

Name	R1		R2		R3		R4		R5		R6		R7		R8		R9		R10		Total	Races
Jayne Farquhar	110	4	110	4			110	6													344	3
Louise Hollings	105	1	100	1			99	1													307	3
Sylvia Kennaugh	99	14	99	14																	226	2
Karen Lawrie							100	4	110	4											218	2
Denise Gimbert							96	10	99	10											215	2
Sharon Cain			105	4			99	4													212	2
Bernie Johnson							105	1	105	1											212	2
Kathryn Clough							97	4	100	4											205	2
Nicola Raven	100	8																			108	1

Race 1 - Spring Handicap 5K - 21 March 2019
Race 2 - 10K Championship - 17 March 2019
Race 3 - 20K Championship - 8 September 2019
Race 4 - Parish to Peel - 22 June 2019
Race 5 - Parish to Finish - 22 June 2019

Race 6 - Autumn Handicap 5K - 17 October 2019
Race 7 - End to End to Peel - 15 September 2019
Race 8 - Full End to End - 15 September 2019
Race 9 - Western 10 - 6 October 2019
Race 10 - Syd Quirk Half-Marathon - 17 November 2019

A Short Race (1or6) and a long race must be included