According to historical records, in 873 AD the Viking Great Army attacked the royal and monastic site of Repton in Derbyshire, England. 1100 years later, excavations at Repton uncovered a large defensive ditch, the grave of a Viking warrior, and a mound containing the remains of nearly 300 people. These were men and women interpreted by the excavators to be members of the Great Army, interred with women of “Anglo-Saxon type”. Recently, two more mass graves dating to the Viking Age have been discovered in southern England, thought to be the remains of massacred Scandinavian raiding parties. In this talk, I will highlight how recent bioarchaeological data from these sites are beginning to change our views on Viking Age mobility. In addition, I will describe how a wide range of evidence is giving us a clearer understanding of women’s roles in the outwards expansion from Scandinavia. This, in turn, has an impact on how we interpret the subsequent settlement of sites like Repton, and the ongoing dialogue with the Viking homelands.