

3 Counties Cross Country League Results

Venue **Dunstable**

11-January-2026

Ampthill & Flitwick Flyers

Team Score

1634

Men

	First Name	Surname	Age Cat		Team
200	Andy	Bierton	M50-54	29	30
227	Callum	Harrison	M35-39	30	31
281	Jack	Bierton	M25-29	71	73
249	Chris	Newnham	M60-64	83	89
223	Stan	Greening	M60-64	121	144
193	Andy	Atherton	M60-64	135	167
198	Jeremy	Bell	M60-64	148	189
230	Andy	Ingram	M45-49	151	193
				768	916

Women

	First Name	Surname	Age Cat		Team
154	Kyrstin	Fairweather	F50-54	21	136
160	Sophie	Harrison-Windmill	F35-39	37	179
141	Jo	Aatkar	F55-59	40	187
157	Caroline	Gilby	F60-64	53	216

151

718

Bedford Harriers

Team Score

575

Men

	First Name	Surname	Age Cat		Team
415	Joseph	Leonard	M20-24	5	5
432	Ryan	Murphy	M35-39	6	6
384	Adam	Hill	M30-34	9	9
380	David	Haslam	M40-44	23	24
343	Kit	Dixon	M35-39	27	28
508	Graham	Pratt	M35-39	28	29
519	Luke	Warner	M25-29	34	35
460	Kevin	Shelton-Smith	M65-69	50	51
				182	187

Women

	First Name	Surname	Age Cat		Team
479	Anna	Tems	F40-44	5	85
298	Lucy	Baldwin	F45-49	8	97
433	Lauren	Owens	F35-39	9	98
446	Isobel	Powell	F25-29	11	108

33

388

Biggleswade AC

Team Score

1846

Men

	First Name	Surname	Age Cat		Team
565	Nicholas	Sinclair	M30-34	25	26
581	Robert	Morgan	M45-49	26	27
573	Samuel	Wall	M30-34	42	43
546	Jake	Genever	M30-34	92	101
564	Phil	Rowlett	M35-39	101	112
578	Stuart	Highland	M50-54	167	221
549	Ian	Grimwood	M70-74	184	263
	Last	Man		214	347
				851	1140

Women

	First Name	Surname	Age Cat		Team
569	Nicky	Upperton	F30-34	10	105
554	Roxann	Holder	F30-34	29	161
558	Natalie	Morgan	F45-49	32	164
570	Jackie	Warren	F55-59	88	276

159

706

Dunstable Road Runners

Team Score

4164

Men

	First Name	Surname	Age Cat		Team
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
				1712	2776

Women

	First Name	Surname	Age Cat		Team
	Last	Lady		134	347
	Last	Lady		134	347
	Last	Lady		134	347
	Last	Lady		134	347

536

1388

Leighton Fun Runners

Team Score

1365

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11-January-2026

Men

	First Name	Surname	Age Cat		Team
750	Matthew	Ma	M40-44	19	20
790	Richard	Heady	M35-39	56	57
801	Anthony	Muncey	m50-54	60	61
792	Mark	Kleanthous	M60-64	72	74
782	Tom	Ellerton	M35-39	87	93
745	Dan	Green	M50-54	98	109
805	Liam	O'Hara	m30-34	99	110
765	Jim	Buttleman	M60-64	113	131
				604	655

Women

	First Name	Surname	Age Cat		Team
754	Anna	Yankey	F35-39	19	134
789	Sam	Heady	F40-44	28	159
776	Emily	Jones	F30-34	42	192
757	Katie	Dobson	F20-24	56	225

145 **710**

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
81	Shahab	Ahmad	M40-44	13	13
82	James	Warner-Smith	M30-34	14	14
9	Matt	Sayers	M50-54	20	21
87	Craig	Cartier	m40-44	24	25
69	Vince	Wright	M50-54	33	34
43	Mike	Banister	M50-54	40	41
35	Ian	Datlen	M50-54	44	45
73	David	Edwards	M45-49	54	55
				242	248

Women

	First Name	Surname	Age Cat		Team
46	Katie	Harbon	F30-34	1	15
3	Rhia	Botha	F35-39	3	76
33	Hannah	Ridley	F25-29	4	81
24	Astrid	Mckeown	F50-54	6	87

14 **259**

Team Score

507

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
942	Jose	Santos	M45-49	62	63
950	Mark	Speed	m45-49	96	106
955	Carl	Hanford	m55-59	134	166
933	Barry	Wesley	M65-69	162	213
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
	Last	Man		214	347
				1310	1936

Women

	First Name	Surname	Age Cat		Team
943	Paula	Towers	F55-59	45	199
912	Elaine	Palmer	F55-59	48	205
952	Annette	Altun	f45-49	92	281
	Last	Lady		134	347

319 **1032**

Team Score

2968

Olney Runners

Men

	First Name	Surname	Age Cat		Team
968	Chris	Ling	M40-44	10	10
1024	Laszlo	Torjai	m45-49	15	16
966	Anthony	O'Neil	M50-54	46	47
987	Jonathan	Goodman	M35-39	70	72
1012	Steve	Dicks	M50-54	76	79
1013	Terry	O'Cleirigh	M60-64	86	92
964	Andrew	Jones	M55-59	89	96
969	Christopher	Barnes	M55-59	120	142
				512	554

Women

	First Name	Surname	Age Cat		Team
998	Mary	Jones	F50-54	12	113
1027	Linda	Church	f55-59	25	151
983	Henny	Keppel	F45-49	38	180
1014	Therese	O'Riordan	F45-49	50	208

125 **652**

Team Score

1206

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

922

3 Counties Cross Country League Results

Venue						Dunstable		11-January-2026					
1045	Rob	Barnes	M35-39	11	11		1100	Louise	Peters	F50-54	7	94	
1056	Ellie	Davies	M30-34	18	19		1105	Cathy	Stephen	F40-44	14	121	
1083	Tom	Rankin	M25-29	32	33		1089	Jamila	Salam	F40-44	22	140	
1116	Tom	Lee	M40-44	39	40		1051	Heather	Chandler	F50-54	35	172	
1080	Ryan	Parsons	M30-34	51	52								
1047	Nick	Betts	M45-49	58	59								
1098	Kallum	Wright	M30-34	75	78								
1061	Gez	Fallon	M55-59	94	103								
				378	395					78	527		

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1147	Stirling	Green	M20-24	3	3
1161	Chris	Bell	M55-59	16	17
1141	Peter	DeBoo	M35-39	47	48
1146	Andy	Green	M60-64	49	50
1162	Andrew	Verra	M35-39	68	70
1153	Keith	Brooks	M50-54	81	86
1164	Kristian	Biles	M30-34	112	130
1175	Edward	Hardy	m35-39	115	133
				491	537

Team Score	1740
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Women					
	First Name	Surname	Age Cat		Team
1176	Amy	Tibbitts	f35-39	76	256
1170	Steph	Davies	F50-54	104	297
1172	Rebecca	McPhee	F30-34	123	322
1144	Val	Bridges	F70-74	128	328
				431	1203

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1245	Jonny	Reep	M25-29	1	1
1223	Joe	Abel	M25-29	8	8
1212	Jon	Kemp	M50-54	41	42
1237	Mark	Bonham	M55-59	91	100
1213	Christopher	Norris	M65-69	104	116
1248	Christopher	Abel	M50-54	131	158
1256	Paul	Smith	M45-49	132	160
1205	Adrian	King	M55-59	158	206
				666	791

Team Score	1457
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Women					
	First Name	Surname	Age Cat		Team
1239	Louise	Kemp	F45-49	17	127
1203	Paula	Faller	F40-44	30	162
1210	Emma	Moore	F45-49	34	170
1253	Natasha	Newton	F50-54	49	207
				130	666

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1307	andrew	fairley	m45-49	2	2
1292	Nick	Ost	M35-39	4	4
1298	Ashley	Gardner	M40-44	7	7
1286	Thomas	Lack	M20-24	22	23
1281	Richard	Lack	M55-59	36	37
1317	mark	fowler	m45-49	45	46
1289	Nick	Morton	M55-59	59	60
1319	niall	gardiner	m50-54	65	66
				240	245

Team Score	1040
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Women					
	First Name	Surname	Age Cat		Team
1294	Kirsty	Ransom	F35-39	27	156
1329	Harriet	Warden	f20-24	44	197
1305	caroline	carruthers	f60-64	46	201
1299	Shane-Louise	Fordham	F40-44	65	241
				182	795

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1401	Joe	Musgrove	M25-29	12	12
1378	Richard	Francis	M40-44	21	22

Team Score	1116
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Women					
	First Name	Surname	Age Cat		Team
1432	Rebecca	Eaton	f17-19	2	67
1417	Sophie	Wilkinson-Hargate	F50-54	15	122

3 Counties Cross Country League Results

VenueDunstable						11-January-2026						
1425	Mark	Johnson	M40-44	35	36		1367	Minerva	Chesser	F50-54	70	250
1375	Steve	Dixon	M45-49	38	39		1372	Angela	Copson	F75-99	91	280
1399	Brendan	Moen	M55-59	55	56							
1404	Mark	Quinn	M50-54	66	68							
1364	Vince	Carroll	M55-59	77	80							
1376	Nick	Feledziak	M35-39	80	84							
				384	397							
										178	719	

Dunstable Lions

Team Score	1080
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Men

	First Name	Surname	Age Cat		Team
722	Michael	Harkin	M17-19	17	18
671	Darren	Cornish	M55-59	31	32
689	Steven	Kerin	M40-44	37	38
716	Liam	Hoare	M40-44	43	44
685	Russell	Mead	M55-59	48	49
725	Thomas	Timberlake	M20-24	53	54
727	Adrian	Brown	M50-54	61	62
692	Wesley	Thorne	M45-49	69	71
				359	368

Women

	First Name	Surname	Age Cat		Team
702	Frances	Vosper	F40-44	13	118
711	Teresa	Warren	F55-59	31	163
705	Irina	Cicio	F30-34	43	195
721	Wendy	Cope	F65-69	63	236
				150	712

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	11	768	8	151	10	916	718	1634
Bedford Harriers	1	182	2	33	2	187	388	575
Biggleswade AC	12	851	9	159	12	1140	706	1846
Dunstable Road Runners	14	1712	14	536	14	2776	1388	4164
Leighton Fun Runners	9	604	6	145	8	655	710	1365
North Herts Road Runners	3	242	1	14	1	248	259	507
Northampton Road Runners	13	1310	12	319	13	1936	1032	2968
Olney Runners	8	512	4	125	7	554	652	1206
Stopsley Striders	5	378	3	78	3	395	527	922
Northants Tri	7	491	13	431	11	537	1203	1740
Wellingborough & District AC	10	666	5	130	9	791	666	1457
Wootton Road Runners	2	240	11	182	4	245	795	1040
Rugby & Northampton AC	6	384	10	178	6	397	719	1116
Dunstable Lions	4	359	7	150	5	368	712	1080
Total of Scoring Men's Teams			11145		Contribution to Team Scores		51.55%	
Total of Scoring Women's Teams			10475				48.45%	