

PECO Cross Country League 2025-26

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    | 1      | 500.0  | 1      | 500.0  | 1      | 500.0  | 1      | 500.0  | 0      | 0.0    | 2000.0       | 2000.0        | 1       |
| 2        | Cooke        | Poppy      | Ackworth Road Runners           | FSEN    | 0      | 0.0    | 6      | 490.0  | 7      | 490.1  | 4      | 494.2  | 1      | 500.0  | 1974.4       | 1974.4        | 2       |
| 3        | Knowles      | Emma       | Hyde Park Harriers              | FSEN    | 0      | 0.0    | 8      | 486.1  | 6      | 491.8  | 6      | 490.3  | 3      | 495.9  | 1964.1       | 1964.1        | 3       |
| 4        | Clark        | Faye       | Abbey Runners                   | F35     | 7      | 490.1  | 5      | 492.0  | 9      | 486.8  | 0      | 0.0    | 10     | 481.6  | 1950.5       | 1950.5        | 1       |
| 5        | Reeve        | Angela     | Wetherby Runners AC             | F45     | 0      | 0.0    | 7      | 488.0  | 16     | 475.3  | 10     | 482.6  | 7      | 487.7  | 1933.7       | 1933.7        | 1       |
| 6        | Corner       | Charlotte  | Hyde Park Harriers              | FSEN    | 14     | 478.5  | 10     | 482.1  | 13     | 480.3  | 16     | 471.0  | 8      | 485.7  | 2397.5       | 1926.5        | 4       |
| 7        | Mckerrell    | Lucy       | Hyde Park Harriers              | FSEN    | 19     | 470.2  | 19     | 464.1  | 17     | 473.7  | 11     | 480.7  | 5      | 491.8  | 2380.5       | 1916.4        | 5       |
| 8        | Cobo         | Andrea     | Abbey Runners                   | F35     | 13     | 480.1  | 11     | 480.1  | 0      | 0.0    | 15     | 473.0  | 14     | 473.4  | 1906.5       | 1906.5        | 2       |
| 9        | Richards     | Alex       | Abbey Runners                   | FSEN    | 12     | 481.8  | 16     | 470.1  | 28     | 455.6  | 21     | 461.4  | 23     | 454.9  | 2323.8       | 1868.9        | 6       |
| 10       | Baldry       | Honor      | Hyde Park Harriers              | F40     | 23     | 463.6  | 18     | 466.1  | 23     | 463.8  | 18     | 467.2  | 0      | 0.0    | 1860.7       | 1860.7        | 1       |
| 11       | O'Hara       | Becki      | Wharfedale Harriers             | F35     | 22     | 465.2  | 23     | 456.0  | 0      | 0.0    | 19     | 465.3  | 18     | 465.2  | 1851.8       | 1851.8        | 3       |
| 12       | Shanks       | Sarah      | Valley Striders AC              | F40     | 25     | 460.3  | 0      | 0.0    | 26     | 458.9  | 23     | 457.5  | 19     | 463.1  | 1839.8       | 1839.8        | 2       |
| 13       | Clegg        | Lindsey    | Horsforth Harriers              | F45     | 0      | 0.0    | 21     | 460.2  | 29     | 453.9  | 27     | 449.8  | 20     | 461.1  | 1825.0       | 1825.0        | 2       |
| 14       | Hart         | Emma       | Otley AC                        | F45     | 34     | 445.4  | 27     | 448.2  | 31     | 450.7  | 37     | 430.5  | 21     | 459.0  | 2233.7       | 1803.2        | 3       |
| 15       | Ensor        | Elizabeth  | Wharfedale Harriers             | F45     | 38     | 438.7  | 24     | 454.2  | 27     | 457.2  | 28     | 447.9  | 0      | 0.0    | 1798.0       | 1798.0        | 4       |
| 16       | Sunderland   | Nicola     | Roundhay Runners                | F35     | 36     | 442.1  | 0      | 0.0    | 35     | 444.1  | 33     | 438.2  | 30     | 440.6  | 1764.9       | 1764.9        | 4       |
| 17       | Wix          | Emily      | Rothwell Harriers & AC          | F35     | 47     | 423.8  | 30     | 442.2  | 0      | 0.0    | 46     | 413.1  | 22     | 457.0  | 1736.2       | 1736.2        | 5       |
| 18       | Ashworth     | Becky      | Abbey Runners                   | FSEN    | 59     | 404.0  | 44     | 414.3  | 40     | 435.9  | 35     | 434.4  | 31     | 438.5  | 2127.1       | 1723.1        | 7       |
| 19       | Bennett      | Dawn       | Vale of York Athletic Community | F45     | 52     | 415.6  | 40     | 422.3  | 42     | 432.6  | 40     | 424.7  | 32     | 436.5  | 2131.6       | 1716.5        | 5       |
| 20       | Bradford     | Sophie     | Vale of York Athletic Community | FSEN    | 42     | 432.1  | 59     | 384.5  | 0      | 0.0    | 30     | 444.0  | 29     | 442.6  | 1703.2       | 1703.2        | 8       |
| 21       | Mackenzie    | Winnie     | Otley AC                        | FSEN    | 233    | 115.9  | 69     | 364.5  | 37     | 440.8  | 29     | 445.9  | 27     | 446.7  | 1813.9       | 1698.0        | 9       |
| 22       | Phillips     | Laura      | Abbey Runners                   | FSEN    | 46     | 425.5  | 31     | 440.2  | 51     | 417.8  | 72     | 362.9  | 46     | 407.8  | 2054.2       | 1691.3        | 10      |
| 23       | Waller-Shaw  | Helen      | York Triathlon Club             | FSEN    | 53     | 413.9  | 39     | 424.3  | 57     | 407.9  | 56     | 393.8  | 42     | 416.0  | 2055.9       | 1662.1        | 11      |
| 24       | Gill         | Sarah      | Harrogate Harriers & AC         | F60     | 0      | 0.0    | 29     | 444.2  | 66     | 393.1  | 55     | 395.8  | 36     | 428.3  | 1661.3       | 1661.3        | 1       |
| 25       | Lawrence     | Becky      | Horsforth Harriers              | F45     | 0      | 0.0    | 32     | 438.2  | 67     | 391.4  | 44     | 417.0  | 44     | 411.9  | 1658.6       | 1658.6        | 6       |
| 26       | Jackson      | Anna       | Nidd Valley Road Runners        | F35     | 60     | 402.3  | 58     | 386.5  | 53     | 414.5  | 49     | 407.3  | 35     | 430.3  | 2040.9       | 1654.5        | 6       |
| 27       | Evans        | Rachel     | York Postal Harriers            | FSEN    | 66     | 392.4  | 43     | 416.3  | 0      | 0.0    | 48     | 409.3  | 41     | 418.0  | 1636.0       | 1636.0        | 12      |
| 28       | Follows      | Emily      | Kippax & District Harriers      | F45     | 49     | 420.5  | 48     | 406.4  | 72     | 383.2  | 59     | 388.0  | 40     | 420.1  | 2018.2       | 1635.0        | 7       |
| 29       | O'Sullivan   | Sarah      | Horsforth Harriers              | F45     | 64     | 395.7  | 63     | 375.6  | 60     | 403.0  | 47     | 411.2  | 39     | 422.1  | 2008.5       | 1632.0        | 8       |
| 30       | Smith        | Aison      | Abbey Runners                   | F50     | 67     | 390.7  | 55     | 392.4  | 61     | 401.3  | 45     | 415.1  | 51     | 397.5  | 1997.1       | 1606.3        | 1       |
| 31       | Loosley      | Chloe      | Ackworth Road Runners           | FSEN    | 94     | 346.0  | 50     | 400.4  | 56     | 409.5  | 73     | 361.0  | 34     | 432.4  | 1951.3       | 1605.3        | 13      |
| 32       | Smith        | Charlotte  | Abbey Runners                   | FSEN    | 62     | 399.0  | 57     | 388.4  | 44     | 429.3  | 61     | 384.2  | 58     | 383.2  | 1984.1       | 1600.9        | 14      |
| 33       | Frosztega    | Jenny      | Harrogate Tri Club              | F40     | 72     | 382.5  | 52     | 398.4  | 69     | 388.2  | 53     | 399.6  | 43     | 413.9  | 1982.6       | 1600.1        | 3       |
| 34       | Costello     | Suzanne    | St Therasas AC                  | F40     | 0      | 0.0    | 47     | 408.4  | 55     | 411.2  | 52     | 401.5  | 61     | 377.0  | 1598.1       | 1598.1        | 4       |
| 35       | Edmondson    | Gill       | Wetherby Runners AC             | F45     | 44     | 428.8  | 41     | 420.3  | 64     | 396.4  | 80     | 347.5  | 0      | 0.0    | 1593.0       | 1593.0        | 9       |
| 36       | Davey        | Jo         | Wetherby Runners AC             | F55     | 76     | 375.8  | 53     | 396.4  | 65     | 394.7  | 60     | 386.1  | 47     | 405.7  | 1958.8       | 1583.0        | 1       |
| 37       | Taylor       | Katie      | Abbey Runners                   | F35     | 63     | 397.4  | 38     | 426.3  | 68     | 389.8  | 0      | 0.0    | 71     | 356.6  | 1570.0       | 1570.0        | 7       |
| 38       | Sheehan      | Therese    | Kirkstall Harriers              | F35     | 0      | 0.0    | 46     | 410.4  | 77     | 375.0  | 69     | 368.7  | 48     | 403.7  | 1557.8       | 1557.8        | 8       |
| 39       | Campbell     | Diane      | York Postal Harriers            | F50     | 73     | 380.8  | 51     | 400.4  | 0      | 0.0    | 65     | 376.4  | 56     | 387.3  | 1544.9       | 1544.9        | 2       |
| 40       | Legg         | Jennifer   | Wetherby Runners AC             | FSEN    | 96     | 342.7  | 81     | 340.6  | 95     | 345.4  | 8      | 486.5  | 0      | 0.0    | 1515.2       | 1515.2        | 15      |
| 41       | Sleight      | Harriet    | York Postal Harriers            | FSEN    | 86     | 359.3  | 49     | 404.4  | 81     | 368.4  | 66     | 374.5  | 77     | 344.3  | 1850.9       | 1506.6        | 16      |
| 42       | Eden         | Laura      | Ripon Runners                   | FSEN    | 58     | 405.6  | 77     | 348.6  | 62     | 399.7  | 82     | 343.6  | 0      | 0.0    | 1497.5       | 1497.5        | 17      |
| 43       | Browne       | Molly      | Wharfedale Harriers             | FSEN    | 2      | 498.3  | 2      | 498.0  | 0      | 0.0    | 2      | 498.1  | 0      | 0.0    | 1494.4       | 1494.4        | 18      |
| 44       | Martin       | Sophie     | Wharfedale Harriers             | F35     | 3      | 496.7  | 0      | 0.0    | 3      | 496.7  | 3      | 496.1  | 0      | 0.0    | 1489.5       | 1489.5        | 9       |
| 45       | van Uem      | Lucy       | Kirkstall Harriers              | FSEN    | 71     | 384.1  | 64     | 374.5  | 79     | 371.7  | 75     | 357.1  | 75     | 348.4  | 1835.8       | 1487.5        | 19      |
| 46       | Jameson      | Charlotte  | Chapel Allerton Runners         | F35     | 92     | 349.3  | 0      | 0.0    | 70     | 386.5  | 58     | 390.0  | 69     | 360.7  | 1486.5       | 1486.5        | 10      |
| 47       | Bell         | Coralie    | Hyde Park Harriers              | FSEN    | 4      | 495.0  | 0      | 0.0    | 4      | 495.1  | 5      | 492.3  | 0      | 0.0    | 1482.4       | 1482.4        | 20      |
| 48       | Thompson     | Hannah     | Abbey Runners                   | FSEN    | 70     | 385.8  | 80     | 342.6  | 173    | 217.1  | 68     | 370.7  | 63     | 373.0  | 1689.1       | 1472.0        | 21      |
| 49       | Helliwell    | Amanda     | Bradford Airedale AC            | F45     | 84     | 362.6  | 75     | 352.6  | 108    | 324.0  | 71     | 364.9  | 54     | 391.4  | 1795.4       | 1471.4        | 10      |
| 50       | Hodson       | Natalie    | York Postal Harriers            | F40     | 134    | 279.8  | 61     | 380.5  | 136    | 278.0  | 50     | 405.4  | 53     | 393.4  | 1737.1       | 1459.1        | 5       |
| 51       | Ball         | Karen      | Ackworth Road Runners           | F45     | 77     | 374.2  | 0      | 0.0    | 82     | 366.8  | 78     | 351.4  | 66     | 366.8  | 1459.1       | 1459.1        | 11      |
| 52       | Robertson    | Susie      | Kirkstall Harriers              | FSEN    | 91     | 351.0  | 72     | 358.6  | 76     | 376.6  | 96     | 316.6  | 64     | 370.9  | 1773.7       | 1457.1        | 22      |
| 53       | Downie       | Kate       | Roundhay Runners                | FSEN    | 0      | 0.0    | 0      | 0.0    | 11     | 483.6  | 9      | 484.6  | 9      | 483.6  | 1451.7       | 1451.7        | 23      |
| 54       | Fenton       | Hazel      | Horsforth Harriers              | F45     | 81     | 367.5  | 82     | 338.6  | 101    | 335.5  | 76     | 355.2  | 62     | 375.0  | 1771.9       | 1436.4        | 12      |
| 55       | Seddon       | Hannah     | St Therasas AC                  | FSEN    | 24     | 461.9  | 12     | 478.1  | 0      | 0.0    | 12     | 478.8  | 0      | 0.0    | 1418.8       | 1418.8        | 24      |
| 56       | Wales        | Daisy      | Hyde Park Harriers              | FSEN    | 0      | 0.0    | 0      | 0.0    | 21     | 467.1  | 17     | 469.1  | 13     | 475.4  | 1411.6       | 1411.6        | 25      |
| 57       | Carter       | Rachel     | Ilkley Harriers                 | F45     | 0      | 0.0    | 17     | 468.1  | 24     | 462.2  | 14     | 474.9  | 0      | 0.0    | 1405.2       | 1405.2        | 13      |
| 58       | Normanhenney | Hazel      | St Therasas AC                  | F35     | 75     | 377.5  | 88     | 326.7  | 99     | 338.8  | 90     | 328.2  | 74     | 350.4  | 1721.6       | 1394.9        | 11      |
| 59       | Charleton    | Angela     | Harrogate Harriers & AC         | F55     | 105    | 327.8  | 79     | 344.6  | 87     | 358.6  | 98     | 312.7  | 68     | 362.7  | 1706.4       | 1393.7        | 2       |
| 60       | Kingston     | Louise     | Nidd Valley Road Runners        | FSEN    | 9      | 486.8  | 0      | 0.0    | 12     | 481.9  | 0      | 0.0    | 38     | 424.2  | 1392.8       | 1392.8        | 26      |
| 61       | Fox          | Judith     | Horsforth Harriers              | F55     | 93     | 347.7  | 76     | 350.6  | 93     | 348.7  | 85     | 337.8  | 82     | 334.0  | 1718.8       | 1384.8        | 3       |
| 62       | Gibbs        | Claire     | Harrogate Tri Club              | F50     | 83     | 364.2  | 94     | 314.7  | 100    | 337.2  | 79     | 349.4  | 86     | 325.8  | 1691.4       | 1376.6        | 3       |
| 63       | Read         | Cassie     | York Postal Harriers            | F35     | 40     | 435.4  | 0      | 0.0    | 19     | 470.4  | 20     | 463.3  | 0      | 0.0    | 1369.1       | 1369.1        | 12      |
| 64       | Preston      | Anne       | Saltair Striders                | F45     | 88     | 356.0  | 91     | 320.7  | 102    | 333.9  | 101    | 306.9  | 72     | 354.5  | 1672.0       | 1365.1        | 14      |
| 65       | Keys         | Anna       | Abbey Runners                   | F40     | 35     | 443.7  | 0      | 0.0    | 20     | 468.8  | 0      | 0.0    | 26     | 448.8  | 1361.2       | 1361.2        | 6       |
| 66       | Lorimer      | Hattie     | Abbey Runners                   | FSEN    | 20     | 468.5  | 0      | 0.0    | 0      | 0.0    | 34     | 436.3  | 25     | 450.8  | 1355.7       | 1355.7        | 27      |
| 67       | Allard       | Lili       | Rothwell Harriers & AC          | F35     | 26     | 458.6  | 28     | 446.2  | 34     | 445.7  | 0      | 0.0    | 0      | 0.0    | 1350.5       | 1350.5        | 13      |
| 68       | Oldroyd      | Lucy       | Harrogate Harriers & AC         | FSEN    | 28     | 455.3  | 25     | 452.2  | 0      | 0.0    | 36     | 432.4  | 0      | 0.0    | 1339.9       | 1339.9        | 28      |
| 69       | Morse        | Katie      | Wharfedale Harriers             | F35     | 0      | 0.0    | 0      | 0.0    | 38     | 439.1  | 32     | 440.2  | 24     | 452.9  | 1332.2       | 1332.2        | 14      |
| 70       | Haggas       | Sarah      | Abbey Runners                   | F50     | 78     | 372.5  | 0      | 0.0    | 130    | 287.8  | 84     | 339.8  | 85     | 327.9  | 1328.0       | 1328.0        | 4       |
| 71       | Hair         | Emily      | Pudsey & Bramley AC             | F45     | 89     | 354.3  | 68     | 366.5  | 112    | 317.4  | 128    | 254.8  | 106    | 284.8  | 1577.9       | 1323.1        | 15      |
| 72       | Hutchison    | Kirsten    | Abbey Runners                   | F40     | 41     | 433.8  | 26     | 450.2  | 48     | 422.7  | 0      | 0.0    | 0      | 0.0    | 1306.7       | 1306.7        | 7       |
| 73       | Ridley       | Imogen     | Horsforth Harriers              | FSEN    | 0      | 0.0    | 45     | 412.4  | 41     | 434.2  | 22     | 459.5  | 0      | 0.0    | 1306.0       | 1306.0        | 29      |
| 74       | Pettett      | Carly      | Saltair Striders                | F35     | 48     | 422.2  | 0      | 0.0    | 36     | 442.4  | 38     | 428.6  | 0      | 0.0    | 1293.2       | 1293.2        | 15      |
| 75       | Cowley       | Jenni      | Wharfedale Harriers             | F45     | 107    | 324.5  | 0      | 0.0    | 122    | 301.0  | 91     | 326.3  | 79     | 340.2  | 1291.9       | 1291.9        | 16      |
| 76       | Johnson      | Amy        | York Postal Harriers            | F45     | 121    | 301.3  | 93     | 316.7  | 107    | 325.7  | 83     | 341.7  | 119    | 258.2  | 1543.6       | 1285.4        | 17      |
| 77       | Doherty      | Katy       | Valley Striders AC              | F45     | 54     | 412.3  | 33     | 436.3  | 0      | 0.0    | 42     | 420.8  | 0      | 0.0    | 1269.4       | 1269.4        | 18      |
| 78       | Reid         | Carol      | Valley Striders AC              | F40     | 65     | 394.0  | 127    | 249.0  | 139    | 273.0  | 0      | 0.0    | 73     | 352.5  | 1268.5       | 1268.5        | 8       |
| 79       | Robins       | Fiona      | Kippax & District Harriers      | F50     | 90     | 352.6  | 92     | 318.7  | 0      | 0.0    |        |        |        |        |              |               |         |

|     |               |            |                                 |      |     |       |     |       |     |       |     |       |     |       |        |        |    |
|-----|---------------|------------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|--------|--------|----|
| 111 | Rhodes        | Jo         | Hyde Park Harriers              | F35  | 0   | 0.0   | 110 | 282.9 | 105 | 328.9 | 120 | 270.3 | 179 | 135.2 | 1017.3 | 1017.3 | 21 |
| 112 | Taylor        | Heather    | Harrogate Harriers & AC         | F65  | 139 | 271.5 | 124 | 255.0 | 156 | 245.1 | 163 | 187.3 | 126 | 243.9 | 1202.7 | 1015.4 | 2  |
| 113 | Atkinson      | Abigail    | Chapel Allerton Runners         | F5EN | 74  | 379.1 | 0   | 0.0   | 0   | 0.0   | 62  | 382.2 | 123 | 250.0 | 1011.4 | 1011.4 | 39 |
| 114 | Alston        | Helen      | Otley AC                        | F40  | 97  | 341.1 | 0   | 0.0   | 92  | 350.3 | 95  | 318.5 | 0   | 0.0   | 1009.9 | 1009.9 | 12 |
| 115 | Przybyl       | Gosia      | Knaresborough Striders          | F45  | 85  | 360.9 | 0   | 0.0   | 96  | 343.8 | 102 | 305.0 | 0   | 0.0   | 1009.7 | 1009.7 | 23 |
| 116 | Macdonald     | Wanda      | St Theresas AC                  | F60  | 132 | 283.1 | 131 | 241.0 | 161 | 236.8 | 133 | 245.2 | 0   | 0.0   | 1006.2 | 1006.2 | 3  |
| 117 | Malir         | Sally      | Ilkley Harriers                 | F60  | 100 | 336.1 | 78  | 346.6 | 109 | 322.4 | 0   | 0.0   | 0   | 0.0   | 1005.1 | 1005.1 | 4  |
| 118 | Collier       | Claire     | Wetherby Runners AC             | F45  | 98  | 339.4 | 0   | 0.0   | 0   | 0.0   | 93  | 322.4 | 81  | 336.1 | 997.9  | 997.9  | 24 |
| 119 | Lodge         | Kate       | Otley AC                        | F50  | 165 | 228.5 | 125 | 253.0 | 160 | 238.5 | 140 | 231.7 | 113 | 270.5 | 1222.1 | 993.6  | 11 |
| 120 | Thompson      | Kathryn    | Abbey Runners                   | F45  | 138 | 273.2 | 0   | 0.0   | 174 | 215.5 | 118 | 274.1 | 133 | 229.5 | 992.3  | 992.3  | 25 |
| 121 | Garbutt       | Sarah      | St Theresas AC                  | F35  | 0   | 0.0   | 4   | 494.0 | 0   | 0.0   | 0   | 0.0   | 2   | 498.0 | 992.0  | 992.0  | 22 |
| 122 | Naylor        | Ruth       | Horsforth Harriers              | F35  | 6   | 491.7 | 3   | 496.0 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 987.7  | 987.7  | 23 |
| 123 | Harris        | Fiona      | Wetherby Runners AC             | F55  | 157 | 241.7 | 137 | 229.1 | 157 | 243.4 | 132 | 247.1 | 122 | 252.0 | 1213.4 | 984.3  | 7  |
| 124 | Wall          | Aisling    | Horsforth Harriers              | F35  | 5   | 493.4 | 0   | 0.0   | 8   | 488.5 | 0   | 0.0   | 0   | 0.0   | 981.9  | 981.9  | 24 |
| 125 | Rowe          | Issy       | Wharfedale Harriers             | F35  | 0   | 0.0   | 0   | 0.0   | 5   | 493.4 | 7   | 488.4 | 0   | 0.0   | 981.8  | 981.8  | 25 |
| 126 | Drinkall      | Nicola     | St Theresas AC                  | F45  | 102 | 332.8 | 0   | 0.0   | 90  | 353.6 | 107 | 295.4 | 0   | 0.0   | 981.8  | 981.8  | 26 |
| 127 | Lewis         | Susan      | Roundhay Runners                | F45  | 8   | 488.4 | 9   | 484.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 972.5  | 972.5  | 27 |
| 128 | Robinson      | Niamh      | Harrogate Harriers & AC         | F5EN | 10  | 485.1 | 0   | 0.0   | 10  | 485.2 | 0   | 0.0   | 0   | 0.0   | 970.3  | 970.3  | 40 |
| 129 | Billington    | Katie      | Bradford Airedale AC            | F35  | 146 | 259.9 | 90  | 322.7 | 146 | 261.5 | 0   | 0.0   | 186 | 120.9 | 965.1  | 965.1  | 26 |
| 130 | Austin        | Holly      | Chapel Allerton Runners         | F40  | 191 | 185.4 | 136 | 231.1 | 149 | 256.6 | 114 | 281.9 | 0   | 0.0   | 954.9  | 954.9  | 13 |
| 131 | Reid          | Kirsten    | Valley Striders AC              | F5EN | 150 | 253.3 | 126 | 251.0 | 182 | 202.3 | 0   | 0.0   | 124 | 248.0 | 954.6  | 954.6  | 41 |
| 132 | Kondo         | Masako     | Abbey Runners                   | F45  | 0   | 0.0   | 0   | 0.0   | 15  | 477.0 | 13  | 476.8 | 0   | 0.0   | 953.8  | 953.8  | 28 |
| 133 | Clark Taylor  | Charley    | Otley AC                        | F5EN | 16  | 475.2 | 0   | 0.0   | 14  | 478.6 | 0   | 0.0   | 0   | 0.0   | 953.8  | 953.8  | 42 |
| 134 | Copeland      | Cassia     | Hyde Park Harriers              | F5EN | 15  | 476.8 | 13  | 476.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 952.9  | 952.9  | 43 |
| 135 | Robinson      | Eleanor    | Abbey Runners                   | F5EN | 0   | 0.0   | 0   | 0.0   | 18  | 472.0 | 0   | 0.0   | 12  | 477.5 | 949.5  | 949.5  | 44 |
| 136 | Forster       | Lora       | Chapel Allerton Runners         | F40  | 147 | 258.3 | 142 | 219.1 | 167 | 227.0 | 135 | 241.3 | 0   | 0.0   | 945.7  | 945.7  | 14 |
| 137 | Worley        | Sarah      | Ilkley Harriers                 | F5EN | 21  | 466.9 | 15  | 472.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 939.0  | 939.0  | 45 |
| 138 | Payling       | Sophie     | Horsforth Harriers              | F35  | 153 | 248.3 | 153 | 197.2 | 172 | 218.8 | 146 | 220.1 | 125 | 245.9 | 1130.3 | 933.1  | 27 |
| 139 | Copley        | Clare      | Kippax & District Harriers      | F45  | 170 | 220.2 | 134 | 235.1 | 153 | 250.0 | 148 | 216.2 | 134 | 227.5 | 1148.9 | 932.7  | 29 |
| 140 | Forrest       | Rose       | Harrogate Harriers & AC         | F5EN | 0   | 0.0   | 20  | 462.2 | 22  | 465.5 | 0   | 0.0   | 0   | 0.0   | 927.6  | 927.6  | 46 |
| 141 | Aylesbury     | Amelie     | Nidd Valley Road Runners        | F5EN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 25  | 453.7 | 16  | 469.3 | 922.9  | 922.9  | 47 |
| 142 | Oakes         | Charlotte  | York Postal Harriers            | F5EN | 33  | 447.0 | 14  | 474.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 921.1  | 921.1  | 48 |
| 143 | Ramsden-Young | Amy        | Hyde Park Harriers              | F35  | 0   | 0.0   | 0   | 0.0   | 25  | 460.5 | 24  | 455.6 | 0   | 0.0   | 916.1  | 916.1  | 28 |
| 144 | Stopford      | Cheryl     | Chapel Allerton Runners         | F45  | 0   | 0.0   | 83  | 336.7 | 128 | 291.1 | 0   | 0.0   | 105 | 286.9 | 914.7  | 914.7  | 30 |
| 145 | Tregidgo      | Lucy       | Horsforth Harriers              | F35  | 30  | 452.0 | 0   | 0.0   | 0   | 0.0   | 26  | 451.7 | 0   | 0.0   | 903.7  | 903.7  | 29 |
| 146 | Sheer         | Julia      | Abbey Runners                   | F50  | 123 | 298.0 | 105 | 292.8 | 0   | 0.0   | 0   | 0.0   | 93  | 311.5 | 902.3  | 902.3  | 12 |
| 147 | Britton       | Amanda     | Wetherby Runners AC             | F50  | 176 | 210.3 | 139 | 225.1 | 152 | 251.6 | 159 | 195.0 | 140 | 215.2 | 1097.2 | 902.2  | 13 |
| 148 | Murphy        | Hanna      | Roundhay Runners                | F40  | 113 | 314.6 | 0   | 0.0   | 117 | 309.2 | 0   | 0.0   | 110 | 276.6 | 900.4  | 900.4  | 15 |
| 149 | Shipp         | Ellie      | Hyde Park Harriers              | F5EN | 181 | 202.0 | 166 | 171.3 | 224 | 133.2 | 122 | 266.4 | 120 | 256.1 | 1029.1 | 895.9  | 49 |
| 150 | Crayford      | Maia       | Vale of York Athletic Community | F5EN | 43  | 430.5 | 22  | 458.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 888.6  | 888.6  | 50 |
| 151 | Needham       | Lucy       | Wharfedale Harriers             | F40  | 39  | 437.1 | 0   | 0.0   | 0   | 0.0   | 31  | 442.1 | 0   | 0.0   | 879.2  | 879.2  | 16 |
| 152 | Mephham       | Laura      | Rothwell Harriers & AC          | F45  | 173 | 215.2 | 116 | 270.9 | 232 | 120.1 | 183 | 148.6 | 128 | 239.8 | 874.6  | 874.6  | 31 |
| 153 | Hattrell      | Becca      | St Theresas AC                  | F35  | 203 | 165.6 | 145 | 213.1 | 159 | 240.1 | 149 | 214.3 | 146 | 202.9 | 1036.0 | 870.4  | 30 |
| 154 | Hull          | Charlotte  | Vale of York Athletic Community | F5EN | 0   | 0.0   | 95  | 312.7 | 0   | 0.0   | 130 | 251.0 | 96  | 305.3 | 869.0  | 869.0  | 51 |
| 155 | Brown         | Alison     | Ripon Runners                   | F5EN | 51  | 417.2 | 0   | 0.0   | 33  | 447.4 | 0   | 0.0   | 0   | 0.0   | 864.6  | 864.6  | 52 |
| 156 | Moore         | Emma       | Ilkley Harriers                 | F45  | 0   | 0.0   | 0   | 0.0   | 131 | 286.2 | 125 | 260.6 | 90  | 317.6 | 864.4  | 864.4  | 32 |
| 157 | Morris        | Hannah     | Valley Striders AC              | F5EN | 0   | 0.0   | 0   | 0.0   | 134 | 281.3 | 110 | 289.6 | 102 | 293.0 | 863.9  | 863.9  | 53 |
| 158 | Wrangles      | Gail       | Ackworth Road Runners           | F50  | 111 | 317.9 | 118 | 266.9 | 0   | 0.0   | 0   | 0.0   | 112 | 272.5 | 857.4  | 857.4  | 14 |
| 159 | Morley        | Sarah      | St Theresas AC                  | F45  | 50  | 418.9 | 34  | 434.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 853.1  | 853.1  | 33 |
| 160 | Burke         | Caitie     | Hyde Park Harriers              | F5EN | 0   | 0.0   | 0   | 0.0   | 46  | 426.0 | 39  | 426.6 | 0   | 0.0   | 852.6  | 852.6  | 54 |
| 161 | Short         | Rosemary   | Chapel Allerton Runners         | F5EN | 45  | 427.2 | 0   | 0.0   | 47  | 424.3 | 0   | 0.0   | 0   | 0.0   | 851.5  | 851.5  | 55 |
| 162 | Stainthorpe   | Lesley     | Vale of York Athletic Community | F50  | 0   | 0.0   | 0   | 0.0   | 116 | 310.9 | 142 | 227.8 | 95  | 307.4 | 846.0  | 846.0  | 15 |
| 163 | Shaw          | Jenny      | Saltaire Striders               | F5EN | 168 | 223.5 | 140 | 223.1 | 185 | 197.4 | 158 | 196.9 | 154 | 186.5 | 1027.4 | 840.9  | 56 |
| 164 | Butler        | Ellen      | Hyde Park Harriers              | F5EN | 0   | 0.0   | 42  | 418.3 | 54  | 412.8 | 0   | 0.0   | 0   | 0.0   | 831.2  | 831.2  | 57 |
| 165 | Ashworth      | Kathryn    | Abbey Runners                   | F50  | 163 | 231.8 | 150 | 203.2 | 0   | 0.0   | 155 | 202.7 | 151 | 192.6 | 830.3  | 830.3  | 16 |
| 166 | Love          | Helen      | Saltaire Striders               | F65  | 167 | 225.2 | 149 | 205.2 | 192 | 185.9 | 152 | 208.5 | 152 | 190.6 | 1015.3 | 829.4  | 3  |
| 167 | Melling       | Bethan     | Hyde Park Harriers              | F5EN | 55  | 410.6 | 0   | 0.0   | 52  | 416.1 | 0   | 0.0   | 0   | 0.0   | 826.7  | 826.7  | 58 |
| 168 | Hall          | Iz         | Vale of York Athletic Community | F5EN | 37  | 440.4 | 0   | 0.0   | 71  | 384.9 | 0   | 0.0   | 0   | 0.0   | 825.3  | 825.3  | 59 |
| 169 | Say           | Julia      | Roundhay Runners                | F50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 64  | 378.4 | 28  | 444.7 | 823.1  | 823.1  | 17 |
| 170 | Stott         | Amanda     | Knaresborough Striders          | F60  | 0   | 0.0   | 112 | 278.9 | 147 | 259.9 | 116 | 278.0 | 0   | 0.0   | 816.7  | 816.7  | 5  |
| 171 | Furness       | Claire     | St Theresas AC                  | F40  | 171 | 218.5 | 148 | 207.2 | 183 | 200.7 | 162 | 189.2 | 170 | 153.7 | 969.2  | 815.6  | 17 |
| 172 | Strevens      | Eloise     | York Postal Harriers            | F5EN | 0   | 0.0   | 54  | 394.4 | 50  | 419.4 | 0   | 0.0   | 0   | 0.0   | 813.8  | 813.8  | 60 |
| 173 | Knight        | Gini       | Horsforth Harriers              | F65  | 166 | 226.8 | 157 | 189.2 | 206 | 162.8 | 157 | 198.8 | 149 | 196.7 | 974.5  | 811.6  | 4  |
| 174 | Dawkins       | Deanna     | York Postal Harriers            | F35  | 149 | 255.0 | 0   | 0.0   | 0   | 0.0   | 112 | 285.7 | 114 | 268.4 | 809.1  | 809.1  | 31 |
| 175 | Prosho        | Lisa       | Saltaire Striders               | F60  | 160 | 236.8 | 159 | 185.3 | 191 | 187.5 | 0   | 0.0   | 150 | 194.7 | 804.2  | 804.2  | 6  |
| 176 | Brazier       | Sharon     | Ripon Runners                   | F50  | 0   | 0.0   | 111 | 280.9 | 0   | 0.0   | 129 | 252.9 | 116 | 264.3 | 798.1  | 798.1  | 18 |
| 177 | Stretton      | Aeryn      | Kirkstall Harriers              | F5EN | 68  | 389.1 | 0   | 0.0   | 58  | 406.3 | 0   | 0.0   | 0   | 0.0   | 795.3  | 795.3  | 61 |
| 178 | Wilkinson     | Paula      | Knaresborough Striders          | F55  | 144 | 263.2 | 115 | 272.9 | 0   | 0.0   | 127 | 256.8 | 0   | 0.0   | 792.9  | 792.9  | 8  |
| 179 | Sim           | Laura      | Chapel Allerton Runners         | F5EN | 0   | 0.0   | 0   | 0.0   | 124 | 297.7 | 143 | 225.9 | 117 | 262.3 | 785.9  | 785.9  | 62 |
| 180 | Bell          | Kate       | Abbey Runners                   | F50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 63  | 380.3 | 49  | 401.6 | 781.9  | 781.9  | 19 |
| 181 | Robertson     | Ruth       | Roundhay Runners                | F40  | 69  | 387.4 | 56  | 390.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 777.9  | 777.9  | 18 |
| 182 | Kara          | Leila      | Valley Striders AC              | F60  | 202 | 167.2 | 170 | 163.3 | 187 | 194.1 | 151 | 210.4 | 145 | 204.9 | 940.0  | 776.6  | 7  |
| 183 | Gledhill      | Steph      | Valley Striders AC              | F45  | 56  | 408.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 67  | 364.8 | 773.7  | 773.7  | 34 |
| 184 | Holmes        | Lisa       | Wharfedale Harriers             | F45  | 185 | 195.4 | 0   | 0.0   | 196 | 179.3 | 144 | 223.9 | 164 | 166.0 | 764.6  | 764.6  | 35 |
| 185 | Cartledge     | Daisy      | Wetherby Runners AC             | F5EN | 0   | 0.0   | 114 | 274.9 | 142 | 268.1 | 0   | 0.0   | 137 | 221.3 | 764.3  | 764.3  | 63 |
| 186 | Ho            | Emily      | Bradford Airedale AC            | F5EN | 234 | 114.2 | 155 | 193.2 | 163 | 233.6 | 0   | 0.0   | 139 | 217.2 | 758.2  | 758.2  | 64 |
| 187 | Peters        | Anne-Marie | Abbey Runners                   | F5EN | 57  | 407.3 | 0   | 0.0   | 98  | 340.5 | 0   | 0.0   | 0   | 0.0   | 747.7  | 747.7  | 65 |
| 188 | Burkitt       | Issy       | York Triathlon Club             | F5EN | 161 | 235.1 | 164 | 175.3 | 198 | 176.0 | 0   | 0.0   | 168 | 157.8 | 744.2  | 744.2  | 66 |
| 189 | Barnett       | Clare      | St Theresas AC                  | F40  | 142 | 266.6 | 0   | 0.0   | 0   | 0.0   | 139 | 233.6 | 131 | 233.6 | 733.8  | 733.8  | 19 |
| 190 | Gatenby       | Francesca  | Airecentre Pacers               | F40  | 80  | 369.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 70  | 358.6 | 727.8  | 727.8  | 20 |
| 191 | Schofield     | Jayne      | Wharfedale Harriers             | F50  | 192 | 183.8 | 0   | 0.0   | 202 | 169.4 | 153 | 206.6 | 163 | 168.0 | 727.8  | 727.8  | 20 |
| 192 | Mc Aleavy     | Clare      | Wharfedale Harriers             | F50  | 206 | 160.6 | 188 | 127.5 | 217 | 144.7 | 137 | 237.5 | 155 | 184.4 | 854.7  | 727.2  |    |

|     |                   |                |                                 |      |     |       |     |       |     |       |     |       |     |       |       |       |    |
|-----|-------------------|----------------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-------|----|
| 226 | David             | Emma           | Nidd Valley Road Runners        | F45  | 0   | 0.0   | 106 | 290.8 | 110 | 320.7 | 0   | 0.0   | 0   | 0.0   | 611.6 | 611.6 | 45 |
| 227 | Harrison          | Sue            | Rothwell Harriers & AC          | F65  | 205 | 162.3 | 175 | 153.4 | 221 | 138.2 | 0   | 0.0   | 175 | 143.4 | 597.2 | 597.2 | 7  |
| 228 | Papworth          | Kate           | Ackworth Road Runners           | F35  | 196 | 177.2 | 160 | 183.3 | 166 | 228.6 | 0   | 0.0   | 0   | 0.0   | 589.0 | 589.0 | 36 |
| 229 | Tate              | Helen          | Wetherby Runners AC             | F65  | 229 | 122.5 | 179 | 145.4 | 193 | 184.2 | 195 | 125.5 | 181 | 131.1 | 708.8 | 586.3 | 8  |
| 230 | Tamlyn            | Olivia         | Roundhay Runners                | F5EN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 108 | 293.4 | 103 | 291.0 | 584.4 | 584.4 | 71 |
| 231 | Stoughton-Freeman | Gabriella      | Vale of York Athletic Community | F5EN | 127 | 291.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 104 | 288.9 | 580.3 | 580.3 | 72 |
| 232 | Evans             | Clare          | Hyde Park Harriers              | F35  | 0   | 0.0   | 87  | 328.7 | 154 | 248.4 | 0   | 0.0   | 0   | 0.0   | 577.0 | 577.0 | 37 |
| 233 | Manning           | Jenny          | Nidd Valley Road Runners        | F55  | 187 | 192.1 | 0   | 0.0   | 188 | 192.4 | 230 | 57.9  | 180 | 133.2 | 575.6 | 575.6 | 12 |
| 234 | Mackanness        | Jessica        | Wetherby Runners AC             | F40  | 126 | 293.0 | 0   | 0.0   | 135 | 279.6 | 0   | 0.0   | 0   | 0.0   | 572.7 | 572.7 | 26 |
| 235 | Benson            | Angela         | Ripon Runners                   | F60  | 136 | 276.5 | 104 | 294.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 571.3 | 571.3 | 10 |
| 236 | Barnes            | Mhairi         | Knaresborough Striders          | F5EN | 129 | 288.1 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 107 | 282.8 | 570.9 | 570.9 | 73 |
| 237 | Morley            | Sue            | Knaresborough Striders          | F70  | 194 | 180.5 | 190 | 123.5 | 228 | 126.6 | 188 | 139.0 | 0   | 0.0   | 569.6 | 569.6 | 1  |
| 238 | Durkin            | Linda          | Kippax & District Harriers      | F60  | 0   | 0.0   | 0   | 0.0   | 216 | 146.4 | 161 | 191.1 | 138 | 219.3 | 556.8 | 556.8 | 11 |
| 239 | Gold              | Donna          | York Postal Harriers            | F55  | 158 | 240.1 | 0   | 0.0   | 0   | 0.0   | 175 | 164.1 | 171 | 151.6 | 555.8 | 555.8 | 13 |
| 240 | Zamir             | Michelle       | Wetherby Runners AC             | F45  | 130 | 286.4 | 0   | 0.0   | 0   | 0.0   | 123 | 264.5 | 0   | 0.0   | 550.9 | 550.9 | 46 |
| 241 | Aspin             | Bev            | Nidd Valley Road Runners        | F45  | 0   | 0.0   | 0   | 0.0   | 145 | 263.2 | 0   | 0.0   | 108 | 280.7 | 543.9 | 543.9 | 47 |
| 242 | Williams          | Emily          | Hyde Park Harriers              | F5EN | 0   | 0.0   | 103 | 296.8 | 155 | 246.7 | 0   | 0.0   | 0   | 0.0   | 543.5 | 543.5 | 74 |
| 243 | Webster           | Rose           | Ackworth Road Runners           | F45  | 0   | 0.0   | 109 | 284.9 | 148 | 258.2 | 0   | 0.0   | 0   | 0.0   | 543.1 | 543.1 | 48 |
| 244 | Milner            | Anne           | Wharfedale Harriers             | F55  | 198 | 173.8 | 151 | 201.2 | 211 | 154.6 | 0   | 0.0   | 0   | 0.0   | 529.6 | 529.6 | 14 |
| 245 | Robinson          | Melanie        | Saltaire Striders               | F50  | 140 | 269.9 | 122 | 259.0 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 528.8 | 528.8 | 26 |
| 246 | Walker            | Ruth           | Ackworth Road Runners           | F40  | 220 | 137.4 | 181 | 141.4 | 250 | 90.5  | 181 | 152.5 | 0   | 0.0   | 521.8 | 521.8 | 27 |
| 247 | Wright            | Amy            | St Theresas AC                  | F40  | 200 | 170.5 | 161 | 181.3 | 203 | 167.8 | 0   | 0.0   | 0   | 0.0   | 519.6 | 519.6 | 28 |
| 248 | Kendrick          | Rachel         | Horsforth Harriers              | F55  | 221 | 135.8 | 192 | 119.5 | 242 | 103.6 | 177 | 160.2 | 0   | 0.0   | 519.1 | 519.1 | 15 |
| 249 | Sallh             | Jasmine        | Abbey Runners                   | F50  | 209 | 155.6 | 224 | 55.8  | 227 | 128.3 | 169 | 175.7 | 0   | 0.0   | 515.4 | 515.4 | 27 |
| 250 | Hardy             | Hannah         | Harrogate Tri Club              | F45  | 222 | 134.1 | 180 | 143.4 | 225 | 131.6 | 205 | 106.2 | 0   | 0.0   | 515.3 | 515.3 | 49 |
| 251 | Cooke             | Rachel         | Ackworth Road Runners           | F60  | 0   | 0.0   | 130 | 243.0 | 140 | 271.4 | 0   | 0.0   | 0   | 0.0   | 514.4 | 514.4 | 12 |
| 252 | Clarke-Williams   | Rachel         | Rothwell Harriers & AC          | F35  | 217 | 142.4 | 0   | 0.0   | 235 | 115.1 | 192 | 131.3 | 185 | 123.0 | 511.7 | 511.7 | 38 |
| 253 | Whittaker         | Liz            | Abbey Runners                   | F60  | 193 | 182.1 | 0   | 0.0   | 0   | 0.0   | 167 | 179.5 | 172 | 149.6 | 511.2 | 511.2 | 13 |
| 254 | Hague             | Christine      | Kippax & District Harriers      | F40  | 0   | 0.0   | 172 | 159.4 | 201 | 171.1 | 0   | 0.0   | 160 | 174.2 | 504.6 | 504.6 | 29 |
| 255 | Penty             | Becky          | York Postal Harriers            | F40  | 0   | 0.0   | 0   | 0.0   | 2   | 498.4 | 0   | 0.0   | 0   | 0.0   | 498.4 | 498.4 | 30 |
| 256 | Halliwel          | Laura          | Hyde Park Harriers              | F5EN | 0   | 0.0   | 119 | 264.9 | 164 | 231.9 | 0   | 0.0   | 0   | 0.0   | 496.8 | 496.8 | 75 |
| 257 | Johnson           | Louise         | Dragons Running Club (Leeds)    | F45  | 182 | 200.3 | 0   | 0.0   | 208 | 159.5 | 190 | 135.1 | 0   | 0.0   | 495.0 | 495.0 | 50 |
| 258 | Legg              | Emily          | Wetherby Runners AC             | F5EN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 4   | 493.9 | 493.9 | 76    |    |
| 259 | Piperdy           | Faatemah-Zehra | Hyde Park Harriers              | F35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 141 | 229.7 | 118 | 260.2 | 490.0 | 490.0 | 39 |
| 260 | Knappy            | Zara           | Otley AC                        | F5EN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 6   | 489.8 | 489.8 | 489.8 | 77 |
| 261 | Hinch             | Nicola         | Chapel Allerton Runners         | F45  | 231 | 119.2 | 182 | 139.4 | 246 | 97.0  | 191 | 133.2 | 216 | 59.4  | 548.3 | 488.9 | 51 |
| 262 | Hunter            | Alison         | St Theresas AC                  | F60  | 152 | 250.0 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 130 | 235.7 | 485.7 | 485.7 | 14 |
| 263 | Crutchley         | Allyson        | Ripon Runners                   | F50  | 137 | 274.8 | 0   | 0.0   | 177 | 210.5 | 0   | 0.0   | 0   | 0.0   | 485.4 | 485.4 | 28 |
| 264 | Norton-Lamb       | Chloe          | Vale of York Athletic Community | F5EN | 0   | 0.0   | 154 | 195.2 | 129 | 289.5 | 0   | 0.0   | 0   | 0.0   | 484.7 | 484.7 | 78 |
| 265 | Bradbury          | Eleanor        | Roundhay Runners                | F5EN | 11  | 483.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 483.4 | 483.4 | 79 |
| 266 | Tecwyn            | Sam            | Hyde Park Harriers              | F35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 11  | 479.5 | 479.5 | 479.5 | 40 |
| 267 | Bombardini        | Olivia         | Dragons Running Club (Leeds)    | F5EN | 148 | 256.6 | 0   | 0.0   | 170 | 222.0 | 0   | 0.0   | 0   | 0.0   | 478.7 | 478.7 | 80 |
| 268 | Beldon            | Sarah          | Ripon Runners                   | F50  | 238 | 107.6 | 186 | 131.5 | 237 | 111.8 | 196 | 123.6 | 198 | 96.3  | 570.8 | 474.5 | 29 |
| 269 | Jackson           | Niamh          | Roundhay Runners                | F45  | 17  | 473.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 473.5 | 473.5 | 52 |
| 270 | Fisher            | Tracey         | St Theresas AC                  | F55  | 237 | 109.3 | 177 | 149.4 | 0   | 0.0   | 204 | 108.1 | 193 | 106.6 | 473.3 | 473.3 | 16 |
| 271 | Taswell-Fryer     | Eliza          | Hyde Park Harriers              | F5EN | 18  | 471.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 471.9 | 471.9 | 81 |
| 272 | Walmsley          | Nicola         | Roundhay Runners                | F45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 15  | 471.3 | 471.3 | 471.3 | 53 |
| 273 | Sendula           | Andrea         | Hyde Park Harriers              | F5EN | 215 | 145.7 | 208 | 87.6  | 0   | 0.0   | 211 | 94.6  | 177 | 139.3 | 467.3 | 467.3 | 82 |
| 274 | Howard            | Claire         | Roundhay Runners                | F55  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 17  | 467.2 | 467.2 | 467.2 | 17 |
| 275 | Kitchen           | Diane          | Ilkley Harriers                 | F65  | 0   | 0.0   | 135 | 233.1 | 0   | 0.0   | 0   | 0.0   | 132 | 231.6 | 464.6 | 464.6 | 9  |
| 276 | Mackenzie         | Rachael        | Otley AC                        | F45  | 232 | 117.5 | 171 | 161.4 | 195 | 180.9 | 0   | 0.0   | 0   | 0.0   | 459.8 | 459.8 | 54 |
| 277 | Robinson          | Emma           | Harrogate Harriers & AC         | F45  | 27  | 457.0 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 457.0 | 457.0 | 55 |
| 278 | Best              | Katie          | Rothwell Harriers & AC          | F35  | 29  | 453.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 453.6 | 453.6 | 41 |
| 279 | Pell              | Valerie        | St Theresas AC                  | F65  | 213 | 149.0 | 195 | 113.5 | 245 | 98.7  | 221 | 75.3  | 200 | 92.2  | 528.7 | 453.4 | 10 |
| 280 | Guiblin           | Steph          | Abbey Runners                   | F5EN | 210 | 154.0 | 184 | 135.5 | 0   | 0.0   | 0   | 0.0   | 165 | 163.9 | 453.4 | 453.4 | 83 |
| 281 | Henderson         | Nicola         | Vale of York Athletic Community | F45  | 0   | 0.0   | 0   | 0.0   | 30  | 452.3 | 0   | 0.0   | 0   | 0.0   | 452.3 | 452.3 | 56 |
| 282 | Livingstone       | Melissa        | Kirkstall Harriers              | F5EN | 0   | 0.0   | 133 | 237.1 | 175 | 213.8 | 0   | 0.0   | 0   | 0.0   | 450.9 | 450.9 | 84 |
| 283 | Adams             | Katie          | Vale of York Athletic Community | F5EN | 31  | 450.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 450.3 | 450.3 | 85 |
| 284 | Sheppard          | Amy            | Nidd Valley Road Runners        | F40  | 0   | 0.0   | 0   | 0.0   | 32  | 449.0 | 0   | 0.0   | 0   | 0.0   | 449.0 | 449.0 | 31 |
| 285 | Adamkiewicz       | Weronika       | Vale of York Athletic Community | F5EN | 32  | 448.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 448.7 | 448.7 | 86 |
| 286 | Hadfield          | Jenni          | Vale of York Athletic Community | F40  | 251 | 86.1  | 193 | 117.5 | 244 | 100.3 | 186 | 142.9 | 0   | 0.0   | 446.8 | 446.8 | 32 |
| 287 | Pattinson         | Angela         | Nidd Valley Road Runners        | F40  | 0   | 0.0   | 0   | 0.0   | 180 | 205.6 | 136 | 239.4 | 0   | 0.0   | 445.0 | 445.0 | 33 |
| 288 | Briggs            | Charlotte      | Dragons Running Club (Leeds)    | F5EN | 175 | 211.9 | 0   | 0.0   | 165 | 230.3 | 0   | 0.0   | 0   | 0.0   | 442.2 | 442.2 | 87 |
| 289 | Thomson           | Julia          | Harrogate Tri Club              | F60  | 0   | 0.0   | 203 | 97.6  | 207 | 161.2 | 168 | 177.6 | 0   | 0.0   | 436.4 | 436.4 | 15 |
| 290 | Harris            | Samantha       | Valley Striders AC              | F45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 33  | 434.4 | 434.4 | 57    |    |
| 291 | Hopley            | Kathryn        | St Theresas AC                  | F5EN | 0   | 0.0   | 35  | 432.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 432.3 | 432.3 | 88 |
| 292 | Rowe-Patel        | Jenny          | Abbey Runners                   | F5EN | 0   | 0.0   | 0   | 0.0   | 43  | 430.9 | 0   | 0.0   | 0   | 0.0   | 430.9 | 430.9 | 89 |
| 293 | Hurn              | Lucy           | York Triathlon Club             | F45  | 0   | 0.0   | 37  | 428.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 428.3 | 428.3 | 58 |
| 294 | Gamesby           | Sarah          | Pudsey & Bramley AC             | F45  | 226 | 127.5 | 0   | 0.0   | 218 | 143.1 | 179 | 156.4 | 0   | 0.0   | 426.9 | 426.9 | 59 |
| 295 | Beecher           | Giorgia        | Vale of York Athletic Community | F5EN | 225 | 129.1 | 183 | 137.5 | 270 | 57.6  | 210 | 96.5  | 214 | 63.5  | 484.2 | 426.6 | 90 |
| 296 | Miller            | Vicky          | Horsforth Harriers              | F45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 37  | 426.2 | 426.2 | 426.2 | 60 |
| 297 | Gabriel           | Kate           | Roundhay Runners                | F60  | 243 | 99.3  | 0   | 0.0   | 253 | 85.5  | 187 | 140.9 | 197 | 98.4  | 424.2 | 424.2 | 16 |
| 298 | Long              | Hannah         | Hyde Park Harriers              | F5EN | 0   | 0.0   | 185 | 133.5 | 0   | 0.0   | 166 | 181.5 | 192 | 108.6 | 423.5 | 423.5 | 91 |
| 299 | Harrison          | Jill           | Wetherby Runners AC             | F50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 150 | 212.4 | 143 | 209.0 | 421.4 | 421.4 | 30 |
| 300 | Nancolas          | Hayley         | Valley Striders AC              | F45  | 0   | 0.0   | 0   | 0.0   | 49  | 421.1 | 0   | 0.0   | 0   | 0.0   | 421.1 | 421.1 | 61 |
| 301 | Jeewandara        | Milindee       | Chapel Allerton Runners         | F35  | 0   | 0.0   | 0   | 0.0   | 205 | 164.5 | 197 | 121.6 | 182 | 129.1 | 415.2 | 415.2 | 42 |
| 302 | Forster           | Bex            | Chapel Allerton Runners         | F35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 45  | 409.8 | 409.8 | 409.8 | 43 |
| 303 | Gibson            | Debbie         | Nidd Valley Road Runners        | F60  | 216 | 144.0 | 0   | 0.0   | 247 | 95.4  | 216 | 84.9  | 206 | 79.9  | 404.3 | 404.3 | 17 |
| 304 | O'Donnell         | Mary           | Roundhay Runners                | F40  | 244 | 97.7  | 210 | 83.7  | 249 | 92.1  | 193 | 129.3 | 204 | 84.0  | 486.8 | 403.1 | 34 |
| 305 | Lowe              | Liz            | Roundhay Runners                | F60  | 151 | 251.7 | 0   | 0.0   | 213 | 151.3 | 0   | 0.0   | 0   | 0.0   | 403.0 | 403.0 | 18 |
| 306 | Bracher           | Sarah          | Nidd Valley Road Runners        | F45  | 246 | 94.4  | 0   | 0.0   | 209 | 157.9 | 0   | 0.0   | 174 | 145.5 | 397.8 | 397.8 | 62 |
| 307 | Ventress          | Rebecca        | Nidd Valley Road Runners        | F50  | 183 | 198.7 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 148 | 198.8 | 397.4 | 397.4 | 31 |
| 308 | Lowes             | Serena         | Vale of York Athletic Community | F45  | 241 | 102.6 | 207 | 89.6  | 251 | 88.8  | 200 | 115.8 | 0   | 0.0   | 396.9 | 396.9 | 63 |
| 309 | Alderson          | Michelle       | Kippax & District Harriers      |      |     |       |     |       |     |       |     |       |     |       |       |       |    |

|     |            |           |                                 |      |     |       |     |       |     |       |     |       |     |       |       |       |       |       |    |
|-----|------------|-----------|---------------------------------|------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------|-------|-------|-------|-------|----|
| 341 | Turnbull   | Sarah     | St Theresas AC                  | F45  | 116 | 309.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0     | 0.0   | 309.6 | 309.6 | 67 |
| 342 | Manders    | Jessica   | Olley AC                        | F40  | 117 | 307.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0     | 0.0   | 307.9 | 307.9 | 40 |
| 343 | Mcmorran   | Lindsay   | St Theresas AC                  | F35  | 247 | 92.7  | 225 | 53.8  | 264 | 67.4  | 212 | 92.7  | 222 | 47.1  | 353.7 | 306.6 | 48    |       |    |
| 344 | Fisk       | Kathryn   | Horsforth Fellandale            | F40  | 0   | 0.0   | 0   | 0.0   | 119 | 305.9 | 0   | 0.0   | 0   | 0.0   | 305.9 | 305.9 | 41    |       |    |
| 345 | Neal       | Zen       | Abbey Runners                   | F55  | 0   | 0.0   | 0   | 0.0   | 120 | 304.3 | 0   | 0.0   | 0   | 0.0   | 304.3 | 304.3 | 20    |       |    |
| 346 | McIarnon   | Shevonne  | Kirkstall Harriers              | F50  | 0   | 0.0   | 0   | 0.0   | 210 | 156.3 | 185 | 144.8 | 0   | 0.0   | 301.0 | 301.0 | 37    |       |    |
| 347 | Bilbrough  | Donna     | Wharfedale Harriers             | F50  | 0   | 0.0   | 101 | 300.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 300.8 | 300.8 | 38    |       |    |
| 348 | Parker     | Nicola    | Valley Striders AC              | F45  | 263 | 66.2  | 222 | 59.8  | 240 | 106.9 | 0   | 0.0   | 212 | 67.6  | 300.5 | 300.5 | 68    |       |    |
| 349 | Bray       | Paula     | Horsforth Harriers              | F45  | 0   | 0.0   | 0   | 0.0   | 123 | 299.3 | 0   | 0.0   | 0   | 0.0   | 299.3 | 299.3 | 69    |       |    |
| 350 | Nichol     | Megan     | Abbey Runners                   | F35  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 106 | 297.3 | 0   | 0.0   | 297.3 | 297.3 | 49    |       |    |
| 351 | Holden     | Sara      | Wetherby Runners AC             | F65  | 276 | 44.7  | 220 | 63.7  | 257 | 78.9  | 207 | 102.3 | 220 | 51.2  | 340.9 | 296.2 | 13    |       |    |
| 352 | Kozłowska  | Krystina  | Saltaire Striders               | F50  | 0   | 0.0   | 0   | 0.0   | 259 | 75.7  | 208 | 100.4 | 188 | 116.8 | 292.8 | 292.8 | 39    |       |    |
| 353 | Porter     | Emma      | Dragons Running Club (Leeds)    | F50  | 190 | 187.1 | 0   | 0.0   | 241 | 105.3 | 0   | 0.0   | 0   | 0.0   | 292.3 | 292.3 | 40    |       |    |
| 354 | Blomfield  | Hannah    | Roundhay Runners                | FSEN | 236 | 110.9 | 0   | 0.0   | 243 | 102.0 | 222 | 73.4  | 0   | 0.0   | 286.3 | 286.3 | 100   |       |    |
| 355 | Carey      | Kay       | St Theresas AC                  | F50  | 224 | 130.8 | 219 | 65.7  | 277 | 46.1  | 251 | 17.4  | 224 | 43.0  | 303.0 | 285.6 | 41    |       |    |
| 356 | Richardson | Lesley    | Bradford Airedale AC            | F40  | 257 | 76.2  | 189 | 125.5 | 254 | 83.9  | 0   | 0.0   | 0   | 0.0   | 285.5 | 285.5 | 42    |       |    |
| 357 | Howroyd    | Alicia    | Horsforth Fellandale            | F45  | 131 | 284.8 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 284.8 | 284.8 | 70    |       |    |
| 358 | Bonnett    | Lucy      | Hyde Park Harriers              | FSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 113 | 283.8 | 0   | 0.0   | 283.8 | 283.8 | 101   |       |    |
| 359 | Charlton   | Patricia  | Valley Striders AC              | F55  | 0   | 0.0   | 0   | 0.0   | 133 | 282.9 | 0   | 0.0   | 0   | 0.0   | 282.9 | 282.9 | 21    |       |    |
| 360 | Churm      | Lucy      | Kirkstall Harriers              | F45  | 0   | 0.0   | 113 | 276.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 276.9 | 276.9 | 71    |       |    |
| 361 | Hall       | Lucy      | York Postal Harriers            | FSEN | 0   | 0.0   | 205 | 93.6  | 272 | 54.3  | 0   | 0.0   | 183 | 127.0 | 275.0 | 275.0 | 102   |       |    |
| 362 | Hart       | Isabel    | Olley AC                        | FSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 111 | 274.6 | 274.6 | 274.6 | 103   |       |    |
| 363 | Todd       | Kate      | Ripon Runners                   | F55  | 0   | 0.0   | 176 | 151.4 | 234 | 116.8 | 0   | 0.0   | 0   | 0.0   | 268.2 | 268.2 | 22    |       |    |
| 364 | Potter     | Ayse      | Dragons Running Club (Leeds)    | F35  | 0   | 0.0   | 120 | 262.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 262.9 | 262.9 | 50    |       |    |
| 365 | Hartley    | Nicola    | Valley Striders AC              | F40  | 145 | 261.6 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 261.6 | 261.6 | 43    |       |    |
| 366 | Groom      | Rachel    | Kippax & District Harriers      | FSEN | 0   | 0.0   | 209 | 85.7  | 268 | 60.9  | 201 | 113.9 | 0   | 0.0   | 260.4 | 260.4 | 104   |       |    |
| 367 | Graham     | Izzy      | Wetherby Runners AC             | FSEN | 0   | 0.0   | 0   | 0.0   | 151 | 253.3 | 0   | 0.0   | 0   | 0.0   | 253.3 | 253.3 | 105   |       |    |
| 368 | Thompson   | Su        | Wharfedale Harriers             | F55  | 250 | 87.7  | 221 | 61.8  | 258 | 77.3  | 0   | 0.0   | 233 | 24.6  | 251.4 | 251.4 | 23    |       |    |
| 369 | Stanworth  | Lucie     | Kippax & District Harriers      | FSEN | 0   | 0.0   | 167 | 169.3 | 0   | 0.0   | 0   | 0.0   | 207 | 77.9  | 247.2 | 247.2 | 106   |       |    |
| 370 | Lambert    | Sarah     | Ilkley Harriers                 | F35  | 249 | 89.4  | 229 | 45.8  | 278 | 44.4  | 226 | 65.6  | 238 | 14.3  | 259.6 | 245.3 | 51    |       |    |
| 371 | Mullin     | Maria     | Saltaire Striders               | F35  | 156 | 243.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 243.4 | 243.4 | 52    |       |    |
| 372 | Allen      | Elizabeth | Chapel Allerton Runners         | F55  | 0   | 0.0   | 212 | 79.7  | 265 | 65.8  | 229 | 59.8  | 227 | 36.9  | 242.2 | 242.2 | 24    |       |    |
| 373 | Brear      | Colette   | Vale of York Athletic Community | F40  | 0   | 0.0   | 0   | 0.0   | 158 | 241.8 | 0   | 0.0   | 0   | 0.0   | 241.8 | 241.8 | 44    |       |    |
| 374 | Cook       | Mags      | Roundhay Runners                | F70  | 0   | 0.0   | 0   | 0.0   | 229 | 125.0 | 0   | 0.0   | 191 | 110.7 | 235.7 | 235.7 | 2     |       |    |
| 375 | Tombs      | Gail      | Ackworth Road Runners           | F70  | 0   | 0.0   | 198 | 107.6 | 267 | 62.5  | 231 | 56.0  | 0   | 0.0   | 226.1 | 226.1 | 3     |       |    |
| 376 | Foster     | Ann       | Wetherby Runners AC             | F50  | 169 | 221.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 221.9 | 221.9 | 42    |       |    |
| 377 | Townsend   | Erin      | Rothwell Harriers & AC          | F40  | 265 | 62.9  | 227 | 49.8  | 274 | 51.0  | 235 | 48.3  | 217 | 57.4  | 269.3 | 221.1 | 45    |       |    |
| 378 | Mcquire    | Cat       | Hyde Park Harriers              | F40  | 0   | 0.0   | 0   | 0.0   | 171 | 220.4 | 0   | 0.0   | 0   | 0.0   | 220.4 | 220.4 | 46    |       |    |
| 379 | Stride     | Danielle  | Dragons Running Club (Leeds)    | F35  | 172 | 216.9 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 216.9 | 216.9 | 53    |       |    |
| 380 | Dooley     | Zoe       | Dragons Running Club (Leeds)    | F50  | 0   | 0.0   | 194 | 115.5 | 0   | 0.0   | 0   | 0.0   | 196 | 100.4 | 215.9 | 215.9 | 43    |       |    |
| 381 | Millson    | Amy       | Abbey Runners                   | F40  | 0   | 0.0   | 0   | 0.0   | 179 | 207.2 | 0   | 0.0   | 0   | 0.0   | 207.2 | 207.2 | 47    |       |    |
| 382 | Lofthouse  | Kate      | Ilkley Harriers                 | F60  | 260 | 71.2  | 0   | 0.0   | 276 | 47.7  | 218 | 81.1  | 0   | 0.0   | 200.0 | 200.0 | 22    |       |    |
| 383 | Smith      | Emma      | Ackworth Road Runners           | F50  | 0   | 0.0   | 152 | 199.2 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 199.2 | 199.2 | 44    |       |    |
| 384 | Senior     | Sarah     | Vale of York Athletic Community | F40  | 227 | 125.8 | 0   | 0.0   | 0   | 0.0   | 224 | 69.5  | 0   | 0.0   | 195.3 | 195.3 | 48    |       |    |
| 385 | Lane       | Joanne    | Nidd Valley Road Runners        | F50  | 219 | 139.1 | 0   | 0.0   | 0   | 0.0   | 232 | 54.1  | 0   | 0.0   | 193.1 | 193.1 | 45    |       |    |
| 386 | Hornsey    | Katie     | Kippax & District Harriers      | FSEN | 0   | 0.0   | 0   | 0.0   | 260 | 74.0  | 199 | 117.8 | 0   | 0.0   | 191.8 | 191.8 | 107   |       |    |
| 387 | Jones      | Farah     | St Theresas AC                  | F35  | 0   | 0.0   | 158 | 187.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 187.3 | 187.3 | 54    |       |    |
| 388 | Hall       | Charlotte | Dragons Running Club (Leeds)    | FSEN | 0   | 0.0   | 191 | 121.5 | 0   | 0.0   | 0   | 0.0   | 213 | 65.6  | 187.1 | 187.1 | 108   |       |    |
| 389 | Tilbrook   | Victoria  | Wetherby Runners AC             | F45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 164 | 185.3 | 0   | 0.0   | 185.3 | 185.3 | 72    |       |    |
| 390 | Capstick   | Rachel    | Nidd Valley Road Runners        | F45  | 0   | 0.0   | 0   | 0.0   | 248 | 93.8  | 214 | 88.8  | 0   | 0.0   | 182.6 | 182.6 | 73    |       |    |
| 391 | Keighley   | Carole    | Airecentre Pacers               | F60  | 266 | 61.3  | 234 | 35.9  | 279 | 42.8  | 240 | 38.6  | 232 | 26.6  | 205.1 | 178.5 | 23    |       |    |
| 392 | Richardson | Emma-Jane | Kippax & District Harriers      | F45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 158 | 178.3 | 178.3 | 178.3 | 74    |       |    |
| 393 | Trodd      | Gemma     | Abbey Runners                   | FSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 159 | 176.2 | 176.2 | 176.2 | 109   |       |    |
| 394 | Chadderton | Gemma     | Knaresborough Striders          | F45  | 197 | 175.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 175.5 | 175.5 | 75    |       |    |
| 395 | Watson     | Millie    | Ackworth Road Runners           | FSEN | 0   | 0.0   | 165 | 173.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 173.3 | 173.3 | 110   |       |    |
| 396 | McGhie     | Alison    | Wetherby Runners AC             | F60  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 171 | 171.8 | 0   | 0.0   | 171.8 | 171.8 | 24    |       |    |
| 397 | Owen       | Katherine | Chapel Allerton Runners         | F45  | 264 | 64.6  | 244 | 15.9  | 269 | 59.2  | 245 | 29.0  | 236 | 18.4  | 187.1 | 171.2 | 76    |       |    |
| 398 | Hawden     | Joanne    | Rothwell Harriers & AC          | F60  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 162 | 170.1 | 170.1 | 170.1 | 25    |       |    |
| 399 | Roberts    | Rachel    | Roundhay Runners                | F40  | 272 | 51.3  | 228 | 47.8  | 284 | 34.5  | 242 | 34.7  | 0   | 0.0   | 168.4 | 168.4 | 49    |       |    |
| 400 | Wilson     | Rebekah   | York Triathlon Club             | FSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 220 | 77.2  | 201 | 90.2  | 167.4 | 167.4 | 111   |       |    |
| 401 | Penrose    | Kate      | St Theresas AC                  | F70  | 277 | 43.0  | 232 | 39.8  | 280 | 41.1  | 0   | 0.0   | 225 | 41.0  | 165.0 | 165.0 | 4     |       |    |
| 402 | Thomson    | Eleanor   | Airecentre Pacers               | F45  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 178 | 158.3 | 0   | 0.0   | 158.3 | 158.3 | 77    |       |    |
| 403 | Denman     | Sarah     | St Theresas AC                  | F40  | 211 | 152.3 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 152.3 | 152.3 | 50    |       |    |
| 404 | Hougham    | Claire    | Hyde Park Harriers              | F45  | 281 | 36.4  | 235 | 33.9  | 289 | 26.3  | 237 | 44.4  | 228 | 34.8  | 175.8 | 149.5 | 78    |       |    |
| 405 | Gibson     | Lindsey   | Roundhay Runners                | F45  | 262 | 67.9  | 0   | 0.0   | 0   | 0.0   | 238 | 42.5  | 226 | 38.9  | 149.3 | 149.3 | 79    |       |    |
| 406 | Houldcroft | Alice     | Hyde Park Harriers              | FSEN | 0   | 0.0   | 178 | 147.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 147.4 | 147.4 | 112   |       |    |
| 407 | Dellamico  | Louise    | Saltaire Striders               | F50  | 214 | 147.4 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 147.4 | 147.4 | 46    |       |    |
| 408 | Wray       | Lucy      | Nidd Valley Road Runners        | F50  | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 184 | 146.7 | 0   | 0.0   | 146.7 | 146.7 | 47    |       |    |
| 409 | Varadkar   | Amrita    | Rothwell Harriers & AC          | F40  | 0   | 0.0   | 0   | 0.0   | 282 | 37.8  | 233 | 52.1  | 218 | 55.3  | 145.3 | 145.3 | 51    |       |    |
| 410 | Lawrence   | Mary      | Saltaire Striders               | FSEN | 261 | 69.5  | 0   | 0.0   | 0   | 0.0   | 225 | 67.6  | 0   | 0.0   | 137.1 | 137.1 | 113   |       |    |
| 411 | Skinner    | Sue       | Ripon Runners                   | F60  | 0   | 0.0   | 0   | 0.0   | 222 | 136.5 | 0   | 0.0   | 0   | 0.0   | 136.5 | 136.5 | 26    |       |    |
| 412 | Brunning   | Emma      | Chapel Allerton Runners         | F45  | 283 | 33.1  | 0   | 0.0   | 285 | 32.9  | 236 | 46.3  | 234 | 22.5  | 134.9 | 134.9 | 80    |       |    |
| 413 | Bell       | Valerie   | Wetherby Runners AC             | F55  | 223 | 132.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 132.5 | 132.5 | 25    |       |    |
| 414 | King       | Jemma     | Nidd Valley Road Runners        | FSEN | 0   | 0.0   | 187 | 129.5 | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 129.5 | 129.5 | 114   |       |    |
| 415 | Stone      | Natalie   | Ackworth Road Runners           | FSEN | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 0   | 0.0   | 184 | 125.0 | 125.0 | 125.0 | 115   |       |    |
| 416 | Holmes     | Jane      | Harrogate Tri Club              | F70  | 0   | 0.0   | 0   | 0.0   | 230 | 123.4 | 0   | 0.0   | 0   | 0.0   | 123.4 | 123.4 | 5     |       |    |
| 417 | Holmes     | Rachael   | York Triathlon Club             | F35  | 275 | 46.4  | 0   | 0.0   | 281 | 39.5  | 243 | 32.8  | 0   | 0.0   | 118.6 | 118.6 | 55    |       |    |
| 418 | Jacques    | Helen     | Ilkley Harriers                 | F60  | 0   | 0.0   | 0   | 0.0   | 233 | 118.4 | 0   | 0.0   | 0   | 0.0   | 118.4 | 118.4 | 27    |       |    |
| 419 | Mccartney  | Karen     | Nidd Valley Road Runners        | F60  | 274 | 48.0  | 236 | 31.9  | 0   | 0.0   | 241 | 36.7  | 0   | 0.0   | 116.6 | 116.6 | 28    |       |    |
| 420 | Downham    | Karen     | Kippax & District Harriers      | F60  | 0   | 0.0   | 0   |       |     |       |     |       |     |       |       |       |       |       |    |

|     |             |          |                            |     |     |      |     |      |     |      |     |      |     |      |      |      |    |
|-----|-------------|----------|----------------------------|-----|-----|------|-----|------|-----|------|-----|------|-----|------|------|------|----|
| 456 | Ahmad       | Liz      | Nidd Valley Road Runners   | F65 | 0   | 0.0  | 0   | 0.0  | 296 | 14.8 | 247 | 25.1 | 0   | 0.0  | 39.9 | 39.9 | 19 |
| 457 | Pritchard   | Amanda   | Abbey Runners              | F50 | 280 | 38.1 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 38.1 | 38.1 | 52 |
| 458 | Neugebauer  | Sharron  | Hyde Park Harriers         | F60 | 295 | 13.2 | 246 | 12.0 | 301 | 6.6  | 0   | 0.0  | 0   | 0.0  | 31.8 | 31.8 | 34 |
| 459 | Hembra      | Daniella | Chapel Allerton Runners    | F50 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 230 | 30.7 | 30.7 | 30.7 | 53 |
| 460 | Hill        | Debra    | St Therasas AC             | F50 | 286 | 28.1 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 28.1 | 28.1 | 54 |
| 461 | Whitaker    | Samantha | Hyde Park Harriers         | F55 | 296 | 11.6 | 247 | 10.0 | 302 | 4.9  | 0   | 0.0  | 0   | 0.0  | 26.5 | 26.5 | 32 |
| 462 | Shetty      | Sheetal  | Chapel Allerton Runners    | F45 | 289 | 23.2 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 23.2 | 23.2 | 83 |
| 463 | Rowley      | Samantha | St Therasas AC             | F55 | 290 | 21.5 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 21.5 | 21.5 | 33 |
| 464 | Brannan     | Lisa     | Hyde Park Harriers         | F60 | 297 | 9.9  | 0   | 0.0  | 298 | 11.5 | 0   | 0.0  | 0   | 0.0  | 21.4 | 21.4 | 35 |
| 465 | Choules     | Jackie   | Rothwell Harriers & AC     | F60 | 302 | 1.7  | 251 | 2.0  | 303 | 3.3  | 255 | 9.7  | 243 | 4.1  | 20.7 | 19.0 | 36 |
| 466 | Persico     | Lisa     | Abbey Runners              | F45 | 292 | 18.2 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 18.2 | 18.2 | 84 |
| 467 | Cartwright  | Jo       | Rothwell Harriers & AC     | F65 | 301 | 3.3  | 250 | 4.0  | 304 | 1.6  | 256 | 7.7  | 0   | 0.0  | 16.7 | 16.7 | 20 |
| 468 | Fallon      | Lynne    | St Therasas AC             | F70 | 293 | 16.6 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 16.6 | 16.6 | 7  |
| 469 | Mckinnell   | Amanda   | Ackworth Road Runners      | F65 | 0   | 0.0  | 0   | 0.0  | 295 | 16.4 | 0   | 0.0  | 0   | 0.0  | 16.4 | 16.4 | 21 |
| 470 | McKee       | Ruth     | Kippax & District Harriers | F35 | 298 | 8.3  | 248 | 8.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 16.2 | 16.2 | 60 |
| 471 | Parker      | Lisa     | St Therasas AC             | F60 | 294 | 14.9 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 14.9 | 14.9 | 37 |
| 472 | Lea-Langton | Amanda   | Harrogate Tri Club         | F55 | 0   | 0.0  | 249 | 6.0  | 0   | 0.0  | 257 | 5.8  | 245 | 2.0  | 13.8 | 13.8 | 34 |
| 473 | Dodds       | Kirsty   | Chapel Allerton Runners    | F45 | 299 | 6.6  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 6.6  | 6.6  | 85 |
| 474 | Mckenzie    | Angie    | Otley AC                   | F55 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 242 | 6.1  | 6.1  | 6.1  | 35 |
| 475 | Jefferies   | Kay      | Hyde Park Harriers         | F55 | 300 | 5.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 5.0  | 5.0  | 36 |
| 476 | Robinson    | Fiona    | Nidd Valley Road Runners   | F60 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 244 | 2.0  | 2.0  | 2.0  | 38 |
| 477 | Hawking     | Veronica | Kippax & District Harriers | F40 | 0   | 0.0  | 0   | 0.0  | 0   | 0.0  | 259 | 1.9  | 0   | 0.0  | 1.9  | 1.9  | 56 |