

3 Counties Cross Country League Results

Venue **Ampthill**

13-January-2019

Ampthill & Flitwick Flyers

Team Score

824

Men

No.	First Name	Surname	Age Cat		Team
141	Tim	Harris	M35-39	1	1
615	Harry	Smith	M20-24	6	6
135	Stephen	Green	M35-39	8	8
138	Ian	Halpin	M30-34	13	13
184	Joe	Strange	M25-29	14	14
190	Mark	Waine	M45-49	15	15
267	Nathan	Jones	M30-34	20	20
145	Phil	Holland	M40-44	22	22
				99	99

Women

No.	First Name	Surname	Age Cat		Team
228	Kerry	Large	F30-34	14	142
215	Amy	Farr	F35-39	18	166
220	Caroline	Gilby	F50-54	26	202
256	Lisa	Wells	F50-54	32	215

90

725

Bedford Harriers

Team Score

908

Men

No.	First Name	Surname	Age Cat		Team
300	Ed	Castro	M30-34	11	11
383	Phil	Jamieson	M30-34	12	12
367	Ian	Hammett	M35-39	19	19
489	Danny	Winn	M30-34	26	26
311	David	Course	M40-44	38	38
500	Mark	E-Jones	M50-54	49	50
339	Gary	Finch	M50-54	65	68
329	James	Elworthy	M40-44	70	73
				290	297

Women

No.	First Name	Surname	Age Cat		Team
427	Juliet	Naylor	F45-49	8	109
324	Dea	Ditchfield	F50-54	15	144
365	Chloe	Haffenden	F20-24	17	163
400	Sally	Knight	F45-49	25	195

65

611

Biggleswade AC

Team Score

1456

Men

No.	First Name	Surname	Age Cat		Team
514	Steven	Baldwin	M25-29	27	27
528	Marcus	Davey	M45-49	83	88
515	Aaron	Ball	M30-34	90	95
526	Paul	Cooke	M40-44	101	107
510	Charlie	Arnold	M60-64	107	115
570	John	Stott	M45-49	132	147
567	Malcolm	Steward	M40-44	140	155
558	Damien	Pitts	M35-39	149	167
				829	901

Women

No.	First Name	Surname	Age Cat		Team
520	Hannah	Broom	F35-39	3	63
554	Natalie	Morgan	F40-44	10	124
578	Natalie	Garner	F25-29	12	133
550	Kathryn	Juty	F45-49	39	235

64

555

Dunstable Road Runners

Team Score

2238

Men

No.	First Name	Surname	Age Cat		Team
1312	Ben	Warren	M17-19	29	29
679	Steve	Kerin	M30-34	117	128
713	Jose	Santos	M40-44	147	164
688	Shilen	Mantri	M45-49	162	184
650	Matt	Deller	M40-44	169	193
676	Peter	Keane	M55-59	170	194
1315	Phil	McClean	M60-64	191	227
736	David	Morgan	M50-54	194	230
				1179	1349

Women

No.	First Name	Surname	Age Cat		Team
664	Ruth	Grint	F50-54	20	178
701	Clare	Murphy	F35-39	35	223
724	Jeannette	Walster	F50-54	43	240
725	Teresa	Warren	F45-49	46	248

144

889

3 Counties Cross Country League Results

Venue **Amphill**

13-January-2019

Leighton Fun Runners

Team Score

1592

Men

No.	First Name	Surname	Age Cat		Team
821	Dan	Green	M40-44	54	56
802	Martin	Crane	M45-49	61	64
808	Tom	Ellerton	M25-29	84	89
791	Colin	Aitken	M35-39	93	98
852	James	Smith	M45-49	100	106
825	Andrew	Heale	M50-54	102	110
819	Matthew	Gilbert	M40-44	106	114
872	Tom	Clark	m25-29	130	145
				730	782

Women

No.	First Name	Surname	Age Cat		Team
865	Rosie	Booth	F40-44	21	181
828	Zoe	Illingworth	F45-49	22	182
864	Elle	Laird	F30-34	31	213
839	Karen	McLean	F50-54	38	234

112

810

North Herts Road Runners

Team Score

445

Men

No.	First Name	Surname	Age Cat		Team
1072	Thomas	Webb	M30-34	3	3
929	Adam	Bowler	M35-39	5	5
1005	Jim	McConnel	M45-49	7	7
1058	Darren	Sunter	M35-39	9	9
1040	Matthew	Sayers	M40-44	10	10
1029	Edward	Price	M40-44	18	18
1019	Stewart	Overton	M35-39	21	21
1069	Mark	Vaughan	M45-49	24	24
				97	97

Women

No.	First Name	Surname	Age Cat		Team
1082	Natalie	Lawrence	F30-34	2	52
972	Katie	Harbon	F20-24	5	81
1006	Astrid	Mckeown	F45-49	6	99
910	Paula	Adams	F45-49	9	116

22

348

Northampton Road Runners

Team Score

2073

Men

No.	First Name	Surname	Age Cat		Team
1200	Tony	Letts	M50-54	25	25
1239	Matthew	Clarke	M40-44	34	34
1163	Iir	Breani	M40-44	36	36
1237	Mitchell	Baines	M25-29	79	84
1242	Robert	Hemingway	M35-39	81	86
1216	Andrew	Rosewell	M30-34	122	134
1166	Mick	Conroy	M55-59	124	136
1232	Dave	Whatton	M50-54	131	146
				632	681

Women

No.	First Name	Surname	Age Cat		Team
1210	Elaine	Palmer	F50-54	72	295
1221	Jo	Smith	F50-54	98	339
1174	Sheena	Desborough	F45-49	113	363
1209	Rachel	Palmer	F25-29	137	395

420

1392

Olney Runners

Team Score

2836

Men

No.	First Name	Surname	Age Cat		Team
1358	Steve	Holton	M35-39	74	77
1353	Simon	Cook	M45-49	89	94
1356	Stephen	Dicks	M45-49	112	121
1367	Duncan	Winner	M40-44	141	156
1354	Justin	Crook	M40-44	150	168
1366	Rob	White	M45-49	179	206
1352	Chris	Barnes	M50-54	195	231
1368	David	Shakespeare	M50-54	199	242
				1139	1295

Women

No.	First Name	Surname	Age Cat		Team
1347	Helen	Margetts	F40-44	70	292
1343	Rachel	David	F50-54	96	337
	Last	Lady		186	456
	Last	Lady		186	456

538

1541

3 Counties Cross Country League Results

Venue **Amphill**

13-January-2019

Stopsley Striders

Team Score

1798

Men

No.	First Name	Surname	Age Cat		Team
1497	Robert	Barnes	M30-34	2	2
1480	Gez	Fallon	M45-49	75	78
1495	Pat	Blessing	M55-59	99	105
1479	Martin	Fallon	M50-54	109	118
1508	Ahmed	Berrah	M35-39	120	131
1475	John	Chapman	M60-64	123	135
1512	Danny	Kelly	M55-59	126	138
1483	Philip	Davies	M25-29	127	140
				781	847

Women

No.	First Name	Surname	Age Cat		Team
1466	Christine	Lathwell	F40-44	1	47
1459	Miriam	Linforth	F35-39	48	253
1445	Liz	Davies	F55-59	82	313
1464	Karen	Ashby	F55-59	97	338

228

951

Team East Haddon

Team Score

1913

Men

No.	First Name	Surname	Age Cat		Team
1596	Tim	Webster	M30-34	39	39
1581	Andy	Green	M50-54	48	49
1611	Chris	Bell	M50-54	55	57
1591	Adrian	Homer	M45-49	57	59
1589	Matthew	Tyrrell	M40-44	73	76
1587	Stuart	Wheeldon	M45-49	77	82
1590	Rob	White	M55-59	98	104
1599	Peter	Chandley	M50-54	105	113
				552	579

Women

No.	First Name	Surname	Age Cat		Team
1604	Lindsay	Scott	F30-34	7	108
1621	Jo	Love	F45-49	87	321
1578	Val	Bridges	F65-69	179	449
	Last	Lady		186	456

459

1334

Wellingborough & District AC

Team Score

876

Men

No.	First Name	Surname	Age Cat		Team
1651	Alex	Ash	M25-29	4	4
1693	John	Wayland	M40-44	31	31
1672	Jason	French	M35-39	35	35
1705	Patrick	Barber	M30-34	42	42
1671	Paul	Huckle	M30-34	43	43
1674	Jon	Kemp	M45-49	45	45
1679	Ben	Shirley	M40-44	47	48
1696	Julian	Blackwell	M45-49	62	65
				309	313

Women

No.	First Name	Surname	Age Cat		Team
1722	Kelly	Barnett	F25-29	4	79
1713	Lisa	Smith	F35-39	11	127
1733	Helen	Etherington	F35-39	19	170
1714	Louise	Kemp	F40-44	23	187

57

563

Wootton Road Runners

Team Score

1981

Men

No.	First Name	Surname	Age Cat		Team
1840	Andy	Fairley	M40-44	16	16
1816	Richard	Lack	M45-49	63	66
1828	Chris	Chapman	M40-44	96	102
1852	Phil	Wood	M35-39	113	122
1820	Paul	Matthews	M45-49	142	157
1857	Chris	McFaul	M45-49	145	161
1865	Craig	Goodman	M30-34	156	175
1872	John	White	M40-44	157	176
				888	975

Women

No.	First Name	Surname	Age Cat		Team
1815	Phoebe	Lowick	F30-34	34	218
1885	Amanda	Barnes	F30-34	40	236
1858	Frances	Hooper	F40-44	49	254
1853	Janet	Mitchell	F55-59	74	298

197

1006

3 Counties Cross Country League Results

Venue **Amphill**

13-January-2019

Rugby & Northampton AC

Team Score

1324

Men

No.	First Name	Surname	Age Cat		Team
1958	Chris	Lamb	M30-34	17	17
1975	Joe	Musgrove	M17-19	28	28
1929	Simon	Bickers	M55-59	50	51
1936	Vince	Carroll	M45-49	53	55
1971	Brendan	Moen	M50-54	56	58
1982	Nigel	Roberts	M45-49	66	69
2008	Sam	Tallett	m30-34	82	87
1986	Laurence	Scott	M55-59	110	119
				462	484

Women

No.	First Name	Surname	Age Cat		Team
2006	Claire	Holland	f30-34	13	139
2009	Alison	Cobb	f50-54	33	216
1997	Catherine	Williams	F55-59	42	239
1988	Zoe	Shepherd	F35-39	45	246

133

840

Team Summary

	Men		Women		Team			
Amphill & Flitwick Flyers	2	99	5	90	2	99	725	824
Bedford Harriers	3	290	4	65	4	297	611	908
Biggleswade AC	10	829	3	64	6	901	555	1456
Dunstable Road Runners	13	1179	8	144	12	1349	889	2238
Leighton Fun Runners	8	730	6	112	7	782	810	1592
North Herts Road Runners	1	97	1	22	1	97	348	445
Northampton Road Runners	7	632	11	420	11	681	1392	2073
Olney Runners	12	1139	13	538	13	1295	1541	2836
Stopsley Striders	9	781	10	228	8	847	951	1798
Team East Haddon	6	552	12	459	9	579	1334	1913
Wellingborough & District AC	4	309	2	57	3	313	563	876
Wootton Road Runners	11	888	9	197	10	975	1006	1981
Rugby & Northampton AC	5	462	7	133	5	484	840	1324

Total of Scoring Men's Teams	8699	Contribution to Team Scores	42.93%
Total of Scoring Women's Teams	11565		57.07%