

Three Counties Cross Country League Results

Individual Series Awards

Male	Award
Open Man	1 st Tim Harris (Amphill & Flitwick Flyers) 2 nd Mariusz Iwaniec (Wellingborough AC) 3 rd Mark Vaughan (North Herts Road Runners)
Male U20	1 st Ed Wise (Team East Haddon)
Male V40	1 st Stephen Hartley (Amphill & Flitwick Flyers) 2 nd Greg Spellman (Wellingborough AC) 3 rd James Walsh (North Herts Road Runners)
Male V50	1 st Martin Beare (Amphill & Flitwick Flyers) 2 nd Andy Green (Team East Haddon) 3 rd Tony Barnes (Bedford Harriers)
Male V60	1 st Neil Lovesey (Bedford Harriers)
Male V70	1 st *No Entries*

Female	Award
Open Female	1 st Juliet Naylor (Biggleswade AC) 2 nd Kelly Barnett (Wellingborough AC) 3 rd Anna Folland (Bedford Harriers)
Female U20	1 st Freya Vafadari (Dunstable Road Runners)
Female V35	1 st Nicola Bowerman (Amphill & Flitwick Flyers) 2 nd Kirstie Meeten (Bedford Harriers) 3 rd Astrid Mckeown (North Herts Road Runners)
Female V45	1 st Sally Cartwright (Bedford Harriers) 2 nd Paula Adams (North Herts Road Runners) 3 rd Lindsay Lister (Biggleswade AC)
Female V55	1 st Yuko Gordon (North Herts Road Runners)
Female V65	1 st Dee Bethune (Olney Runners)

Team	Award
Men	1 st Amphill & Flitwick Flyers 2 nd Bedford Harriers 3 rd Wellingborough AC
Female	1 st Biggleswade AC 2 nd Bedford Harriers 3 rd Amphill & Flitwick Flyers
Combined	1 st Amphill & Flitwick Flyers 2 nd Bedford Harriers 3 rd Wellingborough AC