

3 Counties Cross Country League Results

Venue **Leighton**

24-November-2019

Ampthill & Flitwick Flyers

Team Score **908**

Men

No.	First Name	Surname	Age Cat		Team
200	Craig	Palmer	m30-34	3	3
153	Ian	Halpin	m35-39	4	4
258	Paul	Farmer	m40-44	7	7
161	Phil	Holland	m40-44	12	12
177	Chris	Littlejohn	m40-44	15	15
234	Mark	Waine	m45-49	18	18
227	Joe	Strange	m25-29	22	22
116	Mark	Brockway	m30-34	26	26
				107	107

Women

No.	First Name	Surname	Age Cat		Team
102	Jo	Aatkar	f50-54	24	179
211	Katie	Ruditis	f35-39	32	200
127	Kate	Cornelius	f35-39	33	201
105	Caroline	Armstrong	f45-49	41	221

130 **801**

Bedford Harriers

Team Score **1171**

Men

No.	First Name	Surname	Age Cat		Team
504	Stuart	Dare	m40-44	24	24
296	Ed	Castro	m30-34	45	46
513	Graham	Pratt	m30-34	57	60
495	Kev	Willett	m55-59	66	69
352	Simon	Foster	m45-49	76	80
408	Stuart	Knight	m50-54	82	87
354	David	Frampton	m60-64	87	94
435	Mark	Nicholson	m35-39	99	107
				536	567

Women

No.	First Name	Surname	Age Cat		Team
407	Sally	Knight	f45-49	9	114
510	Jade	Sampson	f25-29	15	137
494	Carla	Whitmore	f25-29	23	163
461	Claire	Rulton	f40-44	28	190

75 **604**

Biggleswade AC

Team Score **1376**

Men

No.	First Name	Surname	Age Cat		Team
559	Rob	Morgan	m40-44	27	27
550	Nick	Haworth	m40-44	49	50
535	Paul	Cooke	m40-44	72	75
520	Charlie	Arnold	m60-64	108	118
567	Malcolm	Steward	m40-44	116	127
560	Adam	Murphy	m25-29	123	138
551	Giles	Hawthorne	m45-49	130	147
553	Richard	Hill	m50-54	160	187
				785	869

Women

No.	First Name	Surname	Age Cat		Team
528	Hannah	Broom	f35-39	3	55
543	Natalie	Garner	f25-29	5	83
558	Natalie	Morgan	f40-44	6	90
539	Jennie	Day	f50-54	69	279

83 **507**

Dunstable Road Runners

Team Score **1198**

Men

No.	First Name	Surname	Age Cat		Team
677	Lee	Murphy	m30-34	23	23
671	Liam	McNabola	m30-34	25	25
610	Darren	Cornish	m45-49	28	28
628	Lui	Falkner	m20-24	36	36
698	Nikk	Shivlock	m50-54	69	72
678	John	Murphy	m50-54	89	96
609	Mark	Cornell	m55-59	97	105
674	Richard	Moore	m35-39	104	112
				471	497

Women

No.	First Name	Surname	Age Cat		Team
695	Becks	Sharpe	f30-34	14	135
715	Frances	Wynn	f35-39	22	161
707	Teresa	Warren	f50-54	26	183
702	Claire	Thomas	f35-39	42	222

104 **701**

3 Counties Cross Country League Results

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Leighton Fun Runners

Team Score

1365

Men

No.	First Name	Surname	Age Cat		Team
785	Martin	Crane	m45-49	31	31
793	Tom	Ellerton	m25-29	35	35
804	Dan	Green	m45-49	52	54
809	Andrew	Heale	m50-54	64	67
776	Ian	Bisby	m45-49	79	84
842	Chris	Stenner	m50-54	93	100
782	Mike	Clark	m60-64	117	129
827	Graeme	Meichtry	m40-44	122	136
				593	636

Women

No.	First Name	Surname	Age Cat		Team
812	Zoe	Illingworth	f45-49	17	146
853	Rosie	Booth	f40-44	18	153
808	Sam	Heady	f35-39	35	203
788	Sally	Dickinson	f45-49	45	227

115

729

North Herts Road Runners

Team Score

518

Men

No.	First Name	Surname	Age Cat		Team
1009	Edward	Price	m40-44	2	2
933	James	Fox	m17-19	5	5
892	Adam	Bowler	m35-39	6	6
885	Wayne	Bell	m40-44	9	9
1049	mark	Vaughan	m45-49	11	11
1020	matthew	Sayers	m40-44	16	16
1001	Nathan	Pask	m40-44	17	17
880	John	Auld	m35-39	20	20
				86	86

Women

No.	First Name	Surname	Age Cat		Team
947	Katie	Harbon	f20-24	1	37
979	Astrid	mckeown	f45-49	10	115
870	Paula	Adams	f50-54	11	121
893	Rhia	Botha	f30-34	21	159

43

432

Northampton Road Runners

Team Score

2118

Men

No.	First Name	Surname	Age Cat		Team
1161	Andy	Shaw	m35-39	53	56
1123	Robert	Hemingway	m35-39	80	85
1117	John	Gibbins	m40-44	86	93
1159	Andrew	Rosewell	m30-34	94	101
1115	Mark	Garrett	m55-59	124	139
1182	Michael	Williams	m65-69	133	150
1174	Dave	Whatton	m55-59	135	152
1098	Robert	Corless	m35-39	142	165
				847	941

Women

No.	First Name	Surname	Age Cat		Team
1152	Elaine	Palmer	f50-54	54	244
1151	Rachel	Palmer	f25-29	76	292
1160	Karen	Shakespeare	f45-49	91	315
1113	Jess	Fowler	f25-29	100	326

321

1177

Olney Runners

Team Score

1745

Men

No.	First Name	Surname	Age Cat		Team
1217	Chris	Dunn	m30-34	50	51
1226	Chris	Ling	m35-39	68	71
1235	Dean	Sartin	m40-44	74	77
1208	Simon	Cook	m45-49	92	99
1214	Iain	Dickinson	m45-49	103	111
1240	Rob	White	m45-49	125	141
1215	Stephen	Dicks	m45-49	127	143
1209	Justin	Crook	m40-44	137	156
				776	849

Women

No.	First Name	Surname	Age Cat		Team
1225	Mary	Jones	f45-49	34	202
1243	Donna	Evans	f40-44	38	213
1221	Ruth	Gardener	f50-54	39	214
1239	Sue	Teasdale	f55-59	64	267

175

896

3 Counties Cross Country League Results

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Stopsley Striders

Team Score

1817

Men

No.	First Name	Surname	Age Cat		Team
1268	Robert	Barnes	m30-34	13	13
1299	Gez	Fallon	m45-49	62	65
1298	Martin	Fallon	m50-54	88	95
1272	Pat	Blessing	m55-59	96	104
1278	Peter	Brown	m35-39	121	133
1324	Charles	Nelis	m50-54	140	162
1321	Shaun	Mutter	m30-34	147	170
1337	Andy	Read	m65-69	162	189
				829	931

Women

No.	First Name	Surname	Age Cat		Team
1312	Christine	Lathwell	f40-44	2	53
1265	Karen	Ashby	f60-64	55	246
1353	Sally	Hunt	f45-49	72	285
1292	Ruth	Doyle	f50-54	82	302

211

886

Team East Haddon

Team Score

1051

Men

No.	First Name	Surname	Age Cat		Team
761	Edward	Wise	m20-24	21	21
733	Andy	Green	m55-59	41	42
735	Adrian	Homer	m45-49	44	45
756	Stuart	Wheeldon	m45-49	46	47
760	Gary	Burton	m35-39	48	49
723	Chris	Bell	m50-54	58	61
754	Paul	Watts	m35-39	73	76
748	Charles	Spencer	m30-34	77	81
				408	422

Women

No.	First Name	Surname	Age Cat		Team
747	Lindsay	Scott	f30-34	8	102
750	Liv	Thompson	f35-39	13	134
737	Annemarie	Lodder	f35-39	20	157
721	Sarah	Ashcroft	f30-34	50	236

91

629

Wellingborough & District AC

Team Score

776

Men

No.	First Name	Surname	Age Cat		Team
1427	Jonny	Reep	m20-24	10	10
1387	Craig	Clements	m35-39	14	14
1393	Jason	French	m35-39	19	19
1431	Ben	Shirley	m40-44	32	32
1402	Jon	Kemp	m45-49	34	34
1378	Julian	Blackwell	m45-49	56	59
1380	Mark	Bonham	m50-54	59	62
1389	Peter	Cowler	m40-44	78	82
				302	312

Women

No.	First Name	Surname	Age Cat		Team
1374	Kelly	Barnett	f25-29	4	78
1433	Lisa	Smith	f35-39	7	92
1403	Louise	Kemp	f40-44	16	140
1392	Helen	Etherington	f35-39	19	154

46

464

Wootton Road Runners

Team Score

1329

Men

No.	First Name	Surname	Age Cat		Team
1493	Andy	Fairley	m40-44	8	8
1525	Richard	Lack	m45-49	39	40
1558	Anthony	Baross	m55-59	55	58
1554	Phil	Wood	m40-44	70	73
1496	Richard	Fowler	m50-54	85	91
1499	Niall	Gardiner	m40-44	102	110
1512	Graham	Hollowell	m50-54	113	124
1533	Richard	Moore	m55-59	118	130
				590	634

Women

No.	First Name	Surname	Age Cat		Team
1566	Victoria	Ayliff	f35-39	12	128
1514	Frances	Hooper	f40-44	25	182
1520	Gillian	Jakeman	f40-44	27	186
1531	Janet	Mitchell	f55-59	31	199

95

695

3 Counties Cross Country League Results

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24-November-2019

Rugby & Northampton AC

Team Score

1563

Men

No.	First Name	Surname	Age Cat		Team
1632	Joeseeph	Vaughn	m17-19	1	1
1605	Jacob	Kelly	m17-19	33	33
1615	Brendan	Moen	m50-54	38	39
1645	Cian	Hutton	m17-19	47	48
1584	Adam	Bebbington	m17-19	67	70
1644	Tim	Hill	m45-49	90	97
1631	Matthew	Tilt	m45-49	95	103
1621	John	Saw	m40-44	136	155
				507	546

Women

No.	First Name	Surname	Age Cat		Team
1630	Sally	Tilt	f45-49	29	194
1592	Angela	Copson	f70-74	43	224
1635	Catherine	Williams	f55-59	51	240
	Last	Lady		127	359

250

1017

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	2	107	9	130	3	107	801	908
Bedford Harriers	7	536	3	75	5	567	604	1171
Biggleswade AC	11	785	4	83	9	869	507	1376
Dunstable Road Runners	5	471	7	104	6	497	701	1198
Leighton Fun Runners	9	593	8	115	8	636	729	1365
North Herts Road Runners	1	86	1	43	1	86	432	518
Northampton Road Runners	13	847	13	321	13	941	1177	2118
Olney Runners	10	776	10	175	11	849	896	1745
Stopsley Striders	12	829	11	211	12	931	886	1817
Team East Haddon	4	408	5	91	4	422	629	1051
Wellingborough & District AC	3	302	2	46	2	312	464	776
Wootton Road Runners	8	590	6	95	7	634	695	1329
Rugby & Northampton AC	6	507	12	250	10	546	1017	1563

Total of Scoring Men's Teams

7397

**Contribution to
Team Scores**

43.68%

Total of Scoring Women's Teams

9538

56.32%