

3 Counties Cross Country League Results

Venue **Stopsley**

12-January-2025

Amphill & Flitwick Flyers

Team Score

1000

Men

	First Name	Surname	Age Cat		Team
225	Dan	Karaiskou	M30-34	7	7
230	Chris	Littlejohn	M45-49	13	13
260	Mark	Waine	M50-54	23	23
253	Terry	Stanley	M35-39	25	25
217	Callum	Harrison	M30-34	32	32
189	Andy	Bierton	M50-54	36	37
183	Roger	Ball	M50-54	44	45
187	Matt	Bell	M25-29	96	108
				276	290

Women

	First Name	Surname	Age Cat		Team
132	Jess	Anstee	F40-44	15	119
144	Kyrstin	Fairweather	F50-54	21	145
131	Jo	Aatkar	F55-59	43	214
147	Caroline	Gilby	F60-64	52	232

131

710

Bedford Harriers

Team Score

688

Men

	First Name	Surname	Age Cat		Team
405	Joseph	Leonard	M20-24	11	11
497	Kit	Dixon	M30-34	14	14
272	Isaac	Aguma	M30-34	15	15
367	Adam	Hill	M30-34	19	19
343	Daniel	Foster	M20-24	24	24
297	Ed	Castro	M35-39	29	29
427	Vittorio	Paci	M50-54	35	35
392	Timothy	Kearns	M30-34	43	44
				190	191

Women

	First Name	Surname	Age Cat		Team
457	Ellie	Sherriffs	F40-44	10	92
384	Megan	Jones	F30-34	11	98
496	Amelia	Abbott	F20-24	22	149
399	Sally	Knight	F50-54	27	158

70

497

Biggleswade AC

Team Score

1575

Men

	First Name	Surname	Age Cat		Team
545	Robert	Morgan	M45-49	38	39
551	Nicholas	Sinclair	M30-34	41	42
558	James	Watson	M35-39	100	112
533	Nick	Haworth	M45-49	104	118
521	Charlie	Arnold	M65-69	115	132
534	Giles	Hawthorne	M50-54	116	133
539	Richard	Hill	M55-59	144	176
535	Andrew	Hedley	M60-64	174	221
				832	973

Women

	First Name	Surname	Age Cat		Team
555	Emily	Varley	F30-34	2	52
540	Roxann	Holder	F30-34	18	136
544	Natalie	Morgan	F45-49	32	175
554	Louise	Thomas	F25-29	55	239

107

602

Dunstable Road Runners

Team Score

2154

Men

	First Name	Surname	Age Cat		Team
579	Jose	Santos	M45-49	64	67
603	Bryn	Thomas	M40-44	73	79
592	Nikk	Shilvock	M55-59	83	93
581	Matt	Deller	M45-49	108	125
1457	Darrel	Toledo	M35-39	120	140
611	Adam	Pinney	M65-69	164	205
1452	Sam	Roberts	M45-49	167	209
590	Robert	Lee	M45-49	204	275
				983	1193

Women

	First Name	Surname	Age Cat		Team
587	Teresa	Warren	F55-59	33	178
1458	Georgina	Marsay	F30-34	59	249
620	Madie	Moffatt	F20-24	66	264
1453	Sara	Waters	F55-59	70	270

228

961

Leighton Fun Runners

Team Score

1524

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Men

	First Name	Surname	Age Cat		Team
715	Tom	Ellerton	M30-34	63	66
689	Michael	Dudley	M35-39	65	68
706	Nicholas	Shelley	M40-44	66	69
692	Daniel	Green	M50-54	71	77
718	Scott	McKenzie	M30-34	75	81
700	Anthony	Lombardi	M40-44	80	88
720	Richard	Heady	M35-39	90	101
699	Joseph	Langdon	M45-49	97	109
				607	659

Women

	First Name	Surname	Age Cat		Team
673	Rosie	Booth	F45-49	5	75
719	Samantha	Heady	F40-44	40	201
732	Kathryn	Hilton	F35-39	82	289
672	Christine	Ayers	F70-74	89	300

216 **865**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
77	Ben	Hadman	M30-34	2	2
56	Rob	Jowett	M35-39	3	3
5	Travis	Kruger	M40-44	9	9
48	Andrew	Leach	M60-64	12	12
66	Matt	Sayers	M45-49	17	17
3	Vince	Wright	M45-49	45	46
4	Mike	Banister	M45-49	48	49
58	Steve	Mckeown	M55-59	51	53
				187	191

Women

	First Name	Surname	Age Cat		Team
17	Rhia	Botha	F35-39	4	70
14	Hannah	Ridley	F25-29	7	84
78	Tracey	Pitcairn	F40-44	12	104
13	Helen	Nuttall	F40-44	14	117

37 **375**

Team Score

566

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
942	Issac	Walter	M25-29	21	21
924	David	Ward-Stokes	M45-49	72	78
900	Dean	Shears	M45-49	110	127
927	David	Whatton	M60-64	125	146
821	Mark	Garrett	M60-64	126	147
926	Barry	Wesley	M60-64	161	200
781	David	Blackburn	M65-69	168	210
892	Steve	Prior	M60-64	173	217
				956	1146

Women

	First Name	Surname	Age Cat		Team
861	Lesley	Mahony	F50-54	58	248
883	Elaine	Palmer	F55-59	68	267
783	Vicki	Bonner	F35-39	86	296
856	Louise	Linnett	F55-59	90	302

302 **1113**

Team Score

2259

Olney Runners

Men

	First Name	Surname	Age Cat		Team
978	Chris	Ling	M40-44	16	16
1022	Thomas	Baggot	M35-39	42	43
975	Andrew	Jones	M55-59	84	94
1020	Terry	O'Cleirigh	M60-64	85	95
1018	Steve	Dicks	M50-54	91	102
995	Jonathan	Goodman	M35-39	95	107
1013	Richard	Nicholson	M45-49	105	120
985	David	Shakespeare	M55-59	124	144
				642	721

Women

	First Name	Surname	Age Cat		Team
1024	Katie	Godof	F45-49	1	36
1005	Mary	Jones	F50-54	19	138
1015	Sarah	McAuliffe	F35-39	20	139
1037	Henny	Keppel	F45-49	23	150

63 **463**

Team Score

1184

Stopsley Striders

Men

	First Name	Surname	Age Cat		Team
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Women

	First Name	Surname	Age Cat		Team
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Team Score

1135

3 Counties Cross Country League Results

Venue		Stopsley				12-January-2025						
1045	Rob	Barnes	M35-39	8	8		1072	Christine	Lathwell	F45-49	3	61
1083	Tom	Rankin	M25-29	27	27		1051	Heather	Chandler	F50-54	24	151
1080	Ryan	Parsons	M25-29	37	38		1089	Jamila	Salam	F35-39	36	184
1056	Ellie	Davies	M30-34	57	59		1073	Miriam	Linforth	F40-44	51	231
1098	Kallum	Wright	M30-34	70	74							
1042	Paul	Abrahams	M45-49	81	90							
1061	Gez	Fallon	M50-54	88	99							
1047	Nick	Betts	M45-49	101	113							
				469	508					114	627	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1148	Stirling	Green	M17-19	10	10
1141	Pete	DeBoo	M30-34	33	33
1150	Simon	Smith	M30-34	34	34
1147	Andy	Green	M60-64	39	40
1149	Richard	Cressey	M45-49	49	50
1153	Jonathan	Prince	M30-34	50	51
1151	Tom	Brennan	M35-39	61	64
1162	Andrew	Verra	M35-39	82	91
				358	373

Team Score	1295
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Women					
	First Name	Surname	Age Cat		Team
1165	Gemma	Threlfall	F25-29	8	86
1157	Gemma	McRae	F35-39	50	229
1154	Katharine	Prince	F30-34	57	244
1143	Sharon	Packer	F55-59	137	363
				252	922

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1227	Joe	Able	M25-29	1	1
1211	John	Wayland	M45-49	6	6
1199	Ed	Norris	M35-39	18	18
1213	Paul	Huckle	M35-39	22	22
1215	Jon	Kemp	M50-54	52	54
1203	Mark	Bonham	M55-59	60	63
1226	Robin	Sturman-Coombs	M40-44	67	71
1198	Greg	Haywood	M45-49	99	111
				325	346

Team Score	1178
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Women					
	First Name	Surname	Age Cat		Team
1216	Louise	Kemp	F45-49	16	122
1245	Paula	Faller	F40-44	26	157
1238	Paula	Thomas	F45-49	72	276
1196	Mary	Pearson	F35-39	73	277
				187	832

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1306	Nicholas	Ost	M35-39	4	4
1282	Andy	Fairley	M45-49	5	5
1285	Richard	Lack	M50-54	40	41
1284	Thomas	Lack	M20-24	46	47
1305	Philip	Wood	M45-49	77	83
1322	Oliver	Spicer	M40-44	86	96
1290	David	Parkin	M60-64	94	106
1293	Richard	Moore	M60-64	98	110
				450	492

Team Score	1487
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Women					
	First Name	Surname	Age Cat		Team
1289	Caroline	Parkin	F60-64	35	183
1298	Deana	Lenton	F55-59	60	252
1301	Harriet	Warden	F20-24	69	268
1312	Kim	Pusey	F50-54	83	292
				247	995

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1383	Richard	Francis	M40-44	20	20
1374	Dave	Conway	M40-44	30	30

Team Score	976
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Women					
	First Name	Surname	Age Cat		Team
1387	Jo	Harris	F40-44	6	76
1389	Lorna	Hession	F40-44	9	89

3 Counties Cross Country League Results

Venue						Stopsley		12-January-2025					
1432	Joe	Musgrove	M20-24	47	48		1426	Sophie	Wilkinson-Hargate	F50-54	13	115	
1410	Richard	Owen	M45-49	53	55		1409	Lyndsey	Owen	F45-49	28	160	
1379	Steve	Dixon	M45-49	54	56								
1411	Nigel	Roberts	M50-54	79	87								
1435	Kevin	Mchlouglin	M45-49	102	114								
1366	Vince	Carroll	M55-59	109	126								
				494	536							56	440

Dunstable Lions

Team Score	1264
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Men

	First Name	Surname	Age Cat		Team
626	Gabriel	Popescu	M40-44	26	26
1471	Sam	Mead	M20-24	28	28
624	Darren	Cornish	M50-54	31	31
638	Russell	Mead	M50-54	62	65
660	Lee	Hayward	M45-49	68	72
636	Wesley	Thorne	M45-49	76	82
654	Joshua	Brown	M17-19	87	97
637	Andy	Smith	M55-59	111	128
				489	529

Women

	First Name	Surname	Age Cat		Team
640	Emily	Gibbons	F40-44	17	124
666	Katy	Ludwell	F40-44	37	192
665	Anouska	Harrison	F45-49	39	199
1473	Martina	McIntyre	F55-59	47	220
				140	735

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	3	276	7	131	4	290	710	1000
Bedford Harriers	2	190	4	70	2	191	497	688
Biggleswade AC	12	832	5	107	12	973	602	1575
Dunstable Road Runners	14	983	11	228	13	1193	961	2154
Leighton Fun Runners	10	607	10	216	11	659	865	1524
North Herts Road Runners	1	187	1	37	1	191	375	566
Northampton Road Runners	13	956	14	302	14	1146	1113	2259
Olney Runners	11	642	3	63	7	721	463	1184
Stopsley Striders	7	469	6	114	5	508	627	1135
Northants Tri	5	358	13	252	9	373	922	1295
Wellingborough & District AC	4	325	9	187	6	346	832	1178
Wootton Road Runners	6	450	12	247	10	492	995	1487
Rugby & Northampton AC	9	494	2	56	3	536	440	976
Dunstable Lions	8	489	8	140	8	529	735	1264
Total of Scoring Men's Teams			8148		Contribution to Team Scores		44.56%	
Total of Scoring Women's Teams			10137				55.44%	