2025 Club Championship - Women

Championship Rules Summary

Based on chip time, where available, 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/county, running for charity or Christmas fancy dress)

A minimum of 4 races must be completed.

Runner	No. Races Run	Total Race Points	Best 8 Race Points	Llswerry 8 Race 1	Pontypridd Reverse 10 Race 2	Taff Trail Half Marathon Race 3	Pentyrch Hill Race Race 4	Race 4 Victory 5k Race 5	Treforest 10k Race 6	RABBIT RUN 12k Race 7	SSAFA 3 - 5km Race 8	Rose Inn 4 Miles Race 9	Cosmeston Country Mile Race 10	CARDIFF 10k Race 11	CARDIFF Half Marathon Race 12	Richard Burton 10k Race 13	Gwent League XC Cardiff Race 14	Cosmeston Lakes parkrun Race 15	MARATHON [ANY in 2025] Race 16	Best 8 Race Points						
Women (All age categories)				Race Points																						
Rhian Jones	10	198	160					20		19	20	20	20	20		20	19	20	20	20	20	20	20	20	20	20
Lucy Entwistle	8	154	154		19			19		20	19	19		19			20	19		20	20	19	19	19	19	19
Catherine Barker	11	202	153	20	20		20	18	20				18	17	20		15	17	17	20	20	20	20	20	18	18	17
Jane Sheldon	10	164	136	18	18			16				18	19	15	14	18	14	14		19	18	18	18	18	16	15	14
Ann Johnston	10	155	133	16	16		19	14			16	17	16	12			10		19	19	19	17	16	16	16	16	14
Lisa Cleary	9	136	125	17	17			11	19	16	14				12			12	18	19	18	17	17	16	14	12	12
Kathryn Petersen	10	113	99	14	13			8	17		11		12	11			7	7	13	17	14	13	13	12	11	11	8
Bethan Williams	6	98	98					17			18			14	18		16	15		18	18	17	16	15	14		
Arabella Calder	9	91	89	13	11		15	7	16					8		16	3	2		16	16	15	13	11	8	7	3
Susie Preston	7	88	88		14		18					16	13		10		9	8		18	16	14	13	10	9	8	
Sarah Patnett	6	75	75	15	15			9		13					6	17				17	15	15	13	9	6		
Joanne East	5	73	73							18	17				16		13	9		18	17	16	13	9			
Keira Evans-Determan	6	72	72					10					17			11	11	11	12	17	12	11	11	11	10		
Emma Healy	7	55	55	12	10			5					11		5			1	11	12	11	11	10	5	5	1	
Laura Humphrey	3	51	51												17		18		16	18	17	16					
Alex Hartley	3	47	47							17	15		15							17	15	15					
Catherine Wade	4	46	46					13		15					8			10		15	13	10	8				
Kalee Lau-Jones	5	43	43								12			10	7		8	6		12	10	8	7	6			
Sian Morgan	5	38	38						18						9		2	1	8	18	9	8	2	1			
Eloise Laity	2	37	37											18		19				19	18						
Sarah Martin	3	37	37					13							11			13		13	13	11					
Anna Helsing	3	36	36				16			14							6			16	14	6					
Lisa Williams	5	35	35					7						9	3			1	15	15	9	7	3	1			
Tania Miranda	3	33	33				17			11							5			17	11	5					
Rachel Eales	2	33	33														17	16		17	16						
Sarah Pope	5	33	33	9						9					1	13		1		13	9	9	1	1			
Rebecca Gulliford	2	31	31											16	15					16	15						
Jan Frost	6	29	29		7			4		7					1			1	9	9	7	7	4	1	1		
Lara Hopkinson	4	27	27												1	15		1	10	15	10	1	1				
Charlie Philipps	2	26	26											13	13					13	13						
Julie Broughton	2	25	25	11			14													14	11						
Mandy Barrington	2	25	25	10					15											15	10						
Lynne Evans	4	22	22							8					1	12		1		12	8	1	1				
Bron Calnan	2	20	20					15										5		15	5						
Kaarina Ruta	1	19	19	19																19							
Zoe Dobbs	1	19	19												19					19							
Margaret Ogden	3	19	19		8					10								1		10	8	1					
Sophie Gott	3	19	19							12							4	3		12	4	3					
Helen Sharpe	1	18	18															18		18							
Michelle Hoey	2	18	18															4	14	14	4						
Debbie Rees	3	17	17		9													1	7	9	7	1					
Clare Jones	3	16	16												1	14		1		14	1	1					
Catriona Hayes	1	14	14										14							14							
Natasha Croll	1	13	13								13									13							
Becky Margatree	1	12	12														12			12							
Esther Denness	1	12	12		12															12							
Danielle Crowley	1	4	4												4					4							
Lydia Ferriday	1	3	3					3												3							
Bev Jones	1	2	2												2					2							
Beverley Warburton	1	1	1															1		1							
Sarah Lees	1	1	1															1		1							
Senior Women				Race Points																Best 8 Race Points						
Rhian Jones	10	200	160					20		20	20	20	20	20		20	20	20	20	20	20	20	20	20	20	20
Bethan Williams	6	113	113					19			19			17	20		19	19		20	19	19	19	19	17		
Joanne East	5	92	92							19	18				19		18	18		19	19	18	18	18			
Eloise Laity	2	38	38											19		19				19	19						
Rebecca Gulliford	2	36	36											18	18					18	18						
Bron Calnan	2	35	35					18										17		18	17						
Charlie Philipps	2	33	33											16	17					17	16						
Catriona Hayes	1	19	19										19							19							
Lydia Ferriday	1	17	17					17												17							
Natasha Croll	1	17	17								17									17							
Danielle Crowley	1	16	16												16					16							
Veteran Women 35				Race Points																Best 8 Race Points						
Lucy Entwistle	8	160	160		20			20		20	20	20		20			20	20		20	20	20	20	20	20	20
Keira Evans-Determan	6	108	108					17					20			20	16	16	19	20	20	19	17	16	16	
Sian Morgan	5	84	84						20						17		15	14	18	20	18	17	15	14		
Catherine Wade	4	68	68					19		18					16			15		19	18	16	15			
Laura Humphrey	3	58	58												19		19		20	20	19	19				
Alex Hartley	3	57	57							19	19		19							19	19	19				
Sarah Martin	3	54	54					19							18			17		19	18	17				
Rachel Eales	2	36	36														18	18		18	18					
Kaarina Ruta	1	20	20	20																20						
Zoe Dobbs	1	20	20												20					20						
Esther Denness	1	19	19		19															19						
Helen Sharpe	1	19	19															19		19						
Becky Margatree	1	17	17														17			17						
Bev Jones	1	15	15												15					15						
Veteran Women 45				Race Points																Best 8 Race Points						
Catherine Barker	11	218	160	20	20		20	20	20				19	20	20		20	20	19	20	20	20	20	20	20	20
Jane Sheldon	10	193	155	19	19			19				20	20	19	19	20	19	19		20	20	20	19	19	19	19
Ann Johnston	10	186	150	18	18		19	18			20	19	18	18			18		20	20	20	19	19	18	18	18
Arabella Calder	9	145	131	16	15		16	16	19					16		18	14	15		19	18	16	16	16	16	15	15
Susie Preston	7	122	122		16		18					18	17		18		17	18		18	18	18	18	17	17	16	
Sarah Patnett	6	107	107	17	17			17		20					17	19				20	19	17	17	17	17		
Emma Healy	7	100	100	15	14			14					16		16			9	16	16	16	16	15	14	14	9	
Lisa Williams	5	80	80					16						17	15			14	18	18	17	16	15	14			
Lara Hopkinson	4	57	57												14	17		11	15	17	15	14	11				
Tania Miranda	3	51	51				17			18							16			18	17	16					
Sophie Gott	3	50	50							19							15	16		19	16	15					
Margaret Ogden	3	43	43		13					17								13		17	13	13					
Clare Jones	3	41	41												13	16		12		16	13	12					
Michelle Hoey	2	34	34															17	17	17	17						
Sarah Lees	1	10	10															10		10							
Veteran Women 55				Race Points																Best 8 Race Points						
Lisa Cleary	9	180	160	20	20			20	20	20	20				20			20	20	20	20	20	20	20	20	20
Kathryn Petersen	10	191	154	19	19			19	19		18		20	20			19	19	19	20	20	19	19	19	19	19
Jan Frost	6	100	100		17			18		16					16			15	18	18	18	17	16	16	15		
Kalee Lau-Jones	5	95	95								19			19	19		20	18		20	19	19	19	18			
Sarah Pope	5	84	84	16						18					17	20		13		20	18	17	16	13			
Lynne Evans	4	68	68							17					18	19		14		19	18	17	14				
Anna Helsing	3	57	57				20			19							18			20	19	18					
Debbie Rees	3	52	52		18													17	17	18	17	17					
Julie Broughton	2	37	37	18			19													19	18						
Mandy Barrington	2	35	35	17					18											18	17						
Beverley Warburton	1	16	16															16		16							