

3 Counties Cross Country League Results

Venue		Dunstable		11-January-2026			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
1	1245	Jonny	Reep	Wellingborough & District AC	M25-29	1	1	1
2	1307	andrew	fairley	Wootton Road Runners	m45-49	2	2	1
3	1147	Stirling	Green	Northants Tri	M20-24	3	3	1
4	1292	Nick	Ost	Wootton Road Runners	M35-39	4	4	1
5	415	Joseph	Leonard	Bedford Harriers	M20-24	5	5	2
6	432	Ryan	Murphy	Bedford Harriers	M35-39	6	6	2
7	1298	Ashley	Gardner	Wootton Road Runners	M40-44	7	7	1
8	1223	Joe	Abel	Wellingborough & District AC	M25-29	8	8	2
9	384	Adam	Hill	Bedford Harriers	M30-34	9	9	1
10	968	Chris	Ling	Olney Runners	M40-44	10	10	2
11	1045	Rob	Barnes	Stopsley Striders	M35-39	11	11	3
12	1401	Joe	Musgrove	Rugby & Northampton AC	M25-29	12	12	3
13	81	Shahab	Ahmad	North Herts Road Runners	M40-44	13	13	3
14	82	James	Warner-Smith	North Herts Road Runners	M30-34	14	14	2
15	46	Katie	Harbon	North Herts Road Runners	F30-34	1	15	1
16	1024	Laszlo	Torjai	Olney Runners	m45-49	15	16	2
17	1161	Chris	Bell	Northants Tri	M55-59	16	17	1
18	722	Michael	Harkin	Dunstable Lions	M17-19	17	18	1
19	1056	Ellie	Davies	Stopsley Striders	M30-34	18	19	3
20	750	Matthew	Ma	Leighton Fun Runners	M40-44	19	20	4
21	9	Matt	Sayers	North Herts Road Runners	M50-54	20	21	1
22	1378	Richard	Francis	Rugby & Northampton AC	M40-44	21	22	5
23	1286	Thomas	Lack	Wootton Road Runners	M20-24	22	23	3
24	380	David	Haslam	Bedford Harriers	M40-44	23	24	6
25	87	Craig	Cartier	North Herts Road Runners	m40-44	24	25	7
26	565	Nicholas	Sinclair	Biggleswade AC	M30-34	25	26	4
27	581	Robert	Morgan	Biggleswade AC	M45-49	26	27	3
28	343	Kit	Dixon	Bedford Harriers	M35-39	27	28	4
29	508	Graham	Pratt	Bedford Harriers	M35-39	28	29	5
30	200	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	29	30	2
31	227	Callum	Harrison	Amphill & Flitwick Flyers	M35-39	30	31	6
32	671	Darren	Cornish	Dunstable Lions	M55-59	31	32	2
33	1083	Tom	Rankin	Stopsley Striders	M25-29	32	33	4
34	69	Vince	Wright	North Herts Road Runners	M50-54	33	34	3
35	519	Luke	Warner	Bedford Harriers	M25-29	34	35	5
36	1425	Mark	Johnson	Rugby & Northampton AC	M40-44	35	36	8
37	1281	Richard	Lack	Wootton Road Runners	M55-59	36	37	3
38	689	Steven	Kerin	Dunstable Lions	M40-44	37	38	9
39	1375	Steve	Dixon	Rugby & Northampton AC	M45-49	38	39	4
40	1116	Tom	Lee	Stopsley Striders	M40-44	39	40	10
41	43	Mike	Banister	North Herts Road Runners	M50-54	40	41	4
42	1212	Jon	Kemp	Wellingborough & District AC	M50-54	41	42	5
43	573	Samuel	Wall	Biggleswade AC	M30-34	42	43	5
44	716	Liam	Hoare	Dunstable Lions	M40-44	43	44	11
45	35	Ian	Datlen	North Herts Road Runners	M50-54	44	45	6
46	1317	mark	fowler	Wootton Road Runners	m45-49	45	46	5
47	966	Anthony	O'Neil	Olney Runners	M50-54	46	47	7
48	1141	Peter	DeBoo	Northants Tri	M35-39	47	48	7
49	685	Russell	Mead	Dunstable Lions	M55-59	48	49	4
50	1146	Andy	Green	Northants Tri	M60-64	49	50	1
51	460	Kevin	Shelton-Smith	Bedford Harriers	M65-69	50	51	1
52	1080	Ryan	Parsons	Stopsley Striders	M30-34	51	52	6
53	458	Bryan	Seago	Bedford Harriers	M55-59	52	53	5
54	725	Thomas	Timberlake	Dunstable Lions	M20-24	53	54	4
55	73	David	Edwards	North Herts Road Runners	M45-49	54	55	6
56	1399	Brendan	Moen	Rugby & Northampton AC	M55-59	55	56	6
57	790	Richard	Heady	Leighton Fun Runners	M35-39	56	57	8
58	406	Timothy	Kearns	Bedford Harriers	M30-34	57	58	7
59	1047	Nick	Betts	Stopsley Striders	M45-49	58	59	7

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Pos.		First Name	Surname	Club	Category		
60	1289	Nick	Morton	Wootton Road Runners	M55-59	59	7
61	801	Anthony	Muncey	Leighton Fun Runners	m50-54	60	8
62	727	Adrian	Brown	Dunstable Lions	M50-54	61	9
63	942	Jose	Santos	Northampton Road Runners	M45-49	62	8
64	25	Steve	Mckeown	North Herts Road Runners	M55-59	63	8
65	412	Stuart	Knight	Bedford Harriers	M60-64	64	2
66	1319	niall	gardiner	Wootton Road Runners	m50-54	65	10
67	1432	Rebecca	Eaton	Rugby & Northampton AC	f17-19	2	1
68	1404	Mark	Quinn	Rugby & Northampton AC	M50-54	66	11
69	379	James	Harvey	Bedford Harriers	M40-44	67	12
70	1162	Andrew	Verra	Northants Tri	M35-39	68	9
71	692	Wesley	Thorne	Dunstable Lions	M45-49	69	9
72	987	Jonathan	Goodman	Olney Runners	M35-39	70	10
73	281	Jack	Bierton	Amptill & Flitwick Flyers	M25-29	71	6
74	792	Mark	Kleanthous	Leighton Fun Runners	M60-64	72	3
75	387	Chris	Hoare	Bedford Harriers	M40-44	73	13
76	3	Rhia	Botha	North Herts Road Runners	F35-39	3	1
77	1295	David	Parkins	Wootton Road Runners	M60-64	74	4
78	1098	Kallum	Wright	Stopsley Striders	M30-34	75	8
79	1012	Steve	Dicks	Olney Runners	M50-54	76	12
80	1364	Vince	Carroll	Rugby & Northampton AC	M55-59	77	9
81	33	Hannah	Ridley	North Herts Road Runners	F25-29	4	1
82	98	Martin	Jackson	North Herts Road Runners	m35-39	78	11
83	426	Gary	Mckeaveney	Bedford Harriers	M40-44	79	14
84	1376	Nick	Feledziak	Rugby & Northampton AC	M35-39	80	12
85	479	Anna	Tems	Bedford Harriers	F40-44	5	1
86	1153	Keith	Brooks	Northants Tri	M50-54	81	13
87	24	Astrid	Mckeown	North Herts Road Runners	F50-54	6	1
88	16	Michael	Over	North Herts Road Runners	M55-59	82	10
89	249	Chris	Newnham	Amptill & Flitwick Flyers	M60-64	83	5
90	382	Owen	Hicks	Bedford Harriers	M20-24	84	5
91	681	Michael	Donner	Dunstable Lions	M40-44	85	15
92	1013	Terry	O'Cleirigh	Olney Runners	M60-64	86	6
93	782	Tom	Ellerton	Leighton Fun Runners	M35-39	87	13
94	1100	Louise	Peters	Stopsley Striders	F50-54	7	2
95	1301	Alex	McMurtie	Wootton Road Runners	M45-49	88	10
96	964	Andrew	Jones	Olney Runners	M55-59	89	11
97	298	Lucy	Baldwin	Bedford Harriers	F45-49	8	1
98	433	Lauren	Owens	Bedford Harriers	F35-39	9	2
99	440	Noah	Parker	Bedford Harriers	M17-19	90	2
100	1237	Mark	Bonham	Wellingborough & District AC	M55-59	91	12
101	546	Jake	Genever	Biggleswade AC	M30-34	92	9
102	1312	nick	sambridge	Wootton Road Runners	m55-59	93	13
103	1061	Gez	Fallon	Stopsley Striders	M55-59	94	14
104	686	Scott	Riddell	Dunstable Lions	M40-44	95	16
105	569	Nicky	Upperton	Biggleswade AC	F30-34	10	2
106	950	Mark	Speed	Northampton Road Runners	m45-49	96	11
107	97	Paul	Ibbotson	North Herts Road Runners	m45-49	97	12
108	446	Isobel	Powell	Bedford Harriers	F25-29	11	2
109	745	Dan	Green	Leighton Fun Runners	M50-54	98	14
110	805	Liam	O'Hara	Leighton Fun Runners	m30-34	99	10
111	296	Juan Carlos	Augusto	Bedford Harriers	M60-64	100	7
112	564	Phil	Rowlett	Biggleswade AC	M35-39	101	14
113	998	Mary	Jones	Olney Runners	F50-54	12	3
114	305	Cameron	Blair	Bedford Harriers	M30-34	102	11
115	678	Lee	Hayward	Dunstable Lions	M45-49	103	13
116	1213	Christopher	Norris	Wellingborough & District AC	M65-69	104	2
117	1042	Paul	Abrahams	Stopsley Striders	M45-49	105	14
118	702	Frances	Vosper	Dunstable Lions	F40-44	13	2

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119	683	Richard	Moore	Dunstable Lions	M45-49	106	119	15
120	1316	ian	wild	Wootton Road Runners	m45-49	107	120	16
121	1105	Cathy	Stephen	Stopsley Striders	F40-44	14	121	3
122	1417	Sophie	Wilkinson-Hargate	Rugby & Northampton AC	F50-54	15	122	4
123	1097	Paul	Whitford	Stopsley Striders	M55-59	108	123	15
124	518	Kirsty	Robertson	Bedford Harriers	F35-39	16	124	3
125	1405	Nigel	Roberts	Rugby & Northampton AC	M55-59	109	125	16
126	434	Vittorio	Paci	Bedford Harriers	M50-54	110	126	15
127	1239	Louise	Kemp	Wellingborough & District AC	F45-49	17	127	2
128	324	Mark	Clements	Bedford Harriers	M40-44	111	128	17
129	291	Amelia	Abbott	Bedford Harriers	F20-24	18	129	1
130	1164	Kristian	Biles	Northants Tri	M30-34	112	130	12
131	282	Sean	McDougall	Amphthill & Flitwick Flyers	M50-54-Guest			16
132	765	Jim	Buttleman	Leighton Fun Runners	M60-64	113	131	8
133	694	Andy	Smith	Dunstable Lions	M55-59	114	132	17
134	1175	Edward	Hardy	Northants Tri	m35-39	115	133	15
135	754	Anna	Yankey	Leighton Fun Runners	F35-39	19	134	4
136	377	Nora	Haggart	Bedford Harriers	F65-69	20	135	1
137	154	Kyrstin	Fairweather	Amphthill & Flitwick Flyers	F50-54	21	136	5
138	302	Mourad	Ben-Taieb	Bedford Harriers	M65-69	116	137	3
139	1406	John	Saw	Rugby & Northampton AC	M45-49	117	138	17
140	1167	Robert	White	Northants Tri	M60-64	118	139	9
141	1089	Jamila	Salam	Stopsley Striders	F40-44	22	140	4
142	1392	Qinghao	Liu	Rugby & Northampton AC	M25-29	119	141	7
143	969	Christopher	Barnes	Olney Runners	M55-59	120	142	18
144	461	Ellie	Sherriffs	Bedford Harriers	F40-44	23	143	5
145	223	Stan	Greening	Amphthill & Flitwick Flyers	M60-64	121	144	10
146	687	Simon	Howes	Dunstable Lions	M50-54	122	145	17
147	684	Robert	Standon	Dunstable Lions	M40-44	123	146	18
148	1422	Tinashe	Chinyemba	Rugby & Northampton AC	M25-29	124	147	8
149	311	Anthony	Bunker	Bedford Harriers	M50-54	125	148	18
150	5	Verity	Hague	North Herts Road Runners	F35-39	24	149	5
151	756	Joseph	Langdon	Leighton Fun Runners	M45-49	126	150	18
152	1027	Linda	Church	Olney Runners	f55-59	25	151	1
153	988	Justin	Crook	Olney Runners	M45-49	127	152	19
154	774	Nick	Young	Leighton Fun Runners	M35-39	128	153	16
155	1282	Johnathon	Crane	Wootton Road Runners	M40-44	129	154	19
156	411	Sally	Knight	Bedford Harriers	F50-54	26	155	6
157	1294	Kirsty	Ransom	Wootton Road Runners	F35-39	27	156	6
158	783	Steve	Ellerton	Leighton Fun Runners	M60-64	130	157	11
159	1248	Christopher	Abel	Wellingborough & District AC	M50-54	131	158	19
160	789	Sam	Heady	Leighton Fun Runners	F40-44	28	159	6
161	1256	Paul	Smith	Wellingborough & District AC	M45-49	132	160	20
162	554	Roxann	Holder	Biggleswade AC	F30-34	29	161	3
163	1203	Paula	Faller	Wellingborough & District AC	F40-44	30	162	7
164	711	Teresa	Warren	Dunstable Lions	F55-59	31	163	2
165	558	Natalie	Morgan	Biggleswade AC	F45-49	32	164	3
166	1400	Richard	Monk	Rugby & Northampton AC	M65-69	133	165	4
167	955	Carl	Hanford	Northampton Road Runners	m55-59	134	166	19
168	193	Andy	Atherton	Amphthill & Flitwick Flyers	M60-64	135	167	12
169	423	Rob	McCaffray	Bedford Harriers	M55-59	136	168	20
170	400	Niki	Jones	Bedford Harriers	F55-59	33	169	3
171	1210	Emma	Moore	Wellingborough & District AC	F45-49	34	170	4
172	336	Nick	Cross	Bedford Harriers	M60-64	137	171	13
173	1051	Heather	Chandler	Stopsley Striders	F50-54	35	172	7
174	1093	Chris	Treleaven	Stopsley Striders	M55-59	138	173	21
175	37	Natalie	Phillips	North Herts Road Runners	F40-44	36	174	8
176	373	Simon	Grantham	Bedford Harriers	M60-64	139	175	14
177	475	Paul	Stuart	Bedford Harriers	M60-64	140	176	15

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178	492	Joe	Warren	Bedford Harriers	M55-59	141	177	22
179	456	Nick	Sandle	Bedford Harriers	M60-64	142	178	16
180	160	Sophie	Harrison-Windmill	Amphthill & Flitwick Flyers	F35-39	37	179	7
181	983	Henny	Keppel	Olney Runners	F45-49	38	180	5
182	1408	Simon	Smith	Rugby & Northampton AC	M55-59	143	181	23
183	804	Josh	Giblenn	Leighton Fun Runners	m25-29	144	182	9
184	1064	Richard	Hardy	Stopsley Striders	M70-74	145	183	1
185	76	Laura	Fairbanks	North Herts Road Runners	F40-44	39	184	9
186	724	Andrew	Norman	Dunstable Lions	M60-64	146	185	17
187	297	Jonathan	Balaam	Bedford Harriers	M50-54	147	186	20
188	141	Jo	Aatkar	Amphthill & Flitwick Flyers	F55-59	40	187	4
189	1073	Miriam	Linforth	Stopsley Striders	F40-44	41	188	10
190	198	Jeremy	Bell	Amphthill & Flitwick Flyers	M60-64	148	189	18
191	794	Kevin	Hare	Leighton Fun Runners	M50-54	149	190	21
192	79	David	Weston	North Herts Road Runners	M40-44	150	191	20
193	776	Emily	Jones	Leighton Fun Runners	F30-34	42	192	4
194	230	Andy	Ingram	Amphthill & Flitwick Flyers	M45-49	151	193	21
195	762	Alan	Hines	Leighton Fun Runners	M45-49	152	194	22
196	705	Irina	Cicio	Dunstable Lions	F30-34	43	195	5
197	688	Simon	Robinson	Dunstable Lions	M50-54	153	196	22
198	1329	Harriet	Warden	Wootton Road Runners	f20-24	44	197	2
199	682	Peter	Keane	Dunstable Lions	M60-64	154	198	19
200	943	Paula	Towers	Northampton Road Runners	F55-59	45	199	5
201	1379	Keith	Guthrie	Rugby & Northampton AC	M60-64	155	200	20
202	1305	caroline	carruthers	Wootton Road Runners	f60-64	46	201	1
203	414	Laurene	Lee	Bedford Harriers	F45-49	47	202	6
204	1070	Paul	Keech	Stopsley Striders	M65-69	156	203	5
205	1283	Dave	Jones	Wootton Road Runners	M50-54	157	204	23
206	912	Elaine	Palmer	Northampton Road Runners	F55-59	48	205	6
207	1205	Adrian	King	Wellingborough & District AC	M55-59	158	206	24
208	1253	Natasha	Newton	Wellingborough & District AC	F50-54	49	207	8
209	1014	Therese	O'Riordan	Olney Runners	F45-49	50	208	7
210	1071	Danny	Kelly	Stopsley Striders	M60-64	159	209	21
211	1058	Ruth	Doyle	Stopsley Striders	F55-59	51	210	7
212	1112	Dan	Njawaya	Stopsley Striders	M50-54	160	211	24
213	791	Lee	Hayes	Leighton Fun Runners	M40-44	161	212	21
214	933	Barry	Wesley	Northampton Road Runners	M65-69	162	213	6
215	455	Andrew	Robertson	Bedford Harriers	M65-69	163	214	7
216	454	Karen	Robertson	Bedford Harriers	F60-64	52	215	2
217	157	Caroline	Gilby	Amphthill & Flitwick Flyers	F60-64	53	216	3
218	1096	Sam	Whaley	Stopsley Striders	M45-49	164	217	23
219	1065	Helen	Harris	Stopsley Striders	F55-59	54	218	8
220	471	Stuart	Snelson	Bedford Harriers	M50-54	165	219	25
221	347	Francis	Esaw	Bedford Harriers	M75-99	166	220	1
222	578	Stuart	Highland	Biggleswade AC	M50-54	167	221	26
223	409	Simon	King	Bedford Harriers	M65-69	168	222	8
224	99	Andrew	Wallis	North Herts Road Runners	m35-39	169	223	17
225	986	Jo-Anne	Rouse	Olney Runners	F35-39	55	224	8
226	757	Katie	Dobson	Leighton Fun Runners	F20-24	56	225	3
227	1084	Stuart	Read	Stopsley Striders	M50-54	170	226	27
228	967	Caroline	Herman	Olney Runners	F55-59	57	227	9
229	396	Jacqueline	Irvine	Bedford Harriers	F55-59	58	228	10
230	53	Caroline	Thrussell	North Herts Road Runners	F60-64	59	229	4
231	726	Andy	Noyes	Dunstable Lions	M60-64	171	230	22
232	677	Ian	Early	Dunstable Lions	M50-54	172	231	28
233	462	Graham	Short	Bedford Harriers	M65-69	173	232	9
234	12	Lucy	O'Connor	North Herts Road Runners	F60-64	60	233	5
235	476	Paula	Stuart	Bedford Harriers	F55-59	61	234	11
236	482	Beverley	Tredget	Bedford Harriers	F60-64	62	235	6

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237	721	Wendy	Cope	Dunstable Lions	F65-69	63	236	2
238	467	Veronica	Singleton-Lawley	Bedford Harriers	F65-69	64	237	3
239	1224	Marc	Sanderson	Wellingborough & District AC	M45-49	174	238	24
240	402	Tony	Jones	Bedford Harriers	M65-69	175	239	10
241	723	Simon	Ellingham	Dunstable Lions	M35-39	176	240	18
242	1299	Shane-Louise	Fordham	Wootton Road Runners	F40-44	65	241	11
243	1320	jerry	inniss	Wootton Road Runners	m60-64	177	242	23
244	45	John	Auld	North Herts Road Runners	M40-44	178	243	22
245	1120	Leanne	Hunt	Stopsley Striders	F40-44	66	244	12
246	1127	Annaise	Garbes	Stopsley Striders	F55-59	67	245	12
247	1308	diane	rogers	Wootton Road Runners	f55-59	68	246	13
248	483	James	Trodd	Bedford Harriers	M40-44	179	247	23
249	1285	Stephen	Smith	Wootton Road Runners	M70-74	180	248	2
250	1226	Mary	Pearson	Wellingborough & District AC	F40-44	69	249	13
251	1367	Minerva	Chesser	Rugby & Northampton AC	F50-54	70	250	9
252	329	Laura	Corley	Bedford Harriers	F35-39	71	251	9
253	1011	Shirley	Woods	Olney Runners	F65-69	72	252	4
254	480	Wendy	Tharani	Bedford Harriers	F50-54	73	253	10
255	1234	Paula	Thomas	Wellingborough & District AC	F45-49	74	254	8
256	57	Mel	Flynn	North Herts Road Runners	F40-44	75	255	14
257	1176	Amy	Tibbitts	Northants Tri	f35-39	76	256	10
258	60	Andrew	Robson	North Herts Road Runners	M55-59	181	257	25
259	165	Sophie	Ingram	Amphill & Flitwick Flyers	F17-19	77	258	2
260	786	Mark	Sammons	Leighton Fun Runners	M55-59	182	259	26
261	29	Victoria	Markham	North Herts Road Runners	F40-44	78	260	15
262	1251	Karen	Abel	Wellingborough & District AC	F40-44	79	261	16
263	1381	Jack	Harris	Rugby & Northampton AC	M30-34	183	262	13
264	549	Ian	Grimwood	Biggleswade AC	M70-74	184	263	3
265	679	Mark	Bright	Dunstable Lions	M35-39	185	264	19
266	676	Gary	Skinner	Dunstable Lions	M55-59	186	265	27
267	1290	Sam	Inniss	Wootton Road Runners	F45-49	80	266	9
268	1304	James	Meade	Wootton Road Runners	M55-59	187	267	28
269	971	Christina	Goodman	Olney Runners	F35-39	81	268	11
270	1003	Rachel	David	Olney Runners	F60-64	82	269	7
271	100	Ellie	Frid	North Herts Road Runners	f30-34	83	270	6
272	18	Dawn	Power	North Herts Road Runners	F50-54	84	271	11
273	337	Sue	Cross	Bedford Harriers	F60-64	85	272	8
274	321	Jeanette	Cheetham	Bedford Harriers	F60-64	86	273	9
275	299	Tony	Barnes	Bedford Harriers	M60-64	188	274	24
276	322	Lynn	Christison	Bedford Harriers	F50-54	87	275	12
277	570	Jackie	Warren	Biggleswade AC	F55-59	88	276	14
278	691	Tim	Seydali	Dunstable Lions	M40-44	189	277	24
279	364	Amanda	Friman	Bedford Harriers	F65-69	89	278	5
280	1288	Kay	Duffy	Wootton Road Runners	F50-54	90	279	13
281	1372	Angela	Copson	Rugby & Northampton AC	F75-99	91	280	1
282	952	Annette	Altun	Northampton Road Runners	f45-49	92	281	10
283	452	Helen	Roberts	Bedford Harriers	F60-64	93	282	10
284	7	Greg	Bowie	North Herts Road Runners	M45-49	190	283	25
285	326	Rachel	Cooke	Bedford Harriers	F55-59	94	284	15
286	17	Geoff	Davis	North Herts Road Runners	M50-54	191	285	29
287	1000	Michelle	Ramsden	Olney Runners	F50-54	95	286	14
288	295	Jacqueline	Armstrong	Bedford Harriers	F60-64	96	287	11
289	974	David	O'Connor	Olney Runners	M60-64	192	288	25
290	360	Mia	Ford	Bedford Harriers	F50-54	97	289	15
291	781	Christine	Ayers	Leighton Fun Runners	F70-74	98	290	1
292	408	Jenny	King	Bedford Harriers	F65-69	99	291	6
293	187	Natalie	Heslop	Amphill & Flitwick Flyers	F25-29	100	292	3
294	1284	Lorayne	Keet-Marsh	Wootton Road Runners	F65-69	101	293	7
295	1293	Jo	Ward	Wootton Road Runners	F60-64	102	294	12

3 Counties Cross Country League Results

Venue		Dunstable		11-January-2026				
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
296	468	Julie	Smith	Bedford Harriers	F55-59	103	295	16
297	507	Roger	Thompson	Bedford Harriers	M55-59	193	296	29
298	1170	Steph	Davies	Northants Tri	F50-54	104	297	16
299	496	Alex	Whiting	Bedford Harriers	M30-34	194	298	14
300	579	Felicity	Wall	Biggleswade AC	F30-34	105	299	7
301	761	Shuna	Hodges	Leighton Fun Runners	F45-49	106	300	11
302	1117	Beryl	Njawaya	Stopsley Striders	F45-49	107	301	12
303	700	Dawn	Thorne	Dunstable Lions	F45-49	108	302	13
304	699	Catriona	Cleaves	Dunstable Lions	F35-39	109	303	12
305	706	Joanna	Jeffer	Dunstable Lions	F50-54	110	304	17
306	169	Laura	Johnston	Amphill & Flitwick Flyers	F55-59	111	305	17
307	714	Zoe	Mcconville	Dunstable Lions	F25-29	112	306	4
308	506	Peter	Lawley	Bedford Harriers	M65-69	195	307	11
309	712	Tina	Keane	Dunstable Lions	F60-64	113	308	13
310	1198	Sally	Hewitt	Wellingborough & District AC	F70-74	114	309	2
311	1174	Andrew	Guilder	Northants Tri	m40-44	196	310	25
312	550	Magdalena	Hartley	Biggleswade AC	F40-44	115	311	17
313	403	Melanie	Joy	Bedford Harriers	F45-49	116	312	14
314	349	Christopher	Fadden	Bedford Harriers	M60-64	197	313	26
315	417	Vanessa	Lipski	Bedford Harriers	F55-59	117	314	18
316	453	Steven	Roberts	Bedford Harriers	M65-69	198	315	12
317	439	Sarah	Parker	Bedford Harriers	F45-49	118	316	15
318	1038	Valerie	Harvgreaves	Olney Runners	F55-59	119	317	19
319	713	Wendy Woo	Hayward	Dunstable Lions	F40-44	120	318	18
320	333	Stephen	Crane	Bedford Harriers	M65-69	199	319	13
321	796	Sopheap	Keo Delbee	Leighton Fun Runners	F45-49	121	320	16
322	304	Lyndsey	Bithrey	Bedford Harriers	F60-64	122	321	14
323	1172	Rebecca	McPhee	Northants Tri	F30-34	123	322	8
324	425	Andrea	McGrellis	Bedford Harriers	F55-59	124	323	20
325	352	Jo	Fereday	Bedford Harriers	F60-64	125	324	15
326	70	Brian	Judkins	North Herts Road Runners	M70-74	200	325	4
327	474	Gemma	Stevenson	Bedford Harriers	F50-54	126	326	18
328	542	Emma	Bell	Biggleswade AC	F50-54	127	327	19
329	1144	Val	Bridges	Northants Tri	F70-74	128	328	3