

3 Counties Cross Country League Results

After 4 Events

Open Men

14-January-2024

	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	2		1	4	4
1070	Mohammed	Elbayan	Stopsley Striders	20-24	2	2	1	1		1	4	4
8	Tom	Webb	North Herts Road Runners	35-39	3		3	3		3	3	9
181	Ian	Halpin	Amphill & Flitwick Flyers	35-39	4	6	9			4	3	19
1364	David	Ball	Rugby & Northampton AC	40-44	8	11	8	6		5	4	22
1424	Ben	Merriman	Rugby & Northampton AC	40-44	7	15	12	7		6	4	26
1426	Chris	Wood	Rugby & Northampton AC	45-49	11	14	13	9		7	4	33
192	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29		16	11	8		8	3	35
1049	Rob	Barnes	Stopsley Striders	35-39		12	6	18		9	3	36
1411	Sam	Tallet	Rugby & Northampton AC	35-39	13	13	14	12		10	4	38
1018	Chris	Ling	Olney Runners	40-44	14	19	15	10		11	4	39
200	Llam	McNabola	Amphill & Flitwick Flyers	35-39	9	17	41	15		12	4	41
2	Stewart	Overton	North Herts Road Runners	40-44	10	23	16			13	3	49
197	Chris	Littlejohn	Amphill & Flitwick Flyers	40-44	16	18	21	19		14	4	53
37	Matt	Sayers	North Herts Road Runners	45-49	15	32	22	21		15	4	58
30	Rob	Jowett	North Herts Road Runners	30-34		27	18	13		15	3	58
69	Vince	Wright	North Herts Road Runners	45-49		25	17	26		17	3	68
375	Graham	Pratt	Bedford Harriers	30-34		26	25	23		18	3	74
29	Shahab	Ahmad	North Herts Road Runners	40-44	21	30	23			18	3	74
226	Mark	Waine	Amphill & Flitwick Flyers	50-54	18	28	29			20	3	75
318	David	Haslam	Bedford Harriers	40-44	19	31	39	27		21	4	77
1305	Simon	Tootell	Wootton Road Runners	45-49	22	35	28			22	3	85
1101	Tom	Rankin	Stopsley Striders	25-29	23		47	16		23	3	86
429	Vittorio	Paci	Bedford Harriers	50-54	25	33	32	30		24	4	87
443	Danny	Winn	Bedford Harriers	35-39		34	38	22		25	3	94
187	Martin	Hughes	Amphill & Flitwick Flyers	40-44	31	36	30			26	3	97
859	Tony	Letts	Northampton Road Runners	55-59	20	42	35			26	3	97
625	Darren	Cornish	Dunstable Lions	50-54	28		55	29		28	3	112
1430	Josh	Tiffin	Rugby & Northampton AC	30-34	29	64	45	46		29	4	120
1160	Simon	Smith	Northants Tri	25-29		48	37	35		29	3	120
1029	Thomas	Baggott	Olney Runners	35-39	38	66	48	36		31	4	122
515	Robert	Morgan	Biggleswade AC	45-49	27	39	56			31	3	122
1097	Ryan	Parsons	Stopsley Striders	25-29	41	51	74	33		33	4	125
1296	Richard	Lack	Wootton Road Runners	50-54	36	53	46	49		34	4	131
1228	Peter	Cowler	Wellingborough & District AC	45-49	32	56	64	44		35	4	132
1429	Dave	Conway	Rugby & Northampton AC	40-44	47	47	61	39		36	4	133
1237	Jon	Kemp	Wellingborough & District AC	50-54		46	44	45		37	3	135
222	Barry	Stratford	Amphill & Flitwick Flyers	40-44	71	65	40	31		38	4	136
1249	Ed	Norris	Wellingborough & District AC	30-34	43		60	38		39	3	141
56	Elliot	Jackson	North Herts Road Runners	25-29	52	40	50	57		40	4	142

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Open Women

14-January-2024

	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		1	4	3
1384	Kirsten	Hayes	Rugby & Northampton AC	20-24	3	2	2			2	3	7
995	Katie	Godof	Olney Runners	45-49		4	3	2		3	3	9
1083	Christine	Lathwell	Stopsley Striders	45-49	4		4	3		4	3	11
1383	Jo	Harris	Rugby & Northampton AC	40-44	13	9	7	5		5	4	21
635	Frances	Vosper	Dunstable Lions	40-44	5	5		12		6	3	22
1304	Kairit	Fitzgerald	Wootton Road Runners	40-44	10	11	8	6		7	4	24
50	Rhia	Botha	North Herts Road Runners	35-39	8	12		4		7	3	24
11	Hannah	Ridley	North Herts Road Runners	25-29	17	8	13	11		9	4	32
31	Natasha	Pitman	North Herts Road Runners	45-49	12	15	15	7		10	4	34
522	Nicky	Upperton	Biggleswade AC	30-34	14	14	12	10		11	4	36
1328	maree	jesson	Wootton Road Runners	50-54	16	13	9			12	3	38
389	Ellie	Sherriffs	Bedford Harriers	35-39	20	19	10	9		12	4	38
1385	Katerina	Hemington	Rugby & Northampton AC	40-44	21	6	11			12	3	38
644	Emily	Gibbons	Dunstable Lions	40-44	11	10		18		15	3	39
54	Astrid	Mckeown	North Herts Road Runners	50-54	35	17	16	14		16	4	47
664	Rosie	Booth	Leighton Fun Runners	45-49	19	21		8		17	3	48
420	Abigail	Turner	Bedford Harriers	50-54	33	16	20	19		18	4	55
32	Jane	Clarke	North Herts Road Runners	40-44	24	22	19	15		19	4	56
504	Natalie	Garner	Biggleswade AC	30-34	25		21	22		20	3	68
1207	Louise	Kemp	Wellingborough & District AC	45-49		25	24	20		21	3	69
123	Kerry	Large	Amphill & Flitwick Flyers	35-39	30	20	22			22	3	72
381	Kirsty	Robertson	Bedford Harriers	30-34	38	30		17		23	3	85
1108	Charlotte	Snowdon	Stopsley Striders	40-44	32	28	34	28		24	4	88
107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	46	34	28	32		25	4	94
62	Caroline	Thrussell	North Herts Road Runners	60-64	49	38	30	29		26	4	97
1369	Hayley	Clarke	Rugby & Northampton AC	45-49	53	32	32	36		27	4	100
997	Mary	Jones	Olney Runners	45-49	60	40	39	27		28	4	106
569	Teresa	Warren	Dunstable Road Runners	50-54	39	35	43	41		29	4	115
1084	Miriam	Linforth	Stopsley Striders	40-44	45	61	36	39		30	4	120
999	Sarah	McAuliffe	Olney Runners	35-39	66	41	33	47		31	4	121
58	Natalie	Philips	North Herts Road Runners	40-44	80	57	31	33		31	4	121
1330	kirsty	ransom	Wootton Road Runners	35-39	65	51	37	34		33	4	122
115	Sophie	Harrison-Windmill	Amphill & Flitwick Flyers	30-34		46	35	43		34	3	124
1402	Lyndsey	Owen	Rugby & Northampton AC	45-49	55	42		40		35	3	137
516	Natalie	Morgan	Biggleswade AC	45-49	34		48	60		36	3	142
124	Autumn	Lynch	Amphill & Flitwick Flyers	55-59	61	48	41	57		37	4	146
1152	Tiphanie	Marshall	Northants Tri	35-39	64	43	57	51		38	4	151
39	Helen	Cairns	North Herts Road Runners	45-49	83	60	44	48		39	4	152
1416	Catherine	Williams	Rugby & Northampton AC	60-64	76	58	49	46		40	4	153

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Men By Age Category

14-January-2024

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score	Open
232	Jakob	Wood	Amphill & Flitwick Flyers	17-19		3	2	2		1	3	7	541
				17-19						2			
				17-19						3			
714	Christopher	Heale	Leighton Fun Runners	20-24	5		3	4		1	3	12	452
				20-24						2			
				20-24						3			
192	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29		1	3	1		1	3	5	35
1101	Tom	Rankin	Stopsley Striders	25-29	1		6	2		2	3	9	86
1097	Ryan	Parsons	Stopsley Striders	25-29	2	4	10	3		3	4	9	125
30	Rob	Jowett	North Herts Road Runners	30-34		5	3	2		1	3	10	58
375	Graham	Pratt	Bedford Harriers	30-34		4	4	3		2	3	11	74
1430	Josh	Tiffin	Rugby & Northampton AC	30-34	2	7	6	5		3	4	13	120
181	Ian	Halpin	Amphill & Flitwick Flyers	35-39	2	1	3			1	3	6	19
1049	Rob	Barnes	Stopsley Striders	35-39		3	2	5		2	3	10	36
1411	Sam	Tallet	Rugby & Northampton AC	35-39	5	4	4	2		3	4	10	38
1364	David	Ball	Rugby & Northampton AC	40-44	3	2	1	1		1	4	4	22
1424	Ben	Merriman	Rugby & Northampton AC	40-44	2	3	2	2		2	4	6	26
1018	Chris	Ling	Olney Runners	40-44	5	5	3	3		3	4	11	39
1426	Chris	Wood	Rugby & Northampton AC	45-49	1	2	1	2		1	4	4	33
37	Matt	Sayers	North Herts Road Runners	45-49	2	5	3	3		2	4	8	58
69	Vince	Wright	North Herts Road Runners	45-49		4	2	6		3	3	12	68
226	Mark	Waine	Amphill & Flitwick Flyers	50-54	1	1	1			1	3	3	75
429	Vittorio	Paci	Bedford Harriers	50-54	2	2	2	2		2	4	6	87
625	Darren	Cornish	Dunstable Lions	50-54	3		5	1		3	3	9	112
859	Tony	Letts	Northampton Road Runners	55-59	1	1	1			1	3	3	97
1155	Andy	Green	Northants Tri	55-59	3	3	3	2		2	4	8	156
53	Steve	Mckeown	North Herts Road Runners	55-59	2	4	2			3	3	8	162
388	Kevin	Shelton-Smith	Bedford Harriers	60-64	1	1	1	1		1	4	3	217
21	Peter	Sibbett	North Herts Road Runners	60-64	7	3	2	2		2	4	7	328
1406	Laurence	Scott	Rugby & Northampton AC	60-64	3		3	3		3	3	9	367
1250	Nicholas	Page	Wellingborough & District AC	65-69	1	1	1	1		1	4	3	348
1264	Christopher	Norris	Wellingborough & District AC	65-69	3	2	3	2		2	4	7	441
161	Warwick	Browning	Amphill & Flitwick Flyers	65-69	4	5	7	4		3	4	13	486
1393	Smail	Kennas	Rugby & Northampton AC	70-74	1	1	1	1		1	4	3	413
506	Ian	Grimwood	Biggleswade AC	70-74	2	5	3	2		2	4	7	619
732	Keith	Phillips	Leighton Fun Runners	70-74	3	7	4	3		3	4	10	697
1295	Gerald	Billis	Wootton Road Runners	75-99		1	1	1		1	3	3	785
				75-99						2			
				75-99						3			

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After 4 Events

Women By Age Category

14-January-2024

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score	Open
				17-19						1			
				17-19						2			
				17-19						3			
141	Lottie	Burtenshaw	Amphill & Flitwick Flyers	20-24		3	3	4		1	3	10	251
				20-24						2			
				20-24						3			
11	Hannah	Ridley	North Herts Road Runners	25-29	2	4	3	2		1	4	7	32
				25-29						2			
				25-29						3			
522	Nicky	Upperton	Biggleswade AC	30-34	2	1	1	1		1	4	3	36
504	Natalie	Garner	Biggleswade AC	30-34	3		2	3		2	3	8	68
381	Kirsty	Robertson	Bedford Harriers	30-34	5	2		2		3	3	9	85
50	Rhia	Botha	North Herts Road Runners	35-39	1	1		1		1	3	3	24
389	Ellie	Sherriffs	Bedford Harriers	35-39	3	3	1	2		2	4	6	38
123	Kerry	Large	Amphill & Flitwick Flyers	35-39	5	4	2			3	3	11	72
635	Frances	Vosper	Dunstable Lions	40-44	1	1		3		1	3	5	22
1383	Jo	Harris	Rugby & Northampton AC	40-44	5	3	2	1		2	4	6	21
1304	Kairit	Fitzgerald	Wootton Road Runners	40-44	3	5	3	2		3	4	8	24
1083	Christine	Lathwell	Stopsley Striders	45-49	1		2	2		1	3	5	11
31	Natasha	Pitman	North Herts Road Runners	45-49	3	2	3	3		2	4	8	34
664	Rosie	Booth	Leighton Fun Runners	45-49	4	3		4		3	3	11	48
1328	maree	jesson	Wootton Road Runners	50-54	1	1	1			1	3	3	38
54	Astrid	Mckeown	North Herts Road Runners	50-54	4	3	2	2		2	4	7	47
420	Abigail	Turner	Bedford Harriers	50-54	3	2	4	3		3	4	8	55
124	Autumn	Lynch	Amphill & Flitwick Flyers	55-59	3	1	2	1		1	4	4	146
101	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	6	4	4	3		2	4	11	182
136	Mei	Trace	Amphill & Flitwick Flyers	55-59	5	5	6	5		3	4	15	198
62	Caroline	Thrussell	North Herts Road Runners	60-64	1	1	1	1		1	4	3	97
1309	janet	mitchell	Wootton Road Runners	60-64	2	2		2		2	3	6	165
1416	Catherine	Williams	Rugby & Northampton AC	60-64	3	3	2	3		3	4	8	153
314	Nora	Haggart	Bedford Harriers	65-69	1		1	1		1	3	3	158
296	Amanda	Friman	Bedford Harriers	65-69	2	1	2	2		2	4	5	275
27	Linda	Aird	North Herts Road Runners	65-69	3	2	3	3		3	4	8	325
663	Christine	Ayers	Leighton Fun Runners	70-74		1	1	1		1	3	3	283
691	Janet	Langdon	Leighton Fun Runners	70-74	1		2	2		2	3	5	378
1204	Sally	Hewitt	Wellingborough & District AC	70-74		4	3	3		3	3	10	459
1371	Angela	Copson	Rugby & Northampton AC	75-99	1	1		1		1	3	3	285
				75-99						2			
				75-99						3			