

3 Counties Cross Country League Results

Venue		North Herts		15-December-2024				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
1	1214	Jonny	Reep	Wellingborough & District AC	M25-29	1	1	1	
2	60	Sam	Coxon	North Herts Road Runners	M30-34	2	2	1	
3	56	Rob	Jowett	North Herts Road Runners	M35-39	3	3	1	
4	1306	Nicholas	Ost	Wootton Road Runners	M35-39	4	4	2	
5	1282	Andy	Fairley	Wootton Road Runners	M45-49	5	5	1	
6	216	Tim	Harris	Amphill & Flitwick Flyers	M40-44	6	6	1	
7	1227	Joe	Able	Wellingborough & District AC	M25-29	7	7	2	
8	225	Dan	Karaiskou	Amphill & Flitwick Flyers	M30-34	8	8	2	
9	48	Andrew	Leach	North Herts Road Runners	M60-64	9	9	1	
10	1045	Rob	Barnes	Stopsley Striders	M35-39	10	10	3	
11	5	Travis	Kruger	North Herts Road Runners	M40-44	11	11	2	
12	61	Ben	Sewell	North Herts Road Runners	M30-34	12	12	3	
13	1383	Richard	Francis	Rugby & Northampton AC	M40-44	13	13	3	
14	978	Chris	Ling	Olney Runners	M40-44	14	14	4	
15	405	Joseph	Leonard	Bedford Harriers	M20-24	15	15	1	
16	19	Shahab	Ahmad	North Herts Road Runners	M40-44	16	16	5	
17	260	Mark	Waine	Amphill & Flitwick Flyers	M50-54	17	17	1	
18	343	Daniel	Foster	Bedford Harriers	M20-24	18	18	2	
19	381	Phill	Jamieson	Bedford Harriers	M40-44	19	19	6	
20	66	Matt	Sayers	North Herts Road Runners	M45-49	20	20	2	
21	1398	Chris	Lamb	Rugby & Northampton AC	M40-44	21	21	7	
22	497	Kit	Dixon	Bedford Harriers	M30-34	22	22	4	
23	364	David	Haslam	Bedford Harriers	M40-44	23	23	8	
24	367	Adam	Hill	Bedford Harriers	M30-34	24	24	5	
25	217	Callum	Harrison	Amphill & Flitwick Flyers	M30-34	25	25	6	
26	491	Danny	Winn	Bedford Harriers	M40-44	26	26	9	
27	1374	Dave	Conway	Rugby & Northampton AC	M40-44	27	27	10	
28	1083	Tom	Rankin	Stopsley Striders	M25-29	28	28	3	
29	1150	Simon	Smith	Northants Tri	M30-34	29	29	7	
30	1199	Ed	Norris	Wellingborough & District AC	M35-39	30	30	4	
31	1215	Jon	Kemp	Wellingborough & District AC	M50-54	31	31	2	
32	551	Nicholas	Sinclair	Biggleswade AC	M30-34	32	32	8	
33	850	Tony	Letts	Northampton Road Runners	M55-59	33	33	1	
34	1141	Pete	DeBoo	Northants Tri	M30-34	34	34	9	
35	189	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	35	35	3	
36	1147	Andy	Green	Northants Tri	M60-64	36	36	2	
37	1153	Jonathan	Prince	Northants Tri	M30-34	37	37	10	
38	1471	Sam	Mead	Dunstable Lions	M20-24	38	38	3	
39	1432	Joe	Musgrove	Rugby & Northampton AC	M20-24	39	39	4	
40	427	Vittorio	Paci	Bedford Harriers	M50-54	40	40	4	
41	3	Vince	Wright	North Herts Road Runners	M45-49	41	41	3	
42	624	Darren	Cornish	Dunstable Lions	M50-54	42	42	5	
43	63	Stewart	Overton	North Herts Road Runners	M40-44	43	43	11	
44	335	Gary	Finch	Bedford Harriers	M55-59	44	44	2	
45	310	David	Course	Bedford Harriers	M45-49	45	45	4	
46	58	Steve	Mckeown	North Herts Road Runners	M55-59	46	46	3	
47	545	Robert	Morgan	Biggleswade AC	M45-49	47	47	5	
48	392	Timothy	Kearns	Bedford Harriers	M30-34	48	48	11	
49	183	Roger	Ball	Amphill & Flitwick Flyers	M50-54	49	49	6	
50	94	Cameron	Geekie	North Herts Road Runners	M30-34	50	50	12	
51	1080	Ryan	Parsons	Stopsley Striders	M25-29	51	51	4	
52	1281	Mark	Fowler	Wootton Road Runners	M45-49	52	52	6	
53	1149	Richard	Cressey	Northants Tri	M45-49	53	53	7	
54	1151	Tom	Brennan	Northants Tri	M35-39	54	54	5	
55	1295	Ashley	Gardner	Wootton Road Runners	M40-44	55	55	12	
56	689	Michael	Dudley	Leighton Fun Runners	M35-39	56	56	6	
57	34	Michael	Over	North Herts Road Runners	M55-59	57	57	4	
58	314	Sean	Crawley	Bedford Harriers	M50-54	58	58	7	
59	1285	Richard	Lack	Wootton Road Runners	M50-54	59	59	8	

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60	636	Wesley	Thorne	Dunstable Lions	M45-49	60	60	8	
61	1246	Chris	Conway	Wellingborough & District AC	M50-54	61	61	9	
62	1056	Ellie	Davies	Stopsley Striders	M30-34	62	62	13	
63	91	James	Keogh	North Herts Road Runners	M45-49	63	63	9	
64	455	David	Sheffield	Bedford Harriers	M40-44	64	64	13	
65	1406	Brendan	Moen	Rugby & Northampton AC	M55-59	65	65	5	
66	18	David	Edwards	North Herts Road Runners	M45-49	66	66	10	
67	706	Nicholas	Shelley	Leighton Fun Runners	M40-44	67	67	14	
68	1162	Andrew	Verra	Northants Tri	M35-39	68	68	7	
69	1208	Adrian	King	Wellingborough & District AC	M55-59	69	69	6	
70	638	Russell	Mead	Dunstable Lions	M50-54	70	70	10	
71	717	Mark	Kleanthous	Leighton Fun Runners	M60-64	71	71	3	
72	579	Jose	Santos	Dunstable Road Runners	M45-49	72	72	11	
73	290	Adam	Broadbent	Bedford Harriers	M40-44	73	73	15	
74	673	Rosie	Booth	Leighton Fun Runners	F45-49	1	74	1	
75	553	Paul	Swinburne	Biggleswade AC	M50-54	74	75	11	
76	1387	Jo	Harris	Rugby & Northampton AC	F40-44	2	76	1	
77	640	Emily	Gibbons	Dunstable Lions	F40-44	3	77	2	
78	707	Chris	Stenner	Leighton Fun Runners	M55-59	75	78	7	
79	14	Hannah	Ridley	North Herts Road Runners	F25-29	4	79	1	
80	1224	Martin	Arrisol	Wellingborough & District AC	M50-54	76	80	12	
81	257	Ian	Styles	Amphill & Flitwick Flyers	M50-54	77	81	13	
82	1389	Lorna	Hession	Rugby & Northampton AC	F40-44	5	82	3	
83	692	Daniel	Green	Leighton Fun Runners	M50-54	78	83	14	
84	660	Lee	Hayward	Dunstable Lions	M45-49	79	84	12	
85	456	Kevin	Shelton-Smith	Bedford Harriers	M60-64	80	85	4	
86	150	Kerrie	Hamlin	Amphill & Flitwick Flyers	F45-49	6	86	2	
87	720	Richard	Heady	Leighton Fun Runners	M35-39	81	87	8	
88	1419	Carl	Swan	Rugby & Northampton AC	M40-44	82	88	16	
89	975	Andrew	Jones	Olney Runners	M55-59	83	89	8	
90	1042	Paul	Abrahams	Stopsley Striders	M45-49	84	90	13	
91	1411	Nigel	Roberts	Rugby & Northampton AC	M50-54	85	91	15	
92	808	Stuart	Drummond	Northampton Road Runners	M45-49	86	92	14	
93	30	Oliver	Parsons	North Herts Road Runners	M40-44	87	93	17	
94	400	Stuart	Knight	Bedford Harriers	M55-59	88	94	9	
95	457	Ellie	Sherriffs	Bedford Harriers	F40-44	7	95	4	
96	1388	Katerina	Hemmington	Rugby & Northampton AC	F40-44	8	96	5	
97	384	Megan	Jones	Bedford Harriers	F30-34	9	97	1	
98	1061	Gez	Fallon	Stopsley Striders	M50-54	89	98	16	
99	687	Jim	Buttleman	Leighton Fun Runners	M60-64	90	99	5	
100	10	Mike	Phillips	North Herts Road Runners	M40-44	91	100	18	
101	414	Gary	Mckeaveney	Bedford Harriers	M40-44	92	101	19	
102	700	Anthony	Lombardi	Leighton Fun Runners	M40-44	93	102	20	
103	78	Tracey	Pitcairn	North Herts Road Runners	F40-44	10	103	6	
104	173	Nicola	Walton	Amphill & Flitwick Flyers	F40-44	11	104	7	
105	1165	Gemma	Threlfall	Northants Tri	F25-29	12	105	2	
106	832	Robert	Hemingway	Northampton Road Runners	M40-44	94	106	21	
107	924	David	Ward-Stokes	Northampton Road Runners	M45-49	95	107	15	
108	1098	Kallum	Wright	Stopsley Striders	M30-34	96	108	14	
109	1203	Mark	Bonham	Wellingborough & District AC	M55-59	97	109	10	
110	1018	Steve	Dicks	Olney Runners	M50-54	98	110	17	
111	637	Andy	Smith	Dunstable Lions	M55-59	99	111	11	
112	542	Tim	McGlashan	Biggleswade AC	M30-34	100	112	15	
113	210	Fraser	Geddes	Amphill & Flitwick Flyers	M40-44	101	113	22	
114	231	Henry	Lynn	Amphill & Flitwick Flyers	M50-54	102	114	18	
115	1216	Louise	Kemp	Wellingborough & District AC	F45-49	13	115	3	
116	1002	Mark	Johnson	Olney Runners	M55-59	103	116	12	
117	558	James	Watson	Biggleswade AC	M35-39	104	117	9	
118	1435	Kevin	Mchlouglin	Rugby & Northampton AC	M45-49	105	118	16	

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119	582	Neil	Currant	Dunstable Road Runners	M50-54	106	119	19	
120	534	Giles	Hawthorne	Biggleswade AC	M50-54	107	120	20	
121	987	Duncan	Winner	Olney Runners	M45-49	108	121	17	
122	144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	F50-54	14	122	1	
123	1222	Chris	Norris	Wellingborough & District AC	M65-69	109	123	1	
124	479	Abigail	Turner	Bedford Harriers	F50-54	15	124	2	
125	327	Richard	Evans	Bedford Harriers	M35-39	110	125	10	
126	1366	Vince	Carroll	Rugby & Northampton AC	M55-59	111	126	13	
127	232	Steven	MacLaughlan	Amphill & Flitwick Flyers	M45-49	112	127	18	
128	1081	Ian	Pitkin	Stopsley Striders	M55-59	113	128	14	
129	236	Chris	Newnham	Amphill & Flitwick Flyers	M60-64	114	129	6	
130	900	Dean	Shears	Northampton Road Runners	M45-49	115	130	19	
131	895	Andrew	Rosewell	Northampton Road Runners	M35-39	116	131	11	
132	1368	David	Chandler	Rugby & Northampton AC	M65-69	117	132	2	
133	267	Mike	Jackson	Amphill & Flitwick Flyers	M50-54	118	133	21	
134	62	Astrid	Mckeown	North Herts Road Runners	F50-54	16	134	3	
135	45	Pete	Sibbett	North Herts Road Runners	M60-64	119	135	7	
136	96	Simon	Clapham	North Herts Road Runners	M35-39	120	136	12	
137	985	David	Shakespeare	Olney Runners	M55-59	121	137	15	
138	995	Jonathan	Goodman	Olney Runners	M35-39	122	138	13	
139	460	Chatinder	Singh	Bedford Harriers	M45-49	123	139	20	
140	399	Sally	Knight	Bedford Harriers	F50-54	17	140	4	
141	372	David	Holt	Bedford Harriers	M65-69	124	141	3	
142	1376	Richard	Cutts	Rugby & Northampton AC	M55-59	125	142	16	
143	693	Kevin	Hare	Leighton Fun Runners	M50-54	126	143	22	
144	581	Matt	Deller	Dunstable Road Runners	M45-49	127	144	21	
145	714	Jonathan	Inkson	Leighton Fun Runners	M50-54	128	145	23	
146	1071	Danny	Kelly	Stopsley Striders	M60-64	129	146	8	
147	821	Mark	Garrett	Northampton Road Runners	M60-64	130	147	9	
148	289	Paul	Britton	Bedford Harriers	M35-39	131	148	14	
149	24	Richard	Weber	North Herts Road Runners	M55-59	132	149	17	
150	452	Nick	Sandle	Bedford Harriers	M55-59	133	150	18	
151	28	James	Godfrey	North Herts Road Runners	M30-34	134	151	16	
152	288	Mike	Brewer	Bedford Harriers	M45-49	135	152	22	
153	1051	Heather	Chandler	Stopsley Striders	F50-54	18	153	5	
154	1005	Mary	Jones	Olney Runners	F50-54	19	154	6	
155	15	Caroline	Thrusell	North Herts Road Runners	F60-64	20	155	1	
156	95	Katrina	Slisane	North Herts Road Runners	F35-39	21	156	1	
157	1434	Gavin	Kendall	Rugby & Northampton AC	M35-39	136	157	15	
158	227	Ian	Lambert	Amphill & Flitwick Flyers	M50-54	137	158	24	
159	90	Georgina	Quayle	North Herts Road Runners	F30-34	22	159	2	
160	50	Natasha	Pitman	North Herts Road Runners	F45-49	23	160	4	
161	417	Andrew	Monteith	Bedford Harriers	M50-54	138	161	25	
162	496	Amelia	Abbott	Bedford Harriers	F20-24	24	162	1	
163	699	Joseph	Langdon	Leighton Fun Runners	M45-49	139	163	23	
164	361	Nora	Haggart	Bedford Harriers	F65-69	25	164	1	
165	927	David	Whatton	Northampton Road Runners	M60-64	140	165	10	
166	539	Richard	Hill	Biggleswade AC	M55-59	141	166	19	
167	215	Robert	Hardwick	Amphill & Flitwick Flyers	M40-44	142	167	23	
168	540	Roxann	Holder	Biggleswade AC	F30-34	26	168	3	
169	544	Natalie	Morgan	Biggleswade AC	F45-49	27	169	5	
170	587	Teresa	Warren	Dunstable Road Runners	F55-59	28	170	1	
171	694	Andrew	Heale	Leighton Fun Runners	M55-59	143	171	20	
172	182	Andy	Atherton	Amphill & Flitwick Flyers	M60-64	144	172	11	
173	721	Andy	Stocks	Leighton Fun Runners	M50-54	145	173	26	
174	9	Natalie	Phillips	North Herts Road Runners	F40-44	29	174	8	
175	1253	Victoria	Butterworth	Wellingborough & District AC	F25-29-Guest			3	
176	504	Elwyn	Simmons	Bedford Harriers	M50-54	146	175	27	
177	57	Laura	Fairbanks	North Herts Road Runners	F40-44	30	176	9	

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178	1401	Trudi	Mawby	Rugby & Northampton AC	F40-44	31	177	10	
179	1050	Peter	Brown	Stopsley Striders	M40-44	147	178	24	
180	171	Jane	Swinburne	Amphill & Flitwick Flyers	F55-59	32	179	2	
181	186	Jeremy	Bell	Amphill & Flitwick Flyers	M60-64	148	180	12	
182	133	Sophia	Bartlett	Amphill & Flitwick Flyers	F50-54	33	181	7	
183	670	Andrew	Fryer	Dunstable Lions	M45-49	149	182	24	
184	1097	Paul	Whitford	Stopsley Striders	M55-59	150	183	21	
185	1239	James	Terry	Wellingborough & District AC	M50-54	151	184	28	
186	481	Robert	Wallis	Bedford Harriers	M65-69	152	185	4	
187	1015	Sarah	McAuliffe	Olney Runners	F35-39	34	186	2	
188	131	Jo	Aatkar	Amphill & Flitwick Flyers	F55-59	35	187	3	
189	1093	Chris	Treleaven	Stopsley Striders	M55-59	153	188	22	
190	426	Lauren	Owens	Bedford Harriers	F35-39	36	189	3	
191	1289	Caroline	Parkin	Wootton Road Runners	F60-64	37	190	2	
192	443	Jerry	Pullinger	Bedford Harriers	M65-69	154	191	5	
193	368	Richard	Hill	Bedford Harriers	M60-64	155	192	13	
194	369	Adam	Hills	Bedford Harriers	M45-49	156	193	25	
195	1105	Cathy	Stephen	Stopsley Striders	F40-44	38	194	11	
196	337	Debi	Fisher	Bedford Harriers	F30-34	39	195	4	
197	315	Nick	Cross	Bedford Harriers	M60-64	157	196	14	
198	1063	Gary	Fowler	Stopsley Striders	M60-64	158	197	15	
199	155	Theresa	Jackson	Amphill & Flitwick Flyers	F50-54	40	198	8	
200	653	David	Wallace	Dunstable Lions	M60-64	159	199	16	
201	1245	Paula	Faller	Wellingborough & District AC	F40-44	41	200	12	
202	1228	Keeley	Kenyon	Wellingborough & District AC	F35-39	42	201	4	
203	326	Frank	Esaw	Bedford Harriers	M70-74	160	202	1	
204	1084	Stewart	Read	Stopsley Striders	M50-54	161	203	29	
205	854	Rachel	Lewis	Northampton Road Runners	F35-39	43	204	5	
206	484	Huafu	Wang	Bedford Harriers	M65-69	162	205	6	
207	668	Simon	Howes	Dunstable Lions	M50-54	163	206	30	
208	40	John	Auld	North Herts Road Runners	M40-44	164	207	25	
209	458	Graham	Short	Bedford Harriers	M65-69	165	208	7	
210	93	Becky	Geekie	North Herts Road Runners	F30-34	44	209	5	
211	549	Damien	Pitts	Biggleswade AC	M40-44	166	210	26	
212	719	Samantha	Heady	Leighton Fun Runners	F40-44	45	211	13	
213	390	Ian	Joyce	Bedford Harriers	M60-64	167	212	17	
214	1407	Richard	Monk	Rugby & Northampton AC	M65-69	168	213	8	
215	1194	Marc	Sanderson	Wellingborough & District AC	M45-49	169	214	26	
216	781	David	Blackburn	Northampton Road Runners	M65-69	170	215	9	
217	892	Steve	Prior	Northampton Road Runners	M60-64	171	216	18	
218	559	Nick	McGlashan	Biggleswade AC	M60-64	172	217	19	
219	1369	Minerva	Chesser	Rugby & Northampton AC	F50-54	46	218	9	
220	11	Andrew	Coates	North Herts Road Runners	M45-49	173	219	27	
221	664	Timothy	Chute	Dunstable Lions	M30-34	174	220	17	
222	1021	Therese	O'Riordan	Olney Runners	F45-49	47	221	6	
223	1070	Paul	Keech	Stopsley Striders	M65-69	175	222	10	
224	1452	Sam	Roberts	Dunstable Road Runners	M45-49	176	223	28	
225	982	David	Fensom	Olney Runners	M55-59	177	224	23	
226	996	Justin	Crook	Olney Runners	M45-49	178	225	29	
227	423	Michael	Munro	Bedford Harriers	M55-59	179	226	24	
228	1073	Miriam	Linforth	Stopsley Striders	F40-44	48	227	14	
229	388	Tony	Jones	Bedford Harriers	M60-64	180	228	20	
230	691	Steve	Ellerton	Leighton Fun Runners	M60-64	181	229	21	
231	1394	Helen	Jones	Rugby & Northampton AC	F55-59	49	230	4	
232	926	Barry	Wesley	Northampton Road Runners	M60-64	182	231	22	
233	304	Alan	Colley	Bedford Harriers	M75-99	183	232	1	
234	476	Beverley	Tredget	Bedford Harriers	F60-64	50	233	3	
235	590	Robert	Lee	Dunstable Road Runners	M45-49	184	234	30	
236	554	Louise	Thomas	Biggleswade AC	F25-29	51	235	4	

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237	837	Dean	Humphreys	Northampton Road Runners	M55-59	185	236	25	
238	530	Ian	Grimwood	Biggleswade AC	M70-74	186	237	2	
239	1089	Jamila	Salam	Stopsley Striders	F35-39	52	238	6	
240	732	Kathryn	Hilton	Leighton Fun Runners	F35-39	53	239	7	
241	708	Wayne	Walker	Leighton Fun Runners	M45-49	187	240	31	
242	69	Jennie	Fraser	North Herts Road Runners	F45-49	54	241	7	
243	22	Lucy	O'Connor	North Herts Road Runners	F60-64	55	242	4	
244	394	Viv	Kilgour	Bedford Harriers	F60-64	56	243	5	
245	529	Stuart	Goodwin	Biggleswade AC	M45-49	188	244	32	
246	1157	Gemma	McRae	Northants Tri	F35-39	57	245	8	
247	535	Andrew	Hedley	Biggleswade AC	M60-64	189	246	23	
248	98	Jillian	Tooley-Boys	North Herts Road Runners	F40-44	58	247	15	
249	913	Roger	Taylor	Northampton Road Runners	M55-59	190	248	26	
250	827	Alan	Hall	Northampton Road Runners	M65-69	191	249	11	
251	1308	Dave	Jones	Wootton Road Runners	M50-54	192	250	31	
252	1064	Richard	Hardy	Stopsley Striders	M70-74	193	251	3	
253	647	Lisa	Phee	Dunstable Lions	F45-49	59	252	8	
254	316	Sue	Cross	Bedford Harriers	F60-64	60	253	6	
255	1241	Alan	Griffiths	Wellingborough & District AC	M55-59	194	254	27	
256	1196	Mary	Pearson	Wellingborough & District AC	F35-39	61	255	9	
257	39	Gregor	Bowie	North Herts Road Runners	M40-44	195	256	27	
258	359	Joanne	Green	Bedford Harriers	F40-44	62	257	16	
259	185	Ed	Bell	Amphill & Flitwick Flyers	M25-29	196	258	5	
260	403	Richard	Lawson	Bedford Harriers	M55-59	197	259	28	
261	1059	Andrew	Durrant	Stopsley Striders	M65-69	198	260	12	
262	1065	Helen	Harris	Stopsley Striders	F55-59	63	261	5	
263	1321	Adrian	Matthews	Wootton Road Runners	M45-49	199	262	33	
264	979	Christopher	Barnes	Olney Runners	M55-59	200	263	29	
265	1154	Katharine	Prince	Northants Tri	F30-34	64	264	6	
266	713	Paul	Atkinson	Leighton Fun Runners	M65-69	201	265	13	
267	277	Tony	Barnes	Bedford Harriers	M60-64	202	266	24	
268	1294	Steve	Smith	Wootton Road Runners	M70-74	203	267	4	
269	27	Frances	Stanton	North Herts Road Runners	F30-34	65	268	7	
270	73	Mel	Flynn	North Herts Road Runners	F40-44	66	269	17	
271	583	Paul	Stack	Dunstable Road Runners	M60-64	204	270	25	
272	224	Richie	Jones	Amphill & Flitwick Flyers	M60-64	205	271	26	
273	92	Viv	Lucas	North Herts Road Runners	M65-69	206	272	14	
274	651	Greer	Kidney	Dunstable Lions	F50-54	67	273	10	
275	669	Joanna	Lee	Dunstable Lions	F40-44	68	274	18	
276	477	James	Trodd	Bedford Harriers	M35-39	207	275	16	
277	509	Wendy	Tharani	Bedford Harriers	F50-54	69	276	11	
278	883	Elaine	Palmer	Northampton Road Runners	F55-59	70	277	6	
279	347	Amanda	Friman	Bedford Harriers	F65-69	71	278	2	
280	298	Lisa	Chapple	Bedford Harriers	F55-59	72	279	7	
281	1238	Paula	Thomas	Wellingborough & District AC	F45-49	73	280	9	
282	1007	Matthew	Kelly	Olney Runners	M55-59	208	281	30	
283	690	Yan	Edwards	Leighton Fun Runners	M35-39	209	282	17	
284	279	Richard	Beard	Bedford Harriers	M70-74	210	283	5	
285	386	Noel	Jones	Bedford Harriers	M60-64	211	284	27	
286	299	Jeanette	Cheetham	Bedford Harriers	F55-59	74	285	8	
287	574	Claire	Thomas	Dunstable Road Runners	F40-44	75	286	19	
288	1152	Anand	Mistry	Northants Tri	M35-39	212	287	18	
289	32	Hannah	Keeble	North Herts Road Runners	F40-44	76	288	20	
290	21	Andrew	Robson	North Herts Road Runners	M55-59	213	289	31	
291	580	Lucilla	O'Brien	Dunstable Road Runners	F45-49	77	290	10	
292	308	Laura	Corley	Bedford Harriers	F35-39	78	291	10	
293	295	Lisa	Calvert	Bedford Harriers	F55-59	79	292	9	
294	1375	Angela	Copson	Rugby & Northampton AC	F75-99	80	293	1	
295	139	Lottie	Burtenshaw	Amphill & Flitwick Flyers	F20-24	81	294	2	

3 Counties Cross Country League Results

Venue		North Herts		15-December-2024				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
296	487	Helen	Whiting	Bedford Harriers	F35-39	82	295	11	
297	595	Samantha	Hinton	Dunstable Road Runners	F40-44	83	296	21	
298	672	Christine	Ayers	Leighton Fun Runners	F70-74	84	297	1	
299	1292	Kay	Duffy	Wootton Road Runners	F45-49	85	298	11	
300	1296	Shane-Louise	Fordham	Wootton Road Runners	F40-44	86	299	22	
301	1057	Steve	Day	Stopsley Striders	M50-54	214	300	32	
302	1055	Liz	Davies	Stopsley Striders	F60-64	87	301	7	
303	1313	Diane	Rogers	Wootton Road Runners	F55-59	88	302	10	
304	84	Sue	Vaughan	North Herts Road Runners	F55-59	89	303	11	
305	1291	Samantha	Innis	Wootton Road Runners	F45-49	90	304	12	
306	667	Michelle	Jenner	Dunstable Lions	F55-59	91	305	12	
307	556	Jackie	Warren	Biggleswade AC	F55-59	92	306	13	
308	466	Joanne	Smythe	Bedford Harriers	F45-49	93	307	13	
309	856	Louise	Linnett	Northampton Road Runners	F55-59	94	308	14	
310	696	Alan	Hines	Leighton Fun Runners	M45-49	215	309	34	
311	324	Ray	Ellis	Bedford Harriers	M65-69	216	310	15	
312	943	Jasmine	Mahony	Northampton Road Runners	F25-29-Guest			5	
313	861	Lesley	Mahony	Northampton Road Runners	F50-54	95	311	12	
314	33	Geoff	Davis	North Herts Road Runners	M50-54	217	312	33	
315	771	Dawn	Bailham	Northampton Road Runners	F60-64	96	313	8	
316	141	Valerie	Dawson	Amphill & Flitwick Flyers	F60-64	97	314	9	
317	389	Melanie	Joy	Bedford Harriers	F40-44	98	315	23	
318	201	Rob	Cook	Amphill & Flitwick Flyers	M65-69	218	316	16	
319	273	Jacqueline	Armstrong	Bedford Harriers	F55-59	99	317	15	
320	1095	Martin	West	Stopsley Striders	M45-49	219	318	35	
321	679	Janet	Langdon	Leighton Fun Runners	F70-74	100	319	2	
322	300	Lynn	Christison	Bedford Harriers	F45-49	101	320	14	
323	305	Rachel	Cooke	Bedford Harriers	F50-54	102	321	13	
324	578	Jonathan	Venning	Dunstable Road Runners	M70-74	220	322	6	
325	334	Angela	Finch	Bedford Harriers	F65-69	103	323	3	
326	705	Jon	Riley	Leighton Fun Runners	M35-39	221	324	19	
327	1001	Marian	Chapman	Olney Runners	F65-69	104	325	4	
328	1010	Peter	Houghton	Olney Runners	M40-44	222	326	28	
329	1142	Chris	Baldwin	Northants Tri	M40-44	223	327	29	
330	480	Diane	Wallis	Bedford Harriers	F65-69	105	328	5	
331	805	Sheena	Desborough	Northampton Road Runners	F50-54	106	329	14	
332	912	Debra	Tame	Northampton Road Runners	F55-59	107	330	16	
333	598	Richard	Evans	Dunstable Road Runners	M70-74	224	331	7	
334	254	Dave	Stanley	Amphill & Flitwick Flyers	M70-74	225	332	8	
335	181	Paresh	Aatkar	Amphill & Flitwick Flyers	M55-59	226	333	32	
336	1069	Phil	Jeffrey	Stopsley Striders	M50-54	227	334	34	
337	1058	Ruth	Doyle	Stopsley Striders	F55-59	108	335	17	
338	983	David	O'Connor	Olney Runners	M55-59	228	336	33	
339	538	Lynn	Hill	Biggleswade AC	F55-59	109	337	18	
340	413	Andrea	McGrellis	Bedford Harriers	F55-59	110	338	19	
341	782	Helen	Blackburn	Northampton Road Runners	F60-64	111	339	10	
342	584	Sarah	Humphreys	Dunstable Road Runners	F50-54	112	340	15	
343	977	Anne-Marie	Villiers	Olney Runners	F65-69	113	341	6	
344	609	Angela	Tarbox	Dunstable Road Runners	F55-59	114	342	20	
345	1247	Sally	Hewitt	Wellingborough & District AC	F70-74	115	343	3	
346	89	Carina	Quayle	North Herts Road Runners	F65-69	116	344	7	
347	157	Claire	Jones	Amphill & Flitwick Flyers	F60-64	117	345	11	
348	671	Nicki	Atkinson	Leighton Fun Runners	F60-64	118	346	12	
349	681	Lynda	Murray	Leighton Fun Runners	F55-59	119	347	21	
350	283	Lyndsey	Bithrey	Bedford Harriers	F60-64	120	348	13	
351	1074	Evelyn	Lutterodt	Stopsley Striders	F50-54	121	349	16	
352	678	Nicole	Gibbs	Leighton Fun Runners	F35-39	122	350	12	
353	998	Liz	Conibere	Olney Runners	F70-74	123	351	4	
354	1318	James	Thorpe	Wootton Road Runners	M50-54	229	352	35	

3 Counties Cross Country League Results

Venue **North Herts**

15-December-2024

Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
355	435	Sarah	Parker	Bedford Harriers	F45-49	124	353	15
356	524	Emma	Bell	Biggleswade AC	F50-54	125	354	17
357	992	Hilary	Swanston	Olney Runners	F60-64	126	355	14
358	610	Stacey	Mills	Dunstable Road Runners	F60-64	127	356	15
359	588	Melody	Ntambalika	Dunstable Road Runners	F45-49	128	357	16
360	1046	Leigh	Betts	Stopsley Striders	F45-49	129	358	17
361	1109	Lauren	Embleton	Stopsley Striders	F25-29	130	359	6
362	471	Gemma	Stevenson	Bedford Harriers	F45-49	131	360	18
363	1158	Val	Bridges	Northants Tri	F70-74	132	361	5
364	35	Brian	Judkins	North Herts Road Runners	M65-69	230	362	17