

3 Counties Cross Country League Results

Venue **Wootton**

16-February-2025

Amphill & Flitwick Flyers

Team Score

1538

Men

	First Name	Surname	Age Cat		Team
225	Dan	Karaiskou	M30-34	9	9
217	Callum	Harrison	M30-34	22	22
189	Andy	Bierton	M50-54	35	36
210	Fraser	Geddes	M40-44	78	89
236	Chris	Newnham	M60-64	109	126
186	Jeremy	Bell	M60-64	117	140
190	Mark	Billington	M60-64	123	148
212	Stan	Greening	M60-64	141	174
				634	744

Women

	First Name	Surname	Age Cat		Team
144	Kyrstin	Fairweather	F50-54	18	128
131	Jo	Aatkar	F55-59	24	141
141	Valerie	Dawson	F60-64	60	237
	Last	Lady		97	288

199 **794**

Bedford Harriers

Team Score

582

Men

	First Name	Surname	Age Cat		Team
497	Kit	Dixon	M30-34	13	13
505	Luke	Ablard	M35-39	16	16
272	Isaac	Aguma	M30-34	19	19
367	Adam	Hill	M30-34	20	20
405	Joseph	Leonard	M20-24	21	21
297	Ed	Castro	M35-39	23	23
491	Danny	Winn	M40-44	32	33
392	Timothy	Kearns	M30-34	41	42
				185	187

Women

	First Name	Surname	Age Cat		Team
457	Ellie	Sherriffs	F40-44	6	70
384	Megan	Jones	F30-34	8	75
361	Nora	Haggart	F65-69	14	121
426	Lauren	Owens	F35-39	19	129

47 **395**

Biggleswade AC

Team Score

2210

Men

	First Name	Surname	Age Cat		Team
551	Nicholas	Sinclair	M30-34	24	24
534	Giles	Hawthorne	M50-54	86	97
537	Stuart	Highland	M50-54	146	182
535	Andrew	Hedley	M60-64	153	192
530	Ian	Grimwood	M70-74	164	210
	Last	Man		192	288
	Last	Man		192	288
	Last	Man		192	288
				1149	1569

Women

	First Name	Surname	Age Cat		Team
555	Emily	Varley	F30-34	2	44
540	Roxann	Holder	F30-34	22	136
556	Jackie	Warren	F55-59	53	222
543	Maria	Meridan	F50-54	62	239

139 **641**

Dunstable Road Runners

Team Score

2266

Men

	First Name	Surname	Age Cat		Team
603	Bryn	Thomas	M40-44	57	61
579	Jose	Santos	M45-49	65	71
1457	Darrel	Toledo	M35-39	91	102
1452	Sam	Roberts	M45-49	124	150
611	Adam	Pinney	M65-69	135	167
590	Robert	Lee	M45-49	162	207
	Last	Man		192	288
	Last	Man		192	288
				1018	1334

Women

	First Name	Surname	Age Cat		Team
1460	Elaine	Jenkins	F60-64	45	205
580	Lucilla	O'Brien	F45-49	51	220
594	Ruth	Power	F60-64	67	249
1459	Fatima	Parkar	F55-59	75	258

238 **932**

Leighton Fun Runners

Team Score

1280

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16-February-2025

Men

	First Name	Surname	Age Cat		Team
715	Tom	Ellerton	M30-34	49	52
720	Richard	Heady	M35-39	51	54
706	Nicholas	Shelley	M40-44	58	62
717	Mark	Kleanthous	M60-64	61	65
700	Anthony	Lombardi	M40-44	68	77
718	Scott	McKenzie	M30-34	72	81
692	Daniel	Green	M50-54	80	91
691	Steve	Ellerton	M60-64	97	109
				536	591

Women

	First Name	Surname	Age Cat		Team
673	Rosie	Booth	F45-49	4	55
719	Samantha	Heady	F40-44	28	156
672	Christine	Ayers	F70-74	57	230
711	Dawn	Langdon	F45-49	66	248

155 **689**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
56	Rob	Jowett	M35-39	3	3
77	Ben	Hadman	M30-34	6	6
87	Wayne	Bell	M45-49	7	7
66	Matt	Sayers	M45-49	18	18
3	Vince	Wright	M45-49	26	26
20	Ian	Datlen	M50-54	31	32
105	Oliver	Babik	M25-29	34	35
58	Steve	Mckeown	M55-59	37	38
				162	165

Women

	First Name	Surname	Age Cat		Team
1	Katie	Harbon	F25-29	1	31
17	Rhia	Botha	F35-39	5	68
14	Hannah	Ridley	F25-29	9	76
9	Natalie	Phillips	F40-44	25	147

40 **322**

Team Score

487

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
850	Tony	Letts	M55-59	25	25
924	David	Ward-Stokes	M45-49	73	82
937	Remy	Brooks-Johnson	M20-24	94	105
938	Ryan	Hartwell	M30-34	105	118
781	David	Blackburn	M65-69	136	169
827	Alan	Hall	M65-69	163	208
881	Adam	Oleszczuk	M40-44	173	229
806	Jon	Dilworth	M70-74	183	252
				952	1188

Women

	First Name	Surname	Age Cat		Team
861	Lesley	Mahony	F50-54	46	209
856	Louise	Linnett	F55-59	54	223
782	Helen	Blackburn	F60-64	80	264
	Last	Lady		97	288

277 **984**

Team Score

2172

Olney Runners

Men

	First Name	Surname	Age Cat		Team
978	Chris	Ling	M40-44	12	12
1026	Anthony	O'Neil	M45-49	47	50
1018	Steve	Dicks	M50-54	55	59
1016	Simon	Cook	M50-54	56	60
995	Jonathan	Goodman	M35-39	71	80
1020	Terry	O'Cleirigh	M60-64	76	85
1002	Mark	Johnson	M55-59	84	95
987	Duncan	Winner	M45-49	89	100
				490	541

Women

	First Name	Surname	Age Cat		Team
1005	Mary	Jones	F50-54	12	107
1015	Sarah	McAuliffe	F35-39	13	112
1036	Caroline	Herman	F55-59	33	168
994	Jo-Anne	Rouse	F35-39	38	190

96 **577**

Team Score

1118

Stopsley Striders

Men

	First Name	Surname	Age Cat		Team
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Women

	First Name	Surname	Age Cat		Team
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Team Score

1058

3 Counties Cross Country League Results

Venue		Wootton				16-February-2025						
1083	Tom	Rankin	M25-29	27	27		1072	Christine	Lathwell	F45-49	3	46
1080	Ryan	Parsons	M25-29	38	39		1051	Heather	Chandler	F50-54	20	133
1098	Kallum	Wright	M30-34	52	56		1089	Jamila	Salam	F35-39	30	160
1061	Gez	Fallon	M50-54	66	72		1065	Helen	Harris	F55-59	34	175
1056	Ellie	Davies	M30-34	67	74							
1042	Paul	Abrahams	M45-49	69	78							
1111	John	Chapman	M65-69	79	90							
1097	Paul	Whitford	M55-59	96	108							
				494	544							
										87	514	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1141	Pete	DeBoo	M30-34	42	43
1153	Jonathan	Prince	M30-34	43	45
1162	Andrew	Verra	M35-39	87	98
1159	Gary	Lane	M60-64	103	116
1147	Andy	Green	M60-64	118	142
1160	Keith	Brooks	M45-49	144	179
1155	Adrian	Cherry	M60-64	152	188
1152	Anand	Mistry	M35-39	172	228
				861	1039

Team Score	2191
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Women					
	First Name	Surname	Age Cat		Team
	Last	Lady		97	288
	Last	Lady		97	288
	Last	Lady		97	288
	Last	Lady		97	288

388	1152
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Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1227	Joe	Able	M25-29	2	2
1214	Jonny	Reep	M25-29	5	5
1211	John	Wayland	M45-49	10	10
1199	Ed	Norris	M35-39	28	28
1226	Robin	Sturman-Coombs	M40-44	54	58
1208	Adrian	King	M55-59	70	79
1255	Colin	Smith	M40-44	74	83
1203	Mark	Bonham	M55-59	77	87
				320	352

Team Score	771
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Women					
	First Name	Surname	Age Cat		Team
1216	Louise	Kemp	F45-49	10	86
1236	Heidi	Langley	F40-44	11	88
1240	Emma	Moore	F40-44	15	122
1245	Paula	Faller	F40-44	16	123

52	419
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Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1282	Andy	Fairley	M45-49	4	4
1284	Thomas	Lack	M20-24	29	29
1285	Richard	Lack	M50-54	33	34
1290	David	Parkin	M60-64	59	63
1283	Niall	Gardiner	M45-49	60	64
1330	Mark	Baron	M45-49	81	92
1326	Ian	Wild	M45-49	83	94
1322	Oliver	Spicer	M40-44	85	96
				434	476

Team Score	1064
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Women					
	First Name	Surname	Age Cat		Team
1289	Caroline	Parkin	F60-64	17	125
1328	Hannah	Spicer	F35-39	23	138
1329	Janet	Mitchell	F60-64	26	149
1288	Kirsty	Ransom	F35-39	35	176

101	588
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Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1402	Phil	Melling	M45-49	1	1
1443	Cian	Hutton	m20-24	8	8

Team Score	687
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Women					
	First Name	Surname	Age Cat		Team
1389	Lorna	Hession	F40-44	7	73
1441	Daisy	Melville	f45-49	27	153

3 Counties Cross Country League Results

Venue		Wootton				16-February-2025					
1403	Ollie	Melling	M17-19	11	11	1371	Hayley	Clarke	F45-49	31	162
1362	David	Ball	M45-49	14	14	1394	Helen	Jones	F55-59	32	166
1383	Richard	Francis	M40-44	15	15						
1423	Arthur	Tilt	M17-19	17	17						
1432	Joe	Musgrove	M20-24	30	30						
1379	Steve	Dixon	M45-49	36	37						
				132	133						
						97		554			

Dunstable Lions

Team Score	2053
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Men

	First Name	Surname	Age Cat		Team
624	Darren	Cornish	M50-54	44	47
636	Wesley	Thorne	M45-49	48	51
660	Lee	Hayward	M45-49	75	84
629	Mark	Cornell	M60-64	102	115
646	Cahal	McConville	M55-59	115	137
664	Timothy	Chute	M30-34	134	165
668	Simon	Howes	M50-54	137	170
	Last	Man		192	288
				847	1057

Women

	First Name	Surname	Age Cat		Team
651	Greer	Kidney	F50-54	43	203
647	Lisa	Phee	F45-49	50	217
	Last	Lady		97	288
	Last	Lady		97	288
				287	996

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	9	634	10	199	9	744	794	1538
Bedford Harriers	3	185	2	47	2	187	395	582
Biggleswade AC	14	1149	8	139	13	1569	641	2210
Dunstable Road Runners	13	1018	11	238	14	1334	932	2266
Leighton Fun Runners	8	536	9	155	8	591	689	1280
North Herts Road Runners	2	162	1	40	1	165	322	487
Northampton Road Runners	12	952	12	277	11	1188	984	2172
Olney Runners	6	490	5	96	7	541	577	1118
Stopsley Striders	7	494	4	87	5	544	514	1058
Northants Tri	11	861	14	388	12	1039	1152	2191
Wellingborough & District AC	4	320	3	52	4	352	419	771
Wootton Road Runners	5	434	7	101	6	476	588	1064
Rugby & Northampton AC	1	132	6	97	3	133	554	687
Dunstable Lions	10	847	13	287	10	1057	996	2053
Total of Scoring Men's Teams			9920		Contribution to Team Scores		50.93%	
Total of Scoring Women's Teams			9557				49.07%	