

THREE COUNTIES CROSS COUNTRY LEAGUE 2003/04

Final Results			
			<u>points</u>
OVERALL TEAM	1	Ampthill Flitwick Flyers	59
	2	NHRR	53
	3	Wooton Road Runners	52
MENS TEAM	1	Ampthill Flitwick Flyers	59
	2	Wooton Road Runners	54
	3	NHRR	50
LADIES TEAM	1	Ampthill Flitwick Flyers	60
	2	Bedford Harriers	53
	3	NHRR	50
Most Improved Team	1	Northampton RR	0.11 slope