

3 Counties Cross Country League Results

Venue		Well'boro		23-October-2022				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
1	110	Harry	Smith	Amphill & Flitwick Flyers	m25-29	1	1	1	
2	754	Ben	Hadman	North Herts Road Runners	m25-29	2	2	2	
3	80	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	3	3	1	
4	760	Mike	Roberts	North Herts Road Runners	m30-34	4	4	1	
5	544	Ben	Warren	Dunstable Road Runners	m20-24	5	5	1	
6	117	Mark	Waine	Amphill & Flitwick Flyers	m50-54	6	6	1	
7	90	Jamie	Keane	Amphill & Flitwick Flyers	m35-39	7	7	2	
8	1495	David	Ball	Rugby & Northampton AC	m40-44	8	8	1	
9	94	Chris	Littlejohn	Amphill & Flitwick Flyers	m40-44	9	9	2	
10	1567	Liam	McNabola	Dunstable Lions	m35-39	10	10	3	
11	216	Daniel	Foster	Bedford Harriers	m17-19	11	11	1	
12	1102	Rob	Barnes	Stopsley Striders	m35-39	12	12	4	
13	625	Matthew	Ma	Leighton Fun Runners	M35-39	13	13	5	
14	721	Ben	Sewell	North Herts Road Runners	m30-34	14	14	2	
15	769	Sam	Coxon	North Herts Road Runners	m30-34	15	15	3	
16	1493	Jasper	Cooper	Rugby & Northampton AC	m17-19	16	16	2	
17	324	Clare	Rodseth	Bedford Harriers	f30-34	1	17	1	
18	715	Mark	Vaughan	North Herts Road Runners	m50-54	17	18	2	
19	1070	Chris	Ling	Olney Runners	m40-44	18	19	3	
20	1085	Phil	Holland	Olney Runners	m45-49	19	20	1	
21	770	Vince	Wright	North Herts Road Runners	m45-49	20	21	2	
22	122	James	Smith	Amphill & Flitwick Flyers	m45-49	21	22	3	
23	474	Robert	Morgan	Biggleswade AC	m45-49	22	23	4	
24	1521	Henry	Woodward	Rugby & Northampton AC	m17-19	23	24	3	
25	1286	Kelly	Barnett	Wellingborough & District AC	F30-34	2	25	2	
26	312	Graham	Pratt	Bedford Harriers	m30-34	24	26	4	
27	1503	Sam	Tallet	Rugby & Northampton AC	m35-39	25	27	6	
28	759	Shahab	Ahmad	North Herts Road Runners	m40-44	26	28	4	
29	89	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	27	29	3	
30	1361	Richard	Lack	Wootton Road Runners	m50-54	28	30	3	
31	748	Matthew	Sayers	North Herts Road Runners	m45-49	29	31	5	
32	1338	Matt	Brooks	Wellingborough & District AC	m20-24	30	32	2	
33	1123	Tom	Rankin	Stopsley Striders	m25-29	31	33	4	
34	608	Tom	Ellerton	Leighton Fun Runners	M30-34	32	34	5	
35	1505	Laurence	Burton	Rugby & Northampton AC	m30-34	33	35	6	
36	1299	Peter	Cowler	Wellingborough & District AC	M40-44	34	36	5	
37	1228	Pete	Deboo	Northants Tri	M30-34	35	37	7	
38	1235	Jonny	Hewlett	Northants Tri	M50-54	36	38	4	
39	1320	Ben	Shirley	Wellingborough & District AC	M45-49	37	39	6	
40	1292	Ed	Norris	Wellingborough & District AC	M30-34	38	40	8	
41	1231	Richard	Cressey	Northants Tri	M45-49	39	41	7	
42	1356	Tim	Thurlow	Wootton Road Runners	m45-49	40	42	8	
43	239	David	Haslam	Bedford Harriers	m40-44	41	43	6	
44	54	Roger	Ball	Amphill & Flitwick Flyers	m50-54	42	44	5	
45	1132	Kallum	Wright	Stopsley Striders	m30-34	43	45	9	
46	700	John	Auld	North Herts Road Runners	m40-44	44	46	7	
47	1500	Brendan	Moan	Rugby & Northampton AC	m55-59	45	47	1	
48	839	Ilir	Breani	Northampton Road Runners	M45-49	46	48	9	
49	1351	Ashley	Gardner	Wootton Road Runners	m40-44	47	49	8	
50	1078	Dean	Sartin	Olney Runners	m45-49	48	50	10	
51	1497	Steve	Dixon	Rugby & Northampton AC	m45-49	49	51	11	
52	1477	Paul	Furness	Rugby & Northampton AC	m50-54	50	52	6	
53	1509	Mark	Johnson	Rugby & Northampton AC	m40-44	51	53	9	
54	1331	Martin	Arissol	Wellingborough & District AC	M50-54	52	54	7	
55	209	Gary	Finch	Bedford Harriers	m50-54	53	55	8	
56	1517	Richard	Owen	Rugby & Northampton AC	m45-49	54	56	12	
57	1227	Andy	Green	Northants Tri	M55-59	55	57	2	
58	1297	Craig	Willmer	Wellingborough & District AC	M30-34	56	58	10	
59	1507	Ben	Malia	Rugby & Northampton AC	m40-44	57	59	10	

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60	1121	Ryan	Parsons	Stopsley Striders	m25-29	58	60	5
61	766	Will	Harrison	North Herts Road Runners	m35-39	59	61	7
62	1232	Paul	Watts	Northants Tri	M40-44	60	62	11
63	450	Alistair	Nelson	Biggleswade AC	m25-29	61	63	6
64	1296	Liam	Safford	Wellingborough & District AC	M25-29	62	64	7
65	1558	Russell	Mead	Dunstable Lions	m50-54	63	65	9
66	86	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	64	66	8
67	1113	Gez	Fallon	Stopsley Striders	m50-54	65	67	10
68	1061	Stephen	Dicks	Olney Runners	m50-54	66	68	11
69	1311	Mark	Bonham	Wellingborough & District AC	M50-54	67	69	12
70	1329	Daniel	Bates	Wellingborough & District AC	M40-44	68	70	12
71	215	Simon	Foster	Bedford Harriers	m50-54	69	71	13
72	1520	Chris	Woolmore	Rugby & Northampton AC	m45-49	70	72	13
73	471	Nicky	Upperton	Biggleswade AC	f30-34	3	73	3
74	99	Gavin	Nicholson	Amphill & Flitwick Flyers	m40-44	71	74	13
75	1276	Neil	McDonald	Wellingborough & District AC	M60-64	72	75	1
76	470	Nick	Haworth	Biggleswade AC	m45-49	73	76	14
77	829	Chris	Berry	Northampton Road Runners	M40-44	74	77	14
78	270	Stuart	Knight	Bedford Harriers	m55-59	75	78	3
79	332	Ellie	Sheriffs	Bedford Harriers	f35-39	4	79	1
80	21	Charlotte	Godleman	Amphill & Flitwick Flyers	f30-34	5	80	4
81	1487	Tim	Hill	Rugby & Northampton AC	m45-49	76	81	15
82	976	Andrew	Rosewell	Northampton Road Runners	M35-39	77	82	9
83	1370	Niall	Gardiner	Wootton Road Runners	m45-49	78	83	16
84	613	Andrew	Heale	Leighton Fun Runners	M55-59	79	84	4
85	1284	Francesca	Molossi-Murphy	Wellingborough & District AC	F25-29	6	85	1
86	1353	Nick	Morton	Wootton Road Runners	m50-54	80	86	14
87	1283	Natasha	Martin	Wellingborough & District AC	F35-39	7	87	2
88	745	Astrid	Mckeown	North Herts Road Runners	f45-49	8	88	1
89	1073	Anthony	O'Neil	Olney Runners	m45-49	81	89	17
90	95	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	82	90	15
91	621	Mark	Kleanthous	Leighton Fun Runners	M60-64	83	91	2
92	1314	Jon	Norton	Wellingborough & District AC	M45-49	84	92	18
93	269	Sally	Knight	Bedford Harriers	f45-49	9	93	2
94	1357	Max	Johnstone	Wootton Road Runners	m17-19	85	94	4
95	1062	Chris	Dunn	Olney Runners	m35-39	86	95	10
96	120	Will	Willmott	Amphill & Flitwick Flyers	m45-49	87	96	19
97	719	Hannah	Ridley	North Herts Road Runners	f25-29	10	97	2
98	1518	Elliot	Du Bois	Rugby & Northampton AC	m45-49	88	98	20
99	1358	Graham	Holloway	Wootton Road Runners	m55-59	89	99	5
100	526	Wesley	Thorne	Dunstable Road Runners	m40-44	90	100	15
101	1240	Andrew	Verra	Northants Tri	M30-34	91	101	11
102	1301	Mark	Collins	Wellingborough & District AC	M35-39	92	102	11
103	1484	Lee	Woodward	Rugby & Northampton AC	m50-54	93	103	16
104	1552	Mark	Cornell	Dunstable Lions	m55-59	94	104	6
105	1239	Charles	Spencer	Northants Tri	M35-39	95	105	12
106	1133	Lucy	Treleaven	Stopsley Striders	f20-24	11	106	1
107	233	James	Goodman	Bedford Harriers	m40-44	96	107	16
108	612	Richard	Heady	Leighton Fun Runners	M35-39	97	108	13
109	703	Ian	Harvey	North Herts Road Runners	m40-44	98	109	17
110	1230	Robert	White	Northants Tri	M55-59	99	110	7
111	160	Heather	Bourne	Bedford Harriers	f30-34	12	111	5
112	1281	Nicholas	Page	Wellingborough & District AC	M65-69	100	112	1
113	467	Natalie	Garner	Biggleswade AC	f30-34	13	113	6
114	502	Becky	Sharpe	Dunstable Road Runners	f30-34	14	114	7
115	1327	Helen	Etherington	Wellingborough & District AC	F40-44	15	115	1
116	771	David	Edwards	North Herts Road Runners	m40-44	101	116	18
117	97	Philip	Mead	Amphill & Flitwick Flyers	m35-39	102	117	14
118	1481	Laurence	Scott	Rugby & Northampton AC	m55-59	103	118	8

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119	1337	Robin	Sturman-Coombs	Wellingborough & District AC	M40-44	104	119	19	
120	46	Nicola	Walton	Amphill & Flitwick Flyers	f40-44	16	120	2	
121	1084	Duncan	Winner	Olney Runners	m45-49	105	121	21	
122	720	Steve	Tracey	North Herts Road Runners	m50-54	106	122	17	
123	473	Richard	Hill	Biggleswade AC	m55-59	107	123	9	
124	113	Ben	Stoneman	Amphill & Flitwick Flyers	m40-44	108	124	20	
125	468	Natalie	Morgan	Biggleswade AC	f45-49	17	125	3	
126	74	Richard	Gale	Amphill & Flitwick Flyers	m45-49	109	126	22	
127	1236	Jordan	Lofting	Northants Tri	M25-29	110	127	8	
128	622	William	Langdon	Leighton Fun Runners	M40-44	111	128	21	
129	1106	Thomas	Darby	Stopsley Striders	m40-44	112	129	22	
130	726	Matt	Roberts	North Herts Road Runners	m45-49	113	130	23	
131	1354	Alan	Coulman	Wootton Road Runners	m45-49	114	131	24	
132	1221	Lizzie	Fox	Northants Tri	F20-24	18	132	2	
133	1134	Rob	Allen	Stopsley Striders	m45-49	115	133	25	
134	732	Jane	Clarke	North Herts Road Runners	f40-44	19	134	3	
135	1118	Shaun	Mutter	Stopsley Striders	m35-39	116	135	15	
136	913	Mark	Kennedy	Northampton Road Runners	M45-49	117	136	26	
137	451	Charlie	Arnold	Biggleswade AC	m65-69	118	137	2	
138	614	Bob	Nichol	Leighton Fun Runners	M55-59	119	138	10	
139	1519	Zoe	Tildesley	Rugby & Northampton AC	f25-29	20	139	3	
140	376	Steve	Wallace	Bedford Harriers	m50-54	120	140	18	
141	1280	Sarah	Hollis	Wellingborough & District AC	F30-34	21	141	8	
142	59	Mark	Billington	Amphill & Flitwick Flyers	m55-59	121	142	11	
143	1233	Gary	Lane	Northants Tri	M60-64	122	143	3	
144	106	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	123	144	27	
145	872	John	Fleming	Northampton Road Runners	M50-54	124	145	19	
146	515	Matt	Deller	Dunstable Road Runners	m45-49	125	146	28	
147	30	Kerry	Large	Amphill & Flitwick Flyers	f35-39	22	147	3	
148	623	Joseph	Langdon	Leighton Fun Runners	M40-44	126	148	23	
149	508	James	Webster	Dunstable Road Runners	m40-44	127	149	24	
150	1111	Andrew	Durrant	Stopsley Striders	m60-64	128	150	4	
151	311	Jonathan	Powell	Bedford Harriers	m25-29	129	151	9	
152	353	Rob	Walls	Bedford Harriers	m60-64	130	152	5	
153	1077	Rob	Riekie	Olney Runners	m60-64	131	153	6	
154	337	Juliet	Smith	Bedford Harriers	f55-59	23	154	1	
155	881	Mark	Garrett	Northampton Road Runners	M60-64	132	155	7	
156	151	Juan Carlos	Augusto	Bedford Harriers	m55-59	133	156	12	
157	1129	Charlotte	Snowdon	Stopsley Striders	f35-39	24	157	4	
158	1125	Martin	Read	Stopsley Striders	m40-44	134	158	25	
159	520	Pete	Williams	Dunstable Road Runners	m55-59	135	159	13	
160	1295	Lydia	Wilkie	Wellingborough & District AC	F40-44	25	160	4	
161	456	Giles	Hawthorne	Biggleswade AC	m45-49	136	161	29	
162	478	Connor	Hawthorne	Biggleswade AC	m	137	162	1	
163	13	Kara	Farmer	Amphill & Flitwick Flyers	f45-49	26	163	4	
164	712	Ross	Cook	North Herts Road Runners	m35-39	138	164	16	
165	1237	Steve	Pullen	Northants Tri	M50-54	139	165	20	
166	1130	Chris	Treleaven	Stopsley Striders	m50-54	140	166	21	
167	1055	Justin	Crook	Olney Runners	m40-44	141	167	26	
168	333	Graham	Short	Bedford Harriers	m60-64	142	168	8	
169	1475	Helen	Jones	Rugby & Northampton AC	f55-59	27	169	2	
170	1050	Chris	Barnes	Olney Runners	m50-54	143	170	22	
171	57	Jeremy	Bell	Amphill & Flitwick Flyers	m55-59	144	171	14	
172	709	Alice	Carty	North Herts Road Runners	f25-29	28	172	4	
173	1516	Lyndsey	Owen	Rugby & Northampton AC	f45-49	29	173	5	
174	1275	Emma	Moore	Wellingborough & District AC	F40-44	30	174	5	
175	205	Peter	Fadden	Bedford Harriers	m20-24	145	175	3	
176	180	Ray	Cooke	Bedford Harriers	m55-59	146	176	15	
177	1554	Robert	Curtis	Dunstable Lions	m55-59	147	177	16	

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178	1116	Miriam	Linforth	Stopsley Striders	f40-44	31	178	6	
179	217	David	Frampton	Bedford Harriers	m65-69	148	179	3	
180	1071	Sarah	McAuliffe	Olney Runners	f35-39	32	180	5	
181	607	Steve	Ellerton	Leighton Fun Runners	M60-64	149	181	9	
182	24	Amy	Hayes	Amphill & Flitwick Flyers	f35-39	33	182	6	
183	159	Mourad	Ben-Taieb	Bedford Harriers	m60-64	150	183	10	
184	1122	Ian	Pitkin	Stopsley Striders	m55-59	151	184	17	
185	889	Alan	Hall	Northampton Road Runners	M65-69	152	185	4	
186	523	Sue	McAvock	Dunstable Road Runners	f50-54	34	186	1	
187	123	Stephen	Mullin	Amphill & Flitwick Flyers	m	153	187	2	
188	187	Nick	Cross	Bedford Harriers	m60-64	154	188	11	
189	302	Michael	Parks	Bedford Harriers	m55-59	155	189	18	
190	73	Stephen	Farrow	Amphill & Flitwick Flyers	m45-49	156	190	30	
191	469	Neil	Harvey	Biggleswade AC	m60-64	157	191	12	
192	1222	Louise	Lane	Northants Tri	F55-59	35	192	3	
193	19	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	36	193	4	
194	1476	Trudi	Mawby	Rugby & Northampton AC	f40-44	37	194	7	
195	289	Michael	McVitie	Bedford Harriers	m45-49	158	195	31	
196	475	Stuart	Goodwin	Biggleswade AC	m40-44	159	196	27	
197	1328	Martine	Crofts	Wellingborough & District AC	F35-39	38	197	7	
198	199	Frank	Esaw	Bedford Harriers	m70-74	160	198	1	
199	1480	Richard	Monk	Rugby & Northampton AC	m65-69	161	199	5	
200	1288	James	Neat	Wellingborough & District AC	M60-64	162	200	13	
201	731	Helen	Cairns	North Herts Road Runners	f45-49	39	201	6	
202	26	Theresa	Jackson	Amphill & Flitwick Flyers	f50-54	40	202	2	
203	377	Cala	Whitmore	Bedford Harriers	f25-29	41	203	5	
204	458	Ian	Grimwood	Biggleswade AC	m60-64	163	204	14	
205	1083	Rob	White	Olney Runners	m45-49	164	205	32	
206	167	Chris	Capps	Bedford Harriers	m65-69	165	206	6	
207	368	Lauren	Owens	Bedford Harriers	f35-39	42	207	8	
208	358	Adam	Wild	Bedford Harriers	m50-54	166	208	23	
209	250	Louisa	Jackson	Bedford Harriers	f45-49	43	209	7	
210	1472	Marie	Fitzer	Rugby & Northampton AC	f40-44	44	210	8	
211	161	Jennifer	Branagan	Bedford Harriers	f50-54	45	211	3	
212	1074	Therese	O'Riordan	Olney Runners	f40-44	46	212	9	
213	972	Steve	Prior	Northampton Road Runners	M55-59	167	213	19	
214	1	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	47	214	4	
215	253	Tony	Jones	Bedford Harriers	m60-64	168	215	15	
216	222	Stephen	Gale	Bedford Harriers	m60-64	169	216	16	
217	646	Sally	Dickinson	Leighton Fun Runners	F50-54	48	217	5	
218	651	Samantha	Heady	Leighton Fun Runners	F35-39	49	218	9	
219	1332	Mike	Ansell	Wellingborough & District AC	M50-54	170	219	24	
220	1372	Peter	Diamond	Wootton Road Runners	m60-64	171	220	17	
221	627	Steve	Molyneaux	Leighton Fun Runners	M50-54	172	221	25	
222	1114	Paul	Keech	Stopsley Striders	m60-64	173	222	18	
223	847	Matthew	Cleary	Northampton Road Runners	M45-49	174	223	33	
224	1491	Richard	Cutts	Rugby & Northampton AC	m50-54	175	224	26	
225	1369	Carrie	Carruthers	Wootton Road Runners	f60-64	50	225	1	
226	472	Paula	Frost	Biggleswade AC	f40-44	51	226	10	
227	213	Lawrence	Folley	Bedford Harriers	m60-64	176	227	19	
228	380	Ceri	Hopewell	Bedford Harriers	f45-49	52	228	8	
229	1065	Caroline	Higginson	Olney Runners	f45-49	53	229	9	
230	1478	Minerva	Chesser	Rugby & Northampton AC	f45-49	54	230	10	
231	1514	Carl	Swan	Rugby & Northampton AC	m40-44	177	231	28	
232	1279	Duncan	Worthy	Wellingborough & District AC	M40-44	178	232	29	
233	717	Mel	Flynn	North Herts Road Runners	f40-44	55	233	11	
234	256	Niki	Jones	Bedford Harriers	f50-54	56	234	6	
235	88	Richie	Jones	Amphill & Flitwick Flyers	m55-59	179	235	20	
236	661	Karen	McLean	Leighton Fun Runners	F55-59	57	236	5	

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237	529	Sharon	Hawkins	Dunstable Road Runners	f50-54	58	237	7	
238	173	Lisa	Chapple	Bedford Harriers	f55-59	59	238	6	
239	1373	Dave	Jones	Wootton Road Runners	m45-49	180	239	34	
240	341	Tim	Southam	Bedford Harriers	m45-49	181	240	35	
241	210	Debi	Fisher	Bedford Harriers	f30-34	60	241	9	
242	525	Tracey	Palmer	Dunstable Road Runners	f45-49	61	242	11	
243	277	Laurene	Lee	Bedford Harriers	f45-49	62	243	12	
244	201	Chris	Fadden	Bedford Harriers	m55-59	182	244	21	
245	1330	David	Newton	Wellingborough & District AC	M55-59	183	245	22	
246	1079	Helen	Sartin	Olney Runners	f45-49	63	246	13	
247	1120	Charles	Nelis	Stopsley Striders	m55-59	184	247	23	
248	235	Cheryl	Green	Bedford Harriers	f40-44	64	248	12	
249	350	James	Trodd	Bedford Harriers	m35-39	185	249	17	
250	349	Bev	Tredget	Bedford Harriers	f55-59	65	250	7	
251	1109	Ruth	Doyle	Stopsley Striders	f50-54	66	251	8	
252	285	Vicky	Lucas	Bedford Harriers	f50-54	67	252	9	
253	22	Charlene	Halpin	Amphill & Flitwick Flyers	f35-39	68	253	10	
254	158	Lorraine	Bennie	Bedford Harriers	f35-39	69	254	11	
255	460	Jennie	Day	Biggleswade AC	f50-54	70	255	10	
256	1352	Eliza	Wiszniewska	Wootton Road Runners	f35-39	71	256	12	
257	641	Christine	Ayers	Leighton Fun Runners	F65-69	72	257	1	
258	1291	Guy	Travers	Wellingborough & District AC	M50-54	186	258	27	
259	514	Lucilla	O'Brien	Dunstable Road Runners	f45-49	73	259	14	
260	1135	Phil	Jeffrey	Stopsley Striders	m50-54	187	260	28	
261	500	Alan	Barclay-Devine	Dunstable Road Runners	m70-74	188	261	2	
262	1278	Marc	Sanderson	Wellingborough & District AC	M40-44	189	262	30	
263	1571	Anne	Golding	Dunstable Lions	f60-64	74	263	2	
264	702	Karen	Dodsworth	North Herts Road Runners	f60-64	75	264	3	
265	297	Russell	Page	Bedford Harriers	m60-64	190	265	20	
266	218	Amanda	Friman	Bedford Harriers	f60-64	76	266	4	
267	336	Sharon	Skilling	Bedford Harriers	f50-54	77	267	11	
268	1474	Alan	Jones	Rugby & Northampton AC	m55-59	191	268	24	
269	673	Kerry	Garfitt	Leighton Fun Runners	F40-44	78	269	13	
270	832	David	Blackburn	Northampton Road Runners	M60-64	192	270	21	
271	1515	Julie	Smith	Rugby & Northampton AC	f50-54	79	271	12	
272	271	Eva	Kovacs	Bedford Harriers	f50-54	80	272	13	
273	230	Lesley	Gaunt	Bedford Harriers	f60-64	81	273	5	
274	338	Jo	Smythe	Bedford Harriers	f45-49	82	274	15	
275	1088	Peter	Houghton	Olney Runners	m40-44	193	275	31	
276	647	Debbie	Elborn	Leighton Fun Runners	F55-59	83	276	8	
277	1334	Zoe	O'Connell	Wellingborough & District AC	F25-29	84	277	6	
278	1068	Anthony	Jones	Olney Runners	m50-54	194	278	29	
279	357	Helen	Whiting	Bedford Harriers	f35-39	85	279	13	
280	516	Matthew	Hake	Dunstable Road Runners	m50-54	195	280	30	
281	7	Denise	Browning	Amphill & Flitwick Flyers	f60-64	86	281	6	
282	249	Jackie	Irvine	Bedford Harriers	f50-54	87	282	14	
283	626	Richard	Meredith	Leighton Fun Runners	M50-54	196	283	31	
284	1110	Paul	Duffy	Stopsley Striders	m45-49	197	284	36	
285	162	Tom	Brassington	Bedford Harriers	m65-69	198	285	7	
286	352	Diane	Wallis	Bedford Harriers	f60-64	88	286	7	
287	994	Debra	Tame	Northampton Road Runners	F50-54	89	287	15	
288	232	Dave	Girling	Bedford Harriers	m70-74	199	288	3	
289	183	Stephen	Crane	Bedford Harriers	m65-69	200	289	8	
290	221	Sara	Gale	Bedford Harriers	f60-64	90	290	8	
291	657	Janet	Langdon	Leighton Fun Runners	F65-69	91	291	2	
292	890	Kathryn	Hall	Northampton Road Runners	F45-49	92	292	16	
293	226	Richard	Gallivan	Bedford Harriers	m60-64	201	293	22	
294	866	Karen	Eke	Northampton Road Runners	F60-64	93	294	9	
295	656	Clare	Kleanthous	Leighton Fun Runners	F55-59	94	295	9	

3 Counties Cross Country League Results

Venue		Well'boro		23-October-2022				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
296	1223	Amy	Tibbitts	Northants Tri	F30-34	95	296	10	
297	743	Lindsay	Cook	North Herts Road Runners	f45-49	96	297	17	
298	381	Tracey	Thompson	Bedford Harriers	f50-54	97	298	16	
299	211	Katie	Fletcher	Bedford Harriers	f30-34	98	299	11	
300	67	Robert	Cook	Amphill & Flitwick Flyers	m60-64	202	300	23	
301	1056	Keith	Curwood	Olney Runners	m40-44	203	301	32	
302	521	Sarah	Humphreys	Dunstable Road Runners	f45-49	99	302	18	
303	1136	Sally	Hunt	Stopsley Striders	f	100	303	1	
304	896	Theresa	Haworth	Northampton Road Runners	F35-39	101	304	14	
305	859	Sheena	Desborough	Northampton Road Runners	F45-49	102	305	19	
306	992	Sue	Summers	Northampton Road Runners	F55-59	103	306	10	
307	750	Carina	Quayle	North Herts Road Runners	f60-64	104	307	10	
308	539	Samantha	Hinton	Dunstable Road Runners	f40-44	105	308	14	
309	833	Helen	Blackburn	Northampton Road Runners	F55-59	106	309	11	
310	28	Claire	Jones	Amphill & Flitwick Flyers	f55-59	107	310	12	
311	650	Jennifer	Garner	Leighton Fun Runners	F35-39	108	311	15	
312	648	Michelle	Evans-Riches	Leighton Fun Runners	F55-59	109	312	13	
313	714	Brian	Judkins	North Herts Road Runners	m65-69	204	313	9	
314	16	Rebecca	Fleckney	Amphill & Flitwick Flyers	f40-44	110	314	15	
315	340	Sylvia	Snowling	Bedford Harriers	f60-64	111	315	11	
316	290	Martine	Moon	Bedford Harriers	f65-69	112	316	3	
317	234	Bev	Gous	Bedford Harriers	f45-49	113	317	20	
318	465	Lynn	Hill	Biggleswade AC	f55-59	114	318	14	
319	20	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	115	319	1	
320	51	Paresh	Aatkar	Amphill & Flitwick Flyers	m55-59	205	320	25	
321	178	Jazz	Clark	Bedford Harriers	f25-29	116	321	7	
322	335	Ronnie	Singleton-Lawley	Bedford Harriers	f60-64	117	322	12	
323	275	Peter	Lawley	Bedford Harriers	m60-64	206	323	24	
324	260	Melanie	Joy	Bedford Harriers	f40-44	118	324	16	
325	334	Jo	Simmons	Bedford Harriers	f45-49	119	325	21	
326	264	Bill	Khinda	Bedford Harriers	m70-74	207	326	4	
327	342	Angela	Stango	Bedford Harriers	f40-44	120	327	17	
328	287	Andrea	McGrellis	Bedford Harriers	f55-59	121	328	15	
329	668	Hazel	Walton	Leighton Fun Runners	F30-34	122	329	12	
330	538	Ruth	Power	Dunstable Road Runners	f55-59	123	330	16	
331	512	Karen	Mulholland-McGroary	Dunstable Road Runners	f55-59	124	331	17	
332	543	Ursula	Hewson	Dunstable Road Runners	f50-54	125	332	17	
333	907	Keren	Irving	Northampton Road Runners	F50-54	126	333	18	
334	307	Jane	Poole	Bedford Harriers	f50-54	127	334	19	
335	304	Shine	Parmar	Bedford Harriers	f45-49	128	335	22	
336	1360	Gerald	Billis	Wootton Road Runners	m75-99	208	336	1	
337	1241	Rosemary	Kennedy	Northants Tri	F60-64	129	337	13	
338	1220	Val	Bridges	Northants Tri	F65-69	130	338	4	