

# 3 Counties Cross Country League Results

Venue		Well'boro		29-October-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
1	1010	Matthew	Dicks	Olney Runners	m20-24	1	1	1	
2	1070	Mohammed	Elbayan	Stopsley Striders	M20-24	2	2	2	
3	8	Tom	Webb	North Herts Road Runners	m35-39	3	3	1	
4	181	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	4	4	2	
5	4	Darren	Sunter	North Herts Road Runners	m40-44	5	5	1	
6	1422	Nathan	Jones	Rugby & Northampton AC	m35-39	6	6	3	
7	1424	Ben	Merriman	Rugby & Northampton AC	m40-44	7	7	2	
8	1364	David	Ball	Rugby & Northampton AC	m40-44	8	8	3	
9	200	Liam	McNabola	Amphill & Flitwick Flyers	m35-39	9	9	4	
10	2	Stewart	Overton	North Herts Road Runners	m40-44	10	10	4	
11	1426	Chris	Wood	Rugby & Northampton AC	m45-49	11	11	1	
12	3	Ben	Sewell	North Herts Road Runners	m30-34	12	12	1	
13	1411	Sam	Tallet	Rugby & Northampton AC	m35-39	13	13	5	
14	1018	Chris	Ling	Olney Runners	m40-44	14	14	5	
15	37	Matt	Sayers	North Herts Road Runners	m45-49	15	15	2	
16	197	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	16	16	6	
17	1432	Danny	Carter	Rugby & Northampton AC	m17-19	17	17	1	
18	226	Mark	Waine	Amphill & Flitwick Flyers	m50-54	18	18	1	
19	318	David	Haslam	Bedford Harriers	m40-44	19	19	7	
20	859	Tony	Letts	Northampton Road Runners	m55-59	20	20	1	
21	1	Katie	Harbon	North Herts Road Runners	f25-29	1	21	1	
22	29	Shahab	Ahmad	North Herts Road Runners	m40-44	21	22	8	
23	1305	Simon	Tootell	Wootton Road Runners	m45-49	22	23	3	
24	1101	Tom	Rankin	Stopsley Striders	M25-29	23	24	1	
25	725	Matthew	Ma	Leighton Fun Runners	M35-39	24	25	6	
26	429	Vittorio	Paci	Bedford Harriers	m50-54	25	26	2	
27	386	Ben	Schofield	Bedford Harriers	m20-24	26	27	3	
28	515	Robert	Morgan	Biggleswade AC	M45-49	27	28	4	
29	625	Darren	Cornish	Dunstable Lions	M50-54	28	29	3	
30	382	Clare	Rodseth	Bedford Harriers	f30-34	2	30	1	
31	1384	Kirsten	Hayes	Rugby & Northampton AC	f20-24	3	31	1	
32	1430	Josh	Tiffin	Rugby & Northampton AC	m30-34	29	32	2	
33	1427	Dan	Wade	Rugby & Northampton AC	m30-34	30	33	3	
34	187	Martin	Hughes	Amphill & Flitwick Flyers	m40-44	31	34	9	
35	1228	Peter	Cowler	Wellingborough & District AC	m45-49	32	35	5	
36	708	Tom	Ellerton	Leighton Fun Runners	M30-34	33	36	4	
37	1288	Ashley	Gardner	Wootton Road Runners	m40-44	34	37	10	
38	214	Giles	Shorley	Amphill & Flitwick Flyers	m45-49	35	38	6	
39	1296	Richard	Lack	Wootton Road Runners	m50-54	36	39	4	
40	321	Adam	Hills	Bedford Harriers	m45-49	37	40	7	
41	1029	Thomas	Baggott	Olney Runners	m35-39	38	41	7	
42	1376	Steve	Dixon	Rugby & Northampton AC	m45-49	39	42	8	
43	169	Marcus	Cook	Amphill & Flitwick Flyers	m45-49	40	43	9	
44	1097	Ryan	Parsons	Stopsley Striders	M25-29	41	44	2	
45	1417	James	Williams	Rugby & Northampton AC	m30-34	42	45	5	
46	1249	Ed	Norris	Wellingborough & District AC	m30-34	43	46	6	
47	22	Ian	Datlen	North Herts Road Runners	m50-54	44	47	5	
48	1266	Chris	Middleton	Wellingborough & District AC	m40-44	45	48	11	
49	1116	Kallum	Wright	Stopsley Striders	M30-34	46	49	7	
50	1429	Dave	Conway	Rugby & Northampton AC	m40-44	47	50	12	
51	53	Steve	Mckeown	North Herts Road Runners	m55-59	48	51	2	
52	1155	Andy	Green	Northants Tri	M55-59	49	52	3	
53	1158	Stirling	Green	Northants Tri	M17-19	50	53	2	
54	1006	Simon	Cook	Olney Runners	m50-54	51	54	6	
55	56	Elliot	Jackson	North Herts Road Runners	m25-29	52	55	3	
56	1083	Christine	Lathwell	Stopsley Striders	F45-49	4	56	1	
57	210	Simon	Read	Amphill & Flitwick Flyers	m45-49	53	57	10	
58	738	Nicholas	Shelley	Leighton Fun Runners	M35-39	54	58	8	
59	1164	Paul	Watts	Northants Tri	M40-44	55	59	13	

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60	1035	Laszlo	Torjai	Olney Runners	m45-49	56	60	11	
61	1403	Richard	Owen	Rugby & Northampton AC	m45-49	57	61	12	
62	156	Andy	Bierton	Amphill & Flitwick Flyers	m50-54	58	62	7	
63	43	Mike	Over	North Herts Road Runners	m55-59	59	63	4	
64	204	Gavin	Nicholson	Amphill & Flitwick Flyers	m45-49	60	64	13	
65	639	Andy	Smith	Dunstable Lions	M55-59	61	65	5	
66	1381	Paul	Furness	Rugby & Northampton AC	m50-54	62	66	8	
67	228	Nick	White	Amphill & Flitwick Flyers	m50-54	63	67	9	
68	35	John	Auld	North Herts Road Runners	m40-44	64	68	14	
69	1009	Iain	Dickinson	Olney Runners	m45-49	65	69	14	
70	1257	Oliver	Towell	Wellingborough & District AC	m40-44	66	70	15	
71	629	Richard	Moore	Dunstable Lions	M40-44	67	71	16	
72	1024	Dean	Sartin	Olney Runners	m45-49	68	72	15	
73	783	Ilir	Brecani	Northampton Road Runners	m45-49	69	73	16	
74	635	Frances	Vosper	Dunstable Lions	F40-44	5	74	1	
75	1221	Martin	Arissol	Wellingborough & District AC	m50-54	70	75	10	
76	222	Barry	Stratford	Amphill & Flitwick Flyers	m40-44	71	76	17	
77	1213	Sophie	Moss	Wellingborough & District AC	f20-24	6	77	2	
78	388	Kevin	Shelton-Smith	Bedford Harriers	m60-64	72	78	1	
79	563	Neil	Currant	Dunstable Road Runners	m45-49	73	79	17	
80	638	Wesley	Thorne	Dunstable Lions	M45-49	74	80	18	
81	706	Michael	Dudley	Leighton Fun Runners	M35-39	75	81	9	
82	1419	Stephen	Buck	Rugby & Northampton AC	m40-44	76	82	18	
83	1021	Anthony	O'Neil	Olney Runners	m45-49	77	83	19	
84	699	Joe	Bidlake-Hull	Leighton Fun Runners	M20-24	78	84	4	
85	114	Kerrie	Hamlin	Amphill & Flitwick Flyers	f45-49	7	85	2	
86	804	Stuart	Drummond	Northampton Road Runners	m45-49	79	86	20	
87	387	Bryan	Seago	Bedford Harriers	m50-54	80	87	11	
88	185	Ross	Henson	Amphill & Flitwick Flyers	m45-49	81	88	21	
89	317	James	Harvey	Bedford Harriers	m35-39	82	89	10	
90	640	Russell	Mead	Dunstable Lions	M50-54	83	90	12	
91	50	Rhia	Botha	North Herts Road Runners	f35-39	8	91	1	
92	594	Bryn	Thomas	Dunstable Road Runners	m40-44	84	92	19	
93	559	Jose	Santos	Dunstable Road Runners	m45-49	85	93	22	
94	710	Daniel	Green	Leighton Fun Runners	M45-49	86	94	23	
95	1386	Lorna	Hession	Rugby & Northampton AC	f40-44	9	95	2	
96	1224	Mark	Bonham	Wellingborough & District AC	m55-59	87	96	6	
97	1304	Kairit	Fitzgerald	Wootton Road Runners	f40-44	10	97	3	
98	644	Emily	Gibbons	Dunstable Lions	F40-44	11	98	4	
99	1161	Jonathan	Prince	Northants Tri	M30-34	88	99	8	
100	31	Natasha	Pitman	North Herts Road Runners	f45-49	12	100	3	
101	55	David	Edwards	North Herts Road Runners	m40-44	89	101	20	
102	1326	chris	chapman	Wootton Road Runners	m45-49	90	102	24	
103	1366	Vince	Carroll	Rugby & Northampton AC	m50-54	91	103	13	
104	194	Ian	Lambert	Amphill & Flitwick Flyers	m50-54	92	104	14	
105	1012	Chris	Dunn	Olney Runners	m35-39	93	105	11	
106	1431	Mike	Starr	Rugby & Northampton AC	m55-59	94	106	7	
107	712	Richard	Heady	Leighton Fun Runners	M35-39	95	107	12	
108	521	Paul	Swinburne	Biggleswade AC	M50-54	96	108	15	
109	224	Ian	Styles	Amphill & Flitwick Flyers	m45-49	97	109	25	
110	1033	Terry	O'Cleirigh	Olney Runners	m60-64	98	110	2	
111	1383	Jo	Harris	Rugby & Northampton AC	f40-44	13	111	5	
112	522	Nicky	Upperton	Biggleswade AC	F30-34	14	112	2	
113	1197	Kat	Baxter-Smith	Wellingborough & District AC	f35-39	15	113	2	
114	172	Ed	Druce	Amphill & Flitwick Flyers	m45-49	99	114	26	
115	1404	Nigel	Roberts	Rugby & Northampton AC	m50-54	100	115	16	
116	730	Martin	Oborne	Leighton Fun Runners	M25-29	101	116	4	
117	1057	Ade	Copp	Stopsley Striders	m50-54	102	117	17	
118	1328	maree	jesson	Wootton Road Runners	f50-54	16	118	1	

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119	722	Anthony	Lombardi	Leighton Fun Runners	M40-44	103	119	21	
120	1011	Stephen	Dicks	Olney Runners	m50-54	104	120	18	
121	11	Hannah	Ridley	North Herts Road Runners	f25-29	17	121	2	
122	1072	Gez	Fallon	Stopsley Striders	M50-54	105	122	19	
123	702	Jim	Buttleman	Leighton Fun Runners	M55-59	106	123	8	
124	57	Michael	Philips	North Herts Road Runners	m40-44	107	124	22	
125	1045	Paul	Abrahams	Stopsley Striders	M45-49	108	125	27	
126	195	Ashley	Larman	Amphill & Flitwick Flyers	m45-49	109	126	28	
127	827	Colin	Hall	Northampton Road Runners	m40-44	110	127	23	
128	1206	Bryna	Holmes	Wellingborough & District AC	f40-44	18	128	6	
129	664	Rosie	Booth	Leighton Fun Runners	F45-49	19	129	4	
130	1063	Ellie	Davies	Stopsley Striders	M30-34	111	130	9	
131	1238	Ady	King	Wellingborough & District AC	m30-34	112	131	10	
132	711	Kevin	Hare	Leighton Fun Runners	M50-54	113	132	20	
133	1245	Mark	Moriarty	Wellingborough & District AC	m55-59	114	133	9	
134	250	Iain	Berry	Bedford Harriers	m40-44	115	134	24	
135	65	Adrian	Sherwood	North Herts Road Runners	m55-59	116	135	10	
136	1227	Mark	Collins	Wellingborough & District AC	m40-44	117	136	25	
137	389	Ellie	Sherriffs	Bedford Harriers	f35-39	20	137	3	
138	100	David	Braybrook	North Herts Road Runners	m40-44	118	138	26	
139	1385	Katerina	Hemmington	Rugby & Northampton AC	f40-44	21	139	7	
140	1154	Pete	DeBoo	Northants Tri	M30-34	119	140	11	
141	1017	Andrew	Jones	Olney Runners	m55-59	120	141	11	
142	1165	Charles	Spencer	Northants Tri	M35-39	121	142	13	
143	1222	Daniel	Bates	Wellingborough & District AC	m45-49	122	143	29	
144	713	Andrew	Heale	Leighton Fun Runners	M55-59	123	144	12	
145	574	Nikk	Shilvock	Dunstable Road Runners	m55-59	124	145	13	
146	208	Stuart	Price	Amphill & Flitwick Flyers	m45-49	125	146	30	
147	138	Nicola	Walton	Amphill & Flitwick Flyers	f40-44	22	147	8	
148	207	James	Prestwich	Amphill & Flitwick Flyers	m40-44	126	148	27	
149	953	David	Ward-Stokes	Northampton Road Runners	m40-44	127	149	28	
150	1340	laura	fox	Wootton Road Runners	f40-44	23	150	9	
151	201	Philip	Mead	Amphill & Flitwick Flyers	m35-39	128	151	14	
152	340	Stuart	Knight	Bedford Harriers	m55-59	129	152	14	
153	1418	Lee	Woodward	Rugby & Northampton AC	m50-54	130	153	21	
154	32	Jane	Clarke	North Herts Road Runners	f40-44	24	154	10	
155	504	Natalie	Garner	Biggleswade AC	F30-34	25	155	3	
156	508	Nick	Haworth	Biggleswade AC	M45-49	131	156	31	
157	1156	Andy	Verra	Northants Tri	M35-39	132	157	15	
158	1370	Alison	Cobb	Rugby & Northampton AC	f55-59	26	158	1	
159	308	James	Goodman	Bedford Harriers	m40-44	133	159	29	
160	1406	Laurence	Scott	Rugby & Northampton AC	m60-64	134	160	3	
161	287	Mark	Finn	Bedford Harriers	m45-49	135	161	32	
162	1205	Sarah	Hollis	Wellingborough & District AC	f30-34	27	162	4	
163	1171	Peter	Shires	Northants Tri	m35-39	136	163	16	
164	46	Alex	Robinson	North Herts Road Runners	m30-34	137	164	12	
165	198	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	138	165	22	
166	1310	Richard	Moore	Wootton Road Runners	m60-64	139	166	4	
167	160	Christian	Bredenkamp	Amphill & Flitwick Flyers	m55-59	140	167	15	
168	1250	Nicholas	Page	Wellingborough & District AC	m65-69	141	168	1	
169	339	Sally	Knight	Bedford Harriers	f50-54	28	169	2	
170	203	Chris	Newnham	Amphill & Flitwick Flyers	m60-64	142	170	5	
171	1333	liv	thompson	Wootton Road Runners	f35-39	29	171	4	
172	123	Kerry	Large	Amphill & Flitwick Flyers	f35-39	30	172	5	
173	1153	Sarah	Green	Northants Tri	F20-24	31	173	3	
174	1108	Charlotte	Snowdon	Stopsley Striders	F40-44	32	174	11	
175	330	Oliver	Jones	Bedford Harriers	m45-49	143	175	33	
176	420	Abigail	Turner	Bedford Harriers	f50-54	33	176	3	
177	1007	Justin	Crook	Olney Runners	m45-49	144	177	34	

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178	516	Natalie	Morgan	Biggleswade AC	F45-49	34	178	5
179	54	Astrid	Mckeown	North Herts Road Runners	f50-54	35	179	4
180	33	Richard	Harbon	North Herts Road Runners	m60-64	145	180	6
181	21	Peter	Sibbett	North Herts Road Runners	m60-64	146	181	7
182	395	Juliet	Smith	Bedford Harriers	f55-59	36	182	2
183	721	William	Langdon	Leighton Fun Runners	M40-44	147	183	30
184	1321	casandra	baron	Wootton Road Runners	f45-49	37	184	6
185	280	Richard	Evans	Bedford Harriers	m35-39	148	185	17
186	1028	Duncan	Winner	Olney Runners	m45-49	149	186	35
187	381	Kirsty	Robertson	Bedford Harriers	f30-34	38	187	5
188	283	Peter	Fadden	Bedford Harriers	m25-29	150	188	5
189	441	Cameron	Blair	Bedford Harriers	m30-34	151	189	13
190	1023	John	Risby	Olney Runners	m65-69	152	190	2
191	1287	Graham	Hollowell	Wootton Road Runners	m55-59	153	191	16
192	408	Rob	Wallis	Bedford Harriers	m60-64	154	192	8
193	1312	david	parkins	Wootton Road Runners	m55-59	155	193	17
194	353	Gary	Mckeaveney	Bedford Harriers	m40-44	156	194	31
195	944	Luke	Tombs	Northampton Road Runners	m45-49	157	195	36
196	569	Teresa	Warren	Dunstable Road Runners	f50-54	39	196	5
197	243	Juan Carlos	Augusto	Bedford Harriers	m55-59	158	197	18
198	1343	sarah	knapp	Wootton Road Runners	f30-34	40	198	6
199	173	Stephen	Farrow	Amphill & Flitwick Flyers	m45-49	159	199	37
200	1294	Louise	Birkitt swan	Wootton Road Runners	f45-49	41	200	7
201	1378	Nick	Feledziak	Rugby & Northampton AC	m30-34	160	201	14
202	249	Mourad	Ben-Taieb	Bedford Harriers	m60-64	161	202	9
203	1393	Smail	Kennas	Rugby & Northampton AC	m70-74	162	203	1
204	1220	Christopher	Abel	Wellingborough & District AC	m45-49	163	204	38
205	562	Matt	Deller	Dunstable Road Runners	m45-49	164	205	39
206	714	Christopher	Heale	Leighton Fun Runners	M20-24	165	206	5
207	1200	Martine	Crofts	Wellingborough & District AC	f35-39	42	207	6
208	1025	David	Shakespeare	Olney Runners	m55-59	166	208	19
209	1338	alan	coulman	Wootton Road Runners	m45-49	167	209	40
210	1119	Eammon	Devane	Stopsley Striders	M30-34	168	210	15
211	116	Amy	Hayes	Amphill & Flitwick Flyers	f35-39	43	211	7
212	956	David	Whatton	Northampton Road Runners	m55-59	169	212	20
213	128	Stephanie	Potter	Amphill & Flitwick Flyers	f40-44	44	213	12
214	212	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	170	214	41
215	1264	Christopher	Norris	Wellingborough & District AC	m65-69	171	215	3
216	59	Steve	Tracey	North Herts Road Runners	m50-54	172	216	23
217	256	Paul	Britton	Bedford Harriers	m35-39	173	217	18
218	1084	Miriam	Linforth	Stopsley Striders	F40-44	45	218	13
219	107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	f50-54	46	219	6
220	819	Mark	Garrett	Northampton Road Runners	m60-64	174	220	10
221	1014	Matthew	Fox	Olney Runners	m50-54	175	221	24
222	161	Warwick	Browning	Amphill & Flitwick Flyers	m65-69	176	222	4
223	351	Christopher	Mcdonagh	Bedford Harriers	m50-54	177	223	25
224	679	Isabelle	Kirby	Leighton Fun Runners	F25-29	47	224	3
225	1026	George	Watson	Olney Runners	m40-44	178	225	32
226	740	Andrew	Stocks	Leighton Fun Runners	M50-54	179	226	26
227	1236	Christopher	Jones	Wellingborough & District AC	m40-44	180	227	33
228	73	Alice	Carty	North Herts Road Runners	f25-29	48	228	4
229	62	Caroline	Thrussell	North Herts Road Runners	f60-64	49	229	1
230	329	Niki	Jones	Bedford Harriers	f50-54	50	230	7
231	410	Carla	Whitmore	Bedford Harriers	f25-29	51	231	5
232	720	Joseph	Langdon	Leighton Fun Runners	M45-49	181	232	42
233	1147	Samantha	Lomas	Northants Tri	F30-34	52	233	7
234	1369	Hayley	Clarke	Rugby & Northampton AC	f45-49	53	234	8
235	1335	gillian	jakeman	Wootton Road Runners	f45-49	54	235	9
236	810	lan	Errington	Northampton Road Runners	m35-39	182	236	19

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237	1402	Lyndsey	Owen	Rugby & Northampton AC	f45-49	55	237	10	
238	637	Bex	Sharpe	Dunstable Lions	F35-39	56	238	8	
239	1092	Shaun	Mutter	Stopsley Striders	M35-39	183	239	20	
240	834	Nick	Hibberd	Northampton Road Runners	m45-49	184	240	43	
241	674	Samantha	Heady	Leighton Fun Runners	F40-44	57	241	14	
242	276	Jodie	Darnell	Bedford Harriers	f30-34	58	242	8	
243	233	Mike	Petty	Amphill & Flitwick Flyers	m60-64	185	243	11	
244	390	Graham	Short	Bedford Harriers	m60-64	186	244	12	
245	41	Laura	Fairbanks	North Herts Road Runners	f40-44	59	245	15	
246	419	Richard	Hill	Bedford Harriers	m60-64	187	246	13	
247	997	Mary	Jones	Olney Runners	f45-49	60	247	11	
248	374	Jonathan	Powell	Bedford Harriers	m25-29	188	248	6	
249	155	Jeremy	Bell	Amphill & Flitwick Flyers	m60-64	189	249	14	
250	385	Nick	Sandle	Bedford Harriers	m55-59	190	250	21	
251	887	Simon	Murray	Northampton Road Runners	m45-49	191	251	44	
252	124	Autumn	Lynch	Amphill & Flitwick Flyers	f55-59	61	252	3	
253	314	Nora	Haggart	Bedford Harriers	f65-69	62	253	1	
254	808	David	Emms	Northampton Road Runners	m30-34	192	254	16	
255	361	Lauren	Owens	Bedford Harriers	f35-39	63	255	9	
256	1152	Tiphanie	Marshall	Northants Tri	F35-39	64	256	10	
257	1330	kirsty	ransom	Wootton Road Runners	f35-39	65	257	11	
258	1059	Ian	Curry	Stopsley Striders	M45-49	193	258	45	
259	199	Steven	MacLaughlan	Amphill & Flitwick Flyers	m45-49	194	259	46	
260	999	Sarah	McAuliffe	Olney Runners	f35-39	66	260	12	
261	630	Mark	Cornell	Dunstable Lions	M55-59	195	261	22	
262	370	Michael	Parks	Bedford Harriers	m55-59	196	262	23	
263	1392	Helen	Jones	Rugby & Northampton AC	f55-59	67	263	4	
264	24	Balljeet	Sandher	North Herts Road Runners	m45-49	197	264	47	
265	1396	Trudi	Mawby	Rugby & Northampton AC	f40-44	68	265	16	
266	1118	Jem	Campbell	Stopsley Striders	F35-39	69	266	13	
267	962	Charlotte	Yarker	Northampton Road Runners	f40-44	70	267	17	
268	883	Peter	Moor	Northampton Road Runners	m50-54	198	268	27	
269	502	Paula	Faller	Biggleswade AC	F40-44	71	269	18	
270	191	Richie	Jones	Amphill & Flitwick Flyers	m55-59	199	270	24	
271	1212	Emma	Moore	Wellingborough & District AC	f40-44	72	271	19	
272	766	Darren	Baldwin	Northampton Road Runners	m55-59	200	272	25	
273	1027	Rob	White	Olney Runners	m50-54	201	273	28	
274	1309	janet	mittchell	Wootton Road Runners	f60-64	73	274	2	
275	136	Mei	Trace	Amphill & Flitwick Flyers	f55-59	74	275	5	
276	1246	Chris	Neate	Wellingborough & District AC	m60-64	202	276	15	
277	254	David	Brewer	Bedford Harriers	m55-59	203	277	26	
278	1107	Mark	Smith	Stopsley Striders	M35-39	204	278	21	
279	106	Zoey	Didlick	Amphill & Flitwick Flyers	f45-49	75	279	12	
280	1416	Catherine	Williams	Rugby & Northampton AC	f60-64	76	280	3	
281	101	Jo	Aatkar	Amphill & Flitwick Flyers	f55-59	77	281	6	
282	1115	Paul	Whitford	Stopsley Striders	M55-59	205	282	27	
283	636	Louise	Perry	Dunstable Lions	F35-39	78	283	14	
284	1291	James	Meade	Wootton Road Runners	m50-54	206	284	29	
285	684	Emily	McClelland	Leighton Fun Runners	F35-39	79	285	15	
286	1401	Bernie	Myers	Rugby & Northampton AC	m60-64	207	286	16	
287	526	Stuart	Highland	Biggleswade AC	M50-54	208	287	30	
288	58	Natalie	Philips	North Herts Road Runners	f40-44	80	288	20	
289	1300	Carrie	Carruthers	Wootton Road Runners	f60-64	81	289	4	
290	1003	Chris	Barnes	Olney Runners	m55-59	209	290	28	
291	1252	Andrew	Redden	Wellingborough & District AC	m35-39	210	291	22	
292	1030	Kevin	Gardener	Olney Runners	m65-69	211	292	5	
293	555	Helena	Kvepa	Dunstable Road Runners	f35-39	82	293	16	
294	39	Helen	Cairns	North Herts Road Runners	f45-49	83	294	13	
295	1081	Paul	Keech	Stopsley Striders	m60-64	212	295	17	

# 3 Counties Cross Country League Results

Venue		Well'boro		29-October-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
296	1332	deana	loverage	Wootton Road Runners	f55-59	84	296	7	
297	506	Ian	Grimwood	Biggleswade AC	M70-74	213	297	2	
298	500	Ricky	Byrne	Biggleswade AC	M35-39	214	298	23	
299	34	Julie	Tolland	North Herts Road Runners	f50-54	85	299	8	
300	552	Claire	Thomas	Dunstable Road Runners	f40-44	86	300	21	
301	380	Karen	Robertson	Bedford Harriers	f60-64	87	301	5	
302	964	Jasmine	Mahony	Northampton Road Runners	-Guest			1	
303	685	Karen	McLean	Leighton Fun Runners	F55-59	88	302	8	
304	1102	Stewart	Read	Stopsley Striders	M50-54	215	303	31	
305	1262	Jasmine	Banks	Wellingborough & District AC	f45-49	89	304	14	
306	265	Ray	Cooke	Bedford Harriers	m55-59	216	305	29	
307	1399	Richard	Monk	Rugby & Northampton AC	m65-69	217	306	6	
308	825	Alan	Hall	Northampton Road Runners	m65-69	218	307	7	
309	1121	John	Ryan	Stopsley Striders	m60-64	219	308	18	
310	907	Steve	Prior	Northampton Road Runners	m55-59	220	309	30	
311	1000	Therese	O'Riordan	Olney Runners	f45-49	90	310	15	
312	659	Tim	Taylor	Dunstable Lions	M45-49	221	311	48	
313	895	Elaine	Palmer	Northampton Road Runners	f55-59	91	312	9	
314	331	Tony	Jones	Bedford Harriers	m60-64	222	313	19	
315	1303	Dave	Jones	Wootton Road Runners	m45-49	223	314	49	
316	1149	Gemma	McRae	Northants Tri	F35-39	92	315	17	
317	1337	Adrian	de meo	Wootton Road Runners	m55-59	224	316	31	
318	227	Jon	Walker	Amphill & Flitwick Flyers	m60-64	225	317	20	
319	767	Suzanne	Baldwin	Northampton Road Runners	f55-59	93	318	10	
320	1382	Sean	Godding-Povey	Rugby & Northampton AC	m55-59	226	319	32	
321	512	Roxann	Holder	Biggleswade AC	F30-34	94	320	9	
322	631	Peter	Keane	Dunstable Lions	M60-64	227	321	21	
323	392	Ronnie	Singleton-Lawley	Bedford Harriers	f60-64	95	322	6	
324	434	Isobel	Powell	Bedford Harriers	f25-29	96	323	6	
325	1339	belinda	smears	Wootton Road Runners	f50-54	97	324	9	
326	404	Bev	Tredget	Bedford Harriers	f55-59	98	325	11	
327	1371	Angela	Copson	Rugby & Northampton AC	f75-99	99	326	1	
328	872	Lesley	Mahony	Northampton Road Runners	f50-54	100	327	10	
329	1068	Andrew	Durrant	Stopsley Striders	M65-69	228	328	8	
330	335	Viv	Kilgour	Bedford Harriers	f60-64	101	329	7	
331	1051	Dawn	Boon	Stopsley Striders	F45-49	102	330	16	
332	345	Laurene	Lee	Bedford Harriers	f45-49	103	331	17	
333	1373	Richard	Cutts	Rugby & Northampton AC	m55-59	229	332	33	
334	1410	Carl	Swan	Rugby & Northampton AC	m40-44	230	333	34	
335	328	Kirsty	Jones	Bedford Harriers	f40-44	104	334	22	
336	937	Roger	Taylor	Northampton Road Runners	m55-59	231	335	34	
337	519	Matt	Smith	Biggleswade AC	M35-39	232	336	24	
338	139	Nicola	Wilkins	Amphill & Flitwick Flyers	f45-49	105	337	18	
339	1367	Minerva	Chesser	Rugby & Northampton AC	f45-49	106	338	19	
340	260	Lisa	Chapple	Bedford Harriers	f55-59	107	339	12	
341	355	Gillian	Melia	Bedford Harriers	f50-54	108	340	11	
342	1293	Adrian	Matthews	Wootton Road Runners	m45-49	233	341	50	
343	505	Stuart	Goodwin	Biggleswade AC	M45-49	234	342	51	
344	209	Andy	Ralphs	Amphill & Flitwick Flyers	m50-54	235	343	32	
345	572	Robert	Lee	Dunstable Road Runners	m40-44	236	344	35	
346	923	Elliott	Skinner	Northampton Road Runners	m40-44	237	345	36	
347	1076	Peta	Henry	Stopsley Striders	F50-54	109	346	12	
348	1077	Wayne	Henry	Stopsley Striders	M50-54	238	347	33	
349	394	Julie	Smith	Bedford Harriers	f50-54	110	348	13	
350	498	Michael	Ashiotis	Biggleswade AC	M40-44	239	349	37	
351	405	James	Trodd	Bedford Harriers	m35-39	240	350	25	
352	775	David	Blackburn	Northampton Road Runners	m65-69	241	351	9	
353	25	Jo	Harbon	North Herts Road Runners	f55-59	111	352	13	
354	103	Denise	Browning	Amphill & Flitwick Flyers	f60-64	112	353	8	

# 3 Counties Cross Country League Results

Venue		Well'boro		29-October-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
355	303	Lesley	Gaunt	Bedford Harriers	f60-64	113	354	9	
356	666	Heidi	Buck	Leighton Fun Runners	F40-44	114	355	23	
357	403	Mark	Tinkler	Bedford Harriers	m65-69	242	356	10	
358	1066	Ruth	Doyle	Stopsley Striders	F55-59	115	357	14	
359	727	Steve	Molyneaux	Leighton Fun Runners	M50-54	243	358	34	
360	1316	Kay	Duffy	Wootton Road Runners	f45-49	116	359	20	
361	47	Jane	Molloy	North Herts Road Runners	f55-59	117	360	15	
362	501	Jennie	Day	Biggleswade AC	F55-59	118	361	16	
363	1408	Julie	Smith	Rugby & Northampton AC	f50-54	119	362	14	
364	1307	Steve	Smith	Wootton Road Runners	m65-69	244	363	11	
365	296	Amanda	Friman	Bedford Harriers	f65-69	120	364	2	
366	246	Tony	Barnes	Bedford Harriers	m60-64	245	365	22	
367	863	Rachel	Lewis	Northampton Road Runners	f35-39	121	366	18	
368	838	Dean	Humphreys	Northampton Road Runners	m55-59	246	367	35	
369	12	Lucy	O'Connor	North Herts Road Runners	f60-64	122	368	10	
370	955	Barry	Wesley	Northampton Road Runners	m60-64	247	369	23	
371	584	Dave	Streton	Dunstable Road Runners	m55-59	248	370	36	
372	732	Keith	Philips	Leighton Fun Runners	M70-74	249	371	3	
373	427	Richard	Beard	Bedford Harriers	m70-74	250	372	4	
374	774	Duncan	Bisatt	Northampton Road Runners	m55-59	251	373	37	
375	261	Jeanette	Cheetham	Bedford Harriers	f55-59	123	374	17	
376	1421	Sue	Deeley	Rugby & Northampton AC	f17-19	124	375	1	
377	507	Juliet	Grimwood	Biggleswade AC	F55-59	125	376	18	
378	68	Hannah	Keeble	North Herts Road Runners	f40-44	126	377	24	
379	1327	diane	rogers	Wootton Road Runners	f55-59	127	378	19	
380	1163	Chris	Baldwin	Northants Tri	M40-44	252	379	38	
381	341	Eva	Kovacs	Bedford Harriers	f50-54	128	380	15	
382	428	Laura	Corley	Bedford Harriers	f35-39	129	381	19	
383	698	Paul	Atkinson	Leighton Fun Runners	M60-64	253	382	24	
384	1106	Andrew	Reid	Stopsley Striders	M70-74	254	383	5	
385	1095	Charles	Nelis	Stopsley Striders	M55-59	255	384	38	
386	1064	Steve	Day	Stopsley Striders	M50-54	256	385	35	
387	27	Linda	Aird	North Herts Road Runners	f65-69	130	386	3	
388	1091	Tara	Murphy	Stopsley Striders	F45-49	131	387	21	
389	417	Fiona	Bifield	Bedford Harriers	f45-49	132	388	22	
390	1198	Gillian	Brightwell	Wellingborough & District AC	f60-64	133	389	11	
391	1120	Kat	Tuloo	Stopsley Striders	F45-49	134	390	23	
392	672	Jennifer	Garner	Leighton Fun Runners	F35-39	135	391	20	
393	1002	Helen	Sartin	Olney Runners	f45-49	136	392	24	
394	893	Adam	Oleszczuk	Northampton Road Runners	m40-44	257	393	39	
395	665	Karen	Boulton	Leighton Fun Runners	F45-49	137	394	25	
396	1058	Vicki	Crowston	Stopsley Striders	F40-44	138	395	25	
397	1334	Paul	warden	Wootton Road Runners	m60-64	258	396	25	
398	726	Richard	Meredith	Leighton Fun Runners	M50-54	259	397	36	
399	935	Chloe	Tallett	Northampton Road Runners	f35-39	139	398	21	
400	1428	John	Saw	Rugby & Northampton AC	m45-49	260	399	52	
401	581	Amanda	Jeffreys	Dunstable Road Runners	f50-54	140	400	16	
402	269	Steven	Crane	Bedford Harriers	m65-69	261	401	12	
403	273	Sue	Cross	Bedford Harriers	f60-64	141	402	12	
404	168	Rob	Cook	Amphill & Flitwick Flyers	m65-69	262	403	13	
405	38	Andrew	Robson	North Herts Road Runners	m55-59	263	404	39	
406	1325	zoe	hemsley	Wootton Road Runners	f50-54	142	405	17	
407	1020	David	O'Connor	Olney Runners	m55-59	264	406	40	
408	281	Chris	Fadden	Bedford Harriers	m60-64	265	407	26	
409	166	Colin	Clennett	Amphill & Flitwick Flyers	m60-64	266	408	27	
410	1423	Efthymia	Katsogianni	Rugby & Northampton AC	f55-59	143	409	20	
411	407	Diane	Wallis	Bedford Harriers	f60-64	144	410	13	
412	762	Dawn	Bailham	Northampton Road Runners	f60-64	145	411	14	
413	833	Joanne	Hewlett	Northampton Road Runners	f45-49	146	412	26	

# 3 Counties Cross Country League Results

Venue		Well'boro		29-October-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
414	737	John	Riley	Leighton Fun Runners	M35-39	267	413	26	
415	297	Elaine	Fullard	Bedford Harriers	f60-64	147	414	15	
416	409	Helen	Whiting	Bedford Harriers	f35-39	148	415	22	
417	1324	wayne	jeyes	Wootton Road Runners	m30-34	268	416	17	
418	503	Martha	Ford	Biggleswade AC	F35-39	149	417	23	
419	270	Sarah	Crawley	Bedford Harriers	f45-49	150	418	27	
420	692	Marina	Litster	Leighton Fun Runners	F30-34	151	419	10	
421	20	Karen	Dodsworth	North Herts Road Runners	f60-64	152	420	16	
422	1336	Emma	de meo	Wootton Road Runners	f45-49	153	421	28	
423	369	Sarah	Parker	Bedford Harriers	f45-49	154	422	29	
424	105	Valerie	Dawson	Amphill & Flitwick Flyers	f55-59	155	423	21	
425	1317	Simon	mittchell	Wootton Road Runners	m60-64	269	424	28	
426	691	Janet	Langdon	Leighton Fun Runners	F70-74	156	425	1	
427	242	Jacqueline	Armstrong	Bedford Harriers	f55-59	157	426	22	
428	1331	ali	hollobon	Wootton Road Runners	f55-59	158	427	23	
429	44	Helen	Cromack	North Herts Road Runners	f45-49	159	428	30	
430	1203	Kirsty	Hewitt	Wellingborough & District AC	f40-44	160	429	26	
431	524	Jackie	Warren	Biggleswade AC	F55-59	161	430	24	
432	368	Justin	Parker	Bedford Harriers	m45-49	270	431	53	
433	831	Theresa	Haworth	Northampton Road Runners	f35-39	162	432	24	
434	608	Stacey	Mills	Dunstable Road Runners	f55-59	163	433	25	
435	577	Samantha	Hinton	Dunstable Road Runners	f40-44	164	434	27	
436	1031	Peter	Houghton	Olney Runners	m40-44	271	435	40	
437	266	Richard	Cordes	Bedford Harriers	m50-54	272	436	37	
438	1078	Sally	Hunt	Stopsley Striders	F50-54	165	437	18	
439	391	Jo	Simmons	Bedford Harriers	f45-49	166	438	31	
440	396	Kerry-Lee	Smith	Bedford Harriers	#VALUE!	167	439	1	
441	423	Debbie	Walsh	Bedford Harriers	f40-44	168	440	28	
442	365	Anna	Paparozzi	Bedford Harriers	f50-54	169	441	19	
443	436	Szymon	Wodecki	Bedford Harriers	m40-44	273	442	41	
444	1313	Kim	Pusey	Wootton Road Runners	f50-54	170	443	20	
445	936	Debra	Tame	Northampton Road Runners	f55-59	171	444	26	
446	894	Caroline	Owers	Northampton Road Runners	f55-59	172	445	27	
447	61	Miranda	Morgan	North Herts Road Runners	f65-69	173	446	4	
448	582	Cheryl	Currant	Dunstable Road Runners	f45-49	174	447	32	
449	357	Martine	Moon	Bedford Harriers	f65-69	175	448	5	
450	576	Ruth	Power	Dunstable Road Runners	f55-59	176	449	28	
451	289	Katie	Fletcher	Bedford Harriers	f30-34	177	450	11	
452	599	Laura	Radcliffe	Dunstable Road Runners	f45-49	178	451	33	
453	860	Joanna	Letts	Northampton Road Runners	f50-54	179	452	21	
454	275	Carole	Darnell	Bedford Harriers	f60-64	180	453	17	
455	426	Jacinta	Horne	Bedford Harriers	f55-59	181	454	29	
456	1169	Peter	Willars	Northants Tri	M40-44	274	455	42	
457	121	Claire	Jones	Amphill & Flitwick Flyers	f55-59	182	456	30	
458	176	Steve	Gibbons	Amphill & Flitwick Flyers	m50-54	275	457	38	
459	520	Simon	Strong	Biggleswade AC	M50-54	276	458	39	
460	839	Keren	Irving	Northampton Road Runners	f50-54	183	459	22	
461	13	Lindsay	Cook	North Herts Road Runners	f45-49	184	460	34	
462	399	Ian	Soaft	Bedford Harriers	m70-74	277	461	6	
463	680	Clare	Kleanthous	Leighton Fun Runners	F60-64	185	462	18	
464	1344	jo	ward	Wootton Road Runners	f60-64	186	463	19	
465	1034	Jo-Anne	Rouse	Olney Runners	f35-39	187	464	25	
466	1032	Roisin	Lester	Olney Runners	f40-44	188	465	29	
467	336	Jenny	King	Bedford Harriers	f65-69	189	466	6	
468	816	Sam	Freeman	Northampton Road Runners	f55-59	190	467	31	
469	805	Karen	Eke	Northampton Road Runners	f60-64	191	468	20	
470	1167	Andy	Guilder	Northants Tri	M35-39	278	469	27	
471	689	Amanda	Millard	Leighton Fun Runners	F30-34	192	470	12	
472	776	Helen	Blackburn	Northampton Road Runners	f55-59	193	471	32	



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Venue **Well'boro**

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Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
473	151	Paresh	Aatkar	Amphill & Flitwick Flyers	m55-59	279	472	41
474	954	Joanna	Weller	Northampton Road Runners	f35-39	194	473	26
475	868	Karen	Lower	Northampton Road Runners	f50-54	195	474	23
476	647	Tina	Keane	Dunstable Lions	F55-59	196	475	33
477	1085	Evelyn	Lutterodt	Stopsley Striders	F50-54	197	476	24
478	343	Peter	Lawley	Bedford Harriers	m60-64	280	477	29
479	718	Shaun	Kirtley	Leighton Fun Runners	M50-54	281	478	40
480	111	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	198	479	2
481	26	Brian	Judkins	North Herts Road Runners	m65-69	282	480	14
482	1329	stella	barker	Wootton Road Runners	f45-49	199	481	35
483	662	Nicki	Atkinson	Leighton Fun Runners	F55-59	200	482	34
484	670	Michelle	Evans-Riches	Leighton Fun Runners	F55-59	201	483	35
485	1105	Judy	Reid	Stopsley Striders	F70-74	202	484	3
486	820	Sally	Garrett	Northampton Road Runners	f60-64	203	485	21
487	278	Caroline	Diggle	Bedford Harriers	f50-54	204	486	25
488	352	Andrea	McGrellis	Bedford Harriers	f55-59	205	487	36
489	292	Mia	Ford	Bedford Harriers	f50-54	206	488	26
490	1342	erica	van bree	Wootton Road Runners	f50-54	207	489	27
491	1145	Val	Bridges	Northants Tri	F70-74	208	490	4