

# BEDS AAA 10K - 8th JULY 2022 - RESULTS - PROVISIONAL

| <u>Position</u> | <u>Race</u><br><u>Number</u> | <u>Time</u> | <u>FIRST Name</u> | <u>LAST Name</u> | <u>Gender</u> | <u>Category</u> | <u>Club</u>                         | <u>County</u><br><u>Champs?</u> | <u>RACE</u><br><u>TROPHY</u><br><u>WINNERS</u> | <u>COUNTY</u><br><u>MEDAL</u><br><u>WINNERS</u> |
|-----------------|------------------------------|-------------|-------------------|------------------|---------------|-----------------|-------------------------------------|---------------------------------|------------------------------------------------|-------------------------------------------------|
| 1               | 133                          | 0:33:13     | Mohammed          | Elbayan          | M             | MS              | Dunstable Lions RC                  | 1                               | 1st Man                                        | 1st Male                                        |
| 2               | 50                           | 0:33:21     | Rob               | ELMORE           | M             | MV40            | Leighton Buzzard Athletic Club      | 1                               | 2nd Man                                        | 1st MV40                                        |
| 3               | 25                           | 0:34:19     | Adam              | BOWLLER          | M             | MS              | North Herts Road Runners            | 1                               | 3rd Man                                        |                                                 |
| 4               | 78                           | 0:34:25     | Matthew           | SLATER           | M             | MS              | Cambridge & Coleridge AC            | 0                               |                                                |                                                 |
| 5               | 119                          | 0:34:28     | Rob               | MAHEN            | M             | MS              | Cambridge & Coleridge AC            | 0                               |                                                |                                                 |
| 6               | 123                          | 0:35:32     | Simon             | ASHTON           | M             | MS              | Riverside Runners St Neots          | 0                               |                                                |                                                 |
| 7               | 18                           | 0:35:42     | John              | PIKE             | M             | MV45            | Peterborough AC                     | 0                               | 1st MV45                                       |                                                 |
| 8               | 121                          | 0:35:57     | Harrison          | EVANS            | M             | MS              | Huntingdon AC                       | 1                               |                                                |                                                 |
| 9               | 91                           | 0:36:09     | Tom               | OLIVER           | M             | MS              | Winchester & District Athletic Club | 0                               |                                                |                                                 |
| 10              | 83                           | 0:36:22     | Robert            | BARNES           | M             | MS              | Stopsley Striders                   | 1                               |                                                |                                                 |
| 11              | 48                           | 0:36:26     | Ben               | SEWELL           | M             | MS              | North Herts Road Runners            | 0                               |                                                |                                                 |
| 12              | 2                            | 0:36:34     | Steve             | HORTON           | M             | MV40            | Bedford & County Athletic Club      | 1                               | 1st MV40                                       |                                                 |
| 13              | 82                           | 0:36:53     | Josh              | EVANS            | M             | MS              | Bedford Harriers AC                 | 1                               |                                                |                                                 |
| 14              | 73                           | 0:36:55     | William           | FRADLEY          | M             | MV40            | Herts Phoenix                       | 0                               |                                                |                                                 |
| 15              | 80                           | 0:37:05     | Daniel            | HURST            | M             | MV40            | Unattached                          | 0                               |                                                |                                                 |
| 16              | 84                           | 0:37:11     | Andre             | BONADIES         | M             | MV40            | Unattached                          | 0                               |                                                |                                                 |
| 17              | 15                           | 0:37:30     | Darren            | CORNISH          | M             | MV50            | Dunstable Lions RC                  | 1                               | 1st MV50                                       | 1st MV50                                        |
| 18              | 116                          | 0:38:05     | Josh              | Jones            | M             | MS              | Bedford & County Athletic Club      | 0                               |                                                |                                                 |
| 19              | 134                          | 0:38:13     | Joshua            | Hampson Wallac   | M             | MU20            | Dunstable Lions RC                  | 1                               |                                                | 1st MU20                                        |
| 20              | 107                          | 0:38:17     | Katie             | Godof            | F             | FV45            | Olney runners                       | 1                               | 1st Lady                                       | 1st Lady                                        |
| 21              | 27                           | 0:38:20     | Benjamin          | WARREN           | M             | MS              | Luton Athletic Club                 | 1                               |                                                |                                                 |
| 22              | 56                           | 0:38:26     | Ian               | PAYNE            | M             | MV40            | Biggleswade AC                      | 1                               |                                                |                                                 |
| 23              | 38                           | 0:38:26     | Andrew            | BLAIR            | M             | MV55            | Bedford & County Athletic Club      | 1                               | 1st MV55                                       | 1st MV55                                        |
| 24              | 67                           | 0:38:30     | Xavier            | MATHIEU          | M             | MS              | Huntingdon AC                       | 1                               |                                                |                                                 |
| 25              | 117                          | 0:38:36     | Ken               | Bourn            | M             | MV45            | Unattached                          | 1                               |                                                | 1st MV45                                        |
| 26              | 97                           | 0:38:45     | Neil              | JARVIS           | M             | MV45            | Cambridge & Coleridge AC            | 0                               |                                                |                                                 |
| 27              | 106                          | 0:39:02     | Chris             | Ling             | M             | MV40            | Olney runners                       | 1                               |                                                |                                                 |
| 28              | 53                           | 0:39:05     | Mike              | SELLS            | M             | MU20            | Huntingdon AC                       | 0                               |                                                |                                                 |
| 29              | 113                          | 0:39:09     | Joshua            | Ansell           | M             | MS              | Huntingdonshire Ac                  | 0                               |                                                |                                                 |
| 30              | 92                           | 0:39:15     | Ellie             | STILL            | F             | FS              | Bedford & County Athletic Club      | 1                               | 2nd Lady                                       |                                                 |
| 31              | 130                          | 0:39:20     | Nicolae           | Hogas            | M             | MS              | Unattached                          | 1                               |                                                |                                                 |
| 32              | 74                           | 0:39:31     | Emily             | VARLEY           | F             | FS              | Biggleswade AC                      | 1                               | 3rd Lady                                       |                                                 |
| 33              | 90                           | 0:40:16     | Jose              | SANTOS           | M             | MV40            | Dunstable RRC                       | 1                               |                                                |                                                 |

|    |     |         |                  |                |   |      |                                         |   |          |          |
|----|-----|---------|------------------|----------------|---|------|-----------------------------------------|---|----------|----------|
| 34 | 89  | 0:40:22 | Simon            | HARPER         | M | MV45 | Bedford & County Athletic Club          | 1 |          |          |
| 35 | 98  | 0:40:38 | Stuart           | STILL          | M | MV50 | Bedford & County Athletic Club          | 1 |          |          |
| 36 | 124 | 0:40:56 | Guy              | FORSTER        | M | MV40 | Huntingdon AC                           | 0 |          |          |
| 37 | 11  | 0:41:07 | Piers            | SERJEANT       | M | MV45 | Riverside Runners St Neots              | 0 |          |          |
| 38 | 79  | 0:41:29 | Anthony          | NETHERCOTT     | M | MV50 | Riverside Runners St Neots              | 0 |          |          |
| 39 | 42  | 0:41:33 | <b>Steven</b>    | <b>STANLEY</b> | M | MV60 | Ampthill & Flitwick Flyers Running Club | 1 | 1st MV60 | 1st MV60 |
| 40 | 61  | 0:41:38 | <b>Ieva</b>      | <b>KLAVINA</b> | F | FV40 | Huntingdon AC                           | 0 | 1st FV40 |          |
| 41 | 69  | 0:41:44 | Ian              | LAMBERT        | M | MV50 | Ampthill & Flitwick Flyers Running Club | 0 |          |          |
| 42 | 87  | 0:42:08 | <b>Paula</b>     | <b>DOWNING</b> | F | FV55 | Mablethorpe RC                          | 1 | 1st FV55 | 1st FV55 |
| 43 | 125 | 0:42:08 | Peter            | SIBBETT        | M | MV55 | North Herts Road Runners                | 0 |          |          |
| 44 | 47  | 0:42:14 | Jon              | CLARK          | M | MV55 | Bedford Harriers AC                     | 1 |          |          |
| 45 | 41  | 0:42:26 | Andy             | WEAVER         | M | MV45 | Riverside Runners St Neots              | 0 |          |          |
| 46 | 71  | 0:42:29 | Gez              | FALLON         | M | MV50 | Stopsley Striders                       | 1 |          |          |
| 47 | 3   | 0:43:31 | <b>Charles</b>   | <b>ARNOLD</b>  | M | MV65 | Biggleswade AC                          | 1 | 1st MV65 | 1st MV65 |
| 48 | 111 | 0:43:32 | Paul David       | Edwards        | M | MV45 | Unattached                              | 0 |          |          |
| 49 | 13  | 0:43:35 | Mark             | CORNELL        | M | MV55 | Dunstable Lions RC                      | 1 |          |          |
| 50 | 122 | 0:43:40 | Richard          | LAW            | M | MV55 | Unattached                              | 0 |          |          |
| 51 | 104 | 0:43:46 | Innocent         | Sandati        | M | MS   | Unattached                              | 0 |          |          |
| 52 | 64  | 0:43:46 | James            | DWIGHT         | M | MS   | Milton Keynes Redway Runners            | 0 |          |          |
| 53 | 127 | 0:44:22 | Nicky            | UPPERTON       | F | FS   | Biggleswade AC                          | 1 |          |          |
| 54 | 85  | 0:44:40 | Andrew           | HEALE          | M | MV55 | Leighton Fun Runners                    | 1 |          |          |
| 55 | 17  | 0:44:53 | Mike             | BREWER         | M | MV45 | Bedford Harriers AC                     | 1 |          |          |
| 56 | 66  | 0:44:55 | George           | DWIGHT         | M | MS   | Highworth RC                            | 0 |          |          |
| 57 | 114 | 0:44:55 | <b>Kat</b>       | <b>Miles</b>   | F | FV35 | St Neots Riverside Runners              | 0 | 1st FV35 |          |
| 58 | 86  | 0:45:10 | <b>Geraldine</b> | <b>LARHAM</b>  | F | FV50 | March Athletic Club                     | 0 | 1st FV50 |          |
| 59 | 88  | 0:45:11 | Andrew           | LARHAM         | M | MV60 | March Athletic Club                     | 0 |          |          |
| 60 | 131 | 0:45:18 | Christian        | Bredenkamp     | M | MV55 | Ampthill Flitwick t                     | 1 |          |          |
| 61 | 128 | 0:45:22 | Molly            | MCKENZIE       | F | FS   | Unattached                              | 0 |          |          |
| 62 | 81  | 0:45:29 | Paul             | THOMSON        | M | MV40 | Unattached                              | 1 |          |          |
| 63 | 95  | 0:46:25 | Lee              | RADLEY         | M | MV50 | Riverside Runners St Neots              | 0 |          |          |
| 64 | 52  | 0:46:32 | Ian              | SELLS          | M | MV55 | Riverside Runners St Neots              | 0 |          |          |
| 65 | 59  | 0:46:37 | Richard          | WEBER          | M | MV55 | North Herts Road Runners                | 1 |          |          |
| 66 | 30  | 0:46:36 | <b>Laura</b>     | <b>MARSH</b>   | F | FV45 | Unattached                              | 0 | 1st FV45 |          |
| 67 | 135 | 0:47:06 | Simon            | Robinson       | M | MV45 | Dunstable Lions RC                      | 1 |          |          |
| 68 | 5   | 0:49:36 | Lisa             | WELLS          | F | FV55 | Ampthill & Flitwick Flyers Running Club | 1 |          |          |
| 69 | 45  | 0:50:36 | Samantha         | TOPHILL        | F | FV55 | Team Trident                            | 0 |          |          |
| 70 | 99  | 0:51:06 | Ian              | GRIMWOOD       | M | MV65 | Biggleswade AC                          | 1 |          |          |

|    |     |         |             |            |   |      |                                        |   |          |          |
|----|-----|---------|-------------|------------|---|------|----------------------------------------|---|----------|----------|
| 71 | 105 | 0:51:19 | Lucy        | O'Connor   | F | FV60 | North Herts Road Runners               | 1 | 1st FV60 | 1st FV60 |
| 72 | 51  | 0:51:39 | Tony        | PLOSZAJSKI | M | MV60 | Achilles Club                          | 1 |          |          |
| 73 | 39  | 0:51:57 | Philip      | HOUSDEN    | M | MV70 | Biggleswade AC                         | 1 | 1st MV70 | 1st MV70 |
| 74 | 103 | 0:52:02 | Kerry       | Surkitt    | F | FV45 | BRJ                                    | 0 |          |          |
| 75 | 65  | 0:52:14 | Joanne      | GARNER     | F | FV40 | Milton Keynes Redway Runners           | 0 |          |          |
| 76 | 26  | 0:52:29 | Teresa      | WARREN     | F | FV50 | Dunstable RRC                          | 1 |          | 1st FV50 |
| 77 | 132 | 0:52:57 | Simon       | Ingram     | M | MV55 | Unattached                             | 1 |          |          |
| 78 | 20  | 0:53:16 | Joanna      | JEFFS      | F | FV45 | Dunstable Lions RC                     | 1 |          | 1st FV45 |
| 79 | 63  | 0:54:50 | Andy        | COLLINS    | M | MV45 | Milton Keynes Redway Runners           | 0 |          |          |
| 80 | 37  | 0:54:59 | Margaret    | DEWINTER   | F | FV65 | Dunstable RRC                          | 1 | 1st FV65 | 1st FV65 |
| 81 | 28  | 0:55:25 | Jackie      | PERRY      | F | FV60 | Team Trident                           | 0 |          |          |
| 82 | 93  | 0:55:56 | Martin      | WILLIAMS   | M | MV45 | Lonely Goat RC                         | 0 |          |          |
| 83 | 22  | 0:56:03 | Stephen     | FAULKNER   | M | MV60 | Unattached                             | 0 |          |          |
| 84 | 94  | 0:56:10 | Jackie      | IRVINE     | F | FV50 | Bedford Harriers AC                    | 1 |          |          |
| 85 | 34  | 0:56:41 | Sadie       | GALVIN     | F | FV55 | The Running Hub                        | 1 |          |          |
| 86 | 126 | 0:57:18 | Karen       | DODSWORTH  | F | FV60 | North Herts Road Runners               | 0 |          |          |
| 87 | 12  | 0:57:43 | Nichola     | SERJEANT   | F | FV55 | Riverside Runners St Neots             | 0 |          |          |
| 88 | 100 | 0:58:18 | Alistair    | Gould      | M | MV45 | Unattached                             | 0 |          |          |
| 89 | 43  | 0:59:04 | Clark       | SKERRATT   | M | MV70 | Biggleswade AC                         | 1 |          |          |
| 90 | 120 | 1:00:29 | Ian         | JONES      | M | MV70 | Unattached                             | 1 |          |          |
| 91 | 110 | 1:01:02 | Lauren      | Woodfield  | F | FS   | Unattached                             | 0 |          |          |
| 92 | 112 | 1:01:02 | Dan         | Mallett    | M | MS   | North Herts road runners               | 0 |          |          |
| 93 | 108 | 1:02:52 | Steven      | Golding    | M | MS   | Unattached                             | 0 |          |          |
| 94 | 60  | 1:03:59 | Christopher | CLARKE     | M | MV65 | Biggleswade AC                         | 1 |          |          |
| 95 | 40  | 1:10:48 | Robert      | COOK       | M | MV60 | Amptill & Flitwick Flyers Running Club | 1 |          |          |
| 96 | 101 | 1:18:59 | Jennifer    | Nyamtowo   | F | FV45 | Unattached                             | 0 |          |          |

#### **1st MENS TEAM**

Bedford & County AC

Steve Horton (12)

Josh Jones (18)

Andrew Blair (22)

Simon Harper (31)

#### **1st LADIES TEAM**

No winner. No club finished with 3 lady runners