

# 3 Counties Cross Country League Results

Venue **Letchworth**

27-November-2011

| Pos. | No.  | First Name | Surname     | Club                      | Category      | Points |
|------|------|------------|-------------|---------------------------|---------------|--------|
| 1    | 462  | Darren     | Deed        | Boxfit                    | M-2ndClaim    | 1      |
| 2    | 435  | James      | Drinkwater  | Biggleswade AC            | M-2ndClaim    | 2      |
| 3    | 768  | Nick       | Beresford   | North Herts Road Runners  | M             | 3      |
| 4    | 90   | Phil       | Holland     | Amphill & Flitwick Flyers | M             | 4      |
| 5    | 804  | Andy       | Mutton      | North Herts Road Runners  | M             | 5      |
| 6    | 1298 | Greg       | Spellman    | Wellingborough AC         | MV45-2ndClaim | 6      |
| 7    | 802  | Steve      | Mckeown     | North Herts Road Runners  | MV40          | 7      |
| 8    | 1065 | Louise     | Peters      | Stopsley Striders         | FV35          | 1      |
| 9    | 1311 | Terry      | Tosland     | Wellingborough AC         | MV40          | 8      |
| 10   | 473  | Paul       | Halford     | Boxfit                    | MV40          | 9      |
| 11   | 431  | Richard    | Bevan       | Biggleswade AC            | M             | 10     |
| 12   | 912  | Tony       | Letts       | Northampton Road Runners  | MV40          | 11     |
| 13   | 71   | Andy       | Bierton     | Amphill & Flitwick Flyers | M             | 12     |
| 14   | 273  | Tim        | Davis       | Bedford Harriers          | M             | 13     |
| 15   | 787  | Robert     | Harris      | North Herts Road Runners  | M             | 14     |
| 16   | 463  | Dave       | Bailey      | Boxfit                    | M             | 15     |
| 17   | 579  | Craig      | Palmer      | Dunstable Road Runners    | M             | 16     |
| 18   | 412  | Craig      | Brown       | Biggleswade AC            | M             | 17     |
| 19   | 1440 | Richard    | Lack        | Wootton Road Runners      | MV40          | 18     |
| 20   | 467  | Mark       | George      | Boxfit                    | M             | 19     |
| 21   | 1108 | Mark       | Sains       | Stopsley Striders         | M             | 20     |
| 22   | 1476 | Chris      | Gallagher   | Wootton Road Runners      | M             | 21     |
| 23   | 1006 | Juliette   | Minter      | Olney Runners             | FV35          | 2      |
| 24   | 763  | James      | Atkins      | North Herts Road Runners  | M             | 22     |
| 25   | 1279 | Jon        | Kemp        | Wellingborough AC         | MV40          | 23     |
| 26   | 1278 | Keith      | Molloy      | Wellingborough AC         | MV45          | 24     |
| 27   | 344  | Kevin      | Willett     | Bedford Harriers          | MV45          | 25     |
| 28   | 792  | Mark       | Hutchinson  | North Herts Road Runners  | MV45          | 26     |
| 29   | 1299 | Ben        | Green       | Wellingborough AC         | M             | 27     |
| 30   | 1441 | Chris      | Lazenby     | Wootton Road Runners      | M             | 28     |
| 31   | 1427 | Mark       | Fowler      | Wootton Road Runners      | M             | 29     |
| 32   | 776  | Gary       | Cook        | North Herts Road Runners  | M             | 30     |
| 33   | 817  | Adrian     | Sherwood    | North Herts Road Runners  | MV45          | 31     |
| 34   | 279  | Gary       | Finch       | Bedford Harriers          | MV40          | 32     |
| 35   | 423  | Paul       | Davies      | Biggleswade AC            | MV40          | 33     |
| 36   | 1276 | James      | Berry       | Wellingborough AC         | M             | 34     |
| 37   | 466  | Lyndon     | Moore       | Boxfit                    | M             | 35     |
| 38   | 1434 | Steve      | Heighway    | Wootton Road Runners      | MV40          | 36     |
| 39   | 1465 | Simon      | Tootell     | Wootton Road Runners      | M             | 37     |
| 40   | 826  | Peter      | Turner      | North Herts Road Runners  | M             | 38     |
| 41   | 814  | Peter      | Scrowther   | North Herts Road Runners  | MV45          | 39     |
| 42   | 126  | James      | Handley     | Amphill & Flitwick Flyers | M             | 40     |
| 43   | 607  | Stuart     | Berry       | Dunstable Road Runners    | MV40          | 41     |
| 44   | 361  | Andy       | Palombella  | Bedford Harriers          | M             | 42     |
| 45   | 367  | Mark       | Pryor       | Bedford Harriers          | MV45          | 43     |
| 46   | 101  | John       | Mitcalf     | Amphill & Flitwick Flyers | M             | 44     |
| 47   | 277  | Alastair   | Fadden      | Bedford Harriers          | MV45          | 45     |
| 48   | 917  | Mark       | Nightingale | Northampton Road Runners  | MV45          | 46     |
| 49   | 407  | Vincent    | Plosky      | Biggleswade AC            | MV40          | 47     |
| 50   | 1046 | Stuart     | Woodruff    | Olney Runners             | MV40          | 48     |

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|------|------|------------|-------------|---------------------------|---------------|--------|
| 51   | 1037 | George     | Watson      | Olney Runners             | M             | 49     |
| 52   | 606  | Winston    | Woodward    | Dunstable Road Runners    | M             | 50     |
| 53   | 962  | Alex       | Quibell     | Northampton Triathlon     | M             | 51     |
| 54   | 1442 | David      | Lazenby     | Wootton Road Runners      | M             | 52     |
| 55   | 726  | Astrid     | McKeown     | North Herts Road Runners  | FV35          | 3      |
| 56   | 1048 | Mark       | Clayton     | Olney Runners             | MV40          | 53     |
| 57   | 411  | Phil       | Redden      | Biggleswade AC            | MV55-2ndClaim |        |
| 58   | 575  | David      | Morgan      | Dunstable Road Runners    | MV45          | 54     |
| 59   | 1184 | Andy       | Green       | Team East Haddon          | MV45          | 55     |
| 60   | 355  | Simon      | North       | Bedford Harriers          | M             | 56     |
| 61   | 1102 | Stuart     | Harries     | Stopsley Striders         | M             | 57     |
| 62   | 132  | Renee      | Allen       | Bedford Harriers          | FV35          | 4      |
| 63   | 405  | Rob        | Morgan      | Biggleswade AC            | M             | 58     |
| 64   | 83   | Ed         | Druce       | Amptill & Flitwick Flyers | M             | 59     |
| 65   | 666  | Tam        | Quinn       | Leighton Fun Runners      | MV45          | 60     |
| 66   | 774  | Dominic    | Buck        | North Herts Road Runners  | M             | 61     |
| 67   | 1477 | Terry      | Allen       | Wootton Road Runners      | MV45          | 62     |
| 68   | 1318 | Julian     | Blackwell   | Wellingborough AC         | MV40          | 63     |
| 69   | 297  | Dave       | Holt        | Bedford Harriers          | MV55          | 64     |
| 70   | 1050 | John       | Crouch      | Olney Runners             | MV50          | 65     |
| 71   | 470  | Matt       | Rushton     | Boxfit                    | M             | 66     |
| 72   | 478  | Steve      | Morales     | Boxfit                    | MV40          | 67     |
| 73   | 1012 | Emily      | Robertson   | Olney Runners             | F             | 5      |
| 74   | 320  | Jerry      | Pullinger   | Bedford Harriers          | MV50          | 68     |
| 75   | 381  | Isobel     | Everest     | Biggleswade AC            | FV35          | 6      |
| 76   | 307  | Neil       | Lovesey     | Bedford Harriers          | MV55          | 69     |
| 77   | 1154 | Connor     | Killian     | Stopsley Striders         | M-Guest       |        |
| 78   | 896  | Mark       | Garrett     | Northampton Road Runners  | MV50          | 70     |
| 79   | 948  | Stacey     | Penn        | Northampton Triathlon     | F             | 7      |
| 80   | 1445 | Paul       | Matthews    | Wootton Road Runners      | MV40          | 71     |
| 81   | 1437 | Mike       | Howgego     | Wootton Road Runners      | MV45          | 72     |
| 82   | 251  | Jose       | Ariza       | Bedford Harriers          | MV40          | 73     |
| 83   | 1436 | Graham     | Hollowell   | Wootton Road Runners      | MV45          | 74     |
| 84   | 325  | Dave       | Sharman     | Bedford Harriers          | M             | 75     |
| 85   | 1326 | Terry      | Hatter      | Wellingborough AC         | M             | 76     |
| 86   | 1472 | Matthew    | Brown       | Wootton Road Runners      | M             | 77     |
| 87   | 1122 | Paul       | Keech       | Stopsley Striders         | MV50          | 78     |
| 88   | 365  | Phil       | Jamieson    | Bedford Harriers          | M             | 79     |
| 89   | 1357 | Victoria   | Knight      | Wootton Road Runners      | F             | 8      |
| 90   | 404  | Damien     | Pitts       | Biggleswade AC            | M             | 80     |
| 91   | 472  | Noel       | Keenen      | Boxfit                    | MV45          | 81     |
| 92   | 434  | Rob        | Hemming     | Biggleswade AC            | MV45          | 82     |
| 93   | 964  | Andy       | Tompson     | Northampton Triathlon     | MV40          | 83     |
| 94   | 169  | Carla      | Fisher      | Bedford Harriers          | FV35          | 9      |
| 95   | 148  | Sally      | Cartwright  | Bedford Harriers          | FV40          | 10     |
| 96   | 571  | Phil       | McClellan   | Dunstable Road Runners    | MV50          | 84     |
| 97   | 651  | Martin     | Addison     | Leighton Fun Runners      | MV55          | 85     |
| 98   | 830  | Steve      | Williamson  | North Herts Road Runners  | MV45          | 86     |
| 99   | 1112 | Derek      | Christopher | Stopsley Striders         | MV60          | 87     |
| 100  | 733  | Natasha    | Pitman      | North Herts Road Runners  | FV35          | 11     |

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| 101  | 283  | Mike       | Furby      | Bedford Harriers          | MV40          | 88     |
| 102  | 772  | Stewart    | Bryant     | North Herts Road Runners  | MV55          | 89     |
| 103  | 505  | Rosie      | Keane      | Dunstable Road Runners    | F-2ndClaim    | 12     |
| 104  | 416  | Adam       | Murphy     | Biggleswade AC            | M             | 90     |
| 105  | 481  | Richard    | Hoar       | Boxfit                    | MV55          | 91     |
| 106  | 312  | Rob        | Miller     | Bedford Harriers          | MV45          | 92     |
| 107  | 1287 | Nathan     | Sexon      | Wellingborough AC         | MV40          | 93     |
| 108  | 1321 | Tim        | Ulyatt     | Wellingborough AC         | M             | 94     |
| 109  | 280  | Simon      | Fisher     | Bedford Harriers          | MV50          | 95     |
| 110  | 1033 | Steve      | Rice       | Olney Runners             | MV50-2ndClaim | 96     |
| 111  | 562  | Daniel     | Holder     | Dunstable Road Runners    | M             | 97     |
| 112  | 476  | Simon      | Bellinger  | Boxfit                    | M             | 98     |
| 113  | 163  | Anna       | Didier     | Bedford Harriers          | F             | 13     |
| 114  | 655  | Clive      | Daniels    | Leighton Fun Runners      | M             | 99     |
| 115  | 274  | Morris     | Dempster   | Bedford Harriers          | MV60          | 100    |
| 116  | 332  | Paul       | Stuart     | Bedford Harriers          | MV45          | 101    |
| 117  | 1128 | Paul       | Abbott     | Stopsley Striders         | MV50          | 102    |
| 118  | 1271 | Andrew     | Redden     | Wellingborough AC         | M             | 103    |
| 119  | 902  | Dave       | Whatton    | Northampton Road Runners  | MV45          | 104    |
| 120  | 965  | Gavin      | Prior      | Northampton Triathlon     | MV40          | 105    |
| 121  | 356  | Aleck      | Hornshaw   | Bedford Harriers          | MV40-2ndClaim | 106    |
| 122  | 418  | Steve      | Pledger    | Biggleswade AC            | MV50-2ndClaim |        |
| 123  | 1107 | Andrew     | Reid       | Stopsley Striders         | MV55          | 107    |
| 124  | 68   | Jeremy     | Bell       | Amphill & Flitwick Flyers | MV45          | 108    |
| 125  | 389  | Juliet     | Naylor     | Biggleswade AC            | FV35          | 14     |
| 126  | 1454 | Terry      | Peters     | Wootton Road Runners      | MV55          | 109    |
| 127  | 652  | Jim        | Buttleman  | Leighton Fun Runners      | MV45          | 110    |
| 128  | 468  | Martin     | Beare      | Boxfit                    | MV45          | 111    |
| 129  | 1296 | Barry      | Wake       | Wellingborough AC         | M             | 112    |
| 130  | 691  | Paula      | Adams      | North Herts Road Runners  | FV40          | 15     |
| 131  | 823  | Richard    | Thackeray  | North Herts Road Runners  | MV45          | 113    |
| 132  | 832  | Guy        | Wiseman    | North Herts Road Runners  | M             | 114    |
| 133  | 328  | Graham     | Short      | Bedford Harriers          | MV50          | 115    |
| 134  | 1469 | Philip     | Wood       | Wootton Road Runners      | M             | 116    |
| 135  | 432  | David      | Sabey      | Biggleswade AC            | MV40          | 117    |
| 136  | 1428 | Martin     | Fowler     | Wootton Road Runners      | MV55          | 118    |
| 137  | 1349 | Nicola     | Wood       | Wootton Road Runners      | F             | 16     |
| 138  | 1054 | Alasdair   | Gibson     | Olney Runners             | MV55-2ndClaim |        |
| 139  | 821  | Johnny     | Spinks     | North Herts Road Runners  | MV45          | 119    |
| 140  | 906  | John       | Fleming    | Northampton Road Runners  | MV40          | 120    |
| 141  | 898  | Mark       | Kennedy    | Northampton Road Runners  | M             | 121    |
| 142  | 378  | Fiona      | Wynde      | Biggleswade AC            | FV35          | 17     |
| 143  | 1092 | Miriam     | Tedder     | Stopsley Striders         | F             | 18     |
| 144  | 679  | Rod        | Stiles     | Leighton Fun Runners      | MV45          | 122    |
| 145  | 474  | Paul       | Hilton     | Boxfit                    | MV50          | 123    |
| 146  | 1067 | Liz        | Rollinson  | Stopsley Striders         | FV40          | 19     |
| 147  | 761  | Clive      | Adams      | North Herts Road Runners  | MV40          | 124    |
| 148  | 1423 | Peter      | Diamond    | Wootton Road Runners      | MV50          | 125    |
| 149  | 73   | Mark       | Billington | Amphill & Flitwick Flyers | MV45          | 126    |
| 150  | 63   | Ron        | Armstrong  | Amphill & Flitwick Flyers | MV45          | 127    |

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| 151  | 65   | Mike       | Bannister | Amphill & Flitwick Flyers | M             | 128    |
| 152  | 920  | Martin     | Andrews   | Northampton Road Runners  | M             | 129    |
| 153  | 681  | Steve      | Ellerton  | Leighton Fun Runners      | MV45          | 130    |
| 154  | 302  | Ian        | Joyce     | Bedford Harriers          | MV45          | 131    |
| 155  | 667  | Glynn      | Raymen    | Leighton Fun Runners      | M             | 132    |
| 156  | 81   | Jim        | Dodds     | Amphill & Flitwick Flyers | MV50          | 133    |
| 157  | 550  | Bill       | Crane     | Dunstable Road Runners    | MV55          | 134    |
| 158  | 357  | Tim        | Price     | Bedford Harriers          | MV50          | 135    |
| 159  | 971  | John       | Overman   | Northampton Triathlon     | M             | 136    |
| 160  | 1093 | Lisa       | Mahar     | Stopsley Striders         | F-Guest       |        |
| 161  | 556  | Matthew    | Falkner   | Dunstable Road Runners    | M             | 137    |
| 162  | 597  | Philip     | Williams  | Dunstable Road Runners    | M             | 138    |
| 163  | 545  | John       | Brophy    | Dunstable Road Runners    | MV55          | 139    |
| 164  | 1338 | Lee        | Clayson   | Wootton Road Runners      | FV45          | 20     |
| 165  | 292  | Paul       | Harris    | Bedford Harriers          | MV45          | 140    |
| 166  | 1145 | John       | Brennan   | Stopsley Striders         | MV45          | 141    |
| 167  | 64   | Andy       | Atherton  | Amphill & Flitwick Flyers | MV45          | 142    |
| 168  | 501  | Ruth       | Grint     | Dunstable Road Runners    | FV40          | 21     |
| 169  | 1231 | Louise     | Kemp      | Wellingborough AC         | F             | 22     |
| 170  | 835  | Chris      | Stokes    | North Herts Road Runners  | M             | 143    |
| 171  | 77   | Dave       | Coker     | Amphill & Flitwick Flyers | MV45          | 144    |
| 172  | 465  | Graham     | Briggs    | Boxfit                    | MV40          | 145    |
| 173  | 451  | Emma       | Maggott   | Boxfit                    | F             | 23     |
| 174  | 1061 | Alison     | Sugars    | Stopsley Striders         | FV35          | 24     |
| 175  | 1141 | Jeff       | Dowsett   | Stopsley Striders         | MV60          | 146    |
| 176  | 1239 | Mandy      | Bishop    | Wellingborough AC         | F             | 25     |
| 177  | 174  | Nora       | Haggart   | Bedford Harriers          | FV55          | 26     |
| 178  | 425  | Jon        | Balaam    | Biggleswade AC            | M             | 147    |
| 179  | 816  | Martin     | Shephard  | North Herts Road Runners  | M             | 148    |
| 180  | 1314 | Guy        | Travers   | Wellingborough AC         | MV40          | 149    |
| 181  | 232  | Rebecca    | Baxter    | Bedford Harriers          | FV45          | 27     |
| 182  | 700  | Helen      | Cairns    | North Herts Road Runners  | FV35          | 28     |
| 183  | 448  | Sarah      | Deed      | Boxfit                    | FV35          | 29     |
| 184  | 1    | Jo         | Aatkar    | Amphill & Flitwick Flyers | FV40          | 30     |
| 185  | 1322 | Mark       | Edwards   | Wellingborough AC         | MV40          | 150    |
| 186  | 673  | Martin     | Walker    | Leighton Fun Runners      | MV55          | 151    |
| 187  | 1323 | Ben        | Smith     | Wellingborough AC         | M             | 152    |
| 188  | 341  | James      | Wallbank  | Bedford Harriers          | MV50          | 153    |
| 189  | 1055 | Barry      | Robertson | Olney Runners             | MV60          | 154    |
| 190  | 401  | Paul       | Cooke     | Biggleswade AC            | MV45          | 155    |
| 191  | 384  | Zoe        | Luscombe  | Biggleswade AC            | FV35          | 31     |
| 192  | 428  | Gary       | Baldwin   | Biggleswade AC            | MV45          | 156    |
| 193  | 981  | Paul       | Warden    | Northampton Triathlon     | MV45          | 157    |
| 194  | 517  | Sarah      | Shynn     | Dunstable Road Runners    | FV40          | 32     |
| 195  | 1325 | Kenneth    | Mikkelsen | Wellingborough AC         | M             | 158    |
| 196  | 1106 | Martin     | Mitchell  | Stopsley Striders         | MV45          | 159    |
| 197  | 567  | Peter      | Keane     | Dunstable Road Runners    | MV45-2ndClaim | 160    |
| 198  | 483  | Anthony    | Wright    | Boxfit                    | M             | 161    |
| 199  | 450  | Claire     | Murphy    | Boxfit                    | F             | 33     |
| 200  | 789  | Duncan     | Hooker    | North Herts Road Runners  | MV50          | 162    |

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| 201  | 598  | Iain       | Wilson     | Dunstable Road Runners    | M        | 163    |
| 202  | 653  | Mike       | Clark      | Leighton Fun Runners      | MV55     | 164    |
| 203  | 641  | Angela     | McLeod     | Leighton Fun Runners      | F        | 34     |
| 204  | 306  | Chris      | Linney     | Bedford Harriers          | MV40     | 165    |
| 205  | 1130 | Brian      | Davies     | Stopsley Striders         | MV45     | 166    |
| 206  | 1252 | Emma       | Murphy     | Wellingborough AC         | FV35     | 35     |
| 207  | 1286 | Stuart     | Mellows    | Wellingborough AC         | MV45     | 167    |
| 208  | 953  | Neil       | Key        | Northampton Triathlon     | M        | 168    |
| 209  | 1268 | Tony       | Hale       | Wellingborough AC         | MV60     | 169    |
| 210  | 901  | Tom        | Sullivan   | Northampton Road Runners  | MV60     | 170    |
| 211  | 1142 | Richard    | Hardy      | Stopsley Striders         | MV55     | 171    |
| 212  | 192  | Donna      | McEwen     | Bedford Harriers          | FV35     | 36     |
| 213  | 983  | Richard    | Reading    | Northampton Triathlon     | M        | 172    |
| 214  | 16   | Caroline   | Gilby      | Amptill & Flitwick Flyers | FV45     | 37     |
| 215  | 119  | Richard    | Stanley    | Amptill & Flitwick Flyers | MV45     | 173    |
| 216  | 408  | Nigel      | Bush       | Biggleswade AC            | MV60     | 174    |
| 217  | 446  | Paula      | Nicol      | Boxfit                    | F        | 38     |
| 218  | 96   | Shaun      | Kirtley    | Amptill & Flitwick Flyers | M        | 175    |
| 219  | 1327 | Mark       | Viccars    | Wellingborough AC         | MV50     | 176    |
| 220  | 922  | Darren     | Baldwin    | Northampton Road Runners  | MV45     | 177    |
| 221  | 369  | Mike       | Mello      | Bedford Harriers          | MV45     | 178    |
| 222  | 836  | Gregor     | Bowit      | North Herts Road Runners  | M        | 179    |
| 223  | 219  | Helen      | Woolley    | Bedford Harriers          | FV35     | 39     |
| 224  | 342  | Rob        | Wallis     | Bedford Harriers          | MV50     | 180    |
| 225  | 433  | Derek      | Litchfield | Biggleswade AC            | MV50     | 181    |
| 226  | 788  | Joe        | Hiemstra   | North Herts Road Runners  | MV40     | 182    |
| 227  | 1457 | Cary       | Rigler     | Wootton Road Runners      | MV55     | 183    |
| 228  | 793  | Ryan       | Johnson    | North Herts Road Runners  | MV45     | 184    |
| 229  | 777  | John       | Cooper     | North Herts Road Runners  | MV45     | 185    |
| 230  | 975  | Alex       | Nau        | Northampton Triathlon     | M        | 186    |
| 231  | 1072 | Linda      | Thomasson  | Stopsley Striders         | FV45     | 40     |
| 232  | 692  | Linda      | Aird       | North Herts Road Runners  | FV50     | 41     |
| 233  | 402  | Neil       | Gregory    | Biggleswade AC            | MV50     | 187    |
| 234  | 336  | Mark       | Tinkler    | Bedford Harriers          | MV50     | 188    |
| 235  | 1292 | Thom       | McKiernan  | Wellingborough AC         | M        | 189    |
| 236  | 438  | Mark       | Murphy     | Biggleswade AC            | MV45     | 190    |
| 237  | 1032 | Mike       | Smith      | Olney Runners             | MV50     | 191    |
| 238  | 1388 | Suzanne    | De Maine   | Wootton Road Runners      | FV40     | 42     |
| 239  | 419  | Robin      | Wynde      | Biggleswade AC            | MV50     | 192    |
| 240  | 45   | Deborah    | Pedley     | Amptill & Flitwick Flyers | F        | 43     |
| 241  | 40   | Keri       | Stanley    | Amptill & Flitwick Flyers | FV45     | 44     |
| 242  | 779  | Mark       | Draper     | North Herts Road Runners  | MV50     | 193    |
| 243  | 746  | Michelle   | Stokes     | North Herts Road Runners  | FV40     | 45     |
| 244  | 891  | Ronnie     | Ambrose    | Northampton Road Runners  | MV45     | 194    |
| 245  | 1182 | Sam        | Cortese    | Team East Haddon          | MV50     | 195    |
| 246  | 359  | Dave       | Girling    | Bedford Harriers          | MV60     | 196    |
| 247  | 223  | Diane      | Wallis     | Bedford Harriers          | FV50     | 46     |
| 248  | 477  | Steve      | Kerr       | Boxfit                    | MV45     | 197    |
| 249  | 377  | Natalie    | Morgan     | Biggleswade AC            | FV35     | 47     |
| 250  | 1372 | Diane      | Rogers     | Wootton Road Runners      | FV40     | 48     |

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| 251  | 387  | Monika     | Molnar      | Biggleswade AC            | F        | 49     |
| 252  | 329  | Dave       | Simpson     | Bedford Harriers          | MV40     | 198    |
| 253  | 301  | Tony       | Jones       | Bedford Harriers          | MV50     | 199    |
| 254  | 1232 | Laura      | Burton      | Wellingborough AC         | F        | 50     |
| 255  | 304  | Ian        | Kingstone   | Bedford Harriers          | MV45     | 200    |
| 256  | 1183 | Tim        | Dunkley     | Team East Haddon          | MV50     | 201    |
| 257  | 1339 | Andrea     | Collingwood | Wootton Road Runners      | FV35     | 51     |
| 258  | 1101 | Dave       | Debnam      | Stopsley Striders         | MV60     | 202    |
| 259  | 595  | William    | Walsh       | Dunstable Road Runners    | M        | 203    |
| 260  | 559  | Steve      | Grint       | Dunstable Road Runners    | MV45     | 204    |
| 261  | 1076 | Dianne     | Blackmore   | Stopsley Striders         | FV50     | 52     |
| 262  | 1003 | Sue        | Teasdale    | Olney Runners             | FV45     | 53     |
| 263  | 436  | Jonathan   | Bevan       | Biggleswade AC            | M        | 205    |
| 264  | 252  | Steve      | Ball        | Bedford Harriers          | MV45     | 206    |
| 265  | 1017 | Bethan     | Courtman    | Olney Runners             | FV40     | 54     |
| 266  | 440  | Ian        | Skerratt    | Biggleswade AC            | MV60     | 207    |
| 267  | 185  | Viv        | Kilgour     | Bedford Harriers          | FV45     | 55     |
| 268  | 1131 | Matthew    | Davies      | Stopsley Striders         | M        | 208    |
| 269  | 276  | Chris      | Fadden      | Bedford Harriers          | MV45     | 209    |
| 270  | 497  | Margaret   | Dewinter    | Dunstable Road Runners    | FV55     | 56     |
| 271  | 475  | Russ       | Nerr        | Boxfit                    | M        | 210    |
| 272  | 771  | Paul       | Bowal       | North Herts Road Runners  | MV45     | 211    |
| 273  | 1085 | Liz        | Davies      | Stopsley Striders         | FV45     | 57     |
| 274  | 861  | Jo         | Lee         | Northampton Road Runners  | F        | 58     |
| 275  | 100  | Terry      | McHugh      | Amphill & Flitwick Flyers | MV50     | 212    |
| 276  | 168  | Trudie     | Finch       | Bedford Harriers          | FV40     | 59     |
| 277  | 674  | Patrick    | Waring      | Leighton Fun Runners      | MV50     | 213    |
| 278  | 443  | Greer      | Kidney      | Boxfit                    | FV40     | 60     |
| 279  | 704  | Sheena     | Cook        | North Herts Road Runners  | FV45     | 61     |
| 280  | 1070 | Helen      | Harris      | Stopsley Striders         | FV40     | 62     |
| 281  | 594  | Jonathan   | Venning     | Dunstable Road Runners    | MV55     | 214    |
| 282  | 291  | John       | Harris      | Bedford Harriers          | MV45     | 215    |
| 283  | 149  | Nette      | Cheetham    | Bedford Harriers          | FV45     | 63     |
| 284  | 254  | Tony       | Barnes      | Bedford Harriers          | MV45     | 216    |
| 285  | 330  | Ian        | Soaft       | Bedford Harriers          | MV60     | 217    |
| 286  | 1116 | Phil       | Nathan      | Stopsley Striders         | M        | 218    |
| 287  | 262  | Tom        | Brassington | Bedford Harriers          | MV55     | 219    |
| 288  | 1118 | Stewart    | Read        | Stopsley Striders         | M        | 220    |
| 289  | 858  | Jo         | Smith       | Northampton Road Runners  | FV45     | 64     |
| 290  | 1313 | Mike       | Burton      | Wellingborough AC         | MV45     | 221    |
| 291  | 340  | Steve      | Turner      | Bedford Harriers          | MV45     | 222    |
| 292  | 388  | Katy       | Burns       | Biggleswade AC            | FV40     | 65     |
| 293  | 716  | Jo         | Harbon      | North Herts Road Runners  | FV45     | 66     |
| 294  | 1110 | Matthew    | Crossland   | Stopsley Striders         | M        | 223    |
| 295  | 1115 | Nick       | Crane       | Stopsley Striders         | M        | 224    |
| 296  | 315  | Peter      | Pack        | Bedford Harriers          | MV45     | 225    |
| 297  | 287  | Steve      | Gibbons     | Bedford Harriers          | M        | 226    |
| 298  | 259  | Norman     | Beckwith    | Bedford Harriers          | MV65     | 227    |
| 299  | 857  | Elaine     | Palmer      | Northampton Road Runners  | FV40     | 67     |
| 300  | 1129 | Tony       | Gardner     | Stopsley Striders         | MV50     | 228    |

# 3 Counties Cross Country League Results

Venue **Letchworth**

27-November-2011

| Pos. | No.  | First Name | Surname     | Club                       | Category   | Points |
|------|------|------------|-------------|----------------------------|------------|--------|
| 301  | 38   | Katie      | Ruditis     | Ampthill & Flitwick Flyers | F          | 68     |
| 302  | 86   | Jeremy     | Godfrey     | Ampthill & Flitwick Flyers | M          | 229    |
| 303  | 20   | Paula      | James       | Ampthill & Flitwick Flyers | FV45       | 69     |
| 304  | 1389 | Theresa    | Warren      | Wootton Road Runners       | FV35       | 70     |
| 305  | 589  | Paul       | Stack       | Dunstable Road Runners     | MV45       | 230    |
| 306  | 1211 | Lucia      | Hale        | Wellingborough AC          | FV60       | 71     |
| 307  | 677  | Bob        | Dunham      | Leighton Fun Runners       | MV60       | 231    |
| 308  | 697  | Anna-Marie | Bartlett    | North Herts Road Runners   | FV35       | 72     |
| 309  | 285  | Richard    | Gallivan    | Bedford Harriers           | MV55       | 232    |
| 310  | 22   | Laura      | Johnston    | Ampthill & Flitwick Flyers | FV40       | 73     |
| 311  | 482  | Gary       | Smith       | Boxfit                     | MV50       | 233    |
| 312  | 3    | Annette    | Bell        | Ampthill & Flitwick Flyers | FV45       | 74     |
| 313  | 1228 | Mandy      | Allen       | Wellingborough AC          | FV45       | 75     |
| 314  | 452  | Halina     | Krajczewska | Boxfit                     | FV40-Guest |        |
| 315  | 441  | Donna      | Thomas      | Boxfit                     | FV45       | 76     |
| 316  | 79   | Rob        | Cook        | Ampthill & Flitwick Flyers | MV50       | 234    |
| 317  | 382  | Julia      | Mackay      | Biggleswade AC             | FV45       | 77     |
| 318  | 1255 | Jo         | Edwards     | Wellingborough AC          | FV40       | 78     |
| 319  | 1324 | Kevin      | O'Reilly    | Wellingborough AC          | MV50       | 235    |
| 320  | 430  | David      | Smith       | Biggleswade AC             | MV40       | 236    |
| 321  | 267  | Darren     | Cimelli     | Bedford Harriers           | M          | 237    |
| 322  | 743  | Jane       | Tyler       | North Herts Road Runners   | FV45       | 79     |
| 323  | 915  | Jim        | Anderson    | Northampton Road Runners   | MV45       | 238    |
| 324  | 420  | Mark       | Stead       | Biggleswade AC             | MV40       | 239    |
| 325  | 33   | Alison     | Parker      | Ampthill & Flitwick Flyers | FV40       | 80     |
| 326  | 867  | Caroline   | Cope        | Northampton Road Runners   | F          | 81     |
| 327  | 266  | Jack       | Chana       | Bedford Harriers           | MV60       | 240    |
| 328  | 1086 | Sian       | Barnard     | Stopsley Striders          | FV40       | 82     |
| 329  | 853  | Jo         | Cummings    | Northampton Road Runners   | FV35       | 83     |
| 330  | 1136 | Lance      | Richardson  | Stopsley Striders          | MV55       | 241    |
| 331  | 28   | Elisabeth  | Morice      | Ampthill & Flitwick Flyers | FV35       | 84     |
| 332  | 1146 | Bill       | Billington  | Stopsley Striders          | MV70       | 242    |
| 333  | 176  | Angie      | Harris      | Bedford Harriers           | FV50       | 85     |
| 334  | 337  | Roger      | Trengrove   | Bedford Harriers           | MV60       | 243    |
| 335  | 372  | Penny      | Fletcher    | Biggleswade AC             | FV50       | 86     |
| 336  | 720  | Lisa       | Hiemstra    | North Herts Road Runners   | FV40       | 87     |
| 337  | 105  | Brendan    | O'Mahoney   | Ampthill & Flitwick Flyers | MV50       | 244    |
| 338  | 923  | Richard    | Rose        | Northampton Road Runners   | MV60       | 245    |
| 339  | 385  | Jan        | Goodeve     | Biggleswade AC             | FV45       | 88     |
| 340  | 1144 | Finbar     | Willis      | Stopsley Striders          | MV50       | 246    |
| 341  | 680  | David      | Cooper      | Leighton Fun Runners       | MV60       | 247    |
| 342  | 951  | Melanie    | Ryding      | Northampton Triathlon      | FV40       | 89     |
| 343  | 1216 | Kerry      | Howard      | Wellingborough AC          | FV35       | 90     |
| 344  | 303  | Bill       | Khinda      | Bedford Harriers           | MV60       | 248    |
| 345  | 643  | Louise     | Stepney     | Leighton Fun Runners       | FV45       | 91     |
| 346  | 1214 | Mary       | Moore       | Wellingborough AC          | F          | 92     |
| 347  | 739  | Joy        | Stroud      | North Herts Road Runners   | FV60       | 93     |
| 348  | 1241 | Sarah      | Grove       | Wellingborough AC          | FV35       | 94     |
| 349  | 1068 | Linda      | Kelly       | Stopsley Striders          | FV40       | 95     |
| 350  | 1267 | Adrian     | Spicer      | Wellingborough AC          | MV40       | 249    |

# 3 Counties Cross Country League Results

Venue **Letchworth**

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| Pos. | No.  | First Name | Surname    | Club                      | Category | Points |
|------|------|------------|------------|---------------------------|----------|--------|
| 351  | 675  | John       | West       | Leighton Fun Runners      | MV70     | 250    |
| 352  | 160  | Michelle   | Davis      | Bedford Harriers          | FV50     | 96     |
| 353  | 111  | Dave       | Sedgley    | Amphill & Flitwick Flyers | MV70     | 251    |
| 354  | 1103 | Ian        | Cousins    | Stopsley Striders         | MV60     | 252    |
| 355  | 1074 | Elaine     | Harries    | Stopsley Striders         | FV35     | 97     |
| 356  | 640  | Clare      | Amos       | Leighton Fun Runners      | FV40     | 98     |
| 357  | 216  | Linda      | Wilding    | Bedford Harriers          | FV60     | 99     |
| 358  | 1062 | Desi       | Gardner    | Stopsley Striders         | FV45     | 100    |
| 359  | 855  | Pauline    | Horne      | Northampton Road Runners  | FV60     | 101    |
| 360  | 15   | Rebecca    | Fleckney   | Amphill & Flitwick Flyers | F        | 102    |
| 361  | 1275 | Mathew     | Hollis     | Wellingborough AC         | M        | 253    |
| 362  | 50   | Liz        | Kirtley    | Amphill & Flitwick Flyers | FV40     | 103    |
| 363  | 1063 | Tracey     | Barrett    | Stopsley Striders         | F        | 104    |
| 364  | 625  | Hilary     | Fox        | Leighton Fun Runners      | FV55     | 105    |
| 365  | 879  | Kirsty     | Turner     | Northampton Road Runners  | F        | 106    |
| 366  | 231  | Emma       | Corbett    | Bedford Harriers          | F        | 107    |
| 367  | 379  | Elaine     | Stead      | Biggleswade AC            | FV40     | 108    |
| 368  | 660  | Kevin      | Kemp       | Leighton Fun Runners      | MV55     | 254    |
| 369  | 1069 | Claire     | Kiernan    | Stopsley Striders         | F        | 109    |
| 370  | 195  | Sue        | Pack       | Bedford Harriers          | FV45     | 110    |
| 371  | 17   | Pat        | Godfrey    | Amphill & Flitwick Flyers | FV60     | 111    |
| 372  | 1237 | Vicki      | Jessop     | Wellingborough AC         | FV40     | 112    |
| 373  | 35   | Jane       | Pibworth   | Amphill & Flitwick Flyers | FV50     | 113    |
| 374  | 207  | Sylvia     | Snowling   | Bedford Harriers          | FV50     | 114    |
| 375  | 376  | Melanie    | Wilkinson  | Biggleswade AC            | FV45     | 115    |
| 376  | 5    | Jane       | Cook       | Amphill & Flitwick Flyers | FV55     | 116    |
| 377  | 323  | Roger      | Sewell     | Bedford Harriers          | MV70     | 255    |
| 378  | 198  | Mandy      | Pullinger  | Bedford Harriers          | FV45     | 117    |
| 379  | 1253 | Trudi      | Knight     | Wellingborough AC         | FV35     | 118    |
| 380  | 1274 | Andrew     | Manning    | Wellingborough AC         | MV45     | 256    |
| 381  | 161  | Tina       | Delaney    | Bedford Harriers          | FV40     | 119    |
| 382  | 859  | Carol      | Whatton    | Northampton Road Runners  | FV50     | 120    |
| 383  | 1367 | Sue        | Northern   | Wootton Road Runners      | FV40     | 121    |
| 384  | 676  | Dave       | Dickinson  | Leighton Fun Runners      | MV50     | 257    |
| 385  | 375  | Rachel     | Kenyon     | Biggleswade AC            | FV40     | 122    |
| 386  | 43   | Val        | Von Arx    | Amphill & Flitwick Flyers | FV55     | 123    |
| 387  | 171  | Angela     | Gallivan   | Bedford Harriers          | FV50     | 124    |
| 388  | 180  | Lorena     | Henderson  | Bedford Harriers          | FV40     | 125    |
| 389  | 221  | Elise      | Allen      | Bedford Harriers          | FV45     | 126    |
| 390  | 230  | Savina     | Velotta    | Bedford Harriers          | FV40     | 127    |
| 391  | 1073 | Helen      | Morris     | Stopsley Striders         | FV75     | 128    |
| 392  | 191  | Lorraine   | MacCormack | Bedford Harriers          | FV55     | 129    |
| 393  | 137  | Iva        | Barr       | Bedford Harriers          | FV80     | 130    |
| 394  | 189  | Jenny      | Lovesey    | Bedford Harriers          | FV45     | 131    |