

BEDFORD & COUNTY AC 2016



<u>January</u>	<u>February</u>	<u>March</u>	<u>April</u>
<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>
<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>

You can find recent and older reports and results for 2016 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!

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

Southern Cross Country Champs, Parliament Hill, Saturday 30 January 2016

Our best performance at Parliament Hill was Steve Naylor's was fourth place in the senior men's race. Steve led the men to third place with John Eves 16th, Luke Humphreys 23rd, Will Mackay 36th, Josh Lunn 62nd and Andrew Inskip 65th. Rachel Humphreys was 13th in the senior women's race and Alice Burgin 29th the team were 26th with Ruth Kerr 315th and Madie Brodie 374th. The general [results are here](#).

Alanah Harris was 7th in the U20 women's race Sarah Kerr was 24th and Diane Chalmers 52nd. Sam Knee Robinson was 21st in the U20 men's race, Stephen Headley 30th, Andrew Headley 44th and Matt Bray 47th, the team were fourth.

The U17 men were fifth led home by Sam Barton in 37th with Tom Angell 45th, Callum Mullins 54th and Jamie Viney 58th.

Erin McCaffray led home the U17 women to seventh in 36th place with Francesca Worrall 46th, Lauren Nichols 65th and Maisie Pritchard 104th.

The U15 boys were 21 Evan Hoskin 79th, Ollie Davies 90th, Harry Brodie 157th and Cameron Gillies 168th.

The U15 girls were twelfth led home by Tia Wilson in 16th, with Maisie Relton 60th, Ashleigh Hyde 133rd and Hannah Shelton 164th.

The U13 boys were eighth. Owen Brownston 37th, Chris Brodie 61st, Jamie Vinnicombe 62nd and T Cook 83rd.

Sofia Perusko was eighth in the U13 girls race Holly Hodgkinson 70th, Sophie Worrall 106th and Lucy Tapster 202nd. The team were 17th.

Loughborough Open Saturday 30 January 2016

Tyler Seager U20 increased his Pole Vault to 4.10m, a PB of +20cm, Frankie Jackson U17 vaulted 4.20m. Jemma Eastwood F35 vaulted 3.20m

London Indoor Championships, Lee Valley, Saturday 30 January 2016

400m Jack Benedickter 54.87 (PB), Pete Benedickter M45 55.38. Matt Birchall U20 52.72, Andy Cohen Wray M35 58.20, Lauren Russell U20 60.29, 200m Tenny James M55 26.24, 800m Joe Strange 1:58.17, Will Forster U20 2:06.21

Results Base Chiltern League, Luton Saturday 16 January 2016

Full results [Po10 Chiltern Lge](#)

Michael Harrison was second in the senior mens race 35:55, Josh Lunn 5th 36:41, Matt Janes 9th 37:09, Stephen Headley 14th 37:45 (first U20)

Alice Burgin was fourth in the senior womens race 24:09. Ben Davies won the U17 mens race 21:14, Sam Barton was 8th 22:16, Ryan Ward 9th 22:32 and Callum Mullins 10th 22:32.

Alanah Harris won the U20/U17 womens race 20:59, Sarah Kerr was fourth 22:00. Erin McCaffray was 6th 22:15 (3rd U17), Lauren Nichols 9th 22:45.

Tia Wilson won the U15 girls race 15:01 with Sinead Stovell 7th 15:43 and Maisie Relton 8th 15:51. Aiden Killeen was fourth in the U15 boys race 16:55. Joe Lawson was 10th in the U13 boys race 11:47.

Chris Brodie was second in the U11 race 8:50 with Zena Paco 6 9:19. Sophie Worrall was 9th in the U11 girls race 9:48.

Teams

The senior men were second and lie second after 4 rounds behind MMKAC. The U17 men were first and are first overall. The U15 boys were second and lie second behind MMKAC. The U13 boys were third and lie third.

The senior women were eighth and now lie third overall. The U20/U17 women won and retain their lead overall.

The U15 girls won and now lie third overall. The U13 girls were fourth and lie third overall

The U11 boys were second and lie a close second to Chiltern. The U11 Girls were fourth and lie fourth.

Individuals (best 3 races of 4 score)

Michael Harrison is second senior man, Josh Lunn is eleventh. Stephen Headley leads the U20 men. Ben Davies leads the U20 men (a perfect 3 points). Aiden Killeen is second U15 boy (equal points with first), Evan Hosking is fourth. Joe Lawson is our best places U13 boy in sixth. Alice Burgin is third senior women. Francesca Worrall, Lauren Nichols and Erin McCaffray are two, three, four in the U17 women. Alanah Harris and Sarah Kerr are one and two in the U20 women. Tia Wilson is first in the U15 girls (a perfect 3 points and having run four races she cannot be caught!). Lottie Knights is fourth U13 girl.

Congratulations to all on the [overall list](#) for running at least three of the first four races.

Chris Brodie is second in the U11 on equal points; 5; with the leader, Zena Paco is sixth. Sophie Worrall in eighth is our highest placed U11 girl. Congratulations to all on the [U11 overall list](#).

Cambridgeshire Schools Cross Country, Ely, Saturday 16 January 2016

We had several club members competing in the Cambridgeshire schools. [Results are here](#).

South of England Indoor T&F Champs, Lee Valley, Sat 16, Sun 17 January 2016

400m Pete Benedickter 55.95, Matt Birchall U20 H 51.09, SF 53.06, 800m Massi Dendani 1:57.09, Will Forster U20 2:06.42, 200m Lauren Russell U20 26.29.

Bedfordshire Cross Country Champs, Shuttleworth Park, Saturday 9 January 2016

With individual wins in all categories except senior women and team wins throughout Bedford and County dominated the championships. Congratulations to our county champions who are Sofia Perusko U13G, Chris Brodie U13B, Tia Wilson U15G, Aiden Killeen U15B, Francesca Worrall U17W, Ben Davies U17M, Sarah Kerr U20W & Darren Deed Senior Men. Full Bedfordshire results can be [found here](#).

The winning teams were:

U13 Girls 1st 11:23 PERUSKO, Sofia; 3rd 12:12 HODGSKINSON, Holly, 4th 12:17 WORRALL, Sophie

U15 Girls 1st 13:55 WILSON, Tia; 3rd 14:52 SHEPHERD, Lucy-Mae; 4th 15:07 STOVELL, Sinead

U20/U17 Women 1st 21:44 KERR, Sarah F20; 2nd 22:05 WORRALL, Francesca F17; 3 22:23 NICHOLS, Lauren F17

Senior Women 2nd 31:53 BURGIN, Alice; 3rd 32:15 HARRIS, Alanah; 17th 39:11 THOMPSON, Kirsty

U13 Boys 1st 11:11 BRODIE, Chris; 2nd 11:18 VINNICOMBE, James; 3rd 11:26 LAWSON, Joe

U15 Boys 1st 12:36 KILLEEN, Aiden; 2nd 13:24 DAVIES, Oliver, 4th 13:32 GILLIES, Cameron

U17 Men 1st 18:27 DAVIES, Ben; 2nd 18:58 ANGELL, Tom; 3rd 19:05 BARTON, Sam

Senior Men 1st 34:41 DEED, Darren, 2nd 35:50 ALCOCK, Ben; 3rd 37:32 JANES, Matt; 5th 38:30 KNEE-ROBINSON, Sam; 7th 39:14 HENDERSON, Richard; 9th 39:45 BRAY, Matt.

Overall the club had 60 finishers over the races and made up one third of the field, in the young athletes races we were closer to two thirds of the field.

Hertfordshire Cross Country Champs, Stevenage, Saturday 9 January 2016

Rachel Humphreys was second senior women 8k 29:22. John Eves won the senior mens race 12k 40:00 with Luke Humphreys second 40:08.

Oxfordshire Cross Country Champs, Horspath, Sunday 10 January 2016

Steve Naylor won the senior men's champs 31:28

Loughborough Students Open, Saturday 9 January 2016

60mH Gavin Fordham M35 9.19/9.33, LJ 5.83m, SP 11.16m. Jean Mozombo U20 6.50m, Scott Parsons 60m 7.44/7.42 Pete Benedickter M45 60mH 9.82/10.23, Steve Bass M40 60mH 10.54/10.68

England Indoor Combined Events Champs, Sheffield, Saturday 9, Sun 10 January 2016

We had two seniors in the championships. Leanne Buxton was 10th 3411pts (800 2:30.16, 60H 9.19, HJ 1.48, LJ 5.38, SP 10.84). Elana Richardson was 15th 3169pts (800 2:32.16, 60H 9.65, HJ 1.54, LJ 4.75, SP 10.58)

South of England Indoor U15/U17 Champs, Lee Valley, Sat 9, Sun 10 January 2016

We had three competitors and all were medallists. Frankie Johnson U17 won the Pole Vault 4.10m, Finlay Castledine U17 was 3rd in the High Jump 1.75m. Raphael Bouju U15 was 3rd in the 60m 7.27 (SF 7.30, H 7.42)

Great Edinburgh International Cross Country, Saturday 9 January 2016

Rebecca Murray ran for and scored for the GB&NI senior women's team and finished 14th in 22:03. The team were second.

Cambridgeshire County Cross Country Champs, Sunday 3 January 2016, St Ives

Senior Men 10Km 3rd Will MacKay 36:32, 5 Josh Lunn 37:17, 21st Alan Turnbull 40:42, 32nd Matt Nicholson 41:50, 33rd Paul Lunn 42:02

Senior Women 5.8km 2nd Suzi Boast 21:09, 14th Diana Chalmers 24:06 3rd U20

U17W 4.8Km 5th Maisie Pritchard 27:57

U15B 4.3Km 3rd Evan Hosking 17:08, 14th Isacc Lunn 19:07, 21st Callum Nicholson 21:51

U13B 2.9Km 8th Andrew Tomlin 10:38, 25th Keenan Hosking 11:45, U13G 2.9Km 2nd Lotti Knights 10:49

U11G 1.7Km 13th Frankie Warwick 8:30 U11B 21st Junior Hallybone 8:15

Megaswitch games, Lee Valley, Sunday 3 January 2016

60m Scott Parsons 7.41, 7.39, 400m Pete Benedickter 56.59, Andy Cohen Wray 58.25

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December



English National Cross Country Champs, Donington Park, Saturday 27 February 2016

Some great runs on the very undulating farmland adjacent to the race circuit on a grey and cold day. Full results can be found on the [ECCA website](#). Steve Naylor led home the senior men's team in 17th place (1730 finishers), John Eves was 31st and the team eighth (third Southern team). Rebecca Murray was sixth in the senior women's race (739 finishers), Rachel Humphreys was 15th, the team were sixth. Jack Douglas was eighth in the Junior men's race, the team were sixth. Alanah Harris was 19th in the Junior Women's race. The team Alanah, Sarah Kerr and Diana Chalmers won bronze medals. Ben Davies ran well for third place in the U17 men's race, the team of Ben Stanley Willis 13, Dom Menzies and Ryan Ward won Bronze medals. Tabatha Walford was 23rd in the U17 women's race the team were tenth. Tia Wilson ran strongly for fifth place in the U15 girls race, the team were fifth. The U15 boys finished 23rd. Sofia Perusko ran well for twelfth place in the U13 girls race. The U13 boys were fifteenth.



Senior Women: [Photos](#) 6 Rebecca Murray 31:12, 15 Rachel Humphreys 31:53, 47 Alice Burgin 33:39, 238 Kirsty Thompson 39:17, 506 Ruth Kerr 45:43, 542 Maddie Brodie 46:53, Hayley Vinnicombe 49:15

Junior Women: [Photos](#) 19 Alanah Harris 23:29, 30 Sarah Kerr 24:31, 82 Diana Chalmers 27:04

U17 Women: [Photos](#) 23 Tabatha Walford, 21:23, 53 Erin McCaffray 22:17, 121 Lauren Nichols 23:50, 156 Anna Vinnicombe 25:00, 164 Maisie Pritchard 25:24

U15 Girls: [Photos](#) 5 Tia Wilson 16:32, 70 Sinead Stovell 18:09, 122 Lucy Mae Shepherd 18:49, 123 Maisie Relton 18:51, 187 Rose Abbot 19:38, 229 Ashleigh Hyde 20:11, 270 Hannah Shelton 20:47

U13 Girls: [Photos](#) 12 Sofia Perusko 14:25, 139 Ruby Abbott 15:42, 173 Sophie Worrall 15:58,

Senior Men: [Photos](#)

17 Steve Naylor 43:58, 31 John Eves 44:36, 112 Luke Humphreys 46:56, 142 Josh Lunn 47:33, 152 Michael Harrison 47:42, 156 James Hoad 47:48, 172 Andrew Inskip 48:10, 179 Richard Henderson 48:20, 184 Matt Janes 48:31, 301 Sam Wallbank 50:26, 419 Steve Horton 52:19, 509 Alex Bellew 53:40

Junior Men: [Photos](#) 8 Jack Douglas 37:09, 34 Stephen Headley 39:36, 76 Matt Bray 42:16, 131 Andrew Headley 46:13

U17 Men: [Photos](#) 3 Ben Davies 19:50, 13 Stanley Willis 20:14, 46 Dom Menzies 21:13, 67 Ryan Ward 21:40, 72 Jamie Viney 21:47, 77 Callum Mullins 21:52, 113 Tom Angell 22:37, 165 William Forster 23:29, 181 James Enwright 23:45

U15 Boys: [Photos](#) 131 Evan Hosking 18:39, 150 Cameron Gillies 18:49, 177 Ollie Davies 19:03, 224 Richard Laursen 19:31, 226 Harry Brodie 19:32, 237 Daniel Smith 19:48, 297 Michael Knee Robinson 20:43, 298 Andrew Worrall 20:43

U13 Boys: [Photos](#) 79 Chris Brodie 14:06, 116 Jamie Vinnacombe 14:27, 145 Joe Lawson 14:39, 200 Alex Alston 15:03, 222 Nathan Hyde 15:11, 322 Max Hanford 16:02



England Masters Area Challenge, Lee Valley, Sunday 28 February 2016

Peter Benedickter M45 400m 55.46, Leanne Buxton F35 High Jump 1.45m, Long Jump 5.32m, Shot Putt 11.07m, Gavin Fordham Pole Vault 4.10m, Shot Putt 10.74m, Jemma Eastwood F35 Pole Vault 3.10m, James Danobrega M35 Long Jump 5.09m

Lee Valley Minithon Saturday 27 February 2016

U11 Girls Katie Churms 11th 148 points – 60m 9.8, 60mH 12.2, turbo javelin 8.50m, Sadie Werrett 13th 147 points – 200m 33.7 PB, 600m 2.12.1 PB, long jump 3.38m PB, Nyahleh Soyeyi 36th 135 points – 60mH 12.8 PB, shot 5.82m PB, long jump 2.65m PB, Layla Button 62nd 105 points – shot 4.34m PB, turbo javelin 5.75m PB, long jump 2.42m PB

U13 Girls Millie McFadyen 21st 163 points – 60m 9.1 PB, 200m 32.6m, shot 5.98m PB, Caitlin Goudie 27th 157 points – Shot 5.80m PB, 200m 32.7 PB, long jump 3.69m PB, Tsharna Antoine 34th 150 points – 60m 9.0, 200m 31.8, long jump 2.40m, Erin Thompson 44th 136 points – shot 4.86m PB, 60m H 12.7, long jump 3.36m, Ellie Davies - 60m 9.1 PB, long jump 3.15m

Southern Counties Vets AC Champs, Lee Valley, Sunday 21 February 2016

Pete Benedickter M45 200m 25.42, 400m 55.68, Tenny James M55 200m 26.97, 400m 59.56, 60mH 9.90

BUCS Champs, Sheffield, Friday 19 - Sunday 21 February 2016

800m Massi Dendani H 2:00.50, 3000m Michael Harrison H 8:32.79, F 8.28.99, High jump Emily Cartledge 1.50m

Chiltern League Round up 2015 - 2016



With the end of the league season the individual and team results for the season are available. Overall we were second to Marshall Milton Keynes some 1400 points adrift and 1800 points ahead of Chiltern Harriers.

Our overall stars are all the runners who ran four or more times and are placed in the league rankings.

No Senior men but Stephen Headley was a clear winner the U20 category. Ben Davies (photo) ran away with the U17 mens crown with four victories. He was able supported by Dom Menzies 5th, Callum Mullins 8th & Ryan Ward 10th. In the U15 boys we had several completing the course Ollie Davies was 6th, 10th - 15th places were filled by Cameron Gillies, Max Gilhespy, Ed Blythman, Andrew Worrall, Richard Laursen & Reuben Williams. Harry Brodie was 17th & Kino Bakhcha 28th. In the U13 boys Joseph Lawson was 6th & Max Hanford 13th.

Alice Burgin was an excellent second in the senior women's category. Ruth Kerr was 8th in the F45.

Alanah Harris was first U20 women, Sarah Kerr was second. Francesa Worrall was second U17 women, Erin McCaffray third and Lauren Nichols fourth. Tia Wilson was a

clear winner in the U15 girls category.

Lottie Knights was third U15 girl, Ruby Abbot 7th, Niamh Huxford 14th, Louisa Sexton 25, Sakia Bakhcha 27th, Sophie Gawin 28th. Chris Brodie just missed out on winning the U11 title finishing second by one point, Udoka Fintelmann was 6th, Ben Knights was 21st & Louis Gregory 35th.

Teams - The U11 boys were second just 4 points behind Chiltern, the U11 girls were fourth. The U13 boys were third, the U13 girls were second. The U15 boys were second, the U15 girls were second. The U17 men were first, the U17/U20 women were first.

The senior men were second and the senior women were third.

The Young Athletes won there division, the seniors were second. Overall we were second in both the male and female categories.

Eastern Veterans Indoor T&F Champs, Lee Valley, Sunday 14 February 2016

200m Andy Cohen-Wray M35 26.73 400m 57.50. Pole Vault Jemma Eastwood F35 2.80m. Shot Putt Graeme Packman M60 10.12m, Jim Burke M60 9.17m, Oriana Johnson F50 7.27m.

BMAF Indoor Pentathlon, Lee Valley Sunday 14 February 2016

Steve Bass won the M40 BMAF title after a close competition he regained the lead in the last event the 1000m.

England Indoor T&F Champs U20/U17/U15, Sheffield, Sat 13, Sun 14 February 2016

Frankie Johnson was second in the U17 Pole Vault with 4.10m. Raphael Boujou was third in the U15 60m 7.29 (SF 7.43, H 7.40). Jean Mozobo U20 Long Jump PB 6.67m.

Results Base Chiltern Lge, Campbell Park, Milton Keynes, Saturday 13 February 2016

Alice Burgin 21:34 was second in the senior women's race the team were fifth. Josh Lunn was fifth in the senior men's race 28:37, Andy Leach was 10th 28:51, Andrew Inskip 12th 28:56 & Stephen Headley 17th 29:12 (2nd U20) the team were fourth. Ben Davies won the U17 mens race 19:02, Dom Menzies 5th 19:41 & Izaak Wright 6 19:54, the team won. Alanah Harris won the U17/U20 women's race 16:08 from Sarah Kerr 16:48, Francesa Worrall 4th 16:53 and Erin McCaffray 5th, the team won. 17:15. Oliver Davies was 7th in the U15 boys race 15:41 and Cameron Gillies 8th 15:48 the team were second.

Sinead Stovell was second in the U15 girls race 12:06, Maisie Relton 3rd 12:13, the team were second.

Jamie Vinnicombe 10:18 was 7th in the U13 boys race, the team were third. Lottie Knights 11:14 was 11th in the U13 girls race, the team were third.

Chris Brodie 4:28 was second in the U11 boys race, Udoka Fintelmann 4:37 was third & Robert Parrish 6th 4:48, the team won. Sophie Worrall 5:06 was 10th in the U11 girls race, the team were third.

Race results are available on the [results base website](#). Team and league results are on the [Chiltern League website](#). [Photos taken](#) by Barry Cornelius. [Photos taken](#) by Mark Easton (includes YA's)

Scottish National Masters Champs Glasgow, Sat 13, Sun 14 February 2016

Peter Benedickter M45 400m 1st 56.27, 200m 3rd 25.61, Tenny James M55 400m 1st 59.78, 200m 2nd 26.23

Lee Valley U15 & U13 Meeting Saturday 13 February 2016

U13 Girls Summer Payne 60m 9.63 & 9.56 PB, 800m 2.55.31 PB, long jump 2.96m PB, Millie McFadyen 60m 9.48 PB & 9.49, 200m 33.2, shot 5.46m, Ellie Davies 60m 9.43 & 9.37 PB, long jump 3.24m PB

U15 Girls Cliona Blackwell Shot 7.54m, Darcy Button 200m 33.02 PB, 300m 53.18 PB, long jump 3.57m., Lucy Dixon 800m 3.05.38, Shot 5.29m PB, long jump 2.97m, Millie Payne 60m 10.06 PB & 10.28, 800m 3.24.43 PB long jump 2.80m PB, Kenyah Soyeyi long jump 3.77m, High jump 1.35, Romina Johnson 60mH 9.99 PB, & 10.06

Tia Blackman 60m 8.16 & 8.32.

U15 Boys Steven Simmons 60mH 9.25 & 9.30, Thomas Rumary 60m 8.27

Vault London 2016, Carshalton, Sunday 7 February 2016

Frankie Johnson U17 increased his PB to 4.33m, Tyler Seager U20 vaulted 3.93m

Eastern Indoor T&F Champs, Lee Valley Saturday 6, Sunday 7 February 2016

200m Will Forster U20 25.22, 300m Andy Cohen Wray M35 41.49, 400m Pete Benedickter M45 55.69, 800m Will Forster U20 2:03.64, High Jump Finlay Castledine U17 1.75m, Pole Vault Jemma Eastwood F35 3.00m

BUCS Cross Country Champs, Gloucester, Saturday 6 February 2016

Rebecca Murray was second in the women's race 6.1k 21:20. Ben Alcock was 55th in the men's 10.2k race 33:26, Michael Harrison was 113th 35:30, 164th Andrew Headley 36:52, Matt Nicholson was 210th 38:31. Scott Proctor was 201st 30:09 in the men's 7.3k race.

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

European Indoor Masters Track & Field Champs, Italy, 29 March - 3 April 2016

Congratulations to Leanne Buxton F35 European Pentathlon Champion 3660 points, 800m 2:30.85, 60mH 9.17, HJ 1.45m, LJ 5.38m, SP 11.32m and to Tenny James M55 60mH champion.
200m Pete Benedickter M45 25.15, 25.45, Tenny James M55 26.23, 26.41.
400m Pete Benedickter M45 55.83, 55.33, Lance Croft M45 63.81, Tenny James 61.20, 59.00 (fourth)
800m Pete Benedickter M45 2:12.85, Lance Croft M45 2:30.75.
60mH Pete Benedickter M45 9.72, Tenny James M50 10.01, 9.45 (first).
Pole Vault Jemma Eastwood F35 3.20m (fourth)

Cardiff Half Marathon, Sunday 27 March 2016 Andrew McMulkin 1:18:28, Tom Powell 1:22:32

Chelmsford Pole Vault Festival, Friday 25 March 2016

Holly Nichols U15 2.30m, Jemma Eastwood F35 3.30m, Simon Eastwood M50 3.20m, Tyler Seager U20 4.00m, Frankie Johnson U17 4.40m - A new PB and top of the UK U17 rankings.

Herts Phoenix AC Oipen Graded meeting, Friday 25 March 2016

100m Alice Quinn U20 13.5, 200m Jamie Webster U15 25.8, 3000m 10:51.8,

Southern 12 Stage Road Relay, Gravesend, Sunday 20 March 2016

9th Bedford & County AC 'A' 3:25:20

1 Luke Humphreys (7) 20:03, 2 Michael Harrison (3) 13:00, 3 Jack Douglas (5) 20:44, 4 Massi Dendani (6) 13:57
5 James Hoad (4) 20:01, 6 Stephen Headley (6) 14:03, 7 John Eves (6) 20:08, 8 Matt Bray (5) 13:49, 9 Matt Janes (6) 20:30. 10 Andrew Headley (6) 14:00, 11 Josh Lunn (7) 20:44, 12 Neil Miller (9) 14:21
Also 1 Erwan Weber (35) 23:14 2 Andrew McMulkin (32) 14:35

In the women's 6 stage Rachel Humphreys ran the second fastest short leg 14:47 on leg 1.

Schools Cross Country International, Falkirk, Saturday 19 March 2016

Tia Wilson represented English Schools and was third in the Junior Girls 3000m race in 10:29, 5 seconds behind the winner.

Warm up Meeting, Cleckheaton Sun 20 March 2016. Richard Martin Hammer 55.43m, Shot 9.81m

British Masters Championships, Sat 12 & Sun 13 March 2016

There were two championships this weekend. The Indoor Track & Field at Lee Valley and the Cross Country at Bath. Jemma Eastwood won the F35 Pole Vault 3.10m, Graeme Packman was second in the M60 discus 34.95m (outside!), Tenny James was second in the M55 200m 26.45. Gavin Fordham was second in the M35 Shot 11.03m. Jim Burke Discus M60 30.40m weight 11.87m, Hammer 31.48, Javelin 19.91m, Shot 9.12m, Oriana Johnson F50 Discus 17.11m, Leon Braithwaite M40 60m 7.47, Tenny James M55 200m 26.45, Steve Bass M40 60mH 10.87, Long Jump 4.65m, James Danobrega M35 High Jump 1.55, Shot 9.77m, Gavin Fordham M35 Pole Vault 4.00m, Graeme Packman M60 Shot 10.06m.

Intercounties Cross Country Champs, Birmingham, Saturday 12 March 2016

The club had good representation in the championships with members representing several counties. Steve Naylor (Oxon) was ninth in the senior men, Tia Wilson (Beds) was seventh in the U15 girls race. Sofia Perusko (Beds) was twentieth in the U13 girls.

Full results

Senior Men 12km 9 Steve Naylor 39:01, 35 Will Mackay 40.46, 71 Richard Henderson 41.51, 121 Stephen Headley 43.04, 167 Andrew Headley 44.14.

Senior Women 8km 58 Alice Burgin 32.58

U20 Women 6km 57 Sarah Kerr 24.36, 76 Diana Chalmers 25.25,

U17 Men 6km 77 Ben Davies 20.42, 119 Callum Mullins 21.14, 124 Jamie Viney 21.17, 142 Sam Barton 21.35,

179 Dom Menzies 22.10, 236 Will Forster 23.47,

U17 Women 5km 84 Francesca Worrell 22.35, 131 Erin McCaffray 23.25, 163 Lauren Nichols 23.59, 195 Anna Vinnecobme 24.36.

U15 Boys 4.5km 184 Evan Hosking 18.05, 191 Ollie Davies 18.09, 193 Cameron Gillies 18.09, 244 Richard

Laursen 18.44, 257 Ed Blythman 19.01, 265 Harry Brodie 19.09, 285 Max Ghilespey 19.39

U15 Girls 4km 7 Tia Wilson 17.33, 156 Lucy Mae Shepherd 19.26, 216 Maisie Relton 20.02.

U13 Boys 3km Jamie Vinnicombe 12.59, 163 Chris Brodie, 13.01, 209 Joe Lawson 13.17, 212 Max Hanford 13.17,

234 Udoka Fentelmen 13.23

U13 Girls 3km 20 Sofia Perusko 13.07, 271 Sophie Worrall 15.11, 286 Niamh Huxford 15.33

World Student Cross Country Champs, Italy, Saturday 12 March 2016

Rebecca Murray ran for Britain and finished 24th in 23:20, 6.2Km. The team were second.

Milton Keynes Festival of Running 10k Sunday 6 March 2016

10k Steve Horton M35 34:31, **Half Marathon** Gavin Reynolds M40 89:20

English Schools Cross Country Champs, Wollaton Park, Saturday 5 March 2016

In the Junior Girls race Tia Wilson was fourth 12:44, Amy Chappelhow 97th 13:54, Rose Abbott 251st 14:41, Lucy Keith 296th 15:03.

In the Inter Girls race Tabatha Walford was 26th 13:55, Erin McCaffrey 113rd 14:35, Sinead Stovell 128th 14:42, Maisie Relton 173rd 14:59, Lauren Nichols 189th 15:05, 261 Anna Vinnicombe 15:33, Ashleigh Hyde 307th 15:59, Hannah Shelton 312nd 16:03.

In the Senior Girls race Sarah Kerr was 50th 17:56, Diana Chalmers was 105th 18:40, Bonnie Murphy 172nd 19:33, Lauren Russell 219th 19:57.

In the Junior Boys race Aiden Killeen was 30th 16:12, Harry Brodie 300th 18:02, Jamie Webster 304th 18:03, Ben Giles 318th 18:16.

In the Inter Boys Jamie Viney 120th 19:51, Izaak Wright 127th 19:54, Ollie Davies 280th 21:02, Joshua Rogers 283rd 21:03

In the Senior Boys race Dom Mezies was 104th 23:16 Callum Mullins 113th 23:13, Ryan Ward 150th 23:45, Tom Angell 159th 23:49, Sam Barton 228th 24:35, Will Forster 254th 25:15.

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

British Universities (BUCS) Championships, Bedford 29 April - 2 May 2016

We have many students competing this weekend results can be found on [Po10](#).
Some early results: 1500m Michael Harrison 4:03.14, Andrew Headley 4:27.53. 5000m Alex Bellew 16:07.09, 3000SC Jack Douglas 9:33.23, High Jump Daniella Hankins 1.61m, Elana Richardson 1.48m, Pole Vault Harriet Pentland 2.50m, Javelin Emily Cartledge 29.97m

Virgin London Marathon, Sunday 24 April 2016

First man home for the club was Paul Lunn M40 183 2:35:20 Charlie Palmer M35 251 2:38.01, Stuart Still M45 1169 2:53:52, Malcolm Pritchard M45 1231 (2nd C) 2:54:28, Jim Black M45 3:14:48 and Sean Lang M45 3:46:11. With such a large field and entries made in May 2015 it is difficult to find club runners. Let me know if we have missed anyone! [Email](#).

Virgin Mini Marathon, Sunday 24 April 2016

Amongst the stars we had U17 Stan Willis 4 14:25, Ben Davies 7 14:38, U15 Aiden Killeen 43 16:27, U13 Chris Brodie 50 18:13, U17 Tabatha Walford 19 17:17, Francesca Worrall 33 18:13, U15 Tia Wilson 7 17:22, U13 Sofia Persuska 44 19:34. Let me know if we have missed anyone! [email](#)

National Youth Development League, Lower, Ealing, Saturday 23 April 2016

Our U13's and U15's were busy at Perivale Park winning the first match of the season by a wide margin from Wycombe 744.5pts to 581pts. [Results](#)

Some leading girls results:

U13G A string winners Etienne Maughan 70mH 13.33, long jump 4.15m PB, 4 x 100m relay Jasmine Ferguson, Etienne Maughan, Ellie Davies, Millie McFadyen 56.74 SB. B string winners Etienne Maughan 75m 10.72 PB, Erin Thompson long jump 3.77m, U15G A string winners: Iona Newbegin 200m 27.76, Alex Arnold 75mH 13.53, Cliona Blackwell Discus 22.42m PB, Hammer 22.48m, Kenyeh Soyei Shot 8.56m PB, Holly Nichols Pole Vault 2.30m, 4 x 100m relay 53.08 SB, B string winners: Iona Newbegin 100m 13.77, Shanae Wright 200m 27.88, Darcy Button 75mH 15.01 PB, Lucy Dixon Discus 15.09 PB, Javelin 18.75, Alex Arnold Shot 7.57m PB, Kenyeh Soyei High Jump 1.35m.

Some leading boys results:

U15 boys Raphael Banjou 100m 11.84 Long Jump 5.71m, Asley Evans 300m 39.73, 4x100m 48.83, Tom Lichfield Shot 10.95m, Discus 25.42m, Hammer 23.41m, Liam Holland Javelin 36.83
U13 boys Max Hanford 1500m 5:05.14, Alex Alston 5:08.22, Udoka Fentelman Long Jump 4.22m, Alex Ayale shot 6.38

Watford open meeting 20 April 2016: 400m Lauren Russell 58.63, Jodie Leslie 55.49 PB, 800m Pete Benedickter M45 2:13.16, Jack Benedickter 2:06.61 PB, Josh Rogers U17 2:07.79 PB, 3000m John Eves 8:24.02 200m Jack Benedickter 25.37.

Eastern Young Athletes League, Ipswich, Sunday 17 April 2016

Early news - Frankie Johnson broke the club U17 pole vault record 4.62m - 30cm higher than last years U15 UK record. Bedford were second 1. Ipswich 810 2. Bedford 741. [Results](#)

Flitwick 10, Sunday 17 April 2016 - 4th Huw Lobb M35 33:49, Jim Black M40 39:35, Oliver Davies U15 40:05, Richard Laursen U15 40:48, Paul Wilkerson M60 41:53, Rob Payne M45 43:17, Sean Lang M40 43:47, Tony Fitzpatrick M45 44:33

BMC Regional, Birmingham Sunday 17 April 2016 1500m Tabath Walford U17 4:41.76

Southern Athletics League Div 1, Match 1, Bedford, Saturday 16 April 2016

Bedford & County won the first match with 219 points, Belgrave were second 172, Crawley third 155 and TVH fourth 132. Richard Martin was man of the match (Hammer 59.68m) and Jodie Leslie woman of the match (200m 24.60. Bedford winners included Josh Cox 100m 10.93, Ben Davies 800m 2:03.97, Craig Emmerson 2000m SC 6:56.54, Scott Johnson High Jump 1.90m & Triple Jump 12.67m, Jodie Leslie 400m 56.06, Natasha Peters 1500m 4:44.96, Alice Burgin 3000m 10:36.17, Daniella Hankins High Jump 1.65m, Jemma Eastwood Pole Vault 3.20m. The women also won both relays 4x100m 50.53, 4x400m 4:14.20. Full results can be [found here](#).

Southern Athletics League Div 3N, Match 1, Lee Valley, Saturday 16 April 2016

We have a B team competing in this division. It is a combined team with Chiltern Harriers. Five club members competed and results can be [found here](#).

ERRA 12 stage road relays, Sutton Park, Saturday 16 April 2016

Bedford's senior men finished ninth in the national championships. Jack Goodwin ran the fourth fastest long leg 26:16. Michael Harrison fourteenth fastest short leg 15:44. [EA report](#)
9th Bedford & County AC 4:23:49

Jack Goodwin (2) 26:16; Michael Harrison (2) 15:44; Steven Naylor (2) 27:11, Jack Douglas(2) 16:06, James Hoad (4) 27:30; Luke Humphreys (4) 16:18, John Eves (4) 27:14; Matthew Bray (5) 16:33; Matthew Janes (6) 28:11; Andrew Headley (9) 17:20; Josh Lunn (9) 28:06; Stephen Headley (9) 17:20

Rachel Humphreys ran the first leg of the women's relay (5) 30:39

Bedfordshire AAA Open Meeting, Luton, 9 April 2016

Large numbers of club athletes took part in the early season county open meeting many setting personal bests. Full results can be found on Po10 [here](#). Some results from Lee Valley [here](#).

Watford open graded meeting 06 April 2016 800m Joe Strange 1:57.67, Jamie Webster U15 2:14.05, 1500m Sophie Worrall U13 5:39.56, Francesca Worrall U17 4:48.81, Andrew Worrall U15 4:49.50, Ollie Davies U17 4:52.71, Richard Laursen U17 4:56.08. 3000m Tabatha Walford U17 10:14.30

New club 10000m track record - Matt Leach ran 29:14.36 to set a new club record in Stanford International, USA on 1 April 2016 just behind and also inside the old record Alex Short ran 29:19.55

Road Races Sunday 03 April 2016

Bournemouth ½ M Charlie Palmer M35 2nd 75:20, Thorney 10k Paul Lunn M40 36:45.

European Indoor Masters Track & Field Champs, Italy, 29 March - 3 April 2016

Congratulations to Leanne Buxton F35 European Pentathlon Champion 3660 points, 800m 2:30.85, 60mH 9.17, HJ 1.45m, LJ 5.38m, SP 11.32m and to Tenny James M55 60mH champion.

200m Pete Benedickter M45 25.15, 25.45, Tenny James M55 26.23, 26.41.

400m Pete Benedickter M45 55.83, 55.33, Lance Croft M45 63.81, Tenny James 61.20, 59.00 (fourth)

800m Pete Benedickter M45 2:12.85, Lance Croft M45 2:30.75.

60mH Pete Benedickter M45 9.72, Tenny James M50 10.01, 9.45 (first).

Pole Vault Jemma Eastwood F35 3.20m (fourth)

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

Vitality London 10k, Monday 30 May 2016

10 Darren Deed 30:22, 21 James Bellward 30:44, 42 Luke Humphreys 32:20, 62 Alex Bellew 32:57, 95 Charllie Palmer 33:32, 129 Huw Lobb 34:21, 178 Craig Emmerson 35:16, 256 (21) Alice Burgin 36:11, 266 (24) Natasha Peters 36:20, 738 Ellen Garraway (110) 40:41.

National Youth Development League, Upper Division SW1 Aldershot, Sat 28 May 2016

Our U20's & U17's won their second successive league match with 770 points just ahead of Team South Bucks 763 points.

Mu20 100m 5 Matthew Simpson U17 11.6, Mu20 200m 4 Matthew Simpson U17 23.5, 4 Dominic Menzies 25.4, Mu20 400m 3 Callum Mullins 58.8, 1 Dominic Menzies 57.4, Mu20 800m 2 Callum Mullins 2:10.2, Mu20 1500m 1 Ryan Ward 4:10.7, Mu20 3000m 1 Sam Barton 9:50.5, Mu20 1100mH 5 Ryan Kennerly 21.0, Mu20 2000m SC 2 Sam Barton 7:03.5, 1 Dominic Menzies 7:23.5, Mu20 Discus Throw 2 Joe Rogers 31.19, 1 William Kerr 26.86, Mu20 Hammer Throw 1 Joe Rogers 53.88, 1 William Kerr 41.80, Mu20 Javelin Throw 1 William Kerr 28.64, Mu20 Shot Putt 3 Joe Rogers 9.29, Mu20 Long Jump 2 John Mojzbo 6.75, 4 Ryan Kennerly 4.55, Mu20 Triple Jump 3 John Mojzbo 11.13, Mu20 High Jump 1=John Mozobo 1.60, Mu20 Pole Vault 1 Tyler Seagar 4.20, Mu17 100m1 Nathan Cox 11.2, 1 Daniel Ashiru 11.7, Mu17 200m 2 Nathan Cox 23.1, 1 Lewis Smith 23.6 Mu17 400m 3 Lewis Smith 53.7 4, Rhys Barton 65.6, Mu17 800m 2 Josh Rogers, 12.10 3 Jake Willis 2.17.5, Mu17 1500m 2 Jamie Viney 4.24.6, Mu17 3000m 4 Oliver Davies 10.45.5, 3 Rhys Barton 11.31.5, Mu17 100mH 1 Nathan Cox 11.2, Mu17 1500mSC 2 Jamie Viney 5.18.8, 2 Rhys Barton 6.11.0, Mu17 Discus 3 Fraeilias Mienambolo 18.76, Mu17 Javelin 2 Josh Rogers 37.67, 1 Jamie Viney 36.73, Mu17 Shot Putt 4 Fraeilias Mienambolo 9.19, 1 Josh Rogers 7.16, Mu17 Long Jump 4 Fraeilias Mienambolo 4.91, Mu17 Triple Jump 2 Dan Ashiru 10.79, 2 Jake Willis 10.67, Mu17 High Jump 2 Finlay Castleline 3.05, 1 Frankie Johnson 1.50, Mu17 Pole Vault 1 Frankie Johnson 4.30

Mu20 100m 2 Octavia Cavill 13.1, Wu20 200m 2 Lauren Russell 25.6, 1 Mia Chapman 25.6, Wu20 400m 1 Lauren Russell 59.2, 3 Caitlin Blackwell 75.3, Wu20 800m 3 Diane Chalmers 2:34.9, Wu20 1500m 1 Diane Chalmers 5:16.7, Wu20 400mH 4 Diane Chalmers 76.0, Wu20 1500mSC 4 Diane Chalmers 5:57.5, Wu20 Discus 4 Holly Brown 22.42, 4 Caitlin Blackwell 13.87, Wu20 Javelin 2 Octavia Cavill 29.85, 1 Caitlin Blackwell 20.11, Wu20 Shot Putt 2 Octavia Cavill 9.51, 2 Caitlin Blackwell 7.06, Wu20 High Jump 1 Octavia Cavill 1.65, Wu20 Pole Vault 1 Holly Brown 3.41, Wu17 100m 3 Grace Pountney 12.9, 5 Jessica Crabb 13.4, Wu17 200m 4 Grace Pountney 26.9, 5 Elena Bowle 28.7, Wu17 300m 5 Jennifer Abbot 44.6, 4 Roisin Gittins 49.8, Wu17 800m 3 Megan Middleton 2:30.0, 3 Roisin Gittins 2:37.1, Wu17 1500m 3 Sinead Stovell 5:14.0, 3 Ashleigh Hyde 5:38.8, Wu17 800mH 5 Elena Bowle 14.0, 2 Lottie Robinson 14.7, Wu17 1500mSC 2 Sinead Stovell 6:42.7, Wu17 Discus 5 Megan Kavanagh 13.53, Wu17 Javelin 5 Katie Jeffery 12.97, Wu17 Shot Putt Megan Kavanagh 9.27, Wu17 Long Jump 4 Katie Jeffery 4.37, 2 Lottie Robinson 4.30, Wu17 Triple Jump 5 Katie Jeffery 8.91, 2 Lottie Robinson 8.76

Mu17 4x100m Relay 5 57.31 Megan Kavanagh, 2 Lottie Robinson, 3 Katie Jeffery, 4 Sinead Stovell.
Wu20 4x100m Relay 1 50.81 Mia Chapman 2 Lauren Russell, 3 Grace Pountney, 4 Octavia Cavill.
Mu17 4x100m Relay 1 47.61 Alex Smith, 2 Matthew Simpson, 3 Fraeilias Obed, 4 Daniel Ashiru.
Wu17 4x300m Relay 4 3.07.9 1 Jessica Crabb, 2 Elena Bowle, 3 Jennifer Abbot, 4 Roisin Gittins.
Wu20 4x400m Relay 3 4.44.9 1 Diane Chalmers, 2 Caitlin Blackwell, 3 Ashleigh Hyde, 4 Megan Middleton.
Mu17 4x400m Relay 1 3.41.6 1 Nathan Cox, 2 Jamie Viney, 3 Josh Rogers, 4 Lewis Smith.
Mu20 4x400m Relay 2 3.51.8 1 Callum Mullins, 2 Ryan Ward, 3 Dominic Menzies, 4 Sam Barton.

UK Javelin Carnival, Loughborough, Sat 28 May 2016 Robson Angell U20 48.50m, Jack Swain 60.73m

BIG Jumps Fest Bedford, Saturday 28 May 2016 High Jump Daniella Haskins 1.68m, Long Jump John Mazobo 6.38m, Kiera Riddings 5.47m, shot 12.09m

BMC Grand Prix, Watford Saturday 28 May 2016

1500m Michael Harrison 4:02.32, Ben Davies U20 3:52.50m, Jack Douglas 3:55.77, Tabatha Walford U17 4:40.75 800m Lucy James 2:11.77, 5000m John Eves 15:17.13, James Hoad 14:50.83, Matt Janes 15:03.61

Bedford District Schools - some good performances although times are not accurate enough for PB's [Here](#)

BMC Races, Tipton Tuesday 24 May 2016 - 800m Jamie Webster U15 2:08.5, 1500m Alice Burgin 4:39.2

Loughborough International, Sunday 22 May 2016

Josh Cox was selected for the 4x100m England relay squad and also competed as an individual in the meeting. 100m 10.69, 200m 21.54. Jack Swain competed in the Javelin and threw a PB distance of 62.96m he has now increased his PB by over 4m this year. This comes from Po10 and the EA website, any further information is always welcome.

Night of 10000's, Highgate, Saturday 21 May 2016

Jack Goodwin 29:52.6, Will Mackay 30:33.6, James Hoad 30:46.6, Rebecca Murray 34:20.8.

National Youth Development League, Southern Central 1, Bedford, Sat 21 May 2016

Provisional results gave the Bedford Young athletes another convincing win yesterday by over 230 points.

1 Bedford & County AC 770.5, 2 Chiltern Harriers 531.5 3 Vale of Aylesbury AC 521.5. [Full Results](#)

The girls had 11 A string wins, 10 B string wins and 21 Pbs.

Bu15 100m 1 Raphael Bouju 11.74, 4 Kameron Puran 12.68, Bu15 200m 1 Raphael Bouju 24.19, 1 Ashley Evans 24.77

Bu15 300m 2 Ashley Evans 38.87, 1 Kieran Gayle 39.80, u15 800m B 2 Kiro Bakcha 2.36.78

Bu15 1500m 4 Andrew Worrall 4:43.55, 2 Owen Brownston 4:49.66, Bu15 800mH 2 Stephen Simmons 12.34, 2 Will Hall 14.6

Bu15 Discus Throw 3 Tom Lichfield 28.12, 1 Stephen Simmons 24.05, Bu15 Hammer Throw 1 Tom Lichfield, 36.55 1 Kiro Bakcha 10.67

Bu15 Javelin Throw 1 Liam Holland 42.20 1 Ryan Jessop 29.56, Bu15 Shot Putt 1 Tom Lichfield 11.23, 1 Kieran Gayle 11.05

Bu15 Long Jump 1 Raphael Bouju 5.92, 1 Joel Ametume 5.31, Bu15 High Jump 5 Liam Holland 1.40 1 Will Hall 1.40,

Bu13 100m 3 Alex Ayale 13.48, 2 DJ Abinye 14.25, Bu13 200m 2 Alex Ayaale 28.74, 1 DJ Abinye 29.32

Bu13 800m 2 Oduka Fentelman 2:27.78, 1 Max Hanford 2:32.96, Bu13 1500m 3 Zena Saez 4:59.32, 1 Alex Alston 5:06.20

Bu13 75mH 1 Max Hanford 16.07, 1 Alex Alston 14.96, Bu13 Javelin 1 Nathan Lichfield 26.19, 1 Uduka Fentelman 23.13

Bu13 Shot Putt 1 Alex Ayale 8.14, 1 Nathan Lichfield 6.60, Bu13 Long Jump 2 Uduka Fentelman, 4.42 1 Spencer Taylor 4.13

Bu13 High Jump 2 Alex Alston 1.25, 1 Max Hanford 1.15.

Gu15 100m 2 Iona Newbegin 13.27, 1 Tia Blackman 13.39, Gu15 200m 1 Iona Newbegin 27.47, 2 Tia Blackman 27.80

Gu15 300m 8 Caitlin Webster 48.40 8 Darcy Button 51.49, Gu15 800m 7 Lucy Keith 2.35.51, 1 Holly Hodgskinson 2.30.41

Gu15 1500m 1 Tia Wilson 4:51.26, 1 Rose Abbott 5:08.89, Gu15 75mH 1 Romina Johnson 12.40, 1 Alex Arnold, 13.19

Gu15 Discus Throw 1 Kenyeh Soyei 18.30, 1 Cliona Blackwell 17.61, Gu15 Hammer Throw 1 Cliona Blackwell 22.57

Gu15 Javelin Throw 3 Cliona Blackwell, 24.43 1 Lucy Dixon 18.50, Gu15 Shot Putt 1 Kenyeh Soyei 8.28, 1 Alex Arnold 7.87

Gu15 Long Jump 3 Romina Johnson 4.30, 4 Alex Arnold 3.99, Gu15 High Jump 3 Caitlin Webster 1.35, 1 Kenyeh Soyei 1.35

Gu15 Pole Vault 1 Holly Nichols 2.30

Gu13 75m 3 Etienne Maughan 10.73, 4 Ellie Davies 11.07, Gu13 150m 3 Jasmine Ferguson 21.64, 1 Tasharna Antoine 21.96

Gu13 800m 2 Ruby Abbott 2.38.4, 3 Olivia Corner 2:49.30, Gu13 1200m 2 Sofia Perusko 4:04.07, 2 Natalie Simmons 4:18.26

Gu13 70mH 1 Ruby Green 12.50 1 Etienne Maughan 13.47, Gu13 Javelin Throw 3 Erin Thompson 12.11 2 Caitlin Goudie 11.81

Gu13 Shot Putt 1 Caitlin Goudie 6.86, 1 Millie McFadyen 6.59, Gu13 Long Jump 2 Erin Thompson 4.06, 2 Etienne Maughan 3.73

Gu13 High Jump 1=Erin Thompson 1.25, 4 Caitlin Goudie 1.10.

Gu13 4x100m 4 BFD 58.4 1 Ellie Davies, 2 Etienne Maughan, 3 Jasmine Ferguson, 4 Ruby Green

Gu15 4x100m 1 BFD 52.33 1 Iona Newbegin, 2 Romina Johnson, 3 Tia Blackman, 4 Olivia Russell

Bu13 4x100m 2 BFD 55.51 1 Alex Ayale, 2 DJ Abinye, 3 Alex Alston, 4 Uduka Fentelman

Bu15 4x100m 1 BFD 47.79 1 Rafael Buphong, 2 Kieran Gayle, 3 Ashley Evans, 4 Stephen Simmons

Gu15 4x300m 5 BFD 3:19.58 1 Darcy Button, 2 Caitlin Webster, 3 Lucy Keith, 4 Holly Hodgskinson

Bu15 4x300m 1 BFD 2:48.19

Southern Athletics League Division 1, Basingstoke, Saturday 21 May 2016

A depleted team finished fourth at Basingstoke. Natasha Peters won athlete of the meeting for her 17:17 5000m. Draft results have been circulated but the names of some of our competitors in some events are clearly wrong, so corrections wanted.

1 Basingstoke & Mid Hants 198.5, 2 Southampton 174, 3,Nene Valley Harriers 189.5, 4 Bedford & County 145, Men 100m 3 Scott Parsons 12.01, 3 Matt Birchall U20 12.61,200m 2 Scott Parsons 22.96, 4 ??? 26.62, 400m 3 Scott Parsons 51.33, 3 Matt Birchall U20 52.37, 800m 2 Ben Davis,U20 01:59.84, 4 Callum Mullins U20 02:09.52, 1500m 3 Tom Angell,U20 04:24.75, 2 Erwan Vermeulen 04:37.22, 3000m 2 Stephen Headley 09:26.30, 3 Tom Powell 10:07.32, 110mH 4 Andy Cohen Wray 22.03, 400mH 4 Andy Cohen Wray SM 68.55, 3 Tom Powell 67.34, 3000m Steeplechase 1 Jake Barraclough 10:07.74 1 Craig Emerson 10:35.56, High Jump 2 Scott Johnson 1.95, 1 Lee Johnson U20 1.90, Pole Vault 1 Frankie Johnson U17 4.40, 1 Tyler Seager U20 3.80, Long Jump 2 Jean Mojzbo U20 6.16, Shot Putt 4 Richard Martin U10.13, 3 Marclo Fernandes 9.71, Discus 4 Marclo Fernandes 24.00, 4 Scott Parsons 19.75, Hammer 1 Richard Martin 53.99, Javelin 1 Robson Angell 48.37, 1 Marcio Fernandes 45.22, 4x400m 4 03:54.21, Women 100m 4 Mia Chapman U20 13.05, 200m 4 Lauren Russell U20 25.88, 3 Mia Chapman U20 26.77, 400m 1 Lauren Russell U20 58.76, 800m 3 Natasha Peters 2:25.67, 1 Alice Burgin 02:28.60, 1500m 2 Alice Burgin 04:45.87, 2 Amy Chalmers 05:25.65 400mH 2 Diana Chalmers U20 01:15.16, 3 Amy Chalmers U20 01:33.22, 5000m 1 Natasha Peters 17:17.46, 1500m Steeplechase 3 Diana Chalmers U20 05:41.24, High Jump 1 Daniella Hanks 1.60, 1 Eden Frith U20 1.50, Pole Vault 2 Jemma Eastwood W35 3.30, 1 Harriet Pentland 2.45, Triple Jump 4 Jemma Eastwood W35 8.15,4 Eden Frith U20 8.07, Shot Putt 3 Leanne Buxton W35 11.00, 3 Katie Winwood 7.79, Discus 2 Leanne Buxton W35 27.95, 2 Jemma Eastwood W35 20.16, Hammer 2 Katie Winwood 36.41, 3 Jemma Eastwood W35 18.87, Javelin 3 Leanne Buxton W35 30.01, 3 Jemma Eastwood W35 19.36, 4x100 Women's 4x100m 3 54.17, 4x400m 3 04:30.6

Southern Athletics League Division 2 N, Lee Valley, Saturday 21 May 2016

The Bedford and Chiltern combined team were 4th of 5 in the second match. [Results](#), report awaited.

BMC Gold Standard Wednesday, 18 May 2016, Watford 1500m Michael Harrison 3:56.99

Watford open grade meeting, Wednesday 18 May 2016

400m Rebecca Barnard 63.38, Tony Fitzpatrick M50 73.04, Charlotte Bowring 65.79, 800m Peter Webster M45 2:28.76, Chris Brodie U13 2:31.62 Richard Laursen U17 2:24.52, Keenan Hosking U15 2:28.36, Harrie Brodie U15 2:29.75, Evan Hosking U17 2:11.85, Jamie Webster U15 2:08.16, Callum Mullins U20 2:03.17, Dom Menzies U20 2:09.77, Erwan Webber 2:10.50, Massi Dendani 1:58.58, Jake Barraclough U20 2:02.27, Matt Bray 1:58.45

Great City Games, Manchester, Friday 20 May 2016 - Jodie Leslie 24.43

England Athletics U20 / Senior Combined Events Championships, Bedford Sat 14, Sun 15 May 2016

Kiara Reddingius 3rd 200m 25.25, 800m 2:23.57, 100mH 14.46, HJ 1.63m, LJ 5.30m, SP 12.24m, JT 42.47m, 5360 points

Elena Richardson 12th 200m 27.54, 800m 2:30.85, 100mH 15.87, HJ 1.48m, LJ 4.80m, SP 9.54m, JT 23.30m, 4035 points

Bedfordshire County Champs, Luton, Sunday 15 May 2016 - [Full Results](#)

There were many great performances at the county championships. As the fields are mainly made up of club athletes you can check all the performances on Po10 or the county website.

Winners include:

Joel Parkes 100m 11.17, 200m 22.41 PB, Raphael Bouju U15 100m 11.84, Nathan Cox U17 200m 23.41, Ashley Evans U15 200m 25.48, 300m 39.25 PB, Lauren Russell U20 200m 26.20, Scott Parsons 400m 50.32, 800m Will Forster U20 2:08.86, Daniel Smith U15 2:26.31, Kirsty Thompson 80 2:52.48, Francesca Worrall U17 2:26.54, Josh Rogers U17 1500m 4:25.56 PB, Jamie Vinnicombe U13 5:15.30, Lauren Nichols U17 5:07.90, Tia Wilson U15 4:54.7, Sofia Perusko U13 5:15.91, 3000m Stephen Headley 9:27.95, Ollie Davies U17 10:33.96, Kirsty Thompson 11:28.50, Erin McCaffray U17 11:27.66, Sprint Hurdles Ruby Green U13 12.81, Freddie Bourn U13 16.10 PB, Romina Johnson U15 13.09, Ben Noble U15 12.50 PB, Andy Cohen Wray 22.21, Ryan Kennerly U20 19.23 PB, 400mH Jack Benedickter 60.03 High Jump Scott Johnson 2.00m, Lee Johnson U20 1.95m, Finlay Castleline U17 1.75m, Liam Holland U15 1.53m, Octavia Cahill U20 1.60m, Eden Frith U17 1.55m, Lucy Keith U15 1.39m, Pole Vault Gavin Fordham 4.11m, Tyler Seager U20 3.71m, Frankie Johnson U17 4.31m, Jemma Eastwood 3.31m Long Jump Gavin Fordham 5.59m, Jean Mozobo U20 6.60m, Raphael Bouju U15 5.53m, Katie Jeffery U17 4.27m Triple Jump Ben Noble U15 11.23 PB, Shot Putt Kieron Gayle U15 11.85 PB, Romina Johnson U13 8.52 PB Discus Gavin Fordham 32.58m, Kieron Gayle U15 29.57m, 3 Mia Chapman U20 26.49m, Tom Litchfield U15 36.97m PB, Javelin Josh Rodgers U15 36.97m PB, Liam Holland U15 37.26m PB, Octavia Cavill U20 26.49m, Katie Jeffery U17 22.38m PB, Holly Smith U17 27.76m Litchfield U13 27.76m

Cambridgeshire County Champs, Saturday 14 May 2016

Bedford girls came away with 11 medals, 6 of which were gold: U13 Ellie Davies 100m 3rd, Erin Thompson 70mH 3rd, Caitlin Goudie discus 1st, U15 Iona Newbegin 100m 1st, 200m 1st, Halle Nobles 300m 3rd, Kenyeh Soyei

discus 3rd, shot 3rd, Cliona Blackwell Javelin 1st , Hammer 3rd

U13G 100 Ellie Davies 14.27, Millie McFadyen 14.79, U15G Iona Newbigin 13.21, U15B Luke Holland 12.73, U17M Matthew Simpson 11.93,

U13G Final Ellie Davies 14.15, U15G Final Iona Newbigin 13.00, U15B Final Luke Holland 12.67, U17M Final Matthew Simpson 11.90

U15G 200 Iona Newbigin 27.20, Final 26.95, U15B Luke Holland 26.03, U17M Lewis Smith 23.54, U17M Matthew Simpson 23.72

U15G 300 Halle Nobles 45.62, U17M 400 Lewis Smith 53.01, U15G 800 Lotti Knights 02:32.13, U15G Darcy Button 02:45.95, U15B 1500 Owen Brownston 04:46.37, U20W Diana Chalmers 05:06.18, U20W Amy Chalmers 05:33.59, U13G 70 Hurdles Erin Thompson 13.87, U15G 75 Hurdles Darcy Button 15.54

U15G Hammer Cliona Blackwell 25.37, U13G Long Jump Erin Thompson 3.24, Ellie Davies 3.16, U13G Discus Caitlin Goudie 18.73, U15G Discus Kenyeh Soyei 18.82, Lucy Dixon 13.98, U13G Shot Millie McFadyen 6.11, Caitlin Goudie 5.95, U15G Shot Kenyeh Soyei 8.41, U15G Shot Cliona Blackwell 7.99, U15G Darcy Button 5.86, U13G High Jump Caitlin Goudie 1.05, U15G High Jump Kenyeh Soyei 1.25, U15G Javelin Cliona Blackwell 25.23, Lucy Dixon 18.19, U20W Javelin Caitlin Blackwell 19.42, U15G Long Jump Lotti Knights 4.26, Halle Nobles 4.05, U20W Shot Caitlin Blackwell 6.41, U13G Javelin Erin Thompson 14.94

Millie McFadyen 10.14

BMC Grand Prix, Manchester, Saturday 14 May 2016 1500m Ben Davies 4:00.78, Stan Willis 4:00.69, Rebecca Murray 4:31.50, 5000m Jack Douglas 14:48.74 PB, John Eves 14:44.64

British Masters Road Relays, Sutton Park, Saturday 14 May 2016

Despite hopes of running teams in the M45, M55 and M65 categories late injuries meant we only had one M55 team who finished 26th. (1:00:52) over the 3 mile leg, Chris Andrews ran 22:29 (39), Jim McMahon stormed through the field in 16:53 the second fastest leg of the day (22) & Rob Lands ran 21:29.

Eastern Young Athletes, St Albans, Sunday 8 May 2016

[Full Results](#) Another successful day for our junior athletes on the first hot weekend of the season.

Overall results were: Bedford 723.5, Havering 685, Norwich 661.5, St Albans 466, Watford 424, Luton 279, Hertford 139, the competing girls achieved 52 PBs and 7 SBs

A String winners U13 Girls Sofia Perusko 1500m 5:14.6, U15 Girls Cliona Blackwell Hammer 25.53 PB, Kenyeh Soyei Shot 8.61 PB, Tia Wilson 800m 2.26.5 PB

B String winners U13 girls Etienne Maughan 100m 13.2 PB, Ruby Abbott 1500m 5:25.9, U15 Girls Tia Blackman 100m 12.9, 200m 27.1 PB, Rose Abbott 1500m 5:11.5, U17 women Ashleigh Hyde 800m 2:39.5, Katie Jeffery Javelin 16.67

Boys: In the 100m Raphael Bouju U15 won in 11.6 PB, Alex Ayaye U13 won in 13.2 PB. In the 200m Lewis Smith U17 won in 23.7, Raphael Bouju U15 won in 24.0 PB, Alex Ayaye U13 won in 27.8 PB. In the 800m Jamie Webster U15 won in 2:15.3. Hurdles Stephen Simmons U15 won in 12.5. The U15's won the 4x100m 49.5, the U13's won 56.7. High Jump Frankie Johnson U17 won 1.70m and won the pole vault 4.40m. Long Jump Raphael Bouju U15 won 5.55m. Shot putt Tom Litchfield U15 won with 11.55m, Alex Ayele U13 won with 7.78m, Javelin Frankie Johnson U17 won with 41.58m PB.

British Athletes League, Division 2, Cardiff, Saturday 7 May 2016

Our senior men opened their campaign in Division two with sixth place. Local teams Cardiff and Swansea were well ahead on points. Kingston & Crawley fairly strong in third and fourth. Kent 1 points in front of us and Bristol a few points behind. We will need strong performances in the remaining fixtures to maintain our position in the division. Josh Cox ran a windy PB of 10.34 to win the 100m and followed it up with a legal PB in winning the 200m in 21.20. Joel Parkes also ran a PB of 22.41 in the 200m. Jack Benedickter ran a PB in the 400H of 58.37. There were PB's for Jake Barraclough and Craig Emmerson in the Steeplechase.

1 Cardiff AC 376.0 , 2 Swansea H 332.0, 3 Kingston PH 298.0, 4 Crawley AC 282.0, 5 Kent AC 229.0, 6 Bedford & C 228.0 , 7 Bristol & W 222.0 , 8 Notts Ac 214.0

Hammer 5 DAVIS Adam 31.19 5 CARPENTER Pete 19.85 : Pole Vault 5 JOHNSON Frankie U17 4.00 2 FORDHAM Gavin 3.80: Long Jump 6 MOZOBO Jean U20 6.68 +1.8 8 FORDHAM Gavin 5.84 +2.0: High Jump 2 JOHNSON Scott 2.002 JOHNSON Lee U20 1.80: Discus 6 DAVIS Adam 36.42 4 FORDHAM Gavin 32.90: 400mH 8 BENEICKTER Peter 60.53 3 BENEICKTER Jack 58.37:

Triple Jump 7 JOHNSON Scott 12.46 +3.3 7 JOHNSON Lee U20 11.07 +1.2: 800m 8 HARRISON Michael 01:57.86 8 STRANGE Joe 02:01.53: 100m 1 COX Josh 10.34 +2.7 6 PARKES Joel 11.11 +1.0: 3000m SC 6 BARRACLOUGH Jake 10:12.70 3 EMERSON Craig 10:30.23:

110mH 7 FORDHAM Gavin 19.14 +2.5 4 JOHNSON Scott 21.84 +3.0: 400m 6 BIRCHALL Matt U20 51.53 8 STRANGE Joe 53.58:

Shot Putt 7 DAVIS Adam 11.87 7 FERNANDES Marcio 10.99: Javelin 6 FERNANDES Marcio 40.21 3 FORDHAM Gavin 38.68:

1500m 6 GOODWIN Jack 03:55.37 3 EVES John 03:56.93, 200m 1 COX Josh 21.20 +1.6 5 PARKES Joel 22.41 +1.4:

3000m 5 JANES Matt 08:50.65: 4 4x100m 43.84: 7 4x400m 03:39.38

BMC Classic, Corby Saturday 7 May 2016 800m Tabatha Walford U17 2:17.37, Andrew Worrall U15

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

BMAF Multi Events Champs, Bedford, Birmingham, Sat 30, Sun 31 July 2016

Weight Pentathlon Jim Burke M60 2250pts Shot 8.35, Weight 11.14, Discus 25.57, Hammer 31.61, Javelin 18.96
Willi McGee M45 200m 23.92, Andy Cohen Wray M35 Mile 5:05.93, 110H 19.92, 400H 69.95,

Southern U13 Inter County Match, Kinston, Sunday 31 July 2016

100m DJ Abinye 14.34, Alex Ayele 13.69, Florence Miller 13.78, Penny Francis 15.90, 200m DJ Abinye 29.42, Florence Miller 28.00, 800m Alex Alston 2:27.73, Penny Francis 2:50.37 1500m Jamie Vinnacombe 5:02.95, 75mH Nathan Lithchfield 13.36, Alex Alston 14.51, High Jump Alex Alston 1.30, Long Jump DJ Abinye 3.74, Florence Miller 3.98, Shot Nathan Lithchfield 6.88, Javelin Nathan Lithchfield 26.59,

Inter Counties Champs, Bedford, Sat 30, Sun 31 July 2016 Mile: James Bellward 4:22.4

London Interclub challenge, Hendon, Saturday 30 July 2016 400mH Pete Benedickter 59.61, Jack Benedickter 60.42

Fairlands Valley Relay, Stevenage, Thursday 28 July 2013

We had three teams of 5 running 3km legs in the men's races plus a composite team including 3 running a second leg. Our A team won 44:44, the composite non scorers were second 46:28, the B team were 11th 53:04 (third Beds) and the masters team were 23rd 59:12 (5th masters team, second Beds).

A team Jono Janes 9:01, Jack Goodwin 8:47, Ben Alcock 8:44, Andy McMullin 9:14, James Bellward 8:58
B team Andrew Headley 9:40, Stephen Headley 9:31, Jono Janes (2) 9:30, Jack Goodwin (2) 8:58, Ben Alcock (2) 8:49
C team Tom Powell 9:53, Chris Thornley 10:33, Craig Emmerson 9:50, Stuart Still M45 10:25, Robert Payne M45 12:23
D team Gavin Reynolds M40 10:50, Calvin Hemmings M45 11:00, Sean Lang M45 12:21, Rob Lands M55 12:25, Bill Goodyear M55 12:36

Doug Anderson 5k, Bedford, Wednesday 27 July 2013 4 Andrew McMullin 16:01, 7 Craig Emmerson 16:58, 17 Stuart Still M45 17:53, 30 Andy Blair M50 18:34, 57 Paul Wilkerson M60 20:07, 67 Matt Ploszajski 20:52

Watford Open Graded Meeting, Wednesday 27 July 2013

3000m John Eves 8:29.58, Michael Harrison 8:39.71, Charlie Palmer 9:35.66, Matt Janes 8:45.74, Josh Lunn 8:50.11, 200m Jamie Webster U15 25.11, Pete Benedickter M45 25.37, Jack Benedickter 24.26, Elliot Fleet U15 24.58, 1500m Chris Brodie U13 5:01.09, Isaac Lang U15 4:58.74, Jamie Webster U15 4:28.8, Dom Menzies U20 4:15.86, Massi Dendani 4:00.28, Matt Bray 3:57.46

2016 Paralympics in Rio

17 year old club member Julie Rogers, who attends Bedford Modern School, has been selected for the T42 100m at the Rio Paralympics in September. She is ranked 5th in the world and hoping to winning a medal. This is Julie's second Olympics, at London 2012 Julie represented GB in the seated volleyball competition. Julie joins her club mate Marcio Fernandes who competes, coaches and trains at the club. He will be representing Cape Verde in the F44 Javelin. Last year Marcio won the World IPC Championship.

NYDL Upper Southwest 1b, Wormwood Scrubs, Sunday 18 July 2016

We finished third in the final fixture on 609 points behind Team South Bucks 676 and Hillingdon 616. The final standings were Bedford 30 points, South Bucks 28 points and Hillingdon 25 points. Bedford now compete against Kingston & Poly and Havering in a paper match for promotion to Southern Premier 2.

Jean Mozobo triple jumped 14.19m for a massive PB moving into the top 10 U20's this year!
100 U20M 5 12.1 Kwame Morris, 2 12.0 Jean Mozobo, 100 U17M 5 12.3 Josh Fulton, 100 U20W 2 12.8 Mia Chapman, 1 13.1 Lauren Russell
PB, 100 U17W 4 13.5 Grace Pountney, 3 13.8 Jennifer Abbot, NS 14.7 Lottie Robinson, 200 U20M 5 25.6 Kwame Morris, 3 26.6 James Medley PB, 200 U20W 1 26.1 Mia Chapman, 1 26.3 Lauren Russell, 200 U17W 5 28.5 Grace Pountney, 4 28.9 Elena Bowles, 300 U17W 6 46.0 Megan Middleton PB, 4 49.0 Roisin Gittins PB, 400 U20M 4 54.6 Matthew Birchall, 4 58.9 Callum Mullins, 400 U17M 4 64.0 Cameron Gillies PB, 800 U20M 2 2:06.9 Matthew Birchall, 800 U17M 3 2:20.1 Jake Willis, 800 U20W 3 3:03.7 Molly Relton, 800 U17W 3 2:32.5 Megan Middleton, 800 U17W 1 2:40.6 Roisin Gittins, 1500 U20M 2 4:17.3 Ryan Ward, 1 4:23.5 James Medley PB, 1500 U17M 2 4:24.0 Jamie Viney, 1 4:35.4 Cameron Gillies 1500 U17W 3 5:02.0 Hannah Shelton, 1 5:20.9 Anna Vinnicombe PB, 3000 U17M 1 10:29.1 Jamie Viney PB, 3000 U17W 1 12:08.0 Maisie Relton, 1 12:25.2 Ashleigh Hyde, 80HU17W 3 14.0 Elena Bowles, 2 15.4 Lottie Robinson, 110HU20M 1 34.4 James Medley PB, 300HW U20M 2 53.4 Lottie Robinson, 1500SC U17W 1 6:43.9 Ashleigh Hyde PB, 2000SC U20M 2 7:40.7 Ryan Ward, 2 7:51.1 Sam Barton, 4x100 U20M 5 47.5, 4x100 U20W 1 51.4, 4x100 U17W 2 58.2, 4x300 U17W 3 3:10.3, 4x400 U20M 3 3:51.3, High Jump U20M 1 1.90 Lee Johnson, High Jump U17M 1 1.86 Tyrone Pickersgill PB, 1 1.75 Finley Castledine, High Jump U17W 1 1.55 Eden Frith PB, Pole Vault U17M 1 4.50 Frankie Johnson, Pole Vault U20W 1 3.00 Holly Brown, Pole Vault U17W 1 1.75 Roise Bailey, Long Jump U20M 1 6.76 Jean Mozobo, Long Jump U17M 4 5.00 Jake Willis, 3 4.10 Cameron Gillies PB, Long Jump U17W 3 4.40 Katie Jeffery, 3 3.58 Megan Kavanagh PB, Triple Jump U20M 1 14.19 Jean Mozobo PB, Triple Jump U17M 4 10.74 Jake Willis PB, Triple Jump U17W 4 8.96 Katie Jeffery, Shot Putt 6K U20M 4 7.56 Lee Johnson PB, 2 4.87 Matthew Birchall PB, Shot Putt 5K U17M 4 8.77 Josh Fulton, Shot Putt 4K U20W 6 6.68 Caitlin Blackwell, Shot Putt 3K U17W 2 10.25 Megan Kavanagh PB, Discus 1.75K U20M 4 12.76 James Medley PB, Discus 1K U20W 5 11.44 Caitlin Blackwell, Discus 1K U17W 3 16.26 Anna Vinnicombe PB, Javelin 800 U20M 5 10.98 Ryan Ward PB, Javelin 700 U17M 2 35.63 Jamie Viney, 3 4.57 Frankie Johnson, Javelin 600 U20W 3 19.55 Caitlin Blackwell, Javelin 500 U17W 4 18.12 Katie Jeffery, 2 11.74 Megan Middleton PB

BMC Grand Prix, Oxford, Saturday 24 July 2016 800m Massi Dendani 1:53.87, Lucy James 2:08.32, 500m Will Mackay 15:08.70
BMC Meeting, Eltham, Wednesday 20 July 2016 Jamie Webster U15 2:13.76, Hannah Shelton U15 2:20.88
Cams Open Meeting, St Ives, Wednesday 20 July 2016 100m Scott Parsons 11.5, Josh Fulton U17 12.0, 200m Scott Parsons 22.6, Josh Fulton U17 24.7, 2000mSC Diana Chalmers U20 7:28.2, Mile Amy Chalmers U20 5:44.4, Triple Jump Dave Folgate M65 10.09m.
BMC Meeting, Trafford, Tuesday 19 July 2016 1500m Michael Harrison 3:52.32

EAMA Inter Area Challenge, Solihull, Saturday 17 July 2016

Competing for Eastern Masters: Pete Benedickter 100m 12.89, 800m 2:10.84, Gavin Fordham Discus 33.06m, Long Jump 5.80m, Triple Jump 11.24m, Pole Vault 3.90m, Shot Putt 10.70m, High Jump 1.77m, Jemma Eastwood Pole Vault 3.20m.

Southern Combined Events Champs, Oxford, Sat 17 & Sun 18 July 2016

Emily Cartledge Heptathlon 5th 3829 points 200m 28.41, 800m 2:44.16, 100mH 16.86, HJ 1.58m, LJ 4.62m, Shot 9.41m, Javelin 27.63m

NYDL Lower South Central 1, Hemel Hempstead, Saturday 17 July 2016

The U13's and U15's put in another fantastic display to win their final match of the NYDL by a wide margin (768 to 596) making it a clean sweep and so are champions of Central 1 with 32 points, Chiltern were second on 27. There were some excellent performance in the throws and many PB's across the events. We now have to wait for the results of a paper match with the winners of East 1 and West 1 to see who gains promotion to Southern Premier 2. Results

75m U13W 2 10.5 Etienne Maughan PB, 3 10.8 Jasmine Ferguson PB, 10.9 Ellie Davies PB, 11.4 Millie McFadyen, 100m U15M 7 13.0 Stephen Mojobo, 3 12.4 Luke Holland PB, 100m U13M 1 13.2 Alex Ayale, 3 14.4 DJ Abinye, 14.7 Alex Alston, 16.4 Christopher Brodie, 100m U15W 3 13.4 Iona Newbegin, 1 12.9 Tia Blackman, 14.1 Alexandra Arnold, 150m U13W 1 20.2 Etienne Maughan PB, 2 21.5 Jasmine Ferguson PB, 200m U15M 4 24.2 Ashley Evans, 4 25.9 Raph Buxton, 200m U13M 1 25.9 Alex Ayale PB, 1 27.9 DJ Abinye, 200m U15W 2 26.4 Iona Newbegin PB, 1 26.6 Tia Blackman PB, 300m U15M 5 41.3 Aiden Killeen, 1 40.8 Josh Methven PB, 300m U15W 6 48.7 Caitlin Webster, 800m U15M 2 2:06.4 Jamie Webster PB, 1 2:15.3 Aiden Killeen, 2:41.7 Callum Nicholson, 800m U13M 4 2:27.0 Alex Alston, 2 2:36.3 Christopher Brodie, 800m U15W 5 2:34.2 Holly Hodgskinson, 3 2:38.7 Niamh Huxford, 2:50.2 Molly Tapster, 800m U13W 1 2:41.5 Penelope Francis PB, 2 5:3.9 Ruby Green, 1200m U13W 2 4:13.3 Natalie Simmons PB, 3 4:33.0 Lucy Tapster PB, 1500m U15M 7 4:55.3 Ed Blythman, 1500m U13M 2 4:53.7 Zena Saez PB, 1 5:05.3 Max Hanford, 1500m U13W 2 5:05.4 Rose Abbott, 1 5:13.6 Lucy-Mae Shepherd, 70H U13W 1 12.1 Lilla Parratt, 1 12.8 Ruby Green, 75H U13M 1 13 Nathan Litchfield PB, 2 14.4 Spencer Taylor PB, 75H U15W 2 13.1 Romina Johnson, 2 13.4 Alexandra Arnold, 80H U15M 3 12.5 Stephen Simmons, 1 12.7 Benjamin Noble, 4x100m U15W 1 52.0 Tia Blackman, 2 Iona Newbegin, 3 Halle Nobles, 4 Kenyeh Soyei 4x100m U13M 3 56.2 1 Alex Ayale, 2 DJ Abinye, 3 Alex Alston, 4 Udoka Fentelman, 4x100m U15M 1 48.1 1 Raph Buxton, 2 Luke Holland, 3 Ashley Evans, 4 Stephen Simmons, 4x100m U13W 1 56.3 1 Ellie Davies, 2 Jasmine Ferguson, 3 Lilla Parratt, 4 Millie McFadyen, 4x300m U15M 1 2:45.7 1 Ashley Evans, 2 Josh Methven, 3 Tom Litchfield, 4 Jamie Webster, 4x300m U15W 8 3:25.6 1 Caitlin Webster, 2 Niamh Huxford, 3 Holly Smith, 4 Cliona Blackwell, High Jump U15M 4 1.45 Liam Holland, 3 1.35 Kiro Bakcha, High Jump U13M 2 1.30 Alex Alston, 1 1.25 Lewis Greenaway, High Jump U15W 2 1.35 Caitlin Webster, 3 1.30 Kenyeh Soyei, High Jump U13W 2 1.39 Lilla Parratt PB, Long Jump U15M 1 5.44 Stephen Simmons PB, 1 5.35 Joel Ametume PB, Long Jump U13M 1 4.47 Udoka Fentelman PB, 1 4.18 Spencer Taylor, Long Jump U15W 5 4.20 Alexandra Arnold PB, 3 4.07 Halle Nobles, Long Jump U13W 2 4.18 Lilla Parratt, 1 4.05 Etienne Maughan, Shot Putt 4K U15M 1 11.51 Thomas Litchfield, 1 11.28 Ashley Evans PB, Shot Putt 3.25K U13M 1 7.96 Alex Ayale, 1 6.28 Nathan Litchfield, Shot Putt 3K U15M 1 8.82 Kenyeh Soyei, 1 7.84 Romina Johnson, Shot Putt 2.72K U13W 2 7.30 Caitlin Goudie, 1 6.67 Millie McFadyen PB, Discus 1.25K U15M 3 27.00 Thomas Litchfield, 1 22.19 Stephen Simmons, Discus 1K U15W 2 19.91 Kenyeh Soyei PB, 1 18.60 Cliona Blackwell, Hammer 4K U15M 1 14.14 Thomas Litchfield, 1 15.86 Kiro Bakcha, Hammer 3K U15W 1 26.57 Kiona Blackwell PB, Javelin 600 U15M 2 34.25 Liam Holland, Javelin 500 U15W 3 24.96 Holly Smith, 1 22.87 Cliona Blackwell, Javelin 400 U13M 2 25.41 Nathan Litchfield, 1 24.98 Udoka Fentelman, Javelin 400 U13W 3 14.45 Erin Thompson, 1 13.94 Caitlin Goudie PB

Luton Hoo 10k, Sunday 18 July 2016 Rob Payne M45 46:57, Sean Lang M45 49:06, Tony Fitzpatrick M50 52:54

Schools International, Ashford, Saturday 17 July 2016

Frankie Johnson represented England Schools and won the Pole Vault with 4.76m

Watford Open Graded Meeting, Wednesday 13 July 2013 400m Peter Webster M45 61.67, 800m Penelope Francis U13 2:49.60, Niamh Huxford U15 2:36.69, Ruby Abbott U13 2:29.19, Jamie Webster U15 2:06.88, William Forster U20 2:00.37, High Jump Penny Francis PB U13 1.10
BMC Grand Prix 800m 2:06.57 Lucy James PB.

Southern Athletics Lge., Division 1, Milton Keynes, Saturday 9 July 2016

A young team struggled at Milton Keynes on a blustery day, many people covering multiple events. The strongest performance were Richard Martin in the hammer, Joel Parkes in the 100m & Rebecca Murray in the 5000m.

Results
1 Colchester Harriers 198.5, 2 Marshall Milton Keynes 187, 3 Bedford & County 172, 4 Walton 165.5
100m 1 Joel Parkes 11.0, 2 Ben Sturgess 11.7, 200m 3 Oliver McCormack U20 23.9, 4 Lewis Smith U17 24.3, 400m 4 Lewis Smith U17 55.3, 2 Will Forster 56.3, 800m 2 Matt Bran U20 02:00.7, 1 Tom Powell 02:06.2, 1500m 1 Ryan Ward U17 04:17.6, 3 Erwin Weeber 04:26.3, 3000m 4 Andrew Headley 09:54.2, 2 Alan Turnbull 09:59.2, 400mH, 2 Peter Benedickter 61.0, 2 Jack Benedickter 62.2, 3000m Steeplechase 2 Craig Emmerson 10:39.2, 3000m Steeplechase 2 Stephen Headley U20 11:06.0, High Jump 1 Gavin Fordham 1.73, High Jump 1 Finlay Castledine U17 1.70, Pole Vault 2 Gavin Fordham 4.00, 1 Simon Eastwood 2.80, Long Jump 1 Gavin Fordham 5.85, 3 Craig Emmerson 3.25, A Triple Jump 4 Gavin Fordham 11.00, 3 Richard Martin 8.38, Shot Putt 3 Gavin Fordham 10.39, 2 Richard Martin 10.22, Discus, 2 Gavin Fordham 33.86, 1 Richard Martin 28.96, Hammer 1 Richard Martin 57.34, 1 Jack Wuldart 46.75, Javelin 4 Richard Martin 30.16, 4 Jamie Viney U17 29.31, 4x100m 3 Bedford & County 48.5, 4x400m 3 Bedford & County 03:55.2
100m 4 Katie Leahy U17 13.6, 200m 4 Katie Leahy U17 29.9, 4 Ellie Garraway 31.3, 400m 3 Hannah Shelton U17 64.1, 1 2 Sinead Stovell U17 71.0, 800m 2 Hannah Shelton U17 02:24.5, 2 Sinead Stovell U17 02:32.5, 1500m 3 Lauren Nichols U17 05:03.7, 1 Katie Linsbury U17 05:04.7, 5000m 1 Rebecca Murray 17:12.6, 2 Ellie Garraway 19:20.5, 100mH 3 Emily Cartledge 16.7, 2 Katie Leahy U17 20.4, 1500m Steeplechase 4 Lauren Nichols U17 06:08.6, 4 Harriett Pentland U20 07:58.7, High Jump 2 Emily Cartledge 1.50, 1 Eden Frith U17 1.50, Pole Vault 1 Jemma Eastwood 3.10, 1 Harriett Pentland U20 2.40, Long Jump 1 Emily Cartledge 4.99, 4 Emma Coombes 3.09, Shot Putt 3 Katie Winwood 8.97, 3 Emily Cartledge 8.91, Discus 4 Jemma Eastwood 26.28, 4 Katie Winwood 20.54, Hammer, 3 Katie Winwood 36.71, 3 Jemma Eastwood 19.10, Javelin 3 Emily Cartledge 26.65, 3 Harriett Pentland U20 21.22, 4x100m 4 Bedford & County 57.5, 4x400m 3 Bedford & County SW 04:34.3

English Schools, Gateshead, Friday 8 - Saturday 9 July 2016



Frankie Johnson won the inter boys Pole Vault with 4.40m. Ben Davies won the senior boys 1500m in 3:52.80. Olivia Cavill was eighth in the senior girls High Jump 1.63m. Long Jump, Jean Mozobo was fifth in the senior boys with 6.66m. Raphael Boujo was fourth in the junior boys 100m 11.43. Tom Litchfield seventh in the junior boys Hammer 46.01m. Stan Willis was tenth in the senior boys 3000m 8:41.22. Lee Johnson was eighth in the senior boys high jump 1.94m.

Lauren Russell was sixth in the senior girls 400m 57.63. Tia Wilson was seventh in the junior girls 1500m in 4:42.51. Tyler Seager was fourth in the senior boys pole vault at 4.00m. Its was a very successful championships for the Beds & Luton team winning the Minor Counties cup. Read Dennis Johnson's [press report here](#).

And in the heats etc. 1500m JB Aiden Killeen 4:20.49, JG Tia Wilson 4:46.61 Q, SB Ben Davies 4:03.74 Q, IG Tabatha Walford 4:38.95, 100m JG Olivia Russell H12.8 Q, SF 12.65 PB, JB Raphael Boujo H 11.35 PB Q, SF 11.44 Q, 400m SG Lauren Russell 57.25 Q 300m JB Ashley Evans H 39.05, 200m SG Mia Chapman H 25.86. The Beds senior girls were fifth in the 4x100m 49.10 (H 48.40)

Letchworth Round the Garden Mile Sunday 10 July 2016 Ollie Saville 5:15., Penny Francis U13 7:11

BMC Grand Prix, Solihull, Saturday 9 July 2016

800m Massi Dendani 1:53.24, 1500m Matt Berglin 3:51.60, Michael Harrison 3:53.19, John Eves 4:01.64, Suzi Boast 4:36.11

Biggleswade Trackfest, Sandy, Thursday 7 July 2016

1000m Scott Parsons 11.5, Rushanna McFarlane U15 14.02, Jim Keach M65 14.59, Nathan Litchfield U13 14.73, Junior Hallybone U13 15.92
200m Scott Parsons 22.29, Lucy Keith U15 29.56, Jim Keach M65 31.06, Rushanna McFarlane U15 29.47, Nathan Litchfield U13 31.66,
300m Lucy Keith U15 45.48, 800m Penny Francis U13 2:43.17, Junior Hallybone U13 2:55.81, 1000m Ruth Kerr F50 47:43.28

EMAC T&F League, Milton Keynes, Wednesday 6 July 2016

The men were second 91pts to Milton Keynes 100pts and lead the division 316 to 276pts with one match to go. We had only Julia Austin 800m 2:47.6 & Brenda Russell Shot 6.41, Hammer 27.50 competing in the womens match.

200m M35 2 Andy Cohen-Wray 26.6, 200m M50 4 Tennyson James 31.0, 800m M35 1 Simon Coombes 2:07.0, 800m M50 5 Tony Fitzpatrick 2:36.0, 1M Walk 'A' 3 Lance Croft 10:35.2, 'B' 4 Jim Keach 13:13.6, 400mH M35 1 Andy Gill 62.1, 8 Andy Cohen-Wray 66.7, 400mH M50 1 Tennyson James 68.3, Hammer M35 1 Jim Burke 25.00, M50 2 Jim Burke 26.05, M60 2 Graeme Packman 24.74, Shot M35 1 Gavin Fordham 10.38, Shot M50 3 Jim Burke 7.89, Shot M60 1 Graeme Packman 9.82, Long Jump M35 1 Gary Smith 5.40, 7 Gavin Fordham 5.71, Pole Vault M35 1 Gavin Fordham 3.80, Pole Vault M50 1 Tennyson James 2.10, Relay 4x400m M35 1 M35 04:06.7

Eastern Young Athletes League, Sandy, Sunday 3 July 2016

A sunny day! And in a close fought match Bedford came out on top ahead of Stevenage. We now lie second in the league behind Ipswich. A string, B string then non scorers.

100 U17M 5 12.1 Josh Fulton, 5 13 Josh Rogers, 100 U15M 3 12.4 Stephen Mienbolo, 1 12.4 Ashley Evans PB, 100 U13M 2 13.1 Alex Ayale, 2 13.4 D J Abinye PB, 100 U17W 2 13.2 Grace Pountney, 2 13.5 Emily Dickerson, 1 13.4 Jennifer Abbott PB, 100 U15W 1 13.3 Iona Newbegin, 1 13.0 Olivia Russell, 13.1 Tia Blackman, 13.9 Rushanna McFarlane PB, 14.1 Grace Camfield, 100 U13W 2 14.2 Tasharna Antoine PB, 1 14.5 Jasmine Ferguson, 15.1 Mia Pountney PB, 14.8 Ellie Davies, 200 U17M 2 24 Lewis Smith, 2 24.6 Josh Fulton, 24.7 Dane Stockhill, 25.0 Tristan Rayner, 27.7 William Rodway, 200 U15M 4 26.5 Stephen Mienbolo, 1 26.2 Benjamin Noble PB, 200 U13M 2 27.3 Alex Ayale, 1 28.6 D J Abinye, 200 U17W 2 27.5 Grace Pountney, 3 27.2 Iona Newbegin, 27.3 Tia Blackman, 31.8 Eloise Trawick PB, 200 U13W 3 29.7 Jasmine Ferguson PB, 2 30.5 Tasharna Antoine, 31.1 Ellie Davies, 32.4 Amelle Henman PB, 300 U15M 3 39.3 Ashley Evans, 2 41.4 Josh Methven PB, 300 U17W 2 44.2 Jennifer Abbott, 1 45.4 Elena Bowles, 47.6 Francesca Worrall, 300 U15W 1 54.4, 400 U17W 1 52.3, 4x100 U13W 1 56.9, High Jump U17M 2 1.75 Harrison Greenway, 1 1.75 Finley Castledine, 4x100 U13M 1 54.4, 4x100 U17W 1 52.3, 4x100 U15W 2 54.3, 4x100 U13W 1 56.9, High Jump U17W 2 1.75 Harrison Greenway, 1 1.75 Finley Castledine, High Jump U15M 4 1.45 Kiro Balkcha, 4 1.4 Liam Holland, High Jump U13M 1 1.35 Lewis Greenway, 1 1.25 Max Hanford, High Jump U17W 3 1.55 Eden Frith, 2 1.35 Gemma Currie, High Jump U15W 3 1.45 Lucy Keith, 3 1.35 Caitlin Webster, High Jump U13M 1 1.37 Lilla Parratt, 1 1.25 Erin Thompson, Pole Vault U17M 1 4.50 Frankie Johnson, Pole Vault U15W 1 2.4 Holly Nichols, Long Jump U17W 3 5.72 Joel Ametume, 2 5.28 Jake Willis, Long Jump U15M 1 5.50 Ashley Evans, 1 5.41 Josh Methven, Long Jump U13W 1 4.44 Spencer Taylor, 4 3.20 Christopher Brodie, Long Jump U17W 3 4.48 Emily Dickerson, 1 4.20 Lottie Robinson, Long Jump U15W 3 4.53 Shanae Wright, 2 4.36 Romina Johnson, 4 2.7 Halle Nobles, Long Jump U13W 1 4.18 Lilla Parratt, 2 9.2 Amelle Henman, Triple Jump U17M 4 10.18 Joel Ametume, Triple Jump U17W 4 9.24 Katie Jeffery, 2 9 Lottie Robinson, Shot U17M 5 11.21 Ben Clements, 5 9.01 Josh Fulton, Shot U15M 3 10.63 Thomas Litchfield, 3 9.15 Stephen Simmons, Shot U13M 1 17.78 Alex Ayale, 2 5.65 D J Abinye, Shot U17W 3 8.50 Lottie Robinson, 2 8.45 Megan Kavanagh, Shot U15W 4 8.14 Kenyeh Soyei, 3 7.80 Alexandra Arnold, Shot U12W 1 7.90 Caitlin Goudie, 2 5.77 Millie McFadyen, 5 9.99 Mia Pountney, Discus U17M 3 27.69 Ben Clements, 4 15.18 Jamie Viney, Discus U15M 3 24.88 Thomas Litchfield, 4 19.68 Stephen Simmons, Discus U13M 1 22.74 Nathan Litchfield, Discus U17W 5 16.84 Gabriella Tarrant, Discus U15W 1 23.81 Cliona Blackwell, 2 19.15 Kenyeh Soyei, 16.45 Lucy Dixon PB, Discus U13W 2 14.21 Caitlin Goudie, 1 12.66 Mia Pountney, Hammer U17M 4 12.67 Richard Laursen, Hammer U15M 1 42.37 Thomas Litchfield PB, 1 14.46 Kiro Bakcha, Hammer U15W 4 23.18 Cliona Blackwell, Javelin U17M, 4 36.15 Josh Rogers, 35.70 Joe Davies, Javelin U15M 2 37.15 Liam Holland, 3 31.2 Ryan Jessop PB, Javelin U17W 4 21.45 Katie Jeffery, 1 13.92 Edie Jennifer Abbott PB, Javelin U13W 3 27.3 Cliona Blackwell PB, 3 19.44 Lucy Dixon PB, 17.85 Darcy Button PB, Javelin U13M 1 29.24 Nathan Litchfield PB, 1 27.32 Oduka Fentelman, 11.86 Spencer Taylor PB, Javelin U13W 2 16.18 Erin Thompson PB, 1 12.95 Millie McFadyen, 7.22 Amelle Henman PB

UK Womens League, Division 2, Southampton, Saturday 1 July 2016

Our senior womens team were fifth in the second league match, just behind Milton Keynes. Southampton won the match and now lead the league with Bedford in second place.

100m 5 Mia CHAPMAN 12.69, 6 Eleanor USHER 13.23, 200m 4 Mia CHAPMAN 25.83, 400m 2 Jodie LESLIE 55.28, 5 Rebecca BARNARD 62.73, 800m 7 Jo WILKINSON 2:27.76, 7 Kirsty THOMPSON 2:45.64, 1500m 4 Rebecca MURRAY 4:35.17, 3 Jo WILKINSON 5:02.68, 2000m SC 2 Diana CHALMERS 7:29.92, 3000m 2 Rebecca MURRAY 9:38.30, 6 Kirsty THOMPSON 11:52.40, 400 Hurdles 4 Diana CHALMERS 71.00, Rebecca BARNARD 73.38, 100 Hurdles 5 Adela HUSSAIN 16.71, 2 Belinda SARGENT 16.33, Hammer 4 Kathryn WOODCOCK 43.27, 2 Suzy Wise 42.01, Discus 3 Kathryn WOODCOCK 42.39, 4 Suzy WISE 30.29,

Javelin 6 Emily CARTLEDGE 28.03, 4 Leanne BUXTON 24.52, Shot Putt 4 Leanne BUXTON 11.17, 3 Kathryn WOODCOCK 10.25, Long Jump 7 Emily CARTLEDGE 5.02, 2 Adela HUSSAIN 4.98, Triple Jump 6 Belinda SARGENT 10.51, 5 Jemma EASTWOOD 8.20, High Jump 5 Emily CARTLEDGE 1.55, 2= Adela HUSSAIN 1.55, Pole Vault 3 Jemma EASTWOOD 3.40, 4x100m Relay 3 Mia CHAPMAN Jodie LESLIE Belinda SARGENT Eleanor USHER 49.91, 4x400m Relay 7 Rebecca BARNARD, Jodie LESLIE, Charlotte BOWLING, Adela HUSSAIN 4:14.89

British Athletics League Division 2, Kingston, Saturday 2 July 2016

Our Senior Men's team finished sixth in the 3rd league fixture just ahead of Notts AC in very poor weather conditions on Saturday. After three fixtures we lie seventh 2 points behind Bristol & West. Full results.

Richard Martin was our only winner in the A string Hammer throwing 59.68m. Frankie Johnson 4.20 and Tyler Seager 3.60 took second place in the pole vault in very poor conditions. The squad was small and athletes covered many events.

100m 7 Scott Parson 11.5, 7 Jean Leung 11.71, 200m 7 Scott Parsons 24.

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

Kettering Floodlit Open Meeting, Tuesday 30 August 2016 200m Etienne Maughan U13 29.49
Woodford Green Open Meeting, Tuesday 30 August 2016 Mile Andy Cohen Wray M35 5:23.06

England U17 & U15 Championships, Bedford, Sat 27 & Sun 28 August 2016

Congratulations to Raphael Bouju third in the U15 100m in 11.18, a PB. [Video](#) and to Frankie Johnson first in the U17 Pole Vault 4.70m.

Several youngsters competed: U15 H 200m Ashley Evans 24.33, 300m U15 H Jamie Webster 39.03, H Ashley Evans 38.42, 400m H U17 Lewis Smith 51.92, 100m U15 H Raphael Bouju 11.40 Q, 3000m U17 Tabatha Walford F 10:22.34, Hammer U15 F Tom Litchfield 46.32, Pole Vault U15 F Elysia Costanzo 2.31, U15 1500m Tia Wilson 4:47.83 Q 4:47.69 F, U15 80mH H Stephen Simmons 11.80, U17 High Jump Finlay Castledine 1.86 F, Tyrone Pickersgill 1.86 F, U15 Shot Putt Kyle Charlton Brown 14.15 F 4th.

Southern Counties Vets Champs, Kingston, Sunday 28 August 2016 Will McGee M45 100m 12.05, 200m 24.33

London Interclub challenge Saturday 17 August 2016 Will McGee M45 100m 12.0 Andy Cohen Wray M35 1500m SC 5:19.58
BMC Meeting, Watford, Wed 24 August 2016 800m Massi Dendani 1:52.19,

Watford Open Graded meeting, Wed 24 August 2016 200m Tenny James M55 26.09, 1500m Penny Francis U13 6:22.53, Diana Chalmers U20 5:00.64, Hannah Shelton U17 4:58.33, Evan Hosking U17 4:23.35, 3000m James Hoad 8:38.08, Josh Lunn 8:46.14 Long Jump Penny Francis U13 3.90

Southern U15/U20 Intercounties, Horspath, Sunday 21 August 2016

For Bedfordshire U20's 800m Will Forster 2:01.62, 400m Lauren Russell 59.57 (H) 58.5 (F), 1500m Lauren Nichols 5:15.03, Long Jump Jean Mozobo 6.45. **U15's** 100m Olivia Russell 13.20 (H), 13.27 (F), 800m Tia Wilson 2:24.86 (H), 2:23.18 (F), 1500m Rose Abbott 5:24.37, 75mH Romina Johnson 13.44, High Jump Lucy Keith 1.40, Pole vault Holly Nichols 2.40, 300m Ashley Evans 39.49 (H) 40.8 (F). 1500m Jack Goodyear 4:48.55, 80mH Stephen Simmonds 11.99 (H) 12.0 (F), Triple Jump Ben Noble 10.32, Discus Kieron Gayle 29.25, Javelin Ashley Evans 27.73. **For Cambridgeshire U15's** Discus Cliona Blackwell 21.16, Javelin 24.64, Pole Vault Elysia Costanzo U15G 2.40m

Southern Athletics League, Saturday 20 August 2016

Division 1, Dartford

Bedford tied for second place with league champions Chelmsford. Home side Dartford won by about 20 points and finished second overall. Well done to those who covered so many events without you we could have been relegated but a couple more people out and we would have won. The final tables show us mid table on 12.5 points. Radley (last in our match) were relegated on 12 points alongside Tonbridge, Walton & Norwich. Blackheath, Hert Phoenix, Woking & Bracknell are promoted to the division for 2017.

Men's 100m 3 Lewis Smith 11.5, 3 Alex Smith 12.4, **200m** 1 Joel Parkes 22.6, 3 Joe Strange 25.3, **400m** 2 Joe Strange 52.0, 1 Lewis Smith 55.7, **800m** 3 Chris Thornley 2:11.8, 2 Dom Menzies 2:14.5, **1500m** 1 James Hoad 4:11.9, 2 Dom Menzies 4:40.5, **5000m** 4 Tom Powell 17:34.9, **110mH** 4 Andy Cohen-Wray 21.3, **400mH** 3 Tom Powell 65.5, 3 Andy Cohen-Wray 73.9, **2000m Steeplechase** 2 Andy Cohen-Wray 7:23.9, 2 Tom Powell 7:08.3, **High Jump** 1= Scott Johnson 1.75, 2 Finlay Castledine 1.75, **Pole Vault** 1 Tyler Seager 4.10, 1 Simon Eastwood 3.10, **Long Jump** 3 Tunde Adewale 6.50, 4 Richard Martin 4.22, **Triple Jump** None, **Shot Putt** 4 Richard Martin 9.75, 4 Simon Eastwood 7.56, **Discus** 4 Simon Eastwood 24.55, 4 Tyler Seager 19.28, **Hammer** 1 Richard Martin 57.85, 1 Jack Wuidart 40.36, **Javelin** 4 Richard Martin 33.74, **Men's 4x100m** 2 Bedford & County 46.0, **Men's 4x400m** 2 Bedford & County 3:38.7

Women's 100m 1 Mia Chapman 12.5, 2 Belinda Sargent 13.3, **200m** 2 Mia Chapman 26.4, 4 Elena Bowles 29.5, **400m** 4 Elena Bowles 72.1, 4 Emma Coombes 77.2, **800m** 3 Diana Chalmers 2:38.0, 4 Rosie Bailey 3:13.8, **1500m** 1 Ellie Garraway 5:08.3, 1 Kirsty Thompson 5:23.4, **3000m** 3 Ellie Garraway 11:25.0, 2 Sarah Kerr 11:53.7, **100mH** 1 Belinda Sargent 16.0, 2 Diana Chalmers 23.9, **400mH** 3 Diana Chalmers 76.0, 2 Lottie Robinson 79.0, **2000m Steeplechase** 1 Diana Chalmers 8:01.6, 1 Sarah Kerr 8:16.4, **High Jump** 4 Jemma Eastwood 1.30, 3 Lottie Robinson 1.30, **Pole Vault** 2 Jemma Eastwood 3.00, 1 Rosie Bailey 1.80, **Long Jump** 4 Lottie Robinson 3.93, 4 Emma Coombes 3.25 **Triple Jump** 2 Belinda Sargent 10.28, 2 Sarah Kerr 6.93, **Shot Putt** 1 Katie Winwood 8.95, 1 Jemma Eastwood 8.67, **Discus** 1 Jemma Eastwood 27.44, 1 Katie Winwood 23.57, **Hammer** 1 Katie Winwood 37.65, 3 Jemma Eastwood 18.90, **Javelin** 4 Jemma Eastwood 21.18, 2 Katie Winwood 16.12, **4x100m** 1 Bedford & County 52.5, **4x400m** 3 Bedford & County 4:52.4

Non scoring 200 6 Alex Smith 27.1, DT Tom Powell 12.93

Division 3N Watford

Provisional results indicate the combined Bedford B/Chiltern team finished fourth.

Men's 100m 3 Will MacGee 11.7, 2 Matt Birchall 11.9, **200m** 2 Will MacGee 24.1, 1 Matt Birchall 24.3, **400m** 1 Matt Birchall 53.7, 2 Peter Benedickter 54.5, **5000m** 2 Andrew McMullin 16:02.1, 1 Andrew Leach 16:37.9, **110mH** 1 Jack Benedickter 18.8, **400mH** 1 Jack Benedickter 59.2, 1 Peter Benedickter 60.5, **High Jump** 4 Gavin Fordham 1.70, 4= Steve Bass 1.35, **Pole Vault** 2 Gavin Fordham 3.40, **Long Jump** 3 Gavin Fordham 5.46, 1 Steve Bass 4.77, **Triple Jump** 4 Steve Bass 9.41, **Shot Putt** 3 Gavin Fordham 10.42, 2 Graeme Packman 8.44, **Discus** 1 Gavin Fordham 35.33, 2 Graeme Packman 22.78, Hammer, 4 Graeme Packman 18.08, Men's 4x400m 2 3:56.8

BMC Grand Prix, Stretford, Sat 20 August 2016 800m Massi Dendani 1:53.87, 1500m Michael Harrison 4:06.39, 3000m Josh Lunn 8:52.72

BMC Regional Races, Eltham, Wed 17 August 2016 800m Lucy James 2:06.42, Hannah Shelton U17 2:21.01

Manchester International Wed 17 August 2016 400m Jodie Leslie 3rd 56.55

Hercules Wimbledon 5000m Festival Wed 17 August 2016 James Hoad 14:54.55

South of England AA U13/U15/U17 Champs, Ashford, Sat 13 & Sun 14 August 2016

Congratulations to Frankie Johnson and Tom Litchfield on their SoE Championship victories.

100m Olivia Russell U15 H13.19, SF13.08, 400m Lewis Smith U17 53.50, 1500m Lauren Nichols U17 5:03.42, 80mH 6th Stephen Simmonds U15 12.10 H 12.24, Pole Vault 1st Frankie Johnson U17 4.71m, 6= Holly Nichols U15 2.50m, Hammer 1st Tom Litchfield U15 49.30 PB.

Milton Keynes Open Meeting, Saturday 13 August 2016 100m Tasharna Antoine U13 14.3, Jasmine Ferguson 14.5 U13 Long Jump Tasharna Antoine U13 3.60m Shot Putt Tasharna Antoine U13 7.00m Discus Tabitha Everett 22.00m

Watford open graded meeting, Wednesday 10 August 2016 100m Elliot Fleet U15 12.13, Scott Parsons 11.45, 400m Charlotte Bowling 64.65, Lauren Russell U20 58.30, Pete Benedickter M45 54.88, Chris Thornley 52.30, Jack Benedickter 53.31, Scott Parsons 49.82, Joe Strange 51.97, Will Forster U20 53.84, 800m Diane Chalmers U20 2:25.48, Rebecca Murray 2:20.04, Dom Menzies U17 2:06.94, Michael Harrison 1:56.55, Massi Dendani 1:53.06.

Trafford AC Grand Prix, Tuesday 9 August 3000m Stan Willis U20 8:48.21

Eastern Young Athletes Lge., Bedford, Sunday 7 August 2016

Bedford won the final match on home ground with 811 points ahead of Woodford 662 and so qualify for the Top 6 final in September at Stevenage. We finished second in the league on 33 points behind Ipswich 35 points. The other Top 6 clubs are Stevenage, Barnet/Shaftesbury, Havering and Nene Valley.

100m U17M 5 11.5 Lewis Smith PB, 5 12.9 Jonathan Nash PB, 100m U15M 1 11.4 Raphael Bouju, 100m U13M 2 13.2 Alex Ayale, 2 13.8 D J Abinye 100m U17W 5 13.3 Emily Dickerson PB, 2 13.3 Jennifer Abbott PB, NS 13.2 Katie Leahy PB, 100m U15W 1 12.9 Olivia Russell, 1 13.0 Iona Newbegin, NS 13.3 Sophia Soloman PB, NS 13.4 Nicole Sutherland PB, NS 13.7 Grace Camfield PB, NS 15.6 Millie Payne PB, 100m U13W 4 13.9 Ellie Davies PB, 1 14.1 Tasharna Antoine PB, NS 15.8 Niamh Stephens, NS 16 Ruby Camfield PB, 200m U17M 4 24.1 Lewis Smith, 4 24.7 Kevin Chirayil, 200m U15M 2 24.8 Ashley Evans, 1 25.1 Kieron Gayle, 2 25.3 Lucas Negroni, 200m U13M 2 27.8 Alex Ayale, 2 29.0 D J Abinye, 200m U17W 2 28.1 Emily Dickerson 1 28.1 Katie Leahy PB, 200m U15W 2 27.0 Iona Newbegin, 1 27.7 Olivia Russell PB, NS 28.8 Sophia Soloman PB, NS 30.2 Grace Camfield, NS 30.8 Eloise Trawick PB, NS 34.9 Millie Payne PB, 200m U13W 6 30.7 Tasharna Antoine, 1 29.8 Ellie Davies PB, NS 32.9 Amelie Henman, NS 33.5 Niamh Stephens, NS 35.6 Sakia Bakchcha, NS 35.7 Ruby Camfield, 300m U15M 4 42.1 Ashley Evans, 300m U17W 3 45.4 Jennifer Abbott, 1 47.4 Megan Middleton, 300m U15W 5 47.2 Halle Nobles, 4 50.7 Caitlin Webster, 400m U17M 3 55.6 Lewis Smith, 3 56.9 Kevin Chirayil, 800 U17M 2 2:10.7 Joshua Rogers, 1 2:11. 800m U15M1 Jonathan Nash PB, 4 2:40.8 Kiro Bakcha, NS 2:22.8 Callum Nicholson 800m U13M 3 2:38.3 Alex Alston, 2 2:41.5 Robert Parish, 800m U17W 1 2:24.3 Hannah Shelton, 1 2:32.0 Megan Middleton, 2 3:19.9 Ella Warwick PB, 800m U15W 1 2:34.4 Holly Hodgskinson, 1 2:44.5 Niamh Huxford, 800m U13W 2 2:35.9 Ruby Abbott, 1 2:56.6 Sakia Bakchcha PB, NS 2:54.2 Sophie Gawin PB, 1500m U17M 1 4:35.2 Evan Hoskin, 1 4:36.2 Cameron Gillies, 1500m U15M 1 4:43.5 Jack Goodyear, 1 4:51.4 Edward Blythman, 1500 U13M 1 5:10.8 Christopher Brodie, 3 5:52.1 Spencer Taylor, 1500 U17W 1 5:07.0 Lauren Nichols, 1 5:23.3 Sinead Stovell, 1500m U15W 1 5:03.9 Tia Wilson, 1 5:14.7 Rose Abbott, NS 5:26.7 Amy Chappelhow, NS 6:51.7 Alyssa McShane PB, 1500m U13W 3 5:35.7 Natalie Simmons, 1 6:03.1 Emma Abbey, NS 6:02.5 Louisa Sexton, 70H U13W 1 11.9 Lilla Parratt PB, 3 15.0 Ellie Davies PB, 75H U13M 2 13.4 Nathan Litchfield, 1 13.5 Spencer Taylor PB, 75H U15W 4 13.2 Romina Johnson, 2 14.4 Alexandra Arnold, NS 14.2 Darcy Button PB, 80H U15M 1 12.1 Stephen Simmons PB, 1 12.6 Benjamin Noble, 80H U17W 3 15.0 Lottie Robinson, 2 15.5 Katie Jeffery PB, 100H U17M 2 16.7 Finley Castledine, 4x100m U15M 1 47.5, 4x100m U13M 2 58.7, 4x100m U17W 2 54.8, 4x100m U15W 1 53.3, 4x100m U13W 1 57.2

High Jump U17M 2 1.70 Finley Castledine, 1 1.70 Harrison Greenway, High Jump U15M 2 1.45 Liam Holland, 2 1.30 Kiro Bakcha, High Jump U13M 2 1.39 Lewis Greenway PB, High Jump U15W 4 1.25 Caitlin Webster, 1 1.15 Darcy Button, High Jump U13W 1 1.40 Lilla Parratt PB, 2 1.15 Amelie Henman PB, Pole Vault U17M 1 4.50 Frankie Johnson, Pole Vault U15M 3 1.70 Callum Daly, Pole Vault U17W 3 1.29 Rosie Bailey PB, Pole Vault U15W 1 2.50 Holly Nichols PB, NS 2.60 Elysia Costanzo PB, Long Jump U17M 2 5.38 Joel Ametone, Long Jump U15M 1 5.60 Ashley Evans PB, 1 5.44 Stephen Simmons PB, Long Jump U13M 3 4.36 Spencer Taylor, 1 3.87 Robert Parrish, Long Jump U17W 2 4.89 Emily Dickerson PB, 1 3.85 Megan Kavanagh PB, Long Jump U15W 4 4.33 Romina Johnson, 3 4.11 Halle Nobles, NS 3.79 Darcy Button PB, NS 3.39 Millie Donald PB, Long Jump U13W 1 4.16 Lilla Parratt, 1 3.63 Tasharna Antoine PB, Triple Jump U17M 2 10.37 Joel Ametone, 1 10.58 Ben Noble, Triple Jump U17W 3 8.85 Katie Jeffery, 2 8.80 Lottie Robinson, Shot U17M 2 11.66 Frankie Johnson PB, 2 7.65 Joshua Rogers, Shot U15M 1 11.80 Kieron Gayle, 1 8.38 Jacob Suman, Shot U13M 1 7.38 Alex Ayale, 1 6.00 D J Abinye, NS 6.98 Elie Ngoy PB, Shot U17W 2 9.20 Megan Kavanagh, 1 9.06 Lottie Robinson, Shot U15W 5 7.61 Alexandra Arnold, 1 7.23 Romina Johnson, NS 5.77 Lucy Dixon PB, Shot U13W 1 8.72 Caitlin Goudie PB, 1 6.33 Millie McFadyen, Discus U17M 4 14.38 Richard Laursen PB, 3 11.29 Finley Castledine, Discus U15M 1 36.74 Kieron Gayle PB, 1 18.71 Jacob Suman, Discus U13M 2 17.32 Nathan Litchfield, Discus U17W 2 13.94 Megan Kavanagh, 1 19.42 Cliona Blackwell, NS 14.11 Lucy Dixon, Discus U13W 1 19.88 Caitlin Goudie PB, Hammer U15M 2 14.82 Kiro Bakcha, Hammer U15W 1 25.48 Cliona Blackwell, Hammer U17M 2 36.01 Joshua Rogers, 1 35.47 Joe Davis, Javelin U15M 2 38.61 Liam Holland, 1 30.41 Ryan Jessop, Javelin U17W 3 19.05 Katie Jeffery, 3 10.52 Rosie Bailey, Javelin U15W 1 28.31 Holly Smith, 1 23.30 Cliona Blackwell, NS 18.44 Lucy Dixon, Javelin U13M 1 28.24 Nathan Litchfield, 3 10.81 Robert Parrish, Javelin U13W 3 17.49 Caitlin Goudie PB, 1 12.35 Millie McFadyen, Javelin JT400 U13W ns, 1 12.99 Summer Payne PB, 2 10.15 Amelie Henman PB.

UK Womens League Div 2, Manchester, Sunday 7 August 2016

Congratulations to our senior women's team on gaining promotion to Division 1 with fifth place in the final match. Bedford finished tied for second place on 17 points with Milton Keynes but are promoted by virtue of scoring 544.5 match points to 534. Southampton won the division with 22 points, Sale Manchester were 4th on 16 points.

100m 4 12.51 Jodie Leslie, 8 15.47 Harriet Pentland PB U20, 200m 8 27.55 Charlotte Bowling, 8 28.49 Rebecca Barnard, 400m 4 56.58 Jodie Leslie, 5 64.15 Rebecca Barnard, 800m 8 2:29.16 Diana Chalmers U20, 8 2:51.75 Kirsty Thompson, 1500m 8 5:15.03 Sarah Kerr U20, 7 5:32.45 Kirsty Thompson, 3000m 6 10:57.25 Becky Slaymaker PB, 3 11:02.21 Sarah Kerr U20, 100H 6 15.86 Belinda Sargent PB, 4 16.93 Emily Cartledge, 400H 5 65.93 Leanne Buxton V35, 3 69.10 Becky Slaymaker, 2000SC 2 7:32.77 Diana Chalmers U20, 4x100m 5 5:51.39, 4x400m 6 4:14.03, High Jump 4 1.55 Emily Cartledge, 6 1.30 Jemma Eastwood V35, Pole Vault 3 3.30 Jemma Eastwood V35, 1 2.50 Harriet Pentland U20m, Long Jump 2 5.27 Faye Nicholson, 4 4.57 Belinda Sargent, Triple Jump 1 11.15 Faye Nicholson, 2 10.38 Belinda Sargent, Shot 2 11.35 Leanne Buxton V35, 7 7.10 Suzanna Wise, Discus 5 40.21 Kathryn Woodcock U20, 3 29.60 Suzanna Wise, Hammer 2 41.23 Kathryn Woodcock U20, 2 38.54 Suzanna Wise, Javelin 7 29.39 Leanne Buxton V35, 4 28.50 Emily Cartledge.

British Athletics League Div 2, Nottingham, Saturday 6 August 2016

A disappointing end to the season for the senior men with eighth place in the final match in the final match at Nottingham and relegation to division 3 for the next season alongside Notts.

100m 8 12.14 Ben Clements, 8 11.99 Tunde Adeide, NS 11.50 Scott Parsons, 200m 8 24.78 Josh Lummis, 8 24.66 Tom Powell PB, 400 7 49.97 Scott Parsons, 3 51.30 Massi Dendani PB, 800m SM 4 1:54.80 Massi Dendani, 5 2:01.30 Michael Harrison, 1500m 6 4:03.47 Matt Bray, 6 4:14.90 Michael Harrison, 3000m 5 8:35.10 John Eves, 4 8:49.00 Matt Janes, 110H 8 21.1 Scott Parsons PB, 8 22.9 Andrew Cohen-Wray, 400H 5 59.3 William Forster PB, 5 62.57 Andrew Gill, 3000SC 3 9:43.70 Josh Lunn, 10:44.20 Craig Emmerson, 4x100m 8 46.12, 4x400 8 3:42.01, High Jump 2= 2.00 Scott Johnson, 1 1.95 Lee Johnson, Pole Vault 1 4.60 Frankie Johnson, 4 3.20 Richard Phelan, Long Jump 2 6.92 Jean Mozobo PB, 1 6.78 Tunde Adewale PB, Triple Jump 8 11.07 Tunde Adewale, 8 9.42 Joe Rogers, Shot 8 8.01 Pete Carpenter, 7 8.01 Graeme Packman, Discus 6 30.13 Pete Carpenter, 6 24.13 Richard Martin, Hammer 4 55.20 Richard Martin, 1 41.31 Jack Wuidart, Javelin 8 46.87 Marcio Fernandes 8 25.53 Pete Carpenter.

Ipswich Building Society Twilight 5k Road Race, Friday 5 August 2016 5 Ben Alcock 14:39, 14 Jono Janes 15:31

Biggleswade AC Throwsfest, Sandy, Thursday 4 August 2016 Discus 32.02 Graeme Packman V60, 22.67 Nathan Litchfield U13, Hammer 30.29 Nathan Litchfield PB U13, 24.67 Graeme Packman V60, 44.31 Thomas Litchfield U15, Javelin 36.91 Liam Holland U15

Eastern Masters T&F League, Stevenage, Wednesday 3 August 2016

Congratulations to the men's masters team on winning the final league match at Stevenage with 108 points form Milton Keynes 100 points and winning the SW division with 424 points from Milton Keynes 376 and Bedford Harriers 300.

100m 2 Peter Benedickter M35 12.6, 1 Tennyson James M50 12.8, 2 Christopher Keech M60 15.2, 400m 1 Peter Benedickter M35 55.8, 2 Tennyson James M50 60.1, Mile 2 Simon Coombes M35 04:38.9, 4 Andrew Leach M50 05:47.8, 3 Alex Swiecicki M60 05:58.8, 2k Walk 5 Graeme Packman 14:50.9, 3 Courtney Gunn 15:07.5, Javelin 1 James Danobrega M35 34.71, 2 Simon Eastwood M50 36.66, 2 Jirm Burke M60 19.73, Discus 2 James Danobrega M35 26.23, 2 Simon Eastwood M50 26.82, 2 Graeme Packman M60 33.27, Triple Jump 1 James Danobrega M35 9.99, 2 Tennyson James M50 9.04, 4 Christopher Keech M60 6.23, High Jump 1 James Danobrega M35 1.50, 1 Simon Eastwood M50 1.35, 4224 Medley Relay 1 M35 02:52.1 Women discus Brenda Russell F50 17.50

BEDFORD & COUNTY AC 2016



<u>January</u>	<u>February</u>	<u>March</u>	<u>April</u>
<u>May</u>	<u>June</u>	<u>July</u>	<u>August</u>
<u>September</u>	<u>October</u>	<u>November</u>	<u>December</u>

SoE 6 stage and YA relays, Bedford Autodrome, Sunday 25 September 2016

We ran numerous teams in all age groups from U13 to M50 with over 90 runners! The Mens M40 team were second in the masters race, the senior men were fourth, the senior women fifth, U13 boys 9th, U13 girls 14th, U15 boys 12th, U15 girls fifth, U17 men 13th, U17 women sixth, M50 men 7th, F40 women 11th. Amongst the fastest on the day SM James Hoad 13th fastest, SW Rebecca Murray 3rd fastest, M40 men Steve Herring 4th, Alan Turnbull 8th, F40 Ellie Garraway 4th, U15G Tia Wilson 6th, Aiden Killeen 5th.

Senior Men (of 57) *A* 4th 1:50:26 John Eves 17:57 12, James Hoad 17:44 5, Ben Davies 18:51 5, Stan Willis 18:28 4, Jonathan Janes 18:44 4, Matt Janes 18:42 4.
B 12th 1:52:53 Alex Bellow 18:02 15, Josh Lunn 18:29 12, Will Mullins 19:14 16, Richard Henderson 19:19 14, Matt Drury 18:35 11, Andy McMullin 19:14 12.
C 40th 2:03:25 Steve Horton 18:26 28, Sam Knee-Robinson 19:45 28, Dominic Menzies 21:42 38, Sam Barton 20:41 40, Thomas Powell 20:49 38, Jack Benedickter 22:02 40.
Senior Women (of 46) *A* 4th 1:06:04 Alice Burgin 15:59 7, Jo Wilkinson 16:36 6, Sarah Kerr 17:58 8, Rebecca Murray 15:31 4.
B 36th 1:19:55 Kirsty Thompson 18:33 36, Diana Chalmers 18:23 30, Emily Relton 18:18 25, Emma Coombs 24:41 36.



Masters
M40 (of 13) *A* 2nd 1:22:08 Steve Herring 19:51 3, Alan Turnbull 20:13 1, Paul Lunn 20:40 1, Stuart Still 21:24 2.
M40 *B* 8th 1:33:36 Calvin Hemmings 22:41 9, Jim Black 23:15 7, Robert Payne 24:29 8, Sean Lang 23:11 8.
M50 (of 9) 7th 1:46:46 Tony Fitzpatrick 25:52 9, Rob Lands 25:20 7, Bill Goodyear 26:03 8, Simon Murray 29:31 7.
F40 (of 12) 11th 1:25:06 Ellie Garraway 17:38 3, Ruth Kerr 21:13 8, Hayley Vinnicombe 22:50 11, Madeline Brodie 23:25 11.

U17 Men (of 23) 13th *A* 1:05:09 Cameron Fillies 16:18 27, Josh Rogers 16:22 21, Evan Hosking 16:23 18, Richard Laursen 16:06 13.
B Oliver Davies 17:03 33, Scott Thomas 17:05 28
U17 Women (of 34) *A* 6th 30:18 Tabatha Walford 09:51 7, Katie Lansbury 10:10 5, Lauren Nichols 10:17 6.
B 14th 32:38 Erin McCaffray 11:03 27, Ashleigh Hyde 11:00 23, Maisie Relton 10:35 14.
C 15th 32:38 Sinead Stovell 10:37 20, Josie Smith 11:08 16, Hannah Shelton 10:53 15.
U15 Boys (of 32) *A* 12th 0:38:59 Aiden Killeen 08:50 3, Edward Blythman 10:08 13, Owen Brownstone 09:44 11, Harry Brodie 10:17 12.
B 18th 0:39:48 Jack Goodyear 09:34 19, Benedict Giles 10:09 20, Andrew Tomlin 09:56 18, Jake Harrison 10:09 18.
C 28th 0:42:39 Keenan Hoskin 10:23 31, Thomas Strokes 10:37 31, Callum Nicholson 10:55 29, Kiro Bakcha 10:44 28.
U15 Girls (of 53) *A* 5th 31:00 Tia Wilson 09:58 2, Rose Abbott 10:20 5, Holly Hodgskinson 10:42 5.
B 47th 35:39 Lucy-Mae Shepherd 10:40 19, Marisa Mistry 11:26 28, Alyssa McShane 13:33 47.
U13 Boys (of 35) *A* 9th 0:41:25 Zena Saez 09:43 7, Chris Brodie 10:28 8, Max Hanford 10:37 9, Tristan Cook 10:37 9.
B 10th 0:41:26 James Vinnicombe 09:50 11, Freddie Bourn 10:47 13, Francisco Vela Mason 11:00 14, Ethan Glabraith 09:49 10.
Incomplete Thomas Deardon 10:33 10, Ryan Mingay 12:25 25.
U13 Girls (of 45) *A* 14th 33:26 Sofia Perusko 10:44 11, Ruby Abbott 11:27 15, Natalie Simmons 11:15 14.
B 35th 35:52 Sophie Worrall 11:19 32, Amelia Baker 12:30 37, Lucy Tapster 12:03 35.
Incomplete Sakia Bakcha 12:40 53.

Berlin Marathon, Sunday 25 September 2016

Darren Deed finished 56 in the marathon in 2 hours 26:04.

Biggleswade Open Meeting, Sandy, Saturday 24 September 2016

80m Sadie Werrett U11G 14.09, Nyahleh Soyey U11G 14.72, 100m Ria Emery U20W 14.57, Jim Keech V65M 15.05, Erin Thompson U13G 15.48, 800m Jayden Hill U13B 2:45.23, Penelope Francis U13G 2:56.53, 75mH, Nathan Litchfield U13B 14.93, Long Jump Sadie Werrett U11G 3.45, Nyahleh Soyey U11G 2.97, Erin Thompson U13G 4.04, Pole Vault Simon Eastwood V50M 3.20, Holly Nichols U15G 2.40, Rosie Bailey U17W 2.00, Discus Caitlin Goudie U13G 18.09, Kenyeh Soyey U15G 22.80, Nathan Litchfield U13B 20.80, Hammer Cliona Blackwell U15G 27.22, Nathan Litchfield U13B 25.67, Javelin Caitlin Goudie U13G 17.48, Kenyeh Soyey U15G 20.70, Caitlin Blackwell U20W 18.24, Cliona Blackwell U15G 25.49, Shot Caitlin Goudie U13G 7.33, Erin Thompson U13G 6.01, Kenyeh Soyey U15G 8.53, Caitlin Blackwell U20W 7.55

English Schools Combined Events, Exeter, Saturday 17 September 2016

Stephen Simmons had a good day at the English School Pentathlon Finals. In the lower year of the two year Junior Boys age group he finished 20th of over 40 and set personal bests in two events and a PB overall.
80m hurdles 11.92, High Jump 1.40m, Shot 9.93m PB, Long Jump 5.44m, 800m 2:26.93 (PB). 2350 points PB

British Masters Champs, Birmingham, Sat 17 & Sun 18 September 2016

Jemma Eastwood won the W35 pole vault with 3.20m. Tenny James was second in the M55 400m 58.66 and clocked 100m 12.94, Dave Folgate won the M65 Triple Jump 10.19.
Andy Cohen Wray M35 400mH 66.93 3000m SC 11:52.00, 200m Tenny James M55 26.02 H 25.80 F. Jim Burke M60 Weight 11.49, Hammer 30.17, Shot 8.04, Simon Eastwood M50 Pole Vault 3.00, Gary Smith M45 Long Jump 5.33

Milton Keynes open meeting, Sunday 18 September 2016

75m Layla Button U11 13.2, Sadie Werrett U11 12.6, Sophie Dixon U11 13.8, 100m Millie MacFadyen U13 14.7, Halle Nobles U15 14.2, 600m Layla Button U11 2:18.8, Sadie Werrett U11 2:18.5, Sophie Dixon U11 2:36.4, 800m Darcy Button U15 2:48.0, Erin Thompson U13 2:49.3, Caitlin Goudie U13 3:35.1, 70m Hurdles Erin Thompson U13 13.7, Caitlin Goudie U13 17.4, 75mH Darcy Button U15 15.2, High Jump Darcy Button U15 1.19, Erin Thompson U13 1.29, Caitlin Goudie U13 1.23, Long Jump Halle Nobles U15 4.15, Millie MacFadyen U13 3.28, Darcy Button U15 3.90, Erin Thompson U13 3.97, Caitlin Goudie U13 3.57, Ellie Davies U13 3.16, Shot Lucy Dixon U15 6.07, Darcy Button U15 5.91, Caitlin Goudie U13 7.53, Millie MacFadyen U13 6.92, Erin Thompson U13 6.05, Ellie Davies U13 4.88, Hammer Lucy Dixon U15 18.51.
Pentathlon Scores - Darcy Button U15 1722, Erin Thompson U13 1867, Caitlin Goudie U13 1217

Paralympic Games, Rio, September 2016

Marcio Fernandes competed in the F42/43/44 Javelin for Cape Verde Islands finishing ninth with a season best of 51.67 metres. Julie Rogers competed in the T42 100m for GB finishing 5th in her heat in 17.41

Eastern Masters T & F League final, Bedford, Sunday 11 September 2016



Our men masters retained the league title (241pts) at Bedford on Sunday, Southend (213) were second and Ryston third (195). Pete Benedickter won the man of the match award for is 400mH performance (age adjusted).
Andy Leach 3000m & Dave Folgate High Jump took league records.
Team manager Jim Keech also collected the trophy for the best overall club performance at the EMAC championships (men & women) the previous weekend.
100m M35 4 Andy Cohen Wray 13.3, M50 3 Tenny James 13.2, M60 2 Jim Keech 14.5, 200m M35 4 Andy Cohen Wray 26.7, M50 2 Tenny James 26.5, M60 3 Jim Keech 31.7 400m M35 1 Pete Benedickter 54.7, M50 1 Tenny James 61.4 800m M35 1 Simon Coombes 2:06.9, M50 3 Tony Fitzpatrick 2:34.0, M60 6 Jim Burke 4:12.14 1500m M35 1 Simon Coombes 4:16.6, M50 3 Tony Fitzpatrick 5:11.3 3000m M35 1 Simon Coombes 9:13.3, M50 1 Andy Leach 9:29.6 M60 no runner. 2km Walk no entrants, 400mH M35 2 Pete Benedickter 59.4, M50 2 Tenny James 78.8 Hammer M35 2 James Danobrega 29.42, M50 4 Graeme Packman 22.00, M60 3 Jim Burke 30.29, Shot M35 2 James Danobrega 9.95, M50 5 Graeme Packman 9.28, Javelin M35 2 Simon Eastwood 39.22, M50 4 Jim Burke 19.89, Discus M35 1 Gavin Fordham 35.14, M50 3 Simon Eastwood 31.37 Long Jump M35 1 James Danobrega 5.34, M50 5 Dave Folgate 3.86, Triple Jump M35 5 Steve Bass 9.35, M50 3 Tenny James 9.12, M60 1 Dave Folgate 10.19 High Jump M35 3 James Danobrega 1.50, M50 2 Simon Eastwood 1.40, M60 1 Dave Folgate 1.35 Pole Vault 1 Robert Kingman 4.00 Relays 200/200/400/800 M35 1 4:01.1, M50 2 4:42.8

Surrey combined events champs, Carlshalton, Sunday 11 September 2016

Four youngsters competed as guests and the U13 girls pentathlon record was broken.
U13 Girls Lilla Parratt High Jump 1.44 PB, 70mH 11.9, Long Jump 4.29, Shot 5.97PB 800m 2.51.73PB 2224 Pts.
Erin Thompson High Jump 1.29 PB, 70mH 14.00, Long Jump 3.93, Shot 5.56PB, 800m 2.47.73PB, 1820 Pts.
U15 Girls Romina Johnson High Jump 1.38PB, 75mH 12.97, Long Jump 4.16, Shot 7.46, 800m 3.05.03 PB 2092 Pts.
Darcy Button High Jump 1.17, 75mH 16.38, Long Jump 3.60, Shot 6.06, 800m 2.49.50 1549 Pts.

Hibbard Trophy Meeting, Peterborough, Saturday 10 September 2016

Hammer Katie Winwood 36.20, Discus Jemma Eastwood 23.67 V35, Ben Clements 24.57 U17, Shot Ben Clements 11.40 U17, Triple Jump Belinda Sergeant 10.34 U23, Long Jump Jacob Smith 5.98 U17, Pole Vault Rosie Bailey 2.00 U17, Jemma Eastwood 2.80 V35, High Jump Eden Frith 1.50 U17, Finley Castledine 1.80 U17, Tyrone Pickersgill 1.85 U17, 400m H William Forster 59.50 U20, 100m H Belinda Sergeant 16.04 U23, 200m, Nathan Cox 23.40 U17, 100m 11.64, 800m Tom Powell 2:02.45

Watford Open meeting Wednesday 7 September 2016

200m Elliot Fleet U15M 24.29, 100m Jamie Webster U15M 12.30, Elliot Fleet U15M 12.07, Will Macgee M45 11.92, 800m Penelope Francis U13F 2:45.48, Peter Webster M45 2:26.38, Rose Abbott U15F 2:29.39, Ruby Abbott U13F 2:33.87 Jamie Webster U15M 2:05.19, 3000m Diana Chalmers U20F 11:12.93

Eastern Young Athletes Top Six Final, Stevenage, Sunday 4 September 2016

Congratulations to our youngsters on a fine victory in the EYAL top six final with 587.5 points ahead of Ipswich 554 and Stevenage 520. We also won the U15B, U15G and U13G divisions.
100 U17M 5 12.25 Josh Fulton, 100 U15M 1 11.67 Raphael Bouju, 3 13.09 Stephen Mienbo, 100 U13M 3 13.41 Alex Ayale, 4 14.25 D J Abinye, 100 U17W 5 13.81 Grace Pountney, 3 13.7 Katie Leahy, 100 U15W 3 13.35 Iona Newbegin, 2 13.94 Tia Blackman, 100 U13W 1 14.16 Etienne Maugha, 3 14.98 Ellie Davies, 200 U17M 2 23.12 Nathan Cox, 2 24.6 Josh Fulton, 200 U15M 1 23.72 Raphael Bouju PB, 2 25.00 Ashley Evans, 200 U13M 3 27.52 Alex Ayale, 3 29.27 D J Abinye, 200 U17W 4 28.53 Grace Pountney, 6 29.06 Emily Dickerson, 200 U15W 2 27.75 Iona Newbegin, 3 27.96 Tia Blackman, 200 U13W 4 29.63 Jasmine Ferguson PB, 4 30.99 Tasharna Antoine, 300 U15M 1 39.13 Jamie Webster, 1 41.56 Josh Methven, 300 U17W 4 45.77 Jennifer Abbott , 5 46.38 Elena Bowles, 300 U15W 2 43.16 Shanae Wright, 4 47.15 Halle Nobles, 400 U17M 1 51.84 Nathan Cox PB, 5 62.13 Callum Nicholson PB, 800 U17M 5 2:13.88 Joshua Rogers, 4 2:19.55 Jonathan Nash, 800 U15M 1 2:07.23 Jamie Webster , 800 U15M 4 2:23.14 Keenan Hoskins, 800 U13M 3 2:26.39 Alex Alston, 4 2:37.28 James Vinnicombe PB, 800 U17W 2 2:23.47 Hannah Shelton, 1 2:28.19 Megan Middleton, 800 U15W 3 2:30.34 Lucy Keith, 6 2:49.97 Molly Tapster, 800 U13W 2 2:33.98 Ruby Abbott, 2 2:48.99 Penelope Francis
1500 U17M 6 4:49.07 Richard Laursen, 6 5:48.30 Callum Nicholson, 1500 U15M 3 4:46.99 Jack Goodyear, 1 4:49.41 Owen Brownston, 1500 U13M 3 5:04.15 Christopher Brodie, 2 5:07.50 Max Hanford, 1500 U17W 2 5:01.85 Lauren Nichols, 1 5:12.62 Francesca Worrall, 1500 U15W 1 5:00.11 Tia Wilson, 5 5:11.89 Rose Abbott, 1500 U13W 3 5:30.83 Natalie Simmons, 1 5:48.17 Sophie Worrall, 70HU13W 1 11.82 Lilla Parratt PB, 2 13.11 Ruby Green, 75HU13M 2 15.08 Nathan Litchfield, 2 13.9 Spencer Taylor, 75HU15W 4 13.11 Romina Johnson, 4 13.99 Alexandra Arnold, 80HU15M 1 12.23 Stephen Simmons, 3 13.43 Benjamin Noble, 80HU17W 5 15.18 Elena Bowles, 2 15.36 Katie Jeffery PB, 100HU17M 4 16.27 Finley Castledine, 4x100 U15M 2 47.06 Bedford & County, 4x100 U13M 1 55.81 Bedford & County, 4x100 U17W 4 53.28 Bedford & County, 4x100 U15W 1 52.2 Bedford & County 4x100 U13W 1 56.38 Bedford & County
HJ U17M 3 1.75 Finley Castledine, 2 1.65 Harrison Greenway, HJ U15M , 5 1.45 Laim Holland, 5 1.40 Kiro Bakcha, HJ U13M 3 1.30 Odoka Fentelman PB, 1 1.25 Alex Alston, HJ U17W 4 1.40 Eden Frith, 2 1.40 Gemma Currie PB, HJ U15W 5 1.40 Lucy Keith, 4 1.30 Kenyeh Soyey, HJ U13W, 2 1.40 Lilla Parratt PB, 3 1.20 Erin Thompson, PV U17M 1 4.50 Frankie Johnson, PV U15M 3 2.10 Ashley Evans PB, PV U17W 3 1.90 Rosie Bailey PB, PV U15W 1 2.51 Holly Nichols PB, LJ U17M 6 5.08 Joel Ametone, LJ U15M 2 5.60 Ashley Evans PB, 1 5.38 Josh Methven, LJ U13M 4 4.41 Spencer Taylor, 2 4.17 Odoka Fentelman, LJ U17W 3 4.80 Emily Dickerson, 4 3.57 Darcy Button, LJ U15W, 4 4.40 Romina Johnson PB, 1 4.20 Halle Nobles, LJ U13W 1 4.21 Lilla Parratt, 1 4.14 Etienne Maugha, TJ U17M 4 10.55 Joel Ametone, TJ U17W 4 9.23 Katie Leahy PB, 3 8.82 Katie Jeffery, SP5K U17M 2 11.21 Ben Clements, 5 7.37 Joshua Rogers, SP4K U15M 1 14.03 Thomas Litchfield PB, 2 11.19 Kye Charlton Brown, SP3.25K U13M 2 8.38 Alex Ayale, 3 5.76 D J Abinye, SP3K U17W 4 9.47 Megan Kavanagh, 6 6.30 Darcy Button, SP3K U15W 1 9.26 Kenyeh Soyey PB, 4 7.01 Alexandra Arnold, SP2.72K U13W 3 6.89 Caitlin Goudie, 1 6.87 Millie McFadyen PB, DT1.5K U17M 5 30.3 Ben Clements, 4 15.39 Callum Nicholson PB, DT1.25K U15M 2 30.34 Thomas Litchfield, 2 25.40 Stephen Simmons PB, DT1K U13M 2 24.32 Nathan Litchfield PB, 4 11.38 Max Hanford, DT1K U17W 5 15.99 Megan Kavanagh, 4 15.59 Lucy Dixon, DT1K U15W 3 19.87 Kenyeh Soyey, 3 17.55 Cliona Blackwell DT0.75K U13W 5 14.03 Mia Pountney, HT5K U17M 6 12.91 Richard Laursen, HT4K U15M 1 50.02 Thomas Litchfield PB, HT3K U15W 3 27.94 Cliona Blackwell PB, JT700 U17M 3 37.73 Joe Davis PB, 2 37.13 Joshua Rogers, JT600 U15M 5 29.81 Liam Holland, 3 29.7 Megan Jessop, JT500 U17W 6 20.23 Katie Jeffery, 5 16.02 Rosie Bailey, JT500 U17W 1 28.19 Holly Smith, 1 23.95 Cliona Blackwell, JT400 U13M , 4 26.5 Nathan Litchfield 3 24.54 Odoka Fentelman, JT400 U13W 4 16.48 Caitlin Goudie, 2 14.91 Erin Thompson

Eastern Masters T&F Champs, Sandy, Saturday 3 September 2016

Jim Keech M65 100m 14.76, 200m 31.57, Pete Webster M45 200m 28.97, 400m 60.92, Andy Cohen Wray 400m M35 58.80 110H 20.54, 400mH 66.41, Tenny James M55 400m 59.46 Pete Benedickter M45 400mH 59.75, Rob Lands M55 800m 2:52.19, 3000m 12:39.85, Andy Leach M50 3000m 9:40.72, Steve Bass M40 High Jump 1.35m, Long Jump 4.57m, Triple Jump 9.26m, Shot 7.50m, Gary Smith M45 Long Jump 5.45m, Patrick Daly M40 Pole Vault 3.13m, Simon Eastwood M50 Pole Vault 3.23m, Discus 31.19, Javelin 34.82, Jemma Eastwood W35 Pole Vault 3.03m, Gavin Fordham M35 Discus 35.61m, Javelin 33.34m, Shot 10.05m, Graeme Packman M60 Pole Vault 3.60m, Hammer 23.98m, Shot 10.01m, Jim Burke M60 Discus 29.61m, Hammer 28.41m, Javelin 16.78m, Shot 8.96m.

School Games, Loughborough, Friday 2 September 2016

Our regional representatives:

1500m Tabatha Walford U17 5th 4:50.54 (Midlands) Solye Vault U17 1st Frankie Johnson (South) 4.70m

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

Love Luton Half Marathon, Sunday 30 October 2016

1st (16th) Natasha Peters-Cooper 1:23:54, 40 Ellie Garraway 1st F40 1:29:39, 80 Calvin Hemmings 1:34:50

Fenalnd 10, Sunday 30 October 2016

1st James Bellward 52mins 35sec, Cambs County Champion, Alan Turnbull 1st M50 59:31

Serpentine Last Friday 5k, Hyde Park, Friday 28 October 2016

Paul Wilkerson M60 19:32, Dave Stubbins M70 25:39

Great South Run 10 Mile, Portsmouth, Sunday 23 October 2016

29 Steve Horton M35 54:21

RAF v Eastern AA v Cambridge University, Nowton Park, Saturday 22 October 2016

We had several people representing the East and RAF in the races. Women 6km Kirsty Thompson (RAF) 25:49
Men 10km: 3rd John Eves (East) 31:57, 6 James Bellward (RAF) 32:17, 8 Alex Bellew (East) 32:21, 13 Steve Robinson (RAF) 33:09, 18 Andy Leach (M50, EMAC) 34:38, 25 Craig Emmerson (East) 35:53.

SoE Cross Country Relays, Wormwood Scrubs, Saturday 22 October 2016

Our U13 Boys were fourth in 22:33 Zena Saez 07:05 1, Chris Brodie 07:47 4, Max Hanford 07:41 4. Richard Laursen U15 ran in an incomplete team 11:22. Zena ran the second fastest leg overall on the day.
We also had U20 and Senior Men's teams out as Tony Forrest reports:
Both Bedford & County AC's Senior and Junior (U20) mens squads competed in the relay championships at the Linford Christie Stadium, Wormwood Scrubs on Saturday. The Junior race was 3x3.3km. The A team of Will Mullins, Andrew Headley and Ben Davies, did not retain the title won last year but took 3rd place with a strong team effort. The standout performance was Ben's run on last leg, a time of 10:19 and the 3rd fastest time of the day. Will and Andrew ran 10:43 and 11:20 resp. The B team was incomplete with Will Forster and Callum Mullins running 11:36 and 11:23 resp.
The Seniors had to settle for 14th place in their race of 4x4.6km. Matt Drury, first leg, was the fastest in the team in 14:16 with Richard Henderson, Massi Dendani and Spencer Wilson recording 14:26, 15:21, and 17:14 respectively.

Late track & field news:

Our U15/U13 team have been promoted to Southern Premier 2 in the NYDL following the recent paper match. Chelmsford also gained promotion. Well done to all who competed and helped.

Results Base Chiltern League, Saturday 15 October 2016, Oxford

Early results [Photos by Mark Easton](#) [Photos by Barry Cornelius](#)

Bedford lie third overall after the first league match behind Milton Keynes and Chiltern. Third male overall, third female overall, second seniors overall and fourth juniors overall. Our winning teams were the U17's men and women and the senior men.

Senior Men: The senior men won the race with 2504 points to MMKAC's 2414

2 Jack Douglas 29:11, 5 Michael Harrison 29:43, 7 Josh Lunn 29:54, 14 Steve Horton 30:39, 17 Andy Govus 30:41, 19 Sam Knee-Robinson 30:45, 26 Andy McMulkin 31:09, 27 Matt Bray 31:16, 45 Oliver Saville 31:57, 50 Craig Emmerson 32:09, 76 Alan Turnbull 33:13, 89 Stuart Still 33:38, 90 Chris Riley 33:40, 204 37:41:00 Jim Black 37:41, 235 Spencer Wilson 38:30, 290 Tony Fitzpatrick 40:49

Senior Women: The senior women were 5th.

8 Natasha Peters 21:35, 35 Emily Relton 23:59, 39 Charlotte Davies 24:21, 48 Kirsty Thompson 24:53, 145 Hayley Vinnicombe 29:52, 155 Madeline Brodie 30:21

U17 Men: The U17 Men won with 93 points equal to second place Chiltern.

7 Evan Hosking 20:18, 11 Josh Rogers 20:47, 13 Richard Laursen 20:49, 15 Cameron Gillies 21:01, 27 Scott Thomas 22:43

U17/U20 Women: The U17 women won with 124 points equal to MMKAC.

4 Katie Lansbury 14:53, 7 Lauren Nichols 15:05, 8 Megan Middleton 15:06, 10 Anna Vinnicombe 15:20, 12 Sinead Stovell 15:31, 14 Maisie Relton 15:35, 17 Hannah Shelton 15:46, 31 Ashleigh Hyde 16:29, 38 Maisie Pritchard 16:51

U15 Boys: The U15 boys were 4th.

11 Jack Goodyear 13:36, 18 Ed Blythman 13:45, 39 Harry Brodie 14:45, 42 Isaac Lunn 15:02, 43 Keenan Hosking 15:06, 45 Nathan Hyde 15:17

U15 Girls: The U15 girls were third. 1 Tia Wilson 12:44, 7 Lucy-Mae Shepherd 13:14, 8 Rose Abbott 13:21

U13 Boys: The U13 boys were second behind Chiltern

2 Zena Saez 10:13, 6 James Vinnicombe 10:27, 8 Harry West 10:30, 23 Tom Deardon 10:52, 24 Chris Brodie 10:58, 36 Jayden Hill 11:17, 37 Noah Campion 11:19, 62 Robert Parrish 12:05, 77 Ethan Cairns 12:52

U13 Girls: The U13 girls were third.

7 Ruby Abbott 11:24, 12 Natalie Simmons 11:36, 41 Emma Abbey 12:26, 46 Imogen Wild 12:35

U11 Girls: 16 Violet Abbott 08:20



Manchester Half Marathon, Sunday 16 October 2016

Rebecca Murray won the half marathon in a time of 72:59. She was 38th overall.

Amphill Trophy XC Race, Sunday 16 October 2016

Matt Janes was 2nd 36:06, Spencer Wilson M40 36th 45:03. In the junior races Penny Francis U13G 3rd 9:11, Josh Rogers U17M 14:36 2nd, Richard Laursen U17M 14:44 3rd, Holly Hodgkinson U15G 16:52

ERRA Autumn Road Relays, Sutton Park, Saturday 8 October 2016



2016 saw all the autumn road relays run on the same day for the first time U13 through Senior Men. Full results and Photos can be found on the [SportSoft web site](#)

U13 Girls

28th 'A' 48:56 Ruby Abbott (28)15:47, Sophie Worrall (35)16:47, Sofia Perusko (28) 16:22, 'B' Amelia Baker (59) 17:39

U13 Boys

9th 'A' 42:17 Zena Saez (1) 13:29, Chris Brodie (7) 14:26, Jamie Vinnicombe (9) 14:22
19th 'B' 44:10 Thomas Dearden (30) 14:33, Max Hanford (22) 14:51, Oduka Fintelmann (19) 14:46

U15 Girls

18th 45:29 Lucy Mae Shepherd (23) 14:57, Holly Hodgkinson (18) 15:33, Rose Abbott (18) 14:59

U15 Boys

21st 'A'42:11 Jack Goodyear (33) 13:58, Owen Brownston (31) 14:22, Ed Blythman (21) 13:51
39th 'B' 43:42 Jake Harrison (45) 14:19, Andrew Tomlin (42) 14:53, Harry Brodie (39) 14:30

U17 Women

8th 'A'44:27 Lauren Nichols (14) 14:48, Anna Vinnicombe (12) 14:53, Katie Lansbury (8) 14:46
14th 'B' 45:31 Maisie Relton (17) 14:59, Sinead Stovell (14) 15:14, Francesca Worrall (14) 15:18
26th C'47:31 Hannah Shelton (24) 15:30, Ashleigh Hyde (26) 15:51, Josie Smith (26) 16:10

U17 Men

30th 'A' 40:00 Evan Hosking (30) 12:57, Richard Laursen (27) 13:15, Oliver Davies (30) 13:48

Senior Women

49th 'A'1:13:52 Sarah Kerr (56) 16:48, Kirsty Thompson (54) 18:14, Amy Chalmers (46) 16:41, Maddie Brodie (49) 22:09

Senior Men

The Senior men were in action on Saturday at the 6 Stage Road Relay fielding an A and B team. Things did not go quite according to plan, as the B team led the A for 3 of the 6 legs. The A team was led off by John Eves who's run of 18:37 left him in 44th place. This was 18 places behind Alex Bellew who recorded an excellent 18:15. Jack Douglas quickly closed on the B team's Jono Janes only to blow up in the later stages and slip further back. U20 Jono came home in 29th place with 18:37 to Jack's 18:59 for 47th. Leg 3 featured the club's top two bottom year Under 20s. Stan Willis A had a superb run advancing 16 places with an excellent 18:11. Ben Davies; B team; ran a composed 18:50 to maintain a slender advantage in 28th place. Normal service was resumed as GB International Jack Goodwin coming back after injury eased round in 18:06 to overtake the B team and move into 23rd. Bottom year U20 Will Mullins (B team) had a solid run of 19:30 finishing 35th. The A team finished 20th with Will Mackay and Josh Lunn running 18:34 and 19:09 resp. The B team finished 37th & 6th B team with Matt Bray and Andy McMulkin running 19:33 and 19:25 resp. The race was graced by the presence of Olympic 5000m 6th placer Andrew Butchart who just missed the lap record running 16:29, 4 secs faster than Mo Farah's best time set in 2009. *Tony Forrest*

20th 'A' 1:51:37 John Eves (43)18:37, Jack Douglas (47)18:59, Stan Willis (31) 18:12, Jack Goodwin (23) 18:06, Will Mackay (21) 18:34, Josh Lunn (20) 19:09

37th 'B' 1:54:10 Alex Bellew (26) 18:15, Jono Janes (29) 18:37, Ben Davies (28) 18:50, Will Mullins (35) 19:30, Matt Bray (36) 19:33, Andy McMulkin (37) 19:25.

Great Eastern Half Marathon, Peterborough, Sun 9 October 2016 17 Steve Horton M35 72:18, 328 Paul Lunn M40 89:52

Oxford Half Marathon Sunday 9 October 2016 11 Steve Naylor 72:47

Standalone 10km, Letchworth, Sun 2 October 2016 1 James Bellward 31:41, 2 Jono Janes 31:48, 5 Matt Janes 32:22, 7 Ryan Parker 33:37, 101 Paul Wilkerson (3rd M60) 40:54, 116 Spencer Wilson M40 41:51.

Great Scottish Half Marathon, Glasgow, Sun 2 October 2016 Will Mackay 67:54, Daniel Bradford 69:00

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

European Cross Champs Selections [Link](#)

Rebecca Murray has been selected for the women's U23 team following on from her victory in the Trials (see below). Alex Short has been selected for the men's U23 team, Alex has been running well in the USA for San Francisco University.

British XC Challenge & European Trials, Liverpool, Sat 26 November 2016



Several athletes were in action on Saturday at the McCain Cross Challenge Cross Country race at Liverpool's Sefton Park. This race is used as the trial for the GB team for the European Cross Country Championships. In the Combined Senior & Under 23 Women's race, Rebecca Murray, with probably her best ever race to date, had another outstanding run finishing in 3rd place overall and first U23. She was rewarded with selection for the Great Britain team in the upcoming European CC Championships. Rebecca's time for the ladies 8.1K course was 27:13 just 2 secs behind winner Gemma Steel. Rebecca's clubmate Alice Burgin was 68th in 29:43. Jack Douglas had an excellent run in the combined Senior and Under 23 men's race, finishing 71st overall in 31:15 for the 9.8K course. Alex Bellew was 88th 31:33. 17 year old Ben Davies had an excellent run finishing 35th 21:39 in the 6.7K U20 race, with Stan Willis 66th 22:09 & Jake Barraclough 77th 22:30. Tabatha Walford was 26th in U17 Women race in 16:15

Wolverton 5 Road Race, Saturday 26 November 2016



Several athletes were in action at the Wolverton 5 mile road race at Willen Lakes. Jack Goodwin & Matt Bergin moved quickly to the head of the field as the race got underway. Jack was content to sit in the lead pack until the halfway point before kicking away to win comfortably in the excellent time of 24:01 moving him to top of the 2016 UK 5 mile rankings. Matt in his first race since July ran cautiously early on but eased his way from 6th at halfway, to finish second in 24:24. Josh Lunn was 8th 26:04, Ollie Saville 16th 27:07, Paul Gooding M50 65 31:36, Dave Stubbins M70 172nd 41:35 and Rob Lands M55 178th 42:36. Jack, Matt & Josh won the team race by 6 minutes (combined time first three).



Photos by Barry Cornelius

Other Races Steve Naylor ran out a comfortable winner of the Eynesham 10K on Sunday, beating a field of almost 600, recording the excellent time of 31:59.

Eastern Athletics Champs, Keysoe, Sat 19 November 2016

From Tony Forrest:

Matt Janes took the Senior Men's title with a surge in the final kilometre, getting the better of his former Bedford team mate Steve Robinson Peterborough AC. Matt's time for the challenging, 3 lap, 12.5km course was 42:10. Craig Emmerson was 8th 45:28, Andy Blair 23rd (2nd M50) 51:01, and Calvin Hemmings 34th in 53:43. The U20 men ran with the Seniors (2 of the 3 laps, 8.3km). First home for Bedford was Will Mullins who finished 2nd in 28:35. He was backed up by Stephen Headley 4th 29:20 & Andrew Headley 5th 29:32, which clinching the team title for Bedford.

We were also successful in the boys races. The U17 Boys took the team title with Cameron Giles 3rd 22:04, Richard Laursen 22:31 4th, and Oliver Davies 23:32 6th.

The Under 15 Boys took the team title. Aiden Killeen 14:36 took individual gold and was backed up by Ed Blythman 15:34 4th, Owen Brownston 16:05 8th, Harry Brodie 16:07 10th, Kiro Bakcha 17:38 13th, Callum Nicholson 18:10 15th, Andrew Worrall 19:26 18th, and Indiga Singh 19:53 20th.

Our U13 Boys were even more dominant in winning the Team Championship. Chris Brodie 11:47 and Thomas Dearden 11:50 finished 2nd and 3rd respectively. They were followed in by Callum Campion 12:21 5th, Max Hanford 12:24 6th, Oduka Fentelman 12:37 7th, James Price 12:58 10th, Robert Parrish 13:00 11th, Ethan Cairns 13:34 16th, Alex Norman 14:11 19th, and Zena Saez 15:02 21th.

Other weekend races: An outstanding performance from Alex Short with 22nd place in the NCAA Division 1 Championship earning him "All American" status. His position and time of 30:14 for an accurate 10km cross country was of International standard he was representing the University of San Francisco, where he is currently studying.

St Neots Riverside half marathon: Sean Lang 250 1:39:30

Chiltern League, Milton Keynes, Saturday 12 November 2016

The latest round took place at Tear Drop Lakes with expanded and enhanced fields from the UK Cross Country Challenge. Despite it being an overcast and wet day there was some fabulous racing.

Early results are on the [Resultsbase website](#). In the senior mens race Jack Douglas 30th and James Bellward 32nd led the team home. Natasha Peters was 29th & Alice Burgin 36th in the senior ladies race. Ben Davies was 18th 18:59 in the U20's race. Tia Wilson was 5th in the U15 girls race & Zena Saez was 5th in the U13 boys. Barry Cornelius's comprehensive photo record can be [found here](#).

Divisional placings:

Senior Men: 2 Jack Douglas 31:18, 3 James Bellward 31:22, 30 Joe Strange 34:08, 32 Oliver Saville 34:12, 35 Tom Angell 34:19, 57 Alan Turnbull 35:33, 81 Scott Proctor 36:56, 92 Sam Barton 37:30, 107 Andy Blair 38:17, 115 Chris Milbourne 38:33, 131 Jim Black 39:34, 150 Paul Wilkerson 40:49, 175 Robert Payne 42:54, 189 Tony Fitzpatrick 43:33. The senior men were fourth, the junior men fourth and the masters ninth.

Senior Women: 2 Natasha Peters 21:31, 5 Alice Burgin 21:59, 23 Kirsty Thompson 25:24, 30 Leah Relton 25:50, 75 Ruth Kerr 29:04 Jane Lansbury (guest) 30:03, 117 Emma Coombes 33:42. The senior women were fourth.

U17 Men: 4 Richard Laursen 20:55, 6 Josh Rogers 21:16, 8 Evan Hosking 21:22, 9 Cameron Gillies 21:26, 13 Scott Thomas 21:42, 15 Oliver Davies 21:55, 23 Jonathan Nash 24:46. The U17 men won the race.

U17/U20 Women 3 Sinead Stovell 19:55, 4 Diana Chalmers 19:57, 5 Anna Vinnicombe 19:58, 6 Katie Lansbury 20:16, 8 Lauren Nichols 20:23, 9 Maisie Relton 20:29, 12 Hannah Shelton 20:50, 15 Gabriella Tarrant 21:02, 20 Francesca Worrall 21:30, 25 Ashleigh Hyde 22:04, 47 Josie Smith 27:11. The U20/U17 women won the race. Sinead was third U17, Diana first U20.

U15 Boys 9 Ed Blythman 15:58, 11 Jack Goodyear 16:18, 15 Harry Brodie 16:53, 24 Joe Lawson 17:33, 29 Nathan Hyde 17:40, 38 Callum Nicholson 18:30, 41 Kino Bakhcha 19:05, 48 Andrew Worrall 20:41. The U15 boys were second.

U15 Girls 1 Tia Wilson 13:07, 8 Lucy-Mae Shepherd 14:21, 10 Rose Abbott 14:24, 14 Holly Hodgskinson 14:53, 17 Niamh Huxford 15:15. The U15 girls were second in the race.

U13 Boys 3 Zena Saez 9:41, 9 Chris Brodie 9:54, 12 Tom Dearden 10:02, 22 Max Hanford 10:24, 26 Noah Campion 10:30, 29 Jayden Hill 10:34, 44 Ethan Cairns 11:30, 50 Alexander Norman 11:43. The U13 boys were second.

U13 Girls 5 Sofia Perusko 10:46, 8 Natalie Simmons 10:50, 20 Sophie Worrall 11:32, 23 Imogen Wild 11:35, 26 Lucy Tapster 11:40, 32 Ruby Abbott 11:51, 33 Emma Abbey 11:52, 39 Amelia Baker 12:17, 44 Louisa Sexton 12:30, 45 Sophie Gawin 12:35, 48 Holly Gordon 12:40, 52 Sakia Bakhcha 13:03 the U13 girls were third in the race.

U11 Boys 54 Monty Anford 7:35, 62 Peter Brodie 7:44

U11 Girls 19 Lucy Hopkin 7:32, 22 Violet Abbott 7:38, 41 Jessica Frost 8:11

After two rounds we lie second overall behind MMKAC and just ahead of Chiltern. We are also second in the male overall and third in female overall. We are second in the seniors and third in the juniors. Positions of individual age groups can be found on the [league website](#)

English Schools Regional Finals - East Central, Oakley, Saturday 5 November 2016

Several of our youngsters were competing for local schools Lincroft, Harrold Priory, Robert Bloomfield and Bedford Girls. Some great performances:

Junior Boys Tristan Cook 2nd Lincroft, Jamie Vinnicombe 5th Harrold, Harry West 8th Harrold

Inter Boys Jake Harrison 21st, Callum Webb 43rd Sharnbrook

Junior Girls Kizzy Angell 60th Bloomfield

Inter Girls Amy Chapplehow 5th, Eleanor Bruce 32nd Bedford Girls, 15th Lottie Knight Perse

ECCA National Cross Country Relays, Mansfield, Saturday 5 November 2016

Senior Men 6th 'A' 1:02:56.5 J Goodwin (4) 14:55.8, J Hoad (8) 16:03.1, D Deed 15:49.8, J Bellward (6) 16:07.8 Jack was sixth fastest overall.

'B' R Henderson (53) 16:25.8, M Dendani (66) 17:52.6, S Wilson (77) 19:50.1

Senior Women 'A' 8th 31:05.1 N Peters (30) 10:32.8 A Burgin (17) 10:34.7 R Murray (8) 9:57.6

'B' H Vinnicombe (125) 14:48.4

U20 Men 5th 'A' 27:09.0 S Willis (13) 9:00.0, J Janes (11) 9:08.3, B Davies (5) 9:00.6

38th 'B' 29:28.0 W Mullins (46) 9:31.4, T Angell (42) 10:03.5, S Headley (38) 9:53.1

46th Sam Barton (66) 10:05, Andrew Headley (47) 9:50, Will Forster (46) 10:33

U20 Women 15th 29:12.2 D Chalmers (26) 9:22.6, S Kerr (10) 9:19.0, A Chalmers (16) 10:30.6

U17 Men 55th 31:27.8 O Davies (83) 10:46.3, R Laursen (69) 10:22.3, J Rogers (55) 10:19.2

U17 Women 18th 'B' 29:22.0 A Vinnicombe (29) 9:32.6, M Relton (26) 10:00.7, S Stovell (18) 9:48.6

23rd 'A' 29:44.5 L Nichols (41) 9:48.9, M Middleton (34) 10:08.5, K Lansbury (23) 9:47.0

U15 Boys 'A' 34th 21:34.0 J Goodyear (46) 6:59.8, O Brownston (30) 7:04.2, H Brodie (33) 07:30.0

'B' J Harrison 7:08.5 K Bakhcha 8:16.4

U15 Girls 22nd 'A' 23:33.7 L Shepherd (40) 7:45.3, H Hodgskinson (32) 8:02.9, R Abbott (22) 07:45.5

U13 Boys 21st 'A' 22:42.2 Z Saez (46) 7:34.7, C Brodie (26) 7:31.3, M Hanford (21) 7:36.1

31st 'B' 23:11.6 O Fintelmann (51) 7:37.3, J Vinnicombe (25) 7:28.4, N Campion (31) 8:05.8

U13 Girls 36th 25:16.8 N Simmons (56) 8:03.5, I Wild (50) 8:52.1, S Perusko (36) 8:21.1



Bedford won the senior mens championship a record 3 years in a row between 2008-10& it is the most hotly contested of all the winter domestic championships. This year was a truly exciting race over 4 legs of 5km. Bedford performed brilliantly to finish in 6th place of the 166 finishing teams. Jack Goodwin got the team off to a great start on leg 1 coming home in 4th place. Jack wasted no time moving to the head of the field which contained several GB internationals. He remained with the lead pack as it whittled down to 4 people, but with around 800m to go he was forced to give way coming home in the great time of 14:55 just 8 secs behind the leg winner. James Hoad gave it all he had but was reeled in by a number of chasing teams finishing 8th with a time of 16:03. Darren Deed, a veteran of the gold medal teams of 2008-10, brought the team back towards the front, moving into 2nd place briefly before slipping back to 3rd with a solid 15:49. The race for the minor medals was still very tight at this point with just 42 secs covering 2nd to 16th places. James Bellward acquitted himself really well a valiant attempt to cling to a medal position was in vain as he was run down bringing the team home in 6th with excellent time of 16:08. Bedford's B team unfortunately failed to finish. The team was led off by Richard Henderson (16:26), Massi Dendani (17:52), and Spencer Wilson (19:50).

The club's under 20 men also produced a strong performance finishing 5th of 55 teams in their 3 x 3km race. The team was led off by Stan Willis who although struggling with the insanely fast early pace hung on well to come home in 13th place with a time of 9:00. Jono Janes moved the team up to 11th on leg 2, with 9:08. Ben Davies ran the anchor leg charging through the field to bring the team into 5th with 9:01. The B team finished in 38th place (4th B team), with Will Mullins (9:31), Tom Angell (10:03), and Stephen Headley (9:53). The C team were 46th with Sam Barton (10:05), Andrew Headley (9:50) and Will Forster (10:33). *Tony Forrest*

Leeds Abbey Dash 10k, Sunday 6 November 2016

Alex Bellew ran a personal best of 31:00. In his first ever 10K road race Jack Douglas recorded 31:41. 32 Alex Bellew 31:00, 50 Jack Douglas 31:41, 69 Josh Lunn 32:17, 114 Andrew McMulkin 33:28, 163 Joe Strange 34:19

BEDFORD & COUNTY AC 2016



January	February	March	April
May	June	July	August
September	October	November	December

Nos Galan Races, 5km, Mountain Ash, Saturday 31 December 2016

5th 14:37 Jack Goodwin, 8th 14:43 Matt Bergin, 14th 15:07 Jack Douglas, 20th 15:38 Michael Harrison, 21st 15:40 Josh Junn.

Serpentine Last Friday 5km, Friday 30 December 2016

4 James Hoad 15:17, 5 Alex Bellew 15:22, 85 Paul Wilkerson M60 20:21, 150 Dave Stubbins M70 26:05

Club Christmas Handicap, Bedford Embankment, Sunday 18 December 2016



If were walking along the embankment between 11:00 and 11:30 am on Sunday, you may have seen runners of all ages and sizes running in both directions They included Mexicans, elves, Santas and reindeer but the surprising feature was that all were wearing droopy black moustaches. The race was the 36th Bedford & County Annual Christmas Handicap race. This year the event was was a special one as it was held in honour of the memory of Club Legend **Pete Dancer** who passed away earlier this year. Pete is sadly missed by all his friends at the club and was a great supporter of the event. He ran in the first 34 races and only missed last year's race due to the onset of his illness. The race is held over a 3.0 mile course and runners are sent off at intervals determined by the handicapper. The slowest runners go off first and the fastest ones last.

The handicapper tries to ensure that the whole field closes up in the latter stages of the race and ideally with everyone finishing at the same time.

A field of 49 mustachioed runners and walkers toed the line. Some of the older and less fit club members were just taking part for Pete. Others, including GB internationals Jack Goodwin and Rebecca Murray were wearing fancy dress and just running round at a relatively steady pace. And yet some; ranging in age from 11 to 70 years of age; were determined to run flat out in order to try to capture the club's most prestigious prize of the year and be declared winner of the 2016 Bedford & County Christmas Handicap.

This year the winner was Mick Russell whose 66 year-old legs propelled him to a time of 21:51, hanging on for a sweet victory from the rapidly closing youngsters. Mick became the first recipient of the **Pete Dancer Memorial Trophy** and this was presented to him by Pete's wife Joy Dancer. Mick also won the winner's picture; painted 10 years ago by Steve Herring; featuring Pete as a Mexican with his famous moustache.

The first lady in 7th place was Emma Coombes in 24:08.

The best male fancy dress cup, a Christmas mug, went to Craig Emmerson (a reindeer) and the best female fancy dress went surprisingly to Howard Darbon who dressed as a pink fairy! The wooden spoon for last male finisher went to young Ed Carpenter who was following in his father footsteps, Pete Carpenter already has a large spoon collection of his own. The last lady wooden spoon was awarded to a former winner of the race Annette Shotbolt.

The fastest lap of the day went to Matt Janes who recorded 14:57 almost a minute down on his best of 14:01 from 2007. The fastest lady was last week's European Cross Country Gold medallist, Rebecca Murray with 18:30. There were some other performances of note; 14 year old Gregory Herring recorded a superb 16:48, but was still outdone by his dad Steve, who set a new over 50's record of 16:03.



The handicap results:

13 Matt Janes 14:57, 10 Simon Coombes 15:36, 11 Andrew Headley 15:40, 9 Steve Herring 16:03, 5 Tom Powell 16:21, 17 Peter Benedickter jnr 16:30, 35 Ben Alcock 16:45, 8 Gregory Herring 16:48, 21 Scott Proctor 16:54, 6 Chris Thornley 16:55, 22 Craig Emmerson 17:09, 24 Paul Lunn 17:20, 15 Alan Cross 17:24, 19 Andy Blair 17:31, 3 Isaac Lunn 17:47, 20 Jim Black 18:18, 29 Matt Bergin 18:30, 30 Matt Bray 18:30, 31 Jack Goodwin 18:30, 32 Lauren Hawtin 18:30, 33 Rebecca Murray 18:30, 34 Michael Harrison 18:30, 36 Josh Lunn 18:33, 2 Pete Benedickter snr 19:29, 18 Tony Fitzpatrick 19:46, 23 Sean Lang 20:25 16 Jonathan Roots 20:26, 12 Tennyson James 20:41, 37 Robert Payne 20:50, Rob Lands 21:30, 41 Callum Wilkinson 21:31, 42 Jo Wilkinson 21:31, 26 Sohail Butt 21:33, 1 Mick Russell 21:51, 25 Malcolm Cowley 22:01, 28 Lance Croft 22:24, 4 Simon Murray 23:21, 7 Emma Coombes 24:08, 14 Dave Stubbins 24:23 45 Seamus Hignson 25:06, 46 Ed Carpenter 26:12, 47 Pete Carpenter 26:12, 43 Mike Shotbolt 26:14, 44 Jo Broomhead 26:30, 38 Charlotte Bowling 28:43, 39 Dave Cheshire 28:43, 40 Joe Strange 28:43, 27 Howard Darbon 36:43, 48 Jackie Cheshire 82:48, 49 Annette Shotbolt 82:48

European Cross Country Champs, Chia, Sunday 11 December 2016

Two of Bedford & County AC's athletes represented Great Britain on Sunday in the European Cross Country Championships, which were held in Chia, Italy. Rebecca Murray was competing in the Under 23 Ladies race and came away with a Team Gold medal. Rebecca had a great run, battling all the way to finish as GB's 3rd scorer in 7th position. Rebecca finished just 30 secs down on the winner in a time of 19:52 for the 6.15km course. Alex Short also came away with a medal helping the GB team take the Bronze in the Under 23 Men's race. Alex was 4th scorer for Great Britain, finishing in 25th place in a time of 23:46 for the 8.15km race.

Telford 10k, Sunday 11 December 2016

Four Bedford athletes competed in the Telford 10K on Sunday. Jack Goodwin had another great race finishing in 8th place in a very strong field recording a personal best time of 29:44. Bedford's other 3 athletes also recorded personal bests, Matt Bergin was 22nd with 30:19, Alex Bellew 32nd with 30:52 and Josh Lunn 66th with 31:56. [Video of the race](#) - all can be seen (Jack hid until halfway!). [Photos](#) by Brian Smith.

Megawsitch Games, Lee Valley, Sunday 11 December 2016

60m Erin Thompson U15 9.18, Sara Fisher-Diaz U13 9.49, 9.36, Sofia Fisher-Diaz U13 9.66, 9.51, Sadie Werrett U13 10.10, 10.24
200m Sofia Fisher-Diaz U13 31.63
800m Andy Cohen Wray M35 2:15.15, Martyn Blackwell M50 2:30.05, Darcy Button U15 2:43.38, Sofia Fisher-Diaz U13 2:50.69
60mH Caitlin Goudie U15 13.46, Sadie Werrett U13 12.06, 12.01, High Jump Caitlin Goudie U15 1.31
Long Jump Erin Thompson U15 3.81, Darcy Button U15 3.84, Sadie Werrett U13 3.55, Layla Button U13 2.99.
Shot Caitlyn Blackwell U20 7.48, Cliona Blackwell U15 8.26, Caitlin Goudie U15 8.21, Erin Thompson U15 4.93, Darcy Button U15 5.75

South of England Inter Counties & Masters, Horspath, Saturday 10 December 2016

Masters races M50 4 Steve Herring 34:06, 31 Andy Blair 37:26

Inter County Races:

U13 Girls: 44 Natalie Simmons 13:06, 78 Ruby Abbott 14:59, 80 Imogen Wild 15:07, 88 Lucy Tapster 15:38

U13 Boys: 28 Zena Saez 11:45, 46 Chris Brodie 12:01, 49 Tristan Cook 12:05, 67 Max Hanford 12:16, 69 Noah Campion 12:19, 81 Tom Deardon 12:36, 91 Ooka Fentleman 12:42

U15 Girls: 5 Tia Wilson 15:24m, 53 Rose Abbott 16:43, 76 Lucymae Shepherd 17:14, 84 Holly Hodgkinson 17:27

U15 Boys: 53 Ed Blythman 15:01, 72 Harry Brodie 15:47, 83 Joe Lawson 16:15

U17 Men: 76 Richard Laursen 17:48, 77 Cameron Gillies 17:50, 87 Joshua Rogers, 18:27, 93 Scott Thomas 19:10, 96 Jonathan Nash 19:28

U17 Women: 24 Hannah Shelton 19:35, 40 Lauren Nichols 20:06, 43 Katie Lansbury 20:11, 48 Anna Vinnicombe 20:20, 58 Sinead Stovel 20:42, 61 Megan Middleton 20:48, 63 Maisie Relton 20:51

U20 Women: 49 Bonnie Murphy 26:41

[Photos](#) by Barry Cornelius

Loughborough Students AC Open, Saturday 10 December 2016

Gary Smith M45 60m 9.29 Long Jump 5.35m, Simon Eastwood M50 Pole Vault 3.30m

Southern England Student Sports Championships, Lee Valley, Wed 7 December 2017

Some student results - 60m Kwame Morris 7.52, 400m Nathan Cox 53.54, Long Jump Jean Mozobo 6.28.

Chiltern Cross Country League M3, Luton, Saturday 3 December 2017

Bedford finished second overall behind Milton Keynes in the division one match and retain that position after three rounds. We are also second in the overall male category but third in the female category after a slightly weaker fourth on the day. The overall senior position is second but on the day we were fourth (very close to second and third). Our young athletes were second and remain second just 100 points behind Milton Keynes (who lead in every category).

Individual categories

Senior Men - were fourth and lie third behind Milton Keynes & Oxford **U20 Men** were third and lie fifth

Senior Women - were sixth and lie fourth.

U17 Men - were third and lie second (3 points behind MMKAC) **U17/U20 Women** - were first and lie first

U15 Boys - were second and lie third **U15 Girls** - were third and lie second

U13 Boys - were second and lie second **U13 Girls** were fourth and lie third. [Photos](#) by Mark Eaton

Mob match positions:

Senior Men 3 28:25 James Bellward, 6 28:50 Matt Janes, 17 29:37 Andrew Headley, 30 30:05 William Mullins, 33 30:13 Andrew Inskip, 70 31:49 Rob Harris, 123 33:13 Scott Proctor, 146 34:20 Andy Blair, 175 35:27 Jim Black, 218 36:46 Martyn Blackwell, 235 37:38 Tony Fitzpatrick

Senior Women 2 20:40 Alice Burgin, 13 22:06 Alanah Harris, 30 23:37 Charlotte Davies, 40 24:22 Kirsty Thompson, 112 27:04 Ruth Kerr, 144 28:56 Hayley Vinnicombe, 169 30:27 Emma Coombes

U17 Men 10 20:36 Evan Hosking, 12 20:51 Scott Thomas, 13 20:56 Richard Laursen, 15 21:03 Josh Rogers, 25 21:56 Jonathan Nash, 29 22:37 Oliver Davies

U17/U20 Women 4 15:48 Tabatha Walford, 5 16:04 Anna Vinnicombe, 6 16:21 Sinead Stovell, 9 16:42 Hannah Shelton, 13 16:58 Lauren Nichols, 23 17:31 Bonnie Murphy, 32 17:59 Ashleigh Hyde, 34 18:01 Maisie Pritchard

U15 Boys 11 15:01 Jack Goodyear, 13 15:08 Ed Blythman, 23 15:46 Harry Brodie, 32 16:05 Joe Lawson, 42 16:50 Callum Nicholson, 56 17:20 Kino Bakhcha, 64 18:21 Andrew Worrall, 68 18:57 Indermeet Singh

U15 Girls 1 14:00 Tia Wilson, 11 15:06 Rose Abbott, 28 15:57 Lucy-Mae Shepherd, 30 16:00 Holly Hodgkinson, 36 16:26 Niamh Huxford, 48 17:11 Lucy Keith

U13 Boys 1 12:12 Zena Saez, 7 12:28 Chris Brodie, 19 12:55 Max Hanford, 23 13:06 Noah Campion, 43 13:44 James Vinnicombe, 59 14:39 Ethan Cairns, 73 15:52 Ryan Mingay

U13 Girls 5 10:59 Sofia Perusko, 9 11:07 Natalie Simmons, 31 11:51 Sophie Worrall, 35 11:54 Ruby Abbott, 40 12:00 Imogen Wild, 49 12:15 Lucy Tapster, 53 12:26 Emma Abbey, 79 13:45 Sakia Bakhcha

U11 Boys 43 10:31 Monty Anford

U11 Girls 12 10:14 Violet Abbott, 14 10:19 Lucy Hopkin

Individual league positions after three race, scoring best two [Full Rankings](#)

Our leading athletes:

Senior Men Jack Douglas equal first, James Bellward third, Senior Women Alice Burgin & Natasha Peters equal third, M40 Men Alan Turnbull is first. U17 Men Evan Hosking is fifth, U17 Women Sinead Stovell is third and Anna Vinnicombe fourth. U15 Girls Tia Wilson is undefeated and has run all three races. U13 Boys Zena Saez is first, U13 Girls Sofia Perusko is fifth.