

PECO Cross Country League 2017-18: Race 3 (Roundhay Park)
Senior Ladies Cumulative Results

Position	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Total Points	Cat Pos
					Pos	Points	Pos	Points	Pos	Points		
1	Moran	Ruth	Horsforth Harriers	F5EN	4	396.8	2	398.6	3	397.9	1193.2	1
2	Jackson	Niamh	Kirkstall Harriers	F35	5	395.7	6	392.9	4	396.8	1185.4	1
3	Pilling	Rachel	Pudsey & Bramley AC	F35	7	393.5	5	394.3	6	394.7	1182.6	2
4	Lewis	Susan	Roundhay Runners	F40	6	394.6	9	388.7	7	393.7	1176.9	1
5	Padilla	Monica	Wharfedale Harriers	F5EN	8	392.4	10	387.2	17	383.1	1162.8	2
6	Auchterlonie	Helen	Rothwell Harriers	F5EN	23	376.2	11	385.8	11	389.4	1151.5	3
7	Clark	Michaela	Abbey Runners	F45	12	388.1	19	374.5	16	384.2	1146.7	1
8	O'sullivan	Sarah	Horsforth Harriers	F40	18	381.6	13	383.0	18	382.1	1146.7	2
9	Hunter	Sarah	Ackworth RR	F5EN	15	384.9	14	381.6	20	379.9	1146.4	4
10	Sharpe	Ellen	Hyde Park Harriers	F5EN	14	385.9	12	384.4	25	374.7	1145.0	5
11	Dransfield	Laura	Roundhay Runners	F5EN	32	366.5	17	377.3	9	391.6	1135.3	6
12	Kilcoyne	Alexandra	Abbey Runners	F5EN	34	364.3	20	373.0	21	378.9	1116.3	7
13	Andrews	Nicky	Wetherby Runners	F5EN	31	367.6	29	360.3	15	385.2	1113.1	8
14	Gill	Sarah	Harrogate Harriers	F50	33	365.4	25	366.0	23	376.8	1108.1	1
15	Carter	Nicola	Knaresborough Striders	F45	28	370.8	27	363.1	43	355.7	1089.6	2
16	Mackie	Rachel	Valley Striders	F40	25	374.1	28	361.7	52	346.2	1081.9	3
17	Bowden	Bernie	Saltaire Striders	F45	35	363.2	47	334.8	35	364.1	1062.1	3
18	Moreland	Nichola	Hyde Park Harriers	F5EN	45	352.4	41	343.3	45	353.6	1049.3	9
19	Lawrence	Becky	Horsforth Harriers	F40	42	355.7	49	331.9	42	356.7	1044.3	4
20	Evans	Clare	Hyde Park Harriers	F5EN	37	361.1	37	348.9	64	333.5	1043.5	10
21	Fox	Hannah	Abbey Runners	F5EN	55	341.6	33	354.6	54	344.1	1040.3	11
22	Tao Liu	Judy	St Theresa's AC	F40	41	356.8	43	340.4	58	339.8	1037.0	5
23	Elson	Sarah	Roundhay Runners	F45	47	350.3	53	326.2	50	348.3	1024.8	4
24	Culshaw	Robin	Hyde Park Harriers	F5EN	61	335.1	40	344.7	60	337.7	1017.5	12
25	Button	Holly	Valley Striders	F5EN	48	349.2	42	341.8	81	315.6	1006.6	13
26	Oldridge	Jen	Horsforth Harriers	F45	57	339.5	61	314.9	57	340.9	995.3	5
27	Hudson	Chloe	Valley Striders	F35	68	327.6	55	323.4	75	321.9	972.9	3
28	Spencer	Amanda	Valley Striders	F45	59	337.3	60	316.3	78	318.7	972.3	6
29	Dransfield	Emma	Roundhay Runners	F5EN	105	287.6	56	322.0	44	354.6	964.2	14
30	Davies	Sian	Rothwell Harriers	F5EN	92	301.6	50	330.5	68	329.3	961.4	15
31	Priest	Anna	Roundhay Runners	F35	63	333.0	80	287.9	80	316.6	937.5	4
32	Proctor	Cheryl	Roundhay Runners	F5EN	82	312.4	71	300.7	73	324.0	937.2	16
33	Haight	Sally	Airecentre Pacers	F50	69	326.5	85	280.9	72	325.1	932.4	2
34	Farley	Lydia	Bradford Airedale	F5EN	60	336.2	59	317.7	117	277.6	931.5	17
35	Roden	Helen	Abbey Runners	F45	78	316.8	72	299.3	85	311.3	927.4	7
36	Follows	Emily	Kippax Harriers	F35	96	297.3	69	303.5	74	323.0	923.8	5
37	Smith	Alison	Abbey Runners	F40	87	307.0	75	295.0	96	299.7	901.8	6
38	Clarke	Louisa	Roundhay Runners	F35	100	293.0	76	293.6	94	301.8	888.4	6
39	O'brien	Louise	Kirkstall Harriers	F40	115	276.8	74	296.5	88	308.2	881.4	7
40	Whitaker	Helene	Harrogate Harriers	F50	132	258.4	70	302.1	83	313.5	874.0	3
41	Forwood	Nicola	Hyde Park Harriers	F5EN	93	300.5	86	279.4	105	290.2	870.2	18
42	Ball	Liz	Valley Striders	F60	97	296.2	94	268.1	93	302.9	867.2	1
43	Warner	Emma	Wetherby Runners	F40	98	295.1	92	270.9	99	296.6	862.6	8
44	Waite	Sarah	Rothwell Harriers	F5EN	117	274.6	91	272.3	97	298.7	845.6	19
45	Charlesworth	Sarah	Wharfedale Harriers	F35	110	282.2	97	263.8	112	282.8	828.8	7
46	Woodeson	Sarah	Valley Striders	F45	134	256.2	98	262.4	98	297.6	816.3	8
47	Oldroyd	Hannah	Saltaire Striders	F5EN	1	400.0	1	400.0	0	0.0	800.0	20
48	Goecker	Crystal	Harrogate Harriers	F35	0	0.0	3	397.2	2	398.9	796.1	8
49	Winter	Rebecca	Ackworth RR	F5EN	3	397.8	4	395.7	0	0.0	793.6	21
50	Garbutt	Sarah	St Theresa's AC	F5EN	0	0.0	8	390.1	1	400.0	790.1	22
51	Brown	Gillian	Dragons RC	F35	133	257.3	102	256.7	120	274.4	788.4	9
52	Mccarthy	Jane	Ilkley Harriers	F40	11	389.2	0	0.0	5	395.8	785.0	9
53	Graham	Sarah	Valley Striders	F5EN	10	390.3	0	0.0	10	390.5	780.8	23
54	Muir	Marion	Kirkstall Harriers	F40	131	259.5	109	246.8	121	273.4	779.6	10
55	Kitchen	Ellie	Ilkley Harriers	F5EN	13	387.0	15	380.1	0	0.0	767.2	24
56	Yates	Amy	St Theresa's AC	F5EN	16	383.8	0	0.0	19	381.0	764.8	25
57	Watson	Lesley	Saltaire Striders	F45	0	0.0	26	364.5	8	392.6	757.2	9
58	Varley	Alison	St Theresa's AC	F45	17	382.7	21	371.6	0	0.0	754.3	10
59	Pickles	Karen	Pudsey & Bramley AC	F45	22	377.3	0	0.0	24	375.7	753.0	11
60	Hart	Marie	Horsforth Harriers	F55	126	264.9	120	231.2	138	255.4	751.5	1
61	Garnett	Suzzi	Chapel Allerton Runners	F5EN	24	375.1	18	375.9	0	0.0	751.0	26
62	Freeman	Janette	Horsforth Harriers	F50	125	265.9	123	227.0	136	257.5	750.4	4
63	Cox	Hannah	Leeds University CCC	F5EN	21	378.4	23	368.8	0	0.0	747.2	27
64	Clegg	Lindsey	Horsforth Harriers	F35	0	0.0	31	357.4	14	386.3	743.7	10
65	Pinder	Lucy	York Tri Club	F35	0	0.0	24	367.4	26	373.6	741.0	11
66	Glynn	Karen	Kippax Harriers	F45	140	249.7	113	241.1	147	245.9	736.8	12
67	Carter	Rachel	Ilkley Harriers	F40	29	369.7	0	0.0	34	365.2	734.9	11
68	Breedon	Hannah	Roundhay Runners	F35	0	0.0	30	358.9	31	368.3	727.2	12
69	Lund	Judith	Roundhay Runners	F40	128	262.7	106	251.1	181	210.0	723.8	12
70	Gray	Rebecca	Hyde Park Harriers	F5EN	36	362.2	0	0.0	38	360.9	723.1	28
71	Eastwood	Nikki	Roundhay Runners	F50	0	0.0	34	353.2	30	369.4	722.6	5
72	Lowery	Sima	Knaresborough Striders	F40	0	0.0	32	356.0	36	363.1	719.1	13
73	Nesbit	Gill	Abbey Runners	F40	162	225.9	110	245.4	148	244.9	716.2	14
74	Murtagh	Marie	York Tri Club	F35	43	354.6	0	0.0	39	359.9	714.5	13
75	Love	Helen	Saltaire Striders	F60	147	242.2	117	235.5	158	234.3	711.9	2
76	Sykes	Joanne	Harrogate Tri Club	F5EN	123	268.1	107	249.6	197	193.1	710.9	29
77	Kellett	Naomi	Hyde Park Harriers	F5EN	39	358.9	0	0.0	49	349.3	708.3	30
78	Carroll	Tracy	Horsforth Harriers	F40	51	345.9	0	0.0	37	362.0	708.0	15
79	Fisk	Kathryn	Fellandale	F35	40	357.8	0	0.0	51	347.2	705.1	14
80	Kirkham	Katherine	Wharfedale Harriers	F35	0	0.0	39	346.1	40	358.8	704.9	15

81	Bail	Karen	Ackworth RR	F40	46	351.4	0	0.0	48	350.4	701.7	16
82	Carter	Hannah	Roundhay Runners	F35	0	0.0	38	347.5	47	351.5	699.0	16
83	Young	Amy	Hyde Park Harriers	F5EN	76	318.9	0	0.0	28	371.5	690.4	31
84	Whiteman	Jen	Chapel Allerton Runners	F5EN	38	360.0	0	0.0	67	330.3	690.3	32
85	Barron	Rebecca	Nidd Valley RR	F5EN	44	353.5	0	0.0	63	334.6	688.1	33
86	Robins	Fiona	Valley Striders	F40	0	0.0	46	336.2	53	345.1	681.3	17
87	Herbert	Maria	Leeds University CCC	F5EN	0	0.0	44	339.0	56	342.0	681.0	34
88	Kitchen	Dianne	Ilkley Harriers	F55	155	233.5	132	214.2	159	233.2	680.9	2
89	Say	Julia	Roundhay Runners	F40	67	328.6	36	350.4	0	0.0	679.0	18
90	Muir	Ruth	St Theresa's AC	F35	58	338.4	45	337.6	0	0.0	676.0	17
91	James	Catherine	Kirkstall Harriers	F5EN	172	215.1	125	224.1	156	236.4	675.7	35
92	Young	Caroline	Hyde Park Harriers	F5EN	53	343.8	0	0.0	71	326.1	669.9	36
93	Camm	Jill	Kirkstall Harriers	F35	0	0.0	52	327.7	61	336.7	664.3	18
94	Hurst	Bev	Horsforth Harriers	F50	65	330.8	0	0.0	65	332.5	663.3	6
95	Hulme-Vickerstaff	Lisa	Abbey Runners	F50	156	232.4	139	204.3	167	224.8	661.5	7
96	Beecher	Sarah	Harrogate Harriers	F50	170	217.3	136	208.5	164	228.0	653.8	8
97	O'toole	Orna	York Tri Club	F40	56	340.5	0	0.0	89	307.1	647.7	19
98	Thomson	Julia	Harrogate Tri Club	F50	64	331.9	62	313.5	0	0.0	645.4	9
99	Hunter	Alison	Kippax Harriers	F55	139	250.8	133	212.8	209	180.5	644.1	3
100	Rothera	Josie	Valley Striders	F35	72	323.2	0	0.0	77	319.8	643.0	19
101	Neal	Olivia	York Tri Club	F5EN	0	0.0	57	320.6	79	317.7	638.2	37
102	Forde	Emily	Horsforth Harriers	F5EN	0	0.0	64	310.6	70	327.2	637.8	38
103	James	Julie	St Theresa's AC	F55	166	221.6	127	221.3	201	188.9	631.8	4
104	Fotherby	Pascale	Valley Striders	F35	159	229.2	159	175.9	169	222.7	627.8	20
105	Sturley	Charlotte	Chapel Allerton Runners	F5EN	77	317.8	65	309.2	0	0.0	627.1	39
106	Partner	Hannah	Saltaire Striders	F35	80	314.6	66	307.8	0	0.0	622.4	21
107	Kempadoo Millar	Rhian	Kirkstall Harriers	F40	73	322.2	0	0.0	101	294.5	616.6	20
108	Smith	Emma	Ackworth RR	F40	180	206.5	135	209.9	192	198.4	614.8	21
109	Nash	Louise	Saltaire Striders	F45	70	325.4	79	289.4	0	0.0	614.8	13
110	Garbutt	Catherine	Horsforth Harriers	F5EN	0	0.0	58	319.1	104	291.3	610.4	40
111	Pattinson	Angela	Horsforth Harriers	F50	0	0.0	67	306.4	92	304.0	610.3	10
112	Davey	Jo	Wetherby Runners	F45	71	324.3	82	285.1	0	0.0	609.4	14
113	Holmes	Jane	Harrogate Tri Club	F60	79	315.7	77	292.2	0	0.0	607.9	3
114	Schofield	Jayne	Wharfedale Harriers	F45	186	200.0	162	171.6	160	232.2	603.8	15
115	Owen	Kath	Chapel Allerton Runners	F35	75	320.0	273	14.2	131	262.8	597.0	22
116	Baldry	Honor	Hyde Park Harriers	F5EN	0	0.0	78	290.8	90	306.1	596.8	41
117	Farrar	Naomi	Hyde Park Harriers	F5EN	165	222.7	175	153.2	172	219.5	595.4	42
118	Hanson	Fiona	Horsforth Harriers	F45	84	310.3	84	282.3	0	0.0	592.5	16
119	Webster	Isobel	Kirkstall Harriers	F5EN	112	280.0	63	312.1	0	0.0	592.1	43
120	Swindell	Jenny	Ackworth RR	F5EN	74	321.1	0	0.0	125	269.1	590.2	44
121	Cowley	Jenni	Wharfedale Harriers	F35	85	309.2	0	0.0	115	279.7	588.9	23
122	Council	Lucy	Bradford Airedale	F35	86	308.1	0	0.0	116	278.6	586.7	24
123	Oldroyd	Theresa	Harrogate Harriers	F45	0	0.0	90	273.8	84	312.4	586.2	17
124	Miah	Shahana	Rothwell Harriers	F5EN	90	303.8	0	0.0	113	281.8	585.6	45
125	Davies	Rhiannon	Abbey Runners	F5EN	234	148.1	129	218.4	175	216.4	582.9	46
126	Hawden	Joanne	Rothwell Harriers	F50	187	198.9	158	177.3	190	200.5	576.8	11
127	Booth	Samantha	Chapel Allerton Runners	F5EN	116	275.7	0	0.0	95	300.8	576.5	47
128	Foster	Ann	Wetherby Runners	F40	0	0.0	68	305.0	126	268.1	573.0	22
129	Tombs	Gail	Ackworth RR	F65	213	170.8	161	173.0	163	229.0	572.9	1
130	Chivers	Ann	Roundhay Runners	F35	0	0.0	88	276.6	100	295.5	572.1	25
131	Watson	Madeleine	Chapel Allerton Runners	F50	189	196.8	122	228.4	241	146.7	571.8	12
132	Wilson	Stephanie	Pudsey & Bramley AC	F35	0	0.0	73	297.9	122	272.3	570.2	26
133	Taylor	Katie	Abbey Runners	F5EN	113	278.9	0	0.0	109	286.0	564.9	48
134	Salih	Jasmine	Abbey Runners	F45	194	191.4	169	161.7	180	211.1	564.1	18
135	Mottram	Terry	Ackworth RR	F40	104	288.6	0	0.0	119	275.5	564.1	23
136	Griffiths	Alys	Hyde Park Harriers	F5EN	219	164.3	174	154.6	150	242.7	561.7	49
137	Simpson	Sue	Nidd Valley RR	F55	108	284.3	0	0.0	118	276.5	560.8	5
138	Beesley	Laura	Abbey Runners	F5EN	0	0.0	89	275.2	110	285.0	560.1	50
139	Brook	Paula	Rothwell Harriers	F40	102	290.8	0	0.0	130	263.9	554.7	24
140	Brown	Emma	Hyde Park Harriers	F5EN	0	0.0	99	261.0	102	293.4	554.4	51
141	Jago	Gillian	Eccleshill RR	F40	178	208.6	165	167.4	213	176.3	552.3	25
142	Cook	Mags	Roundhay Runners	F65	214	169.7	155	181.6	193	197.4	548.7	2
143	Reperecki	Adela	Ilkley Harriers	F55	130	260.5	0	0.0	111	283.9	544.4	6
144	Foy	Tracy	Saltaire Striders	F45	114	277.8	0	0.0	128	266.0	543.8	19
145	Ferguson	Anya	Abbey Runners	F35	218	165.4	148	191.5	203	186.8	543.7	27
146	Longfellow	Emma	St Theresa's AC	F35	120	271.4	0	0.0	124	270.2	541.5	28
147	Wheatley	Bekki	Chapel Allerton Runners	F35	122	269.2	93	269.5	0	0.0	538.7	29
148	Hardy	Amy	Horsforth Harriers	F5EN	119	272.4	0	0.0	129	264.9	537.3	52
149	Newman	Hannah	Kirkstall Harriers	F5EN	199	185.9	166	166.0	205	184.7	536.6	53
150	Roger	Baz	Knareborough Striders	F40	0	0.0	100	259.6	123	271.2	530.8	26
151	Mcgeachy	Denise	Chapel Allerton Runners	F35	0	0.0	112	242.6	108	287.1	529.6	30
152	Sass	Cara	Hyde Park Harriers	F5EN	129	261.6	0	0.0	127	267.0	528.6	54
153	Homer	Charlotte	Wetherby Runners	F5EN	118	273.5	104	253.9	0	0.0	527.4	55
154	Rider	Lucy	Hyde Park Harriers	F35	127	263.8	0	0.0	132	261.7	525.5	31
155	Rhodes	Johanna	Hyde Park Harriers	F5EN	142	247.6	96	265.2	0	0.0	512.8	56
156	Alcock	Helen	Airecentre Pacers	F35	221	162.2	160	174.5	217	172.0	508.7	32
157	Hutchinson	Kirsten	Abbey Runners	F35	0	0.0	103	255.3	140	253.3	508.6	33
158	Ellis	Angela	Abbey Runners	F40	205	179.5	171	158.9	219	169.9	508.2	27
159	Welling	Claire	Roundhay Runners	F45	145	244.3	101	258.2	0	0.0	502.5	20
160	Woodhead	Laura	Wharfedale Harriers	F5EN	146	243.2	0	0.0	137	256.5	499.7	57
161	Gallon	Eleanor	Kirkstall Harriers	F35	0	0.0	108	248.2	144	249.1	497.3	34
162	Brides	Victoria	Horsforth Harriers	F5EN	222	161.1	143	198.6	250	137.2	496.9	58
163	Lovell	Bethany	Valley Striders	F35	212	171.9	172	157.4	222	166.8	496.1	35
164	Malloy	Dawn	York Tri Club	F45	151	237.8	0	0.0	139	254.4	492.2	21
165	Moul	Sue	Harrogate Harriers	F50	141	248.6	115	238.3	0	0.0	486.9	13

166	Glover	Alyson	Kirkstall Harriers	F50	137	253.0	0	0.0	161	231.1	484.1	14
167	Ramsden	Denise	Rothwell Harriers	F50	204	180.5	170	160.3	248	139.3	480.1	15
168	Sharp	Georgie	Ackworth RR	F5EN	201	183.8	140	202.8	297	87.6	474.2	59
169	Young	Claire	Roundhay Runners	F35	0	0.0	128	219.9	141	252.2	472.1	36
170	Donnell	Lesley-Ann	Hyde Park Harriers	F5EN	252	128.6	176	151.8	199	191.0	471.5	60
171	Scully	Andrea	Ackworth RR	F40	0	0.0	121	229.8	152	240.6	470.4	28
172	Lee	Hannah	Kirkstall Harriers	F5EN	161	227.0	0	0.0	154	238.5	465.5	61
173	Stakes	June	Rothwell Harriers	F45	197	188.1	196	123.4	236	152.0	463.5	22
174	Hill	Katherine	Chapel Allerton Runners	F5EN	158	230.3	0	0.0	162	230.1	460.3	62
175	Davies	Jan	Dragons RC	F55	174	213.0	0	0.0	146	247.0	459.9	7
176	Fenton	Helen	St Theresa's AC	F50	148	241.1	0	0.0	174	217.4	458.5	16
177	Denning	Jennette	Dragons RC	F55	235	147.0	183	141.8	221	167.8	456.7	8
178	Norman	Ruth	Hyde Park Harriers	F5EN	191	194.6	105	252.5	0	0.0	447.1	63
179	Hartley	Nicola	Valley Striders	F5EN	184	202.2	0	0.0	149	243.8	446.0	64
180	Moran	Carol	Kirkstall Harriers	F55	217	166.5	198	120.6	230	158.3	445.4	9
181	Hatrell	Rebecca	St Theresa's AC	F5EN	224	158.9	146	194.3	295	89.7	443.0	65
182	Penrose	Kate	Kippax Harriers	F60	231	151.4	184	140.4	237	150.9	442.7	4
183	Budding	Nicola	Ilkley Harriers	F45	239	142.7	199	119.1	212	177.3	439.2	23
184	Wilkinson	Nadene	Nidd Valley RR	F5EN	175	211.9	0	0.0	165	226.9	438.8	66
185	Hilton	Helen	Valley Striders	F40	0	0.0	126	222.7	189	201.6	424.3	29
186	Rawson	Emma	Rothwell Harriers	F40	240	141.6	194	126.2	234	154.1	422.0	30
187	Chapman	Wendy	Kippax Harriers	F55	171	216.2	0	0.0	186	204.7	421.0	10
188	Milner	Anne	Wharfedale Harriers	F50	0	0.0	141	201.4	173	218.5	419.9	17
189	Seth	Naakesha	Horsforth Harriers	F5EN	185	201.1	131	215.6	0	0.0	416.7	67
190	Hunter	Claire	Airecentre Pacers	F35	256	124.3	195	124.8	225	163.6	412.7	37
191	Willis	Elizabeth	Abbey Runners	F50	169	218.4	0	0.0	196	194.2	412.6	18
192	Landells	Karen	St Theresa's AC	F35	176	210.8	142	200.0	0	0.0	410.8	38
193	Edwards	Laura	Hyde Park Harriers	F5EN	182	204.3	138	205.7	0	0.0	410.0	68
194	Gibson	Samantha	Abbey Runners	F5EN	164	223.8	0	0.0	208	181.5	405.3	69
195	Farley	Gina	Bradford Airedale	F50	227	155.7	220	89.4	229	159.4	404.4	19
196	Jowsey	Katherine	Dragons RC	F5EN	0	0.0	150	188.7	176	215.3	404.0	70
197	Fulton	Heather	Hyde Park Harriers	F5EN	193	192.4	134	211.3	0	0.0	403.8	71
198	Garland	Beth	Leeds University CCC	F5EN	2	398.9	0	0.0	0	0.0	398.9	72
199	Swales	Sarah	Roundhay Runners	F55	0	0.0	149	190.1	188	202.6	392.7	11
200	Roberts	Annie	Wharfedale Harriers	F5EN	0	0.0	7	391.5	0	0.0	391.5	73
201	Jones	Myra	Valley Striders	F5EN	9	391.4	0	0.0	0	0.0	391.4	74
202	Coulsey	Hilda	Ilkley Harriers	F60	192	193.5	0	0.0	194	196.3	389.8	5
203	Ellwood	Melanie	York Postal Harriers	F5EN	183	203.2	152	185.8	0	0.0	389.1	75
204	Spence	Kim	Valley Striders	F40	0	0.0	0	0.0	12	388.4	388.4	31
205	Martin	Sophie	Wharfedale Harriers	F5EN	0	0.0	0	0.0	13	387.3	387.3	76
206	Barker	Amy	Saltaire Striders	F5EN	19	380.5	0	0.0	0	0.0	380.5	77
207	Sisimayi	Shamiso	Harrogate Harriers	F35	20	379.5	0	0.0	0	0.0	379.5	39
208	Legg	Emily	Wetherby Runners	F5EN	0	0.0	16	378.7	0	0.0	378.7	78
209	Howard	Claire	Roundhay Runners	F45	0	0.0	0	0.0	22	377.8	377.8	24
210	van Zelst	Charlotte	Harrogate Harriers	F5EN	26	373.0	0	0.0	0	0.0	373.0	79
211	Evans	Charlotte	Harrogate Harriers	F40	0	0.0	0	0.0	27	372.6	372.6	32
212	Baquero	Belinda	Pudsey & Bramley AC	F5EN	27	371.9	0	0.0	0	0.0	371.9	80
213	Pettett	Carly	Horsforth Harriers	F5EN	0	0.0	0	0.0	29	370.4	370.4	81
214	Roberts	Elly	Ackworth RR	F5EN	0	0.0	22	370.2	0	0.0	370.2	82
215	Turcan	Gill	Harrogate Tri Club	F50	211	173.0	144	197.2	0	0.0	370.1	20
216	Walmsley	Nicola	Chapel Allerton Runners	F35	30	368.6	0	0.0	0	0.0	368.6	40
217	Seims	Amanda	Valley Striders	F35	0	0.0	0	0.0	32	367.3	367.3	41
218	Mcgrath	Helen	Roundhay Runners	F35	0	0.0	151	187.2	210	179.4	366.7	42
219	Normington	Rebecca	Wetherby Runners	F5EN	0	0.0	0	0.0	33	366.2	366.2	83
220	Houghton	Vicky	Hyde Park Harriers	F35	177	209.7	173	156.0	0	0.0	365.8	43
221	Zapal	Dorota	Rothwell Harriers	F5EN	179	207.6	0	0.0	232	156.2	363.8	84
222	Coy	Gaenor	Ilkley Harriers	F40	190	195.7	0	0.0	223	165.7	361.4	33
223	Milburn	Anna	St Theresa's AC	F35	248	133.0	124	225.5	0	0.0	358.5	44
224	Howells	Judy	Wharfedale Harriers	F45	0	0.0	0	0.0	41	357.8	357.8	25
225	Forey	Helen	Dragons RC	F45	207	177.3	157	178.7	0	0.0	356.0	26
226	Johnson	Louise	Dragons RC	F35	200	184.9	0	0.0	220	168.9	353.7	45
227	Needham	Lucy	Wharfedale Harriers	F5EN	0	0.0	0	0.0	46	352.5	352.5	85
228	Hargreaves	Lynnda	Wharfedale Harriers	F50	229	153.5	210	103.5	290	95.0	352.0	21
229	Kemshall	Jane	St Theresa's AC	F5EN	0	0.0	35	351.8	0	0.0	351.8	86
230	Sunderland	Sue	Valley Striders	F55	49	348.1	0	0.0	0	0.0	348.1	12
231	Bell	Sarah	Dragons RC	F5EN	50	347.0	0	0.0	0	0.0	347.0	87
232	Forey	Leah	Dragons RC	F5EN	236	145.9	207	107.8	292	92.9	346.6	88
233	Copley	Clare	Kippax Harriers	F35	209	175.1	0	0.0	218	171.0	346.1	46
234	Brook Cohen	Lucy	Abbey Runners	F45	285	93.0	216	95.0	231	157.3	345.3	27
235	Eckert	Alessa	Leeds University CCC	F5EN	52	344.9	0	0.0	0	0.0	344.9	89
236	Rendall	Beth	Hyde Park Harriers	F5EN	0	0.0	0	0.0	55	343.0	343.0	90
237	Drew	Helen	Kirkstall Harriers	F35	54	342.7	0	0.0	0	0.0	342.7	47
238	Greenwood	Jenna	Ackworth RR	F5EN	215	168.6	163	170.2	0	0.0	338.9	91
239	Roe	Katie	Abbey Runners	F35	0	0.0	0	0.0	59	338.8	338.8	48
240	Bijsterveld	Petra	Ilkley Harriers	F55	208	176.2	0	0.0	227	161.5	337.7	13
241	Greene	Sarah	Hyde Park Harriers	F5EN	0	0.0	0	0.0	62	335.6	335.6	92
242	Bouderba	Dee	York Postal Harriers	F50	198	187.0	0	0.0	240	147.8	334.8	22
243	Hughes	Rhianne	Leeds University CCC	F5EN	62	334.1	0	0.0	0	0.0	334.1	93
244	Ryan	Kirsty	Roundhay Runners	F5EN	0	0.0	48	333.3	0	0.0	333.3	94
245	Morris	Helen	Roundhay Runners	F40	0	0.0	0	0.0	66	331.4	331.4	34
246	Begum	Husna	Chapel Allerton Runners	F5EN	188	197.8	190	131.9	0	0.0	329.8	95
247	Dallison	Amy	Leeds University CCC	F5EN	66	329.7	0	0.0	0	0.0	329.7	96
248	Turner	Emily	Horsforth Harriers	F5EN	0	0.0	51	329.1	0	0.0	329.1	97
249	Hofman	Denise	Hyde Park Harriers	F5EN	0	0.0	0	0.0	69	328.2	328.2	98
250	Kara	Leila	Valley Striders	F50	250	130.8	219	90.8	279	106.6	328.2	23

251	Midwood	Lorna	Hyde Park Harriers	FSEN	257	123.2	200	117.7	298	86.5	327.5	99
252	Dawson	Karen	Kirkstall Harriers	F40	0	0.0	167	164.5	226	162.5	327.1	35
253	Veitch	Nidia	Horsforth Harriers	F40	0	0.0	54	324.8	0	0.0	324.8	36
254	Stones	Anna	Rothwell Harriers	FSEN	238	143.8	0	0.0	211	178.4	322.1	100
255	Scott	Katherine	Abbey Runners	F35	278	100.5	197	122.0	286	99.2	321.7	49
256	Bond	Claire	Saltaire Striders	F35	0	0.0	0	0.0	76	320.8	320.8	50
257	Amor	Emma	Hyde Park Harriers	FSEN	0	0.0	193	127.7	200	190.0	317.6	101
258	Sherratt	Sarah	Saltaire Striders	F35	210	174.1	0	0.0	246	141.4	315.5	51
259	Fletcher	Lynn	St Theresa's AC	F65	261	118.9	230	75.2	265	121.4	315.5	3
260	Dodd	Emma	Wharfedale Harriers	FSEN	0	0.0	0	0.0	82	314.5	314.5	102
261	Gatenby	Francesca	Airecentre Pacers	F35	81	313.5	0	0.0	0	0.0	313.5	52
262	Macfarlene	Kate	Airecentre Pacers	FSEN	83	311.4	0	0.0	0	0.0	311.4	103
263	Howe	Caroline	Ilkley Harriers	F35	0	0.0	0	0.0	86	310.3	310.3	53
264	Bevainyte	Asta	Kirkstall Harriers	FSEN	0	0.0	178	148.9	228	160.4	309.4	104
265	Vincent	Emma	Abbey Runners	F35	0	0.0	0	0.0	87	309.2	309.2	54
266	Barker	Carmel	Valley Striders	F55	88	305.9	0	0.0	0	0.0	305.9	14
267	Cooke	Louise	Chapel Allerton Runners	F35	216	167.6	186	137.6	0	0.0	305.2	55
268	Gledhill	Steph	Valley Striders	F35	0	0.0	0	0.0	91	305.0	305.0	56
269	Stanton	Claudia	Valley Striders	FSEN	89	304.9	0	0.0	0	0.0	304.9	105
270	Hough	Emma	Dragons RC	F40	286	91.9	214	97.9	272	114.0	303.7	37
271	Archer	Kerry	York Tri Club	F35	91	302.7	0	0.0	0	0.0	302.7	57
272	Walker	Ruth	Ackworth RR	F35	0	0.0	177	150.4	238	149.9	300.2	58
273	Oughton	Jane	Abbey Runners	F55	243	138.4	227	79.4	302	82.3	300.1	15
274	Loftus	Joanne	St Theresa's AC	F40	94	299.5	0	0.0	0	0.0	299.5	38
275	Wylde	Laura	Abbey Runners	F35	95	298.4	0	0.0	0	0.0	298.4	59
276	Dilasser	Debbie	Nidd Valley RR	F40	233	149.2	0	0.0	239	148.8	298.0	39
277	Allen	Liz	Chapel Allerton Runners	F45	244	137.3	224	83.7	309	74.9	295.9	28
278	Smith	Rachael	Airecentre Pacers	FSEN	0	0.0	191	130.5	224	164.6	295.1	106
279	Williams	Nina	Ackworth RR	F45	226	156.8	0	0.0	249	138.3	295.0	29
280	Bucknell	Julie	Wetherby Runners	F40	99	294.1	0	0.0	0	0.0	294.1	40
281	Ryall	Laura	Saltaire Striders	FSEN	0	0.0	0	0.0	103	292.3	292.3	107
282	Stocks	Anna	Hyde Park Harriers	FSEN	101	291.9	0	0.0	0	0.0	291.9	108
283	Barrett Mold	Claire	Abbey Runners	F35	103	289.7	0	0.0	0	0.0	289.7	60
284	Blackburn	Serena	Horsforth Harriers	F50	0	0.0	0	0.0	106	289.2	289.2	24
285	Phillips	Laura	Abbey Runners	FSEN	0	0.0	0	0.0	107	288.1	288.1	109
286	Yamaguchi	Hikari	Kirkstall Harriers	FSEN	0	0.0	81	286.5	0	0.0	286.5	110
287	Foot	Pauline	York Tri Club	F50	106	286.5	0	0.0	0	0.0	286.5	25
288	Hall	Steph	Rothwell Harriers	FSEN	107	285.4	0	0.0	0	0.0	285.4	111
289	Wood	Liz	Valley Striders	F40	0	0.0	83	283.7	0	0.0	283.7	41
290	Weston	Alison	Ilkley Harriers	F50	109	283.2	0	0.0	0	0.0	283.2	26
291	Evans	Emma Jane	Ackworth RR	FSEN	111	281.1	0	0.0	0	0.0	281.1	112
292	Wood	Helen	Ilkley Harriers	FSEN	0	0.0	87	278.0	0	0.0	278.0	113
293	Jackson	Felicy	Abbey Runners	FSEN	0	0.0	182	143.3	254	133.0	276.2	114
294	Lowe	Colette	Ackworth RR	F40	237	144.9	0	0.0	259	127.7	272.6	42
295	Tomlinson	Sarah	Dragons RC	F45	253	127.6	181	144.7	0	0.0	272.2	30
296	Brigginshaw	Emma	Kirkstall Harriers	F35	121	270.3	0	0.0	0	0.0	270.3	61
297	Robinson	Jayne	Ecclehill RR	F45	241	140.5	212	100.7	353	28.5	269.7	31
298	Quayle	Deborah	Roundhay Runners	F35	0	0.0	202	114.9	235	153.0	267.9	62
299	Skelhorn	Rowena	Rothwell Harriers	F40	124	267.0	0	0.0	0	0.0	267.0	43
300	Clark	Denise	Ackworth RR	F50	0	0.0	95	266.7	0	0.0	266.7	27
301	Corcoran	Louise	Abbey Runners	FSEN	266	113.5	218	92.2	324	59.1	264.8	115
302	Macdonald	Wanda	St Theresa's AC	F55	0	0.0	0	0.0	133	260.7	260.7	16
303	Bellwood	Aimee	Harrogate Harriers	FSEN	0	0.0	0	0.0	134	259.6	259.6	116
304	Thorp	Joanna	Chapel Allerton Runners	FSEN	0	0.0	0	0.0	135	258.6	258.6	117
305	Stone	Dote	Hyde Park Harriers	F35	0	0.0	180	146.1	275	110.8	256.9	63
306	Easton	Carolyn	Nidd Valley RR	F35	259	121.1	0	0.0	252	135.1	256.2	64
307	Reddington	Liz	Valley Striders	F55	135	255.1	0	0.0	0	0.0	255.1	17
308	Lofthouse	Kate	Ilkley Harriers	F55	295	82.2	236	66.7	280	105.5	254.4	18
309	Oliver	Sarah	Hyde Park Harriers	FSEN	136	254.1	0	0.0	0	0.0	254.1	118
310	Mccormack	Maya	Ackworth RR	F35	138	251.9	0	0.0	0	0.0	251.9	65
311	Ohno	Maika	Hyde Park Harriers	F40	0	0.0	0	0.0	142	251.2	251.2	44
312	Smith	Charlotte	Ackworth RR	FSEN	0	0.0	0	0.0	143	250.1	250.1	119
313	Sandhu	Baldish	Kirkstall Harriers	F50	271	108.1	237	65.2	308	76.0	249.3	28
314	Wood	Edna	Knaresborough Striders	F50	287	90.8	232	72.3	299	85.5	248.6	29
315	Mistry	Reena	Hyde Park Harriers	F35	0	0.0	0	0.0	145	248.0	248.0	66
316	Burden	Hannah	Dragons RC	FSEN	0	0.0	192	129.1	268	118.2	247.3	120
317	Hardy	Polly	Kippax Harriers	F40	143	246.5	0	0.0	0	0.0	246.5	45
318	Herterich	Julia	Hyde Park Harriers	FSEN	144	245.4	0	0.0	0	0.0	245.4	121
319	Smith	Jadine	Saltaire Striders	FSEN	230	152.4	0	0.0	293	91.8	244.3	122
320	Eaves-Lai	Alison	Valley Striders	F35	0	0.0	111	244.0	0	0.0	244.0	67
321	Smith	Zoe	Kippax Harriers	F40	264	115.7	272	15.6	274	111.9	243.2	46
322	Eaton Turner	Emily	York Tri Club	FSEN	0	0.0	0	0.0	151	241.7	241.7	123
323	Metcalfe	Lynne	Rothwell Harriers	F45	149	240.0	0	0.0	0	0.0	240.0	32
324	Jones	Christine	Nidd Valley Road Runners	F55	0	0.0	114	239.7	0	0.0	239.7	19
325	Townsend	Georgina	Knaresborough Striders	FSEN	0	0.0	0	0.0	153	239.6	239.6	124
326	Robinson	Sharron	Bradford Airedale	F55	150	238.9	0	0.0	0	0.0	238.9	20
327	Hughan	Sarah	Nidd Valley Road Runners	F40	0	0.0	0	0.0	155	237.5	237.5	47
328	Merritt	Gemma	Valley Striders	FSEN	0	0.0	116	236.9	0	0.0	236.9	125
329	Hinchcliffe	Anna	Rothwell Harriers	FSEN	152	236.8	0	0.0	0	0.0	236.8	126
330	Ambler	Louise	St Theresa's AC	F35	153	235.7	0	0.0	0	0.0	235.7	68
331	Stansbie	Lisa	Abbey Runners	F40	0	0.0	0	0.0	157	235.4	235.4	48
332	Wilson	Trish	Rothwell Harriers	F40	154	234.6	0	0.0	0	0.0	234.6	49
333	Brown	Ros	Ilkley Harriers	F45	0	0.0	118	234.0	0	0.0	234.0	33
334	Taylor	Joanne	Kirkstall Harriers	FSEN	0	0.0	209	105.0	258	128.8	233.7	127
335	Jones	Judith	Kippax Harriers	F50	0	0.0	211	102.1	256	130.9	233.0	30

336	King	Sheila	Kirkstall Harriers	F50	0	0.0	119	232.6	0	0.0	232.6	31
337	Grace	Charlotte	Ackworth RR	F5EN	0	0.0	215	96.5	251	136.1	232.6	128
338	Smith	Sarah	Valley Striders	F50	157	231.4	0	0.0	0	0.0	231.4	32
339	Bracchi	Jane-Marie	Hyde Park Harriers	F40	160	228.1	0	0.0	0	0.0	228.1	50
340	Goldfield	Debbie	Knaresborough Striders	F35	247	134.1	0	0.0	291	93.9	228.0	69
341	Thaper	Claire	Saltaire Striders	F35	281	97.3	239	62.4	317	66.5	226.2	70
342	Loomes	Kate	York Tri Club	F35	0	0.0	0	0.0	166	225.9	225.9	71
343	Heselgrave	Julie	St Theresa's AC	F50	163	224.9	0	0.0	0	0.0	224.9	33
344	Barber	Catherine	Nidd Valley Road Runners	F5EN	0	0.0	0	0.0	168	223.7	223.7	129
345	Bailey	Donna	Ackworth RR	F40	0	0.0	0	0.0	170	221.6	221.6	51
346	Mctague	Moir	Nidd Valley Road Runners	F55	0	0.0	0	0.0	171	220.6	220.6	21
347	Davis	Denise	Saltaire Striders	F45	249	131.9	0	0.0	296	88.7	220.5	34
348	Peers	Jayne	Rothwell Harriers	F45	167	220.5	0	0.0	0	0.0	220.5	35
349	Johnson	Kate	Abbey Runners	F40	267	112.4	0	0.0	278	107.7	220.1	52
350	Kearns	Rachael	Kirkstall Harriers	F5EN	168	219.5	0	0.0	0	0.0	219.5	130
351	Farquhar	Fiona	Saltaire Striders	F45	273	105.9	0	0.0	273	112.9	218.9	36
352	Warren	Ruth	Valley Striders	F60	0	0.0	130	217.0	0	0.0	217.0	6
353	Barraclough	Lynsey	Nidd Valley RR	F40	265	114.6	0	0.0	283	102.4	217.0	53
354	Coombes	Lizzie	Hyde Park Harriers	F50	0	0.0	213	99.3	271	115.0	214.3	34
355	Potts	Alexandra	Kirkstall Harriers	F5EN	0	0.0	0	0.0	177	214.2	214.2	131
356	Holmes	Sue	Kippax Harriers	F50	173	214.1	0	0.0	0	0.0	214.1	35
357	Wrangles	Gail	Ackworth RR	F45	0	0.0	0	0.0	178	213.2	213.2	37
358	Smith	Michelle	Nidd Valley RR	F45	282	96.2	240	61.0	327	55.9	213.1	38
359	Morley	Sue	Knaresborough Striders	F60	0	0.0	0	0.0	179	212.1	212.1	7
360	Dell'amico	Louise	Saltaire Striders	F40	255	125.4	0	0.0	300	84.4	209.8	54
361	Welsby	Kez	Knaresborough Striders	F50	0	0.0	223	85.1	262	124.5	209.6	36
362	Manning	Jenny	Nidd Valley Road Runners	F45	0	0.0	0	0.0	182	209.0	209.0	39
363	Akeroyd	Mel	Saltaire Striders	F35	0	0.0	0	0.0	183	207.9	207.9	72
364	Blakeley	Alyson	Roundhay Runners	F40	0	0.0	137	207.1	0	0.0	207.1	55
365	Bell	Valerie	Wetherby Runners	F50	0	0.0	0	0.0	184	206.9	206.9	37
366	Palmer	Kelly	Kippax Harriers	F60	293	84.3	252	44.0	306	78.1	206.4	8
367	Leverson	Marie	Chapel Allerton Runners	F35	0	0.0	0	0.0	185	205.8	205.8	73
368	Bland	Debbie	Eccleshill RR	F60	181	205.4	0	0.0	0	0.0	205.4	9
369	Gibson	Debbie	Nidd Valley Road Runners	F55	0	0.0	0	0.0	187	203.7	203.7	22
370	Grant	Debra	Eccleshill RR	F40	280	98.4	0	0.0	281	104.5	202.9	56
371	Dykes	Carly	Airecentre Pacers	F35	0	0.0	222	86.5	270	116.1	202.6	74
372	Frear	Hilary	Roundhay Runners	F35	0	0.0	0	0.0	191	199.5	199.5	75
373	Steele	Julie	Eccleshill RR	F55	0	0.0	229	76.6	266	120.3	196.9	23
374	Ross	Heather	Chapel Allerton Runners	F40	312	63.8	241	59.6	311	72.8	196.2	57
375	Whitehouse	Louise	Horsforth Harriers	F40	0	0.0	145	195.7	0	0.0	195.7	58
376	Pennington	Helen	Saltaire Striders	F45	0	0.0	0	0.0	195	195.3	195.3	40
377	Killingworth	Claire	Knaresborough Striders	F5EN	0	0.0	147	192.9	0	0.0	192.9	132
378	Cameron	Faye	Airecentre Pacers	F40	0	0.0	0	0.0	198	192.1	192.1	59
379	Dixon	Kelly	St Theresa's AC	F35	195	190.3	0	0.0	0	0.0	190.3	76
380	Sykes	Rebecca	St Theresa's AC	F5EN	196	189.2	0	0.0	0	0.0	189.2	133
381	Salgado	Simone	Kirkstall Harriers	F5EN	0	0.0	0	0.0	202	187.9	187.9	134
382	Illingworth	Gemma	Eccleshill RR	F40	0	0.0	0	0.0	204	185.8	185.8	60
383	Park	Carolyn	Dragons RC	F40	0	0.0	153	184.4	0	0.0	184.4	61
384	Tesseyman	Jane	Airecentre Pacers	F45	300	76.8	231	73.8	348	33.8	184.3	41
385	Houton	Kelly	Horsforth Harriers	F5EN	0	0.0	0	0.0	206	183.6	183.6	135
386	Kelly	Elaine	Rothwell Harriers	F50	0	0.0	154	183.0	0	0.0	183.0	38
387	Blakeley	Alyson	Roundhay Runners	F40	202	182.7	0	0.0	0	0.0	182.7	62
388	Cullen	Sophie	St Theresa's AC	F45	0	0.0	0	0.0	207	182.6	182.6	42
389	Bauer	Claudia	Hyde Park Harriers	F5EN	203	181.6	0	0.0	0	0.0	181.6	136
390	Martin	Gemma	Chapel Allerton Runners	F5EN	0	0.0	156	180.1	0	0.0	180.1	137
391	Hougham	Claire	Hyde Park Harriers	F40	301	75.7	243	56.7	336	46.4	178.9	63
392	Ross	Sylvia	Saltaire Striders	F65	274	104.9	0	0.0	310	73.9	178.7	4
393	Pye	Jo	Ackworth RR	F35	206	178.4	0	0.0	0	0.0	178.4	77
394	Mclarnon	Shevonne	Kirkstall Harriers	F40	0	0.0	225	82.3	289	96.0	178.3	64
395	Lowe	Liz	Roundhay Runners	F50	0	0.0	0	0.0	214	175.2	175.2	39
396	Culkin	Sarah	Abbey Runners	F35	0	0.0	0	0.0	215	174.1	174.1	78
397	Alderson	Michelle	Roundhay Runners	F35	0	0.0	0	0.0	216	173.1	173.1	79
398	Kennedy	Helen	Roundhay Runners	F5EN	0	0.0	226	80.9	294	90.8	171.6	138
399	Lawton	Caroline	Dragons RC	F40	0	0.0	221	87.9	301	83.4	171.3	65
400	Lewis	Helen	Roundhay Runners	F40	0	0.0	164	168.8	0	0.0	168.8	66
401	Hill	Jane	Nidd Valley RR	F40	290	87.6	0	0.0	307	77.0	164.6	67
402	Elms	Sharon	Airecentre Pacers	F45	220	163.2	0	0.0	0	0.0	163.2	43
403	Leask	Nia	Roundhay Runners	F35	0	0.0	168	163.1	0	0.0	163.1	80
404	Frazer	Elaine	Saltaire Striders	F45	284	94.1	0	0.0	315	68.6	162.7	44
405	Denman	Sarah	St Theresa's AC	F35	262	117.8	0	0.0	338	44.3	162.2	81
406	Eyres	Michelle	Saltaire Striders	F55	288	89.7	233	70.9	0	0.0	160.7	24
407	England	Victoria	Rothwell Harriers	F40	223	160.0	0	0.0	0	0.0	160.0	68
408	Mason	Sheila	Horsforth Harriers	F60	307	69.2	256	38.3	331	51.7	159.2	10
409	May	Kristy	Roundhay Runners	F35	225	157.8	0	0.0	0	0.0	157.8	82
410	Sweeting	Jo	Rothwell Harriers	F45	289	88.6	235	68.1	0	0.0	156.7	45
411	Gabriel	Kate	Roundhay Runners	F55	317	58.4	0	0.0	287	98.2	156.5	25
412	Hall	Sarah	Roundhay Runners	F35	0	0.0	0	0.0	233	155.1	155.1	83
413	Prince	Rachael	Nidd Valley RR	F40	228	154.6	0	0.0	0	0.0	154.6	69
414	Mann	Helen	Rothwell Harriers	F55	232	150.3	0	0.0	0	0.0	150.3	26
415	Whitaker	Joanne	Dragons RC	F45	324	50.8	0	0.0	288	97.1	147.9	46
416	Roe	Jemma	Kirkstall Harriers	F5EN	0	0.0	179	147.5	0	0.0	147.5	139
417	Durkin	Linda	Kippax Harriers	F50	0	0.0	0	0.0	242	145.6	145.6	40
418	Stevenson	Nicky	Dragons RC	F40	0	0.0	0	0.0	243	144.6	144.6	70
419	Pickard	Anna	Dragons RC	F45	0	0.0	0	0.0	244	143.5	143.5	47
420	Brown	Charlotte	Dragons RC	F5EN	0	0.0	0	0.0	245	142.5	142.5	140

421	Fletcher	Harriet	Saltaire Striders	F45	0	0.0	0	0.0	247	140.4	140.4	48
422	Moore	Ruth	Kippax Harriers	F40	299	77.8	0	0.0	321	62.3	140.1	71
423	Hatfield	Magan	Wetherby Runners	F45	304	72.4	0	0.0	316	67.5	140.0	49
424	Kavanagh	Joanne	Hyde Park Harriers	F50	242	139.5	0	0.0	0	0.0	139.5	41
425	Moore	Daisy	Abbey Runners	F50	0	0.0	185	139.0	0	0.0	139.0	141
426	Featherstone	Claire	Dragons RC	F50	291	86.5	246	52.5	0	0.0	139.0	142
427	Watkins	Steph	Rothwell Harriers	F40	245	136.2	0	0.0	0	0.0	136.2	72
428	Bird	Pippa	Saltaire Striders	F35	0	0.0	187	136.2	0	0.0	136.2	84
429	Needham	Lesley	Ackworth RR	F50	246	135.1	0	0.0	0	0.0	135.1	42
430	Smolinska	Marta	Roundhay Runners	F40	0	0.0	188	134.8	0	0.0	134.8	73
431	Bartlett	Jennifer	Saltaire Striders	F40	0	0.0	0	0.0	253	134.0	134.0	74
432	Britton	Angela	Chapel Allerton Runners	F60	0	0.0	189	133.3	0	0.0	133.3	11
433	Lewis	Anne	Roundhay Runners	F75	329	45.4	249	48.2	343	39.1	132.7	1
434	Clarke	Joanna	Rothwell Harriers	F35	305	71.4	0	0.0	322	61.2	132.6	85
435	Walker	Liz	Kirkstall Harriers	F50	0	0.0	0	0.0	255	131.9	131.9	143
436	Goodfellow	Laura	Chapel Allerton Runners	F50	314	61.6	234	69.5	0	0.0	131.1	144
437	Georgopoulos	Lindsay	Kippax Harriers	F40	0	0.0	0	0.0	257	129.8	129.8	75
438	Pritchett	Sarah	Roundhay Runners	F50	251	129.7	0	0.0	0	0.0	129.7	145
439	Stack	Jacqueline	Horsforth Harriers	F50	0	0.0	244	55.3	312	71.8	127.1	43
440	Humble	Aggie	Harrogate Tri Club	F35	0	0.0	0	0.0	260	126.6	126.6	86
441	Gray	Helen	Roundhay Runners	F50	254	126.5	0	0.0	0	0.0	126.5	146
442	Hipkiss	Vicki	Kirkstall Harriers	F50	0	0.0	0	0.0	261	125.6	125.6	44
443	Smith	Rebecca	Roundhay Runners	F50	302	74.6	0	0.0	332	50.7	125.3	147
444	Walker	Louise	Roundhay Runners	F35	0	0.0	0	0.0	263	123.5	123.5	87
445	Sedgley	Laura	Chapel Allerton Runners	F45	0	0.0	0	0.0	264	122.4	122.4	50
446	Cousins	Vicky	Eccleshill RR	F45	258	122.2	0	0.0	0	0.0	122.2	51
447	Keighley	Carole	Airecentre Pacers	F55	310	65.9	263	28.4	355	26.4	120.7	27
448	Rodgers	Jayne	Hyde Park Harriers	F55	260	120.0	0	0.0	0	0.0	120.0	28
449	Elmer	Jackie	Kirkstall Harriers	F40	0	0.0	0	0.0	267	119.3	119.3	76
450	Hodkinson	Sophie	Abbey Runners	F50	0	0.0	0	0.0	269	117.2	117.2	148
451	Richardson	Emma	Kippax Harriers	F35	263	116.8	0	0.0	0	0.0	116.8	88
452	Graham	June	Knaresborough Striders	F55	0	0.0	201	116.3	0	0.0	116.3	29
453	Roberts	Jennifer	Chapel Allerton Runners	F50	0	0.0	203	113.5	0	0.0	113.5	149
454	Wright	Sally	Ilkley Harriers	F55	316	59.5	245	53.9	0	0.0	113.4	30
455	Sunderland	Joanne	Roundhay Runners	F45	0	0.0	204	112.1	0	0.0	112.1	52
456	Downham	Karen	Kippax Harriers	F55	277	101.6	276	9.9	0	0.0	111.6	31
457	Goodyear	Stacey	St Theresa's AC	F40	268	111.4	0	0.0	0	0.0	111.4	77
458	Bishop	Wendy	Ilkley Harriers	F45	328	46.5	0	0.0	319	64.4	110.9	53
459	Bewell	Judie	Wetherby Runners	F55	0	0.0	205	110.6	0	0.0	110.6	32
460	Daniel-Thomas	Bethan	Kirkstall Harriers	F50	269	110.3	0	0.0	0	0.0	110.3	150
461	Myers	Sarah	Eccleshill RR	F40	0	0.0	0	0.0	276	109.8	109.8	78
462	Pickering	Anna	Ilkley Harriers	F50	0	0.0	206	109.2	0	0.0	109.2	151
463	Daniel-Thomas	Vikki	Kirkstall Harriers	F50	270	109.2	0	0.0	0	0.0	109.2	152
464	Ballantine	Lisa	York Tri Club	F40	326	48.6	0	0.0	323	60.2	108.8	79
465	Wood	Kerry	Saltaire Striders	F40	0	0.0	0	0.0	277	108.7	108.7	80
466	Bailey	Sarah	Ackworth RR	F50	330	44.3	0	0.0	320	63.3	107.6	153
467	Mcdowell	Lisa	St Theresa's AC	F45	272	107.0	0	0.0	0	0.0	107.0	54
468	Livingstone	Jo	Roundhay Runners	F35	0	0.0	208	106.4	0	0.0	106.4	89
469	Willis	Charlotte	Airecentre Pacers	F50	315	60.5	0	0.0	337	45.4	105.9	154
470	Cox	Zoe	Ackworth RR	F50	275	103.8	0	0.0	0	0.0	103.8	155
471	Mingham	Joanna	Horsforth Harriers	F60	0	0.0	0	0.0	282	103.4	103.4	12
472	Carden	Rebecca	Saltaire Striders	F50	276	102.7	0	0.0	0	0.0	102.7	156
473	Andrews	Frances	Hyde Park Harriers	F50	0	0.0	0	0.0	284	101.3	101.3	157
474	Macdonald	Kirsty	Roundhay Runners	F45	0	0.0	242	58.2	340	42.2	100.4	55
475	Mcaleavy	Clare	Wharfedale Harriers	F40	0	0.0	0	0.0	285	100.3	100.3	81
476	Rix	Carolyn	Saltaire Striders	F55	343	30.3	262	29.8	342	40.1	100.2	33
477	Sebright-Pickard	Jen	Airecentre Pacers	F40	309	67.0	0	0.0	349	32.7	99.7	82
478	Elmes	Julie	Knaresborough Striders	F50	279	99.5	0	0.0	0	0.0	99.5	45
479	Robinson	Fiona	Nidd Valley RR	F50	346	27.0	260	32.6	344	38.0	97.6	46
480	Naylor	Sarah	Hyde Park Harriers	F40	319	56.2	0	0.0	341	41.2	97.4	83
481	Rhodes	Amanda	Abbey Runners	F45	283	95.1	0	0.0	0	0.0	95.1	56
482	Cook	Bernadette	Saltaire Striders	F45	0	0.0	217	93.6	0	0.0	93.6	57
483	Parmley	Hannah	Roundhay Runners	F50	369	2.2	261	31.2	330	52.8	86.1	158
484	Robinson	Liz	Eccleshill RR	F50	0	0.0	257	36.9	334	48.5	85.4	47
485	Forshaw	Lynsey	Ackworth RR	F40	292	85.4	0	0.0	0	0.0	85.4	84
486	Bell	Erica	Rothwell Harriers	F40	294	83.2	0	0.0	0	0.0	83.2	85
487	Butterworth	Mary	Roundhay Runners	F35	331	43.2	255	39.7	0	0.0	83.0	90
488	Hyde	Gillian	Saltaire Striders	F50	0	0.0	0	0.0	303	81.3	81.3	48
489	Murray	Becky	Valley Striders	F40	296	81.1	0	0.0	0	0.0	81.1	86
490	Brown	Cath	Airecentre Pacers	F40	0	0.0	0	0.0	304	80.2	80.2	87
491	Dwyer	Angie	Chapel Allerton Runners	F40	297	80.0	0	0.0	0	0.0	80.0	88
492	Ward	Nic	Kippax Harriers	F40	0	0.0	0	0.0	305	79.2	79.2	89
493	Scott	Jane	St Theresa's AC	F60	298	78.9	0	0.0	0	0.0	78.9	13
494	Montgomery	Victoria	Roundhay Runners	F50	0	0.0	228	78.0	0	0.0	78.0	159
495	Thompson	Su	Wharfedale Harriers	F50	322	53.0	266	24.1	0	0.0	77.1	49
496	Frith	Helen	Kippax Harriers	F50	325	49.7	265	25.5	0	0.0	75.3	50
497	Goulding-Hall	Christine	Ackworth RR	F60	348	24.9	267	22.7	354	27.4	75.0	14
498	Gibson	Lindsey	Roundhay Runners	F35	303	73.5	0	0.0	0	0.0	73.5	91
499	Scarlett	Samantha	Hyde Park Harriers	F50	323	51.9	0	0.0	361	20.1	71.9	160
500	Dove	Cora	Airecentre Pacers	F45	0	0.0	258	35.5	346	35.9	71.3	58
501	Heaton	Joanna	Roundhay Runners	F50	0	0.0	0	0.0	313	70.7	70.7	161
502	Rhodes	Ann	Ackworth RR	F60	306	70.3	0	0.0	0	0.0	70.3	15
503	Connor	Amanda	Airecentre Pacers	F40	355	17.3	268	21.3	350	31.7	70.2	90
504	Holmes	Rachael	York Tri Club	F50	0	0.0	264	27.0	339	43.3	70.2	162
505	Townsend	Erin	Rothwell Harriers	F50	0	0.0	0	0.0	314	69.7	69.7	163

506	Rhodes	Matilda	Hyde Park Harriers	F5EN	308	68.1	0	0.0	0	0.0	68.1	164
507	O'hare	Belinda	Dragons RC	F55	0	0.0	0	0.0	318	65.4	65.4	34
508	Mckinnell	Amanda	Ackworth RR	F60	311	64.9	0	0.0	0	0.0	64.9	16
509	Harris	Emma	Horsforth Harriers	F35	0	0.0	238	63.8	0	0.0	63.8	92
510	Berry	Wendy	Ackworth RR	F55	313	62.7	0	0.0	0	0.0	62.7	35
511	Hembra	Dannie	Chapel Allerton Runners	F40	0	0.0	0	0.0	325	58.0	58.0	91
512	Jackson	Becky	Roundhay Runners	F5EN	318	57.3	0	0.0	0	0.0	57.3	165
513	Bateman	Rachel	Harrogate Tri Club	F45	0	0.0	0	0.0	326	57.0	57.0	59
514	Worthington	Debbie	Ackworth RR	F35	320	55.1	0	0.0	0	0.0	55.1	93
515	Smith	Su	Ackworth RR	F55	0	0.0	0	0.0	328	54.9	54.9	36
516	Bayliss	Heather	Saltaire Striders	F35	345	28.1	271	17.0	371	9.5	54.6	94
517	Roberts	Stevie	Kippax Harriers	F40	321	54.1	0	0.0	0	0.0	54.1	92
518	Richardson	Dawn	Knarborough Striders	F55	0	0.0	0	0.0	329	53.8	53.8	37
519	Roberts	Grace Charlotte	Hyde Park Harriers	F5EN	0	0.0	247	51.1	0	0.0	51.1	166
520	Jowsey	Amanda	Dragons RC	F45	0	0.0	248	49.6	0	0.0	49.6	60
521	Oldfield	Julie	Roundhay Runners	F55	0	0.0	0	0.0	333	49.6	49.6	38
522	Williment	Emma	Airecentre Pacers	F5EN	327	47.6	0	0.0	0	0.0	47.6	167
523	Buckley	Ann	Dragons RC	F5EN	0	0.0	0	0.0	335	47.5	47.5	168
524	Thomas-Peters	Melissa	Nidd Valley Road Runners	F40	0	0.0	250	46.8	0	0.0	46.8	93
525	Taylor	Fiona	Roundhay Runners	F50	0	0.0	251	45.4	0	0.0	45.4	51
526	Dyson	Jo	Roundhay Runners	F45	0	0.0	253	42.6	379	1.1	43.6	61
527	Akers	Anne	Kirkstall Harriers	F55	353	19.5	0	0.0	358	23.2	42.7	39
528	Peckover	Victoria	Ackworth RR	F35	332	42.2	0	0.0	0	0.0	42.2	95
529	Johnson	Jade	Rothwell Harriers	F5EN	365	6.5	270	18.4	364	16.9	41.8	169
530	Gray	Katie	Knarborough Striders	F50	0	0.0	254	41.1	0	0.0	41.1	52
531	Daly	Jill	Ackworth RR	F45	333	41.1	0	0.0	0	0.0	41.1	62
532	Willibond	Andie	Dragons RC	F70	334	40.0	0	0.0	0	0.0	40.0	1
533	Turner	Sarah	Ackworth RR	F35	335	38.9	0	0.0	0	0.0	38.9	96
534	Allison	Tracey	Knarborough Striders	F50	336	37.8	0	0.0	0	0.0	37.8	53
535	Hogan	Dawn	Eccleshill RR	F50	0	0.0	0	0.0	345	36.9	36.9	54
536	Thompson	Lisa	Ackworth RR	F5EN	337	36.8	0	0.0	0	0.0	36.8	170
537	Trueman	Mandy	St Theresa's AC	F55	338	35.7	0	0.0	0	0.0	35.7	40
538	Coffey	Maureen	Roundhay Runners	F65	0	0.0	0	0.0	347	34.8	34.8	5
539	Morris	Janet	Knarborough Striders	F60	339	34.6	0	0.0	0	0.0	34.6	17
540	Thomas	Diane	Kirkstall Harriers	F50	0	0.0	259	34.0	0	0.0	34.0	55
541	Rayner	Jan	Roundhay Runners	F45	340	33.5	0	0.0	0	0.0	33.5	63
542	Lyon	Lynsey Elizabeth	St Theresa's AC	F40	361	10.8	0	0.0	359	22.2	33.0	94
543	Dobbs	Marina	Kippax Harriers	F50	341	32.4	0	0.0	0	0.0	32.4	56
544	Gratton	Annabel	Chapel Allerton Runners	F5EN	342	31.4	0	0.0	0	0.0	31.4	171
545	Upton	Ann	Saltaire Striders	F55	356	16.2	0	0.0	366	14.8	31.0	41
546	Hawkswell	Jenna	Airecentre Pacers	F35	0	0.0	0	0.0	351	30.6	30.6	97
547	Dodds	Rachael	Roundhay Runners	F40	354	18.4	0	0.0	369	11.6	30.0	95
548	Wilmhurst	Laura	Knarborough Striders	F5EN	0	0.0	0	0.0	352	29.6	29.6	172
549	Ellwood	Lisa	York Postal Harriers	F45	344	29.2	0	0.0	0	0.0	29.2	64
550	Roberts	Rachel	Roundhay Runners	F5EN	364	7.6	269	19.9	0	0.0	27.4	173
551	Whittaker	Donna	Bradford Airedale	F35	347	25.9	0	0.0	0	0.0	25.9	98
552	Sobratee	Leanne	Rothwell Harriers	F35	0	0.0	0	0.0	356	25.3	25.3	99
553	Hirst	Kelly	Ackworth RR	F35	0	0.0	275	11.3	367	13.7	25.1	100
554	Caley	Suzanne	Abbey Runners	F40	0	0.0	0	0.0	357	24.3	24.3	96
555	Parsons	Tracey	St Theresa's AC	F50	349	23.8	0	0.0	0	0.0	23.8	57
556	Taylor	Samantha	Kirkstall Harriers	F5EN	350	22.7	0	0.0	0	0.0	22.7	174
557	Hudson	Jill	Kirkstall Harriers	F40	351	21.6	0	0.0	0	0.0	21.6	97
558	Scholes	Sara	Hyde Park Harriers	F5EN	0	0.0	0	0.0	360	21.1	21.1	175
559	Butler	Teresa	St Theresa's AC	F40	352	20.5	0	0.0	0	0.0	20.5	98
560	Hussey	Jean	Valley Striders	F65	360	11.9	0	0.0	372	8.4	20.3	6
561	Newton	Georgi	Ackworth RR	F40	0	0.0	0	0.0	362	19.0	19.0	99
562	Huckerby	Christine	Valley Striders	F60	0	0.0	0	0.0	363	17.9	17.9	18
563	Davies	Caroline	Rothwell Harriers	F5EN	366	5.4	278	7.1	376	4.2	16.7	176
564	Crozier	Donna	Roundhay Runners	F40	0	0.0	0	0.0	365	15.8	15.8	100
565	Shouler	Clare	Ilkley Harriers	F55	368	3.2	279	5.7	374	6.3	15.2	42
566	Mcdonald	Dorothy	Kippax Harriers	F60	357	15.1	0	0.0	0	0.0	15.1	19
567	Sharma	Alissa	Roundhay Runners	F5EN	358	14.1	0	0.0	0	0.0	14.1	177
568	Harper	Julie	Roundhay Runners	F55	359	13.0	0	0.0	0	0.0	13.0	43
569	Chalmers	Sarah	Nidd Valley Road Runners	F50	0	0.0	274	12.8	0	0.0	12.8	58
570	Brown	Gillian	Eccleshill RR	F45	0	0.0	0	0.0	368	12.7	12.7	65
571	Mcknight	Lorraine	Eccleshill RR	F55	0	0.0	0	0.0	370	10.6	10.6	44
572	Atkinson	Elizabeth	St Theresa's AC	F40	362	9.7	0	0.0	0	0.0	9.7	101
573	Jefferies	Kay	Hyde Park Harriers	F50	0	0.0	280	4.3	375	5.3	9.5	59
574	Lucas	Kathryn	Eccleshill RR	F45	367	4.3	282	1.4	377	3.2	8.9	66
575	Martin	Charlotte	Saltaire Striders	F5EN	363	8.6	0	0.0	0	0.0	8.6	178
576	Jones	Liz	Hyde Park Harriers	F55	0	0.0	277	8.5	0	0.0	8.5	45
577	Owen	Melanie	Ackworth RR	F40	0	0.0	0	0.0	373	7.4	7.4	102
578	Storey	Angela	Eccleshill RR	F50	0	0.0	281	2.8	0	0.0	2.8	60
579	Shaw	Annette	Chapel Allerton Runners	F50	0	0.0	0	0.0	378	2.1	2.1	61
580	Hookham	Janice	Ackworth RR	F55	370	1.1	0	0.0	0	0.0	1.1	46

Second Claimers shown in blue

Category Leaders shown in red