

Seniors Championship Summer 2013

Race	Birchwood Park Ladies 5KM
Distance	5KM
Date	03/07/2013

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Dorothy Fairhurst	71	101	28.52	18.39	16
2	Pam Appleton	60	76	26.18	20.08	15
3	Helena McGoldrick	50	64	25.42	22.29	14
4	Jane Ashcroft	45	78	26.30	24.33	13
5	Joanne Keogh	35	66	25.54	25.54	12
6	Chris Dempsey	50	111	30.15	26.28	11
7	Karen Harrison	45	102	28.53	26.46	10
8	Karen Mawdsley	40	91	27.49	26.51	9
9	Sarah O'Donoghue	40	99	28.47	27.47	8
10	Denise Page	45	116	30.24	28.10	7
11	Pauline Picton	55	149	34.59	28.42	6
12	Karen Young	42	140	33.15	31.38	5
13	Sue Clague	45	162	37.06	34.23	4
14	Kay Wilcock	45	166	39.17	36.24	3
15	Vicky Hewitt	50	169	44.55	39.17	2
16	Wendy Anthony	50	170	45.36	39.53	1

Notes

approximate ages used, please inform us / scribble on your actual age for a more accurate adj race time

* Adj Race Times are calculated using Running World Age Grade Calculator.
Championship positions are then calculated using this time.