

3 Counties Cross Country League Results

Venue **Stopsley**

14-January-2024

Ampthill & Flitwick Flyers

Team Score

1092

Men

	First Name	Surname	Age Cat		Team
192	Dan	Karaiskou	m25-29	8	8
200	Llam	McNabola	m35-39	15	15
197	Chris	Littlejohn	m40-44	19	19
222	Barry	Stratford	m40-44	31	32
235	Paul	Farmer	m45-49	32	33
156	Andy	Bierton	m50-54	48	50
228	Nick	White	m50-54	50	53
184	Callum	Harrison	m30-34	77	84
				280	294

Women

	First Name	Surname	Age Cat		Team
107	Kyrstin	Fairweather	f50-54	32	171
144	Jessica	Anstee	f40-44	38	193
115	Sophie	Harrison-Windmill	f30-34	43	201
124	Autumn	Lynch	f55-59	57	233

170 **798**

Bedford Harriers

Team Score

665

Men

	First Name	Surname	Age Cat		Team
442	Phill	Jamieson	m35-39	17	17
293	Daniel	Foster	m20-24	20	20
443	Danny	Winn	m35-39	22	22
375	Graham	Pratt	m30-34	23	23
318	David	Haslam	m40-44	27	28
429	Vittorio	Paci	m50-54	30	31
445	Adam	Hill	m25-29	34	35
430	Ed	Castro	m35-39	47	49
				220	225

Women

	First Name	Surname	Age Cat		Team
389	Ellie	Sherriffs	f35-39	9	89
360	Juliet	Naylor	f50-54	13	98
381	Kirsty	Robertson	f30-34	17	125
420	Abigail	Turner	f50-54	19	128

58 **440**

Biggleswade AC

Team Score

2143

Men

	First Name	Surname	Age Cat		Team
517	Alistair	Nelson	M30-34	92	107
508	Nick	Haworth	M45-49	94	109
509	Giles	Hawthorne	M45-49	111	130
511	Richard	Hill	M55-59	134	162
532	Charlie	Arnold	M65-69	163	212
518	Damien	Pitts	M40-44	166	217
526	Stuart	Highland	M50-54	170	223
500	Ricky	Byrne	M35-39	171	224
				1101	1384

Women

	First Name	Surname	Age Cat		Team
522	Nicky	Upperton	F30-34	10	94
504	Natalie	Garner	F30-34	22	142
516	Natalie	Morgan	F45-49	60	240
501	Jennie	Day	F55-59	84	283

176 **759**

Dunstable Road Runners

Team Score

2117

Men

	First Name	Surname	Age Cat		Team
559	Jose	Santos	m45-49	59	63
594	Bryn	Thomas	m40-44	62	66
563	Neil	Currant	m45-49	82	91
574	Nikk	Shilvock	m55-59	89	103
562	Matt	Deller	m45-49	135	165
572	Robert	Lee	m40-44	188	253
584	Dave	Streeton	m55-59	204	299
558	Jonathan	Venning	m70-74	224	353
				1043	1393

Women

	First Name	Surname	Age Cat		Team
586	Emma	Stevens	f40-44	24	156
590	Sharon	Nimmo	f40-44	31	170
569	Teresa	Warren	f50-54	41	198
568	Sue	McAvock	f50-54	42	200

138 **724**

Leighton Fun Runners

Team Score

1394

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Men

	First Name	Surname	Age Cat		Team
708	Tom	Ellerton	M30-34	51	54
738	Nicholas	Shelley	M35-39	63	67
710	Daniel	Green	M45-49	65	69
739	Chris	Stenner	M55-59	81	90
713	Andrew	Heale	M55-59	97	112
702	Jim	Buttleman	M55-59	100	115
712	Richard	Heady	M35-39	106	122
711	Kevin	Hare	M50-54	107	123
				670	752

Women

	First Name	Surname	Age Cat		Team
664	Rosie	Booth	F45-49	8	87
749	Emily	Heale	F20-24	30	164
695	Jess	Stenner	F17-19	35	185
674	Samantha	Heady	F40-44	44	206
				117	642

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
8	Tom	Webb	m35-39	3	3
17	Andrew	Leach	m55-59	11	11
30	Rob	Jowett	m30-34	13	13
37	Matt	Sayers	m45-49	21	21
95	Rob	Harris	m45-49	25	26
69	Vince	Wright	m45-49	26	27
84	Mike	Bannister	m45-49	37	38
22	Ian	Datlen	m50-54	41	43
				177	182

Women

	First Name	Surname	Age Cat		Team
1	Katie	Harbon	f25-29	1	25
50	Rhia	Botha	f35-39	4	62
31	Natasha	Pitman	f45-49	7	78
11	Hannah	Ridley	f25-29	11	95
				23	260

Team Score 442

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
819	Mark	Garrett	m60-64	124	146
956	David	Whatton	m55-59	138	168
808	David	Emms	m30-34	165	216
907	Steve	Prior	m55-59	174	229
825	Alan	Hall	m65-69	179	238
955	Barry	Wesley	m60-64	199	277
775	David	Blackburn	m65-69	201	287
	Last	Man		236	409
				1416	1970

Women

	First Name	Surname	Age Cat		Team
863	Rachel	Lewis	f35-39	65	252
831	Theresa	Haworth	f35-39	117	330
862	Sue	Lewis	f55-59	134	358
894	Caroline	Owers	f55-59	135	359
				451	1299

Team Score 3269

Olney Runners

Men

	First Name	Surname	Age Cat		Team
1010	Matthew	Dicks	m20-24	2	2
1018	Chris	Ling	m40-44	10	10
1035	Laszlo	Torjai	m45-49	24	24
1029	Thomas	Baggott	m35-39	36	37
1024	Dean	Sartin	m45-49	52	55
1017	Andrew	Jones	m55-59	86	99
1012	Chris	Dunn	m35-39	90	104
1007	Justin	Crook	m45-49	110	129
				410	460

Women

	First Name	Surname	Age Cat		Team
995	Katie	Godof	f45-49	2	41
997	Mary	Jones	f45-49	27	160
999	Sarah	McAuliffe	f35-39	47	209
1002	Helen	Sartin	f45-49	82	281
				158	691

Team Score 1151

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 947

3 Counties Cross Country League Results

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14-January-2024

1070	Mohammed	Elbayan	M20-24	1	1
1101	Tom	Rankin	M25-29	16	16
1049	Rob	Barnes	M35-39	18	18
1097	Ryan	Parsons	M25-29	33	34
1063	Ellie	Davies	M30-34	68	73
1072	Gez	Fallon	M50-54	74	81
1045	Paul	Abrahams	M45-49	76	83
1109	Silesk	Tesema	M55-59	98	113

384 **419**

1083	Christine	Lathwell	F45-49	3	52
1112	Lucy	Treleaven	F20-24	16	120
1108	Charlotte	Snowdon	F40-44	28	161
1084	Miriam	Linforth	F40-44	39	195

86 **528**

Team Score **2287**

Northants Tri

Men

	First Name	Surname	Age Cat		Team
1160	Simon	Smith	M25-29	35	36
1155	Andy	Green	M55-59	53	56
1154	Pete	DeBoo	M30-34	64	68
1161	Jonathan	Prince	M30-34	67	72
1156	Andy	Verra	M35-39	108	124
1171	Peter	Shires	m35-39	114	134
1168	Adrian	Cherry	M55-59	208	314
1166	Anand	Mistry	M35-39	219	339

868 **1143**

Women

	First Name	Surname	Age Cat		Team
1152	Tiphannie	Marshall	F35-39	51	215
1149	Gemma	McRae	F35-39	55	227
1175	Katharine	Temple	F30-34	108	317
1177	Elle	Coombs	F25-29	155	385

369 **1144**

Wellingborough & District AC

Men

	First Name	Surname	Age Cat		Team
1275	John	Wayland	m45-49	5	5
1230	Jason	French	m40-44	14	14
1249	Ed	Norris	m30-34	38	39
1267	James	White	m40-44	43	45
1228	Peter	Cowler	m45-49	44	46
1237	Jon	Kemp	m50-54	45	47
1225	Craig	Clements	m40-44	56	59
1238	Ady	King	m50-54	83	92

328 **347**

Women

	First Name	Surname	Age Cat		Team
1207	Louise	Kemp	f45-49	20	133
1212	Emma	Moore	f40-44	49	211
1216	Mary	Pearson	f35-39	79	278
1204	Sally	Hewitt	f70-74	138	362

286 **984**

Team Score **1331**

Wootton Road Runners

Men

	First Name	Surname	Age Cat		Team
1296	Richard	Lack	m50-54	49	51
1323	Mark	Fowler	m40-44	87	101
1287	Graham	Hollowell	m55-59	117	138
1291	James	Meade	m50-54	190	255
1307	Steve	Smith	m65-69	202	292
1334	Paul	warden	m60-64	209	316
1322	jerry	Inniss	m60-64	210	320
1317	Simon	mitchell	m60-64	211	323

1275 **1796**

Women

	First Name	Surname	Age Cat		Team
1304	Kairit	Fitzgerald	f40-44	6	76
1330	kirsty	ransom	f35-39	34	181
1309	janet	mitchell	f60-64	37	191
1315	Samantha	Inniss	f45-49	92	294

169 **742**

Team Score **2538**

Rugby & Northampton AC

Men

	First Name	Surname	Age Cat		Team
1440	Stuart	Harman	m30-34	4	4
1364	David	Ball	m40-44	6	6

Women

	First Name	Surname	Age Cat		Team
1383	Jo	Harris	f40-44	5	71
1438	Sophie	Wilkinson-Hargate	f45-49	21	135

Team Score **755**

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1424	Ben	Merriman	m40-44	7	7
1426	Chris	Wood	m45-49	9	9
1411	Sam	Tallet	m35-39	12	12
1429	Dave	Conway	m40-44	39	40
1403	Richard	Owen	m45-49	40	42
1381	Paul	Furness	m50-54	42	44

1369	Hayley	Clarke	f45-49	36	189
1402	Lyndsey	Owen	f45-49	40	196

159 **164**

102 **591**

Dunstable Lions

Team Score

1237

Men

Women

	First Name	Surname	Age Cat		Team
627	Gabriel	Popescu	M35-39	28	29
625	Darren	Cornish	M50-54	29	30
629	Richard	Moore	M40-44	69	74
638	Wesley	Thorne	M45-49	70	75
1606	Joshua	Brown	m17-19	79	86
622	Mark	Castleton	M45-49	80	88
639	Andy	Smith	M55-59	85	97
640	Russell	Mead	M50-54	104	119

	First Name	Surname	Age Cat		Team
635	Frances	Vosper	F40-44	12	96
644	Emily	Gibbons	F40-44	18	126
637	Bex	Sharpe	F35-39	25	157
658	Greer	Kidney	F50-54	69	260

544 **598**

124 **639**

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	4	280	10	170	5	294	798	1092
Bedford Harriers	3	220	2	58	2	225	440	665
Biggleswade AC	12	1101	11	176	11	1384	759	2143
Dunstable Road Runners	11	1043	7	138	10	1393	724	2117
Leighton Fun Runners	9	670	5	117	9	752	642	1394
North Herts Road Runners	2	177	1	23	1	182	260	442
Northampton Road Runners	14	1416	14	451	14	1970	1299	3269
Olney Runners	7	410	8	158	6	460	691	1151
Stopsley Striders	6	384	3	86	4	419	528	947
Northants Tri	10	868	13	369	12	1143	1144	2287
Wellingborough & District AC	5	328	12	286	8	347	984	1331
Wootton Road Runners	13	1275	9	169	13	1796	742	2538
Rugby & Northampton AC	1	159	4	102	3	164	591	755
Dunstable Lions	8	544	6	124	7	598	639	1237
Total of Scoring Men's Teams			11127		Contribution to Team Scores	52.07%		
Total of Scoring Women's Teams			10241			47.93%		