

3 Counties Cross Country League Results

Venue **Well'boro**

26-October-2025

Ampthill & Flitwick Flyers

Team Score

1391

Men

	First Name	Surname	Age Cat		Team
227	Callum	Harrison	M35-39	18	18
273	Mark	Waine	M55-59	25	25
200	Andy	Bierton	M50-54	47	47
275	Nick	White	M50-54	51	51
236	Ian	Lambert	M50-54	54	54
241	Henry	Lynn	M55-59	73	74
249	Chris	Newnham	M60-64	102	108
280	Nick	Rimmer	M55-59	109	117
				479	494

Women

	First Name	Surname	Age Cat		Team
182	Nicola	Walton	F40-44	1	69
141	Jo	Aatkar	F55-59	43	222
165	Sophie	Ingram	F17-19	79	286
179	Helen	Satterthwaite	F55-59	103	320

226

897

Bedford Harriers

Team Score

538

Men

	First Name	Surname	Age Cat		Team
314	Liam	Busby	M30-34	4	4
294	Isaac	Aguma	M30-34	5	5
432	Ryan	Murphy	M35-39	6	6
292	Luke	Ablard	M35-39	7	7
384	Adam	Hill	M30-34	9	9
361	Daniel	Foster	M20-24	10	10
343	Kit	Dixon	M35-39	14	14
330	David	Course	M45-49	26	26
				81	81

Women

	First Name	Surname	Age Cat		Team
461	Ellie	Sherriffs	F40-44	6	106
298	Lucy	Baldwin	F45-49	7	114
331	Catherine	Course	F50-54	9	118
411	Sally	Knight	F50-54	10	119

32

457

Biggleswade AC

Team Score

2991

Men

	First Name	Surname	Age Cat		Team
565	Nicholas	Sinclair	M30-34	36	36
571	Martin	Rutherford	M45-49	50	50
546	Jake	Genever	M30-34	196	244
551	Andrew	Hedley	M60-64	207	283
567	Simon	Strong	M55-59	219	323
	Last	Man		238	398
	Last	Man		238	398
	Last	Man		238	398
				1422	2130

Women

	First Name	Surname	Age Cat		Team
569	Nicky	Upperton	F30-34	5	104
558	Natalie	Morgan	F45-49	12	123
570	Jackie	Warren	F55-59	88	302
550	Magdalena	Hartley	F40-44	112	332

217

861

Dunstable Road Runners

Team Score

2848

Men

	First Name	Surname	Age Cat		Team
618	Nikk	Shilvock	M55-59	79	80
610	Matt	Deller	M50-54	106	112
622	Bryn	Thomas	M40-44	114	127
629	Darrel	Toledo	M35-39	115	128
623	Shilen	Mantri	M50-54	142	169
621	Richard	Evans	M70-74	217	316
	Last	Man		238	398
	Last	Man		238	398
				1249	1728

Women

	First Name	Surname	Age Cat		Team
608	Kelly	Field	F45-49	50	246
630	Elaine	Jenkins	F60-64	66	269
606	Kirsty	Minnis	F35-39	80	288
604	Fatima	Parkar	F60-64	100	317

296

1120

Leighton Fun Runners

Team Score

1791

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Men

	First Name	Surname	Age Cat		Team
750	Matthew	Ma	M40-44	15	15
790	Richard	Heady	M35-39	82	84
745	Dan	Green	M50-54	83	86
763	Andrew	Heale	M55-59	98	102
756	Joseph	Langdon	M45-49	110	120
765	Jim	Buttleman	M60-64	118	132
794	Kevin	Hare	M50-54	129	144
760	Adam	Carter	M35-39	162	197
				797	880

Women

	First Name	Surname	Age Cat		Team
789	Sam	Heady	F40-44	22	160
776	Emily	Jones	F30-34	38	209
757	Katie	Dobson	F20-24	64	267
784	Stefanie	Bright	F35-39	71	275

195 **911**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
14	Ben	Hadman	M30-34	2	2
44	Wayne	Bell	M45-49	8	8
69	Vince	Wright	M50-54	48	48
25	Steve	McKeown	M55-59	52	52
9	Matt	Sayers	M50-54	67	67
38	Mike	Phillips	M40-44	68	68
51	Pete	Sibbett	M60-64	89	92
79	David	Weston	M40-44	133	150
				467	487

Women

	First Name	Surname	Age Cat		Team
33	Hannah	Ridley	F25-29	3	85
24	Astrid	McKeown	F50-54	16	145
37	Natalie	Phillips	F40-44	19	155
78	Emily	Taiano	F35-39	44	229

82 **614**

Team Score

1101

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
931	Issac	Walter	M25-29	13	13
895	Tony	Letts	M55-59	23	23
942	Jose	Santos	M45-49	46	46
863	Ilir	Breani	M45-49	62	62
947	Tom	Lewington	M40-44	126	141
939	Ravi	Maru	M55-59	138	158
877	Mark	Garrett	M65-69	140	164
940	Nathan	Patrick	M25-29	145	174
				693	781

Women

	First Name	Surname	Age Cat		Team
900	Jenny	Lindroth	F45-49	35	195
943	Paula	Towers	F55-59	53	249
912	Elaine	Palmer	F55-59	55	251
898	Sue	Lewis	F55-59	96	311

239 **1006**

Team Score

1787

Olney Runners

Men

	First Name	Surname	Age Cat		Team
1016	Thomas	Armstrong	M40-44	20	20
1019	Phil	Holland	M45-49	24	24
987	Jonathan	Goodman	M35-39	70	71
995	Mark	Johnson	M55-59	80	82
1012	Steve	Dicks	M50-54	94	98
966	Anthony	O'Neil	M50-54	105	111
1005	Richard	Nicholson	M50-54	113	126
969	Christopher	Barnes	M55-59	131	148
				637	680

Women

	First Name	Surname	Age Cat		Team
998	Mary	Jones	F50-54	15	134
1008	Sarah	McAuliffe	F40-44	25	165
983	Henny	Keppel	F45-49	27	168
967	Caroline	Herman	F55-59	39	212

106 **679**

Team Score

1359

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		Well'boro				26-October-2025						
1083	Tom	Rankin	M25-29	22	22		1100	Louise	Peters	F50-54	8	116
1080	Ryan	Parsons	M30-34	32	32		1105	Cathy	Stephen	F40-44	18	154
1116	Tom	Lee	M40-44	38	38		1089	Jamila	Salam	F40-44	23	161
1056	Ellie	Davies	M30-34	42	42		1058	Ruth	Doyle	F55-59	32	184
1098	Kallum	Wright	M30-34	44	44							
1047	Nick	Betts	M45-49	91	95							
1052	Steve	Close	M55-59	92	96							
1061	Gez	Fallon	M55-59	95	99							
				456	468					81	615	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1161	Chris	Bell	M55-59	12	12
1146	Andy	Green	M60-64	30	30
1145	Jonny	Prince	M35-39	39	39
1159	Simon	Smith	M30-34	40	40
1169	Oliver	Pennell	M30-34	57	57
1150	Tom	Brennan	M35-39	69	70
1162	Andrew	Verra	M35-39	72	73
1164	Kristian	Biles	M30-34	75	76
				394	397

Team Score	1740
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Women					
	First Name	Surname	Age Cat		Team
1157	Louisa	Berry	F30-34	48	242
1142	Ally	Hankins	F30-34	117	340
1172	Rebecca	McPhee	F30-34	142	370
1144	Val	Bridges	F70-74	159	391
				466	1343

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1229	Paul	Huckle	M35-39	19	19
1197	Ed	norris	M35-39	27	27
1228	Ashley	Kenyon	M35-39	35	35
1212	Jon	Kemp	M50-54	37	37
1244	Jason	French	M40-44	43	43
1250	Bradley	Kelman	M25-29	55	55
1199	Colin	Smith	M40-44	58	58
1237	Mark	Bonham	M55-59	60	60
				334	334

Team Score	1107
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Women					
	First Name	Surname	Age Cat		Team
1239	Louise	Kemp	F45-49	14	130
1203	Paula	Faller	F40-44	24	162
1234	Paula	Thomas	F45-49	41	217
1206	Jess	Wynn-Werninck	F40-44	62	264
				141	773

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1292	Nick	Ost	M35-39	3	3
1298	Ashley	Gardner	M40-44	16	16
1286	Thomas	Lack	M20-24	21	21
1281	Richard	Lack	M55-59	33	33
1287	Stuart	De Freyne	M40-44	34	34
1289	Nick	Morton	M55-59	64	64
1295	David	Parkins	M60-64	77	78
1300	Jason	Eales	M45-49	124	139
				372	388

Team Score	1329
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Women					
	First Name	Surname	Age Cat		Team
1296	Gillian	Jakeman	F45-49	17	146
1294	Kirsty	Ransom	F35-39	30	180
1288	Kay	Duffy	F50-54	74	280
1299	Shane-Louise	Fordham	F40-44	113	335
				234	941

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1401	Joe	Musgrove	M25-29	28	28
1426	Ollie	Walls	M17-19	29	29

Team Score	1010
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Women					
	First Name	Surname	Age Cat		Team
1383	Katerina	Hemmington	F45-49	2	81
1417	Sophie	Wilkinson-Hargate	F50-54	28	170

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1414	Josh	Tiffin	M30-34	31	31
1427	Sidney	Muvandiri	M40-44	49	49
1399	Brendan	Moen	M55-59	53	53
1421	James	Ruault	M55-59	59	59
1404	Mark	Quinn	M50-54	61	61
1412	Carl	Swan	M40-44	74	75
				384	385

1394	Trudi	Mawby	F40-44	31	183
1369	Hayley	Clarke	F50-54	33	191

94 **625**

Dunstable Lions

Team Score **1251**

Men

	First Name	Surname	Age Cat		Team
718	Mohammed	Elbayan	M25-29	1	1
675	Gabriel	Popescu	M40-44	11	11
671	Darren	Cornish	M55-59	17	17
678	Lee	Hayward	M45-49	63	63
694	Andy	Smith	M55-59	71	72
681	Michael	Donner	M40-44	78	79
683	Richard	Moore	M45-49	81	83
692	Wesley	Thorne	M45-49	87	90
				409	416

Women

	First Name	Surname	Age Cat		Team
702	Frances	Vosper	F40-44	4	93
704	Helena	Kvepa	F40-44	29	171
695	Anouska	Harrison	F45-49	76	282
699	Catriona	Cleaves	F35-39	81	289
				190	835

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	9	479	10	226	9	494	897	1391
Bedford Harriers	1	81	1	32	1	81	457	538
Biggleswade AC	14	1422	9	217	14	2130	861	2991
Dunstable Road Runners	13	1249	13	296	13	1728	1120	2848
Leighton Fun Runners	12	797	8	195	12	880	911	1791
North Herts Road Runners	8	467	3	82	4	487	614	1101
Northampton Road Runners	11	693	12	239	11	781	1006	1787
Olney Runners	10	637	5	106	8	680	679	1359
Stopsley Striders	7	456	2	81	3	468	615	1083
Northants Tri	5	394	14	466	10	397	1343	1740
Wellingborough & District AC	2	334	6	141	5	334	773	1107
Wootton Road Runners	3	372	11	234	7	388	941	1329
Rugby & Northampton AC	4	384	4	94	2	385	625	1010
Dunstable Lions	6	409	7	190	6	416	835	1251
Total of Scoring Men's Teams			9649		Contribution to Team Scores		45.25%	
Total of Scoring Women's Teams			11677				54.75%	