

### 3 Counties Cross Country League Results

After 5 Events

### Open Men

4-February-2024

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Stopsley	Dunstable	Pos	Races	Score
1070	Mohammed	Elbayan	Stopsley Striders	20-24	2	2	1	1	1	1	5	5
1010	Matthew	Dicks	Olney Runners	20-24	1	1	2	2	2	2	5	6
1364	David	Ball	Rugby & Northampton AC	40-44	8	11	8	6	6	3	5	28
1424	Ben	Merriman	Rugby & Northampton AC	40-44	7	15	12	7	8	4	5	34
1049	Rob	Barnes	Stopsley Striders	35-39		12	6	18	3	5	4	39
1426	Chris	Wood	Rugby & Northampton AC	45-49	11	14	13	9	9	6	5	42
192	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29		16	11	8	11	7	4	46
1018	Chris	Ling	Olney Runners	40-44	14	19	15	10	10	8	5	49
1411	Sam	Tallet	Rugby & Northampton AC	35-39	13	13	14	12	16	9	5	52
197	Chris	Littlejohn	Amphill & Flitwick Flyers	40-44	16	18	21	19	12	10	5	65
30	Rob	Jowett	North Herts Road Runners	30-34		27	18	13	14	11	4	72
37	Matt	Sayers	North Herts Road Runners	45-49	15	32	22	21	21	12	5	79
200	Llam	McNabola	Amphill & Flitwick Flyers	35-39	9	17	41	15		13	4	82
69	Vince	Wright	North Herts Road Runners	45-49		25	17	26	17	14	4	85
318	David	Haslam	Bedford Harriers	40-44	19	31	39	27	19	15	5	96
29	Shahab	Ahmad	North Herts Road Runners	40-44	21	30	23		27	16	4	101
1101	Tom	Rankin	Stopsley Striders	25-29	23		47	16	22	17	4	108
1305	Simon	Tootell	Wootton Road Runners	45-49	22	35	28		26	18	4	111
443	Danny	Winn	Bedford Harriers	35-39		34	38	22	20	19	4	114
429	Vittorio	Paci	Bedford Harriers	50-54	25	33	32	30	29	20	5	116
859	Tony	Letts	Northampton Road Runners	55-59	20	42	35		37	21	4	134
625	Darren	Cornish	Dunstable Lions	50-54	28		55	29	23	22	4	135
187	Martin	Hughes	Amphill & Flitwick Flyers	40-44	31	36	30		38	22	4	135
1160	Simon	Smith	Northants Tri	25-29		48	37	35	25	24	4	145
1029	Thomas	Baggott	Olney Runners	35-39	38	66	48	36	30	25	5	152
1430	Josh	Tiffin	Rugby & Northampton AC	30-34	29	64	45	46	45	26	5	165
1429	Dave	Conway	Rugby & Northampton AC	40-44	47	47	61	39	32	26	5	165
1249	Ed	Norris	Wellingborough & District AC	30-34	43		60	38	31	28	4	172
1228	Peter	Cowler	Wellingborough & District AC	45-49	32	56	64	44	46	29	5	178
1296	Richard	Lack	Wootton Road Runners	50-54	36	53	46	49	48	30	5	179
1097	Ryan	Parsons	Stopsley Striders	25-29	41	51	74	33	55	31	5	180
1237	Jon	Kemp	Wellingborough & District AC	50-54		46	44	45	51	32	4	186
708	Tom	Ellerton	Leighton Fun Runners	30-34	33	76	59	51	44	33	5	187
22	Ian	Datlen	North Herts Road Runners	50-54	44		75	41	39	34	4	199
56	Elliot	Jackson	North Herts Road Runners	25-29	52	40	50	57		34	4	199
222	Barry	Stratford	Amphill & Flitwick Flyers	40-44	71	65	40	31		36	4	207
1155	Andy	Green	Northants Tri	55-59	49	58	54	53		37	4	214
156	Andy	Bierton	Amphill & Flitwick Flyers	50-54	58	52	57	48		38	4	215
228	Nick	White	Amphill & Flitwick Flyers	50-54	63		66	50	50	39	4	229
321	Adam	Hills	Bedford Harriers	45-49	37	88	176	55	56	40	5	236

# 3 Counties Cross Country League Results

After 5 Events

## Open Women

4-February-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	1	5	4
1384	Kirsten	Hayes	Rugby & Northampton AC	20-24	3	2	2		3	2	4	10
1083	Christine	Lathwell	Stopsley Striders	45-49	4		4	3	4	3	4	15
635	Frances	Vosper	Dunstable Lions	40-44	5	5		12	6	4	4	28
1383	Jo	Harris	Rugby & Northampton AC	40-44	13	9	7	5	7	4	5	28
50	Rhia	Botha	North Herts Road Runners	35-39	8	12		4	5	6	4	29
1304	Kairit	Fitzgerald	Wootton Road Runners	40-44	10	11	8	6	12	7	5	35
11	Hannah	Ridley	North Herts Road Runners	25-29	17	8	13	11	11	8	5	43
31	Natasha	Pitman	North Herts Road Runners	45-49	12	15	15	7	9	8	5	43
1385	Katerina	Hemmington	Rugby & Northampton AC	40-44	21	6	11		10	10	4	48
522	Nicky	Upperton	Biggleswade AC	30-34	14	14	12	10	16	11	5	50
54	Astrid	Mckeown	North Herts Road Runners	50-54	35	17	16	14	8	12	5	55
389	Ellie	Sherriffs	Bedford Harriers	35-39	20	19	10	9		13	4	58
1328	maree	jesson	Wootton Road Runners	50-54	16	13	9		23	14	4	61
644	Emily	Gibbons	Dunstable Lions	40-44	11	10		18	22	14	4	61
664	Rosie	Booth	Leighton Fun Runners	45-49	19	21		8	15	16	4	63
420	Abigail	Turner	Bedford Harriers	50-54	33	16	20	19	14	17	5	69
32	Jane	Clarke	North Herts Road Runners	40-44	24	22	19	15		18	4	80
1207	Louise	Kemp	Wellingborough & District AC	45-49		25	24	20	25	19	4	94
381	Kirsty	Robertson	Bedford Harriers	30-34	38	30		17	21	20	4	106
1108	Charlotte	Snowdon	Stopsley Striders	40-44	32	28	34	28	32	21	5	120
62	Caroline	Thrusell	North Herts Road Runners	60-64	49	38	30	29	29	22	5	126
107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	46	34	28	32	33	23	5	127
997	Mary	Jones	Olney Runners	45-49	60	40	39	27	34	24	5	140
58	Natalie	Philips	North Herts Road Runners	40-44	80	57	31	33	31	25	5	152
1369	Hayley	Clarke	Rugby & Northampton AC	45-49	53	32	32	36		26	4	153
569	Teresa	Warren	Dunstable Road Runners	50-54	39	35	43	41	38	26	5	153
1084	Miriam	Linforth	Stopsley Striders	40-44	45	61	36	39	36	28	5	156
115	Sophie	Harrison-Windmill	Amphill & Flitwick Flyers	30-34		46	35	43	41	29	4	165
999	Sarah	McAuliffe	Olney Runners	35-39	66	41	33	47	44	29	5	165
516	Natalie	Morgan	Biggleswade AC	45-49	34		48	60	43	31	4	185
1330	kirsty	ransom	Wootton Road Runners	35-39	65	51	37	34		32	4	187
124	Autumn	Lynch	Amphill & Flitwick Flyers	55-59	61	48	41	57	52	33	5	198
314	Nora	Haggart	Bedford Harriers	65-69	62		51	45	45	34	4	203
1416	Catherine	Williams	Rugby & Northampton AC	60-64	76	58	49	46	51	35	5	204
361	Lauren	Owens	Bedford Harriers	35-39	63	50		54	37	35	4	204
1309	janet	mittchell	Wootton Road Runners	60-64	73	55		37	42	37	4	207
674	Samantha	Heady	Leighton Fun Runners	40-44	57		60	44	46	37	4	207
1396	Trudi	Mawby	Rugby & Northampton AC	40-44	68		40	56	49	39	4	213
1152	Tiphanie	Marshall	Northants Tri	35-39	64	43	57	51	72	40	5	215

# 3 Counties Cross Country League Results

After 5 Events

## Men By Age Category

4-February-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	2	1	4	9	689
				17-19						2			
				17-19						3			
714	Christopher	Heale	Leighton Fun Runners	20-24	5		3	4	4	1	4	16	586
				20-24						2			
				20-24						3			
192	Dan	Karaiskou	Amphill & Flitwick Flyers	25-29		1	3	1	2	1	4	7	46
1101	Tom	Rankin	Stopsley Striders	25-29	1		6	2	3	2	4	12	108
1097	Ryan	Parsons	Stopsley Striders	25-29	2	4	10	3	5	3	5	14	180
30	Rob	Jowett	North Herts Road Runners	30-34		5	3	2	2	1	4	12	72
1430	Josh	Tiffin	Rugby & Northampton AC	30-34	2	7	6	5	7	2	5	20	165
1249	Ed	Norris	Wellingborough & District AC	30-34	6		9	4	4	3	4	23	172
1049	Rob	Barnes	Stopsley Striders	35-39		3	2	5	1	1	4	11	39
1411	Sam	Tallet	Rugby & Northampton AC	35-39	5	4	4	2	2	2	5	12	52
200	Llam	McNabola	Amphill & Flitwick Flyers	35-39	4	5	7	3		3	4	19	82
1364	David	Ball	Rugby & Northampton AC	40-44	3	2	1	1	1	1	5	5	28
1424	Ben	Merriman	Rugby & Northampton AC	40-44	2	3	2	2	3	2	5	9	34
1018	Chris	Ling	Olney Runners	40-44	5	5	3	3	4	3	5	15	49
1426	Chris	Wood	Rugby & Northampton AC	45-49	1	2	1	2	1	1	5	5	42
37	Matt	Sayers	North Herts Road Runners	45-49	2	5	3	3	4	2	5	12	79
69	Vince	Wright	North Herts Road Runners	45-49		4	2	6	3	3	4	15	85
429	Vittorio	Paci	Bedford Harriers	50-54	2	2	2	2	2	1	5	8	116
625	Darren	Cornish	Dunstable Lions	50-54	3		5	1	1	2	4	10	135
1296	Richard	Lack	Wootton Road Runners	50-54	4	5	4	7	4	3	5	17	179
859	Tony	Letts	Northampton Road Runners	55-59	1	1	1		1	1	4	4	134
1155	Andy	Green	Northants Tri	55-59	3	3	3	2		2	4	11	214
639	Andy	Smith	Dunstable Lions	55-59	5		5	8	6	3	4	24	296
388	Kevin	Shelton-Smith	Bedford Harriers	60-64	1	1	1	1	7	1	5	4	303
1406	Laurence	Scott	Rugby & Northampton AC	60-64	3		3	3	1	2	4	10	471
21	Peter	Sibbett	North Herts Road Runners	60-64	7	3	2	2	5	3	5	12	464
1250	Nicholas	Page	Wellingborough & District AC	65-69	1	1	1	1	1	1	5	4	458
1264	Christopher	Norris	Wellingborough & District AC	65-69	3	2	3	2	2	2	5	9	559
161	Warwick	Browning	Amphill & Flitwick Flyers	65-69	4	5	7	4	6	3	5	19	642
1393	Smail	Kennas	Rugby & Northampton AC	70-74	1	1	1	1	1	1	5	4	541
506	Ian	Grimwood	Biggleswade AC	70-74	2	5	3	2		2	4	12	852
427	Richard	Beard	Bedford Harriers	70-74	4	6	5	4	2	3	5	15	906
1295	Gerald	Billis	Wootton Road Runners	75-99		1	1	1	1	1	4	4	1007
				75-99						2			
				75-99						3			

# 3 Counties Cross Country League Results

After 5 Events

## Women By Age Category

4-February-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	4	1	4	14	318
				20-24						2			
				20-24						3			
11	Hannah	Ridley	North Herts Road Runners	25-29	2	4	3	2	2	1	5	9	43
				25-29						2			
				25-29						3			
522	Nicky	Upperton	Biggleswade AC	30-34	2	1	1	1	2	1	5	5	50
381	Kirsty	Robertson	Bedford Harriers	30-34	5	2		2	5	2	4	14	106
115	Sophie	Harrison-Windmill	Amphill & Flitwick Flyers	30-34		5	3	4	6	3	4	18	165
50	Rhia	Botha	North Herts Road Runners	35-39	1	1		1	1	1	4	4	29
389	Ellie	Sherriffs	Bedford Harriers	35-39	3	3	1	2		2	4	9	58
999	Sarah	McAuliffe	Olney Runners	35-39	12	8	4	6	6	3	5	24	165
635	Frances	Vosper	Dunstable Lions	40-44	1	1		3	1	1	4	6	28
1383	Jo	Harris	Rugby & Northampton AC	40-44	5	3	2	1	2	2	5	8	28
1304	Kairit	Fitzgerald	Wootton Road Runners	40-44	3	5	3	2	4	3	5	12	35
31	Natasha	Pitman	North Herts Road Runners	45-49	3	2	3	3	2	1	5	10	43
664	Rosie	Booth	Leighton Fun Runners	45-49	4	3		4	3	2	4	14	63
1207	Louise	Kemp	Wellingborough & District AC	45-49		4	5	5	4	3	4	18	94
1328	maree	jesson	Wootton Road Runners	50-54	1	1	1		3	1	4	6	61
54	Astrid	Mckeown	North Herts Road Runners	50-54	4	3	2	2	1	2	5	8	55
420	Abigail	Turner	Bedford Harriers	50-54	3	2	4	3	2	3	5	10	69
124	Autumn	Lynch	Amphill & Flitwick Flyers	55-59	3	1	2	1	2	1	5	6	198
101	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	6	4	4	3		2	4	17	259
136	Mei	Trace	Amphill & Flitwick Flyers	55-59	5	5	6	5	5	3	5	20	267
62	Caroline	Thrussell	North Herts Road Runners	60-64	1	1	1	1	1	1	5	4	126
1309	janet	mittchell	Wootton Road Runners	60-64	2	2		2	2	2	4	8	207
1416	Catherine	Williams	Rugby & Northampton AC	60-64	3	3	2	3	3	3	5	11	204
314	Nora	Haggart	Bedford Harriers	65-69	1		1	1	1	1	4	4	203
296	Amanda	Friman	Bedford Harriers	65-69	2	1	2	2	2	2	5	7	354
27	Linda	Aird	North Herts Road Runners	65-69	3	2	3	3	3	3	5	11	414
663	Christine	Ayers	Leighton Fun Runners	70-74		1	1	1	1	1	4	4	360
691	Janet	Langdon	Leighton Fun Runners	70-74	1		2	2	2	2	4	7	482
1204	Sally	Hewitt	Wellingborough & District AC	70-74		4	3	3	3	3	4	13	579
1371	Angela	Copson	Rugby & Northampton AC	75-99	1	1		1	1	1	4	4	361
				75-99						2			
				75-99						3			