

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	Stephanie Manson-Brown	F40	Quayside 5k	0:19:57	80.2	Blaydon Race	0:38:32	81.4	Lambton Castle 10 mile Trail	1:17:03	70.3	Port of Blyth 10k	0:41:52	79.1	2	5	18	329.0
2	Fiona Nicholson	F50	Quayside 5k	0:22:41	81.7	Blaydon Race	0:46:24	79.3	Edinburgh Half Marathon	1:55:10	73.1	Ovingham Pies n Peas 10k	0:49:06	79.2	0	3	9	322.3
3	Kimberly Swan	F50	Club 5k Summer Handicap	0:25:21	73.1	Blaydon Race	0:47:32	77.4	York Brass Monkey Half	1:50:39	75.1	Newcastle 10k Kingston Park	0:50:29	77.0	0	4	12	314.6
4	Celia Bone	F60	Parkrun Challenge CC#2	0:26:17	72.3	Bridges of the Tyne 5 miles	0:44:55	70.5	Newcastle Half Marathon	2:06:25	68.5	Valentines 10k	0:57:28	69.5	0	2	6	286.8
5	Lalage Brown	F60	Quayside 5k	0:26:26	71.9	Newcastle 10k Kingston Park	0:58:43	68.1	Edinburgh Half Marathon	2:21:40	61.1	NFR Pride Run 5k	0:27:26	69.3	1	4	15	285.3
6	Laura Choake	F30	Parkrun Challenge CC#1	0:20:58	72.0	Newcastle - Gateshead 10k	0:45:43	67.9	Matten Jelly Tea 10 miles	1:15:17	67.8	Parkrun Challenge CC#2	0:22:18	67.7	1	1	6	281.4
7	Andrea Simmons	F30	Club 5k Summer Handicap	0:21:10	69.8	Bridges of the Tyne 5 miles	0:35:50	67.6	York Brass Monkey Half	1:42:35	63.6	North Tyneside 10k	0:47:07	64.4	0	2	6	271.3
8	Paula Heron	F40	Club 5k Summer Handicap	0:24:26	63.8	Ovingham Pies n Peas 10k	0:48:57	65.7	Edinburgh Full Marathon	4:43:32	50.8	Blaydon Race	0:47:41	63.9	3	1	12	256.1
9	Joanne Lucking	F50	Watergate 5k	0:27:30	62.1	Blaydon Race	0:52:10	64.5	Edinburgh Half Marathon	2:16:09	56.5	Newcastle 10k Kingston Park	0:57:43	61.6	1	2	9	253.7
10	Ann-Marie Shield	F40	Parkrun Challenge CC#2	0:23:43	64.0	Valentines 10k	0:50:12	62.2	York Brass Monkey Half	1:50:47	60.9	Club 5k Summer Handicap	0:24:15	62.9	1	0	3	253.0
11	Stephanie Ions	F30	Club 5k Summer Handicap	0:24:04	62.2	Blaydon Race	0:47:10	61.8	Gateshead Half Marathon	1:53:48	58.3	North Tyneside 10k	0:52:57	58.1	0	3	9	249.4
12	Kirsten Meaney	F40	Quayside 5k	0:26:29	57.6	Blaydon Race	0:50:04	59.5	Edinburgh Half Marathon	1:46:01	64.0	Newcastle 10k Quayside	0:54:02	58.2	0	2	6	245.3
13	Lindsay Aspden	F40				Blaydon Race	0:41:51	72.8	Gateshead Half Marathon	1:39:05	69.6	Edinburgh Full Marathon	3:35:06	66.9	2	7	18	227.3
14	Esme Stephenson	F50	Club 5k Summer Handicap	0:24:25	68.4	Blaydon Race	0:45:44	71.8	York Brass Monkey Half	1:47:42	69.7				2	2	12	221.9
15	Amelia Dakin	F50	Parkrun Challenge CC#1	0:27:50	66.6	Port of Blyth 10k	0:59:29	65.4				Parkrun Challenge CC#2	0:28:31	65.0	2	3	15	212.0
16	Sarah Gibson	F40	Parkrun Challenge CC#2	0:33:52	46.8	Blaydon Race	0:49:50	62.3	Druridge Bay Trail Half Marathon	2:02:44	57.2	Parkrun Challenge CC#1	0:35:52	44.2	2	0	0	210.5
17	Jo Donkin	F50	Club 5k Summer Handicap	0:28:03	63.8	Blaydon Race	0:54:50	64.5				Parkrun Challenge CC#2	0:29:08	61.4	2	3	15	204.7
18	Andrea Findlater	F40	Quayside 5k	0:22:48	70.9				Newcastle Half Marathon	1:50:41	65.4	Druridge Bay Trail Half	2:05:06	57.2	2	1	9	202.6
19	Kelly Enderwick	F30	Parkrun Challenge CC#2	0:25:00	60.4	Ovingham Pies n Peas 10k	0:51:30	60.3				Blaydon Race	0:48:54	60.2	3	4	21	201.8
20	Cheryl Gibson	F40	Club 5k Summer Handicap	0:24:57	63.5	Blaydon Race	0:46:43	66.4	Druridge Bay Trail Half Marathon	2:02:29	57.9				0	0	0	187.8
21	Viv Ferrier	F70	Club 5k Summer Handicap	0:35:24	61.3	Blaydon Race	1:11:49	61.0				Quayside 10k	1:18:11	60.3	1	0	3	185.6
22	Anne Handley	F60	Parkrun Challenge CC#2	0:32:33	60.6	Blaydon Race	1:02:27	63.1				Club 5k Summer Handicap	0:32:46	60.2	0	0	0	184.0
23	Stacey Baister	F40	Quayside 5k	0:26:23	58.6	North Tyneside 10k	0:56:33	56.0				Ovingham Pies n Peas 10k	0:58:44	54.3	0	4	12	180.9
24	Helen Williams	F40				Blaydon Race	0:49:52	60.1	York Brass Monkey Half	1:54:47	59.6	Bridges of the Tyne 5 miles	0:42:24	60.0	0	0	0	179.7
25	Fiona McGargill	F60	Parkrun Challenge CC#1	0:34:22	57.4	Blaydon Race	1:08:16	58.6				Parkrun Challenge CC#2	0:35:21	56.6	0	1	3	175.6
26	Jane Gibson	F50	Parkrun Challenge CC#2	0:31:57	56.6	Blaydon Race	1:02:48	57.1	Matten Jelly Tea 10 miles	1:53:43	54.6				0	1	3	171.3
27	Lesley Bennett	F60	Club 5k Summer Handicap	0:33:08	57.3	Newcastle 10k Kingston Park	1:10:28	56.7				Valentines 10k	1:09:51	56.4	0	0	0	170.5
28	Lynne Midgley-Ward	F50	Club 5k Summer Handicap	0:32:13	55.5	North Tyneside 10k	1:07:25	54.7				Parkrun Challenge CC#2	0:33:42	52.5	0	1	3	165.7
29	Julia Lightle	F50				Newcastle - Gateshead 10k	0:49:42	70.6				Blaydon Race	0:47:55	70.2	3	4	21	161.9
30	Dawn Roxburgh	F40	Parkrun Challenge CC#1	0:31:08	52.5	Blaydon Race	1:03:42	51.0				Parkrun Challenge CC#2	0:33:42	48.5	2	1	9	161.0
31	Emily Burrow	F30				Ovingham Pies n Peas 10k	0:58:08	53.4	Newcastle Half Marathon	2:10:18	51.5	Blaydon Race	0:55:24	53.1	0	0	0	158.0
32	Susan Dorani	F60	Parkrun Challenge CC#1	0:36:03	52.1	Blaydon Race	1:09:56	53.3				Parkrun Challenge CC#2	0:36:31	51.4	0	0	0	156.8
33	Andrea Taylor	F50	Parkrun Challenge CC#2	0:31:56	54.1	Blaydon Race	1:05:20	52.1				Parkrun Challenge CC#1	0:37:34	46.0	0	1	3	155.2
34	Helen O'Neil	F40	Parkrun Challenge CC#1	0:33:35	47.2	Blaydon Race	1:03:39	48.8				Parkrun Challenge CC#2	0:36:05	43.9	1	1	6	145.9
35	Helen Skinner	F40	Parkrun Challenge CC#1	0:34:51	46.9	North Tyneside 10k	1:10:04	48.3				Valentines 10k	1:11:23	46.9	0	0	0	142.1
36	Cheryl Smith	F40	Parkrun Challenge CC#1	0:33:54	46.0	Blaydon Race	1:05:38	46.8				Parkrun Challenge CC#2	0:35:21	44.4	0	1	3	140.2
37	Christine Maddox	F50	Parkrun Challenge CC#2	0:25:31	67.7							Club 5k Summer Handicap	0:26:42	64.7	1	1	6	138.4
38	Jackie McDonald	F60	Club 5k Summer Handicap	0:32:17	63.6	Blaydon Race	1:02:00	66.4							0	0	0	130.1
39	Natalie Walters	F50	Club 5k Summer Handicap	0:27:52	59.9				York Brass Monkey Half	2:08:27	57.7				0	1	3	120.7
40	Ruth Birtles	F40	Club 5k Summer Handicap	0:30:21	52.2	Blaydon Race	0:56:26	55.0							1	1	6	113.2
41	Emily Johnson	F30	Club 5k Summer Handicap	0:22:58	65.1										3	6	21	86.1
42	Deborah Taylor	F40	Parkrun Challenge CC#2	0:38:50	41.6							Club 5k Summer Handicap	0:39:13	41.2	0	0	0	82.9
43	Alison Kelly	F30				Blaydon Race	1:13:50	39.5				North Tyneside 10k	1:19:40	38.5	0	1	3	81.0
44	Elaine Stroud	F50				Blaydon Race	0:44:45	74.3							0	0	0	74.3
45	Sarah Acey	F30				Pier to Pier 10.7k	0:48:20	67.6							1	1	6	73.6
46	Jacqui Buffham	F50	Parkrun Challenge CC#1	0:48:28	37.8							Parkrun Challenge CC#2	0:58:15	31.4	0	0	0	69.2
47	Rachel Davies	F40				Blaydon Race	0:47:22	64.9							0	1	3	67.9
48	Anna Tweddell	F40	Parkrun Challenge CC#2	0:23:57	63.7										0	0	0	63.7
49	Alison Sparke	F50				Blaydon Race	0:53:04	61.2							0	0	0	61.2
50	Anya Cox	F50				Blaydon Race	0:54:31	60.2							0	0	0	60.2
51	Debra Gardner	F40	Parkrun Challenge CC#2	0:27:03	56.8										0	1	3	59.8
52	Hilary French	F70	Club 5k Summer Handicap	0:35:32	59.4										0	0	0	59.4
53	Judith Benson	F50				Blaydon Race	0:57:33	58.5							0	0	0	58.5
54	Ruth Murphy	F60	Club 5k Summer Handicap	0:34:49	56.0										0	0	0	56.0
55	Fadwa Alesheh	F40				Blaydon Race	0:58:49	51.8							0	0	0	51.8
56	Susanne Nicholson	F50	Parkrun Challenge CC#2	0:35:23	51.1										0	0	0	51.1
57	Amanda Douglass	F50				Newcastle 10k Quayside	1:10:57	48.9							0	0	0	48.9
58	Lynsey Gilpin	F40	Club 5k Summer Handicap	0:36:16	43.0										0	0	0	43.0
59	Samantha Olteanu	F30				Newcastle 10k Kingston Park	1:14:44	40.9							0	0	0	40.9
60	Julia Austin	F50	Club 5k Summer Handicap	0:47:31	36.8										0	0	0	36.8
61	Naomi Armstrong	F30	Club 5k Summer Handicap	0:43:48	33.8										0	0	0	33.8
62	Isabella Walton	F Senior													2	0	6	6.0
62	Beth Lach	F30													0	2	6	6.0
64	Louise Gibson	F50													1	0	3	3.0
64	Nikki Carpenter	F50													0	1	3	3.0