

3 Counties Cross Country League Results

Venue		North Herts		15-December-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
1	1247	Matthew	Dicks	Olney Runners	m17-19	1	1	1	
2	933	James	Fox	North Herts Road Runners	m17-19	2	2	2	
3	220	Harry	Smith	Amphill & Flitwick Flyers	m20-24	3	3	1	
4	153	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	4	4	1	
5	227	Joe	Strange	Amphill & Flitwick Flyers	m25-29	5	5	1	
6	1009	Edward	Price	North Herts Road Runners	m40-44	6	6	1	
7	258	Paul	Farmer	Amphill & Flitwick Flyers	m40-44	7	7	2	
8	998	Stewart	Overton	North Herts Road Runners	m35-39	8	8	2	
9	1268	Robert	Barnes	Stopsley Striders	m30-34	9	9	1	
10	1493	Andy	Fairley	Wootton Road Runners	m40-44	10	10	3	
11	885	Wayne	Bell	North Herts Road Runners	m40-44	11	11	4	
12	161	Phil	Holland	Amphill & Flitwick Flyers	m40-44	12	12	5	
13	1049	mark	Vaughan	North Herts Road Runners	m45-49	13	13	1	
14	1427	Jonny	Reep	Wellingborough & District AC	m20-24	14	14	2	
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	167	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	17	17	2	
18	1001	Nathan	Pask	North Herts Road Runners	m40-44	18	18	8	
19	857	Matthew	Ma	Leighton Fun Runners	m30-34	19	19	2	
20	1095	Matthew	Clarke	Northampton Road Runners	m40-44	20	20	9	
21	1593	Peter	Currington	Rugby & Northampton AC	m35-39	21	21	3	
22	880	John	Auld	North Herts Road Runners	m35-39	22	22	4	
23	677	Lee	Murphy	Dunstable Road Runners	m30-34	23	23	3	
24	895	Oliver	Brady	North Herts Road Runners	m17-19	24	24	3	
25	610	Darren	Cornish	Dunstable Road Runners	m45-49	25	25	2	
26	1061	Vincent	Wright	North Herts Road Runners	m40-44	26	26	10	
27	497	Danny	Winn	Bedford Harriers	m35-39	27	27	5	
28	209	Simon	Read	Amphill & Flitwick Flyers	m40-44	28	28	11	
29	1387	Craig	Clements	Wellingborough & District AC	m35-39	29	29	6	
30	559	Rob	Morgan	Biggleswade AC	m40-44	30	30	12	
31	1431	Ben	Shirley	Wellingborough & District AC	m40-44	31	31	13	
32	785	Martin	Crane	Leighton Fun Runners	m45-49	32	32	3	
33	947	Katie	Harbon	North Herts Road Runners	f20-24	1	33	1	
34	1138	Tony	Letts	Northampton Road Runners	m50-54	33	34	1	
35	504	Stuart	Dare	Bedford Harriers	m40-44	34	35	14	
36	1605	Jacob	Kelly	Rugby & Northampton AC	m17-19	35	36	4	
37	1525	Richard	Lack	Wootton Road Runners	m45-49	36	37	4	
38	110	Martin	Beare	Amphill & Flitwick Flyers	m55-59	37	38	1	
39	575	Alexander	Rogers	Biggleswade AC	m30-34	38	39	4	
40	628	Lui	Falkner	Dunstable Road Runners	m20-24	39	40	3	
41	131	John	Decesare	Amphill & Flitwick Flyers	m50-54	40	41	2	
42	234	Mark	Waine	Amphill & Flitwick Flyers	m45-49	41	42	5	
43	173	Ashley	Larman	Amphill & Flitwick Flyers	m40-44	42	43	15	
44	528	Hannah	Broom	Biggleswade AC	f35-39	2	44	1	
45	1615	Brendan	Moen	Rugby & Northampton AC	m50-54	43	45	3	
46	1402	Jon	Kemp	Wellingborough & District AC	m45-49	44	46	6	
47	755	Tim	Webster	Team East Haddon	m30-34	45	47	5	
48	320	Tony	Davis	Bedford Harriers	m50-54	46	48	4	
49	756	Stuart	Wheeldon	Team East Haddon	m45-49	47	49	7	
50	1217	Chris	Dunn	Olney Runners	m30-34	48	50	6	
51	537	Marcus	Davey	Biggleswade AC	m45-49	49	51	8	
52	125	Marcus	Cook	Amphill & Flitwick Flyers	m40-44	50	52	16	
53	562	Nick	Pillinger	Biggleswade AC	m40-44	51	53	17	
54	733	Andy	Green	Team East Haddon	m55-59	52	54	2	
55	550	Nick	Haworth	Biggleswade AC	m40-44	53	55	18	
56	996	John	O'Gorman	North Herts Road Runners	m30-34	54	56	7	
57	735	Adrian	Homer	Team East Haddon	m45-49	55	57	9	
58	723	Chris	Bell	Team East Haddon	m50-54	56	58	5	
59	439	Andy	Palebella	Bedford Harriers	m35-39	57	59	7	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
60	467	Kevin	Shelton-Smith	Bedford Harriers	m55-59	58	60	3	
61	1028	Peter	Sibbett	North Herts Road Runners	m55-59	59	61	4	
62	759	Adam	Wright	Team East Haddon	m40-44	60	62	19	
63	1312	Christine	Lathwell	Stopsley Striders	f40-44	3	63	1	
64	146	Jeremy	Godfrey	Amphill & Flitwick Flyers	m30-34	61	64	8	
65	762	Oliver	Munns	Team East Haddon	m20-24	62	65	4	
66	1389	Peter	Cowler	Wellingborough & District AC	m40-44	63	66	20	
67	920	Ian	Datlen	North Herts Road Runners	m45-49	64	67	10	
68	158	Callum	Harrison	Amphill & Flitwick Flyers	m25-29	65	68	3	
69	195	Gavin	Nicholson	Amphill & Flitwick Flyers	m40-44	66	69	21	
70	804	Dan	Green	Leighton Fun Runners	m45-49	67	70	11	
71	1288	Philip	Davies	Stopsley Striders	m25-29	68	71	4	
72	1235	Dean	Sartin	Olney Runners	m40-44	69	72	22	
73	678	John	Murphy	Dunstable Road Runners	m50-54	70	73	6	
74	747	Lindsay	Scott	Team East Haddon	f30-34	4	74	1	
75	1587	Vince	Carroll	Rugby & Northampton AC	m50-54	71	75	7	
76	1584	Adam	Bebbington	Rugby & Northampton AC	m17-19	72	76	5	
77	558	Natalie	Morgan	Biggleswade AC	f40-44	5	77	2	
78	1299	Gez	Fallon	Stopsley Striders	m45-49	73	78	12	
79	754	Paul	Watts	Team East Haddon	m35-39	74	79	8	
80	919	James	Dalton	North Herts Road Runners	m45-49	75	80	13	
81	354	David	Frampton	Bedford Harriers	m60-64	76	81	1	
82	1208	Simon	Cook	Olney Runners	m45-49	77	82	14	
83	1374	Kelly	Barnett	Wellingborough & District AC	f25-29	6	83	1	
84	1226	Chris	Ling	Olney Runners	m35-39	78	84	9	
85	809	Andrew	Heale	Leighton Fun Runners	m50-54	79	85	8	
86	520	Charlie	Arnold	Biggleswade AC	m60-64	80	86	2	
87	748	Charles	Spencer	Team East Haddon	m30-34	81	87	9	
88	259	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	82	88	10	
89	802	Matthew	Gilbert	Leighton Fun Runners	m40-44	83	89	23	
90	543	Natalie	Garner	Biggleswade AC	f25-29	7	90	2	
91	698	Nikk	Shivlock	Dunstable Road Runners	m50-54	84	91	9	
92	1412	Neil	McDonald	Wellingborough & District AC	m55-59	85	92	5	
93	435	Mark	Nicholson	Bedford Harriers	m35-39	86	93	11	
94	290	Shaun	Busby	Bedford Harriers	m30-34	87	94	10	
95	1380	Mark	Bonham	Wellingborough & District AC	m50-54	88	95	10	
96	1433	Lisa	Smith	Wellingborough & District AC	f35-39	8	96	2	
97	1420	Jon	Norton	Wellingborough & District AC	m40-44	89	97	24	
98	842	Chris	Stenner	Leighton Fun Runners	m50-54	90	98	11	
99	1417	Martin	Newton	Wellingborough & District AC	m40-44	91	99	25	
100	103	Dave	Ackerley	Amphill & Flitwick Flyers	m30-34	92	100	11	
101	1051	James	Walsh	North Herts Road Runners	m50-54	93	101	12	
102	757	Rob	White	Team East Haddon	m55-59	94	102	6	
103	1272	Pat	Blessing	Stopsley Striders	m55-59	95	103	7	
104	430	Gary	McKeaveney	Bedford Harriers	m35-39	96	104	12	
105	776	Ian	Bisby	Leighton Fun Runners	m45-49	97	105	15	
106	726	Peter	Chandley	Team East Haddon	m50-54	98	106	13	
107	1309	Danny	Kelly	Stopsley Striders	m55-59	99	107	8	
108	353	Adam	Foster	Bedford Harriers	m25-29	100	108	5	
109	226	Ben	Stoneman	Amphill & Flitwick Flyers	m40-44	101	109	26	
110	1621	John	Saw	Rugby & Northampton AC	m40-44	102	110	27	
111	782	Mike	Clark	Leighton Fun Runners	m60-64	103	111	3	
112	407	Sally	Knight	Bedford Harriers	f45-49	9	112	1	
113	827	Graeme	Meichtry	Leighton Fun Runners	m40-44	104	113	28	
114	408	Stuart	Knight	Bedford Harriers	m50-54	105	114	14	
115	1613	Alex	McMurtrie	Rugby & Northampton AC	m50-54	106	115	15	
116	182	Philip	Mead	Amphill & Flitwick Flyers	m30-34	107	116	12	
117	1416	Mark	Moriarty	Wellingborough & District AC	m50-54	108	117	16	
118	609	Mark	Cornell	Dunstable Road Runners	m55-59	109	118	9	

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119	1631	Matthew	Tilt	Rugby & Northampton AC	m45-49	110	119	16	
120	750	Liv	Thompson	Team East Haddon	f35-39	10	120	3	
121	242	Abi	Wells-Day	Amphill & Flitwick Flyers	f20-24	11	121	2	
122	817	Mark	Kleanthous	Leighton Fun Runners	m55-59	111	122	10	
123	389	Stephen	James	Bedford Harriers	m50-54	112	123	17	
124	1499	Niall	Gardiner	Wootton Road Runners	m40-44	113	124	29	
125	1512	Graham	Hollowell	Wootton Road Runners	m50-54	114	125	18	
126	870	Paula	Adams	North Herts Road Runners	f50-54	12	126	1	
127	668	Cahal	McConville	Dunstable Road Runners	m50-54	115	127	19	
128	1115	Mark	Garrett	Northampton Road Runners	m55-59	116	128	11	
129	806	Kevin	Hare	Leighton Fun Runners	m45-49	117	129	17	
130	1214	Iain	Dickinson	Olney Runners	m45-49	118	130	18	
131	1117	John	Gibbins	Northampton Road Runners	m40-44	119	131	30	
132	1426	Andrew	Redden	Wellingborough & District AC	m35-39	120	132	13	
133	1282	John	Chapman	Stopsley Striders	m60-64	121	133	4	
134	1174	Dave	Whatton	Northampton Road Runners	m55-59	122	134	12	
135	1637	Lee	Woodward	Rugby & Northampton AC	m50-54	123	135	20	
136	104	Jess	Anstee	Amphill & Flitwick Flyers	f35-39	13	136	4	
137	1215	Stephen	Dicks	Olney Runners	m45-49	124	137	19	
138	381	Dave	Holt	Bedford Harriers	m60-64	125	138	5	
139	695	Becks	Sharpe	Dunstable Road Runners	f30-34	14	139	2	
140	1278	Peter	Brown	Stopsley Striders	m35-39	126	140	14	
141	411	Jason	Lake	Bedford Harriers	m50-54	127	141	21	
142	853	Rosie	Booth	Leighton Fun Runners	f40-44	15	142	3	
143	844	Andrew	Stocks	Leighton Fun Runners	m45-49	128	143	20	
144	1041	Caroline	Thrussell	North Herts Road Runners	f55-59	16	144	1	
145	778	Jim	Buttleman	Leighton Fun Runners	m55-59	129	145	13	
146	276	Tony	Barnes	Bedford Harriers	m55-59	130	146	14	
147	1403	Louise	Kemp	Wellingborough & District AC	f40-44	17	147	4	
148	307	Mark	Clements	Bedford Harriers	m35-39	131	148	15	
149	897	Steve	Brenton	North Herts Road Runners	m35-39	132	149	16	
150	715	Frances	Wynn	Dunstable Road Runners	f35-39	18	150	5	
151	1070	Ian	Harvey	North Herts Road Runners	m35-39	133	151	17	
152	568	John	Stott	Biggleswade AC	m50-54	134	152	22	
153	169	Jamie	Keane	Amphill & Flitwick Flyers	m30-34	135	153	13	
154	719	Wesley	Thorne	Dunstable Road Runners	m40-44	136	154	31	
155	102	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	19	155	2	
156	115	Mark	Billington	Amphill & Flitwick Flyers	m55-59	137	156	15	
157	337	Frank	Esaw	Bedford Harriers	m70-74	138	157	1	
158	1324	Charles	Nelis	Stopsley Striders	m50-54	139	158	23	
159	812	Zoe	Illingworth	Leighton Fun Runners	f45-49	20	159	2	
160	241	Lisa	Wells	Amphill & Flitwick Flyers	f50-54	21	160	3	
161	1321	Shaun	Mutter	Stopsley Striders	m30-34	140	161	14	
162	1048	Andrew	Underhill	North Herts Road Runners	m40-44	141	162	32	
163	1062	Edwin	Smith	North Herts Road Runners	m30-34	142	163	15	
164	1438	Mark	Viccars	Wellingborough & District AC	m55-59	143	164	16	
165	1218	Matthew	Fox	Olney Runners	m50-54	144	165	24	
166	1242	Stephanie	Potter	Olney Runners	f35-39	22	166	6	
167	899	mike	Bullock	North Herts Road Runners	m45-49	145	167	21	
168	235	Jon	Walker	Amphill & Flitwick Flyers	m55-59	146	168	17	
169	553	Richard	Hill	Biggleswade AC	m50-54	147	169	25	
170	461	Claire	Rulton	Bedford Harriers	f40-44	23	170	5	
171	488	Rob	Walls	Bedford Harriers	m60-64	148	171	6	
172	745	Sarah	Ryder	Team East Haddon	f30-34	24	172	3	
173	1395	Alan	Griffiths	Wellingborough & District AC	m50-54	149	173	26	
174	910	Andrew	Coates	North Herts Road Runners	m40-44	150	174	33	
175	1172	Alan	Wadsworth	Northampton Road Runners	m35-39	151	175	18	
176	372	Nora	Haggart	Bedford Harriers	f60-64	25	176	1	
177	823	Emily	McClelland	Leighton Fun Runners	f30-34	26	177	4	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
178	1094	Matt	Bushell	Northampton Road Runners	m40-44	152	178	34	
179	1514	Frances	Hooper	Wootton Road Runners	f40-44	27	179	6	
180	707	Teresa	Warren	Dunstable Road Runners	f50-54	28	180	4	
181	106	Andy	Atherton	Amphill & Flitwick Flyers	m55-59	153	181	18	
182	128	Paul	Court	Amphill & Flitwick Flyers	m45-49	154	182	22	
183	1415	Emma	Moore	Wellingborough & District AC	f35-39	29	183	7	
184	484	Bev	Tredget	Bedford Harriers	f55-59	30	184	2	
185	443	Michael	Parks	Bedford Harriers	m50-54	155	185	27	
186	912	Stuart	Cocks	North Herts Road Runners	m40-44	156	186	35	
187	716	James	Young	Dunstable Road Runners	m20-24	157	187	5	
188	1225	Mary	Jones	Olney Runners	f45-49	31	188	3	
189	665	Steven	Mcallister	Dunstable Road Runners	m35-39	158	189	19	
190	1238	Phil	Shrimpton	Olney Runners	m50-54	159	190	28	
191	1630	Sally	Tilt	Rugby & Northampton AC	f45-49	32	191	4	
192	457	Andrew	Robertson	Bedford Harriers	m60-64	160	192	7	
193	1392	Helen	Etherington	Wellingborough & District AC	f35-39	33	193	8	
194	350	Lawrence	Folley	Bedford Harriers	m60-64	161	194	8	
195	1088	Dave	Blackburn	Northampton Road Runners	m60-64	162	195	9	
196	1339	Sanjay	Roy	Stopsley Striders	m35-39	163	196	20	
197	1531	Janet	Mitchell	Wootton Road Runners	f55-59	34	197	3	
198	1340	John	Ryan	Stopsley Striders	m55-59	164	198	19	
199	1016	Andrew	Robson	North Herts Road Runners	m50-54	165	199	29	
200	634	Ruth	Grint	Dunstable Road Runners	f50-54	35	200	5	
201	165	Richie	Jones	Amphill & Flitwick Flyers	m55-59	166	201	20	
202	105	Caroline	Armstrong	Amphill & Flitwick Flyers	f45-49	36	202	5	
203	542	Paula	Frost	Biggleswade AC	f35-39	37	203	9	
204	946	Helen	Harbon	North Herts Road Runners	f25-29	38	204	3	
205	1592	Angela	Copson	Rugby & Northampton AC	f70-74	39	205	1	
206	118	Warwick	Browning	Amphill & Flitwick Flyers	m60-64	167	206	10	
207	1243	Donna	Evans	Olney Runners	f40-44	40	207	7	
208	1227	Roger	Mann	Olney Runners	m60-64	168	208	11	
209	549	Neil	Harvey	Biggleswade AC	m55-59	169	209	21	
210	721	Sarah	Ashcroft	Team East Haddon	f30-34	41	210	5	
211	1308	Paul	Keech	Stopsley Striders	m60-64	170	211	12	
212	1055	Richard	Webber	North Herts Road Runners	m50-54	171	212	30	
213	342	Peter	Fadden	Bedford Harriers	m20-24	172	213	6	
214	1530	James	Meade	Wootton Road Runners	m45-49	173	214	23	
215	1335	Stewart	Read	Stopsley Striders	m45-49	174	215	24	
216	687	Clifford	Punter	Dunstable Road Runners	m55-59	175	216	22	
217	180	Megan	McCreadie	Amphill & Flitwick Flyers	f25-29	42	217	4	
218	1439	Natasha	Wain	Wellingborough & District AC	f45-49	43	218	6	
219	1155	Steve	Prior	Northampton Road Runners	m55-59	176	219	23	
220	403	Viv	Kilgour	Bedford Harriers	f55-59	44	220	4	
221	908	Grace	Cleary	North Herts Road Runners	f30-34	45	221	6	
222	470	Ronnie	Singleton-Lawley	Bedford Harriers	f55-59	46	222	5	
223	995	Lucy	O'Connor	North Herts Road Runners	f55-59	47	223	6	
224	1418	Tom	Newton	Wellingborough & District AC	m60-64	177	224	13	
225	264	Terry	McHugh	Amphill & Flitwick Flyers	m60-64	178	225	14	
226	1386	Mark	Cheadle	Wellingborough & District AC	m40-44	179	226	36	
227	660	Robert	Lee	Dunstable Road Runners	m40-44	180	227	37	
228	516	Keith	Gray	Bedford Harriers	m55-59	181	228	24	
229	1523	Michael	Kendall	Wootton Road Runners	m60-64	182	229	15	
230	836	Tam	Quinn	Leighton Fun Runners	m55-59	183	230	25	
231	1295	Andrew	Durrant	Stopsley Striders	m60-64	184	231	16	
232	145	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	48	232	7	
233	416	Laurene	Lee	Bedford Harriers	f40-44	49	233	8	
234	1437	Guy	Travers	Wellingborough & District AC	m45-49	185	234	25	
235	1058	Adam	Wilson	North Herts Road Runners	m45-49	186	235	26	
236	854	Doubeck	Levick	Leighton Fun Runners	f40-44	50	236	9	

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237	659	Christina	Lawrence	Dunstable Road Runners	f35-39	51	237	10	
238	1635	Catherine	Williams	Rugby & Northampton AC	f55-59	52	238	8	
239	396	Kirsty	Jones	Bedford Harriers	f40-44	53	239	10	
240	1236	Helen	Sartin	Olney Runners	f45-49	54	240	7	
241	1025	Angeliki	Shearstone-Strathopoulou	North Herts Road Runners	f40-44	55	241	11	
242	831	Stephen	Moore	Leighton Fun Runners	m55-59	187	242	26	
243	441	Justin	Parker	Bedford Harriers	m40-44	188	243	38	
244	397	Oliver	Jones	Bedford Harriers	m40-44	189	244	39	
245	392	Tony	Jones	Bedford Harriers	m55-59	190	245	27	
246	1305	Peta	Hendry	Stopsley Striders	f50-54	56	246	6	
247	456	Karen	Robertson	Bedford Harriers	f55-59	57	247	9	
248	338	Chris	Fadden	Bedford Harriers	m55-59	191	248	28	
249	1562	Kay	Duffy	Wootton Road Runners	f40-44	58	249	12	
250	132	Zoey	Didlick	Amphill & Flitwick Flyers	f40-44	59	250	13	
251	1228	Sarah	McAuliffe	Olney Runners	f30-34	60	251	7	
252	638	Owen	Hendry	Dunstable Road Runners	m45-49	192	252	27	
253	360	Stephen	Gale	Bedford Harriers	m55-59	193	253	29	
254	483	Mark	Tinkler	Bedford Harriers	m60-64	194	254	17	
255	688	Tara	Quinn	Dunstable Road Runners	f40-44	61	255	14	
256	635	Johanna	Hadley	Dunstable Road Runners	f35-39	62	256	11	
257	972	Susan	mansfield	North Herts Road Runners	f45-49	63	257	8	
258	680	Tracey	Palmer	Dunstable Road Runners	f45-49	64	258	9	
259	829	Steve	Molyneaux	Leighton Fun Runners	m50-54	195	259	31	
260	1346	Barbora	Uhroková	Stopsley Striders	f30-34	65	260	8	
261	922	Karen	Dodsworth	North Herts Road Runners	f55-59	66	261	10	
262	1050	Sue	Vaughan	North Herts Road Runners	f50-54	67	262	7	
263	539	Jennie	Day	Biggleswade AC	f50-54	68	263	8	
264	1281	Joe	Cashman	Stopsley Striders	m30-34	196	264	16	
265	676	Barry	Neal	Dunstable Road Runners	m35-39	197	265	21	
266	388	Louisa	Jackson	Bedford Harriers	f40-44	69	266	15	
267	1230	David	O'Connor	Olney Runners	m50-54	198	267	32	
268	1063	Jack	Smissaert	North Herts Road Runners	m20-24	199	268	7	
269	1619	Adrian	Reast	Rugby & Northampton AC	m50-54	200	269	33	
270	367	Dave	Girling	Bedford Harriers	m70-74	201	270	2	
271	1212	Rachel	David	Olney Runners	f55-59	70	271	11	
272	393	Noel	Jones	Bedford Harriers	m55-59	202	272	30	
273	774	Christine	Ayres	Leighton Fun Runners	f65-69	71	273	1	
274	260	Holly	Papps	Amphill & Flitwick Flyers	f25-29	72	274	5	
275	1371	Valerie	Anslow	Wellingborough & District AC	f60-64	73	275	2	
276	847	Paul	Thomas	Leighton Fun Runners	m70-74	203	276	3	
277	1409	Ian	Mann	Wellingborough & District AC	m55-59	204	277	31	
278	1068	Caroline	Bernard	North Herts Road Runners	f35-39	74	278	12	
279	437	Peter	Pack	Bedford Harriers	m55-59	205	279	32	
280	814	Matthew	Kelly	Leighton Fun Runners	m50-54	206	280	34	
281	246	Nicola	Wilkins	Amphill & Flitwick Flyers	f40-44	75	281	16	
282	1102	Sam	Crouch	Northampton Road Runners	f40-44	76	282	17	
283	487	Diane	Wallis	Bedford Harriers	f60-64	77	283	3	
284	366	Lesley	Gaunt	Bedford Harriers	f55-59	78	284	12	
285	1538	Josie	Pickering	Wootton Road Runners	f35-39	79	285	13	
286	1284	Vicki	Crowston	Stopsley Striders	f35-39	80	286	14	
287	213	Helen	Satterthwaite	Amphill & Flitwick Flyers	f50-54	81	287	9	
288	1107	Sheena	Desborough	Northampton Road Runners	f45-49	82	288	10	
289	1292	Ruth	Doyle	Stopsley Striders	f50-54	83	289	10	
290	1006	Andrew	Porter	North Herts Road Runners	m70-74	207	290	4	
291	752	Rob	Watkinson	Team East Haddon	m55-59	208	291	33	
292	1539	Steve	Pryor-Jones	Wootton Road Runners	m50-54	209	292	35	
293	1564	Simon	Mitchell	Wootton Road Runners	m60-64	210	293	18	
294	363	Richard	Gallivan	Bedford Harriers	m60-64	211	294	19	
295	636	Andrew	Punter	Dunstable Road Runners	m45-49	212	295	28	

3 Counties Cross Country League Results

Venue		North Herts		15-December-2019				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
296	347	Debi	Fisher	Bedford Harriers	f25-29	84	296	6	
297	218	Christine	Sharman	Amphill & Flitwick Flyers	f50-54	85	297	11	
298	654	Tina	Keynon	Dunstable Road Runners	f55-59	86	298	13	
299	1090	Stephen	Boyce	Northampton Road Runners	m60-64	213	299	20	
300	1151	Rachel	Palmer	Northampton Road Runners	f25-29	87	300	7	
301	685	Tara	Pountney	Dunstable Road Runners	f40-44	88	301	18	
302	1517	Samantha	Inniss	Wootton Road Runners	f40-44	89	302	19	
303	805	David	Hanley	Leighton Fun Runners	m50-54	214	303	36	
304	796	Caroline	Emerton	Leighton Fun Runners	f45-49	90	304	11	
305	1012	Georgina	Quayle	North Herts Road Runners	f25-29	91	305	8	
306	126	Rob	Cook	Amphill & Flitwick Flyers	m60-64	215	306	21	
307	1011	Carina	Quayle	North Herts Road Runners	f60-64	92	307	4	
308	1105	Charlotte	Davis	Northampton Road Runners	f17-19	93	308	1	
309	101	Paresh	Aatkar	Amphill & Flitwick Flyers	m50-54	216	309	37	
310	164	Laura	Johnston	Amphill & Flitwick Flyers	f50-54	94	310	12	
311	697	Paul	Stack	Dunstable Road Runners	m55-59	217	311	34	
312	410	Elsy	Lacy	Bedford Harriers	f40-44	95	312	20	
313	493	Helen	Whiting	Bedford Harriers	f30-34	96	313	9	
314	183	Emily	Mead	Amphill & Flitwick Flyers	f35-39	97	314	15	
315	700	Mel Mwa	Sylvester	Dunstable Road Runners	f40-44	98	315	21	
316	1150	Caroline	Owers	Northampton Road Runners	f50-54	99	316	13	
317	1261	Philip	Abbitt	Stopsley Striders	m65-69	218	317	1	
318	1315	Evelyn	Lutterodt	Stopsley Striders	f45-49	100	318	12	
319	140	Rebecca	Fleckney	Amphill & Flitwick Flyers	f35-39	101	319	16	
320	222	Dave	Stanley	Amphill & Flitwick Flyers	m65-69	219	320	2	
321	308	Rachel	Cooke	Bedford Harriers	f45-49	102	321	13	
322	442	Sarah	Parker	Bedford Harriers	f40-44	103	322	22	
323	359	Sara	Gale	Bedford Harriers	f55-59	104	323	14	
324	1266	Kulwinder	Assra	Stopsley Striders	f50-54	105	324	14	
325	451	Sue	Pyecroft	Bedford Harriers	f45-49	106	325	14	
326	569	Simon	Strong	Biggleswade AC	m45-49	220	326	29	
327	237	Carrie	Walker	Amphill & Flitwick Flyers	f17-19	107	327	2	
328	816	Clare	Kleanthous	Leighton Fun Runners	f55-59	108	328	15	
329	552	Lynn	Hill	Biggleswade AC	f50-54	109	329	15	
330	1139	Jo	Letts	Northampton Road Runners	f45-49	110	330	15	
331	1089	Helen	Blackburn	Northampton Road Runners	f55-59	111	331	16	
332	1476	Gerald	Billis	Wootton Road Runners	m75-99	221	332	1	
333	1488	Carl	Dillow	Wootton Road Runners	m40-44	222	333	40	
334	348	Katie	Fletcher	Bedford Harriers	f25-29	112	334	9	
335	1320	Antonia	Munn	Stopsley Striders	f50-54	113	335	16	
336	566	Julie	Spavins	Biggleswade AC	f50-54	114	336	17	
337	911	Hayley	Cocks	North Herts Road Runners	f40-44	115	337	23	
338	564	Gareth	Saynor	Biggleswade AC	m50-54	223	338	38	
339	1398	Sally	Hewitt	Wellingborough & District AC	f65-69	116	339	2	
340	1300	Tricia	Forde	Stopsley Striders	f60-64	117	340	5	
341	1293	Bridget	Drimussis	Stopsley Striders	f55-59	118	341	17	
342	398	Richard	Joy	Bedford Harriers	m35-39	224	342	22	
343	1091	Chrissy	Boyce	Northampton Road Runners	f60-64	119	343	6	
344	147	Pat	Godfrey	Amphill & Flitwick Flyers	f65-69	120	344	3	
345	1206	Liz	Conibere	Olney Runners	f65-69	121	345	4	
346	548	Colin	Harries	Biggleswade AC	m70-74	225	346	5	
347	1280	Jill	Bywaters	Stopsley Striders	f50-54	122	347	18	
348	298	Jack	Chana	Bedford Harriers	m65-69	226	348	3	
349	1348	Hilary	Wilman	Stopsley Striders	f50-54	123	349	19	
350	474	Sylvia	Snowling	Bedford Harriers	f60-64	124	350	7	
351	1343	Sylvia	Thomas	Stopsley Striders	f55-59	125	351	18	
352	1322	Kate	Mutter	Stopsley Striders	f30-34	126	352	10	
353	215	Dave	Sedgley	Amphill & Flitwick Flyers	m75-99	227	353	2	
354	1330	Maria	Petts	Stopsley Striders	f40-44	127	354	24	

3 Counties Cross Country League Results

Venue **North Herts**

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Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
355	1283	Sharon	Chesham	Stopsley Striders	f50-54	128	355	20
356	1232	Carolyn	Richardson	Olney Runners	f50-54	129	356	21
357	1205	Kirsten	Chantrell	Olney Runners	f45-49	130	357	16
358	399	Melanie	Joy	Bedford Harriers	f35-39	131	358	17
359	365	Steve	Gaunt	Bedford Harriers	m60-64	228	359	22
360	503	Carolanne	Gibson	Bedford Harriers	f55-59	132	360	19