

## 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	51	64	25.42	21.96	14
4	Jane Ashcroft	45	78	26.30	24.33	13
5	Joanne Keogh	35	66	25.54	25.54	12
6	Chris Dempsey	52	111	30.15	26.08	11
7	Karen Harrison	45	102	28.53	26.46	10
8	Karen Mawdsley	40	91	27.49	26.51	9
9	Pauline Picton	59	149	34.59	27.10	8
10	Sarah O'Donoghue	40	99	28.47	27.47	7
11	Denise Page	45	116	30.24	28.10	6
12	Karen Young	42	140	33.15	31.38	5
13	Sue Clague	45	162	37.06	34.23	4
14	Kay Wilcock	46	166	39.17	36.02	3
15	Wendy Anthony	52	170	45.36	38.54	2
16	Vicky Hewitt	50	169	44.55	39.17	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.