

3 Counties Cross Country League Results

Venue **Well'boro**

29-October-2023

Amphill & Flitwick Flyers

Team Score **834**

Men

	First Name	Surname	Age Cat		Team
181	Ian	Halpin	m35-39	4	4
200	Llam	McNabola	m35-39	9	9
197	Chris	Littlejohn	m40-44	16	16
226	Mark	Waine	m50-54	18	18
187	Martin	Hughes	m40-44	31	34
214	Giles	Shorley	m45-49	35	38
169	Marcus	Cook	m45-49	40	43
210	Simon	Read	m45-49	53	57
				206	219

Women

	First Name	Surname	Age Cat		Team
114	Kerrie	Hamlin	f45-49	7	85
138	Nicola	Walton	f40-44	22	147
123	Kerry	Large	f35-39	30	172
116	Amy	Hayes	f35-39	43	211

102 **615**

Bedford Harriers

Team Score **1012**

Men

	First Name	Surname	Age Cat		Team
318	David	Haslam	m40-44	19	19
429	Vittorio	Paci	m50-54	25	26
386	Ben	Schofield	m20-24	26	27
321	Adam	Hills	m45-49	37	40
388	Kevin	Shelton-Smith	m60-64	72	78
387	Bryan	Seago	m50-54	80	87
317	James	Harvey	m35-39	82	89
250	Iain	Berry	m40-44	115	134
				456	500

Women

	First Name	Surname	Age Cat		Team
382	Clare	Rodseth	f30-34	2	30
389	Ellie	Sherriffs	f35-39	20	137
339	Sally	Knight	f50-54	28	169
420	Abigail	Turner	f50-54	33	176

83 **512**

Biggleswade AC

Team Score **2566**

Men

	First Name	Surname	Age Cat		Team
515	Robert	Morgan	M45-49	27	28
521	Paul	Swinburne	M50-54	96	108
508	Nick	Haworth	M45-49	131	156
526	Stuart	Highland	M50-54	208	287
506	Ian	Grimwood	M70-74	213	297
500	Ricky	Byrne	M35-39	214	298
519	Matt	Smith	M35-39	232	336
505	Stuart	Goodwin	M45-49	234	342
				1355	1852

Women

	First Name	Surname	Age Cat		Team
522	Nicky	Upperton	F30-34	14	112
504	Natalie	Garner	F30-34	25	155
516	Natalie	Morgan	F45-49	34	178
502	Paula	Faller	F40-44	71	269

144 **714**

Dunstable Road Runners

Team Score **3009**

Men

	First Name	Surname	Age Cat		Team
563	Neil	Currant	m45-49	73	79
594	Bryn	Thomas	m40-44	84	92
559	Jose	Santos	m45-49	85	93
574	Nikk	Shilvock	m55-59	124	145
562	Matt	Deller	m45-49	164	205
572	Robert	Lee	m40-44	236	344
584	Dave	Streeton	m55-59	248	370
	Last	Man		284	492
				1298	1820

Women

	First Name	Surname	Age Cat		Team
569	Teresa	Warren	f50-54	39	196
555	Helena	Kvepa	f35-39	82	293
552	Claire	Thomas	f40-44	86	300
581	Amanda	Jeffreys	f50-54	140	400

347 **1189**

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Leighton Fun Runners

Team Score

1480

Men

	First Name	Surname	Age Cat		Team
725	Matthew	Ma	M35-39	24	25
708	Tom	Ellerton	M30-34	33	36
738	Nicholas	Shelley	M35-39	54	58
706	Michael	Dudley	M35-39	75	81
699	Joe	Bidlake-Hull	M20-24	78	84
710	Daniel	Green	M45-49	86	94
712	Richard	Heady	M35-39	95	107
730	Martin	Osborne	M25-29	101	116

546 601

Women

	First Name	Surname	Age Cat		Team
664	Rosie	Booth	F45-49	19	129
679	Isabelle	Kirby	F25-29	47	224
674	Samantha	Heady	F40-44	57	241
684	Emily	McClelland	F35-39	79	285

202 879

North Herts Road Runners

Team Score

498

Men

	First Name	Surname	Age Cat		Team
8	Tom	Webb	m35-39	3	3
4	Darren	Sunter	m40-44	5	5
2	Stewart	Overton	m40-44	10	10
3	Ben	Sewell	m30-34	12	12
37	Matt	Sayers	m45-49	15	15
29	Shahab	Ahmad	m40-44	21	22
22	Ian	Datlen	m50-54	44	47
53	Steve	Mckeown	m55-59	48	51

158 165

Women

	First Name	Surname	Age Cat		Team
1	Katie	Harbon	f25-29	1	21
50	Rhia	Botha	f35-39	8	91
31	Natasha	Pitman	f45-49	12	100
11	Hannah	Ridley	f25-29	17	121

38 333

Northampton Road Runners

Team Score

2306

Men

	First Name	Surname	Age Cat		Team
859	Tony	Letts	m55-59	20	20
783	Illir	Brecani	m45-49	69	73
804	Stuart	Drummond	m45-49	79	86
827	Colin	Hall	m40-44	110	127
953	David	Ward-Stokes	m40-44	127	149
944	Luke	Tombs	m45-49	157	195
956	David	Whatton	m55-59	169	212
819	Mark	Garrett	m60-64	174	220

905 1082

Women

	First Name	Surname	Age Cat		Team
962	Charlotte	Yarker	f40-44	70	267
895	Elaine	Palmer	f55-59	91	312
767	Suzanne	Baldwin	f55-59	93	318
872	Lesley	Mahony	f50-54	100	327

354 1224

Olney Runners

Team Score

1603

Men

	First Name	Surname	Age Cat		Team
1010	Matthew	Dicks	m20-24	1	1
1018	Chris	Ling	m40-44	14	14
1029	Thomas	Baggott	m35-39	38	41
1006	Simon	Cook	m50-54	51	54
1035	Laszlo	Torjai	m45-49	56	60
1009	Iain	Dickinson	m45-49	65	69
1024	Dean	Sartin	m45-49	68	72
1021	Anthony	O'Neil	m45-49	77	83

370 394

Women

	First Name	Surname	Age Cat		Team
997	Mary	Jones	f45-49	60	247
999	Sarah	McAuliffe	f35-39	66	260
1000	Therese	O'Riordan	f45-49	90	310
1002	Helen	Sartin	f45-49	136	392

352 1209

3 Counties Cross Country League Results

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Stopsley Striders

Team Score

1327

Men

	First Name	Surname	Age Cat		Team
1070	Mohammed	Elbayan	M20-24	2	2
1101	Tom	Rankin	M25-29	23	24
1097	Ryan	Parsons	M25-29	41	44
1116	Kallum	Wright	M30-34	46	49
1057	Ade	Copp	m50-54	102	117
1072	Gez	Fallon	M50-54	105	122
1045	Paul	Abrahams	M45-49	108	125
1063	Ellie	Davies	M30-34	111	130
				538	613

Women

	First Name	Surname	Age Cat		Team
1083	Christine	Lathwell	F45-49	4	56
1108	Charlotte	Snowdon	F40-44	32	174
1084	Miriam	Linforth	F40-44	45	218
1118	Jem	Campbell	F35-39	69	266

150

714

Northants Tri

Team Score

1842

Men

	First Name	Surname	Age Cat		Team
1155	Andy	Green	M55-59	49	52
1158	Stirling	Green	M17-19	50	53
1164	Paul	Watts	M40-44	55	59
1161	Jonathan	Prince	M30-34	88	99
1154	Pete	DeBoo	M30-34	119	140
1165	Charles	Spencer	M35-39	121	142
1156	Andy	Verra	M35-39	132	157
1171	Peter	Shires	m35-39	136	163
				750	865

Women

	First Name	Surname	Age Cat		Team
1153	Sarah	Green	F20-24	31	173
1147	Samantha	Lomas	F30-34	52	233
1152	Tiphannie	Marshall	F35-39	64	256
1149	Gemma	McRae	F35-39	92	315

239

977

Wellingborough & District AC

Team Score

1114

Men

	First Name	Surname	Age Cat		Team
1228	Peter	Cowler	m45-49	32	35
1249	Ed	Norris	m30-34	43	46
1266	Chris	Middleton	m40-44	45	48
1257	Oliver	Towell	m40-44	66	70
1221	Martin	Arissol	m50-54	70	75
1224	Mark	Bonham	m55-59	87	96
1238	Ady	King	m30-34	112	131
1245	Mark	Moriarty	m55-59	114	133
				569	634

Women

	First Name	Surname	Age Cat		Team
1213	Sophie	Moss	f20-24	6	77
1197	Kat	Baxter-Smith	f35-39	15	113
1206	Bryna	Holmes	f40-44	18	128
1205	Sarah	Hollis	f30-34	27	162

66

480

Wootton Road Runners

Team Score

1496

Men

	First Name	Surname	Age Cat		Team
1305	Simon	Tootell	m45-49	22	23
1288	Ashley	Gardner	m40-44	34	37
1296	Richard	Lack	m50-54	36	39
1326	chris	chapman	m45-49	90	102
1310	Richard	Moore	m60-64	139	166
1287	Graham	Hollowell	m55-59	153	191
1312	david	parkins	m55-59	155	193
1338	alan	coulman	m45-49	167	209
				796	960

Women

	First Name	Surname	Age Cat		Team
1304	Kairit	Fitzgerald	f40-44	10	97
1328	maree	jesson	f50-54	16	118
1340	laura	fox	f40-44	23	150
1333	liv	thompson	f35-39	29	171

78

536

3 Counties Cross Country League Results

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Rugby & Northampton AC

Team Score

503

Men

	First Name	Surname	Age Cat		Team
1422	Nathan	Jones	m35-39	6	6
1424	Ben	Merriman	m40-44	7	7
1364	David	Ball	m40-44	8	8
1426	Chris	Wood	m45-49	11	11
1411	Sam	Tallet	m35-39	13	13
1432	Danny	Carter	m17-19	17	17
1430	Josh	Tiffin	m30-34	29	32
1427	Dan	Wade	m30-34	30	33
				121	127

Women

	First Name	Surname	Age Cat		Team
1384	Kirsten	Hayes	f20-24	3	31
1386	Lorna	Hession	f40-44	9	95
1383	Jo	Harris	f40-44	13	111
1385	Katerina	Hemmington	f40-44	21	139

46

376

Dunstable Lions

Team Score

1921

Men

	First Name	Surname	Age Cat		Team
625	Darren	Cornish	M50-54	28	29
639	Andy	Smith	M55-59	61	65
629	Richard	Moore	M40-44	67	71
638	Wesley	Thorne	M45-49	74	80
640	Russell	Mead	M50-54	83	90
630	Mark	Cornell	M55-59	195	261
659	Tim	Taylor	M45-49	221	311
631	Peter	Keane	M60-64	227	321
				956	1228

Women

	First Name	Surname	Age Cat		Team
635	Frances	Vosper	F40-44	5	74
644	Emily	Gibbons	F40-44	11	98
637	Bex	Sharpe	F35-39	56	238
636	Louise	Perry	F35-39	78	283

150

693

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	3	206	6	102	3	219	615	834
Bedford Harriers	5	456	5	83	4	500	512	1012
Biggleswade AC	14	1355	7	144	13	1852	714	2566
Dunstable Road Runners	13	1298	12	347	14	1820	1189	3009
Leighton Fun Runners	7	546	10	202	7	601	879	1480
North Herts Road Runners	2	158	1	38	1	165	333	498
Northampton Road Runners	11	905	14	354	12	1082	1224	2306
Olney Runners	4	370	13	352	9	394	1209	1603
Stopsley Striders	6	538	8	150	6	613	714	1327
Northants Tri	9	750	11	239	10	865	977	1842
Wellingborough & District AC	8	569	3	66	5	634	480	1114
Wootton Road Runners	10	796	4	78	8	960	536	1496
Rugby & Northampton AC	1	121	2	46	2	127	376	503
Dunstable Lions	12	956	8	150	11	1228	693	1921
Total of Scoring Men's Teams			11060		Contribution to		51.42%	
Total of Scoring Women's Teams			10451		Team Scores		48.58%	

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