

| FEMALE 160 | | | | | | | | | | | |
|------------|------|------------------|----------|-------------------|----------|------------------|----------|-------------------|----------|-------|---------------------------|
| Position | Team | Name | Leg Time | Name | Leg Time | Name | Leg Time | Name | Leg Time | TOTAL | Team Name |
| 1 | 76 | Tracy Biney | 05:52 | Catherine McShane | 06:37 | Kirsty Struthers | 06:24 | Shelli Gordon | 06:19 | 25:12 | NYMAC F160 A |
| 2 | 38 | Patricia Speedie | 06:13 | Dawn Sulley | 06:24 | Ella Tower | 06:17 | Charlotte Ellis | 06:40 | 25:34 | NMH F160 |
| 3 | 64 | Jane Spink | 06:42 | Fay Uphill | 06:58 | Lisa Darby | 06:30 | Emma Featherstone | 06:58 | 27:08 | Sedgefield F160 Women's 1 |
| 4 | 43 | Kim Singh | 06:27 | Amanda Waller | 06:56 | Sharon Yale | 07:15 | Janet Stainsby | 06:40 | 27:18 | NEP Ladies A |
| 5 | 22 | Michaela Welham | 06:37 | Kelly Clapton | 07:25 | Dawn Harrison | 07:13 | Grace Cook | 06:19 | 27:34 | L & W Female 160 |
| 6 | 77 | Anne Robson | 08:08 | Victoria Wright | 07:41 | Annemarie Wilson | 07:18 | Petra Eriksson | 07:43 | 30:50 | NYMAC F160 B |
| 7 | 10 | Angela Sutheran | 06:57 | Trish Kay | 07:52 | Michaela Kerr | 08:09 | Carley Cooper | 07:55 | 30:53 | Aycliffe Women's A F160 |
| 8 | 53 | Donna Blackwell | 07:03 | Jenny Parker | 08:30 | Laura Allan | 07:40 | Nicola Douglas | 07:47 | 31:00 | RRC Ladies A |
| 9 | 20 | Catherine Shutt | 07:34 | Hilary Rodgerson | 09:09 | Angela Wood | 09:28 | Karen Geldart | 07:32 | 33:43 | Teesside University |
| 10 | 45 | Claire Bowman | 08:59 | Jennifer Wardle | 08:47 | Lindsey Scott | 08:10 | Julie McGrath | 08:44 | 34:40 | NEP Ladies C |
| 11 | 55 | Andrea Sparkes | 09:14 | Louise Worsley | 11:50 | Catherine York | 10:36 | Marie Christie | 08:25 | 40:05 | RRC Ladies B |