

| U12 FEMALE    |                                                 | U14 FEMALE    |                                                    | U16 FEMALE    |                                                  | U18 FEMALE    |              | U20 FEMALE    |                                               | SENIOR FEMALE |                                                 | V35 FEMALE    |                                                   | V40 FEMALE    |                                                      | V45 FEMALE    |                                                   | V50 FEMALE    |                                            |
|---------------|-------------------------------------------------|---------------|----------------------------------------------------|---------------|--------------------------------------------------|---------------|--------------|---------------|-----------------------------------------------|---------------|-------------------------------------------------|---------------|---------------------------------------------------|---------------|------------------------------------------------------|---------------|---------------------------------------------------|---------------|--------------------------------------------|
| CROSS COUNTRY |                                                 | CROSS COUNTRY |                                                    | CROSS COUNTRY |                                                  | CROSS COUNTRY |              | CROSS COUNTRY |                                               | CROSS COUNTRY |                                                 | CROSS COUNTRY |                                                   | CROSS COUNTRY |                                                      | CROSS COUNTRY |                                                   | CROSS COUNTRY |                                            |
| 1KM           | ESTELLE EMMERSON - 5.56<br>HARTLEPOOL - 2021    | 1KM           |                                                    | 1KM           |                                                  | 1KM           |              | 1KM           |                                               | 1KM           |                                                 | 1KM           |                                                   | 1KM           |                                                      | 1KM           |                                                   | 1KM           |                                            |
| 1.2KM         | ELEANOR THEODOSIIOU - 5.49<br>WHITBY - 2019     | 1.2KM         | ELEANOR THEODOSIIOU - 5.02<br>WHITBY - 2022        | 1.2KM         |                                                  | 1.2KM         |              | 1.2KM         |                                               | 1.2KM         |                                                 | 1.2KM         |                                                   | 1.2KM         |                                                      | 1.2KM         |                                                   | 1.2KM         |                                            |
| 1.5KM         | ESTELLE EMMERSON - 7.22<br>MIDDLESBROUGH - 2022 | 1.5KM         | ELEANOR THEODOSIIOU - 6.46<br>MIDDLESBROUGH - 2022 | 1.5KM         |                                                  | 1.5KM         |              | 1.5KM         |                                               | 1.5KM         |                                                 | 1.5KM         |                                                   | 1.5KM         |                                                      | 1.5KM         |                                                   | 1.5KM         |                                            |
| 1.6KM         | NEVE WATSON - 8.59<br>STOCKTON - 2018           | 1.6KM         | ELEANOR THEODOSIIOU - 7.13<br>ACKLAM - 2021        | 1.6KM         |                                                  | 1.6KM         |              | 1.6KM         |                                               | 1.6KM         |                                                 | 1.6KM         |                                                   | 1.6KM         |                                                      | 1.6KM         |                                                   | 1.6KM         |                                            |
| 1.7KM         | ALIA WINTNIP - 6.29<br>HARTLEPOOL - 2023        | 1.7KM         | SOPHIA BROWN - 9.36<br>ACKLAM - 2024               | 1.7KM         |                                                  | 1.7KM         |              | 1.7KM         |                                               | 1.7KM         |                                                 | 1.7KM         |                                                   | 1.7KM         |                                                      | 1.7KM         |                                                   | 1.7KM         |                                            |
| 2KM           | HEIDI OSMOND - 6.46<br>ACKLAM - 2025            | 2KM           | VIOLET TURNER - 7.26<br>ACKLAM - 2023              | 2KM           |                                                  | 2KM           |              | 2KM           |                                               | 2KM           |                                                 | 2KM           |                                                   | 2KM           |                                                      | 2KM           |                                                   | 2KM           |                                            |
| 2.2KM         |                                                 | 2.2KM         |                                                    | 2.2KM         |                                                  | 2.2KM         |              | 2.2KM         |                                               | 2.2KM         |                                                 | 2.2KM         |                                                   | 2.2KM         |                                                      | 2.2KM         |                                                   | 2.2KM         |                                            |
| 2.3KM         |                                                 | 2.3KM         | NEVE WATSON - 9.40<br>ACKLAM - 2021                | 2.3KM         | NEVE WATSON - 11.15<br>ACKLAM - 2024             | 2.3KM         |              | 2.3KM         |                                               | 2.3KM         |                                                 | 2.3KM         |                                                   | 2.3KM         |                                                      | 2.3KM         |                                                   | 2.3KM         |                                            |
| 2.5KM         |                                                 | 2.5KM         | ISLA STALEY - 9.38<br>RICHMOND - 2028              | 2.5KM         |                                                  | 2.5KM         |              | 2.5KM         |                                               | 2.5KM         |                                                 | 2.5KM         |                                                   | 2.5KM         |                                                      | 2.5KM         |                                                   | 2.5KM         |                                            |
| 2.6KM         |                                                 | 2.6KM         | NEVE WATSON - 9.47<br>LDN MARATHON - 2023          | 2.6KM         |                                                  | 2.6KM         |              | 2.6KM         |                                               | 2.6KM         |                                                 | 2.6KM         |                                                   | 2.6KM         |                                                      | 2.6KM         |                                                   | 2.6KM         |                                            |
| 2.75KM        |                                                 | 2.75KM        | ELEANOR THEODOSIIOU - 13.59<br>RIGOLD - 2022       | 2.75KM        |                                                  | 2.75KM        |              | 2.75KM        |                                               | 2.75KM        |                                                 | 2.75KM        |                                                   | 2.75KM        |                                                      | 2.75KM        |                                                   | 2.75KM        |                                            |
| 2.8KM         |                                                 | 2.8KM         | ISLA STALEY - 9.10<br>ACKLAM - 2026                | 2.8KM         | ELEANOR THEODOSIIOU - 11.17<br>ACKLAM - 2023     | 2.8KM         |              | 2.8KM         |                                               | 2.8KM         |                                                 | 2.8KM         |                                                   | 2.8KM         |                                                      | 2.8KM         |                                                   | 2.8KM         |                                            |
| 3KM           |                                                 | 3KM           | ISLA STALEY - 11.92<br>BARNARD CASTLE - 2026       | 3KM           | ANNA DICKSON - 16.58<br>THORNLEY - 2020          | 3KM           |              | 3KM           |                                               | 3KM           |                                                 | 3KM           |                                                   | 3KM           |                                                      | 3KM           |                                                   | 3KM           |                                            |
| 3.1KM         |                                                 | 3.1KM         | ISLA STALEY - 12.54<br>WHITBY - 2025               | 3.1KM         |                                                  | 3.1KM         |              | 3.1KM         |                                               | 3.1KM         |                                                 | 3.1KM         |                                                   | 3.1KM         |                                                      | 3.1KM         |                                                   | 3.1KM         |                                            |
| 3.2KM         |                                                 | 3.2KM         | IZZY FAIRY - 16.99<br>HARTLEPOOL - 2024            | 3.2KM         | NEVE WATSON - 13.06<br>PONTEFRAC - 2024          | 3.2KM         |              | 3.2KM         |                                               | 3.2KM         |                                                 | 3.2KM         |                                                   | 3.2KM         |                                                      | 3.2KM         |                                                   | 3.2KM         |                                            |
| 3.3KM         |                                                 | 3.3KM         |                                                    | 3.3KM         |                                                  | 3.3KM         |              | 3.3KM         |                                               | 3.3KM         |                                                 | 3.3KM         |                                                   | 3.3KM         |                                                      | 3.3KM         |                                                   | 3.3KM         |                                            |
| 3.5KM         |                                                 | 3.5KM         | NEVE WATSON - 14.37<br>CROFT CIRCUIT - 2021        | 3.5KM         | KADENN MCBEAN - 12.26<br>MIDDLESBROUGH - 2022    | 3.5KM         |              | 3.5KM         |                                               | 3.5KM         |                                                 | 3.5KM         |                                                   | 3.5KM         |                                                      | 3.5KM         |                                                   | 3.5KM         |                                            |
| 3.6KM         |                                                 | 3.6KM         | SCARLETT PARKER - 13.09<br>MIDDLESBROUGH - 2018    | 3.6KM         | ELEANOR THEODOSIIOU - 12.21<br>ACKLAM - 2025     | 3.6KM         |              | 3.6KM         |                                               | 3.6KM         |                                                 | 3.6KM         |                                                   | 3.6KM         |                                                      | 3.6KM         |                                                   | 3.6KM         |                                            |
| 3.7KM         |                                                 | 3.7KM         |                                                    | 3.7KM         | SCARLETT PARKER - 16.58<br>SEFTON PARK - 2025    | 3.7KM         |              | 3.7KM         |                                               | 3.7KM         |                                                 | 3.7KM         |                                                   | 3.7KM         |                                                      | 3.7KM         |                                                   | 3.7KM         |                                            |
| 3.9KM         |                                                 | 3.9KM         |                                                    | 3.9KM         | ANNA DICKSON - 17.31<br>TONBRIDGE - 2021         | 3.9KM         |              | 3.9KM         |                                               | 3.9KM         |                                                 | 3.9KM         |                                                   | 3.9KM         |                                                      | 3.9KM         |                                                   | 3.9KM         |                                            |
| 4KM           |                                                 | 4KM           | KATIE PATTISON - 19.57<br>WREKENTON - 2018         | 4KM           | ANNA DICKSON - 15.07<br>MIDDLESBROUGH - 2021     | 4KM           |              | 4KM           |                                               | 4KM           |                                                 | 4KM           |                                                   | 4KM           |                                                      | 4KM           |                                                   | 4KM           |                                            |
| 4.2KM         |                                                 | 4.2KM         |                                                    | 4.2KM         | KATIE PATTISON - 31.02<br>ORMESBY - 2019         | 4.2KM         |              | 4.2KM         |                                               | 4.2KM         |                                                 | 4.2KM         |                                                   | 4.2KM         |                                                      | 4.2KM         |                                                   | 4.2KM         |                                            |
| 4.4KM         |                                                 | 4.4KM         |                                                    | 4.4KM         | MA BROWN - 23.36<br>ORMESBY - 2020               | 4.4KM         |              | 4.4KM         |                                               | 4.4KM         |                                                 | 4.4KM         |                                                   | 4.4KM         |                                                      | 4.4KM         |                                                   | 4.4KM         |                                            |
| 4.5KM         |                                                 | 4.5KM         |                                                    | 4.5KM         |                                                  | 4.5KM         |              | 4.5KM         |                                               | 4.5KM         |                                                 | 4.5KM         |                                                   | 4.5KM         |                                                      | 4.5KM         |                                                   | 4.5KM         |                                            |
| 4.6KM         |                                                 | 4.6KM         |                                                    | 4.6KM         |                                                  | 4.6KM         |              | 4.6KM         |                                               | 4.6KM         |                                                 | 4.6KM         |                                                   | 4.6KM         | VICTORIA THEODOSIIOU - 27.67<br>HARTLEPOOL - 2021    | 4.6KM         |                                                   | 4.6KM         |                                            |
| 5KM           |                                                 | 5KM           |                                                    | 5KM           |                                                  | 5KM           |              | 5KM           |                                               | 5KM           |                                                 | 5KM           |                                                   | 5KM           | VICTORIA THEODOSIIOU - 32.59<br>RICHMOND - 2022      | 5KM           |                                                   | 5KM           |                                            |
| 5.4KM         |                                                 | 5.4KM         |                                                    | 5.4KM         |                                                  | 5.4KM         |              | 5.4KM         |                                               | 5.4KM         | KATHRYN TARN - 29.57<br>WHITBY - 2020           | 5.4KM         |                                                   | 5.4KM         | KATHRYN TARN - 30.06<br>ACKLAM - 2021                | 5.4KM         | KIM TEMPLE - 31.21<br>ACKLAM - 2021               | 5.4KM         |                                            |
| 5.5KM         |                                                 | 5.5KM         |                                                    | 5.5KM         |                                                  | 5.5KM         |              | 5.5KM         |                                               | 5.5KM         |                                                 | 5.5KM         |                                                   | 5.5KM         |                                                      | 5.5KM         |                                                   | 5.5KM         |                                            |
| 5.8KM         |                                                 | 5.8KM         |                                                    | 5.8KM         |                                                  | 5.8KM         |              | 5.8KM         |                                               | 5.8KM         | KATHRYN TARN - 30.07<br>ACKLAM - 2019           | 5.8KM         |                                                   | 5.8KM         | VICTORIA THEODOSIIOU - 36.52<br>MIDDLESBROUGH - 2022 | 5.8KM         | KIM TEMPLE - 29.08<br>ACKLAM - 2019               | 5.8KM         |                                            |
| 5.9KM         |                                                 | 5.9KM         |                                                    | 5.9KM         |                                                  | 5.9KM         |              | 5.9KM         |                                               | 5.9KM         |                                                 | 5.9KM         |                                                   | 5.9KM         |                                                      | 5.9KM         |                                                   | 5.9KM         |                                            |
| 6KM           |                                                 | 6KM           |                                                    | 6KM           |                                                  | 6KM           |              | 6KM           |                                               | 6KM           | PAULA STAMPER - 34.01<br>RICHMOND - 2023        | 6KM           |                                                   | 6KM           |                                                      | 6KM           | VICTORIA THEODOSIIOU - 38.08<br>RICHMOND - 2024   | 6KM           |                                            |
| 6.2KM         |                                                 | 6.2KM         |                                                    | 6.2KM         |                                                  | 6.2KM         |              | 6.2KM         |                                               | 6.2KM         | PAULA STAMPER - 36.59<br>HARTLEPOOL - 2023      | 6.2KM         |                                                   | 6.2KM         | VICTORIA THEODOSIIOU - 40.15<br>CROFT CIRCUIT - 2022 | 6.2KM         | VICTORIA THEODOSIIOU - 41.52<br>HARTLEPOOL - 2023 | 6.2KM         | CIARE FARRELL - 34.45<br>HARTLEPOOL - 2024 |
| 6.3KM         |                                                 | 6.3KM         |                                                    | 6.3KM         |                                                  | 6.3KM         |              | 6.3KM         |                                               | 6.3KM         | PAULA STAMPER - 31.54<br>MIDDLESBROUGH - 2023   | 6.3KM         |                                                   | 6.3KM         |                                                      | 6.3KM         | VICTORIA THEODOSIIOU - 35.29<br>ACKLAM - 2023     | 6.3KM         |                                            |
| 7KM           |                                                 | 7KM           |                                                    | 7KM           |                                                  | 7KM           |              | 7KM           |                                               | 7KM           |                                                 | 7KM           |                                                   | 7KM           |                                                      | 7KM           |                                                   | 7KM           |                                            |
| 8KM           |                                                 | 8KM           |                                                    | 8KM           |                                                  | 8KM           |              | 8KM           |                                               | 8KM           |                                                 | 8KM           |                                                   | 8KM           |                                                      | 8KM           |                                                   | 8KM           |                                            |
| 8.6KM         |                                                 | 8.6KM         |                                                    | 8.6KM         |                                                  | 8.6KM         |              | 8.6KM         |                                               | 8.6KM         |                                                 | 8.6KM         |                                                   | 8.6KM         |                                                      | 8.6KM         |                                                   | 8.6KM         |                                            |
| 8.9KM         |                                                 | 8.9KM         |                                                    | 8.9KM         |                                                  | 8.9KM         |              | 8.9KM         |                                               | 8.9KM         |                                                 | 8.9KM         |                                                   | 8.9KM         |                                                      | 8.9KM         |                                                   | 8.9KM         |                                            |
| 9KM           |                                                 | 9KM           |                                                    | 9KM           |                                                  | 9KM           |              | 9KM           |                                               | 9KM           |                                                 | 9KM           |                                                   | 9KM           |                                                      | 9KM           |                                                   | 9KM           |                                            |
| 9.5KM         |                                                 | 9.5KM         |                                                    | 9.5KM         |                                                  | 9.5KM         |              | 9.5KM         |                                               | 9.5KM         |                                                 | 9.5KM         |                                                   | 9.5KM         |                                                      | 9.5KM         |                                                   | 9.5KM         |                                            |
| 9.6KM         |                                                 | 9.6KM         |                                                    | 9.6KM         |                                                  | 9.6KM         |              | 9.6KM         |                                               | 9.6KM         |                                                 | 9.6KM         |                                                   | 9.6KM         |                                                      | 9.6KM         |                                                   | 9.6KM         |                                            |
| 10KM          |                                                 | 10KM          |                                                    | 10KM          |                                                  | 10KM          |              | 10KM          |                                               | 10KM          |                                                 | 10KM          |                                                   | 10KM          |                                                      | 10KM          |                                                   | 10KM          |                                            |
| ROAD RUNNING  |                                                 | ROAD RUNNING  |                                                    | ROAD RUNNING  |                                                  | ROAD RUNNING  |              | ROAD RUNNING  |                                               | ROAD RUNNING  |                                                 | ROAD RUNNING  |                                                   | ROAD RUNNING  |                                                      | ROAD RUNNING  |                                                   | ROAD RUNNING  |                                            |
| 1KM           | ALIA WINTNIP - 3.41<br>JARROW - 2025            | 1KM           |                                                    | 1KM           |                                                  | 1KM           |              | 1KM           |                                               | 1KM           |                                                 | 1KM           |                                                   | 1KM           |                                                      | 1KM           |                                                   | 1KM           |                                            |
| 2.6KM         |                                                 | 2.6KM         |                                                    | 2.6KM         |                                                  | 2.6KM         |              | 2.6KM         |                                               | 2.6KM         |                                                 | 2.6KM         |                                                   | 2.6KM         |                                                      | 2.6KM         |                                                   | 2.6KM         |                                            |
| 3KM           | HEIDI OSMOND - 12.08<br>CARLINGTON - 2026       | 3KM           |                                                    | 3KM           |                                                  | 3KM           |              | 3KM           |                                               | 3KM           |                                                 | 3KM           |                                                   | 3KM           |                                                      | 3KM           |                                                   | 3KM           |                                            |
| 4KM           | NEVE WATSON - 15.59<br>GNR - 2021               | 4KM           | NEVE WATSON - 14.57<br>GNR - 2022                  | 4KM           | NEVE WATSON - 15.41<br>GNR - 2025                | 4KM           |              | 4KM           |                                               | 4KM           |                                                 | 4KM           |                                                   | 4KM           |                                                      | 4KM           |                                                   | 4KM           |                                            |
| 5KM           |                                                 | 5KM           |                                                    | 5KM           |                                                  | 5KM           |              | 5KM           |                                               | 5KM           | COURTNEY GRUNDY - 27.34<br>MIDDLESBROUGH - 2026 | 5KM           |                                                   | 5KM           |                                                      | 5KM           | JENNIFER HOOLEY - 25.52<br>??                     | 5KM           |                                            |
| 5.9M          |                                                 | 5.9M          |                                                    | 5.9M          |                                                  | 5.9M          |              | 5.9M          |                                               | 5.9M          |                                                 | 5.9M          |                                                   | 5.9M          |                                                      | 5.9M          |                                                   | 5.9M          |                                            |
| 10KM          |                                                 | 10KM          |                                                    | 10KM          |                                                  | 10KM          |              | 10KM          | EMILY LIDDGATE - 52.45<br>SUNDERLAND - 2025   | 10KM          | PAULA STAMPER - 48.59<br>GATESHEAD - 2023       | 10KM          |                                                   | 10KM          | JENNIFER HOOLEY - 56.16<br>SUNDERLAND - 2026         | 10KM          | FIONA HOWE - 1.02.44<br>TOMMY RUN - 2025          | 10KM          |                                            |
| HALF MARATHH  | HALF MARATHH                                    | HALF MARATHH  | HALF MARATHH                                       | HALF MARATHH  | HALF MARATHH                                     | HALF MARATHH  | HALF MARATHH | HALF MARATHH  | LILLY MILLSOME - 2.14.05<br>MANCHESTER - 2026 | HALF MARATHH  | PAULA STAMPER - 1.49.34<br>MIDDLESBROUGH - 2024 | HALF MARATHH  | PAULA STAMPER - 1.58.32<br>GNR - 2025             | HALF MARATHH  | PAULA STAMPER - 1.57.46<br>LONDON - 2026             | HALF MARATHH  | JENNIFER HOOLEY - 2.31.57<br>HARTLEPOOL - 2028    | HALF MARATHH  | FIONA HOWE - 2.31.57<br>HARTLEPOOL - 2028  |
| MARATHH ON    | MARATHH ON                                      | MARATHH ON    | MARATHH ON                                         | MARATHH ON    | MARATHH ON                                       | MARATHH ON    | MARATHH ON   | MARATHH ON    | PAULA STAMPER - 4.23.28<br>MANCHESTER - 2024  | MARATHH ON    | PAULA STAMPER - 4.23.28<br>MANCHESTER - 2024    | MARATHH ON    | PAULA STAMPER - 4.20.16<br>EDINBURGH - 2025       | MARATHH ON    | JUDITH TURNIBULL - 6.04.17<br>EDINBURGH - 2025       | MARATHH ON    |                                                   | MARATHH ON    |                                            |
| TRAIL RUNNING |                                                 | TRAIL RUNNING |                                                    | TRAIL RUNNING |                                                  | TRAIL RUNNING |              | TRAIL RUNNING |                                               | TRAIL RUNNING |                                                 | TRAIL RUNNING |                                                   | TRAIL RUNNING |                                                      | TRAIL RUNNING |                                                   | TRAIL RUNNING |                                            |
| 5KM           |                                                 | 5KM           |                                                    | 5KM           | ELEANOR THEODOSIIOU - 24.55<br>PIE & PEAS - 2025 | 5KM           |              | 5KM           |                                               | 5KM           | TRACEY MILNE - 27.18<br>PIE & PEAS - 2022       | 5KM           |                                                   | 5KM           | PAULA STAMPER - 27.42<br>PIE & PEAS - 2025           | 5KM           | VICTORIA THEODOSIIOU - 31.49<br>PIE & PEAS - 2024 | 5KM           |                                            |
| 10KM          |                                                 | 10KM          |                                                    | 10KM          |                                                  | 10KM          |              | 10KM          |                                               | 10KM          |                                                 | 10KM          |                                                   | 10KM          |                                                      | 10KM          | JUDITH TURNIBULL - 79.21<br>SAND DANCER - 2024    | 10KM          |                                            |
| 55MILE        |                                                 | 55MILE        |                                                    | 55MILE        |                                                  | 55MILE        |              | 55MILE        |                                               | 55MILE        |                                                 | 55MILE        | PAULA STAMPER - 14.40.51<br>HARDINGHOES SS - 2026 | 55MILE        |                                                      |               |                                                   | 55MILE        |                                            |