

# Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

[www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk)

## Newsletter

July 2004

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

3rd July	Southern Women's League	All Females	Plaistow
4 <sup>th</sup> July	EVAC 10k	Veterans	Comberton
4 <sup>th</sup> July	East Anglian League	All	Norwich
7th July	Eastern veterans league	Veterans	Cambridge
10th July	Southern Mens League	Males 15+	St Ives (Home)
11 <sup>th</sup> July	ECAA Championships	All	Bedford
11 <sup>th</sup> July	Ramsey 12	All 17+	Ramsey
18 <sup>th</sup> July	St Ives 10k	All 17+	St Ives
25th July	Eastern Young Athletes Lge	All under 17	Bury st Eds
31 <sup>st</sup> July	Southern Mens League	Males 15+	Reading
1 <sup>st</sup> August	EVAC 5k	Veterans	Granchester
4th August	Eastern Veterans league	Veterans	Bedford
7th August	Southern Women's League	All Females	Bournemouth
8th August	East Anglian league	All	Ipswich
14 <sup>th</sup> August	Southern Mens League	Males 15+	Bedford
15 <sup>th</sup> August	Eastern Young Athletes Lge	All under 17	Stevenage
15 <sup>th</sup> August	Thorney 5k	All 17+	Thorney
1 <sup>st</sup> September	NVH 5k	All 17+	Ferry meadows
8 <sup>th</sup> September	NVH 5	All 17+	Peterborough
11th Sept	Southern Women's League	All Females	Southampton
12th Sept	Eastern Young Athletes Final All under 17	(if we qualify)	
12 <sup>th</sup> Sept	Grunty Fen Half marathon	All 17+	Soham
19 <sup>th</sup> Sept	East Anglian league Final	All	Bury St Edmunds
26 <sup>th</sup> Sept	ECAA/Cambs AA Multievents	All	TBC

□

**Year 2004 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.**

### Message from the President – Barry Wallman

I would like to take this opportunity to thank the club committee, coaches and team managers for all the hard work they are doing for the club. This is reflected in the performances which the club are achieving in the various leagues, the County championships, and also by our athletes in the schools competitions. It is good to see that we have also managed to increase our numbers of track officials and timekeepers.

The Ladies composite team with Hunts AC is doing quite well and giving athletes from both clubs the chance to stay in Div 2 and have better competition.

The Young athletes are doing exceedingly well this year in both the Eastern Young Athletes League and the East Anglian League, and it is great to see that we are getting more support from the parents. The Senior Men are holding their own in the Southern Mens League.

We are about to see some big changes in administration of athletics, resulting from the Foster report. A copy of the executive summary is in the middle of this newsletter.

On 11<sup>th</sup> July there is the Eastern Counties Championships, which this year have been extended to include under 13's, and I hope I will see a lot more members taking part.

Again, congratulations to all members, but remember that it is all about teamwork – which is the secret of a successful club.

### Cambridgeshire AA County Track and field championships

Not a bad day for C&C. We had a good level of entries, and won the trophies in Under 15 girls, Under 17 ladies, Under 13 boys and Senior men.

It was excellent conditions and there were a significant number of Championship best performances. From C&C – Ben Kelk in the 75m hurdles (this event has only been run in 2003 and 2004 – before that we used to run 80m hurdles) & Lucy Dowsett – Under 15 girls 1500m in 2.13.0.

The event was well contested again this year despite the absence of Cambridge University because of the Varsity match. Entry levels in the other age groups were marginally up on 2003, which had been by far the largest entry for a few years.

**If anyone who competed in the championships wants a AAA standards certificate**, please ask Noel for one. You can then send away for a track suit badge. (I can only give certificates for the county championships performances – not for other meetings unfortunately). Ask Noel or Christine at the track or telephone 01223 833470.

### Southern Men's League

After three matches we are 17<sup>th</sup> in Division 2. The first match turned out to be easier than expected and we finished 3<sup>rd</sup>. The second match at Guildford, was a tough as expected, and we were competing against Hunts AC for 4<sup>th</sup> and 5<sup>th</sup> places – we just beat them and got the two points. The highlight of that match was the 4 x 100 relay, where our main sprints squad had prepared for the occasion and set the fastest C&C relay time for 11 years. Hunts AC had assumed that with Adam Charlton on the last leg, they could recover any deficit, but our team were so slick that he didn't even get a close look at Petr Steiner's heels going up the final straight. That just left the Discus, steeplechase and the 4 x 400. Will George ran the chase, and was 3<sup>rd</sup> despite it being his first time and having run the 800 and 1500m. Hunts won the event, but thanks to the discus result we went into the 4 x 400 knowing that if we finished that was enough. In the event, Hunts won it and we were third, but our team was being cheered on by North Devon because they needed us to beat Guildford, which we did, to allow Devon to draw the match.

In the 3<sup>rd</sup> match at Brighton, the opposition were all from the top half of the table. We had a very good track team, and scored well, but the jumps were a weakness. Nevertheless we beat Kent AC and got two points.

The next match is at home vs four of the bottom five clubs, and we should win it. Lets have the best team we can get allowing for the clash with the National schools .

### Southern Women's League

The Hunts AC / C&C composite team is certainly doing better than either of the clubs could do on their own. The team has been about 50:50 Hunts and C&C athletes, but still not enough to fill all the events.

The best result was from the home match, where most events were filled and the team was 2<sup>nd</sup> with a big points score. Because the league table is based on total points scored, it is important to fill as many events as possible, and keep the team in Division two.

At the moment the team are 18<sup>th</sup>, clear of the relegation zone, but if the next three match scores are not bigger than the Kingston result, there is a risk of dropping into the bottom 6.

#### Eastern Veterans League

There have been a few new faces in the first two matches, and Gerald is doing a good job getting people involved. We need more ladies especially, but we could also do with some more under 40 and under 50 men.

The point's totals scored by the men are improving on last year, but still a way short of what we would need to qualify for the league final.

#### East Anglian league

After two matches, C&C are doing well in all of the age-groups. The under 17 men and the under 13 boys are unbeaten, and the under 17 men should be leading their table. The other age groups have had either a 1<sup>st</sup> and a 2<sup>nd</sup> place, or two 2<sup>nd</sup> places with the exception of the Men who have a 3<sup>rd</sup> and a 2<sup>nd</sup>, and the under 15 boys who have a 4<sup>th</sup> and a 3<sup>rd</sup>. That means that all the teams are in the "top eight" at present except for the under 15 boys, but they can easily make it if they do well in the other two matches. They scored well on the latest match, and are not far off the 8<sup>th</sup> placed team.

Our target must be to have all age groups in the "top eight" final again, and also for the under 17 men to win their age-group league trophy. That means that they have to turn out a very strong team at Norwich on 4<sup>th</sup> July because Norwich will be their main rivals for the title.

#### Eastern Young Athletes league

The team has been doing well, and after the first two matches was 6<sup>th</sup> in Division 1. There has been a good turnout of athletes with the exception of the under 13 boys, where we had only two at the second match. This is likely to affect the team performance and the committee urge the other under 13's to turn out and support the team. A football tournament was one of the excuses on 30<sup>th</sup> May – we don't hold athletics fixtures in October to March so we think it is reasonable that by the end of May you could give athletics the priority please.

The result of the third match was also good with C&C finishing 2<sup>nd</sup>, and there is a real chance to make the top 6 final match in September. Much better turn out of under 13 boys – keep it up!

(It is interesting that the under 13 boys won their age-group at the county championships, and have won their age-group in both East Anglian league matches this year – so why not the Eastern Young athletes league, which we consider to be the more important league.)

In the other age-groups we are putting out a very solid team performance, so while we don't always have that many event winners, we score well in 2<sup>nd</sup>'s and 3<sup>rd</sup>'s and fill most of the events. It would be nice to stay up in Division 1 – the competition is very poor in Division 2 – and it encourages the team managers who work very hard on your behalf if you do well.

#### Some new club records

Congratulations go to the following:

Lucy Dowsett	Under 15 girls 800m	2.12.82	Under 15 girls 1500m	4.42.8
Kim Motley	Under 17 Ladies Triplejump			10.59
Gabriella Kyriacou	Under 20 ladies javelin 1999 spec			27.20m
Ben Kelk	Under 13 boys 75m hurdles			14.1 secs

#### Fixtures for 2004 Outdoor

7th July	Eastern veterans league	Veterans	Cambridge
9/10th July	National Schools Champs	Schools select	
10-11th July	AAA Senior Championships	Seniors	Manchester
10th July	Southern Men's League	Males 15+	St Ives (Home)
11 <sup>th</sup> July	ECAA Championships	All	Bedford
11 <sup>th</sup> July	Ramsey 12	All 17+	Ramsey
18 <sup>th</sup> July	St Ives 10k	All 17+	St Ives
25th July	Eastern Young Athletes Lge	All under 17	Bury st Eds
31 <sup>st</sup> July	Southern Mens League	Males 15+	Reading
1 <sup>st</sup> August	EVAC 5k	Veterans	Granchester
4th August	Eastern Veterans league	Veterans	Bedford
7th August	Southern Women's League	All Females	Bournemouth
7/8 <sup>th</sup> August	AAA U15/U17 combined events	U15's/U17's	Birmingham

8th August	East Anglian league	All	Ipswich
8 <sup>th</sup> August	SEAA Intercounties U15/U20	County select	Abingdon
14/15th August	AAA U15/U17 Championships	U15's/U17's	Birmingham
14 <sup>th</sup> August	Southern Mens League	Males 15+	Bedford
15 <sup>th</sup> August	Eastern Young Athletes Lge	All under 17	Stevenage
15 <sup>th</sup> August	Thorney 5k	All 17+	Thorney
1 <sup>st</sup> September	NVH 5k	All 17+	Ferry meadows
5 <sup>th</sup> Sept	ECAA Hibberd Trophy	County Select	Bury st Eds
8 <sup>th</sup> September	NVH 5	All 17+	Peterborough
11th Sept	Southern Women's League	All Females	Southampton
11/12 <sup>th</sup> Sept	BMAF Multievents	Veterans	Sheffield
12th Sept	Eastern Young Athletes Final All under 17		(if we qualify)
12 <sup>th</sup> Sept	Grunty Fen Half marathon	All 17+	Soham
19 <sup>th</sup> Sept	East Anglian league Final	All	Bury St Edmunds
26 <sup>th</sup> Sept	Great North run	Seniors	Gateshead
26 <sup>th</sup> Sept	BMAF Weight Pentathlon	Veterans	Cophthall
26 <sup>th</sup> Sept	ECAA/Cams AA Multievents	All	TBC
31 <sup>st</sup> October	Fenland 10	All 17+	Wisbeach
28 <sup>th</sup> Nov	ECAA XC	All	TBA

#### ARE YOU WORRIED ABOUT COMPETITION – CAN WE HELP?

Does this apply to you?? We've noticed that not all our younger athletes are keen to compete. We have heard that some are actually avoiding the team managers, and the team meetings, because they don't want to compete. We think you ought to compete and it's always been a part of being a member of the club that you should compete. Why? Because if you don't compete, you can't measure if you are getting any better and you're unlikely to improve.

We don't want to force anyone to do anything they don't want to do; that has to be your decision. But if you are looking for a purely social organisation, then you should consider if C&C is the right place to be. We (C&C) are focused on competitive athletics in all its forms on track, road, cross-country and sportshall, and we expect almost all our members to compete on more than one occasion during the season (unless injured). We know people sometimes don't feel ready for competition and want to build confidence and skill, but the ultimate goal is to improve and challenge yourself through competition. It also helps your fellow club members who enjoy being part of a winning team – and the more people turn out, the more likely we are to be successful in team competitions.

We ensure that we compete in leagues which are suitable for all abilities, and also encourage our members to enter championships at all levels. There are also a number of open meetings around the area, which are ideal if you want to compete outside of the team environment. If you want advice on which competitions you should do, please to talk to your coach or with Neil, Noel, James or Anna and we will try to guide you to what is best for you.

#### ELFRIDA HEATH - SPORTS GRANTS SCHEME

This is a new scheme designed to promote access to sport for young people living in Cambridge City who face barriers because of their financial circumstances. It is sponsored by Ms Efrida Heath, administered and monitored by Cambridge City Council's Sports Development Service and Community Development Grants Team. One-off grants of up to £250 are available to contribute towards the costs of equipment, specialist training, certain club fees, transport, competition charges or other necessary expenses. Applications are invited from Individual young people who are: aged 10 to 18 years, of all abilities from beginners to advanced, living in Cambridge city, able to show that they need financial help.

Please note:

Grants will not generally be made to cover all costs. Grants will not be made for money already

spent. You can only receive one grant in any 12 month period.  
If possible, your applications should be supported by your school Head of PE or Senior Tutor or Employer or Youth Worker or Sports Club Coach or Sports Club Committee Member (**C&C - speak to Neil Costello**). Applications from young people with disabilities are particularly welcomed.

For advice or further Information, please contact  
Bethan Davies, Sports Development Officer, Cambridge City Council  
[bethan.davies@cambridge.gov.uk](mailto:bethan.davies@cambridge.gov.uk) Tel: 457534  
or Chris Freeman, Grants Manager, Cambridge City Council Community Development  
[chris.freeman@cambridge.gov.uk](mailto:chris.freeman@cambridge.gov.uk) Tel: 457862

### **Useful telephone numbers for 2004**

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams and Officials		01223 833470
Anna Bird/Trish Ellis Evans	Young Athletes managers		01223 352541/263477
Sarah Kelk/Nigel Burch	Young Athletes managers		01223 841432 /560161
Carl Woolf	Ladies and East Anglian league U13/U15's		01223 881075
James Brennan	Coaching Secretary		01353 610510
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		01223 308357
Gerald Meah	Veterans T&F team manager		01954 781258
Nigel Poulter	Treasurer		01954 231507

### **Useful E-Mail and website addresses**

C&C Website [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk)  
UKA website [www.ukathletics.org.uk](http://www.ukathletics.org.uk) AAA website [www.englandathletics.org](http://www.englandathletics.org)  
SEAA website [www.seaa.org.uk](http://www.seaa.org.uk)  
Athletics kit and shoes by internet or mail order [www.bournesports.com](http://www.bournesports.com)  
E-mails about C&C membership and other admin issues [info@cambridgeandcoleridge.org.uk](mailto:info@cambridgeandcoleridge.org.uk)  
Amendments/items for website [webmaster@cambridgeandcoleridge.org.uk](mailto:webmaster@cambridgeandcoleridge.org.uk)  
To join the C&C e-mail information group, e-mail your request to [john.kazer@hotmail.com](mailto:john.kazer@hotmail.com)  
Newsletter editor (for your results and articles to publish) [noel-moss@supanet.com](mailto:noel-moss@supanet.com)

### **ROAD RUNNING BITS from Glyn Smith**

First, thanks Alex for the bit on Derbyshire. I would just like to add a special well done to Carmel who had never entered a race before and who completed the 2nd and 4th races which were by far the most difficult and really seemed to take it in her stride.

#### **British Masters Road Relay Championship Sutton Park 22<sup>nd</sup> May.**

We managed to get a 40-49 and 50-59 team in this event thanks to those that turned up to Support our club. It was a real eye opener. With the quickest 50-59 completing the 3 mile Course in 14m 57secs. and 40-49 14m 51secs. Hopefully we will be back again next year and with several of our runners a bit off form this year, we should be able to improve our position.

#### **London Marathon**

I am sure you would join me in congratulating all our club members who completed the London Marathon. Some of them taking part for the first time and also several PB's. The effort and commitment involved in the build up to a Marathon deserves some praise and as Joanne found out an injury at the latter part of training can be devastating. She did make for this however by running the Leiden Marathon in Holland on June 13th with a P.B. of 3hrs 17m and the added bonus of 3rd.Female.

#### **Soham half marathon.**

This race really shows the quality of our road section. with 1st male team and Giacomo getting 3rd overall.and with Jo and Emma 3rd and 4th females. - Well done.

### **C&C IN DERBYSHIRE by Alex Downie.**

Tour of Derwent Valley Friday 28 – Monday 31<sup>st</sup> May 2004

4 hilly runs on consecutive days - when the going gets tough the tough get going.

It all depends on your point of view, doesn't it; I mean, are we sorting the sheep from the goats, or just separating out the real running "Anoraks" from those who lead more normal balanced lives (like going rock climbing: Ben and Claire, visiting relatives: Jo, or driving down to Cambridge: Helen and Ian)? Whichever way you look at it, you've got to single out the single minded individuals who were foolhardy enough to tackle all 4 of these (4-5m) toughies (the inclines were horrendous in places). So be upstanding for: - Chris Brown, Alex Downie, Martin Kreetzer, John Lewy and Glyn Smith. We've got to give John a big mention for being highest placed C&C runner and winner of the V45 category, but a special accolade has to go to Martin for carrying on in the face of his (many) adversities. Oh and in case you were wondering, it was 2-2 between Glyn and Alex with a mere 40 seconds separating them in over 2hrs of running. Chris and Martin were even closer and as for Carmel and Andy.?

All in all, there were about 20 C&C athletes up for the Friday to Monday long weekend in the beautifully sited Ham Hall Youth Hostel. Thanks to Ian again for organising it all again this year. Excellent food was dispensed, the ale was real, the conversation up to the usual C&C standards ie. fill in your own adjectives, the football amazing with John K. top scorer, but Ish might dispute this, the pool playing little short of hilarious, and the Juke Box selection - interesting. I leave you with this" what if " thought - what if the last race had been the first? I doubt if the improved times many of us recorded compared to last years would have happened! Just a thought. *(Those of us who didn't run it may not see the significance of that last comment, but all the performances are in the RESULTS section- Editor)*

### **FLORA LONDON MARATHON 2004 – A VIEW FROM THE BACK - by Nigel Burch**

My London marathon adventure began back in August last year when the ballot for entries opened. Like all hopeful entrants I duly completed my entry form and wrote the cheque. However I guess unlike most I did not post mine off. I immediately began to question my sanity, desire, resolve and ability. After all who in their right mind would want to run 26.1 miles the equivalent of running from Cambridge to the outskirts of Bedford? Eventually 5 days before the ballot closed in October I was persuaded to post my entry off. On December 3<sup>rd</sup> with relief my envelope arrived and revealed I had not got a place, my relief soon turned to disappointment. I then learnt that the club were allocated 3 places and Glyn Smith was going to have a club ballot for all club members who did not get a place through the ballot. Two places were won by worthy seasoned runners, Ishmail and Giacomo, the third was by me, probably one of the slowest in the club.

Once I'd recovered from the shock and guilt of getting a place over other club members I found myself a training plan that I thought would work for me. I selected it mainly because it had its 'speed' session on a Tuesday, my club night. Training for the first couple of weeks came easy as it was all fairly short and slow, 3 to 4 miles with 3 to 4 rest days a week. After three weeks the mileage started to increase for my long run and weekly target which is where the support of club members became invaluable and I realised just how many people were prepared to support and help me in my quest. Their support continued throughout what ever the distance or weather even freezing driving rain. My other inspiration was a book 'Marathon Running for Mortals' by John Bingham which really convinced me that I or anyone could do it they tried, it could have been a profile of me and what I was feeling.

On Sunday 18 April, race day, I left home at 6:00am feeling sick, running a temperature (I'd been fighting off flu all week) and full of nerves. I arrived in rain at the Blackheath start by 7.30am and sat huddled with many others in a small marquee for the next hour when reality hit me I'm going to run the London Marathon! I became more and more apprehensive by the minute and spent the hour before the start constantly queuing to get in and out of the toilets. At 9.45 the gun went and I'd reached the point of no return, we were off. I was shaking, sweating buckets and wondering whether I should continue or if I'd ever be able to survive the first mile let alone get to the finish. The trouble was that I still had not crossed the start line. Under half a mile into the race I saw the sign 'urinal 100m' having only been seven or eight times in the last hour I decided a call of nature was again unavoidable. I returned to the course still full of doubt when I almost got run over

by a man pushing a bright blue full size coffin, on seeing the coffin my negative thoughts were overwhelming, was it an omen? Then inspiration, I suddenly thought both of Helen and Ian who had both trained with me and were there somewhere in the crowd to support me, and all those who had helped me prepare for the day. I could not let them down, I had to finish. By the two mile mark I was up and yes running! It was the first time I had ever felt I was a runner and I was running for the club. From this point on I knew I would finish, I did not look back, the coffin and my negative thoughts were well and truly behind me! I was enjoying myself, that feeling continued for the rest of the race, even when I was in pain.

I felt strong and full of energy all the way to 15 miles, I even went through the half way mark in my second fastest half marathon time. At the 15 mile drinks station my energy just evaporated and I had to walk to take drinks on board. Still full of confidence I laboured on albeit at a somewhat slower pace. The desire from there onwards was to walk but again the thought of those who had help me in training and were down there supporting me kept me from walking except at drinks stations. I could not bare the thought of them seeing me walking, I had to run!

As the race went on the easier it became! I had convinced myself I had done a half marathon before so I can easily do it again, with this approach the miles came and went when I saw the 800m to go sign and thought just two laps of Wilberforce Road left, easy. I was so focused towards the end that I did not even see Buckingham Palace as I turned the corner to cross the finish line in 4 hrs 57 mins 57 secs, slow by our club standards but I felt as if I'd flown round! After getting the medal and collecting my things I felt drained but surprisingly it was more mental than physical, this came as a complete shock, I had never expected to feel mentally drained after running. The physical fatigue was there (two hours after finishing it did take me two minutes to walk 50m on the way home) but did not come out for a couple of days and it lasted several weeks!

I now realise running for me is not an individual sport it's a team sport. Without the help of Ian, Helen, Nigel, Maduri and Neil there is no way I would have got to the start line let alone the finish. My run was a team effort.

Finally, many have asked did I hit the "wall" at 15 miles? No, what happened was that I got carried away by a wave of emotion generated by the vast crowds around Tower Bridge, unknowingly I sped up to just over 8 minute mile pace for 3 miles, still slow by most peoples standards, but how many can say they broke their 5k PB by over two minutes half way though a marathon. Next time I will look at my splits as I'm running not afterwards!

Thanks to everyone in the club and to my wife who said I was unbearable to live with for the week before the marathon, I could not have done it without you all.  
Nigel Burch

## Results, Results, Results

### ROAD AND MULTI TERRAIN

**Hillingdon 5 – 14<sup>th</sup> March** 67<sup>th</sup> M Chaplin M45 30.47

**Bungay Half Marathon** M Chaplin 25<sup>th</sup> 1.28.15

**Bungay Marathon** A Irvine 76<sup>th</sup> 3.55.03

### National Junior Road relays

Under 15 Girls Viola Asztalos – 19.02, Emma Bidwell – 19.54, Jenni Corbett – 19.11.

Team - 59.07 – placed 57<sup>th</sup> of 75 starting teams

Under 17 Women Sophie Iwanko – 17.03, Nikki Fisher – 19.08, Imola Asztalos 17.28

Team – 53.39 – placed 20<sup>th</sup> of 38 starting teams

Under 17 Men Robert Kreetzer – 14.17, Martin Bell - 14.44, Ed Aston - 13.38

Team – 42.39 – placed 21<sup>st</sup> of 38 starting teams

### Linton Half Marathon – 28<sup>th</sup> March

4<sup>th</sup> G Capetti 1.19.08 22<sup>nd</sup> G Cinque M40 1.26.27

29<sup>th</sup> A Hill W40 1.27.49 (1<sup>st</sup> fem) 30<sup>th</sup> G Smith M55 1.28.29

39<sup>th</sup> M Kreetzer M45 1.31.49 62<sup>nd</sup> R Cubberley (F) 1.35.46

71<sup>st</sup> V Green W45 1.37.07 73<sup>rd</sup> B Van Aken 1.37.33

93<sup>rd</sup> P Schofield M40 1.41.23 94<sup>th</sup> S Latty M40 1.41.30

260 finished Ladies – 1<sup>st</sup> team

### Flora London marathon – 18<sup>th</sup> April

713 <sup>rd</sup>	G Capetti	2.54.29	1203 <sup>rd</sup>	I Badr	3.00.43
1786 <sup>th</sup>	Andrea Hill	3.07.58 (125 <sup>th</sup> F)	6248 <sup>th</sup>	C Brown	3.39.52
7017 <sup>th</sup>	A Mangeot	3.48.59	24,442 <sup>nd</sup>	N Burch	4.57.57

### EVAC road relay – 2<sup>nd</sup> May

Men 40-4910<sup>th</sup> team in 49.28.0

Gerald Meah 12.38 John Lewy 13.01 Mark Chaplin 12.35

Leon Stone 11.14

Men 50 – 59 3<sup>rd</sup> team in 36.45.0

Marcus Ennis 12.42 Alex Downie 12.42 John Jenkins 11.53

**Silverstone 10k – May 4<sup>th</sup>** M Chaplin 112<sup>th</sup> of 832 39.23

### BMAF National Road Relay Championships at Sutton Park – May 22<sup>nd</sup>

Men 40 - 49

Leg Runner	Leg Time	Cumulative time	Placing
------------	----------	-----------------	---------

1 John Lewy	18:55		58 <sup>th</sup>
-------------	-------	--	------------------

2 Mark Chaplin	18:05		53 <sup>rd</sup>
----------------	-------	--	------------------

3 Martin Kreetzer	18:29		53 <sup>rd</sup>
-------------------	-------	--	------------------

4 Chris Brown	19:45		54 <sup>th</sup>
---------------	-------	--	------------------

5 Gerald Meah	19:39		55 <sup>th</sup>
---------------	-------	--	------------------

6 Phil Schofield	20:59		57 <sup>th</sup>
------------------	-------	--	------------------

7 Tim Long	19:27		54 <sup>th</sup>
------------	-------	--	------------------

8 David Bowker	17:18	2:32:37	53 <sup>rd</sup>
----------------	-------	---------	------------------

Men 50+

Leg Runner	Leg Time	Cumulative time	Placing
------------	----------	-----------------	---------

1 John Jenkins	18.28		44 <sup>th</sup>
----------------	-------	--	------------------

2 Alex Downie	18.51		42 <sup>nd</sup>
---------------	-------	--	------------------

3 Glyn Smith	19.10		41 <sup>st</sup>
--------------	-------	--	------------------

4 Phil Lee	19.09		30 <sup>th</sup>
------------	-------	--	------------------

5 Marcus Ennis	20.18		34 <sup>th</sup>
----------------	-------	--	------------------

6 Simon Kightley	19.52	1.55.48	34 <sup>th</sup>
------------------	-------	---------	------------------

### Soham Half Marathon – 23<sup>rd</sup> May

3 <sup>rd</sup>	G Cappetti	1.21.0	12 <sup>th</sup>	I Badr	1.27.55
-----------------	------------	--------	------------------	--------	---------

13 <sup>th</sup>	J Blaukopf	1.28.21	25 <sup>th</sup>	J Ball 3 <sup>rd</sup> F	1.32.45
------------------	------------	---------	------------------	--------------------------	---------

28 <sup>th</sup>	E Patel 4 <sup>th</sup> F	1.34.22	44 <sup>th</sup>	Roger Jackson	1.39.48
------------------	---------------------------	---------	------------------	---------------	---------

49 <sup>th</sup>	P Schofield	1.41.29	61 <sup>st</sup>	Ron Jackson	1.44.06
------------------	-------------	---------	------------------	-------------	---------

131 finished Men were 1<sup>st</sup> team home

### East Midland Grand prix 5 – Corby – May 26<sup>th</sup>

3 <sup>rd</sup> M60	P Howard	34.29	3 <sup>rd</sup> W50	S Barnett	36.34
---------------------	----------	-------	---------------------	-----------	-------

### The Duffield Dash – 4.45 miles – May 28<sup>th</sup>

24 <sup>th</sup>	B Blaukopf	28.18	27 <sup>th</sup>	J Lewy	M45	28.26
------------------	------------	-------	------------------	--------	-----	-------

28 <sup>th</sup>	A Downie	M50	28.32	37 <sup>th</sup>	M Kreetzer	M45
------------------	----------	-----	-------	------------------	------------	-----

	29.07					
--	-------	--	--	--	--	--

40 <sup>TH</sup>	G Smith	M 55	29.25	45 <sup>th</sup>	C Brown	M40	30.02
------------------	---------	------	-------	------------------	---------	-----	-------

86 <sup>th</sup>	C Paddison	F	41.41			
------------------	------------	---	-------	--	--	--

### Wirksworth Well Dressing Race – 4.2 miles May 29<sup>th</sup>

12 <sup>th</sup>	I Delaney	25.17	30 <sup>th</sup>	I Badr	27.14
------------------	-----------	-------	------------------	--------	-------

32 <sup>nd</sup>	J Lewy	M45	27.32	34 <sup>th</sup>	M Smith	27.53
------------------	--------	-----	-------	------------------	---------	-------

43 <sup>rd</sup>	A Downie	M50	28.46	46 <sup>th</sup>	G Smith	M55	29.05
------------------	----------	-----	-------	------------------	---------	-----	-------

48 <sup>th</sup>	J Ball	F	29.07	49 <sup>th</sup>	T Long	M40	29.09
------------------	--------	---	-------	------------------	--------	-----	-------

56 <sup>th</sup>	C Brown	M40	29.39	60 <sup>th</sup>	M Kreetzer	M45
------------------	---------	-----	-------	------------------	------------	-----

	29.54					
--	-------	--	--	--	--	--

94 <sup>th</sup>	C McEniery	F	34.55	95 <sup>th</sup>	A Irvine	34.55
------------------	------------	---	-------	------------------	----------	-------

117 <sup>th</sup>	I McKay	M40	39.03			
-------------------	---------	-----	-------	--	--	--

### Milford 5 mile race – May 30<sup>th</sup>

10 <sup>th</sup>	I Delaney	31.46	20 <sup>th</sup>	J Lewy	M45	33.30
------------------	-----------	-------	------------------	--------	-----	-------

24 <sup>th</sup>	I Badr	34.13	25 <sup>th</sup>	M Smith		34.22
------------------	--------	-------	------------------	---------	--	-------

29 <sup>th</sup>	G Smith	M55	34.49	33 <sup>rd</sup>	A Downie	M50	35.02
------------------	---------	-----	-------	------------------	----------	-----	-------

44 <sup>th</sup>	M Kreetzer	M45	36.36	46 <sup>th</sup>	C Brown	M40	
	37.05						
56 <sup>th</sup>	T Long	M40	38.52				
<b>Rowley Sting in the tail race – 4 miles – 31<sup>st</sup> may</b>							
9 <sup>th</sup>	I Delaney		25.58	21 <sup>st</sup>	J Lewy	M45	27.35
28 <sup>th</sup>	I Badr		28.41	29 <sup>th</sup>	M Smith		28.44
33 <sup>rd</sup>	G Smith	M55	28.57	36 <sup>th</sup>	A Downie	M50	29.02
39 <sup>th</sup>	J Ball	F	29.58	40 <sup>th</sup>	M Kreetzer	M45	
	30.03						
43 <sup>rd</sup>	C Brown	M40	30.13	61 <sup>st</sup>	T Long	M40	32.33
65 <sup>th</sup>	C McEniery	F	33.46	71 <sup>st</sup>	A Irvine		34.36
<b>Hatfield 10k – May 31<sup>st</sup></b>							
2 <sup>nd</sup>	W45	V Green	43.39				
<b>Leiden Marathon</b>							
3 <sup>rd</sup>	Female	J Ball	3h 17min				
<b>TRACK &amp; FIELD</b>							
<b>BMAF Indoor champs – Cardiff – Feb 2004</b>							
W35+	1500m	3 <sup>rd</sup>	J Herron	5.47.31			
W60+	400m	1 <sup>st</sup>	I Hornsey	81.01			
W60+	800m	1 <sup>st</sup>	I Hornsey	3.05.96			
<b>Watford Open meeting – April 14<sup>th</sup></b>							
1500m	Under 15 Girls		L Dowsett	4.45.55	<b>(Under 15's Club record)</b>		
<b>East Anglian League at Cambridge on April 18<sup>th</sup></b>							
Senior Men - 3 <sup>rd</sup> with 145.5 points (winners 154)							
100m	1A	P Steiner	11.7	2B	A Elli-Evans	12.5	
	N/S	A Starnes	12.1	N/S	S Dunlop	12.4	
	N/S	C Costov	??				
200m	3A	S Dunlop	24.6	2B	A Starnes	24.0	
	N/S	A Ellis-Evans	24.7	N/S	C Kostov	29.6	
400m	3A	P Steiner	53.7	2B	N Beer	51.4	
800m	2A	J Morley	2.04.3				
3000m	2A	B Van Aken	10.22.8	2B	C Flood	10.29.4	
	N/S	J Jenkins	11.11.5	N/S	A Howard	11.15.0	
	N/S	M Parington	11.16.0				
Hurdles	3A	T Brennand	21.2	2B	J Brennand		
	21.7						
Highjump	=2A	T Brennand	1.00	=2B	J Brennand		
	1.00						
Longjump	3A	T Brennand	5.46	1B	J Brennand		
	5.21						
Triplejump		2A	J Brennand		10.22	2B	J Brennand
	9.85						
Shot	3A	G Parsons	11.19	3B	R Smith	9.38	
	N/S	F Martin	7.68				
Discus	3A	G Parsons	34.39	3B	R Smith	24.71	
	N/S	P Bramford	26.06	N/S	F Martin	19.07	
Hammer	2A	G Parsons	36.40	3B	F Martin	21.36	
	N/S	P Bramford	20.67				
Javelin	4A	P Bramford	29.45	3B	G Parsons	27.50	
4 x 100	1A	Steiner, Dunlop, Starnes, Ellis-Evans	47.5				
Under 17 Men – 1 <sup>st</sup> team with 113 pts							
100m	1A	J Slade	12.2	2B	T Adams	13.3	
200m	1A	D Player	25.3				
400m	2A	J Slade	56.7	2B	J Huddleston	60.0	
	N/S	D Player	57.5				
800m	1A	E Aston	2.01.5				
1500m	3A	R Kreetzer	5.05.2				

highjump	1A	T Adams	1.65	1B	J Huddleston	1.00	
Longjump	1A	T Adams	5.14	1B	J Slade	4.73	
Triplejump	1A	J Huddleston	10.34				
Shot	1A	S Fisher	11.28				
Discus	1A	S Fisher	29.50				
Javelin	1A	M Hathaway	35.03	1B	S Fisher	17.54	
4 x 100	1A	Slade, Adams, Player, Huddleston				51.0	
Under 15 boys - 4 <sup>th</sup> team with 82 points							
100m	1A	R Noray	12.2	1B	N Tsang	13.3	
200m	1A	R Noray	25.1				
400m	4A	A Hall	72.3				
800m	5A	W Mycroft	2.37.8	2B	A Hall	2.44.5	
1500m	2A	J Kennard	5.14.7	2B	W Mycroft	5.19.4	
	N/S	A Howarth	5.38.1				
Hurdles	3A	A Hall	17.6				
Highjump	3A	J Kennard	1.30				
Longjump	1A	R Noray	4.52	1B	N Tsang	4.45	
	N/S	W Mycroft	3.44				
Shot	1A	N Tsang	9.71				
4 x 100	3A		58.3				
Under 13 Boys - 1 <sup>st</sup> team with 94 points							
100m	6A	E Carter	16.7	3B	A Morter	16.3	
	N/s	S Bicknell	18.0				
200m	4A	T Spry	32.2	3B	R Milner	33.6	
800m	2A	T Loveluck	2.45.3	1B	T Spry	2.54.2	
1500m	2A	R Milner	5.38.1				
Hurdles	2A	T Loveluck	18.9				
Highjump	1A	T Loveuck	1.10	1B	A Hunt	1.00	
Longjump	3A	E Carter	3.95	2B	A Hunt	3.19	
	N/S	B Kennard	2.27				
Shot	4A	S Bicknell	5.28	2B	T Spry	5.25	
Discus	3A	A Hunt	14.01				
Javelin	2A	E Carter	21.13	N/S	S Bicknell	12.72	
4 x 100	1A	Carter, Morter, Spry, Milner				62.6	
Under 11 Boys							
80m	4 <sup>th</sup>	S Kennard	14.2	5 <sup>th</sup>	A Coe	17.5	
600m	3 <sup>rd</sup>	S Kennard	2.18.4				
Longjump	4 <sup>th</sup>	S Kennard	2.64				
Senior Ladies - 2 <sup>nd</sup> with 125 points							
100m	2A	D Smith	13.5	1B	K Motley	13.6	
	N/S	C Musowe	13.9	N/S	C Lacey	13.9	
200m	2A	C Lacey	28.9	3B	R Kennard	30.7	
300m U17	1A	D smith	44.3				
400m	3A	R Kennard	69.0				
800m	1A	E Kreetzer	2.29.3	1B	I Asztalos	2.44.2	
1500m	2A	H belbin	5.28.2	1B	J Herron	5.48.3	
	N/S	E Leggate	4.48.3				
80m Hudles (U17)	2A	K Motley	13.1				
Highjump	2A	D Smith	1.20				
Longjump	3A	K Motley	4.23	5B	N Fisher	3.46	
Shot	2A	S McGrath	9.93	1B	R Martin	8.21	
	N/S	C Musowe	7.17	N/S	G Kyriacou	6.60	
Discus	4A	S McGrath	22.54	3B	R Martin	22.31	
Javelin	1A	S McGrath	27.95	1B	G Kyriacou	22.92	
4 x 100	2A		55.3				
Under 15 Girls - 1 <sup>st</sup> team with 120 pts							
100m	3A	L West	14.4	1B	H Pritchard-Jones	14.5	
	N/S	E Bicknell	15.6				



200m	1A	V Asztalos	30.8	2B	L Traynier	33.8	800m	2A	E Aston	1:58.0	1B	J Morley	2:03.2
	N/S	G Coe	33.1				1500m	4A	J Morley	4:28.6	4B	A Howard	5:19.1
800m	4A	E Bicknell	3:04.3	2B	L Powell	3:05.6	5000m	5A	A Howard	19:36.7	5B	J Lewy	20:59.2
	N/S	G Coe	2:51.2				3000S/C	4A	B Van Aken	11:24.6	4B	J Lewy	14:45.1
1500m	1A	L Dowsett	4:56.0				110 hdl's	3A	T Brennan	19.5	3B	J Brennan	
Hurdles	2A	L West	13.6				21.7						
Highjump	1A	V Asztalos	1.10	1B	H Pritchard-Jones	1.10	400 hdl's	5A	T Brennan	69.0	4B	B van Aken	80.5
Longjump	2A	V Asztalos	4.15	1B	L Traynier	3.85	Polevault	3A	N Moss	2.40	2B	J Brennan	
	N/S	H Pritchard-Jones	3.36				1.60						
Shot	1A	P Markley	9.30	3B	G Coe	5.17	Highjump	=4A	T Brennan	1.30	=3B	E Aston	1.30
Discus	2A	P Markley	17.71	1B	L Beazor	14.63	Longjump	4A	J Brennan	5.68	4B	T Brennan	
Javelin	1A	L Beazor	21.59	1B	E Bicknell	9.48	5.23						
4 x 100	2A		59.1				Triplejump	4A	T Brennan	10.93	2B	J Brennan	
Under 13 Girls -	1 <sup>st</sup>	team with 114½ points					10.84						
100m	1A	R Cormack	15.2	2B	L Sammout	15.7	Hammer	4A	G Parsons	37.75	2B	R Smith	17.83
	N/S	C Davidson	15.6	N/S	T Milner	16.9	Shot	3A	G Parsons	11.05	2B	R Smith	10.25
	N/S	M Nicholson	17.8	N/S	C Fitzpatrick	17.9	Discus	2A	G Parsons	37.46	2B	R Smith	30.48
	N/S	K Larkey	18.3				Javelin	2A	G Parsons	35.34	2B	R Smith	34.26
200m	1A	Z Kier	33.0	1B	E Kier	34.2	4 x 100	4A	Beer, Starnes, Brennan, Bird				48.1
800m	1A	Z Kier	2:47.7	1B	E Kier	2:55.4	4 x 400	2A	Hames, Beer, Bird, Kordi				3:31.3
	N/s	S Black	3:08.8				<b>Eastern Young Athletes League – May 2<sup>nd</sup> at Luton</b>						
1500m	3A	J Corbett	5:49.8	1B	A Black	6:38.2	Match result - 1 <sup>st</sup> Havering 373, 2 <sup>nd</sup> Luton 316, 3 <sup>rd</sup> C&C 287, 4 <sup>th</sup> Orion 217						
Hurdles	1A	R Cormack	14.5	1B	C Davidson	15.9	Men Under 17	(2 <sup>nd</sup> )					
	N/S	S Black	15.9				100m	2A	J Godden	12.0	3B	J Blake	13.2
Highjump	=3A	Z Kier	1.10				200m	3A	J Godden	24.4	1B	J Slade	24.0
Longjump	1A	L Sammout	3.61	3B	C Davidson	2.81	400m	3A	J Slade	54.5	4B	M Bell	61.7
	N/S	C Fitzpatrick	2.19				800m	1A	E Aston	2:03.4	2B	M Bell	2:23.4
Shot	1A	A Black	5.70	1B	L Sammout	5.37	1500m	2A	R Kreetzer	4:40.9	2B	J Andrews	4:48.1
	N/S	C Fitzpatrick	3.43				Hurdles	1A	J Blake	17.2	1B	T Adams	17.3
Discus	2A	R Cormack	7.92	N/S	M Nicholson	7.17	Longjump	2A	J Slade	5.61	4B	M Hathaway	4.66
Javelin	4A	A Black	6.12	N/S	J Corbett	7.41	Highjump	2A	T Adams	1.75	1B	E Aston	1.60
4 x 100	1A		62.6				Shot	4A	A Burch	6.26			
Under 11 girls							Discus	3A	J Huddlestone	27.39	3B	M Hathaway	18.30
80m	3rd	C Asztalos	13.4				Javelin	3A	M Hathaway	31.25	2B	J Blake	25.48
Longjump	4 <sup>th</sup>	C Asztalos	2.97				4 x 100	2A	Godden, Slade, Blake, ?				47.6
<b>Southern Womens League Div 2 - Abingdon on April 24<sup>th</sup> – C&amp;C/Hunts AC composite team</b>													
Overall 4 <sup>th</sup> place with 114 points													
Seniors/U17's (only C&C athletes results shown)													
100m	4A	H Tonner	14.0	3B	A Cone	13.9	Boys Under 15	(2 <sup>nd</sup> )					
200m	4A	H Tonner	29.5				100m	1A	R Noray	12.0	2B	J Ennis	15.0
400m				2B	M Kostov	65.4	200m	1A	R Noray	24.3	4B	J Ennis	30.8
80m Hurdles (U17)	1A	A Cone	13.8	1B	E Mann	15.8	400m	1A	T Kelk	57.6	2B	O Tonner	60.6
300m Hurdles (U17)	3A	E Mann	58.5					N/S	C Haigh	76.1			
Highjump	4A	H Tonner	1.25	4B	M Kostov	1.10	800m	3A	T Kelk	2:13.5	3B	A Hall	2:32.9
Longjump	4A	M Kostov	4.34	N/S	E Mann	3.82	Hurdles	2A	C Noakes	13.5	1B	J Kennard	16.3
Triplejump	9.26			1B	A Cone			N/S	C Haigh	16.4			
Javelin	2A	G Kyriacou	27.20				Longjump	1A	R Noray	5.78	2B	J Ennis	4.53
Under 15s							Highjump	1A	O Tonner	1.50	1B	J Kennard	1.40
200m				4B	G Coe	33.0	Shot	4A	M Mustapha	7.09	4B	W Mycroft	5.52
800m				3B	G Coe	2:48.3	Discus	3A	C Noakes	21.03	1B	T Kelk	24.09
Shot	3A	G Coe	5.13				Javelin	2A	O Tonner	24.57	1B	T Kelk	24.43
<b>Southern Mens League Div 2 - May 1st at Kingston</b>													
1st - Dartford 136, 2 <sup>nd</sup> TVH 113, 3 <sup>rd</sup> C&C 99, 4 <sup>th</sup> Royal Navy 93, 5 <sup>th</sup> Cambridge Harriers 83													
100m	5A	A Starnes	11.9	5B	ABird	12.4	4 x 100-	3A	Noray, Kelk, Ennis, Tonner				50.7
	N/S	M Kordi	12.4				Boys Under 13	(4 <sup>th</sup> )					
200m	5A	A Starnes	23.6	2B	T Hames	23.2	100m	4A	B Kelk	14.7			
400m	1A	T Hames	50.4	3B	N Beer	52.6	200m	2A	B Kelk	30.3			
							400m	3A	T Spry	75.5			
							800m	3A	T Spry	2:48.5			
							1500m	2A	N Burch	5:39.4			
							Longjump	4A	N Burch	3.56	4B	B Kennard	2.68
							Shot	4A	N Burch	4.55	3B	B Kennard	3.03
							4 x 100 .relay	3A	Kelk, Spry, Kennard, Burch				64.8

Under 17 Ladies	(4 <sup>th</sup> )								
100m	3A	C Musowe	13.9						
200m	4A	M Kostov	28.9						
300m	3A	M Kostov	46.0	3B	E Schofield	46.9			
800m	4A	I Asztalos	2.32.0	4B	S Iwanko	2.33.4			
Longjump	4A	M Kostov	4.42	3B	N Fisher	4.06			
	N/S	L Traynier	3.91						
Highjump	3A	S Iwanko	1.35	2B	I Asztalos	1.30			
Shot	2A	C Musowe	7.29						
Discus	3A	E Schofield	15.39	3B	C Musowe	13.05			
Javelin	4A	E Schofield	10.62	3B	S Iwanko	7.07			
4 x 100	3A	Musowe, Kostov, ??				54.0			
Under 15 Girls	(2 <sup>nd</sup> )								
100m	2A	L West	14.0	1B	N Cowan	14.0			
200m	3A	V Asztalos	30.2	3B	E Bicknell	32.1			
	N/S	G Coe	32.2	N/S	L Traynier	32.6			
800m	4A	G Coe	2.46.8	4B	E Bicknell	2.59.0			
	N/S	Z Bull	3.09.5						
1500m	1A	L Dowsett	4.47.5	2B	L Kostov	5.44.0			
Hurdles	1A	V Asztalos	13.6	2B	L West	13.7			
	N/S	Z Bull	18.0						
Longjump	1A	N Cowan	4.42	1B	V Asztalos	4.22			
Highjump	2A	L West	1.30	1B	Z Bull	1.25			
Shot	1A	A Forster	9.10	4B	L Traynier	4.66			
Discus	2A	A Forster	21.16	4B	L Kostov	10.91			
Javelin	3A	A Forster	11.81						
4 x 100 relay	3A	West, Cowan, Asztalos, Bicknell				57.6			
Girls Under 13	(2 <sup>nd</sup> )								
100m	3A	R Cormack	15.6	3B	C Davidson	15.5			
	N/S	G Banjo	16.5	N/S	R Cormack	16.6			
	N/S	L Haigh	17.4	N/S	M Nicholson	17.4			
200m	2A	Z Kier	32.0	2B	E Kier	33.9			
	N/S	R Trotter	34.1	N/S	R Cormack	35.0			
	N/S	M Nicholson	35.9	N/S	G Banjo	36.2			
800m	2A	Z Kier	2.43.9	1B	E Kier	2.47.4			
	N/S	S Black	3.02.6	N/S	C Fitzpatrick	3.22.8			
1500m	2A	J Corbett	6.01.9	2B	E Emond	6.10.7			
Hurdles	1A	R Cormack	13.7	1B	C Davidson	14.8			
	N/S	R Trotter	13.7	N/S	S Black	16.5			
	N/S	L Haigh	16.9						
Longjump	1A	L Sammout	3.94	3B	C Kostov	2.80			
	N/S	R Trotter	3.40	N/S	G Banjo	2.68			
Highjump	2A	Z Kier	1.20	1B	R Keane	1.15			
Shot	2A	L Sammout	5.62	1B	C Carter	5.61			
Discus	4A	C Fitzpatrick	8.18	4B	C Davidson	7.02			
	N/S	C Kostov	6.91						
4 x 100 relay	2A	West, Cormack, ??				62.2			
	N/S					65.9			

#### Eastern Veterans League - 5th May at Peterborough

##### Men – 4<sup>th</sup> team – 57 pts

100m	M40+	D Bowker	4 <sup>th</sup>	15.3	M50+	N Moss	3 <sup>rd</sup>	15.2
400m	M40+	D Bowker	3 <sup>rd</sup>	65.3	M50+	N Moss	3 <sup>rd</sup>	82.1
1500m	M40+	D Bowker	3 <sup>rd</sup>	4.44.6	M50+	J Jenkins	2 <sup>nd</sup>	4.59.8
	M40+	M Kreetzer	N/S	5.28.5				
Longjump	M40+	G Meah	4 <sup>th</sup>	3.45	M50+	N Moss	3 <sup>rd</sup>	3.73
Highjump					M50+	N Moss	5 <sup>th</sup>	1.10
Shot	M40+	P Bramford	4 <sup>th</sup>	8.35	M50+	N Moss	5 <sup>th</sup>	6.19
	M60+	F Martin	2 <sup>nd</sup>	8.72				

Hammer	M40+	P Bramford	4 <sup>th</sup>	18.48	M50+	N Moss	5 <sup>th</sup>	17.83
	M60+	F Martin	2 <sup>nd</sup>	27.44	M40 N/S	G Meah		5.70
Medley relay	M40+		3 <sup>rd</sup>	Noel, Gerald, David, Martin			4.50.6	(200,200, 400, 800)
<u>Ladies – 4<sup>th</sup> team – 17 points</u>								
400m		W55+	I Hornsey		1 <sup>st</sup>	81.3		
Shot		W45+	R Martin		1 <sup>st</sup>	8.12m		
Hammer		W45+	R Martin		2 <sup>nd</sup>	24.18m		
<u>Cambs AA Championships - St Ives - May 15th</u>								
<u>Girls Under 13</u>								
100m		3 <sup>rd</sup> in ht	T Milner			16.9	4 <sup>th</sup> in ht	K Larkey 17.5
		5 <sup>th</sup> in ht	S Black			16.3		
200m		4 <sup>th</sup>	Z Kier			32.1 (31.6 in ht)		
800m		1 <sup>st</sup>	Z Kier			2.35.8	3 <sup>rd</sup>	E Kier 2.44.0
		6 <sup>th</sup>	S Black			2.51.3	7 <sup>th</sup>	E Emond 2.51.4
		9 <sup>th</sup>	J Corbett			2.54.6		
70m Hurdles		2 <sup>nd</sup>	S Black			16.5		
Highjump		1 <sup>st</sup>	Z Kier			1.20		
Longjump		2 <sup>nd</sup>	E Kier			3.46	3 <sup>rd</sup>	E Emond 3.12
Discus		2 <sup>nd</sup>	E Emond			9.40		
Javelin		1 <sup>st</sup>	J Corbett			9.09		
<u>Under 15 Girls</u>								
100m		3 <sup>rd</sup>	L West			13.6		
200m		3 <sup>rd</sup> in ht	V Asztalos			29.7	2 <sup>nd</sup> in Ht	L West 30.2
800m		1 <sup>st</sup>	L Dowsett			2.13.0 (CBP)	7 <sup>th</sup>	G Coe 2.46.0
75m Hurdles		1 <sup>st</sup>	V Asztalos			13.3	3 <sup>rd</sup>	L West 14.0
Longjump		3 <sup>rd</sup>	V Asztalos			4.30		
Shot		1 <sup>st</sup>	P Markley			9.65	2 <sup>nd</sup>	A Forster 9.19
		3 <sup>rd</sup>	R Northfield			7.80		
Discus		1 <sup>st</sup>	A Forster			22.80	2 <sup>nd</sup>	P Markley 22.79
		3 <sup>rd</sup>	R Northfield			20.92		
<u>Under 17 Ladies</u>								
100m		1 <sup>st</sup>	D Smith			12.9	2 <sup>nd</sup>	K Motley 13.3
		3 <sup>rd</sup>	A Cone			13.7		
200m		1 <sup>st</sup>	D Smith			26.8	2 <sup>nd</sup>	C Lacey 27.9
300m		1 <sup>st</sup>	M Kostov			44.5	2 <sup>nd</sup>	E Schofield 45.6
800m		1 <sup>st</sup>	I Asztalos			2.33.7		
80m Hurdles		1 <sup>st</sup>	K Motley			12.9	2 <sup>nd</sup>	A Cone 14.1
<u>Senior Ladies</u>								
400m		4 <sup>th</sup>	G Asztalos			67.0	5 <sup>th</sup>	R Kennard 67.9
800m		2 <sup>nd</sup>	E Kreetzer			2.29.5		
1500m		2 <sup>nd</sup>	S Hannema			5.13.1	3 <sup>rd</sup>	J Herron 5.27.7
Javelin		1 <sup>st</sup>	G Kyriacou			26.15		
<u>Boys under 13</u>								
100m		2 <sup>nd</sup>	B Kelk			14.5	3 <sup>rd</sup>	A Mortar 15.2
		7 <sup>th</sup>	B Kennard			16.7		
		2 <sup>nd</sup>	B Kelk			29.9		
200m		1 <sup>st</sup>	R Milner			2.33.7	3 <sup>rd</sup>	T Spry 2.44.6
800m		1 <sup>st</sup>	R Milner			5.14.1	4 <sup>th</sup>	R Milner 5.29.5
1500m		3 <sup>rd</sup>	T Loveluck			5.36.3	7 <sup>th</sup>	N Burch 5.41.8
		5 <sup>th</sup>	T Spry			14.5	3 <sup>rd</sup>	B Kennard 21.1
75m hurdles		1 <sup>st</sup>	B Kelk			14.5		
Longjump		2 <sup>nd</sup>	N Burch			3.40		
Shot		3 <sup>rd</sup>	T Spry			5.56	4 <sup>th</sup>	S Bicknell 4.91
		5 <sup>th</sup>	N Burch			4.01		
Javelin		2 <sup>nd</sup>	S Bicknell			19.14		
<u>Boys under 15</u>								
100m		1 <sup>st</sup>	R Noray			12.0	6 <sup>th</sup> Ht	S Goldfinch 13.9
200m		1 <sup>st</sup>	R Noray			24.2		
1500m		4 <sup>th</sup>	D Graver			5.04.8	6 <sup>th</sup>	W Mycroft 5.07.2

Longjump	1 <sup>st</sup>	R Noray	5.41	4 <sup>th</sup>	S Goldfinch	4.80
Triplejump	5 <sup>th</sup>	W Mycroft	8.53			
<b>Men under 17</b>	<b>2<sup>nd</sup> in team event</b>					
100m	1 <sup>st</sup>	J Markley	11.7	4 <sup>th</sup>	J Godden	11.8 (11.7 in hts)
	6 <sup>th</sup>	J Abbott-Gribben	12.3 (12.2 in Hts)			
200m	1 <sup>st</sup>	J Godden	23.7	5 <sup>th</sup>	D Player	25.2
400m	6 <sup>th</sup>	D Player	58.6 (Ht)			
800m	1 <sup>st</sup>	E Aston	1.58.0			
1500m	3 <sup>rd</sup>	R Kretzer	4.42.3			
100m hurdles	1 <sup>st</sup>	J Markley	15.0			
Longjump	4 <sup>th</sup>	M Riches	5.54			
Triplejump	2 <sup>nd</sup>	J Blake	11.93	3 <sup>rd</sup>	M Riches	
	11.54					
Shot	4 <sup>th</sup>	J Abbott-Gribben	11.50			
Discus	3 <sup>rd</sup>	S Fisher	11.77			
Javelin	3 <sup>rd</sup>	S Fisher	29.36	5 <sup>th</sup>	M Thompson	33.74
	2 <sup>nd</sup>	J Cowan	38.09			
	9 <sup>th</sup>	J Blake	18.09			
Hammer	2 <sup>nd</sup>	S Fisher	27.54	4 <sup>th</sup>	J Abbott-Gribben	19.06
<b>Under 20 Men</b>	<b>2<sup>nd</sup> in team event</b>					
200m	2 <sup>nd</sup>	A Starnes	23.3	4 <sup>th</sup>	N Beer	25.0
400m	2 <sup>nd</sup>	N Beer	52.5	3 <sup>rd</sup>	A Bird	53.3
800m	4 <sup>th</sup>	A Howard	2.30.2			
3000m	1 <sup>st</sup>	A Howard	11.02.0			
<b>Senior Men</b>	<b>1<sup>st</sup> in team event</b>					
100m	1 <sup>st</sup>	P Steiner	11.2	4 <sup>th</sup>	M Kordi	12.3
200m	1 <sup>st</sup>	P Steiner	22.8	2 <sup>nd</sup>	T Hames	23.2
	3 <sup>rd</sup>	M Kordi	25.0			
400m	1 <sup>st</sup>	T hames	50.3	2 <sup>nd</sup>	B Corbett	70.1
800m	1 <sup>st</sup>	J Morley	2.00.4	2 <sup>nd</sup>	W George	2.00.4
5000m	3 <sup>rd</sup>	B Blaukopf	18.49.3			
5000m veterans	1 <sup>st</sup>	J Lewy	19.58.9			
Steeplechase	1 <sup>st</sup>	B Van Aken	11.08.6			
Highjump	1 <sup>st</sup>	B Corbett	1.30			
Longjump	1 <sup>st</sup>	J Brennand	5.59			
Triplejump	1 <sup>st</sup>	J Brennand	11.16			
Shot	2 <sup>nd</sup>	G Parsons	11.52	3 <sup>rd</sup>	P Bramford	8.66
Discus	1 <sup>st</sup>	G Parsons	36.12	3 <sup>rd</sup>	P Bramford	26.98
Javelin	1 <sup>st</sup>	G Parsons	36.14	2 <sup>nd</sup>	P Bramford	35.74
	3 <sup>rd</sup>	T hames	34.64			
Hammer	1 <sup>st</sup>	G Parsons	36.31			
<b>Southern Womens League – May 22<sup>nd</sup> at Cambridge - C&amp;C/Hunts AC composite team</b>						
1 <sup>st</sup> Colchester Har. 201, 2 <sup>nd</sup> HAC/C&C 199, 3 <sup>rd</sup> West Suff. 163, 4 <sup>th</sup> Loughton 125, 5 <sup>th</sup> Barnet 111						
only C&C athletes results shown						
Seniors/U17's						
100m	3A	D Smith	13.0	2B	K Motley	13.7
	N/S	A Cone	14.4	N/S	C Musowe	14.2
200m	3A	D Smith	26.3	2B	C Lacey	26.9
400m	4A	G Asztalos	67.2	3B	E Schofield	67.0
800m	5A	I Asztalos	2.31.3	3B	S Iwanko	2.36.5
80m hurdles(U17)	2A	K Motley	12.9	1B	A Cone	13.8
Triplejump	2A	K Motley	10.12	N/S	A Cone	
	8.90					
Javelin	2A	C Morris	28.35	2B	G Kyriacou	25.00
4 x 100	3A	Cone, Asztalos, Musowe, Lacey	54.8			
4 x 400	3A	I Asztalos, Iwanko, Schofield, E Garwood (HAC)	4.33.8			
Under 15s						
100m				1B	L West	14.1

800m	N/S	E Bicknell	14.8	N/S	L Sammout	15.2
1500m	2A	G Coe	2.39.5	2B	E Bicknell	2.56.2
75m hdl	1A	L Dowsett	4.49.2			
Highjump	1A	V Asztalos	13.5	1B	L West	13.9
Longjump	N/S	L Sammout	3.38	1B	L West	1.25
	N/S	V Asztalos	4.27	N/S	C Davidson	3.43
Shot	1A	A Forster	9.92	4B	G Coe	4.65
Discus	1A	A Forster	23.41			
Javelin	3A	A Forster	13.18	2B	E Bicknell	9.46
<b>Southern Mens League – 22<sup>nd</sup> May at Guildford</b>						
Equal 1 <sup>st</sup> North Devon & Guildford 120 pts, 3 <sup>rd</sup> Aldershot 104pts, 4 <sup>th</sup> C&C 98 pts, 5 <sup>th</sup> Hunts AC 94 pts						
100m	2A	P Steiner	11.3	3B	S Dunlop	12.2
200m	2A	P Steiner	22.6	1B	A Starnes	23.3
400m	4A	A Bird	53.5	5B	J Slade	55.1
800m	2A	J Morley	2.00.3	3B	W George	2.04.7
1500m	4A	J Morley	4.22.9	2B	W George	4.26.0
5000m	3A	K White	17.46.5	4B	A Howard	19.30.8
3000m S/C	3A	W George	10.32.3	5B	T Brennand	14.02.3
110 Hdls	3A	T Brennand	20.8	4B	J Brennand	
	21.8					
400 hdl	4A	T Brennand	70.4	3B	J Huddlestone	68.2
4 x 100 relay	1A	Steiner, Dunlop, Starnes, Slade				44.7
4 x 400 relay	3A	Bird, Starnes, Morley, Slade				3.34.2
Pole vault	4A	N Moss	2.40	4B	J Brennand	
	1.30					
Highjump	5A	J Huddlestone	1.50	5B	T Brennand	1.30
Longjump	5A	T Brennand	5.13	4B	J Brennand	
	4.84					
Triplejump	5A	T Brennand	11.04	4B	J Brennand	
	10.21					
Shot	2A	G Parsons	11.64	1B	R Smith	10.58
Discus	3A	G Parsons	37.51	2B	R Smith	32.62
Hammer	1A	G Parsons	36.25	3B	R Smith	19.78
Javelin	5A	R Smith	33.83	4B	G Parsons	33.68
<b>SEAA Championships – May 29<sup>th</sup> &amp; 30<sup>th</sup></b>						
Under 15 girls 1500m 2 <sup>nd</sup> L Dowsett 4.42.8						
<b>Eastern Young athletes league St Ives – May 30<sup>th</sup></b>						
Match result - 1 <sup>st</sup> C&C 338, 2 <sup>nd</sup> Stevenage 278, 3 <sup>rd</sup> Chelmsford 274, 4 <sup>th</sup> Colchester Har 145						
Men Under 17 (1st)						
100m	2A	J Godden	12.0	1B	J Markley	11.7
	N/S	J Huddlestone	12.9			
200m	1A	J Godden	24.3	1B	O Francis	24.7
400m	2A	J Slade	54.7	1B	J Abbott-Gribben	56.3
800m	1A	E Aston	1.58.9	2B	R Kretzer	2.15.4
1500m	4A	J Andrews	4.42.5	2B	M Bell	4.48.5
	N/S	R Lasenby	4.34.4			
Hurdles	1A	J Markley	14.9	1B	M Rogers	17.9
Longjump	1A	J Godden	5.54	1B	O Francis	5.26
Highjump	2A	J Huddlestone	1.50	2B	E Aston	1.25
Shot	1A	J Markley	10.99	1B	S Fisher	10.17
	N/S	A Burch	6.14			
Discus	1A	S Fisher	30.26	1B	J Huddlestone	25.86
Javelin	1A	J Blake	35.47	1B	M Hathaway	26.58
4 x 100	1A	Godden, Slade, Marley, Francis	46.8			
Boys Under 15 (1st)						
100m	2A	R Noray	12.0	3B	S Goldfinch	13.5
200m	1A	R Noray	24.3	3B	S Goldfinch	28.1



400m	3A	T Kelk	56.9	1B	C Noakes	59.2
1500m	1A	W Mycroft	5.01.6	2B	A Howarth	5.28.3
Hurdles	3A	C Noakes	13.4	2B	A Howarth	17.9
Longjump	1A	R Noray	5.71	1B	C Noakes	5.09
	N/S	S Goldfinch	4.46			
Highjump	3A	T Kelk	1.35	2B	W Mycroft	1.10
Shot	2A	J Sutton	9.11	1B	A Howarth	6.27
Discus	2A	J Sutton	23.86	1B	J Selvey	14.15
Javelin	2A	T Kelk	22.76	1B	W Mycroft	12.94
4 x 100-	2A	Noray, Kelk, Goldfinch, Noakes				50.6
Boys Under 13	(4 <sup>th</sup> )					
100m	4A	B Kelk	14.7			
200m	3A	B Kelk	31.3			
1500m	2A	T Spry	5.36.5			
Hurdles	2A	B Kelk	14.1	1B	T Spry	15.7
Discus	3A	T Spry	13.67			
Under 17 Ladies	(2 <sup>nd</sup> )					
100m	1A	D Smith	12.9	1B	K Motley	13.5
200m	1A	D Smith	26.8	1B	I Asztalos	28.9
300m	1A	N Fisher	44.1	1B	E Schofield	45.8
	N/S	I Asztalos	45.0			
800m	3A	S Iwanko	2.35.9			
Hurdles	2A	K Motley	12.4	1B	A Cone	13.5
Longjump	2A	K Motley	4.39	2B	N Fisher	3.82
Highjump	3A	S Iwanko	1.30	1B	I Asztalos	1.30
Shot	3A	C Musowe	6.99			
Discus	2A	E Schofield	16.32	2B	C Musowe	14.43
Javelin	3A	D Smith	13.34	3B	E Schofield	10.27
4 x 100	1A	Musowe, Smith, Motley, Fisher				52.6
Under 15 Girls	(2 <sup>nd</sup> )					
100m	2A	L West	13.9	3B	N Cowan	13.9
	N/S	L Traynier	15.4			
200m	3A	V Asztalos	30.0	3B	L Traynier	32.3
800m	3A	G Coe	2.41.1	2B	A Calder	2.45.8
	N/S	K Parker	2.55.8			
Hurdles	1A	V Asztalos	13.0	1B	L West	13.2
Longjump	2A	N Cowan	4.56	1B	V Asztalos	3.96
Highjump	2A	L West	1.35	2B	L Traynier	1.10
Shot	1A	P Markley	9.90	2B	I Godden	6.06
Discus	2A	P Markley	19.87	3B	K Parker	12.60
Javelin	3A	N Cowan	14.87	3B	I Godden	6.39
4 x 100 relay	3A	West, Cowan, Asztalos, Traynier				57.3
Girls Under 13	(2 <sup>nd</sup> )					
100m	2A	L Sammout	15.2	2B	C Davidson	15.4
	N/S	G Banjo	15.4	N/S	J Corbett	15.0
	N/S	A Knightley	16.4			
200m	3A	Z Kier	32.5	3B	E Kier	33.1
	N/S	R Trotter	33.1	N/S	G Banjo	33.8
	N/S	A Knightly		34.6		
800m	1A	Z Kier	2.33.1	1B	E Kier	2.44.3
1500m	2A	J Corbett	5.53.5			
Hurdles	3A	C Davidson	13.8	2B	R Trotter	13.8
Longjump	3A	L Sammout	3.68	2B	R Trotter	3.55
Highjump	1A	Z Kier	1.25	3A	C Davidson	1.10
Shot	2A	L Sammout	5.84	2B	H Sayer	5.19
	N/S	C Carter	5.96	N/S	J Corbett	4.86
Discus	1A	H Sayer	13.50	1B	C Carter	12.09
4 x 100 relay	2A	Sammout, Davidson, Kier, Corbett				61.5

### Eastern veterans league – June 2<sup>nd</sup> at Luton

Men – Result Bedford 116, Milton Keynes 114, Peterbro 63, C&C 57, Luton 41										
200m	M40	5 <sup>th</sup>	D Bowker	30.7	M50	4 <sup>th</sup>	N Moss	31.6		
800m	M40	3 <sup>rd</sup>	D Bowker	2.24.0						
3000m	M40	3 <sup>rd</sup>	D Bowker	10.16.5						
400 hdl					M50	5 <sup>th</sup>	N Moss	93.4		
1mile walk	M40	3 <sup>rd</sup>	D Bowker	9.15.4						
Polevault	M40	2 <sup>nd</sup>	P Monk	2.30	M50	2 <sup>nd</sup>	N Moss	2.30		
Triplejp	M40				M50	4 <sup>th</sup>	N Moss	7.26		
Discus	M40	2 <sup>nd</sup>	P Bramford	27.89	M50	5 <sup>th</sup>	N Moss	17.63		
	M60	3 <sup>rd</sup>	F Martin	22.77						
Javelin	M40	2 <sup>nd</sup>	P Bramford	32.56	M50	2 <sup>nd</sup>	N Moss	26.03		
Medley relay	M40	3 <sup>rd</sup>		3.23.3						
800m	M40	N/S	G Meah	2.38.6						
Discus	M50	N/S	P Bramford	32.65						
Javelin	M50	N/S	P Bramford	32.4	N/S	F Martin		21.51		
Women – Result Milton Keynes 104, Peterbro 94, Bedford 86, C&C 28, Luton 18										
800m					W45	4 <sup>th</sup>	I Hornsey	3.07.0		
3000m	W55	2 <sup>nd</sup>	I Hornsey	14.28.5						
Discus	W35	2 <sup>nd</sup>	R Martin	23.96	W45	3 <sup>rd</sup>	C Morris	17.09		
Javelin	W35	2 <sup>nd</sup>	R Martin	15.07	W45	1 <sup>st</sup>	C Morris	26.36		

### Southern Womens League – Kingston June 5<sup>th</sup>

Result – 1<sup>st</sup> Woking 197, 2<sup>nd</sup> Exeter 192, 3<sup>rd</sup> Kingston 180, 4<sup>th</sup> Epsom 145, 5<sup>th</sup> Hunts AC/C&C 106  
(only C&C names/performances quoted except in relays)

Senior Ladies										
100m		4A	D Smith	13.2	4B	K Motley	13.8			
200m		5A	D Smith	26.6	3B					
400m		3A			5B					
800m		3A			1B	S Hannema	2.38.6			
1500m		3A			2B	S Hannema	5.28.6			
3000m		3A	J Lasenby	10.54.2	4B	J Packman	13.25.4			
80m hurdles (U17)		2A	K Motley	12.6	1B	A Cone	13.2			
100m hdl		5A								
Highjump		4A			5B	D Smith	1.30			
Longjump		4A			5B					
Triplejump		3A	K Motley	10.29						
Shot		5A			5B					
Discus		5A	S Hannema	21.27	5B					
Javelin		4A			5B					
Hammer		5A			3NT					
4 x 100		5A	Smith, Cone, Motley, M Lumley				56.8			
4 x 400		4A	Lasenby, Hannema, E Quilligan, E Garwood				4.38.2			
Under 15 Girls										
100m		4A								
200m		3A			2B					
800m		1A			3B	K Parker	2.57.0			
75m hlds		4A	V Asztalos	13.5						
Longjump		3A			2B	V Asztalos	4.17			
Highjump		5A	V Asztalos	1.20	4B					
Shot		5A			4B	K Parker	4.34			
Discus		2A			3B	K Parker	12.76			
Javelin		5A								
4 x 100		3A	Asztalos, C Smith, K Slater, K Borkett				55.2			

### East Anglian League – Bury St Edmunds – June 6<sup>th</sup>

Overall match – 1<sup>st</sup> West Suffolk 44 points, 2<sup>nd</sup> C&C 43 points, 3<sup>rd</sup> Colch & Tend. 34 points, 4<sup>th</sup> Yarmouth 22 points, 5<sup>th</sup> Ryston 21 points, 6<sup>th</sup> Waveney 16 points, 7<sup>th</sup> Hunts AC 6 points  
Senior Men - 2<sup>nd</sup> 130 pts (Ryston 1<sup>st</sup>, West Suffolk 3<sup>rd</sup>)

100m		4A	J Brennand		12.9	5B	B Corbett			100m	5A	B Kelk	14.6	2B	A Morter	14.6
200m	14.2	1A	A Stanres	22.5	3B	J Brennand				200m	4A	R Milner	29.8	2B	P Scott	32.1
400m	26.3	1A	A Starnes	51.5	4B	B Corbett	68.1			800m	2A	R Milner	2.37.4	1B	T Loveluck	2.39.2
800m		4A	B Van Aken	2.23.2	3B	A Howard	2.32.3				N/S	P Scott	2.56.8			
3000m		1A	W George	9.14.9	1B	B Van Aken	10.20.0			1500m	4A	T Spry	5.31.4	1B	N Burch	5.44.1
		N/S	A Howard	10.59.1	N/S	M Kreetzer				Hurdles	1A	B Kelk	14.7	1B	T Spry	15.7
	11.06.5										N/S	T Loveluck	17.6			
Hurdles		N/S	B Corbett	12.09.4						Highjump	5A	T Loveluck	1.10	3B	A Hunt	1.00
Longjump		2A	J Brennand		20.8					Longjump	3A	B Kelk	3.94	3B	N Burch	3.24
	3.43	4A	J Brennand	5.36		3B	N Moss			Shot	N/S	R Milner	3.73			
Triplejump										Discus	2A	S Bicknell	5.36	2B	N Burch	4.79
Highjump	7.16	5A	J Brennand		10.59	4B	N Moss			Javelin	N/S	A Hunt	6.58			
	1.10									4 x 100	3A	A Hunt	14.54			
Shot		4A	B Corbett	1.10	2B	J Brennand				Senior Ladies - 1 <sup>st</sup> 139 pts (2 <sup>nd</sup> West Suff 131)	2A	S Bicknell	21.28	N/S	P Scott	19.14
Discus		3A	P Bramford	8.81	4B	F Martin	7.92			100m	1A	Kelk, Morter, Milner, Scott				60.2
Javelin		3A	P Bramford	28.34	3B	F Martin	19.60			200m	2A	D Smith	12.9	1B	C Lacey	13.1
Hammer		2A	R Sloane	38.62	2B	P Bramford	34.77				2A	D Smith	25.9	2B	C Lacey	27.2
4 x 100 relay		3A	F Martin	22.36	3B	P Bramford	19.42			400m	N/S	E Schofield	28.2			
Under 17 Men – 1 <sup>st</sup> with 149 points, West Suffolk 2 <sup>nd</sup> with 102		4A	Starnes, Percival, Brennand, Corbett		52.8					800m	5A	S Hannema	75.6			
100m		1A	J Markley	11.6	1B	J Slade	11.8			1500m	2A	S Hannema	5.34.4	1B	H Belbin	2.35.0
		N/S	J Abbott-Gribben	11.9	N/S	O Francis	12.1			Hurdles (U17)	1A	K Motley	12.1	1B	A Cone	13.9
200m		2A	J Slade	23.9	1B	O Francis	24.2			300m (U17)	1A	N Fisher	44.1	1B	E Schofield	46.2
800m		3A	J Huddlestone	2.29.2						Highjump	2A	D Smith	1.25	2B	S Iwanko	1.20
1500m		1A	E Aston	4.18.0	1B	J Gardner –Andrews	4.49.9			Longjump	3A	K Motley	4.67			
		N/S	R Lasenby	4.32.8	N/S	R kreetzer	4.35.2			Triplejump	2A	K Motley		10.48		
100m hdls		1A	J Markley	14.9						Shot	1A	R Martin	8.38	1B	C Musowe	7.25
Highjump		2A	T Adams	1.70	2B	E Aston	1.20			Discus	N/S	G Kyriacou	6.99			
Longjump		2A	O Francis	5.25	1B	J Huddlestone	4.95				2A	R Martin	23.97	3B	S Hannema	17.54
Triplejump		1A	J Abbott-Gribben	12.24	1B	M Riches					N/S	E Schofield	14.93	N/S	G Kyriacou	13.35
	11.49									Javelin	4A	G Kyriacou	23.59			
Shot		1A	J Markley	***	1B	S Fisher	***			4 x 100	2A	Smith, Motley, Lacey, Cone				54.6
		N/S	A Burch	***						Under 15 Girls - 3 <sup>rd</sup> 90 points (1 <sup>st</sup> West Suff 127, 2 <sup>nd</sup> Colchester 92)						
Discus		3A	S Fisher	28.46	1B	J Huddlestone	25.25			100m	2A	L West	13.5			
Javelin		3A	A Burch	18.70	3B	J Abbott-Gribben	18.70			200m	5A	L Traynier	31.3			
Hammer		1A	S Fisher	27.78	1B	A Burch	13.69			800m	4A	K Parker	2.48.3			
4 x 100		1A	Huddlestone, Abbot-Gribben, Slade, Francis		48.1					1500m	2A	G Coe	5.42.1	2B	A Calder	6.06.2
***			Wrong weight implement used							Hurdles	2A	L West	12.9			
Under 15 boys - 3 <sup>rd</sup> with 107 points (Colch & West Suffolk 117 pts)										Highjump	3A	L West	1.20	1B	L Traynier	1.20
100m		2A	R Noray	11.8	2B	C Morter	12.4			Longjump	5A	L Traynier	3.49	4B	A Calder	3.36
		N/S	S Goldfinch	13.3						Shot	1A	A Forster	9.70	1B	P Markley	9.69
200m		6A	D Fisher	28.5	1B	S Goldfinch	27.5			Discus	1A	P Markley	24.69	1B	A Forster	23.53
800m		1A	T Kelk	2.14.7	3B	R Hall	2.37.7			Javelin	2A	A Forster	16.39			
1500m		4A	W Mycroft	4.52.3	3B	J Kennard	4.56.7			4 x 100	2A					57.8
		N/S	J Jameson	5.22.8						Under 13 Girls - 2 <sup>nd</sup> 100 points (1 <sup>st</sup> West Suff 106)						
Highjump		4A	J Kennard	1.40						100m	5A	R Cormack	14.8	3B	L Sammout	15.0
Longjump		4A	S Goldfinch	4.46	3B	N Dawson	3.70				N/S	C Davidson	15.2	N/S	T Milner	17.2
Triplejump		2A	C Morter		9.65	2B	J Jameson			200m	4A	R Trotter	32.5	2B	E Kier	33.0
	8.62									800m	2A	Z Kier	2.39.6	1B	E Kier	2.45.8
Shot		3A	J Sutton	8.98						1500m	3A	J Corbett	5.52.4			
Discus		2A	J Sutton	23.53	3B	T Kelk	14.90			Hurdles	3A	R Cormack	13.0	1B	Z Kier	13.7
Javelin		2A	C Morter	28.48	2B	T Kelk	26.66				N/S	R Trotter	14.9			
Hammer		1A	J Sutton	17.99						Highjump	1A	Z Kier	1.25	1B	C Davidson	1.10
4 x 100 relay		3A					55.2			Longjump	3A	L Sammout	3.72	1B	R Trotter	3.31
Under 13 Boys – 1 <sup>st</sup> with 105 points (West Suff 2 <sup>nd</sup> with 88)											N/S	C Davidson	3.58	N/S	T Milner	2.21
										Shot	1A	L Sammout	5.80	1B	H Sayer	5.19
										Discus	3A	H Sayer	12.80			

4 x 100 1A Cormack, Sammout, Trotter, Kier

59.6

**Cambridgeshire Schools – June 12<sup>th</sup> at Cambridge**

Girls Under 15						
800m	5 <sup>th</sup>	G Coe	2.41.3			
75m Hdls	1 <sup>st</sup>	V Asztalos	13.1			
Longjump	2 <sup>nd</sup>	V Asztalos	4.44			
Shot	1 <sup>st</sup>	A Forster	10.56	2 <sup>nd</sup>	P Markley	9.88
Discus	1 <sup>st</sup>	P Markley	21.24	2 <sup>nd</sup>	A Forster	20.48
Ladies U17						
100m	1 <sup>st</sup>	D Smith	12.7	2 <sup>nd</sup>	K Motley	13.0
	4 <sup>th</sup>	A Cone	13.6			
200m	1 <sup>st</sup>	D Smith	26.1	2 <sup>nd</sup>	C Lacey	27.5
300m	1 <sup>st</sup>	N Fisher	43.1	2 <sup>nd</sup>	E Schofield	45.0
800m	1 <sup>st</sup>	I Asztalos	2.28.6	2 <sup>nd</sup>	S Iwanko	2.35.2
80m Hurdles	1 <sup>st</sup>	K Motley	12.1	2 <sup>nd</sup>	A Cone	13.1
300m hdls	3 <sup>rd</sup>	E Mann	54.9			
Longump	4 <sup>th</sup>	E Mann	4.00			
Triplejump		1 <sup>st</sup>	K Motley	10.31		
Shot	2 <sup>nd</sup>	C Musowe	7.18			
Boys under 15						
100m	1 <sup>st</sup>	R Noray	11.8			
200m	2 <sup>nd</sup>	R Noray	24.0			
400m	3 <sup>rd</sup>	T Kelk	57.0			
Longjump	1 <sup>st</sup>	R Noray	5.44	4 <sup>th</sup>	N Tsang	4.79
Triplejump		2 <sup>nd</sup>	L Savino	11.75		
Discus	2 <sup>nd</sup>	L Savino	28.73			
Men U17						
100m	1 <sup>st</sup>	J Markley	11.3	4 <sup>th</sup>	J Godden	11.6
200m	3 <sup>rd</sup>	J Godden	23.6			
800m	1 <sup>st</sup>	E Aston	1.57.8			
1500m	3 <sup>rd</sup>	R Kreetzer	4.37.7			
100m hdls	1 <sup>st</sup>	J Markley	14.5			
400m hdls	1 <sup>st</sup>	J Huddlestone	67.9			
Longjump	4 <sup>th</sup>	J Abbott-Gribben	5.60	5 <sup>th</sup>	M Riches	5.56
Triplejump		2 <sup>nd</sup>	J Blake	12.10	5 <sup>th</sup>	J Abbott-Gribben
	11.79					
Polevault	2 <sup>nd</sup>	J Huddlestone	2.15			
Shot	2 <sup>nd</sup>	S Fisher	11.41			
Discus	2 <sup>nd</sup>	S Fisher	32.61			
Hammer	2 <sup>nd</sup>	L Shortman	46.08	4 <sup>th</sup>	S Fisher	28.44
Men U20						
200	1 <sup>st</sup>	A Starnes	22.1	3 <sup>rd</sup>	A Ellis-Evans	23.1
400m	1 <sup>st</sup>	A Bird	55.0			
Shot	1 <sup>st</sup>	S Phillips	10.16			
Discus	1 <sup>st</sup>	S Phillips	27.32			
Javelin	1 <sup>st</sup>	R Sloane	37.78			

**Watford BMC open graded meeting – June 12<sup>th</sup>**

800m GU15 L Dowsett 2.12.82

**Anglian Schools – Cambridge – June 19<sup>th</sup>**

Under 20 Men			
100m	7 <sup>th</sup>	J Milton	11.6
200m	4 <sup>th</sup>	A Starnes	22.4
Shot	3 <sup>RD</sup>	S Phillips	10.91
Discus	6 <sup>th</sup>	S Phillips	27.39
Under 17 Men			
100m	1 <sup>st</sup>	J Markley	11.2
800m	1 <sup>st</sup>	E Aston	1.59.4

3000m	6 <sup>th</sup>	R Lasenby	9.58.1			
100m hurdles	2 <sup>nd</sup>	J Markley	14.8			
400m hurdles	4 <sup>th</sup>	J Huddlestone	65.9			
Polevault	3 <sup>rd</sup>	J Huddlestone	2.15			
Triplejump		6 <sup>th</sup>	J Blake	11.66		
Shot	3 <sup>rd</sup>	S Fisher	12.01			
Discus	6 <sup>th</sup>	S Fisher	27.44			
Under 15 Boys						
Logjump	6 <sup>th</sup>	N Tsang	5.17			
Triplejump		5 <sup>th</sup>	L Savino	10.99		
Discus	5 <sup>th</sup>	L Savino	27.94			
Under 20 ladies						
200m	5 <sup>th</sup>	G Asztalos	28.5			
Under 17 ladies						
100m	3 <sup>rd</sup>	D Smith	12.8	8 <sup>th</sup>	A Cone	13.5
200m	5 <sup>th</sup>	D Smith	26.4	8 <sup>th</sup>	C lacey	27.3
300m	3 <sup>rd</sup>	N Fisher	43.9	7 <sup>th</sup>	E Schofield	46.2
800m	6 <sup>th</sup>	I Asztalos	2.33.4	8 <sup>th</sup>	S Iwanko	2.34.2
80m hurdles	2 <sup>nd</sup>	K Motley	12.0	5 <sup>th</sup>	A Cone	13.0
Triplejump		1 <sup>st</sup>	K Motley	10.59		
Longjump	5 <sup>th</sup>	E Mann	3.83			
Shot	8 <sup>th</sup>	C Musowe	7.34			
Under 15 girls						
1500m	1 <sup>st</sup>	L Dowsett	4.49.1			
75m hurdles	7 <sup>th</sup>	V Asztalos	13.0			
Longjump	7 <sup>th</sup>	V Asztalos	4.20			
Shot	2 <sup>nd</sup>	A Forster	10.35	3 <sup>rd</sup>	P Markley	10.08
Discus	2 <sup>nd</sup>	P Markley	23.65	4 <sup>th</sup>	A Forster	20.41

**SEAA Senior Championships – June 19<sup>th</sup>/20<sup>th</sup> at Watford**

100m Men 22<sup>nd</sup>/40+ P Steiner 11.13 in heat (4<sup>th</sup>) 11.19 in semifinal  
800m Men J Morley 2.01.86 8<sup>th</sup> in heat

**Eastern Young Athletes League – Cambridge – June 20<sup>th</sup>**

Match result – 1<sup>st</sup> Herts Phoenix 371½, 2<sup>nd</sup> C&C 312½, 3<sup>rd</sup> Southend 265, 4<sup>th</sup> Milton Keynes 246

Men Under 17						
100m	2A	J Markley	11.6	1B	J Godden	11.8
	N/S	J Slade	12.0	N/S	J Abbott-Gribben	12.0
200m	2A	J Godden	23.9	1B	J Slade	24.0
400m	2A	O Francis	55.5	2B	A yeomans	
800m	3A	AYeomans		2.13.1	2B	M Bell
	2.18.5					
1500m	3A	R Kreetzer	4.38.7	3B	J Andrews	4.52.7
100m hurdles	2A	J Markley	14.6	1B	T Adams	16.7
	N/S	M Rogers	17.9			
Highjump	3A	T Adams	1.70	3B	J Huddlestone	1.50
Longjump	2A	J Slade	5.56	2B	O Francis	5.01
Triplejump		1A	J Abbott-Gribben	12.34	1B	J Blake
	12.01					
Shot	2A	S Fisher	11.94	1B	J Markley	11.44
Discus	1A	S Fisher	30.17	1B	J Huddlestone	26.83
	N/S	A Burch	17.04			
Javelin	2A	M Hathaway	37.41	1B	J Blake	32.67
	N/S	A Burch	17.54			
4 x 100	1A	Godden, Slade, Markley, Francis				46.1
Boys Under 15						
80m Hurdles	3A	P Shields	15.7	3B	T Kelk	14.4
100m	3A	C Mortar	12.9	3B	S Goldfinch	13.7
	N/S	J Ennis	14.5			

200m	2A	S Goldfinch	28.1	4B	P Shields	29.6
400m	3A	S Richards	65.2	3B	O Stobbost	
800m	1A	T Kelk	2.13.6	2B	A Hall	2.38.2
	N/S	O Stobbost		2.36.3		
1500m	3A	W Mycroft	4.55.3	2B	J Jameson	5.12.8
Highjump	2A	J Ennis	1.20			
Shot	4A	H Fox	7.70	1B	M Mustapha	7.38
Discus	2A	H Fox	21.74	1B	M Mustapha	18.94
Javelin	2A	C Mortar	24.12	1B	T Kelk	22.64
	N/S	M Mustapha	21.90			
4 x 100	3A		52.8			
Boys Under 13						
75m Hurdles	4A	T Loveluck	17.7	3B	T Spry	16.1
100m	4A	M Fondo	15.2	4B	A Mortar	14.6
	N/S	P Scott	15.2	N/S	R Dunsmore	14.9
200m	3A	R Milner	29.9	3B	P Scott	31.4
800m	2A	R Milner	2.34.2	1B	T Loveluck	2.47.6
	N/S	M Fondo	3.04.2			
1500	4A	N Burch	5.38.9	3B	T Spry	5.43.3
Highjump	4A	R Dunsmore	1.15	3B	T Loveluck	1.05
Longjump	4A	N Burch	2.76	4B	S Bicknell	3.27
Shot	2A	A Hunt	6.34	4B	S Bicknell	4.78
	N/S	N Burch	4.50			
Discus	3A	A Hunt	16.40	2B	T Spry	11.76
	N/S	R Dunsmore	15.86			
4 x 100 .relay	3A		59.7	N/S		66.0
Under 17 Ladies						
100m	1A	D Smith	12.9	1B	K Motley	13.2
	N/S	A Charles	14.8			
200m	1A	D Smith	26.4	1B	E Schofield	28.2
300m	3A	N Fisher	44.3	1B	M Kostov	45.0
	N/S	I Asztalos	43.9			
800m	2A	S Iwanko	2.38.1			
80m Hurdles	2A	K Motley	12.2	1B	A Cone	13.1
Highjump	4A	I Asztalos	1.40	3B	S Iwanko	1.35
Longjump	3A	K Motley	4.17	2B	A Charles	4.12
Shot	2A	C Musowe	6.91			
Discus	3A	C Musowe	14.08	1B	E Schofield	13.42
Javelin	2A	A Charles	20.70	3B	D Smith	8.32
4 x 100 relay	2A		52.5			
Under 15 Girls						
75m Hurdles	2A	V Asztalos	13.1	1B	E Higton	13.6
100m	4A	V Asztalos	14.6	4B	E Bicknell	15.0
	N/S	N Napier	14.5			
200m	4A	E Higton	30.3	4B	L Traynier	31.7
800m	4A	K Parker	2.46.3	3B	A Calder	2.56.2
	N/S	E Bicknell	3.04.4			
1500m	4A	J Robinson		5.54.7		
Highjump	3A	L Traynier	1.10	3B	A Calder	1.10
Longjump	3A	V Asztalos	4.31	3B	E Higton	3.95
	N/S	L Traynier	3.94			
Shot	1A	A Forster	10.13	1B	P Markley	9.92
	N/S	I Godden	5.75			
Discus	2A	A Forster	19.16	1B	S Cracknell	16.19
	N/S	N Napier	13.53	N/S	K Parker	12.73
Javelin	2A	A Forster	15.55	2B	I Godden	11.60
4 x 100 relay	4A		59.9			

Girls Under 13						
100m	3A	L Sammout	14.8	4B	C Davidson	15.3
	N/S	G Banjo	14.9	N/S	H Cox	15.2
	N/S	E Rains	15.2	N/S	A Knightley	16.3
	N/S	L Haigh	17.2	N/S	K Larkey	17.3
200m	3A	Z Kier	32.2	4B	R Trotter	32.4
	N/S	G Banjo	31.2	N/S	E Rains	31.9
	N/S	E Kier	32.8	N/S	Lhaigh	36.8
800m	3A	Z Kier	2.41.4	2B	E Kier	2.44.3
1500m	3A	E Woodrup	6.27.7			
70m hurdles	3A	C Davidson	13.3	2B	R Trotter	13.9
Highjump	1A	Z Kier	1.26	=2B	C Davidson	1.10
Longjump	3A	L Sammout	3.79	3B	R Trotter	3.41
	N/S	A Knightley	3.46			
Shot	2A	C Carter	6.23	2B	L Sammout	5.70
	N/S	H Sayer	5.23			
Discus	2A	H Sayer	17.03	1B	C Carter	14.61
4 x 100 relay	2A		60.1	N/S		61.9

#### Southern Mens League – Brighton – June 26th

Match result - 1 <sup>st</sup> Brighton 139, 2 <sup>nd</sup> Bexley 113, 3 <sup>rd</sup> Serpentine 100, 4 <sup>th</sup> C&C 98, 5 <sup>th</sup> Kent AC 88						
100m	4A	P Steiner	11.2	2B	A Starnes	11.2
200m	1A	A Starnes	22.4	1B	P Steiner	22.8
400m	2A	E Aston	51.0	1B	J Morley	53.7
800m	2A	J Morley	1.58.8	1B	W George	2.02.0
1500m	1A	I Williamson	4.01.1	4B	J Morley	4.31.4
5000m	4A	K White	17.07.0	4B	J Kazer	17.36.8
3000m S/C	3A	W George	10.39.9	3B	B Van Aken	11.14.0
110 Hdls	4A	T Brennand	20.9			
400 hdls	4A	T Brennand	66.8	5B	B Van Aken	78.9
4 x 100 relay	3A	Steiner, Phillips, Brennand, Starnes				47.6
4 x 400 relay	1A	Aston, Steiner, Starnes, Williamson				3.31.8
Pole vault	5A	N Moss	2.20			
Highjump	5A	T Brennand	1.20	5B	S Phillips	1.20
Longjump	4A	P Steiner	6.10	4B	T Brennand	5.25
Triplejump	5A	T Brennand	10.73	4B	P Steiner	
			10.63			
Shot	1A	G Parsons	11.39	4B	S Phillips	9.00
Discus	2A	G Parsons	35.79	5B	S Phillips	22.27
Hammer	1A	G Parsons	37.36	3B	S Phillips	20.61
Javelin	5A	G Parsons	33.63	3B	S Phillips	32.36

#### Officials Training

**We would like to thank all those who offered to train as match officials and who will take their exam on March 21<sup>st</sup>. Whether they pass it or not – at least they tried and we will be grateful for their assistance next season anyway. (In fact, they all passed and all have been active in helping to run matches for you/your children – congratulations to Mary Holmes, Yuko Gordon, and Cilla Pettit who are now qualified track judges, and to Ellen leggate, Bas van Aken and Graham Nicholson who have qualified as timekeepers).**

#### **We had no new field officials take the test this year.**

**As you know, we have to provide four times as many field officials at each match, as track judges or timekeepers.**

In view of this, we have repeated part of the same piece of information from the last newsletter (Thank you to the one person who has already offered).

**SPECIAL PLEA – Any older athletes (over 15) or parents, vice presidents or associate members who would like to have a go at field judging should contact me (Noel – 01223 833470), and I will arrange for you to be mentored/trained over the coming season by an experienced official, at club matches, so that when it comes round to the formal training course and exam next spring, you will not be under pressure.**

**Without field officials we can't full-fill our obligations to the leagues which we are in (each club has allocated events to judge). At present we have only about 5 field judges who are regularly active. At least one of our field team at each match has to be qualified (for insurance purposes) so you can see that we are asking a lot of those that we have.**

**Please get on touch and give it a go – Noel will arrange support and ongoing training for you.**