

3 Counties Cross Country League Results

After 4 Events

Open Men

2-February-2025

	First Name	Surname	Club	Age Cat	Well'boro	North Herts	Stopsley	Leighton	Wootton	Pos	Races	Score
56	Rob	Jowett	North Herts Road Runners	35-39	2	3	3			1	3	8
1227	Joe	Able	Wellingborough & District AC	25-29	5	7	1	2		1	4	8
1306	Nicholas	Ost	Wootton Road Runners	35-39	8	4	4	3		3	4	11
1282	Andy	Fairley	Wootton Road Runners	45-49	7	5	5	4		4	4	14
225	Dan	Karaiskou	Amphill & Flitwick Flyers	30-34	4	8	7	9		5	4	19
1211	John	Wayland	Wellingborough & District AC	45-49	9		6	7		6	3	22
1045	Rob	Barnes	Stopsley Striders	35-39		10	8	5		7	3	23
5	Travis	Kruger	North Herts Road Runners	40-44	11	11	9	6		8	4	26
405	Joseph	Leonard	Bedford Harriers	20-24		15	11	8		9	3	34
1383	Richard	Francis	Rugby & Northampton AC	40-44	15	13	20	15		10	4	43
978	Chris	Ling	Olney Runners	40-44		14	16	13		10	3	43
497	Kit	Dixon	Bedford Harriers	30-34	38	22	14	14		12	4	50
66	Matt	Sayers	North Herts Road Runners	45-49	21	20	17	16		13	4	53
343	Daniel	Foster	Bedford Harriers	20-24	16	18	24			14	3	58
260	Mark	Waine	Amphill & Flitwick Flyers	50-54		17	23	19		15	3	59
367	Adam	Hill	Bedford Harriers	30-34		24	19	18		16	3	61
381	Phill	Jamieson	Bedford Harriers	40-44	18	19		25		17	3	62
491	Danny	Winn	Bedford Harriers	40-44	14	26		29		18	3	69
1199	Ed	Norris	Wellingborough & District AC	35-39	25	30	18	38		19	4	73
1083	Tom	Rankin	Stopsley Striders	25-29	20	28	27	28		20	4	75
272	Isaac	Aguma	Bedford Harriers	30-34	12		15	49		21	3	76
217	Callum	Harrison	Amphill & Flitwick Flyers	30-34	35	25	32	23		22	4	80
253	Terry	Stanley	Amphill & Flitwick Flyers	35-39	36		25	24		23	3	85
1374	Dave	Conway	Rugby & Northampton AC	40-44	31	27	30			24	3	88
850	Tony	Letts	Northampton Road Runners	55-59	24	33		31		24	3	88
3	Vince	Wright	North Herts Road Runners	45-49	27	41	45	26		26	4	94
551	Nicholas	Sinclair	Biggleswade AC	30-34	37	32	41	32		27	4	101
624	Darren	Cornish	Dunstable Lions	50-54	32	42	31	41		28	4	104
427	Vittorio	Paci	Bedford Harriers	50-54	30	40	35	76		29	4	105
1215	Jon	Kemp	Wellingborough & District AC	50-54	41	31	52	33		29	4	105
1141	Pete	DeBoo	Northants Tri	30-34		34	33	39		31	3	106
189	Andy	Bierton	Amphill & Flitwick Flyers	50-54	39	35	36	36		32	4	107
1432	Joe	Musgrove	Rugby & Northampton AC	20-24	40	39	47	35		33	4	114
545	Robert	Morgan	Biggleswade AC	45-49	29	47	38			33	3	114
1022	Thomas	Baggot	Olney Runners	35-39	33		42	42		35	3	117
1285	Richard	Lack	Wootton Road Runners	50-54	42	59	40	37		36	4	119
20	Ian	Datlen	North Herts Road Runners	50-54	34		55	30		36	3	119
1147	Andy	Green	Northants Tri	60-64		36	39	50		38	3	125
1080	Ryan	Parsons	Stopsley Striders	25-29	51	51	37	45		39	4	133
183	Roger	Ball	Amphill & Flitwick Flyers	50-54	43	49	44			40	3	136

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After 4 Events

Open Women

2-February-2025

	First Name	Surname	Club	Age Cat	Well'boro	North Herts	Stopsley	Leighton	Wootton	Pos	Races	Score
1024	Katie	Godof	Olney Runners	45-49	2		1	1		1	3	4
555	Emily	Varley	Biggleswade AC	30-34	1		2	2		2	3	5
1072	Christine	Lathwell	Stopsley Striders	45-49	3		3	3		3	3	9
673	Rosie	Booth	Leighton Fun Runners	45-49	6	1	5	5		4	4	11
1387	Jo	Harris	Rugby & Northampton AC	40-44	5	2	6	8		5	4	13
14	Hannah	Ridley	North Herts Road Runners	25-29	9	4	7	7		6	4	18
1388	Katerina	Hemmington	Rugby & Northampton AC	40-44	12	8		4		7	3	24
457	Ellie	Sherriffs	Bedford Harriers	40-44	10	7	10			8	3	27
640	Emily	Gibbons	Dunstable Lions	40-44	7	3	17			8	3	27
1165	Gemma	Threlfall	Northants Tri	25-29	11	12	8			10	3	31
384	Megan	Jones	Bedford Harriers	30-34	14	9	11			11	3	34
1216	Louise	Kemp	Wellingborough & District AC	45-49	18	13	16	10		12	4	39
144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	21	14	21	15		13	4	50
1005	Mary	Jones	Olney Runners	50-54	25	19	19	17		14	4	55
399	Sally	Knight	Bedford Harriers	50-54		17	27	11		14	3	55
540	Roxann	Holder	Biggleswade AC	30-34	22	26	18	19		16	4	59
496	Amelia	Abbott	Bedford Harriers	20-24		24	22	13		16	3	59
1051	Heather	Chandler	Stopsley Striders	50-54	23	18	24	23		18	4	64
1015	Sarah	McAuliffe	Olney Runners	35-39		35	20	12		19	3	67
1245	Paula	Faller	Wellingborough & District AC	40-44	29	42	26	20		20	4	75
544	Natalie	Morgan	Biggleswade AC	45-49		27	32	16		20	3	75
587	Teresa	Warren	Dunstable Road Runners	55-59		28	33	18		22	3	79
426	Lauren	Owens	Bedford Harriers	35-39	28	37	31	21		23	4	80
361	Nora	Haggart	Bedford Harriers	65-69	32	25	34	24		24	4	81
9	Natalie	Phillips	North Herts Road Runners	40-44	36	29	30	26		25	4	85
1289	Caroline	Parkin	Wootton Road Runners	60-64	41	38	35	22		26	4	95
338	Olivia	Flemons	Bedford Harriers	25-29	27		46	28		27	3	101
131	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	44	36	43	25		28	4	104
719	Samantha	Heady	Leighton Fun Runners	40-44	48	46	40	27		29	4	113
337	Debi	Fisher	Bedford Harriers	30-34	47	40	41	34		30	4	115
1089	Jamila	Salam	Stopsley Striders	35-39	60	53	36	33		31	4	122
155	Theresa	Jackson	Amphill & Flitwick Flyers	50-54		41	53	32		32	3	126
1371	Hayley	Clarke	Rugby & Northampton AC	45-49	55		44	30		33	3	129
1369	Minerva	Chesser	Rugby & Northampton AC	50-54	50	47	45	38		34	4	130
1073	Miriam	Linforth	Stopsley Striders	40-44	71	49	51	37		35	4	137
1021	Therese	O'Riordan	Olney Runners	45-49	64	48	48	44		36	4	140
22	Lucy	O'Connor	North Herts Road Runners	60-64		56	54	35		37	3	145
554	Louise	Thomas	Biggleswade AC	25-29		52	55	43		38	3	150
1157	Gemma	McRae	Northants Tri	35-39	58	58	50			39	3	166
1065	Helen	Harris	Stopsley Striders	55-59	83	64	65	39		40	4	168

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Men By Age Category

2-February-2025

	First Name	Surname	Club	Age Cat	Well'boro	North Herts	Stopsley	Leighton	Wootton	Pos	Races	Score	Open
				17-19						1			
				17-19						2			
				17-19						3			
405	Joseph	Leonard	Bedford Harriers	20-24		1	1	1		1	3	3	34
343	Daniel	Foster	Bedford Harriers	20-24	1	2	2			2	3	5	58
1432	Joe	Musgrove	Rugby & Northampton AC	20-24	2	4	5	2		3	4	8	114
1083	Tom	Rankin	Stopsley Striders	25-29	2	3	3	3		1	4	8	75
1080	Ryan	Parsons	Stopsley Striders	25-29	3	4	4	4		2	4	11	133
185	Ed	Bell	Amphill & Flitwick Flyers	25-29	6	5	6			3	3	17	448
225	Dan	Karaiskou	Amphill & Flitwick Flyers	30-34	3	2	2	2		1	4	6	19
497	Kit	Dixon	Bedford Harriers	30-34	7	4	3	3		2	4	10	50
367	Adam	Hill	Bedford Harriers	30-34		5	5	5		3	3	15	61
1045	Rob	Barnes	Stopsley Striders	35-39		3	3	2		1	3	8	23
1199	Ed	Norris	Wellingborough & District AC	35-39	4	4	4	6		2	4	12	73
253	Terry	Stanley	Amphill & Flitwick Flyers	35-39	7		6	5		3	3	18	85
5	Travis	Kruger	North Herts Road Runners	40-44	2	2	1	1		1	4	4	26
978	Chris	Ling	Olney Runners	40-44		4	2	4		2	3	10	43
1383	Richard	Francis	Rugby & Northampton AC	40-44	5	3	3	5		3	4	11	43
1282	Andy	Fairley	Wootton Road Runners	45-49	1	1	1	1		1	4	3	14
1211	John	Wayland	Wellingborough & District AC	45-49	2		2	2		2	3	6	22
66	Matt	Sayers	North Herts Road Runners	45-49	3	2	4	3		3	4	8	53
260	Mark	Waine	Amphill & Flitwick Flyers	50-54		1	1	1		1	3	3	59
427	Vittorio	Paci	Bedford Harriers	50-54	1	4	3	11		2	4	8	105
624	Darren	Cornish	Dunstable Lions	50-54	2	5	2	6		3	4	9	104
850	Tony	Letts	Northampton Road Runners	55-59	2	1		1		1	3	4	88
58	Steve	Mckeown	North Herts Road Runners	55-59	3	3	1	3		2	4	7	145
34	Michael	Over	North Herts Road Runners	55-59	5	4	2	4		3	4	10	166
1147	Andy	Green	Northants Tri	60-64		2	2	1		1	3	5	125
1290	David	Parkin	Wootton Road Runners	60-64	4		5	2		2	3	11	282
45	Pete	Sibbett	North Herts Road Runners	60-64	3	7	4	4		3	4	11	284
1222	Chris	Norris	Wellingborough & District AC	65-69	1	1		2		1	3	4	344
484	Huafu	Wang	Bedford Harriers	65-69	4	6		5		2	3	15	482
781	David	Blackburn	Northampton Road Runners	65-69	2	9	8	7		3	4	17	472
326	Frank	Esaw	Bedford Harriers	70-74	1	1		1		1	3	3	485
530	Ian	Grimwood	Biggleswade AC	70-74	2	2	1			2	3	5	576
1064	Richard	Hardy	Stopsley Striders	70-74	3	3	4	3		3	4	9	561
				75-99						1			
				75-99						2			
				75-99						3			

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After 4 Events

Women By Age Category

2-February-2025

	First Name	Surname	Club	Age Cat	Well'boro	North Herts	Stopsley	Leighton	Wootton	Pos	Races	Score	Open
				17-19						1			
				17-19						2			
				17-19						3			
496	Amelia	Abbott	Bedford Harriers	20-24		1	1	1		1	3	3	59
				20-24						2			
				20-24						3			
14	Hannah	Ridley	North Herts Road Runners	25-29	1	1	1	1		1	4	3	18
1165	Gemma	Threlfall	Northants Tri	25-29	2	2	2			2	3	6	31
338	Olivia	Flemons	Bedford Harriers	25-29	4		3	2		3	3	9	101
384	Megan	Jones	Bedford Harriers	30-34	2	1	2			1	3	5	34
540	Roxann	Holder	Biggleswade AC	30-34	3	3	3	2		2	4	8	59
337	Debi	Fisher	Bedford Harriers	30-34	5	4	4	3		3	4	11	115
1015	Sarah	McAuliffe	Olney Runners	35-39		2	2	2		1	3	6	67
426	Lauren	Owens	Bedford Harriers	35-39	3	3	3	3		2	4	9	80
1089	Jamila	Salam	Stopsley Striders	35-39	7	6	4	4		3	4	14	122
1387	Jo	Harris	Rugby & Northampton AC	40-44	1	1	1	2		1	4	3	13
1388	Katerina	Hemmington	Rugby & Northampton AC	40-44	5	5		1		2	3	11	24
457	Ellie	Sherriffs	Bedford Harriers	40-44	4	4	3			3	3	11	27
673	Rosie	Booth	Leighton Fun Runners	45-49	3	1	3	3		1	4	7	11
1216	Louise	Kemp	Wellingborough & District AC	45-49	4	3	4	4		2	4	11	39
544	Natalie	Morgan	Biggleswade AC	45-49		5	8	5		3	3	18	75
144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	2	1	3	3		1	4	6	50
1005	Mary	Jones	Olney Runners	50-54	4	6	2	4		2	4	10	55
399	Sally	Knight	Bedford Harriers	50-54		4	5	2		3	3	11	55
587	Teresa	Warren	Dunstable Road Runners	55-59		1	2	2		1	3	5	79
131	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	2	3	4	3		2	4	8	104
1065	Helen	Harris	Stopsley Striders	55-59	6	5	8	4		3	4	15	168
1289	Caroline	Parkin	Wootton Road Runners	60-64	1	2	1	1		1	4	3	95
22	Lucy	O'Connor	North Herts Road Runners	60-64		4	4	2		2	3	10	145
394	Viv	Kilgour	Bedford Harriers	60-64	3	5		4		3	3	12	176
361	Nora	Haggart	Bedford Harriers	65-69	1	1	1	1		1	4	3	81
347	Amanda	Friman	Bedford Harriers	65-69	2	2	2			2	3	6	232
				65-69						3			
672	Christine	Ayers	Leighton Fun Runners	70-74	1	1	1	1		1	4	3	234
679	Janet	Langdon	Leighton Fun Runners	70-74	2	2	2	2		2	4	6	280
1247	Sally	Hewitt	Wellingborough & District AC	70-74	3	3	3			3	3	9	390
1375	Angela	Copson	Rugby & Northampton AC	75-99		1	1	1		1	3	3	203
				75-99						2			
				75-99						3			