

3 Counties Cross Country League Results

Venue		Well'boro		26-October-2025			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
1	718	Mohammed	Elbayan	Dunstable Lions	M25-29	1	1	1
2	14	Ben	Hadman	North Herts Road Runners	M30-34	2	2	1
3	1292	Nick	Ost	Wootton Road Runners	M35-39	3	3	1
4	314	Liam	Busby	Bedford Harriers	M30-34	4	4	2
5	294	Isaac	Aguma	Bedford Harriers	M30-34	5	5	3
6	432	Ryan	Murphy	Bedford Harriers	M35-39	6	6	2
7	292	Luke	Ablard	Bedford Harriers	M35-39	7	7	3
8	44	Wayne	Bell	North Herts Road Runners	M45-49	8	8	1
9	384	Adam	Hill	Bedford Harriers	M30-34	9	9	4
10	361	Daniel	Foster	Bedford Harriers	M20-24	10	10	1
11	675	Gabriel	Popescu	Dunstable Lions	M40-44	11	11	1
12	1161	Chris	Bell	Northants Tri	M55-59	12	12	1
13	931	Issac	Walter	Northampton Road Runners	M25-29	13	13	2
14	343	Kit	Dixon	Bedford Harriers	M35-39	14	14	4
15	750	Matthew	Ma	Leighton Fun Runners	M40-44	15	15	2
16	1298	Ashley	Gardner	Wootton Road Runners	M40-44	16	16	3
17	671	Darren	Cornish	Dunstable Lions	M55-59	17	17	2
18	227	Callum	Harrison	Amphill & Flitwick Flyers	M35-39	18	18	5
19	1229	Paul	Huckle	Wellingborough & District AC	M35-39	19	19	6
20	1016	Thomas	Armstrong	Olney Runners	M40-44	20	20	4
21	1286	Thomas	Lack	Wootton Road Runners	M20-24	21	21	2
22	1083	Tom	Rankin	Stopsley Striders	M25-29	22	22	3
23	895	Tony	Letts	Northampton Road Runners	M55-59	23	23	3
24	1019	Phil	Holland	Olney Runners	M45-49	24	24	2
25	273	Mark	Waine	Amphill & Flitwick Flyers	M55-59	25	25	4
26	330	David	Course	Bedford Harriers	M45-49	26	26	3
27	1197	Ed	norris	Wellingborough & District AC	M35-39	27	27	7
28	1401	Joe	Musgrove	Rugby & Northampton AC	M25-29	28	28	4
29	1426	Ollie	Walls	Rugby & Northampton AC	M17-19	29	29	1
30	1146	Andy	Green	Northants Tri	M60-64	30	30	1
31	1414	Josh	Tiffin	Rugby & Northampton AC	M30-34	31	31	5
32	1080	Ryan	Parsons	Stopsley Striders	M30-34	32	32	6
33	1281	Richard	Lack	Wootton Road Runners	M55-59	33	33	5
34	1287	Stuart	De Freyne	Wootton Road Runners	M40-44	34	34	5
35	1228	Ashley	Kenyon	Wellingborough & District AC	M35-39	35	35	8
36	565	Nicholas	Sinclair	Biggleswade AC	M30-34	36	36	7
37	1212	Jon	Kemp	Wellingborough & District AC	M50-54	37	37	1
38	1116	Tom	Lee	Stopsley Striders	M40-44	38	38	6
39	1145	Jonny	Prince	Northants Tri	M35-39	39	39	9
40	1159	Simon	Smith	Northants Tri	M30-34	40	40	8
41	335	Sean	Crawley	Bedford Harriers	M50-54	41	41	2
42	1056	Ellie	Davies	Stopsley Striders	M30-34	42	42	9
43	1244	Jason	French	Wellingborough & District AC	M40-44	43	43	7
44	1098	Kallum	Wright	Stopsley Striders	M30-34	44	44	10
45	434	Vittorio	Paci	Bedford Harriers	M50-54	45	45	3
46	942	Jose	Santos	Northampton Road Runners	M45-49	46	46	4
47	200	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	47	47	4
48	69	Vince	Wright	North Herts Road Runners	M50-54	48	48	5
49	1427	Sidney	Muvandiri	Rugby & Northampton AC	M40-44	49	49	8
50	571	Martin	Rutherford	Biggleswade AC	M45-49	50	50	5
51	275	Nick	White	Amphill & Flitwick Flyers	M50-54	51	51	6
52	25	Steve	Mckeown	North Herts Road Runners	M55-59	52	52	6
53	1399	Brendan	Moen	Rugby & Northampton AC	M55-59	53	53	7
54	236	Ian	Lambert	Amphill & Flitwick Flyers	M50-54	54	54	7
55	1250	Bradley	Kelman	Wellingborough & District AC	M25-29	55	55	5
56	406	Timothy	Kearns	Bedford Harriers	M30-34	56	56	11
57	1169	Oliver	Pennell	Northants Tri	M30-34	57	57	12
58	1199	Colin	Smith	Wellingborough & District AC	M40-44	58	58	9
59	1421	James	Ruault	Rugby & Northampton AC	M55-59	59	59	8

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60	1237	Mark	Bonham	Wellingborough & District AC	M55-59	60	60	9	
61	1404	Mark	Quinn	Rugby & Northampton AC	M50-54	61	61	8	
62	863	Ilir	Brecani	Northampton Road Runners	M45-49	62	62	6	
63	678	Lee	Hayward	Dunstable Lions	M45-49	63	63	7	
64	1289	Nick	Morton	Wootton Road Runners	M55-59	64	64	10	
65	440	Noah	Parker	Bedford Harriers	M17-19	65	65	2	
66	387	Chris	Hoare	Bedford Harriers	M40-44	66	66	10	
67	9	Matt	Sayers	North Herts Road Runners	M50-54	67	67	9	
68	38	Mike	Phillips	North Herts Road Runners	M40-44	68	68	11	
69	182	Nicola	Walton	Amphill & Flitwick Flyers	F40-44	1	69	1	
70	1150	Tom	Brennan	Northants Tri	M35-39	69	70	10	
71	987	Jonathan	Goodman	Olney Runners	M35-39	70	71	11	
72	694	Andy	Smith	Dunstable Lions	M55-59	71	72	11	
73	1162	Andrew	Verra	Northants Tri	M35-39	72	73	12	
74	241	Henry	Lynn	Amphill & Flitwick Flyers	M55-59	73	74	12	
75	1412	Carl	Swan	Rugby & Northampton AC	M40-44	74	75	12	
76	1164	Kristian	Biles	Northants Tri	M30-34	75	76	13	
77	1392	Qinghao	Liu	Rugby & Northampton AC	M25-29	76	77	6	
78	1295	David	Parkins	Wootton Road Runners	M60-64	77	78	2	
79	681	Michael	Donner	Dunstable Lions	M40-44	78	79	13	
80	618	Nikk	Shilvock	Dunstable Road Runners	M55-59	79	80	13	
81	1383	Katerina	Hemmington	Rugby & Northampton AC	F45-49	2	81	1	
82	995	Mark	Johnson	Olney Runners	M55-59	80	82	14	
83	683	Richard	Moore	Dunstable Lions	M45-49	81	83	8	
84	790	Richard	Heady	Leighton Fun Runners	M35-39	82	84	13	
85	33	Hannah	Ridley	North Herts Road Runners	F25-29	3	85	1	
86	745	Dan	Green	Leighton Fun Runners	M50-54	83	86	10	
87	460	Kevin	Shelton-Smith	Bedford Harriers	M65-69	84	87	1	
88	1213	Christopher	Norris	Wellingborough & District AC	M65-69	85	88	2	
89	1376	Nick	Feledziak	Rugby & Northampton AC	M35-39	86	89	14	
90	692	Wesley	Thorne	Dunstable Lions	M45-49	87	90	9	
91	412	Stuart	Knight	Bedford Harriers	M60-64	88	91	3	
92	51	Pete	Sibbett	North Herts Road Runners	M60-64	89	92	4	
93	702	Frances	Vosper	Dunstable Lions	F40-44	4	93	2	
94	1247	Ross	Brown	Wellingborough & District AC	M45-49	90	94	10	
95	1047	Nick	Betts	Stopsley Striders	M45-49	91	95	11	
96	1052	Steve	Close	Stopsley Striders	M55-59	92	96	15	
97	465	Chatinder	Singh	Bedford Harriers	M45-49	93	97	12	
98	1012	Steve	Dicks	Olney Runners	M50-54	94	98	11	
99	1061	Gez	Fallon	Stopsley Striders	M55-59	95	99	16	
100	1238	Richard	Le-Pla	Wellingborough & District AC	M55-59	96	100	17	
101	424	Christopher	McDonagh	Bedford Harriers	M55-59	97	101	18	
102	763	Andrew	Heale	Leighton Fun Runners	M55-59	98	102	19	
103	1364	Vince	Carroll	Rugby & Northampton AC	M55-59	99	103	20	
104	569	Nicky	Upperton	Biggleswade AC	F30-34	5	104	1	
105	348	Richard	Evans	Bedford Harriers	M35-39	100	105	15	
106	461	Ellie	Sherriffs	Bedford Harriers	F40-44	6	106	3	
107	1153	Keith	Brooks	Northants Tri	M50-54	101	107	12	
108	249	Chris	Newnham	Amphill & Flitwick Flyers	M60-64	102	108	5	
109	1205	Adrian	King	Wellingborough & District AC	M55-59	103	109	21	
110	302	Mourad	Ben-Taieb	Bedford Harriers	M65-69	104	110	3	
111	966	Anthony	O'Neil	Olney Runners	M50-54	105	111	13	
112	610	Matt	Deller	Dunstable Road Runners	M50-54	106	112	14	
113	308	Paul	Britton	Bedford Harriers	M35-39	107	113	16	
114	298	Lucy	Baldwin	Bedford Harriers	F45-49	7	114	2	
115	1042	Paul	Abrahams	Stopsley Striders	M45-49	108	115	13	
116	1100	Louise	Peters	Stopsley Striders	F50-54	8	116	1	
117	280	Nick	Rimmer	Amphill & Flitwick Flyers	M55-59	109	117	22	
118	331	Catherine	Course	Bedford Harriers	F50-54	9	118	2	

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119	411	Sally	Knight	Bedford Harriers	F50-54	10	119	3
120	756	Joseph	Langdon	Leighton Fun Runners	M45-49	110	120	14
121	1097	Paul	Whitford	Stopsley Striders	M55-59	111	121	23
122	392	Anna	Horton	Bedford Harriers	F55-59	11	122	1
123	558	Natalie	Morgan	Biggleswade AC	F45-49	12	123	3
124	510	Ross	Henson	Bedford Harriers	M45-49	112	124	15
125	291	Amelia	Abbott	Bedford Harriers	F20-24	13	125	1
126	1005	Richard	Nicholson	Olney Runners	M50-54	113	126	15
127	622	Bryn	Thomas	Dunstable Road Runners	M40-44	114	127	14
128	629	Darrel	Toledo	Dunstable Road Runners	M35-39	115	128	17
129	389	David	Holt	Bedford Harriers	M65-69	116	129	4
130	1239	Louise	Kemp	Wellingborough & District AC	F45-49	14	130	4
131	1248	Christopher	Abel	Wellingborough & District AC	M50-54	117	131	16
132	765	Jim	Buttleman	Leighton Fun Runners	M60-64	118	132	6
133	1406	John	Saw	Rugby & Northampton AC	M45-49	119	133	16
134	998	Mary	Jones	Olney Runners	F50-54	15	134	4
135	296	Juan Carlos	Augusto	Bedford Harriers	M60-64	120	135	7
136	1373	Richard	Cutts	Rugby & Northampton AC	M55-59	121	136	24
137	1148	Gary	Lane	Northants Tri	M65-69	122	137	5
138	362	David	Frampton	Bedford Harriers	M65-69	123	138	6
139	1300	Jason	Eales	Wootton Road Runners	M45-49	124	139	17
140	491	Huafu	Wang	Bedford Harriers	M65-69	125	140	7
141	947	Tom	Lewington	Northampton Road Runners	M40-44	126	141	15
142	324	Mark	Clements	Bedford Harriers	M40-44	127	142	16
143	311	Anthony	Bunker	Bedford Harriers	M50-54	128	143	17
144	794	Kevin	Hare	Leighton Fun Runners	M50-54	129	144	18
145	24	Astrid	Mckeown	North Herts Road Runners	F50-54	16	145	5
146	1296	Gillian	Jakeman	Wootton Road Runners	F45-49	17	146	5
147	1242	Martin	Newton	Wellingborough & District AC	M50-54	130	147	19
148	969	Christopher	Barnes	Olney Runners	M55-59	131	148	25
149	456	Nick	Sandle	Bedford Harriers	M60-64	132	149	8
150	79	David	Weston	North Herts Road Runners	M40-44	133	150	17
151	1071	Danny	Kelly	Stopsley Striders	M60-64	134	151	9
152	980	George	Watson	Olney Runners	M40-44	135	152	18
153	503	Richard	Woodward	Bedford Harriers	M45-49	136	153	18
154	1105	Cathy	Stephen	Stopsley Striders	F40-44	18	154	4
155	37	Natalie	Phillips	North Herts Road Runners	F40-44	19	155	5
156	239	Chris	Liston	Amphthill & Flitwick Flyers	M45-49	137	156	19
157	377	Nora	Haggart	Bedford Harriers	F65-69	20	157	1
158	939	Ravi	Maru	Northampton Road Runners	M55-59	138	158	26
159	363	Bethany	Francis	Bedford Harriers	F30-34	21	159	2
160	789	Sam	Heady	Leighton Fun Runners	F40-44	22	160	6
161	1089	Jamila	Salam	Stopsley Striders	F40-44	23	161	7
162	1203	Paula	Faller	Wellingborough & District AC	F40-44	24	162	8
163	385	Richard	Hill	Bedford Harriers	M65-69	139	163	8
164	877	Mark	Garrett	Northampton Road Runners	M65-69	140	164	9
165	1008	Sarah	McAuliffe	Olney Runners	F40-44	25	165	9
166	976	David	Shakespeare	Olney Runners	M60-64	141	166	10
167	433	Lauren	Owens	Bedford Harriers	F35-39	26	167	1
168	983	Henny	Keppel	Olney Runners	F45-49	27	168	6
169	623	Shilen	Mantri	Dunstable Road Runners	M50-54	142	169	20
170	1417	Sophie	Wilkinson-Hargate	Rugby & Northampton AC	F50-54	28	170	6
171	704	Helena	Kvepa	Dunstable Lions	F40-44	29	171	10
172	316	Gary	Butler	Bedford Harriers	M60-64	143	172	11
173	687	Simon	Howes	Dunstable Lions	M50-54	144	173	21
174	940	Nathan	Patrick	Northampton Road Runners	M25-29	145	174	7
175	1303	Graham	Hollowell	Wootton Road Runners	M55-59	146	175	27
176	431	Michael	Munro	Bedford Harriers	M55-59	147	176	28
177	1400	Richard	Monk	Rugby & Northampton AC	M65-69	148	177	10

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178	8	Richard	Weber	North Herts Road Runners	M55-59	149		178	29
179	1167	Robert	White	Northants Tri	M60-64	150		179	12
180	1294	Kirsty	Ransom	Wootton Road Runners	F35-39	30		180	2
181	934	David	Whatton	Northampton Road Runners	M60-64	151		181	13
182	1379	Keith	Guthrie	Rugby & Northampton AC	M60-64	152		182	14
183	1394	Trudi	Mawby	Rugby & Northampton AC	F40-44	31		183	11
184	1058	Ruth	Doyle	Stopsley Striders	F55-59	32		184	2
185	492	Joe	Warren	Bedford Harriers	M55-59	153		185	30
186	1059	Andrew	Durrant	Stopsley Striders	M65-69	154		186	11
187	673	Cahal	Mcconville	Dunstable Lions	M55-59	155		187	31
188	964	Andrew	Jones	Olney Runners	M55-59	156		188	32
189	1063	Gary	Fowler	Stopsley Striders	M60-64	157		189	15
190	198	Jeremy	Bell	Amphill & Flitwick Flyers	M60-64	158		190	16
191	1369	Hayley	Clarke	Rugby & Northampton AC	F50-54	33		191	7
192	1397	Daisy	Melville	Rugby & Northampton AC	F50-54	34		192	8
193	1093	Chris	Treleven	Stopsley Striders	M55-59	159		193	33
194	223	Stan	Greening	Amphill & Flitwick Flyers	M60-64	160		194	17
195	900	Jenny	Lindroth	Northampton Road Runners	F45-49	35		195	7
196	883	Robert	Hemmingway	Northampton Road Runners	M45-49	161		196	20
197	760	Adam	Carter	Leighton Fun Runners	M35-39	162		197	18
198	996	Mark	Young	Olney Runners	M45-49	163		198	21
199	230	Andy	Ingram	Amphill & Flitwick Flyers	M45-49	164		199	22
200	471	Stuart	Snelson	Bedford Harriers	M50-54	165		200	22
201	193	Andy	Atherton	Amphill & Flitwick Flyers	M60-64	166		201	18
202	359	Lawrence	Folley	Bedford Harriers	M65-69	167		202	12
203	973	David	Fensom	Olney Runners	M55-59	168		203	34
204	1408	Simon	Smith	Rugby & Northampton AC	M55-59	169		204	35
205	498	Adam	Wild	Bedford Harriers	M55-59	170		205	36
206	1618	Andrew	Redden	Wellingborough & District AC	M40-44	171		206	19
207	469	Juliet	Smith	Bedford Harriers	F55-59	36		207	3
208	1073	Miriam	Linforth	Stopsley Striders	F40-44	37		208	12
209	776	Emily	Jones	Leighton Fun Runners	F30-34	38		209	3
210	1283	Dave	Jones	Wootton Road Runners	M50-54	172		210	23
211	1196	Mike	Ansell	Wellingborough & District AC	M50-54	173		211	24
212	967	Caroline	Herman	Olney Runners	F55-59	39		212	4
213	1051	Heather	Chandler	Stopsley Striders	F50-54	40		213	9
214	1084	Stuart	Read	Stopsley Striders	M50-54	174		214	25
215	1422	Tinashe	Chinyemba	Rugby & Northampton AC	M25-29	175		215	8
216	327	Ray	Cooke	Bedford Harriers	M60-64	176		216	19
217	1234	Paula	Thomas	Wellingborough & District AC	F45-49	41		217	8
218	1076	Shaun	Mutter	Stopsley Striders	M35-39	177		218	19
219	475	Paul	Stuart	Bedford Harriers	M60-64	178		219	20
220	1291	Robert	Rayworth	Wootton Road Runners	M45-49	179		220	23
221	420	Vicky	Lucas	Bedford Harriers	F50-54	42		221	10
222	141	Jo	Aatkar	Amphill & Flitwick Flyers	F55-59	43		222	5
223	347	Francis	Esaw	Bedford Harriers	M75-99	180		223	1
224	201	Mark	Billington	Amphill & Flitwick Flyers	M60-64	181		224	21
225	373	Simon	Grantham	Bedford Harriers	M60-64	182		225	22
226	791	Lee	Hayes	Leighton Fun Runners	M40-44	183		226	20
227	423	Rob	McCaffray	Bedford Harriers	M55-59	184		227	37
228	325	Alan	Colley	Bedford Harriers	M75-99	185		228	2
229	78	Emily	Taiano	North Herts Road Runners	F35-39	44		229	3
230	691	Tim	Seydali	Dunstable Lions	M40-44	186		230	21
231	214	Tony	Cole	Amphill & Flitwick Flyers	M60-64	187		231	23
232	462	Graham	Short	Bedford Harriers	M65-69	188		232	13
233	1112	Dan	Njawaya	Stopsley Striders	M50-54	189		233	26
234	396	Jacqueline	Irvine	Bedford Harriers	F55-59	45		234	6
235	409	Simon	King	Bedford Harriers	M65-69	190		235	14
236	1070	Paul	Keech	Stopsley Striders	M65-69	191		236	15

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Pos.		First Name	Surname	Club	Category	Points	
237	490	Debbie	Walsh	Bedford Harriers	F40-44	46	13
238	437	Anna	Paparozzi	Bedford Harriers	F50-54	47	11
239	975	David	Osborne	Olney Runners	M40-44	192	22
240	301	Richard	Beard	Bedford Harriers	M70-74	193	1
241	933	Barry	Wesley	Northampton Road Runners	M65-69	194	16
242	1157	Louisa	Berry	Northants Tri	F30-34	48	4
243	922	Mark	Savage	Northampton Road Runners	M55-59	195	38
244	546	Jake	Genever	Biggleswade AC	M30-34	196	14
245	395	Christine	Irvine	Bedford Harriers	F35-39	49	4
246	608	Kelly	Field	Dunstable Road Runners	F45-49	50	9
247	12	Lucy	O'Connor	North Herts Road Runners	F60-64	51	1
248	482	Beverley	Tredget	Bedford Harriers	F60-64	52	2
249	943	Paula	Towers	Northampton Road Runners	F55-59	53	7
250	476	Paula	Stuart	Bedford Harriers	F55-59	54	8
251	912	Elaine	Palmer	Northampton Road Runners	F55-59	55	9
252	401	Noel	Jones	Bedford Harriers	M60-64	197	24
253	1064	Richard	Hardy	Stopsley Striders	M70-74	198	2
254	986	Jo-Anne	Rouse	Olney Runners	F35-39	56	5
255	467	Veronica	Singleton-Lawley	Bedford Harriers	F65-69	57	2
256	989	Kevin	Gardener	Olney Runners	M65-69	199	17
257	1096	Sam	Whaley	Stopsley Striders	M45-49	200	24
258	1006	Robert	Woods	Olney Runners	M55-59	201	39
259	45	John	Auld	North Herts Road Runners	M40-44	202	23
260	489	Sylvie	Walpole	Bedford Harriers	F50-54	58	12
261	1021	Kate	Roberts	Olney Runners	F45-49	59	10
262	1092	Dave	Thompson-Trace	Stopsley Striders	M65-69	203	18
263	1011	Shirley	Woods	Olney Runners	F65-69	60	3
264	1206	Jess	Wynn-Werninck	Wellingborough & District AC	F40-44	61	14
265	375	Cheryl	Green	Bedford Harriers	F45-49	62	11
266	481	Mark	Tinkler	Bedford Harriers	M65-69	204	19
267	757	Katie	Dobson	Leighton Fun Runners	F20-24	63	2
268	329	Laura	Corley	Bedford Harriers	F35-39	64	6
269	630	Elaine	Jenkins	Dunstable Road Runners	F60-64	65	3
270	1065	Helen	Harris	Stopsley Striders	F55-59	66	10
271	374	Joanne	Green	Bedford Harriers	F40-44	67	15
272	398	Eve	Johnson	Bedford Harriers	F30-34	68	5
273	1151	Anand	Mistry	Northants Tri	M35-39	205	20
274	1429	Julie	Smith	Rugby & Northampton AC	F50-54	69	13
275	784	Stefanie	Bright	Leighton Fun Runners	F35-39	70	7
276	762	Alan	Hines	Leighton Fun Runners	M45-49	206	25
277	317	Lisa	Calvert	Bedford Harriers	F55-59	71	11
278	1090	Charlotte	Snowdon	Stopsley Striders	F40-44	72	16
279	1022	Adam	Jamison	Olney Runners	M55-59	207	40
280	1288	Kay	Duffy	Wootton Road Runners	F50-54	73	14
281	407	Viv	Kilgour	Bedford Harriers	F60-64	74	4
282	695	Anouska	Harrison	Dunstable Lions	F45-49	75	12
283	551	Andrew	Hedley	Biggleswade AC	M60-64	208	25
284	468	Julie	Smith	Bedford Harriers	F55-59	76	12
285	57	Mel	Flynn	North Herts Road Runners	F40-44	77	17
286	165	Sophie	Ingram	Amptill & Flitwick Flyers	F17-19	78	1
287	413	Richard	Lawson	Bedford Harriers	M55-59	209	41
288	606	Kirsty	Minnis	Dunstable Road Runners	F35-39	79	8
289	699	Catriona	Cleaves	Dunstable Lions	F35-39	80	9
290	780	Caitrina	Oakes	Leighton Fun Runners	F50-54	81	15
291	322	Lynn	Christison	Bedford Harriers	F50-54	82	16
292	781	Christine	Ayers	Leighton Fun Runners	F70-74	83	1
293	1372	Angela	Copson	Rugby & Northampton AC	F75-99	84	1
294	1060	Martin	Emanuel	Stopsley Striders	M40-44	210	24
295	897	Mark	Lewis	Northampton Road Runners	M55-59	211	42

3 Counties Cross Country League Results

Venue		Well'boro		26-October-2025		Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points	
296	483	James	Trodd	Bedford Harriers	M40-44	212	25
297	416	Mike	Leonard	Bedford Harriers	M60-64	213	26
298	786	Mark	Sammons	Leighton Fun Runners	M55-59	214	43
299	29	Victoria	Markham	North Herts Road Runners	F40-44	85	18
300	67	Clair	Power	North Herts Road Runners	F40-44	86	19
301	496	Alex	Whiting	Bedford Harriers	M30-34	215	15
302	570	Jackie	Warren	Biggleswade AC	F55-59	87	13
303	495	Helen	Whiting	Bedford Harriers	F35-39	88	10
304	1193	Jackie	King	Wellingborough & District AC	F60-64	89	5
305	990	Laura	Fuller	Olney Runners	F25-29	90	2
306	1304	James	Meade	Wootton Road Runners	M55-59	216	44
307	364	Amanda	Friman	Bedford Harriers	F65-69	91	4
308	75	Linda	Aird	North Herts Road Runners	F65-69	92	5
309	710	Michelle	Jenner	Dunstable Lions	F55-59	93	14
310	356	Natalie	Fitz-Costa	Bedford Harriers	F30-34	94	6
311	898	Sue	Lewis	Northampton Road Runners	F55-59	95	15
312	911	Caroline	Owers	Northampton Road Runners	F60-64	96	6
313	971	Christina	Goodman	Olney Runners	F35-39	97	11
314	452	Helen	Roberts	Bedford Harriers	F60-64	98	7
315	1285	Stephen	Smith	Wootton Road Runners	M70-74	217	3
316	621	Richard	Evans	Dunstable Road Runners	M70-74	218	4
317	604	Fatima	Parkar	Dunstable Road Runners	F60-64	99	8
318	758	Nicole	Gibbs	Leighton Fun Runners	F35-39	100	12
319	344	Laura	Dove	Bedford Harriers	F30-34	101	7
320	179	Helen	Satterthwaite	Amphill & Flitwick Flyers	F55-59	102	16
321	326	Rachel	Cooke	Bedford Harriers	F55-59	103	17
322	871	Jon	Dilworth	Northampton Road Runners	M70-74	219	5
323	567	Simon	Strong	Biggleswade AC	M55-59	220	45
324	334	Sarah	Crawley	Bedford Harriers	F50-54	104	17
325	1055	Liz	Davies	Stopsley Striders	F60-64	105	9
326	439	Sarah	Parker	Bedford Harriers	F45-49	106	13
327	511	John	Haggerwood	Bedford Harriers	M55-59	221	46
328	978	Denise	Baldwin	Olney Runners	F50-54	107	18
329	992	Liz	Purdy	Olney Runners	F60-64	108	10
330	430	Alexandra	Morgan	Bedford Harriers	F60-64	109	11
331	761	Shuna	Hodges	Leighton Fun Runners	F45-49	110	14
332	550	Magdalena	Hartley	Biggleswade AC	F40-44	111	20
333	1302	Adrian	Matthews	Wootton Road Runners	M45-49	222	26
334	751	Richard	Meredith	Leighton Fun Runners	M50-54	223	27
335	1299	Shane-Louise	Fordham	Wootton Road Runners	F40-44	112	21
336	769	Marina	Litster	Leighton Fun Runners	F30-34	113	8
337	1117	Beryl	Njawaya	Stopsley Striders	F45-49	114	15
338	974	David	O'Connor	Olney Runners	M60-64	224	27
339	773	Miriam	Nawagamuwa	Leighton Fun Runners	F30-34	115	9
340	1142	Ally	Hankins	Northants Tri	F30-34	116	10
341	507	Roger	Thompson	Bedford Harriers	M55-59	225	47
342	696	Brenda	Anena	Dunstable Lions	F40-44	117	22
343	293	Anne	Adamson	Bedford Harriers	F60-64	118	12
344	299	Tony	Barnes	Bedford Harriers	M60-64	226	28
345	1000	Michelle	Ramsden	Olney Runners	F50-54	119	19
346	360	Mia	Ford	Bedford Harriers	F50-54	120	20
347	1290	Sam	Innis	Wootton Road Runners	F45-49	121	16
348	369	Lesley	Gaunt	Bedford Harriers	F60-64	122	13
349	1284	Lorayne	Keet-Marsh	Wootton Road Runners	F65-69	123	6
350	700	Dawn	Thorne	Dunstable Lions	F45-49	124	17
351	714	Zoe	Mcconville	Dunstable Lions	F25-29	125	3
352	926	Sue	Summers	Northampton Road Runners	F60-64	126	14
353	713	Wendy Woo	Hayward	Dunstable Lions	F40-44	127	23
354	858	Vicki	Bonner	Northampton Road Runners	F35-39	128	13

3 Counties Cross Country League Results

Venue		Well'boro		26-October-2025			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
355	873	Karen	Eke	Northampton Road Runners	F60-64	129	355	15
356	333	Stephen	Crane	Bedford Harriers	M65-69	227	356	20
357	151	Valerie	Dawson	Amphthill & Flitwick Flyers	F60-64	130	357	16
358	408	Jenny	King	Bedford Harriers	F65-69	131	358	7
359	965	Anne-Marie	Villiers	Olney Runners	F65-69	132	359	8
360	637	Angela	Tarbox	Dunstable Road Runners	F60-64	133	360	17
361	1010	Sharon	Porter-Price	Olney Runners	F55-59	134	361	18
362	1293	Jo	Ward	Wootton Road Runners	F60-64	135	362	18
363	857	Helen	Blackburn	Northampton Road Runners	F60-64	136	363	19
364	306	Tom	Brassington	Bedford Harriers	M70-74	228	364	6
365	170	Claire	Jones	Amphthill & Flitwick Flyers	F60-64	137	365	20
366	566	Bev	Strong	Biggleswade AC	F50-54	138	366	21
367	304	Lyndsey	Bithrey	Bedford Harriers	F60-64	139	367	21
368	312	Judy	Burraway	Bedford Harriers	F35-39	140	368	14
369	192	Paresh	Aatkar	Amphthill & Flitwick Flyers	M60-64	229	369	29
370	1172	Rebecca	McPhee	Northants Tri	F30-34	141	370	11
371	984	Hilary	Swanston	Olney Runners	F65-69	142	371	9
372	542	Emma	Bell	Biggleswade AC	F50-54	143	372	22
373	425	Andrea	McGrellis	Bedford Harriers	F55-59	144	373	19
374	453	Steven	Roberts	Bedford Harriers	M65-69	230	374	21
375	869	Keren	Cornhill	Northampton Road Runners	F55-59	145	375	20
376	961	Adele	White	Olney Runners	F60-64	146	376	22
377	463	Jo	Simmons	Bedford Harriers	F45-49	147	377	18
378	1074	Evelyn	Lutterodt	Stopsley Striders	F50-54	148	378	23
379	70	Brian	Judkins	North Herts Road Runners	M70-74	231	379	7
380	796	Sopheap	Keo Delbee	Leighton Fun Runners	F45-49	149	380	19
381	378	Karen	Haggerwood	Bedford Harriers	F60-64	150	381	23
382	383	Johannah	Hickton	Bedford Harriers	F50-54	151	382	24
383	474	Gemma	Stevenson	Bedford Harriers	F50-54	152	383	25
384	778	Cammi	Hennessy	Leighton Fun Runners	F45-49	153	384	20
385	155	Rebecca	Fleckney	Amphthill & Flitwick Flyers	F45-49	154	385	21
386	345	Bill	Edwards	Bedford Harriers	M60-64	232	386	30
387	376	Victoria	Greene	Bedford Harriers	F55-59	155	387	21
388	444	Jane	Poole	Bedford Harriers	F50-54	156	388	26
389	370	Stephen	Gaunt	Bedford Harriers	M65-69	233	389	22
390	371	Carolanne	Gibson	Bedford Harriers	F60-64	157	390	24
391	1144	Val	Bridges	Northants Tri	F70-74	158	391	2
392	422	Elaine	Massie	Bedford Harriers	F55-59	159	392	22