

### Abbey Runners Grand Prix 2024 - Female Age Graded Table

#### Short Races

#### Medium Races

| Rank |           |                   | Short Races  |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           | Medium Races          |                 |                      |                |           |             |            |               |                |             | Total Pts          |               |          |            |                |              |              |      |       |       |      |
|------|-----------|-------------------|--------------|------------------------|-----------------------|--------------|-------------------|-----------|---------------|------------------------|-------------|-----------------|-------------------------|-------------------|------------|-----------|-----------------------|-----------------|----------------------|----------------|-----------|-------------|------------|---------------|----------------|-------------|--------------------|---------------|----------|------------|----------------|--------------|--------------|------|-------|-------|------|
|      |           |                   | Dewsbury 10k | St Aidans Winter Beast | PECO XC 22-23, Race 5 | Willow Flyer | Ilkley Trail Race | Club Trip | Club Handicap | Osley Chevin Fell Race | Summer Mile | Kings Challenge | Rush Around the Rhubarb | Kirkstall Abbey 7 | Morley 10k | Post Hill | PECO XC 23-24, Race 1 | Vale of York 10 | Balidon Boundary Way | Bluebell Trail | Osley 10m | Ilkley Half | Round Hill | Rombalds Romp | St Aidans Half | Settle Loop |                    | Guy Fawkes 10 | Long Run | Club Relay | Target Parkrun | Bonus Points | Volunteering |      |       |       |      |
| 1    | Alison    | Smith             |              | 95.1                   | 85.4                  |              |                   |           |               |                        |             |                 |                         |                   |            |           | 96.7                  |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      | 277.2 |       |      |
| 2    | Judith    | Smith             | 66.5         | 72.8                   | 67.3                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      | 256.6 |       |      |
| 3    | Andrea    | Cobo              |              | 93.3                   | 87.4                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      | 230.7 |       |      |
| 4    | Katie     | Bastin            | 56.7         |                        | 58.0                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      | 218.5 |       |      |
| 5    | Lisa      | Hulme-Vickerstaff | 69.3         |                        | 72.6                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             | Coniston 14        | 53.7          | 50.0     |            |                |              |              |      | 208.6 |       |      |
| 6    | Laura     | Phillips          | 75.9         |                        | 62.4                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             | Barcelona Marathon | 61.5          |          |            |                |              |              |      | 199.7 |       |      |
| 7    | Kathryn   | Ashworth          |              |                        | 74.8                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             | Coniston 14        | 74.3          | 50.0     |            |                |              |              |      | 199.1 |       |      |
| 8    | Katie     | Taylor-Cross      |              |                        | 73.5                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             | Coniston 14        | 69.3          | 50.0     |            |                |              |              |      | 192.9 |       |      |
| 9    | Hannah    | Fox               |              | 96.0                   | 90.2                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      | 186.3 |       |      |
| 10   | Jenny     | Rowe-Patel        | 84.2         |                        | 89.8                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      | 174.0 |       |      |
| 11   | Ruth      | Sarsfield         |              | 86.1                   |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    | Coniston 14   | 78.1     |            |                |              |              |      |       | 164.3 |      |
| 12   | Liz       | Whittaker         |              | 80.7                   | 76.8                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 157.5 |      |
| 13   | Julia     | Sheer             | 76.7         |                        | 80.6                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 157.3 |      |
| 14   | Charlotte | Knowles           |              |                        | 100.0                 |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 150.0 |      |
| 15   | Sarah     | Ward              |              | 78.8                   | 70.0                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 148.8 |      |
| 16   | Louise    | Williams          |              |                        | 93.7                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 143.7 |      |
| 17   | Faye      | Clark             |              |                        | 88.4                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 138.4 |      |
| 18   | Kirsten   | Hutchison         |              |                        | 84.4                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 134.4 |      |
| 19   | Helen     | Roden             |              |                        | 82.0                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 132.0 |      |
| 20   | Sally     | Clark-Miller      |              |                        | 78.2                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 128.2 |      |
| 21   | Masako    | Kondo             |              | 100.8                  |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 100.8 |      |
| 22   | Jane      | Oughton           |              |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           | 91.7                  |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 91.7  |      |
| 23   | Beverley  | Mottley           |              |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           | 90.7                  |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 90.7  |      |
| 24   | Sarah     | Chantrill         |              | 88.3                   |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 88.3  |      |
| 25   | Debra     | Mullen            |              |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           | 81.7                  |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       | 81.7  |      |
| 26   | Gillian   | Nesbitt           |              | 79.5                   |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 79.5 |
| 27   | Alex      | Richards          |              |                        | 78.7                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 78.7 |
| 28   | Becky     | Ashworth          |              |                        | 73.3                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 73.3 |
| 29   | Katharine | Scott             |              |                        | 73.2                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 73.2 |
| 30   | Sarah     | Fairhall          | 71.4         |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 71.4 |
| 31   | Rachel    | Barnicoat         | 59.4         |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 59.4 |
| 32   | Lisa      | Persico           |              |                        | 55.4                  |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              |      |       |       | 55.4 |
| 33   | Janet     | Bastin            |              |                        |                       |              |                   |           |               |                        |             |                 |                         |                   |            |           |                       |                 |                      |                |           |             |            |               |                |             |                    |               |          |            |                |              |              | 50.0 |       | 50.0  |      |