

3 Counties Cross Country League Results

Venue		North Herts		14-December-2025			Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points		
1	1245	Jonny	Reep	Wellingborough & District AC	M25-29	1	1	1
2	80	Tom	Barclay	North Herts Road Runners	M30-34	2	2	1
3	14	Ben	Hadman	North Herts Road Runners	M30-34	3	3	2
4	1147	Stirling	Green	Northants Tri	M20-24	4	4	1
5	314	Liam	Busby	Bedford Harriers	M30-34	5	5	3
6	1292	Nick	Ost	Wootton Road Runners	M35-39	6	6	1
7	1307	andrew	fairley	Wootton Road Runners	m45-49	7	7	1
8	432	Ryan	Murphy	Bedford Harriers	M35-39	8	8	2
9	47	Andrew	Leach	North Herts Road Runners	M60-64	9	9	1
10	294	Isaac	Aguma	Bedford Harriers	M30-34	10	10	4
11	59	Ben	Sewell	North Herts Road Runners	M30-34	11	11	5
12	1310	eddie	sambridge	Wootton Road Runners	m20-24	12	12	2
13	384	Adam	Hill	Bedford Harriers	M30-34	13	13	6
14	1298	Ashley	Gardner	Wootton Road Runners	M40-44	14	14	1
15	1161	Chris	Bell	Northants Tri	M55-59	15	15	1
16	361	Daniel	Foster	Bedford Harriers	M20-24	16	16	3
17	750	Matthew	Ma	Leighton Fun Runners	M40-44	17	17	2
18	81	Shahab	Ahmad	North Herts Road Runners	M40-44	18	18	3
19	1229	Paul	Huckle	Wellingborough & District AC	M35-39	19	19	3
20	1024	Laszlo	Torjai	Olney Runners	m45-49	20	20	2
21	380	David	Haslam	Bedford Harriers	M40-44	21	21	4
22	1045	Rob	Barnes	Stopsley Striders	M35-39	22	22	4
23	1378	Richard	Francis	Rugby & Northampton AC	M40-44	23	23	5
24	46	Katie	Harbon	North Herts Road Runners	F30-34	1	24	1
25	1018	Tony	McCauley	Olney Runners	M35-39	24	25	5
26	343	Kit	Dixon	Bedford Harriers	M35-39	25	26	6
27	722	Michael	Harkin	Dunstable Lions	M17-19	26	27	1
28	931	Issac	Walter	Northampton Road Runners	M25-29	27	28	2
29	968	Chris	Ling	Olney Runners	M40-44	28	29	6
30	9	Matt	Sayers	North Herts Road Runners	M50-54	29	30	1
31	1286	Thomas	Lack	Wootton Road Runners	M20-24	30	31	4
32	1056	Ellie	Davies	Stopsley Striders	M30-34	31	32	7
33	270	Barry	Stratford	Amphill & Flitwick Flyers	M40-44	32	33	7
34	82	James	Warner-Smith	North Herts Road Runners	M30-34	33	34	8
35	895	Tony	Letts	Northampton Road Runners	M55-59	34	35	2
36	195	Roger	Ball	Amphill & Flitwick Flyers	M50-54	35	36	2
37	1401	Joe	Musgrove	Rugby & Northampton AC	M25-29	36	37	3
38	227	Callum	Harrison	Amphill & Flitwick Flyers	M35-39	37	38	7
39	15	Nick	Malpeli	North Herts Road Runners	M55-59	38	39	3
40	184	Natalie	Lawrence	Amphill & Flitwick Flyers	F35-39	2	40	1
41	87	Craig	Cartier	North Herts Road Runners	m40-44	39	41	8
42	565	Nicholas	Sinclair	Biggleswade AC	M30-34	40	42	9
43	671	Darren	Cornish	Dunstable Lions	M55-59	41	43	4
44	581	Robert	Morgan	Biggleswade AC	M45-49	42	44	3
45	1281	Richard	Lack	Wootton Road Runners	M55-59	43	45	5
46	1116	Tom	Lee	Stopsley Striders	M40-44	44	46	9
47	1212	Jon	Kemp	Wellingborough & District AC	M50-54	45	47	3
48	1228	Ashley	Kenyon	Wellingborough & District AC	M35-39	46	48	8
49	1414	Josh	Tiffin	Rugby & Northampton AC	M30-34	47	49	10
50	1244	Jason	French	Wellingborough & District AC	M40-44	48	50	10
51	1289	Nick	Morton	Wootton Road Runners	M55-59	49	51	6
52	749	Scott	Mackenzie	Leighton Fun Runners	M30-34	50	52	11
53	43	Mike	Banister	North Herts Road Runners	M50-54	51	53	4
54	69	Vince	Wright	North Herts Road Runners	M50-54	52	54	5
55	1146	Andy	Green	Northants Tri	M60-64	53	55	2
56	942	Jose	Santos	Northampton Road Runners	M45-49	54	56	4
57	1197	Ed	norris	Wellingborough & District AC	M35-39	55	57	9
58	1375	Steve	Dixon	Rugby & Northampton AC	M45-49	56	58	5
59	1287	Stuart	De Freyne	Wootton Road Runners	M40-44	57	59	11

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60	519	Luke	Warner	Bedford Harriers	M25-29	58	60	4
61	426	Gary	Mckeaveney	Bedford Harriers	M40-44	59	61	12
62	1072	Christine	Lathwell	Stopsley Striders	F55-59	3	62	1
63	1083	Tom	Rankin	Stopsley Striders	M25-29	60	63	5
64	25	Steve	Mckeown	North Herts Road Runners	M55-59	61	64	7
65	200	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	62	65	6
66	458	Bryan	Seago	Bedford Harriers	M55-59	63	66	8
67	460	Kevin	Shelton-Smith	Bedford Harriers	M65-69	64	67	1
68	782	Tom	Ellerton	Leighton Fun Runners	M35-39	65	68	10
69	182	Nicola	Walton	Amphill & Flitwick Flyers	F40-44	4	69	1
70	1162	Andrew	Verra	Northants Tri	M35-39	66	70	11
71	379	James	Harvey	Bedford Harriers	M40-44	67	71	13
72	35	Ian	Datlen	North Herts Road Runners	M50-54	68	72	7
73	1154	Richard	Cressey	Northants Tri	M45-49	69	73	6
74	459	David	Sheffield	Bedford Harriers	M40-44	70	74	14
75	575	Neil	Warren	Biggleswade AC	M40-44	71	75	15
76	569	Nicky	Upperton	Biggleswade AC	F30-34	5	76	2
77	73	David	Edwards	North Herts Road Runners	M45-49	72	77	7
78	1013	Terry	O'Cleirigh	Olney Runners	M60-64	73	78	3
79	1098	Kallum	Wright	Stopsley Striders	M30-34	74	79	12
80	271	Ian	Styles	Amphill & Flitwick Flyers	M50-54	75	80	8
81	1237	Mark	Bonham	Wellingborough & District AC	M55-59	76	81	9
82	256	Stuart	Price	Amphill & Flitwick Flyers	M50-54	77	82	9
83	1364	Vince	Carroll	Rugby & Northampton AC	M55-59	78	83	10
84	792	Mark	Kleanthous	Leighton Fun Runners	M60-64	79	84	4
85	3	Rhia	Botha	North Herts Road Runners	F35-39	6	85	2
86	767	Rosie	Booth	Leighton Fun Runners	F45-49	7	86	1
87	1047	Nick	Betts	Stopsley Striders	M45-49	80	87	8
88	1370	Matt	Clarke	Rugby & Northampton AC	M45-49	81	88	9
89	987	Jonathan	Goodman	Olney Runners	M35-39	82	89	12
90	564	Phil	Rowlett	Biggleswade AC	M35-39	83	90	13
91	20	David	Brewer	North Herts Road Runners	M55-59	84	91	11
92	1383	Katerina	Hemmington	Rugby & Northampton AC	F45-49	8	92	2
93	1376	Nick	Feledziak	Rugby & Northampton AC	M35-39	85	93	14
94	412	Stuart	Knight	Bedford Harriers	M60-64	86	94	5
95	1295	David	Parkins	Wootton Road Runners	M60-64	87	95	6
96	573	Samuel	Wall	Biggleswade AC	M30-34	88	96	13
97	1319	niall	gardiner	Wootton Road Runners	m50-54	89	97	10
98	966	Anthony	O'Neil	Olney Runners	M50-54	90	98	11
99	281	Jack	Bierton	Amphill & Flitwick Flyers	M25-29	91	99	6
100	576	Rosanna	Bartlett	Biggleswade AC	F35-39	9	100	3
101	790	Richard	Heady	Leighton Fun Runners	M35-39	92	101	15
102	879	John	Gibbins	Northampton Road Runners	M50-54	93	102	12
103	1061	Gez	Fallon	Stopsley Striders	M55-59	94	103	12
104	199	Matt	Bell	Amphill & Flitwick Flyers	M30-34	95	104	14
105	745	Dan	Green	Leighton Fun Runners	M50-54	96	105	13
106	1153	Keith	Brooks	Northants Tri	M50-54	97	106	14
107	694	Andy	Smith	Dunstable Lions	M55-59	98	107	13
108	1100	Louise	Peters	Stopsley Striders	F50-54	10	108	1
109	692	Wesley	Thorne	Dunstable Lions	M45-49	99	109	10
110	241	Henry	Lynn	Amphill & Flitwick Flyers	M55-59	100	110	14
111	639	Kevin	Minnis	Dunstable Road Runners	M35-39	101	111	16
112	632	Szymon	Gosk	Dunstable Road Runners	M45-49	102	112	11
113	221	Fraser	Geddes	Amphill & Flitwick Flyers	M40-44	103	113	16
114	683	Richard	Moore	Dunstable Lions	M45-49	104	114	12
115	461	Ellie	Sherriffs	Bedford Harriers	F40-44	11	115	2
116	1023	John	Elworthy	Olney Runners	m45-49	105	116	13
117	763	Andrew	Heale	Leighton Fun Runners	M55-59	106	117	15
118	24	Astrid	Mckeown	North Herts Road Runners	F50-54	12	118	2

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119	1312	nick	sambridge	Wootton Road Runners	m55-59	107	119	16
120	246	Philip	Mead	Amphill & Flitwick Flyers	M35-39	108	120	17
121	19	Baljeet	Sandher	North Herts Road Runners	M45-49	109	121	14
122	1392	Qinghao	Liu	Rugby & Northampton AC	M25-29	110	122	7
123	702	Frances	Vosper	Dunstable Lions	F40-44	13	123	3
124	678	Lee	Hayward	Dunstable Lions	M45-49	111	124	15
125	298	Lucy	Baldwin	Bedford Harriers	F45-49	14	125	3
126	74	Tracey	Pitcairn	North Herts Road Runners	F40-44	15	126	4
127	1301	Alex	McMurtie	Wootton Road Runners	M45-49	112	127	16
128	36	Sarah	Hartley	North Herts Road Runners	F25-29	16	128	1
129	1012	Steve	Dicks	Olney Runners	M50-54	113	129	15
130	950	Mark	Speed	Northampton Road Runners	m45-49	114	130	17
131	440	Noah	Parker	Bedford Harriers	M17-19	115	131	2
132	995	Mark	Johnson	Olney Runners	M55-59	116	132	17
133	1405	Nigel	Roberts	Rugby & Northampton AC	M55-59	117	133	18
134	559	Alistair	Nelson	Biggleswade AC	M30-34	118	134	15
135	1213	Christopher	Norris	Wellingborough & District AC	M65-69	119	135	2
136	681	Michael	Donner	Dunstable Lions	M40-44	120	136	17
137	280	Nick	Rimmer	Amphill & Flitwick Flyers	M55-59	121	137	19
138	1150	Tom	Brennan	Northants Tri	M35-39	122	138	18
139	518	Kirsty	Robertson	Bedford Harriers	F35-39	17	139	4
140	411	Sally	Knight	Bedford Harriers	F50-54	18	140	3
141	16	Michael	Over	North Herts Road Runners	M55-59	123	141	20
142	154	Kyrstin	Fairweather	Amphill & Flitwick Flyers	F50-54	19	142	4
143	1026	Katherine	Mulligan	Olney Runners	f25-29	20	143	2
144	883	Robert	Hemmingway	Northampton Road Runners	M45-49	124	144	18
145	1406	John	Saw	Rugby & Northampton AC	M45-49	125	145	19
146	510	Ross	Henson	Bedford Harriers	M45-49	126	146	20
147	756	Joseph	Langdon	Leighton Fun Runners	M45-49	127	147	21
148	766	Christopher	Heale	Leighton Fun Runners	M25-29	128	148	8
149	362	David	Frampton	Bedford Harriers	M65-69	129	149	3
150	1105	Cathy	Stephen	Stopsley Striders	F40-44	21	150	5
151	801	Anthony	Muncey	Leighton Fun Runners	m50-54	130	151	16
152	964	Andrew	Jones	Olney Runners	M55-59	131	152	21
153	1202	Eva	Jennings	Wellingborough & District AC	F20-24	22	153	1
154	324	Mark	Clements	Bedford Harriers	M40-44	132	154	18
155	1412	Carl	Swan	Rugby & Northampton AC	M40-44	133	155	19
156	552	Richard	Hill	Biggleswade AC	M55-59	134	156	22
157	680	Mark	Cornell	Dunstable Lions	M60-64	135	157	7
158	574	Giles	Hawthorne	Biggleswade AC	M50-54	136	158	17
159	296	Juan Carlos	Augusto	Bedford Harriers	M60-64	137	159	8
160	541	Charlie	Arnold	Biggleswade AC	M65-69	138	160	4
161	916	Ashton	Phillips	Northampton Road Runners	M70-74	139	161	1
162	998	Mary	Jones	Olney Runners	F50-54	23	162	5
163	979	Duncan	Winner	Olney Runners	M50-54	140	163	18
164	1097	Paul	Whitford	Stopsley Striders	M55-59	141	164	23
165	348	Richard	Evans	Bedford Harriers	M35-39	142	165	19
166	765	Jim	Buttleman	Leighton Fun Runners	M60-64	143	166	9
167	754	Anna	Yankey	Leighton Fun Runners	F35-39	24	167	5
168	988	Justin	Crook	Olney Runners	M45-49	144	168	22
169	629	Darrel	Toledo	Dunstable Road Runners	M35-39	145	169	20
170	1239	Louise	Kemp	Wellingborough & District AC	F45-49	25	170	4
171	21	Rachel	Arnott	North Herts Road Runners	F45-49	26	171	5
172	1296	Gillian	Jakeman	Wootton Road Runners	F45-49	27	172	6
173	39	Paula	Adams	North Herts Road Runners	F55-59	28	173	2
174	612	Neil	Currant	Dunstable Road Runners	M50-54	146	174	19
175	89	Georgina	Quayle	North Herts Road Runners	f30-34	29	175	3
176	1371	Alison	Cobb	Rugby & Northampton AC	F60-64	30	176	1
177	546	Jake	Genever	Biggleswade AC	M30-34	147	177	16

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Pos.		First Name	Surname	Club	Category	Points		
178	1175	Edward	Hardy	Northants Tri	m35-39	148	178	21
179	687	Simon	Howes	Dunstable Lions	M50-54	149	179	20
180	1167	Robert	White	Northants Tri	M60-64	150	180	10
181	1242	Martin	Newton	Wellingborough & District AC	M50-54	151	181	21
182	610	Matt	Deller	Dunstable Road Runners	M50-54	152	182	22
183	311	Anthony	Bunker	Bedford Harriers	M50-54	153	183	23
184	1089	Jamila	Salam	Stopsley Striders	F40-44	31	184	6
185	1248	Christopher	Abel	Wellingborough & District AC	M50-54	154	185	24
186	711	Teresa	Warren	Dunstable Lions	F55-59	32	186	3
187	949	Dean	Shears	Northampton Road Runners	M45-49	155	187	23
188	31	James	Godfrey	North Herts Road Runners	M30-34	156	188	17
189	249	Chris	Newnham	Amphill & Flitwick Flyers	M60-64	157	189	11
190	363	Bethany	Francis	Bedford Harriers	F30-34	33	190	4
191	377	Nora	Haggart	Bedford Harriers	F65-69	34	191	1
192	433	Lauren	Owens	Bedford Harriers	F35-39	35	192	6
193	1407	Laurence	Scott	Rugby & Northampton AC	M60-64	158	193	12
194	230	Andy	Ingram	Amphill & Flitwick Flyers	M45-49	159	194	24
195	1255	Victoria	Butterworth	Wellingborough & District AC	F25-29	36	195	3
196	1008	Sarah	McAuliffe	Olney Runners	F40-44	37	196	7
197	297	Jonathan	Balaam	Bedford Harriers	M50-54	160	197	25
198	980	George	Watson	Olney Runners	M40-44	161	198	20
199	5	Verity	Hague	North Herts Road Runners	F35-39	38	199	7
200	1379	Keith	Guthrie	Rugby & Northampton AC	M60-64	162	200	13
201	562	Damien	Pitts	Biggleswade AC	M40-44	163	201	21
202	1205	Adrian	King	Wellingborough & District AC	M55-59	164	202	24
203	1303	Graham	Hollowell	Wootton Road Runners	M55-59	165	203	25
204	955	Carl	Hanford	Northampton Road Runners	m55-59	166	204	26
205	456	Nick	Sandle	Bedford Harriers	M60-64	167	205	14
206	1051	Heather	Chandler	Stopsley Striders	F50-54	39	206	6
207	193	Andy	Atherton	Amphill & Flitwick Flyers	M60-64	168	207	15
208	291	Amelia	Abbott	Bedford Harriers	F20-24	40	208	2
209	53	Caroline	Thrussell	North Herts Road Runners	F60-64	41	209	2
210	1327	Chris	Jakeman	Wootton Road Runners	M50-54	169	210	26
211	783	Steve	Ellerton	Leighton Fun Runners	M60-64	170	211	16
212	10	Andrew	Coates	North Herts Road Runners	M45-49	171	212	25
213	492	Joe	Warren	Bedford Harriers	M55-59	172	213	27
214	1025	Kat	Czarnota	Olney Runners	f50-54	42	214	7
215	794	Kevin	Hare	Leighton Fun Runners	M50-54	173	215	27
216	1291	Robert	Rayworth	Wootton Road Runners	M45-49	174	216	26
217	976	David	Shakespeare	Olney Runners	M60-64	175	217	17
218	1203	Paula	Faller	Wellingborough & District AC	F40-44	43	218	8
219	704	Helena	Kvepa	Dunstable Lions	F40-44	44	219	9
220	776	Emily	Jones	Leighton Fun Runners	F30-34	45	220	5
221	1400	Richard	Monk	Rugby & Northampton AC	M65-69	176	221	5
222	1058	Ruth	Doyle	Stopsley Striders	F55-59	46	222	4
223	198	Jeremy	Bell	Amphill & Flitwick Flyers	M60-64	177	223	18
224	37	Natalie	Phillips	North Herts Road Runners	F40-44	47	224	10
225	347	Francis	Esaw	Bedford Harriers	M75-99	178	225	1
226	983	Henny	Keppel	Olney Runners	F45-49	48	226	7
227	969	Christopher	Barnes	Olney Runners	M55-59	179	227	28
228	400	Niki	Jones	Bedford Harriers	F55-59	49	228	5
229	1618	Andrew	Redden	Wellingborough & District AC	M40-44	180	229	22
230	212	Colin	Clennett	Amphill & Flitwick Flyers	M60-64	181	230	19
231	1253	Natasha	Newton	Wellingborough & District AC	F50-54	50	231	8
232	504	Ralph	Ward	Bedford Harriers	M65-69	182	232	6
233	78	Emily	Taiano	North Herts Road Runners	F35-39	51	233	8
234	385	Richard	Hill	Bedford Harriers	M65-69	183	234	7
235	141	Jo	Aatkar	Amphill & Flitwick Flyers	F55-59	52	235	6
236	682	Peter	Keane	Dunstable Lions	M60-64	184	236	20

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237	1408	Simon	Smith	Rugby & Northampton AC	M55-59	185	237	29
238	623	Shilen	Mantri	Dunstable Road Runners	M50-54	186	238	28
239	327	Ray	Cooke	Bedford Harriers	M60-64	187	239	21
240	336	Nick	Cross	Bedford Harriers	M60-64	188	240	22
241	1227	Alan	Griffiths	Wellingborough & District AC	M55-59	189	241	30
242	1014	Therese	O'Riordan	Olney Runners	F45-49	53	242	8
243	1070	Paul	Keech	Stopsley Striders	M65-69	190	243	8
244	79	David	Weston	North Herts Road Runners	M40-44	191	244	23
245	409	Simon	King	Bedford Harriers	M65-69	192	245	9
246	1127	Annaise	Garbes	Stopsley Striders	F55-59	54	246	7
247	791	Lee	Hayes	Leighton Fun Runners	M40-44	193	247	24
248	933	Barry	Wesley	Northampton Road Runners	M65-69	194	248	10
249	1096	Sam	Whaley	Stopsley Striders	M45-49	195	249	27
250	705	Irina	Cicio	Dunstable Lions	F30-34	55	250	6
251	401	Noel	Jones	Bedford Harriers	M60-64	196	251	23
252	943	Paula	Towers	Northampton Road Runners	F55-59	56	252	8
253	423	Rob	McCaffray	Bedford Harriers	M55-59	197	253	31
254	1065	Helen	Harris	Stopsley Striders	F55-59	57	254	9
255	12	Lucy	O'Connor	North Herts Road Runners	F60-64	58	255	3
256	772	Wayne	Walker	Leighton Fun Runners	M45-49	198	256	28
257	1305	caroline	carruthers	Wootton Road Runners	f60-64	59	257	4
258	455	Andrew	Robertson	Bedford Harriers	M65-69	199	258	11
259	986	Jo-Anne	Rouse	Olney Runners	F35-39	60	259	9
260	517	Patrick	Oviedo	Bedford Harriers	M17-19	200	260	3
261	1283	Dave	Jones	Wootton Road Runners	M50-54	201	261	29
262	13	Laurie	Scott	North Herts Road Runners	M50-54	202	262	30
263	967	Caroline	Herman	Olney Runners	F55-59	61	263	10
264	1064	Richard	Hardy	Stopsley Striders	M70-74	203	264	2
265	1320	jerry	inniss	Wootton Road Runners	m60-64	204	265	24
266	1224	Marc	Sanderson	Wellingborough & District AC	M45-49	205	266	29
267	402	Tony	Jones	Bedford Harriers	M65-69	206	267	12
268	1112	Dan	Njawaya	Stopsley Striders	M50-54	207	268	31
269	454	Karen	Robertson	Bedford Harriers	F60-64	62	269	5
270	482	Beverley	Tredget	Bedford Harriers	F60-64	63	270	6
271	578	Stuart	Highland	Biggleswade AC	M50-54	208	271	32
272	1367	Minerva	Chesser	Rugby & Northampton AC	F50-54	64	272	9
273	912	Elaine	Palmer	Northampton Road Runners	F55-59	65	273	11
274	475	Paul	Stuart	Bedford Harriers	M60-64	209	274	25
275	157	Caroline	Gilby	Amphill & Flitwick Flyers	F60-64	66	275	7
276	462	Graham	Short	Bedford Harriers	M65-69	210	276	13
277	173	Autumn	Lynch	Amphill & Flitwick Flyers	F60-64	67	277	8
278	328	Richard	Cordes	Bedford Harriers	M50-54	211	278	33
279	301	Richard	Beard	Bedford Harriers	M70-74	212	279	3
280	1006	Robert	Woods	Olney Runners	M55-59	213	280	32
281	476	Paula	Stuart	Bedford Harriers	F55-59	68	281	12
282	721	Wendy	Cope	Dunstable Lions	F65-69	69	282	2
283	57	Mel	Flynn	North Herts Road Runners	F40-44	70	283	11
284	11	Paul	Bowal	North Herts Road Runners	M60-64	214	284	26
285	374	Joanne	Green	Bedford Harriers	F40-44	71	285	12
286	407	Viv	Kilgour	Bedford Harriers	F60-64	72	286	9
287	96	Chris	Cope	North Herts Road Runners	m55-59	215	287	33
288	617	Robert	Lee	Dunstable Road Runners	M45-49	216	288	30
289	60	Andrew	Robson	North Herts Road Runners	M55-59	217	289	34
290	165	Sophie	Ingram	Amphill & Flitwick Flyers	F17-19	73	290	1
291	757	Katie	Dobson	Leighton Fun Runners	F20-24	74	291	3
292	1304	James	Meade	Wootton Road Runners	M55-59	218	292	35
293	32	Frances	Stanton	North Herts Road Runners	F30-34	75	293	7
294	975	David	Osborne	Olney Runners	M40-44	219	294	25
295	318	Chris	Capps	Bedford Harriers	M70-74	220	295	4

3 Counties Cross Country League Results

Venue		North Herts		14-December-2025			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
296	1060	Martin	Emanuel	Stopsley Striders	M40-44	221	296	26
297	706	Joanna	Jeffer	Dunstable Lions	F50-54	76	297	10
298	1120	Leanne	Hunt	Stopsley Striders	F40-44	77	298	13
299	1071	Danny	Kelly	Stopsley Striders	M60-64	222	299	27
300	780	Caitrina	Oakes	Leighton Fun Runners	F50-54	78	300	11
301	1381	Jack	Harris	Rugby & Northampton AC	M30-34	223	301	18
302	395	Christine	Irvine	Bedford Harriers	F35-39	79	302	10
303	29	Victoria	Markham	North Herts Road Runners	F40-44	80	303	14
304	549	Ian	Grimwood	Biggleswade AC	M70-74	224	304	5
305	1326	pete	diamond	Wootton Road Runners	m65-69	225	305	14
306	973	David	Fensom	Olney Runners	M55-59	226	306	36
307	95	Branwen	Jones	North Herts Road Runners	f40-44	81	307	15
308	762	Alan	Hines	Leighton Fun Runners	M45-49	227	308	31
309	18	Dawn	Power	North Herts Road Runners	F50-54	82	309	12
310	1226	Mary	Pearson	Wellingborough & District AC	F40-44	83	310	16
311	480	Wendy	Tharani	Bedford Harriers	F50-54	84	311	13
312	1285	Stephen	Smith	Wootton Road Runners	M70-74	228	312	6
313	317	Lisa	Calvert	Bedford Harriers	F55-59	85	313	13
314	45	John	Auld	North Herts Road Runners	M40-44	229	314	27
315	1251	Karen	Abel	Wellingborough & District AC	F40-44	86	315	17
316	1372	Angela	Copson	Rugby & Northampton AC	F75-99	87	316	1
317	322	Lynn	Christison	Bedford Harriers	F50-54	88	317	14
318	435	Russell	Page	Bedford Harriers	M65-69	230	318	15
319	1193	Jackie	King	Wellingborough & District AC	F60-64	89	319	10
320	364	Amanda	Friman	Bedford Harriers	F65-69	90	320	3
321	321	Jeanette	Cheetham	Bedford Harriers	F60-64	91	321	11
322	781	Christine	Ayers	Leighton Fun Runners	F70-74	92	322	1
323	481	Mark	Tinkler	Bedford Harriers	M65-69	231	323	16
324	1299	Shane-Louise	Fordham	Wootton Road Runners	F40-44	93	324	18
325	786	Mark	Sammons	Leighton Fun Runners	M55-59	232	325	37
326	389	David	Holt	Bedford Harriers	M65-69	233	326	17
327	483	James	Trodd	Bedford Harriers	M40-44	234	327	28
328	751	Richard	Meredith	Leighton Fun Runners	M50-54	235	328	34
329	17	Geoff	Davis	North Herts Road Runners	M50-54	236	329	35
330	971	Christina	Goodman	Olney Runners	F35-39	94	330	11
331	1324	sarah	warden	Wootton Road Runners	f60-64	95	331	12
332	1288	Kay	Duffy	Wootton Road Runners	F50-54	96	332	15
333	1290	Sam	Inniss	Wootton Road Runners	F45-49	97	333	9
334	676	Gary	Skinner	Dunstable Lions	M55-59	237	334	38
335	1200	Claire	Parkinson	Wellingborough & District AC	F45-49	98	335	10
336	326	Rachel	Cooke	Bedford Harriers	F55-59	99	336	14
337	495	Helen	Whiting	Bedford Harriers	F35-39	100	337	12
338	699	Catriona	Cleaves	Dunstable Lions	F35-39	101	338	13
339	215	Rob	Cook	Amphill & Flitwick Flyers	M65-69	238	339	18
340	974	David	O'Connor	Olney Runners	M60-64	239	340	28
341	295	Jacqueline	Armstrong	Bedford Harriers	F60-64	102	341	13
342	42	Sue	Vaughan	North Herts Road Runners	F55-59	103	342	15
343	570	Jackie	Warren	Biggleswade AC	F55-59	104	343	16
344	398	Eve	Johnson	Bedford Harriers	F30-34	105	344	8
345	439	Sarah	Parker	Bedford Harriers	F45-49	106	345	11
346	367	Richard	Gallivan	Bedford Harriers	M65-69	240	346	19
347	871	Jon	Dilworth	Northampton Road Runners	M70-74	241	347	7
348	360	Mia	Ford	Bedford Harriers	F50-54	107	348	16
349	507	Roger	Thompson	Bedford Harriers	M55-59	242	349	39
350	49	Lindsay	Cook	North Herts Road Runners	F50-54	108	350	17
351	1000	Michelle	Ramsden	Olney Runners	F50-54	109	351	18
352	1254	Tracey	Booth	Wellingborough & District AC	F50-54	110	352	19
353	1176	Amy	Tibbitts	Northants Tri	f35-39	111	353	14
354	496	Alex	Whiting	Bedford Harriers	M30-34	243	354	19

3 Counties Cross Country League Results

Venue		North Herts		14-December-2025		Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category		
355	1284	Lorayne	Keet-Marsh	Wootton Road Runners	F65-69	112	4
356	430	Alexandra	Morgan	Bedford Harriers	F60-64	113	14
357	344	Laura	Dove	Bedford Harriers	F30-34	114	9
358	187	Natalie	Heslop	Amptill & Flitwick Flyers	F25-29	115	4
359	800	Clare	Kleanthous	Leighton Fun Runners	f60-64	116	15
360	797	Fleur	Forsythe	Leighton Fun Runners	F30-34	117	10
361	1117	Beryl	Njawaya	Stopsley Striders	F45-49	118	12
362	753	Hannah	Cole	Leighton Fun Runners	F30-34	119	11
363	798	Emily	Hines	Leighton Fun Runners	f25-29	120	5
364	299	Tony	Barnes	Bedford Harriers	M60-64	244	29
365	151	Valerie	Dawson	Amptill & Flitwick Flyers	F60-64	121	16
366	1293	Jo	Ward	Wootton Road Runners	F60-64	122	17
367	390	Jacinta	Horne	Bedford Harriers	F60-64	123	18
368	929	Debra	Tame	Northampton Road Runners	F55-59	124	17
369	926	Sue	Summers	Northampton Road Runners	F60-64	125	19
370	419	Suet	Lua	Bedford Harriers	F60-64	126	20
371	1219	Dom	Coleman	Wellingborough & District AC	M35-39	245	22
372	712	Tina	Keane	Dunstable Lions	F60-64	127	21
373	349	Christopher	Fadden	Bedford Harriers	M60-64	246	30
374	1174	Andrew	Guilder	Northants Tri	m40-44	247	29
375	624	Stacey	Mills	Dunstable Road Runners	F60-64	128	22
376	619	Ruth	Power	Dunstable Road Runners	F60-64	129	23
377	896	Joanna	Letts	Northampton Road Runners	F50-54	130	20
378	1198	Sally	Hewitt	Wellingborough & District AC	F70-74	131	2
379	192	Paresh	Aatkar	Amptill & Flitwick Flyers	M60-64	248	31
380	506	Peter	Lawley	Bedford Harriers	M65-69	249	20
381	467	Veronica	Singleton-Lawley	Bedford Harriers	F65-69	132	5
382	545	Amy	Genever	Biggleswade AC	F30-34	133	12
383	857	Helen	Blackburn	Northampton Road Runners	F60-64	134	24
384	403	Melanie	Joy	Bedford Harriers	F45-49	135	13
385	434	Vittorio	Paci	Bedford Harriers	M50-54	250	36
386	65	Carina	Quayle	North Herts Road Runners	F65-69	136	6
387	417	Vanessa	Lipski	Bedford Harriers	F55-59	137	18
388	425	Andrea	McGrellis	Bedford Harriers	F55-59	138	19
389	566	Bev	Strong	Biggleswade AC	F50-54	139	21
390	304	Lyndsey	Bithrey	Bedford Harriers	F60-64	140	25
391	869	Keren	Cornhill	Northampton Road Runners	F55-59	141	20
392	873	Karen	Eke	Northampton Road Runners	F60-64	142	26
393	1168	Magdalena	Cocks	Northants Tri	F35-39	143	15
394	1143	Chris	Baldwin	Northants Tri	M40-44	251	30
395	1074	Evelyn	Lutterodt	Stopsley Striders	F50-54	144	22
396	984	Hilary	Swanston	Olney Runners	F65-69	145	7
397	991	Liz	Conibere	Olney Runners	F70-74	146	3
398	474	Gemma	Stevenson	Bedford Harriers	F50-54	147	23
399	444	Jane	Poole	Bedford Harriers	F50-54	148	24
400	376	Victoria	Greene	Bedford Harriers	F55-59	149	21
401	1144	Val	Bridges	Northants Tri	F70-74	150	4
402	70	Brian	Judkins	North Herts Road Runners	M70-74	252	8