

3 Counties Cross Country League Results

After 5 Events

Open Men

1-February-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	1	4	7
1307	andrew	fairley	Wootton Road Runners	45-49		2	7	2	2	2	4	13
314	Liam	Busby	Bedford Harriers	30-34	4	3	5		6	3	4	18
1292	Nick	Ost	Wootton Road Runners	35-39	3	5	6	4		3	4	18
432	Ryan	Murphy	Bedford Harriers	35-39	6	6	8	6	5	5	5	23
384	Adam	Hill	Bedford Harriers	30-34	9	15	13	9	8	6	5	39
361	Daniel	Foster	Bedford Harriers	20-24	10	13	16		10	7	4	49
1298	Ashley	Gardner	Wootton Road Runners	40-44	16	14	14	7		8	4	51
1161	Chris	Bell	Northants Tri	55-59	12	18	15	16		9	4	61
1045	Rob	Barnes	Stopsley Striders	35-39		22	22	11	12	10	4	67
968	Chris	Ling	Olney Runners	40-44		20	28	10	11	11	4	69
1378	Richard	Francis	Rugby & Northampton AC	40-44		19	23	21	9	12	4	72
750	Matthew	Ma	Leighton Fun Runners	40-44	15	24	17	19		13	4	75
380	David	Haslam	Bedford Harriers	40-44		23	21	23	13	14	4	80
343	Kit	Dixon	Bedford Harriers	35-39	14	25	25	27	16	14	5	80
1401	Joe	Musgrove	Rugby & Northampton AC	25-29	28	34	36	12	15	16	5	89
1286	Thomas	Lack	Wootton Road Runners	20-24	21	36	30	22	23	17	5	96
9	Matt	Sayers	North Herts Road Runners	50-54	67	33	29	20	17	18	5	99
227	Callum	Harrison	Amphill & Flitwick Flyers	35-39	18	31	37	30	22	19	5	101
82	James	Warner-Smith	North Herts Road Runners	30-34		30	33	14	26	20	4	103
895	Tony	Letts	Northampton Road Runners	55-59	23	28	34		27	21	4	112
671	Darren	Cornish	Dunstable Lions	55-59	17	39	41	31	30	22	5	117
1056	Ellie	Davies	Stopsley Striders	30-34	42	40	31	18	29	23	5	118
565	Nicholas	Sinclair	Biggleswade AC	30-34	36		40	25	18	24	4	119
87	Craig	Cartier	North Herts Road Runners	40-44		42	39	24	28	25	4	133
1281	Richard	Lack	Wootton Road Runners	55-59	33	46	43	36	32	26	5	144
1212	Jon	Kemp	Wellingborough & District AC	50-54	37	41	45	41	33	27	5	152
69	Vince	Wright	North Herts Road Runners	50-54	48		52	33	20	28	4	153
1116	Tom	Lee	Stopsley Striders	40-44	38	35	44	39		29	4	156
1197	Ed	norris	Wellingborough & District AC	35-39	27	54	55		24	30	4	160
1083	Tom	Rankin	Stopsley Striders	25-29	22	53	60	32		31	4	167
200	Andy	Bierton	Amphill & Flitwick Flyers	50-54	47	70	62	29	34	32	5	172
1146	Andy	Green	Northants Tri	60-64	30	51	53	49	45	33	5	175
942	Jose	Santos	Northampton Road Runners	45-49	46	64	54	62	38	34	5	200
1080	Ryan	Parsons	Stopsley Striders	30-34	32	62		51	65	35	4	210
35	Ian	Datlen	North Herts Road Runners	50-54		59	68	44	42	36	4	213
25	Steve	Mckeown	North Herts Road Runners	55-59	52	58	61	63	43	37	5	214
458	Bryan	Seago	Bedford Harriers	55-59		73	63	52	40	38	4	228
1289	Nick	Morton	Wootton Road Runners	55-59	64	57	49	59		39	4	229
573	Samuel	Wall	Biggleswade AC	30-34		72	88	42	44	40	4	246

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After 5 Events

Open Women

1-February-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	1	4	12
569	Nicky	Upperton	Biggleswade AC	30-34	5	4	5	10	3	2	5	17
1100	Louise	Peters	Stopsley Striders	50-54	8	5	10	7	5	3	5	25
298	Lucy	Baldwin	Bedford Harriers	45-49	7	7	14	8	6	4	5	28
702	Frances	Vosper	Dunstable Lions	40-44	4	2	13	13		5	4	32
24	Astrid	Mckeown	North Herts Road Runners	50-54	16	13	12	6	10	6	5	41
461	Ellie	Sherriffs	Bedford Harriers	40-44	6		11	23	11	7	4	51
291	Amelia	Abbott	Bedford Harriers	20-24	13	11	40	18	16	8	5	58
1239	Louise	Kemp	Wellingborough & District AC	45-49	14	17	25	17	15	9	5	63
998	Mary	Jones	Olney Runners	50-54	15	25	23	12	14	10	5	64
411	Sally	Knight	Bedford Harriers	50-54	10		18	26	13	11	4	67
1105	Cathy	Stephen	Stopsley Striders	40-44	18	22	21	14	17	12	5	70
433	Lauren	Owens	Bedford Harriers	35-39	26	18	35	9	18	13	5	71
754	Anna	Yankey	Leighton Fun Runners	35-39		8	24	19	26	14	4	77
377	Nora	Haggart	Bedford Harriers	65-69	20	23	34	20	20	15	5	83
1296	Gillian	Jakeman	Wootton Road Runners	45-49	17	24	27		25	16	4	93
1089	Jamila	Salam	Stopsley Striders	40-44	23	27	31	22	24	17	5	96
37	Natalie	Phillips	North Herts Road Runners	40-44	19	34	47	36	23	18	5	112
1294	Kirsty	Ransom	Wootton Road Runners	35-39	30	31		27	37	19	4	125
983	Henny	Keppel	Olney Runners	45-49	27	32	48	38	28	19	5	125
1203	Paula	Faller	Wellingborough & District AC	40-44	24		43	30	30	21	4	127
1051	Heather	Chandler	Stopsley Striders	50-54	40	29	39	35	27	22	5	130
1058	Ruth	Doyle	Stopsley Striders	55-59	32	33	46	51	39	23	5	150
400	Niki	Jones	Bedford Harriers	55-59		39	49	33	31	24	4	152
776	Emily	Jones	Leighton Fun Runners	30-34	38	38	45	42		25	4	163
1014	Therese	O'Riordan	Olney Runners	45-49		42	53	50	35	26	4	180
943	Paula	Towers	Northampton Road Runners	55-59	53	45	56	45	40	27	5	183
396	Jacqueline	Irvine	Bedford Harriers	55-59	45	49		58	36	28	4	188
705	Irina	Cicio	Dunstable Lions	30-34		46	55	43	46	29	4	190
12	Lucy	O'Connor	North Herts Road Runners	60-64	51	50	58	60	47	30	5	206
1065	Helen	Harris	Stopsley Striders	55-59	66	54	57	54	43	31	5	208
454	Karen	Robertson	Bedford Harriers	60-64		55	62	52	49	32	4	218
986	Jo-Anne	Rouse	Olney Runners	35-39	56	52	60	55	56	33	5	219
467	Veronica	Singleton-Lawley	Bedford Harriers	65-69	57	59	132	64	51	34	5	231
1234	Paula	Thomas	Wellingborough & District AC	45-49	41	61		74	58	35	4	234
721	Wendy	Cope	Dunstable Lions	65-69		64	69	63	57	36	4	253
1367	Minerva	Chesser	Rugby & Northampton AC	50-54		63	64	70	63	37	4	260
395	Christine	Irvine	Bedford Harriers	35-39	49	86	79		60	38	4	274
29	Victoria	Markham	North Herts Road Runners	40-44	85	70	80	78	52	39	5	280
165	Sophie	Ingram	Amphill & Flitwick Flyers	17-19	78	96	73	77	61	40	5	289

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After 5 Events

Men By Age Category

1-February-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	2	1	5	7	340
				17-19						2			
				17-19						3			
361	Daniel	Foster	Bedford Harriers	20-24	1	2	3		1	1	4	7	49
1286	Thomas	Lack	Wootton Road Runners	20-24	2	4	4	3	2	2	5	11	96
				20-24						3			
1401	Joe	Musgrove	Rugby & Northampton AC	25-29	4	4	3	3	2	1	5	12	89
1083	Tom	Rankin	Stopsley Striders	25-29	3	6	5	4		2	4	18	167
281	Jack	Bierton	Amphill & Flitwick Flyers	25-29		9	6	6	5	3	4	26	368
384	Adam	Hill	Bedford Harriers	30-34	4	4	6	1	3	1	5	12	39
82	James	Warner-Smith	North Herts Road Runners	30-34		5	8	2	5	2	4	20	103
1056	Ellie	Davies	Stopsley Striders	30-34	9	6	7	3	6	3	5	22	118
432	Ryan	Murphy	Bedford Harriers	35-39	2	2	2	2	1	1	5	7	23
1045	Rob	Barnes	Stopsley Striders	35-39		6	4	3	2	2	4	15	67
343	Kit	Dixon	Bedford Harriers	35-39	4	7	6	4	3	3	5	17	80
1298	Ashley	Gardner	Wootton Road Runners	40-44	3	2	1	1		1	4	7	51
968	Chris	Ling	Olney Runners	40-44		4	6	2	2	2	4	14	69
1378	Richard	Francis	Rugby & Northampton AC	40-44		3	5	5	1	3	4	14	72
942	Jose	Santos	Northampton Road Runners	45-49	4	6	4	8	3	1	5	17	200
692	Wesley	Thorne	Dunstable Lions	45-49	9		10	9	5	2	4	33	311
1047	Nick	Betts	Stopsley Striders	45-49	11	12	8	7	9	3	5	35	295
9	Matt	Sayers	North Herts Road Runners	50-54	9	1	1	1	2	1	5	5	99
1212	Jon	Kemp	Wellingborough & District AC	50-54	1	2	3	5	5	2	5	11	152
69	Vince	Wright	North Herts Road Runners	50-54	5		5	3	3	3	4	16	153
1161	Chris	Bell	Northants Tri	55-59	1	1	1	1		1	4	4	61
895	Tony	Letts	Northampton Road Runners	55-59	3	2	2		1	2	4	8	112
671	Darren	Cornish	Dunstable Lions	55-59	2	4	4	2	2	3	5	10	117
1146	Andy	Green	Northants Tri	60-64	1	1	2	1	1	1	5	4	175
412	Stuart	Knight	Bedford Harriers	60-64	3	3	5	2	2	2	5	10	303
792	Mark	Kleanthous	Leighton Fun Runners	60-64		2	4	3	3	3	4	12	308
460	Kevin	Shelton-Smith	Bedford Harriers	65-69	1		1	1	1	1	4	4	255
1213	Christopher	Norris	Wellingborough & District AC	65-69	2	2	2	2	2	2	5	8	415
302	Mourad	Ben-Taieb	Bedford Harriers	65-69	3	1		3	4	3	4	11	472
1064	Richard	Hardy	Stopsley Striders	70-74	2		2	1	1	1	4	6	699
1285	Stephen	Smith	Wootton Road Runners	70-74	3	4	6	2	3	2	5	12	802
70	Brian	Judkins	North Herts Road Runners	70-74	7	7	8	4		3	4	26	944
347	Francis	Esaw	Bedford Harriers	75-99	1	1	1	1		1	4	4	713
				75-99						2			
				75-99						3			

3 Counties Cross Country League Results

After 5 Events

Women By Age Category

1-February-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	2	1	5	5	289
				17-19						2			
				17-19						3			
291	Amelia	Abbott	Bedford Harriers	20-24	1	2	2	1	2	1	5	6	58
				20-24						2			
				20-24						3			
714	Zoe	Mcconville	Dunstable Lions	25-29	3	5		4	6	1	4	18	462
				25-29						2			
				25-29						3			
776	Emily	Jones	Leighton Fun Runners	30-34	3	6	5	4		1	4	18	163
705	Irina	Cicio	Dunstable Lions	30-34		7	6	5	3	2	4	21	190
				30-34						3			
433	Lauren	Owens	Bedford Harriers	35-39	1	4	6	2	2	1	5	9	71
754	Anna	Yankey	Leighton Fun Runners	35-39		2	5	4	3	2	4	14	77
1294	Kirsty	Ransom	Wootton Road Runners	35-39	2	5		6	4	3	4	17	125
702	Frances	Vosper	Dunstable Lions	40-44	2	1	3	2		1	4	8	32
461	Ellie	Sherriffs	Bedford Harriers	40-44	3		2	5	1	2	4	11	51
1105	Cathy	Stephen	Stopsley Striders	40-44	4	3	5	3	2	3	5	12	70
298	Lucy	Baldwin	Bedford Harriers	45-49	2	3	3	1	2	1	5	8	28
1239	Louise	Kemp	Wellingborough & District AC	45-49	4	4	4	2	4	2	5	14	63
1296	Gillian	Jakeman	Wootton Road Runners	45-49	5	5	6		6	3	4	22	93
24	Astrid	McKeown	North Herts Road Runners	50-54	5	2	2	1	2	1	5	7	41
998	Mary	Jones	Olney Runners	50-54	4	3	5	3	4	2	5	14	64
411	Sally	Knight	Bedford Harriers	50-54	3		3	6	3	3	4	15	67
1058	Ruth	Doyle	Stopsley Striders	55-59	2	2	4	7	4	1	5	12	150
400	Niki	Jones	Bedford Harriers	55-59		3	5	3	1	2	4	12	152
943	Paula	Towers	Northampton Road Runners	55-59	7	4	8	5	5	3	5	21	183
12	Lucy	O'Connor	North Herts Road Runners	60-64	1	1	3	5	2	1	5	7	206
454	Karen	Robertson	Bedford Harriers	60-64		2	5	2	3	2	4	12	218
1193	Jackie	King	Wellingborough & District AC	60-64	5	5	10		8	3	4	28	358
377	Nora	Haggart	Bedford Harriers	65-69	1	1	1	1	1	1	5	4	83
467	Veronica	Singleton-Lawley	Bedford Harriers	65-69	2	2	5	3	2	2	5	9	231
721	Wendy	Cope	Dunstable Lions	65-69		3	2	2	3	3	4	10	253
781	Christine	Ayers	Leighton Fun Runners	70-74	1	1	1	1		1	4	4	355
1144	Val	Bridges	Northants Tri	70-74	2	4	4	3		2	4	13	584
				70-74						3			
1372	Angela	Copson	Rugby & Northampton AC	75-99	1	1	1	1	1	1	5	4	326
				75-99						2			
				75-99						3			