

3 Counties Cross Country League Results

After 5 Events

Open Men

16-February-2025

	First Name	Surname	Club	Age Cat	Well'boro	North Herts	Stopsley	Leighton	Wootton	Pos	Races	Score
1227	Joe	Able	Wellingborough & District AC	25-29	5	7	1	2	2	1	5	10
56	Rob	Jowett	North Herts Road Runners	35-39	2	3	3		3	2	4	11
1282	Andy	Fairley	Wootton Road Runners	45-49	7	5	5	4	4	3	5	18
1306	Nicholas	Ost	Wootton Road Runners	35-39	8	4	4	3		4	4	19
225	Dan	Karaiskou	Amphill & Flitwick Flyers	30-34	4	8	7	9	9	5	5	28
1211	John	Wayland	Wellingborough & District AC	45-49	9		6	7	10	6	4	32
5	Travis	Kruger	North Herts Road Runners	40-44	11	11	9	6		7	4	37
978	Chris	Ling	Olney Runners	40-44		14	16	13	12	8	4	55
405	Joseph	Leonard	Bedford Harriers	20-24		15	11	8	21	8	4	55
1383	Richard	Francis	Rugby & Northampton AC	40-44	15	13	20	15	15	10	5	58
497	Kit	Dixon	Bedford Harriers	30-34	38	22	14	14	13	11	5	63
66	Matt	Sayers	North Herts Road Runners	45-49	21	20	17	16	18	12	5	71
367	Adam	Hill	Bedford Harriers	30-34		24	19	18	20	13	4	81
272	Isaac	Aguma	Bedford Harriers	30-34	12		15	49	19	14	4	95
1199	Ed	Norris	Wellingborough & District AC	35-39	25	30	18	38	28	15	5	101
491	Danny	Winn	Bedford Harriers	40-44	14	26		29	32	15	4	101
217	Callum	Harrison	Amphill & Flitwick Flyers	30-34	35	25	32	23	22	17	5	102
1083	Tom	Rankin	Stopsley Striders	25-29	20	28	27	28	27	17	5	102
850	Tony	Letts	Northampton Road Runners	55-59	24	33		31	25	19	4	113
3	Vince	Wright	North Herts Road Runners	45-49	27	41	45	26	26	20	5	120
551	Nicholas	Sinclair	Biggleswade AC	30-34	37	32	41	32	24	21	5	125
189	Andy	Bierton	Amphill & Flitwick Flyers	50-54	39	35	36	36	35	22	5	142
1432	Joe	Musgrove	Rugby & Northampton AC	20-24	40	39	47	35	30	23	5	144
624	Darren	Cornish	Dunstable Lions	50-54	32	42	31	41	44	24	5	146
1141	Pete	DeBoo	Northants Tri	30-34		34	33	39	42	25	4	148
20	Ian	Datlen	North Herts Road Runners	50-54	34		55	30	31	26	4	150
1285	Richard	Lack	Wootton Road Runners	50-54	42	59	40	37	33	27	5	152
1215	Jon	Kemp	Wellingborough & District AC	50-54	41	31	52	33	119	28	5	157
427	Vittorio	Paci	Bedford Harriers	50-54	30	40	35	76	53	29	5	158
1080	Ryan	Parsons	Stopsley Striders	25-29	51	51	37	45	38	30	5	171
392	Timothy	Kearns	Bedford Harriers	30-34	55	48	43	46	41	31	5	178
58	Steve	Mckeown	North Herts Road Runners	55-59	53	46	51	48	37	32	5	182
1153	Jonathan	Prince	Northants Tri	30-34	56	37	50	54	43	33	5	184
1284	Thomas	Lack	Wootton Road Runners	20-24	50		46	63	29	34	4	188
1379	Steve	Dixon	Rugby & Northampton AC	45-49	61		54	43	36	35	4	194
34	Michael	Over	North Herts Road Runners	55-59	72	57	58	51	40	36	5	206
636	Wesley	Thorne	Dunstable Lions	45-49	62	60	76	44	48	37	5	214
1147	Andy	Green	Northants Tri	60-64		36	39	50	118	38	4	243
579	Jose	Santos	Dunstable Road Runners	45-49		72	64	52	65	39	4	253
1056	Ellie	Davies	Stopsley Striders	30-34	67	62	57	67	67	39	5	253

3 Counties Cross Country League Results

After 5 Events

Open Women

16-February-2025

	First Name	Surname	Club	Age Cat	Well'boro	North Herts	Stopsley	Leighton	Wootton	Pos	Races	Score
555	Emily	Varley	Biggleswade AC	30-34	1		2	2	2	1	4	7
1072	Christine	Lathwell	Stopsley Striders	45-49	3		3	3	3	2	4	12
673	Rosie	Booth	Leighton Fun Runners	45-49	6	1	5	5	4	3	5	15
1387	Jo	Harris	Rugby & Northampton AC	40-44	5	2	6	8		4	4	21
14	Hannah	Ridley	North Herts Road Runners	25-29	9	4	7	7	9	5	5	27
457	Ellie	Sherriffs	Bedford Harriers	40-44	10	7	10		6	6	4	33
384	Megan	Jones	Bedford Harriers	30-34	14	9	11		8	7	4	42
1216	Louise	Kemp	Wellingborough & District AC	45-49	18	13	16	10	10	8	5	49
1005	Mary	Jones	Olney Runners	50-54	25	19	19	17	12	9	5	67
144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	21	14	21	15	18	10	5	68
1015	Sarah	McAuliffe	Olney Runners	35-39		35	20	12	13	11	4	80
496	Amelia	Abbott	Bedford Harriers	20-24		24	22	13	21	11	4	80
540	Roxann	Holder	Biggleswade AC	30-34	22	26	18	19	22	13	5	81
1051	Heather	Chandler	Stopsley Striders	50-54	23	18	24	23	20	14	5	84
1245	Paula	Faller	Wellingborough & District AC	40-44	29	42	26	20	16	15	5	91
361	Nora	Haggart	Bedford Harriers	65-69	32	25	34	24	14	16	5	95
426	Lauren	Owens	Bedford Harriers	35-39	28	37	31	21	19	17	5	99
9	Natalie	Phillips	North Herts Road Runners	40-44	36	29	30	26	25	18	5	110
1289	Caroline	Parkin	Wootton Road Runners	60-64	41	38	35	22	17	19	5	112
131	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	44	36	43	25	24	20	5	128
719	Samantha	Heady	Leighton Fun Runners	40-44	48	46	40	27	28	21	5	141
1089	Jamila	Salam	Stopsley Striders	35-39	60	53	36	33	30	22	5	152
337	Debi	Fisher	Bedford Harriers	30-34	47	40	41	34	39	23	5	154
1371	Hayley	Clarke	Rugby & Northampton AC	45-49	55		44	30	31	24	4	160
22	Lucy	O'Connor	North Herts Road Runners	60-64		56	54	35	29	25	4	174
1369	Minerva	Chesser	Rugby & Northampton AC	50-54	50	47	45	38		26	4	180
1065	Helen	Harris	Stopsley Striders	55-59	83	64	65	39	34	27	5	202
1021	Therese	O'Riordan	Olney Runners	45-49	64	48	48	44		28	4	204
1073	Miriam	Linforth	Stopsley Striders	40-44	71	49	51	37		29	4	208
647	Lisa	Phee	Dunstable Lions	45-49		60	63	48	50	30	4	221
1238	Paula	Thomas	Wellingborough & District AC	45-49	79	74	72	42	40	31	5	228
359	Joanne	Green	Bedford Harriers	40-44	89	63	87	55	44	32	5	249
1196	Mary	Pearson	Wellingborough & District AC	35-39	67	62	73	49		33	4	251
580	Lucilla	O'Brien	Dunstable Road Runners	45-49	68	78		56	51	34	4	253
73	Mel	Flynn	North Herts Road Runners	40-44	84	67	61	47		35	4	259
861	Lesley	Mahony	Northampton Road Runners	50-54	62	97	58		46	36	4	263
651	Greer	Kidney	Dunstable Lions	50-54	77	68	79		43	37	4	267
44	Dawn	Power	North Herts Road Runners	50-54	92		75	61	55	38	4	283
574	Claire	Thomas	Dunstable Road Runners	40-44	74	76	81	59		39	4	290
672	Christine	Ayers	Leighton Fun Runners	70-74	90	85	89	60	57	40	5	291

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After 5 Events

Men By Age Category

16-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	2	1	4	5	55
1432	Joe	Musgrove	Rugby & Northampton AC	20-24	2	4	5	2	4	2	5	12	144
1284	Thomas	Lack	Wootton Road Runners	20-24	3		4	4	3	3	4	14	188
1083	Tom	Rankin	Stopsley Striders	25-29	2	3	3	3	3	1	5	11	102
1080	Ryan	Parsons	Stopsley Striders	25-29	3	4	4	4	5	2	5	15	171
				25-29						3			
225	Dan	Karaiskou	Amphill & Flitwick Flyers	30-34	3	2	2	2	2	1	5	8	28
497	Kit	Dixon	Bedford Harriers	30-34	7	4	3	3	3	2	5	13	63
367	Adam	Hill	Bedford Harriers	30-34		5	5	5	5	3	4	20	81
1306	Nicholas	Ost	Wootton Road Runners	35-39	2	2	2	1		1	4	7	19
1199	Ed	Norris	Wellingborough & District AC	35-39	4	4	4	6	4	2	5	16	101
720	Richard	Heady	Leighton Fun Runners	35-39	12	8	12	8	5	3	5	33	278
5	Travis	Kruger	North Herts Road Runners	40-44	2	2	1	1		1	4	6	37
978	Chris	Ling	Olney Runners	40-44		4	2	4	1	2	4	11	55
1383	Richard	Francis	Rugby & Northampton AC	40-44	5	3	3	5	2	3	5	13	58
1211	John	Wayland	Wellingborough & District AC	45-49	2		2	2	4	1	4	10	32
66	Matt	Sayers	North Herts Road Runners	45-49	3	2	4	3	6	2	5	12	71
3	Vince	Wright	North Herts Road Runners	45-49	4	3	6	4	7	3	5	17	120
189	Andy	Bierton	Amphill & Flitwick Flyers	50-54	4	3	4	4	3	1	5	14	142
624	Darren	Cornish	Dunstable Lions	50-54	2	5	2	6	5	2	5	14	146
20	Ian	Datlen	North Herts Road Runners	50-54	3		8	2	1	3	4	14	150
850	Tony	Letts	Northampton Road Runners	55-59	2	1		1	1	1	4	5	113
58	Steve	Mckeown	North Herts Road Runners	55-59	3	3	1	3	2	2	5	9	182
34	Michael	Over	North Herts Road Runners	55-59	5	4	2	4	3	3	5	13	206
1290	David	Parkin	Wootton Road Runners	60-64	4		5	2	1	1	4	12	341
717	Mark	Kleanthous	Leighton Fun Runners	60-64		3	7	3	2	2	4	15	328
1147	Andy	Green	Northants Tri	60-64		2	2	1	11	3	4	16	243
1222	Chris	Norris	Wellingborough & District AC	65-69	1	1		2	2	1	4	6	450
781	David	Blackburn	Northampton Road Runners	65-69	2	9	8	7	8	2	5	25	608
1407	Richard	Monk	Rugby & Northampton AC	65-69	7	8	6	6		3	4	27	670
326	Frank	Esaw	Bedford Harriers	70-74	1	1		1	1	1	4	4	612
530	Ian	Grimwood	Biggleswade AC	70-74	2	2	1		4	2	4	9	740
1064	Richard	Hardy	Stopsley Striders	70-74	3	3	4	3	2	3	5	11	703
				75-99						1			
				75-99						2			
				75-99						3			

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After 5 Events

Women By Age Category

16-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	1	4	4	80
				20-24						2			
				20-24						3			
14	Hannah	Ridley	North Herts Road Runners	25-29	1	1	1	1	2	1	5	4	27
1109	Lauren	Embleton	Stopsley Striders	25-29	8	6	6	4	3	2	5	19	453
				25-29						3			
384	Megan	Jones	Bedford Harriers	30-34	2	1	2		2	1	4	7	42
540	Roxann	Holder	Biggleswade AC	30-34	3	3	3	2	3	2	5	11	81
337	Debi	Fisher	Bedford Harriers	30-34	5	4	4	3	4	3	5	15	154
1015	Sarah	McAuliffe	Olney Runners	35-39		2	2	2	2	1	4	8	80
426	Lauren	Owens	Bedford Harriers	35-39	3	3	3	3	3	2	5	12	99
1089	Jamila	Salam	Stopsley Striders	35-39	7	6	4	4	5	3	5	19	152
1387	Jo	Harris	Rugby & Northampton AC	40-44	1	1	1	2		1	4	5	21
457	Ellie	Sherriffs	Bedford Harriers	40-44	4	4	3		1	2	4	12	33
1245	Paula	Faller	Wellingborough & District AC	40-44	9	12	8	3	5	3	5	25	91
673	Rosie	Booth	Leighton Fun Runners	45-49	3	1	3	3	2	1	5	9	15
1216	Louise	Kemp	Wellingborough & District AC	45-49	4	3	4	4	3	2	5	14	49
1371	Hayley	Clarke	Rugby & Northampton AC	45-49	8		10	7	5	3	4	30	160
144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	50-54	2	1	3	3	2	1	5	8	68
1005	Mary	Jones	Olney Runners	50-54	4	6	2	4	1	2	5	11	67
1051	Heather	Chandler	Stopsley Striders	50-54	3	5	4	5	3	3	5	15	84
131	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	2	3	4	3	1	1	5	9	128
1065	Helen	Harris	Stopsley Striders	55-59	6	5	8	4	4	2	5	19	202
295	Lisa	Calvert	Bedford Harriers	55-59	9	9	12	5		3	4	35	322
1289	Caroline	Parkin	Wootton Road Runners	60-64	1	2	1	1	1	1	5	4	112
22	Lucy	O'Connor	North Herts Road Runners	60-64		4	4	2	3	2	4	13	174
1055	Liz	Davies	Stopsley Striders	60-64	4	7	9		9	3	4	29	336
361	Nora	Haggart	Bedford Harriers	65-69	1	1	1	1	1	1	5	4	95
				65-69						2			
				65-69						3			
672	Christine	Ayers	Leighton Fun Runners	70-74	1	1	1	1	1	1	5	4	291
679	Janet	Langdon	Leighton Fun Runners	70-74	2	2	2	2		2	4	8	396
1158	Val	Bridges	Northants Tri	70-74	5	5	4	3		3	4	17	535
				75-99						1			
				75-99						2			
				75-99						3			