

# 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, Georgina     | 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, Georgina  |
| 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   |
| 6     | 49:03 | Totals          |

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

| Place | Time  | Name             |
|-------|-------|------------------|
| 4     | 17:06 | MIDDLETON, Megan |
| 5     | 17:23 | MURPHY, Bonnie   |
| 6     | 17:30 | VIDDICOMBE, Anna |
| 15    | 51:59 | Totals           |

### 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**

| Place | Time    | Name            | Category |
|-------|---------|-----------------|----------|
| 1     | 23:03   | HARRIES, Alanah | F20      |
| 2     | 23:17   | RUSSELL, Lauren | F17      |
| 4     | 24:29   | KERR, Sarah     | F17      |
| 7     | 1:10:49 | Totals          |          |

#### **2 Luton AC**

| Place | Time    | Name               | Category |
|-------|---------|--------------------|----------|
| 3     | 24:18   | EDWARDS, Amalia    | F17      |
| 5     | 24:43   | BILLINGTON, Sophie | F20      |
| 7     | 26:22   | EDWARDS, Adeya     | F17      |
| 15    | 1:15:23 | Totals             |          |

### **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**

| Place     | Time           | Name              | Category |
|-----------|----------------|-------------------|----------|
| 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**

| Place     | Time           | Name            | Category |
|-----------|----------------|-----------------|----------|
| 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**

| Place     | Time           | Name            | Category |
|-----------|----------------|-----------------|----------|
| 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**

| Place     | Time           | Name             | Category |
|-----------|----------------|------------------|----------|
| 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**

| Place     | Time           | Name           | Category |
|-----------|----------------|----------------|----------|
| 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**

| Place     | Time           | Name           | Category |
|-----------|----------------|----------------|----------|
| 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**

| Place     | Time           | Name          | Category |
|-----------|----------------|---------------|----------|
| 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, Kyro          | 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      |
| 6     | 41:05 | Totals           |

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

| Place | Time  | Name            |
|-------|-------|-----------------|
| 4     | 14:02 | ENWRIGHT, James |
| 5     | 14:11 | AYRE, Freddie   |
| 6     | 14:24 | WARD, Ryan      |
| 15    | 42:37 | Totals          |

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

| Place | Time  | Name             |
|-------|-------|------------------|
| 8     | 14:34 | PEACHEY, Dominic |
| 9     | 14:45 | MULLINS, Callum  |
| 10    | 14:49 | WRIGHT, Izaak    |
| 27    | 44:08 | Totals           |

### **4 Luton AC**

| Place | Time  | Name            |
|-------|-------|-----------------|
| 7     | 14:28 | KING, Luke      |
| 11    | 15:10 | GARDNER, Callum |
| 14    | 16:39 | DAVIES, Sean    |
| 32    | 46:17 | Totals          |

### Under 17 Men (6k)

| Posn | Time  | No. | Name             | Club                        |
|------|-------|-----|------------------|-----------------------------|
| 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**

| Place    | Time           | Name             |
|----------|----------------|------------------|
| 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**

| Place     | Time           | Name            |
|-----------|----------------|-----------------|
| 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

| Posn | Time  | No. | Name               | Club                |
|------|-------|-----|--------------------|---------------------|
| 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

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

### **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**

| Place      | Time           | Name             | Category |
|------------|----------------|------------------|----------|
| 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**

| Place      | Time           | Name            | Category |
|------------|----------------|-----------------|----------|
| 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**

| Place      | Time           | Name              | Category |
|------------|----------------|-------------------|----------|
| 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**

| Place      | Time           | Name             | Category |
|------------|----------------|------------------|----------|
| 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**

| Place      | Time           | Name            | Category |
|------------|----------------|-----------------|----------|
| 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**

| Place     | Time           | Name            | Category |
|-----------|----------------|-----------------|----------|
| 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**

| Place     | Time           | Name               | Category |
|-----------|----------------|--------------------|----------|
| 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**

| Place      | Time           | Name           | Category |
|------------|----------------|----------------|----------|
| 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**

| Place      | Time           | Name             | Category |
|------------|----------------|------------------|----------|
| 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**

| Place      | Time           | Name              | Category |
|------------|----------------|-------------------|----------|
| 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