

AGE GROUP STANDINGS LONG COURSE THRU 3 RACES

[illegible]

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F E M A L E

2025 Adirondack Runners Club Grand Prix

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		1	2	3	4	5	6	7	8	9	10	11			
		H		R		A		L		S		GRAND			
		S	T	P	T	F	C	D	A	P	F	T	TOTAL	Scored	Total
Name		S	H	M	L	C	S	F	M	H	B	O	Best 7	Races	Races
60 to 69															
Marcia	Paterson			13	13								26	2	2
Joanne	Underwood	13											13	1	1
Barbara	Joudry				11								11	1	1
Michelle	Ching	11											11	1	1
Lois	Shoemaker			11									11	1	1
Michelle	Ching		9										9	1	1
70 plus															
Jill	Pederson	13			13								26	2	2
Jill	Mehan	11			11								22	2	2
Margaret	Wallace	9			9								18	2	2
Cathy	Biss	8			8								16	2	2
Linda	Pollock	7											7	1	1
Diane	Zeccola				7								7	1	1

The Races:	SS	Shamrock Shuffle
	HTH	Helerberg to Hudson Half
	PM	Prospect Mountain Roadrace
	RTL	Race to the Lake
	FC	Firecracker 4
	CS	Cerveza Shuffle 10K
	ADF	Adirondack Distnace Festival 10K
	AM	Adirondack Marathon
	PLH	Lake Placid Half
	FB	Fall Back 5M
	STO	Stockade-athon 15K