2014 Summer Championship - Ladies

Last updatı 12/10/2014

			Training Points						Race Points																
Position	Name	Age	March	April	May	Jun	jul	Aug	Pennington Flash Park Run	GPW St Helens 10KM 9th Mar	6 &12 Stage Relays Heaton 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	Sefton Park 5 M 16th July	Birchwood 10km 17th Aug	NW Relays-13th-14th Sept	NW Relays 20thSept	Dream Trail Race 12th Oct	St Helens parkrun 25th Oct		TOTAL POINTS
1	Rachel Wilcock	19	8	9	8	5	6	5		9		7	8		4		14		9	6		5		**103**	
2	Pam Appleton	60	5	6	7	4	3	4				12	14		7		18	5	13					**98**	
3	Sonya Monaghan	45	7	7	5	4	7	5	9	18				5				5	12			8		**92**	
4	Dorothy Fairhurst	72	8	7	7	3	4	4		19					8	5	19							**84**	
5	Helena McGoldrick	51	8	9	8	8	6	7									17		10	4		6		**83**	
6	Karen Harrison	46	6	6	8	6	3	5	6	15			9		5							8		**77**	
7	Rachel Beesley	21	5	9	6	7	4	5		5		6	7		3		13		7					**77**	
8	Pauline Picton	60	5	8	2	4	2	3		14		10	10				15							**73**	
9	Linda White	52	8	9	7	5	8	7					12						11					**67**	
10	Kay Wilcock	46	8	8	8	7	5	5				4	5				7		4			5		**66**	
11	Karen Young	43	6	5	5	8	5	4	4	7		5					10	5						**64**	
12	Jane Ashcroft	46	7	5	5	7	5	4		16			11											**60**	
13	Clare Davies	39	9	7	6	7	8	4				3					5		5					**54**	
14	Vicky Hewitt	51	7	8	7	7	6	4					4				4					3		**50**	
15	Gemma Arden	30	4	5	5	4	4	3	5	10		8												**48**	
16	Julia Eccleston	40	0	0	0	0	0	0				11	13		6	5					5	7		**47**	
17	Andrea Beesely	47	3	6	5	5	4	4									8		6			4		**45**	
18	Claire Brown	39	7	3	3	6	2	0		12							12							**45**	
19	Carolyn Joyce	31	1	2	3	1	1	2		4							16		8	3				**41**	
20	Sharon Nunn	45	4	9	4	2	0	0		13														**32**	
21	Sarah O'Donoghue	40	2	1	5	4	3	2		11												3		**31**	
22	Laura Anthony	23	4	3	4	4	1	0		6							9							**31**	
23	Wendy Anthony	52	6	4	4	5	2	2									6							**29**	
24	Lynsey Wilson	40	3	3	7	3	8	5																**29**	
25	Elaine Ahearn	50	3	4	1	2	1	0	3	8			6											**28**	
26	Chris Dempsey	52	2	5	2	1	3	2	8			3												**26**	
27	Janet Holmes	59	5	3	0	3	1	2				9												**23**	
28	Karen Mawdsley	42	7	0	6	2	3	0																**18**	
29	Rebecca Greenhalgh	22	2	2	0	0	0	0	7															**11**	
30	Anita Hall	?			?	?	0	0									11							**11**	
31	Louise Hill	?	?	?	0	0	0	0					3				3		3			6		**9**	
32	Lauren Wilcock	16	0	0	0	0	0	0														7		**7**	
33	Donna Gordon	42	0	0	0	0	0	0														4		**4**	
34	Louise Ford	42	0	0	0	0	0	0																	
35	Sue Clague	45	0	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.