

**PECO Cross Country League 2017-18: Race 4 (Middleton Park)**  
**Senior Ladies Cumulative Results**

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Total Points	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points		
1	Jackson	Niamh	Kirkstall Harriers	F35	5	395.7	6	392.9	4	398.8	5	394.9	1580.3	1
2	Pilling	Rachel	Pudsey & Bramley AC	F35	7	393.5	5	394.3	6	394.7	4	396.1	1578.7	2
3	Lewis	Susan	Roundhay Runners	F40	6	394.6	9	388.7	7	393.7	6	393.6	1570.5	1
4	Padilla	Monica	Wharfedale Harriers	F5EN	8	392.4	10	387.2	17	383.1	15	382.0	1544.8	1
5	O'sullivan	Sarah	Horsforth Harriers	F40	18	381.6	13	383.0	18	382.1	8	391.0	1537.7	2
6	Dransfield	Laura	Roundhay Runners	F5EN	32	366.5	17	377.3	9	391.6	9	389.7	1525.1	2
7	Clark	Michaela	Abbey Runners	F45	12	388.1	19	374.5	16	384.2	20	375.6	1522.3	1
8	Sharpe	Ellen	Hyde Park Harriers	F5EN	14	385.9	12	384.4	25	374.7	22	373.0	1518.0	3
9	Kilcoyne	Alexandra	Abbey Runners	F5EN	34	364.3	20	373.0	21	378.9	14	383.3	1499.5	4
10	Andrews	Nicky	Wetherby Runners	F5EN	31	367.6	29	360.3	15	385.2	25	369.1	1482.2	5
11	Gill	Sarah	Harrogate Harriers	F50	33	365.4	25	366.0	23	376.8	35	356.3	1464.4	1
12	Mackie	Rachel	Valley Striders	F40	25	374.1	28	361.7	52	346.2	28	365.3	1447.2	3
13	Bowden	Bernie	Saltaire Striders	F45	35	363.2	47	334.8	35	364.1	34	357.6	1419.7	2
14	Lawrence	Becky	Horsforth Harriers	F40	42	355.7	49	331.9	42	356.7	42	347.3	1391.6	4
15	Moreland	Nichola	Hyde Park Harriers	F5EN	45	352.4	41	343.3	45	353.6	54	331.8	1381.1	6
16	Tao Liu	Judy	St Theresa's AC	F40	41	356.8	43	340.4	58	339.8	47	340.8	1377.9	5
17	Evans	Clare	Hyde Park Harriers	F5EN	37	361.1	37	348.9	64	333.5	65	317.7	1361.2	7
18	Culshaw	Robin	Hyde Park Harriers	F5EN	61	335.1	40	344.7	60	337.7	45	343.4	1361.0	8
19	Elson	Sarah	Roundhay Runners	F45	47	350.3	53	326.2	50	348.3	52	334.4	1359.2	3
20	Button	Holly	Valley Striders	F5EN	48	349.2	42	341.8	81	315.6	62	321.5	1328.1	9
21	Hudson	Chloe	Valley Striders	F35	68	327.6	55	323.4	75	321.9	63	320.3	1293.1	3
22	Davies	Sian	Rothwell Harriers	F5EN	92	301.6	50	330.5	68	329.3	59	325.4	1286.8	10
23	Spencer	Amanda	Valley Striders	F45	59	337.3	60	316.3	78	318.7	71	310.0	1282.3	4
24	Priest	Anna	Roundhay Runners	F35	63	333.0	80	287.9	80	316.6	53	333.1	1270.7	4
25	Haigh	Sally	Airecentre Pacers	F50	69	326.5	85	280.9	72	325.1	66	316.4	1248.8	2
26	Roden	Helen	Abbey Runners	F45	78	316.8	72	299.3	85	311.3	68	313.8	1241.2	5
27	Forwood	Nicola	Hyde Park Harriers	F5EN	93	300.5	86	279.4	105	290.2	58	326.7	1196.9	11
28	Goecker	Crystal	Harrogate Harriers	F35	0	0.0	3	397.2	2	398.9	3	397.4	1193.5	5
29	Moran	Ruth	Horsforth Harriers	F5EN	4	396.8	2	398.6	3	397.9	0	0.0	1193.2	12
30	Whitaker	Helene	Harrogate Harriers	F50	132	258.4	70	302.1	83	313.5	85	292.0	1165.9	3
31	Auchterlonie	Helen	Rothwell Harriers	F5EN	23	376.2	11	385.8	11	389.4	0	0.0	1151.5	13
32	Hunter	Sarah	Ackworth RR	F5EN	15	384.9	14	381.6	20	379.9	0	0.0	1146.4	14
33	Watson	Lesley	Saltaire Striders	F45	0	0.0	26	364.5	8	392.6	10	388.4	1145.6	6
34	Warner	Emma	Wetherby Runners	F40	98	295.1	92	270.9	99	296.6	96	277.8	1140.4	6
35	Clegg	Lindsey	Horsforth Harriers	F35	0	0.0	31	357.4	14	386.3	17	379.4	1123.1	6
36	Cox	Hannah	Leeds University CCC	F5EN	21	378.4	23	368.8	0	0.0	21	374.3	1121.4	15
37	Ball	Liz	Valley Striders	F60	97	296.2	94	268.1	93	302.9	119	248.2	1115.4	1
38	Charlesworth	Sarah	Wharfedale Harriers	F35	110	282.2	97	263.8	112	282.8	90	285.5	1114.4	7
39	Pinder	Lucy	York Tri Club	F35	0	0.0	24	367.4	26	373.6	24	370.4	1111.4	8
40	Garnett	Suzzi	Chapel Allerton Runners	F5EN	24	375.1	18	375.9	0	0.0	38	352.4	1103.4	16
41	Carter	Nicola	Knaresborough Striders	F45	28	370.8	27	363.1	43	355.7	0	0.0	1089.6	7
42	Eastwood	Nikki	Roundhay Runners	F50	0	0.0	34	353.2	30	369.4	33	358.8	1081.4	4
43	Gray	Rebecca	Hyde Park Harriers	F5EN	36	362.2	0	0.0	38	360.9	37	353.7	1076.8	17
44	Brown	Gillian	Dragons RC	F35	133	257.3	102	256.7	120	274.4	95	279.1	1067.5	9
45	Kirkham	Katherine	Wharfedale Harriers	F35	0	0.0	39	346.1	40	358.8	31	361.4	1066.4	10
46	Young	Amy	Hyde Park Harriers	F5EN	76	318.9	0	0.0	28	371.5	23	371.7	1062.1	18
47	Kellett	Naomi	Hyde Park Harriers	F5EN	39	358.9	0	0.0	49	349.3	41	348.6	1056.8	19
48	Ball	Karen	Ackworth RR	F40	46	351.4	0	0.0	48	350.4	36	355.0	1056.7	7
49	Lowery	Sima	Knaresborough Striders	F40	0	0.0	32	356.0	36	363.1	50	337.0	1056.1	8
50	Woodeson	Sarah	Valley Striders	F45	134	256.2	98	262.4	98	297.6	128	236.7	1052.9	8
51	Whiteman	Jen	Chapel Allerton Runners	F5EN	38	360.0	0	0.0	67	330.3	32	360.1	1050.5	20
52	Fox	Hannah	Abbey Runners	F5EN	55	341.6	33	354.6	54	344.1	0	0.0	1040.3	21
53	Herbert	Maria	Leeds University CCC	F5EN	0	0.0	44	339.0	56	342.0	39	351.1	1032.1	22
54	Say	Julia	Roundhay Runners	F40	67	328.6	36	350.4	0	0.0	43	346.0	1025.0	9
55	Robins	Fiona	Valley Striders	F40	0	0.0	46	336.2	53	345.1	48	339.5	1020.8	10
56	Muir	Ruth	St Theresa's AC	F35	58	338.4	45	337.6	0	0.0	49	338.3	1014.2	11
57	Camm	Jill	Kirkstall Harriers	F35	0	0.0	52	327.7	61	336.7	44	344.7	1009.0	12
58	Oldridge	Jen	Horsforth Harriers	F45	57	339.5	61	314.9	57	340.9	0	0.0	995.3	9
59	Young	Caroline	Hyde Park Harriers	F5EN	53	343.8	0	0.0	71	326.1	61	322.8	992.7	23
60	Glynn	Karen	Kippax Harriers	F45	140	249.7	113	241.1	147	245.9	120	246.9	983.7	10
61	Sykes	Joanne	Harrogate Tri Club	F5EN	123	268.1	107	249.6	197	193.1	106	265.0	975.8	24
62	Freeman	Janette	Horsforth Harriers	F50	125	265.9	123	227.0	136	257.5	142	218.6	969.1	5
63	Dransfield	Emma	Roundhay Runners	F5EN	105	287.6	56	322.0	44	354.6	0	0.0	964.2	25
64	Rothera	Josie	Valley Striders	F35	72	323.2	0	0.0	77	319.8	70	311.3	954.3	13
65	Hurst	Bev	Horsforth Harriers	F50	65	330.8	0	0.0	65	332.5	88	288.1	951.4	6
66	Thomson	Julia	Harrogate Tri Club	F50	64	331.9	62	313.5	0	0.0	77	302.3	947.6	7
67	Nesbit	Gill	Abbey Runners	F40	162	225.9	110	245.4	148	244.9	133	230.2	946.4	11
68	Forde	Emily	Horsforth Harriers	F5EN	0	0.0	64	310.6	70	327.2	74	306.1	943.9	26
69	Sturley	Charlotte	Chapel Allerton Runners	F5EN	77	317.8	65	309.2	0	0.0	67	315.1	942.2	27
70	Proctor	Cheryl	Roundhay Runners	F5EN	82	312.4	71	300.7	73	324.0	0	0.0	937.2	28
71	Love	Helen	Saltaire Striders	F60	147	242.2	117	235.5	158	234.3	138	223.8	935.7	2
72	Webster	Isobel	Kirkstall Harriers	F5EN	112	280.0	63	312.1	0	0.0	46	342.1	934.2	29
73	Farley	Lydia	Bradford Aireddale	F5EN	60	336.2	59	317.7	117	277.6	0	0.0	931.5	30
74	Follows	Emily	Kippax Harriers	F35	96	297.3	69	303.5	74	323.0	0	0.0	923.8	14
75	Kitchen	Dianne	Ilkley Harriers	F55	155	233.5	132	214.2	159	233.2	131	232.8	913.7	1
76	Baldry	Honor	Hyde Park Harriers	F5EN	0	0.0	78	290.8	90	306.1	69	312.5	909.4	31
77	Davey	Jo	Wetherby Runners	F45	71	324.3	82	285.1	0	0.0	81	297.1	906.5	11
78	James	Catherine	Kirkstall Harriers	F5EN	172	215.1	125	224.1	156	236.4	136	226.4	902.0	32
79	Smith	Alison	Abbey Runners	F40	87	307.0	75	295.0	96	299.7	0	0.0	901.8	12
80	Kempadoo Millar	Rhian	Kirkstall Harriers	F40	73	322.2	0	0.0	101	294.5	93	281.7	898.3	13
81	Clarke	Louisa	Roundhay Runners	F35	100	293.0	76	293.6	94	301.8	0	0.0	888.4	15
82	Oldroyd	Theresa	Harrogate Harriers	F45	0	0.0	90	273.8	84	312.4	78	301.0	887.1	12
83	Swindell	Jenny	Ackworth RR	F5EN	74	321.1	0	0.0	125	269.1	84	293.2	883.5	33
84	James	Julie	St Theresa's AC	F55	166	221.6	127	221.3	201	188.9	117	250.8	882.6	2
85	O'brien	Louise	Kirkstall Harriers	F40	115	276.8	74	296.5	88	308.2	0	0.0	881.4	14
86	Hanson	Fiona	Horsforth Harriers	F45	84	310.3	84	282.3	0	0.0	94	280.4	872.9	13
87	Miah	Shahana	Rothwell Harriers	F5EN	90	303.8	0	0.0	113	281.8	102	270.1	855.7	34
88	Taylor	Katie	Abbey Runners	F5EN	113	278.9	0	0.0	109	286.0	86	290.7	855.6	35
89	Cowley	Jenni	Wharfedale Harriers	F35	85	309.2	0	0.0	115	279.7	105	266.2	855.1	16
90	Hunter	Alison	Kippax Harriers	F55	139	250.8	133	212.8	209	180.5	148	210.9	855.0	3

91	Beecher	Sarah	Harrogate Harriers	F50	170	217.3	136	208.5	164	228.0	156	200.6	854.4	8
92	Brown	Emma	Hyde Park Harriers	F50	0	0.0	99	261.0	102	293.4	82	295.8	850.2	36
93	Foster	Ann	Wetherby Runners	F40	0	0.0	68	305.0	126	268.1	97	276.5	849.6	15
94	Beesley	Laura	Abbey Runners	F50	0	0.0	89	275.2	110	285.0	87	289.4	849.5	37
95	Waite	Sarah	Rothwell Harriers	F50	117	274.6	91	272.3	97	298.7	0	0.0	845.6	38
96	Booth	Samantha	Chapel Allerton Runners	F50	116	275.7	0	0.0	95	300.8	103	268.8	845.3	39
97	Council	Lucy	Bradford Airedale	F35	86	308.1	0	0.0	116	278.6	111	258.5	845.3	17
98	Mcgeachy	Denise	Chapel Allerton Runners	F35	0	0.0	112	242.6	108	287.1	80	298.4	828.0	18
99	Simpson	Sue	Nidd Valley RR	F55	108	284.3	0	0.0	118	276.5	114	254.7	815.5	4
100	Longfellow	Emma	St Theresa's AC	F35	120	271.4	0	0.0	124	270.2	104	267.5	809.1	19
101	Schofield	Jayne	Wharfedale Harriers	F45	186	200.0	162	171.6	160	232.2	157	199.4	803.2	14
102	Smith	Emma	Ackworth RR	F40	180	206.5	135	209.9	192	198.4	166	187.8	802.6	16
103	Oldroyd	Hannah	Saltaire Striders	F50	1	400.0	1	400.0	0	0.0	0	0.0	800.0	40
104	Winter	Rebecca	Ackworth RR	F50	3	397.8	4	395.7	0	0.0	0	0.0	793.6	41
105	Gallon	Eleanor	Kirkstall Harriers	F35	0	0.0	108	248.2	144	249.1	83	294.5	791.8	20
106	Garbutt	Sarah	St Theresa's AC	F50	0	0.0	8	390.1	1	400.0	0	0.0	790.1	42
107	Mccarthy	Jane	Ilkley Harriers	F40	11	389.2	0	0.0	5	395.8	0	0.0	785.0	17
108	Fotherby	Pascale	Valley Striders	F35	159	229.2	159	175.9	169	222.7	191	155.6	783.4	21
109	Graham	Sarah	Valley Striders	F50	10	390.3	0	0.0	10	390.5	0	0.0	780.8	43
110	Muir	Marion	Kirkstall Harriers	F40	131	259.5	109	246.8	121	273.4	0	0.0	779.6	18
111	Foy	Tracy	Saltaire Striders	F45	114	277.8	0	0.0	128	266.0	130	234.1	777.9	15
112	Watson	Madeleine	Chapel Allerton Runners	F50	189	196.8	122	228.4	241	146.7	152	205.8	777.6	9
113	Farrar	Naomi	Hyde Park Harriers	F50	165	222.7	175	153.2	172	219.5	171	181.4	776.8	44
114	Martin	Sophie	Wharfedale Harriers	F50	0	0.0	0	0.0	13	387.3	11	387.1	774.5	45
115	Spence	Kim	Valley Striders	F40	0	0.0	0	0.0	12	388.4	13	384.6	773.0	19
116	Jones	Myra	Valley Striders	F50	9	391.4	0	0.0	0	0.0	18	378.1	769.5	46
117	Hawden	Joanne	Rothwell Harriers	F50	187	198.9	158	177.3	190	200.5	163	191.6	768.4	10
118	Kitchen	Ellie	Ilkley Harriers	F50	13	387.0	15	380.1	0	0.0	0	0.0	767.2	47
119	van Zelst	Charlotte	Harrogate Harriers	F50	26	373.0	0	0.0	0	0.0	7	392.3	765.3	48
120	Yates	Amy	St Theresa's AC	F50	16	383.8	0	0.0	19	381.0	0	0.0	764.8	49
121	Homer	Charlotte	Wetherby Runners	F50	118	273.5	104	253.9	0	0.0	129	235.4	762.8	50
122	Hardy	Amy	Horsforth Harriers	F50	119	272.4	0	0.0	129	264.9	137	225.1	762.4	51
123	Salih	Jasmine	Abbey Runners	F45	194	191.4	169	161.7	180	211.1	158	198.1	762.2	16
124	Legg	Emily	Wetherby Runners	F50	0	0.0	16	378.7	0	0.0	19	376.8	755.6	52
125	Varley	Alison	St Theresa's AC	F45	17	382.7	21	371.6	0	0.0	0	0.0	754.3	17
126	Pickles	Karen	Pudsey & Bramley AC	F45	22	377.3	0	0.0	24	375.7	0	0.0	753.0	18
127	Hart	Marie	Horsforth Harriers	F55	126	264.9	120	231.2	138	255.4	0	0.0	751.5	5
128	Pettett	Carly	Horsforth Harriers	F50	0	0.0	0	0.0	29	370.4	16	380.7	751.2	53
129	Ferguson	Anya	Abbey Runners	F35	218	165.4	148	191.5	203	186.8	153	204.5	748.2	22
130	Welling	Claire	Roundhay Runners	F45	145	244.3	101	258.2	0	0.0	123	243.1	745.6	19
131	Baquero	Belinda	Pudsey & Bramley AC	F50	27	371.9	0	0.0	0	0.0	26	367.8	739.7	54
132	Kemshall	Jane	St Theresa's AC	F50	0	0.0	35	351.8	0	0.0	12	385.9	737.6	55
133	Evans	Charlotte	Harrogate Harriers	F40	0	0.0	0	0.0	27	372.6	30	362.7	735.3	20
134	Carter	Rachel	Ilkley Harriers	F40	29	369.7	0	0.0	34	365.2	0	0.0	734.9	21
135	Owen	Kath	Chapel Allerton Runners	F35	75	320.0	273	14.2	131	262.8	209	132.5	729.5	23
136	Breedon	Hannah	Roundhay Runners	F35	0	0.0	30	358.9	31	368.3	0	0.0	727.2	24
137	Scully	Andrea	Ackworth RR	F40	0	0.0	121	229.8	152	240.6	115	253.4	723.8	22
138	Lund	Judith	Roundhay Runners	F40	128	262.7	106	251.1	181	210.0	0	0.0	723.8	23
139	Malloy	Dawn	York Tri Club	F45	151	237.8	0	0.0	139	254.4	135	227.7	719.8	20
140	Murtagh	Marie	York Tri Club	F35	43	354.6	0	0.0	39	359.9	0	0.0	714.5	25
141	Jago	Gillian	Eccleshill RR	F40	178	208.6	165	167.4	213	176.3	186	162.1	714.3	24
142	Carroll	Tracy	Horsforth Harriers	F40	51	345.9	0	0.0	37	362.0	0	0.0	708.0	25
143	Fisk	Kathryn	Fellandale	F35	40	357.8	0	0.0	51	347.2	0	0.0	705.1	26
144	Alcock	Helen	Airecentre Pacers	F35	221	162.2	160	174.5	217	172.0	161	194.2	702.9	27
145	Carter	Hannah	Roundhay Runners	F35	0	0.0	38	347.5	47	351.5	0	0.0	699.0	28
146	Rendall	Beth	Hyde Park Harriers	F50	0	0.0	0	0.0	55	343.0	40	349.8	692.8	56
147	Seth	Naakesha	Horsforth Harriers	F50	185	201.1	131	215.6	0	0.0	98	275.2	691.9	57
148	Barron	Rebecca	Nidd Valley RR	F50	44	353.5	0	0.0	63	334.6	0	0.0	688.1	58
149	Glover	Alyson	Kirkstall Harriers	F50	137	253.0	0	0.0	161	231.1	154	203.2	687.3	11
150	Howells	Judy	Wharfedale Harriers	F45	0	0.0	0	0.0	41	357.8	56	329.3	687.0	21
151	Wilkinson	Nadene	Nidd Valley RR	F50	175	211.9	0	0.0	165	226.9	121	245.7	684.5	59
152	Ellis	Angela	Abbey Runners	F40	205	179.5	171	158.9	219	169.9	177	173.6	681.9	26
153	Norman	Ruth	Hyde Park Harriers	F50	191	194.6	105	252.5	0	0.0	134	228.9	676.0	60
154	Davies	Jan	Dragons RC	F55	174	213.0	0	0.0	146	247.0	146	213.5	673.4	6
155	Lovell	Bethany	Valley Striders	F35	212	171.9	172	157.4	222	166.8	176	174.9	671.0	29
156	Hill	Katherine	Chapel Allerton Runners	F50	158	230.3	0	0.0	162	230.1	155	201.9	662.3	61
157	Hulme-Vickerstaff	Lisa	Abbey Runners	F50	156	232.4	139	204.3	167	224.8	0	0.0	661.5	12
158	Morris	Helen	Roundhay Runners	F40	0	0.0	0	0.0	66	331.4	57	328.0	659.4	27
159	Hughes	Rhianne	Leeds University CCC	F50	62	334.1	0	0.0	0	0.0	64	319.0	653.0	62
160	O'toole	Orna	York Tri Club	F40	56	340.5	0	0.0	89	307.1	0	0.0	647.7	28
161	Dodd	Emma	Wharfedale Harriers	F50	0	0.0	0	0.0	82	314.5	55	330.5	645.1	63
162	Bond	Claire	Saltaire Striders	F35	0	0.0	0	0.0	76	320.8	60	324.1	645.0	30
163	Newman	Hannah	Kirkstall Harriers	F50	199	185.9	166	166.0	205	184.7	231	104.2	640.8	64
164	Greene	Sarah	Hyde Park Harriers	F50	0	0.0	0	0.0	62	335.6	75	304.8	640.4	65
165	Neal	Olivia	York Tri Club	F50	0	0.0	57	320.6	79	317.7	0	0.0	638.2	66
166	Hatrell	Rebecca	St Theresa's AC	F50	224	158.9	146	194.3	295	89.7	162	192.9	635.9	67
167	Dallison	Amy	Leeds University CCC	F50	66	329.7	0	0.0	0	0.0	76	303.5	633.3	68
168	Brides	Victoria	Horsforth Harriers	F50	222	161.1	143	198.6	250	137.2	210	131.2	628.1	69
169	Partner	Hannah	Saltaire Striders	F35	80	314.6	66	307.8	0	0.0	0	0.0	622.4	31
170	Howe	Caroline	Ilkley Harriers	F35	0	0.0	0	0.0	86	310.3	73	307.4	617.7	32
171	Nash	Louise	Saltaire Striders	F45	70	325.4	79	289.4	0	0.0	0	0.0	614.8	22
172	Gatenby	Francesca	Airecentre Pacers	F35	81	313.5	0	0.0	0	0.0	79	299.7	613.2	33
173	Garbutt	Catherine	Horsforth Harriers	F50	0	0.0	58	319.1	104	291.3	0	0.0	610.4	70
174	Pattinson	Angela	Horsforth Harriers	F50	0	0.0	67	306.4	92	304.0	0	0.0	610.3	13
175	Sharp	Georgie	Ackworth RR	F50	201	183.8	140	202.8	297	87.6	207	135.0	609.3	71
176	Holmes	Jane	Harrogate Tri Club	F60	79	315.7	77	292.2	0	0.0	0	0.0	607.9	3
177	Ramsden	Denise	Rothwell Harriers	F50	204	180.5	170	160.3	248	139.3	214	126.0	606.2	14
178	Ryall	Laura	Saltaire Striders	F50	0	0.0	0	0.0	103	292.3	72	308.7	601.0	72
179	Hilton	Helen	Valley Striders	F40	0	0.0	126	222.7	189	201.6	183	165.9	590.2	29
180	Davies	Rhannon	Abbey Runners	F50	234	148.1	129	218.4	175	216.4	0	0.0	582.9	73
181	Chapman	Wendy	Kippax Harriers	F55	171	216.2	0	0.0	186	204.7	187	160.8	581.7	7
182	Wylde	Laura	Abbey Runners	F35	95	298.4	0	0.0	0	0.0	92	283.0	581.3	34
183	Archer	Kerry	York Tri Club	F35	91	302.7	0	0.0	0	0.0	99	274.0	576.7	35
184	Denning	Jennette	Dragons RC	F55	235	147.0	183	141.8	221	167.8	220	118.3	575.0	8
185	Macfarlane	Kate	Airecentre Pacers	F50	83	311.4	0	0.0	0	0.0	108	262.4	573.7	74

186	<b>Tombs</b>	<b>Gail</b>	<b>Ackworth RR</b>	<b>F65</b>	<b>213</b>	<b>170.8</b>	<b>161</b>	<b>173.0</b>	<b>163</b>	<b>229.0</b>	<b>0</b>	<b>0.0</b>	<b>572.9</b>	<b>1</b>
187	Chivers	Ann	Roundhay Runners	F35	0	0.0	88	276.6	100	295.5	0	0.0	572.1	36
188	Penrose	Kate	Kippax Harriers	F60	231	151.4	184	140.4	237	150.9	212	128.6	571.3	4
189	Wilson	Stephanie	Pudsey & Bramley AC	F35	0	0.0	73	297.9	122	272.3	0	0.0	570.2	37
190	Moran	Carol	Kirkstall Harriers	F55	217	166.5	198	120.6	230	158.3	215	124.8	570.1	9
191	Hunter	Claire	Airecentre Pacers	F35	256	124.3	195	124.8	225	163.6	190	156.9	569.6	38
192	Swales	Sarah	Roundhay Runners	F55	0	0.0	149	190.1	188	202.6	175	176.2	568.9	10
193	Mottram	Terry	Ackworth RR	F40	104	288.6	0	0.0	119	275.5	0	0.0	564.1	30
194	Blakeley	Alyson	Roundhay Runners	F40	202	182.7	137	207.1	0	0.0	178	172.3	562.1	31
195	Blackburn	Serena	Horsforth Harriers	F50	0	0.0	0	0.0	106	289.2	100	272.7	561.9	15
196	Griffiths	Alys	Hyde Park Harriers	F5EN	219	164.3	174	154.6	150	242.7	0	0.0	561.7	75
197	Zapal	Dorota	Rothwell Harriers	F5EN	179	207.6	0	0.0	232	156.2	159	196.8	560.6	76
198	Rawson	Emma	Rothwell Harriers	F40	240	141.6	194	126.2	234	154.1	205	137.6	559.6	32
199	Ellwood	Melanie	York Postal Harriers	F5EN	183	203.2	152	185.8	0	0.0	180	169.8	558.8	77
200	Stakes	June	Rothwell Harriers	F45	197	188.1	196	123.4	236	152.0	238	95.2	558.7	23
201	Brook	Paula	Rothwell Harriers	F40	102	290.8	0	0.0	130	263.9	0	0.0	554.7	33
202	Willis	Elizabeth	Abbey Runners	F50	169	218.4	0	0.0	196	194.2	202	141.5	554.1	16
203	Coy	Gaenor	Ilkley Harriers	F40	190	195.7	0	0.0	223	165.7	165	189.1	550.4	34
204	Cook	Mags	Roundhay Runners	F65	214	169.7	155	181.6	193	197.4	0	0.0	548.7	2
205	Repernecki	Adela	Ilkley Harriers	F55	130	260.5	0	0.0	111	283.9	0	0.0	544.4	11
206	Wheatley	Bekki	Chapel Allerton Runners	F35	122	269.2	93	269.5	0	0.0	0	0.0	538.7	39
207	Macdonald	Wanda	St Theresa's AC	F55	0	0.0	0	0.0	133	260.7	101	271.4	532.1	12
208	Roger	Baz	Knaresborough Striders	F40	0	0.0	100	259.6	123	271.2	0	0.0	530.8	35
209	Clark	Denise	Ackworth RR	F50	0	0.0	95	266.7	0	0.0	107	263.7	530.3	17
210	Sass	Cara	Hyde Park Harriers	F5EN	129	261.6	0	0.0	127	267.0	0	0.0	528.6	78
211	Mcgrath	Helen	Roundhay Runners	F35	0	0.0	151	187.2	210	179.4	188	159.5	526.1	40
212	Rider	Lucy	Hyde Park Harriers	F35	127	263.8	0	0.0	132	261.7	0	0.0	525.5	41
213	Copley	Clare	Kippax Harriers	F35	209	175.1	0	0.0	218	171.0	179	171.1	517.2	42
214	Bellwood	Aimee	Harrogate Harriers	F5EN	0	0.0	0	0.0	134	259.6	113	255.9	515.6	79
215	Rhodes	Johanna	Hyde Park Harriers	F5EN	142	247.6	96	265.2	0	0.0	0	0.0	512.8	80
216	Hutchinson	Kirsten	Abbey Runners	F35	0	0.0	103	255.3	140	253.3	0	0.0	508.6	43
217	Bouderba	Dee	York Postal Harriers	F50	198	187.0	0	0.0	240	147.8	181	168.5	503.3	18
218	Woodhead	Laura	Wharfedale Harriers	F5EN	146	243.2	0	0.0	137	256.5	0	0.0	499.7	81
219	Smith	Charlotte	Ackworth RR	F5EN	0	0.0	0	0.0	143	250.1	122	244.4	494.5	82
220	Moul	Sue	Harrogate Harriers	F50	141	248.6	115	238.3	0	0.0	0	0.0	486.9	19
221	Walker	Ruth	Ackworth RR	F35	0	0.0	177	150.4	238	149.9	172	180.1	480.3	44
222	Bevainyte	Asta	Kirkstall Harriers	F5EN	0	0.0	178	148.9	228	160.4	182	167.2	476.6	83
223	Stansbie	Lisa	Abbey Runners	F40	0	0.0	0	0.0	157	235.4	127	237.9	473.3	36
224	<b>Dawson</b>	<b>Karen</b>	<b>Kirkstall Harriers</b>	<b>F40</b>	<b>0</b>	<b>0.0</b>	<b>167</b>	<b>164.5</b>	<b>226</b>	<b>162.5</b>	<b>199</b>	<b>145.3</b>	<b>472.4</b>	<b>37</b>
225	Young	Claire	Roundhay Runners	F35	0	0.0	128	219.9	141	252.2	0	0.0	472.1	45
226	Donnell	Lesley-Ann	Hyde Park Harriers	F5EN	252	128.6	176	151.8	199	191.0	0	0.0	471.5	84
227	Sherratt	Sarah	Saltaire Striders	F35	210	174.1	0	0.0	246	141.4	192	154.3	469.8	46
228	Lee	Hannah	Kirkstall Harriers	F5EN	161	227.0	0	0.0	154	238.5	0	0.0	465.5	85
229	Wrangles	Gail	Ackworth RR	F45	0	0.0	0	0.0	178	213.2	116	252.1	465.3	24
230	Fenton	Helen	St Theresa's AC	F50	148	241.1	0	0.0	174	217.4	0	0.0	458.5	20
231	Brown	Ros	Ilkley Harriers	F45	0	0.0	118	234.0	0	0.0	139	222.5	456.6	25
232	Hughan	Sarah	Nidd Valley Road Runners	F40	0	0.0	0	0.0	155	237.5	143	217.4	454.8	38
233	Cooke	Louise	Chapel Allerton Runners	F35	216	167.6	186	137.6	0	0.0	196	149.2	454.4	47
234	King	Sheila	Kirkstall Harriers	F50	0	0.0	119	232.6	0	0.0	140	221.2	453.8	21
235	Wilson	Trish	Rothwell Harriers	F40	154	234.6	0	0.0	0	0.0	147	212.2	446.8	39
236	Leverton	Marie	Chapel Allerton Runners	F35	0	0.0	0	0.0	185	205.8	125	240.5	446.3	48
237	Hartley	Nicola	Valley Striders	F5EN	184	202.2	0	0.0	149	243.8	0	0.0	446.0	86
238	Kara	Leila	Valley Striders	F50	250	130.8	219	90.8	279	106.6	221	117.0	445.2	22
239	Morley	Sue	Knaresborough Striders	F60	0	0.0	0	0.0	179	212.1	132	231.5	443.6	5
240	Budding	Nicola	Ilkley Harriers	F45	239	142.7	199	119.1	212	177.3	0	0.0	439.2	26
241	<b>Forey</b>	<b>Leah</b>	<b>Dragons RC</b>	<b>F5EN</b>	<b>236</b>	<b>145.9</b>	<b>207</b>	<b>107.8</b>	<b>292</b>	<b>92.9</b>	<b>245</b>	<b>86.2</b>	<b>432.8</b>	<b>87</b>
242	Scott	Katherine	Abbey Runners	F35	278	100.5	197	122.0	286	99.2	228	108.0	429.8	49
243	Fletcher	Lynn	St Theresa's AC	F65	261	118.9	230	75.2	265	121.4	224	113.2	428.7	3
244	Milner	Anne	Wharfedale Harriers	F50	0	0.0	141	201.4	173	218.5	0	0.0	419.9	23
245	Clarke	Joanna	Rothwell Harriers	F35	305	71.4	0	0.0	322	61.2	89	286.8	419.4	50
246	Hargreaves	Lynda	Wharfedale Harriers	F50	229	153.5	210	103.5	290	95.0	260	66.9	418.9	24
247	Grace	Charlotte	Ackworth RR	F5EN	0	0.0	215	96.5	251	136.1	170	182.6	415.2	88
248	Landells	Karen	St Theresa's AC	F35	176	210.8	142	200.0	0	0.0	0	0.0	410.8	51
249	Jackson	Felicity	Abbey Runners	F5EN	0	0.0	182	143.3	254	133.0	208	133.8	410.0	89
250	Edwards	Laura	Hyde Park Harriers	F5EN	182	204.3	138	205.7	0	0.0	0	0.0	410.0	90
251	Sykes	Rebecca	St Theresa's AC	F5EN	196	189.2	0	0.0	0	0.0	141	219.9	409.1	91
252	Dixon	Kelly	St Theresa's AC	F35	195	190.3	0	0.0	0	0.0	144	216.1	406.3	52
253	Gibson	Samantha	Abbey Runners	F5EN	164	223.8	0	0.0	208	181.5	0	0.0	405.3	92
254	Farley	Gina	Bradford Airedale	F50	227	155.7	220	89.4	229	159.4	0	0.0	404.4	25
255	Jowsey	Katherine	Dragons RC	F5EN	0	0.0	150	188.7	176	215.3	0	0.0	404.0	93
256	Fulton	Heather	Hyde Park Harriers	F5EN	193	192.4	134	211.3	0	0.0	0	0.0	403.8	94
257	Robinson	Sharron	Bradford Airedale	F55	150	238.9	0	0.0	0	0.0	185	163.3	402.3	13
258	Hough	Emma	Dragons RC	F40	286	91.9	214	97.9	272	114.0	236	97.7	401.5	40
259	<b>Murray-Gourlay</b>	<b>Alice</b>	<b>Kirkstall Harriers</b>	<b>F5EN</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>0</b>	<b>0.0</b>	<b>1</b>	<b>400.0</b>	<b>400.0</b>	<b>95</b>
260	Garland	Beth	Leeds University CCC	F5EN	2	398.9	0	0.0	0	0.0	0	0.0	398.9	96
261	Barlow	Sharon	Harrogate Harriers	F45	0	0.0	0	0.0	0	0.0	2	398.7	398.7	27
262	Houton	Kelly	Horsforth Harriers	F5EN	0	0.0	0	0.0	206	183.6	145	214.8	398.4	97
263	Williams	Nina	Ackworth RR	F45	226	156.8	0	0.0	249	138.3	234	100.3	395.3	28
264	Manning	Jenny	Nidd Valley Road Runners	F45	0	0.0	0	0.0	182	209.0	168	185.2	394.2	29
265	Roberts	Annie	Wharfedale Harriers	F5EN	0	0.0	7	391.5	0	0.0	0	0.0	391.5	98
266	Gibson	Debbie	Nidd Valley Road Runners	F55	0	0.0	0	0.0	187	203.7	167	186.5	390.2	14
267	Coulsey	Hilda	Ilkley Harriers	F60	192	193.5	0	0.0	194	196.3	0	0.0	389.8	6
268	Allen	Liz	Chapel Allerton Runners	F45	244	137.3	224	83.7	309	74.9	241	91.3	387.2	30
269	Bell	Valerie	Wetherby Runners	F50	0	0.0	0	0.0	184	206.9	174	177.5	384.4	26
270	Barker	Amy	Saltaire Striders	F5EN	19	380.5	0	0.0	0	0.0	0	0.0	380.5	99
271	Sisimayi	Shamiso	Harrogate Harriers	F35	20	379.5	0	0.0	0	0.0	0	0.0	379.5	53
272	Howard	Claire	Roundhay Runners	F45	0	0.0	0	0.0	22	377.8	0	0.0	377.8	31
273	Warren	Ruth	Valley Striders	F60	0	0.0	130	217.0	0	0.0	189	158.2	375.2	7
274	Lowe	Colette	Ackworth RR	F40	237	144.9	0	0.0	259	127.7	233	101.6	374.2	41
275	Smith	Zoe	Kippax Harriers	F40	264	115.7	272	15.6	274	111.9	211	129.9	373.1	42
276	Roberts	Elly	Ackworth RR	F5EN	0	0.0	22	370.2	0	0.0	0	0.0	370.2	100
277	Turcan	Gill	Harrogate Tri Club	F50	211	173.0	144	197.2	0	0.0	0	0.0	370.1	27
278	Robinson	Jayne	Eccleshill RR	F45	241	140.5	212	100.7	353	28.5	235	99.0	368.8	32
279	Walmsley	Nicola	Chapel Allerton Runners	F35	30	368.6	0	0.0	0	0.0	0	0.0	368.6	54
280	Seims	Amanda	Valley Striders	F35	0	0.0	0	0.0	32	367.3	0	0.0	367.3	55

281	Attwood	Sarah	York Tri Club	F35	0	0.0	0	0.0	0	0.0	27	366.6	366.6	56
282	Normington	Rebecca	Wetherby Runners	F5EN	0	0.0	0	0.0	33	366.2	0	0.0	366.2	101
283	Houghton	Vicky	Hyde Park Harriers	F35	177	209.7	173	156.0	0	0.0	0	0.0	365.8	57
284	Lavelle-Wood	Emma	Kirkstall Harriers	F40	0	0.0	0	0.0	0	0.0	29	364.0	364.0	43
285	Milburn	Anna	St Theresa's AC	F35	248	133.0	124	225.5	0	0.0	0	0.0	358.5	58
286	Bailey	Donna	Ackworth RR	F40	0	0.0	0	0.0	170	221.6	206	136.3	358.0	44
287	Forey	Helen	Dragons RC	F45	207	177.3	157	178.7	0	0.0	0	0.0	356.0	33
288	Akeroyd	Mel	Saltaire Striders	F35	0	0.0	0	0.0	183	207.9	197	147.9	355.8	59
289	Johnson	Louise	Dragons RC	F35	200	184.9	0	0.0	220	168.9	0	0.0	353.7	60
290	Needham	Lucy	Wharfedale Harriers	F5EN	0	0.0	0	0.0	46	352.5	0	0.0	352.5	102
291	Oughton	Jane	Abbey Runners	F55	243	138.4	227	79.4	302	82.3	273	50.2	350.3	15
292	Sunderland	Sue	Valley Striders	F55	49	348.1	0	0.0	0	0.0	0	0.0	348.1	16
293	Bell	Sarah	Dragons RC	F5EN	50	347.0	0	0.0	0	0.0	0	0.0	347.0	103
294	Brook Cohen	Lucy	Abbey Runners	F45	285	93.0	216	95.0	231	157.3	0	0.0	345.3	34
295	Eckert	Alessa	Leeds University CCC	F5EN	52	344.9	0	0.0	0	0.0	0	0.0	344.9	104
296	Drew	Helen	Kirkstall Harriers	F35	54	342.7	0	0.0	0	0.0	0	0.0	342.7	61
297	Greenwood	Jenna	Ackworth RR	F5EN	215	168.6	163	170.2	0	0.0	0	0.0	338.9	105
298	Roe	Katie	Abbey Runners	F35	0	0.0	0	0.0	59	338.8	0	0.0	338.8	62
299	Salgado	Simone	Kirkstall Harriers	F5EN	0	0.0	0	0.0	202	187.9	195	150.5	338.3	106
300	Bijsterveld	Petra	Ilkley Harriers	F55	208	176.2	0	0.0	227	161.5	0	0.0	337.7	17
301	Robinson	Emma	Harrogate Harriers	F35	0	0.0	0	0.0	0	0.0	51	335.7	335.7	63
302	Hall	Sarah	Roundhay Runners	F35	0	0.0	0	0.0	233	155.1	173	178.8	333.9	64
303	Ryan	Kirsty	Roundhay Runners	F5EN	0	0.0	48	333.3	0	0.0	0	0.0	333.3	107
304	Begum	Husna	Chapel Allerton Runners	F5EN	188	197.8	190	131.9	0	0.0	0	0.0	329.8	108
305	Turner	Emily	Horsforth Harriers	F5EN	0	0.0	51	329.1	0	0.0	0	0.0	329.1	109
306	Hofman	Denise	Hyde Park Harriers	F5EN	0	0.0	0	0.0	69	328.2	0	0.0	328.2	110
307	Midwood	Lorna	Hyde Park Harriers	F5EN	257	123.2	200	117.7	298	86.5	0	0.0	327.5	111
308	Veitch	Nidia	Horsforth Harriers	F40	0	0.0	54	324.8	0	0.0	0	0.0	324.8	45
309	Corcoran	Louise	Abbey Runners	F5EN	266	113.5	218	92.2	324	59.1	266	59.2	324.0	112
310	Taylor	Joanne	Kirkstall Harriers	F5EN	0	0.0	209	105.0	258	128.8	243	88.7	322.5	113
311	Stones	Anna	Rothwell Harriers	F5EN	238	143.8	0	0.0	211	178.4	0	0.0	322.1	114
312	Goldfield	Debbie	Knaresborough Striders	F35	247	134.1	0	0.0	291	93.9	242	90.0	318.0	65
313	Amor	Emma	Hyde Park Harriers	F5EN	0	0.0	193	127.7	200	190.0	0	0.0	317.6	115
314	Humble	Aggie	Harrogate Tri Club	F35	0	0.0	0	0.0	260	126.6	164	190.4	317.0	66
315	Stone	Dote	Hyde Park Harriers	F35	0	0.0	180	146.1	275	110.8	269	55.3	312.2	67
316	Park	Carolyn	Dragons RC	F40	0	0.0	153	184.4	0	0.0	213	127.3	311.7	46
317	Vincent	Emma	Abbey Runners	F35	0	0.0	0	0.0	87	309.2	0	0.0	309.2	68
318	Barker	Carmel	Valley Striders	F55	88	305.9	0	0.0	0	0.0	0	0.0	305.9	18
319	Gledhill	Steph	Valley Striders	F35	0	0.0	0	0.0	91	305.0	0	0.0	305.0	69
320	Stanton	Claudia	Valley Striders	F5EN	89	304.9	0	0.0	0	0.0	0	0.0	304.9	116
321	Loftus	Joanne	St Theresa's AC	F40	94	299.5	0	0.0	0	0.0	0	0.0	299.5	47
322	Dilasser	Debbie	Nidd Valley RR	F40	233	149.2	0	0.0	239	148.8	0	0.0	298.0	48
323	Durkin	Linda	Kippax Harriers	F50	0	0.0	0	0.0	242	145.6	194	151.8	297.4	28
324	Smith	Rachael	Airecentre Pacers	F5EN	0	0.0	191	130.5	224	164.6	0	0.0	295.1	117
325	Cullen	Sophie	St Theresa's AC	F45	0	0.0	0	0.0	207	182.6	225	111.9	294.5	35
326	Bucknell	Julie	Wetherby Runners	F40	99	294.1	0	0.0	0	0.0	0	0.0	294.1	49
327	Wood	Edna	Knaresborough Striders	F50	287	90.8	232	72.3	299	85.5	277	45.0	293.7	29
328	Sandhu	Baldish	Kirkstall Harriers	F50	271	108.1	237	65.2	308	76.0	278	43.7	293.1	30
329	Mclamon	Shevonne	Kirkstall Harriers	F40	0	0.0	225	82.3	289	96.0	223	114.5	292.8	50
330	Stocks	Anna	Hyde Park Harriers	F5EN	101	291.9	0	0.0	0	0.0	0	0.0	291.9	118
331	Barrett Mold	Claire	Abbey Runners	F35	103	289.7	0	0.0	0	0.0	0	0.0	289.7	70
332	Phillips	Laura	Abbey Runners	F5EN	0	0.0	0	0.0	107	288.1	0	0.0	288.1	119
333	Bartlett	Jennifer	Saltaire Striders	F40	0	0.0	0	0.0	253	134.0	193	153.1	287.1	51
334	Brown	Charlotte	Dragons RC	F5EN	0	0.0	0	0.0	245	142.5	200	144.1	286.5	120
335	Yamaguchi	Hikari	Kirkstall Harriers	F5EN	0	0.0	81	286.5	0	0.0	0	0.0	286.5	121
336	Foot	Pauline	York Tri Club	F50	106	286.5	0	0.0	0	0.0	0	0.0	286.5	31
337	Hall	Steph	Rothwell Harriers	F5EN	107	285.4	0	0.0	0	0.0	0	0.0	285.4	122
338	Davis	Denise	Saltaire Striders	F45	249	131.9	0	0.0	296	88.7	262	64.3	284.9	36
339	Sheehan	Therese	Kirkstall Harriers	F5EN	0	0.0	0	0.0	0	0.0	91	284.2	284.2	123
340	Coombes	Lizzie	Hyde Park Harriers	F50	0	0.0	213	99.3	271	115.0	258	69.5	283.8	32
341	Wood	Liz	Valley Striders	F40	0	0.0	83	283.7	0	0.0	0	0.0	283.7	52
342	Weston	Alison	Ilkley Harriers	F50	109	283.2	0	0.0	0	0.0	0	0.0	283.2	33
343	Steele	Julie	Ecclehill RR	F55	0	0.0	229	76.6	266	120.3	246	84.9	281.8	19
344	Evans	Emma Jane	Ackworth RR	F5EN	111	281.1	0	0.0	0	0.0	0	0.0	281.1	124
345	Thaper	Claire	Saltaire Striders	F35	281	97.3	239	62.4	317	66.5	270	54.0	280.2	71
346	Wood	Helen	Ilkley Harriers	F5EN	0	0.0	87	278.0	0	0.0	0	0.0	278.0	125
347	Dell'amico	Louise	Saltaire Striders	F40	255	125.4	0	0.0	300	84.4	259	68.2	278.0	53
348	Grant	Debra	Ecclehill RR	F40	280	98.4	0	0.0	281	104.5	257	70.7	273.6	54
349	Sweeting	Jo	Rothwell Harriers	F45	289	88.6	235	68.1	0	0.0	222	115.8	272.5	37
350	Tomlinson	Sarah	Dragons RC	F45	253	127.6	181	144.7	0	0.0	0	0.0	272.2	38
351	Ross	Heather	Chapel Allerton Runners	F40	312	63.8	241	59.6	311	72.8	253	75.9	272.1	55
352	Brigginsshaw	Emma	Kirkstall Harriers	F35	121	270.3	0	0.0	0	0.0	0	0.0	270.3	72
353	Quayle	Deborah	Roundhay Runners	F35	0	0.0	202	114.9	235	153.0	0	0.0	267.9	73
354	Skellhorn	Rowena	Rothwell Harriers	F40	124	267.0	0	0.0	0	0.0	0	0.0	267.0	56
355	Smith	Michelle	Nidd Valley RR	F45	282	96.2	240	61.0	327	55.9	271	52.7	265.9	39
356	Palmer	Kelly	Kippax Harriers	F60	293	84.3	252	44.0	306	78.1	267	57.9	264.3	8
357	Naylor	Amy	Knaresborough Striders	F5EN	0	0.0	0	0.0	0	0.0	109	261.1	261.1	126
358	Clubbs	Christine	Wetherby Runners	F45	0	0.0	0	0.0	0	0.0	110	259.8	259.8	40
359	Thorp	Joanna	Chapel Allerton Runners	F5EN	0	0.0	0	0.0	135	258.6	0	0.0	258.6	127
360	Bennett	Alison	Ilkley Harriers	F55	0	0.0	0	0.0	0	0.0	112	257.2	257.2	20
361	Easton	Carolyn	Nidd Valley RR	F35	259	121.1	0	0.0	252	135.1	0	0.0	256.2	74
362	Pickering	Anna	Ilkley Harriers	F5EN	0	0.0	206	109.2	0	0.0	198	146.6	255.8	128
363	Reddington	Liz	Valley Striders	F55	135	255.1	0	0.0	0	0.0	0	0.0	255.1	21
364	Lofthouse	Kate	Ilkley Harriers	F55	295	82.2	236	66.7	280	105.5	0	0.0	254.4	22
365	Oliver	Sarah	Hyde Park Harriers	F5EN	136	254.1	0	0.0	0	0.0	0	0.0	254.1	129
366	Mccormack	Maya	Ackworth RR	F35	138	251.9	0	0.0	0	0.0	0	0.0	251.9	75
367	Ohno	Maika	Hyde Park Harriers	F40	0	0.0	0	0.0	142	251.2	0	0.0	251.2	57
368	Pullan	Alison	Hyde Park Harriers	F5EN	0	0.0	0	0.0	0	0.0	118	249.5	249.5	130
369	Wood	Kerry	Saltaire Striders	F40	0	0.0	0	0.0	277	108.7	203	140.2	248.9	58
370	Lawton	Caroline	Dragons RC	F40	0	0.0	221	87.9	301	83.4	252	77.2	248.5	59
371	Mistry	Reena	Hyde Park Harriers	F35	0	0.0	0	0.0	145	248.0	0	0.0	248.0	76
372	Burnden	Hannah	Dragons RC	F5EN	0	0.0	192	129.1	268	118.2	0	0.0	247.3	131
373	Hardy	Polly	Kippax Harriers	F40	143	246.5	0	0.0	0	0.0	0	0.0	246.5	60
374	Hererich	Julia	Hyde Park Harriers	F5EN	144	245.4	0	0.0	0	0.0	0	0.0	245.4	132
375	Hipkiss	Vicki	Kirkstall Harriers	F50	0	0.0	0	0.0	261	125.6	219	119.6	245.2	34

376	Smith	Jadine	Saltaire Striders	F5EN	230	152.4	0	0.0	293	91.8	0	0.0	244.3	133
377	Eaves-Lai	Alison	Valley Striders	F35	0	0.0	111	244.0	0	0.0	0	0.0	244.0	77
378	Sedgley	Laura	Chapel Allerton Runners	F45	0	0.0	0	0.0	264	122.4	218	120.9	243.3	41
379	England	Victoria	Rothwell Harriers	F40	223	160.0	0	0.0	0	0.0	248	82.3	242.3	61
380	Normington	Andrea	Wetherby Runners	F55	0	0.0	0	0.0	0	0.0	124	241.8	241.8	23
381	Eaton Turner	Emily	York Tri Club	F5EN	0	0.0	0	0.0	151	241.7	0	0.0	241.7	134
382	Roe	Jemma	Kirkstall Harriers	F5EN	0	0.0	179	147.5	0	0.0	239	93.9	241.4	135
383	Britton	Angela	Chapel Allerton Runners	F60	0	0.0	189	133.3	0	0.0	229	106.8	240.1	9
384	Metcalfe	Lynne	Rothwell Harriers	F45	149	240.0	0	0.0	0	0.0	0	0.0	240.0	42
385	Jones	Christine	Nidd Valley Road Runners	F55	0	0.0	114	239.7	0	0.0	0	0.0	239.7	24
386	Townsend	Georgina	Knaresborough Striders	F5EN	0	0.0	0	0.0	153	239.6	0	0.0	239.6	136
387	Battersby	Jennifer	Wharfedale Harriers	F40	0	0.0	0	0.0	0	0.0	126	239.2	239.2	62
388	Graham	June	Knaresborough Striders	F55	0	0.0	201	116.3	0	0.0	217	122.2	238.5	25
389	Merritt	Gemma	Valley Striders	F5EN	0	0.0	116	236.9	0	0.0	0	0.0	236.9	137
390	Hinchcliffe	Anna	Rothwell Harriers	F5EN	152	236.8	0	0.0	0	0.0	0	0.0	236.8	138
391	Ambler	Louise	St Theresa's AC	F35	153	235.7	0	0.0	0	0.0	0	0.0	235.7	78
392	Kennedy	Helen	Roundhay Runners	F5EN	0	0.0	226	80.9	294	90.8	263	63.0	234.6	139
393	Jones	Judith	Kippax Harriers	F50	0	0.0	211	102.1	256	130.9	0	0.0	233.0	35
394	Smith	Sarah	Valley Striders	F50	157	231.4	0	0.0	0	0.0	0	0.0	231.4	36
395	Gabriel	Kate	Roundhay Runners	F55	317	58.4	0	0.0	287	98.2	256	72.0	228.6	26
396	Bracchi	Jane-Marie	Hyde Park Harriers	F40	160	228.1	0	0.0	0	0.0	0	0.0	228.1	63
397	Loomes	Kate	York Tri Club	F35	0	0.0	0	0.0	166	225.9	0	0.0	225.9	79
398	Heselgrave	Julie	St Theresa's AC	F50	163	224.9	0	0.0	0	0.0	0	0.0	224.9	37
399	Barber	Catherine	Nidd Valley Road Runners	F5EN	0	0.0	0	0.0	168	223.7	0	0.0	223.7	140
400	Mctague	Maira	Nidd Valley Road Runners	F55	0	0.0	0	0.0	171	220.6	0	0.0	220.6	27
401	Peers	Jayne	Rothwell Harriers	F45	167	220.5	0	0.0	0	0.0	0	0.0	220.5	43
402	Johnson	Kate	Abbey Runners	F40	267	112.4	0	0.0	278	107.7	0	0.0	220.1	64
403	Kearns	Rachael	Kirkstall Harriers	F5EN	168	219.5	0	0.0	0	0.0	0	0.0	219.5	141
404	Walker	Liz	Kirkstall Harriers	F5EN	0	0.0	0	0.0	255	131.9	244	87.5	219.4	142
405	Farquhar	Fiona	Saltaire Striders	F45	273	105.9	0	0.0	273	112.9	0	0.0	218.9	44
406	Mcdowell	Lisa	St Theresa's AC	F45	272	107.0	0	0.0	0	0.0	226	110.6	217.6	45
407	Barracrough	Lynsey	Nidd Valley RR	F40	265	114.6	0	0.0	283	102.4	0	0.0	217.0	65
408	Myers	Sarah	Eccleshill RR	F40	0	0.0	0	0.0	276	109.8	230	105.5	215.2	66
409	Potts	Alexandra	Kirkstall Harriers	F5EN	0	0.0	0	0.0	177	214.2	0	0.0	214.2	143
410	Holmes	Sue	Kippax Harriers	F50	173	214.1	0	0.0	0	0.0	0	0.0	214.1	38
411	Mingham	Joanna	Horsforth Harriers	F60	0	0.0	0	0.0	282	103.4	227	109.3	212.8	10
412	Needham	Lesley	Ackworth RR	F50	246	135.1	0	0.0	0	0.0	254	74.6	209.7	39
413	Price	Angharad	Leeds University CCC	F5EN	0	0.0	0	0.0	0	0.0	149	209.6	209.6	144
414	Welsby	Kez	Knaresborough Striders	F50	0	0.0	223	85.1	262	124.5	0	0.0	209.6	40
415	Sutherland	Natasha	York Tri Club	F5EN	0	0.0	0	0.0	0	0.0	150	208.4	208.4	145
416	Ritucci	Pamela	Ackworth RR	F5EN	0	0.0	0	0.0	0	0.0	151	207.1	207.1	146
417	Hougham	Claire	Hyde Park Harriers	F40	301	75.7	243	56.7	336	46.4	291	27.0	205.9	67
418	Bland	Debbie	Eccleshill RR	F60	181	205.4	0	0.0	0	0.0	0	0.0	205.4	11
419	Ross	Sylvia	Saltaire Striders	F65	274	104.9	0	0.0	310	73.9	293	24.4	203.2	4
420	Dykes	Carly	Airecentre Pacers	F35	0	0.0	222	86.5	270	116.1	0	0.0	202.6	80
421	Frear	Hilary	Roundhay Runners	F35	0	0.0	0	0.0	191	199.5	0	0.0	199.5	81
422	Hodkinson	Sophie	Abbey Runners	F5EN	0	0.0	0	0.0	269	117.2	249	81.0	198.2	147
423	Whitehouse	Louise	Horsforth Harriers	F40	0	0.0	145	195.7	0	0.0	0	0.0	195.7	68
424	Featherstone	Claire	Dragons RC	F5EN	291	86.5	246	52.5	0	0.0	268	56.6	195.6	148
425	Newman	Eileen	Rothwell Harriers	F50	0	0.0	0	0.0	0	0.0	160	195.5	195.5	41
426	Pennington	Helen	Saltaire Striders	F45	0	0.0	0	0.0	195	195.3	0	0.0	195.3	46
427	Killingworth	Claire	Knaresborough Striders	F5EN	0	0.0	147	192.9	0	0.0	0	0.0	192.9	149
428	Cameron	Faye	Airecentre Pacers	F40	0	0.0	0	0.0	198	192.1	0	0.0	192.1	69
429	Mason	Sheila	Horsforth Harriers	F60	307	69.2	256	38.3	331	51.7	289	29.6	188.8	12
430	Illingworth	Gemma	Eccleshill RR	F40	0	0.0	0	0.0	204	185.8	0	0.0	185.8	70
431	Tesseyman	Jane	Airecentre Pacers	F45	300	76.8	231	73.8	348	33.8	0	0.0	184.3	47
432	Bennett	Krystyna	Chapel Allerton Runners	F35	0	0.0	0	0.0	0	0.0	169	183.9	183.9	82
433	Kelly	Elaine	Rothwell Harriers	F50	0	0.0	154	183.0	0	0.0	0	0.0	183.0	42
434	Bauer	Claudia	Hyde Park Harriers	F5EN	203	181.6	0	0.0	0	0.0	0	0.0	181.6	150
435	Martin	Gemma	Chapel Allerton Runners	F5EN	0	0.0	156	180.1	0	0.0	0	0.0	180.1	151
436	Mcaleavy	Clare	Wharfedale Harriers	F40	0	0.0	0	0.0	285	100.3	251	78.5	178.7	71
437	Pye	Jo	Ackworth RR	F35	206	178.4	0	0.0	0	0.0	0	0.0	178.4	83
438	Lowe	Liz	Roundhay Runners	F50	0	0.0	0	0.0	214	175.2	0	0.0	175.2	43
439	Stack	Jacqueline	Horsforth Harriers	F50	0	0.0	244	55.3	312	71.8	275	47.6	174.7	44
440	Culkin	Sarah	Abbey Runners	F35	0	0.0	0	0.0	215	174.1	0	0.0	174.1	84
441	Alderson	Michelle	Roundhay Runners	F35	0	0.0	0	0.0	216	173.1	0	0.0	173.1	85
442	Ward	Nic	Kippax Harriers	F40	0	0.0	0	0.0	305	79.2	240	92.6	171.8	72
443	Lewis	Anne	Roundhay Runners	F75	329	45.4	249	48.2	343	39.1	283	37.3	170.0	1
444	Lewis	Helen	Roundhay Runners	F40	0	0.0	164	168.8	0	0.0	0	0.0	168.8	73
445	Clifford	Carole	Rothwell Harriers	F50	0	0.0	0	0.0	0	0.0	184	164.6	164.6	45
446	Hill	Jane	Nidd Valley RR	F40	290	87.6	0	0.0	307	77.0	0	0.0	164.6	74
447	Elms	Sharon	Airecentre Pacers	F45	220	163.2	0	0.0	0	0.0	0	0.0	163.2	48
448	Leask	Nia	Roundhay Runners	F35	0	0.0	168	163.1	0	0.0	0	0.0	163.1	86
449	Frazer	Elaine	Saltaire Striders	F45	284	94.1	0	0.0	315	68.6	0	0.0	162.7	49
450	Denman	Sarah	St Theresa's AC	F35	262	117.8	0	0.0	338	44.3	0	0.0	162.2	87
451	Eyres	Michelle	Saltaire Striders	F55	288	89.7	233	70.9	0	0.0	0	0.0	160.7	28
452	Ballantine	Lisa	York Tri Club	F40	326	48.6	0	0.0	323	60.2	272	51.4	160.3	75
453	May	Kristy	Roundhay Runners	F35	225	157.8	0	0.0	0	0.0	0	0.0	157.8	88
454	Keighley	Carole	Airecentre Pacers	F55	310	65.9	263	28.4	355	26.4	284	36.0	156.7	29
455	Prince	Rachael	Nidd Valley RR	F40	228	154.6	0	0.0	0	0.0	0	0.0	154.6	76
456	Mann	Helen	Rothwell Harriers	F55	232	150.3	0	0.0	0	0.0	0	0.0	150.3	30
457	Townsend	Erin	Rothwell Harriers	F5EN	0	0.0	0	0.0	314	69.7	250	79.7	149.4	152
458	Whitaker	Joanne	Dragons RC	F45	324	50.8	0	0.0	288	97.1	0	0.0	147.9	50
459	Stevenson	Nicky	Dragons RC	F40	0	0.0	0	0.0	243	144.6	0	0.0	144.6	77
460	Pickard	Anna	Dragons RC	F45	0	0.0	0	0.0	244	143.5	0	0.0	143.5	51
461	Harrison	Lisa	Knaresborough Striders	F45	0	0.0	0	0.0	0	0.0	201	142.8	142.8	52
462	Bailey	Sarah	Ackworth RR	F5EN	330	44.3	0	0.0	320	63.3	285	34.7	142.4	153
463	Rhodes	Matilda	Hyde Park Harriers	F5EN	308	68.1	0	0.0	0	0.0	255	73.3	141.4	154
464	Fletcher	Harriet	Saltaire Striders	F45	0	0.0	0	0.0	247	140.4	0	0.0	140.4	53
465	Moore	Ruth	Kippax Harriers	F40	299	77.8	0	0.0	321	62.3	0	0.0	140.1	78
466	Hatfield	Magan	Wetherby Runners	F45	304	72.4	0	0.0	316	67.5	0	0.0	140.0	54
467	Kavanagh	Joanne	Hyde Park Harriers	F50	242	139.5	0	0.0	0	0.0	0	0.0	139.5	46
468	Moore	Daisy	Abbey Runners	F5EN	0	0.0	185	139.0	0	0.0	0	0.0	139.0	155
469	Kenny	Hayley	Rothwell Harriers	F50	0	0.0	0	0.0	0	0.0	204	138.9	138.9	47
470	Watkins	Steph	Rothwell Harriers	F40	245	136.2	0	0.0	0	0.0	0	0.0	136.2	79

471	Bird	Pippa	Saltaire Striders	F35	0	0.0	187	136.2	0	0.0	0	0.0	136.2	89
472	Smolinska	Marta	Roundhay Runners	F40	0	0.0	188	134.8	0	0.0	0	0.0	134.8	80
473	Rhodes	Amanda	Abbey Runners	F45	283	95.1	0	0.0	0	0.0	282	38.6	133.7	55
474	Goodfellow	Laura	Chapel Allerton Runners	F5EN	314	61.6	234	69.5	0	0.0	0	0.0	131.1	156
475	Georgoulos	Lindsay	Kippax Harriers	F40	0	0.0	0	0.0	257	129.8	0	0.0	129.8	81
476	Pritchett	Sarah	Roundhay Runners	F5EN	251	129.7	0	0.0	0	0.0	0	0.0	129.7	157
477	Robinson	Fiona	Nidd Valley RR	F50	346	27.0	260	32.6	344	38.0	288	30.9	128.5	48
478	Gray	Helen	Roundhay Runners	F5EN	254	126.5	0	0.0	0	0.0	0	0.0	126.5	158
479	Smith	Rebecca	Roundhay Runners	F5EN	302	74.6	0	0.0	332	50.7	0	0.0	125.3	159
480	Walker	Louise	Roundhay Runners	F35	0	0.0	0	0.0	263	123.5	0	0.0	123.5	90
481	Gardner	Amie	Ackworth RR	F5EN	0	0.0	0	0.0	0	0.0	216	123.5	123.5	160
482	Cousins	Vicky	Eccleshill RR	F45	258	122.2	0	0.0	0	0.0	0	0.0	122.2	56
483	Rodgers	Jayne	Hyde Park Harriers	F55	260	120.0	0	0.0	0	0.0	0	0.0	120.0	31
484	Hembra	Dannie	Chapel Allerton Runners	F40	0	0.0	0	0.0	325	58.0	264	61.7	119.8	82
485	Elmer	Jackie	Kirkstall Harriers	F40	0	0.0	0	0.0	267	119.3	0	0.0	119.3	83
486	Richardson	Emma	Kippax Harriers	F35	263	116.8	0	0.0	0	0.0	0	0.0	116.8	91
487	Holmes	Rachael	York Tri Club	F5EN	0	0.0	264	27.0	339	43.3	276	46.3	116.5	161
488	Roberts	Jennifer	Chapel Allerton Runners	F5EN	0	0.0	203	113.5	0	0.0	0	0.0	113.5	162
489	Wright	Sally	Ilkley Harriers	F55	316	59.5	245	53.9	0	0.0	0	0.0	113.4	32
490	Sunderland	Joanne	Roundhay Runners	F45	0	0.0	204	112.1	0	0.0	0	0.0	112.1	57
491	Downham	Karen	Kippax Harriers	F55	277	101.6	276	9.9	0	0.0	0	0.0	111.6	33
492	Goodyear	Stacey	St Theresa's AC	F40	268	111.4	0	0.0	0	0.0	0	0.0	111.4	84
493	Bishop	Wendy	Ilkley Harriers	F45	328	46.5	0	0.0	319	64.4	0	0.0	110.9	58
494	Bewell	Judie	Wetherby Runners	F55	0	0.0	205	110.6	0	0.0	0	0.0	110.6	34
495	Daniel-Thomas	Bethan	Kirkstall Harriers	F5EN	269	110.3	0	0.0	0	0.0	0	0.0	110.3	163
496	Daniel-Thomas	Vikki	Kirkstall Harriers	F5EN	270	109.2	0	0.0	0	0.0	0	0.0	109.2	164
497	Livingstone	Jo	Roundhay Runners	F35	0	0.0	208	106.4	0	0.0	0	0.0	106.4	92
498	Willis	Charlotte	Airecentre Pacers	F5EN	315	60.5	0	0.0	337	45.4	0	0.0	105.9	165
499	Cox	Zoe	Ackworth RR	F5EN	275	103.8	0	0.0	0	0.0	0	0.0	103.8	166
500	Knight	Gini	Horsforth Harriers	F55	0	0.0	0	0.0	0	0.0	232	102.9	102.9	35
501	Carden	Rebecca	Saltaire Striders	F5EN	276	102.7	0	0.0	0	0.0	0	0.0	102.7	167
502	Andrews	Frances	Hyde Park Harriers	F5EN	0	0.0	0	0.0	284	101.3	0	0.0	101.3	168
503	Macdonald	Kirsty	Roundhay Runners	F45	0	0.0	242	58.2	340	42.2	0	0.0	100.4	59
504	Rix	Carolyn	Saltaire Striders	F55	343	30.3	262	29.8	342	40.1	0	0.0	100.2	36
505	Sebright-Pickard	Jen	Airecentre Pacers	F40	309	67.0	0	0.0	349	32.7	0	0.0	99.7	85
506	Elmes	Julie	Knaresborough Striders	F50	279	99.5	0	0.0	0	0.0	0	0.0	99.5	49
507	Goulding-Hall	Christine	Ackworth RR	F60	348	24.9	267	22.7	354	27.4	294	23.2	98.2	13
508	Naylor	Sarah	Hyde Park Harriers	F40	319	56.2	0	0.0	341	41.2	0	0.0	97.4	86
509	Penfold	Sarah	Leeds University CCC	F5EN	0	0.0	0	0.0	0	0.0	237	96.5	96.5	169
510	Connor	Amanda	Airecentre Pacers	F40	355	17.3	268	21.3	350	31.7	292	25.7	96.0	87
511	Cook	Bernadette	Saltaire Striders	F45	0	0.0	217	93.6	0	0.0	0	0.0	93.6	60
512	Taylor	Fiona	Roundhay Runners	F50	0	0.0	251	45.4	0	0.0	280	41.2	86.5	50
513	Parmley	Hannah	Roundhay Runners	F5EN	369	2.2	261	31.2	330	52.8	0	0.0	86.1	170
514	Robinson	Liz	Eccleshill RR	F50	0	0.0	257	36.9	334	48.5	0	0.0	85.4	51
515	Forshaw	Lynsey	Ackworth RR	F40	292	85.4	0	0.0	0	0.0	0	0.0	85.4	88
516	Lewis	Nicola	Chapel Allerton Runners	F35	0	0.0	0	0.0	0	0.0	247	83.6	83.6	93
517	Bell	Erica	Rothwell Harriers	F40	294	83.2	0	0.0	0	0.0	0	0.0	83.2	89
518	Butterworth	Mary	Roundhay Runners	F35	331	43.2	255	39.7	0	0.0	0	0.0	83.0	94
519	Hyde	Gillian	Saltaire Striders	F50	0	0.0	0	0.0	303	81.3	0	0.0	81.3	52
520	Murray	Becky	Valley Striders	F40	296	81.1	0	0.0	0	0.0	0	0.0	81.1	90
521	Brown	Cath	Airecentre Pacers	F40	0	0.0	0	0.0	304	80.2	0	0.0	80.2	91
522	Dwyer	Angie	Chapel Allerton Runners	F40	297	80.0	0	0.0	0	0.0	0	0.0	80.0	92
523	Scott	Jane	St Theresa's AC	F60	298	78.9	0	0.0	0	0.0	0	0.0	78.9	14
524	Montgomery	Victoria	Roundhay Runners	F5EN	0	0.0	228	78.0	0	0.0	0	0.0	78.0	171
525	Thompson	Su	Wharfedale Harriers	F50	322	53.0	266	24.1	0	0.0	0	0.0	77.1	53
526	Frith	Helen	Kippax Harriers	F50	325	49.7	265	25.5	0	0.0	0	0.0	75.3	54
527	Coffey	Maureen	Roundhay Runners	F65	0	0.0	0	0.0	347	34.8	281	39.9	74.7	5
528	Gibson	Lindsey	Roundhay Runners	F35	303	73.5	0	0.0	0	0.0	0	0.0	73.5	95
529	Scarlett	Samantha	Hyde Park Harriers	F5EN	323	51.9	0	0.0	361	20.1	0	0.0	71.9	172
530	Dove	Cora	Airecentre Pacers	F45	0	0.0	258	35.5	346	35.9	0	0.0	71.3	61
531	Heaton	Joanna	Roundhay Runners	F5EN	0	0.0	0	0.0	313	70.7	0	0.0	70.7	173
532	Rhodes	Ann	Ackworth RR	F60	306	70.3	0	0.0	0	0.0	0	0.0	70.3	15
533	Bayliss	Heather	Saltaire Striders	F35	345	28.1	271	17.0	371	9.5	301	14.1	68.8	96
534	Buckley	Ann	Dragons RC	F5EN	0	0.0	0	0.0	335	47.5	297	19.3	66.8	174
535	Darley	Jacky	Wetherby Runners	F60	0	0.0	0	0.0	0	0.0	261	65.6	65.6	16
536	O'hare	Belinda	Dragons RC	F55	0	0.0	0	0.0	318	65.4	0	0.0	65.4	37
537	Hogan	Dawn	Eccleshill RR	F50	0	0.0	0	0.0	345	36.9	290	28.3	65.2	55
538	Mckinnell	Amanda	Ackworth RR	F60	311	64.9	0	0.0	0	0.0	0	0.0	64.9	17
539	Harris	Emma	Horsforth Harriers	F35	0	0.0	238	63.8	0	0.0	0	0.0	63.8	97
540	Berry	Wendy	Ackworth RR	F55	313	62.7	0	0.0	0	0.0	0	0.0	62.7	38
541	Bourner	Wendy	Ackworth RR	F50	0	0.0	0	0.0	0	0.0	265	60.5	60.5	56
542	Jackson	Becky	Roundhay Runners	F5EN	318	57.3	0	0.0	0	0.0	0	0.0	57.3	175
543	Bateman	Rachel	Harrogate Tri Club	F45	0	0.0	0	0.0	326	57.0	0	0.0	57.0	62
544	Akers	Anne	Kirkstall Harriers	F55	353	19.5	0	0.0	358	23.2	302	12.9	55.5	39
545	Worthington	Debbie	Ackworth RR	F35	320	55.1	0	0.0	0	0.0	0	0.0	55.1	98
546	Smith	Su	Ackworth RR	F55	0	0.0	0	0.0	328	54.9	0	0.0	54.9	40
547	Roberts	Stevie	Kippax Harriers	F40	321	54.1	0	0.0	0	0.0	0	0.0	54.1	93
548	Richardson	Dawn	Knaresborough Striders	F55	0	0.0	0	0.0	329	53.8	0	0.0	53.8	41
549	Johnson	Jade	Rothwell Harriers	F5EN	365	6.5	270	18.4	364	16.9	304	10.3	52.1	176
550	Upton	Ann	Saltaire Striders	F55	356	16.2	0	0.0	366	14.8	296	20.6	51.6	42
551	Roberts	Grace Charlotte	Hyde Park Harriers	F5EN	0	0.0	247	51.1	0	0.0	0	0.0	51.1	177
552	Rowley	Amanda	Dragons RC	F45	0	0.0	248	49.6	0	0.0	0	0.0	49.6	63
553	Oldfield	Julie	Roundhay Runners	F55	0	0.0	0	0.0	333	49.6	0	0.0	49.6	43
554	Sykes-Hooban	Leann	Kirkstall Harriers	F35	0	0.0	0	0.0	0	0.0	274	48.9	48.9	99
555	Williment	Emma	Airecentre Pacers	F5EN	327	47.6	0	0.0	0	0.0	0	0.0	47.6	178
556	Sobratee	Leanne	Rothwell Harriers	F35	0	0.0	0	0.0	356	25.3	295	21.9	47.2	100
557	Thomas-Peters	Melissa	Nidd Valley Road Runners	F40	0	0.0	250	46.8	0	0.0	0	0.0	46.8	94
558	Wilmhurst	Laura	Knaresborough Striders	F5EN	0	0.0	0	0.0	352	29.6	299	16.7	46.3	179
559	Dyson	Jo	Roundhay Runners	F45	0	0.0	253	42.6	379	1.1	0	0.0	43.6	64
560	Clarke	Joanna	Rothwell Harriers	F35	0	0.0	0	0.0	0	0.0	279	42.4	42.4	101
561	Peckover	Victoria	Ackworth RR	F35	332	42.2	0	0.0	0	0.0	0	0.0	42.2	102
562	Gray	Katie	Knaresborough Striders	F50	0	0.0	254	41.1	0	0.0	0	0.0	41.1	57
563	Daly	Jill	Ackworth RR	F45	333	41.1	0	0.0	0	0.0	0	0.0	41.1	65
564	Willibond	Andie	Dragons RC	F70	334	40.0	0	0.0	0	0.0	0	0.0	40.0	1
565	Turner	Sarah	Ackworth RR	F35	335	38.9	0	0.0	0	0.0	0	0.0	38.9	103

566	Ellwood	Lisa	York Postal Harriers	F45	344	29.2	0	0.0	0	0.0	305	9.0	38.2	66
567	Allison	Tracey	Knarborough Striders	F50	336	37.8	0	0.0	0	0.0	0	0.0	37.8	58
568	Thompson	Lisa	Ackworth RR	F55	337	36.8	0	0.0	0	0.0	0	0.0	36.8	180
569	Trueman	Mandy	St Theresa's AC	F55	338	35.7	0	0.0	0	0.0	0	0.0	35.7	44
570	Morris	Janet	Knarborough Striders	F60	339	34.6	0	0.0	0	0.0	0	0.0	34.6	18
571	Thomas	Diane	Kirkstall Harriers	F50	0	0.0	259	34.0	0	0.0	0	0.0	34.0	59
572	Rayner	Jan	Roundhay Runners	F45	340	33.5	0	0.0	0	0.0	0	0.0	33.5	67
573	Heslin	Ashley	Chapel Allerton Runners	F50	0	0.0	0	0.0	0	0.0	286	33.4	33.4	181
574	Lyon	Lynsey Elizabeth	St Theresa's AC	F40	361	10.8	0	0.0	359	22.2	0	0.0	33.0	95
575	Scholes	Sara	Hyde Park Harriers	F50	0	0.0	0	0.0	360	21.1	303	11.6	32.7	182
576	Dobbs	Marina	Kippax Harriers	F50	341	32.4	0	0.0	0	0.0	0	0.0	32.4	60
577	Western	Helen	Saltaire Striders	F45	0	0.0	0	0.0	0	0.0	287	32.2	32.2	68
578	Gratton	Annabel	Chapel Allerton Runners	F50	342	31.4	0	0.0	0	0.0	0	0.0	31.4	183
579	Hawkswell	Jenna	Airecentre Pacers	F35	0	0.0	0	0.0	351	30.6	0	0.0	30.6	104
580	Dodds	Rachael	Roundhay Runners	F40	354	18.4	0	0.0	369	11.6	0	0.0	30.0	96
581	Roberts	Rachel	Roundhay Runners	F50	364	7.6	269	19.9	0	0.0	0	0.0	27.4	184
582	Whittaker	Donna	Bradford Airedale	F35	347	25.9	0	0.0	0	0.0	0	0.0	25.9	105
583	Hirst	Kelly	Ackworth RR	F35	0	0.0	275	11.3	367	13.7	0	0.0	25.1	106
584	Caley	Suzanne	Abbey Runners	F40	0	0.0	0	0.0	357	24.3	0	0.0	24.3	97
585	Parsons	Tracey	St Theresa's AC	F50	349	23.8	0	0.0	0	0.0	0	0.0	23.8	61
586	Owen	Melanie	Ackworth RR	F40	0	0.0	0	0.0	373	7.4	300	15.4	22.8	98
587	Taylor	Samantha	Kirkstall Harriers	F50	350	22.7	0	0.0	0	0.0	0	0.0	22.7	185
588	Hudson	Jill	Kirkstall Harriers	F40	351	21.6	0	0.0	0	0.0	0	0.0	21.6	99
589	Butler	Teresa	St Theresa's AC	F40	352	20.5	0	0.0	0	0.0	0	0.0	20.5	100
590	Hussey	Jean	Valley Striders	F65	360	11.9	0	0.0	372	8.4	0	0.0	20.3	6
591	Newton	Georgi	Ackworth RR	F40	0	0.0	0	0.0	362	19.0	0	0.0	19.0	101
592	Burgess	Sara	Dragons RC	F45	0	0.0	0	0.0	0	0.0	298	18.0	18.0	69
593	Davies	Caroline	Rothwell Harriers	F50	366	5.4	278	7.1	376	4.2	311	1.3	18.0	186
594	Huckerby	Christine	Valley Striders	F60	0	0.0	0	0.0	363	17.9	0	0.0	17.9	19
595	Crozier	Donna	Roundhay Runners	F40	0	0.0	0	0.0	365	15.8	0	0.0	15.8	102
596	Shouler	Clare	Ilkley Harriers	F55	368	3.2	279	5.7	374	6.3	0	0.0	15.2	45
597	Mcdonald	Dorothy	Kippax Harriers	F60	357	15.1	0	0.0	0	0.0	0	0.0	15.1	20
598	Sharma	Alissa	Roundhay Runners	F50	358	14.1	0	0.0	0	0.0	0	0.0	14.1	187
599	Harper	Julie	Roundhay Runners	F55	359	13.0	0	0.0	0	0.0	0	0.0	13.0	46
600	Lucas	Kathryn	Eccleshill RR	F45	367	4.3	282	1.4	377	3.2	309	3.9	12.8	70
601	Chalmers	Sarah	Nidd Valley Road Runners	F50	0	0.0	274	12.8	0	0.0	0	0.0	12.8	62
602	Brown	Gillian	Eccleshill RR	F45	0	0.0	0	0.0	368	12.7	0	0.0	12.7	71
603	Mcknight	Lorraine	Eccleshill RR	F55	0	0.0	0	0.0	370	10.6	0	0.0	10.6	47
604	Atkinson	Elizabeth	St Theresa's AC	F40	362	9.7	0	0.0	0	0.0	0	0.0	9.7	103
605	Jefferies	Kay	Hyde Park Harriers	F50	0	0.0	280	4.3	375	5.3	0	0.0	9.5	63
606	Martin	Charlotte	Saltaire Striders	F50	363	8.6	0	0.0	0	0.0	0	0.0	8.6	188
607	Jones	Liz	Hyde Park Harriers	F55	0	0.0	277	8.5	0	0.0	0	0.0	8.5	48
608	Storey	Angela	Eccleshill RR	F50	0	0.0	281	2.8	0	0.0	308	5.1	8.0	64
609	Devlin	Alison	Roundhay Runners	F60	0	0.0	0	0.0	0	0.0	306	7.7	7.7	21
610	Bridgett	Tracy	Ackworth RR	F50	0	0.0	0	0.0	0	0.0	307	6.4	6.4	65
611	Davies	Christine	Rothwell Harriers	F50	0	0.0	0	0.0	0	0.0	310	2.6	2.6	66
612	Shaw	Annette	Chapel Allerton Runners	F50	0	0.0	0	0.0	378	2.1	0	0.0	2.1	67
613	Hookham	Janice	Ackworth RR	F55	370	1.1	0	0.0	0	0.0	0	0.0	1.1	49

Second Claimers shown in blue

Category Leaders shown in red

Category Leader, but not completed the minimum number of races to qualify for a series prize