

3 Counties Cross Country League Results

Venue **North Herts**

15-December-2019

Amphthill & Flitwick Flyers

Team Score

663

Men

No.	First Name	Surname	Age Cat		Team
220	Harry	Smith	m20-24	3	3
153	Ian	Halpin	m35-39	4	4
227	Joe	Strange	m25-29	5	5
258	Paul	Farmer	m40-44	7	7
161	Phil	Holland	m40-44	12	12
177	Chris	Littlejohn	m40-44	15	15
167	Dan	Karaiskou	m25-29	17	17
209	Simon	Read	m40-44	28	28
				91	91

Women

No.	First Name	Surname	Age Cat		Team
242	Abi	Wells-Day	f20-24	11	121
104	Jess	Anstee	f35-39	13	136
102	Jo	Aatkar	f50-54	19	155
241	Lisa	Wells	f50-54	21	160

64

572

Bedford Harriers

Team Score

1139

Men

No.	First Name	Surname	Age Cat		Team
497	Danny	Winn	m35-39	27	27
504	Stuart	Dare	m40-44	34	35
320	Tony	Davis	m50-54	46	48
439	Andy	Palembella	m35-39	57	59
467	Kevin	Shelton-Smith	m55-59	58	60
354	David	Frampton	m60-64	76	81
435	Mark	Nicholson	m35-39	86	93
290	Shaun	Busby	m30-34	87	94
				471	497

Women

No.	First Name	Surname	Age Cat		Team
407	Sally	Knight	f45-49	9	112
461	Claire	Rulton	f40-44	23	170
372	Nora	Haggart	f60-64	25	176
484	Bev	Tredget	f55-59	30	184

87

642

Biggleswade AC

Team Score

1049

Men

No.	First Name	Surname	Age Cat		Team
559	Rob	Morgan	m40-44	30	30
575	Alexander	Rogers	m30-34	38	39
537	Marcus	Davey	m45-49	49	51
562	Nick	Pillinger	m40-44	51	53
550	Nick	Haworth	m40-44	53	55
520	Charlie	Arnold	m60-64	80	86
568	John	Stott	m50-54	134	152
553	Richard	Hill	m50-54	147	169
				582	635

Women

No.	First Name	Surname	Age Cat		Team
528	Hannah	Broom	f35-39	2	44
558	Natalie	Morgan	f40-44	5	77
543	Natalie	Garner	f25-29	7	90
542	Paula	Frost	f35-39	37	203

51

414

Dunstable Road Runners

Team Score

1320

Men

No.	First Name	Surname	Age Cat		Team
677	Lee	Murphy	m30-34	23	23
610	Darren	Cornish	m45-49	25	25
628	Lui	Falkner	m20-24	39	40
678	John	Murphy	m50-54	70	73
698	Nikk	Shivlock	m50-54	84	91
609	Mark	Cornell	m55-59	109	118
668	Cahal	McConville	m50-54	115	127
719	Wesley	Thorne	m40-44	136	154
				601	651

Women

No.	First Name	Surname	Age Cat		Team
695	Becks	Sharpe	f30-34	14	139
715	Frances	Wynn	f35-39	18	150
707	Teresa	Warren	f50-54	28	180
634	Ruth	Grint	f50-54	35	200

95

669

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Leighton Fun Runners

Team Score

1323

Men

No.	First Name	Surname	Age Cat		Team
857	Matthew	Ma	m30-34	19	19
785	Martin	Crane	m45-49	32	32
804	Dan	Green	m45-49	67	70
809	Andrew	Heale	m50-54	79	85
802	Matthew	Gilbert	m40-44	83	89
842	Chris	Stenner	m50-54	90	98
776	Ian	Bisby	m45-49	97	105
782	Mike	Clark	m60-64	103	111
				570	609

Women

No.	First Name	Surname	Age Cat		Team
853	Rosie	Booth	f40-44	15	142
812	Zoe	Illingworth	f45-49	20	159
823	Emily	McClelland	f30-34	26	177
854	Doubeck	Levick	f40-44	50	236

111

714

North Herts Road Runners

Team Score

603

Men

No.	First Name	Surname	Age Cat		Team
933	James	Fox	m17-19	2	2
1009	Edward	Price	m40-44	6	6
998	Stewart	Overton	m35-39	8	8
885	Wayne	Bell	m40-44	11	11
1049	mark	Vaughan	m45-49	13	13
1020	matthew	Sayers	m40-44	16	16
1001	Nathan	Pask	m40-44	18	18
880	John	Auld	m35-39	22	22
				96	96

Women

No.	First Name	Surname	Age Cat		Team
947	Katie	Harbon	f20-24	1	33
870	Paula	Adams	f50-54	12	126
1041	Caroline	Thrussell	f55-59	16	144
946	Helen	Harbon	f25-29	38	204

67

507

Northampton Road Runners

Team Score

2173

Men

No.	First Name	Surname	Age Cat		Team
1095	Matthew	Clarke	m40-44	20	20
1138	Tony	Letts	m50-54	33	34
1115	Mark	Garrett	m55-59	116	128
1117	John	Gibbins	m40-44	119	131
1174	Dave	Whatton	m55-59	122	134
1172	Alan	Wadsworth	m35-39	151	175
1094	Matt	Bushell	m40-44	152	178
1088	Dave	Blackburn	m60-64	162	195
				875	995

Women

No.	First Name	Surname	Age Cat		Team
1102	Sam	Crouch	f40-44	76	282
1107	Sheena	Desborough	f45-49	82	288
1151	Rachel	Palmer	f25-29	87	300
1105	Charlotte	Davis	f17-19	93	308

338

1178

Olney Runners

Team Score

1522

Men

No.	First Name	Surname	Age Cat		Team
1247	Matthew	Dicks	m17-19	1	1
1217	Chris	Dunn	m30-34	48	50
1235	Dean	Sartin	m40-44	69	72
1208	Simon	Cook	m45-49	77	82
1226	Chris	Ling	m35-39	78	84
1214	Iain	Dickinson	m45-49	118	130
1215	Stephen	Dicks	m45-49	124	137
1218	Matthew	Fox	m50-54	144	165
				659	721

Women

No.	First Name	Surname	Age Cat		Team
1242	Stephanie	Potter	f35-39	22	166
1225	Mary	Jones	f45-49	31	188
1243	Donna	Evans	f40-44	40	207
1236	Helen	Sartin	f45-49	54	240

147

801

3 Counties Cross Country League Results

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15-December-2019

Stopsley Striders

Team Score

1654

Men

No.	First Name	Surname	Age Cat		Team
1268	Robert	Barnes	m30-34	9	9
1288	Philip	Davies	m25-29	68	71
1299	Gez	Fallon	m45-49	73	78
1272	Pat	Blessing	m55-59	95	103
1309	Danny	Kelly	m55-59	99	107
1282	John	Chapman	m60-64	121	133
1278	Peter	Brown	m35-39	126	140
1324	Charles	Nelis	m50-54	139	158
				730	799

Women

No.	First Name	Surname	Age Cat		Team
1312	Christine	Lathwell	f40-44	3	63
1305	Peta	Hendry	f50-54	56	246
1346	Barbora	Uhroková	f30-34	65	260
1284	Vicki	Crowston	f35-39	80	286

204

855

Team East Haddon

Team Score

1047

Men

No.	First Name	Surname	Age Cat		Team
755	Tim	Webster	m30-34	45	47
756	Stuart	Wheeldon	m45-49	47	49
733	Andy	Green	m55-59	52	54
735	Adrian	Homer	m45-49	55	57
723	Chris	Bell	m50-54	56	58
759	Adam	Wright	m40-44	60	62
762	Oliver	Munns	m20-24	62	65
754	Paul	Watts	m35-39	74	79
				451	471

Women

No.	First Name	Surname	Age Cat		Team
747	Lindsay	Scott	f30-34	4	74
750	Liv	Thompson	f35-39	10	120
745	Sarah	Ryder	f30-34	24	172
721	Sarah	Ashcroft	f30-34	41	210

79

576

Wellingborough & District AC

Team Score

979

Men

No.	First Name	Surname	Age Cat		Team
1427	Jonny	Reep	m20-24	14	14
1387	Craig	Clements	m35-39	29	29
1431	Ben	Shirley	m40-44	31	31
1402	Jon	Kemp	m45-49	44	46
1389	Peter	Cowler	m40-44	63	66
1412	Neil	McDonald	m55-59	85	92
1380	Mark	Bonham	m50-54	88	95
1420	Jon	Norton	m40-44	89	97
				443	470

Women

No.	First Name	Surname	Age Cat		Team
1374	Kelly	Barnett	f25-29	6	83
1433	Lisa	Smith	f35-39	8	96
1403	Louise	Kemp	f40-44	17	147
1415	Emma	Moore	f35-39	29	183

60

509

Wootton Road Runners

Team Score

2234

Men

No.	First Name	Surname	Age Cat		Team
1493	Andy	Fairley	m40-44	10	10
1525	Richard	Lack	m45-49	36	37
1499	Niall	Gardiner	m40-44	113	124
1512	Graham	Hollowell	m50-54	114	125
1530	James	Meade	m45-49	173	214
1523	Michael	Kendall	m60-64	182	229
1539	Steve	Pryor-Jones	m50-54	209	292
1564	Simon	Mitchell	m60-64	210	293
				1047	1324

Women

No.	First Name	Surname	Age Cat		Team
1514	Frances	Hooper	f40-44	27	179
1531	Janet	Mitchell	f55-59	34	197
1562	Kay	Duffy	f40-44	58	249
1538	Josie	Pickering	f35-39	79	285

198

910

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Rugby & Northampton AC

Team Score

1593

Men

No.	First Name	Surname	Age Cat		Team
1593	Peter	Currington	m35-39	21	21
1605	Jacob	Kelly	m17-19	35	36
1615	Brendan	Moen	m50-54	43	45
1587	Vince	Carroll	m50-54	71	75
1584	Adam	Bebbington	m17-19	72	76
1621	John	Saw	m40-44	102	110
1613	Alex	McMurtrie	m50-54	106	115
1631	Matthew	Tilt	m45-49	110	119

560

597

Women

No.	First Name	Surname	Age Cat		Team
1630	Sally	Tilt	f45-49	32	191
1592	Angela	Copson	f70-74	39	205
1635	Catherine	Williams	f55-59	52	238
	Last	Lady		134	362

257

996

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	1	91	3	64	2	91	572	663
Bedford Harriers	5	471	6	87	6	497	642	1139
Biggleswade AC	8	582	1	51	5	635	414	1049
Dunstable Road Runners	9	601	7	95	7	651	669	1320
Leighton Fun Runners	7	570	8	111	8	609	714	1323
North Herts Road Runners	2	96	4	67	1	96	507	603
Northampton Road Runners	12	875	13	338	12	995	1178	2173
Olney Runners	10	659	9	147	9	721	801	1522
Stopsley Striders	11	730	11	204	11	799	855	1654
Team East Haddon	4	451	5	79	4	471	576	1047
Wellingborough & District AC	3	443	2	60	3	470	509	979
Wootton Road Runners	13	1047	10	198	13	1324	910	2234
Rugby & Northampton AC	6	560	12	257	10	597	996	1593

Total of Scoring Men's Teams	7956	Contribution to	45.99%
Total of Scoring Women's Teams	9343	Team Scores	54.01%