

## Seniors Championship Summer 2013

Race	GPW St Helens 10 KM
Distance	10KM
Date	9th March

### MEN

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Calum Lockett	?	3	33.34	33.34	12
2	John Greenall	50	14	36.24	34.24	11
3	Andrew Wilson	40	15	37.24	35.21	10
4	Dave Hampson	40	44	40.44	38.30	9
5	Ian Roberts	40	87	42.48	40.27	8
6	Carl Unsworth	?	168	45.11	45.11	7
7	Kevin Cunningham	?	222	46.08	46.08	6
8	Chris Coatsworth	?	269	46.51	46.51	5
9	Anthony Doyle	50	753	54.38	47.47	4
10	Chris Paton	?	506	51.17	51.17	3

### LADIES

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Dorothy Fairhurst	72	1081	1.00.29	38.24	19
2	Sonya Monaghan	45	96	43.01	39.54	18
3	Julia Eccleston	40	228	46.13	44.37	17
4	Jane Ashcroft	46	714	54.08	49.39	16
5	Karen Harrison	45	756	54.39	50.38	15
6	Pauline Picton	60	1256	1.06.47	51.08	14
7	Sharon Nunn	40	754	53.19	51.28	13
8	Clare Brown	39	768	54.54	53.19	12
9	Sarah O donoghue	40	899	56.51	54.53	11
10	Gemma Aden	30	816	55.28	55.27	10
11	Rachel Wilcock	19	945	57.45	57.31	9
12	Elaine Ahern	50	1297	1.06.01	57.45	8
13	Karen Young	43	1227	1.04.06	1.00.30	7
14	Laura Anthony	23	1162	1.02.45	1.02.45	6
15	Rachel Beesley	21	1164	1.02.46	1.02.46	5
16	Carolyn Joyce	?	1168	1.02.47	1.02.47	4
17	Holly Hilton	?	1169	1.02.48	1.02.48	3

### Notes

approximate ages used, please inform us / scribble on your actual age for a more accurate adj race time

As less  
than 5

\*Adj Race Times are calculated using Running World Age Grade Calculator.  
Championship positions are then calculated using this time.

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