

3 Counties Cross Country League Results

Venue	Leighton		1-February-2026				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	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	14	Ben	Hadman	North Herts Road Runners	M30-34	3	3	1
4	1330	Michael	Hobbs-Aldridgr	Wootton Road Runners	m50-54	4	4	1
5	432	Ryan	Murphy	Bedford Harriers	M35-39	5	5	1
6	314	Liam	Busby	Bedford Harriers	M30-34	6	6	2
7	44	Wayne	Bell	North Herts Road Runners	M45-49	7	7	2
8	384	Adam	Hill	Bedford Harriers	M30-34	8	8	3
9	1378	Richard	Francis	Rugby & Northampton AC	M40-44	9	9	1
10	361	Daniel	Foster	Bedford Harriers	M20-24	10	10	1
11	968	Chris	Ling	Olney Runners	M40-44	11	11	2
12	1045	Rob	Barnes	Stopsley Striders	M35-39	12	12	2
13	380	David	Haslam	Bedford Harriers	M40-44	13	13	3
14	722	Michael	Harkin	Dunstable Lions	M17-19	14	14	1
15	1401	Joe	Musgrove	Rugby & Northampton AC	M25-29	15	15	2
16	343	Kit	Dixon	Bedford Harriers	M35-39	16	16	3
17	9	Matt	Sayers	North Herts Road Runners	M50-54	17	17	2
18	565	Nicholas	Sinclair	Biggleswade AC	M30-34	18	18	4
19	1018	Tony	McCauley	Olney Runners	M35-39	19	19	4
20	69	Vince	Wright	North Herts Road Runners	M50-54	20	20	3
21	752	Alastair	Mackinell	Leighton Fun Runners	M35-39	21	21	5
22	227	Callum	Harrison	Amphill & Flitwick Flyers	M35-39	22	22	6
23	1286	Thomas	Lack	Wootton Road Runners	M20-24	23	23	2
24	1197	Ed	norris	Wellingborough & District AC	M35-39	24	24	7
25	28	Kris	Whitmore	North Herts Road Runners	M50-54	25	25	4
26	82	James	Warner-Smith	North Herts Road Runners	M30-34	26	26	5
27	895	Tony	Letts	Northampton Road Runners	M55-59	27	27	1
28	87	Craig	Cartier	North Herts Road Runners	m40-44	28	28	4
29	1056	Ellie	Davies	Stopsley Striders	M30-34	29	29	6
30	671	Darren	Cornish	Dunstable Lions	M55-59	30	30	2
31	716	Liam	Hoare	Dunstable Lions	M40-44	31	31	5
32	1281	Richard	Lack	Wootton Road Runners	M55-59	32	32	3
33	1212	Jon	Kemp	Wellingborough & District AC	M50-54	33	33	5
34	200	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	34	34	6
35	1425	Mark	Johnson	Rugby & Northampton AC	M40-44	35	35	6
36	43	Mike	Banister	North Herts Road Runners	M50-54	36	36	7
37	1141	Peter	DeBoo	Northants Tri	M35-39	37	37	8
38	942	Jose	Santos	Northampton Road Runners	M45-49	38	38	3
39	1145	Jonny	Prince	Northants Tri	M35-39	39	39	9
40	458	Bryan	Seago	Bedford Harriers	M55-59	40	40	4
41	519	Luke	Warner	Bedford Harriers	M25-29	41	41	3
42	35	Ian	Datlen	North Herts Road Runners	M50-54	42	42	8
43	25	Steve	Mckeown	North Herts Road Runners	M55-59	43	43	5
44	573	Samuel	Wall	Biggleswade AC	M30-34	44	44	7
45	1146	Andy	Green	Northants Tri	M60-64	45	45	1
46	285	Elliot	Bierton	Amphill & Flitwick Flyers	M20-24-Guest			3
47	426	Gary	McKeaveney	Bedford Harriers	M40-44	46	46	7
48	727	Adrian	Brown	Dunstable Lions	M50-54	47	47	9
49	790	Richard	Heady	Leighton Fun Runners	M35-39	48	48	10
50	1162	Andrew	Verra	Northants Tri	M35-39	49	49	11
51	1317	mark	fowler	Wootton Road Runners	m45-49	50	50	4
52	1383	Katerina	Hemmington	Rugby & Northampton AC	F45-49	1	51	1
53	966	Anthony	O'Neil	Olney Runners	M50-54	51	52	10
54	1098	Kallum	Wright	Stopsley Striders	M30-34	52	53	8
55	725	Thomas	Timberlake	Dunstable Lions	M20-24	53	54	4
56	382	Owen	Hicks	Bedford Harriers	M20-24	54	55	5
57	1432	Rebecca	Eaton	Rugby & Northampton AC	f17-19	2	56	1
58	692	Wesley	Thorne	Dunstable Lions	M45-49	55	57	5
59	460	Kevin	Shelton-Smith	Bedford Harriers	M65-69	56	58	1

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Pos.		First Name	Surname	Club	Category		
60	678	Lee	Hayward	Dunstable Lions	M45-49	57	59
61	1370	Matt	Clarke	Rugby & Northampton AC	M45-49	58	60
62	782	Tom	Ellerton	Leighton Fun Runners	M35-39	59	61
63	279	Stephen	Hartley	Amphill & Flitwick Flyers	M50-54	60	62
64	1404	Mark	Quinn	Rugby & Northampton AC	M50-54	61	63
65	73	David	Edwards	North Herts Road Runners	M45-49	62	64
66	1364	Vince	Carroll	Rugby & Northampton AC	M55-59	63	65
67	1080	Ryan	Parsons	Stopsley Striders	M30-34	64	66
68	569	Nicky	Upperton	Biggleswade AC	F30-34	3	67
69	1047	Nick	Betts	Stopsley Striders	M45-49	65	68
70	412	Stuart	Knight	Bedford Harriers	M60-64	66	69
71	628	Niall	Smith	Dunstable Road Runners	M30-34	67	70
72	987	Jonathan	Goodman	Olney Runners	M35-39	68	71
73	3	Rhia	Botha	North Herts Road Runners	F35-39	4	72
74	1100	Louise	Peters	Stopsley Striders	F50-54	5	73
75	434	Vittorio	Paci	Bedford Harriers	M50-54	69	74
76	298	Lucy	Baldwin	Bedford Harriers	F45-49	6	75
77	1237	Mark	Bonham	Wellingborough & District AC	M55-59	70	76
78	792	Mark	Kleanthous	Leighton Fun Runners	M60-64	71	77
79	1323	prashant	Ramachandran	Wootton Road Runners	m40-44	72	78
80	1405	Nigel	Roberts	Rugby & Northampton AC	M55-59	73	79
81	1376	Nick	Feledziak	Rugby & Northampton AC	M35-39	74	80
82	1061	Gez	Fallon	Stopsley Striders	M55-59	75	81
83	964	Andrew	Jones	Olney Runners	M55-59	76	82
84	1312	nick	sambridge	Wootton Road Runners	m55-59	77	83
85	1295	David	Parkins	Wootton Road Runners	M60-64	78	84
86	950	Mark	Speed	Northampton Road Runners	m45-49	79	85
87	805	Liam	O'Hara	Leighton Fun Runners	m30-34	80	86
88	1301	Alex	McMurtie	Wootton Road Runners	M45-49	81	87
89	767	Rosie	Booth	Leighton Fun Runners	F45-49	7	88
90	1319	niall	gardiner	Wootton Road Runners	m50-54	82	89
91	282	Sean	McDougall	Amphill & Flitwick Flyers	M50-54-Guest		15
92	694	Andy	Smith	Dunstable Lions	M55-59	83	90
93	16	Michael	Over	North Herts Road Runners	M55-59	84	91
94	1026	Katherine	Mulligan	Olney Runners	f25-29	8	92
95	1052	Steve	Close	Stopsley Striders	M55-59	85	93
96	348	Richard	Evans	Bedford Harriers	M35-39	86	94
97	246	Philip	Mead	Amphill & Flitwick Flyers	M35-39	87	95
98	1202	Eva	Jennings	Wellingborough & District AC	F20-24	9	96
99	804	Josh	Giblenn	Leighton Fun Runners	m25-29	88	97
100	281	Jack	Bierton	Amphill & Flitwick Flyers	M25-29	89	98
101	639	Kevin	Minnis	Dunstable Road Runners	M35-39	90	99
102	1410	Mike	Starr	Rugby & Northampton AC	M55-59	91	100
103	24	Astrid	Mckeown	North Herts Road Runners	F50-54	10	101
104	440	Noah	Parker	Bedford Harriers	M17-19	92	102
105	629	Darrel	Toledo	Dunstable Road Runners	M35-39	93	103
106	756	Joseph	Langdon	Leighton Fun Runners	M45-49	94	104
107	745	Dan	Green	Leighton Fun Runners	M50-54	95	105
108	324	Mark	Clements	Bedford Harriers	M40-44	96	106
109	879	John	Gibbins	Northampton Road Runners	M50-54	97	107
110	510	Ross	Henson	Bedford Harriers	M45-49	98	108
111	461	Ellie	Sherriffs	Bedford Harriers	F40-44	11	109
112	38	Mike	Phillips	North Herts Road Runners	M40-44	99	110
113	249	Chris	Newnham	Amphill & Flitwick Flyers	M60-64	100	111
114	33	Hannah	Ridley	North Herts Road Runners	F25-29	12	112
115	546	Jake	Genever	Biggleswade AC	M30-34	101	113
116	84	Daniele	Socci	North Herts Road Runners	m35-39	102	114
117	1328	Richard	Moore	Wootton Road Runners	m60-64	103	115
118	1153	Keith	Brooks	Northants Tri	M50-54	104	116

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119	411	Sally	Knight	Bedford Harriers	F50-54	13	117	3	
120	1213	Christopher	Norris	Wellingborough & District AC	M65-69	105	118	2	
121	305	Cameron	Blair	Bedford Harriers	M30-34	106	119	13	
122	774	Nick	Young	Leighton Fun Runners	M35-39	107	120	20	
123	1097	Paul	Whitford	Stopsley Striders	M55-59	108	121	16	
124	541	Charlie	Arnold	Biggleswade AC	M65-69	109	122	3	
125	998	Mary	Jones	Olney Runners	F50-54	14	123	4	
126	296	Juan Carlos	Augusto	Bedford Harriers	M60-64	110	124	7	
127	610	Matt	Deller	Dunstable Road Runners	M50-54	111	125	19	
128	311	Anthony	Bunker	Bedford Harriers	M50-54	112	126	20	
129	1239	Louise	Kemp	Wellingborough & District AC	F45-49	15	127	4	
130	1248	Christopher	Abel	Wellingborough & District AC	M50-54	113	128	21	
131	291	Amelia	Abbott	Bedford Harriers	F20-24	16	129	2	
132	1167	Robert	White	Northants Tri	M60-64	114	130	8	
133	1105	Cathy	Stephen	Stopsley Striders	F40-44	17	131	2	
134	433	Lauren	Owens	Bedford Harriers	F35-39	18	132	2	
135	558	Natalie	Morgan	Biggleswade AC	F45-49	19	133	5	
136	969	Christopher	Barnes	Olney Runners	M55-59	115	134	17	
137	377	Nora	Haggart	Bedford Harriers	F65-69	20	135	1	
138	934	David	Whatton	Northampton Road Runners	M60-64	116	136	9	
139	302	Mourad	Ben-Taieb	Bedford Harriers	M65-69	117	137	4	
140	154	Kyrstin	Fairweather	Amphill & Flitwick Flyers	F50-54	21	138	5	
141	1256	Paul	Smith	Wellingborough & District AC	M45-49	118	139	14	
142	1302	Adrian	Matthews	Wootton Road Runners	M45-49	119	140	15	
143	389	David	Holt	Bedford Harriers	M65-69	120	141	5	
144	99	Andrew	Wallis	North Herts Road Runners	m35-39	121	142	21	
145	955	Carl	Hanford	Northampton Road Runners	m55-59	122	143	18	
146	76	Laura	Fairbanks	North Herts Road Runners	F40-44	22	144	3	
147	1400	Richard	Monk	Rugby & Northampton AC	M65-69	123	145	6	
148	37	Natalie	Phillips	North Herts Road Runners	F40-44	23	146	4	
149	230	Andy	Ingram	Amphill & Flitwick Flyers	M45-49	124	147	16	
150	1089	Jamila	Salam	Stopsley Striders	F40-44	24	148	5	
151	1296	Gillian	Jakeman	Wootton Road Runners	F45-49	25	149	6	
152	883	Robert	Hemmingway	Northampton Road Runners	M45-49	125	150	17	
153	754	Anna	Yankey	Leighton Fun Runners	F35-39	26	151	3	
154	297	Jonathan	Balaam	Bedford Harriers	M50-54	126	152	22	
155	680	Mark	Cornell	Dunstable Lions	M60-64	127	153	10	
156	1093	Chris	Treleaven	Stopsley Striders	M55-59	128	154	19	
157	1148	Gary	Lane	Northants Tri	M65-69	129	155	7	
158	1051	Heather	Chandler	Stopsley Striders	F50-54	27	156	6	
159	983	Henny	Keppel	Olney Runners	F45-49	28	157	7	
160	783	Steve	Ellerton	Leighton Fun Runners	M60-64	130	158	11	
161	193	Andy	Atherton	Amphill & Flitwick Flyers	M60-64	131	159	12	
162	789	Sam	Heady	Leighton Fun Runners	F40-44	29	160	6	
163	1203	Paula	Faller	Wellingborough & District AC	F40-44	30	161	7	
164	400	Niki	Jones	Bedford Harriers	F55-59	31	162	1	
165	522	Matt	Pyecroft	Bedford Harriers	M50-54	132	163	23	
166	554	Roxann	Holder	Biggleswade AC	F30-34	32	164	2	
167	1050	Peter	Brown	Stopsley Striders	M40-44	133	165	11	
168	198	Jeremy	Bell	Amphill & Flitwick Flyers	M60-64	134	166	13	
169	711	Teresa	Warren	Dunstable Lions	F55-59	33	167	2	
170	640	Rafi	Phillips	Dunstable Road Runners	M17-19	135	168	3	
171	1379	Keith	Guthrie	Rugby & Northampton AC	M60-64	136	169	14	
172	996	Mark	Young	Olney Runners	M45-49	137	170	18	
173	101	Hannah	Gardner	North Herts Road Runners	f45-49	34	171	8	
174	1014	Therese	O'Riordan	Olney Runners	F45-49	35	172	9	
175	396	Jacqueline	Irvine	Bedford Harriers	F55-59	36	173	3	
176	428	Andrew	Monteith	Bedford Harriers	M50-54	138	174	24	
177	1294	Kirsty	Ransom	Wootton Road Runners	F35-39	37	175	4	

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Pos.		First Name	Surname	Club	Category		
178	492	Joe	Warren	Bedford Harriers	M55-59	139	176
179	1283	Dave	Jones	Wootton Road Runners	M50-54	140	177
180	336	Nick	Cross	Bedford Harriers	M60-64	141	178
181	1335	Janet	Mitchell	Wootton Road Runners	f60-64	38	179
182	1071	Danny	Kelly	Stopsley Striders	M60-64	142	180
183	1058	Ruth	Doyle	Stopsley Striders	F55-59	39	181
184	423	Rob	McCaffray	Bedford Harriers	M55-59	143	182
185	943	Paula	Towers	Northampton Road Runners	F55-59	40	183
186	1152	Tiph	Marshall	Northants Tri	F40-44	41	184
187	1084	Stuart	Read	Stopsley Striders	M50-54	144	185
188	1255	Victoria	Butterworth	Wellingborough & District AC	F25-29	42	186
189	791	Lee	Hayes	Leighton Fun Runners	M40-44	145	187
190	1096	Sam	Whaley	Stopsley Striders	M45-49	146	188
191	1112	Dan	Njawaya	Stopsley Striders	M50-54	147	189
192	808	Alex	Warren	Leighton Fun Runners	m35-39-Guest		22
193	325	Alan	Colley	Bedford Harriers	M75-99	148	190
194	1064	Richard	Hardy	Stopsley Striders	M70-74	149	191
195	1065	Helen	Harris	Stopsley Striders	F55-59	43	192
196	359	Lawrence	Folley	Bedford Harriers	M65-69	150	193
197	490	Debbie	Walsh	Bedford Harriers	F40-44	44	194
198	414	Laurene	Lee	Bedford Harriers	F45-49	45	195
199	705	Irina	Cicio	Dunstable Lions	F30-34	46	196
200	12	Lucy	O'Connor	North Herts Road Runners	F60-64	47	197
201	1334	Saleem	Akhtar	Wootton Road Runners	m50-54	151	198
202	560	Kerrie	Palmer-Quinn	Biggleswade AC	F25-29	48	199
203	454	Karen	Robertson	Bedford Harriers	F60-64	49	200
204	437	Anna	Paparozzi	Bedford Harriers	F50-54	50	201
205	467	Veronica	Singleton-Lawley	Bedford Harriers	F65-69	51	202
206	29	Victoria	Markham	North Herts Road Runners	F40-44	52	203
207	455	Andrew	Robertson	Bedford Harriers	M65-69	152	204
208	1408	Simon	Smith	Rugby & Northampton AC	M55-59	153	205
209	762	Alan	Hines	Leighton Fun Runners	M45-49	154	206
210	402	Tony	Jones	Bedford Harriers	M65-69	155	207
211	462	Graham	Short	Bedford Harriers	M65-69	156	208
212	617	Robert	Lee	Dunstable Road Runners	M45-49	157	209
213	1224	Marc	Sanderson	Wellingborough & District AC	M45-49	158	210
214	407	Viv	Kilgour	Bedford Harriers	F60-64	53	211
215	299	Tony	Barnes	Bedford Harriers	M60-64	159	212
216	630	Elaine	Jenkins	Dunstable Road Runners	F60-64	54	213
217	418	James	Lowe	Bedford Harriers	M55-59	160	214
218	772	Wayne	Walker	Leighton Fun Runners	M45-49	161	215
219	807	Bethan	Warren	Leighton Fun Runners	f35-39-Guest		5
220	1381	Jack	Harris	Rugby & Northampton AC	M30-34	162	216
221	986	Jo-Anne	Rouse	Olney Runners	F35-39	55	217
222	1060	Martin	Emanuel	Stopsley Striders	M40-44	163	218
223	721	Wendy	Cope	Dunstable Lions	F65-69	56	219
224	1234	Paula	Thomas	Wellingborough & District AC	F45-49	57	220
225	1320	Jerry	Inniss	Wootton Road Runners	m60-64	164	221
226	18	Dawn	Power	North Herts Road Runners	F50-54	58	222
227	318	Chris	Capps	Bedford Harriers	M70-74	165	223
228	45	John	Auld	North Herts Road Runners	M40-44	166	224
229	395	Christine	Irvine	Bedford Harriers	F35-39	59	225
230	481	Mark	Tinkler	Bedford Harriers	M65-69	167	226
231	165	Sophie	Ingram	Amphill & Flitwick Flyers	F17-19	60	227
232	806	Jennifer	Garner	Leighton Fun Runners	f35-39	61	228
233	1367	Minerva	Chesser	Rugby & Northampton AC	F50-54	62	229
234	1251	Karen	Abel	Wellingborough & District AC	F40-44	63	230
235	1372	Angela	Copson	Rugby & Northampton AC	F75-99	64	231
236	317	Lisa	Calvert	Bedford Harriers	F55-59	65	232

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237	480	Wendy	Tharani	Bedford Harriers	F50-54	66	233	10
238	1304	James	Meade	Wootton Road Runners	M55-59	168	234	24
239	1151	Anand	Mistry	Northants Tri	M35-39	169	235	23
240	1308	diane	rogers	Wootton Road Runners	f55-59	67	236	8
241	703	Greer	Kidney	Dunstable Lions	F55-59	68	237	9
242	786	Mark	Sammons	Leighton Fun Runners	M55-59	170	238	25
243	322	Lynn	Christison	Bedford Harriers	F50-54	69	239	11
244	780	Caitrina	Oakes	Leighton Fun Runners	F50-54	70	240	12
245	579	Felicity	Wall	Biggleswade AC	F30-34	71	241	4
246	468	Julie	Smith	Bedford Harriers	F55-59	72	242	10
247	603	Claire	Thomas	Dunstable Road Runners	F45-49	73	243	12
248	67	Clair	Power	North Herts Road Runners	F40-44	74	244	12
249	606	Kirsty	Minnis	Dunstable Road Runners	F35-39	75	245	9
250	495	Helen	Whiting	Bedford Harriers	F35-39	76	246	10
251	326	Rachel	Cooke	Bedford Harriers	F55-59	77	247	11
252	374	Joanne	Green	Bedford Harriers	F40-44	78	248	13
253	676	Gary	Skinner	Dunstable Lions	M55-59	171	249	26
254	179	Helen	Satterthwaite	Amphthill & Flitwick Flyers	F55-59	79	250	12
255	809	Mike	Garner	Leighton Fun Runners	m40-44	172	251	15
256	570	Jackie	Warren	Biggleswade AC	F55-59	80	252	13
257	1285	Stephen	Smith	Wootton Road Runners	M70-74	173	253	3
258	971	Christina	Goodman	Olney Runners	F35-39	81	254	11
259	364	Amanda	Friman	Bedford Harriers	F65-69	82	255	4
260	1290	Sam	Inniss	Wootton Road Runners	F45-49	83	256	13
261	403	Melanie	Joy	Bedford Harriers	F45-49	84	257	14
262	784	Stefanie	Bright	Leighton Fun Runners	F35-39	85	258	12
263	933	Barry	Wesley	Northampton Road Runners	M65-69	174	259	13
264	416	Mike	Leonard	Bedford Harriers	M60-64	175	260	19
265	295	Jacqueline	Armstrong	Bedford Harriers	F60-64	86	261	6
266	761	Shuna	Hodges	Leighton Fun Runners	F45-49	87	262	15
267	521	Eunju	Staddon	Bedford Harriers	F60-64	88	263	7
268	349	Christopher	Fadden	Bedford Harriers	M60-64	176	264	20
269	620	Samantha	Hinton	Dunstable Road Runners	F40-44	89	265	14
270	1284	Lorayne	Keet-Marsh	Wootton Road Runners	F65-69	90	266	5
271	496	Alex	Whiting	Bedford Harriers	M30-34	177	267	15
272	1193	Jackie	King	Wellingborough & District AC	F60-64	91	268	8
273	1205	Adrian	King	Wellingborough & District AC	M55-59	178	269	27
274	439	Sarah	Parker	Bedford Harriers	F45-49	92	270	16
275	798	Emily	Hines	Leighton Fun Runners	f25-29	93	271	5
276	1000	Michelle	Ramsden	Olney Runners	F50-54	94	272	13
277	1170	Steph	Davies	Northants Tri	F50-54	95	273	14
278	360	Mia	Ford	Bedford Harriers	F50-54	96	274	15
279	390	Jacinta	Horne	Bedford Harriers	F60-64	97	275	9
280	550	Magdalena	Hartley	Biggleswade AC	F40-44	98	276	15
281	926	Sue	Summers	Northampton Road Runners	F60-64	99	277	10
282	1288	Kay	Duffy	Wootton Road Runners	F50-54	100	278	16
283	974	David	O'Connor	Olney Runners	M60-64	179	279	21
284	1293	Jo	Ward	Wootton Road Runners	F60-64	101	280	11
285	1117	Beryl	Njawaya	Stopsley Striders	F45-49	102	281	17
286	621	Richard	Evans	Dunstable Road Runners	M70-74	180	282	4
287	430	Alexandra	Morgan	Bedford Harriers	F60-64	103	283	12
288	637	Angela	Tarbox	Dunstable Road Runners	F60-64	104	284	13
289	700	Dawn	Thorne	Dunstable Lions	F45-49	105	285	18
290	507	Roger	Thompson	Bedford Harriers	M55-59	181	286	28
291	714	Zoe	Mcconville	Dunstable Lions	F25-29	106	287	6
292	699	Catriona	Cleaves	Dunstable Lions	F35-39	107	288	13
293	1174	Andrew	Guilder	Northants Tri	m40-44	182	289	16
294	215	Rob	Cook	Amphthill & Flitwick Flyers	M65-69	183	290	14
295	796	Sopheap	Keo Delbee	Leighton Fun Runners	F45-49	108	291	19

3 Counties Cross Country League Results

Venue		Leighton						
		1-February-2026						
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
296	545	Amy	Genever	Biggleswade AC	F30-34	109	292	5
297	506	Peter	Lawley	Bedford Harriers	M65-69	184	293	15
298	638	Madie	Moffatt	Dunstable Road Runners	F20-24	110	294	3
299	365	Elaine	Fullard	Bedford Harriers	F65-69	111	295	6
300	1038	Valerie	Harvgreaves	Olney Runners	F55-59	112	296	14
301	425	Andrea	McGrellis	Bedford Harriers	F55-59	113	297	15
302	417	Vanessa	Lipski	Bedford Harriers	F55-59	114	298	16
303	552	Richard	Hill	Biggleswade AC	M55-59	185	299	29
304	1198	Sally	Hewitt	Wellingborough & District AC	F70-74	115	300	1
305	333	Stephen	Crane	Bedford Harriers	M65-69	186	301	16
306	713	Wendy Woo	Hayward	Dunstable Lions	F40-44	116	302	16
307	352	Jo	Fereday	Bedford Harriers	F60-64	117	303	14
308	474	Gemma	Stevenson	Bedford Harriers	F50-54	118	304	17
309	642	Eileen	King	Dunstable Road Runners	F65-69	119	305	7
310	741	Nicki	Atkinson	Leighton Fun Runners	F60-64	120	306	15
311	771	Lynda	Murray	Leighton Fun Runners	F55-59	121	307	17