

## U13 Girls

### 100 m

Tamai Griffith	Luton AC	13.3 secs
Sasha Cutten	Luton AC	13.6 secs
Natasha Doyle	Rob Bloomfield School	14.1 secs
Evie Mugridge	Biggleswade AC	14.5 secs
Christie Munnley	Lincroft	14.5 secs
Courtney Walker -Osbourne	Bedford & Cnty	14.5 secs
Lauren Herbert	Bedford & Cnty	14.7 secs
Ami McCoy	Bedford & Cnty	14.8 secs
Olivia Sugars	Lincroft	15.0 secs
Megan Roberts	Biggleswade AC	15.1 secs

### 200 m

Tamai Griffith (13)	Luton AC	27.5 secs
Evie Mugridge	Biggleswade AC	28.4 secs
Sasha Cutten	Luton AC	28.8 secs
Courtney Walker -Osbourne	Bedford & Cnty	29.4 secs
Georgie Harris Love	Robert Bloomfield	30.4 secs
Adeya Edwards	Luton AC	30.8 secs
Lauren Herbert	Bedford & Cnty	30.9 secs
Lenisha Benjamin	Lincroft	30.9 secs
Lauren Moroney	Luton AC	31.0 secs
Elena Richardson	Bedford & Cnty	31.7 secs

### 800 m

Lauren Russell	Bedford & Cnty	2 mins 34.9 secs
Amelia Edwards	Luton AC	2 mins 36.6 secs
Lauren Moroney	Luton AC	2 mins 39.0 secs
Eleanor Usher	Bedford & Cnty	2 mins 44.2 secs
Courtney Hunter	Bedford & Cnty	2 mins 44.6 secs
Kelly Rodd	Bedford & Cnty	2 mins 45.0 secs
Katie Healey	Bedford & Cnty	2 mins 45.4 secs
Daisy Ward	Bedford & Cnty	2 mins 47.9 secs
Anna Bright	Luton AC	2 mins 54.7 secs
Millie Dalton	Lincroft	2 mins 57.72 secs

### 1500 m

Katie Healey	Bedford & Cnty	5 mins 23.95 secs
Courtney Hunter	Bedford & Cnty	5 mins 36.6 secs
Lauren Russell	Bedford & Cnty	5 mins 42.4 secs
Lucy Churchill-Coleman	Beds Schools	5 mins 43.6 secs
Tilley Rhubens	Bedford & Cnty	5 mins 46.7 secs
Michelle Lathwell	Luton AC	5 mins 48.1 secs
K Lathwell	Luton AC	5 mins 50.4 secs
Eleanor Usher	Bedford & Cnty	5 mins 57.2 secs
Rhiannon McCaffrey	Bedford & Cnty	6 mins 04.8 secs
Millie Dalton	Lincroft	6 mins 05.0 secs

### 70 m Hurdles

Courtney Walker -Osbourne	Bedford & Cnty	12.3 secs
Kelsey Bassett	Robert Bloomfield	13.3 secs
Elena Richardson	Bedford & Cnty	13.4 secs
Lauren Moroney	Luton AC	13.7 secs
Millie Dalton	Lincroft	14.34 secs
Jessica Amey	Leighton Buzzard	14.5 secs
Claire Cornish	Biggleswade AC	16.2 secs
Amelia Edwards	Luton AC	16.5 secs
Freya Vafadari	Luton AC	16.8 secs
Adeya Edwards	Luton AC	16.9 secs

### High Jump

Courtney Walker -Osbourne (6)	Bedford & Cnty	1.50 m
Lenisha Benjamin	Bedford & Cnty	1.40 m
Natasha Doyle	Rob Bloomfield School	1.35 m
Georgina Sexton	Bedford & Cnty	1.25 m
Adeya Edwards	Luton AC	1.20 m
Katie Healey	Bedford & Cnty	1.20 m
Jessica Amey	Leighton Buzzard	1.15 m
Amalie Edwards	Luton AC	1.15 m
Beth Tippite	Leighton Buzzard	1.15 m
Claire Cornish	Biggleswade AC	1.10 m
Freya Vafadari	Luton AC	1.10 m

### Long Jump

K Powell (8)	Bedford & Cnty	4.82 m
Sasha Cutten	Luton AC	4.35 m
Tamai Griffith	Luton AC	4.17 m
Georgie Harris Love	Robert Bloomfield	4.09 m
Lauren Herbert	Bedford & Cnty	3.81 m
Sarah Ridley	Holmemead School	3.73 m
Ami-Lee Trafford	Bedford & Cnty	3.73 m
Christie Munnley	Luton AC	3.69 m
Henny Horsler	U/A	3.69 m
Jessica Amey	Leighton Buzzard	3.61 m

### Discus

Clara Wise (16)	Robert Bloomfield	24.60 m
Kelsey Bassett	Luton AC	17.65 m
Abi-Rose Redwood Smith	Holmemead School	16.36 m
T Rhubens	Bedford & Cnty	11.47 m
Adeya Edwards	Luton AC	11.36 m
K Lathwell	Luton AC	9.61 m
Michell Lathwell	Luton AC	8.99 m
Georgina Sexton	Bedford & Cnty	8.91 m

### Javelin

Adeya Edwards	Luton AC	19.90 m
Harriett Pentland	Lincroft	17.25 m
K Lathwell	Luton AC	7.34 m
Michell Lathwell	Luton AC	6.81 m

### Shot

Sasha Cutten	Luton AC	7.43 m
Kelsey Bassett	Luton AC	6.75 m
Katie Healey	Bedford & Cnty	6.52 m
Victoria Chalmers	Robert Bloomfield	6.25 m
Amelia Edwards	Luton AC	5.68 m
J Jobbling	Bedford & Cnty	5.62 m
Freya Vafadari	Luton AC	5.35 m
Adeya Edwards	Luton AC	5.03 m
Courtney Hunter	Bedford & Cnty	4.70 m
Kelly Rodd	Bedford & Cnty	4.63 m









## U15 Girls

### 100 m

Hhepziba Ogunro (9)	Luton AC	12.72 secs
Sabrina Bakare	Luton AC	12.8 secs
Paige Cole	Luton AC	13.3 secs
Tamika Spence	Luton AC	13.3 secs
A Panter	Beds Schools	13.5 secs
Hannah Ronald	Luton AC	13.5 secs
Jodie Kitchenor	Beds Schools	13.6 secs
Alice Devaney	Bedford & Cnty (Bucks)	13.9 secs
Rebecca Davies	Leighton Buzzard AC	14.0 secs
Hannah Fox	Bedford & Cnty	14.0 secs
Hawa Saliho	Luton	14.0 secs

### 200 m

Hhepziba Ogunro (13)	Luton AC	25.62 secs
Sabrina Bakare	Luton AC	26.1 secs
Abigail Dalton	Lincroft	27.6 secs
Paige Cole	Luton AC	27.7 secs
R Houghton	Beds Schools	27.9 secs
Tamika Spence	Luton AC	27.9 secs
Chloe Litchfield	Biggleswade AC	28.5 secs
Hannah Fox	Bedford & Cnty	29.1 secs
Charlotte Sexton	Bedford & Cnty	29.2 secs
Hawa Saliho	Luton	29.2 secs

### 300 m

Hhepziba Ogunro	Luton AC	41.6 secs
Sophie Billington	Luton AC	44.3 secs
Allanah Harris	Bedford & Cnty	46.0 secs
Demi Shade	Bedford & Cnty	47.1 secs
Grace Keane	Luton AC	47.2 secs
Christey Tilley	Luton AC	48.5 secs
Amey Fleming	Luton AC	48.6 secs
Jessica Powers	Luton AC	48.7 secs
Robin Clerkin	Luton AC	49.5 secs
Kim Stonebridge	Biggleswade AC	49.9 secs
Megan Angel	Bedford & Cnty	49.9 secs



800 m

Sophie Billington (17)	Luton AC	2 mins 16.9 secs
Allanah Harris	Bedford & Cnty	2 mins 21.0 secs
Ellie Hemming	Bedford & Cnty	2 mins 26.6 secs
Armored Tribbeck	Bedford & Cnty	2 mins 27.2 secs
Rebecca Murray	Bedford & Cnty	2 mins 27.20 secs
Megan Shreeves	Bedford & Cnty	2 mins 27.3 secs
Hhepziba Ogunro	Luton AC	2 mins 27.4 secs
Grace Keane	Luton AC	2 mins 29.07 secs
Molly McKenzie	Bedford & Cnty	2 mins 29.4 secs
Reeve Walcott Nolan	Luton AC	2 mins 29.91 secs

1500 m

Allanah Harris (19)	Bedford & Cnty	4 mins 44.48 secs
Reeve Walcott Nolan	Luton AC	4 mins 51.8 secs
Rebecca Murray	Bedford & Cnty	4 mins 53.9 secs
Sophie Billington	Luton AC	4 mins 54.4 secs
Ellie Hemming	Bedford & Cnty	4 mins 54.8 secs
Molly McKenzie	Bedford & Cnty	4 mins 57.9 secs
Ellie Still	Luton AC	4 mins 55.3 secs
Megan Shreeves	Bedford & Cnty	5 mins 01.82 secs
Hannah Farmer	Luton AC	5 mins 05.7 secs
Grace Keane	Luton AC	5 mins 07.95 secs

3000 m

Rebecca Murray (5)	Bedford & Cnty	10 mins 19.5 secs
Reeve Walcott Nolan (13)	Luton AC	10 mins 33.47 secs
Ellie Still	Luton AC	11 mins 29.85 secs

### 75 m Hurdles

Charlotte Sexton	Bedford & Cnty	12.54 secs
Hannah Conquest	Beds Schools	12.7 secs
Paige Cole	Luton AC	13.6 secs
Amy Johnson	Bedford & Cnty	13.6 secs
Christey Tilley	Luton AC	13.7 secs
Rebecca Davies	Leigton Buzzard	13.8 secs
Abigail Dalton	Beds Schools	13.9 secs
A Martin	Beds Schools	14.1 secs
K Nicholls	Luton AC	14.6 secs
Hannah Ronald	Luton AC	16.1 secs

### Pentathlon

Abigail Dalton	Beds Schools	2260 pts
Hannah Conquest	Beds Schools	2206 pts
Hhepziba Ogunro	Luton AC	2160 pts
Paige Cole	Luton AC	2138 pts
Charlotte Sexton	Bedford & Cnty	2027 pts
Christey Tilley	Luton AC	1881 pts
Charlotte Bodger	Bedford & Cnty	1224 points

### High Jump

Sabrina Bakare (19)	LutonAC	1.60 m
Cherrele Hibbert	Luton AC	1.45 m
Hannah Conquest	Beds Schools	1.44 m
Amy Johnson	Bedford & Cnty	1.40 m
Hannah Ronald	Luton AC	1.40 m
Christey Tilley	Luton AC	1.40 m
Eleanor Hudson	Luton AC	1.40 m
Beth Clark	Beds Schools	1.35 m
Paige Cole	Luton AC	1.35 m
Abigail Dalton	Beds Schools	1.35 m

### Long Jump

Hhepziba Ogunro (5)	Luton AC	5.42 m
Abigail Dalton	Beds Schools	4.57 m
Hannah Conquest	Beds Schools	4.54 m
Chloe Litchfield	Biggleswade AC	4.53 m
Alice Devaney	Bedford & Cnty	4.48 m
Rebecca Davies	Leigton Buzzard	4.38 m
Paige Cole	Luton AC	4.36 m
R Quinn	Beds Schools	4.35 m
Hannah Ronald	Luton AC	3.90 m
Charlotte Sexton	Bedford & Cnty	3.89 m

### Triple Jump

Chloe Litchfield	Biggleswade AC	9.44 m
Eleanor Hudson	Luton AC	8.32 m

### Discus

Laura Duffy (19)	Luton AC	29.60 m
K Howard	Beds Schools	27.44 m
Rachel Nicholls	Bedford & Cnty	24.36 m
Emma Flynn	Bedford & Cnty	23.45 m
J Haines	Beds Schools	23.90 m
A Gay	Beds Schools	23.62 m
Olivia D'Costa	Bedford & Cnty	22.75 m
Molly McKenzie	Bedford & Cnty	18.61 m
Sarah Adenyi	Beds Schools	18.40 m
Danielle Stigwood	Beds Schools	18.30 m
Olivia Pieriea	Etonbury School	17.07 m
Beth Harvey	Biggleswade AC	16.46 m
Paige Cole	Luton AC	16.44 m

### Javelin

Olivia D'Costa (7)	Bedford & Cnty	37.86 m
Rachel Nicholls	Bedford & Cnty	23.74 m
Sofia Shackcloth	Leighton Buzzard	22.48 m
Cherrele Hibbert	Luton AC	20.69 m
P Eaton	Beds Schools	20.15 m
Laura Duffy	Luton AC	19.24 m
Kiera Fitzpatrick	Bedford & Cnty	18.26 m
Noel Wolvaardt	Bedford & Cnty	15.75 m
Sophie Roe	Luton AC	11.38 m
Hawa Saliho	Luton AC	10.08 m

### Shot

Paige Cole (20)	Luton AC	10.71 m
Olivia D'Costa	Bedford & Cnty	10.17 m
Hannah Marshall	Beds Schools	9.17 m
Sarah Adenyi	Beds Schools	9.02 m
Rochelle Birch	Beds Schools	7.95 m
Amber Howes	Beds Schools	7.71 m
Abigail Dalton	Beds Schools	7.38 m
Danielle Sharpe	Bedford & Cnty	7.37 m
Sofia Shackcloth	Leighton Buzzard	7.34 m
Laura Duffy	Luton AC	7.30 m

### Hammer

Beth Harvey	Biggleswade AC	28.26 m
Paige Cole	Luton AC	16.40 m





## U17 Women

### 100 m

Lauren Stewart	Bedford & Cnty	12.6 secs
Chidi Udemeze	Bedford & Cnty	12.6 secs
Shanara Hibbert	Luton AC	12.8 secs
Danni Patmore	Bedford & C	12.93 secs
Rachel Peters	Luton Schools	13.1 secs
Yolanda Bullen	Bedford & Cnty	13.3 secs
Lucy Munday	Bedford	13.3 secs
Sylvia Noel	Luton AC	13.3 secs
Amy Fleming	Luton AC	13.4 secs
Kelly Lepore	Luton AC	13.4 secs

### 200 m

Chidi Udemeze	Bedford & Cnty	26.2 secs
Danni Patmore	Bedford & C	26.3 secs
Rhiannon Goodman	Bedford & Cnty	26.4 secs
Shanara Hibbert	Luton AC	26.5 secs
Lauren Stewart	Bedford & Cnty	26.6 secs
Yolanda Bullen	Bedford & C	26.65 secs
Lucy Munday	Bedford	26.9 secs
Devon Byrne	Beds Schools	27.3 secs
Amy Fleming	Luton AC	27.5 secs
Nicole Matthews	Luton AC	27.5 secs

### 300 m

Lucy Munday	Bedford & Cnty	41.8 secs
Rhiannon Goodman	Bedford & Cnty	43.2 secs
Shanara Hibbert	Luton AC	43.2 secs
Amy Fleming	Luton AC	43.3 secs
Danni Patmore	Bedford & Cnty	43.9 secs
Nicole Matthews	Luton AC	44.1 secs
Dani Northwood	Luton AC	45.3 secs
Hannah Frith	Bedford & Cnty	47.3 secs
Laura Caswell	Bedford & Cnty	48.0 secs
Amelia Wood	Biggleswade AC	49.7 secs

400 m

Amy Fleming	Luton AC	62.2 secs
Rhiannon Goodman	Bedford & Cnty	62.9 secs
Nicole Matthews	Luton AC	63.69 secs
Amelia Wood	Biggleswade AC	69.9 secs

800 m

Claudia Barker	Bedford & Cnty	2 mins 20.0 secs
Alice Burgin	Bedford & Cnty	2 mins 26.3 secs
Devon Byrne	Beds Schools	2 mins 27.22 secs
Amy Fleming	Luton AC	2 mins 32.84 secs
Cleo Lewis	Luton AC	2 mins 34.2 secs
Emily Relton	Bedford & Cnty	2 mins 35.1 secs
Yolanda Bullen	Bedford & Cnty	2 mins 36.12 secs
Brogan Fielden	Bedford & Cnty	2 mins 36.6 secs
Amelia Wood	Biggleswade AC	2 mins 37.1 secs
Nicole Matthews	Luton AC	2 mins 43.1 secs

1500 m

Emily Walbank	Bedford & Cnty	4 mins 39.38 secs
Alice Burgin	Bedford & Cnty	4 mins 46.45 secs
Emily Relton	Bedford & Cnty	4 mins 58.9 secs
Brogan Fielden	Bedford & Cnty	5 mins 27.6 secs
Cleo Lewis	Luton AC	5 mins 53.8 secs

3000 m

Emily Walbank (6)	Bedford & Cnty	9 mins 57.44 secs
Alice Burgin	Bedford & Cnty	10 mins 27.11 secs
Emily Relton	Bedford & Cnty	10 mins 55.7 secs
Brogan Fielden	Bedford & Cnty	12 mins 19.0 secs



### 80 m Hurdles

Yolanda Bullen	Bedford & Cnty	12.0 secs
Lisa Clarke	Luton AC	12.2 secs
Devon Byrne	Beds Schools	13.4 secs
Danni Northwood	Luton AC	13.7 secs
Priya Bhatti	Beds Schools	14.9 secs

### 300 m Hurdles

Devon Byrne	Beds Schools	46.9 secs
Yolanda Bullen	Bedford & Cnty	48.2 secs

### 400 m Hurdles

Danni Northwood	Luton AC	73.1 secs
Nicole Matthews	Luton AC	78.43 secs

### Heptathlon

Devon Byrne	Beds Schools	3924 pts
Yolanda Bullen	Bedford & Cnty	3364 pts
Priya Bhatti	Beds Schools	2642 pts

### High Jump

Hannah Frith (4)	Bedford & Cnty	1.73 m
Karen Vincent	Luton AC	1.60 m
Kelly Johnson	Bedford & C	1.50 m
Hattie Horsler	Bedford & C	1.40 m
Yolanda Bullen	Bedford & Cnty	1.39 m
Devon Byrne	MMK	1.39 m
Nicole Matthews	Luton AC	1.35 m
Priya Bhatti	Sharnbrook	1.33 m
Anna Heane	Leighton Buzzard	1.20 m
Hannah Rourke	Leighton Buzzard	1.20 m
Kelly Lepore Kelly	Luton	1.10 m

### Long Jump

Shanara Hibbert	Luton AC	5.46 m
Kelly Lepore Kelly	Luton	4.96 m
Hannah Longworth	Luton AC	4.92 m
Devon Byrne	MMK	4.91 m
Anna Heane	Leighton Buzzard	4.88 m
Karen Vincent	Luton AC	4.80 m
Yolanda Bullen	Bedford & Cnty	4.65 m
Sylvia Noel	Luton AC	4.63 m
Lucy Munday	Bedford & Cnty	4.54 m
Laura Caswell	Bedford & Cnty	4.49 m

### Triple Jump

Hannah Longworth	Luton AC	10.56 m
Laura Caswell	Bedford & Cnty	10.06 m
Lisa Clark	Luton AC	10.04 m
Karen Vincent	Luton AC	9.87 m
Kelly Lepore Kelly	Luton	9.69 m
Rebecca Keens	Luton AC	9.07 m
Anna Heane	Leighton Buzzard	8.44 m
Alex Harvey	Luton AC	8.38 m
Nicole Matthews	Luton AC	7.45 m

### Discus

Devon Byrne	MMK	31.19 m
Lisa Clark	Luton AC	25.6 m
Tobyn Eagles	Bedford & Cnty	24.25 m
Katie Bland	Biggleswade AC	20.50 m
Stephanie Knight	Luton AC	20.40 m
Rebecca Keens	Luton AC	19.36 m
Claire Fuller	Leighton Buzzard	18.60 m
Brogan Fielden	Bedford & Cnty	15.96 m
Emily Relton	Bedford & Cnty	14.33 m
Hannah Kerr	Bedford & Cnty	14.03 m

### Javelin

Brogan Fielden	Bedford & Cnty	27.07 m
Ria Nash	Beds Schools	23.07 m
Hannah Rourke	Leighton Buzzard	22.29 m
Shaunagh Craig	Bedford & Cnty	22.19 m
Priya Bhatti	Beds Schools	19.08 m
Stephanie Knight	Luton AC	16.70 m
Yolanda Bullen	Bedford & Cnty	15.25 m
Tamara Porritt	Luton AC	15.03 m
Rebecca Keens	Luton AC	11.75 m
Amy Fleming	Luton AC	8.83 m

### Shot

Devon Byrne	MMK	8.92 m
Priya Bhatti	Beds Schools	8.55 m
Yolanda Bullen	Bedford & Cnty	7.85 m
Stephanie Knight	Luton AC	7.67 m
Tobyn Eagles	Bedford & Cnty	7.58 m
Rebecca Keens	Luton AC	6.91 m
Hannah Kerr	Bedford & Cnty	6.22 m

### Hammer

Katie Bland (20)	Biggleswade AC	37.65 m
Rebecca Keens	Luton AC	26.78 m
A Hayden	Luton AC	25.67 m
Tobyn Eagles	Bedford & Cnty	19.49 m
Stephanie Knight	Luton AC	17.38 m





U20 & Sen Women

100 m

Michelle Webster	Bedford & Cnty	Sen W	12.2 secs
Monica Bramwell	Luton AC	Sen W	12.6 secs
Jayne Willock (Rasmussen)	Luton AC	Vet 45	12.7 secs
Lucy James	Bedford & Cnty	U20 W	12.7 secs
Emma Hughes	Luton AC	Sen W	12.8 secs
Jonelle Johnson-Turner	Luton AC	U20 W	13.0 secs
Shakira Francis	Luton	U20 W	13.4 secs
Amoy Samuels	Luton AC	U20 W	13.4 secs
Carol Alker	Luton AC	Vet 50	13.5 secs
Anita Sampson	Bedford & Cnty	V45	13.6 secs

200 m

Lucy James (16)	Bedford & Cnty	U20 W	24.90 secs
Michelle Webster	Bedford & Cnty	Sen W	25.39 secs
Emma Hughes	Luton AC	Sen W	26.6 secs
Jonelle Johnson-Turner	Luton AC	U20 W	27.2 secs
Jayne Willock (Rasmussen)	Luton AC	Vet 45	27.3 secs
Monica Bramwell	Luton AC	Sen W	27.5 secs
Amoy Samuels	Luton AC	U20 W	28.2 secs
Alison Slatcher	Bedford & Cnty	Vet 45	28.4 secs
Nickita Walden Walker	Bedford & Cnty	Sen W	28.7 secs
Samantha Cutler	Bedford & Cnty	U20 W	29.0 secs

400 m

Lucy James (3)	Bedford & Cnty	U20 W	54.98 secs
Michelle Webster	Bedford & Cnty	Sen W	60.4 secs
Emma Coombes	Bedford & Cnty	Sen W	63.8 secs
Alison Slatcher	Bedford & Cnty	Vet 45	64.3 secs
Rosie Keane	Luton AC	U20 W	65.2 secs
Rachel Baust	Biggleswade AC	Sen W	65.4 secs
Anita Sampson	Bedford & Cnty	V45	67.4 secs
Catrina Lewis	Luton AC	Sen W	67.9 secs
Samantha Cutler	Bedford & Cnty	U20 W	70.0 secs
Oriella Johnson	Bedford & Cnty	V45	77.3 secs

800 m

Katrina Wootton	Bedford & Cnty	Sen W	2 mins 04.88 secs
Nicola Sykes	Bedford & Cnty	Sen W	2 mins 14.57 secs
Natasha Peters	Bedford & Cnty	Sen W	2 mins 20.11 secs
Rosie Keane	Luton AC	U20 W	2 mins 22.78 secs
Claire Bassill	Luton AC	Sen W	2 mins 23.9 secs
Tarley Barnes	Bedford & Cnty	U20 W	2 mins 27.2 secs
Jade Christie	Luton AC	Sen W	2 mins 59.5 secs
Alison Slatcher	Bedford & Cnty	Vet 45	3 mins 02.9 secs
Amy Lyons	Biggleswade AC	U20 W	3 mins 24.2 secs
Julia MacKay	Biggleswade AC	V35	3 mins 35.8 secs

1500 m

Katrina Wootton (5)	Bedford & Cnty	Sen W	4 mins 06.69 secs
Natasha Peters	Bedford & Cnty	Sen W	4 mins 39.90 secs
Sue Bosher	Bedford & Cnty	Sen W	4 mins 53.0 secs
Claire Bassill	Luton AC	Sen W	4 mins 54.76 secs
Rosie Keane	Luton AC	U20 W	5 mins 08.17 secs
Sarah Caunt	Bedford & Cnty	U20 W	5 mins 12.6 secs
Tarley Barnes	Bedford & Cnty	U20 W	5 mins 20.2 secs
Louise Peters	Stopsley Striders	Vet 35	5 mins 21.2 secs
Catrina Lewis	Luton AC	Sen W	5 mins 55.6 secs
Hannah Street	Biggleswade AC	Sen W	6 mins 07.5 secs

3000 m

Katrina Wootton (2)	Bedford & Cnty	Sen W	8 mins 56.91 secs (i)
Nicola Sykes	Bedford & Cnty	Sen W	9 mins 46.6 secs
Natasha Peters	Bedford & Cnty	Sen W	9 mins 57.73 secs
Claire Bassill	Luton AC	Sen W	10 mins 38.98 secs
Gail Duckworth	Leighton Buzzard	V50	11 mins 03.42secs
Helen Frizzell	Bedford & Cnty	Sen W	11 mins 08.4 secs
Louise Peters	Stopsley Striders	Vet 35	11 mins 14.8 secs
Claire McMahon	Luton AC	Sen W	12 mins 05.0 secs
Catrina Lewis	Luton AC	Sen W	12 mins 10.0 secs
Hannah Street	Biggleswade AC	Sen W	12 mins 51.7 secs

### 5000 m

Katrina Wootton (4)	Bedford & Cnty	Sen W	15 mins 45.35 secs
Natasha Peters	Bedford & Cnty	Sen W	18 mins 09.17 secs
Gail Duckworth	Leighton Buzzard	V50	18 mins 47.09 secs

### 100 m Hurdles

Lauren Ambrose	VPTH	Sen W	14.9 secs
Jemma Harding	Bedford & Cnty	Sen W	16.7 secs
Shakira Francis	Luton AC	U20 W	21.1 secs
Amoy Samuels	Luton AC	U20 W	21.12 secs
Sandra Ingham	Biggleswade AC	V50	27.0 secs

### 2 K Steeplechase

Nicola Sykes	Bedford & Cnty	Sen W	6 mins 52.22 secs
Claire Bassill	Luton AC	Sen W	7 mins 57.77 secs

### High Jump

Lauren Ambrose	Vic Prk TH	Sen W	1.63 m
Sarka Robinson	Dac & Tring	Sen W	1.61 m
Tenisha Robinson-Scanlon	SBH	Sen W	1.55 m
Shakira Francis	Luton AC	U20 W	1.45 m
Hyde Kerry	Bedford & Cnty	Sen W	1.45 m
Lisa Gaunt	Biggleswade AC	Sen W	1.30 m
Sandra Ingham	Biggleswade AC	V45	1.30 m
Anna Shackcloth	Leighton Buzzard	Sen W	1.30 m
Katie Winwood	Bedford & Cnty	Sen W	1.25 m
Shannon Bunker	Luton AC	Sen W	1.00 m
Sue Wise	Luton AC	Sen W	1.00 m



### Long Jump

Tenisha Robinson-Scanlon	SBH	Sen W	5.85 m
Emma Hughes	Luton AC	Sen W	5.84 m
Aimee Richardson	Bedford & Cnty	U20 W	5.40 m
Jonnelle Johnson Turner	Luton AC	U20 W	5.14 m
Shakira Francis	Luton AC	U20 W	5.08 m
Katie Doody	Luton AC	U20 W	4.83 m
Hannah Street	Biggleswade AC	Sen W	3.87 m
Sandra Ingham	Biggleswade AC	Vet 45	3.57 m
Emma Coombes	Bedford & Cnty	Sen W	3.46 m
Lisa Gaunt	Biggleswade AC	Sen W	3.15 m

### Pole Vault

Jemma Harding	Bedford & Cnty	Sen W	3.50 m
Sarka Robinson	Dac & Tring	Sen W	3.35 m
Abby Seaman	Bedford & Cnty	U20 W	2.60 m
Amy Lyons	Biggleswade AC	U20 W	2.00 m
Jana Gibbs	Luton AC	Sen W	1.70 m
Jane Wilcox	Luton AC	Vet 45	1.05 m
Claire Bassill	Luton AC	Sen W	1.00 m

### Triple Jump

Emma Hughes	Luton AC	U20 W	10.97 m
Shakira Francis	Luton AC	U20 W	10.91 m
Jonnelle Johnson Turner	Luton AC	U20 W	10.64 m
Katie Doody	Luton AC	U20 W	10.37m
Aimee Richardson	Bedford & Cnty	U20 W	10.15 m
Jemma Harding	Bedford & Cnty	Sen W	10.04 m
Amy Lyons	Biggleswade AC	U20 W	8.65 m
Sandra Ingham	Biggleswade AC	V45	8.08 m
Anne Lincoln	Biggleswade AC	V50	5.47 m

## Discus

Andrea Jenkins	NVH	Sen W	38.98 m
Shannon Bunker	Luton AC	Sen W	37.08 m
Jemma Harding	Bedford & Cnty	Sen W	36.00 m
Rachel Bennett	Bedford & Cnty	U20 W	35.91 m
Sarka Robinson	Dac & Tring	Sen W	31.62 m
Sue Wise	Luton AC	Sen w	31.06 m
Amy Lyons	Biggleswade AC	U20 W	22.81 m
Natalie Kimble	Leighton Buzzard	Sen W	21.14 m
Jayne Willock (Rasmussen)	Luton AC	Vet 45	19.90 m
Stacey Robinson	Biggleswade AC	Sen W	19.63 m

## Javelin

Amy Lyons	Biggleswade AC	U20 W	35.23 m
Shannon Bunker	Luton AC	Sen W	32.17 m
Sarka Robinson	Dac & Tring	Sen W	30.69 m
Amber Fiedlen	Bedford & Cnty	U20 W	29.23 m
Rachel Bennett	Bedford & Cnty	U20 W	28.83 m
Jemma Harding	Bedford & Cnty	Sen W	28.69 m
Sandra Ingham	Biggleswade AC	V45	25.63 m
Stacey Robinson	Biggleswade AC	Sen W	25.16 m
Andrea Jenkins	NVH	Sen W	24.93 m
Jana Gibbs	Luton AC	Sen W	23.98 m

## Shot

Shannon Bunker	Luton AC	Sen W	11.67 m
Andrea Jenkins	NVH	Sen W	10.91 m
Rachel Bennett	Bedford & Cnty	U20 W	10.22 m
Sarka Robinson	Dac & Tring	Sen W	9.95 m
Jayne Willock (Rasmussen)	Luton AC	Vet 45	9.13 m
Sue Wise	Luton AC	Sen W	9.03 m
Natalie Kimble	Leighton Buzzard	Sen W	8.70 m
Sandra Ingham	Biggleswade AC	Vet 45	7.66 m
Katie Winwood	Bedford & Cnty	Sen W	7.46 m
Lisa Gaunt	Biggleswade AC	Sen W	6.46 m

## Hammer

Andrea Jenkins (18)	NVH	Sen W	51.80 m
Katie Winwood	Bedford & Cnty	Sen W	43.74 m
Shannon Bunker	Luton AC	Sen W	43.40 m
Sue Wise	Luton AC	Sen W	42.92 m
Stacey Robinson	Biggleswade AC	Sen W	32.92 m
Rachel Bennett	Bedford & Cnty	U20 W	26.17 m
Angela King	Biggleswade AC	Sen W	20.29 m
Jayne Willock (Rasmussen)	Luton AC	V45	19.86 m
Amy Lyons	Biggleswade AC	U20 W	19.81 m
Holly Robinson	Biggleswade AC	U20 W	19.03 m

## 10 k

Katrina Wootton	Bedford & Cnty	Sen W	34 mins 18 secs
Nicola Sykes	Bedford & Cnty	Sen W	36 mins 19 secs
Natasha Peters	Bedford & Cnty	Sen W	36 mins 50 secs
Gail Duckworth	Leighton Buzzard	V50	39 mins 18 secs
Emily Relton	Bedford & Cnty	U17 W	39 mins 52 secs
Claire Bassill	Luton AC	Sen W	40 mins 13 secs
Juliet Naylor	Biggleswade AC	V35	40 mins 13 secs
Renee Corbett	Bedford Harriers	V35	40 mins 17 secs
Sally Marsh	Amphill FF	V40	41 mins 30 secs
Sally Cartwright	Bedford Harriers	V40	42 mins 12 secs

## 1/2 Marathon

Paula Radcliffe (2)	Bedford & Cnty	Vet 35	69 mins 45 secs
Katrina Wootton	Bedford & Cnty	Sen W	79 mins 41 secs
Nicola Sykes	Bedford & Cnty	Sen W	84 mins 40 secs
Sarah Lee	Bedford Harriers	V35	92 mins 41 secs

## Marathon

Paula Radcliffe (2)	Bedford & Cnty	Vet 35	2 hrs 29 mins.27 secs
Julie Sutton	Biggleswade AC	Vet 35	3 hrs 23 mins 34 secs
Andrea Sewell	Bedford Harriers	Vet 45	3 hrs 29mins 23 secs
Sarah Thorne	Dunstable	V35	3 hrs 33 mins 28 secs
Paula Downing	Biggleswade AC	V40	3 hrs 34mins 57 secs
Marianne Williams	Bedford Harriers	V35	3 hrs 39 mins 14 secs
Donna McKeown	Bedford Harriers	V35	3 hrs 42 mins 03 secs

## Walks

### 5 K

Helen Middleton (2)	Enfield & Haringay	V45	28 mins 13 secs
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### 10 k

Helen Middleton (11)	Enfield & Haringay	V45	58 mins 54 secs
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### 20 K

Helen Middleton (7)	Enfield & Haringay	V45	2 hrs 00 mins 53 secs
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