

# 3 Counties Cross Country League Results

Venue		Dunstable		12-January-2020				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
1	157	Tim	Harris	Amphill & Flitwick Flyers	m35-39	1	1	1	
2	200	Craig	Palmer	Amphill & Flitwick Flyers	m30-34	2	2	1	
3	933	James	Fox	North Herts Road Runners	m17-19	3	3	1	
4	227	Joe	Strange	Amphill & Flitwick Flyers	m25-29	4	4	1	
5	1268	Robert	Barnes	Stopsley Striders	m30-34	5	5	2	
6	1493	Andy	Fairley	Wootton Road Runners	m40-44	6	6	1	
7	153	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	7	7	2	
8	885	Wayne	Bell	North Herts Road Runners	m40-44	8	8	2	
9	258	Paul	Farmer	Amphill & Flitwick Flyers	m40-44	9	9	3	
10	177	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	10	10	4	
11	1009	Edward	Price	North Herts Road Runners	m40-44	11	11	5	
12	998	Stewart	Overton	North Herts Road Runners	m35-39	12	12	3	
13	978	Jim	McConnel	North Herts Road Runners	m45-49	13	13	1	
14	233	Steven	Upton	Amphill & Flitwick Flyers	m45-49	14	14	2	
15	1427	Jonny	Reep	Wellingborough & District AC	m20-24	15	15	1	
16	857	Matthew	Ma	Leighton Fun Runners	m30-34	16	16	3	
17	1001	Nathan	Pask	North Herts Road Runners	m40-44	17	17	6	
18	1095	Matthew	Clarke	Northampton Road Runners	m40-44	18	18	7	
19	1049	mark	Vaughan	North Herts Road Runners	m45-49	19	19	3	
20	1443	John	Wayland	Wellingborough & District AC	m40-44	20	20	8	
21	1020	matthew	Sayers	North Herts Road Runners	m40-44	21	21	9	
22	234	Mark	Waine	Amphill & Flitwick Flyers	m45-49	22	22	4	
23	1248	Laszio	Torjai	Olney Runners	m40-44	23	23	10	
24	980	Steve	mckeown	North Herts Road Runners	m50-54	24	24	1	
25	895	Oliver	Brady	North Herts Road Runners	m17-19	25	25	2	
26	497	Danny	Winn	Bedford Harriers	m35-39	26	26	4	
27	103	Dave	Ackerley	Amphill & Flitwick Flyers	m30-34	27	27	4	
28	1138	Tony	Letts	Northampton Road Runners	m50-54	28	28	2	
29	1393	Jason	French	Wellingborough & District AC	m35-39	29	29	5	
30	167	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	30	30	2	
31	1061	Vincent	Wright	North Herts Road Runners	m40-44	31	31	11	
32	880	John	Auld	North Herts Road Runners	m35-39	32	32	6	
33	677	Lee	Murphy	Dunstable Road Runners	m30-34	33	33	5	
34	996	John	O'Gorman	North Herts Road Runners	m30-34	34	34	6	
35	559	Rob	Morgan	Biggleswade AC	m40-44	35	35	12	
36	948	Robert John	Harris	North Herts Road Runners	m40-44	36	36	13	
37	131	John	Decesare	Amphill & Flitwick Flyers	m50-54	37	37	3	
38	1525	Richard	Lack	Wootton Road Runners	m45-49	38	38	5	
39	761	Edward	Wise	Team East Haddon	m20-24	39	39	2	
40	110	Martin	Beare	Amphill & Flitwick Flyers	m55-59	40	40	1	
41	793	Tom	Ellerton	Leighton Fun Runners	m25-29	41	41	3	
42	575	Alexander	Rogers	Biggleswade AC	m30-34	42	42	7	
43	320	Tony	Davis	Bedford Harriers	m50-54	43	43	4	
44	1312	Christine	Lathwell	Stopsley Striders	f40-44	1	44	1	
45	173	Ashley	Larman	Amphill & Flitwick Flyers	m40-44	44	45	14	
46	785	Martin	Crane	Leighton Fun Runners	m45-49	45	46	6	
47	1402	Jon	Kemp	Wellingborough & District AC	m45-49	46	47	7	
48	528	Hannah	Broom	Biggleswade AC	f35-39	2	48	1	
49	562	Nick	Pillinger	Biggleswade AC	m40-44	47	49	15	
50	1399	Paul	Huckle	Wellingborough & District AC	m30-34	48	50	8	
51	314	Sean	Crawley	Bedford Harriers	m45-49	49	51	8	
52	610	Darren	Cornish	Dunstable Road Runners	m45-49	50	52	9	
53	947	Katie	Harbon	North Herts Road Runners	f20-24	3	53	1	
54	439	Andy	Palembella	Bedford Harriers	m35-39	51	54	7	
55	764	Dave	Blake	Team East Haddon	m30-34	52	55	9	
56	628	Lui	Falkner	Dunstable Road Runners	m20-24	53	56	3	
57	125	Marcus	Cook	Amphill & Flitwick Flyers	m40-44	54	57	16	
58	1217	Chris	Dunn	Olney Runners	m30-34	55	58	10	
59	120	Tom	Cawdell	Amphill & Flitwick Flyers	m35-39	56	59	8	

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60	114	Andy	Bierton	Amphill & Flitwick Flyers	m45-49	57	60	10	
61	756	Stuart	Wheeldon	Team East Haddon	m45-49	58	61	11	
62	228	Barry	Stratford	Amphill & Flitwick Flyers	m35-39	59	62	9	
63	733	Andy	Green	Team East Haddon	m55-59	60	63	2	
64	1389	Peter	Cowler	Wellingborough & District AC	m40-44	61	64	17	
65	735	Adrian	Homer	Team East Haddon	m45-49	62	65	12	
66	671	Liam	McNabola	Dunstable Road Runners	m30-34	63	66	11	
67	1387	Craig	Clements	Wellingborough & District AC	m35-39	64	67	10	
68	962	James	Keogh	North Herts Road Runners	m40-44	65	68	18	
69	776	Ian	Bisby	Leighton Fun Runners	m45-49	66	69	13	
70	358	Gill	Fullen	Bedford Harriers	f55-59	4	70	1	
71	804	Dan	Green	Leighton Fun Runners	m45-49	67	71	14	
72	762	Oliver	Munns	Team East Haddon	m20-24	68	72	4	
73	537	Marcus	Davey	Biggleswade AC	m45-49	69	73	15	
74	248	Will	Willmott	Amphill & Flitwick Flyers	m40-44	70	74	19	
75	783	Tom	Clark	Leighton Fun Runners	m25-29	71	75	4	
76	550	Nick	Haworth	Biggleswade AC	m40-44	72	76	20	
77	158	Callum	Harrison	Amphill & Flitwick Flyers	m25-29	73	77	5	
78	467	Kevin	Shelton-Smith	Bedford Harriers	m55-59	74	78	3	
79	920	Ian	Datlen	North Herts Road Runners	m45-49	75	79	16	
80	1400	Ian	Jones	Wellingborough & District AC	m35-39	76	80	11	
81	195	Gavin	Nicholson	Amphill & Flitwick Flyers	m40-44	77	81	21	
82	760	Gary	Burton	Team East Haddon	m35-39	78	82	12	
83	1615	Brendan	Moen	Rugby & Northampton AC	m50-54	79	83	5	
84	1056	David	Weston	North Herts Road Runners	m35-39	80	84	13	
85	1554	Phil	Wood	Wootton Road Runners	m40-44	81	85	22	
86	155	James	Handley	Amphill & Flitwick Flyers	m40-44	82	86	23	
87	352	Simon	Foster	Bedford Harriers	m45-49	83	87	17	
88	759	Adam	Wright	Team East Haddon	m40-44	84	88	24	
89	1299	Gez	Fallon	Stopsley Striders	m45-49	85	89	18	
90	1431	Ben	Shirley	Wellingborough & District AC	m40-44	86	90	25	
91	1374	Kelly	Barnett	Wellingborough & District AC	f25-29	5	91	1	
92	1404	Ady	King	Wellingborough & District AC	m50-54	87	92	6	
93	842	Chris	Stenner	Leighton Fun Runners	m50-54	88	93	7	
94	1208	Simon	Cook	Olney Runners	m45-49	89	94	19	
95	259	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	90	95	14	
96	1204	Phil	Catchside	Olney Runners	m45-49	91	96	20	
97	1235	Dean	Sartin	Olney Runners	m40-44	92	97	26	
98	134	Andrew	Dodds	Amphill & Flitwick Flyers	m30-34	93	98	12	
99	1298	Martin	Fallon	Stopsley Striders	m50-54	94	99	8	
100	543	Natalie	Garner	Biggleswade AC	f25-29	6	100	2	
101	809	Andrew	Heale	Leighton Fun Runners	m50-54	95	101	9	
102	1558	Anthony	Baross	Wootton Road Runners	m55-59	96	102	4	
103	520	Charlie	Arnold	Biggleswade AC	m60-64	97	103	1	
104	979	Astrid	mckeown	North Herts Road Runners	f45-49	7	104	1	
105	668	Cahal	McConville	Dunstable Road Runners	m50-54	98	105	10	
106	1123	Robert	Hemingway	Northampton Road Runners	m35-39	99	106	15	
107	160	Ross	Henson	Amphill & Flitwick Flyers	m40-44	100	107	27	
108	678	John	Murphy	Dunstable Road Runners	m50-54	101	108	11	
109	726	Peter	Chandley	Team East Haddon	m50-54	102	109	12	
110	1621	John	Saw	Rugby & Northampton AC	m40-44	103	110	28	
111	747	Lindsay	Scott	Team East Haddon	f30-34	8	111	1	
112	1117	John	Gibbins	Northampton Road Runners	m40-44	104	112	29	
113	558	Natalie	Morgan	Biggleswade AC	f40-44	9	113	2	
114	290	Shaun	Busby	Bedford Harriers	m30-34	105	114	13	
115	693	Scott	Riddell	Dunstable Road Runners	m35-39	106	115	16	
116	1533	Richard	Moore	Wootton Road Runners	m55-59	107	116	5	
117	411	Jason	Lake	Bedford Harriers	m50-54	108	117	13	
118	1412	Neil	McDonald	Wellingborough & District AC	m55-59	109	118	6	

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119	1272	Pat	Blessing	Stopsley Striders	m55-59	110	119	7	
120	1285	Ian	Curry	Stopsley Striders	m40-44	111	120	30	
121	742	Olly	Pearson	Team East Haddon	m35-39	112	121	17	
122	1433	Lisa	Smith	Wellingborough & District AC	f35-39	10	122	2	
123	1288	Philip	Davies	Stopsley Striders	m25-29	113	123	6	
124	782	Mike	Clark	Leighton Fun Runners	m60-64	114	124	2	
125	1512	Graham	Hollowell	Wootton Road Runners	m50-54	115	125	14	
126	1214	Iain	Dickinson	Olney Runners	m45-49	116	126	21	
127	802	Matthew	Gilbert	Leighton Fun Runners	m40-44	117	127	31	
128	217	Sunil	Sharma	Amphill & Flitwick Flyers	m40-44	118	128	32	
129	242	Abi	Wells-Day	Amphill & Flitwick Flyers	f20-24	11	129	2	
130	407	Sally	Knight	Bedford Harriers	f45-49	12	130	2	
131	1417	Martin	Newton	Wellingborough & District AC	m40-44	119	131	33	
132	354	David	Frampton	Bedford Harriers	m60-64	120	132	3	
133	182	Philip	Mead	Amphill & Flitwick Flyers	m30-34	121	133	14	
134	1613	Alex	McMurtrie	Rugby & Northampton AC	m50-54	122	134	15	
135	609	Mark	Cornell	Dunstable Road Runners	m55-59	123	135	8	
136	1333	Tom	Rankin	Stopsley Striders	m20-24	124	136	5	
137	1375	Katherine	Baxter-Smith	Wellingborough & District AC	f30-34	13	137	2	
138	1416	Mark	Moriarty	Wellingborough & District AC	m50-54	125	138	16	
139	806	Kevin	Hare	Leighton Fun Runners	m45-49	126	139	22	
140	381	Dave	Holt	Bedford Harriers	m60-64	127	140	4	
141	827	Graeme	Meichtry	Leighton Fun Runners	m40-44	128	141	34	
142	1309	Danny	Kelly	Stopsley Striders	m55-59	129	142	9	
143	870	Paula	Adams	North Herts Road Runners	f50-54	14	143	1	
144	750	Liv	Thompson	Team East Haddon	f35-39	15	144	3	
145	551	Giles	Hawthorne	Biggleswade AC	m45-49	130	145	23	
146	152	Graham	Haigh	Amphill & Flitwick Flyers	m40-44	131	146	35	
147	104	Jess	Anstee	Amphill & Flitwick Flyers	f35-39	16	147	4	
148	686	Emily	Prejac	Dunstable Road Runners	f35-39	17	148	5	
149	1240	Rob	White	Olney Runners	m45-49	132	149	24	
150	206	Stuart	Price	Amphill & Flitwick Flyers	m40-44	133	150	36	
151	397	Oliver	Jones	Bedford Harriers	m40-44	134	151	37	
152	1380	Mark	Bonham	Wellingborough & District AC	m50-54	135	152	17	
153	408	Stuart	Knight	Bedford Harriers	m50-54	136	153	18	
154	1070	Ian	Harvey	North Herts Road Runners	m35-39	137	154	18	
155	291	Gary	Butler	Bedford Harriers	m50-54	138	155	19	
156	1159	Andrew	Rosewell	Northampton Road Runners	m30-34	139	156	15	
157	792	Steve	Ellerton	Leighton Fun Runners	m55-59	140	157	10	
158	719	Wesley	Thorne	Dunstable Road Runners	m40-44	141	158	38	
159	1403	Louise	Kemp	Wellingborough & District AC	f40-44	18	159	3	
160	1062	Edwin	Smith	North Herts Road Runners	m30-34	142	160	16	
161	102	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	19	161	2	
162	893	Rhia	Botha	North Herts Road Runners	f30-34	20	162	3	
163	1570	Matt	Lever	Wootton Road Runners	m40-44	143	163	39	
164	1282	John	Chapman	Stopsley Striders	m60-64	144	164	5	
165	810	Paul	House	Leighton Fun Runners	m35-39	145	165	19	
166	715	Frances	Wynn	Dunstable Road Runners	f35-39	21	166	6	
167	1321	Shaun	Mutter	Stopsley Striders	m30-34	146	167	17	
168	1133	Mark	Kennedy	Northampton Road Runners	m45-49	147	168	25	
169	1337	Andy	Read	Stopsley Striders	m65-69	148	169	1	
170	853	Rosie	Booth	Leighton Fun Runners	f40-44	22	170	4	
171	778	Jim	Buttleman	Leighton Fun Runners	m55-59	149	171	11	
172	1436	Oliver	Towell	Wellingborough & District AC	m35-39	150	172	20	
173	1271	Ahmed	Berrah	Stopsley Striders	m35-39	151	173	21	
174	461	Claire	Rulton	Bedford Harriers	f40-44	23	174	5	
175	1324	Charles	Nelis	Stopsley Striders	m50-54	152	175	20	
176	1495	Kairit	Fitzgerald	Wootton Road Runners	f35-39	24	176	7	
177	118	Warwick	Browning	Amphill & Flitwick Flyers	m60-64	153	177	6	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
178	1241	Duncan	Winner	Olney Runners	m40-44	154	178	40	
179	294	Sally	Cartwright	Bedford Harriers	f50-54	25	179	3	
180	1478	Louise	Birkett-swan	Wootton Road Runners	f45-49	26	180	3	
181	1215	Stephen	Dicks	Olney Runners	m45-49	155	181	26	
182	1246	Felicity	Lawless	Olney Runners	f35-39	27	182	8	
183	276	Tony	Barnes	Bedford Harriers	m55-59	156	183	12	
184	1438	Mark	Viccars	Wellingborough & District AC	m55-59	157	184	13	
185	812	Zoe	Illingworth	Leighton Fun Runners	f45-49	28	185	4	
186	1278	Peter	Brown	Stopsley Striders	m35-39	158	186	22	
187	572	Fiona	Wynde	Biggleswade AC	f45-49	29	187	5	
188	128	Paul	Court	Amphill & Flitwick Flyers	m45-49	159	188	27	
189	1569	Laura	Lever	Wootton Road Runners	f30-34	30	189	4	
190	189	Michelle	Morris	Amphill & Flitwick Flyers	f35-39	31	190	9	
191	106	Andy	Atherton	Amphill & Flitwick Flyers	m55-59	160	191	14	
192	337	Frank	Esaw	Bedford Harriers	m70-74	161	192	1	
193	897	Steve	Brenton	North Herts Road Runners	m35-39	162	193	23	
194	1415	Emma	Moore	Wellingborough & District AC	f35-39	32	194	10	
195	617	Matt	Deller	Dunstable Road Runners	m40-44	163	195	41	
196	1514	Frances	Hooper	Wootton Road Runners	f40-44	33	196	6	
197	553	Richard	Hill	Biggleswade AC	m50-54	164	197	21	
198	1234	Lisa	Russell	Olney Runners	f45-49	34	198	6	
199	1225	Mary	Jones	Olney Runners	f45-49	35	199	7	
200	1209	Justin	Crook	Olney Runners	m40-44	165	200	42	
201	1499	Niall	Gardiner	Wootton Road Runners	m40-44	166	201	43	
202	695	Becks	Sharpe	Dunstable Road Runners	f30-34	36	202	5	
203	216	Dean	Shanley	Amphill & Flitwick Flyers	m45-49	167	203	28	
204	1218	Matthew	Fox	Olney Runners	m50-54	168	204	22	
205	414	Richard	Lawson	Bedford Harriers	m50-54	169	205	23	
206	1419	Sarah	Nixon	Wellingborough & District AC	f45-49	37	206	8	
207	1308	Paul	Keech	Stopsley Striders	m60-64	170	207	7	
208	484	Bev	Tredget	Bedford Harriers	f55-59	38	208	2	
209	1561	Graham	Tee	Wootton Road Runners	m55-59	171	209	15	
210	823	Emily	McClelland	Leighton Fun Runners	f30-34	39	210	6	
211	833	Gavin	Prechner	Leighton Fun Runners	m35-39	172	211	24	
212	255	Amy	Hayes	Amphill & Flitwick Flyers	f30-34	40	212	7	
213	1041	Caroline	Thrussell	North Herts Road Runners	f55-59	41	213	3	
214	295	Russell	Cartwright	Bedford Harriers	m55-59	173	214	16	
215	707	Teresa	Warren	Dunstable Road Runners	f50-54	42	215	4	
216	1237	David	Shakespeare	Olney Runners	m50-54	174	216	24	
217	145	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	43	217	4	
218	1088	Dave	Blackburn	Northampton Road Runners	m60-64	175	218	8	
219	549	Neil	Harvey	Biggleswade AC	m55-59	176	219	17	
220	1228	Sarah	McAuliffe	Olney Runners	f30-34	44	220	8	
221	403	Viv	Kilgour	Bedford Harriers	f55-59	45	221	5	
222	115	Mark	Billington	Amphill & Flitwick Flyers	m55-59	177	222	18	
223	1067	Matt	Roberts	North Herts Road Runners	m40-44	178	223	44	
224	808	Sam	Heady	Leighton Fun Runners	f35-39	46	224	11	
225	105	Caroline	Armstrong	Amphill & Flitwick Flyers	f45-49	47	225	9	
226	1227	Roger	Mann	Olney Runners	m60-64	179	226	9	
227	995	Lucy	O'Connor	North Herts Road Runners	f55-59	48	227	6	
228	441	Justin	Parker	Bedford Harriers	m40-44	180	228	45	
229	940	Kat(herine)	Gourd	North Herts Road Runners	f30-34	49	229	9	
230	505	Sarah	Janes	Bedford Harriers	f35-39	50	230	12	
231	1428	Marc	Sanderson	Wellingborough & District AC	m40-44	181	231	46	
232	470	Ronnie	Singleton-Lawley	Bedford Harriers	f55-59	51	232	7	
233	1386	Mark	Cheadle	Wellingborough & District AC	m40-44	182	233	47	
234	299	Lisa	Chappel	Bedford Harriers	f50-54	52	234	5	
235	180	Megan	McCreadie	Amphill & Flitwick Flyers	f25-29	53	235	3	
236	123	Dave	Coker	Amphill & Flitwick Flyers	m55-59	183	236	19	

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237	944	Jo	Harbon	North Herts Road Runners	f55-59	54	237	8	
238	665	Steven	Mcallister	Dunstable Road Runners	m35-39	184	238	25	
239	211	Katie	Ruditis	Amphill & Flitwick Flyers	f35-39	55	239	13	
240	850	Glenn	Watson	Leighton Fun Runners	m55-59	185	240	20	
241	1392	Helen	Etherington	Wellingborough & District AC	f35-39	56	241	14	
242	1055	Richard	Webber	North Herts Road Runners	m50-54	186	242	25	
243	1058	Adam	Wilson	North Herts Road Runners	m45-49	187	243	29	
244	264	Terry	McHugh	Amphill & Flitwick Flyers	m60-64	188	244	10	
245	1540	Steve	Smith	Wootton Road Runners	m65-69	189	245	2	
246	457	Andrew	Robertson	Bedford Harriers	m60-64	190	246	11	
247	1592	Angela	Copson	Rugby & Northampton AC	f70-74	57	247	1	
248	601	Katy	Ludwell	Dunstable Road Runners	f35-39	58	248	15	
249	1243	Donna	Evans	Olney Runners	f40-44	59	249	7	
250	854	Doubeck	Levick	Leighton Fun Runners	f40-44	60	250	8	
251	1035	Jo	Summers	North Herts Road Runners	f50-54	61	251	6	
252	1498	Robin	Frost	Wootton Road Runners	m50-54	191	252	26	
253	1265	Karen	Ashby	Stopsley Striders	f60-64	62	253	1	
254	1305	Peta	Hendry	Stopsley Striders	f50-54	63	254	7	
255	1152	Elaine	Palmer	Northampton Road Runners	f50-54	64	255	8	
256	483	Mark	Tinkler	Bedford Harriers	m60-64	192	256	12	
257	494	Carla	Whitmore	Bedford Harriers	f25-29	65	257	4	
258	1492	Emma	Eaton	Wootton Road Runners	f35-39	66	258	16	
259	416	Laurene	Lee	Bedford Harriers	f40-44	67	259	9	
260	1562	Kay	Duffy	Wootton Road Runners	f40-44	68	260	10	
261	396	Kirsty	Jones	Bedford Harriers	f40-44	69	261	11	
262	1122	Alan	Hall	Northampton Road Runners	m60-64	193	262	13	
263	122	Colin	Clennett	Amphill & Flitwick Flyers	m55-59	194	263	21	
264	687	Clifford	Punter	Dunstable Road Runners	m55-59	195	264	22	
265	272	Claire	Adamson	Bedford Harriers	f30-34	70	265	10	
266	392	Tony	Jones	Bedford Harriers	m55-59	196	266	23	
267	1448	Amy	Kelly	Wellingborough & District AC	f30-34	71	267	11	
268	1236	Helen	Sartin	Olney Runners	f45-49	72	268	10	
269	261	Fraser	Geddes	Amphill & Flitwick Flyers	m35-39	197	269	26	
270	1446	Jessica	Wynn-Werninck	Wellingborough & District AC	f35-39	73	270	17	
271	456	Karen	Robertson	Bedford Harriers	f55-59	74	271	9	
272	539	Jennie	Day	Biggleswade AC	f50-54	75	272	9	
273	462	Anna	Rust	Bedford Harriers	f25-29	76	273	5	
274	1484	Andrea	Collingwood	Wootton Road Runners	f40-44	77	274	12	
275	545	Stuart	Goodwin	Biggleswade AC	m40-44	198	275	48	
276	1169	Roger	Taylor	Northampton Road Runners	m50-54	199	276	27	
277	1522	Dave	Jones	Wootton Road Runners	m45-49	200	277	30	
278	338	Chris	Fadden	Bedford Harriers	m55-59	201	278	24	
279	387	Jackie	Irvine	Bedford Harriers	f45-49	78	279	11	
280	360	Stephen	Gale	Bedford Harriers	m55-59	202	280	25	
281	680	Tracey	Palmer	Dunstable Road Runners	f45-49	79	281	12	
282	836	Tam	Quinn	Leighton Fun Runners	m55-59	203	282	26	
283	367	Dave	Girling	Bedford Harriers	m70-74	204	283	2	
284	126	Rob	Cook	Amphill & Flitwick Flyers	m60-64	205	284	14	
285	437	Peter	Pack	Bedford Harriers	m55-59	206	285	27	
286	388	Louisa	Jackson	Bedford Harriers	f40-44	80	286	13	
287	517	Phil	Supple	Bedford Harriers	m45-49	207	287	31	
288	814	Matthew	Kelly	Leighton Fun Runners	m50-54	208	288	28	
289	1050	Sue	Vaughan	North Herts Road Runners	f50-54	81	289	10	
290	859	Roy	Bird	Leighton Fun Runners	m50-54	209	290	29	
291	1164	Jo	Smith	Northampton Road Runners	f55-59	82	291	10	
292	752	Rob	Watkinson	Team East Haddon	m55-59	210	292	28	
293	1530	James	Meade	Wootton Road Runners	m45-49	211	293	32	
294	1474	Rebecca	Baker	Wootton Road Runners	f35-39	83	294	18	
295	509	Colin	Gill	Bedford Harriers	m30-34	212	295	18	

# 3 Counties Cross Country League Results

Venue		Dunstable		12-January-2020				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
296	363	Richard	Gallivan	Bedford Harriers	m60-64	213	296	15	
297	1354	Phil	Jeffrey	Stopsley Striders	m45-49	214	297	33	
298	342	Peter	Fadden	Bedford Harriers	m20-24	215	298	6	
299	1212	Rachel	David	Olney Runners	f55-59	84	299	11	
300	831	Stephen	Moore	Leighton Fun Runners	m55-59	216	300	29	
301	1292	Ruth	Doyle	Stopsley Striders	f50-54	85	301	11	
302	1518	Jerry	Inniss	Wootton Road Runners	m55-59	217	302	30	
303	849	Patrick	Waring	Leighton Fun Runners	m60-64	218	303	16	
304	774	Christine	Ayres	Leighton Fun Runners	f65-69	86	304	1	
305	1405	Jackie	King	Wellingborough & District AC	f55-59	87	305	12	
306	1068	Caroline	Bernard	North Herts Road Runners	f35-39	88	306	19	
307	604	Nicola	Cassidy	Dunstable Road Runners	f45-49	89	307	13	
308	654	Tina	Keynon	Dunstable Road Runners	f55-59	90	308	13	
309	101	Paresh	Aatkar	Amphill & Flitwick Flyers	m50-54	219	309	30	
310	987	Geoff	murray-Rochard	North Herts Road Runners	m60-64	220	310	17	
311	1151	Rachel	Palmer	Northampton Road Runners	f25-29	91	311	6	
312	1006	Andrew	Porter	North Herts Road Runners	m70-74	221	312	3	
313	557	Maria	Merridan	Biggleswade AC	f45-49	92	313	14	
314	903	Lorna	Chambers	North Herts Road Runners	f55-59	93	314	14	
315	552	Lynn	Hill	Biggleswade AC	f50-54	94	315	12	
316	1011	Carina	Quayle	North Herts Road Runners	f60-64	95	316	2	
317	779	Adam	Carter	Leighton Fun Runners	m30-34	222	317	19	
318	882	Brian	Bailey	North Herts Road Runners	m70-74	223	318	4	
319	889	Allison	Blunt	North Herts Road Runners	f50-54	96	319	13	
320	404	Jenny	King	Bedford Harriers	f60-64	97	320	3	
321	796	Caroline	Emerton	Leighton Fun Runners	f45-49	98	321	15	
322	493	Helen	Whiting	Bedford Harriers	f30-34	99	322	12	
323	1548	Jo	Ward	Wootton Road Runners	f55-59	100	323	15	
324	313	Stephen	Crane	Bedford Harriers	m60-64	224	324	18	
325	164	Laura	Johnston	Amphill & Flitwick Flyers	f50-54	101	325	14	
326	246	Nicola	Wilkins	Amphill & Flitwick Flyers	f40-44	102	326	14	
327	816	Clare	Kleanthous	Leighton Fun Runners	f55-59	103	327	16	
328	410	Elsy	Lacy	Bedford Harriers	f40-44	104	328	15	
329	1576	Lindsey	Gardner	Wootton Road Runners	f30-34	105	329	13	
330	222	Dave	Stanley	Amphill & Flitwick Flyers	m65-69	225	330	3	
331	432	Martine	Moon	Bedford Harriers	f60-64	106	331	4	
332	393	Noel	Jones	Bedford Harriers	m55-59	226	332	31	
333	1266	Kulwinder	Assra	Stopsley Striders	f50-54	107	333	15	
334	799	Jennifer	Garner	Leighton Fun Runners	f30-34	108	334	14	
335	797	Michelle	Evans-Riches	Leighton Fun Runners	f50-54	109	335	16	
336	1139	Jo	Letts	Northampton Road Runners	f45-49	110	336	16	
337	1261	Philip	Abbitt	Stopsley Striders	m65-69	227	337	4	
338	697	Paul	Stack	Dunstable Road Runners	m55-59	228	338	32	
339	451	Sue	Pyecroft	Bedford Harriers	f45-49	111	339	17	
340	345	Angie	Finch	Bedford Harriers	f60-64	112	340	5	
341	359	Sara	Gale	Bedford Harriers	f55-59	113	341	17	
342	1188	Justin	Yorke	Northampton Road Runners	m50-54	229	342	31	
343	1082	Dawn	Bailham	Northampton Road Runners	f55-59	114	343	18	
344	183	Emily	Mead	Amphill & Flitwick Flyers	f35-39	115	344	20	
345	1167	Debra	Tame	Northampton Road Runners	f50-54	116	345	17	
346	564	Gareth	Saynor	Biggleswade AC	m50-54	230	346	32	
347	1293	Bridget	Drimussis	Stopsley Striders	f55-59	117	347	19	
348	593	Claire	Belmar	Dunstable Road Runners	f40-44	118	348	16	
349	573	Lisa	Yexley	Biggleswade AC	f35-39	119	349	21	
350	347	Debi	Fisher	Bedford Harriers	f25-29	120	350	7	
351	348	Katie	Fletcher	Bedford Harriers	f25-29	121	351	8	
352	566	Julie	Spavins	Biggleswade AC	f50-54	122	352	18	
353	1476	Gerald	Billis	Wootton Road Runners	m75-99	231	353	1	
354	1289	Valerie	Dawson	Stopsley Striders	f55-59	123	354	20	

# 3 Counties Cross Country League Results

Venue **Dunstable**

12-January-2020

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
355	1315	Evelyn	Lutterodt	Stopsley Striders	f45-49	124	355	18
356	1320	Antonia	Munn	Stopsley Striders	f50-54	125	356	19
357	1319	Frances	Moss	Stopsley Striders	f60-64	126	357	6
358	959	Brian	Judkins	North Herts Road Runners	m60-64	232	358	19
359	213	Helen	Satterthwaite	Amphill & Flitwick Flyers	f50-54	127	359	20
360	140	Rebecca	Fleckney	Amphill & Flitwick Flyers	f35-39	128	360	22
361	1398	Sally	Hewitt	Wellingborough & District AC	f65-69	129	361	2
362	1280	Jill	Bywaters	Stopsley Striders	f50-54	130	362	21
363	1343	Sylvia	Thomas	Stopsley Striders	f55-59	131	363	21
364	1300	Tricia	Forde	Stopsley Striders	f60-64	132	364	7
365	147	Pat	Godfrey	Amphill & Flitwick Flyers	f65-69	133	365	3
366	596	Lisa	Bracken	Dunstable Road Runners	f40-44	134	366	17
367	1089	Helen	Blackburn	Northampton Road Runners	f55-59	135	367	22
368	399	Melanie	Joy	Bedford Harriers	f35-39	136	368	23
369	1206	Liz	Conibere	Olney Runners	f65-69	137	369	4
370	215	Dave	Sedgley	Amphill & Flitwick Flyers	m75-99	233	370	2
371	298	Jack	Chana	Bedford Harriers	m65-69	234	371	5
372	1205	Kirsten	Chantrell	Olney Runners	f45-49	138	372	19
373	1322	Kate	Mutter	Stopsley Striders	f30-34	139	373	15
374	1348	Hilary	Wilman	Stopsley Striders	f50-54	140	374	22
375	1283	Sharon	Chesham	Stopsley Striders	f50-54	141	375	23