

Seniors Championship Summer 2013

Race	GPW St Helens 10 KM
Distance	10KM
Date	8Th March

MEN

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	John Greenall	50	9	37.21	32.40	11
2	Barry Graney	50	29	39.44	34.45	10
3	John Appleton	62	252	47.55	37.52	9
4	Chris Coatsworth	46	291	47.41	43.03	8
5	Antony Young	41	423	49.43	46.38	7
6	Ian Reid	?	36	47.07	47.07	6
7	Keith Williams	?	347	48.58	48.58	5
8	Ian White	51	1074	59.34	51.41	4
9	Stephen Pickavance	?	826	55.56	55.56	3

LADIES

Position	Athlete	Age	Race Pos	Race Time	Adj Race Time*	Points
1	Pamela Appleton	60	545	52.56	40.32	23
2	Dorothy Fairhurst	72	1192	01.03.52	40.33	22
3	Sonya Monaghan	45	191	45.32	41.46	21
4	Julia Eccleston	40	201	46.09	44.33	20
5	Linda White	52	807	56.17	48.00	19
6	Jane Ashcroft	46	614	53.09	48.45	18
7	Rachel Wilcock	19	380	49.03	48.52	17
8	Rachel Beasley	21	388	49.15	49.15	16
9	Karen Harrison	46	829	56.44	52.02	15
10	Alison Rotherham	45	830	56.21	52.13	14
11	Sarah ODonoghue	40	828	55.59	54.02	13
12	Gemma Arden	30	786	55.53	55.52	12
13	Carolyn Joyce	?	827	55.59	55.59	11
14	Amy Corfield	?	832	56.00	56.00	10
15	Janet Holmes	59	1589	01.13.15	56.53	9
16	Karen Young	43	1196	01.02.22	58.52	8
17	Andrea Joyce	46	1522	01.10.41	01.04.49	7
18	Kay Wilcock	46	1676	01.20.16	01.13.37	6
19	Carol Stanley	?	1613	01.14.17	01.14.17	5
20	Collette Glover	?	1612	01.14.18	01.14.18	4
21	Louise Hill	?	1658	01.17.32	01.17.32	3

Notes

ible on your actual age for a more accurate adj race time

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