2014 Summer Championship - Ladies

Last updated 01/03/2014

			Training Points			Race Points																	
Position	Name	Age	March	April	May	Pennington Flash Park Run	GPW- St Helens 10KM 9th Mar	6 & 12 Stage Relays Heaton 15th Mar	Park Run TBC	Run The Bridge	Christleton 5KM 20th April	Mersey Tunnel 10km 8th Jun	Seaside Run Leasowe 5km 25th Jun	Birchwood Park 5km * Jul	Burtonwood 5 Mile Jul	Birchwood 10km Aug	NW Relays 13th-14th Sept	NW Relays 20th Sept	Dream Trail Race 21st Sept	Gin Pit Trail 5 Oct	Pennington Flash Park Run 25th Oct		TOTAL POINTS
1	Sonya Monaghan	45				9	18															27	
2	Karen Harrison	45				6	15															21	
3	Dorothy Fairhurst	71					19															19	
4	Jane Ashcroft	46					16															16	
5	Gemma Arden	30				5	10															15	
6	Pauline Picton	60					14															14	
7	Sharon Nunn	40					13															13	
8	Claire Brown	39					12															12	
9	Elaine Ahern	50				3	8															11	
10	Karen Young	43				4	7															11	
11	Sarah O'Donoghue	40					11															11	
12	Rachel Wilcock	19					9															9	
13	Chris Dempsey	52				8																8	
14	Rebecca Greenhalgh	22				7																7	
15	Laura Anthony	23					6															6	
16	Rachel Beesley	21					5															5	
17	Carolyn Joyce	?					4															4	
18	Holly Hilton	?					3															3	
	Helena McGoldrick	51																					
	Pam Appleton	60																					
	Karen Mawdsley	42																					
	Linda White	52																					
	Kay Wilcock	46																					
	Wendy Anthony	52																					
	Clare Davies	39																					
	Vicky Hewitt	51																					
	Andrea Beesely	47																					
	Janet Holmes	59																					
	Louise Ford	42																					
	Sue Clague	45																					
	Lynsey Wilson	40																					
	Denise Page	45																					

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. The committee's decision on any interpretation of the rules is final.