

PECO Cross Country League 2024-25
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	Best 4 From 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points			
1	Knowles	Charlotte	Abbey Runners	FSEN	0	0.0	12	481.3	2	498.2	1	500.0	1	500.0	1979.5	1979.5	1
2	Wall	Aisling	Horsforth Harriers	FSEN	3	497.2	1	500.0	5	492.7	0	0.0	6	489.5	1979.4	1979.4	2
3	Ellis	Davina	Harrogate Harriers & AC	F40	2	498.6	0	0.0	8	487.2	4	495.3	4	493.7	1974.8	1974.8	1
4	Nicholls	Jasmine	Abbey Runners	FSEN	6	493.0	4	494.9	7	489.1	6	492.1	5	491.6	2460.7	1971.6	3
5	Whalley	Rebecca	Valley Striders AC	FSEN	5	494.4	2	498.3	6	490.9	75	383.6	7	487.4	2354.6	1971.0	4
6	Lewis	Susan	Roundhay Runners	F45	8	490.2	6	491.5	9	485.4	8	489.0	11	479.0	2435.1	1966.1	1
7	Forrest	Hazel	Harrogate Harriers & AC	FSEN	10	487.4	7	489.8	12	479.9	11	484.3	10	481.1	2422.5	1942.6	5
8	Reeve	Angela	Wetherby Runners AC	F45	15	480.4	5	493.2	13	478.1	0	0.0	8	485.3	1937.0	1937.0	2
9	Robinson	Niamh	Harrogate Harriers & AC	FSEN	7	491.6	15	476.2	14	476.3	7	490.6	12	476.9	2411.5	1935.3	6
10	Bell	Coralie	Hyde Park Harriers	FSEN	11	486.0	17	472.8	10	483.6	0	0.0	9	483.2	1925.6	1925.6	7
11	Kondo	Masako	Abbey Runners	F45	12	484.6	11	483.0	15	474.5	12	482.7	13	474.8	2399.5	1925.1	3
12	Kingston	Louise	Nidd Valley Road Runners	FSEN	4	495.8	10	484.7	0	0.0	31	452.8	16	468.5	1901.8	1901.8	8
13	Ramsden-Young	Amy	Hyde Park Harriers	F35	25	466.4	9	486.4	20	465.3	13	481.1	0	0.0	1899.2	1899.2	1
14	Wamsley	Nicola	Roundhay Runners	F40	22	470.6	24	460.9	19	467.2	20	470.1	0	0.0	1868.8	1868.8	2
15	Shanks	Sarah	Valley Striders AC	F40	42	442.6	20	467.7	17	470.8	14	479.6	27	445.4	2306.0	1863.4	3
16	Wearing	Hope	Valley Striders AC	FSEN	24	467.8	18	471.1	23	459.9	27	459.1	0	0.0	1857.8	1857.8	9
17	Cobo	Andrea	Abbey Runners	FSEN	23	469.2	23	462.6	33	441.6	24	463.8	19	462.2	2299.4	1857.8	10
18	Allard	Lili	Rothwell Harriers & AC	F35	31	458.0	63	394.6	24	458.0	29	456.0	23	453.8	2220.3	1825.8	2
19	Wales	Daisy	Hyde Park Harriers	FSEN	40	445.4	32	447.3	25	456.2	41	437.1	18	464.3	2250.3	1813.1	11
20	Henderson	Nicola	Vale of York Athletic Community	F40	36	451.0	34	443.9	31	445.3	45	430.8	29	441.2	2212.1	1781.3	4
21	Aylesbury	Amelie	Nidd Valley Road Runners	FSEN	44	439.8	38	437.1	36	436.1	30	454.4	31	437.0	2204.4	1768.2	12
22	Adams	Liz	Valley Striders AC	F50	35	452.4	0	0.0	43	423.4	36	445.0	32	434.9	1755.6	1755.6	1
23	Sunderland	Nicola	Roundhay Runners	F35	41	444.0	41	432.0	42	425.2	32	451.3	0	0.0	1752.4	1752.4	3
24	Oldroyd	Lucy	Harrogate Harriers & AC	FSEN	53	427.2	49	418.4	32	443.4	35	446.5	36	426.5	2162.0	1743.6	13
25	Wix	Emily	Rothwell Harriers & AC	FSEN	47	435.6	42	430.3	41	427.0	0	0.0	37	424.4	1717.2	1717.2	14
26	Lavelle	Anna	Chapel Allerton Runners	FSEN	45	438.4	47	421.8	50	410.6	42	435.5	39	420.2	2126.4	1715.8	15
27	Harris	Samantha	Valley Striders AC	F40	33	455.2	62	396.3	0	0.0	53	418.2	30	439.1	1708.8	1708.8	5
28	Gill	Sarah	Harrogate Harriers & AC	F60	71	402.0	50	416.7	39	430.7	50	423.0	38	422.3	2094.5	1692.5	1
29	Follows	Emily	Kippax & District Harriers	F45	54	425.8	0	0.0	34	439.8	56	413.5	49	399.2	1678.2	1678.2	4
30	Hutchison	Kirsten	Abbey Runners	F40	56	423.0	45	425.2	58	396.0	62	404.1	40	418.1	2066.3	1670.3	6
31	O'Hara	Becki	Wharfedale Harriers	FSEN	81	388.0	75	374.1	46	417.9	54	416.7	34	430.7	2027.3	1653.2	16
32	Mamalis	Louisa	York Postal Harriers	FSEN	57	421.6	53	411.6	0	0.0	70	391.5	46	405.5	1630.1	1630.1	17
33	Ball	Karen	Ackworth Road Runners	F45	0	0.0	64	392.9	51	408.8	49	424.5	50	397.1	1623.2	1623.2	5
34	Gains	Naomi	Hyde Park Harriers	FSEN	84	383.8	77	370.7	52	406.9	55	415.1	45	407.6	1984.1	1613.3	18
35	Atack	Ellie	Wetherby Runners AC	F35	63	413.2	59	401.4	40	428.8	0	0.0	65	365.5	1608.9	1608.9	4
36	Hart	Emma	Otley AC	F45	69	404.8	61	398.0	60	392.3	59	408.8	0	0.0	1603.9	1603.9	6
37	Costello	Suzanne	Kippax & District Harriers	F40	79	390.8	66	389.5	54	403.3	71	389.9	41	416.0	1989.4	1599.9	7
38	Gledhill	Steph	Valley Striders AC	F45	60	417.4	57	404.8	65	383.2	74	385.2	0	0.0	1590.6	1590.6	7
39	Carter	Nicola	Knaresborough Striders	F50	72	400.6	0	0.0	53	405.1	69	393.1	61	373.9	1572.7	1572.7	2
40	Blakeley	Alyson	Roundhay Runners	F45	82	386.6	67	387.8	67	379.6	63	402.5	51	395.0	1951.3	1571.8	8
41	Evans	Emma	Ackworth Road Runners	F40	66	409.0	55	408.2	0	0.0	94	353.8	57	382.4	1553.3	1553.3	8
42	Hill	Katherine	Chapel Allerton Runners	F35	90	375.4	83	360.5	55	401.5	57	411.9	0	0.0	1549.3	1549.3	5
43	Knapp	Emma	Chapel Allerton Runners	FSEN	0	0.0	82	362.2	57	397.8	79	377.4	47	403.4	1540.8	1540.8	19
44	Robertson	Susie	Kirkstall Harriers	FSEN	74	397.8	94	341.8	71	372.3	81	374.2	53	390.8	1876.8	1535.0	20
45	Bradford	Sophie	Vale of York Athletic Community	FSEN	93	371.1	88	352.0	0	0.0	65	399.4	44	409.7	1532.2	1532.2	21
46	Campbell	Diane	York Postal Harriers	F50	76	395.0	78	369.0	75	365.0	72	388.4	68	359.2	1876.6	1517.3	3
47	Oldroyd	Theresa	Nidd Valley Road Runners	F55	99	362.7	0	0.0	64	385.0	84	369.5	52	392.9	1510.1	1510.1	1
48	Penty	Becky	York Postal Harriers	F40	1	500.0	0	0.0	1	500.0	0	0.0	2	497.9	1497.9	1497.9	9
49	Sinclair	Ruth	Harrogate Harriers & AC	FSEN	0	0.0	0	0.0	3	496.4	3	496.9	3	495.8	1489.0	1489.0	22
50	Jackson	Anna	Nidd Valley Road Runners	F35	80	389.4	73	377.6	0	0.0	83	371.1	74	346.6	1484.6	1484.6	6
51	Taylor	Katie	Abbey Runners	F35	77	393.6	79	367.3	86	344.9	87	364.8	0	0.0	1470.6	1470.6	7
52	Taswell-Fryer	Eliza	Hyde Park Harriers	FSEN	9	488.8	14	477.9	0	0.0	9	487.4	0	0.0	1454.1	1454.1	23
53	Siswick	Fleur	Hyde Park Harriers	FSEN	107	351.5	85	357.1	107	306.6	80	375.8	64	367.6	1758.7	1452.1	24
54	Charlesworth	Sarah	Wharfedale Harriers	F40	73	399.2	65	391.2	84	348.5	126	303.5	0	0.0	1442.3	1442.3	10
55	Baynes	Georgia	Valley Striders AC	FSEN	17	477.6	8	488.1	0	0.0	0	0.0	15	470.6	1436.3	1436.3	25
56	Carter	Rachel Carter	Ilkley Harriers	F45	19	474.8	19	469.4	0	0.0	15	478.0	0	0.0	1422.2	1422.2	9
57	Hodson	Natalie	York Postal Harriers	F35	114	341.7	98	335.0	73	368.6	82	372.6	93	306.7	1724.7	1418.0	8
58	Davey	Jo	Wetherby Runners AC	F50	116	338.9	97	336.7	82	352.2	85	367.9	70	355.0	1750.8	1414.1	4
59	Short	Rosemary	Chapel Allerton Runners	FSEN	139	306.7	105	323.1	83	350.4	88	363.2	60	376.1	1719.5	1412.8	26
60	Sykes	Joanne	Harrogate Tri Club	F35	83	385.2	87	353.7	0	0.0	98	347.5	88	317.2	1403.6	1403.6	9
61	Marlinson	Emily	Hyde Park Harriers	FSEN	132	316.5	114	307.8	80	355.8	52	419.8	0	0.0	1400.0	1400.0	27
62	Preston	Anne	Saltire Striders	F45	0	0.0	86	355.4	91	335.8	106	334.9	63	369.7	1395.9	1395.9	10
63	Ensor	Liz	Wharfedale Harriers	F40	0	0.0	0	0.0	21	463.5	23	465.4	20	460.1	1389.0	1389.0	11
64	Bennett	Dawn	Vale of York Athletic Community	F45	124	327.7	0	0.0	100	319.3	78	378.9	67	361.3	1387.3	1387.3	11
65	Lilley	Alice	Roundhay Runners	F35	0	0.0	31	449.0	22	461.7	19	471.7	0	0.0	1382.4	1382.4	10
66	Mckerrell	Lucy	Hyde Park Harriers	FSEN	30	459.4	28	454.1	0	0.0	22	467.0	0	0.0	1380.4	1380.4	28
67	Oakes	Charlotte	York Postal Harriers	FSEN	0	0.0	0	0.0	28	450.7	18	473.3	22	455.9	1379.9	1379.9	29
68	Fox	Judith	Horsforth Harriers	F55	96	366.9	92	345.2	89	339.4	111	327.0	0	0.0	1378.6	1378.6	2
69	Mynard	Charlie	Chapel Allerton Runners	FSEN	27	463.6	27	455.8	0	0.0	33	449.7	0	0.0	1369.1	1369.1	30
70	Say	Julia	Roundhay Runners	F50	0	0.0	0	0.0	29	448.9	26	460.7	21	458.0	1367.6	1367.6	5
71	Smith	Aileen	Horsforth Harriers	F35	32	456.6	35	442.2	0	0.0	21	468.6	0	0.0	1367.3	1367.3	11
72	Reid	Carol	Valley Striders AC	F40	106	352.9	0	0.0	110	301.1	73	386.8	86	321.4	1363.3	1363.3	12
73	Baldry	Honor	Hyde Park Harriers	F35	0	0.0	33	445.6	26	454.5	25	462.3	0	0.0	1362.2	1362.2	12
74	Sleight	Harriet	York Postal Harriers	FSEN	88	378.2	138	267.0	104	312.0	89	361.6	94	304.6	1623.5	1356.5	31
75	Stretton	Aeryn	Kirkstall Harriers	FSEN	98	364.1	80	365.6	0	0.0	100	344.3	106	279.4	1353.5	1353.5	32
76	Read	Cassie	York Postal Harriers	F35	34	453.0	0	0.0	38	432.5	34	448.1	0	0.0	1334.4	1334.4	13
77	Elliott	Bev	Horsforth Harriers	F50	133	315.1	112	311.2	0	0.0	92	356.9	73	348.7	1332.0	1332.0	6
78	Amos	Emma	Harrogate Harriers & AC	F40	122	330.5	0	0.0	103	313.9	102	341.2	87	319.3	1304.9	1304.9	13
79	Stopford	Cheryl	Chapel Allerton Runners	F45	0	0.0	109	316.3									

109	Jacob	Marie	Horsforth Harriers	F45	160	277.3	134	273.8	135	255.5	129	298.7	102	287.8	1393.2	1137.7	19
110	Gray	Debbie	Rothwell Harriers & AC	F45	151	289.9	124	290.8	133	259.1	140	281.4	109	273.1	1394.4	1135.3	20
111	Foster	Megan	Hyde Park Harriers	FSEN	95	368.3	72	379.3	69	375.9	0	0.0	0	0.0	1123.5	1123.5	44
112	Kaars Sijpesteijn	Katie	Roundhay Runners	F40	50	431.4	0	0.0	35	438.0	160	250.0	0	0.0	1119.3	1119.3	17
113	Haggas	Sarah	Abbey Runners	F50	86	381.0	93	343.5	74	366.8	0	0.0	0	0.0	1091.3	1091.3	9
114	Sunderland	Sue	Valley Striders AC	F60	155	284.3	144	256.8	139	248.2	143	276.7	113	264.7	1330.7	1082.6	3
115	Yarwood	Frankie	Hyde Park Harriers	FSEN	91	373.9	0	0.0	127	270.1	46	429.2	0	0.0	1073.3	1073.3	45
116	Payling	Sophie	Horsforth Harriers	F35	162	274.5	142	260.2	137	251.8	148	268.9	111	268.9	1324.3	1072.5	19
117	Wheatley	Bekki	Chapel Allerton Runners	F40	185	242.3	140	263.6	130	264.6	131	295.6	154	178.6	1244.7	1066.1	18
118	Watson	Jessica	Chapel Allerton Runners	F35	89	376.8	0	0.0	88	341.2	99	345.9	0	0.0	1063.9	1063.9	20
119	Humphries	Kate	Airecentre Pacers	F35	112	344.5	0	0.0	101	317.5	66	397.8	0	0.0	1059.9	1059.9	21
120	Robinson	Madi	Roundhay Runners	F45	87	379.6	0	0.0	79	357.7	121	311.3	0	0.0	1048.5	1048.5	21
121	Hurn	Lucy	York Triathlon Club	F45	0	0.0	60	399.7	47	416.1	0	0.0	130	229.0	1044.7	1044.7	22
122	Smith	Victoria	Hyde Park Harriers	F35	130	319.3	127	285.7	172	188.0	165	242.1	146	195.4	1230.5	1042.6	22
123	Cooke	Rachel	Ackworth Road Runners	F55	173	259.1	0	0.0	140	246.4	141	279.9	118	254.2	1039.5	1039.5	4
124	Nash	Louise	Saltaire Striders	F55	0	0.0	156	236.4	148	231.8	137	286.2	110	271.0	1025.3	1025.3	5
125	Fenton	Hazel	Horsforth Harriers	F40	161	275.9	154	239.8	0	0.0	166	240.6	112	266.8	1023.1	1023.1	19
126	Kingston	Naomi	Horsforth Fellandale	FSEN	188	238.1	0	0.0	153	222.6	145	273.6	103	285.7	1020.0	1020.0	46
127	Helliwell	Amanda	Bradford Airedale AC	F45	102	358.5	90	348.6	0	0.0	123	308.2	0	0.0	1015.4	1015.4	23
128	Aspin	Bev	Nidd Valley Road Runners	F45	201	219.9	159	231.3	159	211.7	142	278.3	104	283.6	1224.8	1013.1	24
129	Foster	Ann	Wetherby Runners AC	F50	149	292.7	152	243.2	163	204.4	177	223.3	120	250.0	1213.6	1009.2	10
130	Thompson	Kathryn	Abbey Runners	F45	152	288.5	133	275.5	0	0.0	179	220.1	132	224.8	1008.9	1008.9	25
131	Young	Caroline	Hyde Park Harriers	F35	104	355.7	0	0.0	94	330.3	119	314.5	0	0.0	1000.5	1000.5	23
132	Fletcher-Markin	Jo	Knaresborough Striders	F45	117	337.5	0	0.0	95	328.5	0	0.0	81	331.9	997.9	997.9	26
133	Browne	Molly	Wharfedale Harriers	FSEN	0	0.0	3	496.6	0	0.0	2	498.4	0	0.0	995.0	995.0	47
134	Robinson	Sian	Chapel Allerton Runners	F40	189	236.7	146	253.4	0	0.0	153	261.0	124	241.6	992.7	992.7	20
135	Martin	Sophie	Wharfedale Harriers	F35	0	0.0	0	0.0	4	494.5	5	493.7	0	0.0	988.2	988.2	24
136	Evans	Clare	Hyde Park Harriers	FSEN	194	229.7	0	0.0	0	0.0	86	366.4	56	384.5	980.5	980.5	48
137	Legg	Emily	Wetherby Runners AC	FSEN	14	481.8	0	0.0	0	0.0	10	485.8	0	0.0	967.6	967.6	49
138	Llewellyn	Poppy	Hyde Park Harriers	FSEN	125	326.3	0	0.0	85	346.7	132	294.0	0	0.0	967.1	967.1	50
139	Mottley	Bev	Abbey Runners	F55	105	354.3	0	0.0	98	323.0	139	283.0	0	0.0	960.4	960.4	6
140	Blatchly	Hannah	Abbey Runners	FSEN	16	479.0	0	0.0	0	0.0	0	0.0	14	472.7	951.7	951.7	51
141	Gardner	Becky	Saltaire Striders	FSEN	118	336.1	108	318.0	113	295.6	0	0.0	0	0.0	949.8	949.8	52
142	Ballantyne	Emma	St Theresas AC	F35	20	473.4	16	474.5	0	0.0	0	0.0	0	0.0	947.9	947.9	25
143	Thornton	Laura	Rothwell Harriers & AC	FSEN	13	483.2	25	459.2	0	0.0	0	0.0	0	0.0	942.4	942.4	53
144	Vamplew	Lucy	Ackworth Road Runners	F40	0	0.0	0	0.0	118	286.5	105	336.5	91	310.9	933.9	933.9	21
145	Todd	Julie	Airecentre Pacers	F45	134	313.7	0	0.0	93	332.1	138	284.6	0	0.0	930.4	930.4	27
146	Karamani	Katerina	Pudsey & Bramley AC	FSEN	28	462.2	21	466.0	0	0.0	0	0.0	0	0.0	928.2	928.2	54
147	Gibbs	Claire	Harrogate Tri Club	F50	129	320.7	0	0.0	115	292.0	0	0.0	89	315.1	927.8	927.8	11
148	Wrangles	Gail	Ackworth Road Runners	F50	163	273.1	149	248.3	158	213.5	197	191.8	0	0.0	926.7	926.7	12
149	Durkin	Linda	Kippax & District Harriers	F60	212	204.5	157	234.7	164	202.6	158	253.1	128	233.2	1128.1	925.5	4
150	Robinson	Emma	Harrogate Harriers & AC	F40	0	0.0	0	0.0	0	0.0	28	457.5	17	466.4	923.9	923.9	22
151	Johnson	Laura	St Theresas AC	F40	184	243.7	169	214.3	142	242.7	182	215.4	0	0.0	916.1	916.1	23
152	Clark	Faye	Abbey Runners	F35	0	0.0	36	440.5	0	0.0	17	474.8	0	0.0	915.3	915.3	26
153	Davidson	Rachel	Valley Striders AC	FSEN	26	465.0	0	0.0	0	0.0	0	0.0	25	449.6	914.6	914.6	55
154	Muir	Ruth	St Theresas AC	F45	29	460.8	0	0.0	27	452.6	0	0.0	0	0.0	913.3	913.3	28
155	Chantrill	Sarah	Abbey Runners	F50	192	232.5	160	229.6	150	228.1	178	221.7	139	210.1	1122.0	911.9	13
156	Tamlyn	Olivia	Roundhay Runners	FSEN	154	285.7	0	0.0	0	0.0	112	325.5	97	298.3	909.5	909.5	56
157	Lodge	Kate	Otley AC	F50	199	222.7	170	212.6	0	0.0	176	224.8	121	247.9	908.0	908.0	14
158	Prosho	Lisa	Saltaire Striders	F60	179	250.7	158	233.0	151	226.3	195	195.0	0	0.0	904.9	904.9	5
159	Wilkinson	Paula	Knaresborough Striders	F55	200	221.3	165	221.1	152	224.5	168	237.4	136	216.4	1120.6	904.3	7
160	Archer	Kate	Ilkley Harriers	F45	37	449.6	29	452.4	0	0.0	0	0.0	0	0.0	902.0	902.0	29
161	Sidwell	Debbie	Ackworth Road Runners	F40	145	298.3	0	0.0	0	0.0	124	306.6	101	289.9	894.8	894.8	24
162	Ashworth	Kathryn	Abbey Runners	F50	217	197.5	148	250.0	156	217.2	192	199.7	140	208.0	1072.3	874.8	15
163	Forster	Lora	Chapel Allerton Runners	F40	136	310.9	120	297.6	0	0.0	288	48.7	137	214.3	871.6	871.6	25
164	Holleran	Christine	Nidd Valley Road Runners	F60	0	0.0	122	294.2	122	279.2	133	292.5	0	0.0	865.9	865.9	6
165	Carter	Jenny	Hyde Park Harriers	FSEN	143	301.1	0	0.0	145	237.2	116	319.2	0	0.0	857.5	857.5	57
166	Macdonald	Wanda	St Theresas AC	F60	135	312.3	126	287.4	134	257.3	0	0.0	0	0.0	857.0	857.0	7
167	Bell	Chessie	York Postal Harriers	FSEN	39	446.8	0	0.0	0	0.0	60	407.2	0	0.0	854.0	854.0	58
168	Fairhall	Sarah	Abbey Runners	FSEN	0	0.0	40	433.7	48	414.2	0	0.0	0	0.0	847.9	847.9	59
169	Illman	Helen	Airecentre Pacers	F35	0	0.0	0	0.0	0	0.0	47	427.7	42	413.9	841.5	841.5	27
170	Goult	Rebecca	Chapel Allerton Runners	FSEN	174	257.7	130	280.6	0	0.0	128	300.3	0	0.0	838.6	838.6	60
171	Forster	Rebecca	Chapel Allerton Runners	F35	0	0.0	48	420.1	49	412.4	0	0.0	0	0.0	832.5	832.5	28
172	Lewis	Katrina	Chapel Allerton Runners	FSEN	0	0.0	70	382.7	0	0.0	38	441.8	0	0.0	824.5	824.5	61
173	Rowe-Patel	Jenny	Abbey Runners	FSEN	58	420.2	58	403.1	0	0.0	0	0.0	0	0.0	823.2	823.2	62
174	Alcock	Helen	Airecentre Pacers	F40	181	247.9	0	0.0	0	0.0	146	272.0	99	294.1	814.0	814.0	26
175	Harrop	Emma	Knaresborough Striders	F60	209	208.7	0	0.0	167	197.1	186	209.1	145	197.5	812.4	812.4	8
176	Button	Holly	Valley Striders AC	F35	65	410.4	0	0.0	0	0.0	67	396.2	0	0.0	806.6	806.6	29
177	Hart	Isabel	Otley AC	FSEN	158	280.1	141	261.9	131	262.8	0	0.0	0	0.0	804.8	804.8	63
178	Williams	Ellie	Hyde Park Harriers	FSEN	176	254.9	137	268.7	126	271.9	0	0.0	0	0.0	795.5	795.5	64
179	Chruscht	Janice	Airecentre Pacers	F45	214	201.7	174	205.8	0	0.0	205	179.2	141	205.9	792.6	792.6	30
180	Hewson	Abbey	Roundhay Runners	FSEN	169	264.7	0	0.0	132	260.9	157	254.7	0	0.0	780.4	780.4	65
181	Phillips	Laura	Abbey Runners	FSEN	55	424.4	0	0.0	81	354.0	0	0.0	0	0.0	778.4	778.4	66
182	Brown	Bev	Ackworth Road Runners	F50	235	172.3	179	197.3	177	178.8	173	229.6	159	168.1	777.9	777.9	16
183	Scott	Katharine	Abbey Runners	F45	167	267.5	0	0.0	129	266.4	164	243.7	0	0.0	777.6	777.6	31
184	Bisset	Louise	Horsforth Harriers	F50	164	271.7	135	272.1	147	233.6	0	0.0	0	0.0	777.4	777.4	17
185	O'Hara	Joanne	St Theresas AC	F55	166	268.9	145	255.1	141	244.5	0	0.0	0	0.0	768.5	768.5	8
186	Boaz	Louise	York Postal Harriers	F35	70	403.4	81	363.9	0	0.0	0	0.0	0	0.0	767.3	767.3	30
187	Wigglesworth	Rose	Ackworth Road Runners	F45	239	166.7	163	224.5	166	198.9	217	160.4	176	132.4	882.8	750.4	32
188	Hacker	Tanya	St Theresas AC	F45	218	196.1	181	193.9	182	169.7	210	171.4	149	189.1	920.1	750.4	33
189	Elliott	Sarah	York Triathlon Club	FSEN	186	240.9	147	251.7	136	253.6	0	0.0	0	0.0	746.2	746.2	67
190	Normanhenney	Hazel	St Theresas AC	F35	0	0.0	0	0.0	70	374.1	0						

222	Chivers	Ann	Roundhay Runners	F45	119	334.7	107	319.7	0	0.0	0	0.0	0	0.0	0	0.0	654.5	654.5	37
223	Green	Jemima	Vale of York Athletic Community	F5EN	0	0.0	104	324.8	97	324.8	0	0.0	0	0.0	0	0.0	649.6	649.6	78
224	Britton	Amanda	Wetherby Runners AC	F50	0	0.0	177	200.7	0	0.0	175	226.4	134	220.6	647.7	647.7	22		
225	Bond	Claire	Saltaire Striders	F45	111	345.9	0	0.0	111	299.3	0	0.0	0	0.0	0	0.0	645.2	645.2	38
226	Copley	Clare	Kippax & District Harriers	F45	0	0.0	180	195.6	0	0.0	172	231.1	135	218.5	645.2	645.2	39		
227	Hall	Camilla	Kirkstall Harriers	F5EN	148	294.1	0	0.0	0	0.0	96	350.6	0	0.0	644.7	644.7	79		
228	Frosztega	Jenny	Harrogate Tri Club	F40	0	0.0	0	0.0	0	0.0	117	317.6	84	325.6	643.2	643.2	30		
229	Alderson	Michelle	Kippax & District Harriers	F40	205	214.3	0	0.0	146	235.4	196	193.4	0	0.0	643.1	643.1	31		
230	Turcan	Lizzie	Harrogate Tri Club	F5EN	208	210.1	0	0.0	155	219.0	184	212.3	0	0.0	641.3	641.3	80		
231	Edwards	Amber	Hyde Park Harriers	F5EN	249	152.7	197	166.7	170	191.6	237	128.9	181	121.8	761.7	639.9	81		
232	Armitstead	Carol	Otley AC	F65	220	193.3	0	0.0	0	0.0	185	210.7	129	231.1	635.1	635.1	3		
233	Smith	Emma	Ackworth Road Runners	F50	191	233.9	168	216.0	174	184.3	0	0.0	0	0.0	634.2	634.2	23		
234	Ullah	Pippa	York Triathlon Club	F5EN	242	162.5	190	178.6	205	127.7	239	125.8	161	163.9	758.4	632.6	82		
235	Noyes	Helen	Hyde Park Harriers	F60	251	149.9	210	144.6	191	153.3	237	176.1	166	153.4	777.2	632.6	11		
236	Hague	Christine	Kippax & District Harriers	F35	207	211.5	0	0.0	183	167.9	159	251.6	0	0.0	630.9	630.9	36		
237	Brierley	Jo	Nidd Valley Road Runners	F45	0	0.0	0	0.0	0	0.0	108	331.8	98	296.2	628.0	628.0	40		
238	Harrison	Rebecca	Vale of York Athletic Community	F35	137	309.5	111	312.9	0	0.0	0	0.0	0	0.0	622.4	622.4	37		
239	Mills	Rachel	Nidd Valley Road Runners	F45	0	0.0	0	0.0	0	0.0	134	290.9	82	329.8	620.7	620.7	41		
240	Cooper	Harriet	Roundhay Runners	F35	195	228.3	0	0.0	193	149.6	0	0.0	125	239.5	617.4	617.4	38		
241	Burden	Hannah	Dragons Running Club (Leeds)	F40	0	0.0	193	173.5	180	173.4	147	270.4	0	0.0	617.3	617.3	32		
242	Gamesby	Sarah	Pudsey & Bramley AC	F45	231	177.9	221	125.9	0	0.0	221	154.1	165	155.5	613.3	613.3	42		
243	Cohen	Lucy	Abbey Runners	F50	255	144.3	194	171.8	194	147.8	224	149.4	0	0.0	613.2	613.2	24		
244	Davison	Rachel	Kippax & District Harriers	F35	219	194.7	0	0.0	0	0.0	180	218.6	144	199.6	612.8	612.8	39		
245	Roberts	Grace	Hyde Park Harriers	F5EN	182	246.5	139	265.3	0	0.0	0	0.0	191	100.8	612.6	612.6	83		
246	Holland	Samantha	Kippax & District Harriers	F35	0	0.0	209	146.3	160	209.9	156	256.3	0	0.0	612.4	612.4	40		
247	Sweetman	Amy	Chapel Allerton Runners	F5EN	0	0.0	161	227.9	168	195.3	199	188.7	0	0.0	611.8	611.8	84		
248	Fotherby	Pascale	Valley Striders AC	F45	265	130.3	199	163.3	222	96.7	234	133.6	152	182.8	706.7	609.9	43		
249	Long	Hannah	Hyde Park Harriers	F5EN	275	116.2	205	153.1	211	116.8	201	185.5	167	151.3	722.9	606.6	85		
250	Thomas	Anna	Harrogate Harriers & AC	F45	127	323.5	129	282.3	0	0.0	0	0.0	0	0.0	605.8	605.8	44		
251	Belford-Mcdowell	Lisa	St Therasas AC	F50	230	179.3	214	137.8	0	0.0	232	136.8	169	147.1	600.9	600.9	25		
252	Rhodes	Jo	Hyde Park Harriers	F35	0	0.0	0	0.0	0	0.0	130	297.2	95	302.5	599.7	599.7	41		
253	Turner	Alice	Saltaire Striders	F5EN	254	145.7	225	119.0	181	171.5	225	147.8	175	134.5	718.5	599.4	86		
254	Moore	Emma	Ilkley Harriers	F40	0	0.0	0	0.0	0	0.0	135	289.3	92	308.8	598.1	598.1	33		
255	Senior	Sarah	Vale of York Athletic Community	F40	221	191.9	162	226.2	0	0.0	209	173.0	0	0.0	591.0	591.0	34		
256	Sabourn	Jillian	Valley Striders AC	F55	248	154.1	211	142.9	196	144.2	236	130.5	170	145.0	716.5	586.0	12		
257	Zamir	Michelle	Wetherby Runners AC	F45	146	296.9	0	0.0	117	288.3	0	0.0	0	0.0	585.2	585.2	45		
258	Walker	Ruth	Ackworth Road Runners	F40	244	159.7	212	141.2	254	38.3	229	141.5	174	136.6	617.2	578.9	35		
259	Peckover	Victoria	Ackworth Road Runners	F45	0	0.0	206	151.4	0	0.0	183	213.8	138	212.2	577.4	577.4	46		
260	King	Judi	Saltaire Striders	F55	238	168.1	175	204.1	0	0.0	191	201.3	0	0.0	573.4	573.4	13		
261	Gibbons	Mary	Saltaire Striders	F35	204	215.7	183	190.5	184	166.1	0	0.0	0	0.0	572.2	572.2	42		
262	Thomson	Eleanor	Airecentre Pacers	F45	0	0.0	191	176.9	188	158.8	171	232.7	0	0.0	568.3	568.3	47		
263	Bracher	Sarah	Nidd Valley Road Runners	F45	240	165.3	208	148.0	0	0.0	241	122.6	177	130.3	566.1	566.1	48		
264	Reeves	Charlotte	Harrogate Harriers & AC	F40	153	287.1	0	0.0	124	275.5	0	0.0	0	0.0	562.7	562.7	36		
265	Jefferys	Suzette	St Therasas AC	F35	0	0.0	185	187.1	217	105.8	262	89.6	157	172.3	554.8	554.8	43		
266	Mc Aleavy	Clare	Wharfedale Harriers	F50	264	131.7	227	115.6	212	115.0	238	127.4	155	176.5	666.1	551.1	26		
267	Kempson	Hannah	Nidd Valley Road Runners	F5EN	0	0.0	116	304.4	0	0.0	0	0.0	122	245.8	550.2	550.2	87		
268	Turcan	Gill	Harrogate Tri Club	F55	267	127.5	0	0.0	206	125.9	220	155.7	172	140.8	549.8	549.8	14		
269	Bonnett	Lucy	Hyde Park Harriers	F5EN	0	0.0	136	270.4	128	268.2	0	0.0	0	0.0	538.7	538.7	88		
270	Baldaro-Booth	Becky	Roundhay Runners	F45	234	173.7	171	210.9	0	0.0	223	150.9	0	0.0	535.5	535.5	49		
271	Gibson	Michelle	Saltaire Striders	F60	236	170.9	182	192.2	186	162.4	0	0.0	0	0.0	525.5	525.5	12		
272	Griffiths	Alys	Hyde Park Harriers	F5EN	171	261.9	0	0.0	0	0.0	0	0.0	114	262.6	524.5	524.5	89		
273	Eva	Charlotte	Hyde Park Harriers	F35	258	140.1	196	168.4	0	0.0	245	116.4	192	98.7	523.5	523.5	44		
274	Morley	Sue	Knaresborough Striders	F65	256	142.9	217	132.7	202	133.2	0	0.0	185	113.4	522.2	522.2	4		
275	Hampshire	Mary	Otley AC	F55	170	263.3	143	258.5	0	0.0	0	0.0	0	0.0	521.8	521.8	15		
276	Bombardini	Olivia	Dragons Running Club (Leeds)	F5EN	175	256.3	0	0.0	0	0.0	151	264.2	0	0.0	520.5	520.5	90		
277	Smedley	Rachel	Valley Striders AC	F5EN	0	0.0	132	277.2	143	240.9	0	0.0	0	0.0	518.1	518.1	91		
278	Owen	Kath	Chapel Allerton Runners	F40	0	0.0	235	102.0	213	113.1	242	121.1	153	180.7	516.9	516.9	37		
279	Bennett	Alison	Ilkley Harriers	F60	0	0.0	0	0.0	0	0.0	170	234.3	105	281.5	515.8	515.8	13		
280	Hardy	Hannah	Harrogate Tri Club	F45	245	158.3	0	0.0	0	0.0	198	190.3	162	161.8	510.3	510.3	50		
281	Bell	Valerie	Wetherby Runners AC	F55	0	0.0	200	161.6	185	164.2	202	184.0	0	0.0	509.8	509.8	16		
282	Edwards	Amber	Ackworth Road Runners	F5EN	0	0.0	131	278.9	149	229.9	0	0.0	0	0.0	508.8	508.8	92		
283	Knight	Gini	Horsforth Harriers	F65	0	0.0	0	0.0	197	142.3	206	177.7	151	184.9	504.9	504.9	5		
284	Mays	Vicky	Horsforth Harriers	F45	233	175.1	204	154.8	0	0.0	0	0.0	158	170.2	500.0	500.0	51		
285	Hadfield	Jenni	Vale of York Athletic Community	F40	263	133.1	178	199.0	0	0.0	0	0.0	160	166.0	498.0	498.0	38		
286	Bromley	Sophie	Airecentre Pacers	F35	0	0.0	155	238.1	0	0.0	155	257.9	0	0.0	496.0	496.0	45		
287	Sarsfield	Ruth Elizabeth	Abbey Runners	F55	0	0.0	173	207.5	198	140.5	228	143.1	0	0.0	491.1	491.1	17		
288	Hawking	Veronica	Kippax & District Harriers	F40	177	253.5	0	0.0	0	0.0	169	235.8	0	0.0	489.4	489.4	39		
289	Hardaker	Hinda	Wharfedale Harriers	F45	0	0.0	0	0.0	11	481.8	0	0.0	0	0.0	481.8	481.8	52		
290	Bradbury	Eleanor	Roundhay Runners	F5EN	0	0.0	13	479.6	0	0.0	0	0.0	0	0.0	479.6	479.6	93		
291	Jewers	Sarah	Hyde Park Harriers	F5EN	187	239.5	0	0.0	144	239.1	0	0.0	0	0.0	478.5	478.5	94		
292	Kara	Leila	Valley Striders AC	F60	0	0.0	207	149.7	195	146.0	204	180.8	0	0.0	476.5	476.5	14		
293	Walford	Rebecca	Roundhay Runners	F5EN	0	0.0	0	0.0	0	0.0	16	476.4	0	0.0	476.4	476.4	95		
294	Rowe	Issy	Harrogate Harriers & AC	F35	18	476.2	0	0.0	0	0.0	0	0.0	0	0.0	476.2	476.2	46		
295	Warren	Eleanor	St Therasas AC	F5EN	0	0.0	0	0.0	16	472.6	0	0.0	0	0.0	472.6	472.6	96		
296	Holmes	Jane	Harrogate Tri Club	F70	0	0.0	0	0.0	0	0.0	163	245.3	131	226.9	472.2	472.2	1		
297	Downie	Kate	Roundhay Runners	F5EN	21	472.0	0	0.0	0	0.0	0	0.0	0	0.0	472.0	472.0	97		
298	Jackson	Niamh	Roundhay Runners	F40	0	0.0	0	0.0	18	469.0	0	0.0	0	0.0	469.0	469.0	40		
299	Humpherson	Maria	Saltaire Striders	F55	180	249.3	166	219.4	0	0.0	0	0.0	0	0.0	468.7	468.7</			

335	Leech	Katherine	York Triathlon Club	F40	273	119.0	0	0.0	225	91.2	273	72.3	195	92.4	375.1	375.1	45
336	Addison	Dianne	Horsforth Fellandale	F60	285	102.2	232	107.1	228	85.8	276	67.6	201	79.8	442.6	375.0	19
337	Fannen	Sally	Knaresborough Striders	F45	286	100.8	218	131.0	0	0.0	230	139.9	0	0.0	371.7	371.7	57
338	Salih	Jasmine	Abbey Runners	F50	282	106.4	245	85.0	219	102.2	271	75.5	0	0.0	369.1	369.1	33
339	Gaines	Tammy	Ackworth Road Runners	F40	97	365.5	0	0.0	0	0.0	0	0.0	0	0.0	365.5	365.5	46
340	Thomas	Kate	Wetherby Runners AC	F45	266	128.9	228	113.9	208	122.3	0	0.0	0	0.0	365.1	365.1	58
341	Alston	Helen	Otley AC	F40	0	0.0	0	0.0	0	0.0	0	0.0	69	357.1	357.1	47	
342	Sendula	Andrea	Hyde Park Harriers	FSEN	0	0.0	252	73.1	249	47.4	243	119.5	184	115.5	355.6	355.6	108
343	Thompson	Hannah	Abbey Runners	FSEN	0	0.0	0	0.0	0	0.0	93	355.3	0	0.0	355.3	355.3	109
344	Evans	Tara	Chapel Allerton Runners	FSEN	0	0.0	241	91.8	238	67.5	253	103.8	196	90.3	353.5	353.5	110
345	Nichol	Megan	Abbey Runners	FSEN	0	0.0	0	0.0	0	0.0	0	0.0	71	352.9	352.9	111	
346	Austin	Holly	Chapel Allerton Runners	F40	252	148.5	0	0.0	0	0.0	0	0.0	142	203.8	352.2	352.2	48
347	Anderson	Isabel	Saltaire Striders	F40	0	0.0	0	0.0	0	0.0	95	352.2	0	0.0	352.2	352.2	49
348	Roberts	Sarah	Hyde Park Harriers	FSEN	109	348.7	0	0.0	0	0.0	0	0.0	0	0.0	348.7	348.7	112
349	Holroyde	Tiffany	Chapel Allerton Runners	FSEN	227	183.5	0	0.0	0	0.0	215	163.5	0	0.0	347.0	347.0	113
350	Tombs	Gail	Ackworth Road Runners	F70	310	67.2	248	79.9	230	82.1	261	91.2	199	84.0	404.5	337.3	2
351	Gore	Sarah	Knaresborough Striders	F45	294	89.6	231	108.8	0	0.0	231	138.4	0	0.0	336.8	336.8	59
352	Bray	Paula	Horsforth Harriers	F45	121	331.9	0	0.0	0	0.0	0	0.0	0	0.0	331.9	331.9	60
353	Watkinson	Nicki	Hyde Park Harriers	F50	309	68.6	249	78.2	235	73.0	251	106.9	204	73.5	400.3	331.7	34
354	Clark	Sophie	Horsforth Fellandale	FSEN	123	329.1	0	0.0	0	0.0	0	0.0	0	0.0	329.1	329.1	114
355	Muir	Marion	Horsforth Fellandale	F45	126	324.9	0	0.0	0	0.0	0	0.0	0	0.0	324.9	324.9	61
356	Reynolds	Freya	Wharfedale Harriers	F35	128	322.1	0	0.0	0	0.0	0	0.0	0	0.0	322.1	322.1	52
357	Chapman	Sam	St Therasas AC	F40	0	0.0	106	321.4	0	0.0	0	0.0	0	0.0	321.4	321.4	50
358	Hulme-Vickerstaff	Lisa	Abbey Runners	F55	302	78.4	255	68.0	0	0.0	260	92.8	200	81.9	321.2	321.2	21
359	Taylor	Isobel	Horsforth Harriers	FSEN	0	0.0	0	0.0	0	0.0	211	169.8	168	149.2	319.0	319.0	115
360	Hugill	Elizabeth	Nidd Valley Road Runners	F35	259	138.7	189	180.3	0	0.0	0	0.0	0	0.0	318.9	318.9	53
361	Houghton	Vicky	Hyde Park Harriers	F40	131	317.9	0	0.0	0	0.0	0	0.0	0	0.0	317.9	317.9	51
362	Fletcher	Lynn	St Therasas AC	F70	0	0.0	256	66.3	239	65.7	272	73.9	187	109.2	315.2	315.2	3
363	McIarnon	Shevonne	Kirkstall Harriers	F50	0	0.0	201	159.9	190	155.1	0	0.0	0	0.0	315.0	315.0	35
364	Lane	Joanne	Nidd Valley Road Runners	F50	269	124.6	233	105.4	0	0.0	274	70.8	233	12.6	313.5	313.5	36
365	Trodd	Gemma	Abbey Runners	FSEN	0	0.0	202	158.2	0	0.0	222	152.5	0	0.0	310.7	310.7	116
366	Smith	Julie	Horsforth Harriers	F45	225	186.3	224	120.7	0	0.0	0	0.0	0	0.0	307.0	307.0	62
367	Sim	Laura	Hyde Park Harriers	FSEN	323	49.0	0	0.0	0	0.0	247	113.2	171	142.9	305.1	305.1	117
368	Robins	Fiona	Kippax & District Harriers	F45	141	303.9	0	0.0	0	0.0	0	0.0	0	0.0	303.9	303.9	63
369	Prust	Jane	Hyde Park Harriers	F65	0	0.0	234	103.7	218	104.0	259	94.3	0	0.0	302.1	302.1	6
370	Mills	Karen	Nidd Valley Road Runners	F45	0	0.0	0	0.0	0	0.0	250	108.5	147	193.3	301.8	301.8	64
371	Mckie	Sarah	York Postal Harriers	F40	0	0.0	119	299.3	0	0.0	0	0.0	0	0.0	299.3	299.3	52
372	Bastin	Katie	Abbey Runners	FSEN	0	0.0	0	0.0	245	54.7	255	100.6	173	138.7	294.0	294.0	118
373	Chambers	Bethany	Hyde Park Harriers	FSEN	0	0.0	0	0.0	114	293.8	0	0.0	0	0.0	293.8	293.8	119
374	Delucchi	Madeleine	Otley AC	F65	278	112.0	0	0.0	221	98.5	267	81.8	0	0.0	292.3	292.3	7
375	Mcclurg	Isobel	Hyde Park Harriers	FSEN	307	71.4	236	100.3	0	0.0	0	0.0	183	117.6	289.4	289.4	120
376	Skeer	Katrina	Knaresborough Striders	F65	313	63.0	254	69.7	229	83.9	284	55.0	205	71.4	344.2	288.1	8
377	Love	Helen	Saltaire Striders	F65	0	0.0	0	0.0	215	109.5	208	174.5	0	0.0	284.0	284.0	9
378	Gibson	Lindsey	Roundhay Runners	F45	289	96.6	0	0.0	227	87.6	256	99.1	0	0.0	283.3	283.3	65
379	Stead	Sydney	Bradford Airedale AC	FSEN	276	114.8	0	0.0	231	80.3	263	88.1	0	0.0	283.2	283.2	121
380	Wright	Amy	St Therasas AC	F40	292	92.4	242	90.1	220	100.4	0	0.0	0	0.0	282.9	282.9	53
381	Legg	Jennifer	Wetherby Runners AC	FSEN	156	282.9	0	0.0	0	0.0	0	0.0	0	0.0	282.9	282.9	122
382	Johnson	Robyn	Hyde Park Harriers	F35	328	42.0	253	71.4	274	1.8	280	61.3	188	107.1	283.7	281.9	54
383	Oughton	Jane	Abbey Runners	F65	0	0.0	223	122.4	0	0.0	0	0.0	164	157.6	280.0	280.0	10
384	Nurse	Helen	Roundhay Runners	F55	250	151.3	0	0.0	207	124.1	0	0.0	0	0.0	275.3	275.3	22
385	Barnett	Nicola	Horsforth Harriers	F50	261	135.9	0	0.0	199	138.7	0	0.0	0	0.0	274.5	274.5	37
386	Starks	Isobel	Valley Striders AC	FSEN	257	141.5	0	0.0	203	131.4	0	0.0	0	0.0	272.8	272.8	123
387	Allen	Elizabeth	Chapel Allerton Runners	F55	314	61.6	259	61.2	246	52.9	0	0.0	193	96.6	272.4	272.4	23
388	Barton	Debbie	Ackworth Road Runners	F55	317	57.4	247	81.6	253	40.1	277	66.0	208	65.1	310.4	270.2	24
389	Waite	Sarah	St Therasas AC	F40	168	266.1	0	0.0	0	0.0	0	0.0	0	0.0	266.1	266.1	54
390	Mcadam	Laura	Ackworth Road Runners	FSEN	0	0.0	0	0.0	0	0.0	152	262.6	0	0.0	262.6	262.6	124
391	Gummer	Sarah	Knaresborough Striders	F35	0	0.0	0	0.0	0	0.0	0	0.0	115	260.5	260.5	260.5	55
392	Glover	Sarah	Horsforth Fellandale	F45	172	260.5	0	0.0	0	0.0	0	0.0	0	0.0	260.5	260.5	66
393	Roberts	Julie	Ackworth Road Runners	F50	0	0.0	0	0.0	0	0.0	154	259.4	0	0.0	259.4	259.4	38
394	Bolton	Amber	Hyde Park Harriers	FSEN	316	58.8	0	0.0	242	60.2	290	45.6	194	94.5	259.2	259.2	125
395	Callaghan	Melanie	Wetherby Runners AC	F60	305	74.2	257	64.6	241	62.0	282	58.2	0	0.0	259.1	259.1	20
396	McKnight Hart	Jill	Hyde Park Harriers	FSEN	281	107.8	238	96.9	0	0.0	285	53.5	0	0.0	258.2	258.2	126
397	Balling	Lauren	Rothwell Harriers & AC	F40	0	0.0	215	136.1	209	120.4	0	0.0	0	0.0	256.5	256.5	55
398	Hawden	Joanne	Rothwell Harriers & AC	F55	272	120.4	0	0.0	0	0.0	233	135.2	0	0.0	255.7	255.7	25
399	Newbould	Rebekah	Kippax & District Harriers	F50	296	86.8	263	54.4	250	45.6	286	51.9	210	60.9	299.7	254.1	39
400	Turner	Sarah	Ackworth Road Runners	F40	318	56.0	251	74.8	243	58.4	278	64.5	0	0.0	253.7	253.7	56
401	Hey	Helen	Otley AC	F50	300	81.2	240	93.5	232	78.5	0	0.0	0	0.0	253.2	253.2	40
402	Crossley	Jane	Kirkstall Harriers	F35	178	252.1	0	0.0	0	0.0	0	0.0	0	0.0	252.1	252.1	56
403	Woodhead	Kat	Nidd Valley Road Runners	F35	183	245.1	0	0.0	0	0.0	0	0.0	0	0.0	245.1	245.1	57
404	Hartley	Nicola	Valley Striders AC	F35	0	0.0	0	0.0	0	0.0	167	239.0	0	0.0	239.0	239.0	58
405	Lippiatt	Carys	Valley Striders AC	F50	190	235.3	0	0.0	0	0.0	0	0.0	0	0.0	235.3	235.3	41
406	Hughes	Jane	Saltaire Striders	F35	253	147.1	244	86.7	0	0.0	0	0.0	0	0.0	233.8	233.8	59
407	Williams	Emily	Hyde Park Harriers	FSEN	193	231.1	0	0.0	0	0.0	0	0.0	0	0.0	231.1	231.1	127
408	Holden	Kim	Harrogate Harriers & AC	F60	279	110.6	0	0.0	214	111.3	0	0.0	0	0.0	222.0	222.0	21
409	Gabriel	Kate	Roundhay Runners	F60	0	0.0	229	112.2	216	107.7	0	0.0	0	0.0	219.9	219.9	22
410	Rhodes	Gillian	Bradford Airedale AC	F40	0	0.0	237	98.6	0	0.0	248	111.6	0	0.0	210.3	210.3	57
411	Fletcher	Harriet	Saltaire Striders	F50	0	0.0	0	0.0	162	206.2	0	0.0	0	0.0	206.2	206.2	42
412	Keadin-Brown	Patricia	Rothwell Harriers & AC	F45	287	99.4	0	0.0	0	0.0	252	105.3	0	0.0	204.8	204.8	67
413	Jamieson	Lisa	Pudsey & Bramley AC	F45	215	200.3	0	0.0	0	0.0	0	0.0	0	0.0	200.3	200.3	68
414	Allan	Catherine	Ackworth Road Runners	F45	331	37.8	270	42.5	256	34.7	283	56.6	209	63.0	234.6	200.0	69
415	Chapman	Wendy	St Therasas AC	F65	0	0.0	0	0.0	0	0.0	264	86.5	186	111.3	197.8	197.8	11
416	Macklam	Debbie	Ackworth Road Runners	F55	284	103.6	0	0.0	224	93.1	0	0.0	0	0.0	196.7	196.7	26
417	Hattrell	Becca	St Therasas AC	F35	288	98.0	0	0.0	0	0.0	257	97.5	0	0.0	195.5	195.5	60
418	Llewellyn	Amy	Airecentre Pacers	F40	222	190.5	0	0.0	0	0.0	0	0.0	0	0.0	190.5	190.5	5

448	Stone	Natalie	Ackworth Road Runners	FSEN	0	0.0	216	134.4	0	0.0	0	0.0	0	0.0	134.4	134.4	132
449	Lowson	Lindsay	Chapel Allerton Runners	F55	335	32.2	271	40.8	259	29.2	0	0.0	224	31.5	133.7	133.7	30
450	Pal	Marrieanne	Vale of York Athletic Community	F40	344	19.6	279	27.2	258	31.0	298	33.0	219	42.0	152.9	133.3	61
451	Harley	Kirsty	Kippax & District Harriers	F40	342	22.4	267	47.6	262	23.7	295	37.7	0	0.0	131.5	131.5	62
452	Smith	Michelle	Nidd Valley Road Runners	F55	0	0.0	269	44.2	0	0.0	297	34.6	215	50.4	129.2	129.2	31
453	Rhodes	Susy	Nidd Valley Road Runners	F45	304	75.6	265	51.0	0	0.0	0	0.0	0	0.0	126.7	126.7	75
454	Lawrance	Jasmin	Harrogate Tri Club	FSEN	0	0.0	0	0.0	0	0.0	240	124.2	0	0.0	124.2	124.2	133
455	Swann	Nicola	Otley AC	F45	270	123.2	0	0.0	0	0.0	0	0.0	0	0.0	123.2	123.2	76
456	Keighley	Carole	Airecentre Pacers	F60	0	0.0	0	0.0	247	51.1	0	0.0	206	69.3	120.4	120.4	27
457	Rush	Isla	Roundhay Runners	FSEN	0	0.0	0	0.0	210	118.6	0	0.0	0	0.0	118.6	118.6	134
458	Groom	Rachel	Kippax & District Harriers	FSEN	0	0.0	0	0.0	0	0.0	292	42.5	203	75.6	118.1	118.1	135
459	Sroka	Sue	Saltaire Striders	F50	0	0.0	226	117.3	0	0.0	0	0.0	0	0.0	117.3	117.3	47
460	Pell	Valerie	St Theresas AC	F65	0	0.0	0	0.0	0	0.0	246	114.8	0	0.0	114.8	114.8	13
461	Hembra	Daniella	Chapel Allerton Runners	F45	319	54.6	260	59.5	0	0.0	0	0.0	0	0.0	114.1	114.1	77
462	Foy	Tracy	Saltaire Striders	F50	0	0.0	0	0.0	0	0.0	249	110.1	0	0.0	110.1	110.1	48
463	Bloomfield	Hannah	Roundhay Runners	FSEN	280	109.2	0	0.0	0	0.0	0	0.0	0	0.0	109.2	109.2	136
464	Fallon	Lynne	St Theresas AC	F70	348	14.0	276	32.3	267	14.6	304	23.6	222	35.7	120.2	106.2	6
465	Maudsley	Esther	Abbey Runners	F40	0	0.0	0	0.0	0	0.0	0	0.0	190	102.9	102.9	102.9	63
466	Stanworth	Lucie	Kippax & District Harriers	FSEN	0	0.0	0	0.0	0	0.0	254	102.2	0	0.0	102.2	102.2	137
467	Darnbrough	Dorothy	Airecentre Pacers	F65	0	0.0	272	39.1	257	32.8	301	28.3	0	0.0	100.3	100.3	14
468	Hall	Charlotte	Roundhay Runners	F45	324	47.6	0	0.0	0	0.0	287	50.3	0	0.0	97.9	97.9	78
469	Thornley	Abi	Hyde Park Harriers	FSEN	291	93.8	0	0.0	0	0.0	0	0.0	0	0.0	93.8	93.8	138
470	Donnelly	Chrissy	Hyde Park Harriers	F55	341	23.8	285	17.0	261	25.5	307	18.9	229	21.0	106.2	89.2	32
471	Henderson	Jo	Ilkley Harriers	F45	295	88.2	0	0.0	0	0.0	0	0.0	0	0.0	88.2	88.2	79
472	Corlet	Dawn	Rothwell Harriers & AC	F55	343	21.0	288	11.9	0	0.0	303	25.2	225	29.4	87.5	87.5	33
473	Phoolchund	Alina	Valley Striders AC	FSEN	338	28.0	273	37.4	0	0.0	305	22.0	0	0.0	87.4	87.4	139
474	Mckinnell	Amanda	Ackworth Road Runners	F65	0	0.0	275	34.0	265	18.2	0	0.0	223	33.6	85.9	85.9	15
475	Mccartney	Karen	Nidd Valley Road Runners	F60	297	85.4	0	0.0	0	0.0	0	0.0	0	0.0	85.4	85.4	28
476	Owen	Lynne	Ackworth Road Runners	F55	0	0.0	0	0.0	0	0.0	265	84.9	0	0.0	84.9	84.9	34
477	Phillips	Chloe	York Triathlon Club	F35	298	84.0	0	0.0	0	0.0	0	0.0	0	0.0	84.0	84.0	65
478	Roberts	Rachel	Roundhay Runners	F35	0	0.0	0	0.0	0	0.0	299	31.4	214	52.5	84.0	84.0	66
479	Lambert	Sarah	Ilkley Harriers	F35	301	79.8	0	0.0	0	0.0	0	0.0	0	0.0	79.8	79.8	67
480	Needham	Lesley	Ackworth Road Runners	F60	0	0.0	0	0.0	0	0.0	269	78.6	0	0.0	78.6	78.6	29
481	Carey	Kay	St Theresas AC	F50	303	77.0	0	0.0	0	0.0	0	0.0	0	0.0	77.0	77.0	49
482	Eaton	Sue	Ackworth Road Runners	F55	0	0.0	284	18.7	264	20.1	296	36.2	0	0.0	74.9	74.9	35
483	Steeves	Elizabeth	Wetherby Runners AC	F60	345	18.2	280	25.5	269	10.9	309	15.7	0	0.0	70.4	70.4	30
484	Davis	Denise	Saltaire Striders	F55	308	70.0	0	0.0	0	0.0	0	0.0	0	0.0	70.0	70.0	36
485	Thompson	Susan	Wharfedale Harriers	F55	0	0.0	278	28.9	0	0.0	0	0.0	220	39.9	68.8	68.8	37
486	Sabourn	Laura	Valley Striders AC	FSEN	0	0.0	282	22.1	0	0.0	0	0.0	217	46.2	68.3	68.3	140
487	Barrett	Catherine	Kirkstall Harriers	F45	311	65.8	0	0.0	0	0.0	0	0.0	0	0.0	65.8	65.8	80
488	Holmes	Rachael	York Triathlon Club	F35	340	25.2	0	0.0	0	0.0	310	14.2	228	23.1	62.5	62.5	68
489	Simpson	Natasha	Dragons Running Club (Leeds)	FSEN	336	30.8	287	13.6	0	0.0	0	0.0	231	16.8	61.2	61.2	141
490	Hullah	Sharon	Wetherby Runners AC	F65	339	26.6	0	0.0	266	16.4	308	17.3	0	0.0	60.3	60.3	16
491	Buckley	Ann	Dragons Running Club (Leeds)	F45	337	29.4	286	15.3	0	0.0	0	0.0	232	14.7	59.4	59.4	81
492	Fryer	Louise	Rothwell Harriers & AC	F40	349	12.6	289	10.2	0	0.0	312	11.0	227	25.2	59.0	59.0	64
493	Calvertmckeag	Nicole	Knaresborough Striders	F50	0	0.0	0	0.0	0	0.0	0	0.0	211	58.8	58.8	58.8	50
494	Pattinson	Angela	Nidd Valley Road Runners	F40	0	0.0	0	0.0	0	0.0	0	0.0	212	56.7	56.7	56.7	65
495	Patterson	Julie	Saltaire Striders	F55	0	0.0	277	30.6	0	0.0	306	20.4	0	0.0	51.1	51.1	38
496	Ahmad	Liz	Nidd Valley Road Runners	F65	0	0.0	0	0.0	0	0.0	0	0.0	216	48.3	48.3	48.3	17
497	Lancaster	Mairread	Kippax & District Harriers	FSEN	346	16.8	0	0.0	0	0.0	311	12.6	230	18.9	48.3	48.3	142
498	Gannon	Pamela	Rothwell Harriers & AC	F50	325	46.2	0	0.0	0	0.0	0	0.0	0	0.0	46.2	46.2	51
499	Langdon	Lorna	Otley AC	F45	326	44.8	0	0.0	0	0.0	0	0.0	0	0.0	44.8	44.8	82
500	Rowley	Samantha	St Theresas AC	F55	0	0.0	0	0.0	0	0.0	0	0.0	218	44.1	44.1	44.1	39
501	Hall	Jessica	Ackworth Road Runners	FSEN	0	0.0	0	0.0	0	0.0	291	44.0	0	0.0	44.0	44.0	143
502	Neugebauer	Sharron	Hyde Park Harriers	F60	350	11.2	292	5.1	268	12.8	0	0.0	234	10.5	39.6	39.6	31
503	Foreman	Helen	Wetherby Runners AC	F50	333	35.0	0	0.0	0	0.0	0	0.0	0	0.0	35.0	35.0	52
504	Hougham	Claire	Hyde Park Harriers	F45	334	33.6	0	0.0	0	0.0	0	0.0	0	0.0	33.6	33.6	83
505	Smith	Judith	Abbey Runners	F70	352	8.4	290	8.5	270	9.1	317	3.1	237	4.2	33.4	30.2	7
506	Cartwright	Jo	Rothwell Harriers & AC	F65	351	9.8	0	0.0	0	0.0	313	9.4	236	6.3	25.5	25.5	18
507	Longfield	Sarah	Ackworth Road Runners	F40	0	0.0	281	23.8	0	0.0	0	0.0	0	0.0	23.8	23.8	66
508	Stephenson	Laura	Ackworth Road Runners	F35	0	0.0	283	20.4	0	0.0	0	0.0	0	0.0	20.4	20.4	69
509	Warwick	Kennedy	Kippax & District Harriers	FSEN	347	15.4	0	0.0	0	0.0	0	0.0	0	0.0	15.4	15.4	144
510	Mckee	Ruth	Kippax & District Harriers	F35	0	0.0	0	0.0	271	7.3	314	7.9	0	0.0	15.2	15.2	70
511	Morten	Sylvia	Nidd Valley Road Runners	F60	0	0.0	0	0.0	0	0.0	315	6.3	235	8.4	14.7	14.7	32
512	Adlam	Eileen	Kippax & District Harriers	F60	354	5.6	294	1.7	272	5.5	318	1.6	0	0.0	14.3	14.3	33
513	Schofield	Emily	York Triathlon Club	FSEN	353	7.0	291	6.8	0	0.0	0	0.0	0	0.0	13.8	13.8	145
514	Holliday	Kyra	Vale of York Athletic Community	FSEN	356	2.8	293	3.4	0	0.0	0	0.0	0	0.0	6.2	6.2	146
515	Crossley	Hannah	York Triathlon Club	FSEN	0	0.0	0	0.0	273	3.6	0	0.0	238	2.1	5.8	5.8	147
516	Robinson	Fiona	Nidd Valley Road Runners	F60	0	0.0	0	0.0	0	0.0	316	4.7	0	0.0	4.7	4.7	34
517	Lea-Langton	Amanda	Harrogate Tri Club	F50	355	4.2	0	0.0	0	0.0	0	0.0	0	0.0	4.2	4.2	53
518	Cross	Stella	Valley Striders AC	F65	357	1.4	0	0.0	0	0.0	0	0.0	0	0.0	1.4	1.4	19