

3 Counties Cross Country League Results

Venue **North Herts**

15-December-2024

Amphill & Flitwick Flyers

Team Score

825

Men

	First Name	Surname	Age Cat		Team
216	Tim	Harris	M40-44	6	6
225	Dan	Karaiskou	M30-34	8	8
260	Mark	Waine	M50-54	17	17
217	Callum	Harrison	M30-34	25	25
189	Andy	Bierton	M50-54	35	35
183	Roger	Ball	M50-54	49	49
257	Ian	Styles	M50-54	77	81
210	Fraser	Geddes	M40-44	101	113
				318	334

Women

	First Name	Surname	Age Cat		Team
150	Kerrie	Hamlin	F45-49	6	86
173	Nicola	Walton	F40-44	11	104
144	Kyrstin	Fairweather	F50-54	14	122
171	Jane	Swinburne	F55-59	32	179

63

491

Bedford Harriers

Team Score

643

Men

	First Name	Surname	Age Cat		Team
405	Joseph	Leonard	M20-24	15	15
343	Daniel	Foster	M20-24	18	18
381	Phill	Jamieson	M40-44	19	19
497	Kit	Dixon	M30-34	22	22
364	David	Haslam	M40-44	23	23
367	Adam	Hill	M30-34	24	24
491	Danny	Winn	M40-44	26	26
427	Vittorio	Paci	M50-54	40	40
				187	187

Women

	First Name	Surname	Age Cat		Team
457	Ellie	Sherriffs	F40-44	7	95
384	Megan	Jones	F30-34	9	97
479	Abigail	Turner	F50-54	15	124
399	Sally	Knight	F50-54	17	140

48

456

Biggleswade AC

Team Score

1757

Men

	First Name	Surname	Age Cat		Team
551	Nicholas	Sinclair	M30-34	32	32
545	Robert	Morgan	M45-49	47	47
553	Paul	Swinburne	M50-54	74	75
542	Tim	McGlashan	M30-34	100	112
558	James	Watson	M35-39	104	117
534	Giles	Hawthorne	M50-54	107	120
539	Richard	Hill	M55-59	141	166
549	Damien	Pitts	M40-44	166	210
				771	879

Women

	First Name	Surname	Age Cat		Team
540	Roxann	Holder	F30-34	26	168
544	Natalie	Morgan	F45-49	27	169
554	Louise	Thomas	F25-29	51	235
556	Jackie	Warren	F55-59	92	306

196

878

Dunstable Road Runners

Team Score

2757

Men

	First Name	Surname	Age Cat		Team
579	Jose	Santos	M45-49	72	72
582	Neil	Currant	M50-54	106	119
581	Matt	Deller	M45-49	127	144
1452	Sam	Roberts	M45-49	176	223
590	Robert	Lee	M45-49	184	234
583	Paul	Stack	M60-64	204	270
578	Jonathan	Venning	M70-74	220	322
598	Richard	Evans	M70-74	224	331
				1313	1715

Women

	First Name	Surname	Age Cat		Team
587	Teresa	Warren	F55-59	28	170
574	Claire	Thomas	F40-44	75	286
580	Lucilla	O'Brien	F45-49	77	290
595	Samantha	Hinton	F40-44	83	296

263

1042

Leighton Fun Runners

Team Score

1464

3 Counties Cross Country League Results

Venue **North Herts**

15-December-2024

Men

	First Name	Surname	Age Cat		Team
689	Michael	Dudley	M35-39	56	56
706	Nicholas	Shelley	M40-44	67	67
717	Mark	Kleanthous	M60-64	71	71
707	Chris	Stenner	M55-59	75	78
692	Daniel	Green	M50-54	78	83
720	Richard	Heady	M35-39	81	87
687	Jim	Buttleman	M60-64	90	99
700	Anthony	Lombardi	M40-44	93	102
				611	643

Women

	First Name	Surname	Age Cat		Team
673	Rosie	Booth	F45-49	1	74
719	Samantha	Heady	F40-44	45	211
732	Kathryn	Hilton	F35-39	53	239
672	Christine	Ayers	F70-74	84	297

183 **821**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
60	Sam	Coxon	M30-34	2	2
56	Rob	Jowett	M35-39	3	3
48	Andrew	Leach	M60-64	9	9
5	Travis	Kruger	M40-44	11	11
61	Ben	Sewell	M30-34	12	12
19	Shahab	Ahmad	M40-44	16	16
66	Matt	Sayers	M45-49	20	20
3	Vince	Wright	M45-49	41	41
				114	114

Women

	First Name	Surname	Age Cat		Team
14	Hannah	Ridley	F25-29	4	79
78	Tracey	Pitcairn	F40-44	10	103
62	Astrid	Mckeown	F50-54	16	134
15	Caroline	Thrussell	F60-64	20	155

50 **471**

Team Score **585**

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
850	Tony	Letts	M55-59	33	33
808	Stuart	Drummond	M45-49	86	92
832	Robert	Hemingway	M40-44	94	106
924	David	Ward-Stokes	M45-49	95	107
900	Dean	Shears	M45-49	115	130
895	Andrew	Rosewell	M35-39	116	131
821	Mark	Garrett	M60-64	130	147
927	David	Whatton	M60-64	140	165
				809	911

Women

	First Name	Surname	Age Cat		Team
854	Rachel	Lewis	F35-39	43	204
883	Elaine	Palmer	F55-59	70	277
856	Louise	Linnett	F55-59	94	308
861	Lesley	Mahony	F50-54	95	311

302 **1100**

Team Score **2011**

Olney Runners

Men

	First Name	Surname	Age Cat		Team
978	Chris	Ling	M40-44	14	14
975	Andrew	Jones	M55-59	83	89
1018	Steve	Dicks	M50-54	98	110
1002	Mark	Johnson	M55-59	103	116
987	Duncan	Winner	M45-49	108	121
985	David	Shakespeare	M55-59	121	137
995	Jonathan	Goodman	M35-39	122	138
982	David	Fensom	M55-59	177	224
				826	949

Women

	First Name	Surname	Age Cat		Team
1005	Mary	Jones	F50-54	19	154
1015	Sarah	McAuliffe	F35-39	34	186
1021	Therese	O'Riordan	F45-49	47	221
1001	Marian	Chapman	F65-69	104	325

204 **886**

Team Score **1835**

Stopsley Striders

Men

	First Name	Surname	Age Cat		Team
--	------------	---------	---------	--	------

Women

	First Name	Surname	Age Cat		Team
--	------------	---------	---------	--	------

Team Score **1387**

3 Counties Cross Country League Results

Venue		North Herts				15-December-2024					
1045	Rob	Barnes	M35-39	10	10	1051	Heather	Chandler	F50-54	18	153
1083	Tom	Rankin	M25-29	28	28	1105	Cathy	Stephen	F40-44	38	194
1080	Ryan	Parsons	M25-29	51	51	1073	Miriam	Linforth	F40-44	48	227
1056	Ellie	Davies	M30-34	62	62	1089	Jamila	Salam	F35-39	52	238
1042	Paul	Abrahams	M45-49	84	90						
1061	Gez	Fallon	M50-54	89	98						
1098	Kallum	Wright	M30-34	96	108						
1081	Ian	Pitkin	M55-59	113	128						
				533	575					156	812

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1150	Simon	Smith	M30-34	29	29
1141	Pete	DeBoo	M30-34	34	34
1147	Andy	Green	M60-64	36	36
1153	Jonathan	Prince	M30-34	37	37
1149	Richard	Cressey	M45-49	53	53
1151	Tom	Brennan	M35-39	54	54
1162	Andrew	Verra	M35-39	68	68
1152	Anand	Mistry	M35-39	212	287
				523	598

Team Score	1573
------------	------

Women					
	First Name	Surname	Age Cat		Team
1165	Gemma	Threlfall	F25-29	12	105
1157	Gemma	McRae	F35-39	57	245
1154	Katharine	Prince	F30-34	64	264
1158	Val	Bridges	F70-74	132	361
				265	975

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1214	Jonny	Reep	M25-29	1	1
1227	Joe	Able	M25-29	7	7
1199	Ed	Norris	M35-39	30	30
1215	Jon	Kemp	M50-54	31	31
1246	Chris	Conway	M50-54	61	61
1208	Adrian	King	M55-59	69	69
1224	Martin	Arrisol	M50-54	76	80
1203	Mark	Bonham	M55-59	97	109
				372	388

Team Score	1159
------------	------

Women					
	First Name	Surname	Age Cat		Team
1216	Louise	Kemp	F45-49	13	115
1245	Paula	Faller	F40-44	41	200
1228	Keeley	Kenyon	F35-39	42	201
1196	Mary	Pearson	F35-39	61	255
				157	771

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1306	Nicholas	Ost	M35-39	4	4
1282	Andy	Fairley	M45-49	5	5
1281	Mark	Fowler	M45-49	52	52
1295	Ashley	Gardner	M40-44	55	55
1285	Richard	Lack	M50-54	59	59
1308	Dave	Jones	M50-54	192	250
1321	Adrian	Matthews	M45-49	199	262
1294	Steve	Smith	M70-74	203	267
				769	954

Team Score	2043
------------	------

Women					
	First Name	Surname	Age Cat		Team
1289	Caroline	Parkin	F60-64	37	190
1292	Kay	Duffy	F45-49	85	298
1296	Shane-Louise	Fordham	F40-44	86	299
1313	Diane	Rogers	F55-59	88	302
				296	1089

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1383	Richard	Francis	M40-44	13	13
1398	Chris	Lamb	M40-44	21	21

Team Score	893
------------	-----

Women					
	First Name	Surname	Age Cat		Team
1387	Jo	Harris	F40-44	2	76
1389	Lorna	Hession	F40-44	5	82

3 Counties Cross Country League Results

Venue		North Herts				15-December-2024					
1374	Dave	Conway	M40-44	27	27	1388	Katerina	Hemmington	F40-44	8	96
1432	Joe	Musgrove	M20-24	39	39	1401	Trudi	Mawby	F40-44	31	177
1406	Brendan	Moen	M55-59	65	65						
1419	Carl	Swan	M40-44	82	88						
1411	Nigel	Roberts	M50-54	85	91						
1435	Kevin	Mchlouglin	M45-49	105	118						
				437	462						
										46	431

Dunstable Lions

Team Score	1662
-------------------	-------------

Men

	First Name	Surname	Age Cat		Team
1471	Sam	Mead	M20-24	38	38
624	Darren	Cornish	M50-54	42	42
636	Wesley	Thorne	M45-49	60	60
638	Russell	Mead	M50-54	70	70
660	Lee	Hayward	M45-49	79	84
637	Andy	Smith	M55-59	99	111
670	Andrew	Fryer	M45-49	149	182
653	David	Wallace	M60-64	159	199
				696	786

Women

	First Name	Surname	Age Cat		Team
640	Emily	Gibbons	F40-44	3	77
647	Lisa	Phee	F45-49	59	252
651	Greer	Kidney	F50-54	67	273
669	Joanna	Lee	F40-44	68	274
				197	876

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	3	318	4	63	3	334	491	825
Bedford Harriers	2	187	2	48	2	187	456	643
Biggleswade AC	11	771	8	196	10	879	878	1757
Dunstable Road Runners	14	1313	11	263	14	1715	1042	2757
Leighton Fun Runners	8	611	7	183	7	643	821	1464
North Herts Road Runners	1	114	3	50	1	114	471	585
Northampton Road Runners	12	809	14	302	12	911	1100	2011
Olney Runners	13	826	10	204	11	949	886	1835
Stopsley Striders	7	533	5	156	6	575	812	1387
Northants Tri	6	523	12	265	8	598	975	1573
Wellingborough & District AC	4	372	6	157	5	388	771	1159
Wootton Road Runners	10	769	13	296	13	954	1089	2043
Rugby & Northampton AC	5	437	1	46	4	462	431	893
Dunstable Lions	9	696	9	197	9	786	876	1662
Total of Scoring Men's Teams			9495		Contribution to Team Scores		46.11%	
Total of Scoring Women's Teams			11099				53.89%	