

3 Counties Cross Country League Results

After 3 Events

Open Men

17-December-2023

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score
1010	Matthew	Dicks	Olney Runners	20-24	1	1	2			1	3	2
1070	Mohammed	Elbayan	Stopsley Striders	20-24	2	2	1			2	3	3
8	Tom	Webb	North Herts Road Runners	35-39	3		3			3	2	6
181	Ian	Halpin	Amphill & Flitwick Flyers	35-39	4	6	9			4	3	10
9	Sam	Coxon	North Herts Road Runners	30-34		7	4			5	2	11
5	Mike	Roberts	North Herts Road Runners	30-34		8	5			6	2	13
4	Darren	Sunter	North Herts Road Runners	40-44	5	9				7	2	14
1364	David	Ball	Rugby & Northampton AC	40-44	8	11	8			8	3	16
1422	Nathan	Jones	Rugby & Northampton AC	35-39	6	10				8	2	16
1049	Rob	Barnes	Stopsley Striders	35-39		12	6			10	2	18
1424	Ben	Merriman	Rugby & Northampton AC	40-44	7	15	12			11	3	19
1432	Danny	Carter	Rugby & Northampton AC	17-19	17	5				12	2	22
1426	Chris	Wood	Rugby & Northampton AC	45-49	11	14	13			13	3	24
1411	Sam	Tallet	Rugby & Northampton AC	35-39	13	13	14			14	3	26
2	Stewart	Overton	North Herts Road Runners	40-44	10	23	16			14	3	26
200	Llam	McNabola	Amphill & Flitwick Flyers	35-39	9	17	41			14	3	26
192	Dan	Karaskou	Amphill & Flitwick Flyers	25-29		16	11			17	2	27
1018	Chris	Ling	Olney Runners	40-44	14	19	15			18	3	29
3	Ben	Sewell	North Herts Road Runners	30-34	12	21				19	2	33
197	Chris	Littlejohn	Amphill & Flitwick Flyers	40-44	16	18	21			20	3	34
37	Matt	Sayers	North Herts Road Runners	45-49	15	32	22			21	3	37
1380	Richard	Francis	Rugby & Northampton AC	40-44		20	20			22	2	40
69	Vince	Wright	North Herts Road Runners	45-49		25	17			23	2	42
29	Shahab	Ahmad	North Herts Road Runners	40-44	21	30	23			24	3	44
30	Rob	Jowett	North Herts Road Runners	30-34		27	18			25	2	45
226	Mark	Waine	Amphill & Flitwick Flyers	50-54	18	28	29			26	3	46
725	Matthew	Ma	Leighton Fun Runners	35-39	24	22				26	2	46
1305	Simon	Tootell	Wootton Road Runners	45-49	22	35	28			28	3	50
318	David	Haslam	Bedford Harriers	40-44	19	31	39			28	3	50
216	James	Smith	Amphill & Flitwick Flyers	45-49		24	26			28	2	50
375	Graham	Pratt	Bedford Harriers	30-34		26	25			31	2	51
859	Tony	Letts	Northampton Road Runners	55-59	20	42	35			32	3	55
429	Vittorio	Paci	Bedford Harriers	50-54	25	33	32			33	3	57
187	Martin	Hughes	Amphill & Flitwick Flyers	40-44	31	36	30			34	3	61
515	Robert	Morgan	Biggleswade AC	45-49	27	39	56			35	3	66
1427	Dan	Wade	Rugby & Northampton AC	30-34	30		36			35	2	66
257	Adam	Broadbent	Bedford Harriers	40-44		38	31			37	2	69
1101	Tom	Rankin	Stopsley Striders	25-29	23		47			38	2	70
443	Danny	Winn	Bedford Harriers	35-39		34	38			39	2	72
1430	Josh	Tiffin	Rugby & Northampton AC	30-34	29	64	45			40	3	74

3 Counties Cross Country League Results

After 3 Events

Open Women

17-December-2023

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score
1	Katie	Harbon	North Herts Road Runners	25-29	1	1	1			1	3	2
1384	Kirsten	Hayes	Rugby & Northampton AC	20-24	3	2	2			2	3	4
995	Katie	Godof	Olney Runners	45-49		4	3			3	2	7
1083	Christine	Lathwell	Stopsley Striders	45-49	4		4			4	2	8
523	Emily	Varley	Biggleswade AC	25-29		3	5			4	2	8
635	Frances	Vosper	Dunstable Lions	40-44	5	5				6	2	10
1386	Lorna	Hession	Rugby & Northampton AC	40-44	9		6			7	2	15
1383	Jo	Harris	Rugby & Northampton AC	40-44	13	9	7			8	3	16
1385	Katerina	Hemmington	Rugby & Northampton AC	40-44	21	6	11			9	3	17
1304	Kairit	Fitzgerald	Wootton Road Runners	40-44	10	11	8			10	3	18
50	Rhia	Botha	North Herts Road Runners	35-39	8	12				11	2	20
11	Hannah	Ridley	North Herts Road Runners	25-29	17	8	13			12	3	21
644	Emily	Gibbons	Dunstable Lions	40-44	11	10				12	2	21
1328	maree	jesson	Wootton Road Runners	50-54	16	13	9			14	3	22
522	Nicky	Upperton	Biggleswade AC	30-34	14	14	12			15	3	26
31	Natasha	Pitman	North Herts Road Runners	45-49	12	15	15			16	3	27
389	Ellie	Sherriffs	Bedford Harriers	35-39	20	19	10			17	3	29
54	Astrid	Mckeown	North Herts Road Runners	50-54	35	17	16			18	3	33
1197	Kat	Baxter-Smith	Wellingborough & District AC	35-39	15	18				18	2	33
420	Abigail	Turner	Bedford Harriers	50-54	33	16	20			20	3	36
138	Nicola	Walton	Amphill & Flitwick Flyers	40-44	22		14			20	2	36
664	Rosie	Booth	Leighton Fun Runners	45-49	19	21				22	2	40
32	Jane	Clarke	North Herts Road Runners	40-44	24	22	19			23	3	41
123	Kerry	Large	Amphill & Flitwick Flyers	35-39	30	20	22			24	3	42
1340	laura	fox	Wootton Road Runners	40-44	23	23				25	2	46
504	Natalie	Garner	Biggleswade AC	30-34	25		21			25	2	46
1207	Louise	Kemp	Wellingborough & District AC	45-49		25	24			27	2	49
244	Lucy	Baldwin	Bedford Harriers	40-44		26	25			28	2	51
1333	liv	thompson	Wootton Road Runners	35-39	29	24				29	2	53
1108	Charlotte	Snowdon	Stopsley Striders	40-44	32	28	34			30	3	60
107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	46	34	28			31	3	62
1369	Hayley	Clarke	Rugby & Northampton AC	45-49	53	32	32			32	3	64
62	Caroline	Thrusell	North Herts Road Runners	60-64	49	38	30			33	3	68
381	Kirsty	Robertson	Bedford Harriers	30-34	38	30				33	2	68
569	Teresa	Warren	Dunstable Road Runners	50-54	39	35	43			35	3	74
999	Sarah	McAuliffe	Olney Runners	35-39	66	41	33			35	3	74
1370	Alison	Cobb	Rugby & Northampton AC	55-59	26		50			37	2	76
997	Mary	Jones	Olney Runners	45-49	60	40	39			38	3	79
1343	sarah	knapp	Wootton Road Runners	30-34	40	39				38	2	79
1084	Miriam	Linforth	Stopsley Striders	40-44	45	61	36			40	3	81

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Men By Age Category

17-December-2023

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score	Open
1432	Danny	Carter	Rugby & Northampton AC	17-19	1	2				1	2	3	22
232	Jakob	Wood	Amphill & Flitwick Flyers	17-19		3	2			2	2	5	398
				17-19						3			
714	Christopher	Heale	Leighton Fun Runners	20-24	5		3			1	2	8	322
				20-24						2			
				20-24						3			
192	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29		1	3			1	2	4	27
56	Elliot	Jackson	North Herts Road Runners	25-29	3	2	7			2	3	5	90
1097	Ryan	Parsons	Stopsley Striders	25-29	2	4	10			3	3	6	92
9	Sam	Coxon	North Herts Road Runners	30-34		1	1			1	2	2	11
5	Mike	Roberts	North Herts Road Runners	30-34		2	2			2	2	4	13
3	Ben	Sewell	North Herts Road Runners	30-34	1	3				3	2	4	33
181	Ian	Halpin	Amphill & Flitwick Flyers	35-39	2	1	3			1	3	3	10
1422	Nathan	Jones	Rugby & Northampton AC	35-39	3	2				2	2	5	16
1049	Rob	Barnes	Stopsley Striders	35-39		3	2			3	2	5	18
4	Darren	Sunter	North Herts Road Runners	40-44	1	1				1	2	2	14
1364	David	Ball	Rugby & Northampton AC	40-44	3	2	1			2	3	3	16
1424	Ben	Merriman	Rugby & Northampton AC	40-44	2	3	2			3	3	4	19
1426	Chris	Wood	Rugby & Northampton AC	45-49	1	2	1			1	3	2	24
37	Matt	Sayers	North Herts Road Runners	45-49	2	5	3			2	3	5	37
69	Vince	Wright	North Herts Road Runners	45-49		4	2			3	2	6	42
226	Mark	Waine	Amphill & Flitwick Flyers	50-54	1	1	1			1	3	2	46
429	Vittorio	Paci	Bedford Harriers	50-54	2	2	2			2	3	4	57
1237	Jon	Kemp	Wellingborough & District AC	50-54		3	3			3	2	6	90
859	Tony	Letts	Northampton Road Runners	55-59	1	1	1			1	3	2	55
53	Steve	Mckeown	North Herts Road Runners	55-59	2	4	2			2	3	4	100
1155	Andy	Green	Northants Tri	55-59	3	3	3			3	3	6	103
388	Kevin	Shelton-Smith	Bedford Harriers	60-64	1	1	1			1	3	2	151
21	Peter	Sibbett	North Herts Road Runners	60-64	7	3	2			2	3	5	229
1406	Laurence	Scott	Rugby & Northampton AC	60-64	3		3			3	2	6	255
1250	Nicholas	Page	Wellingborough & District AC	65-69	1	1	1			1	3	2	253
1023	John	Risby	Olney Runners	65-69	2		2			2	2	4	290
1264	Christopher	Norris	Wellingborough & District AC	65-69	3	2	3			3	3	5	320
1393	Smail	Kennas	Rugby & Northampton AC	70-74	1	1	1			1	3	2	288
958	Michael	Williams	Northampton Road Runners	70-74		2	2			2	2	4	348
506	Ian	Grimwood	Biggleswade AC	70-74	2	5	3			3	3	5	425
1295	Gerald	Billis	Wootton Road Runners	75-99		1	1			1	2	2	552
				75-99						2			
				75-99						3			

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After 3 Events

Women By Age Category

17-December-2023

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score	Open
1421	Sue	Deeley	Rugby & Northampton AC	17-19	1		3			1	2	4	225
				17-19						2			
				17-19						3			
141	Lottie	Burtenshaw	Amphill & Flitwick Flyers	20-24		3	3			1	2	6	171
				20-24						2			
				20-24						3			
523	Emily	Varley	Biggleswade AC	25-29		2	2			1	2	4	8
11	Hannah	Ridley	North Herts Road Runners	25-29	2	4	3			2	3	5	21
410	Carla	Whitmore	Bedford Harriers	25-29	5	7				3	2	12	95
522	Nicky	Upperton	Biggleswade AC	30-34	2	1	1			1	3	2	26
504	Natalie	Garner	Biggleswade AC	30-34	3		2			2	2	5	46
381	Kirsty	Robertson	Bedford Harriers	30-34	5	2				3	2	7	68
50	Rhia	Botha	North Herts Road Runners	35-39	1	1				1	2	2	20
389	Ellie	Sherriffs	Bedford Harriers	35-39	3	3	1			2	3	4	29
1197	Kat	Baxter-Smith	Wellingborough & District AC	35-39	2	2				3	2	4	33
635	Frances	Vosper	Dunstable Lions	40-44	1	1				1	2	2	10
1386	Lorna	Hession	Rugby & Northampton AC	40-44	2		1			2	2	3	15
1383	Jo	Harris	Rugby & Northampton AC	40-44	5	3	2			3	3	5	16
1083	Christine	Lathwell	Stopsley Striders	45-49	1		2			1	2	3	8
31	Natasha	Pitman	North Herts Road Runners	45-49	3	2	3			2	3	5	27
664	Rosie	Booth	Leighton Fun Runners	45-49	4	3				3	2	7	40
1328	maree	jesson	Wootton Road Runners	50-54	1	1	1			1	3	2	22
54	Astrid	Mckeown	North Herts Road Runners	50-54	4	3	2			2	3	5	33
420	Abigail	Turner	Bedford Harriers	50-54	3	2	4			3	3	5	36
124	Autumn	Lynch	Amphill & Flitwick Flyers	55-59	3	1	2			1	3	3	89
134	Jane	Swinburne	Amphill & Flitwick Flyers	55-59		2	1			2	2	3	90
1370	Alison	Cobb	Rugby & Northampton AC	55-59	1		3			3	2	4	76
62	Caroline	Thrussell	North Herts Road Runners	60-64	1	1	1			1	3	2	68
1309	janet	mittchell	Wootton Road Runners	60-64	2	2				2	2	4	128
1416	Catherine	Williams	Rugby & Northampton AC	60-64	3	3	2			3	3	5	107
314	Nora	Haggart	Bedford Harriers	65-69	1		1			1	2	2	113
296	Amanda	Friman	Bedford Harriers	65-69	2	1	2			2	3	3	191
27	Linda	Aird	North Herts Road Runners	65-69	3	2	3			3	3	5	214
663	Christine	Ayers	Leighton Fun Runners	70-74		1	1			1	2	2	198
691	Janet	Langdon	Leighton Fun Runners	70-74	1		2			2	2	3	260
1105	Judy	Reid	Stopsley Striders	70-74	3	3				3	2	6	385
1371	Angela	Copson	Rugby & Northampton AC	75-99	1	1				1	2	2	186
				75-99						2			
				75-99						3			