

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

Poole Runners Club Champs 2019 - (Ladies)

To qualify, you have to enter any 7 of the 14 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		
			Any Poole Parkrun	Mayday 5	Club Mile	Littledown 5	Lytchett 10	Rotary Quarter	Round the Rock	Wimborne 10	Boscombe 10k	Blackmore Vale Half Marathon	Wimborne 20	Puddletown Half Marathon	Stur Half Marathon	Any Marathon						
1	Sarah Swift	F45					49							49					2	98	No	No
2	Alison Gunn	Senior Female					46							48					2	94	No	No
3	Laura Cornwell	F40					47							47					2	94	No	No
4	Joanne Cleall	Senior Female					44							41					2	85	No	No
5	Kate Windebank	Senior Female					41							40					2	81	No	No
6	Joanne Coney Lax	F35					38							38					2	76	No	No
7	Marion Frampton	F55					37							34					2	71	No	No
8	Paula Barker	F50												50					1	50	No	No
9	Gemma Oliver	F35					50												1	50	No	No
10	Helen Draper	F35					48												1	48	No	No
11	Mel Carroll	F50												46					1	46	No	No
12	Penny Jarvis	F65												45					1	45	No	No
13	Francesca Kenway-Christopher	F40					45												1	45	No	No
14	Claudia Howse	F50												44					1	44	No	No
15	Emma Livermore	F40												43					1	43	No	No
16	Stephanie Green	Senior Female					43												1	43	No	No
17	Emma Shore	F35												42					1	42	No	No
18	Hilary Craig	F45					42												1	42	No	No
19	Amanda Dennison	Senior Female					40												1	40	No	No
20	Rebecca Harrison	Senior Female												39					1	39	No	No
21	Josie Harris	F35					39												1	39	No	No
22	Sarah Martin	F35												37					1	37	No	No
23	Jane Chandler	F60												36					1	36	No	No
24	Lucy Culkin	F40					36												1	36	No	No
25	Faye Law	F35												35					1	35	No	No