

3 Counties Cross Country League Results

Venue **Leighton**

2-February-2025

Amphill & Flitwick Flyers

Team Score

1196

Men

	First Name	Surname	Age Cat		Team
225	Dan	Karaiskou	M30-34	9	9
260	Mark	Waine	M50-54	19	19
217	Callum	Harrison	M30-34	23	23
253	Terry	Stanley	M35-39	24	24
189	Andy	Bierton	M50-54	36	36
218	Ross	Henson	M45-49	65	70
182	Andy	Atherton	M60-64	123	145
215	Robert	Hardwick	M40-44	128	153
				427	479

Women

	First Name	Surname	Age Cat		Team
144	Kyrstin	Fairweather	F50-54	15	126
131	Jo	Aatkar	F55-59	25	150
155	Theresa	Jackson	F50-54	32	174
157	Claire	Jones	F60-64	82	267

154

717

Bedford Harriers

Team Score

676

Men

	First Name	Surname	Age Cat		Team
405	Joseph	Leonard	M20-24	8	8
375	Steve	Horton	M40-44	10	10
497	Kit	Dixon	M30-34	14	14
367	Adam	Hill	M30-34	18	18
505	Luke	Ablard	M35-39	20	20
297	Ed	Castro	M35-39	21	21
381	Phill	Jamieson	M40-44	25	25
491	Danny	Winn	M40-44	29	29
				145	145

Women

	First Name	Surname	Age Cat		Team
399	Sally	Knight	F50-54	11	118
496	Amelia	Abbott	F20-24	13	123
426	Lauren	Owens	F35-39	21	141
361	Nora	Haggart	F65-69	24	149

69

531

Biggleswade AC

Team Score

1674

Men

	First Name	Surname	Age Cat		Team
551	Nicholas	Sinclair	M30-34	32	32
558	James	Watson	M35-39	71	76
534	Giles	Hawthorne	M50-54	99	109
521	Charlie	Arnold	M65-69	117	136
549	Damien	Pitts	M40-44	118	137
537	Stuart	Highland	M50-54	146	180
535	Andrew	Hedley	M60-64	154	194
	Last	Man		190	296
				927	1160

Women

	First Name	Surname	Age Cat		Team
555	Emily	Varley	F30-34	2	52
544	Natalie	Morgan	F45-49	16	127
540	Roxann	Holder	F30-34	19	134
554	Louise	Thomas	F25-29	42	201

79

514

Dunstable Road Runners

Team Score

1777

Men

	First Name	Surname	Age Cat		Team
579	Jose	Santos	M45-49	52	54
603	Bryn	Thomas	M40-44	62	66
592	Nikk	Shilvock	M55-59	84	92
581	Matt	Deller	M45-49	93	103
1457	Darrel	Toledo	M35-39	94	104
1455	Niall	Smith	M30-34	122	144
590	Robert	Lee	M45-49	156	196
611	Adam	Pinney	M65-69	165	209
				828	968

Women

	First Name	Surname	Age Cat		Team
587	Teresa	Warren	F55-59	18	132
1460	Elaine	Jenkins	F60-64	49	220
580	Lucilla	O'Brien	F45-49	55	228
595	Samantha	Hinton	F40-44	56	229

178

809

Leighton Fun Runners

Team Score

1378

3 Counties Cross Country League Results

Venue **Leighton**

2-February-2025

Men

	First Name	Surname	Age Cat		Team
718	Scott	McKenzie	M30-34	53	55
715	Tom	Ellerton	M30-34	55	58
720	Richard	Heady	M35-39	56	59
692	Daniel	Green	M50-54	73	78
717	Mark	Kleanthous	M60-64	78	84
699	Joseph	Langdon	M45-49	98	108
695	Christopher	Heale	M20-24	120	139
712	William	Langdon	M40-44	133	161
				666	742

Women

	First Name	Surname	Age Cat		Team
673	Rosie	Booth	F45-49	5	69
719	Samantha	Heady	F40-44	27	155
732	Kathryn	Hilton	F35-39	39	189
685	Vicky	Williams	F35-39	51	223

122 **636**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
77	Ben	Hadman	M30-34	1	1
5	Travis	Kruger	M40-44	6	6
88	Darren	Sunter	M40-44	12	12
66	Matt	Sayers	M45-49	16	16
100	James	Warner-Smith	M30-34	17	17
3	Vince	Wright	M45-49	26	26
19	Shahab	Ahmad	M40-44	27	27
20	Ian	Datlen	M50-54	30	30
				135	135

Women

	First Name	Surname	Age Cat		Team
17	Rhia	Botha	F35-39	6	83
14	Hannah	Ridley	F25-29	7	86
49	Paula	Adams	F55-59	14	124
9	Natalie	Phillips	F40-44	26	154

53 **447**

Team Score

582

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
942	Issac	Walter	M25-29	22	22
850	Tony	Letts	M55-59	31	31
924	David	Ward-Stokes	M45-49	79	85
832	Robert	Hemingway	M40-44	91	101
900	Dean	Shears	M45-49	92	102
927	David	Whatton	M60-64	108	119
781	David	Blackburn	M65-69	140	170
926	Barry	Wesley	M60-64	163	207
				726	837

Women

	First Name	Surname	Age Cat		Team
909	Sue	Summers	F60-64	78	260
912	Debra	Tame	F55-59	86	271
782	Helen	Blackburn	F60-64	87	272
	Last	Lady		107	296

358 **1099**

Team Score

1936

Olney Runners

Men

	First Name	Surname	Age Cat		Team
978	Chris	Ling	M40-44	13	13
1022	Thomas	Baggot	M35-39	42	43
975	Andrew	Jones	M55-59	57	60
1018	Steve	Dicks	M50-54	64	68
1026	Anthony	O'Neil	M45-49	68	73
995	Jonathan	Goodman	M35-39	89	97
1013	Richard	Nicholson	M45-49	96	106
1039	Mike	Sutliff	M45-49	97	107
				526	567

Women

	First Name	Surname	Age Cat		Team
1024	Katie	Godof	F45-49	1	42
1015	Sarah	McAuliffe	F35-39	12	122
1005	Mary	Jones	F50-54	17	129
1037	Henny	Keppel	F45-49	29	163

59 **456**

Team Score

1023

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

1083

3 Counties Cross Country League Results

Venue		Leighton				2-February-2025						
1045	Rob	Barnes	M35-39	5	5		1072	Christine	Lathwell	F45-49	3	57
1083	Tom	Rankin	M25-29	28	28		1051	Heather	Chandler	F50-54	23	148
1080	Ryan	Parsons	M25-29	45	46		1089	Jamila	Salam	F35-39	33	175
1056	Ellie	Davies	M30-34	67	72		1073	Miriam	Linforth	F40-44	36	186
1098	Kallum	Wright	M30-34	74	79							
1061	Gez	Fallon	M50-54	75	80							
1042	Paul	Abrahams	M45-49	88	96							
1111	John	Chapman	M65-69	101	111							
				483	517					95	566	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1141	Pete	DeBoo	M30-34	39	39
1147	Andy	Green	M60-64	50	51
1153	Jonathan	Prince	M30-34	54	56
1162	Andrew	Verra	M35-39	80	87
1160	Keith	Brooks	M45-49	109	120
1159	Gary	Lane	M60-64	115	133
1152	Anand	Mistry	M35-39	177	237
1146	Andrew	Guilder	M40-44	184	265
				808	988

Team Score	2159
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Women					
	First Name	Surname	Age Cat		Team
1158	Val	Bridges	F70-74	95	283
	Last	Lady		107	296
	Last	Lady		107	296
	Last	Lady		107	296

416	1171
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Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1227	Joe	Able	M25-29	2	2
1211	John	Wayland	M45-49	7	7
1215	Jon	Kemp	M50-54	33	33
1210	Jason	French	M40-44	34	34
1199	Ed	Norris	M35-39	38	38
1226	Robin	Sturman-Coombs	M40-44	66	71
1208	Adrian	King	M55-59	81	89
1255	Colin	Smith	M40-44	85	93
				346	367

Team Score	1026
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Women					
	First Name	Surname	Age Cat		Team
1216	Louise	Kemp	F45-49	10	100
1245	Paula	Faller	F40-44	20	140
1238	Paula	Thomas	F45-49	41	200
1196	Mary	Pearson	F35-39	48	219

119	659
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Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1306	Nicholas	Ost	M35-39	3	3
1282	Andy	Fairley	M45-49	4	4
1285	Richard	Lack	M50-54	37	37
1284	Thomas	Lack	M20-24	63	67
1290	David	Parkin	M60-64	70	75
1305	Philip	Wood	M45-49	86	94
1283	Niall	Gardiner	M45-49	87	95
1321	Adrian	Matthews	M45-49	171	218
				521	593

Team Score	1463
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Women					
	First Name	Surname	Age Cat		Team
1289	Caroline	Parkin	F60-64	22	143
1296	Shane-Louise	Fordham	F40-44	63	240
1291	Samantha	Innis	F45-49	64	241
1313	Diane	Rogers	F55-59	68	246

217	870
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Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1367	Danny	Carter	M17-19	11	11
1383	Richard	Francis	M40-44	15	15

Team Score	844
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Women					
	First Name	Surname	Age Cat		Team
1388	Katerina	Hemmington	F40-44	4	65
1387	Jo	Harris	F40-44	8	88

3 Counties Cross Country League Results

Venue		Leighton				2-February-2025					
1432	Joe	Musgrove	M20-24	35	35	1426	Sophie	Wilkinson-Hargate	F50-54	9	98
1406	Brendan	Moen	M55-59	40	40	1371	Hayley	Clarke	F45-49	30	165
1379	Steve	Dixon	M45-49	43	44						
1411	Nigel	Roberts	M50-54	69	74						
1366	Vince	Carroll	M55-59	90	99						
1413	Laurence	Scott	M60-64	100	110						
				403	428						
						51		416			

Dunstable Lions

Team Score	2033
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Men

	First Name	Surname	Age Cat		Team
624	Darren	Cornish	M50-54	41	41
636	Wesley	Thorne	M45-49	44	45
660	Lee	Hayward	M45-49	77	82
637	Andy	Smith	M55-59	111	125
646	Cahal	McConville	M55-59	114	131
629	Mark	Cornell	M60-64	121	142
668	Simon	Howes	M50-54	136	166
664	Timothy	Chute	M30-34	158	198
				802	930

Women

	First Name	Surname	Age Cat		Team
647	Lisa	Phee	F45-49	47	215
	Last	Lady		107	296
	Last	Lady		107	296
	Last	Lady		107	296
				368	1103

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	5	427	9	154	7	479	717	1196
Bedford Harriers	2	145	4	69	2	145	531	676
Biggleswade AC	14	927	5	79	10	1160	514	1674
Dunstable Road Runners	13	828	10	178	11	968	809	1777
Leighton Fun Runners	9	666	8	122	8	742	636	1378
North Herts Road Runners	1	135	2	53	1	135	447	582
Northampton Road Runners	10	726	12	358	12	837	1099	1936
Olney Runners	8	526	3	59	4	567	456	1023
Stopsley Striders	6	483	6	95	6	517	566	1083
Northants Tri	12	808	14	416	14	988	1171	2159
Wellingborough & District AC	3	346	7	119	5	367	659	1026
Wootton Road Runners	7	521	11	217	9	593	870	1463
Rugby & Northampton AC	4	403	1	51	3	428	416	844
Dunstable Lions	11	802	13	368	13	930	1103	2033
Total of Scoring Men's Teams			8856		Contribution to Team Scores		46.98%	
Total of Scoring Women's Teams			9994				53.02%	