

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	81.2	Town Moor Memorial 10k	0:46:28	82.6	Great North Run Half Marathon	1:45:55	78.4	Blaydon Race	0:45:12	80.3	3	5	21	343.6
2	Stephanie Manson-Brown	F40	Club 5k Winter Handicap	0:20:04	79.8	Town Moor Memorial 10k	0:41:55	79.0	Lambton Castle 10 mile Trail	1:20:19	67.5	Quayside 5k	0:21:10	74.9	3	5	21	322.1
3	Lindsay Aspdon	F40	Quayside 5k	0:19:50	78.0	Blaydon Race	0:41:00	73.0	Lambton Castle 10 mile Trail	1:23:02	62.8	Club 5k Summer	0:20:40	74.8	2	4	18	307.3
4	Esme Stephenson	F50	Parkrun Challenge CC#3	0:24:03	69.5	Blaydon Race	0:44:46	73.5	Run Northumberland BIG10	1:22:48	68.0	Bridges of the Tyne 5	0:38:17	71.3	6	2	18	299.8
5	Laura Choake	F30	Club 5k Winter Handicap	0:21:54	68.9	Blaydon Race	0:41:38	70.5	Run Northumberland BIG10	1:13:15	69.5	Parkrun Challenge CC#1	0:22:41	66.2	6	4	24	298.7
6	Celia Bone	F60	Club 5k Summer Handicap	0:26:11	71.2	Blaydon Race	0:51:19	72.0	Edinburgh Half Marathon	2:02:23	69.8	Sunderland City 10k	0:54:17	72.6	0	4	12	298.7
7	Julia Lightle	F50	Quayside 5k	0:23:42	71.3	Town Moor Memorial 10k	0:48:49	71.9	Great North Run Half Marathon	1:55:42	65.7	Club 5k Summer	0:23:55	70.6	3	3	18	297.5
8	Lalage Brown	F60	Quayside 5k	0:26:01	72.1	Bridges of the Tyne 5 miles	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
9	Andrea Simmons	F Senior	Club 5k Winter Handicap	0:21:13	69.0	North Tyneside 10k	0:49:02	61.0	Brampton to Carlisle 10 miles	1:17:01	64.3	Quayside 5k	0:21:30	68.7	3	3	18	282.2
10	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
11	Paula Heron	F40	Club 5k Summer Handicap	0:23:01	67.2	Blaydon Race	0:44:53	67.8	Edinburgh Half Marathon	1:52:35	61.2	Bridges of the Tyne 5	0:38:13	66.8	7	1	15	277.3
12	Emily Johnson	F30	Parkrun Challenge CC#3	0:22:31	66.4	Ovingham Pies n Peas 10k	0:48:10	63.0	Lambton Castle 10 mile Trail	1:27:38	57.3	Club 5k Summer	0:22:47	65.4	6	3	21	273.8
13	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	Club 5k Winter	0:28:22	64.1	3	4	21	273.8
14	Amelia Dakin	F50	Parkrun Challenge CC#2	0:28:28	64.0	Sunderland City 10k	1:00:11	63.8	Newcastle Half Marathon	2:19:16	59.0	Blaydon Race	0:57:50	62.6	6	3	21	271.6
15	Ann-Marie Shield	F30	Club 5k Summer Handicap	0:23:29	64.0	Ovingham Pies n Peas 10k	0:49:57	62.8	Run Northumberland BIG10	1:25:57	59.4	Club 5k Winter	0:24:31	61.9	3	0	6	254.4
16	Kelly Enderwick	F30	Club 5k Winter Handicap	0:25:53	59.3	Ovingham Pies n Peas 10k	0:52:12	59.5	Great North Run Half Marathon	2:12:21	50.2	Blaydon Race	0:51:06	57.3	7	0	21	246.8
17	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	19	245.2
18	Helen Williams	F40	Club 5k Summer Handicap	0:26:10	58.3	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
19	Fiona McGarrill	F60	Parkrun Challenge CC#3	0:32:50	60.1	Blaydon Race	1:01:07	64.0	Great North Run Half Marathon	2:46:46	54.2	Parkrun Challenge CC#2	0:33:06	59.6	1	0	3	241.4
20	Kirsten Meaney	F40	Parkrun Challenge CC#3	0:26:46	56.7	Blaydon Race	0:51:06	57.9	Brampton to Carlisle 10 miles	1:28:38	57.6	Parkrun Challenge CC#1	0:27:24	55.4	0	3	9	236.6
21	Stacey Baister	F40	Parkrun Challenge CC#2	0:27:13	56.1	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	230.1
22	Anna Tweddell	F30	Quayside 5k	0:24:25	62.1	Blaydon Race	0:56:37	52.8	Run Northumberland BIG10	1:30:11	56.6	Blaydon Race	0:29:12	51.7	1	0	3	225.7
23	Helen O'Neil	F40	Parkrun Challenge CC#3	0:30:23	52.2	Blaydon Race	1:00:21	50.0	Great North Run Half Marathon	2:32:05	46.1	Parkrun Challenge CC#1	0:31:43	49.5	5	1	15	213.8
24	Emily Burrow	F30	Club 5k Summer Handicap	0:27:46	54.2	Blaydon Race	0:54:17	53.9	Great North Run Half Marathon	2:34:13	43.5	Valentines 10k	0:58:19	53.6	1	1	6	210.5
25	Sarah Gibson	F40	Parkrun Challenge CC#2	0:35:22	44.8	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
26	Viv Ferrier	F70	Club 5k Summer Handicap	0:34:30	62.0	Blaydon Race	1:11:47	60.1	Club 5k Winter	0:35:20	61.8	2	0	0	0	0	189.6	
27	Cheryl Gibson	F40	Club 5k Summer Handicap	0:23:46	66.1	Blaydon Race	0:51:19	60.9	Druridge Bay Trail Half Marathon	1:55:13	60.9	Great North Run Half	2:13:20	53.1	0	0	0	180.2
28	Lynne Midgley-Ward	F50	Parkrun Challenge CC#2	0:28:56	60.4	Blaydon Race	0:51:19	65.4	Kielder Half Marathon	2:36:41	51.0	Club 5k Summer	0:29:54	59.1	3	0	9	179.5
29	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	Blaydon Race	1:19:22	44.6	0	0	0	166.4
30	Dawn Roxburgh	F40	Parkrun Challenge CC#2	0:31:43	51.0	Blaydon Race	0:59:25	54.0	Blaydon Race	1:00:21	50.9	Parkrun Challenge CC#1	0:32:56	49.1	5	0	12	166.1
31	Elaine Stroud	F50	Blaydon Race	0:43:26	75.6	Blaydon Race	0:43:26	75.6	Great North Run Half Marathon	1:40:07	75.0	Blaydon Race	0:37:07	49.9	0	1	3	153.6
32	Susan Dorani	F60	Parkrun Challenge CC#2	0:36:50	50.3	Blaydon Race	1:09:50	52.7	Blaydon Race	1:09:50	52.7	Club 5k Summer	0:37:07	49.9	0	0	0	153.0
33	Nicola Matthews	F50	Parkrun Challenge CC#3	0:32:50	50.9	Blaydon Race	1:00:21	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
34	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
35	Andrea Taylor	F50	Parkrun Challenge CC#1	0:31:58	51.0	Blaydon Race	1:05:44	51.0	Great North Run Half Marathon	2:47:20	46.0	Blaydon Race	0:37:07	49.9	0	0	0	150.6
36	Alexandra Longton	F30	Parkrun Challenge CC#2	0:21:14	70.5	Blaydon Race	0:40:29	72.6	Blaydon Race	0:40:29	72.6	Blaydon Race	0:40:29	72.6	0	0	0	142.5
37	Sarah Aacey	F30	Blaydon Race	0:41:00	70.3	Blaydon Race	0:41:00	70.3	Pier to Pier 10.7k	0:52:59	61.5	2	1	1	0	0	140.8	
38	Kimberly Swan	F50	Bridges of the Tyne 5 miles	0:42:26	71.0	Great North Run Half Marathon	2:01:29	68.4	Great North Run Half Marathon	2:01:29	68.4	0	0	0	0	0	140.1	
39	Sarah McDougle	F40	Parkrun Challenge CC#2	0:23:32	68.7	Blaydon Race	0:51:42	65.1	Great North Run Half Marathon	1:51:39	65.6	0	0	0	0	0	134.3	
40	Bev Crain	F50	Blaydon Race	0:49:48	65.2	Great North Run Half Marathon	1:53:40	68.5	Great North Run Half Marathon	1:53:40	68.5	0	0	0	0	0	133.6	
41	Anya Cox	F40	Blaydon Race	0:49:48	65.2	Great North Run Half Marathon	2:06:07	58.8	0	0	0	0	0	0	0	0	124.0	
42	Anne Handley	F60	Parkrun Challenge CC#3	0:32:07	60.7	Blaydon Race	0:49:48	65.2	Club 5k Summer	0:34:06	57.2	0	0	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	Edinburgh Half Marathon	2:23:03	57.3	Great North Run Half	2:28:27	56.0	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	Parkrun Challenge CC#3	0:35:00	53.6	0	0	0	0	0	116.3	
45	Kathleen Townsend	F60	Club 5k Summer Handicap	0:34:53	53.8	0	0	0	0	0	0	0	0	0	0	0	107.4	
46	Clare Peat	F40	Club 5k Summer Handicap	0:28:22	56.8	0	0	0	0	0	0	0	0	0	0	0	100.3	
47	Julia Munnings	F50	Club 5k Summer Handicap	0:38:25	49.7	0	0	0	0	0	0	0	0	0	0	0	94.8	
48	Rachel Phelps	F30	Club 5k Summer Handicap	0:34:44	42.7	0	0	0	0	0	0	0	0	0	0	0	85.4	
49	Kris McKenzie	F40	Club 5k Summer Handicap	0:35:50	44.2	0	0	0	0	0	0	0	0	0	0	0	74.0	
50	Jacqui Buffham	F50	Parkrun Challenge CC#1	0:49:40	36.4	0	0	0	0	0	0	0	0	0	0	0	72.7	
51	Victoria Grace	F40	Club 5k Summer Handicap	0:28:12	56.2	0	0	0	0	0	0	0	0	0	0	0	68.2	
52	Jess Ward	F Senior	0	0	0	0	0	0	0	0	0	0	0	0	0	0	67.2	
53	Lauren Young	F30	Blaydon Race	0:48:27	59.6	0	0	0	0	0	0	0	0	0	2	6	65.9	
54	Louise Gibson	F50	Club 5k Summer Handicap	0:27:53	60.6	0	0	0	0	0	0	0	0	0	1	0	3	63.6
55	Beth Wilson	F40	0	0	0	0	0	0	0	0	0	0	0	4	0	12	62.5	
56	Alison Briggs	F Senior	0	0	0	0	0	0	0	0	0	0	0	1	0	3	61.1	
57	Rachel Davies	F40	0	0	0	0	0	0	0	0	0	0	0	1	3	3	60.4	
58	Mary Quigley	F50	0	0	0	0	0	0	0	0	0	0	0	0	0	0	58.9	
59	Jackie McDonald	F60	0	0	0	0	0	0	0	0	0	0	0	0	0	0	57.9	
60	Nicola Balfour	F40	0	0	0	0	0	0	0	0	0	0	0	1	0	3	56.2	
61	Cat Gooch	F50	0	0	0	0	0	0	0	0	0	0	0	0	0	0	56.1	
62	Claire Melrose	F30	Parkrun Challenge CC#1	0:27:22	54.5	0	0	0	0	0	0	0	0	0	0	0	54.5	
63	Sarah Levison	F40	0	0	0	0	0	0	0	0	0	0	0	0	0	0	54.2	
64	Elaine Horsley	F30	Blaydon Race	0:54:16	54.2	0	0	0	0	0	0	0	0	0	0	0	54.2	
65	Tove Elander	F50	Club 5k Summer Handicap	0:34:06	53.7	0	0	0	0	0	0	0	0	0	0	0	53.7	
66	Sarah Johnston	F50	Club 5k Summer Handicap	0:36:04	50.8	0	0	0	0	0	0	0	0	0	0	0	50.8	
67	Grace Holt	F30	Port of Blyth 10k	1:01:57	49.2	0	0	0	0	0	0	0	0	0	0	0	49.2	
68	Josephine McCabe	F Senior	0	0	0	0	0	0	0	0	0	0	0	0	0	0	48.9	
69	Fadwa Aleshah	F40	Club 5k Summer Handicap	0:31:57	48.4	0	0	0	0	0	0	0	0	0	0	0	48.4	
70	Cheryl Smith	F40	Blaydon Race	1:03:48	47.7	0	0	0	0	0	0	0	0	0	0	0	47.7	
71	Georgina Bowman	F Senior	Club 5k Summer Handicap	0:31:52	46.3	0	0	0	0	0	0	0	0	0	0	0	46.3	
72	Alison Kelly	F30	Club 5k Summer Handicap	0:38:00	39.2	0	0	0	0	0	0	0	0	0	1	0	3	42.2
73	Diana Gates	F40	Club 5k Summer Handicap	0:37:59	41.4	0	0	0	0	0	0	0	0	0	0	0	41.4	
74	Susan Morrison	F50	Club 5k Summer Handicap	0:43:37	40.5	0	0	0	0	0	0	0	0	0	0	0	40.5	
75	Clare McGlynn	F50	Parkrun Challenge CC#1	0:43:38	39.6	0	0	0	0	0	0	0	0	0	0	0	39.6	
76	Sophie Croft	F30	0	0	0	0	0	0	0	0	0	0	0	0	0	0	37.0	
77	Sue Kirtley	F50	0	0	0													