

Position	first name	second name	AGE GROUP	best short	best medium	best long	best 4th	TOTAL SCORE	Best 5K	Best 5K time	Best Medium Event	Best medium time	Best long race	Best Long time	best 4th
1	Fiona	Nicholson	F50	80.6	78.6	78.4	74.0	311.5	Club Summer Handicap	00:22:12	Newburn River Run	00:37:28	Edinburgh 1/2	01:43:14	Hexham parkrun
2	Esme	Stephenson	F40	69.7	70.7	67.1	67.6	275.2	Whitley Bay parkrun	00:23:13	Blaydon Race	00:43:52	Edinburgh 1/2	01:47:51	Hexham parkrun
3	Paula	Heron	F40	69.2	66.9	68.3	57.1	261.5	Club Summer Handicap	00:22:03	Blaydon Race	00:43:32	Sunderland 1/2	01:48:48	Great North Run 1/2
4	Ann-Marie	Shield	F30	67.1	59.0	62.0	66.3	254.4	Town Moor parkrun	00:22:24	Pier to Pier (6.7mi/10.7K)	00:56:34	Gateshead 1/2	01:47:01	Whitley Bay parkrun
5	Andrea	Simmons	F Senior	70.7	66.4	49.7	63.9	250.8	Xmas 5K	00:20:53	Town Moor Memorial 10K	00:45:40	Great North Run 1/2	02:11:14	North Tyneside 10K
6	Andrea	Findlater	F40	62.3	61.6	55.9	61.5	241.3	Xmas 5K	00:25:14	Town Moor Memorial 10K	00:52:40	Kielder 1/2	02:05:37	Town Moor parkrun
7	Lesley	Bennett	F50	61.8	60.3	55.6	61.7	239.4	Xmas 5K	00:29:37	Stamfordham 10K	01:03:39	Gateshead 1/2	02:29:25	Club Summer Handicap
8	Joanne	Lucking	F40	61.4	61.0	54.7	60.7	237.9	Whitley Bay parkrun	00:26:54	Blaydon Race	00:52:06	Great North Run 1/2	02:15:28	Town Moor parkrun
9	Lynne	Midgley-Ward	F50	60.7	59.0	58.4	58.6	236.7	Club Summer Handicap	00:28:27	Blaydon Race	00:56:31	Sunderland 1/2	02:25:58	Xmas 5K
10	Heidi	Finlay	F40	67.6	63.7	53.3	51.6	236.3	Club Summer Handicap	00:23:27	Blaydon Race	00:47:40	Great North Run 1/2	02:12:50	Pier to Pier (6.7mi/10.7K)
11	Allison	Briggs	F Senior	65.7	47.8	54.5	62.7	230.8	Club Summer Handicap	00:22:28	Pier to Pier (6.7mi/10.7K)	01:08:34	Great North Run 1/2	01:59:32	Whitley Bay parkrun
12	Fiona	McGargill	F60	60.8	57.5	53.7	58.8	230.7	Xmas 5K	00:31:40	Blaydon Race	01:05:14	Great North Run 1/2	02:43:27	Town Moor parkrun
13	Kirsten	Meaney	F30	60.5	58.9	51.2	59.9	230.6	Club Summer Handicap	00:24:49	Blaydon Race	00:48:37	Great North Run 1/2	02:10:16	Town Moor parkrun
14	Kelly	Enderwick	F30	58.6	56.2	52.3	57.8	224.9	Xmas 5K	00:25:31	Blaydon Race	00:50:37	Great North Run 1/2	02:07:00	Town Moor parkrun
15	Amelia	Dakin	F50	64.9	49.6	58.0	48.7	221.2	Town Moor parkrun	00:27:34	Pier to Pier (6.7mi/10.7K)	01:21:21	Edinburgh 1/2	02:19:34	Kielder Marathon
16	Laura	Choake	F30	73.9	73.4	0.0	73.8	221.0	Town Moor parkrun	00:20:12	Valentine's 10K	00:41:46	#N/A	#N/A	Whitley Bay parkrun
17	Claire	Peat	F40	58.3	53.8	47.0	49.3	208.3	Club Summer Handicap	00:27:12	Blaydon Race	00:56:26	Great North Run 1/2	02:30:51	Pier to Pier (6.7mi/10.7K)
18	Dawn	Roxburgh	F40	54.6	52.4	48.2	52.8	207.9	Xmas 5K	00:29:20	Blaydon Race	00:58:34	Great North Run 1/2	02:28:38	Hexham parkrun
19	Helen	O'Neil	F40	56.4	52.2	42.2	54.9	205.7	Whitley Bay parkrun	00:27:24	Blaydon Race	00:56:37	Great North Run 1/2	02:43:27	Hexham parkrun
20	Lalage	Brown	F50	68.7	68.8	0.0	68.1	205.5	Club Summer Handicap	00:26:40	Blaydon Race	00:51:39	#N/A	#N/A	North Tyneside 10K
21	Emily	Burrow	F30	55.5	43.0	50.3	52.0	200.8	Club Summer Handicap	00:26:51	Pier to Pier (6.7mi/10.7K)	01:16:57	Edinburgh 1/2	02:11:28	Hexham parkrun
22	Andrea	Taylor	F50	52.2	48.8	44.9	47.3	193.3	Club Summer Handicap	00:32:00	Blaydon Race	01:05:52	Great North Run 1/2	02:47:00	Xmas 5K
23	Jess	Ward	F Senior	68.3	0.0	62.5	61.9	192.7	Club Summer Handicap	00:21:37	#N/A	#N/A	Gateshead 1/2	01:46:05	Great North Run 1/2
24	Sarah	Gibson	F40	46.3	52.2	51.1	42.3	191.9	Whitley Bay parkrun	00:32:22	Blaydon Race	00:56:37	Kielder 1/2	02:14:58	Pier to Pier (6.7mi/10.7K)
25	Anna	Tweddell	F30	60.4	62.0	0.0	59.1	181.5	Whitley Bay parkrun	00:24:52	Blaydon Race	00:46:14	#N/A	#N/A	Hexham parkrun
26	Cheryl	Gibson	F40	0.0	60.6	61.6	57.4	179.6	#N/A	N/A	Pier to Pier (6.7mi/10.7K)	00:56:49	Druridge Trail Half (20.2K)	01:47:02	Blaydon Race
27	Faye	Shepherd	F40	60.1	59.0	0.0	58.4	177.5	Club Summer Handicap	00:25:34	Blaydon Race	00:49:45	#N/A	#N/A	North Tyneside 10K
28	Rachel	Davies	F40	59.0	58.0	0.0	55.6	172.5	Town Moor parkrun	00:26:02	Stamfordham 10K	00:54:36	#N/A	#N/A	Hexham parkrun
29	Ceri	Storer	F Senior	57.3	0.0	46.6	54.9	158.8	Club Summer Handicap	00:25:46	#N/A	#N/A	Great North Run 1/2	02:19:54	Hexham parkrun
30	Sarah	Acey	F30	77.1	74.2	0.0	0.0	151.3	Club Summer Handicap	00:19:09	Stamfordham 10K	00:40:53	#N/A	#N/A	0.0
31	Susan	Dorani	F50	49.2	50.7	0.0	48.1	148.0	Town Moor parkrun	00:36:48	Blaydon Race	01:09:10	#N/A	#N/A	Xmas 5K
32	Grace	Holt	F30	56.2	42.8	0.0	42.2	141.1	Town Moor parkrun	00:26:21	Blaydon Race	01:05:52	#N/A	#N/A	Whitley Bay parkrun
33	Nicola	Matthews	F40	0.0	44.9	45.7	42.9	133.5	#N/A	N/A	Blaydon Race	01:09:09	Kielder 1/2	02:40:12	Great North Run 1/2
34	Celia	Bone	F50	0.0	65.2	68.0	0.0	133.2	#N/A	N/A	Valentine's 10K	0.0	Edinburgh 1/2	02:02:14	0.0
35	Cheryl	Smith	F40	44.7	44.6	0.0	42.5	131.8	Whitley Bay parkrun	00:34:20	Blaydon Race	01:05:50	#N/A	#N/A	Xmas 5K
36	Viv	Ferrier	F50	63.2	0.0	0.0	61.1	124.3	Xmas 5K	00:34:24	#N/A	#N/A	#N/A	#N/A	Club Summer Handicap
37	Anastasia	Trebacz	F Senior	0.0	64.0	57.4	0.0	121.3	#N/A	N/A	Blaydon Race	00:43:59	Great North Run 1/2	01:53:39	0.0
38	Natalie	Walters	F40	58.6	58.7	0.0	0.0	117.3	Xmas 5K	00:27:35	Blaydon Race	00:52:53	#N/A	#N/A	0.0
39	Claire	Melrose	F30	59.5	0.0	0.0	56.3	115.8	Club Summer Handicap	00:24:55	#N/A	N/A	#N/A	#N/A	Town Moor parkrun
40	Anne	Handley	F60	57.8	0.0	0.0	55.9	113.7	Club Summer Handicap	00:22:54	#N/A	#N/A	#N/A	#N/A	Whitley Bay parkrun
41	Heather	Jenkins	F40	0.0	58.4	53.0	0.0	111.3	#N/A	N/A	Pier to Pier (6.7mi/10.7K)	01:02:42	Kielder Marathon	04:47:00	0.0
42	Melissa	Beattie	F30	60.4	0.0	50.5	0.0	110.9	Club Summer Handicap	00:24:53	#N/A	#N/A	Kielder Marathon	04:33:13	0.0
43	Cat	Gooch	F40	0.0	44.9	54.9	0.0	99.9	#N/A	N/A	Pier to Pier (6.7mi/10.7K)	01:21:26	Sunderland 1/2	02:25:58	0.0
44	Jacqui	Buffham	F50	47.1	0.0	0.0	46.1	93.1	Club Summer Handicap	00:38:00	#N/A	#N/A	#N/A	#N/A	Town Moor parkrun
45	Nicola	Balfour	F40	0.0	48.8	0.0	43.3	92.0	#N/A	N/A	Blaydon Race	01:00:11	#N/A	#N/A	Pier to Pier (6.7mi/10.7K)
46	Georgia	Weller	F Senior	43.7	40.2	0.0	0.0	83.9	Club Summer Handicap	00:33:48	Pier to Pier (6.7mi/10.7K)	01:21:25	#N/A	#N/A	0.0
47	Fiona	Williams	F30	45.2	0.0	33.4	0.0	78.6	Club Summer Handicap	00:32:53	#N/A	#N/A	Great North Run 1/2	03:18:10	0.0
48	Emma	Turnbull	F50	75.5	0.0	0.0	0.0	75.5	Club Summer Handicap	00:22:07	#N/A	#N/A	#N/A	#N/A	0.0
49	Elaine	Stroud	F40	0.0	0.0	68.1	0.0	68.1	#N/A	N/A	#N/A	#N/A	Great North Run 1/2	01:47:34	0.0
50	Kimberly	Swan	F50	67.7	0.0	0.0	0.0	67.7	Club Summer Handicap	00:26:25	#N/A	#N/A	#N/A	#N/A	0.0
51	Stef	Williams	F50	0.0	0.0	66.3	0.0	66.3	#N/A	N/A	#N/A	#N/A	Druridge Trail Half (20.2K)	01:56:33	0.0
52	Nikki	Carpenter	F50	64.2	0.0	0.0	0.0	64.2	Club Summer Handicap	00:27:31	#N/A	#N/A	#N/A	#N/A	0.0
53	Sarah	Levison	F40	0.0	63.9	0.0	0.0	63.9	#N/A	N/A	Blaydon Race	00:46:40	#N/A	#N/A	0.0
54	Bev	Crain	F50	0.0	62.8	0.0	0.0	62.8	#N/A	N/A	Blaydon Race	00:51:09	#N/A	#N/A	0.0
55	Mary	Quigley	F50	0.0	0.0	62.7	0.0	62.7	#N/A	N/A	#N/A	#N/A	Sunderland 1/2	02:19:28	0.0
56	Sarah	Garcia	F30	58.7	0.0	0.0	0.0	58.7	Club Summer Handicap	00:25:24	#N/A	#N/A	#N/A	#N/A	0.0
57	Jackie	McDonald	F60	56.4	0.0	0.0	0.0	56.4	Club Summer Handicap	00:35:01	#N/A	#N/A	#N/A	#N/A	0.0
58	Rachel	Hunter	F30	55.6	0.0	0.0	0.0	55.6	Club Summer Handicap	00:26:34	#N/A	#N/A	#N/A	#N/A	0.0
59	Alexandra	Longton	F30	0.0	0.0	55.0	0.0	55.0	#N/A	N/A	#N/A	#N/A	Great North Run 1/2	02:00:13	0.0
60	Jane	Gibson	F50	54.9	0.0	0.0	0.0	54.9	Club Summer Handicap	00:31:49	#N/A	#N/A	#N/A	#N/A	0.0
61	Nikki	Renton	F50	0.0	54.9	0.0	0.0	54.9	#N/A	N/A	Blaydon Race	00:59:14	#N/A	#N/A	0.0
62	Ellie	Turner	F40	53.8	0.0	0.0	0.0	53.8	Club Summer Handicap	00:28:46	#N/A	#N/A	#N/A	#N/A	0.0
63	Lara	Weller	F50	50.0	0.0	0.0	0.0	50.0	Club Summer Handicap	00:33:48	#N/A	#N/A	#N/A	#N/A	0.0
64	Elaine	Horsley	F30	0.0	0.0	48.6	0.0	48.6	#N/A	N/A	#N/A	N/A	Great North Run 1/2	02:16:29	0.0
65	Susanne	Nicholson	F50	48.1	0.0	0.0	0.0	48.1	Town Moor parkrun	00:36:45	#N/A	#N/A	#N/A	#N/A	0.0
66	Terri	Hall	F30	0.0	0.0	47.6	0.0	47.6	#N/A	N/A	#N/A	N/A	Great North Run 1/2	02:21:41	0.0
67	Victoria	Grace	F40	0.0	46.9	0.0	0.0	46.9	#N/A	N/A	Pier to Pier (6.7mi/10.7K)	01:14:06	#N/A	#N/A	0.0
68	Elaine	White	F40	0.0	0.0	46.5	0.0	46.5	#N/A	N/A	#N/A	N/A	Great North Run 1/2	02:32:22	0.0
69	Clare	McGlynn	F50	43.9	0.0	0.0	0.0	43.9	Whitley Bay parkrun	00:38:56	#N/A	#N/A	#N/A	#N/A	0.0
70	Julie	Kemp	F30	43.8	0.0	0.0	0.0	43.8	Club Summer Handicap	00:34:18	#N/A	#N/A	#N/A	#N/A	0.0
71	Abby	Dorani	F30	30.0	0.0	0.0	0.0	30.0	Xmas 5K	00:49:19	#N/A	#N/A	#N/A	#N/A	0.0