

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**

**U11 Girls 1.4km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:07:01	501	CUSACK, Rosie	Bedford & County AC	F11
2	0:07:29	506	FLITTON, Libby	Luton AC	F11
3	0:08:00	502	GIBBS, Eliza	Bedford & County AC	F11
4	0:08:08	504	INESON, Freya	Leighton Buzzard AC	F11
5	0:09:43	507	GRIFFIN, Teddy	Luton AC	F11
6	0:10:10	505	BREACH, Evelyn	Luton AC	F11

	<b>Teams (3 to score)</b>	<b>Points</b>
1	Luton AC	13

**Bedfordshire Cross Country Championships**  
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**U11 Boys 1.4km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:06:59	512	MILNER, Theodore	Biggleswade AC	M11
2	0:07:16	510	RULTON, Luke	Bedford & County AC	M11
3	0:07:53	511	BONE, Ross	Biggleswade AC	M11
4	0:08:47	509	RULTON, Ethan	Bedford & County AC	M11

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**U13 Girls 2.9km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:12:36	515	BARNICOAT, Megan	Bedford & County AC	F13
2	0:12:43	517	BONE, Lauren	Biggleswade AC	F13
3	0:14:24	518	GREEN, Amy	Leighton Buzzard AC	F13
4	0:14:40	516	JONSON-ARNOLD, Martha	Bedford & County AC	F13
5	0:14:42	522	WHITE, Amiyah	Luton AC	F13
6	0:14:43	519	HENRY, Freya	Luton AC	F13
7	0:14:43	520	MARTIN, Maisie	Luton AC	F13
8	0:14:49	521	ROBERTS, Phoebe-Rose	Luton AC	F13

	<b>Teams (3 to score)</b>	<b>Points</b>
1	Luton AC	18

**Bedfordshire Cross Country Championships**  
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**U13 Boys 2.9km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:10:31	533	DAVIS, Jake	Luton AC	M13
2	0:10:55	523	GIBBS, Ethan	Bedford & County AC	M13
3	0:10:58	528	WILLIAMS, Fraser	Bedford & County AC	M13
4	0:11:22	527	PYECROFT, Henry	Bedford & County AC	M13
5	0:11:23	526	HENDERSON, Oliver	Bedford & County AC	M13
6	0:11:26	529	MILNER, Austin	Biggleswade AC	M13
7	0:11:28	525	HENDERSON, Harry	Bedford & County AC	M13
8	0:11:33	532	INESON, Josh	Leighton Buzzard AC	M13
9	0:13:08	524	HARPER, Thomas	Bedford & County AC	M13
10	0:13:15	531	DAVIES, Tommy	Leighton Buzzard AC	M13
11	0:15:41	535	THOMAS, Henry	Luton AC	M13
12	0:18:38	530	RAJ, Arun	Biggleswade AC	M13

	<b>Teams (3 to score)</b>	<b>Points</b>
1	Bedford & County AC	9
2	Bedford & County AC	21

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**U15 Girls 4.2km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:16:28	538	SMITH, Eleanor	Bedford & County AC	F15
2	0:16:44	545	FREELAND, Natasha	Marshall Milton Keynes AC	F15
3	0:17:37	536	HARPER, Ellie	Bedford & County AC	F15
4	0:18:10	537	REYNOLDS, Megan	Bedford & County AC	F15
5	0:18:25	539	SMITH, Juliette	Bedford & County AC	F15
6	0:18:53	541	FOUNTAIN, Cerys	Leighton Buzzard AC	F15
7	0:19:58	543	CHEDZOY, Niamh	Luton AC	F15
8	0:20:24	544	HAMPSON-WALLACE, Abbie	Luton AC	F15
9	0:21:01	542	BREACH, Olivia	Luton AC	F15
10	0:22:37	540	RAJ, Ashika	Biggleswade AC	F15

	<b>Teams (3 to score)</b>	<b>Points</b>
1	Bedford & County AC	8
2	Luton AC	24

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**U15 Boys 4.2km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:14:09	548	HENDERSON, Archie	Bedford & County AC	M15
2	0:14:14	549	SCOTT, Harry	Bedford & County AC	M15
3	0:15:33	552	WEDDELL, Oliver	Biggleswade AC	M15
4	0:15:47	546	COOMBES, Oliver	Bedford & County AC	M15
5	0:15:54	547	DANOBREGA, Zach	Bedford & County AC	M15
6	0:16:29	562	KNOX, Henry	Biggleswade AC	M15
7	0:16:44	551	HAMMOND, Sidney	Biggleswade AC	M15
8	0:17:14	554	JOHNSON, Wilf	Luton AC	M15
9	0:18:15	550	GREEN, Nathan	Leighton Buzzard AC	M15

	<b>Teams (3 to score)</b>	<b>Points</b>
1	Bedford & County AC	7
2	Biggleswade AC	16

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**U17 U20 Women 5.8km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:22:08	560	JACOBS, Sophie	St Albans AC	F17
2	0:23:12	555	DANOBREGA, Lyla	Bedford & County AC	F17
3	0:23:30	557	FARR, Lily	Bedford & County AC	F17
4	0:26:49	558	PARRISH, Jessica	Bedford & County AC	F17

<b>Teams (3 to score)</b>		<b>Points</b>
1	Bedford & County AC	9

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**U17 Men, 5.8km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:19:52	764	HAMMETT, Nic	Milton Keynes Distance Project	M17
2	0:19:59	762	HAMPSON-WALLACE, Joshua	Luton AC	M17
3	0:20:34	750	BARNES, Cameron	Bedford & County AC	M17
4	0:20:44	761	DAVIS, Nathan	Luton AC	M17
5	0:20:57	754	KOTRYS, Mackenzie	Bedford & County AC	M17
6	0:20:59	755	MITCHELL, Isaac	Bedford & County AC	M17
7	0:21:01	763	JOHNSON, Herbie	Luton AC	M17
8	0:21:15	758	WILSON, Oliver	Bedford & County AC	M17
9	0:21:20	751	BEALE, Theo	Bedford & County AC	M17
10	0:21:32	760	CASHIN, Joseph	Luton AC	M17
11	0:21:37	752	BOSHER, Sam	Bedford & County AC	M17
12	0:21:46	753	DEVLIN, Luca	Bedford & County AC	M17
13	0:22:17	756	SMITH, Daniel	Bedford & County AC	M17
14	0:23:15	757	STOKES, Dylan	Bedford & County AC	M17

<b>Teams (3 to score)</b>		<b>Points</b>
1	Luton AC	13
2	Bedford & County AC	14
3	Bedford & County AC	28
4	Bedford & County AC	39

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**U20 Men, 7.9km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:30:10	765	REYNOLDS, Jake	Bedford & County AC	M20

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**Senior Veteran (U50) Women, 7.9km**

Place	Time	Bib	Name	Club	Cat.
1	0:32:17	799	NICHOLS, Lauren	Bedford & County AC	FS
2	0:32:52	704	MEAD, Lauren	Leighton Buzzard AC	FS
3	0:32:54	720	LATHWELL, Christine	Stopsley Striders	F45
4	0:34:15	713	BOSHER, Sue	Bedford & County AC	F40
5	0:34:38	707	JAY, Libby	Luton AC	FS
6	0:34:52	705	MITCHELL, Ruth	Leighton Buzzard AC	FS
7	0:35:38	703	DEAR, Jo	Leighton Buzzard AC	FS
8	0:35:46	711	MCMAHON-ADIE, Claire	Luton AC	F35
9	0:36:02	702	UPPERTON, Nicky	Biggleswade AC	FS
10	0:36:20	719	BOOTH, Rosie	Leighton Fun Runners	F45
11	0:36:33	700	SMITH, Emma	Bedford & County AC	FS
12	0:37:01	710	FARNFIELD, Amy	Leighton Buzzard AC	F35
13	0:37:18	708	RIDLEY, Hannah	North Herts RR	FS
14	0:37:28	714	INCHLEY, Amy	Leighton Buzzard AC	F40
15	0:41:22	706	HEALE, Emily	Leighton Fun Runners	FS
16	0:41:34	715	SNOWDEN, Charlotte	Stopsley Striders	F40
17	0:41:39	718	MORGAN, Natalie	Biggleswade AC	F45
18		717	RULTON, Claire	Bedford Harriers	F45
19	0:48:49	735	LEVICK, Doubec	Leighton Fun Runners	F45
20	0:50:00	716	COOMBES, Emma	Bedford & County AC	F45
21	0:53:31	712	FLECKNEY, Rebecca	Amphill & Flitwick Flyers AC	F40

**Senior/Veteran Teams**  
**(3 to score)**

	Points	
1	Leighton Buzzard AC	15
2	Bedford & County AC	16
3	Leighton Fun Runners	44

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**Senior Veteran (U60) Men 10km**

Place	Time	Bib	Name	Club	Cat.
1	0:32:03	570	BLYTHMAN, Ed	Bedford & County AC	MS
2	0:32:16	578	NOBLETT, Jed	Luton AC	MS
3	0:34:17	574	WARREN, Ben	Herne Hill Harriers	MS
4	0:34:35	580	ELBAYAN, Mohammed	Stopsley Striders	MS
5	0:35:01	584	BUSBY, Liam	Wycombe Phoenix Harriers	MS
6	0:35:05	572	HEADLEY, Andrew	Bedford & County AC	MS
7	0:35:07	587	BUCKIE, Steve	Leighton Buzzard AC	M40
8	0:35:29	571	EMMERSON, Craig	Bedford & County AC	MS
9	0:35:33	591	FARMER, Jamie	Leighton Buzzard Tri Club	M40
10	0:36:00	579	BARNES, Rob	Stopsley Striders	MS
11	0:36:12	594	PALMER, Charlie	Bedford & County AC	M45
12	0:36:45	604	COOMBES, Simon	Leighton Buzzard AC	M50
13	0:38:00	606	WILLIAMSON, Paul	Leighton Buzzard Tri Club	M50
14	0:38:24	585	COOPER, Paul	Bedford & County AC	M40
15	0:38:27	575	EASTMAN, Will	Leighton Buzzard AC	MS
16	0:40:00	582	RANKIN, Tom	Stopsley Striders	MS
17	0:41:10	573	GILLHAM, Rory	Biggleswade AC	MS
18	0:41:44	581	PARSONS, Ryan	Stopsley Striders	MS
19	0:41:49	605	ROSE, Warren	Leighton Buzzard AC	M50
20	0:41:59	610	BLAIR, Andy	Bedford & County AC	M55
21	0:42:49	601	BIERTON, Andy	Amphill & Flitwick Flyers AC	M50
22	0:44:19	595	REYNOLDS, Gavin	Bedford & County AC	M45
23	0:44:52	613	CLAY, Nick	Leighton Buzzard AC	M55
24	0:45:10	611	KNIGHT, Stuart	Bedford Harriers	M55
25	0:45:42	603	HOGAS, Nicolae	Bedford Harriers	M50
26	0:45:59	583	WRIGHT, Kallum	Stopsley Striders	MS
27	0:46:17	597	SANTOS, Jose	Dunstable Road Runners	M45
28	0:46:19	614	HEALE, Andrew	Leighton Fun Runners	M55
29	0:46:32	607	HARE, Kevin	Leighton Fun Runners	M50
30	0:46:35	609	FALLON, Gez	Stopsley Striders	M50
31	0:47:36	586	STEPHENS, George	Bedford Harriers	M40
32	0:48:17	598	LANGDON, Joseph	Leighton Fun Runners	M45
33	0:48:17	593	PRECHNER, Gavin	Leighton Fun Runners	M40
34	0:49:50	577	HEALE, Chris	Leighton Fun Runners	MS
35	0:50:13	612	SANDLE, Nick	Bedford Harriers	M55
36	0:52:31	589	GREEN, Neil	Leighton Buzzard AC	M40
37	0:55:46		WALKER, Wayne	Leighton Fun Runners	M45

600

**Senior/Veteran Teams**  
**(6 to score)**

	Points	
1	Bedford & County AC	60
2	Stopsley Striders	104
3	Leighton Buzzard AC	112
4	Leighton Fun Runners	193

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**Veteran Women Over 50, 5.8km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:27:39	721	TURNER, Abigail	Bedford Harriers	F50
2	0:30:46	728	HAGGART, Nora	Bedford Harriers	F65
3	0:31:15	734	LYNCH, Autumn	Amphill & Flitwick Flyers AC	F55
4	0:31:58	726	KILGOUR, Val	Bedford Harriers	F60
5	0:33:30	731	DAGLISH, Lorraine	Luton AC	F65
6	0:33:46	722	BELL, Alison	Leighton Buzzard AC	F50
7	0:34:08	727	SINGLETON-LAWLEY, Veronica	Bedford Harriers	F60
8	0:35:12	732	AYERS, Christine	Leighton Fun Runners	F70
9	0:37:02	733	LANGDON, Janet	Leighton Fun Runners	F70
10	0:37:57	729	KING, Jenny	Bedford Harriers	F65
11	0:39:07	725	FULLARD, Elaine	Bedford Harriers	F60
12	0:40:37	730	MOON, Martine	Bedford Harriers	F65
13	0:41:03	724	DARNELL, Carole	Bedford Harriers	F60
14	0:46:57	723	MURRAY, Lynda	Leighton Fun Runners	F55

<b>Senior/Veteran Teams (3 to score)</b>		<b>Points</b>
1	Bedford Harriers	7
2	Bedford Harriers	28
3	Leighton Fun Runners	31

**Bedfordshire Cross Country Championships**  
**Southill Park, Bedfordshire, 7th January 2024**  
**Veteran Men Over 60, 7.9km**

<b>Place</b>	<b>Time</b>	<b>Bib</b>	<b>Name</b>	<b>Club</b>	<b>Cat.</b>
1	0:35:35	620	BEARE, Martin	Amphill & Flitwick Flyers AC	M60
2	0:36:22	622	BUTTLEMAN, Jim	Leighton Fun Runners	M60
3	0:39:01	625	FRAMPTON, Dave	Bedford Harriers	M65
4	0:42:59	623	DURRANT, Andrew	Stopsley Striders	M60
5	0:43:33	628	KEECH, Paul	Stopsley Striders	M65
6	0:44:34	626	HOLT, David	Bedford Harriers	M65
7	0:51:03	624	CRANE, Stephen	Bedford Harriers	M65
8	1:00:00	627	LAWLEY, Peter	Bedford Harriers	M65

	<b>Teams (3 to score)</b>	<b>Points</b>
1	Bedford Harriers	16