

3 Counties Cross Country League Results

Venue **Leighton**

1-February-2026

Amphill & Flitwick Flyers

Team Score

1660

Men

	First Name	Surname	Age Cat		Team
227	Callum	Harrison	M35-39	22	22
200	Andy	Bierton	M50-54	34	34
279	Stephen	Hartley	M50-54	60	62
246	Philip	Mead	M35-39	87	95
281	Jack	Bierton	M25-29	89	98
249	Chris	Newnham	M60-64	100	111
230	Andy	Ingram	M45-49	124	147
193	Andy	Atherton	M60-64	131	159
				647	728

Women

	First Name	Surname	Age Cat		Team
154	Kyrstin	Fairweather	F50-54	21	138
165	Sophie	Ingram	F17-19	60	227
179	Helen	Satterthwaite	F55-59	79	250
	Last	Lady		127	317

287

932

Bedford Harriers

Team Score

569

Men

	First Name	Surname	Age Cat		Team
432	Ryan	Murphy	M35-39	5	5
314	Liam	Busby	M30-34	6	6
384	Adam	Hill	M30-34	8	8
361	Daniel	Foster	M20-24	10	10
380	David	Haslam	M40-44	13	13
343	Kit	Dixon	M35-39	16	16
458	Bryan	Seago	M55-59	40	40
519	Luke	Warner	M25-29	41	41
				139	139

Women

	First Name	Surname	Age Cat		Team
298	Lucy	Baldwin	F45-49	6	75
461	Ellie	Sherriffs	F40-44	11	109
411	Sally	Knight	F50-54	13	117
291	Amelia	Abbott	F20-24	16	129

46

430

Biggleswade AC

Team Score

2110

Men

	First Name	Surname	Age Cat		Team
565	Nicholas	Sinclair	M30-34	18	18
573	Samuel	Wall	M30-34	44	44
546	Jake	Genever	M30-34	101	113
541	Charlie	Arnold	M65-69	109	122
552	Richard	Hill	M55-59	185	299
	Last	Man		191	317
	Last	Man		191	317
	Last	Man		191	317
				1030	1547

Women

	First Name	Surname	Age Cat		Team
569	Nicky	Upperton	F30-34	3	67
558	Natalie	Morgan	F45-49	19	133
554	Roxann	Holder	F30-34	32	164
560	Kerrie	Palmer-Quinn	F25-29	48	199

102

563

Dunstable Road Runners

Team Score

2339

Men

	First Name	Surname	Age Cat		Team
628	Niall	Smith	M30-34	67	70
639	Kevin	Minnis	M35-39	90	99
629	Darrel	Toledo	M35-39	93	103
610	Matt	Deller	M50-54	111	125
640	Rafi	Phillips	M17-19	135	168
617	Robert	Lee	M45-49	157	209
621	Richard	Evans	M70-74	180	282
	Last	Man		191	317
				1024	1373

Women

	First Name	Surname	Age Cat		Team
630	Elaine	Jenkins	F60-64	54	213
603	Claire	Thomas	F45-49	73	243
606	Kirsty	Minnis	F35-39	75	245
620	Samantha	Hinton	F40-44	89	265

291

966

Leighton Fun Runners

Team Score

1226

3 Counties Cross Country League Results

Venue **Leighton**

1-February-2026

Men

	First Name	Surname	Age Cat		Team
752	Alastair	Mackinell	M35-39	21	21
790	Richard	Heady	M35-39	48	48
782	Tom	Ellerton	M35-39	59	61
792	Mark	Kleanthous	M60-64	71	77
805	Liam	O'Hara	m30-34	80	86
804	Josh	Giblenn	m25-29	88	97
756	Joseph	Langdon	M45-49	94	104
745	Dan	Green	M50-54	95	105
				556	599

Women

	First Name	Surname	Age Cat		Team
767	Rosie	Booth	F45-49	7	88
754	Anna	Yankey	F35-39	26	151
789	Sam	Heady	F40-44	29	160
806	Jennifer	Garner	f35-39	61	228
				123	627

North Herts Road Runners

Men

	First Name	Surname	Age Cat		Team
14	Ben	Hadman	M30-34	3	3
44	Wayne	Bell	M45-49	7	7
9	Matt	Sayers	M50-54	17	17
69	Vince	Wright	M50-54	20	20
28	Kris	Whitmore	M50-54	25	25
82	James	Warner-Smith	M30-34	26	26
87	Craig	Cartier	m40-44	28	28
43	Mike	Banister	M50-54	36	36
				162	162

Women

	First Name	Surname	Age Cat		Team
3	Rhia	Botha	F35-39	4	72
24	Astrid	Mckeown	F50-54	10	101
33	Hannah	Ridley	F25-29	12	112
76	Laura	Fairbanks	F40-44	22	144
				48	429

Northampton Road Runners

Men

	First Name	Surname	Age Cat		Team
895	Tony	Letts	M55-59	27	27
942	Jose	Santos	M45-49	38	38
950	Mark	Speed	m45-49	79	85
879	John	Gibbins	M50-54	97	107
934	David	Whatton	M60-64	116	136
955	Carl	Hanford	m55-59	122	143
883	Robert	Hemmingway	M45-49	125	150
933	Barry	Wesley	M65-69	174	259
				778	945

Women

	First Name	Surname	Age Cat		Team
943	Paula	Towers	F55-59	40	183
926	Sue	Summers	F60-64	99	277
	Last	Lady		127	317
	Last	Lady		127	317
				393	1094

Olney Runners

Men

	First Name	Surname	Age Cat		Team
968	Chris	Ling	M40-44	11	11
1018	Tony	McCauley	M35-39	19	19
966	Anthony	O'Neil	M50-54	51	52
987	Jonathan	Goodman	M35-39	68	71
964	Andrew	Jones	M55-59	76	82
969	Christopher	Barnes	M55-59	115	134
996	Mark	Young	M45-49	137	170
974	David	O'Connor	M60-64	179	279
				656	818

Women

	First Name	Surname	Age Cat		Team
1026	Katherine	Mulligan	f25-29	8	92
998	Mary	Jones	F50-54	14	123
983	Henny	Keppel	F45-49	28	157
1014	Therese	O'Riordan	F45-49	35	172
				85	544

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	591
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Team Score	2039
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Team Score	1362
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Team Score	1031
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3 Counties Cross Country League Results

Venue		Leighton				1-February-2026						
1045	Rob	Barnes	M35-39	12	12		1100	Louise	Peters	F50-54	5	73
1056	Ellie	Davies	M30-34	29	29		1105	Cathy	Stephen	F40-44	17	131
1098	Kallum	Wright	M30-34	52	53		1089	Jamila	Salam	F40-44	24	148
1080	Ryan	Parsons	M30-34	64	66		1051	Heather	Chandler	F50-54	27	156
1047	Nick	Betts	M45-49	65	68							
1061	Gez	Fallon	M55-59	75	81							
1052	Steve	Close	M55-59	85	93							
1097	Paul	Whitford	M55-59	108	121							
				490	523					73	508	

Northants Tri

Men					
	First Name	Surname	Age Cat		Team
1141	Peter	DeBoo	M35-39	37	37
1145	Jonny	Prince	M35-39	39	39
1146	Andy	Green	M60-64	45	45
1162	Andrew	Verra	M35-39	49	49
1153	Keith	Brooks	M50-54	104	116
1167	Robert	White	M60-64	114	130
1148	Gary	Lane	M65-69	129	155
1151	Anand	Mistry	M35-39	169	235
				686	806

Team Score	1897
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Women					
	First Name	Surname	Age Cat		Team
1152	Tiph	Marshall	F40-44	41	184
1170	Steph	Davies	F50-54	95	273
	Last	Lady		127	317
	Last	Lady		127	317
				390	1091

Wellingborough & District AC

Men					
	First Name	Surname	Age Cat		Team
1245	Jonny	Reep	M25-29	1	1
1197	Ed	norris	M35-39	24	24
1212	Jon	Kemp	M50-54	33	33
1237	Mark	Bonham	M55-59	70	76
1213	Christopher	Norris	M65-69	105	118
1248	Christopher	Abel	M50-54	113	128
1256	Paul	Smith	M45-49	118	139
1224	Marc	Sanderson	M45-49	158	210
				622	729

Team Score	1299
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Women					
	First Name	Surname	Age Cat		Team
1202	Eva	Jennings	F20-24	9	96
1239	Louise	Kemp	F45-49	15	127
1203	Paula	Faller	F40-44	30	161
1255	Victoria	Butterworth	F25-29	42	186
				96	570

Wootton Road Runners

Men					
	First Name	Surname	Age Cat		Team
1307	andrew	fairley	m45-49	2	2
1330	Michael	Hobbs-Aldridgr	m50-54	4	4
1286	Thomas	Lack	M20-24	23	23
1281	Richard	Lack	M55-59	32	32
1317	mark	fowler	m45-49	50	50
1323	prashant	Ramachandran	m40-44	72	78
1312	nick	sambridge	m55-59	77	83
1295	David	Parkins	M60-64	78	84
				338	356

Team Score	1095
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Women					
	First Name	Surname	Age Cat		Team
1296	Gillian	Jakeman	F45-49	25	149
1294	Kirsty	Ransom	F35-39	37	175
1335	Janet	Mitchell	f60-64	38	179
1308	diane	rogers	f55-59	67	236
				167	739

Rugby & Northampton AC

Men					
	First Name	Surname	Age Cat		Team
1378	Richard	Francis	M40-44	9	9
1401	Joe	Musgrove	M25-29	15	15

Team Score	973
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Women					
	First Name	Surname	Age Cat		Team
1383	Katerina	Hemmington	F45-49	1	51
1432	Rebecca	Eaton	f17-19	2	56

3 Counties Cross Country League Results

Venue		Leighton				1-February-2026					
1425	Mark	Johnson	M40-44	35	35	1367	Minerva	Chesser	F50-54	62	229
1370	Matt	Clarke	M45-49	58	60	1372	Angela	Copson	F75-99	64	231
1404	Mark	Quinn	M50-54	61	63						
1364	Vince	Carroll	M55-59	63	65						
1405	Nigel	Roberts	M55-59	73	79						
1376	Nick	Feledziak	M35-39	74	80						
				388	406						
						129		567			

Dunstable Lions

Team Score	1201
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Men

	First Name	Surname	Age Cat		Team
722	Michael	Harkin	M17-19	14	14
671	Darren	Cornish	M55-59	30	30
716	Liam	Hoare	M40-44	31	31
727	Adrian	Brown	M50-54	47	47
725	Thomas	Timberlake	M20-24	53	54
692	Wesley	Thorne	M45-49	55	57
678	Lee	Hayward	M45-49	57	59
694	Andy	Smith	M55-59	83	90
				370	382

Women

	First Name	Surname	Age Cat		Team
711	Teresa	Warren	F55-59	33	167
705	Irina	Cicio	F30-34	46	196
721	Wendy	Cope	F65-69	56	219
703	Greer	Kidney	F55-59	68	237
				203	819

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	9	647	11	287	10	728	932	1660
Bedford Harriers	1	139	1	46	1	139	430	569
Biggleswade AC	14	1030	6	102	13	1547	563	2110
Dunstable Road Runners	13	1024	12	291	14	1373	966	2339
Leighton Fun Runners	7	556	7	123	7	599	627	1226
North Herts Road Runners	2	162	2	48	2	162	429	591
Northampton Road Runners	12	778	14	393	12	945	1094	2039
Olney Runners	10	656	4	85	9	818	544	1362
Stopsley Striders	6	490	3	73	4	523	508	1031
Northants Tri	11	686	13	390	11	806	1091	1897
Wellingborough & District AC	8	622	5	96	8	729	570	1299
Wootton Road Runners	3	338	9	167	5	356	739	1095
Rugby & Northampton AC	5	388	8	129	3	406	567	973
Dunstable Lions	4	370	10	203	6	382	819	1201
Total of Scoring Men's Teams			9513		Contribution to Team Scores		49.06%	
Total of Scoring Women's Teams			9879				50.94%	