

BEDFORDSHIRE AAA
TRACK & FIELD CHAMPIONSHIPS - 2009

BAC	Biggleswade A.C.
BCAC	Bedford & County A.C.
BGHS	Bedford Girls High School
BMS	Bedford Modern School
D&TAC	Dacorum & Tring AC
EMS	Etonbury Middle School
LAC	Luton A.C.
LBAC	Leighton Buzzard A.C.
LMS	Lincroft Middle School
MKAC	Milton Keynes AC
NVH	Nene Valley Harriers
RBMS	Robert Bloomfield Middle School
SBH	Shaftesbury Barnet Harriers
SS	Sharnbrook Upper School
VPH&TH	Victoria Park Harriers & Tower Hamlets

CHAMPIONSHIP BEST PERFORMANCES SET IN 2009
10th May - Luton

<u>Name</u>	<u>Club / School</u>	<u>Event</u>	<u>Age Group</u>	<u>Result</u>	<u>Previous Record</u>	<u>Date of Previous Record</u>
Lucy James	Bedford & County AC	400m	Jnr. W	56.6	57.4	1996
Olivia Dacosta	Bedford & County AC	Javelin	U15 G	35m 78	31m 76	1997
Matt Devereux	Bedford & County AC	Pole Vault	Jnr. M	4m 80	3m 90	1997
Jake Devereux	Bedford & County AC	Pole Vault	U15 B	3m 00	2m 60	1994

U13 BOYS

75m HURDLES - Final

		w/s +1.3
Joshua Conroy	LMS	14.4
David Perry	LMS	14.4
Adam Donovan	LMS	15.4
Joseph McGarry	LAC	16.0
Thomas Dalton	LMS	16.4

100m

	Heat 1	w/s +1.2
David Perry	LMS	14.8
George McMillan	EMS	15.1
Aaron Clarke	LMS	15.1
Joshua Wilson	BCAC	15.4

Heat 2

		w/s +0.5
Gerald Matthew	LAC	13.1
Samuel Hazel	LAC	13.2
William Lawrence	LMS	14.3
Gergo Jenei	LAC	14.5
Temitope Fisayo	BMS	15.4

100m - FINAL

		w/s +0.5
Samuel Hazel	LAC	13.2
Gerald Matthew	LAC	13.2
William Lawrence	LMS	14.3
Gergo Jenei	LAC	14.7
David Perry	LMS	14.7
Aaron Clarke	LMS	14.9
George McMillan	EMS	14.9

200m

	Heat 1	w/s +1.1
Samuel Hazel	LAC	27.7
Gerald Matthew	LAC	28.2
Joshua Conroy	LMS	30.0
Christopher Gristwood	LMS	30.8
Ben Wharton	LMS	
Benjamin Hukin	LMS	33.7

Heat 2

		w/s +0.2
Joseph McGarry	LAC	29.8
Gergo Jenei	LAC	30.2
Ross Testa	LMS	30.2
Elijah Hukin	LMS	30.5

200m

	FINAL	w/s +0.4
Samuel Hazel	LAC	28.0
Gerald Matthew	LAC	28.7
Joseph McGarry	LAC	29.5
Elijah Hukin	LMS	30.0
Christopher Gristwood	LMS	30.2
Gergo Jenei	LAC	30.2
Ross Testa	LMS	30.3

800m - Final

Daniel Harrison	LMS	2-33.8
Parish Ali	LMS	2-35.3
Joseph McGarry	LAC	2-35.5
Harry Lander	LAC	2-39.5
Patrick Mortimer	LMS	2-41.9
Louis Hazel	LAC	2-44.9
Thomas O'Neill	LMS	2-48.9

1500m - Final

Jonathan Janes	BCAC	5-13.9
Jay Willett	LMS	5-19.9
Daniel Curran	LMS	5-23.4
Matthew Marsom	BCAC	5-28.2
Joe Burgin	LMS	5-38.1
Lewis Jobbling	BCAC	5-41.3

Discus

Rhys Cleverley	LMS	18m 40
----------------	-----	--------

Shot

Daniel Harrison	LMS	8m 55
Gergo Jenei	LAC	5m 81

Javelin

Thomas Dalton	LMS	29m 13
Thomas O'Neill	LMS	12m 44

High Jump

Adam Donovan	LMS	1m 20
Aaron Clarke	LMS	1m 15
Temitope Fisayo	BMS	1m 15
Lewis Jobbling	BCAC	1m 15

Louis Hazel	LAC	31.0
Adam Donovan	LMS	31.5
George McMillan	EMS	32.5
Thomas O'Neill	LMS	34.6

Page 2 of 2

Long Jump

David Perry	LMS	4m 46
Elijah Hukin	LMS	4m 17
Anthony Burton	EMS	3m 93
William Lawrence	LMS	3m 85
Temitope Fisayo	BMS	3m 75
Lewis Jobbling	BCAC	3m 54

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

U15 BOYS

80m HURDLES - Final

		w/s +1.1
Euan Dickson Earle	RBMS	13.2
Olaolu Fisayo	BMS	14.9
Alfie Betts	LMS	15.5
Jack Healy	LMS	16.6

100m - Final

		w/s +0
Ciceron Pangi	BCAC	12.3
Alex McNulty	LAC	12.4
Euan Dickson-Earle	RBMS	13.1
Suraj Sira	LMS	13.7
Olaolu Fisayo	BMS	13.9
Alexander Ingham	BAC	14.6

200m - Final

		w/s +0.1
Ciceron Pangi	BCAC	24.8
Brandon Lewsey	LAC	25.3
Greg Todd	LMS	25.4
Alex McNulty	LAC	25.6
William Macleod	LBAC	26.2
Marcus Spadaccino	LMS	30.4

400m - Final

Brandon Lewsey	LAC	55.4
William Macleod	LBAC	58.4
Greg Todd	LMS	59.4
Nialli Ali	LMS	70.0

800m - Final

Kieran Brasier	RBMS	2-19.7
Jack Douglas	BCAC	2-26.8
Sam Knee-Robinson	LMS	2-29.5
Jack Benedickter	BCAC	2-35.6
Rhys Lewis	LAC	2-38.5

1500m - Final

Ben Alcock	BCAC	4-37.7
Ryan Isaacson	BCAC	4-47.8
Dale Weston	LAC	4-52.7

Hammer

Alan Sydee	LAC	47m 84
Jamie Potton-Burrell	LAC	31m 19
Aaron Bodger	BCAC	25m 30

Discus

Alan Sydee	LAC	31m 64
Aaron Bodger	BCAC	31m 11
Brandon Lewsey	LAC	27m 81
Jamie Potton-Burrell	LAC	19m 65

Shot

Alan Sydee	LAC	10m 62
Greg Todd	LMS	10m 04
Jamie Potton-Burrell	LAC	7m 53

High Jump

Chris Alderman	RBMS	1m 70
Martin Danobrega	BCAC	1m 65
Euan Dickson-Earle	RBMS	1m 50
Alfie Betts	LMS	1m 50
Jack Benedickter	BCAC	1m 30

Pole Vault

Jake Devereux	BCAC	3m 00 CBP
Samuel Frith	BCAC	2m 30

Triple Jump

Alexander Ingram	BAC	9m 73
Olaolu Fisayo	BMS	9m 45
Nialli Ali	LMS	9m 31

Long Jump

Alex McNulty	LAC	5m 01
Ciceron Pangi	BCAC	4m 94
Thomas Keens	LAC	4m 47
Niall Ali	LMS	4m 30
Suraj Sira	LMS	4m 14
Steven Taberner	LMS	4m 10

Tom Stead	LMS	4-55.8	Jordan Devaney	LMS	4m 09
Joshua Saunders	BCAC	4-56.8			
Mitch Crook	LMS	5-12.7			
Matthew Bray	BCAC	5-18.5			

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

U17 MEN

100m HURDLES - Final w/s +0.5
Jumar Uddin DHS 20.1

100m **Heat 1** w/s +2.2
Zac Gibson BCAC 11.7
Jordan Smallin LAC 12.1
Daniel Iannantuono BCAC 12.1
Ezra Leonce LAC 12.3
Badrul Zaman DHS 12.5
Tony Evans LAC 13.9

Heat 2
Dwayne Rapley BCAC 11.6
Andrew Gadsden LAC 11.9
Scott Benjamin LAC 12.1
Miles Larter BCAC 12.2
Jack Gambrill BCAC 17.1

100m **FINAL** w/s +0.3
Dwayne Rapley BCAC 11.4
Zac Gibson BCAC 11.7
Andrew Gadsden LAC 11.7
Jordan Smallin LAC 12.1
Miles Larter BCAC 12.2
Scott Benjamin LAC 12.3
Daniel Iannantuono BCAC 12.3
Ezra Leonce LAC 12.7

200m - Final
Zac Gibson BCAC 23.6
Andrew Gadsden LAC 24.2
Jake Ovenden LAC 24.4
Miles Larter BCAC 24.6
Daniel Iannantuono BCAC 24.8
Scott Benjamin LAC 24.9
Jordan Smallin LAC 25.1

400m - Final
Jake Ovenden LAC 55.0

800m - Final
Tom Mead LAC 2-05.6
Tom Day LAC 2-09.4
Ahmed Mohammedsiral DHS 2-19.6

1500m - Final
Matt Burgin BCAC 4-13.5
Sean Still LAC 4-20.6
Tom Mead LAC 4-30.5
Chris Thornley BCAC 5-09.3

3000m - Final
Matthew Tilley LAC 10-57.6

Javelin
Christopher Diamond MKAC 39m 41
Jack Gambrill BCAC 17m 15

Shot
Jack Gambrill BCAC 5m 51

High Jump
Jumar Uddin DHS 1m 60
Tony Evans LAC 1m 45

Long Jump
Simeon Bennett LAC 6m 29
Ezra Leonce LAC 5m 69
Jumar Uddin DHS 5m 47
Tom Day LAC 5m 16
Badrum Zaman DHS 5m 03
Theo Reyes MS 4m 93
Tony Evans LAC 4m 81

Triple Jump
Simeon Bennett LAC 13m 58
Jordan Smallin LAC 12m 18
Ezra Leonce LAC 12m 14

Tom Day
Theo Reyes

LAC
MS

56.0
62.2



RESULTS of Bedfordshire AAA Track & Field Championships - 2009

JNR. MEN

100m - Final

		w/s +1.2
Deji Tobais	SS	10.8
Jordan Warner	SBAC	11.3
Criag Andrew	LAC	11.4
Kristian Smith	LAC	11.7
Casey Felix	Unatt.	12.5
Liam O'Dell	LAC	12.8

200m - Final

		w/s +0.4
Deji Tobais	SS	21.9
Jordan Warner	SBAC	23.1
Liam O'Dell	LAC	26.6

400m - Final

Luke Turnbull	BCAC	54.2
Daniel Roe	LAC	55.5

800m - Final

John McDonnell	LAC	1-54.5
Peter Benedickter	LAC	2-00.3
Daniel Roe	LAC	2-01.4
Luke Turnbull	BCAC	2-03.3

1500m - Final

Peter Benedickter	LAC	4-12.9
-------------------	-----	--------

3000m - Final

Daniel Woodgate	LAC	9-13.5
-----------------	-----	--------

Javelin

David Rourke	LBAC	26m 76
--------------	------	--------

High Jump

Scott Johnson	BCAC	2m 00
Matthew Barden	LAC	1m 80

Pole Vault

Matt Devereux	BCAC	4m 80 CBP
---------------	------	------------------

Long Jump

Craig Andrew	LAC	6m 66
Patrick Meniru	LAC	6m 30
Kristian Smith	LAC	6m 25
David Rourke	LBAC	6m 11

Triple Jump

Craig Andrew	LAC	13m 26
David Rourke	LBAC	12m 59

||

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

SNR. MEN

100m - Final

Ernest Ngwane LAC w/s +1.1 11.7

200m - Final

Ernest Ngwane LAC 23.9

Eric Amankwah Guest 24.6

400m - Final

Alan Cooper LAC 51.9

Liam McNabola LAC 55.5

800m - Final

Liam McNabola LAC 2-01.4

3000m - Final

Paul Jacobs LAC 10-24.6

5000m - Final

Benjamin Corfield LBAC 16-14.8

Joby Hobbs LBAC 18-05.0

Martin Snowden LBAC 21-03.8

Pole Vault

Simon Eastwood BCAC 3m 61

High Jump

Zac Morrison BAC 1m 75

Hammer

Glen Kerr BCAC 59m 35

Steve Whyte TVH 53m 41

Darren Kerr BCAC 44m 39

David Burrell LAC 43m 95

Javelin

Steve Whyte TVH 43m 20

David Burrell LAC 40m 29

Discus

Steve Whyte TVH 41m 07

David Burrell LAC 36m 54

Damian Larrington BCAC 33m 69

Simon Eastwood BCAC 27m 72

Graeme Packman BCAC 26m 95

Dave Powers LAC 25m 96

Shot

Steve Whyte TVH 14m 58

David Burrell LAC 11m 62

Damian Larrington BCAC 10m 74

Dave Powers LAC 10m 39

Graeme Packman BCAC 9m 36

Long Jump

Joe Steele LAC 7m 01

||

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

U13 GIRLS

70m Hurdles - Final

		w/s +2.0
Courtney Osborne-Walker	BCAC	13.5
Milly Dalton	LMS	14.6
Amalia Edwards	LAC	16.9
Freya Vafadari	LAC	17.4

100m

Heat 1 w/s +0.1

Courtney Osborne-Walker	BCAC	14.5
Lauren Herbert	BCAC	14.7
Olivia Sugars	LMS	15.1
Anisah Amisu	LMS	15.6
Madelaine Gee	LAC	15.7

Heat 2 w/s +1.9

Christie Munnelly	LMS	14.5
Ami McCoy	BCAC	15.0
Adeya Edwards	LAC	15.7
Georgina Sexton	BCAC	15.9

100m

FINAL

Christie Munnelly	LMS	14.6
Courtney Osborne-Walker	BCAC	14.6
Ami McCoy	BCAC	14.8
Lauren Herbert	BCAC	14.9
Olivia Sugars	LMS	15.0
Adeya Edwards	LAC	15.7

200m - Final

		w/s +2.1
Courtney Osborne-Walker	BCAC	29.4
Lauren Herbert	BCAC	30.9
Eleanor Usher	BCAC	31.8
Adeya Edwards	LAC	32.4
Madelaine Gee	LAC	32.7

800m - Final

Lauren Russell	BCAC	2-41.7
Amalia Edwards	LAC	2-50.7
Emma-Jane Walker	LMS	2-58.0
Annabel Shreeves	LMS	3-05.7

1500m - Final

Katie Healy	BCAC	5-33.2
Courtney Hunter	BCAC	5-46.8
Millie Dalton	LMS	6-05.0
Eleanor Usher	BCAC	6-08.7
Harriet Pentland	LMS	6-20.3
Freya Vafadari	LAC	6-29.7

Javelin

Harriet Pentland	LMS	17m 25
Adyea Edwards	LAC	16m 20

Shot

Katie Healy	BCAC	6m 08
Freya Vafadari	LAC	4m 87

High Jump

Georgina Sexton	BCAC	1m 25
Amalia Edwards	LAC	1m 10

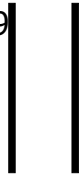
Long Jump

Christie Munnelly	LMS	3m 69
Milly Dalton	LMS	3m 42
Georgina Sexton	BCAC	3m 39
Emma-Jane Walker	LMS	3m 38
Anisah Amisu	LMS	3m 29
Harriet Pentland	LMS	3m 28

Rebecca Russell

LMS

3-12.9



RESULTS of Bedfordshire AAA Track & Field Championships - 2009

U15GIRLS

75m HURDLES - Final

		w/s +1.2
Charlotte Sexton	BCAC	13.4
Rebecca Davies	LBAC	13.9
Christy Tilley	LAC	14.2
Kayleigh Nichols	LAC	16.7

100m - Final

		w/s +1.5
Hephzibah Ogunro	LAC	13.0
Paige Cole	LAC	13.4
Tamyka Spence	LAC	13.7
Hannah Ronald	LAC	14.0
Rebecca Davies	LBAC	14.1
Charlotte Sexton	BCAC	14.1
Robyn Clerkin	LAC	14.7
Anoop Khinder	LMS	15.0

200m - Final

		w/s +0.6
Hephzibah Ogunru	LAC	27.3
Tamyka Spence	LAC	28.9
Sophie Billington	LAC	30.1
Robyn Clerkin	LAC	30.9
Lesche Augustine	LMS	31.4
Kayleigh Nichols	LAC	33.2

800m - Final

Sophie Billington	LAC	2-22.0
Armored Tribbeck	BCAC	2-27.7
Megan Shreeves	BCAC	2-28.8
Noelle Wolvaardt	BCAC	2-33.9
Grace Keane	LAC	2-34.1

1500m - Final

Alanah Harris	BCAC	4-49.7
Revee Walcott-Nolan	LAC	4-51.8
Rebecca Murray	BCAC	4-54.5
Molly McKenzie	BCAC	5-01.4
Ellie Hemming	BCAC	5-08.6
Ellie Still	LAC	5-22.0
Leah Relton	BCAC	5-23.1

Hammer

Beth Harvey	BAC	15m 37
-------------	-----	--------

Discus

Molly McKenzie	BCAC	18m 61
Olivia Pereira	EMS	17m 07
Charlotte Bodger	BCAC	16m 00
Sophie Roe	LAC	14m 68

Javelin

Olivia Dacosta	BCAC	35m 78
Sofie Shackcloth	LBAC	22m 47
Cherelle Hibbert	LAC	18m 20
Sophie Roe	LAC	9m 98

Shot

Olivia Dacosta	BCAC	9m 95
Paige Cole	LAC	9m 57
Tamyka Spence	LAC	7m 14
Beth Harvey	BAC	6m 18

High Jump

Cherelle Hibbert	LAC	1m 40
Hannah Ronald	LAC	1m 35
Christy Tilley	LAC	1m 30

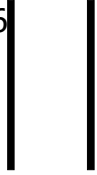
Long Jump

Hephzibah Ogunro	LAC	5m 34
Rebecca Davies	LBAC	4m 38
Ellie Hemming	BCAC	3m 40

Hannah Farmer

LAC

5-30.6



CBP

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

U17 WOMEN

80m HURDLES - Final

		w/s +0.4
Yolanda Bullen	BCAC	12.5
Daniella Northwood	LAC	16.5

100m - Final

		w/s +0.5
Chidi Udemezeue	BCAC	12.9
Shanara Hibbert	LAC	12.9
Danni Patmore	BCAC	13.0
Lauren Stewart	BCAC	13.1
Kelly LePore	LAC	13.5
Sylvie Noel	LAC	13.9
Karen Vincent	LAC	14.9

200m - Final

		w/s +0.8
Danni Patmore	BCAC	26.3
Chidi Udemezeue	BCAC	26.7
Lauren Stewart	BCAC	26.9
Silvie Noel	LAC	27.6
Nicole Matthew	LAC	27.9

300m - Final

Lucy Munday	BCAC	42.7
Amy Fleming	LAC	43.4
Nicole Matthew	LAC	44.8
Daniella Northwood	LAC	45.3

800m - Final

Claudia Barker	BCAC	2-20.0
----------------	------	--------

1500m - Final

Emily Wallbank	BCAC	4-45.4
Alice Burgin	BCAC	4-56.6
Emily Relton	BCAC	4-58.9

3000m - Final

Brogan Fielden	BCAC	12-27.0
----------------	------	---------

Javelin

Brogan Fielden	BCAC	23m 08
Hannah Rourke	LBAC	22m 29

Discus

Rebecca Keens	LAC	18m 59
---------------	-----	--------

Long Jump

Shanara Hibbert	LAC	5m 46
Hannah Longworth	LAC	4m 92
Kelly LePore	LAC	4m 69

Triple Jump

Hannah Longworth	LAC	10m 30
------------------	-----	--------

High Jump

Hannah Frith	BCAC	1m 65
Karen Vincent	LAC	1m 50
Harriet Horsler	BCAC	1m 30

||

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

JNR. W

100m - Final

		w/s +0.6	
Jonelle Johnson-Turner	LAC	13.1	
Shakira Francis	LAC	14.0	
Amoy Samuels	LAC	14.2	

200m - Final

		w/s +0.6	
Samantha Cutler	BCAC	29.0	

400m - Final

Lucy James	BCAC	56.6 cbp	
Samantha Cutler	BCAC	70.8	

800m - Final

Rosie Keane	LAC	2-26.0	
-------------	-----	--------	--

1500m - Final

Sarah Caunt	BCAC	5-12.6	
-------------	------	--------	--

Hammer

Holly Robinson	BAC	19m.03
----------------	-----	--------

Javelin

Amy Lyons	SUS	32m 52
-----------	-----	--------

Discus

Holly Robinson	BAC	14m 53
----------------	-----	--------

Shot

Holly Robinson	BAC	5m 38
----------------	-----	-------

Pole Vault

Abigail Seaman	BCAC	2m 60
----------------	------	-------

Long Jump

Aimee Richardson	BCAC	5m 25
Jonelle Johnson-Turner	LAC	4m 96
Shakira Francis	LAC	4m 86

Triple Jump

Jonelle Johnson-Turner	LAC	10m 46
Shakira Francis	LAC	10m 17
Katie Doody	LAC	10m 04

1

RESULTS of Bedfordshire AAA Track & Field Championships - 2009

SNR. WOMEN

100m HURDLES - Final

Lauren Ambrose VPH&TH 14.9 w/s +0.5

100m - Final

Monica Bramwell LAC 12.9
Emma Hughes LAC 13.2
Carol Alker LAC 15.5

200m - Final

Carol Alker LAC 31.5

1500m - Final

Natasha Peters BCAC 4-46.7

3000m - Final

Natasha Peters BCAC 10-45.8
Jill Richardson LBAC 13-26.4
Amy Inchley LBAC 14-08.1
Fiona Towel LBAC 14-45.7
Liz Miller LBAC 15-13.7

Pole Vault

Jemma Harding BCAC 3m 50
Sarka Robinson D&TAC 3m 00

Long Jump

Emma Hughes LAC 5m 70

Triple Jump

Emma Hughes LAC 10m 43
Sandra Ingham BAC 8m 08

Hammer

Andrea Jenkins NVH 46m 95
Katie Winwood BCAC 40m 69
Shannon Bunker LAC 40m 33
Stacey Robinson BAC 28m 66

Javelin

Shannon Bunker LAC 29m 32
Sarka Robinson D&TAC 26m 98
Jana Gibbs LAC 23m 61
Sandra Ingram BAC 22m 83
Stacey Robinson BAC 17m 25

Discus

Andrea Jenkins NVH 36m 29
Shannon Bunker LAC 32m 61
Sarka Robinson D&TAC 30m 62
Jemma Harding BCAC 26m 00
Natalie Kimble LBAC 21m 14
Stacey Robinson BAC 18m 43

Shot

Shannon Bunker LAC 10m 67
Natalie Kimble LBAC 8m 52
Sandra Ingham BAC 7m 66

||