

## Womens Individual Category Results

<u>Affiliate</u>	<u>Name</u>	<u>WOD 1</u>	<u>WOD 2</u>	<u>WOD 3</u>	<u>RANK</u>
CF Reading	Becky Pykett	369 Reps (3)	219 Reps (1)	198 Reps (8)	1
CF Leyland	Gina Yates	331 Reps (10)	205 Reps (3)	223 Reps (1)	2
CF Port Talbot	kirsty edwards	335 Reps (9)	198 Reps (4)	190 Reps (12)	3
CF Tyneside	Jodie Urwin	330 Reps (11)	190 Reps (7)	198 Reps (8)	4
CF Central Lancaster	Beth Hoggarth	330 Reps (11)	197 Reps (5)	192 Reps (11)	5
Dragon CF	Chloe Williams	337 Reps (8)	176 Reps (16)	207 Reps (4)	6
CF Tyneside	Natalie Marsh	372 Reps (2)	182 Reps (13)	177 Reps (21)	7
RCF Thames	Gwen Sona	285 Reps (30)	194 Reps (6)	218 Reps (2)	8
CF Glasgow	Alison Phillips	353 Reps (6)	190 Reps (7)	171 Reps (26)	9
CF Faction	Fran Calvert	287 Reps (26)	188 Reps (9)	207 Reps (4)	9
CF Leeds	Sarah Open	330 Reps (11)	167 Reps (28)	196 Reps (10)	11
CF 3D	Ellie Carter Silk	306 Reps (23)	186 Reps (10)	180 Reps (17)	12
CF Reading	Freya Lees	367 Reps (4)	181 Reps (14)	166 Reps (32)	12
CF Workspop	Llara Romanowksi	277 Reps (45)	211 Reps (2)	217 Reps (3)	12
CF 3D	Rachel Crossley	345 Reps (7)	183 Reps (11)	165 Reps (34)	15
CF Scotland	Morag Fish	315 Reps (19)	172 Reps (20)	182 Reps (16)	16
CF Port Talbot	Cara Johnson	328 Reps (14)	175 Reps (17)	169 Reps (29)	17
RCF Velocity	Carley Evans	299 Reps (25)	170 Reps (22)	176 Reps (22)	18
CF Glevum	Aneta Saulichova	285 Reps (30)	167 Reps (28)	186 Reps (14)	19
CF Black Five	Carole	279 Reps (41)	173 Reps (19)	190 Reps (12)	19
CF Clitheroe	Laura May Fielding	408 Reps (1)	165 Reps (31)	156 Reps (45)	21
IN2CF Clapham	Jacqueline Davis Bower	327 Reps (15)	165 Reps (31)	159 Reps (43)	22
CF 3D	Melanie Rudkin	282 Reps (36)	169 Reps (24)	169 Reps (29)	22
CF Plymouth	Sophie Lawson	266 Reps (64)	170 Reps (22)	200 Reps (7)	24
CF Pen Y Bont	Abbie Evans	301 Reps (24)	165 Reps (31)	160 Reps (41)	25
CF Glasgow	Anna Kowalska	315 Reps (19)	165 Reps (31)	154 Reps (48)	26
CF Northampton	Claire McDaid	255 Reps (68)	168 Reps (25)	203 Reps (6)	27
CF Tyneside	Kirsty McAleese	285 Reps (30)	165 Reps (31)	162 Reps (38)	27
CF Colchester	Hannah Philips	357 Reps (5)	171 Reps (21)	142 Reps (76)	29
CF Devils Path	Becky Sasse	283 Reps (34)	163 Reps (39)	166 Reps (32)	30
CrossFit MTS	Emily Thomas	281 Reps (38)	181 Reps (14)	149 Reps (59)	31
RCF Thames	Maria Turner	285 Reps (30)	161 Reps (46)	153 Reps (49)	32
CF 13 Brentwood	Louise Batho	231 Reps (99)	174 Reps (18)	180 Reps (17)	33
CF Mildenhall	Racheal Stevens	246 Reps (77)	164 Reps (37)	178 Reps (20)	33
CF Faction	Sabine Whitfield	287 Reps (26)	168 Reps (25)	137 Reps (85)	35
CF Caerphilly	Sarah Lowman	318 Reps (16)	155 Reps (62)	148 Reps (60)	36
CF Teesside	Evie Hollis	274 Reps (52)	157 Reps (55)	164 Reps (35)	37
CF Norwich	Donna Atkinson	249 Reps (75)	160 Reps (47)	176 Reps (22)	38
AFS	Cally Morfitt	235 Reps (88)	183 Reps (11)	155 Reps (46)	39
CF Teesside	Keziah Wright	313 Reps (21)	158 Reps (53)	144 Reps (71)	39
CF Leeds	Sarah Bunney	287 Reps (26)	153 Reps (71)	153 Reps (49)	41
Cf Nottingham	Holly Brierley	273 Reps (53)	153 Reps (71)	174 Reps (25)	42
CF Sheffield	Ali Jackson	252 Reps (72)	160 Reps (47)	167 Reps (31)	43
CF Northampton	Hayley Beard	270 Reps (55)	153 Reps (71)	175 Reps (24)	43
CF Port Talbot	Sarah Louise Jones	278 Reps (43)	164 Reps (37)	144 Reps (71)	45
CF Cannock	Vicki Whitbrook	277 Reps (45)	160 Reps (47)	148 Reps (60)	46
CF Colchester	Lucy Rann	231 Reps (99)	162 Reps (41)	180 Reps (17)	47

CF Teesside	Hollie Simpson	280 Reps (39)	151 Reps (81)	162 Reps (38)	48
Marie Collis	Marie Collis	318 Reps (16)	148 Reps (93)	153 Reps (49)	48
CF Liverpool	Jennifer Stephens	275 Reps (50)	160 Reps (47)	146 Reps (64)	50
Dragon CF	Angie Mandeville	240 Reps (81)	155 Reps (62)	171 Reps (26)	51
CF Ayr	Hannah Young	273 Reps (53)	156 Reps (57)	146 Reps (64)	52
IN2CF Clapham	Amanda Wolthuizen	278 Reps (43)	150 Reps (87)	155 Reps (46)	53
CF 1664	Nicola Bartholomew	277 Reps (45)	157 Reps (55)	141 Reps (79)	54
CF Deviant	Athalie Redwood Brow	224 Reps (110)	163 Reps (39)	164 Reps (35)	55
CF Reading	Sian Pittman	243 Reps (79)	159 Reps (52)	152 Reps (53)	55
CF Bournemouth	Claire Crowley	283 Reps (34)	152 Reps (77)	143 Reps (74)	57
Dragon CF	Laura Prosser	253 Reps (69)	162 Reps (41)	142 Reps (76)	58
Cf Nottingham	Kristen Hager	270 Reps (55)	152 Reps (77)	151 Reps (55)	59
CF OTB	Em Saville	280 Reps (39)	143 Reps (101)	153 Reps (49)	60
CF Worcestershire	Jo Dudley	277 Reps (45)	152 Reps (77)	144 Reps (71)	61
CF Devils Path	Jessica Watling	270 Reps (55)	162 Reps (41)	130 Reps (98)	62
CF Northampton	Ann Wilgosz	253 Reps (69)	153 Reps (71)	150 Reps (56)	63
CF Worcestershire	Bec Southwell	245 Reps (78)	155 Reps (62)	150 Reps (56)	63
CF Black Five	Bethany Cawood	180 Reps (136)	168 Reps (25)	162 Reps (38)	65
CF West Yorkshire	Katy Lam	282 Reps (36)	155 Reps (62)	124 Reps (103)	66
CF Cumbria	Megan Lovegrove	276 Reps (49)	129 Reps (126)	171 Reps (26)	66
Little Mikey's	Sage Mertz	224 Reps (110)	156 Reps (57)	163 Reps (37)	68
CF Avon	Kirsty Gilmour	252 Reps (72)	153 Reps (71)	146 Reps (64)	69
Cf Nottingham	Laura Moore	247 Reps (76)	142 Reps (103)	159 Reps (43)	70
CF Cannock	Claire Curran	184 Reps (131)	151 Reps (81)	184 Reps (15)	71
CF Colchester	Lucy Fryer	190 Reps (124)	155 Reps (62)	160 Reps (41)	71
CF Teesside	Helen Morton	279 Reps (41)	151 Reps (81)	120 Reps (107)	73
CF Fareham	Jo Gamblin	268 Reps (62)	158 Reps (53)	114 Reps (114)	73
CF Cm2	Debbie Manlove	270 Reps (55)	146 Reps (95)	138 Reps (83)	75
CF 1664	Katie Flemming	270 Reps (55)	150 Reps (87)	132 Reps (94)	76
CF Reading	Helen Main	267 Reps (63)	156 Reps (57)	111 Reps (119)	77
IN2CF Clapham	Sarah Cahill	265 Reps (65)	151 Reps (81)	130 Reps (98)	78
CrossFit MTS	Isla Beattie	197 Reps (118)	153 Reps (71)	150 Reps (56)	79
CF Bury St Edmunds	Laura Yarrington	148 Reps (150)	166 Reps (30)	145 Reps (68)	80
CF Teesside	Angela Cummings	316 Reps (18)	151 Reps (81)	34 Reps (155)	81
CF Wigan	Angela Sweeney	226 Reps (103)	156 Reps (57)	130 Reps (98)	82
CF West Yorkshire	Philippa Read	235 Reps (88)	152 Reps (77)	132 Reps (94)	83
CF Cannock	Lizzie Smith	225 Reps (107)	165 Reps (31)	110 Reps (123)	84
CF Liverpool	Melanie Rudig	116 Reps (158)	162 Reps (41)	147 Reps (62)	84
CF Pen Y Bont	Danielle Burton	250 Reps (74)	138 Reps (109)	141 Reps (79)	86
CrossFit MTS	Kat Brownlee	129 Reps (157)	162 Reps (41)	146 Reps (64)	86
CF Cm2	Sydni Fisher	236 Reps (85)	131 Reps (124)	152 Reps (53)	86
RCF Stockport	Kelly Stoney	233 Reps (95)	151 Reps (81)	135 Reps (88)	89
CF SA1	Gemma Tarling	241 Reps (80)	155 Reps (62)	108 Reps (126)	90
CF Cm2	Jennifer Taylor	270 Reps (55)	136 Reps (113)	127 Reps (101)	91
CF SA1	Rachel Dalling	240 Reps (81)	155 Reps (62)	108 Reps (126)	91
CF NW1	Hannah Pendlebury	191 Reps (123)	155 Reps (62)	137 Reps (85)	93
CF 3D	Ali Watson	253 Reps (69)	144 Reps (99)	124 Reps (103)	94
CF Pen Y Bont	Sarah Morgan	232 Reps (97)	139 Reps (106)	143 Reps (74)	95
CF Cumbria	Jaimi Wilson	226 Reps (103)	156 Reps (57)	110 Reps (123)	96
RCF Thames	Danielle Woods	238 Reps (84)	139 Reps (106)	132 Reps (94)	97

CF Caerphilly	Jessica Mclean	189 Reps (126)	145 Reps (96)	147 Reps (62)	97
CF Cumbria	Joanne Hughes	193 Reps (122)	145 Reps (96)	145 Reps (68)	99
CF Ireland	Nadia Aspmo	235 Reps (88)	136 Reps (113)	135 Reps (88)	100
CF Liverpool	Hope Causer-Gillies	260 Reps (67)	124 Reps (142)	139 Reps (81)	101
CF Leeds	Laura Hughes	234 Reps (92)	150 Reps (87)	114 Reps (114)	102
CF Teesside	Rebecca Dunn	275 Reps (50)	134 Reps (118)	96 Reps (135)	103
CF Blackpool	Kelly Thorn	286 Reps (29)	124 Reps (142)	98 Reps (134)	104
CF Hove	Katja Harjanne	225 Reps (107)	137 Reps (111)	135 Reps (88)	105
CF Glasgow	Emma Hughes	270 Reps (55)	139 Reps (106)	69 Reps (148)	106
CF Pen Y Bont	Penny Park-Pearson	262 Reps (66)	128 Reps (130)	111 Reps (119)	107
AFS	Lynn Holder	240 Reps (81)	142 Reps (103)	96 Reps (135)	108
Dragon CF	Keyly Scott	217 Reps (115)	133 Reps (120)	135 Reps (88)	109
IN2CF Clapham	Laura Egan	235 Reps (88)	129 Reps (126)	117 Reps (110)	110
CF Norwich	Michelle Donald	143 Reps (155)	143 Reps (101)	145 Reps (68)	110
CF Teesside	Jamie Leigh Boulton	225 Reps (107)	145 Reps (96)	110 Reps (123)	112
CF Cannock	Lucie Anslow	132 Reps (156)	154 Reps (70)	127 Reps (101)	113
CF Bury St Edmunds	Daisy Rayson	226 Reps (103)	119 Reps (151)	142 Reps (76)	114
RCF Thames	Frankie Newall	220 Reps (112)	136 Reps (113)	123 Reps (105)	114
CF Colchester	Jessica Johns-Green	183 Reps (133)	138 Reps (109)	135 Reps (88)	114
CF Blackpool	Isabel Rogers	236 Reps (85)	127 Reps (134)	116 Reps (112)	117
CF Clitheroe	Carla Thompson	231 Reps (99)	114 Reps (152)	139 Reps (81)	118
CF Reading	Georgia Yurkwich Spink	162 Reps (144)	148 Reps (93)	131 Reps (97)	119
CFSA1	Lucy Greenway	236 Reps (85)	125 Reps (140)	119 Reps (109)	119
AFS	Toni Whiteley	195 Reps (119)	150 Reps (87)	107 Reps (129)	121
White Cliffs CF	Rachael Chapman	234 Reps (92)	128 Reps (130)	113 Reps (117)	122
CF Avon	Amelia Handoll	183 Reps (133)	133 Reps (120)	136 Reps (87)	123
CF Wigan	Hannah Talbot	180 Reps (136)	160 Reps (47)	27 Reps (158)	124
CF Evolving	vicky Yin	212 Reps (116)	127 Reps (134)	133 Reps (93)	125
CF Tyneside	Jo Brown	232 Reps (97)	135 Reps (116)	94 Reps (139)	126
CF Clitheroe	Zara Chaplin	310 Reps (22)	1 Reps (166)	1 Reps (165)	127
CF Norwich	Carla Brown	145 Reps (152)	133 Reps (120)	138 Reps (83)	128
CF NW1	Katie Hughes	226 Reps (103)	127 Reps (134)	111 Reps (119)	129
CF Teesside	Kelly Mylan	228 Reps (102)	137 Reps (111)	84 Reps (145)	130
CF Scotland	Rachel K Bradford	180 Reps (136)	135 Reps (116)	120 Reps (107)	131
CF Caerphilly	Christine Jenkins	157 Reps (147)	144 Reps (99)	114 Reps (114)	132
CF Blackpool	Hannah Ferguson	162 Reps (144)	150 Reps (87)	99 Reps (133)	133
CF Cm2	Christine Cope	205 Reps (117)	126 Reps (137)	112 Reps (118)	134
Cf Nottingham	Daniela Schulze	169 Reps (142)	129 Reps (126)	117 Reps (110)	135
cF Pen Y Bont	Lauren Yeates	166 Reps (143)	128 Reps (130)	115 Reps (113)	136
CF Fareham	Naomi Bazeley	73 Reps (166)	150 Reps (87)	96 Reps (135)	137
RCF Stockport	Cat Sinton	190 Reps (124)	122 Reps (146)	111 Reps (119)	138
CF OTB	Emma Gage	234 Reps (92)	114 Reps (152)	67 Reps (149)	139
CF Black Five	Madeline Hughes	173 Reps (140)	111 Reps (157)	123 Reps (105)	140
Dragon CF	Jen Edwards	218 Reps (114)	130 Reps (125)	1 Reps (165)	141
CF Black Five	Annabel Williams	195 Reps (119)	112 Reps (155)	100 Reps (132)	142
CF Glasgow	Rona Corkindale	189 Reps (126)	132 Reps (123)	9 Reps (161)	143
CF HG3	Jessica Perrin	156 Reps (148)	126 Reps (137)	108 Reps (126)	144
CF Hove	Phoebe Thorpe	233 Reps (95)	102 Reps (161)	29 Reps (156)	145
CF Glasgow	Anne Halliday	178 Reps (139)	124 Reps (142)	96 Reps (135)	146
CF Teesside	Lauren Newby	151 Reps (149)	125 Reps (140)	102 Reps (131)	147

Britannia CF	Stephanie Slack	220 Reps (112)	114 Reps (152)	29 Reps (156)	147
CF Mildenhall	Jisela Rosales	184 Reps (131)	104 Reps (160)	104 Reps (130)	149
CF Mildenhall	Kimberly Leonard	195 Reps (119)	101 Reps (162)	90 Reps (142)	150
CF 13 Brentwood	Sara Duplesis	183 Reps (133)	121 Reps (147)	86 Reps (144)	151
CF Hove	Julie Pope	185 Reps (130)	112 Reps (155)	91 Reps (141)	152
CF Place	Vicky Gottwald	159 Reps (146)	134 Reps (118)	6 Reps (162)	152
CF HG3	Bexx Hillam	187 Reps (128)	121 Reps (147)	52 Reps (154)	154
CF 1664	Bibiana Alexander	96 Reps (163)	140 Reps (105)	6 Reps (162)	155
CF Fareham	Amy Taylor	103 Reps (160)	129 Reps (126)	56 Reps (153)	156
Second City CF	Emer McDonnell	145 Reps (152)	126 Reps (137)	61 Reps (151)	157
CF NW1	Anna Lewis	60 Reps (167)	128 Reps (130)	66 Reps (150)	158
Cf Nottingham	Stacey Smithson	115 Reps (159)	120 Reps (149)	92 Reps (140)	159
CF Liverpool	Jennifer Martin	187 Reps (128)	100 Reps (163)	11 Reps (159)	160
CF 1664	Danielle	99 Reps (162)	120 Reps (149)	82 Reps (147)	161
CF Blackpool	Jess Large	144 Reps (154)	123 Reps (145)	6 Reps (162)	162
Britannia CF	Clare Dowson	85 Reps (164)	109 Reps (158)	87 Reps (143)	163
Second City CF	Gemma Tomkinson	103 Reps (160)	93 Reps (164)	84 Reps (145)	164
CF Liverpool	Stephanie Cook	147 Reps (151)	107 Reps (159)	11 Reps (159)	164
CF Mildenhall	Sarah Terry	172 Reps (141)	0 Reps (168)	0 Reps (168)	166
Cf Nottingham	Jo Morris	80 Reps (165)	92 Reps (165)	61 Reps (151)	167
CF Clitheroe	Kimberley Keegan	1 Reps (168)	1 Reps (166)	1 Reps (165)	168
CF West Yorkshire	Amy Pickworth				
Border City CF	Emma Sims				
CF JST	Francesca Lloyd				
CF 1664	Gemma Wyles				
Cf Nottingham	Katie Baggott				
CF Teesside	Rebecca Hughes				
CF Causeway	Shona Hegarty				
RCF Thames	Stella Coffey				
CF Glasgow	Steph Dekker				
CF West Yorkshire	Vicki Hassett				