

Pensby Runners Cross Country League 2019		North West Sunday Cross Country League Races												Championship Races														
		Clarke Gardens 28-Oct			Beacon Park 18-Nov			Arrowe Park 16-Dec			Runcorn 13-Jan			Croxteth Hall 03-Feb			Birchwood 24-Feb			County 05-Jan			Northern 26-Jan			National 23-Feb		
		counter	%	points	counter	%	points	counter	%	points	counter	%	points	counter	%	points	counter	%	points	position	%	points	position	%	points	position	%	points
Rob Beech	133	51	15	19	44	16	15	33	15	22	46	18	14	44	23	14				41	26	10	308	44	20	1044	52	19
Ralph Pawling	111	59	17	18	57	21	14	43	19	20				46	24	13				74	47	10	410	58	18	1120	56	18
Gary Parker	98	160	46	15	130	49	11	108	48	18				68	35	12				88	56	10	514	73	17	1317	66	15
Rob Grantham	90				4	1	16	4	2	23	4	2	15							12	8	10	DNF		6	357	18	20
Richard Shayle	87	209	61	12	144	54	10	118	52	17	126	49	12	117	60	10				119	76	10	582	83	16			
Patrick Corrigan	76	134	39	16	100	37	12				116	45	13	79	41	11	84	43	14	90	58	10						
Dan Bruffell	70	218	63	11							166	65	9				135	69	12	131	84	10	614	87	14	1780	89	14
Rob Chalmers	66	231	67	10	153	57	9	130	57	15	150	59	10							130	83	10				1961	98	12
Chris Davies	66	183	53	14				123	54	16	142	56	11							116	74	10	591	84	15			
Simon Rogers	66							36	16	21										59	38	10	391	56	19	1280	64	16
Alistair Malpas	59	77	22	17	66	25	13	48	21	19										60	38	10						
Paul Alexander	58	202	59	13				141	62	13							168	85	9	129	82	10				1827	91	13
Gary Johnstone	43				178	66	8	150	66	12										135	87	10	651	92	13			
Kev Charleston	42																67	34	15	83	53	10				1197	60	17
Nikolaos Giotakis	36							173	76	9	173	68	8	118	61	9				134	86	10						
Roy Fisher	35				224	84	6	191	84	6	237	93	6				185	94	7	151	97	10						
Stephen McConville	34							174	77	8	183	72	7	141	72	8	153	78	11									
Ian Chalmers	30	335	97	3	259	97	3	221	97	3				191	98	6	193	98	5	156	100	10						
Nigel Pratten	29	330	96	4	250	93	4				240	94	5				191	97	6	156	99	10						
Colin Lamprey	27	275	80	8	196	73	7	203	89	4							171	87	8									
John Hunt	25													17	9	15				37	24	10						
John Peerless	19	295	86	7	248	93	5	187	82	7																		
Jeff Adams	14							133	59	14																		
Gwyn Thomas	13	309	90	6										165	85	7												
John Suckley	13																130	66	13									
Nigel Crompton	11							153	67	11																		
Mark Ezard	10							163	72	10																		
Andie Gow	10																156	79	10									
Gordon Scholefield	10																			147	94	10						
Peter McAleavey	9	271	79	9																								
Steve Ellis	5							199	88	5																		
Stephen Saunders	5	318	92	5																								
		345 runners			268 runners			227 runners			255 runners			195 runners			197 runners						704 runners			2006 runners		
Women	Total	counter	%	points	counter	%	points	counter	%	points	counter	%	points	counter	%	points	counter	%	points	position	%	points	position	%	points	position	%	points
Lucy Partridge	104	23	11	15	25	19	15	29	24	14	23	18	15				21	18	15	22	36	10				445	43	20
Alex Royden	103	68	31	13	47	35	14	50	41	12				42	36	15				39	64	10	261	69	20	812	79	19
Claudia Pagoulatou	80				81	61	13	65	53	10	61	48	14	47	40	14				42	69	10	287	76	19			
Carole Morrison	57	116	53	12				79	65	9	69	55	13	63	54	13				52	85	10						
Helen Measures	57							70	56	12										53	87	10	313	83	18	919	89	17
Angela Peerless	31	145	66	11	84	63	12	96	79	8																		
Lisa Grantham	18																									836	81	18
Ali Lewis	15							16	13	15																		
Karen Jones	14	48	22	14																								
Wendy Lee	13							44	36	13																		
Tracy Pennington	11							56	46	11																		
Lucy Shayle	10	157	72	10																								
		219 runners			133 runners			122 runners			126 runners			117 runners			117 runners						376 runners			1034 runners		