

PECO Cross Country League 2022-23
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	Kemshall	Sarah	St Theresas AC	FSEN	2	498.6	1	500.0	1	500.0	1	500.0	0	0.0	1998.6	0.0	1998.6	1
2	Caims	Hannah	Wharfedale Harriers	FSEN	3	497.1	2	498.2	2	498.5	2	498.0	0	0.0	1991.9	0.0	1991.9	2
3	Jackson	Niamh	Horsforth Fellandale	F40	7	491.4	6	491.2	6	492.4	6	490.1	2	498.1	2463.2	490.1	1973.0	1
4	Kaars Sipesteijn	Katie	Roundhay Runners	F35	4	495.7	5	492.9	0	0.0	10	482.2	4	494.2	1965.1	0.0	1965.1	1
5	Harris	Samantha	Valley Striders AC	F40	5	494.3	11	482.3	9	487.8	7	488.1	6	490.3	2442.9	482.3	1960.6	2
6	Ellis	Davina	Harrogate Harriers & AC	F40	8	490.0	8	487.6	16	477.2	9	484.2	7	488.4	2427.4	477.2	1950.2	3
7	Hardy	Emma	Rothwell Harriers & AC	F40	0	0.0	18	470.0	10	486.3	8	486.2	5	492.3	1934.7	0.0	1934.7	4
8	Fowler	Morag	Roundhay Runners	F45	9	488.5	16	473.5	18	474.2	13	476.3	10	482.6	2395.1	473.5	1921.6	1
9	Robbs de La Hoyde	Fran	Rothwell Harriers & AC	FSEN	18	475.6	9	485.9	8	489.4	24	454.5	21	461.4	2366.8	454.5	1912.3	3
10	Tecwyn	Sam	Hyde Park Harriers	FSEN	29	459.9	21	464.7	11	484.8	0	0.0	1	500.0	1909.4	0.0	1909.4	4
11	Howard	Claire	Roundhay Runners	F50	19	474.2	15	475.3	15	478.7	0	0.0	11	480.7	1908.9	0.0	1908.9	1
12	Whiteman	Jen	Chapel Allerton Runners	FSEN	17	477.1	19	468.2	17	475.7	12	478.3	13	476.8	2376.1	468.2	1907.9	5
13	Beeden	Georgina	Harrogate Harriers & AC	FSEN	20	472.8	14	477.0	20	471.1	51	401.2	15	473.0	2295.1	401.2	1893.9	6
14	Kondo	Masako	Abbey Runners	F45	15	479.9	0	0.0	19	472.6	17	468.4	20	463.3	1884.3	0.0	1884.3	2
15	Reeve	Angela	Wetherby Runners AC	F45	21	471.3	0	0.0	21	469.6	28	446.6	9	484.6	1872.1	0.0	1872.1	3
16	Walford	Rebecca	Roundhay Runners	FSEN	22	469.9	20	466.4	0	0.0	23	456.5	19	465.3	1858.1	0.0	1858.1	7
17	Davidson	Rachel	Valley Striders AC	FSEN	25	465.6	23	461.1	26	462.0	22	458.5	18	467.2	2314.4	458.5	1855.9	8
18	Ramsden-Young	Amy	Hyde Park Harriers	FSEN	6	492.8	30	448.8	34	449.8	19	464.4	120	270.3	2126.1	270.3	1855.9	9
19	Taswell-Fryer	Eliza	Hyde Park Harriers	FSEN	30	458.0	0	0.0	28	459.0	18	466.4	26	451.7	1835.6	0.0	1835.6	10
20	Nancolas	Hayley	Valley Striders AC	F40	24	467.0	0	0.0	25	463.5	32	438.7	22	459.5	1828.8	0.0	1828.8	5
21	Cartwright	Poppy	Airecentre Pacers	FSEN	26	464.2	43	425.8	23	466.6	39	424.9	24	455.6	2237.0	424.9	1812.1	11
22	Say	Julia	Roundhay Runners	F45	28	461.3	32	445.2	30	455.9	27	448.6	31	442.1	2253.2	442.1	1811.1	4
23	Jobson-Wood	Lucy	Hyde Park Harriers	FSEN	45	437.0	28	452.3	0	0.0	25	452.6	17	469.1	1810.9	0.0	1810.9	12
24	Cobo	Andrea	Abbey Runners	FSEN	51	428.4	24	459.4	33	451.4	30	442.7	29	445.9	2227.7	428.4	1799.4	13
25	Hum	Lucy	York Triathlon Club	F45	37	448.4	31	447.0	35	448.3	33	436.8	39	426.6	2207.1	426.6	1780.5	5
26	Roddy	Annie	St Theresas AC	F40	46	435.5	34	441.7	38	443.8	34	434.8	25	453.7	2209.4	434.8	1774.7	6
27	Robinson	Emma	Harrogate Harriers & AC	F40	36	449.9	53	408.1	27	460.5	0	0.0	27	449.8	1768.3	0.0	1768.3	7
28	Richards	Alexandra	Abbey Runners	FSEN	68	404.0	29	450.5	29	457.4	50	403.2	30	444.0	2159.2	403.2	1756.0	14
29	Sheppard	Amy	Nidd Valley Road Runners	F40	34	452.7	36	438.2	45	433.1	36	430.8	0	0.0	1754.8	0.0	1754.8	8
30	Hayward	Jess	York Postal Harriers	FSEN	41	442.7	40	431.1	46	431.6	38	426.9	32	440.2	2172.4	426.9	1745.6	15
31	Peake	Brenda	Airecentre Pacers	F45	0	0.0	35	439.9	40	440.7	42	419.0	33	438.2	1737.9	0.0	1737.9	6
32	Underwood	Sarah	Hyde Park Harriers	FSEN	47	434.1	37	436.4	42	437.7	46	411.1	44	417.0	2136.2	411.1	1725.2	16
33	Lund	Sarah	Airecentre Pacers	F45	43	439.8	44	424.0	43	436.2	0	0.0	45	415.1	1715.1	0.0	1715.1	7
34	Dresser	Angeline	Valley Striders AC	FSEN	62	412.6	33	443.5	32	452.9	0	0.0	63	380.3	1689.3	0.0	1689.3	17
35	Sturley	Charlotte	Chapel Allerton Runners	FSEN	53	425.5	39	432.9	57	414.9	49	405.1	56	393.8	2072.2	393.8	1678.4	18
36	Brown	Emma	Hyde Park Harriers	FSEN	60	415.5	45	422.3	53	421.0	45	413.0	43	418.9	2090.7	413.0	1677.6	19
37	Wix	Emily	Rothwell Harriers & AC	FSEN	50	429.8	0	0.0	54	419.5	47	409.1	46	413.1	1671.5	0.0	1671.5	20
38	Bugajska	Kinga	Valley Striders AC	F35	80	386.8	42	427.6	52	422.5	0	0.0	48	409.3	1646.1	0.0	1646.1	2
39	Phillips	Laura	Abbey Runners	FSEN	49	431.2	52	409.9	75	387.5	43	417.0	0	0.0	1645.7	0.0	1645.7	21
40	Aylesbury	Amelie	Harrogate Harriers & AC	FSEN	56	421.2	58	399.3	44	434.7	58	387.4	83	341.7	1984.2	341.7	1642.5	22
41	Trevorrow	Pip	Valley Striders AC	F45	63	411.2	38	434.6	59	411.9	64	375.5	66	374.5	2007.7	374.5	1633.2	8
42	Lilley	Alice	Roundhay Runners	F45	73	396.8	62	392.2	62	407.3	48	407.1	42	420.8	2024.3	392.2	1632.1	23
43	Follows	Emily	Kippax & District Harriers	F40	0	0.0	60	395.7	70	395.1	44	415.0	40	424.7	1630.6	0.0	1630.6	9
44	Humphries	Kate	Airecentre Pacers	F35	65	408.3	64	388.7	55	417.9	59	385.4	55	395.8	1996.1	385.4	1610.7	3
45	Hillaby	Cat	Rothwell Harriers & AC	FSEN	0	0.0	68	381.6	68	398.2	54	395.3	35	434.4	1609.4	0.0	1609.4	24
46	Gill	Sarah	Harrogate Harriers & AC	F55	0	0.0	65	386.9	56	416.4	52	399.2	51	403.5	1606.0	0.0	1606.0	1
47	Francis	Laura	Nidd Valley Road Runners	FSEN	112	341.0	98	328.6	65	402.7	40	422.9	37	430.5	1925.8	328.6	1597.1	25
48	Charlesworth	Sarah	Wharfedale Harriers	F40	71	399.7	59	397.5	60	410.3	0	0.0	65	376.4	1584.0	0.0	1584.0	10
49	Smith	Katie	Abbey Runners	FSEN	0	0.0	51	411.7	66	401.2	63	377.5	61	384.2	1574.5	0.0	1574.5	26
50	Page	Kerrie	Roundhay Runners	FSEN	86	378.2	99	326.9	61	408.8	62	379.4	54	397.7	1891.0	326.9	1564.2	27
51	Eastwood	Nikki	Roundhay Runners	F55	58	418.3	72	374.6	81	378.4	61	381.4	0	0.0	1552.7	0.0	1552.7	2
52	Barber	Catherine	Nidd Valley Road Runners	FSEN	59	416.9	41	429.3	71	393.6	96	312.3	0	0.0	1552.1	0.0	1552.1	28
53	Adams	Liz	Valley Striders AC	F45	54	424.1	55	404.6	101	348.0	67	369.6	0	0.0	1546.3	0.0	1546.3	9
54	Blakeley	Alyson	Roundhay Runners	F45	90	372.5	86	349.8	63	405.8	60	383.4	70	366.8	1878.3	349.8	1528.5	10
55	Williams	Gina	Airecentre Pacers	F45	69	402.6	73	372.8	77	384.5	75	353.8	87	334.0	1847.6	334.0	1513.6	11
56	Marnalis	Lou	York Postal Harriers	FSEN	110	343.8	77	365.7	0	0.0	55	393.3	49	407.3	1510.2	0.0	1510.2	29
57	Charleton	Angela	Harrogate Harriers & AC	F50	91	371.1	0	0.0	85	372.3	56	391.3	68	370.7	1505.4	0.0	1505.4	2
58	Best	Katie	Rothwell Harriers & AC	FSEN	85	379.7	0	0.0	94	358.7	71	361.7	53	399.6	1499.6	0.0	1499.6	30
59	Barnes	Philippa	Chapel Allerton Runners	F40	76	392.6	50	413.4	0	0.0	87	330.0	73	361.0	1497.0	0.0	1497.0	11
60	Haggas	Sarah	Abbey Runners	F45	115	336.7	78	364.0	82	376.9	65	373.5	64	378.4	1829.4	336.7	1492.8	12
61	Muir	Marion	Horsforth Fellandale	F45	103	353.9	66	385.2	107	338.9	68	367.6	60	386.1	1831.6	338.9	1492.7	13
62	Whalley	Rebecca	Valley Striders AC	FSEN	0	0.0	7	489.4	3	497.0	4	494.1	0	0.0	1480.4	0.0	1480.4	31
63	Johnson	Amy	York Postal Harriers	F40	84	381.1	76	367.5	79	381.5	77	349.8	0	0.0	1479.8	0.0	1479.8	12
64	Grant	Jane	St Theresas AC	FSEN	0	0.0	10	484.1	7	490.9	5	492.1	0	0.0	1467.1	0.0	1467.1	32
65	Campbell	Diane	York Postal Harriers	F45	93	368.2	70	378.1	87	369.3	0	0.0	81	345.6	1461.1	0.0	1461.1	14
66	Fox	Judith	Horsforth Harriers	F50	99	359.6	71	376.3	80	379.9	84	336.0	0	0.0	1451.8	0.0	1451.8	3
67	Bennett	Alison	Ilkley Harriers	F60	74	395.4	0	0.0	100	349.5	88	328.1	67	372.6	1445.6	0.0	1445.6	1
68	Legg	Emily	Wetherby Runners AC	FSEN	14	481.4	0	0.0	12	483.3	11	480.2	0	0.0	1444.9	0.0	1444.9	33
69	Kearns	Rachael	Kirkstall Harriers	FSEN	70	401.1	0	0.0	69	396.7	74	355.7	116	278.0	1431.5	0.0	1431.5	34
70	Keys	Anna	Abbey Runners	F40	121	328.1	124	282.7	173	238.6	53	397.2	41	422.8	1669.4	238.6	1430.8	13
71	Baynes	Georgia	Valley Striders AC	FSEN	0	0.0	13	478.8	14	480.2	0	0.0	16	471.0	1430.1	0.0	1430.1	35
72	Draisley	Ruth	Hyde Park Harriers	FSEN	95	365.3	88	346.3	89	366.3	85	334.0	78	351.4	1763.2	334.0	1429.2	36
73	Ballantyne	Emma	St Theresas AC	FSEN	0	0.0	17	471.7	0	0.0	15	472.3	14	474.9	1419.0	0.0	1419.0	37
74	Clark	Faye	Abbey Runners	FSEN	13	482.8	0	0.0	22	468.1	20	462.5	0	0.0	1413.3</			

110	Forwood	Nicola	Hyde Park Harriers	F35	138	303.7	111	305.7	182	224.9	119	266.8	112	285.7	1386.8	224.9	1161.9	8
111	David	Emma	Nidd Valley Road Runners	F45	140	300.9	118	293.3	141	287.2	0	0.0	118	274.1	1155.5	0.0	1155.5	21
112	Forster	Lora	Chapel Allerton Runners	F40	0	0.0	122	286.2	147	278.1	109	286.6	107	295.4	1146.3	0.0	1146.3	20
113	Waite	Sarah	Rothwell Harriers & AC	F35	167	262.2	0	0.0	150	273.6	105	294.5	98	312.7	1142.9	0.0	1142.9	9
114	Spencer	Collette	Kirkstall Harriers	F50	143	296.6	0	0.0	142	285.7	110	284.6	117	276.1	1142.9	0.0	1142.9	8
115	Fenton	Hazel	Horsforth Harriers	F40	152	283.7	121	288.0	130	304.0	125	254.9	131	249.0	1379.6	249.0	1130.5	21
116	Holleran	Christine	Nidd Valley Road Runners	F55	137	305.2	130	272.1	143	284.2	124	256.9	0	0.0	1118.4	0.0	1118.4	6
117	Rafferty	Helen	Abbey Runners	F45	150	286.5	128	275.6	146	279.6	0	0.0	121	268.3	1110.1	0.0	1110.1	22
118	Sheehan	Therese	Kirkstall Harriers	F35	87	376.8	0	0.0	92	361.7	69	365.6	0	0.0	1104.1	0.0	1104.1	10
119	Gledhill	Steph	Valley Striders AC	F40	79	388.3	0	0.0	95	357.1	0	0.0	75	357.1	1102.5	0.0	1102.5	22
120	Sleight	Harriet	York Postal Harriers	FSEN	134	309.5	125	280.9	157	262.9	129	247.0	137	237.5	1337.8	237.5	1100.3	50
121	O'brien	Louise	Horsforth Fellandale	F45	0	0.0	79	362.2	0	0.0	66	371.5	74	359.1	1092.8	0.0	1092.8	23
122	Paliuc	Maria	Roundhay Runners	FSEN	153	282.2	93	337.5	0	0.0	133	239.1	139	233.6	1092.4	0.0	1092.4	51
123	Shepherd	Tanya	Horsforth Fellandale	F35	0	0.0	83	355.1	86	370.8	70	363.6	0	0.0	1089.6	0.0	1089.6	11
124	Holmes	Hannah	York Postal Harriers	FSEN	165	265.0	113	302.1	136	294.8	139	227.3	0	0.0	1089.3	0.0	1089.3	52
125	Anderson	Isabel	Saltaire Striders	F35	97	362.5	0	0.0	76	386.0	0	0.0	85	337.8	1086.3	0.0	1086.3	12
126	Miller	Vicky	Horsforth Harriers	F40	82	384.0	0	0.0	73	390.6	0	0.0	100	308.9	1083.4	0.0	1083.4	23
127	Harrold	Anna	Chapel Allerton Runners	F35	0	0.0	85	351.6	90	364.7	0	0.0	71	364.9	1081.2	0.0	1081.2	13
128	Williams	Emily	Hyde Park Harriers	FSEN	154	280.8	158	222.6	154	267.5	0	0.0	102	305.0	1075.9	0.0	1075.9	53
129	Miles	Naomi	Hyde Park Harriers	FSEN	75	394.0	90	342.8	110	334.3	0	0.0	0	0.0	1071.1	0.0	1071.1	54
130	Heaton	Jo	Roundhay Runners	FSEN	96	363.9	0	0.0	97	354.1	80	343.9	0	0.0	1061.9	0.0	1061.9	55
131	Brooks	Chloe	Hyde Park Harriers	FSEN	160	272.2	142	250.9	164	252.3	120	264.8	150	212.4	1252.5	212.4	1040.2	56
132	Keighley	Holly	Chapel Allerton Runners	FSEN	0	0.0	0	0.0	116	325.2	86	332.0	62	382.2	1039.5	0.0	1039.5	57
133	Fraser	Elsbeth	Roundhay Runners	FSEN	166	263.6	147	242.0	165	250.8	114	276.7	195	125.5	1158.6	125.5	1033.1	58
134	Sykes	Joanne	Harrogate Tri Club	F35	117	333.8	0	0.0	102	346.5	0	0.0	82	343.6	1023.9	0.0	1023.9	14
135	Wilson	Trish	Rothwell Harriers & AC	F45	155	279.4	131	270.3	167	247.7	141	223.3	143	225.9	1246.6	223.3	1023.3	24
136	Taylor-Cross	Katie	Abbey Runners	FSEN	142	298.0	0	0.0	193	208.2	121	262.8	132	247.1	1016.2	0.0	1016.2	59
137	Wheatley	Bekki	Chapel Allerton Runners	F40	180	243.6	178	187.3	140	288.8	140	225.3	128	254.8	1199.7	187.3	1012.4	24
138	Griffiths	Alys	Hyde Park Harriers	FSEN	178	246.4	144	247.3	169	244.7	0	0.0	122	266.4	1004.9	0.0	1004.9	60
139	Smith	Emma	Ackworth Road Runners	F45	190	229.2	161	217.3	148	276.6	131	243.1	135	241.3	1207.5	217.3	990.2	25
140	Hunter	Sarah	Ackworth Road Runners	FSEN	0	0.0	4	494.7	4	495.4	0	0.0	0	0.0	990.1	0.0	990.1	61
141	Reid	Carol	Valley Striders AC	F40	0	0.0	109	309.2	0	0.0	100	304.3	69	368.7	982.3	0.0	982.3	25
142	Lane	Emma	Horsforth Fellandale	FSEN	182	240.7	140	254.4	152	270.5	148	209.5	0	0.0	975.1	0.0	975.1	62
143	Kitchen	Ruth	Ilkley Harriers	FSEN	0	0.0	0	0.0	0	0.0	14	474.3	8	486.5	960.8	0.0	960.8	63
144	Bell	Coralie	Hyde Park Harriers	FSEN	0	0.0	12	480.6	0	0.0	0	0.0	12	478.8	959.3	0.0	959.3	64
145	Shanks	Sarah	Valley Striders AC	F40	10	487.1	0	0.0	0	0.0	16	470.4	0	0.0	957.5	0.0	957.5	26
146	Smith	Charlotte	Ackworth Road Runners	F35	0	0.0	136	261.5	0	0.0	83	337.9	79	349.4	948.8	0.0	948.8	15
147	Recchia	Lucy	Rothwell Harriers & AC	FSEN	23	468.5	26	455.8	0	0.0	0	0.0	0	0.0	924.3	0.0	924.3	65
148	Foulke	Andrea	Kippax & District Harriers	F45	201	213.5	167	206.7	187	217.3	138	229.2	124	262.5	1129.3	206.7	922.6	26
149	Hoang	Dong	Abbey Runners	F45	147	290.8	0	0.0	129	305.5	0	0.0	94	320.5	916.8	0.0	916.8	27
150	Oldroyd	Theresa	Harrogate Harriers & AC	F50	42	441.3	22	462.9	0	0.0	0	0.0	0	0.0	904.2	0.0	904.2	9
151	Atkinson	Abigail	Chapel Allerton Runners	FSEN	108	346.7	115	298.6	161	256.8	0	0.0	0	0.0	902.1	0.0	902.1	66
152	Spencer	Amanda	Valley Striders AC	F50	0	0.0	25	457.6	0	0.0	31	440.7	0	0.0	898.3	0.0	898.3	10
153	Needham	Lucy	Wharfedale Harriers	F35	38	447.0	0	0.0	36	446.8	0	0.0	0	0.0	893.8	0.0	893.8	16
154	Drewe	Liz	Wetherby Runners AC	F40	33	454.2	0	0.0	41	439.2	0	0.0	0	0.0	893.4	0.0	893.4	27
155	Scott	Katharine	Abbey Runners	F40	232	169.1	181	182.0	188	215.8	123	258.9	138	235.5	1061.3	169.1	892.2	28
156	Denholm	Kat	Kirkstall Harriers	FSEN	0	0.0	0	0.0	125	311.6	122	260.9	95	318.5	891.0	0.0	891.0	67
157	Johnson	Laura	St Theresas AC	F40	181	242.1	159	220.8	195	205.2	151	203.6	187	140.9	1012.6	140.9	871.7	29
158	Siddle	Heidi	Valley Striders AC	F45	40	444.1	0	0.0	50	425.5	0	0.0	0	0.0	869.7	0.0	869.7	28
159	Boyles	Lucie	Kirkstall Harriers	FSEN	173	253.6	222	109.5	176	234.0	170	166.0	151	210.4	973.6	109.5	864.1	68
160	Love	Helen	Saltaire Striders	F65	171	256.4	165	210.2	210	182.4	169	168.0	149	214.3	1031.3	168.0	863.4	1
161	Durkin	Linda	Kippax & District Harriers	F55	199	216.3	173	196.1	183	223.4	159	187.7	146	220.1	1043.7	187.7	855.9	7
162	Churm	Lucy	Kirkstall Harriers	F40	158	275.1	132	268.6	0	0.0	99	306.3	0	0.0	849.9	0.0	849.9	30
163	Kingston	Naomi	Horsforth Fellandale	FSEN	0	0.0	112	303.9	151	272.0	116	272.7	0	0.0	848.7	0.0	848.7	69
164	Gray	Rebecca	Hyde Park Harriers	FSEN	16	478.5	0	0.0	0	0.0	0	0.0	72	362.9	841.4	0.0	841.4	70
165	Ross	Shantel	Chapel Allerton Runners	FSEN	148	289.4	0	0.0	160	258.4	107	290.5	0	0.0	838.3	0.0	838.3	71
166	Culshaw	Robin	Hyde Park Harriers	FSEN	151	285.1	0	0.0	109	335.9	145	215.4	0	0.0	836.4	0.0	836.4	72
167	Marshall-Brooksbank	Molina	Airecentre Pacers	FSEN	55	422.6	0	0.0	58	413.4	0	0.0	0	0.0	836.0	0.0	836.0	73
168	Austin	Holly	Chapel Allerton Runners	F35	206	206.3	177	189.0	185	220.4	149	207.5	156	200.8	1024.0	189.0	835.0	17
169	Hutchison	Kirsten	Abbey Runners	F40	0	0.0	0	0.0	0	0.0	41	420.9	47	411.2	832.1	0.0	832.1	31
170	Evans	Emma	Ackworth Road Runners	F35	0	0.0	57	401.1	48	428.6	0	0.0	0	0.0	829.6	0.0	829.6	18
171	Venables	Louise	York Triathlon Club	F40	52	426.9	0	0.0	72	392.1	0	0.0	0	0.0	819.0	0.0	819.0	32
172	Richardson	Grace	Roundhay Runners	FSEN	0	0.0	135	263.3	126	310.0	0	0.0	133	245.2	818.5	0.0	818.5	74
173	Bell	Valerie	Wetherby Runners AC	F55	208	203.4	205	139.6	177	232.5	162	181.8	160	193.1	950.4	139.6	810.8	8
174	Keene	Catherine	Airecentre Pacers	F35	240	157.6	156	226.1	178	231.0	157	191.7	0	0.0	806.4	0.0	806.4	19
175	Shipp	Ellie	Hyde Park Harriers	FSEN	209	202.0	179	185.5	207	186.9	146	213.4	159	195.0	982.9	185.5	797.4	75
176	Stringer	Karly	Hyde Park Harriers	F35	218	189.1	171	199.6	199	199.1	0	0.0	152	208.5	796.3	0.0	796.3	20
177	Wilkinson	Paula	Knaresborough Striders	F55	187	233.5	187	171.4	0	0.0	161	183.8	153	206.6	795.3	0.0	795.3	9
178	Hunter	Alison	Kippax & District Harriers	F60	0	0.0	0	0.0	131	302.4	128	249.0	136	239.4	790.8	0.0	790.8	3
179	Clarke	Caroline	Horsforth Fellandale	F60	0	0.0	0	0.0	156	264.4	126	253.0	119	272.2	789.6	0.0	789.6	4
180	Belford-Mcdowell	Lisa	St Theresas AC	F50	202	212.0	0	0.0	192	209.7	158	189.7	168	177.6	789.1	0.0	789.1	11
181	Williams	Ellie	Hyde Park Harriers	FSEN	144	295.1	157	224.4	153	269.0	0	0.0	0	0.0	788.5	0.0	788.5	76
182	Ashworth	Kathryn	Abbey Runners	F45	193	224.9	180	183.7	224	161.1	144	217.4	0	0.0	787.2	0.0	787.2	29
183	Hacker	Tanya	St Theresas AC	F45	234	166.2	166	208.5	202	194.5	166	173.9	158	196.9	940.0	166.2	773.8	30
184	Warner	Emma	Wetherby Runners AC	F45	0	0.0	0	0.0	158	261.4	127	251.0	125	260.6	773.0	0.0	773.0	31
185	Thomas	Anna	Harrogate Harriers & AC	F40	83	382.5	0	0.0	0	0.0	0	0.0	58	390.0	772.5	0.0	772.5	33
186	James	Rose	Ackworth Road Runners	F40	0	0.0	117	295.1	149	275.1	0	0.0						

224	Ball	Liz	Valley Striders AC	F65	188	232.1	193	160.8	171	241.6	0	0.0	0	0.0	634.5	0.0	634.5	2
225	Flatley	Lucy	Chapel Allerton Runners	F5EN	0	0.0	107	312.7	122	316.1	0	0.0	0	0.0	628.8	0.0	628.8	92
226	Keadin-Brown	Patricia	Rothwell Harriers & AC	F45	235	164.8	202	144.9	235	144.4	0	0.0	170	173.7	627.8	0.0	627.8	39
227	Mccormack	Maya	Ackworth Road Runners	F40	184	237.8	0	0.0	0	0.0	152	201.6	164	185.3	624.7	0.0	624.7	39
228	Zhang	Muyang	Hyde Park Harriers	F5EN	236	163.3	200	148.4	0	0.0	168	170.0	192	131.3	613.0	0.0	613.0	93
229	Hutton	Rebecca	Chapel Allerton Runners	F50	222	183.4	198	151.9	221	165.7	0	0.0	202	112.0	612.9	0.0	612.9	16
230	Ryan	Tara	Roundhay Runners	F40	130	315.2	116	296.8	0	0.0	0	0.0	0	0.0	612.0	0.0	612.0	40
231	Head	Christina	Roundhay Runners	F5EN	254	137.5	199	150.2	245	129.2	173	160.1	176	162.2	739.1	129.2	610.0	94
232	Foster	Jo	Ilkley Harriers	F50	128	318.1	0	0.0	144	282.7	0	0.0	0	0.0	600.7	0.0	600.7	17
233	Harrison	Sue	Rothwell Harriers & AC	F65	213	196.3	0	0.0	181	226.4	164	177.9	0	0.0	600.6	0.0	600.6	3
234	Moore	Katie	Harrogate Harriers & AC	F5EN	145	293.7	0	0.0	132	300.9	0	0.0	0	0.0	594.6	0.0	594.6	95
235	Hastings	Laura	Hyde Park Harriers	F35	215	193.4	182	180.2	211	180.9	0	0.0	241	36.7	591.2	0.0	591.2	25
236	Britton	Amanda	Wetherby Runners AC	F50	194	223.5	175	192.6	215	174.8	0	0.0	0	0.0	590.8	0.0	590.8	18
237	Wrangles	Gail	Ackworth Road Runners	F50	0	0.0	239	79.5	243	132.2	175	156.1	147	218.1	586.0	0.0	586.0	19
238	Bissett	Maddie	Kippax & District Harriers	F5EN	0	0.0	0	0.0	0	0.0	101	302.4	114	281.9	584.2	0.0	584.2	96
239	Gooding	Amey	Abbey Runners	F5EN	156	277.9	114	300.4	0	0.0	0	0.0	0	0.0	578.3	0.0	578.3	97
240	Kenny	Elspeth	Kirkstall Harriers	F5EN	149	288.0	0	0.0	139	290.3	0	0.0	0	0.0	578.2	0.0	578.2	98
241	Turnbull	Sarah	St Theresas AC	F40	0	0.0	133	266.8	0	0.0	0	0.0	99	310.8	577.6	0.0	577.6	41
242	Scott	Ewa	Nidd Valley Road Runners	F50	258	131.8	210	130.7	225	159.6	180	146.2	0	0.0	568.4	0.0	568.4	20
243	Selby-Grace	Paris	Kirkstall Harriers	F5EN	0	0.0	94	335.7	0	0.0	137	231.2	0	0.0	566.9	0.0	566.9	99
244	Leech	Katherine	York Triathlon Club	F40	250	143.3	204	141.3	240	136.8	184	138.3	205	106.2	665.9	106.2	559.7	42
245	Roberts	Grace	Hyde Park Harriers	F5EN	228	174.8	244	70.7	220	167.2	0	0.0	186	142.9	555.5	0.0	555.5	100
246	Allison	Caroline	Roundhay Runners	F55	0	0.0	209	132.5	234	145.9	191	124.5	182	150.6	553.5	0.0	553.5	12
247	Cook	Mags	Roundhay Runners	F70	255	136.1	218	116.6	230	152.0	192	122.5	193	129.3	656.6	116.6	540.0	1
248	Hey	Wendy	Saltire Striders	F50	210	200.6	0	0.0	0	0.0	179	148.2	163	187.3	536.1	0.0	536.1	21
249	Faulkner	Claire	Chapel Allerton Runners	F5EN	162	269.3	138	258.0	0	0.0	0	0.0	0	0.0	527.3	0.0	527.3	101
250	Normanhenney	Hazel	St Theresas AC	F5EN	0	0.0	0	0.0	184	221.9	0	0.0	106	297.3	519.2	0.0	519.2	102
251	Harrop	Emma	Knaresborough Striders	F55	244	151.9	208	134.3	256	112.5	194	118.6	201	113.9	631.1	112.5	518.6	13
252	Appleby	Rebecca	Harrogate Harriers & AC	F5EN	0	0.0	152	233.2	145	281.2	0	0.0	0	0.0	514.4	0.0	514.4	103
253	Evans	Jane	Nidd Valley Road Runners	F40	146	292.3	0	0.0	0	0.0	0	0.0	145	222.0	514.3	0.0	514.3	43
254	Harlock	Megan	Rothwell Harriers & AC	F40	0	0.0	192	162.5	223	162.6	160	185.8	0	0.0	510.9	0.0	510.9	44
255	Redfearn	Linda	Rothwell Harriers & AC	F45	0	0.0	191	164.3	229	153.5	0	0.0	161	191.1	508.9	0.0	508.9	40
256	Evans	Stephanie	Hyde Park Harriers	F5EN	132	312.3	0	0.0	0	0.0	155	195.7	0	0.0	508.0	0.0	508.0	104
257	Crockford	Caithlin	Hyde Park Harriers	F5EN	159	273.6	0	0.0	0	0.0	0	0.0	140	231.7	505.3	0.0	505.3	105
258	Segal	Rebecca	Valley Striders AC	F5EN	168	260.7	0	0.0	170	243.2	0	0.0	0	0.0	503.9	0.0	503.9	106
259	Whitaker	Eve	Harrogate Harriers & AC	F5EN	1	500.0	0	0.0	0	0.0	0	0.0	0	0.0	500.0	0.0	500.0	107
260	Baines	Emily	Roundhay Runners	F5EN	0	0.0	3	496.5	0	0.0	0	0.0	0	0.0	496.5	0.0	496.5	108
261	Wills	Charlotte	Roundhay Runners	F40	0	0.0	0	0.0	0	0.0	0	0.0	3	496.1	496.1	0.0	496.1	45
262	Burton	Flick	Hyde Park Harriers	F5EN	0	0.0	0	0.0	0	0.0	3	496.0	0	0.0	496.0	0.0	496.0	109
263	Wall	Aisling	Horsforth Harriers	F5EN	0	0.0	0	0.0	5	493.9	0	0.0	0	0.0	493.9	0.0	493.9	110
264	Johnson	Louise	Dragons Running Club (Leeds)	F40	169	259.3	0	0.0	179	229.5	0	0.0	0	0.0	488.8	0.0	488.8	46
265	Kara	Lella	Valley Striders AC	F55	0	0.0	185	174.9	0	0.0	176	154.2	179	156.4	485.4	0.0	485.4	14
266	Downie	Kate	Roundhay Runners	F5EN	12	484.2	0	0.0	0	0.0	0	0.0	0	0.0	484.2	0.0	484.2	111
267	Thornton	Laura	Rothwell Harriers & AC	F5EN	0	0.0	0	0.0	13	481.8	0	0.0	0	0.0	481.8	0.0	481.8	112
268	Mouncey	Andrea	Bradford Airedale AC	F45	261	127.5	213	125.4	257	110.9	0	0.0	199	117.8	481.7	0.0	481.7	41
269	Hawking	Veronica	Kippax & District Harriers	F35	0	0.0	0	0.0	175	235.6	132	241.1	0	0.0	476.7	0.0	476.7	26
270	Salih	Jasmine	Abbey Runners	F50	217	190.5	0	0.0	285	68.4	195	116.6	208	100.4	475.9	0.0	475.9	22
271	Coleman	Sarah	Hyde Park Harriers	F5EN	176	249.3	0	0.0	0	0.0	142	221.3	0	0.0	470.6	0.0	470.6	113
272	Davies	Iona	Kippax & District Harriers	F35	0	0.0	225	104.2	264	100.3	203	100.8	178	158.3	463.6	0.0	463.6	27
273	Hirst	Andrea	Roundhay Runners	F5EN	249	144.7	0	0.0	200	197.6	0	0.0	198	119.7	462.0	0.0	462.0	114
274	Woodhead	Katharine	Harrogate Harriers & AC	F5EN	0	0.0	162	215.5	168	246.2	0	0.0	0	0.0	461.7	0.0	461.7	115
275	Harrison	Jenny	Horsforth Harriers	F35	31	457.0	0	0.0	0	0.0	0	0.0	0	0.0	457.0	0.0	457.0	28
276	Bourassa	Isabelle	York Triathlon Club	F5EN	32	455.6	0	0.0	0	0.0	0	0.0	0	0.0	455.6	0.0	455.6	116
277	Lowe	Liz	Roundhay Runners	F55	185	236.4	160	219.1	0	0.0	0	0.0	0	0.0	455.5	0.0	455.5	15
278	Gibbins	Abbey	Abbey Runners	F5EN	35	451.3	0	0.0	0	0.0	0	0.0	0	0.0	451.3	0.0	451.3	117
279	Morgan	Helen	Ackworth Road Runners	F50	0	0.0	0	0.0	0	0.0	26	450.6	0	0.0	450.6	0.0	450.6	23
280	Clark	Amanda	York Postal Harriers	F50	0	0.0	153	231.4	191	211.2	0	0.0	0	0.0	442.7	0.0	442.7	24
281	Wilson	Clare	St Theresas AC	F45	0	0.0	234	88.3	276	82.1	165	175.9	212	92.7	439.0	0.0	439.0	42
282	Wakington	Sian	Horsforth Harriers	F5EN	44	438.4	0	0.0	0	0.0	0	0.0	0	0.0	438.4	0.0	438.4	118
283	Moran	Carol	Kirkstall Harriers	F60	272	111.7	243	72.4	281	74.5	189	128.5	197	121.6	508.7	72.4	436.3	6
284	Chantrill	Sarah	Abbey Runners	F50	198	217.8	0	0.0	0	0.0	0	0.0	148	216.2	434.0	0.0	434.0	25
285	Wrigley	Karina	Kippax & District Harriers	F40	0	0.0	0	0.0	250	121.6	181	144.3	173	168.0	433.8	0.0	433.8	47
286	Addison	Christine	Horsforth Fellandale	F55	183	239.3	174	194.3	0	0.0	0	0.0	0	0.0	433.6	0.0	433.6	16
287	Dang	Rosie	Hyde Park Harriers	F5EN	251	141.8	196	155.5	242	133.7	0	0.0	0	0.0	431.0	0.0	431.0	119
288	Walker	Ruth	Ackworth Road Runners	F40	266	120.3	223	107.8	262	103.3	204	98.8	224	69.5	499.8	69.5	430.3	48
289	Johnson	Gillian	St Theresas AC	F50	248	146.1	184	176.7	0	0.0	0	0.0	207	102.3	425.1	0.0	425.1	26
290	Jordan	Hannah	Kippax & District Harriers	F5EN	0	0.0	0	0.0	51	424.0	0	0.0	0	0.0	424.0	0.0	424.0	120
291	Mills	Karen	Nidd Valley Road Runners	F45	346	5.7	0	0.0	0	0.0	147	211.5	155	202.7	419.9	0.0	419.9	43
292	Hirst	Beth	Saltire Striders	F5EN	0	0.0	47	418.7	0	0.0	0	0.0	0	0.0	418.7	0.0	418.7	121
293	Jacques	Helen	Ilkley Harriers	F55	274	108.9	215	121.9	272	88.1	206	94.9	0	0.0	413.8	0.0	413.8	17
294	Ferries	Sarah	Bradford Airedale AC	F35	267	118.9	214	123.7	219	168.7	0	0.0	0	0.0	411.3	0.0	411.3	29
295	Shaw	Jenny	Saltire Striders	F5EN	0	0.0	0	0.0	196	203.6	150	205.5	0	0.0	409.2	0.0	409.2	122
296	Nowak	Madeleine	Hyde Park Harriers	F5EN	253	139.0	183	178.4	271	89.7	0	0.0	0	0.0	407.1	0.0	407.1	123
297	Lavelle-Wood	Emma	Horsforth Fellandale	F45	0	0.0	54	406.4	0	0.0	0	0.0	0	0.0	406.4	0.0	406.4	44
298	Falkingham	Elen	Chapel Allerton Runners	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	50	405.4	405.4	0.0	405.4	124
299	Chatwin	Emily	Ackworth Road Runners	F5EN	243	153.3	206	137.8	255	114.0	0	0.0	0	0.0	405.1	0.0	405.1	125
300	Barton	Sara	Chapel Allerton Runners	F40	72	398.3	0	0.0	0	0.0	0	0.0	0	0.0	398.3	0.0	398.3	49
301	Culkin	Sarah	Abbey Runners	F40	207	204.9	0	0.0	205	190.0	0	0.0	0	0.0	394.8	0.0	394	

338	Hamilton	Liz	Saltaire Striders	F45	260	128.9	241	76.0	252	118.5	0	0.0	0	0.0	323.5	0.0	323.5	48
339	Mingham	Joanna	Kirkstall Harriers	F65	303	67.3	253	54.8	273	86.6	212	83.0	218	81.1	372.8	54.8	318.0	4
340	Chadwick	Jasmin	Bradford Airedale AC	FSEN	290	86.0	0	0.0	286	66.9	216	75.1	215	86.9	314.8	0.0	314.8	135
341	Humpleby	Hilary	Roundhay Runners	F55	131	313.8	0	0.0	0	0.0	0	0.0	0	0.0	313.8	0.0	313.8	20
342	Gardham	Louise	Hyde Park Harriers	F50	220	186.2	212	127.2	0	0.0	0	0.0	0	0.0	313.5	0.0	313.5	29
343	Smith	Julie	Horsforth Harriers	F40	284	94.6	217	118.4	265	98.8	0	0.0	0	0.0	311.7	0.0	311.7	59
344	Bryant	Danni	Hyde Park Harriers	FSEN	0	0.0	0	0.0	189	214.3	205	96.8	0	0.0	311.1	0.0	311.1	136
345	Gatenby	Francesca	Airecentre Pacers	F40	135	308.0	0	0.0	0	0.0	0	0.0	0	0.0	308.0	0.0	308.0	60
346	Thomas	Caroline	Horsforth Fellandale	F40	0	0.0	110	307.4	0	0.0	0	0.0	0	0.0	307.4	0.0	307.4	61
347	Holmes	Emma	York Triathlon Club	F35	281	98.9	221	111.3	0	0.0	207	92.9	0	0.0	303.0	0.0	303.0	36
348	Martin-Nevado	Mercedes	Horsforth Harriers	F50	0	0.0	0	0.0	0	0.0	0	0.0	104	301.2	301.2	0.0	301.2	30
349	Copley	Clare	Kippax & District Harriers	F40	0	0.0	0	0.0	233	147.4	0	0.0	181	152.5	299.9	0.0	299.9	62
350	McLarnon	Emma	Chapel Allerton Runners	FSEN	141	299.4	0	0.0	0	0.0	0	0.0	0	0.0	299.4	0.0	299.4	137
351	Hill	Laura	Chapel Allerton Runners	F40	0	0.0	0	0.0	0	0.0	0	0.0	108	293.4	293.4	0.0	293.4	63
352	Keighley	Carole	Airecentre Pacers	F60	314	51.6	247	65.4	292	57.8	215	77.1	213	90.7	342.5	51.6	290.9	13
353	Holmes	Jane	Harrogate Harriers & AC	F65	0	0.0	120	289.8	0	0.0	0	0.0	0	0.0	289.8	0.0	289.8	5
354	Tombs	Gail	Ackworth Road Runners	F70	289	87.4	254	53.0	289	62.3	210	87.0	0	0.0	289.7	0.0	289.7	2
355	Thaper	Claire	Saltaire Striders	F40	313	53.0	249	61.8	266	97.3	227	53.4	221	75.3	340.8	53.0	287.8	64
356	Taylor	Charlene	Horsforth Harriers	F40	0	0.0	0	0.0	0	0.0	0	0.0	111	287.6	287.6	0.0	287.6	65
357	Barrett	Catherine	Kirkstall Harriers	F40	252	140.4	0	0.0	236	142.9	0	0.0	0	0.0	283.3	0.0	283.3	66
358	Fotherby	Pascale	Valley Striders AC	F40	0	0.0	0	0.0	278	79.0	200	106.7	211	94.6	280.3	0.0	280.3	67
359	Bower	Janet	Saltaire Striders	F55	0	0.0	127	277.4	0	0.0	0	0.0	0	0.0	277.4	0.0	277.4	21
360	Whittaker	Liz	Abbey Runners	F55	0	0.0	0	0.0	246	127.7	0	0.0	184	146.7	274.4	0.0	274.4	22
361	Glaister	Catherine	Ilkley Harriers	F55	259	130.4	0	0.0	0	0.0	182	142.3	0	0.0	272.7	0.0	272.7	23
362	Sargison	Emma	Chapel Allerton Runners	F40	0	0.0	227	100.7	274	85.1	211	85.0	0	0.0	270.8	0.0	270.8	68
363	Edwards	Hannah	Kippax & District Harriers	F35	0	0.0	0	0.0	249	123.1	0	0.0	185	144.8	267.9	0.0	267.9	37
364	Whittaker	Helene	Harrogate Harriers & AC	F55	164	266.5	0	0.0	0	0.0	0	0.0	0	0.0	266.5	0.0	266.5	24
365	Walton	Asha	Roundhay Runners	F35	0	0.0	0	0.0	155	266.0	0	0.0	0	0.0	266.0	0.0	266.0	38
366	Kitchen	Diane	Ilkley Harriers	F60	0	0.0	134	265.0	0	0.0	0	0.0	0	0.0	265.0	0.0	265.0	14
367	Taylor	Samantha	Kirkstall Harriers	F35	298	74.5	250	60.1	291	59.3	221	65.2	227	63.7	322.8	59.3	263.5	39
368	Higgins	Jenny	Roundhay Runners	F65	247	147.6	219	114.8	0	0.0	0	0.0	0	0.0	262.4	0.0	262.4	6
369	Hall	Sarah	Roundhay Runners	F40	0	0.0	0	0.0	237	141.3	193	120.6	0	0.0	261.9	0.0	261.9	69
370	Addison	Dianne	Horsforth Fellandale	F55	292	83.1	228	98.9	0	0.0	214	79.1	0	0.0	261.1	0.0	261.1	25
371	Pell	Valerie	Kippax & District Harriers	F65	305	64.5	256	49.5	294	54.7	213	81.0	229	59.8	309.5	49.5	260.1	7
372	Goult	Rebecca	Chapel Allerton Runners	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	127	256.8	256.8	0.0	256.8	138
373	Thompson	Julia	Harrogate Tri Club	F55	0	0.0	0	0.0	162	255.3	0	0.0	0	0.0	255.3	0.0	255.3	26
374	Ross	Heather	Chapel Allerton Runners	F45	296	77.4	235	86.6	270	91.2	0	0.0	0	0.0	255.1	0.0	255.1	49
375	Glover	Sarah	Horsforth Fellandale	F40	0	0.0	0	0.0	163	253.8	0	0.0	0	0.0	253.8	0.0	253.8	70
376	Jones	Rhiannon	York Triathlon Club	FSEN	0	0.0	220	113.1	268	94.2	232	43.5	0	0.0	250.8	0.0	250.8	139
377	Smelt-Webb	Caroline	Kirkstall Harriers	F50	0	0.0	0	0.0	166	249.2	0	0.0	0	0.0	249.2	0.0	249.2	31
378	Clubbs	Christine	Wetherby Runners AC	F50	177	247.9	0	0.0	0	0.0	0	0.0	0	0.0	247.9	0.0	247.9	32
379	Lay	Anna	Kippax & District Harriers	F40	0	0.0	146	243.8	0	0.0	0	0.0	0	0.0	243.8	0.0	243.8	71
380	Pattinson	Angela	Nidd Valley Road Runners	F35	0	0.0	0	0.0	0	0.0	188	130.4	203	110.0	240.5	0.0	240.5	40
381	Mills	Rachel	Nidd Valley Road Runners	F45	0	0.0	148	240.3	0	0.0	0	0.0	0	0.0	240.3	0.0	240.3	50
382	Ballinger	Lauren	Rothwell Harriers & AC	F40	264	123.2	0	0.0	253	117.0	0	0.0	0	0.0	240.2	0.0	240.2	72
383	Garratt	Laura	Hyde Park Harriers	F40	300	71.6	0	0.0	0	0.0	209	88.9	219	79.2	239.7	0.0	239.7	73
384	Voss	Hannah	Wetherby Runners AC	FSEN	288	88.8	0	0.0	232	148.9	0	0.0	0	0.0	237.8	0.0	237.8	140
385	Freeman	Janette	Horsforth Harriers	F55	0	0.0	150	236.7	0	0.0	0	0.0	0	0.0	236.7	0.0	236.7	27
386	Parker	Laura	Roundhay Runners	F35	186	235.0	0	0.0	0	0.0	0	0.0	0	0.0	235.0	0.0	235.0	41
387	Higgins	Anna	Hyde Park Harriers	FSEN	271	113.2	0	0.0	251	120.1	0	0.0	0	0.0	233.2	0.0	233.2	141
388	Riach	Emily	Kirkstall Harriers	FSEN	308	60.2	0	0.0	258	109.4	222	63.2	0	0.0	232.8	0.0	232.8	142
389	Boyes	Kitty	York Triathlon Club	FSEN	191	227.8	0	0.0	0	0.0	0	0.0	0	0.0	227.8	0.0	227.8	143
390	Copeland	Alice	Ackworth Road Runners	FSEN	265	121.8	0	0.0	261	104.9	0	0.0	0	0.0	226.6	0.0	226.6	144
391	Mcmorran	Lindsay	St Theresas AC	F35	0	0.0	252	56.5	302	42.6	218	71.1	234	50.2	220.4	0.0	220.4	42
392	Evans	Tara	Chapel Allerton Runners	FSEN	306	63.0	238	81.3	0	0.0	237	33.6	238	42.5	220.4	0.0	220.4	145
393	Berry	Wendy	Ackworth Road Runners	F60	311	55.9	0	0.0	297	50.2	223	61.3	233	52.1	219.4	0.0	219.4	15
394	Fletcher	Lynn	St Theresas AC	F70	307	61.6	258	45.9	295	53.2	0	0.0	230	57.9	218.6	0.0	218.6	3
395	Glover	Alyson	Kirkstall Harriers	F55	242	154.7	0	0.0	288	63.8	0	0.0	0	0.0	218.6	0.0	218.6	28
396	Bithray	Wendy	Horsforth Fellandale	F50	0	0.0	0	0.0	190	212.8	0	0.0	0	0.0	212.8	0.0	212.8	33
397	Cordy	Jessica	Kippax & District Harriers	FSEN	0	0.0	164	212.0	0	0.0	0	0.0	0	0.0	212.0	0.0	212.0	146
398	Ashton	Clare	Dragons Running Club (Leeds)	F45	0	0.0	0	0.0	260	106.4	201	104.7	0	0.0	211.1	0.0	211.1	51
399	Hayes	Sarah	Ilkley Harriers	F50	203	210.6	0	0.0	0	0.0	0	0.0	0	0.0	210.6	0.0	210.6	34
400	Allen	Elizabeth	Chapel Allerton Runners	F50	316	48.7	266	31.8	301	44.1	224	59.3	232	54.1	237.9	31.8	206.1	35
401	Sabourn	Jillian	Valley Striders AC	F55	0	0.0	0	0.0	293	56.2	217	73.1	222	73.4	202.7	0.0	202.7	29
402	Grencis	Hannah	Chapel Allerton Runners	FSEN	0	0.0	0	0.0	197	202.1	0	0.0	0	0.0	202.1	0.0	202.1	147
403	O'leary	Lisa	Hyde Park Harriers	FSEN	214	194.8	0	0.0	0	0.0	0	0.0	0	0.0	194.8	0.0	194.8	148
404	Hector	Donna	Saltaire Striders	F45	325	35.8	259	44.2	300	45.6	0	0.0	225	67.6	193.1	0.0	193.1	52
405	Salvati	Elaine	Wetherby Runners AC	F35	0	0.0	0	0.0	204	191.5	0	0.0	0	0.0	191.5	0.0	191.5	43
406	Wood	Kerry	Saltaire Striders	F45	0	0.0	0	0.0	277	80.5	0	0.0	206	104.2	184.8	0.0	184.8	53
407	Penrose	Kate	Kippax & District Harriers	F65	0	0.0	265	33.6	0	0.0	220	67.2	217	83.0	183.8	0.0	183.8	8
408	Hattrell	Becca	St Theresas AC	FSEN	278	103.2	0	0.0	279	77.5	0	0.0	0	0.0	180.7	0.0	180.7	149
409	Wright	Samantha	Chapel Allerton Runners	FSEN	224	180.5	0	0.0	0	0.0	0	0.0	0	0.0	180.5	0.0	180.5	150
410	Western	Helen	Saltaire Striders	F50	0	0.0	0	0.0	212	179.3	0	0.0	0	0.0	179.3	0.0	179.3	36
411	Lees	Adele	Hyde Park Harriers	F50	291	84.5	231	93.6	0	0.0	0	0.0	0	0.0	178.2	0.0	178.2	37
412	Ellwood	Lisa	York Postal Harriers	F50	280	100.3	240	77.7	0	0.0	0	0.0	0	0.0	178.0	0.0	178.0	38
413	Smale	Michelle	St Theresas AC	F55	0	0.0	0	0.0	213	177.8	0	0.0	0	0.0	177.8	0.0	177.8	30
414	Middleton	Carol	Ackworth Road Runners	F60	317	47.3	264	35.3	298	48.6	240	27.7	236	46.3	205.2	27.7	177.6	16
415	Burrows	Fran	Ackworth Road Runners	FSEN	0	0.0	245	68.9	0	0.0	0	0.0	204	108.1	177.0	0.0	177.0	151
416	Smith	Victoria	Hyde Park Harriers	F35	0	0.0	0	0.0	0	0.0	0	0.0	169	175.7	175.7	0.0	175.7	44
417	Gregson	Rachel	Harrogate Harriers & AC															

452	Sarsfield	Ruth	Abbey Runners	F50	269	116.0	0	0.0	0	0.0	0	0.0	0	0.0	116.0	0.0	116.0	43
453	Priest	Naomi	Chapel Allerton Runners	F5EN	270	114.6	0	0.0	0	0.0	0	0.0	0	0.0	114.6	0.0	114.6	159
454	Wright	Sally	Ilkley Harriers	F60	0	0.0	261	40.6	308	33.4	234	39.5	0	0.0	113.6	0.0	113.6	21
455	Shanks	Hannah	Chapel Allerton Runners	F5EN	273	110.3	0	0.0	0	0.0	0	0.0	0	0.0	110.3	0.0	110.3	160
456	Smith	Michelle	Nidd Valley Road Runners	F50	0	0.0	0	0.0	314	24.3	235	37.5	235	48.3	110.1	0.0	110.1	44
457	Hembra	Daniella	Chapel Allerton Runners	F45	0	0.0	251	58.3	0	0.0	228	51.4	0	0.0	109.7	0.0	109.7	59
458	Bastin	Katie	Abbey Runners	F5EN	329	30.1	271	23.0	315	22.8	242	23.7	243	32.8	132.4	22.8	109.6	161
459	Lambert	Sarah	Ilkley Harriers	F35	332	25.8	277	12.4	313	25.8	0	0.0	237	44.4	108.4	0.0	108.4	48
460	Hyde	Gillian	Saltaire Striders	F55	275	107.4	0	0.0	0	0.0	0	0.0	0	0.0	107.4	0.0	107.4	33
461	Levitt	Julie	St Therasas AC	F45	319	44.4	267	30.0	0	0.0	238	31.6	0	0.0	106.1	0.0	106.1	60
462	Davis	Denise	Saltaire Striders	F50	276	106.0	0	0.0	0	0.0	0	0.0	0	0.0	106.0	0.0	106.0	45
463	Hill	Katie	Airecentre Pacers	F5EN	277	104.6	0	0.0	0	0.0	0	0.0	0	0.0	104.6	0.0	104.6	162
464	Bailey	Donna	Ackworth Road Runners	F45	0	0.0	0	0.0	263	101.8	0	0.0	0	0.0	101.8	0.0	101.8	61
465	Rhodes	Susy	Nidd Valley Road Runners	F40	0	0.0	0	0.0	0	0.0	231	45.5	231	56.0	101.4	0.0	101.4	81
466	Morten	Sylvia	Nidd Valley Road Runners	F60	330	28.7	268	28.3	0	0.0	245	17.8	247	25.1	99.8	0.0	99.8	22
467	Lofthouse	Kate	Ilkley Harriers	F60	324	37.2	276	14.1	0	0.0	230	47.4	0	0.0	98.8	0.0	98.8	23
468	Hardaker	Joanne	Saltaire Striders	F45	282	97.4	0	0.0	0	0.0	0	0.0	0	0.0	97.4	0.0	97.4	62
469	Roberts	Rachel	Roundhay Runners	F35	321	41.5	270	24.7	0	0.0	0	0.0	246	27.0	93.3	0.0	93.3	49
470	Shazad	Humera	Saltaire Striders	F50	328	31.5	273	19.4	303	41.0	0	0.0	0	0.0	92.0	0.0	92.0	46
471	Moore	Megan	Roundhay Runners	F5EN	286	91.7	0	0.0	0	0.0	0	0.0	0	0.0	91.7	0.0	91.7	163
472	Bussey	Linda	Eccleshill Road Runners	F50	287	90.3	0	0.0	0	0.0	0	0.0	0	0.0	90.3	0.0	90.3	47
473	Fallon	Lynne	St Therasas AC	F70	344	8.6	274	17.7	310	30.4	241	25.7	252	15.4	97.8	8.6	89.2	4
474	Morris	Sally	Ackworth Road Runners	F55	0	0.0	0	0.0	305	38.0	243	21.7	245	29.0	88.7	0.0	88.7	34
475	Stone	Nat	Knabesborough Road Runners	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	216	84.9	84.9	0.0	84.9	164
476	Daniels	Sally	Knabesborough Striders	F50	0	0.0	0	0.0	275	83.6	0	0.0	0	0.0	83.6	0.0	83.6	48
477	Barr	Janet	Ackworth Road Runners	F50	294	80.2	0	0.0	0	0.0	0	0.0	0	0.0	80.2	0.0	80.2	49
478	Holmes	Rachael	York Triathlon Club	F5EN	326	34.4	0	0.0	318	18.2	244	19.8	258	3.9	76.2	0.0	76.2	165
479	Clay	Charlotte	Hyde Park Harriers	F35	299	73.1	0	0.0	0	0.0	0	0.0	0	0.0	73.1	0.0	73.1	50
480	Graham	June	Knabesborough Striders	F60	301	70.2	0	0.0	0	0.0	0	0.0	0	0.0	70.2	0.0	70.2	24
481	Brunning	Emma	Chapel Allerton Runners	F40	341	12.9	275	15.9	316	21.3	0	0.0	250	19.3	69.4	0.0	69.4	82
482	Ahmed	Alicia	Abbey Runners	F5EN	302	68.8	0	0.0	0	0.0	0	0.0	0	0.0	68.8	0.0	68.8	166
483	Archibald	Avril	Roundhay Runners	F40	333	24.4	269	26.5	323	10.6	251	5.9	0	0.0	67.4	0.0	67.4	83
484	Owens	Melissa	Airecentre Pacers	F55	339	15.8	0	0.0	317	19.8	239	29.6	0	0.0	65.2	0.0	65.2	35
485	Sellers	Gillian	York Triathlon Club	F50	0	0.0	248	63.6	0	0.0	0	0.0	0	0.0	63.6	0.0	63.6	50
486	Downham	Karen	Kippax & District Harriers	F60	309	58.7	0	0.0	0	0.0	0	0.0	0	0.0	58.7	0.0	58.7	25
487	Smith	Judith	Abbey Runners	F65	338	17.2	279	8.8	319	16.7	246	15.8	256	7.7	66.3	7.7	58.6	12
488	Powell	Ange	Roundhay Runners	F55	310	57.3	0	0.0	0	0.0	0	0.0	0	0.0	57.3	0.0	57.3	36
489	Latham	Katie	Ackworth Road Runners	F45	0	0.0	0	0.0	0	0.0	226	55.3	0	0.0	55.3	0.0	55.3	63
490	Rowley	Samantha	St Therasas AC	F50	320	43.0	280	7.1	0	0.0	0	0.0	0	0.0	50.0	0.0	50.0	51
491	Pepper	Sheila	Saltaire Striders	F70	337	18.6	0	0.0	322	12.2	249	9.9	0	0.0	40.7	0.0	40.7	5
492	Persico	Lisa	Abbey Runners	F45	0	0.0	0	0.0	304	39.5	0	0.0	0	0.0	39.5	0.0	39.5	64
493	Chalmers	Sarah	Nidd Valley Road Runners	F55	0	0.0	262	38.9	0	0.0	0	0.0	0	0.0	38.9	0.0	38.9	37
494	Peckover	Victoria	Ackworth Road Runners	F40	0	0.0	263	37.1	0	0.0	0	0.0	0	0.0	37.1	0.0	37.1	84
495	Ahmad	Liz	Nidd Valley Road Runners	F65	0	0.0	0	0.0	320	15.2	250	7.9	253	13.5	36.6	0.0	36.6	13
496	Moore	Debbie	Saltaire Striders	F40	327	33.0	0	0.0	0	0.0	0	0.0	0	0.0	33.0	0.0	33.0	85
497	Boards	Jenny	Ackworth Road Runners	F60	334	22.9	0	0.0	0	0.0	0	0.0	255	9.7	32.6	0.0	32.6	26
498	Hullah	Sharon	Wetherby Runners AC	F60	336	20.1	278	10.6	0	0.0	0	0.0	0	0.0	30.7	0.0	30.7	27
499	Huxford	Lizzy	York Triathlon Club	F35	348	2.9	0	0.0	321	13.7	247	13.8	0	0.0	30.4	0.0	30.4	51
500	Buckley	Ann	Dragons Running Club (Leeds)	F40	340	14.3	0	0.0	0	0.0	252	4.0	254	11.6	29.9	0.0	29.9	86
501	Garnett	Sophia	Wetherby Runners AC	F35	335	21.5	0	0.0	0	0.0	0	0.0	0	0.0	21.5	0.0	21.5	52
502	Johnson	Robyn	Hyde Park Harriers	F35	0	0.0	0	0.0	0	0.0	0	0.0	251	17.4	17.4	0.0	17.4	53
503	Magnus	Victoria	Wetherby Runners AC	F35	342	11.5	0	0.0	327	4.6	0	0.0	0	0.0	16.0	0.0	16.0	54
504	Piper	Tracey	St Therasas AC	F40	343	10.0	281	5.3	0	0.0	0	0.0	0	0.0	15.3	0.0	15.3	87
505	Callaghan	Melanie	Wetherby Runners AC	F55	345	7.2	0	0.0	326	6.1	0	0.0	0	0.0	13.2	0.0	13.2	38
506	Crossley	Hannah	York Triathlon Club	F5EN	349	1.4	282	3.5	328	3.0	253	2.0	259	1.9	11.9	1.4	10.5	167
507	Harvey	Anna	Rothwell Harriers & AC	F35	0	0.0	0	0.0	324	9.1	0	0.0	0	0.0	9.1	0.0	9.1	55
508	Jones	Liz	Hyde Park Harriers	F60	0	0.0	0	0.0	325	7.6	0	0.0	0	0.0	7.6	0.0	7.6	28
509	Akers	Anne	Hyde Park Harriers	F60	0	0.0	0	0.0	329	1.5	0	0.0	257	5.8	7.3	0.0	7.3	29
510	Robinson	Fiona	Nidd Valley Road Runners	F55	347	4.3	0	0.0	0	0.0	0	0.0	0	0.0	4.3	0.0	4.3	39
511	John-Baptiste	Alison	Ackworth Road Runners	F45	0	0.0	283	1.8	0	0.0	0	0.0	0	0.0	1.8	0.0	1.8	65