

Position	first name	second name	best short	best medium	best long	TOTAL SCORE	Best 5K	Best 5K time	Best Medium Event	Best medium time	Best long race	Best Long time
1	Sarah	Acey	77.1	74.6	70.3	222.0	Xmas Handicap	0:19:09	Ovingham Pie n Peas 10K	0:40:40	Great cumbrian 1/2	1:32:44
2	Elaine	Stroud	73.0	73.0	69.1	215.2	Club Summer Handicap	0:22:09	Blaydon Race	0:44:58	Great North Run 1/2	1:44:45
3	Andrea	Simmons	71.6	71.1	64.9	207.6	Blyth Parkrun	0:20:37	Northumberland Superfast 10K	0:42:39	Gateshead 1/2	1:40:30
4	Lalage	Brown	69.9	69.0	64.8	203.7	Blyth Parkrun	0:25:54	Town Moor Memorial 10K	0:55:39	Gateshead 1/2	2:06:27
5	Laura	Choake	74.2	74.3	54.8	203.2	Xmas Handicap	0:20:06	Blyth 10K	0:41:08	Amsterdam marathon	4:09:46
6	Paula	Heron	70.5	67.8	60.0	198.4	Club Summer Handicap	0:21:31	Blaydon Race	0:45:09	Great North Run 1/2	1:52:20
7	Sarah	Levison	67.3	66.8	63.7	197.8	Blyth Parkrun	0:22:58	Town Moor Memorial 10K	0:47:46	Great North Run 1/2	1:48:11
8	Esmé	Stephenson	66.6	67.5	61.7	195.8	Town Moor Parkrun	0:24:03	Blyth 10K	0:48:17	Amsterdam marathon	4:03:27
9	Emily	Johnson	68.9	66.3	56.5	191.7	Club Summer Handicap	0:21:28	Blaydon Race	0:45:00	Northumberland Coastal Run	2:07:11
10	Fiona	Nicholson	75.3	73.1	37.8	186.3	Xmas Handicap	0:23:28	Blaydon Race	0:49:28	Great North Run 1/2	3:31:12
11	Joanne	Lucking	63.4	61.3	60.5	185.2	Whitley Bay Parkrun	0:25:42	Ovingham Pie n Peas 10K	0:55:16	Gateshead 1/2	1:59:39
12	Anna	Tweddell	62.1	61.7	57.8	181.6	Club Summer Handicap	0:24:06	Blaydon Race	0:48:55	Great North Run 1/2	1:54:45
13	Amelia	Dakin	58.1	62.8	58.4	179.3	Club Summer Handicap	0:30:26	Blyth 10K	0:58:43	Great North Run 1/2	2:16:47
14	Lynne	Midgley-Ward	59.0	60.9	58.5	178.4	Whitley Bay Parkrun	0:28:56	Blaydon Race	0:57:15	Amsterdam 1/2	2:11:23
15	Kirsten	Meaney	61.9	62.4	52.9	177.2	Town Moor Parkrun	0:24:09	Blyth 10K	0:49:17	Great North Run 1/2	2:05:33
16	Alison	Briggs	64.7	56.2	53.9	174.8	Xmas Handicap	0:22:50	Ovingham Pie n Peas 10K	0:53:56	Great North Run 1/2	2:00:55
17	Lesley	Bennett	59.3	58.9	54.3	172.5	Xmas Handicap	0:30:31	Blaydon Race	1:03:02	Gateshead 1/2	2:31:00
18	Andrea	Findlatter	50.7	58.0	53.0	161.7	Club Summer Handicap	0:30:44	Matfen 10K	0:55:25	Great North Run 1/2	2:11:09
19	Fiona	McGargill	56.2	54.9	47.8	158.8	Blyth Parkrun	0:33:49	Blaydon Race	1:11:24	Great North Run 1/2	3:01:15
20	Helen	O'Neil	55.8	51.5	51.3	158.6	Xmas Handicap	0:27:42	Blaydon Race	1:00:16	Amsterdam 1/2	2:14:23
21	Kelly	Hymmer	54.0	51.5	51.5	157.0	Xmas Handicap	0:27:35	Blaydon Race	0:58:12	Amsterdam 1/2	2:08:22
22	Susan	Dorani	56.5	55.8	43.4	155.7	Club Summer Handicap	0:31:38	Blaydon Race	1:05:43	Northumberland Coastal Run	3:24:06
23	Dawn	Roxburgh	54.2	52.3	46.2	152.7	Blyth Parkrun	0:29:14	Blaydon Race	1:01:28	Great North Run 1/2	2:33:24
24	Heidi	Finlay	0.0	65.7	60.5	126.2	#N/A	N/A	Blyth 10K	0:48:56	Amsterdam 1/2	1:55:56
25	Ann-Marie	Shield	0.0	63.4	54.9	118.2	#N/A	N/A	Blaydon Race	0:47:37	Great North Run 1/2	2:00:57
26	Melissa	Beattie	0.0	57.9	48.1	106.0	#N/A	N/A	Blaydon Race	0:52:05	Northumberland Coastal Run	2:31:03
27	Emily	Burrow	52.2	0.0	45.3	97.6	Club Summer Handicap	0:28:27	#N/A	N/A	Great North Run 1/2	2:25:47
28	Nicola	Balfour	0.0	49.1	46.7	95.9	#N/A	N/A	Blaydon Race	1:02:43	Amsterdam 1/2	2:25:23
29	Nicola	Matthews	0.0	54.1	39.9	94.0	#N/A	N/A	Blaydon Race	1:00:04	Great North Run 1/2	3:01:17
30	Andrea	Taylor	0.0	44.8	46.0	90.8	#N/A	N/A	Blaydon Race	1:15:00	Great North Run 1/2	2:41:20
31	Stef	Williams	0.0	0.0	76.1	76.1	#N/A	N/A	#N/A	N/A	Great North Run 1/2	1:44:59
32	Lorna	Ward	72.7	0.0	0.0	72.7	Blyth Parkrun	0:23:29	#N/A	N/A	#N/A	#N/A
33	Emma	Turnbull	72.4	0.0	0.0	72.4	Club Summer Handicap	0:22:50	#N/A	N/A	#N/A	#N/A
34	Alexandra	Longton	72.3	0.0	0.0	72.3	Town Moor Parkrun	0:20:30	#N/A	N/A	#N/A	#N/A
35	Sarah	McDougle	69.8	0.0	0.0	69.8	Xmas Handicap	0:22:42	#N/A	N/A	#N/A	#N/A
36	Abby	Dorani	69.3	0.0	0.0	69.3	Club Summer Handicap	0:21:19	#N/A	N/A	#N/A	#N/A
37	Cheryl	Gibson	68.6	0.0	0.0	68.6	Club Summer Handicap	0:22:23	#N/A	N/A	#N/A	#N/A
38	Viv	Ferrier	64.6	0.0	0.0	64.6	Club Summer Handicap	0:31:49	#N/A	N/A	#N/A	#N/A
39	Lyndsey	Curry	0.0	0.0	64.0	64.0	#N/A	N/A	#N/A	N/A	Kielder 1/2	1:45:19
40	Kelly	Graham	63.8	0.0	0.0	63.8	Town Moor Parkrun	0:23:56	#N/A	N/A	#N/A	#N/A
41	Nikki	Renton	62.6	0.0	0.0	62.6	Club Summer Handicap	0:26:42	#N/A	N/A	#N/A	#N/A
42	Bev	Crain	0.0	60.7	0.0	60.7	#N/A	N/A	Blaydon Race	0:55:22	#N/A	#N/A
43	Anna	Small	60.6	0.0	0.0	60.6	Club Summer Handicap	0:24:22	#N/A	N/A	#N/A	#N/A
44	Clare	McGlynn	59.8	0.0	0.0	59.8	Whitley Bay Parkrun	0:28:15	#N/A	N/A	#N/A	#N/A
45	Jess	Ward	58.6	0.0	0.0	58.6	Club Summer Handicap	0:25:12	#N/A	N/A	#N/A	#N/A
46	Danni	Whincup	0.0	58.4	0.0	58.4	#N/A	N/A	Blaydon Race	0:50:57	#N/A	#N/A
47	Alison	Sparke	0.0	58.0	0.0	58.0	#N/A	N/A	Blaydon Race	0:55:23	#N/A	#N/A
48	Faye	Shephard	57.3	0.0	0.0	57.3	Club Summer Handicap	0:26:38	#N/A	N/A	#N/A	#N/A
49	Yasmin	Burke	55.3	0.0	0.0	55.3	Club Summer Handicap	0:26:43	#N/A	N/A	#N/A	#N/A
50	Victoria	Grace	0.0	54.9	0.0	54.9	#N/A	N/A	Blaydon Race	0:56:56	#N/A	#N/A
51	Suzy	Asquith	54.2	0.0	0.0	54.2	Xmas Handicap	0:27:17	#N/A	N/A	#N/A	#N/A
52	Sarah	Bell	0.0	0.0	53.5	53.5	#N/A	N/A	#N/A	N/A	Northumberland Coastal Run	2:17:01
53	Anna	Styles	0.0	0.0	52.7	52.7	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:05:55
54	Nithya	Ratnavelu	0.0	0.0	52.4	52.4	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:11:35
55	Heather	Jenkins	0.0	0.0	52.3	52.3	#N/A	N/A	#N/A	N/A	Northumberland Coastal Run	2:31:30
56	Cat	Gooch	0.0	0.0	51.6	51.6	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:20:20
57	Jane	Gibson	0.0	0.0	49.7	49.7	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:36:32
58	Katie	Donnelly	0.0	0.0	49.7	49.7	#N/A	N/A	#N/A	N/A	Great North Run 1/2	2:19:46
59	Jacqui	Buffham	48.8	0.0	0.0	48.8	Club Summer Handicap	0:36:13	#N/A	N/A	#N/A	#N/A
60	Judith	Benson	0.0	0.0	46.5	46.5	#N/A	N/A	#N/A	N/A	Northumberland Coastal Run	2:52:28
61	Susanne	Nicholson	0.0	46.4	0.0	46.4	#N/A	N/A	Blaydon Race	1:15:58	#N/A	#N/A
62	Sarah	Gibson	44.1	0.0	0.0	44.1	Town Moor Parkrun	0:34:49	#N/A	N/A	#N/A	#N/A
63	Paula	Burns	0.0	43.9	0.0	43.9	#N/A	N/A	Blaydon Race	1:14:50	#N/A	#N/A
64	Fiona	Williams	42.3	0.0	0.0	42.3	Club Summer Handicap	0:35:02	#N/A	N/A	#N/A	#N/A
65	Michelle	Hart	40.5	0.0	0.0	40.5	Club Summer Handicap	0:39:10	#N/A	N/A	#N/A	#N/A
66	Nadine	Strettle-Brown	0.0	0.0	40.3	40.3	#N/A	N/A	#N/A	N/A	Amsterdam 1/2	2:48:40
67	Cheryl	Smith	0.0	0.0	33.7	33.7	#N/A	N/A	#N/A	N/A	Great North Run 1/2	3:21:39