

3 Counties Cross Country League Results

Venue		Leighton		2-February-2025				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	Points
1	77	Ben	Hadman	North Herts Road Runners	M30-34	1	1	1	1
2	1227	Joe	Able	Wellingborough & District AC	M25-29	2	2	2	1
3	1306	Nicholas	Ost	Wootton Road Runners	M35-39	3	3	3	1
4	1282	Andy	Fairley	Wootton Road Runners	M45-49	4	4	4	1
5	1045	Rob	Barnes	Stopsley Striders	M35-39	5	5	5	2
6	5	Travis	Kruger	North Herts Road Runners	M40-44	6	6	6	1
7	1211	John	Wayland	Wellingborough & District AC	M45-49	7	7	7	2
8	405	Joseph	Leonard	Bedford Harriers	M20-24	8	8	8	1
9	225	Dan	Karaiskou	Amphill & Flitwick Flyers	M30-34	9	9	9	2
10	375	Steve	Horton	Bedford Harriers	M40-44	10	10	10	2
11	1367	Danny	Carter	Rugby & Northampton AC	M17-19	11	11	11	1
12	88	Darren	Sunter	North Herts Road Runners	M40-44	12	12	12	3
13	978	Chris	Ling	Olney Runners	M40-44	13	13	13	4
14	497	Kit	Dixon	Bedford Harriers	M30-34	14	14	14	3
15	1383	Richard	Francis	Rugby & Northampton AC	M40-44	15	15	15	5
16	66	Matt	Sayers	North Herts Road Runners	M45-49	16	16	16	3
17	100	James	Warner-Smith	North Herts Road Runners	M30-34	17	17	17	4
18	367	Adam	Hill	Bedford Harriers	M30-34	18	18	18	5
19	260	Mark	Waine	Amphill & Flitwick Flyers	M50-54	19	19	19	1
20	505	Luke	Ablard	Bedford Harriers	M35-39	20	20	20	3
21	297	Ed	Castro	Bedford Harriers	M35-39	21	21	21	4
22	942	Issac	Walter	Northampton Road Runners	M25-29	22	22	22	2
23	217	Callum	Harrison	Amphill & Flitwick Flyers	M30-34	23	23	23	6
24	253	Terry	Stanley	Amphill & Flitwick Flyers	M35-39	24	24	24	5
25	381	Phill	Jamieson	Bedford Harriers	M40-44	25	25	25	6
26	3	Vince	Wright	North Herts Road Runners	M45-49	26	26	26	4
27	19	Shahab	Ahmad	North Herts Road Runners	M40-44	27	27	27	7
28	1083	Tom	Rankin	Stopsley Striders	M25-29	28	28	28	3
29	491	Danny	Winn	Bedford Harriers	M40-44	29	29	29	8
30	20	Ian	Datlen	North Herts Road Runners	M50-54	30	30	30	2
31	850	Tony	Letts	Northampton Road Runners	M55-59	31	31	31	1
32	551	Nicholas	Sinclair	Biggleswade AC	M30-34	32	32	32	7
33	1215	Jon	Kemp	Wellingborough & District AC	M50-54	33	33	33	3
34	1210	Jason	French	Wellingborough & District AC	M40-44	34	34	34	9
35	1432	Joe	Musgrove	Rugby & Northampton AC	M20-24	35	35	35	2
36	189	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	36	36	36	4
37	1285	Richard	Lack	Wootton Road Runners	M50-54	37	37	37	5
38	1199	Ed	Norris	Wellingborough & District AC	M35-39	38	38	38	6
39	1141	Pete	DeBoo	Northants Tri	M30-34	39	39	39	8
40	1406	Brendan	Moen	Rugby & Northampton AC	M55-59	40	40	40	2
41	624	Darren	Cornish	Dunstable Lions	M50-54	41	41	41	6
42	1024	Katie	Godof	Olney Runners	F45-49	1	42	42	1
43	1022	Thomas	Baggot	Olney Runners	M35-39	42	43	43	7
44	1379	Steve	Dixon	Rugby & Northampton AC	M45-49	43	44	44	5
45	636	Wesley	Thorne	Dunstable Lions	M45-49	44	45	45	6
46	1080	Ryan	Parsons	Stopsley Striders	M25-29	45	46	46	4
47	392	Timothy	Kearns	Bedford Harriers	M30-34	46	47	47	9
48	91	James	Keogh	North Herts Road Runners	M45-49	47	48	48	7
49	58	Steve	McKeown	North Herts Road Runners	M55-59	48	49	49	3
50	272	Isaac	Aguma	Bedford Harriers	M30-34	49	50	50	10
51	1147	Andy	Green	Northants Tri	M60-64	50	51	51	1
52	555	Emily	Varley	Biggleswade AC	F30-34	2	52	52	1
53	34	Michael	Over	North Herts Road Runners	M55-59	51	53	53	4
54	579	Jose	Santos	Dunstable Road Runners	M45-49	52	54	54	8
55	718	Scott	McKenzie	Leighton Fun Runners	M30-34	53	55	55	11
56	1153	Jonathan	Prince	Northants Tri	M30-34	54	56	56	12
57	1072	Christine	Lathwell	Stopsley Striders	F45-49	3	57	57	2
58	715	Tom	Ellerton	Leighton Fun Runners	M30-34	55	58	58	13
59	720	Richard	Heady	Leighton Fun Runners	M35-39	56	59	59	8

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Pos.		First Name	Surname	Club	Category	Points		Points	Points
60	975	Andrew	Jones	Olney Runners	M55-59	57		60	5
61	18	David	Edwards	North Herts Road Runners	M45-49	58		61	9
62	370	Chris	Hoare	Bedford Harriers	M40-44	59		62	10
63	290	Adam	Broadbent	Bedford Harriers	M40-44	60		63	11
64	514	Owen	Hicks	Bedford Harriers	M20-24	61		64	3
65	1388	Katerina	Hemmington	Rugby & Northampton AC	F40-44	4		65	1
66	603	Bryn	Thomas	Dunstable Road Runners	M40-44	62		66	12
67	1284	Thomas	Lack	Wootton Road Runners	M20-24	63		67	4
68	1018	Steve	Dicks	Olney Runners	M50-54	64		68	7
69	673	Rosie	Booth	Leighton Fun Runners	F45-49	5		69	3
70	218	Ross	Henson	Amphill & Flitwick Flyers	M45-49	65		70	10
71	1226	Robin	Sturman-Coombs	Wellingborough & District AC	M40-44	66		71	13
72	1056	Ellie	Davies	Stopsley Striders	M30-34	67		72	14
73	1026	Anthony	O'Neil	Olney Runners	M45-49	68		73	11
74	1411	Nigel	Roberts	Rugby & Northampton AC	M50-54	69		74	8
75	1290	David	Parkin	Wootton Road Runners	M60-64	70		75	2
76	558	James	Watson	Biggleswade AC	M35-39	71		76	9
77	356	James	Goodman	Bedford Harriers	M40-44	72		77	14
78	692	Daniel	Green	Leighton Fun Runners	M50-54	73		78	9
79	1098	Kallum	Wright	Stopsley Striders	M30-34	74		79	15
80	1061	Gez	Fallon	Stopsley Striders	M50-54	75		80	10
81	427	Vittorio	Paci	Bedford Harriers	M50-54	76		81	11
82	660	Lee	Hayward	Dunstable Lions	M45-49	77		82	12
83	17	Rhia	Botha	North Herts Road Runners	F35-39	6		83	1
84	717	Mark	Kleanthous	Leighton Fun Runners	M60-64	78		84	3
85	924	David	Ward-Stokes	Northampton Road Runners	M45-49	79		85	13
86	14	Hannah	Ridley	North Herts Road Runners	F25-29	7		86	1
87	1162	Andrew	Verra	Northants Tri	M35-39	80		87	10
88	1387	Jo	Harris	Rugby & Northampton AC	F40-44	8		88	2
89	1208	Adrian	King	Wellingborough & District AC	M55-59	81		89	6
90	45	Pete	Sibbett	North Herts Road Runners	M60-64	82		90	4
91	400	Stuart	Knight	Bedford Harriers	M55-59	83		91	7
92	592	Nikk	Shillock	Dunstable Road Runners	M55-59	84		92	8
93	1255	Colin	Smith	Wellingborough & District AC	M40-44	85		93	15
94	1305	Philip	Wood	Wootton Road Runners	M45-49	86		94	14
95	1283	Niall	Gardiner	Wootton Road Runners	M45-49	87		95	15
96	1042	Paul	Abrahams	Stopsley Striders	M45-49	88		96	16
97	995	Jonathan	Goodman	Olney Runners	M35-39	89		97	11
98	1426	Sophie	Wilkinson-Hargate	Rugby & Northampton AC	F50-54	9		98	1
99	1366	Vince	Carroll	Rugby & Northampton AC	M55-59	90		99	9
100	1216	Louise	Kemp	Wellingborough & District AC	F45-49	10		100	4
101	832	Robert	Hemingway	Northampton Road Runners	M40-44	91		101	16
102	900	Dean	Shears	Northampton Road Runners	M45-49	92		102	17
103	581	Matt	Deller	Dunstable Road Runners	M45-49	93		103	18
104	1457	Darrel	Toledo	Dunstable Road Runners	M35-39	94		104	12
105	10	Mike	Phillips	North Herts Road Runners	M40-44	95		105	17
106	1013	Richard	Nicholson	Olney Runners	M45-49	96		106	19
107	1039	Mike	Sutliff	Olney Runners	M45-49	97		107	20
108	699	Joseph	Langdon	Leighton Fun Runners	M45-49	98		108	21
109	534	Giles	Hawthorne	Biggleswade AC	M50-54	99		109	12
110	1413	Laurence	Scott	Rugby & Northampton AC	M60-64	100		110	5
111	1111	John	Chapman	Stopsley Striders	M65-69	101		111	1
112	363	James	Harvey	Bedford Harriers	M40-44	102		112	18
113	1054	Thomas	Darby	Stopsley Striders	M45-49	103		113	22
114	1440	Qinghao	Liu	Rugby & Northampton AC	m25-29	104		114	5
115	1052	Steve	Close	Stopsley Striders	M50-54	105		115	13
116	1203	Mark	Bonham	Wellingborough & District AC	M55-59	106		116	10
117	985	David	Shakespeare	Olney Runners	M55-59	107		117	11
118	399	Sally	Knight	Bedford Harriers	F50-54	11		118	2

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Pos.		First Name	Surname	Club	Category		
119	927	David	Whatton	Northampton Road Runners	M60-64	108	6
120	1160	Keith	Brooks	Northants Tri	M45-49	109	23
121	1222	Chris	Norris	Wellingborough & District AC	M65-69	110	2
122	1015	Sarah	McAuliffe	Olney Runners	F35-39	12	2
123	496	Amelia	Abbott	Bedford Harriers	F20-24	13	1
124	49	Paula	Adams	North Herts Road Runners	F55-59	14	1
125	637	Andy	Smith	Dunstable Lions	M55-59	111	12
126	144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	F50-54	15	3
127	544	Natalie	Morgan	Biggleswade AC	F45-49	16	5
128	40	John	Auld	North Herts Road Runners	M40-44	112	19
129	1005	Mary	Jones	Olney Runners	F50-54	17	4
130	1097	Paul	Whitford	Stopsley Striders	M55-59	113	13
131	646	Cahal	McConville	Dunstable Lions	M55-59	114	14
132	587	Teresa	Warren	Dunstable Road Runners	F55-59	18	2
133	1159	Gary	Lane	Northants Tri	M60-64	115	7
134	540	Roxann	Holder	Biggleswade AC	F30-34	19	2
135	417	Andrew	Monteith	Bedford Harriers	M50-54	116	14
136	521	Charlie	Arnold	Biggleswade AC	M65-69	117	3
137	549	Damien	Pitts	Biggleswade AC	M40-44	118	20
138	1254	Ivan	Layzell	Wellingborough & District AC	M55-59	119	15
139	695	Christopher	Heale	Leighton Fun Runners	M20-24	120	5
140	1245	Paula	Faller	Wellingborough & District AC	F40-44	20	3
141	426	Lauren	Owens	Bedford Harriers	F35-39	21	3
142	629	Mark	Cornell	Dunstable Lions	M60-64	121	8
143	1289	Caroline	Parkin	Wootton Road Runners	F60-64	22	1
144	1455	Niall	Smith	Dunstable Road Runners	M30-34	122	16
145	182	Andy	Atherton	Amphill & Flitwick Flyers	M60-64	123	9
146	452	Nick	Sandle	Bedford Harriers	M55-59	124	16
147	6	James	Walsh	North Herts Road Runners	M55-59	125	17
148	1051	Heather	Chandler	Stopsley Striders	F50-54	23	5
149	361	Nora	Haggart	Bedford Harriers	F65-69	24	1
150	131	Jo	Aatkar	Amphill & Flitwick Flyers	F55-59	25	3
151	294	Gary	Butler	Bedford Harriers	M55-59	126	18
152	280	Mourad	Ben-Taieb	Bedford Harriers	M65-69	127	4
153	215	Robert	Hardwick	Amphill & Flitwick Flyers	M40-44	128	21
154	9	Natalie	Phillips	North Herts Road Runners	F40-44	26	4
155	719	Samantha	Heady	Leighton Fun Runners	F40-44	27	5
156	484	Huafu	Wang	Bedford Harriers	M65-69	129	5
157	513	Jonathan	Balaam	Bedford Harriers	M50-54	130	15
158	289	Paul	Britton	Bedford Harriers	M35-39	131	13
159	1407	Richard	Monk	Rugby & Northampton AC	M65-69	132	6
160	338	Olivia	Flemons	Bedford Harriers	F25-29	28	2
161	712	William	Langdon	Leighton Fun Runners	M40-44	133	22
162	315	Nick	Cross	Bedford Harriers	M60-64	134	10
163	1037	Henny	Keppel	Olney Runners	F45-49	29	6
164	368	Richard	Hill	Bedford Harriers	M60-64	135	11
165	1371	Hayley	Clarke	Rugby & Northampton AC	F45-49	30	7
166	668	Simon	Howes	Dunstable Lions	M50-54	136	16
167	190	Mark	Billington	Amphill & Flitwick Flyers	M60-64	137	12
168	326	Frank	Esaw	Bedford Harriers	M70-74	138	1
169	369	Adam	Hills	Bedford Harriers	M45-49	139	24
170	781	David	Blackburn	Northampton Road Runners	M65-69	140	7
171	1071	Danny	Kelly	Stopsley Striders	M60-64	141	13
172	1441	Daisy	Melville	Rugby & Northampton AC	f45-49	31	8
173	302	Mark	Clements	Bedford Harriers	M40-44	142	23
174	155	Theresa	Jackson	Amphill & Flitwick Flyers	F50-54	32	6
175	1089	Jamila	Salam	Stopsley Striders	F35-39	33	4
176	337	Debi	Fisher	Bedford Harriers	F30-34	34	3
177	467	Stuart	Snelson	Bedford Harriers	M45-49	143	25

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178	1239	James	Terry	Wellingborough & District AC	M50-54	144	178
179	696	Alan	Hines	Leighton Fun Runners	M45-49	145	179
180	537	Stuart	Highland	Biggleswade AC	M50-54	146	180
181	458	Graham	Short	Bedford Harriers	M65-69	147	181
182	22	Lucy	O'Connor	North Herts Road Runners	F60-64	35	182
183	1084	Stewart	Read	Stopsley Striders	M50-54	148	183
184	86	Richard	Harbon	North Herts Road Runners	M60-64	149	184
185	1194	Marc	Sanderson	Wellingborough & District AC	M45-49	150	185
186	738	Bethan	Warren	Leighton Fun Runners	F30-34-Guest		4
187	1073	Miriam	Linforth	Stopsley Striders	F40-44	36	186
188	1369	Minerva	Chesser	Rugby & Northampton AC	F50-54	37	187
189	1065	Helen	Harris	Stopsley Striders	F55-59	38	188
190	732	Kathryn	Hilton	Leighton Fun Runners	F35-39	39	189
191	713	Paul	Atkinson	Leighton Fun Runners	M65-69	151	190
192	979	Christopher	Barnes	Olney Runners	M55-59	152	191
193	269	Chris	Liston	Amptill & Flitwick Flyers	M40-44	153	192
194	101	Anna	Gibson	North Herts Road Runners	F35-39	40	193
195	535	Andrew	Hedley	Biggleswade AC	M60-64	154	194
196	1059	Andrew	Durrant	Stopsley Striders	M65-69	155	195
197	590	Robert	Lee	Dunstable Road Runners	M45-49	156	196
198	279	Richard	Beard	Bedford Harriers	M70-74	157	197
199	664	Timothy	Chute	Dunstable Lions	M30-34	158	198
200	277	Tony	Barnes	Bedford Harriers	M60-64	159	199
201	1238	Paula	Thomas	Wellingborough & District AC	F45-49	41	200
202	554	Louise	Thomas	Biggleswade AC	F25-29	42	201
203	411	Rob	McCaffray	Bedford Harriers	M55-59	160	202
204	1064	Richard	Hardy	Stopsley Striders	M70-74	161	203
205	388	Tony	Jones	Bedford Harriers	M60-64	162	204
206	1021	Therese	O'Riordan	Olney Runners	F45-49	43	205
207	461	Veronica	Singleton-Lawley	Bedford Harriers	F60-64	44	206
208	926	Barry	Wesley	Northampton Road Runners	M60-64	163	207
209	708	Wayne	Walker	Leighton Fun Runners	M45-49	164	208
210	611	Adam	Pinney	Dunstable Road Runners	M65-69	165	209
211	1007	Matthew	Kelly	Olney Runners	M55-59	166	210
212	394	Viv	Kilgour	Bedford Harriers	F60-64	45	211
213	296	Chris	Capps	Bedford Harriers	M65-69	167	212
214	39	Gregor	Bowie	North Herts Road Runners	M40-44	168	213
215	73	Mel	Flynn	North Herts Road Runners	F40-44	46	214
216	647	Lisa	Phee	Dunstable Lions	F45-49	47	215
217	827	Alan	Hall	Northampton Road Runners	M65-69	169	216
218	710	Mathew	Williams	Leighton Fun Runners	M40-44	170	217
219	1321	Adrian	Matthews	Wootton Road Runners	M45-49	171	218
220	1196	Mary	Pearson	Wellingborough & District AC	F35-39	48	219
221	1460	Elaine	Jenkins	Dunstable Road Runners	F60-64	49	220
222	1375	Angela	Copson	Rugby & Northampton AC	F75-99	50	221
223	403	Richard	Lawson	Bedford Harriers	M55-59	172	222
224	685	Vicky	Williams	Leighton Fun Runners	F35-39	51	223
225	85	Jo	Harbon	North Herts Road Runners	F60-64	52	224
226	69	Jennie	Fraser	North Herts Road Runners	F45-49	53	225
227	359	Joanne	Green	Bedford Harriers	F40-44	54	226
228	583	Paul	Stack	Dunstable Road Runners	M60-64	173	227
229	580	Lucilla	O'Brien	Dunstable Road Runners	F45-49	55	228
230	595	Samantha	Hinton	Dunstable Road Runners	F40-44	56	229
231	295	Lisa	Calvert	Bedford Harriers	F55-59	57	230
232	574	Claire	Thomas	Dunstable Road Runners	F40-44	58	231
233	21	Andrew	Robson	North Herts Road Runners	M55-59	174	232
234	1069	Phil	Jeffrey	Stopsley Striders	M50-54	175	233
235	672	Christine	Ayers	Leighton Fun Runners	F70-74	59	234
236	44	Dawn	Power	North Herts Road Runners	F50-54	60	235

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237	1057	Steve	Day	Stopsley Striders	M50-54	176	236
238	1152	Anand	Mistry	Northants Tri	M35-39	177	237
239	300	Lynn	Christison	Bedford Harriers	F45-49	61	238
240	1011	Rachel	David	Olney Runners	F60-64	62	239
241	1296	Shane-Louise	Fordham	Wootton Road Runners	F40-44	63	240
242	1291	Samantha	Innis	Wootton Road Runners	F45-49	64	241
243	32	Hannah	Keeble	North Herts Road Runners	F40-44	65	242
244	1115	Katerina	Tuloo	Stopsley Striders	F45-49	66	243
245	556	Jackie	Warren	Biggleswade AC	F55-59	67	244
246	352	Richard	Gallivan	Bedford Harriers	M65-69	178	245
247	1313	Diane	Rogers	Wootton Road Runners	F55-59	68	246
248	1472	Gary	Skinner	Dunstable Lions	M55-59	179	247
249	305	Rachel	Cooke	Bedford Harriers	F50-54	69	248
250	201	Rob	Cook	Amphill & Flitwick Flyers	M65-69	180	249
251	594	Ruth	Power	Dunstable Road Runners	F60-64	70	250
252	389	Melanie	Joy	Bedford Harriers	F40-44	71	251
253	679	Janet	Langdon	Leighton Fun Runners	F70-74	72	252
254	598	Richard	Evans	Dunstable Road Runners	M70-74	181	253
255	543	Maria	Meridan	Biggleswade AC	F50-54	73	254
256	273	Jacqueline	Armstrong	Bedford Harriers	F55-59	74	255
257	1324	Jo	Ward	Wootton Road Runners	F60-64	75	256
258	53	Lindsay	Cook	North Herts Road Runners	F45-49	76	257
259	591	Claire	Belmar	Dunstable Road Runners	F45-49	77	258
260	181	Paresh	Aatkar	Amphill & Flitwick Flyers	M55-59	182	259
261	909	Sue	Summers	Northampton Road Runners	F60-64	78	260
262	419	Alexandra	Morgan	Bedford Harriers	F55-59	79	261
263	320	Rachel	Dell	Bedford Harriers	F45-49	80	262
264	312	Stephen	Crane	Bedford Harriers	M65-69	183	263
265	737	Emily	Hines	Leighton Fun Runners	F20-24	81	264
266	1146	Andrew	Guilder	Northants Tri	M40-44	184	265
267	372	David	Holt	Bedford Harriers	M65-69	185	266
268	157	Claire	Jones	Amphill & Flitwick Flyers	F60-64	82	267
269	435	Sarah	Parker	Bedford Harriers	F45-49	83	268
270	502	Laura	Dove	Bedford Harriers	F30-34	84	269
271	711	Dawn	Langdon	Leighton Fun Runners	F45-49	85	270
272	912	Debra	Tame	Northampton Road Runners	F55-59	86	271
273	782	Helen	Blackburn	Northampton Road Runners	F60-64	87	272
274	1038	Valerie	Harvgreaves	Olney Runners	f55-59	88	273
275	145	Rebecca	Fleckney	Amphill & Flitwick Flyers	F40-44	89	274
276	254	Dave	Stanley	Amphill & Flitwick Flyers	M70-74	186	275
277	413	Andrea	McGrellis	Bedford Harriers	F55-59	90	276
278	406	Vanessa	Lipski	Bedford Harriers	F55-59	91	277
279	35	Brian	Judkins	North Herts Road Runners	M65-69	187	278
280	506	Mark	Bryans	Bedford Harriers	M60-64	188	279
281	1074	Evelyn	Lutterodt	Stopsley Striders	F50-54	92	280
282	360	Victoria	Greene	Bedford Harriers	F55-59	93	281
283	471	Gemma	Stevenson	Bedford Harriers	F45-49	94	282
284	1158	Val	Bridges	Northants Tri	F70-74	95	283
285	1109	Lauren	Embleton	Stopsley Striders	F25-29	96	284
286	1046	Leigh	Betts	Stopsley Striders	F45-49	97	285
287	671	Nicki	Atkinson	Leighton Fun Runners	F60-64	98	286
288	681	Lynda	Murray	Leighton Fun Runners	F55-59	99	287