

3 Counties Cross Country League Results**After 5 Events****Open Men****5-February-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	8
760	Mike	Roberts	North Herts Road Runners	30-34	4	7	7	2	1	2	5	14
1368	Andrew	Fairley	Wootton Road Runners	45-49		6	4	4	2	3	4	16
80	Ian	Halpin	Amphill & Flitwick Flyers	35-39	3	5	6	3		4	4	17
90	Jamie	Keane	Amphill & Flitwick Flyers	35-39	7	8		8	3	5	4	26
1495	David	Ball	Rugby & Northampton AC	40-44	8	9		12	5	6	4	34
1102	Rob	Barnes	Stopsley Striders	35-39	12	10	14	9	12	7	5	43
117	Mark	Waine	Amphill & Flitwick Flyers	50-54	6	11	12		18	8	4	47
721	Ben	Sewell	North Herts Road Runners	30-34	14	22	11	10	13	9	5	48
1070	Chris	Ling	Olney Runners	40-44	18		15	13	7	10	4	53
744	Stewart	Overton	North Herts Road Runners	40-44		16	13	17	10	11	4	56
770	Vince	Wright	North Herts Road Runners	45-49	20	23	16	16	19	12	5	71
740	Ed	Price	North Herts Road Runners	45-49		20	23	14	15	13	4	72
312	Graham	Pratt	Bedford Harriers	30-34	24	18	19	15		14	4	76
89	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29	27	25	20	20	17	15	5	82
1503	Sam	Tallet	Rugby & Northampton AC	35-39	25	32		19	20	16	4	96
748	Matthew	Sayers	North Herts Road Runners	45-49	29	36	27	24	21	17	5	101
759	Shahab	Ahmad	North Herts Road Runners	40-44	26	39	31	21	24	18	5	102
64	Tom	Cawdell	Amphill & Flitwick Flyers	35-39		34	24	23	25	19	4	106
1361	Richard	Lack	Wootton Road Runners	50-54	28	31	33	32	31	20	5	122
1123	Tom	Rankin	Stopsley Striders	25-29	31		28	33	32	21	4	124
1505	Laurence	Burton	Rugby & Northampton AC	30-34	33	47	37	29	26	22	5	125
1270	Jon	Kemp	Wellingborough & District AC	50-54		40	29	35	39	23	4	143
1227	Andy	Green	Northants Tri	55-59	55	50	35	28	34	24	5	147
926	Tony	Letts	Northampton Road Runners	50-54		45	36	30	41	25	4	152
54	Roger	Ball	Amphill & Flitwick Flyers	50-54	42	48	30	37		26	4	157
1497	Steve	Dixon	Rugby & Northampton AC	45-49	49	49		31	40	27	4	169
1351	Ashley	Gardner	Wootton Road Runners	40-44	47	44	42	42		28	4	175
1292	Ed	Norris	Wellingborough & District AC	30-34	38	54	47	44		29	4	183
1132	Kallum	Wright	Stopsley Striders	30-34	43	41	32	85	74	30	5	190
1054	Simon	Cook	Olney Runners	50-54		67	44	40	51	31	4	202
1331	Martin	Arissol	Wellingborough & District AC	50-54	52	56	54	46	50	31	5	202
610	Daniel	Green	Leighton Fun Runners	45-49		71	48	52	35	33	4	206
450	Alistair	Nelson	Biggleswade AC	25-29	61	61	55	36	61	34	5	213
700	John	Auld	North Herts Road Runners	40-44	44	66	65	59	47	35	5	215
1477	Paul	Furness	Rugby & Northampton AC	50-54	50	57		49	66	36	4	222
1121	Ryan	Parsons	Stopsley Striders	25-29	58	65	77	43	60	37	5	226
1228	Pete	Deboo	Northants Tri	30-34	35	53	76	62		37	4	226
1517	Richard	Owen	Rugby & Northampton AC	45-49	54	62	72	39	76	39	5	227
1113	Gez	Fallon	Stopsley Striders	50-54	65	69	57	60	77	40	5	251

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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	1	4	5
1064	Katie	Godof	Olney Runners	45-49		3	4	2	2	2	4	11
332	Ellie	Sheriffs	Bedford Harriers	35-39	4	8	7	4		3	4	23
471	Nicky	Upperton	Biggleswade AC	30-34	3	12		5	4	4	4	24
21	Charlotte	Godleman	Ampthill & Flitwick Flyers	30-34	5	9	5		9	5	4	28
719	Hannah	Ridley	North Herts Road Runners	25-29	10	10	14		3	6	4	37
710	Tash	Pitman	North Herts Road Runners	45-49		14	16	6	7	7	4	43
642	Rosie	Booth	Leighton Fun Runners	45-49		18	12	7	10	8	4	47
467	Natalie	Garner	Biggleswade AC	30-34	13	15	24	17	8	9	5	53
1221	Lizzie	Fox	Northants Tri	20-24	18	20	19	13	14	10	5	64
269	Sally	Knight	Bedford Harriers	45-49	9	29	32	16	11	11	5	65
160	Heather	Bourne	Bedford Harriers	30-34	12		20	18	17	12	4	67
46	Nicola	Walton	Ampthill & Flitwick Flyers	40-44	16	19	17	23	18	13	5	70
30	Kerry	Large	Ampthill & Flitwick Flyers	35-39	22	23		14	13	14	4	72
1271	Louise	Kemp	Wellingborough & District AC	40-44		25	18	22	19	15	4	84
468	Natalie	Morgan	Biggleswade AC	45-49	17	21	22		25	16	4	85
732	Jane	Clarke	North Herts Road Runners	40-44	19	26	23	24	22	17	5	88
502	Becky	Sharpe	Dunstable Road Runners	30-34	14	22		26	28	18	4	90
733	Paula	Adams	North Herts Road Runners	50-54		27	25	19	24	19	4	95
337	Juliet	Smith	Bedford Harriers	55-59	23	31		25	20	20	4	99
1129	Charlotte	Snowdon	Stopsley Striders	35-39	24	38	27	30	23	21	5	104
1116	Miriam	Linforth	Stopsley Striders	40-44	31		26	31	31	22	4	119
1071	Sarah	McAuliffe	Olney Runners	35-39	32		34	29	27	23	4	122
1222	Louise	Lane	Northants Tri	55-59	35	48	30	36	38	24	5	139
237	Nora	Haggart	Bedford Harriers	65-69		42	28	33	37	25	4	140
524	Teresa	Warren	Dunstable Road Runners	50-54		52	29	35	30	26	4	146
1516	Lyndsey	Owen	Rugby & Northampton AC	45-49	29	43	36	44	43	27	5	151
368	Lauren	Owens	Bedford Harriers	35-39	42		39	38	39	28	4	158
651	Samantha	Heady	Leighton Fun Runners	35-39	49	50	35	41	40	29	5	165
26	Theresa	Jackson	Ampthill & Flitwick Flyers	50-54	40	46	33	51		30	4	170
377	Cala	Whitmore	Bedford Harriers	25-29	41	24		15	102	31	4	182
731	Helen	Cairns	North Herts Road Runners	45-49	39	51		50	47	32	4	187
19	Caroline	Gilby	Ampthill & Flitwick Flyers	55-59	36	67	40	53		33	4	196
1074	Therese	O'Riordan	Olney Runners	40-44	46		45	62	55	34	4	208
722	Lucy	O'Connor	North Herts Road Runners	60-64		66	44	61	48	35	4	219
1479	Angela	Copson	Rugby & Northampton AC	75-99		71	48	55	56	36	4	230
1478	Minerva	Chesser	Rugby & Northampton AC	45-49	54	73		65	51	37	4	243
1109	Ruth	Doyle	Stopsley Striders	50-54	66	76	53	67	66	38	5	252
717	Mel	Flynn	North Herts Road Runners	40-44	55	68		74	60	39	4	257
277	Laurene	Lee	Bedford Harriers	45-49	62	72		56	69	40	4	259

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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
				17-19						1			
				17-19						2			
				17-19						3			
205	Peter	Fadden	Bedford Harriers	20-24	3	2	4	2	3	1	5	10	457
				20-24						2			
				20-24						3			
89	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29	3	3	2	1	1	1	5	7	82
1123	Tom	Rankin	Stopsley Striders	25-29	4		4	2	3	2	4	13	124
450	Alistair	Nelson	Biggleswade AC	25-29	6	6	6	3	6	3	5	21	213
721	Ben	Sewell	North Herts Road Runners	30-34	2	3	2	2	2	1	5	8	48
312	Graham	Pratt	Bedford Harriers	30-34	4	2	3	4		2	4	13	76
1505	Laurence	Burton	Rugby & Northampton AC	30-34	6	7	5	5	3	3	5	19	125
80	Ian	Halpin	Amphill & Flitwick Flyers	35-39	1	1	2	1		1	4	5	17
90	Jamie	Keane	Amphill & Flitwick Flyers	35-39	2	2		3	1	2	4	8	26
1102	Rob	Barnes	Stopsley Striders	35-39	4	3	3	4	3	3	5	13	43
1495	David	Ball	Rugby & Northampton AC	40-44	1	2		1	1	1	4	5	34
1070	Chris	Ling	Olney Runners	40-44	3		3	2	2	2	4	10	53
744	Stewart	Overton	North Herts Road Runners	40-44		4	2	3	3	3	4	12	56
770	Vince	Wright	North Herts Road Runners	45-49	2	5	3	4	4	1	5	13	71
740	Ed	Price	North Herts Road Runners	45-49		4	5	3	3	2	4	15	72
748	Matthew	Sayers	North Herts Road Runners	45-49	5	10	6	5	5	3	5	21	101
117	Mark	Waine	Amphill & Flitwick Flyers	50-54	1	1	1		1	1	4	4	47
1361	Richard	Lack	Wootton Road Runners	50-54	3	2	4	3	2	2	5	10	122
1270	Jon	Kemp	Wellingborough & District AC	50-54		4	2	4	4	3	4	14	143
1227	Andy	Green	Northants Tri	55-59	2	1	1	2	2	1	5	6	147
270	Stuart	Knight	Bedford Harriers	55-59	3	3	5	4	6	2	5	15	305
613	Andrew	Heale	Leighton Fun Runners	55-59	4	5	6	5	4	3	5	18	315
331	Kevin	Shelton-Smith	Bedford Harriers	60-64		1	1	1	2	1	4	5	312
621	Mark	Kleanthous	Leighton Fun Runners	60-64	2		2	2	1	2	4	7	370
1233	Gary	Lane	Northants Tri	60-64	3	4	4	3	3	3	5	13	453
1281	Nicholas	Page	Wellingborough & District AC	65-69	1	1	1	1	1	1	5	4	389
451	Charlie	Arnold	Biggleswade AC	65-69	2	2	3	6		2	4	13	549
1480	Richard	Monk	Rugby & Northampton AC	65-69	5	3		4	3	3	4	15	603
199	Frank	Esaw	Bedford Harriers	70-74	1	1	1	2	2	1	5	5	614
458	Ian	Grimwood	Biggleswade AC	70-74	2	3	2	3		2	4	10	690
232	Dave	Girling	Bedford Harriers	70-74	4	5	4	5	6	3	5	18	767
1360	Gerald	Billis	Wootton Road Runners	75-99	1	1	1	1	1	1	5	4	792
				75-99						2			
				75-99						3			

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Women By Age Category

5-February-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	2	1	5	7	64
				20-24						2			
				20-24						3			
719	Hannah	Ridley	North Herts Road Runners	25-29	2	3	3		2	1	4	10	37
377	Cala	Whitmore	Bedford Harriers	25-29	5	4		4	5	2	4	18	182
				25-29						3			
471	Nicky	Upperton	Biggleswade AC	30-34	3	5		1	1	1	4	10	24
21	Charlotte	Godleman	Amphill & Flitwick Flyers	30-34	4	4	2		3	2	4	13	28
467	Natalie	Garner	Biggleswade AC	30-34	6	6	4	2	2	3	5	14	53
30	Kerry	Large	Amphill & Flitwick Flyers	35-39	3	4		4	2	1	4	13	72
1129	Charlotte	Snowdon	Stopsley Striders	35-39	4	8	3	6	4	2	5	17	104
1071	Sarah	McAuliffe	Olney Runners	35-39	5		4	5	5	3	4	19	122
46	Nicola	Walton	Amphill & Flitwick Flyers	40-44	2	3	4	3	2	1	5	10	70
1271	Louise	Kemp	Wellingborough & District AC	40-44		4	5	2	3	2	4	14	84
732	Jane	Clarke	North Herts Road Runners	40-44	3	5	7	4	5	3	5	17	88
710	Tash	Pitman	North Herts Road Runners	45-49		2	3	2	2	1	4	9	43
642	Rosie	Booth	Leighton Fun Runners	45-49		3	2	3	3	2	4	11	47
269	Sally	Knight	Bedford Harriers	45-49	2	6	5	5	4	3	5	16	65
733	Paula	Adams	North Herts Road Runners	50-54		1	2	2	2	1	4	7	95
524	Teresa	Warren	Dunstable Road Runners	50-54		3	3	4	3	2	4	13	146
26	Theresa	Jackson	Amphill & Flitwick Flyers	50-54	2	2	4	6		3	4	14	170
337	Juliet	Smith	Bedford Harriers	55-59	1	1		1	1	1	4	4	99
1222	Louise	Lane	Northants Tri	55-59	3	3	1	2	3	2	5	9	139
19	Caroline	Gilby	Amphill & Flitwick Flyers	55-59	4	5	2	5		3	4	16	196
722	Lucy	O'Connor	North Herts Road Runners	60-64		3	1	3	3	1	4	10	219
218	Amanda	Friman	Bedford Harriers	60-64	4	8	3	5	6	2	5	18	298
1571	Anne	Golding	Dunstable Lions	60-64	2	9	4	4		3	4	19	322
237	Nora	Haggart	Bedford Harriers	65-69		1	1	1	1	1	4	4	140
641	Christine	Ayers	Leighton Fun Runners	65-69	1	2	2	2	2	2	5	7	275
657	Janet	Langdon	Leighton Fun Runners	65-69	2	3	3	3	3	3	5	11	383
20	Pat	Godfrey	Amphill & Flitwick Flyers	70-74	1	1	1	1	1	1	5	4	472
				70-74						2			
				70-74						3			
1479	Angela	Copson	Rugby & Northampton AC	75-99		1	1	1	1	1	4	4	230
				75-99						2			
				75-99						3			