

3 Counties Cross Country League Results

Venue **Well'boro**

23-October-2022

Ampthill & Flitwick Flyers

Team Score

631

Men

	First Name	Surname	Age Cat		Team
110	Harry	Smith	m25-29	1	1
80	Ian	Halpin	m35-39	3	3
117	Mark	Waine	m50-54	6	6
90	Jamie	Keane	m35-39	7	7
94	Chris	Littlejohn	m40-44	9	9
122	James	Smith	m45-49	21	22
89	Dan	Karaiskou	m25-29	27	29
54	Roger	Ball	m50-54	42	44

116 **121**

Women

	First Name	Surname	Age Cat		Team
21	Charlotte	Godleman	f30-34	5	80
46	Nicola	Walton	f40-44	16	120
30	Kerry	Large	f35-39	22	147
13	Kara	Farmer	f45-49	26	163

69 **510**

Bedford Harriers

Team Score

831

Men

	First Name	Surname	Age Cat		Team
216	Daniel	Foster	m17-19	11	11
312	Graham	Pratt	m30-34	24	26
239	David	Haslam	m40-44	41	43
209	Gary	Finch	m50-54	53	55
215	Simon	Foster	m50-54	69	71
270	Stuart	Knight	m55-59	75	78
233	James	Goodman	m40-44	96	107
376	Steve	Wallace	m50-54	120	140

489 **531**

Women

	First Name	Surname	Age Cat		Team
324	Clare	Rodseth	f30-34	1	17
332	Ellie	Sheriffs	f35-39	4	79
269	Sally	Knight	f45-49	9	93
160	Heather	Bourne	f30-34	12	111

26 **300**

Biggleswade AC

Team Score

1473

Men

	First Name	Surname	Age Cat		Team
474	Robert	Morgan	m45-49	22	23
450	Alistair	Nelson	m25-29	61	63
470	Nick	Haworth	m45-49	73	76
473	Richard	Hill	m55-59	107	123
451	Charlie	Arnold	m65-69	118	137
456	Giles	Hawthorne	m45-49	136	161
478	Connor	Hawthorne	m	137	162
469	Neil	Harvey	m60-64	157	191

811 **936**

Women

	First Name	Surname	Age Cat		Team
471	Nicky	Upperton	f30-34	3	73
467	Natalie	Garner	f30-34	13	113
468	Natalie	Morgan	f45-49	17	125
472	Paula	Frost	f40-44	51	226

84 **537**

Dunstable Road Runners

Team Score

2228

Men

	First Name	Surname	Age Cat		Team
544	Ben	Warren	m20-24	5	5
526	Wesley	Thorne	m40-44	90	100
515	Matt	Deller	m45-49	125	146
508	James	Webster	m40-44	127	149
520	Pete	Williams	m55-59	135	159
500	Alan	Barclay-Devine	m70-74	188	261
516	Matthew	Hake	m50-54	195	280
	Last	Man		214	349

1079 **1449**

Women

	First Name	Surname	Age Cat		Team
502	Becky	Sharpe	f30-34	14	114
523	Sue	McAvock	f50-54	34	186
529	Sharon	Hawkins	f50-54	58	237
525	Tracey	Palmer	f45-49	61	242

167 **779**

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Leighton Fun Runners

Team Score **1672**

Men

	First Name	Surname	Age Cat		Team
625	Matthew	Ma	M35-39	13	13
608	Tom	Ellerton	M30-34	32	34
613	Andrew	Heale	M55-59	79	84
621	Mark	Kleanthous	M60-64	83	91
612	Richard	Heady	M35-39	97	108
622	William	Langdon	M40-44	111	128
614	Bob	Nichol	M55-59	119	138
623	Joseph	Langdon	M40-44	126	148
				660	744

Women

	First Name	Surname	Age Cat		Team
646	Sally	Dickinson	F50-54	48	217
651	Samantha	Heady	F35-39	49	218
661	Karen	McLean	F55-59	57	236
641	Christine	Ayers	F65-69	72	257

226 **928**

North Herts Road Runners

Team Score **624**

Men

	First Name	Surname	Age Cat		Team
754	Ben	Hadman	m25-29	2	2
760	Mike	Roberts	m30-34	4	4
721	Ben	Sewell	m30-34	14	14
769	Sam	Coxon	m30-34	15	15
715	Mark	Vaughan	m50-54	17	18
770	Vince	Wright	m45-49	20	21
759	Shahab	Ahmad	m40-44	26	28
748	Matthew	Sayers	m45-49	29	31
				127	133

Women

	First Name	Surname	Age Cat		Team
745	Astrid	Mckeown	f45-49	8	88
719	Hannah	Ridley	f25-29	10	97
732	Jane	Clarke	f40-44	19	134
709	Alice	Carty	f25-29	28	172

65 **491**

Northampton Road Runners

Team Score **2218**

Men

	First Name	Surname	Age Cat		Team
839	Illir	Brecani	M45-49	46	48
829	Chris	Berry	M40-44	74	77
976	Andrew	Rosewell	M35-39	77	82
913	Mark	Kennedy	M45-49	117	136
872	John	Fleming	M50-54	124	145
881	Mark	Garrett	M60-64	132	155
889	Alan	Hall	M65-69	152	185
972	Steve	Prior	M55-59	167	213
				889	1041

Women

	First Name	Surname	Age Cat		Team
994	Debra	Tame	F50-54	89	287
890	Kathryn	Hall	F45-49	92	292
866	Karen	Eke	F60-64	93	294
896	Theresa	Haworth	F35-39	101	304

375 **1177**

Olney Runners

Team Score **1482**

Men

	First Name	Surname	Age Cat		Team
1070	Chris	Ling	m40-44	18	19
1085	Phil	Holland	m45-49	19	20
1078	Dean	Sartin	m45-49	48	50
1061	Stephen	Dicks	m50-54	66	68
1073	Anthony	O'Neil	m45-49	81	89
1062	Chris	Dunn	m35-39	86	95
1084	Duncan	Winner	m45-49	105	121
1077	Rob	Riekie	m60-64	131	153
				554	615

Women

	First Name	Surname	Age Cat		Team
1071	Sarah	McAuliffe	f35-39	32	180
1074	Therese	O'Riordan	f40-44	46	212
1065	Caroline	Higginson	f45-49	53	229
1079	Helen	Sartin	f45-49	63	246

194 **867**

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Stopsley Striders

Team Score 1306

Men

	First Name	Surname	Age Cat		Team
1102	Rob	Barnes	m35-39	12	12
1123	Tom	Rankin	m25-29	31	33
1132	Kallum	Wright	m30-34	43	45
1121	Ryan	Parsons	m25-29	58	60
1113	Gez	Fallon	m50-54	65	67
1106	Thomas	Darby	m40-44	112	129
1134	Rob	Allen	m45-49	115	133
1118	Shaun	Mutter	m35-39	116	135
				552	614

Women

	First Name	Surname	Age Cat		Team
1133	Lucy	Treleaven	f20-24	11	106
1129	Charlotte	Snowdon	f35-39	24	157
1116	Miriam	Linthorpe	f40-44	31	178
1109	Ruth	Doyle	f50-54	66	251

132 692

Northants Tri

Team Score 1508

Men

	First Name	Surname	Age Cat		Team
1228	Pete	Deboo	M30-34	35	37
1235	Jonny	Hewlett	M50-54	36	38
1231	Richard	Cressey	M45-49	39	41
1227	Andy	Green	M55-59	55	57
1232	Paul	Watts	M40-44	60	62
1240	Andrew	Verra	M30-34	91	101
1239	Charles	Spencer	M35-39	95	105
1230	Robert	White	M55-59	99	110
				510	551

Women

	First Name	Surname	Age Cat		Team
1221	Lizzie	Fox	F20-24	18	132
1222	Louise	Lane	F55-59	35	192
1223	Amy	Tibbitts	F30-34	95	296
1241	Rosemary	Kennedy	F60-64	129	337

277 957

Wellingborough & District AC

Team Score 704

Men

	First Name	Surname	Age Cat		Team
1338	Matt	Brooks	m20-24	30	32
1299	Peter	Cowler	M40-44	34	36
1320	Ben	Shirley	M45-49	37	39
1292	Ed	Norris	M30-34	38	40
1331	Martin	Arissol	M50-54	52	54
1297	Craig	Willmer	M30-34	56	58
1296	Liam	Safford	M25-29	62	64
1311	Mark	Bonham	M50-54	67	69
				376	392

Women

	First Name	Surname	Age Cat		Team
1286	Kelly	Barnett	F30-34	2	25
1284	Francesca	Molossi-Murphy	F25-29	6	85
1283	Natasha	Martin	F35-39	7	87
1327	Helen	Etherington	F40-44	15	115

30 312

Wootton Road Runners

Team Score 1793

Men

	First Name	Surname	Age Cat		Team
1361	Richard	Lack	m50-54	28	30
1356	Tim	Thurlow	m45-49	40	42
1351	Ashley	Gardner	m40-44	47	49
1370	Niall	Gardiner	m45-49	78	83
1353	Nick	Morton	m50-54	80	86
1357	Max	Johnstone	m17-19	85	94
1358	Graham	Holloway	m55-59	89	99
1354	Alan	Coulman	m45-49	114	131
				561	614

Women

	First Name	Surname	Age Cat		Team
1369	Carrie	Carruthers	f60-64	50	225
1352	Eliza	Wiszniewska	f35-39	71	256
	Last	Lady		136	349
	Last	Lady		136	349

393 1179

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Rugby & Northampton AC

Team Score 935

Men

	First Name	Surname	Age Cat		Team
1495	David	Ball	m40-44	8	8
1493	Jasper	Cooper	m17-19	16	16
1521	Henry	Woodward	m17-19	23	24
1503	Sam	Tallet	m35-39	25	27
1505	Laurence	Burton	m30-34	33	35
1500	Brendan	Moen	m55-59	45	47
1497	Steve	Dixon	m45-49	49	51
1477	Paul	Furness	m50-54	50	52
				249	260

Women

	First Name	Surname	Age Cat		Team
1519	Zoe	Tildesley	f25-29	20	139
1475	Helen	Jones	f55-59	27	169
1516	Lyndsey	Owen	f45-49	29	173
1476	Trudi	Mawby	f40-44	37	194

113 675

Dunstable Lions

Team Score 3062

Men

	First Name	Surname	Age Cat		Team
1567	Liam	McNabola	m35-39	10	10
1558	Russell	Mead	m50-54	63	65
1552	Mark	Cornell	m55-59	94	104
1554	Robert	Curtis	m55-59	147	177
	Last	Man		214	349
	Last	Man		214	349
	Last	Man		214	349
	Last	Man		214	349
				1170	1752

Women

	First Name	Surname	Age Cat		Team
1571	Anne	Golding	f60-64	74	263
	Last	Lady		136	349
	Last	Lady		136	349
	Last	Lady		136	349

482 1310

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	1	116	4	69	2	121	510	631
Bedford Harriers	5	489	1	26	4	531	300	831
Biggleswade AC	11	811	5	84	7	936	537	1473
Dunstable Road Runners	13	1079	8	167	13	1449	779	2228
Leighton Fun Runners	10	660	10	226	10	744	928	1672
North Herts Road Runners	2	127	3	65	1	133	491	624
Northampton Road Runners	12	889	12	375	12	1041	1177	2218
Olney Runners	8	554	9	194	8	615	867	1482
Stopsley Striders	7	552	7	132	6	614	692	1306
Northants Tri	6	510	11	277	9	551	957	1508
Wellingborough & District AC	4	376	2	30	3	392	312	704
Wootton Road Runners	9	561	13	393	11	614	1179	1793
Rugby & Northampton AC	3	249	6	113	5	260	675	935
Dunstable Lions	14	1170	14	482	14	1752	1310	3062
Total of Scoring Men's Teams			9753		Contribution to		47.65%	
Total of Scoring Women's Teams			10714		Team Scores		52.35%	

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