

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - September 2006

45TH ANNUAL GENERAL MEETING 20TH NOVEMBER 2006 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 20TH OCTOBER

IMMINENT FIXTURES

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

Oct 1 st	Gt Abington 10k	Gt Abington	All over 16
Oct 8 th	Ryston XC Grand prix	Ryston	All
Oct 8 th	Frostbite league	St Neots	All
Oct 15 th	Great Eastern Half Marathon	Peterborough	All over 16
Oct 22 nd	Sunday league XC (Senior/U20 races only)	Broxbourne	All over 16
Oct 21 st	AAA 4 Stage and 6 stage road relays	Sutton Park	Seniors
Oct 22 nd	Young athletes Road Relays	Sutton Park	Under 17's
Oct 22 nd	Amphill Trophy Cross Country	Amphill	All
Oct 29 th	Fenland 10	??	All over 16
Nov 5 th	SEAA Half Marathon Champs	Stevenage	All over 16
Nov 12 th	Ryston XC Grand prix	Ryston	All
Nov 12 th	Frostbite League	Bushfield (P'bro)	All
Nov 19 th	Sunday league XC (Senior/U20 races only)	Welwyn	All over 16
Nov 19 th	Bishops Stortford 10k	Stortford	All over 16
Nov 19 th	St Neots Riverside Half Marathon	St Neots	Seniors
Nov 26 th	Hereward relays	Peterborough	All over 16
Dec 9 th	SEAA Intercountries	Parl. Hill	County select
Dec 10 th	Frostbite League	TBC	All
Dec 10 th	Sunday league XC (Senior/U20 races only)	Southgate	All over 16
Dec 17 th	Ryston XC Grand prix	Ryston	All
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16

WINTER TRAINING - STARTS ON 25th SEPT - SEE DETAILS ON PAGE 2

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

*****Winter training starts on September 25th*****

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 2007 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 - 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 14 and over on 31st August 2007, or by special invitation).

Plus Middle and Long Distance running.

Saturdays - 10.30 - 12.00am Wilberforce Rd - Sprints, Throws, Jumps, Middle Distance – open to 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, Richard, David.

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

Chairman's chatter

The Annual General Meeting is coming up on 20th November and the agenda is included in this newsletter. The AGM is an opportunity to discuss the way the club is going and any new directions we should take. It also enables us to celebrate some of the excellent performances of fellow members through the presentation of awards. Please participate in it if you can.

Nominations for the committee must be notified to Mary Holmes, the committee secretary, at least 14 days before the AGM (i.e. by Monday 6th November) and any proposed changes to club rules at least 28 days before the meeting (i.e. Monday 23rd October).

Neil

AGM Agenda - November 20th at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 21st November 2005

Matters arising from the minutes

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

Other items to report

Subscriptions 2007

Election of officers and committee 2007

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

Nominations for President, Chairman, and Treasurer must be received by 20th 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 44th Annual General Meeting held on Monday, 21 November, 2005 at Wilberforce Road.

Present: Barry Wallman (President), Neil Costello (Chairman) and 79 members.

Apologies for Absence: Nigel Burch, Peter Chaplin, Jen Ives, Joan Lazenby, Anne Negus, Mr Thurley, Hilary Vogel and Mike Vogel

1. The Minutes of the AGM held on 22 November, 2004 were approved. Proposed by Noel Moss and seconded by Glyn Smith.

2. Matters Arising from the Minutes. There were no matters arising from the Minutes.

3. Chairman's Report.

The chairman, Neil Costello, reported that the Club had had a very successful year. Membership has risen to over 500. We now have a problem with capacity. Numbers at Monday training in the winter have been fixed because of lack of space and safety. The Club must consider arrangements for the summer. We do not have enough coaches or team managers. Neil finished by thanking all present helpers and coaches for their hard work.

4. Treasurer's Report

Copies of the Report were circulated to the Meeting. Nigel said that things were much better than expected so there was no need to increase the subscriptions this year. Carole Morris asked about the increase in transport costs. This was due to higher costs caused by the combined Southern Women's Team. This arrangement has now been cancelled so the problem will not arise again. Noel Moss suggested that the £15 left in the George Hibberd Memorial Fund be transferred to the general funds. This was agreed.

Neil Costello told the meeting about Sponsorship from RAF Careers. They are keen to help youngsters and are willing to give the club £700 a year for the next few years. Agreed to use this on payment for coaching courses.

5. Subscriptions There will be no increase in Subscriptions proposed this year.

6. Changes to the Club Constitution Neil Costello reported that the Club needed to formalize things that we have already adopted to keep in line with the UKA Equity and Welfare Policy in order to get Club Mark. This was proposed by Noel Moss and seconded by Barry Wallman.

7. Proposed Athletics Trust Fund An explanatory note about the proposed Trust Fund was circulated to the meeting. Neil explained about the large sum of money in the Investment Account. If we kept this in the account we would lose any possible Lottery or Council funding. Some of the money was left to us by a past member in his will and the rest was collected for a possible club house. As we no longer need a club house the Committee thought a Trust Fund for the benefit of athletics in the area would be a good idea. Mark Chaplin asked what advice had been taken about this, and if the objects were wide enough. Neil agreed that we would consider his suggestion and Nigel Poulter informed the meeting that we had consulted the Charity Commission and looked at other trust funds. The meeting agreed to move ahead with the Trust.

8. Elections of Officers

President - Barry Wallman agreed to carry on but would like to retire soon - proposed by Anna Bird and seconded by David Haylock.

Chairman - Neil Costello - proposed by Noel Moss and seconded by Ian McKay.

Treasurer - Nigel Poulter - proposed by Noel Moss and seconded by Ian McKay

Committee Secretary - Mary Holmes - proposed by David Haylock and seconded by Carole Morris

Team managers - Southern Men's League - Noel Moss Southern Women's League - Carl Woolf

East Anglian League - Noel Moss and Carl Woolf

Young Athletes League - Coordinator Anna Bird

Road Runners - Glyn Smith

Cross Country - John Kazer

Veterans - Carole Morris

Coaching Sec. - Nigel Burch

All were proposed by Barry Wallman and seconded by Ian McKay

Committee - 2 elected members - Ian McKay and James Brennand Proposed by Anna Bird and seconded by Glyn Smith.

9. Presentation of Track and Field Trophies

The awards and certificates were presented by

the President, Barry Wallman

Seasons Best performance Trophies 2005

BP - The seasons	Tom Digney
BP Veteran	Takao Komatsu
BP Most Improved	Jen Ives
Simpson Trophy 400m	Lucy Dowsett
Senior Throw - Female	Alice Forster
Senior Throw male	Gary Parsons
Junior Throw	Lauren Sammout
Senior HJ	Tom Adams
Junior HJ	Isabella Gallucci
B P Longjump	Lauren Sammout
BP Short Hurdles BU13	Ben Kelk
BP Short Hurdles GU13	Csepi Asztalos
	Joint Catriona Davidson
	Joint Jon Baxter
BP 13 - 17 Hurdles male	

Track & Field champions 2005

Senior Men	Petr Steiner
Senior Female	No award
Junior (U20) male	James Huckle
Junior (U20) Female	No award
Veteran Men	Gerald Meah
Veteran Female	Mary Holmes
Under 17 men	James Godden
Under 17 Ladies	No award
Under 15 Boys	Stuart Goldfinch
Under 15 Girls	Olivia Milward
Under 13 Boys	Ben Kelk
Under 13 Girls	Lauren Sammout
Under 11 Boys	Sebastian Howarth
Under 11 Girls	Juliet Powell

BP 13-17 Hurdles female

Kim Motley

BP - sprints male

Jacob Mandley

BP - sprints female

Hannah Worsfold

BP - track >800m male

Ed Aston

BP - track >800m female

Lucy Dowsett

Peter Howard Marathon Trophy

Karen Thomas

League Trophies 2005

BP Vets league Male

Phil Bramford

BP Vet League Female

Carole Morris

Young Athlete W&C Female

Lee Smith

Male

Emma Bicknell

SWL Most helpful

James Markley

BP Male league

Lucy Dowsett

BP League Female

Martin Bell

SML Team Managers

Chris Morter

Anglian League Managers

None

9. Any other business

There was no further business so the President thanked everybody for coming and congratulated the award winners.

Clubmark

With the assistance of Richard Wheater, who is the Partnership Development Officer for athletics in Cambridgeshire, the club has become 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 had to complete a large file of documentation which demonstrated how we run the club, care for welfare and Child Protection issues, provide the accepted coach:athlete ratio for junior training etc. and also prove that enough of our coaches/helpers had attended courses on first aid, Child protection, Equity, Club management etc etc

Part of that is the need to have qualified and CRB checked coaches. We are fortunate that we are in quite a good position as a result of having been granted the funding from UKA and RAF Careers, to pay for coaching course attendance. We still need to get even more people qualified so if you/your parents are interested please let us know.

We also have to have a sizeable group of admin. staff on Monday nights, and parents of the attending athletes can help out on that one. Again please offer to help.

Do you hold a trophy from the 2005 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 2005, 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 – Friday 24th 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 members 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 of members are most welcome as well and age should not be viewed as a barrier to entry. We have had members up to age 80 running. It gives you a better appetite for lunch, so lets see you there this year.

See below for more details of the history of this race.

Road Running Bits

There has been yet another increase in the number of athlete/event entries this year, especially in the longer distance races.

In the Saffron Walden 5k Summer series, C&C led from the start and after three events were unbeatable, having won both Men and Womens sections of the first three races. In the final event the Men were 3rd and the team 2nd overall, but it didn't make any difference to the final result. C&C were clear winners of both Mens and Womens sections and Overall.

Well done everyone who contributed, and special thanks to Glynn for organising the participation. C&C had a good entry in the St Ives 10k and the Women finished 2nd team and the Men 5th team. Glyn was 1st M60 home and Emma Kreetzer was 2nd Female.

John Jenkins was 1st M55 home in the Stamford 10k.

The Marathon/Half Marathon season has now started with the Grunty Fen event, where Ellen Leggate made a stylish return after a break whilst having her first baby. Ellen won the Womens event by a significant margin. C&C Women were 2nd team. (Full results in the results section)

Cross Country

This year we have entered an additional cross country league for Seniors and Under 20's - The Hertfordshire based Sunday League (we understand that there are no U13/U15/U17 age-groups in this league but athletes aged 16 and over could run as under 20's). John Kazer is the contact for those who want to run. This league offers more conventional cross-country distances when compared to the Ryston Runners series. The intention is to try to grow the participation in cross-country racing, which has declined in the club in recent years. This has been due mainly due to the disappearance of the Icknield League, leaving us with no real cross-country league within sensible travelling distance. The Sunday League should re-dress this at least for the seniors.

We shall also participate as usual in the Ryston Runners Grand Prix series and in the multi-terrain Frostbite league. Both of these have races for the younger age-groups.

Fixtures 2006/2007

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

Oct 1 st	Gt Abington 10k	Gt Abington	All over 16
Oct 8 th	Ryston XC Grand prix	Ryston	All
Oct 8 th	Frostbite league	St Neots	All
Oct 15 th	Great Eastern Half Marathon	Peterborough	All over 16
Oct 22 nd	Sunday league XC (Senior/U20 races only)	Broxbourne	All over 16
Oct 21 st	AAA 4 Stage and 6 stage road relays	Sutton Park	Seniors
Oct 22 nd	Young athletes Road Relays	Sutton Park	Under 17's
Oct 22 nd	BUPA Great South Run	Portsmouth	All over 16
Oct 22 nd	Amphill Trophy Cross Country	Amphill	All
Oct 29 th	Fenland 10	??	All over 16
Nov 5 th	SEAA Half Marathon Champs	Stevenage	All over 16
Nov 12 th	Ryston XC Grand prix	Ryston	All
Nov 12 th	Frostbite League	Bushfield (P'bro)	All
Nov 19 th	Sunday league XC (Senior/U20 races only)	Welwyn	All over 16
Nov 19 th	Brighton 10k Road race inc SEAA 10k champ	Brighton	All over 16
Nov 19 th	Bishops Stortford 10k	Stortford	All over 16

Nov 19 th	St Neots Riverside Half Marathon	St Neots	Seniors
Nov 26 th	Hereward relays	Peterborough	All over 16
Dec 9 th	SEAA Intercounties	Parl. Hill	County select
Dec 10 th	Frostbite League	TBC	All
Dec 10 th	Sunday league XC (Senior/U20 races only)	Southgate	All over 16
Dec 17 th	Ryston XC Grand prix	Ryston	All
Dec 26 th	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	Ely 10k	Ely	All over 16
TBA	SEAA Indoor Championships	TBC	All over 12
Jan 14 th	Frostbite League	Ramsey	All
Jan 14 th	Ryston XC Grand prix	Ryston	All
TBA	SEAA Pentathlon Championships	TBC	All over 12
Jan 6 th or 7 th	Cambs AA Crosscountry Champs	St Neots	All
Jan 27 th	SEAA XC Championships	Holkham	All
Feb 4 th	Frostbite League	Bourne Woods	All
TBA	AAA Indoor Champonships	TBC	Qual. Std
Feb 18 th	ECAA Indoor Championships	Chelmsford	All
Feb 18 th	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Feb 18 th	Ryston XC Grand prix	Ryston	All
TBC	ECAA XC Championships	TBC	All
Feb 24 th	CAU Intercounties XC	Nottingham	County
select			
Feb 24/25 th	AAA Indoor under 20 Championships	Birmingham	Qualifying stds
TBC	National XC Championships	TBC	Club Teams
Mar 2 nd - 4 th	European Indoor Championships	Birmingham	Spectators
Mar 4 th	Frostbite League	Huntingdon	All
Mar 25 th	Ryston XC Grand prix	Ryston	All
Mar 25 th	Sunday league XC (Senior/U20 races only)	Watford	All over 16

At the time of printing the indoor fixture dates for Jan/Feb were not all available

Useful telephone numbers for winter 2006/7

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	AAA website	www.Englandathletics.org
UKA website	www.ukathletics.org.uk		
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 2006 Track and Field

Southern Men's League

After a first half of the season where the team was 4th, 2nd & 4th in the first three matches, the team finished 3rd at Ryston having been badly hit by the National Schools and the British Vets Championships (we even dragged Martin Graves back in the team for the three heavy throws). We still scored well on that match and it was a thrilling finish as C&C snatched 3rd place on the 4 x 400 relay.

In the fifth fixture at Reading the team finished 5th on a day when the match was hit by a torrential thunderstorm. It wasn't a case of C&C athletes doing badly – they all performed well, but the opposition were better. That left us with 12 match points and needing at least a 3rd to get safe. At Harrow, the team did just that, grabbing 3rd place (only just behind Ipswich who gained promotion) and everyone again did their best for the team. That left us with 15 points, and as we had also beaten and overtaken Aldershot, we thought we should be safe.

No such luck!. Somehow, three of the teams below us, pulled off freak wins, one of them on an away match against the 3rd placed club! The league table was very flat in the middle with 16 teams on 15, 16 or 17 match points. So the team ended in 21st place and 6 get relegated. No escape. Next seasons target must be to get straight back up again, but that's not so easy because only two teams are promoted from Div 3 North.

Southern Women's League

Not quite as good as last years result, but still in the upper middle of the Division – we seem to have a severe shortage of U17/U20/Senior athletes willing to compete and so the team is mainly in the Under 15's category. That means we can not score more than half points in most fixtures. The home match was the exception when the turn-out for the senior age-group was much better, and the team got a big points score, but one match doesn't make a summer season!

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 again this year, and both teams only just missed out, finishing 9th. Those that competed enjoyed themselves, some set the odd age-group best, and the social aspect was as good as usual.

East Anglian league

A good season overall. In the league we finished 1st in the under 15 Girls and won the trophy. We were 2nd in the U13 Boys, 3rd, Under 13 Girls, 4th in the Senior Men and the U17 Men, 5th in the Ladies, and 8th in the U15 Boys.

C&C were 3rd in the Overall League table behind Ipswich and Chelmsford, with that result being decided entirely on the final fixture when the three teams met (on the day when we had only 2 under 15 Boys available for the team)

All seven age-groups qualified for the finals, which were held at Bury St Edmunds on October 17th, but as you will see below, more support would have made it easier.

It was sometimes difficult to get even half a team of Under 17 Men or Under 15 Boys but response from the other age-groups was in general very good. Its not surprising for the Under 17 Men in the holiday season as there are not that many of them and most clubs struggle, but we were very surprised by the difficulty to field more than 2 under 15 Boys in the August match.

Because of the need to get this newsletter out before the start of winter training, the results of the final are not available at the time of printing. They will be in the December issue this year.

Eastern Young Athletes league

Yet another good season, finishing in 8th position (same as last year) and qualifying for the Plate final. Turn-out has generally been good with the exception of the under 17 Women, where it has again been disappointing. That has probably not been helped by the Team Cambridgeshire participation in the National Junior (Under 20's) league which allows high standard under 17's to compete.

In the Plate Final, C&C finished 4th overall, but won the Under 15 Girls and Under 17 Mens age-group trophy's. Well done to all the athletes and team managers.

There were quite a lot of seasons bests. Bravest athlete was Georgia Bristow in the under 13 girls, who took a very painful tumble in the hurdles (the first event), so she couldn't do her other individual events during the day, but insisted on doing the relay and helped the team to a first place in that event, despite her raw patches from the fall.

As usual this year the under 17 Womens age-group was very thin – a little disappointing because we have enough athletes, but we did field a relay team this time. The under 13 boys age-group was

hit by football – not really fair to the other athletes when we have spent all season qualifying for the final.

Some new club records (up to 10th September)

Congratulations go to the following:

Ed Aston	Under 20 men	800m	1.49.1
Gary Parsons	Veteran Men *	Discus	39.88
Gary Parsons	Veteran Men *	Shot	12.40
Gary Parsons	Veteran Men *	Hammer	41.02
Lauren Sammout	Under 15 Girls	Triplejump	9.95
Gabriella Abbott-Gribben	Under 15 Girls	Polevault	1.40
Hayley Sayer	Under 15 Girls	Hammer	32.51
Alice Forster	Under 17 Women	Hammer	38.29
Lucy Dowsett	Under 17 Women	800m	2.08.97
Lucy Dowsett	Under 17 Women	3000m	10.16.5
Alice Forster	Under 20 Women **	Hammer	36.98
Kim Motley	Under 20 Women	100m Hurdles	15.13
Lucy Dowsett	Under 20 Women **	800m	2.13.17
Lucy Dowsett	Under 20 Women **	3000m	10.18.2
Alice Forster	Senior Women ***	Hammer	38.11

* The veterans age-group for Men was lowered to 35 in 2006 to align with the Womens age.

** Set competing in an Under 20 Womens competition (National Junior League)

*** Set competing in a Senior Womens competition (Southern Womens League)

So tantalisingly close - Ed Aston unlucky by 0.1 secs

As you know from the previous Newsletter, Ed Aston has represented GB as an under 20 this year and has now done a 2nd International fixture.

He was 2nd at the AAA Under 20 Championships – which would have got him an automatic place in the Beijing U20 world Championships team if he had run below the qualifying standard.

The qualification standard set by UKA was 1.49.0, more than 1 second lower than the actual event qualification standard. Two people had got the standard before the AAA championships, and Ed beat one of them at the AAA's, but the race was not fast enough to get the qualification standard. UKA said that if Ed could get the standard time in the next week, he could have the team place, otherwise the guy he beat would go because he had already run the standard time.

Ed went to Watford the following Wednesday, and finished 2nd behind an Olympic semi-finalist in a time of 1.49.1 – so close, but not close enough, and unfortunately with windy weather on the following weekend, the deadline passed with Ed just 0.1 secs away from a place in Beijing.

The club would like to congratulate Ed and his coach Mike Smith, for getting so close, and we wish Ed every success in the future.

In the Inter-territorial Match at Abingdon on Sept 3rd, Ed again beat Mark Mitchell who was in the GB team in Beijing!

Will Clarke – European Triathlon success (and Rosie)

Many of the older athletes will know Will Clarke, who has been a club member for many years together with his sister Rosie. Will ran for the club initially at 1500m then 5000m, and has gradually developed his passion for Triathlon.

He has competed at World level in the Junior age-groups, and this has meant that he has not been so prominent at the club except during the Cross-country season, where he usually leads our team home.

It was good to hear on the news that he has just won the European Under 23 Triathlon title in September this year.

And that's not all – Will's sister Rosie finished 6th in the Under 23 Womens event, and she is still only 19.

Well done Will & Rosie – long may your success continue

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

We hope that the County will be running Sportshall Athletics competitions again during the winter season, and C&C hope to participate. Provisional dates are not yet available

The Cambridge 4 mile race to Trumpington War Memorial and back – A bit of history from Peter Chaplin

The Jim Black Cup. Jim Black – presented the cup for the 4 mile Race as a farewell gift when leaving for Africa in 1957 . A contemporary of Terry Fox ,Eddie Mortlock, and George Phipps and a rival of Bill Spratt, all vice presidents of the club during their lifetimes . He originated in ELY Joined Cambridge Town AC in 1950 worked at Whickham Brook as trainee farm manager. Left for Kenya in 1957 to work for the forestry commission in that country. From there he moved to Rhodesia when Kenya gained their independence. Once when returning home from leave in England , he was captured and held hostage by Mosambique rebels . It took the efforts of the government, prompted by Clement Freud, then M.P. for Ely to gain his release. It turned out that they had the wrong Black. Apparently there is or was a Sir James Black originating from Ely who was thought to be a man of some importance in Africa. Important enough to have a Road named after him in Ely. When Rhodesia became Malawi, Jim again moved finally to Swaziland, where he still lives. He returns to this country annually and still meets up with friends of his early athletic days. Jim was a good club runner being the first to break 20 minutes for the 4 mile race which then started from the top of Mill lane, up to the Trumpington Memorial and return. He was also capable of running the mile in around 4 mins 50sec, which was a good time round on a grass field or Cambridge Town football ground.

The Four mile Race itself goes back a lot further. (The four mile was a very popular distance at the turn of the 20th Century, so it is quite possible the club's race could be close on 100 years old !) The original course started outside a Public House, where else, called the Castle Inn, now the side entrance to the Guildhall in Guildhall Street off Petty Cury. Out onto Trumpington Street, up to the Trumpington War Memorial and return. There was a cup presented for this race, but the last that was heard of it was that it went to Bristol with a Mr. Taylor, and from there it disappeared. All attempts to trace it have been of no avail.

Hence the Jim Black Cup.

After the 1939-45 war the race was revived, with the first race in 1946. The race was shifted to the University Hare and Hounds H.Q. at the Anchor (another Public House) in Silver Street, with the start in Mill Lane, but still to the Trumpington War Memorial and return. The winner in those early days was George Phipps, who won the race no fewer than six times between 1946 and 1953, for some reason it was not run in 1950, or the results have been lost. Each year it was won in a faster time than the year before. Starting with 22min 54sec and improving to 21min 22sec. The next year George Clocked 21min 02sec, but only finished third to Jack Hobart, who won in 20 min 57/sec. (when I first met him Jack had taken up walking as his preferred athletic past time) . The first time 21 minutes was bettered. The next year, 1954 a new winner was to appear, by the name of Jim Smith. He was to set the record of 20 min 08 sec for the Mill lane start, as this was the last time the race was run from there.

In 1955 it moved with the Hare and Hounds to the Hockey Pavilion on Lammis land, (the nearest public house being the Red Bull in Barton Road. (In the 1960's this was to become the C & C A.C. Cross Country and Road Running H.Q. The Ickniel Cross Country League Shield, hung for a number of years just inside the door) . The start and finish now being at the end of Fen Causeway. Jim was to win the race nine times in the next twelve years, and in doing so, to take the time below 20 minutes. His fastest time being 19min 51sec in 1956 The only other runners to win were, Jim Black in 1955 in 20m 03s, Peter Chaplin in 1963 in 21m 05s, and Peter

Fuller in 1964 in 20m 35s. In each of those three years Jim Smith, for reasons best known to himself did not start !

Jim was a former cyclist, who decided to give running a try. It is said, that before he went public “, he took himself to the top of Madingley Hill, and timed himself between two miles stones on the St.Neots Road. From this he deduced he could take up running with some degree of success, which he duly did. Dominating the local running scene fo many years. Another story concerning his ability was the winning of the Cardington Ten mile organised by the RAF on the roads around the base. Because Jim did not take kindly to public transport, or private cars for that matter, cars and buses always made him sick . He cycled to Cardington, duly won the ten mile and then cycled back to Cambridge. Being a Navy man he might just have taken to swimming to become a Tri-athlete many years before such an athletic event appeared on the scene. He could certainly have been a good at the Duathlon.

Soon after I joined C&C he bought a second had Vespa (a small motorised Italian Scooter) , on which he travelled to away fixtures. I can see him now as we passed him in Bill Spratt's car, (Bill, Gez. Mould and Reg Hunneybell being the only three members of the club who owned cars, though Terry Fox did own a motor cycle and side car) , being lashed by the wind and rain as we overtook him on the way home from a Cross Country fixture at Stevenage

In the early 1960's an additional race was added to the club calendar, a Boxing Day 4 mile Sealed Handicap. It was at this fixture, in 1965 that Jim's time for the course was bettered . Steve Larkin a member of the University, who had joined the Club ran 19 min. 49 sec. This was drastically lowered the following Boxing Day by another University Runner, one Roger Robinson who brought the time down to 19 min 23 sec. (Roger was later to move to New Zealand, where he become an outstanding Veteran Runner with a time of 2 hours 14 minutes for the Marathon, which at that time was the best in the world).This survived for a few years until the twins Grenville and Graham Tuck began to realise their potential and brought the times down below 19 minutes. (As youngsters in 1965 they had run 22 mins 43 sec and 44 secs. respectfully) . By this time they had both become Cross Country Internationals, and were later to go on to win international vests on the track at 10k and the steeple chase.

Peter Chaplin.

Results, Results, Results

				ROAD			
EVAC 10k – Comberton							
8 th	L Stone	3 rd M45	40.13	10 th	M Chaplin	M45	41.37
15 th	A Downie	2 nd M55	43.46	20 th	G Meah	M45	48.38
24 th	P Lee	3 rd M55	52.17	25 th	S Barnett	1 st W55	52.41
Summer 5k League – Saffron Walden – 9th June							
1 st overall – 1 st mens team, 1 st ladies team							
Men (no times available)							
5 th	C Flood			6 th	G Capetti		
7 th	I Delaney			8 th	J Kazer		
9 th	Nick Burch	U15		11 th	J Raymond		
18 th	J Lewy	M45		19 th	A Howard	U20	
24 th	P Dewison			25 th	G Smith	M60	
26 th	T Long			28 th	V Freeman		
37 th	M Kreetzer			38 th	A Irvine		
40 th	D Yenersalski			42 nd	M DiFranco		
46 th	I McKay	M45		47 th	Ron Jackson		
48 th	N Taylor			49 th	N Burch		
Women							
1 st	J Ives			3 rd	J Ball		
7 th	R Roberts	W35		8 th	C Stannish		
10 th	D Braverman			13 th	M Wendleberger-James		
Whipsnade 10k – 18th June							
178 th	D Willis		50.53	410 ran			
BMAF 5k championships – Horwich – 18th June							
Men							

109 th	M Chaplin (M45)	19.07	154 th	P Howard (M60)	26.05		
156 th	P Chaplin (M75)	26.47					
Women							
47 th	S Barnett (W55)	24.00	57 th	M Holmes (W65)	26.26		
Summer 5k series - Haverhill – July 20th							
1 st Overall – 1 st mens team – 1 st Ladies team							
3 rd	I Delaney	17.38	4 th	J Kazer	17.44		
12 th	J Raymond	M45	18.54	13 th	M Smith		
	18.57						
18 th	C Clissold	19.21	20 th	J Lewy	M45	19.27	
22 nd	S Thoday	19.49	25 th	A Dewison			
	19.55						
26 th	V Freeman	29.02	30 th	P Dewison		20.34	
32 nd	D Tickle	20.43	34 th	G Smith	M60	21.05	
35 th	Roger Jackson	21.15	36 th	M Kreetzer			
	21.49						
39 th	M DiFranco	22.07	41 st	A Irvine		22.09	
42 nd	D Willis	22.15					
Women							
1 st	E Kreetzer	18.49	7 th	C Gibbons		22.37	
8 th	R Roberts	22.46	9 th	C McEinery		22.56	
12 th	D Braverman	24.17					
Ramsey Abbey 12k:							
18 th	M Smith	40.23	39 th	P Dewison	M50	42.48	
97 th	C Stanier	F	121 st	D Braverman	W50	51.25	
St Ives Dairy Crest 10k – 23rd July							
5 th Mens team and 11 th Mens team							
9 th	G Capetti (M40)	36.49	2 nd Ladies team and 6 th Ladies team				
47 th	A Downie (M55)	41.31	41 st	G Cinque (M45)	41.04		
57 th	E Kreetzer (2 nd Fem)	42.13	48 th	S Thoday	41.48		
76 th	G Smith (1 st M60)	43.28	74 th	P Dewison (M50)	43.23		
131 st	S Cartwright (Fem)	46.08	124 th	C Brown (M40)	45.37		
178 th	C McEinery(Fem)	48.24	151 st	F Murphy (W40)	47.01		
200 th	D Willis (M40)	49.06	199 th	P Garrett (M45)	49.04		
212 th	M Kreetzer (M50)	49.38	208 th	A Irvine (M35)	49.17		
	49.49		217 th	C Stanier (Fem)			
301 st	M Jennings (W50)	54.37					
Funrun -	A Dewison		11.32	8 th of 126.			
Haverhill 10k – July 30th							
11 th	P Dewison	42.53					
Haverhill 5k – July 30th							
4 th	A Dewison	20.31					
Stamford 10 – 2nd August							
1 st M55	J Jenkins	19.18					
EVAC 5k Championships – August 6th at Cambridge							
17 th	M Chaplin	M45	19:20	21 st	L Stone	M45	19.44
30 th	G Smith	M60	21.00	36 th	G Meah	M45	21.33
41 st	V Green	2 nd W50	21.41	45 th	S Barnett	1 st W55	24.28
Wibbly-Wobbly jog jog – August 6th							
33 rd	A Downie	1 st M55	32.52	49 th	T Long	M45	34.34
53 rd	C Brown	M40	34.51	76 th	A Irvine		36.52
77 th	F Murphy	W40	36.57	100 th	C McEinery	W35	38.37
213 th	I McKay	M45	47.23				
Harlow 10 August 6th							
13 th	C Flood	61.41					
Summer 5k series - Cambridge – August 10th							
Overall 1 st – Men 1 st team - Ladies 1 st team (times from the Timekeepers)							
1 st	S Fishwick		16.40	3 rd	C Flood		
	17.04						
6 th	C Pyle		18.13	10 th	C Clissold		18.47
13 th	A Howard	U20	19.07	14 th	P Dewison	M50	19.10
16 th	S Thoday		19.23	17 th	A Downie	M55	19.34
22 nd	T Long		20.11	23 rd	V Freeman		20.15
25 th	R Flood	1 st F	20.57	26 th	A Dewison	U17	
	20.59						

27 th	S Cartwright	2 nd F	21.02	31 st	D Yenerski		21.58
32 nd	F Murphy	5 th F	22.01	28 th	D Willis		22.14
37 th	D Braverman	W50	23.59	38 th	M Kelk		24.03
Final Result of 5k series – Men 1 st team, Ladies 1 st team							
Thorney 5k – 20th August							
35 th	P Dewison	M50		83 RD	G Meah	M45	
Thorney 3k – 20th August							
3 rd	A Dewison		U15	11.28			
Summer 5k series – Newmarket – Sept 7th							
Overall 2 nd – Men 3 rd team - Ladies 1 st team							
4 th	S Fishwick			16.28	5 th	C Flood	
	16.58						
10 th	G Capetti		17.40	19 th	Nick Burch	(U15)	19.03
20 th	M Smith		19.05	24 th	A Howard	U20	19.36
25 th	S Thoday		19.37	27 th	V Freeman		20.00
29 th	G Meah	M45	20.09	30 th	T Long	M45	20.14
35 th	G Smith	M60	21.16	37 th	M Kreetzer		M50
	21.48						
38 th	M DiFranco		22.14				
1 st	J Ives	F	19.29	2 nd	R Flood	F	20.43
6 th	M Simmons	F	21.31	9 th	C McEinery	F	22.32
Final Result of 5k series – Men 1 st team, Ladies 1 st team							
Gruntv Fen Half Marathon – 10th September - 608 finished							
Men (Overall race positions)							
25 th	G Capetti	24 th M	1.22.06	51 st	J Raymond		48 th M
	1.26.18						
77 th	M Chaplin	12 th M45	1.29.40	96 th	A Howard	(U20)	1.32.15
113 th	D Mail	9 th M50	1.33.52	117 th	J Lewy	18 th M45	1.34.29
121 st	A Downie	3 rd M55	1.35.07	126 th	T Long	21 st M45	1.35.42
146 th	G Smith	4 th M60	1.37.07	150 th	S Thoday	135 th M	1.37.27
213 th	G Meah	31 st M45	1.42.25				
Women (Overall race positions)				Women 2 nd Team			
14 th	E Leggate	1 st W	1.20.26	124 th	D Abraham	14 th W	1.35.14
248 th	F Murphy	40 th W	1.44.52	278 th	S Culit	45 th W	1.47.00
364 th	M Jennings	4 th W50	1.54.28	424 th	R Eadon	24 th W40	1.59.45

TRACK & FIELD

Eastern Young Atletes league on 2nd July at Cambridge

Match result – 1st Chelmsford 618, 2nd C&C 605, 3rd Stevenage 586, 4th Ilford 390, 5th Milton Keynes 369, 6th Thurrock 234, 7th Ryston 140

Under 17 men

100m	2A	L Crabb	11.7	1B	C Morter	12.0	
	N/S	J Baxter	12.3				
200m	2A	L Crabb	23.5	2B	C Morter	25.7	
400m	3A	J Gadsby	54.9				
800m	1A	T Kelk	2.11.1				
1500m	1A	W Mycroft	4.46.1	1B	J Jamieson	4.54.5	
Hurdles	5A	T Kelk	19.2				
Longjump	2A	S Whittaker	5.62	2B	J Baxter	5.41	
Highjump	4A	SWhittaker	1.55	2B	B Abbott-Gribben	1.45	
	N/S	C McCaig	1.65				
Triplejump		2A	S Whittaker	11.59	1B	L Tucker	
	11.37						
Shot	5A	W Mycroft	6.29				
Discus	3A	C McCaig	25.07	3B	L Tucker	16.21	
Javelin	2A	C Morter	34.60	2B	J Jamieson	19.73	
4 x 100	1A					47.1	
Under 15 Boys							
100m	1A	I Jones	13.0	1B	O Webber	12.8	
	N/S	M Lawrence	13.7	N/S	J Ballie	14.0	
	N/S	A Morter	14.6				
200m	2A	I Jones	25.9	1B	J Lines	25.7	
	N/S	T Butler	31.7				
400m	2A	J Mandley	57.3	2B	T Mcfadzean	61.7	

800m	DQ							N/S	M George	15.2	N/S	M Turner	15.9
1500m	3A	J Baslington	4.44.8	2B	N Masih-Hanneghan	5.32.0		N/S	S Udin	16.7	N/S	A Cantrill	18.5
Hurdles	1A	J Lines	12.2	1B	T Higton	13.1	200m	2A	G Bristow	30.7	5B	M George	32.6
	N/S	B Kelk	12.4	N/S	T Butler	15.3		N/S	J Kent	35.8	N/S	E Roberts	36.1
Longjump	3A	O Webber	5.08	4B	T Butler	4.12		N/S	S Rawe	36.7			
Highjump	2A	I Jones	1.65	1B	T Higton	1.55	800m	4A	R Davidson	3.07.8	3B	V Free	3.14.8
Shot	2A	M Lawrence	9.29	2B	J McGillivray	7.30		N/S	J Richards	3.08.2	N/S	A Cantrill	3.13.9
	N/S	S Bicknell	7.00				1500m	4A	L Gillie-Andrews	6.01.0			
Discus	4A	J McGillivray	22.50	2B	T McFadzean	18.42	Hurdles	1A	C Asztalos	11.8	1B	G Bristow	12.5
	N/S	M Lawrence	20.26				Longjump	3A	C Asztalos	3.88	4B	J Richards	3.28
Javelin	2A	A Morter	29.60	1B	S Bicknell	23.94		N/S	A Crabb	3.31	N/S	R Davidson	2.99
	N/S	J McGillivray	15.65				Highjump	3A	S Rawe	1.25	2B	J Kent	1.20
4 x 100	DQ						Shot	4A	E Roberts	5.87	2B	C Paul	5.49
Under 13 Boys								N/S	J Richards	5.80			
100m	4A	D Ebanks	14.7	3B	C Dear	15.1	Discus	4A	C Paul	14.31	1B	R Davidson	11.88
	N/S	C Huntington	16.1	N/S	O Famure	14.5		N/S	C Fleming	14.45			
	N/S	A Ette	15.2	N/S	T South	15.6	4 x 100	2A		58.2	N/S		64.0
	N/S	C Savill	15.7	N/S	J Vance	16.5	Eastern veterans league – Cambridge – 5th July						
	N/S	P Matthewson	16.9				Men 4th 51 pts,						
200m	5A	D Ebanks	33.4	1B	O Famure	30.5	100m	4 th M40	D Bowker	15.5	2 nd M60	N Moss	15.1
	N/S	A Ette	30.9	N/S	C Dear	31.0	400m	4 th M40	D Bowker	68.2			
	N/S	J Lines	31.3	N/S	J Vance	35.9	1500m	4 th M40	M Chaplin	5.26.0	2 nd M60	P Chaplin	7.42.2
800m	1A	O Bass	2.31.2	1B	H Tournant	2.42.0	2km walk	3 rd M40	D Bowker	11.30.1			
	N/S	L Baldwin	2.38.3				Longjump	4 th M40	D Bowker	3.52	1 st M60+	N Moss	3.78m
1500m	3A	S Kennard	6.07.4				Shot	4 th M40	A McGillivray	7.49	2 nd M50+	P Bramford	9.49m
Hurdles	3A	T South	16.2	1B	C Ennis	17.9					3 rd M60+	F Martin	7.59m
Longjump	4A	J Lines	3.90	4B	C Ennis	3.64	Hammer	3 rd M40	A McGillivray	17.40			
	N/S	R Backhurst	3.49	N/S	A Ette	3.85	Relay (4,2,2,4)	4 th M40		4.16.4			
Highjump	2A	C Huntington	1.15				Ladies	3 rd 65pts					
Shot	4A	O Bass	6.40	5B	C Berkley	4.54	100m				4 th W45	M Holmes	18.7
	N/S	J Lines	6.86	N/S	C Savill	5.06	400m	1 ^{2nd} W55	S Barnett	82.6	1 st W55	M Holmes	87.2
Discus	5A	C Huntington	12.33	3B	C Berkley	11.72	1500m	3 rd W35	R Roberts	5.47.4	3 rd W45	S Barnett	6.18.9
	N/S	R Backhurst	13.63	N/S	K Doherty	12.38	2km walk	3 rd W35	R Roberts	14.15.7	1 st W45	D Braverman	12.27.6
4 x 100 relay	DQ						Longjump	2 nd W35	R Roberts	3.60	2 nd W45	M Holmes	2.78
Under 17 Women							Shot	2 nd W35	R Martin	7.90	4 th W45	C Morris	6.32
100m	6A	O Millward	14.4	1B	S Rogon	14.2	Hammer	3 rd W35	R Roberts	17.76	2 nd W45	C Morris	16.43
200m	3A	L Dowsett	27.8	2B	E Bicknell	30.4					1 st W55	R Martin	26.21
300m	1A	L Dowsett	42.7	1B	V Asztalos	44.9	Relay	4 th W35		4.15.8			
	N/S	C White	52.3				Southern Mens League at Kings Lynn on 8th July						
800m	5A	E Bicknell	3.02.7				1st Ryston 126, 2nd Enfield 105, 3rd C&C 102, 4th Hastings 101, 5th London Heathside 96						
1500m	3A	R Burbridge	5.13.9				100m	2A	T Tomu	11.5	4B	J Huckle	12.3
Hurdles	1A	V Asztalos	13.1				200m	3A	T Tomu	22.8	3B	P Dufner	24.0
Highjump	2A	S Rogon	1.15				400m	3A	O Francis	52.2	3B	J Black	56.0
Longjump	1A	V Asztalos	4.70				800m	2A	N Beer	2.00.4	1B	D Potts	2.02.3
Shot	1A	A Forster	10.68				1500m	2A	M Bell	4.24.3	2B	J Morley	4.32.1
Discus	3A	A Forster	25.08				5000m	2A	S Fishwick		16.32.3	2B	J Kazer
4 x 100 relay	2A					55.4							
Under 15 Girls							3000S/C	3A	J Kazer	10.39.8	1B	S Fishwick	
100m	5A	J Corbett	14.3	4B	B Dixon	15.0							
200m	5A	J Corbett	30.7	3B	R Cormack	30.3	110 hdl	3A	J Huddleston	18.7	3B	T Brennan	20.8
	N/S	E Horns	29.4				400hdl	2A	J Huddleston	62.1	2B	T Brennan	66.2
300m	3A	R Cormack	48.4	4B	R Trotter	52.4	Highjump	5A	T Brennan	1.50	5B	J Huddleston	1.30
800m	3A	N Richards		3.20.9			Longjump	5A	J Huckle	5.56	3B	S Richards	5.31
1500m	3A	O Mathewson	5.56.6				Triplejp	2A	J Huckle	12.19	4B	J Brennan	
Hurdles	1A	L Bass	12.3	1B	C Davidson	12.8							
Longjump	2A	L Sammout	4.62	4B	R Trotter	3.52	Polevault	4A	J Brennan		2.30	3B	N Moss
Highjump	2A	B Dixon	1.40										
Shot	2A	L Sammout	8.50	1B	H Sayer	7.63	Shot	5A	M Graves	7.93	4B	A McGillivray	7.23
	N/S	E Morris	6.55	N/S	R Trotter	6.24	Discus	5A	M Graves	23.15	4B	A McGillivray	19.48
Discus	2A	L Sammout	22.67	1B	H Sayer	19.38	Javelin	5A	S Richards	25.50	5B	J Huddleston	25.35
Javelin	1A	L May	26.71	1B	E Woodroffe	22.42	Hammer	4A	M Graves	22.67	4B	A McGillivray	18.34
4 x 100	3A		56.7				4 x 100	2A	Dufner, Tomu, Richards, Huddleston				46.0
Under 13 Girls							4 x 400	2A	Black, Potts, Francis, Tomu				3.35.1
100m	2A	G Bristow	14.3	2B	C Asztalos	14.9	National Schools at Gateshead – 7/8th July						
	N/S	C Fleming	14.3	N/S	S Rawe	17.9	U15 Girls Hurdles	L Bass	5ht	12.21			

U17 Womens 800m	L Dowsett	5 th	2.10.29	H Arbuckle	8 th SF	2.17.10
U17 Wom's Shot	A Forster	4 th	11.32m			
U17 Womens 1500m	G Coe	8 ^{ht}	4.55.03			
U20 Wom's Hurdles	K Motley	5 th	15.82 (15.26 in ht)			
U20 Womens 400m	I Asztalos	4 ^{ht}	58.86			
U15 Boys Hurdles	J Lines	5 ^{ht}	12.01			
U20 Mens 800m	E Aston	2 nd	1.53.05			
U20 Mens Hurdles	J Markley	6 th	15.54 (15.12 in ht)			
U20 mens 4 x 100	Markley, Godden, Abbott-Gribben,+	4 th	43.11			

Eastern AA Championships – Stevenage July 9th

U13 Girls 200m	5 th	C Asztalos	30.5			
U15 Girls 100m	4 ^{ht}	H Cox	14.4			
U15 Girls 200m	5 ^{ht}	H Cox	32.1			
U15 Girls 800m	9 th	K Waite	2.59.2			
U15 Girls Triplejump	1 st	L Sammout	9.95			
U15 Girls Shot	4 th	H Sayer	7.02	6 th	H Cox	5.00
U15 Girls Discus	1 st	L Sammout	24.64	6 th	H Sayer	17.01
U15 Girls Javelin	1 st	E Woodroffe	22.63			
U15 Girls Hammer	1 st	H Sayer	27.90			
U17 Womens 300m	4 th	V Asztalos	45.6			
U17 Womens 1500m	2 nd	R Burbidge	5.11.0			
U17 Womens Hurdles	1 st	V Asztalos	14.2			
U15 Boys 1500m	2 nd	J Baslington	4.39.7			
U20 Mens 100m	3 rd	J Abbott-Gribben	12.1			
U20 mens 800m	2 nd	M Bell	2.05.6			
Sen mens Longjump	1 st	J Brennand	5.65			
Sen Mens Triplejump	1 st	J Brennand	11.23			

British Masters Championships – Birmingham – July 8/9th

Men 35+	G Parsons	Shot 1 st	11.67,	Discus 2 nd	39.61,	Hammer 1 st	41.83
Mens 55+	P Bramford	Shot 6 th	9.60,	Discus 5 th	30.54,	Hammer 5 th	24.00
		Javelin 4 th	35.53	Weight 4 th	8.17		
Women 70+	M Holmes	400m 1 st	84.71,	800m 1 st	3.17.76 (Nat Rec),	Triplejp 2 nd	5.99
		Javelin 1 st	16.51				

Southern Womens League – 15th July at Cambridge

1st C&C 182, 2nd Forest 106, 3rd Harlow 80, 4th Biggleswade 68

Seniors							
100m	3A	O Milward	14.8	1B	S Rogan	14.2	
200m	2A	S Rogan	29.6	1B	E Bicknell	30.3	
800m	1A	H Arbuckle	2.21.8	2B	E Bicknell	2.48.4	
1500m	2A	E Kreetzer	5.06.7	1B	B Burbridge	5.07.6	
3000m	2A	H Belbin	12.17.1	1B	C Gibbons	12.46.9	
	N/S	J Herron	3.18.8				
300m hurdles	1A	V Asztalos	51.3				
80m hurdles U17	3A	V Asztalos	15.8				
4 x 100 relay	1A		55.0				
4 x 400 relay	1A		4.40.6				
Polevault	2A	E Nalson	2.10				
Highjump	1A	E Nalson	1.40	1B	S Rogan	1.20	
Longjump	1A	O Morton	4.72	1B	V Asztalos	4.39	
Triplejump	2A	E Nalson	9.46	1B	O Milward		
	8.06						
Shot	1A	A Forster	11.36	2B	R Martin	7.58	
Discus	2A	A Forster	27.84	1B	R Martin	23.79	
Javelin	1A	C Morris	25.46	2B	E Nalson	14.65	
Hammer	1A	A Forster	38.11	1B	R Martin	24.25	
Under 15 girls							
100m	2A	M Oliver	14.7	2B	C Davidson	14.4	
	N/S	E Morris	14.1	N/S	K Ewers	14.2	
	N/S	J Powell	14.5	N/S	H Cox	14.6	
	N/S	G Bristow	14.8	N/S	A Midgley	15.2	
	N/S	E Taylor	15.0				
200m	1A	L Bass	28.2	2B	E Morris	28.8	
	N/S	K Ewers	29.3	N/S	R Cormack	29.6	
	N/S	H Cox	30.8				

800m	1A	E Sayers	2.40.2	2B	E Gough	3.06.2
	N/S	N Richards		3.20.7		
1500m	1A	S Diss	5.34.6	1B	E Taylor	5.55.7
75m Hurdles	1A	L Bass	12.1	1B	C Davidson	12.8
	N/S	C Asztalos	12.8	N/S	R Cormack	13.8
4 x 100 relay	1A		55.5			
	N/S		56.8	N/S		57.2
Highjump	2A	E Sayers	1.35	1B	Marr Oliver	1.30
Longjump	2A	L Sammout	4.51	2B	K Ewers	4.33
	N/S	Marr Oliver	3.70	N/S	J Powell	4.06
	N/S	C Asztalos	4.11	N/S	G Bristow	3.86
	N/S	A Midgley	3.88			
Shot	1A	L Sammout	8.63	1B	H Sayer	7.55
Discus	1A	L Sammout	23.40	1B	H Sayer	17.43
Javelin	1A	E Woodroffe	23.26	1B	L May	22.18
Hammer	N/S	H Sayer	30.60			

National Junior League – Team Cambridgeshire – Bedford – July 16th

Team Cambridgeshire 1st 555, Basildon 2nd 550, Bedford 3rd 426, Ipswich 4th 384, Heathside 5th 184, Colch & Tend 6th 154, St Albans 7th 50.

Men (C&C only)

100m				2B	R Noray	11.5	
200m	3A	R Noray	23.2	3B	J Godden	24.1	
400m	1A	E Aston	49.4	2B	O Francis	52.5	
800m	3A	D Potts	2.01.5				
1500m	3A	M Bell	4.24.0				
3000m				2B	W Mycroft	9.50.7	
2k S/C	3A	A Howarth	7.05.9				
400m Hdls				1B	J Huddleston	63.5	
110 Hdls	1A	J Markley	15.1	1B	J Huddleston	17.9	
Longjump				2B	J Abbott-Gribben	5.79	
4 x 100	1A	Godden, Abbott-Gribben, Noray, G-L Zicchi (HAC)				44.0	
4 x 400	3A	Potts, Francis, Aston, Godden				3.31.8	
Women							
100m				2B	K Motley	13.4	
400m	3A	E Schofield	61.2				
1500m	1A	G Coe	4.44.0				
100 Hdls	1A	K Motley	15.4				
Hammer	1A	A Forster	35.19				
Discus				1B	A Forster	27.78	
Shot				1B	A Forster	11.13	
<u>Cambridgeshire Evening Development meeting – St Ives – July 19th</u>							
Hurdles							
U13 Girls	1 st	C Asztalos	11.4	2 nd	G Bristow	12.0	
U15 Girls	1 st	L Bass	11.8	3 rd	C Asztalos	12.4	
U15 Boys	1 st	B Kelk	12.4				
100m							
U13 Boys	3 rd	C Dear	14.5	5 th	J Knoop	16.0	
U15 Boys	1 st	B Kelk	13.3				
U17 men	2 nd	L Crabb	11.5	4 th	J Baxter	12.2	
Senior Men	1 st	J Huckle	12.1				
200m							
U13 Girls	1 st	G Bristow	29.8				
U15 Girls	1 st	L Bass	27.7				
U13 Boys	3 rd	C Dear	29.7	4 th	O Bass	30.1	
U17 men	2 nd	L Crabb	23.5	3 rd	J Baxter	25.1	
Senior Men	2 nd	J Huckle	24.5				
Shot							
U15 Girls		L Sammout	8.51				
Senior Men		A McGillivray	7.88				
U17 men		L Crabb	6.97				
U15 Boys		J McGillivray	7.33				
Longjump							
U15 Girls		L Sammout	4.41				
Senior Men		J Brennand		5.18			
U17 Men		J Baxter	5.12				

U13Boys		O Bass	3.78		J Knoop	3.60
Polevault						
Senior Men		J Brennand	2.40			
Under 11's						
Katrina Bass	150m		25.3		Turbojavelin	9.38m
Southern Mens League at Reading on 22nd July						
1st Kent 120, 2 nd Newbury 117, 3 rd Thurrock 107, 4 th Bracknell 101, 5 th C&C 93						
100m	2A	T Tomu	11.4	2B	J Godden	11.7
200m	2A	T Tomu	22.8	1B	J Godden	24.1
400m	4A	T Kelk	54.9	2B	J Black	54.8
800m	3A	D Potts	2.03.8	2B	M Bell	2.04.2
1500m	4A	M Bell	4.24.1	4B	W Mycroft	4.26.5
5000m	5A	S Fishwick		16.29.9	2B	J Kazer
3000S/C	16.49.1	4A	S Fishwick	10.32.3	3B	J Kazer
110 hds	5A	J Huddlestone	19.7	4B	T Brennand	20.7
400hds	4A	J Huddlestone	61.8	2B	T Brennand	69.0
Highjump	4A	J Huckle	1.55	4B	J Godden	1.50
Longjump	5A	J Huckle	5.12	5B	J Brennand	
Triplejp	5.01	5A	J Huckle	12.02	4B	J Brennand
	10.51					
Polevault		Abandoned – points shared (6)				
Shot	3A	G Parsons	11.68	5B	A MacGillivray	7.35
Discus	1A	G Parsons	39.44	5B	A MacGillivray	20.39
Javelin	4A	G Parsons	34.09	5B	J Huddlestone	27.08
Hammer	3A	G Parsons	39.02	4B	A MacGillivray	19.63
4 x 100	1A	Tomu, Godden, Huckle, Kelk				45.3
4 x 400	4A	Kelk, Black, Potts, Tomu				3.36.1
BMC meeting - Watford – July 26th						
800m Men	2 nd	E Aston	1.49.1			
800m Womens B race		G Coe	2.15.24			
800m Open Race		N Beer	2.00.9		H Arbuckle	2.14.9
Eastern Young Athletes League – Sandy – July 30th						
Overall match result – 1 st St Albans 575½, 2 nd C&C 534, 3 rd Watford 486½, 4 th Huntingdon 386, 5 th Biggleswade 180, 6 th Ryston 178						
Under 17 men (4 th)						
100m	2A	L Crabb	11.5			
200m	2A	L Crabb	23.9			
800m	3A	A Howarth	2.24.4			
1500m	1A	W Mycroft	4.32.9	1B	J Jamieson	4.41.9
Triplejump	9.48	3A	L Tucker	11.39	3B	W Mycroft
Shot	4A	J Jamieson	7.25			
Discus	3A	A Howarth	18.84	2B	W Mycroft	10.85
Javelin	4A	J Jamieson	15.60			
4 x 100	2A		50.1			
Under 15 Boys (2 nd)						
100m	2A	O Webber	12.7	2B	N Masin-Hanneghan	16.8
200m	2A	O Webber	26.0	2B	J Baslington	29.2
400m	1A	T Higton	61.6			
800m	3A	N Masin-Hanneghan	2.41.7			
1500m	1A	J Baslington	4.43.0	1B	N Burch	5.03.1
80m Hurdles	1A	T Higton	12.7			
Highjump	1A	T Higton	1.55	2B	N Masin-Hanneghan	1.10
Longjump	4A	O Webber	4.52			
Shot	1A	M Lawrence	10.77	1B	J M3acGillivray	7.38
Discus	3A	J MacGillivray	21.55			
Javelin	1A	S Bicknell	25.62	2B	J MacGillivray	16.38
4 x 100	1A		52.4			
Under 13 Boys (=2 nd)						
100m	6A	D Ebanks	14.9	1B	C McLaughlin	15.4
	N/S	J Lines	15.3			
200m	5A	D Ebanks	33.0	3B	J Vane	31.8

800m	2A	O Bass	2.30.0	2B	S Howarth	2.46.7
1500m	3A	C Abbott	6.02.1	2B	R Harvey	6.03.2
75m Hurdles	1A	S Howarth	14.2	3B	C Ennis	17.9
	N/S	C McLaughlin	17.6			
Highjump	2A	C Ennis	1.05	2B	J Vane	1.00
Longjump	3A	C Ennis	4.04	4B	A Ette	3.50
Shot	1A	O Bass	7.34	1B	J Lines	6.66
	N/S	C McLaughlin	5.09			
Discus	2A	R Backhurst	13.29	3B	C Abbott	8.13
	N/S	S Howarth	13.49			
4 x 100 relay	1A		58.3			
Under 17 Women (4 th)						
100m	3A	S Rogon	13.9			
200m	3A	S Rogon	29.4	1B	E Bicknell	29.7
300m	3A	S Rogon	47.6	1B	E Bicknell	46.9
1500m	1A	G Coe	4.47.4			
Under 15 Girls (2 nd)						
100m	4A	M Oliver	14.1	4B	C Davidson	14.3
200m	3A	A Hay	28.5	2B	M Oliver	30.2
300m	1A	A Hay	45.2	3B	R Trotter	51.9
800m	3A	R Carter	3.10.4	3B	N Richards	
	3.15.4					
75m Hdls	1A	C Davidson	12.6	2B	I Gallucci	15.2
Highjump	2A	I Gallucci	1.35	2B	C Davidson	1.25
Longjump	4A	L Sammout	4.31	1B	I Gallucci	4.10
Shot	2A	L sammout	8.22	1B	H Sayer	
	7.57					
	N/S	R Trotter	5.29			
Discus	2A	L Sammout	24.60	2B	H Sayer	17.45
Javelin	1A	L May	23.49	5B	R Carter	9.37
4 x 100	4A		59.5			
Under 13 Girls (2 nd)						
100m	3A	G Bristow	14.5	3B	M George	15.6
	N/S	M Turner	15.7			
200m	2A	G Bristow	30.8	3B	M George	33.7
800m	2A	J Richards	3.05.8	3B	A Cantrill	3.15.0
1500m	4A	M George	6.47.9	3B	J Kent	7.57.5
70m Hdls	1A	G Bristow	12.0	1B	J Richards	13.5
Highjump	2A	J Richards	1.20			
Longjump	3A	J Kent	3.42	1B	A Crabb	3.19
	N/S	M Turner	3.40			
Shot	3A	J Richards	5.56	2B	M Turner	4.92
Discus	4A	A Crabb	10.93	3B	A Cantrill	9.23
4 x 100	2A		60.6			

Eastern Veterans league at Bedford – August 2nd

Men – 4 th 68 pts										
200m	M40	4 th	D Bowker	35.2	M50	4 th	N Burch	35.5		
					M60	2 nd	N Moss	31.8		
					M50	3 rd	N Burch	3.28.2		
800m	M40	2 nd	D Bowker	2.27.0						
3000m	M40	4 th	M Chaplin	11.08.7						
Mile walk	M40	3 rd	D Bowker	10.11.6	M50	3 rd	P Howard	10.51.7		
Polevault	M40	-			M50	2 nd	N Moss	2.20		
Triplej'p	M40	-			M50	4 th	N Burch	5.16		
					M60	1 st	N Moss	7.33		
Discus	M40	4 th	D Bowker	13.54	M50	2 nd	P Bramford	33.12		
					M60	4 th	N Moss	19.06		
Javelin	M40	4 th	D Bowker	20.50	M50	2 nd	P Bramford	35.02		
Women – 4 th 39 pts										
200m	W35	-			W45	4 th	M Holmes	39.7		
800m	W35	3 rd	J Herron	2.50.8	W45	-				
					W55	1 st	S Barnett	3.12.3		
3000m	W35	-			W45	1 st	S Barnett	14.03.4		
Triplej'p	W35	-			W45	3 rd	M Homes	6.05		
Discus	W35	-			W45	1 st	C Morris	18.46		

800m	2A	J Corbett	2.49.9	3B	E Taylor	2.51.2
75m Hurdles	1A	L Bass	12.0	2B	I Gallucci	15.1
Longjump	1A	M Smith	4.74	1B	L Sammout	4.43
	N/S	R White	2.95	N/S	S Tomlin	3.44
Highjump	2A	I Gallucci	1.40	2B	J Corbett	1.40
Shot	2A	L Sammout	8.80	1B	S Tomlin	6.85
Discus	1A	L Sammout	25.24	1B	E Currington	14.07
Javelin	3A	M Smith	18.65	1B	I Gallucci	12.87
4 x 100	2A		56.1	N/S		57.7

National Junior League – Cambridge 13th August – Team Cambridgeshire

1st Team Cambs 605, 2nd Basildon 525, 3rd Ipswich 411, 4th Bedford 342, 5th London heathside 236, 6th Colch & Tendering 175

U20 Men						
100m				2B	R Noray	11.5
200m	3A	R Noray	23.3	2B	J Godden	23.4
800m	1A	E Aston	1.57.1			
1500m				1B	M Bell	4.22.8
110m Hdls	1A	J Markley	16.1	1B	J Huddlestone	19.1
400m Hdls				2B	J Huddlestone	63.0
2k S/C	4A	A Howarth	7.07.5			
Longjump				3B	J Abbott-Gribben	5.52
4 x 100 relay	2A	Noray, Abbott-Gribben, Godden, Zicchi (HAC)				44.5
Under 20 Women						
400m	1A	L Dowsett	58.2			
1500m	2A	R Burbridge	5.03.1	1B	C Arkell	5.23.7
100m Hdls	1A	K Motley	15.8			
Shot				1B	A Forster	10.89
Discus				1B	A Forster	29.18
Hammer				1B	A Forster	34.96
4 x 100	3A	Forster, Motley, Weaver (PAC), Gibson (PAC)				53.4
4 x 400	1A	Dowsett, Weaver (PAC), Gibson (PAC), Smith (AC)				4.19.2

Eastern Young Atletes league at Thurrock on 19th August

Match result – 1st Havering 727, 2nd Basildon 517.5, 3rd C&C 502, 4th Herts Phoenix 436, 5th Ilford 432.5, 6th Thurrock 278

Under 17 men (3 rd 110pts)						
100m	2A	C Morter	11.8	2B	J Baxter	12.2
200m	5A	J Baxter	25.5			
400m	2A	T Kelk	55.4	4B	A Howarth	63.4
800m	3A	A Howarth	2.18.0			
1500m	2A	W Mycroft	4.27.6	1B	J Jamieson	4.45.0
Hurdles	3A	A Howarth	20.9			
Highjump	3A	T Kelk	1.35			
Longjump	1A	J Baxter	5.71	2B	L Tucker	5.25
Triplejump	2A	L Tucker	11.21	5B	W Mycroft	
	9.17					
Shot	3A	C Morter	9.18	2B	J Jamieson	6.91
Discus	4A	W Mycroft	19.21	3B	L Tucker	17.32
Javelin	4A	C Morter	36.40	2B	T Kelk	28.61
4 x 100	3A		49.1			

Under 15 Boys (3rd 99pts)

Hurdles	2A	T Higton	14.0	1B	I Jones	12.5
100m	2A	O Webber	12.7	1B	I Jones	12.4
200m	2A	O Webber	26.4	3B	M Lawrence	28.7
400m	6A	T Higton	61.3			
1500m	4A	J Baslington	4.48.0	2B	N Burch	4.57.0
Longjump	3A	O Webber	5.02			
Highjump	2A	R James	1.60	2B	T Higton	1.45
Shot	2A	M Lawrence	10.85	3B	J McGillivray	7.75
Discus	3A	J McGillivray	25.38	3B	M Lawrence	23.14
Javelin	5A	A Morter	27.91	5B	J Baslington	19.34
	N/S	J McGillivray	13.82			
4 x 100	2A		52.2			
Under 13 Boys (=3 rd 83 pts)						
Hurdles	4A	S Howarth	14.2	4B	C Savill	17.7
100m	4A	D Ebanks	14.8	5B	C Savill	15.5

200m	4A	C McLaughlin	30.8	2B	D Ebanks	31.0
800m	5A	S Howarth	2.44.7	4B	C Savill	2.58.9
1500m	6A	K Dougherty	5.41.4			
Longjump	2A	D Ebanks	4.22	4B	A Ette	3.61
Highjump	3A	S Howarth	1.25			
Shot	1A	J Lines	7.39	4B	C McLaughlin	4.95
Discus	1A	J Lines	19.05	3B	K Doherty	12.20
4 x 100 relay	3A		58.3			

Under 17 Ladies (5th 32ptspts)

200m	4A	E Bicknell	29.3			
300m	2A	E Bicknell	45.7			
Discus	1A	A Forster	29.88			
Shot	1A	A Forster	10.94			
Javelin	4A	A Forster	17.61	4B	E Bicknell	13.19
Under 15 Girls (3 rd 114pts)						
Hurdles	4A	I Gallucci	14.9	1B	Z Kier	14.0
100m	4A	A Hay	14.3	4B	H Cox	14.9
200m	2A	A Hay	28.9	3B	H Cox	32.9
	N/S	M George	33.3	N/S	E Roberts	36.8
300m	5A	Z Kier	49.4	1B	A Hay	45.8
800m	2A	E Kier	2.33.4	2B	A Carter	2.59.4
	N/S	K Waite	3.08.2			
Longjump	2A	L Sammout	4.42	1B	I Gallucci	3.91
Highjump	3A	Z Kier	1.45	1B	I Gallucci	1.35
Shot	2A	L Sammout	8.71	4B	H Cox	5.55
Discus	2A	L Sammout	22.22	3B	E Kier	16.12
Javelin	2A	L May	26.09	1B	E Woodroffe	25.64
Relay	5A		57.3			

Under 13 Girls (5th - 64pts)

Hurdles	1A	G Bristow	11.9	1B	M George	13.9
	N/S	M Turner	14.9			
100m	6A	J Powell	14.5	6B	M George	15.1
	N/S	M Turner	16.0			
200m	6A	J Powell	31.8	3B	G Bristow	30.3
800m	DNF			5B	S Rawe	3.21.1
Longjump	5A	M Turner	3.54	5B	J Kent	2.97
Highjump	5A	S Rawe	1.15	4B	J Kent	1.05
Shot	5A	J Kent	5.57	3B	E Roberts	5.37
Discus	2A	J Powell	16.43	2B	E Roberts	12.49
4 x 100	5A		59.5			

Watford Open – August 23rd

800m Women 5th H Tobin (2nd claim) 2.09.51 1^{6th} L Dowsett (U17) 2.10.04

SEAA Under 15/U20 Intercounties match – Eton on August 26th

Under 20 Women	800m	1 st	L Dowsett	2.13.17
	100m Hurdles	5 th	K Motley	15.99 (15.13 in ht)
Under 15 Boys	80m Hurdles	7 th	J Lines	12.14
	1500m	14 th	J Baslington	4.39.3

GB team in Belgium – Merksem – August 26th

Under 20 men 800m 5th E Aston 1.50.1

National Junior League Promotion match – Eton – 27th August – Team Cambridgeshire

1st Team Cambridgeshire 477, 2nd Harrow 452, 3rd Bournemouth 433, 4th Medway & Maidstone 429, 5th Basildon 399, 6th Ashford/Invicta 356, 7th Brighton & Hove 261, 8th Aylesbury 192

U20 Men

100m				2B	R Noray	11.4
200m				2B	J Godden	23.3
400m				4B	O Francis	53.6
800m	6A	D Potts	2.06.3			
110m Hdls	6A	J Huddlestone	18.0			
400m Hdls				3B	J Huddlestone	62.3
2k S/C	6A	A Howarth	7.00.7			
Longjump				4B	J Abbott-Gribben	5.78
Shot				2B	S Fisher	10.82
Discus				2B	S Fisher	31.70
4 x 100 relay	2A	Noray, Abbott-Gribben, Godden, Zicchi (HAC)				44.1
4 x 400 relay	4A	Francis, Potts, Roberts (HAC), Bullimore (HAC)				3.31.3

Under 20 Women									
100m				2B	K Motley	13.0			
400m	1A	L Dowsett	57.8						
800m				1B	E Schofield	2.20.0			
1500m	1A	R Burbridge	5.05.2						
100m Hdls	1A	K Motley	16.1						
Shot				1B	A Forster	10.68			
Discus				1B	A Forster	31.54			
Hammer				1B	A Forster	36.98			
4 x 100	3A	Motley, Weaver (PAC), Parsons (PAC), Waldin-Walker (PAC)				52.2			
4 x 400	1A	Dowsett, Schofield, Oldham (PAC), Smith (AC)				4.04.7			

Marshall Peugot Games – Peterborough – August 28th

Sen men	Longjump	3 rd	J Brennand	5.38					
	Triplejump		1 st J Brennand		10.34				
	Discus	2 nd	G Parsons	37.16					
	Shot	2 nd	G Parsons	11.68					
	Hammer	5 th	G Parsons	40.96					
BU15	200m	5 th	J Lines	25.3 (26.0 in ht)					
	Longjump	2 nd	J Lines	5.15					
	Shot	6 th	J McGillivray	8.20					
	Discus	2 nd	J McGillivray	25.05					
BU13	Shot	4 th	Joe Lines	7.75					
GU15	Discus	1 st	L Sammout	24.27					
GU13	100m	4 th	G Bristow	14.5 (14.3 in Ht)	5ht	M Turner	15.5		
	200m	5 th	G Bristow	30.9 (30.2 in hts)					
	1500m	1 st	L Gillie-AndrEws	6.10.5					
	Longjump	5 th	M Turner	3.45	7 th	L Gillie-Andrews	3.21		

Southern Womens League Div 3 at Sandy on Sept 2nd

Match result – 1st Richmond 103, 2nd C&C 82, 3rd Barnet 64, 4th Chiltern 40.

Seniors									
100m	2A	S Rogan	14.4						
200m	1A	S Rogan	30.3						
800m	4A	N Richards		3.16.3					
Highjump	1a	S Rogan	1.00						
Under 15 girls									
100m	1A	E Morris	14.7	2B	Jen Corbett				
	15.4								
200m	2A	L Bass	31.5	1B	E Morris	L Bass	32.1		
800m	3A	Jen Corbett		2.51.0	2B				
	3.02.6								
1500m	1A	R Carter	6.03.0						
75m hurdles	1A	L Bass	14.2	1B	I Gallucci		16.9		
Longjump	1A	M Smith	4.57	1B	L Sammout		4.47		
Highjump	2A	Jen Corbett		1.35	1B	I Gallucci			
	1.30								
	N/S	M Smith	1.43						
Shot	1A	L Sammout	8.79	1B	H Sayer		7.82		
Discus	1A	L Sammout	28.09	1B	H Sayer		16.94		
Javelin	1A	E Morris	13.01	N/S	L May		24.48		
Hammer	N/S (3k)	H Sayer	28.79						
4 x 100	1A		55.9	N/S			62.6		

ECAA Intercounties trophy meeting at Sandy – Sept 3rd (7 competing counties)

Senior Men (Cambs 4 th)									
100m	6A	J Abbott-Gribben	11.9	5B	J Godden		11.6		
200m				3B	J Godden		23.6		
400m				3B	O Francis		54.5		
800m	4A	D Potts	2.03.6	4B	M Bell		2.06.0		
5000m	1A	W George	15.55.6						
S/C	4A	J Kazer	11.04.2						
Longjump	3B	J Abbott-Gribben	5.87						
4 x 100	3A	Abbott-Gribben, Godden, Francis							
	45.2								
4 x 400	4A	Potts, Francis, Bell					3.42.8		
Senior ladies (Cambs 2 nd)									
400m				3B	H Arbuckle		63.1		

800m				1B	H Arbuckle		2.24.1		
1500m				2B	E Schofield		5.02.4		
100m Hdls	3A	K Motley	15.9						
Under 17 men (Cambs 2 nd with 240 pts – winners 247)									
100m				1B	C Morter		12.0		
200m				2B	L Crabb		24.2		
1500m	2A	W Mycroft	4.37.4						
3000m				2B	N Burch		10.57.2		
100m Hdls				3B	D Graver		15.3		
Longjump	4A	S Richards	6.02						
Triplejump		4A	S Whittaker	12.43	4B	L Tucker			
	11.53								
Polevault	4A	B Abbott-Gribben	2.30						
Javelin				4B	C Morter		35.93		
4 x 100	5A	Crabb, Baxter, Morter				(Whoops)	54.0		
4 x 400	3A	Mortor (56.0)					4.01.3		

Interterritorial Under 20's match – Abingdon Sept 3rd

Mens 800m 1st E Aston 1.56.88

Eastern Young Athletes league "B" Plate final at Watford on September 10th

Match result – 1st Milton Keynes 468, 2nd Stevenage 466.5, 3rd Southend 459.5, 4th C&C 454.5, 5th St Albans 435.5, 6th Watford 386

Under 17 men	1 st - 115 points								
100m	2A	L Crabb	11.91	1B	C Morter		11.88		
200m	2A	L Crabb	23.64	1B	C Morter		23.90		
400m	3A	T Kelk	54.69	2B	R Oppong-Konadu		54.7		
800m	6A	E Lockton	2.28.54	1B	A Howarth		2.14.32		
1500m	2A	W Mycroft	4.32.75	2B	J Jamieson		4.44.17		
Hurdles	2A	D Graver	15.28	2B	L Tucker		21.51		
Highjump	3A	S Whittakerq	1.65	2B	R Oppong-Konadu		1.60		
Longjump	2A	J Baxter	5.57	2B	S Whittaker		5.31		
Triplejump		1A	S Whittaker	12.10	1B	LTucker			
	11.37								
Shot	4A	E Lockton	10.18	5B	J Baxter		7.29		
Discus	5A	E Lockton	19.42	5B	A Howarth		18.03		
Javelin	2A	C Morter	32.79	1B	T Kelk		31.98		
4 x 100m	1A		46.55						
Under 15 Boys	3 rd - 83 points								
100m	3A	O Webber	12.44	4B	M Lawrence		13.66		
200m	4A	O Webber	25.47	1B	I Jones		25.10		
400m	6A	A Dewison		66.58	2B	B Kelk			
	61.41								
800m	-								
1500m	3A	J Baslington	4.44.38	2B	N Burch		4.50.50		
Hurdles	5A	B Kelk	14.46	2B	I Jones		12.4		
Highjump	2A	I Jones	1.55	2B	B Kelk		1.50		
Longjump	4A	O Webber	4.87	5B	A Morter		3.23		
Shot	1A	M Lawrence	11.45	2B	J McGillivray		8.11		
Discus	3A	M Lawrence	24.87	2B	J McGillivray		23.37		
Javelin	4A	A Mortar	31.10	3B	J Baslington		24.28		
4 x 100	3A		51.29						
Under 13 Boys	4 th - 59 points								
100m	6A	J Vane	15.29	6B	R Harvey		16.4		
200m	5A	D Ebanks	30.64	2B	S Howarth		29.58		
800m	1A	O Bass	2.28.02	1B	S Howarth		2.38.69		
1500m	6A	C McLaughlin	5.49.66	4B	R Harvey		6.32.10		
Hurdles	3A	C McLaughlin	15.43	1B	S Howarth		13.40		
Highjump	6A	C Ennis	1.10	4B	J Vane		1.10		
Longjump	3A	D Ebanks	4.16	4B	C Ennis		3.54		
Shot	2A	O Bass	8.15	6B	C McLaughlin		4.85		
Discus	5A	C Ennis	12.91	5B	J Vane		4.71		
4 x 100m	4A		59.44						
Under 17 Ladies	6 th - 50.5 points								
100m	3A	S Rogan	13.86	6B	L Hodge		15.13		
200m	3A	s Rogan	28.37	5B	L Hodge		31.36		
300m	-								

800m	5A	N Richards		3.10.91		
1500m	-					
Hurdles	4A	V Asztalos	13.27			
Highjump	=5A	S Rogan	1.30			
Longjump	2A	V Asztalos	4.59			
Triplejump	-					
Shot	1A	A Forster	10.62			
Discus	1A	A Forster	30.57	3B	V Asztalos	11.25
Javelin	3A	A Forster	16.95	2B	L Hodge	13.95
4 x 100m	4A		55.0			
Under 15 Girls	1 st - 85 points					
100m	6A	Jen Corbett		14.30	6B	C Davidson
	14.69					
200m	2A	A Hay	28.72	1B	L Bass	28.54
300m	1A	A Hay	45.08	4B	L Bass	49.3
800m	6A	E Currington	2.45.16			
1500m	-					
Hurdles	2A	L Bass	12.54	2B	C Davidson	14.49
Highjump	4A	Jen Corbett		1.45	2B	I Gallucci
	1.35					
Longjump	3A	L Sammout	4.69	4B	I Gallucci	3.99
Shot	2A	L Sammout	8.67	1B	H Sayer	7.52
Discus	2A	L Sammout	24.95	2B	H Sayer	16.76
Javelin	1A	E Woodroffe	25.25	1B	L May	23.29
4 x 100m	3A		55.60			
Under 13 Girls	4 th - 62 pts					
100m	3A	J Powell	14.41	3B	C Fleming	14.61
200m	2A	J Powell	29.43	1B	C Fleming	29.72
800m	6A	Jas Corbett		2.55.72	5B	J Richards
	3.04.84					
1500m	6A	L Gille-Andrews	5.53.65			
Hurdles	1A	C Asztalos	12.11			
Highjump	3A	S Rawe	1.25	4B	J Kent	1.10
Longjump	2A	C Asztalos	3.87			
Shot	5A	J Richards	6.21	4B	J Kent	5.33
Discus	2A	J Powell	16.23	2B	C Fleming	13.49
4 x 100m	1A		56.20			

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