

3 Counties Cross Country League Results

Venue **North Herts**

14-December-2025

Ampthill & Flitwick Flyers

Team Score

1023

Men

	First Name	Surname	Age Cat		Team
270	Barry	Stratford	M40-44	32	33
195	Roger	Ball	M50-54	35	36
227	Callum	Harrison	M35-39	37	38
200	Andy	Bierton	M50-54	62	65
271	Ian	Styles	M50-54	75	80
256	Stuart	Price	M50-54	77	82
281	Jack	Bierton	M25-29	91	99
199	Matt	Bell	M30-34	95	104
				504	537

Women

	First Name	Surname	Age Cat		Team
184	Natalie	Lawrence	F35-39	2	40
182	Nicola	Walton	F40-44	4	69
154	Kyrstin	Fairweather	F50-54	19	142
141	Jo	Aatkar	F55-59	52	235

77

486

Bedford Harriers

Team Score

678

Men

	First Name	Surname	Age Cat		Team
314	Liam	Busby	M30-34	5	5
432	Ryan	Murphy	M35-39	8	8
294	Isaac	Aguma	M30-34	10	10
384	Adam	Hill	M30-34	13	13
361	Daniel	Foster	M20-24	16	16
380	David	Haslam	M40-44	21	21
343	Kit	Dixon	M35-39	25	26
519	Luke	Warner	M25-29	58	60
				156	159

Women

	First Name	Surname	Age Cat		Team
461	Ellie	Sherriffs	F40-44	11	115
298	Lucy	Baldwin	F45-49	14	125
518	Kirsty	Robertson	F35-39	17	139
411	Sally	Knight	F50-54	18	140

60

519

Biggleswade AC

Team Score

1696

Men

	First Name	Surname	Age Cat		Team
565	Nicholas	Sinclair	M30-34	40	42
581	Robert	Morgan	M45-49	42	44
575	Neil	Warren	M40-44	71	75
564	Phil	Rowlett	M35-39	83	90
573	Samuel	Wall	M30-34	88	96
559	Alistair	Nelson	M30-34	118	134
552	Richard	Hill	M55-59	134	156
574	Giles	Hawthorne	M50-54	136	158
				712	795

Women

	First Name	Surname	Age Cat		Team
569	Nicky	Upperton	F30-34	5	76
576	Rosanna	Bartlett	F35-39	9	100
570	Jackie	Warren	F55-59	104	343
545	Amy	Genever	F30-34	133	382

251

901

Dunstable Road Runners

Team Score

3246

Men

	First Name	Surname	Age Cat		Team
639	Kevin	Minnis	M35-39	101	111
632	Szymon	Gosk	M45-49	102	112
629	Darrel	Toledo	M35-39	145	169
612	Neil	Currant	M50-54	146	174
610	Matt	Deller	M50-54	152	182
623	Shilen	Mantri	M50-54	186	238
617	Robert	Lee	M45-49	216	288
	Last	Man		254	407
				1302	1681

Women

	First Name	Surname	Age Cat		Team
624	Stacey	Mills	F60-64	128	375
619	Ruth	Power	F60-64	129	376
	Last	Lady		154	407
	Last	Lady		154	407

565

1565

Leighton Fun Runners

Team Score

1455

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14-December-2025

Men

	First Name	Surname	Age Cat		Team
750	Matthew	Ma	M40-44	17	17
749	Scott	Mackenzie	M30-34	50	52
782	Tom	Ellerton	M35-39	65	68
792	Mark	Kleanthous	M60-64	79	84
790	Richard	Heady	M35-39	92	101
745	Dan	Green	M50-54	96	105
763	Andrew	Heale	M55-59	106	117
756	Joseph	Langdon	M45-49	127	147
				632	691

Women

	First Name	Surname	Age Cat		Team
767	Rosie	Booth	F45-49	7	86
754	Anna	Yankey	F35-39	24	167
776	Emily	Jones	F30-34	45	220
757	Katie	Dobson	F20-24	74	291

150 **764**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
80	Tom	Barclay	M30-34	2	2
14	Ben	Hadman	M30-34	3	3
47	Andrew	Leach	M60-64	9	9
59	Ben	Sewell	M30-34	11	11
81	Shahab	Ahmad	M40-44	18	18
9	Matt	Sayers	M50-54	29	30
82	James	Warner-Smith	M30-34	33	34
15	Nick	Malpeli	M55-59	38	39
				143	146

Women

	First Name	Surname	Age Cat		Team
46	Katie	Harbon	F30-34	1	24
3	Rhia	Botha	F35-39	6	85
24	Astrid	Mckeown	F50-54	12	118
74	Tracey	Pitcairn	F40-44	15	126

34 **353**

Team Score

499

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
931	Issac	Walter	M25-29	27	28
895	Tony	Letts	M55-59	34	35
942	Jose	Santos	M45-49	54	56
879	John	Gibbins	M50-54	93	102
950	Mark	Speed	m45-49	114	130
883	Robert	Hemmingway	M45-49	124	144
916	Ashton	Phillips	M70-74	139	161
949	Dean	Shears	M45-49	155	187
				740	843

Women

	First Name	Surname	Age Cat		Team
943	Paula	Towers	F55-59	56	252
912	Elaine	Palmer	F55-59	65	273
929	Debra	Tame	F55-59	124	368
926	Sue	Summers	F60-64	125	369

370 **1262**

Team Score

2105

Olney Runners

Men

	First Name	Surname	Age Cat		Team
1024	Laszlo	Torjai	m45-49	20	20
1018	Tony	McCauley	M35-39	24	25
968	Chris	Ling	M40-44	28	29
1013	Terry	O'Cleirigh	M60-64	73	78
987	Jonathan	Goodman	M35-39	82	89
966	Anthony	O'Neil	M50-54	90	98
1023	John	Elworthy	m45-49	105	116
1012	Steve	Dicks	M50-54	113	129
				535	584

Women

	First Name	Surname	Age Cat		Team
1026	Katherine	Mulligan	f25-29	20	143
998	Mary	Jones	F50-54	23	162
1008	Sarah	McAuliffe	F40-44	37	196
1025	Kat	Czarnota	f50-54	42	214

122 **715**

Team Score

1299

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

1100

3 Counties Cross Country League Results

Venue		North Herts				14-December-2025						
1045	Rob	Barnes	M35-39	22	22		1072	Christine	Lathwell	F55-59	3	62
1056	Ellie	Davies	M30-34	31	32		1100	Louise	Peters	F50-54	10	108
1116	Tom	Lee	M40-44	44	46		1105	Cathy	Stephen	F40-44	21	150
1083	Tom	Rankin	M25-29	60	63		1089	Jamila	Salam	F40-44	31	184
1098	Kallum	Wright	M30-34	74	79							
1047	Nick	Betts	M45-49	80	87							
1061	Gez	Fallon	M55-59	94	103							
1097	Paul	Whitford	M55-59	141	164							
				546	596					65	504	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1147	Stirling	Green	M20-24	4	4
1161	Chris	Bell	M55-59	15	15
1146	Andy	Green	M60-64	53	55
1162	Andrew	Verra	M35-39	66	70
1154	Richard	Cressey	M45-49	69	73
1153	Keith	Brooks	M50-54	97	106
1150	Tom	Brennan	M35-39	122	138
1175	Edward	Hardy	m35-39	148	178
				574	639

Team Score	2193
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Women					
	First Name	Surname	Age Cat		Team
1176	Amy	Tibbitts	f35-39	111	353
1168	Magdalena	Cocks	F35-39	143	393
1144	Val	Bridges	F70-74	150	401
	Last	Lady		154	407
				558	1554

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1245	Jonny	Reep	M25-29	1	1
1229	Paul	Huckle	M35-39	19	19
1212	Jon	Kemp	M50-54	45	47
1228	Ashley	Kenyon	M35-39	46	48
1244	Jason	French	M40-44	48	50
1197	Ed	norris	M35-39	55	57
1237	Mark	Bonham	M55-59	76	81
1213	Christopher	Norris	M65-69	119	135
				409	438

Team Score	1174
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Women					
	First Name	Surname	Age Cat		Team
1202	Eva	Jennings	F20-24	22	153
1239	Louise	Kemp	F45-49	25	170
1255	Victoria	Butterworth	F25-29	36	195
1203	Paula	Faller	F40-44	43	218
				126	736

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1292	Nick	Ost	M35-39	6	6
1307	andrew	fairley	m45-49	7	7
1310	eddie	sambridge	m20-24	12	12
1298	Ashley	Gardner	M40-44	14	14
1286	Thomas	Lack	M20-24	30	31
1281	Richard	Lack	M55-59	43	45
1289	Nick	Morton	M55-59	49	51
1287	Stuart	De Freyne	M40-44	57	59
				218	225

Team Score	1309
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Women					
	First Name	Surname	Age Cat		Team
1296	Gillian	Jakeman	F45-49	27	172
1305	caroline	carruthers	f60-64	59	257
1299	Shane-Louise	Fordham	F40-44	93	324
1324	sarah	warden	f60-64	95	331
				274	1084

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1378	Richard	Francis	M40-44	23	23
1401	Joe	Musgrove	M25-29	36	37

Team Score	1409
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Women					
	First Name	Surname	Age Cat		Team
1383	Katerina	Hemmington	F45-49	8	92
1371	Alison	Cobb	F60-64	30	176

3 Counties Cross Country League Results

Venue		North Herts				14-December-2025					
1414	Josh	Tiffin	M30-34	47	49	1367	Minerva	Chesser	F50-54	64	272
1375	Steve	Dixon	M45-49	56	58	1372	Angela	Copson	F75-99	87	316
1364	Vince	Carroll	M55-59	78	83						
1370	Matt	Clarke	M45-49	81	88						
1376	Nick	Feledziak	M35-39	85	93						
1392	Qinghao	Liu	M25-29	110	122						
				516	553						
						189	856				

Dunstable Lions

Team Score	1595
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Men

	First Name	Surname	Age Cat		Team
722	Michael	Harkin	M17-19	26	27
671	Darren	Cornish	M55-59	41	43
694	Andy	Smith	M55-59	98	107
692	Wesley	Thorne	M45-49	99	109
683	Richard	Moore	M45-49	104	114
678	Lee	Hayward	M45-49	111	124
681	Michael	Donner	M40-44	120	136
680	Mark	Cornell	M60-64	135	157
				734	817

Women

	First Name	Surname	Age Cat		Team
702	Frances	Vosper	F40-44	13	123
711	Teresa	Warren	F55-59	32	186
704	Helena	Kvepa	F40-44	44	219
705	Irina	Cicio	F30-34	55	250
				144	778

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	5	504	4	77	3	537	486	1023
Bedford Harriers	2	156	2	60	2	159	519	678
Biggleswade AC	11	712	10	251	11	795	901	1696
Dunstable Road Runners	14	1302	14	565	14	1681	1565	3246
Leighton Fun Runners	10	632	8	150	9	691	764	1455
North Herts Road Runners	1	143	1	34	1	146	353	499
Northampton Road Runners	13	740	12	370	12	843	1262	2105
Olney Runners	7	535	5	122	6	584	715	1299
Stopsley Striders	8	546	3	65	4	596	504	1100
Northants Tri	9	574	13	558	13	639	1554	2193
Wellingborough & District AC	4	409	6	126	5	438	736	1174
Wootton Road Runners	3	218	11	274	7	225	1084	1309
Rugby & Northampton AC	6	516	9	189	8	553	856	1409
Dunstable Lions	12	734	7	144	10	817	778	1595
Total of Scoring Men's Teams			8704		Contribution to Team Scores		41.88%	
Total of Scoring Women's Teams			12077				58.12%	