

3 Counties Cross Country League Results

Venue		Bedford							5-February-2023	
Pos.	No.	First Name	Surname	Club	Category	Points	Team Points	AgeCat Points		
1	760	Mike	Roberts	North Herts Road Runners	m30-34	1	1	1		
2	1368	Andrew	Fairley	Wootton Road Runners	m45-49	2	2	1		
3	90	Jamie	Keane	Amphill & Flitwick Flyers	m35-39	3	3	1		
4	216	Daniel	Foster	Bedford Harriers	m17-19	4	4	1		
5	1495	David	Ball	Rugby & Northampton AC	m40-44	5	5	1		
6	757	Nathan	Pask	North Herts Road Runners	m45-49	6	6	2		
7	1070	Chris	Ling	Olney Runners	m40-44	7	7	2		
8	102	Craig	Palmer	Amphill & Flitwick Flyers	m35-39	8	8	2		
9	1536	Anthony	Clancy	Rugby & Northampton AC	m20-24	9	9	1		
10	744	Stewart	Overton	North Herts Road Runners	m40-44	10	10	3		
11	764	Wayne	Bell	North Herts Road Runners	m40-44	11	11	4		
12	1102	Rob	Barnes	Stopsley Striders	m35-39	12	12	3		
13	721	Ben	Sewell	North Herts Road Runners	m30-34	13	13	2		
14	1092	Andrew	Knight	Olney Runners	m20-24	14	14	2		
15	740	Ed	Price	North Herts Road Runners	m45-49	15	15	3		
16	1534	Richard	Francis	Rugby & Northampton AC	m40-44	16	16	5		
17	89	Dan	Karaiskou	Amphill & Flitwick Flyers	m25-29	17	17	1		
18	117	Mark	Waine	Amphill & Flitwick Flyers	m50-54	18	18	1		
19	770	Vince	Wright	North Herts Road Runners	m45-49	19	19	4		
20	1503	Sam	Tallet	Rugby & Northampton AC	m35-39	20	20	4		
21	748	Matthew	Sayers	North Herts Road Runners	m45-49	21	21	5		
22	122	James	Smith	Amphill & Flitwick Flyers	m45-49	22	22	6		
23	736	Katie	Harbon	North Herts Road Runners	f25-29	1	23	1		
24	749	Nick	Malpeli	North Herts Road Runners	m55-59	23	24	1		
25	759	Shahab	Ahmad	North Herts Road Runners	m40-44	24	25	6		
26	64	Tom	Cawdell	Amphill & Flitwick Flyers	m35-39	25	26	5		
27	1505	Laurence	Burton	Rugby & Northampton AC	m30-34	26	27	3		
28	1525	James	Williams	Rugby & Northampton AC	m25-29	27	28	2		
29	68	Marcus	Cook	Amphill & Flitwick Flyers	m40-44	28	29	7		
30	1348	Paul	Huckle	Wellingborough & District AC	m35-39	29	30	6		
31	1509	Mark	Johnson	Rugby & Northampton AC	m40-44	30	31	8		
32	1361	Richard	Lack	Wootton Road Runners	m50-54	31	32	2		
33	1123	Tom	Rankin	Stopsley Striders	m25-29	32	33	3		
34	239	David	Haslam	Bedford Harriers	m40-44	33	34	9		
35	1227	Andy	Green	Northants Tri	M55-59	34	35	2		
36	610	Daniel	Green	Leighton Fun Runners	M45-49	35	36	7		
37	1247	Declan	Kelly	Northants Tri	m35-39	36	37	7		
38	71	John	Decesare	Amphill & Flitwick Flyers	m50-54	37	38	3		
39	111	Terry	Stanley	Amphill & Flitwick Flyers	m35-39	38	39	8		
40	1270	Jon	Kemp	Wellingborough & District AC	M50-54	39	40	4		
41	1497	Steve	Dixon	Rugby & Northampton AC	m45-49	40	41	8		
42	926	Tony	Letts	Northampton Road Runners	M50-54	41	42	5		
43	1064	Katie	Godof	Olney Runners	f45-49	2	43	1		
44	86	Jim	Hurford	Amphill & Flitwick Flyers	m35-39	42	44	9		
45	1356	Tim	Thurlow	Wootton Road Runners	m45-49	43	45	9		
46	371	Adam	Broadbent	Bedford Harriers	m40-44	44	46	10		
47	115	Barry	Stratford	Amphill & Flitwick Flyers	m40-44	45	47	11		
48	608	Tom	Ellerton	Leighton Fun Runners	M30-34	46	48	4		
49	700	John	Auld	North Herts Road Runners	m40-44	47	49	12		
50	1059	Iain	Dickinson	Olney Runners	m45-49	48	50	10		
51	1500	Brendan	Moen	Rugby & Northampton AC	m55-59	49	51	3		
52	1331	Martin	Arissol	Wellingborough & District AC	M50-54	50	52	6		
53	1054	Simon	Cook	Olney Runners	m50-54	51	53	7		
54	243	Nicolae	Hogas	Bedford Harriers	m45-49	52	54	11		
55	1073	Anthony	O'Neil	Olney Runners	m45-49	53	55	12		
56	518	Neil	Currant	Dunstable Road Runners	m45-49	54	56	13		
57	526	Wesley	Thorne	Dunstable Road Runners	m40-44	55	57	13		
58	84	Callum	Harrison	Amphill & Flitwick Flyers	m30-34	56	58	5		
59	1329	Daniel	Bates	Wellingborough & District AC	M40-44	57	59	14		

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Venue		Bedford		5-February-2023			Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points
60	899	Robert	Hemingway	Northampton Road Runners	M40-44	58	60	15
61	629	Martin	Oborne	Leighton Fun Runners	M25-29	59	61	4
62	1121	Ryan	Parsons	Stopsley Striders	m25-29	60	62	5
63	450	Alistair	Nelson	Biggleswade AC	m25-29	61	63	6
64	707	Ian	Datlen	North Herts Road Runners	m50-54	62	64	8
65	481	Tim	McGlashan	Biggleswade AC	m30-34	63	65	6
66	619	Sagar	Kharab	Leighton Fun Runners	M25-29	64	66	7
67	735	James	Walsh	North Herts Road Runners	m50-54	65	67	9
68	1477	Paul	Furness	Rugby & Northampton AC	m50-54	66	68	10
69	511	Jose	Santos	Dunstable Road Runners	m45-49	67	69	14
70	209	Gary	Finch	Bedford Harriers	m50-54	68	70	11
71	233	James	Goodman	Bedford Harriers	m40-44	69	71	16
72	1104	Ade	Copp	Stopsley Striders	m50-54	70	72	12
73	612	Richard	Heady	Leighton Fun Runners	M35-39	71	73	10
74	794	Steve	Mckeown	North Herts Road Runners	m50-54	72	74	13
75	719	Hannah	Ridley	North Herts Road Runners	f25-29	3	75	2
76	1007	David	Ward-Stokes	Northampton Road Runners	M40-44	73	76	17
77	1132	Kallum	Wright	Stopsley Striders	m30-34	74	77	7
78	477	Paul	Swinburne	Biggleswade AC	m50-54	75	78	14
79	1517	Richard	Owen	Rugby & Northampton AC	m45-49	76	79	15
80	471	Nicky	Upperton	Biggleswade AC	f30-34	4	80	1
81	1531	Lorna	Hession	Rugby & Northampton AC	f40-44	5	81	1
82	1113	Gez	Fallon	Stopsley Striders	m50-54	77	82	15
83	1239	Charles	Spencer	Northants Tri	M35-39	78	83	11
84	1311	Mark	Bonham	Wellingborough & District AC	M50-54	79	84	16
85	1341	Sophie	Moss	Wellingborough & District AC	F20-24	6	85	1
86	613	Andrew	Heale	Leighton Fun Runners	M55-59	80	86	4
87	775	Mike	Over	North Herts Road Runners	m50-54	81	87	17
88	710	Tash	Pitman	North Herts Road Runners	f45-49	7	88	2
89	98	Chris	Newnham	Amphill & Flitwick Flyers	m55-59	82	89	5
90	470	Nick	Haworth	Biggleswade AC	m45-49	83	90	16
91	883	John	Gibbins	Northampton Road Runners	M45-49	84	91	17
92	467	Natalie	Garner	Biggleswade AC	f30-34	8	92	2
93	21	Charlotte	Godleman	Amphill & Flitwick Flyers	f30-34	9	93	3
94	270	Stuart	Knight	Bedford Harriers	m55-59	85	94	6
95	642	Rosie	Booth	Leighton Fun Runners	F45-49	10	95	3
96	602	Jim	Buttleman	Leighton Fun Runners	M55-59	86	96	7
97	1404	Mark	Fowler	Wootton Road Runners	m40-44	87	97	18
98	1402	Mark	Baron	Wootton Road Runners	m40-44	88	98	19
99	1097	Richard	Booth	Olney Runners	m35-39	89	99	12
100	258	Oliver	Jones	Bedford Harriers	m40-44	90	100	20
101	621	Mark	Kleanthous	Leighton Fun Runners	M60-64	91	101	1
102	1084	Duncan	Winner	Olney Runners	m45-49	92	102	18
103	269	Sally	Knight	Bedford Harriers	f45-49	11	103	4
104	331	Kevin	Shelton-Smith	Bedford Harriers	m60-64	93	104	2
105	784	Rhia	Botha	North Herts Road Runners	f35-39	12	105	1
106	1236	Jordan	Lofting	Northants Tri	M25-29	94	106	8
107	1139	Paul	Abrahams	Stopsley Striders	m45-49	95	107	19
108	30	Kerry	Large	Amphill & Flitwick Flyers	f35-39	13	108	2
109	1067	Andrew	Jones	Olney Runners	m50-54	96	109	18
110	1240	Andrew	Verra	Northants Tri	M30-34	97	110	8
111	1221	Lizzie	Fox	Northants Tri	F20-24	14	111	2
112	205	Peter	Fadden	Bedford Harriers	m20-24	98	112	3
113	456	Giles	Hawthorne	Biggleswade AC	m45-49	99	113	20
114	1281	Nicholas	Page	Wellingborough & District AC	M65-69	100	114	1
115	1230	Robert	White	Northants Tri	M55-59	101	115	8
116	95	Henry	Lynn	Amphill & Flitwick Flyers	m50-54	102	116	19
117	288	Gary	McKeaveney	Bedford Harriers	m35-39	103	117	13
118	1226	Sarah	Ashcroft	Northants Tri	F35-39	15	118	3

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Pos.	No.	First Name	Surname	Club	Category	Points		
119	1233	Gary	Lane	Northants Tri	M60-64	104	119	3
120	127	Howard	Steel	Amphill & Flitwick Flyers	m40-44	105	120	21
121	1010	David	Whatton	Northampton Road Runners	M55-59	106	121	9
122	726	Matt	Roberts	North Herts Road Runners	m45-49	107	122	21
123	1481	Laurence	Scott	Rugby & Northampton AC	m55-59	108	123	10
124	292	Juliet	Naylor	Bedford Harriers	f50-54	16	124	1
125	160	Heather	Bourne	Bedford Harriers	f30-34	17	125	4
126	46	Nicola	Walton	Amphill & Flitwick Flyers	f40-44	18	126	2
127	106	Mark	Rouse	Amphill & Flitwick Flyers	m45-49	109	127	22
128	1271	Louise	Kemp	Wellingborough & District AC	f40-44	19	128	3
129	677	Nick	Shelley	Leighton Fun Runners	m35-39	110	129	14
130	163	Mike	Brewer	Bedford Harriers	m45-49	111	130	23
131	611	Kevin	Hare	Leighton Fun Runners	M50-54	112	131	20
132	121	Phil	Wolstencroft	Amphill & Flitwick Flyers	m55-59	113	132	11
133	515	Matt	Deller	Dunstable Road Runners	m45-49	114	133	24
134	97	Philip	Mead	Amphill & Flitwick Flyers	m35-39	115	134	15
135	1077	Rob	Riekie	Olney Runners	m60-64	116	135	4
136	337	Juliet	Smith	Bedford Harriers	f55-59	20	136	1
137	1090	Jo	Marshall	Olney Runners	f40-44	21	137	4
138	732	Jane	Clarke	North Herts Road Runners	f40-44	22	138	5
139	1129	Charlotte	Snowdon	Stopsley Striders	f35-39	23	139	4
140	1072	Richard	Nicholson	Olney Runners	m45-49	117	140	25
141	701	Dave	Braybrook	North Herts Road Runners	m60-64	118	141	5
142	1055	Justin	Crook	Olney Runners	m40-44	119	142	22
143	1111	Andrew	Durrant	Stopsley Striders	m60-64	120	143	6
144	733	Paula	Adams	North Herts Road Runners	f50-54	24	144	2
145	508	James	Webster	Dunstable Road Runners	m40-44	121	145	23
146	244	Dave	Holt	Bedford Harriers	m65-69	122	146	2
147	468	Natalie	Morgan	Biggleswade AC	f45-49	25	147	5
148	1103	Peter	Brown	Stopsley Striders	m35-39	123	148	16
149	614	Bob	Nichol	Leighton Fun Runners	M55-59	124	149	12
150	1529	Smail	Kennas	Rugby & Northampton AC	m70-74	125	150	1
151	151	Juan Carlos	Augusto	Bedford Harriers	m55-59	126	151	13
152	1577	Simon	Robinson	Dunstable Lions	m45-49	127	152	26
153	59	Mark	Billington	Amphill & Flitwick Flyers	m55-59	128	153	14
154	289	Michael	McVitie	Bedford Harriers	m45-49	129	154	27
155	327	Claire	Rulton	Bedford Harriers	f45-49	26	155	6
156	1071	Sarah	McAuliffe	Olney Runners	f35-39	27	156	5
157	881	Mark	Garrett	Northampton Road Runners	M60-64	130	157	7
158	502	Becky	Sharpe	Dunstable Road Runners	f30-34	28	158	5
159	1086	David	Fensom	Olney Runners	m50-54	131	159	21
160	14	Kyrstin	Fairweather	Amphill & Flitwick Flyers	f45-49	29	160	7
161	1063	Matthew	Fox	Olney Runners	m50-54	132	161	22
162	73	Stephen	Farrow	Amphill & Flitwick Flyers	m45-49	133	162	28
163	1389	david	parkins	Wootton Road Runners	m55-59	134	163	15
164	1568	Ian	Early	Dunstable Lions	m50-54	135	164	23
165	1288	Chris	Neat	Wellingborough & District AC	M60-64	136	165	8
166	524	Teresa	Warren	Dunstable Road Runners	f50-54	30	166	3
167	951	Peter	Moor	Northampton Road Runners	M50-54	137	167	24
168	1116	Miriam	Linforth	Stopsley Striders	f40-44	31	168	6
169	29	Carly	Keens	Amphill & Flitwick Flyers	f30-34	32	169	6
170	1535	Emma	Blake	Rugby & Northampton AC	f35-39	33	170	6
171	767	Laura	Fairbanks	North Herts Road Runners	f40-44	34	171	7
172	1480	Richard	Monk	Rugby & Northampton AC	m65-69	138	172	3
173	47	Lisa	Wells	Amphill & Flitwick Flyers	f55-59	35	173	2
174	57	Jeremy	Bell	Amphill & Flitwick Flyers	m55-59	139	174	16
175	1405	Jacqui	Bark	Wootton Road Runners	f40-44	36	175	8
176	1083	Rob	White	Olney Runners	m45-49	140	176	29
177	237	Nora	Haggart	Bedford Harriers	f65-69	37	177	1

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Pos.	No.	First Name	Surname	Club	Category	Points			
178	1222	Louise	Lane	Northants Tri	F55-59	38	178	3	
179	217	David	Frampton	Bedford Harriers	m65-69	141	179	4	
180	368	Lauren	Owens	Bedford Harriers	f35-39	39	180	7	
181	1501	Bernie	Myers	Rugby & Northampton AC	m55-59	142	181	17	
182	780	Richard	Weber	North Herts Road Runners	m55-59	143	182	18	
183	847	Matthew	Cleary	Northampton Road Runners	M45-49	144	183	30	
184	651	Samantha	Heady	Leighton Fun Runners	F35-39	40	184	8	
185	1339	Andrew	Reddon	Wellingborough & District AC	m35-39	145	185	17	
186	623	Joseph	Langdon	Leighton Fun Runners	M40-44	146	186	24	
187	180	Ray	Cooke	Bedford Harriers	m55-59	147	187	19	
188	661	Karen	McLean	Leighton Fun Runners	F55-59	41	188	4	
189	199	Frank	Esaw	Bedford Harriers	m70-74	148	189	2	
190	1390	Janet	Mitchell	Wootton Road Runners	f60-64	42	190	1	
191	1516	Lyndsey	Owen	Rugby & Northampton AC	f45-49	43	191	8	
192	1355	James	Meade	Wootton Road Runners	m50-54	149	192	25	
193	118	Jon	Walker	Amphill & Flitwick Flyers	m60-64	150	193	9	
194	265	Viv	Kilgour	Bedford Harriers	f60-64	44	194	2	
195	1050	Chris	Barnes	Olney Runners	m50-54	151	195	26	
196	889	Alan	Hall	Northampton Road Runners	M65-69	152	196	5	
197	1277	James	Terry	Wellingborough & District AC	M45-49	153	197	31	
198	1080	David	Shakespeare	Olney Runners	m55-59	154	198	20	
199	1114	Paul	Keech	Stopsley Striders	m60-64	155	199	10	
200	388	Jo	Capener	Bedford Harriers	f40-44	45	200	9	
201	1388	Caroline	Parkins	Wootton Road Runners	f55-59	46	201	5	
202	358	Adam	Wild	Bedford Harriers	m50-54	156	202	27	
203	731	Helen	Cairns	North Herts Road Runners	f45-49	47	203	9	
204	253	Tony	Jones	Bedford Harriers	m60-64	157	204	11	
205	638	Wayne	Walker	Leighton Fun Runners	M45-49	158	205	32	
206	901	Nick	Hibberd	Northampton Road Runners	M45-49	159	206	33	
207	737	Richard	Harbon	North Herts Road Runners	m60-64	160	207	12	
208	1373	Dave	Jones	Wootton Road Runners	m45-49	161	208	34	
209	1274	Alan	Griffiths	Wellingborough & District AC	M55-59	162	209	21	
210	722	Lucy	O'Connor	North Herts Road Runners	f60-64	48	210	3	
211	311	Jonathan	Powell	Bedford Harriers	m25-29	163	211	9	
212	1091	Simon	Place	Olney Runners	m55-59	164	212	22	
213	161	Jennifer	Branagan	Bedford Harriers	f50-54	49	213	4	
214	1065	Caroline	Higginson	Olney Runners	f45-49	50	214	10	
215	475	Stuart	Goodwin	Biggleswade AC	m40-44	165	215	25	
216	387	Toby	Chinn	Bedford Harriers	m55-59	166	216	23	
217	1478	Minerva	Chesser	Rugby & Northampton AC	f45-49	51	217	11	
218	666	Doubec	Levick	Leighton Fun Runners	F45-49	52	218	12	
219	938	Lesley	Mahony	Northampton Road Runners	F50-54	53	219	5	
220	723	Anna	Gibson	North Herts Road Runners	f35-39	54	220	9	
221	1074	Therese	O'Riordan	Olney Runners	f40-44	55	221	10	
222	1124	Stewart	Read	Stopsley Striders	m50-54	167	222	28	
223	1479	Angela	Copson	Rugby & Northampton AC	f75-99	56	223	1	
224	713	Cara	Sutton	North Herts Road Runners	f35-39	57	224	10	
225	257	Kirsty	Jones	Bedford Harriers	f40-44	58	225	11	
226	1369	Carrie	Carruthers	Wootton Road Runners	f60-64	59	226	4	
227	717	Mel	Flynn	North Herts Road Runners	f40-44	60	227	12	
228	738	Helen	Ankers	North Herts Road Runners	f25-29	61	228	3	
229	995	Roger	Taylor	Northampton Road Runners	M55-59	168	229	24	
230	173	Lisa	Chapple	Bedford Harriers	f55-59	62	230	6	
231	349	Bev	Tredget	Bedford Harriers	f55-59	63	231	7	
232	1289	Deb	Neate	Wellingborough & District AC	F60-64	64	232	5	
233	235	Cheryl	Green	Bedford Harriers	f40-44	65	233	13	
234	1109	Ruth	Doyle	Stopsley Striders	f50-54	66	234	6	
235	1345	Amy	Robinson	Wellingborough & District AC	f115-119	67	235	1	
236	1381	Steve	Smith	Wootton Road Runners	m65-69	169	236	6	

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Venue		Bedford		5-February-2023			Team Points	AgeCat Points
Pos.	No.	First Name	Surname	Club	Category	Points		
237	645	Chloe	Collins	Leighton Fun Runners	F35-39	68	237	11
238	277	Laurene	Lee	Bedford Harriers	f45-49	69	238	13
239	210	Debi	Fisher	Bedford Harriers	f30-34	70	239	7
240	1137	Dave	Thompson-Trace	Stopsley Striders	m60-64	170	240	13
241	158	Lorraine	Bennie	Bedford Harriers	f35-39	71	241	12
242	1401	Andrea	Ayliff	Wootton Road Runners	f45-49	72	242	14
243	201	Chris	Fadden	Bedford Harriers	m55-59	171	243	25
244	641	Christine	Ayers	Leighton Fun Runners	F65-69	73	244	2
245	603	Graham	Cooper	Leighton Fun Runners	M55-59	172	245	26
246	218	Amanda	Friman	Bedford Harriers	f60-64	74	246	6
247	739	Jo	Harbon	North Herts Road Runners	f55-59	75	247	8
248	1397	chris	knight	Wootton Road Runners	m50-54	173	248	29
249	382	Gill	Melia	Bedford Harriers	f50-54	76	249	7
250	1291	Guy	Travers	Wellingborough & District AC	M50-54	174	250	30
251	727	Dawn	Power	North Herts Road Runners	f25-29	77	251	4
252	460	Jennie	Day	Biggleswade AC	f50-54	78	252	8
253	383	Ceri	Hopewell	Bedford Harriers	f45-49	79	253	15
254	1395	Kay	Duffy	Wootton Road Runners	f45-49	80	254	16
255	1143	Katerina	Tuloo	Stopsley Striders	f40-44	81	255	14
256	1243	Neil	Gray	Northants Tri	m50-54	175	256	31
257	631	Keith	Phillips	Leighton Fun Runners	M70-74	176	257	3
258	782	Natalie	Philips	North Herts Road Runners	f35-39	82	258	13
259	1105	Vicki	Crowston	Stopsley Striders	f40-44	83	259	15
260	297	Russell	Page	Bedford Harriers	m60-64	177	260	14
261	546	Richard	Evans	Dunstable Road Runners	m65-69	178	261	7
262	1095	Debbie	Maccoll	Olney Runners	f55-59	84	262	9
263	1068	Anthony	Jones	Olney Runners	m50-54	179	263	32
264	479	Roxann	Holder	Biggleswade AC	f30-34	85	264	8
265	547	Cheryl	Currant	Dunstable Road Runners	f45-49	86	265	17
266	338	Jo	Smythe	Bedford Harriers	f45-49	87	266	18
267	1350	Adrian	Matthews	Wootton Road Runners	m45-49	180	267	35
268	501	Alison	Hunt	Dunstable Road Runners	f55-59	88	268	10
269	1399	Nick	Arthurton	Wootton Road Runners	m-Guest			1
270	1396	Simon	Mitchell	Wootton Road Runners	m60-64	181	269	15
271	711	Linda	Aird	North Herts Road Runners	f60-64	89	270	7
272	525	Tracey	Palmer	Dunstable Road Runners	f45-49	90	271	19
273	522	Steven	McAllister	Dunstable Road Runners	m40-44	182	272	26
274	230	Lesley	Gaunt	Bedford Harriers	f60-64	91	273	8
275	647	Debbie	Elborn	Leighton Fun Runners	F55-59	92	274	11
276	271	Eva	Kovacs	Bedford Harriers	f50-54	93	275	9
277	671	Patrick	Waring	Leighton Fun Runners	M65-69	183	276	8
278	859	Sheena	Desborough	Northampton Road Runners	F45-49	94	277	20
279	716	Sue	Vaughan	North Herts Road Runners	f55-59	95	278	12
280	931	Louise	Linnett	Northampton Road Runners	F50-54	96	279	10
281	658	Marina	Litster	Leighton Fun Runners	F30-34	97	280	9
282	162	Tom	Brassington	Bedford Harriers	m65-69	184	281	9
283	1279	Duncan	Worthy	Wellingborough & District AC	M40-44	185	282	27
284	725	Amanda	Greig	North Herts Road Runners	f45-49	98	283	21
285	634	Jon	Riley	Leighton Fun Runners	M35-39	186	284	18
286	466	Maria	Meridan	Biggleswade AC	f50-54	99	285	11
287	318	Jenny	Redgrove	Bedford Harriers	f45-49	100	286	22
288	656	Clare	Kleanthous	Leighton Fun Runners	F55-59	101	287	13
289	377	Cala	Whitmore	Bedford Harriers	f25-29	102	288	5
290	357	Helen	Whiting	Bedford Harriers	f35-39	103	289	14
291	994	Debra	Tame	Northampton Road Runners	F50-54	104	290	12
292	1135	Phil	Jeffrey	Stopsley Striders	m50-54	187	291	33
293	657	Janet	Langdon	Leighton Fun Runners	F65-69	105	292	3
294	743	Lindsay	Cook	North Herts Road Runners	f45-49	106	293	23
295	724	Helen	Cromack	North Herts Road Runners	f45-49	107	294	24

3 Counties Cross Country League Results

Venue		Bedford		5-February-2023				Team	AgeCat
Pos.	No.	First Name	Surname	Club	Category	Points	Points	Points	
296	185	Sarah	Crawley	Bedford Harriers	f45-49	108	295	25	
297	27	Laura	Johnston	Amphill & Flitwick Flyers	f50-54	109	296	13	
298	510	Jonathan	Venning	Dunstable Road Runners	m70-74	188	297	4	
299	890	Kathryn	Hall	Northampton Road Runners	F45-49	110	298	26	
300	1058	Rachel	David	Olney Runners	f55-59	111	299	14	
301	211	Katie	Fletcher	Bedford Harriers	f30-34	112	300	10	
302	637	Paul	Thomas	Leighton Fun Runners	M70-74	189	301	5	
303	232	Dave	Girling	Bedford Harriers	m70-74	190	302	6	
304	1310	Sally	Hewitt	Wellingborough & District AC	F65-69	113	303	4	
305	866	Karen	Eke	Northampton Road Runners	F60-64	114	304	9	
306	992	Sue	Summers	Northampton Road Runners	F55-59	115	305	15	
307	925	Joanna	Letts	Northampton Road Runners	F50-54	116	306	14	
308	1365	Jo	Ward	Wootton Road Runners	f60-64	117	307	10	
309	1394	Samantha	Inniss	Wootton Road Runners	f40-44	118	308	16	
310	718	Miranda	Morgan	North Herts Road Runners	f65-69	119	309	5	
311	750	Carina	Quayle	North Herts Road Runners	f60-64	120	310	11	
312	521	Sarah	Humphreys	Dunstable Road Runners	f45-49	121	311	27	
313	259	Richard	Joy	Bedford Harriers	m40-44	191	312	28	
314	1319	Mark	Cheadle	Wellingborough & District AC	M45-49	192	313	36	
315	367	Alex	Morgan	Bedford Harriers	f55-59	122	314	16	
316	1117	Evelyn	Lutterodt	Stopsley Striders	f45-49	123	315	28	
317	229	Steve	Gaunt	Bedford Harriers	m60-64	193	316	16	
318	648	Michelle	Evans-Riches	Leighton Fun Runners	F55-59	124	317	17	
319	20	Pat	Godfrey	Amphill & Flitwick Flyers	f70-74	125	318	1	
320	667	Caroline	Emerton	Leighton Fun Runners	F45-49	126	319	29	
321	714	Brian	Judkins	North Herts Road Runners	m65-69	194	320	10	
322	663	Linda	Murray	Leighton Fun Runners	F50-54	127	321	15	
323	260	Melanie	Joy	Bedford Harriers	f40-44	128	322	17	
324	334	Jo	Simmons	Bedford Harriers	f45-49	129	323	30	
325	303	Anna	Parmar	Bedford Harriers	f60-64	130	324	12	
326	188	Grete	Dalum-Tilds	Bedford Harriers	f55-59	131	325	18	
327	361	Vanessa	Williams	Bedford Harriers	f55-59	132	326	19	
328	1400	Erica	Van Bree	Wootton Road Runners	f50-54	133	327	16	
329	833	Helen	Blackburn	Northampton Road Runners	F55-59	134	328	20	
330	652	Jenny	Hogan	Leighton Fun Runners	F55-59	135	329	21	
331	16	Rebecca	Fleckney	Amphill & Flitwick Flyers	f40-44	136	330	18	
332	1241	Rosemary	Kennedy	Northants Tri	F60-64	137	331	13	
333	1403	Jerry	Inniss	Wootton Road Runners	m60-64	195	332	17	
334	365	Karen	Haggerwood	Bedford Harriers	f55-59	138	333	22	
335	307	Jane	Poole	Bedford Harriers	f50-54	139	334	17	
336	1360	Gerald	Billis	Wootton Road Runners	m75-99	196	335	1	
337	304	Shine	Parmar	Bedford Harriers	f45-49	140	336	31	
338	240	Lorena	Henderson	Bedford Harriers	f50-54	141	337	18	
339	1220	Val	Bridges	Northants Tri	F65-69	142	338	6	