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Bedford and County AC Newsletter

SEPTEMBER 2024

New Editor Required!

A new editor is required for the quarterly Bedford and County Newsletter. If you would like to take over, please email peterwebster1@gmail.com. If there are no takers, this will be the last edition.

Save the Date for the Bedford and County AC Awards Evening 2024

Date: Friday 25th October, 7 pm to 8.30pm

Presentations 7-7.45pm- followed by bar and light refreshments.

Venue: Function room, Bedford International Stadium

Invitation and details to follow.

Club Record Breakers

Congratulations to the athletes who have broken club records since the last edition of the newsletter.

Athlete	Category	Event	New Club Record
Sam Winters	Senior Men	800m	1:50.61
Jasmine Wilkins	Senior Women	100m	11.36 seconds
Jasmine Wilkins	Senior Women	200m	23.99 seconds
Damian Larrington	M40	Discus	37.98 metres
Chloe Kingman	U17 Women	Pole Vault	3.00 metres (equals the record)
Darren Kerr	M50	Hammer	49.01 metres
Richard Martin	M40	Hammer	56.64 metres
Lois Fordham	U15 Girls	Pole Vault	2.80 metres
Emily Elphick	U13 Girls	Javelin	33.90 metres
Mia Flynn	U15 Girls	Hammer	43.51 metres
John Eves	M40	5000m	14:58.25
John Eves	M40	10000m	31:19
Will MacGee	M55	100m	11.92 seconds
Tennyson James	M65	100m Hurdles	16.03 seconds

Outstanding Individual Performances

Jasmine Continues Record-Breaking Streak



Jasmine Wilkins has spent the summer breaking record. At the Stratford Speed meet on Tuesday 2nd July, Jasmine ran 11.36 secs for 100m, which is a new club Senior Women's and Under 20 Women's record. She also ran 24.18 sec to break the 34 year-old club 200m record in the NAL match at Bedford on Sunday 7th July, and then improved this to 23.99 seconds at the England Under 20 Championships in Birmingham on 21st July. She was selected to run for Great Britain, and made her debut in Mannheim, Germany, competing in the individual 100m and the 4 x 100m relay. In the 100m Jasmine finished 2nd in her race with a time of 11.60 secs. Jasmine has been called up as part of the relay squad for the GB team for the World U20 Championships to be held in Peru in August.

England U20 / U23 Silver Medals for Etienne and Jasmine

Congratulations to Jasmine Wilkins and Etienne Maughan who each claimed a silver medal in the England U20 and U23 Championships held at Birmingham on the weekend of 20/21 July.

Running in the 100m on Saturday, Jasmine comfortably won her heat in 11.82 seconds (w – 1.6) and finished second in the final with 11.94 seconds, battling against a -2.8 wind. On Sunday, she finished 5th in the final of the 200m in a time of 23.99 seconds, which also constituted a personal best and a club record.

Not to be outdone, Etienne, recovering from injury, gained Bedford's second silver of the weekend, placing second in the U23 100m Hurdles in a time of 13.64 seconds, just a tenth of a second outside her personal best.

800m Record For Sam

One of the standout performers from the Senior Men this summer has been Sam Winters. Sam has broken the club 800m record twice (1:50.66 at Tooting on 24th July, and then 1:50.61 at Watford on 21st August), and also improved his 1500m PB with a time of 3:46.06 at Loughborough on 22nd June. Sam also won the Southern 1500m Championships earlier in the summer. Congratulations Sam!



Thaila wins Silver at UK School Games

Despite having only a few hours sleep following a middle of the night return from holiday, Thaila-Jade Mason secured the long jump silver medal at the UK School Games. The winner, Olivia Schrimshaw (Wales), is the UK number one and the only athlete to have beaten Thaila, (UK number two) in competition this year. Thaila's 5.61m was just sufficient to restrict Gracie Osman (England) to 3rd place.

English Schools Championships

Two golds and a set of relay silvers represented a fair return for a largely inexperienced Bedfordshire team at the English Schools Championships in Birmingham in July.

Under cloudy skies and windy conditions Thaila-Jade Mason followed up last year's silver medal with an outstanding performance to win the Inter Girls Long Jump. Last to jump in the field of 17, she nailed her first jump of 5.92m to kill the competition stone dead. Her dominance was such that four of Thaila's jumps were in excess of 5.66m the mark of the second placed athlete.

Captain Euan Supple ran a perfect race to win the Senior Boys 2000m Steeplechase. By always positioning himself with the front group, he ensured that he was in the leading three who broke away at the bell. Moving up into second with 200m to go, his ultimate water jump





gave him the advantage to push ahead for a win. Sprinting away down the home straight, Euan crossed the line winning by more than 10 metres in a magnificent new personal best of 6 minutes 7.57 seconds.

2023 saw the Seniors win the Inaugural Mixed Relays. In 2024, it was the Inter team that included Thaila-Jade Mason and Ria Webb, who brought home the medals, winning silver in 45.31 sec behind a strong West Midlands quartet.

Elsewhere, Lois Fordham came 8th in the Junior Girls Pole Vault with 2.70m; and Lyla Danobrega was also 8th in the Senior Girls 1500m Steeplechase in 5min 20.22 sec.

Excellent Performances at England U15/17 Championships

There were some excellent performances from Bedford athletes at the England U15/17 Championships, none more so than from U15 Hammer thrower Mia Flynn, who bounced back from her English Schools disappointment to finish 7th in with a huge PB and new club record of 42.41metres.

Zaphaniah Bryan claimed equal 6th place with 1.87 metres in the U17 High jump and 14th in the Triple Jump with 12.35 Metres.

Lois Fordham was 9th in the U15 Girls Pole Vault clearing 2.71 metres, whilst Archie Ashpole set a new personal best of 6.42 metres to finish 10th in the U17 Long Jump.

Oskar ranked #1 in UK for U13 Pole Vault

Oskar Eastwood cleared 2.52m at the Bedford EYAL on 28th July, which ranks him the number 1 Under 13 in the country. Well done Oskar!



Outstanding Results at Southern U13/15/17 Championships

Bedford & County athletes enjoyed outstanding results in some closely fought contests at the South of England U13/15/17 Championships held on a searingly hot weekend at Walton Athletics Stadium.

Thaila- Jade Mason took her third title of the year in the U17 Long jump following her successes at the English Schools Long Jump, and the Anglian Schools Heptathlon. Although three of her four valid jumps exceeded that of second place, she only won by 6 centimetres with 5.81m.

In a very tightly contested U15 Girls hammer, Mia Flynn took a silver medal and set a new PB and club record. Less than 2 metres covered the three medal positions with Mia only 70 centimetres behind the winner, Aspen Stobart of Wimborne. Mia's best throw of 43.15m improved her club record by 10 centimetres.

Zaphaniah Bryan also brought home a silver in the U17 Men's High Jump improving his new personal best by 2 centimetres to 1.90m. The winner, Samuel James of Kingston, had to set a PB of 1.95m to defeat him, whilst the third placer cleared 1.85m.

Emily Elphick, was just out of the medals in 4 th place in the U13 girls Javelin. In an exciting competition, with less than a metre covering the first four places, Emily threw 31.17m.

World Masters Athletics Championships

Jemma Eastwood won Gold at the the W45 Pole Vault in the World Masters Athletics Championships in Gothenburg on 13th August, with a jump of 3.10 metres. Tennyson James took 2 medals and reached 3 finals in the M65 age group . His best individual performance came in the 100m hurdles final where he achieved a silver medal with a time of 16.03 secs. He also ran seasons bests of 27.5 for the 200m and 61.8 for the 400m in qualifying for both





finals before topping off the week with a gold medal as part of the M65 4x400m relay in an exciting race against teams from Sweden, Germany and USA.

The World Masters Championships is a huge global event which this year saw over 8000 athletes taking part from 111 countries across all Athletics disciplines.

Bedford Masters' athletes at the British Championships

8 Bedford Masters athletes competed with considerable success at Derby in the largest ever British Masters Championships. Along with some of our 2nd Claim and Higher Claim athletes, Our First Claim athletes came away with 5 Gold Medals

Our 'heavy' throwers training group were very successful, coming away with a hatful of medals between them.

Damian Larrington	1st M40 Shot 11.89m
	3rd M40 Discus 37.15m
Glen Kerr	1st M45 Hammer 49.90m
Darren Kerr	2nd M50 Weight 17.05m
	3rd M50 Hammer 46.91m
	7th M50 Shot

Also successful were our Pole Vaulters:

Bob Kingman	1st M50 PV 3.70m
Jemma Eastwood	1st W45 PV 2.80m in a very closely fought contest

Retaining his almost perpetual title in the event was

Tenny James	1st M65 100m Hurdles 16.64 secs
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Also competing were Oriana Johnson coming 6th in the W60 Discus and Graeme Packman, who was 6th in the M65 Discus and 9th in the M65 Shot

Amongst our 2nd Claim and Higher Claim members Andra Jenkins came 1st in the W45 Weight and W45 Discus, Roy Chambers came 2nd in the M35 Javelin, 4th in the M35 200 and 6th in the M35 Discus. Richard Phelan was 4th in the M60 Pole Vault.



Alex and Rosemary Present Their Bursary

Congratulations to Ellie H and Rosie C who received their bursary from Alex and Rosemary for their continued commitment to the club.

Medals for the Pole Vault squad at Eastern Championships

The Pole Vault squad were pleased to see that we still hold 6 of the 8 records from the Eastern AA Championships.

All entries from the squad won medals:

U15 Girls

Lois Fordham, silver, 2.70m

U17 Women

Chloe Kingman, gold, 2.90m

Senior Women

Jemma Eastwood, gold, 3.10m

U20 Men

Donncha Blake (Higher Claim Athlete) silver, 4.00m

Senior Men

Bob Kingman, silver, 3.60

Simon Eastwood, bronze, 2.60m

News From the Teams

NAL Plate Match At Bedford, Saturday 3rd August

Bedford finished the match in equal second place behind Chelmsford.

Among the women, there were wins for Jasmine Wilkins in the 100m and 200m, Etienne Maughan in the 100mH, and the mixed 4x100m team of Etienne Maughan, Elizabeth Taylor (HCA), Steven Mienambolo and Daniel Harding-Forbes set a club record of 46.06 seconds.



Junior teams update

It has been a busy Summer 2024 season for our junior teams, who have taken part in the YDL, EYAL, SAL, schools athletics, English Schools, Southern champs, National champs and Intercounties. A few of the team have had their debut this year and have done a great job – well done to you!

YDL (U13&U15)

A big thank you to all those in the team who have consistently worked hard throughout the season in their events and/or stepped up and filled gaps in the team sheets where needed. We've been amazed by the sense of team spirit among the group and are proud of how supportive you are of one another. We finished 3rd overall in our division with 1900.5 points – well done.

EYAL (U13, U15 & U17)

After 4 matches, we finished in 12th place out of the 25 clubs in the league with 1922 points and have now qualified for the Plate Final in Thurrock on 8 September. Well done to all those athletes who have taken part and delivered fantastic results especially to those who have been juggling studying for their GCSE's with training and competing. Good luck to all those selected to take part in the Plate Final!

Club records

We have seen Mia (U15) break the club record for Hammer and then break it a second time only a short time later, with throws of 42.41m and 43.51m – wow! Congratulations to Emily (U13) who now holds the club record for Javelin at 33.90m.

International

Thalia (U17) represented England at the SIAB in July for Long Jump and took silver with a jump of 5.83m. Her selection followed achieving gold at English Schools with a jump of 5.92m, great job!

Intercounties – U13 Derek Crookes

It was great to see so many of our U13 athletes being selected to represent Bedfordshire at the Derek Crookes Intercounties held at Walton-on-Thames in August. Despite there being a number of nerves on the day they all performed well.

Girls' Results

Martha - 70m Hurdles 13.66 11th A

Shalom - 100m 14.15 10th A

Sophia - 100m 13.67 PB 8th B, 200m 27.74 PB 2nd B

Rosie - 1500m 5.49.72 11th A
 Poppy - Long Jump 3.74m 12th A
 Amelia - High Jump 1.21m 11th A
 Sophia, Shalom and Martha (with Mya from Luton) – 4 x 100m 56.52 8th .

Boys' Results

Ethan - 200m 27.30 12th A, 800m 2.17.46 PB 5th A
 Jake - Long Jump 3.94m 11th A
 Jacob - Javelin 14.95m 12th B
 Oskar - Discus 22.05m 7th A

Intercounties – U15 & U17 selections

Congratulations to the following athletes who have been selected to represent Bedfordshire at the upcoming Intercounties at Horspath on 8 September – it's a shame that it clashes with the Plate Final, but we wish you the very best of luck!

U15 – Noah, Theo, Berkley, Owen, Bronwyn, Serena, Mia and Lois

U17 – Jamie, Mackenzie, Archie, Zaph, Katy, Leah and Lily

Jodi and Tina

Boys and Girls Team Managers



Bedford Claim Second in Greensand Ridge Relay

Bedford & County claimed second in the annual Greensand Ridge Relay on Saturday 15 June. What is normally a hot and dusty mid-summer trail run from Leighton Buzzard to Northill village turned into a 35 mile cross country mudfest in the wind and rain. Run in a handicap format over 6 legs, the team of Ewan Wilson, Ellie Garraway, Sean Crawley, Charlie Palmer, Henry Taylor and Oliver Wilson started 33rd, overhauling 31 teams across 4 hours of racing to finish an agonizingly close 1min 51 secs behind the winners. Thanks to Andy Blair for logistics support on the day. We'll be back next year to try to go one better.

East Midlands Grand Prix Series - Report

The summer saw some strong performances from the group in the East Midlands Grand Prix. The first of the series was the Silverstone 10k where Ben Munns ran an impressive PB of 36:56 in 44th place. Alice Lambert ran four of the following races of the series, including in the Banbury 5 and the Weedon 10k, placing 4th and 2nd respectively. Emily Bousfield also joined Alice on the undulating (!) course at Weedon on an uncomfortably warm June evening, coming 19th. The following race of the series, the Corby 5, was also a testing course, but Alice produced a strong performance to take the win. The Milton Keynes 10k was the penultimate race of the series, with a welcomed flatter course around Willen Lake. Alice finished 3rd in her 4th and final race of the series, while Emily returned home in 29th with a solid performance.

The Wheelchair Racing Section

Competitions during the early part of the summer were disrupted by adverse weather conditions and the wheelchair athletes had little opportunity to record new personal bests.

However, more recently the Club has seen three of its athletes competing in the School September Games at Loughborough. The emphasis is to provide an event to simulate a major championship over 3 days. Katie Connolly and Varun Bandi were competing in athletics, whilst Sean Chigumba was playing basketball.

Wheelchair Racing had a stand at July's Bedford River Festival and this proved worthwhile as three people expressed an interest in joining. One of whom – Oliver Proctor, who is almost

seven years old, but already is showing promise - has already attended a few training sessions.

A recent Channel 4 programme, Equal Play, fronted by Hannah Cockcroft and focusing on the lack of physical education in schools for the disabled, featured Tammy Harrison, 12 in September. Following on from the programme, Hannah has invited Tammy and family to attend the Paris Paralympics as VIP guests, having already recommended her to join Bedford Wheelchair Racing.

September sees several high profile meetings, and so we hope to see a number of personal bests achieved.

Finally, later in September, Greenwich Leisure will be hosting an awards evening at the Stadium to present their Foundation Awards, of which Varun is a recipient.

Howard Darbon, Manager.

Blast from the Past – Schools International 2008

Olympic Silver Medalist scored her 1st International Victory at Bedford

2024 Olympic Silver medalist and 2023 World Champion, Katarina Johnson – Thompson, scored her first ever international victory at Bedford in the Home Countries Schools International in 2008, winning the High Jump with 1.75 metres.

Staging the SIAB International between England, Scotland, Ireland and Wales had been the brainchild of Ian Roberts, who, as a senior lecturer at Bedford University, wanted to showcase the brand-new student accommodation at the Polhill campus.

Allen Adamson and Dennis Johnson were willing partners in this enterprise along with superb support from Charlotte Conroy, Steve Lawson and their team of track staff. It was the first of some ten English Schools National Championships to be held at the stadium to date.

Unlike most events, accommodation had to be provided for nearly four hundred athletes and team managers, as well as another 100 officials. Ian organized all the accommodation as well as arranging a disco at Bedford Rugby club with a magician from Redborne School included in the entertainment.

Allen masterminded the transport situation of athletes arriving at Bedford station, which all ran smoothly. What was more of a challenge was that the Irish team flying into Luton were delayed and the yellow County Hall buses had to wait around until they eventually landed. But all went well in the end. He also organized a large team of volunteer helpers.

Dennis liaised with the track, arranged the lunch reception for guests and local dignitaries, as well as the many other nitty gritty details essential to the smooth running of such a major event.

The meeting received accolades from across the British Isles, being described as the “best in 20 years.”

Eight athletes became future Olympians: Katrina Johnson, Victoria Ohurougu, Lawrence Okoye, Callum Hawkins, Beth Potter (Triathlon medalist), Jack Green, Ben Williams and Mica Moore (Winter Olympics 2018 Bobsleigh).

Three Bedford and County athletes were in the victorious England team. Deji Tobais set the only championship record of the day, blasting out of the blocks to record 10.58 seconds for the 100m, beating a record which had stood for 32 years. He went on to a successful career culminating in a silver medal at the European U 23 Championships. Peiter Snyman came 2nd in the Javelin with 60.60m. His career was ended the following year by a serious shoulder

injury; whilst Ben Sturges placed 3rd in 400 metres running 49.98 seconds a week after winning the English Schools title. He continued in athletics until 2016.

29 Bedford and County athletes have competed in the SIAB Track & Field Championships which is for the Intermediate (U17) age group only.

Dennis Johnson

Athletes who have represented England Schools in the SIAB Track & Field matches:

1976	Ann- Marie Devally	High Jump	1996	Chloe Cozens	High Jump
1976	Steve Rumbelow	High Jump	1998	Ros Gonse	Long Jump
1977	Alison Clifford	800 metres	2001	Katrina Wootton	1500 metres
1977	Trevor Sinclair	Long Jump	2007	Lucy James	300 metres
1978	Alison Clifford	800 metres	2007	Ryan Parker	3000 metres
1978	Lorinda Matthews	High Jump	2008	Deji Tobais	100 metres
1979	Lorinda Matthews	High Jump	2008	Pieter Snyman	Javelin
1982	Richard Ashby	200 metres	2008	Ben Sturgess	400 metres
1983	Richard Ashby	200 metres	2009	Hannah Frith	High Jump
1983	Peter Vaughan	Triple Jump	2011	Jake Devereux	Pole Vault
1987	Basil Edwards	Long Jump	2015	Ben Davies	1500 metres
1989	Garrie Richardson	1500m S/chase	2016	Frankie Johnson	Pole Vault
1990	Danny Joyce	200 metres	2017	Frankie Johnson	Pole Vault
1991	Liz Talbot	1500 metres	2018	Raphael Bouju	100 metres
1991	Danny Joyce	200 metres	2021	Gracie Wall	High Jump
1991	Glen Kerr	Hammer	2021	Etienne Maughan	Long Jump
1992	Nick Steinmetz	Hammer	2023	Lyla Danobrega	1500m S/C
1993	Nick Steinmetz	Hammer	2023	Thaila-Jade Mason	Long Jump
1994	Adam Devonshire	Hammer	2024	Thaila-Jade Mason	Long Jump

Dennis Johnson