

Liss Runners Points Competition - Southern Cross Country League, 2024-25 Season

Ranking	Runner	No. Races	Overall Points	RACE 1				Benyon				RACE 2				Lord Wand				RACE 3				Alice Holt				RACE 4				Chawton				RACE 5				Bourne				RACE 6					
				Number of male participants				235	Number of male participants				225	Number of male participants				226	Number of male participants				230	Number of male participants				23	Number of male participants																				
				Number of female participants				210	Number of female participants				173	Number of female participants				200	Number of female participants				206	Number of female participants				21	Number of female participants																				
				Race Pos'n	Points			Race Pos'n	Points			Race Pos'n	Points			Race Pos'n	Points			Race Pos'n	Points			Race Pos'n	Points			Race Pos'n	Points			Race Pos'n	Points																
Attendance	Position	Total	Attendance		Position	Total	Attendance		Position	Total	Attendance		Position	Total	Attendance		Position	Total	Attendance		Position	Total	Attendance		Position	Total	Attendance		Position	Total	Attendance		Position	Total															
Men	Tom White	5	656	47	50	80	130	49	50	80	130	44	50	82	132	42	50	83	133	45	50	81	131	0	0	0	0																						
	Paul Turner	5	611	77	50	68	118	61	50	74	124	55	50	77	127	87	50	63	113	51	50	79	129	0	0	0	0																						
	Phil Avery	4	594	0	0	0	0	5	50	98	148	3	50	99	148	6	50	98	148	5	50	98	148	0	0	0	0																						
	David Reid	4	564	18	50	93	143	25	50	90	140	20	50	92	142	26	50	89	139	0	0	0	0	0	0	0	0																						
	Andy Paton	5	553	86	50	64	114	94	50	60	110	85	50	64	114	105	50	56	106	99	50	58	108	0	0	0	0																						
	Steve Armstrong	4	540	34	50	86	136	28	50	89	139	38	50	84	134	46	50	81	131	0	0	0	0	0	0	0	0																						
	David Brown	4	502	0	0	0	0	53	50	78	128	53	50	78	128	66	50	72	122	62	50	74	124	0	0	0	0																						
	Tom Frost	4	469	81	50	66	116	76	50	68	118	0	0	0	0	84	50	65	115	72	50	70	120	0	0	0	0																						
	James White	4	460	113	50	52	102	71	50	70	120	0	0	0	0	81	50	66	116	68	50	71	121	0	0	0	0																						
	Paul Stokoe	3	426	0	0	0	0	0	0	0	0	0	18	50	93	143	19	50	92	142	23	50	91	141	0	0	0	0																					
	Rob Nugent	3	413	0	0	0	0	0	0	0	0	0	29	50	88	138	33	50	86	136	27	50	89	139	0	0	0	0																					
	Andy Brown	3	405	26	50	89	139	0	0	0	0	0	0	0	0	44	50	82	132	39	50	84	134	0	0	0	0																						
	Tom Bennie	3	398	40	50	83	133	0	0	0	0	0	0	0	0	47	50	80	130	38	50	84	134	0	0	0	0																						
	Neil Gwatkin	5	357	191	50	19	69	194	50	18	68	185	50	22	72	202	50	14	64	157	50	34	84	0	0	0	0																						
	Stavros Valourdos	3	330	0	0	0	0	99	50	58	108	91	50	62	112	95	50	60	110	0	0	0	0	0	0	0	0																						
	Rob Peters	2	295	0	0	0	0	6	50	98	148	0	0	0	0	0	0	0	0	8	50	97	147	0	0	0	0																						
	Jhon Cosgrove	2	289	0	0	0	0	0	0	0	0	0	0	0	0	9	50	97	147	18	50	93	143	0	0	0	0																						
	John Harfield	2	249	0	0	0	0	0	0	0	0	0	0	0	0	69	50	71	121	53	50	78	128	0	0	0	0																						
	Kevin Durrant	3	247	164	50	31	81	0	0	0	0	0	0	0	0	185	50	22	72	132	50	44	94	0	0	0	0																						
	Warwick Parker	2	246	78	50	67	117	0	0	0	0	50	50	79	129	0	0	0	0	0	0	0	0	0	0	0	0																						
	Neil Hancock	2	230	0	0	0	0	0	0	0	0	0	0	0	0	91	50	62	112	76	50	68	118	0	0	0	0																						
	Paul Hawes	2	197	0	0	0	0	123	50	48	98	0	121	50	49	99	0	0	0	0	0	0	0	0	0	0	0																						
	Ado Albury	2	183	0	0	0	0	140	50	41	91	0	136	50	43	93	0	0	0	0	0	0	0	0	0	0	0																						
	Paul Judge	2	150	0	0	0	0	0	0	0	0	0	191	50	19	69	163	50	31	81	0	0	0	0	0	0	0																						
	Andy Turner	1	144	16	50	94	144	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																						
	Joe Sykes	1	144	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	16	50	94	144	0	0	0	0																						
	Ben Sykes	1	136	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	35	50	86	136	0	0	0	0																						
	Alex Peck	1	126	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	58	50	76	126	0	0	0	0																						
	Chris Redmond	1	125	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	60	50	75	125	0	0	0	0																						
	Peter Anderson	1	107	0	0	0	0	0	0	0	0	102	50	57	107	0	0	0	0	0	0	0	0	0	0	0	0																						
	Adhishek Soni	1	106	0	0	0	0	104	50	56	106	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																						
	Eddie Butters	1	106	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	105	50	56	106	0	0	0	0																						
	Richard Pegden	1	96	0	0	0	0	0	0	0	0	129	50	46	96	0	0	0	0	0	0	0	0	0	0	0	0																						
	Doug Ramsey	1	82	0	0	0	0	0	0	0	0	0	0	0	0	161	50	32	82	0	0	0	0	0	0	0	0																						
	Simon Tack	1	59	0	0	0	0	0	0	0	0	0	0	0	0	215	50	9	59	0	0	0	0	0	0	0	0																						
Women	Laura Rogers	5	654	42	50	80	130	36	50	83	133	48	50	78	128	47	50	78	128	34	50	84	134	0	0	0	0																						
	Catherine Seager	4	588	10	50	96	146	8	50	97	147	7	50	97	147	5	50	98	148	0	0	0	0	0	0	0	0																						
	Kate Parker	4	540	41	50	81	131	0	0	0	0	35	50	84	134	33	50	85	135	21	50	90	140	0	0	0	0																						
	Sue Godsell	4	531	52	50	76	126	0	0	0	0	34	50	84	134	34	50	84	134	29	50	87	137	0	0	0	0																						
	Sarah Tyas	4	513	0	0	0	0	53	50	75	125	50	50	77	127	43	50	80	130	40	50	81	131	0	0	0	0																						
	Emily White	4	490	62	50	71	121	0	0	0	0	60	50	72	122	63	50	70	120	51	50	76	126	0	0	0	0																						
	Leoni Barber	3	361	0	0	0	0	0	0	0	0	82	50	61	111	61	50	71	121	46	50	79	129	0	0	0	0																						
	Emily Durrant	4	333	149	50	30	80	121	50	43	93	0	162	50	23	73	133	50	37	87	0	0	0	0	0	0	0																						
	Nicky Thornycroft	2	290	14	50	94	144	10	50	96	146	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																							
	Laura Jackson	2	287	18	50	92	142	0	0	0	0	0	0	0	0	12	50	95	145	0	0	0	0	0	0	0	0																						
	Polly Sharpe	2	282	20	50	91	141	0	0	0	0	20	50	91	141	0	0	0	0	0	0	0	0	0	0	0	0																						
	Helen Purchase	2	275	31	50	86	136	0	0	0	0	0	0	0	0	0	0	0	0	24	50	89	139	0	0	0	0																						
	Rosie Dyke	2	269	0	0	0	0	0	0	0	0	0	0	0	0	42	50	80	130	26	50	88	138	0	0	0	0																						
	Laura Baty	2	257	39	50	82	132	0	0	0	0	0	0	0	0	54	50	75	125	0	0	0	0	0	0	0	0																						
	Zoe Snow	2	254	0	0	0	0	44	50	80	130	0	0	0	0	0	0	0	0	54	50	75	125	0	0	0	0																						
	Mel Jensen	3	245	150	50	29	79	0	0	0	0	134	50	37	87	149	50	30	80	0	0	0	0	0	0	0	0																						
	Annett Heitsch	2	236	0	0	0	0	0	0	0	0	70	50	67	117	67	50	69	119	0	0	0	0	0	0	0	0																						
	Michelle Hughes	2	215	0	0	0	0	0	0	0	0	0	0	0	0	110	50	48	98	71	50	67	117	0	0	0	0																						
	Pai Tang	2	194	0	0	0	0	0	0	0	0	0	0	0	0	113	50	47	97	111	50	48	98	0	0	0	0																						
	Ana Hounslow	1	150	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	50	100	150	0	0	0	0																						
	Anna Wemyss	1	148	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	5	50	98	148	0	0	0	0																						
	Emily Connolly Brown	1	148	0	0	0	0	0	0	0	0	0	0	0	0	6	50	98	148	0	0	0	0	0	0	0	0																						
	Caroline Brown	1	147	8	50	97	147	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																						
	Jackie Lloyd	1	143	0	0	0	0	15	50	93	143	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0																						
	Sandra Hunter	1	141	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	19	50	91	141	0	0	0	0																						
	Gemma Sils	1	141	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	20	50	91	141	0	0	0	0																						
	Naomi Ward	1	128	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	47	50	78	128	0	0	0	0																						
	Sandra Sellis	1	128	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	48	50	78	128	0	0	0	0																						
	Julia Whetlor	1	121	0	0	0	0	0	0	0	0	61	50	71	121	0	0	0	0	0	0	0	0	0																									