

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - September 2004

43RD ANNUAL GENERAL MEETING 22ND NOVEMBER 2004 8PM AT WILBERFORCE ROAD CLUBHOUSE

ITS YOUR CLUB, PLEASE ATTEND IF YOU CAN!

NOMINATIONS FOR PRESIDENT, CHAIRMAN, SECRETARY AND TREASURER
AND ANY RESOLUTIONS, MUST BE RECEIVED BY THE CHAIRMAN OR THE
COMMITTEE SECRETARY BY 22ND OCTOBER

IMMINENT FIXTURES

Oct 10 th	Ryston XC Grand prix	Ryston	All
Oct 10 th	Frostbite league	St Neots	All
Nov 6 th	English XC relays	Mansfield	Teams
Nov 14 th	Ryston XC Grand Prix	Ryston	All
Nov 14 th	SEAA Vets XC	Margate	Veterans
Nov 14 th	St Neots Riverside Half Marathon	St Neots	Seniors
Nov 21 st	Frostbite League	Bushfield (P'bro)	All
Nov 28 th	Hereward relays	Peterborough	All over 16
Dec 12 th	Frostbite League	Cambridge	All
Dec 12 th	Sportshall league	Huntingdon	Under 13/15
Dec 19 th	Ryston XC Grand Prix	Ryston	All
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
Jan 9 th	Frostbite League	Ramsey	All
Jan 16 th	Cambs AA Crosscountry Champs	Hinchingbrook	All
Jan 16 th	Ryston XC Grand Prix	Ryston	All
Jan 29 th	English Regional Championships	TBC	All

(Much more complete list of Winter and Spring fixtures inside)

WINTER TRAINING - STARTS ON 4th OCTOBER NEW VENUE AND TIMES - SEE DETAILS INSIDE

Chairman's chatter

The dark nights have come around too fast and the winter season is now upon us. Details of the cross country dates and Frostbite League are included in this newsletter. For winter indoor training we now have the good fortune to have access to very good facilities at the new Chesterton Sports Centre. Times of training are different from those at Netherhall. We had to agree to change times in order to fit in other users who wished to use Chesterton. Please note the changed times – 6.00-7.30 on Mondays (for young athletes) and 6.30-8.00 on Thursdays (for older athletes). Details of the new sports centre can be found at www.chestertonsportscentre.org.uk. We're lucky to have such good facilities – though it's been a long time coming. We were included in the plans as priority users and the sports centre is keen for us to join them. There is a swimming pool, fitness suite and refreshment area as well as the sports hall and gyms. Please treat the facilities with care. We need to maintain good relationships with the sports hall – remember each of us is an ambassador for the club when we're there. Please treat it with respect and make sure only clean shoes are worn in the sports areas, for example.

Congratulations to the track and field teams. The Anglian League teams and Young Athletes teams, in particular, have shown the way this season, reaching the finals of their leagues. Thanks to all who have competed for the club. The more we all join in, the more success and pleasure we bring to fellow members. In case you've missed it – remember there is a draw every few months for *all* athletes who have competed for the club – the more times you compete, the more times your name goes in the hat – well computer but it's like drawing from a hat. The winner is given tokens to buy sports equipment.

I'd also like to express thanks on behalf of club members to all who have helped this season. There are many people who help behind the scenes as track and field judges, starters, marksmen, scorers, team managers and coaches. It's easy to take them for granted but without them the club wouldn't exist. We need them – thank you for all your efforts, folks. I say this and write it and it looks like a platitude but it isn't – the club depends on you. Please keep up the good work – and if anyone else would like to join in with any of those jobs please get in touch. You can speak to any committee member or drop a note to info@cambridgeandcoleridge.org.uk.

Finally, don't forget the web site is there for information www.cambridgeandcoleridge.org.uk. If you have any comments please send them to the webmaster@cambridgeandcoleridge.org.uk or questions to info@cambridgeandcoleridge.org.uk
Good luck for the winter season

Neil

AGM Agenda - November 22nd at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 24th November 2003

Matters arising from the minutes

Reports from the Chairman and Treasurer (Team reports in this Newsletter)

Subscriptions 2005, Items nominated for discussion

Election of officers and committee 2005

Presentation of Track and Field awards, Road race awards, and record certificates.

**Nominations for President, Chairman, and Treasurer must be received by 22nd October in Order to be eligible. (ie 4 weeks in advance of the meeting as per our constitution)
Nominations for other posts may be made at any time up to the meeting, but we would prefer to have these a few days in advance if possible so that we know if there are any contested posts.**

Minutes of the 42nd. Annual General Meeting held at the University Track, Wilberforce Road, Cambridge at 8pm on Monday 24th. November 2003

Present 81 members including parents and Vice Presidents

Apologies: Diana Braverman, Chris Brown, Iain Girling, Emma Hostler, Rachel Kiff, Nigel Poulter.

1. Minutes of the 41st AGM November 2002 were approved. Proposed by Glyn Smith and seconded by Peter Howard

2. Matters arising from the minutes

Constitution - No changes proposed.

The club bid for UKA Club futures was rejected, because the project required funding commitment over more than one year. This was disappointing in view of the initially positive feedback.

Amalgamation - the Club decided not to explore amalgamation with Hunts AC, but would go ahead with a composite team in the Southern Women's League on a trial basis.

3. Chairman's Report

The Chairman's report was circulated in the October 2003 newsletter. In addition he commented the following:

- We now have 359 active members -100 more than five years ago. These are mainly young athletes.
- It is very difficult to get older members to help in administration, officiating and coaching. The Club is hoping to arrange a training session for helpers in the Spring. Any would be helpers please contact Noel.
- The Club Web site is almost up and running.
- We were not able to get help with cost of employing an Administrator from UKA because they are not prepared to confirm help for more than one year (see UKA Club futures above).

4. Secretary's Report No Secretary's report. (The club had no elected general secretary)

5. Treasurers Report

Copies of the Treasurers Report together with notes were distributed to the meeting. Acceptance of the report was proposed by Mary Holmes and seconded by Noel Moss. It was agreed that subscriptions should remain unchanged at present since income has increased with membership numbers in 2003.

6. Election of Officers and Committee for 2003

President: Barry Wallman Chairman: Neil Costello Treasurer: Nigel Poulter

Committee Secretary: Mary Holmes

SML team manager: Noel Moss

SWL team manager: Carl Woolf

EAL: N Moss/C Woolf will cover

EYAL team manager: Anna Bird (on committee) plus assistants

Veterans T&F team manger : Gerald Meah Road runing: Glynn Smith

Cross-Country: John Kazer Coaching: James Brennand

Committee members: Phil Bramford, Emma Hostler.

(Coopted later Ian Mckay, Nigel Burch)

7. Presentation of Track and Field Awards and record certificates

The committee had obtained additional trophies for sprints and middle distance races to more evenly cover the disciplines of T&F. Barry Wallman presented the Trophies to the successful athletes.

8. Any other business

None

The President closed the meeting by thanking everyone for attending, congratulating the trophy winners and those athletes who had set new club records.

Trophy Winners 2003

Seasons Best performance Trophies

BP - The seasons	Petr Steiner
BP Veteran	Dave Blyth
BP Most Improved	John Kazer
Hames	
Simpson Trophy 400m	Tom Hames
Senior Throw - Female	Romana Martin
Senior Throw male	Gary Parsons
Junior Throw	Sean Fisher
Senior HJ	No award
Junior HJ	Joint Michael Vickery
	Joint Tom Adams
B P Longjump	Kim Motley
BP Short Hurdles BU13	Andrew Hall
BP Short Hurdles GU13	Lauren West
BP 13 - 17 Hurdles male	James Markley
BP 13-17 Hurdles female	Kim Motley
BP - sprints male	Petr Steiner

Track & Field champions

Senior Men	Chris Mycroft
Senior Female	Sabine Hannema
	Junior (U20) male Tom
Junior (U20) Female	No award
Veteran Men	Gerald Meah
Veteran Female	Mary Holmes
Under 17 men	Jack Huddleston
Under 17 Ladies	Dominique Smith
Under 15 Boys	Tom Kelk
Under 15 Girls	Kim Motley
Under 13 Boys	William Mycroft
Under 13 Girls	Joint Laura West
	Joint Natalie Cowan
Under 11 Boys	Benedict Kelk
Under 11 Girls	Lauren Sammtot

BP - sprints female Dominique Smith
BP - track >800m male Ed Aston
BP - track >800m female Lucy Dowsett
Peter Howard Marathon Trophy Andrew Mangeot

League Trophies

BP Vets league Male Noel Moss
Williamson
BP Vet League Female Romana Martin
Young Athlete W&C Female Hannah Tonner
Male Andrew Howard
Christine Musowe
SWL Most helpful Joe Abbott-Gribben
BP Male league Joe Abbott-Gribben
BP League Female Philippa Markley
SML Team Managers Jack Huddleston
Anglian League Managers Nikki Fisher

Road Race Trophies

Open 10 m RR Male Ian
Open 10 m RR Female Joanna Ball
Open 10 m RR Male vet Glynn Smith
Open 10 m RR Fem Vet Sue Barnett

Handicap Trophies

110 yds Handicap Not contested
440 yds handicap Not contested

Do you hold a trophy from the 2003 AGM (not cross country)???

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2003, that they should be returned to Mary Holmes by 25th October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned. *If you have a trophy to return, we suggest you make arrangements to return it to Mary Holmes or Neil Costello rather than rely on handing it to someone on a club night. Please do not leave it until the AGM evening – we cant clean them and sort them for presentation quickly enough on the night.*

Would you like to help on the committee – could you be the club general secretary, a team manger, or do another of the jobs?? All nominations are welcome – the officers positions should come up for formal elections each year. Many have been un-opposed for several years, and while they do an excellent job for the club, it is not constitutionally desirable that they should just continue without a proper election. Could you give anyone a break, or help out alongside them maybe?

Cambridgeshire AA AGM – 26th November - 7.30pm at Hemingford Grev House

It would be nice to see a few of the members in attendance, and not just the trophy winners and athletes who have been awarded colours. You don't need an invitation – just turn up.

Come and shift the Christmas Turkey and make room for more!

Why not have a gentle run out on Boxing day morning. The annual club event starts on Newnham Green in Fen Causeway, near the roundabout. All are welcome old and young and it can be a race (there is a trophy) or just a jog to shift the hangover or the Christmas Pud. The course is on the pavements to Trumpington War Memorial and back (back always seems easier) and is only about 4 miles. The start is at 11am - no entry fees - just turn up and run. Parents and non-members are most welcome as well. Last year the ages varied from 12 up to 65 but we have had members up to 80 running. It gives you a better appetite for lunch so lets see you there this year.

Cross country

Our XC secretary John Kazer, and the committee have been trying to find a replacement for the defunct Icknield XC League. Although we have identified one or two good leagues in East Anglia, they will not accept more clubs due to numbers of people in the races, safety, parking etc. Therefore the club will focus this year on the Ryston Runners XC Grand Prix, and on the Multi-terrain Frostbite League

The details of The Ryston Runners series ar as follows:

- Entry fee - pay £2 each or £1 if Under 17/15/13 on the day
- "grand prix" style series, best finisher over the 3 distances wins. 6 races, 3 distances (the series covers each course twice and you must do at least one race at each distance)
- U13/U15 combined race, Under 17 race, and a combined Under 20/Senior race for males and for females.

Dates: Sun 10th Oct, Sun 14th Nov, Sun 19th Dec, Sun 16th Jan, Sun 13th Feb, Sun 20th March

***** **Winter training starts on October 4th** *****

NOTE THE NEW INDOOR TRAINING VENUE AND TIMES!!!

We continue training all winter, even the track and field athletes! In January and February there will be some Indoor competitions for those who are fit.

Mondays 6.00 – 7.30pm Chesterton College Sports Centre - Young athletes fitness session

Tuesdays - 6.30 - 8.30pm Wilberforce Rd - Sprinters and Throwers fitness (13+)

Middle and long Distance groups

Thursdays - 6.30 - 8.00pm Chesterton College Sports Centre - Circuit training (14+), Distance running

Saturdays - 10.30 - 12.00am Wilberforce Rd - Sprints, Throws, Jumps, Middle Distance - all ages by arrangement with your coach.

If you want to train on any of these sessions either go along and talk to the coach who is running it, or, for Saturdays ring your coach or go along and see if there is a group for you. Not every coach can make it every Saturday but there is always someone there, usually including some of the following: Mike, Noel, Iain, James, Stuart.

Note - There will be no throwers sessions between 29th September and 15th October. Throws coaching will begin again on Saturday 16th October, and throwers are encouraged to attend the Thursday evening fitness sessions at Chesterton.

Note – only clean non-marking trainers in the gym at Chesterton. Trainers worn outside must not be used. It's a good facility, but if we abuse it, we will lose it

Road Running Bits

St.Ives 10k July 18th - A very successful race for our club with 1st senior men team comprising of Will George, Giacomo, Leon and Ish. plus 1st V55 Alex, 1st V60 Peter Howard, and 2nd V50 Sue Barnett and the ideal conditions helped no less than 12 of our runners to PB's.

Kevin Henry 5k Summer league - This year Newmarket took the overall and men's team awards and C&C the female prize which Newmarket won last year. Well done to all who supported our club especially the girls on their success. Thank you also to those that helped as marshals etc. at our final event.

Marathons. We have a group of runners traveling to Amsterdam for the 17th Oct. marathon or Half marathon. As the most senior and mature club member I will be competing and also making sure that the younger members behave themselves! We also have a group going to New York two weeks later. We wish them every success.

Hereward relay - Sunday 28th November, a 38.4m. multi terrain race from Peterborough to Ely cathedral. We again require male and female teams for this event. Please contact me asap if you would like to take part.

Frostbite friendly league. The first race is now Oct. 10th at a different St Neots venue (see club notice board). Please support your club in this very popular series, and remember there are also junior races at each venue of approx. 1 mile distance. You can contact Nigel Burch or myself if you need more information or transport to these events.

Yours in running, **Glyn**

Fixtures 2004/2005

Contact Glyn Smith - 01223 571685 to run road or John Kazer 01223 308357 to run XC

Oct 10 th	Ryston XC Grand prix	Ryston	All
Oct 10 th	Frostbite league	St Neots	All
Nov 6 th	English XC relays	Mansfield	Teams
Nov 14 th	Ryston XC Grand Prix	Ryston	All
Nov 14 th	SEAA Vets XC	Margate	Veterans
Nov 14 th	St Neots Riverside Half Marathon	St Neots	Seniors
Nov 21 st	Frostbite League	Bushfield (P'bro)	All
Nov 28 th	Hereward relays	Peterborough	All over 16
Dec 12 th	Frostbite League	Cambridge	All
Dec 12 th	Sportshall league match	Huntingdon	U13/U15
Dec 19 th	Ryston XC Grand Prix	Ryston	All
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All

Dec 31 st	Ely 10k	Ely	All over 16
Jan 9 th	Frostbite League	Ramsey	All
Jan 16 th	Cambs AA Crosscountry Champs	Hinchingbrook	All
Jan 16 th	Ryston XC Grand Prix	Ryston	All
Jan 23 rd	Sportshall league match	Huntingdon	U13/U15
Jan 29 th	English Regional Championships	TBC	All
Feb 5 th	Schools County Championships	TBC	Schools select
Feb 6 th	Frostbite League	Bourne Woods	All
Feb 13 th	Ryston XC Grand Prix	Ryston	All
Feb 19 th	National XC Championships	Crofton Park	Teams
Mar 5 th	CAU Intercounties	Nottingham	County select
Mar 6 th	Frostbite League	Huntingdon	All
Mar 12 th	English Schools Championships	Norwich	Schools select
Mar 20 th	Ryston XC Grand Prix	Ryston	All
April 17 th	London Marathon	London	Seniors
April 23 rd	National 6 and 12 stage relays	Sutton Park	Seniors
April 24 th	AAA Young athletes Road relays	Sutton Parl	All under 17

Useful telephone numbers for 2004/5

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss	Men's T&F teams and Officials		01223 833470
Anna Bird	Young Athletes Team coordinator		01223 352541
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
UKA website	www.ukathletics.org.uk	AAA website www.Englandathletics.org
SEAA website		www.seaa.org.uk
E-mails about C&C membership and other admin issues		info@cambridgeandcoleridge.org.uk
Amendments/items for website		webmaster@cambridgeandcoleridge.org.uk
To join the C&C e-mail information group, e-mail your request to		john.kazer@hotmail.com
Newsletter editor (for your results and articles to publish)		noel.moss@supanet.com
Athletics kit and shoes by internet or mail order		www.bournesports.com

Review of Summer 2004 Track and Field

This year 5 of our athletes bettered the AAA Grade 1 standard in one or two events, and another 13 bettered the AAA grade 2 standard, several of them in two events. That's a very good achievement, which reflects on both the athletes and their coaches. Well done Grade 1 performances from R Noray, J Markley, E Aston, L Dowsett and Alice Forster. Grade 2 performances from P Steiner, A Starnes, J Godden, T Kelk, T Higton, D Maresca, J Abbott-Gribben, L Savino, D Smith, Z Kier, K Motley, E Masters, P Markley.

Southern Men's League

We finally finished in 16th place with 16 match points. Hunts AC crept just above us on the last match. I wish we could get the full team out for just one or two matches in the season. We could make the season safe very early on that way instead of taking it down to the last two matches. The first match turned out to be easier than expected and we finished 3rd. The second match at Guildford, was a tough as expected, and we were competing against Hunts AC for 4th and 5th 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. In the 3rd match at Brighton, the opposition were all from the top half of the table. Nevertheless we beat Kent AC and got two points in 4th place.

In the Home match we finished 2nd, allowing Walton to get ahead of us, but they were getting dangerously close to relegation so they had to act.

At Reading we expected 4th but came 3rd, beating Basildon and Woodford Green (C&C 103.5, Woodford 102 – close!). That left us with 14 points and safe from relegation provided we showed up at the last fixture. In fact at Bedford, the team filled every event and finished 4th beating Hastings. This was the first match I can remember where there were no wasted points at all. The final league table was quite strange, with several clubs on 16 match points separated by their scored points, and Bedford, who were quite strong in their home match, only just missed relegation in 19th place. 6 teams go down this year because of the regionalised Div 3, but Bedford could still drop down if the BAL qualifying match doesn't promote a club from the South, because one was relegated.

Southern Women's League

The Hunts AC / C&C composite team certainly did better than either of the clubs could do on their own in Div 2, but still not well enough to stay there.. The team has been about 60:40 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 2nd with a big points score.

The last two matches were at Bournemouth and Southampton and clearly the athletes from both clubs were reluctant to travel, so the team didn't score enough points at either match and is relegated to Div 3 anyway. The final league position was 23rd of 25. For next season we have to consider if we stay as a composite team with Hunts AC , or go back to our own Div 3 team. The Div 3 North Division gives us matches much closer to home, mainly north of the Thames, and that will suit us better anyway.

Eastern Veterans League

There have been a few new faces in the first this year, and Gerald is doing a good job getting people involved. We still 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 improved on last year, but still a way short of what we would need to qualify for the league final. The men finished in 11th place overall – better than in previous years, and if we get the turnout at all matches next year which we had on the last match this year, who knows, we could just scrape into the final.

Sorry but we haven't managed to get detailed results from the Bedford match yet, so you wont find them in the results section.

East Anglian league

The club qualified for the top 8 final in all 7 age-groups. In the league, the results were as follows: U13 Girls 5th, U15 girls 4th, U17/Senior ladies 2nd, U13 boys 3rd, U15 Boys 4th, U17 Men 3rd, Senior Men 6th.

When you consider that Norwich and Chelmsford were 1st and 2nd in the league overall and we were 3rd, it is a very good result. We were beaten by two very strong clubs.

In the final we did well finishing 2nd in the Ladies, 3rd in Under 15 Boys and Under 17 men, 4th in Under 13 and under 15 Girls, 6th in the Mens, and 7th in Under 13 Boys. Norwich won 5 age-groups and Chelmsford won 2. There was a new club record in the U13 girls HJ for Zoe Kier. All results at back of newsletter.

Eastern Young Athletes league

What can we say – a super season with the team finishing 5th in Division 1 and qualifying for the top 6 final in style. Well done to all concerned – both athletes and team managers.

In the final at Bedford the team finished in sixth place, but quite close to 5th and 4th. We were only 6th in one age-group, and the best result came from the Under 17 age groups who were both 4th.

The Under 17 mens overall competition was very close with Chelmsford scoring 95, Bedford 93, Basildon 88, C&C 87, Herts Phoenix 86 and Havering 75. This was shown clearly in the very final relay, the 4 x 100, where C&C were placed 4th in a finish where the first 5 teams were within 0.3 seconds of each other, clocking 46.2, 46.3, 46.3, 46.4, 46.5 secs, and C&C were closing the gap on the leaders very quickly.

Well done to all the athletes and team managers. To reach the Div 1 final is no mean feat.

Some new club records

Congratulations go to the following:

Lucy Dowsett	Under 15 girls 800m	2.11.29	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 (early in season)
Tom Higton	Under 13 boys 75m hurdles	13.0 secs (August)
Zoe Kier	Under 13 girls Highjump	1.44m

We almost had a AAA Champion – well done Lucy!

Lucy Dowsett ran in the Under 15 Girls 800m at the AAA Championships. She had to run 3 races in total. In the heats she won her race in a modest time, in the semifinal she qualified in 2nd place in a slightly faster time (Christie Smith from HAC sprinted to win but Lucy did the sensible thing by qualifying with minimum effort), and in the final Lucy ran a fast time but couldn't stay with the eventual winner over the final 200m, finishing 2nd, but she left Christie trailing in 3rd place. Times in the results section, with results of other club competitors. It was good to see several C&C athletes there this year.

Lucy also ran for Cambridgeshire in the Under 15 intercounties, and won the 1500m in a time of 4.51.02. (There were 18 counties in the match from all over Southern England).

Close but unlucky!

Ed Aston was unlucky to finish 4th in his U17 Mens 800m final at the English Schools despite running a new personal best. Well done Ed.

Results of our other English Schools qualifiers are also in the results section.

Sportshall athletics for Under 15's, Under 13's and under 11's.

There will be two county sportshall matches this year – proposed dates December 10th and January 23rd. Club teams will be selected for these matches. Please keep the dates free.

Desperate call for people to train as officials (especially field)

With the help of Cambs AA, the club is able to offer training and the short written test, which are necessary to become a grade 4 Judge, free of charge to anyone who is prepared to have a go.

The club is in the situation where we do not have enough qualified judges to comfortably meet our obligations at league matches.

At away matches we are supposed to provide a time keeper, a track judge, and a team of four field judges. At home matches we have to provide all the chief officials, plus some additional timekeepers, track judges, and a team of field officials (sometimes enough to cover two events simultaneously). Its not fair to expect a few people to do most of the judging. Some of our judges have covered as many as 18 matches for the club this year and many have covered at least 10.

If you volunteer and qualify, you don't have to do every match or progress to higher grades. All we want is people who know what they are doing, are qualified, and therefore insured to take charge of an event, and who are prepared to do a few matches each season.

At present we have 3 active graded timekeepers in the club, but we lose one this autumn when he moves to Germany. We have only 3 qualified track judges and we have about 5 or 6 active Field Judges. To ensure that they have enough to do, we take part in five leagues - about 27 matches, and some of the more senior field judges also work at area and national level as well. We also have only one starter and rely heavily on starters from outside the club.

We can arrange to train you as officials at the basic club level, and you sit a very short test, which is quite easy to pass, to get your grade 4 qualification. In 2004 all three from C&C who did the course passed the exam

PLEASE OFFER TO TRAIN IN ONE OF THE DISCIPLINES AND SO EASE THE LOAD ON THE OTHER JUDGES. Noel is putting a list together and the club target is to train at least 5 field judges, 2 timekeepers, a track judge, and hopefully a starter.

OFFER NOW - DON'T WAIT. Just ring Noel (Moss) on 01223 833470 in the first instance and we will put you on the list. The bottom line, if we don't get the offers is that we will not be able to stay in all the Leagues so you or your children will be the losers.

Stretching is bad for you? (or is that not true) by Mike Smith

There has been many ambiguous articles in the sporting press stating that recent studies have discovered that 'stretching' is bad for you.....!! How true is this?

Two years ago I looked into my squads stretching (warm up and warm down) routines following conversations with National coaches and GB international athletes. I'd read articles about

'stretching' not being the best way to prepare for athletic activities, and was worried that I wasn't prescribing the best warm up for my athletes.

After many conversations with coaches and athletes I researched the issue myself. Reading articles from internationally renowned physiotherapists and sports doctors. I discovered that the way we stretched wasn't the best way to prepare our bodies for activity. I had been led to believe that the way to stretch as the word sounds to mean, is to simply hold a lengthened muscle for 15 to 30 seconds, do three times then move on to the next muscle group. Turns out from recent studies that this type of stretching doesn't produce greater flexibility, doesn't promote a greater range of movement, and actually leaves the muscles more susceptible to injury and DOMS (Delayed Onset Muscle Soreness)....!!

So, should I stretch?

The answer being, YES. But, the activity or reason for stretching needs to be taken into account. We need to understand that there's not just one way to 'stretch', we can do Ballistic stretching, PNF (Proprioceptive, Neuromuscular Facilitation - a static, passive, isolated combination), passive stretching, active stretching, Active Isolated Stretching (AIS). There are more ways, and many more names.....

What are Ballistic, PNF, Passive, Active, Active Isolated Stretching (AIS) and held stretching?

Ballistic stretching is when a muscle is 'forced', usually in a swinging motion through a full range of movements.

PNF stretching, again the muscle is taken through a range of movement by another person, held for a period of time, then the muscle is forced back into the person pushing on it for a period of time, whilst the pressure remains on, then the muscle is again relaxed and external pressure remains on it.

Passive stretching, muscle is relaxed and taken through a range of movements by another person, held at the upper threshold of the muscles movement for a period of time.

Active stretching is one where a position is only held for a few seconds, then released, this type of stretching should be repeated 8 to 12 times for full benefit.

AIS is when a muscle is Isolated, and the stretch is held for a few seconds, often performed with a rope or theraband.

Held stretching, this is where the stretch is held for 15 to 30 seconds (sometimes longer), the muscle gives itself back to the stretch after approximately 7 – 10 seconds.

So, how should I 'Stretch' before I train?

Ok, if you're warming up for an activity, go for a jog, cycle, brisk walk, basically raise the bodies core temperature by a degree or so, then your body is ready to stretch, it is recommended that active or 'dynamic' stretching should now be the prerequisite to training.

Passive, PNF, and held stretches should be kept for mobility and warm down exercises to always be performed on warm muscles.

Ballistic stretching should only be performed on warm, un-fatigued muscles.

So, to answer the original question, stretching is not bad for you, no stretching is bad for you, but the appropriate stretching needs to be applied at the appropriate time.

REMEMBER – it is better to 'stretch' than not to stretch at all!!!!

Specific needs need to be taken into account when tailoring a stretching procedure, taking into account the individuals needs:

Nature of sport/athletic event.	Level of proficiency/familiarity with the event.
Fitness, flexibility, health and injury history.	Existing flexibility/mobility regime.
Training/competing level	Frequency and intensity of training/competition.
Goals.	Occupation, lifestyle and time constraints.
Any other additional domestic and/or psycho-social factors.	

If you feel you need further information or further advice on stretching I'm available at the track most training nights to talk about this.

Results, Results, Results

ROAD

Saffron Walden 5k – June 3rd

5 th	LStone	18.43	9 th	D Bowker	19.00
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14 th	I Badr	19.45	16 th	J Lewy	20.08
18 th	A Howard	20.14	20 th	A Downie	20.15
21 st	M Smith	20.16	22 nd	G Smith	20.33
24 th	C Brown	20.57	26 th	T Long	21.24
28 th	P Dewisson	21.32	36 th	P Schofield	23.27
40 th	Nick Burch	22.59	42 nd	A Irvine	23.58
43 rd	R Jackson	24.40	44 th	W Clarkson	24.50
48 th	Nigel Burch	28.31			
Ladies	1 st ladies team				
1 st	J Ball	20.22	2 nd	E Patel	20.24
3 rd	R Brown	21.40	14 th	C McEnery	24.40
<u>EVAC 5 mile – Reach – June 6th</u>					
9 th	L Stone	M45 2 nd 30.12	11 th	S Bowen	M50 2 nd 30.59
19 th	M Chaplin	M45 4 th 32.05	27 th	P Lee	M55 2 nd 34.15
29 th	P Howard	M60 2 nd 34.49	30 th	G Meah	M45 8 th 34.51
32 nd	D Braverman	W50 1 st 35.37	36 th	S Barnett	W50 2 nd 37.28
<u>Weedon 10k 8th June</u>					
4 th W50	S Barnett	48.57	3 rd M60	P Howard	45.58
<u>Banbury 5 mile 15th June</u>					
4 th W50	S Barnett	37.18	3 rd M60	P Howard	34.53
<u>Market Harborough 5 mile 22nd June</u>					
5 th W50	S Barnett	36.58	3 rd M60	P Howard	35.03
<u>Haverhill 5k – July 1st</u>					
7 th	L Stone	17.53	8 th	B Van Aken	18.08
19 th	M Smith	19.19	20 th	A Howard	19.33
21 st	G Smith	19.41	30 th	N Williams	21.03
31 st	G Meah	21.13	33 rd	M Kreetzer	21.21
35 th	M Ennis	21.28	37 th	P Schofield	21.53
38 th	Nick Burch	21.56	39 th	W Clarkson	22.23
43 rd	R Jackson	22.55	45 th	N Costello	23.05
45 th	N Taylor	23.55	50 th	Nigel Burch	27.01
Ladies	1 st ladies team				
3 rd	E Patel	19.45	4 th	J Ball	19.59
5 th	R Brown	20.33	7 th	E Kreetzer	21.26
11 th	D Braverman	22.20	13 th	A Costello	23.05
14 th	C McEnery	23.34			
<u>EVAC 10k – Comberton – 4th July</u>					
9 th	L Stone	M45 1 st 39.10	10 th	M Chaplin	M45 2 nd 39.29
12 th	A Downie	M55 1 st 40.32	20 th	P Lee	M55 4 th 41.53
25 th	G Meah	M45 43.51	26 th	P Howard	M60 3 rd 44.25
28 th	V Green	W45 1 st 44.49	31 st	D Braverman	W50 1 st 45.51
37 th	S Barnett	W50 2 nd 47.37			
<u>Milton Keynes 10k – July 6th</u>					
3 rd V50+	S Barnett	47.45	3 rd W50+ in East Midlands Grand Prix series		
2 nd M60+	P Howard	43.52	2 nd M60 + in East Midlands Grand Prix series		
<u>Ramsey 12k – 11th July</u>					
2 nd W50	S Barnett	57.44		P Howard	53.48
14 th	C McEnery	23.34			
<u>St Ives Dairy Crest 10k – 18th July</u>					
4 th	W George	3.28	12 th	G Cappetti	35.40
20 th	L Stone	37.28	31 st	I Badr	38.55
35 th	M. Smith	39.08	41 st	A Downie (V55)	39.27 (1 st M55)
43 rd	G Smith (V55)	39.35	53 rd	S Chowdhuey	40.15
56 th	E Patel	40.25(3 rd lady)	62 nd	J Ball	41.03
68 th	Roger Jackson	41.30	81 st	M Ennis (V50)	42.17
96 th	N Williams	43.28	101 st	P Schofield (V45)	43.54
105 th	P Howard (V60)	44.14 (1 st M60)	122 nd	S Barnett (VL50)	45.55
129 th	W Clarkson	46.25	140 th	Ron Jackson (V45)	47.18

234 th	N Burch (V45)	57.08	277 th	D Blyth (V80)	83.37
Newmarket 5k – August 5th					
4 th	I Delaney	17.33	7 th	L Stone	18.00
9 th	B Van Aken	18.02	15 th	I Badr	18.40
17 th	B Blaukopf	19.00	20 th	A Howard	19.14
21 st	S Chowdhury	19.16	28 th	G Smith	19.59
31 st	C Brown	20.23	36 th	N Williams	21.10
42 nd	M Ennis	22.02	43 rd	W Clarkson	22.12
45 th	R Jackson	22.24	48 th	A Irvine	23.04
Ladies 1 st ladies team					
2 nd	E Patel	19.20	3 rd	J Ball	20.01
4 th	R Brown	20.34	5 th	V Fanstone	20.36
16 th	K Thomas	24.18	23 rd	C Paddison	26.35

Thorney 5 mile – 15th August

2 nd V50+	S Barnett	36.38	County VW50 – 3rd		
2 nd VM 60+	P Howard	34.42	County VM 60+ - 2 nd		

Cambridge 5k – September 2nd

1 st	I Williamson	15.50	5 th	J Morley	17.13
7 th	L Stone	17.43	10 th	R Kreetzer	18.00
11 th	Bas Van Aken	18.02	17 th	S Chowdhury	18.44
19 th	C Clissold	18.54	20 th	M Smith	18.56
21 st	G Cinque	18.56	23 rd	A Howard	19.03
24 th	A Downie	19.15			
28 th	R Jackson	19.42	31 st	J Lewy	19.53
33 rd	M Kreetzer	19.56	34 th	G Meah	19.58
36 th	C Brown	20.14	40 th	M Ennis	20.34
44 th	T Long	20.47	48 th	P Schofield	21.20
49 th	Nick Burch	21.20	53 rd	R Jackson	22.31
Ladies 2 nd Team					
2 nd	V Fanstone	20.04	4 th	S Hannema	20.56
5 th	D Braverman	21.19	8 th	S Cartwright	22.06
12 th	H Kinneer	22.33	17 th	E Buckland	23.28
19 th	K Thomas	23.29	20 th	R Kiff	24.30

Final Result of 5k series – Men 2nd team, Ladies 1st team

Gruntv Fen Half Marathon – 12th September

21 st	G Cappetti	1.20.52	33 rd	I Badr	1.24.14
55 th	M Chaplin (3 rd M45)	1.27.12	74 th	E Patel (4 th Female)	1.28.56
79 th	G Smith (3 rd M55)	1.29.22	80 th	D Mail (6 th M50)	1.29.40
87 th	A Downie (4 th M55)	1.30.48	102 nd	A Howard (U20)	1.32.33
104 th	C Clissold	1.32.52	122 nd	R Jackson	1.34.17
125 th	S Chowdhury	1.34.31	144 th	G Meah (V45)	1.36.06
156 th	V Green (1 st W45)	1.37.17	177 th	T Long (V40)	1.38.38
185 th	C Levy (4 th W35)	1.39.26	213 th	N Williams	1.41.21
271 st	S Barnett (1 st W50)	1.45.30	272 nd	W Clarkson	1.45.53
273 rd	P Howard (M60)	1.45.54	317 th	R Jackson (M45)	1.49.06

MULTI-TERRAIN?

Wibbly Wobbly Log Jog - Brandon

30 th	G Smith	2 nd M55	32.37		
67 th	C Brown	13 th M40	35.19		
147 th	A Irvine		40.57	324 finished	

TRACK & FIELD

Eastern veterans Championships – June 13th at Hertford

M45	G Meah	400m	3 rd	67.1	80m	2 nd	2.42.5
	M Chaplin	1500m	4 th	5.14.8			
	D Bowker	5000m	2 nd	17.44.4			
M50	P Bramford	Hammer	2 nd	24.70	Shot	3 rd	10.06

	P Monk	Discus	3 rd	31.73	Javelin	1 st	34.02
	J Herron	Polevault	1 st	2.40			
W35		1500m	4 th	5.31.0			
W50	R Martin	Hammer	1 st	28.57	Shot	1 st	9.17
		Discus	1 st	24.40			
W60	I Hornsey	800m	1 st	3.01.3			

Southern Womens League – 3rd July at Newham

1st WSE 177½, 2 nd Thurrock 161, 3 rd Luton 146, 4 th Newham 134, 5 th Hunts/C&C 109½							
Seniors (all results shown! But C&C names only)							
100m	3A	D Smith	13.5				
Longjump	4A	D Smith	4.61	3B			
Triplejump		Cancelled – points shared					
Shot	1A			3B	Romana Martin		8.07
Hammer	1A			2B	Romana Martin		25.76
4 x 100	3A						
Under 15 girls							
Shot	1A	A Forster	10.66				
Discus	2A	A Forster	21.57				
Javelin	3A	A Forster	15.93				

EYAC Golden Jubilee Mile

M Chaplin	2 nd M45	5.46.3	G Meah	4 th M45	6.01.0
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East Anglian League - Norwich - July 4th

Overall match result – Norwich 1 st 48pts, C&C 2 nd 42 pts, PAC 3 rd 24 pts, Ryston 4 th 23 pts etc							
Senior Men – 3 rd 140 pts							
100m	4A	T Brennand	12.6	3B	C Kostov		13.6
200m	3A	J Brennand	26.7	5B	C Kostov		
	28.3						
400m	2A	I Williamson	53.7				
800m	1A	I Williamson	1.57.9	4B	A Howard		2.28.5
3000m	2A	K White	9.51.2	2B	B Van Aken		10.10.9
	N/S	A Howard	10.55.9				
110m Hdls	3A	T Brennand	20.0	3B	J Brennand		
	21.8						
Highjump	3A	T Brennand	1.50	3B	J Brennand		
	1.20						
Longjump	3A	T Brennand	5.24	2B	J Brennand		
	5.18						
Triplejump	3A	J Brennand	10.80	3B	T		
Brennand	10.41						
Shot	2A	G Parsons	11.38	2B	P Bramford		8.78
Discus	1A	G Parsons	35.89	1B	P Bramford		28.68
Javelin	2A	P Bramford	34.81	1B	G Parsons		32.34
Hammer	4A	P Bramford	19.77	2B	N Moss		14.57
4 x 100	4A		19.97				
Under 17 Men 2 nd in match - 124 points							
100m	3A	J Godden	12.0	4B	D Player		12.9
200m	3A	J Godden	23.8	3B	J Slade		24.2
400m	2A	J Slade	54.8	1B	D Player		57.6
800m	4A	R Kreetzer	2.12.5				
1500m	2A	R Lasenby	4.38.1				
100hds	2A	T Adams	17.0				
Highjump	2A	T Adams	1.75	2B	J Huddleston		1.50
Longjump	2A	J Slade	5.25	2B	J Godden		5.15
Triplejump	2A	T Adams	10.48	1B	J Huddleston		
	9.95						
Shot	2A	S Fisher	12.07	3B	A Burch		4.04
Discus	2A	S Fisher	32.72	3B	J Huddleston		22.90
	N/S	A Burch	14.16				

Javelin	3A	A Burch	19.19				
Hammer	3A	S Fisher	28.34				
4 x 100	1A		48.2				
Under 15 Boys - 1st in match - 197 points							
100m	2A	C Mortar	12.8	2B	S Goldfinch	13.9	
	N/S	J Ennis	15.1				
200m	4A	S Goldfinch	27.5	1B	W Mycroft	31.8	
400m	3A	A Hall	69.3	3B	J Ennis	73.8	
800m	2A	J Jameson	2.30.3	2B	A Hall	2.33.1	
1500m	2A	W Mycroft	4.52.3	1B	J Kennard	4.56.8	
Highjump	2A	O Tonner	1.55	2B	J Kennard	1.40	
Longjump	2A	H Fox	4.25	1B	J Ennis	4.11	
Triplejump	3A	S Goldfinch	9.49	2B	J Jameson		
	8.91						
Shot	2A	C Mortar	9.82	1B	H Fox	8.12	
Discus	2A	H Fox	22.32	2B	A Hall	13.34	
Javelin	2A	O Tonner	29.83	1B	C Mortar	26.67	
Hammer	2A	O Tonner	20.02	2B	J Jameson	10.10	
4 x 100	2A		53.7				
Boys under 13 – 2 nd in match - 100 points							
100m	2A	A Mortar	15.0	1B	B Kelk	14.6	
	N/S	P Scott	15.1				
200m	2A	B Kelk	29.5	1B	R Milner	29.9	
	N/S	P Scott	30.5				
800m	2A	R Milner	2.31.4	1B	T Spry	2.43.7	
	N/S	T Higton	2.41.4				
1500m	2A	T Loveluck	5.13.4	3B	N Burch	5.37.1	
75m Hurdles	3A	B Kelk	18.6	2B	T Higton	13.4	
	N/S	T Spry	16.2				
Highjump	3A	T Higton	1.25	2B	T Lovelock	1.20	
Longjump	5A	N Burch	3.09				
Shot	5A	S Bicknell	5.01	2B	N Burch	4.65	
Discus	5A	T Spry	13.30				
Javelin	1A	S Bicknell	18.65				
4 x 100	2A		58.4				
Ladies	2 nd in match		140 pts				
100m	2A	K Motley	13.7	1B	A Cone	13.9	
200m	2A	I Asztalos	28.1	1B	H Tonner	28.3	
400m	1A	I Asztalos	62.4	1B	M Kostov	64.5	
300m U17	1A	N Fisher	43.5				
80m Hdls	1A	K Motley	12.4	1B	A Cone	13.1	
800m	2A	S Iwanko	2.36.6				
1500m	2A	L Rosier	5.29.9	2B	S Hannema	6.01.5	
Highjump	2A	I Asztalos	1.35	2B	H Tonner	1.35	
Triplejump		1A	K Motley			10.23	
Shot	3A	S Hannema	7.02	3B	G Kyriacou	6.94	
Discus	3A	S Hannema	19.95	1B	G Kyriacou	19.56	
Javelin	1A	L Cowan	25.11	1B	G Kyriacou	23.99	
4 x 100 relay	2A		53.9				
Under 15 girls							
100m	3A	N Cowan	13.9	3B	I Gustaffson	15.7	
200m	4A	E Bicknell	30.6				
800m	4A	K Parker	2.47.0	3B	E Bicknell	2.56.2	
Hurdles	1A	V Asztalos	13.2	1B	N Cowan	15.3	
Longjump	2A	V Asztalos	4.45	3B	N Cowan	2.20 (inj)	
Highjump	2A	V Asztalos	1.20	2B	E Bicknell	1.10	
Shot	3A	I Godden	5.99				
Discus	2A	K Parker	12.66	2B	I Godden	12.17	

Javelin	1A	S Cracknell	13.61	1B	I Godden	8.66	
Under 13 Girls	2nd in match		75 pts				
100m	4A	E Raine	15.7	2B	L Sammout	15.2	
	N/S	H Cox	15.6				
200m	3A	E Raine	32.8	N/S	M Nicholson	38.3	
800m	4A	M Nicholson	3.21.4				
70m hurdles	2A	C Davidson	13.7				
Highjump	4A	C Davidson	1.10				
Longjump	1A	L Sammout	3.74	1B	C Davidson	3.43	
Shot	2A	C Carter	6.50	1B	L Sammout	5.91	
Discus	2A	C Carter	13.36				
Javelin	1A	C Carter	17.30	N/S	M Nicholson	6.08	
4 x 100	1A		58.7				

Eastern veterans league – Cambridge – 7th July

Men 4 th 57 pts, Ladies 4 th 26pts Filthy evening – heavy rain and wind – relays cancelled							
100m	3 rd M40+	C Kostov	14.3	3 rd M50+	N Moss	16.1	
400m	4 th M40+	C Kostov	78.1	4 th M50+	N Moss	78.6	
				3 rd	I Hornsey	84.7	
1500m	3 rd M40+	M Chaplin	5.25.7	3 rd M50+	M Ennis	5.31.9	
				2 nd W55+	I Hornsey	6.39.8	
2km walk	3 rd M40+	G Meah	15.59.9	2 nd M50+	M Ennis	13.12.8	
				1 st W45	D Braverman	12.37.6	
Highjump	4 th M40+	G Meah	1.10m				
Longjump	4 th M40+	G Meah	3.15m	3 rd M50+	N Moss	3.77m	
Shot	5 th M40	F Martin	7.15	3 rd M50+	P Bramford	9.03m	
				2 nd W45+	R Martin	7.46m	
Hammer	5 th M40+	F Martin	20.76	2 nd M50+	P Bramford	20.60m	
				2 nd W45+	R Martin	22.68m	

National Schools at Gateshead - 10th /11th July

U15 Girls 800m	L Dowsett	Disq (1 st finisher in heat)					
U15 Girls shot	A Forster	9 th	10.18	P Markley	9.64	15th	
U17 Ladies 200m	D Smith	8 th in semi	25.46 (26.23 in ht)				
U17 ladies hurdles	K Motley	4 th in ht	12.19				
U15 Boys	R Noray	? in ht	24.13				
U17 Mens 800m	E Aston	4 th	1.55.82				
U17 Men 100m hdls	J Markley	7th in semi		11.58 (11.27 in ht)		Bronze medal in	
relay							
U20 mens 200m	A Starnes	4th in ht	22.77				

Southern Mens League at St Ives on 10th July

1st Walton 137, 2 nd C&C 121½, 3 rd Portsmouth 113½, 4 th Dacorum 85, 5 th Epsom 48							
100m	2A	P Steiner	11.4	3B	J Godden	12.1	
200m	3A	P Steiner	23.5	2B	J Godden	24.4	
400m	3A	P Steiner	52.3	4B	J Huddlestone	59.4	
800m	2A	I Williamson	2.02.8	4B	B Van Aken	2.22.7	
1500m	1A	I Williamson	4.10.8	5B	AHoward	4.58.1	
5000m	3A	W George	15.50.0	2B	I Delaney	17.22.7	
3000S/C	3A	W George	10.37.1	2B	B Van Aken	11.28.8	
110 hdls	1A	T Brennan	19.7	2B	J Brennan		
	21.4						
400hdls	3A	T Brennan	68.7	3B	J Huddlestone	69.0	
Highjump	3A	T Adams	1.75	=3B	J Huddlestone	1.00	
Longjump	5A	J Brennan	5.56	3B	T Brennan		
	5.13						
Triplejp	4A	J Brennan		11.94	4B	T Brennan	
	10.80						
Polevault	4A	N Moss	2.40	3B	J Huddlestone	2.20	
Shot	2A	G Parsons	11.60	1B	R Smith	10.52	
Discus	2A	G Parsons	37.67	1B	R Smith	31.26	

Javelin	2A	G Parsons	34.92	2B	R Smith	33.23
Hammer	1A	G Parsons	35.56	2B	R Smith	16.97
4 x 100	1A	Steiner, Dunlop, Godden, Huddlestone				46.1
4 x 400	3A	Williamson, Brennand, Brennand, Dunlop				3.54.8

Eastern Counties Championships at Bedford on July 11th

Under 15 Boys 1500m		3 rd	W Mycroft		4.50.0	
Under 17 Mens 100m		3 rd	J Abbott-Gribben	11.8	6 th	J Godden 11.8
Under 17 Mens 200m		3 rd	J Godden	23.84		
Under 17 Mens Triplejump		2 nd	J Abbott-Gribben	12.88		
Under 17 Mens shot		2 nd	S Fisher	12.08		
Under 17 Mens Discus		2 nd	S Fisher		34.46	
Under 17 Mens Hammer		3 rd	S Fisher	29.61		
Under 17 ladies Hurdles		1 st	K Motley	12.21		
Under 17 Ladies Longjump		1 st	K Motley	4.51		

Watford Open Graded 21st July

800m	6 th	L Dowsett	2.11.29			
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Eastern Young Athletes league at Burv St Edmunds on 25th July

Match result – 1st Bedford 410, 2nd C&C 298, 3rd West Suffolk 238, 4th Kettering 112

Under 17 men						
100m	3A	J Godden	12.1	1B	J Abbott-Gribben	11.9
200m	2A	J Godden	24.1	1B	O Francis	24.8
400m	1A	D Player	55.7	2B	O Francis	56.7
800m	3A	R Kretzler	2.11.2	2B	A Yeomans	2.15.0
1500m	3A	M Bell	4.57.7			
Longjump	2A	J Godden	5.27	2B	O Francis	5.00
Highjump	3A	J Huddlestone	1.55			
Triplejump	2A	J Abbott-Gribben	12.40	2B	J Huddlestone	
						10.60
Shot	2A	M Thomson	9.13	3B	A Burch	5.83
Discus	3A	M Thomson	24.14	1B	J Huddlestone	23.44
Javelin	3A	M Thomson	34.9	3B	A Burch	17.08
4 x 100	1A	Godden, Abbott-Gribben, Francis, Player				47.4

Under 15 Boys

Hurdles	2A	D Gale	14.3			
100m	1A	L Crabb	12.3	2B	S Goldfinch	13.5
200m	2A	S Goldfinch	27.6	2B	S Richards	28.7
400m	2A	T Kelk	58.1	3B	D Gale	70.8
800m	1A	T Kelk	2.13.9	2B	A Hall	2.33.2
1500m	2A	J Kennard	4.48.6	2B	P Shields	5.42.0
Longjump	3A	O Tonner	4.60	2B	S Richards	4.42
Highjump	2A	O Tonner	1.55	4B	J Ennis	1.20
Shot	2A	J Sutton-Zian	9.50	2B	J Kennard	5.60
Discus	1A	J Sutton-Zian	24.55	2B	L Crabb	17.92
Javelin	2A	O Tonner	29.27	2B	T Kelk	25.88
4 x 100	2A		53.2			

Under 13 Boys

Hurdles	1A	T Higton	13.2	1B	B Kelk	13.7
100m	2A	B Kelk	14.4	1B	D Marasca	13.6
200m	2A	B Kelk	29.9	2B	D Marasca	30.0
800m	2A	R Milner	2.33.6	3B	D Marasca	2.41.8
1500m	4A	N Burch	5.41.7			
Longjump	2A	A Hunt	3.24	2B	N Burch	3.13
Highjump	2A	T Higton	1.30	2B	R Dunsmore	1.15
Shot	3A	A Hunt	6.55	2B	S Bicknell	5.90
Discus	2A	R Dunsmore	16.26	1B	A Hunt	16.24
4 x 100 relay	2A		57.7			

Under 17 Ladies

Hurdles	1A	K Motley	12.0			
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100m	2A	C Lacey	13.2	1B	K Motley	13.1
200m	2A	C Lacey	27.3	1B	H Tonner	27.6
300m	1A	N Fisher	43.4	1B	E Schofield	47.5
800m	1A	S Iwanko	2.35.1			
Longjump	2A	K Motley	4.44			
Highjump	2A	H Tonner	1.35	1B	S Iwanko	1.35
Shot	2A	CMusowe	6.66			
Discus	3A	C Musowe	13.72	3B	E Schofield	11.75
Javelin	2A	C Musowe	14.42	3B	E Schofield	8.93
4 x 100	1A	Motley, Lacey, Tonner, Fisher				53.4

Under 15 Girls

Hurdles	3A	L West	13.4			
100m	2A	L West	13.7	4B	N Napier	14.1
200m	4A	J Gent	30.7	4B	L Traynier	32.0
800m	1A	L Dowsett	2.17.3	1B	G Coe	2.33.6
Longjump	4A	L Traynier	3.76	3B	J Gent	3.50
Highjump	3A	L West	1.35	4B	N Napier	1.25
Discus	3A	K Parker	11.67	2B	N Napier	11.22
4 x 100	4A		58.7			

Under 13 Girls

Hurdles	3A	R Trotter	15.8	1B	Z Kier	13.5
100m	4A	L Sammout	14.7	4B	E Raine	15.3
200m	4A	Z Kier	31.22	4B	E Raine	32.7
800m	3A	Z Kier	2.40.6	2B	E Kier	2.43.3
1500m	4A	J Corbett	5.49.6	3B	E Grimshaw	6.13.4
Longjump	2A	L Sammout	4.02	2B	R Trotter	3.39
Highjump	3A	I Gallucci	1.00			
Shot	3A	L Sammout	6.01	4B	J Corbett	4.78
Discus	3A	E Emond	11.60	3B	E Grimshaw	8.09
4 x 100	3A		61.0			

Southern Mens League at Reading on 31st July

1st Reading 137, 2 nd Ealing 112½, 3 rd C&C 103½, 4 th Woodford Green 102, 5 th Basildon 47						
100m	1A	P Steiner	10.9	4B	B Percival	12.3
200m	1A	P Steiner	22.8	4B	B Percival	26.3
400m	3A	S Dunlop	56.5	4B	J Huddlestone	58.6
800m	4A	B Van Aken	2.35.6	4B	A Howard	2.30.6
1500m	2A	I Williamson	3.55.6	5B	A Howard	5.01.2
5000m	3A	W George	16.13.8	4B	K White	17.47.7
3000S/C	4A	W George	11.02.4	2B	B Van Aken	11.45.5
110 hdl	1A	T Brennand	19.3	1B	J Brennand	
						20.9
400hds	4A	T Brennand	67.1	3B	J Huddlestone	67.4
Highjump	3A	T Brennand	1.50	=2B	J Huddlestone	1.50
Longjump	2A	P Steiner	5.71	2B	J Brennand	

Triplejp

	5A	J Brennand		11.64	2B	T Brennand
						10.95
Polevault	5A	J Brennand		2.60	4B	N Moss

Shot

	3A	G Parsons	11.46	3B	P Bramford	9.08
Discus	3A	G Parsons	36.69	3B	P Bramford	27.68
Javelin	4A	P Bramford	34.17	3B	G Parsons	32.35
Hammer	3A	G Parsons	38.01	4B	P Bramford	20.53
4 x 100	3A	Steiner, Huddlestone, Dunlop, Percival				46.4
4 x 400	5A	Steiner, Williamson, Brennand, Dunlop				3.52.6

Eastern veterans League – Bedford – 4th August

Men – C&C 4th – 71 pts

Sorry, Bedford have not provided detailed results unfortunately

Southern Womens League – C&C/Hunts AC composite team – 7th August at Bournemouth

Team 5 th - 85 Points						
Seniors (C&C names only)						
800m	2A	H Belbin	2.34.1			
80m hdl	1A	K Motley	12.5			
Longjump	4A			4B	A Charles	4.14
Triplejump		3a	K Motley	9.99	2B	A Charles
	9.38					
Javelin	3A			2B	A Charles	19.32
Under 15 girls						
Shot	4A	H Sayer (U13)	5.64			
Discus	4A			1B	H Sayer	15.24
Javelin	4A			4B	H Sayer	8.40

SEAA Under 15/U20 Intercounties match – Abingdon on August 8th

U15 Girls	1500m	1 st	L Dowsett	4.51.02		
	Hurdles	6 th in heat	L West	13.1		
Under 20 Ladies	Triplejump			11 th	K Motley	10.05
	100m	5 th in heat	D Smith	13.1		
	200m	4 th in heat	D Smith	26.95		
	400m	7 th in heat	N Fisher	63.51		
Under 15 Boys	200m	2 nd	R Noray	23.62		
Under 20 men	200m	W/D Injury	A Stames	--		

East Anglian League – Ipswich – August 8th

Overall match result - C&C – 1st – 40 pts, Chelmsford 2nd – 39 pts, Ipswich 3rd 37½ pts, Luton 4th 27 pts, West Suffolk 5th 24 pts, Colchester Harr. 6th, Leighton Buzzard 7th.

Senior Men – 2 nd 134 pts							
100m	1.3.2	4A	B Percival	12.3	4B	J Brennan	
200m	30.8	5A	B Percival	24.8	4B	J Brennan	
400m		4A	I Williamson	55.4	1B	W George	54.1
800m		1A	I Williamson	1.59.5			
3000m		1A	W George	9.16.0	1B	K White	9.48.8
		N/S	B Van Aken	10.27.4	N/S	A Howard	10.51.4
110m Hdl		2A	J Brennan	20.6			
Highjump	1.20	4A	J Brennan	1.20	3B	B Percival	
Longjump	5.09	3A	J Brennan	5.12	1B	B Percival	
Triplejump	9.48		1A	W George	10.65	3B	J Brennan
Shot		1A	G Parsons	11.38	2B	P Bramford	8.52
		N/S	F Martin	6.94			
Discus		2A	G Parsons	36.74	1B	P Bramford	28.54
		N/S	F Martin	19.84			
Javelin		5A	P Bramford	34.70	3B	G Parsons	33.81
Hammer	16.91	1A	G Parsons	39.09	3B	J Brennan	
4 x 100		4A	56.8				
Under 17 Men - 100m		1A	J Markley	11.9	1B	J Abbott-Gribben	11.8
		N/S	M Schurch	11.8			
200m		1A	M Schurch	24.3			
400m		5A	M Bell	60.5	1B	J Huddleston	57.3
800m		2A	M Bell	2.16.0			
Hurdles		2A	J Markley	14.8			
Longjump		2A	M Schurch	5.51	1B	M Bell	3.62

Triplejump	10.61	1A	J Markley	10.91			
Shot		2A	J Huddleston	23.61			
Discus		1A		46.7			
4 x 100							
Under 15 Boys – 100m		2A	O Rudkin	12.6	2B	S Goldfinch	13.0
		N/S	E Lockton	12.9	N/S	H Fox	13.9
200m		3A	O Rudkin	26.1	3B	S Goldfinch	28.8
400m		4A	S Richards	65.0	3B	E Lockton	62.5
800m		2A	T Kelk	2.10.4	N/S	D Napier	2.51.0
1500m		1A	S Crosk	4.58.4	1B	J Jameson	5.08.0
80m Hdl		3A	T Kelk	14.1			
Longjump		2A	S Richards	4.72	2B	S Goldfinch	4.23
		N/S	H Fox	4.40			
Triplejump	10.41	3A	J Jameson	9.23	N/S	S Crosk	
Highjump		3A	O Tonner	1.50	3B	S Richards	1.40
Shot		1A	E Lockton	9.56	1B	H Fox	8.03
Javelin		3A	C Mortar	30.83	1B	O Tonner	30.26
Hammer		1A	O Tonner	19.40	1B	C Mortar	18.61
4 x 100		1A		49.7			
Boys under 13 – 100m		2A	D Marasca	13.6	3B	A Mortar	14.9
		N/S	J Wesley	14.4	N/S	R Dunsmore	14.6
200m		3A	R Milner	29.8	2B	B Kelk	30.3
		N/S	D Maresca	29.3			
800m		3A	R Milner	2.36.7	2B	T Highton	2.39.4
1500m		3A	T Spry	5.29.2			
75m Hurdles		1A	T Highton	13.3	3B	B Kelk	15.3
		N/S	T Spry	15.9			
Longjump		4A	B Kelk	4.03	3B	T Highton	3.85
Shot		2A	J Wesley	7.05	2B	S Bicknell	6.00
Discus		4A	T Spry	14.84	N/S	R Dunsmore	17.75
Javelin		5A	S Bicknell	17.81	N/S	C Mortar	12.08
4 x 100		2A		58.0			
Ladies – =2 nd 95 pts							
100m		3A	C Lacey	13.5	3B	H Tonner	14.2
		N/S	A Cone	14.2			
200m		4A	C Lacey	27.8	3B	H Tonner	28.6
800m		3A	S Iwanko	2.35.8	2B	S Hannema	2.37.3
1500m		1A	S Hannema	5.47.0			
80m hdl		3A	A Cone	13.8			
Highjump		2A	H Tonner	1.35	1B	S Iwanko	1.20
Longjump		7A	A Charles	3.75	3B	S Hannema	3.47
Triplejump		3A	A Charles	9.28			
Shot		4A	R Martin	8.29	3B	C Musowe	7.50
Discus		2A	R Martin	23.15	4B	C Musowe	12.24
Javelin		6A	C Musowe	14.42	4B	S Charles	14.25
4 x 100		4A		53.8			
Under 15 girls – 2 nd 78 pts							
100m		4A	N Napier	14.2	4B	E Highton	14.8
200m		5A	A Ellis	30.3	2B	E Clements	30.1
800m		5A	E Clements	2.56.3			
1500		1A	G Coe	5.16.1			
Hurdles		1A	E Highton	13.7	1B	S Morton	19.8
Longjump		5A	E Highton	4.07	4B	A Ellis	3.59
Highjump		4A	N Napier	1.25			

Shot	1A	P Markley	8.61	4B	S Morton	4.74
Discus	3A	P Markley	23.43	2B	N Napier	13.35
4 x 100	4A		61.5			
Under 13 Girls – 4 th – 65 pts						
100m	5A	L Sammout	14.8	5B	H Cox	15.1
	N/S	M Gayle	14.5	N/S	K Band	14.9
	N/S	B Richards		15.8		
200m	7A	K Band	31.7	2B	H Cox	32.1
	N/S	M Gayle	30.7			
800m	3A	E Sayers	2.42.1	3B	M Nicholson	3.17.2
70m hurdles	5A	C Davidson	13.8	2B	B Richards	
14.3						
Highjump	1A	E Sayers	1.20			
Longjump	6A	C Davidson	3.34	7B	M Nicholson	2.47
Shot	3A	L Sammout	5.92			
Discus	1A	K Band	17.46	N/S	L Sammout	17.87
Javelin	2A	E Sayers	11.13			
4 x 100	3A		60.7			

Southern Mens League at Bedford on 14th August

1st Aylesbury 140, 2 nd Bedford 123, 3 rd Thurrock 103½, 4 th C&C 92, 5 th Hastings 81½						
100m	1A	P Steiner	11.4	4B	J Godden	12.3
	N/S	A Ellis-Evans	12.3			
200m	2A	P Steiner	23.4	4B	J Godden	24.6
400m	3A	A Ellis-Evans	54.0	3B	J Morley	54.5
800m	2A	I Williamson	1.59.1	1B	N Carroll	2.00.6
1500m	1A	W George	4.09.4	4B	A Parmenter	4.36.1
5000m	4A	K White	17.36.3	4B	A Howard	17.47.7
3000S/C	5A	B Van Aken	11.18.7	4B	T Brennand	14.03.8
110 hlds	4A	T Brennand	19.3	4B	J Brennand	
21.7						
400hlds	4A	T Brennand	66.3	3B	J Huddleston	65.4
Highjump	4A	J Huddleston	1.50	3B	T Brennand	1.50
Longjump	4A	P Steiner	5.86	2B	J Godden	5.53
Triplejp	5A	J Brennand		11.35	5B	T Brennand
10.65						
Polevault	4A	J Brennand		2.40	3B	J Huddleston
2.20						
Shot	4A	G Parsons	11.33	5B	P Bramford	8.64
Discus	1A	G Parsons	38.50	3B	P Bramford	28.70
Javelin	5A	G Parsons	33.73	5B	S Dunlop	28.06
Hammer	2A	G Parsons	38.26	5B	J Brennand	
16.78						
4 x 100	3A	Steiner, Godden, Ellis-Evans, Dunlop				46.8
4 x 400	3A	George, Williamson, Carroll, Dunlop				3.46.6

AAA Under 17 championships at Birmingham – August 14th/15th

GU15	800m	2 nd	L Dowsett	2.12.95	(ht 2.23.96, sf 2.18.88)
	Shot	16 th	P Markley	9.35	
GU17	Hurdles	heat	K Motley	12.33	
BU15	800m	7 th in heat	T Kelk	2.09.74	(Personal best)
MU17	100m	4 th in heat	J Markley	11.47	

Eastern Young Athletes league at Stevenage on 15th August

Match result – 1st Basildon 349½, 2nd C&C 299, 3rd Dacorum and Tring 271½, 4th Enfield & Haringey 209

Under 17 men (2nd 63 pts)

Hudles	1A	J Markley	14.6			
100m	1A	J Markley	11.6	1B	J Godden	12.2
200m	1A	J Godden	24.2	2B	J Huddleston	25.4
400m	3A	J Huddleston	56.2	3B	M Bell	61.6
800m	2A	R Kretzer	2.12.3	3B	M Bell	2.17.5

1500m	2A	R Lasenby	4.33.8	2B	J Andrews	4.41.2
Longjump	4A	M Hathaway	4.85	3B	M Bell	3.78
Triplejump	4A	J Huddleston	9.08			
Shot	1A	J Markley	11.66	1B	S Fisher	10.33
	N/S	A Burch	6.41			
Discus	1A	S Fisher	33.66	3B	A Burch	19.28
Javelin	1A	M Hathaway	33.93	2B	S Fisher	15.65
4 x 100	1A		47.0			

Under 15 Boys (3rd 55 pts)

Hurdles	2A	C Noakes	13.2	2B	T Kelk	15.0
100m	1A	R Noray	12.0	2B	O Rudkins	12.6
200m	1A	R Noray	24.6	2B	E Luckton	26.4
400m	3A	S Goldfinch	64.8			
800m	2A	T Kelk	2.13.7	3B	J Ennis	2.47.5
1500m	3A	W Mycroft	5.00.1	3B	S Crook	5.25.2
Longjump	3A	S Crook	5.05	3B	O Rudkins	4.90
	N/S	S Goldfinch	4.88	N/S	J Ennis	4.18
Highjump	4A	O Tonner	1.50	2B	J Ennis	1.20
Shot	2A	E Luckton	9.88	2B	H Fox	7.76
Discus	2A	H Fox	24.11	2B	E Luckton	19.69
Javelin	4A	O Tonner	30.22	4B	T Kelk	17.77
4 x 100	3A		51.3			

Under 13 Boys (=1st 48 pts)

Hurdles	1A	T Higton	13.0	1B	B Kelk	13.9
100m	2A	D Marasca	14.1	3B	B Kelk	15.0
	N/S	T Higton	15.0			
200m	1A	D Marasca	28.3	1B	R Milner	29.9
800m	1A	R Milner	2.32.9			
1500m	3A	N Burch	5.32.1			
Longjump	1A	D Maresca	4.41	1B	T Higton	4.29
Highjump	1A	B Kelk	1.25			
Shot	4A	R Milner	5.48	2B	N Burch	4.45
Discus	4A	N Burch	10.03			
4 x 100 relay	1A		56.5			

Under 17 Ladies (3rd 48 pts)

Hurdles	1A	A Cone	13.3			
100m	2A	D Smith	13.2	1B	C Lacey	13.4
200m	2A	D Smith	26.7	1B	C Lacey	27.4
	N/S	H Tonner	27.7			
300m	1A	N Fisher	43.2	2B	A Charles	50.6
800m	2A	S Iwanko	2.33.8			
Longjump	3A	A Charles	4.06	1B	N Fisher	3.80
Highjump	1A	H Tonner	1.30			
Shot	4A	D Smith	5.83	3B	H Tonner	5.48
Javelin	4A	A Charles	14.18	3B	S Iwanko	7.43
4 x 100	1A	Smith, Lacey, Tonner, Fisher				51.9

Under 15 Girls (3rd 38 pts)

Hurdles	4A	E Higton	14.3			
100m	3A	H P-Jones	14.4	1B	N Napier	14.4
200m	4A	H P-Jones	29.9	2B	E Higton	31.0
Longjump	1A	N Napier	3.96	1B	E Higton	3.94
Highjump	4A	H P-Jones	1.25	2B	N Napier	1.20
Shot	1A	P Markley	8.90	3B	S Cracknell	6.07
Discus	1A	P Markley	22.74	3B	S Cracknell	13.15
Javelin	4A	P Markley	12.67	4B	S Cracknell	8.33
4 x 100	4A		60.6			

Under 13 Girls (2nd 47 pts)

Hurdles	1A	R Cormack	13.2	1B	R Trotter	14.4
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100m	N/S	I Gallucci	15.3				
200m	3A	L Sammout	15.3	3B	E Rains	16.2	
	4A	Z Kier	33.0	2B	E Raine	33.6	
	N/S	R Cormack	31.5	N/S	H Cox	32.7	
	N/S	R Trotter	33.5	N/S	E Kier	34.7	
800m	1A	Z Kier	2.43.9	2B	E Kier	2.50.1	
Longjump	1A	L Sammout	3.98	2B	R Trotter	3.50	
Highjump	1A	Z Kier	1.35	1B	R Cormack	1.25	
Shot	4A	E Rains	4.73	4B	I Gallucci	4.52	
Discus	2A	L Sammout	16.93	3B	E Kier	8.78	
4 x 100	3A		59.8	N/S		62.2	

Watford BMC meeting – 18th August

Men	1500m	8 th in race 2	I Williamson	3.54.19			
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Horsham Open meeting – August 22nd

BU15	Polevault		B Abbott-Gribben	1.90m			
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Marshall Peugeot Games – Peterborough – August 29th

BU15	Polevault		B Abbott-Gribben	1.90m			
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ECAA Intercounties trophy meeting at St Ives – Sept 5th (6 competing counties)

Senior Men (Cams 3rd)

100m	2B	P Steiner	11.4				
200m	4A	P Steiner	22.7	6B	N Beer	25.2	
400m	5B	N Beer	54.3				
1500m	2A	I Williamson	3.55.2				

Senior ladies (Cams 3rd)

100m	2A	C Lacey	12.7				
200m	5A	C Lacey	27.1				
3000m	5A	S Hannema	11.47.8				
Longjump	3B	N Fisher	4.41				

Under 17 men (Cams 1st with 270 pts)

100m	1A	J Markley	11.4				
200m	1B	J Godden	24.3				
800m	1A	E Aston	2.02.6				
3000m	2B	R Lasenby	9.52.2				
100m hdls	3A	J Markley	14.9				
400m hdls	5A	J Huddleston	63.4				
Highjump	=1B	T Adams	1.70				
Polevault	4A	J Huddleston	2.20	3B	B Abbott-Gribben	1.90	
Longjump	4B	J Godden	5.24				
Triplejump		3B	J Abbott-Gribben	11.79			
Shot	1B	S Fisher	11.91				
Discus	1B	S Fisher	33.77				
Javelin	5A	J Cowan	36.09	2B	M Thompson	35.40	
4 x 100	1A	Markley, Abbott-Gribben, Aston (+A Bullimore)	45.9				
4 x 400	2A	Aston, T Kelk, (+ S Tidy & M Leadbitter)	3.36.3				

Southern Veterans 10,000m Championships – Battersea – 8th September

10,000m	3 rd	M45	M Chaplin	38.31.0			
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Southern Womens League Div 2 at Southampton – 11th Sept

HAC/C&C 5th place with 53 points. Only 9 athletes in total competed! Only C&C names shown

Seniors

Discus	4A	G Kyriacou	21.19	3B			
Javelin	3A	G Kyriacou	26.13	2B			
Under 15 girls							
100m	4A	S Tweed	15.1	5B	K Band	16.2	
200m	5A	K Band	32.8	5B			
800m	A	A Ellis	dnf	4B			
Longjump	4A	S Tweed	4.11	2B	A Ellis	4.08	
Shot	3A	S Tweed	7.31				
Discus	5A	K Band	14.45				

Javelin	4A	A Ellis	17.5				
4 x 100	5A		No time available				

Eastern Young Athletes league Div 1 “Top Six” cup final at Bedford on September 12th

Match result – 1st Bedford 528 (19.6%), 2nd Herts Phoenix 503 (18.7%), 3rd Basildon 481 (17.8%), 4th Havering Mayesbrook 415 (15.4%), 5th Chelmsford 395 (14.7%), 6th C&C 371 (13.8%).

Under 17 men	4 th – 87 points						
100m	4A	J Markley	11.52	6B	J Huddleston	12.57	
200m	5A	J Godden	24.59	4B	O Francis	24.95	
400m	6A	J Slade	54.67	5B	O Francis	55.91	
800m	1A	E Aston	2.01.98	5B	R Lasenby	2.15.47	
1500m	5A	R kreetzer	4.38.30	1B	J Andrews	4.42.75	
Hurdles	3A	J Markley	14.28	4B	T Andrews	16.87	
Highjump	3A	T Adams	1.70	2B	E Aston	1.65	
Longjump	6A	J Slade	5.41	5B	O Francis	4.87	
Triplejump		3A	J Abbott-Gribben	11.81	4B	J Huddleston	

Shot	1A	S Fisher	11.51	1B	J Markley	10.36	
Discus	1A	S Fisher	35.41	2B	J Huddleston	28.19	
Javelin	4A	M Thompson	36.81	3B	M Hathaway	33.19	
4 x 100m	4A		46.4				
Under 15 Boys	5 th – 65 points						
100m	3A	R Noray	11.89	6B	O Rudkins	12.71	
200m	4A	R Noray	24.68	6B	E Lockton	27.13	
400m	5A	T Kelk	60.11	2B	C Noakes	58.46	
800m	3A	T kelk	2.13.71	5B	S Crook	2.31.54	
1500m	5A	W Mycroft	4.57.16	1B	J Kennard	4.59.51	
Hurdles	5A	C Noakes	13.91	3B	T Kelk	13.21	
Highjump	2A	O Tonner	1.55	4B	S Richards	1.45	
Longjump	6A	Ruddins	5.05	5B	S Goldfinch	4.94	
Shot	3A	Ed Lockton	10.26	5B	S Goldfinch	7.82	
Discus	5A	H Fox	23.67	3B	C Noakes	21.84	
Javelin	5A	O Tonner	30.92	5B	E Lockton	24.73	
4 x 100m	5A		50.0				

Under 13 Boys 6th – 46 points

100m	3A	D Marasca	13.52	6B	R Dunsmore	15.43	
200m	5A	D Marasca	28.57	5B	B Kelk	31.09	
800m	4A	T Spry	2.46.72	5B	R Dunsmore	2.53.80	
1500m	6A	T Loveluck	5.19.80				
Hurdles	2A	B Kelk	13.62	3B	T Spry	15.9	
Highjump	3A	T Highton	1.30	B	B Kelk	NH	
Longjump	4A	D Maresca	4.28	6B	N Burch	3.30	
Shot	5A	R Dunsmore	7.40	4B	A Hunt	6.70	
Discus	5A	R Dunsmore	15.76	3B	A Hunt	13.58	
4 x 100m	4A		58.30				

Under 17 Ladies 4th – 6 points

100m	4A	D Smith	13.14	2B	C Lacey	13.11	
200m	2A	D Smith	27.27	1B	C Lacey	27.69	
300m	2A	N Fisher	44.34	4B	E Schofield	47.73	
800m	6A	I Asztalos	2.40.77	4B	S Iwanko	2.39.01	
1500m	5A	M Buczak	5.46.76				
Hurdles	2A	K Motley	12.25	2B	A Cone	13.57	
Highjump	5A	S Iwanko	1.35	2B	H Tonner	1.35	
Longjump	3A	K Motley	4.58	2B	M Kostov	4.45	
Shot	6A	A Charles	5.77	4B	H Tonner	5.57	
Discus	5A	E Schofield	13.85	5B	I Asztalos	12.49	
Javelin	6A	D Smith	12.17	5B	A Charles	8.46	
4 x 100m	1A		52.66				

Under 15 Girls 5th – 49.5 points

100m	5A	L West	13.90	4B	N Cowan	14.20
200m	5A	E Higton	31.61	6B	V Aszталos	31.00
800m	5A	A Calder	2.57.35	6B	L Kostov	3.25.43
1500m	1A	L Dowsett	5.04.24			
Hurdles	5A	L West	13.51	2B	V Aszталos	12.67
Highjump	6A	H Pritchard-Jones	1.30	=3B	L West	1.25
Longjump	6A	V Aszталos	4.25	5B	N Cowan	3.88
Shot	3A	P Markley	8.78	5B	L Traynier	4.98
Discus	3A	P Markley	23.01	4B	E Higton	15.50
Javelin	6A	L Dowsett	13.52	5B	N Cowan	8.64
4 x 100m	4A		57.50			

Under 13 Girls	5 th – 47 pts					
100m	6A	L Sammout	15.0	6B	H Cox	14.93
200m	6A	Z Kier	31.91	5B	E Rains	32.16
800m	3A	Z Kier	2.45.1	4B	E Kier	2.48.53
1500m	5A	E Emond	5.57.10	4B	J Corbett	6.14.55
Hurdles	3A	Ros Cormack	13.4			
Highjump	=1A	Z Kier	1.35	3B	Ros Cormack	1.20
Longjump	4A	L Sammout	3.85	5B	R Trotter	3.37
Shot	5A	L Sammout	6.33	6B	H Sayer	5.45
Discus	3A	K Band	16.18	4B	H Sayer	12.16
4 x 100m	5A		60.20			

Watford Open meeting – Sept 15th

1500m Men	2 nd	I Williamson	3.55.0			
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East Anglian League Final – Bury St Edmunds – September 19th

Senior Men – 6 th	111 points					
100m	3A	P Steiner	11.0	7B	B Percival	14.6
200m	3A	P Steiner	22.6	7B	B Percival	28.1
400m	8A	T Brennand	64.6	8B	A Howard	69.4
800m	6A	A Howard	2.34.5			
3000m	6A	A Howard	10.39.0	6B	J Kazer	10.48.3
110m Hdls	5A	T Brennand	19.5	3B	J Brennand	

Highjump	20.2	7A	T Brennand	1.20	4B	J Brennand	
Longjump	1.20	5A	T Brennand	5.69	3B	J Brennand	
Triplejump	5.17	4A	J Brennand	11.32	2B	T Brennand	
Shot	10.29	3A	G Parsons	11.46	2B	R Smith	10.14
Discus		1A	G Parsons	38.23	2B	R Smith	31.25
Javelin		7A	G Parsons	35.06			
Hammer		2A	G Parsons	36.23	4B	F Martin	20.41
4 x 100		6A		48.6			

Under 17 Men	3 rd in match - 133 points					
100m	1A	J Markley	11.1	5B	D Player	12.2
200m	4A	J Godden	24.1	3B	O Francis	24.7
400m	3A	O Francis	56.1	2B	D Player	56.5
800m	1A	E Aston	2.04.5	2B	R Kreetzer	2.11.9
1500m	1A	E Aston	4.12.9			
Highjump	5A	E Aston	1.60	3B	J Huddleston	1.40
Longjump	7A	O Francis	4.80	5B	D Player	4.17
Triplejump	5A	J Huddleston	10.19			
Shot	2A	S Fisher	12.02	1B	J Markley	11.71
Discus	2A	S Fisher	32.34	2B	J Huddleston	25.98
Javelin	5A	M Thompson	36.95	5B	A Burch	20.04
Hammer	4A	S Fisher	28.67	4B	A Burch	17.77

4 x 100	2A	Markley, Godden, Francis, Player				
	47.0					
Under 15 Boys	– 3 rd in match - 142 points (Winners got 147, 2 nd got 143)					
100m	6A	S Richards	13.6			
200m	5A	C Mortar	26.3	5B	W Mycroft	32.2
400m	6A	E Lockton	64.3	1B	T Kelk	58.5
800m	3A	T Kelk	2.13.1	3B	J Jameson	2.24.7
1500m	5A	W Mycroft	4.54.1	3B	J Kennard	4.58.5
80m hurdles	7A	D Grover	14.6	2B	T Kelk	12.9
Highjump	4A	O Tonner	1.55	3B	S Richards	1.40
Longjump	4A	S Richards	5.20	3B	E Lockton	4.98
Triplejump	3A	C Mortar	9.21	2B	J Jameson	8.82
Shot	6A	J Sutton-Zian	9.01	1B	E Lockton	8.99
Discus	3A	J Sutton-Zian	26.54	1B	H Fox	25.17
Javelin	3A	O Tonner	33.66	3B	C Mortar	29.05
Hammer	3A	O Tonner	21.52	3B	J Sutton-Zian	15.81
4 x 100	4A		51.1			

Boys under 13	– 7 th in match - 66 points					
100m	8A	J Westley	14.9	2B	R Tremayne	14.1
200m	3A	D Maresca	27.3	4B	R Dunsmore	30.8
800m	5A	??	2.48.6			
1500m	5A	T Loveluck	5.12.5			
75m Hurdles	3A	B Kelk	14.3	5B	T Spry	15.9
Highjump	6A	B Kelk	1.10			
Longjump	7A	B Kelk	4.07	6B	R Tremayne	3.83
Shot	4A	R Dunsmore	8.38	2B	J Westley	7.46
Discus	5A	R Dunsmore	16.27			
Javelin	4A	S Bicknell	18.96			

4 x 100	-					
Ladies	2 nd in match – 144 points					
100m	2A	D Smith	12.8	1B	C Lacey	12.8
200m	2A	D Smith	26.3	2B	C Lacey	27.1
400m	3A	I Aszталos	65.0	2B	M Kostov	65.6
300m U17	6A	E Schofield	48.1	1B	H Tonner	45.9
800m	6A	S Iwanko	2.36.3			
1500m	6A	S Hannema	5.40.4			
80m Hdls	1A	K Motley	12.4	1B	A Cone	13.2
Highjump	2A	I Aszталos	1.40	2B	H Tonner	1.40
Longjump	6A	K Motley	4.19	3B	A Charles	4.11
Triplejump	2A	K Motley	10.15	2B	A Charles	9.10
Shot	7A	S Hannema	6.87	5B	G Kyriacou	6.52
Discus	3A	G Kyriacou	19.51			
Javelin	3A	G Kyriacou	26.85	2B	C Morris	26.03
4 x 100 relay	2A	Smith, Lacey, Tonner, Motley				53.6

Under 15 girls	4 th in match – 89 points					
100m	6A	N Cowan	14.0	5B	L West	13.8
200m	8A	V Aszталos	29.8	4B	A Ellis	29.4
800m	6A	E Emond	2.52.4			
1500m	6A	HArbuckle	5.39.3			
Hurdles	3A	V Aszталos	12.7	4B	L West	13.7
Longjump	4A	V Aszталos	4.51	5B	N Cowan	4.00
Highjump	7A	L West	1.25	5B	A Forster	1.25
Shot	1A	A Forster	9.90	1B	P Markley	8.60
Discus	2A	P Markley	20.53	3B	A Forster	15.41
Javelin	4A	NCowan	17.98	1B	A Ellis	16.66
4 x 100	7A		57.0			

Under 13 Girls	=4 th in match – 87 points					
100m	6A	Ros Cormack	14.5	7B	L Sammout	14.8

200m	8A	H Cox	32.0	4B	K Band	30.6
800m	3A	Z Kier	2.41.2	2B	E Sayers	2.44.1
1500m	4A	E Kier	5.42.1	4B	J Corbett	6.01.9
70m hurdles	6A	Ros Cormack	13.0	4B	L Bass	12.9
Highjump	1A	Z Kier	1.44	1B	E Sayers	1.25
Longjump	7A	E Sayers	3.87	5B	L Sammout	3.59
Shot	6A	H Sayers	5.80	3B	L Sammout	5.76
Discus	2A	K Band	16.81			
Javelin	5A	L Bass	10.14			
4 x 100	6A		59.7			

Dont forget the AGM, or our special offer to train you as a judge or a coach