

3 Counties Cross Country League Results

Venue **Dunstable**

4-February-2024

Amphill & Flitwick Flyers

Team Score

1123

Men

	First Name	Surname	Age Cat		Team
183	Tim	Harris	m40-44	7	7
192	Dan	Karaiskou	m25-29	11	11
197	Chris	Littlejohn	m40-44	12	12
187	Martin	Hughes	m40-44	38	40
184	Callum	Harrison	m30-34	43	47
210	Simon	Read	m45-49	47	51
228	Nick	White	m50-54	50	54
188	Jim	Hurford	m35-39	53	57

261 **279**

Women

	First Name	Surname	Age Cat		Team
107	Kyrstin	Fairweather	f50-54	33	175
115	Sophie	Harrison-Windmill	f30-34	41	191
124	Autumn	Lynch	f55-59	52	222
141	Lottie	Burtenshaw	f20-24	67	256

193 **844**

Bedford Harriers

Team Score

874

Men

	First Name	Surname	Age Cat		Team
442	Phill	Jamieson	m35-39	18	18
318	David	Haslam	m40-44	19	20
443	Danny	Winn	m35-39	20	21
386	Ben	Schofield	m20-24	24	26
429	Vittorio	Paci	m50-54	29	31
430	Ed	Castro	m35-39	33	35
271	Sean	Crawley	m45-49	41	44
321	Adam	Hills	m45-49	56	60

240 **255**

Women

	First Name	Surname	Age Cat		Team
420	Abigail	Turner	f50-54	14	104
381	Kirsty	Robertson	f30-34	21	127
361	Lauren	Owens	f35-39	37	183
314	Nora	Haggart	f65-69	45	205

117 **619**

Biggleswade AC

Team Score

2941

Men

	First Name	Surname	Age Cat		Team
517	Alistair	Nelson	M30-34	114	137
509	Giles	Hawthorne	M45-49	130	156
511	Richard	Hill	M55-59	145	178
532	Charlie	Arnold	M65-69	171	223
498	Michael	Ashiotis	M40-44	195	273
520	Simon	Strong	M50-54	215	332
	Last	Man		227	370
	Last	Man		227	370

1424 **2039**

Women

	First Name	Surname	Age Cat		Team
522	Nicky	Upperton	F30-34	16	112
516	Natalie	Morgan	F45-49	43	201
501	Jennie	Day	F55-59	81	276
524	Jackie	Warren	F55-59	106	313

246 **902**

Dunstable Road Runners

Team Score

2047

Men

	First Name	Surname	Age Cat		Team
559	Jose	Santos	m45-49	77	85
574	Nikk	Shilvock	m55-59	87	99
585	David	Willis	m45-49	88	100
563	Neil	Currant	m45-49	89	101
594	Bryn	Thomas	m40-44	101	118
562	Matt	Deller	m45-49	126	151
603	Shilen	Mantri	m50-54	176	231
589	Nigel	Ravilious	m50-54	188	247

932 **1132**

Women

	First Name	Surname	Age Cat		Team
569	Teresa	Warren	f50-54	38	187
568	Sue	McAvock	f50-54	48	215
552	Claire	Thomas	f40-44	62	250
571	Sharon	Hawkins	f50-54	73	263

221 **915**

Leighton Fun Runners

Team Score

1330

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4-February-2024

Men

	First Name	Surname	Age Cat		Team
708	Tom	Ellerton	M30-34	44	48
710	Daniel	Green	M45-49	52	56
738	Nicholas	Shelley	M35-39	59	63
706	Michael	Dudley	M35-39	62	67
739	Chris	Stenner	M55-59	79	89
712	Richard	Heady	M35-39	90	103
702	Jim	Buttleman	M55-59	92	107
711	Kevin	Hare	M50-54	117	141
				595	674

Women

	First Name	Surname	Age Cat		Team
664	Rosie	Booth	F45-49	15	106
749	Emily	Heale	F20-24	26	155
695	Jess	Stenner	F17-19	40	189
674	Samantha	Heady	F40-44	46	206
				127	656

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
9	Sam	Coxon	m30-34	5	5
6	Nathan	Pask	m45-49	13	13
30	Rob	Jowett	m30-34	14	14
69	Vince	Wright	m45-49	17	17
37	Matt	Sayers	m45-49	21	23
29	Shahab	Ahmad	m40-44	27	29
7	Ed	Price	m45-49	34	36
22	Ian	Datlen	m50-54	39	41
				170	178

Women

	First Name	Surname	Age Cat		Team
1	Katie	Harbon	f25-29	1	19
50	Rhia	Botha	f35-39	5	65
54	Astrid	Mckeown	f50-54	8	82
31	Natasha	Pitman	f45-49	9	86
				23	252

Team Score **430**

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
859	Tony	Letts	m55-59	37	39
953	David	Ward-Stokes	m40-44	80	90
956	David	Whatton	m55-59	142	174
808	David	Emms	m30-34	157	199
955	Barry	Wesley	m60-64	175	228
775	David	Blackburn	m65-69	180	237
825	Alan	Hall	m65-69	181	238
	Last	Man		227	370
				1179	1575

Women

	First Name	Surname	Age Cat		Team
831	Theresa	Haworth	f35-39	97	300
894	Caroline	Owers	f55-59	103	308
933	Sue	Summers	f60-64	121	337
860	Joanna	Letts	f50-54	123	340
				444	1285

Team Score **2860**

Olney Runners

Men

	First Name	Surname	Age Cat		Team
1010	Matthew	Dicks	m20-24	2	2
1018	Chris	Ling	m40-44	10	10
1029	Thomas	Baggott	m35-39	30	32
1035	Laszlo	Torjai	m45-49	36	38
1616	Ollie	Thomas	m30-34	54	58
1017	Andrew	Jones	m55-59	93	108
1011	Stephen	Dicks	m50-54	100	117
1028	Duncan	Winner	m45-49	108	130
				433	495

Women

	First Name	Surname	Age Cat		Team
1617	Charlotte	Simpson	f30-34	19	124
997	Mary	Jones	f45-49	34	179
999	Sarah	McAuliffe	f35-39	44	202
1000	Therese	O'Riordan	f45-49	59	246
				156	751

Team Score **1246**

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 **988**

3 Counties Cross Country League Results

Venue		Dunstable			
1070	Mohammed	Elbayan	M20-24	1	1
1049	Rob	Barnes	M35-39	3	3
1101	Tom	Rankin	M25-29	22	24
1124	Alistair	Flowers	M40-44	28	30
1097	Ryan	Parsons	M25-29	55	59
1063	Ellie	Davies	M30-34	68	75
1116	Kallum	Wright	M30-34	75	83
1045	Paul	Abrahams	M45-49	86	97
				338	372

		4-February-2024			
1083	Christine	Lathwell	F45-49	4	45
1108	Charlotte	Snowdon	F40-44	32	171
1084	Miriam	Linforth	F40-44	36	181
1056	Heather	Chandler	F50-54	50	219
				122	616

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1160	Simon	Smith	M25-29	25	27
1161	Jonathan	Prince	M30-34	60	64
1156	Andy	Verra	M35-39	78	87
1168	Adrian	Cherry	M55-59	191	264
1166	Anand	Mistry	M35-39	202	297
1169	Peter	Willars	M40-44	210	319
1163	Chris	Baldwin	M40-44	213	326
1167	Andy	Guilder	M35-39	218	344
				1197	1728

Women					
	First Name	Surname	Age Cat		Team
1149	Gemma	McRae	F35-39	53	225
1152	Tiphannie	Marshall	F35-39	72	262
1145	Val	Bridges	F70-74	142	364
	Last	Lady		144	370
				411	1221

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1249	Ed	Norris	m30-34	31	33
1267	James	White	m40-44	42	46
1228	Peter	Cowler	m45-49	46	50
1237	Jon	Kemp	m50-54	51	55
1266	Chris	Middleton	m40-44	72	79
1238	Ady	King	m50-54	81	91
1224	Mark	Bonham	m55-59	99	115
1250	Nicholas	Page	m65-69	110	132
				532	601

Women					
	First Name	Surname	Age Cat		Team
1197	Kat	Baxter-Smith	f35-39	18	122
1205	Sarah	Hollis	f30-34	20	126
1207	Louise	Kemp	f45-49	25	150
1216	Mary	Pearson	f35-39	65	254
				128	652

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1305	Simon	Tootell	m45-49	26	28
1296	Richard	Lack	m50-54	48	52
1323	Mark	Fowler	m40-44	73	80
1287	Graham	Hollowell	m55-59	123	147
1307	Steve	Smith	m65-69	193	269
1291	James	Meade	m50-54	200	291
1317	Simon	mittchell	m60-64	204	302
1293	Adrian	Matthews	m45-49	211	320
				1078	1489

Women					
	First Name	Surname	Age Cat		Team
1304	Kairit	Fitzgerald	f40-44	12	98
1328	maree	jesson	f50-54	23	134
1309	janet	mittchell	f60-64	42	193
1300	Carrie	Carruthers	f60-64	71	260
				148	685

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1368	Anthony	Clancy	m25-29	4	4
1364	David	Ball	m40-44	6	6

Women					
	First Name	Surname	Age Cat		Team
1384	Kirsten	Hayes	f20-24	3	43
1383	Jo	Harris	f40-44	7	72

3 Counties Cross Country League Results

Venue		Dunstable				4-February-2024					
1424	Ben	Merriman	m40-44	8	8	1385	Katerina	Hemington	f40-44	10	88
1426	Chris	Wood	m45-49	9	9	1433	Beckee	Everitt	f25-29	13	102
1440	Stuart	Harman	m30-34	15	15						
1411	Sam	Tallet	m35-39	16	16						
1429	Dave	Conway	m40-44	32	34						
1390	Mark	Johnson	m40-44	35	37						
				125	129					33	305

Dunstable Lions

Team Score	967
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Men

	First Name	Surname	Age Cat		Team
625	Darren	Cornish	M50-54	23	25
627	Gabriel	Popescu	M35-39	40	42
1610	Kyle	Burgess	m25-29	63	68
638	Wesley	Thorne	M45-49	70	77
639	Andy	Smith	M55-59	74	81
621	Rob	Connors	M35-39	76	84
653	Adrian	Brown	M35-39	84	94
1606	Joshua	Brown	m17-19	95	110
				525	581

Women

	First Name	Surname	Age Cat		Team
641	Rosie	McNabola	F30-34	2	22
635	Frances	Vosper	F40-44	6	71
644	Emily	Gibbons	F40-44	22	129
637	Bex	Sharpe	F35-39	28	164
				58	386

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	4	261	10	193	6	279	844	1123
Bedford Harriers	3	240	4	117	3	255	619	874
Biggleswade AC	14	1424	12	246	13	2039	902	2941
Dunstable Road Runners	10	932	11	221	10	1132	915	2047
Leighton Fun Runners	9	595	6	127	9	674	656	1330
North Herts Road Runners	2	170	1	23	1	178	252	430
Northampton Road Runners	12	1179	14	444	12	1575	1285	2860
Olney Runners	6	433	9	156	7	495	751	1246
Stopsley Striders	5	338	5	122	5	372	616	988
Northants Tri	13	1197	13	411	14	1728	1221	2949
Wellingborough & District AC	8	532	7	128	8	601	652	1253
Wootton Road Runners	11	1078	8	148	11	1489	685	2174
Rugby & Northampton AC	1	125	2	33	2	129	305	434
Dunstable Lions	7	525	3	58	4	581	386	967
Total of Scoring Men's Teams			11527		Contribution to		53.33%	
Total of Scoring Women's Teams			10089		Team Scores		46.67%	