

3 Counties Cross Country League Results

After 5 Events

Men V40+

No.	First Name	Surname	Club	Vet	Wellingborough	Wootton	Wing	East Haddon	Dunstable	Pos	Races	Score
806	ADAM	MILLS	Bedford Harriers	V40	1	1	1	1	1	1	5	4
1229	Greg	Spellman	Wellingborough AC	V45	3	2	3	2	2	2	5	9
1236	Dave	Webster	Wellingborough AC	V45	2	4	2	4		3	4	12
401	Tony	Letts	Northampton Road Runners	V45		5	4	3	4	4	4	16
510	Stephen	Hartley	Amphthill & Flitwick Flyers	V40		7	8	5	3	5	4	23
863	paul	halford	Boxfit	V45		6	5	6	6	5	4	23
320	James	Walsh	North Herts Road Runners	V45	7	11	6	7	8	7	5	28
1408	Vince	Plosky	Biggleswade AC	V40	6	8	9	14	16	8	5	37
1418	Paul	Davies	Biggleswade AC	V40	17	17	10	8	7	9	5	42
543	Mark	Waine	Amphthill & Flitwick Flyers	V40	11		16	11	10	10	4	48
1212	Jon	Kemp	Wellingborough AC	V40	12	12	13	12	12	10	5	48
870	lyndon	moore	Boxfit	V40	15	15	14	10	9	10	5	48
304	Peter	Scrowther	North Herts Road Runners	V50	9	16	12	13	15	13	5	49
60	Richard	Lack	Wootton Road Runners	V40	20	14	11	15	13	14	5	53
484	George	Arbuckle	Amphthill & Flitwick Flyers	V40	13		7	17	21	15	4	58
289	Nicholas	Malpeli	North Herts Road Runners	V45	10	19	18	20	14	16	5	61
697	Gary	Finch	Bedford Harriers	V45	21	21	24	24	19	17	5	85
150	Steve	Harrsion	Leighton Fun Runners	V40	22		21	22	23	18	4	88
916	ANDY	GREEN	Team East Haddon	V45	23	24	22	25		19	4	94
165	Paul	Tew	Leighton Fun Runners	V50	28	26	31	23	20	20	5	97
1192	Julian	Blackwell	Wellingborough AC	V40	26	29	27	27	24	21	5	104
1296	Stuart	Berry	Dunstable Road Runners	V45	30	30	32		33	22	4	125
59	Graham	Hollowell	Wootton Road Runners	V45	24	38	35	35	32	23	5	126
1244	Nick	Sinnott	Wellingborough AC	V40		33	34	33	29	24	4	129
856	mark	avril	Boxfit	V50	31	41	37	29	35	25	5	132
1334	Matthew	Thompson	Dunstable Road Runners	V50	42	36	36		38	26	4	152
925	ADRIAN	HOMER	Team East Haddon	V40	44	34	42	34	54	27	5	154
67	Ian	Randell	Wootton Road Runners	V55	35	42	49	40	40	28	5	157
322	Steve	Williamson	North Herts Road Runners	V45		67	38	30	25	29	4	160
317	Steven	Tracey	North Herts Road Runners	V40	48	45	41		36	30	4	170
969	Steve	Dicks	Olney Runners	V40	37	43	43		48	31	4	171
1074	Chris	Lamont	Stopsley Striders	V60		39	46	43	43	31	4	171
761	Jerry	Pulinger	Bedford Harriers	V55		47	50	39	41	33	4	177
1302	Mark	Cornell	Dunstable Road Runners	V45	36	49	52	45	50	34	5	180
965	John	Crouch	Olney Runners	V50		50	45	38	51	35	4	184
307	Peter	Sibbett	North Herts Road Runners	V50		89	40	31	26	36	4	186
868	noel	keenan	Boxfit	V50		64	56	42	42	37	4	204
677	Gary	Butler	Bedford Harriers	V45	46	48	48		65	38	4	207
1218	Neil	McDonald	Wellingborough AC	V50	52	57	58	49	49	38	5	207
933	ROBERT	WHITE	Team East Haddon	V50	53	56	57	44		40	4	210