

3 Counties Cross Country League Results

Venue **North Herts**

17-December-2023

Ampthill & Flitwick Flyers

Team Score

833

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|------------|---------|----|------|
| 181 | Ian | Halpin | m35-39 | 9 | 9 |
| 192 | Dan | Karaiskou | m25-29 | 11 | 11 |
| 183 | Tim | Harris | m40-44 | 19 | 19 |
| 197 | Chris | Littlejohn | m40-44 | 21 | 21 |
| 216 | James | Smith | m45-49 | 26 | 26 |
| 226 | Mark | Waine | m50-54 | 29 | 29 |
| 187 | Martin | Hughes | m40-44 | 30 | 30 |
| 222 | Barry | Stratford | m40-44 | 40 | 41 |

185 186

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|-------------------|---------|----|------|
| 138 | Nicola | Walton | f40-44 | 14 | 114 |
| 123 | Kerry | Large | f35-39 | 22 | 141 |
| 107 | Kyrstin | Fairweather | f50-54 | 28 | 185 |
| 115 | Sophie | Harrison-Windmill | f30-34 | 35 | 207 |

99 647

Bedford Harriers

Team Score

855

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|------------|---------|----|------|
| 375 | Graham | Pratt | m30-34 | 25 | 25 |
| 257 | Adam | Broadbent | m40-44 | 31 | 31 |
| 429 | Vittorio | Paci | m50-54 | 32 | 32 |
| 443 | Danny | Winn | m35-39 | 38 | 39 |
| 318 | David | Haslam | m40-44 | 39 | 40 |
| 271 | Sean | Crawley | m45-49 | 43 | 44 |
| 364 | Andy | Palombella | m40-44 | 67 | 72 |
| 439 | David | Sheffield | m40-44 | 69 | 74 |

344 357

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|-----------|---------|----|------|
| 389 | Ellie | Sherriffs | f35-39 | 10 | 93 |
| 360 | Juliet | Naylor | f50-54 | 17 | 122 |
| 420 | Abigail | Turner | f50-54 | 20 | 134 |
| 244 | Lucy | Baldwin | f40-44 | 25 | 149 |

72 498

Biggleswade AC

Team Score

1738

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|-----------|---------|-----|------|
| 515 | Robert | Morgan | M45-49 | 56 | 60 |
| 521 | Paul | Swinburne | M50-54 | 83 | 91 |
| 508 | Nick | Haworth | M45-49 | 116 | 137 |
| 517 | Alistair | Nelson | M30-34 | 140 | 165 |
| 509 | Giles | Hawthorne | M45-49 | 141 | 167 |
| 527 | Conor | Hawthorne | M17-19 | 142 | 168 |
| 511 | Richard | Hill | M55-59 | 163 | 192 |
| 526 | Stuart | Highland | M50-54 | 181 | 223 |

1022 1203

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|----------|---------|----|------|
| 523 | Emily | Varley | F25-29 | 5 | 69 |
| 522 | Nicky | Upperton | F30-34 | 12 | 97 |
| 504 | Natalie | Garner | F30-34 | 21 | 136 |
| 516 | Natalie | Morgan | F45-49 | 48 | 233 |

86 535

Dunstable Road Runners

Team Score

3261

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|---------|---------|-----|------|
| 559 | Jose | Santos | m45-49 | 73 | 78 |
| 594 | Bryn | Thomas | m40-44 | 109 | 126 |
| 562 | Matt | Deller | m45-49 | 150 | 177 |
| 564 | Paul | Stack | m55-59 | 226 | 311 |
| 572 | Robert | Lee | m40-44 | 234 | 326 |
| 607 | Dean | Bugler | m40-44 | 244 | 353 |
| 558 | Jonathan | Venning | m70-74 | 249 | 369 |
| | Last | Man | | 258 | 411 |

1543 2151

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|---------|---------|-----|------|
| 569 | Teresa | Warren | f50-54 | 43 | 224 |
| 583 | Georgina | Marsay | f25-29 | 45 | 226 |
| 552 | Claire | Thomas | f40-44 | 86 | 312 |
| 549 | Alison | Hunt | f60-64 | 107 | 348 |

281 1110

3 Counties Cross Country League Results

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17-December-2023

Leighton Fun Runners

Team Score

1978

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|-----------|---------|-----|------|
| 708 | Tom | Ellerton | M30-34 | 59 | 63 |
| 710 | Daniel | Green | M45-49 | 65 | 70 |
| 730 | Martin | Oborne | M25-29 | 71 | 76 |
| 739 | Chris | Stenner | M55-59 | 85 | 96 |
| 706 | Michael | Dudley | M35-39 | 105 | 121 |
| 702 | Jim | Buttleman | M55-59 | 113 | 131 |
| 713 | Andrew | Heale | M55-59 | 117 | 138 |
| 711 | Kevin | Hare | M50-54 | 127 | 152 |

742 847

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|---------|---------|----|------|
| 695 | Jess | Stenner | F17-19 | 52 | 241 |
| 674 | Samantha | Heady | F40-44 | 60 | 260 |
| 682 | Doubec | Levick | F45-49 | 80 | 303 |
| 663 | Christine | Ayers | F70-74 | 93 | 327 |

285 1131

North Herts Road Runners

Team Score

480

Men

| | First Name | Surname | Age Cat | | Team |
|----|------------|---------|---------|----|------|
| 8 | Tom | Webb | m35-39 | 3 | 3 |
| 9 | Sam | Coxon | m30-34 | 4 | 4 |
| 5 | Mike | Roberts | m30-34 | 5 | 5 |
| 2 | Stewart | Overton | m40-44 | 16 | 16 |
| 69 | Vince | Wright | m45-49 | 17 | 17 |
| 30 | Rob | Jowett | m30-34 | 18 | 18 |
| 37 | Matt | Sayers | m45-49 | 22 | 22 |
| 29 | Shahab | Ahmad | m40-44 | 23 | 23 |

108 108

Women

| | First Name | Surname | Age Cat | | Team |
|----|------------|---------|---------|----|------|
| 1 | Katie | Harbon | f25-29 | 1 | 36 |
| 11 | Hannah | Ridley | f25-29 | 13 | 101 |
| 31 | Natasha | Pitman | f45-49 | 15 | 115 |
| 54 | Astrid | Mckeown | f50-54 | 16 | 120 |

45 372

Northampton Road Runners

Team Score

2833

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|-----------|---------|-----|------|
| 859 | Tony | Letts | m55-59 | 35 | 35 |
| 821 | John | Gibbins | m45-49 | 87 | 99 |
| 958 | Michael | Williams | m70-74 | 178 | 216 |
| 907 | Steve | Prior | m55-59 | 185 | 232 |
| 766 | Darren | Baldwin | m55-59 | 186 | 234 |
| 825 | Alan | Hall | m65-69 | 198 | 257 |
| 775 | David | Blackburn | m65-69 | 213 | 280 |
| 937 | Roger | Taylor | m55-59 | 214 | 283 |

1296 1636

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|---------|---------|-----|------|
| 863 | Rachel | Lewis | f35-39 | 67 | 279 |
| 872 | Lesley | Mahony | f50-54 | 70 | 286 |
| 895 | Elaine | Palmer | f55-59 | 73 | 291 |
| 935 | Chloe | Tallett | f35-39 | 102 | 341 |

312 1197

Olney Runners

Team Score

1233

Men

| | First Name | Surname | Age Cat | | Team |
|------|------------|---------|---------|-----|------|
| 1010 | Matthew | Dicks | m20-24 | 2 | 2 |
| 1018 | Chris | Ling | m40-44 | 15 | 15 |
| 1035 | Laszlo | Torjai | m45-49 | 27 | 27 |
| 1029 | Thomas | Baggott | m35-39 | 48 | 50 |
| 1024 | Dean | Sartin | m45-49 | 68 | 73 |
| 1021 | Anthony | O'Neil | m45-49 | 82 | 90 |
| 1012 | Chris | Dunn | m35-39 | 100 | 113 |
| 1017 | Andrew | Jones | m55-59 | 118 | 139 |

460 509

Women

| | First Name | Surname | Age Cat | | Team |
|------|------------|-----------|---------|----|------|
| 995 | Katie | Godof | f45-49 | 3 | 51 |
| 999 | Sarah | McAuliffe | f35-39 | 33 | 198 |
| 997 | Mary | Jones | f45-49 | 39 | 219 |
| 1000 | Therese | O'Riordan | f45-49 | 59 | 256 |

134 724

3 Counties Cross Country League Results

Venue **North Herts**

17-December-2023

Stopsley Striders

Team Score **1190**

Men

| | First Name | Surname | Age Cat | | Team |
|------|------------|----------|---------|------------|------------|
| 1070 | Mohammed | Elbayan | M20-24 | 1 | 1 |
| 1049 | Rob | Barnes | M35-39 | 6 | 6 |
| 1101 | Tom | Rankin | M25-29 | 47 | 49 |
| 1097 | Ryan | Parsons | M25-29 | 74 | 79 |
| 1116 | Kallum | Wright | M30-34 | 88 | 100 |
| 1045 | Paul | Abrahams | M45-49 | 91 | 104 |
| 1063 | Ellie | Davies | M30-34 | 92 | 105 |
| 1072 | Gez | Fallon | M50-54 | 98 | 111 |
| | | | | 497 | 555 |

Women

| | First Name | Surname | Age Cat | | Team |
|------|------------|----------|---------|----|------|
| 1083 | Christine | Lathwell | F45-49 | 4 | 57 |
| 1112 | Lucy | Treleven | F20-24 | 26 | 166 |
| 1108 | Charlotte | Snowdon | F40-44 | 34 | 204 |
| 1084 | Miriam | Linforth | F40-44 | 36 | 208 |

100 **635**

Northants Tri

Team Score **2023**

Men

| | First Name | Surname | Age Cat | | Team |
|------|------------|---------|---------|------------|------------|
| 1160 | Simon | Smith | M25-29 | 37 | 38 |
| 1155 | Andy | Green | M55-59 | 54 | 58 |
| 1162 | Richard | Cressey | M45-49 | 62 | 66 |
| 1161 | Jonathan | Prince | M30-34 | 77 | 82 |
| 1156 | Andy | Verra | M35-39 | 78 | 84 |
| 1154 | Pete | DeBoo | M30-34 | 95 | 108 |
| 1171 | Peter | Shires | m35-39 | 126 | 151 |
| 1173 | Bob | White | M60-64 | 133 | 158 |
| | | | | 662 | 745 |

Women

| | First Name | Surname | Age Cat | | Team |
|------|------------|----------|---------|-----|------|
| 1152 | Tiphannie | Marshall | F35-39 | 57 | 253 |
| 1149 | Gemma | McRae | F35-39 | 58 | 255 |
| 1146 | Amy | Tibbits | F30-34 | 116 | 363 |
| 1145 | Val | Bridges | F70-74 | 152 | 407 |

383 **1278**

Wellingborough & District AC

Team Score **1580**

Men

| | First Name | Surname | Age Cat | | Team |
|------|------------|---------|---------|------------|------------|
| 1253 | Jonny | Reep | m25-29 | 7 | 7 |
| 1233 | Paul | Huckle | m35-39 | 33 | 33 |
| 1237 | Jon | Kemp | m50-54 | 44 | 45 |
| 1249 | Ed | Norris | m30-34 | 60 | 64 |
| 1228 | Peter | Cowler | m45-49 | 64 | 68 |
| 1271 | Andrew | McKenna | m40-44 | 79 | 85 |
| 1238 | Ady | King | m50-54 | 84 | 94 |
| 1224 | Mark | Bonham | m55-59 | 93 | 106 |
| | | | | 464 | 502 |

Women

| | First Name | Surname | Age Cat | | Team |
|------|------------|-------------|---------|-----|------|
| 1207 | Louise | Kemp | f45-49 | 24 | 146 |
| 1274 | Victoria | Butterworth | f25-29 | 53 | 243 |
| 1216 | Mary | Pearson | f35-39 | 78 | 300 |
| 1204 | Sally | Hewitt | f70-74 | 136 | 389 |

291 **1078**

Wootton Road Runners

Team Score **1631**

Men

| | First Name | Surname | Age Cat | | Team |
|------|------------|-----------|---------|------------|------------|
| 1305 | Simon | Tootell | m45-49 | 28 | 28 |
| 1296 | Richard | Lack | m50-54 | 46 | 47 |
| 1288 | Ashley | Gardner | m40-44 | 49 | 52 |
| 1287 | Graham | Hollowell | m55-59 | 108 | 125 |
| 1351 | james | brown | m45-49 | 122 | 145 |
| 1301 | Niall | Gardiner | m45-49 | 134 | 159 |
| 1318 | chris | knight | m50-54 | 146 | 172 |
| 1297 | Ian | Wild | m40-44 | 169 | 202 |
| | | | | 802 | 930 |

Women

| | First Name | Surname | Age Cat | | Team |
|------|------------|------------|---------|----|------|
| 1304 | Kairit | Fitzgerald | f40-44 | 8 | 89 |
| 1328 | maree | jesson | f50-54 | 9 | 92 |
| 1330 | kirsty | ransom | f35-39 | 37 | 211 |
| 1316 | Kay | Duffy | f45-49 | 84 | 309 |

138 **701**

3 Counties Cross Country League Results

Venue **North Herts**

17-December-2023

Rugby & Northampton AC

Team Score

462

Men

| | First Name | Surname | Age Cat | | Team |
|------|------------|----------|---------|------------|------------|
| 1364 | David | Ball | m40-44 | 8 | 8 |
| 1368 | Anthony | Clancy | m25-29 | 10 | 10 |
| 1424 | Ben | Merriman | m40-44 | 12 | 12 |
| 1426 | Chris | Wood | m45-49 | 13 | 13 |
| 1411 | Sam | Tallet | m35-39 | 14 | 14 |
| 1380 | Richard | Francis | m40-44 | 20 | 20 |
| 1425 | Luke | Wade | m25-29 | 34 | 34 |
| 1427 | Dan | Wade | m30-34 | 36 | 37 |
| | | | | 147 | 148 |

Women

| | First Name | Surname | Age Cat | | Team |
|------|------------|------------|---------|----|------|
| 1384 | Kirsten | Hayes | f20-24 | 2 | 48 |
| 1386 | Lorna | Hession | f40-44 | 6 | 83 |
| 1383 | Jo | Harris | f40-44 | 7 | 88 |
| 1385 | Katerina | Hemmington | f40-44 | 11 | 95 |

26

314

Dunstable Lions

Team Score

2182

Men

| | First Name | Surname | Age Cat | | Team |
|-----|------------|-----------|---------|------------|------------|
| 627 | Gabriel | Popescu | M35-39 | 42 | 43 |
| 625 | Darren | Cornish | M50-54 | 55 | 59 |
| 639 | Andy | Smith | M55-59 | 76 | 81 |
| 638 | Wesley | Thorne | M45-49 | 90 | 103 |
| 640 | Russell | Mead | M50-54 | 94 | 107 |
| 622 | Mark | Castleton | M45-49 | 102 | 117 |
| 630 | Mark | Cornell | M55-59 | 148 | 175 |
| 657 | Martina | Kidney | M55-59 | 158 | 187 |
| | | | | 765 | 872 |

Women

| | First Name | Surname | Age Cat | | Team |
|-----|------------|---------|---------|-----|------|
| 658 | Greer | Kidney | F50-54 | 69 | 282 |
| 656 | Sarah | Waters | F50-54 | 79 | 302 |
| 652 | Lisa | Phee | F40-44 | 89 | 315 |
| | Last | Lady | | 154 | 411 |

391

1310

Team Summary

| | Men | | Women | | Team | | | |
|---|-----|------------|--------------|-----------|------------------------|------|---------------|------------|
| Ampthill & Flitwick Flyers | 3 | 185 | 5 | 99 | 3 | 186 | 647 | 833 |
| Bedford Harriers | 4 | 344 | 3 | 72 | 4 | 357 | 498 | 855 |
| Biggleswade AC | 12 | 1022 | 4 | 86 | 9 | 1203 | 535 | 1738 |
| Dunstable Road Runners | 14 | 1543 | 9 | 281 | 14 | 2151 | 1110 | 3261 |
| Leighton Fun Runners | 9 | 742 | 10 | 285 | 10 | 847 | 1131 | 1978 |
| North Herts Road Runners | 1 | 108 | 2 | 45 | 2 | 108 | 372 | 480 |
| Northampton Road Runners | 13 | 1296 | 12 | 312 | 13 | 1636 | 1197 | 2833 |
| Olney Runners | 5 | 460 | 7 | 134 | 6 | 509 | 724 | 1233 |
| Stopsley Striders | 7 | 497 | 6 | 100 | 5 | 555 | 635 | 1190 |
| Northants Tri | 8 | 662 | 13 | 383 | 11 | 745 | 1278 | 2023 |
| Wellingborough & District AC | 6 | 464 | 11 | 291 | 7 | 502 | 1078 | 1580 |
| Wootton Road Runners | 11 | 802 | 8 | 138 | 8 | 930 | 701 | 1631 |
| Rugby & Northampton AC | 2 | 147 | 1 | 26 | 1 | 148 | 314 | 462 |
| Dunstable Lions | 10 | 765 | 14 | 391 | 12 | 872 | 1310 | 2182 |
| Total of Scoring Men's Teams | | | 10749 | | Contribution to | | 48.25% | |
| Total of Scoring Women's Teams | | | 11530 | | Team Scores | | 51.75% | |

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17-December-2023