

# 3 Counties Cross Country League Results

Venue		Wootton							26-November-2023	
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat	Points	
1	1010	Matthew	Dicks	Olney Runners	m20-24	1	1	1	1	
2	1070	Mohammed	Elbayan	Stopsley Striders	M20-24	2	2	2	2	
3	1434	Louis	Starr	Rugby & Northampton AC	m17-19	3	3	1	1	
4	1397	Phil	Melling	Rugby & Northampton AC	m45-49	4	4	1	1	
5	1432	Danny	Carter	Rugby & Northampton AC	m17-19	5	5	2	2	
6	181	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	6	6	1	1	
7	9	Sam	Coxon	North Herts Road Runners	m30-34	7	7	1	1	
8	5	Mike	Roberts	North Herts Road Runners	m30-34	8	8	2	2	
9	4	Darren	Sunter	North Herts Road Runners	m40-44	9	9	1	1	
10	1422	Nathan	Jones	Rugby & Northampton AC	m35-39	10	10	2	2	
11	1364	David	Ball	Rugby & Northampton AC	m40-44	11	11	2	2	
12	1049	Rob	Barnes	Stopsley Striders	M35-39	12	12	3	3	
13	1411	Sam	Tallet	Rugby & Northampton AC	m35-39	13	13	4	4	
14	1426	Chris	Wood	Rugby & Northampton AC	m45-49	14	14	2	2	
15	1424	Ben	Merriman	Rugby & Northampton AC	m40-44	15	15	3	3	
16	192	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	16	16	1	1	
17	200	Liam	McNabola	Amphill & Flitwick Flyers	m35-39	17	17	5	5	
18	197	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	18	18	4	4	
19	1018	Chris	Ling	Olney Runners	m40-44	19	19	5	5	
20	1380	Richard	Francis	Rugby & Northampton AC	m40-44	20	20	6	6	
21	3	Ben	Sewell	North Herts Road Runners	m30-34	21	21	3	3	
22	725	Matthew	Ma	Leighton Fun Runners	M35-39	22	22	6	6	
23	2	Stewart	Overton	North Herts Road Runners	m40-44	23	23	7	7	
24	216	James	Smith	Amphill & Flitwick Flyers	m45-49	24	24	3	3	
25	69	Vince	Wright	North Herts Road Runners	m45-49	25	25	4	4	
26	375	Graham	Pratt	Bedford Harriers	m30-34	26	26	4	4	
27	1	Katie	Harbon	North Herts Road Runners	f25-29	1	27	1	1	
28	30	Rob	Jowett	North Herts Road Runners	m30-34	27	28	5	5	
29	226	Mark	Waine	Amphill & Flitwick Flyers	m50-54	28	29	1	1	
30	442	Phill	Jamieson	Bedford Harriers	m35-39	29	30	7	7	
31	29	Shahab	Ahmad	North Herts Road Runners	m40-44	30	31	8	8	
32	318	David	Haslam	Bedford Harriers	m40-44	31	32	9	9	
33	37	Matt	Sayers	North Herts Road Runners	m45-49	32	33	5	5	
34	429	Vittorio	Paci	Bedford Harriers	m50-54	33	34	2	2	
35	443	Danny	Winn	Bedford Harriers	m35-39	34	35	8	8	
36	1305	Simon	Tootell	Wootton Road Runners	m45-49	35	36	6	6	
37	187	Martin	Hughes	Amphill & Flitwick Flyers	m40-44	36	37	10	10	
38	169	Marcus	Cook	Amphill & Flitwick Flyers	m45-49	37	38	7	7	
39	257	Adam	Broadbent	Bedford Harriers	m40-44	38	39	11	11	
40	515	Robert	Morgan	Biggleswade AC	M45-49	39	40	8	8	
41	56	Elliot	Jackson	North Herts Road Runners	m25-29	40	41	2	2	
42	1435	David	Blake	Rugby & Northampton AC	m35-39	41	42	9	9	
43	859	Tony	Letts	Northampton Road Runners	m55-59	42	43	1	1	
44	1233	Paul	Huckle	Wellingborough & District AC	m35-39	43	44	10	10	
45	1035	Laszlo	Torjai	Olney Runners	m45-49	44	45	9	9	
46	1412	Jon	Taylor	Rugby & Northampton AC	m45-49	45	46	10	10	
47	1237	Jon	Kemp	Wellingborough & District AC	m50-54	46	47	3	3	
48	1429	Dave	Conway	Rugby & Northampton AC	m40-44	47	48	12	12	
49	1160	Simon	Smith	Northants Tri	M25-29	48	49	3	3	
50	210	Simon	Read	Amphill & Flitwick Flyers	m45-49	49	50	11	11	
51	1267	James	White	Wellingborough & District AC	m40-44	50	51	13	13	
52	1384	Kirsten	Hayes	Rugby & Northampton AC	f20-24	2	52	1	1	
53	1097	Ryan	Parsons	Stopsley Striders	M25-29	51	53	4	4	
54	156	Andy	Bierton	Amphill & Flitwick Flyers	m50-54	52	54	4	4	
55	1296	Richard	Lack	Wootton Road Runners	m50-54	53	55	5	5	
56	1398	Brendan	Moens	Rugby & Northampton AC	m55-59	54	56	2	2	
57	1261	Ben	Shirley	Wellingborough & District AC	m45-49	55	57	12	12	
58	1228	Peter	Cowler	Wellingborough & District AC	m45-49	56	58	13	13	
59	1390	Mark	Johnson	Rugby & Northampton AC	m40-44	57	59	14	14	

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60	1155	Andy	Green	Northants Tri	M55-59	58	60	3	
61	1162	Richard	Cressey	Northants Tri	M45-49	59	61	14	
62	1116	Kallum	Wright	Stopsley Striders	M30-34	60	62	6	
63	523	Emily	Varley	Biggleswade AC	F25-29	3	63	2	
64	1403	Richard	Owen	Rugby & Northampton AC	m45-49	61	64	15	
65	53	Steve	Mckeown	North Herts Road Runners	m55-59	62	65	4	
66	995	Katie	Godof	Olney Runners	f45-49	4	66	1	
67	42	Will	Harrison	North Herts Road Runners	m40-44	63	67	15	
68	1430	Josh	Tiffin	Rugby & Northampton AC	m30-34	64	68	7	
69	222	Barry	Stratford	Amphill & Flitwick Flyers	m40-44	65	69	16	
70	1029	Thomas	Baggott	Olney Runners	m35-39	66	70	11	
71	710	Daniel	Green	Leighton Fun Runners	M45-49	67	71	16	
72	1271	Andrew	McKenna	Wellingborough & District AC	m40-44	68	72	17	
73	188	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	69	73	12	
74	1006	Simon	Cook	Olney Runners	m50-54	70	74	6	
75	1389	Sam	Jackson	Rugby & Northampton AC	m30-34	71	75	8	
76	1221	Martin	Arissol	Wellingborough & District AC	m50-54	72	76	7	
77	783	Ilir	Brecani	Northampton Road Runners	m45-49	73	77	17	
78	185	Ross	Henson	Amphill & Flitwick Flyers	m45-49	74	78	18	
79	1431	Mike	Starr	Rugby & Northampton AC	m55-59	75	79	5	
80	708	Tom	Ellerton	Leighton Fun Runners	M30-34	76	80	9	
81	1164	Paul	Watts	Northants Tri	M40-44	77	81	18	
82	635	Frances	Vosper	Dunstable Lions	F40-44	5	82	1	
83	1266	Chris	Middleton	Wellingborough & District AC	m40-44	78	83	19	
84	388	Kevin	Shelton-Smith	Bedford Harriers	m60-64	79	84	1	
85	1385	Katerina	Hemmington	Rugby & Northampton AC	f40-44	6	85	2	
86	35	John	Auld	North Herts Road Runners	m40-44	80	86	20	
87	1154	Pete	DeBoo	Northants Tri	M30-34	81	87	10	
88	559	Jose	Santos	Dunstable Road Runners	m45-49	82	88	19	
89	1257	Oliver	Towell	Wellingborough & District AC	m40-44	83	89	21	
90	638	Wesley	Thorne	Dunstable Lions	M45-49	84	90	20	
91	1224	Mark	Bonham	Wellingborough & District AC	m55-59	85	91	6	
92	317	James	Harvey	Bedford Harriers	m35-39	86	92	13	
93	1063	Ellie	Davies	Stopsley Striders	M30-34	87	93	11	
94	1211	Francesca	Molossi-Murphy	Wellingborough & District AC	f25-29	7	94	3	
95	321	Adam	Hills	Bedford Harriers	m45-49	88	95	21	
96	1161	Jonathan	Prince	Northants Tri	M30-34	89	96	12	
97	15	James	Walsh	North Herts Road Runners	m55-59	90	97	7	
98	1165	Charles	Spencer	Northants Tri	M35-39	91	98	14	
99	11	Hannah	Ridley	North Herts Road Runners	f25-29	8	99	4	
100	594	Bryn	Thomas	Dunstable Road Runners	m40-44	92	100	22	
101	953	David	Ward-Stokes	Northampton Road Runners	m40-44	93	101	23	
102	821	John	Gibbins	Northampton Road Runners	m45-49	94	102	22	
103	1383	Jo	Harris	Rugby & Northampton AC	f40-44	9	103	3	
104	644	Emily	Gibbons	Dunstable Lions	F40-44	10	104	4	
105	730	Martin	Oborne	Leighton Fun Runners	M25-29	95	105	5	
106	1021	Anthony	O'Neil	Olney Runners	m45-49	96	106	23	
107	340	Stuart	Knight	Bedford Harriers	m55-59	97	107	8	
108	1304	Kairit	Fitzgerald	Wootton Road Runners	f40-44	11	108	5	
109	50	Rhia	Botha	North Herts Road Runners	f35-39	12	109	1	
110	722	Anthony	Lombardi	Leighton Fun Runners	M40-44	98	110	24	
111	640	Russell	Mead	Dunstable Lions	M50-54	99	111	8	
112	82	George	McElroy	North Herts Road Runners	m20-24	100	112	3	
113	1326	chris	chapman	Wootton Road Runners	m45-49	101	113	24	
114	1011	Stephen	Dicks	Olney Runners	m50-54	102	114	9	
115	1381	Paul	Furness	Rugby & Northampton AC	m50-54	103	115	10	
116	1328	maree	jesson	Wootton Road Runners	f50-54	13	116	1	
117	827	Colin	Hall	Northampton Road Runners	m40-44	104	117	25	
118	46	Alex	Robinson	North Herts Road Runners	m30-34	105	118	13	

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Pos.		First Name	Surname	Club	Category	Points	Points	Points
119	1017	Andrew	Jones	Olney Runners	m55-59	106	119	9
120	1238	Ady	King	Wellingborough & District AC	m30-34	107	120	14
121	1272	Rob	Sturman-Coombs	Wellingborough & District AC	m40-44	108	121	26
122	1243	Neil	Mcdonald	Wellingborough & District AC	m60-64	109	122	2
123	522	Nicky	Upperton	Biggleswade AC	F30-34	14	123	1
124	702	Jim	Buttleman	Leighton Fun Runners	M55-59	110	124	10
125	31	Natasha	Pitman	North Herts Road Runners	f45-49	15	125	2
126	1156	Andy	Verra	Northants Tri	M35-39	111	126	15
127	1418	Lee	Woodward	Rugby & Northampton AC	m50-54	112	127	11
128	194	Ian	Lambert	Amphill & Flitwick Flyers	m50-54	113	128	12
129	1590	Harry	Craig	Dunstable Road Runners	m20-24	114	129	4
130	622	Mark	Castleton	Dunstable Lions	M45-49	115	130	25
131	420	Abigail	Turner	Bedford Harriers	f50-54	16	131	2
132	623	Michael	Donnor	Dunstable Lions	M35-39	116	132	16
133	65	Adrian	Sherwood	North Herts Road Runners	m55-59	117	133	11
134	21	Peter	Sibbett	North Herts Road Runners	m60-64	118	134	3
135	1287	Graham	Hollowell	Wootton Road Runners	m55-59	119	135	12
136	54	Astrid	Mckeown	North Herts Road Runners	f50-54	17	136	3
137	1310	Richard	Moore	Wootton Road Runners	m60-64	120	137	4
138	509	Giles	Hawthorne	Biggleswade AC	M45-49	121	138	26
139	1197	Kat	Baxter-Smith	Wellingborough & District AC	f35-39	18	139	2
140	1222	Daniel	Bates	Wellingborough & District AC	m45-49	122	140	27
141	1045	Paul	Abrahams	Stopsley Striders	M45-49	123	141	28
142	1297	Ian	Wild	Wootton Road Runners	m40-44	124	142	27
143	389	Ellie	Sherriffs	Bedford Harriers	f35-39	19	143	3
144	353	Gary	Mckeaveney	Bedford Harriers	m40-44	125	144	28
145	713	Andrew	Heale	Leighton Fun Runners	M55-59	126	145	13
146	123	Kerry	Large	Amphill & Flitwick Flyers	f35-39	20	146	4
147	711	Kevin	Hare	Leighton Fun Runners	M50-54	127	147	13
148	1404	Nigel	Roberts	Rugby & Northampton AC	m50-54	128	148	14
149	664	Rosie	Booth	Leighton Fun Runners	F45-49	21	149	3
150	214	Giles	Shorley	Amphill & Flitwick Flyers	m45-49	129	150	29
151	250	Iain	Berry	Bedford Harriers	m40-44	130	151	29
152	444	Gary	Butler	Bedford Harriers	m55-59	131	152	14
153	32	Jane	Clarke	North Herts Road Runners	f40-44	22	153	6
154	198	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	132	154	15
155	912	Andrew	Rosewell	Northampton Road Runners	m35-39	133	155	17
156	1341	ricky	camping	Wootton Road Runners	m40-44	134	156	30
157	1053	Peter	Breslin	Stopsley Striders	M55-59	135	157	15
158	1340	laura	fox	Wootton Road Runners	f40-44	23	158	7
159	1333	liv	thompson	Wootton Road Runners	f35-39	24	159	5
160	208	Stuart	Price	Amphill & Flitwick Flyers	m45-49	136	160	30
161	57	Michael	Philips	North Herts Road Runners	m40-44	137	161	31
162	1250	Nicholas	Page	Wellingborough & District AC	m65-69	138	162	1
163	1351	james	brown	Wootton Road Runners	m45-49	139	163	31
164	1207	Louise	Kemp	Wellingborough & District AC	f45-49	25	164	4
165	244	Lucy	Baldwin	Bedford Harriers	f40-44	26	165	8
166	854	Oludolapo	Kolade	Northampton Road Runners	m30-34	140	166	15
167	1033	Terry	O'Cleirigh	Olney Runners	m60-64	141	167	5
168	175	Fraser	Geddes	Amphill & Flitwick Flyers	m40-44	142	168	32
169	562	Matt	Deller	Dunstable Road Runners	m45-49	143	169	32
170	201	Philip	Mead	Amphill & Flitwick Flyers	m35-39	144	170	18
171	1028	Duncan	Winner	Olney Runners	m45-49	145	171	33
172	1255	Adam	Shaw	Wellingborough & District AC	m55-59	146	172	16
173	508	Nick	Haworth	Biggleswade AC	M45-49	147	173	34
174	1109	Silesk	Tesema	Stopsley Striders	M55-59	148	174	17
175	122	Carly	Keens	Amphill & Flitwick Flyers	f35-39	27	175	6
176	1016	Mark	Johnson	Olney Runners	m55-59	149	176	18
177	1171	Peter	Shires	Northants Tri	m35-39	150	177	19

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Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat	Points	
178	1025	David	Shakespeare	Olney Runners	m55-59	151	178	19		
179	1082	Danny	Kelly	Stopsley Striders	M60-64	152	179	6		
180	721	William	Langdon	Leighton Fun Runners	M40-44	153	180	33		
181	1108	Charlotte	Snowdon	Stopsley Striders	F40-44	28	181	9		
182	1414	Zoe	Tildesley	Rugby & Northampton AC	f25-29	29	182	5		
183	243	Juan Carlos	Augusto	Bedford Harriers	m55-59	154	183	20		
184	381	Kirsty	Robertson	Bedford Harriers	f30-34	30	184	2		
185	720	Joseph	Langdon	Leighton Fun Runners	M45-49	155	185	35		
186	1393	Smail	Kennas	Rugby & Northampton AC	m70-74	156	186	1		
187	1242	Daniel	Mcallister	Wellingborough & District AC	m50-54	157	187	16		
188	100	David	Braybrook	North Herts Road Runners	m40-44	158	188	34		
189	323	Nicolae	Hogas	Bedford Harriers	m45-49	159	189	36		
190	287	Mark	Finn	Bedford Harriers	m45-49	160	190	37		
191	1092	Shaun	Mutter	Stopsley Striders	M35-39	161	191	20		
192	160	Christian	Bredenkamp	Amphill & Flitwick Flyers	m55-59	162	192	21		
193	283	Peter	Fadden	Bedford Harriers	m25-29	163	193	6		
194	1375	Courtney	Depala	Rugby & Northampton AC	f35-39	31	194	7		
195	1100	Ian	Pitkin	Stopsley Striders	M55-59	164	195	22		
196	1052	Mark	Bradley	Stopsley Striders	M50-54	165	196	17		
197	1369	Hayley	Clarke	Rugby & Northampton AC	f45-49	32	197	5		
198	441	Cameron	Blair	Bedford Harriers	m30-34	166	198	16		
199	1433	Beckee	Everitt	Rugby & Northampton AC	f25-29	33	199	6		
200	256	Paul	Britton	Bedford Harriers	m35-39	167	200	21		
201	173	Stephen	Farrow	Amphill & Flitwick Flyers	m45-49	168	201	38		
202	650	Cahal	McConville	Dunstable Lions	M55-59	169	202	23		
203	958	Michael	Williams	Northampton Road Runners	m70-74	170	203	2		
204	107	Kyrstin	Fairweather	Amphill & Flitwick Flyers	f50-54	34	204	4		
205	1236	Christopher	Jones	Wellingborough & District AC	m40-44	171	205	35		
206	408	Rob	Wallis	Bedford Harriers	m60-64	172	206	7		
207	1039	Patrick	Cruywagen	Olney Runners	m45-49	173	207	39		
208	280	Richard	Evans	Bedford Harriers	m35-39	174	208	22		
209	569	Teresa	Warren	Dunstable Road Runners	f50-54	35	209	5		
210	74	Paula	Adams	North Herts Road Runners	f50-54	36	210	6		
211	901	James	Petrie	Northampton Road Runners	m45-49	175	211	40		
212	1264	Christopher	Norris	Wellingborough & District AC	m65-69	176	212	2		
213	808	David	Emms	Northampton Road Runners	m30-34	177	213	17		
214	1157	Gary	Lane	Northants Tri	M60-64	178	214	8		
215	379	Andrew	Robertson	Bedford Harriers	m65-69	179	215	3		
216	157	Mark	Billington	Amphill & Flitwick Flyers	m55-59	180	216	24		
217	766	Darren	Baldwin	Northampton Road Runners	m55-59	181	217	25		
218	77	Jack	Smissaert	North Herts Road Runners	m25-29	182	218	7		
219	819	Mark	Garrett	Northampton Road Runners	m60-64	183	219	9		
220	1147	Samantha	Lomas	Northants Tri	F30-34	37	220	3		
221	62	Caroline	Thrussell	North Herts Road Runners	f60-64	38	221	1		
222	33	Richard	Harbon	North Herts Road Runners	m60-64	184	222	10		
223	1343	sarah	knapp	Wootton Road Runners	f30-34	39	223	4		
224	1301	Niall	Gardiner	Wootton Road Runners	m45-49	185	224	41		
225	740	Andrew	Stocks	Leighton Fun Runners	M50-54	186	225	18		
226	997	Mary	Jones	Olney Runners	f45-49	40	226	6		
227	182	Robert	Hardwick	Amphill & Flitwick Flyers	m40-44	187	227	36		
228	999	Sarah	McAuliffe	Olney Runners	f35-39	41	228	8		
229	212	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	188	229	42		
230	1402	Lyndsey	Owen	Rugby & Northampton AC	f45-49	42	230	7		
231	887	Simon	Murray	Northampton Road Runners	m45-49	189	231	43		
232	1152	Tiphanie	Marshall	Northants Tri	F35-39	43	232	9		
233	410	Carla	Whitmore	Bedford Harriers	f25-29	44	233	7		
234	834	Nick	Hibberd	Northampton Road Runners	m45-49	190	234	44		
235	1350	tara	adams	Wootton Road Runners	f50-54	45	235	7		
236	1436	David	Chandler	Rugby & Northampton AC	m65-69	191	236	4		

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237	115	Sophie	Harrison-Windmill	Amphill & Flitwick Flyers	f30-34	46	237	5
238	1349	des	Fitzgerald	Wootton Road Runners	m40-44	192	238	37
239	956	David	Whatton	Northampton Road Runners	m55-59	193	239	26
240	630	Mark	Cornell	Dunstable Lions	M55-59	194	240	27
241	1335	gillian	jakeman	Wootton Road Runners	f45-49	47	241	8
242	124	Autumn	Lynch	Amphill & Flitwick Flyers	f55-59	48	242	1
243	161	Warwick	Browning	Amphill & Flitwick Flyers	m65-69	195	243	5
244	746	Lina	Ramos	Leighton Fun Runners	F35-39	49	244	10
245	1115	Paul	Whitford	Stopsley Striders	M55-59	196	245	28
246	374	Jonathan	Powell	Bedford Harriers	m25-29	197	246	8
247	1401	Bernie	Myers	Rugby & Northampton AC	m60-64	198	247	11
248	361	Lauren	Owens	Bedford Harriers	f35-39	50	248	11
249	1330	kirsty	ransom	Wootton Road Runners	f35-39	51	249	12
250	1399	Richard	Monk	Rugby & Northampton AC	m65-69	199	250	6
251	1252	Andrew	Redden	Wellingborough & District AC	m35-39	200	251	23
252	134	Jane	Swinburne	Amphill & Flitwick Flyers	f55-59	52	252	2
253	324	Dave	Holt	Bedford Harriers	m65-69	201	253	7
254	170	Paul	Court	Amphill & Flitwick Flyers	m50-54	202	254	19
255	199	Steven	MacLaughlan	Amphill & Flitwick Flyers	m45-49	203	255	45
256	249	Mourad	Ben-Taieb	Bedford Harriers	m60-64	204	256	12
257	1392	Helen	Jones	Rugby & Northampton AC	f55-59	53	257	3
258	1212	Emma	Moore	Wellingborough & District AC	f40-44	54	258	10
259	902	Ashton	Phillips	Northampton Road Runners	m65-69	205	259	8
260	1309	janet	mittchell	Wootton Road Runners	f60-64	55	260	2
261	1410	Carl	Swan	Rugby & Northampton AC	m40-44	206	261	38
262	1013	David	Fensom	Olney Runners	m55-59	207	262	29
263	276	Jodie	Darnell	Bedford Harriers	f30-34	56	263	6
264	1003	Chris	Barnes	Olney Runners	m55-59	208	264	30
265	58	Natalie	Philips	North Herts Road Runners	f40-44	57	265	11
266	1416	Catherine	Williams	Rugby & Northampton AC	f60-64	58	266	3
267	279	Frank	Esaw	Bedford Harriers	m70-74	209	267	3
268	385	Nick	Sandle	Bedford Harriers	m55-59	210	268	31
269	76	Georga	Head	North Herts Road Runners	f20-24	59	269	2
270	1345	Joel	Knight	Wootton Road Runners	-Guest			1
271	1318	chris	knight	Wootton Road Runners	m50-54	211	270	20
272	1068	Andrew	Durrant	Stopsley Striders	M65-69	212	271	9
273	189	Jason	Hymus	Amphill & Flitwick Flyers	m50-54	213	272	21
274	1269	Phil	Kidd	Wellingborough & District AC	m70-74	214	273	4
275	39	Helen	Cairns	North Herts Road Runners	f45-49	60	274	9
276	1084	Miriam	Linforth	Stopsley Striders	F40-44	61	275	12
277	907	Steve	Prior	Northampton Road Runners	m55-59	215	276	32
278	119	Theresa	Jackson	Amphill & Flitwick Flyers	f50-54	62	277	8
279	825	Alan	Hall	Northampton Road Runners	m65-69	216	278	10
280	863	Rachel	Lewis	Northampton Road Runners	f35-39	63	279	13
281	838	Dean	Humphreys	Northampton Road Runners	m55-59	217	280	33
282	1149	Gemma	McRae	Northants Tri	F35-39	64	281	14
283	81	Jennie	Fraser	North Herts Road Runners	f45-49	65	282	10
284	1102	Stewart	Read	Stopsley Striders	M50-54	218	283	22
285	1119	Eammon	Devane	Stopsley Striders	M30-34	219	284	18
286	376	Matt	Pyecroft	Bedford Harriers	m50-54	220	285	23
287	101	Jo	Aatkar	Amphill & Flitwick Flyers	f55-59	66	286	4
288	265	Ray	Cooke	Bedford Harriers	m55-59	221	287	34
289	335	Viv	Kilgour	Bedford Harriers	f60-64	67	288	4
290	380	Karen	Robertson	Bedford Harriers	f60-64	68	289	5
291	962	Charlotte	Yarker	Northampton Road Runners	f40-44	69	290	13
292	883	Peter	Moor	Northampton Road Runners	m50-54	222	291	24
293	1346	Neil	burgess	Wootton Road Runners	m45-49	223	292	46
294	232	Jakob	Wood	Amphill & Flitwick Flyers	m17-19	224	293	3
295	1040	Robert	Woods	Olney Runners	m55-59	225	294	35



# 3 Counties Cross Country League Results

Venue		Wootton		26-November-2023			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
296	136	Mei	Trace	Amphill & Flitwick Flyers	f55-59	70	295	5
297	152	Andy	Atherton	Amphill & Flitwick Flyers	m60-64	226	296	13
298	797	Andy	Cottrell	Northampton Road Runners	m60-64	227	297	14
299	500	Ricky	Byrne	Biggleswade AC	M35-39	228	298	24
300	502	Paula	Faller	Biggleswade AC	F40-44	71	299	14
301	1121	John	Ryan	Stopsley Striders	m60-64	229	300	15
302	291	Lawrence	Folley	Bedford Harriers	m60-64	230	301	16
303	775	David	Blackburn	Northampton Road Runners	m65-69	231	302	11
304	1081	Paul	Keech	Stopsley Striders	m60-64	232	303	17
305	506	Ian	Grimwood	Biggleswade AC	M70-74	233	304	5
306	1303	Dave	Jones	Wootton Road Runners	m45-49	234	305	47
307	767	Suzanne	Baldwin	Northampton Road Runners	f55-59	72	306	6
308	872	Lesley	Mahony	Northampton Road Runners	f50-54	73	307	9
309	645	Simon	Robbinson	Dunstable Lions	M50-54	235	308	25
310	555	Helena	Kvepa	Dunstable Road Runners	f35-39	74	309	15
311	895	Elaine	Palmer	Northampton Road Runners	f55-59	75	310	7
312	331	Tony	Jones	Bedford Harriers	m60-64	236	311	18
313	1409	Dave	Styring	Rugby & Northampton AC	m50-54	237	312	26
314	1254	Marc	Sanderson	Wellingborough & District AC	m45-49	238	313	48
315	132	Sally	Sawkins	Amphill & Flitwick Flyers	f55-59	76	314	8
316	1300	Carrie	Carruthers	Wootton Road Runners	f60-64	77	315	6
317	417	Fiona	Bifield	Bedford Harriers	f45-49	78	316	11
318	657	Martina	Kidney	Dunstable Lions	M55-59	239	317	36
319	658	Greer	Kidney	Dunstable Lions	F50-54	79	318	10
320	1000	Therese	O'Riordan	Olney Runners	f45-49	80	319	12
321	631	Peter	Keane	Dunstable Lions	M60-64	240	320	19
322	955	Barry	Wesley	Northampton Road Runners	m60-64	241	321	20
323	1034	Jo-Anne	Rouse	Olney Runners	f35-39	81	322	16
324	1408	Julie	Smith	Rugby & Northampton AC	f50-54	82	323	11
325	1076	Peta	Henry	Stopsley Striders	F50-54	83	324	12
326	1077	Wayne	Henry	Stopsley Striders	M50-54	242	325	27
327	259	Chris	Capps	Bedford Harriers	m65-69	243	326	12
328	191	Richie	Jones	Amphill & Flitwick Flyers	m55-59	244	327	37
329	427	Richard	Beard	Bedford Harriers	m70-74	245	328	6
330	41	Laura	Fairbanks	North Herts Road Runners	f40-44	84	329	15
331	70	Anna	Gibson	North Herts Road Runners	f35-39	85	330	17
332	1367	Minerva	Chesser	Rugby & Northampton AC	f45-49	86	331	13
333	1371	Angela	Copson	Rugby & Northampton AC	f75-99	87	332	1
334	394	Julie	Smith	Bedford Harriers	f50-54	88	333	13
335	1273	Steve	Adams	Wellingborough & District AC	m65-69	246	334	13
336	130	Katie	Ruditis	Amphill & Flitwick Flyers	f40-44	89	335	16
337	277	Caroline	Devine	Bedford Harriers	f60-64	90	336	7
338	246	Tony	Barnes	Bedford Harriers	m60-64	247	337	21
339	646	Graham	Lee	Dunstable Lions	M45-49	248	338	49
340	505	Stuart	Goodwin	Biggleswade AC	M45-49	249	339	50
341	25	Jo	Harbon	North Herts Road Runners	f55-59	91	340	9
342	519	Matt	Smith	Biggleswade AC	M35-39	250	341	25
343	166	Colin	Clennett	Amphill & Flitwick Flyers	m60-64	251	342	22
344	742	Wayne	Walker	Leighton Fun Runners	M45-49	252	343	51
345	552	Claire	Thomas	Dunstable Road Runners	f40-44	92	344	17
346	260	Lisa	Chapple	Bedford Harriers	f55-59	93	345	10
347	405	James	Trodd	Bedford Harriers	m35-39	253	346	26
348	141	Lottie	Burtenshaw	Amphill & Flitwick Flyers	f20-24	94	347	3
349	652	Lisa	Phee	Dunstable Lions	F40-44	95	348	18
350	774	Duncan	Bisatt	Northampton Road Runners	m55-59	254	349	38
351	1103	Martin	Read	Stopsley Striders	M45-49	255	350	52
352	423	Debbie	Walsh	Bedford Harriers	f40-44	96	351	19
353	312	Joanne	Green	Bedford Harriers	f40-44	97	352	20
354	103	Denise	Browning	Amphill & Flitwick Flyers	f60-64	98	353	8

# 3 Counties Cross Country League Results

Venue		Wootton							26-November-2023	
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat	Points	
355	299	Steve	Gale	Bedford Harriers	m60-64	256	354	23		
356	288	Debi	Fisher	Bedford Harriers	f30-34	99	355	7		
357	80	Viv	Lucas	North Herts Road Runners	m60-64	257	356	24		
358	71	Rhiannon	Brooks	North Herts Road Runners	f30-34	100	357	8		
359	1216	Mary	Pearson	Wellingborough & District AC	f35-39	101	358	18		
360	584	Dave	Streeton	Dunstable Road Runners	m55-59	258	359	39		
361	261	Jeanette	Cheetham	Bedford Harriers	f55-59	102	360	11		
362	209	Andy	Ralphs	Amphill & Flitwick Flyers	m50-54	259	361	28		
363	296	Amanda	Friman	Bedford Harriers	f65-69	103	362	1		
364	727	Steve	Molyneaux	Leighton Fun Runners	M50-54	260	363	29		
365	1066	Ruth	Doyle	Stopsley Striders	F55-59	104	364	12		
366	1079	Phil	Jeffrey	Stopsley Striders	M50-54	261	365	30		
367	1168	Adrian	Cherry	Northants Tri	M55-59	262	366	40		
368	663	Christine	Ayers	Leighton Fun Runners	F70-74	105	367	1		
369	549	Alison	Hunt	Dunstable Road Runners	f60-64	106	368	9		
370	1110	Dave	Thompson-Trace	Stopsley Striders	M60-64	263	369	25		
371	501	Jennie	Day	Biggleswade AC	F55-59	107	370	13		
372	881	Maria	Minett	Northampton Road Runners	f55-59	108	371	14		
373	564	Paul	Stack	Dunstable Road Runners	m55-59	264	372	41		
374	409	Helen	Whiting	Bedford Harriers	f35-39	109	373	19		
375	935	Chloe	Tallett	Northampton Road Runners	f35-39	110	374	20		
376	1324	wayne	jeyes	Wootton Road Runners	m30-34	265	375	19		
377	1293	Adrian	Matthews	Wootton Road Runners	m45-49	266	376	53		
378	1256	James	Terry	Wellingborough & District AC	m50-54	267	377	31		
379	1315	Samantha	Inniss	Wootton Road Runners	f45-49	111	378	14		
380	1122	Jamila	Salam	Stopsley Striders	F35-39	112	379	21		
381	1064	Steve	Day	Stopsley Striders	M50-54	268	380	32		
382	1316	Kay	Duffy	Wootton Road Runners	f45-49	113	381	15		
383	27	Linda	Aird	North Herts Road Runners	f65-69	114	382	2		
384	338	Ian	Kingstone	Bedford Harriers	m55-59	269	383	42		
385	732	Keith	Philips	Leighton Fun Runners	M70-74	270	384	7		
386	1325	zoe	hemsley	Wootton Road Runners	f50-54	115	385	14		
387	1317	Simon	mittchell	Wootton Road Runners	m60-64	271	386	26		
388	833	Joanne	Hewlett	Northampton Road Runners	f45-49	116	387	16		
389	341	Eva	Kovacs	Bedford Harriers	f50-54	117	388	15		
390	269	Steven	Crane	Bedford Harriers	m65-69	272	389	14		
391	397	Jo	Smythe	Bedford Harriers	f45-49	118	390	17		
392	102	Emily	Brown	Amphill & Flitwick Flyers	f30-34	119	391	9		
393	507	Juliet	Grimwood	Biggleswade AC	F55-59	120	392	15		
394	20	Karen	Dodsworth	North Herts Road Runners	f60-64	121	393	10		
395	12	Lucy	O'Connor	North Herts Road Runners	f60-64	122	394	11		
396	272	Nick	Cross	Bedford Harriers	m60-64	273	395	27		
397	1347	rebecca	baker	Wootton Road Runners	f40-44	123	396	21		
398	1423	Efthymia	Katsogianni	Rugby & Northampton AC	f55-59	124	397	16		
399	1268	Louise	Fuller	Wellingborough & District AC	f55-59	125	398	17		
400	1078	Sally	Hunt	Stopsley Striders	F50-54	126	399	16		
401	698	Paul	Atkinson	Leighton Fun Runners	M60-64	274	400	28		
402	403	Mark	Tinkler	Bedford Harriers	m65-69	275	401	15		
403	421	Lisa	Calvert	Bedford Harriers	f50-54	127	402	17		
404	906	Chris	Potter	Northampton Road Runners	m55-59	276	403	43		
405	1270	Mollie	McAllister	Wellingborough & District AC	f25-29	128	404	8		
406	142	Bronwyn	Tagg	Amphill & Flitwick Flyers	f20-24	129	405	4		
407	665	Karen	Boulton	Leighton Fun Runners	F45-49	130	406	18		
408	428	Laura	Corley	Bedford Harriers	f35-39	131	407	22		
409	865	Louise	Linnett	Northampton Road Runners	f55-59	132	408	18		
410	297	Elaine	Fullard	Bedford Harriers	f60-64	133	409	12		
411	40	Cara	Sutton	North Herts Road Runners	f40-44	134	410	22		
412	893	Adam	Oleszczuk	Northampton Road Runners	m40-44	277	411	39		
413	38	Andrew	Robson	North Herts Road Runners	m55-59	278	412	44		

# 3 Counties Cross Country League Results

Venue		Wootton		26-November-2023			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
414	1260	Duncan	Worthy	Wellingborough & District AC	m40-44	279	413	40
415	1313	Kim	Pusey	Wootton Road Runners	f50-54	135	414	18
416	1348	sarah	wagland	Wootton Road Runners	f40-44	136	415	23
417	737	John	Riley	Leighton Fun Runners	M35-39	280	416	27
418	273	Sue	Cross	Bedford Harriers	f60-64	137	417	13
419	1062	Liz	Davies	Stopsley Striders	F60-64	138	418	14
420	281	Chris	Fadden	Bedford Harriers	m60-64	281	419	29
421	105	Valerie	Dawson	Amphill & Flitwick Flyers	f55-59	139	420	19
422	1334	Paul	warden	Wootton Road Runners	m60-64	282	421	30
423	1042	Claudia	Chapman	Olney Runners	f40-44	140	422	24
424	407	Diane	Wallis	Bedford Harriers	f60-64	141	423	15
425	692	Marina	Litster	Leighton Fun Runners	F30-34	142	424	10
426	936	Debra	Tame	Northampton Road Runners	f55-59	143	425	20
427	1331	ali	hollobon	Wootton Road Runners	f55-59	144	426	21
428	514	Maria	Meridan	Biggleswade AC	F50-54	145	427	19
429	1106	Andrew	Reid	Stopsley Striders	M70-74	283	428	8
430	1095	Charles	Nelis	Stopsley Striders	M55-59	284	429	45
431	396	Kerry-Lee	Smith	Bedford Harriers	#VALUE!	146	430	1
432	336	Jenny	King	Bedford Harriers	f65-69	147	431	3
433	242	Jacqueline	Armstrong	Bedford Harriers	f55-59	148	432	22
434	1163	Chris	Baldwin	Northants Tri	M40-44	285	433	41
435	302	Richard	Gallivan	Bedford Harriers	m65-69	286	434	16
436	1169	Peter	Willars	Northants Tri	M40-44	287	435	42
437	121	Claire	Jones	Amphill & Flitwick Flyers	f55-59	149	436	23
438	520	Simon	Strong	Biggleswade AC	M50-54	288	437	33
439	61	Miranda	Morgan	North Herts Road Runners	f65-69	150	438	4
440	894	Caroline	Owers	Northampton Road Runners	f55-59	151	439	24
441	862	Sue	Lewis	Northampton Road Runners	f55-59	152	440	25
442	831	Theresa	Haworth	Northampton Road Runners	f35-39	153	441	23
443	358	Alex	Morgan	Bedford Harriers	f55-59	154	442	26
444	391	Jo	Simmons	Bedford Harriers	f45-49	155	443	19
445	289	Katie	Fletcher	Bedford Harriers	f30-34	156	444	11
446	554	Clifford	Punter	Dunstable Road Runners	m60-64	289	445	31
447	266	Richard	Cordes	Bedford Harriers	m50-54	290	446	34
448	570	Melody	Ntambalika	Dunstable Road Runners	f45-49	157	447	20
449	357	Martine	Moon	Bedford Harriers	f65-69	158	448	5
450	168	Rob	Cook	Amphill & Flitwick Flyers	m65-69	291	449	17
451	298	Sarah	Gale	Bedford Harriers	f60-64	159	450	16
452	860	Joanna	Letts	Northampton Road Runners	f50-54	160	451	20
453	805	Karen	Eke	Northampton Road Runners	f60-64	161	452	17
454	933	Sue	Summers	Northampton Road Runners	f60-64	162	453	18
455	839	Keren	Irving	Northampton Road Runners	f50-54	163	454	21
456	748	Annis	Turner	Leighton Fun Runners	F30-34	164	455	12
457	558	Jonathan	Venning	Dunstable Road Runners	m70-74	292	456	9
458	747	Stephanie	Turner	Leighton Fun Runners	F60-64	165	457	19
459	566	Sarah	Humphreys	Dunstable Road Runners	f50-54	166	458	22
460	79	Jo	Sopala	North Herts Road Runners	f45-49	167	459	21
461	426	Jacinta	Horne	Bedford Harriers	f55-59	168	460	27
462	135	Eirwen	Tagg	Amphill & Flitwick Flyers	f55-59	169	461	28
463	662	Nicki	Atkinson	Leighton Fun Runners	F55-59	170	462	29
464	1167	Andy	Guilder	Northants Tri	M35-39	293	463	28
465	275	Carole	Darnell	Bedford Harriers	f60-64	171	464	20
466	576	Ruth	Power	Dunstable Road Runners	f55-59	172	465	30
467	343	Peter	Lawley	Bedford Harriers	m60-64	294	466	32
468	392	Ronnie	Singleton-Lawley	Bedford Harriers	f60-64	173	467	21
469	1172	Sharon	Packer	Northants Tri	f55-59	174	468	31
470	647	Tina	Keane	Dunstable Lions	F55-59	175	469	32
471	680	Clare	Kleanthous	Leighton Fun Runners	F60-64	176	470	22
472	418	Rachel	Dell	Bedford Harriers	f45-49	177	471	22



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Venue		Wootton		26-November-2023				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
473	1329	stella	barker	Wootton Road Runners	f45-49	178	472	23	
474	690	Lynda	Murray	Leighton Fun Runners	F50-54	179	473	23	
475	1041	Hilary	Swanston	Olney Runners	f60-64	180	474	23	
476	954	Joanna	Weller	Northampton Road Runners	f35-39	181	475	24	
477	993	Liz	Conibere	Olney Runners	f70-74	182	476	2	
478	1105	Judy	Reid	Stopsley Striders	F70-74	183	477	3	
479	1204	Sally	Hewitt	Wellingborough & District AC	f70-74	184	478	4	
480	718	Shaun	Kirtley	Leighton Fun Runners	M50-54	295	479	35	
481	292	Mia	Ford	Bedford Harriers	f50-54	185	480	24	
482	346	Vanessa	Lipski	Bedford Harriers	f55-59	186	481	33	
483	26	Brian	Judkins	North Herts Road Runners	m65-69	296	482	18	
484	352	Andrea	McGrellis	Bedford Harriers	f55-59	187	483	34	
485	776	Helen	Blackburn	Northampton Road Runners	f55-59	188	484	35	
486	108	Rebecca	Fleckney	Amphill & Flitwick Flyers	f40-44	189	485	25	
487	111	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	190	486	5	
488	309	Bev	Gous	Bedford Harriers	f45-49	191	487	24	
489	433	Gemma	Stevenson	Bedford Harriers	f45-49	192	488	25	
490	1145	Val	Bridges	Northants Tri	F70-74	193	489	6	
491	1295	Gerald	Billis	Wootton Road Runners	m75-99	297	490	1	