

3 Counties Cross Country League Results

Venue		North Herts		16-December-2018			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
1	141	Tim	Harris	Amphthill & Flitwick Flyers	M35-39	1	1	1
2	1651	Alex	Ash	Wellingborough & District AC	M25-29	2	2	1
3	1497	Robert	Barnes	Stopsley Striders	M30-34	3	3	1
4	1072	Thomas	Webb	North Herts Road Runners	M30-34	4	4	2
5	615	Harry	Smith	Amphthill & Flitwick Flyers	m20-24	5	5	1
6	135	Stephen	Green	Amphthill & Flitwick Flyers	M35-39	6	6	2
7	835	Peter	Mackrell	Leighton Fun Runners	M35-39	7	7	3
8	929	Adam	Bowler	North Herts Road Runners	M35-39	8	8	4
9	138	Ian	Halpin	Amphthill & Flitwick Flyers	M30-34	9	9	3
10	190	Mark	Waine	Amphthill & Flitwick Flyers	M45-49	10	10	1
11	1205	Norbert	Mihalik	Northampton Road Runners	M35-39	11	11	5
12	1681	Craig	Clements	Wellingborough & District AC	M35-39	12	12	6
13	1069	Mark	Vaughan	North Herts Road Runners	M45-49	13	13	2
14	1019	Stewart	Overton	North Herts Road Runners	M35-39	14	14	7
15	1040	Matthew	Sayers	North Herts Road Runners	M40-44	15	15	1
16	1925	David	Ball	Rugby & Northampton AC	M35-39	16	16	8
17	1029	Edward	Price	North Herts Road Runners	M40-44	17	17	2
18	189	Steven	Upton	Amphthill & Flitwick Flyers	M40-44	18	18	3
19	367	Ian	Hammett	Bedford Harriers	M35-39	19	19	9
20	300	Ed	Castro	Bedford Harriers	M30-34	20	20	4
21	514	Steven	Baldwin	Biggleswade AC	M25-29	21	21	2
22	1200	Tony	Letts	Northampton Road Runners	M50-54	22	22	1
23	1840	Andy	Fairley	Wootton Road Runners	M40-44	23	23	4
24	383	Phil	Jamieson	Bedford Harriers	M30-34	24	24	5
25	160	Lee	Murphy	Amphthill & Flitwick Flyers	M25-29	25	25	3
26	1033	John	Rayner	North Herts Road Runners	M35-39	26	26	10
27	1672	Jason	French	Wellingborough & District AC	M35-39	27	27	11
28	974	Robert John	Harris	North Herts Road Runners	M40-44	28	28	5
29	500	Mark	E-Jones	Bedford Harriers	M50-54	29	29	2
30	1975	Joe	Musgrove	Rugby & Northampton AC	M17-19	30	30	1
31	122	John	Decesare	Amphthill & Flitwick Flyers	M50-54	31	31	3
32	1674	Jon	Kemp	Wellingborough & District AC	M45-49	32	32	3
33	1003	Darren	Matussa	North Herts Road Runners	M40-44	33	33	6
34	1936	Vince	Carroll	Rugby & Northampton AC	M45-49	34	34	4
35	1929	Simon	Bickers	Rugby & Northampton AC	M55-59	35	35	1
36	1581	Andy	Green	Team East Haddon	M50-54	36	36	4
37	975	Lee	Hayes	North Herts Road Runners	M50-54	37	37	5
38	1163	Ilir	Brecani	Northampton Road Runners	M40-44	38	38	7
39	1816	Richard	Lack	Wootton Road Runners	M45-49	39	39	5
40	339	Gary	Finch	Bedford Harriers	M50-54	40	40	6
41	1596	Tim	Webster	Team East Haddon	M30-34	41	41	6
42	412	Neil	Loader	Bedford Harriers	M50-54	42	42	7
43	146	Philip	Horan	Amphthill & Flitwick Flyers	M45-49	43	43	6
44	1611	Chris	Bell	Team East Haddon	M50-54	44	44	8
45	107	Martin	Beare	Amphthill & Flitwick Flyers	M55-59	45	45	2
46	1082	Natalie	Lawrence	North Herts Road Runners	F30-34	1	46	1
47	1679	Ben	Shirley	Wellingborough & District AC	M40-44	46	47	8
48	117	Marcus	Cook	Amphthill & Flitwick Flyers	M40-44	47	48	9
49	1971	Brendan	Moen	Rugby & Northampton AC	M50-54	48	49	9
50	1466	Christine	Lathwell	Stopsley Striders	F40-44	2	50	1
51	987	James	Keogh	North Herts Road Runners	M40-44	49	51	10
52	151	Ashley	Larman	Amphthill & Flitwick Flyers	M40-44	50	52	11
53	548	Nick	Haworth	Biggleswade AC	M40-44	51	53	12
54	520	Hannah	Broom	Biggleswade AC	F35-39	3	54	1
55	2001	Adam	Bebbington	Rugby & Northampton AC	M17-19	52	55	2
56	149	Dan	Karaiskou	Amphthill & Flitwick Flyers	M20-24	53	56	2
57	1587	Stuart	Wheeldon	Team East Haddon	M45-49	54	57	7
58	145	Phil	Holland	Amphthill & Flitwick Flyers	M40-44	55	58	13
59	821	Dan	Green	Leighton Fun Runners	M40-44	56	59	14

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
60	1239	Matthew	Clarke	Northampton Road Runners	M40-44	57	60	15
61	1696	Julian	Blackwell	Wellingborough & District AC	M45-49	58	61	8
62	1077	Vincent	Wright	North Herts Road Runners	M40-44	59	62	16
63	920	John	Auld	North Herts Road Runners	M35-39	60	63	12
64	1047	Adrian	Sherwood	North Herts Road Runners	M50-54	61	64	10
65	998	Nick	Malpeli	North Herts Road Runners	M50-54	62	65	11
66	139	James	Handley	Amphthill & Flitwick Flyers	M40-44	63	66	17
67	307	Jon	Clark	Bedford Harriers	M50-54	64	67	12
68	1071	James	Walsh	North Herts Road Runners	M50-54	65	68	13
69	679	Steve	Kerin	Dunstable Road Runners	M30-34	66	69	7
70	1480	Gez	Fallon	Stopsley Striders	M45-49	67	70	9
71	1689	Peter	Cowler	Wellingborough & District AC	M40-44	68	71	18
72	1692	Ady	King	Wellingborough & District AC	M45-49	69	72	10
73	555	Rob	Morgan	Biggleswade AC	M40-44	70	73	19
74	1242	Robert	Hemingway	Northampton Road Runners	M35-39	71	74	13
75	112	Andy	Bierton	Amphthill & Flitwick Flyers	M45-49	72	75	11
76	528	Marcus	Davey	Biggleswade AC	M45-49	73	76	12
77	1356	Stephen	Dicks	Olney Runners	M45-49	74	77	13
78	1722	Kelly	Barnett	Wellingborough & District AC	F25-29	4	78	1
79	1950	Oliver	Harvey	Rugby & Northampton AC	M20-24	75	79	3
80	277	Tony	Barnes	Bedford Harriers	M55-59	76	80	3
81	1495	Pat	Blessing	Stopsley Striders	M55-59	77	81	4
82	825	Andrew	Heale	Leighton Fun Runners	M50-54	78	82	14
83	1353	Simon	Cook	Olney Runners	M45-49	79	83	14
84	1608	Charles	Spencer	Team East Haddon	M30-34	80	84	8
85	791	Colin	Aitken	Leighton Fun Runners	M35-39	81	85	14
86	142	Callum	Harrison	Amphthill & Flitwick Flyers	M25-29	82	86	4
87	1075	David	Weston	North Herts Road Runners	M35-39	83	87	15
88	947	Ian	Datlen	North Herts Road Runners	M45-49	84	88	15
89	554	Natalie	Morgan	Biggleswade AC	F40-44	5	89	2
90	170	Richard	Pillinger	Amphthill & Flitwick Flyers	M40-44	85	90	20
91	1697	Neil	McDonald	Wellingborough & District AC	M55-59	86	91	5
92	422	Gary	McKeaveney	Bedford Harriers	M35-39	87	92	16
93	157	Philip	Mead	Amphthill & Flitwick Flyers	M30-34	88	93	9
94	1590	Rob	White	Team East Haddon	M55-59	89	94	6
95	1475	John	Chapman	Stopsley Striders	M60-64	90	95	1
96	1006	Astrid	Mckeown	North Herts Road Runners	F45-49	6	96	1
97	1512	Danny	Kelly	Stopsley Striders	M55-59	91	97	7
98	1479	Martin	Fallon	Stopsley Striders	M50-54	92	98	15
99	683	Stuart	Lamond	Dunstable Road Runners	M30-34	93	99	10
100	1216	Andrew	Rosewell	Northampton Road Runners	M30-34	94	100	11
101	510	Charlie	Arnold	Biggleswade AC	M60-64	95	101	2
102	1245	Bryan	Ogilvie	Northampton Road Runners	m35-39	96	102	17
103	639	Sean	Byrne	Dunstable Road Runners	M45-49	97	103	16
104	852	James	Smith	Leighton Fun Runners	M45-49	98	104	17
105	819	Matthew	Gilbert	Leighton Fun Runners	M40-44	99	105	21
106	354	Shane	Gallagher	Bedford Harriers	M45-49	100	106	18
107	910	Paula	Adams	North Herts Road Runners	F45-49	7	107	2
108	346	David	Frampton	Bedford Harriers	M60-64	101	108	3
109	400	Sally	Knight	Bedford Harriers	F45-49	8	109	3
110	427	Juliet	Naylor	Bedford Harriers	F45-49	9	110	4
111	403	Jason	Lake	Bedford Harriers	M45-49	102	111	19
112	1599	Peter	Chandley	Team East Haddon	M50-54	103	112	16
113	1374	Rob	Rieke	Olney Runners	m55-59	104	113	8
114	713	Jose	Santos	Dunstable Road Runners	M40-44	105	114	22
115	578	Natalie	Garner	Biggleswade AC	F25-29	10	115	2
116	441	Jerry	Pullinger	Bedford Harriers	M60-64	106	116	4
117	1166	Mick	Conroy	Northampton Road Runners	M55-59	107	117	9
118	295	Garv	Butler	Bedford Harriers	M50-54	108	118	17

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Pos.	No.	First Name	Surname	Club	Category	Points		
119	1483	Philip	Davies	Stopsley Striders	M25-29	109	119	5
120	382	Stephen	James	Bedford Harriers	M50-54	110	120	18
121	511	Emma	Bailey	Biggleswade AC	F40-44	11	121	3
122	645	Mark	Cornell	Dunstable Road Runners	M50-54	111	122	19
123	228	Kerry	Large	Amphill & Flitwick Flyers	F30-34	12	123	2
124	1829	Graham	Hollowell	Wootton Road Runners	M50-54	112	124	20
125	1363	Chris	Ling	Olney Runners	M35-39	113	125	18
126	1713	Lisa	Smith	Wellingborough & District AC	F35-39	13	126	2
127	1615	Andy	Peel	Team East Haddon	M35-39	114	127	19
128	1232	Dave	Whatton	Northampton Road Runners	M50-54	115	128	21
129	1872	John	White	Wootton Road Runners	M40-44	116	129	23
130	570	John	Stott	Biggleswade AC	M45-49	117	130	20
131	567	Malcolm	Steward	Biggleswade AC	M40-44	118	131	24
132	215	Amy	Farr	Amphill & Flitwick Flyers	F35-39	14	132	3
133	1180	Mark	Garrett	Northampton Road Runners	M55-59	119	133	10
134	1503	Christian	Bredenkamp	Stopsley Striders	M50-54	120	134	22
135	1602	Liv	Thompson	Team East Haddon	F30-34	15	135	3
136	798	Jim	Buttleman	Leighton Fun Runners	M50-54	121	136	23
137	1653	Mark	Bonham	Wellingborough & District AC	M50-54	122	137	24
138	939	Jane	Clarke	North Herts Road Runners	F35-39	16	138	4
139	1062	Sophie	Thrussell	North Herts Road Runners	F25-29	17	139	3
140	298	Sally	Cartwright	Bedford Harriers	F50-54	18	140	1
141	1733	Helen	Etherington	Wellingborough & District AC	F35-39	19	141	5
142	196	Jess	Anstee	Amphill & Flitwick Flyers	F35-39	20	142	6
143	365	Chloe	Haffenden	Bedford Harriers	F20-24	21	143	1
144	815	Katy	Garnham-Lee	Leighton Fun Runners	F25-29	22	144	4
145	558	Damien	Pitts	Biggleswade AC	M35-39	123	145	20
146	161	Chris	Newnham	Amphill & Flitwick Flyers	M55-59	124	146	11
147	1505	Andy	Reid	Stopsley Striders	M65-69	125	147	1
148	374	Dave	Holt	Bedford Harriers	M60-64	126	148	5
149	256	Lisa	Wells	Amphill & Flitwick Flyers	F50-54	23	149	2
150	175	Mark	Rouse	Amphill & Flitwick Flyers	M40-44	127	150	25
151	408	Jason	Lee	Bedford Harriers	M40-44	128	151	26
152	1714	Louise	Kemp	Wellingborough & District AC	F40-44	24	152	4
153	373	Adam	Hills	Bedford Harriers	M40-44	129	153	27
154	144	Ross	Henson	Amphill & Flitwick Flyers	M40-44	130	154	28
155	676	Peter	Keane	Dunstable Road Runners	M55-59	131	155	12
156	1073	Ellie	Webb	North Herts Road Runners	F25-29	25	156	5
157	401	Stuart	Knight	Bedford Harriers	M50-54	132	157	25
158	664	Ruth	Grint	Dunstable Road Runners	F50-54	26	158	3
159	1367	Duncan	Winner	Olney Runners	M40-44	133	159	29
160	822	Kevin	Hare	Leighton Fun Runners	M45-49	134	160	21
161	736	David	Morgan	Dunstable Road Runners	M50-54	135	161	26
162	195	Jo	Aatkar	Amphill & Flitwick Flyers	F50-54	27	162	4
163	461	Graham	Short	Bedford Harriers	M55-59	136	163	13
164	1661	Mark	Vicars	Wellingborough & District AC	M55-59	137	164	14
165	140	Robert	Hardwick	Amphill & Flitwick Flyers	M35-39	138	165	21
166	1968	Alex	McMurtrie	Rugby & Northampton AC	M50-54	139	166	27
167	803	Eddie	Cusick	Leighton Fun Runners	M55-59	140	167	15
168	1985	John	Saw	Rugby & Northampton AC	M40-44	141	168	30
169	931	Liam	Jones	North Herts Road Runners	m30-34	142	169	12
170	1738	Claire	Boyles	Wellingborough & District AC	F30-34	28	170	4
171	220	Caroline	Gilby	Amphill & Flitwick Flyers	F50-54	29	171	5
172	1366	Rob	White	Olney Runners	M45-49	143	172	22
173	294	Shaun	Busby	Bedford Harriers	M30-34	144	173	13
174	865	Rosie	Booth	Leighton Fun Runners	F40-44	30	174	5
175	1178	John	Fleming	Northampton Road Runners	M45-49	145	175	23
176	481	Rob	Walls	Bedford Harriers	M55-59	146	176	16
177	1352	Chris	Barnes	Olney Runners	M50-54	147	177	28

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Pos.	No.	First Name	Surname	Club	Category	Points		
178	1159	Dave	Blackburn	Northampton Road Runners	M60-64	148	178	6
179	1354	Justin	Crook	Olney Runners	M40-44	149	179	31
180	129	Richard	Gale	Amphill & Flitwick Flyers	M40-44	150	180	32
181	992	Chloe	Lucas	North Herts Road Runners	F25-29	31	181	6
182	864	Elle	Laird	Leighton Fun Runners	F30-34	32	182	5
183	268	Dean	Shanley	Amphill & Flitwick Flyers	M20-24	151	183	4
184	1815	Phoebe	Lowick	Wootton Road Runners	F30-34	33	184	6
185	867	David	Pym	Leighton Fun Runners	M50-54	152	185	29
186	308	Mark	Clements	Bedford Harriers	M35-39	153	186	22
187	688	Shilen	Mantri	Dunstable Road Runners	M45-49	154	187	24
188	330	Frank	Esaw	Bedford Harriers	M65-69	155	188	2
189	1941	Angela	Copson	Rugby & Northampton AC	F70-74	34	189	1
190	1484	Ian	Pitkin	Stopsley Striders	M50-54	156	190	30
191	450	Colin	Ross	Bedford Harriers	M60-64	157	191	7
192	1368	David	Shakespeare	Olney Runners	M50-54	158	192	31
193	232	Jacqui	Morland	Amphill & Flitwick Flyers	F40-44	35	193	6
194	453	Claire	Rulton	Bedford Harriers	F40-44	36	194	7
195	191	Jon	Walker	Amphill & Flitwick Flyers	M55-59	159	195	17
196	839	Karen	McLean	Leighton Fun Runners	F50-54	37	196	6
197	1187	Alan	Hall	Northampton Road Runners	M60-64	160	197	8
198	270	William	Abram	Bedford Harriers	M45-49	161	198	25
199	1494	Andy	Durrant	Stopsley Striders	M60-64	162	199	9
200	113	Mark	Billington	Amphill & Flitwick Flyers	M50-54	163	200	32
201	1997	Catherine	Williams	Rugby & Northampton AC	F55-59	38	201	1
202	449	Andrew	Robertson	Bedford Harriers	M60-64	164	202	10
203	1246	Mark	Manning	Northampton Road Runners	m45-49	165	203	26
204	1165	Matt	Bushell	Northampton Road Runners	M40-44	166	204	33
205	119	Paul	Court	Amphill & Flitwick Flyers	M45-49	167	205	27
206	366	Nora	Haggart	Bedford Harriers	F60-64	39	206	1
207	474	Mark	Tinkler	Bedford Harriers	M60-64	168	207	11
208	343	Lawrence	Folley	Bedford Harriers	M55-59	169	208	18
209	521	Deborah	Bryant	Biggleswade AC	F45-49	40	209	5
210	1360	Matthew	Fox	Olney Runners	M45-49	170	210	28
211	1052	Johnny	Spinks	North Herts Road Runners	M50-54	171	211	33
212	1523	Richard	Hardy	Stopsley Striders	m60-64	172	212	12
213	1078	Stuart	Cocks	North Herts Road Runners	M45-49	173	213	29
214	297	Chris	Capps	Bedford Harriers	M60-64	174	214	13
215	1981	Adrian	Reast	Rugby & Northampton AC	M45-49	175	215	30
216	930	Jillian	Boys	North Herts Road Runners	F40-44	41	216	8
217	299	Russell	Cartwright	Bedford Harriers	M55-59	176	217	19
218	824	Sam	Heady	Leighton Fun Runners	F35-39	42	218	7
219	1858	Frances	Hooper	Wootton Road Runners	F40-44	43	219	9
220	550	Kathryn	Juty	Biggleswade AC	F45-49	44	220	6
221	273	Claire	Adamson	Bedford Harriers	F35-39	45	221	8
222	389	Kirsty	Jones	Bedford Harriers	F35-39	46	222	9
223	547	Neil	Harvey	Biggleswade AC	M55-59	177	223	20
224	246	Katie	Ruditis	Amphill & Flitwick Flyers	F35-39	47	224	10
225	245	Niki	Stevenson	Amphill & Flitwick Flyers	F45-49	48	225	7
226	703	Lisa	Phee	Dunstable Road Runners	F35-39	49	226	11
227	1228	Roger	Taylor	Northampton Road Runners	M50-54	178	227	34
228	462	Ronnie	Singleton-Lawley	Bedford Harriers	F55-59	50	228	2
229	1686	Marc	Sanderson	Wellingborough & District AC	M40-44	179	229	34
230	407	Richard	Lawson	Bedford Harriers	M45-49	180	230	31
231	425	Rachel	Moss	Bedford Harriers	F35-39	51	231	12
232	2020	Carla	Whitmore	Bedford Harriers	F20-24	52	232	2
233	1603	Sarah	Ryder	Team East Haddon	F25-29	53	233	7
234	1607	Robin	Schumacher	Team East Haddon	M50-54	181	234	35
235	302	Lisa	Chappel	Bedford Harriers	F50-54	54	235	7
236	234	Michelle	Morris	Amphill & Flitwick Flyers	F30-34	55	236	7

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237	446	Alan	Rickhuss	Bedford Harriers	M50-54	182	237	36
238	156	Terry	McHugh	Amphthill & Flitwick Flyers	M60-64	183	238	14
239	275	Lucy	Baldwin	Bedford Harriers	F35-39	56	239	13
240	2028	Tim	Southam	Bedford Harriers	m40-44	184	240	35
241	448	Karen	Robertson	Bedford Harriers	F55-59	57	241	3
242	1663	Shaun	De Clancy	Wellingborough & District AC	M55-59	185	242	21
243	1850	Steve	Smith	Wootton Road Runners	M60-64	186	243	15
244	801	Graham	Cooper	Leighton Fun Runners	M50-54	187	244	37
245	707	Tara	Quinn	Dunstable Road Runners	F40-44	58	245	10
246	735	Clifford	Punter	Dunstable Road Runners	M55-59	188	246	22
247	638	Ian	Byford	Dunstable Road Runners	M60-64	189	247	16
248	385	Tony	Jones	Bedford Harriers	M55-59	190	248	23
249	1577	Sam	Cortese	Team East Haddon	M60-64	191	249	17
250	668	Owen	Hendry	Dunstable Road Runners	M45-49	192	250	32
251	715	Adrian	Shotbolt	Dunstable Road Runners	M45-49	193	251	33
252	563	Sarah Jane	Seaman	Biggleswade AC	F30-34	59	252	8
253	912	Linda	Aird	North Herts Road Runners	F60-64	60	253	2
254	804	Sally	Dickinson	Leighton Fun Runners	F45-49	61	254	8
255	1965	Trudi	Mawby	Rugby & Northampton AC	F35-39	62	255	14
256	842	Stephen	Moore	Leighton Fun Runners	M55-59	194	256	24
257	1026	Chris	Poole	North Herts Road Runners	M30-34	195	257	14
258	1735	Jessica	Wynn-Werninck	Wellingborough & District AC	F30-34	63	258	9
259	248	Christine	Sharman	Amphthill & Flitwick Flyers	F50-54	64	259	8
260	1076	Adam	Wilson	North Herts Road Runners	M45-49	196	260	34
261	674	Amanda	Jefferys	Dunstable Road Runners	F45-49	65	261	9
262	523	Nigel	Bush	Biggleswade AC	M70-74	197	262	1
263	186	Jason	Theobald	Amphthill & Flitwick Flyers	M45-49	198	263	35
264	543	Ian	Grimwood	Biggleswade AC	M65-69	199	264	3
265	1521	Peter	Brown	Stopsley Striders	M35-39	200	265	23
266	1202	Mark	Lewis	Northampton Road Runners	M50-54	201	266	38
267	337	Robin	Fiander	Bedford Harriers	M60-64	202	267	18
268	353	Stephen	Gale	Bedford Harriers	F55-59	66	268	4
269	1361	David	O'Connor	Olney Runners	M50-54	203	269	39
270	335	Peter	Fadden	Bedford Harriers	M20-24	204	270	5
271	1843	Kay	Duffy	Wootton Road Runners	F40-44	67	271	11
272	716	Paul	Stack	Dunstable Road Runners	M50-54	205	272	40
273	360	Dave	Girling	Bedford Harriers	M65-69	206	273	4
274	331	Chris	Fadden	Bedford Harriers	M55-59	207	274	25
275	1592	Rob	Watkinson	Team East Haddon	M55-59	208	275	26
276	950	Karen	Dodsworth	North Herts Road Runners	F55-59	68	276	5
277	2021	Angela	E-Jones	Bedford Harriers	F55-59	69	277	6
278	171	Andy	Ralphs	Amphthill & Flitwick Flyers	M45-49	209	278	36
279	2029	Elsy	Lacy	Bedford Harriers	f40-44	70	279	12
280	347	Amanda	Friman	Bedford Harriers	F60-64	71	280	3
281	1482	Stewart	Read	Stopsley Striders	M45-49	210	281	37
282	1221	Jo	Smith	Northampton Road Runners	F50-54	72	282	9
283	315	Sue	Cross	Bedford Harriers	F55-59	73	283	7
284	396	Viv	Kilgour	Bedford Harriers	F55-59	74	284	8
285	1724	Gillian	Brightwell	Wellingborough & District AC	F55-59	75	285	9
286	1348	Sarah	McAuliffe	Olney Runners	F30-34	76	286	10
287	1060	Cara	Sutton	North Herts Road Runners	F35-39	77	287	15
288	1343	Rachel	David	Olney Runners	F50-54	78	288	10
289	1438	Dave	Thompson-Trace	Stopsley Striders	M55-59	211	289	27
290	499	Kerry	M-Battern	Bedford Harriers	F40-44	79	290	13
291	795	Christine	Ayres	Leighton Fun Runners	F65-69	80	291	1
292	868	Matthew	Kelly	Leighton Fun Runners	M50-54	212	292	41
293	154	Jeremy	Lewis	Amphthill & Flitwick Flyers	M45-49	213	293	38
294	976	Alan	Hazlehurst	North Herts Road Runners	M50-54	214	294	42
295	358	Leslev	Gaunt	Bedford Harriers	F55-59	81	295	10

3 Counties Cross Country League Results

Venue		North Herts		16-December-2018			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
296	572	Simon	Strong	Biggleswade AC	M45-49	215	296	39
297	1669	Helen	King	Wellingborough & District AC	F35-39	82	297	16
298	168	Andy	Penfold	Amphthill & Flitwick Flyers	M45-49	216	298	40
299	288	Tom	Brassington	Bedford Harriers	M60-64	217	299	19
300	349	Elaine	Fullard	Bedford Harriers	F55-59	83	300	11
301	689	Steven	Mcallister	Dunstable Road Runners	M35-39	218	301	24
302	1864	Samantha	Inniss	Wootton Road Runners	F40-44	84	302	14
303	1719	Lynda	Rowse	Wellingborough & District AC	F50-54	85	303	11
304	1883	Rebecca	Baker	Wootton Road Runners	F35-39	86	304	17
305	380	Amy	Hutchinson	Bedford Harriers	F30-34	87	305	11
306	1888							
307	357	Steve	Gaunt	Bedford Harriers	M55-59	219	306	28
308	1717	Amy	Kelly	Wellingborough & District AC	F30-34	88	307	12
309	613	Nicky	Double	Amphthill & Flitwick Flyers	F40-44	89	308	15
310	723	Jonathan	Venning	Dunstable Road Runners	M65-69	220	309	5
311	1935	Emma	Burrows	Rugby & Northampton AC	F25-29	90	310	8
312	719	Mel Mwa	Sylvester	Dunstable Road Runners	F40-44	91	311	16
313	236	Debbie	Newell	Amphthill & Flitwick Flyers	F45-49	92	312	10
314	1478	Dave	Adam	Stopsley Striders	M60-64	221	313	20
315	680	Tina	Keynon	Dunstable Road Runners	F50-54	93	314	12
316	480	Diane	Wallis	Bedford Harriers	F55-59	94	315	12
317	810	Caroline	Emerton	Leighton Fun Runners	F45-49	95	316	11
318	1174	Sheena	Desborough	Northampton Road Runners	F45-49	96	317	12
319	101	Paresh	Aatkar	Amphthill & Flitwick Flyers	M50-54	222	318	43
320	303	Jeanette	Cheetham	Bedford Harriers	F50-54	97	319	13
321	259	Louise	Wilkins	Amphthill & Flitwick Flyers	F45-49	98	320	13
322	1010	Miranda	Morgan	North Herts Road Runners	F60-64	99	321	4
323	1027	Andrew	Porter	North Herts Road Runners	M70-74	223	322	2
324	1837	Josie	Pickering	Wootton Road Runners	F35-39	100	323	18
325	1454	Evelyn	Lutterodt	Stopsley Striders	F45-49	101	324	14
326	2023	Russell	Page	Bedford Harriers	m55-59	224	325	29
327	251	Mei	Trace	Amphthill & Flitwick Flyers	F50-54	102	326	14
328	1209	Rachel	Palmer	Northampton Road Runners	F25-29	103	327	9
329	530	Jennie	Day	Biggleswade AC	F50-54	104	328	15
330	984	Hannah	Keeble	North Herts Road Runners	F35-39	105	329	19
331	1201	Jo	Letts	Northampton Road Runners	F45-49	106	330	15
332	1709	Mary	Pearson	Wellingborough & District AC	F30-34	107	331	13
333	2026	Rachel	Cooke	Bedford Harriers	f45-49	108	332	16
334	857	Paul	Thomas	Leighton Fun Runners	M70-74	225	333	3
335	1492	Paul	Duffy	Stopsley Striders	M40-44	226	334	36
336	2003	Kirsty	Lewnes	Rugby & Northampton AC	f30-34	109	335	14
337	9000	Unknown	Runner		#VALUE!			1
338	225	Laura	Johnston	Amphthill & Flitwick Flyers	F50-54	110	336	16
339	1867	Andrea	Collingwood	Wootton Road Runners	F40-44	111	337	17
340	1208	Caroline	Owers	Northampton Road Runners	F50-54	112	338	17
341	375	Cint	Horne	Bedford Harriers	F50-54	113	339	18
342	859	Celia	Walker	Leighton Fun Runners	F55-59	114	340	13
343	847	Sally	Puddephatt	Leighton Fun Runners	F50-54	115	341	19
344	485	Helen	Whiting	Bedford Harriers	F30-34	116	342	15
345	544	Juliet	Grimwood	Biggleswade AC	F50-54	117	343	20
346	437	Jackie	Popland	Bedford Harriers	F60-64	118	344	5
347	1522	Martin	Smith	Stopsley Striders	m40-44	227	345	37
348	941	Lindsay	Cook	North Herts Road Runners	F40-44	119	346	18
349	322	Caroline	Diggle	Bedford Harriers	F45-49	120	347	17
350	1718	Mandy	Allen	Wellingborough & District AC	F55-59	121	348	14
351	1160	Helen	Blackburn	Northampton Road Runners	F50-54	122	349	21
352	473	Tracey	Thompson	Bedford Harriers	F45-49	123	350	18
353	1890	Michael	Wood	Wootton Road Runners	M65-69	228	351	6
354	395	Bill	Khinda	Bedford Harriers	M65-69	229	352	7

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Venue		North Herts		16-December-2018			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
355	1452	Kulwinder	Assra	Stopsley Striders	F50-54	124	353	22
356	940	Hayley	Cocks	North Herts Road Runners	F40-44	125	354	19
357	1712	Sally	Hewitt	Wellingborough & District AC	F65-69	126	355	2
358	1463	Judy	Reid	Stopsley Striders	F65-69	127	356	3
359	312	Stephen	Crane	Bedford Harriers	M60-64	230	357	21
360	1441	Kate	Neale	Stopsley Striders	F55-59	128	358	15
361	568	Helen	Steward	Biggleswade AC	F45-49	129	359	19
362	240	Karen	Penfold	Amphthill & Flitwick Flyers	F45-49	130	360	20
363	938	Gladys	Cheng	North Herts Road Runners	F30-34	131	361	16
364	705	Tara	Pountney	Dunstable Road Runners	F40-44	132	362	20
365	837	Caroline	Mann	Leighton Fun Runners	F45-49	133	363	21
366	2027	Grace	Dial	Bedford Harriers	f25-29	134	364	10
367	226	Claire	Jones	Amphthill & Flitwick Flyers	F50-54	135	365	23
368	1243	Jess	Fowler	Northampton Road Runners	f25-29	136	366	11
369	372	Kathy	Hewitt	Bedford Harriers	F55-59	137	367	16
370	352	Sara	Gale	Bedford Harriers	F55-59	138	368	17
371	402	Eva	Kovacs	Bedford Harriers	F45-49	139	369	22
372	565	Julie	Spavins	Biggleswade AC	F50-54	140	370	24
373	391	Richard	Joy	Bedford Harriers	M35-39	231	371	25
374	1177	Karen	Eke	Northampton Road Runners	F55-59	141	372	18
375	1233	Carol	Whatton	Northampton Road Runners	F55-59	142	373	19
376	546	Colin	Harries	Biggleswade AC	M70-74	232	374	4
377	1715	Felicity	Aries	Wellingborough & District AC	F55-59	143	375	20
378	341	Katie	Fletcher	Bedford Harriers	F25-29	144	376	12
379	1341	Faith	Jones	Olney Runners	F60-64	145	377	6
380	9000	Duplicate	Runner		#VALUE!			1
381	1819	Gerald	Billis	Wootton Road Runners	M75-99	233	378	1
382	217	Rebecca	Fleckney	Amphthill & Flitwick Flyers	F35-39	146	379	20
383	562	Gareth	Saynor	Biggleswade AC	M45-49	234	380	41
384	557	Louise	Pike	Biggleswade AC	F40-44	147	381	21
385	271	Pauline	Abram	Bedford Harriers	F50-54	148	382	25
386	1193	Keren	Irving	Northampton Road Runners	F45-49	149	383	23
387	340	Debi	Fisher	Bedford Harriers	F25-29	150	384	13
388	301	Jack	Chana	Bedford Harriers	M65-69	235	385	8
389	1346	Kirsten	Chantrell	Olney Runners	F40-44	151	386	22
390	221	Pat	Godfrey	Amphthill & Flitwick Flyers	F65-69	152	387	4
391	177	Dave	Sedgley	Amphthill & Flitwick Flyers	M75-99	236	388	2
392	371	Lorena	Henderson	Bedford Harriers	F45-49	153	389	24
393	1578	Val	Bridges	Team East Haddon	F65-69	154	390	5
394	223	Vickie	Humber	Amphthill & Flitwick Flyers	F40-44	155	391	23
395	1236	Teresa	Raynor	Northampton Road Runners	F55-59	156	392	21
396	1453	Lucinda	Philpott	Stopsley Striders	F25-29	157	393	14
397	1439	Sylvia	Thomas	Stopsley Striders	F55-59	158	394	22
398	1469	Jill	Bywaters	Stopsley Striders	F50-54	159	395	26
399	1440	Sharon	Chesham	Stopsley Striders	F50-54	160	396	27
400	419	Elaine	Massie	Bedford Harriers	F45-49	161	397	25
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3 Counties Cross Country League Results

Venue **North Herts**

16-December-2018

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3 Counties Cross Country League Results

Venue **North Herts**

16-December-2018

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3 Counties Cross Country League Results

Venue **North Herts**

16-December-2018

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3 Counties Cross Country League Results

Venue **North Herts**

16-December-2018

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