

3 Counties Cross Country League Results

Venue		Dunstable		4-February-2024				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	1049	Rob	Barnes	Stopsley Striders	M35-39	3	3	1	
4	1368	Anthony	Clancy	Rugby & Northampton AC	m25-29	4	4	1	
5	9	Sam	Coxon	North Herts Road Runners	m30-34	5	5	1	
6	1364	David	Ball	Rugby & Northampton AC	m40-44	6	6	1	
7	183	Tim	Harris	Amphill & Flitwick Flyers	m40-44	7	7	2	
8	1424	Ben	Merriman	Rugby & Northampton AC	m40-44	8	8	3	
9	1426	Chris	Wood	Rugby & Northampton AC	m45-49	9	9	1	
10	1018	Chris	Ling	Olney Runners	m40-44	10	10	4	
11	192	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	11	11	2	
12	197	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	12	12	5	
13	6	Nathan	Pask	North Herts Road Runners	m45-49	13	13	2	
14	30	Rob	Jowett	North Herts Road Runners	m30-34	14	14	2	
15	1440	Stuart	Harman	Rugby & Northampton AC	m30-34	15	15	3	
16	1411	Sam	Tallet	Rugby & Northampton AC	m35-39	16	16	2	
17	69	Vince	Wright	North Herts Road Runners	m45-49	17	17	3	
18	442	Phill	Jamieson	Bedford Harriers	m35-39	18	18	3	
19	1	Katie	Harbon	North Herts Road Runners	f25-29	1	19	1	
20	318	David	Haslam	Bedford Harriers	m40-44	19	20	6	
21	443	Danny	Winn	Bedford Harriers	m35-39	20	21	4	
22	641	Rosie	McNabola	Dunstable Lions	F30-34	2	22	1	
23	37	Matt	Sayers	North Herts Road Runners	m45-49	21	23	4	
24	1101	Tom	Rankin	Stopsley Striders	M25-29	22	24	3	
25	625	Darren	Cornish	Dunstable Lions	M50-54	23	25	1	
26	386	Ben	Schofield	Bedford Harriers	m20-24	24	26	3	
27	1160	Simon	Smith	Northants Tri	M25-29	25	27	4	
28	1305	Simon	Tootell	Wootton Road Runners	m45-49	26	28	5	
29	29	Shahab	Ahmad	North Herts Road Runners	m40-44	27	29	7	
30	1124	Alistair	Flowers	Stopsley Striders	M40-44	28	30	8	
31	429	Vittorio	Paci	Bedford Harriers	m50-54	29	31	2	
32	1029	Thomas	Baggott	Olney Runners	m35-39	30	32	5	
33	1249	Ed	Norris	Wellingborough & District AC	m30-34	31	33	4	
34	1429	Dave	Conway	Rugby & Northampton AC	m40-44	32	34	9	
35	430	Ed	Castro	Bedford Harriers	m35-39	33	35	6	
36	7	Ed	Price	North Herts Road Runners	m45-49	34	36	6	
37	1390	Mark	Johnson	Rugby & Northampton AC	m40-44	35	37	10	
38	1035	Laszlo	Torjai	Olney Runners	m45-49	36	38	7	
39	859	Tony	Letts	Northampton Road Runners	m55-59	37	39	1	
40	187	Martin	Hughes	Amphill & Flitwick Flyers	m40-44	38	40	11	
41	22	Ian	Datlen	North Herts Road Runners	m50-54	39	41	3	
42	627	Gabriel	Popescu	Dunstable Lions	M35-39	40	42	7	
43	1384	Kirsten	Hayes	Rugby & Northampton AC	f20-24	3	43	1	
44	271	Sean	Crawley	Bedford Harriers	m45-49	41	44	8	
45	1083	Christine	Lathwell	Stopsley Striders	F45-49	4	45	1	
46	1267	James	White	Wellingborough & District AC	m40-44	42	46	12	
47	184	Callum	Harrison	Amphill & Flitwick Flyers	m30-34	43	47	5	
48	708	Tom	Ellerton	Leighton Fun Runners	M30-34	44	48	6	
49	1430	Josh	Tiffin	Rugby & Northampton AC	m30-34	45	49	7	
50	1228	Peter	Cowler	Wellingborough & District AC	m45-49	46	50	9	
51	210	Simon	Read	Amphill & Flitwick Flyers	m45-49	47	51	10	
52	1296	Richard	Lack	Wootton Road Runners	m50-54	48	52	4	
53	1381	Paul	Furness	Rugby & Northampton AC	m50-54	49	53	5	
54	228	Nick	White	Amphill & Flitwick Flyers	m50-54	50	54	6	
55	1237	Jon	Kemp	Wellingborough & District AC	m50-54	51	55	7	
56	710	Daniel	Green	Leighton Fun Runners	M45-49	52	56	11	
57	188	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	53	57	8	
58	1616	Ollie	Thomas	Olney Runners	m30-34	54	58	8	
59	1097	Ryan	Parsons	Stopsley Striders	M25-29	55	59	5	

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Pos.		First Name	Surname	Club	Category	Points			
60	321	Adam	Hills	Bedford Harriers	m45-49	56	60	12	
61	67	Oliver	Parsons	North Herts Road Runners	m40-44	57	61	13	
62	257	Adam	Broadbent	Bedford Harriers	m40-44	58	62	14	
63	738	Nicholas	Shelley	Leighton Fun Runners	M35-39	59	63	9	
64	1161	Jonathan	Prince	Northants Tri	M30-34	60	64	9	
65	50	Rhia	Botha	North Herts Road Runners	f35-39	5	65	1	
66	340	Stuart	Knight	Bedford Harriers	m55-59	61	66	2	
67	706	Michael	Dudley	Leighton Fun Runners	M35-39	62	67	10	
68	1610	Kyle	Burgess	Dunstable Lions	m25-29	63	68	6	
69	65	Adrian	Sherwood	North Herts Road Runners	m55-59	64	69	3	
70	19	Cameron	Geekie	North Herts Road Runners	m 30-34	65	70	1	
71	635	Frances	Vosper	Dunstable Lions	F40-44	6	71	1	
72	1383	Jo	Harris	Rugby & Northampton AC	f40-44	7	72	2	
73	15	James	Walsh	North Herts Road Runners	m55-59	66	73	4	
74	43	Mike	Over	North Herts Road Runners	m55-59	67	74	5	
75	1063	Ellie	Davies	Stopsley Striders	M30-34	68	75	10	
76	185	Ross	Henson	Amphill & Flitwick Flyers	m45-49	69	76	13	
77	638	Wesley	Thorne	Dunstable Lions	M45-49	70	77	14	
78	1445	Craig	Cartier	North Herts Road Runners	m40-44	71	78	15	
79	1266	Chris	Middleton	Wellingborough & District AC	m40-44	72	79	16	
80	1323	Mark	Fowler	Wootton Road Runners	m40-44	73	80	17	
81	639	Andy	Smith	Dunstable Lions	M55-59	74	81	6	
82	54	Astrid	Mckeown	North Herts Road Runners	f50-54	8	82	1	
83	1116	Kallum	Wright	Stopsley Striders	M30-34	75	83	11	
84	621	Rob	Connors	Dunstable Lions	M35-39	76	84	11	
85	559	Jose	Santos	Dunstable Road Runners	m45-49	77	85	15	
86	31	Natasha	Pitman	North Herts Road Runners	f45-49	9	86	2	
87	1156	Andy	Verra	Northants Tri	M35-39	78	87	12	
88	1385	Katerina	Hemmington	Rugby & Northampton AC	f40-44	10	88	3	
89	739	Chris	Stenner	Leighton Fun Runners	M55-59	79	89	7	
90	953	David	Ward-Stokes	Northampton Road Runners	m40-44	80	90	18	
91	1238	Ady	King	Wellingborough & District AC	m50-54	81	91	8	
92	1404	Nigel	Roberts	Rugby & Northampton AC	m50-54	82	92	9	
93	1378	Nick	Feledziak	Rugby & Northampton AC	m30-34	83	93	12	
94	653	Adrian	Brown	Dunstable Lions	M35-39	84	94	13	
95	11	Hannah	Ridley	North Herts Road Runners	f25-29	11	95	2	
96	57	Michael	Philips	North Herts Road Runners	m40-44	85	96	19	
97	1045	Paul	Abrahams	Stopsley Striders	M45-49	86	97	16	
98	1304	Kairit	Fitzgerald	Wootton Road Runners	f40-44	12	98	4	
99	574	Nikk	Shilcock	Dunstable Road Runners	m55-59	87	99	8	
100	585	David	Willis	Dunstable Road Runners	m45-49	88	100	17	
101	563	Neil	Currant	Dunstable Road Runners	m45-49	89	101	18	
102	1433	Beckee	Everitt	Rugby & Northampton AC	f25-29	13	102	3	
103	712	Richard	Heady	Leighton Fun Runners	M35-39	90	103	14	
104	420	Abigail	Turner	Bedford Harriers	f50-54	14	104	2	
105	153	Roger	Ball	Amphill & Flitwick Flyers	m50-54	91	105	10	
106	664	Rosie	Booth	Leighton Fun Runners	F45-49	15	106	3	
107	702	Jim	Buttleman	Leighton Fun Runners	M55-59	92	107	9	
108	1017	Andrew	Jones	Olney Runners	m55-59	93	108	10	
109	322	Chris	Hoare	Bedford Harriers	m40-44	94	109	20	
110	1606	Joshua	Brown	Dunstable Lions	m17-19	95	110	1	
111	1366	Vince	Carroll	Rugby & Northampton AC	m50-54	96	111	11	
112	522	Nicky	Upperton	Biggleswade AC	F30-34	16	112	2	
113	629	Richard	Moore	Dunstable Lions	M40-44	97	113	21	
114	1072	Gez	Fallon	Stopsley Striders	M50-54	98	114	12	
115	1224	Mark	Bonham	Wellingborough & District AC	m55-59	99	115	11	
116	1441	Lorna	Latimer	Rugby & Northampton AC	f40-44	17	116	5	
117	1011	Stephen	Dicks	Olney Runners	m50-54	100	117	13	
118	594	Bryn	Thomas	Dunstable Road Runners	m40-44	101	118	22	

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Pos.		First Name	Surname	Club	Category	Points			
119	640	Russell	Mead	Dunstable Lions	M50-54	102	119	14	
120	194	Ian	Lambert	Amphill & Flitwick Flyers	m50-54	103	120	15	
121	1406	Laurence	Scott	Rugby & Northampton AC	m60-64	104	121	1	
122	1197	Kat	Baxter-Smith	Wellingborough & District AC	f35-39	18	122	2	
123	622	Mark	Castleton	Dunstable Lions	M45-49	105	123	19	
124	1617	Charlotte	Simpson	Olney Runners	f30-34	19	124	3	
125	201	Philip	Mead	Amphill & Flitwick Flyers	m35-39	106	125	15	
126	1205	Sarah	Hollis	Wellingborough & District AC	f30-34	20	126	4	
127	381	Kirsty	Robertson	Bedford Harriers	f30-34	21	127	5	
128	250	Iain	Berry	Bedford Harriers	m40-44	107	128	23	
129	644	Emily	Gibbons	Dunstable Lions	F40-44	22	129	6	
130	1028	Duncan	Winner	Olney Runners	m45-49	108	130	20	
131	35	John	Auld	North Herts Road Runners	m40-44	109	131	24	
132	1250	Nicholas	Page	Wellingborough & District AC	m65-69	110	132	1	
133	650	Cahal	McConville	Dunstable Lions	M55-59	111	133	12	
134	1328	maree	jesson	Wootton Road Runners	f50-54	23	134	3	
135	203	Chris	Newnham	Amphill & Flitwick Flyers	m60-64	112	135	2	
136	1007	Justin	Crook	Olney Runners	m45-49	113	136	21	
137	517	Alistair	Nelson	Biggleswade AC	M30-34	114	137	13	
138	77	Jack	Smisvaart	North Herts Road Runners	m25-29	115	138	7	
139	1370	Alison	Cobb	Rugby & Northampton AC	f55-59	24	139	1	
140	1109	Silesk	Tesema	Stopsley Striders	M55-59	116	140	13	
141	711	Kevin	Hare	Leighton Fun Runners	M50-54	117	141	16	
142	1264	Christopher	Norris	Wellingborough & District AC	m65-69	118	142	2	
143	212	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	119	143	22	
144	720	Joseph	Langdon	Leighton Fun Runners	M45-49	120	144	23	
145	243	Juan Carlos	Augusto	Bedford Harriers	m55-59	121	145	14	
146	719	Mark	Kleanthous	Leighton Fun Runners	M60-64	122	146	3	
147	1287	Graham	Hollowell	Wootton Road Runners	m55-59	123	147	15	
148	295	David	Frampton	Bedford Harriers	m65-69	124	148	3	
149	234	Ed	Bell	Amphill & Flitwick Flyers	m25-29	125	149	8	
150	1207	Louise	Kemp	Wellingborough & District AC	f45-49	25	150	4	
151	562	Matt	Deller	Dunstable Road Runners	m45-49	126	151	24	
152	1243	Neil	Mcdonald	Wellingborough & District AC	m60-64	127	152	4	
153	1393	Smail	Kennas	Rugby & Northampton AC	m70-74	128	153	1	
154	1025	David	Shakespeare	Olney Runners	m55-59	129	154	16	
155	749	Emily	Heale	Leighton Fun Runners	F20-24	26	155	2	
156	509	Giles	Hawthorne	Biggleswade AC	M45-49	130	156	25	
157	1438	Sophie	Wilkinson-Hargate	Rugby & Northampton AC	f45-49	27	157	5	
158	1023	John	Risby	Olney Runners	m65-69	131	158	4	
159	1418	Lee	Woodward	Rugby & Northampton AC	m50-54	132	159	17	
160	353	Gary	Mckeaveney	Bedford Harriers	m40-44	133	160	25	
161	714	Christopher	Heale	Leighton Fun Runners	M20-24	134	161	4	
162	721	William	Langdon	Leighton Fun Runners	M40-44	135	162	26	
163	21	Peter	Sibbett	North Herts Road Runners	m60-64	136	163	5	
164	637	Bex	Sharpe	Dunstable Lions	F35-39	28	164	3	
165	160	Christian	Bredenkamp	Amphill & Flitwick Flyers	m55-59	137	165	17	
166	1082	Danny	Kelly	Stopsley Striders	M60-64	138	166	6	
167	62	Caroline	Thrussell	North Herts Road Runners	f60-64	29	167	1	
168	713	Andrew	Heale	Leighton Fun Runners	M55-59	139	168	18	
169	74	Paula	Adams	North Herts Road Runners	f50-54	30	169	4	
170	58	Natalie	Philips	North Herts Road Runners	f40-44	31	170	7	
171	1108	Charlotte	Snowdon	Stopsley Striders	F40-44	32	171	8	
172	1060	Thomas	Darby	Stopsley Striders	M40-44	140	172	27	
173	1092	Shaun	Mutter	Stopsley Striders	M35-39	141	173	16	
174	956	David	Whatton	Northampton Road Runners	m55-59	142	174	19	
175	107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	f50-54	33	175	5	
176	256	Paul	Britton	Bedford Harriers	m35-39	143	176	17	
177	324	Dave	Holt	Bedford Harriers	m65-69	144	177	5	

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Venue		Dunstable		4-February-2024				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
178	511	Richard	Hill	Biggleswade AC	M55-59	145	178	20	
179	997	Mary	Jones	Olney Runners	f45-49	34	179	6	
180	1375	Courtney	Depala	Rugby & Northampton AC	f35-39	35	180	4	
181	1084	Miriam	Linforth	Stopsley Striders	F40-44	36	181	9	
182	1115	Paul	Whitford	Stopsley Striders	M55-59	146	182	21	
183	361	Lauren	Owens	Bedford Harriers	f35-39	37	183	5	
184	1265	Gregory	Heywood	Wellingborough & District AC	m45-49	147	184	26	
185	232	Jakob	Wood	Amphill & Flitwick Flyers	m17-19	148	185	2	
186	1019	Richard	Nicholson	Olney Runners	m45-49	149	186	27	
187	569	Teresa	Warren	Dunstable Road Runners	f50-54	38	187	6	
188	41	Laura	Fairbanks	North Herts Road Runners	f40-44	39	188	10	
189	695	Jess	Stenner	Leighton Fun Runners	F17-19	40	189	1	
190	385	Nick	Sandle	Bedford Harriers	m55-59	150	190	22	
191	115	Sophie	Harrison-Windmill	Amphill & Flitwick Flyers	f30-34	41	191	6	
192	157	Mark	Billington	Amphill & Flitwick Flyers	m55-59	151	192	23	
193	1309	Janet	MITCHELL	Wootton Road Runners	f60-64	42	193	2	
194	388	Kevin	Shelton-Smith	Bedford Harriers	m60-64	152	194	7	
195	1022	Rob	Riekie	Olney Runners	m60-64	153	195	8	
196	1401	Bernie	Myers	Rugby & Northampton AC	m60-64	154	196	9	
197	33	Richard	Harbon	North Herts Road Runners	m60-64	155	197	10	
198	161	Warwick	Browning	Amphill & Flitwick Flyers	m65-69	156	198	6	
199	808	David	Emms	Northampton Road Runners	m30-34	157	199	14	
200	354	Michael	McVitie	Bedford Harriers	m45-49	158	200	28	
201	516	Natalie	Morgan	Biggleswade AC	F45-49	43	201	7	
202	999	Sarah	McAuliffe	Olney Runners	f35-39	44	202	6	
203	370	Michael	Parks	Bedford Harriers	m55-59	159	203	24	
204	182	Robert	Hardwick	Amphill & Flitwick Flyers	m40-44	160	204	28	
205	314	Nora	Haggart	Bedford Harriers	f65-69	45	205	1	
206	674	Samantha	Heady	Leighton Fun Runners	F40-44	46	206	11	
207	1111	Chris	Treleaven	Stopsley Striders	M50-54	161	207	18	
208	18	Becky	Geekie	North Herts Road Runners	f30-34	47	208	7	
209	419	Richard	Hill	Bedford Harriers	m60-64	162	209	11	
210	1410	Carl	Swan	Rugby & Northampton AC	m40-44	163	210	29	
211	1399	Richard	Monk	Rugby & Northampton AC	m65-69	164	211	7	
212	356	Andrew	Monteith	Bedford Harriers	m50-54	165	212	19	
213	155	Jeremy	Bell	Amphill & Flitwick Flyers	m60-64	166	213	12	
214	1609	Steve	Kerrin	Dunstable Lions	m35-39	167	214	18	
215	568	Sue	McAvock	Dunstable Road Runners	f50-54	48	215	7	
216	1396	Trudi	Mawby	Rugby & Northampton AC	f40-44	49	216	12	
217	191	Richie	Jones	Amphill & Flitwick Flyers	m55-59	168	217	25	
218	272	Nick	Cross	Bedford Harriers	m60-64	169	218	13	
219	1056	Heather	Chandler	Stopsley Striders	F50-54	50	219	8	
220	1416	Catherine	Williams	Rugby & Northampton AC	f60-64	51	220	3	
221	1068	Andrew	Durrant	Stopsley Striders	M65-69	170	221	8	
222	124	Autumn	Lynch	Amphill & Flitwick Flyers	f55-59	52	222	2	
223	532	Charlie	Arnold	Biggleswade AC	M65-69	171	223	9	
224	152	Andy	Atherton	Amphill & Flitwick Flyers	m60-64	172	224	14	
225	1149	Gemma	McRae	Northants Tri	F35-39	53	225	7	
226	1081	Paul	Keech	Stopsley Striders	m60-64	173	226	15	
227	451	Mark	Clements	Bedford Harriers	m40-44	174	227	30	
228	955	Barry	Wesley	Northampton Road Runners	m60-64	175	228	16	
229	76	Georga	Head	North Herts Road Runners	f20-24	54	229	3	
230	1392	Helen	Jones	Rugby & Northampton AC	f55-59	55	230	3	
231	603	Shilen	Mantri	Dunstable Road Runners	m50-54	176	231	20	
232	1076	Peta	Henry	Stopsley Striders	F50-54	56	232	9	
233	1075	Richard	Hardy	Stopsley Striders	M65-69	177	233	10	
234	331	Tony	Jones	Bedford Harriers	m60-64	178	234	17	
235	70	Anna	Gibson	North Herts Road Runners	f35-39	57	235	8	
236	265	Ray	Cooke	Bedford Harriers	m55-59	179	236	26	

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Venue		Dunstable		4-February-2024				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
237	775	David	Blackburn	Northampton Road Runners	m65-69	180	237	11	
238	825	Alan	Hall	Northampton Road Runners	m65-69	181	238	12	
239	1382	Sean	Godding-Povey	Rugby & Northampton AC	m55-59	182	239	27	
240	166	Colin	Clennett	Amphill & Flitwick Flyers	m60-64	183	240	18	
241	1077	Wayne	Henry	Stopsley Striders	M50-54	184	241	21	
242	1102	Stewart	Read	Stopsley Striders	M50-54	185	242	22	
243	283	Peter	Fadden	Bedford Harriers	m25-29	186	243	9	
244	1121	John	Ryan	Stopsley Striders	m60-64	187	244	19	
245	1367	Minerva	Chesser	Rugby & Northampton AC	f45-49	58	245	8	
246	1000	Therese	O'Riordan	Olney Runners	f45-49	59	246	9	
247	589	Nigel	Ravillious	Dunstable Road Runners	m50-54	188	247	23	
248	335	Viv	Kilgour	Bedford Harriers	f60-64	60	248	4	
249	312	Joanne	Green	Bedford Harriers	f40-44	61	249	13	
250	552	Claire	Thomas	Dunstable Road Runners	f40-44	62	250	14	
251	682	Doubec	Levick	Leighton Fun Runners	F45-49	63	251	10	
252	1254	Marc	Sanderson	Wellingborough & District AC	m45-49	189	252	29	
253	1408	Julie	Smith	Rugby & Northampton AC	f50-54	64	253	10	
254	1216	Mary	Pearson	Wellingborough & District AC	f35-39	65	254	9	
255	288	Debi	Fisher	Bedford Harriers	f30-34	66	255	8	
256	141	Lottie	Burtenshaw	Amphill & Flitwick Flyers	f20-24	67	256	4	
257	47	Jane	Molloy	North Herts Road Runners	f55-59	68	257	4	
258	136	Mei	Trace	Amphill & Flitwick Flyers	f55-59	69	258	5	
259	261	Jeanette	Cheetham	Bedford Harriers	f55-59	70	259	6	
260	1300	Carrie	Carruthers	Wootton Road Runners	f60-64	71	260	5	
261	1095	Charles	Nelis	Stopsley Striders	M55-59	190	261	28	
262	1152	Tiphanie	Marshall	Northants Tri	F35-39	72	262	10	
263	571	Sharon	Hawkins	Dunstable Road Runners	f50-54	73	263	11	
264	1168	Adrian	Cherry	Northants Tri	M55-59	191	264	29	
265	1332	deana	loverage	Wootton Road Runners	f55-59	74	265	7	
266	1047	Karen	Ashby	Stopsley Striders	F60-64	75	266	6	
267	1444	Paul	Bowell	North Herts Road Runners	m60-64	192	267	20	
268	1371	Angela	Copson	Rugby & Northampton AC	f75-99	76	268	1	
269	1307	Steve	Smith	Wootton Road Runners	m65-69	193	269	13	
270	663	Christine	Ayers	Leighton Fun Runners	F70-74	77	270	1	
271	246	Tony	Barnes	Bedford Harriers	m60-64	194	271	21	
272	94	Helen	Ankers	North Herts Road Runners	f30-34	78	272	9	
273	498	Michael	Ashiotis	Biggleswade AC	M40-44	195	273	31	
274	296	Amanda	Friman	Bedford Harriers	f65-69	79	274	2	
275	561	Lucilla	O'Brien	Dunstable Road Runners	f45-49	80	275	11	
276	501	Jennie	Day	Biggleswade AC	F55-59	81	276	8	
277	103	Denise	Browning	Amphill & Flitwick Flyers	f60-64	82	277	7	
278	25	Jo	Harbon	North Herts Road Runners	f55-59	83	278	9	
279	99	Jillian	Tooley-Boys	North Herts Road Runners	f40-44	84	279	15	
280	68	Hannah	Keeble	North Herts Road Runners	f40-44	85	280	16	
281	1316	Kay	Duffy	Wootton Road Runners	f45-49	86	281	12	
282	584	Dave	Streeton	Dunstable Road Runners	m55-59	196	282	30	
283	427	Richard	Beard	Bedford Harriers	m70-74	197	283	2	
284	549	Alison	Hunt	Dunstable Road Runners	f60-64	87	284	8	
285	1327	diane	rogers	Wootton Road Runners	f55-59	88	285	10	
286	1079	Phil	Jeffrey	Stopsley Striders	M50-54	198	286	24	
287	27	Linda	Aird	North Herts Road Runners	f65-69	89	287	3	
288	1066	Ruth	Doyle	Stopsley Striders	F55-59	90	288	11	
289	1110	Dave	Thompson-Trace	Stopsley Striders	M60-64	199	289	22	
290	665	Karen	Boulton	Leighton Fun Runners	F45-49	91	290	13	
291	1291	James	Meade	Wootton Road Runners	m50-54	200	291	25	
292	1078	Sally	Hunt	Stopsley Striders	F50-54	92	292	12	
293	1421	Sue	Deeley	Rugby & Northampton AC	f55-59	93	293	12	
294	273	Sue	Cross	Bedford Harriers	f60-64	94	294	9	
295	281	Chris	Fadden	Bedford Harriers	m60-64	201	295	23	

3 Counties Cross Country League Results

Venue		Dunstable		4-February-2024				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
296	1058	Vicki	Crowston	Stopsley Striders	F40-44	95	296	17	
297	1166	Anand	Mistry	Northants Tri	M35-39	202	297	19	
298	13	Lindsay	Cook	North Herts Road Runners	f45-49	96	298	14	
299	368	Justin	Parker	Bedford Harriers	m45-49	203	299	30	
300	831	Theresa	Haworth	Northampton Road Runners	f35-39	97	300	11	
301	44	Helen	Cromack	North Herts Road Runners	f45-49	98	301	15	
302	1317	Simon	mittchell	Wootton Road Runners	m60-64	204	302	24	
303	1062	Liz	Davies	Stopsley Striders	F60-64	99	303	10	
304	602	Phil	Tubbs	Dunstable Road Runners	m65-69	205	304	14	
305	556	Kelly	Bywaters	Dunstable Road Runners	f45-49	100	305	16	
306	242	Jacqueline	Armstrong	Bedford Harriers	f55-59	101	306	13	
307	575	Hayley	Keeble	Dunstable Road Runners	f45-49	102	307	17	
308	894	Caroline	Owers	Northampton Road Runners	f55-59	103	308	14	
309	691	Janet	Langdon	Leighton Fun Runners	F70-74	104	309	2	
310	1069	Carly	Eaves	Stopsley Striders	F35-39	105	310	12	
311	403	Mark	Tinkler	Bedford Harriers	m65-69	206	311	15	
312	38	Andrew	Robson	North Herts Road Runners	m55-59	207	312	31	
313	524	Jackie	Warren	Biggleswade AC	F55-59	106	313	15	
314	577	Samantha	Hinton	Dunstable Road Runners	f40-44	107	314	18	
315	302	Richard	Gallivan	Bedford Harriers	m65-69	208	315	16	
316	369	Sarah	Parker	Bedford Harriers	f45-49	108	316	18	
317	994	Rachel	David	Olney Runners	f55-59	109	317	16	
318	737	John	Riley	Leighton Fun Runners	M35-39	209	318	20	
319	1169	Peter	Willars	Northants Tri	M40-44	210	319	32	
320	1293	Adrian	Matthews	Wootton Road Runners	m45-49	211	320	31	
321	692	Marina	Litster	Leighton Fun Runners	F30-34	110	321	10	
322	266	Richard	Cordes	Bedford Harriers	m50-54	212	322	26	
323	336	Jenny	King	Bedford Harriers	f65-69	111	323	4	
324	391	Jo	Simmons	Bedford Harriers	f45-49	112	324	19	
325	108	Rebecca	Fleckney	Amphill & Flitwick Flyers	f40-44	113	325	19	
326	1163	Chris	Baldwin	Northants Tri	M40-44	213	326	33	
327	599	Laura	Radcliffe	Dunstable Road Runners	f45-49	114	327	20	
328	554	Clifford	Punter	Dunstable Road Runners	m60-64	214	328	25	
329	507	Juliet	Grimwood	Biggleswade AC	F55-59	115	329	17	
330	510	Lynn	Hill	Biggleswade AC	F55-59	116	330	18	
331	121	Claire	Jones	Amphill & Flitwick Flyers	f55-59	117	331	19	
332	520	Simon	Strong	Biggleswade AC	M50-54	215	332	27	
333	558	Jonathan	Venning	Dunstable Road Runners	m70-74	216	333	3	
334	61	Miranda	Morgan	North Herts Road Runners	f65-69	118	334	5	
335	1085	Evelyn	Lutterodt	Stopsley Striders	F50-54	119	335	13	
336	1204	Sally	Hewitt	Wellingborough & District AC	f70-74	120	336	3	
337	933	Sue	Summers	Northampton Road Runners	f60-64	121	337	11	
338	418	Rachel	Dell	Bedford Harriers	f45-49	122	338	21	
339	218	Dave	Stanley	Amphill & Flitwick Flyers	m70-74	217	339	4	
340	860	Joanna	Letts	Northampton Road Runners	f50-54	123	340	14	
341	776	Helen	Blackburn	Northampton Road Runners	f55-59	124	341	20	
342	426	Jacinta	Horne	Bedford Harriers	f55-59	125	342	21	
343	605	Angela	Tarbox	Dunstable Road Runners	f55-59	126	343	22	
344	1167	Andy	Guilder	Northants Tri	M35-39	218	344	21	
345	579	Ursula	Hewson	Dunstable Road Runners	f50-54	127	345	15	
346	680	Clare	Kleanthous	Leighton Fun Runners	F60-64	128	346	12	
347	1344	jo	ward	Wootton Road Runners	f60-64	129	347	13	
348	566	Sarah	Humphreys	Dunstable Road Runners	f50-54	130	348	16	
349	576	Ruth	Power	Dunstable Road Runners	f55-59	131	349	23	
350	531	Emma	Bell	Biggleswade AC	F50-54	132	350	17	
351	26	Brian	Judkins	North Herts Road Runners	m65-69	219	351	17	
352	604	Stephen	Crossley	Dunstable Road Runners	m65-69	220	352	18	
353	868	Karen	Lower	Northampton Road Runners	f50-54	133	353	18	
354	805	Karen	Eke	Northampton Road Runners	f60-64	134	354	14	

3 Counties Cross Country League Results

Venue **Dunstable**

4-February-2024

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
355	836	Helen	Hubber	Northampton Road Runners	f35-39	135	355	13
356	352	Andrea	McGrellis	Bedford Harriers	f55-59	136	356	24
357	332	Mel	Joy	Bedford Harriers	f40-44	137	357	20
358	111	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	138	358	4
359	670	Michelle	Evans-Riches	Leighton Fun Runners	F55-59	139	359	25
360	704	Graham	Cooper	Leighton Fun Runners	M55-59	221	360	32
361	309	Bev	Gous	Bedford Harriers	f45-49	140	361	22
362	433	Gemma	Stevenson	Bedford Harriers	f45-49	141	362	23
363	1295	Gerald	Billis	Wootton Road Runners	m75-99	222	363	1
364	1145	Val	Bridges	Northants Tri	F70-74	142	364	5
365	645	Simon	Robbinson	Dunstable Lions	M50-54	223	365	28