

Cambridge & Coleridge Athletics Club

President - B J Wallman

www.cambridgeandcoleridge.org.uk

Chairman - N Costello

Newsletter

Summer 2008

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

July 2 nd	Eastern veterans league	Veterans	Cambridge
July 3 rd	Kevin Henry 5k league	Cambridge	All over 16
July 12 th	Southern Mens League	Males 15+	Luton
July 13 th	Eastern Young Athletes Lge	All under 17	Ipswich
July 13 th	Bushy 10k CRL	Peterborough	Seniors
July 20 th	Dairy Crest 10k CRL	St Ives	Seniors
July 26 th	Southern Women's League	All Females	Mile End
July 27 th	National Junior League (Cambs clubs team)	U20's	Eton
July 27 th	Newmarket 10k	Newmarket	All over 16
August 2 nd	Southern Mens League	Males 15+	Mile End
August 3 rd	Eastern Young Athletes Lge	All under 17	Cambridge
August 6 th	Eastern Veterans league	Veterans	Cambridge
August 7 th	Kevin Henry 5k league	Haverhill	All over 16
August 17 th	East Anglian League	All	Luton
August 30 th	Southern Women's League	All Females	Braintree
Sept 4 th	Kevin Henry 5k league	Saffron Walden	All over 16
Sept 14 th	Ely Half Marathon CRL CC	Ely	Seniors
Sept 14 th	Eastern Young Athletes Final	All under 17	TBC
Sept 20 th	Round Norfolk Relay	Kings Lynn	All over 16
Sept 21 st	East Anglian league Final	All	Bury St Edmunds

Year 2008 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 0ND. £45 for wage earners and £35 for non-earners.

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

Club chatter - Important messages for athletes and parents

This time last year the University was about to submit its planning application for floodlights at the track. As you know various delays meant that it wasn't considered until early this year and was approved. The University assure us that they will be moving ahead now to get the floodlights installed by the autumn, provided there are no issues relating to the required landscaping.

The young athletes team is performing well despite the fact that far too many of our younger athletes are not supporting the club teams in league competitions. We run the league teams for the benefit of the athletes, and as a way of getting some measurement of the benefits of the coaching sessions. To improve as an athlete, as in all other activities, you need some way to measure the improvement. In athletics that is in competition. Under 13's and under 15's please support the club teams in the Eastern Young Athletes League and the East Anglian League.

Some parents and athletes appear to have the impression that the coaches and administrators in the club are paid to do the job. This is simply not true – everyone in C&C is an unpaid volunteer – we have no paid staff, it's their hobby. As such it is important that they can enjoy what they are doing and are treated with respect.

If we have no paid staff, what does the subscription money get used for? Our biggest costs are of course track and sportshall hire for training nights and matches and this accounts for a large part of our income. St John First aid cover costs us about £80-100 per match. Even starters ammunition costs work out at ca £20 per home match. Another large cost is the athlete registration fee that we pay on your behalf to England Athletics. This costs £5 per head. We also spend quite a lot on buses for the young athletes matches, a cost which has risen dramatically this year, and which we may have to abandon in future unless more people use them. Buses are an environmentally friendly way to get to matches compared to cars because one bus can carry 50 people and replace on average 17 cars. We also pay entry fees for the leagues we are in, relay events and some team road races. Then there is the training equipment, etc etc. In fact, without a generous grant from the City Council, the subs would have to be higher.

Congratulations to our league teams. After 3 matches the Men head their section of the East Anglian league and have a chance to retain the trophy they won last year. They are also doing very well in Division 2 of the Southern mens league and were in the promotion places after 3 matches. Our Southern Womens league team won their first match of the season at home. The Eastern Young Athletes team finished 2nd in their 2nd match and are currently in the top half of the league.

A big thank you to all the team managers and Officials who are making this happen. (Did you know that it takes about 40 officials and helpers to run the average Young athletes league match)

On that subject – parents – why not offer to get involved and help us with coaching officiating, team management or general administration – we always need more help.

Your club's committee.

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

Turn out in the younger age groups has been very disappointing so far this season. 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 e-mail 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 13th, August 3rd and the league final on 14th September

East Anglian league – All ages – Under 13's up to Seniors –August 17th and the league final on Sept 21st

Southern Womens league – Under 15, U17 and Senior females – July 26th, Aug 30th .

Southern Mens league – Males aged 16 upwards – Senior competition – July 12th and Aug 2nd

Cambridgeshire AA Open Development meeting – July 23rd 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 3rd meeting on July 23rd, 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.org.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 (county championship event for Under 17's up to Seniors), 20.40: 1 Mile Walk, 21.10 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 want 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, Senior Women and Under 17 Women. We were a close 2nd in most of the others

The event was well contested again this year for the fifth year running, and it was the largest entry in recent years by some margin (550 athletes).

Kings School Peterborough retained the schools trophy again. This year the championship also included the Cambs District Schools selection meeting and it appeared to work quite well.

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

Southern Men's League

A good start to the season. We finished 2nd in the first match by just one point and, then were 2nd in the second match as well. In both cases we did not fill all the 5000m places. We won the third match at home quite comfortably, having this time filled everything, but we still lack proper steeplechasers. That left us in 4th place in Div 2 with 5 clubs to be promoted. In the 4th match, we finished first again, with a full team and are now 3rd in Div 2 with two hard matches to come involving top teams.

Southern Women's League

A good start in the first match at home. C&C were winners of the 10 club match and top the new Division 2 North. Some excellent performances (see results section). The second match at Ipswich was not so good with only a handful of athletes turning out and C&C finished last of the 7 teams who turned uup.

Eastern Veterans League

Both the mens and womens teams have as usual been short of athletes at the first two matches this year, and as a result currently both teams are in 9th place. The next two matches are at Cambridge, so it will be easy for everyone to get to, and we would expect a better turn-out.

East Anglian league

A good start in the first match at Cambridge, finishing in 2nd place overall. In the 2nd match at Colchester turn out was quite poor but we still managed to come =1st overall in the match and retain the top league spot in the mens section. In the third match at Chelmsford, the team was 2nd, and the men won yet again to consolidate their top spot in their age-group table. Most age-groups are in the top 8 places with the current exception of the U13 Girls but they can still makethe finals if they get a full team out for the next matches.

Eastern Young Athletes league

The team was up against strong opposition in the first fixture and finished 4th, but in the second fixture, they were 2nd at St Ives with a good points score, and 3rd at St Albans. The team is currently 12th in the 27 club league and could secure a place in at least the Plate final (for teams 7-12). 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)

Spot the coaches and team managers

With some money we obtained from England Athletics, the club has been able to provide polo shirts for coaches and team managers so now you should be able to find them more easily (they are a pale royal blue colour).

Will is off the the Beijing Olmpycs

Congratulations to Will Clarke who has been selected for the British Olympic Triathlon team in Beijing.

Will has been a C&C member for many years and still runs Cross-Country for us in the winter.

Our congratulations to him, and we wish him every success.

Qualifiers for the National Schools Championships

This year the Cambridgeshire is again in in the lowest size category and so can only take 25 competitors.

The following C&C athletes have been selected to compete for Cambridgeshire Schools at the English Schools Championships (42% of the team)

U15 Boys	David October	Longjump and relay
U15 Boys	Jake Cronin	Javelin and relay
U15 Girls	Csepi Asztalos	Sprint hurdles
U17 Men	Ben Kelk	Sprint hurdles
U17 Women	Laura Bass	300m hurdles



U17 Women	Hayley Sayer	Hammer
U17 Women	Lauren Sammout	Triplejump
U20 Men	Chris Morter	100m and relay
U20 Men	Richard Oppong-Konadu	400m and relay
U20 Women	Alice Forster	Shot
U20 Women	Lucy Dowsett	800m

Dec 14 th	Hastings Marathon	Hastings	Seniors
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16
Jan 1 st	Wymondham New Years day 10k	Wymondham	Seniors
Jan 4 th	Sunday XC League	Royston	All over 16
Feb 8 th	Sunday XC League	Watford	All over 16

Already there are several new club records this season

Athletes who have broken club age-group records include

Richard oppong Konadu	U20 mens 400m	48.84		
Ed Aston	U20 mens 800m	1.48.57	Sen mens 800m	1.49.77
Lucy Dowsett	Senior Womens 800m	2.09.05		
Laura Bass	U17 Womens 300m Hdls	46.23		
Lauren Sammout	U17 Womens Triplejump	10.89		

Fixtures for 2008 Outdoor

Road

July 3 rd	Kevin Henry 5k league	Cambridge	All over 16
July 6 th	EVAC 10k	Comberton	Veterans
July 13 th	Marham 10m	Marham	Seniors
July 13 th	Bushy 10k	CRL	Peterborough
July 16 th	Peterborough 5k GP	Stamford	Seniors
July 20 th	Dairy Crest 10k	CRL	St Ives
July 27 th	Harlow 10k	Harlow	Seniors
July 27 th	Newmarket 10k	Newmarket	All over 16
July 30 th	Peterborough 5k GP	Werrington	Seniors
August 1 st	Wibbly Wobbly Log Jog 5m	Brandon	Seniors
August 3 rd	EVAC 5k	Granchester	Veterans
August 7 th	Kevin Henry 5k league	Haverhill	All over 16
August 10 th	Gt Yarmouth Half marathon	Yarmouth	Seniors
August 10 th	Wandlebury XC 5	Wandlebury	All over 16
August 17 th	Thorney 5 mile	CRL CC	Thorney
August 20 th	NVH 5k	CRL CC	Peterborough
Sept 4 th	Kevin Henry 5k league	Saffron Walden	All over 16
Sept 7 th	Garden city 10	Welwyn	Seniors
Sept 14 th	Ely Half Marathon	CRL CC	Ely
Sept 14 th	Wymondham 5k	Wymondham	Seniors
Sept 20 th	Round Norfolk Relay	Kings Lynn	All over 16
Sept 21 st	Harvest trail 10	Royston	All over 16
Sept 21 st	BMAF Marathon Champs	Anglesey	Veterans
Sept 28 th	Diss 15	Diss	Seniors
Oct 5 th	Cologne Marathon	Cologne	Seniors
Oct 5 th	Abington 10k	Gt Abington	All over 16
Oct 5 th	Great North Run	Newcastle	Seniors
Oct 5 th	Standalone 10k	Letchworth	Seniors
Oct 12 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 19 th	Amsterdam Marathon/Half Marathon	Amsterdam	Seniors
Oct 26 th	Sunday XC league	Cheshunt	All over 16
Oct 26 th	Fenland 10 mile	CRL, CC	Wisbech
Nov 16 th	St Neots Half Marathon	St Neots	Seniors
Nov 16 th	Sunday XC League	Digswell	All over 16
Nov 23 rd	Hadleigh 10	Hadleigh	Seniors
Nov 23 rd	Hereward Relays	Peterborough	All over 16
Nov 30 th	Norwich half Marathon	Norwich	Seniors
Dec 7 th	Luton marathon	Luton	Seniors
Dec 14 th	Sunday XC league	Grovelands	All over 16

CRL – Cambs Road League CC – Cambs County Championship included

Outdoor T&F

July 2 nd	Eastern veterans league	Veterans	Cambridge
July 6 th	ECAA Championships	All	Cambridge
July 11-13 th	UKA Senior Championships	Seniors	Birmingham
July 11 th /12 th	English Schools	Qual	TBC
July 12 th	Southern Mens League	Males 15+	Luton
July 13 th	Eastern Young Athletes Lge	All under 17	Ipswich
July 23 rd	Cambs AA Evening Devt meeting (3)	All	St Ives
July 25 th /26 th	Crystal Palace Grand Prix	Spectators	Crystal Palace
July 26 th	Southern Women's League	All Females	Mile End
July 27 th	National Junior League (Cambs clubs team)	U20's	Eton
August 2 nd	Southern Mens League	Males 15+	Mile End
August 3 rd	Eastern Young Athletes Lge	All under 17	Cambridge
August 6 th	Eastern Veterans league	Veterans	Cambridge
August 9/10 th	AAA U15/U17 Championships	U15's/U17's	TBC
August 9 th	UK Challenge Final	Invitation	Abingdon
August 16/17 th	AAA U15/U17 combined events	U15's/U17's	TBC
August 17 th	East Anglian League	All	Luton
August 24 th (TBC)	SEAA Intercounties U20 & U15	County select	TBC
August 30 th	Southern Women's League	All Females	Braintree
Sept 7 th	ECAA Hibberd Trophy	County Select	TBC
Sept 13 th /14 th	BMAF Multievents Champs	Veterans	Oxford
Sept 14 th	Eastern Young Athletes Final	All under 17	TBC
Sept 21 st	East Anglian league Final	All	Bury St Edmunds
Sept 27/28 th	SEAA/ECAA/Cambs AA Multievents	All	Bedford

Useful telephone numbers for 2008

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams, and newsletter		01223 833470
Matt Witt	Officials coordinator		01638 743997
Anna Bird	Young Athletes Team coordinator		01223 352541
Sonia Cox	Welfare		01223 264889
Carl Woolf	Ladies (SWL) and East Anglian league U15 Girls		01223 881075
James Brennand	Coaching Secretary		01223 249410
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		07900 897125
Carole Morris	Veterans T&F team manager		01638 742024
Nigel Poulter	Treasurer		01954 231507

Useful E-Mail and website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your request 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
Power of 10 database (you may be in it)
Athletics data.com performance database (you may be in it)
England athletics East website
England athletics Region East secretary (Alison Potts)
SEAA website
Living Sport Cambridgeshire
Athletics kit and shoes by internet or mail order

www.ukathletics.net
www.powerof10.info
www.athleticsdata.com
www.englandathletics.org/east
apotts@englandathletics.org
www.seaa.org.uk
www.livingsport.co.uk
www.bournesports.com

Sunday Cross-country league autumn/winter 2008/9

Race distances - it has been decided that for the 2008/9 season, both genders will run together over the full distance in all five races (i.e. women and men will run in combined races over the full distance, rather than the women running a shorter course). Races will still be scored separately and separate results produced for both teams and individuals. The 11.00am start will continue.

ROAD RUNNING BITS



Turing Trail Relay 2008

Run in 6 stages on both banks of the Cam from Ely to Cambridge and back, this event commemorates Alan Turing. He was a keen runner who used these footpaths, and helped to break German codes during the war, and was instrumental in developing computer science in this country. Yet.....may I venture the observation that probably many fewer people know his name than the names of many so-called celebrities of today. The relay does seem to be dogged by extreme weather. In its first running last year it was blessed with a 'crossfire hurricane' and a gritty Fen

Blow. Though not quite so bad this year, heavy overnight and morning rain meant that any potentially boggy parts of the course were well.....er, boggy. And it was windy.

Some of us who battled bravely into the boisterous winds of yesteryear reckoned we deserved an easier time of it, and opted to switch direction to take advantage of the prevailing southerlies.....poor sad poltroons!! The weather had other ideas, and Ely-bound runners found themselves knocked back by nasty northerlies.

Everyone ran their hearts out, and a big mention must be made of the old men.....C+C Old Codgers won their category. Not everyone was necessarily where they should have been at the start of their legs; no naming and shaming, except to say that I myself had to defer a call of nature so as to meet the fast-movin' Martin K.

Stats don't tell allTales of Brave Ulysses

Relays often bring out the best in us simply because we don't want to let the team down. And to a greater or lesser degree all of us are heroes when we turn up for the team when not feeling 100%. Examples that spring to mind are:

Adam P. running the second leg of the Hereward Relay last year with a stomach upset.
Ellen Leggate, the year before, overcoming appalling and unfamiliar conditions in the last leg to hold off a ferocious challenge and win the female team race for the Fast Girls.

So spare a thought for Dave H in this year's Turing. 60th out of 61 on his leg, with 10min + mile times doesn't come anywhere near the full story. What we now know is that poor ol' Dave was

violently ill just before James E [3rd on his leg] hurtled in to hand over. After several minutes, Dave got to the start and bravely agreed to run the 6 miles to Cambridge so that the rest of the team could compete. Likewise, Gerald posted a time somewhat less than his best because he was injured, yet agreed to make up numbers for his team - the Old Codgers.....did I mention that they won the over-50's category, by the way? (picture John Fergusson)
Alex Downie

Excuses, Excuses.....

Have you noticed how pre-race or pre-training chatter is often full of reasons (excuses) why we won't be a world-beater in the forthcoming challenge? You know the sort of thing....it often starts off something like this:-

"How're you doing, mate?"

(Unlike in normal life, the answer is seldom "fine"...better get used to it)

"Haven't been able to run for 2 weeks because of....." and there follows a lurid description of an illness or an injury, or a holiday, or a visit by a decrepit aunt, or another form of strenuous physical activity, such as extreme knitting or toughening up for the World Tiddleywinks Championships {not all that far-fetched, as they are held in Cambridge} or of course any combination of these.

It's never a short description, either. Oh no, you are their captive audience, and who else can you talk to about these things? Physiotherapy is described in the most gruesome terms possible, such that the listener ends up believing physios to be the most evil and sadistic torturers since the Inquisition. But the best thing to have is runner's toenail. As any educationalist knows, learners always retain new knowledge more effectively when there is some hard physical evidence. Most running injuries are invisible, but a toenail is different, because you really have something to SHOW to your unfortunate companion. Runners must be the only people on the planet who display their disastrous toenails to each other, and worse, do it with pride!

So, you have listened at length to your unlucky, ill, injured, out of practice, semi-disabled fellow runner, and duly murmured commiserations, and you are drifting off towards the start of the session just as he is beginning to point to his buttocks as the source of yet more ailments.....you both start running, and you just know who will be out there in front!

Alex Downie



Eye 10k Meinou and Katie tucked in amongst the men...
Kim Masson in the womens Elite Race at the London Marathon



Derbyshire: Tour of the Derwent valley. 23rd – 26th May

This year a slightly smaller party of 16 C&C runners and supporters made the trip, and an impressive thirteen survived to complete all four races. Mike Smith and Ben Cocker led C&C home in all, four races, but sometimes one and sometimes the other was in front. As a result Ben was 4th overall (3rd Senior Man) and Mike was 5th overall.

The “team” before the Wirksworth race, with Mike (520) already in front of Ben



The Swaledale marathon

Not your normal Marathon course – no resemblance to fast and flat. Not a race for the faint hearted. Our numbers were down again this year with 9 C&C competing (including the Chairman and his wife and daughter Anna), but Adam Poole finished a creditable 62nd. We suspect that some may have walked it and finished all together by the times recorded.

Kevin Henry 5k Road League

The first race at Newmarket. A superb evening for C&C on the Gallops at Newmarket. The turnout was excellent with 32 C&C athletes and the quality was too. C&C men swept the top three places and most of the top ten too, for an emphatic team victory. The women's team had a tough task against Saffron Striders' strong squad, but, led home by Karin, took joint second with the home club, and that was enough to give us overall victory on the night.

Results. Results. Results

ROAD AND MULTI TERRAIN

Stowmarket Striders Joe Cox Half Marathon– March 23rd

20th B Corbett M50 1.32.27

Thorney 10k - March 30th

5th B Baldelli M35 35.59 8th N Carroll 36.44

26th L Stone 2nd M50 39.36 39th M Smith 40.45

Asics Kingston Breakfast Run 16 miles - March 30th

93rd K Masson 4th F 2nd W40 1.49.07

Sandy 10 mile - March 30th

9th M Salt M35 60.01 219th C Stanier F 1.22.21

Draycote 5 mile March 30th

K Samuelson Dean F 35.40

Lincoln 10k - March 23rd – 3307 ran

151st S Thoday 40.31

Coniston 14 – 5th April - 13.8miles

114th D Norman 1:37:27 290th T Long M45 1:46:58

402nd M Simmons F 1:51:33 408th G Smith M60 1:51:45

609th P Garrett M50 1:58:45 900th M Jennings W55 2:11:36

1046th Ron Jackson M50 2:18:42

Bungay Black Dog Half Marathon- April 6th

43rd J Kazer 1.30.23 78th A Herne M45 1.37.37

129th C Stanier F 1.44.57

Paris Marathon – 6th April

9967th M DiFranco 3.42.26

Addidas Flora London Marathon April 13th 23,851 male finishers, 10,639 female finishers

EliteWomen 116th of 197 K Masson (20th W40 of 35) 3.09.26

Women 203rd K Samuelson Deane 3.21.18 3637th K Hills W40 4.23.58

Men 1058th P Liguori 2.59.35 1199th S Brightwell M40 3.01.35

1797th A Shields M40 3.09.39 1878th I Badr M40 3.10.36

4270th S Redfern M45 3.30.08 5703rd D Yeneralski M40 3.40.27

Flitwick 10k – April 20th – 851 finished

16th B Baldelli M35 35:41 39th J Ennis 38:07

62nd S Bowen 39:34 72nd M Smith 39:52

112th B Corbett M50 42:07 180th G Smith M60 44:26

Cambridge Duathlon – April 20th

75th T Long 2:27.13 95th P Garrett 2.38.44

March Festival 5 mile –April 20th

43rd D Braverman W50 42.29

Derwent Dambuster 10 mile – 26th April

C Stanier 1.22.47

Shakespeare Marathon April 27th

344th K Samuelson-Dean 3.58.12 (41st female)

Shakespeare Half Marathon April 27th

186th J Teachey 1.39.23 (19th Female)

Vienna Marathon – April 27th

286th J Graggaber 3.02.15

Newmarket Heath run 6k – Thursday May 1st

12th J Ennis 2nd U20 20:03 F Murphy F

S Bowen M Smith

S Brightwell A Downie

Breckland 10k May 4th

4th G Weller 36:22 35th S Thoday 41:38

44th J Kazer 42:41 82nd C Stanier 46:15

Great East Anglia Run – 10k – Kings Lynn May 4th

10th M Salt M35 34:51 115th B Corbett M50 41:50

169th S Redfern 43:43 211th M DiFranco 44:32

1245th J Pashley F 1:03:29

Titchmarsh 10k May 4th

M Jennings W55 51.14

Trieste Marathon – May 4th

187th K Jordansen F 3.30.45

Ashdon 10k (10.6k) May 5th

3rd C Pyle 30.49 M DiFranco 58.30

Belfast Marathon May 5th

28 th	B Baldelli	M35	2.53.34				
<u>Impington 5k May 5th</u>							
	S Thoday		19:41	G Meah		20:23	
	S Redfern		20:40				
<u>Silverstone 10k – May 6th</u>							
237 th	S Redfern		43.18	265 th	K Samuelson-Dean	F	43.50
<u>Eye 10k – May 11th</u>							
14 th	G Weller		37:02	21 st	J Ennis		38:16
22 nd	M Smith		38:16	94 th	S Thoday		42:31
126 th	J Kazer		43:59	149 th	D Yenersalski		45:25
151 st	M Simmons	F	45:39	156 th	K Toynton	F	46:00
178 th	A Irvine		46:59	259 th	C Stanier	F	50:48
<u>Halstead & Essex Marathon – May 11th</u>							
128 th	A Herne		3:56:11	216 th	S Redfern		4:20:26
230 th	M Jennings	W55	4:23:03				
<u>White Peak Marathon – May 17th</u>							
41 st	S Redfern		3.28.13	86 th	K Samuelson-Dean	F	3.42.50
<u>Windemere Marathon – May 18th</u>							
271 st	J Teachey	F	4:00:21	374 th	K Samuelson-Dean	F	4:17:40
<u>Oxford Town and Gown 10k May 18th</u>							
19 th	N Carroll		35:20				
<u>Edinburgh Marathon – May 25th</u>							
188 th	J Ferguson		3:03:42	690 th	K Masson	W40	3:23:42
1166 th	S Redfern	M45	3:34:52	4168 th	R Jackson	M50	4:25:04
<u>Hatfield Broadoak 10k – May 26th</u>							
15 th	B Baldelli		35:07	102 nd	S Bowen		40:23
<u>Brandon Forest Half Marathon – May 26th</u>							
12 th	J Raymond		1:25:30	93 rd	M DiFranco		1:44:53
130 th	K Samuelson-Dean	F	1:49:18	135 th	D Braverman	W50	1:50:32
<u>Tour of the Derwent Valley – Overall results – May 23rd – 26th – Ind. Races below</u>							
A total of 71 athletes completed all four races – 13 of them were C&C							
4 th	1:47:56	B Cocker (3rd SM)		5 th	1:48:24	M Smith	
7 th	1:53:03	J Ennis		13 th	1:58:30	C Clissold	
22 nd	2:04:51	A Poole		24 th	2:08:24	R Parsons (2nd SW)	
32 nd	2:12:04	T Long		33 rd	2:13:15	M Simmons	
34 th	2:13:54	G Meah		38 th	2:16:00	A Irvine	
54 th	2:30:17	M Lasseter (F)		57 th	2:35:13	M Jennings (1st FV55)	
60 th	2:39:51	C McEniery (F)					
<u>The Duffield Dash – 4.45 miles – May 23rd</u>							
9 th	B Cocker		25:44	10 th	M Smith		26:13
15 th	J Ennis		26:54	24 th	C Clissold		27:55
41 st	A Poole		29:25	53 rd	R Parsons	F	30:45
55 th	G Meah		31:06	60 th	M Simmons	F	31:34
62 nd	T Long		31:47	65 th	A Irvine		31:51
74 th	K Toynton	F	32:39	96 th	M Jennings	W55	35:50
101 st	M Lasseter	F	36:22	103 rd	G Smith	M60	36:41
108 th	C McEniery		37:58				
<u>Wirksworth Well Dressing Race – 4.2 miles May 24th</u>							
9 th	B Cocker		25:16	11 th	M Smith		25:34
22 nd	J Ennis		27:13	29 th	C Clissold		28:07
47 th	A Poole		29:42	51 st	R Parsons	F	30:03
64 th	M Simmons	F	31:31	66 th	T Long		31:41
68 th	G Meah		32:02	71 st	A Irvine		32:12
86 th	K Toynton	F	33:16	93 rd	R Roberts	W35	34:10
107 th	M Lasseter	F	35:42	109 th	M Jennings	W55	35:59
119 th	C McEniery	F	37:27				
<u>Milford 5 mile race – May 25th</u>							

8 th	M Smith		31:02	9 th	B Cocker		31:17		
12 th	J Ennis		32:27	20 th	C Clissold		34:14		
31 st	A Poole		35:55	38 th	R Parsons	F	37:16		
39 th	T Long		37:20	44 th	D Yenersalski		37:58		
45 th	M Simmons	F	38:11	46 th	G Meah	M50	38:37		
51 st	A Irvine		39:36	63 rd	R Roberts	W35	41:13		
72 nd	K Toynton	F	42:33	77 th	M Lasseter	F	43:26		
83 rd	M Jennings	W55	45:37	87 th	C McEniery	F	46:59		
<u>Rowsley Sting in the tail race – 4 miles – 26th May</u>									
8 th	M Smith		25:35	9 th	B Cocker		25:39		
11 th	J Ennis		26:29	22 nd	C Clissold		28:14		
36 th	A Poole		29:49	39 th	R Parsons	F	30:20		
46 th	T Long		31:16	52 nd	M Simmons	F	31:59		
53 rd	G Meah	M50	32:09	55 th	A Irvine		32:21		
71 st	M Lasseter	F	34:47	85 th	C McEniery	F	37:27		
86 th	M Jennings	W55	37:47						
<u>Garburn Trail race – Cumbria – 31st May – 24k</u>									
249 th	K Samuelson-Dean	F	2.37.46						
<u>Kevin Henry 5k league – June 5th – Newmarket</u>									
1 st	M	T Vickery	16:53	2 nd	M	N Carroll	16:59		
5 th	M	B Baldelli	17:34	6 th	M	G Weller	17:35		
7 th	M	C Flood	17:40	13 th	M	G Capetti	18:06		
14 th	M	J Ennis	18:35	16 th	M	A Shields	18:58		
19 th	M	S Bowen	19:12	20 th	M	C Clissold	19:22		
27 th	M	D Abbott	19:55	28 th	M	L Stone	19:59		
36 th	M	S Thoday	20:11	40 th	M	A Poole	20:57		
43 rd	M	Cs Brown	21:06	45 th	M	T Long	21:14		
46 th	M	S Redfern	21:20	48 th	M	G Meah	21:24		
50 th	M	D Yenersalski	21:36	51 st	M	A Herne	21:48		
52 nd	M	A Irvine	21:50	61 st	M	P Scofield	23:35		
63 rd	M	M Kretzer	23:56	70 th	M	N Costello	25:23		
4 th	F	K Illum Jordansen	F	21:18	8 th	F	M Simmons	F	21:55
9 th	F	R Parsons	F	22:01	10 th	F	K Samuelson-Dean	F	22:11
17 th	F	R Roberts	F	24:18	20 th	F	A Lasseter F	F	25:15
24 th	F	C McEniery	F	25:43	26 th	F	C Martins	F	27:06
<u>Bury 5 mile – 6th June</u>									
14 th	G Weller		28:43	25 th	C Flood		29:46		
180 th	B Flood	F	38:07	187 th	D Braverman	F	38:13		
<u>Dartmoor discovery – 32.4 miles – 7th June</u>									
67 th	S Redfern		5.15.0						
<u>Bishops Stortford 10k – June 8th</u>									
2 nd	C Flood		36.52	36 th	T Long		44.36		
70 th	R Flood	F	47.26						
<u>Swaledale marathon June 14th</u>									
62 nd	A Poole		4:21:00	185 th	A Lasseter		5:14:00		
200 th	S Culit		5:19:00	314 th	A Costello		6:22:00		
315 th	N Costello		6:22:00	456 th	S Costello		8:58:00		
457 th	S Byrne		8:58:00	458 th	G Costello		8:58:00		
459 th	M Jennings		8:58:00						
<u>Abbev 10k – Ramsey June 15th</u>									
3 rd	M Salt		34:50	8 th	B Baldelli		35:41		
17 th	G Capetti		37:32	43 rd	S Thoday		41:27		
65 th	S Redfern	42:38	70 th	C Brown		42:53			
113 th	K Samuelson-Dean	F	44:27	120 th	K Toynton	F	44:37		
265 th	J Pashley	F	54:41						
<u>North Downs Run – June 15th – Gravesend – 30k</u>									
250 th	A Irvine		3.09.19						

Peterborough 5k Grand Prix – Thorney June 18th80th J Jenkins 20.14**Marston Forest 5k – June 20th**9th M Salt 16.51**Sunshine 10 – Littleport 20th June**34th A Downie M60 45.08 80th D Braverman F 50.08109th E Currington F 56.34

Sutton Feast beast – 6.6 miles

1st B Baldelli 39.12 4th G Capetti 41.12**TRACK & FIELD****Herts Phoenix Open meeting – 21st March**

U20 W Longjump 1st R Mackay 4.85
 U20 W Triplejump 3rd R Mackay 10.55
 U17W Hammer 2nd H Sayer 31.57
 U17W Shot 1st H Sayer 7.63
 U17W Discus 4th H Sayer 19.89
 U17 W Highjump 1st Z Kier 1.51
 U17W 80m Hdls 3rd Z Kier 13.93
 U17W 200m 6th H Cox 30.2
 U17W 300m 2nd Z Kier 46.4 4th H Cox 50.2
 U17 W 800m 3rd E Kier 2.37.8
 U17W 1500m 1st E Kier 5.10.6
 U15G 75m Hdls 2nd C Asztalos 12.6
 U15G 100m 5th A Midgley 14.8
 U15G Javelin 2nd A Midgley 23.46
 U20 M Longjump 1st S Richards 5.74
 U20 M Triplejump 3rd S Richards 12.30
 U17 M 100m 3rd B Davies 12.6
 U17 M Longjump 3rd B Davies 5.07
 U17 M Hammer 2nd J MacGillivray 35.46
 U17 M Discus 1st J MacGillivray 31.04
 U17 M Shot 3rd J MacGillivray 8.78
 U15 B 100m 8th J Vane 14.7
 U15B 200m 14th J Vane 32.0
 U15B Longjump 5th J Vane 3.60

Chelmsford Open Meeting – 22nd MarchU17W Hammer 1st H Sayer 29.22 Shot 3rd H Sayer 7.49**World Masters Indoors – March 17th – 22nd – Clermont Ferrand**Pentathlon M35+ A Taylor 19th 2582pts

60m Hdl 10.3 Longjump 5.51 Shot 8.40 Highjump 1.71 1000m 3.22.0

Throws events

P Bramford M55 Discus 5th 34.10 Hammer 8th 26.34 Shot 11th 9.30 Javelin 9th 29.64A Bramfod W60 Discus 10th 11.89 Hammer 10th 19.29 Shot 15th 6.40 Javelin 8th 14.13**Peterborough Open meeting – April 6th**Sen Men Highjump 1st A Taylor 1.70 Shot 6th A Taylor 9.70Longjump 2nd A Taylor 5.50 Javelin 1st A Taylor 37.38U20 Men 100m 3rd L Crabb 11.4 200m 1st L Crabb 23.1U17 Women 100m 3rd M Oliver 13.8 200m 5th M Oliver 29.1Shot 1st H Sayer 7.56 Discus 1st H Sayer 20.60**USA local meeting 12th April**400m 2nd E Aston 50.34**Lee Valley Open Meeting – April 12th**U13G 100m 4th E Houghton 14.62 Highjump 1st 1.10U15 Boys 100m 7th J Vane 15.14 Longjump 6th 3.31U17 W Hammer 2nd H Sayer 31.90 Discus 5th 20.55 Shot 4th 7.71U20 M Longjump 4th S Richards 5.93**Cortland USA – 19th April**1500m 10th E Aston 4.05.24**Bedford Open – 19th April**M35+ Highjump 1st A Taylor 1.70U17W Hammer 3rd H Sayer 30.94**East Anglian League at Cambridge on April 20th**Overall match – 1st Chelmsford 768.5, 2nd C&C 745, 3rd HAC 480, 4th Colch Harr 392, 5th Diss 261.5, 6th Breckland 186Senior Men - 1st with 176 points

100m 1A J Baxter 11.6 2B S Richards 12.9

200m 1A J Godden 23.8 1B G Baker 23.5

400m 2A J Huddlestone 54.9 2B J Baxter 57.5

N/S P Shields 59.6 N/S T Brennand 60.4

800m 1A R Oppong-Konadu 2.03.9 1B J Morley 2.08.8

3000m 1A I Williamson 8.54.5 2B W Mycroft 9.46.1

N/S A Howard 11.49.1

Hurdles 2A A Taylor 22.4 1B T Brennand 20.5

Highjump 1A A Taylor 1.70 1B S Richards 1.60

Longjump 3A S Richards 5.93 2B J Brennand 5.24

N/S A Taylor 5.60

Triplejump 1A S Richards 11.66 1B J Brennand 10.71

Shot 3A G Parsons 10.71 1B A Lee 9.84

N/S P Bramford 8.54 N/S A Taylor 8.47

Discus 1A G Parsons 34.46 2B A Lee 25.63

N/S A Taylor 24.43

Hammer 1A A Lee 37.85 1B G Parsons 36.12

N/S P Bramford 21.36

Javelin 3A A Taylor 31.84 1B P Bramford 29.62

4 x 100 1A 46.3

Under 17 Men – 4th team with 63 points

100m 3A B Kelk 12.1 2B B Davies 12.6

800m 4A B Kennard 2.30.2

1500m 3A J Baslington 4.37.6

Hurdles 1A B Kelk 14.1

Highjump 1A B Kelk 1.75

Longjump 1A B Davies 5.61

Triplejump 2A B Davies 10.77

Discus 2A A Morter 25.87

Javelin 4A A Morter 34.21

Hammer 2A A Morter 19.46

Under 15 boys - 2nd team with 108 pts

100m 1A J Vane 13.4 1B J Marsh 14.0

N/S M Dutton 15.2

200m 3A J Vane 29.6

400m 3A S Pullen 65.4

800m 3A O Bass 2.21.4 1B S Pullen 2.23.5

1500m 3A J Cochrane 5.07.0 2B S Kennard 5.07.4

Longjump 3A C Ennis 3.94 2B S Szymanski 3.88

N/S J Vane 3.72

Highjump 4A C Ennis 1.10

Triplejump 3A C Ennis 8.45

Shot 1A O Bass 8.85 1B J Carter 5.94

Discus 1A J Carter 13.60

Javelin 1A O Bass 35.34

Hammer 1A J Carter 13.95

4 x 100 2A 56.4

Under 13 Boys - 1st team with 90 points

100m	2A	J Ebanks	14.7	1B	R Sheppard	14.9	Javelin	2A	A Midgley	20.26	1B	S Rawe	14.76
	N/S	M Taylor	15.8	N/S	J McKeown-Tofts	16.2	4 x 100	3A		58.6	N/S		68.1
	N/S	R Mitchell	17.8				Under 13 Girls -	2 nd	team with 73 points				
200m	2A	J Ebanks	29.6	1B	R Sheppard	30.6	100m	1A	E Houghton	14.6	2B	A Young	15.4
	N/S	B McKeown-Tofts	33.5					N/S	R Humann	16.3	N/S	O Abbott	16.3
800m	3A	M Mitchell	2.56.6	1B	J McKeown-Tofts	3.05.1		N/S	V Pellikka	16.3	N/S	V Murrell	16.9
	NS	M Middleton	2.56.4	N/S	B McKeown-Tofts	3.05.9	200m	2A	E Houghton	29.4	2B	R Humann	33.8
1500m	2A	G Kendall	5.34.2	2B	A Prescott	7.15.9		N/S	N Rehakova	32.7	N/S	O Abbott	33.8
Hurdles	3A	B McKeown-Tofts	17.7	1B	J McKeown-Tofts	19.9	800m	3A	N Rehakova	2.53.4			
	N/S	A Prescott	17.9					N/S	H Parker	2.54.9	N/S	F Kendall	3.24.9
Longjump	3A	J Ebanks	3.98	5B	R Mitchell	2.83	1500m	4A	A Gray	6.30.0			
	N/S	A Prescott	2.81				Hurdles	2A	K Bass	13.5			
Shot	4A	M Taylor	5.28	2B	C Jackman	4.69	Longjump	3A	K Bass	3.87	2B	E Houghton	3.56
Javelin	3A	M Middleton	14.78	N/S	C Jackman	17.32		N/S	V Pellikka	3.94	N/S	T McVey	3.32
4 x 100	3A		64.4				Shot	4A	F Kendall	3.66			
Under 11 Boys							Discus	1A	A Goggin	16.11			
600m	N/S	A Kennard	2.21.8				Javelin	3A	A Goggin	11.81			
Senior Ladies -	2 nd	with 137 points					4 x 100	2A		62.6			
100m	3A	K Motley	13.7	3B	C Lacey	14.3	Under 11 girls						
	N/S	S Rogan	13.6	N/S	L Hall	14.0	600m	1 st	A Pettit	2.08.8			
	N/S	Mar Oliver	14.2	N/S	C Cox	16.8	<u>National Junior League – April 27th at Copthall</u>						
200m	3A	S Rogan	27.7	3B	Mar Oliver	28.8	Team Cambridgeshire – 7 th – 377 pts						
	N/S	J Corbett	28.9	N/S	C Lacey	29.7	U20 men (C&C only)						
	N/S	H Cox	30.0	N/S	C Cox	35.0	200m				7B	J Godden	24.8
300m (U17)	3A	L Bass	45.3	3B	H Cox	46.7	400m	3A	R Oppong-Konadu	49.91	5B	O Francis	53.71
	N/S	H Sheppard	47.6				3000m	6A	W Mycroft	9.36.67			
400m	2A	G Coe	63.1	1B	L Hodge	68.4	Longjump	7A	S Richards	5.99	7B	J Baxter	5.14
	N/S	F Tourmant	70.3				Triplejump5A	S Richards	12.20	5B	J Baxter	10.75	
800m	1A	G Coe	2.20.9	1B	E Taylor	2.35.5	U20 Women (C&C only)						
1500m	1A	R Burbidge	5.12.1	1B	J Lasenby	5.15.1	100m				4B	K Motley	13.10
	N/S	R Carter	5.29.7				800m	7A	H Arbuckle	2.23.68			
80m Hurdles (U17)	2A	L Bass	13.5				1500m	6A	R Burbidge	5.09.89	3B	R Carter	5.25.92
Highjump	2A	M Smith	1.53	2B	B Dixon	1.35	3000m	1A	G Coe	10.28.04			
	N/S	H Johnson	1.30				400m Hdls				2B	V Asztalos	72.89
Longjump	2A	H Johnson	4.39	4B	C Cox	2.30	Shot	3A	A Forster	10.59			
	N/S	R Mackay	4.86				Discus	3A	A Forster	27.05			
Triplejump2A	M Smith	9.61	N/S	R Mackay	10.68		Hammer	3B	A Forster	26.21			
Shot	4A	H Sayer	7.76	4B	S Rogan	5.41	<u>Eastern Young Athletes League – April 27th at Lee Valley</u>						
Discus	4A	H Sayer	20.02	2B	J Corbett	16.71	Match result - 1 st Havering 629, 2 nd Luton 622, 3 rd Enfield 496, 4 th Herts Phoenix 416, 5 th C&C 356, 6 th Aylesbury 343, 7 th Trent park 154						
Javelin	3A	L May	25.85	4B	R Carter	10.48	Men Under 17						
Hammer	N/S	H Sayer	30.78				100m	5A	J Stafford	19.2	2B	B Kelk	12.3
4 x 100	3A		56.0	N/S		54.6	400m	4A	N Burch	59.7			
Under 15 Girls -	1 st	team with 98 pts					800m	4A	N Burch	2.14.1			
100m	5A	A Midgley	15.3	4B	L Gillies-Visser	15.1	Hurdles	1A	B Kelk	14.5			
	N/S	J Wright	14.6	N/S	S Baxter	15.5	Highjump	1A	B Kelk	1.70			
	N/S	Mat Oliver	15.8				Shot	4A	A Morter	9.22			
200m	5A	M Turner	32.2	4B	J Wright	29.7	Discus	4A	A Morter	22.31			
	N/S	A Davies	35.8				Javelin	3A	A Morter	39.96			
800m	3A	M Turner	2.51.3	2B	Z Cocks	3.14.1	Boys Under 15						
Hurdles	2A	C Asztalos	14.0	1B	G Bristow	13.8	100m	2A	J Marsh	13.3	4B	J Ebanks	14.7
	N/S	J Richards	14.5	N/S	L Gillies-Visser	19.0	200m				4B	J Ebanks	30.2
	N/S	A Davies	22.4				800m	3A	O Bass	2.23.7			
Highjump	3A	R Davidson	1.25	3B	Z Cocks	1.10	Hurdles	4A	C Ennis	17.9			
Longjump	5A	M Turner	3.41	3B	J Richards	3.36	Longjump	5A	S Syzmanski	3.85	3B	C Ennis	3.70
Shot	1A	A Midgley	8.30	1B	J Richards	6.82		N/S	J Ebanks	4.00			
	N/S	A Davies	4.80				Highjump	3A	C Ennis	1.25			
Discus	4A	L Gillies-Visser	14.20	2B	J Wright	8.14							

Shot	2A	O Bass	7.74			
4 x 100	4A		53.5			
Boys Under 13						
100m	2A	R Sheppard	14.6	4B	M Taylor	15.6
	N/S	B Mckeown-Tofts	16.4	N/S	J Richards	16.9
	N/S	J Linsdell	18.9			
200m	3A	R Sheppard	29.9	4B	J Rowsell	33.6
800m	6A	J Mckeown-Tofts	2.57.0	4B	B McKeown-Tofts	3.02.8
	N/S	J Linsdell	3.09.5			
1500m	7A	C Taylor	6.15.0			
Hurdles	3A	B McKeown-Tofts	16.9	3B	J Mckeown-Tofts	18.0
	N/S	J Linsdell	20.5			
Highjump	4A	M Taylor	1.15	=1B	C Taylor	1.00
Longjump	3A	J Richards	3.80	6B	C Taylor	2.60
Shot	2A	D Warboys	7.36	5B	C Taylor	5.17
Discus	1A	D Warboys	17.85			
4 x 100 relay	5A		64.5			
Under 17 Women						
80m Hdls	2A	L Bass	14.1			
100m	5A	E Taylor	14.8	3B	C Cox	16.2
200m	2A	L Bass	28.8	3B	H Cox	30.5
300m	4A	H Cox	47.3	3B	H Sheppard	49.4
800m	3A	E Taylor	2.34.6	1B	H Sheppard	2.44.9
Shot	1A	H Sayer	7.88	2B	E Taylor	5.50
Discus	2A	H Sheppard	20.20	2B	H Sayer	20.13
Hammer	1A	H Sayer	29.14			
4 x 100	3A		57.3			
Under 15 Girls						
Hurdles	1A	C Asztalos	12.4	3B	L Gillie-Visser	21.2
100m	5A	AMidgley	14.9	5B	J Fox	15.7
	N/S	S Baxter	15.8	N/S	S Loker	16.3
200m				4B	L Gillie-Visser	32.4
300m	6A	S Baxter	52.0	1B	C Asztalos	48.5
800m	6A	J Fox	2.53.9			
Longjump	3A	C Asztalos	4.01	2B	S Loker	3.87
Shot	5A	S Baxter	4.87			
Discus	7A	L Gillie-Visser	9.82			
Javelin	3A	A Midgeley	22.26			
4 x 100 relay	4A		59.1			
U13 Girls						
100m	6A	A Young	15.9			
200m	5A	A Young	33.6	4B	K Bass	32.6
800m	6A	T McVey	3.05.4	5B	Z Sylvester	3.09.0
1500m	3A	H Parker	5.45.9			
Hurdles	3A	K Bass	13.4			
Longjump	7A	Z Sylvester	2.90			
Highjump	4A	A Goggin	1.20			
Shot	3A	A Goggin	6.21			
Discus	3A	A Goggin	17.20	3B	H Parker	8.88
4 x 100 relay	6A		64.6			
Southern Mens League Div 2 – May 3rd at Guildford						
1st - Guildford 109, C&C 108½, 3 rd Worthing 106½, 4 th Walton 105, 5 th Dartford 102						
100m	5A	J Baxter	12.1	2B	J Godden	11.9
200m	1A	R Oppong-Konadu	23.0	2B	J Godden	24.1
	N/S	J Baxter	24.5			
400m	2A	G Baker	52.3	3B	O Francis	54.1
800m	1A	I Williamson	1.53.0	5B	J Huddlstone	2.28.0

1500m	4A	W Mycroft	4.23.4	3B	N Burch	4.32.6
5000m	3A	J Ennis	17.41.2			
3000S/C	4A	T Brennan	14.18.3	4B	J Brennan	15.46.4
110 hdl	5A	T Brennan	20.0	5B	J Brennan	23.0
400 hdl	3A	J Huddleston	61.2	3B	T Brennan	66.7
Polevault	=2A	A Boyce	3.20	3B	J Brennan	2.40
Highjump	3A	A Taylor	1.65	3B	S Richards	1.55
Longjump	3A	S Richards	5.88	3B	A Taylor	5.35
Triplejump	3A	S Richards	12.03	1B	J Brennan	11.44
Hammer	1A	A Lee	42.31	1B	G Parsons	39.38
Shot	3A	G Parsons	10.63	2B	A Lee	9.48
Discus	3A	G Parsons	35.92	3B	A Lee	26.30
Javelin	4A	A Taylor	35.31	4B	S Richards	25.55
4 x 100	3A					45.5
4 x 400	1A					3..30.7

BUSA Championships – May 3-5th

100m Men	5h	T Deas	12.13			
800m Men	2 nd	E Aston	1.50.38			
110hurdles	6h	T Deas	20.21			
Hammer	4 th	A Lee	43.76			
100m Women	4h	D Smith	13.31			
200m Women	3h	D Smith	26.63			
400m Women	8 th	I Asztalos	57.53			

Eastern Veterans League – 7th May at Peterborough

Men – 4th with 58 points

100m	M40+	N Moss	4 th	15.6	M50+	G Meah	3 rd	15.3
400m	M50+	G Meah	4 th	74.1	M60+	N Moss	2 nd	75.6
1500m					M50+	G Meah	2 nd	5.37.1
2km walk					M60+	P Howard	2 nd	12.41.0
Longjump	M40+	N Moss	4 th	3.63	M50+	G Meah	4 th	2.95
Highjump	M40+	G Meah	3 rd	1.18m				
Shot	M40+	F Martin	3 rd	7.63	M50+	P Bramford	2 nd	8.81
Hammer	M40+	F Martin	3 rd	17.58	M50+	P Bramford	1 st	29.77
					M60+	N Moss	2 nd	22.76

Relay (2248)

Relay (2248)	M40			5.51.4				
<u>Ladies – 4th – 60 pts</u>								
100m	W55+	M Holmes	3 rd	19.5				
400m	W35+	R Roberts	3 rd	74.4	W45	J Jasenby	2 nd	70.2
1500m	W35	R Roberts	2 nd	5.44.9	W45	J Lasenby	1 st	5.20.2
					W55+	S Barnett	1 st	6.21.6
2km walk	W45	S Barnett	3 rd	13.59.1				
Shot	W45	R Martin	1 st	7.47	W55	A Bramford	2 nd	6.29
Hammer	W35	R Roberts	2 nd	16.08	W45	R Martin	2 nd	24.27
Relay (2248)	W45		2 nd	5.16.1				

Watford open/BMC – May 7th

1500m	5th	G Coe	4.44.82			
800m	9th	H Parker (U13)	2.50.81			

Cambis AA Championships – Peterborough – May 10th

Girls Under 13 2nd in team event								
100m	3 rd	V Pellikka	15.5	3ht	G Vaudin	17.4		
200m	3 rd	M Simmonds	30.8 (30.3)	5 th	N Rehakova	32.8 (32.4)		
	6ht	S Brumann	36.7		E Farrow	37.5		
800m	3 rd	N Rehakova	2.46.2	7ht	G Vaudin	3.04.8		
	8ht	F Kendall	3.30.9					
1500m	3 rd	H Parker	5.36.3		E Farrow	dnf		
70m Hurdles	1 st	K Bass	12.9					
Highjump	1 st	S Brumann	1.05					

Longjump	2 nd	V Pellikka	3.79	3 rd	K Bass	3.65	Longjump	9 th	A Ette	4.17	10 th	C Ennis	3.98	
Under 15 Girls	3rd in team event						Triplejump	2 nd	K Brumann	11.05	6 th	S Howarth	9.49	
100m	6 th	J Fox	14.3					7 th	C Ennis	9.19				
1500m	4 th	A Dow	5.20.3				Shot	7 th	T South	7.19	10 th	J Carter	6.01	
3000m	1 st	G Schwienig	11.11.7				Discus	3 rd	J Carter	20.92				
75m Hurdles	1 st	C Asztalos	12.3	2 nd	E Cave	12.8	Javelin	3 rd	O Bass	35.06	6 th	S Howarth	28.57	
	3 rd	H Priest	13.4	5 th	J Richards	14.0	Hammer	3 rd	J Carter	14.57				
Highjump	4 th	R Davidson	1.30				Men under 17	1st in team event						
Longjump	2 nd	J Fox	4.34				100m	2 nd	B Kelk	11.7	4 th	B Davies	12.0	
Shot	2 nd	J Richards	6.94					5 th	J Stafford	12.1				
Under 17 Ladies	1st in team event						200m	4 th	J Stafford	24.6				
100m	1 st	E Morris	13.1 (13.0)	4 th	M Oliver	13.8 (13.7)	1500m	3 rd	N Burch	4.21.0				
	5ht	R Pellikka	14.3				100m Hurdles	1 st	B Kelk	13.9				
200m	3 rd	J Corbett	28.0 (27.7)	4 th	E Morris	28.3 (27.7)	Highjump	2 nd	B Kelk	1.85				
	5 th	L Bass	28.5 (28.0)	3ht	R Pellikka	29.7	Longjump	3 rd	B Davies	5.57				
300m	2ht	J Corbett	44.7	4ht	H Sheppard	47.7	Triplejump	2 nd	B Davies	10.90				
	4ht	F Tournant	47.1				Shot	2 nd	M Lawrence	11.97				
800m	5 th	E Taylor	2.34.1	7 th	H Sheppard	2.43.3	Discus	2 nd	J MacGillivray	29.79	3 rd	M Lawrence	27.96	
1500m	3 rd	R Carter	5.26.2				Javelin	1 st	A Morter	40.92				
300m hurdles	1 st	L Bass	48.1				Hammer	2 nd	J MacGillivray	38.29				
Highjump	1 st	M Smith	1.55	3 rd	B Dixon	1.35	Under 20 Men	2nd in team event						
Longjump	1 st	H Johnson	4.71	2 nd	L Sammout	4.69	100m	1 st	C Morter	11.2	3 rd	J Baxter	11.6	
	3 rd	M Smith	4.52				200m	1 st	C Morter	22.6	2 nd	R Oppong-Konadu	22.9	
Triplejump	1 st	L Sammout	10.34	2 nd	M Smith	10.14	1500m	1 st	W Mycroft	4.15.0				
Discus	1 st	L Sammout	25.33	2 nd	H Sayer	20.83	Longjump	1 st	S Richards	6.04				
Shot	1 st	H Sayer	7.99				Triplejump	1 st	S Richards	12.32				
Hammer	1 st	H Sayer	34.24				Javelin	3 rd	C Morter	32.01				
Senior Ladies	1st in team event						Senior Men	2nd in team event						
100m	2 nd	S Rogan (U20)	13.2				800m	1 st	I Williamson	1.55.0	4 th	O Francis	2.07.8	
200m	1 st	I Asztalos	26.3 (25.8 in ht)				1500m	3 rd	N Beer	4.16.4	4 th	J Morley	4.20.8	
	3 rd	S Rogan (U20)	27.9 (27.3 in ht)	3ht	K Motley	27.6	5000m	5 th	M Salt	2 nd Vet	16.47.2			
400m	1 st	I Asztalos	57.5	2 nd	L Dowsett	58.6	400m Hdls	4 th	J Huddleston	59.8				
1500m	2 nd	G Coe (U20)	4.45.4	5 th	K Parker (U20)	5.29.5	Triplejump	1 st	J Brennand	11.30				
3000m	1 st	H Tobin (2 nd claim)	10.06.5	3 rd	H Belbin	12.27.2	Shot	5 th	G Parsons	11.11				
400m Hdls	1 st	V Asztalos (U20)	71.0				Discus	3 rd	G Parsons	34.18				
Longjump	3 rd	O Milward (U20)	4.09				Hammer	2 nd	A Lee	44.90	3 rd	G Parsons	39.39	
Triplejump	1 st	R Mackay (U20)	10.78				Suffolk Championship – May 11th at Ipswich							
Boys under 13	2nd in team event						400m U20 men	1 st	G Baker	51.4				
100m	4 th	R Sheppard	13.8	3ht	J Richards	15.3	Southern Mens League Div 2 – May 17th at Kingslvmn							
	5ht	R Murdoch	15.6	5ht	J Tapley	15.7	1st - Ryston 139, 2 nd C&C 118, 3 rd Hastings 102, 4 th Oxford 98, 5 th Croydon 72							
200m	2ht	R Sheppard	29.7	5ht	R Murdoch	32.6	100m	2A	C Morter	11.0	2B	R Oppong-Konadu	11.3	
	4ht	I Stephenson	32.5				200m	2A	C Morter	22.7	1B	R Oppong-Konadu	23.0	
1500m	1 st	G Kendall	5.10.9				400m	2A	G Baker	52.0	3B	J Huddleston	55.1	
75m Hdls	2 nd	T Hackett	14.0				800m	4A	N Burch	2.15.1	4B	J Morley	2.15.0	
Longjump	2 nd	T Hackett	4.49	7 th	I Stephenson	3.85	1500m	3A	W Mycroft	4.27.6	2B	J Morley	4.33.1	
	11 th	J Tapley	3.67	12 th	J Richards	3.63	5000m							
Boys under 15	2nd in team event						3000S/C	4A	T Brennand	14.15.4	4B	J Brennand	11.48.7	
100m	6ht	J Vane	14.7				110 hdls	3A	T Brennand	19.2	4B	J Brennand	21.1	
200m	3ht	K Brumann	27.5	2ht	H Tournant	27.5	400 hdls	1A	J Huddleston	60.4	2B	T Brennand	64.9	
	3ht	T South	29.4	5ht	J Vane	30.5	Polevault	3A	A Boyce	3.40	4B	J Brennand	2.40	
400m	3 rd	S Howarth	64.4				Highjump	4A	A Taylor	1.65	3B	S Whittaker	1.65	
800m	2 nd	S Pullen	2.14.1 (2.11.9)				Longjump	1A	S Richards	6.22	1B	S Whittaker	6.20	
	3 rd	O Bass	2.19.9	5 th	H Tournant	2.20.7	Triplejump	2A	S Whittaker	12.32	1B	S Richards	11.72	
	4ht	A Ette	2.27.6	5ht	A Tapley	2.28.1	Hammer	1A	G Parsons	37.78	4B	P Bramford	21.99	
3000m	2 nd	J Cochrane	10.48.8				Shot	3A	G Parsons	10.92	3B	P Bramford	7.74	
80m hurdles	6 th	A Tapley	15.4				Discus	2A	G Parsons	35.71	3B	P Bramford	25.60	
Highjump	5 th	A Tapley	1.45	8 th	C Ennis	1.20		N/S	A Taylor	21.37				

Javelin	3A	A Taylor	36.55	2B	P Bramford	28.19
4 x 100	3A		46.5			
4 x 400	1A		3.32.5			

Varsity match – may 17th Oxford

100m Women	2 nd	D Smith	12.76
200m Women	2 nd	D Smith	26.15
Hammer – Men	3 rd	A Lee	43.21

East Anglian League at Colchester on May 18th

Overall match – =1st Colchester Harr and C&C 61.5, 3rd Colch & Tend 59.3, 4th Braintree 41.2, 5th Diss 30.7, 6th Waveney 29.8

Senior Men - 1st with 136 points

100m	4A	S Whittaker	11.7	2B	N Moss	15.4
200m	3A	S Whittaker	24.0	3B	N Moss	32.4
400m	5A	J Brennand	70.5	2B	N Moss	74.7
800m	5A	J Brennand	3.20.2	4B	N Moss	3.24.8
Hurdles	1A	J Brennand	21.4			
Highjump	2A	S Whittaker	1.50	1B	J Brennand	1.20
Longjump	2A	S Whittaker	5.65	1B	J Brennand	4.99
Triplejump 1A	S Whittaker	11.95	1B	J Brennand	10.28	
Shot	2A	P Bramford	8.48	2B	A MacGillivray	7.54
Discus	2A	P Bramford	26.59	2B	A MacGillivray	17.88
Hammer	3A	P Bramford	22.97	2B	A MacGillivray	19.19
Javelin	2A	P Bramford	29.42	2B	N Moss	20.87
4 x 100	2A		56.2			

Under 17 Men – 1st team with 112 points

100m	3A	B Davies	12.2	2B	J Lines	12.9
	N/S	J Stafford	12.0			
200m	2A	B Kelk	23.7	3B	J Stafford	25.2
Hurdles	1A	B Kelk	13.9			
Highjump	1A	B Kelk	1.75			
Longjump	2A	B Davies	5.58			
Triplejump 3A	B Davies	10.43				
Shot	2A	M Lawrence	11.69	2B	J Lines	9.39
Discus	1A	M Lawrence	32.50	2B	A Morter	21.83
Javelin	2A	A Morter	39.45			
Hammer	1A	M Lawrence	19.87	1B	A Morter	19.31
4 x 100	2A		48.0			

Under 15 boys - 2nd team with 85 pts

100m	2A	D Ebanks	13.4	2B	J Vane	15.3
200m	2A	M Dutton	27.3	3B	J Vane	31.3
800m	2A	S Pullen	2.16.4	2B	A Loughlan	2.39.5
1500m	2A	J Cochrane	4.55.1	2B	S Kennard	5.09.8
Longjump	1A	S Syzmanski	4.27			
Highjump	2A	A Loughlan	1.30			
Triplejump 3A	A Loughlan	8.83				
Shot	1A	O Bass	??			
Javelin	1A	O Bass	33.91			
4 x 100	2A		54.8			

Under 13 Boys - 4th team with 43 points

100m	2A	J Ebanks	14.0	1B	M Taylor	14.8
	N/S	R Murdoch	16.0			
200m	4A	R Murdoch	32.9	1B	H Murdoch	31.3
Highjump	1A	M Taylor	1.20			
Longjump	1A	J Ebanks	4.15			
Shot	3A	M Taylor	5.45			

Under 11 Boys

600m	N/S	A Kennard	2.21.8			
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Senior Ladies -	2 nd	with 133 points				
100m	3A	E Morris	13.6	3B	R Pellikka	14.4
200m	4A	E Morris	27.4	2B	S Rees	28.3
300m (U17)	2A	L Bass	45.2	3B	E Taylor	46.3
400m	3A	L Hodge	68.9	2B	J Lasenby	71.6
800m	4A	E Taylor	2.35.7	3B	J Lasenby	2.36.2
80m Hurdles (U17)	2A	L Bass	13.1			
Highjump	2A	M Smith	1.50	2B	S Rees	1.35
Longjump	3A	L Sammout	4.64	3B	S Rees	4.15
Triplejump 1A	L Sammout	10.21	1B	M Smith	10.04	
	N/S	S Tomlin	8.41			
Shot	3A	H Sayer	7.57	3B	S Tomlin	6.29
Discus	2A	L Sammout	28.72	2B	H Sayer	19.99
Javelin	2A	M Smith	20.39	2B	L Hodge	16.58
Hammer	N/S	H Sayer	33.00			
4 x 100	2A		54.5			

Under 15 Girls - 6th team with 64 pts

100m	5A	J Wright	13.9	4B	M George	14.4
	N/S	S Baxter	15.0			
200m	5A	L Gillies-visser	30.0	4B	L Millichap	30.7
	N/S	M George	30.2			
Hurdles	2A	M George	13.5	2B	M Millichap	15.3
Highjump	4A	S Rawe	1.30	2B	L Gillie-Visser	1.25
Shot	2A	S Rawe	6.41	3B	S Baxter	4.64
Discus	5A	L Gillies-Visser	8.41			
Javelin	1A	L Millichap	21.17	3B	S Baxter	10.21
	N/S	S Rawe	19.07			
4 x 100	6A		60.0			

Under 13 Girls - 6th team with 42 points

100m	6A	V Pellikka	15.9			
200m	3A	O Abbott	32.6	5B	C Shorthall	33.6
800m	4A	O Abbott	2.58.7	2B	C Shorthall	3.15.6
Hurdles	1A	K Bass	12.8			
Longjump	4A	V Pellikka	3.60	4B	K Bass	3.11
Shot	5A	C Shorthall	4.37			
Javelin	4A	O Abbott	8.20			

Loughborough International – May 18th

1500m men	6 th	I Williamson	3.53.31
800m Women	6 th	L Dowsett	2.10.39

SEAA U17/U15 Championships at Ashford 24/25th May

U17 W	300m hdls	7 th	L Bass	47.08	(46.23 in ht (CR))
	Triplejump	6 th	L Sammout	10.56	
	Discus	10 th	L Sammout	22.98	
	Longjump	12 th	L Sammout	4.78	
	Hammer	7 th	H Sayer	33.29	
U15G	80m Hdls	4(ht)	C Asztalos	12.15	
U17M	100m Hdls	3 rd	B Kelk	13.8	
	Longjump	6 th	B Davies	5.54	
	100m	7ht	B Davies	11.92	

National Junior League – May 25th at Coptthall

Team Cambridgeshire – 4th – now 5th overall

U20 men (C&C only)					
400m	7A	G Baker	53.0		
1500m	6A	W Mycroft	4.14.4	5B	N Burch 4.29.5
Longjump	6A	S Richards	5.82	7B	B Davies 5.39
Triplejump 5A	S Richards	12.47			
U20 Women (C&C only)					

100m	7A	K Motley	13.3	7B	R Mackay	13.3
400m	2A	L Dowsett	57.9			
800m	2A	G Coe	2.17.3	6B	R Carter	2.46.8
1500m	6A	R Burbidge	5.15.9	6B	K Parker	5.40.5
100m Hdls	2A	K Motley	15.9			
400m Hdls				2B	V Asztalos	71.3
Highjump	5A	Z Kier	1.50			
Longjump	5A	R Mckay	4.62			
Triplejump4A	R McKay	10.29				
Shot	3A	A Forster	10.99			
Discus	4B	A Forster	24.63			
Hammer	3B	A Forster	30.03			
CAU intercounties – May 25th/26th at Bedford						
400m Men	5ht	R Oppong-Konadu	50.76			
800m Men	1 st	E Aston	1.53.25			
1 Mile Men	3 rd	I Williamson	4.30.05			
Cambridgeshire Evening Devt meeting – May 23rd at St Ives						
Males						
800m graded	12 th	A Ette (BU15)	2.26.7			
3000m mixed	11 th	J Cochrane (BU15)	10.58.7			
Shot	2 nd	G Parsons (M35)	10.86	3 rd	A Taylor (M35)	8.03
	4 th	J Brennand (SM)	6.45			
Shot U17 men	1 st	M Lawrence	12.46			
Hammer	2 nd	G Parsons (M35)	38.04			
Hammer U17 Men	3 rd	J McGillvray	35.80			
Polevault	2 nd	A Boyce	3.20	3 rd	A Taylor	2.80
	4 th	J Brennand2.60				
Females						
100m Graded	16 th	L Sammout (U17)	14.7	18 th	J Fox (U15)	15.0
800m	23 rd	H Belbin (SW)	2.41.0	38 th	A Gray (U13)	3.10.7
Hurdles U15G	1 st	C Asztalos	12.4	2 nd	J Fox	13.8
Shot U15G	1 st	L Sammout	10.13	2 nd	A Midgley	8.08
Longjump U13G	2 nd	A Gray	3.01			
Under 15 Girls	1 st	J Fox	4.11			
Shot U17 Women	1 st	L Sammout	9.22	2 nd	H Sayer	8.34
Hammer U17 Women	3 rd	H Sayer	32.97			
Southern Womens League – May 31st at Cambridge						
1 st C&C 401.5, 2 nd VP&TH 387.5, 3 rd Ipswich 381.5, 4 th Forest 319, 5 th Hunts AC 215, 6 th Braintree 177, 7 th N&EB 148, 8 th Biggleswade 135, 9 th Ilford 62.5, 10 th Harlow 56						
Seniors/U17's						
100m	=5A	S Rogan	13.0	1B	E Morris	12.8
	N/S	R Mackay	13.0	N/S	M Oliver	13.4
	N/S	H Cox	14.2	N/S	C Cox	16.0
200m	4A	S Rogan	27.0	3B	M Oliver	27.9
400m	1A	V Asztalos	57.9	1B	H Cox	62.5
	N/S	F Tournant68.3				
800m	4A	H Sheppard	2.42.8	2B	Hong Miao Shi	2.48.9
1500m	7A	R Roberts	6.07.0			
3000m	2A	J Lasenby	1133.8	3B	R Roberts	13.09.1
80m Hurdles (U17)	2A	L Bass	12.9			
300m Hurdles (U17)	1A	L Bass	47.8			
400m Hurdles	1A	V Asztalos	70.9	1B	H Cox	89.7
Highjump	5A	M Oliver	1.35			
Longjump	4A	R Mackay	4.80	2B	L Sammout	4.64
Triplejump2A	R Mackay	10.94	1B	L Sammout	10.31	
Shot	2A	A Forster	10.92	1B	H Sayer	8.22
Discus	2A	L Sammout	27.64	1B	A Forster	25.66

Javelin	N/S	H Sayer	18.79			
Hammer	8A	A Forster	17.09	6B	R Roberts	14.07
4 x 100 relay	2A	H Sayer	37.48	2B	A Forster	33.81
4 x 400 relay	4A	C&C	53.0			
Under 15s	1A	C&C	4.16.4			
100m	4A	J Wright	13.7	3B	E Cave	14.1
	N/S	J Powell	13.7	N/S	M George	14.2
	N/S	I Lalouverie	14.6	N/S	S Baxter	14.8
200m	6A	M George	30.5	3B	J Fox	29.8
800m	6A	I Lalouverie	3.01.3			
1500m	2A	G Schweining	5.24.9	1B	H Parker	5.43.7
75m Hurdles	3A	E Cave	13.1	1B	M George	13.6
Highjump	3A	J Powell	1.20	2B	R Davidson	1.15
Longjump	1A	J Fox	4.67	2B	S Loker	4.10
Shot	6A	S Baxter	4.93			
Discus	2A	J Powell	17.72	4B	R Davidson	11.91
Javelin	4A	R Davidson	12.98	2B	S Baxter	9.18
4 x 100 relay	2A	C&C	56.4			
BMC Grand prix – Manchester May 31st						
800m	6htB	L Dowsett	2.09.95			
Bedford Games – ICE U17 100m challenge – 1st June						
U17 men 100m	4ht	B Kelk	11.96			
U17 Women 100m	4ht	E Morris	13.12			
Eastern veterans league – June 4th At Kings Lvnv						
Men						
200m	M40	5 th	P Wingfield 29.5	M50	4 th	N Moss 32.0
800m				M50	2 nd	G Meah 3.02.1
3000m				M50	2 nd	G Meah 12.20.8
1m Walk	M50	5 th	G Meah 12.48.4	M60	2 nd	P Howard 10.00.3
Polevault				M50	2 nd	N Moss 2.20
Discus	M40	5 th	F Martin 15.95	M50	2 nd	P Bramford 32.01
Javelin	M40	4 th	F Martin 19.24	M50	1 st	P Bramford 32.52
				M60	2 nd	N Moss 24.38
Women						
200m	W35	2 nd	R Roberts 34.9	W45	4 th	J Lasenby 35.5
	W55	5 th	M Holmes 41.2			
800m	W35	2 nd	R Roberts 2.56.7	W45	3 rd	L Davies 3.26.4
3000m	W35	4 th	R Roberts 13.28.7	W45	2 nd	J Lasenby 11.18.9
				W55	1 st	S Barnett 13.38.3
Discus	W35	4 th	R Roberts 16.28	W45	1 st	R Martin 22.58
				W55	3 rd	M Holmes 12.03
Javelin	W35	2 nd	R Roberts 12.50	W45	3 rd	M Holmes 12.21
4 x 100	W35	3 rd	72.0			
Southern Mens League – 7th June at Cambridge						
1 st C&C 130, 2 nd Norwich 120, 3 rd Aldershot 117½, Watford 83, Dacorum & Tring 73½						
100m	1A	C Morter	11.3	2B	R Oppong-Konadu	11.4
	N/S	J Baxter	11.7			
200m	1A	C Morter	22.8	3B	S Richards	25.6
400m	5A	G Baker	55.2	4B	H Huddleston	54.4
800m	3A	W Mycroft	2.02.1	3B	N Burch	2.10.0
1500m	4A	J Morley	4.22.4	3B	M Bell	4.26.6
5000m	4A	T Vickery	17.15.8	2B	J Ennis	17.44.1
	N/S	A Howard	19.04.9			
3000m S/C	4A	T Brennand	13.59.6	3B	J Brennand	14.35.7
110 Hdls	2A	T Brennand	19.1	1B	J Brennand	19.8
400 hdls	3A	J Huddleston	59.4	2B	T Brennand	67.5

4 x 100 relay	1A	Richards, Oppong, Baxter, Morter			45.3	
4 x 400 relay	3A	Morley, Bell, Morter, Mycroft			3.43.6	
Pole vault	2A	A Boyce	3.30	2B	J Brennand	2.60
Highjump	1A	B Kelk	1.75	1B	A Taylor	1.65
Longjump	2A	S Richards	6.00	3B	A Taylor	5.25
Triplejump 2A	S Richards	11.57	2B	J Brennand	10.80	
Shot	2A	G Parsons	10.82	1B	A Lee	10.09
Discus	3A	G Parsons	33.01	1B	A Lee	28.42
Hammer	1A	A Lee	40.83	1B	G Parsons	37.17
Javelin	4A	A Morter	36.02	4B	A Taylor	35.81
International in Kaunas (Lithuania?) – June 8th						
Mens 800m	9 th	E Aston	1.49.77	(Sen Club Rec)		
British league – Birmingham June 8th						
Mens 1500m	3 rd	I Williamson	3.51.46	(competing Higher comp. status for Birchfield)		
Eastern Young athletes league at St Ives on June 8th						
Match Res - 1 st Stevenage 704.5, 2 nd C&C 651.5, 3 rd Hunts AC 466, 4 th Watford 464, 5 th Braintree 263, 6 th Harlow 148						
Men Under 17	(1 st 118 pts)					
100m	1A	B Davies	11.6	3B	J Stafford	12.2
200m	2A	B Kelk	23.6	1B	J Lines	24.1
1500m	2A	J Baslington	4.42.1			
Hurdles	1A	B Kelk	13.9			
Highjump	1A	B Kelk	1.70			
Longjump	2A	B Davies	5.89	2B	J Lines	5.41
Triplejump 1A	B Davies	11.01				
Shot	1A	M Lawrence	11.93	1B	J MacGillivray	9.64
Discus	1A	M Lawrence	35.75	1B	J Macgillivray	25.81
Javelin	1A	A Morter	42.43	2B	J Baslington	21.75
Hammer	2A	J MacGillivray	35.08	N/S	M Lawrence	19.31
4 x 100	1A		46.3			
Boys Under 15	(3 rd 78 pts)					
100m	4A	D Ebanks	13.3	4B	C Ennis	15.9
200m	4A	D Ebanks	27.9	2B	H Tournant	26.9
400m	3A	C Pinner	83.9			
800m	1A	S Pullen	2.17.6	2B	H Tournant	3.07.9
1500m	1A	J Cochrane	5.01.8			
Longjump	2A	D Ebanks	4.55	2B	S Syzmanski	4.14
	N/S	C Ennis	4.03			
Shot	4A	J Carter	6.20			
Discus	1A	J Carter	18.17	1B	H Tournant	16.28
Hammer	3A	J Carter	15.65			
Boys Under 13	(1 st 112 pts)					
100m	2A	R Sheppard	13.7	1B	J Ebanks	13.9
	N/S	L Webber	14.7	N/S	I Stephenson	15.2
200m	1A	J Ebanks	28.8	1B	R Sheppard	29.6
	N/S	L Webber	30.5	N/S	J McKeown-Tofts	31.2
	N/S	I Stephenson	31.7	N/	B McKeown-Tofts	32.8
800m	4A	B Mckeown	3.00.1	4B	J McKeown	2.56.4
	N/S	H Cotton	2.38.3			
1500m	1A	G Kendall	5.20.3	2B	C Taylor	5.56.6
Hurdles	5A	J McKeown	18.2	2B	B Mckeown	16.6
	N/S	H Cotton	14.5			
Longjump	1A	J Ebanks	4.23	3B	I Stephenson	3.45
	N/S	R Sheppard	3.77	N/S	L Webber	3.54
Highjump	1A	G Kendall	1.30	3B	C Taylor	1.05
Shot	2A	D Warboys	7.38	1B	M Taylor	5.38
	N/S	W Cox	8.61			

Discus	1A	D Warboys	17.89	1B	W Cox	14.49
4 x 100	4A		64.4			
Under 17 Ladies	(2 nd 140 pts)					
100m	1A	E Morris	12.8	2B	R Pellikka	14.1
	N/S	C Cox	16.2			
200m	1A	E Morris	26.9	1B	L Bass	27.6
	N/S	R Pellikka	29.4	N/S	C Cox	35.2
300m	1A	L Bass	44.6	2B	E Taylor	46.9
	N/S	H Cox	48.8	N/S	F Tournant	49.3
800m	2A	E Taylor	2.33.4	1B	H Sheppard	2.39.5
	N/S	R Carter	2.41.2			
Hurdles	1A	L Bass	12.8			
Highjump	2A	B Dixon	1.40	1B	H Johnson	1.30
Longjump	4A	H Johnson	4.20	2B	B Dixon	4.17
	N/S	C Cox	2.41			
Triplejump 1A	L Sammout	9.74				
Shot	1A	L Sammout	9.25	2B	H Sayer	8.17
Discus	2A	L Sammout	25.78	3B	H Sayer	20.43
Hammer	1A	H Sayer	33.26			
Javelin	3A	R Carter	14.89	1B	H Cox	12.72
4 x 100	1A		53.6			
Under 15 Girls	(3 rd 113.5 pts)					
100m	5A	J Wright	13.6	3B	A Midgley	14.5
	N/S	K George	13.8	N/S	C Fleming	13.9
	N/S	I La Hausse	14.4	N/S	S Baxter	14.8
200m	5A	L Gillie-Visser	29.8	3B	M Turner	31.1
	N/S	K George	30.5			
300m	3A	J Fox	49.5	3B	S Baxter	53.3
800m	3A	M Turner	2.47.9	3B	L Frith	3.26.5
Hurdles	1A	C Aszталos	12.2	2B	J Fox	13.5
	N/S	K George	13.8			
Longjump	1A	J Fox	4.35	1B	I La Housse	3.67
Highjump	4A	L Gillie-Visser	1.25	1B	R Davidson	1.25
Shot	2A	A Midgley	7.93	4B	S Baxter	4.96
Discus	4A	C Fleming	13.86	3B	R Davidson	12.38
Javelin	1A	AMidgley	21.46	1B	R Davidson	11.01
	N/S	L Frith	9.30			
4 x 100 relay	2A		56.6			
Girls Under 13	(3 rd 94 pts)					
100m	3A	A Young	14.2	4B	V Pellikka	15.5
	N/S	V Murrell	15.7	N/S	N Abell	16.5
	N/S	G Vaudin	17.2			
200m	4A	N Rehakova	31.7	2B	O Abbott	32.6
	N/S	Z MacDonald	31.7	N/S	S Brumann	35.2
	N/S	V Murrell	34.2	N/S	N Abell	35.5
	N/S	E Farrow	37.0			
800m	2A	N Rehakova	2.43.3	3B	O Abbott	3.16.0
	N/S	Z MacDonald	2.55.4	N/S	G Vaudin	3.16.2
	N/S	L Pinner	3.46.4			
1500m	1A	H Parker	5.35.1	2B	S Pedder	6.40.4
Hurdles	2A	C Bass	12.6			
Longjump	3A	A Young	3.83	1B	V Pellikka	3.69
	N/S	A Gray	3.48	N/S	L Pinner	2.53
Highjump	1A	A Gray	1.25	3B	S Brumann	1.00
	N/S	N Abell	1.05			
Shot	4A	V Hurrell	5.10	4B	Z McDonald	4.37
Discus	5A	S Pedder	12.72	2B	H Parker	10.69

Cambs AA Evening Devt meeting – St Ives - June 11th

100m Graded Rd 1	3 rd (ht1)	D October	12.4	6 th (ht1)	R Mackay	13.4
BMC 1500m graded	7 th (ht1)	W Mycroft	4.18.3	9 th (ht1)	L Harper	4.28.7
	4 th (ht2)	E Kier	4.55.3	5 th (ht2)	J Cochrane 5.01.6	
Discus U17M	3 rd	M Lawrence	30.43	4 th	J MacGillivray	30.43
U17W	1 st	L Sammout	25.87			
SM	1 st	G Parsons	36.18			
Shot U17M	1 st	M Lawrence	12.38	4 th	J MacGillivray	8.49
U17W	1 st	L Sammout	9.70			
SM	1 st	G Parsons	10.87			
Triplejump U15B	1 st	D October	12.20	5 th	C Ennis	8.77
U20W	1 st	R Mackay	10.12			
U15G	1 st	F Kumar	9.26			
Sen Men	1 st	J Brennand	11.51			

Cambridgeshire Schools – June 14th at Cambridge

Under 15 Girls						
800m	4 th	M Turner	2.44.7			
Hurdles	1 st	C Asztalos	11.8	3 rd	E Cave	12.6
	4 th	F Kumar	15.5			
Highjump	2 nd	R Davidson	1.30			
Longjump	1 st	J Fox	4.57			
Shot	3 rd	J Richards	7.15			
Discus	3 rd	J Richards	17.73			
Under 17 Women						
100m	1 st	E Morris	12.8	6 th	R Pellikka	13.9
200m	3 rd	E Morris	27.3	6 th	J Corbett	28.3
300m	5 th	J Corbett	46.1	6 th	H Cox	46.4
800m	3 rd	E Taylor	2.33.3	4 th	H Sheppard	2.43.2
1500m	3 rd	R Carter	5.27.8			
Hurdles	1 st	L Bass	12.6			
300m hurdles	1 st	L Bass	47.2			
Highjump	=1 st	B Dixon	1.45	3 rd	M Smith	1.45
Longjump	1 st	L Sammout	5.12	4 th	H Johnson	4.35
Triplejump 1 st	L Sammout	10.47	2 nd	M Smith	10.04	
Javelin	2 nd	L May	28.50			
Shot	2 nd	L Sammout	8.99	4 th	H Sayer	8.01
Discus	1 st	L Sammout	28.52	2 nd	H Sayer	21.95
Hammer	1 st	H Sayer	34.78			
Under 20 Women						
Longjump	1 st	R Mackay	4.88	2 nd	O Millward	4.03
Triplejump 1 st	R Mackay	10.44				
Shot	1 st	A Forster	11.44			
Discus	2 nd	A Forster	23.56			
Hammer	2 nd	A Forster	35.49			
Under 15 Boys						
800m	2 nd	O Bass	2.13.0	3 rd	S Pullen	2.14.7
Hurdles	5 th	A Tapley	15.8			
Longjump	2 nd	D October	5.63			
Triplejump 1 st	D October	12.20				
Javelin	2 nd	O Bass	39.99			
Hammer	3 rd	J Carter	13.79			
Under 17 men						
100m	1 st	B Kelk	11.6	2 nd	B Davies	11.8
1500m	2 nd	N Burch	4.22.2	4 th	J Baslington	4.32.1
Hurdles	1 st	B Kelk	13.9			
Highjump	3 rd	B Kelk	1.70			
Longjump	2 nd	B Davies	5.88			

Triplejump 4 th	B Davies	11.40				
Shot	1 st	M Lawrence	12.11			
Discus	2 nd	M Lawrence	33.08	3 rd	J MacGillivray	28.95
Javelin	1 st	A Morter	41.64			
Hammer	2 nd	J MacGillivray	33.98			
Under 20 men						
100m	2 nd	C Morter	11.1	4 th	J Baxter	11.6
200m	1 st	C Morter	23.3			
400m	1 st	R Oppong-konadu	50.6			
1500m	1 st	W Mycroft	4.14.9			
Longjump	1 st	S Richards	5.93			
Triplejump 1 st	S Richards	11.88				
Javelin	1 st	C Morter	28.63			

Watford BMC Grand prix – June 14th

800m Men heat B	5 th	E Aston (2 nd U20)	1.48.57
1500m heat D	4 th	I Williamson	3.50.98

SEAA Championships – June 14th/15th at Crvstal Palace

U20 Women 400m	5ht	I Asztalos	58.36
U20 Women 800m	1 st	L Dowsett	2.08.89

Anglian Schools – Peterborough June 21st (may not be complete)

Under 20 Men						
1500m	3 rd	W Mycroft	4.10.8			
Longjump	2 nd	S Richards	6.05			
Triplejump 1 st	S Richards	12.63				
Under 17 Men						
100m	5 th	B Kelk	11.9	7 th	B Davies	12.1
Longjump	6 th	B Davies	5.64			
Shot	3 rd	M Lawrence	12.05			
Javelin	3 rd	A Morter	33.02			
Discus	4 th	M Lawrence	30.77			
Hammer	2 nd	J MacGillivray	39.36			
Under 15 Boys						
800m	6 th	O Bass	2.14.2			
Longjump	1 st	D October	5.95			
Triplejump 1 st	D October	12.09				
Shot	2 nd	M Lawrence	11.61			
Javelin	1 st	J Cronin	34.66	7 th	O Bass	28.42
Under 20 Women						
1500m	1 st	G Coe	4.51.0			
Longjump	5 th	R Mackay	4.26			
Shot	2 nd	A Forster	10.84			
Hammer	2 nd	A Forster	33.86			
Under 17 Women						
100m	2 nd	E Morris	13.1			
1500m	6 th	R Carter	5.22.8			
80m Hurdles	3 rd	L Bass	12.9			
300m Hurdles	1 st	L Bass	46.4			
Longjump	7 th	M Smith	4.46			
Highjump	1 st	M Smith	1.58	8 th	B Dixon	1.40
Triplejump 1 st	L Sammout	10.67				
Discus	7 th	H Sayer	20.20			
Shot	2 nd	L Sammout	9.21			
Hammer	2 nd	H Sayer	35.14			
Under 15 girls						
75m Hurdles	3 rd	C Asztalos	12.1			
Shot	7 th	J Richards	7.64			

East Anglian League – Chelmsford – June 22nd

Overall match – 1st Chelmsford 837, 2nd C&C 630, 3rd Colch Harr 479, 4th West Suffolk 452, 5th Braintree 350, 6th

Leighton Buzzard 340

Senior Men - 1st C&C 160pts

100m	4A	J Godden	12.1	1B	S Richards	12.8
200m	3A	J Godden	24.3	1B	J Huddleston	24.7
400m	3A	J Huddleston	53.5	2B	L Harper	57.2
800m	2A	L Harper	2.07.2	2B	A Burch	2.46.0
3000m	5A	D Pettit	11.44.3			
Hurdles	1A	J Huddleston	19.6	1B	J Brennand	22.7
Longjump	2A	S Richards	6.16	1B	J Brennand	5.45
Triplejump	2A	S Richards	12.06	1B	J Brennand	11.00
Highjump	1A	S Richards	1.60	1B	J Huddleston	1.30
Shot	2A	G Parsons	10.64	2B	P Bramford	8.02
Discus	2A	G Parsons	34.89	2B	P Bramford	25.30
Javelin	1A	G Parsons	32.67	1B	A Burch	30.86
	N/S	P Bramford	31.02			
Hammer	2A	G Parsons	38.40	2B	A McGillivray	20.96
	N/S	P Bramford	19.12			
4 x 100 relay	1A		48.0			
Under 17 Men – 2 nd with 89pts						
100m	4A	B Kelk	12.0	3B	J Stafford	12.3
200m				2B	J Stafford	24.8
1500m	2A	N Burch	4.28.6			
Hurdles	1A	B Kelk	14.2			
Highjump	1A	B Kelk	1.82			
Longjump	1A	B Davies	5.68	1B	J Stafford	5.29
Triplejump	1A	B Davies	12.44	2B	B Davies	11.46
Shot	1A	M Lawrence	12.57	1B	B Davies	10.26
Discus	1A	M Lawrence	30.97			
Javelin	2A	J Lines	37.75			
4 x 100	DQ					
Under 15 boys - 4 th with 77pts						
100m	2A	D Ebanks	13.5	3B	M Dutton	13.2
200m	3A	D Ebanks	29.0	1B	S Pullen	26.9
400m	2A	S Pullen	56.7			
800m	1A	S Pullen	2.14.2			
1500m	3A	J Cochrane	5.02.3			
Highjump	3A	C Ennis	1.20			
Longjump	4A	D Ebanks	4.46	4B	C Ennis	3.74
Triplejump	4A	C Ennis	8.41			
Shot	2A	J Cronin	11.15			
Javelin	1A	J Cronin	43.34			
4 x 100 relay	2A		51.8			
Under 13 Boys – 2 nd with 81 pts						
100m	2A	J Ebanks	14.3	1B	J Mckeown-Tofts	15.4
	N/S	J Richards	15.4			
200m	1A	J Ebanks	29.0	2B	B Mckeown-Tofts	34.0
	N/S	J Mckeown-Tofts	33.2			
800m	1A	H Cotton	2.35.6	2B	J Mckeown-Tofts	2.56.2
	N/S	B Mckeown-Tofts	3.08.8	N/S	L Byford	3.09.6
Hurdles	3A	Cotton	14.6	2B	B Mckeown-Tofts	17.7
Longjump	2A	J Ebanks	4.17	2B	J Richards	3.68
Discus	1A	W Cox	17.09			
Javelin	2A	W Cox	20.34			
4 x 100	2		60.7			
Under 11 Boys						
80m	1 st	L Ebanks	12.2			

Senior Ladies - 4th with 101pts

100m	5A	R Pellika	14.6	6B	C Cox	16.6			
200m	5A	L Hodge	31.8	3B	H Cox	29.4			
	N/S	C Cox	34.4						
300m (U17)	3A	L Bass	44.9	4B	H Cox	47.3			
400m	3A	L Hodge	67.6	3B	F Tournant	69.4			
800m	4A	K Parker	2.35.3	2B	H Mio	2.52.3			
	N/S	C Blin (Guest)	2.19.7						
Hurdles (U17)	3A	LBass	13.3						
100m Hurdles	3A	K Motley	17.3						
Highjump	3A	M Smith	1.50						
Longjump	2A	L Sammout	4.95	4B	K Parker	3.12			
Triplejump	3A	L Sammout	10.89	2B	K Motley	9.36			
	N/S	M Smith	10.13						
Shot	6A	H Sayer	8.10	5B	A Bramford	5.22			
Discus	5A	H Sayer	20.09	5A	K Parker	14.79			
	N/S	A Shatcloth	12.48						
Javelin	4A	M Smith	20.38	3B	L Hodge	15.92			
	N/S	H Cox	11.04						
Hammer	N/S	H Sayer	35.??						
4 x 100	5A		57.4						
Under 15 Girls – 3 rd with 89pts									
100m	5A	E Cave	14.1	3B	L Millichap	15.2			
	N/S	L Gillie-visser	14.5	N/S	S Baxter	15.0			
200m	4A	C Asztalos	29.8	3B	M Turner	31.7			
800m	3A	M Turner	2.46.2						
Hurdles	2A	C Asztalos	12.1	1B	E Cave	12.9			
Highjump	5A	R Davidson	1.20	3B	L Gillie-Visser	1.10			
Longjump	4A	C Asztalos	4.31	4B	L Millichap	3.26			
Shot	6A	M Turner	5.01	2B	S Baxter	4.60			
Discus	2A	R Davidson	15.41	1B	L Gillie-visser	13.60			
Javelin	2A	L Millichap	18.98	2B	R Davidson	13.16			
	N/S	S Baxter	10.00						
4 x 100	3A		56.9						
Under 13 Girls - 5 th with 33 pts									
100m	6A	V Pellikka	15.7						
200m	4A	K Bass	32.1						
1500m	1A	H Parker	5.36.6						
Hurdles	4A	K Bass	12.7						
Longjump	5A	K Bass	3.56	4B	V Pellikka	3.56			
Discus	3A	H Parker	11.81						
Javelin	4A	H Parker	9.12						
Under 11 Girls									
80m	4 th	A Pettit	12.8						
600m	7 th	A Pettit	2.27.9						
UKA U20/U23 Championships – Bedford June 22st/22nd									
U23 Men 800m	4 th	E Aston	1.53.17						
U20 Mens 400m	7 th	R Oppong-Konadu	50.12						
U20 Womens 800m	4 th	L Dowsett	2.12.09		(in ht 2.10.10)				
Southern mens League – Stevenage June 28th									
1 st C&C	124, 2 nd	Hercules Wimbledon	121, 3 rd	Bexley	111, 4 th	Herts Phoenix	90, 5 th	Royal Navy	85
100m	2A	C Morter	11.6	3B	J Godden	12.1			
200m	2A	C Morter	23.1	1B	R Oppong-Konadu	23.3			
400m	1A	E Aston	49.0	1B	G Baker	51.6			
800m	4A	W Mycroft	2.07.0	1B	O Francis	2.07.2			
1500m	3A	M Bell	4.28.4	2B	N Burch	4.29.3			
5000m	5A	J Kazer	20.06.4	4B	A Howard	21.57.8			

3000m S/C	4A	J Kazer	12.22.8	1B	T Brennand	13.44.9
110 Hdls	4A	J Huddleston	18.7	3B	T Brennand	20.7
400 hdls	3A	J Huddleston	61.7	2B	T Brennand	66.1
4 x 100 relay	4A	Godden, Morter, Whittaker, Richards				45.7
4 x 400 relay	2A	Aston, Mycroft, Huddleston, Francis				3.29.2
Pole vault	1A	A Boyce	3.60	2B	J Brennand	2.80
	N/S	A Taylor	2.60			
Highjump	5A	A Taylor	1.70	1B	S Whittaker	1.65
Longjump	3A	S Richards	6.07	B	S Whittaker	3NJ
Triplejump3A	S Whittaker	12.28		2B	S Richards	11.31
Shot	4A	G Parsons	10.97	1B	A Lee	9.99
Discus	3A	G Parsons	35.27	2B	A Lee	29.04
Hammer	1A	A Lee	42.01	1B	G Parsons	39.66
Javelin	3A	A Taylor	37.03	2B	A Morter	36.52

Southern Womens League – June 28th at Ipswich

7th with 90 pts

400m Hdls	3A	S Rogan	81.2			
100m	4A	S Rogan	13.6			
200m	1A	I Asztalos	25.6			
1500m	2A	J Lasenby	5.27.8	1B	R Roberts	6.05.6
3000m	1A	J Lasenby	11.12.2	2B	R Roberts	12.58.9
shot	3A	L Sammout	9.03			
Discus	4A	L Sammout	25.63	2B	R Roberts	15.67
Hammer	5A	R Roberts	19.77			

National Junior League – June 29th at Cambridge

Team Cambridgeshire 6th – overall now 7th

Mens 200m				8B	D Davies	25.1
Mens 1500m				4B	W Mycroft	4.24.1
Mens Highjump				3B	B Kelk	1.75
Mens Longjump	6A	S Richards	6.12	5B	S Whittaker	5.90
Mens Triplejump	5A	S Whittaker	12.28	6B	S Richards	11.07
Womens 400m	4A	L Dowsett	59.6			
Womens 800m	6A	E Kier	2.22.2	6B	K Parker	2.34.0
Womens 1500m	5A	E Kier	5.00.5			
Womens 100Hdls	2A	K Motley	15.4			
Womens S/C	6A	K Parker	6.51.3			
Womens Discus				1B	A Forster	26.18
Womens Hammer				1B	A Forster	33.61
Womens Shot	3A	A Forster	11.10			
Womens Highjump				1B	Z Kier	1.55

Eastern Young athletes league at St Albans – June 22nd

C&C 3rd with 555 points – now 12th in the league

Full results not available at time of printing – will follow in the next newsletter

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)

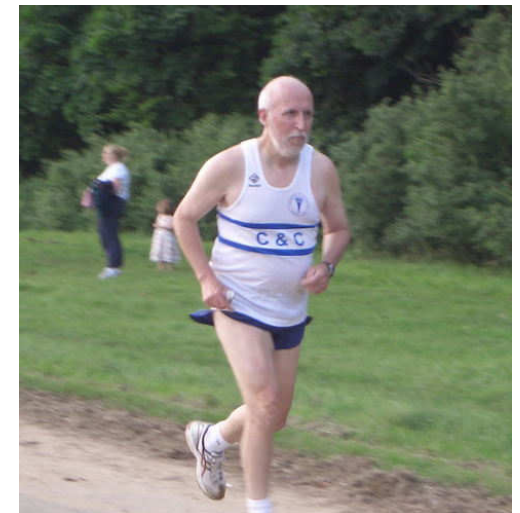


It can't be that funny ladies?

The mass start on the heath – James and Tom already in front



The Chairman in action at Newmarket



Multievents championships

The Eastern Counties Multievents championships will be held on the weekend of September 27/28th at Bedford and will include the South of England championships and the Cambridgeshire championships. This year Decathlons and pentathlons will be included.

Award of the C&C T&F champion trophies in each age-group at the AGM will be based primarily on the Multievents results. Entry forms are available from www.englandathletics.org/east.

Cambridgeshire AA give medals for first three in each age-group and so do and the Eastern AA. C&C athletes should enter Cambs AA, EAA and SEAA championships – only one fee for all three. C&C will also award medals to the first 3 C&C athletes in each age-group in the championships.

Decathlon	Under 20 Men and Senior Men		
Octathlon	Men Under 17	Pentathlon	Boys Under 15
Heptathlons	Senior Women, Under 20 Women, Under 17 Women		
Pentathlon	Girls Under 15		
Minithon	Girls Under 13 and Boys Under 13 One Throw, one Jump and one Track Event		

Entry Fees: £5.00 Minithons £7.00 Pentathlons £10 Heptathlon/Octathlon £12
Decathlon

Entry forms: With the correct Entry Fee, should be returned by Wed 10th September 2008 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 an acknowledgement and/or timetable is required (recommended).