

Seniors Championship Summer 2013

Race	Pennington Flash Park Run
Distance	5KM
Date	01/03/2014

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Mark Liptrot	52	11	20.26	17.35	5
2	Gary Oldham	44	32	22.15	20.24	5
3	Antony Young	40	85	25.41	24.16	5

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Sonya Monaghan	45	36	22.36	20.56	9
2	Chris Dempsey	52	131	28.38	24.25	8
3	Rebecca Greenhalgh	22	97	26.24	26.24	7
4	Karen Harrison	45	129	28.35	26.29	6
5	Gemma Arden	30	135	28.49	28.48	5
6	Karen Young	43	227	32.50	30.39	4
7	Elaine Ahern	52				3

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.

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