

3 Counties Cross Country League Results

Venue **Well'boro**

3-November-2019

Amphthill & Flitwick Flyers

Team Score

822

Men

No.	First Name	Surname	Age Cat		Team
220	Harry	Smith	m20-24	1	1
227	Joe	Strange	m25-29	2	2
153	Ian	Halpin	m35-39	3	3
161	Phil	Holland	m40-44	5	5
258	Paul	Farmer	m40-44	15	15
234	Mark	Waine	m45-49	20	20
167	Dan	Karaiskou	m25-29	21	21
209	Simon	Read	m40-44	26	26
				93	93

Women

No.	First Name	Surname	Age Cat		Team
104	Jess	Anstee	f35-39	9	138
102	Jo	Aatkar	f50-54	23	187
185	Rossiana	Mee	f30-34	28	195
241	Lisa	Wells	f50-54	35	209

95

729

Bedford Harriers

Team Score

1308

Men

No.	First Name	Surname	Age Cat		Team
390	Phil	Jamieson	m35-39	14	14
504	Stuart	Dare	m40-44	40	41
508	Sean	Newbury	m	63	65
467	Kevin	Shelton-Smith	m55-59	69	71
352	Simon	Foster	m45-49	87	89
361	Shane	Gallaher	m45-49	91	93
305	Jon	Clark	m50-54	103	107
430	Gary	McKeaveney	m35-39	104	108
				571	588

Women

No.	First Name	Surname	Age Cat		Team
407	Sally	Knight	f45-49	7	130
494	Carla	Whitmore	f25-29	19	175
316	Sue	Cross	f55-59	32	205
372	Nora	Haggart	f60-64	36	210

94

720

Biggleswade AC

Team Score

1670

Men

No.	First Name	Surname	Age Cat		Team
559	Rob	Morgan	m40-44	30	30
562	Nick	Pillinger	m40-44	42	43
537	Marcus	Davey	m45-49	54	56
550	Nick	Haworth	m40-44	66	68
520	Charlie	Arnold	m60-64	97	100
568	John	Stott	m50-54	150	167
553	Richard	Hill	m50-54	181	226
546	Ian	Grimwood	m65-69	213	294
				833	984

Women

No.	First Name	Surname	Age Cat		Team
558	Natalie	Morgan	f40-44	4	104
543	Natalie	Garner	f25-29	5	116
542	Paula	Frost	f35-39	47	229
554	Kathryn	Juty	f50-54	50	237

106

686

Dunstable Road Runners

Team Score

1502

Men

No.	First Name	Surname	Age Cat		Team
677	Lee	Murphy	m30-34	32	32
671	Liam	McNabola	m30-34	35	35
610	Darren	Cornish	m45-49	44	45
623	Matt	Earles	m40-44	49	51
628	Lui	Falkner	m20-24	71	73
678	John	Murphy	m50-54	93	95
609	Mark	Cornell	m55-59	122	128
687	Clifford	Punter	m55-59	183	231
				629	690

Women

No.	First Name	Surname	Age Cat		Team
695	Becks	Sharpe	f30-34	15	161
707	Teresa	Warren	f50-54	29	201
715	Frances	Wynn	f35-39	31	204
666	Sue	McAvock	f45-49	54	246

129

812

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Leighton Fun Runners

Team Score

1318

Men

No.	First Name	Surname	Age Cat		Team
785	Martin	Crane	m45-49	36	36
793	Tom	Ellerton	m25-29	45	46
804	Dan	Green	m45-49	56	58
809	Andrew	Heale	m50-54	82	84
840	James	Smith	m45-49	83	85
776	Ian	Bisby	m45-49	86	88
817	Mark	Kleanthous	m55-59	95	97
782	Mike	Clark	m60-64	123	129
				606	623

Women

No.	First Name	Surname	Age Cat		Team
812	Zoe	Illingworth	f45-49	11	151
853	Rosie	Booth	f40-44	14	158
823	Emily	McClelland	f30-34	17	163
808	Sam	Heady	f35-39	43	223

85

695

North Herts Road Runners

Team Score

620

Men

No.	First Name	Surname	Age Cat		Team
978	Jim	McConnel	m45-49	6	6
885	Wayne	Bell	m40-44	7	7
1009	Edward	Price	m40-44	8	8
892	Adam	Bowler	m35-39	9	9
998	Stewart	Overton	m35-39	11	11
1020	matthew	Sayers	m40-44	12	12
1049	mark	Vaughan	m45-49	19	19
880	John	Auld	m35-39	23	23
				95	95

Women

No.	First Name	Surname	Age Cat		Team
947	Katie	Harbon	f20-24	1	39
870	Paula	Adams	f50-54	6	127
893	Rhia	Botha	f30-34	13	157
940	Kat(herine)	Gourd	f30-34	30	202

50

525

Northampton Road Runners

Team Score

1954

Men

No.	First Name	Surname	Age Cat		Team
1095	Matthew	Clarke	m40-44	17	17
1138	Tony	Letts	m50-54	18	18
1161	Andy	Shaw	m35-39	61	63
1117	John	Gibbins	m40-44	94	96
1159	Andrew	Rosewell	m30-34	107	111
1133	Mark	Kennedy	m45-49	126	133
1174	Dave	Whatton	m55-59	133	143
1085	Darren	Baldwin	m50-54	137	147
				693	728

Women

No.	First Name	Surname	Age Cat		Team
1152	Elaine	Palmer	f50-54	63	263
1086	Suzanne	Baldwin	f50-54	72	282
1151	Rachel	Palmer	f25-29	104	332
1166	Paula	Solomon	f45-49	117	349

356

1226

Olney Runners

Team Score

1749

Men

No.	First Name	Surname	Age Cat		Team
1217	Chris	Dunn	m30-34	70	72
1235	Dean	Sartin	m40-44	96	99
1226	Chris	Ling	m35-39	98	101
1214	Iain	Dickinson	m45-49	110	114
1211	Darren	Darkins	m30-34	112	117
1233	Rob	Riekie	m55-59	115	120
1240	Rob	White	m45-49	141	152
1200	Chris	Barnes	m50-54	157	176
				899	951

Women

No.	First Name	Surname	Age Cat		Team
1234	Lisa	Russell	f45-49	22	183
1242	Stephanie	Potter	f35-39	24	188
1225	Mary	Jones	f45-49	34	207
1243	Donna	Evans	f40-44	41	220

121

798

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Stopsley Striders

Team Score

1783

Men

No.	First Name	Surname	Age Cat		Team
1268	Robert	Barnes	m30-34	10	10
1288	Philip	Davies	m25-29	72	74
1299	Gez	Fallon	m45-49	74	76
1298	Martin	Fallon	m50-54	88	90
1309	Danny	Kelly	m55-59	109	113
1272	Pat	Blessing	m55-59	125	132
1291	Eammon	Devane	m25-29	140	150
1324	Charles	Nelis	m50-54	160	181

778 826

Women

No.	First Name	Surname	Age Cat		Team
1312	Christine	Lathwell	f40-44	2	49
1305	Peta	Hendry	f50-54	74	284
1346	Barbora	Uhroková	f30-34	76	286
1292	Ruth	Doyle	f50-54	109	338

261 957

Team East Haddon

Team Score

1577

Men

No.	First Name	Surname	Age Cat		Team
761	Edward	Wise	m20-24	27	27
762	Oliver	Munns	m20-24	47	48
756	Stuart	Wheeldon	m45-49	50	52
735	Adrian	Homer	m45-49	52	54
733	Andy	Green	m55-59	62	64
760	Gary	Burton	m35-39	65	67
723	Chris	Bell	m50-54	73	75
754	Paul	Watts	m35-39	75	77

451 464

Women

No.	First Name	Surname	Age Cat		Team
750	Liv	Thompson	f35-39	8	136
745	Sarah	Ryder	f30-34	21	178
724	Val	Bridges	f65-69	157	397
	Last	Lady		162	402

348 1113

Wellingborough & District AC

Team Score

908

Men

No.	First Name	Surname	Age Cat		Team
1387	Craig	Clements	m35-39	13	13
1443	John	Wayland	m40-44	16	16
1393	Jason	French	m35-39	24	24
1402	Jon	Kemp	m45-49	38	38
1431	Ben	Shirley	m40-44	41	42
1378	Julian	Blackwell	m45-49	48	50
1404	Ady	King	m50-54	57	59
1380	Mark	Bonham	m50-54	77	79

314 321

Women

No.	First Name	Surname	Age Cat		Team
1433	Lisa	Smith	f35-39	3	98
1392	Helen	Etherington	f35-39	12	156
1403	Louise	Kemp	f40-44	16	162
1419	Sarah	Nixon	f45-49	18	171

49 587

Wootton Road Runners

Team Score

1416

Men

No.	First Name	Surname	Age Cat		Team
1479	Geoff	Bonnett	m25-29	22	22
1525	Richard	Lack	m45-49	37	37
1558	Anthony	Baross	m55-59	59	61
1554	Phil	Wood	m40-44	85	87
1499	Niall	Gardiner	m40-44	101	105
1537	Andrew	Myers	m35-39	113	118
1512	Graham	Hollowell	m50-54	121	126
1552	Ian	Wild	m40-44	127	134

665 690

Women

No.	First Name	Surname	Age Cat		Team
1495	Kairit	Fitzgerald	f35-39	10	142
1514	Frances	Hooper	f40-44	20	177
1520	Gillian	Jakeman	f40-44	25	190
1560	Tara	Adams	f45-49	40	217

95 726

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Rugby & Northampton AC

Team Score

1798

Men

No.	First Name	Surname	Age Cat		Team
1614	Phil	Melling	m40-44	4	4
1645	Cian	Hutton	m17-19	33	33
1615	Brendan	Moen	m50-54	39	40
1594	Steve	Dixon	m40-44	58	60
1584	Adam	Bebbington	m17-19	79	81
1631	Matthew	Tilt	m45-49	117	122
1613	Alex	McMurtrie	m50-54	119	124
1637	Lee	Woodward	m50-54	120	125

569

589

Women

No.	First Name	Surname	Age Cat		Team
1592	Angela	Copson	f70-74	26	193
1630	Sally	Tilt	f45-49	37	212
	Last	Lady		162	402
	Last	Lady		162	402

387

1209

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	1	93	5	95	2	93	729	822
Bedford Harriers	6	571	4	94	4	588	720	1308
Biggleswade AC	12	833	7	106	9	984	686	1670
Dunstable Road Runners	8	629	9	129	7	690	812	1502
Leighton Fun Runners	7	606	3	85	5	623	695	1318
North Herts Road Runners	2	95	2	50	1	95	525	620
Northampton Road Runners	10	693	12	356	13	728	1226	1954
Olney Runners	13	899	8	121	10	951	798	1749
Stopsley Striders	11	778	10	261	11	826	957	1783
Team East Haddon	4	451	11	348	8	464	1113	1577
Wellingborough & District AC	3	314	1	49	3	321	587	908
Wootton Road Runners	9	665	5	95	6	690	726	1416
Rugby & Northampton AC	5	569	13	387	12	589	1209	1798

Total of Scoring Men's Teams	7642	Contribution to Team Scores	41.48%
Total of Scoring Women's Teams	10783		58.52%