

# Cambridge & Coleridge Athletics Club

President - B J Wallman

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

Chairman - N Costello

## Newsletter

July 2005

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

|                            |                                |               |                  |
|----------------------------|--------------------------------|---------------|------------------|
| 3 <sup>rd</sup> July       | Eastern Young Athletes Lge     | All under 17  | Ipswich          |
| 3 <sup>rd</sup> July       | EVAC 10k                       | Veterans      | Comberton        |
| 6 <sup>th</sup> July       | Eastern veterans league        | Veterans      | Cambridge        |
| 7 <sup>th</sup> July       | Havehill 5k (League)           | All           | Haverhill        |
| 9/10 <sup>th</sup> July    | AAA Senior Championships       | Seniors       | Manchester       |
| 9 <sup>th</sup> July       | Southern Mens League           | Males 15+     | Catford          |
| 23 <sup>rd</sup> July      | Southern Women's League        | All Females   | Cambridge (Home) |
| 30 <sup>th</sup> July      | Southern Mens League           | Males 15+     | Reading          |
| 31 <sup>st</sup> July      | East Anglian League            | All           | Ipswich          |
| 3 <sup>rd</sup> August     | Eastern Veterans league        | Veterans      | Bedford          |
| 7 <sup>th</sup> August     | Eastern Young Athletes Lge     | All under 17  | Bedford          |
| 7 <sup>th</sup> August     | EVAC 5k                        | Veterans      | Granchester      |
| 20 <sup>th</sup> August    | Southern Mens League           | Males 15+     | Southampton      |
| 20 <sup>th</sup> August    | Southern Women's League        | All Females   | St Ives          |
| 21 <sup>st</sup> August    | ECAA Championships             | All           | Ipswich          |
| 3 <sup>rd</sup> Sept       | Southern Women's League        | All Females   | Braintree        |
| 4 <sup>th</sup> September  | ECAA Hibberd Trophy            | County Select | Stevenage        |
| 11 <sup>th</sup> Sept      | Eastern Young Athletes Final   | All under 17  | Bedford          |
| 11 <sup>th</sup> September | Grunty Fen ½ marathon          | All over 17   | Ely              |
| 18 <sup>th</sup> September | East Anglian league Final      | All           | Bury St Edmunds  |
| 1/2 <sup>nd</sup> Oct      | SEAA 6 stage/4 stage/YA relays | All           | TBC              |
| 22 <sup>nd</sup> Oct       | AAA 6 & 4 stage relay Champs   | Sen/vets      | Sutton Park      |
| 30 <sup>th</sup> Oct       | EVAC 10 mile                   | Veterans      | West walton      |
| 12 <sup>th</sup> Nov       | English Cross-country relays   | Sen           | TBC              |

□

**Year 2005 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.**

### Chairman's chatter

I've managed to get along to at least one match for all the leagues we're in, except the Southern Men's (no reflection on you, guys, I'll get to you sometime!), and I've been to a fair number of road and fell races this season – even competed in some. In all cases it's been a pleasure to be there. There has been a large number of C&C vests around in each case, which is always good to see, but the thing that has struck me time and time again is how hard everyone is trying to achieve their best and how much enjoyment most are getting from it. It makes all the hard work worthwhile to see athletes putting in that extra bit of effort and producing some excellent results. So, well done, and let's keep it going for the rest of the season. If you haven't managed to turn out for the club yet, make sure you do soon. There are likely to be some winning teams this year. None of this would be possible without the commitment of the coaches and managers, judges and all the other people who work hard to make the club a success. Such people put in hours of time and sometimes feel taken for granted. I'd like to say, again, a big thank you to them, and if, maybe, you're training with a coach or can see the team manager trying to get the team together, it would be really appreciated by them if you could thank them for their efforts.

Organisationally, athletics nationally is currently going through a major upheaval. A report (known as the Foster report) was produced about a year ago and has suggested significant changes in the way the sport is run. The intention is to produce more sensible competitive structures, to put funds into elite and grass roots athletics and to reach the needs of all sections of the sport: track and field, road running and cross-country. A team led by Peter Radcliffe (Paula Radcliffe's father) is attempting to implement the recommendations of the report. It is a difficult task. There are many interests to satisfy, some of them entrenched, and there will be a need for some compromise. I've represented the club at a number of meetings and believe the broad directions of change proposed are the right ones for us. There is likely to be a more regional structure and, I think, more investment in supporting local clubs. If you would like to know more about the changes planned, or have any comments on them., please get in touch with me ([neil.costello@ntlworld.com](mailto:neil.costello@ntlworld.com)). I think we're unlikely to get another opportunity to bring the sport up to date and we must get it right this time.

Neil Costello – Club Chairman

### Cambridgeshire AA County Track and field championships

A good day for C&C. We had a good level of entries, and won the trophies in Under 13 girls, Under 15 Girls, Under 17 Women, Under 17 Men and Senior men. This is the most trophies that we have won in the last 20 years!

Additionally there were championship best performances for James Markley, 110m hurdles U20 Men – 14.8, Lauren Sammout, Discus U13 Girls 20.95, Emma Woodruffe – Javelin U13 Girls – 16.46, Rosannah Cormack 300m U15 girls 46.9.

New club records for Lauren Sammout in Discus, Ben Abbott-Gribben in U15 Boys Polevault – 2.40m. It was very windy conditions.

The event was well contested again this year for the third year running. All credit to C&C, we are the biggest club in Cambridgeshire and we had the biggest entry from the clubs for the third year running. (excluding CUAC who are guests because their athletes do not have a Cambridgeshire qualification).

Kings School Peterborough won the schools trophy, with Comberton as runners-up, but if they had been scored as a team against C&C, we would have nearly doubled their score without including the Senior categories.

### Southern Men's League

The season started at St Ives, at a match hosted by Hunts AC and we surprised ourselves by snatching the match win by half a point from Hunts AC. What a finish to the match. With about four events to come, any one of four clubs could have won it, and at that point C&C demonstrated how to run a 4 x 100 relay with silky smooth changeovers to take the match lead. Woodford Green only got 2 points from Discus and one from Steeplechase so they dropped out of contention, Watford overtook

Bedford who didn't have a 4 x 100 team and only one steeplechaser, and that just left C&C and Hunts AC to slog it out. Hunts took 2 points more than we did in the steeplechase, and 4 more than us in the triplejump, but we took 4 more than them in Discus, and with just the 4 x 400 to come C&C were one and a half points ahead. But Hunts AC had Adam Charlton in their 4 x 400! Everyone knew the match score, and the C&C team knew they had to finish not worse than one place behind Hunts. Hunts were hoping that a potentially fast Woodford squad would get between them and us, but Woodford did us a favour when their lead runner pulled a hamstring after 30m. C&C took the lead on the first two legs by about 20m, and then Charlton surged past to put Hunts 20m ahead, but with Watford by then 60m back and Bedford even further, C&C made sure of the match with a 2nd place in the 4 x 400, 3 secs behind Hunts AC but 6.2 secs ahead of Watford.

The second match was our home fixture, at St Ives because of the Varsity match. We had another good day finishing second, leaving us 4<sup>th</sup> in the Division.

On the third match at Newham, we weren't so lucky. We were missing several of the athletes from the first two matches, but some of our under 17's stepped in and did very well (James Godden, Robert Kretzer, Robert Lasenby). James Brennand was foolishly paddling in mud in Glastonbury We filled everything and scored 94 points – a score worth 4<sup>th</sup> place in most matches – but not this one, and we finished 5<sup>th</sup>, which pulls us down the table a bit to 10th, but we should be quite safe.

#### Southern Women's League

The first match at Watford was a very strange affair. In most of the Under 15 events C&C were unopposed and took 75 points from a possible 85. In the Senior events Barnet were very strong and the other two clubs had a good number of athletes, so the half filled C&C squad didn't quite manage to score enough to win the match when it was all added together. But 2<sup>nd</sup> place with 117 points left them 7<sup>th</sup> in the division after the first match

#### Eastern Veterans League

In the first match at Peterborough, C&C men finished 4<sup>th</sup> with 66 points but well behind the three leading teams. Empty events caused most of the problem – we had 7 empty spots, whereas the third placed team had only one. The ladies were also 4<sup>th</sup> with 43 points, again well behind the first three clubs, with a distinct shortage of track athletes in this case. 11<sup>th</sup> in the league after the first match. On the second fixture at Milton Keynes it was the same story. The men lacked enough bodies to fill all the events again, especially in the over 40's. The ladies again were short of athletes with only four competing – one more than the first match.

#### East Anglian league

A good start in the first match at Cambridge on April 17<sup>th</sup>. This year we had a dry day – just because we had bought waterproof field cards to avoid last years problems of the scorers having to dry out soggy cards. We won the match overall and five of the age-groups, and set ourselves into a good position to qualify for the final (which is at Cambridge this year). Three club records were broken, all by under 11's. We also tried out a new scoring program on computer, which was quite successful, and the match was scored by only three people, giving results just after the relays.

We also won the second match at Kings Lynn quite convincingly. Again we won the match overall and five of the age-groups, and the Senior Men beat Ryston on their own turf after the tie at Cambridge.

The third match at Cambridge was a very tough one and we finished 2<sup>nd</sup> overall, one point behind Ipswich. The Ladies, Under 15 Girls and Under 13 Boys all won. All age groups look set to qualify for the league final at Cambridge on 18<sup>th</sup> September.

#### Eastern Young Athletes league

The first home match gave us a good start to the season with a second place of six. Herts Phoenix were very strong as expected, but we were surprised to be comfortably ahead of Milton Keynes and Ipswich, both large strong clubs. It was a testimony to the efforts of the team managers, that the Under 13 Boys actually won their age-group overall, without having any "A" string winners. We filled more of the events than any other club, and that just goes to show how important it is that athletes turn out for the teams even if they are not the best in their events. In this league it is important to fill everything if you want to be successful.

In the second match at Barnet, we were 2<sup>nd</sup> again this time behind Basildon (not unexpected) but again beating Ipswich by a slightly larger margin.

The organisation of the meeting was chaotic, with C&C and Basildon providing extra officials to help it run to time. Many thanks to those who helped out. The scoresheets were not properly completed by the host club, so if anyone has been missed out of the results, please accept our apologies. We know that there was at least one club record at the match by Lauren Sammout in the under 13 girls discus.

In the 3<sup>rd</sup> match at Stevenage, we were 3<sup>rd</sup>, mainly due to a very depleted Under 17 Women's age-group. Understandable when you realise that 9 of them were in the Anglain Schools team on the day before, but "you have to be in it to help win it?"

After 3 matches C&C were 6<sup>th</sup> in the overall league table (of 27) – a good position, and in the running to make the "A" final if we can stay there.

#### A very special invitation

Lucy Dowsett was invited to an invitation event run by UKA at St Mary's college, Twickenham, to compete in the 1500m. It is the recognition that Lucy deserves, and she duly delivered a personal best 1500m time of 4.42.4. Lucy is a very talented runner, and has broken club records in Under 13 and Under 15 age-groups and is already very close to the under 17 records. Well done Lucy!

#### Some new club records this season

Congratulations go to the following: J Powell (U11 Girls 80m, 600m and Longjump), Rosannah Cormack (Under 15 Girls 300m), Isabella Gallucci (Under 13 girls Highjump), Lauren Sammout (Under 13 Girls discus), Seb Howarth (Under 11 Boys 80m and 600m), Ben Abbott-Gribben (Under 15 Boys Polevault).

#### Fixtures for 2005 Outdoor

|   |                                  |                |                  |
|---|----------------------------------|----------------|------------------|
| 3 <sup>rd</sup> July                    | Eastern Young Athletes Lge       | All under 17   | Ipswich          |
| 3 <sup>rd</sup> July                    | EVAC 10k                         | Veterans       | Camberton        |
| 6 <sup>th</sup> July                    | Eastern veterans league          | Veterans       | Cambridge        |
| 8/9 <sup>th</sup> July                  | National Schools Champs          | Schools select | Birmingham       |
| 9/10 <sup>th</sup> July                 | AAA Senior Championships         | Seniors        | Manchester       |
| 9 <sup>th</sup> July                    | Southern Mens League             | Males 15+      | Catford          |
| 10 <sup>th</sup> July                   | The British 10k London           | Seniors/vets   | Hyde Park Corner |
| 16 <sup>th</sup> /17 <sup>th</sup> July | BMAF T&F championships           | Veterans       | Birmingham       |
| 16 <sup>th</sup> July                   | BMC Nike Grand Prix Rd 4         | Seniors        | Cardiff          |
| 22 <sup>nd</sup> July                   | Norwich Union Grand Prix         | Spectators     | Crystal Palace   |
| 23 <sup>rd</sup> July                   | Southern Women's League          | All Females    | Cambridge (Home) |
| 30 <sup>th</sup> July                   | Southern Mens League             | Males 15+      | Reading          |
| 31 <sup>st</sup> July                   | East Anglian League              | All            | Ipswich          |
| 3 <sup>rd</sup> August                  | Eastern Veterans league          | Veterans       | Bedford          |
| 6 <sup>th</sup> August                  | UK Challenge endurance and jumps | Top seniors    | Crystal palace   |
| 6 <sup>th</sup> August                  | BMC Grand prix rd 5              | Seniors        | Crystal palace   |
| 6/7 <sup>th</sup> August                | SEAA Combined events and Masters | All            | Exeter           |
| 7 <sup>th</sup> August                  | Eastern Young Athletes Lge       | All under 17   | Bedford          |
| 7 <sup>th</sup> August                  | EVAC 5k                          | Veterans       | Granchester      |
| 13/14 <sup>th</sup> August              | AAA U15/U17 Championships        | U15's/U17's    | Birmingham       |
| 20/21 <sup>st</sup> August              | AAA U15/U17 combined events      | U15's/U17's    | Birmingham       |
| 20 <sup>th</sup> August                 | Southern Mens League             | Males 15+      | Southampton      |
| 20 <sup>th</sup> August                 | Southern Women's League          | All Females    | St Ives          |
| 21 <sup>st</sup> August                 | ECAA Championships               | All            | Ipswich          |
| 22 <sup>nd</sup> – 31 <sup>st</sup> Aug | WMAF T&F championships           | Veterans       | Spain            |
| 28 <sup>th</sup> August                 | SEAA Intercounties U20 & U15     | County select  | Abingdon         |
| 3 <sup>rd</sup> Sept                    | Southern Women's League          | All Females    | Braintree        |
| 3 <sup>rd</sup> September               | UK Challenge final               | Top seniors    | TBC              |

|                            |   |               |                 |
|----------------------------|---|---------------|-----------------|
| 4 <sup>th</sup> September  | Wolverhampton City Marathon               | Sen/Vets      | Wolverhampton   |
| 4 <sup>th</sup> September  | ECAA Hibberd Trophy                       | County Select | Stevenage       |
| 10 <sup>th</sup> September | World Masters Mountain run Champs         | Veterans      | Keswick         |
| 11 <sup>th</sup> Sept      | Robin Hood half Mar & Marathon            | Sen/Vet       | Nottingham      |
| 11 <sup>th</sup> Sept      | Eastern Young Athletes Final All under 17 | Bedford       |                 |
| 11 <sup>th</sup> September | Grunty Fen ½ marathon                     | All over 17   | Ely             |
| 18 <sup>th</sup> September | East Anglian league Final                 | All           | Bury St Edmunds |
| 18 <sup>th</sup> Sept      | Great North Run (Half mar)                | Sen/Vets      | Gateshead       |
| 25 <sup>th</sup> Sept.     | Windsor Half Marathon                     | Sen/vest      | Windsor         |
| 1/2 <sup>nd</sup> Oct      | SEAA 6 stage/4 stage/YA relays            | All           | TBC             |
| 2 <sup>nd</sup> Oct        | Bristol Half marathon                     | Sen/Vets      | Bristol         |
| 9 <sup>th</sup> Oct        | Great South Run (10miles)                 | Sen/Vets      | Portsmouth      |
| 22 <sup>nd</sup> Oct       | AAA 6 & 4 stage relay Champs              | Sen/vets      | Sutton Park     |
| 30 <sup>th</sup> Oct       | EVAC 10 mile                              | Veterans      | West walton     |
| 12 <sup>th</sup> Nov       | English Cross-country relays              | Sen           | TBC             |

### Useful telephone numbers for 2005

|                         |  |                          |              |
|-------------------------|--|--------------------------|--------------|
| 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 |
| Carl Woolf              | Ladies and East Anglian league U13/U15's |                          | 01223 881075 |
| Nigel Burch             | 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  | <a href="http://www.cambridgeandcoleridge.org.uk">www.cambridgeandcoleridge.org.uk</a>             |
| UKA website  | <a href="http://www.ukathletics.org.uk">www.ukathletics.org.uk</a>                                 |
| SEAA website   | <a href="http://www.seaa.org.uk">www.seaa.org.uk</a>   |
| E-mails about C&C membership and other admin issues              | <a href="mailto:info@cambridgeandcoleridge.org.uk">info@cambridgeandcoleridge.org.uk</a>           |
| Amendments/items for website                                     | <a href="mailto:webmaster@cambridgeandcoleridge.org.uk">webmaster@cambridgeandcoleridge.org.uk</a> |
| To join the C&C e-mail information group, e-mail your request to | <a href="mailto:johnkazer@hotmail.com">johnkazer@hotmail.com</a>                                   |
| Newsletter editor (for your results and articles to publish)     | <a href="mailto:noel-moss@supanet.com">noel-moss@supanet.com</a>                                   |
| Athletics kit and shoes by internet or mail order                | <a href="http://www.bournesports.com">www.bournesports.com</a>                                     |

### ROAD RUNNING BITS

#### Report from Glyn Smith

The road running section has been going from strength to strength, with Neils Tuesday sessions almost reaching 40 runners. Race results are also improving, especially for the Women. Jenny Ives had her first race for us, and led our womens team to victory in the first of the Thursday 5k Road league races at Saffron Walden, winning by almost a minute. Teresa Woodford and Joanna Ball were first and 2<sup>nd</sup> Women overall in the four race tour of Derwent Valley, in Derbyshire. A Fantastic result in a gruelling event! Helen McKay was first Veteran lady at the Hickathrift 10k at Wisbech, a well deserved result after recently returning from injury. As usual Ian McKay has excelled himself as tour organiser. At the time of writing, we have just returned from the Swaledale Marathon, for which Ian did much of the organising for the C&C contingency. We also owe thanks to John Kazer for organising the accommodation, and to Neil Costello and family for a tasty meal. Results of both Swaledale and the Tour of Derwent Valley are in the results section, and Alex Downie has written us a graphic description of the "Tour". Local races coming up shortly:

|                               |                          |
|-------------------------------|--------------------------|
| Sunday July 3 <sup>rd</sup>   | Sutton Feast beast Seven |
| Thursday July 7 <sup>th</sup> | Havehill 5k league       |
| Sunday July 10 <sup>th</sup>  | Ramsey 12k               |
| Sunday July 17 <sup>th</sup>  | St Ives 10k              |

Finally, thanks to you all for supporting your club. Glyn.

#### **London Marathon 2005 – we have elite finishers in the womens event.**

I am sure you would join me in congratulating all our club members who completed the London Marathon. This year we had two of our women finishing in the Top 100 Women – Emma Patel 64<sup>th</sup> and Andrea Hill 89<sup>th</sup>. That is something special! I haven't heard anything about toilet stops near the barriers on the course unlike someone quite well-known either. Our Women are more refined (or they don't tell us about it)

Seriously though - a special "well done" to Emma and Andrea for getting the best results we have had in the London race for at least as long as I can remember.

Apparently Emma, Andrea and Joanne all get entry to the womens elite start next year!

Six men and six women is the most we have had run the London recently and your club is proud of all of you. (see results section)

#### **Paris-London run (Paris Marathon, Paris-London, London Marathon)**

Karen Thomas was one of 13 runners who finished this incredible event out of the 14 who started. This is basically eight marathons in eight days!! The daily running varied between 3½ and 5 ½ hours. I think she finished 7<sup>th</sup> overall and certainly 2<sup>nd</sup> Woman.

To do something like this takes a great deal of guts and determination, and we are proud to have someone in our club who is prepared to take on a challenge like this one. Naturally her times for the Paris and London Marathons were not as spectacular as those above, but we wouldn't expect them to be given the other 6 marathons to run in between. Well done Karen.

#### **A winner in the Shakspeare Marathon and the Duchy Marathon**

Both won by our Japanese visitor Takao Komatsu in very high class times. We must congratulate Takao on two excellent runs 2.31.43 and 2.30.46.

Unfortunately he was unable to get a late entry into the London race, where these times would have placed him in the top 100 men.

#### **Derbyshire: Tour of the Derwent valley. 27<sup>th</sup>-30<sup>th</sup> May by Alex Downie**

The German philosopher Friedrich Nietzsche does not enjoy a good press at the moment – in fact he rarely gets a mention in the C&C newsletter (*never until now in fact!*). There was all that stuff about God being dead, which upset so many people – but a more relevant quote to the Derbyshire trip would be ... "That which doesn't kill us makes us stronger".

Im sure that races organiser David Denton had that in mind when he conceived his sadistic plot to make runners compete in four very hilly races in four days, and then daub "Only the strong survive" in big purple letters on the back of the T-shirt that you were awarded if you were daft enough to do all four races, which an amazing 65 people did.

10 of these brave, foolhardy souls were C&C runners, and deserve some sort of accolade (perhaps something discrete ...life sized statues dotted around Wilberforce Road grounds?) or maybe just a mention here. They were in running order, Mike Smith (10<sup>th</sup> overall in 115.02), Ish Badr, John Lewy, Gerald Meah, Chris Brown, Glyn Smith, Alex Downie, teresa Woodford, Jo Ball and Carmel McEinery.

Teresa and Jo were 1<sup>st</sup> and 2<sup>nd</sup> Women overall, and Glynn was 2<sup>nd</sup> M55. Teresa was 1<sup>st</sup> Woman home at Wirksworth (Saturday). I should Also mention that Jo won this last year, and it wasn't specifically noted- so its out in the open now, and Jo will not need to take physical retribution out on the author. (*Go on Jo – beat him up anyway – you will feel better- Ed*)

Its also noteworthy that 5 C&C runners – Gerald, Chris, Glyn, Alex and Teresa – came in 5 consecutive positions 23<sup>rd</sup>-27<sup>th</sup> overall, separated by a mere 1.5 minutes. Talk about being at the sharp end and hunting in packs! And what about collective group psychology? Was this meant to be a bonding session?

But please don't talk about orange juice to Alex (he became reacquainted with his breakfast before the third race) – and don't mention matrons bunches either (fear of writs prevents further elucidation). (*Tell all Alex – its your name on the top, not mine - Ed*)

Big improves this year have to be Mike and Chris, who registered spectacularly better times than ever before. The Mr consistency award goes to John so-solid Lewy. Best “new to Derwen valley” awards go to teresa, Gerald and Cole for terrific performances.

All the “Sting in the Tail” virgins (*That’s the name of the last race by the way – Ed*) deserve a mention – Cole, Teresa, Neil, Anna, Gerald, Carla and Carol – for not being put of the race despite all the lurid descriptions about it from “old hands” (or should that be old feet?) – descriptions which became steadily more exaggerated as the evenings in the pubs wore on. (No PB’s in alcohol com=nsumption this year though – Martin, you were missed) (*Ed. note – If Martin wants to take legal action for this implication, please leave me out of it!*)

Andy and Carmel are still close after all this year in their races. John Kazer (“how can anyone do that race in 25 minutes” gasped an amazed onlooker as he came coolly past the finishing line in that fourth race) is back to his awesome best – next stop the Swaledale Marathon.

There follows a blow by blow description of race No 4 (“Rowsley Sting in the Tail”). Skip this bit if you are of a squeamish disposition....

Basically this one is straight up a very very steep hill, and when you think you’ve finally reached the top, puffing and wheezing, well, of course you haven’t, and then it plays that same hilarious trick on you again, and again, but it has an even greater wheeze in store for you on the return to base. Goning fast down that steep gradient requires....? Courage....madness...?? (Its on the road, but the skills involved of leaping, bouncing, almost flying down, are those of fell running – which has to be the original extreme sport.

So you tell me where the dividing line between bravery and foolhardiness lies....?

And finally – thanks yet again to the amazing Ian McKay for finding a Youth Hostel at Youlgrave willing to put up with the 20 of us- (word is obviously getting around the Derbyshire YHA circuit) – and with such fabulous food. The author was privy to a conversation between Ian and the powers-that-be, and was deeply impressed by his skills in dealing with the Power’s “dry Northern wit”. Hang on though – Derbyshire is only just North of Watford Gap – maybe its “dry Midlands wit”??? (*lets cut the multiple question marks please – Ed*). I prefer the alternative theory ... (but again writs could fly if I went into details)

Alex Downie

## Results, Results, Results

### CROSS COUNTRY

#### Ryston Runners Grand prix final race -March 13<sup>th</sup>

|            |                 |                |       |                 |              |
|------------|-----------------|----------------|-------|-----------------|--------------|
| U13 Boys   | 9 <sup>th</sup> | A Dewison      | 13.24 |                 |              |
| Mens V45   | 3 <sup>rd</sup> | M Chaplin      | 25.10 | 5 <sup>th</sup> | G Meah 26.01 |
| Mens V50   | 3 <sup>rd</sup> | P Dewison      | 26.25 |                 |              |
| Mens V55   | 4 <sup>th</sup> | G Smith        | 26.38 |                 |              |
| Mens V60   | 8 <sup>th</sup> | D Blyth (M80+) | 48.31 |                 |              |
| Women V55+ | 1 <sup>st</sup> | M Holmes       | 32.51 |                 |              |

### ROAD AND MULTI TERRAIN

#### Ballycotton 10

Apologies to John Lewy whose result was not listed in the spring newsletter.

John was 378<sup>th</sup> in 67.48

#### Stamford 30k – Feb 16<sup>th</sup>

|  |                  |         |                   |                |         |
|--|------------------|---------|-------------------|----------------|---------|
| 114 <sup>th</sup>                                    | J Ball (Fem)     | 2.14.12 | 118 <sup>th</sup> | G Cinque       | 2.14.30 |
| 125 <sup>th</sup>                                    | C Clissold       | 2.15.39 | 293               | M DiFranco     | 2.35.37 |
| 320 <sup>th</sup>                                    | C McEinery (Fem) | 2.38.25 | 354 <sup>th</sup> | K Thomas (Fem) | 2.43.33 |
| <b>Bildeston half Marathon 13<sup>th</sup> March</b> |                  |         | 3 <sup>rd</sup>   | G Cappetti     | 81.33   |
| <b>Bildeston 10k – 13<sup>th</sup> March</b>         |                  |         | 1 <sup>st</sup>   | B Baldelli     | 35.32   |
| <b>Dutchy Marathon – 13<sup>th</sup> March</b>       |                  |         | 1 <sup>st</sup>   | T Komatsu      | 2.30.46 |

#### Roman Road Race 19<sup>th</sup> March – 9.5 miles

|       |                 |            |       |                  |            |       |
|-------|-----------------|------------|-------|------------------|------------|-------|
| Men   | 3 <sup>rd</sup> | W George   | 51.31 | 6 <sup>th</sup>  | T Komatsu  | 53.47 |
|       | 9 <sup>th</sup> | B Baldelli | 56.03 | 23 <sup>rd</sup> | B Van Aken | 65.20 |
| Women | 1 <sup>st</sup> | E Leggate  | 60.04 |                  |            |       |

#### Addidas Flora London Half Marathon

|                   |          |                      |         |                    |         |                       |        |
|-------------------|----------|----------------------|---------|--------------------|---------|-----------------------|--------|
| 842 <sup>nd</sup> | D Willis | 82 <sup>nd</sup> M40 | 1.39.09 | 3591 <sup>st</sup> | N Burch | 184 <sup>th</sup> M45 | 2.03.8 |
|-------------------|----------|----------------------|---------|--------------------|---------|-----------------------|--------|

#### Joe Cox 10 mile – Stowmarket – March 27<sup>th</sup>

|  |  |  |  |                 |            |       |
|--|--|--|--|-----------------|------------|-------|
|  |  |  |  | 2 <sup>nd</sup> | B Baldelli | 57.06 |
|--|--|--|--|-----------------|------------|-------|

#### Oakley 20 – Bedford

|   |                                 |             |                               |                          |                  |         |
|---|---------------------------------|-------------|-------------------------------|--------------------------|------------------|---------|
| 46 <sup>th</sup>  | B Blaukopf                      | 2.21.31     |                               | 201 <sup>st</sup>        | M DiFranco (M40) | 2.44.31 |
| 256 <sup>th</sup>   | C McEinery (Fem)                | 2.50.04     |                               | 385 <sup>th</sup>        | A Lasseter (Fem) | 3.11.50 |
| <b>Sandy 10 – April 3<sup>rd</sup></b>  |                                 |             |                               |                          |                  |         |
| 81 <sup>st</sup>  | G Meah                          | 1.09.43     |                               |                          |                  |         |
| <b>Rovston Heath Trail run – April 10<sup>th</sup></b>  |                                 |             |                               |                          |                  |         |
| 58 <sup>th</sup>  | I McKay (V40)                   | 54.59       |                               | 61 <sup>st</sup>         | C Moore (V60)    | 56.27   |
| <b>Rotterdam Marathon</b>   |                                 |             |                               |                          |                  |         |
|   | I Badr                          | 3.02.14     |                               |                          | B Blaukopf       | 3.09.58 |
| <b>Fred Wright Memorial 10k - Whittlesey</b>  |                                 |             |                               |                          |                  |         |
| 61 <sup>st</sup>  | G Smith                         | 40.50       |                               | 104 <sup>th</sup>        | R Kiff (F)       | 48.43   |
| <b>London Marathon – 17<sup>th</sup> April</b>  |                                 |             |                               |                          |                  |         |
| 64 <sup>th</sup> Woman  | E Patel                         | 2.59.45     |                               | 89 <sup>th</sup> Woman   | A Hill           | 3.03.31 |
| 211 <sup>th</sup> Woman   | J Ball                          | 3:14:45     |                               | 1054 <sup>th</sup> Woman | C McEniery       | 3.49.14 |
| 2223 <sup>rd</sup> Woman  | K Thomas                        | 4.09.53     |                               | 2799 <sup>th</sup> Woman | A Lasseter       | 4:17:02 |
| 3824 <sup>th</sup> Man  | G Cappetti                      | 3.29.14     |                               | 4191 <sup>st</sup> Man   | M Di Franco      | 3.32.12 |
| 5022 <sup>nd</sup> Man  | C Clissold                      | 3.38.53     |                               | 6670 <sup>th</sup> Man   | A Mangeot        |         |
|   |                                 | 3.48.56     |                               |                          |                  |         |
| 6915 <sup>th</sup> Man  | D Willis                        | 3:50:18     |                               | 17482 <sup>nd</sup> Man  | T Brennan        | 4.46.54 |
| <b>Paris-London run (Paris Marathon, Paris-London, London Marathon)</b>   |                                 |             |                               |                          |                  |         |
| Karen Thomas was one of 13 who finished this incredible event out of 14 who started. I think she finished 7 <sup>th</sup> overall and certainly 2 <sup>nd</sup> Woman. This is basically eight marathons in eight days!! The daily running varied between 3½ and 5 ½ hours. |                                 |             |                               |                          |                  |         |
| <b>Shakespeare Marathon – April 24<sup>th</sup></b>   |                                 |             |                               |                          |                  |         |
| 1 <sup>st</sup>   | T Komatsu                       | 2.31.43     |                               |                          |                  |         |
| <b>Silverstone 10k</b>  |                                 |             |                               |                          |                  |         |
| ??  | N Taylor                        | 50.52       |                               | ??                       | N Burch          | 57.27   |
| <b>Breckland 10k – 1<sup>st</sup> May</b>   |                                 |             |                               |                          |                  |         |
| 93 <sup>rd</sup>  | C Brown                         | M40         | 42.32                         | 199 <sup>th</sup>        | R Kiff           | F       |
| <b>EVAC road relay – 1<sup>st</sup> May</b>   |                                 |             |                               |                          |                  |         |
| Women – 5 <sup>th</sup> team  |                                 | 60.01       |                               |                          |                  |         |
| Mary Holmes   | 16.55                           | Sue Barnett | 14.56                         | A N Other                |                  |         |
| Men 40-49- “A” team   | 4 <sup>th</sup> team in 45.40   | “B” team    | 7 <sup>th</sup> team in 49.32 |                          |                  |         |
| “A”   | Leon Stone                      | 11.09       | Dave Bowker                   | 11.14                    | Mark Chaplin     |         |
|   | 12.18                           |             |                               |                          |                  |         |
| “B”   | Ian Delaney                     | 10.59       |                               |                          |                  |         |
|   | Dave Abbott                     | 11.56       | Gerald Meah                   | 12.18                    | John Lewy        | 12.49   |
|   | Paul Gooding                    | 12.29       |                               |                          |                  |         |
| Men 50-59 – “A” team  | 5 <sup>th</sup> team in 36.24   | “B” team    | 9 <sup>th</sup> in 41.29      |                          |                  |         |
| “A”   | Simon Bowen                     | 11.45       | Alex Downie                   | 12.25                    | John Jenkins     | 12.14   |
| “B”   | George Phipps                   | 16.05       | Paul Dewison                  | 12.41                    | Glyn Smith       | 12.43   |
| Men 50 – 59   | 3 <sup>rd</sup> team in 36.45.0 |             |                               |                          |                  |         |
| Marcus Ennis  | 12.42                           | Alex Downie | 12.42                         | John Jenkins             |                  | 11.53   |
| <b>Ashdon 10k – May 5<sup>th</sup></b>  |                                 |             |                               |                          |                  |         |
| 55 <sup>th</sup>  | M Smith                         | 39.11       | 80 <sup>th</sup>              | A Howard                 | U20              | 40.23   |
| 105 <sup>th</sup>   | J Ives                          | 41.27       | 107 <sup>th</sup>             | A Downie                 | V55              | 41.30   |
| 108 <sup>th</sup>   | G Smith                         | V55         | 41.33                         | 119 <sup>th</sup>        | P Dewison        | V50     |
| 140 <sup>th</sup>   | V Freeman                       | V40         | 43.04                         | 144 <sup>th</sup>        | M DiFranco       | V40     |
| 154 <sup>th</sup>   | C Gibbons                       | F           | 43.40                         | 219 <sup>th</sup>        | C McEinery       | F       |
| 233 <sup>rd</sup>   | D Braverman                     | FV55        | 47.23                         | 238 <sup>th</sup>        | R Kiff           | F       |
| 269 <sup>th</sup>   | I McKay                         | V45         | 49.50                         | 308 <sup>th</sup>        | N Taylor         | V55     |
| <b>Soham Half Marathon – 22<sup>nd</sup> May</b>  |                                 |             |                               |                          |                  |         |
| 16 <sup>th</sup>  | I Badr                          | 1.25.37     | 17 <sup>th</sup>              | D Abbott                 |                  | 1.25.43 |
| 19 <sup>th</sup>  | B Blaukopf                      | 1.25.58     | 29 <sup>th</sup>              | C Clissold               |                  | 1.29.33 |
| 42 <sup>nd</sup>  | G Smith                         | V55         | 1.32.48                       | 59 <sup>th</sup>         | M DiFranco       | 1.37.25 |
| 112 <sup>th</sup>   | T Long                          |             | 1.50.23                       | 113 <sup>th</sup>        | A Lasseter       | (F)     |
| 138 <sup>th</sup>   | Ron Jackson                     |             | 1.55.52                       |                          |                  |         |
| <b>Tour of the Derwent Valley – Overall results – May 27<sup>th</sup> – 30<sup>th</sup> – Ind. Races below</b>  |                                 |             |                               |                          |                  |         |
| 10 <sup>th</sup>  | M Smith                         | 115.02      | 15 <sup>th</sup>              | I Badr                   |                  | 119.07  |

|                  |                |        |                  |               |     |        |
|------------------|----------------|--------|------------------|---------------|-----|--------|
| 17 <sup>th</sup> | J Lewy (M45)   | 120/07 | 23 <sup>rd</sup> | G Meah        |     | 123.49 |
| 24 <sup>th</sup> | C Brown (M40)  | 124.14 | 25 <sup>th</sup> | G Smith (M55) | (F) | 124.18 |
| 26 <sup>th</sup> | A Downie (M55) | 125.00 | 27 <sup>th</sup> | T Woodford    | (F) | 125.19 |
| 30 <sup>th</sup> | J Ball (F)     | 130.32 | 45 <sup>th</sup> | C McEinery    | (F) | 143.45 |

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

|                  |              |       |                  |              |  |       |
|------------------|--------------|-------|------------------|--------------|--|-------|
| 20 <sup>th</sup> | I Badr       | 28.11 | 21 <sup>st</sup> | M Smith      |  | 28.12 |
| 30 <sup>th</sup> | J Lewy M45   | 29.00 | 32 <sup>nd</sup> | G Meah M45   |  | 29.12 |
| 33 <sup>rd</sup> | A Downie M55 | 29.15 | 34 <sup>th</sup> | G Smith M55  |  | 29.26 |
| 39 <sup>th</sup> | C Brown M40  | 29.53 | 43 <sup>rd</sup> | J Ball F     |  | 30.25 |
| 46 <sup>th</sup> | T Woodford F | 30.49 | 74 <sup>th</sup> | C McEinery F |  | 34.04 |
| 77 <sup>th</sup> | A Irvine     | 34.45 |                  |              |  |       |

**Wirksworth Well Dressing Race – 4.2 miles May 28<sup>th</sup>**

|                   |                |       |                  |                |  |       |
|-------------------|----------------|-------|------------------|----------------|--|-------|
| 10 <sup>th</sup>  | J Kazer        | 25.36 | 19 <sup>th</sup> | M Smith        |  | 26.49 |
| 21 <sup>st</sup>  | C Clissold     | 27.05 | 32 <sup>nd</sup> | I Badr         |  | 28.12 |
| 34 <sup>th</sup>  | J Lewy M45     | 28.17 | 41 <sup>st</sup> | C Brown M40    |  | 29.00 |
| 42 <sup>nd</sup>  | A Downie M55   | 29.04 | 43 <sup>rd</sup> | G Smith M55    |  | 29.07 |
| 48 <sup>th</sup>  | T Woodford (F) | 29.25 | 50 <sup>th</sup> | G Meah M45     |  | 29.34 |
| 53 <sup>rd</sup>  | C Gibbons (F)  | 29.52 | 55 <sup>th</sup> | T Long M45     |  | 30.00 |
| 60 <sup>th</sup>  | J Ball (F)     | 30.44 | 78 <sup>th</sup> | C Stanier (F)  |  | 33.23 |
| 79 <sup>th</sup>  | A Costello (F) | 33.31 | 84 <sup>th</sup> | C McEinery (F) |  | 34.00 |
| 93 <sup>rd</sup>  | N Costello M55 | 35.04 | 95 <sup>th</sup> | A Lasseter (F) |  | 35.16 |
| 117 <sup>th</sup> | I Mckay M45    | 38.05 |                  |                |  |       |

**Milford 5 mile race – May 29<sup>th</sup>**

|                  |             |       |                  |              |  |       |
|------------------|-------------|-------|------------------|--------------|--|-------|
| 14 <sup>th</sup> | M Smith     | 33.16 | 17 <sup>th</sup> | I Badr       |  | 34.00 |
| 21 <sup>st</sup> | J Lewy M45  | 34.37 | 24 <sup>th</sup> | G Meah M45   |  | 34.56 |
| 29 <sup>th</sup> | C Brown M40 | 35.24 | 30 <sup>th</sup> | T Woodford F |  | 35.29 |
| 31 <sup>st</sup> | G Smith M55 | 35.36 | 37 <sup>th</sup> | A Downie M55 |  | 37.09 |
| 43 <sup>rd</sup> | J Ball F    | 38.26 | 58 <sup>th</sup> | C McEinery F |  | 41.30 |
| 67 <sup>th</sup> | A Irvine    | 42.22 |                  |              |  |       |

**Rowsley Sting in the tail race – 4 miles – 30<sup>th</sup> may**

|                  |                |       |                  |                |  |       |
|------------------|----------------|-------|------------------|----------------|--|-------|
| 9 <sup>th</sup>  | J Kazer        | 25.39 | 18 <sup>th</sup> | M Smith        |  | 26.45 |
| 19 <sup>th</sup> | C Clissold     | 26.55 | 27 <sup>th</sup> | J Lewy M45     |  | 28.13 |
| 30 <sup>th</sup> | I Badr         | 28.44 | 37 <sup>th</sup> | A Downie M55   |  | 29.32 |
| 39 <sup>th</sup> | T Woodford (F) | 29.36 | 42 <sup>nd</sup> | C Brown M40    |  | 29.57 |
| 43 <sup>rd</sup> | G Meah M45     | 29.58 | 44 <sup>th</sup> | G Smith M55    |  | 30.09 |
| 47 <sup>th</sup> | C Gibbons (F)  | 30.34 | 50 <sup>th</sup> | T Long M45     |  | 30.48 |
| 53 <sup>rd</sup> | J Ball (F)     | 30.57 | 63 <sup>rd</sup> | C Stanier (F)  |  | 33.02 |
| 66 <sup>th</sup> | A Costello (F) | 33.39 | 69 <sup>th</sup> | C McEinery (F) |  | 34.11 |
| 77 <sup>th</sup> | N Costello M55 | 35.16 | 78 <sup>th</sup> | A Lasseter (F) |  | 35.20 |
| 93 <sup>rd</sup> | I Mckay M45    | 39.46 |                  |                |  |       |

**Hickathrift 10k – June 4<sup>th</sup>**

|                   |                |       |                   |                     |  |       |
|-------------------|----------------|-------|-------------------|---------------------|--|-------|
| 76 <sup>th</sup>  | R Kiff F       | 47.55 | 83 <sup>rd</sup>  | H Mckay Vet W35     |  | 48.59 |
| 101 <sup>st</sup> | I Mckay Vet 45 | 53.34 | 105 <sup>th</sup> | S Costello Vet W 35 |  | 54.19 |
| 109 <sup>th</sup> | S Arora F      | 55.37 | 110 <sup>th</sup> | N Burch Vet 45      |  | 55.59 |

**Bedford Harriers 10k – June 5<sup>th</sup>**

|                 |         |       |  |  |  |  |
|-----------------|---------|-------|--|--|--|--|
| 1 <sup>st</sup> | E Patel | 38.54 |  |  |  |  |
|-----------------|---------|-------|--|--|--|--|

**Kevin Henry 5k Summer League – 9<sup>th</sup> June – Saffron Walden**

C&C 2<sup>nd</sup> team overall – Men 2<sup>nd</sup> team, Women 1<sup>st</sup> team.

|                  |           |       |                  |              |  |       |
|------------------|-----------|-------|------------------|--------------|--|-------|
| 5 <sup>th</sup>  | I Delaney | 18.00 | 10 <sup>th</sup> | D Bowker M40 |  | 18.30 |
| 11 <sup>th</sup> | D Abbott  | 18.30 | 13 <sup>th</sup> | B Blaukopf   |  | 19.00 |
| 16 <sup>th</sup> | M Smith   | 19.31 | 22 <sup>nd</sup> | C Clissold   |  | 19.43 |
| 23 <sup>rd</sup> | I Badr    | 19.48 | 25 <sup>th</sup> | J Raymond    |  |       |

|                  |             |       |                  |             |  |       |
|------------------|-------------|-------|------------------|-------------|--|-------|
|                  | 19.55       |       |                  |             |  |       |
| 26 <sup>th</sup> | N Burch U15 | 20.34 | 32 <sup>nd</sup> | C Brown     |  | 20.55 |
| 33 <sup>rd</sup> | G Smith M55 | 21.05 | 36 <sup>th</sup> | G Meah M40  |  | 21.25 |
| 41 <sup>st</sup> | M DiFranco  | 22.20 | 45 <sup>th</sup> | P Schofield |  |       |

|                  |          |       |                  |         |  |       |
|------------------|----------|-------|------------------|---------|--|-------|
|                  | 22.46    |       |                  |         |  |       |
| 49 <sup>th</sup> | A Irvine | 24.20 | 52 <sup>nd</sup> | I Mckay |  | 27.09 |

|                  |         |       |  |  |  |  |
|------------------|---------|-------|--|--|--|--|
| 53 <sup>rd</sup> | N Burch | 28.34 |  |  |  |  |
|------------------|---------|-------|--|--|--|--|

**Women**

|                  |           |       |                  |             |  |       |
|------------------|-----------|-------|------------------|-------------|--|-------|
| 1 <sup>st</sup>  | J Ives    | 19.45 | 3 <sup>rd</sup>  | R Flood     |  | 20.59 |
| 6 <sup>th</sup>  | C Gibbons | 21.38 | 13 <sup>th</sup> | D Braverman |  | 23.52 |
| 14 <sup>th</sup> | R Kiff    | 23.55 | 16 <sup>th</sup> | C McEinery  |  | 24.15 |
| 19 <sup>th</sup> | H McKay   | 24.45 | 24 <sup>th</sup> | A Arora     |  | 27.12 |
| 25 <sup>th</sup> | M Warren  | 29.24 |                  |             |  |       |

**Cystic Fibrosis 5K, Sat 11th June**

|                 |           |       |                 |            |  |       |
|-----------------|-----------|-------|-----------------|------------|--|-------|
| 2 <sup>nd</sup> | T Komatsu | 16.20 | 7 <sup>th</sup> | B Blaukopf |  | 18.11 |
|-----------------|-----------|-------|-----------------|------------|--|-------|

**Swaledale marathon** (some ran, some ran some and walked the hills, and some walked all of it)

|                  |                  |                    |                       |                        |  |  |
|------------------|------------------|--------------------|-----------------------|------------------------|--|--|
| 48 <sup>th</sup> | John Kazer       | 4hrs 19mins        | Mike Smith - 5.10     | Teresa Woodford - 5.10 |  |  |
|                  | Jo Ball - 5.11   | Glyn Smith - 5.11  | Neil Costello - 6.05  | Anna costello - 6.05   |  |  |
|                  | Ian McKay - 7.55 | Helen McKay - 7.55 | Ginny Costello - 7.55 |                        |  |  |

**TRACK & FIELD**

**Herts Phoenix Open meeting – March 25<sup>th</sup>**

|                 |                  |           |                 |       |         |                 |       |
|-----------------|------------------|-----------|-----------------|-------|---------|-----------------|-------|
| U15 Boys        | B Abbott Gribben | Polevault | 1 <sup>ST</sup> | 2.00m |         |                 |       |
| U17 Men         | J Godden         | 100m      | 2 <sup>nd</sup> | 12.1  |         |                 |       |
| Senior Men      | G Parsons        | Discus    | 3 <sup>rd</sup> | 36.06 | Shot    | 2 <sup>nd</sup> | 10.62 |
|                 |                  | Hammer    | 6 <sup>th</sup> | 37.05 | Javelin | 5 <sup>th</sup> | 35.29 |
| Veteran Men 50+ | P Bramford       | Discus    | 1 <sup>st</sup> | 31.95 | Javelin | 1 <sup>st</sup> | 32.99 |
|                 |                  | Shot      | 1 <sup>st</sup> | 8.99  | Hammer  | 1 <sup>st</sup> | 24.48 |

**Peterborough Open meeting – April 3<sup>rd</sup>**

|                 |                  |           |                 |       |          |                 |       |
|-----------------|------------------|-----------|-----------------|-------|----------|-----------------|-------|
| U17 Ladies      | A Forster        | Shot      | 1 <sup>st</sup> | 9.10  | Hammer   | 2 <sup>nd</sup> | 21.44 |
| U15 Boys        | B Abbott-Gribben | Polevault | 1 <sup>st</sup> | 2.10  |          |                 |       |
| Senior men      | G Parsons        | Shot      | 2 <sup>nd</sup> | 11.49 | Hammer   | 1 <sup>st</sup> | 39.12 |
|                 |                  | Discus    |                 |       |          |                 |       |
| Veteran men 60+ | N Moss           | 100m      | 1 <sup>st</sup> | 15.4  | Longjump | 1 <sup>st</sup> | 4.11  |
|                 |                  | Javelin   | 1 <sup>st</sup> | 27.82 |          |                 |       |

**De Montfort Open meeting – Bedford - April 16<sup>th</sup>**

|           |                  |      |                 |        |      |                 |      |
|-----------|------------------|------|-----------------|--------|------|-----------------|------|
| U15 Boys  | B Abbott-Gribben | PV   | 1 <sup>st</sup> | 2.20m  |      |                 |      |
| U17 Men   | J Godden         | 100m | 1 <sup>st</sup> | 11.96  | 200m | 1 <sup>st</sup> | 24.2 |
| Sen men   | P Steiner        | 100m | 1 <sup>st</sup> | 11.5   | 200m | 1 <sup>st</sup> | 23.2 |
| U17 Women | L Dowsett        | 800m | 2 <sup>nd</sup> | 2.18.2 |      |                 |      |

**East Anglian League at Cambridge on April 17<sup>th</sup>**

|                               |              |               |         |     |           |  |         |
|-------------------------------|--------------|---------------|---------|-----|-----------|--|---------|
| Senior Men - =1 <sup>st</sup> | with 149 pts |               |         |     |           |  |         |
| 100m                          | 2A           | J Markley     | 11.5    | 1B  | P Steiner |  | 11.5    |
|                               | N/S          | J Huddlestone | 12.7    | N/S | J Howlett |  | 13.0    |
| 200m                          | 2A           | R Wheat       | 24.0    | 1B  | J Slade   |  | 24.1    |
|                               | N/S          | J Huddlestone | 26.2    | N/S | J Howlett |  | 30.1    |
| 400m                          | 3A           | P Steiner     | 54.3    | 3B  | J Black   |  | 56.0    |
| 800m                          | 1A           | N Carroll     | 2.03.6  | 1B  | J Morley  |  | 2.04.9  |
| 3000m                         | 1A           | W George      | 9.07.1  | 1B  | T Komatsu |  | 9.27.4  |
|                               | N/S          | D Bowker      | 10.03.6 | N/S | A Howard  |  | 10.53.1 |
|                               | N/S          | G Meah        | 11.19.3 | N/S | B Corbett |  | 11.56.9 |
| Hurdles                       | 2A           | J Markley     | 15.8    | 2B  | J Brennan |  |         |

|          |      |           |      |    |               |  |      |
|----------|------|-----------|------|----|---------------|--|------|
|          | 20.1 |           |      |    |               |  |      |
| Highjump | 3A   | J Markley | 1.60 | 3B | J Huddlestone |  | 1.50 |
| Longjump | 3A   | J Brennan | 5.43 | 4B | J Howlett     |  |      |

|            |      |            |       |    |         |  |       |
|------------|------|------------|-------|----|---------|--|-------|
|            | 4.99 |            |       |    |         |  |       |
| Triplejump | 4A   | J Brennan  |       |    |         |  | 10.26 |
| Shot       | 3A   | G Parsons  | 11.59 | 2B | R Smith |  | 8.94  |
|            | N/S  | P Bramford | 9.37  |    |         |  |       |

|         |     |            |             |    |            |  |       |
|---------|-----|------------|-------------|----|------------|--|-------|
| Discus  | 2A  | G Parsons  | 34.57       | 2B | P Bramford |  | 26.90 |
| Hammer  | 2A  | G Parsons  | 38.12       | 3B | P Bramford |  | 20.46 |
|         | N/S | A Burch    | 19.17 (6kg) |    |            |  |       |
| Javelin | 4A  | M Hathaway | 34.46       | 3B | M Thompson |  | 33.85 |



|                 |                    |   |        |       |                  |          |                  |                    |                                  |        |        |             |             |
|-----------------|--------------------|---|--------|-------|------------------|----------|------------------|--------------------|----------------------------------|--------|--------|-------------|-------------|
| 400m            | 3A                 | O Francis                               | 53.9   | 1B    | T Kelk           | 56.0     |                  | N/S                | G Coe                            | 30.0   | N/S    | K Parker    | 30.1        |
| 800m            | 6A                 | A Howarth                               | 2.38.9 |       |                  |          |                  | N/S                | R Newman                         |        | 30.2   |             |             |
| 1500m           | 2A                 | E Louth                                 | 4.40.3 | 1B    | J Kennard        | 4.43.1   | 300m             | 4A                 | R Cormack                        | 47.5   | 5B     | V Holdom    | 58.9        |
| Hurdles         | 3A                 | D Graver                                | 17.6   |       |                  |          | 800m             | 1A                 | G Coe                            | 2.29.9 | 4B     | E Sayers    | 2.42.3      |
| Longjump        | 2A                 | S Richards                              | 4.78   |       |                  |          |                  | N/S                | K Parker                         | 2.29.5 | N/S    | A Black     | 3.03.3      |
| Triplejump      | 1A                 | M Riches                                |        | 12.14 | 2B               | N Massey |                  | N/S                | C Draper                         | 3.10.1 |        |             |             |
| Shot            | 1A                 | S Fisher                                | 12.10  | 5B    | J Abbott-Gribben | 7.27     | 1500m            | 3A                 | Z Kier                           | 5.39.8 | 3B     | L Mathewson | 6.05.3      |
|                 | N/S                | L Smith                                 | 9.14   |       |                  |          | Hurdles          | 4A                 | L Bass                           | 13.3   | 2B     | R Cormack   | 13.6        |
| Discus          | 2A                 | S Fisher                                | 32.40  | 1B    | T Kelk           | 19.24    | Longjump         | N/S                | D Gul                            | 14.9   |        |             |             |
| Javelin         | 5A                 | S Fisher                                | 14.91  | 3B    | E Louth          | 14.59    |                  | 5A                 | K Band                           | 3.96   | 3B     | L Traynier  | 3.92        |
|                 | N/S                | L Smith                                 | 28.05  |       |                  |          | Highjump         | N/S                | O Milward                        | 3.90   | N/S    | L Bass      | 3.72        |
| 4 x 100         | 1A                 | Godden, Massey, Abbott-Gribben, Francis |        |       |                  | 47.2     | Shot             | 2A                 | Z Kier                           | 1.45   | 2B     | E Sayers    | 1.25        |
| Boys Under 15   | (2 <sup>nd</sup> ) |   |        |       |                  |          | Discus           | 4A                 | A Black                          | 6.13   | 3B     | R Cormack   | 5.53        |
| 100m            | 2A                 | J Baxter                                | 12.7   | 2B    | C Kemp           | 13.4     | Javelin          | 5A                 | E Sayers                         | 12.42  | 6B     | L Mathewson | 5.45        |
|                 | N/S                | T McFazdean                             | 14.4   |       |                  |          | 4 x 100 relay    | 5A                 |                                  | 57.1   |        |             |             |
| 200m            | 7A                 | S Goldfinch                             | 29.1   |       |                  |          | Girls Under 13   | (2 <sup>nd</sup> ) |                                  |        |        |             |             |
| 400m            | 1A                 | S Goldfinch                             | 58.4   | 3B    | P Shields        | 68.5     | 100m             | 5A                 | L Sammout                        | 15.3   | 4B     | C Davidson  | 16.1        |
| 800m            | 4A                 | J Jamieson                              | 2.21.3 | 4B    | T Spry           | 2.36.8   |                  | N/S                | K Larkey                         | 16.3   | N/S    | C Asztalos  | 16.7        |
| 1500m           | 2A                 | W Mycroft                               | 4.42.8 | 3B    | N Burch          | 5.21.8   |                  | N/S                | I Gallucci                       | 17.4   | N/S    | S Bedford   | 17.8        |
| Hurdles         | 3A                 | T Higton                                | 15.0   | 2B    | P Shields        | 15.8     | 200m             | 7A                 | R Trotter                        | 33.5   | 4B     | E Kier      | 34.5        |
| Longjump        | 6A                 | P Shields                               | 4.17   | 4B    | T Higton         | 3.80     |                  | N/S                | C Davidson                       | 32.6   | N/S    | K Larkey    | 33.9        |
|                 | N/S                | J Baxter                                | 4.36   |       |                  |          |                  | N/S                | S Black                          | 34.4   |        |             |             |
| Shot            | 1A                 | J Sutton-Zian                           | 10.69  | 1B    | C Mortar         | 10.31    | 800m             | 4A                 | E Kier                           | 2.42.8 | 2B     | S Black     | 2.59.0      |
| Discus          | 5A                 | T McFazdean                             | 13.78  | 5B    | T Spry           | 12.99    | 1500m            | N/S                | H Sheppard                       | 3.08.6 |        |             |             |
| Javelin         | 2A                 | C Mortar                                | 29.99  |       |                  |          |                  | 4A                 | Jen Corbett                      |        | 6.01.7 | 3B          | E Woodruffe |
| 4 x 100         | 5A                 |   | 55.1   |       |                  |          |                  | N/S                | K Bull                           | 6.08.5 | N/S    | Jas Corbett |             |
| Boys Under 13   | (1 <sup>st</sup> ) |   |        |       |                  |          |                  | 6.14.9             |                                  |        |        |             |             |
| 100m            | 4A                 | J Warrington                            | 15.2   | 3B    | A R-Bayliss      | 15.8     | Hurdles          | 4A                 | C Asztalos                       | 14.1   | 3B     | R Trotter   | 14.1        |
| 200m            | 4A                 | J Warrington                            | 31.2   | 3B    | A Mortar         | 31.8     | Longjump         | 3A                 | L Sammout                        | 3.71   | 1B     | R Trotter   | 3.52        |
| 800m            | 5A                 | C McLaughlin                            | 2.56.0 |       |                  |          |                  | N/S                | I Gallucci                       | 3.31   | N/S    | C Asztalos  | 3.29        |
| 1500m           | 4A                 | O Bass                                  | 5.35.2 | 2B    | S Szymanski      | 6.33.2   | Highjump         | 3A                 | I Gallucci                       | 1.20   | 2B     | J Corbett   | 1.20        |
|                 | N/S                | S Kennard                               | 6.08.9 |       |                  |          | Shot             | 3A                 | H Sayer                          | 6.81   | 2B     | S Bedford   | 4.83        |
| Hurdles         | 2A                 | B Kelk                                  | 13.5   | 2B    | B Bowmer         | 17.1     | Discus           | 1A                 | L Sammout                        | 17.93  | 1B     | H Sayer     | 15.81       |
| Highjump        | 2A                 | B Bowmer                                | 1.15   | 2B    | A R-Bayliss      | 1.05     |                  | N/S                | S Bedford                        | 13.60  |        |             |             |
| Longjump        | 5A                 | AR-Bayliss                              | 3.65   | 4B    | B Bowmer         | 3.34     | 4 x 100 relay    | 4A                 |                                  |        |        |             | 62.0        |
| Shot            | 2A                 | S Bicknell                              | 6.88   | 2B    | O Bass           | 4.79     |                  |                    |                                  |        |        |             |             |
| Discus          | 5A                 | C McLaughlin                            | 8.46   |       |                  |          |                  |                    |                                  |        |        |             |             |
|                 | N/S                | S Szymanski                             | 3.68   |       |                  |          |                  |                    |                                  |        |        |             |             |
| 4 x 100 .relay  | 2A                 |   | 59.9   |       |                  |          |                  |                    |                                  |        |        |             |             |
| Under 17 Ladies | (3 <sup>rd</sup> ) |   |        |       |                  |          |                  |                    |                                  |        |        |             |             |
| 100m            | 6A                 | H Tonner                                | 14.4   | 1B    | K Motley         | 14.3     |                  | 2A                 | H Tonner                         | 13.5   | 1B     | A Cone      | 14.0        |
| 200m            | 3A                 | L Dowsett                               | 27.7   | 1B    | H Tonner         | 28.2     | 200m             | 3A                 | H Tonner                         | 27.8   | 3B     | E Bicknell  | 31.1        |
| 300m            | 1A                 | L Dowsett                               | 42.4   |       |                  |          | 800m             | 3A                 | E Bicknell                       | 2.57.1 |        |             |             |
| 800m            | 2A                 | E Schofield                             | 2.23.1 | 3B    | E Bicknell       | 2.59.5   | 1500m            | 2A                 | E Schofield                      | 5.04.4 | 1B     | J Herron    | 5.47.2      |
| 80m Hdls        | 3A                 | K Motley                                | 13.3   | 1B    | V Asztalos       | 13.4     | 80m Hudles (U17) | 1A                 | K Motley                         | 12.5   | 1B     | V Asztalos  | 13.4        |
| Longjump        | 3A                 | V Asztalos                              | 4.48   |       |                  |          | 100m Hurdles     | 1A                 | A Cone                           | 19.0   |        |             |             |
| Highjump        | 4A                 | H Tonner                                | 1.40   | 4B    | V Asztalos       | 1.15     | Highjump         | 1A                 | H Tonner                         | 1.45   |        |             |             |
| Shot            | 1A                 | A Forster                               | 9.09   | 1B    | P Markley        | 8.18     | Longjump         | 3A                 | V Asztalos                       | 4.45   |        |             |             |
| Discus          | 1A                 | P Markley                               | 23.11  | 1B    | A Forster        | 22.31    | Discus           | 4A                 | E Schofield                      | 15.85  |        |             |             |
| Javelin         | 3A                 | P Markley                               | 13.23  |       |                  |          | 4 x 100          | 1A                 | Cone, Asztalos,Schofield, Tonner |        |        |             |             |
| 4 x 100         | 4A                 |   | 54.8   |       |                  |          |                  |                    |                                  |        |        |             |             |
| Under 15 Girls  | (2 <sup>nd</sup> ) |   |        |       |                  |          | Under 15s        |                    |                                  |        |        |             |             |
| 100m            | 5A                 | L Bass                                  | 14.5   | 1B    | D Gul            | 14.2     | 100m             | 1A                 | D Gul                            | 14.0   | 1B     | L Bass      | 14.6        |
|                 | N/S                | Z Kier                                  | 15.1   | N/S   | O Millward       | 14.6     |                  | N/S                | H Cox                            | 15.0   | N/S    | M Clingham  | 14.9        |
|                 | N/S                | K Band                                  | 16.0   | N/S   | H Cox            | 15.3     |                  | N/S                | C Cox                            | 16.7   |        |             |             |
|                 | N/S                | R Newman                                | 15.3   |       |                  |          | 200m             | 1A                 | D Gul                            | 29.1   | 1B     | H Cox       | 32.3        |
| 200m            | 6A                 | A Cox                                   | 32.3   | 1B    | D Gul            | 29.0     | 800m             | 2A                 | O Mathewson                      | 3.04.5 |        |             |             |

**Southern Womens League Div 3 – April 30<sup>th</sup> at Watford**

Overall 2<sup>nd</sup> place with 117 points (Winners Barnet – 124pts) – 7<sup>th</sup> in Div 3N

Seniors/U17's

|                  |     |                                  |        |     |            |        |
|------------------|-----|----------------------------------|--------|-----|------------|--------|
| 100m             | 2A  | H Tonner                         | 13.5   | 1B  | A Cone     | 14.0   |
| 200m             | 3A  | H Tonner                         | 27.8   | 3B  | E Bicknell | 31.1   |
| 800m             | 3A  | E Bicknell                       | 2.57.1 |     |            |        |
| 1500m            | 2A  | E Schofield                      | 5.04.4 | 1B  | J Herron   | 5.47.2 |
| 80m Hudles (U17) | 1A  | K Motley                         | 12.5   | 1B  | V Asztalos | 13.4   |
| 100m Hurdles     | 1A  | A Cone                           | 19.0   |     |            |        |
| Highjump         | 1A  | H Tonner                         | 1.45   |     |            |        |
| Longjump         | 3A  | V Asztalos                       | 4.45   |     |            |        |
| Discus           | 4A  | E Schofield                      | 15.85  |     |            |        |
| 4 x 100          | 1A  | Cone, Asztalos,Schofield, Tonner |        |     |            |        |
| Under 15s        |     |                                  |        |     |            |        |
| 100m             | 1A  | D Gul                            | 14.0   | 1B  | L Bass     | 14.6   |
|                  | N/S | H Cox                            | 15.0   | N/S | M Clingham | 14.9   |
|                  | N/S | C Cox                            | 16.7   |     |            |        |
| 200m             | 1A  | D Gul                            | 29.1   | 1B  | H Cox      | 32.3   |
| 800m             | 2A  | O Mathewson                      | 3.04.5 |     |            |        |

|          |        |     |                            |       |        |               |             |  |
|----------|--------|-----|----------------------------|-------|--------|---------------|-------------|--|
| 1500m    |        | 1A  | Jen Corbett                |       | 6.03.7 | 1B            | E Grimshaw  |  |
| 75m Hdls | 6.17.9 | 1A  | L Bass                     | 12.8  | 1B     | D Gul         | 14.5        |  |
| Highjump |        | 1A  | Jen Corbett                |       | 1.20   | 1B            | O Mathewson |  |
| Longjump | 1.05   | 1A  | L Bass                     | 3.89  | 2B     | H Cox         | 3.28        |  |
|          |        | N/S | C Cox                      | 2.60  | N/s    | M Clingham    | 3.41        |  |
|          |        | N/S | O Mathewson                | 3.40  |        |               |             |  |
| Shot     |        | 1A  | H Sayer                    | 6.35  | 1B     | Jenni Corbett | 4.59        |  |
| Discus   |        | 1A  | E Grimshaw                 | 12.87 |        |               |             |  |
| Javelin  |        | 1A  | H Sayer                    | 9.41  | 1B     | E Grimshaw    | 7.49        |  |
| 4 x 100  |        | 1A  | H Cox, Clingham, Bass, Gul |       |        |               | 58.0        |  |

**BUSA Championships at Glasgow – 1<sup>st</sup> May**

|       |  |       |              |         |       |          |         |  |
|-------|--|-------|--------------|---------|-------|----------|---------|--|
| 5000m |  | 2(ht) | I Williamson | 15.08.4 | 5(ht) | W George | 15.15.4 |  |
|-------|--|-------|--------------|---------|-------|----------|---------|--|

**Eastern Veterans League - 4th May at Peterborough**

**Men – C&C 4th 66 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> | 65.0   | M60+ | N Moss     | 2 <sup>nd</sup> | 72.3    |
| 1500m        | M40+ | D Bowker | 2 <sup>nd</sup> | 4.49.3 | M50+ | J Jenkins  | 3 <sup>rd</sup> | 5.01.6  |
|              |      |          | N/S             |        |      |            | N/S             |         |
| 2km walk     |      |          |                 |        | M60+ | P Howard   | 2 <sup>nd</sup> | 13.00.8 |
| Longjump     | M40+ | G Meah   | 4 <sup>th</sup> | 3.27   | M50+ | N Moss     | 4 <sup>th</sup> | 3.66    |
| Highjump     | M40+ | G Meah   | 4 <sup>th</sup> | 1.20   |      |            |                 |         |
| Shot         | M40+ | F Martin | 4 <sup>th</sup> | 7.48   | M50+ | P Bramford | 2 <sup>nd</sup> | 10.20   |
| Hammer       | M40+ | F Martin | 3 <sup>rd</sup> | 17.70  | M50+ | P Bramford | 1 <sup>st</sup> | 26.41   |
|              | M60+ | N Moss   | 2 <sup>nd</sup> | 21.97  |      |            |                 |         |
| Medley relay | M40+ | N Moss   | 4 <sup>th</sup> |        |      |            |                 |         |

**Ladies – C&C 4<sup>th</sup> 43 pts**

|        |      |           |                 |        |      |          |                 |        |
|--------|------|-----------|-----------------|--------|------|----------|-----------------|--------|
| 100m   | W55+ | M Holmes  | 3 <sup>rd</sup> | 18.9   |      |          |                 |        |
| 400m   | W55+ | S Barnett | 2 <sup>nd</sup> | 83.5   |      |          |                 |        |
| 1500m  | W55+ | S Barnett | 1 <sup>st</sup> | 6.18.9 |      |          |                 |        |
| Shot   | W35+ | C Morris  | 2 <sup>nd</sup> | 6.56   | W45+ | R Martin | 2 <sup>nd</sup> | 7.26m  |
| Hammer | W35+ | C Morris  | 3 <sup>rd</sup> | 17.27  | W45+ | R Martin | 1 <sup>st</sup> | 20.10m |

**Watford Open and BMC races – May 4<sup>th</sup>**

|          |                                 |        |                 |          |     |         |  |  |
|----------|---------------------------------|--------|-----------------|----------|-----|---------|--|--|
| BMC 800m | H Tobin (2 <sup>nd</sup> Claim) | Sen    | 1st             | 2.09.12  |     |         |  |  |
|          | L Dowsett                       | U17    | 4 <sup>th</sup> | 2.12.93  |     |         |  |  |
| 1500m    | G Coe                           | U15    | 5.05.55         | K Parker | U15 | 5.11.93 |  |  |
|          | J Herron                        | Vet 35 | 5.37.0          |          |     |         |  |  |

**Southern Mens League Div 2 - May 7<sup>th</sup> at St Ives**

|   |                   |                  |         |    |              |         |  |  |
|---|-------------------|------------------|---------|----|--------------|---------|--|--|
| 1st - C&C – 116, 2 <sup>nd</sup> Hunts AC - 115½, 3 <sup>rd</sup> Watford – 100, 4 <sup>th</sup> Woodford Green 99½, 5 <sup>th</sup> Bedford - 98 |                   |                  |         |    |              |         |  |  |
| 100m  | 2A                | J Markley        | 11.1    | 1B | P Steiner    | 11.4    |  |  |
|   | N/S               | J Abbott-Gribben | 12.0    |    |              |         |  |  |
| 200m  | 3A                | P Steiner        | 23.9    | 4B | J Godden     | 24.7    |  |  |
| 400m  | 4A                | J Slade          | 52.1    | 2B | O Francis    | 54.7    |  |  |
| 800m  | 1A                | E Aston          | 2.00.6  | 2B | J Morley     | 2.09.4  |  |  |
| 1500m   | 5A                | R Kretzer        | 4.33.7  | 3B | M Bell       | 4.40.3  |  |  |
| 5000m   | 3A                | T Komatsu        | 16.04.9 | 3B | D Bowker     | 17.56.5 |  |  |
|   | N/S               | A Howard         | 19.08.4 |    |              |         |  |  |
| 3000S/C   | 3A                | C Pyle           | 10.44.0 | 3B | J Kazer      | 11.14.7 |  |  |
| 110 hdls  | 1A                | J Markley        | 15.5    | 2B | T Brennand   | 20.0    |  |  |
| 400 hdls  | 5A                | T Brennand       | 70.6    | 2B | J Huddleston | 64.3    |  |  |
| Polevault   | Abandoned = 3A/3B |                  |         |    |              |         |  |  |
| Highjump  | 5A                | T Adams          | 1.65    |    | O Francis    | N/H     |  |  |
| Longjump  | 5A                | M Riches         | 5.85    | 2B | J Brennand   |         |  |  |
| Triplejump  | 5A                | M Riches         | 11.32   | 3B | J Brennand   |         |  |  |
| Hammer  | 3A                | G Parsons        | 38.73   | 3B | R Smith      | 17.92   |  |  |

|         |    |                                  |       |    |           |         |
|---------|----|----------------------------------|-------|----|-----------|---------|
| Shot    | 1A | G Parsons                        | 11.75 | 1B | R Smith   | 9.76    |
| Discus  | 1A | G Parsons                        | 39.42 | 2B | R Smith   | 28.31   |
| Javelin | 4A | G Parsons                        | 35.84 | 2B | M Thomson | 34.50   |
| 4 x 100 | 1A | Steiner, Markley, Slade, Wheater |       |    |           | 45.2    |
| 4 x 400 | 2A | Aston, Slade, Wheater, Morley    |       |    |           | 3..32.7 |

**St Marvs Twickenham invitation – May 11<sup>th</sup>**

|       |  |              |        |  |  |  |
|-------|--|--------------|--------|--|--|--|
| 1500m |  | Lucy Dowsett | 4.42.4 |  |  |  |
|-------|--|--------------|--------|--|--|--|

**Cams AA Championships – Peterborough – May 14<sup>th</sup>**

|                       |                 |                                     |                    |                 |             |           |
|-----------------------|-----------------|-------------------------------------|--------------------|-----------------|-------------|-----------|
| <b>Girls Under 13</b> |                 | <b>1<sup>st</sup> in team event</b> |                    |                 |             |           |
| 100m                  | 6 <sup>th</sup> | C Davidson                          | 15.0 (14.6 in ht)  |                 | Jen Corbett |           |
|                       | 15.1 (ht)       |                                     |                    |                 |             |           |
|                       | 17.1 (ht)       | K Bull                              | 16.2 (ht)          |                 | Jas Corbett |           |
| 200m                  | 6 <sup>th</sup> | C Davidson                          | 32.9 (32.4 in ht)  |                 | R Trotter   | 32.9 (ht) |
| 800m                  | 3 <sup>rd</sup> | E Kier                              | 2.47.8             |                 |             |           |
| 1500m                 | 5 <sup>th</sup> | K Bull                              | 6.24.9             | 6 <sup>th</sup> | Jas Corbett |           |
|                       | 6.25.8          |                                     |                    |                 |             |           |
| 70m Hurdles           | 8 <sup>th</sup> | Jen Corbett                         |                    | 6.38.1          |             |           |
|                       | 1 <sup>st</sup> | C Asztalos                          | 12.6               | 2 <sup>nd</sup> | C Davidson  | 13.7      |
|                       | 3 <sup>rd</sup> | I Gallucci                          | 13.8               | 4 <sup>th</sup> | R Trotter   | 13.9      |
| Highjump              | 1 <sup>st</sup> | I Gallucci                          | 1.30               |                 |             |           |
| Longjump              | 5 <sup>th</sup> | L Sammout                           | 4.22               | 2 <sup>nd</sup> | I Gallucci  | 3.78      |
|                       | 1 <sup>st</sup> | R Trotter                           | 3.63               |                 |             |           |
| Shot                  | 1 <sup>st</sup> | L Sammout                           | 7.44               | 2 <sup>nd</sup> | H Sayer     | 7.40      |
|                       | 7 <sup>th</sup> | Jen Corbett                         |                    | 5.14            |             |           |
| Discus                | 1 <sup>st</sup> | L Sammout                           | 20.95 (CBP and CR) | 2 <sup>nd</sup> | H Sayer     | 16.30     |
| Javelin               | 1 <sup>st</sup> | E Woodruffe                         | 16.46              | 2 <sup>nd</sup> | K Bull      | 8.05      |
|                       | 3 <sup>rd</sup> | Jas Corbett                         |                    | 6.34            |             |           |

**Under 15 Girls**

|                                     |                 |             |                   |                 |             |                |
|-------------------------------------|-----------------|-------------|-------------------|-----------------|-------------|----------------|
| <b>1<sup>st</sup> in team event</b> |                 |             |                   |                 |             |                |
| 100m                                | 4 <sup>th</sup> | D Gul       | 13.7              | 6 <sup>th</sup> | O Milward   | 14.3 (13.9 ht) |
|                                     |                 | H Cox       | 14.5 (ht)         |                 |             |                |
| 200m                                | 4 <sup>th</sup> | D Gul       | 28.7 (28.6 in ht) |                 |             |                |
|                                     |                 | L Bass      | 29.1 (ht)         |                 | H Cox       | 30.9 (ht)      |
| 300m                                | 2 <sup>nd</sup> | Ros Cormack | 46.9 (=CBP)       | 3 <sup>rd</sup> | Z Kier      | 47.9           |
| 800m                                | 2 <sup>nd</sup> | K Parker    | 2.33.6            | 4 <sup>th</sup> | Z Kier      | 2.42.9         |
| 1500m                               | 1 <sup>st</sup> | G Coe       | 5.09.0            |                 |             |                |
| 75m Hurdles                         | 1 <sup>st</sup> | L Bass      | 12.4              | 3 <sup>rd</sup> | Ros Cormack | 13.5           |
| Highjump                            | 1 <sup>st</sup> | Z Kier      | 1.35              | 4 <sup>th</sup> | Ros Cormack | 1.25           |
| Longjump                            | 4 <sup>th</sup> | O Milward   | 4.07              | 5 <sup>th</sup> | D Gul       | 3.91           |
|                                     | 6 <sup>th</sup> | H Cox       | 3.47              |                 |             |                |

**Under 17 Ladies**

|                                     |                 |                                     |        |                 |            |        |
|-------------------------------------|-----------------|-------------------------------------|--------|-----------------|------------|--------|
| <b>1<sup>st</sup> in team event</b> |                 |                                     |        |                 |            |        |
| 100m                                | 1 <sup>st</sup> | K Motley                            | 12.9   |                 |            |        |
| 200m                                | 4 <sup>th</sup> | E Bicknell                          | 30.2   |                 |            |        |
| 300m                                | 4 <sup>th</sup> | E Bicknell                          | 48.7   |                 |            |        |
| 800m                                | 1 <sup>st</sup> | L Dowsett                           | 2.19.9 |                 |            |        |
| 1500m                               | 1 <sup>st</sup> | L Dowsett                           | 4.55.2 | 2 <sup>nd</sup> | H Arbuckle | 5.06.4 |
| 80m Hurdles                         | 1 <sup>st</sup> | K Motley                            | 12.4   | 2 <sup>nd</sup> | V Asztalos | 13.0   |
| Longjump                            | 1 <sup>st</sup> | V Asztalos                          | 4.61   |                 |            |        |
| Triplejump                          | 1 <sup>st</sup> | K Motley                            |        | 8.69            |            |        |
| Shot                                | 1 <sup>st</sup> | A Forster                           | 9.46   | 2 <sup>nd</sup> | P Markley  | 9.04   |
| Discus                              | 1 <sup>st</sup> | S Cracknell                         | 24.32  | 2 <sup>nd</sup> | A Forster  | 22.52  |
|                                     | 3 <sup>rd</sup> | P Markley                           | 21.32  |                 |            |        |
| Hammer                              | 1 <sup>st</sup> | A Forster                           | 23.71  |                 |            |        |
| <b>Senior Ladies</b>                |                 | <b>3<sup>rd</sup> in team event</b> |        |                 |            |        |
| 400m                                | 3 <sup>rd</sup> | I Asztalos                          | 62.4   |                 |            |        |
| <b>Boys under 13</b>                |                 | <b>4<sup>th</sup> in team event</b> |        |                 |            |        |
| 1500m                               | 4 <sup>th</sup> | O Bass                              | 5.39.9 |                 |            |        |
| Shot                                | 1 <sup>st</sup> | S Bicknell                          | 6.02   |                 |            |        |



|   |                                     |                                 |            |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
|---|-------------------------------------|---------------------------------|------------|------------------|---------------------------------|-----------|--|---|---------------------------|--|------------------------------|--------------------|------------------|--------------|------------|
| Javelin   | 1 <sup>st</sup>                     | S Bicknell                      | 22.69      |                  |                                 |           |  | 4 x 100   | 1A                        | Smith, Tonner, Bicknell, Forster           |                              |                    |                  |              | 53.4       |
| <b>Boys under 15</b>  | <b>2<sup>nd</sup> in team event</b> |                                 |            |                  |                                 |           |  | Under 15s   |                           |  |                              |                    |                  |              |            |
| 100m  | 1 <sup>st</sup>                     | J Baxter                        | 12.3       | 2 <sup>nd</sup>  | C Kemp                          | 12.6      |  | 100m  | 2A                        | Jen Corbett                                |                              | 15.3               |                  |              |            |
| 200m  |                                     | S Johnson                       | 29.7 (ht)  |                  | T Spry                          | 31.3 (ht) |  | 200m  | 2A                        | L Bass                                     | 28.9                         |                    |                  |              |            |
| 400m  | 1 <sup>st</sup>                     | S Goldfinch                     | 58.3       |                  |                                 |           |  | 1500m   | 3A                        | Jen Corbett                                |                              | 6.03.2             | 2B               | L Matthewson |            |
| 800m  | 3 <sup>rd</sup>                     | J Jamieson                      | 2.27.3     |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 1500m   | 1 <sup>st</sup>                     | W Mycroft                       | 4.39.4     | 5 <sup>th</sup>  | N Burch                         | 5.21.3    |  | 75m hdl   | 1A                        | L Bass                                     | 12.6                         |                    |                  |              |            |
|   | 6 <sup>th</sup>                     | T Spry                          | 5.22.5     | 7 <sup>th</sup>  | S Johnson                       | 5.46.6    |  | Highjump  | 2A                        | Jen Corbett                                |                              | 1.05               |                  |              |            |
| Longjump  | 4 <sup>th</sup>                     | J Baxter                        | 4.44       | 5 <sup>th</sup>  | P Shield                        | 4.18      |  | Longjump  | 1A                        | L Sammout                                  | 4.01                         | 1B                 | L Bass           | 3.97         |            |
| Triplejump  | 1 <sup>st</sup>                     | S Goldfinch                     | 11.38      | 3 <sup>rd</sup>  | P Shields                       |           |  | Shot  | 2A                        | L Sammout                                  | 6.89                         | 1B                 | H Sayer          | 6.71         |            |
|   | 9.36                                |                                 |            |                  |                                 |           |  | Discus  | 1A                        | L Sammout                                  | 18.90                        | 1B                 | H Sayer          | 13.23        |            |
|   |                                     |                                 |            |                  |                                 |           |  | Javelin   | 1A                        | E Woodroffe                                | 18.95                        | 1B                 | H Sayer          | 11.27        |            |
| Polevault   | 5 <sup>th</sup>                     | S Johnson                       | 7.92       |                  |                                 |           |  | 4 x 100   | 2A                        | Corbett, Bass, Mathewson, Sammout          |                              |                    |                  | 59.8         |            |
| Shot  | 1 <sup>st</sup>                     | B Abbott-Gribben                | 2.40 (CR)  |                  |                                 |           |  | <b>Southern Mens League – 21<sup>st</sup> May at St Ives</b>  |                           |  |                              |                    |                  |              |            |
| Discus  | 6 <sup>th</sup>                     | W Mycroft                       | 6.16       |                  |                                 |           |  | 1 <sup>st</sup> Herts Phoenix   | 131½, 2 <sup>nd</sup> C&C | 111½, 3 <sup>rd</sup> Chelmsford           | 108½, 4 <sup>th</sup> Ealing | 95½, Victoria Park | 82               |              |            |
| <b>Men under 17</b>   | <b>1<sup>st</sup> in team event</b> |                                 |            |                  |                                 |           |  | 100m  | 5A                        | P Steiner                                  | 12.3                         | 3B                 | J Abbott-Gribben | 12.5         |            |
| 100m  | 2 <sup>nd</sup>                     | J Godden                        | 11.4       | 6 <sup>th</sup>  | N Massey                        | 11.7      |  | 200m  | 3A                        | P Steiner                                  | 23.4                         | 5B                 | J Brennand       |              |            |
|   | 7 <sup>th</sup>                     | J Abbott-Gribben                | 11.9       |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 200m  | 2 <sup>nd</sup>                     | J Godden                        | 23.3       | 3 <sup>rd</sup>  | N Massey                        | 23.6      |  | 400m  | 3A                        | J Slade                                    | 50.8                         | 4B                 | E Aston          | 58.4         |            |
| 400m  | 1 <sup>st</sup>                     | O Francis                       | 55.0       |                  |                                 |           |  | 800m  | 1A                        | E Aston                                    | 1.56.3                       | 3B                 | M Bell           | 2.10.6       |            |
| 1500m   | 1 <sup>st</sup>                     | R Kreetzer                      | 4.22.7     |                  |                                 |           |  | 1500m   | 3A                        | R Kreetzer                                 | 4.31.1                       | 3B                 | M Bell           | 4.42.8       |            |
| 100m hurdles  | 1 <sup>st</sup>                     | D Graver                        | 16.3       |                  |                                 |           |  | 5000m   | 2A                        | T Komatsu                                  | 15.51.3                      | 2B                 | K Russell        | 16.35.5      |            |
| Shot  | 2 <sup>nd</sup>                     | S Fisher                        | 12.0       |                  |                                 |           |  | 3000m S/C   | 4A                        | C Pyle                                     | 10.37.6                      | 1B                 | J Kazer          | 11.02.9      |            |
| Discus  | 2 <sup>nd</sup>                     | S Fisher                        | 33.02      |                  |                                 |           |  | 110 Hdls  | 4A                        | T Brennand                                 | 22.6                         | 4B                 | J Brennand       |              |            |
| Hammer  | 1 <sup>st</sup>                     | S Fisher                        | 30.0       |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| <b>Under 20 Men</b>   | <b>2<sup>nd</sup> in team event</b> |                                 |            |                  |                                 |           |  | 400 hdl   | 4A                        | T Brennand                                 | 66.8                         | 2B                 | J Brennand       |              |            |
| 100m  | 2 <sup>nd</sup>                     | J Markley                       | 11.1       |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 200m  | 2 <sup>nd</sup>                     | A Ellis-Evans                   | 23.7       |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 800m  | 1 <sup>st</sup>                     | E Aston                         | 2.0.1      | 5 <sup>th</sup>  | M Bell                          | 2.13.0    |  | 4 x 100 relay   | 4A                        | Steiner, Abbott-Gribben, Slade, J Brennand |                              |                    |                  | 46.9         |            |
| 1500m   | 4 <sup>th</sup>                     | M Bell                          | 4.41.7     |                  |                                 |           |  | 4 x 400 relay   | 5A                        | Aston, Steiner, Russell, Kreetzer          |                              |                    |                  | 3.51.6       |            |
| 110m hurdles  | 1 <sup>st</sup>                     | J Markley                       | 14.8 (CBP) |                  |                                 |           |  | Pole vault  | 3A                        | J Brennand                                 | 2.40                         | 1B                 | N Moss           |              |            |
| Javelin   | 2 <sup>nd</sup>                     | M Thompson                      | 36.17      | 3 <sup>rd</sup>  | A Burch                         | 24.33     |  |   |                           |  |                              |                    |                  |              |            |
| Hammer  | 2 <sup>nd</sup>                     | A Burch                         | 15.37      |                  |                                 |           |  | Highjump  | 3A                        | T Adams                                    | 1.70                         | =3B                | T Brennand       | 1.50         |            |
| <b>Senior Men</b>   | <b>1<sup>st</sup> in team event</b> |                                 |            |                  |                                 |           |  | Longjump  | 5A                        | P Steiner                                  | 5.47                         | 3B                 | J Brennand       |              |            |
| 100m  | 1 <sup>st</sup>                     | P Steiner                       | 11.3       |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 200m  | 2 <sup>nd</sup>                     | P Steiner                       | 22.9       | 4 <sup>th</sup>  | R Wheater                       | 23.5      |  | Triplejump  | 3A                        | J Brennand                                 |                              |                    | 11.24            | 3B           | T Brennand |
| 5000m   | 3 <sup>rd</sup>                     | T Komatsu (1 <sup>st</sup> Vet) | 16.01.3    | 5 <sup>th</sup>  | M Salt                          | 16.43.2   |  |   |                           |  |                              |                    |                  |              |            |
|   | 12 <sup>th</sup>                    | D Bowker (5 <sup>th</sup> Vet)  | 17.43.3    | 14 <sup>th</sup> | J Blaukopf                      | 18.20.5   |  | Shot  | 1A                        | G Parsons                                  | 11.37                        | 1B                 | R Smith          | 10.11        |            |
|   | 16 <sup>th</sup>                    | J Lewy (6 <sup>th</sup> Vet)    | 19.36.1    | 17 <sup>th</sup> | B Corbett (7 <sup>th</sup> Vet) | 20.16.3   |  | Discus  | 1A                        | G Parsons                                  | 36.15                        | 2B                 | R Smith          | 28.83        |            |
| Longjump  | 1 <sup>st</sup>                     | J Brennand                      | 5.90       |                  |                                 |           |  | Hammer  | 1A                        | G Parsons                                  | 39.64                        | 3B                 | R Smith          | 16.15        |            |
| Triplejump  | 1 <sup>st</sup>                     | J Brennand                      | 11.37      |                  |                                 |           |  | Javelin   | 4A                        | R Smith                                    | 34.64                        | 2B                 | M Thomson        | 33.63        |            |
| Shot  | 3 <sup>rd</sup>                     | G Parsons                       | 11.77      | 5 <sup>th</sup>  | P Bramford                      | 9.00      |  | <b>Eastern Young athletes league at Cophall on May 22nd</b>   |                           |  |                              |                    |                  |              |            |
| Discus  | 1 <sup>st</sup>                     | G Parsons                       | 39.83      | 5 <sup>th</sup>  | P Bramford                      | 30.23     |  | Match Res - 1 <sup>st</sup> Basildon 667, 2 <sup>nd</sup> C&C 597, 3 <sup>rd</sup> Ipswich 548, 4 <sup>th</sup> West Suffolk 479, 5 <sup>th</sup> Barnet 323, 6 <sup>th</sup> Enfield 194 |                           |  |                              |                    |                  |              |            |
| Javelin   | 6 <sup>th</sup>                     | P Bramford                      | 33.73      |                  |                                 |           |  | Note- the results sheet was a mess – If anyone has been missed out please accept our apologies.   |                           |  |                              |                    |                  |              |            |
| Hammer  | 1 <sup>st</sup>                     | G Parsons                       | 40.73      | 3 <sup>RD</sup>  | P Bramford                      | 20.45     |  | Men Under 17 (2nd – 107 pts)  |                           |  |                              |                    |                  |              |            |
| <b>Southern Womens League – May 21<sup>st</sup> at Ipswich</b>  |                                     |                                 |            |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 1 <sup>st</sup> Watford 116, 2 <sup>nd</sup> C&C 112, 3 <sup>rd</sup> Forest 105, 4 <sup>th</sup> Hunts AC 65 |                                     |                                 |            |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| Seniors/U17's   |                                     |                                 |            |                  |                                 |           |  |   |                           |  |                              |                    |                  |              |            |
| 100m  | 2A                                  | H Tonner                        | 13.0       | 1B               | D Smith                         | 13.3      |  | 100m  | 2A                        | J Godden                                   | 12.0                         | 5B                 | L Smith          | 12.8         |            |
| 200m  | 1A                                  | D Smith                         | 27.1       | 1B               | H Tonner                        | 27.5      |  | 200m  | 1A                        | J Godden                                   | 24.3                         | 1B                 | O Francis        | 24.9         |            |
| 400m  | 3A                                  | E Bicknell                      | 71.3       |                  |                                 |           |  | 400m  | 2A                        | O Francis                                  | 53.8                         | 2B                 | T Kelk           | 56.2         |            |
| 1500m   | 2A                                  | J Herron                        | 5.52.4     |                  |                                 |           |  | 1500m   | 3A                        | A Howarth                                  | 4.57.7                       |                    |                  |              |            |
| 3000m   | 2A                                  | J Ives                          | 11.18.3    |                  |                                 |           |  | Hurdles   | 3A                        | T Kelk                                     | 17.9                         |                    |                  |              |            |
| Highjump  | 1A                                  | H Tonner                        | 1.45       |                  |                                 |           |  | Longjump  | 4A                        | S Richards                                 | 5.20                         | 1B                 | B Jay            | 4.80         |            |
| Shot  | 1A                                  | A Forster                       | 9.24       | 2B               | G Kyricaou                      | 6.97      |  |   |                           |  |                              |                    |                  |              |            |
| Discus  | 1A                                  | R Martin                        | 24.55      | 1B               | A Forster                       | 19.21     |  | Highjump  | N/S                       | L Savino                                   | 4.87                         |                    |                  |              |            |
| Javelin   | 1A                                  | G Kyriacou                      | 27.78      | 1B               | D Smith                         | 14.28     |  | Triplejump  | 4A                        | S Richards                                 | 1.55                         | 4B                 | B Jay            | 1.50         |            |
| Hammer  | 2A                                  | R Martin                        | 24.84      | 1B               | A Forster                       | 21.50     |  |   |                           |  |                              |                    |                  |              |            |
|   |                                     |                                 |            |                  |                                 |           |  | Shot  | 2A                        | L Smith                                    | 9.72                         |                    |                  |              |            |
|   |                                     |                                 |            |                  |                                 |           |  | Discus  | 3A                        | L Smith                                    | 20.60                        |                    |                  |              |            |

|                 |                             |                                    |                                       |       |                    |        |
|-----------------|-----------------------------|------------------------------------|---------------------------------------|-------|--------------------|--------|
| Javelin         | 2A                          | T Kelk                             | 26.39                                 | 1B    | S Richards         | 23.09  |
| 4 x 100         | 2A                          | Godden, Smith, Kelk, Francis       |                                       |       |                    | 47.6   |
| Boys Under 15   | (3 <sup>rd</sup> – 113pts)  |                                    |                                       |       |                    |        |
| 100m            | 2A                          | J Baxter                           | 12.7                                  |       |                    |        |
|                 | N/S                         | R Dunsmore                         | 15.1                                  |       |                    |        |
| 200m            | 4A                          | D Scott-Lintott                    | 27.8                                  | 3B    | C Kemp             | 29.4   |
|                 | N/S                         | R Dunsmore                         | 32.3                                  |       |                    |        |
| 400m            | 1A                          | S Goldfinch                        | 58.1                                  | 1B    | D Scott-Lintott    | 61.3   |
|                 | N/S                         | T McFadzean                        | 66.3                                  | N/S   | M Herring          | 74.9   |
| 800m            | 4A                          | N Burch                            | 2.33.6                                | 3B    | T Spry             | 2.36.7 |
|                 | N/S                         | J Millard                          | 2.38.1                                | N/S   | S Johnson          | 2.44.2 |
|                 | N/S                         | A Dewison                          |                                       |       |                    | 2.48.8 |
| 1500m           | 2A                          | W Mycroft                          | 4.39.5                                | 2B    | J Baslington       | 5.09.2 |
|                 | N/S                         | J Millard                          | 5.17.1                                |       |                    |        |
| Hurdles         | 3A                          | T Higon                            | 14.8                                  | 2B    | T Spry             | 18.4   |
| Longjump        | 3A                          | S Goldfinch                        | 5.00                                  | 3B    | D Scott-Lintott    | 4.36   |
|                 | N/S                         | J Baxter                           | 4.76                                  |       |                    |        |
| Highjump        | 2A                          | T Higon                            | 1.45                                  | 4B    | S Johnson          | 1.20   |
| Shot            | 4A                          | T Higon                            | 6.95                                  | 4B    | T McFadzean        | 5.42   |
| Discus          | 3A                          | S Goldfinch                        | 17.33                                 | 2B    | S Johnson          | 15.88  |
|                 | N/S                         | R Dunsmore                         | 21.30                                 |       |                    |        |
| Javelin         | 5A                          | M Herring                          | 17.47                                 | 2B    | J Baslington       | 16.84  |
| 4 x 100         | 3A                          |                                    | 54.0                                  |       |                    |        |
| Boys Under 13   | (1 <sup>st</sup> – 89 pts)  |                                    |                                       |       |                    |        |
| 100m            | 4A                          | A Mortar                           | 14.8                                  | 2B    | J Smith            | 15.0   |
|                 | N/S                         | O Bass                             | 16.2                                  |       |                    |        |
| 200m            | 3A                          | A Mortar                           | 31.4                                  | 6B    | M Faulkner-Dunkley | 34.8   |
|                 | N/S                         | C McLaughlin                       | 34.5                                  | N/S   | S Howarth          | 32.6   |
| 1500m           | 2A                          | B Whittle                          | 5.12.2                                | 1B    | O Bass             | 5.30.4 |
| Hurdles         | 1A                          | B Kelk                             | 13.2                                  | 1B    | M Faulkner-Dunkley | 16.9   |
| Longjump        | 4A                          | B Kelk                             | 3.90                                  | 3B    | S Howarth          | 3.39   |
| Highjump        | 1A                          | B Kelk                             | 1.25                                  |       |                    |        |
| Shot            | 2A                          | S Bicknell                         | 6.39                                  | 1B    | M Faulkner-Dunkley | 6.05   |
| Discus          | 2A                          | J Smith                            | 14.00                                 | 3B    | C McLaughlin       | 8.16   |
| 4 x 100         | 3A                          | Mortar, Kelk, Howarth, Smith       |                                       |       |                    | 58.4   |
| Under 17 Ladies | (5 <sup>th</sup> – 82 pts)  |                                    |                                       |       |                    |        |
| 100m            | 1A                          | C Lacey                            | 13.5                                  | 1B    | K Motley           | 13.7   |
| 200m            | 2A                          | C lacey                            | 27.8                                  |       |                    |        |
| 300m            | 2A                          | E Schofield                        | 44.0                                  | 3B    | E Bicknell         | 48.9   |
| 800m            | 1A                          | E Schofield                        | 2.22.7                                |       |                    |        |
| Hurdles         | 1A                          | K Motley                           | 12.8                                  |       |                    |        |
| Triplejump      | 1A                          | K Motley                           |                                       | 10.07 |                    |        |
| Shot            | 2A                          | P Markley                          | 8.74                                  | 3B    | E Bicknell         | 4.84   |
| Discus          | 2A                          | P Markley                          | 20.09                                 | 1B    | E Schofield        | 16.12  |
| 4 x 100         | 2A                          | Motley, Lacey, Schofield, Bicknell |                                       |       |                    | 53.5   |
| Under 15 Girls  | (1 <sup>st</sup> – 120 pts) |                                    |                                       |       |                    |        |
| 100m            | 2A                          | D Gul                              | 14.0                                  | 2B    | L Bass             | 14.6   |
|                 | N/S                         | A Molloy                           | 15.2                                  | N/S   | H Cox              | 15.3   |
|                 | N/S                         | M Clingham                         | 15.0                                  |       |                    |        |
| 200m            | 2A                          | D Gul                              | 28.4                                  | 5B    | H Cox              | 32.4   |
| 800m            | 1A                          | G Coe                              | 2.26.8                                | 1B    | A Calder           | 2.38.1 |
|                 | N/S                         | A Black                            | Sorry - No time listed on scoresheet. |       |                    |        |
| 1500m           | 2A                          | K Parker                           | 5.12.0                                |       |                    |        |
| Hurdles         | 2A                          | L Bass                             | 13.0                                  | 2B    | Ros Cormack        | 13.3   |
| Longjump        | 4A                          | L Bass                             | 3.95                                  | 4B    | M Clingham         | 3.37   |
| Highjump        | 2A                          | Z Kier                             | 1.35                                  | 2B    | R Cormack          | 1.25   |
| Shot            | 3A                          | A Black                            | 6.34                                  | 1B    | A Molloy           | 4.61   |
| Discus          | 1A                          | A Black                            | 15.48                                 | 1B    | D Gul              | 12.84  |

|  |                             |                                      |                             |         |               |                                  |
|--|-----------------------------|--------------------------------------|-----------------------------|---------|---------------|----------------------------------|
| Javelin  | 3A                          | Z Kier                               | 17.08                       |         |               |                                  |
| 4 x 100 relay  | 3A                          | Bass, Gul, Cox, Clingham             |                             |         |               | 56.7                             |
| Girls Under 13   | (–2 <sup>nd</sup> - 84 pts) |                                      |                             |         |               |                                  |
| 100m   | 6A                          | C Davidson                           | 15.5                        | 6B      | C Asztalos    | 16.2                             |
| 200m   | 5A                          | L Sammout                            | 31.7                        | 4B      | R Trotter     | 32.9                             |
| 800m   | 5A                          | S Black                              | 3.07.0                      |         |               |                                  |
| 1500m  | 3A                          | E Kier                               | 5.42.9                      |         |               |                                  |
| Hurdles  | 3A                          | C Asztalos                           | 12.9                        | 1B      | C Davidson    | 13.2                             |
| Longjump   | 1A                          | L Sammout                            | 3.72                        | 1B      | R Trotter     | 3.49                             |
|  | N/S                         | E Kier                               | 2.91                        | N/S     | C Asztalos    | 3.46                             |
| Highjump   | 1A                          | I Gallucci                           | 1.45                        |         |               |                                  |
| Shot   | 1A                          | H Sayer                              | 7.26                        | 1B      | I Gallucci    | 5.47                             |
|  | N/S                         | E Kier                               | 4.95                        |         |               |                                  |
| Discus   | 1A                          | L Sammout                            | 25.54                       | 1B      | H Sayer       | 14.06                            |
| 4 x 100 relay  | 4A                          | Sammout, Davidson, Trotter, Gallucci |                             |         |               | 60.4                             |
| <b>SEAA Championships – May 28<sup>th</sup> &amp; 29<sup>th</sup> at Portsmouth</b>  |                             |                                      |                             |         |               |                                  |
| Under 20 Men   | 110m hurdles                | J Markley                            | 4th                         | 14.69   |               |                                  |
| Under 17 Men   | 100m                        | J Abbott-Gribben                     | 7th ht                      | 11.82   |               |                                  |
| Under 15 Boys  | Polevault                   | B Abbott-Gribben                     | 4 <sup>th</sup>             | 2.40m   |               |                                  |
| Under 17 Women   | 800m                        | L Dowsett                            | 2 <sup>nd</sup>             | 2.10.88 |               |                                  |
|  | 80m hurdles                 | K Motley                             | 10 <sup>th</sup>            | 12.33   |               |                                  |
| <b>Eastern veterans league – June 1<sup>st</sup> At Milton Keynes</b>  |                             |                                      |                             |         |               |                                  |
| Men – Result Bedford 114, Milton Keynes 107, Peterbro 85, C&C 44   |                             |                                      |                             |         |               |                                  |
| 200m   | M40                         | 3 <sup>rd</sup>                      | D Bowker                    | 32.9    | M50           | 3 <sup>rd</sup> N Moss 31.4      |
| 800m   | M40                         | 2 <sup>nd</sup>                      | K Russell                   | 2.15.4  |               |                                  |
| 3000m  | M40                         | 2 <sup>nd</sup>                      | K Russell                   | 9.56.8  | N/S           | D Bowker 11.40.5                 |
| 400 hdl  |                             |                                      |                             |         | M50           | 4 <sup>th</sup> N Moss 94.4      |
| 1mile walk   | M40                         | 3 <sup>rd</sup>                      | D Bowker                    | 9.15.4  |               |                                  |
| Polevault  |                             |                                      |                             |         | M50           | 3 <sup>rd</sup> N Moss 2.30      |
| Triplejp   |                             |                                      |                             |         | M50           | 4 <sup>th</sup> N Moss 7.21      |
| Discus   |                             |                                      |                             |         | M50           | 3 <sup>rd</sup> F Martin 20.08   |
| Javelin  |                             |                                      |                             |         | M50           | 3 <sup>rd</sup> P Bramford 31.67 |
|  | M60                         | 3 <sup>rd</sup>                      | F Martin                    | 19.21   | N/S           | M60 N Moss 23.19                 |
| Medley relay   | M40                         | 3 <sup>rd</sup>                      | Meah, Moss, Bowker, Russell |         |               | 3.19.1                           |
| Women – Result Milton Keynes 116, Peterbro 114, Bedford 78, C&C 41   |                             |                                      |                             |         |               |                                  |
| 200m   | W55                         | 3 <sup>rd</sup>                      | M Holmes                    | 40.1    |               |                                  |
| 800m   |                             |                                      |                             |         | W45           | 2 <sup>nd</sup> I Hornsey 3.20.1 |
| 3000m  | W55                         | 3 <sup>rd</sup>                      | M Holmes                    | 15.55.2 |               |                                  |
| Triplejp   | W55                         | 2 <sup>nd</sup>                      | M Holmes                    | 6.14    |               |                                  |
| Discus   | W35                         | 2 <sup>nd</sup>                      | R Martin                    | 23.05   | W45           | 1 <sup>st</sup> C Morris 18.00   |
|  | W55                         | 3 <sup>rd</sup>                      | M Holmes                    | 12.04   |               |                                  |
| Javelin  | W35                         | 4 <sup>th</sup>                      | R Martin                    | 12.22   | W45           | 2 <sup>nd</sup> C Morris 21.43   |
| <b>Watford Open meeting – June 1<sup>st</sup></b>  |                             |                                      |                             |         |               |                                  |
| 800m   | U15G                        |                                      | G Coe                       | 2.23.05 |               | K Parker 2.25.69                 |
| 800m   | SW                          |                                      | J Packman                   | 2.36.52 |               |                                  |
| <b>East Anglian League – Kings Lynn – June 5<sup>th</sup></b>  |                             |                                      |                             |         |               |                                  |
| Overall match – 1 <sup>st</sup> C&C 47 points, 2 <sup>nd</sup> West Suffolk 35 pts, 3 <sup>rd</sup> Colch & Tend. 341points, 4 <sup>th</sup> Waveney 27 pts, |                             |                                      |                             |         |               |                                  |
| 5 <sup>th</sup> Ryston 24 points, 6 <sup>th</sup> West Norfolk 23pts   |                             |                                      |                             |         |               |                                  |
| Senior Men - 1 <sup>st</sup> 174 points, 2 <sup>nd</sup> Ryston 167 pts  |                             |                                      |                             |         |               |                                  |
| 100m   | 1A                          | J Markley                            | 11.2                        | 1B      | R Wheeler     | 11.6                             |
|  | N/S                         | J Howlett                            | 12.3                        |         |               |                                  |
| 200m   | 3A                          | R Wheeler                            | 23.8                        | 1B      | J Howlett     | 25.2                             |
| 400m   | 2A                          | E Aston                              | 53.6                        | 1B      | A Ellis-Evans | 54.2                             |
| 800m   | 1A                          | E Aston                              | 1.55.9                      | 2B      | K Russell     | 2.14.4                           |
|  | N/S                         | A Howard                             | 2.31.2                      |         |               |                                  |
| 3000m  | 2A                          | J Kazer                              | 9.48.0                      | 1B      | A Howard      | 10.29.8                          |
|  | N/S                         | K Russell                            | 9.29.8                      | N/S     | J Mangat      | 9.35.2                           |

|  |       |           |   |        |            |                 |                       |  |   |                            |                                   |        |                 |             |        |
|--|-------|-----------|---|--------|------------|-----------------|-----------------------|--|---|----------------------------|-----------------------------------|--------|-----------------|-------------|--------|
| Hurdles                                      | 2A    | J Markley | 16.0                                      | 2B     | J Brennand |                 |                       |  | N/S   | B Mantell                  | 3.24                              |        |                 |             |        |
| Longjump                                     | 20.6  | 2A        | J Howlett                                 | 5.41   | 2B         | J Brennand      |                       |  | 1A  | R Lowe                     | 5.27                              |        |                 |             |        |
| Triplejump                                   | 5.20  |           |   |        |            |                 |                       |  | 3A  | J Smith                    | 13.57                             |        |                 |             |        |
| Highjump                                     | 11.15 | 1A        | J Abbott-Gribben                          | 11.70  | 1B         | J Brennand      |                       |  | 3A  | S Bicknell                 | 20.56                             | N/S    | A Morter        | 21.88       |        |
| Shot   | 1.30  | 2A        | J Markley                                 | 1.50   | 2B         | J Brennand      |                       |  | 1A  | Lowe, Morter, Baker, Smith |                                   |        |                 | 61.2        |        |
| Discus                                       |       | 1A        | G Parsons                                 | 11.81  | 1B         | P Bramford      | 8.80                  |  | Under 11 Boys                                 |                            |                                   |        |                 |             |        |
| Javelin                                      |       | 1A        | G Parsons                                 | 37.65  | 2B         | P Bramford      | 25.10                 |  | 80m   | 1 <sup>st</sup>            | A Ette                            | 12.4   | 2 <sup>nd</sup> | C Saville   | 12.9   |
| Hammer                                       |       | 2A        | M Thomson                                 | 35.43  | 2B         | G Parsons       | 33.00                 |  | 600m  | 2 <sup>nd</sup>            | A Ette                            | 1.59.9 | 3 <sup>rd</sup> | C Saville   | 2.12.7 |
| 4 x 100 relay                                |       | N/S       | P Bramford                                | 32.50  | N/S        | A Burch         | 24.52                 |  | Longjump                                      | 1 <sup>st</sup>            | A Ette                            | 3.31   |                 |             |        |
| Under 17 Men – 2 <sup>nd</sup> with 105 pts  |       | 1A        | G Parsons                                 | 41.17  | 2B         | P Bramford      | 22.50                 |  | Senior Ladies - 1 <sup>st</sup> with 136 pts  |                            |                                   |        |                 |             |        |
| 100m   |       | N/S       | A Burch                                   | 18.82  |            |                 |                       |  | 100m  | 2A                         | H Tonner                          | 13.2   | 1B              | D Smith     | 13.2   |
| 200m   |       | 1A        | Markley, Wheater, Abbott-Gribben, Howlett |        |            |                 | No time on scoresheet |  | 200m  | 1A                         | D Smith                           | 26.8   | 1B              | K Motley    | 27.8   |
| 400m   |       | 1A        |   |        |            |                 |                       |  | 300m (U17)                                    | N/S                        | E Bicknell                        | 30.3   |                 |             |        |
| 800m   |       | 1A        | N Massey                                  | 11.8   | 1B         | J Godden        | 11.6                  |  | 400m  | 2A                         | E Bicknell                        | 67.5   |                 |             |        |
| 1500m  |       | 1A        | L Smith                                   | 12.5   |            |                 |                       |  | 800m  | 1A                         | E Schofield                       | 2.21.3 | 2B              | H Belbin    | 2.47.2 |
| Longjump                                     |       | 1A        | J Godden                                  | 23.6   | 1B         | N Massey        | 24.3                  |  | 1500m   | 2A                         | M Holmes                          | 6.54.9 |                 |             |        |
| Triplejump                                   |       | 1A        | O Francis                                 | 54.0   | 1B         | R Kreetzer      | 57.3                  |  | Hurdles (U17)                                 | 1A                         | K Motley                          | 12.7   | 1B              | V Asztalos  | 13.7   |
| Shot   |       | 2A        | R Kreetzer                                | 2.05.1 |            |                 |                       |  | Highjump                                      | N/S                        | S Taunton                         | 16.3   |                 |             |        |
| Discus                                       |       | 2A        | J Kennard                                 | 4.37.6 |            |                 |                       |  | Longjump                                      | 2A                         | H Tonner                          | 1.45   | 2B              | S Iwanko    | 1.30   |
| Javelin                                      |       | 1A        | B Jay                                     | 4.87   |            |                 |                       |  | Triplejump                                    | N/S                        | S Taunton                         | 1.25   |                 |             |        |
| Hammer                                       |       | 4A        | B Jay                                     | 10.28  |            |                 |                       |  | Triplejump                                    | 3A                         | V Asztalos                        | 4.56   |                 |             |        |
| 4 x 100                                      |       | 1A        | S Fisher                                  | 11.36  | 1B         | L Smith         | 9.11                  |  | 8.03  | 3A                         | K Motley                          | 9.84   | 3B              | S Taunton   |        |
| Under 15 boys - 1 <sup>st</sup> with 152 pts |       | 2A        | S Fisher                                  | 24.66  |            |                 |                       |  | Shot  | 1A                         | A Forster                         | 9.21   | 1B              | P Markley   | 8.83   |
| 100m   |       | 2A        | L Smith                                   | 36.74  |            |                 |                       |  | Discus  | 6A                         | P Markley                         | 21.40  |                 |             |        |
| 200m   |       | 1A        | S Fisher                                  | 27.38  |            |                 |                       |  | Javelin                                       | 4A                         | D Smith                           | 16.24  | 5B              | A Forster   | 8.53   |
| 400m   |       | 1A        | Godden, Massey, Smith, Francis            | 46.5   |            |                 |                       |  | Hammer  | N/S                        | A Forster                         | 31.81  |                 |             |        |
| 800m   |       | 1A        |   |        |            |                 |                       |  | 4 x 100                                       | 1A                         | Smith, Bicknell, Motley, Asztalos |        |                 |             |        |
| 1500m  |       | 1A        | C Morter                                  | 12.1   | 1B         | T McFadzean     | 13.7                  |  | 54.0  |                            |                                   |        |                 |             |        |
| Hurdles                                      |       | 2A        | E Lockton                                 | 25.7   | 1B         | D Scott-Lintott | 27.6                  |  | Under 15 Girls – 2 <sup>nd</sup> with 101 pts |                            |                                   |        |                 |             |        |
| Highjump                                     |       | 1A        | S Goldfinch                               | 58.5   | 1B         | D Scott-Lintott | 60.5                  |  | 100m  | 1A                         | D Gul                             | 13.8   | 3B              | R Cormack   | 14.4   |
| Longjump                                     |       | 2A        | J Jameson                                 | 2.23.6 | 2B         | T Higton        | 2.31.7                |  |   | N/S                        | K Band                            | 15.2   |                 |             |        |
| Triplejump                                   |       | N/S       | T Spry                                    | 2.39.9 |            |                 |                       |  | 200m  | 5A                         | R Cormack                         | 29.4   | 3B              | A Molloy    | 30.9   |
| Shot   |       | 3A        | W Mycroft                                 | 4.37.1 | 1B         | J Baslington    | 5.03.2                |  | 800m  | 3A                         | Z Kier                            | 2.36.3 | 3B              | E Sayers    | 2.39.2 |
| Discus                                       |       | N/S       | N Burch                                   | 5.12.1 |            |                 |                       |  | 1500m   | 4A                         | L Matthewson                      | 6.13.7 |                 |             |        |
| Javelin                                      |       | 3A        | T Higton                                  | 15.1   | 2B         | T Spry          | 19.3                  |  | Hurdles                                       | 3A                         | R Cormack                         | 13.5   | 3B              | D Gul       | 25.1   |
| Hammer                                       |       | 3A        | T Higton                                  | 1.40   |            |                 |                       |  | Highjump                                      | 3A                         | E Sayers                          | 1.40   | 2B              | Z Kier      | 1.35   |
| 4 x 100 relay                                |       | 5A        | D Scott-Lintott                           | 4.43   | 3B         | T McFadzean     | 3.75                  |  | Longjump                                      | 2A                         | K Band                            | 4.15   | 2B              | A Molloy    | 3.60   |
| Under 13 Boys – 1 <sup>st</sup> with 88 pts  |       | 1A        | S Goldfinch                               | 11.02  | 1B         | J Jameson       |                       |  | Shot  | 3A                         | A Molloy                          | 5.42   | 3B              | Z Kier      | 4.88   |
| 100m   |       | 2A        | E Lockton                                 | 10.99  | 1B         | C Morter        | 9.90                  |  | Discus  | 3A                         | D Gul                             | 15.77  | 1B              | K Band      | 15.62  |
| 200m   |       | N/S       | T McFadzean                               | ???    |            |                 |                       |  | Javelin                                       | 5A                         | E Sayers                          | 9.95   | 4B              | L Mathewson | 6.59   |
| 400m   |       | 2A        | S Goldfinch                               | 20.90  | 3B         | M Molloy        | 11.75                 |  | 4 x 100                                       | 3A                         | Molloy, Cormack, Kier, Gul        |        |                 |             | 56.8   |
| 800m   |       | N/S       | T Spry                                    | ???    |            |                 |                       |  | Under 13 Girls – 1 <sup>st</sup> with 121 pts |                            |                                   |        |                 |             |        |
| 1500m  |       | 1A        | C Morter                                  | 33.07  | 1B         | J Baslington    | 14.85                 |  | 100m  | 4A                         | C Davidson                        | 15.2   | 2B              | E Raines    | 15.2   |
| Hurdles                                      |       | 1A        | E Lockton                                 | 21.35  |            |                 |                       |  |   | N/S                        | J Corbett                         | 15.0   | N/S             | C Asztalos  | 15.4   |
| Highjump                                     |       | 1A        | Morter, Mycroft, , Scott-Lintott, Lockton | 52.1   |            |                 |                       |  | 200m  | N/S                        | R Trotter                         | 15.6   |                 |             |        |
| Longjump                                     |       | 6A        | R Lowe                                    | 16.7   | 1B         | A Morter        | 14.6                  |  | 800m  | 3A                         | R Trotter                         | 31.8   | 2B              | E Raines    | 31.4   |
|  |       | N/S       | B Mantel                                  | 17.8   |            |                 |                       |  | 1500m   | N/S                        | E Kier                            | 32.4   |                 |             |        |
| 200m   |       | 3A        | A Morter                                  | 31.9   |            |                 |                       |  | 6.12.7  | 1A                         | E Kier                            | 2.42.3 | 1B              | K Bull      | 2.57.4 |
| 400m   |       | 1A        | B Whittle                                 | 2.37.1 | 1B         | J Smith         | 2.49.8                |  |   | 1A                         | Jen Corbett                       | 6.08.9 | 1B              | Jaz Corbett |        |
| 800m   |       | 3A        | S Kennard                                 | 5.54.7 |            |                 |                       |  | Hurdles                                       | 2A                         | C Asztalos                        | 13.0   | 1B              | C Davidson  | 13.0   |
| 1500m  |       | 2A        | R Lowe                                    | 16.6   | 1B         | B Mantell       | 20.4                  |  |   | N/S                        | R Trotter                         | 13.9   |                 |             |        |
| Hurdles                                      |       | 3A        | D Baker                                   | 1.10   |            |                 |                       |  | Highjump                                      | 2A                         | I Gallucci                        | 1.35   | 2B              | J Corbett   | 1.10   |
| Highjump                                     |       | 2A        | M Faulkner-Dunkley                        | 3.72   | 1B         | J Smith         | 3.71                  |  | Longjump                                      | N/S                        | E Rains                           | 1.10   |                 |             |        |
| Longjump                                     |       |           |   |        |            |                 |                       |  |   | 3A                         | I Gallucci                        | 3.81   | 1B              | L Sammout   | 3.76   |
|  |       |           |   |        |            |                 |                       |  |   | N/S                        | C Davidson                        | ???    | N/S             | C Asztalos  | ???    |

|  |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
|--|-------------------------|------------------------------------|-----------|------------------|-----------------|-------------|---|-----------------|---------------------------------------|------------------|-----------------|-----------------|-----------|--------|
| Shot   | 1A                      | L Sammout                          | 7.40      | 1B               | H Sayer         | 6.53        | 400m  | 1 <sup>st</sup> | J Slade                               | 50.8             | 3 <sup>rd</sup> | A Ellis-Evans   | 53.8      |        |
|  | N/S                     | S Bedford                          | 4.55      |                  |                 |             | 800m  | 1 <sup>st</sup> | E Aston                               | 1.55.9           |                 |                 |           |        |
| Discus   | 1A                      | L Sammout                          | 18.81     | N/S              | H Sayer         | 11.62       | 110m hurdles  | 1 <sup>st</sup> | J Markley                             | 15.2             |                 |                 |           |        |
|  | N/S                     | S Bedford                          | 13.04     |                  |                 |             | 400m hurdles  | 1 <sup>st</sup> | J Huddlestone                         | 62.8             |                 |                 |           |        |
| Javelin  | 1A                      | E Woodruffe                        | 18.90     | N/S              | I Gallucci      | 15.83       | <b>Anglian Schools – June 18<sup>th</sup></b>   |                 |                                       |                  |                 |                 |           |        |
|  | N/S                     | H Sayer                            | 8.54      |                  |                 |             | Under 20 Men  |                 |                                       |                  |                 |                 |           |        |
| 4 x 100  | 1A                      | Trotter, Raines, Davidson, Sammout |           |                  |                 | 59.2        | 400m Hurdles  | 4 <sup>th</sup> | J Huddlestone                         | 65.1             | 110m hurdles    | 1 <sup>st</sup> | J Markley | 14.8   |
| Under 11 Girls   |                         |                                    |           |                  |                 |             | 100m  | 1 <sup>st</sup> | J Markley                             | 11.2             |                 |                 |           |        |
| 80m  | 1 <sup>st</sup>         | J Powell                           | 12.1      | 6 <sup>th</sup>  | R Davidson      | 14.1        | 400m  | 3 <sup>rd</sup> | J Slade                               | 51.2             | 800m            | 1st             | E Aston   | 1.55.0 |
|  | 8 <sup>th</sup>         | L Scott-Lintott                    | 14.6      |                  |                 |             | Under 17 Men  |                 |                                       |                  |                 |                 |           |        |
| 600m   | 2 <sup>nd</sup>         | J Powell                           | 2.09.5    | 4 <sup>th</sup>  | R Davidson      | 2.14.3      | 100m  | 2 <sup>nd</sup> | R Noray                               | 11.4             | 200m            | 3 <sup>rd</sup> | J Godden  | 23.8   |
| Longjump   | 1 <sup>st</sup>         | J Powell                           | 3.58      | 10 <sup>th</sup> | L Scott-Lintott | 2.44        | 400m  | 2 <sup>nd</sup> | O Francis                             | 52.5             | 800m            | 4 <sup>th</sup> | R Lasenby | 2.05.7 |
|  | 11 <sup>th</sup>        | R Davidson                         | 2.41      |                  |                 |             | 1500m   | 4 <sup>th</sup> | R kretzer                             | 4.22.9           |                 |                 |           |        |
|  |                         |                                    |           |                  |                 |             | 100m hurdles  | 6 <sup>th</sup> | L Savino                              | 15.3             |                 |                 |           |        |
| <b>BMC Nike Grand Prix</b>   |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| 800m   | 6 <sup>th</sup> in race | 2 <sup>nd</sup> Under 17           | L Dowsett |                  |                 | 2.10.61     | 400m hurdles  | 4 <sup>th</sup> | J Huddlestone                         | 65.9             |                 |                 |           |        |
| <b>Cambridgeshire Schools – June 11<sup>th</sup> at Peterborough</b> |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| Girls Under 15   |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| 100m   | 4 <sup>th</sup>         | D Gul                              | 13.5      | 200m             | 4 <sup>th</sup> | D Gul       | 28.3  | Triplejump      |                                       | J Abbott-Gribben | 12.06           |                 |           |        |
| 800m   | 1 <sup>st</sup>         | G Coe                              | 2.20.0    | 3 <sup>rd</sup>  | K Parker        | 2.26.8      | Longjump  | 7 <sup>th</sup> | M Riches                              | 5.33             |                 |                 |           |        |
| 75m Hdls   | 2 <sup>nd</sup>         | L Bass                             | 12.9      |                  |                 |             | Under 15 Boys   |                 |                                       |                  |                 |                 |           |        |
| Ladies U17   |                         |                                    |           |                  |                 |             | 100m  | 3 <sup>rd</sup> | C Mortar                              | 12.0             | 4 <sup>th</sup> | J Baxter        | 12.0      |        |
| 100m   | 2 <sup>nd</sup>         | K Motley                           | 13.3      | 3 <sup>rd</sup>  | C Lacey         | 13.4        | 400m  | 5 <sup>th</sup> | S Goldfinch                           | 56.7             |                 |                 |           |        |
| 200m   | 1 <sup>st</sup>         | C Lacey                            | 27.0      |                  |                 |             | Highjump  | 4 <sup>th</sup> | O Tonner                              | 1.60             |                 |                 |           |        |
| 300m   | 5 <sup>th</sup>         | E Bicknell                         | 48.0      |                  |                 |             | Discus  | 5 <sup>th</sup> | J Sutton-Zian                         | 29.23            |                 |                 |           |        |
| 800m   | 1 <sup>st</sup>         | E Schofield                        | 2.19.8    |                  |                 |             | Hammer  | 5 <sup>th</sup> | J Sutton-Zian                         | 24.01            |                 |                 |           |        |
| 1500m  | 1 <sup>st</sup>         | H Arbuckle                         | 4.59.0    |                  |                 |             | Under 20 ladies   |                 |                                       |                  |                 |                 |           |        |
| 80m Hurdles  | 1 <sup>st</sup>         | K Motley                           | 12.6      | 3 <sup>rd</sup>  | V Asztalos      | 13.0        | 100m  | 1 <sup>st</sup> | D Smith                               | 12.9             | 200m            | 2 <sup>nd</sup> | D Smith   | 27.0   |
| Longump  | 4 <sup>th</sup>         | V Asztalos                         | 4.45      |                  |                 |             | 400m  | 2 <sup>nd</sup> | I Asztalos                            | 61.2             |                 |                 |           |        |
| Triplejump   | 1 <sup>st</sup>         | K Motley                           | 10.32     |                  |                 |             | Under 17 ladies   |                 |                                       |                  |                 |                 |           |        |
| Shot   | 1 <sup>st</sup>         | A Forster                          | 9.88      | 3 <sup>rd</sup>  | P Markley       | 8.76        | 100m  | 5 <sup>th</sup> | C Lacey                               | 13.0             | 200m            | 3 <sup>rd</sup> | C Lacey   | 27.3   |
| Discus   | 1 <sup>st</sup>         | S Cracknell                        | 22.86     |                  |                 |             | 800m  | 1 <sup>st</sup> | L Dowsett                             | 2.15.6           | 4 <sup>th</sup> | E Schofield     | 2.20.4    |        |
| Javelin  | 1 <sup>st</sup>         | L Beazor                           | 26.38     |                  |                 |             | 80m hurdles   | 3 <sup>rd</sup> | K Motley                              | 12.4             | Triplejump      | 4 <sup>th</sup> | K Motley  |        |
| Hammer   | 1 <sup>st</sup>         | A Forster                          | 32.00     |                  |                 |             |   | 10.05           |                                       |                  |                 |                 |           |        |
| Ladies Under 20  |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| 100m   | 1 <sup>st</sup>         | D Smith                            | 13.3      | 200m             | 1 <sup>st</sup> | D Smith     | 26.9  | Shot            | 3 <sup>rd</sup>                       | A Forster        | 9.13            | 6 <sup>th</sup> | P Markley | 8.84   |
| 400m   | 1 <sup>st</sup>         | I Asztalos                         | 59.7      |                  |                 |             | Discus  | 6 <sup>th</sup> | S Cracknell                           | 22.60            |                 |                 |           |        |
| Boys under 15  |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| 100m   | 1 <sup>st</sup>         | J Baxter                           | 12.3      | 400m             | 1 <sup>st</sup> | S Goldfinch | 56.5  | Javelin         | 2 <sup>nd</sup>                       | L Beazor         | 28.31           |                 |           |        |
| 800m   | 6 <sup>th</sup>         | J Jamieson                         | 2.21.0    |                  |                 |             | Hammer  | 2 <sup>nd</sup> | A Forster                             | 32.61            |                 |                 |           |        |
| 1500m  | 3 <sup>rd</sup>         | W Mycroft                          | 4.37.7    |                  |                 |             | Under 15 girls  |                 |                                       |                  |                 |                 |           |        |
| Highjump   | 1 <sup>st</sup>         | O Tonner                           | 1.68      |                  |                 |             | 800m  | 6 <sup>th</sup> | G Coe                                 | 2.26.9           | 75m hurdlescc   | 4 <sup>th</sup> | L Bass    | 12.6   |
| Triplejump   | 4 <sup>th</sup>         | S Goldfinch                        | 10.67     |                  |                 |             | <b>Eastern Young Athletes League – Stevenage – June 19<sup>th</sup></b>   |                 |                                       |                  |                 |                 |           |        |
| Shot   | 4 <sup>th</sup>         | J Sutton-Zian                      | 9.90      |                  |                 |             | Match result – 1 <sup>st</sup> Chelmsford 675.5, 2 <sup>nd</sup> Stevenage 585.5, 3 <sup>rd</sup> C&C 565, 4 <sup>th</sup> Luton 439, 5 <sup>th</sup> Ilford 298, |                 |                                       |                  |                 |                 |           |        |
| Discus   | 2 <sup>nd</sup>         | J Sutton-Zian                      | 30.42     |                  |                 |             | 6 <sup>th</sup> Trent Park 189, 6 <sup>th</sup> Aylesbury 33  |                 |                                       |                  |                 |                 |           |        |
| Men U17  |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| 100m   | 2 <sup>nd</sup>         | R Noray                            | 11.7      | 5 <sup>th</sup>  | J Godden        | 11.9        | Men Under 17  | 1 <sup>st</sup> | 124pts                                |                  |                 |                 |           |        |
| 200m   | 2 <sup>nd</sup>         | J Godden                           | 23.4      |                  |                 |             | 100m  | 2A              | J Godden                              | 11.6             | 1B              | N Massey        | 11.9      |        |
| 400m   | 1 <sup>st</sup>         | O Francis                          | 52.9      |                  |                 |             | 200m  | 1A              | J Godden                              | 23.4             | 1B              | N Massey        | 24.0      |        |
| 800m   | 2 <sup>nd</sup>         | R Lasenby                          | 2.05.7    |                  |                 |             | 400m  | 3A              | L Smith                               | 56.9             |                 |                 |           |        |
| 1500m  | 1 <sup>st</sup>         | R Kretzer                          | 4.24.0    | 5 <sup>th</sup>  | E Louth         | 4.39.3      | 800m  | 4A              | A Howarth                             | 2.34.2           |                 |                 |           |        |
| 100m hdls  | 1 <sup>st</sup>         | L Savino                           | 16.0      | 3 <sup>rd</sup>  | D Graver        | 16.3        | 1500m   | 2A              | E Louth                               | 4.36.4           | 2B              | W Mycroft       | 4.37.1    |        |
| Highjump   | 1 <sup>st</sup>         | M Vickery                          | 1.70      |                  |                 |             | 100m hurdles  | 4A              | A Howarth                             | 21.3             |                 |                 |           |        |
| Longjump   | 2 <sup>nd</sup>         | M Riches                           | 5.61      | 3 <sup>rd</sup>  | R Noray         | 5.51        | Highjump  | 4A              | B Jay                                 | 1.45             | 3B              | E Louth         | 1.35      |        |
| Triplejump   | 2 <sup>nd</sup>         | M Riches                           | 11.85     | 3 <sup>rd</sup>  | L Savino        |             | Longjump  | 1A              | J Abbott-Gribben                      | 5.15             | 1B              | N Massey        | 4.90      |        |
|  | 11.41                   |                                    |           |                  |                 |             | Triplejump  | 2A              | B Jay                                 | 10.45            | 3B              | W Mycroft       |           |        |
| Men U20  |                         |                                    |           |                  |                 |             |   |                 |                                       |                  |                 |                 |           |        |
| 100m   | 1 <sup>st</sup>         | J Markley                          | 11.2      |                  |                 |             | Shot  | 2A              | S Fisher                              | 11.87            | 1B              | L Smith         | 9.20      |        |
| 200  | 1 <sup>st</sup>         | A Ellis-Evans                      | 23.9      |                  |                 |             | Discus  | 2A              | S Fisher                              | 32.08            | 2B              | B Jay           | 20.53     |        |
|  |                         |                                    |           |                  |                 |             | Javelin   | 3A              | L Smith                               | 35.61            |                 |                 |           |        |
|  |                         |                                    |           |                  |                 |             | 4 x 100   | 1A              | Godden, Massey, Abbott-Gribben, Smith |                  |                 |                 | 47.1      |        |
|  |                         |                                    |           |                  |                 |             | Boys Under 15   |                 |                                       |                  |                 |                 |           |        |
|  |                         |                                    |           |                  |                 |             | 80m Hurdles   | 2A              | T Higton                              | 15.2             | 2B              | J Baxter        | 13.9      |        |
|  |                         |                                    |           |                  |                 |             | 100m  | 2A              | J Baxter                              | 12.8             | 2B              | O Rudkins       | 12.5      |        |

|                 |                 |                 |        |     |                 |        |   |              |  |         |       |                  |         |
|-----------------|-----------------|-----------------|--------|-----|-----------------|--------|---|--------------|--|---------|-------|------------------|---------|
| 200m            | 3A              | S Goldfinch     | 25.5   | 3B  | D Scott-Lintott | 26.5   | Discus  | 1A           | L Sammout                                    | 20.18   | 1B    | H Sayer          | 19.86   |
| 400m            | 2A              | D Scott-Lintott | 59.7   | 3B  | S Johnson       | 70.4   |   | N/S          | S Bedford                                    | ??      |       |                  |         |
| 800m            | 4A              | T Higon         | 2.35.9 | 3B  | T Spry          | 2.39.0 | 4 x 100 relays  | 4A           |  | 60.0    |       |                  |         |
| 1500m           | 1A              | S Crosk         | 4.41.0 | 2B  | J Jamieson      | 5.05.3 | <b>Southern Mens League – Newham– June 25<sup>th</sup></b>  |              |  |         |       |                  |         |
|                 | N/S             | J Baslington    | 5.08.4 | N/S | J Millard       | 5.19.6 | Match result - 1 <sup>st</sup> TVH 131, 2 <sup>nd</sup> Walton 107, 3 <sup>rd</sup> Bexley 103, 4 <sup>th</sup> Thurrock 102, 5 <sup>th</sup> C&C 94                      |              |  |         |       |                  |         |
| Highjump        | 4A              | T Higon         | 1.35   |     |                 |        | 100m  | 4A           | J Godden                                     | 11.8    | 2B    | A Starnes        | 11.4    |
| Longjump        | 2A              | S Goldfinch     | 5.43   | 1B  | O Rudkins       | 5.24   | 200m  | 3A           | J Godden                                     | 23.4    | 1B    | A Starnes        | 23.7    |
| Shot            | 2A              | S Crosk         | 8.94   | 2B  | J Jamieson      | 6.5    | 400m  | 1A           | E Aston                                      | 51.3    | 5B    | M Bell           | 57.2    |
| Discus          | 3A              | S Goldfinch     | 20.93  | 3B  | T Spry          | 12.49  | 800m  | 4A           | R Kreetzer                                   | 2.06.4  | 1B    | R Lasenby        | 2.04.6  |
| Javelin         | 3A              | J Baslington    | 20.37  |     |                 |        | 1500m   | 5A           | J Morley                                     | 4.28.6  | 3B    | M Bell           | 4.44.0  |
| 4 x 100         | 3A              |                 | 54.0   |     |                 |        | 5000m   | 2A           | T Komatsu                                    | 15.59.7 | 1B    | J Kazer          | 17.05.2 |
| Boys Under 13   | 3 <sup>rd</sup> | 82pts           |        |     |                 |        | 3000m S/C   | 5A           | J Kazer                                      | 11.16.7 | 5B    | J lewy           | 14.04.4 |
| 75m Hurdles     | 1A              | B Kelk          | 13.2   | 1B  | C McLaughlin    | 16.5   | 110 Hdls  | 4A           | T Brennand                                   | 19.4    | 3B    | J Huddlestone    | 21.5    |
| 100m            | 5A              | B Kelk          | 14.3   | 4B  | J Smith         | 15.0   | 400 hdls  |              | J Huddlestone                                | dnf     | 4B    | T Brennand       | 68.7    |
|                 | N/S             | C McLaughlin    | 15.5   | N/S | J Traynier      | 15.6   | 4 x 100 relay   | 1A           | Godden, Abbott-Gribben, Huddlestone, Starnes |         |       |                  | 45.8    |
| 200m            | 4A              | C McLaughlin    | 31.0   | 4B  | R Traynier      | 38.9   | 4 x 400 relay   | 3A           | Aston (50.3) Kreetzer, Lasenby, Huddlestone  |         |       |                  |         |
|                 | N/S             | C Huntingdon    | 32.0   | N/S | S Szymanski     | 38.9   |   |              | 3.41.0                                       |         |       |                  |         |
| 800m            | 4A              | R Hovells       | 2.49.8 | 3B  | S Szymanski     | 3.11.5 | Pole vault  | 5A           | N Moss                                       | 2.20    | 3B    | J Huddlestone    | 2.20    |
| 1500            | 3A              | B Whittle       | 5.05.2 |     |                 |        | Highjump  | 5A           | J Huddlestone                                | 1.50    | 4B    | T Brennand       | 1.40    |
| Highjump        | 1A              | B Kelk          | 1.30   |     |                 |        | Longjump  | 4A           | J Godden                                     | 5.61    | 4B    | J Abbott-Gribben | 5.22    |
| Longjump        | 6A              | C Huntingdon    | 3.39   | 4B  | J Traynier      | 3.32   | Triplejump  | 5A           | J Huddlestone                                | 11.02   | 4B    | T Brennand       |         |
|                 | N/S             | R Traynier      | ??     |     |                 |        |   | 10.87        |  |         |       |                  |         |
| Shot            | 2A              | J Smith         | 7.71   | 2B  | J Traynier      | 6.32   | Shot  | 1A           | G Parsons                                    | 11.73   | 4B    | P Bramford       | 8.52    |
| Discus          | 3A              | J Smith         | 14.89  | 3B  | R Traynier      | 10.32  | Discus  | 1A           | G Parsons                                    | 37.71   | 4B    | P Bramford       | 26.23   |
| 4 x 100 .relay  | 4A              |                 | 60.2   |     |                 |        | Hammer  | 2A           | G Parsons                                    | 41.90   | 5B    | P Bramford       | 15.99   |
| Under 17 Ladies | 4 <sup>th</sup> | 33 pts          |        |     |                 |        | Javelin   | 5A           | M Thomson                                    | 34.97   | 3B    | P Bramford       | 34.26   |
| 100m            | 4A              | K Motley        | 13.8   |     |                 |        | <b>East Anglian league at Cambridge – June 26<sup>th</sup></b>  |              |  |         |       |                  |         |
| 200m            | 3A              | K Motley        | 28.0   |     |                 |        | Overall match – 1 <sup>st</sup> Ipswich 44 points, 2 <sup>nd</sup> C&C 43 points, 3 <sup>rd</sup> NVH. 34 points, 4 <sup>th</sup> PAC 29½ points, 5 <sup>th</sup> Waveney |              |  |         |       |                  |         |
| 300m            | 2A              | V Asztalos      | 44.4   |     |                 |        | 19 points, 6 <sup>th</sup> Leighton Buzzard 13½ points, 7 <sup>th</sup> Colchester Harr 13 points   |              |  |         |       |                  |         |
| 80m Hurdles     | 1A              | K Motley        | 12.4   | 1B  | V Asztalos      | 13.1   | Senior Men - 3 <sup>rd</sup>  | 128 pts      |  |         |       |                  |         |
| Longjump        | 4A              | V Asztalos      | 4.33   |     |                 |        | 100m  | 1A           | J Godden                                     | 11.8    | 4B    | C Hardy          | 12.6    |
| Under 15 Girls  | 2 <sup>nd</sup> | 105 pts         |        |     |                 |        | 200m  | 2A           | J Slade                                      | 23.6    | 1B    | J Godden         | 23.8    |
| 75m Hurdles     | 2A              | R Cormack       | 13.8   | 1B  | L West          | 12.9   |   | N/S          | M Khordi                                     | 25.1    |       |                  |         |
| 100m            | 4A              | D Gul           | 14.0   | 3B  | L West          | 14.1   | 400m  | 4A           | J Black                                      | 56.0    | 4B    | M Bell           | 58.3    |
|                 | N/S             | H Cox           | 14.6   |     |                 |        | 800m  | 4A           | M Bell                                       | 2.07.3  | 4B    | A Howard         | 2.31.4  |
| 200m            | 2A              | D Gul           | 27.9   | 4B  | H Cox           | 31.4   |   | N/S          | N Burch                                      | 3.17.6  |       |                  |         |
| 300m            | 3A              | R Cormack       | 47.3   | 3B  | E Sayers        | 50.0   | 3000m   | 5A           | J Mangat                                     | 9.42.1  | 4B    | A Howard         | 10.35.4 |
| 800m            | 2A              | E Sayers        | 2.35.0 |     |                 |        |   | N/S          | J Jenkins                                    | 10.51.1 | N/S   | B Corbett        | 11.45.0 |
| 1500m           | 2A              | K Parker        | 5.15.2 | 1B  | Z Kier          | 5.32.8 | Hurdles   | 1A           | J Huddlestone                                | 21.4    |       |                  |         |
| Highjump        | 1A              | Z Kier          | 1.45   | 1B  | L West          | 1.30   | Longjump  | 3A           | C Hardy                                      | 4.73    | 1B    | S Richards       | 4.64    |
| Longjump        | 5A              | L Traynier      | 3.99   | 4B  | H Cox           | 3.52   | Triplejump  | 4A           | S Richards                                   |         | 10.43 |                  |         |
| Shot            | 6A              | R Cormack       | 5.65   | 4B  | L Traynier      | 5.24   | Highjump  | 3A           | M Hathaway                                   | 1.50    |       |                  |         |
| Discus          | 2A              | D Gul           | 18.97  | 3B  | K Parker        | 13.18  | Shot  | 2A           | G Parsons                                    | 11.74   | 4B    | F Martin         | 7.46    |
| Javelin         | 6A              | E Sayers        | 8.42   |     |                 |        | Discus  | 1A           | G Parsons                                    | 38.73   | 3B    | F Martin         | 17.74   |
| 4 x 100 relay   | 4A              |                 | 57.0   |     |                 |        | Javelin   | 1A           | M Hathaway                                   | 39.48   | 2B    | M Thomson        | 36.57   |
| Girls Under 13  | 2 <sup>nd</sup> | 105pts          |        |     |                 |        |   | N/S          | G Parsons                                    | 34.87   | N/S   | A Burch          | 24.86   |
| 100m            | 4A              | C Davidson      | 14.9   | 2B  | J Corbett       | 14.7   | Hammer  | 2A           | G Parsons                                    | 39.07   | 3B    | F Martin         | 18.50   |
|                 | N/S             | C Cox           | 16.6   | N/S | R Evans         | 16.0   |   | N/S          | A Burch (6kg)                                | 17.68   |       |                  |         |
| 200m            | 3A              | L Sammout       | 30.8   | 4B  | R Trotter       | 32.1   | 4 x 100 relay   | 1A           | Slade, Godden, Hardy, Huddlestone            |         |       |                  | 46.3    |
|                 | N/S             | C Davidson      | 32.1   | N/S | I Gallucci      | 32.9   | Under 17 Men – 2 <sup>nd</sup>  | with 109 pts |  |         |       |                  |         |
| 800m            | 3A              | E Kier          | 2.36.0 | 3B  | K Bull          | 2.56.2 | 100m  | 2A           | N Massey                                     | 12.0    | 2B    | L Smith          | 12.6    |
| 1500m           | 3A              | Jen Corbett     | 5.50.2 | 1B  | Jas Corbett     |        | 200m  | 2A           | N Massey                                     | 24.5    | 2B    | L Smith          | 25.8    |
|                 | 6.04.7          |                 |        |     |                 |        | 400m  | 2A           | N Massey                                     | 56.7    | 2B    | J Kennard        | 59.8    |
| 70m hurdles     | 2A              | C Asztalos      | 12.6   | 2B  | C Davidson      | 12.8   | 800m  | 3A           | J Kennard                                    | 2.13.5  |       |                  |         |
|                 | N/S             | R Trotter       | 12.7   |     |                 |        | 1500m   | 1A           | R Kreetzer                                   | 4.27.8  | 2B    | A Howarth        | 4.54.4  |
| Highjump        | 3A              | I Gallucci      | 1.25   | 2B  | J Corbett       | 1.15   | 100m hdls   | 1A           | D Graver                                     | 21.4 ?? |       |                  |         |
| Longjump        | 3A              | I Galucci       | 4.04   | 2B  | L Sammout       | 3.84   | Longjump  | 3A           | M Riches                                     | 5.37    | 2B    | B Jay            | 4.93    |
| Shot            | 1A              | H Sayer         | 7.42   | 3B  | S Bedford       | 4.51   | Triplejump  | 4A           | B Jay  | 10.17   |       |                  |         |

|   |                 |                             |          |                  |                 |        |      |      |   |                                |                 |                       |                  |                  |                  |      |
|---|-----------------|-----------------------------|----------|------------------|-----------------|--------|------|------|---|--------------------------------|-----------------|-----------------------|------------------|------------------|------------------|------|
| Shot  | 2A              | S Fisher                    | 12.08    |                  |                 |        |      |      | N/S   | H Belbin                       | 2.35.8          | N/S                   | J Herron         | 2.44.1           |                  |      |
| Discus  | 2A              | S Fisher                    | 33.02    | 2B               | B Jay           | 22.05  |      |      | 1A  | E Schofield                    | 5.00.3          | 3B                    | M Holmes         | 6.44.3           |                  |      |
| Javelin   | 3A              | L Smith                     | 28.25    |                  |                 |        |      |      | 3A  | A Cone                         | 19.6            |                       |                  |                  |                  |      |
| Hammer  | 2A              | S Fisher                    | 26.83    |                  |                 |        |      |      | 1A  | K Motley                       | 12.4            | 1B                    | V Asztalos       | 13.2             |                  |      |
| 4 x 100   | 3A              | Massey, Smith, Jay, Kennard |          |                  |                 | 51.2   |      |      | 4A  | S Rogers                       | 1.40            | 1B                    | I Asztalos       | 1.35             |                  |      |
| Under 15 boys - 2 <sup>nd</sup> with 141 points |                 |                             |          |                  |                 |        |      |      | 3A  | V Asztalos                     | 4.46            | 3B                    | A Charles        | 3.96             |                  |      |
| 100m  | 2A              | C Morter                    | 12.2     | 5B               | T McFadzean     | 14.1   |      |      | 3A  | K Motley                       | 9.85            | 2B                    | S Rogers         |                  |                  |      |
|   | N/S             | R Dunsmore                  | 15.0     |                  |                 |        |      | 8.60 |   |                                |                 |                       |                  |                  |                  |      |
| 200m  | 3A              | E Lockton                   | 25.7     | 2B               | S Goldfinch     | 25.8   |      |      | N/S   | A Charles                      | 9.44            | N/S                   | S Taunton        | 7.96             |                  |      |
| 400m  | 1A              | S Goldfinch                 | 58.2     | 2B               | T Highton       | 67.0   |      |      | 2A  | A Forster                      | 9.82            | 1B                    | P Markley        | 8.82             |                  |      |
| 800m  | 3A              | J Jamieson                  | 2.18.9   | 3B               | T Spry          | 2.35.5 |      |      | N/S   | R Martin                       | 7.71            |                       |                  |                  |                  |      |
| 1500m   | 3A              | W Mycroft                   | 4.33.4   | 1B               | S Crosk         | 4.44.6 |      |      | 1A  | R Martin                       | 24.16           | 1B                    | S Cracknell      | 22.35            |                  |      |
| Hurdles   | N/S             | N Burch                     | 5.02.0   |                  |                 |        |      |      | 1A  | C Morris                       | 26.34           | 1B                    | A Charles        | 15.97            |                  |      |
| Highjump  | 2A              | T Highton                   | 15.1     | 3B               | T Spry          | 19.5   |      |      | N/S   | A Forster                      | 30.78           | N/S                   | R Martin         | 22.44            |                  |      |
| Longjump  | 2A              | T Highton                   | 1.40     |                  |                 |        |      |      | 2A  | Smith, Motley, Lacey, Asztalos |                 |                       |                  | 52.3             |                  |      |
| Triplejump                                      | 2A              | C Morter                    | 4.94     | 4B               | W Mycroft       | 3.80   |      |      | Under 15 Girls - 1 <sup>st</sup> 108 points |                                |                 |                       |                  |                  |                  |      |
|   | 1A              | S Goldfinch                 | 11.16    | 3B               | J Jamieson      |        |      |      | 100m  | 3A                             | D Gul           | 13.6                  | 4B               | L West           | 14.6             |      |
|   | 8.66            |                             |          |                  |                 |        |      |      |   | N/S                            | H Cox           | 14.2                  | N/S              | B Davies         | 14.2             |      |
| Shot  | 4A              | E Lockton                   | 11.00    | 2B               | J Sutton-zian   | 10.46  |      |      |   | N/S                            | C Cox           | 15.1                  | N/S              | B Richards       |                  |      |
| Discus  | 3A              | J Sutton-zian               | 24.29    | 4B               | R Dunsmore      | 16.23  |      |      | 200m  | 1A                             | D Gul           | 27.8                  | 2B               | L Bass           | 28.9             |      |
|   | N/S             | T Spry                      | 14.45    |                  |                 |        |      |      |   | N/S                            | B Davies        | 31.2                  | N/S              | H Cox            | 31.9             |      |
| Javelin   | 2A              | C Morter                    | 32.78    | 1B               | T McFadzean     | 17.72  |      |      | 800m  | 4A                             | E Sayers        | 2.40.2                | 3B               | N Arkle          | 2.41.5           |      |
|   | N/S             | R Dunsmore                  | 15.95    |                  |                 |        |      |      |   | N/S                            | K White         | 2.45.8                | N/S              | T Mniszko        | 3.07.0           |      |
| Hammer  | 3A              | J Sutton-zian               | 25.33    | 2B               | E Lockton       | 21.77  |      |      | 1500m                                       | 1A                             | G Coe           | 4.58.6                | 1B               | K Parker         | 5.09.6           |      |
| 4 x 100 relay                                   | 2A              |                             |          |                  |                 | 50.7   |      |      |   | N/S                            | E Grimshaw      | 6.01.5                |                  |                  |                  |      |
| Under 13 Boys - 1 <sup>st</sup> with 93 points  |                 |                             |          |                  |                 |        |      |      | Hurdles                                     | 1A                             | L Bass          | 12.7                  | 2B               | L West           | 13.5             |      |
| 100m  | 3A              | A Morter                    | 14.4     | 4B               | A R-Bayliss     | 15.8   |      |      | Highjump                                    | 1A                             | E Sayers        | 1.38                  | 1B               | L West           | 1.30             |      |
|   | N/S             | C McLaughlin                | 15.5     | N/S              | J Traynier      | 15.9   |      |      |   | N/S                            | H Lyon          | 1.25                  |                  |                  |                  |      |
|   | N/S             | R Traynier                  | 17.2     |                  |                 |        |      |      | Longjump                                    | 5A                             | L Bass          | 4.04                  | 4B               | K Band           | 3.82             |      |
| 200m  | 4A              | S Howarth                   | 31.3     | 4B               | B Whittle       | 32.5   |      |      |   | N/S                            | C Cox           | 2.26                  |                  |                  |                  |      |
|   | N/S             | B Bowmer                    | 35.0     | N/S              | R Hovells       | 35.8   |      |      | Shot  | 6A                             | E Grimshaw      | 5.03                  |                  |                  |                  |      |
| 800m  | 5A              | ??                          | 2.59.7   |                  |                 |        |      |      | Discus                                      | 1A                             | D Gul           | 19.84                 | 1B               | K Band           | 15.89            |      |
| 1500m   | 1A              | B Whittle                   | 5.01.8   | 2B               | O Bass          | 5.17.1 |      |      | Javelin                                     | 5A                             | K Band          | 11.73                 | 3B               | E Sayers         | 11.32            |      |
|   | N/S             | W Flynn                     | 5.29.3   | BN/S             | S Kennard       | 5.50.2 |      |      | 4 x 100                                     | 3A                             |                 |                       |                  |                  | 55.6             |      |
| Hurdles   | 2A              | B Kelk                      | 13.2     | 1B               | C McLaughlin    | 16.6   |      |      | Under 13 Girls - 3 <sup>rd</sup> 73 points  |                                |                 |                       |                  |                  |                  |      |
|   | N/S             | B Bowmer                    | 16.6     | N/S              | W Flynn         | 17.0   |      |      | 100m  | 7A                             | C Davidson      | 14.9                  | 1B               | J Corbett        | 14.5             |      |
| Highjump  | 1A              | B Kelk                      | 1.25     | 1B               | O Bass          | 1.20   |      |      |   | N/S                            | L Baston-Pitt   | 15.3                  |                  |                  |                  |      |
| Longjump  | 7A              | B Kelk                      | 3.71     | 4B               | A R-Bayliss     | 3.44   |      |      | 200m  | 6A                             | L Sammout       | 31.0                  |                  |                  |                  |      |
|   | N/S             | R Traynier                  | 3.47     | N/S              | A-R Bayliss     | 3.12   |      |      |   | N/S                            | L Baston-Pitt   | 31.7                  | N/S              | R Evans          | 34.1             |      |
| Shot  | 1A              | S Bicknell                  | 6.55     | 2B               | J Traynier      | 5.25   |      |      | 1500m                                       | 4A                             | J Corbett       | 6.11.9                | 2B               | H Sheperd        | 6.25.2           |      |
|   | N/S             | A R-Bayliss                 | 6.55     | N/S              | O Bass          | 5.03   |      |      | Hurdles                                     | 3A                             | C Asztalos      | 12.8                  |                  |                  |                  |      |
| Discus  | 6A              | C McLaughlin                | 9.63     |                  |                 |        |      |      | Highjump                                    | 4A                             | J Corbett       | 1.20                  | 4B               | C Edwards        | 1.00             |      |
| Javelin   | 1A              | S Bicknell                  | 26.83    | N/S              | A Morter        | 25.17  |      |      | Longjump                                    | 5A                             | L Sammout       | 3.56                  | 6B               | C Davidson       | 2.83             |      |
| 4 x 100   | 2A              |                             |          |                  |                 | 59.4   |      |      | Shot  | 1A                             | L Sammout       | 8.36                  | 1B               | H Sayer          | 7.46             |      |
| Under 11 Boys                                   |                 |                             |          |                  |                 |        |      |      |   | N/S                            | C Edwards       | 6.87                  | N/S              | S Bedford        | 4.78             |      |
| 80m   | 1 <sup>st</sup> | A Ette                      | 12.3     | 4 <sup>th</sup>  | H Wisdom        | 13.1   |      |      | Discus                                      | 1A                             | H Sayer         | 18.83                 | N/S              | S Bedford        | 13.05            |      |
|   | race 1          | 2 <sup>nd</sup>             | C Savill | 13.1             | 3 <sup>rd</sup> | R ???  | 13.1 |      | Javelin                                     | 1A                             | E Woodroffe     | 21.23 (league Record) |                  |                  |                  |      |
|   | race 2          | 4 <sup>th</sup>             | R Moss   | 13.1             | 6 <sup>th</sup> | W Cox  | 13.9 |      | 4 x 100                                     | 2A                             |                 |                       |                  |                  | 59.1             |      |
| 600m  | 1 <sup>st</sup> | A Ette                      | 2.03.6   | 3 <sup>rd</sup>  | R Moss          | 2.06.1 |      |      | Under 11 Girls                              |                                |                 |                       |                  |                  |                  |      |
|   | 4 <sup>th</sup> | C Savill                    | 2.07.2   | 10 <sup>th</sup> | H Wisdom        | 2.29.6 |      |      | 80m   | Race 1                         | 1 <sup>st</sup> | J Powell              | 12.2             | 3 <sup>rd</sup>  | R Davidson       | 13.6 |
| Longjump  | 1 <sup>st</sup> | A Ette                      | 3.27     | 2 <sup>nd</sup>  | R Moss          | 3.20   |      |      |   | Race 2                         | 6 <sup>th</sup> | L Scott-Lintott       | 15.9             | N/S              | G Abbott-Gribben | 16.1 |
|   | 5 <sup>th</sup> | H Wisdom                    | 3.02     | 10 <sup>th</sup> | W Cox           | 2.38   |      |      | 600m  | 4 <sup>th</sup>                | J Powell        | 2.14.3                | 8 <sup>th</sup>  | R Davidson       | 2.21.8           |      |
| Senior Ladies - 1 <sup>st</sup> 171 points      |                 |                             |          |                  |                 |        |      |      | Longjump (17)                               | 1 <sup>st</sup>                | J Powell        | 3.28                  | 7 <sup>th</sup>  | R Davidson       | 2.77             |      |
| 100m  | 3A              | D Smith                     | 13.3     | 1B               | K Motley        | 13.3   |      |      |   | 11 <sup>th</sup>               | L Scott-Lintott | 2.56                  | 13 <sup>th</sup> | G Abbott-Gribben | 2.38             |      |
| 200m  | 1A              | D Smith                     | 26.7     | 1B               | C Lacey         | 27.2   |      |      |   |                                |                 |                       |                  |                  |                  |      |
| 300m U17's                                      | 3A              | V Asztalos                  | 44.5     | 3B               | E Bicknell      | 46.9   |      |      |   |                                |                 |                       |                  |                  |                  |      |
| 400m  | 3A              | I Asztalos                  | 61.5     | 1B               | M Kostov        | 63.1   |      |      |   |                                |                 |                       |                  |                  |                  |      |
| 800m  | 1A              | H Arbuckle                  | 2.14.6   | 2B               | S Iwanko        | 2.38.7 |      |      |   |                                |                 |                       |                  |                  |                  |      |

### Officials Training

We would like to thank those who offered to train as match officials and who passed their exam in March this year. We will be grateful for their assistance during this season. Congratulations to Linda Fisher and Alex Burch, who both passed the field officials exam.

We had no new track officials or timekeepers take the exam this year, but we are pleased to report that Ellen Leggate passed her timekeepers practical test, having taken the written exam in 2004. 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 previous newsletters. (Thank you to the two people who have already offered to train as a marksperson and a track official). But we need more. Many hands make light work.

**SPECIAL PLEA** – Any older athletes (over 15), or parents, vice presidents or associate members who would like to have a go at 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.

#### **Coaching courses**

Dates for coaching courses in the Autumn are as follows (there are others – contact Nigel Burch)

Level 1 Saturday 12 November @ Bedford (1 Day)

Level 2 Weekend of 3 & 4 September @ Bury St. Edmunds (2 Days)

Level 3 Weekend of 5 & 6 November @ Bedford

Various dates for events modules are available, contact Nigel.

Anyone wishing to do a course (please!!) should contact Nigel Burch via email at [nigel.burch@mottgreenwall.co.uk](mailto:nigel.burch@mottgreenwall.co.uk). (As soon as possible to reserve places.)