

3 Counties Cross Country League Results

Venue **Well'boro**

20-October-2024

Ampthill & Flitwick Flyers

Team Score

1238

Men

	First Name	Surname	Age Cat		Team
225	Dan	Karaiskou	M30-34	4	4
217	Callum	Harrison	M30-34	35	35
253	Terry	Stanley	M35-39	36	36
189	Andy	Bierton	M50-54	39	40
183	Roger	Ball	M50-54	43	44
259	Kevyn	Upton	M30-34	74	80
187	Matt	Bell	M25-29	76	82
227	Ian	Lambert	M50-54	90	98
				397	419

Women

	First Name	Surname	Age Cat		Team
144	Kyrstin	Fairweather	F50-54	21	166
160	Autumn	Lynch	F55-59	38	216
154	Laura	Hunton	F40-44	39	217
143	Lauren	Dinham	F30-34	40	220

138

819

Bedford Harriers

Team Score

768

Men

	First Name	Surname	Age Cat		Team
375	Steve	Horton	M40-44	10	10
272	Isaac	Aguma	M30-34	12	12
491	Danny	Winn	M40-44	14	14
343	Daniel	Foster	M20-24	16	16
381	Phill	Jamieson	M40-44	18	18
427	Vittorio	Paci	M50-54	30	30
497	Kit	Dixon	M30-34	38	39
310	David	Course	M45-49	44	45
				182	184

Women

	First Name	Surname	Age Cat		Team
457	Ellie	Sherriffs	F40-44	10	106
384	Megan	Jones	F30-34	14	122
338	Olivia	Flemons	F25-29	27	177
426	Lauren	Owens	F35-39	28	179

79

584

Biggleswade AC

Team Score

1864

Men

	First Name	Surname	Age Cat		Team
545	Robert	Morgan	M45-49	29	29
551	Nicholas	Sinclair	M30-34	37	38
553	Paul	Swinburne	M50-54	70	75
539	Richard	Hill	M55-59	113	128
558	James	Watson	M35-39	114	129
533	Nick	Haworth	M45-49	121	136
534	Giles	Hawthorne	M50-54	137	156
537	Stuart	Highland	M50-54	194	241
				815	932

Women

	First Name	Surname	Age Cat		Team
555	Emily	Varley	F30-34	1	37
540	Roxann	Holder	F30-34	22	169
556	Jackie	Warren	F55-59	102	349
543	Maria	Meridan	F50-54	121	377

246

932

Dunstable Road Runners

Team Score

2658

Men

	First Name	Surname	Age Cat		Team
592	Nikk	Shilvock	M55-59	97	108
582	Neil	Currant	M50-54	119	134
603	Bryn	Thomas	M40-44	130	147
581	Matt	Deller	M45-49	145	165
1457	Darrel	Toledo	M35-39	148	174
615	Jake	Langford	M17-19	162	193
611	Adam	Pinney	M65-69	178	215
590	Robert	Lee	M45-49	179	218
				1158	1354

Women

	First Name	Surname	Age Cat		Team
580	Lucilla	O'Brien	F45-49	68	292
574	Claire	Thomas	F40-44	74	306
620	Madie	Moffatt	F20-24	97	342
594	Ruth	Power	F60-64	112	364

351

1304

Leighton Fun Runners

Team Score

1528

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20-October-2024

Men

	First Name	Surname	Age Cat		Team
701	Matthew	Ma	M35-39	45	46
692	Daniel	Green	M50-54	69	74
700	Anthony	Lombardi	M40-44	87	95
718	Scott	McKenzie	M30-34	94	103
687	Jim	Buttleman	M60-64	96	105
720	Richard	Heady	M35-39	103	114
699	Joseph	Langdon	M45-49	126	143
714	Jonathan	Inkson	M50-54	134	153
				754	833

Women

	First Name	Surname	Age Cat		Team
673	Rosie	Booth	F45-49	6	77
727	Anna	Yankey	F35-39	19	149
682	Lina	Ramos	F40-44	43	226
719	Samantha	Heady	F40-44	48	243

116 **695**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
64	Mike	Roberts	M30-34	1	1
56	Rob	Jowett	M35-39	2	2
5	Travis	Kruger	M40-44	11	11
66	Matt	Sayers	M45-49	21	21
3	Vince	Wright	M45-49	27	27
20	Ian	Datlen	M50-54	34	34
58	Steve	Mckeown	M55-59	53	56
34	Michael	Over	M55-59	72	78
				221	230

Women

	First Name	Surname	Age Cat		Team
14	Hannah	Ridley	F25-29	9	101
13	Helen	Nuttall	F40-44	13	121
62	Astrid	Mckeown	F50-54	16	139
81	Paula	Holm	F45-49	24	171

62 **532**

Team Score

762

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
850	Tony	Letts	M55-59	24	24
789	Ilir	Breani	M45-49	80	86
924	David	Ward-Stokes	M45-49	105	116
937	Remy	Brooks-Johnson	M20-24	108	120
939	Chris	Perry	M45-49	109	123
895	Andrew	Rosewell	M35-39	128	145
835	Kris	Holland	M30-34	129	146
900	Dean	Shears	M45-49	135	154
				818	914

Women

	First Name	Surname	Age Cat		Team
931	Charlotte	Yarker	F40-44	8	92
798	Ella	Corcoran	F25-29	35	204
934	Ruth	Brennan	F30-34	53	256
861	Lesley	Mahony	F50-54	62	276

158 **828**

Team Score

1742

Olney Runners

Men

	First Name	Surname	Age Cat		Team
1022	Thomas	Baggot	M35-39	33	33
1016	Simon	Cook	M50-54	58	61
1018	Steve	Dicks	M50-54	75	81
1026	Anthony	O'Neil	M45-49	88	96
1002	Mark	Johnson	M55-59	89	97
987	Duncan	Winner	M45-49	123	138
1032	Robert	Sanders	M50-54	140	159
1013	Richard	Nicholson	M45-49	146	167
				752	832

Women

	First Name	Surname	Age Cat		Team
1024	Katie	Godof	F45-49	2	47
990	Georgia	Richardson	F25-29	15	125
1033	Jo	Marshall	F40-44	20	163
1005	Mary	Jones	F50-54	25	172

62 **507**

Team Score

1339

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

1510

3 Counties Cross Country League Results

Venue		Well'boro				20-October-2024					
1083	Tom	Rankin	M25-29	20	20	1072	Christine	Lathwell	F45-49	3	48
1080	Ryan	Parsons	M25-29	51	54	1051	Heather	Chandler	F50-54	23	170
1056	Ellie	Davies	M30-34	67	72	1105	Cathy	Stephen	F40-44	42	223
1042	Paul	Abrahams	M45-49	91	99	1048	Dawn	Boon	F45-49	59	268
1061	Gez	Fallon	M50-54	95	104						
1085	Martin	Read	M45-49	116	131						
1047	Nick	Betts	M45-49	141	160						
1050	Peter	Brown	M40-44	142	161						
				723	801					127	709

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1163	Chris	Bell	M55-59	22	22
1153	Jonathan	Prince	M30-34	56	59
1162	Andrew	Verra	M35-39	84	91
1151	Tom	Brennan	M35-39	131	150
1159	Gary	Lane	M60-64	144	164
1160	Keith	Brooks	M45-49	147	168
1155	Adrian	Cherry	M60-64	238	320
1152	Anand	Mistry	M35-39	244	337
				1066	1311

Team Score	2137
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Women					
	First Name	Surname	Age Cat		Team
1165	Gemma	Threlfall	F25-29	11	107
1156	Sarah	Ashcroft	F35-39	26	173
1157	Gemma	McRae	F35-39	58	267
1145	Tiph	Marshall	F40-44	63	279
				158	826

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1227	Joe	Able	M25-29	5	5
1211	John	Wayland	M45-49	9	9
1210	Jason	French	M40-44	13	13
1213	Paul	Huckle	M35-39	23	23
1199	Ed	Norris	M35-39	25	25
1229	Craig	Clements	M40-44	26	26
1215	Jon	Kemp	M50-54	41	42
1223	Tony	Ackers	M50-54	52	55
				194	198

Team Score	811
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Women					
	First Name	Surname	Age Cat		Team
1205	Sophie	Moss	F20-24	4	68
1216	Louise	Kemp	F45-49	18	148
1245	Paula	Faller	F40-44	29	184
1234	Kelly	Wedge	F45-49	37	213
				88	613

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1282	Andy	Fairley	M45-49	7	7
1306	Nicholas	Ost	M35-39	8	8
1285	Richard	Lack	M50-54	42	43
1281	Mark	Fowler	M45-49	47	50
1295	Ashley	Gardner	M40-44	48	51
1284	Thomas	Lack	M20-24	50	53
1283	Niall	Gardiner	M45-49	86	94
1305	Philip	Wood	M45-49	93	102
				381	408

Team Score	1333
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Women					
	First Name	Surname	Age Cat		Team
1303	Gillian	Jakeman	F45-49	34	198
1289	Caroline	Parkin	F60-64	41	222
1298	Deana	Lenton	F55-59	51	252
1288	Kirsty	Ransom	F35-39	52	253
				178	925

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1386	Stuart	Harman	M30-34	3	3
1373	Malachy	Collins	M17-19	6	6

Team Score	679
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Women					
	First Name	Surname	Age Cat		Team
1387	Jo	Harris	F40-44	5	71
1388	Katerina	Hemmington	F40-44	12	119

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Venue		Well'boro				20-October-2024					
1383	Richard	Francis	M40-44	15	15	1382	Marie	Fitzer	F40-44	17	140
1405	Ben	Merriman	M40-44	17	17	1401	Trudi	Mawby	F40-44	30	189
1423	Arthur	Tilt	M17-19	19	19						
1420	Sam	Tallet	M35-39	28	28						
1374	Dave	Conway	M40-44	31	31						
1432	Joe	Musgrove	M20-24	40	41						
				159	160					64	519

Dunstable Lions

Team Score	1883
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Men

	First Name	Surname	Age Cat		Team
624	Darren	Cornish	M50-54	32	32
636	Wesley	Thorne	M45-49	62	65
638	Russell	Mead	M50-54	71	76
637	Andy	Smith	M55-59	82	89
654	Joshua	Brown	M17-19	92	100
660	Lee	Hayward	M45-49	120	135
646	Cahal	McConville	M55-59	198	246
664	Timothy	Chute	M30-34	230	302
				887	1045

Women

	First Name	Surname	Age Cat		Team
640	Emily	Gibbons	F40-44	7	88
666	Katy	Ludwell	F40-44	31	190
634	Louise	Perry	F40-44	57	266
665	Anouska	Harrison	F45-49	70	294
				165	838

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	6	397	8	138	5	419	819	1238
Bedford Harriers	2	182	4	79	3	184	584	768
Biggleswade AC	10	815	13	246	11	932	932	1864
Dunstable Road Runners	14	1158	14	351	14	1354	1304	2658
Leighton Fun Runners	9	754	6	116	9	833	695	1528
North Herts Road Runners	4	221	1	62	2	230	532	762
Northampton Road Runners	11	818	9	158	10	914	828	1742
Olney Runners	8	752	1	62	7	832	507	1339
Stopsley Striders	7	723	7	127	8	801	709	1510
Northants Tri	13	1066	9	158	13	1311	826	2137
Wellingborough & District AC	3	194	5	88	4	198	613	811
Wootton Road Runners	5	381	12	178	6	408	925	1333
Rugby & Northampton AC	1	159	3	64	1	160	519	679
Dunstable Lions	12	887	11	165	12	1045	838	1883
Total of Scoring Men's Teams			9621		Contribution to Team Scores		47.51%	
Total of Scoring Women's Teams			10631				52.49%	