

## UP THE NAB - WOMEN

## 2016 RESULTS

Position	Race no.	Name	Cat	Club	Time	Cat Pos	Team Pos
1	155	HEIDI DENT	SEN	HOWGILL HARRIERS	0:38:27	1	1
2	141	VICTORIA WILKINSON	SEN	BINGLEY HARRIERS & AC	0:40:09	2	1
3	112	LOU ROBERTS	V40	AMBLESIDE AC	0:40:57	1	1
4	8	HELEN BERRY	V40	HOLMFIRTH	0:41:41	2	1
5	130	SHARON TAYLOR	SEN	HELM HILL RUNNERS	0:41:59	3	1
6	104	MEL PRICE	V40	MERCIA FELL RUNNERS	0:42:18	3	1
7	53	EMMA GOULD	SEN	MERCIA FELL RUNNERS	0:43:04	4	2
8	55	CLAIRE GREEN	SEN	PUDSEY & BRAMLEY AC	0:43:11	5	1
9	26	LUCY COLLINS	SEN	CALDER VALLEY FELL RUNNERS	0:43:59	6	1
10	129	GAYLE SUGDEN	V40	CALDER VALLEY FELL RUNNERS	0:44:00	4	2
11	143	SARA WILLHOIT	SEN	MERCIA FELL RUNNERS	0:44:36	7	3
12	72	JUDITH JEPSON	V45	DARK PEAK FELL RUNNERS	0:44:44	1	1
13	126	NICKY SPINKS	V45	DARK PEAK FELL RUNNERS	0:45:24	2	2
14	117	HANNAH RUSSELL	U23	HELM HILL RUNNERS	0:45:56	1	2
15	116	CHLOE ROUTLEDGE	U23	AMBLESIDE AC	0:46:13	2	2
16	56	TRACEY GREENWAY	V50	DERBY AC	0:46:19	1	1
17	97	LINDSEY OLDFIELD	SEN	CALDER VALLEY FELL RUNNERS	0:46:21	8	3
18	35	HELEN ELMORE	V40	DARK PEAK FELL RUNNERS	0:46:27	5	3
19	94	SALLY NEWMAN	V55	SADDLEWORTH RUNNERS	0:46:33	1	1
20	103	RACHEL PILLING	SEN	PUDSEY & BRAMLEY AC	0:46:43	9	2
21	157	PIPPA WILKIE	V50	DARK PEAK FELL RUNNERS	0:46:49	2	4
22	158	NICOLA PARKIN	V45	DARK PEAK FELL RUNNERS	0:46:59	3	5
23	150	ZOE PROCTER	SEN	PENNINE FELL RUNNERS	0:47:03	10	1
24	6	ELIZABETH BATT	V50	DARK PEAK FELL RUNNERS	0:47:05	3	6
25	41	ALICE FORSTER	SEN	MANX FELL RUNNERS	0:47:08	11	1
26	88	JENN MATTINSON	SEN	KESWICK AC	0:47:15	12	1
27	37	CAROL EVANS	V50	SETTLE HARRIERS	0:47:21	4	1
28	63	ANNA HOOGKAMER	U23	DARK PEAK FELL RUNNERS	0:47:22	3	7
29	54	DEBORAH GOWANS	V50	ACCRINGTON ROAD RUNNERS	0:47:30	5	1
30	50	JOANNE GOORNEY	V45	LYTHAM ST ANNES RRC	0:47:51	4	1
31	46	ASTRID GIBBS	V40	AMBLESIDE AC	0:48:10	6	3



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EVENTS

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Position	Race no.	Name	Cat	Club	Time	Cat Pos	Team Pos
32	89	PAULINE MAY	SEN	TODMORDEN HARRIERS	0:48:24	13	1
33	154	NINA WALKINGSHAW	SEN	HOWGILL HARRIERS	0:48:30	14	2
34	2	CLAIRE ASPINALL	SEN	PENNINE FELL RUNNERS	0:48:40	15	2
35	122	NINA SKILTON	V45	CANNOCK & STAFFORD AC	0:48:50	5	1
36	85	ELLIE MADDOCKS	SEN	LONSDALE	0:48:55	16	1
37	87	HOLLY MARTIN	SEN	PENNINE FELL RUNNERS	0:49:09	17	3
38	110	SUE RICHMOND	SEN	PENNINE FELL RUNNERS	0:49:20	18	4
39	95	CATHERINE NIBLOCK	SEN	HELM HILL RUNNERS	0:49:25	19	3
40	148	JOANN WORBOYS-HODGSON	V40	DENBY DALE AC	0:49:41	7	1
41	74	ANN-MARIE JONES	V60	ALTRINCHAM & DISTRICT AC	0:49:50	1	1
42	81	RACHEL LAWRENCE	SEN	MACCLESFIELD HARRIERS & AC	0:50:00	20	1
43	61	CAROLINE HOLDEN	V50	HELM HILL RUNNERS	0:50:04	6	4
44	16	ROWENA BROWNE	V50	BOWLAND FELL RUNNERS	0:50:10	7	1
45	29	ELLIE CROWNSHAW	U23	DARK PEAK FELL RUNNERS	0:50:16	4	8
46	109	ALISON RICHARDS	V40	HELM HILL RUNNERS	0:50:44	8	5
47	90	JANE MELLOR	V50	PENNINE FELL RUNNERS	0:50:49	8	5
48	62	ANNABEL HOLMES	V45	KESWICK AC	0:50:51	6	2
49	49	PAT GOODALL	V60	TOTLEY AC	0:50:56	2	1
50	79	ELEANOR KNOWLES	V45	AMBLESIDE AC	0:51:04	7	4
51	105	JO BEDNALL	V50	BUXTON AC	0:51:31	9	1
52	52	PAULA GOULD	V40	DARK PEAK FELL RUNNERS	0:51:48	9	9
53	146	HELEN WINSKILL	V40	KESWICK AC	0:51:57	10	3
54	39	RACHEL FINDLAY-ROBINSON	SEN	KESWICK AC	0:52:11	21	4
55	114	MARIE ROBSON	V45	HELM HILL RUNNERS	0:52:15	8	6
56	139	BECKY WEIGHT	V55	BINGLEY HARRIERS & AC	0:52:19	2	2
57	28	RACHEL CROSSLAND	U23	CALDER VALLEY FELL RUNNERS	0:52:28	5	4
58	76	JACQUELINE KEAVNEY	V50	SWALEDALE RUNNERS	0:52:29	10	1
59	31	LEANNE DINSDALE	SEN	BARLICK FELL RUNNERS	0:52:39	22	1
60	43	ANDREA FROST	V45	MACCLESFIELD HARRIERS & AC	0:52:45	9	2
61	32	WENDY DODDS	V65	CLAYTON-LE-MOOR HARRIERS	0:52:50	1	1
62	38	ANNE FERGUSON	V55	BURNDEN ROAD RUNNERS	0:52:57	3	1



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63	137	LESLEY WATSON	V40	BINGLEY HARRIERS & AC	0:53:11	11	3
64	67	SUE HOWARTH	V55	MERCIA FELL RUNNERS	0:53:26	4	4
65	68	JUDITH HOWELLS	V45	WHARFEDALE HARRIERS	0:53:42	10	1
66	80	LESLEY LATCHEM	V40	PENISTONE FOOTPATH RUNNERS & ATHLETIC CLUB	0:54:19	12	1
67	60	SUE HASLAM	V60	SCARBOROUGH ATHLETICS CLUB	0:54:53	3	1
68	20	AMANDA BURROW	V40	HELM HILL RUNNERS	0:55:16	13	7
69	77	GWEN KINLOCH	V55	BURNDEN ROAD RUNNERS	0:55:39	5	2
70	59	CAROLINE HARDING	V40	PUDSEY & BRAMLEY AC	0:55:40	14	3
71	127	JUDE STANSFIELD	V45	GLOSSOPDALE HARRIERS	0:55:41	11	1
72	45	JULIE GARDNER	V55	MACCLESFIELD HARRIERS & AC	0:55:47	6	3
73	142	SUE WILKINSON	V50	KESWICK AC	0:55:59	11	5
74	47	CARRIE GIBSON	V40	HELM HILL RUNNERS	0:56:09	15	8
75	119	CAROLINE SCOTT	V40	SINFIN RUNNING CLUB	0:56:13	16	1
76	78	ISALINE KNEALE	V50	BURNDEN ROAD RUNNERS	0:56:16	12	3
77	121	JEAN SHOTTER	V50	HOLMFIRTH	0:56:36	13	2
78	83	LINDA LORD	V65	CLAYTON-LE-MOOR HARRIERS	0:56:58	2	2
79	128	CHERYL STITT	V40	GLOSSOPDALE HARRIERS	0:57:02	17	2
80	14	ALISON BRETNALL	V65	PENNINE FELL RUNNERS	0:57:05	3	6
81	149	DENISE WRIGHT	V45	BINGLEY HARRIERS & AC	0:57:14	12	4
82	57	JOANNE HACKETT	V45	STAFFORDSHER MOORLANDS & AC	0:57:29	13	1
83	4	BELINDA BAQUERO	SEN	PUDSEY & BRAMLEY AC	0:57:46	23	4
84	84	LOU LYNESS	V65	BLACK COMBE RUNNERS	0:58:02	4	1
85	99	LINDSAY PALMER	V50	GLOSSOPDALE HARRIERS	0:58:32	14	3
86	93	HANNAH NEWBOLD	U23	BARLICK FELL RUNNERS	0:58:56	6	2
87	133	KATY THOMPSON	V60	CLAYTON-LE-MOOR HARRIERS	0:58:57	4	3
88	125	REBECCA SMITH	V45	KENILWORTH RUNNERS	0:59:59	14	1
89	44	HEATHER FRYER-WINDER	V50	BUXTON AC	1:01:05	15	2
90	86	LESLEY MALARKEY	V65	KESWICK AC	1:01:19	5	6
91	34	JACQUELINE ELLITHORN	V45	CHROLEY ATHLETIC & TRI	1:01:34	15	1
92	36	CATHERINE ELVIN	SEN	TODMORDEN HARRIERS	1:02:06	24	2
93	91	NINA MOSS	SEN	MACCLESFIELD HARRIERS & AC	1:02:35	25	4



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E V E N T S

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94	24	KIM CLARK	V55	KESWICK AC	1:02:40	7	7
95	66	SALLY HOUGHTON	V45	UNATTACHED	1:06:54	16	
96	33	CLAIRE DUFFIELD	V40	TODMORDEN HARRIERS	1:09:14	18	3
97	100	MOYRA PARFITT	V70	TODMORDEN HARRIERS	1:09:23	1	4
98	18	BERYL BUCKLEY	V65	GLOSSOPDALE HARRIERS	1:09:29	6	4
99	51	KAREN GOSS	V65	CLAYTON-LE-MOOR HARRIERS	1:16:00	7	4



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