

3 Counties Cross Country League Results

Venue		Leighton		24-November-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
1	1632	Joseph	Vaughn	Rugby & Northampton AC	m17-19	1	1	1	
2	1009	Edward	Price	North Herts Road Runners	m40-44	2	2	1	
3	200	Craig	Palmer	Amphill & Flitwick Flyers	m30-34	3	3	1	
4	153	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	4	4	1	
5	933	James	Fox	North Herts Road Runners	m17-19	5	5	2	
6	892	Adam	Bowler	North Herts Road Runners	m35-39	6	6	2	
7	258	Paul	Farmer	Amphill & Flitwick Flyers	m40-44	7	7	2	
8	1493	Andy	Fairley	Wootton Road Runners	m40-44	8	8	3	
9	885	Wayne	Bell	North Herts Road Runners	m40-44	9	9	4	
10	1427	Jonny	Reep	Wellingborough & District AC	m20-24	10	10	1	
11	1049	mark	Vaughan	North Herts Road Runners	m45-49	11	11	1	
12	161	Phil	Holland	Amphill & Flitwick Flyers	m40-44	12	12	5	
13	1268	Robert	Barnes	Stopsley Striders	m30-34	13	13	2	
14	1387	Craig	Clements	Wellingborough & District AC	m35-39	14	14	3	
15	177	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	15	15	6	
16	1020	matthew	Sayers	North Herts Road Runners	m40-44	16	16	7	
17	1001	Nathan	Pask	North Herts Road Runners	m40-44	17	17	8	
18	234	Mark	Waine	Amphill & Flitwick Flyers	m45-49	18	18	2	
19	1393	Jason	French	Wellingborough & District AC	m35-39	19	19	4	
20	880	John	Auld	North Herts Road Runners	m35-39	20	20	5	
21	761	Edward	Wise	Team East Haddon	m20-24	21	21	2	
22	227	Joe	Strange	Amphill & Flitwick Flyers	m25-29	22	22	1	
23	677	Lee	Murphy	Dunstable Road Runners	m30-34	23	23	3	
24	504	Stuart	Dare	Bedford Harriers	m40-44	24	24	9	
25	671	Liam	McNabola	Dunstable Road Runners	m30-34	25	25	4	
26	116	Mark	Brockway	Amphill & Flitwick Flyers	m30-34	26	26	5	
27	559	Rob	Morgan	Biggleswade AC	m40-44	27	27	10	
28	610	Darren	Cornish	Dunstable Road Runners	m45-49	28	28	3	
29	110	Martin	Beare	Amphill & Flitwick Flyers	m55-59	29	29	1	
30	209	Simon	Read	Amphill & Flitwick Flyers	m40-44	30	30	11	
31	785	Martin	Crane	Leighton Fun Runners	m45-49	31	31	4	
32	1431	Ben	Shirley	Wellingborough & District AC	m40-44	32	32	12	
33	1605	Jacob	Kelly	Rugby & Northampton AC	m17-19	33	33	3	
34	1402	Jon	Kemp	Wellingborough & District AC	m45-49	34	34	5	
35	793	Tom	Ellerton	Leighton Fun Runners	m25-29	35	35	2	
36	628	Lui	Falkner	Dunstable Road Runners	m20-24	36	36	3	
37	947	Katie	Harbon	North Herts Road Runners	f20-24	1	37	1	
38	1061	Vincent	Wright	North Herts Road Runners	m40-44	37	38	13	
39	1615	Brendan	Moan	Rugby & Northampton AC	m50-54	38	39	1	
40	1525	Richard	Lack	Wootton Road Runners	m45-49	39	40	6	
41	980	Steve	mckeown	North Herts Road Runners	m50-54	40	41	2	
42	733	Andy	Green	Team East Haddon	m55-59	41	42	2	
43	160	Ross	Henson	Amphill & Flitwick Flyers	m40-44	42	43	14	
44	173	Ashley	Larman	Amphill & Flitwick Flyers	m40-44	43	44	15	
45	735	Adrian	Homer	Team East Haddon	m45-49	44	45	7	
46	296	Ed	Castro	Bedford Harriers	m30-34	45	46	6	
47	756	Stuart	Wheeldon	Team East Haddon	m45-49	46	47	8	
48	1645	Cian	Hutton	Rugby & Northampton AC	m17-19	47	48	4	
49	760	Gary	Burton	Team East Haddon	m35-39	48	49	6	
50	550	Nick	Haworth	Biggleswade AC	m40-44	49	50	16	
51	1217	Chris	Dunn	Olney Runners	m30-34	50	51	7	
52	1028	Peter	Sibbett	North Herts Road Runners	m55-59	51	52	3	
53	1312	Christine	Lathwell	Stopsley Striders	f40-44	2	53	1	
54	804	Dan	Green	Leighton Fun Runners	m45-49	52	54	9	
55	528	Hannah	Broom	Biggleswade AC	f35-39	3	55	1	
56	1161	Andy	Shaw	Northampton Road Runners	m35-39	53	56	7	
57	920	Ian	Datlen	North Herts Road Runners	m45-49	54	57	10	
58	1558	Anthony	Baross	Wootton Road Runners	m55-59	55	58	4	
59	1378	Julian	Blackwell	Wellingborough & District AC	m45-49	56	59	11	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
60	513	Graham	Pratt	Bedford Harriers	m30-34	57	60	8	
61	723	Chris	Bell	Team East Haddon	m50-54	58	61	3	
62	1380	Mark	Bonham	Wellingborough & District AC	m50-54	59	62	4	
63	131	John	Decesare	Amphill & Flitwick Flyers	m50-54	60	63	5	
64	248	Will	Willmott	Amphill & Flitwick Flyers	m40-44	61	64	17	
65	1299	Gez	Fallon	Stopsley Striders	m45-49	62	65	12	
66	158	Callum	Harrison	Amphill & Flitwick Flyers	m25-29	63	66	3	
67	809	Andrew	Heale	Leighton Fun Runners	m50-54	64	67	6	
68	195	Gavin	Nicholson	Amphill & Flitwick Flyers	m40-44	65	68	18	
69	495	Kev	Willett	Bedford Harriers	m55-59	66	69	5	
70	1584	Adam	Bebbington	Rugby & Northampton AC	m17-19	67	70	5	
71	1226	Chris	Ling	Olney Runners	m35-39	68	71	8	
72	698	Nikk	Shivlock	Dunstable Road Runners	m50-54	69	72	7	
73	1554	Phil	Wood	Wootton Road Runners	m40-44	70	73	19	
74	114	Andy	Bierton	Amphill & Flitwick Flyers	m45-49	71	74	13	
75	535	Paul	Cooke	Biggleswade AC	m40-44	72	75	20	
76	754	Paul	Watts	Team East Haddon	m35-39	73	76	9	
77	1235	Dean	Sartin	Olney Runners	m40-44	74	77	21	
78	1374	Kelly	Barnett	Wellingborough & District AC	f25-29	4	78	1	
79	120	Tom	Cawdell	Amphill & Flitwick Flyers	m35-39	75	79	10	
80	352	Simon	Foster	Bedford Harriers	m45-49	76	80	14	
81	748	Charles	Spencer	Team East Haddon	m30-34	77	81	9	
82	1389	Peter	Cowler	Wellingborough & District AC	m40-44	78	82	22	
83	543	Natalie	Garner	Biggleswade AC	f25-29	5	83	2	
84	776	Ian	Bisby	Leighton Fun Runners	m45-49	79	84	15	
85	1123	Robert	Hemingway	Northampton Road Runners	m35-39	80	85	11	
86	759	Adam	Wright	Team East Haddon	m40-44	81	86	23	
87	408	Stuart	Knight	Bedford Harriers	m50-54	82	87	8	
88	1056	David	Weston	North Herts Road Runners	m35-39	83	88	12	
89	1051	James	Walsh	North Herts Road Runners	m50-54	84	89	9	
90	558	Natalie	Morgan	Biggleswade AC	f40-44	6	90	2	
91	1496	Richard	Fowler	Wootton Road Runners	m50-54	85	91	10	
92	1433	Lisa	Smith	Wellingborough & District AC	f35-39	7	92	2	
93	1117	John	Gibbins	Northampton Road Runners	m40-44	86	93	24	
94	354	David	Frampton	Bedford Harriers	m60-64	87	94	1	
95	1298	Martin	Fallon	Stopsley Striders	m50-54	88	95	11	
96	678	John	Murphy	Dunstable Road Runners	m50-54	89	96	12	
97	1644	Tim	Hill	Rugby & Northampton AC	m45-49	90	97	16	
98	758	Aaron	Wiles	Team East Haddon	m35-39	91	98	13	
99	1208	Simon	Cook	Olney Runners	m45-49	92	99	17	
100	842	Chris	Stenner	Leighton Fun Runners	m50-54	93	100	13	
101	1159	Andrew	Rosewell	Northampton Road Runners	m30-34	94	101	10	
102	747	Lindsay	Scott	Team East Haddon	f30-34	8	102	1	
103	1631	Matthew	Tilt	Rugby & Northampton AC	m45-49	95	103	18	
104	1272	Pat	Blessing	Stopsley Striders	m55-59	96	104	6	
105	609	Mark	Cornell	Dunstable Road Runners	m55-59	97	105	7	
106	1412	Neil	McDonald	Wellingborough & District AC	m55-59	98	106	8	
107	435	Mark	Nicholson	Bedford Harriers	m35-39	99	107	14	
108	259	Jim	Hurrord	Amphill & Flitwick Flyers	m35-39	100	108	15	
109	182	Philip	Mead	Amphill & Flitwick Flyers	m30-34	101	109	11	
110	1499	Niall	Gardiner	Wootton Road Runners	m40-44	102	110	25	
111	1214	Iain	Dickinson	Olney Runners	m45-49	103	111	19	
112	674	Richard	Moore	Dunstable Road Runners	m35-39	104	112	16	
113	1416	Mark	Moriarty	Wellingborough & District AC	m50-54	105	113	14	
114	407	Sally	Knight	Bedford Harriers	f45-49	9	114	1	
115	979	Astrid	mckeown	North Herts Road Runners	f45-49	10	115	2	
116	694	Jose	Santos	Dunstable Road Runners	m40-44	106	116	26	
117	430	Gary	McKeaveney	Bedford Harriers	m35-39	107	117	17	
118	520	Charlie	Arnold	Biggleswade AC	m60-64	108	118	2	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
119	353	Adam	Foster	Bedford Harriers	m25-29	109	119	4
120	411	Jason	Lake	Bedford Harriers	m50-54	110	120	15
121	870	Paula	Adams	North Herts Road Runners	f50-54	11	121	1
122	742	Olly	Pearson	Team East Haddon	m35-39	111	122	18
123	389	Stephen	James	Bedford Harriers	m50-54	112	123	16
124	1512	Graham	Hollowell	Wootton Road Runners	m50-54	113	124	17
125	206	Stuart	Price	Amphill & Flitwick Flyers	m40-44	114	125	27
126	611	Mick	Courtney	Dunstable Road Runners	m55-59	115	126	9
127	567	Malcolm	Steward	Biggleswade AC	m40-44	116	127	28
128	1566	Victoria	Ayliff	Wootton Road Runners	f35-39	12	128	3
129	782	Mike	Clark	Leighton Fun Runners	m60-64	117	129	3
130	1533	Richard	Moore	Wootton Road Runners	m55-59	118	130	10
131	1426	Andrew	Redden	Wellingborough & District AC	m35-39	119	131	19
132	1529	Paul	Matthews	Wootton Road Runners	m50-54	120	132	18
133	1278	Peter	Brown	Stopsley Striders	m35-39	121	133	20
134	750	Liv	Thompson	Team East Haddon	f35-39	13	134	4
135	695	Becks	Sharpe	Dunstable Road Runners	f30-34	14	135	2
136	827	Graeme	Meichtry	Leighton Fun Runners	m40-44	122	136	29
137	510	Jade	Sampson	Bedford Harriers	f25-29	15	137	3
138	560	Adam	Murphy	Biggleswade AC	m25-29	123	138	5
139	1115	Mark	Garrett	Northampton Road Runners	m55-59	124	139	11
140	1403	Louise	Kemp	Wellingborough & District AC	f40-44	16	140	3
141	1240	Rob	White	Olney Runners	m45-49	125	141	20
142	719	Wesley	Thorne	Dunstable Road Runners	m40-44	126	142	30
143	1215	Stephen	Dicks	Olney Runners	m45-49	127	143	21
144	778	Jim	Buttleman	Leighton Fun Runners	m55-59	128	144	12
145	895	Oliver	Brady	North Herts Road Runners	m17-19	129	145	6
146	812	Zoe	Illingworth	Leighton Fun Runners	f45-49	17	146	3
147	551	Giles	Hawthorne	Biggleswade AC	m45-49	130	147	22
148	307	Mark	Clements	Bedford Harriers	m35-39	131	148	21
149	806	Kevin	Hare	Leighton Fun Runners	m45-49	132	149	23
150	1182	Michael	Williams	Northampton Road Runners	m65-69	133	150	1
151	488	Rob	Walls	Bedford Harriers	m60-64	134	151	4
152	1174	Dave	Whatton	Northampton Road Runners	m55-59	135	152	13
153	853	Rosie	Booth	Leighton Fun Runners	f40-44	18	153	4
154	1392	Helen	Etherington	Wellingborough & District AC	f35-39	19	154	5
155	1621	John	Saw	Rugby & Northampton AC	m40-44	136	155	31
156	1209	Justin	Crook	Olney Runners	m40-44	137	156	32
157	737	Annemarie	Lodder	Team East Haddon	f35-39	20	157	6
158	668	Cahal	McConville	Dunstable Road Runners	m50-54	138	158	19
159	893	Rhia	Botha	North Herts Road Runners	f30-34	21	159	3
160	649	Peter	Keane	Dunstable Road Runners	m55-59	139	160	14
161	715	Frances	Wynn	Dunstable Road Runners	f35-39	22	161	7
162	1324	Charles	Nelis	Stopsley Striders	m50-54	140	162	20
163	494	Carla	Whitmore	Bedford Harriers	f25-29	23	163	4
164	1438	Mark	Viccars	Wellingborough & District AC	m55-59	141	164	15
165	1098	Robert	Corless	Northampton Road Runners	m35-39	142	165	22
166	194	Chris	Newnham	Amphill & Flitwick Flyers	m55-59	143	166	16
167	1172	Alan	Wadsworth	Northampton Road Runners	m35-39	144	167	23
168	178	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	145	168	21
169	1218	Matthew	Fox	Olney Runners	m50-54	146	169	22
170	1321	Shaun	Mutter	Stopsley Striders	m30-34	147	170	12
171	1617	Bernie	Myers	Rugby & Northampton AC	m55-59	148	171	17
172	337	Frank	Esaw	Bedford Harriers	m70-74	149	172	1
173	276	Tony	Barnes	Bedford Harriers	m55-59	150	173	18
174	216	Dean	Shanley	Amphill & Flitwick Flyers	m45-49	151	174	24
175	1395	Alan	Griffiths	Wellingborough & District AC	m50-54	152	175	23
176	1237	David	Shakespeare	Olney Runners	m50-54	153	176	24
177	910	Andrew	Coates	North Herts Road Runners	m40-44	154	177	33

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
178	414	Richard	Lawson	Bedford Harriers	m50-54	155	178	25	
179	102	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	24	179	2	
180	1238	Phil	Shrimpton	Olney Runners	m50-54	156	180	26	
181	489	Daniel	Walter	Bedford Harriers	m35-39	157	181	24	
182	1514	Frances	Hooper	Wootton Road Runners	f40-44	25	182	5	
183	707	Teresa	Warren	Dunstable Road Runners	f50-54	26	183	3	
184	1233	Rob	Riekie	Olney Runners	m55-59	158	184	19	
185	334	David	Elliott	Bedford Harriers	m45-49	159	185	25	
186	1520	Gillian	Jakeman	Wootton Road Runners	f40-44	27	186	6	
187	553	Richard	Hill	Biggleswade AC	m50-54	160	187	27	
188	1561	Graham	Tee	Wootton Road Runners	m55-59	161	188	20	
189	1337	Andy	Read	Stopsley Striders	m65-69	162	189	2	
190	461	Claire	Rulton	Bedford Harriers	f40-44	28	190	7	
191	156	Robert	Hardwick	Amphill & Flitwick Flyers	m35-39	163	191	25	
192	1386	Mark	Cheadle	Wellingborough & District AC	m40-44	164	192	34	
193	457	Andrew	Robertson	Bedford Harriers	m60-64	165	193	5	
194	1630	Sally	Tilt	Rugby & Northampton AC	f45-49	29	194	4	
195	1200	Chris	Barnes	Olney Runners	m50-54	166	195	28	
196	316	Sue	Cross	Bedford Harriers	f55-59	30	196	1	
197	350	Lawrence	Folley	Bedford Harriers	m60-64	167	197	6	
198	624	Ian	Early	Dunstable Road Runners	m45-49	168	198	26	
199	1531	Janet	Mitchell	Wootton Road Runners	f55-59	31	199	2	
200	211	Katie	Ruditis	Amphill & Flitwick Flyers	f35-39	32	200	8	
201	127	Kate	Cornelius	Amphill & Flitwick Flyers	f35-39	33	201	9	
202	1225	Mary	Jones	Olney Runners	f45-49	34	202	5	
203	808	Sam	Heady	Leighton Fun Runners	f35-39	35	203	10	
204	1088	Dave	Blackburn	Northampton Road Runners	m60-64	169	204	7	
205	1530	James	Meade	Wootton Road Runners	m45-49	170	205	27	
206	691	Mike	Reilly	Dunstable Road Runners	m35-39	171	206	26	
207	484	Bev	Tredget	Bedford Harriers	f55-59	36	207	3	
208	1220	Kevin	Gardener	Olney Runners	m60-64	172	208	8	
209	549	Neil	Harvey	Biggleswade AC	m55-59	173	209	21	
210	403	Viv	Kilgour	Bedford Harriers	f55-59	37	210	4	
211	1428	Marc	Sanderson	Wellingborough & District AC	m40-44	174	211	35	
212	1122	Alan	Hall	Northampton Road Runners	m60-64	175	212	9	
213	1243	Donna	Evans	Olney Runners	f40-44	38	213	8	
214	1221	Ruth	Gardener	Olney Runners	f50-54	39	214	4	
215	1492	Emma	Eaton	Wootton Road Runners	f35-39	40	215	11	
216	1418	Tom	Newton	Wellingborough & District AC	m60-64	176	216	10	
217	1335	Stewart	Read	Stopsley Striders	m45-49	177	217	28	
218	687	Clifford	Punter	Dunstable Road Runners	m55-59	178	218	22	
219	1565	Phil	Brittain	Wootton Road Runners	m40-44	179	219	36	
220	122	Colin	Clennett	Amphill & Flitwick Flyers	m55-59	180	220	23	
221	105	Caroline	Armstrong	Amphill & Flitwick Flyers	f45-49	41	221	6	
222	702	Claire	Thomas	Dunstable Road Runners	f35-39	42	222	12	
223	1523	Michael	Kendall	Wootton Road Runners	m60-64	181	223	11	
224	1592	Angela	Copson	Rugby & Northampton AC	f70-74	43	224	1	
225	995	Lucy	O'Connor	North Herts Road Runners	f55-59	44	225	5	
226	123	Dave	Coker	Amphill & Flitwick Flyers	m55-59	182	226	24	
227	788	Sally	Dickinson	Leighton Fun Runners	f45-49	45	227	7	
228	180	Megan	McCreadie	Amphill & Flitwick Flyers	f25-29	46	228	5	
229	165	Richie	Jones	Amphill & Flitwick Flyers	m55-59	183	229	25	
230	299	Lisa	Chappel	Bedford Harriers	f50-54	47	230	5	
231	665	Steven	Mcallister	Dunstable Road Runners	m35-39	184	231	27	
232	272	Claire	Adamson	Bedford Harriers	f30-34	48	232	4	
233	944	Jo	Harbon	North Herts Road Runners	f55-59	49	233	6	
234	483	Mark	Tinkler	Bedford Harriers	m60-64	185	234	12	
235	1522	Dave	Jones	Wootton Road Runners	m45-49	186	235	29	
236	721	Sarah	Ashcroft	Team East Haddon	f30-34	50	236	5	

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237	392	Tony	Jones	Bedford Harriers	m55-59	187	237	26	
238	660	Robert	Lee	Dunstable Road Runners	m40-44	188	238	37	
239	1540	Steve	Smith	Wootton Road Runners	m65-69	189	239	3	
240	1635	Catherine	Williams	Rugby & Northampton AC	f55-59	51	240	7	
241	456	Karen	Robertson	Bedford Harriers	f55-59	52	241	8	
242	680	Tracey	Palmer	Dunstable Road Runners	f45-49	53	242	8	
243	661	Mark	Logue	Dunstable Road Runners	m40-44	190	243	38	
244	1152	Elaine	Palmer	Northampton Road Runners	f50-54	54	244	6	
245	360	Stephen	Gale	Bedford Harriers	m55-59	191	245	27	
246	1265	Karen	Ashby	Stopsley Striders	f60-64	55	246	1	
247	505	Sarah	Janes	Bedford Harriers	f35-39	56	247	13	
248	342	Peter	Fadden	Bedford Harriers	m20-24	192	248	4	
249	117	Emily	Brown	Amphill & Flitwick Flyers	f25-29	57	249	6	
250	355	Amanda	Friman	Bedford Harriers	f60-64	58	250	2	
251	1484	Andrea	Collingwood	Wootton Road Runners	f40-44	59	251	9	
252	1448	Amy	Kelly	Wellingborough & District AC	f30-34	60	252	6	
253	1007	James	Poulton	North Herts Road Runners	m35-39	193	253	28	
254	1344	Dave	Thompson-Trace	Stopsley Striders	m60-64	194	254	13	
255	775	Steve	Baker	Leighton Fun Runners	m50-54	195	255	29	
256	1564	Simon	Mitchell	Wootton Road Runners	m60-64	196	256	14	
257	1409	Ian	Mann	Wellingborough & District AC	m55-59	197	257	28	
258	338	Chris	Fadden	Bedford Harriers	m55-59	198	258	29	
259	831	Stephen	Moore	Leighton Fun Runners	m55-59	199	259	30	
260	545	Stuart	Goodwin	Biggleswade AC	m40-44	200	260	39	
261	388	Louisa	Jackson	Bedford Harriers	f40-44	61	261	10	
262	659	Christina	Lawrence	Dunstable Road Runners	f35-39	62	262	14	
263	417	Sean	Lester	Bedford Harriers	m45-49	201	263	30	
264	635	Johanna	Hadley	Dunstable Road Runners	f35-39	63	264	15	
265	393	Noel	Jones	Bedford Harriers	m55-59	202	265	31	
266	915	Andrew	Cooper	North Herts Road Runners	m45-49	203	266	31	
267	1239	Sue	Teasdale	Olney Runners	f55-59	64	267	9	
268	987	Geoff	murray-Rochard	North Herts Road Runners	m60-64	204	268	15	
269	814	Matthew	Kelly	Leighton Fun Runners	m50-54	205	269	30	
270	1228	Sarah	McAuliffe	Olney Runners	f30-34	65	270	7	
271	462	Anna	Rust	Bedford Harriers	f25-29	66	271	7	
272	441	Justin	Parker	Bedford Harriers	m40-44	206	272	40	
273	676	Barry	Neal	Dunstable Road Runners	m35-39	207	273	29	
274	922	Karen	Dodsworth	North Herts Road Runners	f55-59	67	274	10	
275	1325	Phil	Nitchen	Stopsley Striders	m40-44	208	275	41	
276	1230	David	O'Connor	Olney Runners	m50-54	209	276	31	
277	300	Jeanette	Cheetham	Bedford Harriers	f55-59	68	277	11	
278	1090	Stephen	Boyce	Northampton Road Runners	m60-64	210	278	16	
279	539	Jennie	Day	Biggleswade AC	f50-54	69	279	7	
280	1432	Gavin	Simpson	Wellingborough & District AC	m40-44	211	280	42	
281	774	Christine	Ayres	Leighton Fun Runners	f65-69	70	281	1	
282	367	Dave	Girling	Bedford Harriers	m70-74	212	282	2	
283	1562	Kay	Duffy	Wootton Road Runners	f40-44	71	283	11	
284	697	Paul	Stack	Dunstable Road Runners	m55-59	213	284	32	
285	1353	Sally	Hunt	Stopsley Striders	f45-49	72	285	9	
286	218	Christine	Sharman	Amphill & Flitwick Flyers	f50-54	73	286	8	
287	796	Caroline	Emerton	Leighton Fun Runners	f45-49	74	287	10	
288	752	Rob	Watkinson	Team East Haddon	m55-59	214	288	33	
289	1371	Valerie	Anslow	Wellingborough & District AC	f60-64	75	289	3	
290	569	Simon	Strong	Biggleswade AC	m45-49	215	290	32	
291	1281	Joe	Cashman	Stopsley Striders	m30-34	216	291	13	
292	1151	Rachel	Palmer	Northampton Road Runners	f25-29	76	292	8	
293	828	Richard	Meredith	Leighton Fun Runners	m45-49	217	293	33	
294	509	Colin	Gill	Bedford Harriers	m30-34	218	294	14	
295	1354	Phil	Jeffrey	Stopsley Striders	m45-49	219	295	34	

3 Counties Cross Country League Results

Venue		Leighton		24-November-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
296	654	Tina	Keynon	Dunstable Road Runners	f55-59	77	296	12	
297	1050	Sue	Vaughan	North Herts Road Runners	f50-54	78	297	9	
298	164	Laura	Johnston	Amphill & Flitwick Flyers	f50-54	79	298	10	
299	405	Simon	King	Bedford Harriers	m60-64	220	299	17	
300	493	Helen	Whiting	Bedford Harriers	f30-34	80	300	8	
301	487	Diane	Wallis	Bedford Harriers	f60-64	81	301	4	
302	1292	Ruth	Doyle	Stopsley Striders	f50-54	82	302	11	
303	791	Debbie	Elborn	Leighton Fun Runners	f55-59	83	303	13	
304	1012	Georgina	Quayle	North Herts Road Runners	f25-29	84	304	9	
305	779	Adam	Carter	Leighton Fun Runners	m30-34	221	305	15	
306	126	Rob	Cook	Amphill & Flitwick Flyers	m60-64	222	306	18	
307	882	Brian	Bailey	North Herts Road Runners	m70-74	223	307	3	
308	140	Rebecca	Fleckney	Amphill & Flitwick Flyers	f35-39	85	308	16	
309	213	Helen	Satterthwaite	Amphill & Flitwick Flyers	f50-54	86	309	12	
310	682	Louise	Perry	Dunstable Road Runners	f35-39	87	310	17	
311	410	Elsy	Lacy	Bedford Harriers	f40-44	88	311	12	
312	1517	Samantha	Inniss	Wootton Road Runners	f40-44	89	312	13	
313	1388	Dom	Coleman	Wellingborough & District AC	m25-29	224	313	6	
314	1548	Jo	Ward	Wootton Road Runners	f55-59	90	314	14	
315	1160	Karen	Shakespeare	Northampton Road Runners	f45-49	91	315	11	
316	593	Claire	Belmar	Dunstable Road Runners	f40-44	92	316	14	
317	183	Emily	Mead	Amphill & Flitwick Flyers	f35-39	93	317	18	
318	1266	Kulwinder	Assra	Stopsley Striders	f50-54	94	318	13	
319	359	Sara	Gale	Bedford Harriers	f55-59	95	319	15	
320	429	Kerry	M-Battern	Bedford Harriers	f40-44	96	320	15	
321	552	Lynn	Hill	Biggleswade AC	f50-54	97	321	14	
322	700	Mel Mwa	Sylvester	Dunstable Road Runners	f40-44	98	322	16	
323	451	Sue	Pyecroft	Bedford Harriers	f45-49	99	323	12	
324	101	Paresh	Aatkar	Amphill & Flitwick Flyers	m50-54	225	324	32	
325	626	Richard	Evans	Dunstable Road Runners	m65-69	226	325	4	
326	1113	Jess	Fowler	Northampton Road Runners	f25-29	100	326	10	
327	1011	Carina	Quayle	North Herts Road Runners	f60-64	101	327	5	
328	1089	Helen	Blackburn	Northampton Road Runners	f55-59	102	328	16	
329	1398	Sally	Hewitt	Wellingborough & District AC	f65-69	103	329	2	
330	273	Anne	Adamson	Bedford Harriers	f55-59	104	330	17	
331	1289	Valerie	Dawson	Stopsley Striders	f55-59	105	331	18	
332	1488	Carl	Dillow	Wootton Road Runners	m40-44	227	332	43	
333	941	Helen	Govey	North Herts Road Runners	f40-44	106	333	17	
334	1476	Gerald	Billis	Wootton Road Runners	m75-99	228	334	1	
335	326	Grace	Dial	Bedford Harriers	f25-29	107	335	11	
336	573	Lisa	Yexley	Biggleswade AC	f35-39	108	336	19	
337	566	Julie	Spavins	Biggleswade AC	f50-54	109	337	15	
338	147	Pat	Godfrey	Amphill & Flitwick Flyers	f65-69	110	338	3	
339	166	Claire	Jones	Amphill & Flitwick Flyers	f55-59	111	339	19	
340	1319	Frances	Moss	Stopsley Striders	f60-64	112	340	6	
341	1091	Chrissy	Boyce	Northampton Road Runners	f60-64	113	341	7	
342	564	Gareth	Saynor	Biggleswade AC	m50-54	229	342	33	
343	442	Sarah	Parker	Bedford Harriers	f40-44	114	343	18	
344	345	Angie	Finch	Bedford Harriers	f60-64	115	344	8	
345	404	Jenny	King	Bedford Harriers	f60-64	116	345	9	
346	474	Sylvia	Snowling	Bedford Harriers	f60-64	117	346	10	
347	959	Brian	Judkins	North Herts Road Runners	m60-64	230	347	19	
348	348	Katie	Fletcher	Bedford Harriers	f25-29	118	348	12	
349	1300	Tricia	Forde	Stopsley Striders	f60-64	119	349	11	
350	1280	Jill	Bywaters	Stopsley Striders	f50-54	120	350	16	
351	298	Jack	Chana	Bedford Harriers	m65-69	231	351	5	
352	632	Magdalena	Golebiewska	Dunstable Road Runners	f35-39	121	352	20	
353	1283	Sharon	Chesham	Stopsley Striders	f50-54	122	353	17	
354	1343	Sylvia	Thomas	Stopsley Striders	f55-59	123	354	20	

3 Counties Cross Country League Results

Venue **Leighton**

24-November-2019

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
355	1322	Kate	Mutter	Stopsley Striders	f30-34	124	355	9
356	1348	Hilary	Wilman	Stopsley Striders	f50-54	125	356	18
357	858	David	Ayres	Leighton Fun Runners	m70-74	232	357	4