

**BEDFORDSHIRE CROSS COUNTRY CHAMPIONSHIPS**  
**The Manor House (Shuttleworth), Old Warden Park, Bedfordshire**  
**9th January 2016**

**Under 13 Girls (3k)**

Posn	Time	No.	Name	Club
1	11:23	504	PERUSKO, Sofia	Bedford & County AC
2	12:03	512	JAY, Leah	Luton AC
3	12:12	502	HODGSKINSON, Holly	Bedford & County AC
4	12:17	508	WORRALL, Sophie	Bedford & County AC
5	12:21	501	ABBOTT, Ruby	Bedford & County AC
6	12:59	503	HUXFORD, Niamh	Bedford & County AC
7	13:34	511	CARTER, Niquole	Leighton Buzzard AC
8	13:34	510	BROOKS, Zara	Leighton Buzzard AC
9	13:38	506	TAPSTER, Lucy	Bedford & County AC
10	14:01	505	SEXTON, Louisa	Bedford & County AC
11	14:07	509	COOKE, Jessica	Biggleswade AC

**Under 13 Girls Teams**

**1 Bedford & County AC**

Place	Time	Name
1	11:23	PERUSKO, Sofia
3	12:12	HODGSKINSON, Holly
4	12:17	WORRALL, Sophie
<b>8</b>	<b>35:52</b>	<b>Totals</b>

**2 Bedford & County AC**

Place	Time	Name
5	12:21	ABBOTT, Ruby
6	12:59	HUXFORD, Niamh
9	13:38	TAPSTER, Lucy
<b>20</b>	<b>38:58</b>	<b>Totals</b>

## Under 15 Girls (4k)

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>
1	13:55	550	WILSON, Tia	Bedford & County AC
2	14:41	556	JAY, Libby	Luton AC
3	14:52	546	SHEPHERD, Lucy-Mae	Bedford & County AC
4	15:07	547	STOVELL, Sinead	Bedford & County AC
5	15:23	540	ABBOTT, Rose	Bedford & County AC
6	15:27	555	HAYMAN, Natasha	Luton AC
7	15:31	543	RELTON, Maisie	Bedford & County AC
8	15:37	557	NUNN, Georgia	Luton AC
9	15:53	545	SHELTON, Hannah	Bedford & County AC
10	16:01	542	KEITH, Lucy	Bedford & County AC
11	16:24	541	HYDE, Ashleigh	Bedford & County AC
12	16:41	548	TAPSTER, Molly	Bedford & County AC
13	18:33	549	TARRANT, Gabriella	Bedford & County AC
14	19:04	554	RABBITS, Ellie	Leighton Buzzard AC
15	19:51	551	CARTER, Dana	Leighton Buzzard AC
16	20:14	553	KEEFE, McKenna	Leighton Buzzard AC

## Under 15 Girls Teams

### **1 Bedford & County AC**

<b>Place</b>	<b>Time</b>
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1	13:55
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3	14:52
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4	15:07
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<b>8</b>	<b>43:54</b>
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<b>Name</b>
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WILSON, Tia
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SHEPHERD, Lucy-Mae
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STOVELL, Sinead
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<b>Totals</b>
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### **2 Luton AC**

<b>Place</b>	<b>Time</b>
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2	14:41
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6	15:27
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8	15:37
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<b>16</b>	<b>45:45</b>
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<b>Name</b>
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JAY, Libby
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HAYMAN, Natasha
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NUNN, Georgia
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<b>Totals</b>
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### **3 Bedford & County AC**

<b>Place</b>	<b>Time</b>
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5	15:23
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7	15:31
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9	15:53
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<b>21</b>	<b>46:47</b>
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<b>Name</b>
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ABBOTT, Rose
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RELTON, Maisie
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SHELTON, Hannah
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<b>Totals</b>
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### **4 Bedford & County AC**

<b>Place</b>	<b>Time</b>
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10	16:01
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11	16:24
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12	16:41
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<b>33</b>	<b>49:06</b>
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<b>Name</b>
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KEITH, Lucy
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HYDE, Ashleigh
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TAPSTER, Molly
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<b>Totals</b>
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### **5 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>
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14	19:04
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15	19:51
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16	20:14
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<b>45</b>	<b>59:09</b>
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<b>Name</b>
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RABBITTS, Ellie
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CARTER, Dana
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KEEFE, McKenna
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<b>Totals</b>
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### **Under 17 and Under 20 Women (6k)**

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
1	21:44	581	KERR, Sarah	Bedford & County AC	F20
2	22:05	575	WORRALL, Francesca	Bedford & County AC	F17
3	22:23	577	NICHOLS, Lauren	Bedford & County AC	F17
4	22:31	576	MCCAFFRAY, Erin	Bedford & County AC	F17
5	27:40	582	VAFADARI, Freya	Luton AC	F20
6	29:01	580	WESTROPE, Megan	Leighton Buzzard AC	F17
7	29:15	579	DEVERICK, Leah	Dunstable Road Runners	F17

### **Combined Under 17 and Under 20 Women's Teams**

<b>1 Bedford &amp; County AC</b>		<b>Name</b>	<b>Category</b>
<b>Place</b>	<b>Time</b>		
1	21:44	KERR, Sarah	F20
2	22:05	WORRALL, Francesca	F17
3	22:23	NICHOLS, Lauren	F17
<b>6</b>	<b>1:06:12</b>	<b>Totals</b>	

## **Senior and Veteran Women (8k)**

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
1	31:01	714	KEANE, Rosie	Luton AC	FS
2	31:53	703	BURGIN, Alice	Bedford & County AC	FS
3	32:15	704	HARRIS, Alanah	Bedford & County AC	FS
4	33:20	732	NAYLER, Juliet	Biggleswade AC	F40
N/S	33:47	724	LATHWELL, Christine	Stopsley Striders	F35
5	34:04	723	MCCMAHON-ADIE, Claire	Luton AC	F35
6	34:06	746	FULLEN, Gill	Bedford Harriers	F50
7	34:15	725	BOWERMAN, Nicola	Amphill & Flitwick Flyers	F40
8	34:52	730	EVEREST, Isobel	Biggleswade AC	F40
9	35:23	737	CARTWRIGHT, Sally	Bedford Harriers	F45
10	35:49	710	BRINE, Laura	Leighton Buzzard AC	FS
11	37:32	713	SHARPLES, Johanna	Leighton Buzzard AC	FS
12	37:37	720	THOMSON, Sarah	Amphill & Flitwick Flyers	F35
13	37:46	726	FISHER, Claire	Amphill & Flitwick Flyers	F40
14	38:02	700	BEARE, Deborah	Amphill & Flitwick Flyers	FS
15	38:44	711	FARNFIELD, Amy	Leighton Buzzard AC	FS
16	39:01	736	AATKAR, Jo	Amphill & Flitwick Flyers	F45
17	39:11	707	THOMPSON, Kirsty	Bedford & County AC	FS
18	39:16	733	WYNDE, Fiona	Biggleswade AC	F40
19	39:32	739	GRINT, Ruth	Dunstable Road Runners	F45
20	39:35	708	BROOM, Hannah	Biggleswade AC	FS
21	39:41	702	OAKLEY-KING, Hattie	Amphill & Flitwick Flyers	FS
22	39:52	743	GILBY, Caroline	Amphill & Flitwick Flyers	F50
23	39:59	728	PRITCHETT, Julie	Amphill & Flitwick Flyers	F40
24	40:05	727	MITCALF-CLARK, Louise	Amphill & Flitwick Flyers	F40
25	40:40	745	WITHERS, Keri	Amphill & Flitwick Flyers	F50
26	41:06	715	BERRY, Victoria	Redway Runners	FS
27	42:11	740	WARREN, Teresa	Dunstable Road Runners	F45
28	42:55	749	GOLDING, Anne	Dunstable Road Runners	F55
29	43:38	721	PHEE, Lisa-Jane	Dunstable Road Runners	F35
30	43:51	729	ROUSE, Niki	Amphill & Flitwick Flyers	F40
31	44:05	731	LUSCOMBE, Zoe	Biggleswade AC	F40
32	45:01	735	WEBB, Lorraine	Stopsley Striders	F40
33	46:19	741	TOWELL, Fiona	Leighton Buzzard AC	F45
34	47:24	762	DEWINTER, Margaret	Dunstable Road Runners	F60
35	48:32	709	LESLIE, Amie	Biggleswade AC	FS
36	49:44	748	LINES, Julia	Dunstable Road Runners	F50
37	50:56	744	O'MAHONEY, Caroline	Amphill & Flitwick Flyers	F50
38	60:30	761	COOK, Jane	Amphill & Flitwick Flyers	F60

## Senior/Veteran Women's Teams

### **1 Bedford & County AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
2	31:53	BURGIN, Alice	FS
3	32:15	HARRIS, Alanah	FS
17	39:11	THOMPSON, Kirsty	FS
<b>22</b>	<b>1:43:19</b>	<b>Totals</b>	

### **2 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
4	33:20	NAYLER, Juliet	F40
8	34:52	EVEREST, Isobel	F40
18	39:16	WYNDE, Fiona	F40
<b>30</b>	<b>1:47:28</b>	<b>Totals</b>	

### **3 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
7	34:15	BOWERMAN, Nicola	F40
12	37:37	THOMSON, Sarah	F35
13	37:46	FISHER, Claire	F40
<b>32</b>	<b>1:49:38</b>	<b>Totals</b>	

### **4 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
10	35:49	BRINE, Laura	FS
11	37:32	SHARPLES, Johanna	FS
15	38:44	FARNFIELD, Amy	FS
<b>36</b>	<b>1:52:05</b>	<b>Totals</b>	

### **5 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
14	38:02	BEARE, Deborah	FS
16	39:01	AATKAR, Jo	F45
21	39:41	OAKLEY-KING, Hattie	FS
<b>51</b>	<b>1:56:44</b>	<b>Totals</b>	

### **6 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
22	39:52	GILBY, Caroline	F50
23	39:59	PRITCHETT, Julie	F40
24	40:05	MITCALF-CLARK, Louise	F40
<b>69</b>	<b>1:59:56</b>	<b>Totals</b>	

### **7 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
19	39:32	GRINT, Ruth	F45
27	42:11	WARREN, Teresa	F45
28	42:55	GOLDING, Anne	F55
<b>74</b>	<b>2:04:38</b>	<b>Totals</b>	

**8 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
20	39:35	BROOM, Hannah	FS
31	44:05	LUSCOMBE, Zoe	F40
35	48:32	LESLIE, Amie	FS
<b>86</b>	<b>2:12:12</b>	<b>Totals</b>	

**9 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
25	40:40	WITHERS, Keri	F50
30	43:51	ROUSE, Niki	F40
37	50:56	O'MAHONEY, Caroline	F50
<b>92</b>	<b>2:15:27</b>	<b>Totals</b>	

**10 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
29	43:38	PHEE, Lisa-Jane	F35
34	47:24	DEWINTER, Margaret	F60
36	49:44	LINES, Julia	F50
<b>99</b>	<b>2:20:46</b>	<b>Totals</b>	

## Veteran Women's Teams

### **1 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
1	33:20	NAYLER, Juliet	F40
5	34:52	EVEREST, Isobel	F40
10	39:16	WYNDE, Fiona	F40
<b>16</b>	<b>1:47:28</b>	<b>Totals</b>	

### **2 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
4	34:15	BOWERMAN, Nicola	F40
7	37:37	THOMSON, Sarah	F35
8	37:46	FISHER, Claire	F40
<b>19</b>	<b>1:49:38</b>	<b>Totals</b>	

### **3 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
9	39:01	AATKAR, Jo	F45
12	39:52	GILBY, Caroline	F50
13	39:59	PRITCHETT, Julie	F40
<b>34</b>	<b>1:58:52</b>	<b>Totals</b>	

### **4 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
11	39:32	GRINT, Ruth	F45
16	42:11	WARREN, Teresa	F45
17	42:55	GOLDING, Anne	F55
<b>44</b>	<b>2:04:38</b>	<b>Totals</b>	

### **5 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
14	40:05	MITCALF-CLARK, Louise	F40
15	40:40	WITHERS, Keri	F50
19	43:51	ROUSE, Niki	F40
<b>48</b>	<b>2:04:36</b>	<b>Totals</b>	

### **6 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
18	43:38	PHEE, Lisa-Jane	F35
23	47:24	DEWINTER, Margaret	F60
24	49:44	LINES, Julia	F50
<b>65</b>	<b>2:20:46</b>	<b>Totals</b>	



## Under 13 Boys (3k)

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>
1	11:11	517	BRODIE, Chris	Bedford & County AC
2	11:18	527	VINNICOMBE, James	Bedford & County AC
3	11:26	525	LAWSON, Joe	Bedford & County AC
4	11:34	515	ALSTON, Alex	Bedford & County AC
5	11:39	514	BOURN, Freddie	Bedford & County AC
6	11:42	536	GRIMSHAW, Dominic	Leighton Buzzard AC
7	11:43	523	HANFORD, Max	Bedford & County AC
8	11:44	524	HYDE, Nathan	Bedford & County AC
N/S	11:55	531	PARRISH, Robert	Bedford & County (n/s)
N/S	11:57	528	DEARDEN, Thomas	Bedford & County (n/s)
9	12:06	532	HEMMING, Daniel	Biggleswade AC
10	12:16	522	GALBRAITH, Ethan	Bedford & County AC
11	12:29	520	DUNKLEY, Oliver	Bedford & County AC
12	12:29	539	TOWELL, Scott	Leighton Buzzard AC
13	12:30	533	SWINBURNE, Elliot	Biggleswade AC
14	12:35	537	LINDARS, Owen	Leighton Buzzard AC
15	12:37	516	BRENNAN, Aiden	Bedford & County AC
16	12:41	535	BELL, Harry	Leighton Buzzard AC
17	13:34	518	CAIRNS, Ethan	Bedford & County AC
18	13:35	538	ROSE, Max	Leighton Buzzard AC
19	14:18	534	BELL, Ewan	Leighton Buzzard AC

## Under 13 Boys Teams

### **1 Bedford & County AC**

<b>Place</b>	<b>Time</b>
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1	11:11
2	11:18
3	11:26
<b>6</b>	<b>33:55</b>

<b>Name</b>
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BRODIE, Chris
VINNICOMBE, James
LAWSON, Joe

<b>Totals</b>
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### **2 Bedford & County AC**

<b>Place</b>	<b>Time</b>
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4	11:34
5	11:39
7	11:43
<b>16</b>	<b>34:56</b>

<b>Name</b>
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ALSTON, Alex
BOURN, Freddie
HANFORD, Max

<b>Totals</b>
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### **3 Bedford & County AC**

<b>Place</b>	<b>Time</b>
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8	11:44
10	12:16
11	12:29
<b>29</b>	<b>36:29</b>

<b>Name</b>
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HYDE, Nathan
GALBRAITH, Ethan
DUNKLEY, Oliver

<b>Totals</b>
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### **4 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>
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6	11:42
12	12:29
14	12:35
<b>32</b>	<b>36:46</b>

<b>Name</b>
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GRIMSHAW, Dominic
TOWELL, Scott
LINDARS, Owen

<b>Totals</b>
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### **5 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>
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16	12:41
18	13:35
19	14:18
<b>53</b>	<b>40:34</b>

<b>Name</b>
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BELL, Harry
ROSE, Max
BELL, Ewan

<b>Totals</b>
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## Under 15 Boys (4k)

Posn	Time	No.	Name	Club
1	12:36	565	KILLEEN, Aiden	Bedford & County AC
2	13:24	562	DAVIES, Oliver	Bedford & County AC
3	13:28	573	SAINT, Ryan	Luton AC
4	13:32	564	GILLIES, Cameron	Bedford & County AC
5	13:42	572	MORONEY, Michael	Luton AC
6	13:54	563	GILHESPY, Maximus	Bedford & County AC
7	13:55	566	LAURSEN, Richard	Bedford & County AC
8	13:56	569	WORRALL, Andrew	Bedford & County AC
9	14:08	571	KHAN, Antonio	Luton AC
10	14:22	561	BRODIE, Harry	Bedford & County AC

## Under 15 Boys Teams

### **1 Bedford & County AC**

Place	Time	Name
1	12:36	KILLEEN, Aiden
2	13:24	DAVIES, Oliver
4	13:32	GILLIES, Cameron
<b>7</b>	<b>39:32</b>	<b>Totals</b>

### **2 Luton AC**

Place	Time	Name
3	13:28	SAINT, Ryan
5	13:42	MORONEY, Michael
9	14:08	KHAN, Antonio
<b>17</b>	<b>41:18</b>	<b>Totals</b>

### **3 Bedford & County AC**

Place	Time	Name
6	13:54	GILHESPY, Maximus
7	13:55	LAURSEN, Richard
8	13:56	WORRALL, Andrew
<b>21</b>	<b>41:45</b>	<b>Totals</b>

### Under 17 Men (6k)

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>
1	18:27	684	DAVIES, Ben	Bedford & County AC
2	18:58	681	ANGELL, Tom	Bedford & County AC
3	19:05	683	BARTON, Sam	Bedford & County AC
4	19:30	688	MULLINS, Callum	Bedford & County AC
5	19:40	691	VINEY, Jamie	Bedford & County AC
6	19:44	687	MENZIES, Dominic	Bedford & County AC
7	19:51	692	WARD, Ryan	Bedford & County AC
8	21:51	695	NICHOLAS, Sam	Leighton Buzzard AC
9	27:15	694	YOUNG, James	Dunstable Road Runners
10	27:15	693	LEWIS, Sam	Dunstable Road Runners

### Under 17 Men's Teams

#### **1 Bedford & County AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>
1	18:27	DAVIES, Ben
2	18:58	ANGELL, Tom
3	19:05	BARTON, Sam
<b>6</b>	<b>56:30</b>	<b>Totals</b>

#### **2 Bedford & County AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>
4	19:30	MULLINS, Callum
5	19:40	VINEY, Jamie
6	19:44	MENZIES, Dominic
<b>15</b>	<b>58:54</b>	<b>Totals</b>

### Under 20 Men (8k)

No Entries

## Senior and Veteran Men (11k)

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
1	34:41	592	DEED, Darren	Bedford & County AC	MS
2	35:50	589	ALCOCK, Ben	Bedford & County AC	MS
3	37:32	598	JANES, Matt	Bedford & County AC	MS
4	38:04	587	HARRIS, Tim	Amphill & Flitwick Flyers	MS
5	38:30	599	KNEE-ROBINSON, Sam	Bedford & County AC	MS
6	38:31	633	COOMBES, Simon	Leighton Buzzard AC	M40
7	39:14	595	HENDERSON, Richard	Bedford & County AC	MS
8	39:39	634	GRIMSHAW, Ian	Leighton Buzzard AC	M40
9	39:45	591	BRAY, Matt	Bedford & County AC	MS
10	40:06	593	HEADLEY, Andrew	Bedford & County AC	MS
11	40:13	601	WALLBANK, Sam	Bedford & County AC	MS
12	40:33	585	FARMER, Paul	Amphill & Flitwick Flyers	MS
13	40:36	621	TURNER, Glen	Leighton Buzzard AC	MS
14	41:01	617	MACKRELL, Peter	Leighton Buzzard AC	MS
15	41:20	622	LEWIS, Rhys	Luton AC	MS
16	42:06	615	CORFIELD, Ben	Leighton Buzzard AC	MS
17	42:10	625	SAINS, Mark	Stopsley Striders	MS
18	42:19	604	HAMMETT, Ian	Bedford Harriers	MS
19	42:52	659	BEARE, Martin	Amphill & Flitwick Flyers	M50
20	43:03	628	HARTLEY, Stephen	Amphill & Flitwick Flyers	M40
21	43:35	612	SMITH, Ryan	Biggleswade AC	MS
22	43:42	594	HEADLEY, Stephen	Bedford & County AC	MS
23	43:45	652	BELL, James	Leighton Buzzard AC	M45
24	44:03	629	MITCALF, John	Amphill & Flitwick Flyers	M40
25	44:16	613	MURPHY, Lee	Dunstable Road Runners	MS
26	44:33	663	BLAIR, Andrew	Bedford & County AC	M50
27	44:38	654	EDWARDS, Gareth	Shaftesbury Barnet Harriers	M45
28	45:06	644	FINCH, Gary	Bedford Harriers	M45
29	45:17	627	BIERTON, Andy	Amphill & Flitwick Flyers	M40
30	45:37	655	FALLON, Gez	Stopsley Striders	M45
31	45:40	642	RIDDAWAY, Bobby	Amphill & Flitwick Flyers	M45
32	45:55	637	ROSE, Warren	Leighton Buzzard AC	M40
33	46:01	614	PEDDER, Mark	Dunstable Road Runners	MS
34	46:12	649	MURPHY, John	Dunstable Road Runners	M45
35	46:32	626	SCOTT, Nathan	Stopsley Striders	MS
36	46:39	667	SHELTON-SMITH, Kevin	Bedford Harriers	M55
37	46:41	610	COOKE, Paul	Biggleswade AC	MS
38	47:00	632	HAWTHORNE, Giles	Biggleswade AC	M40
39	47:30	666	FADDEN, Alastair	Bedford Harriers	M50
40	48:27	662	STANLEY, Richard	Amphill & Flitwick Flyers	M50
41	48:39	670	COURTNEY, Mick	Dunstable Road Runners	M50
42	49:09	669	CORNELL, Mark	Dunstable Road Runners	M50
43	49:21	675	BLESSING, Pat	Stopsley Striders	M50
44	49:47	586	GODFREY, Jeremy	Amphill & Flitwick Flyers	MS
45	49:49	657	SIMMONS, Glynn	Stopsley Striders	M45
46	49:57	641	OWEN, Paul	Amphill & Flitwick Flyers	M45
47	50:00	671	CURTIS, Rob	Dunstable Road Runners	M50
48	50:11	680	HURLEY, Joe	Leighton Buzzard AC	M55
49	50:14	623	BODSWORTH, Ben	Stopsley Striders	MS

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
50	50:28	620	POSTAWA, Colin	Leighton Buzzard AC	MS
51	51:33	661	JONES, Richie	Ampthill & Flitwick Flyers	M50
52	52:07	668	DEANS, Marc	Biggleswade AC	M50
53	52:33	660	BELL, Jeremy	Ampthill & Flitwick Flyers	M50
54	53:01	656	FALLON, Martin	Stopsley Striders	M45
55	53:22	588	STANLEY, Terry	Ampthill & Flitwick Flyers	MS
56	53:59	640	GRAHAM, Sean	Ampthill & Flitwick Flyers	M45
57	54:10	672	KEANE, Peter	Dunstable Road Runners	M50
58	54:34	678	ADDAMS, Chris	Biggleswade AC	M55
59	55:28	658	ATHERTON, Andy	Ampthill & Flitwick Flyers	M50
60	55:55	645	JAMES, Stephen	Bedford Harriers	M45
61	56:34	679	HARVEY, Neil	Biggleswade AC	M55
62	57:36	653	DIMMOCK, Chris	Leighton Buzzard AC	M45
63	64:22	674	BROOKS, Paul	Luton AC	M50
64	64:56	677	O'MAHONEY, Brendan	Ampthill & Flitwick Flyers	M55
65	65:44	650	PHEE, Gerry	Dunstable Road Runners	M45
66	65:58	676	COOK, Rob	Ampthill & Flitwick Flyers	M55

### **Senior/Veteran Men's Teams**

#### **1 Bedford & County AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
1	34:41	DEED, Darren	MS
2	35:50	ALCOCK, Ben	MS
3	37:32	JANES, Matt	MS
5	38:30	KNEE-ROBINSON, Sam	MS
7	39:14	HENDERSON, Richard	MS
9	39:45	BRAY, Matt	MS
<b>27</b>	<b>3:45:32</b>	<b>Totals</b>	

#### **2 Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
6	38:31	COOMBES, Simon	M40
8	39:39	GRIMSHAW, Ian	M40
13	40:36	TURNER, Glen	MS
14	41:01	MACKRELL, Peter	MS
16	42:06	CORFIELD, Ben	MS
23	43:45	BELL, James	M45
<b>80</b>	<b>4:05:38</b>	<b>Totals</b>	

#### **3 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
4	38:04	HARRIS, Tim	MS
12	40:33	FARMER, Paul	MS
19	42:52	BEARE, Martin	M50
20	43:03	HARTLEY, Stephen	M40
24	44:03	MITCALF, John	M40
29	45:17	BIERTON, Andy	M40
<b>108</b>	<b>4:13:52</b>	<b>Totals</b>	

**4 Stopsley Striders**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
17	42:10	SAINS, Mark	MS
30	45:37	FALLON, Gez	M45
35	46:32	SCOTT, Nathan	MS
43	49:21	BLESSING, Pat	M50
45	49:49	SIMMONS, Glynn	M45
49	50:14	BODSWORTH, Ben	MS
<b>219</b>	<b>4:43:43</b>	<b>Totals</b>	

**5 Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
25	44:16	MURPHY, Lee	MS
33	46:01	PEDDER, Mark	MS
34	46:12	MURPHY, John	M45
41	48:39	COURTNEY, Mick	M50
42	49:09	CORNELL, Mark	M50
47	50:00	CURTIS, Rob	M50
<b>222</b>	<b>4:44:17</b>	<b>Totals</b>	

**6 Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
31	45:40	RIDDAWAY, Bobby	M45
40	48:27	STANLEY, Richard	M50
44	49:47	GODFREY, Jeremy	MS
46	49:57	OWEN, Paul	M45
51	51:33	JONES, Richie	M50
53	52:33	BELL, Jeremy	M50
<b>265</b>	<b>4:57:57</b>	<b>Totals</b>	

**7 Biggleswade AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
21	43:35	SMITH, Ryan	MS
37	46:41	COOKE, Paul	MS
38	47:00	HAWTHORNE, Giles	M40
52	52:07	DEANS, Marc	M50
58	54:34	ADDAMS, Chris	M55
61	56:34	HARVEY, Neil	M55
<b>267</b>	<b>5:00:31</b>	<b>Totals</b>	

## Veteran Men's Teams

### **1      Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
3	42:52	BEARE, Martin	M50
4	43:03	HARTLEY, Stephen	M40
6	44:03	MITCALF, John	M40
10	45:17	BIERTON, Andy	M40
12	45:40	RIDDAWAY, Bobby	M45
18	48:27	STANLEY, Richard	M50
<b>53</b>	<b>4:29:22</b>	<b>Totals</b>	

### **2      Leighton Buzzard AC**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
1	38:31	COOMBES, Simon	M40
2	39:39	GRIMSHAW, Ian	M40
5	43:45	BELL, James	M45
13	45:55	ROSE, Warren	M40
25	50:11	HURLEY, Joe	M55
36	57:36	DIMMOCK, Chris	M45
<b>82</b>	<b>4:35:37</b>	<b>Totals</b>	

### **3      Dunstable Road Runners**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
14	46:12	MURPHY, John	M45
19	48:39	COURTNEY, Mick	M50
20	49:09	CORNELL, Mark	M50
24	50:00	CURTIS, Rob	M50
31	54:10	KEANE, Peter	M50
39	1:05:44	PHEE, Gerry	M45
<b>147</b>	<b>5:13:54</b>	<b>Totals</b>	

### **4      Ampthill & Flitwick Flyers**

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
23	49:57	OWEN, Paul	M45
26	51:33	JONES, Richie	M50
28	52:33	BELL, Jeremy	M50
30	53:59	GRAHAM, Sean	M45
33	55:28	ATHERTON, Andy	M50
38	1:04:56	O'MAHOONEY, Brendan	M55
<b>178</b>	<b>5:28:26</b>	<b>Totals</b>	



## Over 60 Men (8k)

<b>Posn</b>	<b>Time</b>	<b>No.</b>	<b>Name</b>	<b>Club</b>	<b>Category</b>
1	34:30	901	LOVESEY, Neil	Bedford Harriers	M60
2	36:53	907	REID, Andy	Stopsley Striders	M60
3	37:47	913	DAGLISH, Alan	Luton AC	M65
4	39:27	905	ELLERBECK, Pat	Riverside Runners	M60
5	39:42	904	SLANN, Derek	Redway Runners	M60
6	40:30	914	CHRISTOPHER, Derek	Stopsley Striders	M65
7	40:55	902	CLARKE, Christopher	Biggleswade AC	M60
8	41:13	906	HARDY, Richard	Stopsley Striders	M60
9	42:00	903	CRANE, Bill	Dunstable Road Runners	M60
10	42:48	900	STANLEY, Dave	Amphill & Flitwick Flyers	M60
11	45:09	912	WATT, Fred	Leighton Buzzard AC	M65
12	47:03	911	SKERRATT, Ian	Biggleswade AC	M65
13	47:08	917	SAGE, Ian	Dunstable Road Runners	M65
14	48:29	908	RICHARDSON, Lance	Stopsley Striders	M60
15	57:37	916	SEDGLEY, Dave	Amphill & Flitwick Flyers	M75

## Over 60 Men's Teams

<b>Place</b>	<b>Time</b>	<b>Name</b>	<b>Category</b>
<b>1</b>		<b>Stopsley Striders</b>	
2	36:53	REID, Andy	M60
6	40:30	CHRISTOPHER, Derek	M65
8	41:13	HARDY, Richard	M60
<b>16</b>	<b>1:58:36</b>	<b>Totals</b>	