

PECO Cross Country League 2023-24
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	Knowles	Charlotte	Abbey Runners	FSEN	1	500.0	1	500.0	3	496.4	1	500.0	1	500.0	2496.4	496.4	2000.0	1
2	Whalley	Rebecca	Valley Striders AC	FSEN	0	0.0	3	496.5	5	492.8	3	496.3	3	496.1	1981.7	0.0	1981.7	2
3	Ellis	Davina	Harrogate Harriers & AC	F40	5	493.7	7	489.6	12	480.1	4	494.5	0	0.0	1957.9	0.0	1957.9	1
4	Ballantyne	Emma	St Therasas AC	F35	10	485.7	11	482.6	0	0.0	7	489.0	6	490.2	1947.6	0.0	1947.6	1
5	Lewis	Susan	Roundhay Runners	F45	6	492.1	0	0.0	9	485.6	5	492.7	14	474.5	1944.8	0.0	1944.8	1
6	Baynes	Georgia	Valley Striders AC	FSEN	0	0.0	14	477.4	14	476.5	10	483.5	8	486.3	1923.8	0.0	1923.8	3
7	Shanks	Sarah	Valley Striders AC	F40	16	476.2	10	484.4	18	469.3	12	479.9	10	482.4	2392.1	469.3	1922.8	2
8	Legg	Emily	Wetherby Runners AC	FSEN	0	0.0	8	487.8	17	471.1	13	478.0	9	484.3	1921.3	0.0	1921.3	4
9	Fox	Hannah	Abbey Runners	FSEN	19	471.4	9	486.1	19	467.5	14	476.2	11	480.4	2381.6	467.5	1914.1	5
10	Rowe-Patel	Jenny	Abbey Runners	FSEN	17	474.6	22	463.5	23	460.3	16	472.5	16	470.6	2341.5	460.3	1881.3	6
11	Wearing	Hope	Valley Striders AC	FSEN	15	477.8	29	451.4	27	453.1	17	470.7	13	476.5	2329.4	451.4	1878.0	7
12	Mason	Annabel	Wharfedale Harriers	FSEN	30	454.0	13	479.2	15	474.7	18	468.9	0	0.0	1876.7	0.0	1876.7	8
13	Clark	Faye	Abbey Runners	F35	23	465.1	12	480.9	21	463.9	21	463.4	23	456.9	2330.1	456.9	1873.3	2
14	Kondo	Masako	Abbey Runners	F45	20	468.9	19	468.8	25	456.7	15	474.4	0	0.0	1869.6	0.0	1869.6	2
15	Harris	Samantha	Valley Striders AC	F40	27	458.7	26	456.6	20	465.7	27	452.4	0	0.0	1833.4	0.0	1833.4	3
16	Bannister	Sarah	Kippax & District Harriers	FSEN	0	0.0	15	475.7	30	447.7	23	459.7	27	449.0	1832.1	0.0	1832.1	9
17	Say	Julia	Roundhay Runners	F50	0	0.0	31	447.9	31	445.8	19	467.0	21	460.8	1821.6	0.0	1821.6	1
18	Cartwright	Poppy	Airecentre Pacers	FSEN	24	463.5	49	416.7	37	435.0	25	456.0	20	462.7	2234.0	416.7	1817.3	10
19	Mamalis	Louisa	York Postal Harriers	FSEN	39	439.7	34	442.7	0	0.0	22	461.5	18	466.7	1810.6	0.0	1810.6	11
20	Howard	Claire	Roundhay Runners	F50	0	0.0	21	463.3	29	449.5	30	446.9	35	433.3	1795.0	0.0	1795.0	2
21	Spencer	Amanda	Valley Striders AC	F50	31	452.4	28	453.1	33	442.2	0	0.0	30	443.1	1790.9	0.0	1790.9	3
22	Cobo	Andrea	Abbey Runners	FSEN	36	444.4	36	439.2	34	440.4	28	450.5	25	452.9	2227.6	439.2	1788.4	12
23	Draisey	Ruth	Hyde Park Harriers	F35	26	460.3	27	454.9	41	427.8	41	426.7	37	429.4	2199.1	426.7	1772.4	3
24	Mckerrell	Lucy	Hyde Park Harriers	FSEN	42	434.9	0	0.0	49	413.4	24	457.9	26	451.0	1757.1	0.0	1757.1	13
25	Lilley	Alice	Roundhay Runners	FSEN	37	442.9	39	434.0	51	409.7	35	437.7	36	431.4	2155.7	409.7	1746.0	14
26	Oldroyd	Theresa	Nidd Valley Road Runners	F50	34	447.6	33	444.4	0	0.0	56	399.3	50	403.9	1695.3	0.0	1695.3	4
27	Follows	Emily	Kippax & District Harriers	F45	0	0.0	43	427.1	52	407.9	43	423.1	46	411.8	1669.9	0.0	1669.9	3
28	Evans	Emma	Ackworth Road Runners	F35	49	423.8	58	401.0	0	0.0	39	430.4	45	413.7	1669.0	0.0	1669.0	4
29	Oldroyd	Lucy	Harrogate Harriers & AC	FSEN	47	427.0	60	397.6	64	386.3	46	417.6	42	419.6	2048.0	386.3	1661.7	15
30	Gill	Sarah	Harrogate Harriers & AC	F60	50	422.2	47	420.1	62	389.9	63	386.4	44	415.7	2034.4	386.4	1647.9	1
31	Iles	Catherine	Roundhay Runners	FSEN	57	411.1	0	0.0	56	400.7	47	415.8	43	417.6	1645.2	0.0	1645.2	16
32	O'sullivan	Sarah Jane	Horsforth Harriers	F45	44	431.7	57	402.8	59	395.3	48	413.9	0	0.0	1643.8	0.0	1643.8	4
33	Bell	Chessie	York Postal Harriers	FSEN	46	428.6	56	404.5	65	384.5	51	408.4	60	384.3	2010.3	384.3	1626.0	17
34	Wales	Daisy	Hyde Park Harriers	FSEN	77	379.4	55	406.3	57	398.9	40	428.6	0	0.0	1613.1	0.0	1613.1	18
35	Martinson	Emily	Hyde Park Harriers	FSEN	55	414.3	83	357.6	82	353.8	42	424.9	47	409.8	1960.4	353.8	1606.6	19
36	Phillips	Laura	Abbey Runners	FSEN	40	438.1	64	390.6	61	391.7	67	379.1	189	131.4	1730.9	131.4	1599.5	20
37	Richards	Alex	Abbey Runners	FSEN	0	0.0	32	446.2	47	417.0	80	355.3	63	378.4	1596.9	0.0	1596.9	21
38	Underwood	Sarah	Hyde Park Harriers	F35	43	433.3	72	376.7	60	393.5	60	391.9	0	0.0	1595.5	0.0	1595.5	5
39	Taylor	Lizzie	Harrogate Harriers & AC	FSEN	0	0.0	50	414.9	70	375.5	50	410.3	55	394.1	1594.8	0.0	1594.8	22
40	Lund	Sarah	Airecentre Pacers	F45	68	393.7	63	392.4	68	379.1	45	419.4	58	388.2	1972.7	379.1	1593.7	5
41	Sheehan	Therese	Kirkstall Harriers	F35	56	412.7	66	387.2	63	388.1	62	388.3	0	0.0	1576.2	0.0	1576.2	6
42	Adams	Liz	Valley Striders AC	F45	0	0.0	53	409.7	76	364.6	53	404.8	54	396.1	1575.2	0.0	1575.2	6
43	Trevorrow	Philippa	Valley Striders AC	F45	53	417.5	74	373.3	67	380.9	54	402.9	66	372.5	1947.1	372.5	1574.5	7
44	Recchia	Lucy	Rothwell Harriers & AC	FSEN	67	395.2	85	354.2	53	406.1	0	0.0	56	392.2	1547.7	0.0	1547.7	23
45	Houghton	Vicky	Hyde Park Harriers	F40	48	425.4	82	359.4	75	366.4	168	194.1	59	386.3	1731.6	194.1	1537.5	4
46	Johnson	Amy	York Postal Harriers	F40	65	398.4	80	362.8	78	361.0	61	390.1	64	376.5	1888.9	361.0	1527.8	5
47	Lawrence	Becky	Horsforth Harriers	F45	0	0.0	62	394.1	128	270.8	38	432.2	41	421.6	1518.7	0.0	1518.7	8
48	Blakeley	Alyson	Roundhay Runners	F45	85	366.7	68	383.7	77	362.8	59	393.8	0	0.0	1506.9	0.0	1506.9	9
49	Denholm	Katrina	Kirkstall Harriers	FSEN	58	409.5	84	355.9	90	339.4	57	397.4	0	0.0	1502.2	0.0	1502.2	24
50	Kemshall	Sarah	St Therasas AC	FSEN	2	498.4	4	494.8	1	500.0	0	0.0	0	0.0	1493.2	0.0	1493.2	25
51	Carter	Nicola	Knaresborough Striders	F50	70	390.5	0	0.0	73	370.0	70	373.6	73	358.8	1493.0	0.0	1493.0	5
52	Robertson	Susie	Kirkstall Harriers	FSEN	69	392.1	102	324.7	69	377.3	0	0.0	53	398.0	1492.0	0.0	1492.0	26
53	Grant	Jane	St Therasas AC	FSEN	4	495.2	2	498.3	4	494.6	0	0.0	0	0.0	1488.1	0.0	1488.1	27
54	Gates	Cara	Hyde Park Harriers	F35	38	441.3	48	418.4	55	402.5	0	0.0	142	223.5	1485.7	0.0	1485.7	7
55	Simpson	Emily	Chapel Allerton Runners	F40	72	387.3	88	349.0	81	355.6	69	375.6	69	366.7	1834.0	349.0	1485.0	6
56	Hutchison	Kirsten	Abbey Runners	F40	73	385.7	45	423.6	249	52.3	128	267.4	49	405.9	1535.0	52.3	1482.6	7
57	Mcleman	Louise	N															

113	Evans	Clare	Hyde Park Harriers	FSEN	89	360.3	191	170.1	116	292.4	117	287.5	0	0.0	1110.4	0.0	1110.4	49
114	Charlton	Angela	Harrogate Harriers & AC	F50	63	401.6	93	340.3	0	0.0	74	366.3	0	0.0	1108.2	0.0	1108.2	12
115	Sheer	Julia	Abbey Runners	F45	162	244.4	0	0.0	127	272.6	110	300.4	108	290.2	1107.6	0.0	1107.6	18
116	Lund	Judith	Roundhay Runners	F45	143	274.6	124	286.5	126	274.4	126	271.1	0	0.0	1106.5	0.0	1106.5	19
117	Holleran	Christine	Nidd Valley Road Runners	F55	145	271.4	150	241.3	0	0.0	101	316.8	116	274.5	1104.1	0.0	1104.1	4
118	Haddon	Julie	Hyde Park Harriers	F50	80	374.6	0	0.0	0	0.0	81	353.5	70	364.7	1092.8	0.0	1092.8	13
119	Wilson	Patricia	Rothwell Harriers & AC	F45	146	269.8	137	263.9	124	278.0	121	280.2	136	235.3	1327.2	235.3	1091.9	20
120	Smith	Alison	Abbey Runners	F50	75	382.5	0	0.0	0	0.0	72	370.0	85	335.3	1087.8	0.0	1087.8	14
121	Reid	Carol	Valley Striders AC	F40	0	0.0	79	364.6	84	350.2	0	0.0	67	370.6	1085.4	0.0	1085.4	18
122	Forster	Lora	Chapel Allerton Runners	F40	87	363.5	0	0.0	122	281.6	174	183.2	127	252.9	1081.2	0.0	1081.2	19
123	Wilson	Chloe	Hyde Park Harriers	FSEN	165	239.7	129	277.8	135	258.1	122	278.4	122	262.7	1316.7	239.7	1077.0	50
124	Warner	Emma	Wetherby Runners AC	F45	151	261.9	138	262.2	137	254.5	123	276.6	117	272.5	1327.7	254.5	1073.2	21
125	Hurst	Beverly	Horsforth Harriers	F55	132	292.1	158	227.4	144	241.9	119	283.9	126	254.9	1300.2	227.4	1072.7	5
126	Gledhill	Steph	Valley Striders AC	F45	98	346.0	0	0.0	0	0.0	84	348.0	81	343.1	1037.2	0.0	1037.2	22
127	Williams	Gina	Airecentre Pacers	F45	100	342.9	86	352.4	89	341.2	0	0.0	0	0.0	1036.4	0.0	1036.4	23
128	Culhane	Ellie	Chapel Allerton Runners	FSEN	148	266.7	134	269.1	0	0.0	127	269.2	138	231.4	1036.4	0.0	1036.4	51
129	Morley	Sarah	St Theresas AC	F45	0	0.0	0	0.0	107	308.7	68	377.3	79	347.1	1033.0	0.0	1033.0	24
130	Kershaw	Alice	Saltaire Striders	F40	107	331.7	0	0.0	0	0.0	108	304.0	61	382.4	1018.1	0.0	1018.1	20
131	Forwood	Nicola	Hyde Park Harriers	F40	155	255.6	130	276.0	161	211.2	169	192.3	121	264.7	1199.8	192.3	1007.5	21
132	Walton	Asha	Roundhay Runners	F35	0	0.0	96	335.1	88	343.0	0	0.0	91	323.5	1001.6	0.0	1001.6	15
133	Penty	Becky	York Postal Harriers	F35	0	0.0	0	0.0	2	498.2	2	498.2	0	0.0	996.4	0.0	996.4	16
134	Martin	Sophie	Wharfedale Harriers	F35	3	496.8	0	0.0	0	0.0	0	0.0	2	498.0	994.9	0.0	994.9	17
135	Richardson	Grace	Roundhay Runners	FSEN	88	361.9	0	0.0	0	0.0	91	335.2	106	294.1	991.2	0.0	991.2	52
136	Vamplew	Lucy	Ackworth Road Runners	F40	0	0.0	142	255.2	87	344.8	0	0.0	62	380.4	980.4	0.0	980.4	22
137	Hoar	Jessica	Vale of York Athletic Community	FSEN	0	0.0	0	0.0	8	487.4	6	490.8	0	0.0	978.2	0.0	978.2	53
138	Kitchen	Ruth	Ilkley Harriers	FSEN	0	0.0	0	0.0	0	0.0	9	485.3	7	488.2	973.6	0.0	973.6	54
139	Sinclair	Ruth	Nidd Valley Road Runners	FSEN	0	0.0	0	0.0	13	478.3	0	0.0	5	492.2	970.5	0.0	970.5	55
140	Smith	Charlotte	Ackworth Road Runners	F35	0	0.0	111	309.0	100	321.3	0	0.0	86	333.3	963.7	0.0	963.7	18
141	Bradbury	Eleanor	Roundhay Runners	FSEN	8	488.9	0	0.0	0	0.0	0	0.0	15	472.5	961.4	0.0	961.4	56
142	Fisk	Kat	Horsforth Fellandale	F40	110	327.0	110	310.8	0	0.0	0	0.0	93	319.6	957.4	0.0	957.4	23
143	Gibbs	Claire	Harrogate Tri Club	F50	164	241.3	153	236.1	0	0.0	131	261.9	146	215.7	955.0	0.0	955.0	15
144	Forrest	Hazel	Harrogate Harriers & AC	FSEN	18	473.0	0	0.0	0	0.0	0	0.0	12	478.4	951.4	0.0	951.4	57
145	Johnson	Laura	St Theresas AC	F40	171	230.2	176	196.2	174	187.7	125	272.9	134	239.2	1126.2	187.7	938.4	24
146	Gummer	Sarah	Knaresborough Striders	F35	81	373.0	0	0.0	125	276.2	0	0.0	110	286.3	935.5	0.0	935.5	19
147	Nash	Louise	Saltaire Striders	F50	0	0.0	159	225.7	162	209.4	136	252.7	130	247.1	934.9	0.0	934.9	16
148	Barber	Catherine	Nidd Valley Road Runners	FSEN	133	290.5	0	0.0	103	315.9	0	0.0	90	325.5	931.9	0.0	931.9	58
149	Walford	Rebecca	Roundhay Runners	FSEN	25	461.9	0	0.0	0	0.0	20	465.2	0	0.0	927.1	0.0	927.1	59
150	Gatenby	Francesca	Airecentre Pacers	F40	0	0.0	0	0.0	121	283.4	90	337.0	100	305.9	926.3	0.0	926.3	25
151	Fielden	Rhianna	Horsforth Fellandale	FSEN	0	0.0	20	467.0	24	458.5	0	0.0	0	0.0	925.5	0.0	925.5	60
152	Wilkinson	Paula	Knaresborough Striders	F55	177	220.6	165	215.3	163	207.6	140	245.4	135	237.3	1126.2	207.6	918.6	6
153	Bromley	Sophie	Airecentre Pacers	F35	172	228.6	177	194.4	167	200.4	150	227.1	124	258.8	1109.3	194.4	914.9	20
154	Foster	Megan	Hyde Park Harriers	FSEN	119	312.7	0	0.0	110	303.2	0	0.0	105	296.1	912.0	0.0	912.0	61
155	Smedley	Rachel	Valley Striders AC	FSEN	167	236.5	164	217.0	160	213.0	142	241.8	155	198.0	1106.3	198.0	908.3	62
156	Robinson	Emma	Harrogate Harriers & AC	F40	28	457.1	0	0.0	0	0.0	0	0.0	28	447.1	904.2	0.0	904.2	26
157	Paliuc	Maria	Roundhay Runners	FSEN	92	355.6	106	317.7	152	227.4	0	0.0	0	0.0	900.7	0.0	900.7	63
158	Del Rio Robles	Laura	Hyde Park Harriers	FSEN	114	320.6	128	279.5	115	294.2	0	0.0	0	0.0	894.4	0.0	894.4	64
159	Harrison	Kate	Abbey Runners	FSEN	124	304.8	118	296.9	0	0.0	115	291.2	0	0.0	892.8	0.0	892.8	65
160	Griffiths	Alys	Hyde Park Harriers	FSEN	157	252.4	0	0.0	165	204.0	162	205.1	141	225.5	887.0	0.0	887.0	66
161	Findlay	Claire	Roundhay Runners	FSEN	0	0.0	0	0.0	0	0.0	31	445.1	33	437.3	882.3	0.0	882.3	67
162	Addison	Christine	Horsforth Fellandale	F55	180	215.9	162	220.5	169	196.8	144	238.1	154	200.0	1071.2	196.8	874.5	7
163	Brown	Emma	Hyde Park Harriers	FSEN	0	0.0	37	437.5	0	0.0	36	435.9	0	0.0	873.4	0.0	873.4	68
164	Lowe	Liz	Roundhay Runners	F55	168	234.9	179	191.0	0	0.0	153	221.6	143	221.6	869.1	0.0	869.1	8
165	Sheppard	Amy	Nidd Valley Road Runners	F40	0	0.0	30	449.7	48	415.2	0	0.0	0	0.0	864.8	0.0	864.8	27
166	Taylor-Cross	Katie	Abbey Runners	F35	0	0.0	0	0.0	130	267.1	103	313.2	111	284.3	864.6	0.0	864.6	21
167	Baiden	Abigail	Rothwell Harriers & AC	FSEN	0	0.0	0	0.0	0	0.0	44	421.2	34	435.3	856.5	0.0	856.5	69
168	Brown	Bev	Ackworth Road Runners	F45	193	195.2	181	187.5	166	202.2	138	249.1	150	207.8	1041.8	187.5	854.3	25
169	Howroyd	Alissa	Horsforth Fellandale	F45	137	284.1	0	0.0	132	263.5	107	305.9	0	0.0	853.5	0.0	853.5	26
170	Best	Katie	Rothwell Harriers & AC	FSEN	0	0.0	42	428.8	44	422.4	0	0.0	0	0.0	851.2	0.0	851.2	70
171	Falkingham	Elen	Chapel Allerton Runners	FSEN	0	0.0	52	411.5	35	438.6	0	0.0	0	0.0	850.1	0.0	850.1	71
172	Wrangles	Gail	Ackworth Road Runners	F40	154	257.1	193	166.7	164	205.8	176	179.5	152	203.9	1013.0	166.7	846.3	17
173	Drewe	Liz	Wetherby Runners AC	F40	0	0.0	46	421.9	50	411.6	0	0.0	0	0.0	833.4	0.0	833.4	28
174	Love	Helen	Saltaire Striders	F65	176	222.2	152	237.8	184	169.7	164	201.5	178	152.9	984.2	152.9	831.2	1
175	Bell	Coralie	Hyde Park Harriers	FSEN	0	0.0	65	388.9	0	0.0	37	434.1	0	0.0	823.0	0.0	823.0	72
176	Gibson	Debbie	Nidd Valley Road Runners	F60	0	0.0	173	201.4	157	218.4	156	216.1	168	172.5	808.5	0.0	808.5	3
177	Knowles	Tessa	Chapel Allerton Runners	FSEN	0	0.0	127	281.3	134	259.9	0	0.0	120	266.7	807.8	0.0	807.8	73
178	Roddy	Annie	St Theresas AC	F40	0	0.0	0	0.0	0	0.0	55	401.1	52	400.0	801.1	0.0	801.1	29
179	Hewson	Abbey	Roundhay Runners	FSEN	141	277.8	143	253.5	131	265.3	0	0.0	255	2.0	798.6	0.0	798.6	74
180	Shipp	Ellie	Hyde Park Harriers	FSEN	166	238.1	197	159.7	206	130.0	166	197.8	153	202.0	927.5	130.0	797.6	75
181	Rafferty	Helen	Abbey Runners	F45	0	0.0	140	258.7	141	247.3	116	289.4	0	0.0	795.4	0.0	795.4	27
182	Williams	Ellie	Hyde Park Harriers	FSEN	0	0.0	0	0.0	138	252.7	133	258.2	112	282.4	793.3	0.0	793.3	76
183	Fenton	Hazel	Horsforth Harriers	F40	197	188.9	174	199.7	180	176.9	157	214.3	173	162.7	942.5	162.7	779.7	30
184	Wheatley	Bekki	Chapel Allerton Runners	F40	0	0.0	144	251.7	0	0.0	132	260.1	123	260.8	772.6	0.0	772.6	31
185	Ashworth	Kathryn	Abbey Runners	F45	196	190.5	190	171.9	277	1.8	158	212.5	156	196.1	772.7	1.8	770.9	28
186	Henderson	Nicola	Vale of York Athletic Community	F40	66	396.8	0	0.0	71	373.6	0	0.0	0	0.0	770.5	0.0	770.5	32
187	Wix	Emily	Rothwell Harriers & AC	FSEN	0	0.0	0	0.0	74	368.2	58	395.6	0	0.0	763.8	0.0	763.8	77
188	Frankish	Helen	Harrogate Tri Club	F50	212	165.1	201	152.8	185	167.9	148	230.8	158	192.2	908.7	152.8	755.9	18
189	Savage	Ella	Valley Striders AC	FSEN	79	376.2	73	375.0	0	0.0	0	0.0	0	0.0	751.2	0.0	751.2	78
190	Costello	Rosina	Kirkstall Harriers	FSEN	0	0.0	7											

230	Crossley	Jane	Kirkstall Harriers	F35	170	231.7	194	164.9	179	178.7	0	0.0	0	0.0	0	0.0	575.4	0.0	575.4	27
231	Thomas	Victoria	Nidd Valley Road Runners	F50	200	184.1	168	210.1	0	0.0	0	0.0	164	180.4	574.6	0.0	574.6	21		
232	Loftus	Joanne	St Therasas AC	F45	130	295.2	131	274.3	0	0.0	0	0.0	0	0.0	569.5	0.0	569.5	36		
233	Belford-Mcdowell	Lisa	St Therasas AC	F50	0	0.0	219	121.5	213	117.3	175	181.3	180	149.0	569.2	0.0	569.2	22		
234	Ward	Sarah	Abbey Runners	F5EN	0	0.0	107	316.0	0	0.0	0	0.0	129	249.0	565.0	0.0	565.0	90		
235	Clarke-Williams	Rachel	Rothwell Harriers & AC	F35	216	158.7	217	125.0	0	0.0	155	217.9	228	54.9	556.6	0.0	556.6	28		
236	Leech	Katherine	York Triathlon Club	F40	224	146.0	209	138.9	210	122.7	194	146.5	0	0.0	554.2	0.0	554.2	41		
237	Armstrong	August	Rothwell Harriers & AC	F35	101	341.3	167	211.8	0	0.0	0	0.0	0	0.0	553.1	0.0	553.1	29		
238	Britton	Amanda	Wetherby Runners AC	F50	198	187.3	186	178.8	177	182.3	0	0.0	0	0.0	548.4	0.0	548.4	23		
239	Williams	Emily	Hyde Park Harriers	F5EN	140	279.4	135	267.4	0	0.0	0	0.0	0	0.0	546.7	0.0	546.7	91		
240	Mills	Karen	Nidd Valley Road Runners	F45	237	125.4	0	0.0	175	185.9	151	225.3	0	0.0	536.6	0.0	536.6	37		
241	Jamieson	Lisa	Pudsey & Bramley AC	F45	178	219.0	0	0.0	0	0.0	172	186.8	190	129.4	535.3	0.0	535.3	38		
242	O'hara	Joanne	St Therasas AC	F55	245	112.7	227	107.6	218	108.3	190	153.8	175	158.8	641.3	107.6	533.7	12		
243	Austin	Holly	Chapel Allerton Runners	F35	230	136.5	225	111.1	216	111.9	196	142.9	184	141.2	643.6	111.1	532.5	30		
244	Spencer	Collette	Kirkstall Harriers	F50	142	276.2	145	250.0	0	0.0	0	0.0	0	0.0	526.2	0.0	526.2	24		
245	Grencis	Hannah	Chapel Allerton Runners	F5EN	144	273.0	0	0.0	146	238.3	0	0.0	0	0.0	511.3	0.0	511.3	92		
246	Thomson	Julia	Harrogate Tri Club	F55	161	246.0	0	0.0	0	0.0	130	263.7	0	0.0	509.8	0.0	509.8	13		
247	Fotherby	Pascale	Valley Striders AC	F45	258	92.1	228	105.9	233	81.2	186	161.2	182	145.1	585.5	81.2	504.2	39		
248	Clubbs	Christine	Wetherby Runners AC	F50	0	0.0	0	0.0	156	220.2	120	282.1	0	0.0	502.3	0.0	502.3	25		
249	Cox	Emily	York Postal Harriers	F5EN	159	249.2	0	0.0	139	250.9	0	0.0	0	0.0	500.1	0.0	500.1	93		
250	Freeman	Janette	Horsforth Harriers	F55	0	0.0	136	265.6	149	232.9	0	0.0	0	0.0	498.5	0.0	498.5	14		
251	Waite	Sarah	Rothwell Harriers & AC	F35	123	306.3	0	0.0	173	189.5	0	0.0	0	0.0	495.9	0.0	495.9	31		
252	Wall	Aisling	Horsforth Harriers	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	4	494.1	494.1	0.0	494.1	94		
253	Denman	Sarah	St Therasas AC	F40	152	260.3	0	0.0	0	0.0	147	232.6	0	0.0	492.9	0.0	492.9	42		
254	Flatley	Lucy	Chapel Allerton Runners	F5EN	0	0.0	0	0.0	154	223.8	0	0.0	119	268.6	492.5	0.0	492.5	95		
255	Payling	Sophie	Horsforth Harriers	F35	0	0.0	0	0.0	145	240.1	0	0.0	128	251.0	491.1	0.0	491.1	32		
256	Gibbons	Mary	Saltaire Striders	F5EN	0	0.0	0	0.0	0	0.0	141	243.6	131	245.1	488.7	0.0	488.7	96		
257	Mann	Helen	Rothwell Harriers & AC	F60	242	117.5	211	135.4	0	0.0	213	111.7	193	123.5	488.1	0.0	488.1	6		
258	Edwards	Hannah	Kippax & District Harriers	F40	238	123.8	252	64.2	201	139.0	0	0.0	174	160.8	487.8	0.0	487.8	43		
259	Bray	Paula	Horsforth Harriers	F45	173	227.0	139	260.4	0	0.0	0	0.0	0	0.0	487.4	0.0	487.4	40		
260	Burton	Flick	Hyde Park Harriers	F5EN	9	487.3	0	0.0	0	0.0	0	0.0	0	0.0	487.3	0.0	487.3	97		
261	Holmes	Hannah	York Postal Harriers	F5EN	160	247.6	151	239.6	0	0.0	0	0.0	0	0.0	487.2	0.0	487.2	98		
262	Rogers	Harriet	Roundhay Runners	F45	225	144.4	220	119.8	209	124.5	221	97.1	0	0.0	485.9	0.0	485.9	41		
263	Davidson	Rachel	Valley Striders AC	F5EN	11	484.1	0	0.0	0	0.0	0	0.0	0	0.0	484.1	0.0	484.1	99		
264	Cooke	Popp	Ackworth Road Runners	F5EN	0	0.0	0	0.0	10	483.8	0	0.0	0	0.0	483.8	0.0	483.8	100		
265	George	Sandy	Ackworth Road Runners	F55	0	0.0	154	234.4	140	249.1	0	0.0	0	0.0	483.5	0.0	483.5	15		
266	Kara	Leila	Valley Striders AC	F55	0	0.0	0	0.0	212	119.1	170	190.5	169	170.6	480.2	0.0	480.2	16		
267	Allison	Caroline	Roundhay Runners	F60	232	133.3	0	0.0	0	0.0	171	188.6	176	156.9	478.8	0.0	478.8	7		
268	Ballinger	Lauren	Rothwell Harriers & AC	F40	273	68.3	0	0.0	223	99.3	185	163.0	181	147.1	477.6	0.0	477.6	44		
269	Mccormack	Maya	Ackworth Road Runners	F40	226	142.9	187	177.1	192	155.2	0	0.0	0	0.0	475.2	0.0	475.2	45		
270	Smith	Victoria	Hyde Park Harriers	F35	139	281.0	0	0.0	0	0.0	0	0.0	157	194.1	475.1	0.0	475.1	33		
271	Hardy	Polly	Kippax & District Harriers	F45	175	223.8	146	248.3	0	0.0	0	0.0	0	0.0	472.1	0.0	472.1	42		
272	Sue Sroka	Mrs	Saltaire Striders	F45	206	174.6	199	156.3	200	140.8	0	0.0	0	0.0	471.6	0.0	471.6	43		
273	Legg	Jennifer	Wetherby Runners AC	F5EN	0	0.0	0	0.0	151	229.2	143	239.9	0	0.0	469.2	0.0	469.2	101		
274	Fowler	Morag	Roundhay Runners	F50	21	468.3	0	0.0	0	0.0	0	0.0	0	0.0	468.3	0.0	468.3	26		
275	Whiteman	Jen	Chapel Allerton Runners	F35	22	466.7	0	0.0	0	0.0	0	0.0	0	0.0	466.7	0.0	466.7	34		
276	Hayes	Sarah	Ilkley Harriers	F50	0	0.0	149	243.1	0	0.0	152	223.4	0	0.0	466.5	0.0	466.5	27		
277	Hawking	Veronica	Kippax & District Harriers	F40	0	0.0	250	67.7	0	0.0	154	219.8	165	178.4	465.9	0.0	465.9	46		
278	Beeden	Georgina	Harrogate Harriers & AC	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	19	464.7	464.7	0.0	464.7	102		
279	Reeve	Angela	Wetherby Runners AC	F45	0	0.0	0	0.0	0	0.0	0	0.0	22	458.8	458.8	0.0	458.8	44		
280	Ramsden-Young	Amy	Hyde Park Harriers	F35	0	0.0	0	0.0	0	0.0	0	0.0	24	454.9	454.9	0.0	454.9	35		
281	Halliday	Amanda	Rothwell Harriers & AC	F55	262	85.7	236	92.0	0	0.0	198	139.2	186	137.3	454.2	0.0	454.2	17		
282	Eva	Charlotte	Hyde Park Harriers	F35	244	114.3	251	66.0	250	50.5	188	157.5	197	115.7	504.0	50.5	453.5	36		
283	Winnard	Diane	Nidd Valley Road Runners	F55	0	0.0	156	230.9	155	222.0	0	0.0	0	0.0	452.9	0.0	452.9	18		
284	Warren	Eleanor	St Therasas AC	F5EN	0	0.0	0	0.0	28	451.3	0	0.0	0	0.0	451.3	0.0	451.3	103		
285	Bowman	Zara	Kirkstall Harriers	F5EN	35	446.0	0	0.0	0	0.0	0	0.0	0	0.0	446.0	0.0	446.0	104		
286	Keadin-Brown	Patricia	Rothwell Harriers & AC	F45	249	106.3	233	97.2	211	120.9	222	95.2	195	119.6	539.4	95.2	444.1	45		
287	Smith	Aiveen	Horsforth Harriers	F35	0	0.0	0	0.0	0	0.0	0	0.0	32	439.2	439.2	0.0	439.2	37		
288	Moran	Carol	Kirkstall Harriers	F60	251	103.2	237	90.3	229	88.4	199	137.4	204	102.0	521.2	88.4	432.8	8		
289	Lubiecki	Sophia	Valley Striders AC	F5EN	0	0.0	0	0.0	39	431.4	0	0.0	0	0.0	431.4	0.0	431.4	105		
290	Walsley	Nicola	Roundhay Runners	F40	45	430.2	0	0.0	0	0.0	0	0.0	0	0.0	430.2	0.0	430.2	47		
291	Traviss-Turner	Gemma	Roundhay Runners	F35	0	0.0	44	425.3	0	0.0	0	0.0	0	0.0	425.3	0.0	425.3	38		
292	Chantrill	Sarah	Abbey Runners	F50	190	200.0	161	222.2	0	0.0	0	0.0	0	0.0	422.2	0.0	422.2	28		
293	Hall	Camilla	Kirkstall Harriers	F5EN	0	0.0	0	0.0	0	0.0	160	208.8	148	211.8	420.6	0.0	420.6	106		
294	Cram	Josie	Saltaire Striders	F5EN	0	0.0	0	0.0	46	418.8	0	0.0	0	0.0	418.8	0.0	418.8	107		
295	Hunter	Alison	Kippax & District Harriers	F60	183	211.1	0	0.0	0	0.0	161	207.0	0	0.0	418.1	0.0	418.1	9		
296	Ross	Heather	Chapel Allerton Runners	F45	261	87.3	234	95.5	220	104.7	204	128.2	211	88.2	503.9	87.3	416.6	46		
297	Hulme-Vickerstaff	Lisa	Abbey Runners	F55	0	0.0	231	100.7	226	93.9	211	115.4	203	103.9	413.9	0.0	413.9	19		
298	Bulcock	Anna	Nidd Valley Road Runners	F5EN	194	193.7	163	218.8	0	0.0	0	0.0	0	0.0	412.4	0.0	412.4	108		
299	Hartley	Janet	Rothwell Harriers & AC	F65	0	0.0	269	34.7	217	110.1	193	148.4	196	117.6	410.8	0.0	410.8	3		
300	Vaughan	Ruth	St Therasas AC	F45	227	141.3	222	116.3	194	151.6	0	0.0	0	0.0	409.2	0.0	409.2	47		
301	Hegan	Amy	Roundhay Runners	F5EN	61	404.8	0	0.0	0	0.0	0	0.0	0	0.0	404.8	0.0	404.8	109		
302	Thomson	Nicola	Ackworth Road Runners	F45	0	0.0	0	0.0	0	0.0	0	0.0	51	402.0	402.0	0.0	402.0	48		
303	Copley	Clare	Kippax & District Harriers	F45	246	111.1	200	154.5	0	0.0	201	133.7	0	0.0	399.3	0.0	399.3	49		
304	Whittaker	Liz	Abbey Runners	F55	231	134.9	210	137.2	0	0.0	0	0.0	192	125.5	397.6	0.0	397.6	20		
305	Jewers	Sarah	Hyde Park Harriers	F5EN	169	233.3	196	161.5	0	0.0	0	0.0	0	0.0	394.8	0.0	394.8	110		
306	Walker	Ruth	Ackworth Road Runners	F40	223	147.6	208	140.6	221	102.9	0	0.0	0	0.0	391.1	0.0	391.1	48		
307	Nunn	Katy	Chapel Allerton Runners	F5EN	156	254.0	0	0.0	0	0.0	200	135.5	0	0.0	389.5	0.0	38			

347	Tamlyn	Olivia	Roundhay Runners	F5EN	0	0.0	0	0.0	0	0.0	109	302.2	0	0.0	302.2	0.0	302.2	119
348	Thaper	Claire	Saltaire Striders	F40	255	96.8	239	86.8	0	0.0	234	73.3	233	45.1	302.0	0.0	302.0	55
349	Lofthouse	Kate	Ilkley Harriers	F60	280	57.1	243	79.9	0	0.0	227	86.1	216	78.4	301.5	0.0	301.5	14
350	Thomas	Caroline	Horsforth Fellandale	F40	0	0.0	0	0.0	0	0.0	0	0.0	104	298.0	298.0	0.0	298.0	56
351	Day	Joanne	Harrogate Harriers & AC	F55	131	293.7	0	0.0	0	0.0	0	0.0	0	0.0	293.7	0.0	293.7	23
352	Carey	Kay	St Therasas AC	F50	275	65.1	247	72.9	0	0.0	224	91.6	225	60.8	290.4	0.0	290.4	36
353	Mottram	Terry	Ackworth Road Runners	F45	135	287.3	0	0.0	0	0.0	0	0.0	0	0.0	287.3	0.0	287.3	52
354	Corlet	Dawn	Rothwell Harriers & AC	F55	263	84.1	253	62.5	252	46.9	229	82.4	227	56.9	332.8	46.9	285.9	24
356	Mills	Rachel	Nidd Valley Road Runners	F45	136	285.7	0	0.0	0	0.0	0	0.0	0	0.0	285.7	0.0	285.7	53
355	Gardner	Rebecca	Saltaire Striders	F5EN	0	0.0	0	0.0	0	0.0	118	285.7	0	0.0	285.7	0.0	285.7	120
357	Keene	Cat	Airecentre Pacers	F35	0	0.0	0	0.0	198	144.4	0	0.0	185	139.2	283.6	0.0	283.6	49
358	Bracher	Sarah	Nidd Valley Road Runners	F40	281	55.6	249	69.4	258	36.1	226	87.9	220	70.6	319.6	36.1	283.5	57
359	Young	Claire	Roundhay Runners	F40	138	282.5	0	0.0	0	0.0	0	0.0	0	0.0	282.5	0.0	282.5	58
360	Lacey	Indi	Hyde Park Harriers	F5EN	0	0.0	0	0.0	123	279.8	0	0.0	0	0.0	279.8	0.0	279.8	121
361	Zhang	Muyang	Hyde Park Harriers	F5EN	235	128.6	0	0.0	196	148.0	0	0.0	0	0.0	276.6	0.0	276.6	122
362	Latham	Katie	Ackworth Road Runners	F50	0	0.0	204	147.6	0	0.0	205	126.4	0	0.0	273.9	0.0	273.9	37
363	Allen	Elizabeth	Chapel Allerton Runners	F50	278	60.3	265	41.7	254	43.3	233	75.1	208	94.1	314.5	41.7	272.8	38
364	McLarnon	Shevonne	Kirkstall Harriers	F50	0	0.0	214	130.2	199	142.6	0	0.0	0	0.0	272.8	0.0	272.8	39
365	Hartley	Nicola	Valley Striders AC	F35	0	0.0	133	270.8	0	0.0	0	0.0	0	0.0	270.8	0.0	270.8	50
366	Owens	Melissa	Airecentre Pacers	F55	0	0.0	274	26.0	0	0.0	0	0.0	132	243.1	269.2	0.0	269.2	25
367	Mcnally	Hannah	Chapel Allerton Runners	F5EN	147	268.3	0	0.0	0	0.0	0	0.0	0	0.0	268.3	0.0	268.3	123
368	Wilkinson	Nadene	Nidd Valley Road Runners	F40	228	139.7	215	128.5	0	0.0	0	0.0	0	0.0	268.2	0.0	268.2	59
369	Parrini	Sally	Chapel Allerton Runners	F45	229	138.1	0	0.0	208	126.4	0	0.0	0	0.0	264.4	0.0	264.4	54
370	Fletcher	Lynn	St Therasas AC	F70	271	71.4	259	52.1	246	57.8	230	80.6	231	49.0	310.9	49.0	261.9	3
371	Hawden	Joanne	Rothwell Harriers & AC	F55	0	0.0	212	133.7	0	0.0	0	0.0	191	127.5	261.1	0.0	261.1	26
372	Wilson	Adele	St Therasas AC	F45	0	0.0	0	0.0	232	83.0	178	175.8	0	0.0	258.9	0.0	258.9	55
373	Beddow	Helen	Hyde Park Harriers	F5EN	0	0.0	202	151.0	219	106.5	0	0.0	0	0.0	257.5	0.0	257.5	124
374	Earl	Charlotte	Hyde Park Harriers	F5EN	0	0.0	148	244.8	0	0.0	0	0.0	0	0.0	244.8	0.0	244.8	125
375	Stanworth	Lucie	Kippax & District Harriers	F5EN	0	0.0	0	0.0	244	61.4	228	84.2	207	96.1	241.7	0.0	241.7	126
376	Wighton	Emily	Nidd Valley Road Runners	F5EN	248	107.9	0	0.0	204	133.6	0	0.0	0	0.0	241.5	0.0	241.5	127
377	Lane	Joanne	Nidd Valley Road Runners	F50	279	58.7	264	43.4	255	41.5	235	71.4	223	64.7	279.8	41.5	238.3	40
378	Higgins	Clare	Chapel Allerton Runners	F5EN	0	0.0	232	99.0	202	137.2	0	0.0	0	0.0	236.1	0.0	236.1	128
379	Wrigley	Kaina	Kippax & District Harriers	F40	0	0.0	0	0.0	0	0.0	146	234.4	0	0.0	234.4	0.0	234.4	60
380	Holliday	Meisha	Horsforth Fellandale	F5EN	0	0.0	242	81.6	243	63.2	0	0.0	213	84.3	229.1	0.0	229.1	129
381	Bryars	Elizabeth	Vale of York Athletic Community	F35	259	90.5	0	0.0	241	66.8	0	0.0	221	68.6	225.9	0.0	225.9	51
382	Robinson	Melanie	Saltaire Striders	F50	174	225.4	0	0.0	0	0.0	0	0.0	0	0.0	225.4	0.0	225.4	41
383	Middleton	Carol	Ackworth Road Runners	F60	296	31.7	258	53.8	0	0.0	250	44.0	210	90.2	219.7	0.0	219.7	15
384	Clark	Amanda	York Postal Harriers	F55	181	214.3	0	0.0	0	0.0	0	0.0	0	0.0	214.3	0.0	214.3	27
385	Jameson	Emelia	Pudsey & Bramley AC	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	147	213.7	213.7	0.0	213.7	130
386	Hipkiss	Vicki	Kirkstall Harriers	F55	0	0.0	238	88.5	0	0.0	207	122.7	0	0.0	211.3	0.0	211.3	28
387	Gledhill	Sarah	St Therasas AC	F5EN	184	209.5	0	0.0	0	0.0	0	0.0	0	0.0	209.5	0.0	209.5	131
388	Jacques	Helen	Ilkley Harriers	F55	0	0.0	0	0.0	0	0.0	208	120.9	212	86.3	207.2	0.0	207.2	29
389	Anastasiou	Tracy	Ackworth Road Runners	F45	0	0.0	170	206.6	0	0.0	0	0.0	0	0.0	206.6	0.0	206.6	56
390	Szadzicka	Julia	Bradford Airedale AC	F60	0	0.0	171	204.9	0	0.0	0	0.0	0	0.0	204.9	0.0	204.9	16
391	Mistry	Urmila	Saltaire Striders	F60	282	54.0	0	0.0	256	39.7	248	47.6	224	62.7	204.0	0.0	204.0	17
392	Taylor	Samantha	Kirkstall Harriers	F35	0	0.0	0	0.0	0	0.0	218	102.6	205	100.0	202.6	0.0	202.6	52
393	Magenis	Janice	Eccleshill Road Runners	F60	189	201.6	0	0.0	0	0.0	0	0.0	0	0.0	201.6	0.0	201.6	18
394	Davis	Denise	Saltaire Striders	F55	253	100.0	0	0.0	0	0.0	219	100.7	0	0.0	200.7	0.0	200.7	30
395	Clarke	Caroline	Horsforth Fellandale	F60	191	198.4	0	0.0	0	0.0	0	0.0	0	0.0	198.4	0.0	198.4	19
396	Cole	Emma	Horsforth Harriers	F35	283	52.4	270	33.0	0	0.0	249	45.8	222	66.7	197.8	0.0	197.8	53
397	Elsdon	Joanne	Rothwell Harriers & AC	F45	0	0.0	235	93.8	222	101.1	0	0.0	0	0.0	194.8	0.0	194.8	57
398	Everer	Molly	Pudsey & Bramley AC	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	162	184.3	184.3	0.0	184.3	132
399	Styles	Ellie	Vale of York Athletic Community	F5EN	247	109.5	0	0.0	0	0.0	0	0.0	218	74.5	184.0	0.0	184.0	133
400	Headhead	Alex	Kippax & District Harriers	F5EN	0	0.0	0	0.0	0	0.0	241	60.4	194	121.6	182.0	0.0	182.0	134
401	Lambert	Sarah	Ilkley Harriers	F35	287	46.0	261	48.6	261	30.7	252	40.3	232	47.1	212.7	30.7	182.0	54
402	Kavanagh	Joan	Abbey Runners	F55	252	101.6	0	0.0	234	79.4	0	0.0	0	0.0	181.0	0.0	181.0	31
403	Smith	Michelle	Nidd Valley Road Runners	F50	288	44.4	255	59.0	257	37.9	253	38.5	237	37.3	217.1	37.3	179.8	42
404	Richardson	Emma	Kippax & District Harriers	F40	0	0.0	0	0.0	0	0.0	177	177.7	0	0.0	177.7	0.0	177.7	61
405	Blackwell	Rachael	Hyde Park Harriers	F5EN	270	73.0	0	0.0	251	48.7	244	54.9	0	0.0	176.7	0.0	176.7	135
406	Mcmorran	Lindsay	St Therasas AC	F35	0	0.0	0	0.0	247	56.0	236	69.6	230	51.0	176.5	0.0	176.5	55
407	Cooper	Anna	Chapel Allerton Runners	F45	0	0.0	0	0.0	183	171.5	0	0.0	0	0.0	171.5	0.0	171.5	58
408	Wood	Kerry	Saltaire Striders	F45	208	171.4	0	0.0	0	0.0	0	0.0	0	0.0	171.4	0.0	171.4	59
409	Sweetman	Amy	Chapel Allerton Runners	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	170	168.6	168.6	0.0	168.6	136
410	Hughes	Jane	Saltaire Striders	F35	0	0.0	0	0.0	0	0.0	182	168.5	0	0.0	168.5	0.0	168.5	56
411	Jones	Rhiannon	York Triathlon Club	F5EN	0	0.0	192	168.4	0	0.0	0	0.0	0	0.0	168.4	0.0	168.4	137
412	Steele	Julie	Eccleshill Road Runners	F60	211	166.7	0	0.0	0	0.0	0	0.0	0	0.0	166.7	0.0	166.7	20
413	Kozlowska	Krystina	Saltaire Striders	F50	0	0.0	0	0.0	0	0.0	184	164.8	0	0.0	164.8	0.0	164.8	43
414	Hornsby	Jill	Nidd Valley Road Runners	F65	290	41.3	0	0.0	260	32.5	247	49.5	235	41.2	164.4	0.0	164.4	4
415	Fox	Iona	Kippax & District Harriers	F35	0	0.0	0	0.0	240	68.6	223	93.4	0	0.0	162.0	0.0	162.0	57
416	Foy	Tracy	Saltaire Striders	F50	0	0.0	0	0.0	0	0.0	187	159.3	0	0.0	159.3	0.0	159.3	44
417	Hardaker	Joanne	Saltaire Striders	F45	0	0.0	0	0.0	0	0.0	189	155.7	0	0.0	155.7	0.0	155.7	60
418	Alderson	Michelle	Kippax & District Harriers	F40	218	155.6	0	0.0	0	0.0	0	0.0	0	0.0	155.6	0.0	155.6	62
419	Crossley-Fells	Ellie	Hyde Park Harriers	F5EN	221	150.8	0	0.0	0	0.0	0	0.0	0	0.0	150.8	0.0	150.8	138
420	Stone	Nat	Ackworth Road Runners	F5EN	0	0.0	0	0.0	0	0.0	192	150.2	0	0.0	150.2	0.0	150.2	139
421	Rowley	Sam	St Therasas AC	F50	284	50.8	276	22.6	262	28.9	255	34.8	239	33.3	170.4	22.6	147.8	45
422	Voss	Hannah	Wetherby Runners AC	F5EN	0	0.0	0	0.0	197	146.2	0	0.0	0	0.0	146.2	0.0	146.2	140
423	Glaister	Catherine	Ilkley Harriers	F55	0	0.0	0	0.0	0	0.0	197	141.0	0	0.0	141.0	0.0	141.0	32
424	Furness	Claire	St Therasas AC	F35	0	0.0	0	0.0	0	0.0	237	67.8	219	72.5	140.3	0.0	140.3	58
425	Milner	Anne	Wharfedale Harriers	F55	233	131.7	0	0.0	0	0.0	0	0.0	0	0.0	131.7	0.0	131.7	33
426	Wallace	Emma																

464	Chalmers	Sarah	Nidd Valley Road Runners	F60	0	0.0	262	46.9	0	0.0	0	0.0	0	0.0	46.9	0.0	46.9	28
465	Bangerh	Jasbir	Hyde Park Harriers	F50	312	6.3	287	3.5	275	5.4	272	3.7	240	31.4	50.3	3.5	46.8	48
466	Buckley	Ann	Dragons Running Club (Leeds)	F45	304	19.0	0	0.0	0	0.0	0	0.0	245	21.6	40.6	0.0	40.6	66
467	Ellwood	Lisa	York Postal Harriers	F50	0	0.0	266	39.9	0	0.0	0	0.0	0	0.0	39.9	0.0	39.9	49
468	Crossley	Hannah	York Triathlon Club	FSEN	0	0.0	282	12.2	272	10.8	265	16.5	0	0.0	39.5	0.0	39.5	149
469	Hill	Kerry-Anne	Saltaire Striders	F45	292	38.1	0	0.0	0	0.0	0	0.0	0	0.0	38.1	0.0	38.1	67
470	Peckover	Victoria	Ackworth Road Runners	F40	294	34.9	0	0.0	0	0.0	0	0.0	0	0.0	34.9	0.0	34.9	68
471	Coiley	Lianne	Nidd Valley Road Runners	F40	306	15.9	0	0.0	0	0.0	0	0.0	248	15.7	31.6	0.0	31.6	69
472	Harvey-List	Anna	Rothwell Harriers & AC	F35	0	0.0	284	8.7	273	9.0	267	12.8	0	0.0	30.5	0.0	30.5	63
473	Kerrywood	Emma	Horsforth Harriers	F40	298	28.6	0	0.0	0	0.0	0	0.0	0	0.0	28.6	0.0	28.6	70
474	Hosie	Jo	Vale of York Athletic Community	F40	310	9.5	0	0.0	274	7.2	270	7.3	254	3.9	28.0	0.0	28.0	71
475	Linfoot	Tracy	Wetherby Runners AC	F50	0	0.0	283	10.4	0	0.0	269	9.2	253	5.9	25.5	0.0	25.5	50
476	Lyon	Lynsey	Vale of York Athletic Community	F45	301	23.8	0	0.0	0	0.0	0	0.0	0	0.0	23.8	0.0	23.8	68
477	Smith	Abby	St Therasas AC	F35	0	0.0	0	0.0	0	0.0	262	22.0	0	0.0	22.0	0.0	22.0	64
478	Fryer	Louise	Rothwell Harriers & AC	F40	315	1.6	0	0.0	0	0.0	263	20.1	0	0.0	21.7	0.0	21.7	72
479	Holliday	Kyra	Vale of York Athletic Community	FSEN	309	11.1	0	0.0	0	0.0	273	1.8	252	7.8	20.8	0.0	20.8	150
480	Griffiths	Kathryn	Hyde Park Harriers	FSEN	311	7.9	288	1.7	276	3.6	271	5.5	0	0.0	18.8	0.0	18.8	151
481	Shaffiq	Sumrah	Hyde Park Harriers	F40	0	0.0	0	0.0	0	0.0	0	0.0	247	17.6	17.6	0.0	17.6	73
482	Robinson	Fiona	Nidd Valley Road Runners	F55	0	0.0	281	13.9	0	0.0	0	0.0	0	0.0	13.9	0.0	13.9	36
483	Cundall	Lisa	St Therasas AC	F50	308	12.7	0	0.0	0	0.0	0	0.0	0	0.0	12.7	0.0	12.7	51
484	Bratley	Deborah	Rothwell Harriers & AC	F50	314	3.2	285	6.9	0	0.0	0	0.0	0	0.0	10.1	0.0	10.1	52
485	Horsfield	Beverley	Vale of York Athletic Community	F50	0	0.0	0	0.0	0	0.0	0	0.0	251	9.8	9.8	0.0	9.8	53
486	Hargrave	Lorraine	Rothwell Harriers & AC	F55	0	0.0	286	5.2	0	0.0	0	0.0	0	0.0	5.2	0.0	5.2	37