

# Cambridge & Coleridge Athletics Club

President - B J Wallman

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

Chairman - N Costello

## Newsletter

July 2006

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

July 2 <sup>nd</sup>	Eastern Young Athletes Lge	All under 17	Cambridge
July 5 <sup>th</sup>	Eastern veterans T&F League Veterans		Cambridge
July 8 <sup>th</sup>	Southern Mens T&F League	Males 15+	Kings Lynn
July 9 <sup>th</sup>	Abbey 10k (Cambs AA Road league)	Seniors	Ramsey (Multi-terrain)
July 15 <sup>th</sup>	Southern Women's T&F League	All Females	Cambridge
July 16 <sup>th</sup>	National Junior T&F League (Cambs clubs team)	U20's	Bedford
July 19 <sup>th</sup>	Cambs AA Evening open T&F meet	All	St Ives
July 22 <sup>nd</sup>	Southern Mens T&F League	Males 15+	Reading
July 23 <sup>rd</sup>	St Ives 10k (Cambs Road league)	Seniors	St Ives
July 30 <sup>th</sup>	Eastern Young Athletes Lge	All under 17	Biggleswade
August 2 <sup>nd</sup>	Eastern Veterans T&F League	Veterans	Bedford
August 3 <sup>rd</sup>	C&C Distance Handicap race	All over 15	Gogs
August 5 <sup>th</sup>	Southern Mens T&F League	Males 15+	Harrow
August 6 <sup>th</sup>	East Anglian T&F League	All	Chelmsford
August 10 <sup>th</sup>	5k road league	All over 13	Cambridge
August 12 <sup>th</sup>	Southern Women's T&F League	All Females	Peterborough
August 13 <sup>th</sup>	National Junior T&F League (Cambs clubs team)	U20's	Cambridge
August 20 <sup>th</sup>	Eastern Young Athletes T&F League	All under 17	Basildon
August 20 <sup>th</sup>	Thorney 5 mile (Cambs Road league)	Seniors	Thorney **
August 30 <sup>th</sup>	Nene Valley 5k (Cambs Road league)	All over 17	Peterborough **
August 31 <sup>st</sup>	C&C Distance Handicap Race	All over 15	The track
Sept 2 <sup>nd</sup>	Southern Women's T&F League	All Females	Biggleswade
Sept 3 <sup>rd</sup>	ECAA Hibberd Trophy	County Select	Biggleswade
Sept 7 <sup>th</sup>	5k Road league	All over 13	Newmarket
Sept 10 <sup>th</sup>	Eastern Young Athletes T&F Final	All under 17	TBC
Sept 10 <sup>th</sup>	Grunty Fen half marathon (Cambs RL)	Seniors	Ely **
Sept 17 <sup>th</sup>	East Anglian T&F League Final	All	Bury St Edmunds

**Year 2006 subs are due. If you haven't paid already, please pay on training 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.**

### Chairmans chatter - An Important message for athletes and parents

The chatter this month has some serious implications so please read it. It may affect you.

The club has been very successful at bringing in new members and retaining old members to the extent that we now have some real capacity problems for coaching and track space. There is a waiting list for U13 athletes and it may be necessary to introduce a waiting list for U15s.

We are keen to give everyone who might benefit from athletics the opportunity to take part and do not wish to keep interested young people waiting any longer than is absolutely necessary. This has potential implications for existing members in two ways:

1. A very small minority of young athletes do not treat their fellow athletes or the coaches and managers with respect. Put simply, a small number of youngsters seem to come down just to muck about. We have a 'Code of conduct for athletes and parents' which was sent out to all members with a recent newsletter and is available on the web-site, [www.cambridgeandcoleridge.org.uk](http://www.cambridgeandcoleridge.org.uk). If any member regularly transgresses this code we shall discuss with them whether they wish to remain a member of the club, and, ultimately, unwillingness to behave according to the code will be grounds for removing the privilege of membership. We can then offer their place to someone on the waiting list.
2. The club wishes to enable all members to fulfil themselves through athletics. This involves striving to improve. Part of improvement in athletics is testing yourself against other people and trying out competition. Different people respond to competition in different ways. The appropriate level and extent of competition should come from the athlete and the coach working together and may result in only limited attempts to compete. Other priorities, such as exams, can make it difficult to compete. However a small number of members appear to be reluctant to compete at all. In those cases we would question why they wish to be members. By refusing to compete they are making it impossible for the club to give them the guidance and support they need and are potentially letting down fellow members. We will ask members in this position to justify their membership so that it may be possible to offer their places to people on the waiting list.

These points don't apply to many people; most members are a pleasure to be with and are keen to join in competitions. We want to spread the opportunity of membership to those who will really benefit from it, which is why we will now be taking these points more seriously.

Neil Costello – Club Chairman

### Cambridgeshire AA County Track and field championships

A very good day for C&C. We had a very high level of entries, and won all the team trophies. This is the first time that I can remember anyone doing that in the last 20 years!

Additionally there were championship best performances for Ed Aston (U20 800m), Hayley Sayer (U15G Hammer), Alice Forster (U17W Hammer), Lucy Dowsett (U17W 3000m), Gabriella Abbott-Gribben (U15G Polevault), Helena Tobin (SW 800m).

The event was well contested again this year for the fourth year running, in fact it was the largest entry for several years. All credit to C&C, we are the biggest club in Cambridgeshire and we had the biggest entry from the clubs for the fourth year running.

Kings School Peterborough won the schools trophy, with Perse as the runners-up.

### Southern Men's League

The season started at Kingston, at a match hosted by Hercules Wimbledon. and we surprised ourselves by snatching fourth from the host club thanks to the Brennand brothers running the steeplechase. We took a very patchy team, with various people injured or with other commitments, and the Bank holiday weekend didn't help. Blackheath won by putting out most of their bRitish League team after a rule change made it possible this year.

The second match was a home fixture, at Cambridge. We had a good day finishing second behind Walton, leaving us 13<sup>th</sup> in the Division.

On the third match also at Cambridge, we had a strong team but met four clubs from the top of the division including the first two. We scored very well and finally were 4<sup>th</sup> in the match with 105 points, with the winners Chelmsford only scoring 121. Epsom, placed 2<sup>nd</sup> before the match, were last. Petr Steiner was over in UK for the weekend and competed for us. Ed Aston and Will George showed the others the way home in the 800m and 1500m, while James Markley won the 110m Hurdles and Gary Parsons won the Discus. That left us 14<sup>th</sup> in the Division at the halfway stage. The next match at Kings Lynn clashes with the National Schools Championships and the British masters Championships, and so we will not be as strong as we could be.

### Southern Women's League

Not a bad start in the first match at Walthamstow – 2<sup>nd</sup> with 105 points, but none of the clubs filled their teams and C&C were very thin on the track.

The second match at Ilford was most memorable for the horrendous traffic hold-up on the M11 near Stansted which caused 1½ hours delay and cost the team at least 8 points. Added to that it was windy and constant drizzle. C&C were 2<sup>nd</sup> but with quite a low score.

### Eastern Veterans League

In the first match at Peterborough, C&C men finished 4<sup>th</sup> well behind the three leading teams. Empty events caused most of the problem – as usual we had several empty spots. The ladies were also 4<sup>th</sup>, again well behind the first three clubs, with a distinct shortage of track athletes in this case.

We couldn't make up a relay for either the men or the ladies so we ran a guest team with the ladies race, just for fun, consisting of two C&C ladies plus Nigella and Noella.

It was a little disconcerting to see a youngster like Rachel (Kiff) competing in the ladies and knowing that Gary Parsons will also be old enough at the next match.

On the second fixture at Milton Keynes it was the same story. Both the men and the women lacked enough bodies to fill all the events again, especially in the over 40's. Gary made his veterans debut as a guest M35 in Discus and javelin.

### East Anglian league

A good start in the first match at Cambridge on April 30<sup>th</sup>. This year we had a reasonably dry day. We won the match overall and four of the age-groups, and second in the other three, and set ourselves into a good position for the season.

The second match at Kings Lynn was also on the day after a southern Mens league and in the middle of exams for under 17's, so turnout on the Men and Under 17 men was quite low. C&C won the overall match and took 3 age-group wins, 3 seconds and a third.

In the 3<sup>rd</sup> match at Bury, C&C won the match overall leaving us top of the league. In the agegroups we had wins in Under 13 Girls, Under 15 Girls and Senior Women. The Under 15 Girls and under 13 Girls lead their league tables.

The Under 13 Boys and Under 15 Boys were 3<sup>rd</sup>, and the under 17 Men and Senior Men were 2<sup>nd</sup>. All the agegroups are currently in positions to reach the league final with one match left

### Eastern Young Athletes league

The first match at Bedford gave us a reasonable start to the season with a third place of seven. Bedford were very strong as expected, and Ipswich were quite strong.

Our Achilles heel was the Under 17 Women where only two events were filled, and that basically accounted for the difference between Ipswich and C&C.

In the second match at Thurrock, we were 2<sup>nd</sup> behind Southend – a good result. The Achilles heel for C&C was again the under 17 Womens agegroup with only two athletes and 13 points.

After two matches that leaves C&C 10<sup>th</sup> out of 26 clubs.

The next match is at home on July 2<sup>nd</sup> and the results wont quite be available in time for this newsletter.

### A special position for Ed Aston

Ed's performance in the Under 20's Indoor 800m, where he was 2<sup>nd</sup> in 1.51.9, puts him 20<sup>th</sup> on the UK Under 20's Indoor all time ranking lists.

Since then he has run 1.50.42, and was subsequently selected to represent GB Juniors in the Loughborough International where he finished as 5<sup>th</sup> scorer.

### Some new club records this season

Gary Parsons is now 35 so the overall veterans throws records in hammer, shot and Discus are being systematically pushed higher.

Others who have broken records include

U15 Girls	Lauren Sammout	Triplejp	9.93		
	Gabriella Abbott-gribben	Polevault	1.40		
	Hayley Sayer	Hammer	32.51		
U17 Women	Lucy Dowsett	800m	2.08.97	3000m	10.16.5
	Alice Forster	Hammer	38.29		
U20 Women	Kim Motley	100m H	15.2		
	Alice Forster (in NJL)	Hammer	36.14		
Sen Women	Helena Tobin (2 <sup>nd</sup> claim)	800m	2.11.1	3000m	9.43.57
U20 Men	Ed Aston	800m	1.50.42		

### Qualifiers for the National Schools Championships

The following C&C athletes have been selected to compete for Cambridgeshire Schools at the English Schools Championships

U15 Boys	Jack Lines
U20 men	Ed Aston, James Markley, James Godden, Joe Abbott-Gribben
U15 Girls	Laura Bass
U17 Women	Lucy Dowsett, Harriet Arbuckle, Gemma Coe, Alice Forster
U20 Women	Imola Asztalos, Kim Motley

C&C athletes make up one third of the selected team

### Fixtures for 2006 Outdoor

July 2 <sup>nd</sup>	Eastern Young Athletes Lge	All under 17	Cambridge
July 2 <sup>nd</sup>	EVAC 10k	Veterans	Comberton
July 5 <sup>th</sup>	Eastern veterans T&F League Veterans		Cambridge
July 7/8 <sup>th</sup>	English Schools Champs	Schools select	Gateshead
July 8 <sup>th</sup>	Southern Mens T&F League	Males 15+	Kings Lynn
July 8 <sup>th</sup> /9 <sup>th</sup>	BMAF T&F Championships	Veterans	Birmingham
July 9 <sup>th</sup>	Eastern AA Championships	AA	Stevenage
July 9 <sup>th</sup>	Abbey 10k (Cambs AA Road league)	Seniors	Ramsey (Multi-terrain)
July 15 <sup>th</sup>	Southern Women's T&F League	All Females	Cambridge
July 15/16 <sup>th</sup>	AAA Senior Championships	Seniors	Manchester

July 16 <sup>th</sup>	National Junior T&F League (Cambs clubs team) U20's	Bedford
July 19 <sup>th</sup>	Cambs AA Evening open T&F meet	All St Ives
July 19 <sup>th</sup> -30 <sup>th</sup>	European Veterans T&F Champs	Veterans Poznan (Poland)
July 22 <sup>nd</sup>	Southern Mens T&F League	Males 15+ Reading
July 22/23 <sup>rd</sup>	AAA Under 20/Under 23 Champs	U20/U23's Bedford
July 23 <sup>rd</sup>	St Ives 10k (Cambs Road league)	Seniors St Ives
July 26 <sup>th</sup>	Watford Open + BMC	All Watford
July 29 <sup>th</sup>	BMC Nike Grand Prix Round 4	Seniors Cardiff
July 29 <sup>th</sup>	UK Challenge Event specific 1	Seniors TBC
July 30 <sup>th</sup>	Eastern Young Athletes Lge	All under 17 Biggleswade
August 2 <sup>nd</sup>	Eastern Veterans T&F League	Veterans Bedford
August 3 <sup>rd</sup>	C&C Distance Handicap race All over 15	The Gogs
August 5 <sup>th</sup>	Southern Mens T&F League	Males 15+ Harrow
August 5/6 <sup>th</sup>	AAA U15/U17 Championships	U15's/U17's Birmingham
August 6 <sup>th</sup>	East Anglian T&F League	All Chelmsford
August 10 <sup>th</sup>	5k Road league	All over 15 Cambridge
August 12 <sup>th</sup>	Southern Women's T&F League	All Females Peterborough
August 12 <sup>th</sup>	BMC Nike Grand Prix Round 5	Seniors Manchester
August 12/13 <sup>th</sup>	BMAF Decathalons/Heptathalons	Veterans Oxford
August 13 <sup>th</sup>	National Junior T&F League (Cambs clubs team) U20's	Cambridge
August 13 <sup>th</sup>	UK Challenge Event Specific 2	Seniors TBC
August 13 <sup>th</sup>	English 50k Road running Champs	Seniors Boddington
August 19/20 <sup>th</sup>	AAA U15/U17 combined events	U15's/U17's Stoke on Trent
August 20 <sup>th</sup>	Eastern Young Athletes T&F League	All under 17 Basildon
August 20 <sup>th</sup>	Thorney 5 mile (Cambs Road league)	Seniors Thorney **
August 23 <sup>rd</sup>	Watford Open + BMC	All Watford
August 26 <sup>th</sup>	SEAA Intercounties U20 & U15	County select Eton
August 27 <sup>th</sup>	UK Challenge Final	Qualifiers Manchester
August 30 <sup>th</sup>	Nene Valley 5k (Cambs Road league)	All over 17 Peterborough **
August 31 <sup>st</sup>	C&C Distance Handicap race All over 15	The Track
Sept 2 <sup>nd</sup>	Southern Women's T&F League	All Females Biggleswade
Sept 3 <sup>rd</sup>	ECAA Hibberd Trophy	County Select Biggleswade
Sept 7 <sup>th</sup>	5k Road league	All over 15 Newmarket
Sept 10 <sup>th</sup>	Eastern Young Athletes T&F Final	All under 17 TBC
Sept 10 <sup>th</sup>	Grunty Fen half marathon (Cambs RL)	Seniors Ely **
Sept 16 <sup>th</sup> /17 <sup>th</sup>	IAAF World Cup final	UK Select/TV Stuttgart
Sept 16/17 <sup>th</sup>	Round Norfolk relay	Seniors Various
Sept 17 <sup>th</sup>	East Anglian T&F League Final	All Bury St Edmunds
Sept 24 <sup>th</sup>	BMAF Weights Decathlon	Veterans TBC
Sept 30 <sup>th</sup>	Great North miles	All Tyneside
Oct 1 <sup>st</sup>	BUPA Great North run	Seniors Newcastle
Oct 15 <sup>th</sup>	Great Eastern Half Marathon	Seniors Peterborough
Oct 21 <sup>st</sup>	AAA 6 & 4 stage relay Champs	Sen/vets Sutton Park
Oct 22 <sup>nd</sup>	Young Athletes Road Relays	All under 17 Suton Park
Oct 22 <sup>nd</sup>	BUPA Great South 10 mile Run	Seniors Portsmouth
October 29 <sup>th</sup>	Fenland 10 (Cambs Road league)	Seniors Wisbech St Mary's **
Nov 4 <sup>th</sup>	English Cross-country relays	Sen Mansfield
Dec 26 <sup>th</sup>	Club Boxing day 4 mile	All Fen Causeway
Dec 31 <sup>st</sup>	New years eve 10k	Sen Little Downham

### Useful telephone numbers for 2006

B J Wallman - President 01223 893013 Neil Costello – Chairman 01223 524428

Noel Moss	Men's T&F teams and Officials	01223 833470
Anna Bird	Young Athletes Team coordinator	01223 352541
Sarah Kelk/Jacquie Kier/Alan Baldock	Young Athletes managers	
01223830738, 01763 287213, 01223 240595		
Carl Woolf	SWL and East Anglian league females	01223 881075
Nigel Burch	Coaching Secretary	01353 560161
Glyn Smith.	Road running	01223 571685
John Kazer	Cross Country	01223 308357
Carole Morris	Veterans T&F team manager	01638 742024
Nigel Poulter	Treasurer	01954 231507

### Useful E-Mail and website addresses

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

### ROAD RUNNING BITS

#### Handicap races

Nigel Burch reports that the "Fen Rivers Way Handicap" was the first race in our 3 race handicap series. The other two dates are given in the fixtures list. The race was a multi-terrain race measured at 4.78 miles starting and finishing at Clayhythe. 18 runners took part, and the handicapping was quite good for a first attempt, with everyone finishing within 5 minutes and the majority within 3 minutes. The handicap winner was Phil Garrett followed by Becky Flood and John Kazer. The results are in the results section with actual running times.

#### Marathon running.

I am sure you would join me again this year in congratulating all our club members who completed the London Marathon. It was our largest entry in recent years (7 men and 6 Women). Jo Ball finished 214<sup>th</sup> female in 3.13.39 and the fastest man was Giacomo Cappetti who was 400<sup>th</sup> overall in 2.46.32. Jay Mangat also broke the 3 hour barrier, with 2.57.04

Getting ready for London is not easy in our bug-ridden winter.

David Mail was going to run in the Rotterdam Marathon, but 3 colds in Jan + Feb left him too short of training. However, he went ahead with his pre-marathon race on 18th March, the Rhayader. Round the Lakes 20 miles, in mid-Wales. To quote him "On a hilly course, on a cold day with a ferocious wind, I deliberately started off easily, reaching 10 miles in 92 minutes. With 5 miles to go, I speeded up dramatically, with a 2nd half of 81 minutes, to finish in 2hrs 53m 00s, coming 201st out of 362 finishers. The winner completed the course in 2.02.59".

In Prague, in the half Marathon Tim Long was first C&C home in 1.31.06 and Carla Gibbons was first C&C female in 1.45.25.

Ish Badr was first home in the Rotterdam Marathon with 2.57.51 and not far behind was Ben Blaukopf also breaking 3 hours with 2.59.12.

Giacomo Cappetti was 4<sup>th</sup> man home in the Soham Half marathon and was the M40 winner. Glyn was 2<sup>nd</sup> M60.

Its good to see the club represented in more and more overseas events as our endurance group continues to grow.

#### Derbyshire: Tour of the Derwent valley. 28<sup>th</sup>-31<sup>st</sup> May

The turn out by club athletes was even higher again this year and we had 18 of the 91 athletes completing all four races. Chris Flood was 5<sup>th</sup> overall with John Kazer and Mike Smith not far behind. Those of you who remember the somewhat lighthearted but graphic descriptions of the events over the past two years will know that it is not easy – four races in four days and the last one is called the Sting in the tail for good reason. Well done to all those who took part – and I hear that there is still beer left in the odd pub, so you need to work harder on that side of it next year.

#### The Swaledale marathon

Not your normal Marathon course – no resemblance to fast and flat. Sixteen hardy souls competed in this Fell marathon this year. Some ran it, some ran part and walked up the hills, and some walked most of it. Because it is in hilly country the times are a little slower than in the London Marathon, but Chris Flood finished a creditable 17<sup>th</sup> and John Kazer 29<sup>th</sup> both in just over four hours. Mike Smith also got home in under 5 hours.

Our Chairman Neil and his daughter Anna finished in five hours fifty one minutes and Anna was the first C&C Female home.

It is noteworthy that those C&C members who walked for the majority of the race, still finished ahead of members of some of the local Fell-walking clubs from the area.

Obviously the Cambridge “Fells” are a good training ground for races like that.

### Kevin Henry 5k Road League

This year there are only three races at Saffron Walden, Cambridge and Newmarket. The first on was on 29<sup>th</sup> June, but the results were not available before going to print.

## Results, Results, Results

### CROSS COUNTRY

#### SEAA Vets XC – 4<sup>th</sup> February at Ruislip

60<sup>th</sup> M Chaplin 39.07

#### English Schools Cross-Country – Mansfield – March 25<sup>th</sup>

Senior Boys 109<sup>th</sup> R Lasenby 25.11 116<sup>th</sup> E Aston 25.11

209<sup>th</sup> R Kreetzer 26.16

Inter Boys 243<sup>rd</sup> W Mycroft 23.06

Junior Boys 215<sup>th</sup> B Whittle 15.42

Senior Gield 58<sup>th</sup> E Schofield 16.24

Inter Girls 46<sup>th</sup> G Coe 14.26

Junior Gield 136<sup>th</sup> E Kier 13.08

#### Ryvston Runners Grand prix final race -March 26<sup>th</sup>

U15 Boys 3<sup>rd</sup> N Burch 10.52

Sen Men 2<sup>nd</sup> J Kazer 22.47

Men 50 7<sup>th</sup> N Burch 40.16

Mens V60 8<sup>th</sup> D Blyth (M80+) 46.11

Women V55+ 2<sup>nd</sup> M Holmes 33.52

### ROAD AND MULTI TERRAIN

#### Stamford Valentines 30 12<sup>th</sup> Feb (corrected result – 2005 result in previous newsletter)

30<sup>th</sup> I Badr 2:00:16 46<sup>th</sup> B Blaukopf 2:02:14

108<sup>th</sup> A Poole 2:12:16 124<sup>th</sup> C Clissold 2:14:23

153<sup>rd</sup> J Ball F 2:17:03 185<sup>th</sup> J Lewy M45 2:20:51

209<sup>th</sup> G Smith M60 2:23:41 215<sup>th</sup> A Downie M55 2:24:16

243<sup>rd</sup> S Thoday 2:27:18 301<sup>st</sup> M DiFranco M40 2:33:15

378<sup>th</sup> C McEinery F 2:42:29 460<sup>th</sup> P Garrett M45 2:53:56

495<sup>th</sup> Ron Jackson M50 2:59:51 512<sup>th</sup> I McKay M45 3:04:03

517<sup>th</sup> S Arora F 3:04:53 521<sup>st</sup> S Costello W40 3:05:58

#### Northampton Daffodil 10k

13<sup>th</sup> J Raymond 40.18 146<sup>th</sup> D Willis

49.08

#### Wyomdham 20 mile – March 5<sup>th</sup>

37<sup>th</sup> J Raymond 2.23.04 48<sup>th</sup> K Masson 1<sup>st</sup> W40, 2<sup>nd</sup> F

2.26.17

166<sup>th</sup> S Arora 3.17.35

#### Bildeston half Marathon 12<sup>th</sup> March

3<sup>rd</sup> G Cappetti 80.34

#### Bildeston 10k - 12<sup>th</sup> March

2<sup>nd</sup> B Baldelli 34.05

#### Mondi March 15 – 12<sup>th</sup> March

2<sup>nd</sup> K Russell 88.06 3<sup>rd</sup> M60 G Smith 1.49.03

#### Milton Keynes half marathon – March 12<sup>th</sup>

212<sup>th</sup> K Masson (W40) 1.30.51 752<sup>nd</sup> D Yenerski 1.46.23

### Rhavader Round the Lakes 20 mile – March 18<sup>th</sup>

201<sup>st</sup> D Mail 2.53.00 (362 finished)

#### Thorney 10k - March 19<sup>th</sup>

12<sup>th</sup> J Kazer 37.31 75<sup>th</sup> C Stanier (F) 48.28

140<sup>th</sup> D Blyth (M85) 82.37

#### Brentwood Half Marathon

24<sup>th</sup> Male I Badr 1.20.0 10<sup>th</sup> Fem J Ball 1.31.21

#### Sandy 10 mile - March 26<sup>th</sup>

29<sup>th</sup> J Raymond 66.32 77<sup>th</sup> V Freeman

71.25

204<sup>th</sup> P Garrett 80.15 220<sup>th</sup> F Murphy (F) 81.12

286<sup>th</sup> C Stanier (F) 86.26 320<sup>th</sup> R Eadon (F) 88.54

#### Bungav Black Dog Half Marathon

5<sup>th</sup> B Baldelli 1.18.43 150<sup>th</sup> J Mangat 1.47.46

#### Oakley 20 – Bedford - April 2<sup>nd</sup>

54<sup>th</sup> J Raymond 2.18.59 268<sup>th</sup> F Murphy (F) 2.47.44

#### Lincoln 10k April 2<sup>nd</sup>

12<sup>th</sup> Fem K Masson (2<sup>nd</sup> W40) 40.41

#### Prague Half Marathon – April 2<sup>nd</sup>

Tim Long 1.31.06 C Gibbons (F) 1.45.25 P Garrett 1.47.39

S Cartwright (F) 1.49.32 A Irvine 1.50.15 R Kiff (F) 1.50.51

A Costello (F) 1.54.21 N Costello 1.55.56 I McKay 2.04.16

M Warren 2.04.29

I couldn't get the search to find M Di Franco or C McEinery, 's results, but am told that they also ran it.

#### Flitwick 10k April 9<sup>th</sup>

276<sup>th</sup> D Willis 48.35

#### Rotterdam Marathon April

I Badr 2.57.51 B Blaukopf 2.59.12 S Brightwell 3.23.09

A Downie 3.23.42 A Poole 3.28.25 G Smith 3.42.51

S Thoday 3.46.45 D Yenerski 4.00.26

#### Reading Half Marathon – April 9<sup>th</sup>

399<sup>th</sup> D Abrahams 1.28.29

#### Vets AC 5 miles, Battersea park April 18<sup>th</sup>

4<sup>th</sup> M45 M Chaplin 31.29

#### Addidas Flora London Marathon April 23<sup>rd</sup>

400<sup>th</sup> G Cappetti 2.46.32 938<sup>th</sup> J Mangat 2.57.04

2189<sup>th</sup> G Cinque M40 3.11.27 2503<sup>rd</sup> J Ball (214<sup>th</sup> F) 3.13.39

3299<sup>th</sup> C Clissold 3.20.24 6149 R Cubberley (835<sup>th</sup> F) 3.37.49

6526<sup>th</sup> B Corbett 3.39.48 7820<sup>th</sup> M DiFranco 3.45.50

10188<sup>th</sup> P Garrett M40 3.55.10 10352<sup>nd</sup> K Thomas (1700F) 3.55.41

10400ish F Murphy 3.58.44 21060 S Arora F 4.38.01

23074 I McKay 4.47.10

#### Breckland 10k – April 30<sup>th</sup>

24<sup>th</sup> M Chaplin 38.46

#### Cambridge Duathlon – April 30<sup>th</sup>

101<sup>st</sup> B Blaukopf 1:56:54 104 I Badr 1:57:19

#### EVAC road relay – 7<sup>th</sup> May

Men 40-49- “A” team 4<sup>th</sup> team in 48.40 “B” team 5<sup>th</sup> team in 53.43

“A” Leon Stone 12.00 John Lewy 12.30 Mark Chaplin

12.11

“B” Dave Abbott 11.59

Neil Costello 14.12 Martin Kreetzer 13.07 Gerald Meah 13.37

Paul Dewison 12.47

Men 50-59

“A” Alex Downie 12.14 Glyn Smith 12.59 Alex Downie 13.13

Mixed team

J Jenkins? 15.55 Ros Eadon 15.10 Fiona Murphy? 14.08

#### Eye 10k May 14<sup>th</sup>

1 <sup>st</sup> M40	G Cappetti	35.51					
<b>Ashdon 10k – May 14<sup>th</sup></b>							
11 <sup>th</sup>	G Cappetti	M40	35.49	48 <sup>th</sup>	M Smith	39.30	
73 <sup>rd</sup>	S Thoday		41.06	75 <sup>th</sup>	A Downie	M55	41.16
78 <sup>th</sup>	P Dewison	M50	41.22	197 <sup>th</sup>	A Irvine		47.40
215 <sup>th</sup>	C McEinery		48.40	256 <sup>th</sup>	D Braverman	W50	50.38

**Ashdon Fun Run**

12 <sup>th</sup>	A Dewison	U15	12.08				
------------------	-----------	-----	-------	--	--	--	--

**Vets AX 5 miles, Battersea park – 16<sup>th</sup> May**

2 <sup>nd</sup> M45	M Chaplin	31.31					
---------------------	-----------	-------	--	--	--	--	--

**Soham Half Marathon – 21<sup>st</sup> May**

4 <sup>th</sup>	G Cappetti	1 <sup>st</sup> M40	78.57	42 <sup>nd</sup>	G Smith	2 <sup>nd</sup> M60	93.59
65 <sup>th</sup>	A Downie	M55	99.43	86 <sup>th</sup>	A Irvine		1.43.59
95 <sup>th</sup>	C McEinery		1.45.19				

**Great East Anglia Run – 10k May 28<sup>th</sup>**

361 <sup>st</sup>	D Willis	(107 <sup>th</sup> in Agegroup)	48.13	(1540 finished)			
-------------------	----------	---------------------------------	-------	-----------------	--	--	--

**Brandon Forest Half Marathon – May 29<sup>th</sup>**

1 <sup>st</sup> W55	Y Gordon	W55	1.40.55				
---------------------	----------	-----	---------	--	--	--	--

**Tour of the Derwent Valley – Overall results – May 26<sup>th</sup> – 29<sup>th</sup> – Ind. Races below**

A total of 91 athletes completed all four races – 18 of them were C&C

5 <sup>th</sup>	C Flood		104.51	8 <sup>th</sup>	J Kazer		107.44
11 <sup>th</sup>	M Smith		112.39	20 <sup>th</sup>	I Badr		115.56
21 <sup>st</sup>	C Clissold		116.08	34 <sup>th</sup>	A Downie	M55	125.06
35 <sup>th</sup>	G Smith	M60	125.50	36 <sup>th</sup>	J Ball	F	126.46
41 <sup>st</sup>	R Flood		129.41	48 <sup>th</sup>	T Long	M45	132.26
54 <sup>th</sup>	G Meah	M45	138.03	56	D Yeneralski		139.18
58 <sup>th</sup>	C McEinery	F	140.25	59 <sup>th</sup>	A Irvine		140.32
60 <sup>th</sup>	F Murphy	W40	140.49	65 <sup>th</sup>	C Stanier	F	146.32
68 <sup>th</sup>	P Garrett	M40	148.25	71 <sup>st</sup>	N Costello	M55	151.21

**The Duffield Dash – 4.45 miles – May 26<sup>th</sup>**

7 <sup>th</sup>	C Flood		25.02	10 <sup>th</sup>	J Kazer		25.44
22 <sup>nd</sup>	M Smith		27.15	24 <sup>th</sup>	I Badr		27.38
26 <sup>th</sup>	C Clissold		27.39	42 <sup>nd</sup>	A Downie	M55	29.15
47 <sup>th</sup>	G Smith	M60	29.47	54 <sup>th</sup>	J Ball	F	30.20
55 <sup>th</sup>	G Meah	M45	30.26	64 <sup>st</sup>	R Flood		31.02
66 <sup>th</sup>	M Keetzer		31.26	78 <sup>th</sup>	F Murphy	W40	33.15
79 <sup>th</sup>	A Irvine		33.16	80 <sup>th</sup>	C McEinery	F	33.17
87 <sup>th</sup>	P Garrett	M40	34.01	88 <sup>th</sup>	D Yeneralski		34.02
92 <sup>nd</sup>	N Costello	M55	34.38	96 <sup>th</sup>	C Stanier	F	35.04
103 <sup>rd</sup>	T Long	M45	35.44	120 <sup>th</sup>	C Martins	F	40.00

**Wirksworth Well Dressing Race – 4.2 miles May 27<sup>th</sup>**

5 <sup>th</sup>	C Flood		22.47	11 <sup>th</sup>	J Kazer		25.15
12 <sup>th</sup>	I Delaney	M40	25.23	20 <sup>nd</sup>	M Smith		26.31
29 <sup>th</sup>	C Clissold		27.23	30 <sup>th</sup>	I Badr		27.25
43 <sup>rd</sup>	A Downie	M55	28.58	54 <sup>th</sup>	J Ball	F	29.50
55 <sup>th</sup>	G Smith	M60	29.53	63 <sup>rd</sup>	T Long	M45	30.29
66 <sup>th</sup>	R Flood		30.42	80 <sup>th</sup>	J Cunningham	F	31.40
82 <sup>nd</sup>	M Keetzer		32.44	84 <sup>th</sup>	G Meah		M45
86 <sup>th</sup>	D Yeneralski		33.09	87 <sup>th</sup>	A Irvine		33.12
88 <sup>th</sup>	C McEinery	F	33.21	89 <sup>th</sup>	F Murphy	W40	33.27
104 <sup>th</sup>	C Stanier	F	35.14	108 <sup>th</sup>	N Costello	M55	35.59
117 <sup>th</sup>	P Garrett	M40	37.03	123 <sup>rd</sup>	I McKay	M45	37.56
145 <sup>th</sup>	M Warren	F	51.13	146 <sup>th</sup>	R Kiff	W35	51.13

**Milford 5 mile race – May 28<sup>th</sup>**

6 <sup>th</sup>	C Flood		30.31	8 <sup>th</sup>	J Kazer		31.06
12 <sup>th</sup>	M Smith		32.13	19 <sup>th</sup>	I Badr		33.18
21 <sup>st</sup>	C Clissold		33.34	29 <sup>th</sup>	J Lewy	M45	34.58

35 <sup>th</sup>	G Smith	M60	35.57	38 <sup>th</sup>	A Downie	M55	36.12
39 <sup>th</sup>	J Ball	F	36.13	40 <sup>th</sup>	T Long	M45	36.20
49 <sup>th</sup>	A Cunningham		37.13	51 <sup>st</sup>	R Flood		37.42
60 <sup>th</sup>	D Yeneralski		39.24	64 <sup>th</sup>	G Meah	M45	39.57
68 <sup>th</sup>	F Murphy	W40	40.30	69 <sup>th</sup>	A Irvine		40.31
71 <sup>st</sup>	C McEinery	F	40.51	75 <sup>th</sup>	C Stanier	F	41.27
76 <sup>th</sup>	P Garrett	M40	41.36	85 <sup>th</sup>	N Costello	M55	44.06
96 <sup>th</sup>	C Martins	F	46.24				

**Rowsley Sting in the tail race – 4 miles – 29<sup>th</sup> May**

6 <sup>th</sup>	C Flood		24.29	10 <sup>th</sup>	J Kazer		25.39
14 <sup>th</sup>	M Smith		26.40	24 <sup>th</sup>	C Clissold		27.32
25 <sup>th</sup>	I Badr		27.35	41 <sup>st</sup>	T Long	M45	29.53
45 <sup>th</sup>	G Smith	M60	30.13	47 <sup>th</sup>	R Flood		30.15
50 <sup>th</sup>	J Ball	F	30.23	52 <sup>nd</sup>	A Downie	M55	30.41
62 <sup>nd</sup>	D Yeneralski		32.43	64 <sup>th</sup>	C McEinery	F	32.56
67 <sup>th</sup>	R Kiff	W35	33.23	69 <sup>th</sup>	M Keetzer		33.26
70 <sup>th</sup>	A Irvine		33.33	71 <sup>st</sup>	F Murphy	W40	33.37
79 <sup>th</sup>	C Stanier	F	34.47	80 <sup>th</sup>	G Meah	M45	34.56
84 <sup>th</sup>	P Garrett	M40	35.45	88 <sup>th</sup>	N Costello	M55	36.38
94 <sup>th</sup>	I McKay	M45	37.49	110 <sup>th</sup>	M Warren	F	41.52

**EVAC 5 Mile – Reach June 6<sup>th</sup>**

8 <sup>th</sup>	L Stone	2 <sup>nd</sup> M45	31.01	11 <sup>th</sup>	D Abbott	M45	31.23
18 <sup>th</sup>	J Jenkins	M55	31.52	20 <sup>th</sup>	M Chaplin	M45	32.00
31 <sup>st</sup>	G Smith	3 <sup>rd</sup> M60	33.44	34 <sup>th</sup>	P Dewison	M50	34.56
41 <sup>st</sup>	G Meah	M45	36.36	46 <sup>th</sup>	P Lee	M55	37.34
50 <sup>th</sup>	S Barnett	1 <sup>st</sup> W55	39.50	53 <sup>rd</sup>	D Braverman	2 <sup>nd</sup> W50	41.05

**Fen Rivers Way Handicap**

Times shown are actual running times. Positions are the actual race finishing order.

1 <sup>st</sup>	P Garrett		35.50	2 <sup>nd</sup>	R Flood	F	34.30
3 <sup>rd</sup>	J Kazer		28.33	4 <sup>th</sup>	M Smith		30.07
5 <sup>th</sup>	T Long		32.11	6 <sup>th</sup>	D Willis		36.32
7 <sup>th</sup>	P Eadon	F	40.39	8 <sup>th</sup>	D Mail		32.41
9 <sup>th</sup>	G Smith	M60	32.53	10 <sup>th</sup>	C McEinery	F	36.56
11 <sup>th</sup>	M Kelk		40.05	12 <sup>th</sup>	F Murphy	F	35.46
13 <sup>th</sup>	A Downie	M55	32.27	14 <sup>th</sup>	M Warren	F	42.58
15 <sup>th</sup>	V Freeman		37.04	16 <sup>th</sup>	M Keetzer		
17 <sup>th</sup>	I McKay		40.10	18 <sup>th</sup>	C Gibbons	F	36.35

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

17 <sup>th</sup>	C Flood		4.07.0	29 <sup>th</sup>	J Kazer		4.22.0
62 <sup>nd</sup>	M Smith		4.50.0	77 <sup>th</sup>	B Corbett	M45	5.04.0
137 <sup>th</sup>	G Smith	M60	5.29.0	159 <sup>th</sup>	A Costello		
160 <sup>th</sup>	N Costello		M55	5.51.0	199 <sup>th</sup>	T Woodford	F
359 <sup>th</sup>	H McKay	F	7.56.0	362 <sup>nd</sup>	A Lasseter	W40	7.57.0
387 <sup>th</sup>	I McKay	M45	8.20.0	388 <sup>th</sup>	T Long	M45	8.20.0
389 <sup>th</sup>	G Costello		W55	8.22.0	395 <sup>th</sup>	S Arora	F
405 <sup>th</sup>	S Costello	W40	8.42.0	406 <sup>th</sup>	C Stanier	F	8.42.0

**TRACK & FIELD**

**Ipswich Open meeting – April 2<sup>nd</sup>**

Sen Men	J Brennan	1 <sup>st</sup>	Longjump 5.35	Triplejump
	10.69			
Under 20 men	Shot (4kg) Disabled T46	T Digney	8.13	
Under 17 Women				



A Forster	1 <sup>st</sup>	Hammer	32.72	Discus	28.56,	Shot	10.10	110 hdl		4A	J Huddleston	19.4	2B	J Brennan		
Under 15 Girls									20.8							
Shot	2 <sup>nd</sup>	L Sammout	7.81	3 <sup>rd</sup>	H Sayer	6.77		400 hdl		5A	J Huddleston	65.0	1B	T Brennan	64.5	
Discus	2 <sup>nd</sup>	L Sammout	21.83	3 <sup>rd</sup>	H Sayer	13.36		Polevault		4A	N Moss	2.40	=4B	B Abbott-Gribben		
Longjump	1 <sup>st</sup>	L Sammout	4.64					Highjump		5A	J Huddleston	1.50	5B	T Brennan	1.35	
<b><u>Peterborough Open meeting – April 2nd</u></b>																
300m U20 Men	1 <sup>st</sup>	T Tomu	35.8					Longjump	5.39							
600m U20 men	1 <sup>st</sup>	E Aston	1.21.2					Triplejump		2A	J Brennan			11.89	2B	S Whittaker
<b><u>Peterborough Open meeting - April 9th</u></b>																
Polevault U17 men		B Abbott-Gribben	3.00m					Hammer		2A	G Parsons	40.99	2B	P Bramford	20.94	
<b><u>Herts Phoenix Open meeting – April 14th</u></b>																
Under 15 Girls	L Sammout	Longjump	4.17,	Discus	23.01,	Shot	7.42m	Shot		1A	G Parsons	11.64	3B	P Bramford	8.79	
<b><u>De Montfort Open meeting – Bedford - April 15<sup>th</sup></u></b>																
Under 20 Men	J Markley	100m	11.72					Discus		2A	G Parsons	37.09	2B	P Bramford	28.62	
Under 17 Women	P Markley	Discus	25.24	Shot	8.15			Javelin		4A	G Parsons	33.10	3B	P Bramford	32.02	
Under 15 Girls	H Sayer	Hammer	28.42					4 x 100		DQ						
<b><u>Chelmsford Open meeting – April 15<sup>th</sup></u></b>																
Senior Men	J Brennan		2 <sup>nd</sup>	Longjump	5.39	2 <sup>nd</sup>	Triplejump			5A	Bell, Lasenby, Potts, Morley					3..47.7
			11.32					Senior Men - 2 <sup>nd</sup> with 156 pts								
Under 15 Boys	S Bicknell	3 <sup>rd</sup>	Javelin	23.53				100m	13.5	3A	J Huddleston	12.6	2B	J Brennan		
Under 17 Women	E Bicknell	4 <sup>th</sup>	300m	46.8				200m	28.6	2A	J Huddleston	25.5	2B	J Brennan		
	A Forster	1 <sup>st</sup>	Hammer	36.29	2 <sup>nd</sup>	Discus	27.12	400m		1A	E Aston	49.6				
Under 15 Girls	L Sammout	1 <sup>st</sup>	Discus	22.22	3 <sup>rd</sup>	Shot	8.42	800m		4A	D Potts	2.04.3	2B	M Bell	2.05.7	
	H Cox	100m	14.6 (4h)	200m	31.5 (6h)	13 <sup>th</sup>	Longjump	3.53	3000m	1A	W George	8.59.9	1B	R Kretzer	9.31.5	
<b><u>Southern Womens League Div 3 – April 22<sup>nd</sup> at Walthamstow</u></b>																
Overall 2 <sup>nd</sup> place with 102 points																
Seniors/U17's																
100m	3A	D Smith	13.6	1B	K Motley	13.5		Hurdles	21.6							
200m	2A	D Smith	27.7	1B	K Motley	29.3		Highjump	1.10	4A	J Huddleston	1.50	4B	J Brennan		
800m	3A	J Newry	2.49.0					Longjump	4.75	4A	J Brennan		5.46	2B	J Huddleston	
100m Hurdles	1A	K Motley	16.9					Triplejump		1A	J Brennan		10.98	1B	J	
Highjump	1A	E Nalsen	1.40	1B	J Newry	1.30		Huddleston	10.23							
Longjump	3A	E Nalsen	4.30	1B	O Milward	3.84		Shot		2A	G Parsons	11.54	1B	S Fisher	10.01	
Triplejump	1A	E Nalsen	9.03	1B	O Milward					N/S	P Bramford	8.34	N/S	F Martin	7.13	
	8.49									N/S	D Bowker	5.95				
Sot	3A	R Martin	7.73	2B	D Smith	7.01		Discus		1A	G Parsons	36.56	1B	P Bramford	26.17	
Discus	2A	R Martin	23.56	2B	E Nalsen	15.11				N/S	S Fisher	29.05	N/S	D Bowker	13.96	
Javelin	2A	R Martin	14.20	1B	E Nalsen	13.66		Hammer		1A	G Parsons	38.17	2B	F Martin	19.21	
Hammer	2A	R martin	23.76	2B	D Smith	7.77				N/S	P Bramford	19.25				
4 x 100	1A		54.3					Javelin		3A	P Bramford	31.77	1B	G Parsons	31.28	
Under 15s										N/S	D Bowker	11.84				
100m	2A	J Corbett	14.4					4 x 100		2A		51.9				
200m	2A	J Corbett	30.8					Under 17 Men – 2 <sup>nd</sup> team with 77 pts								
Highjump	1A	Jen Corbett		1.30				100m		2A	R Noray	11.1	2B	S Whittaker	12.6	
Shot	1A	L Sammout	8.18	1B	H Sayer	6.91		200m		2A	R Noray	22.9	2B	J Baxter	25.3	
Discus	1A	L Sammout	23.60	1B	H Sayer	16.37		400m		3A	T Kelk	55.3	3B	J Jamieson	59.9	
Javelin	1A	E Woodroffe	25.00	1B	H Sayer	11.75		800m		3A	J Jamieson	2.17.6				
<b><u>Southern Mens League Div 2 – April 29<sup>th</sup> at Kingston</u></b>																
1st - Blackheath 139, 2 <sup>nd</sup> VPTH 121, 3 <sup>rd</sup> Abingdon 95½, 4 <sup>th</sup> C&C 85½, 5 <sup>th</sup> HerculesWimb 84																
100m	5A	J Godden	12.0	3B	S Whittaker	12.3		1500m		2A	W Mycroft	4.36.7	1B	J Kennard	4.42.7	
200m	5A	J Godden	24.1	4B	J Huddleston	25.6		Hurdles		3A	J Baxter	16.9				
400m	5A	J Morley	62.1	5B	R Lasenby	58.4		Longjump		2A	S Whittaker	5.26				
800m	4A	R Lasenby	2.06.7	3B	J Morley	2.08.0		Triplejump		1A	S Whittaker	11.44				
1500m	3A	D Potts	4.21.6	2B	M Bell	4.30.0		4 x 100		1A	Noray , Kelk, Baxter, Whittaker					48.9
5000m	5A	T Brennan	22.18.2					Under 15 boys - 2 <sup>nd</sup> team with 93 pts								
3000S/C	5A	T Brennan	13.52.3	4B	J Brennan			100m		3A	T McFadzean	13.5				
	15.13.5							200m		3A	T McFadzean	27.7				
								400m		3A	P Dewison	66.7				
								800m		3A	P Dewison	2.32.3	3B	T Spry	2.42.6	

1500m	1A	J baslington	4.47.7	2B	N Burch	4.54.3
	N/S	J Millard	5.15.0	N/S	T Loveluck	5.20.5
Hurdles	1A	B Kelk	13.3	1B	T Spry	18.5
Longjump	4A	B Kelk	4.26			
Shot	2A	T McFadzean	9.98	1B	J McGillivray	7.48
Discus	4A	J McGillivray	1.54	3B	T Spry	15.33
Javelin	4A	S Bicknell	27.04	2B	J Baslington	24.94
4 x 100	3A		57.6			
Under 13 Boys - 100m	1 <sup>st</sup> team with 115 points					
	1A	J Langford	13.2	3B	T South	15.4
	N/S	C Savill	15.2	N/S	T Binge	15.2
	N/S	D Ebanks	15.5	N/S	J Coffey	17.6
200m	1A	J Langford	28.2	1B	M Brewer	30.5
	N/S	C McLaughlin	31.3	N/S	A Tapley	31.2
	N/S	J Leighton	33.1	N/S	C Savill	33.5
	N/S	D Ebanks	33.6			
800m	4A	T Carruthers	2.50.4	1B	C McLaughlin	2.53.8
	N/S	H Tournant	2.47.9	N/S	A Tapley	2.54.8
	N/S	B Millard	3.06.0			
1500m	1A	O Bass	5.37.2	1B	S Kennard	5.46.5
	N/S	K Willis-Wright	5.43.3			
Hurdles	1A	M Brewer	14.5	1B	C McLaughlin	16.3
	N/S	T South	15.6			
Highjump	1A	M Brewer	1.30			
Longjump	3A	O Bass	3.84	1B	C Ennis	3.59
	N/S	T South	3.61			
Shot	1A	O Bass	5.24	1B	A Tapley	5.06
Discus	3A	C Savill	10.02			
Javelin	3A	J Coffey	12.78			
4 x 100	1A		60.2			
Under 11 Boys 80m	2 <sup>nd</sup>	J Tapley	13.3	8 <sup>th</sup>	K Gillie-Andrews	15.2
600m	2 <sup>nd</sup>	J Tapley	2.08.4	4 <sup>th</sup>	K Gillie-Andrews	2.17.5
Longjump	2 <sup>nd</sup>	J Tapley	3.10	8 <sup>th</sup>	K Gillie-Andrews	2.55
Senior Ladies - 100m	1 <sup>st</sup> with 140 points					
	2A	K Motley	13.3	3B	L Hodge	15.2
	N/S	H Bohnensteil	15.0			
200m	3A	K Motley	29.0	3B	L Hodge	32.0
	N/S	E Bicknell	29.7			
300m (U17)	5A	C White	52.5	2B	E Bicknell	47.9
400m	2A	I Aszталos	61.8			
800m	1A	H Arbuckle	2.17.9	1B	G Coe	2.20.6
	N/S	B Bainbridge	2.35.6	N/S	J Herron	2.44.7
1500m	1A	E Schofield	4.54.7	1B	J Lasenby	5.00.5
	N/S	C Arkle	5.28.1	N/S	H Bohnensteil	6.00.1
80m Hudles (U17)	1A	V Aszталos	13.0			
100m Hurdles	2A	K Motley	17.0			
Highjump	2A	J Newry	1.30	2B	I Aszталos	1.30
Longjump	4A	V Aszталos	4.54	1B	O Millward	4.12
Shot	1A	A Forster	10.15			
Discus	1A	A Forster	29.65			
Javelin	2A	L Hodge	16.42			
Hammer	N/S	A Forster	38.29			
4 x 100	2A		53.3			
Under 15 Girls - 100m	1 <sup>st</sup> team with 111 pts					
	5A	T Choudhury	15.8	3B	J Corbett	14.3
	N/S	L Bass	14.0	N/S	H Cox	14.5
	N/S	R Cormack	14.5	N/S	J Corbett	15.5

200m	4A	L Bass	29.0	3B	R Cormack	29.8
	N/S	H Cox	30.7	N/S	R Trotter	30.4
800m	2A	E Kier	2.32.1			
	N/S	E Currington	2.46.0	N/S	N Piper	3.06.0
1500m	3A	B Carter	6.23.3			
Hurdles	1A	L Bass	12.7	1B	R Cormack	13.5
	N/S	C Davidson	13.3	N/S	R Trotter	17.2
Highjump	2A	J Corbett	1.35	1B	E Sayers	1.30
Longjump	3A	L Sammout	4.33	3B	E Sayers	3.51
	N/S	R Trotter	3.54	N/S	T Choudhury	3.39
Shot	2A	L Sammout	8.95	1B	H Sayer	7.59
Discus	1A	L Sammout	23.95	1B	H Sayer	17.57
Javelin	1A	E Woodroffe	23.60	2B	H Sayer	11.73
Hammer	N/S	HSayer	31.47			
4 x 100	2A		56.9			
Under 13 Girls - 100m	1 <sup>st</sup> team with 105 points					
	2A	J Powell	14.2	1B	G Bristow	15.2
	N/S	M George	15.7	N/S	S Graham	16.2
	N/S	A Crabb	16.2			
200m	2A	J Powell	30.8	3B	M George	33.7
	N/S	R Davidson	35.7			
800m	3A	R Davidson	3.10.7			
1500m	3A	L Gillie-Adnrews	5.54.4			
Hurdles	1A	C Aszталos	12.1	1B	G Bristow	13.3
Highjump	2A	K Bull	0.90	2B	Jaz Corbett	
Longjump	2A	J Powell	3.82	1B	C Aszталos	3.76
Shot	3A	G Bristow	5.58	1B	S Bedford	5.54
Discus	1A	S Bedford	11.08			
Javelin	2A	Jaz Corbett	9.98	N/S	K Bull	
4 x 100	1A		61.5			
Under 11 girls 80m	2 <sup>nd</sup>	T Bass	13.5	3 <sup>rd</sup>	L Mills	13.9
600m	1 <sup>st</sup>	T Bass	2.11.3			
Longjump	1 <sup>st</sup>	T Bass	3.30			
<b><u>Eastern Veterans League – 3<sup>rd</sup> May at Peterborough</u></b>						
<b><u>Men –</u></b>						
100m				M50+	N Moss	4 <sup>th</sup> 15.6
400m	M50+	A Baldock	4 <sup>th</sup> 83.6	M60+	N Moss	1 <sup>st</sup> 75.7
1500m	M40+	M Chaplin	4 <sup>th</sup> 5.25.7	M50+	A Baldock	3 <sup>rd</sup> 5.39.2
	N/S	J Jenkins	5.05.5			
2km walk	M50+	N Burch	3 <sup>rd</sup> 13.17.2	M60+	P Howard	2 <sup>nd</sup> 12.14.6
Longjump				M50+	N Burch	4 <sup>th</sup> 3.06
				N/S	N Moss	3.67
Highjump				M50+	N Moss	2 <sup>nd</sup> 1.10
Shot	M40+	D Bowker	4 <sup>th</sup> 6.19	M50+	P Bramford	2 <sup>nd</sup> 10.03
				N/S	F Martin	7.62
Hammer	M40+	D Bowker	4 <sup>th</sup> 10.38	M50+	P Bramford	2 <sup>nd</sup> 24.80
				M60+	F Martin	2 <sup>nd</sup> 23.99
<b><u>Ladies –</u></b>						
100m	W55+	M Holmes	2 <sup>nd</sup> 18.9			
1500m	W35+	R Kiff	3 <sup>rd</sup> 5.47.0	W55+	S Barnett	1 <sup>st</sup> 6.23.5
Shot	W35+	C Morris	2 <sup>nd</sup> 7.28	W55+	R Martin	2 <sup>nd</sup> 8.87m
Hammer	W35+	C Morris	3 <sup>rd</sup> 16.23	W45+	R Martin	1 <sup>st</sup> 22.91m
Longjump				W55+	M Holmes	2 <sup>nd</sup> 2.49
<b><u>National Junior League – May 7<sup>th</sup> at Ipswich</u></b>						
<b><u>U20 men</u></b>						

100m				2B	R Noray	11.5	1500m	2A	O Bass	5.42.6	2B	K Docherty	5.39.7
200m	3A	J Godden	24.0	2B	R Noray	23.4	Hurdles	1A	M Brewer	14.4	1B	C McLaughlin	16.0
400m	1A	E Aston	49.5	1B	D Potts	53.6	Highjump	1A	M Brewer	1.40	1B	C Thornley	1.20
1500m				1B	M Bell	4.29.6	Longjump	2A	D Ebanks	3.84	2B	C Ennis	3.61
2k S/C	4A	A Howarth		7.12.6			Shot	3A	O Bass	6.04	3B	R Harvey	4.24
110m Hdls	2A	J Markley	15.2	2B	J Huddlestone	17.7	Discus	5A	K Doherty	8.89	5B	R Harvey	7.65
400m Hdls				1B	J Huddlestone	63.2	4 x 100 .relay	3A		63.0			
Shot				1B	S Fisher	10.47	Under 17 Women						
Discus				2B	S Fisher	28.84	80m Hdls	2A	V Asztalos	13.1			
Hammer				1B	S Fisher	26.24	Highjump	3A	J Newey	1.30			
U20 Women							Discus	2A	S Cracknell	21.75			
100m				2B	D Smith	13.5	Under 15 Girls						
200m	4A	D Smith	27.9				100m	6A	J Corbett	14.2	6B	C Davidson	15.1
400m	4A	I Asztalos	61.30				200m	3A	L Bass	29.0	4B	J Corbett	28.9
1500m	1A	G Coe	4.49.4	1B	E Schofield	4.50.2	300m	6A	E Kier	49.8	5B	R Trotter	50.8
3000m	1A	L Dowsett	10.18.2 (CR)				800m	3A	E Kier	2.30.1	4B	E Taylor	2.58.7
100m Hdls	1A	K Motley	16.3				1500m	4A	E Currington	5.50.5	3B	R Carter	6.01.5
Shot				1B	A Forster	10.62	Hurdles	4A	L Bass	13.2	2B	C Davidson	17.2
Discus				1B	A Forster	29.04	Longjump	5A	L Sammout	4.20	4B	L Bass	3.71
Javelin				2B	A Forster	15.15		N/S	I Gallucci	3.72	N/S	R Trotter	3.47
Hammer				1B	A Forster	36.14	Highjump	3A	J Corbett	1.25	1B	I Gallucci	1.25
<b>Eastern Young Athletes League – May 7<sup>th</sup> at Bedford</b>													
Match result - 1 <sup>st</sup> Bedford 772, 2 <sup>nd</sup> Ipswich 567, 3 <sup>rd</sup> C&C 493, 4 <sup>th</sup> Luton 439, 5 <sup>th</sup> C&T 202, 6 <sup>th</sup> E&H 187, 7 <sup>th</sup> Ryst/WN 150													
<b>Men Under 17</b>													
100m	3A	N Massey	11.8	3B	C Morter	11.9	Shot	1A	L Sammout	7.88	1B	H Sayer	7.45
	N/S	J Gadsby	12.2					N/S	R Trotter	5.85			
200m	4A	J Baxter	25.1	4B	T Kelk	25.5	Discus	1A	L Sammout	20.82	2B	H Sayer	16.47
400m	5A	T Kelk	55.1	3B	S Goldfinch	55.6	Javelin	2A	E Woodroffe	23.31	1B	I Gallucci	17.57
800m	4A	E Lockton	2.14.8	4B	P Shields	2.32.8		N/S	H Sayer	11.40			
1500m	2A	W Mycroft	4.32.1	4B	J Jamieson	4.43.8	4 x 100 relay	3A		56.3			
Hurdles	5A	J Baxter	16.9	2B	J Gadsby	18.1	Girls Under 13						
Longjump	3A	J Baxter	5.57	3B	P Shields	4.65	100m	2A	J Powell	14.7	1B	G Bristow	14.7
Triplejump	3A	S Goldfinch	11.04	3B	J Ennis			N/S	S Graham	17.0	N/S	A Crabb	16.7
Highjump	4A	P Shields	1.45					N/S	M George	15.7	N/S	S Udin	16.7
Shot	4A	E Lockton	9.86	2B	C Morter	9.23		N/S	M Hart-Villerquil	18.0			
Discus	4A	E Lockton	22.30	3B	S Goldfinch	18.19	200m	3A	J Powell	31.0	5B	M George	32.5
Javelin	2A	C Morter	34.52	2B	T Kelk	26.51		N/S	R Davidson	37.1	N/S	M Hart-villequil	37.5
4 x 100	5A		47.8				800m	5A	R Davidson	3.16.4			
<b>Boys Under 15</b>													
100m	2A	J Mandley	12.6	5B	M Herring	14.1	1500m	4A	V Free	6.35.4			
200m	2A	J mandley	25.2	3B	T Mcfadzean	27.7	Hurdles	1A	C Asztalos	12.5	1B	G Bristow	13.4
800m	5A	T Spry	2.42.4	3B	M Herring	2.45.2	Longjump	3A	C Asztalos	3.80	2B	J Powell	3.50
1500m	2A	J Baslington	4.43.4	3B	N Burch	4.58.8		N/S	A Crabb	3.06	N/S	V Free	2.81
Hurdles	5A	T Spry	22.1					N/S	M Hart	2.85			
Longjump	4A	T McFadzean	4.49	5B	A Morter	3.65	Highjump	3A	S Udin	1.00			
Shot	4A	A Morter	6.44	3B	J McGillivray	6.01	Shot	6A	G Bristow	4.16	3B	S Graham	3.84
Discus	2A	J McGillivray	18.97	1B	T McFadzean	14.87	Discus	3A	S Udin	20.09	3B	R Davidson	9.08
Javelin	2A	A Mortar	25.78	2B	J Baslington	20.71	4 x 100 relay	2A		59.3			
4 x 100	3A		52.7				<b>Cambs AA Championships – Cambridge – May 13<sup>th</sup></b>						
<b>Boys Under 13</b>													
100m	5A	C Ennis	17.0	4B	R Backhurst	16.0	<b>Girls Under 13</b>						
	N/S	J Vane	15.6	N/S	D Ebanks	14.9	<b>1<sup>st</sup> in team event</b>						
	N/S	T Binge	15.5				100m	1 <sup>st</sup>	J Powell	14.2	3 <sup>rd</sup>	G Bristow	14.4(14.3h)
200m	6A	D Ebanks	30.9	6B	E Verreccha	36.6		6 <sup>th</sup>	M George	15.3			
	N/S	T Binge	31.5				200m	1 <sup>st</sup>	J Powell	30.1	3 <sup>rd</sup>	G Bristow	31.2 (31.0h)
800m	4A	C McLaughlin	2.42.9	2B	R Harvey	2.49.5		4 <sup>th</sup>	M George	31.4			
							800m	7 <sup>th</sup>	C Heinz	3.13.3	8 <sup>th</sup>	R Davidson	3.15.6
							70m Hurdles	1 <sup>st</sup>	C Asztalos	12.1	3 <sup>rd</sup>	G Bristow	13.1
							Longjump	1 <sup>st</sup>	C Asztalos	3.95	2 <sup>nd</sup>	J Powell	3.88
								3 <sup>rd</sup>	J Richards	3.65	5 <sup>th</sup>	C Heinz	3.29
							<b>Under 15 Girls</b>						
							<b>1<sup>st</sup> in team event</b>						
							100m	3 <sup>rd</sup>	J Corbett	13.8	6 <sup>th</sup>	H Cox	14.3
							200m	5h	J Corbett	29.6	6h	F Tournant	
							31.5						



300m		3 <sup>rd</sup>	E Kier	47.4	5 <sup>th</sup>	F Tournant		<b>Men under 17</b>	<b>1<sup>st</sup> in team event</b>					
800m	50.0	3 <sup>rd</sup>	E Kier	2.31.6	6 <sup>th</sup>	E Taylor	2.43.7	100m	2 <sup>nd</sup>	C Morter	11.5	3 <sup>rd</sup>	J Baxter	12.0
		8 <sup>th</sup>	R Carter	3.04.6	10 <sup>th</sup>	N Richards		200m	1 <sup>st</sup>	C Morter	23.7	3 <sup>rd</sup>	J Baxter	25.3
	3.32.7							800m	3 <sup>rd</sup>	J Jamieson	2.17.8			
75m Hurdles		1 <sup>st</sup>	L Bass	12.4	2 <sup>nd</sup>	C Davidson	13.4	1500m	1 <sup>st</sup>	W Mycroft	4.31.0			
Polevault		1 <sup>st</sup>	D Abbott-Gribben	1.40				1500m S/C	1 <sup>st</sup>	A Howarth		5.15.7		
Highjump		2 <sup>nd</sup>	J Corbett	1.25				100m hurdles	2 <sup>nd</sup>	D Graver	15.5	3 <sup>rd</sup>	J Baxter	17.2
Triplejump			L Sammout	9.88				Shot	3 <sup>rd</sup>	W Mycroft	6.64			
Shot		2 <sup>nd</sup>	L Sammout	8.58	3 <sup>rd</sup>	H Sayer	7.20	Javelin	1 <sup>st</sup>	C Morter	35.27			
Discus		1 <sup>st</sup>	L Sammout	22.19	2 <sup>nd</sup>	H Sayer	19.54	<b>Under 20 Men</b>	<b>1<sup>st</sup> in team event</b>					
Javelin		1 <sup>st</sup>	E Woodroffe	23.05				100m	1 <sup>st</sup>	J Abbott-Gribben	11.5	2 <sup>nd</sup>	J Godden	11.6
Hammer		1 <sup>st</sup>	H Sayer	32.51(CBP)				200m	2 <sup>nd</sup>	J Godden	23.9			
<b>Under 17 Ladies</b>		<b>1<sup>st</sup> in team event</b>						800m	1 <sup>ST</sup>	E Aston	1.56.5(CBP)	2 <sup>nd</sup>	D Potts	2.02.7
300m		5 <sup>th</sup>	C White	50.3					3 <sup>rd</sup>	M Bell	2.06.2			
800m		1 <sup>st</sup>	H Arbuckle	2.19.7				1500m	3 <sup>rd</sup>	R Kreetzer	4.20.8	4 <sup>th</sup>	A Howard	4.58.5
1500m		1 <sup>st</sup>	G Coe	4.46.4	3 <sup>rd</sup>	R Burbridge	5.10.2	400m hdls	1 <sup>st</sup>	J Huddlestone	62.3			
		4 <sup>th</sup>	C Arkell	5.23.5				110m hurdles	1 <sup>st</sup>	J Huddlestone	17.7			
3000m		1 <sup>st</sup>	L Dowsett	10.16.5 (CBP)				Shot	3 <sup>rd</sup>	S Fisher	11.36			
80m Hurdles		1 <sup>st</sup>	V Asztalos	12.9				Hammer	3 <sup>rd</sup>	S Fisher	27.37	5 <sup>th</sup>	A Burch	19.15
Longjump		2 <sup>nd</sup>	V Asztalos	4.60	7 <sup>th</sup>	O Millward	3.95	<b>Senior Men</b>	<b>1<sup>st</sup> in team event</b>					
Shot		1 <sup>st</sup>	A Forster	10.40				200m	4 <sup>th</sup>	P Dufner	23.6	6 <sup>th</sup>	J Huckle	24.3
Discus		1 <sup>st</sup>	A Forster	24.08	2 <sup>nd</sup>	S Cracknell	22.13	800m	5 <sup>th</sup>	J Morley	2.07.1			
Hammer		1 <sup>st</sup>	A Forster	37.00 (CBP)				1500m	5 <sup>th</sup>	M Salt	4.17.5			
<b>Senior Ladies</b>		<b>1<sup>st</sup> in team event</b>						5000m	3 <sup>rd</sup>	J Kazer	16.56.4	7 <sup>th</sup>	M Chaplin	18.59.4
100m		2 <sup>nd</sup>	K Motley	12.9	7 <sup>th</sup>	D Smith	13.6	110m Hdls	3 <sup>rd</sup>	J Brennand	21.3			
200m		2 <sup>nd</sup>	D Smith	27.5				Longjump	5 <sup>th</sup>	J Brennand	5.24			
400m		3 <sup>rd</sup>	I Asztalos	60.9				Triplejump	1 <sup>st</sup>	J Huckle	12.62	4 <sup>th</sup>	J Brennand	
800m		1 <sup>st</sup>	H Tobin (2 <sup>nd</sup> claim)	2.11.1	2 <sup>nd</sup>	E Schofield	2.21.1		11.36					
1500m		3 <sup>rd</sup>	H Belbin	5.22.3	4 <sup>th</sup>	J Herron	5.44.2	Shot	2 <sup>nd</sup>	G Parsons	11.90			
3000m		1 <sup>st</sup>	J Lasenby	10.52.4				Discus	1 <sup>st</sup>	G Parsons	39.23	5 <sup>th</sup>	R Wheater	23.81
100m Hdls		1 <sup>st</sup>	K Motley	15.8				Hammer	1 <sup>st</sup>	G Parsons	39.92			
Triplejump			K Motley	9.98				<b>Southern Womens League – May 20<sup>th</sup> at Ilford</b>						
<b>Boys under 13</b>		<b>1<sup>st</sup> in team event</b>						1 <sup>st</sup> Watford 153, 2 <sup>nd</sup> C&C 90, 3 <sup>rd</sup> Braintree 58, 4 <sup>th</sup> Ilford 48						
100m		3 <sup>rd</sup>	D Ebanks	14.5	7 <sup>th</sup>	T South	15.1 (14.9h)	Seniors/U17's						
		6 <sup>h</sup>	R Harvey	15.0	7 <sup>h</sup>	T Binge	15.5	100m	3A	L Hodge	15.0			
		5 <sup>h</sup>	C McLaughlin	15.7	7 <sup>h</sup>	C Ennis	17.2	200m	4A	E Bicknell	30.3	4B	L Hodge	31.1
200m		2 <sup>nd</sup>	S Howarth	29.7	5 <sup>h</sup>	D Ebanks	31.6	1500m	1A	E Bicknell	2.55.3			
		5 <sup>h</sup>	C McLaughlin	32.0	7 <sup>h</sup>	C Huntingdon	32.8	80m Hurdles (U17)	3A	V Asztalos	14.6			
800m		1 <sup>st</sup>	C McLaughlin	2.39.0	6 <sup>th</sup>	T Carruthers	2.45.5	100m Hurdles	1A	K Motley	16.5			
		8 <sup>th</sup>	A Tapley	3.07.6				Longjump	4A	V Asztalos	4.08			
1500m		2 <sup>nd</sup>	O Bass	5.21.8	4 <sup>th</sup>	S Kennard	5.39.9	Shot	2A	R Martin	8.25			
75m Hdls		3 <sup>rd</sup>	T South	15.2				Discus	2A	R Martin	23.07	3B	E Bicknell	12.89
Longjump		5 <sup>th</sup>	A Tapley	3.77	9 <sup>th</sup>	R Harvey	3.31	Javelin	3A	L Hodge	16.26	2B	R Martin	14.72
		12 <sup>th</sup>	C Ennis	3.00				Hammer	2A	R Martin	23.51			
Javelin		3 <sup>rd</sup>	C Huntingdon	22.52				Under 15s						
<b>Boys under 15</b>		<b>1<sup>st</sup> in team event</b>						100m	1A	H Cox	15.1	1B	Jen Corbett	
100m		5 <sup>th</sup>	A Morter	13.8	7 <sup>th</sup>	J Ballie	14.0		15.2					
200m		2 <sup>nd</sup>	J Lines	25.3				200m	4A	M Oliver	32.4	1B	H Cox	31.3
400m		1 <sup>st</sup>	S Goldfinch	58.3				800m	2A	Jen Corbett		3.18.2	2B	H Cox
800m		6 <sup>th</sup>	T Spry	2.48.3					3.39.4					
1500m		1 <sup>st</sup>	J Baslington	4.44.1	3 <sup>rd</sup>	J Millard	5.04.4	1500m	2A	E Currington	6.00.6			
3000m		2 <sup>nd</sup>	N Burch	10.17.7				Highjump	3A	Jen Corbett		1.25	1B	M Oliver
80m hurdles		1 <sup>st</sup>	J Lines	12.7	2 <sup>nd</sup>	B Kelk	13.3		1.25					
Highjump		4 <sup>th</sup>	B Kelk	1.50				Longjump	1A	L Sammout	4.48	1B	M Oliver	3.59
Shot		2 <sup>nd</sup>	J McGillivray	7.29	3 <sup>rd</sup>	S Bicknell	6.56	Shot	3A	L Sammout	7.72	1B	H Sayer	6.52
Discus		2 <sup>nd</sup>	J McGillivray	19.16				Discus	2A	L Sammout	23.22	2B	H Sayer	14.77
Javelin		1 <sup>st</sup>	A Morter	28.40	2 <sup>nd</sup>	S Bicknell	26.08	Javelin	1A	E Woodroffe	22.60			
								4 x 100	1A	Corbett, Cox, Oliver, Sammout				57.4

**Southern Mens League – 20<sup>th</sup> May at Cambridge**

1 <sup>st</sup> Walton 138½, 2 <sup>nd</sup> C&C 123½, 3 <sup>rd</sup> Royal Navy 109, 4 <sup>th</sup> Portsmouth 90½, Worthing 70½							
100m	3A	J Abbott-Gribben	11.5	2B	J Godden	11.5	
	N/S	L Crabb	11.6				
200m	4A	J Godden	23.5	2B	P Dufner	23.6	
	N/S	L Crabb	23.1				
400m	2A	D Hutchings	54.6	1B	J Morley	57.3	
800m	2A	D Potts	2.05.7	2B	M Bell	2.12.2	
1500m	4A	R Kreetzer	4.27.8	4B	K White	4.38.1	
5000m	4A	J Kazer	17.28.9	4B	A Howard	18.22.6	
3000m S/C	2A	J Kazer	11.19.3	3B	T Brennand	13.25.5	
110 Hdls	3A	J Huddlestone	18.8	2B	T Brennand	19.9	
400 hdls	1A	J Huddlestone	62.6	1B	T Brennand	69.7	
4 x 100 relay	1A	Godden, Abbott-Gribben, Slade, Dufner	46.2				
4 x 400 relay	1A	Potts, Bell, Morley, Slade	3.42.3				
Pole vault	5A	N Moss	2.40	4B	J Brennand		
	2.20						
Highjump	5A	T Brennand	1.50	4B	J Huddlestone	1.10	
Longjump	2A	J Abbott-Gribben	6.09	1B	J Brennand		
	5.79						
Triplejump		1A	J Brennand		11.79	2B	J
Huddlestone	10,34						
Shot	2A	G Parsons	11.35	3B	R Smith	9.74	
Discus	1A	G Parsons	39.88	3B	R Smith	24.34	
Hammer	1A	G Parsons	40.89	3B	R Smith	18.19	
Javelin	4A	M Hathaway	33.60	3B	R Smith	31.42	

**Loughborough International – May 21<sup>st</sup>**800m 7<sup>th</sup> E Aston (GB U20's team) 1.51.03**Cambridgeshire Evening Devt meeting – May 24<sup>th</sup> at St Ives**

Males						
200m graded	4 <sup>th</sup>	J Baxter (U17)	26.3	18 <sup>th</sup>	T Binge (U13)	31.9
	21 <sup>st</sup>	R Harvey (U13)	33.2			
800m graded	5 <sup>th</sup>	J Morley (SM)	2.06.7	18 <sup>th</sup>	N Burch (U15)	2.26.9
Hurdles U13B	2 <sup>nd</sup>	A Tapley	15.4			
5000m SM	1 <sup>st</sup>	C Flood	17.15.3			
Shot SM	1 <sup>st</sup>	G Parsons	12.40 (Vets record)			
U15B	2 <sup>nd</sup>	J McGillivray	8.11			
Hammer SM	2 <sup>nd</sup>	G Parsons	40.60	1 <sup>st</sup> (U20)	A Burch	18.19
U15B	2 <sup>nd</sup>	J McGillivray	18.63			
Females						
200m graded	14 <sup>th</sup>	L Sammout (U15)	31.0	15 <sup>th</sup>	H Cox (U15)	31.3
Hurdles U20W	1 <sup>st</sup>	K Motley	16.4			
U13G	1 <sup>st</sup>	C Asztalos	12.3			
Shot U15G	1 <sup>st</sup>	L Sammout	7.84			
Triplejump	U15G	1 <sup>st</sup>	L Sammout		9.93m (CR)	

**SEAA U17/U15 Championships at Chelmsford May 27/28<sup>th</sup>**

U17 Women	1500m	3 <sup>rd</sup>	L Dowsett	4.36.92		
	Shot	4 <sup>th</sup>	A Forster	10.59		
	Hammer	2 <sup>nd</sup>	A Forster	37.55		
U15 Girls	Triplejump		5 <sup>th</sup>	L Sammout	9.62	
	Discus	4 <sup>th</sup>	L Sammout	22.84		

**Watford Open – May 31<sup>st</sup>**

800m	U20	E Schofield	2.19.07			
	U17	H Arbuckle	2.17.92		G Coe	2.18.67
400m	U20	I Asztalos	60.78			

**Southern Mens League – Cambridge – June 3<sup>rd</sup>**Match result - 1<sup>st</sup> Chelmsford 121, 2<sup>nd</sup> Brighton 113, 3<sup>rd</sup> Luton 108, 4<sup>th</sup> C&C 105, 5<sup>th</sup> Epsom 80

100m	4A	P Steiner	11.4	3B	J Abbott-Gribben	11.5
------	----	-----------	------	----	------------------	------

200m	N/S	J Godden	11.6			
	4A	P Dufner	23.8	3B	J Godden	23.4
	N/S	J Black	24.6			
400m	4A	N Beer	53.1	4B	M Bell	55.7
800m	1A	E Aston	1.52.5	4B	J Morley	2.02.5
1500m	1A	W George	4.09.0	4B	R Kreetzer	4.22.0
5000m	5A	K White	17.48.5	3B	J Kazer	17.53.9
3000m S/C	3A	J Kazer	11.02.0			
110 Hdls	1A	J Markley	16.1	1B	J Huddlestone	18.5
400 hdls	4A	J Huddlestone	63.9	2B	T Brennand	66.9
4 x 100 relay	2A	Godden, Abbott-Gribben, Steiner, Dufner				45.2
4 x 400 relay	3A	Aston, George, Black, Kelk				3.36.8
Pole vault	4A	N Moss	2.20	2B	J Brennand	
	2.20					
Highjump	5A	J Huddlestone	1.10	=3B	J Brennand	
	1.10					
Longjump	2A	J Abbott-Gribben	6.01	3B	P Steiner	5.52
Triplejump	4A	J Huddlestone	10.75	4B	T Brennand	
	10.67					
Shot	2A	G Parsons	11.92	2B	P Bramford	8.97
Discus	1A	G Parsons	39.35	3B	P Bramford	26.19
Hammer	3A	G Parsons	40.21	3B	P Bramford	20.56
	N/S	A Burch	16.83			
Javelin	4A	P Bramford	36.32	3B	G Parsons	35.64

**East Anglian League – Kings Lynn – June 4<sup>th</sup>**Overall match – 1<sup>st</sup> C&C 44 points, 2<sup>nd</sup> West Suffolk 35 pts, 3<sup>rd</sup> Waveney 33½ pts, =4<sup>th</sup> Ryston & LeightonBuzzard 26 points, 6<sup>th</sup> est Norfolk 22½ptsSenior Men - 1<sup>st</sup> Ryston 182 pts, 2<sup>nd</sup> C&C 141pts

100m	3A	M Bell	12.9	3B	N Moss	15.4
200m	3A	M Bell	27.5	2B	N Moss	31.6
400m	2A	M Bell	61.6	2B	A Howard	62.9
800m	2A	M Bell	2.06.2	3B	N Burch	3.15.4
3000m	3A	D Bowker	10.19.5	2B	A Howard	10.34.2
Longjump	4A	N Moss	3.78	3B	N Burch	3.28
Triplejump	3A	N Moss	7.48	2B	N Burch	
	6.40					
Highjump	3A	N Moss	0.90	2B	N Burch	0.90
Shot	1A	G Parsons	11.92	2B	A McGillivray	7.18
Discus	1A	G Parsons	38.10	2B	A McGillivray	20.44
Javelin	2A	G Parsons	35.21	3B	D Bowker	17.83
Hammer	1A	G Parsons	4.095	2B	A McGillivray	18.40
4 x 100 relay	3A	Moss, Burch, Howard, Bell				58.3
Under 17 Men – =2 <sup>nd</sup> with 46 pts						
100m	1A	C Morter	11.7	1B	J Baxter	12.2
200m	2A	C Morter	24.1	1B	J Baxter	25.4
1500m	2A	W Mycroft	4.31.1			
Longjump	2A	J Baxter	5.34			
Javelin	1A	C Morter	36.08			
Under 15 boys – =1 <sup>st</sup> with 104 pts						
100m	2A	O Webber	12.4	4B	A Morter	14.2
200m	2A	O Webber	25.4			
400m	5A	N Burch	65.0			
800m	1A	N Burch	2.26.6			
1500m	1A	J Baslington	4.47.2	1B	J Millard	5.06.7
Hurdles	1A	B Kelk	13.1			
Highjump	1A	B Kelk	1.40			
Longjump	4A	O Webber	4.81	5B	A Morter	3.86
Shot	2A	J McGillivray	7.66	1B	S Bicknell	6.57

Discus	2A	J McGillivray	16.08				
Javelin	3A	S Bicknell	27.65	1B	A Morter	27.14	
Hammer	1A	J McGillivray	17.53				
4 x 100 relay	3A	Webber, Morter, Burch, Baslington				55.1	
Under 13 Boys – 1 <sup>st</sup> with 99 pts							
100m	2A	A Ette	15.0	2B	D Ebank	15.1	
200m	4A	D Ebank	32.2	3B	A Ette	31.1	
800m	1A	C McLaughlin	2.51.2	1B	K Dougherty	2.59.8	
1500m	2A	O Bass	5.14.2	1B	S Kennard	5.37.5	
Hurdles	1A	M Brewer	14.7	1B	T South	15.7	
Highjump	1A	M Brewer	1.30				
Longjump	4A	D Ebanks	3.95	2B	O Bass	3.81	
Shot	2A	O Bass	6.88				
Discus	1A	M Brewer	16.70				
4 x 100	1A	Ebanks, Ette, Brewer, South				59.4	
Senior Ladies - 2 <sup>nd</sup> with 129 pts							
100m	3A	K Motley	13.3	1B	O Millward	14.4	
200m	1A	I Asztalos	26.9	1B	G Coe	28.6	
300m (U17)	2A	V Asztalos	44.6	2B	B Burbridge	48.2	
400m	1A	I Asztalos	60.6				
800m	1A	G Coe	2.19.9	1B	E Schofield	2.20.2	
1500m	1A	J Lasenby	5.07.2	1B	H Belbin	5.23.7	
Hurdles (U17)	1A	V Asztalos	13.1				
100m Hurdles	1A	K Motley	16.5				
Highjump	3A	I Asztalos	1.25				
Longjump	2A	V Asztalos	4.48	3B	O Millward	3.70	
Shot	1A	A Forster	10.70	3B	R Sayer	5.47	
Discus	1A	A Forster	30.26				
Hammer	N/S	A Forster	36.23				
4 x 100	1A					53.5	
Under 15 Girls – 1 <sup>st</sup> with 114 pts							
100m	5A	J Corbett	14.4	3B	C Davidson	14.5	
	N/S	M Oliver	14.3	N/S	H Cox	14.6	
200m	4A	L Bass	28.9	3B	J Corbett	29.7	
	N/S	H Cox	30.8				
800m	2A	G Taylor	2.43.5	2B	E Currington	2.45.1	
1500m	4A	H Shepherd	6.17.9				
Hurdles	2A	L Bass	13.1	1B	C Davidson	13.2	
Highjump	3A	J Corbett	1.25	2B	I Gallucci	1.25	
Longjump	2A	L Sammout	4.53	1B	I Gallucci	4.05	
Shot	2A	L Sammout	8.46	1B	H Sayer	7.06	
Discus	1A	L Sammout	25.95	4B	H Sayer	10.23	
Javelin	1A	E Woodroffe	22.58	2B	I Gallucci	18.06	
4 x 100	1A					55.2	
Under 13 Girls - 2 <sup>nd</sup> with 95 pts							
100m	4A	J Powell	15.0	1B	G Bristow	14.5	
	N/S	J Kent	16.8	N/S	M George	15.5	
	N/S	E Roberts	16.9	N/S	M Oliver	17.9	
200m	6A	M George	32.2	1B	C Asztalos	30.1	
	N/S	E Roberts	35.4				
800m	4A	R Davidson	3.15.8				
1500m	4A	S Rowe	6.54.4				
Hurdles	1A	C Asztalos	11.8	1B	G Bristow	12.7	
Highjump	2A	S Rowe	1.20	2B	J Powell	1.20	
Longjump	3A	C Asztalos	3.88	4B	J Kent	3.36	
Shot	1A	E Roberts	6.18	1B	G Bristow	5.81	
Discus	2A	R Davidson	9.25				
Javelin	3A	S Rowe	9.39				

4 x 100	1A						58.3
Under 11 Girls							
Katriona Bass	Longjump	2 <sup>nd</sup>	3.11,	80m	2 <sup>nd</sup>	13.1,	600m 1 <sup>st</sup> 2.10.6
<b>Eastern veterans league – June 7<sup>th</sup> At Milton Keynes</b>							
Men							
200m	M50	4 <sup>th</sup>	N Moss	31.2			
800m	M40	4 <sup>th</sup>	D Bowker	2.22.7			
3000m	M40	3 <sup>rd</sup>	M Chaplin	11.08.7	N/S	D Bowker	10.20.3
1mile walk	M60	3 <sup>rd</sup>	P Howard	10.02.7	M50	2 <sup>nd</sup>	N Burch
			7.50.8				
Polevault	M50	2 <sup>nd</sup>	N Moss	2.40			
Triplejp	M50	4 <sup>th</sup>	N Burch	6.23			
Discus	M40	4 <sup>th</sup>	D Bowker	14.4	M50	1 <sup>st</sup>	P Bramford 31.19
			N/S M50	F Martin	18.76	N/S M35	G Parsons 37.55
Javelin	M40	4 <sup>th</sup>	D Bowker	19.97	M60	3 <sup>rd</sup>	F Martin 16.41
					N/S	M35	G Parsons 37.07
Women							
200m	W55	3 <sup>rd</sup>	M Holmes	40.1			
800m	W35	2 <sup>nd</sup>	J Herron	2.46.3	W45	3rd	S Barnett 3.04.7
3000m	W55	3 <sup>rd</sup>	M Holmes	15.48.0			
Triplejp	W55	2 <sup>nd</sup>	M Holmes	5.97			
Discus	W45	1 <sup>st</sup>	R Martin	25.26			
Javelin	W45	4 <sup>th</sup>	R Martin	12.58			
<b>St marvs Twickenham – June 7<sup>th</sup></b>							
Womens 3000m	H Tobin (2 <sup>nd</sup> Claim)			9 <sup>th</sup>		9.43.57	
<b>Watford Open and BMC races – June 10<sup>th</sup></b>							
BMC 800m	L Dowsett			U17	2 <sup>nd</sup>	2.08.97	
<b>Cambridgeshire Schools – June 10<sup>th</sup> at Cambridge</b>							
Under 15 Girls							
100m		3 <sup>rd</sup>	D Gul	14.0			
800m		6 <sup>th</sup>	E Taylor	2.47.1			
Hurdles		2 <sup>nd</sup>	L Bass	12.7	3 <sup>rd</sup>	K Davidson	13.5
Longjump		1 <sup>st</sup>	L Sammout	4.72			
Discus		1 <sup>st</sup>	L Sammout	22.89			
Javelin		1 <sup>st</sup>	L May	25.75	2 <sup>nd</sup>	E Woodroffe	24.32
Under 17 Women							
100m		5 <sup>th</sup>	S Rogan	14.5	6 <sup>th</sup>	O Millward	14.8
200m		4 <sup>th</sup>	E Clements	30.7			
300m		6 <sup>th</sup>	E Clements	48.1			
800m		1 <sup>st</sup>	H Arbuckle	2.16.5	3 <sup>rd</sup>	G Coe	2.22.5
1500m		2 <sup>nd</sup>	R Burbridge	5.08.1			
Hurdles		1 <sup>st</sup>	V Asztalos	14.1			
Longjump		1 <sup>st</sup>	V Asztalos	4.70			
Shot		1 <sup>st</sup>	A Forster	11.11			
Discus		1 <sup>st</sup>	A Forster	31.53	2 <sup>nd</sup>	S Cracknell	24.22
Hammer		1 <sup>st</sup>	A Forster	31.79			
Relay		2 <sup>nd</sup>	Rogan, Millward, Asztalos, Clements				54.7
Under 20 Women							
100m		1 <sup>st</sup>	K Motley	13.8			
200m		1 <sup>st</sup>	D Smith	27.9			
400m		1 <sup>st</sup>	I Asztalos	59.7			
800m		1 <sup>st</sup>	E Schofield	2.19.5			
Hurdles		2 <sup>nd</sup>	K Motley	17.9			
Triplejump		2 <sup>nd</sup>	K Motley		9.34		
Under 15 Boys							
200m		3 <sup>rd</sup>	J Mandley	26.0	4 <sup>th</sup>	D Scott-Lintott	26.7
400m		1 <sup>st</sup>	J Mandley	56.8			
1500m		2 <sup>nd</sup>	J Baslington	4.49.2			

Hurdles	1 <sup>st</sup>	J Lines	12.5	3 <sup>rd</sup>	B Kelk	13.4
Highjump	6 <sup>th</sup>	B kelk	1.40			
Under 17 men						
100m	2 <sup>nd</sup>	C Morter	12.0	3 <sup>rd</sup>	J Baxter	12.2
200m	2 <sup>nd</sup>	N Massey	24.5			
400m	3 <sup>rd</sup>	S Goldfinch	57.9			
800m	5 <sup>th</sup>	J Jamieson	2.19.0			
1500m	2 <sup>nd</sup>	W Mycroft	4.31.9	3 <sup>rd</sup>	E Louth	4.33.0
Hurdles	3 <sup>rd</sup>	D Graver	16.2			
Longjump	2 <sup>nd</sup>	S Richards	5.84	3 <sup>rd</sup>	R Oppong-Konadu	5.46
Under 20 men						
100m	2 <sup>nd</sup>	J Abbot-Gribben	12.2			
800m	1 <sup>st</sup>	E Aston	1.59.8	4 <sup>th</sup>	M Bell	2.08.4
110m Hurdles	1 <sup>st</sup>	J Markley	17.9	2 <sup>nd</sup>	J Huddleston	18.2
400 Hurdles	1 <sup>st</sup>	J Huddleston	62.1			
Longjump	2 <sup>nd</sup>	M Riches	5.53			
Triplejump	1 <sup>st</sup>	M Riches		11.90		
Shot	3 <sup>rd</sup>	S Fisher	11.47			
Discus	2 <sup>nd</sup>	S Fisher	32.45			
Hammer	1 <sup>st</sup>	S Fisher	26.25			

**Spar Sprints Initiative – BIG 2006 – 11<sup>th</sup> June**

100m	U17 men	5 <sup>th</sup>	C Morter	11.83 (11.8 2h)	6 <sup>th</sup>	J Baxter	12.12 (11.84 4h)
------	---------	-----------------	----------	-----------------	-----------------	----------	------------------

**EVAC Championships – June 11<sup>th</sup> at Milton Keynes**

M45	5000m	3 <sup>rd</sup>	M Chaplin	19.32.7				
M55	Shot	5 <sup>th</sup>	P Bramford	9.55	Discus	3 <sup>rd</sup>	P Bramford	32.24
	Javelin	2 <sup>nd</sup>	P Bramford	33.32				
W45	400m	1 <sup>st</sup>	J Lasenby	66.1	800m	1 <sup>st</sup>	J Lasenby	2.35.8
	Javelin	2 <sup>nd</sup>	C Morris	27.57				
W55	800m	1 <sup>st</sup>	S Barnett	3.04.6				
	Shot	1 <sup>st</sup>	R Martin	9.28	Discus	1 <sup>st</sup>	R Martin	24.59
	Hammer	2 <sup>nd</sup>	R Martin	28.92				
W65	400m	2 <sup>nd</sup>	M Holmes	85.5	800m	1 <sup>st</sup>	M Holmes	3.32.6
	Javelin	1 <sup>st</sup>	M Holmes	19.00				

**Cambs AA Evening Devt meeting – St Ives - June 14<sup>th</sup>**

100m Graded Rd 1	3 <sup>rd</sup>	C Morter	U17	11.5	4 <sup>th</sup>	L Crabb	U17	11.5
	5 <sup>th</sup>	J Godden	U20	11.7	6 <sup>th</sup>	P Dufner	SM	11.8
	8 <sup>th</sup>	J Huckle	SM	12.1	24 <sup>th</sup>	L Sammout	U15G	14.2
	27 <sup>th</sup>	G Bristow	U13G	14.4				
100m graded Rd 2	2 <sup>nd</sup>	L Crabb	U17	11.4	3 <sup>rd</sup>	C Morter	U17	11.5
	4 <sup>th</sup>	J Godden	U20	11.6	6 <sup>th</sup>	P Dufner	SM	11.8
	8 <sup>th</sup>	J Huckle	SM	12.2	19 <sup>th</sup>	G Bristow	U13G	14.4
1500m graded	2 <sup>nd</sup>	M Salt	SM	4.21.0				
Discus	U15Boys	J McGillivray		18.75	U15 Girls	L Sammout		24.23
	U17 men	S Fisher		30.52	Sen Men	G Parsons		39.64
Javelin	U15 Boys	A Morter		29.22		S Bicknell		26.95
	U15 Girls	E Woodroffe		24.70	Sen Men	G Parsons		36.45
Longjump	U13 Girls	G Bristow		3.39	U15 Girls	L Sammout		4.54
	U17 Men	S Richards		5.94	Sen Men	J Huckle		5.36

**National Junior League at Ipswich on June 11<sup>th</sup>**

Men	100m	2A	R Noray	11.5
	Shot	1B	S Fisher	12.16
Women	400m	2A	I Asztalos	58.7
	1500m	1A	R Burbridge	4.49.4

**Anglian Schools – Boston - June 17<sup>th</sup>**

Under 20 Men				
100m	6 <sup>th</sup>	J Abbott-Gribben	11.7	
200m	7 <sup>th</sup>	J Godden	23.9	
1500m	3 <sup>rd</sup>	R Kreetzer	4.16.1	

110 hurdles	5 <sup>th</sup>	J Huddleston	17.7									
400m Hurdles	3 <sup>rd</sup>	J Huddleston	61.1									
Under 17 Men												
100m	8 <sup>th</sup>	J Baxter	12.0									
1500m	8 <sup>th</sup>	W Mycroft	4.26.6									
Longjump	4 <sup>th</sup>	S Richards	5.78									
Under 15 Boys												
400m	3 <sup>rd</sup>	J Mandley	55.3									
1500m	8 <sup>th</sup>	J Baslington	4.36.2									
80m hurdles	2 <sup>nd</sup>	J Lines	11.9									
Under 20 Women												
100m	3 <sup>rd</sup>	K Motley	12.9									
400m	1 <sup>st</sup>	I Asztalos	59.0									
800m	2 <sup>nd</sup>	E Schofield	2.17.6									
100m Hurdles	1 <sup>st</sup>	K Motley	15.2									
Triplejump	2 <sup>nd</sup>	K Motley	10.15									
Under 17 Women												
800m	1 <sup>st</sup>	L Dowsett	2.11.9	3 <sup>rd</sup>	H Arbuckle	2.15.6						
1500m	3 <sup>rd</sup>	G Coe	4.47.4									
Shot	1 <sup>st</sup>	A Forster	11.37									
Discus	3 <sup>rd</sup>	S Cracknell	23.99									
Hammer	1 <sup>st</sup>	A Forster	35.89									
Under 15 girls												
75m Hurdles	2 <sup>nd</sup>	L Bass	12.1									
Longjump	5 <sup>th</sup>	L Sammout	4.62									
Discus	2 <sup>nd</sup>	L Sammout	23.17									
Javelin	5 <sup>th</sup>	E Woodroffe	25.18	7 <sup>th</sup>	LMay	23.57						
<b>Eastern Young athletes league at Thurrock on June 18<sup>th</sup></b>												
Match Res -	1 <sup>st</sup>	Southend 572,	2 <sup>nd</sup>	C&C 519,	3 <sup>rd</sup>	West Suffolk 352,	4 <sup>th</sup>	Thurrock 330,	5 <sup>th</sup>	Colch & Tend. 312,	6 <sup>th</sup>	
		Harlow 260,	7 <sup>th</sup>	Barnet 178								
Men Under 17	(=1 <sup>st</sup> 92 pts)											
100m	2A	R Noray	11.9	1B	L Crabb	12.1						
	N/S	L Tucker	13.1									
200m	2A	R Noray	23.3	1B	L Crabb	24.0						
400m	1A	T Kelk	54.4									
800m	3A	W Mycroft	2.14.0									
Hurdles	2A	T Kelk	17.9									
Longjump	5A	S Whittaker	5.53	2B	L Tucker	5.76						
Highjump	4A	S Whittaker	1.50									
Triplejump	1A	S Whittaker	11.32	1B	L Tucker							
	10.??											
Shot	5A	W Mycroft	7.23									
Javelin	3A	T Kelk	32.22	2B	W Mycroft	13.50						
4 x 100	1A	Noray, Crabb, Kelk, Tucker				46.0						
Boys Under 15	(2 <sup>nd</sup> 103 pts)											
100m	6A	A Morter	14.5	4B	T Butler	14.5						
200m				3B	M Herring	28.3						
400m	5A	M Herring	64.8									
800m	3A	T Higon	2.27.4	1B	B Kelk	2.32.1						
1500m	3A	J Baslington	4.44.8	3B	N Burch	4.59.0						
Hurdles	2A	T Higon	12.8	1B	B Kelk	13.1						
Longjump	5A	T Butler	3.96	5B	A Morter	3.60						
Highjump	2A	T Higon	1.55	3B	B Kelk	1.30						
Shot	3A	J McGillivray	7.95	2B	S Bicknell	5.93						
Discus	3A	J McGillivray	19.26									
Javelin	1A	A Morter	31.36	1B	S Bicknell	25.82						
	N/S	J McGillivray	13.34									
4 x 100	2A					54.9						

Boys Under 13	(3 <sup>rd</sup> 88pts)					
100m	7A	J Vane	16.1	2B	C Deane	14.9
	N/S	213	18.5			
200m	6A	D Ebanks	32.7	6B	R Harvey	36.1
800m	4A	C McLaughlin	2.44.1	1B	O Bass	2.36.1
1500m	4A	J Vane	6.10.3	3B	R Harvey	6.46.5
Hurdles	3A	C McLaughlin	15.8	3B	R Harvey	17.4
Longjump	3A	D Ebanks	3.82	2B	C Ennis	3.70
Highjump	3A	C Ennis	1.10	2B	J Vane	1.05
Shot	3A	O Bass	6.84	4B	C Deane	4.89
Discus	3A	C Deane	10.13	2B	C McLaughlin	7.70
4 x 100	3A		59.4	N/S	66.3	N/S 66.7
Under 17 Ladies	(5 <sup>th</sup> – 13 pts)					
800m	1A	G Coe	2.17.5			
1500m	2A	R Burbridge	5.21.5			
Under 15 Girls	(1 <sup>st</sup> – 127 pts)					
100m	5A	H Cox	14.8	2B	C Davidson	14.4
200m	4A	L Bass	30.0	2B	H Cox	32.6
300m	3A	E Kier	48.2	1B	Z Kier	47.6
	N/S	H Cox	51.8			
800m	1A	E Kier	2.32.3	1B	E Taylor	2.45.6
Hurdles	1A	L Bass	12.3	2B	C Davidson	13.0
Longjump	2A	L Sammout	4.58	2B	I Gallucci	4.15
Highjump	2A	Z Kier	1.45	1B	I Gallucci	1.35
Shot	4A	L Sammout	7.70	1B	H Sayer	7.21
Discus	2A	L Sammout	20.51	1B	H Sayer	16.50
Javelin	1A	E Woodroffe	24.34	2B	I Gallucci	13.61
4 x 100 relay	1A	Bass, Cox, Davidson, Sammout				55.6
Girls Under 13	(1 <sup>st</sup> 96 pts)					
100m	4A	J Powell	14.7	5B	G Bristow	15.1
	N/S	S Graham	16.1	N/S	C Heinz	17.1
	N/S	M George	15.5	N/S	A Crabb	17.1
	N/S	K Bass	17.6	N/S	S Udin	16.9
	N/S	E Emond	18.7			
200m	3A	J Powell	30.2	2B	C Aszталos	30.7
	N/S	G Bristow	31.7	N/S	M George	33.2
800m	4A	V Free	3.15.8	3B	R Davidson	3.19.7
1500m	3A	L Gillie-andrews	6.02.8	1B	C Heinz	6.26.3
Hurdles	1A	C Aszталos	12.0	1B	G Bristow	12.5
Longjump	2A	C Aszталos	3.86	4B	J Powell	3.54
	N/S	A Crabb	3.24	N/S	S Graham	2.99
	N/S	C Paul	2.80	N/S	C Heinz	2.97
	N/S	E Emond	2.29			
Highjump	3A	S Udin	1.10	2A	V Free	1.10
	N/S	R Davidson	1.05			
Shot	6A	C Paul	5.38	4B	S Graham	3.97
Discus	3A	S Udin	12.57	2B	R Davidson	10.10
	N/S	C Paul	10.95			
4 x 100 relay	3A		59.1	N/S		62.9

#### **BMAF Weight pentathlon – Milton Keynes – June 18<sup>th</sup>**

M55 P Bramford SP 8.92, DT 34.06, JT 34.06

#### **SEAA Championships – June 17<sup>th</sup>/18<sup>th</sup> at Crvstal Palace**

U20 Men 100m 5ht J Abbott-Gribben 11.87

U20 Men 110hds 3<sup>rd</sup> J Markley 15.32 (15.50 in hts)

U20 Women 100n hds 5<sup>th</sup> K Motley 15.50 (15.97 in hts)

#### **BMC Nike Grand Prix – Solihull June 24<sup>th</sup>**

800m U17Women G Coe 2.16.83

#### **East Anglian league at Cambridge – June 26<sup>th</sup>**

#### **Overall match – 1<sup>st</sup>**

#### **Senior Men - 2<sup>nd</sup> with 154pts**

100m	1A	J Abbott-Gribben	11.9	1B	J Huckle	12.4
200m	3A	J Huddleston	25.7	2B	J Brennand	
			28.7			
400m	3A	D Potts	52.4	2B	O Francis	53.3
800m	2A	N Beer	2.01.1	2B	R Kretzer	2.03.7
	N/S	R Lasenby	2.06.2	N/S	M Bell	2.07.6
3000m	4A	B Corbett	11.44.8			
Hurdles	2A	J Huddleston	18.9			
Longjump	2A	J Abbott-Gribben	5.98	1B	J Huckle	5.56
	N/S	J Brennand		5.29		
Triplejump		A J Huckle			B J Brennand	
Highjump	4A	J Brennand		1.00	2B N Burch	
			1.00			
Shot	1A	G Parsons	12.23	1B	S Fisher	10.93
	N/S	P Bramford	8.76	N/S	A McGillivray	7.55
Discus	1A	G Parsons	39.66	1B	S Fisher	28.39
	N/S	P Bramford	26.12	N/S	A McGillivray	18.77
Javelin	2A	G Parsons	38.55	2B	P Bramford	31.91
	N/S	A McGillivray				
Hammer	1A	G Parsons	41.02	1B	A McGillivray	19.68
	N/S	S Fisher	25.12	N/S	P Bramford	20.58
4 x 100 relay	2A					56.2
Under 17 Men – 2 <sup>nd</sup> with 42pts						
100m	2A	L Crabb	11.9	1B	C Morter	12.0
200m	1A	L Crabb	23.0			
800m	3A	J Jamieson	2.12.0			
1500m	3A	W Mycroft	4.34.5			
Shot	1A	W Mycroft	7.42			
Javelin	3A	C Morter	35.81			
Under 15 boys - =3 <sup>rd</sup> with 99 points						
100m	6A	A Morter	14.9	4B	M Herring	14.2
	N/S	B Kelk	13.7			
200m	6A	M Herring	28.9			
400m	3A	N Burch	64.6	3B	M Herring	65.2
800m	4A	N Burch	2.23.4	3B	T Spry	2.35.9
1500m	1A	J Baslington	4.36.8	2B	J Millard	5.03.4
Hurdles	1A	J Lines	12.3	1B	B Kelk	12.9
	N/S	T Spry	17.2			
Highjump	3A	B Kelk	1.40			
Longjump	5A	S Bristow	3.96	4B	A Morter	3.64
Shot	4A	M Lawrence	9.91	3B	J McGillivray	7.19
	N/S	S Bicknell	6.34	N/S	S Bristow	6.79
Discus	4A	J McGillivray	20.25			
Javelin	?A	A Morter	??	2B	S Bicknell	24.77
Hammer	2A	J McGillivray	18.34			
4 x 100 relay	3A					57.8
Under 13 Boys – 3 <sup>rd</sup> with 101 points						
100m	4A	D Ebank	16.0	2B	A Ette	15.2
200m	5A	A Tapley	31.0	2B	D Ebank	30.9
	N/S	C McLaughlin	31.1	N/S	C Huntingdon	32.7
800m	1A	C McLaughlin	2.37.4	2B	T Carruthers	2.47.0
	N/S	L Baldwin	2.42.3	N/S	A Tapley	2.48.9
	N/S	C Abbott	3.02.5	N/S	S Syzmanski	3.07.1
1500m	2A	S Kennard	5.31.2	1B	??	5.37.4
Hurdles	4A	L Baldwin	17.8	3B	C Ennis	17.9
Longjump	3A	O Bass	3.96	3B	D Ebank	3.75

Highjump	N/S	C Ennis	2.66					M/S	K Jayyousi	17.4	N/S	E Roberts		
Shot	2A	O Bass	7.12	3B	A Ette	3.90		17.6						
Discus	4A	R Backhurst	13.13					200m	4A	C Asztalos	30.1	2B	G Bristow	30.1
Javelin	1A	C Huntingdon	28.15	N/S	R Backhurst	13.62			N/S	A Hall	30.8	N/S	A Crabb	34.5
4 x 100	3A					59.7			N/S	E Roberts	35.7	N/S	K Jayyousi	
Under 11 Boys								36.5						
80m	N/S	J Tapley	14.0	N/S	W Cox	14.7		800m	4A	Jaz Corbett		3.00.6	4B	R Davidson
	N/S	K Gillie-Andrews	15.1					3.16.6						
600m	N/S	J Tapley	2.14.3						N/S	E Emond	3.29.8			
Longjump	N/S	J Tapley	2.89	N/S	W Cox	2.79		1500m	2A	L Gillie-Andrews	5.46.8	1B	J Richards	6.35.3
	N/S	K Gillie-Andrews	2.70					Hurdles	1A	C Asztalos	11.9	1B	G Bristow	12.3
Senior Ladies - 1 <sup>st</sup> 136 points									N/S	E Roberts	14.0			
100m	2A	K Motley	13.6	1B	A Forster	13.6		Highjump	3A	J Corbett	1.20	2B	J Kent	1.10
200m	6A	I Asztalos	30.5						N/S	R Davidson	1.15			
300m U17's	1A	V Asztalos	45.0	1B	E Bicknell	47.7		Longjump	3A	C Asztalos	3.97	3B	J Richards	3.52
	N/S	C White	51.8						N/S	J Kent	3.43			
400m	2A	E Schofield	61.9	1B	J Lasenby	68.7		Shot	4A	E Roberts	5.95	2B	C Paul	5.09
800m	1A	E Schofield	2.19.8	1B	J Lasenby	2.27.5		Discus	3A	C Paul	9.39			
1500m	2A	E Kreetzer	5.05.3	1B	R Burbridge	5.08.4		Javelin	1A	A Midgley	19.29			
100m hurdles	1A	K Motley	15.7					4 x 100	5A					59.7
80m Hurdles (U17)	1A	V Asztalos	13.2					Under 11 Girls						
Longjump	2A	O Morten	4.80		V Asztalos	4.79		80m	N/S	K Bass	13.6	N/S	O Abbott	13.6
Triplejump	4A	K Motley	9.67	1B					N/S	V Backhurst	15.2			
Shot	1A	A Forster	11.09	3B	R Sayer	5.56		600m	N/S	K Bass	2.11.6	N/S	O Abbott	2.19.3
	N/S	R Martin	7.71						N/S	V Backhurst	2.28.0			
Discus	1A	A Forster	25.50	1B	E Schofield	16.72		Longjump	N/S	K Bass	2.60			
Javelin	4A	??	11.42											
Hammer	N/S	A Forster	30.78	N/S	R Martin	22.44								
4 x 100	2A					54.7								
Under 15 Girls - 1 <sup>st</sup> 112 points														
100m	5A	K Ewers	14.4	3B	Jen Corbett									
	14.5													
	N/S	I Gallucci	15.1	N/S	H Cox	14.6								
	N/S	Z Kier	14.6											
200m	3A	L Bass	29.0	2B	J Corbett	29.6								
	N/S	Z Kier	29.8	N/S	R Cormack	31.4								
	N/S	E Taylor	31.8	N/S	H Cox	31.2								
800m	4A	E Taylor	2.49.4	4B	E Currington	2.50.9								
	N/S	E Sayers	2.39.7	N/S	N Richards									
	3.15.5													
1500m	2A	E Kier	5.14.0	2B	O Mathewson	6.17.4								
Hurdles	2A	L Bass	12.3	1B	C Davidson	12.9								
	N/S	A Knightley	13.7	N/S	I Gallucci	14.0								
Highjump	2A	Z Kier	1.45	1B	I Gallucci	1.35								
	N/S	E Sayers	1.35	N/S	J Corbett	1.30								
Longjump	3A	L Sammout	4.48	2B	K Ewers	4.43								
	N/S	A Knightley	3.86											
Shot	2A	L Sammout	8.46	1B	H Sayer	6.98								
	N/S	L May	6.88											
Discus	3A	H Sayer	17.66											
	N/S	E Currington	12.84	N/S	L May	17.01								
Javelin	1A	L May	25.16	1B	E Woodroffe	22.29								
	N/S	I Gallucci	12.29											
Hammer	N/S	H Sayer	32.35											
4 x 100	4A					55.2								
Under 13 Girls - 1 <sup>st</sup> 100 points														
100m	5A	G Bristow	14.2	1B	A Midgley	14.9								

### Officials Training

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. The current system of qualification by a short (and easy) exam paper, will end at the end of 2006 and be replaced by a lengthier route of mentored experience. Anyone wishing to take advantage of the final possibility to qualify by the exam route should contact me quickly. We do arrange a training session on the relevant rules etc so that you have all the information necessary.

### Multievents championships

The eastern Counties Multievents championships will be held on September 24<sup>th</sup> at Peterborough and will include the Cambridgeshire and C&C championships. Award of the C&C T&F champion trophies in each age-group at the AGM will be based primarily on the Multievents results. Entry forms are enclosed for those who may be interested. If you want one and haven't got one, ring or e-mail Noel (see useful contacts list).

C&C give medals for first three in each age-group and so do Cambridgeshire AA and the Eastern AA. C&C athletes should enter C&C, Cambs AA and EAA championships – only one fee for all three.

The Event will comprise :

EASTERN ATHLETIC ASSOCIATION CHAMPIONSHIP	- (All age groups)
CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS	- (All age groups)
SUFFOLK COUNTY CHAMPIONSHIPS	- (All age groups)
NORFOLK COUNTY CHAMPIONSHIPS	- (All age groups)
PETERBOROUGH ATHLETIC CLUB CHAMPIONSHIPS	- (All age Groups)
CAMBRIDGE & COLERIDGE CLUB CHAMPIONSHIPS	- (All age Groups)
WEST SUFFOLK ATHLETIC CLUB CHAMPIONSHIPS	- (All age Groups)



<b>Pentathlon</b>	<b>Under 20 &amp; Senior Men</b>	LJ	JAV	200m	Discus	1500m
<b>Pentathlon</b>	<b>Men Under 17</b>	LJ	JAV	200m	Discus	1500m
<b>Pentathlon</b>	<b>Boys Under 15</b>	80mH	Shot	LJ	HJ	800m
<b>Minithon</b>	<b>Boys Under 13</b>	One Throw, Jump and Track Event				
<b>Pentathlon</b>	<b>Senior Women</b>	100mH	Shot	HJ	LJ	800m
<b>Pentathlon</b>	<b>Women Under 17</b>	80mH	Shot	HJ	LJ	800m
<b>Pentathlon</b>	<b>Girls Under 15</b>	LJ	75mH	Shot	HJ	800m
<b>Minithon</b>	<b>Girls Under 13</b>	One Throw, Jump and Track Event				

**Entry Fees:**                    £3.50 Minithons                    £4.50 Pentathlons

**Entry forms:**

**With the correct Entry Fee, should be returned by Saturday 9<sup>th</sup> September 2006 to:**

**Mrs C Baker, Conesford, Post Office Lane, Weston Longville, Norwich, NR9 5JX**

(not to anyone at C&C)

All cheques payable to 'Eastern Athletic Association', S.A.E. to be enclosed if acknowledgement/timetable is required.

Club Vests must be worn.

Athletes must register by 10.00am for 10.30am start. Registration opens at 9.30am.

Personal throwing equipment to be handed in for checking by 10.00am.

Competitors must wear numbers allocated and must not be folded or defaced.

All appropriate sections of the entry form must be completed.