

3 Counties Cross Country League Results

Venue		Dunstable		4-November-2018				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
1	1823	Michael	Hobbs-Aldridge	Wootton Road Runners	M45-49	1	1	1	
2	1651	Alex	Ash	Wellingborough & District AC	M25-29	2	2	1	
3	141	Tim	Harris	Amphill & Flitwick Flyers	M35-39	3	3	1	
4	1072	Thomas	Webb	North Herts Road Runners	M30-34	4	4	1	
5	1924	Hayen	Arnall	Rugby & Northampton AC	M17-19	5	5	1	
6	929	Adam	Bowler	North Herts Road Runners	M35-39	6	6	2	
7	1058	Darren	Sunter	North Herts Road Runners	M35-39	7	7	3	
8	835	Peter	Mackrell	Leighton Fun Runners	M35-39	8	8	4	
9	184	Joe	Strange	Amphill & Flitwick Flyers	M25-29	9	9	2	
10	190	Mark	Waine	Amphill & Flitwick Flyers	M45-49	10	10	2	
11	138	Ian	Halpin	Amphill & Flitwick Flyers	M30-34	11	11	2	
12	1040	Matthew	Sayers	North Herts Road Runners	M40-44	12	12	1	
13	383	Phil	Jamieson	Bedford Harriers	M30-34	13	13	3	
14	1205	Norbert	Mihalik	Northampton Road Runners	M35-39	14	14	5	
15	367	Ian	Hammett	Bedford Harriers	M35-39	15	15	6	
16	489	Danny	Winn	Bedford Harriers	M30-34	16	16	4	
17	1200	Tony	Letts	Northampton Road Runners	M50-54	17	17	1	
18	1189	Tom	High	Northampton Road Runners	M25-29	18	18	3	
19	145	Phil	Holland	Amphill & Flitwick Flyers	M40-44	19	19	2	
20	1975	Joe	Musgrove	Rugby & Northampton AC	M17-19	20	20	2	
21	1019	Stewart	Overton	North Herts Road Runners	M35-39	21	21	7	
22	514	Steven	Baldwin	Biggleswade AC	M25-29	22	22	4	
23	9999	Unknown	Runner		#VALUE!			1	
24	189	Steven	Upton	Amphill & Flitwick Flyers	M40-44	23	23	3	
25	300	Ed	Castro	Bedford Harriers	M30-34	24	24	5	
26	1681	Craig	Clements	Wellingborough & District AC	M35-39	25	25	8	
27	1239	Matthew	Clarke	Northampton Road Runners	M40-44	26	26	4	
28	1958	Chris	Lamb	Rugby & Northampton AC	M30-34	27	27	6	
29	103	Dave	Ackerley	Amphill & Flitwick Flyers	M25-29	28	28	5	
30	311	David	Course	Bedford Harriers	M40-44	29	29	5	
31	1676	Greg	Spellman	Wellingborough & District AC	M50-54	30	30	2	
32	1877	Geoff	Bonnett	Wootton Road Runners	M25-29	31	31	6	
33	160	Lee	Murphy	Amphill & Flitwick Flyers	M25-29	32	32	7	
34	178	Giles	Shorley	Amphill & Flitwick Flyers	M40-44	33	33	6	
35	1033	John	Rayner	North Herts Road Runners	M35-39	34	34	9	
36	1003	Darren	Matussa	North Herts Road Runners	M40-44	35	35	7	
37	1163	Illir	Brecani	Northampton Road Runners	M40-44	36	36	8	
38	974	Robert John	Harris	North Herts Road Runners	M40-44	37	37	9	
39	1674	Jon	Kemp	Wellingborough & District AC	M45-49	38	38	3	
40	122	John	Decesare	Amphill & Flitwick Flyers	M50-54	39	39	3	
41	1581	Andy	Green	Team East Haddon	M50-54	40	40	4	
42	339	Gary	Finch	Bedford Harriers	M50-54	41	41	5	
43	500	Mark	E-Jones	Bedford Harriers	M50-54	42	42	6	
44	1671	Paul	Huckle	Wellingborough & District AC	M30-34	43	43	7	
45	1493	Tom	Rankin	Stopsley Striders	M20-24	44	44	1	
46	998	Nick	Malpeli	North Herts Road Runners	M50-54	45	45	7	
47	107	Martin	Beare	Amphill & Flitwick Flyers	M55-59	46	46	1	
48	1611	Chris	Bell	Team East Haddon	M50-54	47	47	8	
49	1705	Patrick	Barber	Wellingborough & District AC	M30-34	48	48	8	
50	1816	Richard	Lack	Wootton Road Runners	M45-49	49	49	4	
51	520	Hannah	Broom	Biggleswade AC	F35-39	1	50	1	
52	117	Marcus	Cook	Amphill & Flitwick Flyers	M40-44	50	51	10	
53	1466	Christine	Lathwell	Stopsley Striders	F40-44	2	52	1	
54	1936	Vince	Carroll	Rugby & Northampton AC	M45-49	51	53	5	
55	182	Terry	Stanley	Amphill & Flitwick Flyers	M30-34	52	54	9	
56	1974	Oliver	Munns	Rugby & Northampton AC	M20-24	53	55	2	
57	987	James	Keogh	North Herts Road Runners	M40-44	54	56	11	
58	1679	Ben	Shirley	Wellingborough & District AC	M40-44	55	57	12	
59	139	James	Handley	Amphill & Flitwick Flyers	M40-44	56	58	13	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
60	823	Steve	Harrison	Leighton Fun Runners	M45-49	57	59	6	
61	1722	Kelly	Barnett	Wellingborough & District AC	F25-29	3	60	1	
62	1480	Gez	Fallon	Stopsley Striders	M45-49	58	61	7	
63	679	Steve	Kerin	Dunstable Road Runners	M30-34	59	62	10	
64	185	Barry	Stratford	Amphill & Flitwick Flyers	M35-39	60	63	10	
65	313	Sean	Crawley	Bedford Harriers	M40-44	61	64	14	
66	821	Dan	Green	Leighton Fun Runners	M40-44	62	65	15	
67	412	Neil	Loader	Bedford Harriers	M50-54	63	66	9	
68	172	Simon	Read	Amphill & Flitwick Flyers	M40-44	64	67	16	
69	1077	Vincent	Wright	North Herts Road Runners	M40-44	65	68	17	
70	528	Marcus	Davey	Biggleswade AC	M45-49	66	69	8	
71	1047	Adrian	Sherwood	North Herts Road Runners	M50-54	67	70	10	
72	2001	Adam	Bebbington	Rugby & Northampton AC	M17-19	68	71	3	
73	808	Tom	Ellerton	Leighton Fun Runners	M25-29	69	72	8	
74	920	John	Auld	North Herts Road Runners	M35-39	70	73	11	
75	307	Jon	Clark	Bedford Harriers	M50-54	71	74	11	
76	555	Rob	Morgan	Biggleswade AC	M40-44	72	75	18	
77	1508	Ahmed	Berrah	Stopsley Striders	M35-39	73	76	12	
78	1071	James	Walsh	North Herts Road Runners	M50-54	74	77	12	
79	548	Nick	Haworth	Biggleswade AC	M40-44	75	78	19	
80	975	Lee	Hayes	North Herts Road Runners	M50-54	76	79	13	
81	149	Dan	Karaiskou	Amphill & Flitwick Flyers	M20-24	77	80	3	
82	1486	Michael	Tucker	Stopsley Striders	M30-34	78	81	11	
83	1689	Peter	Cowler	Wellingborough & District AC	M40-44	79	82	20	
84	1591	Adrian	Homer	Team East Haddon	M45-49	80	83	9	
85	151	Ashley	Larman	Amphill & Flitwick Flyers	M40-44	81	84	21	
86	1006	Astrid	Mckeown	North Herts Road Runners	F45-49	4	85	1	
87	1081	David	Welch	North Herts Road Runners	M40-44	82	86	22	
88	108	Roger	Ball	Amphill & Flitwick Flyers	M45-49	83	87	10	
89	731	James	Young	Dunstable Road Runners	M17-19	84	88	4	
90	610	Colin	Woods	Amphill & Flitwick Flyers	M25-29	85	89	9	
91	526	Paul	Cooke	Biggleswade AC	M40-44	86	90	23	
92	819	Matthew	Gilbert	Leighton Fun Runners	M40-44	87	91	24	
93	390	Oliver	Jones	Bedford Harriers	M40-44	88	92	25	
94	651	Liam	Deller	Dunstable Road Runners	M35-39	89	93	13	
95	114	Warwick	Browning	Amphill & Flitwick Flyers	M60-64	90	94	1	
96	345	Simon	Foster	Bedford Harriers	M45-49	91	95	11	
97	1590	Rob	White	Team East Haddon	M55-59	92	96	2	
98	1846	Jason	Eales	Wootton Road Runners	M40-44	93	97	26	
99	852	James	Smith	Leighton Fun Runners	M45-49	94	98	12	
100	825	Andrew	Heale	Leighton Fun Runners	M50-54	95	99	14	
101	732	Neill	Currant	Dunstable Road Runners	M40-44	96	100	27	
102	157	Philip	Mead	Amphill & Flitwick Flyers	M30-34	97	101	12	
103	1237	Mitchell	Baines	Northampton Road Runners	M25-29	98	102	10	
104	170	Richard	Pillinger	Amphill & Flitwick Flyers	M40-44	99	103	28	
105	144	Ross	Henson	Amphill & Flitwick Flyers	M40-44	100	104	29	
106	1475	John	Chapman	Stopsley Striders	M60-64	101	105	2	
107	162	Gavin	Nicholson	Amphill & Flitwick Flyers	M40-44	102	106	30	
108	1166	Mick	Conroy	Northampton Road Runners	M55-59	103	107	3	
109	294	Shaun	Busby	Bedford Harriers	M30-34	104	108	13	
110	277	Tony	Barnes	Bedford Harriers	M55-59	105	109	4	
111	1356	Stephen	Dicks	Olney Runners	M45-49	106	110	13	
112	1616	Olly	Pearson	Team East Haddon	M35-39	107	111	14	
113	910	Paula	Adams	North Herts Road Runners	F45-49	5	112	2	
114	947	Ian	Dalton	North Herts Road Runners	M45-49	108	113	14	
115	1479	Martin	Fallon	Stopsley Striders	M50-54	109	114	15	
116	346	David	Frampton	Bedford Harriers	M60-64	110	115	3	
117	1495	Pat	Blessing	Stopsley Striders	M55-59	111	116	5	
118	1483	Philip	Davies	Stopsley Striders	M25-29	112	117	11	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
119	1713	Lisa	Smith	Wellingborough & District AC	F35-39	6	118	2	
120	1048	Peter	Sibbett	North Herts Road Runners	M55-59	113	119	6	
121	648	Robert	Curtis	Dunstable Road Runners	M55-59	114	120	7	
122	1608	Charles	Spencer	Team East Haddon	M30-34	115	121	14	
123	132	Jeremy	Godfrey	Amphill & Flitwick Flyers	M30-34	116	122	15	
124	269	Andrew	MacIntyre	Amphill & Flitwick Flyers	M25-29	117	123	12	
125	1512	Danny	Kelly	Stopsley Striders	M55-59	118	124	8	
126	1680	Mike	Gooch	Wellingborough & District AC	M45-49	119	125	15	
127	1733	Helen	Etherington	Wellingborough & District AC	F35-39	7	126	3	
128	1216	Andrew	Rosewell	Northampton Road Runners	M30-34	120	127	16	
129	295	Gary	Butler	Bedford Harriers	M50-54	121	128	16	
130	326	Will	Drown	Bedford Harriers	M25-29	122	129	13	
131	342	Anna	Folland	Bedford Harriers	F45-49	8	130	3	
132	403	Jason	Lake	Bedford Harriers	M45-49	123	131	16	
133	570	John	Stott	Biggleswade AC	M45-49	124	132	17	
134	1985	John	Saw	Rugby & Northampton AC	M40-44	125	133	31	
135	441	Jerry	Pullinger	Bedford Harriers	M60-64	126	134	4	
136	683	Stuart	Lamond	Dunstable Road Runners	M30-34	127	135	17	
137	1615	Andy	Peel	Team East Haddon	M35-39	128	136	15	
138	510	Charlie	Arnold	Biggleswade AC	M60-64	129	137	5	
139	1872	John	White	Wootton Road Runners	M40-44	130	138	32	
140	939	Jane	Clarke	North Herts Road Runners	F35-39	9	139	4	
141	382	Stephen	James	Bedford Harriers	M50-54	131	140	17	
142	400	Sally	Knight	Bedford Harriers	F45-49	10	141	4	
143	511	Emma	Bailey	Biggleswade AC	F40-44	11	142	2	
144	1604	Lindsay	Scott	Team East Haddon	F30-34	12	143	1	
145	1001	Daniel	Martin	North Herts Road Runners	M35-39	132	144	16	
146	1211	Jonathon	Panter	Northampton Road Runners	M50-54	133	145	18	
147	1227	Ed	Taylor	Northampton Road Runners	M55-59	134	146	9	
148	228	Kerry	Large	Amphill & Flitwick Flyers	F30-34	13	147	2	
149	1857	Chris	McFaul	Wootton Road Runners	M45-49	135	148	18	
150	713	Jose	Santos	Dunstable Road Runners	M40-44	136	149	33	
151	1886	Andrew	Myers	Wootton Road Runners	M30-34	137	150	18	
152	1196	Mark	Kennedy	Northampton Road Runners	M40-44	138	151	34	
153	161	Chris	Newnham	Amphill & Flitwick Flyers	M55-59	139	152	10	
154	1180	Mark	Garrett	Northampton Road Runners	M55-59	140	153	11	
155	554	Natalie	Morgan	Biggleswade AC	F40-44	14	154	3	
156	1232	Dave	Whatton	Northampton Road Runners	M50-54	141	155	19	
157	1212	Seb	Perry	Northampton Road Runners	M45-49	142	156	19	
158	1950	Oliver	Harvey	Rugby & Northampton AC	M20-24	143	157	4	
159	401	Stuart	Knight	Bedford Harriers	M50-54	144	158	20	
160	215	Amy	Farr	Amphill & Flitwick Flyers	F35-39	15	159	5	
161	1865	Craig	Goodman	Wootton Road Runners	M30-34	145	160	19	
162	286	Cameron	Blair	Bedford Harriers	M25-29	146	161	14	
163	736	David	Morgan	Dunstable Road Runners	M50-54	147	162	21	
164	1079	Darren	Bonham	North Herts Road Runners	M35-39	148	163	17	
165	1739	Malcolm	Kildin	Wellingborough & District AC	M50-54	149	164	22	
166	973	Richard	Harbon	North Herts Road Runners	M55-59	150	165	12	
167	1503	Christian	Bredenkamp	Stopsley Striders	M50-54	151	166	23	
168	1490	Charles	Nelis	Stopsley Striders	M50-54	152	167	24	
169	803	Eddie	Cusick	Leighton Fun Runners	M55-59	153	168	13	
170	238	Hattie	Oakley-King	Amphill & Flitwick Flyers	F30-34	16	169	3	
171	1714	Louise	Kemp	Wellingborough & District AC	F40-44	17	170	4	
172	175	Mark	Rouse	Amphill & Flitwick Flyers	M40-44	154	171	35	
173	1354	Justin	Crook	Olney Runners	M40-44	155	172	36	
174	133	Martin	Godin	Amphill & Flitwick Flyers	M60-64	156	173	6	
175	1976	Bernie	Myers	Rugby & Northampton AC	M55-59	157	174	14	
176	467	Paul	Stuart	Bedford Harriers	M50-54	158	175	25	
177	1063	Caroline	Thrussell	North Herts Road Runners	F55-59	18	176	1	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
178	256	Lisa	Wells	Amphill & Flitwick Flyers	F50-54	19	177	1	
179	136	Stan	Greening	Amphill & Flitwick Flyers	M50-54	159	178	26	
180	866	Ian	Bisby	Leighton Fun Runners	M45-49	160	179	20	
181	688	Shilen	Mantri	Dunstable Road Runners	M45-49	161	180	21	
182	183	Ben	Stoneman	Amphill & Flitwick Flyers	M40-44	162	181	37	
183	869	Mike	Ellyard	Leighton Fun Runners	M30-34	163	182	20	
184	330	Frank	Esaw	Bedford Harriers	M65-69	164	183	1	
185	1156	Darren	Baldwin	Northampton Road Runners	M50-54	165	184	27	
186	1602	Liv	Thompson	Team East Haddon	F30-34	20	185	4	
187	676	Peter	Keane	Dunstable Road Runners	M55-59	166	186	15	
188	140	Robert	Hardwick	Amphill & Flitwick Flyers	M35-39	167	187	18	
189	1344	Lisa	Russell	Olney Runners	F45-49	21	188	5	
190	453	Claire	Rulton	Bedford Harriers	F40-44	22	189	5	
191	1505	Andy	Reid	Stopsley Striders	M65-69	168	190	2	
192	298	Sally	Cartwright	Bedford Harriers	F50-54	23	191	2	
193	461	Graham	Short	Bedford Harriers	M55-59	169	192	16	
194	1073	Ellie	Webb	North Herts Road Runners	F25-29	24	193	2	
195	1178	John	Fleming	Northampton Road Runners	M45-49	170	194	22	
196	106	Andy	Atherton	Amphill & Flitwick Flyers	M55-59	171	195	17	
197	321	Caroline	Devine	Bedford Harriers	F55-59	25	196	2	
198	1352	Chris	Barnes	Olney Runners	M50-54	172	197	28	
199	798	Jim	Buttleman	Leighton Fun Runners	M50-54	173	198	29	
200	822	Kevin	Hare	Leighton Fun Runners	M45-49	174	199	23	
201	165	Paul	Owen	Amphill & Flitwick Flyers	M50-54	175	200	30	
202	493	Richard	Woodward	Bedford Harriers	M35-39	176	201	19	
203	953	James	Drew	North Herts Road Runners	M40-44	177	202	38	
204	1738	Claire	Boyles	Wellingborough & District AC	F30-34	26	203	5	
205	268	Dean	Shanley	Amphill & Flitwick Flyers	M20-24	178	204	5	
206	324	Dea	Ditchfield	Bedford Harriers	F50-54	27	205	3	
207	1187	Alan	Hall	Northampton Road Runners	M60-64	179	206	7	
208	1159	Dave	Blackburn	Northampton Road Runners	M60-64	180	207	8	
209	328	David	Elliott	Bedford Harriers	M40-44	181	208	39	
210	1941	Angela	Copson	Rugby & Northampton AC	F70-74	28	209	1	
211	997	Dan	Mallett	North Herts Road Runners	M25-29	182	210	15	
212	1068	Andrew	Underhill	North Herts Road Runners	M40-44	183	211	40	
213	664	Ruth	Grint	Dunstable Road Runners	F50-54	29	212	4	
214	220	Caroline	Gilby	Amphill & Flitwick Flyers	F50-54	30	213	5	
215	198	Sophia	Bartlett	Amphill & Flitwick Flyers	F40-44	31	214	6	
216	365	Chloe	Haffenden	Bedford Harriers	F20-24-Guest			1	
217	297	Chris	Capps	Bedford Harriers	M60-64	184	215	9	
218	855	Chris	Stenner	Leighton Fun Runners	M50-54	185	216	31	
219	252	Dayle	Walker	Amphill & Flitwick Flyers	F20-24	32	217	2	
220	1661	Mark	Viccars	Wellingborough & District AC	M55-59	186	218	18	
221	1887	Jo	Gardner	Wootton Road Runners	F30-34	33	219	6	
222	1484	Ian	Pitkin	Stopsley Striders	M50-54	187	220	32	
223	270	William	Abram	Bedford Harriers	M45-49	188	221	24	
224	148	Richie	Jones	Amphill & Flitwick Flyers	M50-54	189	222	33	
225	449	Andrew	Robertson	Bedford Harriers	M60-64	190	223	10	
226	110	Jeremy	Bell	Amphill & Flitwick Flyers	M55-59	191	224	19	
227	864	Elle	Laird	Leighton Fun Runners	F30-34	34	225	7	
228	710	Mike	Reilly	Dunstable Road Runners	M50-54	192	226	34	
229	470	Mark	Taggart	Bedford Harriers	M45-49	193	227	25	
230	264	Sophie	Windmill	Amphill & Flitwick Flyers	F25-29	35	228	3	
231	1372	Amy	Butler	Olney Runners	F40-44	36	229	7	
232	839	Karen	McLean	Leighton Fun Runners	F50-54	37	230	6	
233	867	David	Pym	Leighton Fun Runners	M50-54	194	231	35	
234	1881	Gill	Jakeman	Wootton Road Runners	F40-44	38	232	8	
235	865	Rosie	Booth	Leighton Fun Runners	F40-44	39	233	9	
236	1368	David	Shakespeare	Olney Runners	M50-54	195	234	36	

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Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
237	1815	Phoebe	Lowick	Wootton Road Runners	F30-34	40	235	8	
238	398	Simon	King	Bedford Harriers	M60-64	196	236	11	
239	481	Rob	Walls	Bedford Harriers	M55-59	197	237	20	
240	119	Paul	Court	Amphill & Flitwick Flyers	M45-49	198	238	26	
241	701	Clare	Murphy	Dunstable Road Runners	F	41	239	1	
242	1437	Joe	Cashman	Stopsley Striders	M30-34	199	240	21	
243	930	Jillian	Boys	North Herts Road Runners	F40-44	42	241	10	
244	257	Abi	Wells-Day	Amphill & Flitwick Flyers	F20-24	43	242	3	
245	1494	Andy	Durrant	Stopsley Striders	M60-64	200	243	12	
246	1026	Chris	Poole	North Herts Road Runners	M30-34	201	244	22	
247	191	Jon	Walker	Amphill & Flitwick Flyers	M55-59	202	245	21	
248	725	Teresa	Warren	Dunstable Road Runners	F45-49	44	246	6	
249	1459	Miriam	Linthorpe	Stopsley Striders	F35-39	45	247	6	
250	425	Rachel	Moss	Bedford Harriers	F35-39	46	248	7	
251	1683	Mark	Cheadle	Wellingborough & District AC	M40-44	203	249	41	
252	1981	Adrian	Reast	Rugby & Northampton AC	M45-49	204	250	27	
253	1052	Johnny	Spinks	North Herts Road Runners	M50-54	205	251	37	
254	408	Jason	Lee	Bedford Harriers	M40-44	206	252	42	
255	668	Owen	Hendry	Dunstable Road Runners	M45-49	207	253	28	
256	724	Jeannette	Walster	Dunstable Road Runners	F50-54	47	254	7	
257	1185	Jocelyn	Granger	Northampton Road Runners	F55-59	48	255	3	
258	1858	Frances	Hooper	Wootton Road Runners	F40-44	49	256	11	
259	1513	Graham	Busch	Stopsley Striders	M60-64	208	257	13	
260	1854	James	Meade	Wootton Road Runners	M45-49	209	258	29	
261	824	Sam	Heady	Leighton Fun Runners	F35-39	50	259	8	
262	192	Joe	Walters	Amphill & Flitwick Flyers	M40-44	210	260	43	
263	343	Lawrence	Folley	Bedford Harriers	M55-59	211	261	22	
264	861	Glenn	Watson	Leighton Fun Runners	M50-54	212	262	38	
265	388	Niki	Jones	Bedford Harriers	F45-49	51	263	7	
266	310	Enrico	Cormano	Bedford Harriers	M25-29	213	264	16	
267	550	Kathryn	Juty	Biggleswade AC	F45-49	52	265	8	
268	703	Lisa	Phee	Dunstable Road Runners	F35-39	53	266	9	
269	547	Neil	Harvey	Biggleswade AC	M55-59	214	267	23	
270	1851	Chris	Jakeman	Wootton Road Runners	M40-44	215	268	44	
271	1488	Ian	Curry	Stopsley Striders	M40-44	216	269	45	
272	115	Dave	Coker	Amphill & Flitwick Flyers	M55-59	217	270	24	
273	232	Jacqui	Morland	Amphill & Flitwick Flyers	F40-44	54	271	12	
274	612	Kim	Nash	Amphill & Flitwick Flyers	F35-39	55	272	10	
275	1885	Amanda	Barnes	Wootton Road Runners	F30-34	56	273	9	
276	638	Ian	Byford	Dunstable Road Runners	M60-64	218	274	14	
277	1228	Roger	Taylor	Northampton Road Runners	M50-54	219	275	39	
278	1977	Helen	Needham	Rugby & Northampton AC	F45-49	57	276	9	
279	308	Mark	Clements	Bedford Harriers	M35-39	220	277	20	
280	389	Kirsty	Jones	Bedford Harriers	F35-39	58	278	11	
281	246	Katie	Ruditis	Amphill & Flitwick Flyers	F35-39	59	279	12	
282	385	Tony	Jones	Bedford Harriers	M55-59	221	280	25	
283	970	Helen	Harbon	North Herts Road Runners	F25-29	60	281	4	
284	1710	Stephanie	Welsford	Wellingborough & District AC	F25-29	61	282	5	
285	302	Lisa	Chappel	Bedford Harriers	F50-54	62	283	8	
286	661	Anne	Golding	Dunstable Road Runners	F60-64	63	284	1	
287	156	Terry	McHugh	Amphill & Flitwick Flyers	M60-64	222	285	15	
288	1921	Vicky	Anderson	Rugby & Northampton AC	F45-49	64	286	10	
289	1577	Sam	Cortese	Team East Haddon	M60-64	223	287	16	
290	1202	Mark	Lewis	Northampton Road Runners	M50-54	224	288	40	
291	1157	Suzanne	Baldwin	Northampton Road Runners	F50-54	65	289	9	
292	984	Hannah	Keeble	North Herts Road Runners	F35-39	66	290	13	
293	737	David	Willis	Dunstable Road Runners	M40-44	225	291	46	
294	275	Lucy	Baldwin	Bedford Harriers	F35-39	67	292	14	
295	801	Graham	Cooper	Leighton Fun Runners	M50-54	226	293	41	

3 Counties Cross Country League Results

Venue		Dunstable		4-November-2018				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
296	476	Sacha	Trude	Bedford Harriers	F45-49	68	294	11	
297	1965	Trudi	Mawby	Rugby & Northampton AC	F35-39	69	295	15	
298	446	Alan	Rickhuss	Bedford Harriers	M50-54	227	296	42	
299	448	Karen	Robertson	Bedford Harriers	F55-59	70	297	4	
300	407	Richard	Lawson	Bedford Harriers	M45-49	228	298	30	
301	1853	Janet	Mitchell	Wootton Road Runners	F55-59	71	299	5	
302	523	Nigel	Bush	Biggleswade AC	M70-74	229	300	1	
303	912	Linda	Aird	North Herts Road Runners	F60-64	72	301	2	
304	369	Mervyn	Harmon	Bedford Harriers	M55-59	230	302	26	
305	468	Paula	Stuart	Bedford Harriers	F50-54	73	303	10	
306	273	Claire	Adamson	Bedford Harriers	F35-39	74	304	16	
307	1210	Elaine	Palmer	Northampton Road Runners	F50-54	75	305	11	
308	1347	Helen	Margetts	Olney Runners	F40-44	76	306	13	
309	281	Sam	Baylis	Bedford Harriers	F45-49	77	307	12	
310	971	Jo	Harbon	North Herts Road Runners	F50-54	78	308	12	
311	735	Clifford	Punter	Dunstable Road Runners	M55-59	231	309	27	
312	968	Russ	Hagan	North Herts Road Runners	M55-59	232	310	28	
313	1464	Karen	Ashby	Stopsley Striders	F55-59	79	311	6	
314	1603	Sarah	Ryder	Team East Haddon	F25-29	80	312	6	
315	915	Matt	Ankers	North Herts Road Runners	M25-29	233	313	17	
316	452	Gary	Rudd	Bedford Harriers	M50-54	234	314	43	
317	495	Mark	Keens	Bedford Harriers	M40-44	235	315	47	
318	496	Laurene	Lee	Bedford Harriers	F40-44	81	316	14	
319	248	Christine	Sharman	Amphill & Flitwick Flyers	F50-54	82	317	13	
320	1155	Vicki	Baker	Northampton Road Runners	F40-44	83	318	15	
321	171	Andy	Ralphs	Amphill & Flitwick Flyers	M45-49	236	319	31	
322	1451	Martin	Emmanuel	Stopsley Striders	F35-39	84	320	17	
323	845	Keith	Phillips	Leighton Fun Runners	M65-69	237	321	3	
324	331	Chris	Fadden	Bedford Harriers	M55-59	238	322	29	
325	242	Julie	Pritchett	Amphill & Flitwick Flyers	F40-44	85	323	16	
326	288	Tom	Brassington	Bedford Harriers	M60-64	239	324	17	
327	1364	Mike	Pezaro	Olney Runners	M40-44	240	325	48	
328	830	Dawn	Kennedy	Leighton Fun Runners	F40-44	86	326	17	
329	842	Stephen	Moore	Leighton Fun Runners	M55-59	241	327	30	
330	674	Amanda	Jefferys	Dunstable Road Runners	F45-49	87	328	13	
331	1460	Katicia	Blanchard	Stopsley Striders	F20-24	88	329	4	
332	1175	Jon	Dilworth	Northampton Road Runners	M60-64	242	330	18	
333	358	Lesley	Gaunt	Bedford Harriers	F55-59	89	331	7	
334	474	Mark	Tinkler	Bedford Harriers	M60-64	243	332	19	
335	205	Denise	Browning	Amphill & Flitwick Flyers	F55-59	90	333	8	
336	214	Zoey	Didlick	Amphill & Flitwick Flyers	F40-44	91	334	18	
337	357	Steve	Gaunt	Bedford Harriers	M55-59	244	335	31	
338	497	Peter	Pack	Bedford Harriers	M55-59	245	336	32	
339	543	Ian	Grimwood	Biggleswade AC	M65-69	246	337	4	
340	950	Karen	Dodsworth	North Herts Road Runners	F55-59	92	338	9	
341	928	Paul	Bowal	North Herts Road Runners	M55-59	247	339	33	
342	860	Patrick	Waring	Leighton Fun Runners	M60-64	248	340	20	
343	1012	Geoff	Murray-Rochard	North Herts Road Runners	M60-64	249	341	21	
344	1221	Jo	Smith	Northampton Road Runners	F50-54	93	342	14	
345	279	Nick	Barringer	Bedford Harriers	M50-54	250	343	44	
346	347	Amanda	Friman	Bedford Harriers	F60-64	94	344	3	
347	1361	David	O'Connor	Olney Runners	M50-54	251	345	45	
348	795	Christine	Ayres	Leighton Fun Runners	F65-69	95	346	1	
349	1230	Paula	Towers	Northampton Road Runners	F50-54	96	347	15	
350	360	Dave	Girling	Bedford Harriers	M65-69	252	348	5	
351	255	Samantha	Walters	Amphill & Flitwick Flyers	F40-44	97	349	19	
352	689	Steven	Mcallister	Dunstable Road Runners	M35-39	253	350	21	
353	1482	Stewart	Read	Stopsley Striders	M45-49	254	351	32	
354	572	Simon	Strong	Biggleswade AC	M45-49	255	352	33	

3 Counties Cross Country League Results

Venue		Dunstable		4-November-2018				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
355	868	Matthew	Kelly	Leighton Fun Runners	M50-54	256	353	46	
356	576	Robin	Wynde	Biggleswade AC	M60-64	257	354	22	
357	1843	Kay	Duffy	Wootton Road Runners	F40-44	98	355	20	
358	1592	Rob	Watkinson	Team East Haddon	M55-59	258	356	34	
359	827	Jon	Hull	Leighton Fun Runners	M45-49	259	357	34	
360	1174	Sheena	Desborough	Northampton Road Runners	F45-49	99	358	14	
361	1027	Andrew	Porter	North Herts Road Runners	M70-74	260	359	2	
362	303	Jeanette	Cheetham	Bedford Harriers	F50-54	100	360	16	
363	2021	Angela	E-Jones	Bedford Harriers	F55-59	101	361	10	
364	1867	Andrea	Collingwood	Wootton Road Runners	F40-44	102	362	21	
365	227	Helen	Kearns	Amphill & Flitwick Flyers	F55-59	103	363	11	
366	2020	Carla	Whitmore	Bedford Harriers	F20-24	104	364	5	
367	720	Claire	Thomas	Dunstable Road Runners	F35-39	105	365	18	
368	349	Elaine	Fullard	Bedford Harriers	F55-59	106	366	12	
369	1343	Rachel	David	Olney Runners	F50-54	107	367	17	
370	480	Diane	Wallis	Bedford Harriers	F55-59	108	368	13	
371	723	Jonathan	Venning	Dunstable Road Runners	M65-69	261	369	6	
372	353	Stephen	Gale	Bedford Harriers	F55-59	109	370	14	
373	1478	Dave	Adam	Stopsley Striders	M60-64	262	371	23	
374	355	Richard	Gallivan	Bedford Harriers	M60-64	263	372	24	
375	499	Kerry	M-Battern	Bedford Harriers	F40-44	110	373	22	
376	667	Sharon	Hawkins	Dunstable Road Runners	F45-49	111	374	15	
377	121	Barry	Dackombe	Amphill & Flitwick Flyers	M50-54	264	375	47	
378	234	Michelle	Morris	Amphill & Flitwick Flyers	F30-34	112	376	10	
379	820	Felicity	Gray	Leighton Fun Runners	F35-39	113	377	19	
380	1735	Jessica	Wynn-Werninck	Wellingborough & District AC	F30-34	114	378	11	
381	164	Brendan	O'Mahoney	Amphill & Flitwick Flyers	M55-59	265	379	35	
382	282	Andrew	Baylis	Bedford Harriers	M45-49	266	380	35	
383	1370	Justin	Schofield	Olney Runners	M45-49	267	381	36	
384	681	Greer	Kidney	Dunstable Road Runners	F45-49	115	382	16	
385	739	Chris	Hyde	Dunstable Road Runners	M35-39	268	383	22	
386	118	Rob	Cook	Amphill & Flitwick Flyers	M60-64	269	384	25	
387	380	Amy	Hutchinson	Bedford Harriers	F30-34	116	385	12	
388	810	Caroline	Emerton	Leighton Fun Runners	F45-49	117	386	17	
389	544	Juliet	Grimwood	Biggleswade AC	F50-54	118	387	18	
390	1864	Samantha	Inniss	Wootton Road Runners	F40-44	119	388	23	
391	857	Paul	Thomas	Leighton Fun Runners	M70-74	270	389	3	
392	1883	Rebecca	Baker	Wootton Road Runners	F35-39	120	390	20	
393	236	Debbie	Newell	Amphill & Flitwick Flyers	F45-49	121	391	18	
394	225	Laura	Johnston	Amphill & Flitwick Flyers	F50-54	122	392	19	
395	530	Jennie	Day	Biggleswade AC	F50-54	123	393	20	
396	259	Louise	Wilkins	Amphill & Flitwick Flyers	F45-49	124	394	19	
397	319	Carole	Darnell	Bedford Harriers	F55-59	125	395	15	
398	926	Allison	Blunt	North Herts Road Runners	F50-54	126	396	21	
399	251	Mei	Trace	Amphill & Flitwick Flyers	F50-54	127	397	22	
400	1229	James	Thorpe	Northampton Road Runners	M45-49	271	398	37	
401	375	Cint	Horne	Bedford Harriers	F50-54	128	399	23	
402	1208	Caroline	Owers	Northampton Road Runners	F50-54	129	400	24	
403	1709	Mary	Pearson	Wellingborough & District AC	F30-34	130	401	13	
404	680	Tina	Keynon	Dunstable Road Runners	F50-54	131	402	25	
405	719	Mel Mwa	Sylvester	Dunstable Road Runners	F40-44	132	403	24	
406	1452	Kulwinder	Assra	Stopsley Striders	F50-54	133	404	26	
407	553	Maria	Merridan	Biggleswade AC	F45-49	134	405	20	
408	733	Sadi	Martin	Dunstable Road Runners	F30-34	135	406	14	
409	941	Lindsay	Cook	North Herts Road Runners	F40-44	136	407	25	
410	1222	Rachael	Smith	Northampton Road Runners	F25-29	137	408	7	
411	1837	Josie	Pickering	Wootton Road Runners	F35-39	138	409	21	
412	1456	Lucy	Joseph	Stopsley Striders	F50-54	139	410	27	
413	1201	Jo	Letts	Northampton Road Runners	F45-49	140	411	21	

3 Counties Cross Country League Results

Venue		Dunstable		4-November-2018				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
414	258	Emma	White	Amphill & Flitwick Flyers	F40-44	141	412	26	
415	1492	Paul	Duffy	Stopsley Striders	M40-44	272	413	49	
416	1160	Helen	Blackburn	Northampton Road Runners	F50-54	142	414	28	
417	1209	Rachel	Palmer	Northampton Road Runners	F25-29	143	415	8	
418	239	Caroline	O'Mahoney	Amphill & Flitwick Flyers	F50-54	144	416	29	
419	278	Karen	Barringer	Bedford Harriers	F50-54	145	417	30	
420	437	Jackie	Popland	Bedford Harriers	F60-64	146	418	4	
421	402	Eva	Kovacs	Bedford Harriers	F45-49	147	419	22	
422	335	Peter	Fadden	Bedford Harriers	M20-24	273	420	6	
423	851	Chrissy	Sherwood	Leighton Fun Runners	F30-34	148	421	15	
424	395	Bill	Khinda	Bedford Harriers	M65-69	274	422	7	
425	485	Helen	Whiting	Bedford Harriers	F30-34	149	423	16	
426	837	Caroline	Mann	Leighton Fun Runners	F45-49	150	424	23	
427	1718	Mandy	Allen	Wellingborough & District AC	F55-59	151	425	16	
428	1935	Emma	Burrows	Rugby & Northampton AC	F25-29	152	426	9	
429	1056	Joy	Stroud	North Herts Road Runners	F70-74	153	427	2	
430	1819	Gerald	Billis	Wootton Road Runners	M80-84	275	428	1	
431	1240	Jamie	Blackburn	Northampton Road Runners	M20-24-Guest			7	
432	226	Claire	Jones	Amphill & Flitwick Flyers	F50-54	154	429	31	
433	675	Tina	Keane	Dunstable Road Runners	F50-54	155	430	32	
434	983	Brian	Judkins	North Herts Road Runners	M60-64	276	431	26	
435	473	Tracey	Thompson	Bedford Harriers	F45-49	156	432	24	
436	430	Sue	Pack	Bedford Harriers	F50-54	157	433	33	
437	322	Caroline	Diggle	Bedford Harriers	F45-49	158	434	25	
438	734	Kelly	Bywaters	Dunstable Road Runners	F40-44	159	435	27	
439	652	Nicola	Dent	Dunstable Road Runners	F50-54	160	436	34	
440	678	Hayley	Keeble	Dunstable Road Runners	F40-44	161	437	28	
441	1310	Sarah	Humphreys	Dunstable Road Runners	F45-49	162	438	26	
442	562	Gareth	Saynor	Biggleswade AC	M45-49	277	439	38	
443	372	Kathy	Hewitt	Bedford Harriers	F55-59	163	440	17	
444	352	Sara	Gale	Bedford Harriers	F55-59	164	441	18	
445	698	Karen	Mulholland-McGroary	Dunstable Road Runners	F50-54	165	442	35	
446	565	Julie	Spavins	Biggleswade AC	F50-54	166	443	36	
447	738	Lisa	Bracken	Dunstable Road Runners	F35-39	167	444	22	
448	1450	Zena	Ellis	Stopsley Striders	F35-39	168	445	23	
449	301	Jack	Chana	Bedford Harriers	M65-69	278	446	8	
450	1463	Judy	Reid	Stopsley Striders	F65-69	169	447	2	
451	217	Rebecca	Fleckney	Amphill & Flitwick Flyers	F35-39	170	448	24	
452	818	Claire	Giblin	Leighton Fun Runners	F40-44	171	449	29	
453	854	Lorraine	Stanesby	Leighton Fun Runners	F50-54	172	450	37	
454	1177	Karen	Eke	Northampton Road Runners	F55-59	173	451	19	
455	177	Dave	Sedgley	Amphill & Flitwick Flyers	M75-79	279	452	1	
456	440	Judy	Prior	Bedford Harriers	F70-74	174	453	3	
457	271	Pauline	Abram	Bedford Harriers	F50-54	175	454	38	
458	371	Lorena	Henderson	Bedford Harriers	F45-49	176	455	27	
459	1233	Carol	Whatton	Northampton Road Runners	F55-59	177	456	20	
460	1346	Kirsten	Chantrell	Olney Runners	F40-44	178	457	30	
461	1340	Liz	Conibere	Olney Runners	F65-69	179	458	3	
462	180	Dave	Stanley	Amphill & Flitwick Flyers	M65-69	280	459	9	
463	1181	Sally	Garrett	Northampton Road Runners	F55-59	180	460	21	
464	340	Debi	Fisher	Bedford Harriers	F25-29	181	461	10	
465	692	Claire	Mcfauld	Dunstable Road Runners	F30-34	182	462	17	
466	341	Katie	Fletcher	Bedford Harriers	F25-29	183	463	11	
467	466	Sylvia	Snowling	Bedford Harriers	M55-59	281	464	36	
468	221	Pat	Godfrey	Amphill & Flitwick Flyers	F65-69	184	465	4	
469	1578	Val	Bridges	Team East Haddon	F65-69	185	466	5	
470	1444	Lorraine	Paine	Stopsley Striders	F50-54	186	467	39	
471	1440	Sharon	Chesham	Stopsley Striders	F50-54	187	468	40	
472	1469	Jill	Bywaters	Stopsley Striders	F50-54	188	469	41	

3 Counties Cross Country League Results

Venue **Dunstable**

4-November-2018

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
473	1468	Andrea	Watts	Stopsley Striders	F50-54	189	470	42
474	1439	Sylvia	Thomas	Stopsley Striders	F55-59	190	471	22
475	1441	Kate	Neale	Stopsley Striders	F55-59	191	472	23
476	1236	Teresa	Raynor	Northampton Road Runners	F55-59	192	473	24
477	223	Vickie	Humber	Amptill & Flitwick Flyers	F40-44	193	474	31
478	212	Heather	Crellin	Amptill & Flitwick Flyers	F50-54	194	475	43
479	1453	Lucinda	Philpott	Stopsley Striders	F25-29	195	476	12
480	1474	Bridget	Drimussis	Stopsley Striders	F55-59	196	477	25
481	1518	Penny	Kilberry	Stopsley Striders	F50-54	197	478	44
482	356	Angela	Gallivan	Bedford Harriers	F60-64	198	479	5
483	419	Elaine	Massie	Bedford Harriers	F45-49	199	480	28
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3 Counties Cross Country League Results

Venue **Dunstable**

4-November-2018

Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
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3 Counties Cross Country League Results

Venue **Dunstable**

4-November-2018

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