

PECO Cross Country League 2016-17
Senior Ladies Cumulative Results After Race 5

Pos	Surname	First Name	Club	Age Cat	Race 1		Race 2		Race 3		Race 4		Race 5		Total Points	Min Score	Best 4 of 5	Cat Pos
					Pos	Points	Pos	Points	Pos	Points	Pos	Points	Pos	Points				
1	Cross	Helen	York Tri Club	F5EN	1	200.0	0	0.0	1	200.0	1	200.0	1	200.0	800.0	0.0	800.0	1
2	Goecker	Crystal	Harrogate Harriers	F35	0	0.0	1	200.0	2	199.4	2	199.3	3	198.4	797.1	0.0	797.1	1
3	West	Carmila	Valley Striders	F5EN	4	198.3	0	0.0	3	198.8	4	197.8	2	199.2	794.1	0.0	794.1	2
4	Boyd	Rachel	Saltire Striders	F5EN	2	199.4	3	198.6	5	197.5	7	195.7	11	192.1	983.3	192.1	791.2	3
5	Moran	Ruth	Horsforth Harriers	F5EN	7	196.7	4	197.9	9	195.0	10	193.5	4	197.6	980.7	193.5	787.2	4
6	Wall	Aisling	Horsforth Harriers	F5EN	0	0.0	5	197.2	10	194.4	6	196.4	7	195.2	783.2	0.0	783.2	5
7	Jackson	Niamh	Kirkstall Harriers	F35	8	196.1	6	196.5	12	193.2	8	194.9	8	194.4	975.1	193.2	782.0	2
8	Pilling	Rachel	Pudsey & Bramley AC	F5EN	10	195.0	0	0.0	14	192.0	9	194.2	9	193.7	774.8	0.0	774.8	6
9	Robinson	Emma	Harrogate Harriers	F35	14	192.8	0	0.0	19	188.9	11	192.8	6	196.0	770.4	0.0	770.4	3
10	Graham	Sarah	Valley Striders	F5EN	0	0.0	18	188.0	11	193.8	13	191.3	10	192.9	766.0	0.0	766.0	7
11	Kitchen	Elle	Ilkley Harriers	F5EN	17	191.1	13	191.5	0	0.0	14	190.6	12	191.3	764.5	0.0	764.5	8
12	Huby	Liz	Horsforth Harriers	F35	21	188.9	16	189.4	0	0.0	15	189.9	13	190.5	758.6	0.0	758.6	4
13	Carter	Nicola	Knareborough Striders	F45	24	187.2	11	193.0	23	186.4	16	189.1	15	188.9	944.5	186.4	758.2	1
14	Dodd	Emma	Wharfedale Harriers	F5EN	19	190.0	8	195.1	25	185.1	23	184.1	24	181.7	936.0	181.7	754.9	9
15	O'Sullivan	Sarah	Horsforth Harriers	F40	22	188.3	0	0.0	16	190.7	19	187.0	16	188.1	754.1	0.0	754.1	1
16	Gray	Rebecca	Hyde Park Harriers	F5EN	0	0.0	19	187.3	26	184.5	20	186.2	14	189.7	747.8	0.0	747.8	10
17	Gill	Sarah	Harrogate Harriers	F50	0	0.0	31	178.9	18	189.5	22	184.8	17	187.3	740.4	0.0	740.4	1
18	Murtagh	Marie	York Tri Club	F35	29	184.4	17	188.7	20	188.2	34	176.1	0	0.0	737.5	0.0	737.5	5
19	Mackie	Rachel	Valley Striders	F40	30	183.8	0	0.0	21	187.6	24	183.3	25	181.0	735.7	0.0	735.7	2
20	Barrett Mold	Claire	Abbey Runners	F5EN	36	180.5	28	181.0	31	181.4	25	182.6	0	0.0	725.5	0.0	725.5	11
21	Bowden	Bernie	Saltire Striders	F45	43	176.6	24	183.8	28	183.3	27	181.2	31	176.2	901.0	176.2	724.8	2
22	Roe	Katie	Abbey Runners	F35	0	0.0	25	183.1	27	183.9	39	172.5	23	182.5	722.0	0.0	722.0	6
23	Robins	Fiona	Valley Striders	F40	33	182.2	26	182.4	0	0.0	33	176.9	29	177.8	719.2	0.0	719.2	3
24	Kilcoyne	Alexandra	Abbey Runners	F5EN	0	0.0	30	179.6	43	174.0	26	181.9	26	180.2	715.6	0.0	715.6	12
25	Lowery	Sima	Knareborough Striders	F40	0	0.0	51	164.8	29	182.7	31	178.3	20	184.9	710.6	0.0	710.6	4
26	Watson	Lesley	Saltire Striders	F40	12	193.9	102	128.9	15	191.3	12	192.0	0	0.0	706.1	0.0	706.1	5
27	Wilson	Stephanie	Pudsey & Bramley AC	F35	40	178.3	0	0.0	32	180.8	47	166.7	33	174.6	700.3	0.0	700.3	7
28	Muir	Ruth	St Theresa's AC	F35	38	179.4	29	180.3	0	0.0	49	165.2	35	173.0	697.9	0.0	697.9	8
29	Say	Julia	Roundhay Runners	F40	59	167.7	35	176.1	36	178.3	42	170.3	40	169.0	661.4	167.7	693.7	6
30	Lawrence	Becky	Horsforth Harriers	F35	44	176.0	0	0.0	58	164.7	41	171.0	28	178.6	690.3	0.0	690.3	9
31	Davies	Sian	Rothwell Harriers	F5EN	0	0.0	58	159.9	38	177.1	43	169.6	27	179.4	685.9	0.0	685.9	13
32	Tao Liu	Judy	St Theresa's AC	F40	49	173.3	44	169.7	44	173.4	53	162.3	41	168.3	846.9	162.3	684.6	7
33	Drew	Helen	Kirkstall Harriers	F35	42	177.2	61	157.7	41	175.2	40	171.7	0	0.0	681.9	0.0	681.9	10
34	Andrews	Nicky	Wetherby Runners	F5EN	58	168.2	42	171.1	37	177.7	52	163.0	46	164.3	844.4	163.0	681.4	14
35	Dale	Ann	Wetherby Runners	F40	39	178.8	40	172.5	0	0.0	59	158.0	47	163.5	672.8	0.0	672.8	8
36	Oldfield	Caroline	Harrogate Harriers	F5EN	0	0.0	32	178.2	51	169.0	71	149.3	32	175.4	671.9	0.0	671.9	15
37	Webster	Isobel	Kirkstall Harriers	F5EN	75	158.8	38	173.9	61	162.8	36	174.6	0	0.0	670.2	0.0	670.2	16
38	Harrod	Anna	Chapel Allerton Runners	F5EN	0	0.0	53	163.4	48	170.9	50	164.5	38	170.6	669.4	0.0	669.4	17
39	Mistry	Reena	Hyde Park Harriers	F35	46	174.9	45	169.0	55	166.6	61	156.5	0	0.0	667.0	0.0	667.0	11
40	Fellows	Emily	Kippax Harriers	F35	74	159.3	57	160.6	52	168.4	48	165.9	37	171.4	625.7	159.3	666.4	12
41	Geeson	Claire	Hyde Park Harriers	F5EN	73	159.9	48	166.9	50	169.7	56	160.1	42	175.4	624.1	159.9	664.2	18
42	Barker	Carmel	Valley Striders	F55	57	168.8	55	162.0	54	167.2	54	161.6	45	165.1	824.6	161.6	663.0	1
43	Forrest	Rachel	Harrogate Tri Club	F40	61	166.6	46	168.3	56	165.9	78	144.2	57	155.6	800.6	144.2	656.4	9
44	Hurst	Bev	Horsforth Harriers	F50	0	0.0	70	151.4	47	171.5	70	150.0	53	158.7	631.7	0.0	631.7	2
45	Sturley	Charlotte	Chapel Allerton Runners	F5EN	65	164.3	0	0.0	68	158.5	79	143.5	56	156.3	622.7	0.0	622.7	19
46	Roddy	Annie	St Theresa's AC	F35	76	158.2	80	144.6	66	159.8	76	145.7	55	157.1	765.1	144.6	620.8	13
47	Simpson	Emily	Chapel Allerton Runners	F35	97	146.5	75	147.9	82	149.8	65	153.6	52	159.5	757.4	146.5	610.9	14
48	Brook	Paula	Rothwell Harriers	F35	154	114.8	81	143.7	74	154.8	77	144.9	49	161.9	720.1	114.8	605.3	15
49	McGeachan	Louise	Saltire Striders	F50	93	148.7	76	147.2	64	161.0	0	0.0	69	146.0	603.0	0.0	603.0	3
50	O'Brien	Louise	Kirkstall Harriers	F40	96	147.1	0	0.0	89	145.5	67	152.2	62	151.6	596.3	0.0	596.3	10
51	Murray-Gourlay	Alice	Kirkstall Harriers	F5EN	5	197.8	0	0.0	6	196.9	0	0.0	5	196.8	591.5	0.0	591.5	20
52	Foy	Tracy	Saltire Striders	F45	91	149.9	0	0.0	80	151.1	84	139.9	64	150.0	590.8	0.0	590.8	3
53	Green	Claire	Pudsey & Bramley AC	F5EN	13	193.3	0	0.0	4	198.1	3	198.6	0	0.0	590.0	0.0	590.0	21
54	Wrangles	Gail	Ackworth RR	F45	116	135.9	84	141.5	104	136.2	62	155.6	60	153.2	722.7	135.9	586.7	4
55	Gardner	Lois	Hyde Park Harriers	F5EN	78	157.1	67	153.5	92	143.7	102	126.8	118	107.1	688.2	107.1	581.1	22
56	Normington	Andrea	Wetherby Runners	F50	70	161.6	91	136.6	0	0.0	85	139.1	74	142.1	579.4	0.0	579.4	4
57	Miah	Shahana	Rothwell Harriers	F5EN	105	142.1	93	135.2	94	142.4	95	131.9	68	146.8	698.4	131.9	566.5	23
58	Welling	Claire	Roundhay Runners	F45	100	144.8	90	137.3	91	144.3	0	0.0	77	139.7	566.1	0.0	566.1	5
59	Skelhorn	Rowena	Rothwell Harriers	F40	92	149.3	97	132.4	100	138.7	124	110.9	70	145.2	676.5	110.9	565.6	11
60	Mercer-Jones	Helen	Harrogate Harriers	F35	31	183.3	10	193.7	22	187.0	0	0.0	0	0.0	563.9	0.0	563.9	16
61	Padilla	Monica	Wharfedale Harriers	F5EN	0	0.0	14	190.8	0	0.0	21	185.5	21	184.1	560.5	0.0	560.5	24
62	Normington	Rebecca	Wetherby Runners	F5EN	28	185.0	21	185.9	0	0.0	0	0.0	18	186.5	557.4	0.0	557.4	25
63	Hall	Steph	Rothwell Harriers	F5EN	86	152.9	94	134.5	85	148.0	109	121.7	0	0.0	556.9	0.0	556.9	26
64	Cooke	Rachel	Ackworth RR	F50	102	143.7	104	127.5	79	151.7	93	133.3	0	0.0	556.2	0.0	556.2	5
65	Sisimayi	Shamiso	Kirkstall Harriers	F35	27	185.5	20	186.6	33	180.2	0	0.0	0	0.0	552.3	0.0	552.3	17
66	Taylor	Katie	Abbey Runners	F5EN	113	137.6	0	0.0	116	128.8	88	137.0	66	148.4	551.8	0.0	551.8	27
67	Simpson	Sue	Nidd Valley Road Runners	F55	82	154.9	96	133.1	86	147.4	117	115.9	0	0.0	551.3	0.0	551.3	2
68	Dallison	Amy	Leeds University CCC	F5EN	60	167.1	0	0.0	49	170.3	167	79.7	84	134.1	551.2	0.0	551.2	28
69	Walmesley	Nicola	Chapel Allerton Runners	F35	80	156.0	86	140.1	109	133.1	111	120.3	0	0.0	549.5	0.0	549.5	18
70	Clark	Denise	Ackworth RR	F50	134	125.9	103	128.2	107	134.4	75	146.4	76	140.5	675.3	125.9	549.4	6
71	Walton	Karis	Abbey Runners	F40	106	141.5	95	133.8	114	130.0	94	132.6	80	137.3	675.2	130.0	545.2	12
72	Hinchliffe	Anna	Rothwell Harriers	F5EN	0	0.0	98	131.7	110	132.5	80	142.8	83	134.9	541.9	0.0	541.9	29
73	Heaton	Joanna	Roundhay Runners	F5EN	111	138.7	82	143.0	108	133.7	105	124.6	0	0.0	541.0	0.0	541.0	30
74	Howells	Judy	Wharfedale Harriers	F45	0	0.0	36	175.4	34	179.6	28	180.4	0	0.0	535.4	0.0	535.4	6
75	Wheatley	Bekki	Chapel Allerton Runners	F5EN	142	121.4	92	135.9	93	143.0	114	118.1	87	131.7	650.3	118.1	532.1	31
76	Roden	Helen	Abbey Runners	F40	133	126.5	107	124.5	105	1								

110	Wigglesworth	Rose	Ackworth RR	F35	141	122.0	121	115.5	148	109.0	136	102.2	132	96.0	544.7	96.0	448.7	26	
111	Barrett	Catherine	Kirkstall Harriers	F35	185	97.5	116	119.0	132	118.9	122	112.3	139	90.5	538.2	90.5	447.7	27	
112	Nash	Louise	Saltaire Striders	F45	56	169.4	59	159.2	0	0.0	115	117.4	0	0.0	445.9	0.0	445.9	9	
113	Tamayo	Bethany	Abbey Runners	F5EN	0	0.0	78	145.8	83	149.2	0	0.0	147.1	0	0.0	442.1	0.0	442.1	46
114	Hunter	Alison	Kippax Harriers	F50	140	122.6	128	110.6	0	0.0	143	97.1	113	111.1	441.3	0.0	441.3	11	
115	Charlesworth	Sarah	Wharfedale Harriers	F35	0	0.0	85	140.8	0	0.0	69	150.7	65	149.2	440.8	0.0	440.8	28	
116	Warren	Liane	Ackworth RR	F45	129	128.7	66	154.2	73	155.4	0	0.0	0	0.0	438.3	0.0	438.3	10	
117	Heseltine	Jo	Rothwell Harriers	F50	77	157.7	83	142.3	102	137.5	0	0.0	0	0.0	437.4	0.0	437.4	12	
118	Reeves	Charlotte	Harrogate Harriers	F5EN	0	0.0	0	0.0	77	152.9	99	129.0	58	154.8	436.7	0.0	436.7	47	
119	Coster	Emma	Wetherby Runners	F45	72	160.4	0	0.0	0	0.0	98	129.7	73	142.9	433.0	0.0	433.0	11	
120	Ohno	Maika	Hyde Park Harriers	F40	166	108.1	0	0.0	146	110.2	146	94.9	104	118.3	431.5	0.0	431.5	16	
121	McTague	Moir	Nidd Valley Road Runners	F55	164	109.2	0	0.0	140	113.9	131	105.8	126	100.8	429.7	0.0	429.7	5	
122	Hawden	Joanne	Rothwell Harriers	F50	162	110.3	153	93.0	138	115.2	0	0.0	116	108.7	427.2	0.0	427.2	13	
123	Blakeley	Alyson	Roundhay Runners	F40	160	111.4	155	91.5	153	105.9	134	103.6	120	105.6	518.0	91.5	426.5	17	
124	Glover	Alyson	Kirkstall Harriers	F50	158	112.5	143	100.5	145	110.8	144	96.4	128	99.2	519.0	96.4	422.6	14	
125	Clifford	Carole	Rothwell Harriers	F50	0	0.0	154	92.3	130	120.1	132	105.1	121	104.8	422.2	0.0	422.2	15	
126	Archer	Kerry	York Tri Club	F35	108	140.4	0	0.0	88	146.1	92	134.1	0	0.0	420.6	0.0	420.6	29	
127	Sheehan	Therese	Saltaire Striders	F5EN	0	0.0	0	0.0	103	136.8	90	135.5	75	141.3	413.6	0.0	413.6	48	
128	Nesbit	Gill	Abbey Runners	F35	228	73.5	159	88.7	176	91.6	128	108.0	96	124.6	486.5	73.5	412.9	30	
129	Wilkins	Fiona	Roundhay Runners	F5EN	0	0.0	109	123.9	97	140.6	73	147.8	0	0.0	412.3	0.0	412.3	49	
130	Holmes	Jane	Harrogate Tri Club	F60	114	137.0	74	148.6	0	0.0	104	125.4	0	0.0	411.0	0.0	411.0	3	
131	Morley	Sue	Knareborough Striders	F60	149	117.5	114	120.4	0	0.0	175	73.9	130	97.6	409.5	0.0	409.5	4	
132	Robinson	Sharron	Bradford Airedale	F50	181	99.7	144	99.3	149	108.4	139	100.0	135	93.7	501.0	93.7	407.4	16	
133	Turcan	Gill	Harrogate Tri Club	F50	173	104.2	139	102.8	166	97.8	0	0.0	124	102.4	407.2	0.0	407.2	17	
134	Evans	Clare	Hyde Park Harriers	F5EN	90	150.4	0	0.0	161	100.9	64	154.3	0	0.0	405.7	0.0	405.7	50	
135	Macdonald	Wanda	St Theresa's AC	F55	110	139.3	0	0.0	0	0.0	103	126.1	88	131.0	396.3	0.0	396.3	6	
136	Smith	Aiveen	Horsforth Harriers	F5EN	0	0.0	2	199.3	7	196.3	0	0.0	0	0.0	395.6	0.0	395.6	51	
137	Ramsden	Denise	Rothwell Harriers	F50	172	104.7	124	113.4	179	89.8	164	81.9	144	86.5	476.3	81.9	394.4	18	
138	Revill	Nicola	Horsforth Harriers	F40	150	117.0	142	100.7	164	99.1	171	76.8	0	0.0	393.6	0.0	393.6	18	
139	Martin	Sophie	Wharfedale Harriers	F5EN	0	0.0	0	0.0	8	195.7	5	197.1	0	0.0	392.8	0.0	392.8	52	
140	Barker-Charleton	Angela	Harrogate Harriers	F45	128	129.2	0	0.0	98	139.9	108	122.5	0	0.0	391.6	0.0	391.6	12	
141	Tenwick	Michelle	Pudsey & Bramley AC	F5EN	9	195.5	0	0.0	13	192.6	0	0.0	0	0.0	388.1	0.0	388.1	53	
142	Bentley	Meghan	Hyde Park Harriers	F5EN	15	192.2	7	195.8	0	0.0	0	0.0	0	0.0	388.0	0.0	388.0	54	
143	Greenwood	Jenna	Ackworth RR	F5EN	0	0.0	133	107.0	147	109.6	153	89.9	151	81.0	387.4	0.0	387.4	55	
144	Treasure-Jones	Tamsin	Saltaire Striders	F45	98	146.0	0	0.0	112	131.3	0	0.0	117	107.9	385.2	0.0	385.2	13	
145	Walker	Megan	Leeds University CCC	F5EN	18	190.5	9	194.4	0	0.0	0	0.0	0	0.0	384.9	0.0	384.9	56	
146	Foulkes	Andrea	Kippax Harriers	F35	94	148.2	79	145.1	181	88.5	0	0.0	0	0.0	381.8	0.0	381.8	31	
147	Beecher	Sarah	Harrogate Harriers	F50	120	133.7	122	114.8	111	131.9	0	0.0	0	0.0	380.4	0.0	380.4	19	
148	Harmen	Misty	Wetherby Runners	F5EN	0	0.0	0	0.0	17	190.1	17	188.4	0	0.0	378.5	0.0	378.5	57	
149	Clark	Michaela	Abbey Runners	F40	23	187.7	15	190.1	0	0.0	0	0.0	0	0.0	377.9	0.0	377.9	19	
150	Lee	Amicia	Leeds University CCC	F5EN	16	191.6	0	0.0	24	185.8	0	0.0	0	0.0	377.4	0.0	377.4	58	
151	Carey	Alex	Airecentre Pacers	F5EN	180	100.3	0	0.0	168	96.6	163	82.6	131	96.8	376.3	0.0	376.3	59	
152	King	Sheila	Kirkstall Harriers	F50	0	0.0	108	124.6	129	120.7	0	0.0	92	127.8	373.2	0.0	373.2	20	
153	Streets	Rebecca	Airecentre Pacers	F5EN	26	186.1	22	185.2	0	0.0	0	0.0	0	0.0	371.3	0.0	371.3	60	
154	Tomlinson	Sarah	Dragons RC	F45	196	91.4	163	85.9	169	96.0	145	95.7	145	85.7	354.6	85.7	368.9	14	
155	Pagdin	Sarah	Valley Striders	F50	169	106.4	150	95.1	177	91.0	0	0.0	157	76.2	368.7	0.0	368.7	21	
156	Cross	Stella	Wetherby Runners	F5EN	20	189.4	0	0.0	0	0.0	32	177.5	0	0.0	367.0	0.0	367.0	61	
157	Foot	Pauline	York Tri Club	F50	143	120.9	0	0.0	106	135.0	0	0.0	115	109.5	365.4	0.0	365.4	22	
158	Hirst	Chloe	Harrogate Harriers	F5EN	37	179.9	23	184.5	0	0.0	0	0.0	0	0.0	364.5	0.0	364.5	62	
159	Farmery Hague	Leanne	Kippax Harriers	F40	32	182.7	27	181.7	0	0.0	0	0.0	0	0.0	364.4	0.0	364.4	20	
160	Akeroyd	Mel	Saltaire Striders	F35	0	0.0	119	116.9	115	129.4	0	0.0	105	117.5	363.8	0.0	363.8	32	
161	Higgins	Wendy	St Theresa's AC	F50	195	91.9	177	76.1	173	93.5	137	101.4	0	0.0	362.9	0.0	362.9	23	
162	Holmes	Sue	Kippax Harriers	F50	177	101.9	174	85.2	183	87.3	162	83.3	142	88.1	445.9	83.3	362.6	24	
163	Sharrot	Anna	St Theresa's AC	F35	207	85.2	145	98.6	185	86.1	0	0.0	137	92.1	362.0	0.0	362.0	33	
164	Longfellow	Emma	St Theresa's AC	F35	127	129.8	136	104.9	120	126.3	0	0.0	0	0.0	361.1	0.0	361.1	34	
165	Spencer	Chloe	York Tri Club	F5EN	139	123.1	100	130.3	0	0.0	133	104.3	0	0.0	357.7	0.0	357.7	63	
166	Clegg	Lindsey	Horsforth Harriers	F35	0	0.0	33	177.5	0	0.0	30	179.0	0	0.0	356.5	0.0	356.5	35	
167	Hughan	Sarah	Nidd Valley Road Runners	F35	0	0.0	0	0.0	121	125.7	127	108.7	100	121.4	355.8	0.0	355.8	36	
168	Ellis	Angela	Abbey Runners	F40	188	95.8	152	93.7	192	81.7	0	0.0	147	84.1	355.3	0.0	355.3	21	
169	Richardson	Laura	Saltaire Striders	F5EN	138	123.7	129	109.9	0	0.0	0	0.0	101	120.6	354.2	0.0	354.2	64	
170	Georgopoulos	Lindsay	Kippax Harriers	F40	115	136.5	112	121.8	171	94.7	0	0.0	0	0.0	353.1	0.0	353.1	22	
171	Lewis	Susan	Roundhay Runners	F40	0	0.0	0	0.0	42	174.6	35	175.4	0	0.0	350.0	0.0	350.0	23	
172	Barber	Catherine	Nidd Valley Road Runners	F5EN	137	124.2	130	109.2	0	0.0	0	0.0	107	115.9	349.3	0.0	349.3	65	
173	Davies	Jan	Dragons RC	F50	171	105.3	0	0.0	0	0.0	121	113.0	91	128.6	346.9	0.0	346.9	25	
174	Batt	Nina	Wetherby Runners	F5EN	0	0.0	0	0.0	35	178.9	46	167.4	0	0.0	346.3	0.0	346.3	66	
175	Farley	Lydia	Bradford Airedale	F5EN	34	181.6	52	164.1	0	0.0	0	0.0	0	0.0	345.7	0.0	345.7	67	
176	Eaton	Sue	Ackworth RR	F45	179	100.8	146	97.9	201	76.2	180	70.3	180	57.9	403.1	57.9	345.2	15	
177	Leverton	Marie	Chapel Allerton Runners	F35	135	125.3	141	101.4	141	113.3	0	0.0	0	0.0	340.1	0.0	340.1	37	
178	Battersby	Jennifer	Wharfedale Harriers	F40	0	0.0	0	0.0	40	175.9	0	0.0	48	162.7	338.5	0.0	338.5	24	
179	Thomson	Julia	Harrogate Tri Club	F50	51	172.1	50	165.5	0	0.0	0	0.0	0	0.0	337.6	0.0	337.6	26	
180	Moul	Sue	Harrogate Harriers	F50	0	0.0	149	95.8	136	116.4	0	0.0	97	123.8	336.0	0.0	336.0	27	
181	Lovell	Bethany	Valley Striders	F35	218	79.1	0	0.0	165	98.5	189	63.8	134	94.4	335.8	0.0	335.8	38	
182	Walker	Ruth	Ackworth RR	F35	201	88.6	176	76.8	213	68.7	159	85.5	148	83.3	402.9	68.7	334.2	39	
183	O'Toole	Orna	York Tri Club	F40	48	173.8	0	0.0	0	0.0	0	0.0	51	160.3	334.1	0.0	334.1	25	
184	Harris	Samantha	Valley Striders	F35	0	0.0	0	0.0	65	160.4	38	173.2	0	0.0	333.6	0.0	333.6	40	
185	Glynn	Karen	Kippax Harriers	F45	200	89.1	0	0.0	214	68.1	160	84.8	141	88.9	330.9	0.0	330.9	16	
186	Killingworth	Claire	Knareborough Striders	F5EN	152	115.9	0	0.0	144	111.5	0	0.0	123	103.2	330.5	0.0	330.5	68	
187	Scarlett	Samantha	Hyde Park Harriers	F5EN	192	93.6	260	17.6	197	78.6	155	88.4	170	65.9	344.1	17.6	326.5	69	
188	Coy	Gaenor	Ilkley Harriers	F40															

224	Smith	Cathryn	Eccleshill RR	F55	271	49.6	200	59.9	193	81.1	177	72.5	0	0.0	263.0	0.0	263.0	9
225	Fulton	Heather	Hyde Park Harriers	F5EN	206	85.8	0	0.0	175	92.3	161	84.1	0	0.0	262.1	0.0	262.1	79
226	Sharp	Georgie	Ackworth RR	F5EN	292	37.9	187	69.0	215	67.5	156	87.7	0	0.0	262.1	0.0	262.1	80
227	Lewis	Helen	Roundhay Runners	F40	0	0.0	0	0.0	186	85.4	165	81.2	133	95.2	261.8	0.0	261.8	33
228	Hutchinson	Kirsten	Abbey Runners	F5EN	0	0.0	111	122.5	101	138.1	0	0.0	0	0.0	260.6	0.0	260.6	81
229	Murdoch	Rebecca	Airecentre Pacers	F5EN	146	119.2	87	139.4	0	0.0	0	0.0	0	0.0	258.7	0.0	258.7	82
230	Whitehouse	Louise	Horsforth Harriers	F35	0	0.0	120	116.2	99	139.3	0	0.0	0	0.0	255.5	0.0	255.5	47
231	Spencer	Collette	Kirkstall Harriers	F40	198	90.3	0	0.0	203	74.9	154	89.1	0	0.0	254.3	0.0	254.3	34
232	Cummings	Laura	Hyde Park Harriers	F35	117	135.4	0	0.0	133	118.3	0	0.0	0	0.0	253.6	0.0	253.6	48
233	Hargreaves	Lynda	Wharfedale Harriers	F50	221	77.4	198	61.3	223	62.5	205	52.2	0	0.0	253.4	0.0	253.4	32
234	Sevastjanova	Inga	Roundhay Runners	F5EN	189	95.3	167	83.1	0	0.0	174	74.6	0	0.0	253.0	0.0	253.0	83
235	Mottram	Terry	Ackworth RR	F40	136	124.8	0	0.0	0	0.0	0	93	127.0	251.8	0.0	251.8	35	
236	Muir	Marion	Kirkstall Harriers	F40	0	0.0	0	0.0	0	0.0	110	121.0	90	129.4	250.4	0.0	250.4	36
237	Watkins	Steph	Rothwell Harriers	F40	205	86.4	0	0.0	188	84.2	0	0.0	154	78.6	249.1	0.0	249.1	37
238	Threapleton	Marnie	Chapel Allerton Runners	F40	0	0.0	0	0.0	205	73.7	179	71.0	122	104.0	248.7	0.0	248.7	38
239	Denby	Alice	Dragons RC	F60	203	87.5	168	82.4	198	78.0	0	0.0	0	0.0	247.9	0.0	247.9	6
240	Bauer	Claudia	Hyde Park Harriers	F5EN	123	132.0	0	0.0	137	115.8	0	0.0	0	0.0	247.8	0.0	247.8	84
241	Bell	Erica	Rothwell Harriers	F35	0	0.0	209	53.5	184	86.7	198	57.2	190	50.0	247.5	0.0	247.5	49
242	Chapman	Wendy	Kippax Harriers	F55	246	63.5	205	56.3	217	66.3	213	46.4	176	61.1	293.6	46.4	247.2	10
243	Mann	Helen	Rothwell Harriers	F55	253	59.6	201	59.2	202	75.5	206	51.4	0	0.0	245.8	0.0	245.8	11
244	Waite	Sarah	St Theresa's AC	F5EN	0	0.0	118	117.6	0	0.0	101	127.5	0	0.0	245.1	0.0	245.1	85
245	Milburn	Anna	St Theresa's AC	F35	151	116.4	106	126.1	0	0.0	0	0.0	0	0.0	242.5	0.0	242.5	50
246	Kerr	Val	Ilkley Harriers	F55	126	130.4	0	0.0	0	0.0	123	111.6	0	0.0	242.0	0.0	242.0	12
247	George	Sandy	Ackworth RR	F50	0	0.0	101	129.6	143	112.1	0	0.0	0	0.0	241.7	0.0	241.7	33
248	Sanders	Caroline	Hyde Park Harriers	F40	209	84.1	0	0.0	178	90.4	185	66.7	0	0.0	241.2	0.0	241.2	39
249	McGuigan	Daniella	Kirkstall Harriers	F35	147	118.7	0	0.0	0	0.0	119	114.5	0	0.0	233.2	0.0	233.2	51
250	Head	Karen	Rothwell Harriers	F40	0	0.0	190	66.9	230	58.2	222	39.9	169	66.7	231.6	0.0	231.6	40
251	Hodkinson	Sophie	Abbey Runners	F5EN	255	58.5	0	0.0	227	60.1	212	47.1	171	65.1	230.7	0.0	230.7	86
252	Elmes	Julie	Knaresborough Striders	F45	202	88.0	181	73.2	216	66.9	0	0.0	0	0.0	228.1	0.0	228.1	24
253	Fletcher	Lynn	St Theresa's AC	F60	252	60.2	217	47.9	229	58.8	202	54.3	186	53.2	274.4	47.9	226.5	7
254	Westwood	Emma	St Theresa's AC	F5EN	0	0.0	0	0.0	0	0.0	150	92.0	85	133.3	225.4	0.0	225.4	87
255	Palmer	Kelly	Kippax Harriers	F60	250	61.3	210	52.8	228	59.4	209	49.3	188	51.6	274.4	49.3	225.1	8
256	Churn	Lucy	Kirkstall Harriers	F35	170	105.8	0	0.0	134	117.6	0	0.0	0	0.0	223.5	0.0	223.5	52
257	Newman	Hannah	Kirkstall Harriers	F5EN	0	0.0	199	60.6	0	0.0	168	79.0	150	81.7	221.3	0.0	221.3	88
258	Sebright-Pickard	Emma	Airecentre Pacers	F45	0	0.0	0	0.0	196	79.3	184	67.4	160	73.8	220.5	0.0	220.5	25
259	Hulme-Vickerstaff	Lisa	Abbey Runners	F45	208	84.7	193	64.8	0	0.0	0	0.0	167	68.3	217.7	0.0	217.7	26
260	Hartley	Nicola	Valley Striders	F5EN	157	113.1	137	104.2	0	0.0	0	0.0	0	0.0	217.3	0.0	217.3	89
261	Martin	Judith	Horsforth Harriers	F40	0	0.0	0	0.0	154	105.3	0	0.0	112	111.9	217.2	0.0	217.2	41
262	McDowell	Lisa	St Theresa's AC	F45	277	46.2	0	0.0	233	56.3	208	50.0	172	64.3	216.9	0.0	216.9	27
263	Ross	Sylvia	Saltaire Striders	F65	249	61.8	214	50.0	248	47.1	210	48.6	182	56.3	283.8	47.1	216.7	1
264	Forey	Helen	Dragons RC	F45	219	78.6	182	72.5	219	65.0	0	0.0	0	0.0	216.1	0.0	216.1	28
265	Oughton	Jane	Abbey Runners	F55	231	71.9	222	44.4	250	45.8	204	52.9	0	0.0	215.0	0.0	215.0	13
266	Welsby	Kez	Knaresborough Striders	F50	294	36.8	202	58.5	244	49.5	0	0.0	166	69.0	213.8	0.0	213.8	34
267	George	Rose	Kirkstall Harriers	F45	132	127.0	162	86.6	0	0.0	0	0.0	0	0.0	213.6	0.0	213.6	29
268	Warner	Emma	Wetherby Runners	F40	156	113.6	0	0.0	0	0.0	141	98.6	0	0.0	212.2	0.0	212.2	42
269	Brant	Helen	Saltaire Striders	F35	0	0.0	131	108.5	159	102.2	0	0.0	0	0.0	210.6	0.0	210.6	53
270	Bouderba	Dee	York Postal Harriers	F45	222	76.9	179	74.6	238	53.3	0	0.0	0	0.0	204.8	0.0	204.8	30
271	Shumba	Naomi	Chapel Allerton Runners	F5EN	0	0.0	161	87.3	199	77.4	223	39.1	0	0.0	203.9	0.0	203.9	90
272	Sherratt	Sarah	Saltaire Striders	F35	0	0.0	169	81.7	200	76.8	0	0.0	199	42.9	201.3	0.0	201.3	54
273	Darley	Jacky	Wetherby Runners	F55	215	80.8	186	69.7	0	0.0	0	0.0	189	50.8	201.3	0.0	201.3	14
274	Raynolds- Talbot	Laura	Horsforth Harriers	F5EN	240	66.9	213	50.7	269	34.1	0	0.0	192	48.4	200.0	0.0	200.0	91
275	Stone	Dote	Hyde Park Harriers	F35	0	0.0	0	0.0	160	101.5	0	0.0	129	98.4	200.0	0.0	200.0	55
276	Western	Helen	Saltaire Striders	F45	0	0.0	0	0.0	0	0.0	142	97.8	125	101.6	199.4	0.0	199.4	31
277	Ballantyne	Emma	Kirkstall Harriers	F5EN	3	198.9	0	0.0	0	0.0	0	0.0	0	0.0	198.9	0.0	198.9	92
278	Mason	Annabel	Leeds University CCC	F5EN	6	197.2	0	0.0	0	0.0	0	0.0	0	0.0	197.2	0.0	197.2	93
279	Davis	Denise	Saltaire Striders	F45	225	75.2	0	0.0	222	63.2	196	58.7	0	0.0	197.1	0.0	197.1	32
280	Pegram	Hannah	Nidd Valley Road Runners	F40	178	101.4	0	0.0	170	95.4	0	0.0	0	0.0	196.7	0.0	196.7	43
281	Bellwood	Aimee	Harrogate Harriers	F5EN	187	96.4	0	0.0	163	99.7	0	0.0	0	0.0	196.1	0.0	196.1	94
282	Forster-Hughes	Lora	Chapel Allerton Runners	F35	0	0.0	160	88.0	0	0.0	130	106.5	0	0.0	194.5	0.0	194.5	56
283	Jones	Myra	Valley Striders	F5EN	11	194.4	0	0.0	0	0.0	0	0.0	0	0.0	194.4	0.0	194.4	95
284	Hanslip	Debbie	Nidd Valley Road Runners	F45	0	0.0	204	57.0	247	47.7	201	55.1	211	33.3	193.1	0.0	193.1	33
285	Connolly	Amanda	Airecentre Pacers	F45	270	50.1	203	57.7	260	39.6	225	37.7	196	45.2	230.4	37.7	192.8	34
286	Sharman	Suzanne	Pudsey & Bramley AC	F35	0	0.0	12	192.3	0	0.0	0	0.0	0	0.0	192.3	0.0	192.3	57
287	Hitchen	Lisa	Abbey Runners	F40	211	83.0	212	51.4	231	57.6	0	0.0	0	0.0	192.0	0.0	192.0	44
288	Ritucci	Pamela	Ackworth RR	F5EN	0	0.0	0	0.0	156	104.0	158	86.2	0	0.0	190.3	0.0	190.3	96
289	Wood	Edna	Knaresborough Striders	F50	290	39.0	211	52.1	268	34.7	217	43.5	185	54.0	223.2	34.7	188.6	35
290	Rowell	Carmen	Airecentre Pacers	F45	265	52.9	221	45.1	221	63.8	241	26.1	0	0.0	187.9	0.0	187.9	35
291	Kemshall	Jane	St Theresa's AC	F5EN	0	0.0	0	0.0	0	0.0	18	187.7	0	0.0	187.7	0.0	187.7	97
292	Seims	Amanda	Valley Striders	F35	25	186.6	0	0.0	0	0.0	0	0.0	0	0.0	186.6	0.0	186.6	58
293	Dransfield	Laura	Roundhay Runners	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	19	185.7	185.7	0.0	185.7	98
294	Coulsey	Hilda	Ilkley Harriers	F60	0	0.0	0	0.0	151	107.1	169	78.3	0	0.0	185.4	0.0	185.4	9
295	Kavanagh	Joanne	Hyde Park Harriers	F50	0	0.0	0	0.0	207	72.4	203	53.6	179	58.7	184.8	0.0	184.8	36
296	Pinder	Lucy	York Tri Club	F35	0	0.0	0	0.0	0	0.0	0	0.0	22	183.3	183.3	0.0	183.3	59
297	Walker	Liz	Kirkstall Harriers	F5EN	257	57.4	233	36.6	0	0.0	224	38.4	193	47.6	180.0	0.0	180.0	99
298	Dobson	Sarah	Abbey Runners	F5EN	0	0.0	0	0.0	0	0.0	29	179.7	0	0.0	179.7	0.0	179.7	100
299	Rhodes	Johanna	Hyde Park Harriers	F5EN	274	47.9	0	0.0	255	42.7	211	47.8	204	38.9	177.4	0.0	177.4	101
300	Fox	Stephanie	Ilkley Harriers	F40	0	0.0	166	83.8	0	0.0	149	92.8	0	0.0	176.6	0.0	176.6	45
301	Lavelle-Wood	Emma	Kirkstall Harriers	F40	45	175.5	0	0.0	0	0.0	0	0.0	0	0.0	175.5	0.0	175.5	46
302	Murray	Becky	Valley Striders	F40	261	55.2	0	0.0	277	29.1	216	44.2	194	46.8	175.3	0.0	175.	

338	Turner	Sarah	Ackworth RR	F35	280	44.6	239	32.4	274	31.0	230	34.1	201	41.3	183.3	31.0	152.3	66
339	Reid	Laura	Roundhay Runners	F5EN	88	151.5	0	0.0	0.0	0.0	0.0	0.0	0	0.0	151.5	0.0	151.5	116
340	Vincent	Emma	Abbey Runners	F35	0	0.0	0	0.0	0.0	0.0	0.0	0.0	63	150.8	150.8	0.0	150.8	67
341	Hern	Claire	Eccleshill RR	F40	0	0.0	71	150.7	0	0.0	0.0	0.0	0	0.0	150.7	0.0	150.7	51
342	Graham	June	Knaresborough Striders	F55	319	22.8	0	0.0	265	36.5	220	41.3	191	49.2	149.9	0.0	149.9	16
343	Clubbs	Christine	Wetherby Runners	F40	227	74.1	178	75.4	0	0.0	0.0	0.0	0	0.0	149.4	0.0	149.4	52
344	Coffey	Maureen	Valley Striders	F65	289	39.6	0	0.0	258	40.9	237	29.0	203	39.7	149.1	0.0	149.1	2
345	Rix	Carolyn	Saltaire Striders	F55	309	28.4	215	49.3	272	32.2	229	34.8	212	32.5	177.2	28.4	148.8	17
346	Farley	Gina	Bradford Airedale	F50	297	35.1	236	34.5	254	43.3	243	24.6	209	34.9	172.5	24.6	147.9	42
347	Reddington	Liz	Valley Striders	F55	95	147.6	0	0.0	0.0	0.0	0.0	0.0	0	0.0	147.6	0.0	147.6	18
348	Miller	Vicky	St Theresa's AC	F5EN	0	0.0	0	0.0	0.0	0.0	0.0	0.0	67	147.6	147.6	0.0	147.6	117
349	Lee	Hannah	Kirkstall Harriers	F5EN	284	42.3	216	48.6	0	0.0	214	45.7	241	9.5	146.1	0.0	146.1	118
350	Buglass	Helen	Wetherby Runners	F45	99	145.4	0	0.0	0.0	0.0	0.0	0.0	0	0.0	145.4	0.0	145.4	41
351	Dwyer	Angie	Chapel Allerton Runners	F40	306	30.1	235	35.2	263	37.8	219	42.0	0	0.0	145.1	0.0	145.1	53
352	Fotherby	Pascale	Valley Striders	F35	0	0.0	175	77.5	0	0.0	0.0	0.0	168	67.5	144.9	0.0	144.9	68
353	Myers	Sarah	Eccleshill RR	F40	272	49.0	224	43.0	245	48.9	0	0.0	251	1.6	142.5	0.0	142.5	54
354	Farrow	Isabelle	Leeds University CCC	F5EN	0	0.0	0	0.0	95	141.8	0	0.0	0	0.0	141.8	0.0	141.8	119
355	Knight	Gini	Horsthof Harriers	F55	0	0.0	188	68.3	0	0.0	0.0	0.0	162	72.2	140.5	0.0	140.5	19
356	Stafford	Julie	Ackworth RR	F50	0	0.0	88	138.7	0	0.0	0.0	0.0	0	0.0	138.7	0.0	138.7	43
357	Hertzerich	Julia	Hyde Park Harriers	F5EN	112	138.2	0	0.0	0.0	0.0	0.0	0.0	0	0.0	138.2	0.0	138.2	120
358	Willibond	Andie	Dragons RC	F70	295	36.2	231	38.0	271	32.8	235	30.4	214	31.0	168.4	30.4	138.0	1
359	Roe	Jemma	Kirkstall Harriers	F50	0	0.0	174	78.2	0	0.0	0.0	0.0	178	59.5	137.7	0.0	137.7	121
360	Downham	Karen	Kippax Harriers	F50	0	0.0	180	73.9	0	0.0	192	61.6	0	0.0	135.5	0.0	135.5	44
361	Kenny	Hayley	Wetherby Harriers	F45	0	0.0	0	0.0	212	69.3	186	65.9	0	0.0	135.3	0.0	135.3	42
362	Weston	Jacqui	Ilkley Harriers	F45	229	73.0	0	0.0	224	61.9	0	0.0	0	0.0	134.9	0.0	134.9	43
363	Lothouse	Kate	Ilkley Harriers	F55	259	56.3	0	0.0	261	39.0	0	0.0	205	38.1	133.4	0.0	133.4	20
364	Prince	Rachael	Nidd Valley Road Runners	F40	0	0.0	191	66.2	220	64.4	0	0.0	0	0.0	130.6	0.0	130.6	55
365	Sharna	Alissa	Roundhay Runners	F5EN	130	128.1	0	0.0	0.0	0.0	0.0	0.0	0	0.0	128.1	0.0	128.1	122
366	Needham	Lesley	Ackworth RR	F50	264	53.5	225	42.3	273	31.6	276	0.7	0	0.0	128.0	0.0	128.0	45
367	Boardman	Karen	Kirkstall Harriers	F5EN	0	0.0	208	54.2	211	70.0	0	0.0	0	0.0	124.2	0.0	124.2	123
368	Gilliard	Lucy	Rothwell Harriers	F45	0	0.0	0	0.0	124	123.8	0	0.0	0	0.0	123.8	0.0	123.8	44
369	Gallon	Eleanor	Kirkstall Harriers	F35	0	0.0	0	0.0	0.0	0.0	0.0	0.0	98	123.0	123.0	0.0	123.0	69
370	Russell	Donna	Chapel Allerton Runners	F40	233	70.8	0	0.0	240	52.0	0	0.0	0	0.0	122.8	0.0	122.8	56
371	Terry	Carly	Chapel Allerton Runners	F5EN	242	65.7	0	0.0	232	57.0	0	0.0	0	0.0	122.7	0.0	122.7	124
372	Barret	Jo	York Postal Harriers	F40	251	60.7	0	0.0	0.0	0.0	193	60.9	0	0.0	121.6	0.0	121.6	57
373	Caley	Suzanne	Abbey Runners	F35	305	30.6	227	40.8	282	26.0	0	0.0	223	23.8	121.3	0.0	121.3	70
374	Bennett	Alison	Ilkley Harriers	F55	0	0.0	0	0.0	0.0	0.0	112	119.6	0	0.0	119.6	0.0	119.6	21
375	Smith	Sarah	Valley Striders	F50	148	118.1	0	0.0	0.0	0.0	0.0	0.0	0	0.0	118.1	0.0	118.1	46
376	Pell	Valerie	Kippax Harriers	F55	0	0.0	0	0.0	210	70.6	215	44.9	0	0.0	115.5	0.0	115.5	22
377	Kelly	Elaine	Rothwell Harriers	F50	153	115.3	0	0.0	0.0	0.0	0.0	0.0	0	0.0	115.3	0.0	115.3	47
378	Gibson	Lindsey	Roundhay Runners	F35	288	40.1	0	0.0	249	46.4	0	0.0	217	28.6	115.1	0.0	115.1	71
379	Buckley	Ann	Dragons RC	F5EN	304	31.2	248	26.1	288	22.3	240	26.8	215	30.2	136.5	22.3	114.2	125
380	Hardy	Amy	Horsthof Harriers	F5EN	0	0.0	0	0.0	0.0	0.0	120	113.8	0	0.0	113.8	0.0	113.8	126
381	Scott	Jane	St Theresa's AC	F60	238	68.0	0	0.0	251	45.2	0	0.0	0	0.0	113.2	0.0	113.2	11
382	Austen	Elizabeth	Abbey Runners	F35	0	0.0	0	0.0	142	112.7	0	0.0	0	0.0	112.7	0.0	112.7	72
383	Price	Angharad	Leeds University CCC	F5EN	159	112.0	0	0.0	0.0	0.0	0.0	0.0	0	0.0	112.0	0.0	112.0	127
384	Whitley	Sarita	Eccleshill RR	F5EN	0	0.0	0	0.0	0.0	0.0	126	109.4	0	0.0	109.4	0.0	109.4	128
385	Maclellan	Leanne	St Theresa's AC	F35	236	69.1	0	0.0	259	40.2	0	0.0	0	0.0	109.3	0.0	109.3	73
386	Rawson	Emma	Rothwell Harriers	F40	165	108.6	0	0.0	0.0	0.0	0.0	0.0	0	0.0	108.6	0.0	108.6	58
387	McLaron	Shevonne	Kirkstall Harriers	F40	0	0.0	0	0.0	252	44.6	0	0.0	173	63.5	108.1	0.0	108.1	59
388	Crossan	Ciara	Hyde Park Harriers	F5EN	307	29.5	238	33.1	253	44.0	0	0.0	0	0.0	106.6	0.0	106.6	129
389	Magennis	Janice	Eccleshill RR	F55	269	50.7	0	0.0	234	55.7	0	0.0	0	0.0	106.4	0.0	106.4	23
390	Wilson	Amanda	Ackworth RR	F5EN	0	0.0	0	0.0	155	104.6	0	0.0	0	0.0	104.6	0.0	104.6	130
391	Wathey	Victoria	Ackworth RR	F35	248	62.4	226	41.5	0	0.0	0.0	0.0	0	0.0	103.9	0.0	103.9	74
392	Conroy	Joanne	Ackworth RR	F35	300	33.4	229	39.4	275	30.3	0	0.0	0	0.0	103.2	0.0	103.2	75
393	Johnson	Claire	York Tri Club	F35	0	0.0	140	102.1	0	0.0	0.0	0.0	0	0.0	102.1	0.0	102.1	76
394	Rowbotham	Jane	Harrogate Harriers	F55	262	54.6	218	47.2	0	0.0	0.0	0.0	0	0.0	101.8	0.0	101.8	24
395	Bird	Pippa	Saltaire Striders	F35	0	0.0	0	0.0	162	100.3	0	0.0	0	0.0	100.3	0.0	100.3	77
396	Richardson	Dawn	Knaresborough Striders	F55	245	64.1	234	35.9	0	0.0	0.0	0.0	0	0.0	100.0	0.0	100.0	25
397	Willis	Charlotte	Airecentre Pacers	F5EN	311	27.3	247	26.8	232	19.8	242	25.4	0	0.0	99.2	0.0	99.2	131
398	Cook	Bernadette	Saltaire Striders	F45	184	98.1	0	0.0	0.0	0.0	0.0	0.0	0	0.0	98.1	0.0	98.1	45
399	Gill	Violet	St Theresa's AC	F55	190	94.7	0	0.0	0.0	0.0	0.0	0.0	0	0.0	94.7	0.0	94.7	26
400	Rawlings	Sarah	Eccleshill RR	F50	193	93.0	0	0.0	0.0	0.0	0.0	0.0	0	0.0	93.0	0.0	93.0	48
401	Milner	Anne	Wharfedale Harriers	F45	0	0.0	0	0.0	0.0	0.0	0.0	136	92.9	92.9	0.0	92.9	46	
402	Chalmers	Sarah	Nidd Valley Road Runners	F50	312	26.7	252	23.2	286	23.5	252	18.1	229	19.0	110.7	18.1	92.6	49
403	Oldfield	Julie	Roundhay Runners	F55	0	0.0	240	31.7	281	26.6	261	11.6	226	21.4	91.3	0.0	91.3	27
404	Johnson	Louise	Dragons RC	F35	197	90.8	0	0.0	0.0	0.0	0.0	0.0	0	0.0	90.8	0.0	90.8	78
405	Rhodes	Amanda	Abbey Runners	F45	0	0.0	0	0.0	279	27.9	0	0.0	174	62.7	90.6	0.0	90.6	47
406	Pierce	Claire	Dragons RC	F60	0	0.0	232	37.3	242	50.8	0	0.0	0	0.0	88.1	0.0	88.1	12
407	Jago	Gillian	Eccleshill RR	F40	0	0.0	0	0.0	0.0	0.0	0	0.0	143	87.3	87.3	0.0	87.3	60
408	Churchill	Liz	Airecentre Pacers	F50	333	15.0	0	0.0	295	18.0	233	31.9	225	22.2	87.1	0.0	87.1	50
409	Miles	Justine	Valley Striders	F45	0	0.0	0	0.0	243	50.2	0	0.0	207	36.5	86.7	0.0	86.7	48
410	Copeland	Caroline	Ackworth RR	F40	0	0.0	246	27.5	284	24.8	231	33.3	0	0.0	85.6	0.0	85.6	61
411	Hague	Suzanne	Saltaire Striders	F50	0	0.0	0	0.0	256	42.1	218	42.8	0	0.0	84.9	0.0	84.9	51
412	Frankland	Abi	Valley Striders	F35	0	0.0	0	0.0	187	84.8	0	0.0	0	0.0	84.8	0.0	84.8	79
413	Stevenson	Nicky	Dragons RC	F40	0	0.0	165	84.5	0	0.0	0.0	0.0	0	0.0	84.5	0.0	84.5	62
414	Tesseyman	Jane	Airecentre Pacers	F45	283	42.9	0	0.0	257	41.5	0	0.0	0	0.0	84.4	0.0	84.4	49
415	Potts	Alexandra	Kirkstall Harriers	F5EN	0	0.0	0	0.0	190	83.0	0	0.0	0	0.0	83.0	0.0	83.0	132
416	Alderson	Michelle	Roundhay Runners	F35	212	82.5	0	0.0	0.0	0.0	0.0	0.0	0	0.0	82.5	0.0	82.5	80
417	Parkhill	Eleanor	Hyde Park Harriers	F5EN	282	43.5	259	18.3	306	11.1	264	9.4						

452	Tindall	Catherine	Airecentre Pacers	F50	0	0.0	244	28.9	0	0.0	259	13.0	231	17.5	59.4	0.0	59.4	57
453	Frith	Helen	Kippax Harriers	F50	315	25.1	0	0.0	294	18.6	257	14.5	0	0.0	58.1	0.0	58.1	58
454	Wood	Kerry	Saltire Striders	F40	0	0.0	0	0.0	0	0.0	197	58.0	0	0.0	58.0	0.0	58.0	70
455	Taylor	Christina	Nidd Valley Road Runners	F5EN	256	57.9	0	0.0	0	0.0	0	0.0	0	0.0	57.9	0.0	57.9	140
456	Dove	Cora	Airecentre Pacers	F45	318	23.4	0	0.0	299	15.5	255	15.9	0	0.0	54.8	0.0	54.8	57
457	Ingram	Selina	Dragons RC	F35	0	0.0	0	0.0	236	54.5	0	0.0	0	0.0	54.5	0.0	54.5	86
458	Freeman	Helen	Eccleshill RR	F50	263	54.0	0	0.0	0	0.0	0	0.0	0	0.0	54.0	0.0	54.0	59
459	Sunderland	Joanne	Roundhay Runners	F40	0	0.0	0	0.0	237	53.9	0	0.0	0	0.0	53.9	0.0	53.9	71
460	Broom	Samantha	Kirkstall Harriers	F5EN	337	12.8	255	21.1	0	0.0	262	10.9	242	8.7	53.5	0.0	53.5	141
461	Williment	Emma	Airecentre Pacers	F5EN	266	52.4	0	0.0	0	0.0	0	0.0	0	0.0	52.4	0.0	52.4	142
462	Ward	Nic	Kippax Harriers	F40	267	51.8	0	0.0	0	0.0	0	0.0	0	0.0	51.8	0.0	51.8	72
463	Roberts	Stevie	Kippax Harriers	F35	0	0.0	278	4.9	309	9.3	253	17.4	228	19.8	51.5	0.0	51.5	87
464	Gray	Cath	Horsforth Harriers	F55	0	0.0	0	0.0	241	51.4	0	0.0	0	0.0	51.4	0.0	51.4	31
465	Dobbs	Marina	Kippax Harriers	F50	322	21.2	0	0.0	308	9.9	249	20.3	0	0.0	51.4	0.0	51.4	60
466	Goodyear	Stacey	St Theresa's AC	F35	268	51.3	0	0.0	0	0.0	0	0.0	0	0.0	51.3	0.0	51.3	88
467	Sandhu	Baldish	Kirkstall Harriers	F45	308	29.0	256	20.4	0	0.0	0	0.0	0	0.0	49.4	0.0	49.4	58
468	Jackson	Alison	Knaresborough Striders	F50	0	0.0	254	21.8	305	11.8	256	15.2	0	0.0	48.8	0.0	48.8	61
469	Kennedy	Helen	Roundhay Runners	F5EN	273	48.5	0	0.0	0	0.0	0	0.0	0	0.0	48.5	0.0	48.5	143
470	Spink	Suzanne	Kippax Harriers	F45	324	20.1	0	0.0	0	0.0	238	28.3	0	0.0	48.3	0.0	48.3	59
471	Wainwright	Helen	Ackworth RR	F35	275	47.4	0	0.0	0	0.0	0	0.0	0	0.0	47.4	0.0	47.4	89
472	Connolly	Charlotte	Airecentre Pacers	F5EN	276	46.8	0	0.0	0	0.0	0	0.0	0	0.0	46.8	0.0	46.8	144
473	Hatfield	Maqan	Wetherby Runners	F45	330	16.7	243	29.6	0	0.0	0	0.0	0	0.0	46.3	0.0	46.3	60
474	Davies	Laura	Kirkstall Harriers	F35	0	0.0	0	0.0	0	0.0	0	0.0	195	46.0	46.0	0.0	46.0	90
475	Thompson	Su	Wharfedale Harriers	F45	278	45.7	0	0.0	0	0.0	0	0.0	0	0.0	45.7	0.0	45.7	61
476	Hogg	Clare	St Theresa's AC	F5EN	340	11.1	266	13.4	0	0.0	248	21.0	0	0.0	45.5	0.0	45.5	145
477	Rhodes	Ann	Ackworth RR	F60	281	44.0	0	0.0	0	0.0	0	0.0	0	0.0	44.0	0.0	44.0	14
478	Fontana	Jane	Valley Striders	F45	0	0.0	223	43.7	0	0.0	0	0.0	0	0.0	43.7	0.0	43.7	62
479	Gray	Katie	Knaresborough Striders	F50	325	19.5	253	22.5	0	0.0	0	0.0	0	0.0	42.0	0.0	42.0	62
480	Bailey	Sarah	Ackworth RR	F5EN	285	41.8	0	0.0	0	0.0	0	0.0	0	0.0	41.8	0.0	41.8	146
481	Fraser	Jane	Wetherby Runners	F50	286	41.2	0	0.0	0	0.0	0	0.0	0	0.0	41.2	0.0	41.2	63
482	Lambert	Samira	Kippax Harriers	F65	329	17.3	251	23.9	0	0.0	0	0.0	0	0.0	41.2	0.0	41.2	3
483	Hawkswell	Jenna	Airecentre Pacers	F35	332	15.6	0	0.0	0	0.0	0	0.0	221	25.4	41.0	0.0	41.0	91
484	Jovanovic	Rachel	Airecentre Pacers	F5EN	287	40.7	0	0.0	0	0.0	0	0.0	0	0.0	40.7	0.0	40.7	147
485	Cooley	Anne	Knaresborough Striders	F60	336	13.4	0	0.0	303	13.0	0	0.0	237	12.7	39.1	0.0	39.1	15
486	Clarkson	Natalie	Airecentre Pacers	F5EN	316	24.5	0	0.0	0	0.0	0	0.0	235	14.3	38.8	0.0	38.8	148
487	Owen	Melanie	Ackworth RR	F40	291	38.4	0	0.0	0	0.0	0	0.0	0	0.0	38.4	0.0	38.4	73
488	Bradshaw	Heidi	Airecentre Pacers	F45	355	2.8	273	8.5	311	8.0	0	0.0	230	18.3	37.5	0.0	37.5	63
489	Hines	Charlotte	Knaresborough Striders	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	206	37.3	37.3	0.0	37.3	149
490	Hudson	Jill	Kirkstall Harriers	F40	0	0.0	0	0.0	0	0.0	260	12.3	222	24.6	36.9	0.0	36.9	74
491	Williams	Nina	Ackworth RR	F45	0	0.0	0	0.0	0	0.0	0	0.0	208	35.7	35.7	0.0	35.7	64
492	Berry	Wendy	Ackworth RR	F55	298	34.5	0	0.0	0	0.0	0	0.0	0	0.0	34.5	0.0	34.5	32
493	Bibby	Rebecca	Valley Striders	F5EN	299	34.0	0	0.0	0	0.0	0	0.0	0	0.0	34.0	0.0	34.0	150
494	Taylor	Victoria	Hyde Park Harriers	F35	334	14.5	258	19.0	0	0.0	0	0.0	0	0.0	33.5	0.0	33.5	92
495	Davison	Charlotte	Horsforth Harriers	F5EN	0	0.0	0	0.0	270	33.4	0	0.0	0	0.0	33.4	0.0	33.4	151
496	Hart	Jayne	Saltire Striders	F55	301	32.9	0	0.0	0	0.0	0	0.0	0	0.0	32.9	0.0	32.9	33
497	Collier	Fiona	Harrogate Harriers	F50	0	0.0	267	12.7	293	19.2	0	0.0	0	0.0	31.9	0.0	31.9	64
498	Ballantine	Lisa	York Tri Club	F35	303	31.8	0	0.0	0	0.0	0	0.0	0	0.0	31.8	0.0	31.8	93
499	Stansfield	Donna	Airecentre Pacers	F40	0	0.0	0	0.0	0	0.0	0	0.0	216	29.4	29.4	0.0	29.4	75
500	Roberts	Hannah	Hyde Park Harriers	F5EN	0	0.0	263	15.5	302	13.6	0	0.0	0	0.0	29.1	0.0	29.1	152
501	Roberts	Rachel	Roundhay Runners	F5EN	350	5.6	276	6.3	297	16.7	0	0.0	0	0.0	28.6	0.0	28.6	153
502	Mason	Sheila	Horsforth Harriers	F60	0	0.0	0	0.0	0	0.0	0	0.0	218	27.8	27.8	0.0	27.8	16
503	Hussey	Jean	Valley Striders	F60	347	7.2	271	9.9	307	10.5	0	0.0	0	0.0	27.6	0.0	27.6	17
504	Ayling	Alex	Saltire Striders	F50	0	0.0	0	0.0	0	0.0	239	27.5	0	0.0	27.5	0.0	27.5	65
505	Akers	Anne	Eccleshill RR	F55	349	6.1	0	0.0	304	12.4	265	8.7	0	0.0	27.2	0.0	27.2	34
506	Fallon	Lynne	St Theresa's AC	F60	0	0.0	0	0.0	0	0.0	0	0.0	220	26.2	26.2	0.0	26.2	18
507	Goddard	Louise	Harrogate Tri Club	F40	314	25.6	0	0.0	0	0.0	0	0.0	0	0.0	25.6	0.0	25.6	76
508	Nicholson	Debbie	Fellandale	F40	0	0.0	0	0.0	283	25.4	0	0.0	0	0.0	25.4	0.0	25.4	77
509	Lewis	Anne	Roundhay Runners	F75	0	0.0	0	0.0	0	0.0	263	10.1	234	15.1	25.2	0.0	25.2	1
510	McGuran	Marie	Kippax Harriers	F65	0	0.0	250	24.6	0	0.0	0	0.0	0	0.0	24.6	0.0	24.6	4
511	Harrison	Coralin	Harrogate Harriers	F70	338	12.3	270	10.6	0	0.0	0	0.0	0	0.0	22.8	0.0	22.8	2
512	Lofthouse	Linda	Airecentre Pacers	F50	0	0.0	274	7.7	318	3.7	271	4.3	245	6.3	22.2	0.0	22.2	66
513	Smith	Zoe	Kippax Harriers	F35	321	21.7	0	0.0	0	0.0	0	0.0	0	0.0	21.7	0.0	21.7	94
514	Harvey	Kim	St Theresa's AC	F40	342	10.0	269	11.3	0	0.0	0	0.0	0	0.0	21.3	0.0	21.3	78
515	Sykes-Hooban	Leann	Kirkstall Harriers	F35	0	0.0	0	0.0	290	21.1	0	0.0	0	0.0	21.1	0.0	21.1	95
516	Rayner	Jan	Roundhay Runners	F45	335	13.9	0	0.0	313	6.8	0	0.0	0	0.0	20.7	0.0	20.7	65
517	Lillywhite	Helen	Kippax Harriers	F35	323	20.6	0	0.0	0	0.0	0	0.0	0	0.0	20.6	0.0	20.6	96
518	Lakin	Sue	Kippax Harriers	F55	326	18.9	0	0.0	0	0.0	0	0.0	0	0.0	18.9	0.0	18.9	35
519	Clarke	Joanna	Rothwell Harriers	F5EN	359	0.6	0	0.0	319	3.1	273	2.9	238	11.9	18.5	0.0	18.5	154
520	Bayliss	Heather	Saltire Striders	F35	352	4.5	0	0.0	316	5.0	0	0.0	243	7.9	17.3	0.0	17.3	97
521	Proctor	Ann	Airecentre Pacers	F45	0	0.0	272	9.2	312	7.4	0	0.0	0	0.0	16.6	0.0	16.6	66
522	Scholes	Sara	Hyde Park Harriers	F5EN	0	0.0	262	16.2	0	0.0	0	0.0	0	0.0	16.2	0.0	16.2	155
523	Mason	Clare	Hyde Park Harriers	F45	344	8.9	0	0.0	0	0.0	267	7.2	0	0.0	16.2	0.0	16.2	67
524	Thomas	Diane	Kirkstall Harriers	F50	0	0.0	0	0.0	0	0.0	0	0.0	233	15.9	15.9	0.0	15.9	67
525	Naylor	Susan	Ackworth RR	F55	0	0.0	265	14.1	0	0.0	275	1.4	0	0.0	15.5	0.0	15.5	36
526	Dodds	Rachael	Roundhay Runners	F35	353	3.9	277	5.6	0	0.0	269	5.8	0	0.0	15.3	0.0	15.3	98
527	Butler	Theresa	St Theresa's AC	F40	343	9.5	0	0.0	315	5.6	0	0.0	0	0.0	15.0	0.0	15.0	79
528	Brown	Gillian	Eccleshill RR	F45	0	0.0	264	14.8	0	0.0	0	0.0	0	0.0	14.8	0.0	14.8	68
529	Shouler	Clare	Ilkley Harriers	F55	357	1.7	281	2.8	321	1.9	272	3.6	248	4.0	13.9	1.7	12.3	37
530	Line	Donna	Saltire Striders	F40	339	11.7	0	0.0	0	0.0	0	0.0	0	0.0	11.7	0.0	11.7	80
531	Jefferies	Kay	Hyde Park Harriers	F50	351	5.0	0	0.0	0	0.0	268	6.5	0	0.0	11.5	0.0	11.5	68
532	Mattison	Jade	Rothwell Harriers	F5EN	0	0.0	0	0.0	0	0.0	0	0.0	239	11.1	11.1	0.0	11.1	156
533	Cooper	Clare	St Theresa's AC	F40	341	10.6	0	0.0	0	0.0	0	0.0	0	0.0	10.6	0.0	10.6	81
534	Whittaker	Donna	Bradford A															