Pensby Runners Cross Country League 2019-20		North West Sunday Cross Country League Races												Championship Races					
		Beacon Park 20-Oct		Clarke Gardens 03-Nov		Arrowe Park 15-Dec		Croxteth Hall 02-Feb		Runcorn 23-Feb		Birchwood 01-Mar		County 04-Jan		Northern 25-Jan		National 22-Feb	
Men	**Total**	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts
Ben Taylor	**123**			21	**17**	16	**21**	12	**15**	11	**15**	8	**15**			167	**20**	482	**20**
Rob Chalmers	**113**	126	**10**	189	**9**	137	**12**	127	**10**	117	**12**	74	**12**	108	**10**	524	**19**	1508	**19**
Gary Parker	**90**	127	**9**	125	**14**	90	**17**	83	**13**	85	**14**	63	**13**	66	**10**				
Ralph Pawling	**87**	53	**15**	82	**16**	55	**18**	53	**14**			45	**14**	62	**10**				
Nigel Pratten	**72**			273	**7**	222	**4**	216	**5**			109	**11**	141	**10**	581	**18**	1696	**17**
Paul Alexander	**66**	148	**7**			141	**11**	134	**9**	126	**11**			121	**10**			1548	**18**
Patrik Corrigan	**65**	77	**14**	126	**13**	103	**16**	85	**12**					69	**10**				
Dave Green	**60**	95	**12**	127	**12**	115	**15**	105	**11**					89	**10**				
John Suckley	**41**					170	**10**	151	**8**	116	**13**			94	**10**				
Ian Shorrock	**38**	87	**13**	107	**15**									78	**10**				
Andie Gow	**33**	205	**5**	248	**8**					133	**10**			123	**10**				
Richard Shayle	**31**	136	**8**			127	**13**							124	**10**				
John Hunt	**30**					41	**20**							32	**10**				
Steve McConville	**29**			291	**5**	194	**7**	174	**7**			113	**10**						
Chris Davies	**24**			174	**10**	126	**14**												
Jeff Adams	**22**	116	**11**	158	**11**														
Stuart Jones	**19**					46	**19**												
Craig Denmade	**19**			304	**4**			209	**6**	151	**9**								
Nigel Howard	**13**					226	**3**							133	**10**				
Jim Fedigan	**11**			279	**6**	218	**5**												
Paul Challender	**9**					175	**9**												
Colin Lamprey	**8**					190	**8**												
Steve Ellis	**6**					215	**6**												
Nikolaos Giotakis	**6**	201	**6**																
Iain Arnison	**4**	232	**4**																
Stephen Saunders	**3**			313	**3**														
Neil Thompson	**1**			DNF	**1**														
Women	**Total**	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts	Finish position	Pensby League Pts
Claudia Pagoulatou	**132**	51	**14**	61	**13**	48	**14**	48	**14**	41	**14**	36	**14**	44	**10**	250	**19**	662	**20**
Lisa Grantham	**58**	64	**13**					43	**15**	32	**15**	26	**15**						
Helen Measures	**57**	90	**10**	120	**10**	96	**11**							76	**10**	333	**16**		
Kate Richardson	**53**			89	**12**	53	**13**							49	**10**	270	**18**		
Carole Morrison	**52**	68	**12**					62	**13**					69	**10**	284	**17**		
Karen Jones	**44**			47	**14**									38	**10**	234	**20**		
Ruth Isaacs	**36**	17	**15**	28	**15**													**DNF**	**6**
Becky Hounslea	**22**	77	**11**	99	**11**														
Lucy Partridge	**15**					36	**15**												
Catherine Howell	**12**					65	**12**												