

dateofper	AD Code	Pos	First Nam	Last Nam	Club	Age Grp	Result	Wind	Weight	Classifica	Age Grade
04/04/2026	PV	1	Frankie	Johnson	Bedford & County AC	SM	4.60				74.19
04/04/2026	PV	2	Donncha	Blake	Biggleswade AC	U20M	4.20				70.32
04/04/2026	PV	3	Ben	Phillips	Marshall Milton Keynes AC	U16B	3.30				66.02
04/04/2026	PV	4	Lois	Fordham	Bedford & County AC	U16G	3.00				79.72
04/04/2026	HT	1	Mia	Flynn	Bedford & County AC	U16G	47.38				0
04/04/2026	HT	2	Oran	Blake	Biggleswade Athletic Club	U18M	45.90				68.2
04/04/2026	HT	3	Andrea	Jenkins	Peterborough & Nene Valley AC	W50	44.59				65.69
04/04/2026	HT	4	Brielle	Chiy	Cambridge & Coleridge AC	U18W	44.20				61.22
04/04/2026	HT	5	Leonie	Brunning	Biggleswade Athletic Club	SW	43.24				52.11
04/04/2026	HT	6	Steve	Burke	Huntingdonshire AC	M50	39.66				53.35
04/04/2026	HT	7	Cliona	Blackwell	Bedford & County AC	SW	31.11				37.49
04/04/2026	LJ	1	Erioluwa	Ana	Bedford & County AC	U12G	3.44				70.71
04/04/2026	LJ	2	Lily	Cottier-WH	Bedford & County AC	U12G	3.26				62.81
04/04/2026	LJ	3	Aiden	Picton	Bedford & County AC	U12B	3.13				51.57
04/04/2026	LJ	4	Josiah	Commodore	Bedford & County AC	U12B	3.03				62.86
04/04/2026	LJ	5	Talia	Caruso	Bedford & County AC	U12G	3.00				57.8
04/04/2026	LJ	6	Malia	Chiy	Cambridge & Coleridge AC	U12G	2.89				55.68
04/04/2026	LJ	7	Reilly	Cawe	Bedford & County AC	U12B	2.82				58.5
04/04/2026	LJ	8	Zachary	Parkes	Bedford & County AC	U12B	2.79				50.91
04/04/2026	LJ	9	Charles	Mckiernan	Unattached	U12B	2.75				57.05
04/04/2026	LJ	10	Caitlin	Mallett	Bedford & County AC	U12G	2.71				55.71
04/04/2026	LJ	11	Noah	Arhin	Bedford & County AC	U12B	2.69				49.09
04/04/2026	LJ	12	Sophie	Cullimore-l	Yate & District AC	U12G	2.56				56.65
04/04/2026	SP	1	Zack	Grinsted	Luton Athletic Club	SM	12.65				54.13
04/04/2026	SP	2	Adanna	Udechuku	Colchester & Tendring AC	U16G	12.56				0
04/04/2026	SP	3	Dane	Robertshaw	Bedford & County AC	U18M	11.79				57.86
04/04/2026	SP	4	Darren	Kerr	Bedford & County AC	M55	10.21		7.26K		55.09
04/04/2026	SP	5	Steve	Burke	Huntingdonshire AC	M50	9.43				48.66
04/04/2026	SP	6	Dawn	Williams	Luton Athletic Club	W45	8.84				52.68
04/04/2026	SP	7	Malia	Chiy	Cambridge & Coleridge AC	U12G	7.29				0
04/04/2026	HJ	1	Zaphaniah	Bryan	Bedford & County AC	U20M	1.90				79.9
04/04/2026	HJ	2	Scott	Johnson	Bedford & County AC	M35	1.85				76.54
04/04/2026	HJ	3	Leonie	Brunning	Biggleswade Athletic Club	SW	1.60				76.56
04/04/2026	HJ	4	Kenneth	Ulohotse J	Bedford & County AC	U16B	1.50				68.46
04/04/2026	HJ	4	Alex	Koloutsos	Brighton & Hove AC	U16G	1.50				80.21
04/04/2026	HJ	6	Adam	Bacon	Bedford & County AC	U14B	1.35				64.28
04/04/2026	LJ	1	Lois	Fordham	Bedford & County AC	U16G	4.41				69.4
04/04/2026	LJ	2	Arit	Ana	Bedford & County AC	U14G	4.24				73.08
04/04/2026	LJ	3	Georgia	Mccrae	Brighton & Hove AC	U16G	3.68				57.91
04/04/2026	LJ	4	Eno	Scranney	Cambridge & Coleridge AC	U14B	3.66				60.3
04/04/2026	LJ	5	Margot	Dowdell	Bedford & County AC	U16G	3.63				59.63
04/04/2026	LJ	6	Lucy	Boar	Bedford & County AC	U14G	3.61				62.22
04/04/2026	LJ	7	Barbara	Wawrzasz	Bedford & County AC	U14G	3.35				64.54
04/04/2026	DT	1	Emelina	Darvell	Banbury Harriers Athletics Club	SW	43.75				61.22
04/04/2026	DT	2	Zack	Grinsted	Luton Athletic Club	SM	40.70				58.27
04/04/2026	DT	3	Siobhan	Drummond	Bedford & County AC	SW	40.17				56.21
04/04/2026	DT	4	Adanna	Udechuku	Colchester & Tendring AC	U16G	39.02				0
04/04/2026	DT	5	Jordan	Davies	Luton Athletic Club	SM	38.29				53.28
04/04/2026	DT	6	Hannah	Brunning	Biggleswade Athletic Club	SW	37.25				52.13
04/04/2026	DT	7	Steve	Burke	Huntingdonshire AC	M50	32.47				47.62
04/04/2026	DT	8	Holder	Botha	Bedford & County AC	U16B	30.86				0
04/04/2026	DT	9	Geoff	Grinsted	Luton Athletic Club	M55	21.15				34.19
04/04/2026	SP	1	Emily	Elphick	Bedford & County AC	U16G	9.40				0
04/04/2026	SP	2	Jacob	Picton	Bedford & County AC	U14B	8.75				0
04/04/2026	SP	3	Thaila-Jack	Mason	Bedford & County AC	U20W	8.26				42.85
04/04/2026	SP	4	Seren	McDonald	Birchfield Harriers	U14G	8.04				0
04/04/2026	SP	5	William	Bacon	Bedford & County AC	U16B	7.45				40.52
04/04/2026	SP	6	Olive	Pyecroft	Bedford & County AC	U14G	7.40				0
04/04/2026	HJ	1	Austin	Ncube	Bedford & County AC	U14B	1.51				71.9
04/04/2026	HJ	2	Emily	Elphick	Bedford & County AC	U16G	1.48				81.32
04/04/2026	HJ	3	Sophie	Boar	Bedford & County AC	U14G	1.35				77.14
04/04/2026	LJ	1	Archie	Ashpole	Bedford & County AC	U20M	6.66				80.16
04/04/2026	LJ	2	Dan	Steel	Huntingdonshire AC	SM	5.96				67.67
04/04/2026	LJ	3	Timothy	Green	Bedford & County AC	SM	5.89				65.81
04/04/2026	LJ	4	Jude	Porter	Brighton & Hove AC	U18M	5.70				70.66
04/04/2026	LJ	5	Toby	Pentlow	Bedford & County AC	U18M	5.50				68.18
04/04/2026	LJ	6	Kie	Kwong	Brighton & Hove AC	SM	5.36				60.57
04/04/2026	LJ	7	Matthew	Plummer	Brighton & Hove AC	U18M	5.34				64.27
04/04/2026	LJ	8	Jaiten	Best	Brighton & Hove AC	U18W	5.30				77.62
04/04/2026	LJ	9	Caleb	Wilson	Ely Runners	U18M	5.17				64.09
04/04/2026	LJ	10	Holly	Vaughan	Bedford & County AC	U18W	5.04				73.81
04/04/2026	LJ	11	Georgia	O'Dell	Cambridge University AC	SW	4.82				64.96
04/04/2026	LJ	12	Klara	Novak-Wig	Brighton & Hove AC	U16G	4.76				78.19
04/04/2026	LJ	13	Julia	Volovich	Cambridge University AC	SW	4.57				62.08
04/04/2026	LJ	14	Fenya	Treace	Biggleswade Athletic Club	U18W	4.46				67.57
04/04/2026	LJ	15	Adam	Bacon	Bedford & County AC	U14B	4.44				63.01
04/04/2026	LJ	16	Amelia	Dawes	Bedford & County AC	U16G	4.29				67.51
04/04/2026	LJ	17	Jake	Wallace	Bedford & County AC	U14B	4.20				59.6
04/04/2026	LJ	18	Layla	Wallace	Bedford & County AC	U14G	3.99				68.77
04/04/2026	LJ	18	Dawn	Williams	Luton Athletic Club	W45	3.99				64.22
04/04/2026	LJ	20	Eno	Scranney	Cambridge & Coleridge AC	U14B	3.60				59.31
04/04/2026	JT	1	Lucie	Hejlula	Bedford & County AC	U16G	35.35				0
04/04/2026	JT	2	Jacob	Picton	Bedford & County AC	U14B	33.57				0
04/04/2026	JT	3	George	Ganley	City of Norwich AC	U16B	32.13				0
04/04/2026	JT	4	Thaila-Jack	Mason	Bedford & County AC	U20W	31.85				53.75
04/04/2026	JT	5	Miguel	Prata	Marshall Milton Keynes AC	U16B	30.51				0
04/04/2026	JT	6	Tiago	Prata	Marshall Milton Keynes AC	U14B	25.70				0
04/04/2026	JT	7	William	Bacon	Bedford & County AC	U16B	24.94				33.78
04/04/2026	JT	8	Emma	Schofield	Bedford & County AC	U16G	22.17				46.78
04/04/2026	JT	9	Zoe	Cullimore-l	Yate & District AC	U14G	20.75				0
04/04/2026	JT	10	Margot	Dowdell	Bedford & County AC	U16G	20.57				0
04/04/2026	JT	11	George	Hing	Bedford & County AC	U14B	18.25				0
04/04/2026	DT	1	Grace	Smith	Luton Athletic Club	U20W	27.73				40.06
04/04/2026	DT	2	Cliona	Blackwell	Bedford & County AC	SW	24.00				33.59
04/04/2026	DT	3	Mia	Flynn	Bedford & County AC	U16G	23.33				0

04/04/2024	100	5	Kassie	Moses	Marshall Milton Keynes AC	U16G	13.64	+0.1			81.99
04/04/2024	100	6	Kayla	Flack	Bedford & County AC	U18W	13.81	+0.1			79.2
04/04/2024	100	7	Micah	Udechuku	Colchester & Tendring AC	U14B	14.13	+0.1			76.18
04/04/2024	100	1	Shalom	Odetola	Bedford & County AC	U14G	13.17	-0.5			86.17
04/04/2024	100	2	Lena	Wawrasz	Bedford & County AC	U14G	13.35	-0.5			86.54
04/04/2024	100	3	Eva	Bolton	Bedford & County AC	U16G	13.37	-0.5			82.63
04/04/2024	100	4	Angel	Sesay	Marshall Milton Keynes AC	U16G	13.67	-0.5			80.82
04/04/2024	100	5	Mya	Orekoya	Luton Athletic Club	U16G	14.14	-0.5			79.09
04/04/2024	100	1	Shane	Mcandrew	Newmarket Joggers	M35	12.49	-1.3			78.27
04/04/2024	100	2	Bronwyn	Phillips	Bedford & County AC	U16G	12.71	-1.3			87.99
04/04/2024	100	3	Julia	Paczkowski	Bedford & County AC	U16G	12.92	-1.3			86.56
04/04/2024	100	4	Desirae	Mutsekwa	Bedford & County AC	U14G	13.24	-1.3			87.26
04/04/2024	100	5	Sureyya	Akay	Biggleswade Athletic Club	U18W	13.33	-1.3			82.05
04/04/2024	100	6	Adrielle	Mutsekwa	Bedford & County AC	U16G	13.69	-1.3			81.69
04/04/2024	100	7	Nina	Dominique	Luton Athletic Club	U16G	13.75	-1.3			81.33
04/04/2024	100	1	Clint	Grabs	Marshall Milton Keynes AC	M35	12.13	+0.9			80.6
04/04/2024	100	2	Caleb	Wilson	Ely Runners	U18M	12.32	+0.9			81.65
04/04/2024	100	3	Rhys	Turnbull-B	West Suffolk AC	SM	12.50	+0.9			76.64
04/04/2024	100	4	Sean	Maloney	Marshall Milton Keynes AC	M35	12.53	+0.9			78.02
04/04/2024	100	5	Tabitha	Williamsor	Winchester & District AC	SW	12.97	+0.9			82.52
04/04/2024	100	6	Charlie	Fyers	Bedford & County AC	U16B	13.08	+0.9			79.15
04/04/2024	100	1	Jacksen	Hornagold	Huntingdonshire AC	U16B	11.89	-0.7			85.76
04/04/2024	100	2	Ander	Hunton	Crawley AC	U16B	11.93	-0.7			85.47
04/04/2024	100	3	Chris	Collins	Huntingdonshire AC	U16B	11.96	-0.7			85.26
04/04/2024	100	4	Sebastian	Downs	Bedford & County AC	U16B	12.13	-0.7			85.35
04/04/2024	100	5	Samuel	Woodhall	Huntingdonshire AC	U18M	12.18	-0.7			82.59
04/04/2024	100	6	Mia	Smith	Thames Valley Harriers	SW	12.44	-0.7			84.96
04/04/2024	100	7	Bri	Grant	Luton Athletic Club	U16G	13.30	-0.7			83.07
04/04/2024	100	1	Ishmael	Smith-John	Harrow AC	SM	11.20	+0.3			85.54
04/04/2024	100	2	Matthew	Boos	Poole Athletic Club	U16B	11.30	+0.3			90.24
04/04/2024	100	3	Noah	Karat	Cambridge & Coleridge AC	U18M	11.32	+0.3			87.83
04/04/2024	100	4	Eliud	Kamara	Marshall Milton Keynes AC	U20M	11.77	+0.3			82.89
04/04/2024	100	5	Joshua	Dawe	Huntingdonshire AC	U16B	11.88	+0.3			87.15
04/04/2024	100	6	Kaya	Slater	Reading AC	SW	11.98	+0.3			89.34
04/04/2024	100	7	Danielius	Jurgaitis	Marshall Milton Keynes AC	U20M	12.07	+0.3			81.56
04/04/2024	100W	1	Varun	Bandi	Bedford & County AC	SM	19.45	+0.1	T54		49.76
04/04/2024	100W	2	Sean	Chigumba	Bedford & County AC	U20M	19.73	+0.1			49.45
04/04/2024	100W	3	Katie	Connolly	Bedford & County AC	SW	21.80	+0.1	T54		48.65
04/04/2024	100W	4	Freya	Thomas	Bedford & County AC	U16G	28.23	+0.1			39.14
04/04/2024	100W	5	Thomas	Bull	Bedford & County AC	U10B	42.47	+0.1			29.38
04/04/2024	400H	1	Isaac	Whitten	Stevenage & North Herts AC	SM	58.24				78.88
04/04/2024	400H	2	Monty	Chaffield-C	Cambridge & Coleridge AC	U18M	1:00.05				79.79
04/04/2024	400H	3	Marcus	Fazackerle	Chelmsford AC	U18M	1:00.24				81.35
04/04/2024	400H	4	Taryn	Guthrie	Reading AC	U18M	1:01.64				79.5
04/04/2024	400H	5	Freddie	Chaffield-C	Cambridge & Coleridge AC	U18M	1:03.98				74.89
04/04/2024	400H	1	Jessica	Downing	Herts Phoenix AC	SW	1:06.08				77.88
04/04/2024	400H	2	Lily	Ganley	City of Norwich AC	U18W	1:10.12				82.15
04/04/2024	400H	3	Eleanor	Roberts	Shaftesbury Barnet Harriers	U18W	1:14.53				74.92
04/04/2024	300H	1	Lauren	Fowler	Marshall Milton Keynes AC	U16G	46.49				0
04/04/2024	300H	2	Hazel	Spitzer	Herts Phoenix AC	U16G	52.77				109.17
04/04/2024	600	1	Henry	Bostock	Herts Phoenix AC	U12B	1:52.91				76.36
04/04/2024	600	2	Jenson	White	Luton AC	U12B	1:55.57				74.61
04/04/2024	600	3	Joseph	Armstrong	Bedford & County AC	U12B	1:56.10				77.25
04/04/2024	600	4	Paddy	Brennan	Luton AC	U12B	1:59.25				75.21
04/04/2024	600	5	Lily	Cottier-WH	Bedford & County AC	U12G	2:01.39				77.73
04/04/2024	600	6	Grace	Carter	Bedford & County AC	U12G	2:09.60				72.8
04/04/2024	600	7	Reilly	Cawe	Bedford & County AC	U12B	2:17.46				68.37
04/04/2024	600	8	Zachary	Parkes	Bedford & County AC	U12B	2:18.80				64.61
04/04/2024	600	9	Charles	Mckiernan	Unattached	U12B	2:20.96				66.67
04/04/2024	200	1	Katie	Wenban	Bedford & County AC	U16G	30.20	-2.4			75.8
04/04/2024	200	2	Elise	Totton	Cambridge & Coleridge AC	U14G	30.43	-2.4			79.43
04/04/2024	200	3	Jax	Connor	Woodford Green Athletics Club with Essex Ladies	U14B	30.55	-2.4			74.55
04/04/2024	200	4	Zoe	Cullimore-	Yate & District AC	U14G	30.62	-2.4			81.03
04/04/2024	200	5	Ayla	Akay	Biggleswade Athletic Club	U14G	30.78	-2.4			76.87
04/04/2024	200	6	Logan	Gamble	Biggleswade Athletic Club	W35	30.81	-2.4			69.88
04/04/2024	200	1	Lena	Wawrasz	Bedford & County AC	U14G	28.33	-2.9			85.32
04/04/2024	200	2	Orla	Matthews	Bedford & County AC	U18W	28.99	-2.9			78.97
04/04/2024	200	3	Chloe	Pallett	Rugby & Northampton AC	U16G	29.04	-2.9			80.04
04/04/2024	200	4	Emily	Bryan	Huntingdonshire AC	U16G	29.08	-2.9			78.72
04/04/2024	200	5	Inioluwa	Okunola	Unattached	U14G	29.09	-2.9			81.34
04/04/2024	200	6	Kassie	Moses	Marshall Milton Keynes AC	U16G	29.27	-2.9			79.41
04/04/2024	200	7	Mya	Orekoya	Luton Athletic Club	U16G	30.18	-2.9			77.01
04/04/2024	200	1	Chris	Collins	Huntingdonshire AC	U16B	24.94	+0.5			82.64
04/04/2024	200	2	Ria	Webb	Bedford & County AC	U18W	27.14	+0.5			82.33
04/04/2024	200	3	Shalom	Odetola	Bedford & County AC	U14G	27.29	+0.5			86.71
04/04/2024	200	4	Julia	Paczkowski	Bedford & County AC	U16G	27.44	+0.5			84.7
04/04/2024	200	5	Chloe	Waters	Unattached	U18W	27.58	+0.5			81.93
04/04/2024	200	6	Sophia	Wing	Bedford & County AC	U16G	28.08	+0.5			82.77
04/04/2024	200	7	Nina	Dominique	Luton Athletic Club	U16G	29.57	+0.5			78.6
04/04/2024	200	1	Bronwyn	Phillips	Bedford & County AC	U16G	26.63	-0.1			87.28
04/04/2024	200	2	Abbas	Moman	Unattached	SM	26.95	-0.1			71.21
04/04/2024	200	3	Harvey	Thomas	Newmarket Joggers	U16B	27.14	-0.1			75.94
04/04/2024	200	4	Bri	Grant	Luton Athletic Club	U16G	27.49	-0.1			83.27
04/04/2024	200	5	Riley	McNally	Shaftesbury Barnet Harriers	U16G	27.62	-0.1			84.15
04/04/2024	200	6	Sureyya	Akay	Biggleswade Athletic Club	U18W	28.11	-0.1			80.39
04/04/2024	200	7	Arit	Ana	Bedford & County AC	U14G	29.16	-0.1			81.15
04/04/2024	200	1	Zachary	Ononye	Shaftesbury Barnet Harriers	U14B	24.40	-0.9			88.17
04/04/2024	200	2	Kaiden	Gayle	Luton Athletic Club	U16B	24.50	-0.9			85.83
04/04/2024	200	3	Ander	Hunton	Crawley AC	U16B	25.45	-0.9			80.98
04/04/2024	200	4	Ibrahim	Khan	Bedford & County AC	U16B	25.89	-0.9			79.61
04/04/2024	200	5	Caleb	Wilson	Ely Runners	U18M	26.44	-0.9			76.6
04/04/2024	200	6	Rhys	Turnbull-B	West Suffolk AC	SM	26.69	-0.9			71.9
04/04/2024	200	1	Gideon	Drew	Luton Athletic Club	SM	24.71	-2.0			78.31
04/04/2024	200	2	Connor	Pulis	Dacorum Athletics Club	U16B	24.92	-2.0			82.7
04/04/2024	200	3	Ace	Hudson	Dacorum Athletics Club	U16B	25.19	-2.0			81.82
04/04/2024	200	4	Patricia	Armah	Reading AC	U20W	26.54	-2.0			84.2

04/04/2024	200	1	Eliud	Kamara	Marshall Milton Keynes AC	U20M	23.44	-0.4			82.76
04/04/2024	200	2	David	Martin	Marshall Milton Keynes AC	U20M	23.61	-0.4			84.44
04/04/2024	200	3	Thomas	Leakey	Bedford & County AC	SM	24.17	-0.4			79.4
04/04/2024	200	4	Danielius	Jurgaitis	Marshall Milton Keynes AC	U20M	24.86	-0.4			79.07
04/04/2024	200	5	Joshua	Dawe	Huntingdonshire AC	U16B	25.31	-0.4			83.08
04/04/2024	200	6	Philip	Mensah	Marshall Milton Keynes AC	SM	26.12	-0.4			74.27
04/04/2024	200	1	Marcus	James	Bedford & County AC	U18M	22.92	-0.4			86.98
04/04/2024	200	2	Ishmael	Smith-John	Harrow AC	SM	23.20	-0.4			82.72
04/04/2024	200	3	Freddie	Steele	Biggleswade AC	SM	23.46	-0.4			82.69
04/04/2024	200	4	Morgan	Aislabie	Bedford & County AC	U16B	25.52	-0.4			80.76
04/04/2024	400	1	George	Hardy	Biggleswade Athletic Club	U20M	50.76				86.65
04/04/2024	400	2	Samuel	Woodhall	Huntingdonshire AC	U18M	53.45				84.64
04/04/2024	400	3	Jakub	Skamla	Chelmsford AC	U18M	54.92				83.85
04/04/2024	400	4	Shane	Mcandrew	Newmarket Joggers	M35	55.57				80.36
04/04/2024	400	5	Christophe	Gaffey	Unattached	U18M	55.94				80.88
04/04/2024	400W	1	Varun	Bandi	Bedford & County AC	SM	1:18.81			T54	54.69
04/04/2024	400W	2	Katie	Connolly	Bedford & County AC	SW	1:29.10			T54	54.34
04/04/2024	400W	3	Freya	Thomas	Bedford & County AC	U16G	2:08.36				40.73
04/04/2024	300	1	Lemuel	Osei Bonsu	Marshall Milton Keynes AC	U16B	38.38				85.51
04/04/2024	300	2	Abigail	Ajakaye	Marshall Milton Keynes AC	U18W	45.06				77.54
04/04/2024	300	3	Renae	Cranstoun	Marshall Milton Keynes AC	U16G	47.45				76.02
04/04/2024	300	4	Tawanany	Mabaso	Unattached	U16G	47.93				75.26
04/04/2024	300	5	Maya	Wager	Huntingdonshire AC	U18W	49.05				72.3
04/04/2024	300	1	Harvey	Thomas	Newmarket Joggers	U16B	42.99				74.81
04/04/2024	300	2	Chloe	Waters	Unattached	U18W	43.19				80.9
04/04/2024	300	3	Grace	Nyaongo	Shaftesbury Barnet Harriers	U18W	48.55				71.97
04/04/2024	300	1	Kayden	Thomas	Shaftesbury Barnet Harriers	U16B	38.90				84.37
04/04/2024	300	2	Michael	Peiris	Luton Athletic Club	U16B	38.99				82.49
04/04/2024	300	3	Jacksen	Hornagold	Huntingdonshire AC	U16B	39.21				82.02
04/04/2024	300	4	Stephanie	Smith	Chelmsford AC	U18W	42.41				82.38
04/04/2024	300	5	Sophia	Wing	Bedford & County AC	U16G	45.79				78.78
04/04/2024	300	1	Kaiden	Gayle	Luton Athletic Club	U16B	40.52				80.99
04/04/2024	300	2	Solomon	Tumoe	Luton Athletic Club	SM	41.02				73.14
04/04/2024	300	3	Makayla	Brai-Aloye	Shaftesbury Barnet Harriers	U20W	41.45				83.2
04/04/2024	300	4	Vanessa	Ansuaa	Shaftesbury Barnet Harriers	SW	42.45				77.74
04/04/2024	300	5	Yasmin	Palmer	Unattached	SW	43.42				76
04/04/2024	300	6	Anna	Nyaongo	Luton Athletic Club	SW	47.38				70.6
04/04/2024	300	1	Clayton	Jacinto	Blackheath & Bromley Harriers AC	SM	37.74				79.49
04/04/2024	300	2	Deevon	Buchanan	Luton Athletic Club	U18M	38.61				80.6
04/04/2024	300	3	Neil	Davies	Wrexham Amateur Athletic Club	M55	42.50				85.34
04/04/2024	300	1	Jay	Palmer	Shaftesbury Barnet Harriers	SM	35.77				83.87
04/04/2024	300	2	Khyan	Markland	Shaftesbury Barnet Harriers	U20M	37.03				84.04
04/04/2024	300	3	Harley	Henry	Shaftesbury Barnet Harriers	U18M	37.16				83.75
04/04/2024	300	4	Paaran	Bhalla	Harrow AC	U18M	39.80				78.19
04/04/2024	300	5	Victory	A	Unattached	SM	41.46				72.36
04/04/2024	1500	1	Poppy	Makin	Bedford & County AC	U14G	5:12.69				79.41
04/04/2024	1500	2	Eliza	Gibbs	Bedford & County AC	U14G	5:22.66				78.43
04/04/2024	1500	3	Danica	Jagiello	Luton Athletic Club	U14G	5:25.65				77.71
04/04/2024	1500	4	Lucy	Topliff	Bedford & County AC	U14G	5:28.98				76.93
04/04/2024	1500	5	Katie	Biscoe	Luton Athletic Club	U14G	5:44.04				72.17
04/04/2024	1500	6	Florence	Janes	Bedford & County AC	U14G	5:46.35				71.69
04/04/2024	1500	7	Emily	Newbury	Bedford & County AC	U14G	5:58.53				70.59
04/04/2024	1500	8	Milena	Henderson	Bedford & County AC	U14G	6:14.85				69.01
04/04/2024	1500	1	Jake	Oliver	Luton Athletic Club	U14B	5:05.61				77.7
04/04/2024	1500	2	Parker	Greenman	Bedford & County AC	U14B	5:16.27				75.08
04/04/2024	1500	3	Jake	Wallace	Bedford & County AC	U14B	5:24.25				71.43
04/04/2024	1500	1	Serena	Fadda-Arc	Bedford & County AC	U16G	5:15.25				76.42
04/04/2024	1500	2	Amalie	Twydell	Brentwood Beagles Athletics Club	U16G	5:22.25				77.05
04/04/2024	1500	2	Heidi	Jagiello	Luton Athletic Club	U16G	5:22.53				74.69
04/04/2024	1500	3	Maisie	Martin	Luton Athletic Club	U16G	5:34.51				73.02
04/04/2024	1500	4	Phoebe-RD	Roberts	Luton Athletic Club	U16G	5:43.54				72.28
04/04/2024	1500	1	Jake	Davis	Luton Athletic Club	U16B	4:20.08				85.48
04/04/2024	1500	2	Ethan	Gibbs	Bedford & County AC	U16B	4:20.91				86.85
04/04/2024	1500	3	Fraser	Williams	Bedford & County AC	U16B	4:23.37				84.41
04/04/2024	1500	4	Oliver	Henderson	Bedford & County AC	U16B	4:37.14				81.76
04/04/2024	1500	5	Thomas	Harper	Bedford & County AC	U16B	4:40.73				80.72
04/04/2024	1500	6	Henry	Pyecroft	Bedford & County AC	U16B	4:42.44				78.71
04/04/2024	1500	7	Leo	Littlejohn	Luton Athletic Club	U16B	4:44.98				78.01
04/04/2024	1500	8	Owen	Stubbins	Ealing Southall & Middlesex AC	U16B	4:45.50				79.37
04/04/2024	1500	8	Ed	Martin	Bedford & County AC	U16B	4:47.61				78.79
04/04/2024	1500	9	Lucas	Pitt	Bedford & County AC	U16B	4:54.75				75.43
04/04/2024	1500	10	Jasper	Warner	Cambridge & Coleridge AC	U16B	4:55.03				78.51
04/04/2024	1500	1	Abbie	Hampson	Luton Athletic Club	U18W	5:06.67				77.58
04/04/2024	1500	2	Ellie	Harper	Bedford & County AC	U18W	5:22.95				72.77
04/04/2024	1500	3	Eleanor	Smith	Bedford & County AC	U18W	5:33.55				71.33
04/04/2024	1500	4	Megan	Reynolds	Bedford & County AC	U18W	5:39.80				70.9
04/04/2024	1500	1	Archie	Henderson	Bedford & County AC	U18M	4:25.84				82.27
04/04/2024	1500	2	Zach	Danobrega	Bedford & County AC	U18M	4:48.85				74.68
04/04/2024	1500	3	Gavin	Reynolds	Bedford & County AC	M50	5:04.89				76.75
04/04/2024	1500	4	Simon	Harper	Bedford & County AC	M50	5:38.29				69.17
04/04/2024	1500	1	Grace	Peters	Herts Phoenix AC	U14G	5:11.26				81.31
04/04/2024	1500	2	Chloe	Willson	Chiltern Harriers AC	U14G	5:13.76				82.45
04/04/2024	1500	3	Hattie	Stewart-Qu	Watford Harriers	U14G	5:23.34				78.27
04/04/2024	1500	4	Scarlett	Finlay	Watford Harriers	U14G	5:32.92				74.58
04/04/2024	1500	1	Joshua	Maiden	Herts Phoenix AC	U14B	4:42.42				82.01
04/04/2024	1500	2	Thomas	Summers	Herts Phoenix AC	U14B	5:00.95				78.9
04/04/2024	1500	3	Jenson	Day	Shaftesbury Barnet Harriers	U14B	5:01.75				78.7
04/04/2024	1500	4	William	Rochester	Watford Harriers	U14B	5:05.35				77.77
04/04/2024	1500	5	Kane	Davis	St Albans AC	U14B	5:07.88				75.23
04/04/2024	1500	6	Jack	Dalton	Chiltern Harriers AC	U14B	5:08.89				76.88
04/04/2024	1500	7	Benjamin	Weir	St Albans AC	U14B	5:14.54				75.5
04/04/2024	1500	8	Ross	Bullivant	St Albans AC	U14B	5:17.29				76.98
04/04/2024	1500	1	Anya	Rochester	Watford Harriers	U16G	4:55.85				82.56
04/04/2024	1500	2	Imogen	Dempsey	Stevenage & North Herts AC	U16G	5:02.90				79.53
04/04/2024	1500	3	Paloma	Theobalds	St Albans AC	U16G	5:10.22				78.74
04/04/2024	1500	4	Hazel	Spitzer	Herts Phoenix AC	U16G	5:14.83				76.52

04/04/2024	1500	5	Lily	Kennedy	St Albans AC	U18W	5:23.28				73.6
04/04/2024	1500	6	Zoe	Stephens	Eastern Masters Athletics Club	W40	5:30.31				75.56
04/04/2024	1500	1	Jonah	McNaught	St Albans AC	U16B	4:34.73				82.48
04/04/2024	1500	2	Conor	Treloar	St Albans AC	U16B	4:38.12				83.28
04/04/2024	1500	3	Alban	Wadley	Herts Phoenix AC	U16B	4:42.23				80.29
04/04/2024	1500	4	Jonathan	Gruppetta	Luton Athletic Club	U16B	4:46.94				78.97
04/04/2024	1500	5	Samuel	Cooper	St Albans AC	U16B	4:48.80				80.2
04/04/2024	1500	6	Will	Buck	Stevenage & North Herts AC	U16B	4:49.54				78.26
04/04/2024	1500	7	William	Allardyce	Stevenage & North Herts AC	U16B	4:52.83				79.1
04/04/2024	1500	8	Leo	Richards	Stevenage & North Herts AC	U16B	4:58.84				77.51
04/04/2024	1500	9	Nicholas	Tankel	Stevenage & North Herts AC	U16B	5:07.54				73.68
04/04/2024	1500	1	Joseph	Brown	Watford Harriers	U18M	4:30.33				80.9
04/04/2024	1500	2	Adam	Wadley	Garden City Runners	M40	4:54.87				75.35
04/04/2024	1500	3	Joseph	McCormick	St Albans Striders	SM	5:21.30				64.29
04/04/2024	1500	4	Steve	Bowran	St Albans AC	M55	5:43.94				71.41