



LEAGUE 2023

Take part in 3 or more qualifying UK Triathlon Events in 2023 and see if you can win your age group or even the entire League.

Your 3 highest scoring events will automatically count as your total score.

The more events you do increases your chances of a better score.

Any Sprint or Olympic (including Ultimate ¼) qualifies.

FEMALE CATEGORY AGE GROUP F (30-34)

Only people who are female sex at birth are eligible to compete in the Female category. All individuals including transgender people are eligible to compete in the Open category.

POS.	NAME	AGE	STRATFORD	CHESHIRE	ELLESMERE	ULTIMATE QUARTER	HENLEY	BIRMINGHAM	YORK	SHROPSHIRE	NORTH WEST	WARWICKSHIRE	TOP 3 SCORE	Number of Races
1	Elspeth Bradshaw	31	973	995			1000	955				977	2972	5
2	Eleanor Perkins	33			1000	951					1000		2951	3
3	Claire Capper	32		985				940					1925	2
4	Nicola Staples	33		955					933				1888	2
5	Miriam Luft	31			1000					868			1868	2
6	Ashleigh Oakes	34	884									926	1810	2
7	Helen Bird	31		921							868		1789	2
8	Hannah Chumbley	30		891							860		1751	2
9	Abigail Wilkes	34	753									728	1481	2
10	Olivia Whiteside	33	781									647	1428	2
11	Maeve Roseveare	34	555					567					1122	2
12	Alex Jane Smethurst	32							991				991	1
13	Claire TRUE	31						985					985	1
14	Eleanor Pitcher	30		975									975	1
15	Natalie Morris	31	966										966	1
16	Joanne Morgan	32		960									960	1
17	Emma Rickard	30					957						957	1
18	Sophie Wharton	30										948	948	1
19	Rachel Davidson	33							942				942	1
20	Rebecca Shorrocks	30		931									931	1
21	Kayleigh Cook	31				927							927	1
22	Phoebe Penfold	31						925					925	1
23	Rachel Higham	33									922		922	1
24	Joanne Bird	32								921			921	1
25	Tasha Chandler	34						910					910	1
26	Anna Douglas	33										897	897	1

27	Seren Prys-Jones	30	886	886	1
28	Jane Dench	33	872	872	1
29	Lara Groves	32	853	853	1
30	Molly Hrudka	33	851	851	1
31	Sadie Elizabeth Penfold	31	851	851	1
32	Kirsten Blayney	31	849	849	1
33	Hannah Pate	33	838	838	1
34	Mikaela Wardle	31	836	836	1
35	Louise Whitting	32	833	833	1
36	Emily Crowe	31	821	821	1
37	Sarah Noble	34	818	818	1
38	Kyla McCosh	30	810	810	1
39	Amanda Chen	31	808	808	1
40	Alice Maclennan	30	801	801	1
41	Lauren McGurk	30	798	798	1
42	Sophie Morris	33	776	776	1
43	Rebecca Lamb	31	768	768	1
44	Victoria Frisby	34	732	732	1
45	Anna John	30	728	728	1
46	Megan judge	34	725	725	1
47	Sophie Mayers	32	721	721	1
48	Lydia Cole	30	718	718	1
49	Joanna Powell	31	683	683	1
50	Natasha Keers	33	682	682	1
51	Abigail Jennings	32	678	678	1
52	Hannah Pinnell	34	667	667	1
53	Elisabeth Ogbonmwan	34	666	666	1
54	Stacey Price	33	628	628	1
55	Samantha McGowan	32	627	627	1
56	Rebecca Gvozdenko	33	620	620	1
57	Emily Robins	34	617	617	1
58	Kate Stuart	31	605	605	1
59	Alli Connolly	32	600	600	1
60	Katherine Hughes	33	595	595	1
61	Chloe Blake	32	587	587	1
62	Samantha Keylock	33	584	584	1
63	jessie cox	31	582	582	1
64	Fiona Cull	34	575	575	1
65	Sophia Gray	33	569	569	1

66	Hannah Williams	31	568			568	1	
67	Maddie Brenner-Roach	32	564			564	1	
68	Amy Stallard	31			560	560	1	
69	Ffion Davies-Cale	31				558	558	1
70	Samantha Fallows	33	550			550	1	
71	Emma Joy Cockroft	34			536	536	1	
72	Amy Rudnicki	33	530			530	1	
73	Amy Baker	34	514			514	1	
74	Alison Kay	30	500			500	1	
75	Rachel Sayer-Smith	34			500	500	1	
76	Georgia Razavi-Hart	33	500			500	1	
77	Sophie Chappel	32	495			495	1	
78	Danielle Bastiaens	31			487	487	1	
79	Emily Thorpe	33	452			452	1	
80	Charlotte Komor	32			449	449	1	
81	Grace Pullen	32	441			441	1	
82	Nic Shrubbs	34				418	418	1
83	Nina Blythe	30			403	403	1	
84	Ellie Richards	30	390			390	1	
85	Ashleigh Burgan	33			380	380	1	
86	Caroline Jones	31	366			366	1	
87	Rachael Austin	30	342			342	1	
88	Alice Hillier-Tattersall	30			340	340	1	
89	Anna-Louise Powell	30			333	333	1	
90	Nikki Urquhart	33	332			332	1	
91	Sophie Dey	31				325	325	1
92	Sarah Nicholson	30			322	322	1	
93	JESSICA KIRK	34			289	289	1	
94	Jade Thompson	32	287			287	1	
95	Victoria Wright	30			276	276	1	
96	Harriet Worrall	30			273	273	1	
97	Alice Baker	31				271	271	1
98	Rachel Simcox	34	267			267	1	
99	lauren threadgold	31	262			262	1	
100	sarah beattie	34			255	255	1	
101	Emma Crawford	31				235	235	1
102	Lucy Crookston	34			233	233	1	
103	Kerrie Brown	33			207	207	1	
104	Rhian Jarvis	33	200			200	1	

105	Lauren Spink	33	198	198	1
106	Rebecca Massey	34	195	195	1
107	Claudia Orozco	32	194	194	1
108	Bernadette Turnbull-Smith	34	193	193	1
109	Cath Schofield	34	191	191	1
110	Bethan Owen	30	190	190	1
111	Charlotte Good	34	188	188	1
112	Louise Kinsey	33	185	185	1
113	Simina Negoï	32	168	168	1
114	Anna Pratt	32	163	163	1
115	Adriane Bianchin	30	149	149	1
116	Nikita Chavda	30	140	140	1
117	Rebecca Muttram	33	128	128	1
118	Julie Jones	30	124	124	1
119	Natasha Matthews	30	106	106	1
120	Lottie Lofthouse	34	102	102	1
121	Katie Dobson	30	89	89	1
122	Lauren Mitchell	31	87	87	1
123	Naomi Tetler	30	79	79	1
124	Lucy Belcher	31	77	77	1
125	Danielle Riley	31	70	70	1
126	Sarah Vickers	31	64	64	1
127	Sophie Kershaw	31	55	55	1
128	Stephanie Luisis	31	46	46	1
129	Rebecca James	34	39	46	2
130	Lauren Miner	31	44	44	1
131	Clare Peters	34	25	25	1
132	Martha Pearson	34	10	10	1
133	Jennifer Sacks	32	7	7	1