

Beds AAA Open - Bedford - 5th April 2025											
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	75m Result	WS +/-			
1	1	497	Henry Bostock	Herts Phoenix AC	HERPH	U11B	12.48	-0.8			
2	1	525	Erin Wright	Bedford & County AC	BEDC	U11G	12.84	-0.8			
3	1	500	Layla Knight	Bedford & County AC	BEDC	U11G	12.99	-0.8			
4	1	521	Mia Rasmussen	Bedford & County AC	BEDC	U11G	14.12	-0.8			
5	1	499	Grace Rawlinson	Bedford & County AC	BEDC	U11G	14.62	-0.8			
1	2	544	Leo Knight	Bedford & County AC	BEDC	U11B	11.94	-0.9			
2	2	542	Noah Arhin	Bedford & County AC	BEDC	U11B	12.25	-0.9			
3	2	547	Alexa Brooks	Bedford & County AC	BEDC	U11G	13.49	-0.9			
4	2	33	Grace Carter	Bedford & County AC	BEDC	U11G	13.59	-0.9			
5	2	554	Dahlia Drakeford	Bedford & County AC	BEDC	U11G	14.88	-0.9			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	80m Result	WS +/-			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	100m Result	WS +/-			
1	1	464	Ishmael Smith-John	Harrow AC	HARR	SM	11.52	-2.5			
2	1	559	Quadri Orunsolu	Bedford & County AC	BEDC	U17M	11.55	-2.5			
3	1	17	William Biziki	Unattached	UNATT	SM	11.76	-2.5			
4	1	7	Luke Amann	West Suffolk AC	WSUFF	U20M	12.09	-2.5			
5	1	171	David Foh-Amoaning	Luton AC	LUTON	U20M	12.42	-2.5			
1	2	30	Noah Buckley	Biggleswade AC	BIG	U20M	11.95	-3			
2	2	449	Daniel Powell	Bedford & County AC	BEDC	U17M	11.97	-3			
3	2	34	Roy Chambers	Woking AC	WOK	M35	12.57	-3			
4	2	444	Alex Pearce	Bedford & County AC	BEDC	SM	12.67	-3			
5	2	393	Ibrahim Khan	Bedford & County AC	BEDC	U15B	12.94	-3			
1	3	482	Samuel Woodhall	Huntingdonshire AC	HUNTA	U17M	12.91	-4.7			
2	3	426	Thaila-Jade Mason	Bedford & County AC	BEDC	U20W	13.14	-4.7			
3	3	16	Micah Biziki	Bedford & County AC	BEDC	U20M	13.32	-4.7			
4	3	5	Sureyya Akay	Biggleswade AC	BIG	U17W	13.52	-4.7			
5	3	306	Katy Holder	Bedford & County AC	BEDC	U17W	13.74	-4.7			
1	4	184	Eleanor Griffin	Luton AC	LUTON	SW	13.11	-1.5			
2	4	475	Ria Webb	Bedford & County AC	BEDC	U17W	13.15	-1.5			
3	4	428	Orla Matthewman	Bedford & County AC	BEDC	U17W	13.38	-1.5			
4	4	489	Amy Faulkner	Luton AC	LUTON	U20W	13.40	-1.5			
5	4	181	Bri Grant	Luton AC	LUTON	U15G	13.57	-1.5			
6	4	442	Mya Orekoya	Luton AC	LUTON	U15G	13.87	-1.5			
1	5	157	Nina Dominique	Luton AC	LUTON	U15G	13.72	-1.5			
2	5	411	Nathania Lewis	Biggleswade AC	BIG	U13G	13.99	-1.5			
3	5	25	Eva Bolton	Bedford & County AC	BEDC	U15G	14.07	-1.5			
4	5	441	Shalom Odetola	Bedford & County AC	BEDC	U13G	14.08	-1.5			
5	5	437	Ruby Nelson	Luton AC	LUTON	U17W	14.54	-1.5			
6	5	474	Lena Wawrzaszek	Bedford & County AC	BEDC	U13G	14.87	-1.5			
1	6	372	Angelina Johnson	Unattached	UNATT	U17W	13.79	-2			
2	6	572	Philicity Patterson	Bedford & County AC	BEDC	U15G	14.03	-2			
3	6	481	Sophia Wing	Bedford & County AC	BEDC	U15G	14.04	-2			
4	6	3	Zara Agbame	Bedford & County AC	BEDC	U15G	14.22	-2			
5	6	315	Jessica Illman-Hunt	Bedford & County AC	BEDC	U15G	14.31	-2			
6	6	165	Serena Fadda-Archibald	Bedford & County AC	BEDC	U15G	14.63	-2			
7	6	164	Angelica Fadda-Archibald	Bedford & County AC	BEDC	U13G	15.26	-2			
1	7	470	Deborah Udoh	Bedford & County AC	BEDC	U15G	14.04	-1			
2	7	4	Ayla Akay	Biggleswade AC	BIG	U13G	14.97	-1			
3	7	11	Adam Bacon	Bedford & County AC	BEDC	U13B	15.00	-1			
4	7	477	Katie Wenban	Bedford & County AC	BEDC	U15G	15.18	-1			
5	7	409	Ariana Lewis	Biggleswade AC	BIG	U13G	15.23	-1			
6	7	13	Eleah Banton	Bedford & County AC	BEDC	U13G	15.69	-1			
7	7	425	Maximilian Martin	Bedford & County AC	BEDC	U13B	17.42	-1			
1	8	491	Varun Bandi (WC)	Bedford & County AC	BEDC	U20M	20.14	-2			
2	8	495	Katie Connelly (WC)	Bedford & County AC	BEDC	0	23.93	-2			
3	8	494	Freya Thomas (WC)	Bedford & County AC	BEDC	0	28.89	-2			
4	8	493	Bella Luckett (WC)	Bedford & County AC	BEDC	0	40.20	-2			
5	8	492	Thomas Ball (WC)	Bedford & County AC	BEDC	0	60.44	-2			

Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	200m Result	WS +/-			
1	1	559	Quadri Orunsolu	Bedford & County AC	BEDC	U17M	23.06	-2.3			
2	1	449	Daniel Powell	Bedford & County AC	BEDC	U17M	23.43	-2.3			
3	1	7	Luke Amann	West Suffolk AC	WSUFF	U20M	23.80	-2.3			
1	2	555	Henry Knox	Biggleswade AC	BIG	U17M	23.68	-1.2			
2	2	171	David Foh-Amoaning	Luton AC	LUTON	U20M	24.54	-1.2			
3	2	30	Noah Buckley	Biggleswade AC	BIG	U20M	24.58	-1.2			
4	2	444	Alex Pearce	Bedford & County AC	BEDC	SM	24.77	-1.2			
5	2	34	Roy Chambers	Woking AC	WOK	M35	24.81	-1.2			
1	3	475	Ria Webb	Bedford & County AC	BEDC	U17W	25.83	-0.6			
2	3	16	Micah Biziki	Bedford & County AC	BEDC	U20M	25.89	-0.6			
3	3	5	Sureyya Akay	Biggleswade AC	BIG	U17W	26.71	-0.6			
4	3	428	Orla Matthewman	Bedford & County AC	BEDC	U17W	27.04	-0.6			
5	3	411	Nathania Lewis	Biggleswade AC	BIG	U13G	27.91	-0.6			
6	3	489	Amy Faulkner	Luton AC	LUTON	U20W	28.29	-0.6			
1	4	157	Nina Dominique	Luton AC	LUTON	U15G	27.07	-0.5			
2	4	481	Sophia Wing	Bedford & County AC	BEDC	U15G	27.35	-0.5			
3	4	184	Eleanor Griffin	Luton AC	LUTON	SW	27.37	-0.5			
4	4	376	Leila Jones	Bedford & County AC	BEDC	U15G	27.78	-0.5			
5	4	470	Deborah Udoh	Bedford & County AC	BEDC	U15G	28.20	-0.5			
6	4	441	Shalom Odetola	Bedford & County AC	BEDC	U13G	28.46	-0.5			
7	4	315	Jessica Illman-Hunt	Bedford & County AC	BEDC	U15G	28.90	-0.5			
8	4	442	Mya Orekoya	Luton AC	LUTON	U15G	29.55	-0.5			
1	5	572	Philicity Patterson	Bedford & County AC	BEDC	U15G	28.60	-3.6			
2	5	372	Angelina Johnson	Unattached	UNATT	U17W	28.70	-3.6			
3	5	4	Ayla Akay	Biggleswade AC	BIG	U13G	31.54	-3.6			
4	5	463	Isabella Smith	Huntingdonshire AC	HUNTA	U15G	32.52	-3.6			
5	5	409	Ariana Lewis	Biggleswade AC	BIG	U13G	32.90	-3.6			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	300m Result				
1	1	199	Harley Henry	Shaftesbury Barnet Harriers	SBH	U17M	36.85				
2	1	163	Harry Emeh	Unattached	UNATT	U20M	37.08				
3	1	29	Deevon Buchanan	Luton AC	LUTON	U17M	37.17				
4	1	445	Michael Peiris	Luton AC	LUTON	U15B	39.67				
1	2	174	Lauren Fowler	Marshall Milton Keynes AC	MMK	U15G	40.35				
2	2	8	Luke Anderson	West Norfolk AC	WNORF	U15B	41.16				
1	3	436	Charise Myrie	Luton AC	LUTON	SW	42.51				
2	3	45	Uchenna De Silva	Luton AC	LUTON	SW	45.33				
3	3	440	Grace Nyaongo	Shaftesbury Barnet Harriers	SBH	U17W	45.8				
4	3	484	Olivia Breach	Luton AC	LUTON	U17W	46.84				
5	3	429	Ulani McCabe-Huggins	Shaftesbury Barnet Harriers	SBH	U17W	47.43				
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	400m Result				
1	1	176	Aidan Gaffey	Shaftesbury Barnet Harriers	SBH	U20M	52.21				
2	1	17	William Biziki	Unattached	UNATT	SM	54.62				
3	1	482	Samuel Woodhall	Huntingdonshire AC	HUNTA	U17M	55.16				
4	1	465	Theo Souter	Bedford & County AC	BEDC	U17M	55.40				
1	2	491	Varun Bandi (WC)	Bedford & County AC	BEDC	U20M	67.80				
2	2	495	Katie Connelly (WC)	Bedford & County AC	BEDC	0	91.06				
3	2	494	Freya Thomas (WC)	Bedford & County AC	BEDC	0	106.18				
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	600m Result				
1	1	497	Henry Bostock	Herts Phoenix AC	HERPH	U11B	02:03.64				
2	1	542	Noah Arhin	Bedford & County AC	BEDC	U11B	02:06.42				
3	1	309	Abigail Holland	Bedford & County AC	BEDC	U11G	02:17.42				
4	1	547	Alexa Brooks	Bedford & County AC	BEDC	U11G	02:17.72				
5	1	33	Grace Carter	Bedford & County AC	BEDC	U11G	02:19.29				
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	800m Result				
1	1	555	Henry Knox	Biggleswade AC	BIG	U17M	02:07.1				
2	1	27	Ross Bone	Biggleswade AC	BIG	U13B	02:37.4				
3	1	384	Martha Jonson-Arnold	Bedford & County AC	BEDC	U15G	02:44.1				

4	1	177	Eliza Gibbs	Bedford & County AC	BEDC	U13G	02:49.4			
5	1	463	Isabella Smith	Huntingdonshire AC	HUNTA	U15G	02:55.5			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	1500m Result			
1	1	162	Oscar Elphick	Bedford & County AC	BEDC	U13B	05:22.8			
2	1	434	Theo Milner	Biggleswade AC	BIG	U13B	05:26.7			
3	1	183	Parker Greenman	Bedford & County AC	BEDC	U13B	05:37.9			
4	1	387	Tyler Kemp	Bedford & County AC	BEDC	U13B	05:47.0			
5	1	49	Oscar Dilks	Bedford & County AC	BEDC	U13B	06:06.3			
1	2	416	Poppy Makin	Bedford & County AC	BEDC	U13G	05:24.7			
2	2	169	Libby Flitton	Luton AC	LUTON	U13G	05:29.3			
3	2	41	Rosie Cusack	Bedford & County AC	BEDC	U13G	05:35.4			
4	2	164	Angelica Fadda-Archibald	Bedford & County AC	BEDC	U13G	05:41.0			
5	2	439	Lola Nevzat	Bedford & County AC	BEDC	U13G	05:49.7			
6	2	339	Phebe Jackson-Norrish	Luton AC	LUTON	U13G	05:52.3			
7	2	430	Bella Mcdade	Luton AC	LUTON	U13G	06:25.8			
1	3	43	Jake Davis	Luton AC	LUTON	U15B	04:25.95			
2	3	178	Ethan Gibbs	Bedford & County AC	BEDC	U15B	04:31.84			
3	3	196	Harry Henderson	Bedford & County AC	BEDC	U15B	04:38.91			
4	3	197	Oliver Henderson	Bedford & County AC	BEDC	U15B	04:46.26			
5	3	433	Austin Milner	Biggleswade AC	BIG	U15B	05:03.15			
6	3	451	Henry Pyecroft	Bedford & County AC	BEDC	U15B	05:08.11			
7	3	438	Harry Nevzat	Bedford & County AC	BEDC	U15B	05:13.46			
1	4	165	Serena Fadda-Archibald	Bedford & County AC	BEDC	U15G	05:07.89			
2	4	26	Lauren Bone	Biggleswade AC	BIG	U15G	05:18.42			
3	4	468	Amalie Twydell (*)	Brentwood Beagles	BRBEA	U15G	05:31.27			
4	4	342	Heidi Jagiello	Luton AC	LUTON	U15G	05:44.84			
5	4	422	Maisie Martin	Luton AC	LUTON	U15G	05:47.73			
6	4	455	Phoebe-Rose Roberts	Luton AC	LUTON	U15G	05:59.00			
1	5	166	Lily Farr	Bedford & County AC	BEDC	U20W	05:05.47			
2	5	190	Ellie Harper	Bedford & County AC	BEDC	U17W	05:19.35			
3	5	453	Megan Reynolds	Bedford & County AC	BEDC	U17W	05:24.01			
4	5	461	Eleanor Smith	Bedford & County AC	BEDC	U17W	05:30.95			
5	5	39	Tamsin Collier	Luton AC	LUTON	U17W	05:32.46			
1	6	450	James Prior	Bedford & County AC	BEDC	U20M	04:14.81			
2	6	195	Archie Henderson	Bedford & County AC	BEDC	U17M	04:18.58			
3	6	405	Mackenzie Kotrys	Bedford & County AC	BEDC	U20M	04:20.02			
4	6	460	Jacob Schuricht	Bedford & County AC	BEDC	U20M	04:22.78			
5	6	189	Sidney Hammond	Biggleswade AC	BIG	U17M	04:26.61			
6	6	435	Isaac Mitchell	Bedford & County AC	BEDC	U20M	04:27.70			
7	6	476	Oliver Weddell	Biggleswade AC	BIG	U17M	04:28.78			
8	6	15	Richard Bevan	Biggleswade AC	BIG	M40	05:01.00			
9	6	191	Simon Harper	Bedford & County AC	BEDC	M50	05:33.73			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	3000m Result			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	5000m Result			
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	70mH Result	WS +/-		
1	1	431	Seren McDonald	Kidderminster & Stourport AC	KIDDS	U13G	13.15	-1.4		
2	1	22	Juliette Bluck	Bedford & County AC	BEDC	U13G	17.94	-1.4		
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	75mH Result	WS +/-		
1	1	179	Alanna Gill	Bedford & County AC	BEDC	U15G	14.6	-1.3		
2	1	463	Isabella Smith	Huntingdonshire AC	HUNTA	U15G	15.2	-1.3		
3	1	11	Adam Bacon	Bedford & County AC	BEDC	U13B	15.7	-1.3		
4	1	448	Jacob Picton	Bedford & County AC	BEDC	U13B	17.63	-1.3		
5	1	158	Margot Dowdell	Bedford & County AC	BEDC	U15G	17.80	-1.3		
Pos	Heat	Bib No.	Athlete	Club	AW Abbr.	Age Group	80mH Result	WS +/-		
1	1	473	Holly Vaughan	Bedford & County AC	BEDC	U17W	13.3	-2		
2	1	168	Kayla Flack	Unattached	UNATT	U17W	14.8	-2		
3	1	432	Kirstie Mcwilliam	Bedford & County AC	BEDC	U17W	16.3	-2		

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5	1	447	Ben Phillips	Marshall Milton Keynes AC	MMK	U15B	2.80			
6	1	161	Simon Eastwood	Bedford & County AC	BEDC	M55	2.80			
7	1	172	Lois Fordham	Bedford & County AC	BEDC	U15G	2.80			
8	1	401	Chloe Kingman	Bedford & County AC	BEDC	U17W	2.80			
9	1	361	Darren Janssen	Biggleswade AC	BIG	M35	2.20			
10	1	458	Mia Sayanthan	Marshall Milton Keynes AC	MMK	U17W	2.02			
Pos	Card	Bib No.	Athlete	Club	AW Abbr.	Age Group	Triple Jump Result			
1	1	182	Timothy Green	Bedford & County AC	BEDC	SM	13.42			
2	1	198	Eva Henry	Bedford & County AC	BEDC	U20W	10.87			
3	1	46	Anna Delavere	Newbury AC	NEWB	U20W	10.40			
4	1	35	Casey-Mae Chandler	Bedford & County AC	BEDC	U20W	9.76			
Pos	Card	Bib No.	Athlete	Club	AW Abbr.	Age Group	Discus Result	Weight		
1	1	483	Louis Nash	Marshall Milton Keynes AC	MMK	U20M	41.81	1.75Kg		
2	1	42	Jordan Davies	Luton AC	LUTON	SM	37.91	2Kg		
3	1	14	Emma Beardmore	Marshall Milton Keynes AC	MMK	W35	35.90	1Kg		
4	1	31	Steve Burke	Huntingdonshire AC	HUNTA	M50	34.05	1.5Kg		
5	1	188	Oliver Gutteridge	Marshall Milton Keynes AC	MMK	U20M	33.29	1.75Kg		
6	1	364	Andrea Jenkins	Peterborough & Nene Valley AC	PNVAC	W45	32.01	1Kg		
7	1	361	Darren Janssen	Biggleswade AC	BIG	M35	28.87	2Kg		
8	1	469	Adanna Udechuku	Colchester & Tendring AC	COLTE	U15G	24.91	1Kg		
9	1	432	Kirstie McWilliam	Bedford & County AC	BEDC	U17W	11.25	1Kg		
1	2	6	Debare Alade	Dartford Harriers AC	DARTF	U20M	48.89	1.75Kg		
2	2	21	Oran Blake	Biggleswade AC	BIG	U17M	31.80	1.5Kg		
3	2	37	Monty Chatfield-Grandison	Cambridge & Coleridge AC	CAMCO	U17M	27.41	1.5Kg		
4	2	18	Cliona Blackwell	Bedford & County AC	BEDC	SW	25.58	1Kg		
5	2	186	Geoff Grinsted	Luton AC	LUTON	M55	24.71	1.5Kg		
6	2	170	Mia Flynn	Bedford & County AC	BEDC	U15G	24.09	1Kg		
7	2	167	Dave Faulkner	Garden City Runners	GDNCY	M70	23.88	1Kg		
8	2	437	Ruby Nelson	Luton AC	LUTON	U17W	21.21	1Kg		
9	2	12	William Bacon	Bedford & County AC	BEDC	U15B	17.19	1.25Kg		
10	2	452	Olive Pyecroft	Bedford & County AC	BEDC	U13G	15.04	0.75Kg		
Pos	Card	Bib No.	Athlete	Club	AW Abbr.	Age Group	Hammer Result	Weight		
1	1	389	Glen Kerr	Bedford & County AC	BEDC	M50	55.39	6Kg		
2	1	170	Mia Flynn	Bedford & County AC	BEDC	U15G	42.88	3Kg		
3	1	364	Andrea Jenkins	Peterborough & Nene Valley AC	PNVAC	W45	42.61	4Kg		
4	1	31	Steve Burke	Huntingdonshire AC	HUNTA	M50	40.57	6Kg		
5	1	21	Oran Blake	Biggleswade AC	BIG	U17M	39.58	5Kg		
6	1	200	Aodhan Henry-Daire	Reading AC	READ	U20M	32.32	6Kg		
7	1	18	Cliona Blackwell	Bedford & County AC	BEDC	SW	31.02	4Kg		
8	1	469	Adanna Udechuku	Colchester & Tendring AC	COLTE	U15G	30.78	3Kg		
9	1	48	Tamzin Digpal-Race	Huntingdonshire AC	HUNTA	SW	27.37	4Kg		
10	1	467	Anna Trueman	Bedford & County AC	BEDC	U15G	23.71	3Kg		
11	1	431	Seren McDonald	Kidderminster & Stourport AC	KIDDS	U13G	10.24	3Kg		
Pos	Card	Bib No.	Athlete	Club	AW Abbr.	Age Group	Javelin Result	Weight		
1	1	462	Grace Smith	Luton AC	LUTON	U20W	32.79	600gm		
2	1	47	Kuldip Digpal	Huntingdonshire AC	HUNTA	M55	31.39	700gm		
3	1	46	Anna Delavere	Newbury AC	NEWB	U20W	28.31	600gm		
4	1	48	Tamzin Digpal-Race	Huntingdonshire AC	HUNTA	SW	28.31	600gm		
5	1	448	Jacob Picton	Bedford & County AC	BEDC	U13B	22.38	400gm		
6	1	12	William Bacon	Bedford & County AC	BEDC	U15B	20.27	600gm		
7	1	322	Sandra Ingham	Biggleswade AC	BIG	W65	18.57	500gm		
8	1	158	Margot Dowdell	Bedford & County AC	BEDC	U15G	14.67	500gm		