

FEMALE CATEGORY TABLE

			Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			Summary			
Rank	Name	Age Group	Race	Time	Score	Race	Time	Score	Race	Time	Score	Race	Time	Score	Number of XC Attendances	Number of Relay Attendances	Bonus Points Scored	Overall Score
1	Fiona Nicholson	F50	Quayside 5k	0:22:33	81.2	Blaydon Race	0:45:12	80.3	Great North Run Half Marathon	1:45:55	78.4	Ovingham Pies n Peas	0:47:50	80.2	0	5	12	332.2
2	Lyndsay Aspden	F40	Quayside 5k	0:19:50	78.0	Blaydon Race	0:41:00	73.7	Lambton Castle 10 mile Trail	1:23:02	62.8	Club 5k Summer	0:20:40	74.8	1	4	15	304.3
3	Celia Bone	F60	Club 5k Summer Handicap	0:26:11	71.7	Blaydon Race	0:51:19	72.2	Edinburgh Half Marathon	2:02:23	69.8	Sunderland City 10k	0:54:17	72.6	0	3	9	295.7
4	Esme Stephenson	F50	Parkrun Challenge CC#1	0:24:46	66.3	Blaydon Race	0:44:46	72.5	Great North Run Half Marathon	1:55:37	64.1	Bridges of the Tyne 5	0:38:17	71.2	2	2	12	286.6
5	Lalage Brown	F60	Quayside 5k	0:26:01	72.3	Bridges of the Tyne	0:44:56	69.5	Great North Run Half Marathon	2:20:25	60.8	Newcastle 10k	0:56:49	69.4	1	3	12	283.8
6	Paula Heron	F40	Club 5k Summer Handicap	0:23:01	67.2	Blaydon Race	0:44:53	67.3	Edinburgh Half Marathon	1:52:35	61.2	Bridges of the Tyne 5	0:38:13	66.5	3	1	12	274.3
7	Andrea Findlater	F40	Quayside 5k	0:23:52	67.1	North Tyneside 10k	0:50:20	65.8	Great North Run Half Marathon	1:53:52	62.9	Club 5k Summer	0:24:16	66.0	2	1	9	270.7
8	Amelia Dakin	F50	Parkrun Challenge CC#2	0:28:26	64.4	Sunderland City 10k	1:00:11	63.8	Newcastle Half Marathon	2:19:16	59.7	Blaydon Race	0:57:50	62.8	3	3	18	268.6
9	Emily Johnson	F30	Club 5k Summer Handicap	0:22:47	65.4	Ovingham Pies n	0:48:10	63.6	Lambton Castle 10 mile Trail	1:27:38	57.3	Parkrun Challenge CC#2	0:23:17	64.0	3	3	18	268.4
10	Joanne Lucking	F50	Quayside 5k	0:26:48	63.0	North Tyneside 10k	0:54:52	64.0	Great North Run Half Marathon	2:06:06	60.2	Blaydon Race	0:52:06	63.8	1	3	12	263.1
11	Andrea Simmons	F Senior	Quayside 5k	0:21:30	68.7	North Tyneside 10k	0:49:02	61.9	Great North Run Half Marathon	1:51:33	58.5	Edinburgh Half	1:54:00	57.2	1	2	9	255.2
12	Helen Williams	F40	Club 5k Summer Handicap	0:26:10	58.3	Bridges of the Tyne	0:42:02	60.0	Great North Run Half Marathon	2:00:51	56.6	Blaydon Race	0:51:00	58.4	2	0	6	239.3
13	Lesley Bennett	F60	Parkrun Challenge CC#2	0:30:27	61.6	Blaydon Race	1:00:55	61.2	Lambton Castle 10 mile Trail	2:24:55	44.6	Newcastle 10k	1:05:54	59.8	1	1	13	239.2
14	Kelly Enderwick	F30	Parkrun Challenge CC#1	0:28:09	53.8	Ovingham Pies n	0:52:12	59.5	Great North Run Half Marathon	2:12:21	50.7	Blaydon Race	0:51:06	57.3	3	3	18	238.8
15	Fiona McGarrill	F60	Parkrun Challenge CC#2	0:33:06	59.6	Blaydon Race	1:01:07	64.5	Great North Run Half Marathon	2:46:46	54.2	Parkrun Challenge CC#1	0:34:37	56.3	0	0	0	234.6
16	Stacey Baister	F40	Parkrun Challenge CC#2	0:27:13	56.3	Port of Blyth 10k	0:56:11	55.9	Great North Run Half Marathon	2:16:05	50.3	North Tyneside 10k	0:56:41	55.8	1	3	12	230.1
17	Laura Choake	F30	Parkrun Challenge CC#1	0:22:41	66.2	Blaydon Race	0:41:38	70.3				Parkrun Challenge CC#2	0:24:57	60.2	3	3	18	214.8
18	Emily Burrow	F30	Club 5k Summer Handicap	0:27:46	54.1	Blaydon Race	0:54:17	53.9	Great North Run Half Marathon	2:34:13	43.5	Valentines 10k	0:58:19	53.0	1	1	6	210.5
19	Helen O'Neil	F40	Parkrun Challenge CC#1	0:31:43	49.5	Blaydon Race	1:00:21	50.9	Great North Run Half Marathon	2:32:05	46.1	Parkrun Challenge CC#2	0:31:48	49.4	2	1	9	205.0
20	Julia Lightie	M50	Quayside 5k	0:23:42	63.2				Great North Run Half Marathon	1:55:42	57.3	Club 5k Summer	0:23:55	62.6	0	2	6	189.1
21	Sarah Gibson	F40	Parkrun Challenge CC#2	0:35:22	44.4	Blaydon Race	1:00:21	50.9	Great North Run Half Marathon	2:32:03	46.1	Parkrun Challenge CC#1	0:37:47	41.6	0	0	0	183.1
22	Cheryl Gibson	F40	Club 5k Summer Handicap	0:23:46	66.1				Druridge Bay Trail Half Marathon	1:55:13	60.9	Great North Run Half	2:13:20	53.1	0	0	0	180.2
23	Jane Gibson	F50	Parkrun Challenge CC#1	0:31:41	56.4	Port of Blyth 10k	0:57:10	65.4				Blaydon Race	1:19:22	44.6	0	0	0	166.4
24	Anna Tweddell	F30	Quayside 5k	0:24:25	62.1	Blaydon Race	0:56:37	52.3				Parkrun Challenge CC#1	0:29:12	51.7	0	0	0	166.1
25	Dawn Roxburgh	F40	Parkrun Challenge CC#2	0:31:43	51.0	Blaydon Race	0:59:25	54.0				Parkrun Challenge CC#1	0:32:56	49.1	2	0	6	160.1
26	Stephanie Manson-Brown	F40	Quayside 5k	0:21:10	74.9				Lambton Castle 10 mile Trail	1:20:19	67.5			1	4	15	157.4	
27	Elaine Stroud	F50				Blaydon Race	0:43:26	75.6	Great North Run Half Marathon	1:40:07	75.0			0	1	3	153.6	
28	Susan Dorani	F60	Parkrun Challenge CC#2	0:36:50	50.3	Blaydon Race	1:09:50	52.7				Club 5k Summer	0:37:07	49.9	0	0	0	153.0
29	Elizabeth Pallister	F60	Parkrun Challenge CC#2	0:42:06	50.1	Bridges of the Tyne	1:08:04	52.1				Club 5k Summer	0:42:34	49.6	0	0	0	151.8
30	Andrea Taylor	F50	Parkrun Challenge CC#1	0:31:58	53.4	Blaydon Race	1:05:44	51.2	Great North Run Half Marathon	2:47:20	46.0			0	0	0	150.6	
31	Alexandra Longton	F30	Parkrun Challenge CC#2	0:21:14	70.5	Blaydon Race	0:40:29	72.0						0	0	0	142.5	
32	Kimberly Swan	F50				Bridges of the Tyne	0:42:26	71.7	Great North Run Half Marathon	2:01:29	68.4			0	0	0	140.1	
33	Sarah Acey	F30				Blaydon Race	0:41:00	70.3				Pier to Pier 10.7k	0:52:59	61.5	1	1	6	137.8
34	Sarah McDougale	F40	Parkrun Challenge CC#2	0:23:32	68.7				Great North Run Half Marathon	1:51:39	65.6			0	0	0	134.3	
35	Bev Crain	F50				Blaydon Race	0:51:42	65.2	Great North Run Half Marathon	1:53:40	68.5			0	0	0	133.6	
36	Ann-Marie Shield	F30	Club 5k Summer Handicap	0:23:29	64.6	Ovingham Pies n	0:49:57	62.5						0	0	0	127.1	
37	Viv Ferrier	F70	Club 5k Summer Handicap	0:34:30	62.0	Blaydon Race	1:11:47	60.1						1	0	3	125.1	
38	Anya Cox	F40				Blaydon Race	0:49:48	65.2	Great North Run Half Marathon	2:06:07	58.8			0	0	0	124.0	
39	Lynne Midgley-Ward	F50	Parkrun Challenge CC#2	0:28:56	60.4							Club 5k Summer	0:29:54	59.1	1	0	3	122.5
40	Kirsten Meaney	F40	Parkrun Challenge CC#1	0:27:24	55.4	Blaydon Race	0:51:06	57.9						0	2	6	119.3	
41	Nikki Carpenter	F50							Edinburgh Half Marathon	2:23:03	57.3	Great North Run Half	2:28:27	56.0	0	1	3	116.3
42	Ruth Birtles	F40	Club 5k Summer Handicap	0:28:53	54.4	Blaydon Race	1:08:05	45.1						2	2	12	111.5	
43	Kathleen Townsend	F60	Club 5k Summer Handicap	0:34:53	53.8							Parkrun Challenge CC#2	0:39:21	47.7	0	0	0	101.5
44	Claire Peat	F40	Club 5k Summer Handicap	0:28:27	56.8				Great North Run Half Marathon	2:46:42	43.4			0	0	0	100.3	
45	Julia Munnings	F50	Club 5k Summer Handicap	0:36:25	49.7							Parkrun Challenge CC#2	0:40:06	45.1	0	0	0	94.8
46	Rachel Phelps	F30	Club 5k Summer Handicap	0:34:44	42.7				Great North Run Half Marathon	2:33:51	42.7			0	0	0	85.4	
47	Kris McKenzie	F40	Club 5k Summer Handicap	0:35:50	44.2				Great North Run Half Marathon	3:58:01	29.8			0	0	0	74.0	
48	Jess Ward	F Senior							Great North Run Half Marathon	1:37:00	67.2			0	0	0	67.2	
49	Lauren Young	F30				Blaydon Race	0:48:27	59.9						0	2	6	65.9	
50	Victoria Grace	F40	Club 5k Summer Handicap	0:28:12	56.2									2	0	6	62.2	
51	Alison Briggs	F Senior							Great North Run Half Marathon	1:52:10	58.1			1	0	3	61.1	
52	Rachel Davies	F40							Great North Run Half Marathon	2:01:13	57.4			0	1	3	60.4	
53	Beth Wilson	F40							Great North Run Half Marathon	2:15:21	50.5			3	0	9	59.5	
54	Mary Quigley	F50							Great North Run Half Marathon	2:19:18	58.9			0	0	0	58.9	
55	Jackie McDonald	F60							Great North Run Half Marathon	2:43:05	57.9			0	0	0	57.9	
56	Anne Handley	F60	Club 5k Summer Handicap	0:34:06	57.2									0	0	0	57.2	
57	Nicola Balfour	F40				Blaydon Race	0:57:17	53.2						1	0	3	56.2	
58	Cat Gooch	F50							Great North Run Half Marathon	2:13:51	56.1			0	0	0	56.1	
59	Claire Melrose	F30	Parkrun Challenge CC#1	0:27:22	54.5									0	0	0	54.5	
60	Sarah Levison	F40							Great North Run Half Marathon	2:10:40	54.2			0	0	0	54.2	
61	Elaine Horsley	F30				Blaydon Race	0:54:16	54.2						0	0	0	54.2	
62	Louise Gibson	M50	Club 5k Summer Handicap	0:27:53	53.7									0	0	0	53.7	
63	Tove Elander	F50	Club 5k Summer Handicap	0:34:06	53.7									0	0	0	53.7	
64	Sarah Johnston	F50	Club 5k Summer Handicap	0:36:04	50.8									0	0	0	50.8	
65	Grace Holt	F30				Port of Blyth 10k	1:01:57	49.2						0	0	0	49.2	
66	Josephine McCabe	F Senior							Great North Run Half Marathon	2:15:34	48.9			0	0	0	48.9	
67	Fadwa Alesheh	F40	Club 5k Summer Handicap	0:31:57	48.4				Great North Run Half Marathon	2:36:04	48.1			0	0	0	48.4	
68	Nicola Matthews	F50							Great North Run Half Marathon	2:36:04	48.1			0	0	0	48.1	
69	Cheryl Smith	F40				Blaydon Race	1:03:48	47.7						0	0	0	47.7	
70	Georgia Bowman	F Senior	Club 5k Summer Handicap	0:31:52	46.3									0	0	0	46.3	
71	Diana Gates	F40	Club 5k Summer Handicap	0:37:59	41.4									0	0	0	41.4	
72	Susan Morrison	F50	Club 5k Summer Handicap	0:43:37	40.5									0	0	0	40.5	
73	Clare McGlynn	F50	Parkrun Challenge CC#1	0:43:38	39.6									0	0	0	39.6	
74	Alison Kelly	F30	Club 5k Summer Handicap	0:38:00	39.2									0	0	0	39.2	
75	Sophie Croft	F30							Great North Run Half Marathon	2:57:07	37.0		</					