

3 Counties Cross Country League Results

Venue **Bedford**

5-February-2023

Ampthill & Flitwick Flyers

Team Score **648**

Men

No.	First Name	Surname	Age Cat		Team
90	Jamie	Keane	m35-39	3	3
102	Craig	Palmer	m35-39	8	8
89	Dan	Karaiskou	m25-29	17	17
117	Mark	Waine	m50-54	18	18
122	James	Smith	m45-49	22	22
64	Tom	Cawdell	m35-39	25	26
68	Marcus	Cook	m40-44	28	29
71	John	Decesare	m50-54	37	38
				158	161

Women

No.	First Name	Surname	Age Cat		Team
21	Charlotte	Godleman	f30-34	9	93
30	Kerry	Large	f35-39	13	108
46	Nicola	Walton	f40-44	18	126
14	Kyrstin	Fairweather	f45-49	29	160

69 **487**

Bedford Harriers

Team Score **961**

Men

No.	First Name	Surname	Age Cat		Team
216	Daniel	Foster	m17-19	4	4
239	David	Haslam	m40-44	33	34
371	Adam	Broadbent	m40-44	44	46
243	Nicolae	Hogas	m45-49	52	54
209	Gary	Finch	m50-54	68	70
233	James	Goodman	m40-44	69	71
270	Stuart	Knight	m55-59	85	94
258	Oliver	Jones	m40-44	90	100
				445	473

Women

No.	First Name	Surname	Age Cat		Team
269	Sally	Knight	f45-49	11	103
292	Juliet	Naylor	f50-54	16	124
160	Heather	Bourne	f30-34	17	125
337	Juliet	Smith	f55-59	20	136

64 **488**

Biggleswade AC

Team Score **1897**

Men

No.	First Name	Surname	Age Cat		Team
450	Alistair	Nelson	m25-29	61	63
481	Tim	McGlashan	m30-34	63	65
477	Paul	Swinburne	m50-54	75	78
470	Nick	Haworth	m45-49	83	90
456	Giles	Hawthorne	m45-49	99	113
475	Stuart	Goodwin	m40-44	165	215
	Last	Man		205	351
	Last	Man		205	351
				956	1326

Women

No.	First Name	Surname	Age Cat		Team
471	Nicky	Upperton	f30-34	4	80
467	Natalie	Garner	f30-34	8	92
468	Natalie	Morgan	f45-49	25	147
460	Jennie	Day	f50-54	78	252

115 **571**

Dunstable Road Runners

Team Score **2147**

Men

No.	First Name	Surname	Age Cat		Team
518	Neil	Currant	m45-49	54	56
526	Wesley	Thorne	m40-44	55	57
511	Jose	Santos	m45-49	67	69
515	Matt	Deller	m45-49	114	133
508	James	Webster	m40-44	121	145
546	Richard	Evans	m65-69	178	261
522	Steven	McAllister	m40-44	182	272
510	Jonathan	Venning	m70-74	188	297
				959	1290

Women

No.	First Name	Surname	Age Cat		Team
502	Becky	Sharpe	f30-34	28	158
524	Teresa	Warren	f50-54	30	166
547	Cheryl	Currant	f45-49	86	265
501	Alison	Hunt	f55-59	88	268

232 **857**

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Leighton Fun Runners

Team Score

1252

Men

No.	First Name	Surname	Age Cat		Team
610	Daniel	Green	M45-49	35	36
608	Tom	Ellerton	M30-34	46	48
629	Martin	Osborne	M25-29	59	61
619	Sagar	Kharab	M25-29	64	66
612	Richard	Heady	M35-39	71	73
613	Andrew	Heale	M55-59	80	86
602	Jim	Buttleman	M55-59	86	96
621	Mark	Kleanthous	M60-64	91	101

532 567

Women

No.	First Name	Surname	Age Cat		Team
642	Rosie	Booth	F45-49	10	95
651	Samantha	Heady	F35-39	40	184
661	Karen	McLean	F55-59	41	188
666	Doubec	Levick	F45-49	52	218

143 685

North Herts Road Runners

Team Score

387

Men

No.	First Name	Surname	Age Cat		Team
760	Mike	Roberts	m30-34	1	1
757	Nathan	Pask	m45-49	6	6
744	Stewart	Overton	m40-44	10	10
764	Wayne	Bell	m40-44	11	11
721	Ben	Sewell	m30-34	13	13
740	Ed	Price	m45-49	15	15
770	Vince	Wright	m45-49	19	19
748	Matthew	Sayers	m45-49	21	21

96 96

Women

No.	First Name	Surname	Age Cat		Team
736	Katie	Harbon	f25-29	1	23
719	Hannah	Ridley	f25-29	3	75
710	Tash	Pitman	f45-49	7	88
784	Rhia	Botha	f35-39	12	105

23 291

Northampton Road Runners

Team Score

1962

Men

No.	First Name	Surname	Age Cat		Team
926	Tony	Letts	M50-54	41	42
899	Robert	Hemingway	M40-44	58	60
1007	David	Ward-Stokes	M40-44	73	76
883	John	Gibbins	M45-49	84	91
1010	David	Whatton	M55-59	106	121
881	Mark	Garrett	M60-64	130	157
951	Peter	Moor	M50-54	137	167
847	Matthew	Cleary	M45-49	144	183

773 897

Women

No.	First Name	Surname	Age Cat		Team
938	Lesley	Mahony	F50-54	53	219
859	Sheena	Desborough	F45-49	94	277
931	Louise	Linnett	F50-54	96	279
994	Debra	Tame	F50-54	104	290

347 1065

Olney Runners

Team Score

1039

Men

No.	First Name	Surname	Age Cat		Team
1070	Chris	Ling	m40-44	7	7
1092	Andrew	Knight	m20-24	14	14
1059	Iain	Dickinson	m45-49	48	50
1054	Simon	Cook	m50-54	51	53
1073	Anthony	O'Neil	m45-49	53	55
1097	Richard	Booth	m35-39	89	99
1084	Duncan	Winner	m45-49	92	102
1067	Andrew	Jones	m50-54	96	109

450 489

Women

No.	First Name	Surname	Age Cat		Team
1064	Katie	Godof	f45-49	2	43
1090	Jo	Marshall	f40-44	21	137
1071	Sarah	McAuliffe	f35-39	27	156
1065	Caroline	Higginson	f45-49	50	214

100 550

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Stopsley Striders

Team Score **1384**

Men

No.	First Name	Surname	Age Cat		Team
1102	Rob	Barnes	m35-39	12	12
1123	Tom	Rankin	m25-29	32	33
1121	Ryan	Parsons	m25-29	60	62
1104	Ade	Copp	m50-54	70	72
1132	Kallum	Wright	m30-34	74	77
1113	Gez	Fallon	m50-54	77	82
1139	Paul	Abrahams	m45-49	95	107
1111	Andrew	Durrant	m60-64	120	143

540 **588**

Women

No.	First Name	Surname	Age Cat		Team
1129	Charlotte	Snowdon	f35-39	23	139
1116	Miriam	Linforth	f40-44	31	168
1109	Ruth	Doyle	f50-54	66	234
1143	Katerina	Tuloo	f40-44	81	255

201 **796**

Northants Tri

Team Score **1599**

Men

No.	First Name	Surname	Age Cat		Team
1227	Andy	Green	M55-59	34	35
1247	Declan	Kelly	m35-39	36	37
1239	Charles	Spencer	M35-39	78	83
1236	Jordan	Lofting	M25-29	94	106
1240	Andrew	Verra	M30-34	97	110
1230	Robert	White	M55-59	101	115
1233	Gary	Lane	M60-64	104	119
1243	Neil	Gray	m50-54	175	256

719 **861**

Women

No.	First Name	Surname	Age Cat		Team
1221	Lizzie	Fox	F20-24	14	111
1226	Sarah	Ashcroft	F35-39	15	118
1222	Louise	Lane	F55-59	38	178
1241	Rosemary	Kennedy	F60-64	137	331

204 **738**

Wellingborough & District AC

Team Score **1409**

Men

No.	First Name	Surname	Age Cat		Team
1348	Paul	Huckle	m35-39	29	30
1270	Jon	Kemp	M50-54	39	40
1331	Martin	Arissol	M50-54	50	52
1329	Daniel	Bates	M40-44	57	59
1311	Mark	Bonham	M50-54	79	84
1281	Nicholas	Page	M65-69	100	114
1288	Chris	Neat	M60-64	136	165
1339	Andrew	Reddon	m35-39	145	185

635 **729**

Women

No.	First Name	Surname	Age Cat		Team
1341	Sophie	Moss	F20-24	6	85
1271	Louise	Kemp	f40-44	19	128
1289	Deb	Neate	F60-64	64	232
1345	Amy	Robinson	f115-119	67	235

156 **680**

Wootton Road Runners

Team Score **1629**

Men

No.	First Name	Surname	Age Cat		Team
1368	Andrew	Fairley	m45-49	2	2
1361	Richard	Lack	m50-54	31	32
1356	Tim	Thurlow	m45-49	43	45
1404	Mark	Fowler	m40-44	87	97
1402	Mark	Baron	m40-44	88	98
1389	david	parkins	m55-59	134	163
1355	James	Meade	m50-54	149	192
1373	Dave	Jones	m45-49	161	208

695 **837**

Women

No.	First Name	Surname	Age Cat		Team
1405	Jacqui	Bark	f40-44	36	175
1390	Janet	Mitchell	f60-64	42	190
1388	Caroline	Parkins	f55-59	46	201
1369	Carrie	Carruthers	f60-64	59	226

183 **792**

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Rugby & Northampton AC

Team Score

836

Men

No.	First Name	Surname	Age Cat		Team
1495	David	Ball	m40-44	5	5
1536	Anthony	Clancy	m20-24	9	9
1534	Richard	Francis	m40-44	16	16
1503	Sam	Tallet	m35-39	20	20
1505	Laurence	Burton	m30-34	26	27
1525	James	Williams	m25-29	27	28
1509	Mark	Johnson	m40-44	30	31
1497	Steve	Dixon	m45-49	40	41
				173	177

Women

No.	First Name	Surname	Age Cat		Team
1531	Lorna	Hession	f40-44	5	81
1535	Emma	Blake	f35-39	33	170
1516	Lyndsey	Owen	f45-49	43	191
1478	Minerva	Chesser	f45-49	51	217

132

659

Dunstable Lions

Team Score

3826

Men

No.	First Name	Surname	Age Cat		Team
1577	Simon	Robinson	m45-49	127	152
1568	Ian	Early	m50-54	135	164
	Last	Man		205	351
	Last	Man		205	351
	Last	Man		205	351
	Last	Man		205	351
	Last	Man		205	351
	Last	Man		205	351
	Last	Man		205	351

Women

No.	First Name	Surname	Age Cat		Team
	Last	Lady		147	351
	Last	Lady		147	351
	Last	Lady		147	351
	Last	Lady		147	351

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	2	158	3	69	2	161	487	648
Bedford Harriers	4	445	2	64	4	473	488	961
Biggleswade AC	12	956	5	115	11	1326	571	1897
Dunstable Road Runners	13	959	12	232	13	1290	857	2147
Leighton Fun Runners	6	532	7	143	6	567	685	1252
North Herts Road Runners	1	96	1	23	1	96	291	387
Northampton Road Runners	11	773	13	347	12	897	1065	1962
Olney Runners	5	450	4	100	5	489	550	1039
Stopsley Striders	7	540	10	201	7	588	796	1384
Northants Tri	10	719	11	204	9	861	738	1599
Wellingborough & District AC	8	635	8	156	8	729	680	1409
Wootton Road Runners	9	695	9	183	10	837	792	1629
Rugby & Northampton AC	3	173	6	132	3	177	659	836

Total of Scoring Men's Teams

10913

**Contribution to
Team Scores**

52.03%

Total of Scoring Women's Teams

10063

47.97%