Cambridge & Coleridge **Athletics** Club

President - B J Wallman

Newsletter



www.cambridgeandcoleridge.org.uk

Summer 2009

Chairman - N Costello

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

| July 1 st evening | Eastern vets league | Veterans | TBC |
|--------------------------------|---------------------------------------|------------------|-----------------|
| July 11 th | Southern Mens League | Males 15+ | Guildford |
| July 12 th | Eastern Young Athletes Lge | All under 17 | Chelmsford |
| July 19 th | East Anglian league | All | Cambridge |
| July 25 th | Southern Women's League | All Females | Cambridge |
| July 26 th | National Junior League (Cambs clubs t | team) U20's | Blackheath |
| August 1 st | Southern Mens League | Males 15+ | Basingstoke |
| August 2 nd | East Anglian League | All | Braintree |
| August 5 th evening | Eastern Vets league | Veterans | TBC |
| August 6 th | Kevin Henry 5k league | Newmarket | All over 16 |
| August 16 th | Eastern Young Athletes Lge | All under 17 | Cambridge |
| August 16 th | National Junior League (Cambs clubs t | team) U20's | Lee Valley |
| Sept 3 rd | Kevin Henry 5k league | Cambridge | All over 16 |
| Sept 5 th | Southern Women's League | All Females | West London |
| Sept 13 th | Eastern Young Athletes Final | Qualifying clubs | Chelmsford/ |
| Sept 19 th | Round Norfolk Relay | Kings Lynn | All over 17 |
| Sept 20 th | East Anglian league Final | All | Bury St Edmunds |

Year 2009 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. £45 for wage earners and £35 for non-earners. (Reminders enclosed where appropriate)

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

Chairman's chatter

Chairman's chatter Quite a lot has happened outside competition and individual member's achievements since the Easter newsletter. The club is now a CASC (Community Amateur Sports Club) which means it has charitable status. We had to convince the Charity Commissioners that we met their requirements and their approval has now been given. This has implications for our governance and our tax position. Committee members are now formally trustees of the club and have registered their details with the commissioners. The club constitution has also been deposited with the commissioners and meets their approval. We are required to follow approved procedures for audit and presentation of accounts and this should give members, and organisations from whom we apply for funding, confidence that we are a well run organisation. It may be possible to 'gift-aid' subscriptions and we are looking in to that. If it is, it means we will be able to claim back the tax you pay on the money you have used to pay your subs which will increase our subscription income by up to 20%. This might not be possible but if it is, it's obviously worth pursuing. obviously worth pursuing.

C&C is also the main driver behind a bid to set up an athletics network in 'Greater Cambridge'. Athletics networks are a new idea from the national governing body, Cambridge'. Athletics networks are a new idea from the national governing body, England Athletics (details are available on the England Athletics web site http://www.englandathletics.org/ under 'clubs'), and are intended to focus resources in areas where there will be real benefit to the sport. Our bid was successful (one of 20 throughout the country) and we are likely to receive over £100,000 over three years to improve support and facilities in the area. The funding is dependent on submission of a plan with clear performance indicators and I received an indication this morning that the plan we've submitted is likely to be approved. We'll be holding a meeting for coaches later in July to explain what will be happening but for the time being I thought it would be helpful to let you know the objectives we've set for the network:

1. To improve standards of coaching and increase the numbers of coaches available

 To provide support services for coaches and athletes comparable to those in the best facilities world wide
 To provide athlete development pathways for all athletes whatever their standard and to increase participation in athletics at all levels
 To operate with a commitment to equal opportunities for all people who wish to take part in amateur athletics without discrimination on the basis of gender, ethnicity, religion, sexual orientation or any other irrelevant distinction and to provide support and facilities for people with disabilities distinction and to provide support and facilities for people with disabilities in every way it can within its means

They're ambitious objectives but if you don't try, you'll never succeed! If you would like a copy of the bid document or other information, please get in touch with me via <u>info@cambridgeandcoleridge.org.uk</u>.

As you'll have noticed, the University is now putting up flood lights at the track. About time too, you might say, but whingeing not allowed! The University is investing substantial sums in the flood lights and we're likely to be the greatest beneficiaries. We will be adjusting winter training venues to take account of the flood lights and will circulate details later. We'll need to pay for the electricity the flood lights use (expected to be around £15 per hour) which would make 'gift aid' a real bonus if we can get it.

Lastly, we want to make sure there are no strangers wandering around on young athletes evenings. It's a sad reflection of our times that this is necessary but we don't want to take risks. Coaches and other club officials challenge people they don't recognise but this isn't easy and can be embarrassing. Obviously parents and carers are very welcome at the track and we're keen they're able to watch the things going on, but not all parents and carers are known to coaches and officials. To resolve this problem we are devising a badge system, rather like the ones which exist in lots of public buildings, so that anyone who wants to watch the young athletes will be recognised. We haven't got the system up and running yet, but it will be soon, and we'd appreciate it, if parents or carers, who want to go out onto the track, could pick up a badge from the reception desk so that they won't have the embarrassment of being challenged and coaches and officials will be able to see that they are club people. Thanks. Neil

Best wishes for the rest of the season.

Track and Field leagues

Turn out in the leagues has been a little better in the younger age-groups so far this year, (but it could improve further), and it has been poorer in the Senior leagues.

We need you to support your club's teams – gaps in the team are wasted points and lost matches. All athletes competing in scoring events get points for the team.

All eligible athletes for the Eastern Young athletes league have been given/sent letters with details of the remaining EYAL matches, and a reply slip.

Please complete the reply slip and send it back so that 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, and in the T&F competition handbook which was circulated with the spring newsletter, so you have all the dates.

The team managers are different for the two leagues involving young athletes so please ensure that you contact the correct one.

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 12th, August 16th (Cambridge) and the league final on 13th September

East Anglian league – All ages – Under 13's up to Seniors – July 19th (Cambridge), August 2nd and the league final on Sept 20th.

Southern Womens league – Under 15, U17 and Senior females – July25th (Cambridge), Sept 5th. Southern Mens league – Males aged 16 upwards – Senior competition – July 11th and August 1st.

Cambridgeshire AA Open Development meeting – July 22nd 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 22nd, there is also a County Championship event - 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 £2.00 per event

19.00: Sprint Hurdles (Under 13's up to U17's), 19.30: 100m (All ages, graded races), 20.05: The Cambridgeshire mile all ages (county championship event for Under 17's up to Seniors), 20.25 200m (All ages, graded races),

19.00; Javelin (Under 13's up to Seniors), 19.30; Polevault (the bar will start at 2.10m), 20.00; Longjump (Under 13's up to Seniors).

Under 11's events -19.00: Longjump, 19.25: 150m, 19.55: 600m

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 seven of the team trophies. Senior Men, Under 15 Boys, Under 13 Boys, Senior Women, Under 17 Women, Under 15 Girls, Under 13 Girls. The other two trophies were won by PAC and NVH. The event was well contested again this year, and it equalled the largest entry in recent years (550 athletes). Kings School Peterborough retained the schools trophy yet again. This year the championship again 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

We had a good start to the season, winning the first matrch at home against some strong clubs.We didn't fare as well in the next two matches due to a shortage (or almost complete lack of) track athletes and finished 4^{th} in both matches That left us in 13^{th} place in Div 2 (with 25 clubs). Turn out was a bit better in the fourth match and we finished 2^{nd} and moved back up to 10^{th} in the table. But we still had to "fill in" some track events and use throwers and polevaulters in the relay. Its not clear why the turn-out on track has been so poor – exams etc have contributed – but its not fair to expect the field event athletes, and the track athletes who do attend, to have to fill in all the other events to pick up points.

Southern Women's League

This year we found ourselves promoted unexpectedly into the Mixed Division 1 with a lot more travel - not ideal. That was because some teams had moved across to the Seniors only Divisions. The turn-out at the first two matches was very low and the team are comfortably bottom of the Division. Due to clashes of fixtures and unavailability of athletes and officials we have had to withdraw our team from the 3rd match at Abingdon, but we have a home match next and should do better at that one.

The team will certainly be relegated to Div 2 N for next year (if that still exists) but if the team is not better supported for the remaining two fixtures we may have to re-consider if we should compete in that league at all. If we didn't, that would leave only the EAL for the Women, which does not feature all track events and has only 3 trials in field events.

Eastern Veterans League

Both the mens and womens teams have as usual been unable to fill all the events at the first two matches this year, and as a result currently both teams are in 10th place. However more athletes are now taking part and that bodes well for the future. This year we were put in the South eastern group with Southend, Loughton and Chelmsford, so there is a lot of distance to travel.

East Anglian league

A good start in the first match at Peterborough, finishing in 2^{nd} place overall. In the 2^{nd} match at Colchester turn out was reasonable and we managed to come 1^{st} overall in the match and also won

the mens and Under 17 mens sections. The 3rd match is at home in July so we should do well in that one, and the 4th is at Braintree in Early August. At present all the agegroups except the under 13 girls and under 15 girls are in the top 8 and in contention for places in the league final. The under 15 girls are quite close to the top 8 and in with a good chance, and the U13 Girls could still get in if there is a bigger turnout of willing athletes.

Eastern Young Athletes league

An excellent start to the season with 2nd place in the first fixture at home and a good score and 4th place at Ipswich, and just before this newsletter a very good 3rd place with a good score at Peterborough. The team is currently 8th and has a good chance to reach the Plate final (teams 7-12) in September if the scores are good at the next two fixtures. All the results are in the results section. The team is performing much nearer to its real potential this year.

Qualifiers for the National Schools Championships

This year the Cambridgeshire is again in in the lowest size category and can take 25 competitors. The following C&C athletes have been selected to compete for Cambridgeshire Schools at the English Schools Championships (36% of the team)

| English Senools Ci | | or the team, |
|--------------------|-----------------|--------------|
| U15 Girls | Ella Cave | 75m Hurdles |
| U15 Boys | David October | 80m Hurdles |
| U17 Men | Ben Kelk | 400m hurdles |
| U20 Women | Laura Bass | 400m hurdles |
| U17 Men | Martin Lawrence | Shot |
| U17 Women | Hayley Sayer | Hammer |
| U17 Women | Lauren Sammout | Discus |
| U20 Men | Chris Morter | 200m |
| U20 Women | Roseanne Mackay | Triplejump |
| | | |

Already there are several new club records this season

| Athletes who have | broken club age-group records include | |
|-------------------|---------------------------------------|---------|
| Ed Aston | Sen mens 800m | 1.48.22 |
| Ben Kelk | U17 mens 400m Hurdles | 56.7 |
| Lucy Dowsett | Senior Womens 800m | 2.07.26 |
| Lucy Dowsett | U20 Womens 400m | 56.65 |
| Laura Bass | U20 Womens 400m Hurdles | 65.69 |
| Hayley Sayer | U17 Womens Hammer | 40.81 |
| Lucy Parker | U11 Girls 600m | 2.01.3 |

Fixtures for 2009 Outdoor Road

| Noau | | | |
|---|----------------------------|----------------|-------------|
| July 12 th | Bushfield 10k | Peterborough | Seniors |
| July 12 th | Marham 10m | Marham | Seniors |
| July 15 th | Peterborough 5k grand prix | Stamford | All over 16 |
| July 19 th | Dairy Crest 10k | St Ives | Seniors |
| July 26 th | Harlow 10k | Harlow | Seniors |
| July 26 th | March Spud Run 5 mile | March | Seniors |
| July 29 th | Peterborough 5k grand prix | Werrington | All over 16 |
| August 2 nd | Wellingborough 5 | Wellingborough | All over 16 |
| August 6 ^m | Kevin Henry 5k league | Newmarket | All over 16 |
| August 7 th | Wibbly Wobbly Log Jog 5m | Brandon | Seniors |
| August 9 th | Wandlebury XC 5 | Wandlebury | All over 16 |
| August 16 th | Thorney 5 mile | Thorney | Seniors |
| Aug 19 th | Isle of Man marathon | IOM | Seniors |
| August 30 th Sept 3 rd | Ipswich half marathon | Ipswich | Seniors |
| Sept 3 rd | Kevin Henry 5k league | Ċambridge | All over 16 |
| September 6 th | Littleport 10k | Littleport | All over 16 |
| | | | |

| Sept 6 th | Wissey Half Marathon | Oxborough | Seniors |
|---|----------------------------------|----------------|----------------|
| Sept 13 th | Bedford Harriers 10k | Bedford | All over 16 |
| Sept 13 th | Grunty Fen Half Marathon | Ely | Seniors |
| Sept 19 th | Round Norfolk Relay | Kings Lynn | All over 17 |
| Sept 19 th /20 th | SEAA Fell running championships | Ventnor (IOW) | Seniors |
| Sept 20 th | Berlin Marathon | Berlin | Seniors |
| Sept 27 th | New Forest marathon | Hampshire | Seniors |
| Sept 27 th | Cambridge 10k series | Cambridge | All over 16 |
| Sept 27 th | Saffron Walden 10k | Saffron Walden | All over 16 |
| Sept 27 th | Harvest trail 10 | Royston | All over 16 |
| Oct 4 th | Loch ness marathon | Inverness | Seniors |
| Oct 4 th | Abington 10k | Gt Abington | All over 16 |
| Oct 4 th | Standalone 10k | Letchworth | Seniors |
| Oct 11 th | Great Eastern Run(Half Marathon) | Peterborough | Seniors |
| Oct 25 th | Fenland 10 mile | Wisbech | Seniors |
| Oct 26 th | Dublin anniversary marathon | Dublin | Seniors |
| Nov 1 st | Dovedale dash | Dovedale | Seniors |
| Nov 15 th | St Neots Half Marathon | St Neots | Seniors |
| Nov 29 th | Norwich half Marathon | Norwich | Seniors |
| Dec 26 th | Club Boxing day 4 mile | All | Fen Causeway |
| Dec 31 st | Ely New Years Eve 10k | All over 16 | Little Downham |
| | | | |

For a more extensive list please refer to the Endurance website http://ccac.aci-net.co.uk

Outdoor T&F

| Outdoor rear | | | |
|---|--|------------------|-----------------|
| July 1 st evening | Eastern vets league | Veterans | TBC |
| July 4/5 th | BMAF T&F Championships | Veterans | Birmingham |
| July 5 th | ECAA Championships | All | Cambridge |
| July 10 th /11 th | English Schools | Qual | Sheffield |
| July 11 th | Southern Mens League | Males 15+ | Guildford |
| July 11-12 th | UKA Senior Championships | Seniors | Birmingham |
| July 12 th | Eastern Young Athletes Lge | All under 17 | Chelmsford |
| July 19 th | East Anglian league | All | Cambridge |
| July 25 th | Southern Women's League | All Females | Cambridge |
| July 26 th | National Junior League (Cambs clubs to | eam) U20's | Blackheath |
| August 1 st | Southern Mens League | Males 15+ | Basingstoke |
| August 2 nd | East Anglian League | All | Braintree |
| | Eastern Vets league | Veterans | TBC |
| August 8/9 th | AAA U15/U17 Championships | U15's/U17's | Bedford |
| August 15/16 th | AAA U15/U17 combined events | U15's/U17's | Birmingham |
| August 16 th | Eastern Young Athletes Lge | All under 17 | Cambridge |
| August 16 th | National Junior League (Cambs clubs to | eam) U20's | Lee Valley |
| August 23 rd | ECAA Hibberd Trophy | County Select | Ipswich |
| August 30 th | SEAA Intercounties U15/U20 | County select | Watford? |
| Sept 5 th | Southern Women's League | All Females | West London |
| Sept 13 th | Eastern vets league final | Qualifying clubs | TBC |
| Sept 13 th | Eastern Young Athletes Final | Qualifying clubs | Chelmsford/ |
| Sept 20 th | East Anglian league Final | All | Bury St Edmunds |
| Sept 26/27 th | ECAA Mulitevents | All | Bedford |
| | | | |

Useful telephone numbers for 2009

B J Wallman - President01223 893013Neil Costello - Chairman01223 524428Noel MossMen's T&F teams, and newsletter01223 833470

| Matt Witt | Officials coordinator | 01638 742088 |
|---------------------|---|------------------------------|
| Martin Crabb | Young Athletes Team coordinator | 01954 203187 |
| Sonia Cox | Welfare | 01223 264889 |
| Carl Woolf | Ladies (SWL) and East Anglian league U15 Gi | irls 01223 881075 |
| James Brennand | Coaching Secretary | 01223 249410 |
| Adam Poole | Road running | 07932 622892 |
| John Kazer | Cross Country | 07900 897125 |
| Carole Morris | Veterans T&F team manager | 01638 742024 |
| Chris Flood | Treasurer | 01223 319549 |
| Useful E-Mail and | d website addresses | |
| C&C Club Websit | e <u>www.c</u> | ambridgeandcoleridge.org.uk |
| E-mails about C& | C membership and other admin issues <u>info@c</u> | cambridgeandcoleridge.org.uk |
| Amendments/item | s for website webmaster@ca | ambridgeandcoleridge.org.uk |
| | -mail information group, e-mail your request to | johnkazer@hotmail.com |
| | for your results and articles to publish) | noelmoss@btinternet.com |
| C&C Endurance ru | inning website | http://ccac.aci-net.co.uk |
| Cambridgeshire A | A website | www.cambsaa.org.uk |
| UKA website | | www.ukathletics.net |
| | ase (you may be in it) | www.thepowerof10.info |
| England athletics v | website | www.englandathletics.org |
| SEAA website | | www.seaa.org.uk |
| Living Sport Camb | | www.livingsport.co.uk |
| | noes by internet or mail order | www.bournesports.com |
| Athletics equipment | nt (Stadia Sports online) | www.clicksports.co.uk |

Possible new Cross-country league for autumn/winter 2009/10

There is discussion between clubs in Cambridgeshire to start a "proper cross-country" series of races this autumn/winter. Provided that an organising committee can be established, the proposal is for a series of three competitions covering all ages (Under 11's to Seniors) which will be in addition to the County Championships, and which are held on courses which can be run in spikes.

These will probably be on Saturdays and on dates which do not clash with other things such as the Frostbite league. There will be team awards at the end of the series

The idea is to have short/sharp meetings lasting not more than 2 hours with races combined to give reasonable sized fields eg.

| Under 11 Boys and Girls | ca 2k | |
|---|-------|--|
| Under 13 Boys and Girls | ca 3k | |
| Under 15 Boys and Under 17 Men | ca 5k | |
| Under 15 Girls and Under 17 Women | ca 4k | |
| Under 20/Senior Men and Under 20/Senior Women | ca 7k | |

Proposed dates are 31st October at Crowland Nr Peterborough, 19th Dec near Cambridge, and 14th Feb near Peterborough

Watch out for more details on the website or by e-mail and in the next newsletter.

We need athletes and coaches to actively support the initiative if it is to be a success and continue. Cross country isn't limited to distance runners - it is good winter stamina training for all track and field athletes as well.

ROAD RUNNING BITS

Road running continues to flourish in the club with excellent participation in races, and good organisation by the Endurance Portfolio Group led by Adam Poole.

Touring and Enduring During Turing

Turing Relay 15.3.09 by Alex Downie

Traditionally (ie both years since its inception), this event has been held in extreme weather conditions, eg Fen Blows and near –hurricane winds, rain, mud etc. This year was no exception, and

we encountered extreme weather again, - extremely nice weather.

'Le soleil brillait, les oiseaux chantaint, et le ciel etait tres bleu' {thus began all the writing I did in French at school.} But indeed, the sun shone out of a brilliantly blue sky, I think I heard a bird or two, and the Fens were looking the best I remember them.

Everyone ran effectively, everyone was where they should have been when they should have been, and history will record that the C+C Ladies triumphed again [for the second time out of the three years], and that the old guys in the MV50 team were also victorious [making it a clean sweep in all 3 years.] Furthermore, the fast fast team came third overall and there were individual stage wins for Dave Pell and Ben Baldelli.

The race, to commemorate the late great Alan Turing, famous for WW2 codebreaking, and founding computer science in the UK, and who ran the river Cam footpaths in training for his marathon exploits, is organised in 6 stages, starting and finishing in Ely, using both banks of the Cam. It is a well-conceived, well-run, fun event.

But, oh dear, can the collective wit and wisdom of C+C not come up with more imaginative/more appropriate team names? Are we really that alphabet-loving that we cannot get beyond C+C A,B,C, and D! And can we not give some consideration to more contextually relevant/vaguely amusing relay team names for all our competitions in the future? Here are a few to stimulate debate..... *6 Go Mad Along The River

*The Megabytes

*The Parallelograms or even parallelogramists [which is fairly unpronounceable, and almost certainly not a word!]

*The Enigmas or Enigmatics [which is a word.]

*Parallel Lines

*Fermat's Fast Theorem [if you don't know the intriguing, and possibly even romantic mathematical story of Fermat's Last Theorem, it's worth finding out about it.]

*Fibonacci's Golden Ratio [This ratio is derived from a number sequence, and is said to be repeated in nature, and in aesthetic appreciation of proportion, extending even unto athletes' bodies!] *The Cracking Codebreakers

*The Bletchley Park Blasters

....and finally one I can't resist for its insistent rhythm and cheeky insouciance....

*The Tow Path Toe Rags.

This is all water under the bridge, so to speak, at least until next year. Looking to the future, there is the unconfined delight that is the Round Norfolk Relay.

*17 Girls Go Mad in Norfolk

*Is this Normal for Norfolk?

....and then the Hereward Relay.....? Alex Downie



Pictures – The Tour of the the Derwent Valley

Cambourne 10k/Cambridge Festival of running

Our congratulations must go to Neil Costello and the Endurance running group for staging such a successful inaugural Cambridge Cambourne 10k race on 5th April.

These events take a huge amount of organising and with the support of Advanced Performance and sponsorship from various sources, a very successful and professional event took place thanks to the determination of your Club Chairman and the Endurance Group.

The procedes of the race contributed to various charitable organisations and of course the C&C trust fund also benefited.

The event was also linked to a training day at Fitzwilliam college as part of the Cambridge Festival of running.

The entries had to be closed well before the published closing date because of the huge demand. The club runners then did their bit with 29 competing and C&C runners in 1st and 2nd spots. 822 athletes completed the race. The success this year will ensure that the race attracts quality fields in future years.

Kevin Henry 5k Road League

What a superb evening for C&C at the first race at Saffron Walden in early June, with easily the strongest team we've put out in recent years. Individual results are in the results section, but our top placings went to Mike Salt, third, and Jemma Clarry, second, and we had seven of the top twelve men and five of the top twelve women. Our men's team finished clear winners, but the impressive Saffron Striders women's team edged our girls into second place. Because all runners now score points, the large number of Saffron Striders runners just swung the female result.



Picture - At the start in Saffron Walden

Results, Results, Results

| CROCC | | | | | | | | | |
|-------------------------------------|---|----------------------------|-------------------|-------------------------|-------------------|-----------|---------------------|---------|--|
| | COUNTRY | | | | | | | | |
| | Schools XC Cham | | | 10.15 | | | | | |
| Junior Gi | | E Cave | | 12.47 | e e eth | | | | |
| Inter Girl | | A Dow | | 18.42 | 225 th | R Carter | | 19.26 | |
| Senior Gi | d. | | 18 | 21.52 | e o eth | | | | |
| Junior Bo | | A Tapley | | 17.03 | 295 th | G Kendal | I | 18.02 | |
| Senior Bo | | | | 25.46 | | | | | |
| | have missed some | | | | | | | | |
| | unners Cross cou | | x – March | | | | | | |
| U11 Girl. | | A Pettitt | | 9:15 | | | | | |
| Vet 40 M | en - 6.5 km, 4 th | D Pettitt | | 24:10 | | | | | |
| ROADA | ROAD AND MULTI_TERRAIN | | | | | | | | |
| Silversto | ne Half Maratho | n – March 15 th | | | | | | | |
| 3 rd | W Clarke | | 69.56 | | | | | | |
| 0 | ddy Marvel 5 (5.) | 27 miles) Marc | | | | | | | |
| 2^{nd} | N Beer | 27 miles) ware | 29:06 | 3 rd | T Vicker | v | | 29:11 | |
| 9 th | A Pritchard | | 31:53 | 13 th | A Aldrid | | | 33:01 | |
| ⁹ 1 st W55 | D Braverman | | 44:43 | 15 | A Aluriu | ge | | 55.01 | |
| | 20 – March 15 th - | 20 mile | 44.45 | | | | | | |
| 341 st | P Allen | <u>- 20 mile</u> | 2.58.47 | | | | | | |
| | od Half Maratho | Moreh 15 th | | | | | | | |
| 38 th | A Shields | II – March 15 | 1.25.55 | | | | | | |
| | f Marathon – Ma | roh 15th | 1.23.33 | | | | | | |
| 1045 th | M Simmons | F | 1.35.18 | 2271 st | R Robert | c | F | 1.45.07 | |
| 5780 th | H McKay | Г | 2.06.55 | 7043 rd | I McKay | 8 | Г | 2.14.23 | |
| | - round the lakes | 20 mile 21 st | | 7045 | Тискау | | | 2.14.23 | |
| 150 th | D Mail | s 20 mile – 21 | 2.52.21 | 169 th | V Commo | lson-Dean | F | 2.56.20 | |
| | mile 22 nd March | | 2.32.21 | 109 | K Samue | ison-Dean | г | 2.30.20 | |
| 461 st | K Samuelson-De | | 2.54.46 | 588 th | C Cooke | | | 3.04.16 | |
| | | | 2.34.40 | 200 | C COOKE | | | 5.04.10 | |
| 44 th | Half Marathon – A Poole | March 22 | 1.25.40 | | | | | | |
| | | aand | 1.23.40 | | | | | | |
| 841 st | arathon – March O Seger | <u> </u> | 3.15.35 | | | | | | |
| | l Park 5k time tri | al Manak 204 | | | | | | | |
| 1 st F | K Samuelson-De | | <u>n</u> 22.20 | | | | | | |
| | ket Striders Joe (| | | nah 20th | | | | | |
| 3 rd | B Baldelli | 1 st M40 | 1:15:00 | 24 th | S Brighty | voll | | 1:24:51 | |
| 104 th | | 1 10140 | 1:37:11 | 128 th | B Corbet | | | 1:41:08 | |
| 249 th | T Long | W55 | 1:54:28 | 120 | B Corber | ι | | 1.41.06 | |
| | D Braverman | | 1:54:28 | | | | | | |
| 18 th | 10k - March 29 th L Stone | 1 st M50 | 38.25 | 128 th | E Alexan | | 2 nd W45 | 48.30 | |
| 18 144 th | | 1 1/150 | | 128 | E Alexan | der | 2 W43 | 48.30 | |
| | A Baldock | a. | 49.12 | | | | | | |
| 5 th | mile - March 29 | <u>un</u> | 57.07 | 22 nd | I.F. | | | 1.01.10 | |
| 5 113 th | M Salt | and Mco | 57:37 | 22 153 rd | J Ferguso | | F | 1:01:16 | |
| | G Smith | 2 nd M60 | 1:11:24 | | E Kreetze | | F | 1:14:12 | |
| 206 th | M Kreetzer | | 1:17:18 | 317 th | R Robert | S | W35 | 1:24:31 | |
| | v Half marathon | | 1 24 22 | | | | | | |
| 494 th | K Samuelson De | | 1.34.33 | | | | | | |
| | <u>rne 10k – April 5^t</u> | _ | 24.04 | and | NO | | | 24.20 | |
| 1 st | N Beer | | 34:04 | 2 nd | N Carroll | | | 34:30 | |
| 4 th | G Weller | | 34:50 | 8 th | J Bowste | | | 36.09 | |
| 9 th | C Pyle | | 36:13 | 12 th | A Pritcha | | | 36:56 | |
| 23 rd | G Cinque | | 39:19 | 28 th | T Johnso | n | | 39:42 | |
| 30 th | S Brightwell | | 39:55 | 31 st | S Bowen | | | 40:09 | |
| | | | | | | | | | |

| 34 th | J Morley | | 40:38 | 36 th | B Blaukopf | | 40:55 |
|--|--|----------------------------|----------------|---------------------|----------------------|----------------------|---------|
| 48^{th} | J D'Alessandro | 3 rd F | 41:35 | 51 st | K Masson | 4 th F | 41:51 |
| 52 nd | J Tucker | | 41:59 | 70^{th} | K Ferrin | 6 th F | 43:11 |
| 77 th | M Kreetzer | | 43:53 | 90 th | B Flood | F | 44:30 |
| 91 st | C Flood | | 44:29 | 107 th | S Redfern | | 45:32 |
| 124 th | P Scofield | | 46:01 | 131 st | C Cooke | | 46:37 |
| 143 rd | | F | 46:59 | 164 th | C Pritchard | F | 47:40 |
| 238 th | S Szymanski | • | 49:43 | 336 th | H McKay | F | 53:26 |
| 399 th | I McKay | | 55:31 | 443 rd | S Costello | F | 57:03 |
| 493 rd | | F | 58:00 | 443 | 5 Costello | 1 | 57.05 |
| 175 | v bluney | • | 20.00 | | | | |
| Oakley 2 | <u>) – April 5th</u> | | | | | | |
| 97 th | K Illum Jordansen | 1 st W40 | 2:27:34 | 199 th | D Mail | | 2:37:38 |
| 200 th | | F | 2:37:41 | 214 th | K Samuelson-Dean | F | 2:39:10 |
| | rathon – 5 th April | | 2.37.41 | 214 | K Sandelson Dean | 1 | 2.37.10 |
| 1740^{th} | S Barr | | 3:08:17 | 4128 th | S Thoday | | 3:24:38 |
| 16325 th | P Allen | | 4:17:00 | 4120 | S Thouay | | 5.24.30 |
| 10525 Dottondo | n Marathon – 5 th Apri | 1 | 4:17:00 | | | | |
| 539 th | | 1 | 2.11.00 | 1142 nd | A Common | F | 2.26.14 |
| | I Badr | | 3:11:00 | | A Goymour | г | 3:26:14 |
| 1914 th | C Clissold | a toth | 3:40:00 | 5346 th | P Shenton | | 4:31:29 |
| Bungay - | Roger Wing Charity 1 | $0K - 10^{-10}$ | April 25.19 | | | | |
| - | B Baldelli | 1 oth | 35.18 | | | | |
| | alf Marathon – April | 12 | 1 25 10 | | | | |
| 48 th | J Raymond | . 10th . | 1.25.19 | | | | |
| | ad Trail race – Cumbr | 1a 18 A | | | | | |
| 131 st 281 st | G Smith 2 nd M60 | | 1.24.35 | | | | |
| | K Samuelson-Dean | | 1.35.13 | | | | |
| Bungay F | Black Dog Marathon- | <u>April 19</u> | 2 52 42 | | | | |
| 125 th | | M45 | 3.53.43 | | | | |
| | <u>10k – April 19th</u> – 851 f | | 24.50 | 0015t | | | 15.00 |
| 9 th | | M40 | 34.50 | 221 st | A Downie | M60 | 45.38 |
| | <u>ge Duathalon – April 1</u> | <u>9th</u> | | | | | |
| 11 th | T Vickery | | 2.02.02 | | | | |
| | <u>Iarathon – April 19th</u> | | | | | | |
| 241 st | J Graggaber | | 3.00.37 | | | | |
| Boston M | arathon April 20 th | | | | | | |
| 9054 th | S Redfern | | 3.36.07 | | | | |
| Three Pe | aks race – Yorkshire 2 | 3.3 miles | | | | | |
| 614 th | A Poole | | 5.50.12 | | | | |
| Antwerp | <u> Marathon – 26th April</u> | 3 rd F | 2 00 17 | | | | |
| 180 th | | | 3.08.17 | 1. 6 1 | | .1 | |
| | Flora London Maratho | | | | | sners | 0.57.10 |
| 302 nd | | 300th M | 2:45:07 | 770 th | John Ferguson | | 2:57:10 |
| 774 th | Joad Raymond | | 2:57:11 | 873 rd | Chris Pyle | eesth - | 2:58:46 |
| 1432 nd | Giulio Cinque | and the s | 3:07:12 | 3195 th | Jalanie D'Alessandro | 327 th F | 3:23:43 |
| 3461 st | Katie Samuelson-Dean | 1 386 th F | 3:25:41 | 4066 th | Meinou Simmons | 496 th F | 3:29:25 |
| 5287 th | Simon Redfern† | | 3:36:58 | 6169 th | Andy Irvine | | 3:41:58 |
| 7506 th | Carmel McEniery | 1202 nd F | 3:48:37 | 8617 th | Maria Brightwell | 1423 rd F | 3:53:36 |
| 9640 th | Lara Kerr | | 3:57:12 | 12054 th | Craig Cooke | | 4:06:57 |
| 25090 th | Phil Garrett | | 4:58:05 | | - | | |
| | Marathon April 26th | | | | | | |
| 578 th | | 27 th F | 3.44.52 | | | | |
| | st Anglia Run – 10k – 1 | Kings Ly | | l | | | |
| 6th | | M35 | 33:46 | 7th | N Carroll | | 33:47 |
| 9th | G Weller | | 33:54 | 11th | B Baldelli | M40 | 34:41 |
| 46th | T Johnson | | 37:55 | 135th | K Ferrin | F | 42:11 |
| | | | 21.00 | | | - | |

| 639h J Pashley F 52:42 100h 101h | 217th | A Herne | | 44:30 | 476th | A Baldock | | 49:50 |
|--|------------------|---------------------------------------|------------------------------|---------------|---------------------|-------------------|-------------------|---------|
| Langtoft 10k — May 3 rd 38.13 Ashdon 10k (10.4k) May 4 th 38.13 Ashdon 10k (10.4k) May 4 th 51 15 th G Cinque 43.41 59 th M DiFranco 51.23 79 th J Schultz F 53.11 Coventry Goldva May day 5 - 5 miles 5 15 th A Pritchard 28.36 110 th C Pritchard F 39.12 4 th K Samuelson-Dean 21.11 Eve 10k - May 10 th 36:03 36:04 38:08 48th S Bowen M55 39:57 70th J Clarry 41:23 72.41 Alenca 44:32 102nd J Evans 43:25 90th G Smith M60 42:54 98th M Kreetzer 43:31 127th Alence 44:32 109th K Kreetzer F 43:37 127th Alence 44:32 109th N Cortello M60 309 Halstead & Essex Marathon - May 10 th 35:53 Halstead & Essex Marathon - May 10 th 35:53 Hale | | | F | | 170th | TI Duldoek | | 17.50 |
| $ \begin{array}{c c c c c c c c c c c c c c c c c c c $ | 00)11 | o i usinoj | • | | | | | |
| Ashdon 10k (10.4k) May 4 th 59 th G Cinque 43.41 59 th M DiFranco 51.23 15 th A Fritchard F 53.11 59 th M DiFranco 51.23 15 th A Fritchard 28.36 110 th C Pritchard F 39.12 Harlow ladies 5k May 5th 21.31 5000 C Pritchard F 39.12 Harlow ladies 5k May 5th 21.31 5000 A Pritchard 500.33 36.03 206th T Johnson 38.08 48th S Bowen M55 39.57 70th J Clarry 41.23 72nd S Thoday 41.55 101st D Mail 43:24 102nd J Evans 43:25 109th E Kreetzer F 43:37 127th A Herne 44:32 128th A Irvine 44:37 132nd K Samuelson-Dean F 44:42 184th D Braverman W55 47.02 24 th K Masson 2 ^{ad} F 310:59 | Langtoft | 10k – May 3 rd | | | | | | |
| | | | | 38.13 | | | | |
| | Ashdon 1 | | | | - oth | | | |
| | | · · · · · · · · · · · · · · · · · · · | - | | 59 ^m | M DiFranco | | 51.23 |
| | | | | 55.11 | | | | |
| | | | <u>5 miles</u> | 28.36 | 110 th | C Pritchard | F | 39.12 |
| | | | | 20.50 | 110 | CTIticitard | 1 | 57.12 |
| 3rd N Carroll 34.49 10th A Pritchard 36:03 26th T Johnson 38:08 48th S Bowen M55 39:57 70th J Clarry 41:23 72nd S Thoday 41:55 90th G Smith M60 42:54 98th M Kreetzer 43:18 101st D Mail 43:24 102nd J Evans 43:25 109th E Kreetzer F 43:37 132nd K Samuelson-Dean F 44:32 128th A Irvine 44:37 132nd K Samuelson-Dean F 49:51 304th N Costello M60 30:92 26 th K Masson 2 nd F 3:10:59 176 th J Tucker 3:5:32 J Halstead & Essex Ultra – May 10 th – 30 mile 2 ^{dd} F 3:10:59 26 th S Redfern 4:3:8.2 I 1:4:4.4.6 S S 28 ^{dh} P Schofield 1.44.4.6 S S S S 30:20 Cambridge Tri club Sk series – May 10 th 2:12:9 S S <td></td> <td></td> <td></td> <td>21.11</td> <td></td> <td></td> <td></td> <td></td> | | | | 21.11 | | | | |
| 26thT Johnson38:0848thS BowenM5539:5770thJ Clarry41:2372ndS Thoday41:5570thJ Clarry43:2498thM Kreetzer43:18101stD Mail43:24102ndJ Evans43:25109thE KreetzerF43:37127thA Herne44:37128thI Irvine44:37132ndK Samuelson-DeanF44:42184thD BravermanW5547:02249thK SempleF49:51304thN CostelloM603:09Hatsead & Essex Marathon – May 10th30:5226thK Masson2nd F3:10:59176 th J Tucker3:55:32Hinkley halfMarathon May 10th-36:55:32Hinkley halfMarathon May 10th3:020306 th P Schofiel1.44:46Sawston fun run – May 10th – 4.8 miles114:4:46Sawston fun run – May 10th – 4.8 miles3:0:2014 th M Spritchard4th17:158thT Johnson8th M18:3514 th G Schwiening1st19:4420 th S Redfern17th21:152 ^{and} A Tapley64.34thJ Tapley7.482 ^{and} A Tapley6th3:30:17YY482 ^{and} A Tapley6th3:30:17YY482 ^{and} A Tapley6th3:30:17YY482 ^{and} A Tapley6th3:30:17< | Eye 10k - | <u>- May 10th</u> | | | | | | |
| 70th J Clarry 41:23 72nd S Thoday 41:55 90th G Smith M60 42:54 98th M Kreetzer 43:18 101st D Mail 43:24 102nd J Evans 43:25 109th E Kreetzer F 43:37 127th A Herne 44:34 128th A Irvine 44:37 132nd K Samuelson-Dean F 44:34 128th D Braverman W55 47:02 249th K Semple F 49:51 304th N Costello M60 3:09 - | 3rd | N Carroll | | 34:49 | 10th | A Pritchard | | 36:03 |
| 90th G Smith M60 42:54 98th M Kreetzer 43:18 101st D Mail 43:24 102nd J Evans 43:25 109th E Kreetzer F 43:37 127th A Herne 44:32 128th A Irvine 44:47 132nd K Samuelson-Dean F 44:42 184th D Braverman W55 47:02 249th K Semple F 49:51 304th N Costello M60 3:09 Hatsead & Essex Marathon – May 10th 244th G Capetti 3:50:52 26th K Masson 2nd F 3:10:59 176 th J Tucker 3:55:32 Hatsead & Essex Ultra – May 10th – 30 mile 555:32 Hatsead & Essex Ultra – May 10th – 30 mile 55:32 Hatsead & Essex Ultra – May 10th – 4.8 miles 30:20 Cambridge Tri club 5k series – May 14th 1:44:46 Sawston fun run – May 10th – 4.8 miles 30:20 Cambridge Tri club 5k series – May 14th 1:44:46 Sawston fun run – May 10th 21:29 Cambridge Tri club 2k series – May 12th 21:29 7:48 2n ^d A Herne 19th 21:29 Sa:51:8 5:53:18 <td< td=""><td>26th</td><td>T Johnson</td><td></td><td>38:08</td><td>48th</td><td>S Bowen</td><td>M55</td><td>39:57</td></td<> | 26th | T Johnson | | 38:08 | 48th | S Bowen | M55 | 39:57 |
| | 70th | J Clarry | | 41:23 | 72nd | S Thoday | | 41:55 |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | 90th | | M60 | | | | | |
| $ \begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | | | | | | |
| 184thD BravermanW5547:02249thK SempleF49:51304thN CostelloM603:093:093:093:093:093:093:093:093:093:095 | | | F | | | | | |
| 304th N Costello M60 3:09 Halstead & Essex Marathon – May 10th 3:09:52 26 th K Masson 2 nd F 3:10:59 76^{th} J Tucker 3:55:32 J J J S< | | | | | | | - | |
| Halstead & Essex Marathon – May 10th 24^{m} G Capeti $3:09:52$ 26^{th} K Masson 2^{nd} F $3:10:59$ 176 th J Tucker $3:55:32$ Halstead & Essex Ultra – May 10^{th} – 30 mile 26^{th} S Redfern $4.38.26$ Hinkley half Marathon May 10^{th} 306^{th} P Schofield $1.44.46$ Sawson fun run – May 10^{th} – 4.8 miles I* W Mycroft 25.15 1^{st} Fem G Schweining 30.20 Cambridge Tri club 5k series – May 14^{th} 4^{th} A Pritchard 4th 17.15 8^{th} T Johnson 8th M $18:35$ Cambridge Tri club 2k series – May 14^{th} Qu' 6.43 4 th J Tapley 7.48 White Peak Marathon – May 10^{th} 2 th F $3:53.18$ Oxford town and Gown $10k$ – May 17^{th} 184 fi Marathon – May 17^{th} 184 fi Marathon – May 17^{th} $1:29.46$ <td< td=""><td></td><td></td><td></td><td></td><td>249th</td><td>K Semple</td><td>F</td><td>49:51</td></td<> | | | | | 249th | K Semple | F | 49:51 |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | | 3:09 | | | | |
| $ \begin{array}{c c c c c c c c c c c c c c c c c c c $ | | | May 10th | 2.00.52 | acth | V Massar | and E | 2.10.50 |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | | · · · · · · · · · · · · · · · · · · · | | | 20 | K Masson | 2 Γ | 5:10:59 |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | 10 th 30 m | | | | | |
| Hinkley half Marathon May 10 th 396^{th} P Schofield $1.44.46$ Sawon fun run – May 10 th – 4.8 miles 1^{st} W Mycroft 25.15 1^{st} FemG Schweining 30.20 Cambridge Tri club Sk series – May 14 th 4^{th} A Pritchard4th $17:15$ 8^{th} T Johnson8th $18:35$ 14^{th} G Schwiening1st F $19:44$ 20^{th} S Redfern $17th$ $21:15$ 22^{ad} A Herne19th $21:29$ Z^{ad} A Tapley 7.48 White Peak Marathon – May 16 th 2^{nd} A Tapley 6.43 4^{th} J Tapley 7.48 White Peak Marathon – May 16 th 46^{th} K Samuelson-Dean 25^{th} F $3.53.18$ S^{th} K Illum Jordansen 2^{nd} F1.29.46 35^{th} K Illum Jordansen 2^{nd} F $1.32.10$ Sth Goole $1.29.46$ 35^{th} K Illum Jordansen 2^{nd} F $1.32.10$ 39^{th} J D'Alessandro 1^{st} W35 $1.34.34$ 50^{th} A Herne $1.36.46$ 2^{nd} A Poole $1.49.54$ 117^{th} M BrightwellF $1.51.46$ Harlow series ladies Sk race May 19 th 5^{th} K Samuelson-DeanF 21.35 Toroff $1.49.54$ 117^{th} M BrightwellF $1.51.46$ Harlow series lad | 26 th | | 10 - 301 | | | | | |
| $ \begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | th | 4.30.20 | | | | |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | | | <u>,</u> | 1 44 46 | | | | |
| $ \begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | 18 miles | 1.77.70 | | | | |
| $\begin{array}{c} \begin{tabular}{ c c c c c c c c c c c c c c c c c c c$ | 1 st | | | 25.15 | 1 st Fem | G Schweining | | 30.20 |
| | | | - May 14 th | | | | | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | 4 th | A Pritchard | 4th M | 17:15 | 8 th | T Johnson | 8th M | 18:35 |
| Cambridge Tri club 2k series – May 14 th 2^{nd} A Tapley 6.43 4^{th} J Tapley 7.48 2^{nd} K Tapley 6.43 4^{th} J Tapley 7.48 46^{th} K Samuelson-Dean 6^{th} $8.36.17$ 7.48 46^{th} K Samuelson-Dean 6^{th} $8.36.17$ 7.48 286^{th} K Samuelson-Dean 25^{th} $8.35.18$ 7.48 286^{th} K Samuelson-Dean 25^{th} $8.53.18$ 7.48 286^{th} K Samuelson-Dean 25^{th} $8.35.18$ 7.48 286^{th} K Samuelson-Dean 25^{th} $8.35.18$ 7.48 23^{rd} A Poole $1.29.46$ 35^{th} K Illum Jordansen 2^{nd} 23^{rd} A Poole $1.29.46$ 35^{th} K Illum Jordansen 2^{nd} $1.32.10$ 39^{th} J D'Alessandro 1^{st} W35 $1.34.34$ 50^{th} A Herne $1.36.46$ 72^{rd} A Irvine $1.43.00$ 87^{th} A Martinelli $1.45.36$ 109^{th} C McEnieryF 21.35 7.48 7.48 Tour of the Derwent Valley – Overall results – May 22nd – 25^{th} – Ind. Races below 7.48 A total of 56 athletes completed all four races – 4 of them were C&C 26^{th} 61 why Smith $1st$ MV60 $2:12:03$ 27^{th} Andy Irvine $2:12:39$ 8^{th} Carmel McEnieryF $2:24:18$ 45^{th} Amanda LasseterF $2:30:28$ The Duffield D | 14^{th} | G Schwiening | 1st F | 19:44 | 20^{th} | S Redfern | 17th M | 21:15 |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | | 21:29 | | | | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | Cambrid | <u>ge Tri club 2k series –</u> | <u>- May 14th</u> | | | | | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | 2^{nd} | A Tapley | | 6.43 | 4^{th} | J Tapley | | 7.48 |
| $ \begin{array}{c c c c c c c c c c c c c c c c c c c $ | White Pe | <u>ak Marathon – May 1</u> | | | | | | |
| $\begin{array}{c ccccccccccccccccccccccccccccccccccc$ | | | | 3.36.17 | | | | |
| $\begin{array}{c c c c c c c c c c c c c c c c c c c $ | Windeme | | 25 th E | 2 52 10 | | | | |
| $ \begin{array}{c ccccccccccccccccccccccccccccccccccc$ | | | | 3.53.18 | | | | |
| | Uxiora to | | viay 17 | 24.22 | | | | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | Mov 17th 1 | | | | | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | 22rd | | <u>viay 17</u> 1 | | 25 th | K Illum Jordanson | 2 nd E | 1 32 10 |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | | | 1 st W35 | | 50 th | | 2 1 | |
| $ \begin{array}{c ccccccccccccccccccccccccccccccccccc$ | | | 1 1135 | | | | | |
| $\begin{tabular}{ c c c c c c c c c c c c c c c c c c c$ | | | F | | | | F | |
| | Harlow s | eries ladies 5k race M | ay 19 th | | | 8 | | |
| A total of 56 athletes completed all four races – 4 of them were C&C 26 th Glyn Smith 1st MV60 2:12:03 27 th Andy Irvine 2:12:39 38 th Carmel McEniery F 2:24:18 45 th Amanda Lasseter F 2:30:28 The Duffield Dash – 4.45 miles – May 22nd | 5 th | K Samuelson-Dean | F | | | a | | |
| $ \begin{array}{ccccc} 26^{th} & Glyn Smith & \textbf{1st MV60} 2:12:03 & 27^{th} & Andy Irvine & 2:12:39 \\ 38^{th} & Carmel McEniery & F & 2:24:18 & 45^{th} & Amanda Lasseter & F & 2:30:28 \\ \hline \textbf{The Duffield Dash - 4.45 miles - May 22^{nd}} \end{array} $ | | | | | | | | |
| 38 th Carmel McEniery F 2:24:18 45 th Amanda Lasseter F 2:30:28 The Duffield Dash – 4.45 miles – May 22 nd | | | | | | | | |
| <u>The Duffield Dash – 4.45 miles – May 22nd</u> | | | | | | | P | |
| $\frac{110}{45^{\text{th}}} \frac{1}{\text{G Smith}} = \frac{1}{30.36} + \frac{1}$ | 58"" The Duff | Carmer MicEntery | F Mere 22 ¹ | ∠:24:18 nd | 45 | Amanda Lasseter | L, | 2:30:28 |
| -5 Obinini 50.50 - 6 Alivine 51.14 | 45 th | G Smith | <u>– włay 22</u> | 30.36 | 48 th | A Irvine | | 31.14 |
| | 15 | C Dinim | | 50.50 | 10 | | | 51.14 |

| = + ct | | | | th | | _ | |
|------------------------|---|--------------------------|----------------|---------------------------|---------------|---------------------|----------------|
| 71 st | R Roberts | W35 | 34:08 | 76 th | C McEniery | F | 34:17 |
| 90 th | A Lasseter | F | 36:19 | 91 st | T Long | | 36:19 |
| Wirkswo | rth Well Dressing Ra | <u>ce – 4.2 m</u> | | 3 rd | | | |
| 25 th | J Kazer | - | 29:19 | 28 th | A Poole | - | 29:26 |
| 38 th | A Goymour | F | 30:06 | 40 th | M Simmons | F | 30:25 |
| 47 th | G Smith | M60 | 31:16 | 49 th | A Irvine | | 31:24 |
| 59 th | T Long | - | 33:01 | 65 th | D Yeneralski | 11/25 | 33:43 |
| 70 th | C McEniery | F | 34:28 | 79 th | R Roberts† | W35 | 35:36 |
| 83 rd | A Lasseter | F | 35:52 | 88 th | C Stanier | F | 37:05 |
| 16 th | 5 mile race – May 24 th | - | 25.27 | 25 th | I.W. | | 26.04 |
| 28 th | A Poole | | 35:37 | 32^{nd} | J Kazer | MGO | 36:04 |
| 28 34 th | A Goymour | F | 36:09 | 32 37 th | G Smith | M60 | 38:06 |
| 34 39 th | A Irvine | F | 38:12 | 37 47 th | J Lewy | | 38:38 |
| 59 51 st | M Simmons | г F | 38:42 | 47 57 th | T Long | F | 40:04 42:34 |
| Damalan | C McEniery Sting in the tail race - | | 41:34 | 57 | A Lasseter | F | 42:54 |
| 29 th | | - 4 miles – | | 43 rd | A Turting | | 21.40 |
| 29 46 th | A Poole G Smith | M60 | 29:47 | 45 52 nd | A Irvine | F | 31:49 |
| 60^{th} | | M60 F | 32:05 35:43 | 52 | C McEniery | F | 33:59 |
| | A Lasseter | Г | 55:45 | | | | |
| 25 th M | ondon 10k May 25 th N Carroll | | 34.44 | 253 rd F | II Deafarra | F | 50.19 |
| | Broadoak 10k – May | asth | 54.44 | 233 F | H Parfrey | Г | 50.18 |
| 40^{th} | | <u> </u> | 27.20 | 66 th | A Defectional | | 20.47 |
| | J Fergusson Forest Half Maratho | - Mar 2 | 37.20 | 00 | A Pritchard | | 38.47 |
| 32 nd | K Masson | 2^{nd} W45 | | 50 th | D Mail | | 1.20.01 |
| | | | 1:34:11 | 50 195 th | D Mail | 2 nd W55 | 1:39:01 |
| 111 th | K Samuelson-Dean ge Tri club 5k race – | F | 1:50:22 | 195 | D Braverman | 2*** W55 | 2:00:01 |
| 4 th | | | 17.40 | 8 th | A. 70 | 0.1. 1.4 | 10.07 |
| 4 14 th | D Pell | 4th M | 17:46 | 8 20 th | A Tapley | 8th M | 18:27 |
| 14 23 rd | G Schwiening | 2nd F 20th M | 19:34 21:10 | 20 | J Tucker | 18th M | 20:39 |
| | A Herne | 4^{th} | | | | | |
| 2k Race | J Tapley | | 7.71 | | | | |
| | <u>affa Friday 5 mile – 1</u> | May 29 | 25.22 | toord | | and much | 20.04 |
| 112 th | P Dewison | 2 nd M55 | 35:23 | 193 rd | D Braverman | 2 nd W50 | 39:04 |
| Cambrid | ge 10k series May 31 | - | | r e th | * ~ | est — | |
| 8 th | S Brightwell | _ | 41:15 | 12 th | J Clarry | 1 st F | 42:53 |
| 39 th | J Schultz | F | 48:21 | 51 st | M DiFranco | | 49:51 |
| 62 nd | M Brightwell | | 50:56 | | | | |
| Harlow s | eries ladies 5k race J | une 2 ^{na} | | | | | |
| 5 th | K Samuelson-Dean | F | 21.23 | | | | |
| | riday 5 mile June 5 th | - rd | | th | | - nd | |
| 120 th | P Dewison | 3 rd M55 | 34.37 | 211 th | D Braverman | 2 nd W50 | 37.58 |
| | enry 5k_league – June | e 4 ^{un} – Saff | ron Walde | <u>n</u> | | | |
| Men | | | | th | | | |
| 3^{rd} M | M Salt | | 17:18 | 6 th M | M Branco | | 17:47 |
| 7^{th} M | A Coianiz | 78.36% | 17:49 | $9^{\text{th}}M$ | J Ferguson | | 18:14 |
| 10^{th} M | B Watson | 79.53% | 18:15 | 11^{th} M | C Flood | | 18:20 |
| 12^{th} M | D Pell | | 18:20 | 19^{th} M | T Johnson | | 19:10 |
| 22^{nd} M | A Shields | | 19:28 | 24^{th}M | S Bowen | 79.33% | 19:42 |
| 25^{th} M | C Clissold | | 19:45 | 28^{th} M | S Brightwell | | |
| 29 th M | D Abbott | | 19:59 | 31 st M | J Kazer | | |
| 32^{nd} M | S Thoday | | 20:40 | 42^{nd} M | A Herne | | 21:34 |
| 43 rd M | A Irvine | | 21:35 | 44 th M | A Howard | | |
| 45^{th} M | A Poole | | 21:42 | 46^{th} M | C Schwiening | | 21:45 |
| 49 th M | G Smith | | | 59 th M | D Yeneralski | | 23:07 |
| 60 th M | C Cooke | | 23:10 | 61 st M | M Grundel | | 23:11 |
| 66^{th} M | K Semple | | 24:01 | 67 th M | P Allen | | 24:06 |
| 71 st M | P Garrett | | 25:10 | 72 nd M | N Costello | | 25:14 |
| | | | | | | | |

| - the se | | | | moth a r | | | | |
|----------------------------|--|---|----------------------|-------------------------|----------------------|-----------------|---------------------|----------------|
| 74 th M | J Lewy | | | 79 th M | D Bayles | | | |
| Women 1 st F | I Clamer | | | 5 th F | E Vesster | _ | | 21.02 |
| 6^{th} F | J Clarry K Illum Jordansen | | 21:06 | эг 9 th F | E Kreetze B Flood | ar - | | 21:03 21:46 |
| 12 th F | K Samuelson-Dean | | 22:09 | 18 th F | C McEni | 2177 | | 23:40 |
| 21^{st} F | D Braverman | | 24:08 | 27 th F | C Stanier | Jy | | 25:01 |
| 37 th F | I Graham Hagg | | 21.00 | 44^{th} F | D Carter | | | 28:12 |
| 47^{th} F | V Sidney | | | | 2 04101 | | | 20112 |
| Dartmoo | r discovery – 32.4 m | iles – 6 th Ju | ne | | | | | |
| 59 th | S Redfern | | 5.15.40 | | | | | |
| The Tilty | y Hilly 5 mile – Gt Du | unmow Jun | ie 7 th | | | | | |
| 142 nd | D Carter | F | 45.46 | | | | | |
| Cambrid | ge Tri-club 5k series | June 11 th | | a | | | | |
| 6 th | C Flood | | 17:45 | 10 th | G Schwie | ning | F | 19:06 |
| 18 th | C Schwiening | _ | 20:24 | 21 st | A Herne | | _ | 21:17 |
| 26 th | J Schultz | F | 22:38 | 32 nd | I Graham | Hagg | F | 24:43 |
| Stowman | ket Friday 5 mile Ju | | 22.00 | 1.1 oth | D D : | | 1455 | 26.02 |
| 37 th | D Abbott | M45 W55 | 32.00 | 115 th | P Dewiso | n | M55 | 36.03 |
| 151 st | D Braverman | | 38.06 | | | | | |
| 1069 th | <u>s Half marathon – Ju</u> D Braverman | me 14 | 1.59.39 | | | | | |
| | le marathon June 13 | th | 1.57.57 | | | | | |
| 48 th | A Poole | | 4:16:00 | 154 th | A Lassete | r | F | 5:06:00 |
| 159 th | T Long | | 5.08.00 | 250 th | M Simmo | | F | 5.57.00 |
| 251 st | K Toynton | F | 5.57.00 | 269 th | N Costell | | - | 6:11:00 |
| 270 th | A Costello | F | 6:11.00 | 271 st | G Smith | | | 6.11.00 |
| 458 th | M Holmes | W70 | 8.47.00 | 458 th | G Costell | 0 | | 8:58:00 |
| | <u>)k – Ramsey June 14</u> | <u>th</u> | | | | | | |
| 3 rd | M Salt | | 35:12 | 4 th | N Carroll | | | 35:27 |
| 6 th | A Coianiz | | 36:13 | 7 th | B Watsor | L | | 36:18 |
| 9 th | A Pritchard | | 36:30 | 23 rd | C Flood | | | 38:27 |
| 41 st | G Cinque | | 40:31 | 103 rd | M Kreetz | | | 44:23 |
| 104 th | C Brown | | 44:24 | 112 th | | lson-Dean | F | 45:10 |
| 206 th | A Baldock | _ | 51:00 | 213 th | J Pashley | | F | 51:18 |
| 296 th | D Carter | F | 57:50 | | | | | |
| 40 th | ough 5k Grand Prix | – Thorney | | | | | | |
| | T Johnson | | 18.35 | | | | | |
| 3 rd | h Trail race – 8.1 mil B Baldelli | $\frac{\text{es} - \text{June } 2}{1^{\text{st}} \text{M40}}$ | <u>0111</u> 50.06 | | | | | |
| | day 5 – June 26 th -5 | I M40 | 50.06 | | | | | |
| 3 rd | B Baldelli | 1 st M40 | 27.38 | 171 st | D Braver | man | 2 nd W55 | 37.44 |
| | east beast – June 28 th | -7 miles | 27.50 | 1/1 | D Diaver | man | 2 1133 | 57.44 |
| 36 th | A Downie | <u>– 7 mitos</u> | 53:15 | 48 th | G Capetti | | | 55:57 |
| 49 th | A Coianiz | | 55:57 | 80 th | M Jennin | | F | 1:08:18 |
| 87 th | F Downie | F | 1:09:47 | | | 0 | - | |
| | | | | | | | | |
| TRACK | & FIELD | | | | | | | |
| Ilford O | pen throws meeting - | - 29 th Marc | <u>h</u> | | | | | |
| H Sayer (| U17W) Hammer | 2 nd 34.5 | | s 9 th | 17.57 | Shot | 3 rd | 8.23 |
| I Hyde (U | J15G) Javelin | 2 nd 10.5 | 54 | | | | | |
| | <u>shire Open – 4th Apr</u> | | | | | | | |
| U17W | Hammer 4 th | H Sayer | | 36.27 | shot | 2 nd | H Sayer | 8.23 |
| | Longjump 6 th | L Samme | | 4.85 | Triplejp | 2 nd | L Sammo | |
| THEO | Discus 4 th | L Sammo | out | 27.62 | Discus | 7 th | H sayer | 20.99 |
| U15G | Highjump 1 st | J Fox | | 1.40 | Longjp | 1 st | J Fox | 4.58 |
| 1115D | 100m 4h Javelin 1 st | J Fox | | 14.1 | Iouslin. | 3 rd | W Dlast | uall 22.60 |
| U15B | | M Young | | 30.68 | Javelin 400m | 3 4h | | vell 23.69 |
| | 200m 3h | W Blacky | well | 29.4 | 400m | 411 | W Blacky | veii 05.0 |

| 1111 011 75 | 2 nd | | 12.0 | COO | 6 th | NG | 0.000 | | 21/0 | | 244 | NUC | | 20.2 |
|--------------------------------------|---------------------------------------|---|------------------------|-----------------|--------------------------|--------------|-----------------------|----------------|------------|---------------------|--------------|------------|-------------------|--------------|
| U11 Girls 75m | | M Cassidy | 12.9 | 600m | 6 | M Cassid | y 2.33.9 | | N/S N/S | M Jones L Webber | 26.6 30.0 | N/S N/S | W Blackwell | 29.3 30.2 |
| Peterborough Ope U20M 100m | 1 st | | 11.4 | | | | | 100 | | | 50.0 54.0 | | K Robbins | 50.2 62.3 |
| | | J Baxter | 11.4 | | | | | 400m | 1A | D October | | 1B | L Rawlings | |
| U17W Hamme Herts Phoenix Op | r S | H Sayer | 35.75 | | | | | | N/S | W Blackwell | 63.4 | N/S | S Reynolds | 65.3 |
| | | | 4.70 | m : 1 x | 1 St | D M 1 | 10.00 | 200 | N/S | K Robbins | 69.4 | N/s | C Fenn-McAlistair | 74.0 |
| U20 W Longjump | $\frac{1^{\text{st}}}{2^{\text{nd}}}$ | R Mackay | 4.78 | TripleJp | 1.4 | R Mackay | / 10.66 | 800m | 1A | A Tapley | 2.25.5 | 1 B | L Rawlings | 2.36.4 |
| U20 W 100m | 2 nd 2 nd | R Mackay | 13.5 | | | | | 1500 | N/S | C Fenn-Mcalistair | 2.56.5 | | | |
| U20W 400m | 2^{nd} | Z Kier | 65.7 | | and | ** 0 | 0.00 | 1500m | 3A | S Kennard | 5.06.8 | | | |
| U17W Hammer | | H Sayer | 36.74 | Shot | 2 nd | H Sayer | 8.20 | Hurdles | 1A | D October | 12.0 | 1B | A Tapley | 16.2 |
| U17W Discus | 1 st | L Sammout | 30.06 | Discus | 2^{nd} | H Sayer | 20.34 | Longjump | 1A | D October | 5.93 | 1 B | L Rawlings | 4.57 |
| U17W Longjump | 1 st | F Kumar | 4.13 | | and | | | Highjump | 1A | A Tapley | 1.55 | | | |
| U17W Triplejump | 1 st 3 rd | L Sammout | 10.33 | Triplejp | 2 nd | F Kumar | 9.33 | Shot | 4A | W Cox | 6.80 | 3B | C O'Brien | 6.50 |
| U17W 100m | | L Sammout | 14.6 | | | | | Discus | 5A | W Cox | 16.15 | | | |
| U17W 1500m | 1 st | E Kier | 5.02.9 | | . et | | | Javelin | 1A | M Young | 31.99 | 1 B | W Blackwell | 26.62 |
| U13Boys Longjum | ip 2 nd | S Kumar | 3.85 | Javelin | | S Kumar | | 4 x 100 | 1A | | 51.4 | | | |
| U15 Boys 100m | 1 st | D October | 12.8 | Longjum | p 1 st | D Octobe | r 5.73 | Boys Under 13 | | | | _ | | |
| U15Boys Javelin | 1^{st} | M Young | 31.25 | | | | | 100m | 1A | J Ebanks | 13.7 | 6B | S Walsh | 17.9 |
| <u>Javfest – 11th Apr</u> | | | | | | | | | N/S | J Mckeown-Tofts | 15.2 | N/S | F Buchanan | 15.3 |
| U15 Boys Javelin | 4^{th} | M Young | 32.99 | | | | | | N/S | N Farboud | 15.3 | N/S | D Assadi | 16.7 |
| Chelmsford Open | | | | | | | | 200m | 1A | J Ebanks | 27.2 | 3B | N Farboud | 30.9 |
| U13 G 100m | 25 th | M Cassidy | 17.7 | | 41. | | | | N/S | J Mckeown-Tofts | 30.3 | N/S | B Mckeown-Tofts | 31.0 |
| U13G 200m | 17 th | M Cassidy | 37.5 | | p 14 th M Ca | | 2.78 | | N/S | F Buchanan | 31.1 | N/S | N Monck | 31.1 |
| U15G 100m | 11 th | J Fox | 14.0 | Longjum | p 2 nd J Fox | x | 4.63 | | N/S | J Tapley | 34.9 | N/S | R MacDonald | 43.0 |
| U17W Hammer | 1 st | H Sayer | 36.80 | 45 | | | | 800m | 3A | B Mckeown-Tofts | 2.44.9 | 1 B | J McKeown-Tofts | 2.49.2 |
| U17W Shot | 4 th | L Sammout | 8.83 | 5 th | H Sayer | | 8.59 | | N/S | J Tapley | 3.00.7 | N/S | R MacDonald | 3.16.7 |
| | 11 th | F Kumar | 6.10 | 46 | | | | 1500m | 3A | J Biggs | 5.23.4 | 3B | S Walsh | 6.22.5 |
| U17W Discus | 4 th | L Sammout | 28.57 | 9 th | H Sayer | | 20.76 | Hurdles | 5A | B Mckeown-Tofts | 18.2 | 4B | A Slack | 18.6 |
| U17W Longjump | 2 nd | L Sammout | 4.80 | 6 th | F Kumar | | 4.17 | Highjump | 2A | J Biggs | 1.25 | 1 B | S Kumar | 1.25 |
| U13B 100m | 16 th | D Assadi | 16.6 | | | | | | N/S | A Slack | 1.10 | | | |
| U13B 200m | 6 th | N Farboud | 32.3 | | | | | Longjump | 2A | J Ebanks | 4.46 | 1 B | J Richards | 3.86 |
| U13B 800m | 7 th | N Farboud | 2.51.0 | | | | | | N/S | S Kumar | 3.83 | N/S | S Walsh | 2.75 |
| U13B 1500m | 4 th | J Biggs | 5.36.3 | a | | | | Shot | 2A | D Assadi | 5.94 | 1 B | J Richards | 5.09 |
| U13B Longjump | 5 th | J Biggs | 3.63 | 6 th | S Kumar | | 3.57 | Discus | 3A | N Monck | 13.35 | 2B | R MacDonald | 10.85 |
| U13B Javelin | 2 nd | S Kumar | 27.37 | | | | | | N/S | A Slack | 10.94 | | | |
| Sen Men Longjum | | S Richards | 5.87 | | | | | 4 x 100 .relay | 1A | | 57.6 | | | |
| | | <u>igue – April 19th at C</u> | | b | 46 | | sh | Under 17 Women | | | | | | |
| | | 2 nd D&T 633.5, 3 rd Lu | ton 572.5, 4° | " West Suff | 427.5, 5 th H | Iunts AC 3 | 66.5, 6 ^{ui} | 80m Hdls | 3A | C Asztalos | 15.6 | | | |
| Ryston/West Norf | 190 | | | | | | | 100m | 5A | S Baxter | 15.8 | 4B | F Kumar | 14.8 |
| Men Under 17 | | | | | | | | 200m | 4A | C Asztalos | 28.8 | | | |
| 100m | 1A | B Davies | 121.9 | 2B | B Kelk | | 12.2 | 300m | 5A | S Baxter | 52.6 | | | |
| 200m | 1A | B Kelk | 23.7 | 5B | B Kennaro | d | 27.3 | 1500m | 1A | E Kier | 5.09.4 | | | |
| | N/S | R Nawi | 25.7 | | | | | Highjump | 3A | B Dixon | 1.45 | 2B | C Asztalos | 1.25 |
| 400m | 3A | O Bass | 57.1 | 3B | R Nawi | | 62.0 | Longjump | 5A | F Kumar | 4.00 | | | |
| 800m | 3A | O Bass | 2.14.8 | 1B | S Pullen | | 2.15.3 | Triplejump | 2A | L Sammout | 10.77 | 1 B | F Kumar | 9.78 |
| 1500m | 5A | H Whittingham | 4.37.2 | 4B | R Nawi | | 4.48.3 | Shot | 2A | H Sayer | 8.81 | | | |
| Highjump | 1A | B Kelk | 1.80 | | | | | Discus | 2A | L Sammout | 27.22 | 1 B | H Sayer | 18.35 |
| Longjump | 1A | B Davies | 6.02 | 1B | R Lockwo | bod | 4.55 | Javelin | 4A | S Baxter | 10.08 | | | |
| Triplejump | 2B | B Davies | 11.08 | | | | | Hammer | 1A | H Sayer | 37.08 | | | |
| Shot | 1A | M Lawrence | 13.23 | 2B | A Morter | | 8.64 | 4 x 100 | 5A | | 57.7 | | | |
| Discus | 2A | M Lawrence | 29.97 | | | | | Under 15 Girls | | | | | | |
| Javelin | 2A | O Bass | 39.14 | | | | | Hurdles | 2A | K Bass | 14.0 | | | |
| Hammer | 4A | M Lawrence | 19.78 | | | | | 100m | 5A | J Powell | 14.6 | 3B | M George | 14.4 |
| 4 x 100 | 1A | | 48.2 | | | | | | N/S | L Gillie-Visser | 14.3 | N/S | E Norris | 14.7 |
| Boys Under 15 | | | | | | | | | N/S | N Rehakova | 15.0 | N/S | M Oliver | 15.3 |
| 100m | 1A | R Sheppard | 13.8 | 1B | M Jones | | 13.4 | | N/S | B Petersen | 16.8 | | | |
| | N/S | N Ward | 12.6 | N/S | J Mair | | 13.3 | 200m | 5A | M George | 31.3 | 2B | J Powell | 30.0 |
| | N/S | L Webber | 15.3 | | | | | | N/S | O McGuire | 29.1 | N/S | E Norris | 29.7 |
| 200m | 1A | N Ward | 25.5 | 1B | J Mair | | 26.8 | | N/S | K Bass | 30.5 | N/S | Z MacDonald | 32.3 |
| | | | | | | | | | | | | | | |

| | N/S | B Petersen | 34.7 | | | |
|---|--|--|--|---|---|--|
| 300m | 5A | M George | 50.7 | 2B | M Turner | 48.4 |
| 500111 | N/S | Z MacDonald | 51.4 | 20 | WI TUINEI | 40.4 |
| 800m | 2A | M Turner | 2.38.2 | 2B | N Rehakova | 2.48.7 |
| Highjump | 2A 5A | J Fox | 1.30 | 2B 4B | A Gray | 1.20 |
| Longjump | 3A | J Fox | 4.65 | 4B 2B | L Gillie-Visser | 3.63 |
| LongJump | N/S | A Young | 3.63 | ZB N/S | A Goggin | 3.25 |
| Shot | 4A | Z MacDonald | 5.39 | 14/5 | A Goggin | 3.23 |
| Discus | 2A | A Goggin | 16.37 | 2B | L Gillie-Visser | 14.98 |
| Javelin | 2A 2A | I Hyde | 16.95 | 1B | A Goggin | 15.70 |
| 4 x 100 relay | 3A | TTyue | 57.4 | ID | A Goggin | 15.70 |
| U13 Girls | 511 | | 57.4 | | | |
| 100m | 1A | E Houghton | 13.7 | 1B | C Marriot | 15.7 |
| TOOM | N/S | K Reynolds | 16.3 | N/S | M Cassidy | 16.6 |
| | N/S | E Farrow | 17.0 | N/S | J Evans | 17.6 |
| | N/S | A Walsh | 18.0 | N/S | L Baker | 19.3 |
| 200m | 1A | E Houghton | 29.1 | 1B | O Abbott | 31.3 |
| 200111 | N/S | K Reynolds | 33.4 | N/S | M Cassidy | 35.6 |
| | N/S | E Farrow | 35.8 | 100 | in cussicy | 0010 |
| 800m | 1A | O Abbott | 2.46.4 | 4B | L Fanning | 3.23.9 |
| | N/S | M Jones | 3.39.9 | | | |
| 1500m | 1A | H Parker | 5.38.4 | 1B | J Evans | 6.32.8 |
| | N/S | A Walsh | 6.52.0 | | | |
| Hurdles | 5A | L Baker | 28.0 | 3B | N Jones | 18.5 |
| Longjump | 4A | M Cassidy | 3.04 | 2B | J Evans | 2.58 |
| C0 1 | N/S | K Reynolds | 3.49 | N/S | A Walsh | 2.83 |
| Highjump | 2A | E Houghton | 1.20 | | | |
| Shot | 1A | C Marriot | 4.76 | | | |
| Discus | 1A | H Parker | 16.15 | | | |
| | | | | | | |
| 4 x 100 relav | 1A | | 60.7 | | | |
| | 1A Vatford 25^{tt} | ^h April | | | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m | 1A Vatford 25 th 2 | ^a <u>April</u> I Williamson | 60.7 1.54.00 | | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> | 1A Vatford 25 th 2 | ^h April | 60.7 1.54.00 | <u>th</u> | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors | 1A Vatford 25 ^{tt} 2 ns league Di | ^a April I Williamson iv 1 – Hemel Hempste | 60.7 1.54.00 ad April 25 | <u>th</u> | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 | 1A Vatford 25 th 2 ns league Di 2A | ^a <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay | 60.7 1.54.00 ad April 25 13.0 | <u>th</u> | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles | 1A 2 1s league Di 2A 1A | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass | 60.7 1.54.00 ad April 25 13.0 68.0 | <u>th</u> | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump | 1A 2 1s league Di 2A 1A 2A | ^a <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 | <u>th</u> | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump | 1A 2 1s league Di 2A 1A 2A 3A | ^a April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 | | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer | 1A 2 1s league Di 2A 1A 2A 3A 1A | ^a April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 | 1B | A Forster | 34.35 |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot | 1A Vatford 25th 2 1s league Di 2A 1A 2A 3A 1A 1A | ^a April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 | | A Forster H Sayer | 34.35 8.23 |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus | 1A 2 is league Di 2A 1A 2A 3A 1A | ^a April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 | 1B | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls | 1A Vatford 25th 2 1s league Di 2A 1A 2A 3A 1A 1A 4A | ^a <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R MacKay R MacKay H Sayer A Forster H Sayer | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 | 1B | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m | 1A Vatford 25th 2 is league Di 2A 1A 2A 3A 1A 1A 4A 2A | ^a <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 | 1B | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump | 1A Vatford 25 th 2 ns league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A | ^a April I Williamson iv 1 – Hemel Hempster R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 | 1B | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump | 1A Vatford 25 th 2 is league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R MacKay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 | 1B | | |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump East Anglian Lee | 1A Vatford 25 th 2 is league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A ague at Pete | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th | 1B 1B | H Sayer | 8.23 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lee</u> Overall match – 1 | 1A Vatford 25 th 2 is league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A ague at Pete | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R MacKay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th | 1B 1B | H Sayer | 8.23 |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lee</u> Overall match – 1 Buzzard 103 | 1A Vatford 25 th 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A standard 2 4 2 4 2 4 2 4 2 4 2 4 2 4 3 4 4 4 4 4 4 5 4 5 4 5 4 5 4 5 4 5 4 5 4 5 4 5 4 5 4 5 4 5 4 5 5 5 5 5 5 5 5 5 5 5 5 5 | ^a April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox J Fox Z fox | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th | 1B 1B | H Sayer | 8.23 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lea</u> Overall match – 1 Buzzard 103 Senior Men – 1 st | 1A Vatford 25 th 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A structure 4A 2A 3A 1A 1A 4A 4A 2A 2A 2A 2A 3A 1A 4A 2A 3A 1A 4A 2A 2A 3A 1A 4A 2A 2A 3A 1A 4A 2A 3A 1A 4A 2A 3A 1A 4A 2A 3A 1A 1A 4A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A 2A 2A 2A 2 | ^a <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox Z Pox C 654, 3 rd Lutor | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 <u>5th</u> n 586, 4 th W | 1B 1B | H Sayer 42, 5 th Hunts Ac 187, | 8.23 6 TH Leighton |
| 4 x 100 relay <u>BMC Regional V</u> 800m <u>Southern Womer</u> Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lee</u> Overall match – 1 Buzzard 103 | 1A Vatford 25 th 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A st PAC 890, with 159 po 2A | ^a April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R MacKay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th n 586, 4 th W 11.7 | 1B 1B fest Norf 3 | H Sayer 42, 5 th Hunts Ac 187, J Baxter | 8.23 6 TH Leighton 11.6 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lee</u> Overall match – 1 Buzzard 103 Senior Men – 1 st 100m | 1A Vatford 25 th 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A 1A 1A 4A 2A 3A 1A 1A 4A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 2A 3A 1A 2A 3A 1A 2A 3A 1A 2A 2A 2A 2A 2A 2A 2A 2A 2A 2 | ^a <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R MacKay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 <u>5th</u> n 586, 4 th W 11.7 11.3 | 1B 1B fest Norf 3 1B N/S | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings | 8.23 6 TH Leighton 11.6 13.4 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump East Anglian Lee Overall match – 1 Buzzard 103 Senior Men – 1 st 100m 200m | 1A Vatford 25 th 2 is league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A st PAC 890, with 159 po 2A N/S 1A | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer J Fox J Fox J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter C Morter | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th n 586, 4 th W 11.7 11.3 22.9 | 1B 1B fest Norf 3 1B N/S 2B | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone | 8.23 6 TH Leighton 11.6 13.4 25.8 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lee</u> Overall match – 1 Buzzard 103 Senior Men – 1 st 100m 200m | 1A Vatford 25 th 2 1s league Di 2A 1A 2A 3A 1A 4A 2A 2A 2A 2A 2A 2A 2A 2A 4A ********************************* | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter C Morter J Huddlestone | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th n 586, 4 th W 11.7 11.3 22.9 54.4 | 1B 1B est Norf 3 1B N/S 2B 2B | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone T Brennand | 8.23 6 TH Leighton 11.6 13.4 25.8 60.6 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Les</u> Overall match – 1 Buzzard 103 Senior Men - 1 st 100m 200m | 1A <u>Vatford 25th</u> 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A 2A 2A 2A 2 | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R MacKay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox 2 nd C&C 654, 3 rd Lator ints R Oppong-Konadu C Morter J Huddlestone T Brennand | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th 11.7 11.7 11.3 22.9 54.4 2.26.2 | 1B 1B fest Norf 3 1B N/S 2B 2B 2B | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone T Brennand J Brennand | 8.23 6 TH Leighton 11.6 13.4 25.8 60.6 3.12.1 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Lee</u> Overall match – 1 Buzzard 103 Senior Men – 1 st 100m 200m | 1A <u>Vatford 25th</u> 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A s th PAC 890, with 159 po 2A N/S 1A 2A 4A 4A | ^h April I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter J Huddlestone T Brennand W Mycroft | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th 586, 4 th W 11.7 11.3 22.9 54.4 2.26.2 9.17.3 | 1B 1B fest Norf 3 1B N/S 2B 2B 2B 2B | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone T Brennand J Brennand D Johnson | 8.23 6 TH Leighton 11.6 13.4 25.8 60.6 3.12.1 10.46.9 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Les</u> Overall match – 1 Buzzard 103 Senior Men – 1 st 100m 200m 400m 800m 3000m | 1A <u>Vatford 25th</u> 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A st PAC 890, with 159 po 2A N/S 1A 4A 4A N/S | ^h April I Williamson iv 1 – Hemel Hempster R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter J Huddlestone T Brennand W Mycroft K White | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th n 586, 4 th W 11.7 11.3 22.9 54.4 2.26.2 9.17.3 10.26.4 | 1B 1B fest Norf 3 1B N/S 2B 2B 2B 2B 2B N/S | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone T Brennand J Brennand D Johnson D Pettit | 8.23 6 TH Leighton 11.6 13.4 25.8 60.6 3.12.1 10.46.9 10.45.2 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump East Anglian Leas Overall match – 1 Buzzard 103 Senior Men – 1 st 100m 200m 400m 800m 3000m Hurdles | 1A Vatford 25 th 2 is league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A st PAC 890, with 159 po 2A N/S 1A 2A 4A 4A 4A N/S 2A | ^h <u>April</u> I Williamson iv 1 – Hemel Hempste R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter C Morter J Huddlestone T Brennand W Mycroft K White T Brennand | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th n 586, 4 th W 11.7 11.3 22.9 54.4 2.26.2 9.17.3 10.26.4 21.5 | 1B 1B fest Norf 3 1B N/S 2B 2B 2B 2B 2B N/S 1B | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone T Brennand J Brennand D Johnson D Pettit J Brennand | 8.23 6 TH Leighton 11.6 13.4 25.8 60.6 3.12.1 10.46.9 10.45.2 23.1 |
| 4 x 100 relay <u>BMC Regional V</u> 800m Southern Womer Seniors 100 400m hurdles Longjump Triplejump Hammer Shot Discus U15 Girls 100m Highjump Longjump <u>East Anglian Les</u> Overall match – 1 Buzzard 103 Senior Men – 1 st 100m 200m 400m 800m 3000m | 1A <u>Vatford 25th</u> 2 1s league Di 2A 1A 2A 3A 1A 1A 4A 2A 2A 2A 2A 2A 2A st PAC 890, with 159 po 2A N/S 1A 4A 4A N/S | ^h April I Williamson iv 1 – Hemel Hempster R MacKay L Bass R Mackay R MacKay H Sayer A Forster H Sayer J Fox J Fox J Fox J Fox Z nd C&C 654, 3 rd Lutor ints R Oppong-Konadu C Morter J Huddlestone T Brennand W Mycroft K White | 60.7 1.54.00 ad April 25 13.0 68.0 4.83 11.02 37.24 10.87 18.52 14.3 1.30 4.55 5 th n 586, 4 th W 11.7 11.3 22.9 54.4 2.26.2 9.17.3 10.26.4 | 1B 1B fest Norf 3 1B N/S 2B 2B 2B 2B 2B N/S | H Sayer 42, 5 th Hunts Ac 187, J Baxter S Emmings J Huddlestone T Brennand J Brennand D Johnson D Pettit | 8.23 6 TH Leighton 11.6 13.4 25.8 60.6 3.12.1 10.46.9 10.45.2 |

| Longjump | 1A | S Richards | 6.08 | 2B | J Huddlestone | 5.24 |
|--------------------------------|----------|------------------|--------|------------|---------------|--------|
| Triplejump | 1A | S Richards | 12.80 | 2B | J Brennand | 9.66 |
| Shot | 4A | A Lee | 10.44 | 2B | G Parsons | 10.11 |
| | N/S | B Percival | 9.60 | N/S | P Bramford | 8.88 |
| Discus | 4A | G Parsons | 30.06 | 2 B | P Bramford | 23.08 |
| | N/S | A Lee | 29.54 | | | |
| Hammer | 1A | A Lee | 44.93 | 1B | G Parsons | 33.07 |
| | N/S | P Bramford | 22.75 | | | |
| Javelin | 5A | C Morter | 31.25 | 2B | P Bramford | 28.48 |
| 4 x 100 | 1A | | 45.5 | | | |
| Under 17 Men – 2 nd | | 80 points | | | | |
| 100m | 3A | B Davies | 12.1 | | | |
| 200m | 3A | B Kennard | 26.6 | | | |
| 400m | 4A | O Bass | 55.3 | 3B | S Pullen | 58.9 |
| 800m | 3A | O Bass | 2.07.9 | 1B | S Pullen | 2.17.1 |
| 1500m | 1A | H Whittingham | 4.29.2 | 1B 1B | R Nawi | 4.33.0 |
| | 3A | B Davies | 5.80 | ID | IX INAWI | 4.55.0 |
| Longjump | 2A | B Davies | | | | |
| Triplejump | | | 11.46 | | | |
| Shot | 1A | M Lawrence | 13.50 | | | |
| Discus | 2A | M Lawrence | 30.31 | | | |
| Javelin | 1A | O Bass | 42.86 | | | |
| Hammer | 4A | M Lawrence | 20.52 | | | |
| Under 15 boys - 2 ⁿ | | th 109 pts | | | | |
| 100m | 3A | J Mair | 13.2 | 3B | J Vane | 14.2 |
| 200m | 3A | W Blakwell | 27.4 | 4B | J mair | 29.5 |
| 400m | 2A | L Rawlings | 62.1 | 2B | W Blackwell | 64.3 |
| 800m | 1A | J Cochrane | 2.15.3 | 1B | L Rawlings | 2.33.9 |
| 1500m | 4A | G Kendall | 5.02.3 | | | |
| Hurdles | 1A | D October | 11.9 | | | |
| Longjump | 1A | D October | 5.82 | | | |
| Highjump | 1A | D October | 1.70 | | | |
| Triplejump | 1A | C Ennis | 9.00 | 1B | M Carter | 9.81 |
| Shot | 2A | M Carter | 7.84 | 2 B | M Young | 6.15 |
| Javelin | 2A | M Young | 31.02 | 1B | J Bailey | 30.15 |
| Under 13 Boys - | | n with 72 points | | | | |
| 100m | 1A | J Ebanks | 13.8 | 4B | M Carter | 16.1 |
| | N/S | T Heylen | 16.2 | | | |
| 200m | 1A | J Ebanks | 27.2 | 4B | T Heylen | 34.4 |
| 1500m | 2A | T Heylen | 5.42.9 | 12 | 1 Heylen | 51.1 |
| Highjump | 3A | A Slack | 1.10 | | | |
| Longjump | 1A | J Ebanks | 4.57 | 1 B | S Kumar | 3.87 |
| LongJump | N/S | M carter | 3.36 | ID | 5 Kulla | 5.07 |
| Shot | 2A | S Kumar | 6.17 | 2B | M Carter | 4.89 |
| Discus | 2A 2A | A Slack | 10.70 | 20 | WI Callel | 4.07 |
| | | | | NUC | A Slack | 15.02 |
| Javelin | 1A | S Kumar | 28.01 | N/S | A Slack | 15.03 |
| 4 x 100 | 3A | | 64.4 | | | |
| Under 11 Boys | NUC | 0.0.1 | 12.1 | | | |
| 80m | N/S | O Packman | 13.1 | | | |
| 600m | N/S | O Packman | 2.23.2 | | | |
| Senior Ladies - | | 103 points | | | | |
| 100m | 5A | F Kumar | 15.3 | 1B | L Bass | 13.8 |
| | N/S | C Cox | 16.6 | | | |
| 200m | 4A | L Bass | 28.1 | 5B | H Cox | 31.0 |
| | N/S | C Cox | 34.5 | | | |
| 400m | 1A | Z Kier | 65.1 | 3B | L Hodge | 70.1 |
| | N/S | H Cox | 68.9 | | | |
| 800m | 5A | J Lasenby | 2.39.3 | | | |
| 1500m | 2A | E Kier | 5.00.1 | 2B | R Carter | 5.27.7 |
| | | | | | | |

| | N/S | N Richards | 5.40.6 | | | |
|------------------------|-------------------|---------------------------------|--------------|--------------|-------------|---------|
| 80m Hurdles (U17) | 1A | C Asztalos | 13.3 | | | |
| Highjump | 2A | C Asztalos | 1.45 | | | |
| Longjump | 5A | L Sammout | ??? | | | |
| Triplejump | 1A | L Sammout | 10.63 | 3B | F Kumar | 7.44 |
| Shot | 2A | H Sayer | 8.93 | 50 | i itumu | / |
| Discus | 2A | L Sammout | 29.90 | 2B | H Sayer | 19.70 |
| Javelin | 4A | L Hodge | 17.37 | 3B | L Bass | 13.50 |
| Hammer | N/S | H Sayer | 38.33 | 50 | L Duss | 15.50 |
| 4 x 100 | 4A | 11 Suyer | 54.8 | | | |
| Under 15 Girls - | | with 70 pts | 54.0 | | | |
| 100m | 3A | E Cave | 14.1 | 2B | J Fox | 13.9 |
| 200m | 4A | L Millichap | 30.8 | 4B | K Bass | 30.9 |
| 20011 | N/S | Z MacDonald | 32.5 | 40 | K Dass | 50.7 |
| 800m | 3A | Z MacDonald | 2.55.7 | | | |
| 1500m | 2A | E Dickson | 5.22.4 | | | |
| Hurdles | 1A | E Cave | 12.8 | 2B | K Bass | 13.5 |
| Highjump | 4A | J Fox | 12.8 | 20 | K Dass | 15.5 |
| | 4A 5A | K Bass | 4.23 | | | |
| Longjump | | | 4.23 5.74 | 2D | Z MacDonald | 5 42 |
| Shot Javelin | 4A 2A | L Millichap | 23.22 | 3B | Z MacDonald | 5.43 |
| | | L Millichap | | | | |
| 4 x 100 | 3A | 11. 61 | 55.5 | | | |
| Under 13 Girls - | 5 team | with 61 points | 14.2 | 20 | Mounth | 16.0 |
| 100m | 1A | E Houghton | 14.2 | 2B | M Cassidy | 16.8 |
| 200m | 1A | E Houghton | 29.4 | 3B | A Pettit | 33.1 |
| | N/S | M Cassidy | 35.7 | | | |
| 800m | 4A | A Pettit | 3.11.1 | | | |
| 1500m | 1A | H Parker | 5.27.5 | | | |
| Longjump | 2A | E Houghton | 3.60 | 2B | M Cassidy | 3.01 |
| Discus | 1A | H Parker | 12.45 | | | |
| 4 x 100 | 2A | | 61.8 | | | |
| Under 11 girls | | | | | | |
| 80m | 2 nd | L Parker | 12.6 | | | |
| 600m | 1^{st} | L Parker | 2.01.3 | | | |
| BUSA Championsh | <u>iips – May</u> | <u>2-4^m</u> | | | | |
| 400m Men | 6 th | E Aston | | 8.66 in hts) | | |
| 100m Women | 7sf | D Smith | 12.83 | | | |
| 400m Women | 3sf | I Asztalos | 58.83 | | | |
| | | - May 2 nd at Cambri | | | | |
| | | Norwich 108, Hillingd | | | | |
| 100m | 2A | C Morter | 11.1 | 4 B | J Baxter | 11.4 |
| 200m | 2A | C Morter | 22.2 | 2B | J Stafford | 24.5 |
| 400m | 3A | J Huddlestone | 54.5 | 1B | Martin Bell | 55.1 |
| 800m | 2A | M Bell | 2.00.2 | 5B | A Howard | 2.39.2 |
| 1500m | 3A | W Mycroft | 4.11.6 | 5B | A Howard | 5.24.3 |
| 5000m | 3A | J Bowstead | 16.09.5 | 3B | K White | 17.50.0 |
| 3000S/C | 4A | T Brennand | 15.13.3 | 3B | J Brennand | 16.15.1 |
| 110 hdls | 3A | T Brennand | 21.0 | 3B | J Brennand | 22.4 |
| 400 hdls | 2A | J Huddlestone | 60.8 | 3B | T Brennand | 66.8 |
| Polevault | 3A | A Boyce | 3.20 | 2B | J Brennand | 2.60 |
| Highjump | 4A | B Davies | 1.60 | 1B | S Richards | 1.50 |
| Longjump | 3A | S Richards | 6.07 | 2B | B Davies | 5.71 |
| Triplejump | 2A | S Richards | 11.82 | 2B | B Davies | 11.78 |
| Hammer | 1A | G Parsons | 34.83 | 2B | P Bramford | 24.55 |
| Shot | 1A | D Akinluyi | 12.15 | 2B | G Parsons | 9.86 |
| | N/S | P Bramford | 7.67 | | | |
| Discus | 2A | G Parsons | 33.34 | 2B | D Akinluyi | 30.03 |
| | N/S | P Bramford | 23.71 | | | |
| | | | | | | |

| Javelin | 3A | A Morter | 35.00 | 2B | C Morter | 34.94 |
|--|-------------------------|-------------------------------|-----------|---------------------|----------------------------|---------------|
| 4 x 100 | 2A | | | | | 44.8 |
| 4 x 400 | 3A | | | | | 3.40.7 |
| Eastern Veterans L | | th May at Southend | | | | |
| Men -4^{th} with 26 p | oints | | | | | |
| 100m | M40+ | S Emmings 3rd | 14.0 | M50+ | N Moss 4 th | 16.3 |
| 400m | 101-101 | 5 Eminings 5 | 14.0 | M60+ | N Moss 4 th | 80.8 |
| 1500m | M40+ | K White 2 nd | 4.42.3 | W100+ | 14 141055 4 | 00.0 |
| 2km walk | IVI40+ | K white 2 | 4.42.5 | M60+ | P Howard 1 st | 12.39.7 |
| | | | | M50+ | N Moss 2 nd | 3.60 |
| Longjump | M40+ | F Martin 3 rd | 6.37 | M50+ M50+ | P Bramford 2 nd | 8.59 |
| Shot | | P Bramford 2 nd | 25.09 | M50+ M60+ | F Martin 1 st | 8.39 24.05 |
| Hammer Ladies $-3^{rd} - 3 pts$ | M50+ | P Brannord 2 | 25.09 | W00+ | r Martin 1 | 24.05 |
| $\frac{\text{Ladies} - 5}{100\text{m}} - 5 \frac{\text{pis}}{100\text{m}}$ | | | | WEE . | M Holmes 3 rd | 10.0 |
| | | | | W55+ | | 19.9 |
| 400m | | | | W45 | | 93.9 |
| 1500m | | R Roberts 2 nd | | W55+ | S Barnett 1 st | 6.20.9 |
| 2km walk | W35+ | R ROberto 2 | 14.24.8 | W45 | S Barnett 1 st | 14.29.5 |
| Shot | W35+ | R Roberts 3 rd | 6.09 | W45 | R Martin 1 st | 7.64 |
| | W55 | A Bramford 1 st | 6.51 | | nd | |
| Hammer | W35 | R Roberts 3 rd | 20.35 | W45 | R Martin 2 nd | 23.56 |
| | | Cambridge – May 9th | <u>l</u> | | | |
| Girls Under 13 | 1st in te | eam event | | 41. | | |
| 100m | 1 st | E Houghton | 13.58 (CI | BP) 5 th | C Marriot | 14.78 |
| | 6 th | S Dowsett | 15.04 | 8 th ht | O Tullett | 15.5 |
| | 5 th ht | K Reynolds | 15.7 | 7 th ht | M Cassidy | 16.5 |
| 200m | 3 rd | A Pettit | 31.21 | 5 th ht | M Cassidy | 35.72 |
| 800m | 1 st | O Abbott | 2.38.8 | 11 th | N Abell | 3.08.9 |
| | 12^{th} | A Pettit | 3.08.9 | | | |
| 1500m | 2^{nd} | H Parker | 5.29.66 | 3 rd | C Wilson | 5.41.05 |
| Highjump | 2^{nd} | K Reynolds | 1.20 | | | |
| Longjump | 5 th | S Dowsett | 3.58 | 6 th | M Cassidy | 3.45 |
| Discus | 1 st | H Parker | 16.09 | | | |
| Under 15 Girls | 1 st in te | am event | | | | |
| 100m | 2 nd | E Cave | 13.48 | 3 rd | L Gillie-Visser | 13.85 |
| | $\tilde{4}^{\text{th}}$ | J Fox | 13.89 | 6 th | M George | 14.02 |
| | 3 rd ht | J Wright | 14.1 | 4 th ht | J Ring | 14.2 |
| | 6 th ht | A Rose | 15.5 | | | |
| 200m | 4^{th} | K Bass | 29.85 | 3 rd ht | N Rehakova | 30.07 |
| | 4 th ht | M George | 30.18 | | | |
| 300m | 6 th | A Gaylor | 48.60 | 4 th ht | L Millichap | 50.91 |
| 800m | 3 rd | M Turner (2.31.67) | 2.34.69 | 4 th | A Gaylor (2.35.42) | 2.39.93 |
| | 5 th ht | N Rehakova | 2.46.71 | | • • • | |
| 1500m | 2 nd | E Dickson | 5.18.76 | | | |
| 75m Hurdles | 1 st | E Cave | 12.46 | 3 rd | K Bass | 13.46 |
| Highjump | 6^{th} | A Rose | 1.20 | | | |
| Longjump | 1 st | J Fox | 4.64 | 7 th | A Young | 4.00 |
| | 12^{th} | A Rose | 3.60 | | 0 | |
| Triplejump | 1 st | J Fox | 10.35 | | | |
| Shot | 3 rd | A Goggin | 6.27 | | | |
| Discus | 1 st | A Goggin | 18.89 | 2 nd | I Hyde | 14.08 |
| Hammer | 2 nd | I Hyde | 21.34 | 2 | Tilyac | 11.00 |
| Javelin | $\tilde{4}^{\text{th}}$ | I Hyde | 21.11 | 5 th | L Millichap | 20.56 |
| Javenn | 6 th | A Goggin | 14.77 | 5 | Eminenap | 20.50 |
| Under 17 Ladies | | eam event | 17.77 | | | |
| 100m | 1 st | E Morris (13.2) | 13.32 | | | |
| 200m | 6 th | A Hay | 29.56 | | | |
| 300m | 4^{th} | A Hay | 47.46 | | | |
| 800m | 5 th | A Sharpe | 2.39.85 | | | |
| 000111 | 5 | A Sharpe | 2.37.03 | | | |

| 1500m | $rac{1^{ m st}}{7^{ m th}}$ | E Kier B Cortor | 5.02.0 | 3 rd | A Dow | 5.15.5 | 800m | 1 st 1 st | O Bass |
|---------------|------------------------------------|--|-----------|---------------------|--------------------|---------|-----------------------|------------------------------------|-----------------------------------|
| 90 | 1 st | R Carter | 5.23.2 | | | | 1500m | 2^{nd} | H Whittingham |
| 80m hurdles | 1 st 1 st | C Asztalos | 13.37 | | | | Longjump | 2 1 st | B Davies |
| Highjump | 1 st | C Asztalos | 1.35 | 4 th | | 1.05 | Triplejump | 1 st | B Davies |
| Longjump | | L Sammout | 4.98 | 4 | F Kumar | 4.05 | Shot | | M Lawrence |
| Triplejump | 1 st | L Sammout | 10.82 | • nd | | | Discus | 3 rd | M Lawrence |
| Discus | 1 st | L Sammout | 28.48 | 2 nd | H Sayer | 21.69 | Javelin | 1 st | O Bass |
| Shot | 1 st | H Sayer | 8.66 | 3 rd | J Richards | 7.85 | Under 20 Men | | eam event |
| Hammer | 1 st | H Sayer | 40.81 (CE | $3P) 2^{nu}$ | J Richards | 25.54 | 100m | 1 st | J Baxter |
| Senior Ladies | | eam event | | | | | 400m | 1 st | R Oppong-Kona |
| 200m | 1 st | I Asztalos | 25.96 | 4 th ht | L Bass | 27.71 | 1500m | 1 st | W Mycroft |
| 400m | 1 st | L Dowsett | 58.69 | 2^{nd} | I Asztalos | 59.54 | 110 hurdles | 1 st | B Kelk |
| | 4 th ht1 | Z Kier | 63.80 | 5 th ht1 | H Cox (U20) | 71.60 | Senior Men | | am event |
| | 6 th ht2 | F Tournant | 70.55 | | | | 100m | 10 th | S Emmings |
| 800m | 1^{st} | H Zenner (2 nd claim) H Zenner (2 nd claim) | 2.21.50 | | | | 200m | 8 th | S Emmings |
| 1500m | 1 st | H Zenner (2 nd claim) | 4.53.3 | 5 th | N Richards (U20) | 5.48.4 | 800m | 2^{nd} | M Bell |
| 400m Hdls | 1 st | L Bass | 66.2 | | | | 1500m | $\frac{1}{2}$ nd | M Reid (2 nd clain |
| Discus | 4^{th} | A Moindrot | 25.69 | | | | | 8 th | D Pettit |
| Hammer | 2^{nd} | A Forster (U20) | 34.53 | | | | 5000m | 4^{th} | G Weller |
| Shot | 2 nd | A Forster (U20) | 11.06 | | | | 400m Hdls | 3 rd | J Huddlestone |
| Longjump | $\frac{2}{3^{rd}}$ | R Mackay | 4.92 | | | | Longjump | 1 st | S Richards |
| Triplejump | 1 st | R Mackay | 10.86 | | | | Shot | 2^{nd} 5^{th} | E Akinluyi |
| Boys under 13 | | eam event | 10.00 | | | | Discus | 5 th | P Bramford |
| 100m | 1 st | J Ebanks | 13.27 | 4^{th} | J McKeown-Toft | 14.56 | Javelin | 5 th | P Bramford |
| Toom | 5 th | N Farboud | 14.56 | 8 th ht | T Heylen | 15.9 | Hammer | 1 st | A Lee |
| 200m | 1 st | J Ebanks (27.23) | 27.53 | 4^{th} | J McKeown-Toft | 29.91 | Varsity match – N | Jay 16 th Ca | mbridge |
| 200111 | 6 th | B Mckeown-Toft (30 | | 5 th ht | N Monck | 31.48 | 100m Women | 3 rd | D Smith |
| | 6 th ht | T Heylen | 33.42 | Jin | IN MOREK | 51.40 | 200m Women | 3 rd | D Smith |
| 800m | 3^{rd} | T Heylen | 2.43.9 | 8 th | J Mckeown-Toft | 2.53.7 | Hammer – Men | 1 st | A Lee |
| 800111 | 10 th | B McKeown-Toft | 3.00.2 | 0 | J MICKEOWII-TOIL | 2.33.1 | Shot – Men | 1 1 st | |
| 1500 | 3^{rd} | | | | | | | 3^{rd} | D Akinluyi M Bell |
| 1500m | 9 th | J Biggs | 5.30.31 | | | | 800m – Men | | M Bell |
| 75m Hdls | 9 th 4 th | B Mckeown-Toft | 17.88 | 12 th | T TT 1 | 2.20 | Southern Mens L | eague Div 2 | <u>– May 16 at Cro</u> |
| Longjump | 4 th 5 th | J Biggs | 3.82 | 12 | J Tapley | 3.38 | 1st - Harrow 1421/ | | |
| Shot ` | 5 th 4 th | J Richards | 5.74 | | | | 100m | 3A | R Oppong-Kona |
| Discus | 4 1 st | N Monck | 12.54 | | | | 200m | 1A | R Oppong-Kona |
| Javelin | - | S Kumar | 24.45 | | | | 400m | 4A | J Huddlestone |
| Boys under 15 | | am event | | | | | 800m | 4A | W Mycroft |
| 100m | 4th | N Ward | 12.14 | 7th | J Mair | 12.93 | 1500m | 5A | A Howard |
| | 8th ht | K Robbins | 14.4 | 9th ht | L Webber | 14.6 | 5000m | 3A | K White |
| 200m | 3 rd | N Ward | 25.16 | 8 th | J Mair | 27.15 | 3000S/C | 5A | T Brennand |
| | 5 th ht | K Robbins | 29.34 | 4 th ht | L Webber | 30.63 | 110 hdls | 4A | T Brennand |
| 400m | 3 rd | L Rawlings (61.33) | 63.03 | 5 th | S Reynolds (63.03) | 66.03 | 400 hdls | 3A | J Huddlestone |
| | 3 rd ht | K Robbins | 68.45 | | | | Polevault | 4A | J Brennand |
| 800m | 1^{st} | J Cochrane | 2.13.23 | 3 rd | A Tapley | 2.17.14 | Highjump | 5A | S Richards |
| | 2 nd ht | L Rawlings | 2.26.2 | | | | Longjump | 4A | S Richards |
| 1500m | 2 nd | G Kendall | 4.49.06 | | | | Triplejump | 2A | S Richards |
| 80m hurdles | 1 st | D October | 11.71 | 3 rd | M Carter | 14.73 | Hammer | 2A | G Parsons |
| Highjump | 1 st | A Tapley | 1.53 | | | | Shot | 3A | G Parsons |
| Longjump | 2^{nd} | D October | 5.67 | 8 th | L Rawlings | 4.58 | Discus | 2A | G Parsons |
| Longjump | 9 th | M Carter | 4.57 | Ŭ | 21 | | Javelin | 5A | G Parsons |
| Triplejump | 1 st | D October | 12.06 | 2 nd | M Carter | 9.66 | 4 x 100 | 3A | 01 1130113 |
| Discus | 5 th | W Cox | 16.63 | - | in Cartor | 2.00 | 4 x 400 | 2A | |
| Shot | 6^{th} | W Cox W Cox | 6.91 | | | | Loughborough In | | May 17 th |
| | 3 rd | | 32.08 | 4^{th} | M Voung | 28.20 | 110m hurdles IAA | E 112' | B Kelk 5 th |
| Javelin | 2^{nd} | J Bailey | | 4 | M Young | 20.20 | | 2^{nd} | |
| Hammer | | W Cox | 15.82 | | | | 800m | | E Aston |
| Men under 17 | 3 rd in te | eam event | 11.02 | cth • | | 10.7 | BMC Regional me | | |
| 100m | | B Davies | 11.83 | 6 th ht | C Loynes | 12.7 | 1500m | 1 st | I Williamson |
| 400m | 6 th | S Pullen | 58.58 | | | | <u>SEAA U17/U15 C</u> | hampionsh | ips at Ashford 23/2 |

| | 1^{st} | O Bass | 2.13.33 | 2 nd | S Pullen | 2.16.34 |
|--|---|--|--------------------|---|--------------------------|------------------|
| n | 1 st | H Whittingham | 4.34.5 | | | |
| ump | 2^{nd} | B Davies | 5.87 | | | |
| jump | 1^{st} | B Davies | 11.54 | | | |
| | 1 st | M Lawrence | 12.37 | | | |
| s | 3 rd | M Lawrence | 33.19 | | | |
| n | 1^{st} | O Bass | 40.92 | 2^{nd} | A Morter | 34.48 |
| r 20 Men | | team event | | | | |
| | 1 st | J Baxter | 11.4 | 3 rd | J Stafford | 12.0 |
| | 1 st | R Oppong-Konadu | 50.87 | | | |
| n | 1 st | W Mycroft | 4.15.08 | 4 th | J Baslington | 4.33.48 |
| urdles | 1 st | B Kelk | 15.00 | | | |
| r Men | 1 st in te | eam event | | | | |
| | 10 th | S Emmings | 13.5 | | | |
| | 8 th | S Emmings | 27.96 | | | |
| | 2^{nd} | M Bell | 2.02.98 | 6 th | D Pettit | 2.33.08 |
| n | 2^{nd} | M Reid (2 nd claim) | 4.11.36 | 7 th | D Johnson | 4.55.80 |
| | 8 th | D Pettit | 5.15.93 | | | |
| n | 4 th | G Weller | 16.43.32 | | | |
| Hdls | 3 rd | J Huddlestone | 60.3 | | | |
| ump | 1 st | S Richards | 6.06 | | | |
| | 2^{nd} | E Akinluyi | 12.17 | 5 th | A Lee | 10.32 |
| S | 5 th | P Bramford | 26.38 | | | |
| n | 5 th | P Bramford | 30.56 | | | |
| ner | 1 st | A Lee | 44.85 | 4 th | P Bramford | 23.53 |
| ty match – Ma | ay 16 th Ca | | | | | |
| Women | 3 rd | D Smith | 12.63 | | | |
| Women | 3 rd | D Smith | 26.87 | | | |
| ner – Men | 1 st | A Lee | 47.05 | | | |
| - Men | 1 st | D Akinluyi | 12.74 | | | |
| – Men | 3 rd | M Bell | 2.05.91 | | | |
| | | <u>2 – May 16th at Croydo</u> | | | | |
| Harrow 142 ¹ / ₂ , | ~ | on 109, 3 rd Walton 105, | | 1 - C - C - C - C - C - C - C - C - C - | | 10.5 |
| | 3A | R Oppong-Konadu | 11.7 | 2B | B Davies | 12.5 |
| | 1A | R Oppong-Konadu | 23.5 | 3B | S Richards | 26.6 |
| | 4A | J Huddlestone | 75.9 | 4B | J Brennand | 78.0 |
| _ | 4A 5A | W Mycroft | 2.05.0 5.17.0 | 4B 5B | J Brennand T Brennand | 2.49.2 5.44.9 |
| n | 3A 3A | A Howard K White | 18.29.5 | 3Б 4В | A Howard | 20.37.2 |
| n VC | 5A 5A | | | 4B 4B | | |
| S/C dls | 3A 4A | T Brennand T Brennand | 14.37.7 20.5 | 4B 3B | J Brennand J Brennand | 16.28.8 22.8 |
| dls | 3A | J Huddlestone | 20.3 63.1 | 2B | T Brennand | 69.0 |
| ault | 3A 4A | J Brennand | 2.40 | 2B =2B | N Moss | |
| | | | | -2D | | 1.10 2NU |
| ump | 5A 4A | S Richards S Richards | 1.50 | 2B | R Oppong | 3NJ |
| ump | 4A 2A | S Richards | 5.90 | 2B 2B | B Davies B Davies | 5.69 |
| jump | 2A 2A | | 12.43 | 2B 2B | P Bramford | 11.47 |
| ner | | G Parsons | 34.71 | 2B 5B | | 22.79 |
| - | 3A 2A | G Parsons | 10.39 | <u>эв</u> | P Bramford | 7.83 |
| S | | G Parsons | 33.25 | | P Bramford | 3NT |
| | ~ ^ | G Parsons | 29.60 | 5B | P Bramford | 29.32 |
| n | 5A | O T MBOILD | | | | |
| n 00 | 3A | | | | | 47.8 |
| n 10 10 | 3A 2A | | | | | 341.7 |
| n 10 10 hborough Inte | 3A 2A ernationa | I – May 17 th | 14.56 | | | |
| n 10 10 hborough Inte | 3A 2A ernationa U18's | <u>I – May 17th</u> B Kelk 5 th | 14.56 | | | |
| n 10 10 h borough Inte hurdles IAAF | 3A 2A ernationa U18's 2 nd | <u>I – May 17th</u> B Kelk 5 th E Aston | 14.56 1.49.99 | | | |
| n 10 10 h borough Inte hurdles IAAF Regional mee | 3A 2A ernationa U18's 2 nd eting – Le | I – May 17 th B Kelk 5 th E Aston e Valley May 23 rd | 1.49.99 | | | |
| n 10 10 h borough Into hurdles IAAF Regional mee n | $3A$ 2A emationa $U18^{\circ}s$ 2 nd emath{times} 2^{nd} emath{times} 1^{st} | <u>I – May 17th</u> B Kelk 5 th E Aston | 1.49.99 3.47.18 | | | |

| U15B 1500m | 5h | J Cochrane | 4.36.50 | | | | |
|---------------------|------------------------|---------------------------------------|------------|----------------------|--------------|-----|---------|
| U17M Longjump | 11 | B Davies | 5.83 | | | | |
| U17M 100m | 7h | B Davies | 12.1 | | | | |
| U15G Longjump | 4 | J Fox | 5.01 | | | | |
| U15G Triplejump | 3 | J Fox | 10.57 | | | | |
| U17W 100m | 6h | E Morris | 13.46 | | | | |
| U17W 80m Hdls | 5h | C Asztalos | 12.68 | | | | |
| U17W Longjump | 9 | L Sammout | 4.78 | | | | |
| U17W Triplejump | 4 | L Sammout | 10.82 | | | | |
| U17W Hammer | 5 | H Sayer | 36.38 | | | | |
| U17W Discus | 8 | L Sammout | 31.23 | | | | |
| Midland Counties (| Champions | <u>hips IAAF U18 quali</u> | fier May 2 | 3 rd | | | |
| U18 110m, 3' Hdl | 3 | B Kelk | 14.57 | | | | |
| National Junior Lea | ague – May | y 24 th at Lee Valley | | | | | |
| Team Cambridgeshin | $re - 8^{th} - 31$ | 6 pts | | | | | |
| U20 men (C&C only |) | | | | | | |
| 1500m | 5A | W Mycroft | 4.09.77 | | | | |
| Longjump | 8A | B Davies | 5.57 | | | | |
| Triplejump | 7A | B Davies | 11.22 | | | | |
| U20 Women (C&C o | only) | | | | | | |
| 400m | 7A | Z Kier | 62.75 | | | | |
| 1500m | 6A | E Kier | 5.03.04 | | | | |
| 400m Hdls | | | | 1B | L Bass | | 66.66 |
| Highjump | 5A | Z Kier | 1.50 | | | | |
| Longjump | 8A | R MacKay | 4.75 | | | | |
| Triplejump | 3A | R MacKay | 10.59 | | | | |
| Shot | 2A | A Forster | 10.76 | | | | |
| Discus | | | | 1B | A Forster | | 29.76 |
| CAU intercounties - | - May 24 th | /25 th at Bedford | | | | | |
| 400m Women | 5h | I Asztalos | 56.87 | | | | |
| 800m Women | 3 rd | L Dowsett | 2.10.72 | | | | |
| 400m Men | 6h | R Oppong-Konadu | 50.89 | | | | |
| S/C Men | 7yj | M Reid (2 nd claim) | 10.09.37 | | | | |
| Cambridgeshire Ev | ening Devt | t meeting – May 27 rd | at St Ives | | | | |
| Males | | | | | | | |
| 100m graded | 2nd Ht 2 | D October (U15) | 12.1 | 3rd Ht 2 | B Davies (U1 | (7) | 12.1 |
| Ũ | 4 th Ht 2 | J Stafford (U20) | 12.1 | | | | |
| 800m graded | 5 th Ht 1 | O Bass (U17) | 2.08.98 | 4 th Ht 5 | D Pettit (M4 | 40) | 2.36.20 |
| Hurdles U15B | 1 st | D October | 11.56 | | | | |
| Hurdles U18M IAAF | 7 1 st | B Kelk | 15.06 | | | | |
| Longjump | 1 st | S Richards | 6.02 | 1 st U17 | B Davies | | 5.79 |
| <u> </u> | 2 nd U15 | D October | 5.56 | 3 rd U15 | C Ennis | | 3.66 |
| Shot | 2 nd | G Parsons (M35) | 10.42 | 1 st U17 | M Lawrence | | 13.26 |
| Hammer | 2^{nd} | G Parsons (M35) | 33.15 | | | | |
| Females | | | | | | | |
| 80m U11's | 2 nd | A Fox | 14.50 | | | | |
| 100m Graded | 2nd Ht 5 | A Pettit (U13) | 15.97 | | | | |
| 200m graded | 2nd Ht 5 | A Pettit (U13) | 32.44 | | | | |
| 800m | 3 rd Ht 5 | A Sharpe (U17) | 2.36.12 | | | | |
| Hurdles U17W | 1 st | C Asztalos | 13.36 | | | | |
| 400m Hurdles U20W | | L Bass | 66.12 | | | | |
| Longjump | 1 st U17 | L Sammout | 4.94 | 2 nd U15 | J Fox | | 4.63 |
| - F | 3 rd U15 | A Young | 3.61 | 2^{nd} U11 | A Fox | | 2.66 |
| Shot | 1 st U17 | H Sayer | 8.96 | 2 0.11 | | | |
| Hammer U17 Wome | | H Sayer (U17) | 37.18 | | | | |
| | | Iav 31st at Horsham | 20 | | | | |
| Seniors | | | | | | | |
| 80m Hdls (U17) | | C Asztalos | 13.2 | | | | |
| | | | | | | | |

| Shot | | | H Sayer | | 8.86 | | | |
|------------------------|--|-----------------------------------|--|--------------------------|-------------------------|----------------------------------|--|---------------------|
| U15 Girls | | | | | | | | |
| Longjump |) | | J Fox | | 4.94 | | | |
| | Games – 1 | st June | | | | | | |
| 200m Dis | | 3 rd ht | C Cox | | 34.34 | | | |
| | eterans lea | ague – Jun | e 3 rd at Ca | <u>mbridge</u> | | | | |
| Men | 1440 | 3 rd | о г : | 20.1 | 1450 | 4 th | T D1 11 | 25.2 |
| 200m | M40 | 3.4 | S Emming | | M50 | 4 | J Philip | 35.2 |
| | N/S M45 | 2 nd | J Courten | | N/S M35 | 3 rd | M Ward | 26.5 |
| 800m | M40 | - | D Pettit | 2.30.9 | M50 | 3.4 | J Philip | 3.44.5 |
| 2000 | N/S | M35 | M Ward | | N/S M40 | | J Tucker | 2.48.9 |
| 3000m | M40 | 1 st | J Fergusso | on 10.35.3 | N/S M35 | 2 nd | M Ward | 10.34.3 |
| Polevault | M40 | 3 rd | D Marata | 15 (7 | M50 | 2^{nd} 2^{nd} | N Moss | 2.20 |
| Discus | M40 | 3 rd | F Martin | 15.67 | M50 | $\frac{2}{2^{nd}}$ | P Bramford | 31.81 |
| Javelin | M40 | 5- | F Martin | 20.22 | M50 | 2 1 st | P Bramford | 30.02 |
| 4 - 100 | M40 | 2 nd | P | Maria Trad | M60 | 1 | N Moss | 22.32 |
| 4 x 100 | M40 | 2 | Emmings | , Moss, Tuc | ker, Philip | | | |
| Women | W25 | 3 rd | DD | 45.0 | XX 4 5 | 3 rd | C D | 20.0 |
| 200m | W35 | 5 | D Braveri | nan 45.0 | W45 | 3 rd | S Barnett | 39.0 |
| 000 | | | | | W55 | 2 nd | M Holmes | 41.3 |
| 800m | W25 | 1 st | DD | 12 01 1 | W45 | 2 1 st | S Barmett | 3.13.6 |
| 3000m | W35 | 1 st | | nan 13.21.1 | | 1 st | J Lasenby | 11.44.9 |
| 1M Walk | | 3 rd | | nan 10.13.4 | | 3 rd | S Barnett | 10.41.8 |
| Discus | W35 | 5 | M Holme | s 11.59 | W45 | 3 1 st | A Bramford | 14.55 |
| Terretie | W25 | 3 rd | II Veesl | 15.50 | W55 | 3 rd | R Martin | 24.26 |
| Javelin | W35 | 3 | H Vogel | 15.50 | W45 | 3 3 rd | A Bramford | 12.54 |
| 4 x 100 | eting Birm | in also and | ord Turns | | W45 | 3 | | 72.3 |
| 800m | Women | 1 Ingnam – 3 1 st F | L Dowset | | 2.11.0 | | | |
| | s Twickenh | | | L | 2.11.0 | | | |
| 800m | Men | 3 rd | E Aston | | 1.48.22 | | | |
| Southern | Mens Lea | | une at Peri | vale | 1 | | | |
| 1 st Rystor | 1 125 ¹ /2, 2 nd | Met Police | e 116 ¹ /2, 3 rd | Ealing SM | 115½, 4 th C | C&C 86. 5 th | Newquay & Par 81 ¹ / ₂ | |
| 100m | | 5A | S Richard | | 12.6 | 5B | A Lee | 13.6 |
| 200m | | 2A | B Kelk | | 23.4 | 5B | S Richards | 26.2 |
| 400m | | 5A | A Howard | 1 | 71.3 | 5B | A Boyce | 63.5 |
| 800m | | 4A | J Bowstea | ıd | 2.13.8 | 4B | A Howard | 2.41.5 |
| 1500m | | 4A | A Howard | 1 | 5.32.7 | | | |
| 5000m | | 3A | J Bowstea | ıd | 16.55.6 | 4B | J Kazer | 19.33.5 |
| 3000m S/ | С | 4A | J Kazer | | 12.46.7 | 4B | J Brennand | 17.03.0 |
| 110 Hdls | | 5A | J Brennan | ıd | 23.2 | | | |
| 400 hdls | | 2A | B Kelk | | 58.4 | 3B | J Brennand | 75.6 |
| 4 x 100 re | lay | DQ | | | | | | |
| 4 x 400 re | lay | 4A | Kazer, Ho | ward, Richa | ards, Lee | | | 4.36.4 |
| Pole vault | | 4A | A Boyce | | 3.40 | 2B | J Brennand | 2.60 |
| Highjump |) | 3A | S Richard | s | 1.70 | 2B | B Kelk | 1.65 |
| Longjump |) | 1A | S Richard | s | 6.37 | 3B | A Boyce | 5.28 |
| Triplejum | р | 1A | S Richard | s | 12.77 | 4B | J Brennand | 10.48 |
| Shot | | 3A | A Lee | | 10.16 | 2B | G Parsons | 10.14 |
| Discus | | 3A | A Lee | | 26.50 | 3B | G Parsons | 23.59 |
| Hammer | | 1A | A Lee | | 44.86 | 2B | G Parsons | 33.79 |
| Javelin | | 5A | A Lee | | 24.15 | 5B | G Parsons | 23.59 |
| | ague Perm | | | | | | | |
| 1500m | | 1A | I William | | 3.51.30 | (Competir | g HCS for Birchfield) | |
| Eastern Y | oung athl | etes league | at Ipswich | 1 on June 7 | <u>th</u> | with the second | and the second | |
| | | ford 648, 2^{1} | ¹⁰ Southend | 646, 3 rd Ips | wich 571, | 4 th C&C 5 | 35, 5 th Colch and T 26 | 53, 6 ⁱⁿ |
| Ryst/WN | | | | | | | | |
| Men Unde | or 17 | (1 st 106 p | te) | | | | | |

Men Under 17 $(1^{st} 106 \text{ pts})$

| 100m | 2A | G Cummins | 11.9 | 15 | | | Hurdles |
|-----------------|-----------------------------|---------------|--------|------------|-------------|--------|----------------------|
| 200m | 1A | B Kelk | 23.6 | 1B | G Cummins | 24.5 | Longjump |
| 1500m | 1A | H Whittingham | 4.28.4 | 1B | R Nawi | 4.30.8 | Highjump |
| Highjump | 1A | B Kelk | 1.81 | 210 | D.I. strand | 4.02 | Shot |
| Longjump | 4A | G Cummins | 5.14 | 3B | R Lockwood | 4.03 | Discus |
| Triplejump | 1A | B Kelk | 12.62 | 10 | AMerica | 0.40 | Javelin |
| Shot | 1A | M Lawrence | 13.10 | 1B | A Morter | 9.49 | TT |
| Discus | 2A | M Lawrence | 33.08 | 2B | A Morter | 25.78 | Hammer |
| Javelin | 3A | A Morter | 37.44 | 2B | R Lockwood | 26.74 | 4×100 relay |
| Hammer | 2A | M Lawrence | 22.55 | | | | Girls Under 1 |
| 4 x 100 | 2A (4 th - 98 | 0 | 48.2 | | | | 100m |
| Boys Under 15 | | | | | | 12.4 | |
| 100m | 5A | J Mair | 13.2 | 2B | M Jones | 13.4 | 200 |
| 200m | 3A | J Travers | 25.9 | 1B | M Jones | 26.7 | 200m |
| 400m | 3A | L Rawling | 61.2 | 3B | J Cochrane | 58.5 | |
| | N/S | J Travers | 55.4 | N/S | C Morris | 61.6 | |
| 800m | 3A | J Cochrane | 2.10.0 | 2B | L Rawling | 2.21.6 | |
| 80m Hdls | 3A | B Fullah | 15.2 | 4B | M Jones | 19.3 | 800m |
| Highjump | 4A | C Morris | 1.40 | | a | 1.05 | 1500m |
| Longjump | 3A | L Rawling | 4.65 | 2B | C Morris | 4.36 | Longjump |
| Shot | 4A | W Cox | 7.23 | 2B | J Mair | 5.51 | ~ |
| Javelin | 3A | J Bailey | 33.63 | 1 B | W Blackwell | 31.50 | Shot |
| Hammer | 4A | W Cox | 15.03 | | | | Discus |
| 4 x 100 | 2A | | 51.4 | | | | 4 x 100 |
| Boys Under 13 | | pts) | | | | | <u>Cambs AA E</u> |
| 100m | 1A | J Ebanks | 13.6 | 4B | L Oxley | 15.7 | 100m Graded |
| 200m | 1A | J Ebanks | 27.5 | 4B | L Oxley | 32.1 | 800m open ra |
| 800m | 6A | S Kumar | 3.13.6 | 4B | R MacDonald | 3.13.6 | Discus U1 |
| Hurdles | 5A | T Clements | 20.6 | 2B | R MacDonald | 19.2 | Shot U1 |
| Longjump | 1A | J Ebanks | 4.63 | 3B | J Richards | 3.64 | Triplejump Sl |
| | N/S | L Oxley | 3.74 | | | | U2 |
| Highjump | 3A | S Kumar | 1.25 | | | | U 1 |
| Shot | 2A | J Richards | 6.08 | 2B | S Kumar | 5.90 | U 1 |
| Discus | 3A | R MacDonald | 12.37 | 2B | T Clements | 12.28 | 80m U11 Gir |
| 4 x 100 | 4A | | 66.5 | | | | 300m U11 Gi |
| Under 17 Ladies | (3 rd 95 | 1 / | | | | | BMC meetin |
| 100m | 4A | S Baxter | 15.4 | | | | 800m Men |
| 300m | 4A | C Asztalos | 48.1 | 4B | S Baxter | 52.8 | 800m Womer |
| 800m | 3A | A Dow | 2.32.4 | 1B | R Carter | 2.36.2 | 1500m Men |
| Hurdles | 4A | C Asztalos | 13.2 | | | | Cambridges |
| Highjump | 4A | C Asztalos | 1.30 | 2B | J Richards | 1.20 | Under 15 Girl |
| Longjump | 1A | L Sammout | 5.04 | 2B | F Kumar | 3.46 | 100m |
| Triplejump | 1A | L Sammout | 10.64 | | | | 200m |
| Shot | 3A | H Sayer | 8.65 | 1B | J Richards | 8.03 | 800m |
| Discus | 2A | L Sammout | 28.03 | 1B | H Sayer | 22.51 | 1500m |
| Hammer | 1A | H Sayer | 38.59 | N/S | J Richards | 22.70 | Hurdles |
| Javelin | 3A | S Baxter | 10.28 | | | | Longjump |
| 4 x 100 | 1A | | 53.6 | | | | Shot |
| Under 15 Girls | (3 rd 119 | 9 pts) | | | | | Discus |
| 100m | 3A | E Cave | 13.7 | 4B | K Evans | 14.8 | Javelin |
| | N/S | L Millichap | 14.8 | N/S | H Peacock | 15.3 | Under 17 Wo |
| 200m | 5A | K Bass | 31.3 | 5B | N Rehakova | 30.1 | 1500m |
| | N/S | M George | 29.9 | | | | Hurdles |
| 300m | 4A | L Millichap | 48.9 | 4B | Z MacDonald | 51.6 | 300m hurdles |
| | N/S | N Rehakova | 48.0 | N/S | A Goggin | 54.4 | Highjump |
| | 3A | N Rehakova | 2.36.4 | 4B | Z MacDonald | 3.02.6 | Longjump |
| 800m | | | | | | | |
| 800m | N/S | E Dixon | 2.32.7 | | | | Triplejump |

| Hurdles | 2A | E Cave | 12.6 | 2B | K Bass | 13.9 |
|------------------|-------------------------|-----------------------------------|---------|-----------------|-------------|--------|
| Longjump | 2A | J Fox | 4.60 | 3B | A Young | 3.98 |
| Highjump | 6A | J Fox | 1.25 | 3B | K Bass | 1.15 |
| Shot | 2A | A Goggin | 6.70 | 1B | Z MacDonald | 5.59 |
| Discus | 2A | A Goggin | 18.40 | 2B | I Hyde | 15.90 |
| Javelin | 2A | I Hyde | 19.96 | 1B | L Millichap | 17.69 |
| | N/S | H Peacock | 15.58 | | • | |
| Hammer | 2A | I Hyde | 20.24 | | | |
| 4 x 100 relay | 3A | • | 56.1 | | | |
| Girls Under 13 | (5 th with 3 | 7 pts) | | | | |
| 100m | 5A | C Marriot | 15.2 | 4B | A Pettit | 15.6 |
| | N/S | I Sanusi-Bartlett | 15.7 | N/S | L Weber | 15.7 |
| | N/S | M Cassidy | 16.5 | | | |
| 200m | 5A | O Abbott | 30.6 | 3B | A Pettit | 33.2 |
| | N/S | I Sanusi-Bartlett | 31.3 | N/S | L Schmidt | 33.7 |
| | N/S | C Marriot | 31.8 | N/S | L Weber | 33.7 |
| | N/S | M Cassidy | 36.8 | | | |
| 800m | 4A | L Schmidt | 2.55.8 | | | |
| 1500m | 1A | H Parker | 5.35.1 | 2B | S Pedder | 6.40.4 |
| Longjump | 4A | O Abbott | 3.75 | 6B | M Cassidy | 3.12 |
| | N/S | L Weber | 3.44 | | | |
| Shot | 3A | C Marriot | 6.42 | | | |
| Discus | 4A | O Abbott | 12.58 | | | |
| 4 x 100 | 5A | 01100011 | 62.5 | | | |
| | | ing – St Ives - June 1 | | | | |
| 100m Graded Rd 1 | 2 nd Ht 3 | C Mariott (U13G) | 14.75 | Rd 2 | 14.58 | |
| 800m open race | 5 th | H Parker (U13G) | 2.39.08 | | | |
| Discus U17W | 1 st | L Sammout | 29.53 | | | |
| Shot U13G | 1^{st} | C Mariott | 6.62 | | | |
| Triplejump SM | 1 st | S Richards | 12.38 | | | |
| U20W | 1 st | R Mackay | 11.17 | | | |
| U17W | 1 st | L Sammout | 10.41 | | | |
| U15G | 1 st | J Fox | 9.81 | | | |
| 80m U11 Girls | 3 rd | F Marriott | 13.61 | | | |
| 300m U11 Girls | 2 nd | F Marriott | 58.14 | | | |
| BMC meeting – Wa | _ | | 50.11 | | | |
| 800m Men | 5 th A race | | 1.48.83 | | | |
| 800m Women | | L Dowsett | 2.07.26 | | | |
| 1500m Men | 2 nd B race | I Wil.liamson | 3.45.64 | | | |
| | nools – Jun | e 13 th at Peterboroug | | | | |
| Under 15 Girls | | | | | | |
| 100m | 3 rd | E Cave | 13.59 | | | |
| 200m | 6 th | K Bass | 29.86 | | | |
| 800m | 2^{nd} | A Gaylor | 2.34.4 | | | |
| 1500m | 1 st | E Dickson | 5.05.72 | | | |
| Hurdles | 1 st | E Cave | 12.47 | 2 nd | K Bass | 12.99 |
| Longjump | 1 st | J Fox | 4.80 | | | |
| Shot | 6 th | I Hyde | 6.43 | | | |
| Discus | 2 nd | A Goggin | 16.56 | 4^{th} | I Hyde | 15.67 |
| Javelin | $\overline{2}^{nd}$ | I Hyde | 22.64 | N/S | L Millichap | 20.28 |
| Under 17 Women | - | 111)00 | | 100 | 2 mining | 20.20 |
| 1500m | 2^{nd} | A Dow | 5.09.34 | | | |
| Hurdles | 1 st | C Asztalos | 13.17 | | | |
| 300m hurdles | 2^{nd} | C Asztalos | 50.44 | | | |
| Highjump | 3 rd | C Asztalos | 1.40 | | | |
| Longjump | 1 st | L Sammout | 4.57 | | | |
| Triplejump | 1 st | L Sammout | 10.76 | | | |
| Shot | 1 st | H Sayer | 8.76 | | | |
| | | | | | | |
| | | | | | | |

| Discus | 1^{st} | L Sammout | 33.13 | 2^{nd} | H Sayer | 21.85 |
|-------------------|------------------------------------|------------------------------------|----------------|-----------------|-----------------|--------------|
| Hammer | 1 st | H Sayer | 40.00 | 2^{nd} | J Richards | 24.05 |
| Under 20 Women | | | | | | |
| 400m | 3 rd | H Cox | 69.17 | | | |
| Longjump | 1^{st} | R Mackay | 4.87 | | | |
| Triplejump | 1 st | R Mackay | 10.90 | | | |
| Under 15 Boys | | | | | | |
| 200m | 4^{th} | J Travers | 26.18 | | | |
| 400m | 2 nd | J Travers | 55.13 | | | |
| 1500m | 5^{th} | G Kendall | 4.48.61 | | | |
| Hurdles | 4 th | M Carter | 14.12 | | | |
| Triplejump | 2^{nd} | M Carter | 10.74 | | | |
| Polevault | 1 st | S Reynolds | 1.79 | | | |
| Shot | 4 th | W Cox | 7.75 | | | |
| Javelin | 4 1 st | | | 2^{nd} | I Dallan | 34.12 |
| | 2^{nd} | M Young | 36.67 | 2 | J Bailey | 34.12 |
| Hammer | 2 | W Cox | 16.00 | | | |
| Under 17 men | 2 nd | | 11.70 | 6 th | | 1: 10.00 |
| 100m | 2 rd 3 rd | G Cummins | 11.73 | 6 | A Rubenstein-Ba | ayliss 12.32 |
| 200m | 2 nd | B Kelk | 23.78 | 3 rd | | 0.00.50 |
| 800m | | O Bass | 2.06.53 | | S Pullen | 2.09.60 |
| 1500m | 3 rd | H Whittingham | 4.35.31 | 4^{th} | S Pullen | 4.40.50 |
| 400m Hurdles | 2 nd | B Kelk | 57.26 | | | |
| Longjump | 2 nd | B Kelk | 5.57 | | | |
| Shot | 1 st | M Lawrence | 12.61 | | | |
| Discus | 2 nd | M Lawrence | 36.60 | | | |
| Javelin | 1 st | O Bass | 38.79 | | | |
| Under 20 men | | | | | | |
| 100m | 1 st | C Morter | 11.45 | | | |
| 1500m | 1 st | W Mycroft | 4.12.26 | | | |
| National Junior L | eague – J | <u>une 14th at Eton</u> | | | | |
| Team Cambridgesh | ire – 8 th – | now 8 th overall | | | | |
| U20 men (C&C onl | y) | | | | | |
| 1500m | 5A | W Mycroft | 4.11.37 | | | |
| 400Hdls | 4A | B Kelk | 58.22 | | | |
| U20 Women (C&C | only) | | | | | |
| 400m | 2Å | L Dowsett | 56.65 | | | |
| 400m Hdls | 1B | L Bass | 65.69 | | | |
| Longjump | 7A | L Sammout | 4.75 | | | |
| Triplejump | 2A | L Sammout | 10.72 | | | |
| Shot | 1A | A Forster | 12.38 | | | |
| Discus | 4B | A Forster | 23.56 | N/S | L Sammout | 32.13 |
| BMC/ Open meeti | | | 20.00 | 100 | 2 Summour | 02110 |
| 1500m | 10h | W Mycroft | 4.12.05 | | | |
| Anglian Schools – | | June 20 th | | | | |
| Under 17 Men | 1 tor wren | oune 20 | | | | |
| 100m | 3 rd | G Cummins | 11.7 | | | |
| 400m Hdls | 2^{nd} | B Kelk | 56.7 | | | |
| 800m | 5^{th} | O Bass | 2.05.1 | | | |
| Longjump | 2^{nd} | B Kelk | 2.03.1 5.97 | | | |
| Shot | 2^{nd} | M Lawrence | 13.33 | | | |
| Javelin | $\frac{2}{6^{\text{th}}}$ | O Bass | 13.55 32.63 | | | |
| | 6^{th} | | | | | |
| Discus | 0 | M Lawrence | 32.51 | | | |
| Under 15 Boys | 5 th | I.T. | 515 | | | |
| 400m | 5 8 th | J Travers | 54.5 | | | |
| Triplejump | | M Carter | 10.24 | | | |
| Javelin | 6 th | M Young | 30.45 | | | |
| Hammer | 4 th | W Cox | 17.92 | | | |
| Under 20 Women | | | | | | |
| | | | | | | |

| T | 1 st | DMulti | 4.02 | | | |
|--------------------------------|------------------------------------|----------------------------------|----------------------------|-----------------|-------------------------------------|--------------------------------|
| Longjump | 1 1 st | R Mackay | 4.92 | | | |
| Triplejump Under 17 Women | 1 | R Mackay | 10.76 | | | |
| | 6 th | | 5 00 0 | | | |
| 1500m | 2^{nd} | A Dow | 5.08.2 | | | |
| Triplejump | 2 th 7 th | L Sammout | 10.44 | | | |
| Discus | 7 ^{cl} 3 rd | H Sayer | 20.20 | | | |
| Shot | 3 ⁻² 1 st | H Sayer | 8.78 | | | |
| Discus | | L Sammout | 31.75 | | | |
| Hammer | 6 th | H Sayer | 32.40 | | | |
| Under 15 girls | 2 nd | | 12.0 | 7 th | W.D. | 12.0 |
| 75m Hurdles | 2 nd 6 th | E Cave | 12.0 | / | K Bass | 13.0 |
| 800m | | M Turner | 2.32.5 | | | |
| 1500m | 8 th | E Dickson | 5.13.3 | | | |
| Longjump | 2^{nd} | J Fox | 4.71 | | | |
| Discus | 4 th | A Goggin | 19.96 | | | |
| Javelin | 6 th | I Hyde | 19.08 | | | |
| East Anglian Leag | <u>ue at Colo</u> | chester on June 21 st | ed | | 1, 4 th Braintree 466, 1 | _th |
| Overall match $-=1$ | I [™] C&C 69 | 8, 2 nd Colch Harr 66 | $3, 3^{\text{rd}}$ Colch & | Tend 57 | 1, 4 th Braintree 466, 3 | 5 th Breckland 101, |
| 6 th Waveney 91 | | | | | | |
| Senior Men - 1 st w | | | | | | |
| 100m | 1A | C Morter | 11.3 | 2B | S Emmings | 12.3 |
| 200m | 3A | S Emmings | 27.0 | 2B | S Richards | 25.4 |
| 400m | 3A | J Brennand | 70.3 | 2B | A Howard | 67.1 |
| 800m | 4A | M Ward | 2.11.5 | 2 B | D Pettit | 2.30.8 |
| 3000m | 2A | J Baslington | 10.00.6 | 1 B | M Ward | 10.05.2 |
| | N/S | A Howard | 11.17.8 | | | |
| Hurdles | 1A | J Brennand | 21.4 | | | |
| Highjump | 1A | S Richards | 1.70 | 1 B | J Brennand | 1.20 |
| Longjump | 1A | J Brennand | 4.61 | | | |
| Triplejump | 1A | S Richards | 12.48 | 1B | J Brennand | 7.77 |
| Shot | 1A | G Parsons | 10.41 | 1 B | C Morter | 9.05 |
| Discus | 2A | G Parsons | 32.13 | 2B | N Moss | 12.00 |
| Hammer | 1A | G Parsons | 35.46 | 1B | N Moss | 12.24 |
| Javelin | 2A | G Parsons | 31.52 | 1B | C Morter | 26.39 |
| 4 x 100 | 1A | | 55.3 | | | |
| Under 17 Men – 1 st | | | | | | |
| 100m | 1A | B Kelk | 11.4 | 1B | G Cummins | 11.9 |
| 200m | 1A | G Cummins | 24.0 | 2B | S Pullen | 27.0 |
| 400m | 1A | O Bass | 56.1 | 1B | S Pullen | 56.6 |
| 800m | 2A | O Bass | 2.15.9 | | | |
| Highjump | 1A | B Kelk | 1.75 | | | |
| Longjump | 2A | O Bass | 5.55 | 2B | G Cummins | 5.23 |
| Triplejump | 1A | B Kelk | 13.28 | | | |
| Shot | 1A | M Lawrence | 12.69 | 1 B | A Morter | 9.70 |
| Discus | 1A | M Lawrence | 33.42 | 1B | A Morter | 24.20 |
| Javelin | 1A | A Morter | 38.87 | 1B | M Lawrence | 28.36 |
| 4 x 100 | 2A | | 48.0 | | | |
| · · · · | | th 96 pts | | | | |
| 100m | 1A | M Jones | 12.5 | 1B | J Vane | 13.5 |
| • • • • | N/S | J Peacock | 12.5 | | | |
| 200m | 1A | M Jones | 26.4 | 1B | J Peacock | 25.6 |
| | N/S | J Vane | 29.4 | | | |
| 400m | 2A | L Rawlings | 60.3 | | | |
| 800m | 2A | L Rawlings | 2.20.9 | | | |
| Longjump | 2A | L Rawlings | 4.49 | 1B | J Vane | 4.22 |
| Triplejump | 2A | C Morris | 9.69 | | | |
| Shot | 1A | M Dilauro | 11.04 | 2B | W Cox | 6.73 |
| | N/S | D October | 9.40 | | | |
| | | | | | | |

| Discus | 4A | W Cox | 19.31 | | | |
|-----------------------------------|----------------------------|--|--------------|------------------------------|-----------------|--------------|
| Javelin | 1A | W Blackwell | 30.23 | | | |
| Hammer | 2A | W Cox | 17.04 | | | |
| 4 x 100 | 1A | W COX | 51.6 | | | |
| Under 13 Boys - | | with 83 points | 51.0 | | | |
| 100m | 1A | J Ebanks | 13.1 | 3B | J Mckeown-Toft | 14.6 |
| 10011 | N/S | B Mckeown-Toft | 13.1 | N/S | T Heylen | 15.9 |
| 200m | 1A | J Ebanks | 27.1 | 2B | J Mckeown-Toft | 31.1 |
| 20011 | N/S | B Mckeown-Toft | 31.1 | N/S | T Heylen | 34.5 |
| 800m | 1A | T Heylen | 2.42.2 | 1B | B McKeown-Toft | 2.55.0 |
| 80011 | N/S | J Mckeown-Toft | 2.42.2 | ID | D MCKeowii-10it | 2.33.0 |
| Longiumn | 1N/S 1A | J Ebanks | 4.60 | 1B | J Richards | 4.28 |
| Longjump Shot | 3A | S Kumar | 4.00 6.63 | 1B 1B | J Richards | 4.28 6.03 |
| Discus | 3A 3A | J Richards | 13.57 | IB | J Richards | 0.03 |
| | | | | | | |
| Javelin | 1A | S Kumar | 30.60 | | | |
| 4 x 100 | 2A | | 58.0 | | | |
| Under 11 Boys | · · | 2.24 600 | 2 00 0 | 00 | 10.6 | |
| J Heylen | Longjum | | 2.08.0 | 80m | 13.6 | |
| L Ebanks | Longjum | ip 3.46 | | 80m | 12.0 | |
| Senior Ladies - | | 110 points | 12.0 | 3B | C Cox | 16.0 |
| 100m | 2A | E Morris | 12.8 | 3В 4В | | 16.0 |
| 200m | 2A | E Morris | 26.9 | 4B | H Cox | 30.0 |
| 100 | N/S | C Cox | 35.0 | | | |
| 400m | 2A | H Cox | 70.4 | 210 | DD1 (| 2.11.6 |
| 800m | 2A | R Carter | 2.34.0 | 3B | R Roberts | 3.11.6 |
| 1500m | 2A | E Kier | 4.55.6 | 10 | E Kanaa | 2.62 |
| Longjump | 2A | L Sammout | 4.75 | 1B | F Kumar | 3.63 |
| Triplejump | 1A | L Sammout | 10.58 | 1B 2D | F Kumar | 8.42 |
| Shot | 2A | H Sayer | 8.41 | 2B | A Moindrot | 7.21 |
| Discus | 1A | L Sammout | 32.97 | 1 B | H Sayer | 21.78 |
| T 1' | N/S | A Moindrot | 26.29 | (1) | DD1 (| 0.10 |
| Javelin | 3B | F Kumar | 21.79 | 4B | R Roberts | 9.18 |
| Hammer | N/S | H Sayer | 50 6 | | | |
| 4 x 100 | 4A 3 rd tean | 14.01 | 58.6 | | | |
| Under 15 Girls - | | n with 91 pts | 12.2 | 20 | I.F. | 12.2 |
| 100m | 3A | E Cave | 13.3 | 2B | J Fox | 13.3 |
| 200m | 4A | L Millichap | 30.2 | 2B | M George | 28.9 |
| 1500m | 1A | G Schweining | 5.08.3 | 20 | T A CHE 1 | 15.0 |
| Hurdles | 1A | E Cave | 11.7 | 2B | L Millichap | 15.8 |
| Highjump | 3A | R Davidson | 1.30 | 210 | E.C. | 2.02 |
| Longjump | 1A | J Fox | 4.63 | 3B | E Cave | 3.93 |
| Shot | 2A | I Hyde | 6.51 | | D D | 11.04 |
| Discus | 1A | I Hyde | 16.24 | 2B | R Davidson | 11.94 |
| Javelin | 1A 4 th tean | L Millichap | 20.90 | 1 B | I Hyde | 17.90 |
| Under 13 Girls - | | n with 37 points | 14.5 | 410 | A Deute | 15.2 |
| 100m | 3A | C Mariott | 14.5 | 4B | A Pettit | 15.3 |
| 200m | 3A | O Abbott | 31.9 | 3B | A Pettit | 32.7 |
| | N/S | C Marriot | 31.6 | N/S | M Cassidy | 34.7 |
| 000 | N/S | M Jones | 39.7 | | | |
| 800m | 2A | O Abbott | 2.41.2 | 3B | M Jones | 2.09 |
| Longjump | 6A | M Cassidy | 3.35 | 3B | M Jones | 2.98 |
| Shot | 3A | C Mariott | 6.37 | | | |
| Under 11 Girls | · · · · | 0.75 00 | 12.2 | | | |
| F Marriott | Longjum | p 2.75 80m 20 th /21 st - Watford | 12.3 | | | |
| SEAA Championsh Sen Women 400m | <u>ups – June</u> 5h | I Asztalos | 59 16 | | | |
| U20 Women 400m | 5n 8 th | L Dowsett | 58.46 | 7.62 in htm | | |
| U20 Women 400m U20W 400m Hdls | 8 5th | L Dowsett L Bass | | 7.62 in hts) 6.48 in hts) | | |
| 020 W 400III 110IS | Jui | L Dass | 05.74 (0 | 0.40 m ms) | | |

| Sen Men Longjum | 44. | W Mycroft | 4.06.43 | | | |
|--|---|---|--|---|--|--|
| | | S Richards | 5.83 | | | |
| | nampionsh | <u>iips – Dunfermline – 2</u> | | | | |
| 1500m Sen men | 3 rd | I Williamson | 3.48.13 (| 3.49.31 ii | n ht) | |
| Southern Mens Le | <u>eague – 27</u> | th June at Hemel Hem | <u>ipstead</u> | | | |
| | | 18, 3 rd Aldershot 115, | | | | |
| 100m | 2A | C Morter | 11.3 | 1 B | J Baxter | 11.7 |
| 200m | 4A | A Boyce | 27.1 | 1 B | C Morter | 23.8 |
| 400m | 5A | A Howard | 69.9 | 5B | J Brennand | 92.1 |
| 800m | 4A | M Bell | 2.04.0 | 2B | J Morley | 2.08.3 |
| 1500m | 3A | M Bell | 4.31.2 | 3B | J Morley | 4.36.2 |
| | N/S | A Howard | 5.28.7 | | | |
| 5000m | 2A | W Mycroft | 16.36.2 | 2B | G Weller | 16.57.2 |
| 3000m S/C | 4A | G Weller | 11.54.5 | 1 B | J Kazer | 12.05.7 |
| 110 Hdls | 2A | T Brennand | 19.3 | 1 B | J Brennand | 21.6 |
| 400 hdls | 5A | T Brennand | 79.7 | 5B | J Brennand | 73.3 |
| 4 x 100 relay | 2A | | 50.0 | | | |
| 4 x 400 relay | 4A | | 3.53.9 | | | |
| Pole vault | 1A | A Boyce | 3.40 | 1 B | J Brennand | 2.60 |
| Highjump | 3A | S Richards | 1.70 | 2B | T Brennand | 1.50 |
| Longjump | 2A | S Richards | 6.08 | 2B | J Baxter | 5.56 |
| Triplejump | 2A | S Richards | 12.39 | 2B | T Brennand | 10.65 |
| Shot | 4A | G Parsons | 10.19 | 2B | A Lee | 10.04 |
| Discus | 3A | G Parsons | 34.02 | 3B | A Lee | 26.26 |
| Hammer | 2A | A Lee | 42.38 | 1 B | G Parsons | 36.30 |
| Javelin | 5A | G Parsons ue at Peterborough o | 31.66 | 5B | A Lee | 26.26 |
| Match Res - 1 st PA | C 747. 2 nd | Stevenage 715, 3rd C& | ¢С 588, 4 th F | IAC 346. | 5 th Watford 218, 6 th H | Ryston, WN |
| Men Under 17 | (3 rd 96 | pts) | | , | | -, |
| 100m | 2A | G Cummins | 11.7 | | | |
| 200m | 1A | B Kelk | 23.3 | 2B | G Cummins | 24.1 |
| 400m | 3A | N Steininger | 67.5 | | | |
| 800m | 1A | S Pullen | 2.11.7 | | | |
| 1500m | 2A | H Whittingham | 4.38.1 | | | |
| Highjump | | | | | | |
| | 2A | B Kelk | 1.75 | | | |
| | 2A 2A | B Kelk G Cummins | 1.75 5.39 | 2B | S Pullen | 4 34 |
| Longjump | 2A 2A 1A | B Kelk G Cummins B Kelk | 5.39 | 2B 2B | S Pullen N Steininger | 4.34 9.75 |
| Longjump Triplejump | 2A 1A | G Cummins B Kelk | 5.39 12.69 | 2B | N Steininger | 9.75 |
| Longjump Triplejump Shot | 2A 1A 1A | G Cummins B Kelk M Lawrence | 5.39 12.69 12.96 | | | |
| Longjump Triplejump Shot Discus | 2A 1A 1A 2A | G Cummins B Kelk M Lawrence M Lawrence | 5.39 12.69 12.96 36.96 | 2B | N Steininger | 9.75 |
| Longjump Triplejump Shot Discus Hammer | 2A 1A 1A | G Cummins B Kelk M Lawrence | 5.39 12.69 12.96 36.96 23.94 | 2B | N Steininger | 9.75 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 | 2A 1A 1A 2A 2A 4A | G Cummins B Kelk M Lawrence M Lawrence M Lawrence | 5.39 12.69 12.96 36.96 | 2B | N Steininger | 9.75 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 | 2A 1A 1A 2A 2A | G Cummins B Kelk M Lawrence M Lawrence M Lawrence | 5.39 12.69 12.96 36.96 23.94 | 2B | N Steininger | 9.75 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 | 2A 1A 1A 2A 2A 4A (2 nd 112 | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 | 2B 3B 4B | N Steininger N Steininger J Vane | 9.75 7.50 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) J Peacock M Larkinson | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 | 2B 3B 4B N/S | N Steininger N Steininger J Vane J Wainwright | 9.75 7.50 13.8 13.0 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A | G Cummins B Kelk M Lawrence M Lawrence M Lawrence ² pts) J Peacock | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 | 2B 3B 4B | N Steininger N Steininger J Vane | 9.75 7.50 13.8 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 | 2B 3B 4B N/S 5B | N Steininger N Steininger J Vane J Wainwright J Vane | 9.75 7.50 13.8 13.0 30.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 | 2B 3B 4B N/S 5B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright | 9.75 7.50 13.8 13.0 30.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S N/S | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 | 2B 3B 4B N/S 5B N/S | N Steininger N Steininger J Vane J Wainwright J Vane | 9.75 7.50 13.8 13.0 30.4 26.6 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S N/S 4A | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 | 2B 3B 4B N/S 5B N/S 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S N/S 4A 3A | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 | 2B 3B 4B N/S 5B N/S 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S 4A 3A N/S | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 2.28.9 | 2B 3B 4B N/S 5B N/S 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m 80m Hdls | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S 4A 3A N/S 1A 4A | G Cummins B Kelk M Lawrence M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane W Smeeton | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 2.28.9 4.29.9 17.7 | 2B 3B 4B N/S 5B N/S 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m 80m Hdls Polevault | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S 4A 3A N/S 1A 4A 2A | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane W Smeeton S Reynolds | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 2.28.9 4.29.9 17.7 1.90 | 2B 3B 4B N/S 5B N/S 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m 800m Hdls Polevault Highjump | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S N/S 4A 3A N/S 1A 4A 2A 4A | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane W Smeeton S Reynolds C Morris | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 2.28.9 4.29.9 17.7 1.90 1.30 | 2B 3B 4B N/S 5B N/S 3B 2B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds B Littledyke | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 2.40.3 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m 800m Hdls Polevault Highjump | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S N/S 4A 3A N/S 1A 4A 2A 4A 3A | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane W Smeeton S Reynolds C Morris L Rawling s | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 2.28.9 4.29.9 17.7 1.90 1.30 4.72 | 2B 3B 4B N/S 5B N/S 3B 2B 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds B Littledyke C Morris | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 2.40.3 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m 800m Hdls Polevault Highjump | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S 3A N/S 4A 3A N/S 1A 4A 2A 4A 3A N/S | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane W Smeeton S Reynolds C Morris L Rawling s M Carter | $\begin{array}{c} 5.39\\ 12.69\\ 12.96\\ 36.96\\ 23.94\\ 52.0\\ 12.6\\ 12.9\\ 25.4\\ 26.5\\ 30.4\\ 59.5\\ 2.20.1\\ 2.28.9\\ 4.29.9\\ 17.7\\ 1.90\\ 1.30\\ 4.72\\ 4.55\\ \end{array}$ | 2B 3B 4B N/S 5B N/S 3B 2B 3B N/S | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds B Littledyke C Morris J Vane | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 2.40.3 4.28 4.05 |
| Longjump Triplejump Shot Discus Hammer 4 x 100 Boys Under 15 100m 200m 400m 800m 1500m 80m Hdls Polevault Highjump Longjump | 2A 1A 1A 2A 2A 4A (2 nd 112 3A N/S 3A N/S N/S 4A 3A N/S 1A 4A 2A 4A 3A | G Cummins B Kelk M Lawrence M Lawrence 2 pts) J Peacock M Larkinson J Peacock M Larkinson L Webber L Rawling s L Rawling s C Morris J Cochrane W Smeeton S Reynolds C Morris L Rawling s | 5.39 12.69 12.96 36.96 23.94 52.0 12.6 12.9 25.4 26.5 30.4 59.5 2.20.1 2.28.9 4.29.9 17.7 1.90 1.30 4.72 | 2B 3B 4B N/S 5B N/S 3B 2B 3B | N Steininger N Steininger J Vane J Wainwright J Vane J Wainwright S Reynolds B Littledyke C Morris | 9.75 7.50 13.8 13.0 30.4 26.6 60.4 2.40.3 |

| Discus | 4A | M Voung | 20.88 | 2B | W Cox | 15.92 |
|-----------------|----------------------|--------------------|--------|------------|---------------------------------------|--------|
| Javelin | 3A | M Young M Young | 37.90 | 2B 1B | W Blackwell | 31.39 |
| Hammer | 3A 3A | W Cox | 14.44 | ID | w Diackwell | 51.59 |
| $4 \ge 100$ | 3A 3A | W COX | 50.9 | N/S | | 54.1 |
| Boys Under 13 | | 0pts) | 50.9 | 11/3 | | 34.1 |
| 100m | 2A | J Ebanks | 12.9 | 2B | J Mckeown-Tofts | 14.4 |
| TUUIII | ZA N/S | N Farboud | 12.9 | ZB N/S | L Oxley | 14.4 |
| | N/S | B Mckeown-Tofts | 14.1 | N/S | J Rowsell | 14.2 |
| | N/S | D Assadi | 16.2 | 14/5 | J KOWSCII | 13.2 |
| 200m | 2A | J Ebanks | 26.8 | 2B | J McKeown-Tofts | 30.1 |
| 200111 | N/S | L Oxley | 20.8 | N/S | B McKeown-Tofts | 30.3 |
| | N/S | J Rowsell | 31.9 | 14/5 | D MCKeowii-Tons | 50.5 |
| 800m | 5A | J Mckeown-Tofts | 2.49.5 | 2B | B Mckeown-Tofts | 2.49.7 |
| 80011 | N/S | G Lewis | 2.49.5 | 20 | D WICKCOWII-TOILS | 2.49.7 |
| 1500m | 3A | J Biggs | 5.35.8 | | | |
| Hurdles | 5A | J Biggs | 16.1 | 4B | D Assadi | 21.0 |
| Longjump | 2A | J Ebanks | 4.45 | 2B | S Kumar | 3.85 |
| LongJump | N/S | N Farboud | 4.11 | N/S | M Carter | 3.38 |
| Highjump | 3A | J Biggs | 1.30 | 2B | S Kumar | 1.20 |
| mgnjump | N/S | G Lewis | 1.15 | 20 | 5 Ruma | 1.20 |
| Shot | 3A | S Kumar | 5.99 | 2B | D Assadi | 5.20 |
| bilot | N/S | M Carter | 6.15 | 20 | DTISSUUI | 5.20 |
| Discus | 1A | L Oxley | 17.81 | 1B | M Carter | 13.21 |
| 4 x 100 | 1A 1A | LOXICY | 56.2 | ID | MCarter | 13.21 |
| Under 17 Ladies | | pts) | 50.2 | | | |
| 300m | 4A | E Kier | 45.1 | 3B | F Kumar | 54.9 |
| 800m | 1A | E Kier | 2.19.8 | 1B | R Carter | 2.34.1 |
| Highjump | 3A | J Richards | 1.30 | 10 | R Cartor | 2.34.1 |
| Longjump | 1A | L Sammout | 4.77 | 3B | F Kumar | 3.39 |
| Shot | 1A 1A | H Sayer | 8.46 | 1B | J Richards | 8.09 |
| Discus | 1A 1A | L Sammout | 31.71 | 1B 1B | H Sayer | 20.27 |
| Hammer | 2A | H Sayer | 33.89 | N/S | J Richards | 24.69 |
| Javelin | 3A | F Kumar | 18.87 | 100 | 5 Richards | 24.07 |
| Under 15 Girls | (3 rd 114 | nts) | 10.07 | | | |
| 100m | 3A | J Fox | 13.6 | 2B | E Norris | 14.1 |
| TOOM | N/S | M George | 13.6 | 20 | L Homs | 14.1 |
| 200m | 4A | E Norris | 30.2 | 1 B | M George | 28.7 |
| 20011 | N/S | L Millichap | 30.0 | 10 | in George | 20.7 |
| 300m | 2A | M Turner | 46.8 | 2B | N Rehakova | 47.2 |
| 800m | 1A | M Turner | 2.30.8 | 1B | N Rehakova | 2.35.7 |
| Hurdles | 2A | K Bass | 13.0 | 10 | i i i i i i i i i i i i i i i i i i i | 2.00.1 |
| Longjump | 1A | J Fox | 4.86 | 3B | A Young | 3.98 |
| Highjump | 4A | H Peacock | 1.20 | 02 | ii ioung | 5.70 |
| Shot | 3A | A Goggin | 6.71 | 1 B | J Fox | 6.12 |
| Discus | 3A | I Hyde | 19.26 | 1B | A Goggin | 18.83 |
| Javelin | 1A | L Millichap | 22.56 | 1B | I Hyde | 20.17 |
| Hammer | 3A | I Hyde | 23.25 | | 111/40 | 20117 |
| 4 x 100 relay | 2A | 111/40 | 54.9 | | | |
| Girls Under 13 | | h 87 pts) | | | | |
| 100m | 5A | C Marriot | 14.4 | 4B | L Schmidt | 15.6 |
| | N/S | L Webber | 14.7 | | | |
| 200m | 4A | C Marriot | 30.6 | 4B | M Cassidy | 34.3 |
| 800m | 5A | L Schmidt | 2.54.8 | 5B | M Cassidy | 3.24.7 |
| 1500m | 1A | H Parker | 5.15.5 | 3B | LPinner | 7.39.6 |
| Highjump | 2A | K Reynolds | 1.20 | 2B | L Pinner | 1.00 |
| Longjump | 5A | L Pinner | 3.17 | 6B | M Cassidy | 3.00 |
| or | N/S | L Webber | 3.66 | | | |
| Shot | 1A | C Marriot | 6.48 | 1B | O Abbott | 5.40 |
| 21101 | | C Internot | 00 | | 5110004 | 25 |

| | N/S | K Reynolds | 6.24 | | | |
|---------------------|-----------------|-----------------------|------------|----------------|----------|-------|
| Discus | 3A | H Parker | 16.78 | 1 B | O Abbott | 13.17 |
| 4 x 100 | 3A | | 61.6 | | | |
| England athletics U | nder 20/Ui | nder 23 champs – 27/2 | 28 June at | Bedford | | |
| U23 Mens 800m | 3 rd | E Aston | 1.48.68 | (1.52.19 ir | n ht) | |
| U20 Womens 400H | 7ht | L Bass | 69.1 | | | |

Multi-events championship

The Eastern Counties Multievents championships will be held on the weekend of September 26/27th at Bedford and will include the Cambridgeshire championships. 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 the Eastern AA.

C&C athletes should enter Cambs AA, and EAA championships - only one fee for the two.

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

Entry Fees: £6.00 Minithons £8.00 Pentathlons £112 Heptathlon/Octathlon £15 Decathlon Entry forms: With the correct Entry Fee, should be returned by Wed 9th September 2009 to: Mrs S Gandee, 4 Westfield Road, Hertford, SG14 3DJ (not to anyone at C&C)

You will need to quote your England athleteics Athlete Registration number - If you don't know it (your should have had a registration card and it stays the same each year) contact Noel or Neil and we can look it up for you on the England athletics database.

All cheques payable to 'Eastern Athletic Association', S.A.E. to be enclosed if an acknowledgement and/or timetable is required (recommended).

And finally – something cute

