

3 Counties Cross Country League Results

Venue **Wootton**

26-November-2023

Ampthill & Flitwick Flyers

Team Score **947**

Men

	First Name	Surname	Age Cat		Team
181	Ian	Halpin	m35-39	6	6
192	Dan	Karaiskou	m25-29	16	16
200	Llam	McNabola	m35-39	17	17
197	Chris	Littlejohn	m40-44	18	18
216	James	Smith	m45-49	24	24
226	Mark	Waine	m50-54	28	29
187	Martin	Hughes	m40-44	36	37
169	Marcus	Cook	m45-49	37	38
				182	185

Women

	First Name	Surname	Age Cat		Team
123	Kerry	Large	f35-39	20	146
122	Carly	Keens	f35-39	27	175
107	Kyrstin	Fairweather	f50-54	34	204
115	Sophie	Harrison-Windmill	f30-34	46	237

127 **762**

Bedford Harriers

Team Score **995**

Men

	First Name	Surname	Age Cat		Team
375	Graham	Pratt	m30-34	26	26
442	Phill	Jamieson	m35-39	29	30
318	David	Haslam	m40-44	31	32
429	Vittorio	Paci	m50-54	33	34
443	Danny	Winn	m35-39	34	35
257	Adam	Broadbent	m40-44	38	39
388	Kevin	Shelton-Smith	m60-64	79	84
317	James	Harvey	m35-39	86	92
				356	372

Women

	First Name	Surname	Age Cat		Team
420	Abigail	Turner	f50-54	16	131
389	Ellie	Sherriffs	f35-39	19	143
244	Lucy	Baldwin	f40-44	26	165
381	Kirsty	Robertson	f30-34	30	184

91 **623**

Biggleswade AC

Team Score **2925**

Men

	First Name	Surname	Age Cat		Team
515	Robert	Morgan	M45-49	39	40
509	Giles	Hawthorne	M45-49	121	138
508	Nick	Haworth	M45-49	147	173
500	Ricky	Byrne	M35-39	228	298
506	Ian	Grimwood	M70-74	233	304
505	Stuart	Goodwin	M45-49	249	339
519	Matt	Smith	M35-39	250	341
520	Simon	Strong	M50-54	288	437
				1555	2070

Women

	First Name	Surname	Age Cat		Team
523	Emily	Varley	F25-29	3	63
522	Nicky	Upperton	F30-34	14	123
502	Paula	Faller	F40-44	71	299
501	Jennie	Day	F55-59	107	370

195 **855**

Dunstable Road Runners

Team Score **3348**

Men

	First Name	Surname	Age Cat		Team
559	Jose	Santos	m45-49	82	88
594	Bryn	Thomas	m40-44	92	100
1590	Harry	Craig	m20-24	114	129
562	Matt	Deller	m45-49	143	169
584	Dave	Streeton	m55-59	258	359
564	Paul	Stack	m55-59	264	372
554	Clifford	Punter	m60-64	289	445
558	Jonathan	Venning	m70-74	292	456
				1534	2118

Women

	First Name	Surname	Age Cat		Team
569	Teresa	Warren	f50-54	35	209
555	Helena	Kvepa	f35-39	74	309
552	Claire	Thomas	f40-44	92	344
549	Alison	Hunt	f60-64	106	368

307 **1230**

3 Counties Cross Country League Results

Venue **Wootton**

26-November-2023

Leighton Fun Runners

Team Score **1970**

Men

	First Name	Surname	Age Cat		Team
725	Matthew	Ma	M35-39	22	22
710	Daniel	Green	M45-49	67	71
708	Tom	Ellerton	M30-34	76	80
730	Martin	Osborne	M25-29	95	105
722	Anthony	Lombardi	M40-44	98	110
702	Jim	Buttleman	M55-59	110	124
713	Andrew	Heale	M55-59	126	145
711	Kevin	Hare	M50-54	127	147
				721	804

Women

	First Name	Surname	Age Cat		Team
664	Rosie	Booth	F45-49	21	149
746	Lina	Ramos	F35-39	49	244
663	Christine	Ayers	F70-74	105	367
665	Karen	Boulton	F45-49	130	406

305 **1166**

North Herts Road Runners

Team Score **512**

Men

	First Name	Surname	Age Cat		Team
9	Sam	Coxon	m30-34	7	7
5	Mike	Roberts	m30-34	8	8
4	Darren	Sunter	m40-44	9	9
3	Ben	Sewell	m30-34	21	21
2	Stewart	Overton	m40-44	23	23
69	Vince	Wright	m45-49	25	25
30	Rob	Jowett	m30-34	27	28
29	Shahab	Ahmad	m40-44	30	31
				150	152

Women

	First Name	Surname	Age Cat		Team
1	Katie	Harbon	f25-29	1	27
11	Hannah	Ridley	f25-29	8	99
50	Rhia	Botha	f35-39	12	109
31	Natasha	Pitman	f45-49	15	125

36 **360**

Northampton Road Runners

Team Score **2146**

Men

	First Name	Surname	Age Cat		Team
859	Tony	Letts	m55-59	42	43
783	Illir	Breani	m45-49	73	77
953	David	Ward-Stokes	m40-44	93	101
821	John	Gibbins	m45-49	94	102
827	Colin	Hall	m40-44	104	117
912	Andrew	Rosewell	m35-39	133	155
854	Oludolapo	Kolade	m30-34	140	166
958	Michael	Williams	m70-74	170	203
				849	964

Women

	First Name	Surname	Age Cat		Team
863	Rachel	Lewis	f35-39	63	279
962	Charlotte	Yarker	f40-44	69	290
767	Suzanne	Baldwin	f55-59	72	306
872	Lesley	Mahony	f50-54	73	307

277 **1182**

Olney Runners

Team Score **1387**

Men

	First Name	Surname	Age Cat		Team
1010	Matthew	Dicks	m20-24	1	1
1018	Chris	Ling	m40-44	19	19
1035	Laszlo	Torjai	m45-49	44	45
1029	Thomas	Baggott	m35-39	66	70
1006	Simon	Cook	m50-54	70	74
1021	Anthony	O'Neil	m45-49	96	106
1011	Stephen	Dicks	m50-54	102	114
1017	Andrew	Jones	m55-59	106	119
				504	548

Women

	First Name	Surname	Age Cat		Team
995	Katie	Godof	f45-49	4	66
997	Mary	Jones	f45-49	40	226
999	Sarah	McAuliffe	f35-39	41	228
1000	Therese	O'Riordan	f45-49	80	319

165 **839**

3 Counties Cross Country League Results

Venue **Wootton**

26-November-2023

Stopsley Striders

Team Score **1838**

Men

	First Name	Surname	Age Cat		Team
1070	Mohammed	Elbayan	M20-24	2	2
1049	Rob	Barnes	M35-39	12	12
1097	Ryan	Parsons	M25-29	51	53
1116	Kallum	Wright	M30-34	60	62
1063	Ellie	Davies	M30-34	87	93
1045	Paul	Abrahams	M45-49	123	141
1053	Peter	Breslin	M55-59	135	157
1109	Silesk	Tesema	M55-59	148	174
				618	694

Women

	First Name	Surname	Age Cat		Team
1108	Charlotte	Snowdon	F40-44	28	181
1084	Miriam	Linforth	F40-44	61	275
1076	Peta	Henry	F50-54	83	324
1066	Ruth	Doyle	F55-59	104	364

276 **1144**

Northants Tri

Team Score **1859**

Men

	First Name	Surname	Age Cat		Team
1160	Simon	Smith	M25-29	48	49
1155	Andy	Green	M55-59	58	60
1162	Richard	Cressey	M45-49	59	61
1164	Paul	Watts	M40-44	77	81
1154	Pete	DeBoo	M30-34	81	87
1161	Jonathan	Prince	M30-34	89	96
1165	Charles	Spencer	M35-39	91	98
1156	Andy	Verra	M35-39	111	126
				614	658

Women

	First Name	Surname	Age Cat		Team
1147	Samantha	Lomas	F30-34	37	220
1152	Tiphonie	Marshall	F35-39	43	232
1149	Gemma	McRae	F35-39	64	281
1172	Sharon	Packer	f55-59	174	468

318 **1201**

Wellingborough & District AC

Team Score **1143**

Men

	First Name	Surname	Age Cat		Team
1233	Paul	Huckle	m35-39	43	44
1237	Jon	Kemp	m50-54	46	47
1267	James	White	m40-44	50	51
1261	Ben	Shirley	m45-49	55	57
1228	Peter	Cowler	m45-49	56	58
1271	Andrew	McKenna	m40-44	68	72
1221	Martin	Arissol	m50-54	72	76
1266	Chris	Middleton	m40-44	78	83
				468	488

Women

	First Name	Surname	Age Cat		Team
1211	Francesca	Molossi-Murphy	f25-29	7	94
1197	Kat	Baxter-Smith	f35-39	18	139
1207	Louise	Kemp	f45-49	25	164
1212	Emma	Moore	f40-44	54	258

104 **655**

Wootton Road Runners

Team Score **1478**

Men

	First Name	Surname	Age Cat		Team
1305	Simon	Tootell	m45-49	35	36
1296	Richard	Lack	m50-54	53	55
1326	chris	chapman	m45-49	101	113
1287	Graham	Hollowell	m55-59	119	135
1310	Richard	Moore	m60-64	120	137
1297	Ian	Wild	m40-44	124	142
1341	ricky	campling	m40-44	134	156
1351	james	brown	m45-49	139	163
				825	937

Women

	First Name	Surname	Age Cat		Team
1304	Kairit	Fitzgerald	f40-44	11	108
1328	maree	jesson	f50-54	13	116
1340	laura	fox	f40-44	23	158
1333	liv	thompson	f35-39	24	159

71 **541**

3 Counties Cross Country League Results

Venue **Wootton**

26-November-2023

Rugby & Northampton AC

Team Score **497**

Men

	First Name	Surname	Age Cat		Team
1434	Louis	Starr	m17-19	3	3
1397	Phil	Melling	m45-49	4	4
1432	Danny	Carter	m17-19	5	5
1422	Nathan	Jones	m35-39	10	10
1364	David	Ball	m40-44	11	11
1411	Sam	Tallet	m35-39	13	13
1426	Chris	Wood	m45-49	14	14
1424	Ben	Merriman	m40-44	15	15
				75	75

Women

	First Name	Surname	Age Cat		Team
1384	Kirsten	Hayes	f20-24	2	52
1385	Katerina	Hemmington	f40-44	6	85
1383	Jo	Harris	f40-44	9	103
1414	Zoe	Tildesley	f25-29	29	182

46 **422**

Dunstable Lions

Team Score **2382**

Men

	First Name	Surname	Age Cat		Team
638	Wesley	Thorne	M45-49	84	90
640	Russell	Mead	M50-54	99	111
622	Mark	Castleton	M45-49	115	130
623	Michael	Donnor	M35-39	116	132
650	Cahal	McConville	M55-59	169	202
630	Mark	Cornell	M55-59	194	240
645	Simon	Robbinson	M50-54	235	308
657	Martina	Kidney	M55-59	239	317
				1251	1530

Women

	First Name	Surname	Age Cat		Team
635	Frances	Vosper	F40-44	5	82
644	Emily	Gibbons	F40-44	10	104
658	Greer	Kidney	F50-54	79	318
652	Lisa	Phee	F40-44	95	348

189 **852**

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	3	182	6	127	3	185	762	947
Bedford Harriers	4	356	4	91	4	372	623	995
Biggleswade AC	14	1555	9	195	13	2070	855	2925
Dunstable Road Runners	13	1534	13	307	14	2118	1230	3348
Leighton Fun Runners	9	721	12	305	10	804	1166	1970
North Herts Road Runners	2	150	1	36	2	152	360	512
Northampton Road Runners	11	849	11	277	11	964	1182	2146
Olney Runners	6	504	7	165	6	548	839	1387
Stopsley Striders	8	618	10	276	8	694	1144	1838
Northants Tri	7	614	14	318	9	658	1201	1859
Wellingborough & District AC	5	468	5	104	5	488	655	1143
Wootton Road Runners	10	825	3	71	7	937	541	1478
Rugby & Northampton AC	1	75	2	46	1	75	422	497
Dunstable Lions	12	1251	8	189	12	1530	852	2382
Total of Scoring Men's Teams			11595		Contribution to			49.49%
Total of Scoring Women's Teams			11832		Team Scores			50.51%

3 Counties Cross Country League Results

Venue **Wootton**

26-November-2023