

Event	Age group	Number	Name	Club	Performance			
75H	U15G	107	Courtney Osborne Walker	Bedford	12.8			
		103	Emily Cartledge	Bedford	13.5			
		109	Beth Summerfield	Bedford	13.9			
		214	Ailsa McKie	St Albans	14.3			
SP	U13B	125	Alfie Johnston	Bedford				
	800	U13G	106	Amelia Garbutt	Bedford	02:48.8		
		113	Suzannah Lindley	Bedford	02:55.0			
		104	Elizabeth Headley	Bedford	03:03.0			
		123	James Spragg	Bedford	03:24.4			
LJ	U15B	151	Gregor Murray	Watford	4.35			
		138	James Watkinson	Bedford	4.8			
		800	116	Daisy Ward	Bedford	02:40.0		
		114	Annabel Shreeves	Bedford	02:50.5			
100H	U17M	219	Cameron McKie	St Albans	14.6			
	800	U13G	106	Amelia Garbutt	Bedford	02:48.8		
		113	Suzannah Lindley	Bedford	02:55.0			
		104	Elizabeth Headley	Bedford	03:03.0			
		400	Shannon Keegan	Bedford	03:24.4			
	800	U15B	139	Rory Watkinson	Bedford	02:34.0		
		217	Jolyon Winkler	St Albans	03:03.0			
		218	Jordan Wonnacott	St Albans	03:13.0			
HT		U15B	132	Lewis Nicholson	Bedford	17.79		
	136		Ben Sparks	Bedford	20.55			
SP	U15G	121	Kate Summerfield	Bedford	5.57			
PV	U17M	124	Sam Frith	Bedford	3.1			
					2			
LJ	U13B	149	Callum Mullins	Bedford	3.34			
		302	Nathan Brearly	Chelmsford	3.43			
SP	U15B	132	Lewis Nicholson	Bedford	7.66			
		133	Daniel Telling	Bedford	7.65			
HJ	400	U15G	110	Tabitha Everett	Bedford	1.2		
		U15B	123	James Spragg	Bedford	63.2		
		162	Luke O'Mahony	Watford	68.7			
	100	U17M	134	Luigi Regas	Bedford	12.3		
			400	126	Harry Kendall	Bedford	57.2	
	100	U15B	127	Reduan Palmarello	Bedford	12.5		
			136	Ben Sparks	Bedford	13.3		
			141	Sam Riley	Bedford	14		
			151	Gregor Murray	Watford	14.5		
			U13B	154	Chris Noone	Watford	14	
		100	U15G	406	Stanley Willis	Bedford	14.6	
				149	Callum Mullins	Bedford	15.4	
				108	Eleanor Usher	Bedford	13.9	
				U13G	112	Vicky Pease	Bedford	14.4
				101	Izabella Buckholt	Bedford	15.1	
	300	U15G	105	Amelia Buckholt	Bedford	16.4		
			155	Launia Economu	Watford	45		
305			.E. Minton-Branfoot	Chelmsford	45.8			
		109	Beth Summerfield	Bedford	50.4			

			307	N Fisher	Chelmsford	53
	300	U17W	118	Dee Adams	Bedford	46.6
	1500	U15B	146	Matt Marsam	Bedford	04:57.4
			144	Frankie Jenkins	Bedford	05:06.6
			142	Alex Hepburn	Bedford	05:07.7
			131	Cameron Westrop	Bedford	05:22.6
			250	Will Davison	V o A	06:07.2
LJ		U13G	156	Gemma Stanger	Watford	2.77
			157	Lara Sulaman	Watford	2.2
DT		U15G	112	Vicky Pease	Bedford	3.28
			215	Megan Gamble	St Albans	9.23
			216	Laura Wonnacott	St Albans	10.17
JT		U15B	121	Kate Summerfield	Bedford	11.9
			136	Ben Sparks	Bedford	27.96
			132	Lewis Nicholson	Bedford	NT
			133	Daniel Telling	Bedford	16.76
SP		U13G	101	Izabella Buckholt	Bedford	7.09
DT		U15B	132	Lewis Nicholson	Bedford	19.36
			133	Daniel Telling	Bedford	24.54
	1500	U13B	147	Freddie Ayres	Bedford	05:19.6
		U17M	129	Josh Saunders	Bedford	04:48.3
			145	Tom Holland	Bedford	05:06.5
			140	Oliver Swain	Bedford	05:11.3
Relay		U15G	307	N Fisher	Chelmsford	56.8
JT		U17M	124	Sam Frith	Bedford	10.46
LJ		U15G	304	N Bird	Chelmsford	3.66
			160	Paige Smith	Watford	3.91
			110	Tabitha Everett	Bedford	3.36
DT		U13G	158	Sophie Higgs	Watford	11.3
HJ		U13B	148	William Mullins	Bedford	1.1
HJ		U15B	162	Luke O'Mahony	Watford	1.4
			123	James Spragg	Bedford	1.4
			142	Alex Hepburn	Bedford	1.5
	200	U13B	154	Chris Noone	Watford	30
			408	.	Bedford	30.4
			149	Callum Mullins	Bedford	33.4
		U17W	118	Dee Adams	Bedford	29.9
			405	Katie Healy	Bedford	30.3
		U15B	143	Darryl Geanga	Bedford	26.6
			135	Kye Smith	Bedford	26.9
			130	Morgan Croker	Bedford	23.3
			141	Sam Riley	Bedford	29.9
			306	Andy Fennell	Chelmsford	30.9
		U17M	134	Luigi Regas	Bedford	24.7
		U13G	102	Vicky Sales	Bedford	30.7
			120	Becky Ward	Bedford	32.3
			404	Olivia Black	Bedford	32.8
		U15G	251	Abbie Winterburn	V o A	32.4
			159	Louise Hall	Watford	34.3
Relay		U13B	149	Callum Mullins	Bedford	64.5

U15B

120 Becky Ward

Bedford

52.1

234 .

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55.3

123 James Spragg

Bedford

56.6

#N/A

#N/A

#N/A

#N/A