

2009 - 2010 Grand Prix Standings - Female

Female Category/ Age Group	Seafood Festival 5K	Veterans 4 Mile	Cross Country 5K	Christmas Dash 1 Mile	P'cola Beach 5K	P'cola Beach 10K	P'cola Beach Half	Bay to Breakfast 8K	Fiesta 5K	Fiesta 10K	Bear Lake 4 Mile Trail	Gary McAdams Sand shaker 5K	Member ship Run 5K	Total Points
Open/Overall														
Grand Masters														
Sharon Myers-Mongue (S)	100	100	100		100			100	100		100	100		800
10 - 14														
Cheyenne Brannon (S)	100	90	100						90		100	90		570
Sierra Brannon (S)	80	80	90						100		80	60		490
Aimee Gerold (S)					100						60			160
20 - 24														
25 - 29														
Jeannie Runyon (S)			100			90		100	90		90	70		540
30 - 34														
Amy Rominger (M)		70												70
Bambi Sellars (M)														0
35 - 39														
Jennifer Hill (S)					40									40
40 - 44														
Tina Herring (M)	0		100											100
45 - 49														
Wendy Ellis (S)	71						71	71			100	90		403
Jill Prafke (M)	0		100			30				0				130
Valerie Shows (L)	0	40	90			100		80		0	0			310
Kathy Thorpe (L)					100					100		70		270
50 - 54														
Alice Gerold (M)			100			100					100			300
55 - 59														
60 - 64														
Sunshine Lias (S)		100				100								200
65 - 69														
Betty Little (M)	90	90						100	100					380

70 - 74													
Betty Frydrychowicz (L)	100	100				100		100		90		100	590
75 - 79													
Gay Ambrosi (M)	100	100	100								100		400