

BEDFORD & COUNTY AC 2009



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Southern Men's Track & Field League 01 August 2009

The Men's 2nd team narrowly failed to beat rivals Vale of Aylesbury AC in the final league match of the season on 1st August, the margin was just three points. This left us, the Vale and Herts Phoenix AC tied on 15 points with Bedford losing out on point scored to finish third and out of the promotion places.

Bedford & County win UK Womens League Division 3 and are promoted for the second year running August 2009



Bedford & County Athletics Club furthered its claim to be the most successful athletics club in the region, with the Senior Women's Track & Field team being hailed as National League Division 3 Champions having been promoted from Division 4 last year. A team that had a blend of youth and experience travelled to Wigan for their last match of the season, and in challenging conditions won the match and therefore the UK Women's League division 3 championships.

Lucy James, fresh from her successes as a member of the UK team at The European Youth Olympics led the way with a fine victory in the 200m.

Natasha Peters won the 3000m A string, ably supported by Rachel Gibbs who won the B string despite having twisted her ankle in the warm up. Shannon Bunker won the Discus and Laura Duke won the pole vault. Club stalwart Michelle Webster also ran a personal best in the 200m and there were season's best performances by Suzi Boast in the 800m, Rachael Bennett in the Discus, Kerry Salter in the 400m and Aimee Richardson in the Triple Jump, and a fine club debut by Claire Palmer in the Javelin. The most exciting victory of the day went however to the sprint relay team, of Aimee Richardson, Lucy Spray, Kerry Salter and Michelle Webster.

For Ian Roberts, Team Manager, and one of many coaches who devote their time to the athletes in the club voluntarily, this was a fitting end to a season where he has managed the England Youth Team to success at the Commonwealth Youth Games in India, The England Schools' Team to victory at the World Schools' Cup in Estonia, and now for the second year in succession Bedford Women to a UK Womens' Athletics league title.

Bedford & County relegated in British Athletic League

Moorways Stadium at Derby was the venue in 2007 when Bedford & County AC's men's team were relegated into National Division 3 of the British Athletics League. The team returned to that venue last Saturday for the last match of this season in bottom position knowing that a match position of third place (out of eight) was required to even have a chance of averting relegation once again.

Despite lacking some key personnel, the team were in good heart and the day started really well. The first event in both the field and on the track saw Bedford get off to a perfect start with wins in both 'A' and 'B' with the Kerr brothers – Glen and Darren – prevailing in the Hammer whilst Alan Cooper's PB in the 400H was emulated by Peter Benedickter in the 'B' event.

Other 'A' string victories followed for Scott Johnson in the High Jump and Matt Devereux in the Pole Vault (a performance which gained him the Man of the Match award) whilst Sam Wallbank's PB in the 'B' 3000m Steeplechase earned him a win too. This race also saw Steve Tuttle gain a PB whilst debutants Mufaru Mashaurira and Luke Humphreys posted career bests in the 'B' races in the 100m and 5000m respectively. Many other athletes gained season's bests including Matt Janes in the 5000m 'A' and Simon Eastwood in the Pole Vault 'B'. These excellent efforts, plus many other good ones by other team-mates ensured a highest match place of the season of 5th which wasn't enough however to avoid relegation. Indeed, with two of the other teams facing relegation also rising to the occasion, Bedford & County AC finished the season in last place and will start next season in the bottom division - National 4 - of the sport's top league.

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Southern Women's Track & Field League 5 September 2009

It was probably just as well that the last Southern Women's League Division 1 match of the season was at home last Saturday since the list of unavailable or walking wounded had reached epidemic proportions. However, as the women had last month achieved their main goal of the season by emphatically winning their division of the UK Women's League and being promoted to Division 2 for 2010, this match gave opportunities for some of the younger girls to show what they could do against senior opposition. They were certainly up against it as all three opposing teams; Luton AC, Havering Mayesbrook AC and Sutton & District AC; were in the battle to finish in second place in the league and so fielded strong teams.

One of the handful of non-teenagers in the team, Jemma Harding, led by example in the opening event by returning to form with a win the Pole Vault in her best vault for four months. This was just the start of a busy afternoon for Jemma as she also featured in six other events!

Also very busy AND very successful was Becky Newstead who notched an excellent double by easily winning the 3000m and then later a fiercely-competitive 1500m before contributing a leg of the 4 x 400m relay. Bedford's only other wins were achieved by Alice Burgin in the 3000m 'B' string and by the youngest athlete in the team, Yolanda Bullen. The hurdler's 200m 'A' string win was as fast as it was unexpected and she now goes into the English Schools' Combined Events in Bedford later this month in great spirits.

Other youngsters to gain good points with 2nd places were Abi McKinnon-Austin with two in the 800m/1500m, Abi Holman with another in the Triple Jump, Chidi Udemezie in the 100m and debutant Kerry Hyde in the High Jump. Rachael Bennett competed well in all four throws and was unlucky to have to contend with some of the best throwers in the division in the same match. The Boast family also seemed to have someone competing somewhere all afternoon.

Eleventh hour problems had meant that Emma Coombes not only had to select and manage the team but also fill a couple of gaps on the day. The latter, along with similar performances from a returning from long-term injury Rachael Cave gained valuable points on the day.

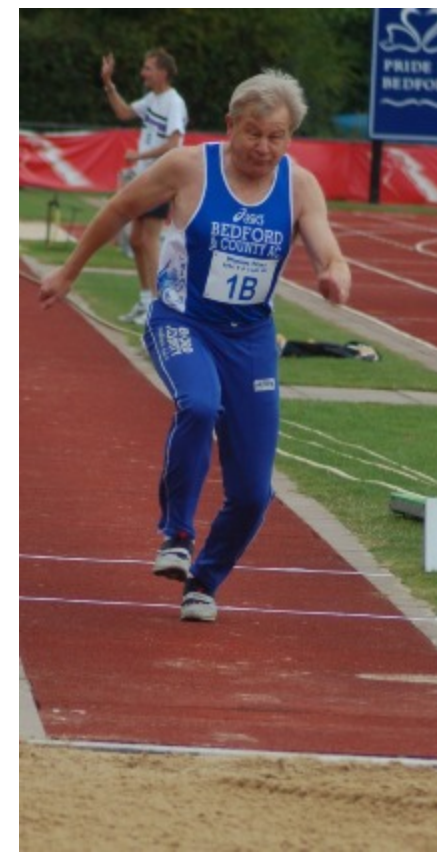
Despite a short time in 3rd place, the team eventually had to settle for last place in the match. Against this opposition it was a respectable performance and one which earned the team 9th place (of 16) in the league for the season. Havering Mayesbrook AC won the match but not by enough points to stop Luton AC completing the season in 2nd place, from where they hope to go on to the qualifying match later this month for the UK Women's League.

Match Result

Havering Mayesbrook AC 96.5, Luton AC 90, Sutton & District AC 73.5, Bedford & County AC 70.

Eastern Veterans Track & Field League Finals 13 September 2010

Bedford & County AC Mens Veteran Athletic Team regained the EVAC League championship in blustery conditions at Bedford on Sunday 13 September. The team started well with wins from both Pete Benedickter and Tenny James in the 400M hurdles event on the track, and with David Burrell in the Hammer, this was then followed by good support all day with David B remaining undefeated in all four throws, and everyone else either just in front or just behind arch rivals Milton Keynes. Bedford were never headed and eventually finished 33 points ahead.



The 'Man of the Match' Award was won by Bedford & County's own M60 World Class Steeplechaser Alex Swiecicki for his League record breaking run in the M60 3000m of 10:41.0, taking some 15 seconds of the old mark, and this was backed up with a win in the M60 800m.

Additional mention to the heroic exploits of Tenny James, due in part to the inability of the Manager to recover from his triple jump. Tenny eventually competed in 9 events - 100m, 200m, 400m, sprint hurdles, 400 hurdles, High Jump, Pole Vault, Long Jump and a leg of the relay - a real club man there.

The Field Eventers - Dave B, Graeme Packman, Bob Richards, Simon Eastwood, and Neil Carrington did the club proud taking first or second place in almost all of the events.

The middle distance boys solid showing, with controlled running by the evergreen 'Jimbo' McMahon, stern performances by Dave Cheshire, now well on the mend after his broken ribs earlier in the season, and good runs by both Paul Wilkerson and Andy Boast kept the team in front.

To the walkers Graham Ayre and Robert Lands and sprinter Lance Croft (No the L does stand for Lance and not Lara as someone thought up in the Announcer's Box) - Well Done. Finally a special note regarding Giorgio, who never says no, not only did he cover the 2K walk, but also the M60 200m & Long Jump, all this after competing in the Bedford Harriers 10 K earlier in the morning, thank you.

Can I take this opportunity to thank everyone, both on and off the track, for your efforts on the day, and the support given to me throughout the season.

Southern Women's Road Relays 26 September 2009

Bedford & County's women's teams performed excellently in the Southern road relays on Saturday 27 September 2009. The senior women were 2nd brought home by Jo Wilkinson in the 3rd fastest time of the day. The U17 women were also silver medallists with Emily Wallbank 4th fastest on the day coming in first on leg 1. The U15 girls finished a close 4th just out of the medals, had Molly McKenzie (11th fastest on the day) run in the A team they would have challenged for 2nd. Alanah Harris was 10th fastest on the day. The under 13 girls finished 13th with Sarah Kerr running fastest for the team just outside the top 20. We finished 2 teams in each category, 3 in the U15's, well done to every one who competed. Full results are on the Adershot & Farnham AC web site.

Senior Women

2 Bedford & County A.C. - A Team 53:13

Nicola Sykes 13:30 9, Natasha Peters 13:27 2, Rebecca Newsted 13:35 2, Jo Wilkinson 12:41 2

17 Bedford & County A.C. - B Team 60:03

Kerry Large 15:54 54, Rachel Gibbs 13:56 32, Rachel Cave 15:19 26, Helen Frizell 14:54 18

U17 Women

2 Bedford & County A.C. - A Team 32:22

Emily Wallbank 10:14 1, Abbey McKinnon-Austin 10:57 2, Emily Relton 11:11 2

14 Bedford & County A.C. - B Team 34:55

Alice Burgin 10:55 11, Ruth Glorey 12:08 16, Emily Boast 11:52 14

U15 Girls

4 Bedford & County A.C. - A Team 33:02

Alanah Harris 10:48 6, Rebecca Murray 10:53 3, Ellie Hemming 11:21 4

13 Bedford & County A.C. - B Team 34:50

Molly McKenzie 10:49 7, Alanah Tribbeck 11:56 9, Megan Angell 12:05 13

40 Bedford & County A.C. - C Team 38:07

Leah Relton 12:23 46, Kayleigh Barnes 12:25 41, Noelle Wolvaurdt 13:19 40

U13 Girls

13 Bedford & County A.C. - A Team 27:25

Lauren Russell 9:10 22, Sarah Kerr 8:50 13, Kelly Rodd 9:25 13

29 Bedford & County A.C. - B Team 28:48

Tilly Rubens 9:31 39, Alice Wallbank 9:36 36, Daisy Ward 9:41 29

Southern Men's Road Relays 26 & 27 September 2009

Bedford & County's senior men narrowly missed a medal in Sunday's Southern Road Relay championships at Adershot. Matt Janes took the team into first place on leg two with the eighth fastest leg on the day but the team dropped back down to 4th despite Neilson Hall's fifth fastest leg on the day. The seniors B team closed in 56th. In the Men's Masters race the M40 team finished 6th with Jim McMahon just outside the top ten times.

On Saturday, the U17 men were also just outside the medals in 5th place with Jack Goodwin recording the third fastest time on the day. The B team closed in 27th. The U15 boys were also just short of the medals in 4th place with Ben Alcock recording the fifth fastest time on the day. The B team finished 26th. Finally and certainly not least the U13 boys team were 16th in their race.

Senior Men

4 Bedford & County A.C. - A Team 1:52:25

Michael Goodwin 19:16 21, Matt Janes 18:08 5, Eddie Ernest-Jones 18:23 4, Robert Heaney 19:40 5, Dan Dalmedo 18:55 4, Neilson Hall 18:03

56 Bedford & County A.C. - B Team 2:08:39

Steve Tuttle 21:17 67, Dale Williamson 22:08 72, Tom Corbett 21:34 68, Steve Herring 21:52 64 57, James McMahon 20:48 58, Alan Turnbull 21:00 56

Veterans M40

6 Bedford & County A.C. - A Team 1:23:23

Steve Herring 20:35 7, James McMahon 20:13 6, Dave Cheshire 22:06 7, Alan Turnbull 20:29 6

U17 Men

5 Bedford & County A.C. - A Team 50:42

Matthew Bergin 12:53 24, Jack Goodwin 11:49 5, Matt. Nicholson 13:17 5, James Burton 12:43 5

27 Bedford & County A.C. - B Team 54:35

Sam Bennett 13:39 42, Patrick Stuart 13:14 34, Andrew Minney 13:54 28, George Burkitt 13:48 27

Bedford & County A.C. - C Team 29:26

Luke Angell 14:16 57, Chris Thornley 15:10 52

U15 Boys

4 Bedford & County A.C. - A Team 40:23

Ben Alcock 9:41 4, Ben Churchman 10:03 2, Ryan Isaacson 10:32 2, Micheal Harrison 10:07 4

26 Bedford & County A.C. - B Team 44:12

Jack Douglas 10:30 26, Josh Saunders 10:46 21, Scott Proctor 11:22 25, Matthew Bray 11:34 26

Bedford & County A.C. - C Team 35:05 incomplete

Connor Delaney 10:59 40, Daniel Henson 12:01 45, Jack Benedickter 12:05 40

U13 Boys

16 Bedford & County A.C. 45:51

Kieran McQue 11:14 18, Jonathan Janes 11:35 18, Alex Hepburn 12:12 17, Matthew Marsom 10:50 16

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British Masters Cross Country Relays, 3 October 2009

A small group of runners travelled to Berry Hill Park, Mansfield on Saturday to compete in the Masters cross country relays. We had a complete M40 A team and an incomplete B team and M50 team. The conditions were dry the course hard underfoot and because of a near gale force blustery win against runners over the open part of the lap, the wind at times strong enough to bring you to a stand still.



Leicester Coritanian were run away winners leading for all 6 legs. Bedford finished 7th approximately 7 minutes behind the leaders but not lapped thanks to a fine run by Jim McMahon on the last leg who took a quarter of a mile out of the eventual winner. Fastest for Bedford on the day was Alan Turnbull in 14:10.

Robert Payne 17:08, Richard Powell 14:19, Alan Turnbull 14:10, David Cheshire 15:10, Paul Gooding 16:23, Jim McMahon 14:12

Jon Roots M40 B 16:25
Rob Lands M50 18:17

Standalone 10k Letchworth

Three club athletes were successful in the Standalone 10k at the weekend. Neilson Hall was first past the post in 30m38, Rebecca Newstead was first women home in 36m14 & Abigail Mackinnon Austin was first U20 women home in 39m01.

Chiltern League Oxford 10 October 2009

Full results from the Apex Chiltern Cross Country League at Oxford are on the league website. Bedford and County athletes were to the fore in this weekends league fixture.



In the Senior Womens race Natasha Peters, Nicola Sykes and Rebecca Newstead completed a 1,2,3 at the head of the race while Helen Frizzell backed them up as 2nd F35. Emily Wallbank won the junior/U17 womens race, Rebecca Murray won the U15 girls race with Mollie McKenzie 3rd. Aimee Trafford led home the u13 girls team in 14th place.

The senior men were led home by James Lawler in 5th with Michael Goodwin 1st U20 in 8th place, Steve Tuttle was 8th and Alan Turnbull was 2nd M40 in 22nd place in the race. Jack Goodwin won the U17 race from Matt Bergin in 2nd, Ben Alcock was 2nd in the U15 boys race and Jonathon Janes led home the U13 boys team in 7th place. In the U11 boys race Jake Keech was 2nd.

In all 71 Bedford & County athletes finished races and the overall team position after 1 fixture is 2nd while the female overall position and young athletes overall position is first. Our teams were first in the senior womens, U15 girls and U17 men, second in the U15 boys and J/U17 women.

ERRA National Road Relays 17 October 2009

Both the senior men's and senior women's teams excelled at Saturdays event finishing 4th and 5th respectively in the large and competitive fields.



The strong mens team were led off by Owain Matthews who brought the team in 27th on a fast first leg, Neilson Hall ran through the field to 3rd place close to the lead in the 6th fastest time on the day. Dan Dameldo, Mark Draper and Darren Deed kept the team in contention but Matt Janes could not quite bring the team back up to 3rd place on the last leg.

The women's team led off by Nicola Sykes ran through from the field from 16th to 5th. Jo Wilkinson was 8th fastest overall and Natasha Peters and Suzi Boast ran well.

Senior Men

Owain Matthews (26) 17:41, Neilson Hall (3) 17:06, Dan Dalmedo (5) 18:01, Mark Draper (3) 17:22, Darren Deed (4) 17:34, Matt Janes (4) 17:29

Senior Women

Nicola Sykes (16) 15:01, Natasha Peters (9) 14:52, Suzi Boast (9) 15:20, Jo Wilkinson (5) 14:24

ERRA National Young Athletes Road Relays 18 October 2009

Bedford & County's young athletes did the club proud in the national road relay championships at Sutton Park on Sunday.

The best performance of the day was from the Girls U17 team of Emily Wallbank, Emily Relton and Alice Burgin who claimed silver medals, Emily Wallbank ran the 3rd fastest leg of the day. Their success was almost repeated by the Girls U15 team of Mollie McKenzie, Ellie Hemming and Rebecca Murray who were bronze medallists. Rebecca was 9th fastest on the day.

Our other young athlete's teams also performed well, the U13 girls were 17th, the U13 boys were 24th with Kieran McQue 10th fastest overall, the U15 boys were 5th and the U17 boys were 11th with Jack Goodwin running the 8th fastest time on the day. Full team performances including B teams are below.

U13 Girls

A Team - Katie Healy (20) 15:52, Lauren Russell (27) 17:07, Sarah Kerr (17) 16:03

B team - Kelly Rodd (37) 16:45, C Hunter (28) 16:25

U15 Girls

A Team - Molly McKenzie (10) 14:20, Ellie Hemming (3) 14:36, Rebecca Murray (3) 14:05

B Team - Alanah Harris (26) 15:06, K Barnes (33) 16:28, A Tribbeck (33) 16:04

U17 Women

A Team - Emily Wallbank (1) 13:01, Emily Relton (2) 14:33, Alice Burgin (2) 14:10

B Team - Ruth Florey (33) 15:48, C McKenzie (29) 16:25, Emily Boast (23) 15:44

U13 Boys

A Team - Kieran McQue (6) 13:55, Alex Hepburn (22) 16:31, Matthew Marsom (24) 16:05

U15 Boys

A Team - Ben Churchman (19) 13:12, M Harrison (10) 13:17, Ben Alcock (5) 12:50

B Team - Jack Douglas (44) 14:16, Ryan Isaacson (30) 13:33, J Saunders (28) 14:24

C Team - Matthew Bray (68) 15:07, Tom Stead (52) 14:08, Knee-Robinson (51) 15:50

U17 Men

A Team - James Burton (33) 12:50, Jack Goodwin (9) 11:50, Matthew Bergin (11) 12:43

B team - M Nicholson (55) 13:27, P Stewart (44) 13:07, Sam Bennett (47) 14:09

Amphihill Trophy Cross Country 18 October 2009

The Amphihill Trophy race this year incorporated the Eastern Veterans championships this year so the oldun's first for a change. Club Chairman Bob Thompson excelled with first place in the M60 category (140th overall) followed by Brian Webb (M60 2nd), while Paul Beedie and Paul Wilkerson were 2nd and 3rd M50's (46th and 50th overall) and Peter Benedickter was 2nd M40 (51st overall). Rob Lands also ran (M50 9th, 95th).

In the open senior race Kerry Large was 100th. In the shorter Young Athletes race we had a good number of runners. Jessica Badgery was 2nd U11 girl, Megan Shreeve 1st U15 girl and Hannah Williams 1st U17 girl.

Other runners -

Annabel Shreeves (13, 4 U13G), James Mackey (14, 7 U13B), Jessica Badgery (15, 2 U11G), Ellie Shreeves (19 3 U11G), Megan Shreeves (52, 1 U15G), Hannah Williams (58, 1 U17G)

ECCA Cross Country Relays 31 October 2009

Bedford & County 's Senior Men's team of Mark Draper, Matt Janes, Darren Deed & Neilson Hall excelled at the National Cross Country relays in retaining their championship title at Mansfield.



Mark ran the 6th fastest time of the day coming in a close 4th, Matt consolidated the team in second place, Darren ran through to take a lead of just under 30 seconds which Neilson comfortably maintained to the line despite some fast running behind him. Mark and Darren's follow hot on fast 10 miles in the Great South Run - times of 50m28s and 49m33s respectively.

Our Senior Women trio of Natasha Peters, Nicky Sykes and Katrina Wootton ran through to 5th place with Katrina running the 8th fastest time on the day. Katrina also ran the Great South Run in a time of 57m16s.

Some strong performances from our Young Athletes saw the U17 Men finish 6th with Jack Goodwin 6th fastest on the day, the U15 boys were 4th with Ben Alcock running the 4th fastest leg on the day and the U15 girls were 5th with Rebecca Murray running 5th fastest on the day.

Senior Men (5k) FIRST

A team - Mark Draper 1st 15:00.9, Matt Janes 2nd 15:36.25, Darren Deed 1st 15:21.65, Neilson Hall 1st 15:13.95

B team - Owain Matthews 19th 15:33.65, Dan Dalmedo 20th 15:56.7, Stephen Tuttle 28th 17:06.45, Alan Turnbull 31st 17:14.05

C team - Richard Powell 79th 17:18.10

Senior Women 5th

Natasha Peters 0:10:38.30 (17), Nicky Sykes 0:10:04.75 (5), Katrina Wootton 0:10:15.60 (5)

B team 25th 0:34:13.40

Rebecca Newstead 0:10:56.75 (24), Rachel Gibbs 0:11:05.60 (19), Rachel Cave 0:12:11.05 (25)

Junior Men incomplete

Michael Goodwin 0:09:52.05 (42), Tom Corbett 0:09:51.85 (31)

Junior Women incomplete

T Barnes 0:09:46.05 (26) E Blackwell 0:10:33.25 (24)

U17 Men 6th

Jack Goodwin 0:09:22.60 (4), Matt Bergin 0:09:46.80 (4), James Burton 0:10:00.15 (6)

U17 Women 21st

Ruth Florey 0:10:09.75 (40), Emily Relton 0:09:44.70 (20), Brogden Fielden 0:10:13.45 (21)

U15 Boys 4th

Ben Churchman 0:07:03.55 (33), Ben Alcock 0:06:30.65 (6), Michael Harrison 0:06:46.25 (4)

B team 44th 0:22:01.05

R Isaacson 0:07:08.75 (46), J Douglas 0:07:28.00 (47), J Saunders 0:07:24.30 (44)

C team 64th 0:23:12.10

M Bray 0:07:44.25 (90), J Benedickter 0:07:58.75 (82), S Proctor 0:07:29.10 (64)

U15 Girls 5th

Molly McKenzie 0:07:50.15 (31), E Hemming 0:07:43.35 (14) R Murray 0:07:17.40 (5)

B team 40th 0:24:53.30

A Harris 0:07:37.70 (15), M Angell 0:08:48.75 (42), L Relton 0:08:26.85 (40)

U13 Boys 24th

R Testa 0:07:28.25 (22), J Janes 0:07:29.40 (14), T Angell 0:08:15.80 (24)

B team 50th 0:24:48.00

F Jenkins 0:08:12.60 (62), R Angell 0:08:26.25 (57), A Hepburn 0:08:09.15 (50)

U13 Girls 28th

A Trafford 0:08:14.80 (40), S Kerr 0:08:21.40 (26), K Healy 0:08:41.70 (28)

B team 39th 0:25:37.50

C Hunter 0:08:42.30 (70), L Russel 0:08:16.00 (39), K Rodd 0:08:39.20 (39)

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Chiltern League, Luton 7 November 2009

There were some strong performances from club runners in this weekends race, full results are available on the league website.

Highlights include a 1 - 2 for Darren deed and Matt Janes in the Senior Mens race and a 1-2-3-4 for Nicola Sykes, Natasha Peters, Rebecca Newstead and Rachel Gibbs in the Senior Womens race. For our Young Athletes there were placings for Jack Goodwin (1 U17), Matt Bergin (3 U17), Ben Alcock (2 U15) & Jake Keech (3 U11).

Overall the club were second - second male overall, first female overall & first young athletes overall. Well done to all who ran.