

2011

No	DATE	RACE	MILES	TIME	POSITION
971	08/01/2011	Middlesbrough Parkrun	3.1	22;15	3 rd lady
972	09/01/2011	Old Monks 6 (shortened due to ice) (OR)	5	43:03:00	4th lady, 1st LV45
973	15/01/2011	Newcastle Parkrun	3.1	21;48	6 th lady
974	22/01/2011	The Hebden 14 (extended) (OR)	15.5	3;11	2 nd lady
975	29/01/2011	Frostbite 50 (OR)	50	10:03:23	1st lady, 3rd overall
976	05/02/2011	Middlesbrough Parkrun	3.1	20;21	1 st lady
977	06/02/2011	Dewsbury 10km	6.2	43;36	3 rd LV45
978	12/02/2011	Middlesbrough Parkrun	3.1	20:26	4th lady
979	13/02/2011	Loftus Poultry Run (OR)	8	59:29:00	14th lady
980	19/02/2011	Gorleston Cliffs Parkrun	3.1	21:53	2nd lady
981	26/02/2011	Winter Poppyline 50 (OR)	50	08:45	2nd lady
982	05/03/2011	Trollers Trot (OR)	12	02:03	2nd lady
983	12/03/2011	Middlesbrough parkrun	3.1	20:23	1st lady
984	13/03/2011	Ell and Back (OR)	15	03:02	1st lady
985	19/03/2011	Middlesbrough parkrun	3.1	20:28	5th lady
986	20/03/2011	Hull 20	20	02:35:57	10th lady
987	26/03/2011	Middlesbrough parkrun	3.1	20:37	3rd lady
988	27/03/2011	Thirsk 10	10	70;20	6th LV45
989	3-10/4/11	6 th Athens International Ultra Festival, 6 day road, 750km	462	6 days	1st person, UK rec
990	16/04/2011	Middlesbrough parkrun	3.1	21:24	1st lady
991	22/04/2011	Mermaid 10km	6.2	42;25	7th lady
992	23/04/2011	Middlesbrough parkrun	3.1	23;01	6th lady
993	25/04/2011	De Zestig Van Texel 120km (OR)	75	12;24;03	1st lady, best UK
994	30/04/2011	Middlesbrough parkrun	3.1	21;07	3rd lady
995	02/05/2011	Tees Barrage 10km	6.2	42;54	7th lady
996	07/05/2011	Middlesbrough parkrun	3.1	20;53	2nd lady
997	08/05/2011	Ripon 10 (OR)	10	80;35	11th lady
998	11/05/2011	Clive Cookson 10km	6.2	42;28	7th lady, 1st LV45
999	14/05/2011	Middlesbrough parkrun	3.1	20;42	1st lady
1000	15/05/2011	Ravenscar Coastal Half Marathon (OR)	13.1	1;59;31	4th lady
1001	17/05/2011	Fox and Hounds (OR)	9	92;03	9th lady, 1st LV45
1002	19/05/2011	Middlesbrough Cycle Circuit 5km (OR)	3.1	19;11	4th lady, 1st LV45
1003	21/05/2011	Middlesbrough parkrun	3.1	20;22	2nd lady
1004	22/05/2011	Windermere Marathon	26.2	3;38;28	18th lady
1005	28/05/2011	Middlesbrough parkrun	3.1	20;59	3rd lady
1006	29/05/2011	Run for Japan 10km	6.2	43;47	8th lady, 1st LV45
1007	03/06/2011	Hardmoors 110 (OR)	110	24hr 21min	1st lady, course rec
1008	09/06/2011	Pinchinthorpe trail 5km (OR)	3.1	22;49	6th lady, 1st LV45
1009	11/06/2011	Middlesbrough parkrun	3.1	21;30	3rd lady
1010	14/06/2011	Whortlton Run (OR)	7	58;25	12th lady
1011	16/06/2011	Marie Curie Trail 5km (OR)	3.1	22;36	2nd lady
1012	18/06/2011	Middlesbrough parkrun	3.1	20;52	1st lady
1013	19/06/2011	Newton Aycliffe 10km	6.2	44;40	12th lady

1014	23/06/2011	Preston Park Trail 5km (OR)	3.1	23;32	5th lady
1015	25/06/2011	Middlesbrough parkrun	3.1	21:07	3rd lady
1016	26/06/2011	Cleveland Way Relay (ran 2 legs) (OR)	16		1st ladies team
1017	29/06/2011	Summer Coast 5km	3.1	20;42	8th lady, 1st LV45
1018	02/07/2011	Middlesbrough parkrun	3.1	20:32	2nd lady, 1st LV45
1019	06/07/2011	Pitstop 10km	6.2	42min 42sec	7 th lady, 1 st LV45
1020	09/07/2011	Middlesbrough parkrun	3.1	20min 31sec	2 nd lady, 1 st LV45
	July	Al Andalus Ultra Trail	220km	25hrs02 min	2 nd lady, 1 st LV45
1021	11/07/2011	Loja-Alhama de Granada 37km (OR)	23	3hr 57min2s	2 nd lady
1022	12/07/2011	Alhama de Granada to Jatar 45km(OR)	28	6hr19min41s	3 rd lady
1023	13/07/2011	Jatar to Jayena 43km (OR)	26.7	4hr11min23s	2 nd lady
1024	14/07/2011	Jayena to Stacruz 60k (OR)	37.3	6hr34min25s	4 th lady
1025	15/07/2011	Stacruz to Loja 38km (OR)	23.6	4hr 0m 24s	2 nd lady
1026	23/07/2011	Middlesbrough parkrun	3.1	20min 39sec	1 st lady
1027	24/07/2011	Victorian 10km	6.2	43min 21sec	5 th lady, 2 nd LV45
1028	26/07/2011	Gribdale Gallop (OR)	8	67min 46sec	11 th lady, 1 st LV45
1029	30/07/2011	Milton Keynes parkrun	3.1	21min 11sec	1 st lady
1030	11/08/2011	The High 222km course record	138	37hr34min37	1 st person, record
1031	20/08/2011	Middlesbrough parkrun	3.1	21min 48sec	2 nd lady, 1stLV45
1032	21/08/2011	Ray Harrison 10km	6.2	44min 57sec	13 th lady, 1 st LV45
1033	27/08/2011	Middlesbrough parkrun	3.1	21min 57sec	2 nd lady, 1 st LV45
1034	01/09/2011	Marie Curie Trail 5km, Preston Park (OR)	3.1	23min 24sec	?
1035	03/09/2011	Middlesbrough parkrun	3.1	21min 55sec	1 st lady
1036	04/09/2011	Tees Pride 10km	6.2	43min 59sec	25 th lady, 3 rd LV45
1037	07/09/2011	Autumn Coast 5km	3.1	21min 14sec	4 th lady, 1 st LV45
1038	10/09/2011	Middlesbrough parkrun	3.1	21min 08sec	1 st lady
1039	11/09/2011	Robin Hood Marathon	26.2	3hr42min19s	20 th lady, 4 th LV45
1040	17/09/2011	Middlesbrough parkrun	3.1	21min 35sec	2 nd lady, 1 st LV45
1041	23/09/2011	Commonwealth 24 hours Llandudno	84	15hrs	15 th lady
1042	08/10/2011	Middlesbrough parkrun	3.1	23min 50sec	9 th lady, 1 st LV45
1043	15/10/2011	Middlesbrough parkrun	3.1	21min 10sec	1 st lady
1044	22/10/2011	Middlesbrough parkrun	3.1	21min 56sec	6 th lady, 1 st LV45
1045	29/10/2011	Middlesbrough parkrun	3.1	21min 47sec	5 th lady, 1 st LV45
1046	30/10/2011	Newcastle Town Moor Marathon	26.2	3hr46min42s	6 th lady, 4 th LV45
1047	05/11/2011	Middlesbrough parkrun	3.1	20min 59sec	1 st lady
1048	06/11/2011	Maltby 7	7	50min 24sec	4 th lady, 1 st LV45
1049	12/11/2011	Gunpowder parkrun	3.1	21min 55sec	1 st lady
1050	19/11/2011	Middlesbrough parkrun	3.1	22min06sec	6 th lady, 1 st LV45
1051	20/11/2011	Leeds Abbey Dash 10km	6.2	44min 13sec	7 th LV45
1052	26/11/2011	Bislett Indoor 24 hours 81.3km	50.5	9hrs	24 th lady
1053	03/12/2011	Middlesbrough parkrun	3.1	22min 52sec	2 nd lady, 1 st LV45
1054	04/12/2011	Darlington parkrun	3.1	22min 37sec	1 st lady
1055	10/12/2011	Durham parkrun	3.1	23min 04sec	4 th lady, 1 st LV45

1056	14- 21/12/11	Treadmill run, world record 833.05km	517.7	7 days	World record
1057	31/12/2011	Middlesbrough parkrun	3.1	23min 17sec	5 th lady, 2 nd LV45
87		YEAR TOTAL	2117.7		ave 24.3
1057		ALL RACES TOTAL	22422.6		ave 21.5