3 Counties Cross Country League Results

Venue **Wootton** *15-November-2026*

Ampthill & Flitwick Flyers

Team Score **1693**

Men

	First Name	Surname	Age Cat		Team
217	Callum	Harrison	M35-39	24	24
245	Thomas	Russen-Nie	M35-39	48	49
190	Andy	Bierton	M50-54	50	51
181	Roger	Ball	M50-54	51	52
189	Matt	Bell	M30-34	81	86
191	Jack	Bierton	M25-29	83	88
206	John	Crossman	M60-64	86	91
186	Ed	Bell	M25-29	113	126
				536	**567**

Women

	First Name	Surname	Age Cat		Team
174	Autumn	Lynch	F60-64	51	251
147	Lottie	Burtenshaw	F20-24	52	252
162	Natalie	Heslop	F25-29	63	276
146	Sophie	Ingram	F17-19	110	347
				276	**1126**

Bedford Harriers

Team Score **798**

Men

	First Name	Surname	Age Cat		Team
318	Steven	Baldwin	M35-39	2	2
539	Ryan	Murphy	M35-39	10	10
477	Adam	Hill	M30-34	18	18
432	Daniel	Foster	M20-24	20	20
302	Graham	Pratt	M35-39	21	21
417	Billy	Cano	M30-34	27	27
322	Bryan	Seago	M55-59	49	50
355	Mark	Clements	M40-44	57	58
				204	**206**

Women

	First Name	Surname	Age Cat		Team
317	Lucy	Baldwin	F45-49	8	103
410	Abigail	Turner	F50-54	14	134
493	Niki	Jones	F55-59	23	172
517	Sally	Knight	F50-54	27	183
				72	**592**

Biggleswade AC

Team Score **2173**

Men

	First Name	Surname	Age Cat		Team
543	Ainan	Ali	M25-29	65	67
582	Henry	Knox	M17-19	69	71
550	Tom	Pinney	M35-39	76	80
592	Neil	Warren	M40-44	85	90
577	Giles	Hawthorne	M50-54	145	166
568	Damien	Pitts	M40-44	171	210
549	Nick	McGlashan	M65-69	189	234
595	Richard	Hill	M60-64	192	241
				992	**1159**

Women

	First Name	Surname	Age Cat		Team
597	Roxann	Holder	F30-34	29	189
591	Natalie	Morgan	F50-54	32	197
556	Caroline	Donaldson	F45-49	72	287
583	Jackie	Warren	F55-59	105	341
				238	**1014**

Dunstable Road Runners

Team Score **2864**

Men

	First Name	Surname	Age Cat		Team
648	Niall	Smith	M35-39	99	109
615	Shilen	Mantri	M50-54	106	117
607	Matt	Deller	M50-54	133	149
627	Benjamin	Pratt	M20-24	160	187
619	Darrel	Toledo	M35-39	190	237
610	Robert	Lee	M45-49	223	296
	Last	Man		257	401
	Last	Man		257	401
				1425	**1897**

Women

	First Name	Surname	Age Cat		Team
664	Jessi	Brunetti	F30-34	21	162
667	Lynn	Boddy	F45-49	39	207
620	Elaine	Jenkins	F60-64	67	281
602	Claire	Thomas	F45-49	87	317
				214	**967**

Leighton Fun Runners

Team Score **1222**

3 Counties Cross Country League Results

Venue **Wootton** *15-November-2026*

North Herts Road Runners

Team Score **796**

Men

	First Name	Surname	Age Cat		Team
746	Alastair	McKinnell	M35-39	26	26
753	Scott	McKenzie	M30-34	35	35
786	Dylan	Morgan-Jones	M20-24	61	63
765	Andy	Tiller	M55-59	70	72
844	Mark	Kleanthous	M65-69	89	94
781	Michael	Dudley	M35-39	91	96
822	Josh	Giblenn	M30-34	118	131
835	Huw	Morgan-Jones	M50-54	124	138
				614	**655**

Women

	First Name	Surname	Age Cat		Team
773	Rosie	Booth	F50-54	4	79
744	Amy	Farnfield	F40-44	11	114
834	Anna	Yankey	F35-39	18	157
747	Coralie	Anderson	F50-54	42	217
				75	**567**

North Herts Road Runners

Team Score **796**

Men

	First Name	Surname	Age Cat		Team
106	Ben	Hadman	M30-34	6	6
104	Mike	Roberts	M35-39	9	9
110	Shahab	Ahmad	M45-49	19	19
120	Ian	Datlen	M50-54	34	34
86	Nick	Malpeli	M60-64	37	37
98	James	Warner-Smith	M35-39	39	40
72	James	Denselow	M45-49	41	42
109	Rob	Harris	M45-49	43	44
				228	**231**

Women

	First Name	Surname	Age Cat		Team
131	Hannah	Ridley	F25-29	6	99
139	Astrid	Mckeown	F50-54	13	125
89	Georgina	Quayle	F30-34	20	161
111	Paula	Adams	F55-59	25	180
				64	**565**

Northampton Road Runners

Team Score **1397**

Men

	First Name	Surname	Age Cat		Team
916	Issac	Walter	M25-29	11	11
925	Tony	Letts	M55-59	23	23
895	Jose	Santos	M45-49	56	57
941	Jake	Doyle	M35-39	62	64
948	Martin	Law	M40-44	71	73
939	Mark	Speed	M45-49	88	93
918	David	Ward-Stokes	M45-49	111	123
955	Ian	Errington	M40-44	122	136
				544	**580**

Women

	First Name	Surname	Age Cat		Team
952	Faye	Hussey	F45-49	17	155
938	Rachel	Lewis	F35-39	41	214
885	Liv	Rose	F25-29	43	218
949	Zoe	Morling	F25-29	45	230
				146	**817**

Olney Runners

Team Score **2039**

Men

	First Name	Surname	Age Cat		Team
987	Laszlo	Torjai	M45-49	17	17
997	Thomas	Armstrong	M40-44	32	32
975	Chris	Ling	M40-44	42	43
999	Tony	McCauley	M35-39	68	70
985	Justin	Crook	M45-49	140	159
976	Christopher	Barnes	M55-59	174	215
980	David	Shakespeare	M60-64	204	258
991	Matthew	Kelly	M55-59	239	352
				916	**1146**

Women

	First Name	Surname	Age Cat		Team
1001	Katherine	Mulligan	F25-29	15	143
970	Sarah	McAuliffe	F40-44	36	203
971	Therese	O'Riordan	F45-49	57	262
966	Jo-Anne	Rouse	F40-44	71	285
				179	**893**

Stopsley Striders

Team Score **1670**

Men

	First Name	Surname	Age Cat		Team

Women

	First Name	Surname	Age Cat		Team

3 Counties Cross Country League Results

Venue **Wootton** *15-November-2026*

1049	Rob	Barnes	M40-44	13	13
1091	James	Kelly	M35-39	33	33
1104	Ryan	Parsons	M30-34	45	46
1109	Tom	Rankin	M30-34	90	95
1077	Gez	Fallon	M55-59	114	127
1088	Danny	Kelly	M65-69	146	167
1125	Paul	Whitford	M55-59	150	173
1057	Thomas	Darby	M45-49	156	181
				747	**835**

1115	Jamila	Salam	F40-44	28	188
1053	Heather	Chandler	F55-59	35	201
1119	Charlotte	Snowdon	F40-44	38	206
1085	Helen	Harris	F55-59	49	240
				150	**835**

Northants Tri

Team Score **1067**

Men

	First Name	Surname	Age Cat		Team
1189	Stirling	Green	M20-24	1	1
1186	Ross	Laycock	M30-34	8	8
1152	Chris	Bell	M55-59	28	28
1155	Peter	DeBoo	M35-39	31	31
1142	Andrew	Verra	M35-39	52	53
1141	Lewis	Wilson	M30-34	58	59
1151	Chris	Ashton	M40-44	74	76
1188	Andy	Green	M60-64	82	87
				334	**343**

Women

	First Name	Surname	Age Cat		Team
1145	Lindsay	Scott	F40-44	3	78
1143	Tiph	Marshall	F40-44	16	145
1183	Katharine	Prince	F35-39	47	236
1153	Gemma	McRae	F40-44	60	265
				126	**724**

Wellingborough & District AC

Team Score **2074**

Men

	First Name	Surname	Age Cat		Team
1268	Richard	Minney	M40-44	29	29
1202	Tony	Ackers	M50-54	46	47
1208	Jon	Kemp	M55-59	60	62
1210	Mark	Bonham	M55-59	97	107
1205	Ross	Brown	M50-54	120	133
1273	Roger	Bullen	M60-64	155	179
1267	Marc	Sanderson	M45-49	227	309
1209	Adrian	King	M55-59	241	356
				975	**1222**

Women

	First Name	Surname	Age Cat		Team
1271	Eva	Jennings	F20-24	9	104
1200	Louise	Kemp	F45-49	19	158
1257	Paula	Faller	F45-49	46	235
1262	Angela	Tarbox	F60-64	115	355
				189	**852**

Wootton Road Runners

Team Score **842**

Men

	First Name	Surname	Age Cat		Team
1337	Andy	Fairley	M50-54	4	4
1290	Nick	Ost	M35-39	5	5
1316	Eddie	Sambridge	M25-29	15	15
1301	Ashley	Gardner	M40-44	22	22
1295	Kevin	Westley	M45-49	38	38
1289	Dan	Barrett	M45-49	54	55
1305	Richard	Lack	M55-59	64	66
1338	Ian	James	M40-44	77	82
				279	**287**

Women

	First Name	Surname	Age Cat		Team
1297	Katie	Godof	F45-49	2	61
1315	Kairit	Fitzgerald	F40-44	10	105
1360	Jacqui	Bark	F40-44	30	191
1313	Crina	Ceocoiu	F40-44	33	198
				75	**555**

Rugby & Northampton AC

Team Score **1022**

Men

	First Name	Surname	Age Cat		Team
1362	David	Ball	M45-49	7	7
1386	Richard	Francis	M45-49	12	12

Women

	First Name	Surname	Age Cat		Team
1366	Alison	Cooper	F50-54	22	168
1405	Lyndsey	Owen	F50-54	24	176

3 Counties Cross Country League Results

Venue **Wootton** *15-November-2026*

1422	Sam	Tallett	M40-44	16	16
1404	Joe	Musgrove	M25-29	30	30
1424	Josh	Tiffin	M30-34	36	36
1370	David	Conway	M40-44	47	48
1374	Matt	Clarke	M45-49	59	60
1407	Richard	Owen	M50-54	63	65
				270	**274**

1363	Emma	Blake	F40-44	31	193
1397	Trudi	Mawby	F45-49	40	211
				117	**748**

Dunstable Lions

Team Score **738**

Men

	First Name	Surname	Age Cat		Team
707	Michael	Harkin	M17-19	3	3
676	Spencer	Park	M30-34	14	14
673	Darren	Cornish	M55-59	25	25
738	Ellie	Davies	M30-34	40	41
720	Nick	Betts	M45-49	53	54
679	Wesley	Thorne	M45-49	66	68
690	Lee	Hayward	M45-49	87	92
677	Andy	Smith	M55-59	94	101
				382	**398**

Women

	First Name	Surname	Age Cat		Team
674	Rosie	McNabola	F30-34	1	39
712	Emily	Gibbons	F40-44	5	81
709	Katrina	Wootton	F40-44	7	100
719	Frances	Vosper	F40-44	12	120
				25	**340**

Team Summary

	Men		Women		Team			
Ampthill & Flitwick Flyers	7	536	14	276	10	567	1126	1693
Bedford Harriers	1	204	3	72	3	206	592	798
Biggleswade AC	13	992	13	238	13	1159	1014	2173
Dunstable Road Runners	14	1425	12	214	14	1897	967	2864
Leighton Fun Runners	9	614	4	75	7	655	567	1222
North Herts Road Runners	2	228	2	64	2	231	565	796
Northampton Road Runners	8	544	8	146	8	580	817	1397
Olney Runners	11	916	10	179	11	1146	893	2039
Stopsley Striders	10	747	9	150	9	835	835	1670
Northants Tri	5	334	7	126	6	343	724	1067
Wellingborough & District AC	12	975	11	189	12	1222	852	2074
Wootton Road Runners	4	279	4	75	4	287	555	842
Rugby & Northampton AC	3	270	6	117	5	274	748	1022
Dunstable Lions	6	382	1	25	1	398	340	738
Total of Scoring Men's Teams				**9800**	**Contribution to Team Scores**			**48.05%**
Total of Scoring Women's Teams				**10595**				**51.95%**