

3 Counties Cross Country League Results

Venue **Bedford**

3-January-2016

Pos.	No.	First Name	Surname	Club	Category	Points
1	134	Tim	Harris	Ampthill & Flitwick Flyers	m	1
2	843	David	Green	Northampton Road Runners	m	2
3	1305	Michael	Aldridge	Wootton Road Runners	mV40	3
4	1186	Mariusz	Iwaniec	Wellingborough AC	m	4
5	126	Paul	Farmer	Ampthill & Flitwick Flyers	m	5
6	738	Mark	Vaughan	North Herts Road Runners	mV45	6
7	719	Jim	McConnel	North Herts Road Runners	mV40	7
8	274	Steven	Horton	Bedford Harriers	m	8
9	171	Mark	Waine	Ampthill & Flitwick Flyers	mV45	9
10	254	Christopher	Dilley	Bedford Harriers	m	10
11	877	Will	Jones	Northampton Road Runners	m	11
12	170	Steven	Upton	Ampthill & Flitwick Flyers	mV40	12
13	135	Stephen	Hartley	Ampthill & Flitwick Flyers	mV40	13
14	158	Craig	Palmer	Ampthill & Flitwick Flyers	m	14
15	276	Phillip	Jamieson	Bedford Harriers	m	15
16	269	Ian	Hammett	Bedford Harriers	m	16
17	1122	Peter	Currington	Wellingborough AC	m-2ndClaim	17
18	108	Martin	Beare	Ampthill & Flitwick Flyers	mV50	18
19	1192	Richard	Loader	Wellingborough AC	m	19
20	1077	Andy	Green	Team East Haddon	mV50	20
21	853	Tony	Letts	Northampton Road Runners	mV45	21
22	174	Paul	Mizon	Ampthill & Flitwick Flyers	m-2ndClaim	22
23	322	Danny	Winn	Bedford Harriers	m	23
24	325	Stuart	Dare	Bedford Harriers	m	24
25	137	Phil	Holland	Ampthill & Flitwick Flyers	m	25
26	929	Hayley	Munn	Northampton Road Runners	f-2ndClaim	1
27	123	James	Down	Ampthill & Flitwick Flyers	m-2ndClaim	0
28	1033	Mark	Sains	Stopsley Striders	m	26
29	1090	Stuart	Wheeldon	Team East Haddon	mV45	27
30	1141	Jon	Kemp	Wellingborough AC	mV40	28
31	113	Andy	Bierton	Ampthill & Flitwick Flyers	mV40	29
32	1168	Greg	Spellman	Wellingborough AC	mV45	30
33	1279	Richard	Lack	Wootton Road Runners	mV45	31
34	259	Gary	Finch	Bedford Harriers	mV45	32
35	1288	Simon	Tootell	Wootton Road Runners	m	33
36	561	Winston	Woodward	Dunstable Road Runners	mV40	34
37	297	Andy	Palembello	Bedford Harriers	m	35
38	685	John	Auld	North Herts Road Runners	m	36
39	648	Steve	Harrison	Leighton Fun Runners	mV40	37
40	161	Simon	Read	Ampthill & Flitwick Flyers	mV40-2ndClaim	0
41	506	Juliet	Nayler	Biggleswade AC	fV40	2
42	459	Paul	Davies	Biggleswade AC	mV45	38
43	544	Lee	Murphy	Dunstable Road Runners	m	39
44	469	John	Mcgrath	Biggleswade AC	mV50	40
45	182	Paul	Robertson	Ampthill & Flitwick Flyers	m	41
46	704	Richard	Harbon	North Herts Road Runners	mV50	42
47	1165	Ben	Shirley	Wellingborough AC	m	43
48	310	Kevin	Shelton-Smith	Bedford Harriers	mV55	44
49	238	Sarah	Kerr	Ampthill & Flitwick Flyers	f-2ndClaim	3
50	1132	Mike	Gooch	Wellingborough AC	mV45	45

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51	1128	Jason	French	Wellingborough AC	m	46
52	371	Gill	Fullen	Bedford Harriers	fV50	4
53	1096	Matt	Dine	Team East Haddon	m	47
54	1034	Nathan	Scott	Stopsley Striders	m	48
55	1015	Gez	Fallon	Stopsley Striders	mV45	49
56	162	Bobby	Riddaway	Amphill & Flitwick Flyers	mV45	50
57	370	Anna	Folland	Bedford Harriers	fV45	5
58	464	Nick	Haworth	Biggleswade AC	m	51
59	121	John	Decesare	Amphill & Flitwick Flyers	mV45	52
60	826	Illir	Brecani	Northampton Road Runners	m	53
61	393	Kirstie	Meeten	Bedford Harriers	fV35	6
62	241	Tony	Barnes	Bedford Harriers	mV50	54
63	196	Nicola	Bowerman	Amphill & Flitwick Flyers	fV40	7
64	712	James	Keogh	North Herts Road Runners	m	55
65	1124	John	Donaldson	Wellingborough AC	mV55	56
66	1087	Matthew	Tyrell	Team East Haddon	mV40	57
67	308	David	Sharman	Bedford Harriers	m	58
68	262	Paul	Furness	Bedford Harriers	mV50	59
69	499	Isobel	Everest	Biggleswade AC	fV40	8
70	1166	Nick	Sinnott	Wellingborough AC	mV40	60
71	784	Astrid	McKeown	North Herts Road Runners	fV40	9
72	741	Steve	Williamson	North Herts Road Runners	mV50	61
73	1150	Neil	McDonald	Wellingborough AC	mV50	62
74	356	Sally	Cartwright	Bedford Harriers	fV45	10
75	1203	Kelly	Barnett	Wellingborough AC	f	11
76	458	Paul	Cooke	Biggleswade AC	m	63
77	647	Daniel	Green	Leighton Fun Runners	mV40	64
78	332	David	Course	Bedford Harriers	m	65
79	642	John	Preston	Leighton Fun Runners	mV40	66
80	257	Alastair	Fadden	Bedford Harriers	mV50	67
81	954	Dean	Sartin	Olney Runners	m	68
82	136	Ross	Henson	Amphill & Flitwick Flyers	m	69
83	543	John	Murphy	Dunstable Road Runners	mV45	70
84	1280	Paul	Matthews	Wootton Road Runners	mV45	71
85	167	Richard	Stanley	Amphill & Flitwick Flyers	mV50	72
86	286	Neil	Lovesey	Bedford Harriers	mV60	73
87	434	SPARE 12F	0	Bedford Harriers	f	12
88	880	Mick	Conroy	Northampton Road Runners	mV55	74
89	1160	Tom	Roberts	Wellingborough AC	m-2ndClaim	0
90	639	Graeme	Meichtry	Leighton Fun Runners	m	75
91	1188	Julian	Blackwell	Wellingborough AC	mV40	76
92	896	Sarah	Davis	Northampton Road Runners	fV45	13
93	1069	Christine	Lathwell	Stopsley Striders	fV35	14
94	840	Mark	Garrett	Northampton Road Runners	mV55	77
95	1149	Dean	McCoy	Wellingborough AC	mV40	78
96	1130	Dariusz	Gertchen	Wellingborough AC	mV40	79
97	966	Steve	Dicks	Olney Runners	mV40	80
98	470	Rob	Morgan	Biggleswade AC	m	81
99	1039	Danny	Kelly	Stopsley Striders	mV50	82
100	1151	Martin	Newton	Wellingborough AC	m	83

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Pos.	No.	First Name	Surname	Club	Category	Points
101	523	Mark	Cornell	Dunstable Road Runners	mV50	84
102	943	Simon	Cook	Olney Runners	mV40	85
103	718	Darren	Matussa	North Herts Road Runners	m	86
104	1041	Glynn	Simmons	Stopsley Striders	mV45	87
105	1003	Ben	Bodsworth	Stopsley Striders	m	88
106	1347	Seb	Thies	Team East Haddon	m-2ndClaim	89
107	220	Deborah	Beare	Amphill & Flitwick Flyers	f	15
108	1042	Pat	Blessing	Stopsley Striders	mV50	90
109	1386	Neil	Warby	Leighton Fun Runners	m	91
110	842	Dan	Gosling	Northampton Road Runners	m	92
111	1079	Adrian	Homer	Team East Haddon	mV45	93
112	629	Jim	Buttleman	Leighton Fun Runners	mV50	94
113	193	Sophia	Bartlett	Amphill & Flitwick Flyers	fV40	16
114	526	Robert	Curtis	Dunstable Road Runners	mV50	95
115	637	Rob	Laughton	Leighton Fun Runners	mV40	96
116	143	Richie	Jones	Amphill & Flitwick Flyers	mV50	97
117	1293	Michael	Carrea	Wootton Road Runners	m	98
118	1091	Rob	White	Team East Haddon	mV50	99
119	475	Vince	Plosky	Biggleswade AC	mV40	100
120	759	Paula	Adams	North Herts Road Runners	fV45	17
121	571	Mick	Courtney	Dunstable Road Runners	mV50	101
122	502	Lindsay	Lister	Biggleswade AC	fV50	18
123	838	John	Fleming	Northampton Road Runners	mV45	102
124	821	Darren	Baldwin	Northampton Road Runners	mV50	103
125	213	Michelle	Morris	Amphill & Flitwick Flyers	f	19
126	1097	Peter	Chandley	Team East Haddon	mV50	104
127	941	Craig	Austin	Olney Runners	mV45	105
128	281	Stuart	Knight	Bedford Harriers	mV50	106
129	1318	Maree	Jesson	Wootton Road Runners	fV40-2ndClaim	20
130	202	Claire	Fisher	Amphill & Flitwick Flyers	fV40	21
131	959	Mike	Pezaro	Olney Runners	m	107
132	1275	Graham	Hollowell	Wootton Road Runners	mV45	108
133	1134	Alan	Griffiths	Wellingborough AC	mV45	109
134	107	Mike	Bannister	Amphill & Flitwick Flyers	m	110
135	1156	Michael	Quinn	Wellingborough AC	mV50	111
136	1016	Martin	Fallon	Stopsley Striders	mV45	112
137	175	James	Mackeddie	Amphill & Flitwick Flyers	m	113
138	225	Sarah	Thomson	Amphill & Flitwick Flyers	fV35	22
139	817	Ronnie	Ambrose	Northampton Road Runners	mV50	114
140	1158	Andrew	Redden	Wellingborough AC	m	115
141	272	Adam	Hills	Bedford Harriers	m	116
142	1029	Andrew	Reid	Stopsley Striders	mV60	117
143	1100	Matt	Tilt	Team East Haddon	mV45	118
144	337	Chris	Linney	Bedford Harriers	m	119
145	1061	Linda	Scanlan	Stopsley Striders	fV35	23
146	1024	Daniel	Mann	Stopsley Striders	m	120
147	1205	Katharine	Baxter	Wellingborough AC	f	24
148	757	Clive	Adams	North Herts Road Runners	mV45-Guest	0
149	1060	Liz	Rollinson	Stopsley Striders	fV40	25
150	1290	Mike	Wheeler	Wootton Road Runners	m	121

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Pos.	No.	First Name	Surname	Club	Category	Points
151	190	Jo	Aatkar	Ampthill & Flitwick Flyers	fV45	26
152	1172	Guy	Travers	Wellingborough AC	mV40	122
153	228	Keri	Withers	Ampthill & Flitwick Flyers	fV50	27
154	772	Yuko	Gordon	North Herts Road Runners	fV60	28
155	473	Damian	Pitts	Biggleswade AC	m	123
156	649	Ian	Mulry	Leighton Fun Runners	mV40	124
157	537	Peter	Keane	Dunstable Road Runners	mV50	125
158	485	Chris	Adams	Biggleswade AC	mV55	126
159	204	Caroline	Gilby	Ampthill & Flitwick Flyers	fV50	29
160	1377	Richard	Hardy	Stopsley Striders	mV60	127
161	985	Georgia	Richardson	Olney Runners	f	30
162	1125	Mark	Edwards	Wellingborough AC	mV45	128
163	588	Ruth	Grint	Dunstable Road Runners	fV45	31
164	1223	Louise	Kemp	Wellingborough AC	fV35	32
165	958	Rob	White	Olney Runners	mV40	129
166	508	Fiona	Wynde	Biggleswade AC	fV40	33
167	882	Anthony	Fitzsimons	Northampton Road Runners	m	130
168	964	Chris	Barnes	Olney Runners	mV45	131
169	872	Dave	Whatton	Northampton Road Runners	mV50	132
170	311	Graham	Short	Bedford Harriers	mV55	133
171	495	Hannah	Broom	Biggleswade AC	fV35	34
172	1116	Sally	Tilt	Team East Haddon	fV40	35
173	568	Rob	Connors	Dunstable Road Runners	m	134
174	407	Veronica	Singleton- Lawley	Bedford Harriers	fV55-2ndClaim	36
175	105	Andy	Atherton	Ampthill & Flitwick Flyers	mV50	135
176	169	Jason	Theobald	Ampthill & Flitwick Flyers	mV40	136
177	652	Verity	Allsopp	Leighton Fun Runners	f	37
178	448	Charles	Arnold	Biggleswade AC	mV55	137
179	803	Catherine	Burr	North Herts Road Runners	fV35	38
180	1182	Mark	Viccars	Wellingborough AC	mV50	138
181	460	Marc	Deans	Biggleswade AC	mV50	139
182	109	Jeremy	Bell	Ampthill & Flitwick Flyers	mV50	140
183	525	Bill	Crane	Dunstable Road Runners	mV60	141
184	998	Lisa	Russell	Olney Runners	fV40	39
185	1071	Daniella	Gibson	Stopsley Striders	f	40
186	132	Sean	Graham	Ampthill & Flitwick Flyers	mV45	142
187	335	Shane	Fereday	Bedford Harriers	mV50	143
188	655	Janice	Brazier	Leighton Fun Runners	fV50	41
189	457	Chris	Clarke	Biggleswade AC	mV60	144
190	1017	Gary	Fowler	Stopsley Striders	mV50	145
191	192	Jess	Anstee	Ampthill & Flitwick Flyers	f	42
192	436	SPARE 14F	0	Bedford Harriers	f	43
193	1113	Sarah	Cosford	Team East Haddon	f	44
194	206	Theresa	Jackson	Ampthill & Flitwick Flyers	fV40	45
195	331	Steven	James	Bedford Harriers	mV45	146
196	1115	Liv	Thompson	Team East Haddon	f	46
197	743	Vincent	Wright	North Herts Road Runners	mV40	147
198	873	Richard	Wild	Northampton Road Runners	m-2ndClaim	148
199	889	Penny	Andrews	Northampton Road Runners	fV50	47
200	245	Mourad	Ben-Taieb	Bedford Harriers	mV55	149

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Pos.	No.	First Name	Surname	Club	Category	Points
201	614	Teresa	Warren	Dunstable Road Runners	fV45	48
202	950	David	Mullan	Olney Runners	m	150
203	1371	Rachel	Bailey	Olney Runners	fV40	49
204	221	Julie	Pritchett	Amphill & Flitwick Flyers	fV40	50
205	338	Russel	Cartwright	Bedford Harriers	mV50	151
206	1242	Kelly	Wedge	Wellingborough AC	fV35	51
207	405	Anna	Rust	Bedford Harriers	f	52
208	841	Martin	Gooding	Northampton Road Runners	mV50	152
209	1008	Derek	Christopher	Stopsley Striders	mV65	153
210	733	Johnny	Spinks	North Herts Road Runners	mV45	154
211	1333	Frances	Hooper	Wootton Road Runners	fV35	53
212	318	Rob	Wallis	Bedford Harriers	mV55	155
213	606	Emily	Prejac	Dunstable Road Runners	f	54
214	643	Rob	Roy	Leighton Fun Runners	mV50	156
215	130	Jeremy	Godfrey	Amphill & Flitwick Flyers	m	157
216	953	Russell	Rose	Olney Runners	mV45	158
217	1123	Shaun	De Clancy	Wellingborough AC	mV50	159
218	668	Sally	Dickinson	Leighton Fun Runners	f	55
219	587	Anne	Golding	Dunstable Road Runners	fV55	56
220	163	Mark	Rouse	Amphill & Flitwick Flyers	mV40	160
221	1013	Andy	Derrant	Stopsley Striders	mV55	161
222	1146	Keith	Lok	Wellingborough AC	mV40	162
223	945	Justin	Crook	Olney Runners	m	163
224	280	Simon	King	Bedford Harriers	mV55	164
225	911	Wendy	Parker	Northampton Road Runners	fV50	57
226	1005	Graham	Buselt	Stopsley Striders	mV60	165
227	973	Caroline	Dickens	Olney Runners	fV40	58
228	1286	Jon	Saw	Wootton Road Runners	m	166
229	1241	Natasha	Wain	Wellingborough AC	fV40	59
230	530	Paul	Eggleton	Dunstable Road Runners	mV55	167
231	222	Niki	Rouse	Amphill & Flitwick Flyers	fV40	60
232	875	David	Frost	Northampton Road Runners	mV50	168
233	505	Natalie	Morgan	Biggleswade AC	fV35	61
234	360	Sue	Cross	Bedford Harriers	fV50	62
235	1190	Mark	Boyce	Wellingborough AC	m-Guest	0
236	484	Frank	McLoughlin	Biggleswade AC	mV50	169
237	854	Mark	Lewis	Northampton Road Runners	mV45	170
238	777	Jo	Harbon	North Herts Road Runners	fV50	63
239	106	Roger	Ball	Amphill & Flitwick Flyers	mV40	171
240	1176	Peter	Williams	Wellingborough AC	mV40	172
241	796	Barbara	Sayers	North Herts Road Runners	fV40	64
242	1281	James	Meade	Wootton Road Runners	mV45	173
243	658	Katy	Garnham-Lee	Leighton Fun Runners	f	65
244	129	Steve	Gibbons	Amphill & Flitwick Flyers	mV40	174
245	662	Georgi	Preston	Leighton Fun Runners	fV40	66
246	602	Lisa	Phee	Dunstable Road Runners	fV35	67
247	357	Jeanette	Cheetham	Bedford Harriers	fV50	68
248	909	Elaine	Palmer	Northampton Road Runners	fV45	69
249	1380	Jeff	Dowsett	Stopsley Striders	mV60	175
250	1064	Lorraine	Webb	Stopsley Striders	fV40	70

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Pos.	No.	First Name	Surname	Club	Category	Points
251	1048	Karen	Ashby	Stopsley Striders	fV55	71
252	1219	Kim	Geeves	Wellingborough AC	f	72
253	1012	Dave	Debnam	Stopsley Striders	mV65	176
254	1112	Lindsay	Scott	Team East Haddon	f	73
255	613	Freya	Vafadari	Dunstable Road Runners	f	74
256	1117	Sarah	Ryder	Team East Haddon	f	75
257	258	Christopher	Fadden	Bedford Harriers	mV50	177
258	555	Dave	Stretton	Dunstable Road Runners	mV45	178
259	654	Deena	Bland	Leighton Fun Runners	fV35	76
260	819	Martin	Andrews	Northampton Road Runners	m	179
261	657	Julia	Esmond	Leighton Fun Runners	f	77
262	101	Paresh	Aatkar	Amphill & Flitwick Flyers	mV50	180
263	293	George	Murphy	Bedford Harriers	m	181
264	128	Fraser	Geddes	Amphill & Flitwick Flyers	m	182
265	532	Stephen	Grint	Dunstable Road Runners	mV50	183
266	1051	Alison	Davidson	Stopsley Striders	fV40	78
267	1282	Simon	Mitchell	Wootton Road Runners	mV55	184
268	378	Jacinta	Horne	Bedford Harriers	fV50	79
269	1298	Dave	Jones	Wootton Road Runners	mV40	185
270	632	Craig	Glasper	Leighton Fun Runners	mV50	186
271	1246	Beth	York	Wellingborough AC	f	80
272	760	Linda	Aird	North Herts Road Runners	fV55	81
273	786	Miranda	Morgan	North Herts Road Runners	fV60	82
274	1181	Kevin	O'Reilly	Wellingborough AC	mV55	187
275	638	Mark	McLoughlin	Leighton Fun Runners	mV50	188
276	124	Terry	Down	Amphill & Flitwick Flyers	mV60-2ndClaim	0
277	1037	Stewart	Reid	Stopsley Striders	mV50	189
278	1038	Philip	Davies	Stopsley Striders	m	190
279	926	Liz	Dabell	Northampton Road Runners	fV50	83
280	231	Suz	Forsey	Amphill & Flitwick Flyers	f	84
281	917	Jo	Smith	Northampton Road Runners	fV50	85
282	483	Robin	Wynde	Biggleswade AC	mV55	191
283	1088	Rob	Watkinson	Team East Haddon	mV50	192
284	972	Helen	Diamand	Olney Runners	fV40	86
285	145	John	Kenyon	Amphill & Flitwick Flyers	mV40	193
286	1239	Amy	Vaughan	Wellingborough AC	f	87
287	403	Elaine	Reynolds	Bedford Harriers	fV55	88
288	1102	Joanna	Brinkman	Team East Haddon	fV45	89
289	1031	Tony	Riley	Stopsley Striders	mV70	194
290	919	Mary	Sullivan	Northampton Road Runners	fV55	90
291	517	Scott	Baillie	Dunstable Road Runners	mV40	195
292	1152	Tom	Newton	Wellingborough AC	mV55	196
293	686	Brian	Bailey	North Herts Road Runners	mV65	197
294	891	Suzanne	Baldwin	Northampton Road Runners	fV45	91
295	1046	Martin	Smith	Stopsley Striders	mV40	198
296	1040	Dave	Thompson	Stopsley Striders	mV55	199
297	1131	Kevin	Glendinning	Wellingborough AC	mV45	200
298	641	Keith	Phillips	Leighton Fun Runners	mV65	201
299	349	Claire	Adamson	Bedford Harriers	f	92
300	263	Richard	Gallivan	Bedford Harriers	mV55	202

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301	1030	Lance	Richardson	Stopsley Striders	mV60	203
302	324	Tom	Brassington	Bedford Harriers	mV60	204
303	155	Brendan	O'Mahoney	Amphill & Flitwick Flyers	mV55	205
304	1095	Tom	Cosford	Team East Haddon	m	206
305	1323	Janet	Mitchell	Wootton Road Runners	fV50	93
306	203	Rebecca	Fleckney	Amphill & Flitwick Flyers	fV35	94
307	1269	Stephen	Atkinson	Wootton Road Runners	mV45	207
308	1225	Helen	King	Wellingborough AC	f	95
309	387	Jenny	King	Bedford Harriers	fV55	96
310	916	Rebecca	Shillington	Northampton Road Runners	fV45	97
311	1118	Mark	Bonham	Wellingborough AC	mV45	208
312	581	Margaret	Dewinter	Dunstable Road Runners	fV60	98
313	481	Simon	Strong	Biggleswade AC	mV45	209
314	644	Paul	Thomas	Leighton Fun Runners	mV65	210
315	1379	Finbar	Willis	Stopsley Striders	mV55	211
316	670	Karrie	Archer	Leighton Fun Runners	fV55	99
317	368	Michelle	Fadden	Bedford Harriers	fV45	100
318	559	Jonathan	Venning	Dunstable Road Runners	mV60	212
319	987	Jo-Anne	Rouse	Olney Runners	f	101
320	669	Christine	Ayers	Leighton Fun Runners	fV60	102
321	1059	Judy	Reid	Stopsley Striders	fV60	103
322	348	Anne	Adamson	Bedford Harriers	fV50	104
323	1378	Simon	Cain	Stopsley Striders	mV45	213
324	1391	Robert	Lee	Dunstable Road Runners		0
325	598	Julia	Lines	Dunstable Road Runners	fV50	105
326	216	Caroline	O'Mahoney	Amphill & Flitwick Flyers	fV50	106
327	191	Sofia	Aatkar	Amphill & Flitwick Flyers	f	107
328	908	Jo	Letts	Northampton Road Runners	fV40	108
329	1229	Mary	Pearson	Wellingborough AC	f	109
330	1191	Les	Rolfe	Wellingborough AC	mV65	214
331	463	Colin	Harries	Biggleswade AC	mV65	215
332	380	Sally	Ingram	Bedford Harriers	fV45	110
333	208	Laura	Johnston	Amphill & Flitwick Flyers	fV45	111
334	1126	Guy	Emmans	Wellingborough AC	mV55	216
335	1001	Philip	Abbitt	Stopsley Striders	mV60	217
336	230	Louise	Wilkins	Amphill & Flitwick Flyers	fV40	112
337	1052	Valerie	Dawson	Stopsley Striders	fV50	113
338	334	Ray	Cooke	Bedford Harriers	mV50	218
339	990	Claire	White	Olney Runners	fV40	114
340	1232	Lynda	Rowse	Wellingborough AC	fV50	115
341	976	Chloe	Glackin	Olney Runners	f	116
342	971	Bethan	Courtman	Olney Runners	fV45	117
343	218	Alison	Parker	Amphill & Flitwick Flyers	fV45	118
344	1202	Felicity	Aries	Wellingborough AC	fV50	119
345	802	Helen	Ferguson	North Herts Road Runners	fV45	120
346	1072	Kim	Caddy	Stopsley Striders	f	121
347	930	Sue	Lewis	Northampton Road Runners	fV45	122
348	416	Diane	Wallis	Bedford Harriers	fV55	123
349	991	Sian	Williams	Olney Runners	f	124
350	236	Claire	Jones	Amphill & Flitwick Flyers	fV50	125

3 Counties Cross Country League Results

Venue **Bedford**

3-January-2016

Pos.	No.	First Name	Surname	Club	Category	Points
351	237	Nichole	Neate	Amphill & Flitwick Flyers	fV35	126
352	250	Jaswant	Chana	Bedford Harriers	mV65	219
353	961	Ben	Clark	Olney Runners	mV40	220
354	711	Brian	Judkins	North Herts Road Runners	mV60	221
355	928	Lisa	Burdon	Northampton Road Runners	fV40	127
356	164	Dave	Sedgley	Amphill & Flitwick Flyers	mV75	222
357	610	Claire	Thomas	Dunstable Road Runners	fV35	128
358	977	Helen	Hines	Olney Runners	fV40	129
359	570	John	Reid	Dunstable Road Runners	mV70	223
360	435	Tracey	Thompson	Bedford Harriers	fV40	130
361	373	Lesley	Gaunt	Bedford Harriers	fV50	131
362	396	Susan	Pack	Bedford Harriers	fV50	132
363	1392	Dean	Bugler	Dunstable Road Runners		0
364	590	Alison	Hunt	Dunstable Road Runners	fV50	133
365	427	Sylvia	Snowling	Bedford Harriers	f	134
366	574	Claire	Belmar	Dunstable Road Runners	fV40	135
367	1221	Kirsty	Hewitt	Wellingborough AC	f	136
368	223	Katie	Ruditis	Amphill & Flitwick Flyers	f	137
369	894	Helen	Blackburn	Northampton Road Runners	fV50	138
370	1250	Janet	Cuthbert	Wellingborough AC	fV55	139
371	1249	Julie	O'Reilly	Wellingborough AC	fV55	140
372	1066	Donna	Wiggett	Stopsley Striders	fV40	141
373	524	Martin	Cowley	Dunstable Road Runners	mV45	224
374	923	Carol	Whatton	Northampton Road Runners	fV50	142
375	946	Keith	Curwood	Olney Runners	m	225
376	975	Beccy	Gillatt	Olney Runners	fV35	143