAN AAC |
| | 10 | 572 | 0:15:14 | Zoe | Wassell | F | STROUD & DISTRICT AC |
| | 11 | 534 | 0:15:17 | Jodie | Judd | F | CHELMSFORD AC |
| | 12 | 557 | 0:15:21 | Annabel | Simpson | F | FIFE AC |
| | 13 | 511 | 0:15:23 | Sarah | Chapman | F | WINDSOR SLOUGH E & |
| | 14 | 573 | 0:15:27 | Kate | Waugh | F | BIRTLEY AC |
| | 15 | 565 | 0:15:28 | Sophie | Tarver | F | LOUGHBOROUGH STUI |
| | 16 | 552 | 0:15:29 | Sophia | Parvizi-way | F | SHAFTESBURY BARNET |
| | 17 | 529 | 0:15:29 | Lucy | Holt | F | NOTTS AC |
| | 18 | 580 | 0:15:33 | Bella | Williams | F | LINCOLN WELLINGTON |
| | 19 | 576 | 0:15:40 | Katy | Whiteoak | F | STOCKPORT HARRIERS |
| | 20 | 547 | 0:15:40 | Laura | Mullin | F | CHARNWOOD AC |
| | 21 | 566 | 0:15:41 | Catrina | Thomas | F | LINCOLN WELLINGTON |
| | 22 | 544 | 0:15:43 | Olivia | Mathias | F | NEWARK AC |
| | 23 | 526 | 0:15:44 | Lydia | Hallam | F | HAVERING AC |
| | 24 | 579 | 0:15:48 | Mollie | Williams | F | STOCKPORT HARRIERS |
| | 25 | 516 | 0:15:51 | Sarah | Dempsey | F | KILBARCHAN AAC |
| | 26 | 545 | 0:15:55 | Katy-Ann | McDonald | F | ML BLACKHEATH & BROMI |
| | 27 | 510 | 0:15:55 | Sophie | Burnett | F | BIRTLEY AC |
| | 28 | 515 | 0:15:56 | Hannah | Delaney | F | ML LD LIVERPOOL HARRIERS & |
| | 29 | 546 | 0:16:01 | Emily | Moyes | F | WEST SUFFOLK AC |
| | 30 | 570 | 0:16:03 | Ellie | Wallace | F | WESTBURY HARRIERS |
| | 31 | 535 | 0:16:06 | jessica | keene | F | ML BLACKHEATH & BROMI |
| | 32 | 508 | 0:16:11 | Niamh | Brown | F | ALDERSHOT F & D AC |
| | 33 | 522 | 0:16:12 | Georgia | Fear | F | HIGHGATE HARRIERS |
| | 34 | 539 | 0:16:14 | Katie | Lord | F | CANNOCK & STAFFORD |
| | 35 | 501 | 0:16:18 | Katie | Astin | F | MANX HARRIERS |
| | 36 | 542 | 0:16:19 | Eve | MacKinnon | F | EDINBURGH UNIVERSIT |
| | 37 | 578 | 0:16:20 | Bethany | Williams | F | MANSFIELD HARRIERS |
| | 38 | 513 | 0:16:21 | Eleanor | Curran | F | CITY OF SHEFFIELD AC |
| | 39 | 569 | 0:16:22 | Sophie | Tothill | F | WORCESTER AC |
| | 40 | 2129 | 0:16:23 | Danielle | Webb | F | ML LD LIVERPOOL HARRIERS |
| | 41 | 555 | 0:16:25 | Dani | Rowlinson | F | WOLVERHAMPTON & I |
| | 42 | 517 | 0:16:28 | Bethany | Donnelly | F | TRAFFORD AC |
| | 43 | 553 | 0:16:28 | Lucy | Robinson | F | WAKEFIELD DISTRICT H |
| | 44 | 559 | 0:16:34 | Ruth | Sinclair | F | STOCKPORT HARRIERS |
| | 45 | 581 | 0:16:34 | Imani | Wilson | F | HALLAMSHIRE H SHEFF |
| | 46 | 571 | 0:16:35 | Rebekah | Ward | F | LINCOLN WELLINGTON |

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| 47 | 556 | 0:16:40 | Emma | Schaertlin | F | | CAMBRIDGE & COLERII |
| 48 | 554 | 0:16:42 | Eleanor | Robinson | F | | KEITHLEY & CRAVEN AC |
| 49 | 540 | 0:16:49 | Kerry | MacAngus | F | | KILBARCHAN AAC |
| 50 | 505 | 0:16:50 | Emma | Bond | F | | RUGBY & NORTHAMPT |
| 51 | 527 | 0:17:03 | Rachel | Hibberd | F | | SALE HARRIERS MANCI |
| 52 | 502 | 0:17:05 | Anina | Atkinson | F | | CITY OF SHEFFIELD AC |
| 53 | 504 | 0:17:05 | Eleanor | Bolton | F | | RIBBLE VALLEY AC |
| 54 | 519 | 0:17:08 | Belinda | Dow | F | | CAMBRIDGE & COLERII |
| 55 | 577 | 0:17:10 | Louisa | Whittingha | F | | MACCLESFIELD HARRIE |
| 56 | 530 | 0:17:16 | Bethan | Hudson | F | | DERBY AC |
| 57 | 558 | 0:17:40 | Chloe | Simpson | F | | KILBARCHAN AAC |
| 58 | 543 | 0:17:43 | Grace | Maddox | F | | UNAFFILIATED |
| 59 | 503 | 0:17:48 | Lydia | Blythe | F | | READING AC |
| 60 | 507 | 0:17:51 | Chloe | Broad | F | | VALE ROYAL AC |
| 61 | 567 | 0:17:55 | Holly | Thompson | F | | KILBARCHAN AAC |
| 62 | 1676 | 0:17:55 | Jessica | Rogers | F | ML | BLACKPOOL WYRE & F |
| 63 | 521 | 0:17:59 | Sarah | Eunson | F | | GIFFNOCK NORTH AAC |
| 64 | 509 | 0:18:02 | Rebecca | Brown | F | | CANNOCK & STAFFORL |
| 65 | 524 | 0:18:23 | Cara | Gibbons | F | | VALE ROYAL AC |
| 66 | 2119 | 0:18:41 | Emily | Rowe | F | ML LD | LIVERPOOL HARRIERS |
| 67 | 575 | 0:20:10 | Daisy | White | F | | LOUGHBOROUGH STUI |
| 68 | 562 | 0:22:40 | Nadina | Skinner | F | | SCUNTHORPE & DISTRI |

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