

3 Counties Cross Country League Results

Venue **Wootton**

16-November-2025

Ampthill & Flitwick Flyers

Team Score

2032

Men

	First Name	Surname	Age Cat		Team
227	Callum	Harrison	M35-39	31	31
195	Roger	Ball	M50-54	52	52
200	Andy	Bierton	M50-54	70	70
258	Mark	Raper	M30-34	71	71
279	Stephen	Hartley	M50-54	99	100
281	Jack	Bierton	M25-29	115	118
246	Philip	Mead	M35-39	133	141
280	Nick	Rimmer	M55-59	139	153
				710	736

Women

	First Name	Surname	Age Cat		Team
185	Becky	Emery	F30-34	16	160
165	Sophie	Ingram	F17-19	96	344
151	Valerie	Dawson	F60-64	122	379
	Last	Lady		151	413

385

1296

Bedford Harriers

Team Score

657

Men

	First Name	Surname	Age Cat		Team
314	Liam	Busby	M30-34	3	3
432	Ryan	Murphy	M35-39	6	6
415	Joseph	Leonard	M20-24	7	7
513	Nicholas	Smith	M40-44	8	8
294	Isaac	Aguma	M30-34	10	10
361	Daniel	Foster	M20-24	13	13
384	Adam	Hill	M30-34	15	15
380	David	Haslam	M40-44	23	23
				85	85

Women

	First Name	Surname	Age Cat		Team
298	Lucy	Baldwin	F45-49	7	129
291	Amelia	Abbott	F20-24	11	145
446	Isobel	Powell	F25-29	12	147
392	Anna	Horton	F55-59	14	151

44

572

Biggleswade AC

Team Score

2018

Men

	First Name	Surname	Age Cat		Team
563	Jonathan	Quinn	M35-39	27	27
581	Robert	Morgan	M45-49	38	38
575	Neil	Warren	M40-44	67	67
573	Samuel	Wall	M30-34	72	72
541	Charlie	Arnold	M65-69	135	146
574	Giles	Hawthorne	M50-54	145	161
546	Jake	Genever	M30-34	211	258
578	Stuart	Highland	M50-54	214	264
				909	1033

Women

	First Name	Surname	Age Cat		Team
569	Nicky	Upperton	F30-34	4	119
554	Roxann	Holder	F30-34	36	228
579	Felicity	Wall	F30-34	71	309
570	Jackie	Warren	F55-59	83	329

194

985

Dunstable Road Runners

Team Score

2413

Men

	First Name	Surname	Age Cat		Team
632	Szymon	Gosk	M45-49	90	91
618	Nikk	Shilvock	M55-59	93	94
628	Niall	Smith	M30-34	98	99
639	Kevin	Minnis	M35-39	120	124
610	Matt	Deller	M50-54	128	136
629	Darrel	Toledo	M35-39	146	163
612	Neil	Currant	M50-54	148	166
623	Shilen	Mantri	M50-54	178	205
				1001	1078

Women

	First Name	Surname	Age Cat		Team
606	Kirsty	Minnis	F35-39	75	315
638	Madie	Moffatt	F20-24	79	321
603	Claire	Thomas	F45-49	87	334
604	Fatima	Parkar	F60-64	110	365

351

1335

Leighton Fun Runners

Team Score

1537

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Men

	First Name	Surname	Age Cat		Team
752	Alastair	Mackinell	M35-39	16	16
750	Matthew	Ma	M40-44	24	24
749	Scott	Mackenzie	M30-34	68	68
792	Mark	Kleanthous	M60-64	85	86
745	Dan	Green	M50-54	106	109
756	Joseph	Langdon	M45-49	122	127
774	Nick	Young	M35-39	137	150
765	Jim	Buttleman	M60-64	158	176
				716	756

Women

	First Name	Surname	Age Cat		Team
767	Rosie	Booth	F45-49	3	106
754	Anna	Yankey	F35-39	8	132
776	Emily	Jones	F30-34	38	230
780	Caitrina	Oakes	F50-54	73	313

122 **781**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
81	Shahab	Ahmad	M40-44	26	26
82	James	Warner-Smith	M30-34	30	30
9	Matt	Sayers	M50-54	33	33
15	Nick	Malpeli	M55-59	37	37
87	Craig	Cartier	m40-44	42	42
30	Alberto	Angurel	M25-29	44	44
25	Steve	Mckeown	M55-59	58	58
35	Ian	Datlen	M50-54	59	59
				329	329

Women

	First Name	Surname	Age Cat		Team
24	Astrid	Mckeown	F50-54	13	148
36	Sarah	Hartley	F25-29	15	157
4	Helen	Nuttall	F40-44	19	178
76	Laura	Fairbanks	F40-44	30	211

77 **694**

Team Score **1023**

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
895	Tony	Letts	M55-59	28	28
931	Issac	Walter	M25-29	56	56
942	Jose	Santos	M45-49	64	64
954	Jake	Doyle	m35-39	81	82
879	John	Gibbins	M50-54	89	90
863	Ilir	Brecani	M45-49	95	96
882	Ryan	Hartwell	M35-39	150	168
934	David	Whatton	M60-64	167	190
				730	774

Women

	First Name	Surname	Age Cat		Team
900	Jenny	Lindroth	F45-49	28	206
943	Paula	Towers	F55-59	45	247
928	Chloe	Tallett	F35-39	58	282
918	Zoe	Pickering	F30-34	65	301

196 **1036**

Team Score **1810**

Olney Runners

Men

	First Name	Surname	Age Cat		Team
968	Chris	Ling	M40-44	20	20
1018	Tony	McCauley	M35-39	29	29
1016	Thomas	Armstrong	M40-44	43	43
1019	Phil	Holland	M45-49	47	47
1024	Laszlo	Torjai	m45-49	48	48
1015	Thomas	Baggot	M35-39	50	50
1013	Terry	O'Cleirigh	M60-64	101	102
987	Jonathan	Goodman	M35-39	102	103
				440	442

Women

	First Name	Surname	Age Cat		Team
998	Mary	Jones	F50-54	25	192
983	Henny	Keppel	F45-49	32	216
1014	Therese	O'Riordan	F45-49	42	241
986	Jo-Anne	Rouse	F35-39	52	273

151 **922**

Team Score **1364**

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 **1200**

3 Counties Cross Country League Results

Venue		Wootton				16-November-2025						
1045	Rob	Barnes	M35-39	22	22		1100	Louise	Peters	F50-54	5	126
1116	Tom	Lee	M40-44	35	35		1105	Cathy	Stephen	F40-44	22	182
1056	Ellie	Davies	M30-34	40	40		1089	Jamila	Salam	F40-44	27	203
1083	Tom	Rankin	M25-29	53	53		1051	Heather	Chandler	F50-54	29	208
1080	Ryan	Parsons	M30-34	62	62							
1098	Kallum	Wright	M30-34	82	83							
1061	Gez	Fallon	M55-59	88	89							
1047	Nick	Betts	M45-49	96	97							
				478	481					83	719	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1166	Ross	Laycock	M30-34	9	9
1161	Chris	Bell	M55-59	18	18
1145	Jonny	Prince	M35-39	49	49
1146	Andy	Green	M60-64	51	51
1159	Simon	Smith	M30-34	65	65
1156	Paul	Watts	M40-44	66	66
1162	Andrew	Verra	M35-39	87	88
1149	Alex	Blackman	M30-34	105	108
				450	454

Team Score	1679
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Women					
	First Name	Surname	Age Cat		Team
1158	Sarah	Ashcroft	F35-39	6	128
1152	Tiph	Marshall	F40-44	53	274
1144	Val	Bridges	F70-74	148	410
	Last	Lady		151	413
				358	1225

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1245	Jonny	Reep	M25-29	4	4
1223	Joe	Abel	M25-29	11	11
1229	Paul	Huckle	M35-39	21	21
1212	Jon	Kemp	M50-54	41	41
1197	Ed	norris	M35-39	54	54
1228	Ashley	Kenyon	M35-39	60	60
1191	Scott	Parkin	M30-34	78	78
1199	Colin	Smith	M40-44	79	80
				348	349

Team Score	995
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Women					
	First Name	Surname	Age Cat		Team
1202	Eva	Jennings	F20-24	9	142
1207	Katharine	Baxter-Smith	F35-39	10	144
1239	Louise	Kemp	F45-49	17	162
1195	Kelly	Wedge	F45-49	26	198
				62	646

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1307	andrew	fairley	m45-49	2	2
1292	Nick	Ost	M35-39	5	5
1298	Ashley	Gardner	M40-44	14	14
1310	eddie	sambridge	m20-24	17	17
1286	Thomas	Lack	M20-24	36	36
1287	Stuart	De Freyne	M40-44	45	45
1281	Richard	Lack	M55-59	46	46
1289	Nick	Morton	M55-59	57	57
				222	222

Team Score	1187
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Women					
	First Name	Surname	Age Cat		Team
1296	Gillian	Jakeman	F45-49	24	191
1294	Kirsty	Ransom	F35-39	31	215
1305	caroline	carruthers	f60-64	56	279
1309	hannah	groves	f50-54	57	280
				168	965

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1413	Sam	Tallet	M35-39	12	12
1378	Richard	Francis	M40-44	19	19

Team Score	1111
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Women					
	First Name	Surname	Age Cat		Team
1383	Katerina	Hemmington	F45-49	1	79
1430	Monika	Korendova	f30-34	20	179

3 Counties Cross Country League Results

Venue		Wootton				16-November-2025					
1401	Joe	Musgrove	M25-29	34	34	1394	Trudi	Mawby	F40-44	35	220
1375	Steve	Dixon	M45-49	55	55	1397	Daisy	Melville	F50-54	37	229
1414	Josh	Tiffin	M30-34	61	61						
1421	James	Ruault	M55-59	63	63						
1404	Mark	Quinn	M50-54	75	75						
1370	Matt	Clarke	M45-49	84	85						
				403	404					93	707

Dunstable Lions

Team Score	1763
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Men

	First Name	Surname	Age Cat		Team
718	Mohammed	Elbayan	M25-29	1	1
675	Gabriel	Popescu	M40-44	32	32
671	Darren	Cornish	M55-59	39	39
685	Russell	Mead	M55-59	69	69
681	Michael	Donner	M40-44	109	112
683	Richard	Moore	M45-49	136	149
694	Andy	Smith	M55-59	151	169
673	Cahal	Mcconville	M55-59	162	184
				699	755

Women

	First Name	Surname	Age Cat		Team
702	Frances	Vosper	F40-44	2	104
705	Irina	Cicio	F30-34	46	251
721	Wendy	Cope	F65-69	64	297
699	Catrina	Cleaves	F35-39	104	356
				216	1008

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	10	710	14	385	13	736	1296	2032
Bedford Harriers	1	85	1	44	1	85	572	657
Biggleswade AC	13	909	9	194	12	1033	985	2018
Dunstable Road Runners	14	1001	12	351	14	1078	1335	2413
Leighton Fun Runners	11	716	6	122	8	756	781	1537
North Herts Road Runners	3	329	3	77	3	329	694	1023
Northampton Road Runners	12	730	10	196	11	774	1036	1810
Olney Runners	6	440	7	151	7	442	922	1364
Stopsley Striders	8	478	4	83	6	481	719	1200
Northants Tri	7	450	13	358	9	454	1225	1679
Wellingborough & District AC	4	348	2	62	2	349	646	995
Wootton Road Runners	2	222	8	168	5	222	965	1187
Rugby & Northampton AC	5	403	5	93	4	404	707	1111
Dunstable Lions	9	699	11	216	10	755	1008	1763
Total of Scoring Men's Teams			7898		Contribution to Team Scores		37.99%	
Total of Scoring Women's Teams			12891				62.01%	