

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter

July 2002

Forthcoming C&C team fixtures (full list inside)

6th July	Southern Womens League	All Females	Mile End road
7th July	ECAA Championships	All	St Ives
7th July	Braza 7mile	Seniors	March
10th July	EVAC 10k	Veterans	Unknown
13th July	Southern Mens League	Males 15+	Cambridge/St Ives
14th July	East Anglian league	All	Cambridge/St Ives
27th July	Southern Womens League	All Females	St Albans
3rd August	Southern Mens League	Males 15+	Battersea Park
4th Aug	Eastern Young Athletes Lge	All under 17	Basildon
4th August	EVAC 5k	Veterans	Unknown
7th August	Eastern Veterans league	Veterans	Boston
11th August	East Anglian League	All	Kings Lynn
18th Aug	Eastern Young Athletes Lge	All under 17	Southend??
18th August	Thorney 5	Seniors	Thorney
7th Sept	Southern Womens League	All Females	Cambridge
14th Sept	NVH 5	Seniors	Peterborough
22nd Sept	East Anglian league final	All if we qualify	Bury St Eds
29th Sept	ECAA/Cambs AA Multievents	All	Peterborough

Club Championships At this stage we have no firm plans to hold a club championships again this year because we cant be certain yet about track availability. If it is available and we dont qualify for the EYAL final, the September 15th could be a good date. Watch the notice boards.

**Year 2002 subs are now overdue. Please pay on Monday evenings or post it to Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND.
£38 for wage earners and £28 for non-earners.**

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

News from the Chairman

Track resurfacing

The University have now begun resurfacing the track at Wilberforce Road. This is inconvenient for us – to put it mildly – but at least we'll soon have a good surface again. The work is expected to finish at the end of August. Thank you for your patience.

Young athletes' training

Monday night training now takes place at the Perse School for boys on Hills Road, Cambridge. The school have been very generous in letting us use their facilities. The facilities are not as good as Wilberforce Road but we believe they are better than we could get anywhere else in Cambridge. **THE SCHOOL HAVE ASKED US NOT TO PARK IN THE SCHOOL GROUNDS.** They need their car park for other visitors. Please could you come in to the school just to drop people off and then park on one of the side streets. This would be much appreciated by the school. Thank you.

Thank you from Marc

Marc Widmer, the Swiss athlete who spent time with us in the spring and early summer, has asked me to pass on his thanks and best wishes to all at the club. He would very much like to keep in touch with people he got to know – maybe send your results to him or just let him know how you're getting on. His e-mail address is mwidmer@student.unisg.ch

An anniversary dinner?

This year is the 40th anniversary of the merger of the Cambridge City club and the Coleridge club to form C&C. To celebrate this milestone there is a proposal to hold a dinner in the Autumn at a central location in Cambridge – probably at one of the colleges. Price, including a 3 course dinner and a glass or two of wine, is likely to be around £25-30. If you have any comments or suggestions, please get in touch with Neil.

We are very disappointed with our members!! (or Noel is anyway)

The turnouts at Eastern Young athletes League and at Southern Womens League this season so far has been nothing short of apathetic.

We sent a bus with 5 people on it to Watford for the second SWL. The athletes who went (some by car as well) scored very well, but we only had half a team.

At the Home EYAL at St Ives we were last, just 6 points behind West Suffolk. Thats pathetic, we should thrash them, we have twice as many members. But if the members wont compete then we have to accept that next year we will be in Div 2 where the competition is pathetic, and that we may be looking for new team managers.

We did the same at Bedford sending a 57 seat bus with 27 people on it and finished last because we didnt fill all the events.

Shelley (SWL) and Anna (EYAL) were both despairing after these matches about what to do, and questioning if it was worth their effort.

We have about three times as many "active" members as we have actually competing. There are obviously some who just turn up to train. We are not a keep-fit club, we are an active competitive athletics club and all our members should be competing so that they can measure how much they are improving. We are getting short of coaches in some disciplines, so we may have to move towards the situation where if you dont take part in competition, you wont get priority if the coaches are overloaded. Think about it and respond with active participation. It not the stars which win matches - its about having a full team..

IF YOU WANT A CLUB, THEN GET OUT THERE AND COMPETE! THE CLUB OFFICIALS ARE ALL VOLUNTARY AND ARE GETTING FED UP WITH APATHY.

Club Chatter

Lets start with congratulations to Shelly Walsh and Tony Bell who are getting married in August. We dont get that many weddings in the club. As many of you know Shelly is our current Ladies team manager, and runs mainly middle distance while Tony runs usually longer distances.

Track resurfacing - the saga!

First a quote from the magazine exactly one year ago

""The University were being optimistic in trying to get the work done before the Varsity match.

Our training was worked around the disruption and we survived quite well considering, but of course it isn't over yet!. They didn't actually do anything except cleaning the surface. It has now been agreed that the original laying work was defective and the University are calling in the insurance bond placed on the track (because it was suspect when laid). They hope to have it relaid properly in July. We shall see!"

Well of course in true to form, it didn't happen last year or even early this year. We have been running matches at St Ives because the track does not have a competition certificate.

Now it's started - or should have done on 17th July, but so far we have run two sessions at The Perse school while the track remained untouched, but as of Thursday 27th the work has begun!!.

We must thank the Perse for their kind assistance for our Monday night training. As Neil says above, we must not park in their car park because there are other paying users who have priority. The other problem is that if it turns wet we will damage the grass so we may have to have a pavement run or something on those nights

The University estimated that the work might drag on until mid August but hopefully it will be completed sooner and we will have a nice new track again.

The cost of the work is about £250,000, and most of that has come from the original insurance bond on the workmanship when originally laid 7 years ago. It should have lasted 12 - 14 years.

Southern Mens League

After 4 matches the men are in 16th place and too close to the relegation zone for total comfort. We need to get at least another 4 match points (preferably 5) from the last two matches. One of them is at home and we should manage 3rd. The other is a difficult away match.

The season started with a match against three British League clubs B teams and Noel then saw many of the same athletes in the British League match at Bedford a few weeks later. Because of that we only got one point from that match despite some super performances.

We were 2nd in the 2nd match, and 3rd in the third one. I hesitate to write this but we were then 4th in the 4th match at Portsmouth. It was unfortunate that this was a "home" match for both Portsmouth and Royal Navy, who in normal circumstances we would have expected to beat, but with them at Home and the Anglian Schools effect, we had to settle for beating 2nd placed Hastings who had a "bad hair day".

So we have 10 match points and are averaging 103 points per match (412) and are just below Oxford (10 match points and 418 scored points) and Bedford (12 match points) who were also promoted last year. Aylesbury and London Heathside who were also promoted last year are doing better, Aylesbury are 5th and London Heathside are 9th. All four of the clubs relegated from Div 1 last year look set to continue down to Div 3.

Southern Womens League

The team is really struggling for support, but at the last match at Woodford had a slightly better turnout and scored 140 points. We must have Seniors, Under 17's and under 15's if the team is to do well. Currently lying just below midway in Division 3 East (Div 3 East and West are now the lowest Divisions - Div 4 has disappeared).

Eastern Veterans League

This year we are in the North-western division. Last year it was the south-eastern. So we have been playing against Boston, Kettering, Peterborough and West Norfolk. We haven't seen any of those nice people we competed against last year at Southend etc. The turnout so far has not been good, especially at the second match. We need more Ladies and more men turning out. There are now three age-groups so the 60+ can now compete at their own level.

East Anglian league

It looks as though the Men, the Ladies and the under 15 Boys and Girls all have a chance to reach the final as well as the under 13 girls. Two matches down and two to go including a home fixture where we should do well if everyone supports it.

We think the league situation after 2 matches is Men - 7th, Ladies 6th, U13 Girls 8th, U15 Girls 8th, U15 Boys 5th but it's unofficial. 8 teams qualify for the final in each age group so if you want to be there turn out for the Home match and let's make sure of it.

Eastern Young Athletes league

No a good season so far, one 3rd and two 4ths. At this rate we look to be heading for Div 2, but there is still time to rally round and get a couple of good results. Support for the team managers efforts is essential - they need to get satisfaction out of it as well and it is depressing for them to keep losing matches. Give them your support and let's try to hang in Div 1 - Those of you at the St Ives match saw how thin the competition was in the Div 2 Huntingdon match

A C&C Champion at the Veterans National Cross country championships - Joan Lasenby

A good day for C&C with the agegroup champion for W40, Joan Lasenby who also was 3rd overall in the combined ages race. Early in the race Joan was third behind the national W35 10k road race champion, Allison Hurst with local W35 Helen Burell opening up a 10m advantage. In the second lap, Burell suffered a bit after her earlier spurt, and Hurst and Lasenby caught her. Joan then led until the last 500m, when the younger Hurst kicked for the line. Joan kept going but couldn't hold off Burell who was spurred on by her local support. This was a super run by Joan - finishing just behind the younger age-group winners and 3rd overall. This was her second national title in a week - Joan won the W40 BVA indoor 1500m title the previous week.

Athletics Weekly featured a nice picture with Joan in the centre of the leading pack soon after the start of the race and the C&C vest was very clearly distinguishable.

Diana Braverman took 3rd place on the W50 category, and helped C&C to a 3rd place team medal for the combined W45/W50s. Mary Holmes took silver medal in the W65 category.

In the M70+, Peter Chaplin was unlucky to miss the medals finishing 4th in his age-group.

Well done everyone and the other who ran that day. If I have got any more of the results they will be in the Results section at the back

Some new club records

Luke Shortman keeps breaking his Hammer record for under 15's and has now set it at 49.54m. Luke has a good chance of a medal at the English Schools - let's wish him success and hope he gets the gold.

Lucy Dowsett has broken the 800m record for under 13 girls, with a time of 2.29.8. Well done Lucy - you are also getting quite close to the 200m record.

Fixtures for 2002 Outdoor

3rd July	Eastern veterans league	Veterans	Kings Lynn
6th July	Southern Womens League	All Females	Mile End road
7th July	ECAA Championships	All	St Ives
7th July	Braza 7mile	Seniors	March
10th July	EVAC 10k	Veterans	Unknown
12/13/14 July	AAA Championships	Seniors	Birmingham
13th July	Southern Mens League	Males 15+	St Ives
14th July	East Anglian league	All	St Ives
14th July	Peterborough Police 10k	Seniors	Peterborough
14th July	Veterans Pentathlon	Veterans	Solihull
20/21st July	Veterans Decathlon/Heptathlon	Veterans	Sheffield
27th July	Southern Womens League	All Females	St Albans
27/28th July	BVAF championships	Veterans	Cophthall
3rd August	Southern Mens League	Males 15+	Battersea
Park			
4th Aug	Eastern Young Athletes Lge	All under 17	Basildon
4th August	EVAC 5k	Veterans	Unknown
7th August	Eastern Veterans league	Veterans	Boston
10/11th August	SCAA Combined events	All	Cophthall
10/11th August	AAA U17/U15 Championships	U17/U15's	Birmingham?
11th August	East Anglian League	All	Kings Lynn
15-25th Aug	European veterans Champs	Veterans	Potsdam Germany
18th Aug	Eastern Young Athletes Lge	All under 17	Southend??
18th August	Thorney 5	Seniors	Thorney
23rd Aug	Norwich Union Grand Prix	Spectators	Crystal Palace

24th Aug	Hibberd Trophy	County Select	Norwich
25th Aug	SC Intercounty U15/U20	County select	Copthall
25th Aug	BVAC 10k	Veterans	Auckland Castle
1st Sept	U20 Inter regional match	County select	Watford
7th Sept	Southern Womens League	All Females	St Ives
8th Sept	Grunty Fen half Marathon		Soham
14th Sept	NVH 5	Seniors	Peterborough
15th Sept	Eastern Young Athletes Final	All under 17	Bedford
15th Sept	BVAF 10 miles	Veterans	Nuneaton
22nd Sept	East Anglian league final	All if we qualify	Bury St Eds
29th Sept	ECAA/Cambs AA Multievents	All	Peterborough

If you want to run, tell us, don't wait to be asked!! There are always team managers about at the track on training nights, or phone them - numbers are in this newsletter.

For all the matches - don't assume that the team managers are clairvoyant, if you want to compete tell us, don't wait to be asked, otherwise we may think you are not interested - especially if you are not there at training when we are recruiting.

Cambridgeshire AA County Track and field championships

This year they were at Peterborough. The club won three of the age group trophies again this year. Our overall entry level was about the same as last year, but about 20% down from our peak of five years ago. The full results are in the back of the newsletter. Well done to all the competitors, and to all the C&C officials who helped.

Safety

This now has a very high profile after the accident at Bedford two years ago resulting in the death of Norman Stang - a senior field official. Several changes will be introduced next year to the size of throwing sectors etc, but this year we are seeing that tracks with jumps facilities inside the track are getting restricted certificates so that they cannot run long throws when there are jumps in progress. A safety training session for officials, concerning risk assessments, was run at Cambridge with an audience of 16 club officials and also a starter and a marksperson from Huntingdon who missed the session in that area. This was a good turnout by the club officials.

Thank you to all who gave up yet more of their own time to attend (and at least UK athletics didnt charge us for this one, in fact they will pay the hire of the room and the expenses of the person who came to give the training session.

Useful telephone numbers for the 2002 summer season

B J Wallman	President	01223 893013
Neil Costello	Chairman	01223 524428
Noel Moss	Men's T&F teams (SML & Anglian league)	01223 833470
Shelley Walsh	Ladies SWL team	01223 501716
Iain Girling	Veterans Team manager	01223 870683
Tricia Ellis Evans	Eastern Young Athletes team	01223 263477
Anna Bird	Eastern Young Athletes team	01223 352541
Sally Hames	Eastern Young Athletes	01223 882556
Stuart Dunlop	Coaching Secretary	01954 202197
Glynn Smith	Road running & XC captain	01223 571685
Carl Woolf	East Anglian league (U13/U15 Males/Females)	01223 881075
Rachel Kiff	East Anglian league (U17/Senior ladies)	01954 267045
Nigel Poulter	Treasurer	01954 231507
Emma Hostler	Coaching for disabled athletes	01223 363190

Our oldest active club members

It is good to feature something about one of our club members in each newsletter, and this time it is the oldest. But checking the list of members, when I got to the top there were two young lads who have been on this earth for over 80 years and both of them still run, and sometimes against each

other. We had hoped to write about both but havent got Dave's life history yet, so we will try to feature him in more detail next time if we can get some copy.

Dave Blyth

You will see some of Daves results in the back of the newsletter. He still runs 5 and 10k in the Mens 80+ category. He is a member of Eastern veterans and still turns out for most of their fixtures plus various open Road races. We dont get all his race results, but what we find we print.

Bryn Jenkins

We asked his son John to write a little about Bryn. I can tell you that John is 55, a C&C runner, and was born in 1947 when his dad was 26. Bryn was not always a runner, but played football for most of his younger life, starting running as a veteran.

"Bryn was born in Saundersfoot near Tenby in South Wales in 1920, the eldest of four children, two sisters and two brothers. He has always taken part in sport, but in his early years it was football and boxing. His father managed the local football team. In 1938 his father was killed in a mining tragedy when workers broke into uncharted old mining works filled with water. At the start of the second World war he enlisted in the RAF and spent the war years driving and repairing lorries in convoy in the Middle East.

Towards the end of the war he met Audrey, his wife, who was a Land Girl at the time. They were married in 1946 and their son, John, was born in 1947. Bryn had played football for the RAF while enlisted, and shortly after the war was offered a playing contract with Arsenal. He turned this down; a players wages not being quite what they are today.

A combination of events brought the family to Cambridgeshire; Audrey's mother became seriously ill so Audrey came up to nurse her, and work was scarce to find in South Wales after the war. Bryn found work as a postman in Huntingdon and was to remain in this job until retirement.

Bryn continued to play football well into his forties, but finally found those football injuries, knocks and bruises were increasingly taking longer to recover from. Responding to a challenge from son John, he entered the traditional Boxing Day St Neots to bedford race. He finished tired but elated; a beaming smile from ear to ear. A sporting flame had been rekindled and he lost no time in starting to train consistently. Over the years he has covered huge distances in training which is just as much a passion as racing.

Audrey and Bryn have travelled to many parts of the world through competition in veteran athletics. Bryn has won a number of national and international age-group titles on the road, track and cross-country. His finest achievements are arguably winning the world age-group 10k in Canada and running beneath the three hour mark for the Marathon on several occasions whilst aged 68. Asked what he found most memorable though, he would recall his meeting with Emile Zatopek and the many friendships he has made through the years.

Today Bryn still competes. Looking back through the fields of last years Icknield League cross-country races saw both Dave Blyth and Bryn battling against the courses. Bryn's outlook on life remains positive, living life to the full. How many pensioners ask for and receive for their 81st birthday a pair of trainers and a rechargeable drill!!

A plea to Cross Country Runners - a short piece taken from UK Athletics News.

UK Athletics Cross Country Doctor, Frank Newton, is urging athletes to wrap up warmer than many did at the English national Championships in Bristol last February.

"The normal body temperature at which we optimally perform is 37°C. Yet the majority of casualties treated for cold had temperatures in the low or mid 34°C range. As most runners have low body fat percentage, and thus low heat insulation, heat loss is very significant in very cold weather. He makes a plea to runners to dress to suit the occasion in the interests of enjoying a better performance on the day"

You can read more from Dr Newton on www.ukathletics.net - about uk athletics - uka news.

He is quite right of course. How many of you don't turn up in warm clothes and feel cold while waiting for your race or during your warm-up, or on a really cold day even during the race.

If you don't keep the enginee at its correct working temperature, its efficiency drops. In this case you are the engine. The comments apply equally to the T&F matches in early and late season.

Some good news

You remember the piece in the last news-letter about the football future of the Manchester Commonwealth Games Stadium.

The good news is that the Games squash stadium will be handed over as an indoor track facility after the games. Even better news is that six other indoor tracks will be opened over the next 12 months in Sheffield, Birmingham, Bath, Loughborough, Gateshead and London.
Its still a pity about the outdoor facility, but at least Indoor athletics will have a boost.

More good news

UK Athletics have been given a Sprt England Lottery grant of £41 million over 5 years. The money will be spent as follows. 11 million on an Indoor centre at the Picketts Lock site in North London, 5 million on other high performance centres in London, 5 million on track refurbishments, 5 million on Schools athletics, 4 million on coaching, 3 million on competition, 2 million on elite athletes, 2 million on event specific groups and 4 million on clubs. Steve Cram commented that losing the 2005 World Championships may be a blessing in disguise because the effect of the championships is short lived whereas the £41 million will be spread over 5 years and have a lasting benefit to athletics over a decade or more.

Results, Results, Results

Hillingdon 5 mile - 3rd March

Mark Chaplin V40 88th 30.46 Peter Chaplin V70 180th 42.11

English schools Cross Country - March 9th - result which was missed from the last newsletter

Inter Girls 30th Hayley Rule 16.03 (the best Cambridgeshire result)

BVAF Indoor T&F Championships - March 16/17th - Glasgow

W40+ Joan Lasenby 1st 1500m 4.46.54 2nd 800m 2.22.08

BVAF Cross Country Champs - March 23rd at Mansfield

M40 99th Mark Chaplin 40.39 111th Leon Sone 42.38
M50 95th Glynn Smith 42.40
M70+ 4th Peter Chaplin 27.16
W35 65th Julie Heron 23.13
W40 1st (3rd W35) Joan Lasenby 19.17 75th Sue Barnett 24.25
W50 3rd (43rd OA) Diana Braverman 22.02 3rd team in W45/W50 (Diana, Sue, Mary)
W65 2nd (86th OA) Mary Holmes 26.34

Fen Ditton 5km - March 24th

Men 4th William Clarke U20 16.22 Ladies 7th Rosie Clarke U17 20.16

Linton Half-marathon - March 24th

Ladies 2nd Andrea Hill V35 94.24

Whittlesey 10km - April 1st

52nd 1st M55 Glynn Smith 40.24 164th 1st M80 Dave Blyth ??
110th Tim Long 46.13

Rovston Heath trail run - April 7th

6th Kevin White 31.46 50th Tony Bell 38.37
26th 1st M50 Glynn Smith 35.08 69th Julie Heron 41.02
38th Ian Trowell 37.24 76th Shelley walsh 41.52

Ipswich open T&F - April 7th

U20 Men 600m 1st N Flynn 1.26.6
U15 Girls 800m 1st I Asztalos 2.29.1 75m Hdls 1st C Rogers 12.9

Havering Open T&F - April 7th

Sen Ladies LJ 1st H-J Cone 5.14m

London Marathon - April 14th

Sue Barnett Vets 50+ 9459th 3.00.51 (32572 finished)

Eastern veterans Road relays - April 21st

M40 9th team (4 x 2.1 miles) - J Lewy 12.38, M Kreetzer 11.58, M Chaplin 12.01, L Stone 11.20
M50 3rd team (3 x 2.1 miles) - P Lee 12.07, G Smith 12.25, J Jenkins 11.39 36.11
W35 Only Julie Heron ran - 14.02 4th lady on first leg.

Eastern Young Athletes League - April 21st at Watford

Match result - 3rd with 254 points

Men Under 17 1st in group with 63 points

100m 1A T Wedderburn 11.4 1B L Johnson 12.3
200m 2A T Bicknell 24.5 1B A Ellis Evans 24.5

400m	2A	J Spence	56.7			
800m	2A	A Bird	2.09.6			
1500m	1A	ASim	4.28.1			
Longjump	1A	J Milton	5.76	1B	L Johnson	5.23
Shot	1A	T Wedderburn	10.89	1B	S Phillips	10.30
Discus	2A	S Phillips	27.08	1B	S Goldfinch	20.20
Javelin	1A	S Phillips	30.03	1B	S Goldfinch	25.98
4 x 100	1A		48.0			
Boys Under 15	1st in group with 72 points					
80m Hurdles	1A	J Markley	13.2	1B	L Andrew	16.2
100m	1A	J Markley	12.0	2B	S Milton	13.0
200m	3A	J Gilbert	26.4	1B	E Aston	26.7
	N/S	J Markley	25.1			
400m	2A	E Aston	57.8	2B	J McNaught	68.7
800m	2A	R Kreetzer	2.31.6			
1500m	2A	R Lasenby	4.56.9			
Highjump	1A	E Aston	1.50	3B	L Andrew	1.20
Longjump	2A	J Gilbert	4.71	1B	S Milton	4.60
Shot	1A	L Shortman	10.53	1B	M Thomson	6.95
Discus	1A	L Shortman	29.77	1B	M Thomson	18.51
Javelin	1A	L Shortman	28.76	1B	M Thomson	26.53
4 x 100	1A		50.00			
Boys Under 13	4th in group with 28 points					
75m Hurdles	2A	J Kennard	16.2			
100m	2A	S Goldfinch	14.7	3B	D Sellars	15.3
200m	3A	S Goldfinch	30.9	3B	C Kitchen	34.9
400m	4A	O Slot	78.8			
1500	3A	J Kennard	5.48.2			
Longjump	2A	C Kitchen	3.65	1B	O Slot	3.60
Shot	3A	J Kennard	4.41			
Discus	3A	C Kitchen	12.18			
4 x 100 .relay	4A		63.8			
Under 17 Ladies	4th in group with 20 points					
100m	4A	L Cuffy	14.8			
200m	2A	R Kennard	29.9			
300m	1A	G Asztalos	44.8	1B	H Rule	44.5
	N/S	E Kreetzer	45.6	N/S	R Kennard	47.7
Shot	2A	L Cuuy	6.07	2B	C Peters	5.18
Javelin	3A	G Asztalos	6.86			
Under 15 Girls	4th in group with 26 points					
100m	4A	C Musowe	14.3	3B	H Tonner	14.3
	N/S	C Lacey	14.9			
200m	4A	C Musowe	30.6	4B	C Lacey	32.7
800m	1A	I Asztalos	2.29.7	2B	S Iwanko	2.45.7
1500m	2A	E Schofield	5.42.6	2B	N Hobday	5.52.8
	N/S	J Negus	6.58.2			
Longjump	3A	I Asztalos	3.65	3B	J Negus	2.32
Shot	4A	C Musowe	5.26			
Javelin	1A	J Spaull	14.02			
4 x 100 relay	4A		57.4			
Girls Under 13						
70m hurdles	1A	L Rogers	12.2			
100m	3A	L Rogers	14.8	2B	V Asztalos	15.6
200m	2A	V Asztalos	31.4			
800m	1A	C Hobday	2.42.0	2B	A Lasenby	3.08.3
1500m	1A	L Dowsett	5.30.9			
Longjump	2A	L Rogers	3.69	1B	V Asztalos	3.56
Shot	1A	P Markley	7.43			

Discus	1A	P Markley	12.45	2B	A Lasenby	6.90	Javelin	1A	S Phillips	36.19	1B	S Goldfinch	29.27
4 x 100 relay	3A		60.1				Under 15 boys - 2nd						
Watford Open meeting 24th April													
U13 Girls 800m		Lucy Dowsett	2.39.0		Carly Hobday	2.50.7	100m	1A	J Markley	12.6	2B	S Milton	14.3
800m U17 Ladies		Hayley Rule	2.21.1		Emma Kreetzer	2.23.8	200m	2A	J Markley	26.3	2B	M Riches	28.2
Southern Womens League - Crawley - April 27th													
Ist Barnet 191, 2nd C&C 168, 3rd Haywards Heath 156, 4th Ilford 85, 5th Eton Manor 84													
Seniors/U17's													
100m	2A	H-J Cone	13.4	2B	A Costello	13.7	400m	1A	E Aston	57.8	3B	R Wilson	32.1
200m	2A	G Asztalos	28.8	1B	A Costello	30.9	800m	2A	E Aston	2.18.0	2B	A Yeomans	22.90
400m	1A	A Costello	62.5	1B	Emma Hostler	665.7	1500m	4A	R Kreetzer	5.17.2			
800m	1A	H Rule	2.22.4	1B	Emma Kreetzer	2.27.9	Hurdles	3A	T Adams	16.7	1B	E Aston	17.7
1500m	2A	Shelly Walsh	5.55.5	2B	E Hostler	6.06.6	Highjump	3A	M Hathaway	1.45	2B	M Vickery	1.40
3000m	1A	R Clark	11.27.4	2B	Julie Heron	12.18.8		N/S	T Adams	1.30	N/S	M Riches	1.25
Polevault	3A	S Greenwood	1.60				Longjump	4A	M Vickery	4.44			
Longjump	1A	H-J Cone	5.06	1B	R Kiff	4.32	Triplejump	2A	T Adams		9.67		
Triplejump	2a	Rachel Kiff		9.05	2B	S Greenwood	Shot	1A	L Shortman	11.67			
	8.35						Discus	2A	L Shortman	19.98			
Hammer	3A	S Moss (McGrath)	21.30	2B	Rachel Kiff	17.30	Javelin	3A	M Hathaway	30.45			
Shot	2A	S Moss	9.81	3B	R Clarke	5.58	Hammer	1A	L Shortman	43.38	1B	J Markey	19.43
Discus	1A	S Moss	27.10				4 x 100 relay	2A		52.1			
Javelin	1A	S Moss	26.69	3B	G Asztalos	9.17	Under 13 Boys - 3rd						
4 x 100	1A		55.3				100m	3A	S Goldfinch	15.8	3B	D Sellars	17.8
4 x 400	1A		4.37.0					N/S	O Slot	17.8			
Under 15s							200m	2A	S Goldfinch	33.0	1B	D Sellars	32.6
100m	1A	A Cone	14.2	2B	H Cone	14.2		N/S	O Tonner	33.6			
200m	1A	A Cone	29.8	1B	I Asztalos	29.8	1500m	3A	J Kennard	5.46.9			
800m	1A	I Asztalos	2.33.1	1B	N Hobday	2.58.8	Hurdles	3A	J Kennard	16.8			
1500m	1A	L Dowsett	5.23.5	1B	C Hobday	5.42.4	Highjump	4A	O Slot	1.10	3B	J Kennard	1.10
75m hdl's	1A	A Cone	13.1				Longjump	3A	S Goldfinch	4.02	3B	O Slot	3.81
Shot	3A	H Cone	6.79	3B	I Asztalos	5.22	4 x 100	1A		63.3			
4 x 100	1A		57.0				Senior Ladies - 3rd						
BUSA trials and Open meeting - Loughborough April 27th													
Shot Ladies 3rd		C Spelzini	12.47				100m	3A	H-J Cone	14.3	4B	R Kiff	18.9
East Anglian League at Braintree on April 28th													
Senior Men - 3rd													
100m	DQ	J Robertson	-	3B	C Mycroft	13.1	200m	4A	S Walsh	35.9			
200m	3A	J Robertson	26.1				400m	3A	E Hostler	71.1	3B	M Holmes	87.7
400m	5A	C Mycroft	58.8	3B	J Robertson	61.9	800m	4A	E Hostler	2.45.2	2B	H Belbin	2.46.9
3000m	2A	B VanAken	10.07.8	4B	M Kreetzer		1500m	3A	S Walsh	6.14.1			
	11.31.5						Hurdles	3A	S Walsh	45.7			
Hurdles	2A	J Brennand		22.6			Longjump	2A	H-J Cone	4.92			
Longjump	2A	J Cross	6.02	2B	C Mycroft	5.20	Triplejump	4A	M Holmes		6.27		
Triplejump	3A	C Mycroft	9.94				Shot	4A	R Kiff	5.59	3B	M Holmes	5.41
Shot	1A	G Parsons	11.68	2B	D Vickery	8.94	Discus	3A	R Kiff	16.00			
Discus	1A	G Parsons		39.21	4B	F Martin	Javelin	4A	M Holmes	15.57	2B	R Kiff	13.54
	17.63						4 x 100	3A		63.3			
Javelin	4A	G Parsons	35.18	4B	F Martin	24.15	Under 17 Ladies - 5th						
Hammer	1A	D Vickery	36.58	1B	F Martin (V)	23.20	200m	3A	R Kennard	31.2			
	N/S	G Parsons	????				300m	1A	R Kennard	47.6			
4 x 100 relay	3A		51.2				800m	4A	C Woolf	2.49.0			
Under 17 Men - 4th							Longjump	5A	C Woolf	4.05			
100m	2A	T Wedderburn	12.3				Triplejump	1A	C Woolf		8.89		
400m	2A	S Billington	57.1	2B	J Spence	57.4	Under 15 Girls - 1st						
Longjump	3A	S Billington	5.09				100m	1A	C Rogers	13.8	3B	A Cone	14.7
Triplejump		1A	S Goldfinch	10.77				N/S	H Cone	14.5	N/S	H Tonner	14.7
Shot	3A	S Billington	11.41	1B	S Phillips	9.83	200m	5A	A Cone	30.5	4B	H Tonner	31.0
Discus	2A	S Goldfinch	21.60	1B	S Phillips	20.69		N/S	N Fisher	30.3			
							800m	4A	N Fisher	2.45.7	4B	S Iwanko	2.55.2
								N/S	J Spaul	3.03.9			
							1500m	2A	L Rosier	5.46.0	1B	E Schofield	5.50.0
							Hurdles	1A	C Rogers	12.8	1B	A Cone	13.8
							Highjump	3a	K Ellen	1.20	2B	J Spaul	1.15
							Longjump	4A	C Rogers	3.95	4B	H Tonner	3.36

Shot	2A	L Mason	6.85	2B	H Cone	5.97
Discus	2A	L Mason	17.34	2B	H Cone	12.32
Javelin	2A	J Spaul	15.79	1B	K Ellen	12.73
4 x 100	2A		55.2			
Under 13 Girls - 5th						
100m	1A	L Rogers	15.9			
Hurdles	1A	L Rogers	13.2			
Longjump	1A	L Rogers	3.85			

Eastern Veterans League - 1st May at Peterborough

100m	M 40 4th	J Tilley	13.6	M50 4th	N Moss	14.7			
400m	M40 3rd	J Tilley	61.5	M50 4th	N Moss	69.7			
1500m	M40 2nd	L Stone	5.03.6				M60 2nd P Chaplin	7.02.0	
Hurdles				M50 3rd	N Moss	21.4			
Hammer	M40 1st	D Vickery	26.63	M50 3rd	F Martin	23.81			
Shot	M40 1st	D Vickery	8.76	M50 4th	F Martin	8.55			
Longjip	M40 3rd	J Tilley	4.39						
Merdley Relay		Moss, Vickery, Tilley, Stone		M40 3rd		4.36.4			
100m				W45 3rd	S Walsh	15.4	W55 3rd	M Holmes	18.2
400m							W55 2nd	M Holmes	82.5
1500m	W35	J Heron	5.39.4	W45	S Walsh	5.41.9			
Hammer				W 45 3rd	C Morris	16.54			
Shot	W35	J Heron	5.69	W45	C Morris	7.07			
Longjump				W45 1st	C Morris	3.71	W55 2nd	M Holmes	2.79

Southern Mens League Div 3 - May 4th at Newham

Aldershot 119, Blackheath 116, Newham 106, Bedford 103, C&C 88									
100m	3A	T Wedderburn	11.4	4B	J Milton	11.5			
200m	5A	S Clarke	24.5	5B	S Phillips	25.8			
400m	5A	N Flynn	54.4	4B	J Morley	54.7			
800m	2A	N Flynn	1.56.6	4B	J Morley	2.01.2			
1500m	5A	M Smith	4.33.4	4B	B Van Aken	4.38.6			
5000m	4A	K White	16.37.3	2B	J Kazer	17.03.6			
3000S/C	3A	C Pyle	10.22.0	2B	K White	11.44.9			
110 hdl	4A	J Brennand							
400 hdl	5A	C Mycroft	69.1	4B	J Brennand				
	75.1								
Polevault	5A	N Moss	2.20	=2B	C Mycroft	2.20			
Highjump	=2A	C Hazel	1.70	=3B	D Vickery	1.00			
Longjump	3A	C Hazel	6.46	2B	S Clarke	5.81			
Triplejump		2A	C Hazel	12.59	3B	S Clarke			
	10.87								
Hammer	4A	Gary Parsons	38.04	1B	D Vickery	36.17			
Shot	4A	Gary Parsons	11.47	4B	Robert Smith	10.50			
Discus	1A	Gary Parsons	36.89	1B	Robert Smith	31.31			
Javelin	5A	G Parsons	35.63	3B	S Phillips	31.64			
4 x 100	5A	Hazel, Mycroft, Phillips, Wedderburn				47.3			
4 x 400	5A	M Smith, N Flynn, S Clarke, J Morley				3.43.1			

BUSA Championships at Bedford

Ladies Shot	C Spelzini	4th	12.81			
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Breckland 10k - 5th May

Mark Chaplin	V40	48th	38.30	Peter Chaplin	V70	236th	52.56
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10 mile Road Grand Prix at reach - 12th May

6th	M Chaplin	4th M40	64.54	18th	G Meah	6th M40	75.53
10th	G Smith	2nd M55	67.43				
11th	A Downie	2nd M50	68.55	14th	P Lee	3rd M50	71.52
13th	D Mail	4th M45	69.52				
20th	S Barnett	1st W50	79.24				

Cambs AA Championships - St Ives - May 12th

Girls Under 13	1st - 54 points					
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100m	3rd	N Cowan	14.5			
200m	3rd	N Cown	31.5			
800m						
1500m	1st	L Dowsett	5.12.4			
Longjump	1st	V Asztalos	3.55m			
Shot	1st	P Markley	7.58			
Discus	1st	P Markley	14.78			
Under 15 Girls						
100m	2nd	Clare Rogers	13.4	3rd	Abi Cone	13.8
	4th	C Musowe	14.3			
200m	2nd	Abi Cone	28.5	4th	C Musowe	29.8
	5th	E Schofield	29.8			
800m	1st	I Asztalos	2.33.2	2nd	N Fisher	2.35.7
	3rd	N Hobday	2.45.4			
1500m	1st	E Schofield	5.41.3	2nd	L Rosier	5.47.7
	4th	S Rule	6.29.1			
75m hurdles	1st	C Rogers	12.0	3rd	Abi Cone	13.3
Shot	5th	C Musowe	5.83			
Under 17 ladies						
300m	1st	G Asztalos	44.5			
800m	1st	E Kreetzer	2.24.4			
1500m	1st	Hayley Rule	4.54.7	3rd	Rosie Clarke	5.07.7
Senior Ladies						
400m	3rd	E Hostler	63.1			
800m	4th	Emma Hostler	2.31.7	5th	S Walsh	2.42.3
1500m	1st	Melanie White	4.54.0	3rd	Julie Heron	5.38.1
3000m		J Lasenby				
Shot	1st	Charlotte Spelzini	13.25			
Boys under 13						
100m	3rd	O Slot	15.4			
Highjump	9th	O Slot	1.05			
Longjump	2nd	O Slot	3.24			
Boys under 15						
80m Hurdles						
100m	2nd	J Markley	12.8			
	1st	J Markley	11.9	5th	S Milton	12.5
	7th	J McNaught	12.7	6H	J Godden	13.7
200m	1st	J Markley	24.2	5th	J McMaught	26.2
	6th	M Riches	26.8	3H	J Godden	28.1
	4H	M Vickery	30.1	5H	R Wilson	31.6
400m	1st	E Aston	55.3	4th	R Wilson	70.4
800m	1st	E Aston	2.09.8	6th	R Kreetzer	2.28.8
	8th	C Wright	2.40.5			
1500m	3rd	R Lazenby	4.53.2	4th	L Cooks	5.03.1
	6th	C Wright	5.21.2			
Highjump	2nd	M Hathaway	1.55	3rd	M Vickery	1.45
	4th	T Adams	1.40	5th	M Riches	1.30
	6th	R Wilson	1.30			
Longjump	1st	J McNaught	5.01	5th	J Godden	4.44
	7th	M Vickery	4.23			
Triplejump	1st	J McNaught	5.01	5th	J Godden	4.44
		M Riches		9.88		
Shot	1st	J McNaught	10.07	5th	M Thompson	6.83
	6th	J Cowan	6.47			
Discus	1st	M Thompson	20.50			
Javelin	2nd	M Thompson	30.84	3rd	M Hathaway	28.56
	5th	N Cowan	24.15			
Hammer	1st	Luke Shortman	47.85 (club record)			
Men under 17						
100m	1st	T Wedderburn	11.3	6th	A Ellis-Evans	12.0

200m	5th	A Ellis-Evans	24.6				
400m	3rd	J Spence	56.4				
Longjump	7th	J Bruun	4.58				
Shot	1st	S Phillips	10.50		N Rivers		
Discus	6th	N Rivers	19.72		S Phillips		
Javelin	1st	S Phillips	37.36				
Under 20 Men	3rd - 15 points						
800m	1st	N Flynn	1.58.4				
Longjump	2nd	J Cross	6.10				
Senior Men	3rd - 44points						
800m	4th	J Morley	2.03.4				
3000m S/C	1st	C Pyle	10.12.2				
5000m	6th	B Van Aken	17.03.0	8th	Tony Bell	20.42.6	
Longjump	2nd	C Hazel	6.31				
Shot	2nd	Gary Parsons	11.20				
Discus	1st	Gary Parsons	37.52				
Hammer	2nd	Gary Parsons	37.58				
Southern Womens League - Watford - May 18th							
4th - 107 points							
Senior Ladies							
100m	2A	A Costello	13.6	2B	H Belbin	15.3	
200m	3A	A Costello		1B	E Hostler	29.1	
400m	1A	A Costello	62.8	1B	E Hostler	66.8	
800m	3A	E Hostler	2.48.3				
1500m	4A	S Walsh	5.59.7				
3000m	3A	S Walsh	12.56.8				
100m Hdls	3A	S Walsh	43.0				
80m Hdls (U17)	2A	K Carr	13.9				
400m Hdls	4A	S Walsh	97.7				
Highjump	3A	K Carr	1.25				
Longjump	5A	A Costello	3.76	5B	H Belbin	3.44	
Triplejump		2A		8.92			
Shot	3A	S Walsh	4.47				
Discus	4A	E Hostler	14.49				
Javelin	5A	E Hostler	9.85				
4 x 100	?		58.0				
4 x 400	2A		4.42.0				
Under 15 Girls							
100m	2A	C Musowe	14.5	4B	C Hobday	15.3	
200m	4A	C Musowe	30.8	3B	N Hobday	31.5	
800m	2A	N Hobday	2.47.2	2B	S Rule	2.54.6	
1500m	1A	L Dowsett	5.20.5				
Longjump	4A	C Hobday	3.47	3B	N Hobday	2.95	
Shot	2A	C Musowe	5.82				
4 x 100	3A		58.5				
Southern Mens League Ilford May 18th							
1st Ilford 158, 2nd C&C 123, 3rd Medway 93, 4th Chichester 78, 5th Croydon 68							
100m	3A	James Nowak	11.9	4B	S Wilkie	12.5	
200m	2A	J Nowak	23.7	4B	S Wilkie	25.9	
400m	3A	T Hames	50.9	3B	J Lee	53.6	
800m	1A	N Flynn	1.58.6	2B	J Morley	2.03.4	
1500m	2A	N Flynn	4.19.9	2B	J Morley	4.19.9	
5000m	4A	K White	17.09.7	3B	B Van Aken	17.56.4	
3000S/C	4A	B Van Aken	11.38.0	2B	J Lewy	13.20.4	
110 hdls	4A	J Brennan d	20.8				
400 hdls	4A	J Brennand		71.8	3B	C Mycroft	
Polevault	69.0	2A	C Mycroft	2.40	2B	N Moss	2.20

Highjump	1A	C Hazel	1.75	3B	D Vickery	1.10	
Longjump	2A	C Hazel	6.15	3B	C Mycroft	5.14	
Triplejump	1A	C Hazel		12.81	2B	C Mycroft	
			9.58				
Hammer	3A	G Parsons	39.18	1B	D Vickery	35.03	
Shot	1A	J Van d e Berg	14.51	1B	G Parsons	11.55	
Discus	1A	J Van de Berg	41.00	1B	G Parsons	39.65	
Javelin	3A	J Van de Berg	40.33	3B	G Parsons	31.38	
4 x 100	3A		47.2				
4 x 400	3A		3.38.2				
Eye 10k - May 19th							
G Smith	M55	1st	40.25	G Meah	M40	42.06	
D Blyth	M80+	1st	83.28				
Rockingham Speedway 5 - May 22nd							
D Blyth	M80	1st	66.31				
World Masters - Non stadium 10k championship - Riccione - Italy May 24th							
Sue Barnett		GB ladies 50+ team bronze	46.40.				
Half Marathon - May 25th							
Sue Barnett		1.50.38	127th lady (213 finished)				
Southern Counties Under 20 Championships May 25/26th							
U20 Men	100m	J Nowak	11.44	heat			
U20 Women	800m	M White	2.20.55	5th	1500	4.59.3	heat
U17 Women	800m	E Kreetzer	2.23.9	heat			
U15 Girls	800m	I Asztalos	2.25.93	heat			
CAU Championships May 25/26th							
Shot	Ladies	C Spelzini	10th	12.55m			
Eastern Young Athletes League - May 26th at St Ives							
Match result - Herts Phoenix (H&W) - 370, Ipswich - 297, West Suffolk - 240, C&C 234							
Men Under 17							
100m	3A	A Ellis Evans	13.8	3B	F Berry	14.4	
200m	3A	A Ellis Evans	26.1	2B	F Berry	26.8	
400m	3A	A Howard	75.4				
800m	2A	J Cornell	2.20.6	2B	A Howard	2.54.4	
1500m	1A	ASim	4.34.8				
Shot	3A	N Rivers	9.41				
Discus	3A	N Rivers	21.33	3B	J Cornell	16.73	
Javelin	3A	N Rivers	21.70	3B	F Berry	21.16	
4 x 100							
Boys Under 15							
80m Hurdles	1A	J Markley	13.4				
100m	1A	J Markley	12.3	2B	S Milton	13.5	
	N/S	J Godden	14.0	N/S	J Kenny	16.3	
200m	2A	J Gilbert	27.5	3B	M Riches	28.9	
	N/S	D Player	26.1	N/S	S Milton	28.3	
	N/S	J Godden	29.7	N/S	180	31.0	
400m	4A	C Rogers	63.0				
800m	1A	E Aston	2.11.4	1B	R Lasenby	2.29.9	
1500m	3A	R Kreetzer	5.16.1	2B	C Wright	5.24.8	
Highjump	2A	M Hathaway	1.45	1B	E Aston	1.40	
Longjump	1A	J Gilbert	4.83	2B	J Godden	4.38	
	N/S	M Riches	4.61				
Shot	4A	M Thomson	7.14	2B	E Aston	5.82	
Discus	2A	M Thomson	21.62	2B	C Rogers	15.80	
Javelin	4A	M Thomson	25.93				
4 x 100							
Boys Under 13							
75m Hurdles	1A	J Kennard	16.0	2B	O Tonner	16.5	
100m	2A	O Tonner	15.5	1B	S Goldfinch	15.4	

	N/S	D Fisher	15.6	N/S	D Spence	16.7	1500m	4A	J Morley	4.27.4	2B	A Sim	4.35.2		
	N/S	C Kitchen	17.0				5000m	4A	K White	17.08.8	5B	J Lewy	20.39.9		
200m	3A	S Goldfinch	32.9	1B	D Fisher	32.1	3000m S/C	2A	C Pyle	10.17.3	1B	N Fuller	10.51.9		
800m	4A	W Mycroft	2.53.6				110 Hdls	--							
1500	1A	J Kennard	5.23.8				400 hdls	4A	N Fuller	69.1	4B	S Billington	68.6		
Highjump	1A	O Tonner	1.25				4 x 100 relay	2A		46.0					
Longjump	4A	C Kitchen	3.68	2B	S Goldfinch	3.61	4 x 400 relay	3A		3.34.0					
Shot	4A	D Spence	4.85	4B	W Mycroft	4.38	Pole vault	4A	N Moss	2.20	3B	R Smith	1.30		
Discus	3A	C Kitchen	15.17	1B	D Spence	12.91	Highjump	3A	C Hazel	1.75	2B	S Billington	1.65		
4 x 100 .relay	3A		61.7				Longjump	1A	C Hazel	6.64	4B	R Smith	4.89		
Under 17 Ladies							Triplejump	1A	C Hazel		12.78	4B	S Billington		
200m	4A	R Kennard	31.2				10.79								
300m	2A	G Asztalos	45.4	1B	E Kreetzer	46.5	Shot	1A	G Parsons	11.13	1B	R Smith	10.07		
	N/S	R Kennard	49.2	N/S	C Woolf	50.0	Discus	1A	G Parsons	37.59	3B	R Smith	30.75		
800m	1A	H Rule	2.23.2	1B	R Clarke	2.33.0	Hammer	3A	G Parsons	38.11	2B	D Vickery	33.87		
Highjump	4A	R Kennard	1.30				Javelin	5A	R Smith	36.35	3B	G Parsons	34.52		
Longjump	4A	C Woolf	3.97				Southern Womens League - Woodford 8th								
Shot	3A	R Clarke	6.21				Result - 4th with 144 points								
Under 15 Girls							Senior Ladies								
75m Hurdles	2A	A Cone	13.6	2B	C Hodgekinson	14.5	100m	4a	H-J Cone	13.3	2B	E Hostler	14.1		
	N/S	E Mann	16.0				200m	4A	E Hostler	29.4					
100m	2A	A Cone	14.3	2B	H Tonner	14.8	400m	3A	E Hostler	64.9	3B	R Kiff	70.4		
	N/S	H Cone	14.2	N/S	C Heron	15.1	800m	4A	E Hostler	2.36.0	2B	S Walsh	2.58.0		
200m	3A	I Asztalos	29.8	1B	H Cone	28.8	1500m	1A	J Lasenby	4.57.4	2B	S Walsh	6.21.9		
	N/S	H Tonner	30.5				3000m	4A	J Heron	12.57.5	2B	S Walsh	13.28.6		
800m	4A	N Fisher	2.42.0	2B	S Iwanko	2.46.7	100m hdls	3A	S Walsh	45.3					
1500m	2A	E Schofield	5.26.5	1B	N Hobday	5.51.7	400m Hdls	4A	S Walsh	105.7					
	N/S	S Rule	5.54.0				Longjump	2A	H-J Cone	4.93	1B	R Kiff	4.10		
Longjump	4A	N Fisher	3.63	3B	S Iwanko	3.44	Triplejump	3A	R Kiff		9.41	1B	H-J Cone		
Shot	4A	I Asztalos	5.64				9.28								
4 x 100 relay	2A		56.0				Shot	3A	J Lasenby	7.02	4B	J Herron	5.78		
Girls Under 13							Discus	3A	J Lasenby	19.83	3B	R Kiff	16.66		
100m	3A	V Asztalos	16.4				Javelin	3A	J Herron	17.47	4B	E Hostler	10.34		
200m	2A	L Dowsett	29.5	3B	V Neal	35.3	Hammer	2A	R Kiff	20.39					
	N/S	E Orvis	36.3				4 x 100	3A		60.2					
800m	1A	L Dowsett	2.33.9	1B	C Hobday	2.45.6	4 x 400	4A		4.46.7					
	N/S	V Asztalos	2.50.0				Under 15 Girls								
1500m	2A	A Lasenby	6.22.2				100m	3A	C Musowe	14.1					
Longjump	1A	V Asztalos	3.59	1B	C Hobday	3.10	200m	2A	H Cone	28.2	2B	A Cone	28.8		
Shot	2A	P Markley	7.54	2B	L Dowsett	4.01	800m	1A	N Fisher	2.40.8	3B	V Asztalos	2.52.9		
Discus	2A	P Markley	16.49	2B	A Lasenby	9.97	1500m	3A	E Schofield	5.29.2	2B	L Rogers	6.19.2		
4 x 100 relay	3A		64.4				75m hlds	1A	C Rogers	12.2	1B	A Cone	12.6		
Eastern veterans league - Kings Lynn on June 5th															
400m Hdls	M40			M50	N Moss	2nd	84.8	Longjump	2A	L Rogers	4.11	3B	V Asztalos	3.64	
200m	M40	L Lawence	5th	34.2	M50	N Moss	1st	30.3	Shot	3A	C Rogers	7.30	1B	L Mason	6.91
3000m	M40	L Lawrence						Discus	2A	L Mason	18.53				
Polevault				M50	N Moss	2nd	2.30	Javelin	4A	L Mason	15.17				
Triplejump		M40	L Lawrence		M50	N Moss	3rd		4 x 100	2A				57.7	
7.06								EVAC 5 mile at Reach - 9th June							
Discus	M40			M50	N Moss	4th	19.83	Mark Chaplin	V40	31.37		Phil Lee	V50	32.13	
Javelin	M40			M50	N Moss	2nd	23.34	Andrew Mangeot	V45	32.15		Alex Downie	V50	32.17	
1 mile walk				W50	M Holmes		11.12.5	Glynn Smith	V55	33.05		Gerald meah	V40	33.38	
								Peter Howard	V60	35.42		Sue Barnett	W50	37.12	
Southern Mens League - Oxford - June 8th															
1st Aylesbury 129, 2nd Oxford 114, 3rd C&C 105, 4th TVH 95, 5th Dacorum 83															
100m	5A	C Hazel	12.2	4B	S Wilkie	12.1									
200m	5A	J Lee	26.0	3B	S Wilkie	25.0									
400m	1A	T Hames	49.8	4B	J Lee	53.0									
800m	2A	N Flynn	1.58.6	2B	J Morley	1.59.3									
Cambridgeshire Schools - June 15th															
Girls Under 15															
100m				3rd	A Cone	13.9									
200m				2nd	M Lewis	28.6					3rd	H Cone	29.3		
800m				1st	I Asztalos	2.37.1									
1500m				1st	E Schofield	5.33.8									

400m	4A	J Lee	53.6	4B	S Billington	57.2
800m	2A	N Flynn	1.57.8	5B	J Lewy	3.03.8
1500m	2A	K White	4.29.3			
5000m	5A	K White	16.45.2	3B	B Van Aken	17.15.2
3000 S/C	1A	N Fuller	10.45.3	2B	B Van Aken	11.26.5
110m Hurdles	3A	J Brennand		20.5		
400m hurdles	5A	N Fuller	67.0	5B	J Brennand	
	74.4					
Longjump	3A	C Hazel	6.47	1B	J Nowak	5.59
Highjump	4A	C Hazel	1.70	3B	S Billington	1.60
Triplejump	3A	C Hazel	12.87	3B	J Brennand	
	11.15					
Polevalut	5A	N Moss	2.20	3B	J Brennand	
	2.20					
Shot	1A	J Vande Berg	14.44	1B	G Parsons	11.56
Discus	2A	J Van de Berg	40.48	3B	G Parsons	31.02
Javelin	4A	J Van de Berg	34.08	3B	G Parsons	32.56
Hammer	1A	G Parsons	39.14	1B	D Vickery	35.87
4 x 100m	4A		47.7			
4 x 400	4B		3.44.2			

Anglian Schools - June 22nd at Norwich

Under 15 Girls	100m	5th	M Lewis	13.7		
	200m	8th	M Lewis	28.4		
	800m	3rd	I Asztalos	2.35.1		
	1500m	4th	E Schofield	5.19.9		
	75m Hdls	3rd	C Rogers	12.4	6th	A Cone 12.6
Under 17 Ladies	300m	4th	G Asztalos	45.2		
	800m	3rd	H Rule	2.23.5	5th	E Kreetzer 2.24.5
	80m Hdls	6th	K Carr	14.2		
	Triplejump	4th	C Woolf	8.52		
Under 20 Ladies	1500m	2nd	M White	5.00.1		
Under 15 Boys	800m	1st	E Aston	2.06.9		
	1500m	1st	D Potts	4.31.3		
	Highjump	4th	E Aston	1.57		
	Discus	4th	L Shortman	28.34		
	Hammer	1st	L Shortman	49.54 (club record)		
Under 17 Men	100m	5th	T Wedderburn	11.7		
	200m	6th	J Milton	23.9		
	1500m	6th	A Sim	4.26.8		
	Shot	4th	T Wedderburn	11.16		
	Javelin	7th	S Phillips	25.92		
Under 20 men	400m	1st	T Hames	50.6		

Eastern Young Athletes league - Bedford on June 23rd

Match result - 1st Chelmsford 371, 2nd herts and Ware 314, 3rd Bedford 296, 4th C&C 225

Men Under 17						
100m	2A	J Milton	11.8	3B	S Phillips	12.6
200m	1A	J Milton	23.6	2B	S Billington	25.2
400m	2A	S Billington	55.5	4B	A Howard	70.4
800m	4A	J Cornell	2.21.9	4B	A Howard	2.40.8
Longjump	2A	S Goldfinch	5.15	3B	J Cornell	4.62
Triplejump	4A	S Goldfinch	10.52			
Shot	1A	S Phillips	10.09	1B	N Rivers	9.84
Discus	4A	S Phillips	26.04	2B	N Rivers	17.10
Javelin	4A	N Rivers	25.30	2B	S Goldfinch	25.06
4 x 100	3A		48.8			
Boys Under 15						
80m Hurdles	3A	M Hathaway	13.8	2B	J Blake	14.5
100m	2A	J Markley	12.2	2B	D Player	12.6

200m	2A	D Player	28.2	2B	S Milton	28.7
400m	2A	O Jones	61.4	4B	J Huddleston	71.1
800m	1A	E Aston	2.07.1			
1500m	3A	R Kreetzer	5.59.6			
Highjump	3A	E Aston	1.45	1B	M Hathaway	1.45
Longjump	4A	J Huddleston	4.57	4B	J Godden	4.40
Shot	1A	S Fisher	9.94	1B	J Markley	8.96
Discus	1A	S Fisher	26.23			
Javelin	3A	J Blake	31.59	3B	M Hathaway	17.63
4 x 100	2A		52.6			
Boys Under 13						
80m Hurdles	2A	J Kennard	16.1			
100m	3A	S Goldfinch	14.6	2B	O Tonner	15.0
200m	4A	S Goldfinch	32.8	2B	O Tonner	???
800m	4A	W Mycroft	2.49.1			
1500m	2A	J Kennard	5.32.3	2B	C Kitchen	6.22.8
Highjump	4A	O Tonner	1.20			
Longjump	4A	S Goldfinch	3.92	4B	C Kitchen	3.62
Shot	4A	J Kennard	4.68	4B	W Mycroft	3.33
Discus	3A	C Kitchen	14.85			
4 x 100 .relay	4A		62.8			
Under 17 Ladies						
100m	4A	S Gordon	13.7			
200m	4A	R Kennard	30.3			
300m	2A	H Rule	44.1	3B	R Kennard	49.4
Highjump	2A	R Kennard	1.35			
Longjump	4A	S Gordon	2.62			
Shot	3A	H Rule	4.65			
Under 15 Girls						
75m Hurdles	1A	C Rogers	12.4	2B	C Hodgekinson	14.3
	N/S	E Mann	14.3			
100m	2A	C Rogers	13.4	3B	I Asztalos	14.2
	N/S	C Lacey	14.0			
200m	3A	I Asztalos	28.7	2B	C Lacey	29.0
800m	4A	S Iwanko	2.43.6	4B	S Rule	4.46.5
Highjump	3A	S Iwanko	1.20			
Longjump	4A	I Asztalos	3.68	4B	C Hodgekinson	2.54
Shot	4A	C Hodgekinson	5.38	2B	C Musowe	5.27
Discus	3A	E Mann	13.53	2B	C Musowe	11.31
Javelin	4A	E Mann	11.62	4B	C Musowe	7.20
4 x 100 relay	2A		56.8			
Girls Under 13						
70m hurdles	1A	L Rogers	11.8	2B	N Cowan	13.9
100m	4A	N Cowan	14.5	3B	O Taylor	15.0
	N/S	R Wilkinson	16.9			
200m	1A	L Dowsett	29.2	2B	L Rogers	29.7
	N/S	V Asztalos	31.0	N/S	O Taylor	30.8
800m	2A	L Dowsett	2.29.8	2B	V AQSztalos	2.48.5
1500	3A	C Hobday	5.36.1	1B	A Lasenby	6.12.4
Highjump	3A	O Taylor	1.10	3B	R Wilkinson	1.00
Longjump	3A	L Rogers	3.88	2B	L Dowsett	3.76
Shot	1A	P Markley	7.49	2B	N Cowan	5.13
Discus	3A	P Markley	14.81			
4 x 100 relay	3A		61.1			

Club vests

Available on Monday nights from the desk - cost £12.00, or on other training nights from Noel or Neil - sizes 30/32, 34/36, 38/40, 42/44 - plenty in stock.