

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello



www.cambridgeandcoleridge.org.uk

Newsletter

Summer 2009

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 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 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 0ND. £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

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.

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, 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
2. To provide support services for coaches and athletes comparable to those in the best facilities world wide
3. To provide athlete development pathways for all athletes whatever their standard and to increase participation in athletics at all levels
4. 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 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 info@cambridgeandcoleridge.org.uk.

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.

Best wishes for the rest of the season.

Neil

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 won't chase you – it's 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 – July 25th (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 won't 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 match 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 4th in both matches that left us in 13th place in Div 2 (with 25 clubs). Turn out was a bit better in the fourth match and we finished 2nd and moved back up to 10th in the table. But we still had to "fill in" some track events and use throwers and polevaulters in the relay.

It's not clear why the turn-out on track has been so poor – exams etc have contributed – but it's 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 2nd place overall. In the 2nd match at Colchester turn out was reasonable and we managed to come 1st 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 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)

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

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 th	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	Ipswich half marathon	Ipswich	Seniors
Sept 3 rd	Kevin Henry 5k league	Cambridge	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	Grundy 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

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 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 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 team)	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 Multievents	All	Bedford

Useful telephone numbers for 2009

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams, and newsletter		01223 833470

Matt Witt	Officials coordinator	01638 742088
Martin Crabb	Young Athletes Team coordinator	01954 203187
Sonia Cox	Welfare	01223 264889
Carl Woolf	Ladies (SWL) and East Anglian league U15 Girls	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 website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your request to	johnkazer@hotmail.com
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
C&C Endurance running website	http://ccac.aci-net.co.uk
Cambridgeshire AA website	www.cambsaa.org.uk
UKA website	www.ukathletics.net
Power of 10 database (you may be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
SEAA website	www.seaa.org.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	www.bournesports.com
Athletics equipment (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 chantaient, 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 proceeds 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

CROSS-COUNTRY

English Schools XC Championships

Junior Girls	200 th	E Cave	12.47			
Inter Girls	157 th	A Dow	18.42	225 th	R Carter	19.26
Senior Girls	205 th	N Richards	21.52			
Junior Boys	189 th	A Tapley	17.03	295 th	G Kendall	18.02
Senior Boys	103 rd	W Mycroft	25.46			

(We may have missed some – please excuse if we have)

Ryston Runners Cross country Gran Prix – March 22nd

U11 Girls - 2 km,	6 th	A Pettitt	9:15			
Vet 40 Men - 6.5 km,	4 th	D Pettitt	24:10			

ROAD AND MULTI TERRAIN

Silverstone Half Marathon – March 15th

3rd W Clarke 69:56

Lode Muddy Marvle 5 (5.27 miles) March 15th

2 nd	N Beer	29:06	3 rd	T Vickery	29:11
9 th	A Pritchard	31:53	13 th	A Aldridge	33:01
1 st W55	D Braverman	44:43			

Finchley 20 – March 15th – 20 mile

341st P Allen 2:58.47

Brentwood Half Marathon – March 15th

38th A Shields 1:25.55

Bath Half Marathon – March 15th

1045 th	M Simmons	F	1:35.18	2271 st	R Roberts	F	1:45.07
5780 th	H McKay		2:06.55	7043 rd	I McKay		2:14.23

Rhyader – round the lakes 20 mile – 21st March

150th D Mail 2:52.21 169th K Samuelson-Dean F 2:56.20

Ashby 20 mile 22nd March

461st K Samuelson-Dean F 2:54.46 588th C Cooke 3:04.16

Retford Half Marathon – March 22nd

44th A Poole 1:25.40

Rome Marathon – March 22nd

841st O Seger 3:15.35

Bramhall Park 5k time trial – March 28th

1st F K Samuelson-Dean 22.20

Stowmarket Striders Joe Cox Half Marathon – March 29th

3 rd	B Baldelli	1 st M40	1:15:00	24 th	S Brightwell		1:24:51
104 th	T Long		1:37:11	128 th	B Corbett		1:41:08

249th D Braverman W55 1:54:28

Thorney 10k - March 29th

18th L Stone 1st M50 38.25 128th E Alexander 2nd W45 48.30

144th A Baldock 49.12

Sandy 10 mile - March 29th

5th M Salt 57:37 22nd J Ferguson 1:01:16

113th G Smith 2nd M60 1:11:24 153rd E Kreetzer F 1:14:12

206th M Kreetzer 1:17:18 317th R Roberts W35 1:24:31

Wilmslow Half marathon – March 29th

494th K Samuelson Dean F 1:34.33

Cambourne 10k – April 5th

1st N Beer 34:04 2nd N Carroll 34:30

4th G Weller 34:50 8th J Bowstead 36:09

9th C Pyle 36:13 12th A Pritchard 36:56

23rd G Cinque 39:19 28th T Johnson 39:42

30th S Brightwell 39:55 31st S Bowen 40:09

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		
Wirksworth Well Dressing Race – 4.2 miles May 23rd									
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		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		
Milford 5 mile race – May 24th									
16 th	A Poole		35:37	25 th	J Kazer		36:04		
28 th	A Goymour	F	36:09	32 nd	G Smith	M60	38:06		
34 th	A Irvine		38:12	37 th	J Lewy		38:38		
39 th	M Simmons	F	38:42	47 th	T Long		40:04		
51 st	C McEniery	F	41:34	57 th	A Lasseter	F	42:34		
Rowsley Sting in the tail race – 4 miles – 26th May									
29 th	A Poole		29:47	43 rd	A Irvine		31:49		
46 th	G Smith	M60	32:05	52 nd	C McEniery	F	33:59		
60 th	A Lasseter	F	35:43						
BUPA London 10k May 25th									
25 th M	N Carroll		34.44	253 rd F	H Parfrey	F	50.18		
Hatfield Broadoak 10k – May 25th									
40 th	J Fergusson		37.20	66 th	A Pritchard		38.47		
Brandon Forest Half Marathon – May 25th									
32 nd	K Masson	2 nd W45	1:34:11	50 th	D Mail		1:39:01		
111 th	K Samuelson-Dean	F	1:50:22	195 th	D Braverman	2 nd W55	2:00:01		
Cambridge Tri club 5k race – 29th May									
4 th	D Pell	4 th M	17:46	8 th	A Tapley	8 th M	18:27		
14 th	G Schwiening	2 nd F	19:34	20 th	J Tucker	18 th M	20:39		
23 rd	A Herne	20 th M	21:10						
2k Race	J Tapley	4 th	7.71						
Ipswich jaffa Friday 5 mile – May 29th									
112 th	P Dewison	2 nd M55	35:23	193 rd	D Braverman	2 nd W50	39:04		
Cambridge 10k series May 31st									
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 series ladies 5k race June 2nd									
5 th	K Samuelson-Dean	F	21.23						
Kirton Friday 5 mile June 5th									
120 th	P Dewison	3 rd M55	34.37	211 th	D Braverman	2 nd W50	37.58		
Kevin Henry 5k league – June 4th – Saffron Walden									
Men									
3 rd M	M Salt		17:18	6 th M	M Branco		17:47		
7 th M	A Coianiz	78.36%	17:49	9 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		

74 th M	J Lewy			79 th M	D Bayles				
Women									
1 st F	J Clarry			5 th F	E Kreetzer			21:03	
6 th F	K Illum Jordansen		21:06	9 th F	B Flood			21:46	
12 th F	K Samuelson-Dean		22:09	18 th F	C McEniery			23:41	
21 st F	D Braverman		24:08	27 th F	C Stanier			25:01	
37 th F	I Graham Hagg			44 th F	D Carter			28:12	
47 th F	V Sidney								
Dartmoor discovery – 32.4 miles – 6th June									
59 th	S Redfern		5.15.40						
The Tilty Hilly 5 mile – Gt Dunmow June 7th									
142 nd	D Carter	F	45.46						
Cambridge Tri-club 5k series June 11th									
6 th	C Flood		17:45	10 th	G Schwiening	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	
Stowmarket Friday 5 mile June 12th									
37 th	D Abbott	M45	32.00	115 th	P Dewison	M55		36.03	
151 st	D Braverman	W55	38.06						
St Albans Half marathon – June 14th									
1069 th	D Braverman		1.59.39						
Swaledale marathon June 13th									
48 th	A Poole		4:16:00	154 th	A Lasseter	F		5:06:00	
159 th	T Long		5:08.00	250 th	M Simmons	F		5:57.00	
251 st	K Toynton	F	5:57.00	269 th	N Costello			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 Costello			8:58:00	
Abbey 10k – Ramsey June 14th									
3 rd	M Salt		35:12	4 th	N Carroll			35:27	
6 th	A Coianiz		36:13	7 th	B Watson			36:18	
9 th	A Pritchard		36:30	23 rd	C Flood			38:27	
41 st	G Cinque		40:31	103 rd	M Kreetzer			44:23	
104 th	C Brown		44:24	112 th	K Samuelson-Dean	F		45:10	
206 th	A Baldock		51:00	213 th	J Pashley	F		51:18	
296 th	D Carter	F	57:50						
Peterborough 5k Grand Prix – Thorney June 17th									
40 th	T Johnson		18.35						
Colworth Trail race – 8.1 miles – June 20th									
3 rd	B Baldelli	1 st M40	50.06						
Bury Friday 5 – June 26th -5 Miles									
3 rd	B Baldelli	1 st M40	27.38	171 st	D Braverman	2 nd W55		37.44	
Sutton feast beast – June 28th – 7 miles									
36 th	A Downie		53:15	48 th	G Capetti			55:57	
49 th	A Coianiz		55:57	80 th	M Jennings	F		1:08:18	
87 th	F Downie	F	1:09:47						
TRACK & FIELD									
Ilford Open throws meeting – 29th March									
H Sayer (U17W)	Hammer	2 nd	34.51	Discus	9 th	17.57	Shot	3 rd	8.23
I Hyde (U15G)	Javelin	2 nd	10.54						
Bedfordshire Open – 4th April									
U17W	Hammer	4 th	H Sayer	36.27	shot	2 nd	H Sayer	8.23	
	Longjump	6 th	L Sammout	4.85	Triplejp	2 nd	L Sammout	10.50	
	Discus	4 th	L Sammout	27.62	Discus	7 th	H sayer	20.99	
U15G	Highjump	1 st	J Fox	1.40	Longjip	1 st	J Fox	4.58	
	100m	4h	J Fox	14.1					
U15B	Javelin	1 st	M Young	30.68	Javelin	3 rd	W Blackwell	23.69	
	200m	3h	W Blackwell	29.4	400m	4h	W Blackwell	65.6	

300m	N/S	B Petersen	34.7				
	5A	M George	50.7	2B	M Turner	48.4	
	N/S	Z MacDonald	51.4				
800m	2A	M Turner	2.38.2	2B	N Rehakova	2.48.7	
Highjump	5A	J Fox	1.30	4B	A Gray	1.20	
Longjump	3A	J Fox	4.65	2B	L Gillie-Visser	3.63	
	N/S	A Young	3.63	N/S	A Goggin	3.25	
Shot	4A	Z MacDonald	5.39				
Discus	2A	A Goggin	16.37	2B	L Gillie-Visser	14.98	
Javelin	2A	I Hyde	16.95	1B	A Goggin	15.70	
4 x 100 relay	3A		57.4				
U13 Girls							
100m	1A	E Houghton	13.7	1B	C Marriot	15.7	
	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	
	N/S	K Reynolds	33.4	N/S	M Cassidy	35.6	
	N/S	E Farrow	35.8				
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	
	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 relay	1A		60.7				

BMC Regional Watford 25th April

800m 2 I Williamson 1.54.00

Southern Womens league Div 1 – Hemel Hempstead April 25th

Seniors

100	2A	R MacKay	13.0				
400m hurdles	1A	L Bass	68.0				
Longjump	2A	R Mackay	4.83				
Triplejump	3A	R MacKay	11.02				
Hammer	1A	H Sayer	37.24	1B	A Forster	34.35	
Shot	1A	A Forster	10.87	1B	H Sayer	8.23	
Discus	4A	H Sayer	18.52				
U15 Girls							
100m	2A	J Fox	14.3				
Highjump	2A	J Fox	1.30				
Longjump	2A	J Fox	4.55				

East Anglian League at Peterborough on April 26th

Overall match – 1st PAC 890, 2nd C&C 654, 3rd Luton 586, 4th West Norf 342, 5th Hunts Ac 187, 6TH Leighton Buzzard 103

Senior Men - 1st with 159 points

100m	2A	R Oppong-Konadu	11.7	1B	J Baxter	11.6	
	N/S	C Morter	11.3	N/S	S Emmings	13.4	
200m	1A	C Morter	22.9	2B	J Huddleston	25.8	
400m	2A	J Huddleston	54.4	2B	T Brennan	60.6	
800m	4A	T Brennan	2.26.2	2B	J Brennan	3.12.1	
3000m	4A	W Mycroft	9.17.3	2B	D Johnson	10.46.9	
	N/S	K White	10.26.4	N/S	D Pettit	10.45.2	
Hurdles	2A	T Brennan	21.5	1B	J Brennan	23.1	
Highjump	2A	R Oppong-konadu	1.65	2B	S Richards	1.50	

Longjump	1A	S Richards	6.08	2B	J Huddleston	5.24	
Triplejump	1A	S Richards	12.80	2B	J Brennan	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	2B	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 team with 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	R Nawi	4.33.0	
Longjump	3A	B Davies	5.80				
Triplejump	2A	B Davies	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 nd team with 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	2B	M Young	6.15	
Javelin	2A	M Young	31.02	1B	J Bailey	30.15	
Under 13 Boys - 2 nd team 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				
Highjump	3A	A Slack	1.10				
Longjump	1A	J Ebanks	4.57	1B	S Kumar	3.87	
	N/S	M carter	3.36				
Shot	2A	S Kumar	6.17	2B	M Carter	4.89	
Discus	2A	A Slack	10.70				
Javelin	1A	S Kumar	28.01	N/S	A Slack	15.03	
4 x 100	3A		64.4				
Under 11 Boys							
80m	N/S	O Packman	13.1				
600m	N/S	O Packman	2.23.2				
Senior Ladies - 3 rd with 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	

80m Hurdles (U17)	N/S	N Richards	5.40.6				
Highjump	1A	C Asztalos	13.3				
Longjump	2A	C Asztalos	1.45				
Triplejump	5A	L Sammout	???				
Shot	1A	L Sammout	10.63	3B	F Kumar	7.44	
Discus	2A	H Sayer	8.93				
Javelin	2A	L Sammout	29.90	2B	H Sayer	19.70	
Hammer	4A	L Hodge	17.37	3B	L Bass	13.50	
4 x 100	N/S	H Sayer	38.33				
Under 15 Girls -	4A		54.8				
100m	3 rd	team with 70 pts					
200m	3A	E Cave	14.1	2B	J Fox	13.9	
800m	4A	L Millichap	30.8	4B	K Bass	30.9	
1500m	N/S	Z MacDonald	32.5				
Hurdles	3A	Z MacDonald	2.55.7				
Highjump	2A	E Dickson	5.22.4				
Longjump	1A	E Cave	12.8	2B	K Bass	13.5	
Shot	4A	J Fox	1.25				
Javelin	5A	K Bass	4.23				
4 x 100	4A	L Millichap	5.74	3B	Z MacDonald	5.43	
Under 13 Girls -	2A	L Millichap	23.22				
100m	3A		55.5				
200m	3 rd	team with 61 points					
800m	1A	E Houghton	14.2	2B	M Cassidy	16.8	
1500m	1A	E Houghton	29.4	3B	A Pettit	33.1	
Longjump	N/S	M Cassidy	35.7				
Discus	4A	A Pettit	3.11.1				
4 x 100	1A	H Parker	5.27.5				
Under 11 girls	2A	E Houghton	3.60	2B	M Cassidy	3.01	
80m	1A	H Parker	12.45				
600m	2A		61.8				
BUSA Championships – May 2-4 th							
400m Men	2 nd	L Parker	12.6				
100m Women	1 st	L Parker	2.01.3				
400m Women	6 th	E Aston	49.01 (48.66 in hts)				
	7sf	D Smith	12.83				
	3sf	I Asztalos	58.83				
Southern Mens League Div 2 – May 2 nd at Cambridge							
1st - C&C 123, Hastings 113, Norwich 108, Hillingdon 102, D&T 79							
100m	2A	C Morter	11.1	4B	J Baxter	11.4	
200m	2A	C Morter	22.2	2B	J Stafford	24.5	
400m	3A	J Huddleston	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 hds	3A	T Brennand	21.0	3B	J Brennand	22.4	
400 hds	2A	J Huddleston	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	
Discus	N/S	P Bramford	7.67				
	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 League – 6th May at Southend							
<u>Men – 4th with 26 points</u>							
100m	M40+	S Emmings	3 rd	14.0	M50+	N Moss	4 th 16.3
400m					M60+	N Moss	4 th 80.8
1500m	M40+	K White	2 nd	4.42.3			
2km walk					M60+	P Howard	1 st 12.39.7
Longjump					M50+	N Moss	2 nd 3.60
Shot	M40+	F Martin	3 rd	6.37	M50+	P Bramford	2 nd 8.59
Hammer	M50+	P Bramford	2 nd	25.09	M60+	F Martin	1 st 24.05
<u>Ladies – 3rd - 3 pts</u>							
100m					W55+	M Holmes	3 rd 19.9
400m					W45	M Holmes	1 st 93.9
1500m					W55+	S Barnett	1 st 6.20.9
2km walk	W35+	R Roberts	2 nd	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			
Hammer	W35	R Roberts	3 rd	20.35	W45	R Martin	2 nd 23.56
Cambs AA Championships – Cambridge – May 9th							
Girls Under 13							
1st in team event							
100m	1 st	E Houghton	13.58 (CBP)	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							
1st in team event							
100m	2 nd	E Cave	13.48	3 rd	L Gillie-Visser	13.85	
	4 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				
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				
Javelin	4 th	I Hyde	21.11	5 th	L Millichap	20.56	
	6 th	A Goggin	14.77				
Under 17 Ladies							
1st in team event							
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				

1500m	1 st	E Kier	5.02.0	3 rd	A Dow	5.15.5
	7 th	R Carter	5.23.2			
80m hurdles	1 st	C Asztalos	13.37			
Highjump	1 st	C Asztalos	1.35			
Longjump	1 st	L Sammout	4.98	4 th	F Kumar	4.05
Triplejump	1 st	L Sammout	10.82			
Discus	1 st	L Sammout	28.48	2 nd	H Sayer	21.69
Shot	1 st	H Sayer	8.66	3 rd	J Richards	7.85
Hammer	1 st	H Sayer	40.81 (CBP)	2 nd	J Richards	25.54
Senior Ladies	1st in team event					
200m	1 st	I Asztalos	25.96	4 th ht	L Bass	27.71
400m	1 st	L Dowsett	58.69	2 nd	I Asztalos	59.54
	4 th ht1	Z Kier	63.80	5 th ht1	H Cox (U20)	71.60
	6 th ht2	F Toumant	70.55			
800m	1 st	H Zenner (2 nd claim)	2.21.50			
1500m	1 st	H Zenner (2 nd claim)	4.53.3	5 th	N Richards (U20)	5.48.4
400m Hdls	1 st	L Bass	66.2			
Discus	4 th	A Moindrot	25.69			
Hammer	2 nd	A Forster (U20)	34.53			
Shot	2 nd	A Forster (U20)	11.06			
Longjump	3 rd	R Mackay	4.92			
Triplejump	1 st	R Mackay	10.86			
Boys under 13	1st in team event					
100m	1 st	J Ebanks	13.27	4 th	J McKeown-Toft	14.56
	5 th	N Farboud	14.56	8 th ht	T Heylen	15.9
200m	1 st	J Ebanks (27.23)	27.53	4 th	J McKeown-Toft	29.91
	6 th	B Mckeown-Toft (30.46)	30.52	5 th ht	N Monck	31.48
	6 th ht	T Heylen	33.42			
800m	3 rd	T Heylen	2.43.9	8 th	J Mckeown-Toft	2.53.7
	10 th	B McKeown-Toft	3.00.2			
1500m	3 rd	J Biggs	5.30.31			
75m Hdls	9 th	B Mckeown-Toft	17.88			
Longjump	4 th	J Biggs	3.82	12 th	J Tapley	3.38
Shot	5 th	J Richards	5.74			
Discus	4 th	N Monck	12.54			
Javelin	1 st	S Kumar	24.45			
Boys under 15	1st in team event					
100m	4 th	N Ward	12.14	7 th	J Mair	12.93
	8 th ht	K Robbins	14.4	9 th ht	L Webber	14.6
200m	3 rd	N Ward	25.16	8 th	J Mair	27.15
	5 th ht	K Robbins	29.34	4 th ht	L Webber	30.63
400m	3 rd	L Rawlings (61.33)	63.03	5 th	S Reynolds (63.03)	66.03
	3 rd ht	K Robbins	68.45			
800m	1 st	J Cochrane	2.13.23	3 rd	A Tapley	2.17.14
	2 nd ht	L Rawlings	2.26.2			
1500m	2 nd	G Kendall	4.49.06			
80m hurdles	1 st	D October	11.71	3 rd	M Carter	14.73
Highjump	1 st	A Tapley	1.53			
Longjump	2 nd	D October	5.67	8 th	L Rawlings	4.58
	9 th	M Carter	4.57			
Triplejump	1 st	D October	12.06	2 nd	M Carter	9.66
Discus	5 th	W Cox	16.63			
Shot	6 th	W Cox	6.91			
Javelin	3 rd	J Bailey	32.08	4 th	M Young	28.20
Hammer	2 nd	W Cox	15.82			
Men under 17	3rd in team event					
100m	5 th	B Davies	11.83	6 th ht	C Loynes	12.7
400m	6 th	S Pullen	58.58			

800m	1 st	O Bass	2.13.33	2 nd	S Pullen	2.16.34
1500m	1 st	H Whittingham	4.34.5			
Longjump	2 nd	B Davies	5.87			
Triplejump	1 st	B Davies	11.54			
Shot	1 st	M Lawrence	12.37			
Discus	3 rd	M Lawrence	33.19			
Javelin	1 st	O Bass	40.92	2 nd	A Morter	34.48
Under 20 Men	2nd in team event					
100m	1 st	J Baxter	11.4	3 rd	J Stafford	12.0
400m	1 st	R Oppong-Konadu	50.87			
1500m	1 st	W Mycroft	4.15.08	4 th	J Baslington	4.33.48
110 hurdles	1 st	B Kelk	15.00			
Senior Men	1st in team event					
100m	10 th	S Emmings	13.5			
200m	8 th	S Emmings	27.96			
800m	2 nd	M Bell	2.02.98	6 th	D Pettit	2.33.08
1500m	2 nd	M Reid (2 nd claim)	4.11.36	7 th	D Johnson	4.55.80
	8 th	D Pettit	5.15.93			
5000m	4 th	G Weller	16.43.32			
400m Hdls	3 rd	J Huddleston	60.3			
Longjump	1 st	S Richards	6.06			
Shot	2 nd	E Akinluyi	12.17	5 th	A Lee	10.32
Discus	5 th	P Bramford	26.38			
Javelin	5 th	P Bramford	30.56			
Hammer	1 st	A Lee	44.85	4 th	P Bramford	23.53
Varsity match – May 16th Cambridge						
100m Women	3 rd	D Smith	12.63			
200m Women	3 rd	D Smith	26.87			
Hammer – Men	1 st	A Lee	47.05			
Shot – Men	1 st	D Akinluyi	12.74			
800m – Men	3 rd	M Bell	2.05.91			
Southern Mens League Div 2 – May 16th at Croydon						
1st – Harrow 142½, 2 nd Croydon 109, 3 rd Walton 105, 4 th C&C 90½, 6 th Chichester 71						
100m	3A	R Oppong-Konadu	11.7	2B	B Davies	12.5
200m	1A	R Oppong-Konadu	23.5	3B	S Richards	26.6
400m	4A	J Huddleston	75.9	4B	J Brennan	78.0
800m	4A	W Mycroft	2.05.0	4B	J Brennan	2.49.2
1500m	5A	A Howard	5.17.0	5B	T Brennan	5.44.9
5000m	3A	K White	18.29.5	4B	A Howard	20.37.2
3000S/C	5A	T Brennan	14.37.7	4B	J Brennan	16.28.8
110 hdls	4A	T Brennan	20.5	3B	J Brennan	22.8
400 hdls	3A	J Huddleston	63.1	2B	T Brennan	69.0
Polevault	4A	J Brennan	2.40	=2B	N Moss	1.10
Highjump	5A	S Richards	1.50	--	R Oppong	3NJ
Longjump	4A	S Richards	5.90	2B	B Davies	5.69
Triplejump	2A	S Richards	12.43	2B	B Davies	11.47
Hammer	2A	G Parsons	34.71	2B	P Bramford	22.79
Shot	3A	G Parsons	10.39	5B	P Bramford	7.83
Discus	2A	G Parsons	33.25	--	P Bramford	3NT
Javelin	5A	G Parsons	29.60	5B	P Bramford	29.32
4 x 100	3A					47.8
4 x 400	2A					3..41.7
Loughborough International – May 17th						
110m hurdles IAAF U18's		B Kelk	5 th			14.56
800m	2 nd	E Aston				1.49.99
BMC Regional meeting – Lee Valley May 23rd						
1500m	1 st	I Williamson	3.47.18			
SEAA U17/U15 Championships at Ashford 23/24th May						

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 Championships IAAF U18 qualifier May 23rd

U18 110m, 3' Hdl	3	B Kelk	14.57
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National Junior League – May 24th at Lee Valley

Team Cambridgeshire – 8th – 316 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 only)			
400m	7A	Z Kier	62.75
1500m	6A	E Kier	5.03.04
400m Hdls			
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 L Bass 66.66

1B A Forster 29.76

CAU intercounties – May 24th/25th 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 Evening Devt meeting – May 27rd at St Ives

Males							
100m graded	2 nd Ht 2	D October (U15)	12.1	3 rd Ht 2	B Davies (U17)	12.1	
	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 (M40)	2.36.20	
Hurdles U15B	1 st	D October	11.56				
Hurdles U18M IAAF	1 st	B Kelk	15.06				
Longjump	1 st	S Richards	6.02	1 st U17	B Davies	5.79	
	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	2 nd Ht 5	A Pettit (U13)	15.97				
200m graded	2 nd 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	1 st	L Bass	66.12				
Longjump	1 st U17	L Sammout	4.94	2 nd U15	J Fox	4.63	
	3 rd U15	A Young	3.61	2 nd U11	A Fox	2.66	
Shot	1 st U17	H Sayer	8.96				
Hammer U17 Women	1 st	H Sayer (U17)	37.18				

Southern Womens League – May 31st at Horsham

Seniors			
80m Hdls (U17)		C Asztalos	13.2

Shot		H Sayer	8.86
U15 Girls			
Longjump		J Fox	4.94

Bedford Games – 1st June

200m Disabilty	3 rd ht	C Cox	34.34
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Eastern veterans league – June 3rd at Cambridge

Men									
200m	M40	3 rd	S Emmings	28.1	M50	4 th	J Philip	35.2	
	N/S M45		J Courtney	29.0	N/S M35		M Ward	26.5	
800m	M40	2 nd	D Pettit	2.30.9	M50	3 rd	J Philip	3.44.5	
	N/S M35		M Ward	2.20.5	N/S M40		J Tucker	2.48.9	
3000m	M40	1 st	J Fergusson	10.35.3	N/S M35		M Ward	10.34.3	
Polevault					M50	2 nd	N Moss	2.20	
Discus	M40	3 rd	F Martin	15.67	M50	2 nd	P Bramford	31.81	
Javelin	M40	3 rd	F Martin	20.22	M50	2 nd	P Bramford	30.02	
					M60	1 st	N Moss	22.32	
4 x 100	M40	2 nd	Emmings, Moss, Tucker, Philip						
Women									
200m	W35	3 rd	D Braverman	45.0	W45	3 rd	S Barnett	39.0	
					W55	3 rd	M Holmes	41.3	
800m					W45	2 nd	S Barnett	3.13.6	
3000m	W35	1 st	D Braverman	13.21.1	W45	1 st	J Lasenby	11.44.9	
1M Walk	W35	1 st	D Braverman	10.13.4	W45	1 st	S Barnett	10.41.8	
Discus	W35	3 rd	M Holmes	11.59	W45	3 rd	A Bramford	14.55	
					W55	1 st	R Martin	24.26	
Javelin	W35	3 rd	H Vogel	15.50	W45	3 rd	A Bramford	12.54	
4 x 100					W45	3 rd		72.3	

BMC meeting Birmingham – 3rd June

800m Women	1 st F	L Dowsett	2.11.0
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St Mary's Twickenham – June 4th

800m Men	3 rd	E Aston	1.48.22
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Southern Mens League – 6th June at Perivale

1st Ryston 125½, 2nd Met Police 116½, 3rd Ealing SM 115½, 4th C&C 86, 5th Newquay & Par 81½

100m	5A	S Richards	12.6	5B	A Lee	13.6
200m	2A	B Kelk	23.4	5B	S Richards	26.2
400m	5A	A Howard	71.3	5B	A Boyce	63.5
800m	4A	J Bowstead	2.13.8	4B	A Howard	2.41.5
1500m	4A	A Howard	5.32.7			
5000m	3A	J Bowstead	16.55.6	4B	J Kazer	19.33.5
3000m S/C	4A	J Kazer	12.46.7	4B	J Brennand	17.03.0
110 Hdls	5A	J Brennand	23.2			
400 hdls	2A	B Kelk	58.4	3B	J Brennand	75.6
4 x 100 relay	DQ					
4 x 400 relay	4A	Kazer, Howard, Richards, Lee				4.36.4
Pole vault	4A	A Boyce	3.40	2B	J Brennand	2.60
Highjump	3A	S Richards	1.70	2B	B Kelk	1.65
Longjump	1A	S Richards	6.37	3B	A Boyce	5.28
Triplejump	1A	S Richards	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

British league Permiership

1500m	1A	I Williamson	3.51.30	(Competing HCS for Birchfield)
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Eastern Young athletes league at Ipswich on June 7th

Match Res - 1st Bedford 648, 2nd Southend 646, 3rd Ipswich 571, 4th C&C 535, 5th Colch and T 263, 6th

Ryst/WN 89

Men Under 17 (1st 106 pts)

100m	2A	G Cummins	11.9					Hurdles	2A	E Cave	12.6	2B	K Bass	13.9
200m	1A	B Kelk	23.6	1B	G Cummins	24.5		Longjump	2A	J Fox	4.60	3B	A Young	3.98
1500m	1A	H Whittingham	4.28.4	1B	R Nawi	4.30.8		Highjump	6A	J Fox	1.25	3B	K Bass	1.15
Highjump	1A	B Kelk	1.81					Shot	2A	A Goggin	6.70	1B	Z MacDonald	5.59
Longjump	4A	G Cummins	5.14	3B	R Lockwood	4.03		Discus	2A	A Goggin	18.40	2B	I Hyde	15.90
Triplejump	1A	B Kelk	12.62					Javelin	2A	I Hyde	19.96	1B	L Millichap	17.69
Shot	1A	M Lawrence	13.10	1B	A Morter	9.49			N/S	H Peacock	15.58			
Discus	2A	M Lawrence	33.08	2B	A Morter	25.78		Hammer	2A	I Hyde	20.24			
Javelin	3A	A Morter	37.44	2B	R Lockwood	26.74		4 x 100 relay	3A		56.1			
Hammer	2A	M Lawrence	22.55					Girls Under 13	(5 th with 37 pts)					
4 x 100	2A		48.2					100m	5A	C Marriot	15.2	4B	A Pettit	15.6
Boys Under 15	(4 th - 98 pts)								N/S	I Sanusi-Bartlett	15.7	N/S	L Weber	15.7
100m	5A	J Mair	13.2	2B	M Jones	13.4			N/S	M Cassidy	16.5			
200m	3A	J Travers	25.9	1B	M Jones	26.7		200m	5A	O Abbott	30.6	3B	A Pettit	33.2
400m	3A	L Rawling	61.2	3B	J Cochrane	58.5			N/S	I Sanusi-Bartlett	31.3	N/S	L Schmidt	33.7
	N/S	J Travers	55.4	N/S	C Morris	61.6			N/S	C Marriot	31.8	N/S	L Weber	33.7
800m	3A	J Cochrane	2.10.0	2B	L Rawling	2.21.6			N/S	M Cassidy	36.8			
80m Hdls	3A	B Fullah	15.2	4B	M Jones	19.3		800m	4A	L Schmidt	2.55.8			
Highjump	4A	C Morris	1.40					1500m	1A	H Parker	5.35.1	2B	S Pedder	6.40.4
Longjump	3A	L Rawling	4.65	2B	C Morris	4.36		Longjump	4A	O Abbott	3.75	6B	M Cassidy	3.12
Shot	4A	W Cox	7.23	2B	J Mair	5.51			N/S	L Weber	3.44			
Javelin	3A	J Bailey	33.63	1B	W Blackwell	31.50		Shot	3A	C Marriot	6.42			
Hammer	4A	W Cox	15.03					Discus	4A	O Abbott	12.58			
4 x 100	2A		51.4					4 x 100	5A		62.5			
Boys Under 13	(3 rd 80pts)							Cambs AA Evening Devt meeting – St Ives - June 10th						
100m	1A	J Ebanks	13.6	4B	L Oxley	15.7		100m Graded Rd 1	2 nd Ht 3	C Mariott (U13G)	14.75	Rd 2	14.58	
200m	1A	J Ebanks	27.5	4B	L Oxley	32.1		800m open race	5 th	H Parker (U13G)	2.39.08			
800m	6A	S Kumar	3.13.6	4B	R MacDonald	3.13.6		Discus U17W	1 st	L Sammout	29.53			
Hurdles	5A	T Clements	20.6	2B	R MacDonald	19.2		Shot U13G	1 st	C Mariott	6.62			
Longjump	1A	J Ebanks	4.63	3B	J Richards	3.64		Triplejump SM	1 st	S Richards	12.38			
	N/S	L Oxley	3.74					U20W	1 st	R Mackay	11.17			
Highjump	3A	S Kumar	1.25					U17W	1 st	L Sammout	10.41			
Shot	2A	J Richards	6.08	2B	S Kumar	5.90		U15G	1 st	J Fox	9.81			
Discus	3A	R MacDonald	12.37	2B	T Clements	12.28		80m U11 Girls	3 rd	F Marriot	13.61			
4 x 100	4A		66.5					300m U11 Girls	2 nd	F Marriot	58.14			
Under 17 Ladies	(3 rd 95 pts)							BMC meeting – Watford – June 13th						
100m	4A	S Baxter	15.4					800m Men	5 th A race	E Aston	1.48.83			
300m	4A	C Asztalos	48.1	4B	S Baxter	52.8		800m Women	7 th B race	L Dowsett	2.07.26			
800m	3A	A Dow	2.32.4	1B	R Carter	2.36.2		1500m Men	2 nd B race	I Wil.liamson	3.45.64			
Hurdles	4A	C Asztalos	13.2					Cambridgeshire Schools – June 13th at Peterborough						
Highjump	4A	C Asztalos	1.30	2B	J Richards	1.20		Under 15 Girls						
Longjump	1A	L Sammout	5.04	2B	F Kumar	3.46		100m	3 rd	E Cave	13.59			
Triplejump	1A	L Sammout	10.64					200m	6 th	K Bass	29.86			
Shot	3A	H Sayer	8.65	1B	J Richards	8.03		800m	2 nd	A Gaylor	2.34.4			
Discus	2A	L Sammout	28.03	1B	H Sayer	22.51		1500m	1 st	E Dickson	5.05.72			
Hammer	1A	H Sayer	38.59	N/S	J Richards	22.70		Hurdles	1 st	E Cave	12.47	2 nd	K Bass	12.99
Javelin	3A	S Baxter	10.28					Longjump	1 st	J Fox	4.80			
4 x 100	1A		53.6					Shot	6 th	I Hyde	6.43			
Under 15 Girls	(3 rd 119 pts)							Discus	2 nd	A Goggin	16.56	4 th	I Hyde	15.67
100m	3A	E Cave	13.7	4B	K Evans	14.8		Javelin	2 nd	I Hyde	22.64	N/S	L Millichap	20.28
	N/S	L Millichap	14.8	N/S	H Peacock	15.3		Under 17 Women						
200m	5A	K Bass	31.3	5B	N Rehakova	30.1		1500m	2 nd	A Dow	5.09.34			
	N/S	M George	29.9					Hurdles	1 st	C Asztalos	13.17			
300m	4A	L Millichap	48.9	4B	Z MacDonald	51.6		300m hurdles	2 nd	C Asztalos	50.44			
	N/S	N Rehakova	48.0	N/S	A Goggin	54.4		Highjump	3 rd	C Asztalos	1.40			
800m	3A	N Rehakova	2.36.4	4B	Z MacDonald	3.02.6		Longjump	1 st	L Sammout	4.57			
	N/S	E Dixon	2.32.7					Triplejump	1 st	L Sammout	10.76			
1500m	3A	O McGuire	5.33.6					Shot	1 st	H Sayer	8.76			

Discus	4A	W Cox	19.31				
Javelin	1A	W Blackwell	30.23				
Hammer	2A	W Cox	17.04				
4 x 100	1A		51.6				
Under 13 Boys - 100m	2 nd team with 83 points						
	1A	J Ebanks	13.1	3B	J Mckeown-Toft	14.6	
	N/S	B Mckeown-Toft	14.9	N/S	T Heylen	15.9	
200m	1A	J Ebanks	27.1	2B	J Mckeown-Toft	31.1	
	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	
	N/S	J Mckeown-Toft	2.44.9				
Longjump	1A	J Ebanks	4.60	1B	J Richards	4.28	
Shot	3A	S Kumar	6.63	1B	J Richards	6.03	
Discus	3A	J Richards	13.57				
Javelin	1A	S Kumar	30.60				
4 x 100	2A		58.0				
Under 11 Boys							
J Heylen	Longjump	3.24	600m	2.08.0	80m	13.6	
L Ebanks	Longjump	3.46			80m	12.0	
Senior Ladies - 100m	3 rd with 110 points						
	2A	E Morris	12.8	3B	C Cox	16.0	
200m	2A	E Morris	26.9	4B	H Cox	30.0	
	N/S	C Cox	35.0				
400m	2A	H Cox	70.4				
800m	2A	R Carter	2.34.0	3B	R Roberts	3.11.6	
1500m	2A	E Kier	4.55.6				
Longjump	2A	L Sammout	4.75	1B	F Kumar	3.63	
Triplejump	1A	L Sammout	10.58	1B	F Kumar	8.42	
Shot	2A	H Sayer	8.41	2B	A Moindrot	7.21	
Discus	1A	L Sammout	32.97	1B	H Sayer	21.78	
	N/S	A Moindrot	26.29				
Javelin	3B	F Kumar	21.79	4B	R Roberts	9.18	
Hammer	N/S	H Sayer					
4 x 100	4A		58.6				
Under 15 Girls - 100m	3 rd team with 91 pts						
	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				
Hurdles	1A	E Cave	11.7	2B	L Millichap	15.8	
Highjump	3A	R Davidson	1.30				
Longjump	1A	J Fox	4.63	3B	E Cave	3.93	
Shot	2A	I Hyde	6.51				
Discus	1A	I Hyde	16.24	2B	R Davidson	11.94	
Javelin	1A	L Millichap	20.90	1B	I Hyde	17.90	
Under 13 Girls - 100m	4 th team with 37 points						
	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	
	N/S	M Jones	39.7				
800m	2A	O Abbott	2.41.2				
Longjump	6A	M Cassidy	3.35	3B	M Jones	2.98	
Shot	3A	C Mariott	6.37				
Under 11 Girls							
F Marriot	Longjump	2.75	80m	12.3			

SEAA Championships – June 20th/21st - Watford

Sen Women 400m	5h	I Asztalos	58.46				
U20 Women 400m	8 th	L Dowsett	57.21 (57.62 in hts)				
U20W 400m Hdls	5th	L Bass	65.94 (66.48 in hts)				

U20M 1500m	8h	W Mycroft	4.06.43				
Sen Men Longjump	15 th	S Richards	5.83				
Scottish Senior Championships – Dunfermline – 20/21st June							
1500m Sen men	3 rd	I Williamson	3.48.13 (3.49.31 in ht)				
Southern Mens League – 27th June at Hemel Hempstead							
1 st Stevenage 119, 2 nd C&C 118, 3 rd Aldershot 115, 4 th Watford 111, 5 th Dartford 72							
100m	2A	C Morter	11.3	1B	J Baxter	11.7	
200m	4A	A Boyce	27.1	1B	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	1B	J Kazer	12.05.7	
110 Hdls	2A	T Brennand	19.3	1B	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	1B	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	1B	G Parsons	36.30	
Javelin	5A	G Parsons	31.66	5B	A Lee	26.26	
Eastern Young athletes league at Peterborough on June 28th							
Match Res - 1 st PAC 747, 2 nd Stevenage 715, 3 rd C&C 588, 4 th HAC 346, 5 th Watford 218, 6 th Ryston. WN 121							
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				
Longjump	2A	G Cummins	5.39	2B	S Pullen	4.34	
Triplejump	1A	B Kelk	12.69	2B	N Steininger	9.75	
Shot	1A	M Lawrence	12.96	3B	N Steininger	7.50	
Discus	2A	M Lawrence	36.96				
Hammer	2A	M Lawrence	23.94				
4 x 100	4A		52.0				
Boys Under 15 (2 nd 112 pts)							
100m	3A	J Peacock	12.6	4B	J Vane	13.8	
	N/S	M Larkinson	12.9	N/S	J Wainwright	13.0	
200m	3A	J Peacock	25.4	5B	J Vane	30.4	
	N/S	M Larkinson	26.5	N/S	J Wainwright	26.6	
	N/S	L Webber	30.4				
400m	4A	L Rawling s	59.5	3B	S Reynolds	60.4	
800m	3A	L Rawling s	2.20.1	2B	B Littledyke	2.40.3	
	N/S	C Morris	2.28.9				
1500m	1A	J Cochrane	4.29.9				
80m Hdls	4A	W Smeeton	17.7				
Polevault	2A	S Reynolds	1.90				
Highjump	4A	C Morris	1.30				
Longjump	3A	L Rawling s	4.72	3B	C Morris	4.28	
	N/S	M Carter	4.55	N/S	J Vane	4.05	
	N/S	C Ennis	3.72	N/S	W Smeeton	3.69	
Shot	1A	M DiLauro	11.94	3B	W Cox	7.39	

Discus	4A	M Young	20.88	2B	W Cox	15.92
Javelin	3A	M Young	37.90	1B	W Blackwell	31.39
Hammer	3A	W Cox	14.44			
4 x 100	3A		50.9	N/S		54.1
Boys Under 13	(3 rd 100pts)					
100m	2A	J Ebanks	12.9	2B	J McKeown-Tofts	14.4
	N/S	N Farboud	14.1	N/S	L Oxley	14.2
	N/S	B Mckeown-Tofts	14.8	N/S	J Rowsell	15.2
	N/S	D Assadi	16.2			
200m	2A	J Ebanks	26.8	2B	J McKeown-Tofts	30.1
	N/S	L Oxley	29.5	N/S	B McKeown-Tofts	30.3
	N/S	J Rowsell	31.9			
800m	5A	J McKeown-Tofts	2.49.5	2B	B Mckeown-Tofts	2.49.7
	N/S	G Lewis	2.59.0			
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
	N/S	N Farboud	4.11	N/S	M Carter	3.38
Highjump	3A	J Biggs	1.30	2B	S Kumar	1.20
	N/S	G Lewis	1.15			
Shot	3A	S Kumar	5.99	2B	D Assadi	5.20
	N/S	M Carter	6.15			
Discus	1A	L Oxley	17.81	1B	M Carter	13.21
4 x 100	1A		56.2			
Under 17 Ladies	(3 rd 79 pts)					
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			
Longjump	1A	L Sammout	4.77	3B	F Kumar	3.39
Shot	1A	H Sayer	8.46	1B	J Richards	8.09
Discus	1A	L Sammout	31.71	1B	H Sayer	20.27
Hammer	2A	H Sayer	33.89	N/S	J Richards	24.69
Javelin	3A	F Kumar	18.87			
Under 15 Girls	(3 rd 114 pts)					
100m	3A	J Fox	13.6	2B	E Norris	14.1
	N/S	M George	13.6			
200m	4A	E Norris	30.2	1B	M George	28.7
	N/S	L Millichap	30.0			
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			
Longjump	1A	J Fox	4.86	3B	A Young	3.98
Highjump	4A	H Peacock	1.20			
Shot	3A	A Goggin	6.71	1B	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			
4 x 100 relay	2A		54.9			
Girls Under 13	(3 rd with 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
	N/S	L Webber	3.66			
Shot	1A	C Marriot	6.48	1B	O Abbott	5.40

Discus	N/S	K Reynolds	6.24			
4 x 100	3A	H Parker	16.78	1B	O Abbott	13.17
	3A		61.6			

England athletics Under 20/Under 23 champs – 27/28 June at Bedford

U23 Mens 800m	3 rd	E Aston	1.48.68	(1.52.19 in 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 athletics 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

