

## 2013 Summer Championship - Ladies

Last updated 2/8/16

Position	Name	Age	Training Points				Race Points													TOTAL POINTS	
			Jul	Aug	Sept	Oct	Race 1 Birchwood 5km	Race 2 Burtonwood 5m	Race 3 Sale Sizzler	Race 4 Birchwood 10km	Race 5 Pennington 5m	Race 6 Delamere Parkrun	Race 7 English Half	Race 8 NW Road Relays	Race 9 Northern Road Relays	Race 10 Princes Parkrun	Race 11 Macclesfield Half	Race 12 Chester Marathon	Race 13 Gin Pit 5m		
1	Joanne Keogh	38					12	-	9												21
2	Dorothy Fairhurst	71					16	-	-												16
3	Pauline Picton	59					8	-	8												16
4	Pam Appleton	60					15	-	-												15
5	Helena McGoldrick	51					14	-	-												14
6	Karen Young	43					5	3	6												14
7	Jane Ashcroft	45					13	-													13
8	Sonya Monaghan	35					-	3	10												13
9	Chris Dempsey	52					11	-	-												11
10	Karen Harrison	45					10	-	-												10
11	Karen Mawdsley	40					9	-	-												9
12	Sarah O'Donoghue	40					7	-	-												7
13	Kay Wilcock	46					3	-	4												7
14	Rachel Wilcock	18					-	-	7												7
15	Denise Page	45					6	-	-												6
16	Wendy Anthony	52					2	-	3												5
17	Laura Anthony	23					-	-	5												5
18	Sue Clague	45					4	-	-												4
19	Vicky Hewitt	50					1	-	1												2
20	Clare Davies	38					-	-	2												2
21	Louise Ford	42					-	-	-												0

### Notes

Points are awarded based on the age graded adjusted race times. See individual race sheets for the differences.

Training points will be calculated at the end of each month based on the subs sheets. If you don't pay your session subs (Coach's excluded), you don't get the points!

Anyone whose club membership is not paid up to date will score 0 points until they become members again.

Please see the Championship Rules for all other information. All queries should be emailed to [ayoung@demuto.eu](mailto:ayoung@demuto.eu). The committee's decision on any interpretation of the rules is final.

Please bear in mind that this is a new system and we are doing our best to bed it in without problems. Thanks Ant