

## 2014 Summer Championship - Ladies

Last updated 05/07/2014

Position	Name	Training Points				Race Points																		TOTAL POINTS													
		Age	March	April	May	Jun	Pennington Flash Park Run	Gr W St Helens 10KM 9th Mar	6 & 12 Stage	Rolvs Heathon 15th Mar	Warrington Park Run 5KM 5th April	Run The Bridge 20th April	Christleton 5KM 23rd May	Mersey Tunnel 10km 8th Jun	Seaside Run Leasowe 5km 25th Jun	Birchwood Park 5km * Jul	Saffron Park 5 M 26th July	Birchwood 10km 17th Aug	NW Relays 1st-4th Sept	NW Relays 20th Sept	Dream Trail Race 12th Oct	St Helens parkrun 25th Oct															
1	Pam Appleton	60	5	6	7	4																													77		
2	Dorothy Fairhurst	72	8	7	7	3							19																						75		
3	Rachel Wilcock	19	8	9	8	5							9																						72		
4	Pauline Picton	60	5	8	2	4																													68		
5	Sonya Monaghan	45	7	7	5	4							9											18			10								65		
6	Rachel Beesley	21	5	9	6	7																													61		
7	Karen Harrison	46	6	6	8	6							6											15											57		
8	Karen Young	43	6	5	5	8							4																						55		
9	Jane Ashcroft	46	7	5	5	7																													50		
10	Helena McGoldrick	51	8	9	8	8																													49		
11	Kay Wilcock	46	8	8	8	7																													47		
12	Vicky Hewitt	51	7	8	7	7																													39		
13	Julia Eccleston	40	0	0	0	0																													35		
14	Claire Brown	39	7	3	3	6																													43		
15	Gemma Arden	30	4	5	5	4							5																						41		
16	Linda White	52	8	9	7	5																														41	
17	Clare Davies	39	9	7	6	7																														37	
18	Sharon Nunn	45	4	9	4	2																														32	
19	Laura Anthony	23	4	3	4	4																														30	
20	Elaine Ahearn	50	3	4	1	2							3																							27	
21	Andrea Beesely	47	3	6	5	5																														27	
22	Wendy Anthony	52	6	4	4	5																														25	
23	Sarah O'Donoghue	40	2	1	5	4																														23	
24	Chris Dempsey	52	2	5	2	1							8																							21	
25	Janet Holmes	59	5	3	0	3																														20	
26	Lynsey Wilson	40	3	3	7	3																														16	
27	Karen Mawdsley	42	7	0	6	2																														15	
28	Rebecca Greenhalgh	22	2	2	0	0							7																							11	
29	Carolyn Joyce	?	1	2	3	1																														11	
30	Anita Hall	?			?	?																														11	
30	Louise Hill	?	?	?	0	0																														6	
	Louise Ford	42	0	0	0	0																															0
	Sue Clague	45	0	0	0	0																															0

## 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.