2014 Summer Championship - Ladies

Last updatı 14/09/2014

			Training Points						Race Points															
Position	Name	Age	March	April	May	Jun	jul	Aug	Pennington Flash Park Run	GPW St Helens 10KM 9th Mar	6 &12 Stage Relays Heaton 15th Mar	Warrington Park Run 5KM 5th April	Run The Bridge 20th April	Christleton 5KM 23rd May	Mersey Tunnel 10km 8th Jun	Seaside Run Leasowe 5km 25th Jun	Birchwood Park 5km * Jul	Sefton Park 5 M 16th July	Birchwood 10km 17th Aug	NW Relays-13th-14th Sept	NW Relays 20thSept	Dream Trail Race 12th Oct	St Helens parkrun 25th Oct	TOTAL POINTS
1	Pam Appleton	60	5	6	7	4	3	4				12	14		7		18	5	13					**98**
2	Rachel Wilcock	19	8	9	8	5	6	5		9		7	8		4		14		9	6				**98**
3	Dorothy Fairhurst	72	8	7	7	3	4	4		19					8	5	19							**84**
4	Sonya Monaghan	45	7	7	5	4	7	5	9	18				5				5	12					**84**
5	Helena McGoldrick	51	8	9	8	8	6	7									17		10	4				**77**
6	Rachel Beesley	21	5	9	6	7	4	5		5		6	7		3		13		7					**77**
7	Pauline Picton	60	5	8	2	4	2	3		14		10	10				15							**73**
8	Karen Harrison	46	6	6	8	6	3	5	6	15			9		5									**69**
9	Linda White	52	8	9	7	5	8	7					12						11					**67**
10	Karen Young	43	6	5	5	8	5	4	4	7		5					10	5						**64**
11	Kay Wilcock	46	8	8	8	7	5	5				4	5				7		4					**61**
12	Jane Ashcroft	46	7	5	5	7	5	4		16			11											**60**
13	Clare Davies	39	9	7	6	7	8	4				3					5		5					**54**
14	Gemma Arden	30	4	5	5	4	4	3	5	10		8												**48**
15	Vicky Hewitt	51	7	8	7	7	6	4					4				4							**47**
16	Claire Brown	39	7	3	3	6	2	0		12							12							**45**
17	Carolyn Joyce	31	1	2	3	1	1	2		4							16		8	3				**41**
18	Andrea Beesely	47	3	6	5	5	4	4									8		6					**41**
19	Julia Eccleston	40	0	0	0	0	0	0				11	13		6	5						5		**40**
20	Sharon Nunn	45	4	9	4	2	0	0		13														**32**
21	Laura Anthony	23	4	3	4	4	1	0		6							9							**31**
22	Wendy Anthony	52	6	4	4	5	2	2									6							**29**
23	Lynsey Wilson	40	3	3	7	3	8	5																**29**
24	Elaine Ahearn	50	3	4	1	2	1	0	3	8			6											**28**
25	Sarah O'Donoghue	40	2	1	5	4	3	2		11														**28**
26	Chris Dempsey	52	2	5	2	1	3	2	8			3												**26**
27	Janet Holmes	59	5	3	0	3	1	2				9												**23**
28	Karen Mawdsley	42	7	0	6	2	3	0																**18**
29	Rebecca Greenhalgh	22	2	2	0	0	0	0	7															**11**
30	Anita Hall	?			?	?	0	0									11							**11**
31	Louise Hill	?	?	?	0	0	0	0					3				3		3					**9**
32	Louise Ford	42	0	0	0	0	0	0																
33	Sue Clague	45	0	0	0	0	0	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. The committee's decision on any interpretation of the rules is final.