

3 Counties Cross Country League Results

Venue		Well'boro		25-November-2018			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
1	1955	Dominic	Jones	Rugby & Northampton AC	M25-29	1	1	1
2	141	Tim	Harris	Amphthill & Flitwick Flyers	M35-39	2	2	1
3	1928	Abedom	Beyene	Rugby & Northampton AC	M17-19	3	3	1
4	1651	Alex	Ash	Wellingborough & District AC	M25-29	4	4	2
5	1497	Robert	Barnes	Stopsley Striders	M30-34	5	5	1
6	1072	Thomas	Webb	North Herts Road Runners	M30-34	6	6	2
7	111	Peter Jr	Benedickter	Amphthill & Flitwick Flyers	M25-29	7	7	3
8	1058	Darren	Sunter	North Herts Road Runners	M35-39	8	8	2
9	138	Ian	Halpin	Amphthill & Flitwick Flyers	M30-34	9	9	3
10	184	Joe	Strange	Amphthill & Flitwick Flyers	M25-29	10	10	4
11	1080	Wayne	Bell	North Herts Road Runners	M40-44	11	11	1
12	1040	Matthew	Sayers	North Herts Road Runners	M40-44	12	12	2
13	1029	Edward	Price	North Herts Road Runners	M40-44	13	13	3
14	135	Stephen	Green	Amphthill & Flitwick Flyers	M35-39	14	14	3
15	1684	Simon	Mayes	Wellingborough & District AC	M25-29	15	15	5
16	1205	Norbert	Mihalik	Northampton Road Runners	M35-39	16	16	4
17	367	Ian	Hammett	Bedford Harriers	M35-39	17	17	5
18	1925	David	Ball	Rugby & Northampton AC	M35-39	18	18	6
19	190	Mark	Waine	Amphthill & Flitwick Flyers	M45-49	19	19	1
20	489	Danny	Winn	Bedford Harriers	M30-34	20	20	4
21	300	Ed	Castro	Bedford Harriers	M30-34	21	21	5
22	189	Steven	Upton	Amphthill & Flitwick Flyers	M40-44	22	22	4
23	1200	Tony	Letts	Northampton Road Runners	M50-54	23	23	1
24	145	Phil	Holland	Amphthill & Flitwick Flyers	M40-44	24	24	5
25	1958	Chris	Lamb	Rugby & Northampton AC	M30-34	25	25	6
26	1942	Peter	Currington	Rugby & Northampton AC	M30-34	26	26	7
27	1840	Andy	Fairley	Wootton Road Runners	M40-44	27	27	6
28	1918	Peter	Adams	Rugby & Northampton AC	M40-44	28	28	7
29	1676	Greg	Spellman	Wellingborough & District AC	M50-54	29	29	2
30	160	Lee	Murphy	Amphthill & Flitwick Flyers	M25-29	30	30	6
31	1975	Joe	Musgrove	Rugby & Northampton AC	M17-19	31	31	2
32	182	Terry	Stanley	Amphthill & Flitwick Flyers	M30-34	32	32	8
33	1003	Darren	Matussa	North Herts Road Runners	M40-44	33	33	8
34	2002	James	Wizard	Rugby & Northampton AC	m17-19	34	34	3
35	122	John	Decesare	Amphthill & Flitwick Flyers	M50-54	35	35	3
36	1920	Zak	Allen	Rugby & Northampton AC	M20-24	36	36	1
37	1163	Ilir	Brecani	Northampton Road Runners	M40-44	37	37	9
38	2001	Adam	Bebbington	Rugby & Northampton AC	M17-19	38	38	4
39	1493	Tom	Rankin	Stopsley Striders	M20-24	39	39	2
40	1674	Jon	Kemp	Wellingborough & District AC	M45-49	40	40	2
41	821	Dan	Green	Leighton Fun Runners	M40-44	41	41	10
42	1581	Andy	Green	Team East Haddon	M50-54	42	42	4
43	998	Nick	Malpeli	North Herts Road Runners	M50-54	43	43	5
44	1082	Natalie	Lawrence	North Herts Road Runners	F30-34	1	44	1
45	117	Marcus	Cook	Amphthill & Flitwick Flyers	M40-44	44	45	11
46	1466	Christine	Lathwell	Stopsley Striders	F40-44	2	46	1
47	107	Martin	Beare	Amphthill & Flitwick Flyers	M55-59	45	47	1
48	125	Joshua	Dyball	Amphthill & Flitwick Flyers	M30-34	46	48	9
49	1077	Vincent	Wright	North Herts Road Runners	M40-44	47	49	12
50	548	Nick	Haworth	Biggleswade AC	M40-44	48	50	13
51	1816	Richard	Lack	Wootton Road Runners	M45-49	49	51	3
52	975	Lee	Hayes	North Herts Road Runners	M50-54	50	52	6
53	920	John	Auld	North Herts Road Runners	M35-39	51	53	7
54	1971	Brendan	Moen	Rugby & Northampton AC	M50-54	52	54	7
55	1611	Chris	Bell	Team East Haddon	M50-54	53	55	8
56	1982	Nigel	Roberts	Rugby & Northampton AC	M45-49	54	56	4
57	412	Neil	Loader	Bedford Harriers	M50-54	55	57	9
58	1679	Ben	Shirley	Wellingborough & District AC	M40-44	56	58	14
59	1358	Steve	Holton	Olney Runners	M35-39	57	59	8

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
60	987	James	Keogh	North Herts Road Runners	M40-44	58	60	15
61	139	James	Handley	Amphill & Flitwick Flyers	M40-44	59	61	16
62	172	Simon	Read	Amphill & Flitwick Flyers	M40-44	60	62	17
63	1696	Julian	Blackwell	Wellingborough & District AC	M45-49	61	63	5
64	149	Dan	Karaiskou	Amphill & Flitwick Flyers	M20-24	62	64	3
65	823	Steve	Harrison	Leighton Fun Runners	M45-49	63	65	6
66	1596	Tim	Webster	Team East Haddon	M30-34	64	66	10
67	307	Jon	Clark	Bedford Harriers	M50-54	65	67	10
68	1692	Ady	King	Wellingborough & District AC	M45-49	66	68	7
69	1480	Gez	Fallon	Stopsley Striders	M45-49	67	69	8
70	1587	Stuart	Wheeldon	Team East Haddon	M45-49	68	70	9
71	555	Rob	Morgan	Biggleswade AC	M40-44	69	71	18
72	1722	Kelly	Barnett	Wellingborough & District AC	F25-29	3	72	1
73	1705	Patrick	Barber	Wellingborough & District AC	M30-34	70	73	11
74	520	Hannah	Broom	Biggleswade AC	F35-39	4	74	1
75	1689	Peter	Cowler	Wellingborough & District AC	M40-44	71	75	19
76	1591	Adrian	Homer	Team East Haddon	M45-49	72	76	10
77	132	Jeremy	Godfrey	Amphill & Flitwick Flyers	M30-34	73	77	12
78	1047	Adrian	Sherwood	North Herts Road Runners	M50-54	74	78	11
79	1071	James	Walsh	North Herts Road Runners	M50-54	75	79	12
80	528	Marcus	Davey	Biggleswade AC	M45-49	76	80	11
81	1619	Steve	Dransfield	Team East Haddon	m35-39	77	81	9
82	108	Roger	Ball	Amphill & Flitwick Flyers	M45-49	78	82	12
83	610	Colin	Woods	Amphill & Flitwick Flyers	M25-29	79	83	7
84	808	Tom	Ellerton	Leighton Fun Runners	M25-29	80	84	8
85	1608	Charles	Spencer	Team East Haddon	M30-34	81	85	13
86	269	Andrew	MacIntyre	Amphill & Flitwick Flyers	M25-29	82	86	9
87	1237	Mitchell	Baines	Northampton Road Runners	M25-29	83	87	10
88	947	Ian	Dalton	North Herts Road Runners	M45-49	84	88	13
89	112	Andy	Bierton	Amphill & Flitwick Flyers	M45-49	85	89	14
90	1218	Andy	Shaw	Northampton Road Runners	M35-39	86	90	10
91	1495	Pat	Blessing	Stopsley Striders	M55-59	87	91	2
92	791	Colin	Aitken	Leighton Fun Runners	M35-39	88	92	11
93	825	Andrew	Heale	Leighton Fun Runners	M50-54	89	93	13
94	144	Ross	Henson	Amphill & Flitwick Flyers	M40-44	90	94	20
95	114	Warwick	Browning	Amphill & Flitwick Flyers	M60-64	91	95	1
96	1242	Robert	Hemingway	Northampton Road Runners	M35-39	92	96	12
97	1048	Peter	Sibbett	North Herts Road Runners	M55-59	93	97	3
98	819	Matthew	Gilbert	Leighton Fun Runners	M40-44	94	98	21
99	1697	Neil	McDonald	Wellingborough & District AC	M55-59	95	99	4
100	157	Philip	Mead	Amphill & Flitwick Flyers	M30-34	96	100	14
101	1512	Danny	Kelly	Stopsley Striders	M55-59	97	101	5
102	1081	David	Welch	North Herts Road Runners	M40-44	98	102	22
103	1616	Olly	Pearson	Team East Haddon	M35-39	99	103	13
104	1713	Lisa	Smith	Wellingborough & District AC	F35-39	5	104	2
105	1615	Andy	Peel	Team East Haddon	M35-39	100	105	14
106	1604	Lindsay	Scott	Team East Haddon	F30-34	6	106	2
107	910	Paula	Adams	North Herts Road Runners	F45-49	7	107	1
108	1356	Stephen	Dicks	Olney Runners	M45-49	101	108	15
109	403	Jason	Lake	Bedford Harriers	M45-49	102	109	16
110	1733	Helen	Etherington	Wellingborough & District AC	F35-39	8	110	3
111	645	Mark	Cornell	Dunstable Road Runners	M50-54	103	111	14
112	1599	Peter	Chandley	Team East Haddon	M50-54	104	112	15
113	293	Justin	Burrell	Bedford Harriers	M45-49	105	113	17
114	554	Natalie	Morgan	Biggleswade AC	F40-44	9	114	2
115	1206	Peter	Moor	Northampton Road Runners	M45-49	106	115	18
116	1653	Mark	Bonham	Wellingborough & District AC	M50-54	107	116	16
117	1680	Mike	Gooch	Wellingborough & District AC	M45-49	108	117	19
118	277	Tony	Barnes	Bedford Harriers	M55-59	109	118	6

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
119	1866	Jame	Stringer	Wootton Road Runners	M30-34	110	119	15
120	1479	Martin	Fallon	Stopsley Striders	M50-54	111	120	17
121	2004	Michael	Harvey	Rugby & Northampton AC	m40-44	112	121	23
122	346	David	Frampton	Bedford Harriers	M60-64	113	122	2
123	639	Sean	Byrne	Dunstable Road Runners	M45-49	114	123	20
124	1986	Laurence	Scott	Rugby & Northampton AC	M55-59	115	124	7
125	194	Will	Willmott	Amphthill & Flitwick Flyers	M40-44	116	125	24
126	683	Stuart	Lamond	Dunstable Road Runners	M30-34	117	126	16
127	511	Emma	Bailey	Biggleswade AC	F40-44	10	127	3
128	1865	Craig	Goodman	Wootton Road Runners	M30-34	118	128	17
129	162	Gavin	Nicholson	Amphthill & Flitwick Flyers	M40-44	119	129	25
130	510	Charlie	Arnold	Biggleswade AC	M60-64	120	130	3
131	382	Stephen	James	Bedford Harriers	M50-54	121	131	18
132	1820	Paul	Matthews	Wootton Road Runners	M45-49	122	132	21
133	400	Sally	Knight	Bedford Harriers	F45-49	11	133	2
134	1166	Mick	Conroy	Northampton Road Runners	M55-59	123	134	8
135	1374	Rob	Rieke	Olney Runners	m55-59	124	135	9
136	228	Kerry	Large	Amphthill & Flitwick Flyers	F30-34	12	136	3
137	1857	Chris	McFaul	Wootton Road Runners	M45-49	125	137	22
138	1363	Chris	Ling	Olney Runners	M35-39	126	138	15
139	1841	Ian	Wild	Wootton Road Runners	M35-39	127	139	16
140	1852	Phil	Wood	Wootton Road Runners	M35-39	128	140	17
141	578	Natalie	Garner	Biggleswade AC	F25-29	13	141	2
142	354	Shane	Gallagher	Bedford Harriers	M45-49	129	142	23
143	1196	Mark	Kennedy	Northampton Road Runners	M40-44	130	143	26
144	1618	Stacey	Dransfield	Team East Haddon	f35-39	14	144	4
145	401	Stuart	Knight	Bedford Harriers	M50-54	131	145	19
146	324	Dea	Ditchfield	Bedford Harriers	F50-54	15	146	1
147	165	Paul	Owen	Amphthill & Flitwick Flyers	M50-54	132	147	20
148	855	Chris	Stenner	Leighton Fun Runners	M50-54	133	148	21
149	1212	Seb	Perry	Northampton Road Runners	M45-49	134	149	24
150	1887	Jo	Gardner	Wootton Road Runners	F30-34	16	150	4
151	1232	Dave	Whatton	Northampton Road Runners	M50-54	135	151	22
152	1976	Bernie	Myers	Rugby & Northampton AC	M55-59	136	152	10
153	129	Richard	Gale	Amphthill & Flitwick Flyers	M40-44	137	153	27
154	1180	Mark	Garrett	Northampton Road Runners	M55-59	138	154	11
155	1687	Andrew	Redden	Wellingborough & District AC	M30-34	139	155	18
156	196	Jess	Anstee	Amphthill & Flitwick Flyers	F35-39	17	156	5
157	1968	Alex	McMurtrie	Rugby & Northampton AC	M50-54	140	157	23
158	1602	Liv	Thompson	Team East Haddon	F30-34	18	158	5
159	294	Shaun	Busby	Bedford Harriers	M30-34	141	159	19
160	939	Jane	Clarke	North Herts Road Runners	F35-39	19	160	6
161	1068	Andrew	Underhill	North Herts Road Runners	M40-44	142	161	28
162	1241	Richard	Hill	Northampton Road Runners	M45-49	143	162	25
163	567	Malcolm	Steward	Biggleswade AC	M40-44	144	163	29
164	1354	Justin	Crook	Olney Runners	M40-44	145	164	30
165	483	Bob	Wells	Bedford Harriers	M70-74	146	165	1
166	1714	Louise	Kemp	Wellingborough & District AC	F40-44	20	166	4
167	822	Kevin	Hare	Leighton Fun Runners	M45-49	147	167	26
168	828	Zoe	Illingworth	Leighton Fun Runners	F45-49	21	168	3
169	1505	Andy	Reid	Stopsley Striders	M65-69	148	169	1
170	798	Jim	Buttleman	Leighton Fun Runners	M50-54	149	170	24
171	136	Stan	Greening	Amphthill & Flitwick Flyers	M50-54	150	171	25
172	461	Graham	Short	Bedford Harriers	M55-59	151	172	12
173	298	Sally	Cartwright	Bedford Harriers	F50-54	22	173	2
174	1156	Darren	Baldwin	Northampton Road Runners	M50-54	152	174	26
175	736	David	Morgan	Dunstable Road Runners	M50-54	153	175	27
176	161	Chris	Newnham	Amphthill & Flitwick Flyers	M55-59	154	176	13
177	558	Damien	Pitts	Biggleswade AC	M35-39	155	177	18

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
178	1872	John	White	Wootton Road Runners	M40-44	156	178	31
179	676	Peter	Keane	Dunstable Road Runners	M55-59	157	179	14
180	481	Rob	Walls	Bedford Harriers	M55-59	158	180	15
181	1344	Lisa	Russell	Olney Runners	F45-49	23	181	4
182	140	Robert	Hardwick	Amphthill & Flitwick Flyers	M35-39	159	182	19
183	1516	Charlie	Jolly	Stopsley Striders	M45-49	160	183	27
184	195	Jo	Aatkar	Amphthill & Flitwick Flyers	F50-54	24	184	3
185	803	Eddie	Cusick	Leighton Fun Runners	M55-59	161	185	16
186	1178	John	Fleming	Northampton Road Runners	M45-49	162	186	28
187	330	Frank	Esaw	Bedford Harriers	M65-69	163	187	2
188	1352	Chris	Barnes	Olney Runners	M50-54	164	188	28
189	864	Elle	Laird	Leighton Fun Runners	F30-34	25	189	6
190	1477	Paul	Keech	Stopsley Striders	M60-64	165	190	4
191	453	Claire	Rulton	Bedford Harriers	F40-44	26	191	5
192	365	Chloe	Haffenden	Bedford Harriers	F20-24	27	192	1
193	1661	Mark	Viccars	Wellingborough & District AC	M55-59	166	193	17
194	1941	Angela	Copson	Rugby & Northampton AC	F70-74	28	194	1
195	252	Dayle	Walker	Amphthill & Flitwick Flyers	F20-24	29	195	2
196	256	Lisa	Wells	Amphthill & Flitwick Flyers	F50-54	30	196	4
197	268	Dean	Shanley	Amphthill & Flitwick Flyers	M20-24	167	197	4
198	1670	Martin	Newton	Wellingborough & District AC	M40-44	168	198	32
199	1954	Helen	Jones	Rugby & Northampton AC	F50-54	31	199	5
200	198	Sophia	Bartlett	Amphthill & Flitwick Flyers	F40-44	32	200	6
201	449	Andrew	Robertson	Bedford Harriers	M60-64	169	201	5
202	865	Rosie	Booth	Leighton Fun Runners	F40-44	33	202	7
203	1073	Ellie	Webb	North Herts Road Runners	F25-29	34	203	3
204	1437	Joe	Cashman	Stopsley Striders	M30-34	170	204	20
205	1366	Rob	White	Olney Runners	M45-49	171	205	29
206	839	Karen	McLean	Leighton Fun Runners	F50-54	35	206	6
207	1187	Alan	Hall	Northampton Road Runners	M60-64	172	207	6
208	1159	Dave	Blackburn	Northampton Road Runners	M60-64	173	208	7
209	1360	Matthew	Fox	Olney Runners	M45-49	174	209	30
210	119	Paul	Court	Amphthill & Flitwick Flyers	M45-49	175	210	31
211	308	Mark	Clements	Bedford Harriers	M35-39	176	211	20
212	1620	Matt	Eckett	Team East Haddon	m40-44	177	212	33
213	1246	Mark	Manning	Northampton Road Runners	m45-49	178	213	32
214	1368	David	Shakespeare	Olney Runners	M50-54	179	214	29
215	1165	Matt	Bushell	Northampton Road Runners	M40-44	180	215	34
216	1521	Peter	Brown	Stopsley Striders	M35-39	181	216	21
217	550	Kathryn	Juty	Biggleswade AC	F45-49	36	217	5
218	398	Simon	King	Bedford Harriers	M60-64	182	218	8
219	1213	Steve	Prior	Northampton Road Runners	M50-54	183	219	30
220	547	Neil	Harvey	Biggleswade AC	M55-59	184	220	18
221	867	David	Pym	Leighton Fun Runners	M50-54	185	221	31
222	343	Lawrence	Folley	Bedford Harriers	M55-59	186	222	19
223	115	Dave	Coker	Amphthill & Flitwick Flyers	M55-59	187	223	20
224	1858	Frances	Hooper	Wootton Road Runners	F40-44	37	224	8
225	1893	Sean	McGurk	Wootton Road Runners	M40-44	188	225	35
226	246	Katie	Ruditis	Amphthill & Flitwick Flyers	F35-39	38	226	7
227	1967	Jodie	McGrath	Rugby & Northampton AC	F30-34	39	227	7
228	1494	Andy	Durrant	Stopsley Striders	M60-64	189	228	9
229	191	Jon	Walker	Amphthill & Flitwick Flyers	M55-59	190	229	21
230	1607	Robin	Schumacher	Team East Haddon	M50-54	191	230	32
231	270	William	Abram	Bedford Harriers	M45-49	192	231	33
232	970	Helen	Harbon	North Herts Road Runners	F25-29	40	232	4
233	366	Nora	Haggart	Bedford Harriers	F60-64	41	233	1
234	273	Claire	Adamson	Bedford Harriers	F35-39	42	234	8
235	474	Mark	Tinkler	Bedford Harriers	M60-64	193	235	10
236	1885	Amanda	Barnes	Wootton Road Runners	F30-34	43	236	8

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Pos.	No.	First Name	Surname	Club	Category	Points		
237	192	Joe	Walters	Amphill & Flitwick Flyers	M40-44	194	237	36
238	1459	Miriam	Linforth	Stopsley Striders	F35-39	44	238	9
239	1228	Roger	Taylor	Northampton Road Runners	M50-54	195	239	33
240	302	Lisa	Chappel	Bedford Harriers	F50-54	45	240	7
241	495	Mark	Keens	Bedford Harriers	M40-44	196	241	37
242	388	Niki	Jones	Bedford Harriers	F45-49	46	242	6
243	737	David	Willis	Dunstable Road Runners	M40-44	197	243	38
244	824	Sam	Heady	Leighton Fun Runners	F35-39	47	244	10
245	275	Lucy	Baldwin	Bedford Harriers	F35-39	48	245	11
246	462	Ronnie	Singleton-Lawley	Bedford Harriers	F55-59	49	246	1
247	385	Tony	Jones	Bedford Harriers	M55-59	198	247	22
248	448	Karen	Robertson	Bedford Harriers	F55-59	50	248	2
249	1185	Jocelyn	Granger	Northampton Road Runners	F55-59	51	249	3
250	299	Russell	Cartwright	Bedford Harriers	M55-59	199	250	23
251	1850	Steve	Smith	Wootton Road Runners	M60-64	200	251	11
252	1202	Mark	Lewis	Northampton Road Runners	M50-54	201	252	34
253	211	Kate	Cornelius	Amphill & Flitwick Flyers	F30-34	52	253	9
254	1977	Helen	Needham	Rugby & Northampton AC	F45-49	53	254	7
255	153	Martin	Lees	Amphill & Flitwick Flyers	M50-54	202	255	35
256	1577	Sam	Cortese	Team East Haddon	M60-64	203	256	12
257	476	Sacha	Trude	Bedford Harriers	F45-49	54	257	8
258	638	Ian	Byford	Dunstable Road Runners	M60-64	204	258	13
259	1359	Roger	Mann	Olney Runners	M60-64	205	259	14
260	971	Jo	Harbon	North Herts Road Runners	F50-54	55	260	8
261	407	Richard	Lawson	Bedford Harriers	M45-49	206	261	34
262	369	Mervyn	Harmon	Bedford Harriers	M55-59	207	262	24
263	1663	Shaun	De Clancy	Wellingborough & District AC	M55-59	208	263	25
264	930	Jillian	Boys	North Herts Road Runners	F40-44	56	264	9
265	264	Sophie	Windmill	Amphill & Flitwick Flyers	F25-29	57	265	5
266	245	Niki	Stevenson	Amphill & Flitwick Flyers	F45-49	58	266	9
267	1742	Sarah	Ellwood	Wellingborough & District AC	f40-44	59	267	10
268	1210	Elaine	Palmer	Northampton Road Runners	F50-54	60	268	9
269	234	Michelle	Morris	Amphill & Flitwick Flyers	F30-34	61	269	10
270	735	Clifford	Punter	Dunstable Road Runners	M55-59	209	270	26
271	2020	Carla	Whitmore	Bedford Harriers	F20-24	62	271	3
272	543	Ian	Grimwood	Biggleswade AC	M65-69	210	272	3
273	1882	Helen	Driscoll	Wootton Road Runners	F30-34	63	273	11
274	842	Stephen	Moore	Leighton Fun Runners	M55-59	211	274	27
275	523	Nigel	Bush	Biggleswade AC	M70-74	212	275	2
276	674	Amanda	Jefferys	Dunstable Road Runners	F45-49	64	276	10
277	281	Sam	Baylis	Bedford Harriers	F45-49	65	277	11
278	357	Steve	Gaunt	Bedford Harriers	M55-59	213	278	28
279	1157	Suzanne	Baldwin	Northampton Road Runners	F50-54	66	279	10
280	255	Samantha	Walters	Amphill & Flitwick Flyers	F40-44	67	280	11
281	2024	Steve	Parry	Bedford Harriers	m55-59	214	281	29
282	1892	Hannah	St Leger-Harris	Wootton Road Runners	F30-34	68	282	12
283	204	Emily	Brown	Amphill & Flitwick Flyers	F25-29	69	283	6
284	912	Linda	Aird	North Herts Road Runners	F60-64	70	284	2
285	214	Zoey	Didlick	Amphill & Flitwick Flyers	F40-44	71	285	12
286	248	Christine	Sharman	Amphill & Flitwick Flyers	F50-54	72	286	11
287	1735	Jessica	Wynn-Werninck	Wellingborough & District AC	F30-34	73	287	13
288	1451	Martin	Emmanuel	Stopsley Striders	M35-39	215	288	22
289	1592	Rob	Watkinson	Team East Haddon	M55-59	216	289	30
290	1361	David	O'Connor	Olney Runners	M50-54	217	290	36
291	497	Peter	Pack	Bedford Harriers	M55-59	218	291	31
292	314	Sarah	Crawley	Bedford Harriers	F40-44	74	292	13
293	1244	Adrian	Matthews	Northampton Road Runners	m40-44	219	293	39
294	499	Kerry	M-Battern	Bedford Harriers	F40-44	75	294	14
295	360	Dave	Girling	Bedford Harriers	M65-69	220	295	4

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Venue		Well'boro		25-November-2018			Team Points	AgeCat Points
Pos.	No.	First Name	Surname	Club	Category	Points		
296	950	Karen	Dodsworth	North Herts Road Runners	F55-59	76	296	4
297	572	Simon	Strong	Biggleswade AC	M45-49	221	297	35
298	288	Tom	Brassington	Bedford Harriers	M60-64	222	298	15
299	316	Jenny	Cull	Bedford Harriers	F40-44	77	299	15
300	353	Stephen	Gale	Bedford Harriers	F55-59	78	300	5
301	716	Paul	Stack	Dunstable Road Runners	M50-54	223	301	37
302	1843	Kay	Duffy	Wootton Road Runners	F40-44	79	302	16
303	233	Jo	Morris	Amphill & Flitwick Flyers	F45-49	80	303	12
304	1935	Emma	Burrows	Rugby & Northampton AC	F25-29	81	304	7
305	1012	Geoff	Murray-Rochard	North Herts Road Runners	M60-64	224	305	16
306	1238	Robert	Donovan	Northampton Road Runners	M45-49	225	306	36
307	1230	Paula	Towers	Northampton Road Runners	F50-54	82	307	12
308	335	Peter	Fadden	Bedford Harriers	M20-24	226	308	5
309	1221	Jo	Smith	Northampton Road Runners	F50-54	83	309	13
310	1060	Cara	Sutton	North Herts Road Runners	F35-39	84	310	12
311	171	Andy	Ralphs	Amphill & Flitwick Flyers	M45-49	227	311	37
312	1460	Katicia	Blanchard	Stopsley Striders	F20-24	85	312	4
313	1174	Sheena	Desborough	Northampton Road Runners	F45-49	86	313	13
314	830	Dawn	Kennedy	Leighton Fun Runners	F40-44	87	314	17
315	795	Christine	Ayres	Leighton Fun Runners	F65-69	88	315	1
316	358	Lesley	Gaunt	Bedford Harriers	F55-59	89	316	6
317	530	Jennie	Day	Biggleswade AC	F50-54	90	317	14
318	205	Denise	Browning	Amphill & Flitwick Flyers	F55-59	91	318	7
319	1864	Samantha	Inniss	Wootton Road Runners	F40-44	92	319	18
320	1867	Andrea	Collingwood	Wootton Road Runners	F40-44	93	320	19
321	355	Richard	Gallivan	Bedford Harriers	M60-64	228	321	17
322	1348	Sarah	McAuliffe	Olney Runners	F30-34	94	322	14
323	1717	Amy	Kelly	Wellingborough & District AC	F30-34	95	323	15
324	349	Elaine	Fullard	Bedford Harriers	F55-59	96	324	8
325	1223	Paula	Soloman	Northampton Road Runners	F45-49	97	325	14
326	1506	Natasha	Hall	Stopsley Striders	F30-34	98	326	16
327	1492	Paul	Duffy	Stopsley Striders	M40-44	229	327	40
328	868	Matthew	Kelly	Leighton Fun Runners	M50-54	230	328	38
329	1027	Andrew	Porter	North Herts Road Runners	M70-74	231	329	3
330	1010	Miranda	Morgan	North Herts Road Runners	F60-64	99	330	3
331	810	Caroline	Emerton	Leighton Fun Runners	F45-49	100	331	15
332	480	Diane	Wallis	Bedford Harriers	F55-59	101	332	9
333	118	Rob	Cook	Amphill & Flitwick Flyers	M60-64	232	333	18
334	319	Carole	Darnell	Bedford Harriers	F55-59	102	334	10
335	544	Juliet	Grimwood	Biggleswade AC	F50-54	103	335	15
336	251	Mei	Trace	Amphill & Flitwick Flyers	F50-54	104	336	16
337	303	Jeanette	Cheetham	Bedford Harriers	F50-54	105	337	17
338	375	Cint	Horne	Bedford Harriers	F50-54	106	338	18
339	331	Chris	Fadden	Bedford Harriers	M55-59	233	339	32
340	680	Tina	Keynon	Dunstable Road Runners	F50-54	107	340	19
341	1709	Mary	Pearson	Wellingborough & District AC	F30-34	108	341	17
342	1446	Carly	Eaves	Stopsley Striders	F30-34	109	342	18
343	1839	David	Kingdon	Wootton Road Runners	M50-54	234	343	39
344	485	Helen	Whiting	Bedford Harriers	F30-34	110	344	19
345	2026	Rachel	Cooke	Bedford Harriers	f45-49	111	345	16
346	1201	Jo	Letts	Northampton Road Runners	F45-49	112	346	17
347	2003	Kirsty	Lewnes	Rugby & Northampton AC	f30-34	113	347	20
348	1208	Caroline	Owers	Northampton Road Runners	F50-54	114	348	20
349	1160	Helen	Blackburn	Northampton Road Runners	F50-54	115	349	21
350	1487	Philip	Abbitt	Stopsley Striders	M65-69	235	350	5
351	217	Rebecca	Fleckney	Amphill & Flitwick Flyers	F35-39	116	351	13
352	1217	Karen	Shakespeare	Northampton Road Runners	F45-49	117	352	18
353	2023	Russell	Page	Bedford Harriers	m55-59	236	353	33
354	1229	James	Thorpe	Northampton Road Runners	M45-49	237	354	38

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Venue		Well'boro				25-November-2018		Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
355	941	Lindsay	Cook	North Herts Road Runners	F40-44	118	355	20	
356	402	Eva	Kovacs	Bedford Harriers	F45-49	119	356	19	
357	705	Tara	Pountney	Dunstable Road Runners	F40-44	120	357	21	
358	1819	Gerald	Billis	Wootton Road Runners	M75-99	238	358	1	
359	341	Katie	Fletcher	Bedford Harriers	F25-29	121	359	8	
360	1509	Nicole	Young	Stopsley Striders	F30-34	122	360	21	
361	1463	Judy	Reid	Stopsley Striders	F65-69	123	361	2	
362	1837	Josie	Pickering	Wootton Road Runners	F35-39	124	362	14	
363	562	Gareth	Saynor	Biggleswade AC	M45-49	239	363	39	
364	565	Julie	Spavins	Biggleswade AC	F50-54	125	364	22	
365	395	Bill	Khinda	Bedford Harriers	M65-69	240	365	6	
366	437	Jackie	Popland	Bedford Harriers	F60-64	126	366	4	
367	391	Richard	Joy	Bedford Harriers	M35-39	241	367	23	
368	1889	Steve	Pryor-Jones	Wootton Road Runners	M50-54	242	368	40	
369	372	Kathy	Hewitt	Bedford Harriers	F55-59	127	369	11	
370	352	Sara	Gale	Bedford Harriers	F55-59	128	370	12	
371	854	Lorraine	Stanesby	Leighton Fun Runners	F50-54	129	371	23	
372	841	Anna	Mead	Leighton Fun Runners	F50-54	130	372	24	
373	1193	Keren	Irving	Northampton Road Runners	F45-49	131	373	20	
374	478	Rob	Upton	Bedford Harriers	M45-49	243	374	40	
375	301	Jack	Chana	Bedford Harriers	M65-69	244	375	7	
376	340	Debi	Fisher	Bedford Harriers	F25-29	132	376	9	
377	1243	Jess	Fowler	Northampton Road Runners	f25-29	133	377	10	
378	1890	Michael	Wood	Wootton Road Runners	M65-69	245	378	8	
379	177	Dave	Sedgley	Amphill & Flitwick Flyers	M75-99	246	379	2	
380	1340	Liz	Conibere	Olney Runners	F65-69	134	380	3	
381	271	Pauline	Abram	Bedford Harriers	F50-54	135	381	25	
382	1177	Karen	Eke	Northampton Road Runners	F55-59	136	382	13	
383	1233	Carol	Whatton	Northampton Road Runners	F55-59	137	383	14	
384	1444	Loraine	Paine	Stopsley Striders	F50-54	138	384	26	
385	1441	Kate	Neale	Stopsley Striders	F55-59	139	385	15	
386	221	Pat	Godfrey	Amphill & Flitwick Flyers	F65-69	140	386	4	
387	466	Sylvia	Snowling	Bedford Harriers	F55-59	141	387	16	
388	1519	Frances	Moss	Stopsley Striders	F	142	388	1	
389	1164	Lynsey	Brecani	Northampton Road Runners	F35-39	143	389	15	
390	1181	Sally	Garrett	Northampton Road Runners	F55-59	144	390	17	
391	1448	Helen	Metcalfe	Stopsley Striders	F30-34	145	391	22	
392	371	Lorena	Henderson	Bedford Harriers	F45-49	146	392	21	
393	1467	Kirsty	Yates	Stopsley Striders	F35-39	147	393	16	
394	392	Melanie	Joy	Bedford Harriers	F35-39	148	394	17	
395	692	Claire	Mcfauld	Dunstable Road Runners	F30-34	149	395	23	
396	1578	Val	Bridges	Team East Haddon	F65-69	150	396	5	
397	1468	Andrea	Watts	Stopsley Striders	F50-54	151	397	27	
398	1469	Jill	Bywaters	Stopsley Striders	F50-54	152	398	28	
399	223	Vickie	Humber	Amphill & Flitwick Flyers	F40-44	153	399	22	
400	356	Angela	Gallivan	Bedford Harriers	F60-64	154	400	5	
401	419	Elaine	Massie	Bedford Harriers	F45-49	155	401	22	
402	1439	Sylvia	Thomas	Stopsley Striders	F55-59	156	402	18	
403	1520	Katrina	Worth	Stopsley Striders	F20-24	157	403	5	
404	1453	Lucinda	Philpott	Stopsley Striders	F25-29	158	404	11	
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Venue **Well'boro**

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Venue **Well'boro**

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