

3 Counties Cross Country League Results

Venue		North Herts		17-December-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
1	1070	Mohammed	Elbayan	Stopsley Striders	M20-24	1	1	1	
2	1010	Matthew	Dicks	Olney Runners	m20-24	2	2	2	
3	8	Tom	Webb	North Herts Road Runners	m35-39	3	3	1	
4	9	Sam	Coxon	North Herts Road Runners	m30-34	4	4	1	
5	5	Mike	Roberts	North Herts Road Runners	m30-34	5	5	2	
6	1049	Rob	Barnes	Stopsley Striders	M35-39	6	6	2	
7	1253	Jonny	Reep	Wellingborough & District AC	m25-29	7	7	1	
8	1364	David	Ball	Rugby & Northampton AC	m40-44	8	8	1	
9	181	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	9	9	3	
10	1368	Anthony	Clancy	Rugby & Northampton AC	m25-29	10	10	2	
11	192	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	11	11	3	
12	1424	Ben	Merriman	Rugby & Northampton AC	m40-44	12	12	2	
13	1426	Chris	Wood	Rugby & Northampton AC	m45-49	13	13	1	
14	1411	Sam	Tallet	Rugby & Northampton AC	m35-39	14	14	4	
15	1018	Chris	Ling	Olney Runners	m40-44	15	15	3	
16	2	Stewart	Overton	North Herts Road Runners	m40-44	16	16	4	
17	69	Vince	Wright	North Herts Road Runners	m45-49	17	17	2	
18	30	Rob	Jowett	North Herts Road Runners	m30-34	18	18	3	
19	183	Tim	Harris	Amphill & Flitwick Flyers	m40-44	19	19	5	
20	1380	Richard	Francis	Rugby & Northampton AC	m40-44	20	20	6	
21	197	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	21	21	7	
22	37	Matt	Sayers	North Herts Road Runners	m45-49	22	22	3	
23	29	Shahab	Ahmad	North Herts Road Runners	m40-44	23	23	8	
24	95	Rob	Harris	North Herts Road Runners	m45-49	24	24	4	
25	375	Graham	Pratt	Bedford Harriers	m30-34	25	25	4	
26	216	James	Smith	Amphill & Flitwick Flyers	m45-49	26	26	5	
27	1035	Laszlo	Torjai	Olney Runners	m45-49	27	27	6	
28	1305	Simon	Tootell	Wootton Road Runners	m45-49	28	28	7	
29	226	Mark	Waine	Amphill & Flitwick Flyers	m50-54	29	29	1	
30	187	Martin	Hughes	Amphill & Flitwick Flyers	m40-44	30	30	9	
31	257	Adam	Broadbent	Bedford Harriers	m40-44	31	31	10	
32	429	Vittorio	Paci	Bedford Harriers	m50-54	32	32	2	
33	1233	Paul	Huckle	Wellingborough & District AC	m35-39	33	33	5	
34	1425	Luke	Wade	Rugby & Northampton AC	m25-29	34	34	4	
35	859	Tony	Letts	Northampton Road Runners	m55-59	35	35	1	
36	1	Katie	Harbon	North Herts Road Runners	f25-29	1	36	1	
37	1427	Dan	Wade	Rugby & Northampton AC	m30-34	36	37	5	
38	1160	Simon	Smith	Northants Tri	M25-29	37	38	5	
39	443	Danny	Winn	Bedford Harriers	m35-39	38	39	6	
40	318	David	Haslam	Bedford Harriers	m40-44	39	40	11	
41	222	Barry	Stratford	Amphill & Flitwick Flyers	m40-44	40	41	12	
42	200	Liam	McNabola	Amphill & Flitwick Flyers	m35-39	41	42	7	
43	627	Gabriel	Popescu	Dunstable Lions	M35-39	42	43	8	
44	271	Sean	Crawley	Bedford Harriers	m45-49	43	44	8	
45	1237	Jon	Kemp	Wellingborough & District AC	m50-54	44	45	3	
46	1430	Josh	Tiffin	Rugby & Northampton AC	m30-34	45	46	6	
47	1296	Richard	Lack	Wootton Road Runners	m50-54	46	47	4	
48	1384	Kirsten	Hayes	Rugby & Northampton AC	f20-24	2	48	1	
49	1101	Tom	Rankin	Stopsley Striders	M25-29	47	49	6	
50	1029	Thomas	Baggott	Olney Runners	m35-39	48	50	9	
51	995	Katie	Godof	Olney Runners	f45-49	3	51	1	
52	1288	Ashley	Gardner	Wootton Road Runners	m40-44	49	52	13	
53	56	Elliot	Jackson	North Herts Road Runners	m25-29	50	53	7	
54	184	Callum	Harrison	Amphill & Flitwick Flyers	m30-34	51	54	7	
55	53	Steve	Mckeown	North Herts Road Runners	m55-59	52	55	2	
56	23	James	Keogh	North Herts Road Runners	m45-49	53	56	9	
57	1083	Christine	Lathwell	Stopsley Striders	F45-49	4	57	2	
58	1155	Andy	Green	Northants Tri	M55-59	54	58	3	
59	625	Darren	Cornish	Dunstable Lions	M50-54	55	59	5	

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60	515	Robert	Morgan	Biggleswade AC	M45-49	56	60	10	
61	156	Andy	Bierton	Amphill & Flitwick Flyers	m50-54	57	61	6	
62	1398	Brendan	Moens	Rugby & Northampton AC	m55-59	58	62	4	
63	708	Tom	Ellerton	Leighton Fun Runners	M30-34	59	63	8	
64	1249	Ed	Norris	Wellingborough & District AC	m30-34	60	64	9	
65	1429	Dave	Conway	Rugby & Northampton AC	m40-44	61	65	14	
66	1162	Richard	Cressey	Northants Tri	M45-49	62	66	11	
67	88	Tadeusz	Ciecierski-Holmes	North Herts Road Runners	m25-29	63	67	8	
68	1228	Peter	Cowler	Wellingborough & District AC	m45-49	64	68	12	
69	523	Emily	Varley	Biggleswade AC	F25-29	5	69	2	
70	710	Daniel	Green	Leighton Fun Runners	M45-49	65	70	13	
71	228	Nick	White	Amphill & Flitwick Flyers	m50-54	66	71	7	
72	364	Andy	Palombella	Bedford Harriers	m40-44	67	72	15	
73	1024	Dean	Sartin	Olney Runners	m45-49	68	73	14	
74	439	David	Sheffield	Bedford Harriers	m40-44	69	74	16	
75	204	Gavin	Nicholson	Amphill & Flitwick Flyers	m45-49	70	75	15	
76	730	Martin	Oborne	Leighton Fun Runners	M25-29	71	76	9	
77	185	Ross	Henson	Amphill & Flitwick Flyers	m45-49	72	77	16	
78	559	Jose	Santos	Dunstable Road Runners	m45-49	73	78	17	
79	1097	Ryan	Parsons	Stopsley Striders	M25-29	74	79	10	
80	22	Ian	Datlen	North Herts Road Runners	m50-54	75	80	8	
81	639	Andy	Smith	Dunstable Lions	M55-59	76	81	5	
82	1161	Jonathan	Prince	Northants Tri	M30-34	77	82	10	
83	1386	Lorna	Hession	Rugby & Northampton AC	f40-44	6	83	1	
84	1156	Andy	Verra	Northants Tri	M35-39	78	84	10	
85	1271	Andrew	McKenna	Wellingborough & District AC	m40-44	79	85	17	
86	96	Oliver	Bablik	North Herts Road Runners	m25-29	80	86	11	
87	35	John	Auld	North Herts Road Runners	m40-44	81	87	18	
88	1383	Jo	Harris	Rugby & Northampton AC	f40-44	7	88	2	
89	1304	Kairit	Fitzgerald	Wootton Road Runners	f40-44	8	89	3	
90	1021	Anthony	O'Neil	Olney Runners	m45-49	82	90	18	
91	521	Paul	Swinburne	Biggleswade AC	M50-54	83	91	9	
92	1328	maree	jesson	Wootton Road Runners	f50-54	9	92	1	
93	389	Ellie	Sherriffs	Bedford Harriers	f35-39	10	93	1	
94	1238	Ady	King	Wellingborough & District AC	m50-54	84	94	10	
95	1385	Katerina	Hemmington	Rugby & Northampton AC	f40-44	11	95	4	
96	739	Chris	Stenner	Leighton Fun Runners	M55-59	85	96	6	
97	522	Nicky	Upperton	Biggleswade AC	F30-34	12	97	1	
98	388	Kevin	Shelton-Smith	Bedford Harriers	m60-64	86	98	1	
99	821	John	Gibbins	Northampton Road Runners	m45-49	87	99	19	
100	1116	Kallum	Wright	Stopsley Striders	M30-34	88	100	11	
101	11	Hannah	Ridley	North Herts Road Runners	f25-29	13	101	3	
102	57	Michael	Philips	North Herts Road Runners	m40-44	89	102	19	
103	638	Wesley	Thorne	Dunstable Lions	M45-49	90	103	20	
104	1045	Paul	Abrahams	Stopsley Striders	M45-49	91	104	21	
105	1063	Ellie	Davies	Stopsley Striders	M30-34	92	105	12	
106	1224	Mark	Bonham	Wellingborough & District AC	m55-59	93	106	7	
107	640	Russell	Mead	Dunstable Lions	M50-54	94	107	11	
108	1154	Pete	DeBoo	Northants Tri	M30-34	95	108	13	
109	340	Stuart	Knight	Bedford Harriers	m55-59	96	109	8	
110	15	James	Walsh	North Herts Road Runners	m55-59	97	110	9	
111	1072	Gez	Fallon	Stopsley Striders	M50-54	98	111	12	
112	67	Oliver	Parsons	North Herts Road Runners	m40-44	99	112	20	
113	1012	Chris	Dunn	Olney Runners	m35-39	100	113	11	
114	138	Nicola	Walton	Amphill & Flitwick Flyers	f40-44	14	114	5	
115	31	Natasha	Pitman	North Herts Road Runners	f45-49	15	115	3	
116	323	Nicolae	Hogas	Bedford Harriers	m45-49	101	116	22	
117	622	Mark	Castleton	Dunstable Lions	M45-49	102	117	23	
118	441	Cameron	Blair	Bedford Harriers	m30-34	103	118	14	

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119	65	Adrian	Sherwood	North Herts Road Runners	m55-59	104	119	10
120	54	Astrid	Mckeown	North Herts Road Runners	f50-54	16	120	2
121	706	Michael	Dudley	Leighton Fun Runners	M35-39	105	121	12
122	360	Juliet	Naylor	Bedford Harriers	f50-54	17	122	3
123	208	Stuart	Price	Amphill & Flitwick Flyers	m45-49	106	123	24
124	308	James	Goodman	Bedford Harriers	m40-44	107	124	21
125	1287	Graham	Hollowell	Wootton Road Runners	m55-59	108	125	11
126	594	Bryn	Thomas	Dunstable Road Runners	m40-44	109	126	22
127	85	Paula	Holm	North Herts Road Runners	f40-44	18	127	6
128	280	Richard	Evans	Bedford Harriers	m35-39	110	128	13
129	21	Peter	Sibbett	North Herts Road Runners	m60-64	111	129	2
130	353	Gary	Mckeaveney	Bedford Harriers	m40-44	112	130	23
131	702	Jim	Buttleman	Leighton Fun Runners	M55-59	113	131	12
132	32	Jane	Clarke	North Herts Road Runners	f40-44	19	132	7
133	1378	Nick	Feledziak	Rugby & Northampton AC	m30-34	114	133	15
134	420	Abigail	Turner	Bedford Harriers	f50-54	20	134	4
135	1250	Nicholas	Page	Wellingborough & District AC	m65-69	115	135	1
136	504	Natalie	Garner	Biggleswade AC	F30-34	21	136	2
137	508	Nick	Haworth	Biggleswade AC	M45-49	116	137	25
138	713	Andrew	Heale	Leighton Fun Runners	M55-59	117	138	13
139	1017	Andrew	Jones	Olney Runners	m55-59	118	139	14
140	201	Philip	Mead	Amphill & Flitwick Flyers	m35-39	119	140	14
141	123	Kerry	Large	Amphill & Flitwick Flyers	f35-39	22	141	2
142	1057	Ade	Copp	Stopsley Striders	m50-54	120	142	13
143	10	Rachel	Arnott	North Herts Road Runners	f45-49	23	143	4
144	1406	Laurence	Scott	Rugby & Northampton AC	m60-64	121	144	3
145	1351	james	brown	Wootton Road Runners	m45-49	122	145	26
146	1207	Louise	Kemp	Wellingborough & District AC	f45-49	24	146	5
147	1011	Stephen	Dicks	Olney Runners	m50-54	123	147	14
148	1418	Lee	Woodward	Rugby & Northampton AC	m50-54	124	148	15
149	244	Lucy	Baldwin	Bedford Harriers	f40-44	25	149	8
150	203	Chris	Newnham	Amphill & Flitwick Flyers	m60-64	125	150	4
151	1171	Peter	Shires	Northants Tri	m35-39	126	151	15
152	711	Kevin	Hare	Leighton Fun Runners	M50-54	127	152	16
153	1028	Duncan	Winner	Olney Runners	m45-49	128	153	27
154	444	Gary	Butler	Bedford Harriers	m55-59	129	154	15
155	198	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	130	155	17
156	212	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	131	156	28
157	1393	Smail	Kennas	Rugby & Northampton AC	m70-74	132	157	1
158	1173	Bob	White	Northants Tri	M60-64	133	158	5
159	1301	Niall	Gardiner	Wootton Road Runners	m45-49	134	159	29
160	1060	Thomas	Darby	Stopsley Striders	M40-44	135	160	24
161	160	Christian	Bredenkamp	Amphill & Flitwick Flyers	m55-59	136	161	16
162	1439	Dean	Shears	Rugby & Northampton AC	m45-49	137	162	30
163	1023	John	Risby	Olney Runners	m65-69	138	163	2
164	173	Stephen	Farrow	Amphill & Flitwick Flyers	m45-49	139	164	31
165	517	Alistair	Nelson	Biggleswade AC	M30-34	140	165	16
166	1112	Lucy	Treleaven	Stopsley Striders	F20-24	26	166	2
167	509	Giles	Hawthorne	Biggleswade AC	M45-49	141	167	32
168	527	Conor	Hawthorne	Biggleswade AC	M17-19	142	168	1
169	243	Juan Carlos	Augusto	Bedford Harriers	m55-59	143	169	17
170	1157	Gary	Lane	Northants Tri	M60-64	144	170	6
171	255	Mike	Brewer	Bedford Harriers	m45-49	145	171	33
172	1318	chris	knight	Wootton Road Runners	m50-54	146	172	18
173	1438	Sophie	Wilkinson-Hargate	Rugby & Northampton AC	f45-49	27	173	6
174	234	Ed	Bell	Amphill & Flitwick Flyers	m25-29	147	174	12
175	630	Mark	Cornell	Dunstable Lions	M55-59	148	175	18
176	1264	Christopher	Norris	Wellingborough & District AC	m65-69	149	176	3
177	562	Matt	Deller	Dunstable Road Runners	m45-49	150	177	34

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178	1092	Shaun	Mutter	Stopsley Striders	M35-39	151	178	16	
179	720	Joseph	Langdon	Leighton Fun Runners	M45-49	152	179	35	
180	24	Balljeet	Sandher	North Herts Road Runners	m45-49	153	180	36	
181	721	William	Langdon	Leighton Fun Runners	M40-44	154	181	25	
182	77	Jack	Smislaert	North Herts Road Runners	m25-29	155	182	13	
183	408	Rob	Wallis	Bedford Harriers	m60-64	156	183	7	
184	714	Christopher	Heale	Leighton Fun Runners	M20-24	157	184	3	
185	107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	f50-54	28	185	5	
186	92	Katrina	Silisane	North Herts Road Runners	f35-39	29	186	3	
187	657	Martina	Kidney	Dunstable Lions	M55-59	158	187	19	
188	1220	Christopher	Abel	Wellingborough & District AC	m45-49	159	188	37	
189	295	David	Frampton	Bedford Harriers	m65-69	160	189	4	
190	157	Mark	Billington	Amphill & Flitwick Flyers	m55-59	161	190	20	
191	324	Dave	Holt	Bedford Harriers	m65-69	162	191	5	
192	511	Richard	Hill	Biggleswade AC	M55-59	163	192	21	
193	1436	David	Chandler	Rugby & Northampton AC	m65-69	164	193	6	
194	62	Caroline	Thrusell	North Herts Road Runners	f60-64	30	194	1	
195	58	Natalie	Philips	North Herts Road Runners	f40-44	31	195	9	
196	1082	Danny	Kelly	Stopsley Striders	M60-64	165	196	8	
197	1369	Hayley	Clarke	Rugby & Northampton AC	f45-49	32	197	7	
198	999	Sarah	McAuliffe	Olney Runners	f35-39	33	198	4	
199	233	Mike	Petty	Amphill & Flitwick Flyers	m60-64	166	199	9	
200	1256	James	Terry	Wellingborough & District AC	m50-54	167	200	19	
201	60	Stuart	Cocks	North Herts Road Runners	m45-49	168	201	38	
202	1297	Ian	Wild	Wootton Road Runners	m40-44	169	202	26	
203	161	Warwick	Browning	Amphill & Flitwick Flyers	m65-69	170	203	7	
204	1108	Charlotte	Snowdon	Stopsley Striders	F40-44	34	204	10	
205	182	Robert	Hardwick	Amphill & Flitwick Flyers	m40-44	171	205	27	
206	740	Andrew	Stocks	Leighton Fun Runners	M50-54	172	206	20	
207	115	Sophie	Harrison-Windmill	Amphill & Flitwick Flyers	f30-34	35	207	3	
208	1084	Miriam	Linthorpe	Stopsley Striders	F40-44	36	208	11	
209	385	Nick	Sandle	Bedford Harriers	m55-59	173	209	22	
210	232	Jakob	Wood	Amphill & Flitwick Flyers	m17-19	174	210	2	
211	1330	Kirsty	Ransom	Wootton Road Runners	f35-39	37	211	5	
212	1026	George	Watson	Olney Runners	m40-44	175	212	28	
213	321	Adam	Hills	Bedford Harriers	m45-49	176	213	39	
214	134	Jane	Swinburne	Amphill & Flitwick Flyers	f55-59	38	214	1	
215	1115	Paul	Whitford	Stopsley Striders	M55-59	177	215	23	
216	958	Michael	Williams	Northampton Road Runners	m70-74	178	216	2	
217	729	Bob	Nichol	Leighton Fun Runners	M55-59	179	217	24	
218	370	Michael	Parks	Bedford Harriers	m55-59	180	218	25	
219	997	Mary	Jones	Olney Runners	f45-49	39	219	8	
220	1396	Trudi	Mawby	Rugby & Northampton AC	f40-44	40	220	12	
221	124	Autumn	Lynch	Amphill & Flitwick Flyers	f55-59	41	221	2	
222	143	Sophia	Bartlett	Amphill & Flitwick Flyers	f45-49	42	222	9	
223	526	Stuart	Highland	Biggleswade AC	M50-54	181	223	21	
224	569	Teresa	Warren	Dunstable Road Runners	f50-54	43	224	6	
225	39	Helen	Cairns	North Herts Road Runners	f45-49	44	225	10	
226	583	Georgina	Marsay	Dunstable Road Runners	f25-29	45	226	4	
227	89	Georgina	Quayle	North Herts Road Runners	f25-29	46	227	5	
228	1054	Peter	Brown	Stopsley Striders	M35-39	182	228	17	
229	227	Jon	Walker	Amphill & Flitwick Flyers	m60-64	183	229	10	
230	81	Jennie	Fraser	North Herts Road Runners	f45-49	47	230	11	
231	155	Jeremy	Bell	Amphill & Flitwick Flyers	m60-64	184	231	11	
232	907	Steve	Prior	Northampton Road Runners	m55-59	185	232	26	
233	516	Natalie	Morgan	Biggleswade AC	F45-49	48	233	12	
234	766	Darren	Baldwin	Northampton Road Runners	m55-59	186	234	27	
235	1416	Catherine	Williams	Rugby & Northampton AC	f60-64	49	235	2	
236	1410	Carl	Swan	Rugby & Northampton AC	m40-44	187	236	29	

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237	744	Tom	Webster	Leighton Fun Runners	M40-44	188	237	30	
238	1370	Alison	Cobb	Rugby & Northampton AC	f55-59	50	238	3	
239	314	Nora	Haggart	Bedford Harriers	f65-69	51	239	1	
240	1003	Chris	Barnes	Olney Runners	m55-59	189	240	28	
241	695	Jess	Stenner	Leighton Fun Runners	F17-19	52	241	1	
242	1013	David	Fensom	Olney Runners	m55-59	190	242	29	
243	1274	Victoria	Butterworth	Wellingborough & District AC	f25-29	53	243	6	
244	265	Ray	Cooke	Bedford Harriers	m55-59	191	244	30	
245	36	Andrew	Coates	North Herts Road Runners	m45-49	192	245	40	
246	152	Andy	Atherton	Amphill & Flitwick Flyers	m60-64	193	246	12	
247	101	Jo	Aatkar	Amphill & Flitwick Flyers	f55-59	54	247	4	
248	380	Karen	Robertson	Bedford Harriers	f60-64	55	248	3	
249	1040	Robert	Woods	Olney Runners	m55-59	194	249	31	
250	1075	Richard	Hardy	Stopsley Striders	M65-69	195	250	8	
251	110	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	56	251	5	
252	411	Adam	Wild	Bedford Harriers	m50-54	196	252	22	
253	1152	Tiphanie	Marshall	Northants Tri	F35-39	57	253	6	
254	1303	Dave	Jones	Wootton Road Runners	m45-49	197	254	41	
255	1149	Gemma	McRae	Northants Tri	F35-39	58	255	7	
256	1000	Therese	O'Riordan	Olney Runners	f45-49	59	256	13	
257	825	Alan	Hall	Northampton Road Runners	m65-69	198	257	9	
258	631	Peter	Keane	Dunstable Lions	M60-64	199	258	13	
259	331	Tony	Jones	Bedford Harriers	m60-64	200	259	14	
260	674	Samantha	Heady	Leighton Fun Runners	F40-44	60	260	13	
261	191	Richie	Jones	Amphill & Flitwick Flyers	m55-59	201	261	32	
262	1254	Marc	Sanderson	Wellingborough & District AC	m45-49	202	262	42	
263	272	Nick	Cross	Bedford Harriers	m60-64	203	263	15	
264	93	Matt	Ankers	North Herts Road Runners	f30-34	61	264	4	
265	500	Ricky	Byrne	Biggleswade AC	M35-39	204	265	18	
266	419	Richard	Hill	Bedford Harriers	m60-64	205	266	16	
267	136	Mei	Trace	Amphill & Flitwick Flyers	f55-59	62	267	6	
268	166	Colin	Clennett	Amphill & Flitwick Flyers	m60-64	206	268	17	
269	86	Tom	Wood	North Herts Road Runners	m40-44	207	269	31	
270	335	Viv	Kilgour	Bedford Harriers	f60-64	63	270	4	
271	1121	John	Ryan	Stopsley Striders	m60-64	208	271	18	
272	87	Alice	Noakes	North Herts Road Runners	f30-34	64	272	5	
273	1122	Jamila	Salam	Stopsley Striders	F35-39	65	273	8	
274	502	Paula	Faller	Biggleswade AC	F40-44	66	274	14	
275	1291	James	Meade	Wootton Road Runners	m50-54	209	275	23	
276	338	Ian	Kingstone	Bedford Harriers	m55-59	210	276	33	
277	1068	Andrew	Durrant	Stopsley Striders	M65-69	211	277	10	
278	506	Ian	Grimwood	Biggleswade AC	M70-74	212	278	3	
279	863	Rachel	Lewis	Northampton Road Runners	f35-39	67	279	9	
280	775	David	Blackburn	Northampton Road Runners	m65-69	213	280	11	
281	12	Lucy	O'Connor	North Herts Road Runners	f60-64	68	281	5	
282	658	Greer	Kidney	Dunstable Lions	F50-54	69	282	7	
283	937	Roger	Taylor	Northampton Road Runners	m55-59	214	283	34	
284	78	Laurie	Scott	North Herts Road Runners	m50-54	215	284	24	
285	1081	Paul	Keech	Stopsley Striders	m60-64	216	285	19	
286	872	Lesley	Mahony	Northampton Road Runners	f50-54	70	286	8	
287	1367	Minerva	Chesser	Rugby & Northampton AC	f45-49	71	287	14	
288	955	Barry	Wesley	Northampton Road Runners	m60-64	217	288	20	
289	259	Chris	Capps	Bedford Harriers	m65-69	218	289	12	
290	394	Julie	Smith	Bedford Harriers	f50-54	72	290	9	
291	895	Elaine	Palmer	Northampton Road Runners	f55-59	73	291	7	
292	1293	Adrian	Matthews	Wootton Road Runners	m45-49	219	292	43	
293	345	Laurene	Lee	Bedford Harriers	f45-49	74	293	15	
294	1077	Wayne	Henry	Stopsley Striders	M50-54	220	294	25	
295	1076	Peta	Henry	Stopsley Striders	F50-54	75	295	10	

3 Counties Cross Country League Results

Venue		North Herts		17-December-2023				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
296	103	Denise	Browning	Amphill & Flitwick Flyers	f60-64	76	296	6	
297	141	Lottie	Burtenshaw	Amphill & Flitwick Flyers	f20-24	77	297	3	
298	405	James	Trodd	Bedford Harriers	m35-39	221	298	19	
299	1373	Richard	Cutts	Rugby & Northampton AC	m55-59	222	299	35	
300	1216	Mary	Pearson	Wellingborough & District AC	f35-39	78	300	10	
301	80	Viv	Lucas	North Herts Road Runners	m60-64	223	301	21	
302	656	Sarah	Waters	Dunstable Lions	F50-54	79	302	11	
303	682	Doubec	Levick	Leighton Fun Runners	F45-49	80	303	16	
304	312	Joanne	Green	Bedford Harriers	f40-44	81	304	15	
305	47	Jane	Molloy	North Herts Road Runners	f55-59	82	305	8	
306	288	Debi	Fisher	Bedford Harriers	f30-34	83	306	6	
307	299	Steve	Gale	Bedford Harriers	m60-64	224	307	22	
308	403	Mark	Tinkler	Bedford Harriers	m65-69	225	308	13	
309	1316	Kay	Duffy	Wootton Road Runners	f45-49	84	309	17	
310	1047	Karen	Ashby	Stopsley Striders	F60-64	85	310	7	
311	564	Paul	Stack	Dunstable Road Runners	m55-59	226	311	36	
312	552	Claire	Thomas	Dunstable Road Runners	f40-44	86	312	16	
313	392	Ronnie	Singleton-Lawley	Bedford Harriers	f60-64	87	313	8	
314	296	Amanda	Friman	Bedford Harriers	f65-69	88	314	2	
315	652	Lisa	Phee	Dunstable Lions	F40-44	89	315	17	
316	71	Rhiannon	Brooks	North Herts Road Runners	f30-34	90	316	7	
317	519	Matt	Smith	Biggleswade AC	M35-39	227	317	20	
318	1168	Adrian	Cherry	Northants Tri	M55-59	228	318	37	
319	1231	Alan	Griffiths	Wellingborough & District AC	m55-59	229	319	38	
320	1002	Helen	Sartin	Olney Runners	f45-49	91	320	18	
321	737	John	Riley	Leighton Fun Runners	M35-39	230	321	21	
322	367	Emily	Parker	Bedford Harriers	f17-19	92	322	2	
323	1110	Dave	Thompson-Trace	Stopsley Striders	M60-64	231	323	23	
324	1324	wayne	jeyes	Wootton Road Runners	m30-34	232	324	17	
325	698	Paul	Atkinson	Leighton Fun Runners	M60-64	233	325	24	
326	572	Robert	Lee	Dunstable Road Runners	m40-44	234	326	32	
327	663	Christine	Ayers	Leighton Fun Runners	F70-74	93	327	1	
328	1078	Sally	Hunt	Stopsley Striders	F50-54	94	328	12	
329	731	Gary	Ogden	Leighton Fun Runners	M45-49	235	329	44	
330	20	Karen	Dodsworth	North Herts Road Runners	f60-64	95	330	9	
331	1315	Samantha	Inniss	Wootton Road Runners	f45-49	96	331	19	
332	1327	diane	rogers	Wootton Road Runners	f55-59	97	332	9	
333	409	Helen	Whiting	Bedford Harriers	f35-39	98	333	11	
334	665	Karen	Boulton	Leighton Fun Runners	F45-49	99	334	20	
335	732	Keith	Philips	Leighton Fun Runners	M70-74	236	335	4	
336	27	Linda	Aird	North Herts Road Runners	f65-69	100	336	3	
337	1421	Sue	Deeley	Rugby & Northampton AC	f17-19	101	337	3	
338	281	Chris	Fadden	Bedford Harriers	m60-64	237	338	25	
339	1334	Paul	warden	Wootton Road Runners	m60-64	238	339	26	
340	726	Richard	Meredith	Leighton Fun Runners	M50-54	239	340	26	
341	935	Chloe	Tallett	Northampton Road Runners	f35-39	102	341	12	
342	838	Dean	Humphreys	Northampton Road Runners	m55-59	240	342	39	
343	368	Justin	Parker	Bedford Harriers	m45-49	241	343	45	
344	507	Juliet	Grimwood	Biggleswade AC	F55-59	103	344	10	
345	691	Janet	Langdon	Leighton Fun Runners	F70-74	104	345	2	
346	273	Sue	Cross	Bedford Harriers	f60-64	105	346	10	
347	524	Jackie	Warren	Biggleswade AC	F55-59	106	347	11	
348	549	Alison	Hunt	Dunstable Road Runners	f60-64	107	348	11	
349	1260	Duncan	Worthy	Wellingborough & District AC	m40-44	242	349	33	
350	831	Theresa	Haworth	Northampton Road Runners	f35-39	108	350	13	
351	1020	David	O'Connor	Olney Runners	m55-59	243	351	40	
352	1313	Kim	Pusey	Wootton Road Runners	f50-54	109	352	13	
353	607	Dean	Bugler	Dunstable Road Runners	m40-44	244	353	34	
354	407	Diane	Wallis	Bedford Harriers	f60-64	110	354	12	

3 Counties Cross Country League Results

Venue		North Herts		17-December-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
355	302	Richard	Gallivan	Bedford Harriers	m65-69	245	355	14	
356	427	Richard	Beard	Bedford Harriers	m70-74	246	356	5	
357	369	Sarah	Parker	Bedford Harriers	f45-49	111	357	21	
358	94	Helen	Ankers	North Herts Road Runners	m30-34	247	358	18	
359	865	Louise	Linnett	Northampton Road Runners	f55-59	112	359	12	
360	862	Sue	Lewis	Northampton Road Runners	f55-59	113	360	13	
361	894	Caroline	Owers	Northampton Road Runners	f55-59	114	361	14	
362	91	Bev	Rimmer	North Herts Road Runners	f30-34	115	362	8	
363	1146	Amy	Tibbits	Northants Tri	F30-34	116	363	9	
364	1163	Chris	Baldwin	Northants Tri	M40-44	248	364	35	
365	121	Claire	Jones	Amphill & Flitwick Flyers	f55-59	117	365	15	
366	298	Sarah	Gale	Bedford Harriers	f60-64	118	366	13	
367	336	Jenny	King	Bedford Harriers	f65-69	119	367	4	
368	61	Miranda	Morgan	North Herts Road Runners	f65-69	120	368	5	
369	558	Jonathan	Venning	Dunstable Road Runners	m70-74	249	369	6	
370	573	Claire	Fooks	Dunstable Road Runners	f45-49	121	370	22	
371	936	Debra	Tame	Northampton Road Runners	f55-59	122	371	16	
372	135	Eirwen	Tagg	Amphill & Flitwick Flyers	f55-59	123	372	17	
373	266	Richard	Cordes	Bedford Harriers	m50-54	250	373	27	
374	218	Dave	Stanley	Amphill & Flitwick Flyers	m70-74	251	374	7	
375	391	Jo	Simmons	Bedford Harriers	f45-49	124	375	23	
376	839	Keren	Irving	Northampton Road Runners	f50-54	125	376	14	
377	289	Katie	Fletcher	Bedford Harriers	f30-34	126	377	10	
378	131	Helen	Satterthwaite	Amphill & Flitwick Flyers	f55-59	127	378	18	
379	933	Sue	Summers	Northampton Road Runners	f60-64	128	379	14	
380	860	Joanna	Letts	Northampton Road Runners	f50-54	129	380	15	
381	13	Lindsay	Cook	North Herts Road Runners	f45-49	130	381	24	
382	1344	jo	ward	Wootton Road Runners	f60-64	131	382	15	
383	662	Nicki	Atkinson	Leighton Fun Runners	F55-59	132	383	19	
384	1167	Andy	Guilder	Northants Tri	M35-39	252	384	22	
385	566	Sarah	Humphreys	Dunstable Road Runners	f50-54	133	385	16	
386	90	Carina	Quayle	North Herts Road Runners	f60-64	134	386	16	
387	816	Sam	Freeman	Northampton Road Runners	f55-59	135	387	20	
388	38	Andrew	Robson	North Herts Road Runners	m55-59	253	388	41	
389	1204	Sally	Hewitt	Wellingborough & District AC	f70-74	136	389	3	
390	557	Johanna	Lee	Dunstable Road Runners	f40-44	137	390	18	
391	1085	Evelyn	Lutterodt	Stopsley Striders	F50-54	138	391	17	
392	776	Helen	Blackburn	Northampton Road Runners	f55-59	139	392	21	
393	577	Samantha	Hinton	Dunstable Road Runners	f40-44	140	393	19	
394	954	Joanna	Weller	Northampton Road Runners	f35-39	141	394	14	
395	510	Lynn	Hill	Biggleswade AC	F55-59	142	395	22	
396	576	Ruth	Power	Dunstable Road Runners	f55-59	143	396	23	
397	805	Karen	Eke	Northampton Road Runners	f60-64	144	397	17	
398	1079	Phil	Jeffrey	Stopsley Striders	M50-54	254	398	28	
399	1066	Ruth	Doyle	Stopsley Striders	F55-59	145	399	24	
400	292	Mia	Ford	Bedford Harriers	f50-54	146	400	18	
401	352	Andrea	McGrellis	Bedford Harriers	f55-59	147	401	25	
402	1041	Hilary	Swanston	Olney Runners	f60-64	148	402	18	
403	108	Rebecca	Fleckney	Amphill & Flitwick Flyers	f40-44	149	403	20	
404	676	Jenny	Hogan	Leighton Fun Runners	F55-59	150	404	26	
405	1295	Gerald	Billis	Wootton Road Runners	m75-99	255	405	1	
406	433	Gemma	Stevenson	Bedford Harriers	f45-49	151	406	25	
407	1145	Val	Bridges	Northants Tri	F70-74	152	407	4	
408	26	Brian	Judkins	North Herts Road Runners	m65-69	256	408	15	