

**Beds & Herts Championships**  
**13/14 May 2023 - Watford Stadium**

**100 metres**

				Saturday - 13th May				Age Group Rank							
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	17	H	Ben Taylor	St Albans AC	U15B	12.71	-	3	L4	.	-	Q	-1.9	11.1
	2	44	H	Eduardo Reis	St Albans AC	U15B	12.87	-	5	L4	.	-	Q	-1.9	11.1
	3	27	H	Alfie Kenlin	Stevenage & North Herts AC	U15B	13.54	-	6	L2	.	-	Q	-1.9	11.1
	4	26	H	Oscar Edmondson	Herts Phoenix	U15B	13.79	-	8	L2	.	-	q	-1.9	11.1
	5	36	H	Thomas Grey	Harlow AC	U15B	14.62	-	9	-	.	-	-	-1.9	11.1
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	21	H	Thomás Barry-Daly	Watford Harriers	U15B	12.49	-	1	L6	.	-	Q	-1.8	11.2
	2	24	H	Oscar Barret	Dacorum AC	U15B	12.65	-	2	L5	.	-	Q	-1.8	11.2
	3	18	H	Tofunmi Falegan	Herts Phoenix	U15B	12.80	-	4	L4	.	-	Q	-1.8	11.2
	4	28	H	Noah Jones	Herts Phoenix	U15B	13.59	-	7	L2	.	-	q	-1.8	11.2
	5	46	H	Jacob Burley	St Albans AC	U15B	14.83	-	10	-	.	-	-	-1.8	11.2
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	420	B	Bronwyn Phillips	Bedford & County AC	U13G	13.90	1	-	L8	-	.	-	-2.5	8
	2	35	H	Riley McNally	Stevenage & North Herts AC	U13G	14.70	-	1	L6	.	-	-	-2.5	8
	3	38	H	Priscilla Tibenderana	Stevenage & North Herts AC	U13G	14.93	-	2	L5	.	-	-	-2.5	8
	4	41	H	Dina Bozorgi	Watford Harriers	U13G	15.22	-	3	L4	.	-	-	-2.5	8
	5	39	H	Selima Head	Dacorum AC	U13G	15.30	-	4	L4	.	-	-	-2.5	8
	6	40	H	Heidi King	Dacorum AC	U13G	15.44	-	5	L4	.	-	-	-2.5	8
	7	47	H	Isabel Reis	St Albans AC	U13G	16.47	-	6	L2	.	-	-	-2.5	8
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	421	B	Deevon Buchanan	Luton AC	U15B	11.94	1	-	L7	-	.	-	-0.9	12
	2	370	B	Daniel Powell	Bedford & County AC	U15B	12.22	2	-	L6	-	.	-	-0.9	12
	3	415	B	Noah Graham	Leighton Buzzard Athletic Club	U15B	13.24	3	-	L3	-	.	-	-0.9	12
	4	390	B	Liam Jarvis	Bedford & County AC	U15B	14.43	4	-	-	-	.	-	-0.9	12
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	367	B	Grace Nyaongo	Shaftesbury Barnet Harriers	U15G	13.60	1	-	L4	-	.	-	-1.5	10
	2	401	B	Ulani McCabe-Huggins	Shaftesbury Barnet Harriers	U15G	13.79	2	-	L3	-	.	-	-1.5	10
	3	326	B	Sureyya Akay	Biggleswade AC	U15G	14.16	3	-	L2	-	.	-	-1.5	10
	4	413	B	Sienna Burger	Bedford & County AC	U15G	14.26	4	-	L2	-	.	-	-1.5	10
	5	408	B	Ekpemi Oga	Luton AC	U15G	14.26	5	-	L2	-	.	-	-1.5	10
	6	418	B	Chloe Johnson	Luton AC	U15G	14.28	6	-	L2	-	.	-	-1.5	10
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	394	B	Dan Toner	Bedford & County AC	U17M	11.65	1	-	L6	-	.	-	-1.6	16
	2	397	B	Khyan Markland	Shaftesbury Barnet Harriers	U17M	11.87	2	-	L5	-	.	-	-1.6	16
	3	399	B	Tyler Katso	Luton AC	U17M	12.45	3	-	L3	-	.	-	-1.6	16
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	14	H	Tiana Rizzo	Herts Phoenix	U17W	12.22	-	1	L9	.	-	-	0	13
	2	365	B	Thaila-Jade Mason	Bedford & County AC	U17W	12.76	1	-	L6	-	.	-	0	13
	3	377	B	Gracelynn Agyapong	Luton AC	U17W	12.99	2	-	L5	-	.	-	0	13
	4	325	B	Leyla Akay	Biggleswade AC	U17W	13.03	3	-	L5	-	.	-	0	13
	5	414	B	Amy Faulkner	Luton AC	U17W	13.30	4	-	L4	-	.	-	0	13
	6	31	H	Nissi Onafowokan	Harlow AC	U17W	13.40	-	2	L3	.	-	-	0	13
	7	37	H	Chloe Richards	Watford Harriers	U17W	14.19	-	3	-	.	-	-	0	13

100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	308	B	Clayton Jacinto	Blackheath & Bromley Harriers AC	U20M	11.29	1	-	L6	-	.		-1.2	18
	2	404	B	Daniel Harding-Forbes	Bedford & County AC	U20M	11.37	2	-	L5	-	.		-1.2	18
	3	392	B	Olly Slinko	Luton AC	U20M	11.52	3	-	L4	-	.		-1.2	18
	4	311	B	Freddie Steele	Biggleswade AC	U20M	11.73	4	-	L3	-	.		-1.2	18
	5	422	B	Ash-shon Dacres	Bedford & County AC	U20M	12.00	5	-	L2	-	.		-1.2	18
	6	355	B	Aidan Jarvis	Luton AC	U20M	12.05	6	-	L2	-	.		-1.2	18
	7	396	B	Thomas Leakey	Bedford & County AC	U20M	12.10	7	-	L2	-	.		-1.2	18
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	344	B	Uchenna De Silva	Luton AC	U20W	13.10	1	-	L3	-	.		0.3	14
	2	20	H	Anya Morzaria	Chiltern Harriers AC	U20W	13.12	-	1	L2	.	-		0.3	14
	3	376	B	Siân Williams	Bedford & County AC	U20W	13.64	2	-	-	-	.		0.3	14
	4	382	B	Grace Crilly	Biggleswade AC	U20W	13.82	3	-	-	-	.		0.3	14
	5	378	B	Angel Babalola	Bedford & County AC	U20W	13.91	4	-	-	-	.		0.3	14
	6	48	H	Isaac Gibson-Dunt	St Albans AC	U13B	14.66	-	1	L3	.	-		0.3	14
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	1	H	Samad Ibrahim	Dacorum AC	SM	11.49	-	1	L2	.	-		-1	20
	2	405	B	Riley Johnson	Bedford & County AC	SM	11.96	1	-	-	-	.		-1	20
	3	400	B	Ryan Kennerley	Biggleswade AC	SM	12.00	2	-	-	-	.		-1	20
	4	380	B	Lee Carey	Luton AC	SM	13.58	3	-	-	-	.		-1	20
	5	19	H	David Evans	St Albans AC	SM	13.87	-	2	-	-	.		-1	20
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	318	B	Hannah Foster	Shaftesbury Barnet Harriers	SW	12.34	1	-	L6	-	.		-0.9	19
	2	16	H	Sophie Segun	Herts Phoenix	SW	12.41	-	1	L5	.	-		-0.9	19
	3	364	B	Tina Louis	Luton AC	SW	12.84	2	-	L2	-	.		-0.9	19
	4	324	B	Chiyyenne Adrien	Shaftesbury Barnet Harriers	SW	13.14	3	-	-	-	.		-0.9	19
	5	32	H	Esme O'Connell	Dacorum AC	SW	13.80	-	2	-	-	.		-0.9	19
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	21	H	Thomás Barry-Daly	Watford Harriers	U15B	12.44	-	1	L6	.	-		-0.7	21
	2	17	H	Ben Taylor	St Albans AC	U15B	12.48	-	2	L6	.	-		-0.7	21
	3	18	H	Tofunmi Falegan	Herts Phoenix	U15B	12.55	-	3	L5	.	-		-0.7	21
	4	24	H	Oscar Barret	Dacorum AC	U15B	12.69	-	4	L5	.	-		-0.7	21
	5	44	H	Eduardo Reis	St Albans AC	U15B	12.97	-	5	L4	.	-		-0.7	21
	6	27	H	Alfie Kenlin	Stevenage & North Herts AC	U15B	13.37	-	6	L3	.	-		-0.7	21
	7	26	H	Oscar Edmondson	Herts Phoenix	U15B	13.74	-	7	L2	.	-		-0.7	21
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	29	H	Rose Cook	Stevenage & North Herts AC	U15G	13.49	-	1	L5	.	-		-0.8	9
	2	23	H	Jasmine Rance	St Albans AC	U15G	13.56	-	2	L4	.	-		-0.8	9
	3	30	H	Jasmine Rumsey	Watford Harriers	U15G	13.80	-	3	L3	.	-		-0.8	9
	4	42	H	Khadija Eytayo	Stevenage & North Herts AC	U15G	13.80	-	4	L3	.	-		-0.8	9
	5	25	H	Maya Kearvell	Dacorum AC	U15G	13.98	-	5	L3	.	-		-0.8	9
	6	34	H	Ellie Picton	HAWCS	U15G	14.02	-	6	L2	.	-		-0.8	9
	7	33	H	Erin Russell	St Albans AC	U15G	14.36	-	7	L2	.	-		-0.8	9
100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	43	H	Matthew Ajayi	Watford Harriers	U17M	11.12	-	1	L9	.	-		0.5	15
	2	6	H	Tobias Achampong	Watford Harriers	U17M	11.58	-	2	L6	.	-		0.5	15
	3	7	H	Jake Curtis	Thames Valley H	U17M	11.75	-	3	L5	.	-		0.5	15
	4	9	H	Nathan Kuti	Barnet and District	U17M	12.19	-	4	L3	.	-		0.5	15
	5	15	H	Kamsi Okolo	Dacorum AC	U17M	12.25	-	5	L3	.	-		0.5	15
	6	10	H	Anthony Michaelides	Barnet and District	U17M	12.30	-	6	L3	.	-		0.5	15
	7	45	H	Thomas Hope	St Albans AC	U17M	12.63	-	7	L2	.	-		0.5	15

100m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	4	H	Sullivan McAlinden	Dacorum AC	U20M	11.23	-	1	L6	.	-		-1.4	17
	2	2	H	Jacob Kinchin-Smith	Stevenage & North Herts AC	U20M	11.41	-	2	L5	.	-		-1.4	17
	3	5	H	Jamie Joseph	Stevenage & North Herts AC	U20M	11.54	-	3	L4	.	-		-1.4	17
	4	11	H	Marcus Devenport	Dacorum AC	U20M	11.94	-	4	L2	.	-		-1.4	17
	5	12	H	Joe McKeich	Dacorum AC	U20M	12.09	-	5	L2	.	-		-1.4	17

### 200 metres

																Sunday - 14th May				Age Group Rank			
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	420	B	Bronwyn Phillips	Bedford & County AC	U13G	29.18	1	-	L8	-	.		0.2	42								
	2	35	H	Riley McNally	Stevenage & North Herts AC	U13G	29.25	-	1	L7	.	-		0.2	42								
	3	41	H	Dina Bozorgi	Watford Harriers	U13G	31.12	-	2	L4	.	-		0.2	42								
	4	61	H	Matthew Viney	Herts Phoenix	U13B	31.26	-	1	L2	.	-		0.2	42								
	5	62	H	Zachariah Christodoulou	Herts Phoenix	U13B	33.75	-	2	-	.	-		0.2	42								
	6	114	H	Beau Wardle	Dacorum AC	U13B	34.94	-	3	-	.	-		0.2	42								
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	421	B	Deevon Buchanan	Luton AC	U15B	23.72	1	-	L9	-	.		0.1	46								
	2	370	B	Daniel Powell	Bedford & County AC	U15B	25.11	2	-	L5	-	.		0.1	46								
	3	415	B	Noah Graham	Leighton Buzzard Athletic Club	U15B	26.32	3	-	L3	-	.		0.1	46								
	4	352	B	Kyle Hill	Biggleswade AC	U15B	27.84	4	-	L2	-	.		0.1	46								
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	307	B	Jaya Hall	Luton AC	U15G	28.14	1	-	L7	-	.		-1	44								
	2	326	B	Sureyya Akay	Biggleswade AC	U15G	29.02	2	-	L6	-	.		-1	44								
	3	408	B	Ekpemi Oga	Luton AC	U15G	29.83	3	-	L4	-	.		-1	44								
	4	419	B	Kirstie McWilliam	Bedford & County AC	U15G	31.83	4	-	L1	-	.		-1	44								
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	43	H	Matthew Ajayi	Watford Harriers	U17M	22.23	-	1	L9	.	CBP		-1.4	47								
	2	6	H	Tobias Achampong	Watford Harriers	U17M	23.21	-	2	L7	.	-		-1.4	47								
	3	397	B	Khyan Markland	Shaftesbury Barnet Harriers	U17M	24.06	1	-	L5	-	.		-1.4	47								
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	325	B	Leyla Akay	Biggleswade AC	U17W	26.69	1	-	L8	-	.		-1	48								
	2	414	B	Amy Faulkner	Luton AC	U17W	27.22	2	-	L6	-	.		-1	48								
	3	31	H	Nissi Onafowokan	Harlow AC	U17W	27.64	-	1	L6	-	.		-1	48								
	4	63	H	Phoebe Peacock	Dacorum AC	U17W	28.32	-	2	L5	-	.		-1	48								
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	4	H	Sullivan McAlinden	Dacorum AC	U20M	22.32	-	1	L8	.	-		-0.6	50								
	2	308	B	Clayton Jacinto	Blackheath & Bromley Harriers AC	U20M	22.42	1	-	L7	-	.		-0.6	50								
	3	404	B	Daniel Harding-Forbes	Bedford & County AC	U20M	22.74	2	-	L6	-	.		-0.6	50								
	4	392	B	Oly Slinko	Luton AC	U20M	22.82	3	-	L5	-	.		-0.6	50								
	5	422	B	Ash-shon Dacres	Bedford & County AC	U20M	23.64	4	-	L3	-	.		-0.6	50								
	6	355	B	Aidan Jarvis	Luton AC	U20M	24.09	5	-	L2	-	.		-0.6	50								
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat								
	1	51	H	Jessica Astill	Stevenage & North Herts AC	U20W	25.18	-	1	L9	.	-		-1.3	51								
	2	353	B	Annabel Howells	Stevenage & North Herts AC	U20W	26.29	1	-	L7	-	.		-1.3	51								
	3	344	B	Uchenna De Silva	Luton AC	U20W	26.51	2	-	L6	-	.		-1.3	51								
	4	366	B	Anna Nyaongo	Luton AC	U20W	27.43	3	-	L4	-	.		-1.3	51								
	5	376	B	Siân Williams	Bedford & County AC	U20W	27.88	4	-	L3	-	.		-1.3	51								
	6	378	B	Angel Babalola	Bedford & County AC	U20W	28.41	5	-	L3	-	.		-1.3	51								
	7	56	H	Pippa Willis	St Albans AC	U20W	28.90	-	2	L2	.	-		-1.3	51								

200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	363	B	Aston Lockwood	Bedford & County AC	SM	22.53	1	-	L5	-	.		0.2	53
	2	1	H	Samad Ibrahim	Dacorum AC	SM	22.59	-	1	L5	.	-		0.2	53
	3	405	B	Riley Johnson	Bedford & County AC	SM	23.94	2	-	-	-	.		0.2	53
	4	19	H	David Evans	St Albans AC	SM	27.31	-	2	-	.	-		0.2	53
	5	380	B	Lee Carey	Luton AC	SM	27.57	3	-	-	-	.		0.2	53
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	318	B	Hannah Foster	Shaftesbury Barnet Harriers	SW	25.10	1	-	L8	-	.		0.6	52
	2	364	B	Tina Louis	Luton AC	SW	26.31	2	-	L4	-	.		0.6	52
	3	324	B	Chiyenne Adrien	Shaftesbury Barnet Harriers	SW	26.80	3	-	L3	-	.		0.6	52
	4	409	B	Indea Adams-Burnett	Shaftesbury Barnet Harriers	SW	27.12	4	-	L3	-	.		0.6	52
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	21	H	Thomás Barry-Daly	Watford Harriers	U15B	24.95	-	1	L6	.	-		1	45
	2	52	H	James Hailstone	Watford Harriers	U15B	25.31	-	1	L5	.	-		1	5
	3	28	H	Noah Jones	Herts Phoenix	U15B	26.51	-	1	L3	.	-		1	45
	4	55	H	Hamish Timmins	Dacorum AC	U15B	27.26	-	1	L2	.	-		1	45
	5	59	H	Zach Abbott	Dacorum AC	U15B	27.56	-	1	L2	.	-		1	45
200m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	54	H	Georgia Tongue	St Albans AC	U15G	27.48	-	1	L8	.	-		1.2	43
	2	57	H	Sophie Beaton	St Albans AC	U15G	27.78	-	1	L8	.	-		1.2	43
	3	30	H	Jasmine Rumsey	Watford Harriers	U15G	27.85	-	1	L7	.	-		1.2	43
	4	42	H	Khadija Eytayo	Stevenage & North Herts AC	U15G	28.04	-	1	L7	.	-		1.2	43
	5	58	H	Mio Evans	St Albans AC	U15G	28.67	-	1	L6	.	-		1.2	43
	6	53	H	Ruby Cheshire	HAWCS	U15G	29.26	-	1	L5	.	-		1.2	43

### 300 metres

Saturday - 13th May															Age Group Rank		
300m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat		
	1	307	B	Jaya Hall	Luton AC	U15G	45.33	1	-	L5	-	.			1		
	2	373	B	Georgia Sutcliffe	Stevenage & North Herts AC	U15G	45.81	2	-	L5	-	.			1		
	3	134	H	imogen bundy	HAWCS	U15G	46.29	-	1	L5	.	-			1		
	4	53	H	Ruby Cheshire	HAWCS	U15G	46.58	-	2	L5	.	-			1		
	5	347	B	Cerys Fountain	Leighton Buzzard Athletic Club	U15G	47.65	3	-	L4	-	.			1		
	6	371	B	Georgina Skidmore	Bedford & County AC	U15G	48.10	4	-	L4	-	.			1		
	7	210	H	Maisie Newton	St Albans AC	U15G	51.65	-	3	L2	.	-			1		
300m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat		
	1	383	H	Horatio De-Vyott	Stevenage & North Herts AC	U15B	39.12	-	1	L8	.	-			2		
	2	415	B	Noah Graham	Leighton Buzzard Athletic Club	U15B	41.19	1	-	L6	-	.			2		
	3	26	H	Oscar Edmondson	Herts Phoenix	U15B	41.36	-	2	L6	.	-			2		
	4	55	H	Hamish Timmins	Dacorum AC	U15B	42.23	-	3	L5	.	-			2		
	5	28	H	Noah Jones	Herts Phoenix	U15B	42.29	-	4	L5	.	-			2		

### 400 metres

Saturday - 13th May															Age Group Rank		
400m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat		
	1	51	H	Jessica Astill	Stevenage & North Herts AC	U20W	55.53	-	1	L9	.	CBP			7		
	2	188	H	Louise Grenfell	Herts Pheonix	U20W	57.49	-	2	L8	.	-			7		
	3	353	B	Annabel Howells	Stevenage & North Herts AC	U20W	59.18	1	-	L7	-	.			7		
	4	181	H	Jemima Byers	Dacorum AC	U20W	62.03	-	3	L5	.	-			7		
	5	171	H	Jess Tappin	Herts Pheonix	U20W	64.08	-	4	L4	.	-			7		
	6	136	H	Emily Swain	HAWCS	U20W	64.65	-	5	L4	.	-			7		
	7	193	H	Natalie Cloy	Dacorum AC	U20W	66.05	-	6	L3	.	-			7		

400m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	417	B	Sam Hazel	Shaftesbury Barnet Harriers	SM	50.02	1	-	L6	-	.		3
	2	98	H	Max Schopp	Harrow AC	SM	50.05	-	1	L6	.	-		3
	3	412	B	Jubril Adeniji	Shaftesbury Barnet Harriers	SM	51.22	2	-	L5	-	.		3
	4	402	B	Jay Palmer	unattached	SM	51.35	3	-	L5	-	.		3
	5	204	H	Beck Grover	Herts Pheonix	SM	52.49	-	2	L4	.	-		3
	6	84	H	Simeon Beckford-Tongs	Watford Harriers	SM	56.22	-	3	L1	.	-		3
400m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	157	H	Emily Hack	Herts Phoenix	SW	58.90	-	1	L6	.	-		4
	2	327	B	Vanessa Ansuaa	Shaftesbury Barnet Harriers	SW	59.74	1	-	L5	-	.		4
	3	409	B	Indea Adams-Burnett	Shaftesbury Barnet Harriers	SW	63.46	2	-	L3	-	.		4
	4	186	H	Bethany Botheras	Herts Pheonix	U17W	63.60	-	1	-	.	-		4
	5	163	H	Eilidh Malcolm	Harlow AC	SW	65.97	-	2	L2	.	-		4
	6	301	B	Emma Coombes	Bedford & County AC	SW	73.53	3	-	-	-	.		4
400m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	185	H	Finley Norman	Herts Pheonix	U17M	52.36	-	1	L8	.	-		5
	2	191	H	Thomas Redfern	Stevenage & North Herts AC	U17M	52.47	-	2	L8	.	-		5
	3	305	B	Aidan Gaffey	Shaftesbury Barnet Harriers	U17M	53.44	1	-	L7	-	.		5
	4	138	H	George Hardy	Biggleswade AC	U17M	54.71	-	3	L6	.	-		5
	5	167	H	Lenny Colley	Herts Pheonix	U17M	56.51	-	4	L5	.	-		5
400m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	404	B	Daniel Harding-Forbes	Bedford & County AC	U20M	51.19	1	-	L7	-	.		6
	2	11	H	Marcus Devenport	Dacorum AC	U20M	52.56	-	1	L6	.	-		6
	3	151	H	Mikhail Filippov	St Albans AC	U20M	53.18	-	2	L5	.	-		6
	4	110	H	Jack Offord	Herts Phoenix	U20M	54.08	-	3	L5	.	-		6
	5	117	H	Jack Raine	Dacorum AC	U20M	54.30	-	4	L4	.	-		6

### 800 metres

				Saturday - 13th May		Age Group Rank								
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	343	B	Jake Davis	Luton AC	U13B	2:21.08	1	-	L6	-	.		23
	2	354	B	Josh Ineson	Leighton Buzzard Athletic Club	U13B	2:49.16	2	-	L1	-	.		23
	3	410	B	Oliver Henderson	Bedford & County AC	U13B	2:52.28	3	-	-	-	.		23
	4	424	B	Thomas Harper	Bedford & County AC	U13B	3:08.24	4	-	-	-	.		23
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	127	H	Oscar Nagalingam	St Albans AC	U15B	2:05.42	-	1	L8	.	-		27
	2	132	H	Josh Hirst	St Albans AC	U15B	2:07.35	-	2	L7	.	-		27
	3	411	B	Archie Henderson	Bedford & County AC	U15B	2:24.26	1	-	L2	-	.		27
	4	173	H	Freddie Hollings-Yates	Herts Pheonix	U15B	2:24.64	-	3	L2	.	-		27
	5	213	H	Lucas Oliver	Dacorum AC	U15B	2:24.96	-	4	L2	.	-		27
	6	223	H	Jack Martin	Chiltern Harriers AC	U15B	2:30.56	-	5	-	.	-		27
	7	302	B	Oliver Coombes	Bedford & County AC	U15B	2:37.93	2	-	-	-	.		27
	8	192	H	Francis Thiruchelvam	Dacorum AC	U15B	2:40.52	-	6	-	.	-		27
	9	46	H	Jacob Burley	St Albans AC	U15B	2:46.51	-	7	-	.	-		27
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	322	B	Daniel Smith	Bedford & County AC	U17M	2:11.05	1	-	L3	-	.		31
	2	323	B	Oliver Wilson	Bedford & County AC	U17M	2:15.30	2	-	L1	-	.		31
	3	317	B	Theo Beale	Bedford & County AC	U17M	2:18.68	3	-	-	-	.		31
	4	321	B	Luca Devlin	Bedford & County AC	U17M	2:19.88	4	-	-	-	.		31
	5	320	B	Isaac Mitchell	Bedford & County AC	U17M	2:21.23	5	-	-	-	.		31

800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	389	B	Sophie Jacobs	St Albans AC	U17W	2:17.63	1	-	L9	-	.		29
	2	341	B	Lyla Danobrega	Bedford & County AC	U17W	2:21.69	2	-	L7	-	.		29
	3	303	B	Lily Farr	Bedford & County AC	U17W	2:22.84	3	-	L6	-	.		29
	4	356	B	Imogen Kerr	Bedford & County AC	U17W	2:33.39	4	-	L2	-	.		29
	5	369	B	Jessica Parrish	Bedford & County AC	U17W	2:35.32	5	-	L1	-	.		29
	6	340	B	Leah Curtis	Bedford & County AC	U17W	2:39.41	6	-	L1	-	.		29
	7	56	H	Pippa Willis	St Albans AC	U20W	2:42.74	-	1	-	-	-		29
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	147	H	Ada Weidner	St Albans AC	U13G	2:29.45	-	1	L8	.	-		24
	2	115	H	Eimear McGinley	Watford Harriers	U13G	2:30.62	-	2	L8	.	-		24
	3	146	H	Aimee Porter	Shaftesbury Barnet Harriers	U13G	2:40.07	-	3	L5	.	-		24
	4	135	H	Anya Rochester	Watford Harriers	U13G	2:43.06	-	4	L5	.	-		24
	5	176	H	Daisy Goodwin	Harlow AC	U13G	2:45.13	-	5	L4	.	-		24
	6	166	H	Phoebe Daniels	St Albans AC	U13G	2:45.61	-	6	L4	.	-		24
	7	40	H	Heidi King	Dacorum AC	U13G	2:56.37	-	7	L2	.	-		24
	8	39	H	Selima Head	Dacorum AC	U13G	3:13.49	-	8	-	.	-		24
	9	203	H	Suzu Tonge	Stevenage & North Herts AC	U13G	3:33.00	-	9	-	.	-		24
	10	170	H	Elizabeth Cutten	Dacorum AC	U13G	4:01.03	-	10	-	.	-		24
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	112	H	Oliver McDonald	Dacorum AC	U13B	2:22.12	-	1	L6	.	-		22
	2	48	H	Isaac Gibson-Dunt	St Albans AC	U13B	2:23.70	-	2	L6	.	-		22
	3	100	H	James-Dean Docherty	Dacorum AC ?	U13B	2:36.70	-	3	L3	.	-		22
	4	190	H	Miles Boston	Herts Pheonix	U13B	2:37.31	-	4	L3	.	-		22
	5	172	H	Zachary Jones	St Albans AC	U13B	2:40.88	-	5	L2	.	-		22
	6	174	H	Jacob Renew	Watford Harriers	U13B	2:53.20	-	6	-	.	-		22
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	54	H	Georgia Tongue	St Albans AC	U15G	2:24.44	-	1	L6	.	-		25
	2	133	H	Emma Gudgeon	Herts Phoenix	U15G	2:25.61	-	2	L6	.	-		25
	3	202	H	Lily Johnson	Dacorum AC	U15G	2:27.07	-	3	L5	.	-		25
	4	86	H	Celeste Koyejo	Watford Harriers	U15G	2:31.44	-	4	L3	.	-		25
	5	99	H	Isabel Hawks	Herts Phoenix	U15G	2:34.19	-	5	L3	.	-		25
	6	120	H	Esmee Searle	Stevenage & North Herts AC	U15G	2:34.89	-	6	L3	.	-		25
	7	160	H	Natalie Worsley	St Albans AC	U15G	2:40.74	-	7	L1	.	-		25
	8	116	H	Eva Dighe	St Albans AC	U15G	2:41.67	-	8	L1	.	-		25
	9	189	H	Isla Garrett	Harlow AC	U15G	2:42.06	-	9	L1	.	-		25
	10	71	H	Eleanor Roberts	Stevenage & North Herts AC	U15G	2:44.07	-	10	L1	.	-		25
	11	195	H	Isabelle Morrell McGarvie	St Albans AC	U15G	2:50.71	-	11	-	.	-		25
	12	60	H	Maja Hoss	Herts Phoenix	U15G	2:57.54	-	12	-	.	-		25
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	372	B	Eleanor Smith	Bedford & County AC	U15G	2:36.19	1	-	L2	-	.		26
	2	333	B	Olivia Breach	Luton AC	U15G	2:41.72	2	-	L1	-	.		26
	3	347	B	Cerys Fountain	Leighton Buzzard Athletic Club	U15G	2:42.09	3	-	L1	-	.		26
	4	425	B	Ellie Harper	Bedford & County AC	U15G	2:43.96	4	-	L1	-	.		26
	5	371	B	Georgina Skidmore	Bedford & County AC	U15G	2:45.14	5	-	-	-	.		26
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	219	H	Euan Pinder	Chiltern Harriers AC	U17M	1:58.48	-	1	L9	.	-		30
	2	214	H	Archie Pinder	Chiltern Harriers AC	U17M	2:00.28	-	2	L8	.	-		30
	3	168	H	Thomas Cadwallader	Shaftesbury Barnet Harriers	U17M	2:05.20	-	3	L5	.	-		30
	4	125	H	James Ingham	Watford Harriers	U17M	2:13.27	-	4	L2	.	-		30
	5	180	H	Luke Dunham	Herts Pheonix	U17M	2:14.94	-	5	L2	.	-		30
	6	149	H	Callum Powell	Chiltern Harriers AC	U17M	2:19.79	-	6	-	.	-		30
	7	197	H	Nicholas Salmon	St Albans AC	U17M	2:24.96	-	7	-	.	-		30
800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	80	H	Phoebe Gill	St Albans AC	U17W	2:05.11	-	1	L9	.	CBP		28
	2	224	H	Isabel Martin	Chiltern Harriers AC	U17W	2:26.14	-	2	L4	.	-		28
	3	87	H	Francesca Rollison	St Albans AC	U17W	2:31.96	-	3	L2	.	-		28
	4	104	H	Libby Woods	Dacorum AC	U17W	2:36.97	-	4	L1	.	-		28
	5	121	H	Gina Luckhurst	Watford Harriers	U17W	2:43.47	-	5	-	.	-		28

800m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	91	H	Dillon Smith	St Albans AC	U20M	1:59.01	-	1	L6	.	-		32
	2	216	H	William Galliford	Stevenage & North Herts AC	U20M	2:07.29	-	2	L2	.	-		32
	3	212	H	Daniel Biddulph	Herts Phoenix	U20M	2:09.23	-	3	L1	.	-		32
	4	84	H	Simeon Beckford-Tongs	Watford Harriers	SM	2:15.93	-	1	-	.	-		32

### 1500 metres

				Monday 1st May	Age Group Rank										
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat	
	1	864	H	Oliver McDonald	Dacorum AC	U13B	04:46.87	-	1	L7	.	-			
	2	811	B	Jake Davis	Luton AC	U13B	04:48.30	1	-	L7	-	.			
	3	836	H	Samuel Ames	Watford Harriers	U13B	05:08.40	-	2	L5	.	-			
	4	873	H	Oliver Rose	Stevenage & North Herts AC	U13B	05:20.72	-	3	L3	.	-			
	5	839	H	Leonardo Charles Borrill	Watford Harriers	U13B	05:22.82	-	4	L3	.	-			
	6	858	H	Zachary Jones	St Albans AC	U13B	05:23.85	-	5	L3	.	-			
	7	822	B	Joshua Ineson	Leighton Buzzard Athletic Club	U13B	05:28.15	2	-	L3	-	.			
	8	820	B	Oliver Henderson	Bedford & County AC	U13B	05:38.67	3	-	L2	-	.			
	9	818	B	Thomas Harper	Bedford & County AC	U13B	06:15.48	4	-	-	-	.			
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat	
	1	865	H	Eimear McGinley	Watford Harriers	U13G	05:08.10	-	1	L8	.	-			
	2	801	B	Megan Barnicoat	Bedford & County AC	U13G	05:32.44	1	-	L5	-	.			
	3	877	H	Hazel Spitzer	Stevenage & North Herts AC	U13G	05:36.41	-	2	L5	.	-			
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat	
	1	850	H	Thomas Ford	Chiltern Harriers AC	U15B	04:34.05	-	1	L6	.	-			
	2	867	H	Aubrey Murray	Stevenage & North Herts AC	U15B	04:35.79	-	2	L6	.	-			
	3	831	B	Harry Scott	Bedford & County AC	U15B	04:54.64	1	-	L4	-	.			
	4	819	B	Archie Henderson	Bedford & County AC	U15B	04:55.32	2	-	L4	-	.			
	5	866	H	Joshua Moody	Dacorum AC	U15B	04:58.18	-	3	L4	.	-			
	6	837	H	Gabriel Ayers	Dacorum AC	U15B	05:01.03	-	4	L3	.	-			
	7	825	B	Wilf Johnson	Luton AC	U15B	05:05.50	3	-	L3	-	.			
	8	810	B	Zach Danobrega	Bedford & County AC	U15B	05:10.26	4	-	L2	-	.			
	9	828	B	Isaac Raddan	Bedford & County AC	U15B	05:19.88	5	-	L2	-	.			
	10	807	B	Oliver Coombes	Bedford & County AC	U15B	05:32.63	6	-	-	-	.			
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat	
	1	880	H	Georgia Tongue	St Albans AC	U15G	05:02.96	-	1	L6	.	-			
	2	853	H	Emma Gudgeon	Herts Phoenix	U15G	05:07.04	-	2	L5	.	-			
	3	833	B	Eleanor Smith	Bedford & County AC	U15G	05:14.87	1	-	L4	-	.			
	4	859	H	Lily Kennedy	St Albans AC	U15G	05:18.79	-	3	L4	.	-			
	5	817	B	Ellie Harper	Bedford & County AC	U15G	05:28.28	2	-	L3	-	.			
	6	829	B	Megan Reynolds	Bedford & County AC	U15G	05:29.52	3	-	L3	-	.			
	7	875	H	Esme Searle	Stevenage & North Herts AC	U15G	05:30.29	-	4	L2	.	-			
	8	882	H	Emma Treloar	St Albans AC	U15G	05:30.73	-	5	L2	.	-			
	9	815	B	Cery Fountain	Leighton Buzzard Athletic Club	U15G	05:50.00	4	-	L1	-	.			
	10	821	B	Sophie Hing	Bedford & County AC	U15G	06:09.23	5	-	-	-	.			

1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	848	H	Leon Doran	Chiltern Harriers AC	U17M	04:09.29	-	1	L8	.	-		
	2	816	B	Joshua Hampson Wallace	Luton AC	U17M	04:17.92	1	-	L6	-	.		
	3	812	B	Nathan Davis	Luton AC	U17M	04:19.65	2	-	L6	-	.		
	4	886	B	Nic Hammett	Milton Keynes Distance Project	U17M	04:20.72	3	-	L5	-	.		
	5	824	B	Herbie Johnson	Luton AC	U17M	04:28.40	4	-	L4	-	.		
	6	842	H	Oliver Cooper	Watford Harriers	U17M	04:31.26	-	2	L3	.	-		
	7	868	H	Matthew Nicholls	St Albans AC	U17M	04:33.42	-	3	L3	.	-		
	8	832	B	Daniel Smith	Bedford & County AC	U17M	04:34.72	5	-	L3	-	.		
	9	845	H	Samuel Dear	Stevenage & North Herts AC	U17M	04:35.85	-	4	L3	.	-		
	10	827	B	Isaac Mitchell	Bedford & County AC	U17M	04:36.02	6	-	L3	-	.		
	11	805	B	Joseph Cashin	Luton AC	U17M	04:39.26	7	-	L3	-	.		
	12	802	B	Theo Beale	Bedford & County AC	U17M	04:40.35	8	-	L2	-	.		
	13	826	B	Mackenzie Kotrys	Bedford & County AC	U17M	04:42.56	9	-	L2	-	.		
	14	804	B	Sam Boshier	Bedford & County AC	U17M	04:45.09	10	-	L2	-	.		
	15	835	B	Dylan Stokes	Bedford & County AC	U17M	04:52.38	11	-	L1	-	.		
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	852	H	Phoebe Gill	St Albans AC	U17W	04:27.66	-	1	L9	.	-		
	2	823	B	Sophie Jacobs	St Albans AC	U17W	04:39.07	1	-	L9	-	.		
	3	814	B	Lily Farr	Bedford & County AC	U17W	04:44.87	2	-	L9	-	.		
	4	809	B	Lyla Danobrega	Bedford & County AC	U17W	04:47.06	3	-	L8	-	.		
	5	862	H	Abigail Manson	Stevenage & North Herts AC	U17W	04:58.32	-	2	L6	.	-		
	6	887	H	Rebecca Cray	St Albans AC	U17W	04:58.97	-	3	L6	.	-		
	7	849	H	Emily Ford	Chiltern Harriers AC	U17W	05:03.12	-	4	L5	.	-		
	8	861	H	Gina Luckhurst	Watford Harriers	U17W	05:24.89	-	5	L2	.	-		
	9	872	H	Francesca Rollison	St Albans AC	U17W	05:35.57	-	6	L1	.	-		
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	851	H	William Galliford	Stevenage & North Herts AC	U20M	04:13.63	-	1	L5	.	-		
	2	863	H	Alexander McDonald	St Albans AC	U20M	04:26.95	-	2	L2	.	-		
	3	885	H	Owen Watkins	Stevenage & North Herts AC	U20M	04:55.39	-	3	-	.	-		
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	806	B	Imogen Chesterton	Bedford & County AC	U20W	05:00.82	1	-	L4	-	.		
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	876	H	Andrew Shaw	St Albans AC	SM	04:09.77	-	1	L3	.	-		
	2	808	B	Simon Coombes (M50)	Herne Hill Harriers	SM	04:16.61	1	-	L1	-	.		
	3	860	H	Christian Kurek (M40)	St Albans Striders	M40	04:45.83	-	1	-	.	-		
	4	830	B	Gavin Reynolds (M40)	Bedford & County AC	SM	04:56.43	2	-	-	-	.		
	5	803	B	Richard Bevan	Biggleswade AC	SM	05:07.61	3	-	-	-	.		
	6	869	H	David Pattman (M40)	Fairlands Valley Spartans.	M40	05:37.81	-	2	-	.	-		
	7	846	H	Steven Dobner (M40)	Fairlands Valley Spartans.	M40	05:43.94	-	3	-	.	-		
	8	874	H	Thomas Sauka (M40)	Fairlands Valley Spartans.	M40	05:50.56	-	4	-	.	-		
	9	840	H	Jim Brown (M70)	Fairlands Valley Spartans.	M70	07:47.26	-	1	-	.	-		
	10	855	H	Paul Holgate (M60)	Fairlands Valley Spartans.	M60	08:23.88	-	1	-	.	-		
1500m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	856	H	Grace Ingles	Watford Harriers	SW	05:03.67	-	1	L1	.	-		
	2	838	H	Claire Bentley	Harrow AC	SW	05:05.37	-	2	L1	.	-		
	3	834	B	Josie Smith	Bedford & County AC	SW	05:22.12	1	-	-	-	.		
	4	884	H	Mo Warrillow (W45)	Fairlands Valley Spartans.	W45	06:57.56	-	1	-	.	-		
	5	844	H	Sharon Crowley (W55)	Fairlands Valley Spartans.	W55	08:06.10	-	1	-	.	-		

## 5000 metres

				Sunday - 14th May	Age Group Rank										
5000m	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	144	H	Ash Finch	Chiltern Harriers AC	U20M	15:49.64	-	1	L8	.	-			54
	2	88	H	George Withers	St Albans AC	SM	16:11.80	-	1	-	.	-			54
	3	153	H	Andrew Leach	North Herts RR	SM	16:40.59	-	2	-	.	-			54
	4	150	H	Jake Jansen	Blyth Running Club	SM	17:06.41	-	3	-	.	-			54
	5	85	H	Claire Bentley	Harrow AC	SW	18:42.97	-	1	L3	.	-			54
	6	89	H	Freya Weddell	St Albans Striders	SW	19:01.68	-	2	L2	.	-			54
	7	108	H	Grace Ingles	Watford Harriers	SW	19:06.86	-	3	L2	.	-			54
	8	358	B	Amy Killick	Leighton Buzzard Athletic Club	SW	19:29.68	1	-	L1	-	.			54
	9	111	H	Rebecca Hodges	Watford Harriers	U20W	24:03.21	-	1	-	.	-			54

## 70 metres Hurdles

				Saturday - 13th May	Age Group Rank										
70mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	39	H	Selima Head	Dacorum AC	U13G	15.08	-	1	-	.	-		-0.5	33
	2	40	H	Heidi King	Dacorum AC	U13G	17.12	-	2	-	.	-		-0.5	33
	3	78	H	Quinn Tucker	Dacorum AC	U13G	18.43	-	3	-	.	-		-0.5	33

## 75 metres Hurdles

				Saturday - 13th May	Age Group Rank										
75mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	34	H	Ellie Picton	HAWCS	U15G	12.71	-	1	-	-	-		-2.3	34
	2	68	H	Autumn Rana	Watford Harriers	U15G	12.95	-	1	-	-	-		-2.3	34
	3	374	B	Holly Vaughan	Bedford & County AC	U15G	13.09	1	-	-	-	-		-2.3	34
	4	67	H	Imogen Rennie	St Albans AC	U15G	13.18	-	1	-	-	-		-2.3	34
	5	69	H	Edythe Oughton	Stevenage & North Herts AC	U15G	13.24	-	1	-	-	-		-2.3	34
	6	33	H	Erin Russell	St Albans AC	U15G	13.51	-	1	-	-	-		-2.3	34
	7	79	H	Rachel Berry	Stevenage & North Herts AC	U15G	16.16	-	1	-	-	-		-2.3	34

## 80 metres Hurdles

				Saturday - 13th May	Age Group Rank										
80mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	365	B	Thaila-Jade Mason	Bedford & County AC	U17W	12.74	1	-	L5	-	.		-0.6	37
	2	63	H	Phoebe Peacock	Dacorum AC	U17W	13.48	-	1	L3	.	-		-0.6	37
	3	74	H	Megan Saywell	Dacorum AC	U17W	13.56	-	2	L3	.	-		-0.6	37
	4	407	B	Grace Smith	Luton AC	U17W	13.56	2	-	L3	-	.		-0.6	37
80mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	65	H	Ethan Ogilvie	Dacorum AC	U15B	12.48	-	1	L7	.	-		-1.7	36
	2	24	H	Oscar Barret	Dacorum AC	U15B	12.57	-	2	L6	.	-		-1.7	36
	3	59	H	Zach Abbott	Dacorum AC	U15B	13.53	-	3	L4	.	-		-1.7	36
	4	44	H	Eduardo Reis	St Albans AC	U15B	15.04	-	4	-	.	-		-1.7	36
	5	36	H	Thomas Grey	Harlow AC	U15B	18.19	-	5	-	.	-		-1.7	36

## 100 metres Hurdles

				Saturday - 13th May	Age Group Rank										
100mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	ws+/-	Heat
	1	76	H	Ben Emms	HAWCS	U17M	14.43	-	1	L7	.	-		-1.1	38
	2	427	B	Etienne Maughan	Bedford & County AC	U20W	14.54	1	-	L9	CBP	.		-1.1	38
	3	75	H	Scarlett Gammell	Watford Harriers	U20W	14.77	-	1	L9	.	-		-1.1	38
	4	70	H	Haydan London	Dacorum AC	U17M	15.36	-	2	L5	.	-		-1.1	38
	5	72	H	Ami O'Sullivan	Watford Harriers	U20W	15.52	-	2	L7	.	-		-1.1	38
	6	73	H	Ena Olivier	Herts Phoenix	U20W	16.12	-	3	L6	.	-		-1.1	38
	7	391	B	Charise Myrie	Luton AC	SW	16.96	1	-	L2	-	.		-1.1	38

**400 metres Hurdles**

				Sunday - 14th May			Age Group Rank							
400mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	109	H	Maxwell Chisholm	Herts Phoenix	U17M	61.33	-	1	L6	.	-		41
	2	366	B	Anna Nyaongo	Luton AC	U20W	68.27	1	-	L7	.	-		41
	3	122	H	Helena van Hullen	Dacorum AC	U20W	29.73	-	1	L9	.	CBP		41
400mH	Pos	T	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Q/q	Heat
	1	98	H	Max Schopp	Harrow AC	SM	53.76	-	1	L9	.	-		40
	2	412	B	Jubril Adeniji	Shaftesbury Barnet Harriers	SM	55.59	1	-	L7	.	-		40
	3	137	H	Oscar North	Dacorum AC	U20M	58.14	-	1	L6	.	-		40
	4	179	H	Edward Laws	Stevenage & North Herts AC	U20M	58.26	-	2	L6	.	-		40
	5	143	H	Harry Bridge	Dacorum AC	U20M	61.69	-	3	L4	.	-		40

**High Jump**

				Sunday - 14th May			Age Group Rank						
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	152	H	Lucy Richards	Watford Harriers	U13G	1.10	-	1	L3	.	-	13
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	207	H	Tom Gray	St Albans AC	U15B	1.53	-	1	L6	.	-	13
	2	105	H	Peter Bansaghi	St Albans AC	U15B	1.50	-	2	L6	.	-	13
	3	59	H	Zach Abbott	Dacorum AC	U15B	1.35	-	3	L3	.	-	13
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	199	H	Phoebe Molnar	Dacorum AC	U15G	1.30	-	1	L4	.	-	13
	2	158	H	Amy Wermerling	Dacorum AC	U15G	1.30	-	2	L4	.	-	13
	3	313	B	Fenya Treece	Biggleswade AC	U15G	1.20	1	-	L2	.	-	13
	4	79	H	Rachel Berry	Stevenage & North Herts AC	U15G	1.15	-	3	L1	.	-	13
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	336	B	Zaphaniah Bryan	Bedford & County AC	U17M	1.75	1	-	L7	.	-	15
	2	300	B	Nathan Cant	Bedford & County AC	U17M	1.75	2	-	L7	.	-	15
	3	218	H	Joseph Paterson	Dacorum AC	U17M	1.55	-	1	L4	.	-	15
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	96	H	Dahlia Corp	St Albans AC	U17W	1.65	-	1	L9	.	-	15
	2	63	H	Phoebe Peacock	Dacorum AC	U17W	1.45	-	2	L6	.	-	15
	3	407	B	Grace Smith	Luton AC	U17W	1.35	1	-	L4	.	-	15
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	131	H	Toby Cherry	Dacorum AC	U20M	1.95	-	1	L9	.	-	15
	2	12	H	Joe McKeich	Dacorum AC	U20M	1.70	-	2	L4	.	-	15
HJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card
	1	316	B	Gracie Wall	Bedford & County AC	U20W	1.65	1	-	L9	.	-	15
	2	73	H	Ena Olivier	Herts Phoenix	U20W	1.55	-	1	L7	.	-	15
	3	92	H	Margot Koppe	St Albans AC	U20W	1.50	-	2	L6	.	-	15

**Long Jump**

				Sunday - 14th May			Age Group Rank							
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	367	B	Grace Nyaongo	Shaftesbury Barnet Harriers	U15G	4.68	1	-	L6	.	-	-1.05	16
	2	401	B	Ulani McCabe-Huggins	Shaftesbury Barnet Harriers	U15G	4.51	2	-	L6	.	-	0.44	16
	3	374	B	Holly Vaughan	Bedford & County AC	U15G	4.41	3	-	L5	.	-	0	16
	4	33	H	Erin Russell	St Albans AC	U15G	4.33	-	1	L5	.	-	0	16
	5	68	H	Autumn Rana	Watford Harriers	U15G	4.31	-	2	L5	.	-	0	16
	6	313	B	Fenya Treece	Biggleswade AC	U15G	4.30	4	-	L5	.	-	0	16
	7	30	H	Jasmine Rumsey	Watford Harriers	U15G	3.88	-	3	L4	.	-	-0.59	16
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	406	B	Ashton Parkes	Luton AC	U17M	4.68	1	-	L1	.	-	-	17

LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	365	B	Thaila-Jade Mason	Bedford & County AC	U17W	5.32	1	-	L8	-	-	-	17
	2	63	H	Phoebe Peacock	Dacorum AC	U17W	4.69	-	1	L4	-	-	-	17
	3	22	H	Rebecca Owen	Dacorum AC	U17W	4.52	-	2	L4	-	-	-	17
	4	335	B	Orlagh Brunning	Biggleswade AC	U17W	4.28	2	-	L4	-	-	-	17
	5	31	H	Nissi Onafowokan	Harlow AC	U17W	4.15	-	3	L4	-	-	-	17
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	113	H	Nathan Reeves	Herts Phoenix	U20M	5.75	-	1	L4	-	-	-	17
	2	332	B	Jerome Bossman-Ceasar	Bedford & County AC	U20M	5.55	1	-	L4	-	-	-	17
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	380	B	Lee Carey	Luton AC	SM	3.58	1	-	L4	-	-	-	17
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	32	H	Esme O'Connell	Dacorum AC	SW	4.26	-	1	L4	-	-	-	17
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	190	H	Miles Boston	Herts Pheonix	U13B	3.94	-	1	L3	-	-	0	12
	2	114	H	Beau Wardle	Dacorum AC	U13B	3.48	-	2	L2	-	-	-0.8	12
	3	62	H	Zachariah Christodoulou	Herts Phoenix	U13B	3.14	-	3	L1	-	-	0.3	12
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	41	H	Dina Bozorgi	Watford Harriers	U13G	3.85	-	1	L6	-	-	-0.45	16
	2	152	H	Lucy Richards	Watford Harriers	U13G	3.34	-	2	L3	-	-	0	16
LJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	17	H	Ben Taylor	St Albans AC	U15B	5.56	-	1	L8	-	-	0	12
	2	52	H	James Hailstone	Watford Harriers	U15B	4.89	-	2	L5	-	-	-0.4	12
	3	55	H	Hamish Timmins	Dacorum AC	U15B	4.17	-	3	L2	-	-	-1.2	12
	4	46	H	Jacob Burley	St Albans AC	U15B	3.78	-	4	L1	-	-	0.3	12

### Pole Vault

				Saturday - 13th May		Age Group Rank								
PV	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	211	H	Isaac Van den Bergh	Shaftesbury Barnet Harriers	U15B	2.90	-	1	L5	-	-	-	2
	2	385	B	Oskar Eastwood	Bedford & County AC	U13B	1.80	1	-	L9	CBP	-	-	2
PV	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	69	H	Edythe Oughton	Stevenage & North Herts AC	U15G	2.00	-	1	L6	-	-	-	2
	2	387	B	Lois Fordham	Bedford & County AC	U13G	2.00	1	-	L9	CBP	-	-	2
	3	77	H	Abigail Tonge	Stevenage & North Herts AC	U15G	1.90	-	2	L5	-	-	-	2
	4	71	H	Eleanor Roberts	Stevenage & North Herts AC	U15G	1.40	-	3	L3	-	-	-	2
PV	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	331	B	Donncha Blake	Biggleswade AC	U17M	2.90	1	-	L3	-	-	-	2
PV	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	126	H	Abigail Edwards	Shaftesbury Barnet Harriers	U17W	3.00	-	1	L8	-	-	-	2
PV	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	386	B	Gavin Fordham	Bedford & County AC	SM	3.40	1	-	L2	-	-	-	2
	2	309	B	Darren Janssen	Biggleswade AC	SM	2.30	2	-	-	-	-	-	2
	3	379	B	Mark Burgman	Bedford & County AC	SM	2.20	3	-	-	-	-	-	2
PV	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	345	B	Jemma Eastwood	Bedford & County AC	SW	2.20	1	-	L2	-	-	-	2
	2	177	H	Sue Yeomans	St. Albans AC	SW	1.50	-	1	-	-	-	-	2

### Triple Jump

				Saturday - 13th May		Age Group Rank								
TJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	55	H	Hamish Timmins	Dacorum AC	U15B	10.07	-	1	L5	-	-	-	4
	2	173	H	Freddie Hollings-Yates	Herts Pheonix	U15B	9.72	-	2	L3	-	-	-	4
	3	26	H	Oscar Edmondson	Herts Phoenix	U15B	9.30	-	3	L3	-	-	-	4
	4	209	H	Joshua Kelly	St Albans AC	U15B	9.14	-	4	L2	-	-	-	4
TJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	123	H	Ben Lewis	HAWCS	U17M	11.97	-	1	L6	-	-	-	4
TJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card
	1	335	B	Orlagh Brunning	Biggleswade AC	U17W	9.34	1	-	L3	-	-	-	4
	2	381	B	Casey-Mae Chandler	Bedford & County AC	U17W	8.83	2	-	L3	-	-	-	4
TJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	ws +/-	Card

	1	217	H	James Deayn	Dacorum AC	U20M	11.89	-	1	L3	.	-		-	4
TJ	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		ws +/-	Card
	1	304	B	Jessica Frost	Bedford & County AC	U20W	9.88	1	-	L2	-	.		-	4

**Discus Throw**

				See side for day	Age Group Rank											
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card		
	1	169	H	Zachary Cutten	Dacorum AC	U13B	9.34	-	1	-	.	CBP		7	Saturday - 13th May	
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Saturday - 13th May	
	1	156	H	Sam Penfold	St Albans AC	U15B	37.99	-	1	L9	.	-		7		
	2	194	H	Jack Guppy	Dacorum AC	U15B	30.56	-	2	L7	.	-		7		
	3	351	B	Alastair Harvey	Luton AC	U15B	26.76	1	-	L6	-	.		7		
	4	145	H	Sonny McKeich	Dacorum AC	U15B	22.18	-	3	L4	.	-		7		
	5	329	B	Oran Blake	Biggleswade AC	U15B	16.06	2	-	L1	-	.		7		
	6	164	H	Benjamin Gomez-Bugia	Stevenage & North Herts AC	U15B	15.34	-	4	-	.	-		7		
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Sunday - 14th May	
	1	107	H	Enid Whitten	Stevenage & North Herts AC	U15G	22.97	-	1	L5	.	-		14		
	2	313	B	Fenya Treece	Biggleswade AC	U15G	13.95	1	-	-	-	.		14		
	3	54	H	Georgia Tongue	St Albans AC	U15G	13.70	-	2	-	.	-		14		
	4	330	B	Ésa Blake	Biggleswade AC	U15G	11.19	2	-	-	-	.		14		
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Saturday - 13th May	
	1	183	H	Matthew Wang	St Albans AC	U17M	33.67	-	1	L6	.	-		7		
	2	331	B	Donncha Blake	Biggleswade AC	U17M	31.74	1	-	L5	-	.		7		
	3	406	B	Ashton Parkes	Luton AC	U17M	30.97	2	-	L5	-	.		7		
	4	314	B	Arlo Treece	Biggleswade AC	U17M	30.11	3	-	L5	-	.		7		
	5	423	B	Temarni Frazer-Flood	unattached	U17M	28.66	4	-	L4	-	.		7		
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Sunday - 14th May	
	1	222	H	Imogen List	Herts Pheonix	U17W	27.96	-	1	L5	.	-		14		
	2	196	H	Elise Beardsworth	Dacorum AC	U17W	25.54	-	2	L4	.	-		14		
	3	335	B	Orlagh Brunning	Biggleswade AC	U17W	25.00	1	-	L4	-	.		14		
	4	368	B	Katy Orchard	Luton AC	U17W	21.38	2	-	L2	-	.		14		
	5	359	B	Katie Killick	Leighton Buzzard Athletic Club	U17W	17.82	3	-	-	-	.		14		
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Saturday - 13th May	
	1	350	B	Zack Grinsted	Luton AC	U20M	39.33	1	-	L7	-	.		5		
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Sunday - 14th May	
	1	334	B	Hannah Brunning	Biggleswade AC	U20W	29.89	1	-	L4	-	.		14		
	2	182	H	Lucia Rizzo	Herts Pheonix	U20W	19.78	-	1	-	.	-		14		
DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card	Saturday - 13th May	
	1	184	H	Christopher Line	Dacorum AC	SM	34.79	-	1	L2	.	-		5		
	2	310	B	Damian Larrington	Bedford & County AC	SM	31.83	1	-	L1	-	.		5		
	3	154	H	Raymond McKenna	Rugby & Northampton	SM	29.87	-	2	L1	.	-		5		
	4	309	B	Darren Janssen	Biggleswade AC	SM	28.81	2	-	-	-	.		5		
	5	187	H	Sebastian Wadlow	Dacorum AC	SM	27.90	-	3	-	.	-		5		
	6	139	H	Shaun Wall	Dacorum AC	SM	26.65	-	4	-	.	-		5		
	7	337	B	David Burrell	Luton AC	SM	25.39	3	-	-	-	.		5		
	8	101	H	Joe Buck	Watford Harriers	SM	23.75	-	5	-	.	-		5		
	9	349	B	Geoff Grinsted	Luton AC	SM	19.57	4	-	-	-	.		5		
	10	360	B	David Killick	Leighton Buzzard Athletic Club	SM	17.93	5	-	-	-	.		5		

DT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Sunday - 14th May
	1	130	H	Kerry Murch	Stevenage & North Herts AC	SW	29.50	-	1	L1	.	-	14	
	2	328	B	Jo Blair	Luton AC	SW	25.91	1	-	-	-	.	14	
	3	225	H	Abigail Birch (T41, 1kg)	St Albans AC	SW	11.58	-	2	-	.	-	14	

### Hammer Throw

														Saturday - 13th May	Age Group Rank			
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	129	H	Zachary Czech	Stevenage & North Herts AC	U15B	38.00	-	1	L7	.	-	1					
	2	201	H	Milan Snarskis	Stevenage & North Herts AC	U15B	37.08	-	2	L7	.	-	1					
	3	329	B	Oran Blake	Biggleswade AC	U15B	19.29	1	-	L1	-	.	1					
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	107	H	Enid Whitten	Stevenage & North Herts AC	U15G	26.48	-	1	L4	.	-	1					
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	423	B	Temarni Frazer-Flood	unattached	U17M	17.69	1	-	-	-	.	1					
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	359	B	Katie Killick	Leighton Buzzard Athletic Club	U17W	28.39	1	-	L3	-	.	1					
	2	196	H	Elise Beardsworth	Dacorum AC	U17W	24.90	-	1	L2	.	-	1					
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	350	B	Zack Grinstead	Luton AC	U20M	36.90	1	-	L3	-	.	1					
	2	388	B	Louis Gallagher	Luton AC	U20M	25.46	2	-	-	-	.	1					
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	312	B	Sophie Steele	Biggleswade AC	U20W	26.56	1	-	L1	-	.	1					
HT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card					
	1	357	B	Glen Kerr	Bedford & County AC	SM	44.62	1	-	L2	-	.	1					
	2	319	B	Darren Kerr	Bedford & County AC	SM	38.74	2	-	-	-	.	1					
	3	337	B	David Burrell	Luton AC	SM	32.02	3	-	-	-	.	1					
	4	155	H	Tim Saunders-Mullins	Stevenage & North Herts AC	SM	24.04	-	1	-	.	-	1					
	5	154	H	Raymond McKenna	Rugby & Northampton	SM	23.21	-	2	-	.	-	1					
	6	360	B	David Killick	Leighton Buzzard Athletic Club	SM	19.58	4	-	-	-	.	1					

### Javelin Throw

														See side for day	Age Group Rank			
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Saturday - 13th May				
	1	141	H	Reece Wall	Dacorum AC	U13B	14.51	-	1	L2	.	-	11					
	2	114	H	Beau Wardle	Dacorum AC	U13B	12.31	-	2	L1	.	-	11					
	3	169	H	Zachary Cutten	Dacorum AC	U13B	6.67	-	3	-	.	-	11					
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Saturday - 13th May				
	1	156	H	Sam Penfold	St Albans AC	U15B	37.02	-	1	L6	.	-	11					
	2	102	H	Austin Whitehead	Dacorum AC	U15B	36.26	-	2	L6	.	-	11					
	3	362	B	Jacob Leigh	Leighton Buzzard Athletic Club	U15B	28.42	1	-	L3	-	.	11					
	4	128	H	Matthew Stevens	Dacorum AC	U15B	23.51	-	3	L2	.	-	11					
	5	145	H	Sonny McKeich	Dacorum AC	U15B	22.19	-	4	L1	.	-	11					
	6	329	B	Oran Blake	Biggleswade AC	U15B	16.00	2	-	-	-	.	11					
	7	140	H	Aaron Wall	Dacorum AC	U15B	9.82	-	5	-	.	-	11					
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Sunday - 14th May				
	1	99	H	Isabel Hawks	Herts Phoenix	U15G	24.97	-	1	L4	.	-	18					
	2	162	H	Carolina Rebordao	Herts Phoenix	U15G	15.68	-	2	-	.	-	18					
	3	330	B	Ésa Blake	Biggleswade AC	U15G	12.39	1	-	-	-	.	18					
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Saturday - 13th May				
	1	106	H	Tom Rutter	HAWCS	U17M	59.56	-	1	L9	.	CBP	11					
	2	82	H	Samson Bricchieri-Colombi	Harlow AC	U17M	45.14	-	2	L7	.	-	11					
	3	395	B	Thomas Browne	Luton AC	U17M	42.15	1	-	L6	-	.	11					
	4	314	B	Arlo Treece	Biggleswade AC	U17M	37.36	2	-	L4	-	.	11					
	5	142	H	Dylan Harman	Dacorum AC	U17M	36.95	-	3	L4	.	-	11					
	6	331	B	Donncha Blake	Biggleswade AC	U17M	31.30	3	-	L2	-	.	11					
	7	175	H	Kenneth Powley	Dacorum AC	U17M	30.61	-	4	L2	.	-	11					

JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Sunday - 14th May
	1	93	H	Poppy Radford	Dacorum AC	U17W	37.12	-	1	L6	.	-	18	
	2	74	H	Megan Saywell	Dacorum AC	U17W	34.26	-	2	L5	.	-	18	
	3	407	B	Grace Smith	Luton AC	U17W	33.94	1	-	L4	-	.	18	
	4	222	H	Imogen List	Herts Pheonix	U17W	33.62	-	3	L4	.	-	18	
	5	368	B	Katy Orchard	Luton AC	U17W	29.99	2	-	L3	-	.	18	
	6	90	H	Talia Williams	Dacorum AC	U17W	26.60	-	4	L2	.	-	18	
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Saturday - 13th May
	1	159	H	Ashton O'Connell	Dacorum AC	U20M	47.88	-	1	L6	.	-	9	
	2	350	B	Zack Grinsted	Luton AC	U20M	32.57	1	-	L1	-	.	9	
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Sunday - 14th May
	1	334	B	Hannah Brunning	Biggleswade AC	U20W	27.18	1	-	L1	-	.	18	
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Saturday - 13th May
	1	161	H	Conor Martin	Harrow AC	SM	57.86	-	1	L5	.	-	9	
	2	139	H	Shaun Wall	Dacorum AC	SM	36.72	-	2	-	.	-	9	
	3	101	H	Joe Buck	Watford Harriers	SM	32.21	-	3	-	.	-	9	
	4	337	B	David Burrell	Luton AC	SM	31.14	1	-	-	-	.	9	
	5	309	B	Darren Janssen	Biggleswade AC	SM	30.89	2	-	-	-	.	9	
	6	154	H	Raymond McKenna	Rugby & Northampton	SM	26.92	-	4	-	.	-	9	
	7	380	B	Lee Carey	Luton AC	SM	17.10	3	-	-	-	.	9	
JT	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	Sunday - 14th May
	1	178	H	Freya Witheat	Windsor Slough Eton Hounslow	SW	43.01	-	1	L5	.	-	18	
	2	328	B	Jo Blair	Luton AC	SW	41.58	1	-	L5	-	.	18	
	3	130	H	Kerry Murch	Stevenage & North Herts AC	SW	40.96	-	2	L4	.	-	18	
	4	83	H	Eloise Meakins	Herts Phoenix	SW	40.63	-	3	L4	.	-	18	
	5	375	B	Dawn Williams	Luton AC	SW	23.85	2	-	-	-	.	18	

### Shot Putt

				Saturday - 13th May	Age Group Rank									
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	
	1	141	H	Reece Wall	Dacorum AC	U13B	5.80	-	1	-	.	-	10	
	2	169	H	Zachary Cutten	Dacorum AC	U13B	4.35	-	2	-	.	-	10	
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	
	1	398	B	Dane Robertshaw	Bedford & County AC	U15B	10.74	1	-	L6	-	.	10	
	2	24	H	Oscar Barret	Dacorum AC	U15B	10.42	-	1	L6	.	-	10	
	3	156	H	Sam Penfold	St Albans AC	U15B	9.71	-	2	L4	.	-	10	
	4	351	B	Alastair Harvey	Luton AC	U15B	9.24	2	-	L4	-	.	10	
	5	21	H	Thomas Barry-Daly	Watford Harriers	U15B	7.57	-	3	L1	.	-	10	
	6	145	H	Sonny McKeich	Dacorum AC	U15B	6.76	-	4	-	.	-	10	
	7	140	H	Aaron Wall	Dacorum AC	U15B	6.04	-	5	-	.	-	10	
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	
	1	107	H	Enid Whitten	Stevenage & North Herts AC	U15G	9.54	-	1	L7	.	-	3	
	2	25	H	Maya Kearvell	Dacorum AC	U15G	8.46	-	2	L5	.	-	3	
	3	200	H	Abigail Wek	Watford Harriers	U15G	7.54	-	3	L3	.	-	3	
	4	79	H	Rachel Berry	Stevenage & North Herts AC	U15G	6.78	-	4	L2	.	-	3	
	5	326	B	Sureyya Akay	Biggleswade AC	U15G	6.35	1	-	L1	-	.	3	
	6	330	B	Ésa Blake	Biggleswade AC	U15G	5.29	2	-	-	-	.	3	
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?	Card	
	1	406	B	Ashton Parkes	Luton AC	U17M	9.75	1	-	L3	-	.	11	
	2	423	B	Temarni Frazer-Flood	unattached	U17M	9.25	2	-	L3	-	.	11	
	3	175	H	Kenneth Powley	Dacorum AC	U17M	9.11	-	1	L2	.	-	11	
	4	142	H	Dylan Harman	Dacorum AC	U17M	8.06	-	2	L1	.	-	11	

SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card
	1	94	H	Ellie Bostock	Dacorum AC	U17W	13.51	-	1	L9	.	-		6
	2	165	H	Melody Spies	Herts Pheonix	U17W	10.23	-	2	L6	.	-		6
	3	407	B	Grace Smith	Luton AC	U17W	9.82	1	-	L5	-	.		6
	4	90	H	Talia Williams	Dacorum AC	U17W	9.81	-	3	L5	.	-		6
	5	63	H	Phoebe Peacock	Dacorum AC	U17W	9.06	-	4	L4	.	-		6
	6	196	H	Elise Beardsworth	Dacorum AC	U17W	8.59	-	5	L3	.	-		6
	7	335	B	Orlagh Brunning	Biggleswade AC	U17W	8.19	2	-	L2	-	.		6
	8	359	B	Katie Killick	Leighton Buzzard Athletic Club	U17W	7.81	3	-	L2	-	.		6
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card
	1	350	B	Zack Grinsted	Luton AC	U20M	12.88	1	-	L6	-	.		9
	2	12	H	Joe McKeich	Dacorum AC	U20M	9.96	-	1	L2	.	-		9
	3	388	B	Louis Gallagher	Luton AC	U20M	7.05	2	-	-	-	.		9
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card
	1	312	B	Sophie Steele	Biggleswade AC	U20W	9.84	1	-	L4	-	.		6
	2	182	H	Lucia Rizzo	Herts Pheonix	U20W	7.33	-	1	-	-	.		6
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card
	1	154	H	Raymond McKenna	Rugby & Northampton	SM	11.18	-	1	L1	.	-		8
	2	184	H	Christopher Line	Dacorum AC	SM	10.90	-	2	L1	.	-		8
	3	310	B	Damian Larrington	Bedford & County AC	SM	10.81	1	-	L1	-	.		8
	4	139	H	Shaun Wall	Dacorum AC	SM	10.71	-	3	L1	.	-		8
	5	101	H	Joe Buck	Watford Harriers	SM	9.32	-	4	-	.	-		8
	6	309	B	Darren Janssen	Biggleswade AC	SM	9.11	2	-	-	-	.		8
	7	337	B	David Burrell	Luton AC	SM	8.58	3	-	-	-	.		8
	8	349	B	Geoff Grinsted	Luton AC	SM	7.28	4	-	-	-	.		8
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card
	1	375	B	Dawn Williams	Luton AC	SW	8.11	1	-	-	-	.		6
	2	208	H	Louise Kelly	St Albans AC	SW	7.13	-	1	-	-	.		6
SP	Pos	F	B/H?	Athlete	Club	Age Group	Result	B-AGR	H-AGR	Level	B-CBP?	H-CBP?		Card
	1	170	H	Elizabeth Cutten	Dacorum AC	U13G	4.67	-	1	-	.	-		3