

3 Counties Cross Country League Results

Venue **North Herts**

18-December-2022

Amphill & Flitwick Flyers

Team Score

763

Men

	First Name	Surname	Age Cat		Team
80	Ian	Halpin	m35-39	6	6
117	Mark	Waine	m50-54	12	12
89	Dan	Karaiskou	m25-29	20	20
64	Tom	Cawdell	m35-39	24	25
54	Roger	Ball	m50-54	30	31
86	Jim	Hurford	m35-39	43	46
99	Gavin	Nicholson	m40-44	50	53
91	Ian	Lambert	m50-54	58	62
				243	255

Women

	First Name	Surname	Age Cat		Team
21	Charlotte	Godleman	f30-34	5	66
46	Nicola	Walton	f40-44	17	114
45	Dayle	Walker	f25-29	31	160
26	Theresa	Jackson	f50-54	33	168

86

508

Bedford Harriers

Team Score

964

Men

	First Name	Surname	Age Cat		Team
312	Graham	Pratt	m30-34	19	19
298	Andy	Palombella	m40-44	45	48
209	Gary	Finch	m50-54	64	69
331	Kevin	Shelton-Smith	m60-64	66	71
233	James	Goodman	m40-44	67	72
270	Stuart	Knight	m55-59	81	89
163	Mike	Brewer	m45-49	108	128
205	Peter	Fadden	m20-24	116	138
				566	634

Women

	First Name	Surname	Age Cat		Team
324	Clare	Rodseth	f30-34	3	39
332	Ellie	Sheriffs	f35-39	7	79
292	Juliet	Naylor	f50-54	9	90
160	Heather	Bourne	f30-34	20	122

39

330

Biggleswade AC

Team Score

1923

Men

	First Name	Surname	Age Cat		Team
474	Robert	Morgan	m45-49	34	36
450	Alistair	Nelson	m25-29	55	59
470	Nick	Haworth	m45-49	93	107
456	Giles	Hawthorne	m45-49	114	136
451	Charlie	Arnold	m65-69	133	164
478	Connor	Hawthorne	m17-19	147	185
458	Ian	Grimwood	m70-74	157	210
	Last	Man		184	298
				917	1195

Women

	First Name	Surname	Age Cat		Team
468	Natalie	Morgan	f45-49	22	131
467	Natalie	Garner	f30-34	24	145
460	Jennie	Day	f50-54	61	224
479	Roxann	Holder	f30-34	64	228

171

728

Dunstable Road Runners

Team Score

1752

Men

	First Name	Surname	Age Cat		Team
544	Ben	Warren	m20-24	1	1
518	Neil	Currant	m45-49	59	63
511	Jose	Santos	m45-49	92	106
526	Wesley	Thorne	m40-44	101	120
508	James	Webster	m40-44	113	135
515	Matt	Deller	m45-49	115	137
520	Pete	Williams	m55-59	129	159
531	Robert	Lee	m40-44	152	195
				762	916

Women

	First Name	Surname	Age Cat		Team
524	Teresa	Warren	f50-54	29	153
525	Tracey	Palmer	f45-49	59	219
547	Cheryl	Currant	f45-49	62	226
509	Johanne	Lee	f35-39	72	238

222

836

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Leighton Fun Runners

Team Score

1433

Men

	First Name	Surname	Age Cat		Team
610	Daniel	Green	M45-49	48	51
602	Jim	Buttleman	M55-59	69	75
677	Nick	Shelley	m35-39	70	76
612	Richard	Heady	M35-39	78	86
621	Mark	Kleanthous	M60-64	87	99
613	Andrew	Heale	M55-59	88	101
636	Andy	Stocks	M45-49	95	110
611	Kevin	Hare	M50-54	96	111

631 709

Women

	First Name	Surname	Age Cat		Team
642	Rosie	Booth	F45-49	12	96
651	Samantha	Heady	F35-39	35	171
641	Christine	Ayers	F65-69	55	213
656	Clare	Kleanthous	F55-59	77	244

179 724

North Herts Road Runners

Team Score

329

Men

	First Name	Surname	Age Cat		Team
742	Adam	Bowler	m35-39	2	2
754	Ben	Hadman	m25-29	5	5
760	Mike	Roberts	m30-34	7	7
764	Wayne	Bell	m40-44	8	8
757	Nathan	Pask	m45-49	9	9
721	Ben	Sewell	m30-34	11	11
744	Stewart	Overton	m40-44	13	13
770	Vince	Wright	m45-49	16	16

71 71

Women

	First Name	Surname	Age Cat		Team
736	Katie	Harbon	f25-29	1	23
774	Anna	Klucnika	f25-29	2	32
779	Rachel	Arnott	f	13	100
719	Hannah	Ridley	f25-29	14	103

30 258

Northampton Road Runners

Team Score

2169

Men

	First Name	Surname	Age Cat		Team
926	Tony	Letts	M50-54	36	38
976	Andrew	Rosewell	M35-39	73	80
883	John	Gibbins	M45-49	75	83
1007	David	Ward-Stokes	M40-44	91	105
913	Mark	Kennedy	M45-49	111	133
832	David	Blackburn	M60-64	158	212
995	Roger	Taylor	M55-59	159	215
	Last	Man		184	298

887 1164

Women

	First Name	Surname	Age Cat		Team
890	Kathryn	Hall	F45-49	76	243
859	Sheena	Desborough	F45-49	83	253
938	Lesley	Mahony	F50-54	84	254
931	Louise	Linnett	F50-54	85	255

328 1005

Olney Runners

Team Score

1181

Men

	First Name	Surname	Age Cat		Team
1060	Matthew	Dicks	m20-24	3	3
1070	Chris	Ling	m40-44	15	15
1054	Simon	Cook	m50-54	44	47
1059	Iain	Dickinson	m45-49	51	54
1062	Chris	Dunn	m35-39	62	67
1061	Stephen	Dicks	m50-54	63	68
1073	Anthony	O'Neil	m45-49	79	87
1084	Duncan	Winner	m45-49	100	119

417 460

Women

	First Name	Surname	Age Cat		Team
1064	Katie	Godof	f45-49	4	57
1071	Sarah	McAuliffe	f35-39	34	169
1074	Therese	O'Riordan	f40-44	45	197
	Last	Lady		115	298

198 721

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Stopsley Striders

Team Score **1125**

Men

	First Name	Surname	Age Cat		Team
1102	Rob	Barnes	m35-39	14	14
1123	Tom	Rankin	m25-29	28	29
1132	Kallum	Wright	m30-34	32	34
1113	Gez	Fallon	m50-54	57	61
1121	Ryan	Parsons	m25-29	77	85
1104	Ade	Copp	m50-54	83	92
1139	Paul	Abrahams	m45-49	84	95
1138	Peter	Breslin	m50-54	89	102
				464	512

Women

	First Name	Surname	Age Cat		Team
1133	Lucy	Treleaven	f20-24	15	109
1116	Miriam	Linforth	f40-44	26	148
1129	Charlotte	Snowdon	f35-39	27	150
1101	Karen	Ashby	f60-64	50	206

118 **613**

Northants Tri

Team Score **1717**

Men

	First Name	Surname	Age Cat		Team
1227	Andy	Green	M55-59	35	37
1246	Stirling	Green	m17-19	38	41
1232	Paul	Watts	M40-44	53	56
1228	Pete	Deboo	M30-34	76	84
1240	Andrew	Verra	M30-34	97	113
1230	Robert	White	M55-59	106	126
1233	Gary	Lane	M60-64	107	127
	Last	Man		184	298
				696	882

Women

	First Name	Surname	Age Cat		Team
1221	Lizzie	Fox	F20-24	19	118
1222	Louise	Lane	F55-59	30	158
1241	Rosemary	Kennedy	F60-64	105	278
1220	Val	Bridges	F65-69	107	281

261 **835**

Wellingborough & District AC

Team Score **823**

Men

	First Name	Surname	Age Cat		Team
1346	Jonny	Reep	#VALUE!	10	10
1342	Matthew	Peleszok	m40-44	18	18
1333	Jason	French	M40-44	21	21
1270	Jon	Kemp	M50-54	29	30
1299	Peter	Cowler	M40-44	40	43
1292	Ed	Norris	M30-34	47	50
1331	Martin	Arissol	M50-54	54	58
1311	Mark	Bonham	M50-54	71	77
				290	307

Women

	First Name	Surname	Age Cat		Team
1341	Sophie	Moss	F20-24	6	74
1271	Louise	Kemp	f40-44	18	115
1295	Lydia	Wilkie	F40-44	21	129
1345	Amy	Robinson	#VALUE!	46	198

91 **516**

Wootton Road Runners

Team Score **1659**

Men

	First Name	Surname	Age Cat		Team
1368	Andrew	Fairley	m45-49	4	4
1379	Simon	Tootell	m45-49	22	22
1361	Richard	Lack	m50-54	33	35
1393	Thomas	Lack	#VALUE!	39	42
1351	Ashley	Gardner	m40-44	42	45
1353	Nick	Morton	m50-54	74	81
1370	Niall	Gardiner	m45-49	85	97
1358	Graham	Holloway	m55-59	119	141
				418	467

Women

	First Name	Surname	Age Cat		Team
	Last	Lady		115	298
	Last	Lady		115	298
	Last	Lady		115	298
	Last	Lady		115	298

460 **1192**

3 Counties Cross Country League Results

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Rugby & Northampton AC

Team Score 887

Men

	First Name	Surname	Age Cat		Team
1532	Matthew	Everett	m17-19	17	17
1533	Peter	Currington	m35-39	25	26
1525	James	Williams	m25-29	26	27
1505	Laurence	Burton	m30-34	37	40
1500	Brendan	Moen	m55-59	46	49
1522	Sam	Jackson	m25-29	49	52
1496	Vince	Carroll	m50-54	52	55
1517	Richard	Owen	m45-49	72	78
				324	344

Women

	First Name	Surname	Age Cat		Team
1531	Lorna	Hession	f40-44	10	93
1530	Jo	Harris	f40-44	11	94
1516	Lyndsey	Owen	f45-49	36	175
1526	Hayley	Clarke	f45-49	38	181

95 543

Dunstable Lions

Team Score 2794

Men

	First Name	Surname	Age Cat		Team
1558	Russell	Mead	m50-54	56	60
1568	Ian	Early	m50-54	135	167
1554	Robert	Curtis	m55-59	136	170
	Last	Man		184	298
	Last	Man		184	298
	Last	Man		184	298
	Last	Man		184	298
	Last	Man		184	298
				1247	1887

Women

	First Name	Surname	Age Cat		Team
1572	Emily	Prejac	f35-39	8	82
1571	Anne	Golding	f60-64	65	229
	Last	Lady		115	298
	Last	Lady		115	298

303 907

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	2	243	3	86	2	255	508	763
Bedford Harriers	8	566	2	39	5	634	330	964
Biggleswade AC	13	917	7	171	12	1195	728	1923
Dunstable Road Runners	11	762	10	222	11	916	836	1752
Leighton Fun Runners	9	631	8	179	8	709	724	1433
North Herts Road Runners	1	71	1	30	1	71	258	329
Northampton Road Runners	12	887	13	328	13	1164	1005	2169
Olney Runners	5	417	9	198	7	460	721	1181
Stopsley Striders	7	464	6	118	6	512	613	1125
Northants Tri	10	696	11	261	10	882	835	1717
Wellingborough & District AC	3	290	4	91	3	307	516	823
Wootton Road Runners	6	418	14	460	9	467	1192	1659
Rugby & Northampton AC	4	324	5	95	4	344	543	887
Dunstable Lions	14	1247	12	303	14	1887	907	2794
Total of Scoring Men's Teams			9803		Contribution to		50.22%	
Total of Scoring Women's Teams			9716		Team Scores		49.78%	

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