

3 Counties Cross Country League Results

Venue **North Herts**

20-December-2015

Pos.	No.	First Name	Surname	Club	Category	Points
1	1305	Michael	Aldridge	Wootton Road Runners	mV40	1
2	134	Tim	Harris	Amphill & Flitwick Flyers	m	2
3	1186	Mariusz	Iwaniec	Wellingborough AC	m	3
4	719	Jim	McConnel	North Herts Road Runners	mV40	4
5	1093	Jack	Bond	Team East Haddon	m-2ndClaim	5
6	877	Will	Jones	Northampton Road Runners	m	6
7	126	Paul	Farmer	Amphill & Flitwick Flyers	m	7
8	738	Mark	Vaughan	North Herts Road Runners	mV45	8
9	254	Christopher	Dilley	Bedford Harriers	m	9
10	521	Steve	Buckle	Dunstable Road Runners	m-2ndClaim	10
11	269	Ian	Hammett	Bedford Harriers	m	11
12	174	Paul	Mizon	Amphill & Flitwick Flyers	m-2ndClaim	12
13	1045	Robert	Barnes	Stopsley Striders	m	13
14	929	Hayley	Munn	Northampton Road Runners	f-2ndClaim	1
15	727	John	Rayner	North Herts Road Runners	m	14
16	1033	Mark	Sains	Stopsley Striders	m	15
17	322	Danny	Winn	Bedford Harriers	m	16
18	853	Tony	Letts	Northampton Road Runners	mV45	17
19	135	Stephen	Hartley	Amphill & Flitwick Flyers	mV40	18
20	857	Norbet	Mihalik	Northampton Road Runners	m	19
21	1168	Greg	Spellman	Wellingborough AC	mV45	20
22	151	John	Mitcalf	Amphill & Flitwick Flyers	mV40	21
23	276	Phillip	Jamieson	Bedford Harriers	m	22
24	1122	Peter	Currington	Wellingborough AC	m-2ndClaim	23
25	1077	Andy	Green	Team East Haddon	mV50	24
26	1141	Jon	Kemp	Wellingborough AC	mV40	25
27	739	James	Walsh	North Herts Road Runners	mV45	26
28	108	Martin	Beare	Amphill & Flitwick Flyers	mV50	27
29	566	Lyndon	Moore	Dunstable Road Runners	mV40-2ndClaim	0
30	1279	Richard	Lack	Wootton Road Runners	mV45	28
31	1288	Simon	Tootell	Wootton Road Runners	m	29
32	259	Gary	Finch	Bedford Harriers	mV45	30
33	123	James	Down	Amphill & Flitwick Flyers	m-2ndClaim	0
34	685	John	Auld	North Herts Road Runners	m	31
35	241	Tony	Barnes	Bedford Harriers	mV50	32
36	544	Lee	Murphy	Dunstable Road Runners	m	33
37	1203	Kelly	Barnett	Wellingborough AC	f	2
38	464	Nick	Haworth	Biggleswade AC	m	34
39	648	Steve	Harrison	Leighton Fun Runners	mV40	35
40	1034	Nathan	Scott	Stopsley Striders	m	36
41	113	Andy	Bierton	Amphill & Flitwick Flyers	mV40	37
42	506	Juliet	Nayler	Biggleswade AC	fV40	3
43	459	Paul	Davies	Biggleswade AC	mV45	38
44	297	Andy	Palembello	Bedford Harriers	m	39
45	332	David	Course	Bedford Harriers	m	40
46	1090	Stuart	Wheeldon	Team East Haddon	mV45	41
47	1068	Natalie	Lawrence	Stopsley Striders	f	4
48	393	Kirstie	Meeten	Bedford Harriers	fV35	5
49	1096	Matt	Dine	Team East Haddon	m	42
50	543	John	Murphy	Dunstable Road Runners	mV45	43

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51	826	Ilir	Brecani	Northampton Road Runners	m	44
52	469	John	Mcgrath	Biggleswade AC	mV50	45
53	370	Anna	Folland	Bedford Harriers	fV45	6
54	1092	Ed	Wise	Team East Haddon	m-2ndClaim	0
55	1160	Tom	Roberts	Wellingborough AC	m-2ndClaim	0
56	310	Kevin	Shelton-Smith	Bedford Harriers	mV55	46
57	168	Terry	Stanley	Amphill & Flitwick Flyers	m	47
58	162	Bobby	Riddaway	Amphill & Flitwick Flyers	mV45	48
59	1132	Mike	Gooch	Wellingborough AC	mV45	49
60	1124	John	Donaldson	Wellingborough AC	mV55	50
61	371	Gill	Fullen	Bedford Harriers	fV50	7
62	196	Nicola	Bowerman	Amphill & Flitwick Flyers	fV40	8
63	1165	Ben	Shirley	Wellingborough AC	m	51
64	730	Adrian	Sherwood	North Herts Road Runners	mV50	52
65	458	Paul	Cooke	Biggleswade AC	m	53
66	712	James	Keogh	North Herts Road Runners	m	54
67	784	Astrid	Mckeown	North Herts Road Runners	fV40	9
68	741	Steve	Williamson	North Herts Road Runners	mV50	55
69	1185	Aidan	McGuirke	Wellingborough AC	m-Guest	0
70	778	Katie	Harbon	North Herts Road Runners	f	10
71	704	Richard	Harbon	North Herts Road Runners	mV50	56
72	518	Stuart	Berry	Dunstable Road Runners	mV45	57
73	1011	Paul	Davis	Stopsley Striders	m	58
74	286	Neil	Lovesey	Bedford Harriers	mV60	59
75	607	Sam	Pretty	Dunstable Road Runners	f-2ndClaim	11
76	308	David	Sharman	Bedford Harriers	m	60
77	538	Stuart	Lamond	Dunstable Road Runners	m	61
78	1293	Michael	Carrea	Wootton Road Runners	m	62
79	144	Dan	Karaiskou	Amphill & Flitwick Flyers	m	63
80	499	Isobel	Everest	Biggleswade AC	fV40	12
81	546	Mark	Pedder	Dunstable Road Runners	m	64
82	550	Lee	Richardson	Dunstable Road Runners	mV45	65
83	1110	Emma	Bond	Team East Haddon	f-2ndClaim	13
84	257	Alastair	Fadden	Bedford Harriers	mV50	66
85	1280	Paul	Matthews	Wootton Road Runners	mV45	67
86	1015	Gez	Fallon	Stopsley Striders	mV45	68
87	1087	Matthew	Tyrell	Team East Haddon	mV40	69
88	1275	Graham	Hollowell	Wootton Road Runners	mV45	70
89	629	Jim	Buttleman	Leighton Fun Runners	mV50	71
90	880	Mick	Conroy	Northampton Road Runners	mV55	72
91	1157	Andrew	Redden	Wellingborough AC	m	73
92	356	Sally	Cartwright	Bedford Harriers	fV45	14
93	879	Steve	Cory	Northampton Road Runners	mV55	74
94	896	Sarah	Davis	Northampton Road Runners	fV45	15
95	523	Mark	Cornell	Dunstable Road Runners	mV50	75
96	954	Dean	Sartin	Olney Runners	m	76
97	1149	Dean	McCoy	Wellingborough AC	mV40	77
98	1007	John	Chapman	Stopsley Striders	mV55	78
99	744	Mark	Young	North Herts Road Runners	mV50	79
100	136	Ross	Henson	Amphill & Flitwick Flyers	m	80

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Pos.	No.	First Name	Surname	Club	Category	Points
101	966	Steve	Dicks	Olney Runners	mV40	81
102	1039	Danny	Kelly	Stopsley Striders	mV50	82
103	526	Robert	Curtis	Dunstable Road Runners	mV50	83
104	647	Daniel	Green	Leighton Fun Runners	mV40	84
105	465	Giles	Hawthorne	Biggleswade AC	mV40	85
106	1069	Christine	Lathwell	Stopsley Striders	fV35	16
107	130	Jeremy	Godfrey	Amphill & Flitwick Flyers	m	86
108	943	Simon	Cook	Olney Runners	mV40	87
109	167	Richard	Stanley	Amphill & Flitwick Flyers	mV50	88
110	1042	Pat	Blessing	Stopsley Striders	mV50	89
111	851	Mark	Kennedy	Northampton Road Runners	mV40	90
112	502	Lindsay	Lister	Biggleswade AC	fV50	17
113	1009	Rob	Corrie	Stopsley Striders	m	91
114	1188	Julian	Blackwell	Wellingborough AC	mV40	92
115	1318	Maree	Jesson	Wootton Road Runners	fV40-2ndClaim	18
116	157	Paul	Owen	Amphill & Flitwick Flyers	mV45	93
117	1272	Niall	Gardiner	Wootton Road Runners	mV40	94
118	572	Richard	Reid	Dunstable Road Runners	mV50	95
119	571	Mick	Courtney	Dunstable Road Runners	mV50	96
120	1156	Michael	Quinn	Wellingborough AC	mV50	97
121	1023	Paul	Keech	Stopsley Striders	mV55	98
122	840	Mark	Garrett	Northampton Road Runners	mV55	99
123	1134	Alan	Griffiths	Wellingborough AC	mV45	100
124	759	Paula	Adams	North Herts Road Runners	fV45	19
125	1091	Rob	White	Team East Haddon	mV50	101
126	256	David	Elliott	Bedford Harriers	mV40	102
127	470	Rob	Morgan	Biggleswade AC	m	103
128	754	Daniel	Williams	North Herts Road Runners	m	104
129	718	Darren	Matussa	North Herts Road Runners	m	105
130	817	Ronnie	Ambrose	Northampton Road Runners	mV50	106
131	132	Sean	Graham	Amphill & Flitwick Flyers	mV45	107
132	107	Mike	Bannister	Amphill & Flitwick Flyers	m	108
133	841	Martin	Gooding	Northampton Road Runners	mV50	109
134	220	Deborah	Beare	Amphill & Flitwick Flyers	f	20
135	1115	Liv	Thompson	Team East Haddon	f	21
136	1003	Ben	Bodsworth	Stopsley Striders	m	110
137	691	Stewart	Bryant	North Herts Road Runners	mV55	111
138	1024	Daniel	Mann	Stopsley Striders	m	112
139	743	Vincent	Wright	North Herts Road Runners	mV40	113
140	1029	Andrew	Reid	Stopsley Striders	mV60	114
141	873	Richard	Wild	Northampton Road Runners	m-2ndClaim	115
142	336	Graham	Albans	Bedford Harriers	m	116
143	1151	Martin	Newton	Wellingborough AC	m	117
144	537	Peter	Keane	Dunstable Road Runners	mV50	118
145	460	Marc	Deans	Biggleswade AC	mV50	119
146	202	Claire	Fisher	Amphill & Flitwick Flyers	fV40	22
147	1060	Liz	Rollinson	Stopsley Striders	fV40	23
148	143	Richie	Jones	Amphill & Flitwick Flyers	mV50	120
149	508	Fiona	Wynde	Biggleswade AC	fV40	24
150	193	Sophia	Bartlett	Amphill & Flitwick Flyers	fV40	25

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Pos.	No.	First Name	Surname	Club	Category	Points
151	114	Mark	Billington	Amphill & Flitwick Flyers	mV50	121
152	652	Verity	Allsopp	Leighton Fun Runners	f	26
153	225	Sarah	Thomson	Amphill & Flitwick Flyers	fV35	27
154	528	Matt	Deller	Dunstable Road Runners	mV40	122
155	606	Emily	Prejac	Dunstable Road Runners	f	28
156	190	Jo	Aatkar	Amphill & Flitwick Flyers	fV45	29
157	131	Martin	Godin	Amphill & Flitwick Flyers	mV55	123
158	772	Yuko	Gordon	North Herts Road Runners	fV60	30
159	109	Jeremy	Bell	Amphill & Flitwick Flyers	mV50	124
160	331	Steven	James	Bedford Harriers	mV45	125
161	1041	Glynn	Simmons	Stopsley Striders	mV45	126
162	588	Ruth	Grint	Dunstable Road Runners	fV45	31
163	953	Russell	Rose	Olney Runners	mV45	127
164	281	Stuart	Knight	Bedford Harriers	mV50	128
165	649	Ian	Mulry	Leighton Fun Runners	mV40	129
166	249	Chris	Capps	Bedford Harriers	mV60	130
167	1113	Sarah	Cosford	Team East Haddon	f	32
168	1218	Sarah	Ellwood	Wellingborough AC	fV40	33
169	872	Dave	Whatton	Northampton Road Runners	mV50	131
170	140	Sam	James	Amphill & Flitwick Flyers	m	132
171	627	Martin	Addrison	Leighton Fun Runners	mV55	133
172	1027	Simon	Norris	Stopsley Striders	mV45	134
173	901	Beckie	Hollowell	Northampton Road Runners	fV40	34
174	204	Caroline	Gilby	Amphill & Flitwick Flyers	fV50	35
175	1182	Mark	Viccars	Wellingborough AC	mV50	135
176	189	Louise	(Miticlf) Clark	Amphill & Flitwick Flyers	fV40	36
177	881	Darren	Taylor	Northampton Road Runners	m	136
178	1125	Mark	Edwards	Wellingborough AC	mV45	137
179	485	Chris	Adams	Biggleswade AC	mV55	138
180	311	Graham	Short	Bedford Harriers	mV55	139
181	1071	Daniella	Gibson	Stopsley Striders	f	37
182	1017	Gary	Fowler	Stopsley Striders	mV50	140
183	569	Steve	Burgess	Dunstable Road Runners	mV45	141
184	838	John	Fleming	Northampton Road Runners	mV45	142
185	407	Veronica	Singleton- Lawley	Bedford Harriers	fV55-2ndClaim	38
186	375	Sally	Gurney	Bedford Harriers	fV40	39
187	1170	James	Terry	Wellingborough AC	mV40	143
188	643	Rob	Roy	Leighton Fun Runners	mV50	144
189	1116	Sally	Tilt	Team East Haddon	fV40	40
190	1223	Louise	Kemp	Wellingborough AC	fV35	41
191	1016	Martin	Fallon	Stopsley Striders	mV45	145
192	1189	Tim	Ellwood	Wellingborough AC	mV45	146
193	529	Andrew	Dunn	Dunstable Road Runners	mV40	147
194	964	Chris	Barnes	Olney Runners	mV45	148
195	696	John	Cooper	North Herts Road Runners	mV50	149
196	228	Keri	Withers	Amphill & Flitwick Flyers	fV50	42
197	192	Jess	Anstee	Amphill & Flitwick Flyers	f	43
198	602	Lisa	Phee	Dunstable Road Runners	fV35	44
199	221	Julie	Pritchett	Amphill & Flitwick Flyers	fV40	45
200	303	Alan	Rickhuss	Bedford Harriers	mV45	150

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Pos.	No.	First Name	Surname	Club	Category	Points
201	1013	Andy	Derrant	Stopsley Striders	mV55	151
202	525	Bill	Crane	Dunstable Road Runners	mV60	152
203	448	Charles	Arnold	Biggleswade AC	mV55	153
204	1377	Richard	Hardy	Stopsley Striders	mV60	154
205	758	Vincent	Pasturel	North Herts Road Runners	m	155
206	335	Shane	Fereday	Bedford Harriers	mV50	156
207	882	Anthony	Fitzsimons	Northampton Road Runners	m	157
208	315	Mark	Taggart	Bedford Harriers	mV40	158
209	105	Andy	Atherton	Amphill & Flitwick Flyers	mV50	159
210	245	Mourad	Ben-Taieb	Bedford Harriers	mV55	160
211	803	Catherine	Burr	North Herts Road Runners	fV35	46
212	457	Chris	Clarke	Biggleswade AC	mV60	161
213	658	Katy	Garnham-Lee	Leighton Fun Runners	f	47
214	338	Russel	Cartwright	Bedford Harriers	mV50	162
215	1008	Derek	Christopher	Stopsley Striders	mV65	163
216	409	Juliet	Smith	Bedford Harriers	fV45	48
217	1005	Graham	Buselt	Stopsley Striders	mV60	164
218	1219	Kim	Geeves	Wellingborough AC	f	49
219	545	Andrew	Noyes	Dunstable Road Runners	mV50	165
220	945	Justin	Crook	Olney Runners	m	166
221	1333	Frances	Hooper	Wootton Road Runners	fV35	50
222	530	Paul	Eggleton	Dunstable Road Runners	mV55	167
223	587	Anne	Golding	Dunstable Road Runners	fV55	51
224	222	Niki	Rouse	Amphill & Flitwick Flyers	fV40	52
225	178	Kevin	Cutler	Amphill & Flitwick Flyers	m	168
226	613	Freya	Vafadari	Dunstable Road Runners	f	53
227	1241	Natasha	Wain	Wellingborough AC	fV40	54
228	214	Hattie	Oakley-King	Amphill & Flitwick Flyers	f	55
229	389	Jen	Lovesey	Bedford Harriers	fV50	56
230	796	Barbara	Sayers	North Herts Road Runners	fV40	57
231	1281	James	Meade	Wootton Road Runners	mV45	169
232	1076	Sam	Cortese	Team East Haddon	mV55	170
233	1123	Shaun	De Clancy	Wellingborough AC	mV50	171
234	1319	Eliza	Kurczewska	Wootton Road Runners	f	58
235	129	Steve	Gibbons	Amphill & Flitwick Flyers	mV40	172
236	426	Lisa	Chapple	Bedford Harriers	fV45	59
237	555	Dave	Stretton	Dunstable Road Runners	mV45	173
238	875	David	Frost	Northampton Road Runners	mV50	174
239	654	Deena	Bland	Leighton Fun Runners	fV35	60
240	1217	Stephanie	Dennis	Wellingborough AC	f	61
241	307	Alex	Rothwell	Bedford Harriers	mV55	175
242	638	Mark	McLoughlin	Leighton Fun Runners	mV50	176
243	120	Barry	Dackombe	Amphill & Flitwick Flyers	mV50	177
244	854	Mark	Lewis	Northampton Road Runners	mV45	178
245	128	Fraser	Geddes	Amphill & Flitwick Flyers	m	179
246	1070	Hannah	Fothergill	Stopsley Striders	f	62
247	330	John	Clough	Bedford Harriers	mV45	180
248	926	Liz	Dabell	Northampton Road Runners	fV50	63
249	1037	Stewart	Reid	Stopsley Striders	mV50	181
250	657	Julia	Esmond	Leighton Fun Runners	f	64

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Pos.	No.	First Name	Surname	Club	Category	Points
251	280	Simon	King	Bedford Harriers	mV55	182
252	819	Martin	Andrews	Northampton Road Runners	m	183
253	869	Tom	Sullivan	Northampton Road Runners	mV65	184
254	503	Zoe	Luscombe	Biggleswade AC	fV40	65
255	473	Damian	Pitts	Biggleswade AC	m	185
256	124	Terry	Down	Amphill & Flitwick Flyers	mV60-2ndClaim	0
257	1135	Tony	Hale	Wellingborough AC	mV60	186
258	946	Keith	Curwood	Olney Runners	m	187
259	456	Nigel	Bush	Biggleswade AC	mV65	188
260	632	Craig	Glasper	Leighton Fun Runners	mV50	189
261	628	John	Boulder	Leighton Fun Runners	mV40	190
262	1286	Jon	Saw	Wootton Road Runners	m	191
263	360	Sue	Cross	Bedford Harriers	fV50	66
264	264	Stephen	Gaunt	Bedford Harriers	mV55	192
265	766	Sheena	Cook	North Herts Road Runners	fV50	67
266	532	Stephen	Grint	Dunstable Road Runners	mV50	193
267	1297	Steve	Smith	Wootton Road Runners	mV60	194
268	1064	Lorraine	Webb	Stopsley Striders	fV40	68
269	505	Natalie	Morgan	Biggleswade AC	fV35	69
270	909	Elaine	Palmer	Northampton Road Runners	fV45	70
271	1048	Karen	Ashby	Stopsley Striders	fV55	71
272	917	Jo	Smith	Northampton Road Runners	fV50	72
273	641	Keith	Phillips	Leighton Fun Runners	mV65	195
274	258	Christopher	Fadden	Bedford Harriers	mV50	196
275	972	Helen	Diamand	Olney Runners	fV40	73
276	194	Annette	Bell	Amphill & Flitwick Flyers	fV50	74
277	1239	Amy	Vaughan	Wellingborough AC	f	75
278	293	George	Murphy	Bedford Harriers	m	197
279	1380	Jeff	Dowsett	Stopsley Striders	mV60	198
280	223	Katie	Ruditis	Amphill & Flitwick Flyers	f	76
281	760	Linda	Aird	North Herts Road Runners	fV55	77
282	705	Alan	Hazlehurst	North Herts Road Runners	mV50	199
283	155	Brendan	O'Mahoney	Amphill & Flitwick Flyers	mV55	200
284	337	Chris	Linney	Bedford Harriers	m	201
285	1269	Stephen	Atkinson	Wootton Road Runners	mV45	202
286	483	Robin	Wynde	Biggleswade AC	mV55	203
287	551	Ian	Sage	Dunstable Road Runners	mV65	204
288	357	Jeanette	Cheetham	Bedford Harriers	fV50	78
289	418	Carla	Whitmore	Bedford Harriers	f	79
290	119	Rob	Cook	Amphill & Flitwick Flyers	mV55	205
291	467	Peter	Howell	Biggleswade AC	mV65	206
292	1378	Simon	Cain	Stopsley Striders	mV45	207
293	324	Tom	Brassington	Bedford Harriers	mV60	208
294	646	Jason	Charley	Leighton Fun Runners	mV40	209
295	955	Justin	Schofield	Olney Runners	mV40	210
296	1088	Rob	Watkinson	Team East Haddon	mV50	211
297	640	Stephen	Moore	Leighton Fun Runners	mV50	212
298	1291	Mick	Wood	Wootton Road Runners	mV60	213
299	596	Lisa	Langford	Dunstable Road Runners	fV35	80
300	349	Claire	Adamson	Bedford Harriers	f	81

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301	916	Rebecca	Shillington	Northampton Road Runners	fV45	82
302	1038	Philip	Davies	Stopsley Striders	m	214
303	1030	Lance	Richardson	Stopsley Striders	mV60	215
304	263	Richard	Gallivan	Bedford Harriers	mV55	216
305	1225	Helen	King	Wellingborough AC	f	83
306	581	Margaret	Dewinter	Dunstable Road Runners	fV60	84
307	554	Paul	Stack	Dunstable Road Runners	mV50	217
308	373	Lesley	Gaunt	Bedford Harriers	fV50	85
309	380	Sally	Ingram	Bedford Harriers	fV45	86
310	334	Ray	Cooke	Bedford Harriers	mV50	218
311	216	Caroline	O'Mahoney	Amphill & Flitwick Flyers	fV50	87
312	250	Jaswant	Chana	Bedford Harriers	mV65	219
313	1229	Mary	Pearson	Wellingborough AC	f	88
314	919	Mary	Sullivan	Northampton Road Runners	fV55	89
315	145	John	Kenyon	Amphill & Flitwick Flyers	mV40	220
316	378	Jacinta	Horne	Bedford Harriers	fV50	90
317	329	Nigel	Derby	Bedford Harriers	mV45	221
318	1379	Finbar	Willis	Stopsley Striders	mV55	222
319	608	Tara	Shorey	Dunstable Road Runners	fV35	91
320	207	Paula	James	Amphill & Flitwick Flyers	fV50	92
321	1046	Martin	Smith	Stopsley Striders	mV40	223
322	428	Eva	Kouacs	Bedford Harriers	fV45	93
323	559	Jonathan	Venning	Dunstable Road Runners	mV60	224
324	387	Jenny	King	Bedford Harriers	fV55	94
325	402	Sue	Pyecroft	Bedford Harriers	fV40	95
326	463	Colin	Harries	Biggleswade AC	mV65	225
327	598	Julia	Lines	Dunstable Road Runners	fV50	96
328	368	Michelle	Fadden	Bedford Harriers	fV45	97
329	208	Laura	Johnston	Amphill & Flitwick Flyers	fV45	98
330	433	Renee	Allen	Bedford Harriers	fV40	99
331	908	Jo	Letts	Northampton Road Runners	fV40	100
332	656	Kelly	Brodie McGall	Leighton Fun Runners	f	101
333	930	Sue	Lewis	Northampton Road Runners	fV45	102
334	570	John	Reid	Dunstable Road Runners	mV70	226
335	218	Alison	Parker	Amphill & Flitwick Flyers	fV45	103
336	1001	Philip	Abbitt	Stopsley Striders	mV60	227
337	348	Anne	Adamson	Bedford Harriers	fV50	104
338	968	Dee	Bethune	Olney Runners	fV65	105
339	384	Angie	Kay	Bedford Harriers	fV55	106
340	990	Claire	White	Olney Runners	fV40	107
341	971	Bethan	Courtman	Olney Runners	fV45	108
342	481	Simon	Strong	Biggleswade AC	mV45	228
343	894	Helen	Blackburn	Northampton Road Runners	fV50	109
344	191	Sofia	Aatkar	Amphill & Flitwick Flyers	f	110
345	1072	Kim	Caddy	Stopsley Striders	f	111
346	644	Paul	Thomas	Leighton Fun Runners	mV65	229
347	524	Martin	Cowley	Dunstable Road Runners	mV45	230
348	236	Claire	Jones	Amphill & Flitwick Flyers	fV50	112
349	435	Tracey	Thompson	Bedford Harriers	fV40	113
350	928	Lisa	Burdon	Northampton Road Runners	fV40	114

3 Counties Cross Country League Results

Venue **North Herts**

20-December-2015

Pos.	No.	First Name	Surname	Club	Category	Points
351	1202	Felicity	Aries	Wellingborough AC	fV50	115
352	779	Becky	Hayes	North Herts Road Runners	fV40	116
353	765	Lindsay	Cook	North Herts Road Runners	fV40	117
354	396	Susan	Pack	Bedford Harriers	fV50	118
355	164	Dave	Sedgley	Amphill & Flitwick Flyers	mV75	231
356	1376	Mark	Layzell	Stopsley Striders	mV45	232
357	237	Nichole	Neate	Amphill & Flitwick Flyers	fV35	119
358	314	Ian	Sturdgess	Bedford Harriers	mV50	233
359	977	Helen	Hines	Olney Runners	fV40	120
360	923	Carol	Whatton	Northampton Road Runners	fV50	121
361	427	Sylvia	Snowling	Bedford Harriers	f	122
362	600	Claire	Mcfauld	Dunstable Road Runners	f	123
363	578	Sarah	Cornell	Dunstable Road Runners	fV50	124
364	1047	Pam	Abbitt	Stopsley Striders	fV65	125
365	922	Kirsty	Turner	Northampton Road Runners	f	126
366	903	Keran	Irving	Northampton Road Runners	fV45	127
367	996	Lucie	Howard	Olney Runners	f	128
368	619	Cheryl	Denton	Dunstable Road Runners	fV40	129
369	984	Marijke	Perry	Olney Runners	fV40	130
370	1066	Donna	Wiggett	Stopsley Striders	fV40	131
371	199	Jane	Cook	Amphill & Flitwick Flyers	fV60	132
372	620	Paula	Kearney	Dunstable Road Runners	fV45	133
373	899	Sally	Garrett	Northampton Road Runners	fV50	134
374	205	Pat	Godfrey	Amphill & Flitwick Flyers	fV65	135
375	377	Lorena	Henderson	Bedford Harriers	fV40	136
376	372	Angela	Gallivan	Bedford Harriers	fV55	137