

3 Counties Cross Country League Results

Venue		North Herts		18-December-2022				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
1	544	Ben	Warren	Dunstable Road Runners	m20-24	1	1	1	
2	742	Adam	Bowler	North Herts Road Runners	m35-39	2	2	1	
3	1060	Matthew	Dicks	Olney Runners	m20-24	3	3	2	
4	1368	Andrew	Fairley	Wootton Road Runners	m45-49	4	4	1	
5	754	Ben	Hadman	North Herts Road Runners	m25-29	5	5	1	
6	80	Ian	Halpin	Amphill & Flitwick Flyers	m35-39	6	6	2	
7	760	Mike	Roberts	North Herts Road Runners	m30-34	7	7	1	
8	764	Wayne	Bell	North Herts Road Runners	m40-44	8	8	1	
9	757	Nathan	Pask	North Herts Road Runners	m45-49	9	9	2	
10	1346	Jonny	Reep	Wellingborough & District AC	#VALUE!	10	10	1	
11	721	Ben	Sewell	North Herts Road Runners	m30-34	11	11	2	
12	117	Mark	Waine	Amphill & Flitwick Flyers	m50-54	12	12	1	
13	744	Stewart	Overton	North Herts Road Runners	m40-44	13	13	2	
14	1102	Rob	Barnes	Stopsley Striders	m35-39	14	14	3	
15	1070	Chris	Ling	Olney Runners	m40-44	15	15	3	
16	770	Vince	Wright	North Herts Road Runners	m45-49	16	16	3	
17	1532	Matthew	Everett	Rugby & Northampton AC	m17-19	17	17	1	
18	1342	Matthew	Peleszok	Wellingborough & District AC	m40-44	18	18	4	
19	312	Graham	Pratt	Bedford Harriers	m30-34	19	19	3	
20	89	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	20	20	2	
21	1333	Jason	French	Wellingborough & District AC	M40-44	21	21	5	
22	1379	Simon	Tootell	Wootton Road Runners	m45-49	22	22	4	
23	736	Katie	Harbon	North Herts Road Runners	f25-29	1	23	1	
24	740	Ed	Price	North Herts Road Runners	m45-49	23	24	5	
25	64	Tom	Cawdell	Amphill & Flitwick Flyers	m35-39	24	25	4	
26	1533	Peter	Currington	Rugby & Northampton AC	m35-39	25	26	5	
27	1525	James	Williams	Rugby & Northampton AC	m25-29	26	27	3	
28	748	Matthew	Sayers	North Herts Road Runners	m45-49	27	28	6	
29	1123	Tom	Rankin	Stopsley Striders	m25-29	28	29	4	
30	1270	Jon	Kemp	Wellingborough & District AC	M50-54	29	30	2	
31	54	Roger	Ball	Amphill & Flitwick Flyers	m50-54	30	31	3	
32	774	Anna	Klucnika	North Herts Road Runners	f25-29	2	32	2	
33	759	Shahab	Ahmad	North Herts Road Runners	m40-44	31	33	6	
34	1132	Kallum	Wright	Stopsley Striders	m30-34	32	34	4	
35	1361	Richard	Lack	Wootton Road Runners	m50-54	33	35	4	
36	474	Robert	Morgan	Biggleswade AC	m45-49	34	36	7	
37	1227	Andy	Green	Northants Tri	M55-59	35	37	1	
38	926	Tony	Letts	Northampton Road Runners	M50-54	36	38	5	
39	324	Clare	Rodseth	Bedford Harriers	f30-34	3	39	1	
40	1505	Laurence	Burton	Rugby & Northampton AC	m30-34	37	40	5	
41	1246	Stirling	Green	Northants Tri	m17-19	38	41	2	
42	1393	Thomas	Lack	Wootton Road Runners	#VALUE!	39	42	2	
43	1299	Peter	Cowler	Wellingborough & District AC	M40-44	40	43	7	
44	749	Nick	Malpeli	North Herts Road Runners	m55-59	41	44	2	
45	1351	Ashley	Gardner	Wootton Road Runners	m40-44	42	45	8	
46	86	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	43	46	6	
47	1054	Simon	Cook	Olney Runners	m50-54	44	47	6	
48	298	Andy	Palombella	Bedford Harriers	m40-44	45	48	9	
49	1500	Brendan	Moen	Rugby & Northampton AC	m55-59	46	49	3	
50	1292	Ed	Norris	Wellingborough & District AC	M30-34	47	50	6	
51	610	Daniel	Green	Leighton Fun Runners	M45-49	48	51	8	
52	1522	Sam	Jackson	Rugby & Northampton AC	m25-29	49	52	5	
53	99	Gavin	Nicholson	Amphill & Flitwick Flyers	m40-44	50	53	10	
54	1059	Iain	Dickinson	Olney Runners	m45-49	51	54	9	
55	1496	Vince	Carroll	Rugby & Northampton AC	m50-54	52	55	7	
56	1232	Paul	Watts	Northants Tri	M40-44	53	56	11	
57	1064	Katie	Godof	Olney Runners	f45-49	4	57	1	
58	1331	Martin	Arissol	Wellingborough & District AC	M50-54	54	58	8	
59	450	Alistair	Nelson	Biggleswade AC	m25-29	55	59	6	

3 Counties Cross Country League Results

Venue		North Herts		18-December-2022				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
60	1558	Russell	Mead	Dunstable Lions	m50-54	56	60	9	
61	1113	Gez	Fallon	Stopsley Striders	m50-54	57	61	10	
62	91	Ian	Lambert	Amphill & Flitwick Flyers	m50-54	58	62	11	
63	518	Neil	Currant	Dunstable Road Runners	m45-49	59	63	10	
64	72	Edward	Druce	Amphill & Flitwick Flyers	m45-49	60	64	11	
65	734	James	Keogh	North Herts Road Runners	m40-44	61	65	12	
66	21	Charlotte	Godleman	Amphill & Flitwick Flyers	f30-34	5	66	2	
67	1062	Chris	Dunn	Olney Runners	m35-39	62	67	7	
68	1061	Stephen	Dicks	Olney Runners	m50-54	63	68	12	
69	209	Gary	Finch	Bedford Harriers	m50-54	64	69	13	
70	700	John	Auld	North Herts Road Runners	m40-44	65	70	13	
71	331	Kevin	Shelton-Smith	Bedford Harriers	m60-64	66	71	1	
72	233	James	Goodman	Bedford Harriers	m40-44	67	72	14	
73	762	Oliver	Parsons	North Herts Road Runners	m35-39	68	73	8	
74	1341	Sophie	Moss	Wellingborough & District AC	F20-24	6	74	1	
75	602	Jim	Buttleman	Leighton Fun Runners	M55-59	69	75	4	
76	677	Nick	Shelley	Leighton Fun Runners	m35-39	70	76	9	
77	1311	Mark	Bonham	Wellingborough & District AC	M50-54	71	77	14	
78	1517	Richard	Owen	Rugby & Northampton AC	m45-49	72	78	12	
79	332	Ellie	Sheriffs	Bedford Harriers	f35-39	7	79	1	
80	976	Andrew	Rosewell	Northampton Road Runners	M35-39	73	80	10	
81	1353	Nick	Morton	Wootton Road Runners	m50-54	74	81	15	
82	1572	Emily	Prejac	Dunstable Lions	f35-39	8	82	2	
83	883	John	Gibbins	Northampton Road Runners	M45-49	75	83	13	
84	1228	Pete	Deboo	Northants Tri	M30-34	76	84	7	
85	1121	Ryan	Parsons	Stopsley Striders	m25-29	77	85	7	
86	612	Richard	Heady	Leighton Fun Runners	M35-39	78	86	11	
87	1073	Anthony	O'Neil	Olney Runners	m45-49	79	87	14	
88	84	Callum	Harrison	Amphill & Flitwick Flyers	m30-34	80	88	8	
89	270	Stuart	Knight	Bedford Harriers	m55-59	81	89	5	
90	292	Juliet	Naylor	Bedford Harriers	f50-54	9	90	1	
91	735	James	Walsh	North Herts Road Runners	m50-54	82	91	16	
92	1104	Ade	Copp	Stopsley Striders	m50-54	83	92	17	
93	1531	Lorna	Hession	Rugby & Northampton AC	f40-44	10	93	1	
94	1530	Jo	Harris	Rugby & Northampton AC	f40-44	11	94	2	
95	1139	Paul	Abrahams	Stopsley Striders	m45-49	84	95	15	
96	642	Rosie	Booth	Leighton Fun Runners	F45-49	12	96	2	
97	1370	Niall	Gardiner	Wootton Road Runners	m45-49	85	97	16	
98	1281	Nicholas	Page	Wellingborough & District AC	M65-69	86	98	1	
99	621	Mark	Kleanthous	Leighton Fun Runners	M60-64	87	99	2	
100	779	Rachel	Arnott	North Herts Road Runners	f	13	100	1	
101	613	Andrew	Heale	Leighton Fun Runners	M55-59	88	101	6	
102	1138	Peter	Breslin	Stopsley Striders	m50-54	89	102	18	
103	719	Hannah	Ridley	North Herts Road Runners	f25-29	14	103	3	
104	775	Mike	Over	North Herts Road Runners	m50-54	90	104	19	
105	1007	David	Ward-Stokes	Northampton Road Runners	M40-44	91	105	15	
106	511	Jose	Santos	Dunstable Road Runners	m45-49	92	106	17	
107	470	Nick	Haworth	Biggleswade AC	m45-49	93	107	18	
108	1481	Laurence	Scott	Rugby & Northampton AC	m55-59	94	108	7	
109	1133	Lucy	Treleaven	Stopsley Striders	f20-24	15	109	2	
110	636	Andy	Stocks	Leighton Fun Runners	M45-49	95	110	19	
111	611	Kevin	Hare	Leighton Fun Runners	M50-54	96	111	20	
112	710	Tash	Pitman	North Herts Road Runners	f45-49	16	112	3	
113	1240	Andrew	Verra	Northants Tri	M30-34	97	113	9	
114	46	Nicola	Walton	Amphill & Flitwick Flyers	f40-44	17	114	3	
115	1271	Louise	Kemp	Wellingborough & District AC	f40-44	18	115	4	
116	720	Steve	Tracey	North Herts Road Runners	m50-54	98	116	21	
117	726	Matt	Roberts	North Herts Road Runners	m45-49	99	117	20	
118	1221	Lizzie	Fox	Northants Tri	F20-24	19	118	3	

3 Counties Cross Country League Results

Venue		North Herts		18-December-2022			Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points		
119	1084	Duncan	Winner	Olney Runners	m45-49	100	119	21
120	526	Wesley	Thorne	Dunstable Road Runners	m40-44	101	120	16
121	1118	Shaun	Mutter	Stopsley Striders	m35-39	102	121	12
122	160	Heather	Bourne	Bedford Harriers	f30-34	20	122	3
123	708	Mike	Philips	North Herts Road Runners	m40-44	103	123	17
124	607	Steve	Ellerton	Leighton Fun Runners	M60-64	104	124	3
125	629	Martin	Oborne	Leighton Fun Runners	M25-29	105	125	8
126	1230	Robert	White	Northants Tri	M55-59	106	126	8
127	1233	Gary	Lane	Northants Tri	M60-64	107	127	4
128	163	Mike	Brewer	Bedford Harriers	m45-49	108	128	22
129	1295	Lydia	Wilkie	Wellingborough & District AC	F40-44	21	129	5
130	106	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	109	130	23
131	468	Natalie	Morgan	Biggleswade AC	f45-49	22	131	4
132	622	William	Langdon	Leighton Fun Runners	M40-44	110	132	18
133	913	Mark	Kennedy	Northampton Road Runners	M45-49	111	133	24
134	97	Philip	Mead	Amphill & Flitwick Flyers	m35-39	112	134	13
135	508	James	Webster	Dunstable Road Runners	m40-44	113	135	19
136	456	Giles	Hawthorne	Biggleswade AC	m45-49	114	136	25
137	515	Matt	Deller	Dunstable Road Runners	m45-49	115	137	26
138	205	Peter	Fadden	Bedford Harriers	m20-24	116	138	3
139	1106	Thomas	Darby	Stopsley Striders	m40-44	117	139	20
140	151	Juan Carlos	Augusto	Bedford Harriers	m55-59	118	140	9
141	1358	Graham	Holloway	Wootton Road Runners	m55-59	119	141	10
142	1111	Andrew	Durrant	Stopsley Striders	m60-64	120	142	5
143	200	Richard	Evans	Bedford Harriers	m30-34	121	143	10
144	732	Jane	Clarke	North Herts Road Runners	f40-44	23	144	6
145	467	Natalie	Garner	Biggleswade AC	f30-34	24	145	4
146	733	Paula	Adams	North Herts Road Runners	f50-54	25	146	2
147	1130	Chris	Treleaven	Stopsley Striders	m50-54	122	147	22
148	1116	Miriam	Linforth	Stopsley Striders	f40-44	26	148	7
149	353	Rob	Walls	Bedford Harriers	m60-64	123	149	6
150	1129	Charlotte	Snowdon	Stopsley Striders	f35-39	27	150	3
151	1470	Simon	Smith	Rugby & Northampton AC	m55-59	124	151	11
152	237	Nora	Haggart	Bedford Harriers	f65-69	28	152	1
153	524	Teresa	Warren	Dunstable Road Runners	f50-54	29	153	3
154	1080	David	Shakespeare	Olney Runners	m55-59	125	154	12
155	614	Bob	Nichol	Leighton Fun Runners	M55-59	126	155	13
156	95	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	127	156	23
157	333	Graham	Short	Bedford Harriers	m60-64	128	157	7
158	1222	Louise	Lane	Northants Tri	F55-59	30	158	1
159	520	Pete	Williams	Dunstable Road Runners	m55-59	129	159	14
160	45	Dayle	Walker	Amphill & Flitwick Flyers	f25-29	31	160	4
161	311	Jonathan	Powell	Bedford Harriers	m25-29	130	161	9
162	126	Martin	Godin	Amphill & Flitwick Flyers	m65-69	131	162	2
163	1125	Martin	Read	Stopsley Striders	m40-44	132	163	21
164	451	Charlie	Arnold	Biggleswade AC	m65-69	133	164	3
165	269	Sally	Knight	Bedford Harriers	f45-49	32	165	5
166	288	Gary	McKeaveney	Bedford Harriers	m35-39	134	166	14
167	1568	Ian	Early	Dunstable Lions	m50-54	135	167	24
168	26	Theresa	Jackson	Amphill & Flitwick Flyers	f50-54	33	168	4
169	1071	Sarah	McAuliffe	Olney Runners	f35-39	34	169	4
170	1554	Robert	Curtis	Dunstable Lions	m55-59	136	170	15
171	651	Samantha	Heady	Leighton Fun Runners	F35-39	35	171	5
172	638	Wayne	Walker	Leighton Fun Runners	M45-49	137	172	27
173	623	Joseph	Langdon	Leighton Fun Runners	M40-44	138	173	22
174	118	Jon	Walker	Amphill & Flitwick Flyers	m60-64	139	174	8
175	1516	Lyndsey	Owen	Rugby & Northampton AC	f45-49	36	175	6
176	1122	Ian	Pitkin	Stopsley Striders	m55-59	140	176	16
177	42	Eleanor	Street	Amphill & Flitwick Flyers	f25-29	37	177	5

3 Counties Cross Country League Results

Venue		North Herts		18-December-2022				Team Points	AgeCat Points
Pos.		First Name	Surname	Club	Category	Points			
178	302	Michael	Parks	Bedford Harriers	m55-59	141	178	17	
179	199	Frank	Esaw	Bedford Harriers	m70-74	142	179	1	
180	1344	Victoria	Butterworth	Wellingborough & District AC	#VALUE!			3	
181	780	Richard	Weber	North Herts Road Runners	m	143	180	1	
182	1526	Hayley	Clarke	Rugby & Northampton AC	f45-49	38	181	7	
183	180	Ray	Cooke	Bedford Harriers	m55-59	144	182	18	
184	154	Tony	Barnes	Bedford Harriers	m55-59	145	183	19	
185	1274	Alan	Griffiths	Wellingborough & District AC	M55-59	146	184	20	
186	478	Connor	Hawthorne	Biggleswade AC	m17-19	147	185	3	
187	368	Lauren	Owens	Bedford Harriers	f35-39	39	186	6	
188	19	Caroline	Gilby	Amphill & Flitwick Flyers	f55-59	40	187	2	
189	1319	Mark	Cheadle	Wellingborough & District AC	M45-49	148	188	28	
190	1	Jo	Aatkar	Amphill & Flitwick Flyers	f50-54	41	189	5	
191	123	Stephen	Mullin	Amphill & Flitwick Flyers	m60-64	149	190	9	
192	723	Anna	Gibson	North Herts Road Runners	f35-39	42	191	7	
193	730	Andrew	Coates	North Herts Road Runners	m45-49	150	192	29	
194	1127	Andrew	Reid	Stopsley Striders	m65-69	151	193	4	
195	384	Yasmin	Geoghegan	Bedford Harriers	f30-34	43	194	5	
196	531	Robert	Lee	Dunstable Road Runners	m40-44	152	195	23	
197	722	Lucy	O'Connor	North Herts Road Runners	f60-64	44	196	1	
198	1074	Therese	O'Riordan	Olney Runners	f40-44	45	197	8	
199	1345	Amy	Robinson	Wellingborough & District AC	#VALUE!	46	198	4	
200	187	Nick	Cross	Bedford Harriers	m60-64	153	199	10	
201	253	Tony	Jones	Bedford Harriers	m60-64	154	200	11	
202	778	Georgina	Quayle	North Herts Road Runners	f25-29	47	201	6	
203	1479	Angela	Copson	Rugby & Northampton AC	f75-99	48	202	1	
204	350	James	Trodd	Bedford Harriers	m35-39	155	203	15	
205	1278	Marc	Sanderson	Wellingborough & District AC	M40-44	156	204	24	
206	782	Natalie	Philips	North Herts Road Runners	f35-39	49	205	8	
207	1101	Karen	Ashby	Stopsley Striders	f60-64	50	206	2	
208	783	Jenifer	Fraser	North Herts Road Runners	f40-44	51	207	9	
209	781	Grace	Cleary	North Herts Road Runners	f30-34	52	208	6	
210	1109	Ruth	Doyle	Stopsley Striders	f50-54	53	209	6	
211	458	Ian	Grimwood	Biggleswade AC	m70-74	157	210	2	
212	738	Helen	Ankers	North Herts Road Runners	f25-29	54	211	7	
213	832	David	Blackburn	Northampton Road Runners	M60-64	158	212	12	
214	641	Christine	Ayers	Leighton Fun Runners	F65-69	55	213	2	
215	378	Alyce	Trude	Bedford Harriers	#VALUE!	56	214	5	
216	995	Roger	Taylor	Northampton Road Runners	M55-59	159	215	21	
217	210	Debi	Fisher	Bedford Harriers	f30-34	57	216	7	
218	382	Gill	Melia	Bedford Harriers	f50-54	58	217	7	
219	519	Paul	Stack	Dunstable Road Runners	m55-59	160	218	22	
220	525	Tracey	Palmer	Dunstable Road Runners	f45-49	59	219	8	
221	1298	Mary	Pearson	Wellingborough & District AC	F35-39	60	220	9	
222	1068	Anthony	Jones	Olney Runners	m50-54	161	221	25	
223	201	Chris	Fadden	Bedford Harriers	m55-59	162	222	23	
224	1350	Adrian	Matthews	Wootton Road Runners	m45-49	163	223	30	
225	460	Jennie	Day	Biggleswade AC	f50-54	61	224	8	
226	167	Chris	Capps	Bedford Harriers	m65-69	164	225	5	
227	547	Cheryl	Currant	Dunstable Road Runners	f45-49	62	226	9	
228	218	Amanda	Friman	Bedford Harriers	f60-64	63	227	3	
229	479	Roxann	Holder	Biggleswade AC	f30-34	64	228	8	
230	1571	Anne	Golding	Dunstable Lions	f60-64	65	229	4	
231	727	Dawn	Power	North Herts Road Runners	f25-29	66	230	8	
232	702	Karen	Dodsworth	North Herts Road Runners	f60-64	67	231	5	
233	711	Linda	Aird	North Herts Road Runners	f60-64	68	232	6	
234	716	Sue	Vaughan	North Herts Road Runners	f55-59	69	233	3	
235	1135	Phil	Jeffrey	Stopsley Striders	m50-54	165	234	26	
236	546	Richard	Evans	Dunstable Road Runners	m65-69	166	235	6	

3 Counties Cross Country League Results

Venue		North Herts		18-December-2022			Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points
237	1302	Kirsty	hewitt	Wellingborough & District AC	f40-44	70	236	10
238	461	Juliet	Grimwood	Biggleswade AC	f55-59	71	237	4
239	509	Johanne	Lee	Dunstable Road Runners	f35-39	72	238	10
240	528	Melody	Ntambalika	Dunstable Road Runners	f45-49	73	239	10
241	162	Tom	Brassington	Bedford Harriers	m65-69	167	240	7
242	743	Lindsay	Cook	North Herts Road Runners	f45-49	74	241	11
243	357	Helen	Whiting	Bedford Harriers	f35-39	75	242	11
244	890	Kathryn	Hall	Northampton Road Runners	F45-49	76	243	12
245	656	Clare	Kleanthous	Leighton Fun Runners	F55-59	77	244	5
246	657	Janet	Langdon	Leighton Fun Runners	F65-69	78	245	3
247	637	Paul	Thomas	Leighton Fun Runners	M70-74	168	246	3
248	724	Helen	Cromack	North Herts Road Runners	f45-49	79	247	13
249	1110	Paul	Duffy	Stopsley Striders	m45-49	169	248	31
250	466	Maria	Meridan	Biggleswade AC	f50-54	80	249	9
251	658	Marina	Litster	Leighton Fun Runners	F30-34	81	250	9
252	208	Angie	Finch	Bedford Harriers	f60-64	82	251	7
253	348	Mark	Tinkler	Bedford Harriers	m65-69	170	252	8
254	859	Sheena	Desborough	Northampton Road Runners	F45-49	83	253	14
255	938	Lesley	Mahony	Northampton Road Runners	F50-54	84	254	10
256	931	Louise	Linnett	Northampton Road Runners	F50-54	85	255	11
257	662	Deborah	McMillan	Leighton Fun Runners	F45-49	86	256	15
258	648	Michelle	Evans-Riches	Leighton Fun Runners	F55-59	87	257	6
259	211	Katie	Fletcher	Bedford Harriers	f30-34	88	258	10
260	896	Theresa	Haworth	Northampton Road Runners	F35-39	89	259	12
261	232	Dave	Girling	Bedford Harriers	m70-74	171	260	4
262	750	Carina	Quayle	North Herts Road Runners	f60-64	90	261	8
263	352	Diane	Wallis	Bedford Harriers	f60-64	91	262	9
264	667	Caroline	Emerton	Leighton Fun Runners	F45-49	92	263	16
265	1310	Sally	Hewitt	Wellingborough & District AC	F65-69	93	264	4
266	51	Paresh	Aatkar	Amphill & Flitwick Flyers	m55-59	172	265	24
267	20	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	94	266	1
268	866	Karen	Eke	Northampton Road Runners	F60-64	95	267	10
269	992	Sue	Summers	Northampton Road Runners	F55-59	96	268	7
270	663	Linda	Murray	Leighton Fun Runners	F50-54	97	269	12
271	264	Bill	Khinda	Bedford Harriers	m70-74	173	270	5
272	833	Helen	Blackburn	Northampton Road Runners	F55-59	98	271	8
273	925	Joanna	Letts	Northampton Road Runners	F50-54	99	272	13
274	260	Melanie	Joy	Bedford Harriers	f40-44	100	273	11
275	334	Jo	Simmons	Bedford Harriers	f45-49	101	274	17
276	267	Andrea	McGrellis	Bedford Harriers	f60-64	102	275	11
277	652	Jenny	Hogan	Leighton Fun Runners	F55-59	103	276	9
278	676	Ellen	Mason	Leighton Fun Runners	#VALUE!	104	277	6
279	1241	Rosemary	Kennedy	Northants Tri	F60-64	105	278	12
280	307	Jane	Poole	Bedford Harriers	f50-54	106	279	14
281	1360	Gerald	Billis	Wootton Road Runners	m75-99	174	280	1
282	1220	Val	Bridges	Northants Tri	F65-69	107	281	5
283	714	Brian	Judkins	North Herts Road Runners	m65-69	175	282	9