

# 3 Counties Cross Country League Results

Venue		Well'boro		3-November-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
1	220	Harry	Smith	Amphill & Flitwick Flyers	m20-24	1	1	1	
2	227	Joe	Strange	Amphill & Flitwick Flyers	m25-29	2	2	1	
3	153	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	3	3	1	
4	1614	Phil	Melling	Rugby & Northampton AC	m40-44	4	4	1	
5	161	Phil	Holland	Amphill & Flitwick Flyers	m40-44	5	5	2	
6	978	Jim	McConnel	North Herts Road Runners	m45-49	6	6	1	
7	885	Wayne	Bell	North Herts Road Runners	m40-44	7	7	3	
8	1009	Edward	Price	North Herts Road Runners	m40-44	8	8	4	
9	892	Adam	Bowler	North Herts Road Runners	m35-39	9	9	2	
10	1268	Robert	Barnes	Stopsley Striders	m30-34	10	10	1	
11	998	Stewart	Overton	North Herts Road Runners	m35-39	11	11	3	
12	1020	matthew	Sayers	North Herts Road Runners	m40-44	12	12	5	
13	1387	Craig	Clements	Wellingborough & District AC	m35-39	13	13	4	
14	390	Phil	Jamieson	Bedford Harriers	m35-39	14	14	5	
15	258	Paul	Farmer	Amphill & Flitwick Flyers	m40-44	15	15	6	
16	1443	John	Wayland	Wellingborough & District AC	m40-44	16	16	7	
17	1095	Matthew	Clarke	Northampton Road Runners	m40-44	17	17	8	
18	1138	Tony	Letts	Northampton Road Runners	m50-54	18	18	1	
19	1049	mark	Vaughan	North Herts Road Runners	m45-49	19	19	2	
20	234	Mark	Waine	Amphill & Flitwick Flyers	m45-49	20	20	3	
21	167	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	21	21	2	
22	1479	Geoff	Bonnett	Wootton Road Runners	m25-29	22	22	3	
23	880	John	Auld	North Herts Road Runners	m35-39	23	23	6	
24	1393	Jason	French	Wellingborough & District AC	m35-39	24	24	7	
25	980	Steve	mckeown	North Herts Road Runners	m50-54	25	25	2	
26	209	Simon	Read	Amphill & Flitwick Flyers	m40-44	26	26	9	
27	761	Edward	Wise	Team East Haddon	m20-24	27	27	2	
28	996	John	O'Gorman	North Herts Road Runners	m30-34	28	28	2	
29	895	Oliver	Brady	North Herts Road Runners	m17-19	29	29	1	
30	559	Rob	Morgan	Biggleswade AC	m40-44	30	30	10	
31	110	Martin	Beare	Amphill & Flitwick Flyers	m55-59	31	31	1	
32	677	Lee	Murphy	Dunstable Road Runners	m30-34	32	32	3	
33	1645	Cian	Hutton	Rugby & Northampton AC	m17-19	33	33	2	
34	1061	Vincent	Wright	North Herts Road Runners	m40-44	34	34	11	
35	671	Liam	McNabola	Dunstable Road Runners	m30-34	35	35	4	
36	785	Martin	Crane	Leighton Fun Runners	m45-49	36	36	4	
37	1525	Richard	Lack	Wootton Road Runners	m45-49	37	37	5	
38	1402	Jon	Kemp	Wellingborough & District AC	m45-49	38	38	6	
39	947	Katie	Harbon	North Herts Road Runners	f20-24	1	39	1	
40	1615	Brendan	Moen	Rugby & Northampton AC	m50-54	39	40	3	
41	504	Stuart	Dare	Bedford Harriers	m40-44	40	41	12	
42	1431	Ben	Shirley	Wellingborough & District AC	m40-44	41	42	13	
43	562	Nick	Pillinger	Biggleswade AC	m40-44	42	43	14	
44	962	James	Keogh	North Herts Road Runners	m40-44	43	44	15	
45	610	Darren	Cornish	Dunstable Road Runners	m45-49	44	45	7	
46	793	Tom	Ellerton	Leighton Fun Runners	m25-29	45	46	4	
47	160	Ross	Henson	Amphill & Flitwick Flyers	m40-44	46	47	16	
48	762	Oliver	Munns	Team East Haddon	m20-24	47	48	3	
49	1312	Christine	Lathwell	Stopsley Striders	f40-44	2	49	1	
50	1378	Julian	Blackwell	Wellingborough & District AC	m45-49	48	50	8	
51	623	Matt	Earles	Dunstable Road Runners	m40-44	49	51	17	
52	756	Stuart	Wheeldon	Team East Haddon	m45-49	50	52	9	
53	228	Barry	Stratford	Amphill & Flitwick Flyers	m35-39	51	53	8	
54	735	Adrian	Homer	Team East Haddon	m45-49	52	54	10	
55	120	Tom	Cawdell	Amphill & Flitwick Flyers	m35-39	53	55	9	
56	537	Marcus	Davey	Biggleswade AC	m45-49	54	56	11	
57	125	Marcus	Cook	Amphill & Flitwick Flyers	m40-44	55	57	18	
58	804	Dan	Green	Leighton Fun Runners	m45-49	56	58	12	
59	1404	Ady	King	Wellingborough & District AC	m50-54	57	59	4	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
60	1594	Steve	Dixon	Rugby & Northampton AC	m40-44	58	60	19	
61	1558	Anthony	Baross	Wootton Road Runners	m55-59	59	61	2	
62	195	Gavin	Nicholson	Amphill & Flitwick Flyers	m40-44	60	62	20	
63	1161	Andy	Shaw	Northampton Road Runners	m35-39	61	63	10	
64	733	Andy	Green	Team East Haddon	m55-59	62	64	3	
65	508	Sean	Newbury	Bedford Harriers	m40-44	63	65	21	
66	146	Jeremy	Godfrey	Amphill & Flitwick Flyers	m30-34	64	66	5	
67	760	Gary	Burton	Team East Haddon	m35-39	65	67	11	
68	550	Nick	Haworth	Biggleswade AC	m40-44	66	68	22	
69	920	Ian	Datlen	North Herts Road Runners	m45-49	67	69	13	
70	1028	Peter	Sibbett	North Herts Road Runners	m55-59	68	70	4	
71	467	Kevin	Shelton-Smith	Bedford Harriers	m55-59	69	71	5	
72	1217	Chris	Dunn	Olney Runners	m30-34	70	72	6	
73	628	Lui	Falkner	Dunstable Road Runners	m20-24	71	73	4	
74	1288	Philip	Davies	Stopsley Striders	m25-29	72	74	5	
75	723	Chris	Bell	Team East Haddon	m50-54	73	75	5	
76	1299	Gez	Fallon	Stopsley Striders	m45-49	74	76	14	
77	754	Paul	Watts	Team East Haddon	m35-39	75	77	12	
78	759	Adam	Wright	Team East Haddon	m40-44	76	78	23	
79	1380	Mark	Bonham	Wellingborough & District AC	m50-54	77	79	6	
80	1373	Patrick	Barber	Wellingborough & District AC	m35-39	78	80	13	
81	1584	Adam	Bebbington	Rugby & Northampton AC	m17-19	79	81	3	
82	158	Callum	Harrison	Amphill & Flitwick Flyers	m25-29	80	82	6	
83	1399	Paul	Huckle	Wellingborough & District AC	m30-34	81	83	7	
84	809	Andrew	Heale	Leighton Fun Runners	m50-54	82	84	7	
85	840	James	Smith	Leighton Fun Runners	m45-49	83	85	15	
86	1389	Peter	Cowler	Wellingborough & District AC	m40-44	84	86	24	
87	1554	Phil	Wood	Wootton Road Runners	m40-44	85	87	25	
88	776	Ian	Bisby	Leighton Fun Runners	m45-49	86	88	16	
89	352	Simon	Foster	Bedford Harriers	m45-49	87	89	17	
90	1298	Martin	Fallon	Stopsley Striders	m50-54	88	90	8	
91	748	Charles	Spencer	Team East Haddon	m30-34	89	91	8	
92	1412	Neil	McDonald	Wellingborough & District AC	m55-59	90	92	6	
93	361	Shane	Gallaher	Bedford Harriers	m45-49	91	93	18	
94	1056	David	Weston	North Herts Road Runners	m35-39	92	94	14	
95	678	John	Murphy	Dunstable Road Runners	m50-54	93	95	9	
96	1117	John	Gibbins	Northampton Road Runners	m40-44	94	96	26	
97	817	Mark	Kleanthous	Leighton Fun Runners	m55-59	95	97	7	
98	1433	Lisa	Smith	Wellingborough & District AC	f35-39	3	98	1	
99	1235	Dean	Sartin	Olney Runners	m40-44	96	99	27	
100	520	Charlie	Arnold	Biggleswade AC	m60-64	97	100	1	
101	1226	Chris	Ling	Olney Runners	m35-39	98	101	15	
102	252	Phil	Wolstencroft	Amphill & Flitwick Flyers	m55-59	99	102	8	
103	1420	Jon	Norton	Wellingborough & District AC	m40-44	100	103	28	
104	558	Natalie	Morgan	Biggleswade AC	f40-44	4	104	2	
105	1499	Niall	Gardiner	Wootton Road Runners	m40-44	101	105	29	
106	757	Rob	White	Team East Haddon	m55-59	102	106	9	
107	305	Jon	Clark	Bedford Harriers	m50-54	103	107	10	
108	430	Gary	McKeaveney	Bedford Harriers	m35-39	104	108	16	
109	155	James	Handley	Amphill & Flitwick Flyers	m40-44	105	109	30	
110	1377	Dan	Betts	Wellingborough & District AC	m30-34	106	110	9	
111	1159	Andrew	Rosewell	Northampton Road Runners	m30-34	107	111	10	
112	1051	James	Walsh	North Herts Road Runners	m50-54	108	112	11	
113	1309	Danny	Kelly	Stopsley Striders	m55-59	109	113	10	
114	1214	Iain	Dickinson	Olney Runners	m45-49	110	114	19	
115	182	Philip	Mead	Amphill & Flitwick Flyers	m30-34	111	115	11	
116	543	Natalie	Garner	Biggleswade AC	f25-29	5	116	1	
117	1211	Darren	Darkins	Olney Runners	m30-34	112	117	12	
118	1537	Andrew	Myers	Wootton Road Runners	m35-39	113	118	17	

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119	353	Adam	Foster	Bedford Harriers	m25-29	114	119	7	
120	1233	Rob	Riekie	Olney Runners	m55-59	115	120	11	
121	408	Stuart	Knight	Bedford Harriers	m50-54	116	121	12	
122	1631	Matthew	Tilt	Rugby & Northampton AC	m45-49	117	122	20	
123	1436	Oliver	Towell	Wellingborough & District AC	m35-39	118	123	18	
124	1613	Alex	McMurtrie	Rugby & Northampton AC	m50-54	119	124	13	
125	1637	Lee	Woodward	Rugby & Northampton AC	m50-54	120	125	14	
126	1512	Graham	Hollowell	Wootton Road Runners	m50-54	121	126	15	
127	870	Paula	Adams	North Herts Road Runners	f50-54	6	127	1	
128	609	Mark	Cornell	Dunstable Road Runners	m55-59	122	128	12	
129	782	Mike	Clark	Leighton Fun Runners	m60-64	123	129	2	
130	407	Sally	Knight	Bedford Harriers	f45-49	7	130	1	
131	1644	Tim	Hill	Rugby & Northampton AC	m45-49	124	131	21	
132	1272	Pat	Blessing	Stopsley Striders	m55-59	125	132	13	
133	1133	Mark	Kennedy	Northampton Road Runners	m45-49	126	133	22	
134	1552	Ian	Wild	Wootton Road Runners	m40-44	127	134	31	
135	1416	Mark	Moriarty	Wellingborough & District AC	m50-54	128	135	16	
136	750	Liv	Thompson	Team East Haddon	f35-39	8	136	2	
137	226	Ben	Stoneman	Amphill & Flitwick Flyers	m40-44	129	137	32	
138	104	Jess	Anstee	Amphill & Flitwick Flyers	f35-39	9	138	3	
139	827	Graeme	Meichtry	Leighton Fun Runners	m40-44	130	139	33	
140	1062	Edwin	Smith	North Herts Road Runners	m30-34	131	140	13	
141	842	Chris	Stenner	Leighton Fun Runners	m50-54	132	141	17	
142	1495	Kairit	Fitzgerald	Wootton Road Runners	f35-39	10	142	4	
143	1174	Dave	Whatton	Northampton Road Runners	m55-59	133	143	14	
144	778	Jim	Buttleman	Leighton Fun Runners	m55-59	134	144	15	
145	1426	Andrew	Redden	Wellingborough & District AC	m35-39	135	145	19	
146	742	Olly	Pearson	Team East Haddon	m35-39	136	146	20	
147	1085	Darren	Baldwin	Northampton Road Runners	m50-54	137	147	18	
148	844	Andrew	Stocks	Leighton Fun Runners	m45-49	138	148	23	
149	726	Peter	Chandley	Team East Haddon	m50-54	139	149	19	
150	1291	Eammon	Devane	Stopsley Striders	m25-29	140	150	8	
151	812	Zoe	Illingworth	Leighton Fun Runners	f45-49	11	151	2	
152	1240	Rob	White	Olney Runners	m45-49	141	152	24	
153	307	Mark	Clements	Bedford Harriers	m35-39	142	153	21	
154	1643	Andy	Morris	Rugby & Northampton AC	m50-54	143	154	20	
155	1048	Andrew	Underhill	North Herts Road Runners	m40-44	144	155	34	
156	1392	Helen	Etherington	Wellingborough & District AC	f35-39	12	156	5	
157	893	Rhia	Botha	North Herts Road Runners	f30-34	13	157	1	
158	853	Rosie	Booth	Leighton Fun Runners	f40-44	14	158	3	
159	833	Gavin	Prechner	Leighton Fun Runners	m35-39	145	159	22	
160	913	Steve	Williamson	North Herts Road Runners	m55-59	146	160	16	
161	695	Becks	Sharpe	Dunstable Road Runners	f30-34	15	161	2	
162	1403	Louise	Kemp	Wellingborough & District AC	f40-44	16	162	4	
163	823	Emily	McClelland	Leighton Fun Runners	f30-34	17	163	3	
164	810	Paul	House	Leighton Fun Runners	m35-39	147	164	23	
165	806	Kevin	Hare	Leighton Fun Runners	m45-49	148	165	25	
166	488	Rob	Walls	Bedford Harriers	m60-64	149	166	3	
167	568	John	Stott	Biggleswade AC	m50-54	150	167	21	
168	381	Dave	Holt	Bedford Harriers	m60-64	151	168	4	
169	1192	Chrissy	McFaul	Northampton Road Runners	m45-49	152	169	26	
170	178	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	153	170	22	
171	1419	Sarah	Nixon	Wellingborough & District AC	f45-49	18	171	3	
172	1438	Mark	Viccars	Wellingborough & District AC	m55-59	154	172	17	
173	194	Chris	Newnham	Amphill & Flitwick Flyers	m55-59	155	173	18	
174	1621	John	Saw	Rugby & Northampton AC	m40-44	156	174	35	
175	494	Carla	Whitmore	Bedford Harriers	f25-29	19	175	2	
176	1200	Chris	Barnes	Olney Runners	m50-54	157	176	23	
177	1514	Frances	Hooper	Wootton Road Runners	f40-44	20	177	5	

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178	745	Sarah	Ryder	Team East Haddon	f30-34	21	178	4	
179	912	Stuart	Cocks	North Herts Road Runners	m40-44	158	179	36	
180	1241	Duncan	Winner	Olney Runners	m40-44	159	180	37	
181	1324	Charles	Nelis	Stopsley Striders	m50-54	160	181	24	
182	1395	Alan	Griffiths	Wellingborough & District AC	m50-54	161	182	25	
183	1234	Lisa	Russell	Olney Runners	f45-49	22	183	4	
184	856	Paul	Doyle	Leighton Fun Runners	m50-54	162	184	26	
185	276	Tony	Barnes	Bedford Harriers	m55-59	163	185	19	
186	337	Frank	Esaw	Bedford Harriers	m70-74	164	186	1	
187	102	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	23	187	2	
188	1242	Stephanie	Potter	Olney Runners	f35-39	24	188	6	
189	1561	Graham	Tee	Wootton Road Runners	m55-59	165	189	20	
190	1520	Gillian	Jakeman	Wootton Road Runners	f40-44	25	190	6	
191	414	Richard	Lawson	Bedford Harriers	m50-54	166	191	27	
192	897	Steve	Brenton	North Herts Road Runners	m35-39	167	192	24	
193	1592	Angela	Copson	Rugby & Northampton AC	f70-74	26	193	1	
194	1375	Katherine	Baxter-Smith	Wellingborough & District AC	f30-34	27	194	5	
195	185	Rossiana	Mee	Amphill & Flitwick Flyers	f30-34	28	195	6	
196	235	Jon	Walker	Amphill & Flitwick Flyers	m55-59	168	196	21	
197	216	Dean	Shanley	Amphill & Flitwick Flyers	m45-49	169	197	27	
198	1237	David	Shakespeare	Olney Runners	m50-54	170	198	28	
199	457	Andrew	Robertson	Bedford Harriers	m60-64	171	199	5	
200	1384	Ross	Cambray	Wellingborough & District AC	m35-39	172	200	25	
201	707	Teresa	Warren	Dunstable Road Runners	f50-54	29	201	3	
202	940	Kat(herine)	Gourd	North Herts Road Runners	f30-34	30	202	7	
203	1216	Guy	Dolby	Olney Runners	m45-49	173	203	28	
204	715	Frances	Wynn	Dunstable Road Runners	f35-39	31	204	7	
205	316	Sue	Cross	Bedford Harriers	f55-59	32	205	1	
206	1415	Emma	Moore	Wellingborough & District AC	f35-39	33	206	8	
207	1225	Mary	Jones	Olney Runners	f45-49	34	207	5	
208	1229	Richard	Nicholson	Olney Runners	m40-44	174	208	38	
209	241	Lisa	Wells	Amphill & Flitwick Flyers	f50-54	35	209	4	
210	372	Nora	Haggart	Bedford Harriers	f60-64	36	210	1	
211	1218	Matthew	Fox	Olney Runners	m50-54	175	211	29	
212	1630	Sally	Tilt	Rugby & Northampton AC	f45-49	37	212	6	
213	1088	Dave	Blackburn	Northampton Road Runners	m60-64	176	213	6	
214	403	Viv	Kilgour	Bedford Harriers	f55-59	38	214	2	
215	1286	Thom	Darby	Stopsley Striders	m40-44	177	215	39	
216	145	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	39	216	3	
217	1560	Tara	Adams	Wootton Road Runners	f45-49	40	217	7	
218	1386	Mark	Cheadle	Wellingborough & District AC	m40-44	178	218	40	
219	112	Jeremy	Bell	Amphill & Flitwick Flyers	m55-59	179	219	22	
220	1243	Donna	Evans	Olney Runners	f40-44	41	220	7	
221	1492	Emma	Eaton	Wootton Road Runners	f35-39	42	221	9	
222	1172	Alan	Wadsworth	Northampton Road Runners	m35-39	180	222	26	
223	808	Sam	Heady	Leighton Fun Runners	f35-39	43	223	10	
224	1221	Ruth	Gardener	Olney Runners	f50-54	44	224	5	
225	211	Katie	Ruditis	Amphill & Flitwick Flyers	f35-39	45	225	11	
226	553	Richard	Hill	Biggleswade AC	m50-54	181	226	30	
227	127	Kate	Cornelius	Amphill & Flitwick Flyers	f35-39	46	227	12	
228	1295	Andrew	Durrant	Stopsley Striders	m60-64	182	228	7	
229	542	Paula	Frost	Biggleswade AC	f35-39	47	229	13	
230	788	Sally	Dickinson	Leighton Fun Runners	f45-49	48	230	8	
231	687	Clifford	Punter	Dunstable Road Runners	m55-59	183	231	23	
232	727	Sam	Cortese	Team East Haddon	m60-64	184	232	8	
233	264	Terry	McHugh	Amphill & Flitwick Flyers	m60-64	185	233	9	
234	1439	Natasha	Wain	Wellingborough & District AC	f45-49	49	234	9	
235	123	Dave	Coker	Amphill & Flitwick Flyers	m55-59	186	235	24	
236	1304	Hicham	Hasnasoui	Stopsley Striders	m30-34	187	236	14	

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237	554	Kathryn	Juty	Biggleswade AC	f50-54	50	237	6	
238	475	Tim	Southam	Bedford Harriers	m40-44	188	238	41	
239	165	Richie	Jones	Amphill & Flitwick Flyers	m55-59	189	239	25	
240	105	Caroline	Armstrong	Amphill & Flitwick Flyers	f45-49	51	240	10	
241	850	Glenn	Watson	Leighton Fun Runners	m55-59	190	241	26	
242	452	Matt	Pyecroft	Bedford Harriers	m45-49	191	242	29	
243	470	Ronnie	Singleton-Lawley	Bedford Harriers	f55-59	52	243	4	
244	275	Lucy	Baldwin	Bedford Harriers	f40-44	53	244	8	
245	1220	Kevin	Gardener	Olney Runners	m60-64	192	245	10	
246	666	Sue	McAvock	Dunstable Road Runners	f45-49	54	246	11	
247	1376	Michael	Berry	Wellingborough & District AC	m50-54	193	247	31	
248	174	Martin	Lees	Amphill & Flitwick Flyers	m50-54	194	248	32	
249	663	Shilen	Mantri	Dunstable Road Runners	m45-49	195	249	30	
250	1187	Barry	Wesley	Northampton Road Runners	m55-59	196	250	27	
251	1523	Michael	Kendall	Wootton Road Runners	m60-64	197	251	11	
252	854	Doubeck	Levick	Leighton Fun Runners	f40-44	55	252	9	
253	1228	Sarah	McAuliffe	Olney Runners	f30-34	56	253	8	
254	1236	Helen	Sartin	Olney Runners	f45-49	57	254	12	
255	995	Lucy	O'Connor	North Herts Road Runners	f55-59	58	255	5	
256	456	Karen	Robertson	Bedford Harriers	f55-59	59	256	6	
257	392	Tony	Jones	Bedford Harriers	m55-59	198	257	28	
258	299	Lisa	Chappel	Bedford Harriers	f50-54	60	258	7	
259	680	Tracey	Palmer	Dunstable Road Runners	f45-49	61	259	13	
260	505	Sarah	Janes	Bedford Harriers	f35-39	62	260	14	
261	483	Mark	Tinkler	Bedford Harriers	m60-64	199	261	12	
262	831	Stephen	Moore	Leighton Fun Runners	m55-59	200	262	29	
263	1152	Elaine	Palmer	Northampton Road Runners	f50-54	63	263	8	
264	836	Tam	Quinn	Leighton Fun Runners	m55-59	201	264	30	
265	1213	Caroline	Dickens	Olney Runners	f40-44	64	265	10	
266	117	Emily	Brown	Amphill & Flitwick Flyers	f25-29	65	266	3	
267	1390	Martine	Crofts	Wellingborough & District AC	f30-34	66	267	9	
268	1540	Steve	Smith	Wootton Road Runners	m65-69	202	268	1	
269	342	Peter	Fadden	Bedford Harriers	m20-24	203	269	5	
270	1562	Kay	Duffy	Wootton Road Runners	f40-44	67	270	11	
271	775	Steve	Baker	Leighton Fun Runners	m50-54	204	271	33	
272	1238	Phil	Shrimpton	Olney Runners	m50-54	205	272	34	
273	132	Zoey	Didlick	Amphill & Flitwick Flyers	f40-44	68	273	12	
274	1406	Richard	Lewis	Wellingborough & District AC	m50-54	206	274	35	
275	1335	Stewart	Read	Stopsley Striders	m45-49	207	275	31	
276	829	Steve	Molyneaux	Leighton Fun Runners	m50-54	208	276	36	
277	1448	Amy	Kelly	Wellingborough & District AC	f30-34	69	277	10	
278	502	Duncan	Worthy	Bedford Harriers	m40-44	209	278	42	
279	360	Stephen	Gale	Bedford Harriers	m55-59	210	279	31	
280	338	Chris	Fadden	Bedford Harriers	m55-59	211	280	32	
281	683	Lisa	Phee	Dunstable Road Runners	f40-44	70	281	13	
282	1086	Suzanne	Baldwin	Northampton Road Runners	f50-54	71	282	9	
283	387	Jackie	Irvine	Bedford Harriers	f45-49	72	283	14	
284	1305	Peta	Hendry	Stopsley Striders	f50-54	73	284	10	
285	462	Anna	Rust	Bedford Harriers	f25-29	74	285	4	
286	1346	Barbora	Uhroková	Stopsley Striders	f30-34	75	286	11	
287	1522	Dave	Jones	Wootton Road Runners	m45-49	212	287	32	
288	388	Louisa	Jackson	Bedford Harriers	f40-44	76	288	14	
289	1446	Jessica	Wynn-Werninck	Wellingborough & District AC	f35-39	77	289	15	
290	646	Amanda	Jefferys	Dunstable Road Runners	f45-49	78	290	15	
291	355	Amanda	Friman	Bedford Harriers	f60-64	79	291	2	
292	453	Alan	Rickhuss	Bedford Harriers	m50-54	213	292	37	
293	300	Jeanette	Cheetham	Bedford Harriers	f55-59	80	293	7	
294	546	Ian	Grimwood	Biggleswade AC	m65-69	214	294	2	
295	1063	Jack	Smisvaart	North Herts Road Runners	m20-24	215	295	6	

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Venue		Well'boro		3-November-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
296	987	Geoff	murray-Rochard	North Herts Road Runners	m60-64	216	296	13	
297	774	Christine	Ayres	Leighton Fun Runners	f65-69	81	297	1	
298	119	Denise	Browning	Amphill & Flitwick Flyers	f60-64	82	298	3	
299	814	Matthew	Kelly	Leighton Fun Runners	m50-54	217	299	38	
300	1239	Sue	Teasdale	Olney Runners	f55-59	83	300	8	
301	545	Stuart	Goodwin	Biggleswade AC	m40-44	218	301	43	
302	922	Karen	Dodsworth	North Herts Road Runners	f55-59	84	302	9	
303	637	Sharon	Hawkins	Dunstable Road Runners	f45-49	85	303	16	
304	1405	Jackie	King	Wellingborough & District AC	f55-59	86	304	10	
305	1527	Phoebe	Lowick	Wootton Road Runners	f30-34	87	305	12	
306	697	Paul	Stack	Dunstable Road Runners	m55-59	219	306	33	
307	1212	Rachel	David	Olney Runners	f55-59	88	307	11	
308	393	Noel	Jones	Bedford Harriers	m55-59	220	308	34	
309	493	Helen	Whiting	Bedford Harriers	f30-34	89	309	13	
310	626	Richard	Evans	Dunstable Road Runners	m65-69	221	310	3	
311	1538	Josie	Pickering	Wootton Road Runners	f35-39	90	311	16	
312	232	Mei	Trace	Amphill & Flitwick Flyers	f50-54	91	312	11	
313	1068	Caroline	Bernard	North Herts Road Runners	f35-39	92	313	17	
314	847	Paul	Thomas	Leighton Fun Runners	m70-74	222	314	2	
315	1539	Steve	Pryor-Jones	Wootton Road Runners	m50-54	223	315	39	
316	208	Andy	Ralphs	Amphill & Flitwick Flyers	m45-49	224	316	33	
317	539	Jennie	Day	Biggleswade AC	f50-54	93	317	12	
318	437	Peter	Pack	Bedford Harriers	m55-59	225	318	35	
319	367	Dave	Girling	Bedford Harriers	m70-74	226	319	3	
320	1230	David	O'Connor	Olney Runners	m50-54	227	320	40	
321	287	Catherine	Brugnoli	Bedford Harriers	f45-49	94	321	17	
322	1006	Andrew	Porter	North Herts Road Runners	m70-74	228	322	4	
323	828	Richard	Meredith	Leighton Fun Runners	m45-49	229	323	34	
324	1424	Mary	Pearson	Wellingborough & District AC	f35-39	95	324	18	
325	796	Caroline	Emerton	Leighton Fun Runners	f45-49	96	325	18	
326	487	Diane	Wallis	Bedford Harriers	f60-64	97	326	4	
327	1050	Sue	Vaughan	North Herts Road Runners	f50-54	98	327	13	
328	659	Christina	Lawrence	Dunstable Road Runners	f35-39	99	328	19	
329	682	Louise	Perry	Dunstable Road Runners	f35-39	100	329	20	
330	1548	Jo	Ward	Wootton Road Runners	f55-59	101	330	12	
331	654	Tina	Keynon	Dunstable Road Runners	f55-59	102	331	13	
332	1151	Rachel	Palmer	Northampton Road Runners	f25-29	103	332	5	
333	198	Caroline	O'Mahoney	Amphill & Flitwick Flyers	f55-59	104	333	14	
334	641	Karen	Holland-Groary	Dunstable Road Runners	f50-54	105	334	14	
335	700	Mel Mwa	Sylvester	Dunstable Road Runners	f40-44	106	335	15	
336	1210	Keith	Curwood	Olney Runners	m35-39	230	336	27	
337	357	Elaine	Fullard	Bedford Harriers	f55-59	107	337	15	
338	1292	Ruth	Doyle	Stopsley Striders	f50-54	108	338	15	
339	569	Simon	Strong	Biggleswade AC	m45-49	231	339	35	
340	164	Laura	Johnston	Amphill & Flitwick Flyers	f50-54	109	340	16	
341	347	Debi	Fisher	Bedford Harriers	f25-29	110	341	6	
342	438	Russell	Page	Bedford Harriers	m60-64	232	342	14	
343	889	Allison	Blunt	North Herts Road Runners	f50-54	111	343	17	
344	791	Debbie	Elborn	Leighton Fun Runners	f55-59	112	344	16	
345	126	Rob	Cook	Amphill & Flitwick Flyers	m60-64	233	345	15	
346	960	Hannah	Keeble	North Herts Road Runners	f35-39	113	346	21	
347	412	Claire	Lathall	Bedford Harriers	f40-44	114	347	16	
348	297	Christelle	Celerier	Bedford Harriers	f45-49	115	348	19	
349	1166	Paula	Solomon	Northampton Road Runners	f45-49	116	349	20	
350	597	Mark	Bright	Dunstable Road Runners	m30-34	234	350	15	
351	432	Martine	Moon	Bedford Harriers	f60-64	117	351	5	
352	1089	Helen	Blackburn	Northampton Road Runners	f55-59	118	352	17	
353	1139	Jo	Letts	Northampton Road Runners	f45-49	119	353	21	
354	140	Rebecca	Fleckney	Amphill & Flitwick Flyers	f35-39	120	354	22	

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Venue		Well'boro		3-November-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
355	101	Paresh	Aatkar	Amphill & Flitwick Flyers	m50-54	235	355	41	
356	237	Carrie	Walker	Amphill & Flitwick Flyers	f17-19	121	356	1	
357	451	Sue	Pyecroft	Bedford Harriers	f45-49	122	357	22	
358	1261	Philip	Abbitt	Stopsley Striders	m65-69	236	358	4	
359	256	Siobhan	Lees	Amphill & Flitwick Flyers	f55-59	123	359	18	
360	348	Katie	Fletcher	Bedford Harriers	f25-29	124	360	7	
361	359	Sara	Gale	Bedford Harriers	f55-59	125	361	19	
362	379	Kathy	Hewitt	Bedford Harriers	f55-59	126	362	20	
363	816	Clare	Kleanthous	Leighton Fun Runners	f55-59	127	363	21	
364	1289	Valerie	Dawson	Stopsley Striders	f55-59	128	364	22	
365	1320	Antonia	Munn	Stopsley Striders	f50-54	129	365	18	
366	552	Lynn	Hill	Biggleswade AC	f50-54	130	366	19	
367	1476	Gerald	Billis	Wootton Road Runners	m75-99	237	367	1	
368	197	Brendan	O'Mahoney	Amphill & Flitwick Flyers	m55-59	238	368	36	
369	639	Ursula	Hewson	Dunstable Road Runners	f45-49	131	369	23	
370	326	Grace	Dial	Bedford Harriers	f25-29	132	370	8	
371	302	Darren	Cimelli	Bedford Harriers	m40-44	239	371	44	
372	533	Jacqui	Chan	Biggleswade AC	f45-49	133	372	24	
373	204	Clare	Petts	Amphill & Flitwick Flyers	f45-49	134	373	25	
374	911	Hayley	Cocks	North Herts Road Runners	f40-44	135	374	17	
375	166	Claire	Jones	Amphill & Flitwick Flyers	f55-59	136	375	23	
376	566	Julie	Spavins	Biggleswade AC	f50-54	137	376	20	
377	574	Lorraine	Emerson	Biggleswade AC	f40-44	138	377	18	
378	147	Pat	Godfrey	Amphill & Flitwick Flyers	f65-69	139	378	2	
379	1319	Frances	Moss	Stopsley Striders	f60-64	140	379	6	
380	781	Caroline	Clabburn	Leighton Fun Runners	f45-49	141	380	26	
381	474	Sylvia	Snowling	Bedford Harriers	f60-64	142	381	7	
382	486	Rob	Upton	Bedford Harriers	m45-49	240	382	36	
383	1201	Deirdre	Bethune	Olney Runners	f70-74	143	383	2	
384	1206	Liz	Conibere	Olney Runners	f65-69	144	384	3	
385	399	Melanie	Joy	Bedford Harriers	f35-39	145	385	23	
386	215	Dave	Sedgley	Amphill & Flitwick Flyers	m75-99	241	386	2	
387	1186	Sue	O'Sullivan	Northampton Road Runners	f55-59	146	387	24	
388	1111	Karen	Eke	Northampton Road Runners	f55-59	147	388	25	
389	1128	Helen	Hubber	Northampton Road Runners	f35-39	148	389	24	
390	1130	Keren	Irving	Northampton Road Runners	f50-54	149	390	21	
391	1300	Tricia	Forde	Stopsley Striders	f60-64	150	391	8	
392	1343	Sylvia	Thomas	Stopsley Striders	f55-59	151	392	26	
393	1352	Nicole	Young	Stopsley Striders	f30-34	152	393	14	
394	1348	Hilary	Wilman	Stopsley Striders	f50-54	153	394	22	
395	1322	Kate	Mutter	Stopsley Striders	f30-34	154	395	15	
396	298	Jack	Chana	Bedford Harriers	m65-69	242	396	5	
397	724	Val	Bridges	Team East Haddon	f65-69	155	397	4	
398	286	Sara	Brister	Bedford Harriers	f45-49	156	398	27	