

# BEDFORD & COUNTY AC 2013



Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

You can find recent and older reports and results for 2012 that have appeared on the website by following the month links above.

## Your results are missing?

Compiling results for the whole club is an enormous job. Reports from team managers will always be given due prominence. Individual results will be put up on the site if you tell us.

Where no information is sent to the web editor little can be put on the website!



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<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## London U20 & Senior Games, Lee Valley, Saturday 26 & Sunday 27 January 2013

200m Scott Johnson 23.21, Kalam Abdul Quarnian 24.21, Josh Cox U20 22.16, Joe Bradbury U20 23.43.  
400m Pete Benedickter M40 55.26, Tenny James M55 58.13. High Jump Scott Johnson 2:00.  
800m Pete Benedickter M40 2:10.58; Lance Croft M45 2:11.66

## McCain UK Cross Challenge, Cardiff, Saturday 19 January 2013



Ben Alcock made his international debut representing England this weekend in the Under 20 men's Celtic International at Blackweir Fields in Cardiff. This race incorporated the McCain UK Cross Challenge and so Ben found himself racing against athletes from Welsh, Northern Irish and Scottish teams as well as athletes in the Cross Challenge series. After the first lap Ben was in 8th place he then began to steadily work his way through the field over the next two laps to finish a superb 4th, and was the 2nd England runner home.

Rebecca Murray, ran in the U20 women's race and finished an impressive 6th in one of the highest quality fields of the day.

## SoEAA Indoor T&F Champs, Lee Valley, Sunday 13 January 2013

800m Jack Benedickter U20 2:09.26, Pentathlon Emily Cartledge U17 2760pts 10th 800m 2:49.62 60mH 9.81 HJ 1.66 LJ 4.08, SP 8.19. Scott Johnson SM HJ 2.00.

## Apex Chiltern Cross Country League, Luton, Saturday 12 January 2013

Steve Naylor won the senior mens race and was followed in by Matt Janes 2nd, John Eves 4th, Andrew Inskip 11th & Michael Harrison 19th (2nd U20). Senior number were low and so the team were 8th. Ryan Isaacson U17 was 2nd in the mob match (1st in division), the team were 2nd. Tom Angell was 2nd in the U15 boys race and William Mullins 6th the team won. Freddie Ayre won the U13 Boys race, the team won. Edward Blythman was 2nd in the U11 boys race and Jack Goodwin 5th, the team were 6th. Jo Wilkinson F35 won the senior womens race and Natasha Peters was 3rd, the team were first. Rebecca Murray U20 won the U20/U17 race, Alanah Harris was 5th (3rd U17) and Megan Shreeves U20 was 9th (3rd U20) the team were first. Although Sarah Kerr was 3rd in the U15 girls mob match, she won the leagues race with Lauren Russell 6th and Bonnie Murphy 10th overall, the team were second. Erin McCaffray was 3rd overall in the U13 girls race but 2nd in the league race, Maisie Pritchard was 5th, Maisie Relton was 6th and Francesca Johnson 7th overall, the team won. After four matches Bedford have dropped to fourth overall in division one, ~ 300 points behind Milton Keynes. Male overall we have dropped to fourth, but we lead the female overall category by ~ 40 points from Chiltern. We have dropped to sixth place in the senior overall category but we lead the young athlete category by 16 points from Chiltern. Overall scoring is heavily biased to races with the biggest fields - the senior men's category. Full club results can be [found here](#).

## UK Cross Challenge, Antrim, Saturday 12 January 2013

Matt Bergin U20 19th 37:02, 3rd U20

## Open Meeting Indoor T & F, Lee Valley, Saturday 12 January 2013

Cliona Blackwell U13G SP 4.76m, LJ 3.13m; Maximus Gilhespy U13B 2:42.54; Caitlin Blackwell U15G SP 5.70m, HJ 1.15m; Aimee Connelly U15G 60m 8.91 (heat 8.81) 200m 29.60; Anneli Gilhespy U15G HJ 1.27m.

## Beds Cross Country Champs, Campbell Park, Milton Keynes, Saturday 5 January 2013

A dull but dry day saw some excellent running from club members in the county cross country championships with 46 finishers across the races including county champions Ellie Lawton U13G, Freddie Ayre U13B, Sarah Kerr U15G, Ryan Isaacson U17M, Alice Burgin U20W, Ben Alcock U20M & Natasha Peters SW. Those who finished second Matt Bergin SM and Stanley Willis U15B were bettered only by superb performances by Daniel Woodgate and Jamal Lewis respectively, both of Luton. Many of our winners were chased home by fellow club members; Erin McCaffray, Maisie Relton & Francesca Johnson U13G; Tom Angell U15B & Jono Janes U17M. Ben Alcock followed the leading trio of the senior men's race for his 3 laps (they ran four) for a commanding lead in the U20M race. Other races saw impressive front running from Sarah Kerr, Alice Burgin and Natasha Peters. There were team victories for U13 girls, U15 girls & U17/20 women. The U15 boys, U17 men and U20 men also won, but the U13 boys lost out by a narrowest of margins to Luton on count back finishing on equal points. Full club results can be [found here](#). Full Bedfordshire results are on the county website. In the same races in the Bucks championships Max Gilhespy finished 10th in the U13 boys race.

## Other Counties - Cambridgeshire, Hertfordshire, & Oxfordshire

Club athletes were a force in other county cross country championships over the weekend. In Cambridgeshire at Priory Park, St Neots just across the county border and over undulating soft going conditions which sapped many of the road runners opening up large gaps in the races, Will Mackay won Silver as did Alan Turnbull for their respective age groups Senior Men: 2nd William Mackay 35:58, 7th (2nd V40) Alan Turnbull 37:31, 33rd (9th V40) Les Thomas, 46th (5th U20) Kurt Sanders. While in the U13 Girls race over 2.9km Maisie Pritchard was 5th 11:30 & Cliona Blackwell 37th 15:39. In the Hertfordshire Championships John Eves 38:50 took his first county title, with team mates Matt Leach 4th 40:45, Luke Humphreys 6th 40:52 and Ollie Saville 10th 43:09. Finally, Steve Naylor 29:26 won his 3rd successive Oxfordshire Senior Mens title, by a significant margin.

## BUPA Great Edinburgh Cross Country International Race Saturday 5 January 2013

Neilson Hall was 18th in the senior mens race in 25:26 scoring for the GB & NI team 59 seconds behind the winner Bobby Mack of the USA.

**Paul Wilkerson** ran 40:36 in the Brooks Serpentine 10Km on 1 January and was second M55 home, 53rd overall.

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<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## SoE, EVAC Indoor T&F Champs, BMAF pentathlon, Lee Valley, Sun 24 February 2013

**BMAF Pentathlon:** M35 James Danobrega M35 1st 2708 , 60H 10.14 LJ 5m71, SP 9m52, High Jump 1m60 800m 3:05.26; Guest Gavin Fordham 2955 9.13/5m83/10m65/1m81/3:14.80.

**SoE & EVAC Champs: 60m** Stephen Bass M40 8.26, **200m** Tennyson James M55 25.65, Peter Benedickter M40 24.98, Lance Croft M45 26.66, Salena Blackman M40 33.77, **400m** Tennyson James M55 59.14, Peter Benedickter M40 54.64, Lance Croft M45 57.00; **1500m** Paul Westrope M45 5:15.76, **60mH** Tennyson James M55 9.6, Peter Benedickter M40 9.97, Steve Bass M40 10.95, **Pole Vault** Simon Eastwood M45 3m40, **Shot** Peter Hallet M70 9.21, Graeme Packman M55 9.74

## English National Cross Country Champs, Sunderland, Saturday 23 February 2013



Bedford's senior men missed out on the medals in the National with fourth place. However there were some great performances. Neilson Hall took third in the senior mens race, Freddie Ayre was second in the U13 boys race. Our Junior women were second led home by Rebecca Murray sixth & our Junior men were third led home by Matt Leach 13th. Our U17 men were third led home by Jack Douglas ninth and Ryan Isaacson tenth. Our U15 boys were fifth, our U13 girls were eighth. The senior men won the trophy for first Southern team, and we think we won the trophy for best overall club performance for men (SM, U20 & U17).

The scorers in the senior men's race were Neilson 3 41:47, Darren Deed 31 43:36, Steve Naylor 33 43:39, Matt Janes 49 44:38, John Eves 54 44:47 & Luke Humphreys 91 45:56. Also Will Mackay 109 46:27, Richard Henderson 128 46:53, Alex Bellew 153 47:29, Ollie Saville 173 48:11, Alan Turnbull 247 50:11, Craig Emmerson 298 51:29, Andy Cohen-Wray 607 58:05  
U20 Women Rebecca Murray 6 22:56, Alice Burgin 9 23:03 & Megan Shreeves 59 26:54  
U20 Men Matt Leach 13 35:37, Ben Alcock 17 35:48, Matt Bergin 19 35:54, Jack Goodwin 39 37:02, Michael Harrison 66 38:27  
U17 Women Kelly Rodd 47 20:34, 68 Alanah Harris 21:32

U17 Men Jack Douglas 9 20:50, Ryan Isaacson 10 20:51, Jon Janes 30 21:23, Sam Knee-Robinson 54 21:59, Stephen Headley 78 22:32, Andrew Headley 120 23:21

U15 Girls Ellie Shreeves 168 22:53

U15 Boys Stanley Willis 27 16:15, Tom Angell 56 16:53, William Mullins 63 17:01 & Tom Holland 103 17:39, Callum Mullins 129 18:06, Alex Hepburn 169 18:51

U13 Girls Erin McCaffray 21 12:27, Maisie Relton 47 12:50, Francesca Johnson 58 12:57,

Maisie Pritchard 96 13:24, Megan Middleton 113 13:41, Mollie Relton 188 14:41

U13 Boys Freddie Ayre 2 11:11, Spencer Willis 77 12:46 Videos and photos on [athletics](#)

## England U20/U17/U15 Indoor T&F Champs, Birmingham, Sat 23/ Sun 24 February

60m Josh Cox U20 SF 6.98 H 7.04, 800m Lauren Russell U17 F 4th 2:22.74, H 2:23.42,

1500m Matt Nicholson U20 4:06.95, High Jump Emily Cartledge U17 1m64, Pole Vault Frankie Johnson U13 2m90

## South of England XC Championships, Parliament Hill, Saturday 16 February 2013

Bedford's Senior Men won their 7th Team Championship title in 9 years at the South of England Cross Country Championships at an exceedingly muddy Parliament Hill Fields in London on Saturday. Having missed the title by



a mere 17 points last time they team were determined to reverse this setback. They won by 99 points with a team score of just 57 points.

Neilson Hall led the way in second place in a time of 49:14 for the muddy 15km. Hall looked like he might possible win the race but had to finally give way to Frank Tickner. Darren Deed had his best ever Southern, making the podium in third. They were followed home by Steve Naylor in 9th, Matt Janes 12th and Huw Lobb 13th respectively. The scoring 6 was closed in by Will Mackay in a best ever 18th. The team were backed up by Richard Henderson 37th, Luke Humphreys 40th, Dan Dalmedo 90th and Andy Cohen-Wray 305th. 2 members competed in the Junior men's (U20) race, with Matt Leach running magnificently to place 9th and Matt Nicholson finishing 60th.

Ryan Isaacson won the U17 mens championship in 19:59 The team finished fourth with 11 Jack Douglas 20:20 49 Sam Knee-Robinson 21:39, 84 Matthew Bray 22:34. [More photos.](#)

In the senior womens race Rachel Gibbs was 28th in 33:01, in the U17 womens race 29 Kelly Rodd 21:16 & 30 Molly McKenzie 21:19. In the U15 girls race, 115 Georgina Sharp 17:04, 155 Ellie Shreeves 18:29. Our U15 boys just missed 3rd place by 8 points and were led home by Stanley Willis 17th 15:43 with 41 Tom Angell 16:13, 52 William Mullins 16:29, 68 Tom Holland 16:42 89 Dominic Peachey 17:04, 117 Callum Mullins 17:33, 173 Ben Davies 19:10.

Ellie Lawton in 10th place 11:43 led the U13 girls to **third place** and was backed up by 15 Erin McCaffray 11:50, 49 Maisie Relton 12:34, 60 Francesca Johnson 12:40, 86 Megan Middleton 13:02, 125 Ailish Gray 13:40, 136 Anna Vinnicombe 13:52, 137 Charlotte Denny 13:53, 151 Sinead Stovell 14:11, 155 Olivia Dwyer 14:15, 162 Gabriella Tarrant 14:21, 163 Mollie Relton 14:22, 195 Emily Warner 15:30.

In the U13 Boys race Freddie Ayre finished 5th in 10:41 backed up by 52 George Morris 11:42 77 Oliver Davies 11:56 & 139 Josh Rogers 12:41 the team were 8th.

## Midland Open Indoor Championships, Birmingham, Sunday 17 February 2013

60m Darrell Elliot 7.04, 200m & 400m Scott Parsons 22.70/ 51.75

## Southern Counties Veterans Champs, Lee Valley, Sunday 17 February 2013

60m Steve Bass M40 8.3, 60H 11.2; 400m Pete Benedickter M40 55.5, Lance Croft M45 57.5, Simon Eastwood M45 PV 3m50.

## Eastern Counties Indoor T & F Champs, Lee Valley, Saturday 9 & Sunday 10 February 2013

Shot put 4th Damian Larrington SM 12m15, 800m 2nd Matt Nicholson U20 1:58.63, 5th Callum Nicholson U13 2:50.56, Pole Vault 2nd Lewis Nicholson U17 3m53, 4th Tyler Seager U17 3m43, 60m 4th Aimee Richardson SW 8.25, Long Jump 1st Aimee Richardson SW 5m30, 300m 1st Zoe Steel U15 Heat 44.47 Final 44.46.

## British Athletics European Trials, Sheffield Saturday 9 & Sunday 10 February 2013

3000m Mark Draper 10th 8:18:08; 200m Josh Cox 22:05 (heats).

## Apex Chiltern League, Wing, Saturday 9 February 2013



Steve Naylor led a small contingent of Bedford Seniors home finishing 3rd in 34:15

with Will Mackay close behind in 5th in 34:33. Michael Harrison was 17th and 2nd U20 in 36:29. Jonno Janes won the U17 race in 22:24 and was well backed up by Ryan Isaacson 3rd

23:02 and Jack Douglas 5th in 23:31, the team were first. Tom Angell was 4th in the U15 Boys race in 16:41, with William Mullins 5th in 16:49 and Tom Holland 8th in 16:57, the team were first. Freddie Ayre won the U13 Boys race in 10:16, the team were third. In the U11 Boys race Edward Blytheman was 2nd in 7:54.

The senior ladies were led home by Jo Wilkinson 1st in 24:55, with Natsha Peters 5th in 27:02 and Hannah Goodwin 10 in 28:37, team were second. In the U20/U17 Women's race Alanah

Harris U17 was 4 22:38 and Megan Shreeves U20 9th in 23:38. Sarah Kerr won the U15 Girls race in 14:51 closely followed in by Bonnie Murphy 2nd in 14:53, Lauren Russell was 4th in 15:22 the team were first. Erin McCaffray led the U13 girls home with 2nd in 11:26 with Maisie Relton 4th 11:39, Maisie Pritchard 7th 12:02 and Megan Middleton 10th 12:11, the team were second. [Full results.](#) [Photo's by Mark Easton.](#)

## Chiltern League Final positions

### Individuals

Senior Men: Steve Naylor 1st.

U17 Men: Ryan Isaacson 1st, Jack Douglas 2nd, Stephen Headley 7th, Andrew Headley 8th.

U15 Boys: Tom Angell 2nd, William Mullins 6th & Callum Mullins 10th.

Boys: Freddie Ayre 1st.

Senior Women: Jo Wilkinson 1st, Natasha Peters 3rd & Hannah Goodwin 9th.

Junior Ladies: Megan Shreeves 2nd.

U17 Ladies: Alanah Harris 2nd.

U15 Girls: Sarah Kerr 1st & Bonnie Murphy 2nd.

U13 Girls: Erin McCaffray 2nd, Maisie Relton 3rd & Maisie Pritchard 8th.

### Teams

Despite a low turn out of senior men in the last two fixtures our overall position in Division One was second to Marshall Milton Keynes by 336 points. We were third in the Male overall category behind MMK and Harrow and we won the overall Female category from Chiltern. Our young athletes won by about 600 points from Chiltern.

Team categories:

Senior Men 6th, Veteran Men 11th, Junior Men 3rd, U17 Men 1st, U15 Boys 1st U13 Boys 2nd.

Senior Women 2nd, Junior/U17 Women 2nd, U15 Girls 1st, & U13 Girls 1st.

## Crystal Palace Open Meeting Wednesday 6 February 2013

### 60m Sprints

Richard Elliott 7.21 & 7.24, Julian Cole 7.36 & 7.44, Dannie Patmore 8.37 & 8.38, Rolando Thomas 7.64

## Birmingham Games Saturday 2 - Sunday 3 February 2013

60m Alastair Macdonald 7:39, Ben Rietskins 7:51. 400m Lance Croft M45 59.78, Pete Benedickter M40 55.67. High Jump Scott Johnson 2:05.

## Dewsbury 10k, Sunday 3 February 2013

26 Charlie Palmer 34:21, 88 Jim Black M40 37:25

## London U15 /U17 Games, Lee Valley, Saturday 2 February 2013

Lauren Russell U17 800m 2:21.82, Frankie Johnson U13 Pole Vault 2m65.

## BUCS Cross Country Champs, Leeds, Saturday 2 February 2013

Competing for their university clubs: 17 Mitchell Burton 34:24, 21 Matt Leach 34:50, 34 Matt Bergin 35:21, 113 Sam Bennett 38:36, 143 Craig Emmerson 39:36 & 181 Joe Strange 10:06. In the women's race: 11 Alice Burgin 26:32 & 218 Emily Relton 32:51.



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Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## Lee Valley U15 & U13 open & pentathlon, Sunday 31 March 2013

In the open sprints and hurdles: All U13 Oliver Burrige-Dean 60m 9.46, 9.64 200m 33.78; Dominic Wilcox 60m 9.04, 9.02, 200m 30.59; Theo Galvin 60m 9.09, 9.17, 200m 32.38 60mH 11.29, 11.11; Ryan Apps 60m 9.14, 9.07, 200m 31.28.

In the Pentathlon: Caitlin Blackwell U15 800m 3:15.01 60H 13.57 HJ 1m27 LJ 3m42 SP 5m97 1262pts  
Elena Bowles U13 800m 3:11.97 60H 11.65 HJ 1m13 LJ 3m49 SP 5m69 1396pts

## Home Countries International Cross Country Race, Saturday 23 March

Rebecca Murray was 8th (20:26) representing England U20's women in the Home Countries international at Dinefwr Park, Llandeilo on Saturday 23 March. Matt Bergin was just pipped into second place (23:33) in the U20's men's race representing the South of England.

## English Schools Cross Country Champs, Catton Hall, Saturday 16 March 2013

Congratulations to Rebecca Murray on winning the Senior Girls English Schools Championship.

In the Senior Boys race Ryan Isaacson 25th 22:34 with 48 Ben Alcock 23:02, 96 Jack Douglas 23:41, 106 Matt Bray 23:50, 144 Sam Knee-Robinson 24:22 209 Michael Harrison 25:25. The team were 10th team. In the intermediate boys race Jon Janes was 26th in 20:26 with 55 Stephen Headley 20:53, 119 Andrew Headley. The team were 5th.

In the junior boys race Tom Angell was 13th in 15:18, 27 Freddie Ayre 15:32, 68 William Mullins 15:58, 139 Callum Mullins 16:31, 199 Dominic Peachey 16:56 The team were 5th.

Senior Girls 1st Rebecca Murray 16:15, 154 Megan Shreeves 20:21, no team.

In the intermediate Girls race Sarah Kerr was 26th 14:08 with 92 Lauren Russell 14:56, 111 Kelly Rodd 15:05, the team were 18th.

In the junior girls race Bonnie Murphy was 56th 12:03 with 68 Kate Axford 12:07, 71 Ellie Lawton 12:10, 72 Erin McCaffray 12:10, 265 Millie Garbutt 13:21, 311 Chelsea Spanoudakis 13:52. The team were 20th.

**Reading Half Marathon** Will Mackay 68:40

**Cambridge Throws Meeting** Discus Rachael Bennett 33m85, Hammer Jack Wuidart U17 50m02

## British Masters Indoor Champs, Lee Valley, Saturday 9 & Sunday 10 March 2013

Many of the clubs mature athletes were in action at Lee Valley at the weekend and were rewarded as National Champions or medallists. Tenny James won the M55 400m 57.56 and the 60m Hurdles 9.55, he was 2nd in the 200m 25.57 200m. Lance Croft M45 took 3rd in the 400m 56.42 & ran 26.71 in the 200m. Pete Benedickter M40 was 2nd in the 400m 54.97 & 4<sup>th</sup> in the 200m 25.49. James Danobrega M35 was 3rd in the 60m Hurdles 10.03 2nd in the High Jump 1m 50 & 3<sup>rd</sup> in the Long Jump 5m59, Steve Bass M40 was second in the 60m Hurdles 11.09. Simon Eastwood M45 cleared 3m50 in the pole vault, Graeme Packman M55 was 3rd in the shot 9m91 & 1st in the Discus 30m36. Peter Hallett M70 threw M70 9m35 in the shot. Finally, Alison Slatcher W50 took first in the 400m 66.32.

## Intercounties XC Champs, Birmingham, Saturday 9 March 2013

Darren Deed led the senior mens Bedfordshire team home in 13th place, 35:14. Other senior men running for various counties: 82 Matt Bergin 37:18, 83 Luke Humphries 37:18, 94 Will Mackay 37:58, 150 Richard Henderson 38:42, 191 John Lunn 39:28, 198 Ollie Saville 39:40, 221 Alan Turnbull 40:22, 278 Alan Metcalfe 43:43.

In the under 20 men: 33 Ben Alcock 26:21 & Michael Harrison 26:45 & in the U17 Men 22 Ryan Isaacson 19:02. Jo Wilkinson finished 28th in the Senior Women's race 28:53. While in the U20 women Rebecca Murray was an excellent 10th in 20:32 and Alice Burgin was 15th in 21:35 & in the U17 women's race Kelly Rodd was 80th in 22:02.

We also had a large number of young athletes running for Bedfordshire.

U15 boys 30 Stanley Willis 16:52, 47 Tom Angell 17:08, 101 William Mullinns 17:38, 229 Dominic Peachey 18:57. In the U15 girls 27 Lauren Russell 18:19, 35 Bonnie Murphy 18:26 & 45 Sarah Kerr 18:36. In the U13 Boys 16 Freddie Ayre 10:50 & 158 Oliver Davies 11:46. The U13 girls were led home by Erin McCaffray 36 12:06, followed by 54 Maisie Relton 12:17, 161 Maisie Pritchard 12:56, 166 Megan Middleton 12:58 & Farncesca Johnson 13:03.

As people are running for their county it is difficult to spot every one. If you are missed let the web site know.

## England U17 / U15 Indoor Combined Events Champs, Sheffield, Sat 2 /Sun 3 March

U17W Pentathlon Emily Cartledge 3032 pts, 800m 2:38.66, 60H 9.67, HJ 1m63, LJ 4m69, SP 8m34

U17M Heptathlon Joe Cooke 3807pts 60m 7.89, LJ 5m69, SP 10m69, HJ 1m63, 60m H 9.06, 1000m 2:53.84, PV 2m40, SP10m69,

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Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## Team Beds - NYDL Upper, Sunday 28 May 2013, Stevenage

The first match of this new league brought home how long the programme is - 7 hours. The club supplied a large contingent of the team. Josh Cox 100m 11.0, 200m 22.1; Jean Junior Kouadio 100m 11.6 200m 23.5; Michael Harrison 800m 2.06.2; Ben Alcock 1500m 4.09.4, Andrew Headley 3000m 9.29.4; Lee Johnson HJ 1.85; Tyler Seagre PV 3.20; Tunde Adewale U17 LJ 5.70; HJ Josh Conroy U17 HJ 1.85; Lewis Nicholson U17 PV 3.20; Rebecca Murray 1500m 4.45.9; 100m Lottie Underwood U17 100m 13.4, 80mH 12.1; Eleanor Usher 100m 13.9; Lauren Russell U17 300m U17 42.8, 1500m 5.02.9; Caitlin Adeniyi-Jones HJ 1.40 Kate Rice U17 HJ 1.40. There were lots of spaces in the team so U20's and U17's who want to compete should contact team managers.

**Wed 24 May SESSA Lee Valley** 100m Rolando Thomas 12.3, Julian Cole 12.0; 400m Maddie Vaughan Johncey 66.8; 800m Joe Strange 2:11.0

## London Marathon, Sunday 21 April 2013

Our finishers include Charlie Palmer 2:42:38, Jim Black 3:03:28, Seamus Higson 3:26:30 & Liam Smith 3:46:18 And in the **Mini Marathon** U17 Men 26th Jon Janes 15:08; U13 Girls 46th Ellie Lawton 19:23.

## Southern Athletics League, Ipswich, Saturday 20 April 2013

Our Senior men & women won their first league match in the SAL. Both squads were ahead on the day to give a win with 199pts from hosts Ipswich 184pts.

For the men performances of note were: Gavin Fordham with 19 points across 7 events including 2 A string wins, James Danobrega with 16 points across 5 events and Josh Cox for his wins in the 100 and 200 (by over a second) and a spectacular last leg of the relay moving from 3rd several metres down to winning by a good margin with enough space over the others to do a Usain Bolt celebration before the line! Matt Bray for working hardest with 800/1500 and then a 4x400 leg. Will McKay for completely destroying the field in the 5k to win in a PB of 14.57.2 over a minute ahead of 2nd place which itself was a time that normally would have won at this level. Scott Johnson for winning the HJ with 2.06m entering the competition after everyone else was out and coming in 15cm above them! in absolute terms probably the best performance of the match. Full [Results](#)

## Watford Open meeting, Wednesday 17 April 2013

**800m** Maximus Gilhespy U13M 02:41.1; Rebecca Murray U20F 02:23.4; Joe Strange U23M 02:06.1; Sam Bennett U23M 02:09.7; Chris Thornley U23M 02:09.0; Michael Harrison U20M 02:07.9.

**3000m** Andrew Headley U17M 09:31.3; Jonathan Janes U17M 08:56.4; Matt Burgin U23M 08:20.7; Ben Alcock U20M 08:44.2; Matt Leach U23M 08:51.3.

**High Jump** Lee Johnson U17M 1.75; Caitlin Adeniyi-Jonest U17F 1.40

## Eastern Young Athletes Lge., Bedford, Sunday 14 April 2013

Our U17's, U15's & U13's won the first EYAL match of the season on Sunday. Bedford scored 699pts with second place Basildon on 590. [Full results](#).

## ERRA Young Athletes Relays, Sutton Park, Sunday 14 April 2013

Our U13 girls took part in the relay postponed from the Autumn. The A team of Erin McCaffray, Maisie Pritchard & Tabatha Walford were an excellent fifth with Tabatha & Erin in the top 20 times.

A Team	B Team	C Team
Erin McCaffray (6) 15:15	Megan Middleton (24) 16:21	Francesca Johnson (23) 16:12
Maisie Pritchard (7) 15:34	Becky Ward (25) 16:56	Ailish Gray (22) 16:48
Tabatha Walford (5) 15:12	Lauren Nichols (22) 16:15	Mollie Relton (28) 17:43
<b>46:01</b>	<b>49:32</b>	<b>50:43</b>

## ERRA National Road Relays, Sutton Park, Saturday 13 April 2013

The club's men's endurance squad were back in action at the weekend in the final race of the winter season, the National 12 Stage Road Relay Championship, and they showed again that they are one of the top teams in Great Britain. Competing over 12 alternate legs of 5.4 miles and 3.0 miles; in a race that included the top English, Scottish and Welsh clubs; the squad performed excellently, to finish in 5th place, just ahead of Scottish relay champions Central AC. The race also incorporated the recently postponed Southern Championship, with Bedford taking the 2nd place silver medals.

The Bedford team got off to a great start with Luke Humphries having an excellent run bringing the team home in 25th place, of the 80 starters, with a fine long leg time of 27:30. Junior Matt Bergin proceeded to blast round the short leg recording the 3rd fastest time of the day of 14:22 moving the team up to 7th. Steve Naylor's 27:24 moved the team up to 5th place, only for junior Ben Alcock to advance them up to 4th with an excellent 15:17. After a drop to 7th, the club briefly regained 4th place with Neilson Hall's 14:34, before slipping back to 5th position. There were some excellent runs from the other juniors in the squad, with Matt Leach and Josh Lunn recording excellent times of 15:19 and 15:22 for the short leg, and a gutsy 28:24 long leg by Jack Goodwin. For the first time ever, Bedford fielded a B team in this event. With everyone running well, they came home in 40th place finishing as 2nd B team behind the Leeds.

A Team	B Team
25 Luke Humphreys A 27:30	55 Andrew Inskip B 29:14
8 Matthew Bergin A 14:22 + 17	45 Michael Harrison B 15:36 + 10
5 Steven Naylor A 27:24 + 3	47 Richard Henderson B 29:57 - 2
4 Benjamin Alcock A 15:17 + 1	46 Matthew Nicholson B 16:25 + 1
7 Matthew Janes A 27:59 - 3	53 Jim McMahon B 31:39 - 7
4 Neilson Hall A 14:34 + 3	49 Gordon Barrie B 16:51 + 4
6 Jack Goodwin A 28:24 - 2	47 Steven Herring B 30:27 + 2
6 Matt Leach A 15:19 + 0	43 Alan Metcalfe B 17:04 + 4
5 William MacKay A 27:55 + 1	43 Craig Emmerson B 31:43 + 0
5 Josh Lunn A 15:22 + 0	42 Daniel Bradford B 16:17 + 1
5 John Eves A 27:53 + 0	41 Charlie Palmer B 30:05 + 1
5 Daniel Dalmedo A 15:12 <b>4:17:11</b>	41 James Black B 18:01 <b>4:43:19</b>

The club's senior women took part in the Women's 6 stage relay finishing 11th. Rebecca Murray ran the fastest leg in 17:31, Alice Burgin brought the team home in 11 with a time of 17:35.

24 Natasha Peters 17:57
17 Rachael Gibbs 17:55 + 7
17 Kirsty Thompson 19:20 + 0
20 Hannah Goodwin 19:02 - 3
15 Rebecca Murray 17:31 + 5
11 Alice Burgin 17:35 <b>1:49:20</b> + 4

## Bedfordshire AAA Open Meeting, Luton, Saturday 6 April 2013

Many club members got their outdoor season started at this meeting. Club results [here](#). Full results [here](#).

**Lincoln 10k Sunday 7 April 2013** Josh Lunn 5th 32:21

**Masters Inter Area indoor Track & Field Match, Lee Valley, Sunday 7 April 2013**

Some club masters were part of the Eastern Veterans team competing in the match. Graeme Packman's report and the results can be found [here](#).

**Watford open graded meeting 03/04/2013:** 100m Julian Cole 12.29, 1500m Callum Nicholson U13 5:53.44

## Easter Road races

Some younger and older club members were active on the road over Easter. At Regents Park 10km Jon Janes was 3rd in 34:06. More competed in the Stanwick 10K with Sarah Kerr 39:47, Kayli Walford 40:03, Paul Wilkerson 40:07, Paul Gooding 40:15, Ruth Kerr 48:16.

In the Isle of Man Festival Matt Janes was overall winner, with Will Mackay 5th.  
10km 1 Matt Janes 31:39, 5 Will Mackay 32:08, 9 Matt Leach 32:56, 20 Alex Bellew 33:53  
Peel Hill Race 4 Matt Janes 22:01, 8 Matt Leach 22:46, 9 Will Mackay 23:17, 18 Alex Bellew 23:44  
4x5k relay individual legs 1 Matt Janes 15:14, 5 Will Mackay 15:27, 14 Matt Leach 16:23, 22 Alex Bellew 16:55  
Overall 1 Matt Janes 6pts, 5 Will Mackay 19, 8 Matt Leach 31, 17 Alex Bellew 60.

# BEDFORD & COUNTY AC 2013



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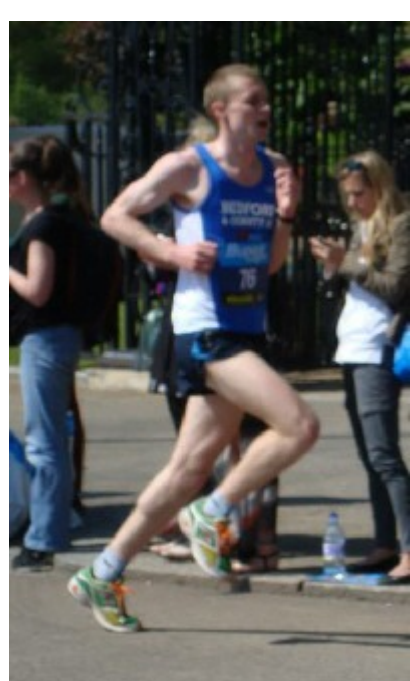
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<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## Watford open graded meeting, Wednesday 29 May 2013

1500m Jack Goodwin U13 5:10.63 Harry Brodie U13 5:31.61, Joshua Rogers U15 4:45.76, Megan Shreeves U20 5:00.40, Tom Holland U17 4:54.92, Tabatha Walford U15 5:04.65, Kayli Walford U20 4:53.05, Ben Davies U15 4:37.66, Frankie Jenkins U17 4:43.48 Frankie Ayre U15 4:33.84, Alan Metcalf 4:25.40, William Mullins 4:25.76, Tom Angell 4:38.49, Sam Bennett 4:19.39, Josh Lunn 4:17.08, Ben Alcock U20 3:58.51, Matt Leach 3:59.52, Matt Janes 3:59.91, Michael Harrison U20 4:02.99,

3000m Jon Janes U15 8:59.09, Jack Douglas U20 9:14.44, Alan Turnbull M45 9:26.92

## London 10000 Monday 27 May 2013



We had several runners at the front of the road 10k. 14th Steve Naylor 30:56, 25th Will Mackay 31:51, 31st Luke Humphries 31:55, Tom Roberts 45:05.

**BIG, Bedford Monday 27 May 2013** Josh Cox clocked 10.69 & 10.80 in the 100m



## Beds County T&F Champs, Luton, Sunday 26 May 2013

[Full results here.](#) Always a difficult one to analyse, loads of County Champions and medallists and a large turnout from our young athletes. Amongst the best Alex Chilwell U13G with wins and grade 2 performances in the 100m & 200m Abd a CBP in the long jump, Julia Zakrzewski 5000m CBP, Jack Wuidart U17M grade 2 Hammer, Lee Johnson U17M Grade 1 CBP 1m95, just ahead of Josh Conroy Grade 1 1m90. Emily Cartledge U17W grade 1 High Jump. Scott Johnson SM grade 1 High Jump 2m01. Vicky Sales U15G with a grade 1 CBP long jump 5m10 and victories in the sprints, Frankie Johnson U13B a CBP in the Pole Vault.

## County Champs, Saturday 25 May 2013

**Cambridgeshire:** Cliona Blackwell U13G Discus 13.97, Javelin 17.94, Callum Nicholson U13B 800m 2:59.27 200m 36.81, Jenson Baird U13B Javelin 23.86, Discus 13.11, Shot putt 5.60, Caitlin Blackwell U15G High Jump 1.30m, Maisie Pritchard U15G 1500m 5.20.76, Matthew Nicholson U20 800m 2.01.55, 1500m 4.18.96, Joe Bradbury U20 100m 11.73, 200m 23.71. Jensen Baird U13 Discus 13.11, Javelin 23.86  
**Yorkshire:** Richard Martin won the Hammer 48.57

## Eastern Young Athletes League, Hemel Hempstead, Sunday 19 May 2013

Our U17 athletes were in action at Hemel on Sunday winning their second league match with 681 points from Dacorum 568 pts. The team now lie second in the table on a maximum of 14 pts behind Ipswich. Full results can be found on Po10 [here](#).

## Loughborough International Meeting, Sunday 19 May 2013

Josh Cox took part in a weekend of training and relay practice with the British Junior team and raced 100m 10.66.

## Southern Athletic League, Match 2, Bedford Saturday 18 May 2013

Our senior men & women were clear winners in the second match of the year with 249 points from Ryston on 179 pts and now the lead the division as the only undefeated in the division. There were many great performances. For the men we had many double A & B string wins Ransford Anthony, JJ Kouadio in the 100, Ransford, Joe Bradbury 200, Pete Benedickter, Tenny James in the 400H, Jake Devereux, Gav Fordham in Pole Vault, Jack Swain, Gav in Javelin, Richard Martin, Darren Kerr in the hammer, Scott Johnson, Gav in the High Jump. There were some really good performances from the women's team particularly Jemma Eastwood who won 4 events and had 2 seconds, winning the A string PV and hurdles, Jo Wilkinson in the 1500 and 3000, Lauren Russell 800 & Natasha Peters 800 & 1500, Julia Zakrzewski 300m, Kara Gibbs PV, Belinda Sargeant & Aimee Richardson TJ, Rachel Bennett SP & DT. There were wins in all the relays as well. [Full results.](#) [Photos taken by Rob Thornley](#)

## BMC Grand Prix, Solihull, Saturday 18 May 2013

1500m Alice Burgin U20 4:43.16, 5000m Matt Bergin 14:05.20, Matt Janes 14:40.13, Steve Naylor 14:49.53, Will MacKay 14:47.38, Josh Lunn 15:33.26 & Rebecca Murray 17:20.90

## BMC Club PB Classic, Milton Keynes, Saturday 18 May 2013

800m Daryl Geanga U17 2:09.04, Specer Willis U15 2:28.73. 1500m Michael Harrison U20 3:56.72, Ben Alcock U20 3:57.47, Jon Janes U17 4:06.20, Stanley Willis U15 4:18.07, Tom Angell U15 4:25.62, William Mullins U15 4:23.41. 2000m SC Jack Douglas 6:18.72.

## Watford Open Graded Meeting Wednesday 15 May 2013

In the BMC race 1500m John Eves 3:59.53. In the open meeting 800m Chris Andrews M55 2:40.99, Hannah Goodwin 2:21.07, Alanah Harris U20 2:23.33, Freddie Ayre U15 2:19.16, Alex Hepburn U17 2:21.67, Scott Proctor U20 2:08.53, Chris Thornley 2:05.31, Sam Bennett 2:07.43

## British Athletics League, Division 4, Match 1, Yeovil, Saturday 11 May 2013



Our elite senior men's squad won their opening match on their return to the BAL. Scoring 262 pts Bedford were a good margin in front of hosts Yeovil on 238 pts. On the track Will Mackay won the steeplechase in 9:42.79, Jack Goodwin the 1500m 4:05.04 (and a 1:59.22 800m) Michael Harrison won the B 4:08.43. Josh Cox took the 100m in 10.70 & 200m 21.62 with Ransford Anthony the B 10.97, 22.74, Ben Sturgess the 400m in 50:03, John Eves the 5000m 14:54.62 (with Matt Janes just behind 14:57.24). Masters James Danobrega & Tenny James ensured we had competitors in all but the B Steeplechase. In the field Richard Martin 48m61 & Darren Kerr 44m68 won the Hammer, Scott Johnson 2m00 and Gavin Fordham 1m80 the High Jump good points were also scored in the Triple Jump Richard Elliot 2nd 13m12 & 1st B Daniel Steel 12m73. A strong performance all round the second match is at Derby on 8 June. [Results on Po10 here](#)

## Cambs AAA development meeting, St Ives, Wednesday 8 May 2013

800m Maisie Pritchard U15 2:48.25; 100m Jean Junior Kouadio U20 12.1; 3000m Josh Lunn 9:21.3, Kurt Sanders U20 10:00.4, Erin McCaffray U15G 10:58.4; Hammer Jack Wuidart U17M 47.50

## Herts AAA open meeting, Stevenage, Monday 6 May 2013

200m Scott Parsons 22.93 Anna Henden 26.34, Charlotte Sexton U17 80mH 11.60, Tenny James M50 100mH 16.18 Emily Cartledge U17 HJ 1m60 LJ 4m83.

## Bedford duo fly in Bamberg! 6 May 2013

Bank Holiday weekend saw two of Bedford and County AC's top men in Bamberg, Bedford's twin-town in Bavaria, to compete in the 6th World Heritage races alongside representatives from other towns and cities with which Bamberg is twinned in Austria, Hungary and Italy. Will Mackay represented the club in the 10.9 km race. He and local hero, Felix Hentschel, quickly forced the pace and the pair was well ahead after a fast first kilometre. Will Mackay finished a good 2nd in 35m22s. Darren Deed retained his record in Bamberg winning the half marathon for the third time. The crowd spurred Darren on through a fast opening kilometre & the generous Bamberg public lining the course were not slow to recognise impressive running when they saw it. The vast crowd thronging the twisting, cobbled, hilly streets around the cathedral and then the long run-in to the finish really showed their appreciation for a great performance as Darren achieved his goal of a new course record by 8 secs in a finishing time of 1h10m25s.

## National Youth Development Lge, Lower 1, Basildon Saturday 4 May 2013

Our under 15's and 13's completed in their first match of this league in Southern Division 1 North. The team were 3rd. Full results can be [found here](#). Among our A string winners were Zoe Steel U15 800m 2:24.7, Ellie Lawton U15 1500m 5:04.7, Theo Galvin U13 75H 15.1, Alfie Johnson U13 HJ 1m40, Vicky Sales U15 LJ 4m67, William Kerr U15 DT 29m05 & Joe Rogers U15 HT 51m62.

## Eastern Veterans Lge 1, Corby, Wednesday 01 May 2013

Our men finished second to Hunts AC in the first match in the reconstituted league midlands division. A weak women's team were fourth. As ever the men's team relied on a small number of members covering a number of events and the events uncovered - such as the walks and M60 1500m cost the team dearly. Full results can be found on Pof10.

## Watford Open Graded Meeting Wednesday 01 May 2013

100mAnneli Gilhespy U15 16.04  
1500m William Mullins U15 4:28.67, Jack Douglas U20 4:09.28, Jon Janes U17 4:09.29, Annabel Shreeves U17 5:49.77, Maximus Gilhespy U13 5:11.61, Becky Ward U15 5:24.92, Megan Shreeves U20 5:01.98, Hannah Goodwin 4:58.08, Alex Hepburn U17 4:46.82  
3000m Rebecca Murray U20 9:51.70, Jack Goodwin 8:15.03, John Eves 8:29.56, Ben Alcock U20 8:31.60

## Crystal Palace Open Meeting Wednesday 1 May 2013

100m Julian Cole 11.61, Rolando Thomas 11.86

# BEDFORD & COUNTY AC 2013



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<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## UK Youth Development League U20/U17, Eltham Sunday 30 June 2013

Team Beds finished last in the third fixture. Full results can be [found here](#)

## BMC Watford Grand Prix, Watford, Sunday 30 June 2013

1500m Matt Leach 3:54.85, 5000m Matt Bergin 14:10.13, Luke Humphreys 15:10.46, 3000SC Mark Draper 8:43.53

## Eastern Counties Championships Cambridge Sunday 29 June 2013

100m U20 Joe Bradbury 11.58, 200m 23.26, 1500m U15 Maisie Pritchard 5:24.14, Charlotte Underwood 80mH U17 11.53 Pole Vault Lewis Nicholson U17 3:70, Tyler Seager U17 3:20 Kara Gibbs 2:40

## Eastern Veterans Champs, Sandy, Saturday 29 June 2013

Good number of club masters competed in these championships; Pete Benedickter M40 400H 60.5, Simon Eastwood M40 Pole Vault 3:00, James Danobrega M35 110H 18.1 HJ 1:62, Discus 27:49, Jim Burke M55 Discus 25:10, Javelin 22:22, Hammer 29:30, Shot 8:13, Bob Richards M65 Discus 33:32, Javelin 31:55, Shot 9:19, Andy Cohen Wray 800m 2:12.0, 1500m 5:04.4, 3000m 10:55.1, Rob Lands M55 800m 3:00.7, Caroline Wright W50 15.5, Simon Coombes M40 9:05.0, Lance Croft M45 400m 58.1, Emma Coombes W35 68.2

## Watford Open Graded Meeting, Wednesday 26 June 2013

**100m** Ryan Apps U13 14.59, **1500m** Maximus Gilhespy U13 5:16.98, Tabatha Walford U15 5:05:90, Frankie Jenkins U17 4:36.79, Alice Burgin U20 4:47.70, William Mullins U15 4:25.80, Tom Angell U15 4:27.36, Scott Procter U20 4:27.69, Matt Bray U20 4:14.96, Jon Janes U17 4:05.84, Massi Ferdani U20 4:10.34, Ben Alcock 3:56.35, Matt Nicholson U20 4:01.53, Michael Harrison U20 4:11.00  
**3000m** Jo Wilkinson F40 9:40.27, Neilson Hall 8:16.84, John Eves 8:31.80, Steve Naylor 8:38.18, John Lunn 8:57.47, Jack Douglas U20 8:58.23,

## National Youth Development League, Woodford, Sunday 23 June 2013

Our U15's and U13's were in action at Woodford, the third match in the league. The team finished 6th of 7 one match point behind Woodford - 5 points for another official would have made a difference as would some more U13 boys & U15 girls. Full results can be [found here](#). If you look at the results on Po10 you will see lots of PB's achieved.

## South of England Senior and U20 Champs, Saturday 22 & Sunday 23 June 2013

Scott Johnson won the senior men's title in the High Jump with 2.00m, Lucy Spray 400mH 69.61, John Eves 1500m 3:58.39, Aimee Richardson Long Jump 5:51m.

## Greensand Ridge Relay Saturday 22 June 2013

The club had two teams in the 6 person relay along the LDP from Leighton Buzzard to Northill. Rootsy's Allstar were first home beating their handicap by 55:56, they were Luke Humphries, Paul Gooding, Steve Herring, Paul Westrope, Matt Janes and Jim McMahon. Dancers with Wolves were 20th 14:45 ahead of handicap they were Dave Laynes, Brian Webb, Paul Wilkerson, Trevor Buck, Bob Thompson and Rob Lands. Full [Results here](#).

## Biggleswade Jumps Fest, Thursday 20 June 2013

High Jump - Lee Johnson U17 1.85, Josh Conroy U17 1.85, Kate Rice U17 1.45, Aimee Richardson U17 1.45, Caitlin Adeniyi-Jones 1.45, Alfie Johnson U13 1.35, Frankie Johnson U13 1.35  
Pole Vault - Frankie Johnson U13 2.80

## BMC Event, Eltham Wednesday 19 June 2013 Neilson Hall 1500m 3:50.13

## Cambridge Development Meeting, St Ives, Wednesday 19 June 2013

100m Leon Braithwaite M40 11.62, 11.43 Alistair MacDonald 11.68, 11.48, Charlotte Underwood U17 12.40, 12.52 Joel Ofoe 11.89.

## English U20/U23 Championships, Bedford, Saturday 15, Sunday 16 2013



**Congratulations to Josh Cox** - U20 champion 100m with a club U20 record time 10.38 w 2.1, (SF 10.56 H 10.7) and is now just 5 hundredths away from Danny Joyce's senior club record from 1995, Josh was also fourth in the 200m 21.59. Other performances - Matt Bergin took third in the U23 5000m 14:36.73 -the same time as second with Jack Goodwin just behind in fourth 14:37.93, Matt Leach ran 14:58.94. Matt Nicholson 800m 1:59.15, Ben Alcock U20 1500m 3:58.04, Michael Harrison U20 1500m 4:07.36, Steeplechase Jack Douglas 10:05.75. Josh has now been selected for the European Junior Championship in the 100m and as part of the sprint relay squad.

## Southern Athletics League, Norwich, Saturday 15 June 2013

*Graeme Packman reports* Our senior teams were at their weakest on Saturday due to the numbers of club members competing at the U20s/U23s championship, but we still managed 2nd place in our top of the table clash losing to a dominant Home team at Norwich We were 2nd overall and breaking it down  
Team results were:

	Norwich	Bedford & County	Basildon	St Albans
Men	115	92	89	44
Women	119	89	81	51
Officials	8	6	6	6
Total	242	187	176	101

We had quite a few new faces for this season including Sam Knee-Robinson making his debut in senior competition. Our A winners included Ransford Anthony in the 100m 11.1 into a wind. Luke Humphreys with a solo run in the 5000m. Scott Johnson in the High Jump with 2.05m, the highest rated men's performance of the day. Jack Swain in the Javelin 53.36 winning by 10m. In the B string wins were thin on the ground. Gavin Fordham won the High Jump with 1.75 & the Javelin. Joel Ofoe won the Triple Jump with 12.01m. Gavin Fordham contributed 21 points over 7 events and ran a leg of the 4x 400. There were other good performances, there were SBs from Gavin in the Long Jump and Alastair MacDonald. Andy Cohen-Wray's efforts in the 400H and Steeplechase were remarkable as he is recovering from serious illness earlier in the year and Jim Keech stepped up to throw the B string hammer. Many thanks to all of you who helped judge and officiate yesterday and also contributed points.

For the women Natasha Peters won the 1500m in 4:48.6, Jemma Eastwood the pole vault 3.00m, Danni Patmore the triple jump 10.21m & Rachel Bennett the shot putt 10.25m & discus 34.62 with strong performances by other team members. Full [results here](#)

## Marston Forest 5k, Friday 14 June 2013

A small number of club members competed and the team of Charlie Palmer (3rd, 16:11) Andrew Headley (7th 16:52 first U17) and Stephen Headley (16th 17:27 second U17) won the race. Paul Wilkerson was 49th 19:06 (first M55), Courtney Hunter U17 was 98th in 21:04 (6th lady, 2nd U17) & Rob Lands M55 in his first race for 4 year was 179th 24:40. There were 362 finishers.

## Watford graded open meeting Wednesday 12 June 2013

200m Anneli Gillespie U15 31.12, Lucy Spray 27.37. 400m Lemarr JeanJacques U20 52.34  
800m Emily Boast U20 800m 2:45.38, Tabatha Walford U15 2:25.58, Megan Shreeves U20 2:29.73, Alex Hepburn U17 2:18.83, Hannah Goodwin 2:20.68, Tom Holland U17 2:23.89, Andy Cohen Wray M35 2:15.48, Sam Knee Robinson U20 2:05.09, Sam Bennett 2:06.68, Scott Procter U20 2:08.52, Matt Bray U20 2:04.24  
Hammer Jack Wuidart U17 50.53 & in the BMC races 800m Matt Nicholson U20 1:57.21, 1500m John Eves 3:58.30

## British Athletics League Div 4 match 2, Derby, Saturday 8 June 2013

Bedford & County AC's senior men continued their unbeaten start to the season with a dominant victory in their second fixture of the British Athletics League. With two fixtures remaining, including a home match in August, a second successive promotion looks very promising. There were many highlights as Bedford comprehensively beat off competition from Mansfield, Yeovil, Channel Islands, Bournemouth and Cambridge Harriers. There were A string victories in the 100m and 200m for Josh Cox, Matt Bergin knocked 3 seconds off his personal best to claim 800m victory in a close finish, while Matt Janes and Scott Johnson won the 3000m and High Jump respectively. There were B string wins from Scott Parsons in the 400m, Jono Janes on his debut in the BAL in the 1500m despite still only being an Under 17, Luke Humphreys in the 3000m and Gavin Fordham in the high jump. Gavin covered 6 events amassing an impressive 37 points by himself, while Luke's time was a personal best. There were also PB's for James Danobrega in the 400m Hurdles, Jack Douglas and Sam Bennett in the 3000m Steeplechase and Lemarr Jean-Jacques in the Long Jump. Themba Luhana made a great debut for the team with a 2nd place in the 110m Hurdles with the fastest time for Bedford in this event for a long time. Bedford beat Mansfield by 269 pts to 224, Yeovil were third. Full results are on the BAL website [here](#).

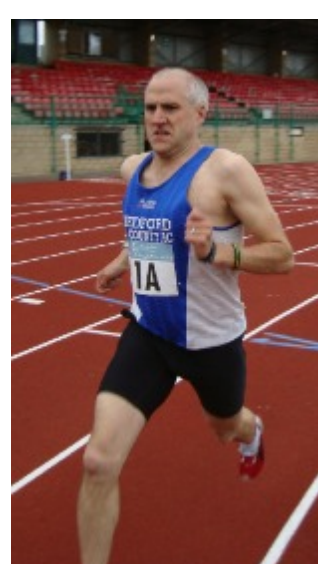
## UK Women's League, Division 3 Match 1, Leeds Saturday 8 June 2013

It was a severely depleted team of 10 women that competed at Leeds last Saturday as Bedford & County AC's women opened their campaign in Division 3 of the UK Women's Athletic League. Everyone played their part, none more so than newcomer Kirsty Thompson who gained two 2nd places in the 'B' string 3000m and 1500m. Her more experienced teammate, Tash Peters, did the same in the 'A' string races. Going into the two relays in 5th place of the 8 teams - a position that the team probably would have settled for at the start of the day - two great team efforts saw the team climb to 4th place, a great achievement. There were many encouraging performances with a few more seasonal bests, notably from Aimee Richardson in both Triple Jump and High Jump, Lucy Spray in the 400m hurdles and newcomer heptathlete Gabby Bangay, in the Pole Vault and Javelin. Sprinters Danni Patmore and Anna Henden both continued their good, early season form competing in the Triple Jump and Long Jump respectively too. Jemma Eastwood had good performances in the Pole Vault, 100m Hurdles and Javelin. Rachael Bennett threw well in the Discus plus two other throws and last season's captain, Michelle Webster, filled in for both hurdles events and the Shot. [Full Results](#).

### County Schools Results - Bucks

Maximus Gilhespy 3rd in 800m year 7 boys, Anneli Gillespy 4th high jump junior girls.

**Peterborough Grand Prix Series 5 June** - 5km Matt Nicholson 1st U20 (5th overall).



## Eastern Veterans AC T&F League Match 2 Corby Wed 5 June 2013

Our men and women over 35's made the long trek to Corby for the second midland division match. Our mens team won their match and now lie second behind Hunts AC. Both teams have equal league points 7, but Hunts AC have scored one more match point! Our ladies finished fourth.

Pictured Jim McMahon and Andy Cohen Wray

## National Youth Development League Upper M2, Welwyn, Sunday 2 June 2013

Our U20's and U17's joined with other Bedfordshire clubs to compete as Team Beds, but finished the match in last place. Amongst many good performance Josh Conroy raised his high jump PB to 1m98 to win the U17 event. Full [Results here](#).

## National Youth Development League Lower M2, Woodford, Saturday 1 June 2013

Our U15's & U13's were in action on Saturday at Woodford in the second match in the Southern - North Division 1 and finished second (of 7) just 9.5 pts behind Havering and now lie second after two matches. Individual results can be found on Po10 [here](#).

## BMC Grand Prix Sports City, Manchester, Saturday 1 June 2013

1500m Matt Bergin 3:54.05  
5000m Jack Goodwin 14:06.15, John Eves 14:34.08, Matt Janes 14:51.85, Josh Lunn 15:42.78,

# BEDFORD & COUNTY AC 2013



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<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## BMAF Combined Events Champs, Oxford 27 & 28 July 2013

James Danobrega entered the decathlon with the 2 aims, one to complete a decathlon in a new club record M35 score (held by Simon Eastwood) and secondly to medal at the championships. He ended up achieving both aims, scoring a new pb total of 4862 surpassing the previous club record by nearly 100 points! It did not all run smoothly as the gruelling decathlon took its toll on James' body where he had to grit his teeth to complete the 10 events! He set new lifetime bests in the discus (28m93) and high jump (1m63) respectively and set other season bests in the 400 (56.07), pole vault (3m20) and 1500m (5m02) despite carrying an old injury throughout day 2!

## U13 Intercounties match, Kingston, Sunday 28 July 2013

Congratulations to our young club members who represented Bedfordshire in the match in Sunday, they were: Jessica Crabb - 100m and long jump, Elena Bowles - 70m hurdles, 200m and shot put, Sinead Stovell - 1500m, Jasmine Green - 70mH, Abbie Roberts - Javelin, Oliver Slimane - 200m, Alfie Johnson - 75m Hurdles, High Jump Frankie Johnson - Shot put, Discus and Javelin. There performances can be [found here](#).

## National Youth Development Lge. U20/U17, Sandy, Sunday 28 July 2013

Many of our members competed with Team Beds in the final fixture of the season and Sandy on a windy day. Josh Cox won the 100m & 200m 10.9, 22.5, Lauren Russell the 300m 43.1, Rebecca Murray the 800m 2:32.2, Andrew Headley the U17 3000m 9:34.5, Full results can be [found here](#). Team Beds finished second in the match to Stevenage. Although Team Beds went into the match with the minimum number of match points after three matches - 3, the 5 points for second place brought the team up to 8 points, the same number as Cambridge Harriers who were last in the fourth match. Subject to confirmation the team should just keep its place in "North 1" as we have 1496 points to Cambridge's 1460 - very narrow margin.

## Olympic Anniversary Games, London

Mark Draper competed in the 3000m Steeplechase finishing in 8:47.95.

## Watford graded open Meeting Wednesday 24 July 2013

**200m** Lucy Keith U13 31.20, Anna Henden 26.08, Pate Benedickter M40 25.40  
**1500m** Abbie Roberts U13 5:49.50, Laune Nicholls U15 4:58.79, Alex Hepburn U17 4:44.65, Tom Holland U17 4:45.42, Sam Knee Robinson 4:07.57, Jack Douglas 4:08.56, Matt Bray 4:10.28, John Eves 3:58.87  
**3000m** Jo Wilkinson F40 9:31.35, Michael Harrison 8:44.58  
**Hammer** Jack Wuidart U17 48.51 **High Jump** Josh Conroy U17 1.95

## European Junior Championships, Rieti, Italy 18 - 21 July 2013

Josh Cox represented Great Britain at the European Junior Championships in Rieti this weekend. Josh ran a PB of 10.54 in the heats on 18 July and ran 10.67 in the semi final later on the day qualifying for the final on 19 July. Josh ran 10.72 in the final for sixth place which was won by team mate Chijindu Ujah in 10.40. Congratulations to Josh on making the final in his first major international championships.

## Eastern Young Athletes League, Bedford, Sunday 21 July 2013

Our young athletes won their fourth round match of the league with 812.5 points from Nene Valley and we lie just behind Stevenage in second place overall. Both clubs have 27 points, but Stevenage have 84 more match points. The final round of matches are on 4 August and we need one final push to make sure we reach the top six finals on 8 September at Stevenage, it is very close at the top!

The club U15 Girls Hammer record was broken by Shannon Keegan with 13.57m PB, and our girls A string winners were:

U13  
800m Francesca Johnson - 2:37.9 PB, 1500m Sinead Stovell - 5:07.2 PB, High Jump Hannah Baumert - 1.42m PB  
Discus Cayleigh Jackson - 16.56m PB & the 4 x 100m relay team - 56.4

U15  
800m Georgina Sharp - 2:28.8 PB, 75mH Vicky Sales - 12.4, High Jump Octavia Cavill - 1.45m,  
Javelin Jonelle Nathan - 24.97 PB

U17  
100m Lottie Underwood - 12.9, 200m 25.9 PB, 80mH 11.7, 300m Lauren Russell 41.0 PB, 800m 2:18.1  
Javelin Holly Weidman - 24.86m PB

For the boys:  
U15 Nathan Cox 300m 38.9, Ben Davies 800m 2:09.8, William Mullins 1500m 4:27.7, Frankie Johnson Pole Vault 2.80, Joe Rogers Hammer 44.99, & the 4x100m relay 47.9  
U17 Lewis Nicholson Pole Vault 3.85, Josh Conroy High Jump 1.90, Connor Rogers Shot Put 12.82, \$ 4x100m relay 47.0

Full Results can be found attached to Po10 website.

**St Ives 10k 21 July 2013** - Julia Zakrzewski 38th 39:37 (2nd female).

## SoE Combined Events Championships, Hendon 20 & 21 July 2013

Emily Cartledge U17 200m 28.04, 80mH 13.00, HJ 1.65m, LJ 4.75m, Shot 8.35, Javelin 22.57, 800m dnf.

## BMC meeting, Oxford Saturday 20 July 2013

Neilson Hall ran a seasons best 8:06.68 in the 3000m A race, Matt Leach ran a PB of 8:28.08 in the B race, Steve Naylor ran 14:48.48 in the 5000m A race, Luke Humphries ran 15:15.28 in the B race.

**Birmingham Games Saturday 20 July 2013** - Alistair Macdonald 100m 11.43

## Cambridgeshire County Championship race 1 mile, St Ives, 17 July 2013

Kurt Sanders U20 won bronze, Kurt dealt with the very warm conditions to finish in a time of 5:01. Chris Ritchie won a separate senior men's open 1 mile race in a PB of 4:50. Maisie Pritchard U15 took over 20 seconds off her PB with 5:52.

## British Championships, Birmingham, Friday 12 to Sunday 14 July 2013

We had four club members in the champs competing amongst a number of former club members. Matt Bergin ran 3:57.61 in the 1500m heats, Mark Draper led the steeplechase finishing 3rd 8:45.67. Scott Johnson jumped a personal best of 2:13 to finish 4th in the high jump. Jack Goodwin ran 14:45.56 in the 5000m.

## Southern Athletics League, Hemel Hempstead, Saturday 13 July 2013

Our senior men and women's teams combined on Saturday to win the fourth league match by a wide margin from Dacorum.

For the men: We had 5 events where we won both the A & B string. Gavin Fordham and Alastair McDonald respectively in the Long Jump- also being the 2 longest jumpers overall too with Alastair achieving a PB of 5.80m. Richard Martin and Jack Wuidart in the Hammer the 2 longest throwers and this being Jack's first competition with the senior weight. Richard was 1cm off his PB with a throw of over 50.31m. Luke Humphreys 2:03.2 and Matt Bray 2:04.4 in the 800- also the 2 fastest in the whole race.

Richard Elliott and Albert Mikaju in the Triple Jump- with Richard hitting a PB of 13.15m. Sam Knee-Robinson 4:14.8 and Jack Douglas 4:26.2 in the 1500. As usual, our strength was our depth with additional B string wins in the 400- Oli Jackson, 3000- Craig Emmerson, High Jump- Gavin Fordham. Oli Jackson managed PBs in the 100 11.7, 200 23.6 and 400 52.0 as well as the fastest 4x400 leg. There were loads of season's bests-including Damian Larrington who threw his best shot putt for over 8 years to come within 2cms of his PB and over 1m further than he had thrown earlier this season.

For the women Leanne Buxton and Michelle Webster won the 400mH, Jo Wilkinson & Megan Shreeves the 800m, Lauren Russell the 400m, Jo Wilkinson and Kirsty Thompson the 3000m, Anna Henden the 200m, Jo Wilkinson and Alice Burgin the 1500m. The women also won both relays. Jemma Eastwood and Katie Winwood won the Pole Vault, Emily Cartledge the High Jump, Katie Winwood and Rachel Bennett the Hammer.

## National Youth Development League U15/U13, M4, Hendon, Saturday 13 July 2013

Congratulations to our young athletes on first place in the fourth and final match, giving them second place in the Southern North 1 division but missing promotion with only one club going up. The [full results](#) show many good performances and PB's. Our A string winners were Ellie Lawton U15 1500m 4:58.23, the U15 boys 4x300m team 2:44.44, Alfie Johnson U13 High Jump 1.45, Frankie Johnson U15 Pole Vault 2.50, Vicky Sales U15 Long Jump 4.82, William Kerr U15 Discus 29.74, Joe Rogers U15 Hammer 53.66.

## Biggleswade Trackfest, Sandy, Thursday 11 July 2013

100m Richard Elliot 11.3, Alistair McDonald 11.4, Scott Parsons 11.7, Joel Ofoe 12.0, Amir Zeko 12.5, Tenny James M55 12.7, Shaun Coe 13.1, Alison Slatcher 13.4

200m Anna Hendon 26.1, Alison Slatcher 27.4  
400m Scott Parsons 52.4, Alistair McDonald 53.9, Tenny James M55 60.7  
10000m Steven Mayor 31:07.8, Josh Lunn 32:59.4

## Watford Open Meeting, Wednesday 10 July

BMC Race 800m Matt Nicholson U20 1:58.68  
800m Callum Nicholson U13 2:50.40, Emily Boast 2:41.86, Kayli Walford U20 2:19.59, Freddie Ayre U15 2:14.70  
Alex Hepburn U17 2:17.91, Ben Davies U15 2:08.10, Scott Proctor U20 2:09.44, Sam Knee Robinson U20 2:02.91, Matt Leach 1:59.13  
Serpentine 3000m Huw Lobb 8:49.0 (M35 club record)

## English Schools Champs, Birmingham 5 & 6 July 2013

Congratulations to Josh Cox on second in the senior boys 100m a hundredth behind the winner. [Dennis Johnson's report](#) on the Beds Schools team performance.

Junior Boys: Hammer 8 Joe Rogers 46.93, 15 William Kerr 38.88; 1500m Tom Angell H 4:21.98 PB Stanley Willis H 4:25.63

Inter Boys: 3000m 8 Jon Janes 8:44.73 PB; High Jump 7 Josh Conroy 1.93; Hammer 7 Jack Wuidart 52.97 PB  
High Jump 10 Lee Johnson 1.87

Senior Boys: 100m 2 Josh Cox 10.62 (H 10.84); 1500m Michael Harrison H 4:02.97; 3000m 7 Ben Alcock 8:36.91; Javelin: 5 Jack Swain 56.44

Junior Girls: Long Jump 5 Vicky Sales 5.18  
Inter Girls: 800m Lauren Russell (SF 2:16.88 H 2:18.41); High Jump 8 Emily Cartledge 1.65; 80mH 2 Charlotte Underwood 11.79 (SF 11.53)

Senior Girls: 5 Rebecca Murray 10:04.32 *please let me know if any have been missed.*

## BAL match 3, Bournemouth, Saturday 6 July 2013

Our senior men's winning streak in the league ended with a strong third place to Mansfield and Yeovil but still lead the division by one point from Mansfield with one match to go - at Bedford on 3 August. This keeps Bedford in line for promotion, on top of Division 4 with only a home match to go in early August.

There were many outstanding performances:-  
Gavin Fordham contributing 35 points in total across 6 events including a 2nd place in the pole vault in 4.10m & 1.80 in the high jump both the same heights as the winners. Scott Johnson winning the A String high jump in 2.08m - his best jump for over 2 years which puts him 13th on the current UK rankings. Ben Sturgess winning the A string 400m 49.89 & 2nd in the 200 22.29, Neilson Hall the A string 5000m 14:46.05, and Themba Luhana winning the A string 110m Hurdles 15.15 by .01 sec in a very tight finish.

B string winners included, Darren Kerr 46.37m in the hammer, Daniel Bradford in the 1500m, Matt Nicholson 1:59.25 in the 800 and Steve Naylor in the 5000 15:01.33. The 5000m was our dominant event with not only a 1-1 in the A & B strings but with huge winning margins. There were some high quality 2nd and 3rds in the A string events too- Matt Bergin 2nd in the 800 1:58.94 off a slow first lap, Richard Martin 48.71 2nd in the Hammer and Matt Leach 3rd in the 1500. Our sprinting let us down this time through a combination of so many circumstances- some good, some less so. Josh Cox was at the English Schools and we had many illnesses and injuries amongst the rest of the sprint squad. [Full results here](#). nb the 400m races are/were incorrect in the results.

## UK Womens League, Exeter, Saturday 6 July 2013

For the second successive match, it was a severely depleted team of just 10 women from Bedford & County AC that made the long trip to Exeter for the penultimate match in Division 3 of the UK Women's Athletic League.

The weather was very hot with no cloud cover at all and it didn't take long for misfortune to hit the team. In the first track event 400m hurdler Lucy Spray stumbled over the last hurdle which reduced her to a hobble across the line for last place and a trip to hospital. Although she returned on crutches before the end of the meeting, she was obviously not going to take any further part in the event. With a limit on three individual events per athlete, it was inevitable that some events would now not be filled and valuable points lost. However, Lucy's teammates gallantly gathered as many points as they could and two excellent 'B' string wins from Anna Henden in the long jump and Alice Burgin in the 800m set the tone for others to follow. Jemma Eastwood seemed to be everywhere vaulting, throwing and jumping whilst debutant Megan Moynihan and Rachael Bennett picked up good points in the throws.

Youngsters Kayli Walford and Alanah Harris didn't let the team down on their first appearance, whilst Kirsty Thompson, who had flown back from holiday for the match, showed fantastic spirit running the 3000m, 1500m and both relays. Aimee Richardson also battled well against an existing injury in the jumps, and after gaining good points in the Long and High Jump, had to give way in the end and pull out of her speciality, the Triple Jump. The walking wounded, determined to gain as many points as possible, pooled their depleted, hobbling resources for the 2 relays and avoided last place in both races! Finishing in 6th place with just one match to go, at Bedford on 3rd August, the team now has no realistic chance of promotion. However, hopefully with a stronger team out they can sign off the season with a win. [Results](#).



# BEDFORD & COUNTY AC 2013



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<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## England U15/U17 Championships, Bedford, Saturday 31 August & Sunday 1 September

Lauren Russell took silver in the U17 800m in a PB of 2:11.63 (H 2:15.00) Charlotte Underwood took bronze in the U17 Hurdles in 11.44 (SF 11.40 PB, H 11.58) & Julie Rogers won the U20W 100m Amb3 Julie Rogers in 18.46.  
**Saturday's performances:** 100m Courtney Williams U17 11.44, 300m Nathan Cox U15 39.68, High Jump Lee Johnson U17 1m86, Emily Cartledge U17 1m60, Pole Vault Frankie Johnson 2m70  
**Sunday's performances:** 200m Ethan Skea U17 25.02, Long Jump Vicky Sales 5m02, 75m Hurdles 12.07, Pole Vault Lewis Nicholson U17 3m90, 3000m Jon Janes U17 9:04.61.

## CAU Intercounties Champs Bedford Sat 24 & Sun 25 August 2013

Representing the county: 100m Darrell Elliott 10.84, 400m Scott Parsons 50.32, 5000m Jo Wilkinson 16:53.20  
400mH Pete Benedickter 60.10, SP Damian Larrington 12m26 DT 38m66, Javelin Jack Swain 51m76

## Peterborough City Games Monday 26 August 2013

100m Will MacGee M45 11.74 200m Joe Bradbury 23.53 HJ Scott Johnson 2m00, Martin Danobrega 1m90, Lee Johnson U17 1m85, Alfie Johnson U13 1m50, Hannah Baumert U13 1m40 PV Lewis Nicholson U17 3m40, Tyler Seager U17 3m10. Hammer William Kerr U15 45m94

## Watford Graded open meeting, Wednesday 21 August 2013

400m Pete benedickter M40 55.02, 1500m Harry Brodie U13 5:22.49 Oliver Davies U13 5:05.49 Lauren Nichols U15 5:03.98 Frankie Jenkins U17 4:35.62 Stephen Headley U17 4:18.28, Jon Janes 4:06.41

## British Athletics Jumps and Throws Fest, Bedford, Sat 17 & Sun 18 August 2013

Gavin Fordham Discus32.26 Javelin 45.49, Jack Swain Javelin 58.87, High Jump Martin Danobrega 1.95 Lee Johnson 1.90 Scott Johnson 2.05, Hammer Richard Martin 46.99

## Southern Athletics League, Bedford, Saturday 10 August 2013

Our senior teams won the last league match by a massive margin and gained promotion to division one as champions. As feared Norwich also won with a massive points total at Cambridge but not enough to make a dent in the match points lead we had over them. Top of the Div 2N table is: 1. Bedford & County AC 19/1114.5; 2. City of Norwich 19/ 1080.5; 3. Basildon 16/ 1014; 4.Dacorum & Tring 15.5/ 911.5 Full match results can be [found here](#).

We feared that previously 5th placed Wycombe would be the main opposition but it was Heathside and Peterborough that provided the real competition as they were in a duel to avoid relegation, no wonder some of the events were stronger than expected. This was a particularly good result for the Bedford ladies as they were missing so many of their stars and both team managers. After the women's section amassed such a massive total at the last match, with missing so many of their top athletes this time the two team managers there had made it very clear to me that it was down to the men to win this match, which we duly did dropping only 15 points out of a possible 144 making it probably the best men's team performance in a Southern League match ever in my 30+ years experience in the team. However, the women still managed to win their section of the match. It's very hard to highlight great performances without listing everything. We didn't drop a point across any of the 100/200/400/4x100/4x400. In the B string 100 and 200 our athletes won but we had non scorers running even faster times. The 4x100 relay team (Rich Elliott, Darrell, Scott Parsons and Alastair)- with 43.3 was only 0.13 slower than the team in the BAL match last week which had run the fastest time in many years and this time without Josh Cox! Darrell's 10.8 PB in the 100 after so much injury in the early part of the season was a real highlight to me. As was Martin Danobrega in the Long Jump who put 85cms on his PB jumping 6.46m- the furthest long jump by a Bedford athlete since 2007. Jack Swain made a major improvement in an already good Javelin PB to 58.45m. Steve Naylor winning the fastest 5000 of the season in this league but just missing 15 mins by 0.2 secs. Daniel Bradford winning the B string 5000m and then going on to win the A string 1500 with a good turn of speed at the end. Will MacGee coming won the B string 200 after a long lay off through injury and Andrew and Stephen Headley making such successful debuts with the senior team. For the women Charlotte Underwood won the 100m/200m 12.2/25.6, Kirsty Thompson won the 1500m 5:07.8, Natasha Peters won the 3000m 10:29.1, Leanne Buxton won the 400mH 67.0 & discus 28m65, Belinda Sergeant won the triple jump 10m93, Katie Winwood won the hammer 37m81

Thanks to all the athletes who have turned out in this team across the season- promotion and winning the trophy was about season long performance- not just yesterday. It's Bedford's strength in depth that has carried us through to this success. Thanks to all for your support, and to the coaches for making so much input into the team- and a final thank you to the officials and match organizers this season who have made everything actually happen. *Graeme Packman*

## Biggleswade Throwsfest, Thursday 8 August 2013

6 Athletes turned out for the throws fest at Sandy:  
U13G - Cliona Blackwell: Discus 16.14. Hammer 13.71, U13B - Frankie Johnson: Hammer 30.14 U15G - Caitlin Blackwell: Shot 6.86, U15G - Lily-Maie Wilson: Javelin 20.36, SM - Gavin Fordham: Shot 10.42, Discus 31.91, Javelin 41.50, M55 - Jim Burke: Shot 8.27, Discus 26.49, Hammer 27.18

## Eastern Veterans AC T&F League, Wednesday 7 August 2013, Huntingdon

Our veteran men won the final match of the EVAC league with 101 point to Huntingdon's 85 giving the men automatic qualification for the EVAC T&F final at Bedford on 8 September. There were many Bedford winners including 200m Pete Benedickter M40 25.2, Tenny James M50 26.5 & Dave Folgate M60 30.4. 800m Nick Jones M50 2:23.2 & Dave Laynes M60 2:45.0. 3000m Simon Coombes M40 9:02.1, Nick Jones M50 10:22.9 & Dave Laynes M60 11:49.1, 400mH Pete Benedickter M40 61.6 & Tenny James M50 72.2. Pole Vault M35 Simon Eastwood 3m00  
Triple Jump Steve Bass M40 9m52 & Dave Folgate M60 10m50. Discus Dave Burrell M40 33:42, Graeme Packman M50 26m43 & Bob Richards M60 32m29. Javelin Simon Eastwood M35 33m28, Dave Burrell M40 32m12, Jim Burke M50 22m88 & Bob Richards M60 32m60  
Our veteran Ladies did not reach the final finishing fourth in the final match. Emma Coombes won the F35 200m 30.6, Julie Hancock won the F55 800m 3:46.2 & Brenda Russell won the F45 Discus 19m65.

## Watford Open Graded Meeting, Wednesday 7 August 2013

Ryann Apps U13 100m 14.80 LJ 3.92.  
800m Richard Laursen U13 2:46.98, Oliver Davies U13 2:37.72, Lauren Russell U17 2:12.38, Alex Hepburn U17 2:15.48, Tom Angell U15 2:09.43, Ben Davies U15 2:05.84, Taryl Geanga U17 2:07.32, George Burkett U23 2:05.99, Massi Dendani U20 1:56.23.  
**BMC Races** 1500m John Eves 3:57.78, Matt Leach 3:55.63

## Eastern Young Athletes League, Peterborough, Sunday 4 August 2013

Our young athletes took third place (702) in the final EYAL match at Peterborough behind Havering Mayesbrook 745 & hosts Nene Valley Harriers (727). This put them in a creditable second place on 32 points in the league behind Stevenage (34) but ahead of Havering (32). We have qualified in second place for the Top Six final at Stevenage on Sunday 8 September. The other three qualifying teams are Basildon Nene Valley & Ipswich. For the girls: Sinead Stovell U13 won the 1500m 5:13.9, Abbie Robert U13 won the javelin 20m19 Chelsea Spanouakis U15 won the long jump 4m76, the U15 girls won the 4x100m relay 53.5, Charlotte Underwood U17 won the 100m 12.7, the 200m 25.7 & 80mH 11.7, Lauren Russell U17 won the 300m 41.14 & 800m 2:18.3, Erim McCaffrey U17 won the 1500m 5:00.5, Belinda Sergeant U17 won the triple jump 10m14. For the boys: Alfie Johnson U13 won the high jump 1m55 & , Ethan Skea U15 won the 200m 24.6, Ben Davies U15 won the 800m 2:07.9, Frankie Johnson U15 won the Pole Vault 3m01, William Kerr U15 won the hammer 43m74,, the U15 boys won the 4x100m relay 48.8, Lee Johnson U17 won the High Jump 1m85.

## British Athletics League Div 4, Bedford, Saturday 3 August 2013

The club kicked off it 75th anniversary celebrations on Saturday with a clear victory in the final league match of the season and won promotion as champions of National Division 4. The senior men will compete in Division 3 next season along side fellow promotees Mansfield, the two teams relegated from division 2 Crawley and Trafford, and current division 3 teams Nene Valley, Swansea, Reading & Exeter. Full individual results can be found [here](#). Josh Cox won the 100m & 200m 10.76/21.83, Ben Sturgess the B200 and was second in the 400m 22.48, 49.64. John Eves won the 3000m 8:57.03 Daniel Bradford the B 9:04.05. Martin Danobrega had his first outing of the season with a PB of 16.83in the B 110H. The steeplechase was won by guest Felix Hentschel 9:20.33 but Will Mackay took second place 9:49.89 and Jack Douglas 1st B 10:07.25. Scott Johnson continued his good form wining the high jump at 2.05 with Gavin Fordham 1st B 1.75. Jake Devereux won the pole vault 3.60 with Simon Eastwood 1st B 3.40. Richard Martin won the Hammer with a throw of 48.29 and Darren Kerr was 1st B 42.23. A great team performance in the match and over the season making the team worthy champions.

## UK Women's League Div 3, Bedford, Saturday 3 August 2013

In a very close match decided on the last few events, our senior ladies took joint second place in the match with Marshall Milton Keynes. Bristol won the match and were promoted as runners up, MMKAC were champions, Bedford were third overall with - positions in the middle of the table were close Bedford had 14.5 points & Leeds City in seventh place 11. Full results can be found [here](#). Jo Wilkinson supplied the team with middle distance points with 2nd 800m 2:17.32, 1st 1500m 4:38.37 & 3000m 9:56.75. Natasha Peters won the B 1500m with 4:46.22 while Susanne Lutz was third in the B 3000m 10:35.63 & won the 2000m steeplechase 7:04.95. Leanne Buxton was 2nd in the 400H 67.31 and Michelle Webster 1st B 74.90. Leanne Buxton A 11.13 and Megan Moynihan B took second places in the shot 9.53, Racehl Bennett A 36.24 and Jemma Eastwood B 30.58 second places in the discus.

# BEDFORD & COUNTY AC 2013



Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## Southern Road Relays, Aldershot, Sat 21 & Sun 22 September 2013

Club teams performed well in the weekends area road relays with third place for the senior men & women & second places for the M40 men and U15 Boys. Club performances:

**Senior Men** 3rd Bedford & County AC - A Team 1:53:12

Jack Goodwin 18:05 2, John Eves 19:11 5, Will Mackay 19:03 4, Matt Bergin 18:05, 2 Huw Lobb 19:23 3, Luke Humphreys 19:25 3

24 Bedford & County AC - B Team 2:00:33

Dan Dalmedo 19:26 39, Jack Douglas 19:51 30, Michael Harrison 21:40 44, Dan Bradford 19:21 29, Alex Bellew 20:08 26, Richard Henderson 20:07 24,

Bedford & County AC - C Team 44:25

Joe Strange 21:18 70, George Burkett 23:07 73

**M40** 2nd Bedford & County AC 1:21:26

Gordon Barrie 20:15 5, Neil Miller 20:19 2, Chris Riley 20:26 2, Alan Turnbull 20:26 2

**U13 Girls** 11 Bedford & County AC 26:23 Maisie Relton 8:28 6, Francesca Johnson 9:29 19, Sinead Stovell 8:26 11

32 Bedford & County 'B' team 28:02, Connie Porter 9:13 41, Mollie Relton 9:18 33, Ashleigh Hyde 9:31 32

**U15 Girls** 7 Bedford & County AC 33:35 Tabatha Walford 10:50 5, Lauren Nicholls 11:40 5, Erin McCaffray 11:05 7

16 Bedford & County B team 35:24, Megan Middleton 11:47 34, Olivia Dwyer 11:42 21, Maisie Pritchard 11:55 16

Bedford & County 'C' Team 12:50 Anna Vinnicombe 12:50 62

**U13 Boys** 5th Bedford & County AC - A Team 44:35

Maximus Gilhespy 10:35 6, Edward Blythman 11:35 5, 16 Oliver Davies 11:25 9, 11 Daniel Smith 11:00 5

Bedford & County AC - B Team 36:29, Jack Goodwin 11:26 28, William Goodyear 12:05 29, Harry Brodie 12:58 29

**U15 Boys** 2nd Bedford & County AC - A Team 39:05

Stan Willis 9:33 2, Will Mullins 9:39 1, Jim Enwright 10:00 2, Tom Angell 9:53 2

9 Bedford & County AC - B Team 41:37

Freddie Ayres 9:59 8, Dom Peachey 10:31 8, Ben Davies 10:22 7, Callum Mullins 10:45 9

37 Bedford & County AC - C Team 45:28

Ryan Ward 10:58 40, Josh Rogers 10:50 32, Sebastian Sargent 11:57 39, Izaak Wright 11:43 37

**U17 Boys** 5 Bedford & County AC - A Team 50:52

Jono Janes 12:13 7, Stephen Headley 12:38 6, Andrew Headley 12:37 3, James Medley 13:24 5

36 Bedford & County AC - B Team 57:49

Tom Holland 14:41 46, Frankie Jenkins 14:15 41, Daryl Geanga 14:23 40, Alex Hepburn 14:30 36

**Senior Ladies** 3rd Bedford & County AC 53:59

Rebecca Murray 13:12 5, Natasha Peters 13:39 7, Alice Burgin 14:12 7, Jo Wilkinson 12:56 3

24 Bedford & County 'B' Team 59:33

Megan Shreeves 15:11 49, Hannah Goodwin 15:03 38, Ellie Hemming 14:53 30, Emiliy Wallbank 14:26 24

40 Bedford & County 'C' Team 1:01:31

Kayli Walford 15:28 55, Emily Relton 14:56 42, Leah Relton 15:57 45, Kirsty Thompson 15:10 40

Bedford & County 'D' Team Tina Blackwell 18:42 79

## Watford Open Graded Meeting Wednesday 18 September 2013

Anneli Gillespy U15 100m 15.79 & 200m 33.45; 800m Joe Strange 2:05.71; 1500m Maximus Gillespy U13 5:02.39

## British Masters T&F Championships, Birmingham Sat 14 & Sun 15 September 2013

The annual masters championships were timetabled much later in the year to provide a build up to the forthcoming World Championships and although there was a record entry the weather especially on Sunday was not conducive to good performances. The club were well represented and there were some great performances across many events.

100M M45 1st Will Magee 11.51 200m 2nd 23.70

100m M55 4th Tenny James 12.78 200m 4th 26.15 400m 1st 58.23 100mH 1st 15.90

400m M40 3rd Peter Benedickter 54.80 400mH 1st 59.80

400m M45 7th Lance Croft 58.13, SP M65 3rd Bob Richards 9m80 DT 5th 31m34

## Eastern Young Athletes League Top Six final, Stevenage, Sunday 8 September 2013

Our young athletes finished off an excellent season with victory in the Top Six final on Sunday just ahead of Nene Valley Harriers. [Results.](#)

## Eastern Veterans T&F League Finals, Bedford, Sunday 8 September 2013

Bedford's men triumphed in the finals of the league on Sunday with a narrow 5 point win over Peterborough with MMKAC 45 points behind in third. A great result in which every performance counted. [Full results](#) While everyone contributed to the team result, these people won their events.

400m Pete Benedickter M40 55.0, Tennyson James M50 58.6, 800m Simon Coombes 2:08.6, Nick Jones M50

2:19.3, 1500m Simon Coombes M40 4:24.6, Jim McMahon M50 4:45.6, 3000m Luke Humphries M35 9:25.1, Simon

Coombes M40 9:17.8, Jim McMahon M50 9:54.0, 400mH Pete Benedickter M40 61.0, Tennyson James M50 68.5,

High Jump Simon Eastwood M40 1m40, Pole Vault Simon Eastwood M40 3m00, Triple Jump Dave Folgate (M60 in

M50) 10m47, Javelin Dave Burrell M40 40m47

## Watford open graded meeting Wednesday 4 September 2013

800m George Burkett 2:04.01, 3000m Rebecca Murray 9:52.75, Natasha Peters 10:23.14 Alice Burgin 10:27.32 Jo Wilkinson 9:25.13

## England U15/U17 Championships, Bedford, Saturday 31 August & Sunday 1 September

Lauren Russell took silver in the U17 800m in a PB of 2:11.63 (H 2:15.00) Charlotte Underwood took bronze in the U17 Hurdles in 11.44 (SF 11.40 PB, H 11.58) & Julie Rogers won the U20W 100m Amb3 Julie Rogers in 18.46.

**Saturday's performances:** 100m Courtney Williams U17 11.44, 300m Nathan Cox U15 39.68, High Jump Lee Johnson U17 1m86, Emily Cartledge U17 1m60, Pole Vault Frankie Johnson 2m70

**Sunday's performances:** 200m Ethan Skea U17 25.02, Long Jump Vicky Sales 5m02, 75m Hurdles 12.07, Pole Vault Lewis Nicholson U17 3m90, 3000m Jon Janes U17 9:04.61.

# BEDFORD & COUNTY AC 2013



Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## Eastern Counties v EAF v Cambridge Univ., St Neots Saturday 26 October 2013

Four club members competed - in the men's race 1st Neilson Hall 22:52, 5th John Eves 23:31.  
In the women's race 3rd Natasha Peters 18:29, 13 Kirsty Thompson 20:01  
The nominal distances for the races were 10k & 6k respectively.

## Yorkshire Marathon, Sunday 20 October 2013

Darren Deed finished sixth in the marathon in a time of 2:25:30.

## Amphill Trophy XC Meeting, Sunday 20 October 2013

Emily Wallbank was third in the senior women's race 34:57. In young athletes races, Will Hall was first U11 boy 7:53, Oliver Davies first U13 boy 7:39 and Sinead Stovell first U13 girl. Connie Foster U13 ran 8:54 and in the longer race Oliver Daykin U15 18:53.

## Apex Chiltern League, Watford, Saturday 19 October 2013

A start good to our cross country league season with an overall first place in the first league fixture ahead of Milton Keynes. Full results can be found [here](#). Photos by Mark Easton can be [seen here](#).

Senior Men: Steve Naylor was 3rd Luke Humphreys 4th Jack Douglas 6th.

Senior Women: Rebecca Murray 1st

U17 Men: Jon Janes 1st Stephen Headley 4th, Andrew Headley 6th, James Medley 9th

UU17/U20 Women Lauren Russell 7th

U15 Boys Tom Angell 1st, William Mullins 2nd, Freddie Ayre 3rd, Ben Davies 5th, Dom Peachey 8th

U15 Girls Tabatha Walford 4th, Erin McCaffray 6th

U13 Boys Oliver Davies 6th, Ed Blythman 8th

U13 Girls Sinead Stovell 5th, Maisie Relton 7th

U11 Boys Jacob Primlett 3rd, William Hall 4th

## World Masters T&F Brazil

Will McGee has achieved silver in the M45 100m in 11.77 secs and bronze in the M45 200m in 23.62 secs  
Alex Swiecicki won the M65 2000m Steeplechase in 7:48.23

## National Road Relays Sunday 12 October 2013 Sutton Park

Congratulations to our U15 boys team of Stanley Willis, James Enwright & William Mullins on taking bronze medals at Sunday's rain washed young athletes road relays, the highlight of some great performances.

**U17 Men** 8th A team 37:39 Stephen Headley (14)12:26, Jon Janes (7)12:26, Andrew Headley (8)12:47

**U17 Women** Lauren Russell (9) 14:22, Courtney Hunter (19) 16:26

**U15 Boys** 3rd A team 38:25 Stan Willis (7) 12:46, James Enwright (2) 12:58, William Mullins (3) 12:41

14th B team 40:33 Freddie Ayre (12) 13:10, Callum Mullins (15) 13:46, Ben Davies (14) 3:37

C team Dominic Peachey (29) 13:46, Josh Rogers (36) 14:36

**U15 Girls** 8th A team 44:03 Tabatha Walford (14)14:31, Lauren Nichols (10)15:00, Erin McCaffray (8)14:32

33rd B team 47:11 Megan Middleton (39) 15:32, Olivia Dwyer (35) 15:45, Maisie Pritchard (33) 15:54

C team Anna Vinnicombe (56) 16:36, Emily Sheen (61) 17:50

**U13 Boys** 11th A team 44:08 Max Gilhespy (16) 14:30, Oliver Davies (12) 15:04, Ethan Morrish (11) 14:34

21st B team 46:09 Ed Blythman (18) 14:36, Jack Goodwin (17) 15:19, William Goodyear (21) 16:14

34th C team 48:34 Jake Harrison (27) 14:48, Richard Laursen (34) 16:42, Harry Brodie (34) 17:04

**U13 Girls** 10th A team 46:47 Maisie Relton (4) 14:57, Francesca Johnson (14) 16:38, Sinead Stovell (10) 15:12

29th B team 50:51 Connie Porter (33) 16:33, Mollie Relton (28)16:46, Ashleigh Hyde (29) 17:32

## National Road Relays Saturday 11 October 2013 Sutton Park

A considerably weakened men's team toed the line for the 6 x 6km relay at Birmingham's Sutton Park and the hoped for podium finish had changed to a challenge for a top 20 placing in this extremely competitive race. Even this was not to be as the team valiantly battled to 24th place in 1hr 51m 13s, finishing just over 4 minutes outside the medals. The team was led off by Steve Naylor who running 17:55, finished in a solid 22nd place. After slipping back to 28th with John Eves (18:36), the team gradually advanced back to 24th with Will Mackay (18:57), Dan Bradford (18:38), Joe Christopher (18:43) and Luke Humphreys (18:24). The B team acquitted themselves pretty well, finishing in 52nd place of the 82 finishing teams, all of whom had needed to qualify for this race from their Area, (or Scottish & Welsh) championships last month. The team comprised Jack Douglas (19:35), Matt Nicholson (20:37), Josh Lunn (19:31), and Chris Riley (19:51), with under 20's Ben Alcock (18:27) and Michael Harrison (19:11) both running particularly well on legs 1 and 3 respectively. *Tony Forrest*

Our senior women's team were led off by Rebecca Murray who came in 11th on the first leg in 15:03, amongst the faster times on the day, Natasha Peters came in 14th, Emily Wallbank dropped back to 17th a position held by Alice Burgin at the finish.

### Men

24 Bedford & County AC 'A' 1:51:13 Steven Naylor (22) 17:55, John Eves (28) 18:36, Will MacKay (27) 18:57, Dan Bradford (26) 18:38, Joe Christopher (25) 18:43, Luke Humphreys (25) 18:24.

52 Bedford & County AC 'B' 1:57:12 Ben Alcock (41)18:27, Jack Douglas (57) 19:35, Michael Harrison (54) 19:11, Matt Nicholson (58) 20:37, Josh Lunn (56) 19:31, Chris Riley (54) 19:51.

### Women

17 Bedford & County AC 'A' 1:03:42 Rebecca Murray (11) 15:03, Natasha Peters (14) 15:46, Emily Wallbank (17) 16:34, Alice Burgin (17) 16:19,

Bedford & County AC 'B' Alanah Harris (54) 16:43, Emily Relton (47) 16:53



## Southern Cross Country Relays, Saturday 4 October 2013, Wormwood Scrubs, London

### Gold for Bedford

Bedford and County AC's mens squad continued their excellent start to the 2013-14 winter season with a winning performance at the South of England 4 x 5K Cross Country Relay championship at Wormwood Scrubs on Saturday. Coming into this race, the team was hoping to match last years bronze medal winning performance, but ended up taking a totally unexpected Southern title.

The team was led off by Dan Bradford who finished in a very solid sixth place with a time of 14:33 for his leg. John Eves then took the team into the lead, running an excellent 14:03. Luke Humphreys, 14:33 extended the lead slightly to hand over a lead of

100m to last leg runner Alex Bellew. Despite losing ground in the early part of his leg, Alex rallied towards the end, urged on by his team mates, and reopened the gap, finishing with a fine time of 14:45, bringing the club to our first ever victory in this Championship.

The under 20 team in their separate race of 3 x 3km ran well and also made the podium with an excellent bronze medal. The team was led off by Matt Nicholson 11:10, then Ryan Isaacson ran 10:51 on his leg, and Matt Bray closed the team in with 10:46. *Tony Forrest*

**U15 Girls** 7th 23:13 T. Walford 07:38 (8), O. Dwyer 07:54 (9), L. Nichols 07:41(7)

B team 17th 24:29 M. Middleton 07:58 (16) A. Vinnicombe 08:31 (18) M. Pritchard 08:00 (17)

C team C. Denny 08:31 (25)

**U13 Girls** 8th 24:32 Ma. Relton 08:00 (9), C. Porter 08:37 (12), S. Stovell 07:55 (8)

B Team F. Johnson 08:12 (10) Mo. Relton 08:44 (15)

**Senior Men** 1st 57:54 D. Bradford 14:34 (6), J. Eves 14:04 (1), L. Humphreys 14:35 (1), A. Bellew 14:41 (1)

**U20 Men** 3rd 32:47 M. Nicholson 11:10 (4), R. Isaacson 10:51 (3), M. Bray 10:46 (3)

**U15 Boys** 19th 22:57 R. Ward 07:33 (25), I. Wright 07:46 (21), J. Rogers 07:38 (19)

**U13 Boys** B team 6th 22:51 O. Davies 07:32 (6), E. Morrish 07:50 (6), J. Goodyear 07:29 (6)

A team 10th 23:07 E. Blythman 07:38 (8), J. Goodwin, 08:02 (10) M. Gilhespy 07:27 (10)

## RAF Honington 10km road race 2 October 2013

Alan Turnbull finished 5th in the RAF Honington 10km road race in 33mins 28sec, finishing as 1st veteran and winning the RAF Veteran Championship.



Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## English Schools Cup, Southend, Saturday 30 November 2013

There were three local schools teams competing in the Schools Cup Final this weekend. Robert Bloomfield Junior Boys were 4th Robert Bloomfield Junior Girls were 20th & Shanbrook Upper Intermediate Boys were 10th. Shanbrook were led home by William Mullins 5 16:29 who was backed up by James Enwright 9 16:36, Izaak Wright 89 18:20 and Callum Mullins 107 18:45.

## Kettering Charity Cup- EVAC XC Champs, Saturday 30 November 2013

Andy Cohen Wray finished 29th over 10km in 43:04 to take 3rd in the EVAC championship. Tom Roberts 44<sup>th</sup> ran 46:52. In the M60+ 5km race Bob Thompson was 62nd in 26:44 and 4th M65. [Pictures](#)

## British Cross Challenge (inc European Trials), Liverpool, Saturday 23 November 2013

Several of Bedford and County AC's top athletes were in action on Saturday at the McCain Cross Challenge Cross Country race at Liverpool's Sefton Park. The inform Andy Vernon of Aldershot set off in a hot pace from the gun. With the U23 age group is currently the strongest it has been for a number of years. Jack Goodwin and Matt Bergin wisely laid off the early fast pace. As the race progressed, Goodwin showed great maturity and moved through the field with a storming the last lap to finish as 6th U23, and 9th overall, with a time of 29:33, for the 9.8K course, only 46secs behind the winner and in contention for selection for the England team. *Jack has been selected, congratulations.* Matt Bergin also performed well finishing as 17th U23, 39th overall in 30:33. Michael Harrison meanwhile had a fine run in the separate Under 20's trial race, finishing 34th with a time of 21:36 for the 6.7K course. The club's top U20 ladies also competed Rebecca Murray had an excellent run finishing in 13th place with 15:31 for the 4.4K course and Alice Burgin was 32nd with 16:43. Emily Wallbank 31:12 was 59th in the senior womens race. Also running in the junior races Stanley Willis finished an excellent 6th in the U15 race in a time of 9:47 and Tom Angell was 29th in 10:13.

*Tony Forrest*

## Wolverton 5, Milton Keynes, Saturday 23 November 2013

Our top performer was Luke Humphreys who finished 4th in 25:32, with Dan Bradford 25:52 in 7th place. Jim McMahon yet again acquitted himself well finishing 29th overall and 2nd Vet over 50, with a fine 28:04. These 3 secured the team victory for Bedford.

## BMAF Cross Country Relays, Derby, Saturday 23 November 2013

Our M65 trio of Bob Thompson, Brian Webb, and Tony Forrest took 4th place.

## Leeds Abbey Dash 10km, Sunday 17 November 2013

88 Will Mackay 32:07, 105 Josh Lunn 32:44, 127 Charlie Palmer M35 32:59, 154 Alan Turnbull M45 33:28, 184 Joe Strange 33:50, 364 Chris Ritchie 35:59, 527 Christopher Wright 37:39, 658 Andrew Cohen-Wray M35 38:45

## Apex Chiltern League M2, Oxford, Saturday 9 November 2013

There wins for the senior men, U20 men & U15 boys. Second for U17 men & third for U13 boys. Our senior women were third, second for the U17/U20 women, first for the U15 girls and fifth for the U13 girls. Overall, we lead the league from Milton Keynes by ~ 400pts. We are also on top in all the categories, the male and female the seniors and young athletes. We also lead in all categories after 2 matches. Well done to all who ran. [Full Results.](#)

Senior Men Jack Goodwin 1st, Steve Naylor 3rd, Michael Harrison 6th (1st U20), Matt Bray 8th (2nd U20), Jack Douglas 10th (3rd U20), Josh Lunn 12th, Ben Alcock 13th (4th U20)  
U13 Girls Sinead Stovell 5th  
U15 Girls Tabatha Walford 1st, Erin McCaffray 2nd, Lauren Nichols 5th, Megan Middleton 7th, Olivia Dwyer 8th.  
U17/U20 Ladies Alanah Harris 2nd, Lauren Russell 8th.  
Senior Ladies Alice Burgin 5th, Hannah Goodwin 10th.  
U11 Boys William Hall 4th, Jacob Primett 7th  
U13 Boys Oliver Davies 4th, Jack Goodyear 8th.  
U15 Boys Freddie Ayre 1st, Daniel Brooks 2nd, Dominic Peachey 5th.  
U17 Men Stephen Headley 3rd, Andrew Headley 5th.

## England Cross Country Relays, Mansfield, Saturday 2 November 2013



Large numbers of club athletes travelled to Berry Hill for the national cross country relays. Our senior men Matt Bergin, Steve Naylor, Jack Goodwin and Neilson Hall were third a minute behind Aldershot and 30 secs behind Sale, our junior women Rebecca Murray (sixth fastest), Alanah Harris & Alice Burgin were third again behind Aldershot and our U15 Boys Spencer Willis (fourth fastest), William Mullins and Tom Angell were second about 20 secs behind Tonbridge, Full results can be found [here.](#)

**Senior Men:** 3rd 1:03:55.35 Bedford & County AC 'A'  
0:15:52.75 (8) M Bergin 0:16:06.05 (5) S Naylor  
0:15:57.35 (3) J Goodwin 0:15:59.20 (3) N Hall  
41st 1:09:50.40 Bedford & County AC 'B'  
0:16:40.35 (41) M Burton 0:16:50.55 (32) D Bradford 0:17:41.30 (34) H Lobb 0:18:38.20 (41) J McMahon

**Senior Women** 46th 0:37:30.35 Bedford & County AC 'A'  
0:12:02.40 (52) K Thompson 0:11:09.65 (30) N Peters 0:14:18.30 (46) R Kerr  
**Junior Men** 13th 0:28:14.10 Bedford & County AC 'A'  
0:09:33.50 (39) B Alcock 0:09:26.75 (19) M Bray 0:09:13.85 (13) M Harrison  
26th 0:29:24.10 Bedford & County AC 'B'  
0:10:06.75 (64) M Nicholson 0:09:29.40 (33) J Benedickter 0:09:47.95 (26) S Knee-Robinson  
54th 0:32:45.90 Bedford & County AC 'C'  
0:10:09.70 (66) S Proctor 0:11:02.75 (62) J Benedickter 0:11:33.45 (54) C Thornley  
**Junior Women** 3rd 0:27:29.65 Bedford & County AC 'A'  
0:08:38.90 (4) R Murray 0:09:23.90 (3) A Harris 0:09:26.85 (3) A Burgin  
**U17 Men** 10th 0:29:15.20 Bedford & County AC 'A'  
0:09:49.80 (32) S Headley 0:09:34.30 (11) J Janes 0:09:51.10 (10) A Headley  
48th 0:32:08.25 Bedford & County AC 'B'  
0:10:28.25 (63) T Holland 0:10:35.85 (55) D Geanga 0:11:04.15 (48) W Cooper  
**U17 Women** 26th 0:30:22.85 Bedford & County AC  
0:09:37.95 (24) L Russell 0:10:50.70 (36) C Hunter 0:09:54.20 (26) S Kerr  
**U15 Boys** 2nd 0:20:04.50 Bedford & County AC 'A'  
0:06:26.70 (3) S Willis 0:06:48.20 (2) W Mullins 0:06:49.60 (2) T Angell  
12th 0:20:52.25 Bedford & County AC 'B'  
0:06:40.40 (13) F Ayres 0:06:53.55 (4) B Davies 0:07:18.30 (12) D Peachey  
52nd 0:22:25.85 Bedford & County AC 'C'  
0:07:11.90 (50) C Mullins 0:07:42.25 (53) J Rogers 0:07:31.70 (52) R Ward  
**U15 Girls** 23rd 0:23:38.10 Bedford & County AC 'A'  
0:07:39.90 (26) T Wallford 0:07:59.90 (26) L Nichols 0:07:58.30 (23) E McCaffray  
44th 0:24:30.35 Bedford & County AC 'B' 0:07:59.30 (51) E Lawton 0:08:17.50 (52) M Pritchard 0:08:13.55 (44) M Middleton  
**U13 Boys** 21 0:22:48.80 Bedford & County AC 'A'  
0:07:25.15 (18) B Edward 0:07:43.25 (22) O Davies 0:07:40.40 (21) E Morrish  
32nd 0:23:12.20 Bedford & County AC 'B'  
0:07:40.40 (46) C Gilles 0:07:54.75 (36) J Harrison 0:07:37.05 (32) D Smith  
59th 0:24:41.90 Bedford & County AC 'C'  
0:08:10.75 (75) J Goodwin 0:07:57.35 (56) W Goodyear 0:08:33.80 (59) H Brodie  
**U13 Girls** 18th 0:24:27.45 Bedford & County AC 'A'  
0:07:54.95 (24) M Relton 0:08:42.45 (32) C Porter 0:07:50.05 (18) S Stovell  
60th 0:26:34.60 Bedford & County AC 'B'  
0:08:14.15 (43) F Johnson 0:08:51.55 (48) M Relton 0:09:28.90 (60) L Murphy

# BEDFORD & COUNTY AC 2013



Click on the logo for the main site

<a href="#">January</a>	<a href="#">February</a>	<a href="#">March</a>	<a href="#">April</a>
<a href="#">May</a>	<a href="#">June</a>	<a href="#">July</a>	<a href="#">August</a>
<a href="#">September</a>	<a href="#">October</a>	<a href="#">November</a>	<a href="#">December</a>

## Club Christmas Handicap, Embankment Sunday 22 December 2013

28 runners completed the annual Christmas Handicap. First home was Callum Wilkinson, from Jo Wilkinson and Jim McMahon. Fastest individuals on the 3 mile course were guest Jamie Dee, Josh Lunn and Jono Janes. Full results [here](#). Some pictures including fancy dress winners Santa & his helpers [here](#).

## Southern Inter County Cross country, Shuttleworth Park, Saturday 14 December 2013

Competing for Bedfordshire:

**Senior Women** Natasha Peters 11 23:16, Kirsty Thompson 53 25:34

**U20 Women** Team 3rd, Alanah Harris 10 24:53, Ellie Hemming 19 25:41, Megan Shreeves 31 26:29

**U17 Women** Team 10th, Lauren Russell 20 19:17, Courtney Hunter 59 21:00, Sarah Kerr 60 21:00

**U15 Girls** Team 6th, Erin McCaffray 14 14:39, Lauren Nichols 28 15:00 Megan Middleton 32 15:10, Bonnie Murphy 42 15:34, Ellie Lawton 48 15:43, Maisie Pritchard (Cams) 63 16:13.

**U13 Girls** Team 6th, Maisie Relton 17 11:55, Sinead Stovell 24 12:07, Hannah Shelton 43 12:22, Mollie Relton 74 13:08

**U17 Men** Team 9th, Stephen Headley 25 16:19, Andrew Headley 31 16:33 James Medley 64 17:36, Tom Holland 76 18:15, Daryl Geanga 77 18:23

**U15 Boys** Team 3rd, Freddie Ayre 5 12:45, Ben Davies 6 12:46, Tom Angell 16 13:01, James Enwright 40 13:29, Callum Mullins 61 13:51, Dominic Peachey 62 13:53,

**U13 Boys** Team 10th, Oliver Davies 53 11:32, Ethan Morrish 54 11:33, Ed Blythman 62 11:38, Jack Goodyear 80 12:00.

## Southern Masters X Country, Shuttleworth Park, Saturday 14 December 2013

M45 Steve Herring 9th 37:13.

## Orlando Florida Half Marathon 7 December 2013

Alan Turnbull was first vet 45 in 1hr 16min 04 sec and 8th overall finishing 3rd RAF man home.

## GB U23 vest for Jack Goodwin

Jack Goodwin won a U23 GB vest in the European Cross Country Championships in Belgrade this weekend. Jack finished 33rd in a time of 24:54 less than a minute behind the winner who ran 24:02 for the 8km course.

## Apex Chiltern League, Campbell Park, Milton Keynes, Saturday 7 December 2013

The third Chiltern League cross country races at Campbell Park saw some great performances throughout the club. Bedford & County won the match across all age groups, all seniors, all male, all female and all young athletes categories, a position repeated in the league standings after three races. [Full Results Here](#).

In the senior men's race the team packed well to win both division 1 & the mob match. The team was led home by Michael Harrison 4th 26:58 (2nd M20) and Matt Janes 5th 27:01. Backing them up were Luke Humphries 8th 27:36, Matt Bray 9th 27:44 (4th M20), Andrew Inskip 13th 27:54, Daniel Bradford 14th 28:01 & Josh Lunn 20th 28:37. Chris Riley M40 was 25th 29:01 (4th M40).

With three in the top 10, the senior women were clear winners. Rebecca Murray was second in 20:34 behind a non scorer, Rachel Gibbs was fourth 21:21 & Jo Wilkinson M40 7 21:26 (M35 2nd).

The U17 men were second with Jono Janes 6th 19:05, Stephen Headley 7th 19:13 & Andrew Headley 8th 19:23.

The U20 & U17 women's race Alanah Harris F20 was 5th 16:04 (1st F20), Lauren Russell 8th 16:15 (6th F17) & Ellie Hemming 12th 16:36 (2nd F20) the team were third.

Our U15 boys continued their fine season with first place led home by Tom Angell 2nd 14:48, Ben Davies 3rd 14:56 & Will Mullins 5th 15:02. Freddie Ayres 8th 15:19 & Dominic Peachey 9th 15:36 also made the top ten.

Erin McCaffray was 6th 11:54 in the U15 girls race with Tabatha Walford 10th 12:07. The team were third.

Our under 13 boys finished fifth. Our U13 girls won their race with Maisie Relton 3rd 10:42 & Sinead Stovell 7th 11:02. In the U11's William Hall was 4th 5:51 & Owen Brownston 10th 5:57.