# Cambridge & Coleridge

# Athletics Club

President - B J Wallman

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

## Newsletter

# **Summer 2007**

**Imminent C&C "team" fixtures (full list inside)** 

July 1 <sup>st</sup>	National Junior League (Cambs clubs	team) U20's	Woodford Green
July 1 <sup>st</sup>	Eastern Young Athletes Lge	All under 17	Lea Valley
July 4 <sup>m</sup>	Eastern veterans league	Veterans	Cambridge
July 7 <sup>th</sup>	Southern Women's League	All Females	Erith
July 8 <sup>th</sup>	ECAA T&F Championships	All	Cambridge
July 14 <sup>th</sup>	Southern Mens League	Males 15+	Hillingdon
July 15 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Peterborough
July 18 <sup>th</sup>	Cambs AA Development T&F meeting	g All	St Ives
July 22 <sup>nd</sup>	East Anglian League	All	Cambridge
July 22 <sup>nd</sup>	St Ives 10k	All over 16	St Ives
July 29 <sup>th</sup>	National Junior League (Cambs clubs	team) U20's	Bromley
August 1 <sup>st</sup>	Eastern Veterans league	Veterans	Chelmsford
August 4 <sup>m</sup>	Southern Mens League	Males 15+	Peterbro
August 5 <sup>m</sup>	Eastern Young Athletes Lge	All under 17	Cambridge
August 5 <sup>th</sup>	EVAC 5k	Veterans	Cambridge
August 19 <sup>th</sup> (prov)	Thorney 5 mile	All over 16	Thorney
August 19 <sup>th</sup>	East Anglian League	All	Colchester
Sept 1 <sup>st</sup>	Southern Women's League	All Females	Thurrock
Sept 2 <sup>nd</sup>	ECAA Hibberd Trophy	County Select	TBC
Sept 9 <sup>th</sup>	Eastern Young Athletes Final	All under 17	TBC
Sept 9 <sup>th</sup>	Grunty Fen half marathon	All over 16	Witchford
Sept 16 <sup>th</sup>	East Ånglian league Final	All	Bury St Edmunds

Year 2007 subs are due on the date shown on your membership card. If you haven't paid already, please pay on training evenings or post it to Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 OND. £41 for wage earners and £31 for non-earners.

## PARENTS - THIS CONTAINS IMPORTANT INFORMATION ABOUT THE CLUB AND COMPETITIONS - PLEASE READ IT.

## **Chairmans chatter - An Important message for athletes and parents**

#### PLEASE SUPPORT THE CAMPAIGN FOR FLOODLIGHTS. IT'S IMPORTANT FOR THE CLUB

The University is poised to submit a planning application for floodlights at the track. This is part of a long saga which I'm happy to recount to interested parties if you ask me.

There is a high chance we'll be able to get approval for the new planning application if the planning authority – Cambridge City Council – are persuaded of wide support for it. They already acknowledge its merits and know that it fits in with the strategic documents for the sub-region. The University has carried out a public consultation and it is clear that some non-sporting residents are unhappy about floodlighting though the vast majority of respondents are in favour. The scheme has the support of England Athletics and is important for broader plans for sport in the Cambridge sub-region. I have a paper copy of the consultation documents and, as we go to press, I am trying to get hold of an electronic version. If I'm able to do that, I'll put it on the club's web site, www.cambridgeandcoleridge.org.uk. If you would like to see the paper copy, please get in

It is now very important that we show the strength of support for the scheme to the city council. It will provide all year round facilities for the city, South Cambridgeshire and some parts of East Cambridgeshire, Essex and Hertfordshire, not just one city ward: Newnham. But Newnham residents (the ward in which the track is sited) have a significant influence over the success of the application. Floodlights would mean that we could carry out specialist training all year round and we are the main beneficiaries. Even though the University sometimes gets a bad press for its civic responsibilities, in this case, whilst students will benefit, it is us – the local residents - who stand to gain by far the most. And the University is proposing to provide the facility at no capital cost to the city (though we will have to pay, quite rightly, for the power we use when the lights are switched on).

The planning submission will be made on or around the 13th July. Please write, at about that time, to the Planning Department at Cambridge City Council, The Guildhall, Cambridge, CB2 3QJ or phone the Policy Research Section on 01223 457200, fax on 01223 457109 or send an email to planning.policyresearch@cambridge.gov.uk. to give your support. Just a short note saying that you think it will be of real benefit is enough, but the more you can support the better.

If you are a city resident, it would be helpful if you could copy your letter (preferably with a covering note) to your local councillors.

We will try to keep you up to date via the web site.

Thanks. Neil Costello – Club Chairman

#### Monday evenings – collection of your children from the Under 13's session

There have been a number if instances recently where parents are waiting in the car-park for their children to come out to them after the under 13 session on Mondays. It is a requirement of the club that parents of under 13's, collect them from the clubhouse in person. You will appreciate that for their own safety we cannot release under 13's into the car park to find their parents, who might then not be there. We are responsible for children in our care until they are handed back to an appropriate adult, and we take that seriously, so please be prepared to come and collect them from the clubroom, or to arrange for another adult to do so on your behalf.

#### Selection of teams for Track and Field leagues (especially the younger athletes)

Our team managers are getting fed up with having to chase athletes/parents who do not have the courtesy to reply to the team selection letters handed out by the team managers of the Eastern Young athletes league team. All eligible athletes for that league have been given/sent letters with details of the three remaining EYAL matches, and a reply slip. Please complete the reply slip and send it back. You cant expect our volunteer team managers to keep chasing you.

The same situation applies to the East Anglian league, where information is sent out by email to all those members for whom we have e-mail addresses, and also information is handed out at the club. We wont chase you – its up to you to respond to us.

All the fixtures are listed in the fixture list in every newsletter so you have all the dates. Remember that we use competition to measure the benefit of your training. Unless you compete you have no measurement of your improvement.

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 1st, July 15<sup>th</sup>, August 5<sup>th</sup> and the league final on 9<sup>th</sup> September

East Anglian league - All ages - Under 13's up to Seniors - July 22<sup>nd</sup> and August 19<sup>th</sup> and the league final on Sept 16th

Southern Womens league – Under 15, U17 and Senior females – July 7<sup>th</sup>, Sept 1<sup>st</sup> Southern Mens league – Males aged 16 upwards – Senior competition – July 14<sup>th</sup> and August 4th

#### Cambridgeshire AA Open Development meeting – July 18<sup>th</sup> at St Ives

Cambs AA Devt Group run a series of evening open graded events during the early summer at St Ives to enable athletes to have some close competition, and improve their personal bests. In the 3<sup>rd</sup> meeting on July 18<sup>th</sup>, there is also a County Championship event which was introduced last year – The Cambridgeshire Mile.

The Mile is open to all athletes aged 13 and over, and for those in the Under 17's, Under 20's and Senior Mens age-groups, and the Under 17's, and U20/Senior Womens age-groups, it is a County Championship event with medals. To be eligible for the County Championship you have to be born or resident in the County as with the main championships.

There are also hurdle events and 2 sprint events, plus some field events. You can enter in advance (forms on www.cambsaa.org.uk) or e-mail championships@cambsaa.or.uk, or you can just turn up and enter on the day. Event times are given below and entry costs £1.50 per event

19.00: Sprint Hurdles (Under 13's up to U17's), 19.40: 100m (All ages, graded races), 20.15: The Cambridgeshire mile (ages 13 and above - county championship event for Under 17's up to Seniors), 20.45: 200m (All ages, graded races), 19.00: Javelin (Under 13's up to Seniors), 19.30:

Polevault (the bar will start at 2.10m), 19.45: Longjump (Under 13's up to Seniors)

Under 11's events –19.00: Turbo Javelin throw and 19.30: 150m

Can you grab a medal in the Mile, or set a club record, or improve your personal best in any one of the events. You wont know until you try it – have a go!

#### Cambridgeshire AA County Track and field championships

Another good day for C&C. We had a high level of entries, and won three of the team trophies. Senior Men. Under 13 Boys and Under 15 Girls. We were a close 2<sup>nd</sup> in all the others except the under 13 girls where we were 3<sup>rd</sup>.

Additionally there were championship best performances for Seb Howarth (75m hurdles U13B), Hayley Sayer (U15G Hammer), Lauren Sammout (U15G Triplejump).

The event was well contested again this year for the fifth year running, in fact it was the largest entry in recent years.

Kings School Peterborough won the schools trophy, with Perse as the runners-up.

All the C&C results are given in the results section

#### **Southern Men's League**

A good start to the season. We won the first three matches and are now top of Div 3N. Its important to get back up to Div 2 to have some decent competition next season so we need full support from everyone for the other two (potentially harder) matches

#### Southern Women's League

After 3 matches C&C are lying 9<sup>th</sup> in Div 3E. The home match was well attended and the team won, but attendance at away matches has been relatively poor, and so the results have been less impressive.

#### **Eastern Veterans League**

Both the mens and womens teams have been short of athletes at the first two matches this year, and as a result currently both teams are in 9<sup>th</sup> place. The venues haven't helped – Southend is not the best place to get to after a days work, and Kings Lynn is only slightly better. The next match is at Cambridge, so it will be easy for everyone to get to.

### East Anglian league

A good start in the first match at Ipswich, finishing in 2<sup>nd</sup> place. In the 2<sup>nd</sup> match at St Ives the team finishd an overall 3<sup>rd</sup>, but the Men won their section, and the Women, Under 15 Girls and Under 13 Boys were all 2<sup>nd</sup>. All those age groups are in the running to be in the final. The Under 15 Boys really need to start filling their team if they are to have any chance to get there, as do the under 17 men where we seem to be short of willing field eventers in this league.

#### **Eastern Young Athletes league**

The team was 2<sup>nd</sup> in the first fixture, and 4<sup>th</sup> in the 2<sup>nd</sup> fixture, but we have already met the top 3 strongest teams, and so should be able to hold on to the current 9<sup>th</sup> place in the League (of 27 clubs) and secure a place in at least the Plate final. To do that we need people to turn out, and to communicate with the team managers (see Selection of teams in Track and Field leagues above)

#### Very special positions for Ed Aston and Lucy Dowsett (and others)

At the time of writing this on June 25<sup>th</sup>, Ed was ranked 4<sup>th</sup> nationally for the Under 20 mens 800m. He has won bronze in the National championships with a new personal best 1.48.93.

Lucy currently lies 8<sup>th</sup> in the Under 20 womens 800m rankings and 44<sup>th</sup> in the overall Womens rankings (as of June 14<sup>th</sup>). Ian Williamson is surging up the Mens 1500m rankings, now at 74<sup>th</sup>, on his first year back from some major injury problems.

Alice Forster is now ca 80<sup>th</sup> on the overall Womens Hammer rankings, and 25<sup>th</sup> in the Under 20's. In the younger ages, Lauren Sammout currently lying 5<sup>th</sup> in U15 shot, and 8<sup>th</sup> in U15 Discus (only just outside the top 150 females of all ages nationally), and 2<sup>nd</sup> in U15 Triplejump (127<sup>th</sup> on the all ages list), Hayley Sayer who is currently 4<sup>th</sup> in the U15 Girls Hammer,. Csepi Asztalos is 7<sup>th</sup> in the U15 Girls 75m Hurdles lists, Ben Kelk 4<sup>th</sup> on the U15 Boys 80m hurdles lists, and so the list goes on. We don't have space to mention everyone, so please don't feel offended if your name isn't there. These are all classy performances and they are a credit to the club and their coaches.

#### Already there are several new club records this season

Athletes who have	broken club age-group reco	rds include	
U15 Girls	Lauren Sammout	Triplejp	10.56
	Lauren Sammout	Discus	29.08 (17 year old record)
	Hayley Sayer	Hammer	40.36m
U17 Women	Lois May	Javelin	28.29m (1999 spec)
U20 Women	Viola Asztalos	400m Hdls	69.8
	Alice Forster	Hammer	38.93m
	Lucy Dowsett	800m	2.09.18
	Ellie Schofield	1500m S/C	5.32.6
	Lucy Dowsett	1500m	4.37.4
	Lucy Dowsett	3000m	10.08.29
Sen Women	Lucy Dowsett	800m	2.09.14
U20 Men	Alex Howarth	3000m S/C	10.45.0
	Ed Aston	800m	1.48.93

#### **Qualifiers for the National Schools Championships**

This year the Cambridgeshire has been put in the lowest size category because of reduced numbers attending school in the appropriate age-groups and so can only take 25 competitors instead of 35. Norfolk and several other counties have suffered the same reduction.

This The following C&C athletes have been selected to compete for Cambridgeshire Schools at the English Schools Championships (40% of the team)

U15 Boys John MacGillivray, Ben Davies, Ben Kelk U17 Men Chris Morter, Richard Oppong-Konadu U15 Girls Lauren Sammout, Csepi Asztalos,

U17 Women Gemma Coe

U20Women Alice Forster, Lucy Dowsett
Plus George Baker for Suffolk schools

#### **Fixtures for 2007 Outdoor**

T 1 1st			W. 16 1.G
July 1st	National Junior League (Cambs clubs		Woodford Green
July 1st	Eastern Young Athletes Lge	All under 17	Lea Valley
July 1 <sup>st</sup>	EVAC 10k	Veterans	Comberton
July 1 <sup>st</sup>	Sutton Beast feast 7 mile	All over 16	Sutton
July 4 <sup>th</sup> (Prov)	Peterbro 5k Grand Prix	All over 16	Eye
July 4 <sup>th</sup>	Eastern veterans league	Veterans	Cambridge
July 7 <sup>th</sup>	Southern Women's League	All Females	Erith
July 7/8 <sup>th</sup>	BMAF Heptathalon/Decathalon Ch's	Veterans	Oxford
July 8 <sup>th</sup>	Abbey 10k	All over 16	Ramsey
July 8 <sup>th</sup>	ECAA T&F Championships	All	Cambridge
July 13/14 <sup>th</sup>	National Schools Champs	Schools select	Birmingham
July 14 <sup>th</sup>	Southern Mens League	Males 15+	Hillingdon
July 15 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Peterborough
July 18 <sup>th</sup>	Cambs AA Development T&F meeting	g All	St Ives
July 22 <sup>nd</sup>	East Anglian League	All	Cambridge
July 22 <sup>nd</sup>	St Ives 10k	All over 16	St Ives
July 27 <sup>th</sup> -29 <sup>th</sup>	AAA Senior Championships	Seniors	Manchester
July 28/29 <sup>th</sup>	BMAF T&F Championships	Veterans	Birmingham
July 29 <sup>th</sup>	National Junior League (Cambs clubs	team) U20's	Bromley
August 3 <sup>rd</sup>	Crystal Palace Grand Prix	Spectators	Crystal Palace
August 1 <sup>st</sup>	Eastern Veterans league	Veterans	Chelmsford
August 4 <sup>m</sup>	Southern Mens League	Males 15+	Peterbro
August 10/11/12 <sup>th</sup>	AAA U15/U17 Championships	U15's/U17's	TBC
August 4/5 <sup>th</sup>	SEAA Combined Events Champs	U15's – Seniors	Bedford
August 4/5 <sup>th</sup>	BMAF	Veterans	TBC
August 5 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Cambridge
August 5 <sup>th</sup>	EVAC 5k	Veterans	Cambridge
August 18 <sup>th</sup>	Race the train XC (Talyllyn railway)	All over 16	Tywyn
August 18/19 <sup>th</sup>	AAA U15/U17 combined events	U15's/U17's	TBC
August 19 <sup>th</sup> (prov)	Thorney 5 mile	All over 16	Thorney
August 19 <sup>th</sup>	East Anglian League	All	Colchester
August 25 <sup>th</sup>	UK Challenge Final	Invitation	Crystal Palace
August 26 <sup>th</sup>	SEAA Intercounties U20 & U15	County select	Copthall
Sept 1 <sup>st</sup>	Southern Women's League	All Females	Thurrock
Sept 2 <sup>nd</sup>	ECAA Hibberd Trophy	County Select	TBC
Sept 9 <sup>th</sup>	Eastern Young Athletes Final	All under 17	TBC
Sept 9 <sup>th</sup>	Grunty Fen half marathon	All over 16	Witchford
Sept 16 <sup>th</sup>	East Anglian league Final	All	Bury St Edmunds
Sept 23/4 <sup>th</sup>	IOW and SEAA Fell running champs.		Ventnor IOW
Oct 7 <sup>th</sup>	Great North Run	Seniors	Gateshead
Oct 7 <sup>th</sup>	Standalone 10k	All over 16	Letchworth
Oct 7 <sup>th</sup>	Abington 10k	All over 16	Gt Abington
Oct 10 <sup>th</sup> (Prov)	Royal Engineers Half Marathon	All over 16	Waterbeach
Oct 14 <sup>th</sup>	Great Eastern Run (Half marathon)	All over 16	Peterborough
Oct 14 <sup>th</sup>	Leicester marathon	All over 16	Leicester
Oct 21st		All over 16	Amsterdam
Oct 21 Oct 28 <sup>th</sup>	Amsterdam Marathon/1/2 marathon Fenland 10	All over 16	Wisbech
Oct 28 <sup>th</sup>	Frankfurt Marathon	All over 16	Frankfurt
th			
	Riverside Half Marathon	All over 16	St Neots
Nov 25 <sup>th</sup> (Prov)	Hereward Relay	All over 16	P'bro to Ely

Dec 2 <sup>nd</sup> (Prov)	NVH 10 mile	All over 16	Peterborough
Dec 26 <sup>th</sup>	Club Boxing day 4 mile	All	Fen Causeway
Dec 31 <sup>st</sup>	New Years Eve 10k	All over 16	Little Downham

#### Useful telephone numbers for 2007

B J Wallman -	President	01223 893013	Neil Costell	o – Chairman	01223 524428
Noel Moss	Men's T&	F teams, Officials	and newsletter		01223 833470
Anna Bird	Young At	hletes Team coord	inator		01223 352541
Carl Woolf	Ladies an	d East Anglian lea	gue U13/U15's		01223 881075
Nigel Burch	Coaching	Secretary			01223 560161
Glyn Smith.	Road run	ning			01223 571685
John Kazer	Cross Co	untry			01223 308357
Gerald Meah/0	Carole Morris	Veterans T&F tear	m managers (	01954 781258/	01638 742024
Nigel Poulter	Treasurer	•	_		01954 231507

#### Useful E-Mail and website addresses

Useful E-Mail and website addresses		
C&C Club Website	www.ca	mbridgeandcoleridge.org.uk
E-mails about C&Cmembership and other admin issues	info@ca	mbridgeandcoleridge.org.uk
Amendments/items for website webm	aster@ca	mbridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your re	equest to	johnkazer@hotmail.com
Newsletter editor (for your results and articles to publish)	) _	noelmoss@btinternet.com
Road running unofficial website		http://ccac.aci-net.co.uk
Cambridgeshire AA website		www.cambsaa.org.uk
UKA website		www.ukathletics.org.uk
Power of 10 database (you may be in it)		www.powerof10.info
Athletics data.com performance database (you may be in	it)	www.athleticsdata.com
England athletics website		www.england-athletics.net
England athletics Region East secretary (Alison Potts)		apotts@englandathletics.org
SEAA website		www.seaa.org.uk
Living Sport Cambridgeshire		www.livingsport.co.uk
Athletics kit and shoes by internet or mail order		www.bournesports.com

#### **ROAD RUNNING BITS**

#### The Inaugural Turing Trail Relay – 18/03/07

Alan Turing was a 2:43 marathoner who ran the paths between Cambridge & Ely during his time at Kings College. A brilliant mathematician, he worked as a code-breaker in WW II and had a significant influence over the early development of computer science.

significant influence over the early development of computer science. Staged by Ely runners, the 6 stage, 35-mile Turing relay began in Ely, with the first 3 legs on the west banks of the Ouse/Cam and the return legs on the east side.

The Cambridge-bound runners faced near gale-force south-westerly winds, whilst the opposite was mainly true for the Ely-bound bounders. Stages 1-2 probably had it toughest of all because much of their course was on super-exposed embankments, and when nearer the river, they tended to get blown towards and <u>into</u> the river! Add in the Fen Blow which was going strong all afternoon and runners in stages 1, 2, 5, & 6 had a "gritty" time of it in more senses than one! C&C teams achieved great glory-the Flyers (Chris, Ben Baldelli, Steve, Pietro, Giulio & Giacomo)

C&C teams achieved great glory-the Flyers (Chris, Ben Baldelli, Steve, Pietro, Giulio & Giacomo finishing  $3^{rd}$  overall. Special mention here for Pietro who was the fastest human being in the tournament (71 teams x6 = 426 runners) clocking an amazing 5 min 34.4 sec/mile. The Fast Girls (Becky, Fiona, Karin, Meinou, Kim & Jen) continuing their Hereward Relay success with another win here and  $12^{th}$  overall placing. The Flagers (Flaggers? Flagellators?) romped home in  $11^{th}$  (Vince, Alex, Simon, Colin, Glyn & Lars).

And finally, let's start a debate about naming future relay teams. Here's some to mull over, but you can do better......

Fast-ish teams:- The Runaways; Runaway Trains; Greased Lightning; Teenage Kicks.

Slower teams:- Around the Course in 80 days; Whole Lotta Lead; Slow Boat to.....

The Female teams:- Spicy Girls; Stairways to Heaven; Dream Lovers; Barenaked Ladies (!?)

MV 50's The Not Fadeaways, Must Edge Out, The Last Timers

Mixed Teams:- Half Bloke Half Chick or Vice Versa

......See it's not hard to do better than this! Any suggestions gratefully received. Alex Downie, March 2007

### <u>Turing trail report – a tailpiece</u>

A C+C runner's guide to the Beaufort Wind Scale

Force 0: No wind. Still feels like a headwind due to friction as your body slices impressively through the air.

Force 1: Slight breeze. Nowhere near enough wind to cool you down on a hot day. Perspiration pours out more or less everywhere pretty well unchecked, I'm afraid.

Force 2: Slightly breezier breeze. Though it may dry some sweat, it's not nearly enough, and regrettably you're still horribly clammy.

Force 3: Moderate breeze. Better, but now you get exasperated by hair blowing in your eyes, especially if you've got the sort of floppy Hugh Grant hairstyle sported by Paul D or David M.

Force 4: Strong breeze. Oh dear, now we're in headwind territory, and it is always a headwind.

Force 5: Undesirably strong breeze. Dust, rain etc blows into your eyes. Most people's hairstyles all over the place by now.

Force 6: Horribly strong breeze. Twigs blow into your eyes and any loose clothing flaps around painfully.

Force 7: Sub gale force. It has been reliably reported that your legs can be blown towards each other, and trip you up. Branches may crash down and destroy more than just a hairstyle.

Force 8: Gale force. Branches frequently fly around. Not possible to make any progress into the wind, except negative, so don't try.

Force 9: Gale force plus. Mike and Andy's hairstyles destroyed.

Alex Downie

#### 100km du Loire Béconnais Haut Anjou - a moment of madness?

Johann and I drove down there Friday night with a 'good' nights sleep on the ferry to Le Havre. Saturday noon we picked up our numbers. The organizers was pretty impressed that 2 foreigners were coming all the way from Cambridge 'just' to run the 100k. About 100 were at the start Sunday morning at 5.30 and the weather forecast said warm sunny day with risk of thunderstorms. We didn't get any rain during the day but the temperature rose to 28° C. The 25 km loop was more hilly than expected about 1000m altitude in total. We kept a speed of about 10k per hour with stops at every water station. Some of the more strange things at the water stations were beer, coffee, tea, cakes etc. We kept to our energy gels and some of the more normal stuff. I must say that I can't stand the sight of energy gels after this race.

After 60 km Johann left me behind. I had to walk a bit once in a while. We were also told that the 3rd round would be the worst, but that was nothing compared to the 4th. For the last 10 km I couldn't run any more. I had to walk the rest of the race, and that felt a long way. Johann did better but he also suffered on the last bit.

The organisers were very kind and helpful. And because we came a long way they came up with prizes for the 2 fastest (and only) foreigners:— The result: 49 of about 100 finished: 15th Johann Graggaber 10.32.22: 26th Lars Frederiksen 11.51.56

Lars Frederiksen

#### Marathon running.

Congratulations to Kim Masson who improved her Milton Keynes Half Marathon time by 5 minutes this year and finished in the top 100 as 3<sup>rd</sup> female.

Our full marathon statistics read like a travel guide: New York, Dublin, London, Rome, Loch Ness, Amsterdam, Eindhoven, Budapest, and even some local ones.

Joad Raymond went just under 3 hours in new York, while Kim Masson was 8<sup>th</sup> W40 in London in 3 hours and two mins. Ish Badr ran almost dead on 3 hours in Dublin, and Giulio Cinque ran 3hours and 7 mins in London.

At half marathon distance Pietro Liguori tops the list with 1hour 15 at St Neots

So far this year there have been 69 half marathons and 44 full marathons run including Swaledale. **Derbyshire:** Tour of the Derwent valley.  $26^{th} - 29^{th}$  May

This year, 29 C&C runners and supporters made the trip, and an impressive fifteen survived the awful hills, heavy rain and even heavier drinking to complete all four races. Meinou and Mike led us home as third female and sixth male overall, and Fiona and Glyn repeated last year's double of

# first FV40 and MV60 respectively. **Another viewpoint on Derbyshire - from Alex Downie**

It's the DREAD that DRIVES us to DRINK! C+C at Ilam Hall, nr. Ashbourne in Derbyshire for their fifth Tour of the Derwent Valley, May 2007.

As described in past newsletters, on offer here are 4 days of consecutive, hilly, 4-5 mileish races over the Bank Holiday weekend. And - also mentioned before - the organiser, the redoubtable David Denton, sadistically saves the steepest and nastiest one till the very last. It is the sheer perceived awfulness of this one (known scorpionically as the 'Sting in the Tail') that hovers most in the consciousness of the flatlanders from Cambridge, and undoubtedly contributes to the large quantities of alcohol consumed by the group over the weekend, such that on occasion whole bars have been drunk dry!

A quote from "Feet in the Clouds: a Tale of Fell-running and Obsession" by Richard Askwith seems relevant here: - "Dread", he writes, "is a more awkward co-habitee, especially the kind of dread that involves knowing how much physical distress you're in, and fearing how much worse it will get if you stick with your present plans. To tame that, you must consciously will your distress to be extended and redoubled - a mental trick that is hard for a normal person to perform."

Perhaps David Denton was thinking along these lines when choosing the (curiously anonymous) slogan for the back of the prized T-shirt for completing all 4 races, namely "To have never suffered is to have never been blessed."

Be that as it may, over the 3 days prior to this last race, Sting-in-the-Tail virgins no doubt came close to recognising some of these symptoms after having to listen to ever more lurid, descriptions of it by the grizzled old b\*\*\*\*\*\*s in the Club(Glyn and Alex), who'd done it all before. Anyway, despite or because of this, 15 club members, out of a total complement of 29, managed to complete all 4 races. ("Only the strongest survive" - to quote another T-shirt.) Thanks go to Ian, who once again managed to persuade the local YHA to put up with us. What Ian couldn't lay on for us was good weather....it was cold, wet, miserable, windy and generally wretched for the whole weekend. However, C+C runners acquitted themselves very well indeed, with several PBs being smashed (eg by Dave Y, Maduri, Phil G, Fiona, Gerald, Carmel, Chris B, Mike S - apologies for any omissions). Mike led us all home in a very creditable 6th place overall.

And we had our fair share of winners too:-

- \* Glyn "Silian" Smith MV60 at Wirksworth and overall, for the second year running.
- \* Fiona "McEneiry" Murphy FV40 at Wirksworth and overall, also for the second year running.
- \* Meinou "Shoelaces" Simmons 3rd Woman overall, in her debut year.

(NB, the race on Saturday at Wirksworth is part of the traditional local well-dressing celebrations, and has its own, separate set of awards.)

#### The Swaledale marathon

Not your normal Marathon course – no resemblance to fast and flat. Our numbers were down this year with 10 C&C competing, but Ben Blaukopf finished a creditable 50<sup>th</sup> and Teresa Woodford was 69<sup>th</sup>.

#### Kevin Henry 5k Road League

At the first race on June 7<sup>th</sup>, the men featured strongly, claiming first team place, with Pietro winning overall. Mystifyingly, from our strong female squad, only two women made it to the race (three to score), and 27 penalty points meant they finished a lowly fourth. However, second place in the combined standings gives us a good chance of repeating last season's combined victory.

#### C&C SENIOR ROAD RUNNERS (ENDURANCE) WALKING SECTION

It was sometime in the depths of the last winter that Helen had a thought that she would like to walk A Wainwrights's coast to coast walk across the north of England. Helen can walk fast as she has covered 15 miles in 2 hrs 57 mins, that is fast, anyway thinking that I would have to join her on this epic walk we spread the word, and Phil Garret, Tim Long and Mandy Lasseter all agreed to join us on the walk and to slow Helen down.

After much planning: - 14 days to complete the 195 miles with Packhorse taking us from their base in Kirkby Stephen and taking our clothes' and dropping the bag at each night lodgings. Mandy decided that she would carry her own clothes and she weighed her bag and it came to 6 kg

We left Cambridge on the 4<sup>th</sup> May to drive up to the pickup point for the bus to the start at St Bee's. The Friday before a bank holiday is always interesting on the roads and after a stop/start drive up the A1. we drove through Reeth to show Phil Swaledale Marathon route (9 June 2007 C&C will be represented). We made it to Kirkby Stephen Kings Arms Hotel;

Day 1. (St Bees to Ennerdale Water 14.03 Miles) Weather good, trip out on minibus shared with a group of cyclists - girls impressed. Sun came out for most of the day. Nice walking with only one big climb of the day up Cleator Moor. Bunk house in farm very good and the girls are in a twin room in the same building, the bunkhouse is 1.5m additional walk to the pub (for dinner) which means 14.5 plus 2 x 1.5 +17miles.

Day 2. (Ennerdale Water to Honister Hause 13.84 Mikes) Started off with a big farmhouse breakfast. We walked to Ennerdale bridge. Mandy found her room keys in her pocket, dropped off at the local hotel for bunkhouse owners to pick up. Nice walk along Ennerdale water. Started to rain from 12.00. Boy did it rain; we walked up Loft Beck straight up wind rain and hail. We got to YHA GHonister Hause just as it stopped. It was a hard day walking. Helen called into the Honister Mine Museum looking for our lodgings. Her face was a picture when she found out they did not have any. Relieved when told she had to go next door. Hostel welcome and after a hot shower and dinner, we all had an early night.

Day 3. (Honister Hause to Grasmere 9.72 miles) We left Honister YHA and walked to meet Glyn (Smith) who had been camping; we walked up to Greenup Edge and down Grasmere common to Grasmere in time for cream tea. Weather forecast was good in the morning with rain pm. It rained as we sat in the hotel having tea, phew. Glyn left in a taxi for Langdale, for his motorbike and ride home. Great tea in the YHA and then down to the pub for an evening discussing the next days walk.

Day 4. (Grassmere to Patterdale 7.5 miles) Retail therapy in Grassmere in the morning as it was showery, we then left via YHA. The walk up to Grisedale Tarn was wet, windy and cold and a long, slow climb. It was not wet on the way down, but windy and cold. The sun came out at the end, a gentle days walking which was finished of with tea at the local hotel 9cold tea drunk in pint glasses for the boys.

Day 5 (Patterdale to Shap 17.54 Miles) We left Patterdale YHA at 09.00 as we have a 18 mile walk, weather broken cloud and sunny bits, a steady climb towards ANGLETARN PILES, but we went right instead of going left as the way was not clearly marked, but realised without too much lost time. Hard walking to THE KNOT and KIDSTY PIKE, at 780m highest point on C2C, windy and showers, then down to Haweswater which was in the end a nice 4 mile walk. At the end of the water, with the Lakes now behind us, we encountered a rolling landscape. We past the ruin Shap Abbey - picturesque. The B&B fantastic tea and cake when we got in, Helen also had trifle. Greyhound pub, great food and beer, which was well deserved.

Day 6. (Shap to Kirkby Stephen 21 miles) You wake up some mornings to a sense of doom. We could hear the rain and wind on the window. After the best breakfast yet and mega packed lunch, we set off to gales and rain. Over the M6 and on to Orton, stop at a cafe. I was looking for a taxi rank, but after a hot chocolate, we went on. To say it was hard, well 21 miles in the rain, we made it to the hotel after 8½ hours. It was the hardest day yet, not for the walking, but to be mentally prepared to walk in the wind and rain

Day 7. (Kirkby Stephen. To Muker 15.81miles) After a slow breakfast, Helen and Ian bought waterproof gloves. Raining at the start, we must have climbed three miles up past the quarry. We headed for Nine Standards but turned off to keep to the low route but still 500m above sea level, we picked up speed to 4mph as we got on a road. We met up with Neil and Ginny for the last five miles, stopping off at Keld for tea and cakes. Official half-way point. Muker B&B fantastic. Farmers Arms good beer and food, Short walk tomorrow, only nine miles to Reeth, we should break the 100 mile barrier. We always check the BBC weather, but we have to walk whatever (I fancy a beach holiday next time - Helen has different thoughts).

Day 8 (Muker to Reeth 10 miles) Fantastic B&B in Muker - we had a lie-in to 8.00 and a late start. Walk along the River Swale, was beautiful, made it to Reeth with blue sky and clouds. Quick (as the B&B owners were not in) Black Sheep then off to tonight's B&B - they are related to

last night's B&B owners. The dinner at the Kings Arms They have a log fire which is great but have the door open (sounds like good temperature regulation). 11 miles to Richmond tomorrow, gentle walking - good, as my feet are sore (tender).

Day 9. (Reeth to Richmond 10.36 miles) An easy 10 miles, nice day, no rain except a few spots. None of the fellow (opposition walkers overtook us). The French market that comes to Cambridge was there. The B&B has lots of rules! We have gone to a Weatherspoons for food, roast beef and a decent pint - £5.49 - bargain.

Day 10. Richmond to Danby Wiske 14 Miles) We left the guest house and advanced to Boots to purchase essential supplies. We left Richmond to cloudy skies after a night of rain. The walk today is mostly flat with a few minor ups and downs. We stopped at Catterick Bridge Hotel for a coffee, we had the only shower of the day while inside. Fantastic walking to blue skies and cloud - 14 miles in six hours including stops. The landlady of the Old School House at Danby Wiske had our booking down for Wednesday! but it got sorted. The White Swan (Ian and Helen) has had a new delivery of Black Sheep - could be a good night. Pub full of walkers, all with great stories.

Day 11. (Danby Wiske to Osmotherly 12 miles) today with the only shower passing while we stopped for a cup of tea at a greasy spoon cafe on the A19. Nice walk to Osmotherly, a beautiful village. 20 miles tomorrow.

Day 12. (Osmotherley to Lion Inn Blakey Ridge 14. miles) We Left the YHA and got a good start - three miles in the first hour. First ten miles follows the Cleveland Way with fantastic scenery, woods and ups and downs. It rained for the next ten but we were on level high ground. We covered the nine miles in three hours, with the last mile in cloud. Lion Inn our lodgings for tonight has old beams and fires, Theakston's pub. Rooms great - Ian and Helen had a four-poster. Food good, great beer, we joined local pub quiz but did not win.

Day 13. (Blakey Ridge to Grosmont 13½ miles ) A gentle 13½ miles with the first five or so high on the Moors, we then descend to the Esk Valley (first hour pace 3.37), we met the Army on the hills (the young officer was very nice, the girls said) Reached Grosmont, which appears to exist for a steam railway (North Yorkshire Moors railway). We took pics of the steam train. We stayed in Grosmont House, or more like Fawlty Towers! Helen and Ian are in the self-catering accommodation - very nice when the heating came on. Breakfast booked for 08:00 so we hope to get going by 08:30 - we will see.

Last Day. (Grosmont to Robin Hoods Bay 15.15 miles) Up for breakfast and we left Fawlty Towers at 08:30 as planned. Steep walk up road for two miles - 1:3 hill (good training). First ten miles up and down over moorland in 3½ hours. Fantastic walk around coastal path to complete 15.15 miles in five hours - not bad. We had fish and chips and a beer to celebrate. We took the Packhorse bus back to car to hotel, bath/shower, beer, food and celebration. Tomorrow Keswick mountain festival with retail therapy then to final B&B (Hesket Newmarket) - it has its own brewery



### **CROSS COUNTRY**

#### **English national Cross-country championships**

English national Cross-country championships
How nice to see a C&C mens team featuring again in the National Cross-country results. 35<sup>th</sup> team of 60 is a good result. Now there is a challenge to all the other age-groups for next year!
Well done also to Will Mycroft who just missed out on a top 100 placing, finishing 109<sup>th</sup> in the Under 17 mens race, just 12 seconds out of the top 100.

BMAF Championships
Congratulations to all the C&C ladies who competed. Joan Lasenby was 5<sup>th</sup> in the W45 category, Mary Holmes was 3<sup>rd</sup> in the W70 category, and Mary together with Diana Braverman and Sue

Barnett won the team event for the W55+.

English Schools Cross-country championships.

A very creditable 43<sup>rd</sup> place in the Senior Girls race for Lucy Dowsett was the best by a C&C athlete on the day. Gemma Coe was 67<sup>th</sup> in the Intermediate Girls race, and Ben Whittle was 118<sup>th</sup> in the Junior Boys race. Results for all the C&C athletes identified in the results are given below in the results section, but apologies to any that were missed.

#### Results, Results, Results

### CROSS COUNTRY

	<u>COUNTRY</u> National Cross-cour	10 <sup>th</sup> M	lough at Cum	lowload				
	men - 5 km, 155 runi		iarch at Sun	ierianu	152 <sup>nd</sup>	N Richar	de	
017 WO	26:08	iers.			132	IV Kichar	us	
U15 Box	vs - 4.5 km, 266 runn	iers.		157 <sup>th</sup>	N Burch			17:42
	Vomen - 10 km, 297							
187 <sup>th</sup>	R Flood		39:21	$284^{th}$	M Holm	ies	W70	49:34
	1en - 12 km, 916 run	iners.						
254 <sup>th</sup>	P Liguori		45:18	$266^{th}$	C Flood			45:36
319 <sup>th</sup>	N Carroll		46:30	334 <sup>th</sup>	J Kazer			46:45
439 <sup>th</sup>	J Morley		48:47	$610^{th}$	M Chap	lin		M45
	52:45							
	n - 6 km, 188 runner			109 <sup>th</sup>	Will My	/croft		23:58
	Masters Crosscount							
W45	J Lasenby	5 <sup>th</sup>	25.17 (27	th overall	female)			
W55	D Braverman	5 <sup>th</sup> .	28.36		S Barne	tt	6 <sup>th</sup>	30.13
W70	M Holmes	$3^{\rm rd}$	32.50					
	ere 1 <sup>st</sup> W55 team)							
M45	M Chaplian		A 33.53					
	Schools Cross-Coun							
Senior B		E Louth		26.30				
Inter Bo		W Myc			20.30			
Junior B		B Whitt		13.00				
Senior G		43 <sup>rd</sup>	L Dowset	-	17.33			
Inter Gir	ls 67 <sup>th</sup>	G Coe		14.02	263 <sup>rd</sup>	C Arkell		15.30
ROAD A	AND MULTI_TERI	RAIN						
Mondi N	March 15 – 11 <sup>th</sup> Ma							
72 <sup>nd</sup>	M Simmons (F)	1.58.49						
	<b>Keynes half maratho</b>		12 <sup>th</sup>					
97 <sup>th</sup>	K Masson W40	3 <sup>rd</sup> F	1.25.47	316 <sup>th</sup>	K Jorda		W35	1.35.08
963 <sup>rd</sup>	M Benton	M40	1.53.04	1235 <sup>th</sup>	C Cooke	•		1.59.41
Rhayade	er Round the lakes 2			0 finished	<u>1</u>			
255 <sup>th</sup>	D Mail	M50	3.01.03					
Roman ]	Road Run - March	17 <sup>th</sup>						
17 <sup>th</sup>	A Poole		1.08.50	(9.5 mil	es)			

Turing T	Frail relays – March 18	3 <sup>th</sup>						
	immock's Cote - 5.3 mi	les, 71 run	ners.					
$3^{rd}$	C Flood	A team	33:25	19 <sup>th</sup>	V Freema	n	B team	38:54
21 <sup>st</sup>	R Flood	F	39:59					
Dimmock	k's Cote to Waterbeach	- 6.1 m, 7	runners.					
2 <sup>nd</sup>	B Baldelli		A team	38:53	$26^{th}$	A Downie	e	B team
	48:50							
$30^{th}$	F Murphy	F	50:50					
	ach to Cambridge - 5.7	miles, 71	runners.					
7 <sup>th</sup>	S Thoday	A team	37:57	9 <sup>th</sup>	S Brighty	vell	B team	39:08
15 <sup>th</sup>	K Jordansen	F	40:59					
	ge to Waterbeach - 6 n	niles. 71 ru						
1 <sup>st</sup>	P Liguori	A team	33:26	9 <sup>th</sup>	C Clark		B team	39:27
28 <sup>th</sup>	M Simmons	F	44:27					
	ach to Chalk Pit - 6.2 i	niles 71 ri						
8 <sup>th</sup>	G Cinque	A Team	41:08	$10^{\text{th}}$	K Massor	1	F	41:19
28 <sup>th</sup>	G Smith	B team	45:54	10	11 11143301		•	11.17
	t to Ely - 5.3 miles, 70		43.54					
5th	G Capetti	A team	33:12	10th	J Ives		F	35:49
11th	L Frederiksen	B team	35:57	10111	Jives		1	33.47
	arathon – 18 <sup>th</sup> March							
499 <sup>th</sup>	I Badr	- 11,9/917	3.05.16	4817 <sup>th</sup>	S Culit		F	3.54.29
	I Badi Ialf Marathon – Marc	L 10th 47		4617	S Curit		Г	3.34.29
558 <sup>th</sup>	J Kazer	1110 -4/	1:26:18	1435 <sup>th</sup>	D Yenera	lalei	M40	1:42:17
		N/45		1433 1771 <sup>st</sup>		ISKI		
2781 <sup>st</sup> 2523 <sup>rd</sup>	T Long	M45 W55	1:43:46		P Garrett A Irvine		M45 M35	1:45:47
	M Jennings		1:50:41	3347 <sup>th</sup>				1:51:39
3379 <sup>th</sup>	C McEniery	F	1:52:08	3578 <sup>th</sup>	Ron Jacks		M55	1:55:53
3734 <sup>th</sup>	C Stanier	F	1:57:21	3740 <sup>th</sup>	M Warren	n	W35	2:06:13
	0 – 18 <sup>th</sup> March – 671 r		2.16.00					
61 <sup>st</sup>	J Raymond	M40	2.16.00	(102				
	Flora London half ma			- 6103 ran	G .			2.10.27
3476	S Costello	W40	2.02.19	4298 <sup>th</sup>	S Arora		F	2.10.27
Thorney	10k - March 25 <sup>th</sup>		12.01	a o ath			*****	
53 <sup>rd</sup>	G Smith	M60	42.04	104 <sup>th</sup>	E Alexan		W40	46.44
108 <sup>th</sup>	R Roberts	W35	47.07	140 <sup>th</sup>	A Baldoc	k	M55	49.6
Stowmar	ket Striders Joe Cox 1	0 – March		th				
7 <sup>th</sup>	P Liguori		59.22	95 <sup>th</sup>	A Irvine		M35	1.18.47
135 <sup>th</sup>	C McEniery	F	1.23.51					
	ol Half Marathon Mar	ch 25 <sup>m</sup>						
1413 <sup>th</sup>	Ron Jackson		1.48.42	(4071 fin	ished)			
Sandy 10	mile - March 25 <sup>th</sup>			a.				
12 <sup>th</sup>	M Salt	M35	58.11	39 <sup>th</sup>	J Raymon	ıd	M40	63.38
135 <sup>th</sup>	A Downie	M55	1.12.49	$207^{th}$	F Murphy	7	F	1.17.40
_	10k - March 25 <sup>th</sup> – 32	63 ran						
131 <sup>st</sup>	K Masson	W40	39.32	2336 <sup>th</sup>	B Thomso	on	M40	59.36
Brentwo	od Half Marathon – M	larch 25 <sup>th</sup>						
	n A Gore	F	1.57.28					
Oakley 2	0 - Bedford - April 1	<sup>st</sup> – <b>740 fin</b>	ished					
34 <sup>th</sup>	J Raymond	M40	2:14:24	55 <sup>th</sup>	S Brightv	vell		2:18:14
64 <sup>th</sup>	K Masson	W40	2:20:20	144 <sup>th</sup>	K Jordans	sen	F	2:32:09
222 <sup>nd</sup>	S Thoday		2:41:06	371st	A Irvine		M35	2:55:23
391st	C McEniery	F	2:56:29	395 <sup>th</sup>	P Garrett		M45	2:56:46
452 <sup>nd</sup>	M Carey	F	3:01:31	671st	C Cooke			3:33:38
	Black Dog Half Marat	hon- April						
2 <sup>nd</sup>	B Baldelli		1.17.54					
Trowse 1	10k – April 8 <sup>th</sup>							
161 <sup>st</sup>	I Cray		49.31					
	- ·y							

	101 1 11 and 11 11 11 11 11 11 11 11 11 11 11 11 11									. "		a with a cott			
	10k – April 15 <sup>th</sup> – 757	finished	25.06	≂oth.	77.3.6	1 St 777.40	10.16						- Ind. Races below		
12 <sup>th</sup>	M Salt		35.06	58 <sup>th</sup>	K Masson	1 <sup>st</sup> W40	40.16		of 65 athletes comple	eted all four i					
111 <sup>th</sup>	V Freeman	M40	42.20	391st	Ron Jackson	M55	52.10	6 <sup>th</sup>	M Smith		1:55:40	10 <sup>th</sup>	L Fredriksen		1:57:34
685 <sup>th</sup>	B Thomson	M40	64.58					11 <sup>th</sup>	S Thoday		1:59:09	22 <sup>nd</sup>	G Meah	M45	2:06:01
	ge Duathalon – April	<u>15th</u>						24 <sup>th</sup>	G Smith	M60	2:06:11	28 <sup>th</sup>	M Simmons	F	2:07:17
208 <sup>th</sup>	T Long		2:34:15					29 <sup>th</sup>	C Brown		2:07:34	30 <sup>th</sup>	A Downie	M55	2:09:26
	<u> 5 mile – Battersea –A</u>	pril 17 <sup>m</sup>						31 <sup>st</sup>	J Lewy	M45	2:10:15	35 <sup>th</sup>	D Yeneralski	M40	2:15:42
2 <sup>nd</sup>	M Chaplin		32.09					38 <sup>th</sup>	C McEniery	F	2:18:48	41 <sup>st</sup>	F Murphy	W40	2:19:30
	Flora London Marath			th				48 <sup>th</sup>	S Culit	F	2:25:46	59 <sup>th</sup>	M Jennings	W55	2:44:06
1008 <sup>th</sup>		8th W40	3:02:03	1074 <sup>th</sup>	J Raymond		3:03:26	60 <sup>th</sup>	M Warren	W35	2:51:30				
1321 <sup>st</sup>	G Cinque		3:07:05	1489 <sup>th</sup>	I Badr		3:09:11	The Duf	field Dash – 4.45 mi	les – May 25		_th			
2226 <sup>th</sup>	S Brightwell		3:17:26	2461 <sup>st</sup>	J Graggaber		3:19:45	17 <sup>th</sup>	M Smith		28:00	5 <sup>th</sup>	J Kazer		25:58
2745 <sup>th</sup>	L Frederiksen		3:22:26	3136 <sup>th</sup>	J Ferguson		3:26:02	22 <sup>nd</sup>	S Thoday		28:28	23 <sup>rd</sup>	L Frederiksen		28:29
3802 <sup>nd</sup>	K Jordansen	438th F	3:30:38	a.				35 <sup>th</sup>	G Meah	M45	29:26	38 <sup>th</sup>	G Smith	M60	29:40
4756 <sup>th</sup>	S Thoday		3:37:28	4865 <sup>th</sup>	A Gore	623rd F	3:38:07	43 <sup>rd</sup>	A Downie	M55	30:18	45 <sup>th</sup>	J Lewy	M45	30:26
7691 <sup>st</sup>	J D'Alessandro	1182nd F		8309 <sup>th</sup>	C McEniery	1324th F		46 <sup>th</sup>	C Brown		30:27	48 <sup>th</sup>	M Simmons	F	30:34
8345 <sup>th</sup>	C Brown		3:56:26	9423 <sup>rd</sup>	A Irvine		4:00:59	54 <sup>th</sup>	T Long		31:44	56 <sup>th</sup>	D Yeneralski	M40	31:54
15021 <sup>st</sup>	M Carey	3016th F		15064 <sup>th</sup>	P Garrett		4:26:00	57 <sup>th</sup>	M Kreetzer		32:04	62 <sup>nd</sup>	F Murphy	W40	32:49
26789 <sup>th</sup>	C Cooke		5:16:42					65 <sup>th</sup>	A Irvine	_	32:58	67 <sup>th</sup>	C McEniery	F	33:07
	<u>d 10k – April 29<sup>th</sup></u>			46				84 <sup>th</sup>	S Culit	F	34:28	86 <sup>th</sup>	N Costello		M55
158 <sup>th</sup>	Ron Jackson	M55	50.58	189 <sup>th</sup>	D Braverman	W50	52.53	. o = nd	35:05			a o and			
Sawston 1								102 <sup>nd</sup>	M Warren	W35	39:59	103 <sup>rd</sup>	M Jennings	W55	40:13
	J Baslington	1 <sup>st</sup> Junior							orth Well Dressing I	kace – 4.2 m					
	G Smith	1 <sup>st</sup> M55+			A Downie	2 <sup>nd</sup> M55+		13 <sup>th</sup>	M Smith		26:46	20 <sup>th</sup>	L Frederiksen		27:36
	V Green	1 <sup>st</sup> W40+			F Murphy	3 <sup>rd</sup> W40+		25 <sup>th</sup>	J Kazer		27:54	28 <sup>th</sup>	I Badr		28:08
	P Garrett	4.			G Meah			29 <sup>th</sup>	S Thoday		28:13	48 <sup>th</sup>	G Smith	M60	29:45
	st Anglia Run – 10k			46		a.		50 <sup>th</sup>	J Lewy	M45	29:50	52 <sup>nd</sup>	A Downie	M55	29:58
292 <sup>nd</sup>	R Roberts	25 <sup>th</sup> F	45.48	539 <sup>th</sup>	Ron Jackson	43 <sup>rd</sup> M50	51.01	53 <sup>rd</sup>	G Meah	M45	30:03	54 <sup>th</sup>	M Simmons	F	30:04
	0k - May 7 <sup>th</sup> (10.5)							55 <sup>th</sup>	C Brown		30:05	62 <sup>nd</sup>	D Yeneralski	M40	31:51
2 <sup>nd</sup>	B Baldelli		40.24	3 <sup>rd</sup>	G Cappetti	M40	41.08	66 <sup>th</sup>	P Garrett	M40	32:19	67 <sup>th</sup>	F Murphy	W40	32:31
16 <sup>th</sup>	G Cinque		44.36	32 <sup>nd</sup>	V Freeman	M40	48.19	73 <sup>rd</sup>	C McEniery	F	32:58	76 <sup>th</sup>	T Long	M45	33:05
143 <sup>rd</sup>	F Tournant	F	64.22					77 <sup>th</sup>	A Irvine		33:07	82 <sup>nd</sup>	C Stanier	F	33:49
	ne 10k – May 8th	. et		th				89 <sup>th</sup>	R Roberts	W35	35:17	91 <sup>st</sup>	S Culit	F	36:20
135th	K Masson	1 <sup>st</sup> W40	39.55	844 <sup>th</sup>	B Thomson	M40	60.43	96 <sup>th</sup>	M Lasseter	F	36:43	103 <sup>rd</sup>	M Jennings	W55	38:27
	<u>m Fun run – May 12<sup>tt</sup></u>	4.5 miles						104 <sup>th</sup>	H McKay		38:48	105 <sup>th</sup>	I McKay		38:49
$4^{th}$	L Stone		26.54					110 <sup>th</sup>	MWarren	W35	40:24				
<b>Eye 10k</b> -	<u>– May 13th</u>							Milford	5 mile race – May 2	<del>27'''</del>		th			
$7^{\text{th}}$	B Baldelli			35:15	21 <sup>st</sup> G Capetti		M40	5 <sup>th</sup>	J Kazer		31:44	11 <sup>th</sup>	M Smith		33:30
4.	36:59			d.				12 <sup>th</sup>	L Frederiksen		33:36	15 <sup>th</sup>	S Thoday		34:08
64 <sup>th</sup>	S Thoday		40:28	80 <sup>th</sup>	G Cinque		41:00	17 <sup>th</sup>	I Badr		34:19	33 <sup>rd</sup>	G Meah	M45	36:00
96 <sup>th</sup>	V Freeman	M40	41:46	108 <sup>th</sup>	G Smith	M60	42:09	34 <sup>th</sup>	G Smith	M60	36:25	35 <sup>th</sup>	M Simmons	F	36:28
128 <sup>th</sup>	A Downie	M55	43:05	206 <sup>th</sup>	D Yeneralski		46:03	37 <sup>th</sup>	C Brown		36:37	40 <sup>th</sup>	A Downie	M55	37:30
216 <sup>th</sup>	C McEniery	F	46:32	244 <sup>th</sup>	F Murphy	W40	47:31	48 <sup>th</sup>	P Garrett		39:24	49 <sup>th</sup>	J Lewy	M45	39:25
262 <sup>nd</sup>	M Jennings	W55	48:18	283 <sup>rd</sup>	A Irvine		49:25	50 <sup>th</sup>	D Yeneralski		39:28	52 <sup>nd</sup>	C McEniery	F	39:57
374 <sup>th</sup>	M Warren	W35	54:52					54 <sup>th</sup>	F Murphy	W40	40:10	57 <sup>th</sup>	S Culit	F	40:42
	& Essex Marathon -							70 <sup>th</sup>	R Roberts	W35	43:32	81 <sup>st</sup>	M Jennings	W55	46:25
$30^{th}$	K Masson 2 <sup>nd</sup> F	W40	3.08.47					84 <sup>th</sup>	M Warren	W35	48:51				
	alf Marathon – May 1	3 <sup>th</sup>	2962 fin	shed					Sting in the tail rac	<u>e – 4 miles –</u>		at.			
1059 <sup>th</sup>	N Costello	M55	1.52.59					7 <sup>th</sup>	M Smith		27:24	10 <sup>th</sup>	L Frederiksen		27:53
	<u>Aeisterschaften der Se</u>			egensburg	Germany - May 17th			16 <sup>th</sup>	S Thoday	_	28:20	24 <sup>th</sup>	I Badr		29:21
164th	M Chaplain	M45	39.43					29 <sup>th</sup>	M Simmons	F	30:11	31 <sup>st</sup>	G Smith	M60	30:21
Soham H	alf Marathon – 20 <sup>th</sup>	<u> Iay</u>		aL.				32 <sup>nd</sup>	C Brown		30:25	33 <sup>rd</sup>	G Meah	M45	30:32
2 <sup>nd</sup>	P Liguori		1:15:43	8 <sup>th</sup>	J Kazer		1:24:13	34 <sup>th</sup>	J Lewy	M45	30:34	40 <sup>th</sup>	A Downie	M55	31:40
26 <sup>th</sup>	S Thoday		1:34:44	30 <sup>th</sup>	G Smith	M60	1:35:36	44 <sup>th</sup>	D Yeneralski		32:29	45 <sup>th</sup>	C McEniery	F	32:46
62 <sup>nd</sup>	C McEniery	F	1:44:42	69 <sup>th</sup>	S Culit	F	1:46:45	54 <sup>th</sup>	A Irvine		33:52	55 <sup>th</sup>	F Murphy	W40	34:00
70 <sup>th</sup>	R Roberts	W35	1:46:48	71 <sup>st</sup>	A Irvine		1:47:05	56 <sup>th</sup>	S Culit	F	34:16	63 <sup>rd</sup>	C Stanier	F	35:40
75 <sup>th</sup>	M Jennings	W55	1:48:25	117 <sup>th</sup>	M Warren	W35	2:09:31	70 <sup>th</sup>	M Jennings	W55	39:01	77 <sup>th</sup>	M Warren	W40	42:16

Brandon 1	Forest Half Marathon	- May 28th	h					U15G Shot		2 <sup>nd</sup>	L Sammout	9.80	6 <sup>th</sup>	H Sayer	
163 <sup>rd</sup>	R Jackson	M55	1:57:02	186 <sup>th</sup>	D Braverman	W50	2:02:38	7.06						•	
	Broadoak 10k – May 2							U15G Discus	1 <sup>st</sup>	L Sammout		6 <sup>th</sup>	H Sayer		17.99
132 <sup>nd</sup>	V Freeman	M40	41.19		(915 finished)			U15G 100m	1 <sup>st</sup>	L Sammout					
<u>Bury 5 – </u>								U15G 200m	2 <sup>nd</sup>	J Corbett	28.6				
98 <sup>th</sup>	P Dewison		M50	34:03				U15G 800m	4 <sup>th</sup>	J Corbett	2.51.6				
117 <sup>th</sup>	A Dewison	U17	35:12					U15G 75m Hdls	1 <sup>st</sup>	C Asztalos					
281 <sup>st</sup>	D Braverman	W50	40:35					U13G 100m	1 <sup>st</sup>	J Powell	14.3				
	<u>0 – June 3<sup>rd</sup></u>		1 24 42					U13G 200m	3 <sup>rd</sup>	J Powell	30.3				
348 <sup>th</sup>	A Irvine		1.24.43					Chelmsford Open	Meeting – A		T. C	10.20			
20 <sup>th</sup>	Mile – Reach June 3 <sup>rd</sup> M Chaplin		7 <sup>th</sup> M45	22.52	26 <sup>th</sup> G Meah		9 <sup>th</sup> M45	U15G Shot U15G Discus	2 <sup>nd</sup>	L Sammout	L Sammout	10.20			
20	33:56		/ M45	32:32	26 G Mean		9 M45	U15G Discus U15G Hammer	1 <sup>st</sup>	H Sayer	t 24.86 35.36				
$28^{th}$	G Smith	3 <sup>rd</sup> M60	24.20	37 <sup>th</sup>	M Kreetzer	11 <sup>th</sup> M50	27.47	U15G Triplejump	1 st	L Sammout		(Club record)			
44 <sup>th</sup>	S Barnett	2 <sup>nd</sup> W55	40:30	45 <sup>th</sup>	P Howard	5 <sup>th</sup> M60	37.47 40:50	U15B Shot	1 st	M Lawrence		(Club fecolu)			
Tilty Hills	y 5 – Gt Easton June		40.50	43	1 Howard	J 1000	40.57	Lee Valley Open M			12.24				
6 <sup>th</sup>	P Liguori	<u></u>	28:29	11 <sup>th</sup>	G Capetti		29:34	U15G 75m Hdls	1 <sup>st</sup>	C Asztalos	11.93				
35 <sup>th</sup>	G Cinque		33:20	140 <sup>th</sup>	D Braverman	2 <sup>nd</sup> W55	44:26	U15G Shot	•		L Sammout	10.18			
	nry 5k league – June	7 <sup>th</sup> - Saffro		1.0	D Dia vernam	2	11120	U15G Triplejump	1 <sup>st</sup>	L Sammout		10.10			
1 <sup>st</sup> M	P Liguori		17:39	$3^{rd}$ M	G Capetti	M40	18:11	U15B Shot	1 <sup>st</sup>	B Davies	11.01				
12 <sup>th</sup> M	M Smith		19:15	14 <sup>th</sup> M	C Clissold		M35	U15B Longjump	?	B Davies	5.30				
	19:38							Sen men Longjump	?	J Brennand		5.28			
18 <sup>th</sup> M	S Brightwell	M40	19:40	22 <sup>nd</sup> M	A Howard		20:08	Sen Men Triplejum		J Brennand		11.33			
$23^{rd}$ M	S Thoday		20:11	26 <sup>th</sup> M	V Freeman	M40	20:28	Ipswich hammer m		il 15 <sup>th</sup>					
31st M	G Meah	M45	21:01	$33^{rd}$ M	G Smith	M60	21:18	U15G Hammer	?	H Sayer	35.56				
39 <sup>th</sup> M	D Yeneralski	M40	22:03	$42^{nd}$ M	P Scofield		M45	Watford Open - 1:	5 <sup>th</sup> April	•					
	22:23							U17 M 100m		L Crabb	11.6				
47 <sup>th</sup> M	A Irvine	M35	22:59	51st M	M Kreetzer	M50	23:29	U17M 200m		L Crabb	23.0				
7 <sup>th</sup> F	C McEniery		23:40	14 <sup>th</sup> F	D Braverman	W50	25:40	Bedford Open – 21	st April						
57 <sup>th</sup> M	R Jackson	M55	26:08					U20M 1500m	2	A Howarth	4.41.				
	marathon June 9th							U15B Discus	2	J McGilliv	ray 27.43				
50 <sup>th</sup>	B Blaukopf		4.34.0	69 <sup>th</sup>	T Woodford	W35	4.42.0	U15B Hammer	1	J McGilliv	ray 28.89				
111 <sup>th</sup>	G Smith	M60	4.57.0	176 <sup>th</sup>	H McKay	W40	5.30.0	U15B Shot	1	J McGilliv					
188 <sup>th</sup>	M Lasseter	F	5.36.0	245 <sup>th</sup>	T Long	M45	6.18.0	U15G Hurdles	1	C Asztalos					
307 <sup>th</sup>	I McKay	M45	6.53.0	327 <sup>th</sup>	N Tailby		7.03.0	U15G Hammer	1	H Sayer		(Club record)			
328 <sup>th</sup>	S Arora	F	7.03.0	441 <sup>st</sup>	M Warren	W35	9.21.0	U15G Discus	4	H Sayer	15.63				
	Loire Béconnais Hau	t Anjou – Լ						U15G Shot			H Sayer	7.67			
15 <sup>th</sup>	J Graggaber		10:32:22					Peterborough Ope							
26 <sup>th</sup>	L Frederiksen		11:51:56					Sen Men 100m	?	J Brennand		13.5			
	10k – June 10 <sup>th</sup>		25.42					Sen men Longjump		J Brennand		5.16			
1 <sup>st</sup>	P Liguori		35.13					Sen men Javelin	?	J Brennand		24.62			
6 <sup>th</sup>	J Raymond		38.39					U15G Shot	3 <sup>rd</sup>		L Sammout	10.01			
78 <sup>th</sup>	June 20 <sup>th</sup> at Peterbor J Jenkins	mougn M60	20.12	218 <sup>th</sup>	M Warren	W35	25 40	U15G 100m U15G Longjump	$2^{\text{nd}}$	L Sammout L Sammout					
	et Friday night 5 mile			218	M warren	W 33	25.48	Southern Womens							
75 <sup>th</sup>	A Dewison	U17	33.23	91 <sup>st</sup>	P Dewison	M50	24.09	Overall 3 <sup>rd</sup> place wi			at Sutton				
222 <sup>nd</sup>	D Braverman	W55	40.55	91	r Dewison	WISO	34.08	Seniors/U17's	ttii 01 point:	8					
	mile – June 24 <sup>th</sup>	W 33	40.55					100m	4A	H Cox	15.4				
78 <sup>th</sup>	A Irvine		54.19	79 <sup>th</sup>	C McEinery		54.39	200m	3A	H Cox	32.2				
76	Allvine		34.17	1)	CivicEfficity		34.37	Triplejump	1A	H Cox	8.43				
TRACK	& FIELD							Under 15s	171	11 COX	0.45				
	en – Lee Valley – 18 <sup>th</sup>	March						100m	1A	Jen Corbett	t	14.3	1B	B Dixon	
U17M 60		L Crabb		7.31				15.4	111	Jon Corbett	•	11.5		D DIAOII	
U17 200n		L Crabb		23.75				15.4	N/S	C Cox	16.6	N/S	S Rawe		17.1
	enix Open meeting –			200					N/S	E Roberts	17.2	1.00	2 14110		. ,
U15 G Ha		H Sayer		35.72 (CI	lub record)			200m	2A	Jen Corbett		29.9	2B	E Roberts	
		<del>-</del> y <del></del> -		(0.				34.6	•						

Highjump	2A	B Dixon	1.35	1B	Jen Corbett		4 x 100	4A		56.9			
1.30							Boys Under 13						
Longjump	2A	L Sammout	5.16	1B	B Dixon	4.49	100m	1A	D Ebanks	13.8	2B	M Taylor	15.3
	N/S	R Rawe	3.56	N/S	C Cox	2.46		N/S	H Murdoch	15.5			
Shot	1A	L Sammout	10.73	1B	H Sayer	8.04	200m	5A	J Vane	35.0	2B	H Murdoch	32.3
Discus	1A	L Sammout	26.99	1B	H Sayer	21.04	800m	6A	D Warboys	3.16.8			
Javelin	2A	S Rawe	13.02	1B	E Roberts	11.65	1500m	4A	S Kennard	5.22.7			
4 x 100	2A						Hurdles	1A	S Howarth	13.4	1B	H Murdoch	18.0
		<u>ril 29<sup>th</sup> at Lee Valley</u>	7				Highjump	4A	M Taylor	1.15	2B	W Cox	1.05
Team Cambridgesh	ire – 7th						Longjump	1A	D Ebanks	4.14	5B	J Vane	3.19
U20 men (C&C onl	(y)						Shot	2A	S Howarth	6.42	2B	W Cox	4.98
200m				6B	R Oppong-Konadu	23.3	Discus	2A	D Warboys	13.99	1B	W Cox	9.56
400m	3A	E Aston	49.6	4B	O Francis	52.7	4 x 100 .relay	2A	•	61.0			
800m	7A	D Potts	2.02.2				Under 17 Women						
2k S/C	5A	A Howarth	6.51.8				80m Hdls	1A	L Bass	12.9			
4 x 100	5A	(G Baker)	44.3				100m	4A	S Rogan	13.6	3B	M Oliver	13.7
4 x 400	2A	Aston, Potts, Bake				3.22.5		N/S	M Pilsworth	14.0	N/S	H Cox	14.2
U20 Women (C&C		riston, rotts, Butte	i, i rancis			3.22.3		N/S	L Hodge	14.8	N/C	C Cox	16.7
100m	Ollry)			6B	K Motley	12.9	200m	4A	L Bass	28.3	2B	S Rogan	28.3
400m	5A	I Asztalos	61.1	OD	K Woticy	12.9	200111	N/S	M Oliver	29.3	N/S	M Pilsworth	29.9
		H Arbuckle		4B	D D	2.20.0		N/S	H Cox		N/S		35.9
800m	3A		2.19.2		R Burbidge	2.28.0	200			31.4	IN/S	C Cox	33.9
1500m	1A	L Dowsett	4.37.4	4B	C Arkell	5.34.6	300m	5A	L Hodge	49.1			
3000m	1A	G Coe	10.39.9				800m	4A	E Currington	2.44.6			
1500m S/C	3A	E Schofield	5.35.0				1500m	4A	N Richards		6.16.3		
100m Hdls	3A	K Motley	15.9				Longjump	6A	S Rogan	3.05	3B	C Cox	2.41
Shot	3A	A Forster	10.58				Highjump	1A	M Oliver	1.30			
Discus	6A	A Forster	23.98				Discus	4A	E Currington	13.93	3B	N Richards	
Hammer	2A	A Forster	34.29				7.59						
4 x 100	7A	(K Motey)	53.2				Javelin	3A	LHodge	13.87	3B	M Pilsworth	10.67
4 x 400	5A	(HArbuckle, I Aszt				4.10.5	4 x 100	2A		54.8			
Eastern Young Atl	iletes Leag	gue – April 29 <sup>th</sup> at Bra	intree				Under 15 Girls						
Match result - 1st C	Chelmsford	616, 2 <sup>nd</sup> C&C 540, 3 <sup>nd</sup>	West Suffo	lk 407, , 4 <sup>t</sup>	<sup>h</sup> Luton 398, 5 <sup>th</sup> C&T 3	358, 6 <sup>th</sup>	Hurdles	1A	C Asztalos	12.3	2B	G Bristow	13.3
Braintree 237, 7 <sup>th</sup> F								N/S	L Gillie-Andrews	14.5			
Men Under 17	,						100m	4A	J Corbett	14.1	5B	G Bristow	14.6
100m	1A	L Crabb	11.2	1B	C Morter	11.5		N/S	S Baxter	15.9			
100111	N/S	J Baxter	11.8	12	Chiore	1110	200m	3A	J Corbett	28.9	4B	C Asztalos	29.7
200m	1A	L Crabb	23.1	1B	C Morter	23.4	300m	4A	G Bristow	49.8	4B	L Vasili	57.3
20011	N/S	J Baxter	24.4	1D	Civiories	23.1	800m	5A	R Carter	2.58.5	4B	J Richards	3.11.0
400m	2A	S Goldfinch	54.5				1500m	5A	L Vasili	6.34.8	7.0	3 Richards	3.11.0
800m	5A	J Jamieson	2.18.0				Longjump	1A	L Sammout	4.83	5B	C Asztalos	3.97
1500m	4A	WMycroft	4.28.7	3B	N Burch	4.39.8	Longjump	N/S	V Free	3.11	N/S	S Baxter	2.90
	2A	J Baxter	5.51	3B 1B	O Slot	5.00	TT: -L:	5A	J Richards	1.20	18/3	3 Daxter	2.90
Longjump	2A	Cancelled	5.51	IB	0.5101	3.00	Highjump Shot	3A 1A	L Sammout	10.32	1B	II C	7.75
Triplejump	1.4		0.40	10	T. C11	6.67						H Sayer	
Shot	1A	O Slot	8.40	1B	L Crabb	6.67	Discus	1A	L Sammout	26.26	1B	H Sayer	25.27
Discus	4A	J Jamieson	16.01	45			Javelin	4A	H Sayer	12.03	3B	A Crabb	11.38
Javelin	1A	C Morter	32.15	1B	N Burch	6.86	4 x 100 relay	2A		54.8			
4 x 100	1A		47.34				Girls Under 13	2.0					
Boys Under 15							100m	3A	J Powell	14.1	2B	M George	15.7
800m	3A	O Bass	2.28.7	1B	S Pullen	2.24.1		N/S	A Cooper	14.4	N/S	K Bass	16.3
1500m	3A	B Whittle	4.48.0	2B	S Symanski	6.14.0		N/S	E Cave	14.9	N/S	M Turner	15.6
	N/S	223	5.37.7				200m	3A	J Powell	30.0	2B	M George	31.3
Hurdles	1A	B Kelk	11.7				800m	6A	R Davidson	3.06.8	4B	A Goggin	3.17.1
Longjump	2A	B Kelk	4.98				1500m	2A	E Cave	5.52.7			
Highjump	1A	B Kelk	1.66				Hurdles	2A	M George	12.7	1B	E Cave	13.3
Shot	2A	J McGillivray	10.05	2B	O Bass	7.63		N/S	L Gillie	14.5			
Discus	2A	J McGillivray	25.91				Longjump	6A	K Bass	3.48	4B	M Turner	3.45
Javelin	2A	O Bass	25.24	2B	S Pullen	11.04	Highjump	4A	J Powell	1.20	2B	R Davidson	1.10

December   1,000   1	Shot	2A	A Goggin	5.73	2B	A Davis		4.75	Highjump	2A	S Richards	1.55	2B	D Davies	1.20
Mathem	Discus	2A	R Davidson	15.12	2B	A Goggin		10.86		N/S	J Brennand		1.20		
Martin			d May at Southend	58.3						1A	S Richards	6.11	1B	J Brennand	
Month   Mont	Men = $4^{th}$ with 66 r	noints	May at Southend							1 A	I Brennand		11.25	2B N Moss	
Mone			G Meah 4 <sup>th</sup>	14 3	M50+	N Moss	4 <sup>th</sup>	15.5	6 30	171	J Diciniana		11.23	2D 14 141033	
Mone			G Meah 4 <sup>th</sup>				3 <sup>rd</sup>			1A	G Parsons	10.98	1B	A McGillivray	8.13
Mone															
May   May	1500m														
May			N Burch 3 <sup>rd</sup>		M60+	P Howard	2 <sup>nd</sup>	12.41.0							
Highing   Mode   Global   Sale   Sa			G Meah 4 <sup>th</sup>									51.00		5 Tuestards	20.02
Solicy   Mode   Mode	Highiumn		G Meah 3 <sup>rd</sup>		1,100	1111000		5.5 .	4 x 100		v Bromana	50.3	20.07		
March   Marc			G Meah 3 <sup>rd</sup>		M50+	P Bramfor	rd 2 <sup>nd</sup>	8 94			h 93 pts	20.5			
March   Marc			N Burch 3 <sup>rd</sup>			P Bramfor	rd 2 <sup>nd</sup>					11.3	1B	R Oppong-Konadu	11.5
Part	ou voiiii	111101	1, Baren 5	21.50			3 <sup>rd</sup>		100111						
Solution	Ladies $=4^{th}=12$ pts	\$			111001	1111000		22.00					100	o Dantoi	11.0
Note		=			W55+	S Barnett	1 st	6 23 4	200m				1B	C Morter	23.4
Mathematical Part		W45+	C Morris 1st	18.76		~	_								
Second   Part   Second   Part   Second   Secon	Watford open – Ma	av 2 <sup>nd</sup>	C Monis	10170					400m				100	100100	
200		1 <sup>st</sup>	E Aston	1 53 69	3 <sup>rd</sup>	I William	son	1 55 83							
Some		2 <sup>nd</sup>				1 // 11114111		1,00,00					1B	R Oppong-Konadu	1.60
			- May 5 <sup>th</sup> at Basildon	23.27										C Roberts	
December   1				7 4thMilto	n Kevnes	1001/2									
12.5		_			•		ıd								
Mathematical Registration			3 Haddrestone	12.7	30	3 Diciman	· ·							3 Duniel	
March   Marc		2 A	I Huddlestone	24.9	4B	I Brennan	ıd					ppong 11, 301	.05		17.1
Month   Mont		211	3 Haddrestone	21.7		3 Diciman	· ·					12.5	3B	M Dutton	13.9
Solum   2A		3Δ	R Lacenby	55.9	3B	I Morley		59.4							
Stool   Stoo													20	M Dutton	20.7
			•	2.02.2			I Kazer	2.03.1					4B	M Dutton	3.92
Solution   Solution		311	W Mycrore		1.20.7	38	J TRUZET							III Dutton	3.72
Second Scient Color		3A	I Kazer	17 37 3	4B	A Howard	ı	18 46 0					2B	B Davies	9.82
10 hdls									Shot						
Discus   1A								10.57.0					11/15	O Buss	7.10
A00 hdls		171	3 Tidddiestolie	10.5	1D	J Dieman	iu		Discus				1R	I McGillivray	26.15
Polevault   AA   N Moss   2.20   1B   J Brennard   Javelin   2A   A Morter   34.87   1B   O Bass   29.12		1 A	I Huddlestone	61.1	1B	S Fishwic	k	68.0	Discus				1.0	J McOnnviuy	20.13
Process								00.0	Iavelin				1B	O Bass	29 12
Hammer   H			1111000	2.20	12	o Bronnan							12	O Dass	27.112
$ \begin{array}{c c c c c c c c c c c c c c c c c c c $		2A	I Huddlestone	1.55	=2B	I Brennan	ıd		Hammer				1B	A Coe	20.47
Longjump			o Tiadarestone	1.00	-20	o Bronnan							12	11 000	20.17
Triple   Hammer   1A		1A	I Brennand		5 49	1B	S Fishwi	ck	4 x 100		111101101				
Triplejump										1st team	with 110 points				
Hammer		1A	J Brennand		10.84	1B	S Fishwi	ck		2A	D Ebanks	13.7	3B	H Murdoch	15.3
Hammer											J Vane		N/S	J Travers	
Shot         1A         G Parsons         10.95         1B         P Bramford         8.89         N/S         J Travers         29.2         N/S         M Jones         32.0           Discus         1A         G Parsons         36.87         1B         P Bramford         24.91         N/S         J Vane         33.8		1A	G Parsons	38.59	2B	P Bramfor	rd	25.52	200m			28.7	2B		
Discus   1A   G Parsons   36.87   1B   P Bramford   24.91   N/S   J Vane   33.8     Javelin   2A   P Bramford   33.51   2B   J Huddlestone   25.20   800m   1A   A Tapley   2.38.4   1B   C Huntingdon   2.50.6     4 x 100   4A   4 x 400   3A   5 x 4 x 400   3A   5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5 x 5															
Javelin         2A         P Bramford         33.51         2B         J Huddlestone         25.20         800m         1A         A Tapley         2.38.4         1B         C Huntingdon         2.50.6           4 x 100         4A         3A         56.3         1500m         2A         S Kennard         5.28.1         5.28.1         1.0         1.0         1.0         1.0         1.0         1B         H Murdoch         16.8         1.0         1.0         1.0         1.0         1B         D Lee         1.10         1.0 <td></td> <td></td> <td></td> <td></td> <td>1B</td> <td></td> <td></td> <td></td> <td></td> <td>N/S</td> <td></td> <td>33.8</td> <td></td> <td></td> <td></td>					1B					N/S		33.8			
4 x 100									800m				1B	C Huntingdon	2.50.6
4 x 400 3A  East Anglian League at Cambridge on May 6 <sup>th</sup> at Ipswich Senior Men - 2 <sup>nd</sup> with 147 pts  100m 3A D Davies 11.8 2B S Richards 12.4  100m 4A D Davies 24.2 2B N Moss 31.8  400m 2A D Potts 53.9 2B N Moss 74.8  800m 4A M Kelk 3.23.8 3B J Bass 3.23.8  10.55.4 Hurdles 1A A Tapley 14.0 1B H Murdoch 16.8  Highjump 2A C Huntingdon 1.20 1B D Lee 1.10  10.50 2A D Potts 53.9 2B N Moss 31.8  Shot 3A W Cox 3.01  3A W Cox 3.01  3B M Jones 3.67  40 D Ebanks 4.44 1B J Travers 3.62  N/S W Cox 3.01  3A D Lee 14.24 N/S W Cox 9.56														<i>3</i>	
East Anglian League at Cambridge on May 6 <sup>th</sup> at Ipswich         Highjump         2A         C Huntingdon         1.20         1B         D Lee         1.10           Senior Men - 2 <sup>nd</sup> with 147 pts         Longjump         2A         D Ebanks         4.44         1B         J Travers         3.62           100m         3A         D Davies         11.8         2B         S Richards         12.4         N/S         W Cox         3.01         V           200m         4A         D Davies         24.2         2B         N Moss         31.8         Shot         3A         W Cox         5.00         3B         M Jones         3.67           400m         2A         D Potts         53.9         2B         N Moss         74.8         Discus         3A         D Lee         14.24         N/S         W Cox         9.56           800m         4A         M Kelk         3.23.8         3B         J Bass         3.23.8         J avelin         2A         C Huntingdon         17.39         N/S         M Jones         14.57													1B	H Murdoch	16.8
Senior Men - 2 <sup>nd</sup> with 147 pts         Longjump         2A         D Ebanks         4.44         1B         J Travers         3.62           100m         3A         D Davies         11.8         2B         S Richards         12.4         N/S         W Cox         3.01         3.01         W Cox         3.01         3.0	East Anglian Leagu	ue at Camb	oridge on May 6 <sup>th</sup> at Ip	swich									1B	D Lee	1.10
100m       3A       D Davies       11.8       2B       S Richards       12.4       N/S       W Cox       3.01         200m       4A       D Davies       24.2       2B       N Moss       31.8       Shot       3A       W Cox       5.00       3B       M Jones       3.67         400m       2A       D Potts       53.9       2B       N Moss       74.8       Discus       3A       D Lee       14.24       N/S       W Cox       9.56         800m       4A       M Kelk       3.23.8       3B       J Bass       3.23.8       J avelin       2A       C Huntingdon       17.39       N/S       M Jones       14.57	Senior Men - 2 <sup>nd</sup> v	vith 147 pts													
200m       4A       D Davies       24.2       2B       N Moss       31.8       Shot       3A       W Cox       5.00       3B       M Jones       3.67         400m       2A       D Potts       53.9       2B       N Moss       74.8       Discus       3A       D Lee       14.24       N/S       W Cox       9.56         800m       4A       M Kelk       3.23.8       3B       J Bass       3.23.8       J avelin       2A       C Huntingdon       17.39       N/S       M Jones       14.57				11.8	2B	S Richard	ls	12.4	<b>30</b> I						
400m       2A       D Potts       53.9       2B       N Moss       74.8       Discus       3A       D Lee       14.24       N/S       W Cox       9.56         800m       4A       M Kelk       3.23.8       3B       J Bass       3.23.8       Javelin       2A       C Huntingdon       17.39       N/S       M Jones       14.57									Shot				3B	M Jones	3.67
800m 4A M Kelk 3.23.8 3B J Bass 3.23.8 Javelin 2A C Huntingdon 17.39 N/S M Jones 14.57															
											, and the second second				

Under 11 Boys							100m	1 <sup>st</sup>	J Corbett	13.9			
80m	$2^{nd}$	R Murdoch	12.8	$4^{th}$	J Tapley	13.0	200m	$2^{nd}$	A Hay	29.0	$3^{rd}$	J Corbett	29.2
600m	$2^{nd}$	R Murdoch	2.05.6	4 <sup>th</sup>	J Tapley	2.13.7		2h	G Bristow	30.9			
Longjump	$1^{st}$	J Ebanks	3.60	$2^{nd}$	J Tapley	3.24	300m	$2^{nd}$	A Hay	45.2			
Senior Ladies -		h 121 points		_			800m	5 <sup>th</sup>	H Sheppard	2.53.8			
100m	2A WI	K Motley	13.2	2B	M Oliver	13.8	75m Hurdles	1 <sup>st</sup>	C Asztalos	12.4	$2^{nd}$	G Bristow	13.5
Toom	N/S	H Cox	14.4	N/S	C Cox	16.7	75III Huidies	3 <sup>rd</sup>	J Richards	14.7	2	G Dilstow	13.3
200m	2A	I Asztalos	27.1	2B	M Oliver	28.6	Longjump	3 <sup>rd</sup>	A Crabb	3.56			
200111	N/S	L Bass	28.5	N/S	H Cox	30.2	Triplejump	1 <sup>st</sup>	L Sammout	10.44			
	N/S	C Cox	35.3	11/3	псох	30.2	Shot	1 st		10.44	3 <sup>rd</sup>	II C	7.62
200 (7717)				170	T. D.	45.0	Shot	4 <sup>th</sup>	L Sammout		3	H Sayer	7.63
300m (U17)	1A	G Coe	44.3	1B	L Bass	45.9	D.		J Richards	7.34	2 <sup>nd</sup>	TT 0	20.12
400m	1A	L Dowsett	57.7				Discus	1 <sup>st</sup> 3 <sup>rd</sup>	L Sammout	25.40	2"	H Sayer	20.12
800m	1A	G Coe	2.22.5	2B	N Richards				G Bristow	18.61			
3.00.2							Hammer	1 <sup>st</sup>	H Sayer	38.14 (C	CBP)		
1500m	4A	J Herron	5.38.8	1B	E Corkery	5.41.3	<b>Under 17 Ladies</b>		team event				
80m Hudles (U17)	1A	L Bass	12.8				100m	2 <sup>nd</sup>	Mar Oliver		14.1		
100m Hurdles	1A	K Motley	15.4				200m	2 <sup>nd</sup>	Mar Oliver		29.1		
Highjump	1A	M Smith	1.52	1B	M Oliver	1.30	300m	4h	C White	53.6			
Longjump	6A	M Smith	4.46	6B	C Cox	2.62	800m	$1^{st}$	G Coe	2.22.4	6 <sup>th</sup>	F Tournant	2.47.4
Triplejump	3A	M Smith	9.54	1B	H Cox	8.47		8 <sup>th</sup>	N Richards		3.00.1		
Shot	5A	S Tomlin	7.55	2B	I Asztalos	6.04	1500m	$1^{st}$	G Coe	4.56.1	$3^{rd}$	C Arkell	5.34.4
Discus	6A	S Tomlin	15.17				80m Hurdles	$1^{st}$	L Bass	13.0			
Javelin	4A	C Morris	20.45				Longjump	$2^{nd}$	M Smith	4.49			
4 x 100	Dq						Senior Ladies	2 <sup>nd</sup> in	team event				
Under 15 Girls -		n with 90 pts					100m	2 <sup>nd</sup>	K Motley	13.6			
100m	5 1041	ii wan yo pus		2B	A Midgley	13.9	400m	4 <sup>th</sup>	I Asztalos	62.2	(60.5 in	ht)	
Toom	N/S	J Corbett	13.6	N/S	S Baxter	15.7	800m	1 <sup>st</sup>	L Dowsett	2.11.4	3 <sup>rd</sup>	H Arbuckle	2.26.3
200m	2A	A Hay	28.2	1B	J Corbett	28.1	1500m	1 <sup>st</sup>	L Dowsett L Dowsett	4.39.6	3 <sup>rd</sup>	E Schofield	4.57.9
200111	N/S	G Bristow	30.1	N/S	C Asztalos	29.0	1300111	6 <sup>th</sup>	J Lasenby	5.19.9	7 <sup>th</sup>	J Herron	5.42.4
Hurdles	1A	C Asztalos	11.7	1B	G Bristow	13.1	100m Hdls	2 <sup>nd</sup>	K Motley	16.9	,	J Helloll	3.42.4
		I Gallucci	1.35	1B 1B	J Corbett	1.35	400m Hdls	1 <sup>st</sup>	V Asztalos	70.0			
Highjump	1A							2 <sup>nd</sup>					
Longjump	3A	C Asztalos	4.18	N/S	A Crabb	3.56	Discus	2 <sup>nd</sup>	A Forster	24.26			
Shot	1A	L Sammout	9.83	2B	H Sayer	7.33	Hammer		A Forster	35.03			
Discus	1A	L Sammout	27.18				Boys under 13		eam event				
	N/S	G Bristow	16.99	N/S	A Midgley	14.38	100m	5 <sup>th</sup>	A Ette	14.5	5h	P Hopper	15.8
Javelin	3A	I Gallucci	19.88	1B	A Midgley	15.02		6h	J Vane	15.9	5h	R Sheppard	15.4
Hammer	N/S	HSayer	29.80					6h	H Murdoch	15.8			
4 x 100	2A		55.4				200m	2 <sup>nd</sup>	S Howarth (28.8 ht)	30.2	5h	H Murdoch	33.5
Under 13 Girls -		with 74.5 points						6h	J Vane	34.5			
100m	3A	J Powell	13.9	1B	A Cooper	14.3	1500m	$6^{th}$	C Holmes-Doyle	6.18.2			
200m	2A	J Powell	29.2	1B	A Cooper	29.4	75m Hdls	$1^{st}$	S Howarth	13.0	$3^{rd}$	C Ennis	17.8
800m	3A	R Davidson	2.57.8	4B	K Bass	3.14.5	Longjump	$3^{rd}$	A Ette	3.89	$6^{th}$	C Ennis	3.76
Hurdles	2A	K Bass	13.9					$7^{\text{th}}$	J Vane	3.44			
Highjump	3A	R Davidson	1.15				Highjump	$1^{st}$	C Ennis	1.19			
Longjump	3A	J Powell	3.96	1B	A Cooper	3.58	Shot	1 <sup>st</sup>	H Murdoch	5.59			
Discus	3A	R Davidson	12.81		*		Discus	1 <sup>st</sup>	J Carter	14.10			
Javelin	1A	K Bass	9.83				Javelin	1 <sup>st</sup>	S Howarth	24.27	$2^{nd}$	J Carter	18.39
4 x 100	3A	11 2400	62.1				Boys under 15		team event	2	_	v curtor	10.57
Under 11 girls	311		02.1				100m	2 <sup>nd</sup>	B Davies	12.8	3h	M Dutton	14.3
80m	7 <sup>th</sup>	? Coe	14.7				200m	6 <sup>th</sup>	M Dutton	29.6	311	W Dutton	14.5
	•	Cambridge – May 1					800m	7 <sup>th</sup>	E West	2.36.9			
Girls Under 13		eam event	<u>3111</u>				80m hurdles	1 <sup>st</sup>	B Kelk	12.2			
	1 <sup>st</sup>		14.2					1 st					
100m		J Powell	14.3	41-	E Cimu	25.2	Highjump		B Kelk	1.50			
		J Powell	30.1	4h	E Sims	35.3	Longjump	6 <sup>th</sup>	B Davies	5.20			
200m	2 <sup>nd</sup>			15.0			Class	1 St			E (1)	TACCULE	
70m Hurdles	1 <sup>st</sup>	Mat Oliver	2.04	15.2			Shot	1 <sup>st</sup>	M Lawrence	11.82	5th	J McGillivray	9.33
	$\begin{matrix} 1^{st} \\ 2^{nd} \end{matrix}$		3.84	15.2			Shot Discus Javelin	1 <sup>st</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	M Lawrence M Lawrence A Morter	11.82 30.22 30.25	5th 4 <sup>th</sup>	J McGillivray J McGillivray	9.33 23.45

Hammer	2 <sup>nd</sup>	J McGillivray	23.58	$3^{rd}$	A Coe	20.61	l Longjump		1A	L Sammout	4.79			
Men under 17		eam event					Shot		1A	L Sammout	10.46	1B	A Midgley	8.04
100m	$1^{st}$	L Crabb	11.8	$2^{nd}$	C Morter	11.8	Discus		1A	L Sammout	28.29	1B	G Bristow	15.71
	$3^{rd}$	J Baxter	12.0				Javelin		1A	A Midgley	21.38			
200m	$1^{st}$	R Oppong-Konadu	23.2	$2^{nd}$	L Crabb	23.5	<u>Cambridg</u>	eshire Eve	ning Dev	meeting - May 23rd at	t St Ives			
	3 <sup>rd</sup>	C Morter	23.8				Males							
1500m	$2^{nd}$	W Mycroft		4.30.5			200m grad	led	4 <sup>th</sup>	M Duttion (BU15)	28.2	12 <sup>th</sup>	H Murdoch (BU13)	32.8
3000m	3 <sup>rd</sup>	N Burch	10.12.5						$14^{th}$	C Pinner (BU13)	36.3			
Highjump	$3^{rd}$	S Wilkinson	1.60				800m grad	led	$28^{th}$	K Doherty (BU13)	2.36.6	$40^{th}$	C Pinner (BU13)	2.59.9
Shot	4 <sup>th</sup>	W Mycroft		7.65			600m U11	Boys	$1^{st}$	R Murdoch	2.08.8	5 <sup>th</sup>	J Norcross	2.14.9
Javelin	2 <sup>nd</sup>	C Morter	38.22				Shot		$2^{nd}$	G Parsons (SM)	10.74	$1^{st}$	A McGillivray (V50)	8.14
Under 20 Men		eam event						U15B	2 <sup>nd</sup>	J McGillivray	9.64	3 <sup>rd</sup>	O Bass	7.37
400m	1 <sup>st</sup>	O Francis	53.1				Hammer		3 <sup>rd</sup>	G Parsons (SM)	38.59	$1^{st}$	A McGillivray (V50)	20.52
800m	$1^{st}$	D Potts	2.02.5	$2^{nd}$	R Lasenby	2.03.2		U15B	$1^{st}$	J McGillvray	37.56			
300m S/C	1 <sup>st</sup>	A Howarth	10.59.5				Females							
Longjump	3 <sup>rd</sup>	S Richards	6.03				200m grad	led	8 <sup>th</sup>	A Midgley (GU15)	30.1	9 <sup>th</sup>	G Bristow (GU15)	30.1
Senior Men	1st in tea								11 <sup>th</sup>	M Turner (GU13)	33.5			
800m	1 <sup>st</sup>	I Williamson	1.55.7	4 <sup>th</sup>	N Beer	1.59.5			41 <sup>st</sup>	K Bass (GU13)	3.12.1			
	11 <sup>th</sup>	A Howard	2.29.5				Hurdles	U13G	1 <sup>st</sup>	K Bass	16.0			
1500m	1 <sup>st</sup>	I Williamson	4.21.2	4 <sup>th</sup>	A Howard	5.15.1		U15G	1 <sup>st</sup>	C Asztalos	12.1	3 <sup>rd</sup>	G Bristow	12.8
5000m	3 <sup>rd</sup>	M Salt	16.57.7	4 <sup>th</sup>	P Liguori	17.14.		U15G	1 <sup>st</sup>	L Sammout	10.13	2 <sup>nd</sup>	A Midgley	8.08
	6 <sup>th</sup>	A Howard	19.12.3				Longjump		1 <sup>st</sup>	L Sammout	4.66			
400m Hdls	4 <sup>th</sup>	J Huddlestone	60.5					U13G	$1^{st}$	M Turner	3.29	2 <sup>nd</sup>	K Bass	3.20
Longjump	4 <sup>th</sup>	J Brennand		5.21						ps at Ashford 26/27 <sup>th</sup> N				
Triplejump	4 <sup>th</sup>	J Brennand	11.67	at.			U17 W	300m hdl		L Bass	48.16	(48.71 in	ht)	
Shot	3 <sup>rd</sup>	G Parsons	11.23	7 <sup>th</sup>	P Bramford	8.82		80m Hdls		L Bass	13.70			
Discus	1 <sup>st</sup>	G Parsons	35.05	5 <sup>th</sup>	P Bramford	24.80		Triplejun	p 2 <sup>nd</sup>	L Sammout	10.56 (CI			
Hammer	1 <sup>st</sup>	G Parsons	39.93	$3^{rd}$	P Bramford	25.08	8	Discus	2 <sup>nd</sup>	L Sammout	29.08 (CI	₹)		
Javelin	6 <sup>th</sup>	P Bramford	33.58					Shot	2 <sup>nd</sup>	L Sammout	10.68			
Suffolk Championsh								Longjump	5 <sup>th</sup>	L Sammout	4.83			
200m U17 men	3 <sup>rd</sup>	G Baker	23.5					Hammer	5 <sup>th</sup>	H Sayer	33.40			
400m U17 men	1 <sup>st</sup>	G Baker	51.2					80m Hdls		C Asztalos	11.90	(11.64 in	sf)	
Watford open - May							U17M	100m	7h	L Crabb	11.48			
3000m		V L Dowsett	10.08.29					400m	6 <sup>th</sup>	R Oppong-Konadu	50.97	(50.79 in		
	eague – N	<u> 1ay 19<sup>th</sup> at Braintree</u>						4.500	7 <sup>th</sup>	G Baker	51.72	(51.33 in	ht)	
2 <sup>nd</sup> C&C 108pts							III.5D	1500m	8h	W Mycroft	11.71	4.27.35		
Seniors/U17's	2.4	A. T	111				U15B	80m hdls		B Kelk	11.74			
100m	2A	A Forster	14.4				<b>37</b> (1 - 1 -	Hammer		J McGillivray	25.93			
200m	2A	L Bass	29.8				<u>National</u>	umor Lea	gue – Ma	y 27 <sup>th</sup> at Copthall				
400m	1A	IAsztalos	61.3	an.	N.D. I					ow 6 <sup>th</sup> overall				
800m	2A	J Herron	2.48.9	2B	N Richards			C&C only	)			CD.	10.11.	11.00
2.58.2	2A	T C-1-C-14	5.05.0				100m					5B 5B	J Godden	11.80
1500m		E Schofield	5.05.0				200m 400m		7 4	O Ei-	52.07	ЭВ	J Godden	24.21
80m Hurdles (U17)	1A	L Bass	13.7 49.6				800m		7A 7A	O Francis D Potts	53.27			
300m Hurdles (U17)		L Bass V Asztalos									2.00.75			
400m Hurdles	2A 1A	A Forster	70.5 9.62	1B	D.Mantin	8.12	1500m 2k S/C		5A 4A	R Lasenby A Howarth	4.14.85 6.47.34			
Shot					R Martin			_			65.82			
Discus Javelin	1A 3A	R Martin R Martin	23.85 13.03	1B	A Forster	22.80			7A	A Howarth	03.82	4B	J Godden	5.20
Hammer	3A 1A	A Forster	36.64	1B	R Martin	26.40	Longjump 0 4 x 400		7A	Potts, Francis	3.44.82	4B	J Godden	5.20
Under 15s	IA	A roistei	30.04	1D	K Marun	20.40		en (C&C c		rous, Francis	3.44.62			
100m	3A	Jen Corbett		14.1	1b A	A Midgley	100m	en (C&C t	iliy)			4B	K Motley	13.13
14.2	3A	Jen Corbett		14.1	10 F	A Mingley	400m		5 A	I Asztalos	60.62	4D	K Wiotiey	13.13
200m	2A	J Corbett	29.8	1B	A Midgley	30.8	800m		5A 3A	H Arbuckle	60.62 2.22.26			
200111	N/S	G Bristow	30.3	ID	A mingley	30.8	1500m		3A 1A	G Coe	4.50.34			
75m Hurdles	1N/S 1A	C Asztalos	12.4	1B	G Bristow	12.8	1500m 1500m S/0	~	1A 3A	E Schofield	5.32.60			
Highjump	2A	Jen Corbett	12.4	1.35	O DIISIOW	12.8	100m Hdl		3A 4A	K Motley	3.32.60 16.16			
riigiij uirip	211	Jon Coroctt		1.55			room nu		T/ 1	11 Money	10.10			

Second   S	Shot	3A	A Forster	9.63				Triplejump		1A	M Smith	9.67	1B	H Cox		8.70
1			A Forster								L May		4B	S Rogan		
A	4 x 100	5A	I Asztalos, K Motle	v			52.83	Discus		4A		16.00		Ü		
Martin					ield											
Formal Proper   Formal Prop				.00, 2 501101							2 maj					
Mathematical Registration				4 46 5						171		32.7				
The content	Southern Mens Lea	one – 2 <sup>nd</sup>	June at Cambridge	4.40.5						1 A	Ien Corbett		13.2	1B	I Powell	
Mathematical Content				3rd Colc	hester and	Tend 133			13.6	111	Jon Coroca		13.2	12	J I OWEII	
March   Marc							11.6		13.0	1 Δ	I Corbett	27.9	1R	G Bristo	37	29.1
March   Marc	100111															
200													2 <b>D</b>	3 Daxter		3.19.0
March   Marc	200												1 D	C D day		10.0
Month   Mon	200m								es							12.5
Mathematical   Mat					IN/S	G Baker	23.6		1 40	2A	I Gallucci	1.40	IB	Jen Corb	ett	
Solution   1	100				45	<b>5</b> 5	<b>73</b> 0		1.40		* 0	4.05	4.5	a		
Mathematical Note   Math								Longjump							OS	
Part						•										
Month   Plagoria   1.64   1.04   1.05   1.	1500m				1B	R Lasenby	4.11.4									
March   Mar																
Note   10   10   10   10   10   10   10   1	5000m				2B	J Kazer	17.51.3	Javelin			I Gallucci		1B	A Crabb		10.36
Part		N/S	A Howard	19.59.3												
Part	3000m S/C	1A	A Howarth	10.45.0	1B	S Fishwick	11.01.8	Norwich Un	nion Gr	and Prix –	Glasgow - Invitation	n race – June	3rd			
Mode   A   Mode   Mod	110 Hdls	1A	T Brennand	20.2	1B	J Brennand		800m		6 <sup>th</sup>	L Dowsett	2.09.14				
A	21.8							Eastern vet	terans le	eague – Ju	ne 6 <sup>th</sup> At Kings Lym	n				
A + 400 relay	400 hdls	2A	A Howarth	66.6	В	J Huddlestone	Fell	Men				_				
A 400 relay	4 x 100 relay	2A	Godden, Bker, Crab	b, Morter			45.1	200m	M40	4 <sup>th</sup>	G Meah	32.9	M50	5 <sup>th</sup>	N Moss	333
Pole vault   2.2   N Moss   2.40	·	N/S	Davies, Brennand, I	Percival, Ba	xter		47.2	800m	M40	4 <sup>th</sup>	G Meah	2.42.5				
Pole vault   2A	4 x 400 relay	1A	Morley, Francis, As	ton, Oppon	g-Konadu		3.27.3	1m Walk	M40	$4^{\text{th}}$	G Meah	12.52.4				
Triple   Note	•					J Brennand							M50	1 st	N Moss	2.20
Highiump			1111000	20		v Bromana			M35	N/S	A Taylor	11 45				
Substitution   Sub		3A	S Whittaker	1.70	=1B	T Brennand	1.50									
Hammer   H							1.00						1,100		1 1/14/11/11	10.00
Triplejump   A   S Whittaker   12.00   1B   J Brennand   12.00   1B   J Brennand   12.00   1B   J Brennand   12.00   1B   J Brennand   12.00   1B   1B   1B   1B   1B   1B   1B		211	5 Richards	0.00	20	3 Diciniana			14133	14/5	71 Taylor	23.37	M60	1 st	F Martin	25.70
Shot   2A    6		1 A	C Whittoker	12.00	1 D	I Propped							WIOO	1	1 Wattiii	23.70
Shot		IA	5 Willtakei	12.00	ID	J Diemand							W/55	€th	M Holmor	. 12 6
Discus		2.4	C D	11.26	2)1-	D Df1	7.05									
Discus   2A   G Parsons   36.75   2B   P Bramford   25.46   Cambridgeshire School   3.00   Control   3.00	SHOU				2\0	r brannoru	1.63		WAE	<b>∠</b> th	M Halman	11.74				
Hammer   2A   G Parsons   40.89   2B   P Bramford   24.50   Under 15 Girls     Javelin   3A   P Bramford   32.7   3B   B Percival   31.15   100m   1st	D:				2D	D Df1	25.46						WJJ	1	KWaitiii	22.80
Southern Womens								Cambridge	smre so	choois – Ju	ne 9 at Peterbrough	<u>!</u>				
Southern Womens   Lague - June 2 <sup>rd  </sup> st Marys   18, 3 <sup>rd  </sup> Tonbridge   108, 4 <sup>th  </sup> Brainter 617   18, 3 <sup>rd  </sup> Tonbridge   108, 4 <sup>th  </sup> Brainter 617   18, 3 <sup>rd  </sup> Tonbridge   108, 4 <sup>th  </sup> Brainter 617   19, 100m   100m   100m   100m   11   100m   12, 100m   12, 100m   13, 100m   13, 100m   14, 100m   14, 100m   14, 100m   16, 100m   1									JITIS	4.81	T.O. 1	12.4				
Seniors/UI7's   Seniors/UI7'					3B	B Percival	31.15						4th			25.0
Seniors/U17's													4"			
100m		St Mary	s 118, 3 <sup>th</sup> Tonbridge	108, 4 <sup></sup> Bra	intree 67								- nd			
N/S   M Oliver   13.9   N/S   H Cox   14.0   Longjump   1st   L Sammout   4.64   L Sammout   10.65													2"		N	
N/S   C Cox   16.4   Shot   1st   L Sammout   10.65	100m		•										4	B Dixon		1.35
200m					N/S	H Cox	14.0									
N/S   K Motley   27.3   N/S   M Oliver   28.3   Under 17 Women																
N/S   H Cox   29.8   N/S   L Hodge   30.3   100m   2 <sup>nd</sup>   S Rogan   13.1   3 <sup>rd</sup>   M Oliver   13.4	200m									$1^{st}$	L Sammout	26.61	2 <sup>nd</sup>	H Sayer		19.89
400m 1A IAsztalos 59.8 200m 3 <sup>rd</sup> S Rogan 27.7 800m 1A E Schofield 2.22.5 2B F Tournant 2.51.3 300m 5 <sup>th</sup> R Cormack 46.7 1500m 2A N Richardson 6.00.6 2B O Mathewson 6.42.3 800m 1 <sup>st</sup> G Coe 2.21.1 80m Hurdles (U17) 1A L Bass 13.0 1500m 2 <sup>nd</sup> C Arkell 5.23.9 300m Hurdles (U17) 1A L Bass 48.2 Hurdles 1 <sup>st</sup> L Bass 12.6 100m Hdls N/S K Motley 16.1 300m hurdles 1A V Asztalos 69.8 Highjump 2 <sup>nd</sup> M Smith 1.45 Highjump 2A M Smith 1.30 2B M Oliver 1.25 Triplejump 2 <sup>nd</sup> H Cox 8.55			K Motley			M Oliver			Vomen							
800m       1A       E Schofield       2.22.5       2B       F Tournant       2.51.3       300m       5th       R Cormack       46.7         1500m       2A       N Richardson       6.00.6       2B       O Mathewson       6.42.3       800m       1st       G Coe       2.21.1         80m Hurdles (U17)       1A       L Bass       13.0       1500m       2nd       C Arkell       5.23.9         300m Hurdles (U17)       1A       L Bass       48.2       Hurdles       1st       L Bass       12.6         100m Hdls       N/S       K Motley       16.1       Strain Hurdles       300m hurdles       1st       L Bass       48.2         400m Hurdles       1A       V Asztalos       69.8       Highjump       2nd       M Smith       1.45         Highjump       2A       M Smith       1.30       2B       M Oliver       1.25       Triplejump       2nd       H Cox       8.55		N/S	H Cox		N/S	L Hodge	30.3			$2^{\text{nd}}$	S Rogan	13.1	3 <sup>rd</sup>	M Olive	:	13.4
1500m       2A       N Richardson $6.00.6$ 2B       O Mathewson $6.42.3$ $800m$ $1^{st}$ G Coe $2.21.1$ $80m$ Hurdles (U17) $1A$ L Bass $13.0$ $1500m$ $1500m$ $1^{st}$ $1500m$ <td>400m</td> <td>1A</td> <td>IAsztalos</td> <td>59.8</td> <td></td> <td></td> <td></td> <td>200m</td> <td></td> <td>3<sup>rd</sup></td> <td>S Rogan</td> <td>27.7</td> <td></td> <td></td> <td></td> <td></td>	400m	1A	IAsztalos	59.8				200m		3 <sup>rd</sup>	S Rogan	27.7				
80m Hurdles (U17)       1A       L Bass       13.0       1500m       2nd       C Arkell       5.23.9         300m Hurdles (U17)       1A       L Bass       48.2       Hurdles       1st       L Bass       12.6         100m Hdls       N/S       K Motley       16.1       300m hurdles       1st       L Bass       48.2         400m Hurdles       1A       V Asztalos       69.8       Highjump       2nd       M Smith       1.45         Highjump       2A       M Smith       1.30       2B       M Oliver       1.25       Triplejump       2nd       H Cox       8.55	800m	1A	E Schofield	2.22.5	2B	F Tournant	2.51.3	300m		5 <sup>th</sup>	R Cormack	46.7				
80m Hurdles (U17)       1A       L Bass       13.0       1500m       2nd       C Arkell       5.23.9         300m Hurdles (U17)       1A       L Bass       48.2       Hurdles       1st       L Bass       12.6         100m Hdls       N/S       K Motley       16.1       300m hurdles       1st       L Bass       48.2         400m Hurdles       1A       V Asztalos       69.8       Highjump       2nd       M Smith       1.45         Highjump       2A       M Smith       1.30       2B       M Oliver       1.25       Triplejump       2nd       H Cox       8.55	1500m	2A	N Richardson	6.00.6	2B	O Mathewson	6.42.3	800m			G Coe	2.21.1				
300m Hurdles (U17)       1A       L Bass       48.2       Hurdles       1st       L Bass       12.6         100m Hdls       N/S       K Motley       16.1       300m hurdles       1st       L Bass       48.2         400m Hurdles       1A       V Asztalos       69.8       Highjump       2nd       M Smith       1.45         Highjump       2A       M Smith       1.30       2B       M Oliver       1.25       Triplejump       2nd       H Cox       8.55	80m Hurdles (U17)	1A	L Bass	13.0						$2^{nd}$	C Arkell	5.23.9				
100m Hdls       N/S       K Motley       16.1       300m hurdles $1^{st}$ L Bass       48.2         400m Hurdles       1A       V Asztalos       69.8       Highjump $2^{nd}$ M Smith       1.45         Highjump       2A       M Smith       1.30       2B       M Oliver       1.25       Triplejump $2^{nd}$ H Cox       8.55		1A								$1^{st}$						
400m Hurdles       1A       V Asztalos       69.8       Highjump       2nd M Smith       1.45         Highjump       2A       M Smith       1.30       2B       M Oliver       1.25       Triplejump       2nd H Cox       8.55									les							
Highjump 2A M Smith 1.30 2B M Oliver 1.25 Triplejump 2 <sup>nd</sup> H Cox 8.55																
					2B	M Oliver	1.25									
Dongsunp 511 11 Official 7.00 2D C COX 2.40 Juvenia 2 D Intery 20.2)																
		J				2 00	2	54,01111		_	2	25.27				

Under 20	Women										26 <sup>th</sup>	Z McDonald U13G	6.47.9			
100m	WOILCII	1 <sup>st</sup>	K Motley	12.8					Discus	U15Boys		J McGillivray	26.82	III5 Girls	L Sammout	24.69
800m		2 <sup>nd</sup>	H Arbuckle	2.2.4.5					Discus	MV50		A McGillivray	22.96	O13 Giris	L Sammout	24.07
Hurdles		1 <sup>st</sup>	K Motley	16.2					Triplain	mpU15 Girls		L Sammout	9.99	H20 man	S Whittaker	11.89
Hammer		1 <sup>st</sup>	A Forster	38.18					Tripleju	Sen Men	)	J Brennand	7.77	11.43	5 WIIIIIAKEI	11.09
Under 15	Dove	1	A FOISIEI	36.16					SEAA (		na Tuna	e 16 <sup>th</sup> /17 <sup>th</sup> at Crystal Pal	laaa	11.43		
100m	Boys	1 <sup>st</sup>	B Davies	12.3					U20 Me		6ht	J Godden	23.62			
		5 <sup>th</sup>		25.8									52.56			
200m		$2^{\text{nd}}$	B Davies						U20 Me		6ht	O Francis				
1500m		1 <sup>st</sup>	B Whittle	4.42.6					U20 Me		8ht 9 <sup>th</sup>	D Potts	2.01.64			
Hurdles		3 <sup>rd</sup>	B Kelk	11.8					U20 Me	n S/C		A Howarth	6.44.35			
Longjump	p		B Davies	5.60					U20 Me	n Longjump	12"	S Richards	5.74			
Shot		1 <sup>st</sup>	M Lawrence	11.24	ard					men 100m h		K Motley	15.95			
Discus		2 <sup>nd</sup>	M Lawrence	31.92	3 <sup>rd</sup>	J McGilli	vray	28.84		men 1500m		L Dowsett		(U20 CR)		
Javelin		3 <sup>rd</sup>	A Morter	35.27						nior Men	5ht	N Beer	2.00.46		J Morley	2.06.20
Hammer		2 <sup>nd</sup>	J McGillivray	33.69					1500m S	enior Men	6 <sup>th</sup>	I Williamson	3.52.81			
Under 17	men									Schools - N	orwich –	June 16 <sup>th</sup>				
100m		1 <sup>st</sup>	C Morter	11.6	al.				Under 2	) Men						
200m		1 <sup>st</sup>	C Morter	23.4	5 <sup>th</sup>	I Jones		25.1	800m		$2^{nd}$	R Lasenby	2.00.?			
400m		1 <sup>st</sup>	R Oppong-Konadu	50.7					Under 1	7 Men						
1500m		3 <sup>rd</sup>	W Mycroft		4.24.0	4 <sup>th</sup>	J Baslingto	on	3000m		5 <sup>th</sup>	N Burch	9.53.?			
	4.34.5								1500m S		4 <sup>th</sup>	W Mycroft		5.09.?		
3000m		3 <sup>rd</sup>	N Burch	10.20.0					Under 1	5 Boys						
Highjump		4 <sup>th</sup>	I Jones	1.60					100m		5 <sup>th</sup>	B Kelk	12.5	6 <sup>th</sup>	B Davies	12.7
Longjump	p	4 <sup>th</sup>	T McFadzean	5.18					1500m		5 <sup>th</sup>	B Whittle	4.35			
Shot		$3^{\rm rd}$	J Sutton-Zian	11.07					80m hur	dles	$1^{st}$	B Kelk	11.6			
Discus		$3^{rd}$	J Sutton-zian	31.95					Shot		$2^{nd}$	M Lawrence	11.61			
Javelin		4 <sup>th</sup>	C Morter	35.20					Discus		4 <sup>th</sup>	M Lawrence	29.84			
Hammer		$3^{rd}$	J Sutton-Zian	20.00					Javelin		5 <sup>th</sup>	J Cronin	37.36			
Under 20	men								Hammer		2 <sup>nd</sup>	J McGillivray	38.56			
400m		1 <sup>st</sup>	O Francis	53.4						) Women	_	y				
800m		1 <sup>st</sup>	R Lasenby	2.01.0					100m		1 <sup>st</sup>	K Motley	13.3			
1500m		2 <sup>nd</sup>	E Louth	4.32.2					800m		2 <sup>nd</sup>	H Arbuckle	2.21.?			
2k S/C		1 <sup>st</sup>	A Howarth	6.49.5					1500m		1 <sup>st</sup>	E Schofield	4.54.?			
	and Driv		er – June 9 <sup>th</sup>	0.47.5					100m H	urdlas	1 <sup>st</sup>	K Motley	15.8			
800m	anu i nx –	3 <sup>rd</sup> U20	E Aston	1.50.52					400m H		3 <sup>rd</sup>	V Asztalos	71.7			
800m			L Dowsett	2.09.18						7 Women	3	v Asztaios	/1./			
1500m			I Williamson	3.53.20					100m	/ Women	3 <sup>rd</sup>	S Rogan	13.4			
			2006 – 10 <sup>th</sup> June	3.33.20					1500m		$2^{\text{nd}}$	G Coe	4.48.?			
	U17 men	ord		1.20 1.10	6 <sup>th</sup>	I.D. Con		11.67								
100m	U1/ men	7 <sup>th</sup>	L Crabb 11.42 (1)		6	J Baxter		11.67	80m Hu		3rde 1 <sup>st</sup>	L Bass	13.0			
	*****		C Morter 11.71 (1)	1.63 in nt)					300m H			L Bass	47.4			
<b>T</b>	U17 Won		M Oliver 15.54						Longjun		7 <sup>th</sup>	M Smith	4.46			
	<u>hampionshi</u>	ps – June	10 <sup>th</sup> at Peterborough	4.50		• st		T 0	Highjun	p	2 <sup>nd</sup>	M Smith	1.45			
M35	Highjump	2""	A Taylor	1.73	Longjump	) I <sup>m</sup>	A Taylor		Tripleju	mp	8 <sup>th</sup>	H Cox	8.63			
M45	400m	3 <sup>rd</sup>	G Meah	66.5	800m	4 <sup>th</sup>	G Meah	2.37.8	Javelin		5 <sup>th</sup>	L May	25.71			
	5000m	1 <sup>st</sup>	M Chaplin	20.39.6					Discus		$1^{st}$	A Waine	24.25			
M55	Shot	2 <sup>nd</sup>	P Bramford	9.62	Discus	$2^{nd}$	P Bramfor	d 33.93	Under 1					a.		
	Javelin	$1^{st}$	P Bramford	33.85					75m Hu	dles	1 <sup>st</sup>	C Asztalos	11.9	6 <sup>th</sup>	G Bristow	12.7
W40	800m	1 <sup>st</sup>	J Herron	2.49.5	1500m	$2^{nd}$	J Herron	5.44.1	100m		$7^{th}$	J Corbett	13.8			
W55	Shot	1 <sup>st</sup>	R Martin	8.61	Discus	$1^{st}$	R Martin	23.76	200m		5 <sup>th</sup>	E Morris	27.6			
	Hammer	$1^{st}$	R Martin	30.31					Discus		$2^{nd}$	L Sammout	25.37	8 <sup>th</sup>	H Sayer	18.54
W70	400m	1 <sup>st</sup>	M Holmes	90.4	Triplejum	ip 2 <sup>nd</sup>	M Holmes	5.68	Shot		$1^{st}$	L Sammout	10.71		•	
Cambs A.	A Evening	Devt meet	ing – St Ives - June 1	3th		_			Eastern	Young athle	tes leagu	e at Bedford on June 1'	7th			
100m Gra		1 <sup>st</sup>	S Whittaker U20	12.0	8 <sup>th</sup>	J Brennan	d SM	13.4	Match F	tes - 1st Bed	ford 751,	2 <sup>nd</sup> Havering 685, 3 <sup>rd</sup> St	Albans 5	60, 4th C&C 4	457, 5 <sup>th</sup> Enfield 285	,
		$14^{th}$	L Sammout U15G	14.1	22 <sup>nd</sup>	C Pinner		17.3		eswade 153,	6th Ayles	sbury 87				
100m Gra	aded Rd 2	1 <sup>st</sup>	S Whittaker U20	12.0	7 <sup>th</sup>	J Brennan		13.4	Men Un		(4 <sup>th</sup> 83)	ots)				
. ,		15 <sup>th</sup>	C Pinner U13B	16.7			-	•	100m	-	2A	L Crabb	11.3	1B	C Morter	11.5
1500m gr	raded	15 <sup>th</sup>	K Doherty U13B	5.26.1	25 <sup>th</sup>	C Pinner	U13B	6.26.1	100111		N/S	J Baxter	11.9	N/S	C Roberts	12.8
1000m B			22 2 0 10 10 10 E	3.20.1		201					- 1/2			- " -		

200m	2A	L Crabb	23.2	2B	J Baxter	24.2	Hurdles	1A	C Asztalos	11.8	1B	G Bristow	12.5
	N/S	C Roberts	27.8				Longjump	2A	L Sammout	4.62	6B	A Crabb	3.44
400m	2A	S Goldfinch	54.1	3B	I Jones	56.4		N/S	S Baxter	2.88			
800m	3A	N Burch	2.17.0				Highjump	6A	R Carter	1.15			
1500m	2A	W Mycroft??	4.34.3	2B	J Baslington	4.35.2	Shot	1A	L Sammout	9.91	2B	H Sayer	8.95
Highjump	3A	I Jones	1.40		_		Discus	2A	L Sammout	23.45	2B	H Sayer	15.76
Longjump	4A	J Baxter	5.68	4B	C Roberts	5.05	Javelin	3A	AMidgley	23.00	4B	H sayer	13.69
Triplejump	5A	S Goldfinch	10.68				4 x 100 relay	5A		60.0		•	
Javelin	4A	C Morter	35.85	4B	J Baslington	21.38	Girls Under 13	$(4^{th} 67)$	pts)				
4 x 100	2A		47.2				100m	3A	J Powell	13.9	2B	M George	14.3
Boys Under 15	(3 <sup>rd</sup> 10	08 pts)						N/S	E Cave	14.3	N/S	A Cooper	14.6
100m	5A	M Lawrence	13.6	4B	J Cootes	13.2		N/S	K Bass	13.5			
	N/S	M Dutton	13.9	N/S	S Pullen	14.8	200m	4A	M George	30.5			
200m	4A	B Kelk	25.6	3B	B Davies	26.5		N/S	E Lowe	30.4	N/S	A Cooper	31.9
200111	N/S	M Dutton	28.7	02	D Davies	20.0		N/S	M Turner	32.4	100	11 cooper	51.7
400m	4A	J Cootes	67.3				800m	6A	R Davidson	3.03.8	5B	A Goggin	3.14.8
800m	4A	O Bass	2.33.3	4B	E West	2.53.1	ooom	N/S	E Lowe	2.58.4	35	77 0055111	3.11.0
1500m	5A	T Carruthers	4.55.4	6B	S Pullen	5.20.3	1500m	3A	E Cave	5.34.9			
Hurdles	1A	B Kelk	11.4	OD	5 T differi	3.20.3	Hurdles	2A	M George	12.3	1B	E Cave	13.1
Longjump	1A	B Davies	5.65	1B	J Cootes	4.79	Tididies	N/S	K Bass	13.5	ID	E Cave	13.1
Highjump	4A	B Kelk	1.45	3B	J Coutts	1.30	Longiumn	7A	A Cooper	3.69	6B	M Turner	2.70
Shot	4A 1A	M Lawrence	1.43	2B	J MacGillivray	9.42	Longjump	N/S	K Bass	13.5	N/S	286	3.48
Discus	1A 1A	M Lawrence	32.13	2B 1B	J MacGillivray	28.50	Highiuma	3A	R Davidson	1.20	11/3	200	3.46
Javelin	2A		33.74	1B	O Bass	31.75	Highjump				4B	V D	5.35
		A Morter		IB	O Bass	31./3	Shot	4A	A Goggin	5.75		K Bass	
4 x 100	3A		50.2				Discus	4A	A Goggin	13.75	2B	R Davidson	13.40
Boys Under 13	(4 <sup>th</sup> 81 <sub>I</sub>		40.0	25		440	4 x 100 relay	4A		60.6			
100m	2A	D Ebanks	13.9	2B	A Ette	14.0			ivale – June 23rd		th		
	N/S	M Jones	15.1	N/S	M Taylor	15.6			ent Park 120, 3 <sup>rd</sup> Chel				
	N/S	P Hopper	14.9	N/S	J Vane	15.2	100m	1A	J Baxter	11.6	1B	J Godden	11.8
	N/S	C Dinney	16.7				200m	1A	S Whittaker	23.8	1B	J Baxter	24.0
200m	2A	D Ebanks	29.3	5B	M Jones	32.1	400m	1A	O Francis	52.7	1B	A Starnes	53.7
	N/S	A Ette	29.2	N/S	H Cotton	33.4	800m	1A	N Beer	2.00.7	4B	J Brennand	
	N/S	J Vane	34.0	N/S	B Swannack	36.6	2.36.8						
	N/S	M Taylor	37.1				1500m	2A	J Morley	4.20.1	4B	T Brennand	5.42.4
800m	5A	M Cotton	2.43.2	5B	B Swannack	3.09.3	5000m	2A	P Ligouri	16.43.5			
	N/S	D Warboys	3.44.5				3000m S/C	1A	A Howarth	10.40.6	1B	T Brennand	13.35.0
1500m	6A	M Rogan	6.01.8	4B	C Dinney	6.02.2	110 Hdls	1A	J Huddlestone	18.3	1B	T Brennand	19.8
Hurdles	5A	P Hopper	15.7	4B	H Cotton	16.6	400 hdls	1A	J Huddlestone	59.5	1B	T Brennand	63.9
Longjump	2A	D Ebanks	4.22	2B	A Ette	4.13	4 x 100 relay	1A	Baxter, Huddleston	ne, Whittake	r, Starnes		47.9
	N/S	J Vane	3.79				4 x 400 relay	1A	Morley, Francis, E				3.42.1
Highjump	5A	C Huntington	1.20	4B	M Taylor	1.10	Pole vault	1A	A Boyce	3.40	1B	J Brennand	
Shot	5A	P Hopper	5.64	4B	J Carter	5.02	2.60		·				
	N/S	D Warboys	6.20				Highjump	1A	S Whittaker	1.70	1B	S Richards	1.55
Discus	3A	J Carter	16.69	2B	D Warboys	14.76	Longjump	1A	S Richards	5.78	1B	J Baxter	5.35
4 x 100	3A		59.4	N/S	66.3 N/S	66.7	Triplejump	1A	S Whittaker	11.82	1B	J Brennand	
Under 17 Ladies	$(4^{th} 26)$	pts)					11.08						
800m	3A	N Richards		2.57.9			Shot	1A	G Parsons	11.64	1B	P Bramford	9.08
Highjump	2A	M Smith	1.50				Discus	1A	G Parsons	36.95	1B	J Huddlestone	21.99
Longjump	3A	M Smith	4.47				Hammer	1A	G Parsons	40.07	1B	P Bramford	23.99
Triplejump	2A	M Smith	9.52				Javelin	1A	M Thomson	39.09	1B	P Bramford	34.76
Shot	4A	N Richards	7.52	3.12			East Anglian Lea			37.07	1.0	1 Diamiora	31.70
Under 15 Girls	(4 <sup>th</sup> 92	nte)		3.12			Overall metch 1	St Poterbore	ough 46, 2 <sup>nd</sup> Ipswich 40	2rd C&C 25	7 4 <sup>th</sup> Uun	to AC 25 5th Colchast	or Horr 21 6th
100m	6A	A Midgley	14.2	6B	S Baxter	15.9	Leighton Buzzard		ough +0, 2 ipswich 40	,, 5 Cac 31	, + 11ull	ware 23, 3 Colchest	Ci 11aii 21, U
200m			29.6	ов 4В	E Taylor	30.5			ots, 2 <sup>nd</sup> PAC 142, Ipswi	oh 128 oto			
200m 300m	5A	A Midgley			•				and the second of the second o		2B	D. Danier	12.4
	3A	E taylor	47.7	5B	S Baxter	57.2	100m	3A	S Whittaker	12.0	2 <b>B</b>	D Davies	12.4
800m	4A	E Taylor	2.39.5	4B	H Sheppard	2.52.7	200	N/S	T Deas	12.5	2D	D. Danier	25.2
1500m	4A	R Carter	5.40.6				200m	3A	S Whittaker	24.6	3B	D Davies	25.3

400m	3A	T Deas	58.2	3B	J Brennand	
67.2						
800m	1A	D Potts	2.04.6	2B	N Carroll	2.10.4
3000m	4A	A Howarth	10.05.1			
Hurldes	1A	T Deas	19.5	1B	J Brennand	
26.6	2.4	0.3371.241	574	an.	I D	
Longjump	2A	S Whittaker	5.74	2B	J Brennand	
5.20	3A	S Whittaker	11.55	3B	J Brennand	
Triplejump 10.86	3A	5 willtaker	11.55	эв	J Brennand	
10.60	N/S	T Deas	10.77	N/S	D Davies	9.93
Highjump	2A	A Taylor	1.70	1B	S Whittaker	1.60
Shot	2A	G Parsons	11.80	2B	A McGillivray	7.77
SHOU	N/S	A Taylor	8.41	2D	A McGilliviay	1.11
Discus	1A	G Parsons	31.74	1B	A Taylor	24.89
Javelin	3A	A Taylor	35.40	2B	M Thomson	33.31
Hammer	1A	G Parsons	37.54	1B	A MacGillivray	21.17
4 x 100 relay	5A	O I aisons	64.5	1D	A Wacomiviay	21.17
Under 17 Men – 4 <sup>th</sup>			04.5			
100m	1A	L Crabb	11.8	1B	C Morter	11.6
100111	N/S	G Baker	12.0	N/S	J Baxter	12.2
200m	2A	L Crabb	23.4	2B	G Baker	23.6
200111	N/S	C Morter	23.4	N/S	J Baxter	25.0
400m	1N/S 2A	S Goldfinch	55.1	11/3	J Daxiei	23.0
800m	4A	N Burch	2.14.7			
1500m	4A 4A		2.14.7	4.35.4		
		W Mycroft	5.34	4.33.4 1B	I Dantan	4.07
Longjump Javelin	2A 2A	S Goldfinch C Morter	36.60	1B	J Baxter	4.97
4 x 100	2A 1A					45.6
Under 15 boys - 5 <sup>th</sup>		Crabb, Morter, Baxte	i, bakei			43.0
100m	2A	B Davies	12.5	1B	A Mack	13.7
200m	5A	A Mack	28.0	1D	A WIACK	13.7
800m	3A	O Bass		2B	E West	2.48.4
			2.27.0	2 <b>B</b>	E west	2.48.4
Longjump Shot	1A 3A	B Davies J MacGillivray	5.11	1B	A Morter	9.13
Shot	N/S	•	10.48	1B	A Morter	9.13
Discus	3A	O Bass	7.86 23.87	1B	A Morter	22.50
Javelin	3A 2A	J McGillivray		1B	O Bass	26.12
Hammer	2A 1A	A Morter	36.06	1B	O Bass	20.12
		J McGillivray	32.21		55.0	
4 x 100 relay Under 13 Boys – 2 <sup>nd</sup>	5A	Morter, Mack, MacC	minvray, B	ASS	55.0	
	with 94 pt	D Ebanks	14.6	4B	M Taslan	16.6
100m	4A N/S	E Dakin	14.6	N/S	M Taylor R Turner	15.7
	N/S	J Vane	16.6	11/3	K Turner	13.7
200m	3A	D Ebank	30.5	2B	S Howarth	28.4
200111	N/S	H Tournant	30.3	N/S	H Cotton	32.6
	N/S	M Jones	32.6	N/S	J Vane	34.6
800m	1A	H Tournant	2.34.9	1B	C Huntington	2.50.7
800111	N/S	H Cotton	2.34.9	ID	C nultrington	2.30.7
1500m	N/S 2A	S Kennard	5.16.6			
Hurdles	2A 2A	H Cotton	16.3	2B	M Jones	17.2
				2 <b>D</b>	W Jones	17.2
Highjump	2A	M Jones	1.00	2D	I Vone	2.44
Longjump	3A	D Ebanks	4.58	3B	J Vane	3.44
Chot	N/S	W Cox	3.19	2D	W Cov	5 5 4
Shot	3A	S Howarth	6.56	3B	W Cox	5.54
Discus Javelin	2A	H Tournant	16.19			
	2 /	C Huntington	24 94	NI/C	C Howarth	25.56
Javeiiii	2A	C Huntington	24.84	N/S	S Howarth	25.56

4 x 100	3A		59.7			
Senior Ladies - 2 <sup>nd</sup>		S				
100m	1A	S Rogan	13.5	2B	H Cox	14.0
200m	2A	S Rogan	27.9	2B	I Asztalos	27.6
	N/S	H Cox	29.3	N/S	C Cox	35.3
300m (U17)	1A	L Bass	45.2	- " -		
400m	1A	I Asztalos	60.6	2B	H Arbuckle	62.0
800m	5A	K Waite	2.59.6	2B	F Tournant	2.44.0
1500m	1A	R Burbidge	5.12.1	1B	J Herron	5.43.0
	N/S	N Richardson	6.03.0			
Hurdles (U17)	1A	LBass	12.8			
Longjump	5A	F Tournant	2.91			
Shot	2A	A Forster	10.93	2B	S Rogan	5.61
Discus	5A	F Tournant	13.71	2B	J Wilson	13.39
Javelin	5A	H Arbuckle	14.59	1B	J Wilson	12.77
Hammer	N/S	A Forster	38.93			
4 x 100	2A					52.6
Under 15 Girls – 2 <sup>nd</sup>	with 104p	ots				
100m	2A	J Corbett	13.8	5B	E Taylor	15.1
	N/S	S Baxter	15.0			
200m	4A	J Corbett	29.0	5B	G Bristow	30.1
800m	2A	E Taylor	2.31.8			
Hurdles	1A	C Asztalos	12.4	1B	G Bristow	13.1
	N/S	J Richardson	14.2			
Highjump	1A	I Gallucci	1.35	2B	J Corbett	1.30
Longjump	2A	L Sammout	4.42	3B	A Crabb	3.45
Shot	1A	L Sammout	9.65	1B	H Sayer	8.37
	N/S	J Richardson	6.97			
Discus	1A	L Sammout	27.09	4B	H Sayer	18.42
Javelin	4A	I Gallucci	14.04	1B	A Crabb	11.32
Hammer (guest ever	nt)	H Sayer		38.28		
4 x 100	3A					55.3
Under 13 Girls - 3 <sup>rd</sup>	with 84 p	ts pts				
100m	4A	M Brown	14.8	3B	A Cooper	15.6
200m	4A	M Brown	30.5	3B	K Bass	34.0
800m	4A	M Turner	2.46.7	2B	R Davidson	3.04.6
1500m	2A	E Cave	5.31.5			
Hurdles	3A	M Brown	13.2	1B	E Cave	12.8
	N/S	K Bass	14.0			
Highjump	2A	R Davidson	1.20			
Longjump	4A	A Cooper	3.83	1B	K Bass	3.58
Shot	4A	M Turner	4.95			
Discus	2A	R Davidson	13.72			
Javelin	2A	E Cave	10.81	N/S	M Turner	9.13
4 x 100	3A		4			59.2
	mpionship	s – Bedford June 23 <sup>rd</sup>				
U20 Men 800m	3 <sup>rd</sup>	E Aston	1.48.93		t 1.52.74)	
U20 Womens 800m	6 <sup>th</sup>	L Dowsett	2.09.32	(3 <sup>ru</sup> in ht	2.10.26)	
U20 Womens 400m	6ht	I Asztalos	60.13			
U20 Womens hurdle	S	K Motley	dnf			

Officials Training
Any older athletes (over 15), or parents, vice presidents or associate members who would like to have a go at judging should contact me (Noel – 01223 833470), and I will arrange for you to be mentored/trained. The system of qualification is by a short training session on the relevant rules etc so that you have all the information necessary, followed by mentored experience. There is no exam

to take. Anyone wishing to have a go should contact me so that they are put on the list for the next level 2 course (Level 1 isnt worth bothering with and you can go direct to level 2)

Multievents championships
The eastern Counties Multievents championships will be held on September 30<sup>th</sup> at Bedford and will include the Cambridgeshire and C&C championships. Award of the C&C T&F champion trophies in each age-group at the AGM will be based primarily on the Multievent results
Entry forms are available from your coach, or the cambs as website. If you want one and haven't got one, download one from <a href="www.cambsaa.org.uk">www.cambsaa.org.uk</a> or e-mail Noel (see useful contacts list). C&C give medals for first three in each age-group and so do Cambridgeshire AA and the Eastern AA. C&C athletes should enter C&C, Cambs AA and EAA championships – only one fee for all

#### The Event will comprise:

EASTERN ATHLETIC ASSOCIATION CHAMPIONSHIP	- (All age groups)
CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS	- (All age groups)
SUFFOLK COUNTY CHAMPIONSHIPS	- (All age groups)
NORFOLK COUNTY CHAMPIONSHIPS	- (All age groups)
PETERBOROUGH ATHLETIC CLUB CHAMPIONSHIPS	- (All age Groups)
CAMBRIDGE & COLERIDGE CLUB CHAMPIONSHIPS	- (All age Groups)
WEST SUFFOLK ATHLETIC CLUB CHAMPIONSHIPS	- (All age Groups)

Pentathlon	Under 20 & Senior Men	LJ	JAV	200m	Discus	1500m
Pentathlon	Men Under 17	LJ	JAV	200m	Discus	1500m
Pentathlon	<b>Boys Under 15</b>	80mH	Shot	LJ	HJ	800m
Minithon	Boys Under 13	One Thr	ow, Jump	and Trac	k Event	
Pentathlon	Senior Women	100mH	Shot	HJ	LJ	800m
Pentathlon	Women Under 17	80mH	Shot	HJ	LJ	800m
Pentathlon	Girls Under 15	LJ	75mH	Shot	HJ	800m
Minithon	Girls Under 13	One Thr	ow, Jump	and Trac	k Event	

**Entry Fees**: £4.00 Minithons £5.00 Pentathlons

**Entry forms:** With the correct Entry Fee, should be returned by Saturday 15<sup>th</sup> September 2007 to: Mrs C Baker, Conesford, Post Office Lane, Weston Longville, Norwich, NR9 5JX (not to anyone at C&C)

All cheques payable to 'Eastern Athletic Association', S.A.E. to be enclosed if acknowledgement/timetable is required.