

3 Counties Cross Country League Results

Venue **Wootton**

27-November-2022

Ampthill & Flitwick Flyers

Team Score **510**

Men

	First Name	Surname	Age Cat		Team
83	Tim	Harris	m40-44	2	2
114	Joe	Strange	m25-29	4	4
80	Ian	Halpin	m35-39	5	5
90	Jamie	Keane	m35-39	8	8
117	Mark	Waine	m50-54	11	11
85	Martin	Hughes	m40-44	21	21
89	Dan	Karaiskou	m25-29	25	25
68	Marcus	Cook	m40-44	26	26
				102	102

Women

	First Name	Surname	Age Cat		Team
124	Catherine	Winkleman	f30-34	6	74
21	Charlotte	Godleman	f30-34	9	86
25	Steph	Hughes	f35-39	17	121
46	Nicola	Walton	f40-44	19	127

51 **408**

Bedford Harriers

Team Score **911**

Men

	First Name	Surname	Age Cat		Team
216	Daniel	Foster	m17-19	14	14
312	Graham	Pratt	m30-34	18	18
182	David	Course	m45-49	30	32
243	Nicolae	Hogas	m45-49	64	69
215	Simon	Foster	m50-54	72	78
242	Adam	Hills	m45-49	77	85
331	Kevin	Shelton-Smith	m60-64	82	91
270	Stuart	Knight	m55-59	84	93
				441	480

Women

	First Name	Surname	Age Cat		Team
324	Clare	Rodseth	f30-34	1	27
332	Ellie	Sheriffs	f35-39	8	82
377	Cala	Whitmore	f25-29	24	152
327	Claire	Rulton	f45-49	28	170

61 **431**

Biggleswade AC

Team Score **1742**

Men

	First Name	Surname	Age Cat		Team
474	Robert	Morgan	m45-49	17	17
450	Alistair	Nelson	m25-29	61	65
477	Paul	Swinburne	m50-54	83	92
470	Nick	Haworth	m45-49	99	114
451	Charlie	Arnold	m65-69	147	175
452	Damien	Pitts	m35-39	168	206
458	Ian	Grimwood	m70-74	180	232
475	Stuart	Goodwin	m40-44	187	240
				942	1141

Women

	First Name	Surname	Age Cat		Team
471	Nicky	Upperton	f30-34	12	101
467	Natalie	Garner	f30-34	15	112
468	Natalie	Morgan	f45-49	21	133
472	Paula	Frost	f40-44	62	255

110 **601**

Dunstable Road Runners

Team Score **2617**

Men

	First Name	Surname	Age Cat		Team
544	Ben	Warren	m20-24	1	1
526	Wesley	Thorne	m40-44	79	88
515	Matt	Deller	m45-49	136	162
508	James	Webster	m40-44	149	177
517	Mike	Reilly	m55-59	185	238
519	Paul	Stack	m55-59	224	320
510	Jonathan	Venning	m70-74	239	356
546	Richard	Evans	m65-69	241	362
				1254	1704

Women

	First Name	Surname	Age Cat		Team
502	Becky	Sharpe	f30-34	22	138
524	Teresa	Warren	f50-54	52	229
507	Helena	Kvepa	f35-39	60	251
525	Tracey	Palmer	f45-49	82	295

216 **913**

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Leighton Fun Runners

Team Score **1669**

Men

	First Name	Surname	Age Cat		Team
608	Tom	Ellerton	M30-34	43	45
610	Daniel	Green	M45-49	71	77
602	Jim	Buttleman	M55-59	91	103
613	Andrew	Heale	M55-59	92	104
612	Richard	Heady	M35-39	93	106
601	Ian	Bisby	M50-54	107	125
611	Kevin	Hare	M50-54	122	145
632	Gavin	Preachner	M40-44	132	158
				751	863

Women

	First Name	Surname	Age Cat		Team
642	Rosie	Booth	F45-49	18	124
653	Zoe	Jeffers	F45-49	30	183
651	Samantha	Heady	F35-39	50	226
666	Doubec	Levick	F45-49	69	273
				167	806

North Herts Road Runners

Team Score **630**

Men

	First Name	Surname	Age Cat		Team
760	Mike	Roberts	m30-34	7	7
744	Stewart	Overton	m40-44	16	16
740	Ed	Price	m45-49	20	20
721	Ben	Sewell	m30-34	22	22
770	Vince	Wright	m45-49	23	23
748	Matthew	Sayers	m45-49	36	38
759	Shahab	Ahmad	m40-44	39	41
700	John	Auld	m40-44	66	71
				229	238

Women

	First Name	Surname	Age Cat		Team
736	Katie	Harbon	f25-29	2	31
719	Hannah	Ridley	f25-29	10	94
710	Tash	Pitman	f45-49	14	111
732	Jane	Clarke	f40-44	26	156
				52	392

Northampton Road Runners

Team Score **1679**

Men

	First Name	Surname	Age Cat		Team
926	Tony	Letts	M50-54	45	47
839	Illir	Breani	M45-49	58	62
1007	David	Ward-Stokes	M40-44	95	108
883	John	Gibbins	M45-49	96	109
976	Andrew	Rosewell	M35-39	97	110
909	Dave	Jay	M45-49	101	116
1025	Colin	Hall	M40-44	108	126
966	James	Petrie	M45-49	130	155
				730	833

Women

	First Name	Surname	Age Cat		Team
1023	Lynne	Nicholls	f40-44	13	105
997	Victoria	Taylor	F35-39	35	201
856	Samantha	Crouch	F45-49	56	244
960	Elaine	Palmer	F55-59	83	296
				187	846

Olney Runners

Team Score **2004**

Men

	First Name	Surname	Age Cat		Team
1054	Simon	Cook	m50-54	67	72
1078	Dean	Sartin	m45-49	74	81
1061	Stephen	Dicks	m50-54	85	95
1093	Anthony	Jones	m50-54	87	97
1084	Duncan	Winner	m45-49	123	146
1077	Rob	Riekie	m60-64	138	164
1055	Justin	Crook	m40-44	163	196
1080	David	Shakespeare	m55-59	166	199
				903	1050

Women

	First Name	Surname	Age Cat		Team
1064	Katie	Godof	f45-49	3	49
1069	Mary	Jones	f45-49	33	195
1079	Helen	Sartin	f45-49	94	314
1053	Liz	Conibere	f70-74	146	396
				276	954

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Stopsley Striders

Team Score **1923**

Men

	First Name	Surname	Age Cat		Team
1102	Rob	Barnes	m35-39	10	10
1132	Kallum	Wright	m30-34	41	43
1121	Ryan	Parsons	m25-29	65	70
1113	Gez	Fallon	m50-54	69	75
1138	Peter	Breslin	m50-54	89	100
1104	Ade	Copp	m50-54	111	131
1139	Paul	Abrahams	m45-49	119	141
1134	Rob	Allen	m45-49	139	166
				643	736

Women

	First Name	Surname	Age Cat		Team
1129	Charlotte	Snowdon	f35-39	38	205
1109	Ruth	Doyle	f50-54	76	287
1101	Karen	Ashby	f60-64	88	306
1126	Judy	Reid	f65-69	139	389

341 **1187**

Northants Tri

Team Score **1650**

Men

	First Name	Surname	Age Cat		Team
1227	Andy	Green	M55-59	50	54
1228	Pete	Deboo	M30-34	53	57
1244	Stephen	Dransfield	m35-39	59	63
1232	Paul	Watts	M40-44	75	83
1239	Charles	Spencer	M35-39	106	123
1236	Jordan	Lofting	M25-29	110	130
1240	Andrew	Verra	M30-34	118	140
1245	Daniel	Bulley	m25-29	134	160
				705	810

Women

	First Name	Surname	Age Cat		Team
1221	Lizzie	Fox	F20-24	20	128
1226	Sarah	Ashcroft	F35-39	36	202
1222	Louise	Lane	F55-59	48	221
1224	Tiphanie	Marshall	F35-39	78	289

182 **840**

Wellingborough & District AC

Team Score **689**

Men

	First Name	Surname	Age Cat		Team
1333	Jason	French	M40-44	15	15
1336	Joe	Ramsden	M35-39	19	19
1320	Ben	Shirley	M45-49	38	40
1270	Jon	Kemp	M50-54	40	42
1299	Peter	Cowler	M40-44	42	44
1292	Ed	Norris	M30-34	54	58
1296	Liam	Safford	M25-29	55	59
1331	Martin	Arissol	M50-54	56	60
				319	337

Women

	First Name	Surname	Age Cat		Team
1286	Kelly	Barnett	F30-34	4	50
1284	Francesca	Molossi-Murphy	F25-29	5	68
1341	Sophie	Moss	F20-24	7	80
1271	Louise	Kemp	f40-44	25	154

41 **352**

Wootton Road Runners

Team Score **1107**

Men

	First Name	Surname	Age Cat		Team
1368	Andrew	Fairley	m45-49	6	6
1385	Jack	Diamond	m30-34	27	28
1361	Richard	Lack	m50-54	31	33
1379	Simon	Tootell	m45-49	33	35
1351	Ashley	Gardner	m40-44	44	46
1356	Tim	Thurlow	m45-49	46	48
1380	Paul	Kinge	m35-39	63	67
1353	Nick	Morton	m50-54	78	87
				328	350

Women

	First Name	Surname	Age Cat		Team
1378	Kairit	Fitzgerald	f35-39	16	117
1364	Emma	Eaton	f35-39	32	189
1386	Louise	Birkett-Swan	f45-49	40	209
1390	Janet	Mitchell	f60-64	54	242

142 **757**

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Rugby & Northampton AC

Team Score **956**

Men

	First Name	Surname	Age Cat		Team
1524	Phil	Melling	m45-49	3	3
1495	David	Ball	m40-44	9	9
1499	Chris	Lamb	m35-39	12	12
1493	Jasper	Cooper	m17-19	13	13
1525	James	Williams	m25-29	24	24
1503	Sam	Tallet	m35-39	32	34
1505	Laurence	Burton	m30-34	47	51
1497	Steve	Dixon	m45-49	49	53
				189	199

Women

	First Name	Surname	Age Cat		Team
1490	Katerina	Hemmington	f40-44	11	98
1475	Helen	Jones	f55-59	37	203
1516	Lyndsey	Owen	f45-49	43	213
1526	Hayley	Clarke	f45-49	55	243

146 **757**

Dunstable Lions

Team Score **3959**

Men

	First Name	Surname	Age Cat		Team
1558	Russell	Mead	m50-54	81	90
1552	Mark	Cornell	m55-59	125	148
1568	Ian	Early	m50-54	178	230
	Last	Man		257	413
	Last	Man		257	413
	Last	Man		257	413
	Last	Man		257	413
	Last	Man		257	413
				1669	2533

Women

	First Name	Surname	Age Cat		Team
1569	Tara	Quinn	f40-44	70	274
1571	Anne	Golding	f60-64	100	326
	Last	Lady		157	413
	Last	Lady		157	413

484 **1426**

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	1	102	2	51	1	102	408	510
Bedford Harriers	6	441	4	61	4	480	431	911
Biggleswade AC	12	942	5	110	10	1141	601	1742
Dunstable Road Runners	13	1254	11	216	13	1704	913	2617
Leighton Fun Runners	10	751	8	167	8	863	806	1669
North Herts Road Runners	3	229	3	52	2	238	392	630
Northampton Road Runners	9	730	10	187	9	833	846	1679
Olney Runners	11	903	12	276	12	1050	954	2004
Stopsley Striders	7	643	13	341	11	736	1187	1923
Northants Tri	8	705	9	182	7	810	840	1650
Wellingborough & District AC	4	319	1	41	3	337	352	689
Wootton Road Runners	5	328	6	142	6	350	757	1107
Rugby & Northampton AC	2	189	7	146	5	199	757	956
Dunstable Lions	14	1669	14	484	14	2533	1426	3959
Total of Scoring Men's Teams			11376		Contribution to			51.60%
Total of Scoring Women's Teams			10670		Team Scores			48.40%

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