

North East Harrier League Cross Country 2012-2013 – Senior/Veteran Women

North Shields Poly Series Results

Rank	SENIOR/VET WOMEN	Cramlington 27/10/12	Blaydon 17/11/12	Bedewell 15/12/12	Wrekenton 9/2/13	Alnwick 2/3/13	Prudhoe 23/3/13	Total (A)	Races run (B)	Sum of best 5 (C)	Points (A÷B)
1.	HALL, Amanda	4	6	8	3			21	4		5.3
2.	SAVIDIS, Rachel	7	7	10	4			28	4		7.0
3.	SIMPSON, Jenny	5	8	11	5			29	4		7.3
4.	FOSTER, Karen	2	30	4	2			38	3		12.7
5.	DIXON, Alison	1	5	7	30			43	3		14.3
6.	BOURTON, Louise	6	9	12	30			57	3		19.0
7.	WORSLEY, Sarah	30	3	30	1			64	2		32.0
8.	MCMANUS, Claire	30	4	1	30			65	2		32.5
9.	GEORGE, Melanie	3	30	5	30			68	2		34.0
10.	THOMPSON, Michelle	30	2	6	30			68	2		34.0
11.	HEATH, Sylvie	30	30	13	8			81	2		40.5
12.	ROBINSON, Lucy	30	1	30	30			91	1		91.0
13.	THEW, Suzanne	30	30	2	30			92	1		92.0
14.	JONES, Katie	30	30	3	30			93	1		93.0
15.	PARKINSON, Judith	30	30	30	6			96	1		96.0
16.	HARGREVES, Silvie	30	30	30	7			97	1		97.0
17.	BRADLEY, Lourdes	30	30	9	30			99	1		99.0
18.	GOULD, Heather	30	30	30	9			99	1		99.0

How are the rankings calculated?

1. After each race, the North Shields Poly runners are ranked according to **finish position**
2. First home gets 1 point, the next home gets 2 and so on
3. Any runners who have missed a race get a fixed penalty score of 30 points for the women or 50 points for the men for each missed race
4. At the end of all six races, the number of points from each runner's best five races are added together and then divided by the number of races that the individual runner completed
5. Overall, the athlete with the lowest score wins and is awarded the Harrier League Cross Country Prize at the Club's Annual Prize & Presentation night

