

PECO Cross Country League 2021-22

Senior Ladies Cumulative Results After Race 5

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Race 5		Total Points	Discard Score	Best 4 From 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points				
1	Hunter	Sarah	Ackworth Road Runners	FSEN	1	500.0	2	498.3	3	495.9	1	500.0	0	0.0	1994.2	0.0	1994.2	1
2	Rowe	Isabelle	Harrogate Harriers & AC	FSEN	4	495.4	3	496.6	0	0.0	3	496.4	5	492.0	1980.4	0.0	1980.4	2
3	Whalley	Rebecca	Horsforth Harriers	FSEN	2	498.5	4	494.9	0	0.0	8	487.5	2	498.0	1978.9	0.0	1978.9	3
4	Lewis	Susan	Roundhay Runners	F45	9	487.7	1	500.0	2	497.9	6	491.1	0	0.0	1976.7	0.0	1976.7	1
5	Jackson	Niamh	Roundhay Runners	F40	10	486.2	5	493.2	4	493.8	4	494.6	4	494.0	2461.8	486.2	1975.6	1
6	Ramsden-Young	Amy	Hyde Park Harriers	FSEN	5	493.8	8	488.1	5	491.8	12	480.4	8	485.9	2440.0	480.4	1959.7	4
7	Martin	Sophie	Wharfedale Harriers	F35	3	496.9	20	467.7	0	0.0	5	492.9	6	490.0	1947.4	0.0	1947.4	1
8	Warren	Eleanor	St Therasas AC	FSEN	22	467.7	14	477.9	10	481.5	7	489.3	9	483.9	2400.3	467.7	1932.6	5
9	Baynes	Georgia	Horsforth Harriers	FSEN	6	492.3	13	479.6	0	0.0	13	478.6	10	481.9	1932.4	0.0	1932.4	6
10	Howard	Claire	Roundhay Runners	F50	12	483.1	11	483.0	7	487.7	17	471.4	0	0.0	1925.2	0.0	1925.2	1
11	Stocks	Anna	Hyde Park Harriers	FSEN	18	473.8	10	484.7	11	479.4	10	483.9	14	473.9	2395.8	473.8	1921.9	7
12	Kondo	Masako	Abbey Runners	F40	27	460.0	12	481.3	8	485.6	15	475.0	17	467.9	2369.8	460.0	1909.8	2
13	Hardy	Emma	Rothwell Harriers & AC	F40	0	0.0	17	472.8	13	475.3	18	469.6	19	463.9	1881.6	0.0	1881.6	3
14	Baldry	Honor	Hyde Park Harriers	F35	24	464.6	18	471.1	19	463.0	22	462.5	29	443.8	2304.9	443.8	1861.2	2
15	O'sullivan	Sarah	Horsforth Harriers	F45	25	463.1	27	455.8	14	473.3	19	467.9	31	439.8	2299.7	439.8	1860.0	2
16	Tolkin	Sarah	Rothwell Harriers & AC	F35	16	476.9	22	464.3	22	456.8	0	0.0	26	449.8	1847.8	0.0	1847.8	3
17	Cobo	Andrea	Abbey Runners	FSEN	31	453.8	31	449.0	20	460.9	23	460.7	28	445.8	2270.2	445.8	1824.4	8
18	Miles	Naomi	Hyde Park Harriers	FSEN	29	456.9	29	452.4	21	458.8	29	450.0	25	451.8	2270.0	450.0	1820.0	9
19	Sharpe	Ellen	Chapel Allerton Runners	FSEN	39	441.5	25	459.2	0	0.0	26	455.4	30	441.8	1797.8	0.0	1797.8	10
20	Atack	Ellie	Wetherby Runners AC	FSEN	60	409.2	28	454.1	35	430.0	24	458.9	24	453.8	2206.1	409.2	1796.9	11
21	Fowler	Morag	Roundhay Runners	F45	30	455.4	35	442.2	34	432.1	33	442.9	0	0.0	1772.5	0.0	1772.5	3
22	Lowery	Sima	Knaresborough Striders	F45	36	446.2	0	0.0	24	452.7	35	439.3	34	433.7	1771.8	0.0	1771.8	4
23	Oldroyd	Theresa	Harrogate Harriers & AC	F50	35	447.7	32	447.3	30	440.3	42	426.8	36	429.7	2191.8	426.8	1765.0	2
24	Mullen	Faye	Abbey Runners	FSEN	66	400.0	0	0.0	28	444.4	27	453.6	21	459.8	1757.9	0.0	1757.9	12
25	Hutchison	Kirsten	Abbey Runners	F35	47	429.2	40	433.7	33	434.2	45	421.4	33	435.7	2154.2	421.4	1732.8	4
26	Taswell-Fryer	Eliza	Hyde Park Harriers	FSEN	46	430.8	38	437.1	0	0.0	44	423.2	32	437.8	1728.8	0.0	1728.8	13
27	Cartwright	Poppy	Airecentre Pacers	FSEN	0	0.0	48	420.1	36	428.0	34	441.1	43	415.7	1704.8	0.0	1704.8	14
28	Draisey	Ruth	Hyde Park Harriers	FSEN	67	398.5	36	440.5	37	425.9	46	419.6	60	381.5	2066.0	381.5	1684.5	15
29	Sturley	Charlotte	Chapel Allerton Runners	FSEN	44	433.8	53	411.6	41	417.7	52	408.9	49	403.6	2075.6	403.6	1672.0	16
30	Turner	Lizzie	Harrogate Harriers & AC	FSEN	51	423.1	57	404.8	39	421.8	53	407.1	47	407.6	2064.4	404.8	1659.7	17
31	Forster	Bex	Chapel Allerton Runners	F35	81	376.9	55	408.2	53	393.0	43	425.0	38	425.7	2028.8	376.9	1651.9	5
32	Evans	Emma	Ackworth Road Runners	F35	0	0.0	60	399.7	45	409.5	40	430.4	46	409.6	1649.1	0.0	1649.1	6
33	Gill	Sarah	Harrogate Harriers & AC	F55	57	413.8	52	413.3	42	415.6	58	398.2	54	393.6	2034.5	393.6	1641.0	1
34	Roden	Helen	Abbey Runners	F45	64	403.1	61	398.0	52	395.1	50	412.5	39	423.7	2032.3	395.1	1637.2	5
35	Willingham	Jen	Saltair Striders	F40	62	406.2	56	406.5	47	405.3	51	410.7	61	379.5	2008.2	379.5	1628.7	4
36	Garnett	Suzanne	Chapel Allerton Runners	FSEN	42	436.9	58	403.1	70	358.0	82	355.4	37	427.7	1981.1	355.4	1625.7	18
37	Carter	Nicola	Knaresborough Striders	F50	70	393.8	45	425.2	44	411.5	76	366.1	56	389.6	1986.2	366.1	1620.1	3
38	Lilley	Alice	Saltair Striders	FSEN	59	410.8	59	401.4	56	386.8	65	385.7	48	405.6	1990.9	385.7	1604.6	19
39	Morland	Catherine	Knaresborough Striders	F45	0	0.0	71	381.0	46	407.4	59	396.4	44	413.7	1598.4	0.0	1598.4	6
40	Trevorrow	Philippa	Valley Striders	F45	80	378.5	81	363.9	54	390.9	57	400.0	41	419.7	1953.0	363.9	1589.1	7
41	Heaton	Joanna	Roundhay Runners	FSEN	112	329.2	69	384.4	61	376.5	56	401.8	52	397.6	1889.5	329.2	1560.3	20
42	McMullan	Jessica	St Therasas AC	F40	72	390.8	63	394.6	60	378.6	80	358.9	57	387.6	1910.4	358.9	1551.5	5
43	Jobson-Wood	Lucy	Hyde Park Harriers	FSEN	75	386.2	68	386.1	64	370.4	61	392.9	68	365.5	1900.9	365.5	1535.4	21
44	Underwood	Sarah	Hyde Park Harriers	FSEN	84	372.3	0	0.0	48	403.3	68	380.4	63	375.5	1531.5	0.0	1531.5	22
45	Harrod	Anna	Chapel Allerton Runners	F35	61	407.7	0	0.0	63	372.4	70	376.8	71	359.4	1516.3	0.0	1516.3	7
46	Ellwood	Melanie	York Postal Harriers	FSEN	86	369.2	75	374.1	58	382.7	64	387.5	65	371.5	1885.1	369.2	1515.9	23
47	Phillips	Laura	Abbey Runners	FSEN	53	420.0	0	0.0	69	360.1	63	389.3	78	345.4	1514.7	0.0	1514.7	24
48	Barber	Catherine	Nidd Valley Road Runners	FSEN	0	0.0	64	392.9	57	384.8	85	350.0	64	373.5	1501.1	0.0	1501.1	25
49	Francis	Laura	Nidd Valley Road Runners	FSEN	0	0.0	74	375.9	73	351.9	71	375.0	66	369.5	1472.2	0.0	1472.2	26
50	Follows	Emily	Kippax Harriers	F40	43	435.4	0	0.0	51	397.1	69	378.6	126	249.0	1460.1	0.0	1460.1	6
51	Johnson	Amy	York Postal Harriers	F40	99	349.2	80	365.6	68	362.1	75	367.9	69	363.5	1808.3	349.2	1459.1	7
52	Armstrong	Susie	Roundhay Runners	FSEN	21	469.2	0	0.0	9	483.5	0	0.0	3	496.0	1448.8	0.0	1448.8	27
53	Sunderland	Sue	Valley Striders	F60	100	347.7	77	370.7	67	364.2	77	364.3	0	0.0	1446.9	0.0	1446.9	1
54	Barnes	Philippa	Chapel Allerton Runners	F40	69	395.4	79	367.3	0	0.0	104	316.1	67	367.5	1446.3	0.0	1446.3	8
55	Whitaker	Alexandra	Harrogate Harriers & AC	FSEN	14	480.0	16	474.5	0	0.0	0	0.0	7	488.0	1442.4	0.0	1442.4	28
56	Shanks	Sarah	Valley Striders	F35	0	0.0	15	476.2	0	0.0	9	485.7	11	479.9	1441.8	0.0	1441.8	8
57	Staiano	Sarah	Nidd Valley Road Runners	F40	87	367.7												

109	Smith	Alison	Abbey Runners	F45	0	0.0	67	387.8	0	0.0	78	362.5	59	383.5	1133.8	0.0	1133.8	17
110	Jones	Carole-Ann	Harrogate Harriers & AC	F50	56	415.4	0	0.0	62	374.5	91	339.3	0	0.0	1129.2	0.0	1129.2	7
111	Muir	Marion	Horsforth Fellandale	F45	0	0.0	82	362.2	66	366.3	60	394.6	0	0.0	1123.1	0.0	1123.1	18
112	Clark	Amanda	York Postal Harriers	F50	170	240.0	135	272.1	110	275.7	124	280.4	110	281.1	1349.3	240.0	1109.3	8
113	Deacon	Fiona	Nidd Valley Road Runners	F55	0	0.0	65	391.2	0	0.0	81	357.1	73	355.4	1103.7	0.0	1103.7	5
114	Peake	Brenda	Airecentre Pacers	F45	90	363.1	95	340.1	50	399.2	0	0.0	0	0.0	1102.4	0.0	1102.4	19
115	Charlesworth	Sarah	Wharfedale Harriers	F40	137	290.8	147	251.7	114	267.5	157	221.4	106	289.2	1320.5	221.4	1099.1	18
116	O'Brien	Louise	Horsforth Fellandale	F45	79	380.0	0	0.0	74	349.8	79	360.7	0	0.0	1090.5	0.0	1090.5	20
117	Davies	Jan	Dragons Running Club (Leeds)	F55	153	266.2	125	289.1	111	273.7	148	237.5	121	259.0	1325.5	237.5	1088.0	6
118	Davidson	Rachel	Valley Striders	F5EN	68	396.9	85	357.1	0	0.0	0	0.0	85	331.3	1085.4	0.0	1085.4	52
119	Addison	Christine	Horsforth Fellandale	F55	148	273.8	140	263.6	103	290.1	143	246.4	0	0.0	1074.0	0.0	1074.0	7
120	Birch	Roslyn	St Theresas AC	F55	142	283.1	129	282.3	126	242.8	138	255.4	0	0.0	1063.5	0.0	1063.5	8
121	Foy	Tracy	Saltaire Striders	F50	151	269.2	128	284.0	123	249.0	135	260.7	133	234.9	1297.9	234.9	1062.9	9
122	Scott	Katharine	Abbey Runners	F40	217	167.7	155	238.1	107	281.9	129	271.4	122	257.0	1216.1	167.7	1048.4	19
123	Sykes	Joanne	Harrogate Tri Club	F35	98	350.8	98	335.0	75	347.7	0	0.0	0	0.0	1033.5	0.0	1033.5	14
124	Hawking	Veronica	Kippax Harriers	F35	138	289.2	145	255.1	127	240.7	151	232.1	128	245.0	1262.2	232.1	1030.1	15
125	Park	Carolyn	Dragons Running Club (Leeds)	F45	145	278.5	133	275.5	120	255.1	159	217.9	159	182.7	1209.7	182.7	1027.0	21
126	Wrangles	Gail	Ackworth Road Runners	F50	131	300.0	131	278.9	0	0.0	164	208.9	136	228.9	1016.8	0.0	1016.8	10
127	Shepherd	Tanya	Horsforth Fellandale	F5EN	198	196.9	143	258.5	0	0.0	134	262.5	102	297.2	1015.1	0.0	1015.1	53
128	Taylor-Cross	Katie	Abbey Runners	F5EN	83	373.8	0	0.0	0	0.0	111	303.6	84	333.3	1010.8	0.0	1010.8	54
129	Hoang	Dong	Abbey Runners	F45	229	149.2	144	256.8	0	0.0	116	294.6	99	303.2	1003.9	0.0	1003.9	22
130	Whitaker	Eve	Harrogate Harriers & AC	F5EN	0	0.0	0	0.0	1	500.0	0	0.0	1	500.0	1000.0	0.0	1000.0	55
131	Bradbury	Eleanor	Roundhay Runners	F5EN	7	490.8	0	0.0	0	0.0	2	498.2	0	0.0	989.0	0.0	989.0	56
132	Smith	Charlotte	Ackworth Road Runners	F35	107	336.9	0	0.0	0	0.0	97	328.6	92	317.3	982.8	0.0	982.8	16
133	Forster	Lora	Chapel Allerton Runners	F40	94	356.9	86	355.4	0	0.0	144	244.6	240	20.1	977.1	0.0	977.1	20
134	Haddon	Julie	Hyde Park Harriers	F45	0	0.0	89	350.3	78	341.6	0	0.0	108	285.1	977.0	0.0	977.0	23
135	Harris	Samantha	Valley Striders	F40	11	484.6	6	491.5	0	0.0	0	0.0	0	0.0	976.1	0.0	976.1	21
136	Gardham	Louise	Hyde Park Harriers	F50	0	0.0	139	265.3	141	211.9	127	275.0	141	218.9	971.1	0.0	971.1	11
137	Carter	Rachel	Ilkley Harriers	F45	0	0.0	9	486.4	0	0.0	11	482.1	0	0.0	968.5	0.0	968.5	24
138	Longfellow	Emma	St Theresas AC	F40	175	232.3	163	224.5	133	228.4	156	223.2	109	283.1	1191.5	223.2	968.3	22
139	Jackson	Charlotte	Eccleshill Road Runners	F5EN	106	338.5	110	314.6	96	304.5	0	0.0	0	0.0	957.6	0.0	957.6	57
140	Hirst	Chloe	Harrogate Harriers & AC	F5EN	19	472.3	0	0.0	0	0.0	0	0.0	12	477.9	950.2	0.0	950.2	58
141	Hunter	Alison	Kippax Harriers	F55	156	261.5	162	226.2	134	226.3	162	212.5	134	232.9	1159.5	212.5	947.0	9
142	Cram	Josie	Saltaire Striders	F5EN	0	0.0	7	489.8	0	0.0	0	0.0	23	455.8	945.6	0.0	945.6	59
143	Reeve	Angela	Wetherby Runners AC	F40	0	0.0	0	0.0	0	0.0	16	473.2	15	471.9	945.1	0.0	945.1	23
144	Harrop	Emma	Knaresborough Striders	F55	161	253.8	161	227.9	153	187.2	170	198.2	119	263.1	1130.2	187.2	943.0	10
145	Chivers	Ann	Roundhay Runners	F40	0	0.0	104	324.8	0	0.0	103	317.9	105	291.2	933.9	0.0	933.9	24
146	Duffield	Laura	Valley Striders	F5EN	15	478.5	0	0.0	25	450.6	0	0.0	0	0.0	929.1	0.0	929.1	60
147	Adams	Robyn	Dragons Running Club (Leeds)	F5EN	132	298.5	107	319.7	94	308.6	0	0.0	0	0.0	926.8	0.0	926.8	61
148	Gray	Rebecca	Hyde Park Harriers	F5EN	0	0.0	26	457.5	18	465.0	0	0.0	0	0.0	922.5	0.0	922.5	62
149	Booth	Samantha	Chapel Allerton Runners	F35	134	295.4	121	295.9	0	0.0	0	0.0	90	321.3	912.6	0.0	912.6	17
150	Grant	Jane	St Theresas AC	F5EN	0	0.0	0	0.0	0	0.0	37	435.7	13	475.9	911.6	0.0	911.6	63
151	E Kitchen	Ruth	Ilkley Harriers	F5EN	0	0.0	0	0.0	0	0.0	32	444.6	20	461.8	906.5	0.0	906.5	64
152	Bond	Claire	Saltaire Striders	F40	0	0.0	0	0.0	87	323.0	108	308.9	116	269.1	901.1	0.0	901.1	25
153	Swales	Donna	Abbey Runners	F40	162	252.3	146	253.4	0	0.0	187	167.9	140	220.9	894.4	0.0	894.4	26
154	Paliuc	Maria	Roundhay Runners	F5EN	117	321.5	130	280.6	0	0.0	122	283.9	0	0.0	886.1	0.0	886.1	65
155	Belford-Mcdowell	Lisa	St Theresas AC	F50	171	238.5	169	214.3	138	218.1	163	210.7	143	214.9	1096.4	210.7	885.7	12
156	Lloyd-Henry	Hayley	Roundhay Runners	F5EN	33	450.4	41	432.0	0	0.0	0	0.0	0	0.0	882.7	0.0	882.7	66
157	Ross	Heather	Chapel Allerton Runners	F45	193	204.6	150	246.6	140	214.0	0	0.0	144	212.9	878.1	0.0	878.1	25
158	Roberts	Grace	Hyde Park Harriers	F5EN	227	152.3	152	243.2	0	0.0	146	241.1	131	239.0	875.5	0.0	875.5	67
159	Crossley	Ellie	Hyde Park Harriers	F5EN	196	200.0	173	207.5	0	0.0	137	257.1	149	202.8	867.4	0.0	867.4	68
160	Tolentino	Helga	Saltaire Striders	F5EN	38	443.1	0	0.0	40	419.8	0	0.0	0	0.0	862.8	0.0	862.8	69
161	Brooks	Chloe	Hyde Park Harriers	F5EN	167	244.6	122	294.2	142	209.9	218	112.5	218	64.3	925.5	64.3	861.2	70
162	Bithray	Wendy	Horsforth Fellandale	F50	189	210.8	157	234.7	148	197.5	160	216.1	0	0.0	859.1	0.0	859.1	13
163	Traviss-Turner	Gemma	Roundhay Runners	F35	0	0.0	42	430.3	0	0.0	41	428.6	0	0.0	858.8	0.0	858.8	18
164	Hudson	Chloe	Valley Striders	F40	49	426.2	0	0.0	0	0.0	39	432.1	0	0.0	858.3	0.0	858.3	27
165	Boyes	Kitty	York Triathlon Club	F5EN	122	313.8	0	0.0	113	269.5	132	266.1	0	0.0	849.5	0.0	849.5	71
166	Morley	Catrina	Chapel Allerton Runners	F35	0	0.0	156	236.4	0	0.0	107	310.7	101	299.2	846.3	0.0	846.3	19
167	Thomas	Victoria	Nidd Valley Road Runners	F45	207	183.1	164	222.8	0	0.0	171	196.4	129	243.0	845.3	0.0	845.3	26
168	Muir	Ruth	St Theresas AC	F40	0	0.0	50	416.7	38	423.9	0	0.0	0	0.0	840.5	0.0	840.5	28
169	Slorach	Clare	Hyde Park Harriers	F5EN	0	0.0	49	418.4	43	413.6	0	0.0	0	0.0	831.9	0.0	831.9	72
170	Love	Helen	Saltaire Striders	F60	208	181.5	179	197.3	136	222.2	172	194.6	146	208.8	1004.5	181.5	823.0	2
171	Eastwood	Nikki	Roundhay Runners	F50	37	444.6	0	0.0	0	0.0	0	0.0	62	377.5	822.1	0.0	822.1	14
172	Gledhill	Steph	Valley Striders	F40	54	418.5	0	0.0	0	0.0	55	403.6	0	0.0	822.0	0.0	822.0	29
173	Kitchen	Diane	Ilkley Harriers	F60	0	0.0	126	287.4	115	265.4	133	264.3	0	0.0	817.1	0.0	817.1	3
174	Richardson	Emma-Jane	Kippax Harriers	F40	165	247.7	236	100.3	0	0.0	145	242.9	138	224.9	815.8	0.0	815.8	30
175	Wilkinson	Paula	Knaresborough Striders	F55	158	258.5	180	195.6	0	0.0	168	201.8	172	156.6	812.5	0.0	812.5	11
176	Stopford	Cheryl	Chapel Allerton Runners	F40	0	0.0	0	0.0	121	253.1	113	300.0	125	251.0	804.1	0.0	804.1	31
177	Williams	Eleanor	Hyde Park Harriers	F5EN	166	246.2	0	0.0	0	0.0	125	278.6	120	261.0	785.8	0.0	785.8	73
178	Turnbull	Sarah	St Theresas AC	F40	149	272.3	0	0.0	0	0.0	136	258.9	124	253.0	784.2	0.0	784.2	32
179	Ball	Liz	Valley Striders	F65	169	241.5	0	0.0	0	0.0	128	273.2	117	267.1	781.8	0.0	781.8	1
180	Page	Kerrie-Anne	Roundhay Runners	F5EN	65	401.5	76	372.4	0	0.0	0	0.0	0	0.0	774.0	0.0	774.0	74
181	Tunncliffe	Rebecca	Harrogate Harriers & AC	F5EN	0	0.0	136	270.4	0	0.0	140	251.8	127	247.0	769.2	0.0	769.2	75
182	Wighton	Emily	Nidd Valley Road Runners	F5EN	201	192.3	166	219.4	156	181.1	196	151.8	163	174.7	919.2	151.8	767.5	76
183	Fisk	Kathryn	Horsforth Fellandale	F40	74	387.7	72	379.3	0	0.0	0	0.0	0	0.0	766.9	0.0	766.9	33
184	Britton	Amanda	Wetherby Runners AC	F50	0	0.0	137	268.7	122	251.0	150	233.9	0	0.0	753.7	0.0	753.7	15
185	Ashworth	Kathryn	Abbey Runners	F45	0	0.0	175	204.1	144	205.8	198	148.2	155</					

223	Bryant	Danni	Hyde Park Harriers	FSEN	200	193.8	174	205.8	154	185.2	0	0.0	0	0.0	584.8	0.0	584.8	89
224	Holroyde	Tiffany	Chapel Allerton Runners	FSEN	204	187.7	182	192.2	0	0.0	167	203.6	0	0.0	583.4	0.0	583.4	90
225	Bower	Janet	Saltaire Striders	F55	0	0.0	0	0.0	102	292.2	121	285.7	0	0.0	577.9	0.0	577.9	16
226	Ross	Shantel	Chapel Allerton Runners	FSEN	121	315.4	0	0.0	0	0.0	139	253.6	0	0.0	569.0	0.0	569.0	91
227	Kavanagh	Joan	Abbey Runners	F55	236	138.5	220	127.6	184	123.5	215	117.9	165	170.7	678.0	117.9	560.2	17
228	Coombes	Lizzie	Hyde Park Harriers	F55	205	186.2	0	0.0	195	100.8	213	121.4	176	148.6	557.0	0.0	557.0	18
229	Towse	Julie	Horsforth Fellandale	F50	152	267.7	0	0.0	104	288.1	0	0.0	0	0.0	555.8	0.0	555.8	19
230	Johnson	Gillian	St Therasas AC	F50	209	180.0	195	170.1	146	201.6	0	0.0	0	0.0	551.7	0.0	551.7	20
231	Hinch	Nicola	Chapel Allerton Runners	F45	191	207.7	0	0.0	163	166.7	183	175.0	0	0.0	549.4	0.0	549.4	35
232	Vandevelde	Claire	Roundhay Runners	F40	0	0.0	199	163.3	149	195.5	176	187.5	0	0.0	546.2	0.0	546.2	36
233	Keevash	Becca	Valley Striders	F35	219	164.6	0	0.0	155	183.1	0	0.0	152	196.8	544.5	0.0	544.5	24
234	Hawden	Joanne	Rothwell Harriers & AC	F55	0	0.0	187	183.7	157	179.0	185	171.4	0	0.0	534.1	0.0	534.1	19
235	Hindmarsh	Liz	Abbey Runners	F35	0	0.0	0	0.0	0	0.0	142	248.2	115	271.1	519.3	0.0	519.3	25
236	Crossley	Jane	Kirkstall Harriers	F35	164	249.2	0	0.0	0	0.0	130	269.6	0	0.0	518.9	0.0	518.9	26
237	Hey	Wendy	Saltaire Striders	F50	154	264.6	0	0.0	0	0.0	141	250.0	0	0.0	514.6	0.0	514.6	21
238	Freeman	Janette	Horsforth Harriers	F50	147	275.4	0	0.0	0	0.0	0	0.0	132	236.9	512.3	0.0	512.3	22
239	Keighley	Carole	Airecentre Pacers	F60	261	100.0	188	182.0	182	127.6	224	101.8	215	70.3	581.6	70.3	511.3	6
240	Keams	Rachael	Kirkstall Harriers	FSEN	210	178.5	204	154.8	164	164.6	0	0.0	0	0.0	497.8	0.0	497.8	92
241	Jones	Rhiannon	York Triathlon Club	FSEN	252	113.8	212	141.2	0	0.0	234	83.9	171	158.6	497.6	0.0	497.6	93
242	Copley	Clare	Kippax Harriers	F40	168	243.1	237	98.6	0	0.0	195	153.6	0	0.0	495.3	0.0	495.3	37
243	Penrose	Kate	Kippax Harriers	F65	242	129.2	209	146.3	188	115.2	228	94.6	199	102.4	587.8	94.6	493.1	5
244	Naylor	Ruth	Horsforth Harriers	F35	8	489.2	0	0.0	0	0.0	0	0.0	0	0.0	489.2	0.0	489.2	27
245	Hartley	Janet	Rothwell Harriers & AC	F60	243	127.7	217	132.7	190	111.1	225	100.0	192	116.5	587.9	100.0	487.9	7
246	Savill	Molly	Horsforth Harriers	FSEN	13	481.5	0	0.0	0	0.0	0	0.0	0	0.0	481.5	0.0	481.5	94
247	Grencis	Hannah	Chapel Allerton Runners	FSEN	160	255.4	0	0.0	0	0.0	155	225.0	0	0.0	480.4	0.0	480.4	95
248	Moran	Carol	Kirkstall Harriers	F60	255	109.2	230	110.5	186	119.3	212	123.2	187	126.5	588.8	109.2	479.6	8
249	Robson	Laura	York Postal Harriers	F35	0	0.0	202	158.2	175	142.0	0	0.0	161	178.7	478.9	0.0	478.9	28
250	Bond	Bethan	Valley Striders	FSEN	0	0.0	0	0.0	0	0.0	14	476.8	0	0.0	476.8	0.0	476.8	96
251	Hussain	Hawarun	Bradford Airedale AC	F45	0	0.0	172	209.2	0	0.0	199	146.4	191	118.5	474.1	0.0	474.1	36
252	Rider	Lucy	Hyde Park Harriers	F40	182	221.5	148	250.0	0	0.0	0	0.0	0	0.0	471.5	0.0	471.5	38
253	Hayes	Sarah	Ilkley Harriers	F50	0	0.0	159	231.3	128	238.7	0	0.0	0	0.0	470.0	0.0	470.0	23
254	Nancolas	Hayley	Valley Striders	F40	0	0.0	0	0.0	0	0.0	0	0.0	16	469.9	469.9	0.0	469.9	39
255	Stidwell	Debbie	Ackworth Road Runners	F35	215	170.8	0	0.0	0	0.0	114	298.2	0	0.0	469.0	0.0	469.0	29
256	Steele	Julie	Eccleshill Road Runners	F55	232	144.6	0	0.0	192	107.0	223	103.6	194	112.4	467.6	0.0	467.6	20
257	Nowak	Madeleine	Hyde Park Harriers	FSEN	249	118.5	221	125.9	181	129.6	0	0.0	211	78.3	452.3	0.0	452.3	97
258	Blackwood	Holly	Valley Striders	F35	34	449.2	0	0.0	0	0.0	0	0.0	0	0.0	449.2	0.0	449.2	30
259	Sass	Cara	Hyde Park Harriers	FSEN	0	0.0	0	0.0	27	446.5	0	0.0	0	0.0	446.5	0.0	446.5	98
260	Haywood	Susie	Horsforth Harriers	F45	163	250.8	0	0.0	0	0.0	0	0.0	154	192.8	443.5	0.0	443.5	37
261	Campbell	Alison	Valley Striders	F40	0	0.0	0	0.0	29	442.4	0	0.0	0	0.0	442.4	0.0	442.4	40
262	Bevainyte	Asta	Kirkstall Harriers	F35	187	213.8	0	0.0	0	0.0	0	0.0	137	226.9	440.8	0.0	440.8	31
263	Fairbairn	Abigail	Horsforth Harriers	FSEN	0	0.0	167	217.7	0	0.0	0	0.0	139	222.9	440.6	0.0	440.6	99
264	South	Emily	Chapel Allerton Runners	FSEN	0	0.0	206	151.4	178	135.8	0	0.0	174	152.6	439.8	0.0	439.8	100
265	Beeden	Georgina	Harrogate Harriers & AC	FSEN	0	0.0	0	0.0	31	438.3	0	0.0	0	0.0	438.3	0.0	438.3	101
266	Rogers	Harriet	Roundhay Runners	F40	239	133.8	242	90.1	194	102.9	242	69.6	195	110.4	506.9	69.6	437.3	41
267	Norman	Ruth	Hyde Park Harriers	FSEN	188	212.3	0	0.0	0	0.0	158	219.6	0	0.0	432.0	0.0	432.0	102
268	Robbs	Fran	Rothwell Harriers & AC	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	35	431.7	431.7	0.0	431.7	103
269	Lovell	Bethany	Valley Striders	F40	235	140.0	208	148.0	176	139.9	0	0.0	0	0.0	427.9	0.0	427.9	42
270	Ward	Sarah	Abbey Runners	FSEN	0	0.0	44	426.9	0	0.0	0	0.0	0	0.0	426.9	0.0	426.9	104
271	Gibson	Lauren	Harrogate Harriers & AC	FSEN	50	424.6	0	0.0	0	0.0	0	0.0	0	0.0	424.6	0.0	424.6	105
272	Sellars	Gillian	York Triathlon Club	F50	264	95.4	224	120.7	211	67.9	243	67.9	181	138.6	490.4	67.9	422.6	24
273	Walford	Rebecca	Roundhay Runners	FSEN	0	0.0	47	421.8	0	0.0	0	0.0	0	0.0	421.8	0.0	421.8	106
274	Peachey	Sarah	Chapel Allerton Runners	FSEN	52	421.5	0	0.0	0	0.0	0	0.0	0	0.0	421.5	0.0	421.5	107
275	Wix	Emily	Rothwell Harriers & AC	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	42	417.7	417.7	0.0	417.7	108
276	Fox	Hannah	Abbey Runners	FSEN	0	0.0	0	0.0	0	0.0	48	416.1	0	0.0	416.1	0.0	416.1	109
277	Bentley	Meghan	Hyde Park Harriers	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	45	411.6	411.6	0.0	411.6	110
278	Keadin-Brown	Patricia	Rothwell Harriers & AC	F45	0	0.0	216	134.4	166	160.5	0	0.0	193	114.5	409.3	0.0	409.3	38
279	Oldfield	Alison	Kirkstall Harriers	F50	260	101.5	245	85.0	203	84.4	217	114.3	198	104.4	489.6	84.4	405.3	25
280	Barnes	Rachel	Saltaire Striders	FSEN	63	404.6	0	0.0	0	0.0	0	0.0	0	0.0	404.6	0.0	404.6	111
281	Taylor	Christina	Nidd Valley Road Runners	F35	202	190.8	171	210.9	0	0.0	0	0.0	0	0.0	401.7	0.0	401.7	32
282	Chapman	Wendy	Kippax Harriers	F60	206	184.6	239	95.2	187	117.3	0	0.0	0	0.0	397.1	0.0	397.1	9
283	Leech	Katherine	York Triathlon Club	F35	0	0.0	228	113.9	206	78.2	238	76.8	188	124.5	393.4	0.0	393.4	33
284	Marshall-Brooks	Molina	Airecentre Pacers	FSEN	0	0.0	0	0.0	0	0.0	62	391.1	0	0.0	391.1	0.0	391.1	112
285	Dickson	Michelle	Hyde Park Harriers	F45	195	201.5	0	0.0	0	0.0	177	185.7	0	0.0	387.3	0.0	387.3	39
286	Stringer	Karly	Hyde Park Harriers	F35	280	70.8	266	49.3	212	65.8	232	87.5	170	160.6	434.1	49.3	384.8	34
287	Johansen	Megan	Hyde Park Harriers	FSEN	76	384.6	0	0.0	0	0.0	0	0.0	0	0.0	384.6	0.0	384.6	113
288	Coster	Phoebe	Wetherby Runners AC	FSEN	77	383.1	0	0.0	0	0.0	0	0.0	0	0.0	383.1	0.0	383.1	114
289	Dransfield	Emma	Roundhay Runners	FSEN	0	0.0	70	382.7	0	0.0	0	0.0	0	0.0	382.7	0.0	382.7	115
290	Morley	Sarah	St Therasas AC	F45	0	0.0	0	0.0	59	380.7	0	0.0	0	0.0	380.7	0.0	380.7	40
291	Faulkner	Claire	Chapel Allerton Runners	FSEN	0	0.0	165	221.1	0	0.0	194	155.4	0	0.0	376.4	0.0	376.4	116
292	Maxwell	Clare	Hyde Park Harriers	F50	248	120.0	260	59.5	215	59.7	244	66.1	185	130.5	435.8	59.5	376.3	26
293	Hipkiss	Vicki	Kirkstall Harriers	F55	263	96.9	238	96.9	198	94.7	240	73.2	209	82.3	444.1	73.2	370.8	21
294	Lavelle	Anna	Horsforth Harriers	FSEN	85	370.8	0	0.0	0	0.0	0	0.0	0	0.0	370.8	0.0	370.8	117
295	Hicks	Sally	Horsforth Fellandale	F35	0	0.0	0	0.0	65	368.3	0	0.0	0	0.0	368.3	0.0	368.3	35
296	Hill	Katherine	Chapel Allerton Runners	F35	88	366.2	0	0.0	0	0.0	0	0.0	0	0.0	366.2	0.0	366.2	36
297	Austin	Holly	Chapel Allerton Runners	F35	221	161.5	219	129.3	0	0.0	239	75.0	0	0.0	365.8	0.0	365.8	37
298	Kara	Leila	Valley Striders	F55	0	0.0	177	200.7	165	162.6	0	0.0	0	0.0	363.2	0.0	363.2	22
299	Mills	Rachel	Nidd Valley Road Runners	F45	0	0.0	0	0.0	0	0.0	179	182.1	164	172.7	354.8	0.0	354.8	41
300	Gatenby	Francesca	Airecentre Pacers	F35	0	0.0	0	0.0	0	0.0	83	353.6	0	0.0	353.6	0.0	353.6	38
301	Allard	Lili	Rothwell Harriers & AC	F35	0	0.0	0	0.0	0</									

337	Cox	Emily	York Postal Harriers	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	107	287.1	287.1	0.0	287.1	125
338	Western	Helen	Saltaire Striders	F50	143	281.5	0	0.0	0	0.0	0	0.0	0	0.0	281.5	0.0	281.5	32
339	Lewis	Helen	Roundhay Runners	F45	0	0.0	132	277.2	0	0.0	0	0.0	0	0.0	277.2	0.0	277.2	46
340	Collet	Rose	Hyde Park Harriers	FSEN	146	276.9	0	0.0	0	0.0	0	0.0	0	0.0	276.9	0.0	276.9	126
341	Beddow	Helen	Hyde Park Harriers	FSEN	283	66.2	246	83.3	219	51.4	256	44.6	214	72.3	317.9	44.6	273.2	127
342	Thompson	Su	Wharfedale Harriers	F50	258	104.6	244	86.7	0	0.0	236	80.4	0	0.0	271.7	0.0	271.7	33
343	Beecher	Sarah	Harrogate Harriers & AC	F55	150	270.8	0	0.0	0	0.0	0	0.0	0	0.0	270.8	0.0	270.8	29
344	Thaper	Claire	Saltaire Striders	F40	269	87.7	254	69.7	0	0.0	253	50.0	220	60.2	267.7	0.0	267.7	54
345	Clark	Emma	Wetherby Runners AC	F40	0	0.0	138	267.0	0	0.0	0	0.0	0	0.0	267.0	0.0	267.0	55
346	Daniels	Sally	Knaresborough Striders	F50	0	0.0	0	0.0	0	0.0	207	132.1	183	134.5	266.7	0.0	266.7	34
347	Matu	Stephanie	Chapel Allerton Runners	FSEN	0	0.0	0	0.0	197	96.7	186	169.6	0	0.0	266.4	0.0	266.4	128
348	Sutcliffe	Lindsay	Knaresborough Striders	F45	155	263.1	0	0.0	0	0.0	0	0.0	0	0.0	263.1	0.0	263.1	47
349	Dawkins	Deanna	York Postal Harriers	FSEN	0	0.0	141	261.9	0	0.0	0	0.0	0	0.0	261.9	0.0	261.9	129
350	Shaw	Jenny	Saltaire Striders	FSEN	238	135.4	222	124.1	0	0.0	0	0.0	0	0.0	259.5	0.0	259.5	130
351	Fontana	Jane	Valley Striders	F50	218	166.2	0	0.0	0	0.0	230	91.1	0	0.0	257.2	0.0	257.2	35
352	Rhodes	Susy	Nidd Valley Road Runners	F40	272	83.1	229	112.2	214	61.7	0	0.0	0	0.0	257.1	0.0	257.1	56
353	Goody	Rebecca	Hyde Park Harriers	F40	265	93.8	201	159.9	0	0.0	0	0.0	0	0.0	253.7	0.0	253.7	57
354	Lee	Hannah	Kirkstall Harriers	F35	253	112.3	0	0.0	177	137.9	0	0.0	0	0.0	250.2	0.0	250.2	41
355	Allen	Elizabeth	Chapel Allerton Runners	F50	274	80.0	273	37.4	0	0.0	254	48.2	208	84.3	250.0	0.0	250.0	36
356	Gore	Sarah	Knaresborough Striders	F45	0	0.0	0	0.0	0	0.0	220	108.9	184	132.5	241.5	0.0	241.5	48
357	Johnson	Kate	Abbey Runners	F45	0	0.0	233	105.4	179	133.7	0	0.0	0	0.0	239.2	0.0	239.2	49
358	Fallon	Lynne	St Therasas AC	F65	0	0.0	0	0.0	200	90.5	245	64.3	210	80.3	235.1	0.0	235.1	7
359	Alderson	Michelle	Roundhay Runners	F40	0	0.0	0	0.0	130	234.6	0	0.0	0	0.0	234.6	0.0	234.6	58
360	McIdarm	Shevonne	Kirkstall Harriers	F45	262	98.5	215	136.1	0	0.0	0	0.0	0	0.0	234.5	0.0	234.5	50
361	Mckinney	Yvette	Ackworth Road Runners	F55	254	110.8	223	122.4	0	0.0	0	0.0	0	0.0	233.2	0.0	233.2	30
362	Culshaw	Robin	Hyde Park Harriers	FSEN	0	0.0	0	0.0	131	232.5	0	0.0	0	0.0	232.5	0.0	232.5	131
363	Ferguson	Any	Abbey Runners	F40	176	230.8	0	0.0	0	0.0	0	0.0	0	0.0	230.8	0.0	230.8	59
364	Hector	Donna	Saltaire Striders	F45	286	61.5	255	68.0	218	53.5	255	46.4	0	0.0	229.5	0.0	229.5	51
365	Scott	Ewa	Nidd Valley Road Runners	F50	177	229.2	0	0.0	0	0.0	0	0.0	0	0.0	229.2	0.0	229.2	37
366	Sykes-Hooban	Leann	Kirkstall Harriers	F40	247	121.5	232	107.1	0	0.0	0	0.0	0	0.0	228.7	0.0	228.7	60
367	Powell	Ange	Roundhay Runners	F55	0	0.0	0	0.0	0	0.0	153	228.6	0	0.0	228.6	0.0	228.6	31
368	Churm	Lucy	Kirkstall Harriers	F40	178	227.7	0	0.0	0	0.0	0	0.0	0	0.0	227.7	0.0	227.7	61
369	Waite	Helen	Airecentre Pacers	F40	181	223.1	0	0.0	0	0.0	0	0.0	0	0.0	223.1	0.0	223.1	62
370	Voss	Hannah	Wetherby Runners AC	FSEN	0	0.0	211	142.9	0	0.0	237	78.6	0	0.0	221.4	0.0	221.4	132
371	Barker	India	Roundhay Runners	FSEN	0	0.0	0	0.0	137	220.2	0	0.0	0	0.0	220.2	0.0	220.2	133
372	Rowe	Heather	Hyde Park Harriers	FSEN	185	216.9	0	0.0	0	0.0	0	0.0	0	0.0	216.9	0.0	216.9	134
373	Waterhouse	Fiona	Horsforth Harriers	F40	0	0.0	231	108.8	0	0.0	0	0.0	197	106.4	215.3	0.0	215.3	63
374	Tombs	Gail	Ackworth Road Runners	F65	0	0.0	0	0.0	183	125.5	231	89.3	0	0.0	214.8	0.0	214.8	8
375	Sunderland	Joanne	Roundhay Runners	F45	0	0.0	0	0.0	0	0.0	161	214.3	0	0.0	214.3	0.0	214.3	52
376	Lay	Anna	Kippax Harriers	F40	0	0.0	0	0.0	0	0.0	0	0.0	145	210.8	210.8	0.0	210.8	64
377	Whitlow	Emma	Hyde Park Harriers	FSEN	190	209.2	0	0.0	0	0.0	0	0.0	0	0.0	209.2	0.0	209.2	135
378	Watson	Bronwyn	York Triathlon Club	FSEN	0	0.0	0	0.0	0	0.0	165	207.1	0	0.0	207.1	0.0	207.1	136
379	Spencer	Collette	Kirkstall Harriers	F45	192	206.2	0	0.0	0	0.0	0	0.0	0	0.0	206.2	0.0	206.2	53
380	Sykes	Laura	Saltaire Striders	F40	194	203.1	0	0.0	0	0.0	0	0.0	0	0.0	203.1	0.0	203.1	65
381	Owen	Kath	Chapel Allerton Runners	F40	291	53.8	253	71.4	0	0.0	259	39.3	231	38.2	202.7	0.0	202.7	66
382	Roe	Annette	Rothwell Harriers & AC	F40	0	0.0	176	202.4	0	0.0	0	0.0	0	0.0	202.4	0.0	202.4	67
383	Howroyd	Alissa	Horsforth Fellandale	F40	0	0.0	0	0.0	0	0.0	0	0.0	150	200.8	200.8	0.0	200.8	68
384	Gill	Violet	St Therasas AC	F60	0	0.0	0	0.0	0	0.0	0	0.0	153	194.8	194.8	0.0	194.8	10
385	Gibson	Lindsey	Roundhay Runners	F40	250	116.9	0	0.0	0	0.0	0	0.0	212	76.3	193.2	0.0	193.2	69
386	Johnson	Jade	Rothwell Harriers & AC	FSEN	281	69.2	270	42.5	243	2.1	261	35.7	228	44.2	193.7	2.1	191.6	137
387	Easton	Claire	Rothwell Harriers & AC	F45	0	0.0	0	0.0	0	0.0	175	189.3	0	0.0	189.3	0.0	189.3	54
388	Mccluskey	Sue	Kippax Harriers	F55	203	189.2	0	0.0	0	0.0	0	0.0	0	0.0	189.2	0.0	189.2	32
389	Sargison	Emma	Chapel Allerton Runners	F40	268	89.2	257	64.6	0	0.0	0	0.0	233	34.1	188.0	0.0	188.0	70
390	Holmes	Katie	Horsforth Harriers	F35	0	0.0	0	0.0	0	0.0	0	0.0	157	186.7	186.7	0.0	186.7	42
391	Denholm	Katrina	Kirkstall Harriers	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	160	180.7	180.7	0.0	180.7	138
392	Warren	Ruth	Valley Striders	F65	0	0.0	0	0.0	0	0.0	184	173.2	0	0.0	173.2	0.0	173.2	9
393	Barr	Janet	Ackworth Road Runners	F50	251	115.4	0	0.0	0	0.0	249	57.1	0	0.0	172.5	0.0	172.5	38
394	Bussey	Linda	Eccleshill Road Runners	F45	256	107.7	0	0.0	213	63.8	0	0.0	0	0.0	171.5	0.0	171.5	55
395	Graham	June	Knaresborough Striders	F60	0	0.0	251	74.8	0	0.0	0	0.0	202	96.4	171.2	0.0	171.2	11
396	Sutton	Hannah	Hyde Park Harriers	FSEN	0	0.0	198	165.0	0	0.0	0	0.0	0	0.0	165.0	0.0	165.0	139
397	Sweeting	Jo	Ackworth Road Runners	F50	287	60.0	261	57.8	222	45.3	0	0.0	0	0.0	163.1	0.0	163.1	39
398	Elmes	Julie	Knaresborough Striders	F50	0	0.0	0	0.0	0	0.0	190	162.5	0	0.0	162.5	0.0	162.5	40
399	Kettlewell	Laura	Hyde Park Harriers	F40	0	0.0	0	0.0	0	0.0	191	160.7	0	0.0	160.7	0.0	160.7	71
400	O'donnell	Mary	Roundhay Runners	F40	0	0.0	0	0.0	207	76.1	235	82.1	249	2.0	160.3	0.0	160.3	72
401	Hall	Charlotte	Roundhay Runners	F40	275	78.5	249	78.2	0	0.0	0	0.0	0	0.0	156.7	0.0	156.7	73
402	Berry	Wendy	Ackworth Road Runners	F60	0	0.0	268	45.9	216	57.6	252	51.8	0	0.0	155.3	0.0	155.3	12
403	Jefferies	Elizabeth Kay	Hyde Park Harriers	F55	310	24.6	264	52.7	220	49.4	266	26.8	0	0.0	153.5	0.0	153.5	33
404	Mctague	Moir	Nidd Valley Road Runners	F60	228	150.8	0	0.0	0	0.0	0	0.0	0	0.0	150.8	0.0	150.8	13
405	Jefferys	Suzette	St Therasas AC	F35	230	147.7	0	0.0	0	0.0	0	0.0	0	0.0	147.7	0.0	147.7	43
406	Hartley	Morgana	Horsforth Harriers	F55	0	0.0	0	0.0	224	41.2	251	53.6	224	52.2	146.9	0.0	146.9	34
407	Dilasser	Debbie	Nidd Valley Road Runners	F45	233	143.1	0	0.0	0	0.0	0	0.0	0	0.0	143.1	0.0	143.1	56
408	Merchant-Edge	Sally	Valley Striders	F50	292	52.3	265	51.0	225	39.1	0	0.0	0	0.0	142.4	0.0	142.4	41
409	Morris	Sally	Ackworth Road Runners	F55	293	50.8	0	0.0	235	18.5	264	30.4	230	40.2	139.8	0.0	139.8	35
410	Holmes	Amber	Rothwell Harriers & AC	FSEN	0	0.0	213	139.5	0	0.0	0	0.0	0	0.0	139.5	0.0	139.5	140
411	Hornsby	Jill	Nidd Valley Road Runners	F65	307	29.2	0	0.0	228	32.9	262	33.9	229	42.2	138.2	0.0	138.2	10
412	Whitehouse	Louise	Horsforth Harriers	F40	237	136.9	0	0.0	0	0.0	0	0.0	0	0.0	136.9	0.0	136.9	74
413	Cook	Helen	Nidd Valley Road Runners	F40	0	0.0	0	0.0	0	0.0	0	0.0	182	136.5	136.5	0.0	136.5	75
414	Day	Caroline	Roundhay Runners	F35	0	0.0	0	0.0	0	0.0	205	135.7	0	0.0	135.7	0.0	135.7	44
415	Chalmers	Sarah	Nidd Valley Road Runners	F55	0	0.0	252	73.1	0	0.0	247	60.7	0	0.0	133.8	0.0	133.8	36
416	Pell	Valerie	Kippax Harriers	F60	267	90.8	0	0.0	0	0.0	257	42.9	0	0.0	133.6	0.0	133.6	14

451	Webster	Janet	Harrogate Tri Club	F55	317	13.8	285	17.0	233	22.6	273	14.3	0	0.0	67.8	0.0	67.8	38
452	Murray	Becky	Valley Striders	F45	282	67.7	0	0.0	0	0.0	0	0.0	0	0.0	67.7	0.0	67.7	63
453	Jarvis	Debbie	Nidd Valley Road Runners	F55	0	0.0	256	66.3	0	0.0	0	0.0	0	0.0	66.3	0.0	66.3	39
454	Dwyer	Linden	Horsforth Harriers	F40	0	0.0	271	40.8	232	24.7	0	0.0	0	0.0	65.5	0.0	65.5	83
455	Masood	Romeena	Hyde Park Harriers	FSEN	284	64.6	0	0.0	0	0.0	0	0.0	0	0.0	64.6	0.0	64.6	146
456	Hunter-Steele	Melanie	St Therasas AC	F40	0	0.0	0	0.0	0	0.0	246	62.5	0	0.0	62.5	0.0	62.5	84
457	Rockall	Kerry	Knaresborough Striders	F40	0	0.0	0	0.0	0	0.0	0	0.0	219	62.2	62.2	0.0	62.2	85
458	Morten	Sylvia	Nidd Valley Road Runners	F60	306	30.8	0	0.0	230	28.8	0	0.0	0	0.0	59.6	0.0	59.6	19
459	Pepper	Sheila	Saltaire Striders	F65	316	15.4	286	15.3	237	14.4	274	12.5	244	12.0	69.6	12.0	57.6	12
460	Farquhar	Fiona	Saltaire Striders	F50	0	0.0	0	0.0	0	0.0	0	0.0	222	56.2	56.2	0.0	56.2	48
461	Bellas	Louise	Ackworth Road Runners	F45	0	0.0	262	56.1	0	0.0	0	0.0	0	0.0	56.1	0.0	56.1	64
462	Lowson	Lindsay	Chapel Allerton Runners	F55	322	6.2	288	11.9	240	8.2	275	10.7	239	22.1	59.1	6.2	52.9	40
463	Bastin	Katie	Abbey Runners	FSEN	319	10.8	290	8.5	0	0.0	268	23.2	246	8.0	50.5	0.0	50.5	147
464	Barradell	Carmel	Horsforth Harriers	F65	0	0.0	0	0.0	0	0.0	0	0.0	225	50.2	50.2	0.0	50.2	13
465	Wrigley	Karina	Kippax Harriers	F40	0	0.0	0	0.0	0	0.0	0	0.0	226	48.2	48.2	0.0	48.2	86
466	Hastings	Laura	Hyde Park Harriers	F35	0	0.0	0	0.0	221	47.3	0	0.0	0	0.0	47.3	0.0	47.3	49
467	Skelton	Yvonne	Nidd Valley Road Runners	F65	298	43.1	0	0.0	0	0.0	0	0.0	0	0.0	43.1	0.0	43.1	14
468	Callaghan	Melanie	Wetherby Runners AC	F55	0	0.0	0	0.0	0	0.0	272	16.1	238	24.1	40.2	0.0	40.2	41
469	Gabriel	Kate	Roundhay Runners	F55	0	0.0	272	39.1	0	0.0	0	0.0	0	0.0	39.1	0.0	39.1	42
470	Owens	Melissa	Airecentre Pacers	F55	302	36.9	0	0.0	0	0.0	0	0.0	0	0.0	36.9	0.0	36.9	43
471	Oldfield	Julie	Roundhay Runners	F60	303	35.4	0	0.0	0	0.0	0	0.0	0	0.0	35.4	0.0	35.4	20
472	Mckinnell	Amanda	Ackworth Road Runners	F65	0	0.0	0	0.0	0	0.0	263	32.1	0	0.0	32.1	0.0	32.1	15
473	Parker	Chris	Nidd Valley Road Runners	F70	318	12.3	0	0.0	239	10.3	278	5.4	248	4.0	32.0	0.0	32.0	1
474	Kidd	Georgie	Ackworth Road Runners	F45	309	26.2	0	0.0	0	0.0	0	0.0	0	0.0	26.2	0.0	26.2	65
475	Holt	Miami	Saltaire Striders	FSEN	315	16.9	0	0.0	0	0.0	276	8.9	0	0.0	25.9	0.0	25.9	148
476	Sandhu	Baldish	Kirkstall Harriers	F50	320	9.2	0	0.0	0	0.0	0	0.0	242	16.1	25.3	0.0	25.3	49
477	Myers	Sarah	Eccleshill Road Runners	F45	0	0.0	0	0.0	0	0.0	267	25.0	0	0.0	25.0	0.0	25.0	66
478	Park	Claire	Horsforth Harriers	FSEN	311	23.1	0	0.0	0	0.0	0	0.0	0	0.0	23.1	0.0	23.1	149
479	Lewis	Anne	Roundhay Runners	F75	0	0.0	289	10.2	238	12.3	0	0.0	0	0.0	22.5	0.0	22.5	1
480	Thomas	Diane	Kirkstall Harriers	F55	0	0.0	282	22.1	0	0.0	0	0.0	0	0.0	22.1	0.0	22.1	44
481	Harvey	Anna	Rothwell Harriers & AC	F35	321	7.7	287	13.6	0	0.0	0	0.0	0	0.0	21.3	0.0	21.3	50
482	Magnus	Victoria	Wetherby Runners AC	F35	0	0.0	0	0.0	0	0.0	277	7.1	243	14.1	21.2	0.0	21.2	51
483	Bernard	Cary	Ackworth Road Runners	F60	314	18.5	0	0.0	0	0.0	0	0.0	0	0.0	18.5	0.0	18.5	21
484	Akers	Anne	Hyde Park Harriers	F60	323	4.6	292	5.1	242	4.1	280	1.8	0	0.0	15.6	0.0	15.6	22
485	Robinson	Fiona	Nidd Valley Road Runners	F55	0	0.0	291	6.8	0	0.0	0	0.0	247	6.0	12.8	0.0	12.8	45
486	Taylor	Catherine	Wetherby Runners AC	F35	0	0.0	0	0.0	0	0.0	0	0.0	245	10.0	10.0	0.0	10.0	52
487	Beavis	Lorraine	Hyde Park Harriers	F65	324	3.1	0	0.0	241	6.2	0	0.0	0	0.0	9.2	0.0	9.2	16
488	Hoy	Zoe	Kippax Harriers	F45	0	0.0	294	1.7	0	0.0	279	3.6	0	0.0	5.3	0.0	5.3	67
489	Beaumont	Annie	Kippax Harriers	FSEN	0	0.0	293	3.4	0	0.0	0	0.0	0	0.0	3.4	0.0	3.4	150
490	Bangerh	Jasbir	Hyde Park Harriers	F50	325	1.5	0	0.0	0	0.0	0	0.0	0	0.0	1.5	0.0	1.5	50