

FEMALE CATEGORY TABLE

Rank	Name	Age Group	Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			Summary			Overall Score
			Race	Time	Score	Race	Time	Score	Race	Time	Score	Race	Time	Score	Number of XC Attendances	Number of Relay Attendances	Bonus Points Scored	
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	2	5	18	338.2
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#3	0:24:03	69.5	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	71.3	5	2	16	295.3
5	Lalage Brown	F60	Quayside 5k	0:26:01	72.1	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	6	1	15	277.3
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	4	1	15	276.7
8	Emily Johnson	F30	Parkrun Challenge CC#3	0:22:31	66.4	Ovingham Pies n	0:48:10	63.8	Lambton Castle 10 mile Trail	1:27:38	57.3	Club 5k Summer	0:22:47	65.4	6	3	21	273.8
9	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	5	3	21	271.6
10	Joanne Lucking	F50	Parkrun Challenge CC#3	0:26:11	64.5	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	2	3	15	267.5
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	3	2	15	261.2
12	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	3	3	18	245.2
13	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	3	0	9	242.3
14	Kelly Enderwick	F30	Parkrun Challenge CC#1	0:28:09	53.8	Ovingham Pies n	0:52:12	59.3	Great North Run Half Marathon	2:12:21	50.7	Blaydon Race	0:51:06	57.2	6	3	21	241.8
15	Fiona McGarrill	F60	Parkrun Challenge CC#3	0:32:50	60.3	Blaydon Race	1:01:07	64.5	Great North Run Half Marathon	2:46:46	54.2	Parkrun Challenge CC#2	0:33:06	59.6	1	0	3	241.4
16	Stacey Baister	F40	Parkrun Challenge CC#2	0:27:13	56.3	Port of Blyth 10k	0:56:11	55.8	Great North Run Half Marathon	2:16:05	50.3	North Tyneside 10k	0:56:41	55.8	1	3	12	230.3
17	Laura Choake	F30	Parkrun Challenge CC#1	0:22:41	66.2	Blaydon Race	0:41:38	70.3				Parkrun Challenge CC#3	0:23:40	63.8	5	3	21	221.3
18	Helen O'Neil	F40	Parkrun Challenge CC#3	0:30:23	52.2	Blaydon Race	1:00:21	50.9	Great North Run Half Marathon	2:32:05	46.1	Parkrun Challenge CC#1	0:31:43	49.5	4	1	15	213.8
19	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
20	Sarah Gibson	F40	Parkrun Challenge CC#2	0:35:22	44.4	Blaydon Race	1:00:21	50.9	Kielder Half Marathon	1:58:19	59.3	Great North Run Half	2:32:03	46.1	2	0	6	206.8
21	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	2	2	12	195.1
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	Lynne Midgley-Ward	F50	Parkrun Challenge CC#2	0:28:56	60.4				Kielder Half Marathon	2:36:41	51.0	Club 5k Summer	0:29:54	59.1	2	0	6	176.5
24	Kirsten Meaney	F40	Parkrun Challenge CC#3	0:26:46	56.7	Blaydon Race	0:51:06	57.9				Parkrun Challenge CC#1	0:27:24	55.4	0	2	6	176.0
25	Anna Tweddell	F40	Quayside 5k	0:24:25	62.3	Blaydon Race	0:56:57	52.3				Parkrun Challenge CC#1	0:29:12	51.7	1	0	3	169.1
26	Jane Gibson	F50	Parkrun Challenge CC#1	0:31:41	56.3	Port of Blyth 10k	0:57:10	65.4				Blaydon Race	1:19:22	44.6	0	0	0	166.0
27	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	4	0	12	166.1
28	Stephanie Manson-Brown	F40	Quayside 5k	0:21:10	74.5				Lambton Castle 10 mile Trail	1:20:19	67.5				3	4	21	163.4
29	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
30	Susan Doran	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
31	Nicola Matthews	F50	Parkrun Challenge CC#3	0:32:50	50.9				Great North Run Half Marathon	2:36:04	48.1	Kielder Half Marathon	2:36:41	47.9	2	0	6	152.9
32	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
33	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
34	Alexandra Longton	F30	Parkrun Challenge CC#2	0:21:14	70.5	Blaydon Race	0:40:29	72.6							0	0	0	142.5
35	Sarah Avey	F30				Blaydon Race	0:41:00	70.3				Pier to Pier 10.7k	0:52:59	61.5	2	1	9	140.8
36	Kimberly Swan	F50				Bridges of the Tyne	0:42:26	71.3	Great North Run Half Marathon	2:01:29	68.4				0	0	0	140.1
37	Sarah McDougle	F40	Parkrun Challenge CC#2	0:23:32	68.7				Great North Run Half Marathon	1:51:39	65.6				0	0	0	134.9
38	Bev Crain	F50				Blaydon Race	0:51:42	65.3	Great North Run Half Marathon	1:53:40	68.5				0	0	0	133.6
39	Ann-Marie Shield	F30	Club 5k Summer Handicap	0:23:29	64.6	Ovingham Pies n	0:49:57	62.5							1	0	3	130.1
40	Viv Ferrier	F70	Club 5k Summer Handicap	0:34:30	62.0	Blaydon Race	1:11:47	60.1							2	0	6	128.1
41	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
42	Anne Handley	F60	Parkrun Challenge CC#3	0:32:07	60.7							Club 5k Summer	0:34:06	57.2	0	0	0	117.8
43	Ruth Birtles	F40	Club 5k Summer Handicap	0:28:53	54.4	Blaydon Race	1:08:05	45.1							4	2	18	117.5
44	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
45	Kathleen Townsend	F60	Club 5k Summer Handicap	0:34:53	53.8							Parkrun Challenge CC#3	0:35:00	53.6	0	0	0	107.4
46	Claire Peet	F40	Club 5k Summer Handicap	0:28:27	56.8				Great North Run Half Marathon	2:46:42	43.4				0	0	0	100.8
47	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
48	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
49	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
50	Jacqui Buffham	F50	Parkrun Challenge CC#1	0:49:40	36.4							Parkrun Challenge CC#3	0:50:31	36.3	0	0	0	72.7
51	Victoria Grace	F40	Club 5k Summer Handicap	0:28:12	56.2										4	0	12	68.2
52	Jess Ward	F Senior							Great North Run Half Marathon	1:37:00	67.2				0	0	0	67.2
53	Lauren Young	F30				Blaydon Race	0:48:27	59.9							0	2	6	65.9
54	Alison Briggs	F Senior							Great North Run Half Marathon	1:52:10	58.1				1	0	3	61.1
55	Rachel Davies	F40							Great North Run Half Marathon	2:01:13	57.4				0	1	3	60.4
56	Beth Wilson	F40							Great North Run Half Marathon	2:15:21	50.5				3	0	9	59.5
57	Mary Quigley	F50							Great North Run Half Marathon	2:19:18	58.9				0	0	0	58.9
58	Jackie McDonald	F60							Great North Run Half Marathon	2:43:05	57.9				0	0	0	57.9
59	Louise Gibson	M50	Club 5k Summer Handicap	0:27:53	53.7										1	0	3	56.7
60	Nicola Balfour	F40				Blaydon Race	0:57:17	53.2							1	0	3	56.2
61	Cat Gooch	F50							Great North Run Half Marathon	2:13:51	56.1				0	0	0	56.1
62	Claire Melrose	F30	Parkrun Challenge CC#1	0:27:22	54.5										0	0	0	54.5
63	Sarah Levison	F40							Great North Run Half Marathon	2:10:40	54.2				0	0	0	54.2
64	Elaine Horsley	F30				Blaydon Race	0:54:16	54.2							0	0	0	54.2
65	Tove Elander	F50	Club 5k Summer Handicap	0:34:06	53.7										0	0	0	53.7
66	Sarah Johnston	F50	Club 5k Summer Handicap	0:36:04	50.8										0	0	0	50.8
67	Grace Holt	F30				Port of Blyth 10k	1:01:57	49.2							0	0	0	49.2
68	Josephine McCabe	F Senior							Great North Run Half Marathon	2:15:34	48.9				0	0	0	48.9
69	Fadwa Aleshah	F40	Club 5k Summer Handicap	0:31:57	48.4										0	0	0	48.4
70	Cheryl Smith	F40				Blaydon Race	1:03:48	47.7							0	0	0	47.7
71	Georgina Bowman	F Senior													0	0	0	46.3
72	Alison Kelly	F30	Club 5k Summer Handicap	0:38:00	39.2										1	0	3	42.2
73	Diana Gates	F40	Club 5k Summer Handicap	0:37:59	41.4										0	0	0	41.4
74	Susan Morrison	F50	Club 5k Summer Handicap	0:43:37	40.5										0	0	0	40.5
75	Clare McGlynn	F50	Parkrun Challenge CC#1	0:43:38	39.6										0	0	0	39.6
76	Sophie Croft	F30							Great North Run Half Marathon	2:57:07	37.0				0	0	0	37.0
77	Sue Kirtley	F50							Great North Run Half Marathon	3:57:57	33.1				0	0	0	33.1
78	Emma Turnbull	F50													1	2	9	30.0
79	Heather Jenkins	F50													0	0	1	6.0
80	Beth Lach	F30													0	0	1	3.0
80	Janny Henderson	F30													1	0	3	3.0
80	Natalie Walters	F40													0	1	3	3.0