

2023 Club Championship - Women



Uiswerry 8	Ponty Reverse 10	Cardiff Bay 10k	Whitchurch 5k Race For Victory	ROSE INN 4 Miles	PORTHCAWL 10k	BUTE TOWN 10k	SSAFA 3 - 5k	BARRY SJAND 10k	Cardiff 10k	Cardiff Half Marathon	Gwent League XC Cardiff	Richard Burton 10k	Coemeston parkrun	MARAATHON [ANY]
Race 1	Race 2	Race 3	Race 4	Race 5	Race 6	Race 7	Race 8	Race 9	Race 10	Race 11	Race 12	Race 13	Race 14	Race 15

Championship Rules Summary
Based on chip time, the 1st club runner in each category is awarded 20 points, the 2nd 19 points, etc., down to 1 point.

The best 8 race scores count towards the final championship placings.

Club vest to be worn to score (exceptions - Representing region/country, running for charity or Christmas fancy dress)

A minimum of 4 races must be completed

Women (All age categories)	No. Races Run	Total Race Points	Best 8 Race Points
Catherine Barker	8	156	156
Jane Sheldon	9	156	142
Bev Warburton	8	106	106
Lucy Entwistle	6	104	104
Emma Jane Healy	11	121	101
Arabella Calder	7	96	96
Bron Calnan	6	89	89
Ann Johnston	5	85	85
Keira Pratt	4	71	71
Helen Sharpe	3	60	60
Jan Frost	5	59	59
Kaarina Ruta	3	58	58
Kathryn Petersen	4	58	58
Heather Edmunds	4	50	50
Debbie Rees	4	46	46
Michelle Hoey	3	45	45
Ciara Oliva	2	38	38
Lydia Ferriday	2	37	37
Deb Warburton	2	34	34
Clare Jones	2	21	21
Sophie Gott	2	20	20
Andrea Goodfellow	2	19	19
Julie Broughton	2	18	18
Seren Allin	1	17	17
Sarah Pope	2	17	17
Laura Humphrey	1	16	16
Sarah Patnett	2	16	16
Sarah Martin	1	15	15
Chelle Jenkins	1	13	13
Grace Newbould	1	13	13
Danielle Rayner	1	11	11
Clare Skivens	1	10	10
Lynne Evans	1	7	7
Mandy Barrington	1	6	6
Sarah Lees	1	5	5

Race Points														
20	19	19	20	19	20	20	19							
19		14	18	18	16	19	18	18	16					
12	17				10	16	17	12	9	13				
		15		19	15		19	17	19					
10	14	7	14	16	6	14	15	9	7	9				
15	16		15	17		17		10	6					
		13	16		14			15	17	14				
17			17			18		16	17					
18		16		17					20					
		20	20		20									
	15	10			11			12	11					
20					18				20					
		11				18	14		15					
				12			13	13	12					
					15	16		8	7					
	19	12						14						
		18						20						
								19	18					
16	18							11	10					
					9		11							
		6	13											
14									4					
		17												
		9		8										
								16						
		8							8					
								15						
13														
					13									
11								10						
				7										
								6						
									5					

Best 8 Race Points														
20	20	20	20	19	19	19	19							
19	19	18	18	18	18	16	16							
17	17	16	13	12	12	10	9							
19	19	19	17	15	15									
16	15	14	14	14	10	9	9							
17	17	16	15	15	10	6								
17	16	15	14	14	13									
18	17	17	17	16										
20	18	17	16											
20	20	20												
15	12	11	11	10										
20	20	18												
18	15	14	11											
13	13	12	12											
16	15	8	7											
19	14	12												
20	18													
19	18													
18	16													
11	10													
11	9													
13	6													
14	4													
17														
9	8													
16														
8	8													
15														
13														
13														
11														
10														
7														
6														
5														

Senior Women	No. Races Run	Total Race Points	Best 8 Race Points
Lucy Entwistle	6	117	117
Bron Calnan	6	111	111
Ciara Oliva	2	40	40
Lydia Ferriday	2	39	39
Seren Allin	1	19	19

Race Points														
		18		20	20		20	19	20					
		17	20		19			18	19	18				
		20						20						
									20	19				
		19												

Best 8 Race Points														
20	20	20	20	19	18									
20	19	19	18	18	17									
20	20													
20	19													
19														

Veteran Women 35	No. Races Run	Total Race Points	Best 8 Race Points
Keira Pratt	4	76	76
Heather Edmunds	4	71	71
Helen Sharpe	3	60	60
Kaarina Ruta	3	59	59
Michelle Hoey	3	55	55
Laura Humphrey	1	19	19
Chelle Jenkins	1	18	18
Sarah Martin	1	18	18
Danielle Rayner	1	17	17
Grace Newbould	1	17	17
Clare Skivens	1	15	15

Race Points														
19		19			18									
					16			20	16	19				
		20	20		20									
20					19				20					
	20	18							17					
									19					
18														
									18					
17														
					17									
									15					

Best 8 Race Points														
20	19	19	18											
20	19	16	16											
20	20	20												
20	20	19												
20	18	17												
19														
18														
18														
17														
17														
15														

Veteran Women 45	No. Races Run	Total Race Points	Best 8 Race Points
Catherine Barker	8	160	160
Jane Sheldon	9	173	154
Emma Jane Healy	11	182	136
Arabella Calder	7	118	118
Ann Johnston	5	93	93
Kathryn Petersen	4	72	72
Clare Jones	2	36	36
Sophie Gott	2	34	34
Sarah Patnett	2	32	32
Andrea Goodfellow	2	30	30
Lynne Evans	1	17	17
Sarah Lees	1	13	13

Race Points														
	20	20	20	20	20	20	20							
20		19	19	19	19	19	19	19	20	19				
17	18	16	16	17	16	16	18	14	18	16				
18	19		17	18		17		15		14				
19			18			18		18		20				
		18					19	17		18				
					18			16		19	17			
		17								15				
		15	15											
					17									
										13				