

ESSLXC 2019/20 WOMEN

No of scoring races

4

POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
CPA SENIOR WOMEN									
1		1 ANNEKA REDLEY	PRS	181	173		187	188	729
2		2 SVENJA WE	BTRI	177	172	174		166	689
3		3 HANNAH DEUBERT	HAIL	132	146	150	141	157	594
4		4 CLAIRE-LOUISE BURNHAM	BEX		190		189	196	575
5		5 BEX STEVENS	CROW	157	152	97	168		574
6		6 CLARE MARTIN	LEW	190	183	183			556
7		7 KATE JARMAN	PRS	102	123	101	108	134	467
8		8 GRACE BAKER	HAC			200		200	400
9		9 LOUISE RYAN	PRS	194		186			380
10		10 GEMMA FREEMAN	BTRI		179	189			368
11		11 KITTY TAYLOR	LEW	174	185				359
12		12 ROSE WILMOT	BTRI		156		172		328
13		13 CLAIRE LOCKWOOD	MEAD	162	165				327
14		14 SHELLEY CORNES	LEW		162	162			324
15		15 MARIA MITCHELL	HAC	148			166		314
16		16 EMMA COOPER	EAST/BDY	136			171		307
17		17 CAT BOUNDS	HAIL	163	135				298
18		18 ELEANOR DOCKSEY	BEX	80		99		110	289
19		19 RACHEL LILES	EAST/BDY		100		174		274
20		20 FRANCES LEARY	CRO		120	152			272
21		21 EMILY PETERS	BEX	115	104				219
22		22 VICKI PATEL	BRF	90	129				219
23		23 STACEY CLUSKER	HAC		200				200
24		24 BECKY SMART	HAC					195	195
25		25 EILEEN BEACH	HAC			184			184
26		26 SINEAD JEAVONS	BRF	99			73		172
27		27 BETH HANCOCK	LEW					171	171
28		28 REBECCA WALTON	LEW				164		164
29		29 AMANDA FEAST	PRS		159				159
30	Excl	REBECCA BUSHNELL-DUREY	CPA	49	41		66		156
31		30 EMILY TEARLE	PRS		139				139
32		31 KAREN MORSE	LEW		136				136
33		32 SOPHIE SNOW	BTRI				121		121
34		33 AMY PENNELLS	PRS	89					89
35		34 JASMIN MCULDING	PRS				88		88
F35									
1		1 SARAH UNDERWOOD	HAIL		191	194	193	198	776
2		2 GEORGINA FROWDE	CROW	184	189	192	190	192	763
3		3 FRANCESCA GARDNER	WAD	185	187	187	194	193	761
4		4 MARI LAIDLAW	BTRI	192		190	188	190	760
5		5 HEATHER STEVENS	CROW	187	176	95	161	174	698
6		6 LINDSEY ARMSTRONG	EAST/BDY	153	158	164	153		628
7		7 GABRIELLE BONNER	EAST/BDY	158	164	143	143	161	626

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POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
CPA SENIOR WOMEN									
8		8 HANNAH WEBB	PRS	150	144	160	142	172	626
9		9 LORNA WHITE	TRIT	199	198	198			595
10	10	HANNAH MCMULLAN	PRS	135	128	147	147	154	583
11	11	SARAH WOOLER	HAIL	123	130	146	144		543
12	12	BERENICE CONSAVELA	HR	103	125	113	119	130	487
13	13	NICOLA SMITH	WAD	116	98		126	141	481
14	14	JADE DA SILVA	PRS	108	92	109	109	132	458
15	15	MIN YOO-WYSZYNSKA	PRS		79	118	113	147	457
16	16	LISA BUCKLAND	HAC	147	148		150		445
17	Excl	LYNDSEY SANDERS	CPA		118	148	129		395
18	17	ANNA TOLMACHOVA	CROW		196	195			391
19	18	CHARLOTTE BENNETT	LEW				173	164	337
20	19	DEBBIE DAVIS	EAST/BDY		55	86	82	108	331
21	20	ERICA MARTIN	PRS	134			195		329
22	21	CHARLOTTE TAYLOR	BTRI	166		158			324
23	22	JULIE REEVES	TRIT		82	114	100		296
24	23	EMMA KINGSNORTH	BTRI	133			152		285
25	24	ABBIE SCHULZ	PRS		68		89	124	281
26	25	LAUREN SCORDILAS	HTH/UCK	77	69		90		236
27	26	HELEN GODDARD	BEX			140	83		223
28	27	EMMA ROLLINGS	LEW	189					189
29	28	LORNA WATTS	HAC		188				188
30	29	AMY RODWAY	HAC					187	187
31	30	KEIRA ASLETT	HAC					184	184
32	31	CLAIRE THOMAS	HR	167					167
33	32	NICOLE PROUDFOOT	BRF		149				149
34	33	AMANDA BAHADUR	BRF	140					140
35	34	LOUISE SHARP	TRIT	138					138
36	35	KATIE REED	HAIL				118		118
37	36	SARAH SELLENS	HR					116	116
38	37	KATIE URQUHART	A80	106					106
39	38	JUDITH CREASY	HR					104	104
40	39	YULIA FRANCIS	CROW		85				85
41	40	JUDE NEWMAN	PRS	52					52
F40									
1		1 ALISSA ELLIS	HAIL	198	199	199	200		796
2		2 LISA GOLDSMITH	HAIL	197	194		197	197	785
3	Excl	ELIZABETH BROOKES	CPA	186		182	185	182	735
4	3	VICKI WHITEHORN	CROW	178	177	181	183	185	727
5	4	TARA JOHNSON	HTH/UCK	168	171	178	181		698
6	5	EILEEN WELCH	CROW	172	151	165	169		657
7	6	HANNAH EDLESTON	PRS		168	169	160	137	634
8	7	DEBORAH TURNER	HTH/UCK	105	99	135	115	151	506

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POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
CPA SENIOR WOMEN									
9		8 SARAH HANNAM	EAST/BDY	114	114	136	134		498
10		9 LORRAINE WILKINSON	PRS	100		122	114	138	474
11		10 LUCY PLANT	EAST/BDY	146		156	156		458
12		11 REBECCA PARKER	TRIT		86	121	106	142	455
13		12 PAULA CHASE	BEX	160	121	145			426
14		13 SHARON REED	HTH/UCK		127	153	138		418
15		14 ELLEN BROOKS	LEW	195			191		386
16		15 HELEN O'SULLIVAN	HAIL	180				186	366
17		16 ANDREA HARWOOD	BTRI		174		184		358
18		17 CLAIRE HARVEY	CROW	175	182				357
19		18 HEATHER LONG	PRS	118		108	122		348
20		19 JOANNA LINLEY	PRS	113	106		123		342
21		20 EMMA MOORE	BRF	91		116	112		319
22		21 CATHERINE HENNELLY	PRS	87			110	119	316
23		22 EMMA TRENAMAN	PRS	58	51	84	71		264
24		23 CHRISSY HIGGINS	PRS		52		72	113	237
25		24 CATHY KWAN	BTRI	121	110				231
26		25 LAURA WARD	BEX	75	64		84		223
27		26 JULIE LEWIS-CLEMENTS	HAIL	74	59		69		202
28		27 REBECCA MABON	HAC					183	183
29		28 EMMA WALSH	HAC	165					165
30		29 JILL VAUGHAN	LEW				149		149
31	Excl	KATY MUNT	CPA				148		148
32		30 ALEXANDRA MULVEY	EAST/BDY	67			79		146
33		31 JENNY BRUTON	PRS		49	85			134
34	Excl	KIRSTEN MCTEER	CPA			123			123
35		32 KATHERINE COWAN	HR					115	115
36		33 HELEN WAKEFIELD	MEAD		108				108
37		34 LISA PRICE	PRS			107			107
38		35 CATHY PENNOCK	MEAD		74				74
F45									
1		1 SUE FRY	EAST/BDY	200	197	197	199		793
2	Excl	ANOUSHKA JOHNSON	CPA	193	192		186	194	765
3		2 ANNABEL PRESTON	WAD	183	181	185		189	738
4		3 JULIA JONES	HTH/UCK	173	175	188	182		718
5		4 NATALIE HOADLEY	EAST/BDY	159		166	163	173	661
6		5 JOANNE NEVETT	HR	139	150		158	178	625
7		6 EMILY ALLCHURCH	HR	144	138	149	154		585
8		7 NICOLE HENZE	PRS	155	132		132	159	578
9	Excl	SALLY KYLE	CPA	188	180	193			561
10	Excl	RENEE MARIE-YOUNG	CPA		117	137	139	158	551
11		8 FELICITY WILLIAMS	HAIL		111	138	140	156	545
12		9 KATE BARLOW	BRF	161	161		159		481

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POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
CPA SENIOR WOMEN									
13		10 ROZ WILKINS	PRS	96	112	125	116	128	481
14		11 SIOBHAN MCHENRY	BTRI	149	155	163			467
15		12 LISA PHILLIPS	HAIL	97	94	128		144	463
16		13 JOJO VAN HEERDEN	TRIT		141	157	155		453
17		14 JO SMITH	CROW	107	105	96	104	136	452
18		15 SARAH CASE	PRS	151	143	155			449
19		16 LOUISE ELLIS	CROW	141			145	163	449
20		17 JULIET FINE	A80	129		133	137		399
21	Excl	VICTORIA GIBBS	CPA	86	78	112		122	398
22		18 AMANDA MOORE	HR		81	100	95	121	397
23		19 AMANDA LINK	HAC	169			176		345
24		20 JOHANNA BORDASS	MEAD		166	179			345
25		21 EMMA DAVEY	EAST/BDY		56	87	87	107	337
26		22 SHANA BURCHETT	HR		83		103	143	329
27		23 CHERYL TIDBURY	PRS	88			102	126	316
28		24 ANNE LOZAC'H	PRS	70	65	88	76		299
29		25 EMMA GARDNER	LEW	137				160	297
30	Excl	LARRISSA O'HALLORAN	CPA	83	88	117			288
31		26 YAN WU	LEW		133	144			277
32		27 JO MILES	LEW	130		134			264
33		28 SHARON KNIGHT	PRS	64	77			111	252
34		29 CATHERINE BELTRAMINI	CROW	71				131	202
35		30 GILL WHEELER	MEAD		184				184
36		31 SALLY MASON	PRS	82			98		180
37		32 HELEN DAWSON	PRS				179		179
38		33 ANNA CHAPLIN	HTH/UCK		140				140
39		34 TRUDY HILLMAN	PRS				136		136
40		35 SAMANTHA JUDD	WAD	122					122
41		36 PAM GREENSTREET	HR					117	117
42		37 MARIE ELLIOTT	PRS	53	48				101
43		38 SUE DABBS	PRS		97				97
44		39 CHRISTA BARZEE	HAC				94		94
45		40 SAMANTHA KUSKU	BRF	92					92
46		41 AMANDA HENDERSON	BEX				85		85
47		42 RACHEL STEVENS	TRIT		84				84
48		43 DEBBIE PLANT	PRS		80				80
49		44 EMMA BIRKS	WAD		46				46
F50									
1		1 HELEN SIDA	LEW	196	193	196	196		781
2		2 JANE COLES	HR	182	178	177	177		714
3		3 CAROLE CRATHERN	BEX		169	176	178	181	704
4		4 MARY DOWN	CROW	152	137	159	167	169	647
5		5 LIZ LUMBER	EAST/BDY		195		198	199	592

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POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
CPA SENIOR WOMEN									
6		6 EVELYN GRIFFITHS	PRS	124	119	139	131	152	546
7		7 SHARON SAUNDERS	HTH/UCK		116	141	133	155	545
8	Excl	CAROLINE CURTIS	CPA	171		172	175		518
9		8 SAMANTHA HAYES	WAD	164	167	171			502
10		9 RUTH DAY	PRS	131	76	89		180	476
11		10 HELEN BOWMAN	LEW			154	151	168	473
12		11 JAKS ROLLS-KING	PRS	156	154		162		472
13		12 JULIE ROSS	WAD	111		115	117	127	470
14		13 HELEN CHATTERTON	PRS	101	124	102	107	133	466
15		14 CERI COOK	CROW	143		151		162	456
16		15 KAREN HOSKINS	HAIL	85	71	94		123	373
17		16 JO PAPPENHEIM	WAD	126	115		130		371
18		17 BONITA BACKHOUSE	WAD	76	66	103	77	112	368
19		18 NICKI HOWARD	EAST/BDY		87		124	135	346
20	Excl	MICHAELA MCMILLAN	CPA	78	60	105	93		336
21		19 NICOLE DYSON	PRS	95	93		105		293
22		20 LISA SIM	EAST/BDY		73	111	91		275
23		21 LORRAINE DIPLOCK	HTH/UCK	94	109				203
24		22 HELEN TRUMAN	EAST/BDY		101		99		200
25		23 CAROLINE SKINNER	PRS		90		97		187
26	Excl	ASHLEY O'BRIEN	CPA	179					179
27		24 BELINDA CRAMP	EAST/BDY			167			167
28		25 DEBRA RICHMOND	CROW	84		82			166
29		26 ELAINE STONE	MEAD		163				163
30		27 FIONA YURTERI	BEX	59		92			151
31		28 FENELLA MALONY	EAST/BDY		145				145
32		29 BEVERLEY MORGAN	BEX		131				131
33		30 JOANNA BODY	HAC	127					127
34	Excl	AMANDA CROCKFORD	CPA		43		67		110
35		31 JULIET BRADLEY	PRS		103				103
36		32 DEB CANNING	PRS	79					79
37		33 VICTORIA LAWRENCE	HTH/UCK				74		74
38		34 HELEN MUNDAY	HR	72					72
39		35 PAM MATHEWS	BEX	66					66
40		36 BELINDA HOLME	MEAD		57				57
41		37 SALLY DENBIGH	WAD		47				47
F55									
1		1 SARAH MORRIS	HTH/UCK	191	186	191	192	191	765
2		2 JENNY HUGHES	A80	176	170	180	180		706
3		3 ROS CHOATE	BTRI	154	153	168	157	175	654
4		4 JULIE CHICKEN	HAIL	145	142		146	170	603
5		5 ANDREA INGRAM	LEW	125	134	142	128	165	569
6		6 RUTH SPILLER	HR		113	129	135	149	526

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POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
CPA SENIOR WOMEN									
7		7 JANE PENDERED	WAD		160	161		179	500
8		8 HAZEL BENNINGTON	LEW	98	102	119		139	458
9		9 BRIGID BURNHAM	WAD			126	120	150	396
10		10 LOUISE ELLIS	CROW		147			163	310
11		11 SHIRLEY LIGHT	HTH/UCK	119				167	286
12		12 JO EDWARDS	HR		50	91		114	255
13		13 MARGARET WALFORD	BRF	120	126				246
14	Excl	ANNA KOMZOLIK	CPA	60		93	78		231
15		14 SUSAN RAE	HR			173			173
16		15 SUE BRUMWELL	A80		157				157
17		16 JULIE TREMLIN	PRS					129	129
18		17 MARIJE FIELD	CROW	112					112
19		18 JACQUELINE KNIGHT	BEX					106	106
20	Excl	ANGELA CAWLEY	CPA				86		86
21		19 JULIA BLACK	LEW	63					63
22		20 TRACEY MARSDEN	PRS	61					61
23		21 COLETTE RAYNER	PRS	50					50

F60

1		1 FRANCES BURNHAM	BEX	170		175		177	522
2		2 JUDITH CARDER	BTRI			170	165	176	511
3		3 CHRISTINE TAIT	HTH/UCK	93	95	131	111	146	483
4		4 TRISH AUDIS	HR			110	101	125	336
5		5 SARAH HILLIARD	CROW		89	120	96		305
6		6 VICKI WOOD	HTH/UCK			124		140	264
7		7 JULIA JAMES	HR	68	63		70		201
8		8 CHRIS NAYLOR	A80				170		170
9		9 SALLY MCCLEVERTY	CROW	142					142
10		10 SUSAN MANN	HR	65	70				135
11		11 BARBARA PELLING	BRF	73	61				134
12		12 ROS DAINTREE	MEAD	117					117
13		13 CATHY BATE	BEX	104					104
14		14 OLIVIA AINSLEY	BEX	57	44				101
15		15 FAY STEVENSOVA	PRS		91				91

F65

1		1 SYLVIA HUGGETT	HR	128	96	132	125	145	530
2		2 MARY AUSTIN-OLSEN	PRS	110	122	130	127	148	527
3		3 LINDA GEE	HTH/UCK		75	104	92	109	380
4		4 YOOKIE RICHARDSON	HR	81	72	106		120	379
5		5 BERYL STEWART	HTH/UCK		67	98	80	118	363
6		6 SUSAN DRAKE	EAST/BDY	109	107	127			343
7		7 SARAH COOPER	HTH/UCK	62	58	90	75		285

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POS	Excl	NAME	CLUB	R1	R2	R3	R4	R5	TOT
		CPA SENIOR WOMEN							
8	Excl	JANET PYNE	CPA	51	42	83	68		244
9	8	IRENE KITSON	HR	55	53			103	211
10	9	LINDA BEDDIS	HR	54	54		81		189
11	10	BARBARA CRAMP	BRF	69	62				131
12	11	FRANCES DOE	HAIL	56	45				101

Key**Clubs in the League**

A80	Arena 80
BEX	Bexhill Runners and Triathletes
BRTRI	Brighton Tri Club
CPA *	Central Park Athletics
CROW	Crowborough Runners
EAST/BDY	Eastbourne Rovers and Bodyworks
HAIL	Hailsham Harriers
HAC	Hastings AC
HR	Hastings Runners
HTH/UCK	HTH/UCK Heathfield Runners and Uckfield Runners
LEW	Lewes AC
MEAD	Meads Runners
PRS	Polegate Plodders, Run Wednesdays and Seaford Stridders
TRIT	Tri Tempo
WAD	Wadhurst Runners

