

3 Counties Cross Country League Results

After 5 Events

Ladies V45+

No.	First Name	Surname	Club	Vet	Wellingborough	Wootton	Leighton	North Herts	Bedford	Pos	Races	Score
370	Anna	Folland	Bedford Harriers	V45	1		1	1	2	1	4	5
356	Sally	Cartwright	Bedford Harriers	V45	4	3	3	3	3	2	5	12
759	Paula	Adams	North Herts Road Runners	V45	5	6	5	6	5	3	5	21
502	Lindsay	Lister	Biggleswade AC	V50	6	4	6	5	6	3	5	21
655	Janice	Brazier	Leighton Fun Runners	V50	3	2	4		13	5	4	22
190	Jo	Aatkar	Amphill & Flitwick Flyers	V45	8	5	8	7	7	6	5	27
772	Yuko	Gordon	North Herts Road Runners	V60		8	7	8	9	7	4	32
588	Ruth	Grint	Dunstable Road Runners	V45	7	9	9	9	11	8	5	34
204	Caroline	Gilby	Amphill & Flitwick Flyers	V50		10	10	10	10	9	4	40
228	Keri	Withers	Amphill & Flitwick Flyers	V50	12	16	13	12	8	10	5	45
407	Veronica	Singleton- Lawley	Bedford Harriers	V55	13	12	11	11	12	11	5	46
587	Anne	Golding	Dunstable Road Runners	V55	16	17	12	14	16	12	5	58
909	Elaine	Palmer	Northampton Road Runners	V45	18	32	18	20	21	13	5	77
360	Sue	Cross	Bedford Harriers	V50	20	24		18	18	14	4	80
926	Liz	Dabell	Northampton Road Runners	V50		19	22	17	26	15	4	84
760	Linda	Aird	North Herts Road Runners	V55	17	23	20	24	24	15	5	84
357	Jeanette	Cheetham	Bedford Harriers	V50	21	28	23	25	20	17	5	89
194	Annette	Bell	Amphill & Flitwick Flyers	V50	22	26	21	23		18	4	92
1048	Karen	Ashby	Stopsley Striders	V55		27	24	21	22	19	4	94
378	Jacinta	Horne	Bedford Harriers	V50	30	43	25	32	23	20	5	110
916	Rebecca	Shillington	Northampton Road Runners	V45	23	35	29	26	34	21	5	112
428	Eva	Kouacs	Bedford Harriers	V45	28	39	31	34		22	4	132
387	Jenny	King	Bedford Harriers	V55	31		37	35	33	23	4	136
380	Sally	Ingram	Bedford Harriers	V45	33	40	35	29	43	24	5	137
373	Lesley	Gaunt	Bedford Harriers	V50	41	41	34	28	54	25	5	144
216	Caroline	O'Mahoney	Amphill & Flitwick Flyers	V50		44	41	30	42	26	4	157
348	Anne	Adamson	Bedford Harriers	V50	38		40	41	40	27	4	159
368	Michelle	Fadden	Bedford Harriers	V45		50	36	37	37	28	4	160
968	Dee	Bethune	Olney Runners	V65	39	46	38	42		29	4	165
971	Bethan	Courtman	Olney Runners	V45	37		43	44	47	30	4	171
1202	Felicity	Aries	Wellingborough AC	V50	40	53	42	47	49	31	5	178
802	Helen	Ferguson	North Herts Road Runners	V45	43	52	44		50	32	4	189
894	Helen	Blackburn	Northampton Road Runners	V50	42		45	45	57	32	4	189
396	Susan	Pack	Bedford Harriers	V50	45	59	50	48	55	34	5	198
923	Carol	Whatton	Northampton Road Runners	V50	44	60	51	49	60	35	5	204