3 Counties Cross Country League Results

Venue **Dunstable** *25-October-2026*

Ampthill & Flitwick Flyers

Team Score **1161**

Men

	First Name	Surname	Age Cat		Team
219	Martin	Hughes	M40-44	19	19
181	Roger	Ball	M50-54	40	42
240	Scott	Robertson	M35-39	41	43
190	Andy	Bierton	M50-54	50	52
245	Thomas	Russen-Nie	M35-39	62	65
189	Matt	Bell	M30-34	68	71
206	John	Crossman	M60-64	74	77
186	Ed	Bell	M25-29	99	110
				453	**479**

Women

	First Name	Surname	Age Cat		Team
172	Natalie	Lawrence	F35-39	1	30
156	Kyrstin	Fairweather	F50-54	15	118
171	Michelle	Laver	F40-44	59	260
147	Lottie	Burtensahw	F20-24	68	274
				143	**682**

Bedford Harriers

Team Score **731**

Men

	First Name	Surname	Age Cat		Team
318	Steven	Baldwin	M35-39	4	4
341	Liam	Busby	M30-34	8	8
539	Ryan	Murphy	M35-39	11	11
417	Billy	Cano	M30-34	12	12
472	Jamie	Heywood	M35-39	14	14
468	David	Haslam	M40-44	18	18
404	Kit	Dixon	M35-39	25	25
477	Adam	Hill	M30-34	39	41
				131	**133**

Women

	First Name	Surname	Age Cat		Team
364	Anna	Tems	F40-44	6	90
517	Sally	Knight	F50-54	26	163
463	Nora	Haggart	F70-74	28	169
493	Niki	Jones	F55-59	31	176
				91	**598**

Biggleswade AC

Team Score **1876**

Men

	First Name	Surname	Age Cat		Team
596	Rob	Morgan	M50-54	31	32
546	Sam	Wall	M30-34	32	33
584	Jake	Genever	M30-34	71	74
592	Neil	Warren	M40-44	79	82
577	Giles	Hawthorne	M30-34	150	183
568	Damien	Pitts	M40-44	181	227
599	Stuart	Highland	M55-59	199	255
	Last	Man		248	404
				991	**1290**

Women

	First Name	Surname	Age Cat		Team
593	Nicky	Upperton	F30-34	13	113
547	Felicity	Wall	F30-34	21	150
545	Abbie	McCarthy	F30-34	23	152
597	Roxann	Holder	F30-34	29	171
				86	**586**

Dunstable Road Runners

Team Score **2531**

Men

	First Name	Surname	Age Cat		Team
608	Neil	Currant	M50-54	78	81
624	Kevin	Minnis	M35-39	102	115
621	Szymon	Gosk	M45-49	126	144
619	Darrel	Toledo	M35-39	129	149
615	Shilen	Mantri	M50-54	136	161
607	Matt	Deller	M50-54	141	168
627	Benjamin	Pratt	M20-24	153	187
610	Robert	Lee	M45-49	208	280
				1073	**1285**

Women

	First Name	Surname	Age Cat		Team
620	Elaine	Jenkins	F60-64	65	270
623	Wioleta	Gosk	F45-49	76	288
612	Ruth	Power	F60-64	106	336
616	Stacey	Mills	F60-64	117	352
				364	**1246**

Leighton Fun Runners

Team Score **1560**

3 Counties Cross Country League Results

Venue **Dunstable** *25-October-2026*

North Herts Road Runners

Team Score **858**

Men

	First Name	Surname	Age Cat		Team
112	Matt	Sayers	M50-54	20	20
98	James	Warner-Smith	M35-39	28	28
86	Nick	Malpeli	M60-64	44	46
69	Vince	Wright	M50-54	49	51
138	Steve	Mckeown	M55-59	64	67
140	Baljeet	Sandher	M50-54	77	80
108	Adam	Fisher	M35-39	83	86
87	Darren	Matussa	M50-54	86	93
				451	**471**

Women

	First Name	Surname	Age Cat		Team
123	Rhia	Botha	F40-44	4	88
92	Angharad	Leamon	F35-39	7	92
131	Hannah	Ridley	F25-29	9	101
139	Astrid	Mckeown	F50-54	11	106
				31	**387**

Northampton Road Runners

Team Score **2227**

Men

	First Name	Surname	Age Cat		Team
916	Issac	Walter	M25-29	6	6
925	Tony	Letts	M55-59	33	34
939	Mark	Speed	M45-49	80	83
893	Mark	Garrett	M65-69	151	184
922	David	Whatton	M60-64	159	195
935	Carl	Hanford	M55-59	172	212
860	David	Blackburn	M65-69	179	224
903	Alan	Hall	M70-74	215	296
				995	**1234**

Women

	First Name	Surname	Age Cat		Team
926	Charlotte	Yarker	F45-49	24	155
960	Lesley	Mahoney	F55-59	58	258
933	Paula	Towers	F60-64	60	262
871	Elaine	Palmer	F55-59	93	318
				235	**993**

Olney Runners

Team Score **1803**

Men

	First Name	Surname	Age Cat		Team
993	Phil	Holland	M45-49	21	21
987	Laszlo	Torjai	M45-49	24	24
999	Tony	McCauley	M35-39	58	61
984	Jonathan	Goodman	M35-39	73	76
995	Steve	Dicks	M50-54	120	138
988	Mark	Johnson	M55-59	124	142
983	George	Watson	M40-44	130	153
985	Justin	Crook	M45-49	148	181
				698	**796**

Women

	First Name	Surname	Age Cat		Team
970	Sarah	McAuliffe	F40-44	37	198
967	Laura	Fuller	F25-29	55	252
966	Jo-Anne	Rouse	F40-44	66	271
962	Bronwyn	Tagg	F25-29	75	286
				233	**1007**

Stopsley Striders

Team Score **1645**

Men

	First Name	Surname	Age Cat		Team

Women

	First Name	Surname	Age Cat		Team

Men

	First Name	Surname	Age Cat		Team
750	Nick	Shelley	M40-44	42	44
827	Richard	Heady	M35-39	87	95
757	Jim	Buttleman	M60-64	106	121
830	Daniel	Green	M50-54	111	127
742	Christopher	Heale	M25-29	116	134
822	Josh	Giblenn	M30-34	125	143
763	Gavin	Prechner	M45-49	127	145
770	William	Langdon	M45-49	145	175
				859	**984**

Women

	First Name	Surname	Age Cat		Team
744	Amy	Farnfield	F40-44	5	89
756	Emily	McClelland	F35-39	20	148
834	Anna	Yankey	F35-39	25	159
839	Emily	Heale	F20-24	33	180
				83	**576**

3 Counties Cross Country League Results

Venue **Dunstable** *25-October-2026*

1069	Mohammed	Elbayan	M25-29	1	1
1104	Ryan	Parsons	M30-34	37	39
1109	Tom	Rankin	M30-34	54	56
1077	Gez	Fallon	M55-59	108	123
1057	Thomas	Darby	M45-49	133	157
1043	Paul	Abrahams	M50-54	143	172
1088	Danny	Kelly	M65-69	147	178
1125	Paul	Whitford	M55-59	163	201
				786	**927**

1106	Louise	Peters	F50-54	8	94
1121	Cathy	Stephen	F40-44	34	186
1053	Heather	Chandler	F55-59	38	199
1115	Jamila	Salam	F40-44	50	239
				130	**718**

Northants Tri

Team Score **1573**

Men

	First Name	Surname	Age Cat		Team
1152	Chris	Bell	M55-59	22	22
1155	Peter	DeBoo	M35-39	26	26
1149	Tom	Brennan	M35-39	35	37
1142	Andrew	Verra	M35-39	46	48
1141	Lewis	Wilson	M30-34	57	59
1161	Richard	Cressey	M50-54	69	72
1188	Andy	Green	M60-64	72	75
1182	Paul	Sutton	M40-44	105	120
				432	**459**

Women

	First Name	Surname	Age Cat		Team
1143	Tiph	Marshall	F40-44	30	174
1153	Gemma	McRae	F40-44	64	268
1184	Rachel	Fearnley	F50-54	95	322
1147	Steph	Davies	F50-54	115	350
				304	**1114**

Wellingborough & District AC

Team Score **1050**

Men

	First Name	Surname	Age Cat		Team
1194	Peter	Townsend	M35-39	5	5
1207	Joe	Abel	M25-29	7	7
1195	Paul	Huckle	M35-39	15	15
1268	Richard	Minney	M40-44	27	27
1202	Tony	Ackers	M50-54	48	50
1274	Ed	norris	M35-39	60	63
1208	Jon	Kemp	M55-59	61	64
1259	Colin	Smith	M40-44	66	69
				289	**300**

Women

	First Name	Surname	Age Cat		Team
1271	Eva	Jennings	F20-24	10	105
1200	Louise	Kemp	F45-49	19	146
1257	Paula	Faller	F45-49	42	216
1272	Mary	Pearson	F40-44	73	283
				144	**750**

Wootton Road Runners

Team Score **1289**

Men

	First Name	Surname	Age Cat		Team
1301	Ashley	Gardner	M40-44	17	17
1304	Matthew	Goude	M45-49	36	38
1289	Dan	Barrett	M45-49	47	49
1295	Kevin	Westley	M45-49	55	57
1305	Richard	Lack	M55-59	65	68
1307	Robin	Wagg	M25-29	88	96
1294	Nick	Sambridge	M55-59	98	109
1356	Alex	McMurtrie	M45-49	110	125
				516	**559**

Women

	First Name	Surname	Age Cat		Team
1298	Cassandra	Baron	F45-49	16	126
1360	Jacqui	Bark	F40-44	27	165
1346	Kirsty	Ransom	F35-39	39	204
1306	Deana	Lenton	F55-59	47	235
				129	**730**

Rugby & Northampton AC

Team Score **1045**

Men

	First Name	Surname	Age Cat		Team
1362	David	Ball	M45-49	9	9
1386	Richard	Francis	M45-49	13	13

Women

	First Name	Surname	Age Cat		Team
1392	Katerina	Hemmington	F45-49	14	116
1405	Lyndsey	Owen	F50-54	32	179

3 Counties Cross Country League Results

Venue **Dunstable** *25-October-2026*

1380	Chris	Wood	M45-49	16	16
1422	Sam	Tallett	M40-44	23	23
1400	Sidney	Muvandiri	M40-44	29	29
1404	Joe	Musgrove	M25-29	34	35
1395	Mark	Johnson	M45-49	45	47
1407	Richard	Owen	M50-54	52	54
				221	**226**

1372	Hayley	Clarke	F50-54	43	217
1368	Minerva	Chesser	F50-54	86	307
				175	**819**

Dunstable Lions

Team Score **583**

Men

	First Name	Surname	Age Cat		Team
707	Michael	Harkin	M17-19	2	2
1463	Steve	Buckle	M45-49	3	3
676	Spencer	Park	M30-34	10	10
673	Darren	Cornish	M55-59	30	31
720	Nick	Betts	M45-49	38	40
711	Liam	Hoare	M40-44	43	45
729	Steven	Kerin	M40-44	53	55
738	Ellie	Davies	M30-34	56	58
				235	**244**

Women

	First Name	Surname	Age Cat		Team
674	Rosie	McNabola	F30-34	2	36
712	Emily	Gibbbons	F40-44	3	60
709	Katrina	Wootton	F40-44	12	112
719	Frances	Vosper	F40-44	17	131
				34	**339**

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	7	453	8	143	6	479	682	1161
Bedford Harriers	1	131	5	91	2	133	598	731
Biggleswade AC	12	991	4	86	12	1290	586	1876
Dunstable Road Runners	14	1073	14	364	14	1285	1246	2531
Leighton Fun Runners	11	859	3	83	8	984	576	1560
North Herts Road Runners	6	451	1	31	3	471	387	858
Northampton Road Runners	13	995	12	235	13	1234	993	2227
Olney Runners	9	698	11	233	11	796	1007	1803
Stopsley Striders	10	786	7	130	10	927	718	1645
Northants Tri	5	432	13	304	9	459	1114	1573
Wellingborough & District AC	4	289	9	144	5	300	750	1050
Wootton Road Runners	8	516	6	129	7	559	730	1289
Rugby & Northampton AC	2	221	10	175	4	226	819	1045
Dunstable Lions	3	235	2	34	1	244	339	583

Total of Scoring Men's Teams	**9387**	**Contribution to Team Scores**	**47.10%**
Total of Scoring Women's Teams	**10545**		**52.90%**