

## U13 Girls

### 100 m

|                           |                       |           |
|---------------------------|-----------------------|-----------|
| Tamai Griffith            | Luton AC              | 13.3 secs |
| Sasha Cutten              | Luton AC              | 13.6 secs |
| Natasha Doyle             | Rob Bloomfield School | 14.1 secs |
| Evie Mugridge             | Biggleswade AC        | 14.5 secs |
| Christie Munnley          | Lincroft              | 14.5 secs |
| Courtney Walker -Osbourne | Bedford & Cnty        | 14.5 secs |
| Lauren Herbert            | Bedford & Cnty        | 14.7 secs |
| Ami McCoy                 | Bedford & Cnty        | 14.8 secs |
| Olivia Sugars             | Lincroft              | 15.0 secs |
| Megan Roberts             | Biggleswade AC        | 15.1 secs |

### 200 m

|                           |                   |           |
|---------------------------|-------------------|-----------|
| Tamai Griffith (13)       | Luton AC          | 27.5 secs |
| Evie Mugridge             | Biggleswade AC    | 28.4 secs |
| Sasha Cutten              | Luton AC          | 28.8 secs |
| Courtney Walker -Osbourne | Bedford & Cnty    | 29.4 secs |
| Georgie Harris Love       | Robert Bloomfield | 30.4 secs |
| Adeya Edwards             | Luton AC          | 30.8 secs |
| Lauren Herbert            | Bedford & Cnty    | 30.9 secs |
| Lenisha Benjamin          | Lincroft          | 30.9 secs |
| Lauren Moroney            | Luton AC          | 31.0 secs |
| Elena Richardson          | Bedford & Cnty    | 31.7 secs |

### 800 m

|                 |                |                   |
|-----------------|----------------|-------------------|
| Lauren Russell  | Bedford & Cnty | 2 mins 34.9 secs  |
| Amelia Edwards  | Luton AC       | 2 mins 36.6 secs  |
| Lauren Moroney  | Luton AC       | 2 mins 39.0 secs  |
| Eleanor Usher   | Bedford & Cnty | 2 mins 44.2 secs  |
| Courtney Hunter | Bedford & Cnty | 2 mins 44.6 secs  |
| Kelly Rodd      | Bedford & Cnty | 2 mins 45.0 secs  |
| Katie Healey    | Bedford & Cnty | 2 mins 45.4 secs  |
| Daisy Ward      | Bedford & Cnty | 2 mins 47.9 secs  |
| Anna Bright     | Luton AC       | 2 mins 54.7 secs  |
| Millie Dalton   | Lincroft       | 2 mins 57.72 secs |

### 1500 m

|                        |                |                   |
|------------------------|----------------|-------------------|
| Katie Healey           | Bedford & Cnty | 5 mins 23.95 secs |
| Courtney Hunter        | Bedford & Cnty | 5 mins 36.6 secs  |
| Lauren Russell         | Bedford & Cnty | 5 mins 42.4 secs  |
| Lucy Churchill-Coleman | Beds Schools   | 5 mins 43.6 secs  |
| Tilley Rhubens         | Bedford & Cnty | 5 mins 46.7 secs  |
| Michelle Lathwell      | Luton AC       | 5 mins 48.1 secs  |
| K Lathwell             | Luton AC       | 5 mins 50.4 secs  |
| Eleanor Usher          | Bedford & Cnty | 5 mins 57.2 secs  |
| Rhiannon McCaffrey     | Bedford & Cnty | 6 mins 04.8 secs  |
| Millie Dalton          | Lincroft       | 6 mins 05.0 secs  |

### 70 m Hurdles

|                           |                   |            |
|---------------------------|-------------------|------------|
| Courtney Walker -Osbourne | Bedford & Cnty    | 12.3 secs  |
| Kelsey Bassett            | Robert Bloomfield | 13.3 secs  |
| Elena Richardson          | Bedford & Cnty    | 13.4 secs  |
| Lauren Moroney            | Luton AC          | 13.7 secs  |
| Millie Dalton             | Lincroft          | 14.34 secs |
| Jessica Amey              | Leighton Buzzard  | 14.5 secs  |
| Claire Cornish            | Biggleswade AC    | 16.2 secs  |
| Amelia Edwards            | Luton AC          | 16.5 secs  |
| Freya Vafadari            | Luton AC          | 16.8 secs  |
| Adeya Edwards             | Luton AC          | 16.9 secs  |

### High Jump

|                               |                       |        |
|-------------------------------|-----------------------|--------|
| Courtney Walker -Osbourne (6) | Bedford & Cnty        | 1.50 m |
| Lenisha Benjamin              | Bedford & Cnty        | 1.40 m |
| Natasha Doyle                 | Rob Bloomfield School | 1.35 m |
| Georgina Sexton               | Bedford & Cnty        | 1.25 m |
| Adeya Edwards                 | Luton AC              | 1.20 m |
| Katie Healey                  | Bedford & Cnty        | 1.20 m |
| Jessica Amey                  | Leighton Buzzard      | 1.15 m |
| Amalie Edwards                | Luton AC              | 1.15 m |
| Beth Tippite                  | Leighton Buzzard      | 1.15 m |
| Claire Cornish                | Biggleswade AC        | 1.10 m |
| Freya Vafadari                | Luton AC              | 1.10 m |

### Long Jump

|                     |                   |        |
|---------------------|-------------------|--------|
| K Powell (8)        | Bedford & Cnty    | 4.82 m |
| Sasha Cutten        | Luton AC          | 4.35 m |
| Tamai Griffith      | Luton AC          | 4.17 m |
| Georgie Harris Love | Robert Bloomfield | 4.09 m |
| Lauren Herbert      | Bedford & Cnty    | 3.81 m |
| Sarah Ridley        | Holmemead School  | 3.73 m |
| Ami-Lee Trafford    | Bedford & Cnty    | 3.73 m |
| Christie Munnley    | Luton AC          | 3.69 m |
| Henny Horsler       | U/A               | 3.69 m |
| Jessica Amey        | Leighton Buzzard  | 3.61 m |

### Discus

|                        |                   |         |
|------------------------|-------------------|---------|
| Clara Wise (16)        | Robert Bloomfield | 24.60 m |
| Kelsey Bassett         | Luton AC          | 17.65 m |
| Abi-Rose Redwood Smith | Holmemead School  | 16.36 m |
| T Rhubens              | Bedford & Cnty    | 11.47 m |
| Adeya Edwards          | Luton AC          | 11.36 m |
| K Lathwell             | Luton AC          | 9.61 m  |
| Michell Lathwell       | Luton AC          | 8.99 m  |
| Georgina Sexton        | Bedford & Cnty    | 8.91 m  |

### Javelin

|                   |          |         |
|-------------------|----------|---------|
| Adeya Edwards     | Luton AC | 19.90 m |
| Harriett Pentland | Lincroft | 17.25 m |
| K Lathwell        | Luton AC | 7.34 m  |
| Michell Lathwell  | Luton AC | 6.81 m  |

### Shot

|                   |                   |        |
|-------------------|-------------------|--------|
| Sasha Cutten      | Luton AC          | 7.43 m |
| Kelsey Bassett    | Luton AC          | 6.75 m |
| Katie Healey      | Bedford & Cnty    | 6.52 m |
| Victoria Chalmers | Robert Bloomfield | 6.25 m |
| Amelia Edwards    | Luton AC          | 5.68 m |
| J Jobbling        | Bedford & Cnty    | 5.62 m |
| Freya Vafadari    | Luton AC          | 5.35 m |
| Adeya Edwards     | Luton AC          | 5.03 m |
| Courtney Hunter   | Bedford & Cnty    | 4.70 m |
| Kelly Rodd        | Bedford & Cnty    | 4.63 m |









## U15 Girls

### 100 m

|                     |                        |            |
|---------------------|------------------------|------------|
| Hhepziba Ogunro (9) | Luton AC               | 12.72 secs |
| Sabrina Bakare      | Luton AC               | 12.8 secs  |
| Paige Cole          | Luton AC               | 13.3 secs  |
| Tamika Spence       | Luton AC               | 13.3 secs  |
| A Panter            | Beds Schools           | 13.5 secs  |
| Hannah Ronald       | Luton AC               | 13.5 secs  |
| Jodie Kitchenor     | Beds Schools           | 13.6 secs  |
| Alice Devaney       | Bedford & Cnty (Bucks) | 13.9 secs  |
| Rebecca Davies      | Leighton Buzzard AC    | 14.0 secs  |
| Hannah Fox          | Bedford & Cnty         | 14.0 secs  |
| Hawa Saliho         | Luton                  | 14.0 secs  |

### 200 m

|                      |                |            |
|----------------------|----------------|------------|
| Hhepziba Ogunro (13) | Luton AC       | 25.62 secs |
| Sabrina Bakare       | Luton AC       | 26.1 secs  |
| Abigail Dalton       | Lincroft       | 27.6 secs  |
| Paige Cole           | Luton AC       | 27.7 secs  |
| R Houghton           | Beds Schools   | 27.9 secs  |
| Tamika Spence        | Luton AC       | 27.9 secs  |
| Chloe Litchfield     | Biggleswade AC | 28.5 secs  |
| Hannah Fox           | Bedford & Cnty | 29.1 secs  |
| Charlotte Sexton     | Bedford & Cnty | 29.2 secs  |
| Hawa Saliho          | Luton          | 29.2 secs  |

### 300 m

|                   |                |           |
|-------------------|----------------|-----------|
| Hhepziba Ogunro   | Luton AC       | 41.6 secs |
| Sophie Billington | Luton AC       | 44.3 secs |
| Allanah Harris    | Bedford & Cnty | 46.0 secs |
| Demi Shade        | Bedford & Cnty | 47.1 secs |
| Grace Keane       | Luton AC       | 47.2 secs |
| Christey Tilley   | Luton AC       | 48.5 secs |
| Amey Fleming      | Luton AC       | 48.6 secs |
| Jessica Powers    | Luton AC       | 48.7 secs |
| Robin Clerkin     | Luton AC       | 49.5 secs |
| Kim Stonebridge   | Biggleswade AC | 49.9 secs |
| Megan Angel       | Bedford & Cnty | 49.9 secs |

800 m

|                        |                |                   |
|------------------------|----------------|-------------------|
| Sophie Billington (17) | Luton AC       | 2 mins 16.9 secs  |
| Allanah Harris         | Bedford & Cnty | 2 mins 21.0 secs  |
| Ellie Hemming          | Bedford & Cnty | 2 mins 26.6 secs  |
| Armorel Tribbeck       | Bedford & Cnty | 2 mins 27.2 secs  |
| Rebecca Murray         | Bedford & Cnty | 2 mins 27.20 secs |
| Megan Shreeves         | Bedford & Cnty | 2 mins 27.3 secs  |
| Hhepziba Ogunro        | Luton AC       | 2 mins 27.4 secs  |
| Grace Keane            | Luton AC       | 2 mins 29.07 secs |
| Molly McKenzie         | Bedford & Cnty | 2 mins 29.4 secs  |
| Revee Walcott Nolan    | Luton AC       | 2 mins 29.91 secs |

1500 m

|                     |                |                   |
|---------------------|----------------|-------------------|
| Allanah Harris (19) | Bedford & Cnty | 4 mins 44.48 secs |
| Revee Walcott Nolan | Luton AC       | 4 mins 51.8 secs  |
| Rebecca Murray      | Bedford & Cnty | 4 mins 53.9 secs  |
| Sophie Billington   | Luton AC       | 4 mins 54.4 secs  |
| Ellie Hemming       | Bedford & Cnty | 4 mins 54.8 secs  |
| Molly McKenzie      | Bedford & Cnty | 4 mins 57.9 secs  |
| Ellie Still         | Luton AC       | 4 mins 55.3 secs  |
| Megan Shreeves      | Bedford & Cnty | 5 mins 01.82 secs |
| Hannah Farmer       | Luton AC       | 5 mins 05.7 secs  |
| Grace Keane         | Luton AC       | 5 mins 07.95 secs |

3000 m

|                          |                |                    |
|--------------------------|----------------|--------------------|
| Rebecca Murray (5)       | Bedford & Cnty | 10 mins 19.5 secs  |
| Revee Walcott Nolan (13) | Luton AC       | 10 mins 33.47 secs |
| Ellie Still              | Luton AC       | 11 mins 29.85 secs |

### 75 m Hurdles

|                  |                 |            |
|------------------|-----------------|------------|
| Charlotte Sexton | Bedford & Cnty  | 12.54 secs |
| Hannah Conquest  | Beds Schools    | 12.7 secs  |
| Paige Cole       | Luton AC        | 13.6 secs  |
| Amy Johnson      | Bedford & Cnty  | 13.6 secs  |
| Christey Tilley  | Luton AC        | 13.7 secs  |
| Rebecca Davies   | Leigton Buzzard | 13.8 secs  |
| Abigail Dalton   | Beds Schools    | 13.9 secs  |
| A Martin         | Beds Schools    | 14.1 secs  |
| K Nicholls       | Luton AC        | 14.6 secs  |
| Hannah Ronald    | Luton AC        | 16.1 secs  |

### Pentathlon

|                  |                |             |
|------------------|----------------|-------------|
| Abigail Dalton   | Beds Schools   | 2260 pts    |
| Hannah Conquest  | Beds Schools   | 2206 pts    |
| Hhepziba Ogunro  | Luton AC       | 2160 pts    |
| Paige Cole       | Luton AC       | 2138 pts    |
| Charlotte Sexton | Bedford & Cnty | 2027 pts    |
| Christey Tilley  | Luton AC       | 1881 pts    |
| Charlotte Bodger | Bedford & Cnty | 1224 points |

### High Jump

|                     |                |        |
|---------------------|----------------|--------|
| Sabrina Bakare (19) | LutonAC        | 1.60 m |
| Cherrele Hibbert    | Luton AC       | 1.45 m |
| Hannah Conquest     | Beds Schools   | 1.44 m |
| Amy Johnson         | Bedford & Cnty | 1.40 m |
| Hannah Ronald       | Luton AC       | 1.40 m |
| Christey Tilley     | Luton AC       | 1.40 m |
| Eleanor Hudson      | Luton AC       | 1.40 m |
| Beth Clark          | Beds Schools   | 1.35 m |
| Paige Cole          | Luton AC       | 1.35 m |
| Abigail Dalton      | Beds Schools   | 1.35 m |

### Long Jump

|                     |                 |        |
|---------------------|-----------------|--------|
| Hhepziba Ogunro (5) | Luton AC        | 5.42 m |
| Abigail Dalton      | Beds Schools    | 4.57 m |
| Hannah Conquest     | Beds Schools    | 4.54 m |
| Chloe Litchfield    | Biggleswade AC  | 4.53 m |
| Alice Devaney       | Bedford & Cnty  | 4.48 m |
| Rebecca Davies      | Leigton Buzzard | 4.38 m |
| Paige Cole          | Luton AC        | 4.36 m |
| R Quinn             | Beds Schools    | 4.35 m |
| Hannah Ronald       | Luton AC        | 3.90 m |
| Charlotte Sexton    | Bedford & Cnty  | 3.89 m |

### Triple Jump

|                  |                |        |
|------------------|----------------|--------|
| Chloe Litchfield | Biggleswade AC | 9.44 m |
| Eleanor Hudson   | Luton AC       | 8.32 m |

### Discus

|                   |                 |         |
|-------------------|-----------------|---------|
| Laura Duffy (19)  | Luton AC        | 29.60 m |
| K Howard          | Beds Schools    | 27.44 m |
| Rachel Nicholls   | Bedford & Cnty  | 24.36 m |
| Emma Flynn        | Bedford & Cnty  | 23.45 m |
| J Haines          | Beds Schools    | 23.90 m |
| A Gay             | Beds Schools    | 23.62 m |
| Olivia D'Costa    | Bedford & Cnty  | 22.75 m |
| Molly McKenzie    | Bedford & Cnty  | 18.61 m |
| Sarah Adenyi      | Beds Schools    | 18.40 m |
| Danielle Stigwood | Beds Schools    | 18.30 m |
| Olivia Pieriea    | Etonbury School | 17.07 m |
| Beth Harvey       | Biggleswade AC  | 16.46 m |
| Paige Cole        | Luton AC        | 16.44 m |

### Javelin

|                    |                  |         |
|--------------------|------------------|---------|
| Olivia D'Costa (7) | Bedford & Cnty   | 37.86 m |
| Rachel Nicholls    | Bedford & Cnty   | 23.74 m |
| Sofia Shackcloth   | Leighton Buzzard | 22.48 m |
| Cherrele Hibbert   | Luton AC         | 20.69 m |
| P Eaton            | Beds Schools     | 20.15 m |
| Laura Duffy        | Luton AC         | 19.24 m |
| Kiera Fitzpatrick  | Bedford & Cnty   | 18.26 m |
| Noel Wolvaardt     | Bedford & Cnty   | 15.75 m |
| Sophie Roe         | Luton AC         | 11.38 m |
| Hawa Saliho        | Luton AC         | 10.08 m |

### Shot

|                  |                  |         |
|------------------|------------------|---------|
| Paige Cole (20)  | Luton AC         | 10.71 m |
| Olivia D'Costa   | Bedford & Cnty   | 10.17 m |
| Hannah Marshall  | Beds Schools     | 9.17 m  |
| Sarah Adenyi     | Beds Schools     | 9.02 m  |
| Rochelle Birch   | Beds Schools     | 7.95 m  |
| Amber Howes      | Beds Schools     | 7.71 m  |
| Abigail Dalton   | Beds Schools     | 7.38 m  |
| Danielle Sharpe  | Bedford & Cnty   | 7.37 m  |
| Sofia Shackcloth | Leighton Buzzard | 7.34 m  |
| Laura Duffy      | Luton AC         | 7.30 m  |

### Hammer

|             |                |         |
|-------------|----------------|---------|
| Beth Harvey | Biggleswade AC | 28.26 m |
| Paige Cole  | Luton AC       | 16.40 m |





## U17 Women

### 100 m

|                 |                |            |
|-----------------|----------------|------------|
| Lauren Stewart  | Bedford & Cnty | 12.6 secs  |
| Chidi Udemeze   | Bedford & Cnty | 12.6 secs  |
| Shanara Hibbert | Luton AC       | 12.8 secs  |
| Danni Patmore   | Bedford & C    | 12.93 secs |
| Rachel Peters   | Luton Schools  | 13.1 secs  |
| Yolanda Bullen  | Bedford & Cnty | 13.3 secs  |
| Lucy Munday     | Bedford        | 13.3 secs  |
| Sylvia Noel     | Luton AC       | 13.3 secs  |
| Amy Fleming     | Luton AC       | 13.4 secs  |
| Kelly Lepore    | Luton AC       | 13.4 secs  |

### 200 m

|                  |                |            |
|------------------|----------------|------------|
| Chidi Udemeze    | Bedford & Cnty | 26.2 secs  |
| Danni Patmore    | Bedford & C    | 26.3 secs  |
| Rhiannon Goodman | Bedford & Cnty | 26.4 secs  |
| Shanara Hibbert  | Luton AC       | 26.5 secs  |
| Lauren Stewart   | Bedford & Cnty | 26.6 secs  |
| Yolanda Bullen   | Bedford & C    | 26.65 secs |
| Lucy Munday      | Bedford        | 26.9 secs  |
| Devon Byrne      | Beds Schools   | 27.3 secs  |
| Amy Fleming      | Luton AC       | 27.5 secs  |
| Nicole Matthews  | Luton AC       | 27.5 secs  |

### 300 m

|                  |                |           |
|------------------|----------------|-----------|
| Lucy Munday      | Bedford & Cnty | 41.8 secs |
| Rhiannon Goodman | Bedford & Cnty | 43.2 secs |
| Shanara Hibbert  | Luton AC       | 43.2 secs |
| Amy Fleming      | Luton AC       | 43.3 secs |
| Danni Patmore    | Bedford & Cnty | 43.9 secs |
| Nicole Matthews  | Luton AC       | 44.1 secs |
| Dani Northwood   | Luton AC       | 45.3 secs |
| Hannah Frith     | Bedford & Cnty | 47.3 secs |
| Laura Caswell    | Bedford & Cnty | 48.0 secs |
| Amelia Wood      | Biggleswade AC | 49.7 secs |

## 400 m

|                  |                |            |
|------------------|----------------|------------|
| Amy Fleming      | Luton AC       | 62.2 secs  |
| Rhiannon Goodman | Bedford & Cnty | 62.9 secs  |
| Nicole Matthews  | Luton AC       | 63.69 secs |
| Amelia Wood      | Biggleswade AC | 69.9 secs  |

## 800 m

|                 |                |                   |
|-----------------|----------------|-------------------|
| Claudia Barker  | Bedford & Cnty | 2 mins 20.0 secs  |
| Alice Burgin    | Bedford & Cnty | 2 mins 26.3 secs  |
| Devon Byrne     | Beds Schools   | 2 mins 27.22 secs |
| Amy Fleming     | Luton AC       | 2 mins 32.84 secs |
| Cleo Lewis      | Luton AC       | 2 mins 34.2 secs  |
| Emily Relton    | Bedford & Cnty | 2 mins 35.1 secs  |
| Yolanda Bullen  | Bedford & Cnty | 2 mins 36.12 secs |
| Brogan Fielden  | Bedford & Cnty | 2 mins 36.6 secs  |
| Amelia Wood     | Biggleswade AC | 2 mins 37.1 secs  |
| Nicole Matthews | Luton AC       | 2 mins 43.1 secs  |

## 1500 m

|                |                |                   |
|----------------|----------------|-------------------|
| Emily Walbank  | Bedford & Cnty | 4 mins 39.38 secs |
| Alice Burgin   | Bedford & Cnty | 4 mins 46.45 secs |
| Emily Relton   | Bedford & Cnty | 4 mins 58.9 secs  |
| Brogan Fielden | Bedford & Cnty | 5 mins 27.6 secs  |
| Cleo Lewis     | Luton AC       | 5 mins 53.8 secs  |

## 3000 m

|                   |                |                    |
|-------------------|----------------|--------------------|
| Emily Walbank (6) | Bedford & Cnty | 9 mins 57.44 secs  |
| Alice Burgin      | Bedford & Cnty | 10 mins 27.11 secs |
| Emily Relton      | Bedford & Cnty | 10 mins 55.7 secs  |
| Brogan Fielden    | Bedford & Cnty | 12 mins 19.0 secs  |

### 80 m Hurdles

|                 |                |           |
|-----------------|----------------|-----------|
| Yolanda Bullen  | Bedford & Cnty | 12.0 secs |
| Lisa Clarke     | Luton AC       | 12.2 secs |
| Devon Byrne     | Beds Schools   | 13.4 secs |
| Danni Northwood | Luton AC       | 13.7 secs |
| Priya Bhatti    | Beds Schools   | 14.9 secs |

### 300 m Hurdles

|                |                |           |
|----------------|----------------|-----------|
| Devon Byrne    | Beds Schools   | 46.9 secs |
| Yolanda Bullen | Bedford & Cnty | 48.2 secs |

### 400 m Hurdles

|                 |          |            |
|-----------------|----------|------------|
| Danni Northwood | Luton AC | 73.1 secs  |
| Nicole Matthews | Luton AC | 78.43 secs |

### Heptathlon

|                |                |          |
|----------------|----------------|----------|
| Devon Byrne    | Beds Schools   | 3924 pts |
| Yolanda Bullen | Bedford & Cnty | 3364 pts |
| Priya Bhatti   | Beds Schools   | 2642 pts |

### High Jump

|                    |                  |        |
|--------------------|------------------|--------|
| Hannah Frith (4)   | Bedford & Cnty   | 1.73 m |
| Karen Vincent      | Luton AC         | 1.60 m |
| Kelly Johnson      | Bedford & C      | 1.50 m |
| Hattie Horsler     | Bedford & C      | 1.40 m |
| Yolanda Bullen     | Bedford & Cnty   | 1.39 m |
| Devon Byrne        | MMK              | 1.39 m |
| Nicole Matthews    | Luton AC         | 1.35 m |
| Priya Bhatti       | Sharnbrook       | 1.33 m |
| Anna Heane         | Leighton Buzzard | 1.20 m |
| Hannah Rourke      | Leighton Buzzard | 1.20 m |
| Kelly Lepore Kelly | Luton            | 1.10 m |

### Long Jump

|                    |                  |        |
|--------------------|------------------|--------|
| Shanara Hibbert    | Luton AC         | 5.46 m |
| Kelly Lepore Kelly | Luton            | 4.96 m |
| Hannah Longworth   | Luton AC         | 4.92 m |
| Devon Byrne        | MMK              | 4.91 m |
| Anna Heane         | Leighton Buzzard | 4.88 m |
| Karen Vincent      | Luton AC         | 4.80 m |
| Yolanda Bullen     | Bedford & Cnty   | 4.65 m |
| Sylvia Noel        | Luton AC         | 4.63 m |
| Lucy Munday        | Bedford & Cnty   | 4.54 m |
| Laura Caswell      | Bedford & Cnty   | 4.49 m |

### Triple Jump

|                    |                  |         |
|--------------------|------------------|---------|
| Hannah Longworth   | Luton AC         | 10.56 m |
| Laura Caswell      | Bedford & Cnty   | 10.06 m |
| Lisa Clark         | Luton AC         | 10.04 m |
| Karen Vincent      | Luton AC         | 9.87 m  |
| Kelly Lepore Kelly | Luton            | 9.69 m  |
| Rebecca Keens      | Luton AC         | 9.07 m  |
| Anna Heane         | Leighton Buzzard | 8.44 m  |
| Alex Harvey        | Luton AC         | 8.38 m  |
| Nicole Matthews    | Luton AC         | 7.45 m  |

### Discus

|                  |                  |         |
|------------------|------------------|---------|
| Devon Byrne      | MMK              | 31.19 m |
| Lisa Clark       | Luton AC         | 25.6 m  |
| Tobyn Eagles     | Bedford & Cnty   | 24.25 m |
| Katie Bland      | Biggleswade AC   | 20.50 m |
| Stephanie Knight | Luton AC         | 20.40 m |
| Rebecca Keens    | Luton AC         | 19.36 m |
| Claire Fuller    | Leighton Buzzard | 18.60 m |
| Brogan Fielden   | Bedford & Cnty   | 15.96 m |
| Emily Relton     | Bedford & Cnty   | 14.33 m |
| Hannah Kerr      | Bedford & Cnty   | 14.03 m |

### Javelin

|                  |                  |         |
|------------------|------------------|---------|
| Brogan Fielden   | Bedford & Cnty   | 27.07 m |
| Ria Nash         | Beds Schools     | 23.07 m |
| Hannah Rourke    | Leighton Buzzard | 22.29 m |
| Shaunagh Craig   | Bedford & Cnty   | 22.19 m |
| Priya Bhatti     | Beds Schools     | 19.08 m |
| Stephanie Knight | Luton AC         | 16.70 m |
| Yolanda Bullen   | Bedford & Cnty   | 15.25 m |
| Tamara Porritt   | Luton AC         | 15.03 m |
| Rebecca Keens    | Luton AC         | 11.75 m |
| Amy Fleming      | Luton AC         | 8.83 m  |

### Shot

|                  |                |        |
|------------------|----------------|--------|
| Devon Byrne      | MMK            | 8.92 m |
| Priya Bhatti     | Beds Schools   | 8.55 m |
| Yolanda Bullen   | Bedford & Cnty | 7.85 m |
| Stephanie Knight | Luton AC       | 7.67 m |
| Tobyn Eagles     | Bedford & Cnty | 7.58 m |
| Rebecca Keens    | Luton AC       | 6.91 m |
| Hannah Kerr      | Bedford & Cnty | 6.22 m |

### Hammer

|                  |                |         |
|------------------|----------------|---------|
| Katie Bland (20) | Biggleswade AC | 37.65 m |
| Rebecca Keens    | Luton AC       | 26.78 m |
| A Hayden         | Luton AC       | 25.67 m |
| Tobyn Eagles     | Bedford & Cnty | 19.49 m |
| Stephanie Knight | Luton AC       | 17.38 m |





U20 & Sen Women

100 m

|                           |                |        |           |
|---------------------------|----------------|--------|-----------|
| Michelle Webster          | Bedford & Cnty | Sen W  | 12.2 secs |
| Monica Bramwell           | Luton AC       | Sen W  | 12.6 secs |
| Jayne Willock (Rasmussen) | Luton AC       | Vet 45 | 12.7 secs |
| Lucy James                | Bedford & Cnty | U20 W  | 12.7 secs |
| Emma Hughes               | Luton AC       | Sen W  | 12.8 secs |
| Jonelle Johnson-Turner    | Luton AC       | U20 W  | 13.0 secs |
| Shakira Francis           | Luton          | U20 W  | 13.4 secs |
| Amoy Samuels              | Luton AC       | U20 W  | 13.4 secs |
| Carol Alker               | Luton AC       | Vet 50 | 13.5 secs |
| Anita Sampson             | Bedford & Cnty | V45    | 13.6 secs |

200 m

|                           |                |        |            |
|---------------------------|----------------|--------|------------|
| Lucy James (16)           | Bedford & Cnty | U20 W  | 24.90 secs |
| Michelle Webster          | Bedford & Cnty | Sen W  | 25.39 secs |
| Emma Hughes               | Luton AC       | Sen W  | 26.6 secs  |
| Jonelle Johnson-Turner    | Luton AC       | U20 W  | 27.2 secs  |
| Jayne Willock (Rasmussen) | Luton AC       | Vet 45 | 27.3 secs  |
| Monica Bramwell           | Luton AC       | Sen W  | 27.5 secs  |
| Amoy Samuels              | Luton AC       | U20 W  | 28.2 secs  |
| Alison Slatcher           | Bedford & Cnty | Vet 45 | 28.4 secs  |
| Nickita Walden Walker     | Bedford & Cnty | Sen W  | 28.7 secs  |
| Samantha Cutler           | Bedford & Cnty | U20 W  | 29.0 secs  |

400 m

|                  |                |        |            |
|------------------|----------------|--------|------------|
| Lucy James (3)   | Bedford & Cnty | U20 W  | 54.98 secs |
| Michelle Webster | Bedford & Cnty | Sen W  | 60.4 secs  |
| Emma Coombes     | Bedford & Cnty | Sen W  | 63.8 secs  |
| Alison Slatcher  | Bedford & Cnty | Vet 45 | 64.3 secs  |
| Rosie Keane      | Luton AC       | U20 W  | 65.2 secs  |
| Rachel Baust     | Biggleswade AC | Sen W  | 65.4 secs  |
| Anita Sampson    | Bedford & Cnty | V45    | 67.4 secs  |
| Catrina Lewis    | Luton AC       | Sen W  | 67.9 secs  |
| Samantha Cutler  | Bedford & Cnty | U20 W  | 70.0 secs  |
| Oriella Johnson  | Bedford & Cnty | V45    | 77.3 secs  |

800 m

|                 |                |        |                   |
|-----------------|----------------|--------|-------------------|
| Katrina Wootton | Bedford & Cnty | Sen W  | 2 mins 04.88 secs |
| Nicola Sykes    | Bedford & Cnty | Sen W  | 2 mins 14.57 secs |
| Natasha Peters  | Bedford & Cnty | Sen W  | 2 mins 20.11 secs |
| Rosie Keane     | Luton AC       | U20 W  | 2 mins 22.78 secs |
| Claire Bassill  | Luton AC       | Sen W  | 2 mins 23.9 secs  |
| Tarley Barnes   | Bedford & Cnty | U20 W  | 2 mins 27.2 secs  |
| Jade Christie   | Luton AC       | Sen W  | 2 mins 59.5 secs  |
| Alison Slatcher | Bedford & Cnty | Vet 45 | 3 mins 02.9 secs  |
| Amy Lyons       | Biggleswade AC | U20 W  | 3 mins 24.2 secs  |
| Julia MacKay    | Biggleswade AC | V35    | 3 mins 35.8 secs  |

1500 m

|                     |                   |        |                   |
|---------------------|-------------------|--------|-------------------|
| Katrina Wootton (5) | Bedford & Cnty    | Sen W  | 4 mins 06.69 secs |
| Natasha Peters      | Bedford & Cnty    | Sen W  | 4 mins 39.90 secs |
| Sue Bosher          | Bedford & Cnty    | Sen W  | 4 mins 53.0 secs  |
| Claire Bassill      | Luton AC          | Sen W  | 4 mins 54.76 secs |
| Rosie Keane         | Luton AC          | U20 W  | 5 mins 08.17 secs |
| Sarah Caunt         | Bedford & Cnty    | U20 W  | 5 mins 12.6 secs  |
| Tarley Barnes       | Bedford & Cnty    | U20 W  | 5 mins 20.2 secs  |
| Louise Peters       | Stopsley Striders | Vet 35 | 5 mins 21.2 secs  |
| Catrina Lewis       | Luton AC          | Sen W  | 5 mins 55.6 secs  |
| Hannah Street       | Biggleswade AC    | Sen W  | 6 mins 07.5 secs  |

3000 m

|                     |                   |        |                       |
|---------------------|-------------------|--------|-----------------------|
| Katrina Wootton (2) | Bedford & Cnty    | Sen W  | 8 mins 56.91 secs (i) |
| Nicola Sykes        | Bedford & Cnty    | Sen W  | 9 mins 46.6 secs      |
| Natasha Peters      | Bedford & Cnty    | Sen W  | 9 mins 57.73 secs     |
| Claire Bassill      | Luton AC          | Sen W  | 10 mins 38.98 secs    |
| Gail Duckworth      | Leighton Buzzard  | V50    | 11 mins 03.42secs     |
| Helen Frizzell      | Bedford & Cnty    | Sen W  | 11 mins 08.4 secs     |
| Louise Peters       | Stopsley Striders | Vet 35 | 11 mins 14.8 secs     |
| Claire McMahon      | Luton AC          | Sen W  | 12 mins 05.0 secs     |
| Catrina Lewis       | Luton AC          | Sen W  | 12 mins 10.0 secs     |
| Hannah Street       | Biggleswade AC    | Sen W  | 12 mins 51.7 secs     |

### 5000 m

|                     |                  |       |                    |
|---------------------|------------------|-------|--------------------|
| Katrina Wootton (4) | Bedford & Cnty   | Sen W | 15 mins 45.35 secs |
| Natasha Peters      | Bedford & Cnty   | Sen W | 18 mins 09.17 secs |
| Gail Duckworth      | Leighton Buzzard | V50   | 18 mins 47.09 secs |

### 100 m Hurdles

|                 |                |       |            |
|-----------------|----------------|-------|------------|
| Lauren Ambrose  | VPTH           | Sen W | 14.9 secs  |
| Jemma Harding   | Bedford & Cnty | Sen W | 16.7 secs  |
| Shakira Francis | Luton AC       | U20 W | 21.1 secs  |
| Amoy Samuels    | Luton AC       | U20 W | 21.12 secs |
| Sandra Ingham   | Biggleswade AC | V50   | 27.0 secs  |

### 2 K Steeplechase

|                |                |       |                   |
|----------------|----------------|-------|-------------------|
| Nicola Sykes   | Bedford & Cnty | Sen W | 6 mins 52.22 secs |
| Claire Bassill | Luton AC       | Sen W | 7 mins 57.77 secs |

### High Jump

|                          |                  |       |        |
|--------------------------|------------------|-------|--------|
| Lauren Ambrose           | Vic Prk TH       | Sen W | 1.63 m |
| Sarka Robinson           | Dac & Tring      | Sen W | 1.61 m |
| Tenisha Robinson-Scanlon | SBH              | Sen W | 1.55 m |
| Shakira Francis          | Luton AC         | U20 W | 1.45 m |
| Hyde Kerry               | Bedford & Cnty   | Sen W | 1.45 m |
| Lisa Gaunt               | Biggleswade AC   | Sen W | 1.30 m |
| Sandra Ingham            | Biggleswade AC   | V45   | 1.30 m |
| Anna Shackcloth          | Leighton Buzzard | Sen W | 1.30 m |
| Katie Winwood            | Bedford & Cnty   | Sen W | 1.25 m |
| Shannon Bunker           | Luton AC         | Sen W | 1.00 m |
| Sue Wise                 | Luton AC         | Sen W | 1.00 m |

### Long Jump

|                          |                |        |        |
|--------------------------|----------------|--------|--------|
| Tenisha Robinson-Scanlon | SBH            | Sen W  | 5.85 m |
| Emma Hughes              | Luton AC       | Sen W  | 5.84 m |
| Aimee Richardson         | Bedford & Cnty | U20 W  | 5.40 m |
| Jonnelle Johnson Turner  | Luton AC       | U20 W  | 5.14 m |
| Shakira Francis          | Luton AC       | U20 W  | 5.08 m |
| Katie Doody              | Luton AC       | U20 W  | 4.83 m |
| Hannah Street            | Biggleswade AC | Sen W  | 3.87 m |
| Sandra Ingham            | Biggleswade AC | Vet 45 | 3.57 m |
| Emma Coombes             | Bedford & Cnty | Sen W  | 3.46 m |
| Lisa Gaunt               | Biggleswade AC | Sen W  | 3.15 m |

### Pole Vault

|                |                |        |        |
|----------------|----------------|--------|--------|
| Jemma Harding  | Bedford & Cnty | Sen W  | 3.50 m |
| Sarka Robinson | Dac & Tring    | Sen W  | 3.35 m |
| Abby Seaman    | Bedford & Cnty | U20 W  | 2.60 m |
| Amy Lyons      | Biggleswade AC | U20 W  | 2.00 m |
| Jana Gibbs     | Luton AC       | Sen W  | 1.70 m |
| Jane Wilcox    | Luton AC       | Vet 45 | 1.05 m |
| Claire Bassill | Luton AC       | Sen W  | 1.00 m |

### Triple Jump

|                         |                |       |         |
|-------------------------|----------------|-------|---------|
| Emma Hughes             | Luton AC       | U20 W | 10.97 m |
| Shakira Francis         | Luton AC       | U20 W | 10.91 m |
| Jonnelle Johnson Turner | Luton AC       | U20 W | 10.64 m |
| Katie Doody             | Luton AC       | U20 W | 10.37m  |
| Aimee Richardson        | Bedford & Cnty | U20 W | 10.15 m |
| Jemma Harding           | Bedford & Cnty | Sen W | 10.04 m |
| Amy Lyons               | Biggleswade AC | U20 W | 8.65 m  |
| Sandra Ingham           | Biggleswade AC | V45   | 8.08 m  |
| Anne Lincoln            | Biggleswade AC | V50   | 5.47 m  |

## Discus

|                           |                  |        |         |
|---------------------------|------------------|--------|---------|
| Andrea Jenkins            | NVH              | Sen W  | 38.98 m |
| Shannon Bunker            | Luton AC         | Sen W  | 37.08 m |
| Jemma Harding             | Bedford & Cnty   | Sen W  | 36.00 m |
| Rachel Bennett            | Bedford & Cnty   | U20 W  | 35.91 m |
| Sarka Robinson            | Dac & Tring      | Sen W  | 31.62 m |
| Sue Wise                  | Luton AC         | Sen w  | 31.06 m |
| Amy Lyons                 | Biggleswade AC   | U20 W  | 22.81 m |
| Natalie Kimble            | Leighton Buzzard | Sen W  | 21.14 m |
| Jayne Willock (Rasmussen) | Luton AC         | Vet 45 | 19.90 m |
| Stacey Robinson           | Biggleswade AC   | Sen W  | 19.63 m |

## Javelin

|                 |                |       |         |
|-----------------|----------------|-------|---------|
| Amy Lyons       | Biggleswade AC | U20 W | 35.23 m |
| Shannon Bunker  | Luton AC       | Sen W | 32.17 m |
| Sarka Robinson  | Dac & Tring    | Sen W | 30.69 m |
| Amber Fiedlen   | Bedford & Cnty | U20 W | 29.23 m |
| Rachel Bennett  | Bedford & Cnty | U20 W | 28.83 m |
| Jemma Harding   | Bedford & Cnty | Sen W | 28.69 m |
| Sandra Ingham   | Biggleswade AC | V45   | 25.63 m |
| Stacey Robinson | Biggleswade AC | Sen W | 25.16 m |
| Andrea Jenkins  | NVH            | Sen W | 24.93 m |
| Jana Gibbs      | Luton AC       | Sen W | 23.98 m |

## Shot

|                           |                  |        |         |
|---------------------------|------------------|--------|---------|
| Shannon Bunker            | Luton AC         | Sen W  | 11.67 m |
| Andrea Jenkins            | NVH              | Sen W  | 10.91 m |
| Rachel Bennett            | Bedford & Cnty   | U20 W  | 10.22 m |
| Sarka Robinson            | Dac & Tring      | Sen W  | 9.95 m  |
| Jayne Willock (Rasmussen) | Luton AC         | Vet 45 | 9.13 m  |
| Sue Wise                  | Luton AC         | Sen W  | 9.03 m  |
| Natalie Kimble            | Leighton Buzzard | Sen W  | 8.70 m  |
| Sandra Ingham             | Biggleswade AC   | Vet 45 | 7.66 m  |
| Katie Winwood             | Bedford & Cnty   | Sen W  | 7.46 m  |
| Lisa Gaunt                | Biggleswade AC   | Sen W  | 6.46 m  |

## Hammer

|                           |                |       |         |
|---------------------------|----------------|-------|---------|
| Andrea Jenkins (18)       | NVH            | Sen W | 51.80 m |
| Katie Winwood             | Bedford & Cnty | Sen W | 43.74 m |
| Shannon Bunker            | Luton AC       | Sen W | 43.40 m |
| Sue Wise                  | Luton AC       | Sen W | 42.92 m |
| Stacey Robinson           | Biggleswade AC | Sen W | 32.92 m |
| Rachel Bennett            | Bedford & Cnty | U20 W | 26.17 m |
| Angela King               | Biggleswade AC | Sen W | 20.29 m |
| Jayne Willock (Rasmussen) | Luton AC       | V45   | 19.86 m |
| Amy Lyons                 | Biggleswade AC | U20 W | 19.81 m |
| Holly Robinson            | Biggleswade AC | U20 W | 19.03 m |

## 10 k

|                  |                  |       |                 |
|------------------|------------------|-------|-----------------|
| Katrina Wootton  | Bedford & Cnty   | Sen W | 34 mins 18 secs |
| Nicola Sykes     | Bedford & Cnty   | Sen W | 36 mins 19 secs |
| Natasha Peters   | Bedford & Cnty   | Sen W | 36 mins 50 secs |
| Gail Duckworth   | Leighton Buzzard | V50   | 39 mins 18 secs |
| Emily Relton     | Bedford & Cnty   | U17 W | 39 mins 52 secs |
| Claire Bassill   | Luton AC         | Sen W | 40 mins 13 secs |
| Juliet Naylor    | Biggleswade AC   | V35   | 40 mins 13 secs |
| Renee Corbett    | Bedford Harriers | V35   | 40 mins 17 secs |
| Sally Marsh      | Amphill FF       | V40   | 41 mins 30 secs |
| Sally Cartwright | Bedford Harriers | V40   | 42 mins 12 secs |

## 1/2 Marathon

|                     |                  |        |                 |
|---------------------|------------------|--------|-----------------|
| Paula Radcliffe (2) | Bedford & Cnty   | Vet 35 | 69 mins 45 secs |
| Katrina Wootton     | Bedford & Cnty   | Sen W  | 79 mins 41 secs |
| Nicola Sykes        | Bedford & Cnty   | Sen W  | 84 mins 40 secs |
| Sarah Lee           | Bedford Harriers | V35    | 92 mins 41 secs |

## Marathon

|                     |                  |        |                       |
|---------------------|------------------|--------|-----------------------|
| Paula Radcliffe (2) | Bedford & Cnty   | Vet 35 | 2 hrs 29 mins.27 secs |
| Julie Sutton        | Biggleswade AC   | Vet 35 | 3 hrs 23 mins 34 secs |
| Andrea Sewell       | Bedford Harriers | Vet 45 | 3 hrs 29mins 23 secs  |
| Sarah Thorne        | Dunstable        | V35    | 3 hrs 33 mins 28 secs |
| Paula Downing       | Biggleswade AC   | V40    | 3 hrs 34mins 57 secs  |
| Marianne Williams   | Bedford Harriers | V35    | 3 hrs 39 mins 14 secs |
| Donna McKeown       | Bedford Harriers | V35    | 3 hrs 42 mins 03 secs |

## Walks

### 5 K

|                     |                    |     |                 |
|---------------------|--------------------|-----|-----------------|
| Helen Middleton (2) | Enfield & Haringay | V45 | 28 mins 13 secs |
|---------------------|--------------------|-----|-----------------|

### 10 k

|                      |                    |     |                 |
|----------------------|--------------------|-----|-----------------|
| Helen Middleton (11) | Enfield & Haringay | V45 | 58 mins 54 secs |
|----------------------|--------------------|-----|-----------------|

### 20 K

|                     |                    |     |                       |
|---------------------|--------------------|-----|-----------------------|
| Helen Middleton (7) | Enfield & Haringay | V45 | 2 hrs 00 mins 53 secs |
|---------------------|--------------------|-----|-----------------------|