

U13 Boys

100 m

Oliver Cole	Luton AC	12.7 secs
Sam Hazel	Luton AC	13.0 secs
Gerald Matthew	Luton AC	13.1 secs
William Lawrence	Bedford & Cnty	13.4 secs
Adawale Tunde	Bedford & Cnty	13.5 secs
Calvin Buckle	Bedford & Cnty	13.5 secs
Issac Walker -Osbourne	Bedford & Cnty	13.5secs
Elliott Smith	Luton AC	13.8 secs
Kyle Mirwald	Bedford & Cnty	13.9 secs
Callum Mason	Bedford & Cnty	14.0 secs
Heyden Dorma	Robert Bloomfield	14.0 secs
Morgan Croker	Bedford & Cnty	14.0 secs

200 m

Sam Hazel	Luton AC	26.5 secs
Adawale Tunde	Bedford & Cnty	27.4secs
Kyle Mirwald	Bedford & Cnty	27.5 secs
Gerald Matthew	Luton AC	27.7 secs
Calvin Buckle	Bedford & Cnty	27.7secs
William Lawrence	Bedford & Cnty	28.1 secs
C Rowe	Beds Schools	28.4 secs
Elliott Smith	Luton AC	28.7 secs
Jamel Lewis	Luton AC	29.5 secs
Joe McGarry	Luton/Leighton Buzzard	29.5 secs

800 m

Jordan Williams	Bedford	2 mins 20.8 secs
Jamel Lewis	Luton AC	2 mins 22.87 secs
D Bannerd	Robert Bloomfield	2 mins 28.4 secs
Ben Burton	Bedford	2 mins 29.06 secs
Connor Trudghill	Biggleswade AC	2 mins 31.2 secs
Jonathan Janes	Bedford	2 mins 32.0 secs
Daniel Harrison	Bedford	2 mins 32.7 secs
Olli Harper Smith	Robert Bloomfield	2 mins 34.1 secs
Parish Ali	Lincroft	2 mins 35.5 secs
Thomas Pitman	Biggleswade AC	2 mins 36.0 secs

1500 m

James Lovett	Robert Bloomfield	4 mins 52.1 secs
James Catterall	Bedford & Cnty	5 mins 03.4 secs
Josh Conroy	Bedford/Lincroft	5 mins 03.4 secs
Jonathan Janes	Bedford	5 mins 05.8 secs
James Thomas	Biggleswade	5 mins 17.8 secs
J Keach	Robert Bloomfield	5 mins 19.0 secs
Jay Willett	Lincroft	5 mins 19.9 secs
Lewis Jobbling	Bedford	5 mins 21.1 secs
Alex Hephburn	Bedford	5 mins 22.1 secs
Daniel Curran	Luton/Lincroft	5 mins 23.4 secs

75 m Hurdles

Ollie Swain	Bedford	12.9 secs
Joshui Conroy	Lincroft/Bedford	13.1 secs
Gergio Jenni	Luton AC/ Lincroft	13.2 secs
Isaac Osborne Walker	Bedford	13.4 secs
James Thomas	Biggleswade	14.1 secs
David Perry	Lincroft	14.4 secs
Simon Taylor	Robert Bloomfield	14.8 secs
Kane Osborne Walker	Bedford	14.8 secs
Ollie Harper Smith	Biggleswade	15.3 secs
Adam Donovan	Lincroft	15.4 secs

High Jump

Ollie Swain (6)	Bedford	1.55 m
Joshui Conroy (10)	Lincroft/Bedford	1.53 m
Lee Johnson	Bedford	1.40 m
Sam Bird	Luton	1.40 m
J Catterhall	Robert Bloomfield	1.35 m
Sam Hazel	Luton	1.30 m
J Vincent	Luton	1.25 m
Gerald Matthews	Luton	1.25 m
Joe McGarry	Luton/Leighton Buzzard	1.25 m
Temitope Fisayo	Luton	1.25 m
Louis Hazel	Luton	1.25 m

Long Jump

Sam Hazel (8)	Luton	5.11 m
Oliver Cole	Luton	4.84 m
Kyle Mirwald	Bedford & Cnty	4.61 m
Adawale Tunde	Bedford & Cnty	4.58 m
David Perry	Lincroft	4.46 m
Isaac Osborne Walker	Bedford & Cnty	4.41m
M Tobias	Beds Schools	4.37 m
Jack Baker	Bedford & Cnty	4.35 m
Temitope Fisayo	Luton	4.23 m
Elijah Hukin	Lincroft	4.19 m

Discus

H Carr (19)	Beds Schools	26.33 m
Hayden Dorma	Robert Bloomfield	23.53 m
Josh Wilson	Bedford	21.21 m
Luke Walsh	Leighton Buzzard	20.21 m
Jordan Williams	Bedford	20.05 m
Sam Simkins	Robert Bloomfield	19.94 m
Rhys Cleverley	Lincroft	18.40 m
Lee Johnson	Bedford	13.50 m
Callum Dickson Earle (U11)	Biggleswade	12.59 m
Gergio Jenni	Luton AC/ Lincroft	11.13 m

Javelin

Robson Angel	Bedford	29.73 m
Thomas Dalton	Lincroft	29.13 m
Evan Cole	Biggleswade AC	17.99 m
Callum Dickson Earle (U11)	Biggleswade AC	13.71 m
Jordan Clay	Leighton Buzzard	12.77 m
Cameron Westrope	Bedford	12.68 m
Thomas O'Neil	Lincroft	12.44 m
Lewis Hazel	Luton AC	8.53 m
Sam Hazel	Luton AC	7.94 m

Shot

C Calvert	Robert Blomfield	9.67 m
Daniel Harrison	Bedford	8.55 m
Kyle Mirwald	Bedford	8.44 m
Jordan Williams	Bedford	7.66 m
Callum Dickson Earle (U11)	Biggleswade	6.47 m
Gergio Jenni	Luton AC/ Lincroft	6.44 m
Josh Wilson	Bedford	5.80 m
Gerald Mathews	Luton	5.49 m
Lee Johnson	Bedford	5.13 m
C Knight	Luton	4.98 m

Hammer

Evan Cole	Biggleswade AC	14.41 m
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U15 Boys

100 m

Alex Tyler	Bedford & Cnty	12.0 secs
Denni Lloyd	Luton AC	12.0 secs
Alex McNulty	Luton AC	12.0secs
James Deane	Luton AC	12.1 secs
Brandon Lewsey	Luton AC	12.2 secs
Joel Parpes	Luton AC	12.3 secs
Ciceron Pangi	Bedford & Cnty	12.3 secs
A Nelson	Beds School	12.4 secs
Andrew Baldwin	Biggleswade AC	12.5 secs
Scott Benjamin	Luton AC	12.5 secs

200 m

Alex Tyler	Bedford & Cnty	24.4 secs
Alex McNulty	Luton AC	24.7 secs
Ciceron Pangi	Bedford & Cnty	24.8 secs
Brandon Lewsey	Luton AC	24.9 secs
Greg George	Bedford & Cnty	25.1 secs
Denni Lloyd	Luton AC	25.2 secs
James Deane	Bedford & Cnty	25.23 secs
Andrew Baldwin	Biggleswade AC	25.3 secs

400 m

James Deane	Bedford & Cnty	54.2 secs
Brandon Lewsey	Luton AC	54.49 secs
Derek Ocallaghan	Beds Schools	57.1 secs
Michael MacCleod	Leighton Buzzard	57.6 secs
Alex McNulty	Luton AC	57.8 secs
Conner Wilkinson	Luton AC	57.9 secs
Greg Todd	Lincroft	59.4 secs
J Davis	Beds Schools	59.6 secs
Michael Harrison	Bedford & Cnty	60.5 secs
George Tippite	Leighton Buzzard	60.5 secs

800 m

Michael Harrison	Bedford & Cnty	2 mins 08.78 secs
Ben Alcock	Bedford & Cnty	2 mins 12.5 secs
Kieran Brazier	Robert Bloomfield	2 mins 15.98 secs
D Collins	Beds School	2 mins 16.19 secs
Ben Churchman	Bedford & Cnty	2 mins 16.91 secs
James Deane	Bedford & Cnty	2 mins 18.1 secs
Tyler Ager	Robert Bloomfield	2 mins 18.8 secs
Z Carter	Beds Schools	2 mins 19.1 secs
Sam Kelly	Robert Bloomfield	2 mins 19.4 secs
George Ward	Luton AC	2 mins 21.6 secs

1500 m

Michael Harrison	Bedford & Cnty	4 mins 24.6 secs
Ben Alcock	Bedford & Cnty	4 mins 24.67 secs
Kieran Brazier	Robert Bloomfield	4 mins 32.4 secs
Ben Churchman	Bedford & Cnty	4 mins 33.92 secs
Ryan Issacon	Bedford & Cnty	4 mins 34.60 sec
Conner Delaney	Bedford & Cnty	4 mins 47.2 secs
D Weston	Luton AC	4 mins 49.1 secs
Sam Smith	Biggleswade AC	4 mins 50.7 secs
Tom Stead	Bedford & Cnty	4 mins 55.8 secs
Jack Douglas	Bedford & Cnty	4 mins 56.1 secs

3000 m

Ben Alcock (11)	Bedford & Cnty	9 mins 27.92 secs
Tom Stead	Bedford & Cnty	10 mins 27.4 secs
Sam Smith	Biggleswade AC	10 mins 36.0 secs

80 m Hurdles

Euan Dickson Earle (19)	Biggleswade AC	11.9 secs
Julian Hensmen	Lincroft	12.4 secs
Martin Danobrega	Bedford & Cnty	12.5 secs
Richard Applegate	Bedford & Cnty	12.5secs
Bradley Fenn	Luton AC	12.8 secs
James Vosper	Biggleswade AC	12.8 secs
Shaquille Thomas	Luton AC	13.1 secs
Hayden Byrne	Bedford Schools	13.3 secs
Ciceron Pangi	Bedford & Cnty	13.4 secs
James Deane	Bedford & Cnty	13.4 secs

Pentathlon

James Deane	Bedford & Cnty	2292 pts
Martin Danobrega	Bedford & Cnty	2272 points
Ciceron Pangi	Bedford & Cnty	1678 pts

High Jump

Martin Danobrega (12)	Bedford & Cnty	1.78m
Chris Alderman	Bedford & Cnty	1.71 m
Conner Wilkinson	Luton AC	1.70 m
Euan Dickson Earle	Biggleswade AC	1.60 m
Josh Watson	Biggleswade AC	1.60 m
N Nuadu	Beds Schools	1.60 m
G Jolly	Luton AC	1.51 m
Alfie Betts	Lincroft	1.50 m
Jamie Watson	Beds Schools	1.50 m
James Deane	Bedford & Cnty	1.45 m
Ciceron Pangi	Bedford & Cnty	1.45 m

Long Jump

Julian Hensmen	Beds Schools	5.45 m
James Deane	Bedford & Cnty	5.37 m
C Payne	Bedford & Cnty	5.35 m
Ciceron Pangi	Bedford & Cnty	5.35 m
B Barfoot	Beds Schools	5.27 m
Martin Danobrega	Bedford & Cnty	5.25 m
Alex McNulty	Luton AC	5.20 m
N Jera	Beds Schools	5.08 m
Conner Wilkinson	Luton AC	5.06 m
B Smith	Beds Schools	4.95 m

Pole Vault

Jake Devereux (4)	Bedford & Cnty	3.60 m
Hayden Byrne	Bedford Schools	2.85 m
Sam Frith	Bedford & Cnty	2.30 m
George Ward	Luton AC	1.90 m
S Dale-Molloy	Beds Schools	1.80 m

Triple Jump

J Black	Beds Schools	11.79 m
Caleb Adesina	Beds Schools	11.66 m
N Jera	Beds Schools	11.11 m
J Anthony	Beds Schools	10.70 m
Kieran Brasier	Robert Bloomfield	10.64 m
Alex Ingham	Biggleswade AC	10.46 m
M McConville	Beds Schools	10.21 m
Daniel Reynolds	Luton AC	9.99 m
O Fisaeo	Luton AC	9.98 m
Nialli Ali	Lincroft	9.31 m

Discus

Greg George	Bedford & Cnty	36.79 m
Alan Sydee	Luton AC	34.79 m
Aaron Bodger	Bedford & Cnty	32.56 m
Jamie Paxton	Beds Schools	27.88 m
Brandon Lewsey	Luton AC	27.81 m
M Buck	Beds Schools	26.18 m
Josh Watson	Biggleswade AC	24.83 m
Anthony Jones	Biggleswade AC	24.37 m
Euan Dickson Earle	Biggleswade AC	24.36 m
S Nice	Beds Schools	23.28 m

Javelin

Jack Swain (10)	Bedford & Cnty	39.35m
Greg George (14)	Bedford & Cnty	38.58 m
G Jolly	Luton AC	33.34 m
S Lawrence	Beds Schools	30.30 m
Rhys Harvey	Biggleswade AC	30.27 m
B Scotchett	Beds Schools	29.54 m
K Snowden	Beds Schools	29.15 m
Anthony Collins	Biggleswade AC	28.67 m
Alex Tyler	Bedford & Cnty	28.34 m
Lewis James	Bedford & Cnty	27.48 m

Shot

Greg George (9)	Bedford & Cnty	14.11 m
J Bavington	Beds Schools	12.11 m
Wood	Beds Schools	11.74 m
Alan Sydee	Luton AC	11.60 m
Kelchie Moulton	Robert Bloomfield School	11.32 m
J Harley	Beds Schools	10.95 m
C Gibson	Beds Schools	10.94 m
Billy Wagstaff	Luton AC	10.24 m
Greg Todd	Lincroft	10.04 m
James Deane	Bedford & Cnty	9.71 m

Hammer

Alan Sydee (4)	Luton AC	54.78 m
Michael Bhatti	Lincroft	31.90 m
Jamie Burrell	Luton AC	31.19 m
Ashley Henderson	Robert Bloomfield	29.81 m
Mitchell Brooks	Robert Bloomfield	29.69 m
Aaron Bodger	Bedford & Cnty	28.61 m
Jamie Poulton	Beds Schools	27.14 m
Hayden Byrne	Beds Schools	26.93 m
Lewis James	Bedford & Cnty	18.98 m
Lewis Ludlow	Beds Schools	17.90 m

U17 Men

100 m

Joe Woodfinch	Luton	11.2 secs
Dwayne Rapley	Bedford & Cnty	11.3 secs
Jordan Browne	Luton AC	11.5 secs
Zac Gibson	Bedford & Cnty	11.52 secs
Matt Birch	Luton	11.6 secs
Andrew Gadsden	Luton AC	11.62 secs
Jordan Seraton	Luton Schools	11.7 secs
Danny Iannantuono	Bedford & Cnty	11.9 secs
Kiff Jake	Bedford & Cnty	11.9 secs
Louie Carden-White	Luton AC	11.9 secs

200 m

Joe Woodfinch	Luton	22.9 secs
Jordan Browne	Luton AC	23.4 secs
Zac Gibson	Bedford & Cnty	23.5 secs
Michael Paladino	Bedford & Cnty	23.8 secs
Jordan Seraton	Luton Schools	23.9 secs
Matt Birch	Luton	23.9 secs
Louie Carden-White	Luton AC	24.0 secs
Kiff Jake	Bedford & Cnty	24.1 secs
Oli Hayley	Bedford & Cnty	24.1 secs
Andrew Gadsden	Luton AC	24.2 secs

400 m

Manuel Eze	Beds Schools	53.5 secs
Kiff Jake	Bedford & Cnty	54.2 secs
Jake Ovenden	Luton AC	54.6 secs
Matt Herriet	Luton Schools	54.7 secs
M Simpson	Beds Schools	55.2 secs
Louie Carden-White	Luton AC	55.6 secs
Thomas Day	Luton AC	55.6 secs
Otto Prendergast	Beds Schools (Nthants)	55.7 secs
Tom Mead	Luton AC	55.8 secs
Ben Leigh	Luton AC	55.8 secs

800 m

James Burton	Bedford & Cnty	2 mins 00.99 secs
Jack Goodwin	Bedford & Cnty	2 mins 02.30 secs
Matt Bergin	Bedford & Cnty	2 mins 02.34 secs
George Burkett	Bedford & Cnty	2 mins 04.97secs
Tom Mead	Luton AC	2 mins 05.6 secs
Thomas Day	Luton AC	2 mins 05.9 secs
Simon Richards	Luton Schools	2 mins 07.4 secs
Shaun Buxton	Beds Schools	2 mins 07.7 secs
Daniel Johnson	Luton AC	2 mins 08.5 secs
Sean Still	Luton AC	2 mins 09.01 secs

1500 m

Jack Goodwin	Bedford & Cnty	4 mins 06.41 sec
Matt Bergin	Bedford & Cnty	4 mins 09.33 secs
Tom Mead	Luton AC	4 mins 12.6 secs
Sean Still	Luton AC	4 mins 20.6 secs
Stuart Patrick	Bedford & Cnty	4 mins 26.34 secs
George Burkett	Bedford & Cnty	4 mins 26.6 secs
Andrew Minney	Bedford & Cnty	4 mins 27.4 secs
Daniel Johnson	Luton AC	4 mins 29.82 secs
Andrew Burrough	Luton AC	4 mins 30.0 secs
Luke Angel	Bedford & Cnty	4 mins 33.7 secs

3000 m

Jack Goodwin (12)	Bedford & Cnty	8 mins 44.53 secs
Matt Bergin	Bedford & Cnty	9 mins 01.51 secs
Sean Still	Luton AC	9 mins 19.72 secs
Andrew Minney	Bedford & Cnty	9 mins 30.89 secs
Tom Mead	Luton AC	9 mins 42.16 secs
Daniel Johnson	Luton AC	9 mins 46.13 secs
Stuart Patrick	Bedford & Cnty	9 mins 48.8 secs
Sam Bennett	Bedford & Cnty	10 mins 21.7 secs
Matt Tilley	Luton AC	10 mins 57.6 secs

100 m Hurdles

Jordan Smallin	Luton AC	14.5 secs
Jumar Uddin	Luton AC	15.3 secs
Jamie Fitzgibbon	Beds Schools	15.4 secs
Stuart Patrick	Bedford & Cnty	16.9 secs
J O'Neil	Beds Schools	17.4 secs
E Mensah	Beds Schools	18.9 secs
Ezra Leonce	Luton AC	19.2 secs

400 m Hurdles

Robert Ward	Beds Schools	65.2 secs
S Munday	Beds Schools	72.2 secs
Michael Jobbling	Bedford & Cnty	75.0 secs

1500 m S/Chase

Jack Goodwin (8)	Bedford & Cnty	4 mins 34.85 secs
George Burkett	Bedford & Cnty	4 mins 49.5 secs
James Burton	Bedford & Cnty	4 mins 55.52 secs
Andrew Minney	Bedford & Cnty	5 mins 08.9 secs
Danny Iannantuono	Bedford & Cnty	7 mins 53.9 secs
Michael Jobbling	Bedford & Cnty	7 mins 54.4 secs

High Jump

Charlie Simmons	Bedford & Cnty	1.85 m
George Hosegood	Bedford & Cnty	1.78 m
George Obed	Bedford & Cnty	1.78 m
Lloyd Mulkerrins	Bedford & Cnty	1.78 m
Kane Griffiths	Luton Schools	1.75 m
Jumar Uddin	Luton AC	1.75 m
Daniel Steel	Biggleswade AC	1.71 m
Tony Evans	Luton AC	1.60 m
Robert Ward	Beds Schools	1.60 m
S Ambrose	Beds Schools	1.45 m
T Godfrey	Beds Schools	1.45 m

Long Jump

Simeon Bennett	Luton AC	6.29 m
Ezra Leonce	Luton AC	6.22 m
Otto Prendergast	Beds Schools (Nthants)	6.04 m
Daniel Steel	Biggleswade AC	5.86 m
Jumar Uddin	Luton AC	5.86 m
Joel Ayettey	Luton Ac	5.73 m
Jamie Fitzgibbon	Beds Schools	5.67 m
Jake Kiff	Bedford & Cnty	5.43 m
Dejuan Lester	Luton Schools	5.29 m
P Grabowski	Beds Schools	5.21 m

Pole Vault

T Lewis	Beds Schools	2.20 m
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Triple Jump

Simeon Bennett (18)	Luton AC	13.58 m
Otto Prendergast	Beds Schools (Nthants)	13.01 m
Jordan Smallin	Luton AC	12.39 m
Ezra Leonce	Luton AC	12.37 m
Daniel Steel	Biggleswade AC	12.37 m
George Hosegood	Bedford & Cnty	11.47 m
A Richards	Beds schools	11.36 m
A Colling	Beds Schools	11.31 m
Alex Richards	Biggleswade AC	10.68 m
N Mallett	Beds Schools	10.62m

Discus

Josef Buszka	Bedford & Cnty	29.34 m
Robert Fensome	Luton AC	28.24 m
Alex Holdsworth	Bedford & Cnty	27.21 m
Michael Paladino	Bedford & Cnty	25.92 m
K Williams	Beds Schools	25.28 m
J Parker	Beds Schools	25.21 m
Scott Benjamin	Luton AC	24.86 m
Jordan Brown	Luton AC	24.79 m
Christopher Diamond	MMKAC	23.82 m
J Davall	Beds Schools	23.72 m

Javelin

Christopher Diamond	MMKAC	45.62 m
B Welch	Beds Schools	45.03 m
Jordan Brown	Luton AC	41.44 m
William Presland	Bedford & Cnty	37.96 m
Kieran Davis	Beds Schools	36.27 m
Jordan Smallin	Luton AC	33.16 m
Andrew Gadsden	Luton AC	33.07 m
Mohammed Ishmael	Beds Schools	32.04 m
B Spendlove	Beds Schools	31.90 m
Jack Goodwin	Bedford & Cnty	31.85 m

Shot

Robert Fensome	Luton AC	11.79 m
Shane Roberts	Beds Schools	11.41 m
Michael Paladino	Bedford & Cnty	11.06 m
Alex Holdsworth	Bedford & Cnty	10.81 m
Matt Birch	Luton AC	10.65 m
Sven Mieland	Bedford & Cnty	10.53 m
Jordan Brown	Luton AC	10.51 m
B Newland	Beds Schools	9.94 m
M Fisher	Beds Schools	9.93 m
Tom Borrett	Bedford & Cnty	9.64 m

Hammer

Alex Holdsworth	Bedford & Cnty	49.23 m
Rob Jones	Beds Schools	44.96 m
Robert Fensome	Luton AC	44.32 m
Josef Buszka	Bedford & Cnty	35.15 m
Luke Hale	Beds Schools	25.40 m

U20 Men

100 m

Deji Tobais (3)	WSEH	10.43 secs
Andrew Craig	Luton AC	11.2 secs
Jordan Warner	SBH	11.26 secs
Jordan Smith	Biggleswade AC	11.6 secs
Kristian Smith	Luton AC	11.6 secs
Isaac Rasmussen	Luton AC	11.7 secs
Ciaron Craig	Bedford & Cnty	11.74 secs
Ben Cruise	Luton AC	11.9 secs
Louis Martindale	Luton AC	12.14 secs
Tom Worboys	Biggleswade AC	12.2 secs
Liam O'Dell	Luton AC	12.2 secs

200 m

Deji Tobais (6)	WSEH	21.47 secs
Jordan Warner	SBH	22.78 secs
Andrew Craig	Luton AC	23.1 secs
Patt Meniru	Luton AC	23.9 secs
Jordan Smith	Biggleswade AC	24.0 secs
Glen Pascall	Luton AC	24.1 secs
Tom Worboys	Biggleswade AC	24.2 secs
Matt Devereux	Bedford & Cnty	24.4 secs
Kristian Smith	Luton AC	24.5 secs
Ben Cruise	Luton AC	24.7 secs

400 m

Glen Pascall	Luton AC	52.7 secs
Tom Worboys	Biggleswade AC	53.05 secs
Nick Gilbert	Luton AC	53.2 secs
Luke Turnbull	Bedford & Cnty	53.7 secs
Daniel Roe	Luton AC	55.5 secs
Ciaron Craig	Bedford & Cnty	56.50 secs
Liam O'Dell	Luton AC	67.04 secs

800 m

John McDonnell	Luton AC	1 min 54.5 secs
Matt Goodwin	Bedford & Cnty	1 min 55.66 secs
Ryan Parker	Bedford & Cnty	1 min 59.74 secs
Tom Best	Luton AC	1 min 59.8 secs
Peter Benedickter	Luton AC	2 mins 00.3 secs
Dan Clorley	Luton AC	2 mins 00.44 secs
Daniel Roe	Luton AC	2 mins 01.4 secs
Sam Walbank	Bedford & Cnty	2 mins 02.18 secs
Alex Bellew	Bedford & Cnty	2 mins 02.21 secs
Luke Turnbull	Bedford & Cnty	2 mins 02.6 secs

1500 m

Dan Clorley (3)	Luton AC	3 mins 43.53 secs
John McDonnell (11)	Luton AC	3 mins 50.64 secs
Matt Goodwin	Bedford & Cnty	3 mins 58.36 secs
Ryan Parker	Bedford & Cnty	3 mins 59.13 secs
Alex Bellew	Bedford & Cnty	4 mins 03.36 secs
Sam Walbank	Bedford & Cnty	4 mins 06.84 secs
Peter Benedickter	Luton AC	4 mins 09.8 secs
Daniel Woodgate	Luton AC	4 mins 12.98 secs
Tom Corbett	Bedford & Cnty	4 mins 23.47 secs
Stuart Baird	Luton AC	4 mins 29.34 secs

3000 m

Dan Clorley (7)	Luton AC	8 mins 20.04 secs
John McDonnell (8)	Luton AC	8 mins 21.30 secs
Ryan Parker	Bedford & Cnty	8 mins 36.3 secs
Daniel Woodgate	Luton AC	8 mins 50.3 secs
Peter Benedickter	Luton AC	9 mins 00.70 secs
Tom Corbett	Bedford & Cnty	9 mins 24.75 secs
Stuart Baird	Luton AC	9 mins 49.97 secs
Daniel Bianchi	Luton AC	10 mins 00.23 secs

5000 m

Ryan Parker (19)	Bedford & Cnty	15 mins 13.03 secs
Dan Clorley	Luton AC	15 mins 15.33 secs
Peter Benedickter	Luton AC	15 mins 59.5 secs
Daniel Woodgate	Luton AC	16 mins 00.7 secs
Nick Gilbert	Luton AC	21 mins 53.5 secs

110 m Hurdles

Ciaron Craig	Bedford & Cnty	16.98 secs
Chris Kingshott	Luton AC	20.2 secs
Liam O'Dell	Luton AC	25.09 secs

3000 m Steeple Chase

Peter Benedickter	Luton AC	10 mins 22.2 secs
Sam Walbank	Bedford & Cnty	10 mins 29.0 secs
Stuart Baird	Luton AC	11 mins 02.3 secs
Tom Corbett	Bedford & Cnty	11 mins 31.7 secs

2000 m Steeple Chase

Peter Benedickter	Luton AC	6 mins 26.7 secs
Tom Corbett	Bedford & Cnty	7 mins 02.2 secs
Stuart Baird	Luton AC	7 mins 04.1 secs

Decathlon

Ciaron Craig	Bedford & Cnty	4929 points
Liam O'Dell	Luton AC	1987points

High Jump

Scott Johnson (3)	Bedford & Cnty	2.12 m
Matt Barden	Luton AC	1.80 m
Ciaron Craig	Bedford & Cnty	1.78 m
Josh Bassett	Luton AC	1.75 m
Craig Andrew	Luton AC	1.70 m
Ben Cruise	Luton AC	1.65 m
David Rourke	Leighton Buzzard AC	1.60 m
Kristian Smith	Luton AC	1.60 m
Adam Humphries	Bedford	1.50 m

Long Jump

Craig Andrew	Luton AC	6.76 m
Patrick Meniru	Luton AC	6.70 m
Ciaron Craig	Bedford & Cnty	6.28 m
Kristian Smith	Luton AC	6.25 m
Josh Bassett	Luton AC	6.18 m
David Rourke	Leighton Buzzard	6.11 m
Ben Cruise	Luton AC	6.03 m
Mark Norris	Leighton Buzzard	5.48 m
Tom Worboys	Biggleswade AC	5.40 m
Matt Redding	Bedford & Cnty	5.35 m

Pole Vault

Matt Devereux (4)	Bedford & Cnty	4.95 m
Ciaron Craig	Bedford & Cnty	4.00 m
Adam Humphries	Bedford & Cnty	3.60 m
Ben Cruise	Luton AC	2.40 m
Josh Bassett	Luton AC	1.40 m
Matt Barden	Luton AC	1.00 m

Triple Jump

Michael Puplampu (4)	WSEH	15.44 m
Craig Andrew	Luton AC	13.37 m
Rhuben Hukin	Luton AC	13.25 m
Matt Devereux	Bedford & Cnty	13.01 m
Ben Cruise	Luton AC	12.76 m
Matt Redding	Bedford & Cnty	12.71 m
David Rourke	Leighton Buzzard	12.59 m
Kristian Smith	Luton AC	12.51 m
Josh Bassett	Luton AC	11.76 m
Patrick Meniru	Luton AC	11.55 m

Discus

Ciaron Craig	Bedford & Cnty	37.55 m
Paul Rushton	Leighton Buzzard	30.36 m
Robert Fensome (U17)	Luton AC	26.96 m
Liam O'Dell	Luton AC	20.62 m
Stuart West	Biggleswade AC	18.79 m

Javelin

Pieter Snyman (10)	Bedford & Cnty	57.97 m
Josh Bassett	Luton AC	40.34 m
Ciaron Craig	Bedford & Cnty	37.79 m
Kristian Smith	Luton AC	34.17 m
Jordan Smallin (U17)	Luton AC	29.69 m
Mark Norris	Leighton Buzzard	27.17 m
David Rourke	Leighton Buzzard	26.76 m
Stuart West	Biggleswade AC	24.34 m
Liam O'Dell	Luton AC	16.77 m

Shot

Ciaron Craig	Bedford & Cnty	12.26 m
C Nell	Beds Schools	11.76 m
Pat Meniru	Luton AC	10.71 m
Josh Bassett	Luton AC	10.02 m
Stuart West	Biggleswade AC	9.96 m
Robert Fensome (U17)	Luton AC	9.54 m
Liam O'Dell	Luton AC	5.75 m

Hammer

Robert Fensome (U17)	Luton AC	37.70 m
Stuart West	Biggleswade AC	35.73 m
Liam O'Dell	Luton AC	14.67 m

Sen Men

100 m

Kyle Andrew	Luton AC	11.1 secs
Ernest Nganwme	Luton AC	11.4 secs
Eric Kofi Amankwah	Luton AC	11.8 secs
Alistair McDonald	Bedford & Cnty	11.9 secs
Sidney Acadamu	Luton AC	11.9 secs
Zack Morrison	Biggleswade AC	12.0 secs
Zac Row	Biggleswade AC	12.3 secs
Patrick Khali	Luton AC	12.5 secs
Peter Benedickter (V40)	Luton AC	12.52 secs
Dwayne King	Luton AC	12.6 secs
Friday Obaje	Luton AC	12.6 secs

200 m

Nigel Levine	WSEH	21.48 secs
Kyle Andrew	Luton AC	22.5 secs
Ernest Nganwme	Luton AC	23.2 secs
Alan Cooper	Luton AC	23.5 secs
Zack Morrison	Biggleswade AC	24.1 secs
Zac Row	Biggleswade AC	24.5 secs
Peter Benedickter (V40)	Luton AC	25.09 secs
James Tennyson (V50)	Bedford & Cnty	25.8 secs
Patrick Khali	Luton AC	26.4 secs
Dwayne King	Luton AC	26.7 secs

400 m

Nigel Levine (8)	WSEH	45.78 secs
Rob Lewis	Trafford	48.55 secs
Alan Cooper	Luton AC	51.0 secs
Robert Heaney	Bedford & Cnty	51.26 secs
Tim Harris	Ampthill FF	51.5 secs
Kyle Andrew	Luton AC	54.3 secs
Ernest Nganwme	Luton AC	54.8 secs
Peter Benedickter (V40)	Luton AC	54.95 secs
Liam McNabola	Luton AC	55.5 secs
Tennyson James (V50)	Bedford & Cnty	56.6 secs

800 m

Robert Heaney	Bedford & Cnty	1 min 52.05 secs
Nathanial Quigley	Luton AC	1 mins 56.41 secs
Liam MacNabola	Luton AC	1 min 57.35 secs
Tom Best	Luton AC	1 min 59.2 secs
Peter Benedickter (V40)	Luton AC	2 mins 02.0 secs
Alan Johnson	Luton AC	2 mins 03.4 secs
P Holland	AFF	2 mins 09.5 secs
Richard Bevan	Biggleswade AC	2 mins 13.2 secs
David Brown (V50)	Biggleswade AC	2 mins 20.2 secs
Tim Harris	AFF	2 mins 20.2 secs

1500 m

Mark Draper	Bedford & Cnty	3 mins 44.23 secs
Robert Heaney	Bedford & Cnty	3 mins 54.40 secs
Nathanial Quigley	Luton AC	3 mins 54.86 secs
Tom Best	Luton AC	4mins 10.6 secs
Liam MacNabola	Luton AC	4 mins 12.57 secs
Peter Benedickter (V40)	Luton AC	4 mins 14.7 secs
Alan Johnson	Luton AC	4 mins 17.6 secs
Luke Humphries	Bedford & Cnty	4 mins 17.71 secs
Nigel Levine	WSEH	4 mins 28.7 secs
A Copp	Stopsley Striders	4 mins 38.19 secs

3000 m

Rob Farmer	Luton AC	8 mins 43.18 secs
Nathanial Quigley	Luton AC	8 mins 46.42 secs
Tom Best	Luton AC	8 mins 46.74 secs
Liam MacNabola	Luton AC	8 mins 54.5 secs
Ben Cornfield	Leighton Buzzard	9 mins 04.6 secs
Luke Humphries	Bedford & Cnty	9 mins 06.73 secs
Dave Cheshire	Bedford & Cnty	10 mins 07.3 secs
Paul Jacob	Luton AC	10 mins 24.6 secs
Nick Clay (V40)	Leighton Buzzard	11 mins 00.8 secs
John Haines Vet 50)	Biggleswade AC	11 mins 12.1 secs

5000 m

Mark Draper	Bedford & Cnty	13 mins 44.64 secs
Owain Matthews	Bedford & Cnty	14 mins 43.88 secs
Matt Janes	Bedford & Cnty	14 mins 45.0 secs
Darren Deed	Bedford & Cnty	14 mins 50.66 secs
Tom Best	Luton AC	15 mins 11.05 secs
Rob Farmer	Luton AC	15 mins 11.59 secs
Luke Humphries	Bedford & Cnty	15 mins 46.30 secs
Phil Holland	Ampthill FF	15 mins 52.7 secs
Ben Cornfield	Leighton Buzzard	16 mins 14.8 secs

10000 m

Matt Janes	Bedford & Cnty	29 mins 48.81 secs
Ben Cornfield	Leighton Buzzard	33 mins 15.52 secs

110 m Hurdles

Ciaron Craig (U20)	Bedford & Cnty	16.9 secs
Liam MacNabola	Luton AC	22.5 secs
Peter Benedickter (V40)	Luton AC	22.9 secs
Pete Carpenter	Bedford & Cnty	23.0 secs
David Brown (V50)	Biggleswade AC	23.6 secs

400 m Hurdles

Rob Lewis	Trafford	51.56 secs
Alan Cooper	Luton AC	54.10 secs
Peter Benedickter (V40)	Luton AC	58.78 secs
David Brown (V50)	Biggleswade AC	70.6 secs
Stephen Bass	Bedford & Cnty	70.7 secs
Tennyson James (V50)	Bedford & Cnty	71.34secs
Pete Carpenter	Bedford & Cnty	73.9 secs

3000 m Steeplechase

Owain Matthews	Bedford & Cnty	9 mins 23.49 secs
Gareth Edwards	Luton AC	10 mins 10.1 secs
Jim McMahan (V50)	Bedford & Cnty	11 mins 36.8 secs
Kevin Jacob	Luton AC	12 mins 21.7 secs
Paul Brooks (V40)	Luton AC	15 mins 06.1 secs

High Jump

Zack Morrison	Biggleswade AC	1.80 m
Gavin Fordham	Bedford & Cnty	1.75 m
David Folgate (V50)	Bedford & Cnty	1.40 m
David Brown (V50)	Biggleswade AC	1.25 m
Danny Bottesch	Luton AC	1.00 m
Paul Brooks (V40)	Luton AC	1.00 m

Long Jump

Joe Steel	Luton AC	7.28 m
Andrew Slyseys	Bedford & Cnty	5.94 m
Richard Elliott	Bedford & Cnty	4.96 m
David Folgate (V50)	Bedford & Cnty	4.96 m
Zac Row	Biggleswade AC	4.83 m
Chris Dewey (V40)	Bedford & Cnty	3.88 m
Courtney Gunn (V60)	Bedford & Cnty	3.66 m

Pole Vault

Gavin Fordham	Bedford & Cnty	3.81 m
Chris Kingshott	Luton AC	3.40 m
Tennyson James (V50)	Bedford & Cnty	2.00 m
Paul Jacob	Luton AC	1.11 m
David Brown (V50)	Biggleswade AC	1.10 m

Triple Jump

Andrew Slyseys	Bedford & Cnty	12.39 m
David Folgate	Bedford & Cnty	11.44 m
Graeme Packman	Bedford & Cnty	11.07 m
Damian Larrington	Bedford & Cnty	9.62 m

Discus

Steve Whyte	TVH	47.31 m
David Burrell (V40)	Luton AC	39.30 m
Ciaron Craig (U20)	Bedford & Cnty	34.59 m
Gavin Fordham	Bedford & Cnty	33.74 m
Damian Larrington	Bedford & Cnty	33.69 m
Geoff Grinstead	Luton AC	32.27 m
Courtney Green	Luton AC	30.23 m
Darren Kerr	Bedford & Cnty	30.15 m
Graeme Packman	Bedford & Cnty	30.11m
Steve Edmonds (V40)	Biggleswade AC	28.01 m

Javelin

Gavin Fordham	Bedford & Cnty	47.65 m
Steve Whyte	TVH	43.20 m
David Burrell (V40)	Luton AC	42.83 m
Darren Kerr	Bedford & Cnty	38.09 m
Chris Watson (V40)	Biggleswade AC	32.55 m
Vince Plosky	Biggleswade AC	30.86 m
Geoff Grinstead	Luton AC	28.81 m
Zack Morrison	Biggleswade	28.37 m
Peter Benedickter (V40)	Luton AC	28.33 m
Stuart Rourke (V40)	Leighton Buzzard	26.16 m

Shot

Steve Whyte	TVH	15.12 m
Courtney Green	Luton AC	12.46 m
David Burrell (V40)	Luton AC	12.22 m
Damian Larrington	Bedford & Cnty	11.20 m
Geoff Grinstead	Luton AC	11.17 m
Glenn Kerr	Bedford & Cnty	11.07 m
Gavin Fordham	Bedford & Cnty	10.98 m
Dave Powers (V50)	Luton AC	10.42 m
Ciaron Craig (U20)	Bedford & Cnty	10.41 m(7.26K)
Richard Clayton	Bedford & Cnty	10.29 m

Hammer

Glenn Kerr	Bedford & Cnty	61.15 m
Steve Whyte	TVH	59.80 m
Darren Kerr	Bedford & Cnty	47.36 m
David Burrell (V40)	Luton AC	46.24 m
Richard Clayton	Bedford & Cnty	46.16 m
Ricky Rasmussen	Luton AC	38.29 m
Darren Trafford (V40)	Bedford & Cnty	30.34 m
Geoff Grinstead	Luton AC	29.09 m
Dave Powers (V50)	Luton AC	27.24 m
Graeme Packman (V50)	Bedford & Cnty	22.08 m
Peter Carpenter (V40)	Bedford & Cnty	20.88 m

10 k

Darren Deed	Bedford & Cnty	30 mins 21 secs
Matt Janes	Bedford & Cnty	30 mins 41 secs
Mark Draper	Bedford & Cnty	31 mins 00 secs
Andrew Inskip	Bedford & Cnty	32 mins 17 secs
Owain Matthews	Bedford & Cnty	32 mins 20 secs
Phil Holland	AFF	32 mins 37 secs
Steve Body	Bedford & Cnty	32 mins 44 secs
Graham Breen	Aldershot FD	32 mins 55 secs
Paul Farmer	Luton/AFF	33 mins 13 secs
Robert Palmer	Luton	33 mins 29 secs

1/2 Marathon

Mark Draper	Bedford & Cnty	66 mins 17 secs
Matt Janes	Bedford & Cnty	67 mins 03 secs
Paul Farmer	Luton/AFF	72 mins 06 secs
Adam Mills	Bedford Harriers	72 mins 28 secs
Craig Halsey	Dunstable	76 mins 25 secs
Graham Breen	Alderhot FD	77 mins 34 secs
Stuart Still	Luton AC	77 mins 40 secs
Zac Taylor	Bedford Harriers	79 mins 30 secs

Marathon

Matt Janes	Bedford & Cnty	2 hrs 26 mins 36 secs
Graham Breen	Aldershot FD	2 hrs 32 mins 56 secs
Chris Riley	Bedford & Cnty	2 hrs 33 mins 03 secs
Craig Halsey	Dunstable	2 hrs 47 mins 59 secs
Tim Cook	Bedford & Cnty	2 hrs 53 mins 00 secs
Tony Dadd	Bedford Harriers	2 hrs 53 mins 22 secs
Stuart Trevallion	Bedford Harriers	2 hrs 54 mins 03 secs
Zac Taylor	Bedford Harriers	2 hrs 56 mins 10 secs
Stuart Still	Luton AC	2 hrs 57 mins 07 secs
Bob Wells	Bedford Harriers	2 hrs 59 mins 11 secs