

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	50				3	148	No	No
2	Paula Barker	F50											50	49				2	99	No	No
3	Helen Draper	F35					48							48				2	96	No	No
4	Alison Gunn	Senior Female					46						48					2	94	No	No
5	Laura Cornwell	F40					47						47					2	94	No	No
6	Penny Jarvis	F65											45	44				2	89	No	No
7	Emma Livermore	F40											43	46				2	89	No	No
8	Joanne Cleall	Senior Female					44						41					2	85	No	No
9	Kate Windebank	Senior Female					41						40					2	81	No	No
10	Sarah Martin	F35											37	43				2	80	No	No
11	Joanne Coney Lax	F35					38						38					2	76	No	No
12	Marion Frampton	F55					37						34					2	71	No	No
13	Gemma Oliver	F35					50											1	50	No	No
14	Izabela Shylock	F35												47				1	47	No	No
15	Mel Carroll	F50											46					1	46	No	No
16	Francesca Kenway-Christopher	F40					45											1	45	No	No
17	Emily Cox	Senior Female												45				1	45	No	No
18	Claudia Howse	F50											44					1	44	No	No
19	Stephanie Green	Senior Female					43											1	43	No	No
20	Emma Shore	F35											42					1	42	No	No
21	Hilary Craig	F45					42											1	42	No	No
22	Amanda Dennison	Senior Female					40											1	40	No	No
23	Rebecca Harrison	Senior Female											39					1	39	No	No
24	Josie Harris	F35					39											1	39	No	No
25	Jane Chandler	F60											36					1	36	No	No
26	Lucy Culkin	F40					36											1	36	No	No
27	Faye Law	F35											35					1	35	No	No