

3 Counties Cross Country League Results

Venue		Well'boro		20-October-2024				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
1	64	Mike	Roberts	North Herts Road Runners	M30-34	1	1	1	
2	56	Rob	Jowett	North Herts Road Runners	M35-39	2	2	1	
3	1386	Stuart	Harman	Rugby & Northampton AC	M30-34	3	3	2	
4	225	Dan	Karaiskou	Amphill & Flitwick Flyers	M30-34	4	4	3	
5	1227	Joe	Able	Wellingborough & District AC	M25-29	5	5	1	
6	1373	Malachy	Collins	Rugby & Northampton AC	M17-19	6	6	1	
7	1282	Andy	Fairley	Wootton Road Runners	M45-49	7	7	1	
8	1306	Nicholas	Ost	Wootton Road Runners	M35-39	8	8	2	
9	1211	John	Wayland	Wellingborough & District AC	M45-49	9	9	2	
10	375	Steve	Horton	Bedford Harriers	M40-44	10	10	1	
11	5	Travis	Kruger	North Herts Road Runners	M40-44	11	11	2	
12	272	Isaac	Aguma	Bedford Harriers	M30-34	12	12	4	
13	1210	Jason	French	Wellingborough & District AC	M40-44	13	13	3	
14	491	Danny	Winn	Bedford Harriers	M40-44	14	14	4	
15	1383	Richard	Francis	Rugby & Northampton AC	M40-44	15	15	5	
16	343	Daniel	Foster	Bedford Harriers	M20-24	16	16	1	
17	1405	Ben	Merriman	Rugby & Northampton AC	M40-44	17	17	6	
18	381	Phill	Jamieson	Bedford Harriers	M40-44	18	18	7	
19	1423	Arthur	Tilt	Rugby & Northampton AC	M17-19	19	19	2	
20	1083	Tom	Rankin	Stopsley Striders	M25-29	20	20	2	
21	66	Matt	Sayers	North Herts Road Runners	M45-49	21	21	3	
22	1163	Chris	Bell	Northants Tri	M55-59	22	22	1	
23	1213	Paul	Huckle	Wellingborough & District AC	M35-39	23	23	3	
24	850	Tony	Letts	Northampton Road Runners	M55-59	24	24	2	
25	1199	Ed	Norris	Wellingborough & District AC	M35-39	25	25	4	
26	1229	Craig	Clements	Wellingborough & District AC	M40-44	26	26	8	
27	3	Vince	Wright	North Herts Road Runners	M45-49	27	27	4	
28	1420	Sam	Tallet	Rugby & Northampton AC	M35-39	28	28	5	
29	545	Robert	Morgan	Biggleswade AC	M45-49	29	29	5	
30	427	Vittorio	Paci	Bedford Harriers	M50-54	30	30	1	
31	1374	Dave	Conway	Rugby & Northampton AC	M40-44	31	31	9	
32	624	Darren	Cornish	Dunstable Lions	M50-54	32	32	2	
33	1022	Thomas	Baggot	Olney Runners	M35-39	33	33	6	
34	20	Ian	Datlen	North Herts Road Runners	M50-54	34	34	3	
35	217	Callum	Harrison	Amphill & Flitwick Flyers	M30-34	35	35	5	
36	253	Terry	Stanley	Amphill & Flitwick Flyers	M35-39	36	36	7	
37	555	Emily	Varley	Biggleswade AC	F30-34	1	37	1	
38	551	Nicholas	Sinclair	Biggleswade AC	M30-34	37	38	6	
39	497	Kit	Dixon	Bedford Harriers	M30-34	38	39	7	
40	189	Andy	Bierton	Amphill & Flitwick Flyers	M50-54	39	40	4	
41	1432	Joe	Musgrove	Rugby & Northampton AC	M20-24	40	41	2	
42	1215	Jon	Kemp	Wellingborough & District AC	M50-54	41	42	5	
43	1285	Richard	Lack	Wootton Road Runners	M50-54	42	43	6	
44	183	Roger	Ball	Amphill & Flitwick Flyers	M50-54	43	44	7	
45	310	David	Course	Bedford Harriers	M45-49	44	45	6	
46	701	Matthew	Ma	Leighton Fun Runners	M35-39	45	46	8	
47	1024	Katie	Godof	Olney Runners	F45-49	2	47	1	
48	1072	Christine	Lathwell	Stopsley Striders	F45-49	3	48	2	
49	369	Adam	Hills	Bedford Harriers	M45-49	46	49	7	
50	1281	Mark	Fowler	Wootton Road Runners	M45-49	47	50	8	
51	1295	Ashley	Gardner	Wootton Road Runners	M40-44	48	51	10	
52	314	Sean	Crawley	Bedford Harriers	M50-54	49	52	8	
53	1284	Thomas	Lack	Wootton Road Runners	M20-24	50	53	3	
54	1080	Ryan	Parsons	Stopsley Striders	M25-29	51	54	3	
55	1223	Tony	Ackers	Wellingborough & District AC	M50-54	52	55	9	
56	58	Steve	Mckeown	North Herts Road Runners	M55-59	53	56	3	
57	1400	Ben	Malia	Rugby & Northampton AC	M45-49	54	57	9	
58	392	Timothy	Kearns	Bedford Harriers	M30-34	55	58	8	
59	1153	Jonathan	Prince	Northants Tri	M30-34	56	59	9	

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Pos.		First Name	Surname	Club	Category	Points	Points	Points	
60	1246	Chris	Conway	Wellingborough & District AC	M50-54	57	60	10	
61	1016	Simon	Cook	Olney Runners	M50-54	58	61	11	
62	1251	Bradley	Kelman	Wellingborough & District AC	M25-29	59	62	4	
63	1384	Charlie	Gibbs	Rugby & Northampton AC	M17-19	60	63	3	
64	1379	Steve	Dixon	Rugby & Northampton AC	M45-49	61	64	10	
65	636	Wesley	Thorne	Dunstable Lions	M45-49	62	65	11	
66	430	Andrew	Palombella	Bedford Harriers	M40-44	63	66	11	
67	363	James	Harvey	Bedford Harriers	M40-44	64	67	12	
68	1205	Sophie	Moss	Wellingborough & District AC	F20-24	4	68	1	
69	454	Bryan	Seago	Bedford Harriers	M55-59	65	69	4	
70	456	Kevin	Shelton-Smith	Bedford Harriers	M60-64	66	70	1	
71	1387	Jo	Harris	Rugby & Northampton AC	F40-44	5	71	1	
72	1056	Ellie	Davies	Stopsley Striders	M30-34	67	72	10	
73	370	Chris	Hoare	Bedford Harriers	M40-44	68	73	13	
74	692	Daniel	Green	Leighton Fun Runners	M50-54	69	74	12	
75	553	Paul	Swinburne	Biggleswade AC	M50-54	70	75	13	
76	638	Russell	Mead	Dunstable Lions	M50-54	71	76	14	
77	673	Rosie	Booth	Leighton Fun Runners	F45-49	6	77	3	
78	34	Michael	Over	North Herts Road Runners	M55-59	72	78	5	
79	371	Nicolae	Hogas	Bedford Harriers	M45-49	73	79	12	
80	259	Kevyn	Upton	Amphill & Flitwick Flyers	M30-34	74	80	11	
81	1018	Steve	Dicks	Olney Runners	M50-54	75	81	15	
82	187	Matt	Bell	Amphill & Flitwick Flyers	M25-29	76	82	5	
83	1208	Adrian	King	Wellingborough & District AC	M55-59	77	83	6	
84	1203	Mark	Bonham	Wellingborough & District AC	M55-59	78	84	7	
85	356	James	Goodman	Bedford Harriers	M40-44	79	85	14	
86	789	Ilir	Brecani	Northampton Road Runners	M45-49	80	86	13	
87	18	David	Edwards	North Herts Road Runners	M45-49	81	87	14	
88	640	Emily	Gibbons	Dunstable Lions	F40-44	7	88	2	
89	637	Andy	Smith	Dunstable Lions	M55-59	82	89	8	
90	10	Mike	Phillips	North Herts Road Runners	M40-44	83	90	15	
91	1162	Andrew	Verra	Northants Tri	M35-39	84	91	9	
92	931	Charlotte	Yarker	Northampton Road Runners	F40-44	8	92	3	
93	1224	Martin	Arrisol	Wellingborough & District AC	M50-54	85	93	16	
94	1283	Niall	Gardiner	Wootton Road Runners	M45-49	86	94	15	
95	700	Anthony	Lombardi	Leighton Fun Runners	M40-44	87	95	16	
96	1026	Anthony	O'Neil	Olney Runners	M45-49	88	96	16	
97	1002	Mark	Johnson	Olney Runners	M55-59	89	97	9	
98	227	Ian	Lambert	Amphill & Flitwick Flyers	M50-54	90	98	17	
99	1042	Paul	Abrahams	Stopsley Striders	M45-49	91	99	17	
100	654	Joshua	Brown	Dunstable Lions	M17-19	92	100	4	
101	14	Hannah	Ridley	North Herts Road Runners	F25-29	9	101	1	
102	1305	Philip	Wood	Wootton Road Runners	M45-49	93	102	18	
103	718	Scott	McKenzie	Leighton Fun Runners	M30-34	94	103	12	
104	1061	Gez	Fallon	Stopsley Striders	M50-54	95	104	18	
105	687	Jim	Buttleman	Leighton Fun Runners	M60-64	96	105	2	
106	457	Ellie	Sherriffs	Bedford Harriers	F40-44	10	106	4	
107	1165	Gemma	Threlfall	Northants Tri	F25-29	11	107	2	
108	592	Nikk	Shillock	Dunstable Road Runners	M55-59	97	108	10	
109	1406	Brendan	Moen	Rugby & Northampton AC	M55-59	98	109	11	
110	218	Ross	Henson	Amphill & Flitwick Flyers	M45-49	99	110	19	
111	1419	Carl	Swan	Rugby & Northampton AC	M40-44	100	111	17	
112	71	Tom	Bennet Makin	North Herts Road Runners	M35-39	101	112	10	
113	1250	Rob	Day	Wellingborough & District AC	M35-39	102	113	11	
114	720	Richard	Heady	Leighton Fun Runners	M35-39	103	114	12	
115	412	Christopher	McDonagh	Bedford Harriers	M55-59	104	115	12	
116	924	David	Ward-Stokes	Northampton Road Runners	M45-49	105	116	20	
117	185	Ed	Bell	Amphill & Flitwick Flyers	M25-29	106	117	6	
118	414	Gary	Mckeaveney	Bedford Harriers	M40-44	107	118	18	

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119	1388	Katerina	Hemmington	Rugby & Northampton AC	F40-44	12	119	5	
120	937	Remy	Brooks-Johnson	Northampton Road Runners	M20-24	108	120	4	
121	13	Helen	Nuttall	North Herts Road Runners	F40-44	13	121	6	
122	384	Megan	Jones	Bedford Harriers	F30-34	14	122	2	
123	939	Chris	Perry	Northampton Road Runners	M45-49	109	123	21	
124	45	Pete	Sibbett	North Herts Road Runners	M60-64	110	124	3	
125	990	Georgia	Richardson	Olney Runners	F25-29	15	125	3	
126	327	Richard	Evans	Bedford Harriers	M35-39	111	126	13	
127	284	Cameron	Blair	Bedford Harriers	M30-34	112	127	13	
128	539	Richard	Hill	Biggleswade AC	M55-59	113	128	13	
129	558	James	Watson	Biggleswade AC	M35-39	114	129	14	
130	210	Fraser	Geddes	Amphill & Flitwick Flyers	M40-44	115	130	19	
131	1085	Martin	Read	Stopsley Striders	M45-49	116	131	22	
132	72	Joshua	Lawless	North Herts Road Runners	M30-34	117	132	14	
133	1290	David	Parkin	Wootton Road Runners	M60-64	118	133	4	
134	582	Neil	Currant	Dunstable Road Runners	M50-54	119	134	19	
135	660	Lee	Hayward	Dunstable Lions	M45-49	120	135	23	
136	533	Nick	Haworth	Biggleswade AC	M45-49	121	136	24	
137	1413	Laurence	Scott	Rugby & Northampton AC	M60-64	122	137	5	
138	987	Duncan	Winner	Olney Runners	M45-49	123	138	25	
139	62	Astrid	Mckeown	North Herts Road Runners	F50-54	16	139	1	
140	1382	Marie	Fitzer	Rugby & Northampton AC	F40-44	17	140	7	
141	237	Gavin	Nicholson	Amphill & Flitwick Flyers	M45-49	124	141	26	
142	1222	Chris	Norris	Wellingborough & District AC	M65-69	125	142	1	
143	699	Joseph	Langdon	Leighton Fun Runners	M45-49	126	143	27	
144	460	Chatinder	Singh	Bedford Harriers	M45-49	127	144	28	
145	895	Andrew	Rosewell	Northampton Road Runners	M35-39	128	145	15	
146	835	Kris	Holland	Northampton Road Runners	M30-34	129	146	15	
147	603	Bryn	Thomas	Dunstable Road Runners	M40-44	130	147	20	
148	1216	Louise	Kemp	Wellingborough & District AC	F45-49	18	148	4	
149	727	Anna	Yankey	Leighton Fun Runners	F35-39	19	149	1	
150	1151	Tom	Brennan	Northants Tri	M35-39	131	150	16	
151	288	Mike	Brewer	Bedford Harriers	M45-49	132	151	29	
152	453	Ben	Schofield	Bedford Harriers	M20-24	133	152	5	
153	714	Jonathan	Inkson	Leighton Fun Runners	M50-54	134	153	20	
154	900	Dean	Shears	Northampton Road Runners	M45-49	135	154	30	
155	886	James	Petrie	Northampton Road Runners	M50-54	136	155	21	
156	534	Giles	Hawthorne	Biggleswade AC	M50-54	137	156	22	
157	234	Philip	Mead	Amphill & Flitwick Flyers	M35-39	138	157	17	
158	1293	Richard	Moore	Wootton Road Runners	M60-64	139	158	6	
159	1032	Robert	Sanders	Olney Runners	M50-54	140	159	23	
160	1047	Nick	Betts	Stopsley Striders	M45-49	141	160	31	
161	1050	Peter	Brown	Stopsley Striders	M40-44	142	161	21	
162	1435	Kevin	Mchlouglin	Rugby & Northampton AC	M45-49	143	162	32	
163	1033	Jo	Marshall	Olney Runners	F40-44	20	163	8	
164	1159	Gary	Lane	Northants Tri	M60-64	144	164	7	
165	581	Matt	Deller	Dunstable Road Runners	M45-49	145	165	33	
166	144	Kyrstin	Fairweather	Amphill & Flitwick Flyers	F50-54	21	166	2	
167	1013	Richard	Nicholson	Olney Runners	M45-49	146	167	34	
168	1160	Keith	Brooks	Northants Tri	M45-49	147	168	35	
169	540	Roxann	Holder	Biggleswade AC	F30-34	22	169	3	
170	1051	Heather	Chandler	Stopsley Striders	F50-54	23	170	3	
171	81	Paula	Holm	North Herts Road Runners	F45-49	24	171	5	
172	1005	Mary	Jones	Olney Runners	F50-54	25	172	4	
173	1156	Sarah	Ashcroft	Northants Tri	F35-39	26	173	2	
174	1457	Darrel	Toledo	Dunstable Road Runners	M35-39	148	174	18	
175	390	Ian	Joyce	Bedford Harriers	M60-64	149	175	8	
176	693	Kevin	Hare	Leighton Fun Runners	M50-54	150	176	24	
177	338	Olivia	Flemons	Bedford Harriers	F25-29	27	177	4	

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178	1376	Richard	Cutts	Rugby & Northampton AC	M55-59	151	178	14	
179	426	Lauren	Owens	Bedford Harriers	F35-39	28	179	3	
180	1287	Graham	Hollowell	Wootton Road Runners	M55-59	152	180	15	
181	989	George	Watson	Olney Runners	M40-44	153	181	22	
182	289	Paul	Britton	Bedford Harriers	M35-39	154	182	19	
183	821	Mark	Garrett	Northampton Road Runners	M60-64	155	183	9	
184	1245	Paula	Faller	Wellingborough & District AC	F40-44	29	184	9	
185	938	Ryan	Hartwell	Northampton Road Runners	M30-34	156	185	16	
186	996	Justin	Crook	Olney Runners	M45-49	157	186	36	
187	1081	Ian	Pitkin	Stopsley Striders	M55-59	158	187	16	
188	1097	Paul	Whitford	Stopsley Striders	M55-59	159	188	17	
189	1401	Trudi	Mawby	Rugby & Northampton AC	F40-44	30	189	10	
190	666	Katy	Ludwell	Dunstable Lions	F40-44	31	190	11	
191	467	Stuart	Snelson	Bedford Harriers	M45-49	160	191	37	
192	193	Christian	Bredenkamp	Amphill & Flitwick Flyers	M55-59	161	192	18	
193	615	Jake	Langford	Dunstable Road Runners	M17-19	162	193	5	
194	927	David	Whatton	Northampton Road Runners	M60-64	163	194	10	
195	781	David	Blackburn	Northampton Road Runners	M65-69	164	195	2	
196	361	Nora	Haggart	Bedford Harriers	F65-69	32	196	1	
197	385	Niki	Jones	Bedford Harriers	F50-54	33	197	5	
198	1303	Gillian	Jakeman	Wootton Road Runners	F45-49	34	198	6	
199	452	Nick	Sandle	Bedford Harriers	M55-59	165	199	19	
200	368	Richard	Hill	Bedford Harriers	M60-64	166	200	11	
201	1243	Chris	Abel	Wellingborough & District AC	M50-54	167	201	25	
202	873	Jason	Mothersole	Northampton Road Runners	M50-54	168	202	26	
203	186	Jeremy	Bell	Amphill & Flitwick Flyers	M60-64	169	203	12	
204	798	Ella	Corcoran	Northampton Road Runners	F25-29	35	204	5	
205	1009	Paul	Pratt	Olney Runners	M50-54	170	205	27	
206	1434	Gavin	Kendall	Rugby & Northampton AC	M35-39	171	206	20	
207	182	Andy	Atherton	Amphill & Flitwick Flyers	M60-64	172	207	13	
208	691	Steve	Ellerton	Leighton Fun Runners	M60-64	173	208	14	
209	936	Kelvin	Yarker	Northampton Road Runners	M50-54	174	209	28	
210	728	Bob	Nichol	Leighton Fun Runners	M55-59	175	210	20	
211	9	Natalie	Phillips	North Herts Road Runners	F40-44	36	211	12	
212	40	John	Auld	North Herts Road Runners	M40-44	176	212	23	
213	1234	Kelly	Wedge	Wellingborough & District AC	F45-49	37	213	7	
214	1304	Chris	Jakeman	Wootton Road Runners	M45-49	177	214	38	
215	611	Adam	Pinney	Dunstable Road Runners	M65-69	178	215	3	
216	160	Autumn	Lynch	Amphill & Flitwick Flyers	F55-59	38	216	1	
217	154	Laura	Hunton	Amphill & Flitwick Flyers	F40-44	39	217	13	
218	590	Robert	Lee	Dunstable Road Runners	M45-49	179	218	39	
219	304	Alan	Colley	Bedford Harriers	M75-99	180	219	1	
220	143	Lauren	Dinham	Amphill & Flitwick Flyers	F30-34	40	220	4	
221	199	Colin	Clennett	Amphill & Flitwick Flyers	M60-64	181	221	15	
222	1289	Caroline	Parkin	Wootton Road Runners	F60-64	41	222	1	
223	1105	Cathy	Stephen	Stopsley Striders	F40-44	42	223	14	
224	1084	Stewart	Read	Stopsley Striders	M50-54	182	224	29	
225	982	David	Fensom	Olney Runners	M55-59	183	225	21	
226	682	Lina	Ramos	Leighton Fun Runners	F40-44	43	226	15	
227	423	Michael	Munro	Bedford Harriers	M55-59	184	227	22	
228	131	Jo	Aatkar	Amphill & Flitwick Flyers	F55-59	44	228	2	
229	926	Barry	Wesley	Northampton Road Runners	M60-64	185	229	16	
230	616	James	Webster	Dunstable Road Runners	M45-49	186	230	40	
231	326	Frank	Esaw	Bedford Harriers	M70-74	187	231	1	
232	215	Robert	Hardwick	Amphill & Flitwick Flyers	M40-44	188	232	24	
233	1240	Emma	Moore	Wellingborough & District AC	F40-44	45	233	16	
234	161	Kate	McWhan	Amphill & Flitwick Flyers	F25-29	46	234	6	
235	1452	Sam	Roberts	Dunstable Road Runners	M45-49	189	235	41	
236	337	Debi	Fisher	Bedford Harriers	F30-34	47	236	5	

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237	1194	Marc	Sanderson	Wellingborough & District AC	M45-49	190	237	42	
238	484	Huafu	Wang	Bedford Harriers	M65-69	191	238	4	
239	489	Adam	Wild	Bedford Harriers	M55-59	192	239	23	
240	458	Graham	Short	Bedford Harriers	M65-69	193	240	5	
241	537	Stuart	Highland	Biggleswade AC	M50-54	194	241	30	
242	892	Steve	Prior	Northampton Road Runners	M60-64	195	242	17	
243	719	Samantha	Heady	Leighton Fun Runners	F40-44	48	243	17	
244	847	Tim	Leah	Northampton Road Runners	M40-44	196	244	25	
245	224	Richie	Jones	Amphill & Flitwick Flyers	M60-64	197	245	18	
246	646	Cahal	McConville	Dunstable Lions	M55-59	198	246	24	
247	411	Rob	McCaffray	Bedford Harriers	M55-59	199	247	25	
248	1070	Paul	Keech	Stopsley Striders	M65-69	200	248	6	
249	1071	Danny	Kelly	Stopsley Striders	M60-64	201	249	19	
250	147	Caroline	Gilby	Amphill & Flitwick Flyers	F60-64	49	250	2	
251	1369	Minerva	Chesser	Rugby & Northampton AC	F50-54	50	251	6	
252	1298	Deana	Lenton	Wootton Road Runners	F55-59	51	252	3	
253	1288	Kirsty	Ransom	Wootton Road Runners	F35-39	52	253	4	
254	535	Andrew	Hedley	Biggleswade AC	M60-64	202	254	20	
255	277	Tony	Barnes	Bedford Harriers	M60-64	203	255	21	
256	934	Ruth	Brennan	Northampton Road Runners	F30-34	53	256	6	
257	1433	Suzy	Rawlings	Rugby & Northampton AC	F40-44	54	257	18	
258	1310	James	Meade	Wootton Road Runners	M50-54	204	258	31	
259	1371	Hayley	Clarke	Rugby & Northampton AC	F45-49	55	259	8	
260	530	Ian	Grimwood	Biggleswade AC	M70-74	205	260	2	
261	440	Jonathan	Powell	Bedford Harriers	M30-34	206	261	17	
262	1249	Andrew	Redden	Wellingborough & District AC	M35-39	207	262	21	
263	1228	Keeley	Kenyon	Wellingborough & District AC	F35-39	56	263	5	
264	694	Andrew	Heale	Leighton Fun Runners	M55-59	208	264	26	
265	79	Stuart	Cocks	North Herts Road Runners	M45-49	209	265	43	
266	634	Louise	Perry	Dunstable Lions	F40-44	57	266	19	
267	1157	Gemma	McRae	Northants Tri	F35-39	58	267	6	
268	1048	Dawn	Boon	Stopsley Striders	F45-49	59	268	9	
269	721	Andy	Stocks	Leighton Fun Runners	M50-54	210	269	32	
270	306	Ray	Cooke	Bedford Harriers	M60-64	211	270	22	
271	1407	Richard	Monk	Rugby & Northampton AC	M65-69	212	271	7	
272	837	Dean	Humphreys	Northampton Road Runners	M55-59	213	272	27	
273	827	Alan	Hall	Northampton Road Runners	M65-69	214	273	8	
274	1089	Jamila	Salam	Stopsley Striders	F35-39	60	274	7	
275	1297	Andrea	Collingwood	Wootton Road Runners	F45-49	61	275	10	
276	861	Lesley	Mahony	Northampton Road Runners	F50-54	62	276	7	
277	74	Federico	Melillo	North Herts Road Runners	M30-34	215	277	18	
278	403	Richard	Lawson	Bedford Harriers	M55-59	216	278	28	
279	1145	Tiph	Marshall	Northants Tri	F40-44	63	279	20	
280	712	William	Langdon	Leighton Fun Runners	M40-44	217	280	26	
281	307	Richard	Cordes	Bedford Harriers	M50-54	218	281	33	
282	1308	Dave	Jones	Wootton Road Runners	M50-54	219	282	34	
283	1021	Therese	O'Riordan	Olney Runners	F45-49	64	283	11	
284	811	David	Emms	Northampton Road Runners	M30-34	220	284	19	
285	708	Wayne	Walker	Leighton Fun Runners	M45-49	221	285	44	
286	388	Tony	Jones	Bedford Harriers	M60-64	222	286	23	
287	1415	Julie	Smith	Rugby & Northampton AC	F50-54	65	287	8	
288	340	Lawrence	Folley	Bedford Harriers	M65-69	223	288	9	
289	483	Debbie	Walsh	Bedford Harriers	F40-44	66	289	21	
290	1196	Mary	Pearson	Wellingborough & District AC	F35-39	67	290	8	
291	913	Roger	Taylor	Northampton Road Runners	M55-59	224	291	29	
292	580	Lucilla	O'Brien	Dunstable Road Runners	F45-49	68	292	12	
293	860	Alison	Mahoney	Northampton Road Runners	F45-49	69	293	13	
294	665	Anouska	Harrison	Dunstable Lions	F45-49	70	294	14	
295	713	Paul	Atkinson	Leighton Fun Runners	M65-69	225	295	10	

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Venue		Well'boro		20-October-2024				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
296	1073	Miriam	Linforth	Stopsley Striders	F40-44	71	296	22	
297	1241	Alan	Griffiths	Wellingborough & District AC	M55-59	226	297	30	
298	396	Simon	King	Bedford Harriers	M65-69	227	298	11	
299	296	Chris	Capps	Bedford Harriers	M65-69	228	299	12	
300	431	Anna	Paparozzi	Bedford Harriers	F50-54	72	300	9	
301	999	Luke	Wallis	Olney Runners	M40-44	229	301	27	
302	664	Timothy	Chute	Dunstable Lions	M30-34	230	302	20	
303	394	Viv	Kilgour	Bedford Harriers	F60-64	73	303	3	
304	477	James	Trodd	Bedford Harriers	M35-39	231	304	22	
305	1064	Richard	Hardy	Stopsley Striders	M70-74	232	305	3	
306	574	Claire	Thomas	Dunstable Road Runners	F40-44	74	306	23	
307	482	Sylvie	Walpole	Bedford Harriers	F50-54	75	307	10	
308	1058	Ruth	Doyle	Stopsley Striders	F55-59	76	308	4	
309	1007	Matthew	Kelly	Olney Runners	M55-59	233	309	31	
310	651	Greer	Kidney	Dunstable Lions	F50-54	77	310	11	
311	50	Natasha	Pitman	North Herts Road Runners	F45-49	78	311	15	
312	80	Laurie	Scott	North Herts Road Runners	M50-54	234	312	35	
313	1238	Paula	Thomas	Wellingborough & District AC	F45-49	79	313	16	
314	21	Andrew	Robson	North Herts Road Runners	M55-59	235	314	32	
315	994	Jo-Anne	Rouse	Olney Runners	F35-39	80	315	9	
316	1299	Antoinette	Moore	Wootton Road Runners	F55-59	81	316	5	
317	1286	Pete	Diamond	Wootton Road Runners	M65-69	236	317	13	
318	347	Amanda	Friman	Bedford Harriers	F65-69	82	318	2	
319	1302	Michael	Kendal	Wootton Road Runners	M65-69	237	319	14	
320	1155	Adrian	Cherry	Northants Tri	M60-64	238	320	24	
321	1065	Helen	Harris	Stopsley Striders	F55-59	83	321	6	
322	585	Steven	McAllister	Dunstable Road Runners	M40-44	239	322	28	
323	73	Mel	Flynn	North Herts Road Runners	F40-44	84	323	24	
324	1055	Liz	Davies	Stopsley Striders	F60-64	85	324	4	
325	780	Duncan	Bisatt	Northampton Road Runners	M60-64	240	325	25	
326	386	Noel	Jones	Bedford Harriers	M60-64	241	326	26	
327	324	Ray	Ellis	Bedford Harriers	M65-69	242	327	15	
328	667	Michelle	Jenner	Dunstable Lions	F55-59	86	328	7	
329	649	Shelah	Surgey	Dunstable Lions	F60-64	87	329	5	
330	487	Helen	Whiting	Bedford Harriers	F35-39	88	330	10	
331	933	David	Manifold	Northampton Road Runners	M30-34	243	331	21	
332	359	Joanne	Green	Bedford Harriers	F40-44	89	332	25	
333	672	Christine	Ayers	Leighton Fun Runners	F70-74	90	333	1	
334	733	Caitrina	Oakes	Leighton Fun Runners	F50-54	91	334	12	
335	44	Dawn	Power	North Herts Road Runners	F50-54	92	335	13	
336	683	Fiona	Silcock	Leighton Fun Runners	F50-54	93	336	14	
337	1152	Anand	Mistry	Northants Tri	M35-39	244	337	23	
338	308	Laura	Corley	Bedford Harriers	F35-39	94	338	11	
339	1292	Kay	Duffy	Wootton Road Runners	F45-49	95	339	17	
340	1294	Steve	Smith	Wootton Road Runners	M70-74	245	340	4	
341	1396	Efthymia	Katsogianni	Rugby & Northampton AC	F55-59	96	341	8	
342	620	Madie	Moffatt	Dunstable Road Runners	F20-24	97	342	2	
343	1034	Clara	White	Olney Runners	F25-29	98	343	7	
344	911	Chloe	Tallett	Northampton Road Runners	F35-39	99	344	12	
345	295	Lisa	Calvert	Bedford Harriers	F55-59	100	345	9	
346	881	Adam	Oleszczuk	Northampton Road Runners	M40-44	246	346	29	
347	941	Chris	Mullaney	Northampton Road Runners	M40-44	247	347	30	
348	382	Eve	Johnson	Bedford Harriers	F30-34	101	348	7	
349	556	Jackie	Warren	Biggleswade AC	F55-59	102	349	10	
350	783	Vicki	Bonner	Northampton Road Runners	F35-39	103	350	13	
351	201	Rob	Cook	Amphill & Flitwick Flyers	M65-69	248	351	16	
352	1144	Amy	Tibbitts	Northants Tri	F35-39	104	352	14	
353	416	Gillian	Melia	Bedford Harriers	F50-54	105	353	15	
354	1436	Elliot	Charles	Rugby & Northampton AC	M50-54	249	354	36	

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Venue		Well'boro		20-October-2024				Team	AgeCat
Pos.		First Name	Surname	Club	Category	Points	Points	Points	
355	1110	Calista	Strange	Stopsley Striders	F40-44	106	355	26	
356	1057	Steve	Day	Stopsley Striders	M50-54	250	356	37	
357	1010	Peter	Houghton	Olney Runners	M40-44	251	357	31	
358	300	Lynn	Christison	Bedford Harriers	F45-49	107	358	18	
359	883	Elaine	Palmer	Northampton Road Runners	F55-59	108	359	11	
360	702	Richard	Meredith	Leighton Fun Runners	M50-54	252	360	38	
361	273	Jacqueline	Armstrong	Bedford Harriers	F55-59	109	361	12	
362	1296	Shane-Louise	Fordham	Wootton Road Runners	F40-44	110	362	27	
363	771	Dawn	Bailham	Northampton Road Runners	F60-64	111	363	6	
364	594	Ruth	Power	Dunstable Road Runners	F60-64	112	364	7	
365	1011	Rachel	David	Olney Runners	F60-64	113	365	8	
366	856	Louise	Linnett	Northampton Road Runners	F55-59	114	366	13	
367	690	Yan	Edwards	Leighton Fun Runners	M35-39	253	367	24	
368	352	Richard	Gallivan	Bedford Harriers	M65-69	254	368	17	
369	480	Diane	Wallis	Bedford Harriers	F65-69	115	369	3	
370	679	Janet	Langdon	Leighton Fun Runners	F70-74	116	370	2	
371	805	Sheena	Desborough	Northampton Road Runners	F50-54	117	371	16	
372	389	Melanie	Joy	Bedford Harriers	F40-44	118	372	28	
373	1095	Martin	West	Stopsley Striders	M45-49	255	373	45	
374	711	Dawn	Langdon	Leighton Fun Runners	F45-49	119	374	19	
375	591	Claire	Belmar	Dunstable Road Runners	F45-49	120	375	20	
376	598	Richard	Evans	Dunstable Road Runners	M70-74	256	376	5	
377	543	Maria	Meridan	Biggleswade AC	F50-54	121	377	17	
378	498	Tom	Brassington	Bedford Harriers	M70-74	257	378	6	
379	705	Jon	Riley	Leighton Fun Runners	M35-39	258	379	25	
380	971	Adam	Jewson	Olney Runners	M25-29	259	380	7	
381	502	Laura	Dove	Bedford Harriers	F30-34	122	381	8	
382	339	Katie	Fletcher	Bedford Harriers	F30-34	123	382	9	
383	438	Craig	Petre	Bedford Harriers	M35-39	260	383	26	
384	1301	Harriet	Warden	Wootton Road Runners	F20-24	124	384	3	
385	1291	Samantha	Innis	Wootton Road Runners	F45-49	125	385	21	
386	1019	Tanya	Wallis	Olney Runners	F30-34	126	386	10	
387	806	Jon	Dilworth	Northampton Road Runners	M70-74	261	387	7	
388	481	Robert	Wallis	Bedford Harriers	M65-69	262	388	18	
389	782	Helen	Blackburn	Northampton Road Runners	F60-64	127	389	9	
390	983	David	O'Connor	Olney Runners	M55-59	263	390	33	
391	538	Lynn	Hill	Biggleswade AC	F55-59	128	391	14	
392	1300	Sarah	Warden	Wootton Road Runners	F60-64	129	392	10	
393	977	Anne-Marie	Villiers	Olney Runners	F65-69	130	393	4	
394	53	Lindsay	Cook	North Herts Road Runners	F45-49	131	394	22	
395	435	Sarah	Parker	Bedford Harriers	F45-49	132	395	23	
396	1008	Michelle	Ramsden	Olney Runners	F50-54	133	396	18	
397	67	Miranda	Morgan	North Herts Road Runners	F65-69	134	397	5	
398	1001	Marian	Chapman	Olney Runners	F65-69	135	398	6	
399	935	Helen	Jones	Northampton Road Runners	F50-54	136	399	19	
400	531	Juliet	Grimwood	Biggleswade AC	F60-64	137	400	11	
401	552	Simon	Strong	Biggleswade AC	M50-54	264	401	39	
402	320	Rachel	Dell	Bedford Harriers	F45-49	138	402	24	
403	373	Jacinta	Horne	Bedford Harriers	F55-59	139	403	15	
404	145	Rebecca	Fleckney	Amphill & Flitwick Flyers	F40-44	140	404	29	
405	254	Dave	Stanley	Amphill & Flitwick Flyers	M70-74	265	405	8	
406	292	April	Burrows	Bedford Harriers	F35-39	141	406	15	
407	301	Claire	Cleland	Bedford Harriers	F50-54	142	407	20	
408	671	Nicki	Atkinson	Leighton Fun Runners	F60-64	143	408	12	
409	610	Stacey	Mills	Dunstable Road Runners	F60-64	144	409	13	
410	609	Angela	Tarbox	Dunstable Road Runners	F55-59	145	410	16	
411	578	Jonathan	Venning	Dunstable Road Runners	M70-74	266	411	9	
412	1451	Matthew	Hake	Dunstable Road Runners	M50-54	267	412	40	
413	681	Lynda	Murray	Leighton Fun Runners	F55-59	146	413	17	

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Pos.		First Name	Surname	Club	Category	Points	Team Points	AgeCat Points
414	1247	Sally	Hewitt	Wellingborough & District AC	F70-74	147	414	3
415	698	Shaun	Kirtley	Leighton Fun Runners	M50-54	268	415	41
416	283	Lyndsey	Bithrey	Bedford Harriers	F60-64	148	416	14
417	1307	Caroline	Moore	Wootton Road Runners	F60-64	149	417	15
418	1309	Louise	Birkett-Swan	Wootton Road Runners	F50-54	150	418	21
419	1074	Evelyn	Lutterodt	Stopsley Striders	F50-54	151	419	22
420	1146	Andrew	Guilder	Northants Tri	M40-44	269	420	32
421	678	Nicole	Gibbs	Leighton Fun Runners	F35-39	152	421	16
422	1142	Chris	Baldwin	Northants Tri	M40-44	270	422	33
423	1087	Judy	Reid	Stopsley Striders	F70-74	153	423	4
424	413	Andrea	McGrellis	Bedford Harriers	F55-59	154	424	18
425	322	Grace	Dial	Bedford Harriers	F30-34	155	425	11
426	406	Vanessa	Lipski	Bedford Harriers	F55-59	156	426	19
427	972	Adele	White	Olney Runners	F60-64	157	427	16
428	1454	Tracey	Moffatt	Dunstable Road Runners	F55-59	158	428	20
429	35	Brian	Judkins	North Herts Road Runners	M65-69	271	429	19
430	992	Hilary	Swanston	Olney Runners	F60-64	159	430	17
431	444	Jasbir	Purewal	Bedford Harriers	F45-49	160	431	25
432	471	Gemma	Stevenson	Bedford Harriers	F45-49	161	432	26
433	1158	Val	Bridges	Northants Tri	F70-74	162	433	5
434	1046	Leigh	Betts	Stopsley Striders	F45-49	163	434	27
435	1109	Lauren	Embleton	Stopsley Striders	F25-29	164	435	8