

Cross Country / Multi Terrain Standings 2017

VET LADIES

	Total points	Race total	Best 7 total	NWSCCL # 4 Runcorn Town Park	NWSCCL #5 Arrowe Park	Cheshire County XC Champs	NWSCCL Race 4 Arrowe Park	Merseyside County XC Champs	NWSCCL Race 5 - Runcorn	Northern Knowsley	Parbold Hill Race	NWSCCL #6 Birchwood Forest Park	Nationals Donington Park	Wigan Trail 10k	Dunham 5k (race 1)	Birchwood Brook 5k	Dunham 5k (race 2)	Warrington Running Club 5 miler	Forest Park Ladies 5k	Lymm Trail 10k	Pie and Peas 5	Pennington Flash parkrun	Delamere parkrun	Sandstone Trail A	Sandstone Trail B	St Helens 5 mile trail	NWSCCL #1 Clarke Gardens	NWSCCL #2 Skem	NWSCCL #3 Arrowe Park	Pennington Flash Festive 5
Karon Forster	356	12	210				29	30	30	30	30	30			30		30		29					30			29	29		
Jane Lee	355	12	210	28	28	30	30	29								30			30	30					30	30	30	30		
Elly Roberts	311	11	203	26	26		28	30							29	29	29				30					28	28	28		
Steph Charman	241	9	193	24	24	29	27													29						27	25	26	30	
Janice Leigh	109	4	109												28	28	28		25											
Carolyn Arber	83	3	83													27	27				29									
Linda Owen	78	3	78													26			24		28									
Diane Springall	74	3	74													25	26		23											
Kate Johnson	59	2	59																			30				29				
Carol Stynes-Martin	54	1	54																0								27	27		
Helen Caldwell	28	1	28																28											
Denise Dugdale	27	1	27																27											
Jenny McIntyre	26	1	26																26											
Megan Gardner	26	1	26																0								26			
Ann Hewitt	22	1	22																22											
Christine Ramsdale	21	1	21																21											
Louise Dempster	0	0	0																0											
Jo Sullivan	0	0	0																0											
Lisa McKay	0	0	0																0											

Cross Country / Multi Terrain Standings 2017

SENIOR LADIES

	Total points	Race total	Best 7 total	NWSCCL Race 4 Arrowe Park	Merseyside County XC Champs	NWSCCL Race 5 - Runcorn	Northern Knowsley	Parbold Hill Race	NWSCCL #6 Birchwood Forest Park	Nationals Donington Park	Wigan Trail 10k	Dunham 5k (race 1)	Birchwood Brook 5k	Dunham 5k (race 2)	Warrington RC 5 miler	Forest Park Ladies 5k	Lymm Trail 10k	Pie and Peas 5	Pennington Flash parkrun	Delamere parkrun	Sandstone Trail A	Sandstone Trail B	St Helens 5 mile Trail	NWSCCL #1 Clarke Gardens	NWSCCL #2 Skem	NWSCCL #3 Arrowe Park	Pennington Flash Festive 5
Liz Whitfield	417	14	210	29	30		30	30	29					30	30	30	30	30	30					29	30	30	
Ellen Broad	206	7	206		29	29			30			30	30	29		29											
Claire Andrew	120	4	120	30	30	30																		30			
Catherine Lyon	115	4	115									29		28		28							30				
Alison Russell	29	1	29										29														
Angela Brewis	28	1	28																					28			
Denise Dugdale	0	0	0																								
Jenny Lamont	0	0	0																								
Emma Pryor	0	0	0																								
Rachael Ince	0	0	0																								
Katie Hampton	0	0	0																								
Emma Grey	0	0	0																								

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VET MEN

	Total points	Race total	Best 7 total	NWSCCL Race 4 Arrowe Park	Merseyside County XC Champs	NWSCCL Race 5 - Runcorn	Northern Knowsley	Parbold Hill Race	NWSCCL #6 Birchwood Forest Park	Nationals Donington Park	Wigan Trail 10k	Dunham 5k (race 1)	Birchwood Brook 5k	Dunham 5k (race 2)	Warrington RC 5 miler	Forest Park Ladies 5k	Lymm Trail 10k	Pie and Peas 5	Pennington Flash parkrun	Delamere parkrun	Sandstone Trail A	Sandstone Trail B	St Helens 5 mile trail	NWSCCL #1 Clarke Gardens	NWSCCL #2 Skem	NWSCCL #3 Arrowe Park	Pennington Flash festive 5
Andy Gaskell	349	12	208		30	29	30	30	29		30	27	28	28									29	30	29		
Graham Driver	200	7	200		27				28			28		27							30				30	30	
Andy Garnett	245	9	197						27			24	24	24	30		30		30		30		26				
Julian Spencer	244	9	194	28	29	27	29					25	25	26											26	29	
Dave Thompson	162	7	162	25		22			25				21	20			27								22		
Mike Houghton	148	5	148									30	30	30								28	30				
Dennis Yarwood	136	6	136									20		19	28								26	22	21		
Rob McHarry	128	5	128									22	26	23			29								28		
Chris Millington	120	4	120	30	30	30			30																		
Stanley Ogden	114	4	114									29	29	29								27					
Alistair Raffle	110	5	110									21	22	21										23	23		
Kenny Forster	106	4	106	27	28	26								25													
Geoff Hand	104	4	104								29	23												25	27		
Richard MacIlwaine	101	4	101			23			26																24	28	
Alan Brady	81	3	81												29								28	24			
Mike Hall	81	3	81										23							29		29					
Mike Brady	79	3	79			24							27											28			
Kit Whitfield	72	3	72	24																				21		27	
Steven Martin	57	2	57	29		28																					
Brian Tuohey	57	2	57												27		30										
Stephen Springall	55	3	55									18	19	18													
John Dooley	54	3	54									19	18	17													



NWSCCL Race 4 Arrowe Park
Merseyside County XC Champs
NWSCCL Race 5 - Runcorn
Northerns Knowsley
Parbold Hill Race
NWSCCL #6 Birchwood Forest Park
Nationals Donington Park
Wigan Trail 10k
Dunham 5k (race 1)
Birchwood Brook 5k
Dunham 5k (race 2)
Warrington RC 5 miler
Forest Park Ladies 5k
Lymm Trail 10k
Pie and Peas 5
Pennington Flash parkrun
Delamere parkrun
Sandstone Trail A
Sandstone Trail B
St Helens 5 mile trail
NWSCCL #1 Clarke Gardens
NWSCCL #2 Skem
NWSCCL #3 Arrowe Park
Pennington Flash festive 5

Cross Country / Multi Terrain Standings 2017

SENIOR MEN

	Total points	Race total	Best 7 total	NWSCCL Race 4 Arrowe Park	Merseyside County XC Champs	NWSCCL Race 5 - Runcorn	Northern Knowsley	Parbold Hill Race	NWSCCL #6 Birchwood Forest Park	Nationals Donington Park	Wigan Trail 10k	Dunham 5k (race 1)	Birchwood Brook 5k	Dunham 5k (race 2)	Warrington Running Club 5 miler	Forest Park Ladies 5k	Lymm Trail 10k	Pie and Peas 5	Pennington Flash parkrun	Delamere parkrun	Sandstone Trail A	Sandstone Trail B	St Helens 5 mile trail	NWSCCL #1 Clarke Gardens	NWSCCL #2 Skern	NWSCCL #3 Arrowe Park	Pennington Flash Festive 5
Huw Kinsman	173	6	173	27								29	28	30											30	29	
Karl Steinegger	120	4	120	30	30	30			30																		
Daniel Peers	116	4	116	28	29			29																		30	
Matthew Coles	60	2	60									30	30														
James Blundell	59	2	59																				30			29	
Charlie Sharpe	30	1	30					30																			
Jack Antrobus	29	1	29	29																							
Alex Roberts	29	1	29										29														
Alessandro Mirabella	28	1	28									28															
Paul Bagan	0	0	0																								
Rob Muir	0	0	0																								
Matt Rimmington	0	0	0																								
Ian McCall	0	0	0																								
Jake Holmes	0	0	0																								
Robin Muir	0	0	0																								
Neil Adair	0	0	0																								
Andrew Dawson	0	0	0																								
Chris Prince	0	0	0																								
Andy Coley	0	0	0																								
Ian Barker	0	0	0																								
Stephen Abram	0	0	0																								
Daniel Chadwick	0	0	0																								