

3 Counties Cross Country League Results

Venue		Wootton						27-November-2022	
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points	
1	544	Ben	Warren	Dunstable Road Runners	m20-24	1	1	1	
2	83	Tim	Harris	Amphill & Flitwick Flyers	m40-44	2	2	1	
3	1524	Phil	Melling	Rugby & Northampton AC	m45-49	3	3	1	
4	114	Joe	Strange	Amphill & Flitwick Flyers	m25-29	4	4	1	
5	80	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	5	5	1	
6	1368	Andrew	Fairley	Wootton Road Runners	m45-49	6	6	2	
7	760	Mike	Roberts	North Herts Road Runners	m30-34	7	7	1	
8	90	Jamie	Keane	Amphill & Flitwick Flyers	m35-39	8	8	2	
9	1495	David	Ball	Rugby & Northampton AC	m40-44	9	9	2	
10	1102	Rob	Barnes	Stopsley Striders	m35-39	10	10	3	
11	117	Mark	Waine	Amphill & Flitwick Flyers	m50-54	11	11	1	
12	1499	Chris	Lamb	Rugby & Northampton AC	m35-39	12	12	4	
13	1493	Jasper	Cooper	Rugby & Northampton AC	m17-19	13	13	1	
14	216	Daniel	Foster	Bedford Harriers	m17-19	14	14	2	
15	1333	Jason	French	Wellingborough & District AC	M40-44	15	15	3	
16	744	Stewart	Overton	North Herts Road Runners	m40-44	16	16	4	
17	474	Robert	Morgan	Biggleswade AC	m45-49	17	17	3	
18	312	Graham	Pratt	Bedford Harriers	m30-34	18	18	2	
19	1336	Joe	Ramsden	Wellingborough & District AC	M35-39	19	19	5	
20	740	Ed	Price	North Herts Road Runners	m45-49	20	20	4	
21	85	Martin	Hughes	Amphill & Flitwick Flyers	m40-44	21	21	5	
22	721	Ben	Sewell	North Herts Road Runners	m30-34	22	22	3	
23	770	Vince	Wright	North Herts Road Runners	m45-49	23	23	5	
24	1525	James	Williams	Rugby & Northampton AC	m25-29	24	24	2	
25	89	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	25	25	3	
26	68	Marcus	Cook	Amphill & Flitwick Flyers	m40-44	26	26	6	
27	324	Clare	Rodseth	Bedford Harriers	f30-34	1	27	1	
28	1385	Jack	Diamond	Wootton Road Runners	m30-34	27	28	4	
29	115	Barry	Stratford	Amphill & Flitwick Flyers	m40-44	28	29	7	
30	105	Simon	Read	Amphill & Flitwick Flyers	m45-49	29	30	6	
31	736	Katie	Harbon	North Herts Road Runners	f25-29	2	31	1	
32	182	David	Course	Bedford Harriers	m45-49	30	32	7	
33	1361	Richard	Lack	Wootton Road Runners	m50-54	31	33	2	
34	1503	Sam	Tallet	Rugby & Northampton AC	m35-39	32	34	6	
35	1379	Simon	Tootell	Wootton Road Runners	m45-49	33	35	8	
36	64	Tom	Cawdell	Amphill & Flitwick Flyers	m35-39	34	36	7	
37	122	James	Smith	Amphill & Flitwick Flyers	m45-49	35	37	9	
38	748	Matthew	Sayers	North Herts Road Runners	m45-49	36	38	10	
39	71	John	Decesare	Amphill & Flitwick Flyers	m50-54	37	39	3	
40	1320	Ben	Shirley	Wellingborough & District AC	M45-49	38	40	11	
41	759	Shahab	Ahmad	North Herts Road Runners	m40-44	39	41	8	
42	1270	Jon	Kemp	Wellingborough & District AC	M50-54	40	42	4	
43	1132	Kallum	Wright	Stopsley Striders	m30-34	41	43	5	
44	1299	Peter	Cowler	Wellingborough & District AC	M40-44	42	44	9	
45	608	Tom	Ellerton	Leighton Fun Runners	M30-34	43	45	6	
46	1351	Ashley	Gardner	Wootton Road Runners	m40-44	44	46	10	
47	926	Tony	Letts	Northampton Road Runners	M50-54	45	47	5	
48	1356	Tim	ThurLOW	Wootton Road Runners	m45-49	46	48	12	
49	1064	Katie	Godof	Olney Runners	f45-49	3	49	1	
50	1286	Kelly	Barnett	Wellingborough & District AC	F30-34	4	50	2	
51	1505	Laurence	Burton	Rugby & Northampton AC	m30-34	47	51	7	
52	54	Roger	Ball	Amphill & Flitwick Flyers	m50-54	48	52	6	
53	1497	Steve	Dixon	Rugby & Northampton AC	m45-49	49	53	13	
54	1227	Andy	Green	Northants Tri	M55-59	50	54	1	
55	1522	Sam	Jackson	Rugby & Northampton AC	m25-29	51	55	4	
56	1509	Mark	Johnson	Rugby & Northampton AC	m40-44	52	56	11	
57	1228	Pete	Deboo	Northants Tri	M30-34	53	57	8	
58	1292	Ed	Norris	Wellingborough & District AC	M30-34	54	58	9	
59	1296	Liam	Safford	Wellingborough & District AC	M25-29	55	59	5	

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Pos.		First Name	Surname	Club	Category	Points	Points	Points
60	1331	Martin	Arissol	Wellingborough & District AC	M50-54	56	60	7
61	1477	Paul	Furness	Rugby & Northampton AC	m50-54	57	61	8
62	839	Ilir	Brecani	Northampton Road Runners	M45-49	58	62	14
63	1244	Stephen	Dransfield	Northants Tri	m35-39	59	63	8
64	1297	Craig	Willmer	Wellingborough & District AC	M30-34	60	64	10
65	450	Alistair	Nelson	Biggleswade AC	m25-29	61	65	6
66	1517	Richard	Owen	Rugby & Northampton AC	m45-49	62	66	15
67	1380	Paul	Kinge	Wootton Road Runners	m35-39	63	67	9
68	1284	Francesca	Molossi-Murphy	Wellingborough & District AC	F25-29	5	68	2
69	243	Nicolae	Hogas	Bedford Harriers	m45-49	64	69	16
70	1121	Ryan	Parsons	Stopsley Striders	m25-29	65	70	7
71	700	John	Auld	North Herts Road Runners	m40-44	66	71	12
72	1054	Simon	Cook	Olney Runners	m50-54	67	72	9
73	91	Ian	Lambert	Amphill & Flitwick Flyers	m50-54	68	73	10
74	124	Catherine	Winkleman	Amphill & Flitwick Flyers	f30-34	6	74	3
75	1113	Gez	Fallon	Stopsley Striders	m50-54	69	75	11
76	84	Callum	Harrison	Amphill & Flitwick Flyers	m30-34	70	76	11
77	610	Daniel	Green	Leighton Fun Runners	M45-49	71	77	17
78	215	Simon	Foster	Bedford Harriers	m50-54	72	78	12
79	707	Ian	Datlen	North Herts Road Runners	m50-54	73	79	13
80	1341	Sophie	Moss	Wellingborough & District AC	F20-24	7	80	1
81	1078	Dean	Sartin	Olney Runners	m45-49	74	81	18
82	332	Ellie	Sheriffs	Bedford Harriers	f35-39	8	82	1
83	1232	Paul	Watts	Northants Tri	M40-44	75	83	13
84	56	Martin	Bear	Amphill & Flitwick Flyers	m55-59	76	84	2
85	242	Adam	Hills	Bedford Harriers	m45-49	77	85	19
86	21	Charlotte	Godleman	Amphill & Flitwick Flyers	f30-34	9	86	4
87	1353	Nick	Morton	Wootton Road Runners	m50-54	78	87	14
88	526	Wesley	Thorne	Dunstable Road Runners	m40-44	79	88	14
89	95	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	80	89	15
90	1558	Russell	Mead	Dunstable Lions	m50-54	81	90	16
91	331	Kevin	Shelton-Smith	Bedford Harriers	m60-64	82	91	1
92	477	Paul	Swinburne	Biggleswade AC	m50-54	83	92	17
93	270	Stuart	Knight	Bedford Harriers	m55-59	84	93	3
94	719	Hannah	Ridley	North Herts Road Runners	f25-29	10	94	3
95	1061	Stephen	Dicks	Olney Runners	m50-54	85	95	18
96	1528	Andy	Morris	Rugby & Northampton AC	m50-54	86	96	19
97	1093	Anthony	Jones	Olney Runners	m50-54	87	97	20
98	1490	Katerina	Hemmington	Rugby & Northampton AC	f40-44	11	98	1
99	735	James	Walsh	North Herts Road Runners	m50-54	88	99	21
100	1138	Peter	Breslin	Stopsley Striders	m50-54	89	100	22
101	471	Nicky	Upperton	Biggleswade AC	f30-34	12	101	5
102	1329	Daniel	Bates	Wellingborough & District AC	M40-44	90	102	15
103	602	Jim	Buttleman	Leighton Fun Runners	M55-59	91	103	4
104	613	Andrew	Heale	Leighton Fun Runners	M55-59	92	104	5
105	1023	Lynne	Nicholls	Northampton Road Runners	f40-44	13	105	2
106	612	Richard	Heady	Leighton Fun Runners	M35-39	93	106	10
107	1337	Robin	Sturman-Coombs	Wellingborough & District AC	M40-44	94	107	16
108	1007	David	Ward-Stokes	Northampton Road Runners	M40-44	95	108	17
109	883	John	Gibbins	Northampton Road Runners	M45-49	96	109	20
110	976	Andrew	Rosewell	Northampton Road Runners	M35-39	97	110	11
111	710	Tash	Pitman	North Herts Road Runners	f45-49	14	111	2
112	467	Natalie	Garner	Biggleswade AC	f30-34	15	112	6
113	1523	Granville	Danby	Rugby & Northampton AC	m50-54	98	113	23
114	470	Nick	Haworth	Biggleswade AC	m45-49	99	114	21
115	1370	Niall	Gardiner	Wootton Road Runners	m45-49	100	115	22
116	909	Dave	Jay	Northampton Road Runners	M45-49	101	116	23
117	1378	Kairit	Fitzgerald	Wootton Road Runners	f35-39	16	117	2
118	1358	Graham	Holloway	Wootton Road Runners	m55-59	102	118	6

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Pos.		First Name	Surname	Club	Category	Points		
119	1311	Mark	Bonham	Wellingborough & District AC	M50-54	103	119	24
120	120	Will	Willmott	Amphill & Flitwick Flyers	m45-49	104	120	24
121	25	Steph	Hughes	Amphill & Flitwick Flyers	f35-39	17	121	3
122	97	Philip	Mead	Amphill & Flitwick Flyers	m35-39	105	122	12
123	1239	Charles	Spencer	Northants Tri	M35-39	106	123	13
124	642	Rosie	Booth	Leighton Fun Runners	F45-49	18	124	3
125	601	Ian	Bisby	Leighton Fun Runners	M50-54	107	125	25
126	1025	Colin	Hall	Northampton Road Runners	M40-44	108	126	18
127	46	Nicola	Walton	Amphill & Flitwick Flyers	f40-44	19	127	3
128	1221	Lizzie	Fox	Northants Tri	F20-24	20	128	2
129	1301	Mark	Collins	Wellingborough & District AC	M35-39	109	129	14
130	1236	Jordan	Lofting	Northants Tri	M25-29	110	130	8
131	1104	Ade	Copp	Stopsley Striders	m50-54	111	131	26
132	163	Mike	Brewer	Bedford Harriers	m45-49	112	132	25
133	468	Natalie	Morgan	Biggleswade AC	f45-49	21	133	4
134	1518	Elliot	Du Bois	Rugby & Northampton AC	m45-49	113	134	26
135	1362	Ian	Wild	Wootton Road Runners	m40-44	114	135	19
136	113	Ben	Stoneman	Amphill & Flitwick Flyers	m40-44	115	136	20
137	1315	Robert	Day	Wellingborough & District AC	M30-34	116	137	12
138	502	Becky	Sharpe	Dunstable Road Runners	f30-34	22	138	7
139	233	James	Goodman	Bedford Harriers	m40-44	117	139	21
140	1240	Andrew	Verra	Northants Tri	M30-34	118	140	13
141	1139	Paul	Abrahams	Stopsley Striders	m45-49	119	141	27
142	30	Kerry	Large	Amphill & Flitwick Flyers	f35-39	23	142	4
143	165	Shaun	Busby	Bedford Harriers	m30-34	120	143	14
144	1354	Alan	Coulman	Wootton Road Runners	m45-49	121	144	28
145	611	Kevin	Hare	Leighton Fun Runners	M50-54	122	145	27
146	1084	Duncan	Winner	Olney Runners	m45-49	123	146	29
147	1481	Laurence	Scott	Rugby & Northampton AC	m55-59	124	147	7
148	1552	Mark	Cornell	Dunstable Lions	m55-59	125	148	8
149	1281	Nicholas	Page	Wellingborough & District AC	M65-69	126	149	1
150	98	Chris	Newnham	Amphill & Flitwick Flyers	m55-59	127	150	9
151	1387	Richard	Moore	Wootton Road Runners	m60-64	128	151	2
152	377	Cala	Whitmore	Bedford Harriers	f25-29	24	152	4
153	75	Fraser	Geddes	Amphill & Flitwick Flyers	m35-39	129	153	15
154	1271	Louise	Kemp	Wellingborough & District AC	f40-44	25	154	4
155	966	James	Petrie	Northampton Road Runners	M45-49	130	155	30
156	732	Jane	Clarke	North Herts Road Runners	f40-44	26	156	5
157	1010	David	Whatton	Northampton Road Runners	M55-59	131	157	10
158	632	Gavin	Prechner	Leighton Fun Runners	M40-44	132	158	22
159	74	Richard	Gale	Amphill & Flitwick Flyers	m45-49	133	159	31
160	1245	Daniel	Bulley	Northants Tri	m25-29	134	160	9
161	121	Phil	Wolstencroft	Amphill & Flitwick Flyers	m55-59	135	161	11
162	515	Matt	Deller	Dunstable Road Runners	m45-49	136	162	32
163	59	Mark	Billington	Amphill & Flitwick Flyers	m55-59	137	163	12
164	1077	Rob	Riekie	Olney Runners	m60-64	138	164	3
165	733	Paula	Adams	North Herts Road Runners	f50-54	27	165	1
166	1134	Rob	Allen	Stopsley Striders	m45-49	139	166	33
167	636	Andy	Stocks	Leighton Fun Runners	M45-49	140	167	34
168	848	Daniel	Cliff	Northampton Road Runners	M45-49	141	168	35
169	1234	Duncan	Mitchell	Northants Tri	M50-54	142	169	28
170	327	Claire	Rulton	Bedford Harriers	f45-49	28	170	5
171	200	Richard	Evans	Bedford Harriers	m30-34	143	171	15
172	1233	Gary	Lane	Northants Tri	M60-64	144	172	4
173	106	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	145	173	36
174	881	Mark	Garrett	Northampton Road Runners	M60-64	146	174	5
175	451	Charlie	Arnold	Biggleswade AC	m65-69	147	175	2
176	980	Andrew	Shaw	Northampton Road Runners	M40-44	148	176	23
177	508	James	Webster	Dunstable Road Runners	m40-44	149	177	24

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Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points	
178	607	Steve	Ellerton	Leighton Fun Runners	M60-64	150	178	6	
179	269	Sally	Knight	Bedford Harriers	f45-49	29	179	6	
180	939	Mark	Manning	Northampton Road Runners	M50-54	151	180	29	
181	73	Stephen	Farrow	Amphill & Flitwick Flyers	m45-49	152	181	37	
182	353	Rob	Walls	Bedford Harriers	m60-64	153	182	7	
183	653	Zoe	Jeffers	Leighton Fun Runners	F45-49	30	183	7	
184	945	Christopher	Mcfaul	Northampton Road Runners	M50-54	154	184	30	
185	622	William	Langdon	Leighton Fun Runners	M40-44	155	185	25	
186	623	Joseph	Langdon	Leighton Fun Runners	M40-44	156	186	26	
187	951	Peter	Moor	Northampton Road Runners	M50-54	157	187	31	
188	337	Juliet	Smith	Bedford Harriers	f55-59	31	188	1	
189	1364	Emma	Eaton	Wootton Road Runners	f35-39	32	189	5	
190	311	Jonathan	Powell	Bedford Harriers	m25-29	158	190	10	
191	953	Simon	Murray	Northampton Road Runners	M45-49	159	191	38	
192	1470	Simon	Smith	Rugby & Northampton AC	m55-59	160	192	13	
193	1122	Ian	Pitkin	Stopsley Striders	m55-59	161	193	14	
194	205	Peter	Fadden	Bedford Harriers	m20-24	162	194	2	
195	1069	Mary	Jones	Olney Runners	f45-49	33	195	8	
196	1055	Justin	Crook	Olney Runners	m40-44	163	196	27	
197	1480	Richard	Monk	Rugby & Northampton AC	m65-69	164	197	3	
198	614	Bob	Nichol	Leighton Fun Runners	M55-59	165	198	15	
199	1080	David	Shakespeare	Olney Runners	m55-59	166	199	16	
200	45	Dayle	Walker	Amphill & Flitwick Flyers	f25-29	34	200	5	
201	997	Victoria	Taylor	Northampton Road Runners	F35-39	35	201	6	
202	1226	Sarah	Ashcroft	Northants Tri	F35-39	36	202	7	
203	1475	Helen	Jones	Rugby & Northampton AC	f55-59	37	203	2	
204	151	Juan Carlos	Augusto	Bedford Harriers	m55-59	167	204	17	
205	1129	Charlotte	Snowdon	Stopsley Striders	f35-39	38	205	8	
206	452	Damien	Pitts	Biggleswade AC	m35-39	168	206	16	
207	123	Stephen	Mullin	Amphill & Flitwick Flyers	m60-64	169	207	8	
208	1275	Emma	Moore	Wellingborough & District AC	F40-44	39	208	6	
209	1386	Louise	Birkett-Swan	Wootton Road Runners	f45-49	40	209	9	
210	333	Graham	Short	Bedford Harriers	m60-64	170	210	9	
211	125	Laura	Hunton	Amphill & Flitwick Flyers	f40-44	41	211	7	
212	237	Nora	Haggart	Bedford Harriers	f65-69	42	212	1	
213	1516	Lyndsey	Owen	Rugby & Northampton AC	f45-49	43	213	10	
214	1514	Carl	Swan	Rugby & Northampton AC	m40-44	171	214	28	
215	709	Alice	Carty	North Herts Road Runners	f25-29	44	215	6	
216	42	Eleanor	Street	Amphill & Flitwick Flyers	f25-29	45	216	7	
217	26	Theresa	Jackson	Amphill & Flitwick Flyers	f50-54	46	217	2	
218	1328	Martine	Crofts	Wellingborough & District AC	F35-39	47	218	9	
219	1050	Chris	Barnes	Olney Runners	m50-54	172	219	32	
220	199	Frank	Esaw	Bedford Harriers	m70-74	173	220	1	
221	1222	Louise	Lane	Northants Tri	F55-59	48	221	3	
222	11	Zoey	Didlick	Amphill & Flitwick Flyers	f45-49	49	222	11	
223	1529	Smail	Kennas	Rugby & Northampton AC	m70-74	174	223	2	
224	126	Martin	Godin	Amphill & Flitwick Flyers	m65-69	175	224	4	
225	1319	Mark	Cheadle	Wellingborough & District AC	M45-49	176	225	39	
226	651	Samantha	Heady	Leighton Fun Runners	F35-39	50	226	10	
227	1376	Elissa	Wheeler	Wootton Road Runners	-Guest			1	
228	62	Warwick	Browning	Amphill & Flitwick Flyers	m65-69	177	227	5	
229	731	Helen	Cairns	North Herts Road Runners	f45-49	51	228	12	
230	524	Teresa	Warren	Dunstable Road Runners	f50-54	52	229	3	
231	1568	Ian	Early	Dunstable Lions	m50-54	178	230	33	
232	1501	Bernie	Myers	Rugby & Northampton AC	m55-59	179	231	18	
233	458	Ian	Grimwood	Biggleswade AC	m70-74	180	232	3	
234	889	Alan	Hall	Northampton Road Runners	M65-69	181	233	6	
235	1355	James	Meade	Wootton Road Runners	m50-54	182	234	34	
236	1	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	53	235	4	

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237	952	Jason	Mothersole	Northampton Road Runners	M50-54	183	236	35	
238	868	Ian	Errington	Northampton Road Runners	M35-39	184	237	17	
239	517	Mike	Reilly	Dunstable Road Runners	m55-59	185	238	19	
240	1114	Paul	Keech	Stopsley Striders	m60-64	186	239	10	
241	475	Stuart	Goodwin	Biggleswade AC	m40-44	187	240	29	
242	213	Lawrence	Folley	Bedford Harriers	m60-64	188	241	11	
243	1390	Janet	Mitchell	Wootton Road Runners	f60-64	54	242	1	
244	1526	Hayley	Clarke	Rugby & Northampton AC	f45-49	55	243	13	
245	856	Samantha	Crouch	Northampton Road Runners	F45-49	56	244	14	
246	276	Richard	Lawson	Bedford Harriers	m50-54	189	245	36	
247	161	Jennifer	Branagan	Bedford Harriers	f50-54	57	246	5	
248	1476	Trudi	Mawby	Rugby & Northampton AC	f40-44	58	247	8	
249	1491	Richard	Cutts	Rugby & Northampton AC	m50-54	190	248	37	
250	383	Ceri	Hopewell	Bedford Harriers	f45-49	59	249	15	
251	1339	Andrew	Reddon	Wellingborough & District AC	m35-39	191	250	18	
252	507	Helena	Kvepa	Dunstable Road Runners	f35-39	60	251	11	
253	1388	Caroline	Parkins	Wootton Road Runners	f55-59	61	252	4	
254	1389	david	parkins	Wootton Road Runners	m55-59	192	253	20	
255	118	Jon	Walker	Amphill & Flitwick Flyers	m60-64	193	254	12	
256	472	Paula	Frost	Biggleswade AC	f40-44	62	255	9	
257	154	Tony	Barnes	Bedford Harriers	m55-59	194	256	21	
258	633	Gary	Reid	Leighton Fun Runners	M55-59	195	257	22	
259	627	Steve	Molyneaux	Leighton Fun Runners	M50-54	196	258	38	
260	52	Dave	Ackerley	Amphill & Flitwick Flyers	m30-34	197	259	16	
261	1392	Robert	Rayworth	Wootton Road Runners	m45-49	198	260	40	
262	40	Sally	Sawkins	Amphill & Flitwick Flyers	f50-54	63	261	6	
263	1127	Andrew	Reid	Stopsley Striders	m65-69	199	262	7	
264	195	Caroline	Devine	Bedford Harriers	f60-64	64	263	2	
265	723	Anna	Gibson	North Herts Road Runners	f35-39	65	264	12	
266	167	Chris	Capps	Bedford Harriers	m65-69	200	265	8	
267	222	Stephen	Gale	Bedford Harriers	m60-64	201	266	13	
268	722	Lucy	O'Connor	North Herts Road Runners	f60-64	66	267	3	
269	1274	Alan	Griffiths	Wellingborough & District AC	M55-59	202	268	23	
270	972	Steve	Prior	Northampton Road Runners	M55-59	203	269	24	
271	253	Tony	Jones	Bedford Harriers	m60-64	204	270	14	
272	19	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	67	271	5	
273	717	Mel	Flynn	North Herts Road Runners	f40-44	68	272	10	
274	666	Doubec	Levick	Leighton Fun Runners	F45-49	69	273	16	
275	1569	Tara	Quinn	Dunstable Lions	f40-44	70	274	11	
276	1290	Warren	Marsh	Wellingborough & District AC	M65-69	205	275	9	
277	1479	Angela	Copson	Rugby & Northampton AC	f75-99	71	276	1	
278	277	Laurene	Lee	Bedford Harriers	f45-49	72	277	17	
279	1372	Peter	Diamond	Wootton Road Runners	m60-64	206	278	15	
280	638	Wayne	Walker	Leighton Fun Runners	M45-49	207	279	41	
281	1478	Minerva	Chesser	Rugby & Northampton AC	f45-49	73	280	18	
282	256	Niki	Jones	Bedford Harriers	f50-54	74	281	7	
283	1367	Philip	Brittain	Wootton Road Runners	m45-49	208	282	42	
284	1124	Stewart	Read	Stopsley Striders	m50-54	209	283	39	
285	995	Roger	Taylor	Northampton Road Runners	M55-59	210	284	25	
286	1369	Carrie	Carruthers	Wootton Road Runners	f60-64	75	285	4	
287	1381	Steve	Smith	Wootton Road Runners	m65-69	211	286	10	
288	1109	Ruth	Doyle	Stopsley Striders	f50-54	76	287	8	
289	38	Katie	Ruditis	Amphill & Flitwick Flyers	f40-44	77	288	12	
290	1224	Tiphanie	Marshall	Northants Tri	F35-39	78	289	13	
291	349	Bev	Tredget	Bedford Harriers	f55-59	79	290	6	
292	350	James	Trodd	Bedford Harriers	m35-39	212	291	19	
293	1471	Angela	Welsey	Rugby & Northampton AC	f40-44	80	292	13	
294	1352	Eliza	Wisniewska	Wootton Road Runners	f35-39	81	293	14	
295	1373	Dave	Jones	Wootton Road Runners	m45-49	213	294	43	

3 Counties Cross Country League Results

Venue		Wootton						27-November-2022	
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points	
296	525	Tracey	Palmer	Dunstable Road Runners	f45-49	82	295	19	
297	960	Elaine	Palmer	Northampton Road Runners	F55-59	83	296	7	
298	847	Matthew	Cleary	Northampton Road Runners	M45-49	214	297	44	
299	210	Debi	Fisher	Bedford Harriers	f30-34	84	298	8	
300	158	Lorraine	Bennie	Bedford Harriers	f35-39	85	299	15	
301	739	Jo	Harbon	North Herts Road Runners	f55-59	86	300	8	
302	1330	David	Newton	Wellingborough & District AC	M55-59	215	301	26	
303	529	Sharon	Hawkins	Dunstable Road Runners	f50-54	87	302	9	
304	228	Peter	Gallivan	Bedford Harriers	m30-34	216	303	17	
305	885	James	Glendenning	Northampton Road Runners	M35-39	217	304	20	
306	1278	Marc	Sanderson	Wellingborough & District AC	M40-44	218	305	30	
307	1101	Karen	Ashby	Stopsley Striders	f60-64	88	306	5	
308	235	Cheryl	Green	Bedford Harriers	f40-44	89	307	14	
309	702	Karen	Dodsworth	North Herts Road Runners	f60-64	90	308	6	
310	460	Jennie	Day	Biggleswade AC	f50-54	91	309	10	
311	921	Tim	Leah	Northampton Road Runners	M40-44	219	310	31	
312	645	Chloe	Collins	Leighton Fun Runners	F35-39	92	311	16	
313	641	Christine	Ayers	Leighton Fun Runners	F65-69	93	312	2	
314	1137	Dave	Thompson-Trace	Stopsley Striders	m60-64	220	313	16	
315	1079	Helen	Sartin	Olney Runners	f45-49	94	314	20	
316	616	Jon	Hull	Leighton Fun Runners	M50-54	221	315	40	
317	927	Mark	Lewis	Northampton Road Runners	M55-59	222	316	27	
318	711	Linda	Aird	North Herts Road Runners	f60-64	95	317	7	
319	201	Chris	Fadden	Bedford Harriers	m55-59	223	318	28	
320	514	Lucilla	O'Brien	Dunstable Road Runners	f45-49	96	319	21	
321	519	Paul	Stack	Dunstable Road Runners	m55-59	224	320	29	
322	218	Amanda	Friman	Bedford Harriers	f60-64	97	321	8	
323	1391	Andrey	Starcevic	Wootton Road Runners	m60-64	225	322	17	
324	1515	Julie	Smith	Rugby & Northampton AC	f50-54	98	323	11	
325	382	Gill	Melia	Bedford Harriers	f50-54	99	324	12	
326	631	Keith	Phillips	Leighton Fun Runners	M70-74	226	325	4	
327	1571	Anne	Golding	Dunstable Lions	f60-64	100	326	9	
328	7	Denise	Browning	Amphill & Flitwick Flyers	f60-64	101	327	10	
329	973	Victoria	Rea	Northampton Road Runners	F25-29	102	328	8	
330	821	Dawn	Bailham	Northampton Road Runners	F55-59	103	329	9	
331	603	Graham	Cooper	Leighton Fun Runners	M55-59	227	330	30	
332	338	Jo	Smythe	Bedford Harriers	f45-49	104	331	22	
333	900	Joanne	Hewlett	Northampton Road Runners	F45-49	105	332	23	
334	1068	Anthony	Jones	Olney Runners	m50-54	228	333	41	
335	1304	Claire	Cressy	Wellingborough & District AC	F45-49	106	334	24	
336	230	Lesley	Gaunt	Bedford Harriers	f60-64	107	335	11	
337	1285	Sarah	Partridge-underwood	Wellingborough & District AC	F40-44	108	336	15	
338	461	Juliet	Grimwood	Biggleswade AC	f55-59	109	337	10	
339	1024	Wayne	Jeyes	Northampton Road Runners	m30-34	229	338	18	
340	1279	Duncan	Worthy	Wellingborough & District AC	M40-44	230	339	32	
341	846	Emily	Clarke	Northampton Road Runners	F30-34	110	340	9	
342	226	Richard	Gallivan	Bedford Harriers	m60-64	231	341	18	
343	352	Diane	Wallis	Bedford Harriers	f60-64	111	342	12	
344	1110	Paul	Duffy	Stopsley Striders	m45-49	232	343	45	
345	671	Patrick	Waring	Leighton Fun Runners	M65-69	233	344	11	
346	1302	Kirsty	hewitt	Wellingborough & District AC	f40-44	112	345	16	
347	232	Dave	Girling	Bedford Harriers	m70-74	234	346	5	
348	1382	Michael	Kendall	Wootton Road Runners	m65-69	235	347	12	
349	67	Robert	Cook	Amphill & Flitwick Flyers	m60-64	236	348	19	
350	859	Sheena	Desborough	Northampton Road Runners	F45-49	113	349	25	
351	162	Tom	Brassington	Bedford Harriers	m65-69	237	350	13	
352	1324	Clare	Ruffell	Wellingborough & District AC	F40-44	114	351	17	
353	183	Stephen	Crane	Bedford Harriers	m65-69	238	352	14	
354	931	Louise	Linnett	Northampton Road Runners	F50-54	115	353	13	

3 Counties Cross Country League Results

Venue		Wootton						27-November-2022	
Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points	
355	657	Janet	Langdon	Leighton Fun Runners	F65-69	116	354	3	
356	647	Debbie	Elborn	Leighton Fun Runners	F55-59	117	355	11	
357	510	Jonathan	Venning	Dunstable Road Runners	m70-74	239	356	6	
358	626	Richard	Meredith	Leighton Fun Runners	M50-54	240	357	42	
359	1359	Kim	Pusey	Wootton Road Runners	f50-54	118	358	14	
360	211	Katie	Fletcher	Bedford Harriers	f30-34	119	359	10	
361	221	Sara	Gale	Bedford Harriers	f60-64	120	360	13	
362	994	Debra	Tame	Northampton Road Runners	F50-54	121	361	15	
363	546	Richard	Evans	Dunstable Road Runners	m65-69	241	362	15	
364	381	Tracey	Thompson	Bedford Harriers	f50-54	122	363	16	
365	214	Mia	Ford	Bedford Harriers	f50-54	123	364	17	
366	967	Zoe	Pickering	Northampton Road Runners	F25-29	124	365	9	
367	970	Chris	Potter	Northampton Road Runners	M55-59	242	366	31	
368	743	Lindsay	Cook	North Herts Road Runners	f45-49	125	367	26	
369	260	Melanie	Joy	Bedford Harriers	f40-44	126	368	18	
370	208	Angie	Finch	Bedford Harriers	f60-64	127	369	14	
371	860	Jon	Dilworth	Northampton Road Runners	M65-69	243	370	16	
372	1310	Sally	Hewitt	Wellingborough & District AC	F65-69	128	371	4	
373	648	Michelle	Evans-Riches	Leighton Fun Runners	F55-59	129	372	12	
374	340	Sylvia	Snowling	Bedford Harriers	f60-64	130	373	15	
375	828	Joseph	Bellizzi	Northampton Road Runners	M30-34	244	374	19	
376	367	Alex	Morgan	Bedford Harriers	f55-59	131	375	13	
377	667	Caroline	Emerton	Leighton Fun Runners	F45-49	132	376	27	
378	229	Steve	Gaunt	Bedford Harriers	m60-64	245	377	20	
379	264	Bill	Khinda	Bedford Harriers	m70-74	246	378	7	
380	988	Paula	Solomon	Northampton Road Runners	M50-54	247	379	43	
381	866	Karen	Eke	Northampton Road Runners	F60-64	133	380	16	
382	634	Jon	Riley	Leighton Fun Runners	M35-39	248	381	21	
383	51	Paresh	Aatkar	Amphill & Flitwick Flyers	m55-59	249	382	32	
384	833	Helen	Blackburn	Northampton Road Runners	F55-59	134	383	14	
385	364	Jutta	Crane	Bedford Harriers	f55-59	135	384	15	
386	28	Claire	Jones	Amphill & Flitwick Flyers	f55-59	136	385	16	
387	290	Martine	Moon	Bedford Harriers	f65-69	137	386	5	
388	20	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	138	387	1	
389	714	Brian	Judkins	North Herts Road Runners	m65-69	250	388	17	
390	1126	Judy	Reid	Stopsley Striders	f65-69	139	389	6	
391	234	Bev	Gous	Bedford Harriers	f45-49	140	390	28	
392	663	Linda	Murray	Leighton Fun Runners	F50-54	141	391	18	
393	188	Grete	Dalum-Tilds	Bedford Harriers	f55-59	142	392	17	
394	334	Jo	Simmons	Bedford Harriers	f45-49	143	393	29	
395	267	Andrea	McGrellis	Bedford Harriers	f60-64	144	394	17	
396	361	Vanessa	Williams	Bedford Harriers	f55-59	145	395	18	
397	1053	Liz	Conibere	Olney Runners	f70-74	146	396	2	
398	307	Jane	Poole	Bedford Harriers	f50-54	147	397	19	
399	1360	Gerald	Billis	Wootton Road Runners	m75-99	251	398	1	
400	652	Jenny	Hogan	Leighton Fun Runners	F55-59	148	399	19	
401	231	Carolanne	Gibson	Bedford Harriers	f60-64	149	400	18	
402	304	Shine	Parmar	Bedford Harriers	f45-49	150	401	30	
403	1026	Rachel	Cobley	Northampton Road Runners	-Guest			2	
404	649	Julia	Gallie	Leighton Fun Runners	F55-59	151	402	20	
405	1241	Rosemary	Kennedy	Northants Tri	F60-64	152	403	19	
406	240	Lorena	Henderson	Bedford Harriers	f50-54	153	404	20	
407	1220	Val	Bridges	Northants Tri	F65-69	154	405	7	