

3 Counties Cross Country League Results

Venue **Wootton**

8-December-2019

Ampthill & Flitwick Flyers

Team Score

871

Men

No.	First Name	Surname	Age Cat		Team
220	Harry	Smith	m20-24	1	1
258	Paul	Farmer	m40-44	3	3
161	Phil	Holland	m40-44	7	7
177	Chris	Littlejohn	m40-44	13	13
167	Dan	Karaiskou	m25-29	18	18
234	Mark	Waine	m45-49	27	28
131	John	Decesare	m50-54	36	37
125	Marcus	Cook	m40-44	46	48
				151	155

Women

No.	First Name	Surname	Age Cat		Team
102	Jo	Aatkar	f50-54	19	154
241	Lisa	Wells	f50-54	22	163
145	Caroline	Gilby	f55-59	35	194
105	Caroline	Armstrong	f45-49	38	205

114

716

Bedford Harriers

Team Score

1088

Men

No.	First Name	Surname	Age Cat		Team
314	Sean	Crawley	m45-49	37	38
320	Tony	Davis	m50-54	38	39
439	Andy	Palembella	m35-39	44	46
515	Jonathon	Carter	m30-34	66	70
467	Kevin	Shelton-Smith	m55-59	70	74
352	Simon	Foster	m45-49	77	81
290	Shaun	Busby	m30-34	80	85
408	Stuart	Knight	m50-54	81	86
				493	519

Women

No.	First Name	Surname	Age Cat		Team
407	Sally	Knight	f45-49	9	110
510	Jade	Sampson	f25-29	11	121
494	Carla	Whitmore	f25-29	21	156
372	Nora	Haggart	f60-64	29	182

70

569

Biggleswade AC

Team Score

1141

Men

No.	First Name	Surname	Age Cat		Team
559	Rob	Morgan	m40-44	21	21
575	Alexander	Rogers	m30-34	28	29
537	Marcus	Davey	m45-49	49	51
550	Nick	Haworth	m40-44	56	58
535	Paul	Cooke	m40-44	72	76
520	Charlie	Arnold	m60-64	83	89
568	John	Stott	m50-54	140	161
553	Richard	Hill	m50-54	143	165
				592	650

Women

No.	First Name	Surname	Age Cat		Team
528	Hannah	Broom	f35-39	2	42
558	Natalie	Morgan	f40-44	5	83
543	Natalie	Garner	f25-29	6	87
539	Jennie	Day	f50-54	71	279

84

491

Dunstable Road Runners

Team Score

1765

Men

No.	First Name	Surname	Age Cat		Team
677	Lee	Murphy	m30-34	20	20
610	Darren	Cornish	m45-49	31	32
623	Matt	Earles	m40-44	52	54
694	Jose	Santos	m40-44	116	130
719	Wesley	Thorne	m40-44	124	138
716	James	Young	m20-24	149	176
687	Clifford	Punter	m55-59	176	217
660	Robert	Lee	m40-44	180	225
				848	992

Women

No.	First Name	Surname	Age Cat		Team
695	Becks	Sharpe	f30-34	17	146
707	Teresa	Warren	f50-54	26	172
706	Jeannette	Walster	f50-54	42	218
688	Tara	Quinn	f40-44	53	237

138

773

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Leighton Fun Runners

Team Score

1211

Men

No.	First Name	Surname	Age Cat		Team
785	Martin	Crane	m45-49	23	23
793	Tom	Ellerton	m25-29	26	26
804	Dan	Green	m45-49	39	40
783	Tom	Clark	m25-29	48	50
776	Ian	Bisby	m45-49	71	75
802	Matthew	Gilbert	m40-44	75	79
827	Graeme	Meichtry	m40-44	99	107
817	Mark	Kleanthous	m55-59	101	109
				482	509

Women

No.	First Name	Surname	Age Cat		Team
812	Zoe	Illingworth	f45-49	14	129
853	Rosie	Booth	f40-44	16	140
808	Sam	Heady	f35-39	32	188
854	Doubeck	Levick	f40-44	57	245

119

702

North Herts Road Runners

Team Score

550

Men

No.	First Name	Surname	Age Cat		Team
1009	Edward	Price	m40-44	2	2
998	Stewart	Overton	m35-39	6	6
1049	mark	Vaughan	m45-49	9	9
885	Wayne	Bell	m40-44	10	10
1001	Nathan	Pask	m40-44	11	11
880	John	Auld	m35-39	14	14
895	Oliver	Brady	m17-19	17	17
1014	John	Rayner	m40-44	19	19
				88	88

Women

No.	First Name	Surname	Age Cat		Team
947	Katie	Harbon	f20-24	1	27
979	Astrid	mckeown	f45-49	8	103
870	Paula	Adams	f50-54	10	117
995	Lucy	O'Connor	f55-59	41	215

60

462

Northampton Road Runners

Team Score

1759

Men

No.	First Name	Surname	Age Cat		Team
1095	Matthew	Clarke	m40-44	16	16
1138	Tony	Letts	m50-54	34	35
1161	Andy	Shaw	m35-39	57	59
1117	John	Gibbins	m40-44	92	99
1159	Andrew	Rosewell	m30-34	97	105
1174	Dave	Whatton	m55-59	114	127
1181	Matt	Whitbread	m30-34	126	142
1115	Mark	Garrett	m55-59	129	145
				665	728

Women

No.	First Name	Surname	Age Cat		Team
1120	Jocelyn	Granger	f55-59	36	197
1152	Elaine	Palmer	f50-54	65	263
1171	Paula	Towers	f50-54	72	282
1151	Rachel	Palmer	f25-29	76	289

249

1031

Olney Runners

Team Score

2069

Men

No.	First Name	Surname	Age Cat		Team
1217	Chris	Dunn	m30-34	51	53
1235	Dean	Sartin	m40-44	69	73
1226	Chris	Ling	m35-39	93	100
1240	Rob	White	m45-49	123	137
1215	Stephen	Dicks	m45-49	134	152
1238	Phil	Shrimpton	m50-54	155	185
1218	Matthew	Fox	m50-54	159	191
1220	Kevin	Gardener	m60-64	173	213
				957	1104

Women

No.	First Name	Surname	Age Cat		Team
1243	Donna	Evans	f40-44	40	211
1236	Helen	Sartin	f45-49	52	236
1228	Sarah	McAuliffe	f30-34	59	253
1239	Sue	Teasdale	f55-59	66	265

217

965

3 Counties Cross Country League Results

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8-December-2019

Stopsley Striders

Team Score

1663

Men

No.	First Name	Surname	Age Cat		Team
1268	Robert	Barnes	m30-34	5	5
1288	Philip	Davies	m25-29	68	72
1299	Gez	Fallon	m45-49	73	77
1298	Martin	Fallon	m50-54	78	82
1272	Pat	Blessing	m55-59	89	96
1278	Peter	Brown	m35-39	108	118
1324	Charles	Nelis	m50-54	128	144
1337	Andy	Read	m65-69	141	162
				690	756

Women

No.	First Name	Surname	Age Cat		Team
1312	Christine	Lathwell	f40-44	3	60
1265	Karen	Ashby	f60-64	63	261
1353	Sally	Hunt	f45-49	77	290
1292	Ruth	Doyle	f50-54	82	296

225

907

Team East Haddon

Team Score

1212

Men

No.	First Name	Surname	Age Cat		Team
733	Andy	Green	m55-59	30	31
723	Chris	Bell	m50-54	41	43
735	Adrian	Homer	m45-49	42	44
756	Stuart	Wheeldon	m45-49	43	45
755	Tim	Webster	m30-34	47	49
760	Gary	Burton	m35-39	55	57
762	Oliver	Munns	m20-24	61	65
759	Adam	Wright	m40-44	79	84
				398	418

Women

No.	First Name	Surname	Age Cat		Team
747	Lindsay	Scott	f30-34	7	93
750	Liv	Thompson	f35-39	13	125
721	Sarah	Ashcroft	f30-34	46	228
	Last	Lady		123	348

189

794

Wellingborough & District AC

Team Score

970

Men

No.	First Name	Surname	Age Cat		Team
1393	Jason	French	m35-39	12	12
1431	Ben	Shirley	m40-44	29	30
1402	Jon	Kemp	m45-49	33	34
1399	Paul	Huckle	m30-34	45	47
1380	Mark	Bonham	m50-54	63	67
1389	Peter	Cowler	m40-44	64	68
1412	Neil	McDonald	m55-59	84	90
1382	Roger	Bullen	m55-59	87	94
				417	442

Women

No.	First Name	Surname	Age Cat		Team
1374	Kelly	Barnett	f25-29	4	64
1403	Louise	Kemp	f40-44	15	139
1375	Katherine	Baxter-Smith	f30-34	18	150
1419	Sarah	Nixon	f45-49	27	175

64

528

Wootton Road Runners

Team Score

1165

Men

No.	First Name	Surname	Age Cat		Team
1493	Andy	Fairley	m40-44	4	4
1479	Geoff	Bonnett	m25-29	22	22
1525	Richard	Lack	m45-49	25	25
1554	Phil	Wood	m40-44	62	66
1558	Anthony	Baross	m55-59	67	71
1537	Andrew	Myers	m35-39	104	113
1512	Graham	Hollowell	m50-54	106	115
1533	Richard	Moore	m55-59	109	119
				499	535

Women

No.	First Name	Surname	Age Cat		Team
1495	Kairit	Fitzgerald	f35-39	12	123
1514	Frances	Hooper	f40-44	23	166
1569	Laura	Lever	f30-34	24	170
1520	Gillian	Jakeman	f40-44	25	171

84

630

3 Counties Cross Country League Results

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8-December-2019

Rugby & Northampton AC

Team Score

1390

Men

No.	First Name	Surname	Age Cat		Team
1583	David	Ball	m40-44	8	8
1647	Dan	Cook	m25-29	15	15
1626	Sam	Tallett	m30-34	24	24
1615	Brendan	Moen	m50-54	35	36
1640	Joe	Egan	m30-34	40	41
1594	Steve	Dixon	m40-44	54	56
1584	Adam	Bebbington	m17-19	74	78
1593	Peter	Currington	m35-39	82	88
				332	346

Women

No.	First Name	Surname	Age Cat		Team
1646	Sophie	Wilkinson-Hargate	f45-49	20	155
1635	Catherine	Williams	f55-59	50	234
1625	Chloe	Tallett	f30-34	90	307
	Last	Lady		123	348

283

1044

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	2	151	6	114	2	155	716	871
Bedford Harriers	7	493	3	70	4	519	569	1088
Biggleswade AC	9	592	4	84	5	650	491	1141
Dunstable Road Runners	12	848	8	138	12	992	773	1765
Leighton Fun Runners	6	482	7	119	7	509	702	1211
North Herts Road Runners	1	88	1	60	1	88	462	550
Northampton Road Runners	10	665	12	249	11	728	1031	1759
Olney Runners	13	957	10	217	13	1104	965	2069
Stopsley Striders	11	690	11	225	10	756	907	1663
Team East Haddon	4	398	9	189	8	418	794	1212
Wellingborough & District AC	5	417	2	64	3	442	528	970
Wootton Road Runners	8	499	4	84	6	535	630	1165
Rugby & Northampton AC	3	332	13	283	9	346	1044	1390
Total of Scoring Men's Teams			7242		Contribution to Team Scores		42.97%	
Total of Scoring Women's Teams			9612				57.03%	