3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
1	1069	Mohammed	Elbayan	Stopsley Striders	M25-29	1	1	1
2	707	Michael	Harkin	Dunstable Lions	M17-19	2	2	1
3	1463	Steve	Buckle	Dunstable Lions	M45-49	3	3	1
4	318	Steven	Baldwin	Bedford Harriers	M35-39	4	4	1
5	1194	Peter	Townsend	Wellingborough & District AC	M35-39	5	5	2
6	916	Issac	Walter	Northampton Road Runners	M25-29	6	6	2
7	1207	Joe	Abel	Wellingborough & District AC	M25-29	7	7	3
8	341	Liam	Busby	Bedford Harriers	M30-34	8	8	1
9	1362	David	Ball	Rugby & Northampton AC	M45-49	9	9	2
10	676	Spencer	Park	Dunstable Lions	M30-34	10	10	2
11	539	Ryan	Murphy	Bedford Harriers	M35-39	11	11	3
12	417	Billy	Cano	Bedford Harriers	M30-34	12	12	3
13	1386	Richard	Francis	Rugby & Northampton AC	M45-49	13	13	3
14	472	Jamie	Heywood	Bedford Harriers	M35-39	14	14	4
15	1195	Paul	Huckle	Wellingborough & District AC	M35-39	15	15	5
16	1380	Chris	Wood	Rugby & Northampton AC	M45-49	16	16	4
17	1301	Ashley	Gardner	Wootton Road Runners	M40-44	17	17	1
18	468	David	Haslam	Bedford Harriers	M40-44	18	18	2
19	219	Martin	Hughes	Ampthill & Flitwick Flyers	M40-44	19	19	3
20	112	Matt	Sayers	North Herts Road Runners	M50-54	20	20	1
21	993	Phil	Holland	Olney Runners	M45-49	21	21	5
22	1152	Chris	Bell	Northants Tri	M55-59	22	22	1
23	1422	Sam	Tallett	Rugby & Northampton AC	M40-44	23	23	4
24	987	Laszlo	Torjai	Olney Runners	M45-49	24	24	6
25	404	Kit	Dixon	Bedford Harriers	M35-39	25	25	6
26	1155	Peter	DeBoo	Northants Tri	M35-39	26	26	7
27	1268	Richard	Minney	Wellingborough & District AC	M40-44	27	27	5
28	98	James	Warner-Smith	North Herts Road Runners	M35-39	28	28	8
29	1400	Sidney	Muvandiri	Rugby & Northampton AC	M40-44	29	29	6
30	172	Natalie	Lawrence	Ampthill & Flitwick Flyers	F35-39	1	30	1
31	673	Darren	Cornish	Dunstable Lions	M55-59	30	31	2
32	596	Rob	Morgan	Biggleswade AC	M50-54	31	32	2
33	546	Sam	Wall	Biggleswade AC	M30-34	32	33	4
34	925	Tony	Letts	Northampton Road Runners	M55-59	33	34	3
35	1404	Joe	Musgrove	Rugby & Northampton AC	M25-29	34	35	4
36	674	Rosie	McNabola	Dunstable Lions	F30-34	2	36	1
37	1149	Tom	Brennan	Northants Tri	M35-39	35	37	9
38	1304	Matthew	Goude	Wootton Road Runners	M45-49	36	38	7
39	1104	Ryan	Parsons	Stopsley Striders	M30-34	37	39	5
40	720	Nick	Betts	Dunstable Lions	M45-49	38	40	8
41	477	Adam	Hill	Bedford Harriers	M30-34	39	41	6
42	181	Roger	Ball	Ampthill & Flitwick Flyers	M50-54	40	42	3
43	240	Scott	Robertson	Ampthill & Flitwick Flyers	M35-39	41	43	10
44	750	Nick	Shelley	Leighton Fun Runners	M40-44	42	44	7
45	711	Liam	Hoare	Dunstable Lions	M40-44	43	45	8
46	86	Nick	Malpeli	North Herts Road Runners	M60-64	44	46	1
47	1395	Mark	Johnson	Rugby & Northampton AC	M45-49	45	47	9
48	1142	Andrew	Verra	Northants Tri	M35-39	46	48	11
49	1289	Dan	Barrett	Wootton Road Runners	M45-49	47	49	10
50	1202	Tony	Ackers	Wellingborough & District AC	M50-54	48	50	4
51	69	Vince	Wright	North Herts Road Runners	M50-54	49	51	5
52	190	Andy	Bierton	Ampthill & Flitwick Flyers	M50-54	50	52	6
53	322	Bryan	Seago	Bedford Harriers	M55-59	51	53	4
54	1407	Richard	Owen	Rugby & Northampton AC	M50-54	52	54	7
55	729	Steven	Kerin	Dunstable Lions	M40-44	53	55	9
56	1109	Tom	Rankin	Stopsley Striders	M30-34	54	56	7
57	1295	Kevin	Westley	Wootton Road Runners	M45-49	55	57	11
58	738	Ellie	Davies	Dunstable Lions	M30-34	56	58	8
59	1141	Lewis	Wilson	Northants Tri	M30-34	57	59	9

3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
60	712	Emily	Gibbbons	Dunstable Lions	F40-44	3	60	1
61	999	Tony	McCauley	Olney Runners	M35-39	58	61	12
62	685	Adrian	Brown	Dunstable Lions	M40-44	59	62	10
63	1274	Ed	norris	Wellingborough & District AC	M35-39	60	63	13
64	1208	Jon	Kemp	Wellingborough & District AC	M55-59	61	64	5
65	245	Thomas	Russen-Nie	Ampthill & Flitwick Flyers	M35-39	62	65	14
66	1374	Matt	Clarke	Rugby & Northampton AC	M45-49	63	66	12
67	138	Steve	Mckeown	North Herts Road Runners	M55-59	64	67	6
68	1305	Richard	Lack	Wootton Road Runners	M55-59	65	68	7
69	1259	Colin	Smith	Wellingborough & District AC	M40-44	66	69	11
70	726	Earl	Zee	Dunstable Lions	M50-54	67	70	8
71	189	Matt	Bell	Ampthill & Flitwick Flyers	M30-34	68	71	10
72	1161	Richard	Cressey	Northants Tri	M50-54	69	72	9
73	679	Wesley	Thorne	Dunstable Lions	M45-49	70	73	13
74	584	Jake	Genever	Biggleswade AC	M30-34	71	74	11
75	1188	Andy	Green	Northants Tri	M60-64	72	75	2
76	984	Jonathan	Goodman	Olney Runners	M35-39	73	76	15
77	206	John	Crossman	Ampthill & Flitwick Flyers	M60-64	74	77	3
78	740	Scott	Riddell	Dunstable Lions	M40-44	75	78	12
79	1402	Brendan	Moen	Rugby & Northampton AC	M60-64	76	79	4
80	140	Baljeet	Sandher	North Herts Road Runners	M50-54	77	80	10
81	608	Neil	Currant	Dunstable Road Runners	M50-54	78	81	11
82	592	Neil	Warren	Biggleswade AC	M40-44	79	82	13
83	939	Mark	Speed	Northampton Road Runners	M45-49	80	83	14
84	355	Mark	Clements	Bedford Harriers	M40-44	81	84	14
85	1210	Mark	Bonham	Wellingborough & District AC	M55-59	82	85	8
86	108	Adam	Fisher	North Herts Road Runners	M35-39	83	86	16
87	1461	Thomas	Timberlake	Dunstable Lions	M25-29	84	87	5
88	123	Rhia	Botha	North Herts Road Runners	F40-44	4	88	2
89	744	Amy	Farnfield	Leighton Fun Runners	F40-44	5	89	3
90	364	Anna	Tems	Bedford Harriers	F40-44	6	90	4
91	1421	Finn	Swoboda	Rugby & Northampton AC	M17-19	85	91	2
92	92	Angharad	Leamon	North Herts Road Runners	F35-39	7	92	2
93	87	Darren	Matussa	North Herts Road Runners	M50-54	86	93	12
94	1106	Louise	Peters	Stopsley Striders	F50-54	8	94	1
95	827	Richard	Heady	Leighton Fun Runners	M35-39	87	95	17
96	1307	Robin	Wagg	Wootton Road Runners	M25-29	88	96	6
97	1261	Paul	Smith	Wellingborough & District AC	M45-49	89	97	15
98	129	Paul	Ibbotson	North Herts Road Runners	M45-49	90	98	16
99	310	Tony	Alston	Bedford Harriers	M65-69	91	99	1
100	470	Ross	Henson	Bedford Harriers	M50-54	92	100	13
101	131	Hannah	Ridley	North Herts Road Runners	F25-29	9	101	1
102	697	Simon	Robinson	Dunstable Lions	M50-54	93	102	14
103	297	Noah	Parker	Bedford Harriers	M17-19	94	103	3
104	690	Lee	Hayward	Dunstable Lions	M45-49	95	104	17
105	1271	Eva	Jennings	Wellingborough & District AC	F20-24	10	105	1
106	139	Astrid	Mckeown	North Herts Road Runners	F50-54	11	106	2
107	724	Davi	Abreu	Dunstable Lions	M40-44	96	107	15
108	1364	Vince	Carroll	Rugby & Northampton AC	M55-59	97	108	9
109	1294	Nick	Sambridge	Wootton Road Runners	M55-59	98	109	10
110	186	Ed	Bell	Ampthill & Flitwick Flyers	M25-29	99	110	7
111	232	Philip	Mead	Ampthill & Flitwick Flyers	M40-44	100	111	16
112	709	Katrina	Wootton	Dunstable Lions	F40-44	12	112	5
113	593	Nicky	Upperton	Biggleswade AC	F30-34	13	113	2
114	677	Andy	Smith	Dunstable Lions	M55-59	101	114	11
115	624	Kevin	Minnis	Dunstable Road Runners	M35-39	102	115	18
116	1392	Katerina	Hemmington	Rugby & Northampton AC	F45-49	14	116	1
117	114	Sam	James	North Herts Road Runners	M25-29	103	117	8
118	156	Kyrstin	Fairweather	Ampthill & Flitwick Flyers	F50-54	15	118	3

3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
119	518	Stuart	Knight	Bedford Harriers	M60-64	104	119	5
120	1182	Paul	Sutton	Northants Tri	M40-44	105	120	17
121	757	Jim	Buttleman	Leighton Fun Runners	M60-64	106	121	6
122	433	David	Frampton	Bedford Harriers	M70-74	107	122	1
123	1077	Gez	Fallon	Stopsley Striders	M55-59	108	123	12
124	723	Robert	Standen	Dunstable Lions	M45-49	109	124	18
125	1356	Alex	McMurtrie	Wootton Road Runners	M45-49	110	125	19
126	1298	Cassandra	Baron	Wootton Road Runners	F45-49	16	126	2
127	830	Daniel	Green	Leighton Fun Runners	M50-54	111	127	15
128	313	Juan Carlos	Augusto	Bedford Harriers	M60-64	112	128	7
129	1162	Keith	Brooks	Northants Tri	M50-54	113	129	16
130	728	Joe	Burland	Dunstable Lions	M25-29	114	130	9
131	719	Frances	Vosper	Dunstable Lions	F40-44	17	131	6
132	730	Sharon	Nimmo	Dunstable Lions	F45-49	18	132	3
133	1420	Mike	Starr	Rugby & Northampton AC	M55-59	115	133	13
134	742	Christopher	Heale	Leighton Fun Runners	M25-29	116	134	10
135	121	Dan	Hall	North Herts Road Runners	M50-54	117	135	17
136	354	Jon	Clark	Bedford Harriers	M60-64	118	136	8
137	229	Steven	MacLaughlan	Ampthill & Flitwick Flyers	M50-54	119	137	18
138	995	Steve	Dicks	Olney Runners	M50-54	120	138	19
139	698	Simon	Howes	Dunstable Lions	M50-54	121	139	20
140	376	Steven	Wallace	Bedford Harriers	M55-59	122	140	14
141	231	Sean	McDougall	Ampthill & Flitwick Flyers	M50-54	123	141	21
142	988	Mark	Johnson	Olney Runners	M55-59	124	142	15
143	822	Josh	Giblenn	Leighton Fun Runners	M30-34	125	143	12
144	621	Szymon	Gosk	Dunstable Road Runners	M45-49	126	144	20
145	763	Gavin	Prechner	Leighton Fun Runners	M45-49	127	145	21
146	1200	Louise	Kemp	Wellingborough & District AC	F45-49	19	146	4
147	329	Mourad	Ben-Taieb	Bedford Harriers	M65-69	128	147	2
148	756	Emily	McClelland	Leighton Fun Runners	F35-39	20	148	3
149	619	Darrel	Toledo	Dunstable Road Runners	M35-39	129	149	19
150	547	Felicity	Wall	Biggleswade AC	F30-34	21	150	3
151	122	Alice	Carty	North Herts Road Runners	F30-34	22	151	4
152	545	Abbie	McCarthy	Biggleswade AC	F30-34	23	152	5
153	983	George	Watson	Olney Runners	M40-44	130	153	18
154	485	David	Holt	Bedford Harriers	M70-74	131	154	2
155	926	Charlotte	Yarker	Northampton Road Runners	F45-49	24	155	5
156	1411	Nigel	Roberts	Rugby & Northampton AC	M55-59	132	156	16
157	1057	Thomas	Darby	Stopsley Striders	M45-49	133	157	22
158	718	Richard	Moore	Dunstable Lions	M35-39	134	158	20
159	834	Anna	Yankey	Leighton Fun Runners	F35-39	25	159	4
160	1278	Sean	Newell	Wellingborough & District AC	M35-39	135	160	21
161	615	Shilen	Mantri	Dunstable Road Runners	M50-54	136	161	22
162	128	Ian	Harvey	North Herts Road Runners	M45-49	137	162	23
163	517	Sally	Knight	Bedford Harriers	F50-54	26	163	4
164	292	Vittorio	Paci	Bedford Harriers	M55-59	138	164	17
165	1360	Jacqui	Bark	Wootton Road Runners	F40-44	27	165	7
166	1311	Niall	Gardiner	Wootton Road Runners	M50-54	139	166	23
167	365	Dermot	Collins	Bedford Harriers	M45-49	140	167	24
168	607	Matt	Deller	Dunstable Road Runners	M50-54	141	168	24
169	463	Nora	Haggart	Bedford Harriers	F70-74	28	169	1
170	1343	Nik	Davey	Wootton Road Runners	M50-54	142	170	25
171	597	Roxann	Holder	Biggleswade AC	F30-34	29	171	6
172	1043	Paul	Abrahams	Stopsley Striders	M50-54	143	172	26
173	1185	Robert	White	Northants Tri	M60-64	144	173	9
174	1143	Tiph	Marshall	Northants Tri	F40-44	30	174	8
175	770	William	Langdon	Leighton Fun Runners	M45-49	145	175	25
176	493	Niki	Jones	Bedford Harriers	F55-59	31	176	1
177	1361	David	Alcock	Rugby & Northampton AC	M50-54	146	177	27

3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
178	1088	Danny	Kelly	Stopsley Striders	M65-69	147	178	3
179	1405	Lyndsey	Owen	Rugby & Northampton AC	F50-54	32	179	5
180	839	Emily	Heale	Leighton Fun Runners	F20-24	33	180	2
181	985	Justin	Crook	Olney Runners	M45-49	148	181	26
182	1181	Gary	Lane	Northants Tri	M65-69	149	182	4
183	577	Giles	Hawthorne	Biggleswade AC	M30-34	150	183	13
184	893	Mark	Garrett	Northampton Road Runners	M65-69	151	184	5
185	754	Joseph	Langdon	Leighton Fun Runners	M45-49	152	185	27
186	1121	Cathy	Stephen	Stopsley Striders	F40-44	34	186	9
187	627	Benjamin	Pratt	Dunstable Road Runners	M20-24	153	187	1
188	233	Chris	Newnham	Ampthill & Flitwick Flyers	M60-64	154	188	10
189	812	Matt	French	Leighton Fun Runners	M45-49	155	189	28
190	976	Christopher	Barnes	Olney Runners	M55-59	156	190	18
191	339	Anthony	Bunker	Bedford Harriers	M50-54	157	191	28
192	980	David	Shakespeare	Olney Runners	M60-64	158	192	11
193	137	Laura	Fairbanks	North Herts Road Runners	F40-44	35	193	10
194	136	Natalie	Phillips	North Herts Road Runners	F40-44	36	194	11
195	922	David	Whatton	Northampton Road Runners	M60-64	159	195	12
196	1187	Seb	Perry	Northants Tri	M55-59	160	196	19
197	1273	Roger	Bullen	Wellingborough & District AC	M60-64	161	197	13
198	970	Sarah	McAuliffe	Olney Runners	F40-44	37	198	12
199	1053	Heather	Chandler	Stopsley Striders	F55-59	38	199	2
200	208	Tom	Dutton	Ampthill & Flitwick Flyers	M35-39	162	200	22
201	1125	Paul	Whitford	Stopsley Striders	M55-59	163	201	20
202	1465	Ian	Early	Dunstable Lions	M55-59	164	202	21
203	1340	Graham	Hollowell	Wootton Road Runners	M60-64	165	203	14
204	1346	Kirsty	Ransom	Wootton Road Runners	F35-39	39	204	5
205	840	Sam	Heady	Leighton Fun Runners	F40-44	40	205	13
206	1275	Michael	Chambers	Wellingborough & District AC	M30-34	166	206	14
207	992	Matthew	Fox	Olney Runners	M55-59	167	207	22
208	531	Rob	McCaffray	Bedford Harriers	M55-59	168	208	23
209	735	Malikarjun	Kalaburgi	Dunstable Lions	M35-39	169	209	23
210	760	Andrew	Heale	Leighton Fun Runners	M60-64	170	210	15
211	389	Ralph	Ward	Bedford Harriers	M65-69	171	211	6
212	935	Carl	Hanford	Northampton Road Runners	M55-59	172	212	24
213	731	James	Nimmo	Dunstable Lions	M50-54	173	213	29
214	1079	Gary	Fowler	Stopsley Striders	M65-69	174	214	7
215	747	Coralie	Anderson	Leighton Fun Runners	F50-54	41	215	6
216	1257	Paula	Faller	Wellingborough & District AC	F45-49	42	216	6
217	1372	Hayley	Clarke	Rugby & Northampton AC	F50-54	43	217	7
218	188	Jeremy	Bell	Ampthill & Flitwick Flyers	M60-64	175	218	16
219	841	Alan	Hines	Leighton Fun Runners	M50-54	176	219	30
220	591	Natalie	Morgan	Biggleswade AC	F50-54	44	220	8
221	1124	Sam	Whaley	Stopsley Striders	M45-49	177	221	29
222	408	Robert	Wallis	Bedford Harriers	M65-69	178	222	8
223	817	Ceana	MacKenzie-Brodie	Leighton Fun Runners	F30-34	45	223	7
224	860	David	Blackburn	Northampton Road Runners	M65-69	179	224	9
225	523	Laurene	Lee	Bedford Harriers	F50-54	46	225	9
226	1312	James	Meade	Wootton Road Runners	M55-59	180	226	25
227	568	Damien	Pitts	Biggleswade AC	M40-44	181	227	19
228	538	Michael	Munro	Bedford Harriers	M55-59	182	228	26
229	251	Jamie	Stevenson	Ampthill & Flitwick Flyers	M25-29	183	229	11
230	194	Mark	Billington	Ampthill & Flitwick Flyers	M60-64	184	230	17
231	391	Nick	Cross	Bedford Harriers	M60-64	185	231	18
232	428	Lawrence	Folley	Bedford Harriers	M65-69	186	232	10
233	1264	Christopher	Abel	Wellingborough & District AC	M50-54	187	233	31
234	1110	Stuart	Read	Stopsley Striders	M50-54	188	234	32
235	1306	Deana	Lenton	Wootton Road Runners	F55-59	47	235	3
236	1387	Keith	Guthrie	Rugby & Northampton AC	M60-64	189	236	19

3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
237	849	Emily	Jones	Leighton Fun Runners	F30-34	48	237	8
238	1303	Carrie	Carruthers	Wootton Road Runners	F65-69	49	238	1
239	1115	Jamila	Salam	Stopsley Striders	F40-44	50	239	14
240	1403	Richard	Monk	Rugby & Northampton AC	M65-69	190	240	11
241	196	Mike	Brennan	Ampthill & Flitwick Flyers	M55-59	191	241	27
242	434	Bethany	Francis	Bedford Harriers	F30-34	51	242	9
243	828	Steve	Ellerton	Leighton Fun Runners	M60-64	192	243	20
244	771	Paul	Atkinson	Leighton Fun Runners	M65-69	193	244	12
245	62	Anna	Gibson	North Herts Road Runners	F40-44	52	245	15
246	1352	Saleem	Akhtar	Wootton Road Runners	M50-54	194	246	33
247	696	Teresa	Warren	Dunstable Lions	F55-59	53	247	4
248	527	James	Lowe	Bedford Harriers	M55-59	195	248	28
249	180	Andy	Atherton	Ampthill & Flitwick Flyers	M60-64	196	249	21
250	294	Anna	Paparozzi	Bedford Harriers	F55-59	54	250	5
251	1284	Adrian	Matthews	Wootton Road Runners	M45-49	197	251	30
252	967	Laura	Fuller	Olney Runners	F25-29	55	252	2
253	314	Andrew	Robertson	Bedford Harriers	M65-69	198	253	13
254	312	Karen	Robertson	Bedford Harriers	F60-64	56	254	1
255	599	Stuart	Highland	Biggleswade AC	M55-59	199	255	29
256	1415	John	Saw	Rugby & Northampton AC	M45-49	200	256	31
257	837	Vicky	Williams	Leighton Fun Runners	F35-39	57	257	6
258	960	Lesley	Mahoney	Northampton Road Runners	F55-59	58	258	6
259	1466	Peter	Keane	Dunstable Lions	M60-64	201	259	22
260	171	Michelle	Laver	Ampthill & Flitwick Flyers	F40-44	59	260	16
261	1082	Richard	Hardy	Stopsley Striders	M60-64	202	261	23
262	933	Paula	Towers	Northampton Road Runners	F60-64	60	262	2
263	722	Canasta	Tiffin	Dunstable Lions	F50-54	61	263	10
264	1085	Helen	Harris	Stopsley Striders	F55-59	62	264	7
265	1087	Paul	Keech	Stopsley Striders	M65-69	203	265	14
266	1345	Andrea	Ayliff	Wootton Road Runners	F50-54	63	266	11
267	986	Kevin	Gardener	Olney Runners	M65-69	204	267	15
268	1153	Gemma	McRae	Northants Tri	F40-44	64	268	17
269	739	Andy	Noyes	Dunstable Lions	M60-64	205	269	24
270	620	Elaine	Jenkins	Dunstable Road Runners	F60-64	65	270	3
271	966	Jo-Anne	Rouse	Olney Runners	F40-44	66	271	18
272	717	Tim	Taylor	Dunstable Lions	M50-54	206	272	34
273	713	Irina	Cicio	Dunstable Lions	F35-39	67	273	7
274	147	Lottie	Burtensahw	Ampthill & Flitwick Flyers	F20-24	68	274	3
275	490	Christine	Irvine	Bedford Harriers	F40-44	69	275	19
276	732	Beata	Szczerbacka	Dunstable Lions	F45-49	70	276	7
277	509	Viv	Kilgour	Bedford Harriers	F60-64	71	277	4
278	1102	Dan	Njawaya	Stopsley Striders	M50-54	207	278	35
279	691	Brittany	Fuller-Buckland	Dunstable Lions	F25-29	72	279	3
280	610	Robert	Lee	Dunstable Road Runners	M45-49	208	280	32
281	50	John	Auld	North Herts Road Runners	M40-44	209	281	20
282	1417	Simon	Smith	Rugby & Northampton AC	M60-64	210	282	25
283	1272	Mary	Pearson	Wellingborough & District AC	F40-44	73	283	20
284	325	Richard	Beard	Bedford Harriers	M70-74	211	284	3
285	755	Emma	Patmore	Leighton Fun Runners	F25-29	74	285	4
286	962	Bronwyn	Tagg	Olney Runners	F25-29	75	286	5
287	1267	Marc	Sanderson	Wellingborough & District AC	M45-49	212	287	33
288	623	Wioleta	Gosk	Dunstable Road Runners	F45-49	76	288	8
289	964	Christina	Goodman	Olney Runners	F35-39	77	289	8
290	144	Carloline	Armstrong	Ampthill & Flitwick Flyers	F50-54	78	290	12
291	344	Lisa	Calvert	Bedford Harriers	F55-59	79	291	8
292	162	Natalie	Heslop	Ampthill & Flitwick Flyers	F25-29	80	292	6
293	1075	Martin	Emanual	Stopsley Striders	M45-49	213	293	34
294	813	Stephen	Lymbery	Leighton Fun Runners	M55-59	214	294	30
295	1308	Antoinette	Moore	Wootton Road Runners	F60-64	81	295	5

3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
296	903	Alan	Hall	Northampton Road Runners	M70-74	215	296	4
297	337	Veronica	Singleton-Lawley	Bedford Harriers	F65-69	82	297	2
298	427	Natalie	Fitz-Costa	Bedford Harriers	F30-34	83	298	10
299	350	Jeanette	Cheetham	Bedford Harriers	F60-64	84	299	6
300	204	Tony	Cole	Ampthill & Flitwick Flyers	M60-64	216	300	26
301	259	Alex	Waugh	Ampthill & Flitwick Flyers	M25-29	217	301	12
302	1157	Adrian	Cherry	Northants Tri	M60-64	218	302	27
303	520	Richard	Lawson	Bedford Harriers	M55-59	219	303	31
304	320	Tony	Barnes	Bedford Harriers	M60-64	220	304	28
305	497	Noel	Jones	Bedford Harriers	M60-64	221	305	29
306	1350	Kay	Duffy	Wootton Road Runners	F60-64	85	306	7
307	1368	Minerva	Chesser	Rugby & Northampton AC	F50-54	86	307	13
308	846	Wayne	Walker	Leighton Fun Runners	M50-54	222	308	36
309	680	Julia	Wood	Dunstable Lions	F45-49	87	309	9
310	678	Dave	Wallace	Dunstable Lions	M60-64	223	310	30
311	1269	Paula	Thomas	Wellingborough & District AC	F45-49	88	311	10
312	682	Angela	Wood	Dunstable Lions	F45-49	89	312	11
313	525	Mike	Leonard	Bedford Harriers	M60-64	224	313	31
314	1342	Zoe	Helmsley	Wootton Road Runners	F50-54	90	314	14
315	692	Peter	Coath	Dunstable Lions	M55-59	225	315	32
316	393	Sue	Cross	Bedford Harriers	F60-64	91	316	8
317	1288	Kim	Pusey	Wootton Road Runners	F55-59	92	317	9
318	871	Elaine	Palmer	Northampton Road Runners	F55-59	93	318	10
319	378	Laura	Corley	Bedford Harriers	F35-39	94	319	9
320	1122	Dave	Thompson-Trace	Stopsley Striders	M65-69	226	320	16
321	392	Joe	Warren	Bedford Harriers	M60-64	227	321	32
322	1184	Rachel	Fearnley	Northants Tri	F50-54	95	322	15
323	451	Joanne	Green	Bedford Harriers	F45-49	96	323	12
324	583	Jackie	Warren	Biggleswade AC	F55-59	97	324	11
325	1129	Leanne	Hunt	Stopsley Striders	F40-44	98	325	21
326	1211	Tracey	Booth	Wellingborough & District AC	F50-54	99	326	16
327	412	Linzi	Parry	Bedford Harriers	F55-59	100	327	12
328	774	Caitrina	Oakes	Leighton Fun Runners	F50-54	101	328	17
329	1209	Adrian	King	Wellingborough & District AC	M55-59	228	329	33
330	1107	David	Rand	Stopsley Striders	M55-59	229	330	34
331	1262	Angela	Tarbox	Wellingborough & District AC	F60-64	102	331	9
332	436	Amanda	Friman	Bedford Harriers	F65-69	103	332	3
333	1276	Dom	Coleman	Wellingborough & District AC	M35-39	230	333	24
334	969	Michelle	Ramsden	Olney Runners	F50-54	104	334	18
335	1378	Angela	Copson	Rugby & Northampton AC	F75-99	105	335	1
336	612	Ruth	Power	Dunstable Road Runners	F60-64	106	336	10
337	1067	Ruth	Doyle	Stopsley Striders	F55-59	107	337	13
338	1086	Phillip	Jeffrey	Stopsley Striders	M55-59	231	338	35
339	311	Jacqueline	Armstrong	Bedford Harriers	F60-64	108	339	11
340	1310	Sam	Inniss	Wootton Road Runners	F45-49	109	340	13
341	1355	Diane	Rogers	Wootton Road Runners	F55-59	110	341	14
342	737	Liz	Davies	Dunstable Lions	F60-64	111	342	12
343	681	Gary	Skinner	Dunstable Lions	M55-59	232	343	36
344	528	Suet	Lua	Bedford Harriers	F65-69	112	344	4
345	1158	Igor	Zylka	Northants Tri	M17-19	233	345	4
346	537	Alexandra	Morgan	Bedford Harriers	F60-64	113	346	13
347	420	Christopher	Fadden	Bedford Harriers	M60-64	234	347	33
348	701	Graham	Lee	Dunstable Lions	M50-54	235	348	37
349	814	Shuna	Hodges	Leighton Fun Runners	F45-49	114	349	14
350	1147	Steph	Davies	Northants Tri	F50-54	115	350	19
351	1300	Shane-Louise	Fordham	Wootton Road Runners	F40-44	116	351	22
352	616	Stacey	Mills	Dunstable Road Runners	F60-64	117	352	14
353	1309	Pete	Diamond	Wootton Road Runners	M65-69	236	353	17
354	501	Melanie	Joy	Bedford Harriers	F45-49	118	354	15

3 Counties Cross Country League Results

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

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
355	606	Lucilla	O'Brien	Dunstable Road Runners	F45-49	119	355	16
356	683	Dawn	Thorne	Dunstable Lions	F45-49	120	356	17
357	826	Nicki	Atkinson	Leighton Fun Runners	F60-64	121	357	15
358	847	Emily	Hines	Leighton Fun Runners	F25-29	122	358	7
359	589	Magdalena	Hartley	Biggleswade AC	F40-44	123	359	23
360	369	Taher	Tharani	Bedford Harriers	M55-59	237	360	37
361	145	Annette	Bell	Ampthill & Flitwick Flyers	F60-64	124	361	16
362	741	Janet	Langdon	Leighton Fun Runners	F70-74	125	362	2
363	850	Debbie	McMillan	Leighton Fun Runners	F50-54	126	363	20
364	675	Zoe	Mcconville	Dunstable Lions	F55-59	127	364	15
365	769	Marina	Litster	Leighton Fun Runners	F30-34	128	365	11
366	382	Diane	Wallis	Bedford Harriers	F65-69	129	366	5
367	603	Clifford	Punter	Dunstable Road Runners	M60-64	238	367	34
368	486	Jacinta	Horne	Bedford Harriers	F60-64	130	368	17
369	296	Sarah	Parker	Bedford Harriers	F50-54	131	369	21
370	869	Caroline	Owers	Northampton Road Runners	F60-64	132	370	18
371	383	Stephen	Crane	Bedford Harriers	M70-74	239	371	5
372	167	Laura	Johnston	Ampthill & Flitwick Flyers	F55-59	133	372	16
373	1101	Beryl	Njawaya	Stopsley Striders	F45-49	134	373	18
374	768	Ann	Hopper	Leighton Fun Runners	F35-39	135	374	10
375	833	Gillian	Ford	Leighton Fun Runners	F55-59	136	375	17
376	900	Sue	Summers	Northampton Road Runners	F60-64	137	376	19
377	684	Catriona	Cleaves	Dunstable Lions	F35-39	138	377	11
378	605	Jonathan	Venning	Dunstable Road Runners	M70-74	240	378	6
379	632	Oliver	Patrick	Dunstable Road Runners	M60-64	241	379	35
380	884	Jon	Dilworth	Northampton Road Runners	M70-74	242	380	7
381	861	Helen	Blackburn	Northampton Road Runners	F60-64	139	381	20
382	1263	Sally	Hewitt	Wellingborough & District AC	F70-74	140	382	3
383	604	Kirsty	Minnis	Dunstable Road Runners	F35-39	141	383	12
384	626	Becky	Bench	Dunstable Road Runners	F30-34	142	384	12
385	519	Peter	Lawley	Bedford Harriers	M65-69	243	385	18
386	331	Lyndsey	Bithrey	Bedford Harriers	F60-64	143	386	21
387	168	Claire	Jones	Ampthill & Flitwick Flyers	F60-64	144	387	22
388	743	Lynda	Murray	Leighton Fun Runners	F55-59	145	388	18
389	725	Karen	Burke	Dunstable Lions	F45-49	146	389	19
390	411	Pet	Hedges	Bedford Harriers	F60-64	147	390	23
391	1130	Martin	Smith	Stopsley Striders	M50-54	244	391	38
392	533	Andrea	McGrellis	Bedford Harriers	F60-64	148	392	24
393	330	Jo	Simmons	Bedford Harriers	F50-54	149	393	22
394	407	Bill	Edwards	Bedford Harriers	M60-64	245	394	36
395	88	Carina	Quayle	North Herts Road Runners	F65-69	150	395	6
396	727	Njoki	Kamau	Dunstable Lions	F50-54	151	396	23
397	745	Dorothy	Hines	Leighton Fun Runners	F50-54	152	397	24
398	695	Cat	Mary	Dunstable Lions	F40-44	153	398	24
399	1148	Val	Bridges	Northants Tri	F70-74	154	399	4
400	777	Joey	Hinds	Leighton Fun Runners	M25-29	246	400	13
401	442	Jill	Garner	Bedford Harriers	F60-64	155	401	25
402	700	Brenda	Anena	Dunstable Lions	F40-44	156	402	25