

3 Counties Cross Country League Results

After 4 Events

Open Men

15-January-2023

No.	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Bedford	Pos	Races	Score
544	Ben	Warren	Dunstable Road Runners	20-24	5	1	1	1		1	4	3
80	Ian	Halpin	Amphill & Flitwick Flyers	35-39	3	5	6	3		2	4	11
760	Mike	Roberts	North Herts Road Runners	30-34	4	7	7	2		3	4	13
1368	Andrew	Fairley	Wootton Road Runners	45-49		6	4	4		4	3	14
90	Jamie	Keane	Amphill & Flitwick Flyers	35-39	7	8		8		5	3	23
1495	David	Ball	Rugby & Northampton AC	40-44	8	9		12		6	3	29
117	Mark	Waine	Amphill & Flitwick Flyers	50-54	6	11	12			6	3	29
1102	Rob	Barnes	Stopsley Striders	35-39	12	10	14	9		8	4	31
721	Ben	Sewell	North Herts Road Runners	30-34	14	22	11	10		9	4	35
744	Stewart	Overton	North Herts Road Runners	40-44		16	13	17		10	3	46
1070	Chris	Ling	Olney Runners	40-44	18		15	13		10	3	46
312	Graham	Pratt	Bedford Harriers	30-34	24	18	19	15		12	4	52
770	Vince	Wright	North Herts Road Runners	45-49	20	23	16	16		12	4	52
740	Ed	Price	North Herts Road Runners	45-49		20	23	14		14	3	57
89	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29	27	25	20	20		15	4	65
474	Robert	Morgan	Biggleswade AC	45-49	22	17	34			16	3	73
1503	Sam	Tallet	Rugby & Northampton AC	35-39	25	32		19		17	3	76
759	Shahab	Ahmad	North Herts Road Runners	40-44	26	39	31	21		18	4	78
748	Matthew	Sayers	North Herts Road Runners	45-49	29	36	27	24		19	4	80
64	Tom	Cawdell	Amphill & Flitwick Flyers	35-39		34	24	23		20	3	81
1361	Richard	Lack	Wootton Road Runners	50-54	28	31	33	32		21	4	91
1123	Tom	Rankin	Stopsley Striders	25-29	31		28	33		22	3	92
1505	Laurence	Burton	Rugby & Northampton AC	30-34	33	47	37	29		23	4	99
1270	Jon	Kemp	Wellingborough & District AC	50-54		40	29	35		24	3	104
54	Roger	Ball	Amphill & Flitwick Flyers	50-54	42	48	30	37		25	4	109
926	Tony	Letts	Northampton Road Runners	50-54		45	36	30		26	3	111
1227	Andy	Green	Northants Tri	55-59	55	50	35	28		27	4	113
1299	Peter	Cowler	Wellingborough & District AC	40-44	34	42	40			28	3	116
1132	Kallum	Wright	Stopsley Striders	30-34	43	41	32	85		28	4	116
1351	Ashley	Gardner	Wootton Road Runners	40-44	47	44	42	42		30	4	128
1292	Ed	Norris	Wellingborough & District AC	30-34	38	54	47	44		31	4	129
1497	Steve	Dixon	Rugby & Northampton AC	45-49	49	49		31		31	3	129
1228	Pete	Deboo	Northants Tri	30-34	35	53	76	62		33	4	150
1054	Simon	Cook	Olney Runners	50-54		67	44	40		34	3	151
1331	Martin	Arissol	Wellingborough & District AC	50-54	52	56	54	46		35	4	152
450	Alistair	Nelson	Biggleswade AC	25-29	61	61	55	36		35	4	152
1517	Richard	Owen	Rugby & Northampton AC	45-49	54	62	72	39		37	4	155
1477	Paul	Furness	Rugby & Northampton AC	50-54	50	57		49		38	3	156
1121	Ryan	Parsons	Stopsley Striders	25-29	58	65	77	43		39	4	166
700	John	Auld	North Herts Road Runners	40-44	44	66	65	59		40	4	168

3 Counties Cross Country League Results**After 4 Events****Open Women****15-January-2023**

No.	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Bedford	Pos	Races	Score
736	Katie	Harbon	North Herts Road Runners	25-29		2	1	1		1	3	4
324	Clare	Rodseth	Bedford Harriers	30-34	1	1	3			2	3	5
1064	Katie	Godof	Olney Runners	45-49		3	4	2		3	3	9
332	Ellie	Sheriffs	Bedford Harriers	35-39	4	8	7	4		4	4	15
1284	Francesca	Molossi-Murphy	Wellingborough & District AC	25-29	6	5		8		5	3	19
21	Charlotte	Godleman	Ampthill & Flitwick Flyers	30-34	5	9	5			5	3	19
471	Nicky	Upperton	Biggleswade AC	30-34	3	12		5		7	3	20
719	Hannah	Ridley	North Herts Road Runners	25-29	10	10	14			8	3	34
710	Tash	Pitman	North Herts Road Runners	45-49		14	16	6		9	3	36
642	Rosie	Booth	Leighton Fun Runners	45-49		18	12	7		10	3	37
467	Natalie	Garner	Biggleswade AC	30-34	13	15	24	17		11	4	45
1221	Lizzie	Fox	Northants Tri	20-24	18	20	19	13		12	4	50
160	Heather	Bourne	Bedford Harriers	30-34	12		20	18		12	3	50
46	Nicola	Walton	Ampthill & Flitwick Flyers	40-44	16	19	17	23		14	4	52
269	Sally	Knight	Bedford Harriers	45-49	9	29	32	16		15	4	54
30	Kerry	Large	Ampthill & Flitwick Flyers	35-39	22	23		14		16	3	59
468	Natalie	Morgan	Biggleswade AC	45-49	17	21	22			17	3	60
502	Becky	Sharpe	Dunstable Road Runners	30-34	14	22		26		18	3	62
1271	Louise	Kemp	Wellingborough & District AC	40-44		25	18	22		19	3	65
732	Jane	Clarke	North Herts Road Runners	40-44	19	26	23	24		20	4	66
733	Paula	Adams	North Herts Road Runners	50-54		27	25	19		21	3	71
337	Juliet	Smith	Bedford Harriers	55-59	23	31		25		22	3	79
377	Cala	Whitmore	Bedford Harriers	25-29	41	24		15		23	3	80
1129	Charlotte	Snowdon	Stopsley Striders	35-39	24	38	27	30		24	4	81
1116	Miriam	Linforth	Stopsley Striders	40-44	31		26	31		25	3	88
1071	Sarah	McAuliffe	Olney Runners	35-39	32		34	29		26	3	95
1222	Louise	Lane	Northants Tri	55-59	35	48	30	36		27	4	101
237	Nora	Haggart	Bedford Harriers	65-69		42	28	33		28	3	103
1516	Lyndsey	Owen	Rugby & Northampton AC	45-49	29	43	36	44		29	4	108
524	Teresa	Warren	Dunstable Road Runners	50-54		52	29	35		30	3	116
368	Lauren	Owens	Bedford Harriers	35-39	42		39	38		31	3	119
42	Eleanor	Street	Ampthill & Flitwick Flyers	25-29		45	37	37		31	3	119
26	Theresa	Jackson	Ampthill & Flitwick Flyers	50-54	40	46	33	51		31	4	119
651	Samantha	Heady	Leighton Fun Runners	35-39	49	50	35	41		34	4	125
19	Caroline	Gilby	Ampthill & Flitwick Flyers	55-59	36	67	40	53		35	4	129
731	Helen	Cairns	North Herts Road Runners	45-49	39	51		50		36	3	140
1	Jo	Aatkar	Ampthill & Flitwick Flyers	50-54	47	53	41			37	3	141
1074	Therese	O'Riordan	Olney Runners	40-44	46		45	62		38	3	153
472	Paula	Frost	Biggleswade AC	40-44	51	62		49		39	3	162
722	Lucy	O'Connor	North Herts Road Runners	60-64		66	44	61		40	3	171

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Men By Age Category

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No.	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Bedford	Pos	Races	Score	Open
478	Connor	Hawthorne	Biggleswade AC	17-19	5		3	2		1	3	10	450
				17-19						2			
				17-19						3			
205	Peter	Fadden	Bedford Harriers	20-24	3	2	4	2		1	4	7	359
				20-24						2			
				20-24						3			
89	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29	3	3	2	1		1	4	6	65
1123	Tom	Rankin	Stopsley Striders	25-29	4		4	2		2	3	10	92
450	Alistair	Nelson	Biggleswade AC	25-29	6	6	6	3		3	4	15	152
721	Ben	Sewell	North Herts Road Runners	30-34	2	3	2	2		1	4	6	35
312	Graham	Pratt	Bedford Harriers	30-34	4	2	3	4		2	4	9	52
1505	Laurence	Burton	Rugby & Northampton AC	30-34	6	7	5	5		3	4	16	99
90	Jamie	Keane	Amphill & Flitwick Flyers	35-39	2	2		3		1	3	7	23
1102	Rob	Barnes	Stopsley Striders	35-39	4	3	3	4		2	4	10	31
1503	Sam	Tallet	Rugby & Northampton AC	35-39	6	6		5		3	3	17	76
1495	David	Ball	Rugby & Northampton AC	40-44	1	2		1		1	3	4	29
1070	Chris	Ling	Olney Runners	40-44	3		3	2		2	3	8	46
744	Stewart	Overton	North Herts Road Runners	40-44		4	2	3		3	3	9	46
1368	Andrew	Fairley	Wootton Road Runners	45-49		2	1	1		1	3	4	14
770	Vince	Wright	North Herts Road Runners	45-49	2	5	3	4		2	4	9	52
740	Ed	Price	North Herts Road Runners	45-49		4	5	3		3	3	12	57
117	Mark	Waine	Amphill & Flitwick Flyers	50-54	1	1	1			1	3	3	29
1361	Richard	Lack	Wootton Road Runners	50-54	3	2	4	3		2	4	8	91
1270	Jon	Kemp	Wellingborough & District AC	50-54		4	2	4		3	3	10	104
1227	Andy	Green	Northants Tri	55-59	2	1	1	2		1	4	4	113
270	Stuart	Knight	Bedford Harriers	55-59	3	3	5	4		2	4	10	221
613	Andrew	Heale	Leighton Fun Runners	55-59	4	5	6	5		3	4	14	235
331	Kevin	Shelton-Smith	Bedford Harriers	60-64		1	1	1		1	3	3	219
621	Mark	Kleanthous	Leighton Fun Runners	60-64	2		2	2		2	3	6	279
1233	Gary	Lane	Northants Tri	60-64	3	4	4	3		3	4	10	349
1281	Nicholas	Page	Wellingborough & District AC	65-69	1	1	1	1		1	4	3	289
451	Charlie	Arnold	Biggleswade AC	65-69	2	2	3	6		2	4	7	398
126	Martin	Godin	Amphill & Flitwick Flyers	65-69		4	2	5		3	3	11	450
199	Frank	Esaw	Bedford Harriers	70-74	1	1	1	2		1	4	3	466
458	Ian	Grimwood	Biggleswade AC	70-74	2	3	2	3		2	4	7	500
232	Dave	Girling	Bedford Harriers	70-74	4	5	4	5		3	4	13	576
1360	Gerald	Billis	Wootton Road Runners	75-99	1	1	1	1		1	4	3	595
				75-99						2			
				75-99						3			

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After 4 Events

Women By Age Category

15-January-2023

No.	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Bedford	Pos	Races	Score	Open
				17-19						1			
				17-19						2			
				17-19						3			
1221	Lizzie	Fox	Northants Tri	20-24	2	2	3	1		1	4	5	50
				20-24						2			
				20-24						3			
1284	Francesca	Molossi-Murphy	Wellingborough & District AC	25-29	1	2		3		1	3	6	19
719	Hannah	Ridley	North Herts Road Runners	25-29	2	3	3			2	3	8	34
377	Cala	Whitmore	Bedford Harriers	25-29	5	4		4		3	3	13	80
471	Nicky	Upperton	Biggleswade AC	30-34	3	5		1		1	3	9	20
21	Charlotte	Godleman	Amphill & Flitwick Flyers	30-34	4	4	2			2	3	10	19
160	Heather	Bourne	Bedford Harriers	30-34	5		3	3		3	3	11	50
332	Ellie	Sheriffs	Bedford Harriers	35-39	1	1	1	1		1	4	3	15
30	Kerry	Large	Amphill & Flitwick Flyers	35-39	3	4		4		2	3	11	59
1129	Charlotte	Snowdon	Stopsley Striders	35-39	4	8	3	6		3	4	13	81
46	Nicola	Walton	Amphill & Flitwick Flyers	40-44	2	3	4	3		1	4	8	52
1271	Louise	Kemp	Wellingborough & District AC	40-44		4	5	2		2	3	11	65
732	Jane	Clarke	North Herts Road Runners	40-44	3	5	7	4		3	4	12	66
710	Tash	Pitman	North Herts Road Runners	45-49		2	3	2		1	3	7	36
642	Rosie	Booth	Leighton Fun Runners	45-49		3	2	3		2	3	8	37
468	Natalie	Morgan	Biggleswade AC	45-49	3	4	4			3	3	11	60
733	Paula	Adams	North Herts Road Runners	50-54		1	2	2		1	3	5	71
26	Theresa	Jackson	Amphill & Flitwick Flyers	50-54	2	2	4	6		2	4	8	119
524	Teresa	Warren	Dunstable Road Runners	50-54		3	3	4		3	3	10	116
337	Juliet	Smith	Bedford Harriers	55-59	1	1		1		1	3	3	79
1222	Louise	Lane	Northants Tri	55-59	3	3	1	2		2	4	6	101
19	Caroline	Gilby	Amphill & Flitwick Flyers	55-59	4	5	2	5		3	4	11	129
722	Lucy	O'Connor	North Herts Road Runners	60-64		3	1	3		1	3	7	171
1571	Anne	Golding	Dunstable Lions	60-64	2	9	4	4		2	4	10	222
218	Amanda	Friman	Bedford Harriers	60-64	4	8	3	5		3	4	12	224
237	Nora	Haggart	Bedford Harriers	65-69		1	1	1		1	3	3	103
641	Christine	Ayers	Leighton Fun Runners	65-69	1	2	2	2		2	4	5	202
657	Janet	Langdon	Leighton Fun Runners	65-69	2	3	3	3		3	4	8	278
20	Pat	Godfrey	Amphill & Flitwick Flyers	70-74	1	1	1	1		1	4	3	347
				70-74						2			
				70-74						3			
1479	Angela	Copson	Rugby & Northampton AC	75-99		1	1	1		1	3	3	174
				75-99						2			
				75-99						3			