

PECO Cross Country League 2022-23: Race 4 (Middleton Park) Senior Ladies Results For Team Scores							
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Position	Surname	First Name	Club	Age Category	Time	Cat Pos	2nd Claim
1	Kemshall	Sarah	St Therasas AC	FSEN	29:56	1	
2	Cairns	Hannah	Wharfedale Harriers	FSEN	30:47	2	
3	Burton	Flick	Hyde Park Harriers	FSEN	31:00	3	Y
4	Whalley	Rebecca	Valley Striders AC	FSEN	31:02	4	
5	Grant	Jane	St Therasas AC	FSEN	31:28	5	
6	Jackson	Niamh	Horsforth Fellandale	F40	31:50	1	Y
7	Harris	Samantha	Valley Striders AC	F40	31:54	2	
8	Hardy	Emma	Rothwell Harriers & AC	F40	32:05	3	
9	Ellis	Davina	Harrogate Harriers & AC	F40	32:24	4	
10	Kaars Sijpesteijn	Katie	Roundhay Runners	F35	32:27	1	Y
11	Legg	Emily	Wetherby Runners AC	FSEN	32:34	6	
12	Whiteman	Jen	Chapel Allerton Runners	FSEN	32:57	7	
13	Fowler	Morag	Roundhay Runners	F45	33:07	1	
14	Kitchen	Ruth	Ilkley Harriers	FSEN	33:13	8	
15	Ballantyne	Emma	St Therasas AC	FSEN	33:31	9	
16	Shanks	Sarah	Valley Striders AC	F40	33:35	5	
17	Kondo	Masako	Abbey Runners	F45	33:37	2	
18	Taswell-Fryer	Eliza	Hyde Park Harriers	FSEN	33:40	10	
19	Ramsden-Young	Amy	Hyde Park Harriers	FSEN	33:52	11	
20	Clark	Faye	Abbey Runners	FSEN	33:54	12	
21	Baldry	Honor	Hyde Park Harriers	F35	33:57	2	
22	Davidson	Rachel	Valley Striders AC	FSEN	33:59	13	
23	Walford	Rebecca	Roundhay Runners	FSEN	34:03	14	
24	Robbs de La Hoyde	Fran	Rothwell Harriers & AC	FSEN	34:14	15	
25	Jobson-Wood	Lucy	Hyde Park Harriers	FSEN	34:15	16	
26	Morgan	Helen	Ackworth Road Runners	F50	34:17	1	
27	Say	Julia	Roundhay Runners	F45	34:38	3	
28	Reeve	Angela	Wetherby Runners AC	F45	34:41	4	
29	Fox	Hannah	Abbey Runners	FSEN	34:58	17	
30	Cobo	Andrea	Abbey Runners	FSEN	34:59	18	
31	Spencer	Amanda	Valley Striders AC	F50	35:02	2	
32	Nancolas	Hayley	Valley Striders AC	F40	35:18	6	
33	Hurn	Lucy	York Triathlon Club	F45	35:20	5	
34	Roddy	Annie	St Therasas AC	F40	35:33	7	
35	Walmsley	Nicola	Roundhay Runners	F40	35:43	8	
36	Sheppard	Amy	Nidd Valley Road Runners	F40	35:44	9	
37	Lawrence	Becky	Horsforth Harriers	F45	35:49	6	
38	Hayward	Jess	York Postal Harriers	FSEN	35:51	19	
39	Cartwright	Poppy	Airecentre Pacers	FSEN	35:55	20	
40	Francis	Laura	Nidd Valley Road Runners	FSEN	35:57	21	
41	Hutchison	Kirsten	Abbey Runners	F40	35:57	10	
42	Peake	Brenda	Airecentre Pacers	F45	35:57	7	
43	Phillips	Laura	Abbey Runners	FSEN	36:10	22	

44	Follows	Emily	Kippax & District Harriers	F40	36:19	11	
45	Brown	Emma	Hyde Park Harriers	FSEN	36:19	23	
46	Underwood	Sarah	Hyde Park Harriers	FSEN	36:23	24	
47	Wix	Emily	Rothwell Harriers & AC	FSEN	36:26	25	
48	Lilley	Alice	Roundhay Runners	FSEN	36:26	26	
49	Sturley	Charlotte	Chapel Allerton Runners	FSEN	36:28	27	
50	Richards	Alexandra	Abbey Runners	FSEN	36:32	28	
51	Beeden	Georgina	Harrogate Harriers & AC	FSEN	36:39	29	
52	Gill	Sarah	Harrogate Harriers & AC	F55	36:42	1	
53	Keys	Anna	Abbey Runners	F40	36:43	12	Y
54	Hillarby	Cat	Rothwell Harriers & AC	FSEN	36:44	30	
55	Mamalis	Lou	York Postal Harriers	FSEN	36:45	31	
56	Charleton	Angela	Harrogate Harriers & AC	F50	36:59	3	
57	Edmondson	Gill	Wetherby Runners AC	F45	37:07	8	
58	Aylesbury	Amelie	Harrogate Harriers & AC	FSEN	37:14	32	
59	Humphries	Kate	Airecentre Pacers	F35	37:43	3	
60	Blakeley	Alyson	Roundhay Runners	F45	37:47	9	
61	Eastwood	Nikki	Roundhay Runners	F55	37:47	2	
62	Page	Kerrie	Roundhay Runners	FSEN	37:50	33	
63	Smith	Katie	Abbey Runners	FSEN	37:51	34	
64	Trevorrow	Pip	Valley Striders AC	F45	37:53	10	
65	Haggas	Sarah	Abbey Runners	F45	38:01	11	
66	O'brien	Louise	Horsforth Fellandale	F45	38:03	12	
67	Adams	Liz	Valley Striders AC	F45	38:06	13	
68	Muir	Marion	Horsforth Fellandale	F45	38:11	14	
69	Sheehan	Therese	Kirkstall Harriers	F35	38:20	4	
70	Shepherd	Tanya	Horsforth Fellandale	F35	38:20	5	
71	Best	Katie	Rothwell Harriers & AC	FSEN	38:21	35	
72	Gibson	Lauren	Harrogate Harriers & AC	FSEN	38:25	36	
73	Hodson	Natalie	York Postal Harriers	F35	38:31	6	
74	Kearns	Rachael	Kirkstall Harriers	FSEN	38:35	37	Y
75	Williams	Gina	Airecentre Pacers	F45	38:38	15	
76	Vamplew	Lucy	Ackworth Road Runners	F40	38:42	13	
77	Johnson	Amy	York Postal Harriers	F40	38:43	14	
78	Roden	Helen	Abbey Runners	F50	38:45	4	
79	Ashworth	Becky	Abbey Runners	FSEN	38:49	38	
80	Heaton	Jo	Roundhay Runners	FSEN	38:50	39	
81	Taylor	Lizzie	Harrogate Harriers & AC	FSEN	38:52	40	
82	Bucknell	Julie	Wetherby Runners AC	F45	38:52	16	
83	Smith	Charlotte	Ackworth Road Runners	F35	38:54	7	
84	Fox	Judith	Horsforth Harriers	F50	38:56	5	
85	Draisey	Ruth	Hyde Park Harriers	FSEN	38:57	41	
86	Keighley	Holly	Chapel Allerton Runners	FSEN	38:59	42	
87	Barnes	Philippa	Chapel Allerton Runners	F40	39:05	15	
88	Bennett	Alison	Ilkley Harriers	F60	39:07	1	
89	Houghton	Vicky	Hyde Park Harriers	F40	39:08	16	

90	Downs	Emily	Hyde Park Harriers	FSEN	39:09	43	
91	Robins	Fiona	Kippax & District Harriers	F45	39:14	17	
92	Elliott	Bev	Horsforth Harriers	F45	39:18	18	
93	Sunderland	Sue	Valley Striders AC	F60	39:21	2	
94	Knowles	Tessa	Chapel Allerton Runners	FSEN	39:27	44	
95	Chapman	Sam	St Therasas AC	F40	39:32	17	
96	Barber	Catherine	Nidd Valley Road Runners	FSEN	39:33	45	
97	Kaina	Fay	Saltaire Striders	FSEN	39:39	46	
98	Linford	Josephine	Wetherby Runners AC	FSEN	39:40	47	
99	Churm	Lucy	Kirkstall Harriers	F40	39:42	18	
100	Reid	Carol	Valley Striders AC	F40	39:49	19	
101	Bissett	Maddie	Kippax & District Harriers	FSEN	39:55	48	
102	Robertson	Susie	Kirkstall Harriers	FSEN	40:20	49	
103	Nunn	Katy	Chapel Allerton Runners	FSEN	40:30	50	
104	Mottley	Beverley	Abbey Runners	F55	40:36	3	
105	Waite	Sarah	Rothwell Harriers & AC	F35	40:44	8	
106	Moul	Sue	Harrogate Harriers & AC	F55	40:50	4	
107	Ross	Shantel	Chapel Allerton Runners	FSEN	40:51	51	
108	Evans	Clare	Hyde Park Harriers	FSEN	40:54	52	
109	Forster	Lora	Chapel Allerton Runners	F40	40:56	20	
110	Spencer	Collette	Kirkstall Harriers	F50	40:57	6	
111	Thomson	Eleanor	Airecentre Pacers	F45	40:59	19	
112	Howroyd	Alissa	Horsforth Fellandale	F40	41:01	21	
113	Nash	Louise	Saltaire Striders	F50	41:02	7	
114	Fraser	Elspeth	Roundhay Runners	FSEN	41:02	53	
115	Haddon	Julie	Hyde Park Harriers	F50	41:03	8	
116	Kingston	Naomi	Horsforth Fellandale	FSEN	41:03	54	
117	Siswick	Fleur	Hyde Park Harriers	FSEN	41:10	55	
118	Chivers	Ann	Roundhay Runners	F40	41:11	22	
119	Forwood	Nicola	Hyde Park Harriers	F35	41:25	9	
120	Brooks	Chloe	Hyde Park Harriers	FSEN	41:26	56	
121	Taylor-Cross	Katie	Abbey Runners	FSEN	41:28	57	
122	Denholm	Kat	Kirkstall Harriers	FSEN	41:34	58	
123	Scott	Katharine	Abbey Runners	F40	41:38	23	
124	Holleran	Christine	Nidd Valley Road Runners	F55	41:40	5	
125	Fenton	Hazel	Horsforth Harriers	F40	41:41	24	
126	Clarke	Caroline	Horsforth Fellandale	F60	41:45	3	Y
127	Warner	Emma	Wetherby Runners AC	F45	42:01	20	
128	Hunter	Alison	Kippax & District Harriers	F60	42:16	4	
129	Sleight	Harriet	York Postal Harriers	FSEN	42:22	59	
130	Cooke	Rachel	Ackworth Road Runners	F55	42:27	6	
131	Smith	Emma	Ackworth Road Runners	F45	42:29	21	
132	Hawking	Veronica	Kippax & District Harriers	F35	42:33	10	
133	Paliuc	Maria	Roundhay Runners	FSEN	42:37	60	
134	Keevash	Becca	Valley Striders AC	F40	42:37	25	
135	Ventress	Rebecca	Nidd Valley Road Runners	F45	42:38	22	

136	Crossley	Jane	Kirkstall Harriers	F35	42:45	11	
137	Selby-Grace	Paris	Kirkstall Harriers	FSEN	42:45	61	
138	Foulke	Andrea	Kippax & District Harriers	F45	42:54	23	
139	Holmes	Hannah	York Postal Harriers	FSEN	43:00	62	
140	Wheatley	Bekki	Chapel Allerton Runners	F40	43:06	26	
141	Wilson	Trish	Rothwell Harriers & AC	F45	43:10	24	
142	Coleman	Sarah	Hyde Park Harriers	FSEN	43:13	63	
143	Fairhall	Sarah	Abbey Runners	FSEN	43:16	64	
144	Ashworth	Kathryn	Abbey Runners	F45	43:21	25	
145	Culshaw	Robin	Hyde Park Harriers	FSEN	43:26	65	
146	Shipp	Ellie	Hyde Park Harriers	FSEN	43:27	66	
147	Mills	Karen	Nidd Valley Road Runners	F45	43:29	26	
148	Lane	Emma	Horsforth Fellandale	FSEN	43:37	67	Y
149	Austin	Holly	Chapel Allerton Runners	F35	43:42	12	
150	Shaw	Jenny	Saltaire Striders	FSEN	43:45	68	
151	Johnson	Laura	St Therasas AC	F40	43:47	27	
152	Mccormack	Maya	Ackworth Road Runners	F40	43:48	28	
153	Thomas	Victoria	Nidd Valley Road Runners	F50	43:49	9	
154	Hinch	Nicola	Chapel Allerton Runners	F45	43:50	27	
155	Evans	Stephanie	Hyde Park Harriers	FSEN	43:55	69	
156	Johnson	Jo	Wetherby Runners AC	F50	43:55	10	
157	Keene	Catherine	Airecentre Pacers	F35	44:05	13	
158	Belford-Mcdowell	Lisa	St Therasas AC	F50	44:07	11	
159	Durkin	Linda	Kippax & District Harriers	F55	44:10	7	
160	Harlock	Megan	Rothwell Harriers & AC	F40	44:14	29	
161	Wilkinson	Paula	Knaresborough Striders	F55	44:18	8	
162	Bell	Valerie	Wetherby Runners AC	F55	44:21	9	
163	Richardson	Emma-Jane	Kippax & District Harriers	F40	44:21	30	
164	Harrison	Sue	Rothwell Harriers & AC	F65	44:35	1	
165	Wilson	Clare	St Therasas AC	F45	44:46	28	
166	Hacker	Tanya	St Therasas AC	F45	44:47	29	
167	Clarke-Williams	Rachel	Rothwell Harriers & AC	F35	44:51	14	
168	Zhang	Muyang	Hyde Park Harriers	FSEN	44:55	70	
169	Love	Helen	Saltaire Striders	F65	44:57	2	
170	Boyles	Lucie	Kirkstall Harriers	FSEN	45:05	71	
171	Warren	Vicky	St Therasas AC	F40	45:08	31	
172	Briggs	Charli	Dragons Running Club (Leeds)	FSEN	45:10	72	
173	Head	Christina	Roundhay Runners	FSEN	45:17	73	
174	Barnett	Nicola	Horsforth Harriers	F45	45:20	30	
175	Wrangles	Gail	Ackworth Road Runners	F50	45:26	12	
176	Kara	Leila	Valley Striders AC	F55	45:34	10	
177	Batey	Helen	Ackworth Road Runners	FSEN	45:43	74	
178	Gibson	Debbie	Nidd Valley Road Runners	F60	45:54	5	
179	Hey	Wendy	Saltaire Striders	F50	45:59	13	
180	Scott	Ewa	Nidd Valley Road Runners	F50	46:27	14	
181	Wrigley	Karina	Kippax & District Harriers	F40	46:28	32	

182	Glaister	Catherine	Ilkley Harriers	F55	46:41	11	
183	Owen	Kath	Chapel Allerton Runners	F40	46:42	33	
184	Leech	Katherine	York Triathlon Club	F40	46:44	34	
185	Prust	Jane	Hyde Park Harriers	F60	46:48	6	
186	Porter	Emma	Dragons Running Club (Leeds)	F45	46:48	31	
187	Gregory	Sarah	Ilkley Harriers	F40	46:52	35	
188	Pattinson	Angela	Nidd Valley Road Runners	F35	46:54	15	
189	Moran	Carol	Kirkstall Harriers	F60	46:55	7	
190	Crossley-Fells	Ellie	Hyde Park Harriers	FSEN	46:59	75	
191	Allison	Caroline	Roundhay Runners	F55	47:00	12	Y
192	Cook	Mags	Roundhay Runners	F70	47:09	1	
193	Hall	Sarah	Roundhay Runners	F40	47:13	36	
194	Harrop	Emma	Knaresborough Striders	F55	47:20	13	
195	Salih	Jasmine	Abbey Runners	F50	47:37	15	
196	Hulme-Vickerstaff	Lisa	Abbey Runners	F55	47:46	14	
197	Hipkiss	Vicki	Kirkstall Harriers	F55	48:03	15	
198	Swales	Donna	Abbey Runners	F40	48:16	37	
199	Steele	Julie	Eccleshill Road Runners	F60	48:27	8	
200	Fotherby	Pascale	Valley Striders AC	F40	48:31	38	
201	Ashton	Clare	Dragons Running Club (Leeds)	F45	48:33	32	
202	Rhodes	Jo	Hyde Park Harriers	FSEN	48:40	76	
203	Davies	Iona	Kippax & District Harriers	F35	48:43	16	
204	Walker	Ruth	Ackworth Road Runners	F40	48:44	39	
205	Bryant	Danni	Hyde Park Harriers	FSEN	48:52	77	
206	Jacques	Helen	Ilkley Harriers	F55	48:53	16	Y
207	Holmes	Emma	York Triathlon Club	F35	48:54	17	
208	Higgins	Clare	Chapel Allerton Runners	FSEN	49:09	78	
209	Garratt	Laura	Hyde Park Harriers	F40	49:14	40	
210	Tombs	Gail	Ackworth Road Runners	F70	49:15	2	
211	Sargison	Emma	Chapel Allerton Runners	F40	49:28	41	
212	Mingham	Joanna	Kirkstall Harriers	F65	49:42	3	
213	Pell	Valerie	Kippax & District Harriers	F65	49:51	4	
214	Addison	Dianne	Horsforth Fellandale	F55	49:52	17	
215	Keighley	Carole	Airecentre Pacers	F60	50:00	9	
216	Chadwick	Jasmin	Bradford Airedale AC	FSEN	50:05	79	
217	Sabourn	Jillian	Valley Striders AC	F55	50:17	18	
218	Mcmorran	Lindsay	St Therasas AC	F35	50:41	18	
219	Thorp	Pauline	Horsforth Harriers	F60	50:59	10	
220	Penrose	Kate	Kippax & District Harriers	F65	51:16	5	
221	Taylor	Samantha	Kirkstall Harriers	F35	51:27	19	
222	Riach	Emily	Kirkstall Harriers	FSEN	51:29	80	
223	Berry	Wendy	Ackworth Road Runners	F60	51:44	11	
224	Allen	Elizabeth	Chapel Allerton Runners	F50	52:30	16	
225	Mckinnell	Amanda	Ackworth Road Runners	F65	52:33	6	
226	Latham	Katie	Ackworth Road Runners	F45	52:33	33	
227	Thaper	Claire	Saltaire Striders	F40	52:36	42	

228	Hembra	Daniella	Chapel Allerton Runners	F45	52:58	34	
229	Mistry	Urmila	Saltaire Striders	F60	53:05	12	
230	Lofthouse	Kate	Ilkley Harriers	F60	53:35	13	
231	Rhodes	Susy	Nidd Valley Road Runners	F40	53:42	43	
232	Jones	Rhiannon	York Triathlon Club	FSEN	53:57	81	
233	Schofield	Emily	York Triathlon Club	FSEN	53:57	82	
234	Wright	Sally	Ilkley Harriers	F60	54:01	14	
235	Smith	Michelle	Nidd Valley Road Runners	F50	54:02	17	
236	Hornsby	Jill	Nidd Valley Road Runners	F65	54:04	7	
237	Evans	Tara	Chapel Allerton Runners	FSEN	54:08	83	
238	Levitt	Julie	St Therasas AC	F45	54:18	35	
239	Owens	Melissa	Airecentre Pacers	F55	54:55	19	
240	Middleton	Carol	Ackworth Road Runners	F60	55:07	15	
241	Fallon	Lynne	St Therasas AC	F70	55:33	3	
242	Bastin	Katie	Abbey Runners	FSEN	55:52	84	
243	Morris	Sally	Ackworth Road Runners	F55	56:43	20	
244	Holmes	Rachael	York Triathlon Club	FSEN	56:51	85	
245	Morten	Sylvia	Nidd Valley Road Runners	F60	56:55	16	
246	Smith	Judith	Abbey Runners	F65	58:06	8	
247	Huxford	Lizzy	York Triathlon Club	F35	58:35	20	
248	Connolly	Belinda	Chapel Allerton Runners	F60	58:40	17	
249	Pepper	Sheila	Saltaire Striders	F70	59:48	4	
250	Ahmad	Liz	Nidd Valley Road Runners	F65	1:00:20	9	
251	Archibald	Avril	Roundhay Runners	F40	1:00:44	44	
252	Buckley	Ann	Dragons Running Club (Leeds)	F40	1:01:04	45	Y
253	Crossley	Hannah	York Triathlon Club	FSEN	1:06:22	86	