

# BEDFORDSHIRE CROSS COUNTRY CHAMPIONSHIPS

Held at Stockwood Park, Luton

4th January 2014

## Under 13 Girls (3k)

Posn	Time	No.	Name	Club
1	13:33	506	RELTON, Maisie	Bedford & County AC
2	13:57	509	STOVELL, Sinead	Bedford & County AC
3	14:15	508	SHELTON, Hannah	Bedford & County AC
4	14:38	518	NUNN, Georgia	Luton AC
5	15:09	517	JAY, Libby	Luton AC
6	15:21	507	RELTON, Molly	Bedford & County AC
7	15:36	501	HYDE, Ashleigh	Bedford & County AC
8	16:00	503	KEITH, Lucy	Bedford & County AC
9	16:15	505	PORTER, Connie	Bedford & County AC
10	16:39	500	LANSBURY, Kate	Amphill & Flitwick Flyers
11	16:57	504	MILBURN, Francesca	Bedford & County AC
12	17:03	898	MURPHY, Lulu	Bedford & County AC
13	17:26	516	HAYMAN, Natasha	Luton AC
14	17:28	514	TOWELL, Sadie	Leighton Buzzard AC
15	17:38	515	FOSTER, Hannah	Luton AC
16	17:55	510	TARRANT, Gabriella	Bedford & County AC
17	18:17	512	MAY, Chloe	Leighton Buzzard AC

## Under 13 Girls Teams

### **1 Bedford & County AC**

Place	Time	Name
1	13:33	RELTON, Maisie
2	13:57	STOVELL, Sinead
3	14:15	SHELTON, Hannah
<b>6</b>	<b>41:45</b>	<b>Totals</b>

### **2 Bedford & County AC**

Place	Time	Name
6	15:21	RELTON, Molly
7	15:36	HYDE, Ashleigh
8	16:00	KEITH, Lucy
<b>21</b>	<b>46:57</b>	<b>Totals</b>

### **3 Luton AC**

Place	Time	Name
4	14:38	NUNN, Georgia
5	15:09	JAY, Libby
13	17:26	HAYMAN, Natasha
<b>22</b>	<b>47:13</b>	<b>Totals</b>

### **4 Bedford & County AC**

Place	Time	Name
9	16:15	PORTER, Connie
11	16:57	MILBURN, Francesca
12	17:03	MURPHY, Lulu
<b>32</b>	<b>50:15</b>	<b>Totals</b>

## Under 15 Girls (4k)

Posn	Time	No.	Name	Club
1	15:52	543	MCCAFFRAY, Erin	Bedford & County AC
2	16:21	545	NICHOLS, Lauren	Bedford & County AC
3	16:50	542	LAWTON, Ellie	Bedford & County AC
4	17:06	544	MIDDLETON, Megan	Bedford & County AC
5	17:23	897	MURPHY, Bonnie	Bedford & County AC
6	17:30	546	VIDDICOMBE, Anna	Bedford & County AC
7	18:42	549	BILLINGTON, Kayley	Luton AC
8	18:57	547	PLUMMER, Sarah	Leighton Buzzard AC
9	20:24	541	HEADLEY, Elizabeth	Bedford & County AC
10	21:35	548	WESTROPE, Megan	Leighton Buzzard AC

## Under 15 Girls Teams

### **1 Bedford & County AC**

Place	Time	Name
1	15:52	MCCAFFRAY, Erin
2	16:21	NICHOLS, Lauren
3	16:50	LAWTON, Ellie
<b>6</b>	<b>49:03</b>	<b>Totals</b>

### **2 Bedford & County AC**

Place	Time	Name
4	17:06	MIDDLETON, Megan
5	17:23	MURPHY, Bonnie
6	17:30	VIDDICOMBE, Anna
<b>15</b>	<b>51:59</b>	<b>Totals</b>

## Under 17 and Under 20 Women (6k)

Posn	Time	No.	Name	Club	Category
1	23:03	573	HARRIES, Alanah	Bedford & County AC	F20
2	23:17	566	RUSSELL, Lauren	Bedford & County AC	F17
3	24:18	569	EDWARDS, Amalia	Luton AC	F17
4	24:29	565	KERR, Sarah	Bedford & County AC	F17
5	24:43	574	BILLINGTON, Sophie	Luton AC	F20
6	25:05	567	RIDLEY, Hannah	Biggleswade AC	F17
7	26:22	568	EDWARDS, Adeya	Luton AC	F17
8	29:30	570	VAFADARI, Freya	Luton AC	F17

## Combined Under 17 and Under 20 Women Teams

1 Bedford & County AC		Name	Category
Place	Time		
1	23:03	HARRIES, Alanah	F20
2	23:17	RUSSELL, Lauren	F17
4	24:29	KERR, Sarah	F17
7	<b>1:10:49</b>	<b>Totals</b>	

  

2 Luton AC		Name	Category
Place	Time		
3	24:18	EDWARDS, Amalia	F17
5	24:43	BILLINGTON, Sophie	F20
7	26:22	EDWARDS, Adeya	F17
15	<b>1:15:23</b>	<b>Totals</b>	

## **Senior and Veteran Women (8k)**

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
1	30:28	806	PETERS, Natasha	Bedford & County AC	FS
2	30:30	831	FOLLAND, Anna	Bedford Harriers	F40
3	30:36	843	FULLEN, Gill	Bedford Harriers	F45
4	32:09	833	NAYLER, Juliet	Biggleswade AC	F40
5	32:31	842	CARTWRIGHT, Sally	Bedford Harriers	F45
6	32:47	826	LATHWELL, Christine	Luton AC	F35
7	33:05	821	MEETEN, Kirsty	Bedford Harriers	F35
8	33:06	832	EVEREST, Isobel	Biggleswade AC	F40
9	33:35	810	EBBAGE, Alice	Biggleswade AC	FS
10	33:58	814	INCHLEY, Amy	Leighton Buzzard AC	FS
11	34:09	822	BALHAM, Julie	Biggleswade AC	F35
12	34:13	808	THOMPSON, Kirsty	Bedford & County AC	FS
13	34:51	838	SUGARS, Alison	Stopsley Striders	F40
14	35:28	844	JOHNSTON, Sally	Bedford Harriers	F45
15	35:28	801	MORRIS, Michelle	Amphill & Flitwick Flyers	FS
16	35:29	817	TEDDER, Miriam	Stopsley Striders	FS
17	35:47	815	HARDY, Charlotte	Luton AC	FS
18	35:56	825	SAUER, Jane	Leighton Buzzard AC	F35
19	35:58	839	AATKAR, Jo	Amphill & Flitwick Flyers	F45
20	36:16	827	JACKSON, Theresa	Amphill & Flitwick Flyers	F40
21	36:34	848	GILBY, Caroline	Amphill & Flitwick Flyers	F50
22	36:57	803	RUDITIS, Katie	Amphill & Flitwick Flyers	FS
23	37:12	846	GRINT, Ruth	Dunstable Road Runners	F45
24	37:35	812	GILBERT, Kim	Dunstable Road Runners	FS
25	37:57	811	MOLNAR, Monika	Biggleswade AC	FS
26	39:00	823	MORAN, Natalie	Biggleswade AC	F35
27	40:01	824	GIBBONS, Katie	Dunstable Road Runners	F35
28	40:16	818	DOUBLE, Nicky	Amphill & Flitwick Flyers	F35
29	40:31	820	CLARKE, Larissa	Bedford Harriers	F35
30	41:02	845	WANDEN, Sarah	Bedford Harriers	F45
31	41:09	828	PAGE, Annie	Amphill & Flitwick Flyers	F40
32	41:20	837	DOYLE, Lynne	Stopsley Striders	F40
33	41:44	851	DAVIES, Liz	Stopsley Striders	F50
34	41:59	835	TOWELL, Fiona	Leighton Buzzard AC	F40
35	42:18	840	BELL, Annette	Amphill & Flitwick Flyers	F45
36	42:26	849	ASHBY, Karen	Stopsley Striders	F50
37	42:28	813	ELVIN, Nikki	Leighton Buzzard AC	FS
38	43:04	854	GOLDING, Anne	Dunstable Road Runners	F55
39	43:23	834	DARRAGH-CASSIDY, Nikki	Dunstable Road Runners	F40
40	48:19	800	FLECKNEY, Rebecca	Amphill & Flitwick Flyers	FS

## Senior/Veteran Women Teams

### **1 Bedford Harriers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
2	30:30	FOLLAND, Anna	F40
3	30:36	FULLEN, Gill	F45
5	32:31	CARTWRIGHT, Sally	F45
<b>10</b>	<b>1:33:37</b>	<b>Totals</b>	

### **2 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
4	32:09	NAYLER, Juliet	F40
8	33:06	EVEREST, Isobel	F40
9	33:35	EBBAGE, Alice	FS
<b>21</b>	<b>1:38:50</b>	<b>Totals</b>	

### **3 Bedford Harriers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
7	33:05	MEETEN, Kirsty	F35
14	35:28	JOHNSTON, Sally	F45
29	40:31	CLARKE, Larissa	F35
<b>50</b>	<b>1:49:04</b>	<b>Totals</b>	

### **4 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
15	35:28	MORRIS, Michelle	FS
19	35:58	AATKAR, Jo	F45
20	36:16	JACKSON, Theresa	F40
<b>54</b>	<b>1:47:42</b>	<b>Totals</b>	

### **5 Stopsley Striders**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
13	34:51	SUGARS, Alison	F40
16	35:29	TEDDER, Miriam	FS
32	41:20	DOYLE, Lynne	F40
<b>61</b>	<b>1:51:40</b>	<b>Totals</b>	

### **6 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
11	34:09	BALHAM, Julie	F35
25	37:57	MOLNAR, Monika	FS
26	39:00	MORAN, Natalie	F35
<b>62</b>	<b>1:51:06</b>	<b>Totals</b>	

### **7 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
10	33:58	INCHLEY, Amy	FS
18	35:56	SAUER, Jane	F35
34	41:59	TOWELL, Fiona	F40
<b>62</b>	<b>1:51:53</b>	<b>Totals</b>	

**8 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
21	36:34	GILBY, Caroline	F50
22	36:57	RUDITIS, Katie	FS
28	40:16	DOUBLE, Nicky	F35
<b>71</b>	<b>1:53:47</b>	<b>Totals</b>	

**9 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
23	37:12	GRINT, Ruth	F45
24	37:35	GILBERT, Kim	FS
27	40:01	GIBBONS, Katie	F35
<b>74</b>	<b>1:54:48</b>	<b>Totals</b>	

**10 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
31	41:09	PAGE, Annie	F40
35	42:18	BELL, Annette	F45
40	48:19	FLECKNEY, Rebecca	FS
<b>106</b>	<b>2:11:46</b>	<b>Totals</b>	

## Veteran Women Teams

### **1 Bedford Harriers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
1	30:30	FOLLAND, Anna	F40
2	30:36	FULLEN, Gill	F45
4	32:31	CARTWRIGHT, Sally	F45
<b>7</b>	<b>1:33:37</b>	<b>Totals</b>	

### **2 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
3	32:09	NAYLER, Juliet	F40
7	33:06	EVEREST, Isobel	F40
8	34:09	BALHAM, Julie	F35
<b>18</b>	<b>1:39:24</b>	<b>Totals</b>	

### **3 Bedford Harriers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
6	33:05	MEETEN, Kirsty	F35
10	35:28	JOHNSTON, Sally	F45
19	40:31	CLARKE, Larissa	F35
<b>35</b>	<b>1:49:04</b>	<b>Totals</b>	

### **4 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
12	35:58	AATKAR, Jo	F45
13	36:16	JACKSON, Theresa	F40
14	36:34	GILBY, Caroline	F50
<b>39</b>	<b>1:48:48</b>	<b>Totals</b>	

### **5 Stopsley Striders**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
9	34:51	SUGARS, Alison	F40
22	41:20	DOYLE, Lynne	F40
23	41:44	DAVIES, Liz	F50
<b>54</b>	<b>1:57:55</b>	<b>Totals</b>	

### **6 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
15	37:12	GRINT, Ruth	F45
17	40:01	GIBBONS, Katie	F35
27	43:04	GOLDING, Anne	F55
<b>59</b>	<b>2:00:17</b>	<b>Totals</b>	

### **7 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
18	40:16	DOUBLE, Nicky	F35
21	41:09	PAGE, Annie	F40
25	42:18	BELL, Annette	F45
<b>64</b>	<b>2:03:43</b>	<b>Totals</b>	

## Under 13 Boys (3k)

Posn	Time	No.	Name	Club
1	13:07	521	BLYTHMAN, Edward	Bedford & County AC
2	13:14	540	SAINT, Ryan	Luton AC
3	13:20	524	DAVIES, Oliver	Bedford & County AC
4	13:33	536	MINTY, Shea	Leighton Buzzard AC
5	13:40	529	HALL, Will	Bedford & County AC
6	13:51	535	WATHEN, Owen	Biggleswade AC
7	13:52	530	HARRISON, Jake	Bedford & County AC
8	13:54	534	SMITH, Daniel	Bedford & County AC
9	14:05	539	MORONEY, Michael	Luton AC
10	14:14	537	KHAN, Antonio	Luton AC
11	14:16	526	GILLIES, Cameron	Bedford & County AC
12	14:28	899	LAURSEN, Richard	Bedford & County AC
13	14:28	531	KNEE-ROBINSON, Michael	Bedford & County AC
14	14:32	523	BRODIE, Harry	Bedford & County AC
15	15:12	519	BARTRAM, Toby	Amphill & Flitwick Flyers
16	15:21	538	MITCHELL, Joshua	Luton AC
17	16:28	520	BAKHCHA, Kiro	Bedford & County AC

## Under 13 Boys Teams

### **1 Bedford & County AC**

Place	Time	Name
1	13:07	BLYTHMAN, Edward
3	13:20	DAVIES, Oliver
5	13:40	HALL, Will
<b>9</b>	<b>40:07</b>	<b>Totals</b>

### **2 Luton AC**

Place	Time	Name
2	13:14	SAINT, Ryan
9	14:05	MORONEY, Michael
10	14:14	KHAN, Antonio
<b>21</b>	<b>41:33</b>	<b>Totals</b>

### **3 Bedford & County AC**

Place	Time	Name
7	13:52	HARRISON, Jake
8	13:54	SMITH, Daniel
11	14:16	GILLIES, Cameron
<b>26</b>	<b>42:02</b>	<b>Totals</b>

### **4 Bedford & County AC**

Place	Time	Name
12	14:28	LAURSEN, Richard
13	14:28	KNEE-ROBINSON, Michael
14	14:32	BRODIE, Harry
<b>39</b>	<b>43:28</b>	<b>Totals</b>



## Under 15 Boys (4k)

Posn	Time	No.	Name	Club
1	13:34	552	DAVIES, Ben	Bedford & County AC
2	13:42	554	MULLINS, William	Bedford & County AC
3	13:49	550	ANGELL, Tom	Bedford & County AC
4	14:02	599	ENWRIGHT, James	Bedford & County AC
5	14:11	551	AYRE, Freddie	Bedford & County AC
6	14:24	557	WARD, Ryan	Bedford & County AC
7	14:28	563	KING, Luke	Luton AC
8	14:34	555	PEACHEY, Dominic	Bedford & County AC
9	14:45	553	MULLINS, Callum	Bedford & County AC
10	14:49	559	WRIGHT, Izaak	Bedford & County AC
11	15:10	562	GARDNER, Callum	Luton AC
12	15:12	556	ROGERS, Joshua	Bedford & County AC
13	15:15	564	FORSTER, William	Riverside Runners
14	16:39	561	DAVIES, Sean	Luton AC

## Under 15 Boys Teams

### **1 Bedford & County AC**

Place	Time	Name
1	13:34	DAVIES, Ben
2	13:42	MULLINS, William
3	13:49	ANGELL, Tom
<b>6</b>	<b>41:05</b>	<b>Totals</b>

### **2 Bedford & County AC**

Place	Time	Name
4	14:02	ENWRIGHT, James
5	14:11	AYRE, Freddie
6	14:24	WARD, Ryan
<b>15</b>	<b>42:37</b>	<b>Totals</b>

### **3 Bedford & County AC**

Place	Time	Name
8	14:34	PEACHEY, Dominic
9	14:45	MULLINS, Callum
10	14:49	WRIGHT, Izaak
<b>27</b>	<b>44:08</b>	<b>Totals</b>

### **4 Luton AC**

Place	Time	Name
7	14:28	KING, Luke
11	15:10	GARDNER, Callum
14	16:39	DAVIES, Sean
<b>32</b>	<b>46:17</b>	<b>Totals</b>

## Under 17 Men (6k)

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>
1	20:11	726	JANES, Jon	Bedford & County AC
2	20:32	735	LEWIS, Jamal	Shaftesbury Barnet Harriers
3	21:26	723	HEADLEY, Stephen	Bedford & County AC
4	21:48	722	HEADLEY, Andrew	Bedford & County AC
5	22:39	724	HOLLAND, Tom	Bedford & County AC
6	22:57	727	MEDLEY, James	Bedford & County AC
7	23:08	720	COOPER, William	Bedford & County AC
8	23:48	731	MEAD, Charlie	Leighton Buzzard AC
9	23:59	721	GEANGA, Daryl	Bedford & County AC
10	24:12	732	CANHAM, Tom	Luton AC
11	24:20	725	JENKINS, Frankie	Bedford & County AC
12	24:28	729	TRUDGILL, Connor	Biggleswade AC

## Under 17 Men Teams

### **1 Bedford & County AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>
1	20:11	JANES, Jon
3	21:26	HEADLEY, Stephen
4	21:48	HEADLEY, Andrew
<b>8</b>	<b>1:03:25</b>	<b>Totals</b>

### **2 Bedford & County AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>
5	22:39	HOLLAND, Tom
6	22:57	MEDLEY, James
7	23:08	COOPER, William
<b>18</b>	<b>1:08:44</b>	<b>Totals</b>

## Under 20 Men

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>
1	26:05	576	BRAY, Matt	Bedford & County AC
2	26:13	578	KNEE-ROBINSON, Sam	Bedford & County AC
3	26:24	577	ISAACSON, Ryan	Bedford & County AC
4	28:22	581	LEWIS, Rhys	Luton AC
5	29:33	579	LEE, David	Biggleswade AC
6	29:44	582	WILLIAMS, Jahmal	Luton AC
7	30:05	580	MEAD, Billy	Leighton Buzzard AC

## Under 20 Men Teams

<b>1</b>	<b>Bedford &amp; County AC</b>	<b>Name</b>
<b>Place</b>	<b>Time</b>	<b>Name</b>
1	26:05	BRAY, Matt
2	26:13	KNEE-ROBINSON, Sam
3	26:24	ISAACSON, Ryan
<b>6</b>	<b>1:18:42</b>	<b>Totals</b>

## **Senior and Veteran Men (11k)**

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
1	35:30	719	WOODGATE, Daniel	Luton AC	MS
2	36:55	617	JANES, Matt	Bedford & County AC	MS
3	38:16	645	STILL, Sean	Luton AC	MS
4	38:23	663	COOMBES, Simon	Leighton Buzzard AC	M40
5	38:35	644	MCMULKIN, Andrew	Luton AC	MS
6	39:02	618	PARKER, Ryan	Bedford & County AC	MS
7	39:09	643	MEAD, Tom	Luton AC	MS
8	39:12	604	HARRIS, Tim	Amphill & Flitwick Flyers	MS
9	39:14	639	MACKRELL, Peter	Leighton Buzzard AC	MS
10	39:16	658	MILLS, Adam	Bedford Harriers	M40
11	39:19	607	PALMER, Craig	Amphill & Flitwick Flyers	MS
12	39:28	601	FARMER, Paul	Amphill & Flitwick Flyers	MS
13	39:51	686	STILL, Stuart	Luton AC	M45
14	40:00	606	MOORE, Jason	Amphill & Flitwick Flyers	MS
15	40:19	600	CADMAN, Lewis	Amphill & Flitwick Flyers	MS
16	41:09	627	BEVAN, Richard	Biggleswade AC	MS
17	41:17	610	UPTON, Steven	Amphill & Flitwick Flyers	MS
18	41:31	654	HARTLEY, Stephen	Amphill & Flitwick Flyers	M40
19	41:38	659	DAVIES, Paul	Biggleswade AC	M40
20	42:35	605	MITCALF, John	Amphill & Flitwick Flyers	MS
21	42:59	641	NORMAN, Chris	Leighton Buzzard AC	MS
22	43:02	652	ARBUCKLE, George	Amphill & Flitwick Flyers	M40
23	43:04	653	BIERTON, Andy	Amphill & Flitwick Flyers	M40
24	43:41	662	BELL, James	Leighton Buzzard AC	M40
25	43:42	651	SAINS, Mark	Stopsley Striders	MS
26	43:45	614	COHEN-WRAY, Andy	Bedford & County AC	MS
27	44:07	630	HAWORTH, Nick	Biggleswade AC	MS
28	44:17	679	FINCH, Gary	Bedford Harriers	M45
29	44:40	667	STRATFORD, Gary	Leighton Buzzard AC	M40
30	44:51	685	HUDSON, Robin	Luton AC	M45
31	45:23	625	SHARMAN, David	Bedford Harriers	MS
32	45:45	650	MURPHY, Lee	Stopsley Striders	MS
33	46:05	624	PALOMBELLA, Andy	Bedford Harriers	MS
34	46:07	696	WOLSTENCROFT, Phil	Amphill & Flitwick Flyers	M50
35	46:15	666	ROSE, Warren	Leighton Buzzard AC	M40
36	46:17	623	LAWLEY, Eddie	Bedford Harriers	MS
37	46:19	678	FADDEN, Alastair	Bedford Harriers	M45
38	46:24	704	TEW, Paul	Unaffiliated	M50
39	46:36	672	FALLON, Gez	Stopsley Striders	M40
40	46:54	718	MCCONVILLE, Cahal	Dunstable Road Runners	M45
41	46:55	700	CURTIS, Rob	Dunstable Road Runners	M50
42	47:21	633	MORGAN, Robert	Biggleswade AC	MS
43	47:33	632	MURPHY, Adam	Biggleswade AC	MS
44	47:37	688	COSGROVE, Pat	Stopsley Striders	M45
45	47:41	670	COPP, Adrian	Stopsley Striders	M40
46	47:53	631	HAWTHORNE, Giles	Biggleswade AC	MS
47	47:55	680	CORNELL, Mark	Dunstable Road Runners	M45
48	48:04	649	HARRIES, Stuart	Stopsley Striders	MS
49	48:18	715	CHAPMAN, John	Stopsley Striders	M55
50	48:21	717	KEECH, Paul	Stopsley Striders	M55

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
51	48:58	646	CARTER, Chris	Stopsley Striders	MS
52	49:08	628	COOKE, Paul	Biggleswade AC	MS
53	49:23	629	PITTS, Damian	Biggleswade AC	MS
54	49:32	638	DEAR, Sam	Leighton Buzzard AC	MS
55	49:46	661	SAYER, John	Dunstable Road Runners	M40
56	50:04	683	CLAY, Nick	Leighton Buzzard AC	M45
57	50:19	603	HANDLEY, James	Amphill & Flitwick Flyers	MS
58	50:46	636	PEDDER, Mark	Dunstable Road Runners	MS
59	51:22	701	HAND, Michael	Dunstable Road Runners	M50
60	51:29	692	SIMMONS, Glynn	Stopsley Striders	M45
61	51:36	697	DUNN, James	Bedford Harriers	M50
62	51:44	695	PETTY, Mike	Amphill & Flitwick Flyers	M50
63	51:56	619	ROBERTS, Tom	Bedford & County AC	MS
64	51:59	664	DIMMOCK, Chris	Leighton Buzzard AC	M40
65	52:09	693	BELL, Jeremy	Amphill & Flitwick Flyers	M50
66	52:14	711	MCLEAN, Phil	Dunstable Road Runners	M55
67	52:31	710	HAINES, John	Biggleswade AC	M55
68	52:45	635	HOLDER, Daniel	Dunstable Road Runners	MS
69	52:47	656	THEOBOLD, Jason	Amphill & Flitwick Flyers	M40
70	53:39	699	SHORT, Graham	Bedford Harriers	M50
71	54:43	608	ROUSE, Mark	Amphill & Flitwick Flyers	MS
72	55:12	689	MITCHELL, Martin	Stopsley Striders	M45
73	55:13	655	KIRTLEY, Shaun	Amphill & Flitwick Flyers	M40
74	55:27	676	FISHER, Mark	Amphill & Flitwick Flyers	M45
75	55:57	681	GRINT, Steve	Dunstable Road Runners	M45
76	56:53	691	SARDLE, Nick	Stopsley Striders	M45
77	57:07	673	AATKAR, Paresh	Amphill & Flitwick Flyers	M45
78	57:09	602	GEDDES, Fraser	Amphill & Flitwick Flyers	MS
79	58:34	698	FADDEN, Chris	Bedford Harriers	M50
80	58:50	675	DACKOMBE, Barry	Amphill & Flitwick Flyers	M45
81	59:20	708	CRANE, Steve	Bedford Harriers	M55
82	1:01:27	637	WALSH, William	Dunstable Road Runners	MS
83	1:01:46	671	READ, Stewart	Stopsley Striders	M40
84	1:02:02	705	BROOKS, Paul	Luton AC	M50
85	1:02:24	713	RICHARDSON, Lance	Stopsley Striders	M55
86	1:02:53	677	BALL, Steve	Bedford Harriers	M45

## Senior/Veteran Men Teams

### **1 Luton AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
1	35:30	WOODGATE, Daniel	MS
3	38:16	STILL, Sean	MS
5	38:35	MCMULKIN, Andrew	MS
7	39:09	MEAD, Tom	MS
13	39:51	STILL, Stuart	M45
30	44:51	HUDSON, Robin	M45
<b>59</b>	<b>3:56:12</b>	<b>Totals</b>	

### **2 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
8	39:12	HARRIS, Tim	MS
11	39:19	PALMER, Craig	MS
12	39:28	FARMER, Paul	MS
14	40:00	MOORE, Jason	MS
15	40:19	CADMAN, Lewis	MS
17	41:17	UPTON, Steven	MS
<b>77</b>	<b>3:59:35</b>	<b>Totals</b>	

### **3 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
4	38:23	COOMBES, Simon	M40
9	39:14	MACKRELL, Peter	MS
21	42:59	NORMAN, Chris	MS
24	43:41	BELL, James	M40
29	44:40	STRATFORD, Gary	M40
35	46:15	ROSE, Warren	M40
<b>122</b>	<b>4:15:12</b>	<b>Totals</b>	

### **4 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
18	41:31	HARTLEY, Stephen	M40
20	42:35	MITCALF, John	MS
22	43:02	ARBUCKLE, George	M40
23	43:04	BIERTON, Andy	M40
34	46:07	WOLSTENCROFT, Phil	M50
57	50:19	HANDLEY, James	MS
<b>174</b>	<b>4:26:38</b>	<b>Totals</b>	

### **5 Bedford Harriers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
10	39:16	MILLS, Adam	M40
28	44:17	FINCH, Gary	M45
31	45:23	SHARMAN, David	MS
33	46:05	PALOMBELLA, Andy	MS
36	46:17	LAWLEY, Eddie	MS
37	46:19	FADDEN, Alastair	M45
<b>175</b>	<b>4:27:37</b>	<b>Totals</b>	

**6 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
16	41:09	BEVAN, Richard	MS
19	41:38	DAVIES, Paul	M40
27	44:07	HAWORTH, Nick	MS
42	47:21	MORGAN, Robert	MS
43	47:33	MURPHY, Adam	MS
46	47:53	HAWTHORNE, Giles	MS
<b>193</b>	<b>4:29:41</b>	<b>Totals</b>	

**7 Stopsley Striders**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
25	43:42	SAINS, Mark	MS
32	45:45	MURPHY, Lee	MS
39	46:36	FALLON, Gez	M40
44	47:37	COSGROVE, Pat	M45
45	47:41	COPP, Adrian	M40
48	48:04	HARRIES, Stuart	MS
<b>233</b>	<b>4:39:25</b>	<b>Totals</b>	

**8 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
40	46:54	MCCONVILLE, Cahal	M45
41	46:55	CURTIS, Rob	M50
47	47:55	CORNELL, Mark	M45
55	49:46	SAYER, John	M40
58	50:46	PEDDER, Mark	MS
59	51:22	HAND, Michael	M50
<b>300</b>	<b>4:53:38</b>	<b>Totals</b>	

**9 Stopsley Striders**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
49	48:18	CHAPMAN, John	M55
50	48:21	KEECH, Paul	M55
51	48:58	CARTER, Chris	MS
60	51:29	SIMMONS, Glynn	M45
72	55:12	MITCHELL, Martin	M45
76	56:53	SARDLE, Nick	M45
<b>358</b>	<b>5:09:11</b>	<b>Totals</b>	

**10 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
62	51:44	PETTY, Mike	M50
65	52:09	BELL, Jeremy	M50
69	52:47	THEOBOLD, Jason	M40
71	54:43	ROUSE, Mark	MS
73	55:13	KIRTLEY, Shaun	M40
74	55:27	FISHER, Mark	M45
<b>414</b>	<b>5:22:03</b>	<b>Totals</b>	

## Veteran Men Teams

### **1 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
1	38:23	COOMBES, Simon	M40
8	43:41	BELL, James	M40
10	44:40	STRATFORD, Gary	M40
13	46:15	ROSE, Warren	M40
25	50:04	CLAY, Nick	M45
30	51:59	DIMMOCK, Chris	M40
<b>87</b>	<b>4:35:02</b>	<b>Totals</b>	

### **2 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
4	41:31	HARTLEY, Stephen	M40
6	43:02	ARBUCKLE, George	M40
7	43:04	BIERTON, Andy	M40
12	46:07	WOLSTENCROFT, Phil	M50
29	51:44	PETTY, Mike	M50
31	52:09	BELL, Jeremy	M50
<b>89</b>	<b>4:37:37</b>	<b>Totals</b>	

### **3 Stopsley Striders**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
16	46:36	FALLON, Gez	M40
19	47:37	COSGROVE, Pat	M45
20	47:41	COPP, Adrian	M40
22	48:18	CHAPMAN, John	M55
23	48:21	KEECH, Paul	M55
27	51:29	SIMMONS, Glynn	M45
<b>127</b>	<b>4:50:02</b>	<b>Totals</b>	

### **4 Bedford Harriers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
2	39:16	MILLS, Adam	M40
9	44:17	FINCH, Gary	M45
14	46:19	FADDEN, Alastair	M45
28	51:36	DUNN, James	M50
35	53:39	SHORT, Graham	M50
42	58:34	FADDEN, Chris	M50
<b>130</b>	<b>4:53:41</b>	<b>Totals</b>	

### **5 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
17	46:54	MCCONVILLE, Cahal	M45
18	46:55	CURTIS, Rob	M50
21	47:55	CORNELL, Mark	M45
24	49:46	SAYER, John	M40
26	51:22	HAND, Michael	M50
32	52:14	MCLEAN, Phil	M55
<b>138</b>	<b>4:55:06</b>	<b>Totals</b>	



**Over 60 Men (8.4k)**

Race Void