

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	
1.0M	ESTELLE EMERSON - 5.56 HARTLEPOOL - 2021	1.0M		1.0M		1.0M		1.0M		1.0M		1.0M		1.0M		1.0M		1.0M	
1.20M	ELEANOR THEODOSIOU - 5.49 WHITBY - 2019	1.20M	ELEANOR THEODOSIOU - 5.02 WHITBY - 2022	1.20M		1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M	1.20M
1.50M	ESTELLE EMERSON - 7.22 MIDDLESBROUGH - 2022	1.50M	ELEANOR THEODOSIOU - 6.46 MIDDLESBROUGH - 2022	1.50M		1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M	1.50M
1.80M	NEVE WATSON - 6.50 STOCKTON - 2018	1.80M	ELEANOR THEODOSIOU - 7.13 ACKLAM - 2021	1.80M		1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M	1.80M
1.70M	ALIA WINTRIP - 5.28 HARTLEPOOL - 2025	1.70M	SOPHIA BROWN - 9.38 ACKLAM - 2024	1.70M		1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M	1.70M
2.0M	HEIDI OSMOND - 6.48 ACKLAM - 2025	2.0M	VIOLET TURNER - 7.26 ACKLAM - 2023	2.0M		2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M	2.0M
2.20M		2.20M		2.20M		2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M	2.20M
2.30M		2.30M	NEVE WATSON - 9.48 ACKLAM - 2021	2.30M	NEVE WATSON - 11.15 ACKLAM - 2024	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M	2.30M
2.50M		2.50M	ISLA STALEY - 9.38 RICHMOND - 2026	2.50M		2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M	2.50M
2.60M		2.60M	NEVE WATSON - 9.47 LDN MARATHON - 2023	2.60M		2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M
2.750M		2.750M	RED CAR - 2022 ELEANOR THEODOSIOU - 13.50	2.750M		2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M	2.750M
2.80M		2.80M	ISLA STALEY - 9.10 ACKLAM - 2025	2.80M	ELEANOR THEODOSIOU - 11.17 ACKLAM - 2023	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M	2.80M
3.0M		3.0M	ISLA STALEY - 11.52 BARNARD CASTLE - 2026	3.0M	ANNA DICKSON - 15.56 THORNLEY - 2020	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M
3.10M		3.10M	ISLA STALEY - 12.54 WHITBY - 2025	3.10M		3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M	3.10M
3.20M		3.20M	IZZY EARRY - 16.59 HARTLEPOOL - 2024	3.20M	NEVE WATSON - 13.06 PONTEFRAC - 2024	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M	3.20M
3.30M		3.30M		3.30M		3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M	3.30M
3.50M		3.50M	NEVE WATSON - 14.37 CROFT CIRCUIT - 2021	3.50M	KADENN MCBEAN - 12.26 MIDDLESBROUGH - 2022	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M	3.50M
3.60M		3.60M	SCARLETT PARKER - 13.06 MIDDLESBROUGH - 2018	3.60M	ELEANOR THEODOSIOU - 12.21 ACKLAM - 2025	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M	3.60M
3.70M		3.70M		3.70M	SCARLETT PARKER - 16.58 SEFTON PARK - 2020	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M	3.70M
3.90M		3.90M		3.90M	ANNA DICKSON - 17.31 TONBRIDGE - 2021	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M	3.90M
4.0M		4.0M	KATIE PATTISON - 19.07 WREKENTON - 2018	4.0M	ANNA DICKSON - 15.07 MIDDLESBROUGH - 2021	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M
4.20M		4.20M		4.20M	KATIE PATTISON - 21.02 ORMESBY - 2019	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M	4.20M
4.40M		4.40M		4.40M	MIA BROWN - 23.36 ORMESBY - 2020	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M	4.40M
4.50M		4.50M		4.50M		4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M	4.50M
4.60M		4.60M		4.60M		4.60M	4.60M	4.60M	4.60M	4.60M	4.60M	4.60M	4.60M	4.60M	VICTORIA THEODOSIOU - 27.57 HARTLEPOOL - 2021	4.60M	4.60M	4.60M	4.60M
5.0M		5.0M		5.0M		5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	VICTORIA THEODOSIOU - 32.59 RICHMOND - 2022	5.0M	5.0M	5.0M	5.0M
5.40M		5.40M		5.40M		5.40M	5.40M	5.40M	5.40M	5.40M	5.40M	5.40M	5.40M	5.40M	KATHRYN TARN - 30.06 ACKLAM - 2021	5.40M	KIM TEMPLE - 31.21 ACKLAM - 2021	5.40M	5.40M
5.50M		5.50M		5.50M		5.50M	5.50M	5.50M	5.50M	5.50M	5.50M	5.50M	5.50M	5.50M		5.50M		5.50M	5.50M
5.80M		5.80M		5.80M		5.80M	5.80M	5.80M	5.80M	5.80M	5.80M	5.80M	5.80M	5.80M	KATHRYN TARN - 30.07 ACKLAM - 2025	5.80M	VICTORIA THEODOSIOU - 36.52 MIDDLESBROUGH - 2022	5.80M	KIM TEMPLE - 29.08 ACKLAM - 2018
5.90M		5.90M		5.90M		5.90M	5.90M	5.90M	5.90M	5.90M	5.90M	5.90M	5.90M	5.90M		5.90M		5.90M	5.90M
6.0M		6.0M		6.0M		6.0M	6.0M	6.0M	6.0M	6.0M	6.0M	6.0M	6.0M	6.0M	PAULA STAMPER - 34.51 RICHMOND - 2023	6.0M		6.0M	VICTORIA THEODOSIOU - 38.08 RICHMOND - 2024
6.20M		6.20M		6.20M		6.20M	6.20M	6.20M	6.20M	6.20M	6.20M	6.20M	6.20M	6.20M	PAULA STAMPER - 36.59 HARTLEPOOL - 2023	6.20M	VICTORIA THEODOSIOU - 41.52 HARTLEPOOL - 2023	6.20M	CLARE FARRELL - 34.49 HARTLEPOOL - 2024
6.30M		6.30M		6.30M		6.30M	6.30M	6.30M	6.30M	6.30M	6.30M	6.30M	6.30M	6.30M	PAULA STAMPER - 35.54 MIDDLESBROUGH - 2022	6.30M	VICTORIA THEODOSIOU - 35.29 ACKLAM - 2023	6.30M	
7.0M		7.0M		7.0M		7.0M	7.0M	7.0M	7.0M	7.0M	7.0M	7.0M	7.0M	7.0M		7.0M		7.0M	7.0M
8.0M		8.0M		8.0M		8.0M	8.0M	8.0M	8.0M	8.0M	8.0M	8.0M	8.0M	8.0M		8.0M		8.0M	8.0M
8.60M		8.60M		8.60M		8.60M	8.60M	8.60M	8.60M	8.60M	8.60M	8.60M	8.60M	8.60M		8.60M		8.60M	8.60M
8.90M		8.90M		8.90M		8.90M	8.90M	8.90M	8.90M	8.90M	8.90M	8.90M	8.90M	8.90M		8.90M		8.90M	8.90M
9.0M		9.0M		9.0M		9.0M	9.0M	9.0M	9.0M	9.0M	9.0M	9.0M	9.0M	9.0M		9.0M		9.0M	9.0M
9.50M		9.50M		9.50M		9.50M	9.50M	9.50M	9.50M	9.50M	9.50M	9.50M	9.50M	9.50M		9.50M		9.50M	9.50M
9.60M		9.60M		9.60M		9.60M	9.60M	9.60M	9.60M	9.60M	9.60M	9.60M	9.60M	9.60M		9.60M		9.60M	9.60M
10.0M		10.0M		10.0M		10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M		10.0M		10.0M	10.0M
ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING		ROAD RUNNING	
1.0M	ALIA WINTRIP - 3.41 JARROW - 2025	1.0M		1.0M		1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M	1.0M
2.60M		2.60M		2.60M		2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M	2.60M
3.0M	HEIDI OSMOND - 12.08 DARLINGTON - 2026	3.0M		3.0M		3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M	3.0M
4.0M	NEVE WATSON - 15.59 GNR - 2021	4.0M	NEVE WATSON - 14.57 GNR - 2022	4.0M	NEVE WATSON - 15.41 GNR - 2025	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M	4.0M
5.0M		5.0M		5.0M		5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M
5.5M		5.5M		5.5M		5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M	5.5M
10.0M		10.0M		10.0M		10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M
HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	HALF MARATHH ON	PAULA STAMPER - 1.59.32 GNR - 2025	HALF MARATHH ON	VICTORIA THEODOSIOU - 2.19.53 NEWCASTLE - 2025	HALF MARATHH ON	MAURIN JUDITH TURNELL - 75.31 SAND DANCER - 2024
TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING		TRAIL RUNNING	
5.0M		5.0M		5.0M	ELEANOR THEODOSIOU - 24.55 PIES & PEAS - 2025	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	5.0M	TRACEY MILNE - 27.18 PIE & PEAS - 2022	5.0M	PAULA STAMPER - 27.42 PIE & PEAS - 2025	5.0M	VICTORIA THEODOSIOU - 31.43 PIE & PEAS - 2024
10.0M		10.0M		10.0M		10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M	10.0M		10.0M		10.0M	10.0M