

3 Counties Cross Country League Results

Venue **Stopsley**

15-January-2023

Ampthill & Flitwick Flyers

Team Score **900**

Men

	First Name	Surname	Age Cat		Team
80	Ian	Halpin	m35-39	3	3
90	Jamie	Keane	m35-39	8	8
89	Dan	Karaiskou	m25-29	20	20
64	Tom	Cawdell	m35-39	23	23
54	Roger	Ball	m50-54	37	39
84	Callum	Harrison	m30-34	58	62
91	Ian	Lambert	m50-54	70	75
111	Terry	Stanley	m35-39	75	82
				294	312

Women

	First Name	Surname	Age Cat		Team
30	Kerry	Large	f35-39	14	102
46	Nicola	Walton	f40-44	23	135
14	Kyrstin	Fairweather	f45-49	32	168
42	Eleanor	Street	f25-29	37	183

106 **588**

Bedford Harriers

Team Score **933**

Men

	First Name	Surname	Age Cat		Team
312	Graham	Pratt	m30-34	15	15
215	Simon	Foster	m50-54	61	65
258	Oliver	Jones	m40-44	63	67
270	Stuart	Knight	m55-59	65	70
233	James	Goodman	m40-44	66	71
331	Kevin	Shelton-Smith	m60-64	71	77
385	Mark	Finn	m45-49	89	103
163	Mike	Brewer	m45-49	96	113
				526	581

Women

	First Name	Surname	Age Cat		Team
332	Ellie	Sheriffs	f35-39	4	51
292	Juliet	Naylor	f50-54	10	88
377	Cala	Whitmore	f25-29	15	105
269	Sally	Knight	f45-49	16	108

45 **352**

Biggleswade AC

Team Score **1987**

Men

	First Name	Surname	Age Cat		Team
450	Alistair	Nelson	m25-29	36	38
477	Paul	Swinburne	m50-54	55	59
473	Richard	Hill	m55-59	128	155
452	Damien	Pitts	m35-39	146	181
451	Charlie	Arnold	m65-69	151	192
456	Giles	Hawthorne	m45-49	165	215
478	Connor	Hawthorne	m17-19	166	216
458	Ian	Grimwood	m70-74	190	260
				1037	1316

Women

	First Name	Surname	Age Cat		Team
471	Nicky	Upperton	f30-34	5	69
467	Natalie	Garner	f30-34	17	111
472	Paula	Frost	f40-44	49	211
460	Jennie	Day	f50-54	86	280

157 **671**

Dunstable Road Runners

Team Score **1461**

Men

	First Name	Surname	Age Cat		Team
544	Ben	Warren	m20-24	1	1
518	Neil	Currant	m45-49	41	44
511	Jose	Santos	m45-49	57	61
526	Wesley	Thorne	m40-44	67	72
536	Nikk	Shilvock	m50-54	100	117
515	Matt	Deller	m45-49	101	118
508	James	Webster	m40-44	111	132
517	Mike	Reilly	m55-59	167	218
				645	763

Women

	First Name	Surname	Age Cat		Team
502	Becky	Sharpe	f30-34	26	150
523	Sue	McAvock	f50-54	34	174
524	Teresa	Warren	f50-54	35	177
548	Sharon	Nimmo	f40-44	45	197

140 **698**

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Leighton Fun Runners

Team Score

1142

Men

	First Name	Surname	Age Cat		Team
604	Martin	Crane	M50-54	22	22
629	Martin	Oborne	M25-29	51	55
610	Daniel	Green	M45-49	52	56
619	Sagar	Kharab	M25-29	56	60
613	Andrew	Heale	M55-59	68	73
612	Richard	Heady	M35-39	74	80
602	Jim	Buttlerman	M55-59	76	85
600	Joe	Bidlake-Hull	M17-19	80	91

479 522

Women

	First Name	Surname	Age Cat		Team
642	Rosie	Booth	F45-49	7	81
653	Zoe	Jeffers	F45-49	28	157
651	Samantha	Heady	F35-39	41	189
661	Karen	McLean	F55-59	42	193

118 620

North Herts Road Runners

Team Score

303

Men

	First Name	Surname	Age Cat		Team
760	Mike	Roberts	m30-34	2	2
742	Adam	Bowler	m35-39	5	5
761	Andrew	Leach	m55-59	6	6
757	Nathan	Pask	m45-49	7	7
721	Ben	Sewell	m30-34	10	10
769	Sam	Coxon	m30-34	11	11
740	Ed	Price	m45-49	14	14
770	Vince	Wright	m45-49	16	16

71 71

Women

	First Name	Surname	Age Cat		Team
736	Katie	Harbon	f25-29	1	24
774	Anna	Klucnika	f25-29	3	42
710	Tash	Pitman	f45-49	6	76
745	Astrid	Mckeown	f45-49	11	90

21 232

Northampton Road Runners

Team Score

2141

Men

	First Name	Surname	Age Cat		Team
926	Tony	Letts	M50-54	30	31
899	Robert	Hemingway	M40-44	45	48
883	John	Gibbins	M45-49	77	86
980	Andrew	Shaw	M40-44	91	106
1010	David	Whatton	M55-59	112	134
913	Mark	Kennedy	M45-49	131	159
889	Alan	Hall	M65-69	154	199
847	Matthew	Cleary	M45-49	159	205

799 968

Women

	First Name	Surname	Age Cat		Team
938	Lesley	Mahony	F50-54	64	245
859	Sheena	Desborough	F45-49	105	306
931	Louise	Linnett	F50-54	106	308
994	Debra	Tame	F50-54	112	314

387 1173

Olney Runners

Team Score

1038

Men

	First Name	Surname	Age Cat		Team
1070	Chris	Ling	m40-44	13	13
1059	Iain	Dickinson	m45-49	34	35
1054	Simon	Cook	m50-54	40	43
1078	Dean	Sartin	m45-49	48	52
1073	Anthony	O'Neil	m45-49	50	54
1062	Chris	Dunn	m35-39	78	87
1061	Stephen	Dicks	m50-54	79	89
1067	Andrew	Jones	m50-54	92	107

434 480

Women

	First Name	Surname	Age Cat		Team
1064	Katie	Godof	f45-49	2	37
1069	Mary	Jones	f45-49	27	152
1071	Sarah	McAuliffe	f35-39	29	161
1096	Linda	Church	f50-54	47	208

105 558

3 Counties Cross Country League Results

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Stopsley Striders

Team Score 1328

Men

	First Name	Surname	Age Cat		Team
1102	Rob	Barnes	m35-39	9	9
1123	Tom	Rankin	m25-29	33	34
1121	Ryan	Parsons	m25-29	43	46
1108	Ellie	Davies	m30-34	53	57
1113	Gez	Fallon	m50-54	60	64
1104	Ade	Copp	m50-54	72	78
1139	Paul	Abrahams	m45-49	73	79
1138	Peter	Breslin	m50-54	81	92
				424	459

Women

	First Name	Surname	Age Cat		Team
1129	Charlotte	Snowdon	f35-39	30	166
1116	Miriam	Linforth	f40-44	31	167
1109	Ruth	Doyle	f50-54	67	253
1143	Katerina	Tuloo	f40-44	89	283

217 869

Northants Tri

Team Score 2059

Men

	First Name	Surname	Age Cat		Team
1227	Andy	Green	M55-59	28	29
1228	Pete	Deboo	M30-34	62	66
1230	Robert	White	M55-59	86	98
1240	Andrew	Verra	M30-34	90	104
1236	Jordan	Lofting	M25-29	93	109
1245	Daniel	Bulley	m25-29	118	142
1233	Gary	Lane	M60-64	120	144
	Last	Man		216	366
				813	1058

Women

	First Name	Surname	Age Cat		Team
1221	Lizzie	Fox	F20-24	13	99
1222	Louise	Lane	F55-59	36	182
1241	Rosemary	Kennedy	F60-64	147	359
1220	Val	Bridges	F65-69	148	361

344 1001

Wellingborough & District AC

Team Score 1457

Men

	First Name	Surname	Age Cat		Team
1348	Paul	Huckle	m35-39	27	28
1270	Jon	Kemp	M50-54	35	36
1292	Ed	Norris	M30-34	44	47
1331	Martin	Arissol	M50-54	46	49
1281	Nicholas	Page	M65-69	103	122
1293	Martin	Newton	M45-49	105	125
1311	Mark	Bonham	M50-54	119	143
1288	Chris	Neat	M60-64	138	171
				617	721

Women

	First Name	Surname	Age Cat		Team
1284	Francesca	Molossi-Murphy	F25-29	8	83
1271	Louise	Kemp	f40-44	22	133
1294	Natasha	Newton	F45-49	58	236
1298	Mary	Pearson	F35-39	90	284

178 736

Wootton Road Runners

Team Score 1987

Men

	First Name	Surname	Age Cat		Team
1368	Andrew	Fairley	m45-49	4	4
1361	Richard	Lack	m50-54	32	33
1351	Ashley	Gardner	m40-44	42	45
1353	Nick	Morton	m50-54	54	58
1389	david	parkins	m55-59	115	139
1350	Adrian	Matthews	m45-49	197	296
1396	S	Mitchell	m	199	301
1360	Gerald	Billis	m75-99	213	360
				856	1236

Women

	First Name	Surname	Age Cat		Team
1378	Kairit	Fitzgerald	f35-39	9	84
1388	Caroline	Parkins	f55-59	40	188
1390	Janet	Mitchell	f60-64	48	210
1395	Kay	Duffy	f45-49	77	269

174 751

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Rugby & Northampton AC

Team Score **1106**

Men

	First Name	Surname	Age Cat		Team
1495	David	Ball	m40-44	12	12
1534	Richard	Francis	m40-44	18	18
1503	Sam	Tallet	m35-39	19	19
1499	Chris	Lamb	m35-39	26	27
1505	Laurence	Burton	m30-34	29	30
1497	Steve	Dixon	m45-49	31	32
1517	Richard	Owen	m45-49	39	41
1477	Paul	Furness	m50-54	49	53
				223	232

Women

	First Name	Surname	Age Cat		Team
1516	Lyndsey	Owen	f45-49	44	195
1535	Emma	Blake	f35-39	46	202
1479	Angela	Copson	f75-99	55	229
1478	Minerva	Chesser	f45-49	65	248

210 **874**

Dunstable Lions

Team Score **2849**

Men

	First Name	Surname	Age Cat		Team
1564	Cahal	McConville	m55-59	95	112
1552	Mark	Cornell	m55-59	124	149
1577	Simon	Robinson	m45-49	125	151
1579	Craig	Sweet	m25-29	130	158
1568	Ian	Early	m50-54	142	176
1554	Robert	Curtis	m55-59	172	223
1578	Graham	Lee	m45-49	179	238
	Last	Man		216	366
				1183	1573

Women

	First Name	Surname	Age Cat		Team
1576	Sara	Waters	f50-54	76	268
1571	Anne	Golding	f60-64	83	276
	Last	Lady		151	366
	Last	Lady		151	366

461 **1276**

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	3	294	4	106	2	312	588	900
Bedford Harriers	7	526	2	45	3	581	352	933
Biggleswade AC	13	1037	7	157	10	1316	671	1987
Dunstable Road Runners	9	645	6	140	9	763	698	1461
Leighton Fun Runners	6	479	5	118	6	522	620	1142
North Herts Road Runners	1	71	1	21	1	71	232	303
Northampton Road Runners	10	799	13	387	13	968	1173	2141
Olney Runners	5	434	3	105	4	480	558	1038
Stopsley Striders	4	424	11	217	7	459	869	1328
Northants Tri	11	813	12	344	12	1058	1001	2059
Wellingborough & District AC	8	617	9	178	8	721	736	1457
Wootton Road Runners	12	856	8	174	10	1236	751	1987
Rugby & Northampton AC	2	223	10	210	5	232	874	1106
Dunstable Lions	14	1183	14	461	14	1573	1276	2849
Total of Scoring Men's Teams			10292		Contribution to		49.74%	
Total of Scoring Women's Teams			10399		Team Scores		50.26%	

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