

3 Counties Cross Country League Results

Venue		Ampthill		13-January-2019			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
1	141	Tim	Harris	Ampthill & Flitwick Flyers	M35-39	1	1	1
2	1497	Robert	Barnes	Stopsley Striders	M30-34	2	2	1
3	1072	Thomas	Webb	North Herts Road Runners	M30-34	3	3	2
4	1651	Alex	Ash	Wellingborough & District AC	M25-29	4	4	1
5	929	Adam	Bowler	North Herts Road Runners	M35-39	5	5	2
6	615	Harry	Smith	Ampthill & Flitwick Flyers	M20-24	6	6	1
7	1005	Jim	McConnel	North Herts Road Runners	M45-49	7	7	1
8	135	Stephen	Green	Ampthill & Flitwick Flyers	M35-39	8	8	3
9	1058	Darren	Sunter	North Herts Road Runners	M35-39	9	9	4
10	1040	Matthew	Sayers	North Herts Road Runners	M40-44	10	10	1
11	300	Ed	Castro	Bedford Harriers	M30-34	11	11	3
12	383	Phil	Jamieson	Bedford Harriers	M30-34	12	12	4
13	138	Ian	Halpin	Ampthill & Flitwick Flyers	M30-34	13	13	5
14	184	Joe	Strange	Ampthill & Flitwick Flyers	M25-29	14	14	2
15	190	Mark	Waine	Ampthill & Flitwick Flyers	M45-49	15	15	2
16	873	Billy	Mead	Leighton Fun Runners	m20-24-Guest			2
17	1840	Andy	Fairley	Wootton Road Runners	M40-44	16	16	2
18	1958	Chris	Lamb	Rugby & Northampton AC	M30-34	17	17	6
19	1029	Edward	Price	North Herts Road Runners	M40-44	18	18	3
20	367	Ian	Hammett	Bedford Harriers	M35-39	19	19	5
21	267	Nathan	Jones	Ampthill & Flitwick Flyers	M30-34	20	20	7
22	1019	Stewart	Overton	North Herts Road Runners	M35-39	21	21	6
23	145	Phil	Holland	Ampthill & Flitwick Flyers	M40-44	22	22	4
24	189	Steven	Upton	Ampthill & Flitwick Flyers	M40-44	23	23	5
25	1069	Mark	Vaughan	North Herts Road Runners	M45-49	24	24	3
26	1200	Tony	Letts	Northampton Road Runners	M50-54	25	25	1
27	489	Danny	Winn	Bedford Harriers	M30-34	26	26	8
28	514	Steven	Baldwin	Biggleswade AC	M25-29	27	27	3
29	1975	Joe	Musgrove	Rugby & Northampton AC	M17-19	28	28	1
30	1312	Ben	Warren	Dunstable Road Runners	M17-19	29	29	2
31	160	Lee	Murphy	Ampthill & Flitwick Flyers	M25-29	30	30	4
32	677	Rosie	Keane	Dunstable Road Runners	F25-29-Guest			1
33	1693	John	Wayland	Wellingborough & District AC	M40-44	31	31	6
34	974	Robert John	Harris	North Herts Road Runners	M40-44	32	32	7
35	103	Dave	Ackerley	Ampthill & Flitwick Flyers	M25-29	33	33	5
36	1239	Matthew	Clarke	Northampton Road Runners	M40-44	34	34	8
37	1672	Jason	French	Wellingborough & District AC	M35-39	35	35	7
38	1163	Ilir	Brecani	Northampton Road Runners	M40-44	36	36	9
39	122	John	Decesare	Ampthill & Flitwick Flyers	M50-54	37	37	2
40	311	David	Course	Bedford Harriers	M40-44	38	38	10
41	1596	Tim	Webster	Team East Haddon	M30-34	39	39	9
42	182	Terry	Stanley	Ampthill & Flitwick Flyers	M30-34	40	40	10
43	155	Chris	Littlejohn	Ampthill & Flitwick Flyers	M35-39	41	41	8
44	1705	Patrick	Barber	Wellingborough & District AC	M30-34	42	42	11
45	1671	Paul	Huckle	Wellingborough & District AC	M30-34	43	43	12
46	178	Giles	Shorley	Ampthill & Flitwick Flyers	M40-44	44	44	11
47	1674	Jon	Kemp	Wellingborough & District AC	M45-49	45	45	4
48	1033	John	Rayner	North Herts Road Runners	M35-39	46	46	9
49	1466	Christine	Lathwell	Stopsley Striders	F40-44	1	47	1
50	1679	Ben	Shirley	Wellingborough & District AC	M40-44	47	48	12
51	1581	Andy	Green	Team East Haddon	M50-54	48	49	3
52	500	Mark	E-Jones	Bedford Harriers	M50-54	49	50	4
53	1929	Simon	Bickers	Rugby & Northampton AC	M55-59	50	51	1
54	1082	Natalie	Lawrence	North Herts Road Runners	F30-34	2	52	1
55	107	Martin	Beare	Ampthill & Flitwick Flyers	M55-59	51	53	2
56	694	Liam	McNabola	Dunstable Road Runners	M30-34-Guest			13
57	149	Dan	Karaiskou	Ampthill & Flitwick Flyers	M20-24	52	54	3
58	1936	Vince	Carroll	Rugby & Northampton AC	M45-49	53	55	5
59	821	Dan	Green	Leighton Fun Runners	M40-44	54	56	13

3 Counties Cross Country League Results

Venue		Ampthill		13-January-2019			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
60	1611	Chris	Bell	Team East Haddon	M50-54	55	57	5
61	1971	Brendan	Moen	Rugby & Northampton AC	M50-54	56	58	6
62	1591	Adrian	Homer	Team East Haddon	M45-49	57	59	6
63	117	Marcus	Cook	Ampthill & Flitwick Flyers	M40-44	58	60	14
64	1047	Adrian	Sherwood	North Herts Road Runners	M50-54	59	61	7
65	125	Joshua	Dyball	Ampthill & Flitwick Flyers	M30-34	60	62	14
66	520	Hannah	Broom	Biggleswade AC	F35-39	3	63	1
67	802	Martin	Crane	Leighton Fun Runners	M45-49	61	64	7
68	1696	Julian	Blackwell	Wellingborough & District AC	M45-49	62	65	8
69	1816	Richard	Lack	Wootton Road Runners	M45-49	63	66	9
70	1689	Peter	Cowler	Wellingborough & District AC	M40-44	64	67	15
71	339	Gary	Finch	Bedford Harriers	M50-54	65	68	8
72	1982	Nigel	Roberts	Rugby & Northampton AC	M45-49	66	69	10
73	1692	Ady	King	Wellingborough & District AC	M45-49	67	70	11
74	185	Barry	Stratford	Ampthill & Flitwick Flyers	M35-39	68	71	10
75	1077	Vincent	Wright	North Herts Road Runners	M40-44	69	72	16
76	329	James	Elworthy	Bedford Harriers	M40-44	70	73	17
77	139	James	Handley	Ampthill & Flitwick Flyers	M40-44	71	74	18
78	987	James	Keogh	North Herts Road Runners	M40-44	72	75	19
79	1589	Matthew	Tyrrell	Team East Haddon	M40-44	73	76	20
80	1358	Steve	Holton	Olney Runners	M35-39	74	77	11
81	1480	Gez	Fallon	Stopsley Striders	M45-49	75	78	12
82	1722	Kelly	Barnett	Wellingborough & District AC	F25-29	4	79	2
83	460	Kevin	Shelton-Smith	Bedford Harriers	M55-59	76	80	3
84	972	Katie	Harbon	North Herts Road Runners	F20-24	5	81	1
85	1587	Stuart	Wheeldon	Team East Haddon	M45-49	77	82	13
86	1071	James	Walsh	North Herts Road Runners	M50-54	78	83	9
87	1237	Mitchell	Baines	Northampton Road Runners	M25-29	79	84	6
88	975	Lee	Hayes	North Herts Road Runners	M50-54	80	85	10
89	1242	Robert	Hemingway	Northampton Road Runners	M35-39	81	86	12
90	2008	Sam	Tallett	Rugby & Northampton AC	m30-34	82	87	15
91	528	Marcus	Davey	Biggleswade AC	M45-49	83	88	14
92	808	Tom	Ellerton	Leighton Fun Runners	M25-29	84	89	7
93	112	Andy	Bierton	Ampthill & Flitwick Flyers	M45-49	85	90	15
94	143	Stephen	Hartley	Ampthill & Flitwick Flyers	M45-49	86	91	16
95	307	Jon	Clark	Bedford Harriers	M50-54	87	92	11
96	998	Nick	Malpeli	North Herts Road Runners	M50-54	88	93	12
97	1353	Simon	Cook	Olney Runners	M45-49	89	94	17
98	515	Aaron	Ball	Biggleswade AC	M30-34	90	95	16
99	269	Andrew	MacIntyre	Ampthill & Flitwick Flyers	M25-29	91	96	8
100	108	Roger	Ball	Ampthill & Flitwick Flyers	M45-49	92	97	18
101	791	Colin	Aitken	Leighton Fun Runners	M35-39	93	98	13
102	1006	Astrid	Mckeown	North Herts Road Runners	F45-49	6	99	1
103	142	Callum	Harrison	Ampthill & Flitwick Flyers	M25-29	94	100	9
104	1697	Neil	McDonald	Wellingborough & District AC	M55-59	95	101	4
105	1828	Chris	Chapman	Wootton Road Runners	M40-44	96	102	21
106	1075	David	Weston	North Herts Road Runners	M35-39	97	103	14
107	1590	Rob	White	Team East Haddon	M55-59	98	104	5
108	1495	Pat	Blessing	Stopsley Striders	M55-59	99	105	6
109	852	James	Smith	Leighton Fun Runners	M45-49	100	106	19
110	526	Paul	Cooke	Biggleswade AC	M40-44	101	107	22
111	1604	Lindsay	Scott	Team East Haddon	F30-34	7	108	2
112	427	Juliet	Naylor	Bedford Harriers	F45-49	8	109	2
113	825	Andrew	Heale	Leighton Fun Runners	M50-54	102	110	13
114	194	Will	Willmott	Ampthill & Flitwick Flyers	M40-44	103	111	23
115	610	Colin	Woods	Ampthill & Flitwick Flyers	M25-29	104	112	10
116	1599	Peter	Chandley	Team East Haddon	M50-54	105	113	14
117	819	Matthew	Gilbert	Leighton Fun Runners	M40-44	106	114	24
118	510	Charlie	Arnold	Biggleswade AC	M60-64	107	115	1

3 Counties Cross Country League Results

Venue		13-January-2019						
Ampthill								
Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
119	910	Paula	Adams	North Herts Road Runners	F45-49	9	116	3
120	354	Shane	Gallagher	Bedford Harriers	M45-49	108	117	20
121	1479	Martin	Fallon	Stopsley Striders	M50-54	109	118	15
122	1986	Laurence	Scott	Rugby & Northampton AC	M55-59	110	119	7
123	403	Jason	Lake	Bedford Harriers	M45-49	111	120	21
124	1356	Stephen	Dicks	Olney Runners	M45-49	112	121	22
125	1852	Phil	Wood	Wootton Road Runners	M35-39	113	122	15
126	1653	Mark	Bonham	Wellingborough & District AC	M50-54	114	123	16
127	554	Natalie	Morgan	Biggleswade AC	F40-44	10	124	2
128	1616	Olly	Pearson	Team East Haddon	M35-39	115	125	16
129	277	Tony	Barnes	Bedford Harriers	M55-59	116	126	8
130	1713	Lisa	Smith	Wellingborough & District AC	F35-39	11	127	2
131	679	Steve	Kerin	Dunstable Road Runners	M30-34	117	128	17
132	422	Gary	McKeaveney	Bedford Harriers	M35-39	118	129	17
133	346	David	Frampton	Bedford Harriers	M60-64	119	130	2
134	1508	Ahmed	Berrah	Stopsley Striders	M35-39	120	131	18
135	1608	Charles	Spencer	Team East Haddon	M30-34	121	132	18
136	578	Natalie	Garner	Biggleswade AC	F25-29	12	133	3
137	1216	Andrew	Rosewell	Northampton Road Runners	M30-34	122	134	19
138	1475	John	Chapman	Stopsley Striders	M60-64	123	135	3
139	1166	Mick	Conroy	Northampton Road Runners	M55-59	124	136	9
140	295	Gary	Butler	Bedford Harriers	M50-54	125	137	17
141	1512	Danny	Kelly	Stopsley Striders	M55-59	126	138	10
142	2006	Claire	Holland	Rugby & Northampton AC	f30-34	13	139	3
143	1483	Philip	Davies	Stopsley Striders	M25-29	127	140	11
144	137	Graham	Haigh	Ampthill & Flitwick Flyers	M35-39	128	141	19
145	228	Kerry	Large	Ampthill & Flitwick Flyers	F30-34	14	142	4
146	114	Warwick	Browning	Ampthill & Flitwick Flyers	M60-64	129	143	4
147	324	Dea	Ditchfield	Bedford Harriers	F50-54	15	144	1
148	872	Tom	Clark	Leighton Fun Runners	m25-29	130	145	12
149	1232	Dave	Whatton	Northampton Road Runners	M50-54	131	146	18
150	570	John	Stott	Biggleswade AC	M45-49	132	147	23
151	1650	Mark	Moriarty	Wellingborough & District AC	M50-54	133	148	19
152	293	Justin	Burrell	Bedford Harriers	M45-49	134	149	24
153	382	Stephen	James	Bedford Harriers	M50-54	135	150	20
154	822	Kevin	Hare	Leighton Fun Runners	M45-49	136	151	25
155	1180	Mark	Garrett	Northampton Road Runners	M55-59	137	152	11
156	401	Stuart	Knight	Bedford Harriers	M50-54	138	153	21
157	920	John	Auld	North Herts Road Runners	M35-39	139	154	20
158	567	Malcolm	Steward	Biggleswade AC	M40-44	140	155	25
159	1367	Duncan	Winner	Olney Runners	M40-44	141	156	26
160	1820	Paul	Matthews	Wootton Road Runners	M45-49	142	157	26
161	939	Jane	Clarke	North Herts Road Runners	F35-39	16	158	3
162	187	David	Thomas	Ampthill & Flitwick Flyers	M45-49	143	159	27
163	1182	John	Gibbins	Northampton Road Runners	M40-44	144	160	27
164	1857	Chris	McFaul	Wootton Road Runners	M45-49	145	161	28
165	159	Stephen	Mullens	Ampthill & Flitwick Flyers	M55-59	146	162	12
166	365	Chloe	Haffenden	Bedford Harriers	F20-24	17	163	2
167	713	Jose	Santos	Dunstable Road Runners	M40-44	147	164	28
168	1622	Duncan	Mitchell	Team East Haddon	m45-49	148	165	29
169	215	Amy	Farr	Ampthill & Flitwick Flyers	F35-39	18	166	4
170	558	Damien	Pitts	Biggleswade AC	M35-39	149	167	21
171	1354	Justin	Crook	Olney Runners	M40-44	150	168	29
172	294	Shaun	Busby	Bedford Harriers	M30-34	151	169	20
173	1733	Helen	Etherington	Wellingborough & District AC	F35-39	19	170	5
174	1985	John	Saw	Rugby & Northampton AC	M40-44	152	171	30
175	1505	Andy	Reid	Stopsley Striders	M65-69	153	172	1
176	855	Chris	Stenner	Leighton Fun Runners	M50-54	154	173	22
177	1670	Martin	Newton	Wellingborough & District AC	M40-44	155	174	31

3 Counties Cross Country League Results

Venue		Ampthill		13-January-2019			Team Points	AgeCat Points
Pos.	No.	First Name	Surname	Club	Category	Points		
178	1865	Craig	Goodman	Wootton Road Runners	M30-34	156	175	21
179	1872	John	White	Wootton Road Runners	M40-44	157	176	32
180	1521	Peter	Brown	Stopsley Striders	M35-39	158	177	22
181	664	Ruth	Grint	Dunstable Road Runners	F50-54	20	178	2
182	798	Jim	Buttleman	Leighton Fun Runners	M50-54	159	179	23
183	803	Eddie	Cusick	Leighton Fun Runners	M55-59	160	180	13
184	865	Rosie	Booth	Leighton Fun Runners	F40-44	21	181	3
185	828	Zoe	Illingworth	Leighton Fun Runners	F45-49	22	182	4
186	1503	Christian	Bredenkamp	Stopsley Striders	M50-54	161	183	24
187	688	Shilen	Mantri	Dunstable Road Runners	M45-49	162	184	30
188	1661	Mark	Viccars	Wellingborough & District AC	M55-59	163	185	14
189	129	Richard	Gale	Ampthill & Flitwick Flyers	M40-44	164	186	33
190	1714	Louise	Kemp	Wellingborough & District AC	F40-44	23	187	4
191	408	Jason	Lee	Bedford Harriers	M40-44	165	188	34
192	268	Dean	Shanley	Ampthill & Flitwick Flyers	M20-24	166	189	4
193	181	Richard	Stanley	Ampthill & Flitwick Flyers	M50-54	167	190	25
194	1976	Bernie	Myers	Rugby & Northampton AC	M55-59	168	191	15
195	1063	Caroline	Thrussell	North Herts Road Runners	F55-59	24	192	1
196	650	Matt	Deller	Dunstable Road Runners	M40-44	169	193	35
197	676	Peter	Keane	Dunstable Road Runners	M55-59	170	194	16
198	400	Sally	Knight	Bedford Harriers	F45-49	25	195	5
199	308	Mark	Clements	Bedford Harriers	M35-39	171	196	23
200	619	Henry	Lynn	Ampthill & Flitwick Flyers	m45-49	172	197	31
201	981	Phil	Hunt	North Herts Road Runners	M50-54	173	198	26
202	183	Ben	Stoneman	Ampthill & Flitwick Flyers	M40-44	174	199	36
203	1159	Dave	Blackburn	Northampton Road Runners	M60-64	175	200	5
204	330	Frank	Esaw	Bedford Harriers	M65-69	176	201	2
205	220	Caroline	Gilby	Ampthill & Flitwick Flyers	F50-54	26	202	3
206	1178	John	Fleming	Northampton Road Runners	M45-49	177	203	32
207	270	William	Abram	Bedford Harriers	M45-49	178	204	33
208	1723	Katherine	Baxter-Smith	Wellingborough & District AC	F30-34	27	205	5
209	1366	Rob	White	Olney Runners	M45-49	179	206	34
210	1073	Ellie	Webb	North Herts Road Runners	F25-29	28	207	4
211	493	Richard	Woodward	Bedford Harriers	M35-39	180	208	24
212	298	Sally	Cartwright	Bedford Harriers	F50-54	29	209	4
213	461	Graham	Short	Bedford Harriers	M55-59	181	210	17
214	161	Chris	Newnham	Ampthill & Flitwick Flyers	M55-59	182	211	18
215	453	Claire	Rulton	Bedford Harriers	F40-44	30	212	5
216	864	Elle	Laird	Leighton Fun Runners	F30-34	31	213	6
217	1068	Andrew	Underhill	North Herts Road Runners	M40-44	183	214	37
218	256	Lisa	Wells	Ampthill & Flitwick Flyers	F50-54	32	215	5
219	2009	Alison	Cobb	Rugby & Northampton AC	f50-54	33	216	6
220	1490	Charles	Nelis	Stopsley Striders	M50-54	184	217	27
221	1815	Phoebe	Lowick	Wootton Road Runners	F30-34	34	218	7
222	867	David	Pym	Leighton Fun Runners	M50-54	185	219	28
223	106	Andy	Atherton	Ampthill & Flitwick Flyers	M55-59	186	220	19
224	1494	Andy	Durrant	Stopsley Striders	M60-64	187	221	6
225	119	Paul	Court	Ampthill & Flitwick Flyers	M45-49	188	222	35
226	701	Clare	Murphy	Dunstable Road Runners	F35-39	35	223	6
227	1504	Rick	Hares	Stopsley Striders	M55-59	189	224	20
228	618	Gary	Morris	Ampthill & Flitwick Flyers	m60-64	190	225	7
229	292	Melly	Burrell	Bedford Harriers	F35-39	36	226	7
230	1315	Phil	McClean	Dunstable Road Runners	M60-64	191	227	8
231	616	Josh	Wilkins	Ampthill & Flitwick Flyers	m20-24	192	228	5
232	110	Jeremy	Bell	Ampthill & Flitwick Flyers	M55-59	193	229	21
233	736	David	Morgan	Dunstable Road Runners	M50-54	194	230	29
234	1352	Chris	Barnes	Olney Runners	M50-54	195	231	30
235	450	Colin	Ross	Bedford Harriers	M60-64	196	232	9
236	234	Michelle	Morris	Ampthill & Flitwick Flyers	F30-34	37	233	8

3 Counties Cross Country League Results

Venue		Ampthill		13-January-2019			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
237	839	Karen	McLean	Leighton Fun Runners	F50-54	38	234	7
238	550	Kathryn	Juty	Biggleswade AC	F45-49	39	235	6
239	1885	Amanda	Barnes	Wootton Road Runners	F30-34	40	236	9
240	275	Lucy	Baldwin	Bedford Harriers	F35-39	41	237	8
241	871	Mike	Clark	Leighton Fun Runners	m60-64	197	238	10
242	1997	Catherine	Williams	Rugby & Northampton AC	F55-59	42	239	2
243	724	Jeannette	Walster	Dunstable Road Runners	F50-54	43	240	8
244	1484	Ian	Pitkin	Stopsley Striders	M50-54	198	241	31
245	1368	David	Shakespeare	Olney Runners	M50-54	199	242	32
246	1708	Emma	Moore	Wellingborough & District AC	F35-39	44	243	9
247	191	Jon	Walker	Ampthill & Flitwick Flyers	M55-59	200	244	22
248	1187	Alan	Hall	Northampton Road Runners	M60-64	201	245	11
249	1988	Zoe	Shepherd	Rugby & Northampton AC	F35-39	45	246	10
250	113	Mark	Billington	Ampthill & Flitwick Flyers	M50-54	202	247	33
251	725	Teresa	Warren	Dunstable Road Runners	F45-49	46	248	7
252	1165	Matt	Bushell	Northampton Road Runners	M40-44	203	249	38
253	470	Mark	Taggart	Bedford Harriers	M45-49	204	250	36
254	232	Jacqui	Morland	Ampthill & Flitwick Flyers	F40-44	47	251	6
255	547	Neil	Harvey	Biggleswade AC	M55-59	205	252	23
256	1459	Miriam	Linforth	Stopsley Striders	F35-39	48	253	11
257	1858	Frances	Hooper	Wootton Road Runners	F40-44	49	254	7
258	1981	Adrian	Reast	Rugby & Northampton AC	M45-49	206	255	37
259	690	Sue	McAvock	Dunstable Road Runners	F45-49	50	256	8
260	262	Keri	Withers	Ampthill & Flitwick Flyers	F50-54	51	257	9
261	930	Jillian	Boys	North Herts Road Runners	F40-44	52	258	8
262	343	Lawrence	Folley	Bedford Harriers	M55-59	207	259	24
263	366	Nora	Haggart	Bedford Harriers	F60-64	53	260	1
264	474	Mark	Tinkler	Bedford Harriers	M60-64	208	261	12
265	389	Kirsty	Jones	Bedford Harriers	F35-39	54	262	12
266	246	Katie	Ruditis	Ampthill & Flitwick Flyers	F35-39	55	263	13
267	156	Terry	McHugh	Ampthill & Flitwick Flyers	M60-64	209	264	13
268	425	Rachel	Moss	Bedford Harriers	F35-39	56	265	14
269	369	Mervyn	Harmon	Bedford Harriers	M55-59	210	266	25
270	407	Richard	Lawson	Bedford Harriers	M45-49	211	267	38
271	299	Russell	Cartwright	Bedford Harriers	M55-59	212	268	26
272	273	Claire	Adamson	Bedford Harriers	F35-39	57	269	15
273	1954	Helen	Jones	Rugby & Northampton AC	F50-54	58	270	10
274	563	Sarah Jane	Seaman	Biggleswade AC	F30-34	59	271	10
275	1523	Richard	Hardy	Stopsley Striders	M60-64	213	272	14
276	1686	Marc	Sanderson	Wellingborough & District AC	M40-44	214	273	39
277	2020	Carla	Whitmore	Bedford Harriers	F20-24	60	274	3
278	710	Mike	Reilly	Dunstable Road Runners	M50-54	215	275	34
279	1228	Roger	Taylor	Northampton Road Runners	M50-54	216	276	35
280	475	Bev	Tredget	Bedford Harriers	F50-54	61	277	11
281	2028	Tim	Southam	Bedford Harriers	M40-44	217	278	40
282	836	David	Malatynski	Leighton Fun Runners	M60-64	218	279	15
283	462	Ronnie	Singleton-Lawley	Bedford Harriers	F55-59	62	280	3
284	448	Karen	Robertson	Bedford Harriers	F55-59	63	281	4
285	1663	Shaun	De Clancy	Wellingborough & District AC	M55-59	219	282	27
286	388	Niki	Jones	Bedford Harriers	F45-49	64	283	9
287	970	Helen	Harbon	North Herts Road Runners	F25-29	65	284	5
288	703	Lisa	Phee	Dunstable Road Runners	F35-39	66	285	16
289	617	Steve	Cunningham	Ampthill & Flitwick Flyers	m35-39	220	286	25
290	398	Simon	King	Bedford Harriers	M60-64	221	287	16
291	735	Clifford	Punter	Dunstable Road Runners	M55-59	222	288	28
292	1735	Jessica	Wynn-Werninck	Wellingborough & District AC	F30-34	67	289	11
293	804	Sally	Dickinson	Leighton Fun Runners	F45-49	68	290	10
294	720	Claire	Thomas	Dunstable Road Runners	F35-39	69	291	17
295	1347	Helen	Margetts	Olney Runners	F40-44	70	292	9

3 Counties Cross Country League Results

Venue		13-January-2019						
Ampthill								
Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
296	1921	Vicky	Anderson	Rugby & Northampton AC	F45-49	71	293	11
297	153	Martin	Lees	Ampthill & Flitwick Flyers	M50-54	223	294	36
298	1210	Elaine	Palmer	Northampton Road Runners	F50-54	72	295	12
299	214	Zoey	Didlick	Ampthill & Flitwick Flyers	F40-44	73	296	10
300	842	Stephen	Moore	Leighton Fun Runners	M55-59	224	297	29
301	1853	Janet	Mitchell	Wootton Road Runners	F55-59	74	298	5
302	674	Amanda	Jefferys	Dunstable Road Runners	F45-49	75	299	12
303	861	Glenn	Watson	Leighton Fun Runners	M50-54	225	300	37
304	150	John	Kenyon	Ampthill & Flitwick Flyers	M45-49	226	301	39
305	2005	Minerva	Chesser	Rugby & Northampton AC	f40-44	76	302	11
306	543	Ian	Grimwood	Biggleswade AC	M65-69	227	303	3
307	495	Mark	Keens	Bedford Harriers	M40-44	228	304	41
308	715	Adrian	Shotbolt	Dunstable Road Runners	M45-49	229	305	40
309	1359	Roger	Mann	Olney Runners	M60-64	230	306	17
310	1843	Kay	Duffy	Wootton Road Runners	F40-44	77	307	12
311	1716	Natasha	Wain	Wellingborough & District AC	F45-49	78	308	13
312	385	Tony	Jones	Bedford Harriers	M55-59	231	309	30
313	261	Anita	Wilson	Ampthill & Flitwick Flyers	F50-54	79	310	13
314	1717	Amy	Kelly	Wellingborough & District AC	F30-34	80	311	12
315	496	Laurene	Lee	Bedford Harriers	F40-44	81	312	13
316	1445	Liz	Davies	Stopsley Striders	F55-59	82	313	6
317	2030	James	Lovett	Bedford Harriers	m30-34	232	314	22
318	353	Stephen	Gale	Bedford Harriers	F55-59	83	315	7
319	912	Linda	Aird	North Herts Road Runners	F60-64	84	316	2
320	1724	Gillian	Brightwell	Wellingborough & District AC	F55-59	85	317	8
321	347	Amanda	Friman	Bedford Harriers	F60-64	86	318	3
322	716	Paul	Stack	Dunstable Road Runners	M50-54	233	319	38
323	357	Steve	Gaunt	Bedford Harriers	M55-59	234	320	31
324	1621	Jo	Love	Team East Haddon	f45-49	87	321	14
325	795	Christine	Ayres	Leighton Fun Runners	F65-69	88	322	1
326	331	Chris	Fadden	Bedford Harriers	M55-59	235	323	32
327	355	Richard	Gallivan	Bedford Harriers	M60-64	236	324	18
328	497	Peter	Pack	Bedford Harriers	M55-59	237	325	33
329	255	Samantha	Walters	Ampthill & Flitwick Flyers	F40-44	89	326	14
330	868	Matthew	Kelly	Leighton Fun Runners	M50-54	238	327	39
331	667	Sharon	Hawkins	Dunstable Road Runners	F45-49	90	328	15
332	204	Emily	Brown	Ampthill & Flitwick Flyers	F25-29	91	329	6
333	1892	Hannah	St Leger-Harris	Wootton Road Runners	F30-34	92	330	13
334	1361	David	O'Connor	Olney Runners	M50-54	239	331	40
335	1482	Stewart	Read	Stopsley Striders	M45-49	240	332	41
336	316	Jenny	Cull	Bedford Harriers	F40-44	93	333	15
337	1012	Geoff	Murray-Rochard	North Herts Road Runners	M60-64	241	334	19
338	693	Maria	McKenna	Dunstable Road Runners	F45-49	94	335	16
339	380	Amy	Hutchinson	Bedford Harriers	F30-34	95	336	14
340	1343	Rachel	David	Olney Runners	F50-54	96	337	14
341	1464	Karen	Ashby	Stopsley Striders	F55-59	97	338	9
342	1221	Jo	Smith	Northampton Road Runners	F50-54	98	339	15
343	499	Kerry	M-Battern	Bedford Harriers	F40-44	99	340	16
344	1864	Samantha	Inniss	Wootton Road Runners	F40-44	100	341	17
345	1592	Rob	Watkinson	Team East Haddon	M55-59	242	342	34
346	1867	Andrea	Collingwood	Wootton Road Runners	F40-44	101	343	18
347	576	Robin	Wynde	Biggleswade AC	M60-64	243	344	20
348	1888	Ed	Stivala	Wootton Road Runners	m50-54	244	345	41
349	1669	Helen	King	Wellingborough & District AC	F35-39	102	346	18
350	303	Jeanette	Cheetham	Bedford Harriers	F50-54	103	347	16
351	360	Dave	Girling	Bedford Harriers	M65-69	245	348	4
352	1027	Andrew	Porter	North Herts Road Runners	M70-74	246	349	1
353	2029	Elsy	Lacy	Bedford Harriers	F40-44	104	350	19
354	530	Jennie	Day	Biggleswade AC	F50-54	105	351	17

3 Counties Cross Country League Results

Venue		Ampthill		13-January-2019			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
355	1478	Dave	Adam	Stopsley Striders	M60-64	247	352	21
356	335	Peter	Fadden	Bedford Harriers	M20-24	248	353	6
357	673	Alison	Hunt	Dunstable Road Runners	F55-59	106	354	10
358	1017	Lucy	O'Connor	North Herts Road Runners	F55-59	107	355	11
359	2000	Fleur	O'Donohue	Rugby & Northampton AC	F35-39	108	356	19
360	463	Juliet	Smith	Bedford Harriers	F50-54	109	357	18
361	1837	Josie	Pickering	Wootton Road Runners	F35-39	110	358	20
362	1514	Vicki	Crowston	Stopsley Striders	F35-39	111	359	21
363	2031	Toni	Lovett	Bedford Harriers	f30-34	112	360	15
364	1161	Stephen	Boyce	Northampton Road Runners	M60-64	249	361	22
365	1244	Adrian	Matthews	Northampton Road Runners	M40-44	250	362	42
366	1174	Sheena	Desborough	Northampton Road Runners	F45-49	113	363	17
367	1730	Jackie	King	Wellingborough & District AC	F50-54	114	364	19
368	236	Debbie	Newell	Ampthill & Flitwick Flyers	F45-49	115	365	18
369	1010	Miranda	Morgan	North Herts Road Runners	F60-64	116	366	4
370	681	Greer	Kidney	Dunstable Road Runners	F45-49	117	367	19
371	1957	Efthymia	Katsogianni	Rugby & Northampton AC	F50-54	118	368	20
372	349	Elaine	Fullard	Bedford Harriers	F55-59	119	369	12
373	1492	Paul	Duffy	Stopsley Striders	M40-44	251	370	43
374	926	Allison	Blunt	North Herts Road Runners	F50-54	120	371	21
375	723	Jonathan	Venning	Dunstable Road Runners	M65-69	252	372	5
376	485	Helen	Whiting	Bedford Harriers	F30-34	121	373	16
377	1711	Kirsty	Hewitt	Wellingborough & District AC	F35-39	122	374	22
378	2026	Rachel	Cooke	Bedford Harriers	F45-49	123	375	20
379	810	Caroline	Emerton	Leighton Fun Runners	F45-49	124	376	21
380	1522	Martin	Smith	Stopsley Striders	M40-44	253	377	44
381	680	Tina	Keynon	Dunstable Road Runners	F50-54	125	378	22
382	719	Mel Mwa	Sylvester	Dunstable Road Runners	F40-44	126	379	20
383	397	Jenny	King	Bedford Harriers	F60-64	127	380	5
384	1311	Steve	Crossley	Dunstable Road Runners	M60-64	254	381	23
385	358	Lesley	Gaunt	Bedford Harriers	F55-59	128	382	13
386	322	Caroline	Diggle	Bedford Harriers	F45-49	129	383	22
387	180	Dave	Stanley	Ampthill & Flitwick Flyers	M65-69	255	384	6
388	1667	Dom	Coleman	Wellingborough & District AC	M25-29	256	385	13
389	2007	Chloe	Tallett	Rugby & Northampton AC	f30-34	130	386	17
390	375	Cint	Horne	Bedford Harriers	F50-54	131	387	23
391	847	Sally	Puddephatt	Leighton Fun Runners	F50-54	132	388	24
392	1446	Carly	Eaves	Stopsley Striders	F30-34	133	389	18
393	1487	Philip	Abbitt	Stopsley Striders	M65-69	257	390	7
394	1454	Evelyn	Lutterodt	Stopsley Striders	F45-49	134	391	23
395	553	Maria	Merridan	Biggleswade AC	F45-49	135	392	24
396	941	Lindsay	Cook	North Herts Road Runners	F40-44	136	393	21
397	478	Rob	Upton	Bedford Harriers	M45-49	258	394	42
398	1209	Rachel	Palmer	Northampton Road Runners	F25-29	137	395	7
399	1160	Helen	Blackburn	Northampton Road Runners	F50-54	138	396	25
400	1208	Caroline	Owers	Northampton Road Runners	F50-54	139	397	26
401	1452	Kulwinder	Assra	Stopsley Striders	F50-54	140	398	27
402	562	Gareth	Saynor	Biggleswade AC	M45-49	259	399	43
403	1509	Nicole	Young	Stopsley Striders	F30-34	141	400	19
404	304	Julia	Churcher	Bedford Harriers	F50-54	142	401	28
405	352	Sara	Gale	Bedford Harriers	F55-59	143	402	14
406	372	Kathy	Hewitt	Bedford Harriers	F55-59	144	403	15
407	1456	Lucy	Joseph	Stopsley Striders	F50-54	145	404	29
408	565	Julie	Spavins	Biggleswade AC	F50-54	146	405	30
409	549	Giles	Hawthorne	Biggleswade AC	M40-44	260	406	45
410	544	Juliet	Grimwood	Biggleswade AC	F50-54	147	407	31
411	1450	Zena	Ellis	Stopsley Striders	F35-39	148	408	23
412	395	Bill	Khinda	Bedford Harriers	M65-69	261	409	8
413	1721	Margaret	Bond	Wellingborough & District AC	F60-64	149	410	6

3 Counties Cross Country League Results

Venue **Ampthill**

13-January-2019

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
414	1819	Gerald	Billis	Wootton Road Runners	M75-99	262	411	1
415	841	Anna	Mead	Leighton Fun Runners	F50-54	150	412	32
416	1745	Dawn	Holloway	Wellingborough & District AC	F50-54	151	413	33
417	1718	Mandy	Allen	Wellingborough & District AC	F55-59	152	414	16
418	854	Lorraine	Stanesby	Leighton Fun Runners	F50-54	153	415	34
419	217	Rebecca	Fleckney	Ampthill & Flitwick Flyers	F35-39	154	416	24
420	1314	Claire	Belmar	Dunstable Road Runners	F40-44	155	417	22
421	546	Colin	Harries	Biggleswade AC	M70-74	263	418	2
422	983	Brian	Judkins	North Herts Road Runners	M60-64	264	419	24
423	1233	Carol	Whatton	Northampton Road Runners	F55-59	156	420	17
424	1463	Judy	Reid	Stopsley Striders	F65-69	157	421	2
425	1524	John	Morrow	Stopsley Striders	M50-54	265	422	42
426	1193	Keren	Irving	Northampton Road Runners	F45-49	158	423	25
427	301	Jack	Chana	Bedford Harriers	M65-69	266	424	9
428	340	Debi	Fisher	Bedford Harriers	F25-29	159	425	8
429	437	Jackie	Popland	Bedford Harriers	F60-64	160	426	7
430	1894	Carl	Dillow	Wootton Road Runners	m40-44	267	427	46
431	223	Vickie	Humber	Ampthill & Flitwick Flyers	F40-44	161	428	23
432	177	Dave	Sedgley	Ampthill & Flitwick Flyers	M75-99	268	429	2
433	1527	Mark	Smith	Stopsley Striders	M30-34	269	430	23
434	221	Pat	Godfrey	Ampthill & Flitwick Flyers	F65-69	162	431	3
435	1525	Antonia	Munn	Stopsley Striders	F50-54	163	432	35
436	580	Jacqui	Chan	Biggleswade AC	f40-44	164	433	24
437	662	Magdalena	Golebiewska	Dunstable Road Runners	F35-39	165	434	25
438	1448	Helen	Metcalfe	Stopsley Striders	F30-34	166	435	20
439	1177	Karen	Eke	Northampton Road Runners	F55-59	167	436	18
440	1519	Frances	Moss	Stopsley Striders	F60-64	168	437	8
441	271	Pauline	Abram	Bedford Harriers	F50-54	169	438	36
442	371	Lorena	Henderson	Bedford Harriers	F45-49	170	439	26
443	1744	Graham	Bayes	Wellingborough & District AC	m70-74	270	440	3
444	1162	Chrissy	Boyce	Northampton Road Runners	F60-64	171	441	9
445	1526	Lorraine	Noakes	Stopsley Striders	F55-59	172	442	19
446	1181	Sally	Garrett	Northampton Road Runners	F55-59	173	443	20
447	1444	Loraine	Paine	Stopsley Striders	F50-54	174	444	37
448	1236	Teresa	Raynor	Northampton Road Runners	F55-59	175	445	21
449	392	Melanie	Joy	Bedford Harriers	F35-39	176	446	26
450	359	Carolanne	Gibson	Bedford Harriers	F55-59	177	447	22
451	356	Angela	Gallivan	Bedford Harriers	F60-64	178	448	10
452	1578	Val	Bridges	Team East Haddon	F65-69	179	449	4
453	1439	Sylvia	Thomas	Stopsley Striders	F55-59	180	450	23
454	1453	Lucinda	Philpott	Stopsley Striders	F25-29	181	451	9
455	419	Elaine	Massie	Bedford Harriers	F45-49	182	452	27
456								
457								
458								
459								
460								
461								
462								
463								
464								
465								
466								
467								
468								
469								
470								
471								
472								

3 Counties Cross Country League Results

Venue **Ampthill**

13-January-2019

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
473								
474								
475								
476								
477								
478								
479								
480								
481								
482								
483								
484								
485								
486								
487								
488								
489								
490								
491								
492								
493								
494								
495								
496								
497								
498								
499								
500								
501								
502								
503								
504								
505								
506								
507								
508								
509								
510								
511								
512								
513								
514								
515								
516								
517								
518								
519								
520								
521								
522								
523								
524								
525								
526								
527								
528								
529								
530								
531								

3 Counties Cross Country League Results

Venue

Ampthill

13-January-2019

Team

AgeCat

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
532								
533								
534								
535								
536								
537								
538								
539								
540								
541								
542								
543								
544								
545								
546								
547								
548								
549								
550								
551								
552								
553								
554								
555								
556								
557								
558								
559								
560								
561								
562								
563								
564								
565								
566								
567								
568								
569								
570								
571								
572								
573								
574								
575								
576								
577								
578								
579								
580								
581								
582								
583								
584								
585								
586								
587								
588								
589								
590								

3 Counties Cross Country League Results

Venue **Ampthill**

13-January-2019

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
591								
592								
593								
594								
595								
596								
597								
598								
599								
600								