

2015 Summer Championship - Ladies

			Training Points				Race Points																			
Position	Name	Age	March	April	May	Jun	ST HELENS 10KM	ROAD RELAYS 28TH MARCH	HALE 5 MILER 5TH APRIL	ST HELENS PARKRUN 25TH APRIL	WALTON PARK 5 MILER 19TH MAY	MERSEY TUNNEL 10KM 28TH JUNE	LADIES FOREST ARK 5KM JULY	SOUTHPORT HALF MARATHON 9TH JULY	MYSTERY 5KM 12TH AUGUST	BIRCHWOOD 10 KM	THE DREAM TRAIL RACE 21ST AUGUST	WIGAN 10KM	NW RELAYS TBC	METRIC MARATHON 4TH OCT	RAINFORD 10KM 24TH OCT		TOTAL POINTS			
1	Sonya Monaghan	46					21	8	12		7	6												54		
2	Rachel Wilcock	20					17	6	11	8	6	5												53		
3	Rachel Beesley	22					16	7	10	6	5	4												48		
4	Jane Ashcroft	47					18			7														25		
5	Amy Corfield	22					10			5	4	3												22		
6	Pam Appleton	61					22																	22		
7	Julia Eccleston	41					20																	20		
8	Linda White	53					19																	19		
9	Karen Young	44					8		8															16		
10	Karen Harrison	47					15																	15		
11	Carol Stanley	32					5		5		5													15		
12	Alison Rotherham	46					14																	14		
13	Kay Wilcock	47					6		7															13		
14	Sarah O'Donoghue	43					13																	13		
15	Gemma Arden	31					12																	12		
16	Carolyn Joyce	32					11																	11		
17	Janet Holmes	60					9																	9		
18	Pauline Picton	61							9															9		
19	Louise Hill	37					3		6															9		
20	Lorraine Kelly Swan	41							4	4														8		
21	Andrea Joyce	47					7																	7		
22	Rachel McGoldrick	?						5																5		
23	Collette Glover	31					4																	4		
24	Helena McGoldrick	52						4																4		
25	Chris Dempsey	53								3														3		
25	Marie McGoldrick							3																3		
26	Claire Brown	40							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.