

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U
1		Runner	Age	Swanley Park 9/11/08		Blean Woods 23/11/08		Nurstead 30/11/08		Oxleas Wood 14/12/08		Avery Hill 28/12/08		Minnis Bay 11/1/09		Knole Park 1/2/09		Total	No. of	Position	Female
2				Position	Points	Position	Points	Position	Points	Position	Points	Position	Points	Position	Points	Position	Points	Points	Races	Sum	Standings
3	1	Liz Weeks	F	1	5	1	5	1	5	1	5	1	5	1	5	1	5	<b>35</b>	7	7	
4	2	Jenny Howland	F	2	4	2	4			2	4	2	4	2	4	2	4	<b>24</b>	6	12	
5	3	Emma Pomeroy	F35	3	3	3	3	2	4	3	3	3	3	3	3	3	3	<b>22</b>	7	20	
6	4	Wendy Knee	F50	6	2			4	2	6	2	7	2	5	2	8	2	<b>12</b>	6	36	
7	5	Trudy Thomas	F40	5	2	7	2	3	3	5	2					6	2	<b>11</b>	5	26	
8	6	Joanne Murphy	F45	4	2	4	2			4	2	4	2			5	2	<b>10</b>	5	21	
9	7	Jill Petts	F40	7	2	8	2	5	2			6	2			7	2	<b>10</b>	5	33	
10	8	Klare Lander	F									5	2	4	2	4	2	<b>6</b>	3	13	
11	9	Mary Edmunds	U20			5	2											<b>2</b>	1	5	
12	10	Rosie Williams	F40			6	2											<b>2</b>	1	6	
13	11																				
14	12																				
15	13																				
16	14																				
17	15																				
18	16																				
19	17																				
20	18																				
21				<b>Grand Prix rules for Sittingbourne Striders 2008/09</b>																	
22				1. First home 5pts, second home 4pts, third home 3pts. Everyone else 2pts each.																	
23				2. The winner is the person with the most points after 7 races. Column R.																	
24				3. If there is a tie, the winner is the person who has run most races (to encourage commitment). Column S.																	
25				4. If this is the same, the winner is the person with the lowest position sum. Column T.																	
26				5. If this is the same then the official Female Standings will decide. Column U																	
27																					
28																					
29																					
30																					

means Did not run/finish/score.