

# 3 Counties Cross Country League Results

Venue **North Herts**

18-December-2016

| Pos. | No.  | First Name  | Surname    | Club                      | Category      | Points | Team Points |
|------|------|-------------|------------|---------------------------|---------------|--------|-------------|
| 1    | 128  | Tim         | Harris     | Amphill & Flitwick Flyers | MV35          | 1      | 1           |
| 2    | 832  | Andrew      | Leach      | North Herts Road Runners  | MV50          | 2      | 2           |
| 3    | 120  | Paul        | Farmer     | Amphill & Flitwick Flyers | MV35          | 3      | 3           |
| 4    | 251  | Charlie     | Palmer     | Bedford Harriers          | MV35-2ndClaim | 4      | 4           |
| 5    | 895  | Mark        | Vaughan    | North Herts Road Runners  | MV45          | 5      | 5           |
| 6    | 146  | Craig       | Palmer     | Amphill & Flitwick Flyers | M             | 6      | 6           |
| 7    | 1127 | Robert      | Barnes     | Stopsley Striders         | M             | 7      | 7           |
| 8    | 302  | Christopher | Dilley     | Bedford Harriers          | M             | 8      | 8           |
| 9    | 861  | Edward      | Price      | North Herts Road Runners  | MV40-2ndClaim | 9      | 9           |
| 10   | 777  | Adam        | Bowler     | North Herts Road Runners  | M             | 10     | 10          |
| 11   | 814  | Robert John | Harris     | North Herts Road Runners  | MV35-2ndClaim |        |             |
| 12   | 957  | Norbet      | Mihalik    | Northampton Road Runners  | M             | 11     | 11          |
| 13   | 159  | Mark        | Waine      | Amphill & Flitwick Flyers | MV45          | 12     | 12          |
| 14   | 1322 | Peter       | Currington | Wellingborough AC         | M-2ndClaim    | 13     | 13          |
| 15   | 448  | Scott       | Penfold    | Bedford Harriers          | M             | 14     | 14          |
| 16   | 158  | Steven      | Upton      | Amphill & Flitwick Flyers | MV40          | 15     | 15          |
| 17   | 1282 | Greg        | Spellman   | Wellingborough AC         | MV50          | 16     | 16          |
| 18   | 293  | Stuart      | Dare       | Bedford Harriers          | MV35          | 17     | 17          |
| 19   | 839  | Darren      | Matussa    | North Herts Road Runners  | MV40          | 18     | 18          |
| 20   | 696  | Martin      | Crane      | Leighton Fun Runners      | MV45-2ndClaim | 19     | 19          |
| 21   | 864  | John        | Rayner     | North Herts Road Runners  | MV35          | 20     | 20          |
| 22   | 1016 | Hayley      | Munn       | Northampton Road Runners  | F-2ndClaim    | 1      | 21          |
| 23   | 941  | David       | Green      | Northampton Road Runners  | M             | 21     | 22          |
| 24   | 323  | Pete        | Graham     | Bedford Harriers          | M             | 22     | 23          |
| 25   | 768  | John        | Auld       | North Herts Road Runners  | M             | 23     | 24          |
| 26   | 1465 | Stuart      | De Freyne  | Wootton Road Runners      | M             | 24     | 25          |
| 27   | 106  | Martin      | Beare      | Amphill & Flitwick Flyers | MV50          | 25     | 26          |
| 28   | 590  | Lee         | Murphy     | Dunstable Road Runners    | M             | 26     | 27          |
| 29   | 126  | Ian         | Halpin     | Amphill & Flitwick Flyers | M             | 27     | 28          |
| 30   | 1308 | Jon         | Kemp       | Wellingborough AC         | MV45          | 28     | 29          |
| 31   | 380  | Andy        | Palombella | Bedford Harriers          | MV35          | 29     | 30          |
| 32   | 819  | Dan         | Hills      | North Herts Road Runners  | M             | 30     | 31          |
| 33   | 174  | Giles       | Shorley    | Amphill & Flitwick Flyers | MV40          | 31     | 32          |
| 34   | 1463 | Richard     | Lack       | Wootton Road Runners      | MV45          | 32     | 33          |
| 35   | 497  | Rob         | Morgan     | Biggleswade AC            | MV40          | 33     | 34          |
| 36   | 1277 | Julian      | Blackwell  | Wellingborough AC         | MV45          | 34     | 35          |
| 37   | 176  | Barry       | Stratford  | Amphill & Flitwick Flyers | M             | 35     | 36          |
| 38   | 1339 | Kelly       | Barnett    | Wellingborough AC         | F             | 2      | 37          |
| 39   | 312  | Gary        | Finch      | Bedford Harriers          | MV45          | 36     | 38          |
| 40   | 291  | Sean        | Crawley    | Bedford Harriers          | MV40          | 37     | 39          |
| 41   | 613  | Matt        | Earles     | Dunstable Road Runners    | MV40          | 38     | 40          |
| 42   | 1228 | Matthew     | Tyrrell    | Team East Haddon          | MV40          | 39     | 41          |
| 43   | 988  | Ilir        | Brecani    | Northampton Road Runners  | MV35          | 40     | 42          |
| 44   | 1213 | Gez         | Fallon     | Stopsley Striders         | MV45          | 41     | 43          |
| 45   | 1237 | Tim         | Webster    | Team East Haddon          | M             | 42     | 44          |
| 46   | 737  | Steve       | Harrison   | Leighton Fun Runners      | MV45          | 43     | 45          |
| 47   | 401  | Kirstie     | Sharman    | Bedford Harriers          | FV40          | 3      | 46          |
| 48   | 1210 | Alan        | Barry      | Stopsley Striders         | M             | 44     | 47          |
| 49   | 206  | Nicola      | Bowerman   | Amphill & Flitwick Flyers | FV40          | 4      | 48          |
| 50   | 1239 | Matt        | Dine       | Team East Haddon          | MV35          | 45     | 49          |
| 51   | 811  | Katie       | Harbon     | North Herts Road Runners  | F             | 5      | 50          |
| 52   | 909  | Stewart     | Overton    | North Herts Road Runners  | MV35          | 46     | 51          |
| 53   | 1481 | Simon       | Tootell    | Wootton Road Runners      | MV35          | 47     | 52          |
| 54   | 837  | Nicholas    | Malpeli    | North Herts Road Runners  | MV50          | 48     | 53          |
| 55   | 1167 | Nathan      | Scott      | Stopsley Striders         | MV35          | 49     | 54          |
| 56   | 829  | James       | Keogh      | North Herts Road Runners  | MV35          | 50     | 55          |
| 57   | 1225 | James       | Makin      | Team East Haddon          | M             | 51     | 56          |
| 58   | 873  | Adrian      | Sherwood   | North Herts Road Runners  | MV50          | 52     | 57          |
| 59   | 502  | Juliet      | Nayler     | Biggleswade AC            | FV40          | 6      | 58          |

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| Venue |      | North Herts |               | 18-December-2016          |            |        | Team Points |
|-------|------|-------------|---------------|---------------------------|------------|--------|-------------|
| Pos.  | No.  | First Name  | Surname       | Club                      | Category   | Points |             |
| 60    | 334  | Adam        | Hills         | Bedford Harriers          | MV35       | 53     | 59          |
| 61    | 683  | Dan         | Green         | Leighton Fun Runners      | MV40       | 54     | 60          |
| 62    | 402  | David       | Sharman       | Bedford Harriers          | MV40       | 55     | 61          |
| 63    | 1215 | Christine   | Lathwell      | Stopsley Striders         | FV40       | 7      | 62          |
| 64    | 904  | Vincent     | Wright        | North Herts Road Runners  | MV40       | 56     | 63          |
| 65    | 404  | Kevin       | Shelton-Smith | Bedford Harriers          | MV55       | 57     | 64          |
| 66    | 1316 | Tom         | Roberts       | Wellingborough AC         | M-2ndClaim |        |             |
| 67    | 1376 | Ian         | Barrett       | Wellingborough AC         | MV40       | 58     | 65          |
| 68    | 905  | Mark        | Young         | North Herts Road Runners  | MV50       | 59     | 66          |
| 69    | 1577 | Ben         | Taylor        | North Herts Road Runners  | MV35       | 60     | 67          |
| 70    | 1131 | Pat         | Blessing      | Stopsley Striders         | MV50       | 61     | 68          |
| 71    | 279  | Sally       | Cartwright    | Bedford Harriers          | FV45       | 8      | 69          |
| 72    | 1139 | Adrian      | Copp          | Stopsley Striders         | MV40       | 62     | 70          |
| 73    | 1074 | Steve       | Dicks         | Olney Runners             | MV40       | 63     | 71          |
| 74    | 1122 | Dean        | Sartin        | Olney Runners             | MV35       | 64     | 72          |
| 75    | 813  | Richard     | Harbon        | North Herts Road Runners  | MV50       | 65     | 73          |
| 76    | 1230 | Adrian      | Homer         | Team East Haddon          | MV45       | 66     | 74          |
| 77    | 1576 | Daniel      | Martin        | North Herts Road Runners  | MV35       | 67     | 75          |
| 78    | 1464 | Paul        | Matthews      | Wootton Road Runners      | MV45       | 68     | 76          |
| 79    | 310  | Alastair    | Fadden        | Bedford Harriers          | MV50       | 69     | 77          |
| 80    | 1137 | John        | Chapman       | Stopsley Striders         | MV55       | 70     | 78          |
| 81    | 926  | Mick        | Conroy        | Northampton Road Runners  | MV55       | 71     | 79          |
| 82    | 960  | Jonathon    | Panter        | Northampton Road Runners  | MV50       | 72     | 80          |
| 83    | 707  | Rob         | Laughton      | Leighton Fun Runners      | MV40       | 73     | 81          |
| 84    | 1214 | Danny       | Kelly         | Stopsley Striders         | MV55       | 74     | 82          |
| 85    | 874  | Peter       | Sibbett       | North Herts Road Runners  | MV50       | 75     | 83          |
| 86    | 681  | Andrew      | Heale         | Leighton Fun Runners      | MV50       | 76     | 84          |
| 87    | 1291 | Mark        | Bonham        | Wellingborough AC         | MV45       | 77     | 85          |
| 88    | 688  | Jim         | Buttleman     | Leighton Fun Runners      | MV50       | 78     | 86          |
| 89    | 565  | Mark        | Cornell       | Dunstable Road Runners    | MV50       | 79     | 87          |
| 90    | 682  | Colin       | Aitken        | Leighton Fun Runners      | MV35       | 80     | 88          |
| 91    | 1327 | Nick        | Sinnott       | Wellingborough AC         | MV40       | 81     | 89          |
| 92    | 1063 | Simon       | Cook          | Olney Runners             | MV40       | 82     | 90          |
| 93    | 261  | Tony        | Barnes        | Bedford Harriers          | MV50       | 83     | 91          |
| 94    | 1229 | Rob         | White         | Team East Haddon          | MV50       | 84     | 92          |
| 95    | 1472 | Mike        | Wheeler       | Wootton Road Runners      | M          | 85     | 93          |
| 96    | 588  | Lee         | Richardson    | Dunstable Road Runners    | MV45       | 86     | 94          |
| 97    | 1325 | John        | Donaldson     | Wellingborough AC         | MV55       | 87     | 95          |
| 98    | 123  | Jeremy      | Godfrey       | Amphill & Flitwick Flyers | M          | 88     | 96          |
| 99    | 971  | Ed          | Taylor        | Northampton Road Runners  | MV50       | 89     | 97          |
| 100   | 130  | Ross        | Henson        | Amphill & Flitwick Flyers | MV40       | 90     | 98          |
| 101   | 1150 | Martin      | Fallon        | Stopsley Striders         | MV45       | 91     | 99          |
| 102   | 513  | Adam        | Murphy        | Biggleswade AC            | M          | 92     | 100         |
| 103   | 1315 | Zac         | O'Neil        | Wellingborough AC         | MV35       | 93     | 101         |
| 104   | 1208 | Ahmed       | Berrah        | Stopsley Striders         | M          | 94     | 102         |
| 105   | 606  | Mick        | Courtney      | Dunstable Road Runners    | MV50       | 95     | 103         |
| 106   | 1476 | Nial        | Gardiner      | Wootton Road Runners      | MV40       | 96     | 104         |
| 107   | 137  | Philip      | Mead          | Amphill & Flitwick Flyers | M          | 97     | 105         |
| 108   | 444  | Oliver      | Jones         | Bedford Harriers          | MV35       | 98     | 106         |
| 109   | 495  | Isobel      | Everest       | Biggleswade AC            | FV40       | 9      | 107         |
| 110   | 500  | Giles       | Hawthorne     | Biggleswade AC            | MV40       | 99     | 108         |
| 111   | 878  | Chris       | Stokes        | North Herts Road Runners  | MV40       | 100    | 109         |
| 112   | 275  | Gary        | Butler        | Bedford Harriers          | MV50       | 101    | 110         |
| 113   | 490  | Fiona       | Wynde         | Biggleswade AC            | FV40       | 10     | 111         |
| 114   | 579  | Mark        | Pedder        | Dunstable Road Runners    | MV40       | 102    | 112         |
| 115   | 341  | Stephen     | James         | Bedford Harriers          | MV45       | 103    | 113         |
| 116   | 958  | Peter       | Moor          | Northampton Road Runners  | MV40       | 104    | 114         |
| 117   | 204  | Deborah     | Beare         | Amphill & Flitwick Flyers | F          | 11     | 115         |
| 118   | 182  | Richard     | Stanley       | Amphill & Flitwick Flyers | MV50       | 105    | 116         |

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|------|------|------------|-------------|---------------------------|---------------|--------|-------------|
| 119  | 1575 | Robert     | Hardwick    | Amphill & Flitwick Flyers | M             | 106    | 117         |
| 120  | 172  | Stan       | Greening    | Amphill & Flitwick Flyers | MV50-2ndClaim | 107    | 118         |
| 121  | 802  | Oliver     | Garbas      | North Herts Road Runners  | MV35          | 108    | 119         |
| 122  | 1155 | Paul       | Keech       | Stopsley Striders         | MV55          | 109    | 120         |
| 123  | 1461 | Graham     | Hollowell   | Wootton Road Runners      | MV50          | 110    | 121         |
| 124  | 482  | Hannah     | Broom       | Biggleswade AC            | FV35          | 12     | 122         |
| 125  | 1319 | Nick       | Page        | Wellingborough AC         | MV55          | 111    | 123         |
| 126  | 1164 | Andy       | Reid        | Stopsley Striders         | MV60          | 112    | 124         |
| 127  | 227  | Hattie     | Oakley-King | Amphill & Flitwick Flyers | F             | 13     | 125         |
| 128  | 689  | John       | Preston     | Leighton Fun Runners      | MV45          | 113    | 126         |
| 129  | 567  | Robert     | Curtis      | Dunstable Road Runners    | MV50          | 114    | 127         |
| 130  | 510  | Nick       | Haworth     | Biggleswade AC            | MV35          | 115    | 128         |
| 131  | 225  | Michelle   | Morris      | Amphill & Flitwick Flyers | F             | 14     | 129         |
| 132  | 1241 | Matt       | Tilt        | Team East Haddon          | MV45          | 116    | 130         |
| 133  | 1158 | Daniel     | Lewis       | Stopsley Striders         | MV35          | 117    | 131         |
| 134  | 357  | Stuart     | Knight      | Bedford Harriers          | MV50          | 118    | 132         |
| 135  | 574  | Peter      | Keane       | Dunstable Road Runners    | MV50          | 119    | 133         |
| 136  | 1509 | Alex       | McMurtrie   | Wootton Road Runners      | MV45-Guest    |        |             |
| 137  | 151  | Mark       | Rouse       | Amphill & Flitwick Flyers | MV40          | 120    | 134         |
| 138  | 326  | Sally      | Gurney      | Bedford Harriers          | FV40          | 15     | 135         |
| 139  | 578  | Cahal      | McConville  | Dunstable Road Runners    | MV50          | 121    | 136         |
| 140  | 111  | Mark       | Billington  | Amphill & Flitwick Flyers | MV50          | 122    | 137         |
| 141  | 298  | Morris     | Dempster    | Bedford Harriers          | MV65          | 123    | 138         |
| 142  | 105  | Mike       | Bannister   | Amphill & Flitwick Flyers | MV40          | 124    | 139         |
| 143  | 787  | John       | Cooper      | North Herts Road Runners  | MV50          | 125    | 140         |
| 144  | 156  | Ben        | Stoneman    | Amphill & Flitwick Flyers | MV45          | 126    | 141         |
| 145  | 488  | Natalie    | Morgan      | Biggleswade AC            | FV40          | 16     | 142         |
| 146  | 961  | Seb        | Perry       | Northampton Road Runners  | MV45          | 127    | 143         |
| 147  | 761  | Paula      | Adams       | North Herts Road Runners  | FV45          | 17     | 144         |
| 148  | 1483 | Chris      | Jakeman     | Wootton Road Runners      | MV40          | 128    | 145         |
| 149  | 1141 | Thom       | Darby       | Stopsley Striders         | MV35          | 129    | 146         |
| 150  | 124  | Martin     | Godin       | Amphill & Flitwick Flyers | MV55          | 130    | 147         |
| 151  | 1111 | Mike       | Pezaro      | Olney Runners             | MV40          | 131    | 148         |
| 152  | 393  | Alan       | Rickhuss    | Bedford Harriers          | MV45          | 132    | 149         |
| 153  | 1255 | Robert     | Gaskill     | Team East Haddon          | M             | 133    | 150         |
| 154  | 202  | Jess       | Anstee      | Amphill & Flitwick Flyers | F             | 18     | 151         |
| 155  | 1193 | Paula      | Nicol       | Stopsley Striders         | FV35-2ndClaim | 19     | 152         |
| 156  | 938  | Mark       | Garrett     | Northampton Road Runners  | MV55          | 134    | 153         |
| 157  | 1250 | Liv        | Thompson    | Team East Haddon          | F             | 20     | 154         |
| 158  | 107  | Jeremy     | Bell        | Amphill & Flitwick Flyers | MV50          | 135    | 155         |
| 159  | 316  | Gill       | Fullen      | Bedford Harriers          | FV50          | 21     | 156         |
| 160  | 793  | Mark       | Draper      | North Herts Road Runners  | MV55          | 136    | 157         |
| 161  | 208  | Louise     | Clark       | Amphill & Flitwick Flyers | FV40          | 22     | 158         |
| 162  | 634  | Emily      | Prejac      | Dunstable Road Runners    | F             | 23     | 159         |
| 163  | 1251 | Sally      | Tilt        | Team East Haddon          | FV40          | 24     | 160         |
| 164  | 1113 | Georgia    | Richardson  | Olney Runners             | F             | 25     | 161         |
| 165  | 1147 | Andy       | Durrant     | Stopsley Striders         | MV55          | 137    | 162         |
| 166  | 306  | David      | Elliott     | Bedford Harriers          | MV40          | 138    | 163         |
| 167  | 483  | Charlie    | Arnold      | Biggleswade AC            | MV60          | 139    | 164         |
| 168  | 327  | Nora       | Haggart     | Bedford Harriers          | FV60          | 26     | 165         |
| 169  | 1138 | Derek      | Christopher | Stopsley Striders         | MV65          | 140    | 166         |
| 170  | 1299 | Mark       | Boyce       | Wellingborough AC         | MV35          | 141    | 167         |
| 171  | 215  | Caroline   | Gilby       | Amphill & Flitwick Flyers | FV50          | 27     | 168         |
| 172  | 576  | Stewart    | Mackay      | Dunstable Road Runners    | MV55          | 142    | 169         |
| 173  | 1567 | Lisa       | Russel      | Olney Runners             | FV40          | 28     | 170         |
| 174  | 566  | Bill       | Crane       | Dunstable Road Runners    | MV60          | 143    | 171         |
| 175  | 250  | Keri       | Withers     | Amphill & Flitwick Flyers | FV50          | 29     | 172         |
| 176  | 508  | Debs       | Bryant      | Biggleswade AC            | FV45          | 30     | 173         |
| 177  | 722  | Katy       | Garnham-Lee | Leighton Fun Runners      | FV35          | 31     | 174         |

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| Pos.  | No.  | First Name  | Surname           | Club                       | Category      | Points |             |
| 178   | 121  | Fraser      | Geddes            | Ampthill & Flitwick Flyers | M             | 144    | 175         |
| 179   | 910  | Chloe       | Lucas             | North Herts Road Runners   | F             | 32     | 176         |
| 180   | 299  | Caroline    | Devine            | Bedford Harriers           | FV50          | 33     | 177         |
| 181   | 1508 | Francess    | Hooper            | Wootton Road Runners       | FV35          | 34     | 178         |
| 182   | 1159 | Daniel      | Mann              | Stopsley Striders          | MV35          | 145    | 179         |
| 183   | 164  | Simon       | Wilkins           | Ampthill & Flitwick Flyers | MV40          | 146    | 180         |
| 184   | 649  | Lisa        | Phee              | Dunstable Road Runners     | FV35          | 35     | 181         |
| 185   | 804  | Yuko        | Gordon            | North Herts Road Runners   | FV65          | 36     | 182         |
| 186   | 1034 | Vicki       | Baker             | Northampton Road Runners   | FV35          | 37     | 183         |
| 187   | 487  | Chris       | Clarke            | Biggleswade AC             | MV60          | 147    | 184         |
| 188   | 244  | Lisa        | Wells             | Ampthill & Flitwick Flyers | FV45          | 38     | 185         |
| 189   | 426  | Rob         | Wallis            | Bedford Harriers           | MV55          | 148    | 186         |
| 190   | 593  | Dave        | Stretton          | Dunstable Road Runners     | MV45          | 149    | 187         |
| 191   | 624  | Ruth        | Grint             | Dunstable Road Runners     | FV45          | 39     | 188         |
| 192   | 1184 | Hannah      | Fothergill        | Stopsley Striders          | F             | 40     | 189         |
| 193   | 1162 | Ian         | Pitkin            | Stopsley Striders          | MV50          | 150    | 190         |
| 194   | 704  | Paul        | Doyle             | Leighton Fun Runners       | MV45          | 151    | 191         |
| 195   | 870  | Ellie       | Scott             | North Herts Road Runners   | F             | 41     | 192         |
| 196   | 103  | Andy        | Atherton          | Ampthill & Flitwick Flyers | MV50          | 152    | 193         |
| 197   | 504  | Zoe         | Lawson            | Biggleswade AC             | FV40          | 42     | 194         |
| 198   | 489  | Damien      | Pitts             | Biggleswade AC             | M             | 153    | 195         |
| 199   | 1561 | Duncan      | Winner            | Olney Runners              | MV40          | 154    | 196         |
| 200   | 406  | Veronica    | Singleton- Lawley | Bedford Harriers           | FV55-2ndClaim | 43     | 197         |
| 201   | 417  | Mark        | Tinkler           | Bedford Harriers           | MV55          | 155    | 198         |
| 202   | 684  | Gary        | Reid              | Leighton Fun Runners       | MV50          | 156    | 199         |
| 203   | 153  | Dave        | Stanley           | Ampthill & Flitwick Flyers | MV60          | 157    | 200         |
| 204   | 1333 | Helen       | Etherington       | Wellingborough AC          | FV35          | 44     | 201         |
| 205   | 1020 | Wendy       | Parker            | Northampton Road Runners   | FV50          | 45     | 202         |
| 206   | 937  | David       | Frost             | Northampton Road Runners   | MV50          | 158    | 203         |
| 207   | 1205 | Richard     | Hardy             | Stopsley Striders          | MV60          | 159    | 204         |
| 208   | 640  | Teresa      | Warren            | Dunstable Road Runners     | FV45          | 46     | 205         |
| 209   | 1359 | Louise      | Kemp              | Wellingborough AC          | FV35          | 47     | 206         |
| 210   | 1492 | James       | Meade             | Wootton Road Runners       | MV45          | 160    | 207         |
| 211   | 1216 | Sam         | Cortese           | Team East Haddon           | MV55          | 161    | 208         |
| 212   | 135  | Jeremy      | Lewis             | Ampthill & Flitwick Flyers | MV45          | 162    | 209         |
| 213   | 890  | Caroline    | Thrussell         | North Herts Road Runners   | FV50          | 48     | 210         |
| 214   | 1310 | Shaun       | De Clancy         | Wellingborough AC          | MV50          | 163    | 211         |
| 215   | 523  | Neil        | Harvey            | Biggleswade AC             | MV55          | 164    | 212         |
| 216   | 1297 | Mark        | Viccars           | Wellingborough AC          | MV50          | 165    | 213         |
| 217   | 1500 | Janet       | Mitchell          | Wootton Road Runners       | FV50          | 49     | 214         |
| 218   | 348  | Kirsty      | Jones             | Bedford Harriers           | FV35          | 50     | 215         |
| 219   | 635  | Tara        | Quinn             | Dunstable Road Runners     | FV35          | 51     | 216         |
| 220   | 901  | Johnny      | Spinks            | North Herts Road Runners   | MV50          | 166    | 217         |
| 221   | 1275 | Joanna      | Szymborska        | Team East Haddon           | FV45          | 52     | 218         |
| 222   | 132  | Richie      | Jones             | Ampthill & Flitwick Flyers | MV50          | 167    | 219         |
| 223   | 607  | Robert      | Lee               | Dunstable Road Runners     | MV35          | 168    | 220         |
| 224   | 421  | Sacha       | Trude             | Bedford Harriers           | FV45          | 53     | 221         |
| 225   | 309  | Christopher | Fadden            | Bedford Harriers           | MV50          | 169    | 222         |
| 226   | 1475 | Steve       | Atkinson          | Wootton Road Runners       | MV45          | 170    | 223         |
| 227   | 955  | Mark        | Lewis             | Northampton Road Runners   | MV50          | 171    | 224         |
| 228   | 623  | Anne        | Golding           | Dunstable Road Runners     | FV55          | 54     | 225         |
| 229   | 398  | Alex        | Rothwell          | Bedford Harriers           | MV55          | 172    | 226         |
| 230   | 913  | Martin      | Andrews           | Northampton Road Runners   | M             | 173    | 227         |
| 231   | 902  | Adam        | Wilson            | North Herts Road Runners   | MV45          | 174    | 228         |
| 232   | 1200 | Lorraine    | Webb              | Stopsley Striders          | FV40          | 55     | 229         |
| 233   | 723  | Kelly       | McGall            | Leighton Fun Runners       | F             | 56     | 230         |
| 234   | 702  | Paul        | Thomas            | Leighton Fun Runners       | MV65          | 175    | 231         |
| 235   | 1018 | Elaine      | Palmer            | Northampton Road Runners   | FV45          | 57     | 232         |
| 236   | 1341 | Amy         | Vaughan           | Wellingborough AC          | F             | 58     | 233         |

# 3 Counties Cross Country League Results

| Venue |      | North Herts |            |                           |               | 18-December-2016 |             | Team Points |
|-------|------|-------------|------------|---------------------------|---------------|------------------|-------------|-------------|
| Pos.  | No.  | First Name  | Surname    | Club                      | Category      | Points           | Team Points |             |
| 237   | 1390 | Tony        | Hale       | Wellingborough AC         | MV65          | 176              | 234         |             |
| 238   | 673  | Johanna     | Hadley     | Dunstable Road Runners    | F             | 59               | 235         |             |
| 239   | 1175 | Karen       | Ashby      | Stopsley Striders         | FV55          | 60               | 236         |             |
| 240   | 1148 | Willie      | Ellingham  | Stopsley Striders         | MV50          | 177              | 237         |             |
| 241   | 762  | Linda       | Aird       | North Herts Road Runners  | FV55          | 61               | 238         |             |
| 242   | 509  | Stuart      | Goodwin    | Biggleswade AC            | MV35          | 178              | 239         |             |
| 243   | 115  | Kevin       | Cutler     | Amphill & Flitwick Flyers | MV35          | 179              | 240         |             |
| 244   | 507  | Ian         | Grimwood   | Biggleswade AC            | MV60          | 180              | 241         |             |
| 245   | 355  | Ian         | Kingstone  | Bedford Harriers          | MV50          | 181              | 242         |             |
| 246   | 101  | Paresh      | Aatkar     | Amphill & Flitwick Flyers | MV50          | 182              | 243         |             |
| 247   | 491  | Robin       | Wynde      | Biggleswade AC            | MV55          | 183              | 244         |             |
| 248   | 1207 | Jeff        | Dowsett    | Stopsley Striders         | MV65          | 184              | 245         |             |
| 249   | 1007 | Joanne      | Hewlett    | Northampton Road Runners  | FV35          | 62               | 246         |             |
| 250   | 1233 | Rob         | Watkinson  | Team East Haddon          | MV50          | 185              | 247         |             |
| 251   | 709  | Stephen     | Moore      | Leighton Fun Runners      | MV50          | 186              | 248         |             |
| 252   | 1108 | David       | O'Connor   | Olney Runners             | MV50          | 187              | 249         |             |
| 253   | 1166 | Tony        | Riley      | Stopsley Striders         | MV70          | 188              | 250         |             |
| 254   | 1226 | Stuart      | Wheeldon   | Team East Haddon          | MV45          | 189              | 251         |             |
| 255   | 1146 | Paul        | Duffy      | Stopsley Striders         | MV40          | 190              | 252         |             |
| 256   | 1190 | Katie       | McAuslan   | Stopsley Striders         | F             | 63               | 253         |             |
| 257   | 686  | Graham      | Cooper     | Leighton Fun Runners      | MV50          | 191              | 254         |             |
| 258   | 503  | Kathryn     | Juty       | Biggleswade AC            | FV45          | 64               | 255         |             |
| 259   | 352  | Viv         | Kilgour    | Bedford Harriers          | FV50          | 65               | 256         |             |
| 260   | 1019 | Rachel      | Palmer     | Northampton Road Runners  | F             | 66               | 257         |             |
| 261   | 379  | Russell     | Page       | Bedford Harriers          | MV55          | 192              | 258         |             |
| 262   | 217  | Charlene    | Halpin     | Amphill & Flitwick Flyers | F             | 67               | 259         |             |
| 263   | 236  | Christine   | Sharman    | Amphill & Flitwick Flyers | FV50          | 68               | 260         |             |
| 264   | 1114 | Jim         | Richardson | Olney Runners             | MV50          | 193              | 261         |             |
| 265   | 917  | Dave        | Blackburn  | Northampton Road Runners  | MV55          | 194              | 262         |             |
| 266   | 220  | Laura       | Johnston   | Amphill & Flitwick Flyers | FV45          | 69               | 263         |             |
| 267   | 1566 | Justin      | Schofield  | Olney Runners             | MV45          | 195              | 264         |             |
| 268   | 846  | Miranda     | Morgan     | North Herts Road Runners  | FV60          | 70               | 265         |             |
| 269   | 239  | Louise      | Wilkins    | Amphill & Flitwick Flyers | FV45          | 71               | 266         |             |
| 270   | 144  | Brendan     | O'Mahoney  | Amphill & Flitwick Flyers | MV55          | 196              | 267         |             |
| 271   | 1466 | Micheal     | Gittings   | Wootton Road Runners      | MV35          | 197              | 268         |             |
| 272   | 1135 | Simon       | Cain       | Stopsley Striders         | MV45          | 198              | 269         |             |
| 273   | 717  | Georgi      | Preston    | Leighton Fun Runners      | FV40          | 72               | 270         |             |
| 274   | 672  | Jim         | Bunyan     | Dunstable Road Runners    | MV65          | 199              | 271         |             |
| 275   | 358  | Eva         | Kovacs     | Bedford Harriers          | FV45          | 73               | 272         |             |
| 276   | 1001 | Sheena      | Desborough | Northampton Road Runners  | FV40          | 74               | 273         |             |
| 277   | 320  | Lesley      | Gaunt      | Bedford Harriers          | FV55          | 75               | 274         |             |
| 278   | 729  | Taraneh     | Gerami     | Leighton Fun Runners      | FV55-2ndClaim | 76               | 275         |             |
| 279   | 506  | Juliet      | Grimwood   | Biggleswade AC            | FV50          | 77               | 276         |             |
| 280   | 253  | Jenny       | Redgrove   | Bedford Harriers          | FV40          | 78               | 277         |             |
| 281   | 647  | Alison      | Hunt       | Dunstable Road Runners    | FV50          | 79               | 278         |             |
| 282   | 1209 | Kat         | Tuloo      | Stopsley Striders         | FV35          | 80               | 279         |             |
| 283   | 213  | Rebecca     | Fleckney   | Amphill & Flitwick Flyers | FV35          | 81               | 280         |             |
| 284   | 247  | Emma        | White      | Amphill & Flitwick Flyers | FV40          | 82               | 281         |             |
| 285   | 1010 | Keran       | Irving     | Northampton Road Runners  | FV45          | 83               | 282         |             |
| 286   | 908  | Andee       | Price      | North Herts Road Runners  | FV35          | 84               | 283         |             |
| 287   | 1206 | Carly       | Eaves      | Stopsley Striders         | F             | 85               | 284         |             |
| 288   | 248  | Emma        | Clare      | Amphill & Flitwick Flyers | FV40          | 86               | 285         |             |
| 289   | 595  | Paul        | Stack      | Dunstable Road Runners    | MV50          | 200              | 286         |             |
| 290   | 1129 | Rudi        | Bartlett   | Stopsley Striders         | MV60          | 201              | 287         |             |
| 291   | 633  | Tara        | Pountney   | Dunstable Road Runners    | FV35          | 87               | 288         |             |
| 292   | 353  | Jenny       | King       | Bedford Harriers          | FV55          | 88               | 289         |             |
| 293   | 1030 | Kirsty      | Turner     | Northampton Road Runners  | F             | 89               | 290         |             |
| 294   | 995  | Helen       | Blackburn  | Northampton Road Runners  | FV50          | 90               | 291         |             |
| 295   | 911  | Ronnie      | Ambrose    | Northampton Road Runners  | MV50          | 202              | 292         |             |

# 3 Counties Cross Country League Results

| Venue |      | North Herts |             |                            |               |        | 18-December-2016 |        | Team |
|-------|------|-------------|-------------|----------------------------|---------------|--------|------------------|--------|------|
| Pos.  | No.  | First Name  | Surname     | Club                       | Category      | Points |                  | Points |      |
| 296   | 1017 | Caroline    | Owers       | Northampton Road Runners   | FV50          | 91     |                  | 293    |      |
| 297   | 584  | Jonathan    | Venning     | Dunstable Road Runners     | MV60          | 203    |                  | 294    |      |
| 298   | 1560 | Claire      | White       | Olney Runners              | FV40          | 92     |                  | 295    |      |
| 299   | 349  | Angie       | Kay         | Bedford Harriers           | FV55          | 93     |                  | 296    |      |
| 300   | 785  | Lindsay     | Cook        | North Herts Road Runners   | FV40          | 94     |                  | 297    |      |
| 301   | 240  | Nicola      | Wilkins     | Ampthill & Flitwick Flyers | FV40          | 95     |                  | 298    |      |
| 302   | 1574 | Jeni        | Spurr-Jones | North Herts Road Runners   | FV40          | 96     |                  | 299    |      |
| 303   | 221  | Claire      | Jones       | Ampthill & Flitwick Flyers | FV50          | 97     |                  | 300    |      |
| 304   | 697  | Masoud      | Gerami      | Leighton Fun Runners       | MV55-2ndClaim |        |                  |        |      |
| 305   | 982  | Keiran      | Shephard    | Northampton Road Runners   | M             | 204    |                  | 301    |      |
| 306   | 447  | David       | Conlan      | Bedford Harriers           | MV60          | 205    |                  | 302    |      |
| 307   | 1126 | Phil        | Abbitt      | Stopsley Striders          | MV60          | 206    |                  | 303    |      |
| 308   | 1355 | Felicity    | Aries       | Wellingborough AC          | FV55          | 98     |                  | 304    |      |
| 309   | 833  | Shiela      | Leavy       | North Herts Road Runners   | FV60          | 99     |                  | 305    |      |
| 310   | 1194 | Maria       | Petts       | Stopsley Striders          | FV35          | 100    |                  | 306    |      |
| 311   | 1183 | Zena        | Ellis       | Stopsley Striders          | FV35          | 101    |                  | 307    |      |
| 312   | 1350 | Sally       | Hewitt      | Wellingborough AC          | FV60          | 102    |                  | 308    |      |
| 313   | 1343 | Mary        | Pearson     | Wellingborough AC          | F             | 103    |                  | 309    |      |
| 314   | 416  | Tracey      | Thompson    | Bedford Harriers           | FV45          | 104    |                  | 310    |      |
| 315   | 378  | Susan       | Pack        | Bedford Harriers           | FV50          | 105    |                  | 311    |      |
| 316   | 626  | Tina        | Keane       | Dunstable Road Runners     | FV50          | 106    |                  | 312    |      |
| 317   | 226  | Nichole     | Neate       | Ampthill & Flitwick Flyers | FV40          | 107    |                  | 313    |      |
| 318   | 216  | Pat         | Godfrey     | Ampthill & Flitwick Flyers | FV65          | 108    |                  | 314    |      |
| 319   | 1195 | Judy        | Reid        | Stopsley Striders          | FV60          | 109    |                  | 315    |      |
| 320   | 882  | Joy         | Stroud      | North Herts Road Runners   | FV65          | 110    |                  | 316    |      |
| 321   | 726  | Mariam      | Allen       | Leighton Fun Runners       | FV35          | 111    |                  | 317    |      |
| 322   | 728  | Steph       | Nash        | Leighton Fun Runners       | FV35          | 112    |                  | 318    |      |
| 323   | 409  | Sylvia      | Snowling    | Bedford Harriers           | FV55          | 113    |                  | 319    |      |
| 324   | 618  | Sarah       | Cornell     | Dunstable Road Runners     | FV50          | 114    |                  | 320    |      |
| 325   | 450  | Peter       | Lawley      | Bedford Harriers           | MV55          | 207    |                  | 321    |      |
| 326   | 438  | Peter       | Fadden      | Bedford Harriers           | MU20          | 208    |                  | 322    |      |
| 327   | 152  | Dave        | Sedgley     | Ampthill & Flitwick Flyers | MV75          | 209    |                  | 323    |      |
| 328   | 1217 | Val         | Bridges     | Team East Haddon           | FV60          | 115    |                  | 324    |      |
| 329   | 657  | Cheryl      | Denton      | Dunstable Road Runners     | FV40          | 116    |                  | 325    |      |
| 330   | 1058 | Liz         | Brewster    | Olney Runners              | FV50          | 117    |                  | 326    |      |
| 331   | 1005 | Sally       | Garrett     | Northampton Road Runners   | FV50          | 118    |                  | 327    |      |
| 332   | 1174 | Pam         | Abbitt      | Stopsley Striders          | FV65          | 119    |                  | 328    |      |
| 333   | 1389 | Graham      | Bayes       | Wellingborough AC          | MV65          | 210    |                  | 329    |      |
| 334   | 1091 | Lucie       | Howard      | Olney Runners              | FV35          | 120    |                  | 330    |      |
| 335   | 1115 | Carolyn     | Richardson  | Olney Runners              | FV50          | 121    |                  | 331    |      |
| 336   | 1066 | Sarah       | Crabb       | Olney Runners              | F             | 122    |                  | 332    |      |
| 337   | 520  | Vikki       | Vowles      | Biggleswade AC             | FV45          | 123    |                  | 333    |      |