

BEDFORDSHIRE CROSS COUNTRY CHAMPIONSHIPS
Held at Hughenden Park, High Wycombe
3rd January 2015

Under 13 Girls (3k)

| Posn | Time | No. | Name | Club |
|-------------|-------------|------------|--------------------|---------------------|
| 1 | 12:35 | 750 | SHEPHERD, Lucy-Mae | Bedford & County AC |
| 2 | 15:45 | 752 | COOKE, Jessica | Biggleswade AC |
| 3 | 15:48 | 757 | TOWELL, Sadie | Leighton Buzzard AC |
| 4 | 19:30 | 754 | KEEFE, McKenna | Leighton Buzzard AC |

Under 13 Girls Teams

No complete teams finished

Under 15 Girls (4k)

| Posn | Time | No. | Name | Club |
|------|-------|-----|--------------------|---------------------|
| 1 | 16:53 | 796 | RELTON, Maisie | Bedford & County AC |
| 2 | 17:06 | 801 | WORRALL, Francesca | Bedford & County AC |
| 3 | 17:14 | 794 | NICHOLS, Lauren | Bedford & County AC |
| 4 | 17:32 | 792 | MCCAFFRAY, Erin | Bedford & County AC |
| 5 | 17:40 | 793 | MIDDLETON, Megan | Bedford & County AC |
| 6 | 17:49 | 798 | SHELTON, Hannah | Bedford & County AC |
| 7 | 18:17 | 808 | VINNICOMBE, Anna | Bedford & County AC |
| 8 | 18:56 | 807 | NUNN, Georgia | Luton AC |
| 9 | 19:15 | 806 | HAYMAN, Natasha | Luton AC |
| 10 | 19:19 | 791 | HYDE, Ashleigh | Bedford & County AC |
| 11 | 19:24 | 797 | RELTON, Molly | Bedford & County AC |
| 12 | 20:16 | 790 | HEADLEY, Elizabeth | Bedford & County AC |
| 13 | 20:26 | 804 | PLUMMER, Sarah | Leighton Buzzard AC |
| 14 | 20:43 | 803 | BELL, Caitlin | Leighton Buzzard AC |
| 15 | 21:14 | 802 | KRICKS, Pamina | Biggleswade AC |
| 16 | 23:06 | 805 | WESTROPE, Megan | Leighton Buzzard AC |

Under 15 Girls Teams

1 Bedford & County AC

| Place | Time | Name |
|----------|--------------|--------------------|
| 1 | 16:53 | RELTON, Maisie |
| 2 | 17:06 | WORRALL, Francesca |
| 3 | 17:14 | NICHOLS, Lauren |
| 6 | 51:13 | Totals |

2 Bedford & County AC

| Place | Time | Name |
|-----------|--------------|------------------|
| 4 | 17:32 | MCCAFFRAY, Erin |
| 5 | 17:40 | MIDDLETON, Megan |
| 6 | 17:49 | SHELTON, Hannah |
| 15 | 53:01 | Totals |

3 Bedford & County AC

| Place | Time | Name |
|-----------|--------------|------------------|
| 7 | 18:17 | VINNICOMBE, Anna |
| 10 | 19:19 | HYDE, Ashleigh |
| 11 | 19:24 | RELTON, Molly |
| 28 | 57:00 | Totals |

4 Leighton Buzzard AC

| Place | Time | Name |
|-----------|----------------|-----------------|
| 13 | 20:26 | PLUMMER, Sarah |
| 14 | 20:43 | BELL, Caitlin |
| 16 | 23:06 | WESTROPE, Megan |
| 43 | 1:04:15 | Totals |

Under 17 and Under 20 Women (6k)

| Posn | Time | No. | Name | Club | Category |
|------|-------|-----|-----------------|-----------------------------|----------|
| 1 | 26:34 | 825 | KERR, Sarah | Bedford & County AC | F17 |
| 2 | 27:16 | 826 | EDWARDS, Amalia | Shaftesbury Barnet Harriers | F17 |
| 3 | 28:37 | 828 | RIDLEY, Hannah | Biggleswade AC | F20 |
| 4 | 33:13 | 827 | VAFADARI, Freya | Luton AC | F17 |

Combined Under 17 and Under 20 Women's Teams

No complete teams finished

Senior and Veteran Women (8k)

| Posn | Time | No. | Name | Club | Category |
|------|-------|-----|---------------------|---------------------------|----------|
| 1 | 36:01 | 930 | BURGIN, Alice | Bedford & County AC | FS |
| 2 | 36:13 | 949 | FOLLAND, Anna | Bedford Harriers | F40 |
| 3 | 36:15 | 935 | WALLBANK, Emily | Bedford & County AC | FS |
| 4 | 38:56 | 947 | LATHWELL, Christine | Luton AC | F35 |
| 5 | 39:09 | 941 | SCOTT, Sarah | Luton AC | FS |
| 6 | 40:26 | 957 | DUCKWORTH, Gail | Leighton Buzzard AC | F55 |
| 7 | 41:02 | 937 | INCHLEY, Amy | Leighton Buzzard AC | FS |
| 8 | 41:27 | 936 | EBBAGE, Alice | Biggleswade AC | FS |
| 9 | 42:21 | 940 | LARGE, Kerry | Luton AC | FS |
| 10 | 43:12 | 950 | AATKAR, Jo | Amptill & Flitwick Flyers | F45 |
| 11 | 44:28 | 944 | TEDDER, Miriam | Stopsley Striders | FS |
| 12 | 44:55 | 952 | GRINT, Ruth | Dunstable Road Runners | F45 |
| 13 | 47:21 | 943 | TATE, Geraldine | Stopsley Striders | FS |
| 14 | 48:43 | 958 | DAGLISH, Lorraine | Luton AC | F55 |
| 15 | 49:35 | 956 | GOLDING, Anne | Dunstable Road Runners | F55 |
| 16 | 50:59 | 953 | TOWELL, Fiona | Leighton Buzzard AC | F45 |

Senior/Veteran Women's Teams

| 1 | Luton AC | Name | Category |
|-------|----------|---------------------|----------|
| Place | Time | | |
| 4 | 38:56 | LATHWELL, Christine | F35 |
| 5 | 39:09 | SCOTT, Sarah | FS |
| 9 | 42:21 | LARGE, Kerry | FS |
| 18 | 2:00:26 | Totals | |

| 2 | Leighton Buzzard AC | Name | Category |
|-------|---------------------|-----------------|----------|
| Place | Time | | |
| 6 | 40:26 | DUCKWORTH, Gail | F55 |
| 7 | 41:02 | INCHLEY, Amy | FS |
| 16 | 50:59 | TOWELL, Fiona | F45 |
| 29 | 2:12:27 | Totals | |

Veteran Women's Teams

No complete teams finished

Under 13 Boys (3k)

| Posn | Time | No. | Name | Club |
|------|-------|-----|-------------------|---------------------------|
| 1 | 11:02 | 768 | BLYTHMAN, Ed | Bedford & County AC |
| 2 | 11:18 | 777 | WORRALL, Andrew | Bedford & County AC |
| 3 | 11:28 | 765 | KILLEEN, Aiden | Amphill & Flitwick Flyers |
| 4 | 11:44 | 775 | SMITH, Daniel | Bedford & County AC |
| 5 | 11:50 | 774 | LAWSON, Joe | Bedford & County AC |
| 6 | 12:01 | 771 | GOODWIN, Jack | Bedford & County AC |
| 7 | 12:21 | 779 | KRICKS, Ferdinand | Biggleswade AC |
| 8 | 12:44 | 770 | DUNKLEY, Oliver | Bedford & County AC |
| 9 | 13:16 | 767 | BAKHCHA, Kiro | Bedford & County AC |
| 10 | 13:42 | 784 | TOWELL, Scott | Leighton Buzzard AC |
| 11 | 13:57 | 783 | ROSE, Max | Leighton Buzzard AC |
| 12 | 14:42 | 781 | BELL, Harry | Leighton Buzzard AC |

Under 13 Boys Teams

1 Bedford & County AC

| Place | Time | Name |
|----------|--------------|-----------------|
| 1 | 11:02 | BLYTHMAN, Ed |
| 2 | 11:18 | WORRALL, Andrew |
| 4 | 11:44 | SMITH, Daniel |
| 7 | 34:04 | Totals |

2 Bedford & County AC

| Place | Time | Name |
|-----------|--------------|-----------------|
| 5 | 11:50 | LAWSON, Joe |
| 6 | 12:01 | GOODWIN, Jack |
| 8 | 12:44 | DUNKLEY, Oliver |
| 19 | 36:35 | Totals |

3 Leighton Buzzard AC

| Place | Time | Name |
|-----------|--------------|---------------|
| 10 | 13:42 | TOWELL, Scott |
| 11 | 13:57 | ROSE, Max |
| 12 | 14:42 | BELL, Harry |
| 33 | 42:21 | Totals |

Under 15 Boys (4k)

| Posn | Time | No. | Name | Club |
|------|-------|-----|------------------|---------------------|
| 1 | 14:46 | 810 | AYRE, Freddie | Bedford & County AC |
| 2 | 15:25 | 816 | VINEY, Jamie | Bedford & County AC |
| 3 | 15:30 | 819 | KING, Luke | Luton AC |
| 4 | 15:55 | 818 | GARDNER, Callum | Luton AC |
| 5 | 16:03 | 811 | DAVIES, Oliver | Bedford & County AC |
| 6 | 16:13 | 815 | ROGERS, Joshua | Bedford & County AC |
| 7 | 16:21 | 812 | FENTELMAN, Seb | Bedford & County AC |
| 8 | 17:36 | 822 | SAINT, Ryan | Luton AC |
| 9 | 18:19 | 821 | MORONEY, Michael | Luton AC |
| 10 | 20:12 | 820 | MITCHELL, Joshua | Luton AC |

Under 15 Boys Teams

1 Bedford & County AC

| Place | Time | Name |
|----------|--------------|----------------|
| 1 | 14:46 | AYRE, Freddie |
| 2 | 15:25 | VINEY, Jamie |
| 5 | 16:03 | DAVIES, Oliver |
| 8 | 46:14 | Totals |

2 Luton AC

| Place | Time | Name |
|-----------|--------------|-----------------|
| 3 | 15:30 | KING, Luke |
| 4 | 15:55 | GARDNER, Callum |
| 8 | 17:36 | SAINT, Ryan |
| 15 | 49:01 | Totals |

Under 17 Men (6k)

| Posn | Time | No. | Name | Club |
|------|-------|-----|------------------|---------------------|
| 1 | 22:55 | 974 | MULLINS, Will | Bedford & County AC |
| 2 | 23:19 | 970 | BARTON, Sam | Bedford & County AC |
| 3 | 23:23 | 972 | MENZIES, Dominic | Bedford & County AC |
| 4 | 23:27 | 975 | WARD, Ryan | Bedford & County AC |
| 5 | 24:06 | 973 | MULLINS, Callum | Bedford & County AC |
| 6 | 24:19 | 978 | WELLS, Harry | Luton AC |
| 7 | 25:09 | 976 | NICHOLAS, Sam | Leighton Buzzard AC |
| 8 | 25:16 | 969 | FORSTER, William | Bedford & County AC |
| 9 | 27:02 | 977 | LANDER, Harry | Luton AC |

Under 17 Men's Teams

1 Bedford & County AC

| Place | Time | Name |
|----------|----------------|------------------|
| 1 | 22:55 | MULLINS, Will |
| 2 | 23:19 | BARTON, Sam |
| 3 | 23:23 | MENZIES, Dominic |
| 6 | 1:09:37 | Totals |

2 Bedford & County AC

| Place | Time | Name |
|-----------|----------------|------------------|
| 4 | 23:27 | WARD, Ryan |
| 5 | 24:06 | MULLINS, Callum |
| 8 | 25:16 | FORSTER, William |
| 17 | 1:12:49 | Totals |

Under 20 Men (8k)

| Posn | Time | No. | Name | Club |
|------|-------|-----|------------------|---------------------|
| 1 | 34:16 | 830 | HEADLEY, Andrew | Bedford & County AC |
| 2 | 34:58 | 829 | BRAY, Matt | Bedford & County AC |
| 3 | 35:14 | 831 | HEADLEY, Stephen | Bedford & County AC |
| 4 | 35:23 | 834 | LEWIS, Rhys | Luton AC |
| 5 | 39:59 | 833 | MEAD, Charlie | Leighton Buzzard AC |

Under 20 Men's Teams

1 Bedford & County AC

| Place | Time | Name |
|----------|----------------|------------------|
| 1 | 34:16 | HEADLEY, Andrew |
| 2 | 34:58 | BRAY, Matt |
| 3 | 35:14 | HEADLEY, Stephen |
| 6 | 1:44:28 | Totals |

Senior and Veteran Men (11k)

| Posn | Time | No. | Name | Club | Category |
|-------------|-------------|------------|----------------------|-----------------------------|-----------------|
| 1 | 42:09 | 841 | DEED, Darren | Bedford & County AC | MS |
| 2 | 44:57 | 842 | PARKER, Ryan | Bedford & County AC | MS |
| 3 | 45:18 | 835 | HARRIS, Tim | Amphill & Flitwick Flyers | MS |
| 4 | 46:07 | 872 | COOMBES, Simon | Leighton Buzzard AC | M40 |
| 5 | 46:45 | 840 | BELLEW, Alex | Bedford & County AC | MS |
| 6 | 46:52 | 838 | PALMER, Craig | Amphill & Flitwick Flyers | MS |
| 7 | 47:26 | 843 | STILL, Sean | Bedford & County AC | MS |
| 8 | 47:31 | 851 | MACKRELL, Peter | Leighton Buzzard AC | MS |
| 9 | 47:38 | 854 | MEAD, Tom | Luton AC | MS |
| 10 | 48:13 | 844 | WALLBANK, Sam | Bedford & County AC | MS |
| 11 | 48:53 | 846 | HORTON, Steve | Bedford Harriers | MS |
| 12 | 49:23 | 882 | STILL, Stuart | Bedford & County AC | M45 |
| 13 | 50:52 | 867 | HARTLEY, Stephen | Amphill & Flitwick Flyers | M40 |
| 14 | 51:22 | 870 | SHORLEY, Giles | Amphill & Flitwick Flyers | M40 |
| 15 | 51:38 | 853 | NORMAN, Chris | Leighton Buzzard AC | MS |
| 16 | 51:40 | 902 | BLAIR, Andy | Bedford & County AC | M50 |
| 17 | 52:08 | 868 | MITCALF, John | Amphill & Flitwick Flyers | M40 |
| 18 | 52:16 | 866 | BIERTON, Andy | Amphill & Flitwick Flyers | M40 |
| 19 | 53:00 | 858 | MURPHY, Lee | Stopsley Striders | MS |
| 20 | 53:18 | 877 | EDWARDS, Gareth | Shaftesbury Barnet Harriers | M40 |
| 21 | 54:23 | 887 | BELL, James | Leighton Buzzard AC | M45 |
| 22 | 54:25 | 878 | COPP, Adrian | Stopsley Striders | M40 |
| 23 | 54:39 | 897 | SHELTON-SMITH, Kevin | Bedford Harriers | M50 |
| 24 | 54:44 | 847 | PALOMBELLA, Andy | Bedford Harriers | MS |
| 25 | 55:07 | 859 | SAINS, Mark | Stopsley Striders | MS |
| 26 | 55:12 | 880 | FALLON, Gez | Stopsley Striders | M40 |
| 27 | 56:23 | 876 | ROSE, Warren | Leighton Buzzard AC | M40 |
| 28 | 56:50 | 896 | BARNES, Tony | Bedford Harriers | M50 |
| 29 | 57:15 | 848 | SHARMAN, Dave | Bedford Harriers | MS |
| 30 | 58:00 | 889 | STRATFORD, Gary | Leighton Buzzard AC | M45 |
| 31 | 58:42 | 908 | LOVESEY, Neil | Bedford Harriers | M55 |
| 32 | 59:26 | 898 | CURTIS, Rob | Dunstable Road Runners | M50 |
| 33 | 59:50 | 869 | RIDDAWAY, Bobby | Amphill & Flitwick Flyers | M40 |
| 34 | 59:52 | 906 | COSGROVE, Pat | Stopsley Striders | M50 |
| 35 | 60:24 | 881 | HARRIES, Stuart | Stopsley Striders | M40 |
| 36 | 60:31 | 888 | HULL, Jon | Leighton Buzzard AC | M45 |
| 37 | 60:49 | 911 | KEECH, Paul | Stopsley Striders | M55 |
| 38 | 60:51 | 891 | SIMMONS, Glynn | Stopsley Striders | M45 |
| 39 | 61:40 | 900 | KEANE, Peter | Dunstable Road Runners | M50 |
| 40 | 63:52 | 893 | COLE, Tony | Amphill & Flitwick Flyers | M50 |
| 41 | 63:54 | 910 | HURLEY, Joe | Leighton Buzzard AC | M55 |
| 42 | 65:41 | 873 | DIMMOCK, Chris | Leighton Buzzard AC | M40 |
| 43 | 66:23 | 890 | MITCHELL, Tim | Luton AC | M45 |
| 44 | 66:31 | 904 | WALLBANK, James | Bedford & County AC | M50 |
| 45 | 68:52 | 901 | REEVES, Gordon | Dunstable Road Runners | M50 |
| 46 | 69:09 | 894 | DACKOMBE, Barry | Amphill & Flitwick Flyers | M50 |
| 47 | 69:48 | 903 | MURRAY, Simon | Bedford & County AC | M50 |
| 48 | 74:12 | 895 | FADDEN, Chris | Bedford Harriers | M50 |
| 49 | 79:42 | 905 | BROOKS, Paul | Luton AC | M50 |

Senior/Veteran Men's Teams

1 Bedford & County AC

| Place | Time | Name | Category |
|--------------|----------------|---------------|-----------------|
| 1 | 42:09 | DEED, Darren | MS |
| 2 | 44:57 | PARKER, Ryan | MS |
| 5 | 46:45 | BELLEW, Alex | MS |
| 7 | 47:26 | STILL, Sean | MS |
| 10 | 48:13 | WALLBANK, Sam | MS |
| 12 | 49:23 | STILL, Stuart | M45 |
| 37 | 4:38:53 | Totals | |

2 Ampthill & Flitwick Flyers

| Place | Time | Name | Category |
|--------------|----------------|------------------|-----------------|
| 3 | 45:18 | HARRIS, Tim | MS |
| 6 | 46:52 | PALMER, Craig | MS |
| 13 | 50:52 | HARTLEY, Stephen | M40 |
| 14 | 51:22 | SHORLEY, Giles | M40 |
| 17 | 52:08 | MITCALF, John | M40 |
| 18 | 52:16 | BIERTON, Andy | M40 |
| 71 | 4:58:48 | Totals | |

3 Leighton Buzzard AC

| Place | Time | Name | Category |
|--------------|----------------|-----------------|-----------------|
| 4 | 46:07 | COOMBES, Simon | M40 |
| 8 | 47:31 | MACKRELL, Peter | MS |
| 15 | 51:38 | NORMAN, Chris | MS |
| 21 | 54:23 | BELL, James | M45 |
| 27 | 56:23 | ROSE, Warren | M40 |
| 30 | 58:00 | STRATFORD, Gary | M45 |
| 105 | 5:14:02 | Totals | |

4 Bedford Harriers

| Place | Time | Name | Category |
|--------------|----------------|----------------------|-----------------|
| 11 | 48:53 | HORTON, Steve | MS |
| 23 | 54:39 | SHELTON-SMITH, Kevin | M50 |
| 24 | 54:44 | PALOMBELLA, Andy | MS |
| 28 | 56:50 | BARNES, Tony | M50 |
| 29 | 57:15 | SHARMAN, Dave | MS |
| 31 | 58:42 | LOVESEY, Neil | M55 |
| 146 | 5:31:03 | Totals | |

5 Stopsley Striders

| Place | Time | Name | Category |
|--------------|----------------|-----------------|-----------------|
| 19 | 53:00 | MURPHY, Lee | MS |
| 22 | 54:25 | COPP, Adrian | M40 |
| 25 | 55:07 | SAINS, Mark | MS |
| 26 | 55:12 | FALLON, Gez | M40 |
| 34 | 59:52 | COSGROVE, Pat | M50 |
| 35 | 1:00:24 | HARRIES, Stuart | M40 |
| 161 | 5:38:00 | Totals | |

Veteran Men's Teams

1 Ampthill & Flitwick Flyers

| Place | Time | Name | Category |
|--------------|----------------|------------------|-----------------|
| 3 | 50:52 | HARTLEY, Stephen | M40 |
| 4 | 51:22 | SHORLEY, Giles | M40 |
| 6 | 52:08 | MITCALF, John | M40 |
| 7 | 52:16 | BIERTON, Andy | M40 |
| 18 | 59:50 | RIDDAWAY, Bobby | M40 |
| 25 | 1:03:52 | COLE, Tony | M50 |
| 63 | 5:30:20 | Totals | |

2 Leighton Buzzard AC

| Place | Time | Name | Category |
|--------------|----------------|-----------------|-----------------|
| 1 | 46:07 | COOMBES, Simon | M40 |
| 9 | 54:23 | BELL, James | M45 |
| 13 | 56:23 | ROSE, Warren | M40 |
| 15 | 58:00 | STRATFORD, Gary | M45 |
| 21 | 1:00:31 | HULL, Jon | M45 |
| 26 | 1:03:54 | HURLEY, Joe | M55 |
| 85 | 5:39:18 | Totals | |

3 Stopsley Striders

| Place | Time | Name | Category |
|--------------|----------------|-----------------|-----------------|
| 10 | 54:25 | COPP, Adrian | M40 |
| 12 | 55:12 | FALLON, Gez | M40 |
| 19 | 59:52 | COSGROVE, Pat | M50 |
| 20 | 1:00:24 | HARRIES, Stuart | M40 |
| 22 | 1:00:49 | KEECH, Paul | M55 |
| 23 | 1:00:51 | SIMMONS, Glynn | M45 |
| 106 | 5:51:33 | Totals | |

Over 60 Men (8k)

| Posn | Time | No. | Name | Club | Category |
|-------------|-------------|------------|-------------------|---------------------------|-----------------|
| 1 | 43:07 | 913 | PIRON, Richard | Bedford Harriers | M60 |
| 2 | 46:59 | 923 | WEIR, Alan | Stopsley Striders | M65 |
| 3 | 47:12 | 914 | CLARK, Chris | Biggleswade AC | M60 |
| 4 | 49:22 | 916 | HARDY, Richard | Stopsley Striders | M60 |
| 5 | 50:32 | 917 | LAMONT, Chris | Stopsley Striders | M60 |
| 6 | 51:02 | 915 | CRANE, Bill | Dunstable Road Runners | M60 |
| 7 | 51:11 | 912 | STANLEY, Dave | Amphill & Flitwick Flyers | M60 |
| 8 | 59:17 | 919 | RICHARDSON, Lance | Stopsley Striders | M60 |
| 9 | 71:03 | 924 | SEDGLEY, Dave | Amphill & Flitwick Flyers | M70 |

Over 60 Men's Teams

| | | | |
|--------------|--------------------------|----------------|-----------------|
| 1 | Stopsley Striders | | |
| Place | Time | Name | Category |
| 2 | 46:59 | WEIR, Alan | M65 |
| 4 | 49:22 | HARDY, Richard | M60 |
| 5 | 50:32 | LAMONT, Chris | M60 |
| 11 | 2:26:53 | Totals | |