

FEMALE CATEGORY TABLE

Rank	Name	Age Group	Best Short Race			Best Medium Race			Best Long Race			Best 4th Scoring Race			Bonus Points (Max 12 XC & 12 Relays)			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 (3 per event)	
1	Fiona Nicholson	F50	Quayside 5k	0:22:33	81.7	Town Moor Memorial 10k	0:46:28	82.0	Great North Run Half Marathon	1:45:55	78.4	Blaydon Race	0:45:12	80.3	3	5	21	343.6
2	Lyndsay Aspden	F40	Quayside 5k	0:19:50	78.0	Blaydon Race	0:41:00	73.5	Lambton Castle 10 mile Trail	1:23:02	62.8	Club 5k Summer	0:20:40	74.8	2	4	18	307.3
3	Ernie Stephenson	F50	Parkrun Challenge CC#3	0:24:03	69.5	Blaydon Race	0:44:46	72.5	Run Northumberland BIG10	1:22:48	68.0	Bridges of the Tyne 5	0:38:17	71.2	6	2	18	299.8
4	Celia Bone	F60	Club 5k Summer Handicap	0:26:11	71.3	Blaydon Race	0:51:19	72.0	Edinburgh Half Marathon	2:02:23	69.9	Sunderland City 10k	0:54:17	72.4	0	4	12	298.7
5	Laura Choake	F30	Parkrun Challenge CC#1	0:22:41	66.2	Blaydon Race	0:41:38	70.3	Run Northumberland BIG10	1:13:15	69.3	Parkrun Challenge CC#3	0:23:40	63.9	6	4	24	293.6
6	Lalage Brown	F60	Quayside 5k	0:26:01	72.1	Bridges of the Tyne 5 miles	0:44:56	69.8	Great North Run Half Marathon	2:20:25	60.8	Newcastle 10k	0:56:49	69.4	1	3	12	283.8
7	Andrea Findlater	F40	Quayside 5k	0:23:52	67.1	Town Moor Memorial 10k	0:49:27	67.0	Great North Run Half Marathon	1:53:52	62.9	Club 5k Summer	0:24:16	66.0	5	1	15	277.9
8	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	7	1	15	277.3
9	Emily Johnson	F30	Parkrun Challenge CC#3	0:22:31	66.4	Ovingham Pies n Peas 10k	0:48:10	63.6	Lambton Castle 10 mile Trail	1:27:38	57.3	Club 5k Summer	0:22:47	65.4	6	3	21	273.8
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	3	4	21	273.5
11	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	6	3	21	271.6
12	Andrea Simmons	F Senior	Quayside 5k	0:21:30	68.7	North Tyneside 10k	0:49:02	61.8	Brampton to Carlisle 10 miles	1:17:01	64.3	Great North Run Half	1:51:33	58.5	3	3	18	271.1
13	Julia Lightie	M50	Quayside 5k	0:23:42	63.2	Town Moor Memorial 10k	0:48:49	62.0	Great North Run Half Marathon	1:55:42	57.3	Club 5k Summer	0:23:55	62.6	3	3	18	263.7
14	Lesley Bennet	F60	Parkrun Challenge CC#2	0:30:27	61.8	Blaydon Race	1:00:55	61.0	Lambton Castle 10 mile Trail	2:24:55	44.8	Newcastle 10k	1:05:54	59.8	3	3	18	245.2
15	Stephanie Manson-Brown	F40	Quayside 5k	0:21:10	74.9	Town Moor Memorial 10k	0:41:55	79.0	Lambton Castle 10 mile Trail	1:20:19	67.5	Blaydon Race	0:57:50	59.8	3	5	21	242.4
16	Helen Williams	F40	Club 5k Summer Handicap	0:26:10	63.8	Bridges of the Tyne 5 miles	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
17	Kelly Enderwick	F30	Parkrun Challenge CC#1	0:28:09	53.4	Ovingham Pies n Peas 10k	0:52:12	59.5	Great North Run Half Marathon	2:12:21	50.7	Blaydon Race	0:51:06	57.3	7	3	21	241.8
18	Fiona McGargill	F60	Parkrun Challenge CC#3	0:32:50	60.1	Blaydon Race	1:01:07	64.3	Great North Run Half Marathon	2:46:46	54.2	Parkrun Challenge CC#2	0:33:06	59.6	1	0	3	241.4
19	Kirsten Meaney	F40	Parkrun Challenge CC#3	0:26:46	56.7	Blaydon Race	0:51:06	57.8	Brampton to Carlisle 10 miles	1:28:38	57.6	Parkrun Challenge CC#1	0:27:24	55.4	0	3	9	236.6
20	Stacey Baister	F40	Parkrun Challenge CC#2	0:27:13	56.1	Port of Blyth 10k	0:56:11	55.0	Great North Run Half Marathon	2:16:05	50.3	North Tyneside 10k	0:56:41	55.8	1	3	12	230.1
21	Anna Tweddell	F30	Quayside 5k	0:24:25	62.1	Blaydon Race	0:56:37	52.0	Run Northumberland BIG10	1:30:11	56.6	Parkrun Challenge CC#1	0:29:12	51.7	1	0	3	225.7
22	Helen O'Neil	F40	Parkrun Challenge CC#3	0:30:23	52.2	Blaydon Race	1:00:21	50.8	Great North Run Half Marathon	2:32:05	46.1	Parkrun Challenge CC#1	0:31:43	49.5	5	1	15	213.8
23	Emily Burrow	F30	Club 5k Summer Handicap	0:27:46	54.1	Blaydon Race	0:54:17	53.0	Great North Run Half Marathon	2:34:13	43.5	Valentines 10k	0:58:19	53.0	1	1	6	210.5
24	Sarah Gibson	F40	Parkrun Challenge CC#2	0:35:22	44.4	Blaydon Race	1:00:21	50.8	Kielder Half Marathon	1:58:19	59.3	Great North Run Half	2:32:03	46.1	2	0	6	206.8
25	Ann-Marie Shield	F40	Club 5k Summer Handicap	0:23:29	64.6	Ovingham Pies n Peas 10k	0:49:57	62.0	Run Northumberland BIG10	1:25:57	59.4	Pier to Pier 10.7k	0:52:59	61.5	2	1	8	192.5
26	Cheryl Gibson	F40	Club 5k Summer Handicap	0:23:46	66.1	Blaydon Race	0:41:00	70.3	Grange Bay Trail Half Marathon	1:55:13	60.9	Great North Run Half	2:13:20	53.1	0	0	6	180.9
27	Lynne Midgley-Ward	F50	Parkrun Challenge CC#2	0:28:56	60.4	Blaydon Race	0:54:17	53.0	Kielder Half Marathon	2:36:41	51.0	Club 5k Summer	0:29:54	59.1	3	0	9	179.5
28	Jane Gibson	F50	Parkrun Challenge CC#1	0:31:41	56.4	Port of Blyth 10k	0:57:10	65.4	Blaydon Race	0:51:22	44.6	Blaydon Race	1:19:22	44.6	0	0	0	166.4
29	Dawn Roxburgh	F40	Parkrun Challenge CC#2	0:31:43	51.0	Blaydon Race	0:59:25	54.0	Blaydon Race	0:43:26	75.0	Parkrun Challenge CC#1	0:32:56	49.1	5	0	12	166.1
30	Elaine Stroud	F50	Blaydon Race	0:43:26	75.0	Great North Run Half Marathon	1:40:07	75.0	Blaydon Race	0:43:26	75.0	Blaydon Race	0:43:26	75.0	0	1	3	153.6
31	Susan Dorani	F60	Parkrun Challenge CC#2	0:36:50	50.3	Blaydon Race	1:09:50	52.7	Blaydon Race	0:43:26	75.0	Club 5k Summer	0:37:07	49.9	0	0	0	153.0
32	Nicola Matthews	F50	Parkrun Challenge CC#3	0:32:50	50.9	Blaydon Race	0:43:26	75.0	Great North Run Half Marathon	2:36:04	48.1	Kielder Half Marathon	2:36:41	47.9	2	0	6	152.9
33	Elizabeth Pallister	F60	Parkrun Challenge CC#2	0:42:06	50.1	Bridges of the Tyne 5 miles	1:08:04	52.1	Club 5k Summer	0:42:34	49.6	Club 5k Summer	0:42:34	49.6	0	0	0	151.8
34	Andrea Taylor	F50	Parkrun Challenge CC#1	0:31:58	53.8	Blaydon Race	1:05:44	51.0	Great North Run Half Marathon	2:47:20	46.0	Club 5k Summer	0:37:07	49.9	0	0	0	150.6
35	Alexandra Longton	F30	Parkrun Challenge CC#2	0:21:14	70.3	Blaydon Race	0:40:29	72.0	Great North Run Half Marathon	2:47:20	46.0	Club 5k Summer	0:37:07	49.9	0	0	0	142.5
36	Sarah Akey	F30	Blaydon Race	0:41:00	70.3	Blaydon Race	0:41:00	70.3	Great North Run Half Marathon	2:01:29	68.4	Pier to Pier 10.7k	0:52:59	61.5	2	1	8	140.8
37	Kimberly Swan	F50	Bridges of the Tyne 5 miles	0:42:26	71.3	Great North Run Half Marathon	2:01:29	68.4	Great North Run Half Marathon	1:51:39	65.6	Great North Run Half	2:13:20	53.1	0	0	0	140.1
38	Sarah McDougle	F40	Parkrun Challenge CC#2	0:23:32	68.7	Blaydon Race	0:51:42	65.1	Great North Run Half Marathon	1:53:40	68.5	Great North Run Half	2:28:27	56.0	0	0	0	134.3
39	Bev Crain	F50	Blaydon Race	0:51:42	65.1	Great North Run Half Marathon	1:53:40	68.5	Great North Run Half Marathon	1:53:40	68.5	Great North Run Half	2:28:27	56.0	0	0	0	133.6
40	Viv Ferrier	F70	Club 5k Summer Handicap	0:34:30	62.0	Blaydon Race	1:11:47	60.1	Great North Run Half Marathon	2:06:07	58.8	Club 5k Summer	0:34:06	57.2	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	Great North Run Half Marathon	2:06:07	58.8	Club 5k Summer	0:34:06	57.2	0	0	0	124.0
42	Anne Handley	F60	Parkrun Challenge CC#3	0:32:07	60.7	Blaydon Race	1:08:05	45.1	Great North Run Half Marathon	2:06:07	58.8	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	Great North Run Half Marathon	2:06:07	58.8	Club 5k Summer	0:34:06	57.2	4	2	18	117.5
44	Nikki Carpenter	F50	Blaydon Race	1:08:05	45.1	Edinburgh Half Marathon	2:23:03	57.3	Great North Run Half	2:28:27	56.0	Parkrun Challenge CC#3	0:35:00	53.6	0	1	3	116.3
45	Kathleen Townsend	F60	Club 5k Summer Handicap	0:34:53	53.8	Great North Run Half Marathon	2:46:42	43.4	Great North Run Half Marathon	2:46:42	43.4	Parkrun Challenge CC#3	0:35:00	53.6	0	0	0	107.4
46	Claire Peat	F40	Club 5k Summer Handicap	0:28:27	56.8	Great North Run Half Marathon	2:46:42	43.4	Great North Run Half Marathon	2:46:42	43.4	Parkrun Challenge CC#3	0:35:00	53.6	0	0	0	100.9
47	Julia Munnings	F50	Club 5k Summer Handicap	0:36:25	49.7	Great North Run Half Marathon	2:33:51	42.7	Great North Run Half Marathon	2:33:51	42.7	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	Great North Run Half Marathon	2:33:51	42.7	Parkrun Challenge CC#2	0:40:06	45.1	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	Great North Run Half Marathon	3:58:01	29.8	Parkrun Challenge CC#3	0:50:31	36.3	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	Parkrun Challenge CC#3	0:50:31	36.3	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	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	4	0	12	68.2
52	Jess Ward	F Senior	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	0	0	0	67.2
53	Lauren Young	F30	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	0	2	6	65.9
54	Beth Wilson	F40	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	4	0	12	62.5
55	Alison Briggs	F Senior	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	1	0	3	61.1
56	Rachel Davies	F40	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	0	1	3	60.4
57	Mary Quigley	F50	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	0	0	0	58.9
58	Jackie McDonald	F60	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	Great North Run Half Marathon	1:37:00	67.2	0	0	0	57.8
59	Louise Gibson	M50	Club 5k Summer Handicap	0:27:53	53.7	Great North Run Half Marathon	2:43:05	57.9	Great North Run Half Marathon	2:43:05	57.9	Great North Run Half Marathon	2:43:05	57.9	1	0	3	56.7
60	Nicola Balfour	F40	Blaydon Race	0:57:17	53.2	Great North Run Half Marathon	2:13:51	56.1	Great North Run Half Marathon	2:13:51	56.1	Great North Run Half Marathon	2:13:51	56.1	1	0	3	56.2
61	Cat Gooch	F50	Great North Run Half Marathon	2:13:51	56.1	Great North Run Half Marathon	2:13:51	56.1	Great North Run Half Marathon	2:13:51	56.1	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	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	0	0	0	54.5
63	Sarah Levison	F40	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	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	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	0	0	0	54.2
65	Tove Elander	F50	Club 5k Summer Handicap	0:34:06	53.7	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	0	0	0	53.7
66	Sarah Johnston	F50	Club 5k Summer Handicap	0:36:04	50.8	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40	54.2	Great North Run Half Marathon	2:10:40					