

Vet Ladies

VET LADIES	Total points	Race total	Best 7 total	Cheshire County XC Champs	Merseyside County XC Champs	NWSCCL Race 4 Runcom Town Park	NWSCCL Race 5 - Croxteth Hall park	NWSCCL #6 Birchwood Forest Park	WRC Spring 5 miler	Dunham 5k (race 1)	Birchwood Brook 5k	Dunham 5k (race 2)	Pennington Flash 10k	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
Karon Forster	210	7	210				30	30	30	30	30	30			30										
Helen Caldwell	116	4	116							29	29	29			29										
Joanna Buckley	105	4	105							27	26	28			24										
Elly Roberts	60	2	60		30												30								
Carol Stynes-Martin	58	2	58				29		29																
Steph Charman	56	2	56				27	29																	
Jenny McIntyre	56	2	56								28				28										
Lisa McKay	56	2	56												26			30							
Carolyn Arber	55	2	55							28	27														
Diane Springall	49	2	49									26			23										
Maela Beliard	46	2	46								24				22										
Kate Johnson	30	1	30										30												
Janice Leigh	29	1	29														29								
Liz Whitfield	28	1	28				28																		
Denise Dugdale	27	1	27												27										
Katy Fuller	27	1	27									27													
Jo Sullivan	25	1	25												25										

Senior Ladies

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Catherine Lyon	117	4	117							29	30	29			29													
Hayley Jardine	60	2	60							30		30																
Ellen Broad	30	1	30												30													
Vicky Mahmoud	29	1	29								29																	
Alison Russell	0	0	0																									
Angela Brewis	0	0	0																									
Claire Andrew	0	0	0																									
Rachael Ince	0	0	0																									

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Rob Hough	210	7	210							30	30	30		30		30	30			30							
Graham Driver	230	8	204	30		29	30	29	30	26	29	27															
Andy Garnett	193	7	193	28		28					26	23				29	29				30						
Julian Spencer	189	7	189					26	27	27	27	26					27			29							
Dennis Yarwood	153	6	153				26	25	26	22				28			26										
Mike Brady	139	5	139						29	28	28	25		29													
Dave Thompson	122	5	122			26	27				21	20				28											
Andy Gaskell	118	4	118		30	30		30				28															
Rob McHarry	102	4	102					27		25		22					28										
Alistair Raffle	98	4	98							23	24	21						30									
Brian Tuohey	87	4	87						24	19		17				27											
Geoff Hand	86	3	86	29			29	28																			
Mike Bradley	68	3	68							21	22						25										
Mike Houghton	58	2	58							29											29						
Daniel Chadwick	56	2	56			27						29															
Vince Alcock	55	2	55								25		30														
Neville Griffiths	53	3	53							17	18	18															
Terry Coles	50	3	50							18	16	16															
Malcolm Hughes	47	2	47							24	23																
Ian Dunbar	43	3	43							14	14	15															
John Dooley	40	2	40							20	20																
Stephen Springall	38	2	38								19	19															
Michael Jaras	32	2	32							15	17																
Iain Fortune	31	2	31							16	15																
Kenny Forster	28	1	28				28																				
Alan Brady	28	1	28						28																		
Mike Hall	28	1	28																		28						
Peter Hayley	26	1	26													26											
Kit Whitfield	25	1	25						25																		
Nigel Fuller	24	1	24									24															
Dave Higgins	0	0	0																								
Graham Houghton	0	0	0																								

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Richard MacIlwaine	0	0	0
Stanley Ogden	0	0	0
Tim Jefferson	0	0	0
Cheshire County XC Champs			
Merseyside County XC Champs			
NWSCCL Race 4 Runcorn Town Park			
NWSCCL Race 5 - Croxteth Hall park			
NWSCCL #6 Birchwood Forest Park			
WRC Spring 5 miler			
Dunham 5k (race 1)			
Birchwood Brook 5k			
Dunham 5k (race 2)			
Pennington Flash 10k			
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			
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Huw Kinsman	145	5	145	29				29		30	27	30														
Stuart Johnson	120	4	120					30	30		30			30												
Daniel Peers	88	3	88	30			30				28															
Martin Johnson	84	3	84							29	26	29														
James Blundell	53	2	53								25	28														
Mike Plant	29	1	29				29																			
Matthew Coles	29	1	29								29															
Alessandro Mirabella	0	0	0																							
Andy Coley	0	0	0																							
Chris Prince	0	0	0																							