

In order to score points club vests must be worn and membership must be up to date

Poole Runners Club Champs 2018 - (Ladies)

To qualify, you have to enter any 7 of the 15 races listed. Points are awarded as follows:- 1st Place - 50 Points, 2nd - 49, 3rd - 48, 4th - 47, 5th - 46, 6th -45 etc.

This year there will be 3 prizes per category. Categories are as follows:- Senior Female, F35, F40, F45, F50, F55, F60 and F65

Pos	Name	Category 1/1	Short					Medium					Long					No. of Races	Points (best of 7)	Enough Races and bands completed	Completion of 3 Bands
			Poole parkrun	Mayday 5	Club mile	Littledown 5	Hoburne 5	Bournemouth 10	Rotary Quarter	Portland 10	Round the Rock	Wimborne 10	Blackmore Vale Half	Wimborne 20	Puddletown Half	Sturminster Half	Any certified road marathon				
1	Sharon Shaw	F40	50					47	50					47				4	194	No	Yes
2	Kelly Amos	Senior Female	49					48	49					45				4	191	No	Yes
3	Marion Frampton	F55	42					46	41					41				4	170	No	Yes
4	Sarah Swift	F45	47						48					44				3	139	No	Yes
5	Laura Cornwell	F40	36					44	40									3	120	No	No
6	Faye Law	F35	34					40	39									3	113	No	No
7	Maria Ozanne	F55	30					37	35									3	102	No	No
8	Paula Barker	F50						49						48				2	97	No	No
9	Lucy Wells	Senior Female	48											46				2	94	No	No
10	Joanna Westhead	F45	46						47									2	93	No	No
11	Emma Shore	F35	45											43				2	88	No	No
12	Joanne Cleall	Senior Female	41					45										2	86	No	No
13	Claudia Howse	F50	43						42									2	85	No	No
14	Mel Carroll	F50	39						45									2	84	No	No
15	Laura Rosa	F35	38					43										2	81	No	No
16	Kate Somers	F40	40											40				2	80	No	No
17	Joanne Coney Lax	F35						41	37									2	78	No	No
18	Vicky Ingham	Senior Female												50				1	50	No	No
19	Caroline Stanzel	Senior Female						50										1	50	No	No
20	Victoria Basey	Senior Female												49				1	49	No	No
21	Helen Guerrier	Senior Female							46									1	46	No	No
22	Sue Wwynn	F35	44															1	44	No	No
23	Penny Jarvis	F65							44									1	44	No	No
24	Sarah Barrett	F70							43									1	43	No	No
25	Esther Downes	F35												42				1	42	No	No
26	Frankie Smart	F35						42										1	42	No	No
27	Annette Mogg	F60						39										1	39	No	No
28	Lucy Culkin	F35						38										1	38	No	No
29	Carol Ingham	F60							38									1	38	No	No
30	Emma Livermore	F40	37															1	37	No	No
31	Miriam Gray	F70							36									1	36	No	No
32	Leah Evans	Senior Female	35															1	35	No	No
33	Carol Walkley	F45							34									1	34	No	No
34	Claire Tarrant	Senior Female	33															1	33	No	No
35	Kate Townner	F35	32															1	32	No	No
36	Marbellys Bayne-Azcaral	F45	31															1	31	No	No