

Overall Results 2023

Name	5k			5 mile			10k			10 mile			1/2 M			Marathon			Open Best	Open 2nd Best	Open 3rd Best	Open 4th Best	Open Total		
	Time	Place	Pts	Time	Place	Pts	Time	Place	Pts	Time	Place	Pts	Time	Place	Pts	Time	Place	Pts							
Womens																									
Zoe Moore	0:21:28	Abbey Park	250	0:35:55	Sphinx AC	250	0:45:06	Balsall	250	1:13:54	ire	250	1:42:58	Great North	248		0	250	250	250	250	1000			
Sue Leonard	0:21:52	Yarborough	249	0:36:14	Sphinx AC	249	0:45:56	Balsall	249	1:13:55	ire	249	1:37:51	Manchester	250		0	250	249	249	249	997			
Hannah Carter	0:22:45	Abbey Park	246	0:37:34	Sphinx AC	248		0				1:43:28	Warwick Half	247	3:30:18	London	250	250	248	247	246	991			
Joy Woodlass	0:23:02	Coventry	245	0:38:46	Sphinx AC	247	0:47:19	Balsall	248	1:20:24	Rubby	248	1:50:27	Kenilworth	246	3:59:30	Manchester	248	248	248	248	247	991		
Sonia Karamat	0:24:36	Abbey Park	243	0:41:40	Centurion	244	0:51:11	White Peak	246	1:27:46	Nottingham	247	1:55:54	Leicestershire	245	4:07:17	Manchester	247	247	247	246	245	985		
Molly Sims	0:23:13	Zuiderpark	244	0:38:48	Sneyd	246				1:30:23	Derby	245	1:41:55	Wimslow	249		0	249	246	245	244	984			
Emma Eastwood	0:25:58	East Park	239	0:44:53	Ryton	241	0:56:07	Castold	244	1:29:58	South Run	246	2:03:06	Belfast	244	4:43:01	Manchester	243	246	244	244	243	977		
Almanda Gowen	0:25:43	Alvaston	241	0:43:01	Sphinx AC	242	0:55:47	Two Castles	245			2:03:39	Warwick Half	243	4:19:42	London	246	246	245	243	242	976			
Cathy Keay	0:27:04	Oaklands	235	0:46:41	Hatfield	237	0:58:09	Solihull	241	1:49:31	Twin Lakes	242	2:25:27	Leeds	227		0	242	241	237	235	955			
Alison Lowe	0:28:14	Edgebaston	227	0:48:08	Sphinx AC	235	1:03:00	Ilmington	224	1:49:01	Rubby	243	2:14:15	Leicestershire	235	4:51:41	London	238	243	238	235	235	951		
Angela McKay	0:28:49	Warwick	223	0:49:14	Tewesbury	234	1:00:47	Regency	233	1:41:58	Nottingham	244	2:14:18	Tissington Trail	234	5:04:10	London	235	244	235	234	234	947		
Rachael Allen	0:27:50	Leamington	233			0	1:01:23	Market Drayton	232			2:06:04	Warwick Half	241	5:13:11	Manchester	233	241	233	233	232	939			
Lorraine Blower	0:28:06	Coventry	228			0	1:00:08	Northbrook	237			2:15:52	Coventry	233	5:04:52	Manchester	234	237	234	233	228	932			
Shelley Johnson	0:31:28	Rugby	207	0:51:26	Sphinx AC	221	1:03:24	Northbrook	219	1:52:31	Rugby	0	1:33:24	Northbrook	228	0	226	223	219	212	212	921			
Joanna Kisiala	0:27:53	Oaklands	231			0	1:06:36	Two Castles	216			2:14:02	Fission	236	4:59:55	Milton Keynes	236	236	236	231	216	919			
Claire Newman	0:32:55	Peel	200	0:53:41	Hatfield	227	1:12:48	Leicester	204	2:06:09	Twin Lakes	239	2:42:00	Royal Parks	221	5:28:54	Manchester	231	239	231	227	221	918		
Samantha Nicholson	0:35:18	Warwick	191	0:58:54	Sphinx AC	223	1:17:17	Balsall	198	2:08:20	Twin Lakes	238	2:59:04	Coventry	214	6:39:41	Tissington	229	238	229	223	214	904		
Helen Rowe	0:41:48	Coventry	177	1:07:19	Sphinx AC	219	1:30:23	Regency	194	2:25:40	Twin Lakes	237	3:14:05	Belfast	210	7:06:12	Manchester	228	237	228	219	210	894		
Emma King	0:30:59	Bedworth	211	0:53:24	Sphinx AC	229	1:01:28	Compton Verney	230			2:45:00	Longhorn	220		0	230	229	220	211	890				
Liz Hurst	0:32:10	Coventry	202	0:52:42	Sphinx AC	230	1:10:44	Two Castles	208	1:52:25	Skyline	241		0	0	0	241	230	208	202	881				
Christine Bevis	0:30:57	Coventry	212	0:55:21	Sneyd	226	1:05:17	Great Bristol	219			2:35:12	Great North	231		0	226	223	219	212	880				
Linda Simmonds	0:31:55	Coventry	205	0:53:29	Sphinx AC	228	1:08:16	Northbrook	214			2:35:42	Coventry	222		0	228	222	214	205	869				
Phyllis Douglas	0:34:19	University of Northa	195	0:58:55	Sneyd	222	1:07:55	Northbrook	215			2:33:58	Compton Verney	224		0	224	222	215	195	856				
Anne-Marie Goodwin	0:31:33	Keswick	206	0:57:55	Sneyd	225	1:13:02	Festival	203			2:56:18	Great North	216		0	225	216	206	203	850				
Kelli Sahan	0:34:48	Warwick	194	0:58:21	Sphinx AC	224	1:12:17	Northbrook	205			2:58:55	Coventry	215		0	224	215	205	194	838				
Lisa Jay	0:37:12	Abbey Park	183			0	1:15:29	London winter	201			2:46:13	Southampton	219	5:58:22	London	230	230	219	201	183	833			
Lizzie Watts	0:22:09	Stratford	246	0:39:57	Ryton	245	0:49:04	Northbrook	247				0	0	0	0	246	247	245	240	740				
Cristina Sample	0:25:55	Leicester Victoria	240			0			0			2:05:03	Kenilworth	242	4:46:54	London	242	242	242	240	0	724			
Nicole Rose	0:26:15	Coventry	238	0:45:30	Sphinx AC	240		0	0			0	0	0	0	0	4:46:54	London	242	242	240	238	0	720	
Kim Davies	0:27:58	Holbrooks	229			0	0:57:50	Stratford's Big	243			0	0	0	0	0	0	4:21:25	Manchester	245	245	243	229	0	717
Rachel Brock	0:27:11	Oaklands	234			0			0			2:06:22	Solihull	240	4:49:26	Leeds	240	240	240	234	0	714			
Claire McGinnessy	0:27:54	Coventry	230			0	1:00:35	Two Castles	234			2:13:24	Coventry	237		0	237	234	230	0	701				
Charlotte Stutter						0	1:01:25	Two Castles	231			2:18:41	Kenilworth	231	4:50:19	Chester	239	239	231	231	0	701			
Lorraine Chamberlain	0:29:03	Rugby	221			0	1:02:06	Regency	227			0	0	0	0	0	0	237	227	221	0	685			
Nicola Hunt	0:29:13	Coventry	220	0:45:55	Sphinx AC	238	1:03:08	Two Castles	223			0	0	0	0	0	0	238	223	220	0	681			
Ruth Mahon	0:28:16	Bromley/Coventry	225			0	0:59:53	Balsall	238			3:03:19	Great North	213		0	238	225	213	0	676				
Laura Hankey	0					0	1:08:29	Two Castles	212			2:23:34	Warwick Half	230	5:27:49	Manchester	232	232	230	212	0	674			
Sharon Etherson	0:30:51	Babbs Mill	213			0	1:01:35	Balsall	228			2:18:36	Coventry	232		0	232	228	213	0	673				
Wendy Foxall	0:30:31	Market Harborough	214			0	1:04:42	Northbrook	221			2:24:26	Royal Parks	229		0	229	221	214	0	664				
Claire Weston	0:29:13	Oaklands	209			0	1:06:12	Northbrook	218			2:47:15	Kenilworth	218		0	220	218	218	0	656				
Sue Haydon	0:31:21	Coventry	209			0	1:04:46	Stratford's Big	220			2:26:16	Belfast	226		0	226	220	209	0	655				
Brenda Lee	0:37:10	Coventry	184	0:59:10	Sphinx AC	221	1:16:26	Northbrook	200			0	0	0	0	0	0	221	200	184	0	605			
Ann Hawkswood	0:36:23	Alvaston	186			0	1:19:09	Northbrook	196			3:06:51	Belfast	211		0	211	196	186	0	593				
Maggie Morgan	0:40:22	Warwick	178	1:05:22	Sphinx AC	220	1:24:23	Northbrook	195			0	0	0	0	0	0	220	195	178	0	593			
Sally Stevin	0:48:53	Zuiderpark	172	1:20:54	Sphinx AC	218	1:39:13	Northbrook	191			0	0	0	0	0	0	218	191	172	0	581			
Vicky Groom	0:22:31	Belfast Victoria	247			0			0			0	0	0	0	0	0	3:59:27	London	249	249	247	0	0	496
Maggie Russell	0:26:30	Coventry	237			0			0			4:28:27	London	244		0	244	244	237	0	0	481			
Alison Foley	0:27:52	Coventry	232			0	0:58:47	Alcester	239			0	0	0	0	0	0	239	232	0	0	471			
Georgia Rose	0			0:45:30	Sphinx AC	240			0			2:31:13	Kenilworth	225		0	240	225	0	0	0	465			
Mel Mould	0:28:15	Kingsbury Water	226			0	1:00:28	Market Drayton	235			0	0	0	0	0	0	235	226	0	0	461			
Lauren Saunders				0:49:49	Sneyd	232	1:01:34	London Vitality	229			0	0	0	0	0	0	232	229	0	0	461			
Sarah James	0:28:27	Rugby Park	224			0	1:00:17	Regency	236			0	0	0	0	0	0	236	224	0	0	460			
Jill Waterfield	0:29:30	Coventry	217			0	2:33	0	0			0	0	0	0	0	0	233	217	0	0	450			
Katie Kingston	0:29:00	Warwick	222			0	1:02:46	Regency	226			0	0	0	0	0	0	225	222	0	0	447			
Katie Aston						0	1:10:44	Two Castles	208			2:10:16	Coventry	238		0	238	208	0	0	0	446			
Fiona Ball	0:31:18	Coventry	210			0	1:06:35	Stratford's Big	217			0	0	0	0	0	0	217	210	0	0	427			
Carol Williams	0:31:59	Coventry	204			0	1:08:20	Regency	213			0	0	0	0	0	0	213	204	0	0	417			
Rachel Marrison	0:32:04	Bushy	203			0	1:10:02	Birmingham	209			0	0	0	0	0	0	209	203	0	0	412			
Kerry Jenkins	0:32:31	Medina I.O.W.	201			0	1:10:44	Two Castles	208			0	0	0	0	0	0	208	201	0	0	409			
Lindsay Keightley	0:33:57	Coventry	188			0	1:10:01	Great Scotsrah	210			3:03:25	Great North	212		0	212	188	0	0	0	400			
Rachel Betts	0:36:02	Coventry	188			0			0			0	0	0	0	0	0	212	188	0	0	400			
Kerrie Grayman	0:35:00	Rushcliffe	192			0	1:15:10	Compton Verney	202			0	0	0	0	0	0	202	192	0	0	394			
Rebecca Draper	0:36:15	Warwick	187			0	1:17:42	Regency	207			0	0	0	0	0	0	197	187	0	0	384			
Jane Bates	0:37:46	Coventry	182			0	1:16:29	Balsall	199			0	0	0	0	0	0	199	182	0	0	381			
Diana Wilson	0:38:41	Kingsbury Water	181			0	1:37:32	Longhorn	192			0	0	0	0	0	0	192	181	0	0	373			
Michaela Eyley	0:45:54	Unisee	173			0	1:32:21	Market Drayton	193			0	0	0	0	0	0	183	173	0	0	366			
Grace Aiken				0:42:15	Sphinx AC	243			0			0	0	0	0	0	0	243	0	0	0	243			
Carmel Capellet	0:25:09	Burston	242			0			0			0	0	0	0	0	0	242</							