

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - September 2005

44TH ANNUAL GENERAL MEETING 21ST NOVEMBER 2005 8PM AT WILBERFORCE ROAD CLUBHOUSE

ITS YOUR CLUB, PLEASE ATTEND IF YOU CAN!

NOMINATIONS FOR PRESIDENT, CHAIRMAN, SECRETARY AND TREASURER

AND ANY RESOLUTIONS, MUST BE RECEIVED BY THE CHAIRMAN OR THE
COMMITTEE SECRETARY BY 21ST OCTOBER

IMMINENT FIXTURES

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

Oct 9 th	Ryston XC Grand prix	Ryston	All
Oct 16 th	Frostbite league	St Neots	All
Oct 22 nd	AAA 4 Stage and 6 stage road relays	Birmingham	Seniors
Oct 30 th 10am	Fenland 10	??	All over 16
Nov 13 th	Frostbite League	Bushfield (P'bro)	All
Nov 20 th 10am	St Neots Riverside Half Marathon	St Neots	Seniors
Nov 27 th 9am	Hereward relays	Peterborough	All over 16
Dec 4 th 1pm	Nene Valley 10	Peterborough	All over 16
Dec 10 th	SEAA Intercountries	RAF Barnham	County select
Dec 18 th	Frostbite League	Cambridge	All
Dec 4 th (Prov)	Sportshall league match	P'bro or Cambridg	U13/U15
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
Jan 7/8 th	SEAA Indoor Championships	TBC	All over 12
Jan 8 th	Frostbite League	Ramsey	All

WINTER TRAINING - STARTS ON 3rd OCTOBER - SEE DETAILS ON PAGE 2

(Note limits to the age-groups using the Sportshall at Chesterton on Monday evenings)

Training course for Judges on November 27th – please offer – see enclosure. This is
important if you or your children want league competition next year!

***** Winter training starts on October 3rd*****

NOTE THE AGE LIMIT ON MONDAYS IN THE SPORTSHALL!!!

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

Mondays 6.00 – 7.30pm Chesterton College Sports Centre –

Young athletes indoor fitness session and Young athletes middle distance session

(Open to athletes who will be aged less than 15 on 31st August 2006 only)

Mondays 6.00 – 7.30pm Chesterton College Sports Centre –

Other athletes Distance training by arrangement with their coach only (Mike Smith's group)

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

Middle and long Distance groups

Thursdays – 7.00 - 8.30pm Chesterton College Sports Centre - Circuit and fitness training (for

all those who will be aged 15 and over on 31st August 2006, or by special invitation).

Middle and Long Distance running.

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

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

Note - There will be no throwers sessions during early October. Have a break. Outdoor throws coaching will begin again on Saturday 5th November. Older throwers may attend the fitness sessions at Chesterton on Thursdays where there will be a throws-specific group, commencing on Thursday 27th October.

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

AGM Agenda - November 21st at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 22nd November 2004

Matters arising from the minutes

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

Subscriptions 2006

Change to club constitution (to adopt UKA Equity and Welfare policy – see "Clubmark" below)

Proposal to form Athletics Trust Fund – see below

Election of officers and committee 2006

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

**Nominations for President, Chairman, and Treasurer must be received by 21st October in
Order to be eligible. (ie 4 weeks in advance of the meeting as per our constitution)**

**Nominations for other posts may be made at any time up to the meeting, but we would prefer
to have these a few days in advance if possible so that we know if there are any contested
posts.**

**Minutes of the 43rd Annual General Meeting held at the University Track, Wilberforce Road,
Cambridge at 8pm on Monday 22nd November 2004**

Apologies:

1. Minutes of the 42nd AGM 24th November 2003 were approved.

2. Matters arising from the minutes

The Composite team with Huntingdon Athletic Club in the Southern Womens League has not been very successful due to organisation problems so the two Clubs have decided to separate the teams again.

3. Chairman's Report

The chairman explained about the money in the Investment Account. This is made up from money left to the Club in the will of an old member and also money saved for new headquarters. The University would not allow us to build headquarters on the site, and as we have the use of their very good facilities this was no longer necessary. If we kept this large sum in our accounts the City Council would probably withdraw their funding and we would not be eligible for lottery funding. The Committee has suggested that a Trust Fund should be set up for the long term benefit of athletics in the City and South Cambs areas, including people

outside the Club. The chairman asked the members present to consider this. The Committee would discuss further and report back to the 2005 AGM.

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

5. Treasurers Report Copies of the report were circulated to the meeting. Mark Chaplin queried the figure spent on coaching. Could this not be paid out of the Investment account. The Treasurer reported that the accounts had been very healthy for the last 2 years but because there was no Wildlife 10k this autumn next year's accounts will probably be down by at least £2000. We receive a grant of £2000 a year from the City Council, but have been encouraged to apply for more. The subscriptions will be left unchanged for the next year.

6. Election of the Officers and Committee for 2005

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

Committee Secretary: Mary Holmes

SML team manager: Noel Moss SWL team manager: Carl Woolf EAL: N Moss/C Woolf will cover

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

Veterans T&F team manager : Gerald Meah Road runing: Glynn Smith Cross-Country: John Kazer

Coaching: Nigel Burch Committee members: Ian McKay, Phil Bramford

The Chairman thanked James Brennand for all his work as Coaching Secretary in previous years

7. Competitors Awards Noel explained about the Competitors drawer. Chris Brown won the June/July draw and Stuart Goldfinch the August/September draw.

8. Presentation of Track and Field Awards and record certificates

Barry Wallman presented the Trophies to the successful athletes.

Seasons Best performance Trophies

BP - The seasons	Lucy Dowsett
BP Veteran	Phil Bramford
BP Most Improved	Andrew Howard
Simpson Trophy 400m	Ed Aston
Senior Throw - Female	Gabriella Kyriacou
Senior Throw male	Sean Fisher
Junior Throw	Alice Forster
Senior HJ	Tom Adams
Junior HJ	Zoe Kier
B P Longjump	Rashaad Noray
BP Short Hurdles BU13	Tom Higton
BP Short Hurdles GU13	Joint Laura Bass
Dunsmore	Joint Rosannah Cormack
BP 13 - 17 Hurdles male	James Markley
BP 13-17 Hurdles female	Kim Motley
BP - sprints male	Rashaad Noray
BP - sprints female	Dominique Smith
BP - track >800m male	Ed Aston
BP - track >800m female	Lucy Dowsett
Peter Howard Marathon Trophy	Nigel Burch

Track & Field champions

Senior Men	Petr Steiner	
Senior Female	Sabine Hannema	
Junior (U20) male	Sam Phillips	
Junior (U20) Female	No award	
Veteran Men	Noel Moss	
Veteran Female	No award	
Under 17 men	Jack Huddleston	
Under 17 Ladies	Dominique Smith	
Under 15 Boys	William Mycroft	
Under 15 Girls	Emma Higton	
	Natalie Cowan	
	Laura Bass	
	Under 13 Boys	Ross
	Under 13 Girls	Emmie Sayers
	Under 11 Boys	No award
	Under 11 Girls	No award

League Trophies

BP Vets league Male	Phil Bramford
BP Vet League Female	Carole Morris
Young Athlete W&C Female	Nikki Fisher
Male	Tom Kelk
	Christine Musowe
	Andrew Starnes
	Zoe Kier
	James & Tom Brennand
	Tom Spry
	None

Road Race Trophies

Open 10 m RR Male	Ben Baldelli
Open 10 m RR Female	Emma Patel
Open 10 m RR Male vet	Glynn Smith
Open 10 m RR Fem Vet	Andrea Hill

Handicap Trophies

110 yds Handicap	Not contested
440 yds handicap	Not contested

9. Any other business

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

Item for AGM agenda - Proposals for the formation of "Cambridge & Coleridge Athletic Trust" (a registered Charity)

As agreed at the last AGM, the committee have formulated a proposal for the formation of a trust fund using the money left to the club by a deceased member a few years ago. The reasons for this

proposal are clearly stated in the minutes of the 2004 AGM above. The motion to be voted on by the AGM is to establish (or not) the abovenamed Trust fund based on the following proposal.

Mission Statement

1. To encourage the development of athletics in the defined area
2. To encourage the involvement of the public from all social and ethnic backgrounds in athletics as defined by the UK National Governing Body for Athletics.
3. To assist athletes in need.
4. To assist in the development of coaches by actively servicing their needs in relation to the development of athletic talent
5. To assist in the provision of athletic equipment to the highest safety standards.
6. To assist in the improvement of existing athletic equipment particularly with reference to safety.
7. To raise general awareness of athletics as defined above, by organising publicity, events and exhibitions.

Charitable Objects

1. To advance for the benefit of the public in the defined area, the development of character, mind, mental coordination, self discipline and physical fitness through the organisation or provision (or assistance in the organisation or provision) of equipment which will encourage and enable such people to participate in athletics as defined above.
2. In the interests of social welfare to organise or provide (or assist in the organisation or provision of) equipment for participation in athletics, as defined above, with the object of improving the conditions of life for the persons for whom the equipment is primarily intended and either:
 - a. those persons have need of those by reason of their disablement, poverty or social and economic circumstances; or
 - b. the equipment to be available to members of the public at large through membership of an open club affiliated to the UK National Body.
3. For public purpose beneficial to the community to promote, encourage, provide, enhance or maintain the safety of equipment in the defined area where athletics, as defined above, takes place.
4. Such other objects and purposes in the defined area being objects and purposes which are exclusively charitable in accordance with the laws of England and Wales.

Area of Benefit and Operation

Individuals who benefit must be permanently resident (as defined by the National Governing Body for Athletics) in the area marked on the attached map, or hold 1st Claim membership with an open club providing support for a wide range of athletic activities and having affiliation to the UK National Governing Body for Athletics. The Clubs headquarters must be within a 3 mile radius of Great St. Mary's Church, Cambridge.

Mode of Operation

Make grants (including loans of money or equipment) to individuals
 Make grants (including loans of money or equipment) to organisations (such as athletic clubs, schools)

Initial Funding

To be provided by the transfer of £30,000 from the Cambridge & Coleridge Club Investment Account.

Trustees

The Trust should have a minimum of 5 trustees to be appointed by the Committee of Cambridge & Coleridge Athletic Club and each to serve for a maximum term of 3 years at which point they either stand down or are reappointed by the Committee. Casual vacancies are to be filled by the Committee as required. At least 1 trustee and not more than 2 should be appointed by the Committee from outside the Club. Beneficiaries must hold 1st Claim membership with a club providing support for a wide range of athletic activities with open membership affiliation to the UK National Governing Body for Athletics and whose headquarters are within a 3 mile radius of Great St. Mary's Church, Cambridge.

Clubmark

With the assistance of Richard Wheater, who is the Partnership Development Officer for athletics in Cambridgeshire, the club is attempting to be one of the first in the County to gain Clubmark Status.

Clubmark is a sort of “Kitemark” for clubs who achieve certain standards in terms of social and sporting requirements, and most especially of child welfare. Clubmark will help us access available funding for club development.

To gain clubmark, we must have a formal Welfare policy as part of our constitution, so we propose to adopt the policy developed by UKA.

The aims of the UKA 'Athletics Welfare' policy are to:

- Ensure the highest possible standards of safety and welfare for all athletes of all ages and others engaged in athletics activities and events, especially children and vulnerable adults.

- Embed a process of continuous improvement in its ongoing work on welfare in the sport.

- Work with other agencies to ensure that quality assured training is offered to all staff or volunteers.

- Adopt and promote good practice in the welfare and protection of athletes.

- Demonstrate ethical standards of leadership and behaviour.

To support the policy, the club will issue Codes of Conduct and “Job Descriptions” for Coaches and Team Managers, and Codes of conduct for athletes and parents: documents which are required by Clubmark. We hope to publish them in the December newsletter, and they will be closely based on the UKA Welfare policy and Codes of conduct.

Do you hold a trophy from the 2004 AGM (not cross country)???

The club would like to remind the holders of Track and Field trophies and Road trophies presented at the AGM in November 2004, that they should be returned to Mary Holmes by 20th October at the latest so that they can be prepared for presentation at the AGM in November (not the Cross country trophies). It would be very helpful if you ensure that the trophy has been engraved and is cleaned. *If you have a trophy to return, we suggest you make arrangements to return it to Mary Holmes or Neil Costello rather than rely on handing it to someone on a club night.* **Please do not leave it until the AGM evening – we cant clean them and sort them for presentation quickly enough on the night.**

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

Cambridgeshire AA AGM – 25th November - 7.30pm at Hemingford Grey House

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

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

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

Road Running Bits

It seems like the summer has flown by again, as usual, there has been lots happening in our section, the 5k evening league has come to a close with our girls coming out on top again. The men were placed second as they were last year. Our membership has increased again and it is good to see we have such a diverse group In terms of age and ability (we must be doing something right).

As most of you know Emma and Will have left us to move to Winchester, they are two runners

that have shown amazing improvement since joining us and lets wish them well for the future.

This year has seen more of our members having a go at triathlons with Mike Smith, Cole Clissold and myself completing the London Michelob Triathlon. Andy Irvine competed in the Cambridge and Bedford triathlons and Cole Clissold and myself have just got back from a weekend in the Lake District, where we had entered the Hellvelyn triathlon. Unfortunately or fortunately I had to back out due to illness but managed to support Cole and run the last mile back to the finish with him. This event was amazing, consisting of a 1 mile swim in Ullswater Lake, a 38 mile cycle ride, including the three mile haul up Kirkstone pass, which finished off with a return run of 16 miles to the top of Hellvelyn Mountain with the first three competitors completing the course in under four hours! Cole found the main challenge cycling up Kirkstone pass without dismounting which he managed (whilst a large percentage end up walking) and any one who completes the course still running, as Cole did, deserves our praise. We really must try and get a good group up here next year.

Winter will soon be with us and for those who are competing in marathons early next year I will be organising Sunday training runs. We also have lots of races coming up; with the first frostbite league race at St.Neots on October 16th and the Hereward relay on November 27th.

Those who require information on any of the above and would like to take part please let me know.

Finally, our Christmas party will be on Sunday 18th December at Jesus College if you would like tickets please contact Chris Brown.

Yours in running, Glyn.

The tale of the Histon Fun Run team Tropy 2004: a tale to encompass all human emotions?

- Find out how a team called “Nigels Newts” didn't have a single Nigel in it!
- Find out how a team with an inferior result could win this coveted trophy!

The Histon Fun Run operated this year on July 8th (approx. 6 miles) on a slightly changed course so that it is now nearly all off-road, with the Male Vets doing us proud – Leon Stone 1st, David Mail 2nd, Alex Downie 4th, Gerald Meah 6th and Tim Long 7th – very solid.

But the best story is about last year.

It all began when Nigel Burch noticed that team entries were being accepted, so Nigel, David Mail and Alex Downie (*who takes full responsibility as author of this piece*) entered themselves as “Nigels Newts”. Whereupon Jo and Ish came on the scene, and Nigel with typical generosity tendered his resignation from the team in favour of Ish, whom he claimed would probably run faster. Thus the Nigel-less Newts entered the Testosterone fuelled fray (*an illegal substance if levels are too high – was the drug squad there? Ed.*) doing significantly well, and to their boundless joy being awarded the glittering team prize. However this was immediately disputed by Cambridge Triathletes, who had done more significantly well.

“Ah, yes”, said the judges, “but we've worked it out on the basis of the Newts Vets places. Various Triathletes looked visibly distressed and unconvinced by this explanation, and I'm afraid that some anti-newt sentiment was expressed, but the decision stood.

So each Newt has proudly taken his turn to display the trophy over the year (sometimes even taking it out of its plastic bag!), and the cup was duly returned to the organisers, who said there would be no team trophy awarded this year I wonder why.

Ah – nearly forgot – Jo was the first woman last year (undisputed, not being a Vet or anything). Alex Downie

Fixtures 2005/2006

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

Oct 2 nd	10am	Standalone 10k	Letchworth	All over
16				
Oct 9 th		BUPA Great South Run	Portsmouth	All over 16
Oct 9 th		Ryston XC Grand prix	Ryston	All
Oct 16 th		Frostbite league	St Neots	All
Oct 22 nd		AAA 4 Stage and 6 stage road relays	Birmingham	Seniors
Oct 30 th	10am	Fenland 10	??	All over
16				
Nov 13 th		Frostbite League	Bushfield (P'bro)	All
Nov 20 th	10am	St Neots Riverside Half Marathon	St Neots	Seniors

Nov 27 th	9am	Hereward relays	Peterborough	All over 16
De c 4 th	1pm	Nene Valley 10	Peterborough	All over 16
Dec 10 th		SEAA Intercounties	RAF Barnham	County select
Dec 18 th		Frostbite League	Cambridge	All
Dec 4 th	(Prov. date)	Sportshall league match	P'bro or Cambridge	U13/U15
Dec 26 th		C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st		Ely 10k	Ely	All over 16
Jan 7/8 th	(prov)	SEAA Indoor Championships	TBC	All over 12
Jan 8 th		Frostbite League	Ramsey	All
Jan 14 th or 15 th	(prov)	SEAA Pentathalon Championships	TBC	All over 12
Jan 14 th or 15 th		Cambs AA Crosscountry Champs	St Neots	All
Jan 22 nd		Sportshall league match	St Ives	U13/U15
Jan 22 nd		West Norfolk Indoor Open Meeting	Kings Lynn	All
Jan 29 th		SEAA XC Championships	Exmouth	All
Feb 4 th		SEAA Vets XC	Ruislip	Veterans
Feb 4 th		Regional Sportshall final	Norwich	County select
Feb 5 th		Frostbite League	Bourne Woods	All
Feb 11/12 th		AAA Indoor Champonships	Birmingham	Qual. Std
Feb 12 th	(TBC)	ECAA Indoor Championships	TBC	All
Feb 19 th		ECAA XC Championships	RAF Barnham	All
Feb 25 th		National XC Championships	Parliament Hill	Club Teams
Mar 11 th		CAU Intercountries	Huntingham	County select
Mar 5 th		Frostbite League	Nottingham	All
April 23 rd		London Marathon	London	Seniors

Useful telephone numbers for winter 2005/6

B J Wallman - President	01223 893013	Neil Costello – Chairman	01223 524428
Noel Moss Men's T&F teams and Officials			01223 833470
Nigel Burch	Coaching Secretary		01223 560161
Glyn Smith.	Road running		01223 571685
John Kazer	Cross Country		01223 308357
Nigel Poulter	Treasurer		01954 231507

Useful E-Mail and website addresses

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

Review of Summer 2005 Track and Field

Southern Men's League

The team was 1st in one match, 2nd in 3 matches and 5th in 2 matches. The end result was 8th place of 25 in division 2 – one of our best recent results. The team still lacks the depth to cope with all eventualities, and the two fifth places were caused by absence of several key athletes on days when the opposition didn't have the same problem. However even in these matches the team scored quite well and was competitive.

Southern Women's League

A good result for the season, finishing in 4th place in Div 3 North. The team has been gradually strengthening, but still lacks enough Senior athletes to field a full team.

Compared to the turn-out last year for the C&C/HAC composite team, this was a huge improvement, with the Under 15 part of the team largely filled. Well done.

Eastern Veterans League

As in previous years, neither the Men nor the Women were able to fill all the events and so were not able to reach the League finals, but the Men's scores were definitely better this year. Those that competed enjoyed themselves, some set the odd age-group best, and the social aspect was as good as usual.

East Anglian league

In the league we finished 2nd in the U15 Boys, 3rd in the Ladies, Under 13 Girls & U17 Men, 4th in U13 Boys, 5th in the Mens, and 6th in the U15 Girls..

All seven age-groups qualified for the finals, which were held at Cambridge on October 18th.

In the finals, C&C finished 2nd in the Ladies and the U13 Boys, 3rd in the Men, the U17 men and the U13 Girls, 4th in the U15 Boys and 8th in the Under 15 Girls. The latter was very hotly contested and we still scored half what the winners got. In the ladies match we lost by just 5½ points, simply because Ipswich filled everything and we had two empty spaces in one event. Because the two races were not full, if we had athletes in them and been last in both it would have given us 11 points (and the trophy)!. The day gave several people a seasons or personal best, and there were several new athletes running. The League were very happy with our organisation of the match and send their sincere thanks to everyone who helped.

Eastern Young Athletes league

Another good season, finishing in 8th position and qualifying for the Plate final. Turn-out has generally been good with the exception of the under 17 Women, where it has been disappointing.

In the Plate Final, C&C were 6th but the Under 17 Men won their age-group trophy. Turn out was especially poor in the Under 13 and under 15 age-groups, and that is very disappointing. The Under 17 Women who have struggled all season had a good turnout and scored well. Football was one of the main reasons – it is difficult to understand why athletes can't be loyal to C&C for the League finals when we accept that athletes will have football finals early in April clashing with early league matches.

Food for thought. If C&C had simply filled all the gaps, scoring one point in each, we would have finished 4th instead of 6th, and if we had filled all the events at the same average score per event which we had in the match, we would have been easily 2nd (and that doesn't allow for the points we would have taken off other teams scores!) Those athletes who did turn out, and all the team managers, were badly let down by those who didn't.

Is that situation acceptable, when the club has worked all season to reach a league final??

Some new club records

Congratulations go to the following:

Sebastian Howarth	U11 Boys 80m	12.0	U11 Boys 600m	1.53.8
Seth Kennard	U11 Boys 1500m	5.50.2		
Ben Kelk	U13 Boys 75m HdI	12.9		
Ben Abbott-Gribben	U15 Boys Polevault	2.85m		
Juliet Powell	U11 Girls 80m	12.1	U11 Girls 600m	2.09.5
Juliet Powell	U11 Girls Longjump	3.58		
Isabella Gallucci	U13 Girls Highjump	1.45m		
Lauren Sammout	U13 Girls Discus (0.75kg)	26.67m		
Gemma Coe	U15 Girls 300m	44.9		
Lucy Dowsett	U17 Womens 400m	57.5	U17 Womens 800m	2.09.75
Lucy Dowsett	U17 Womens 1500	4.36.62		
Kim Motley	U17 Womens 80m HdI	11.9 (equals record)		
Gabriella Kyriacou	U20 Womens Javelin	27.78		
Under 20 Womens 4 x 400m relay		4.11.1		

(I Asztalos, G Asztalos, H Arbuckle, E Schofield)

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

The County will be running Sportshall Athletics competitions again during the winter season, and C&C hope to participate. The provisional dates are shown in the fixture list, but the December one could change .

Our thanks to the University

On 23rd July a letter appeared in the Cambridge News slating the University for not allowing public access to its sports facilities, libraries and eating facilities. Luckily this was spotted by John Kazer, who wrote a succinct reply, extending thanks on behalf of the City clubs for the use of the University Athletics Track. Without this facility, C&C. Cambridge Triathletes, and many of the schools would have a training problem. John pointed out that hundreds of young people are able to use this facility during the year. Thanks John - we need to be grateful for the facility the University provides for athletics – some of us can still remember trying to get the local authorities to provide something similar, without success.

Results, Results, Results

EVAC 5 mile – Reach – June 5th

10 th	D Abbott	M45	30.26	16 th	M Chaplin	M45	32.02
21 st	A Downie	M55	33.17	22 nd	G Meah	M45	33.29
36	D Braverman	W50	37.09	41 st	S Barnett	W55	39.05
42 nd	N Costello	M55	39.24				

Summer 5k League – Saffron Walden – 9th June2nd overall – 2nd mens team, 1st ladies team

5 th	I Delaney		18.00	10 th	D Bowker	M40	18.30
11 th	D Abbott	M45	18.50	13 th	B Blaukopf		19.00
16 th	M Smith		19.31	22 nd	C Clissold		19.43
23 rd	I Badr		19.48	25 th	J Raymond		M45
	19.55						
26 th	N Burch	U15	20.34	32 nd	C Brown	M40	20.55
33 rd	G Smith	M55	21.05	36 th	G Meah	M45	21.25
41 st	M DiFranco	M40	22.20	45 th	P Schofield		M45
	22.46						
49 th	A Irvine		24.20	52 nd	I McKay		27.09
53 rd	N Burch	M45	28.34				
1 st	J Ives	F	19.45	3 rd	R Flood	F	20.59
6 th	C Gibbons	F	21.38	13 th	D Braverman	W50	23.52
14 th	R Kiff	F	23.55	16 th	C McEinery	F	24.15
19 th	H Mckay	W35	24.45	24 th	S Arora	F	27.12
25 th	M Warren	W35	29.34				

Self Transcendence series Race 1, June 13th

2 nd	E Patel	1st Lady	11.27	3 rd	I Badr		11.38
4 th	A Howard		11.40	5 th	W Clarkson		11:51
8 th	W Gasioreu		12.31	9 th	A Circeula	1st V40+	12.59
10 th	J Ball	3rd Lady	13.02				

Race, June 20th

2 nd	B Blaukopf		11.05	3 rd	E Patel	1st Lady	11.07
5 th	A Howard		11.32	7 th	I Badr		11.38
8 th	M Smith		11.46	9 th	J Raymond		11.48
11 th	C Gibbons	2nd Lady	12.48				

Race 3 – June 27th

2 nd	E Patel	1st lady	11.15	3 rd	A Howard	2 nd man	11.23
4 th	M Smith	3 rd Man	11.24	?	J Ball	2 nd Lady	12.56

BMAF 5k Road Champs at Horwich 26th June

116 th	M Chaplin	M45	19:06				
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Summer 5k series - Haverhill – July 7th1st Overall – 2nd mens team – 1st Ladies team

2 nd	J Mangat		16.40	4 th	J Kazer		17.13
5 th	J Cappetti		17.14	14 th	W Young		18.27
15 th	J Raymond	M45	18.28	16 th	A Howard		U20
	18.38						
20 th	N Burch	U15	18.55	23 rd	A Downie	M55	19.14
30 th	T Long	M45	19.58	33 rd	V Freeman	M40	20.30
39 th	A Irvine		21.21	40 th	P Schofield		M45
	21.28						
45 th	Ron Jackson	M45	22.56	48 th	I McKay		25.05
49 th	N Burch	M45	26.48				
1 st	E Patel	F	17.57	2 nd	T Woodford	F	19.05
3 rd	J Ives	F	19.56	13 th	D Bravernman	W50	21.56
14 th	R Kiff	F	21.57	16 th	C McEinery	F	24.15
18 th	S Arora	F	24.59				

EVAC 10k – Comberton – 3rd July

7 th	D Abbott	3 rd M45	38.11	13 th	J Jenkins	2 nd M55	40.38
14 th	M Chaplin	M45	40.44	16 th	P Dewison	M50	41.17

ROAD

18 th	A Downie	3 rd M55	41.52	19 th	G Meah	M45	41.55
29 th	V Green	3 rd W45	44.58	34 th	P Howard	M60	47.02
35 th	S Barnett	2 nd W55	48.40	38 th	D Braverman	2 nd W50	51.15
40 th	N Costello	M55	51.34				

St Ives Dairy Crest 10k – 17th July2nd Mens team

4 th	T Komatsu	32.58 (1 st M40)	21 st	C Flood	37.46		
24 th	D Abbott (M45)	37.54	27 th	E Patel	38.33 (1 st lady)		
40 th	W Clarkson	39.49	61 st	A Downie (M55)	41.50		
66 th	G Meah (M45)	42.04	69 th	G Smith (M55)	42.15		
80 th	C Brown (M40)	42.54	97 th	M DiFranco (M40)	43.44		
123 rd	T Long (M45)	44.56	126 th	R Flood	44.59		
148 th	P Schofield (M45)	46.21	153 rd	P Howard (M60)	46.43		
165 th	C McEinery	47.05	174 th	A Irvine	47.47		
184 th	S Barnett (W55)	48.25	210 th	D Willis (M40)	49.45		
211 th	C Stanier	49.45	236 th	A Lasseater (W35)	51.13		
241 st	S Costello (W40)	54.55					

Ramsey Abbey 12k:

45 th	G Smith	54.21	46 th	P Dewison	54.25		
52 nd	C Brown	54.57	56 th	C Gibbons (F)	55.19		
92 nd	R Kiff (F)	61.56	97 th	D Willis	62.21		
160 th	H McKay (F)	76.17	161 st	I McKay	76.18		

Haverhill 10k – July 31st

41 st	V Freeman	45.08	65 th	C Stanier (F)	50.27		
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EVAC 5k Championships – August 7th at Cambridge

16 th	M Chaplin	M45	19:26	17 th	P Dewison	3 rd M50	19:30
20 th	J Jenkins	2 nd M55	19.39	21 st	G Meah	M45	19.42
22 nd	A Downie	3 rd M55	19.49	23 rd	D Mail	M50	19.54
32 nd	P Howard	3 rd M60	21.36	34 th	V Green	2 nd W45	21.40
41 st	S Barnett	2 nd W55	23.21				

Summer 5k series - Newmarket – August 4thOverall 2nd – 2nd mens team – 1st ladies team

5 th	C Flood	17.26	8 th	J Kazer	18.00	7 th	
13 th	J Raymond	M45	18.45	14 th	A Howard	U20	
	19.17						
18 th	N Styles		19.17	22 nd	N Burch	U15	19.32
23 rd	P Dewison	M50	19.47	24 th	A Downie	M55	20.00
29 th	V Freeman	M40	20.24	31 st	G Meah	M45	20.32
32 nd	T Long	M45	20.42	33 rd	M DiFranco	M40	20.43
38 th	J Lewy	M45	21.30	41 st	A Irvine		21.31
43 rd	D Willis	M40	22.08	44 th	Ron Jackson	M45	23.22
49 th	N Burch	M45	27.10	50 th	I McKay		27.10
1 st	E Patel	F	18.53	2 nd	J Ives	F	19.45
3 rd	T Woodford	F	19.34	6 th	C Gibbons	F	21.38
10 th	K Shackleton	F	22.25	12 th	R Kiff	F	22.47
15 th	A Lasseater	W35	24.02	20 th	S Culit	F	27.30

Thornew 5 mile – 21st August

51 st	G Meah	V45	32.57	57 th	P Dewison	V50	33.15
58 th	G Smith	V55	33.19	89 th	P Howard	V60	35.38
93 rd	A Irvine		36.03	103 rd	R Kiff (F)		37.10
105 th	S Barnett	(FV55)	37.38	191 st	D Blyth	V80	69.31

NVH 5k – 31st August

55 th	P Dewison	M50	19.51	104 th	R Kiff	F	22.29
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Veterans AC T+F Champs 10000m Battersea Park 7th September

10 th	M Chaplin	M45	39:52.3				
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Summer 5k series - Cambridge – September 8thOverall 1st – Men 2nd team- Ladies 1st team

4 th	I Delaney	M40	17.06	6 th	C Flood		17.34	Javelin	2A	L Smith	32.25	4B	E Louth	14.78
10 th	G Cappetti		17.56	11 th	J Kazer		18.10	4 x 100	2A	Godden, Massey, Smith, Jay				48.1
13 th	M Smith		18.24	15 th	I Badr		18.31	Under 15 Boys						
17 th	A Howard	U20	18.33	19 th	J Raymond		M45	Hurdles	3A	T Higton	13.8	2B	P Shields	14.9
	18.36							100m	3A	C Morter	12.1	1B	L Crabb	12.0
24 th	C Clarke		19.15	29 th	N Burch	U15	19.42		N/S	Osc. Francis	12.6			
30 th	G Meah	M40	19.45	32 nd	A Downie	M55	19.51	200m	3A	L Crabb	24.9	2B	Osc. Francis	25.7
33 rd	Rog Jackson		19.54	37 th	C Brown		20.09		N/S	T McFadzean	28.0			
39 th	V Freeman		20.29	40 th	M DiFranco	M40	20.32	400m	2A	S Goldfinch	56.6	4b	S Johnson	67.5
43 rd	J Lewy	M45	20.54	48 th	M Kreetzer		M45	800m	5A	T Higton	2.29.8	3B	P Shields	2.36.7
	21.56								N/S	J Millard	2.32.8	N/S	A Dewison	
51 st	Ron Jackson	M45	22.45	56 th	N Burch	M45	26.27							
1 st	J Ives	F	18.14	3 rd	J Ball	F	20.35	1500m	2A	W Mycroft	4.33.9	2B	J Jamieson	4.51.7
5 th	D Abraham	F	21.03	7 th	R Flood	F	21.27		N/S	J Baslington		4.55.9	N/S	N Burch
8 th	R Kiff	F	21.58	10 th	C Parry	F	22.29							
12 th	S Culit	F	25.03											

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

Gruntv Fen Half Marathon – 12th September

22 nd	G Cappetti	1.20.48	26 th	C Flood	1.21.59			Longjump	2A	S Goldfinch	5.01	2B	C Haigh	4.47
32 nd	I Badr	1.22.42	43 rd	D Abbott (2 nd M45)	1.24.56			Highjump	3A	Osc Francis	1.50	1B	T Higton	1.40
85 th	D Mail (9 th M50)	1.30.11	92 nd	G Meah (M45)	1.31.16				N/S	P Shields	1.35			
93 rd	A Howard (U20)	1.31.21	62 nd	M Chaplin (6 th M45)	1.27.19			Shot	3A	C Morter	10.72	4B	T McFadzean	7.75
117 th	C Brown (M40)	1.33.59	140 th	T Long (M45)	1.35.23			Discus	5A	S Goldfinch	24.34	4B	C Haigh	17.25
143 rd	V Freeman (M40)	1.35.35	170 th	A Downie (7 th M55)	1.37.57				N/S	S Johnson	14.51			
189 th	V Green (24 th F, 4 th W45)	1.37.21	218 th	P Howard (M60)	1.42.26			Javelin	2A	C Morter	34.81	4B	J Baslington	20.90
271 st	A Irvine	1.48.53	275 th	S Barnett (39 th F, 1 st V55)	1.44.32				N/S	T McFadzean	18.61	N/S	A Dewison	
324 th	R Jackson (M45)	1.54.39						4 x 100	1A	Francis, Morter, Crabb, Higton				49.5
								Under 13 Boys						

TRACK & FIELD

Veterans Weights pentathlon – June 19th

P Bramford 2534 pts Hammer 22.50, Discus 32.44, Shot 9.70, Javelin 36.13, Weight 7.37

National Disabled Championships at Blackpool on July 2nd/3rd

Amputee Javelin	1 st	T Digney	23.80	National record
Amputee Shot	1 st	T Digney	9.47	National record
Partially sighted Discus U17's	1 st	S Fisher	29.41	National record
Partially sighted Shot U17's	1 st	S Fisher	12.33	National record and new PB
Partially sighted Javelin U17's	1 st	S Fisher	17.71	

Eastern veterans Championships – 2nd July

M45	5000m	D Bowker	2 nd	18.01.5	M Chaplin	4 th	18.02.7	
	1500m	M Chaplin	1 st	5.22.7				
M55		P Bramford	Hammer	1 st	23.04	Shot	2 nd	9.98
			Discus	2 nd	33.94	Javelin	2 nd	35.97
M70		P Chaplin	1500m	1 st	7.13.9	800m	1 st	3.46.2
W60		I Hornsey	800m	1 st	3.12.8	400m	1 st	83.2

Eastern Young Athletes league on 3rd July at Ipswich

Match result – 1st Havering 665, 2nd Ipswich 652, 3rd C&C 564, 4th Hunts AC 398, 5th Harlow 252, 6th Trent Park 117, 7th Ryston 79

Under 17 men

100m	3A	J Godden	11.6	3B	N Massey	12.0
200m	1A	J Godden	23.2	2B	J Massey	24.2
400m	4A	L Smith	58.5			
800m	2A	R Kreetzer	2.05.7			
1500m	2A	E Louth	4.35.5			
Longjump	3A	J Godden	5.74	4B	B Jay	5.17
Highjump	3A	E Louth	1.35	3B	R Kreetzer	1.25
Triplejump		2A		B Jay		10.11
Shot	1A	L Smith	9.43			
Discus	4A	B Jay	23.41			

13.08

Hurdles	2A	B Kelk	12.9	1B	C McLaughlin	15.9
100m	2A	A Morter	14.2	2B	B Kelk	14.0
	N/S	C McLaughlin	14.8			
200m	3A	A Morter	30.5	3B	C McLaughlin	31.4
	N/S	S Mulvey	35.7	N/S	C Huntingdon	31.5
800m	5A	S Mulvey	3.00.5			
1500m	2A	O Bass	5.12.7			
Longjump	4A	A Morter	3.54	2B	R Traynier	3.42
Highjump	1A	B Kelk	1.30	1B	O Bass	1.20
Shot	3A	O Bass	5.94	2B	R Traynier	5.47
Discus	5A	R Traynier	12.17	5B	C Huntingdon	10.88
4 x 100 relay	3A	Mortor, Kelk, McLaughlin, Traynier				59.6
Under 17 Ladies						
Hurdles	3A	K Motley	11.9	1B	V Asztalos	12.9
100m	1A	K Motley	13.2			
200m	3A	L Dowsett	26.6	3B	E Bicknell	29.7
300m	1A	L Dowsett	41.6	2B	E Bicknell	46.6
	N/S	V Asztalos	44.3			
Longjump	3A	V Asztalos	4.43			
Triplejump		1A	K Motley	9.91		
Under 15 Girls						
Hurdles	3A	L West	12.6	3B	B Richards	
100m	2A	D Gul	13.6	3B	O Millward	14.0
	N/S	H Cox	14.6	N/S	K Larkey	14.7
	N/S	K George	15.0	N/S	L West	13.8
	N/S	C Cox	16.4			
200m	2A	D Gul	27.8	3B	K Parker	29.3
	N/S	L Hodge	30.1	N/S	L Ellis	30.9
	N/S	H Cox	32.1			
300m	1A	G Coe	45.0	2B	E Sayers	48.0

800m	2A	K Parker	2.26.3	1B	C Arkell	2.40.6
1500m	4A	O Mathewson	6.20.6			
Longjump	5A	O Milward	3.90	2B	H Cox	3.50
	N/S	K George	3.88	N/S	K Band	3.62
Highjump	3A	L West	1.35	2B		1.25
	N/S	E Sayers	1.35			
Shot	4A	E Sayers	5.81			
Discus	2A	K Band	16.90	2B	K Parker	12.07
Javelin	3A	L Hodge	14.46	4B	O Mathewson	7.84
4 x 100	4A	West, Cox, Band, Gul				56.4
	N/S		60.7	N/S		61.4

Under 13 Girls						
Hurdles	4A	C Asztalos	14.3	1B	R Trotter	12.8
	N/S	C Davidson	12.5	N/S	H Worsfold	12.6
100m	3A	C Davidson	14.7	1B	H Worsfold	13.8
	N/S	O Baston	15.1	N/S	C Asztalos	15.4
200m	3A	L Sammout	30.6	2B	O Baston	31.4
	N/S	H Worsfold	29.9	N/S	R Trotter	31.1
	N/S	C Davidson	31.2			
800m	4A	C Simpson	2.53.4			
Longjump	1A	L Sammout	3.85	1B	R Trotter	3.51
	N/S	C Asztalos	3.63	N/S	C Simpson	3.26
Highjump	2A	C Edwards	1.10	1B	O Baston	1.05
Shot	1A	H Sayer	7.18	1B	C Edwards	6.41
Discus	1A	L Sammout	20.24	1B	H Sayer	19.37
	N/S	C Edwards	15.34			
4 x 100	2A	Sammout, Asztalos, Trotter, Davidson				58.3

Eastern veterans league – Cambridge – 6th July

Men 4 th 88 pts,						
100m	4 th M40	D Bowker	15.0	4 th M50	P Dewison	16.5
				1 st M60	N Moss	15.2
400m	3 rd M40	D Bowker	68.1	4 th M50	P Dewison	74.4
1500m	2 nd M40	D Bowker	4.52.4	2 nd M50	J Jenkins	5.01.6
	N/S	M Chaplin	5.33.4	3 rd M60	P Chaplin	7.59.9
2km walk	3 rd M40	N Burch	13.02.1	3 rd M50	P Howard	12.52.7
Highjump	4 th M40+	G Meah	1.10m	4 th M50	N Moss	1.00
Longjump	4 th M40+	G Meah	3.50m	4 th M50	A Downie	3.80m
				1 st M60+	N Moss	3.64m
Shot	4 th M40	G Meah	5.52	2 nd M50+	P Bramford	9.69m
				1 st M60+	F Martin	8.52m
Hammer	3 rd M40+	F Martin	19.30	3 rd M50+	P Bramford	20.28m
Relay (2,2,4,8)	3 rd M40		4.53.9	4 th M50		5.12.5
Ladies 4 th 53pts						
100m	3 rd W35	H Mckay	20.3			
400m				1 st W55	S Barnett	83.4
1500m	2 nd	J Herron	5.39.4	2 nd W45	S Barnett	6.18.0
2km walk	2 nd W35	H McKay	13.04.2	1 st W45	D Braverman	12.09.8
Shot	2 nd W35	C Morris	7.23	1 st W45	R Martin	7.82
Hammer	2 nd W45	C Morris	15.42	1 st W55	R Martin	26.21

Southern Mens League at Catford on 9th July

1st Brighton 124½, 2 nd C&C 118, 3 rd Kent AC 110, 4 th Worthing 94, 5 th Newton Abbott 87½						
100m	1A	P Steiner	11.0	2B	J Godden	11.9
	N/S	A Turville	12.3			
200m	1A	P Steiner	23.1	1B	J Godden	23.8
	N/S	A Turville	24.7			
400m	3A	J Morley	56.9	5B	R Lasenby	56.5
800m	3A	R Lasenby	2.09.0	3B	M Bell	2.09.1
1500m	5A	R Kretzer	4.38.9	3B	J Morley	4.44.8

5000m	1A	W George	15.27.7	1B	T Komatsu	15.38.2
	N/S	A Howard	18.27.7			
3000S/C	3A	J Kazer	10.49.4	3B	J Mangat	11.13.1
110 hdls	4A	T Brennand	20.3	2B	J Huddleston	20.3
400hdls	3A	J Huddleston	64.9	3B	T Brennand	65.6
Highjump	5A	T Brennand	1.50	5B	J Huddleston	1.40
Longjump	4A	J Brennand	5.95	3B	T Brennand	
	5.25					
Triplejp	\$A	J Brennand	11.70	3B	T Brennand	
	11.08					
Polevault	5A	J Brennand	2.40	2B	N Moss	
	2.40					
Shot	1A	G Parsons	11.78	1B	R Smith	10.12
Discus	1A	G Parsons	39.72	2B	R Smith	30.55
Javelin	1A	R Catchpole	50.83	1B	R Smith	36.76
Hammer	1A	G Parsons	42.04	5B	R Smith	16.75
4 x 100	1A	Steiner, Huddleston, Turville, Godden				45.0
4 x 400	4A	Steiner, Kretzer, Bell, George				3.44.3

National Schools at Birmingham – 8/9th July

U17 Womens 800m	L Dowsett	2 nd	2.09.75	E Schofield	2ht	2.18.9
U17 Wom's Hammer	A Forster	19 th	29.43m			
U17 Wom's Hurdles	K Motley	4ht	12.07			
U15 Girls 800m	G Coe	6ht	2.24.54			
U20 Mens 800m	E Aston	2 nd	1.53.41			
U20 Mens Hurdles	J Markley	4 th	14.58			
U20 Mens 400m	J Slade	6ht	52.16			
U17 Mens 100m	R Noray	8 th	11.15 (in ht)			
U17 Mens 400m	O Francis	6ht	53.52			
U15 Boys Highjump	O Tonner	23 rd	1.59			
U15 Boys Polevault	B Abbott-Gribben	=17 th	2.70			

World Wheelchair and Amputee Championships – Stoke Mandeville

Amputee Shot	2 nd	Silver medalist	T Digney (4kg shot)	8.71m
Amputee javelin	2 nd	Silver medalist	T Digney	23.30

Schools |Under 17 International – Dublin – July 16th

800m	2 nd	L Dowsett	2.11.2
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British Masters Championships – Birmingham – July 16/17th

Mens 55+ P Bramford	Shot	6 th	9.28m, Discus	6 th	32.90m, Hammer	8 th	24.61m, Weight		
7 th	7.22m								
			Javelin	4 th	38.33m				
Wom 45+ C Morris	Javelin	2 nd	27.42m						
Wom 55+ R Martin	Shot	2 nd	8.84m, Discus	1 st	23.63m, Hammer	4 th	29.23m, Weight	3 rd	8.72m

Southern Womens League – 23rd July at Cambridge

1st C&C 177, 2nd Ipswich 141, 4rd Chiltern 41

Seniors

100m	2A	D Smith	13.3	2B	K Motley	13.4
	N/S	A Cone	14.1			
200m	2A	D Smith	26.8	2B	C Lacey	27.7
	N/S	G Asztalos	28.7			
400m	1A	L Dowsett	57.5	1B	I Asztalos	59.5
800m	1A	E Schofield	2.20.5	1B	E Bicknell	2.54.6
1500m	1A	H Arbuckle	4.46.0	1B	J Herron	5.31.9
3000m	1A	J Ives	11.10.1	1B	J Lasenby	11.18.5
100m hurdles	1A	A Cone	20.6			
80m hurdles U17	2A	K Motley	12.7	1B	V Asztalos	13.2
	N/S	S Taunton	15.4			
4 x 100 relay	2A		52.3			
4 x 400 relay	1A		4.11.1			
Highjump	3A	I Asztalos	1.35			

Longjump	2A	V Asztalos	4.54	2B	A Molloy	3.58
Triplejump	2A	K Motley	9.50	1B	S Taunton	
Shot	1A	A Forster	9.74	1B	Romana Martin	8.68
Discus	1A	R Martin	24.32	1B	E Schofield	18.50
Javelin	1A	D Smith	17.42	1B	A Forster	15.22
Hammer	1A	R Martin	26.59	1B	A Forster	24.16
Under 15 girls						
100m	3A	L West	14.2			
	N/S	S Rogan	14.2	N/S	A Molloy	14.6
	N/S	H Cox	15.0	N/S	C Cox	16.7
	N/S	K Ewers	14.1	N/S	Jen Corbett	
200m	2A	L Bass	28.9	1B	R Cormack	29.8
800m	1A	C Arkell	2.34.6	1B	K Bull	3.03.2
	N/S	Jas Corbett	3.06.9			
1500m	1A	G Coe	4.48.1	1B	K Parker	5.06.3
75m Hurdles	1A	L Bass	13.0	2B	R Cormack	13.7
4 x 100 relay	2A		55.5	N/S		59.0
Highjump	2A	L West	1.30	2B	R Cormack	1.30
Longjump	3A	L Bass	3.97	1B	L Sammout	3.92
	N/S	K Ewers	4.29	N/S	H Cox	3.75
	N/S	C Cox	2.67			
Shot	2A	L Sammout	7.38	2B	H Sayer	6.84
Discus	1A	L Sammout	19.06	1B	H Sayer	17.86
Javelin	2A	E Woodroffe	18.14	1B	H Sayer	11.90

Under 13 Intercounties at Kingston – July 24th (representing Cambridgeshire AA)

Boys under 13	(13 competitors in each string)					
100m	N/S	A Morter	14.68			
1500m				5B	B Whittle	4.57.0
Shot				10B	S Bicknell	6.39
Javelin	12A	S Bicknell	24.73	7B	A Morter	22.29
Girls Under 13						
70m Hdls	3A	C Asztalos	12.15	7B	C Davidson	12.48
100m				12B	C Davidson	14.85
	N/S	I Gallucci	16.04	N/S	C Asztalos	15.8
				11B	C Davidson	31.51
200m						
Highjump	12A	I Gallucci	1.30			
Longjump	7A	I Gallucci	4.25	9B	L Sammout	4.00
Shot	3A	L Sammout	8.52	7B	H Sayer	7.46
Discus	2A	L Sammout	21.60	3B	H Sayer	18.12
Javelin	7A	E Woodroffe	20.96	11B	H Sayer	11.19

Southern Mens League at Reading on 30th July

1st North Devon	136½	2 nd C&C	119½	3 rd Newbury	119	4 th Portsmouth	90	5 th Herc Wimbledon	74
100m	2A	J Markley	11.5	1B	P Steiner	11.4			
200m	1A	P Steiner	22.9	3B	J Godden	24.0			
400m	2A	A Starnes	52.5	4B	E Aston	63.1			
800m	1A	E Aston	1.58.2	3B	M Bell	2.09.1			
1500m	4A	M Bell	4.28.6	4B	A Howard	4.53.4			
5000m	2A	J Mangat	16.22.2	2B	J Kazer	16.53.4			
3000S/C	4A	J Kazer	11.23.5	3B	J Mangat	11.43.5			
110 hlds	1A	J Markley	15.7	2B	T Brennand	20.0			
400hlds	3A	J Huddleston	62.7	3B	T Brennand	66.9			
Highjump	5A	J Huddleston	1.20	=4B	T Brennand	1.00			
Longjump	4A	J Brennand	5.46	3B	T Brennand				
Triplejp	4A	J Brennand	11.61	3B	T Brennand				

Polevault	4A	J Brennand	2.40	1B	N Moss	
Shot	2A	G Parsons	11.75	2B	R Smith	9.72
Discus	1A	G Parsons	39.94	3B	R Smith	30.04
Javelin	2A	R Smith	37.27	2B	M Thompson	36.18
Hammer	1A	G Parsons	38.84	5B	R Smith	15.99
4 x 100	1A	Steiner, Markley, Godden, Starnes				
43.8						
4 x 400	3A	Aston, Steiner, Huddleston, Starnes				3.35.4

East Anglian League – Ipswich – July 30th

Overall match result - Ipswich – 1ST – 40 pts, Chelmsford 2nd – 398pts, C&C - 3rd - 34 pts, NVH 4th 31½ pts, West Suffolk 5th 31 pts, Leighton Buzzard 6th 13½pts

Senior Men – 2nd 157 pts (Ipswich 160)

100m	1A	P Steiner	11.4	2B	C Hardy	12.4
	N/S	M Ogansanya	11.9	N/S	K Kordi	12.3
	N/S	A Drake	12.9	N/S	J Brennand	
200m	1A	P Steiner	22.8	2B	M Kordi	24.8
	N/S	M Ogansanya	24.5	N/S	C Hardy	27.0
400m	4A	M Bell	58.3	2B	J Huddleston	56.7
800m	4A	M Bell	2.10.0	4B	N Burch	3.12.7
3000m	4A	J Mangat	9.50.4	3B	B Corbett	11.48.8
110m Hdls	2A	T Brennand	20.1	1B	J Brennand	

Highjump	3A	T Brennand	1.50	2B	J Huddleston	1.50
	N/S	J Brennand	1.20			
Longjump	1A	J Brennand	5.57	3B	C Hardy	

Triplejump	2A	J Brennand	11.15	1B	T	
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Shot	2A	G Parsons	11.59	2B	P Bramford	8.83
	N/S	A Drake	8.05			
Discus	1A	G Parsons	37.96	2B	P Bramford	27.31
	N/S	M Thomson	21.79	N/S	E Aston	16.84
Javelin	3A	M Thomson	37.20	2B	P Bramford	32.19
	N/S	J Brennand	23.38			
Hammer	2A	G Parsons	39.89	2B	A Drake	20.51
4 x 100	1A		46.4			

Under 17 Men - 2nd 81 pts (Ipswich 143)

100m	1A	J Godden	12.0	1B	N Massey	11.8
	N/S	S Whittaker	12.3			
200m	1A	J Godden	23.8	2B	N Massey	24.2
400m	3A	L Smith	56.8	4B	N Massey	65.7
1500m	2A	J Kennard	4.37.3			
Longjump	3A	S Whittaker	5.48			
Triplejump	1A	S Whittaker	11.86			
Shot	1A	J Godden	10.48	1B	L Smith	9.54
Javelin	2A	L Smith	35.95			
4 x 100	1A		47.6			

Under 15 Boys – 3rd 127 (Ipswich 130.5, NVH 130)

100m	1A	L Crabb	11.9	2B	J Baxter	12.3
200m	1A	L Crabb	24.4	3B	T McFadzean	28.6
400m	2A	C McCaig	59.2	5B	S Johnson	70.4
800m	5A	J Jamieson	2.28.3	5B	T Spry	2.38.6
1500m	1A	W Mycroft	4.34.5	1B	J Baslington	4.52.6
	N/S	N Burch	5.08.5			
80m Hdls	1A	J Baxter	13.3	4B	T Spry	19.4
Longjump	6A	W Mycroft	3.96			

Triplejump	8.36	6A	J Jameson	8.81	N4B	S Johnson	
Highjump		3A	C McCaig	1.50	2B	R Dunsmore	1.30
Shot		2A	J Sutton-zian	11.15	2B	T McFadzean	8.06
Javelin		4A	C McCaig	31.92	3B	J Baslington	20.21
		N/S	T McFadzean	11.66			
Discus		2A	J Sutton-Zian	31.78	3B	R Dunsmore	17.80
		N/S	T Spry	15.09	N/S	S Johnson	15.45
Hammer		2A	J Sutton-Zian	26.47			
4 x 100		3A		53.8			
Boys under 13 – C&C	5 th	54					
100m		4A	J Langford	13.6			
200m		4A	J Langford	28.1			
1500m		2A	O Bass	5.17.0	2B	S Kennard	5.59.9
Longjump		6A	J Smith	4.07	3B	O Bass	3.95
Highjump		4A	O Bass	1.10			
Shot		2A	J Smith	6.83	1B	S Bicknell	6.12
Discus		4A	J Smith	14.0			
Javelin		2A	S Bicknell	26.50			
Ladies – 2 nd	114pts	(Ipswich 154)					
100m		3A	K Motley	13.4	2B	C Lacey	13.4
		N/S	A Cone	14.0			
200m		1A	C Lacey	27.2	2B	E Bicknell	29.0
300m		2A	E Schofield	43.7	3B	E Bicknell	44.8
800m		1A	E Schofield	2.20.5			
1500m		2A	J Ives	5.01.8			
80m hdls		2A	K Motley	12.2			
100m hdls		2A	A Cone	18.7			
Longjump		5A	A Charles	4.17			
Triplejump	9.35	5A	K Motley	9.45	2B	A Charles	
Shot		1A	A Forster	10.15	2B	P Markley	8.08
Discus		3A	S Cracknell	23.70	2B	P Markley	19.50
Javelin		2A	A Charles	19.14	2B	A Forster	16.00
Hammer		N/S	A Forster	26.96			
4 x 100		2A		53.8			
Under 15 girls – 5 th	68 pts						
100m		5A	S Rogan	14.2	5B	L Baston-Pitt	15.3
200m		6A	S Rogan	29.9	5B	A Molloy	31.0
		N/S	L Baston-Pitt	31.9			
Hurdles		3A	L West	12.7	4B	S Rogan	14.4
Longjump		5A	K Band	3.96	4B	A Molloy	3.31
Highjump		4A	E Sayers	1.35	3B	A Molloy	1.00
Shot		4A	K Band	7.07	2B	H Sayer	6.78
Discus		3A	H Sayer	17.66	1B	K Band	17.17
Javelin		5A	H Sayer	12.07	4B	E sayers	9.91
4 x 100		5A		59.9			
Under 13 Girls – 3 rd	-95 pts						
100m		5A	J Corbett	14.6	1B	H Worsfold	14.2
		N/S	C Davidson	14.8	N/S	R Trotter	15.7
200m		5A	H Worsfold	30.1	5B	C Davidson	31.9
		N/S	R Trotter	32.5			
800m		5A	K Bull	2.49.6	5B	J Corbett	2.07.9
1500m		4A	J Corbett	6.01.3	3B	L Gilliandre	6.13.3
70m hurdles		1A	H Worsfold	12.4	1B	C Davidson	12.5
		N/S	R Trotter	13.3			
Highjump		4A	I Gallucci	1.25	3B	J Corbett	1.15
Longjump		3A	I Galucci	4.12	2B	L Sammout	3.87

Shot	N/S	R Trotter	3.52				
Discus	3A	L Sammout	6.95	2B	C Edwards	6.55	
Javelin	1A	L Sammout	22.95	(league Rec)			
4 x 100	1A	I Gallucci	21.17	N/S	C Edwards	17.25	
	3A		59.1				
Veterans Inter-area match							
W40 Javelin	2 nd	C Morris	28.73				
W35 100m	4 th	J Herron	17.0	1500m	2 nd	5.45.0	
M50 Hammer	3 rd	P Bramford	24.93	Shot	3 rd	10.83	
Discus	4 th	P Bramford	32.69	Javelin	2 nd	36.40	
Eastern Young Atletes league at Bedford on 7th August							
Match result – 1 st Bedford	856,	2 nd Watford	482,	3 rd St Albans	464,	4 th C&C	439,
6 th Aylesbury	65,	7 th Ryston	61				
Under 17 men (2 nd 77 pts)							
100m	2A	J Godden	11.7	2B	????		
	N/S	L Smith	11.8	N/S	S Whittaker	11.8	
200m	2A	J Godden	23.4				
Longjump	2A	S Whittaker	5.90	1B	J Abbott-Gribben	5.76	
Triplejump	3A	J Abbott-Gribben	11.68	1B	S Whittaker		
	11.57						
Shot	2A	L Smith	9.43	2B	B Purkiss	6.66	
Javelin	3A	L Smith	32.90	2B	B Purkiss	3.05	
4 x 100	2A		48.0				
Under 15 Boys (3 rd 105 pts)							
Hurdles	3A	P Shields	14.9	3B	T Spry	18.7	
100m	3A	L Crabb	11.9	1B	O Rudkins	12.2	
	N/S	P ?	12.1	N/S	P Oppong-Konadu	12.5	
	N/S	C Kemp	13.0				
200m	3A	L Crabb	24.4	2B	R Oppong-Konadu	25.4	
	N/S	P ?	24.5				
400m	4A	C McCaig	59.3	3B	J Shepherd	62.1	
	N/S	O Bichener	59.9				
800m	4A	T Spry	2.44.2	3B	P Shields	2.43.6	
	N/S	A Dewison	2.43.9	N/S	S Johnson		
	2.52.9						
1500m	3A	W Mycroft	4.46.9	2B	J Baslington	4.57.7	
	N/S	J Jamieson	4.51.9				
Longjump	4A	R Oppong-Konadu	5.28	2B	O Rudkins	5.09	
Highjump	6A	P Shields	1.35				
Shot	5A	R Dunsmore	8.15	4B	T Spry	5.24	
Discus	6A	J Shepherd	20.70	2B	R Dunsmore	19.79	
Javelin	3A	C McCaig	30.2	3B	C Kemp	22.90	
4 x 100	2A		49.0				
Under 13 Boys (4 th 57 pts)							
Hurdles	6A	D O'Brien	16.3	3B	R Traynier	16.7	
100m	4A	J Langford	14.0	6B	O Quatermaine	15.3	
200m	3A	J Langford	27.8	4B	O Quatermaine	33.6	
1500m	3A	D O'Brien	5.50.3				
Longjump	4A	D O'Brien	3.73	2B	R Traynier	3.41	
Shot	5A	S Bicknell	6.13	3B	J Traynier	5.04	
Discus	4A	R Traynier	13.66	5B	J Traynier	8.88	
4 x 100 relay	3A		63.1				
Under 17 Ladies (3 rd 58pts)							
100m	2A	C Lacey	13.4				
200m	2A	C Lacey	26.5	2B	E Bicknell	29.4	
300m	3A	E Bicknell	48.0				
Longjump	3A	A Charles	4.10				
Triplejump	2A	A Charles	8.89				

Discus	1A	S Cracknell	30.41				
Javelin	2A	A Charles	14.47	3B	S Cracknell	10.35	
Under 15 Girls (4 th – 73 pts)							
Hurdles	5A	R Cormack	13.5				
100m	5A	K Band	14.7	2B	L Hodge	14.8	
200m	4A	G Coe	28.8	3B	L Hodge	30.3	
	N/S	C White	32.3				
300m	3A	G Coe	44.9	1B	R Cormack	47.2	
	N/S	C White	52.1				
800m	1A	K Parker	2.28.2	1B	E Sayers	2.37.6	
	N/S	C Arkell	2.44.2				
Longjump	3A	K Band	4.10	2B	C Arkell	3.33	
Highjump	4A	R Cormack	1.25				
Discus	5A	K Band	15.40	4B	K Parker	15.13	
Javelin	4A	L Hodge	15.05				
Under 13 Girls (4 th – 75pts)							
Hurdles	3A	C Davidson	12.6	3B	R Trotter	15.0	
100m	6A	C Davidson	14.6	3B	Jen Corbett		
	14.5						
200m	5A	R Trotter	32.5	3B	Jen Corbett	29.7	
	N/S	C Davidson	30.9	N/S	I Gallucci	33.5	
800m	5A	Jas Corbett		2.55.5			
Longjump	3A	L Sammout	4.14	2B	I Gallucci	4.00	
Highjump	4A	I Gallucci	1.25	4B	Jen Corbett		
	1.00						
Shot	3A	L Sammout	8.10	3B	H Sayer	6.79	
Discus	2A	L Sammout	26.67	1B	H Sayer	16.26	
4 x 100	3A		58.0				

AAA Under 17 & Under 15 Championships – Birmingham – 13/14th August

U17 Men	100m	J Godden	11.71	4(h)			
	200m	J Godden	23.46	5(h)			
	Triplejump	J Abbott-Gribben	12.11	13 th			
U15 Boys	100m	L Crabb	12.17	4(h)			
U17 Women	1500m	L Dowsett	4.36.62	2			
U15 Girls	1500m	G Coe	4.54.58	12			
	800m	K Parker	2.27.5	6(h)			

Southern Mens League at Southampton on 20th August

1st Channel Isles	157,	Guildford	124½,	3 rd Hastings	91½,	4 th Southampton	85½,	5 th C&C	69½
100m	5A	O Francis	12.2	5B	J Huckle	12.6			
200m	5A	J Huckle	25.6	5B	N Moss	30.7			
400m	5A	O Francis	54.3	5B	A Howard	67.4			
800m	1A	E Aston	1.58.7	5B	A Howard	2.25.9			
1500m	4A	E Aston	4.17.0	4B	A Howard	4.56.4			
5000m	1A	W George	15.34.2	2B	J Mangat	16.31.7			
3000S/C	4A	J Mangat	11.38.1	--					
110 hdl	4A	J Brennand	20.6	--					
400hdl	5A	J Brennand	73.7	4B	J Huckle				
	66.4								
Highjump	=4A	J Huckle	1.50	4B	O Francis	1.50			
Longjump	4A	J Huckle	5.63	5B	J Brennand				
	5.24								
Triplejp	4A	J Huckle	11.37	3B	J Brennand				
	11.00								
Polevault	4A	J Brennand	2.60	4B	N Moss				
	2.40								
Shot	2A	G Parsons	11.75	3B	R Smith	9.86			
Discus	2A	G Parsons	38.68	3B	R Smith	30.06			
Javelin	5A	R Smith	31.56	4B	M Thompson	31.47			

Hammer	2A	G Parsons	39.55	B	R Smith	3NT
4 x 100	5A		51.5			
4 x 400	--					

Eastern Counties Championships at Ipswich on August 21st

Under 15 Boys 100m	4 th	C Mortar	12.2	12.4 in ht		
Under 15 Boys 800m	5 th	T Spry	2.39.8			
Under 15 Boys 1500m	2 nd	W Mycroft	4.36.0			
Under 15 Boys Discus	6 th	T Spry	14.11			
Under 15 Boys javelin	1 st	C Mortar	35.26			
Under 15 Boys Longjump	5 th	W Mycroft	4.07	6 th	T Spry	3.80
Under 17 Mens 100m	1 st	J Abbott-Gribben	11.9	2 nd	J Godden	12.0
	3 rd	N Massey	12.2	(Abbott-Gribben 11.8 in hts)		
Under 17 Mens 200m	1 st	J Godden	23.8	2nd	N Massey	24.2
Under 17 Mens Triplejump	2 nd	J Abbott-Gribben	12.14			
Under 17 Mens shot	2 nd	S Fisher	12.33			
Under 17 Mens Discus	2 nd	S Fisher		33.12		
Under 17 Mens Hammer	2nd	S Fisher	28.78			
Senior Mens Longjump	1 st	J Brennand		5.53		
Senior Mens Triplejump	1 st	J Brennand		11.12		
Under 13 Girls 200m	3ht	L Sammout	30.6			
Under 13 Girls Longjump	4 th	L Sammout	4.00			
Under 13 Girls Shot	1 st	L Sammout	7.77			
Under 15 Girls 800m	1 st	K Parker	2.23.9			
Under 17 Womens 100m	1 st	C Lacey	13.8			
Under 17 Womens 200m	1 st	C Lacey	27.3	2 nd	E Bicknell	29.5
Under 17 Womens 300m	4 th	E Bicknell	47.3			
Under 17 Womens Hammer	1 st	A Forster	26.98			
Under 17 Womens Shot	1 st	A Forster	10.22			

Southern Womens League – August 20th at St Ives

1 st West Norfolk/Ryston	177,	2 nd C&C	102,	3 rd Harlow	93	
Seniors						
200m	3A	E Bicknell	30.4			
400m	2A	M Holmes	85.8			
1500m	1A	J Ives	4.54.0	1B	J Herron	5.50.7
80m hdl	1A	S Taunton	14.6			
300m Hdl	2A	S Taunton	54.7			
Triplejump	3A	S Taunton	8.49			
Shot	1A	A Forster	10.12	2B	R Martin	7.68
Discus	2A	R Martin	24.21	3B	C Morris	19.10
Hammer	3A	R Martin	24.24	2B	A Forster	24.17
Javelin	1A	C Morris	27.52	2B	A Forster	15.11
4 x 100	1A		55.7			
4 x 400	2A		4.57.8			
Under 15 girls						
100m	2A	K Ewers	14.0	2B	O Milward	14.7
	N/S	J Powell	14.4	N/S	H Cox	15.2
	N/S	C Cox	16.8			
200m	2A	J Powell	30.9			
1500m	1A	L Gillie-Andrews	6.20.7			
Longjump	1A	K Ewers	4.11	2B	H Cox	3.45
	N/S	J Powell	3.34			
Shot	1A	L Sammout	7.25	1B	K Ewers	5.27
Discus	1A	L Sammout	21.61	1B	E Woodruffe	15.35
Javelin	1A	E Woodruffe	19.72	1B	L Sammout	14.57
4 x 100	2A		60.1			

SEAA Under 15/U20 Intercounties match – Abingdon on August 28th

U15 Girls	1500m	6 th	G Coe	4.58.51
	200m	6 th ht	D Gul	28.21

Under 20 Ladies	Highjump	=14 th	Z Kier	1.35		
	Hammer	9 th	A Forster	32.03		
	1500m	2 nd	L Dowsett	4.40.91		
Under 15 Boys	100m	5 th ht	J Baxter	12.15		
	1500m	10 th	W Mycroft	4.41.95		
	Polevault	8 th	B Abbott-Gribben	2.70		
Under 20 men	400m	W/D through illness	S Goldfinch			
	100m	6 th	J Markley	11.13 in ht		
	110 Hurdles	4 th	J Markley	14.71		
	Triplejump	7 th	J Abbott-Gribben	12.58		

Marshall Peugeot Games – Peterborough – August 28th

BU15	Polevault	B Abbott-Gribben	2 nd	2.70m
	100m	L Crabb	1 st	12.1 (12.0 in hts)
	200m	L Crabb	2 nd	24.9 (24.9 in hts)
U17 W	200m	C Lacey	1 st	27.0

Southern Womens League Div 3 at Braitree on Sept 3rd

Match result – 1st VP&TH 157, 2nd C&C 138, 3rd Hillingdon 114, Highgate dns

Seniors						
100m	2A	K Motley	13.3	3B	S Rogan	14.2
200m	3A	S Rogan	30.5	3B	E Bicknell	31.2
400m	3A	E Bicknell	70.4			
800m	3A	R Kiff	2.47.6			
1500m	1A	J Ives	4.53.5	1B	R Kiff	5.50.0
300m Hdls	2A	V Asztalos	50.5			
80m Hdls	2A	V Asztalos	13.1			
Longjump	3A	V Asztalos	4.95	1B	O Millward	4.03
Triplejump	3A	R Kiff	8.85	3B	O Millward	

7.92						
Highjump	3A	A Forster	1.20	1B	S Rogan	1.15
Shot	1A	A Forster	9.72	1B	C Morris	7.54
Discus	1A	G Kyriacou	20.94	1B	C Morris	20.11
Javelin	1A	C Morris	26.54	1B	G Kyriacou	25.09
Hammer	1A	A Forster	33.71	1B	C Morris	20.02
4 x 100	2A		56.3			
Under 15 girls						
100m	1A	D Gul	13.7	1B	K Ewers	13.8
	N/S	C Fleming	14.6	N/S	I LaHawse	16.1
200m	1A	D Gul	28.7	1B	L Bass	29.3
1500m	1A	O Mathewson	6.29.1			
75m hurdles	2A	L West	13.3			
Longjump	2A	L Sammout	4.17	1B	K Ewers	4.14
	N/S	K George	4.05	N/S	I Gallucci	3.97
	N/S	A Molloy	3.81	N/S	D Gul	3.68
	N/S	C Fleming	3.52	N/S	C Asztalos	3.51
	N/S	I LaHawse	3.42			
Highjump	2A	I Gallucci	1.25	2B	L West	1.20
Shot	1A	L Sammout	7.02	1B	H Sayer	7.00
Discus	1A	L Sammout	20.14	1B	H Sayer	17.35
Javelin	1A	E Woodroffe	18.88			
4 x 100	2A		55.6	N/S	56.1	N/S 58.3

ECAA Intercounties trophy meeting at Stevenage – Sept 4th (6 competing counties)

Senior Men (Cambs 4 th)						
100m	3A	P Steiner	11.2			
200m	3A	P Steiner	22.8	2B	A Starnes	23.1
400m	3A	N Beer	53.4			
1500m	3B	M Bell	4.32.4			
5000m	3B	J Mangat	16.49.6			

Longjump	6A	J Brennand	5.58	3B	J Huckle	
5.35						
Triplejump	4A	J Huckle	11.88	2B	J Brennand	
11.49						
Shot/Discus/Hammer		G Parsons	1B/12.07,	2A/40.83,	3A/41.43	
Javelin	5A	M Thomson	38.35			
Senior ladies (Cambs 6 th)						
100m	4A	C Lacey	13.5	4B	A Cone	13.9
200m	3A	C Lacey	27.1			
800m	3A	E Schofield	2.20.1			
1500m	2A	H Arbuckle	4.54.1			
4 x 100	2A	Lacey, Cone (+C Weaver & ?)				52.9
4 x 400	1A	Asztalos, Schofield, (+C Hurst &?)				4.08.2
Under 17 men (Cambs 3 rd with 221 pts – winners 250)						
100m & 200m	2B	J Godden	2B/12.0 & 2B/23.7			
400m	1B	O Francis	53.0			
1500m	3A	R Kretzer	4.22.7			
3000m	5A	W Mycroft	10.17.4			
Highjump	3B	T Adams	1.75			
Polevault	3A	B Abbott-Gribben	2.80			
Shot/Discus/Hammer		S Fisher	1B/12.33,	1B/32.25,	3B/27.65	
4 x 100	1A	Godden, Abbott-Gribben, (+ A Bullimore & G Zicchi)				45.4
4 x 400	2A	Kretzer, Francis(+ S Whitehill & J Lampett)				
3.36.9						

Eastern Young Athletes league “B” Plate final at Ipswich on September 11th

Match result – 1st Ipswich 556, 2nd Southend 485, 3rd Watford 433, 4th St Albans 418, 5th Milton Keynes 400, 6th C&C 388.

Under 17 men 1 st - 114 points						
100m	2A	R Noray	11.5	1B	N Massey	12.1
200m	2A	J Godden	24.0	1B	R Noray	23.6
400m	1A	O Francis	52.5	1B	T Kelk	55.9
800m	2A	T Kelk	2.06.6			
1500m	1A	R Kretzer	4.29.0	2B	A Howarth	5.01.0
Hurdles	2A	D Graver	16.4	3B	S Whittaker	20.0
Highjump	5A	S Richards	1.60			
Longjump	4A	S Whittaker	5.51	1B	J Godden	5.51
Triplejump	2A	S Whittaker	11.78	1B	N Massey	
10.82						
Shot	1A	J Godden	10.93	1B	L Smith	9.42
Discus	3A	L Smith	27.79	5B	?	15.85
Javelin	4A	L Smith	32.43	1B	T Kelk	31.66
4 x 100m	1A	Godden, Noray, Massey, Francis				45.8
Under 15 Boys 5 th – 66 points						
100m	4A	L Crabb	12.4	1B	C Mortar	12.5
200m	3A	L Crabb	25.9			
400m	2A	S Goldfinch	56.9			
800m	5A	J Jamieson	2.21.5	4B	N Burch	2.36.1
1500m	2A	W Mycroft	4.37.1	2B	J Baslington	4.54.1
Hurdles	2A	J Baxter	13.6			
Highjump	2A	C McCaig	1.55			
Longjump	4A	J Baxter	5.13	1B	S Goldfinch	5.11
Shot	4A	C Mortar	10.20			
Discus	5A	S Goldfinch	22.01	6B	J Jamieson	14.39
Javelin	4A	C Mortar	34.50	2B	C McCaig	33.37
Under 13 Boys 6 th – 30 points						
100m	5A	C McLaughlin	15.6			
200m	5A	C McLaughlin	32.8			
Hurdles	1A	B Kelk	13.0	4B	C McLaughlin	16.3

Highjump	1A	B Kelk	1.35					Discus	1A	G Parsons	39.86	2B	P Bramford	26.49	
Longjump	4A	B Kelk	3.97	3B	D O'Brien	3.71		Javelin	7A	M Hathaway	35.42	3B	P Bramford	32.86	
Shot	6A	D O'Brien	5.34					Hammer	3A	G Parsons	38.60	3B	A Drake	24.18	
4 x 100m	4A		59.5					4 x 100	2A	Steiner, Wheater, Markley, Brennan				45.7	
Under 17 Ladies	4 th	– 85 points						Under 17 Men	3 rd	in match - 110 points					
100m	4A	K Motley	13.6	3B	C Lacey	13.9		100m	1A	R Noray	11.6	2B	N Massey	12.1	
200m	4A	C Lacey	27.2	3B	E Bicknell	29.6		200m	2A	R Noray	23.5	1B	N Massey	24.3	
300m	3A	E Schofield	44.0	2B	V Aszталos	45.3		400m	2A	O Francis	52.6				
800m	2A	E Schofield	2.22.0	3B	E Bicknell	2.46.6		800m	5A	T Kelk	2.06.9	6B	J Kennard	2.17.1	
1500m	1A	H Arbuckle	5.04.6					1500m	7A	A Howarth	4.56.8				
Hurdles	2A	K Motley	12.8	4B	S Taunton	14.8		Hurdles	3A	D Graver	15.7	2B	T Adams	17.2	
Longjump	5A	S Taunton	4.23	4B	V Aszталos	4.22		Highjump	1A	T Adams	1.80	2B	O Francis	1.50	
Triplejump		3A	V Aszталos	9.27	3B	S Taunton		Longjump	6A	S Whittaker	5.29	2B	T Adams	5.28	
	8.72							Triplejump	2A	S Whittaker	11.34	1B	N Massey	10.41	
Shot	1A	A Forster	9.81					Shot	5A	L Smith	9.33				
Discus	2A	S Cracknell	23.87	1B	A Forster	21.43		Discus	5A	B Jay	22.15				
Javelin	3A	A Forster	16.35					Javelin	5A	L Smith	32.75				
4 x 100m	2A		52.9					4 x 100	DQ						
Under 15 Girls	6 th	– 36 points						Under 15 Boys	– 4 th	in match - 140 points (Very close to 2 nd and 3 rd)					
100m	5A	L Bass	14.4					100m	4A	C Morter	12.1	3B	R Oppong-Konadu	12.3	
200m	4A	L Bass	29.1					200m	7A	R Oppong-Konadu	25.7	3B	J Baxter	25.3	
300m	4A	R Cormack	47.7	4B	E Sayers	50.0		400m	3A	S Goldfinch	57.4	3B	D Scott-Lintott	60.9	
800m	3A	E Sayers	2.44.7					800m	5A	J Jamieson	2.18.4	6B	T Spry	2.46.6	
Hurdles	4A	L Bass	13.0	3B	R Cormack	13.5		1500m	5A	W Mycroft	4.36.8	3B	J Baslington		
Highjump	6A	R Cormack	1.20						4.50.1						
Longjump	4A	E Sayers	4.02	4B	B Davies	3.90		80m hurdles	3A	J Baxter	13.2	5B	T Spry	18.0	
Shot	4A	K Band	6.60					Highjump	4A	C McCaig	1.60				
Discus	6A	K Band	14.71					Longjump	3A	J Baxter	5.13	1B	R Oppong-Konadu	5.11	
Javelin	5A	K Band	11.33					Triplejump	2A	s Goldfinch	10.92	3B	J Jamieson	8.99	
4 x 100m	6A		60.1					Shot	5A	E Lockton	11.49	3B	J Sutton-Zian	9.86	
Under 13 Girls	5 th	– 57.5 pts						Discus	4A	E Lockton	23.71	3B	S Goldfinch	20.19	
100m	5A	Jen Corbett		14.8	5B	C Davidson		Javelin	4A	C Morter	31.90	4B	J Baslington	24.07	
	14.7							Hammer	4A	E Lockton	22.14	2B	C Morter	20.29	
200m	6A	R Trotter	37.6	3B	Jen Corbett			4 x 100	2A	Lockton, Morter, Baxter, Oppong-Konadu				49.0	
	30.6							Boys under 13	– 2 nd	in match - 98 points					
800m	6A	K Bull	2.50.7	5B	Jaz Corbett			100m	2A	J Langford	13.0	1B	S Mandley	12.7	
	2.59.2							200m	1A	J Langford	26.8	1B	S Mandley	25.9	
1500m	2A	E Kier	5.25.6					800m	3A	M Taylor	2.32.4	5B	T Carruthers	2.56.4	
Hurdles	3A	C Aszталos	13.0	1B	C Davidson	12.5		1500m	2A	B Whittle	5.07.5	2B	O Bass	5.34.8	
Highjump	=5A	Jen Corbett	1.15					Highjump	5A	B Kelk	1.40				
Longjump	4A	L Sammout	4.07	2B	R Trotter	3.52		Longjump	6A	O Bass	3.87				
Shot	4A	L Sammout	7.46	1B	H Sayer	6.72		Shot	3A	B Kelk	7.25	3B	S Bicknell	5.78	
Discus	2A	L Sammout	20.79	1B	H Sayer	18.73		Discus	5A	J Smith	15.1				
4 x 100m	6A		61.6					Javelin	2A	S Bicknell	26.01				
								4 x 100	1A	Langford, Manley, Kelk, Morter				54.2	
East Anglian League Final – Cambridge – September 18th								Ladies	2 nd	in match – 168½ points (winners got 174pts)					
Senior Men – 3 rd	148 points														
100m	2A	J Markley	11.2	2B	P Steiner	11.2		100m	5A	D Smith	13.7	1B	C Lacey	13.1	
200m	2A	P Steiner	22.9	2B	R Wheater	24.5		200m	2A	D Smith	27.7	1B	C Lacey	26.8	
400m	2A	A Starnes	52.7	5B	J Huddleston	57.5		300m (U17's)	2A	V Aszталos	44.9	2B	E Bicknell	46.5	
800m	1A	E Aston	1.56.6	3B	M Bell	2.08.7		400m	2A	I Aszталos	60.8	1B	E Schofield	62.3	
3000m	6A	J Kazer	10.07.0	4B	A Howard	10.28.5		800m	2A	E Schofield	2.22.1	2B	S Iwanko	2.41.2	
110m Hdls	2A	J Markley	15.2	2B	J Brennan			1500m	2A	J Ives	4.48.1	1B	R Bainbridge	5.40.7	
	21.2							80m Hdls (U17)	2A	K Motley	12.6	1B	V Aszталos	13.2	
Highjump	6A	E Aston	1.75	2B	J Markley	1.70		Highjump	3A	I Aszталos	1.30	4B	S Iwanko	1.10	
Longjump	6A	J Brennan		5.40	7B	J Huddleston		Longjump	6A	V Aszталos	4.57	4B	S Taunton	4.03	
	4.33							Triplejump	6A	K Motley	9.58	5B	S Taunton	8.76	
Triplejump	7A	J Brennan		11.23				Shot	1A	A Forster	9.98	2B	P Markley	8.25	
Shot	2A	G Parsons	11.78	2B	P Bramford	9.02		Discus	4A	A Forster	23.41	3B	C Morris	19.47	

Javelin	2A	C Morris	27.70	5B	A Forster	17.59
4 x 100 relay	1A	Smith, Lacey, I Asztalos, Motley				51.8
Under 15 girls	8 th in match – 60½ points					
100m	7A	D Gul	13.6	8B	K Ewers	14.3
200m	6A	D Gul	28.6	4B	L Bass	29.4
800m	7A	E Sayers	2.40.3			
1500m	7A	O Mathewson	6.11.3	6B	A Black	6.31.7
Hurdles	6A	L Bass	13.3	3B	L West	13.3
Longjump	8A	K Ewers	4.01	5B	E Sayers	3.95
Highjump	7A	E Sayers	1.30	5B	L West	1.20
Shot	6A	A Black	7.02			
Discus	4A	D Gul	19.09	4B	A Black	13.69
Javelin	7A	L Hodge	14.26	5B	K Band	12.45
4 x 100	6A	Hodge, Gul, Bass, Ewers				55.4
Under 13 Girls	3 rd in match – 89 points					
100m	7A	C Davidson	14.6	7B	A McCaig	15.2
200m	7A	Jen Corbett		30.1		
800m	8A	H Simpson		2.54.0	4B	K Bull
1500m	3A	E Kier	5.28.2	5B	Jaz Corbett	
70m hurdles	2A	C Davidson	12.1	1B	C Asztalos	12.5
Highjump	5A	I Gallucci	1.25	4B	J Corbett	1.15
Longjump	3A	L Sammout	4.20	3B	I Gallucci	3.91
Shot	3A	L Sammout	7.71	2B	H Sayer	7.00
Discus	2A	L Sammout	19.57			
Javelin	1A	E Woodroffe	19.12			
4 x 100	6A	Davidson, McCaig, Gallucci, Corbett				59.3

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