

3 Counties Cross Country League Results

After 3 Events

Open Men

14-December-2025

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Dunstable	Leighton	Pos	Races	Score
718	Mohammed	Elbayan	Dunstable Lions	25-29	1	1				1	2	2
14	Ben	Hadman	North Herts Road Runners	30-34	2		3			2	2	5
1245	Jonny	Reep	Wellingborough & District AC	25-29		4	1			2	2	5
314	Liam	Busby	Bedford Harriers	30-34	4	3	5			4	3	7
1292	Nick	Ost	Wootton Road Runners	35-39	3	5	6			5	3	8
1307	andrew	fairley	Wootton Road Runners	45-49		2	7			6	2	9
432	Ryan	Murphy	Bedford Harriers	35-39	6	6	8			7	3	12
294	Isaac	Aguma	Bedford Harriers	30-34	5	10	10			8	3	15
384	Adam	Hill	Bedford Harriers	30-34	9	15	13			9	3	22
361	Daniel	Foster	Bedford Harriers	20-24	10	13	16			10	3	23
1161	Chris	Bell	Northants Tri	55-59	12	18	15			11	3	27
1298	Ashley	Gardner	Wootton Road Runners	40-44	16	14	14			12	3	28
1310	eddie	sambridge	Wootton Road Runners	20-24		17	12			13	2	29
750	Matthew	Ma	Leighton Fun Runners	40-44	15	24	17			14	3	32
1229	Paul	Huckle	Wellingborough & District AC	35-39	19	21	19			15	3	38
343	Kit	Dixon	Bedford Harriers	35-39	14	25	25			16	3	39
931	Issac	Walter	Northampton Road Runners	25-29	13	56	27			17	3	40
1378	Richard	Francis	Rugby & Northampton AC	40-44		19	23			18	2	42
675	Gabriel	Popescu	Dunstable Lions	40-44	11	32				19	2	43
1045	Rob	Barnes	Stopsley Striders	35-39		22	22			20	2	44
380	David	Haslam	Bedford Harriers	40-44		23	21			20	2	44
81	Shahab	Ahmad	North Herts Road Runners	40-44		26	18			20	2	44
968	Chris	Ling	Olney Runners	40-44		20	28			23	2	48
227	Callum	Harrison	Amphill & Flitwick Flyers	35-39	18	31	37			24	3	49
895	Tony	Letts	Northampton Road Runners	55-59	23	28	34			25	3	51
1286	Thomas	Lack	Wootton Road Runners	20-24	21	36	30			25	3	51
1018	Tony	McCauley	Olney Runners	35-39		29	24			27	2	53
671	Darren	Cornish	Dunstable Lions	55-59	17	39	41			28	3	56
1401	Joe	Musgrove	Rugby & Northampton AC	25-29	28	34	36			29	3	62
9	Matt	Sayers	North Herts Road Runners	50-54	67	33	29			29	3	62
82	James	Warner-Smith	North Herts Road Runners	30-34		30	33			31	2	63
1016	Thomas	Armstrong	Olney Runners	40-44	20	43				31	2	63
1024	Laszlo	Torjai	Olney Runners	45-49		48	20			33	2	68
1056	Ellie	Davies	Stopsley Striders	30-34	42	40	31			34	3	71
1019	Phil	Holland	Olney Runners	45-49	24	47				34	2	71
1116	Tom	Lee	Stopsley Striders	40-44	38	35	44			36	3	73
1083	Tom	Rankin	Stopsley Striders	25-29	22	53	60			37	3	75
15	Nick	Malpeli	North Herts Road Runners	55-59		37	38			37	2	75
1281	Richard	Lack	Wootton Road Runners	55-59	33	46	43			39	3	76
565	Nicholas	Sinclair	Biggleswade AC	30-34	36		40			39	2	76

3 Counties Cross Country League Results

After 3 Events

Open Women

14-December-2025

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Dunstable	Leighton	Pos	Races	Score
1383	Katerina	Hemmington	Rugby & Northampton AC	45-49	2	1	8			1	3	3
182	Nicola	Walton	Amphill & Flitwick Flyers	40-44	1		4			2	2	5
702	Frances	Vosper	Dunstable Lions	40-44	4	2	13			3	3	6
569	Nicky	Upperton	Biggleswade AC	30-34	5	4	5			4	3	9
767	Rosie	Booth	Leighton Fun Runners	45-49		3	7			5	2	10
1100	Louise	Peters	Stopsley Striders	50-54	8	5	10			6	3	13
298	Lucy	Baldwin	Bedford Harriers	45-49	7	7	14			7	3	14
461	Ellie	Sherriffs	Bedford Harriers	40-44	6		11			8	2	17
291	Amelia	Abbott	Bedford Harriers	20-24	13	11	40			9	3	24
24	Astrid	McKeown	North Herts Road Runners	50-54	16	13	12			10	3	25
392	Anna	Horton	Bedford Harriers	55-59	11	14				10	2	25
411	Sally	Knight	Bedford Harriers	50-54	10		18			12	2	28
1239	Louise	Kemp	Wellingborough & District AC	45-49	14	17	25			13	3	31
36	Sarah	Hartley	North Herts Road Runners	25-29		15	16			13	2	31
1202	Eva	Jennings	Wellingborough & District AC	20-24		9	22			13	2	31
754	Anna	Yankey	Leighton Fun Runners	35-39		8	24			16	2	32
998	Mary	Jones	Olney Runners	50-54	15	25	23			17	3	38
1105	Cathy	Stephen	Stopsley Striders	40-44	18	22	21			18	3	39
1296	Gillian	Jakeman	Wootton Road Runners	45-49	17	24	27			19	3	41
363	Bethany	Francis	Bedford Harriers	30-34	21	21	33			20	3	42
377	Nora	Haggart	Bedford Harriers	65-69	20	23	34			21	3	43
433	Lauren	Owens	Bedford Harriers	35-39	26	18	35			22	3	44
1089	Jamila	Salam	Stopsley Striders	40-44	23	27	31			23	3	50
37	Natalie	Phillips	North Herts Road Runners	40-44	19	34	47			24	3	53
983	Henny	Keppel	Olney Runners	45-49	27	32	48			25	3	59
1294	Kirsty	Ransom	Wootton Road Runners	35-39	30	31				26	2	61
1008	Sarah	McAuliffe	Olney Runners	40-44	25		37			27	2	62
900	Jenny	Lindroth	Northampton Road Runners	45-49	35	28				28	2	63
1058	Ruth	Doyle	Stopsley Striders	55-59	32	33	46			29	3	65
1394	Trudi	Mawby	Rugby & Northampton AC	40-44	31	35				30	2	66
1203	Paula	Faller	Wellingborough & District AC	40-44	24		43			31	2	67
1051	Heather	Chandler	Stopsley Striders	50-54	40	29	39			32	3	68
1397	Daisy	Melville	Rugby & Northampton AC	50-54	34	37				33	2	71
704	Helena	Kvepa	Dunstable Lions	40-44	29		44			34	2	73
776	Emily	Jones	Leighton Fun Runners	30-34	38	38	45			35	3	76
1073	Miriam	Linforth	Stopsley Striders	40-44	37	40				36	2	77
400	Niki	Jones	Bedford Harriers	55-59		39	49			37	2	88
490	Debbie	Walsh	Bedford Harriers	40-44	46	47				38	2	93
396	Jacqueline	Irvine	Bedford Harriers	55-59	45	49				39	2	94
78	Emily	Taiano	North Herts Road Runners	35-39	44		51			40	2	95

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After 3 Events

Men By Age Category

14-December-2025

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Dunstable	Leighton	Pos	Races	Score	Open
440	Noah	Parker	Bedford Harriers	17-19	2	1	2			1	3	3	156
				17-19						2			
				17-19						3			
361	Daniel	Foster	Bedford Harriers	20-24	1	2	3			1	3	3	23
1310	eddie	sambridge	Wootton Road Runners	20-24		3	2			2	2	5	29
1286	Thomas	Lack	Wootton Road Runners	20-24	2	4	4			3	3	6	51
931	Issac	Walter	Northampton Road Runners	25-29	2	7	2			1	3	4	40
1401	Joe	Musgrove	Rugby & Northampton AC	25-29	4	4	3			2	3	7	62
1083	Tom	Rankin	Stopsley Striders	25-29	3	6	5			3	3	8	75
314	Liam	Busby	Bedford Harriers	30-34	2	1	3			1	3	3	7
294	Isaac	Aguma	Bedford Harriers	30-34	3	3	4			2	3	6	15
384	Adam	Hill	Bedford Harriers	30-34	4	4	6			3	3	8	22
1292	Nick	Ost	Wootton Road Runners	35-39	1	1	1			1	3	2	8
432	Ryan	Murphy	Bedford Harriers	35-39	2	2	2			2	3	4	12
1229	Paul	Huckle	Wellingborough & District AC	35-39	6	5	3			3	3	8	38
1298	Ashley	Gardner	Wootton Road Runners	40-44	3	2	1			1	3	3	28
750	Matthew	Ma	Leighton Fun Runners	40-44	2	6	2			2	3	4	32
1378	Richard	Francis	Rugby & Northampton AC	40-44		3	5			3	2	8	42
1307	andrew	fairley	Wootton Road Runners	45-49		1	1			1	2	2	9
1019	Phil	Holland	Olney Runners	45-49	2	3				2	2	5	71
581	Robert	Morgan	Biggleswade AC	45-49		2	3			3	2	5	80
9	Matt	Sayers	North Herts Road Runners	50-54	9	1	1			1	3	2	62
1212	Jon	Kemp	Wellingborough & District AC	50-54	1	2	3			2	3	3	78
195	Roger	Ball	Amphill & Flitwick Flyers	50-54		3	2			3	2	5	87
1161	Chris	Bell	Northants Tri	55-59	1	1	1			1	3	2	27
895	Tony	Letts	Northampton Road Runners	55-59	3	2	2			2	3	4	51
671	Darren	Cornish	Dunstable Lions	55-59	2	4	4			3	3	6	56
1146	Andy	Green	Northants Tri	60-64	1	1	2			1	3	2	81
792	Mark	Kleanthous	Leighton Fun Runners	60-64		2	4			2	2	6	164
412	Stuart	Knight	Bedford Harriers	60-64	3	3	5			3	3	6	172
460	Kevin	Shelton-Smith	Bedford Harriers	65-69	1		1			1	2	2	148
1213	Christopher	Norris	Wellingborough & District AC	65-69	2	2	2			2	3	4	204
302	Mourad	Ben-Taieb	Bedford Harriers	65-69	3	1				3	2	4	236
301	Richard	Beard	Bedford Harriers	70-74	1	2	3			1	3	3	405
1064	Richard	Hardy	Stopsley Striders	70-74	2		2			2	2	4	401
1285	Stephen	Smith	Wootton Road Runners	70-74	3	4	6			3	3	7	445
347	Francis	Esaw	Bedford Harriers	75-99	1	1	1			1	3	2	358
				75-99						2			
				75-99						3			

3 Counties Cross Country League Results

After 3 Events

Women By Age Category

14-December-2025

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Dunstable	Leighton	Pos	Races	Score	Open
165	Sophie	Ingram	Amphill & Flitwick Flyers	17-19	1	1	1			1	3	2	151
				17-19						2			
				17-19						3			
1202	Eva	Jennings	Wellingborough & District AC	20-24		1	1			1	2	2	31
291	Amelia	Abbott	Bedford Harriers	20-24	1	2	2			2	3	3	24
757	Katie	Dobson	Leighton Fun Runners	20-24	2		3			3	2	5	137
36	Sarah	Hartley	North Herts Road Runners	25-29		2	1			1	2	3	31
990	Laura	Fuller	Olney Runners	25-29	2	3				2	2	5	168
714	Zoe	Mcconville	Dunstable Lions	25-29	3	5				3	2	8	243
569	Nicky	Upperton	Biggleswade AC	30-34	1	1	2			1	3	2	9
363	Bethany	Francis	Bedford Harriers	30-34	2	4	4			2	3	6	42
776	Emily	Jones	Leighton Fun Runners	30-34	3	6	5			3	3	8	76
433	Lauren	Owens	Bedford Harriers	35-39	1	4	6			1	3	5	44
754	Anna	Yankey	Leighton Fun Runners	35-39		2	5			2	2	7	32
1294	Kirsty	Ransom	Wootton Road Runners	35-39	2	5				3	2	7	61
461	Ellie	Sherriffs	Bedford Harriers	40-44	3		2			1	2	5	17
1105	Cathy	Stephen	Stopsley Striders	40-44	4	3	5			2	3	7	39
1089	Janila	Salam	Stopsley Striders	40-44	7	4	6			3	3	10	50
767	Rosie	Booth	Leighton Fun Runners	45-49		2	1			1	2	3	10
298	Lucy	Baldwin	Bedford Harriers	45-49	2	3	3			2	3	5	14
1239	Louise	Kemp	Wellingborough & District AC	45-49	4	4	4			3	3	8	31
1100	Louise	Peters	Stopsley Striders	50-54	1	1	1			1	3	2	13
24	Astrid	McKeown	North Herts Road Runners	50-54	5	2	2			2	3	4	25
411	Sally	Knight	Bedford Harriers	50-54	3		3			3	2	6	28
392	Anna	Horton	Bedford Harriers	55-59	1	1				1	2	2	25
1058	Ruth	Doyle	Stopsley Striders	55-59	2	2	4			2	3	4	65
400	Niki	Jones	Bedford Harriers	55-59		3	5			3	2	8	88
12	Lucy	O'Connor	North Herts Road Runners	60-64	1	1	3			1	3	2	101
1305	caroline	carruthers	Wootton Road Runners	60-64		3	4			2	2	7	115
454	Karen	Robertson	Bedford Harriers	60-64		2	5			3	2	7	117
377	Nora	Haggart	Bedford Harriers	65-69	1	1	1			1	3	2	43
467	Veronica	Singleton-Lawley	Bedford Harriers	65-69	2	2	5			2	3	4	116
721	Wendy	Cope	Dunstable Lions	65-69		3	2			3	2	5	133
781	Christine	Ayers	Leighton Fun Runners	70-74	1	1	1			1	3	2	165
991	Liz	Conibere	Olney Runners	70-74		3	3			2	2	6	288
1144	Val	Bridges	Northants Tri	70-74	2	4	4			3	3	6	298
1372	Angela	Copson	Rugby & Northampton AC	75-99	1	1	1			1	3	2	171
				75-99						2			
				75-99						3			