

## TRC North Staffs Cross Country League 2016

### Ladies

Name	Cat	Winsford	Parkhall	Keele	Stafford	No Ran	Total Score	Best 3
Kristina Defries	SW	13	14		6	3	33	33
Debbie Thomas	W35	17	13		9	3	39	39
Wendy Swift	W45	12	11		31	3	54	54
Joanne Stanfield	W45	39	39		41	3	119	119
Rose Wilson	W55	66	73		63	3	202	202
Gillian Tinsley	W45	87	89		82	3	258	258
Jill Phillips	W55	95	93		86	3	274	274
Tonia Vernon	W40	141	139		131	3	411	411
Jodie Clarke	W35	145	157		112	3	414	414
Kerry-Ann Maddock	W35	159	183		150	3	492	492
Julie Holmes	W40	173	184		167	3	524	524
Kerry Taylor	SW	182	208		173	3	563	563
Lisa Foxhall	W45	201	229		180	3	610	610
Sarah Latham	SW	204	225		184	3	613	613
Jacque MacPhail	W50	210	226		183	3	619	619
Mandy Vernon	W45	5	4			2	9	0
Kerry Dixon	SW	49			46	2	95	0
Julia Rigby	W35	86	88			2	174	0
Jen Riley	SW	135	117			2	252	0
Bev Parry	W40	212	235			2	447	0
Lauren Gallagher	SW		159		141	2	300	0
Kirsten Owen	W40		178		142	2	320	0
Amy Dale	SW		197		158	2	355	0
Emily Smith	SW	203				1	203	0
Vicky Norton	W40		38			1	38	0
Michelle Powner	W50		168			1	168	0
Jayne Dickens	W45				19	1	19	0
Georgia Stanfield	JW				30	1	30	0
Rags Marstad	SW				62	1	62	0
						0	0	0
						0	0	0
						0	0	0
						0	0	0

### Men

Name	Cat	Winsford	Parkhall	Keele	Stafford	No Ran	Total Score	Best 3
Leigh Matthews	M40	51	51		54	3	156	156
Bryn Holmes	M45	42	57		58	3	157	157
Scott Zikmanis	SM	52	58		59	3	169	169
Ian Cawley	M40	54	75		60	3	189	189
Craig Taylor	SM	81	81		74	3	236	236
Paul Burslem	M50	135	131		109	3	375	375
Mark Mayer	SM	162	196		182	3	540	540
Adrian Frost	M55	192	206		164	3	562	562
Graham Sheridan	M45	237	232		222	3	691	691

Simon Myatt	SM	8	4			2	12	0
Chris Morgan	SM	67	130			2	197	0
David Pickstock	SM	79	60			2	139	0
Matt Plant	SM	140	175			2	315	0
Matthew Burley	SM	185	250			2	435	0
Andrew Defries	SM	203	188			2	391	0
Adam Grew	M40		63		81	2	144	0
Paul Clinton	M45		174		143	2	317	0
Greg Julian	M55		225		237	2	462	0
Malcolm Rushton	M65		288		265	2	553	0
Martin Hull	M55	21				1	21	0
John Jackson	SM	68				1	68	0
Phil Mainwaring	SM	95				1	95	0
Richard Chadwick	SM	119				1	119	0
Lee Jones	M45	155				1	155	0
Glyn Probert	SM	223				1	223	0
Dan Maddock	SM	266				1	266	0
Luke Bolton	SM		10			1	10	0
Richard Longley	M40		46			1	46	0
Ian Wilson	SM		67			1	67	0
Dan Cawley	SM		133			1	133	0
Chris Mosiuk	SM		140			1	140	0
Phil Pinson	M40		236			1	236	0
Stan Winterton	M70		237			1	237	0
Walter Mosiuk	M55		251			1	251	0
Alan Lewis	M75		280			1	280	0
Ed Wilson	SM				52	1	52	0
Simon Dunn	M50				72	1	72	0
Terry Wall	M45				98	1	98	0
Warren Thomas	M40				192	1	192	0
Richard Washington	M45					0	0	0
						0	0	0

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Winners			
Ladies		Men	
1st	Kristina Defries	1st	Leigh Matthews
2nd	Debbie Thomas	2nd	Bryn Holmes
3rd	Wendy Swift	3rd	Scott Zikmanis
<b>W35</b>		<b>M40</b>	
1st	Debbie Thomas	1st	Leigh Matthews
2nd	Jodie Clarke	2nd	Ian Cawley
3rd	Kerry-Ann Maddock	<b>M45</b>	
<b>W40</b>		1st	Bryn Holmes
1st	Tonia Vernon	2nd	Graham Sheridan
2nd	Julie Holmes	<b>M50</b>	
<b>W45</b>		1st	Paul Burslem
1st	Wendy Swift	<b>M55</b>	
2nd	Joanne Stanfield	1st	Adrian Frost
3rd	Gillian Tinsley		
<b>W50</b>			
1st	Jacque MacPhail		
<b>W55</b>			
1st	Rose Wilson		
2nd	Jill Phillips		