

2015 Summer Championship - Ladies

Position	Name	Age	Training Points				Race Points																	TOTAL POINTS				
			March	April	May	Jun	ST HELENS 10MM	ROAD RELAYS 28TH MARCH	HALE 5 MILER 5TH APRIL	ST HELENS PARKRUN 23TH APRIL	WALTON PARK 5 MILER 19TH MAY	MIRSEY TUNNEL 10MM 28TH JUNE	LADIES FOREST PARK 5KM JULY EDDITORT	HALE MARATHON 9TH FEB	SETTON PARK 5 MILER	MYSTERY 5MM 12TH AUGUST	BIRCHWOOD 10 KM	THE DREAM TRAIL RACE 31ST AUGUST	WIGAN 10MM	NW RELAYS 29th SEPT	RAINFORD 10MM 24TH OCT							
1	Rachel Beesley	22					16	7	10		6	5	4	10		5		6	5	8								82
2	Rachel Wilcock	20					17	6	11	8	6	5	12				7	5	7									79
3	Sonya Monaghan	46					21	8	12		7	6					5	9									68	
4	Amy Corfield	22					10			5	4	3	10		5		5	5	6								53	
5	Pam Appleton	61					22					14					10										46	
6	Linda White	53					19					11					8										38	
7	Julia Eccleston	41					20					13		5													38	
8	Jane Ashcroft	47					18			7					3												28	
9	Karen Harrison	47					15											5	5								25	
10	Kay Wilcock	47					6		7			5							5	3							21	
11	Carolyn Joyce	32					11					8															19	
12	Pauline Picton	61							9			9															18	
13	Janet Holmes	60					9											3							4		16	
14	Karen Young	44					8		8																		16	
15	Carol Stanley	32					5		5		5																15	
16	Andrea Joyce	47					7					7															14	
17	Alison Rotherham	46					14																				14	
18	Sarah O'Donoghue	43					13																				13	
19	Louise Hill	37					3		6				4														13	
20	Gemma Arden	31					12																				12	
21	Claire Brown	40							3				6														9	
22	Helena McGoldrick	52						4										4									8	
23	Lorraine Kelly Swan	41							4	4																	8	
24	Rachel McGoldrick	?						5																			5	
25	Collette Glover	31					4																				4	
26	Chris Dempsey	53								3																	3	
27	Marie McGoldrick							3																			3	
28	Kath Ohara	30											3														3	
	Vicky Hewitt	52																										
	Clare Davies	40																										
	Laura Anthony	24																										
	Elaine Ahearn	51																										
	Andrea Beesely	48																										
	Wendy Anthony	53																										
	Lynsey Wilson	41																										
	Karen Mawdsley	43																										
	Louise Ford	43																										

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.