

3 Counties Cross Country League Results

After 4 Events

Open Men

11-January-2026

	First Name	Surname	Club	Age Cat	Well'boro	Wootton	North Herts	Dunstable	Leighton	Pos	Races	Score
1245	Jonny	Reep	Wellingborough & District AC	25-29		4	1	1		1	3	6
1307	andrew	fairley	Wootton Road Runners	45-49		2	7	2		2	3	11
314	Liam	Busby	Bedford Harriers	30-34	4	3	5			3	3	12
1292	Nick	Ost	Wootton Road Runners	35-39	3	5	6	4		3	4	12
432	Ryan	Murphy	Bedford Harriers	35-39	6	6	8	6		5	4	18
294	Isaac	Aguma	Bedford Harriers	30-34	5	10	10			6	3	25
384	Adam	Hill	Bedford Harriers	30-34	9	15	13	9		7	4	31
1298	Ashley	Gardner	Wootton Road Runners	40-44	16	14	14	7		8	4	35
361	Daniel	Foster	Bedford Harriers	20-24	10	13	16			9	3	39
1161	Chris	Bell	Northants Tri	55-59	12	18	15	16		10	4	43
750	Matthew	Ma	Leighton Fun Runners	40-44	15	24	17	19		11	4	51
1045	Rob	Barnes	Stopsley Striders	35-39		22	22	11		12	3	55
81	Shahab	Ahmad	North Herts Road Runners	40-44		26	18	13		13	3	57
968	Chris	Ling	Olney Runners	40-44		20	28	10		14	3	58
1229	Paul	Huckle	Wellingborough & District AC	35-39	19	21	19			15	3	59
1378	Richard	Francis	Rugby & Northampton AC	40-44		19	23	21		16	3	63
343	Kit	Dixon	Bedford Harriers	35-39	14	25	25	27		17	4	64
380	David	Haslam	Bedford Harriers	40-44		23	21	23		18	3	67
1286	Thomas	Lack	Wootton Road Runners	20-24	21	36	30	22		19	4	73
1401	Joe	Musgrove	Rugby & Northampton AC	25-29	28	34	36	12		20	4	74
82	James	Warner-Smith	North Herts Road Runners	30-34		30	33	14		21	3	77
227	Callum	Harrison	Amphill & Flitwick Flyers	35-39	18	31	37	30		22	4	79
9	Matt	Sayers	North Herts Road Runners	50-54	67	33	29	20		23	4	82
1024	Laszlo	Torjai	Olney Runners	45-49		48	20	15		24	3	83
895	Tony	Letts	Northampton Road Runners	55-59	23	28	34			25	3	85
671	Darren	Cornish	Dunstable Lions	55-59	17	39	41	31		26	4	87
1056	Ellie	Davies	Stopsley Striders	30-34	42	40	31	18		27	4	89
931	Issac	Walter	Northampton Road Runners	25-29	13	56	27			28	3	96
565	Nicholas	Sinclair	Biggleswade AC	30-34	36		40	25		29	3	101
87	Craig	Cartier	North Herts Road Runners	40-44		42	39	24		30	3	105
581	Robert	Morgan	Biggleswade AC	45-49		38	42	26		31	3	106
1083	Tom	Rankin	Stopsley Striders	25-29	22	53	60	32		32	4	107
1116	Tom	Lee	Stopsley Striders	40-44	38	35	44	39		33	4	112
1281	Richard	Lack	Wootton Road Runners	55-59	33	46	43	36		33	4	112
1212	Jon	Kemp	Wellingborough & District AC	50-54	37	41	45	41		35	4	119
1146	Andy	Green	Northants Tri	60-64	30	51	53	49		36	4	130
69	Vince	Wright	North Herts Road Runners	50-54	48		52	33		37	3	133
1197	Ed	norris	Wellingborough & District AC	35-39	27	54	55			38	3	136
1287	Stuart	De Freyne	Wootton Road Runners	40-44	34	45	57			38	3	136
200	Andy	Bierton	Amphill & Flitwick Flyers	50-54	47	70	62	29		40	4	138

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After 4 Events

Open Women

11-January-2026

	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	11
569	Nicky	Upperton	Biggleswade AC	30-34	5	4	5	10		2	4	14
702	Frances	Vosper	Dunstable Lions	40-44	4	2	13	13		3	4	19
1100	Louise	Peters	Stopsley Striders	50-54	8	5	10	7		4	4	20
298	Lucy	Baldwin	Bedford Harriers	45-49	7	7	14	8		5	4	22
24	Astrid	Mckeown	North Herts Road Runners	50-54	16	13	12	6		6	4	31
461	Ellie	Sherriffs	Bedford Harriers	40-44	6		11	23		7	3	40
291	Amelia	Abbott	Bedford Harriers	20-24	13	11	40	18		8	4	42
1239	Louise	Kemp	Wellingborough & District AC	45-49	14	17	25	17		9	4	48
998	Mary	Jones	Olney Runners	50-54	15	25	23	12		10	4	50
754	Anna	Yankey	Leighton Fun Runners	35-39		8	24	19		11	3	51
1105	Cathy	Stephen	Stopsley Striders	40-44	18	22	21	14		12	4	53
433	Lauren	Owens	Bedford Harriers	35-39	26	18	35	9		12	4	53
411	Sally	Knight	Bedford Harriers	50-54	10		18	26		14	3	54
377	Nora	Haggart	Bedford Harriers	65-69	20	23	34	20		15	4	63
1296	Gillian	Jakeman	Wootton Road Runners	45-49	17	24	27			16	3	68
1089	Jamila	Salam	Stopsley Striders	40-44	23	27	31	22		17	4	72
363	Bethany	Francis	Bedford Harriers	30-34	21	21	33			18	3	75
1294	Kirsty	Ransom	Wootton Road Runners	35-39	30	31		27		19	3	88
37	Natalie	Phillips	North Herts Road Runners	40-44	19	34	47	36		20	4	89
983	Henny	Keppel	Olney Runners	45-49	27	32	48	38		21	4	97
1203	Paula	Faller	Wellingborough & District AC	40-44	24		43	30		21	3	97
1051	Heather	Chandler	Stopsley Striders	50-54	40	29	39	35		23	4	103
1058	Ruth	Doyle	Stopsley Striders	55-59	32	33	46	51		24	4	111
1073	Miriam	Linforth	Stopsley Striders	40-44	37	40		41		25	3	118
776	Emily	Jones	Leighton Fun Runners	30-34	38	38	45	42		25	4	118
400	Niki	Jones	Bedford Harriers	55-59		39	49	33		27	3	121
141	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	43		52	40		28	3	135
943	Paula	Towers	Northampton Road Runners	55-59	53	45	56	45		29	4	143
705	Irina	Cicio	Dunstable Lions	30-34		46	55	43		30	3	144
1014	Therese	O'Riordan	Olney Runners	45-49		42	53	50		31	3	145
1253	Natasha	Newton	Wellingborough & District AC	50-54		48	50	49		32	3	147
396	Jacqueline	Irvine	Bedford Harriers	55-59	45	49		58		33	3	152
967	Caroline	Herman	Olney Runners	55-59	39		61	57		34	3	157
12	Lucy	O'Connor	North Herts Road Runners	60-64	51	50	58	60		35	4	159
1305	caroline	carruthers	Wootton Road Runners	60-64		56	59	46		36	3	161
986	Jo-Anne	Rouse	Olney Runners	35-39	56	52	60	55		37	4	163
1065	Helen	Harris	Stopsley Striders	55-59	66	54	57	54		38	4	165
912	Elaine	Palmer	Northampton Road Runners	55-59	55		65	48		39	3	168
454	Karen	Robertson	Bedford Harriers	60-64		55	62	52		40	3	169

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Men By Age Category

11-January-2026

	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	2		1	4	5	246
				17-19						2			
				17-19						3			
361	Daniel	Foster	Bedford Harriers	20-24	1	2	3			1	3	6	39
1286	Thomas	Lack	Wootton Road Runners	20-24	2	4	4	3		2	4	9	73
				20-24						3			
1401	Joe	Musgrove	Rugby & Northampton AC	25-29	4	4	3	3		1	4	10	74
931	Issac	Walter	Northampton Road Runners	25-29	2	7	2			2	3	11	96
1083	Tom	Rankin	Stopsley Striders	25-29	3	6	5	4		3	4	12	107
384	Adam	Hill	Bedford Harriers	30-34	4	4	6	1		1	4	9	31
294	Isaac	Aguma	Bedford Harriers	30-34	3	3	4			2	3	10	25
82	James	Warner-Smith	North Herts Road Runners	30-34		5	8	2		3	3	15	77
432	Ryan	Murphy	Bedford Harriers	35-39	2	2	2	2		1	4	6	18
1045	Rob	Barnes	Stopsley Striders	35-39		6	4	3		2	3	13	55
1229	Paul	Huckle	Wellingborough & District AC	35-39	6	5	3			3	3	14	59
1298	Ashley	Gardner	Wootton Road Runners	40-44	3	2	1	1		1	4	4	35
750	Matthew	Ma	Leighton Fun Runners	40-44	2	6	2	4		2	4	8	51
968	Chris	Ling	Olney Runners	40-44		4	6	2		3	3	12	58
1024	Laszlo	Torjai	Olney Runners	45-49		4	2	2		1	3	8	83
581	Robert	Morgan	Biggleswade AC	45-49		2	3	3		2	3	8	106
1375	Steve	Dixon	Rugby & Northampton AC	45-49		5	5	4		3	3	14	149
9	Matt	Sayers	North Herts Road Runners	50-54	9	1	1	1		1	4	3	82
1212	Jon	Kemp	Wellingborough & District AC	50-54	1	2	3	5		2	4	6	119
200	Andy	Bierton	Amphill & Flitwick Flyers	50-54	4	5	6	2		3	4	11	138
1161	Chris	Bell	Northants Tri	55-59	1	1	1	1		1	4	3	43
895	Tony	Letts	Northampton Road Runners	55-59	3	2	2			2	3	7	85
671	Darren	Cornish	Dunstable Lions	55-59	2	4	4	2		3	4	8	87
1146	Andy	Green	Northants Tri	60-64	1	1	2	1		1	4	3	130
412	Stuart	Knight	Bedford Harriers	60-64	3	3	5	2		2	4	8	236
792	Mark	Kleanthous	Leighton Fun Runners	60-64		2	4	3		3	3	9	236
460	Kevin	Shelton-Smith	Bedford Harriers	65-69	1		1	1		1	3	3	198
1213	Christopher	Norris	Wellingborough & District AC	65-69	2	2	2	2		2	4	6	308
302	Mourad	Ben-Taieb	Bedford Harriers	65-69	3	1		3		3	3	7	353
1064	Richard	Hardy	Stopsley Striders	70-74	2		2	1		1	3	5	547
301	Richard	Beard	Bedford Harriers	70-74	1	2	3			2	3	6	640
1285	Stephen	Smith	Wootton Road Runners	70-74	3	4	6	2		3	4	9	626
347	Francis	Esaw	Bedford Harriers	75-99	1	1	1	1		1	4	3	525
				75-99						2			
				75-99						3			

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After 4 Events

Women By Age Category

11-January-2026

	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	2		1	4	3	228
				17-19						2			
				17-19						3			
291	Amelia	Abbott	Bedford Harriers	20-24	1	2	2	1		1	4	4	42
757	Katie	Dobson	Leighton Fun Runners	20-24	2		3	3		2	3	8	193
				20-24						3			
714	Zoe	Mcconville	Dunstable Lions	25-29	3	5		4		1	3	12	355
				25-29						2			
				25-29						3			
363	Bethany	Francis	Bedford Harriers	30-34	2	4	4			1	3	10	75
776	Emily	Jones	Leighton Fun Runners	30-34	3	6	5	4		2	4	12	118
705	Irina	Cicio	Dunstable Lions	30-34		7	6	5		3	3	18	144
433	Lauren	Owens	Bedford Harriers	35-39	1	4	6	2		1	4	7	53
754	Anna	Yankey	Leighton Fun Runners	35-39		2	5	4		2	3	11	51
1294	Kirsty	Ransom	Wootton Road Runners	35-39	2	5		6		3	3	13	88
461	Ellie	Sherriffs	Bedford Harriers	40-44	3		2	5		1	3	10	40
1105	Cathy	Stephen	Stopsley Striders	40-44	4	3	5	3		2	4	10	53
1089	Janila	Salam	Stopsley Striders	40-44	7	4	6	4		3	4	14	72
298	Lucy	Baldwin	Bedford Harriers	45-49	2	3	3	1		1	4	6	22
1239	Louise	Kemp	Wellingborough & District AC	45-49	4	4	4	2		2	4	10	48
1296	Gillian	Jakeman	Wootton Road Runners	45-49	5	5	6			3	3	16	68
1100	Louise	Peters	Stopsley Striders	50-54	1	1	1	2		1	4	3	20
24	Astrid	McKeown	North Herts Road Runners	50-54	5	2	2	1		2	4	5	31
998	Mary	Jones	Olney Runners	50-54	4	3	5	3		3	4	10	50
1058	Ruth	Doyle	Stopsley Striders	55-59	2	2	4	7		1	4	8	111
400	Niki	Jones	Bedford Harriers	55-59		3	5	3		2	3	11	121
141	Jo	Aatkar	Amphill & Flitwick Flyers	55-59	5		6	4		3	3	15	135
12	Lucy	O'Connor	North Herts Road Runners	60-64	1	1	3	5		1	4	5	159
1305	caroline	carruthers	Wootton Road Runners	60-64		3	4	1		2	3	8	161
454	Karen	Robertson	Bedford Harriers	60-64		2	5	2		3	3	9	169
377	Nora	Haggart	Bedford Harriers	65-69	1	1	1	1		1	4	3	63
467	Veronica	Singleton-Lawley	Bedford Harriers	65-69	2	2	5	3		2	4	7	180
721	Wendy	Cope	Dunstable Lions	65-69		3	2	2		3	3	7	196
781	Christine	Ayers	Leighton Fun Runners	70-74	1	1	1	1		1	4	3	257
1144	Val	Bridges	Northants Tri	70-74	2	4	4	3		2	4	9	426
				70-74						3			
1372	Angela	Copson	Rugby & Northampton AC	75-99	1	1	1	1		1	4	3	261
				75-99						2			
				75-99						3			