

Cambridge & Coleridge Athletics Club

President - B J Wallman

Chairman - N Costello

Newsletter - September 2007

46TH ANNUAL GENERAL MEETING

26TH NOVEMBER 2007 - 8PM AT WILBERFORCE ROAD

ITS YOUR CLUB, PLEASE ATTEND IF YOU CAN!

EVERY MEMBER OR THEIR PARENT CAN VOTE. THERE ARE SOME IMPORTANT
"MODERNISATION" PROPOSALS THIS YEAR

IMMINENT FIXTURES

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

Oct 7 th	X	Ryston XC Grand prix 5k	Ryston	All
Oct 7 th	R	Gt Abington 10k	Gt Abington	All over 16
Oct 7 th	M	Frostbite league	St Neots	All
Oct 7 th	R	Cancer Research Uk 10k	Ickworth	Seniors
Oct 14 th	R	Great Eastern Half Marathon	Peterborough	All over 16
Oct 21 st	X	Sunday league XC (Senior/U20 races only)	Broxbourne	All over 16
Oct 21 st	IT&F	SCVAC Indoor Pentathlons	Sutton	Veterans
Oct 21 st	X	Amphill Trophy Cross Country	Amphill	All
Oct 28 th	R	BUPA Great South Run	Portsmouth	All over 16
Oct 28 th	R	Fenland 10	??	All over 16
Nov 3 rd	X	English XC relays	Mansfield	All
Nov 4 th	X	Dovedale Dash	Dovedale	Seniors
Nov 10 th	X	UK Cross Challenge	Gateshead	Seniors
Nov 11 th	X	Ryston XC Grand prix 9k/4.5k	Ryston	All
Nov 11 th	M	Frostbite League	Bushfield (P'bro)	All
Nov 11 th	R	Stowmarket Senic 7	Stowmarket	Seniors
Nov 18 th	IT&F	SEAA Indoor Open T&F	Lee Valley	All
Nov 18 th	R	St Neots Riverside Half Marathon	St Neots	Seniors
Nov 18 th	X	Sunday league XC (Senior/U20 races only)	TBC	All over 16
Nov 19 th	R	Bishops Stortford 10k	Stortford	All over 16
Nov 25 th	M	Hereward relays	Peterborough	All over 16
Dec 2 nd	R	Nene Valley 10	Peterborough	All over 15
Dec 9 th	M	Frostbite League	TBC	All
Dec 16 th	X	Sunday league XC (Senior/U20 races only)	TBC	All over 16
Dec 16 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Dec 16 th	S	Cambs Sportshall League match 1	Chesterton	All under 15
Dec 26 th	R	C&C Boxing day 4 mile race	Lamas land	All

WINTER TRAINING - STARTS ON 24th SEPT

- SEE DETAILS ON PAGE 2

(Note changes to the times/ age-groups using the Sportshall at Chesterton on Mondays)

Winter training starts on September 24th – Note changes

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.

The Monday training session has been split into two one hour sessions.

Mondays 6.00 – 7.00pm Chesterton College Sports Centre – Gilbert Road

Under 13 athletes indoor fitness session

(Open to athletes who will be aged less than 13 on 31st August 2008 only – year 6 & 7)

Mondays 7.00 – 8.00pm Chesterton College Sports Centre –

Under 15 athletes indoor fitness session

(Open to athletes who will be aged less than 15 on 31st August 2008 only – year 7 & 9)

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

Tuesdays - 6.30 - 8.30pm Wilberforce Rd –

Road Running Group

Middle distance groups, and sprint groups for ages 14+ by arrangement with the coaches

Running fitness group for Field event athletes aged 13+ with James Brennand and Noel Moss

Thursdays – 6.00 - 8.00pm Chesterton College Sports Centre - Circuit and fitness training

groups for Jumpers, Throwers, Sprinters and Hurdlers (for all those who will be aged 14 and over on 31st August 2008 – year 9 and above).

Plus Middle and Long Distance running groups outside.

Saturdays - 10.00 - 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

Chair's chatter

Thank you to all who have helped the club to enjoy another summer season and congratulations, in particular, to the senior men who have regained their place in Southern League division 2 at the first attempt. Team managers, time-keepers, judges, scorers and coaches are the usually unheralded source of much of our success and I would likely to thank them, on behalf of the club, for all their hard work. Folks, your work is much appreciated, even though sometimes it doesn't feel like it!

There are two important organisational issues coming up in the next few months for discussion at the Annual General Meeting in November. This stuff often seems boring but it is important that we take it seriously. Firstly, we have rewritten the club constitution. There are no changes of principle between this new constitution and the old 1962, much amended version but it has incorporated the many amendments and has modified some processes in the light of current best practice. A copy of the new constitution is on the web site www.cambridgeandcoleridge.org.uk. Please look at it.

If you have any comments, please let me have them by writing to me at 118 Thornton Road, Girton, Cambridge CB3 0ND or emailing to info@cambridgeandcoleridge.org.uk. We need to agree the new constitution at the AGM and it is important to have any major suggestions available in advance so that the discussion can be well informed.

Secondly, we have changed the structure of the committee. This is consistent with the old and new constitutions and formally needs only to be reported to the AGM but the changes are significant and it is important we discuss them. The new structure will be put on the web site (it isn't there yet) and as with the constitution it would be helpful to have any comments in advance. There is also on more important development just starting, which may have big implications for us if it works. Monday 10th September was the inaugural meeting of what we hope will become the

first of a number of 'community athletics clubs'. The first club is being established in Cambourne and is the way C&C is trying to bring athletics to a wider group within Cambridge and South Cambs. Over 20 youngsters from local primary schools attended the first session and currently it is looking good. I will report on how this is going at the AGM.

Finally, the University of Cambridge has now submitted a planning application for floodlighting at the track. This was mentioned in the last news letter. If you haven't yet done so, please give your support to the application by going to the city planning web site. The application registration number is 07/0939/FUL. The case officer is Paul Johnson. You can indicate your support by registering it on the council website and/or writing to Paul Johnson at the Planning Department, Cambridge City Council, The Guildhall, Cambridge, CB2 3QJ. To register on the web site you need to do the following.

* Go to

<http://www.cambridge.gov.uk/ccm/content/development-control/public-access-copyright.en>

* Scroll down the page and click "I agree" (if you do!).

* Click "Application Search" on the left.

* Type "07/0939/FUL" (no quote marks) into the box where it says "Application Reference", and click "Search" at the bottom.

* Click the arrow button under "Click to View"

* Click "Submit Comments" (at the top)

Neil Costello

AGM Agenda - November 26th at 8.00pm - Venue - Wilberforce Road

Apologies for absence, Minutes of the meeting of 20th November 2006

Matters arising from the minutes

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

Other items to report

Subscriptions 2008

Constitution – formal approval of a modernised document**

Proposed Committee structure for 2008

Election of officers and committee 2008

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

**A pdf of the proposed new Constitution document can be viewed on the Club website, or if you do not have web access, a paper copy can be requested from Mary Holmes (01223 860189) or Neil Costello (01223 524428). Any comments or suggestions for modification should be made to the above-mentioned at least two weeks in advance of the meeting date.

Nominations for President, Chairman, and Treasurer must be received by 28th 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 45th Annual General Meeting held on Monday, 20th November, 2006 at Wilberforce Road.

Present: Barry Wallman (President), Neil Costello (Chairman) and 109 members

Apologies for absence: J Baxter, N Burch, M Chaplin, M, C and J Ennis, Z and E Kier, A McGillivray, K Masson, W Mitchell, A Negus, C. Savill and B Thurley

1. The Minutes of the AGM held on 21 November, 2005 were approved, proposed by Richard Wheeler and seconded by Barry Wallman.

2. Matters Arising from the Minutes.

There were no matters arising from the Minutes.

3. Chairman's Report

Neil Costello thanked all the volunteers, over 50 people, for all their hard work on Behalf of the Club. He then reported that the Club had now been given Club

Mark after much hard work by Noel and Richard.

We now have 500 members, about 450 of whom are competing members. The Club teams have done well this year in the league and the various Championships. We won all the sections of the Frostbite League during the winter. The Club won the trophy in the Dales Bank holiday races. 97 people finished all 4 races – 30 of whom are members of C & C. We were short listed for the Club of the Year Award and Mike Smith was short listed for Coach of the Year. The Chairman offered his congratulations to all the award winners and helpers.

4. Treasurer's Report

The report was circulated to the meeting. Income rose from £12,800 to £18,200 this year. The fees for the use of the track and Chesterton Sports Centre went up, but there was a surplus of £1,800 for the year. Report acceptance proposed by Neil Costello and seconded by Ian McKay.

The University Track Management Committee have agreed a figure of £25 for a track card to enable club members to use the track at any time. Club would like to thank the University for this.

5. Subscriptions

Agreed to increase the subscription of £41 for Seniors and £31 for unwaged. We now have to pay £500 affiliation to South of England Athletic Association and East of England Athletics are now charging £300 plus £3 per club member.

6. Other Items to Report

The question of lights at the track is still on going and they hope to have these in place for the coming winter.

7. Elections of Officers

President – Barry Wallman – proposed by Mary Holmes and seconded by Noel Moss.

Chairman – Neil Costello – proposed by Robbie Wilkie and seconded by Ian McKay.

Treasurer – Nigel Poulter – proposed by Phil Bramford and seconded by Mary Holmes

Committee Secretary – Mary Holmes

Southern Mens League - Noel Moss

Southern Womens League – Carl Woolf

East Anglian League – Noel Moss and Carl Woolf

Eastern Young Athletes League – Co-ordinator – Anna Bird

Road Running – Glyn Smith

Cross Country – John Kazer

Coaching Sec – James Brennand

All were proposed by Phil Bramford and seconded by Ian McKay

Committee – 2 elected members – Chris Flood and Ian McKay

Hayley Ginn was elected to help James with the coaching and Matt Witt was elected to help Noel Moss. These were all proposed by Barry Wallman and seconded by Robbie Wilkie

8. Presentation of Track and Field Trophies

The awards and certificates were presented by the President Barry Wallman.

Seasons Best performance Trophies 2006

BP - The seasons	Ed Aston
BP Veteran	Giacomo Capetti
BP Most Improved	Jenni Corbett
Simpson Trophy 400m	Lucy Dowsett
Senior Throw - Female	Alice Forster
Senior Throw male	Gary Parsons
Junior Throw	Hayley Sayer
Senior HJ	Sion Whittaker
Junior HJ	Issac Jones
Lines	
B P Longjump	Michaela Smith
BP Short Hurdles BU13	Seb Howarth
BP Short Hurdles GU13	Csepi Asztalos

BP 13 - 17 Hurdles male	Jack Lines
BP 13-17 Hurdles female	Baura Bass
BP – sprints male	Luke Crabb
BP - sprints female	Kim Motley
BP - track >800m male	Ed Aston
BP - track >800m female	Lucy Dowsett

Track & Field champions 2006

Senior Men	James Brennand
Senior Female	No award
Junior (U20) male	James Godden
Junior (U20) Female	No award
Veteran Men	Noel Moss
Veteran Female	Mary Holmes
Under 17 men	Will Mycroft
Under 17 Ladies	Viola Asztalos
Under 15 Boys	Jack
Under 15 Girls	Lauren Sammout
Under 13 Boys	Seb Howarth
Under 13 Girls	Csepi Asztalos
Under 11 Boys	No Award
Under 11 Girls	Katrina Bass

Peter Howard Marathon Trophy Ian Mackay

League Trophies 2006

BP Vets league Male Phil Bramford
 BP Vet League Female Sue Barnett
 Young Athlete W&C Female Emma Bicknell
 Male Jon Baxter

Road Race Trophies 2006

Open 10 m RR Male Giacomo Capetti
 Open 10 m RR Female Carmel McEimery
 Open 10 m RR Male vet Dave Abbott
 Open 10 m RR Fem Vet Kim Masson

SWL Most helpful Emma Bicknell
 BP Male league Will George
 BP League Female Lucy Dowsett
 SML Team Managers Martin Graves
 Anglian League Managers Georgia Bristow and Ollie Bass

Handicap Trophies 2006

110 yds Handicap Not contested
 440 yds handicap Not contested

9. Any other business

None

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

Do you hold a trophy from the 2006 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 2006, 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 or assist us with other things such as team management, coaching or officiating

could you be the club general secretary, a team manager, Child welfare officer, or do another of the jobs?? All offers are welcome – the club officers positions should come up for formal elections each year.

We always appreciate offers to help with team management both for T&F and Crosscountry. We try to have as many team managers as possible each working with one agegroup in a league to make it light work, but currently we need additional help with both Eastern Young Athletes League and East Anglian League. Please offer your services.

Cambridgeshire AA AGM – Friday 30th 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.

Road Running Bits

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

Kevin Henry 5K League - C&C took the majority of the season's honours at the final 5K League fixture at Haverhill despite turning out the smallest teams. Quality overcame quantity as possibly our strongest female team of the year had no problem wrapping up victory. Emma Kreetzer won the race ahead of second-placed Karin Jordansen, but it wasn't enough to steal the series from Newmarket. By contrast, the seven-strong C&C men's team couldn't pack enough speedsters in, and, despite Pietro's race victory, only managed fourth(?)

place. However, the men's series had been all but won beforehand, and was duly confirmed. The fantastic women's performance also wrapped up the overall championship for us, and Karin's consistent top placings deservedly won her the women's individual trophy. Three pots out of five - not a bad summer's work. Well done everyone who turned up or lent a hand. (A Irvine)

Cross Country

This year we have again entered the Hertfordshire based Sunday League (there are no U13/U15/U17 age-groups in this league but athletes aged 16 and over can 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. 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.

All of the dates are now shown in the fixture list in this issue of the newsletter

Fixtures 2007/2008

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

Oct 6 th	X	Midland Cross Country Relays,	Nottingham	All	
Oct 7 th	X	Ryston XC Grand prix 5k	Ryston	All	All
Oct 7 th	R	Gt Abington 10k	Gt Abington	All over 16	
Oct 7 th	M	Frostbite league	St Neots	All	
Oct 7 th	R	SEAA 10k Road race championship	Chichester	Seniors	
Oct 7 th	R	Cancer Research Uk 10k	Ickworth	Seniors	
Oct 7 th	R	Cologne Marathon/half Marathon	Cologne	Seniors	Seniors
Oct 14 th	R	Great Eastern Half Marathon	Peterborough	All over 16	
Oct 14 th	R	Leicester marathon	Leicester	Seniors	
Oct 21 st	X	Sunday league XC (Senior/U20 races only)	Broxbourne	All over 16	
Oct 21 st	IT&F	SCVAC Indoor Pentathlons	Sutton	Veterans	
Oct 21 st	R	Amsterdam Marathon/Half Marathon	Amsterdam	Seniors	
Oct 21 st	X	Amphill Trophy Cross Country	Amphill	All	
Oct 28 th	R	BUPA Great South Run	Portsmouth	All over 16	
Oct 28 th	R	Fenland 10	??	All over	All over
Oct 28 th	R	Frankfurt Marathon	Frankfurt	Seniors	
Oct 29 th	R	Dublin marathon	Dublin	Seniors	
Nov 3 rd	X	English XC relays	Mansfield	All	
Nov 4 th	X	Dovedale Dash	Dovedale	Seniors	
Nov 4 th	R	New York Marathon	New York	Seniors	
Nov 10 th	X	UK Cross Challenge	Gateshead	Seniors	
Nov 11 th	X	Ryston XC Grand prix 9k/4.5k	Ryston	All	All
Nov 11 th	M	Frostbite League	Bushfield (P'bro)	All	
Nov 11 th	R	Stowmarket Senic 7	Stowmarket	Seniors	
Nov 18 th	IT&F	SEAA Indoor Open T&F	Lee Valley	All	
Nov 18 th	R	St Neots Riverside Half Marathon	St Neots	Seniors	Seniors
Nov 18 th	X	Sunday league XC (Senior/U20 races only)	TBC	All over 16	
Nov 19 th	R	Bishops Stortford 10k	Stortford	All over 16	
Nov 24 th	X	UK Cross Challenge and European Trials	Liverpool	Seniors	
Nov 25 th	M	Hereward relays	Peterborough	All over 16	
Dec 2 nd	R	Milan marathon	Milan	Seniors	
Dec 2 nd	R	Nene Valley 10	Peterborough	All over 15	
Dec 2 nd	R	Norwich half Marathon	Norwich	Seniors	
Dec 2 nd	R	Luton Marathon	Luton	Seniors	
Dec 2 nd	R	Victory 5	Portsmouth	Seniors	
Dec 9 th	M	Frostbite League	TBC	All	
Dec 16 th	X	Sunday league XC (Senior/U20 races only)	TBC	All over 16	
Dec 16 th	X	Ryston XC Grand prix 6.5k	Ryston	All	All

Dec 16 th	S	Cambs Sportshall League match 1	Chesterton	All under
Dec 26 th	R	C&C Boxing day 4 mile race	Lamas land	All
Dec 31 st	R	Ely 10k	Ely	All over 16
Jan 1 st	R	Wymondham New year day 10k	Wymondham	All over 16
Jan 5 th	X	UK Cross Challenge	Belfast	Seniors
Jan 6 th	X	Cambs AA Crosscountry Champs	St Neots	All
Jan 6 th	IT&F	SEAA U15/U17 Indoor Combined events	Lee Valley	U15/U17
Jan 13 th	X	Frostbite League	Ramsey	All
Jan 13 th	X	Ryston XC Grand prix 9k/4.5k	Ryston	All
Jan 13 th	X	Sunday league XC (Senior/U20 races only)	TBC	All over 16
Jan 12/13 th	IT&F	SEAA U15/U17 Indoor Championships	Lee Valley	U15/U17
Jan 19/20 th	IT&F	SEAA Senior/U20 Indoor Championships	Lee Valley	U20/Senior
Jan 20 th	S	Cambs Sportshall league match 2	St Ives	All under
Jan 20 th	X	UK Cross Challenge	Cardiff	Seniors
Jan 26 th	X	SEAA XC Championships	Parliament Hill	All
Feb 2 nd /3 rd	IT&F	ECAA Indoor Championships	Chelmsford	All
Feb 2 nd	X	BUSA XC Championships	Wales	Students
Feb 2 nd	X	SEAA Masters XC Championships	Ruislip	Veterans
Feb 2 nd	S	Eastern Regional Sportshall final	Norwich	County team
Feb 3 rd	M	Frostbite League	Bourne Woods	All
Feb 3 rd	R	Watford Half Marathon	Watford	Seniors
Feb 17 th	X	Sunday league XC (Senior/U20 races only)	Royston	All over 16
Feb 9/10 th	IT&F	English Senior Indoor Championships	NIA	Qual Stds
Feb 10 th	X	Ryston XC Grand prix 5k	Ryston	All
Feb 23/24 th	IT&F	AAA Indoor U15/U17/U20 Championships	Birmingham	Qualifying stds
Feb 23 rd	X	National XC Championships	Alton Towers	Club Teams
Feb 23 rd	R	Bury 20	Bury St Eds	Seniors
Mar 2 nd	M	Frostbite League	Huntingdon	All
Mar 8 th	X	English Schools XC	Nottingham	Schools select
Mar 8/9 th	IT&F	English U15/U17 Indoor Combined Events	Sheffield	U15/U17
Mar 9 th	R	Mondi 15	March	Seniors
Mar 15 th	X	CAU Intercounties XC	Nottingham	County
Mar 16 th	X	Ryston XC Grand prix 6.5k	Ryston	All
Mar 23 rd	X prov	ECAA Cross country Championships		
Apr 6 th	R	SEAA 12 and 6 stage road relays		

R = Road, M = Mutiterrain, X = Crosscountry, IT&F = Indoor Track and Field, S = Sportshall

Useful telephone numbers for winter 2007

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

Useful E-Mail and website addresses

C&C Website	www.cambridgeandcoleridge.org.uk		
UKA website	www.ukathletics.org.uk	AAA website	www.englandathletics.org
SEAA website	www.seaa.org.uk		

E-mails about C&C membership and other admin issues
info@cambridgeandcoleridge.org.uk

Amendments/items for website

webmaster@cambridgeandcoleridge.org.uk

To join the C&C e-mail information group, e-mail your request to johnkazer@hotmail.com
 Newsletter editor (for your results and articles to publish) noelmoos@btinternet.com

Athletics kit and shoes by internet or mail order

www.bournesports.com

Review of Summer 2007 Track and Field

Southern Men's League – Divisional Champions

Firstly - well done to the whole team for their promotion back to Division 2. The team continued its early season form in the 2nd half of the season, and ended the season officially unbeaten, and top of the Division 3N. That means that the team is back in its usual place in Division 2 next season where hopefully there will be some better competition. It was good to see the team strengthening progressively all through the season and provided we don't have too many not available due to University commitments early next season, we should do well. It was particularly good to see that in the final match at Peterborough the majority of our team were Seniors, with a few under 20's and only one under 17, so we are getting more depth now.

Southern Women's League

Despite winning their last fixture, the overall league position was not quite as good as last years, but still in the 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! The team didn't travel to Hastings for the fixture there because there was only one athlete willing to go, and a clash with other fixtures so that accounted for most of the difference between last year and this year..

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.

East Anglian league – the men make it a double

A good season overall. In the league we won the Mens Trophy this year, for the first time for a few years now, so the Men did the double this season.

This year the turn-out of under 15 Boys in the August match rose from 2 to 4, and the 4 managed to finish 3rd in the match thanks to winning most of what they did.

We qualified for the final in all age-groups with the exception of the under 13 Girls, who had only 3 athletes in the August match and met strong opposition to finish in 7th place in that fixture which dropped them to 10th in the league.

In the final the Under 13 Boys and the under 15 Girls were both 2nd, but the men couldn't manage a third Trophy finishing 4th just 5 points behind 2nd placed PAC.

Eastern Young Athletes league

Yet another good season, finishing in 9th position and qualifying for the Plate final. Turn-out has generally been good overall but a different age-group had a low turn-out at each match which dragged the overall results down.

In the Plate Final, C&C finished 6th overall, but won the Under 15 Girls age-group trophy and just missed out on the under 15 Boys. Well done to all the athletes and team managers who were there – it looks as though the summer holiday effect, when attendances at training by under 13's and under 15's were low, took its toll in the form of performances which were well below the athletes best in many cases.

It's a great pity that the turnout wasn't better in the other agegroups, particularly in the Under 13 boys – especially when you consider how many we have at Monday training.

It really isn't fair on the team managers who give up their time, and the coaches who are all volunteers, when athletes don't support the teams and their clubmates.

National Junior League – Team Cambridgeshire

A good number of our athletes competed for the Cambridgeshire clubs Under 20's team again this year. The team was in the Southern Premier Division – about as hot as it can get in that league and they finished 7th after holding 6th place for much of the season.

As a consequence they had to take part in the qualifier match for next season, and won that very easily over Basildon so they continue in the Premier Division next season.

Congratulations to Gemma Coe who was unbeaten all season in that league and of course all the other athletes who took part in one or more of the five matches.

Some new club records (up to 10th September)

Congratulations go to the following:

J Ebanks	Under 11 Boys	80m	11.7
Callum Huntingdon	Under 13 Boys	Javelin	31.54
Adam Tapley	Under 13 Boys	75m hurdles	12.8
Ed Aston	Under 20 men	800m	1.48.93
Alex Howarth	Under 20 men	3000m S/C	10.40.6
Gary Parsons	Veteran men *	Hammer	41.77
Gary Parsons	Veteran men *	Discus	39.95
Alex Taylor	Veteran men *	Triplejump	11.45
Alex Taylor	Veteran men *	Highjump	1.75
Alex Taylor	Veteran men *	Decathlon	4177
Lauren Sammout	Under 15 Girls	Triplejump	10.56
Lauren Sammout	Under 15 Girls	Discus	29.18
Lauren Sammout	Under 15 Girls	Shot	11.29
Hayley Sayer	Under 15 Girls	Hammer	40.36
Laura Bass	Under 17 Women	300m hurdles	47.0
Lois May	Under 17 Women	Javelin (1999)	28.29
Alice Forster	Under 20 Women	Hammer	39.37
Kim Motley	Under 20 Women	100m	12.6
Lucy Dowsett	Under 20 Women	400m	56.9
Lucy Dowsett	Under 20 Women	800m	2.07.45
Lucy Dowsett	Under 20 Women	1500m	4.29.88
Lucy Dowsett	Under 20 Women	3000m	10.08.29
Ellie Schofield	Under 20 Women	1500m S/C	5.32.60
Viola Asztalos	Under 20 Women	400m hurdles	69.8
Alice Forster	Senior Women **	Hammer	38.93
Lucy Dowsett	Senior Women **	800m	2.09.14

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

** Set competing in a Senior Womens competition

National Schools Championships – two medals by C&C athletes

There was silver for Lucy Dowsett in U20 Womens 800m and Bronze for Lauren Sammout in U15 Girls shot, Full details of all the C&C performances are given in the results section. C&C fielded 40% of the Cambs team (10 athletes) and also had one in the Suffolk team. Well done everyone – you are a credit to the club and your coaches.

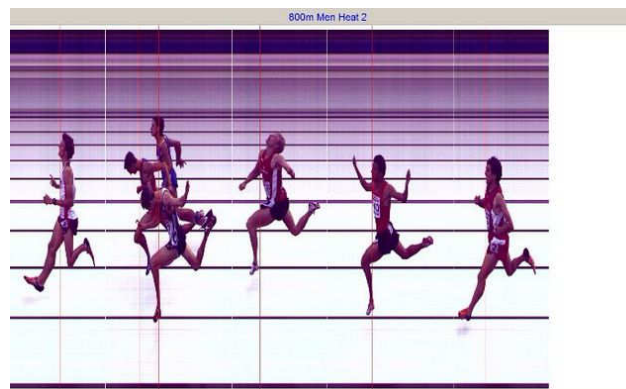
Lucy runs at the Crystal Palace Grand prix again

Lucy Dowsett was again invited to run in the “On Camp with Kelly” 800m race at the start of the London Grand Prix at Crystal palace this year and ran close to her personal best.

Ed selected for European Junior Championships

Ed was selected as the third runner in the 800m for the GB and NI team in the European Junior Championships at Henglo in Netherlands on 19th – 22nd July.

In his heat, which was a slow tactical race, Ed was leading at 600m, but with 3 automatic qualifiers he lost out in the final sprint by just 1/100th of a second, finishing 4th and missing out on a semifinal place.



Lauren hits National Gold at Sheffield

Lauren Sammout led the Under 15 Girls shot putt from round 1 at the England Athletics Under 15/U17 Championships at Sheffield, and eventually took the Gold with that first round putt of 11.29m (a new club record for the agegroup, taking the ~20 year old record held by Sarah McGrath).

Lauren also broke her own club U15 Discus record with 29.18m finishing 5th.

And can you imagine the pressure on her Mum, who hardly dare watch the other 5 rounds of the shot competition – that's real stress!.



National Silver for Ben

Ben Kelk ran a new PB at just the right time to claim the silver in the U15 Boys 80m Hurdles at Sheffield. His new time was 1.49 secs

Hayley hurls herself to 5th and Csepi and Richard reach their event finals

Hayley Sayer returned from 3 weeks in USA in time for just one training session, and confirmed her ranking in the Under 15 Girls Hammer at Sheffield with 5th place and a throw of 37.43m
Csepi Asztalos was 7th in the final of the U15 Girls 75m hurdles in a time of 11.87 (11.83 in heats) and Richard Oppong Konadu was 6th in the final of the U17 mens 400m with a new personal best 50.01.

Charlotte Cox – two silver and a Bronze in the DSE National Championships

A big well done to Charlotte Cox, who went to the Disability Sport England National Championships at Blackpool, and won two silver medals and a bronze in her class for athletes with Downs Syndrome.

She ran 16.2 in the 100m, 34.2 in the 200m and jumped 2.37m in Longjump

Ian Williamson represents South of England in Senior Inter-territory match

Ian was selected to represent the South of England at 1500m in the Inter-territorial match at Birmingham on 15th July. Ian finished 3rd scoring valuable points to help the South to win the fixture.

Ian finished 5th in the 1500m at the Scottish Senior Championships at Scotstoun on August 12th.

Will Clarke – (and Rosie) - Triathlon World Championships

Will Clarke took an outstanding fifth place at the Triathlon World Championships in Hamburg. Finishing the bike leg in a large lead pack, Will broke clear during the run, but was eventually caught by a select group including winner Daniel Unger and World Cup leader Javier Gomez.

European U23 champion Rosie Clarke was in action in the U23 category, and underlined her promise by finishing fourth, just to outdo Will.

C&C beat Peterborough AC without setting foot on a track

Neil Costello, Chris Flood and Hayley Ginn scored a very narrow victory over a PAC team which included Femi Akinsanya, but it wasn't on the track or the road, but in the Radio Cambridgeshire studio. They had been invited to take part in a sports quiz, with the added benefit of a bit of publicity for the club but didn't know who they would be up against.

It went right down to the wire – a tiebreaker, and C&C knew the answer. Well done Neil, Chris and Hayley – they even coped with (I hesitate to say it) football questions.

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 16th December at Chesterton and 20th January at St Ives.

Results, Results, Results

			<u>ROAD</u>			
<u>Newmarket 10k – 1st July</u>						
31 st	S Brightwell	41:01	56 th	A Dewison		44:48
59 th	T Long	45:02	62 nd	P Dewison		
	45:15					
65 th	C Brown	45:30	185 th	D Braverman		59:52
<u>EVAC 10k – Comberton 1st July</u>						
15 th	M Chaplin	M45	41:55	18 th	G Meah	M45
	43:21					
20 th	G Smith	M60	43:41	35 th	S Barnett	W55
						51:54
<u>Peterborough 5k Grand Prix – 4th July</u>						
69 th	J Jenkins	19.48				

Abbey 10k – Ramsey – 8th July

8th G Capetti 1st M40 36.38 26th S Brightwell 3rd M40 40.26

Summer 5k League – Cambridge 5th July

1st overall – 1st mens team, 1st ladies team – team standings overall 1st, men 1st, women 2nd

<u>Men</u>						
5 th	G Capetti	17.40	6 th	J Kazer		17.48
8 th	J Raymond	18.24	18.20	9 th	M Smith	
14 th	C Clissold	18.48	17 th	S Brightwell		19.01
21 st	I Badr	19.06	24 th	V Freeman		
	19.34					
27 th	L Fredriksen	19.47	39 th	J Lewy	M45	21.01
40 th	D Yeneralski	21.02	42 nd	C Brown		21.10
45 th	T Long	21.29	46 th	M Ennis		21.39
47 th	A Irvine	22.02	50 th	M Kreetzer		
	22.16					
<u>Women</u>						
1 st	K Masson	19.07	3 rd	K Jordanson		20.30
6 th	J Cunningham	21.09	8 th	M Simmons		21.18
9 th	K Samuelson	21.20	14 th	R Roberts		22.12
16 th	R Brown	22.50	17 th	F Murphy		22.55
18 th	C McEnery	22.59	22 nd	M Jennings		24.27
27 th	E Bingly	27.00				

Histon Fun run – 7th July

<u>Women Six Miles - 6.5 miles, 5 finishers.</u>						
			2 nd	M Lasseter		52:00
<u>Under 17 Men Three Miles - 3 miles, 34 finishers.</u>						
			8 th	A Dewison		25:12
<u>Veteran Men Six Miles - 6.5 miles, 14 finishers.</u>						
4 th	L Stone	39:30	5 th	G Meah		43:20
6 th	T Long	47:30	7 th	D Mail		47:40
<u>Under 15 Boys - 3 miles, 19 finishers.</u>						
<u>Under 15 Girls - 3 miles, 6 finishers.</u>						
3 rd	A Davies	33:52	4 th	V Free		36:24

Peterborough 5k Grand Prix - Thornev - July 18th

70th J Jenkins M60 19:29 133rd A Irvine M35 22:11

156th C McEnery W35 23:19

St Ives Dairy Crest 10k – 22nd July – 466 finished

10 th	M Salt	35.59	44 th	A Aldridge		
	39.35					
48 th	C Clissold (M35)	39.46	53 rd	J Ferguson		40.03
68 th	E Kreetzer (1 st Fem)	41.12	90 th	G Meah (M45)		42.20
96 th	G Smith (M60)	42.52	113 th	C Brown (M40)		43.23
139 th	P Schofield (M45)	44.53	212 th	A Irvine (M35)		
	48.31					
219 th	C McEnery (W35)	48.54	359 th	M Warren (W40)		56.15
<u>Wandlebury Cross-Country 5 mile – July 22nd</u>						
1 st	G Capetti	M40	29.53	7 th	G Cinque	M45
14 th	P Dewison	M50	33.48	18 th	A Dewison	U17
	34.59					
23 rd	V Green	W50	36.17	35 th	D Braverman	W55
67 th	T Wicklow	F	48.05	75 th	P Chaplin	M75

Milton Keynes Half marathon – July 22nd

410 th	D Hills	1.49.40				
<u>Swiss Alpine Half Marathon – Davos – July 28th</u>						
591 st	A Irvine	2.24.11	592 nd	C McEnery	W35	2.24.11

Haverhill 10.5-1 10k 29th July

2nd P Liguori 34.47 3rd B Baldelli 35.47

Peterborough 5k Series – 1st August at Stamford

6th G Capetti M40 37.21

C McEnery (F) 22:58 A Irvine (M35) 23:10

Wibbly-Wobbly Log Jog – Brandon 3rd August – 5 miles

33 rd	C Brown	M40	34:56	45 th	T Long	M45	36:09
58 th	A Downie	M55	37:05	62 nd	A Irvine	M35	37:38
81 st	R Roberts	W35	39:01	89 th	F Murphy	W40	39:34
90 th	C McEnery	W35	39:35	147 th	R Jackson	M50	43:54

160 th	M Lasseter	W40	44:46	193 rd	M Warren	W40	46:50
<u>EVAC 5k – Granchester – August 5th</u>							
16 th	J Jenkins	1 st M60	20:05	21 st	G Smith	M60	21:04
27 th	A Downie	M55	21:31	30 th	G Meah	M45	22:08
33 rd	M Ennis	M55	22:27	43 rd	S Barnett	2 nd W55	24:36
<u>Muscular Dystrophy 10k – Holkham Hall</u>							
31 st	P Dewison	M50	42:08	45 th	C Brown	M40	
	43:33						
63 rd	T Long	M45	46:58	97 th	D Braverman	W55	51:05
123 rd	P Garrett	M45	55:50	132 nd	M Warren	W40	57:01

Summer 5k series – Newmarket – August 9th

Overall 1st – Men 2nd team - Ladies 2nd team

Men							
9 th	J Kazer		18.02	10 th	M Collins		18.20
11 th	M Nielsen		18.27	14 th	M Smith		18.34
21 st	C Clissold		19.04	22 nd	I Smith		19.05
31 st	A Howard		19.54	34 th	C Brown	M40	20.18
35 th	G Meah	M45	20.24	36 th	G Smith	M60	20.25
42 nd	T Long	M45	20.52	43 rd	R Jackson	M50	21.02
44 th	J Lewy	M45	21.21	47 th	A Downie	M55	21.35
51 st	M Ennis	M55	21.47	54 th	M Kreetzer		

61 st	P Schofield		23.13	64 th	A Herne		
	24.11						
67 th	Ron Jackson		25.17	68 th	I McKay		25.29
70 th	M Turner		31.11				

Women							
1 st	K Jordanson		20.23	6 th	M Simmons		20.58
10 th	K Dean		21.46	12 th	R Roberts	W35	22.37
14 th	C McEniery	W35	22.52	15 th	F Murphy	W40	23.07
19 th	J Ball		23.19	23 rd	H McKay		25.15
30 th	M Warren		25.42	31 st	C Martins		25.48

Current standings of 5k series – Men 1st team, Ladies = 2nd team, Combined 1st team

Newark Half marathon – Aug 12th

63 rd	K Masson	4 th F	1.29.09
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Peterborough 5k – Werrington – 15th August

45 th	K Masson	1 st W40	19.26	97 th	A Irvine	M35	21.56
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Helsinki Marathon – 18th August

215 th	J Graggaber		3.16.16
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London Pride 10k – 18th August

239 th	M Jennings	W55	50.25
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Thorney Smile – 19th August

7 th	B Baldelli		27.47	35 th	M Smith		30.57
69 th	G Meah	M45	33.34	100 th	K Samuelson-Dean	F	35.53
144 th	S Barnett	W55	39.15				

Garden City 10 mile – 2nd September

141 st	P Dewison	M50	1.15.08
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Gt Scottish Run Glasgow half Marathon – Sept 2nd

26 th	P Liguori		1.13.57
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Wissey Half Marathon – 2nd September

82 nd	G Meah	M45	1.39.46
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Summer 5k series – Haverhill – Sept 6th

Men 4th team -							
1 st	P Liguori		16.31	7 th	J Kazer		18.04
8 th	J Raymond		19.29	18 th	A Howard		
41 st	M Kreetzer		21.42	21.39	42 nd	A Irvine	
55 th	A Herne		23.51				
Women - 1st team							
1 st	E Kreetzer		19.44	2 nd	K Jordansen		20.11
6 th	M Simmons		20.37	11 th	K Samuelson-dean		21.55
12 th	R Roberts	W35	22.03	22 nd	D Braverman	W55	24.35

Final Result of 5k series – Overall 1st team, Men 1st team, Ladies 2nd team, Ladies Ind. Trophy Karin

Jordansen

Gruntv Fen Half Marathon – 9th September

54 th	K Masson	1 st W50	1:29:38	56 th	J Ferguson		1:29:49
120 th	M Simmons	F	1:37:00	124 th	G Meah	M45	1:37:22
212 th	S Moffatt	F	1:44:03	221 st	J Lewy	M45	1:45:16
240 th	K Samuelson-Dean	F	1:47:20	295 th	M Jennings	W55	1:52:44
345 th	Ron Jackson	M50	1:57:16				

Robin Hood Half Marathon – Nottingham 16th September

2093 rd	D Hills		1.54.39
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Robin Hood Marathon – Nottingham 16th September

86 th	S Brightwell		3.11.55	796 th	K Hills	F	4.36.19
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TRACK & FIELD

BMC Grand Prix – Watford June 30th

800m Men	3 rd in R2	E Aston	1.49.88	(2 nd U20)
800m Women	3 rd in R2	L Dowsett	2.09.24	(2 nd U20)
1500m Men	2 nd in R5	I Williamson	3.52.98	

National Junior League – Woodford July 1st – Team Cambridgeshire

Team Cambridgeshire 6th – now 6th in Southern Premier Division

U20 Men

200m				8B	G Baker	23.4
400m	5A	R Oppong-Konadu	50.4	6B	O Francis	52.7
800m				4B	D Potts	2.02.5
3000m				6B	W Mycroft	10.06.6
2k S/C	4A	A Howarth		6.45.3		
110 Hdls	6A	T Deas	18.0			
400m Hdls			68.2	6B	A Howarth	

Triplejump			10.83	6B	T Deas	
4 x 100 relay	7A	Baker, Deas plus 2				44.8
4 x 400 relay	3A	Francis, Baker, Oppong-Konadu plus C Roberts (HAC)				3.26.4

Under 20 Women

100m				=7B	K Motley	12.9
400m	2A	L Dowsett	56.9 (CR)	4B	I Asztalos	62.2
1500m	5A	R Burbidge	5.09.3			
100 Hdls	4A	K Motley	16.2			
Hammer	3A	A Forster	39.37 (CR)			
Discus	3A	A Forster	31.33			
Shot	2A	A Forster	10.59			
4 x 100	8A	Asztalos, Motley plus 2				52.6
4 x 400	6A	Asztalos plus 3				4.17.5

Eastern Young Atletes league on 1st July at Lee Valley

Match result – 1st Stevenage 630, 2nd Ipswich 495, 3rd Peterborough 480, 4th C&C 451, 5th Herts Phoenix 413, 6th Enfield 221, 7th Biggleswade 66

Under 17 men – 3rd

100m	2A	C Morter	11.6	1B	L Crabb	12.0	
200m	3A	L Crabb	24.3	2B	J Baxter	25.6	
1500m	2A	J Baslington	4.43.1				
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	4A	C Morter	9.12				
Discus	5A	J Baxter	14.24	3B	L Crabb	14.02	
Javelin	4A	C Morter	30.91	3B	J Baslington	22.30	
4 x 100	3A		48.2				
Under 15 Boys – 3rd							
100m	2A	B Kelk	12.6	2B	A Morter	13.9	
200m	6A	C Dear	30.8				
400m	5A	C Dear	61.7				
800m	3A	O Bass	2.29.0	4B	E West	2.50.6	
1500m	2A	S Pullen	5.00.9	2B	T Carruthers	5.41.2	

Hurdles	1A	B Kelk	12.1				
Longjump	5A	C Dear	4.24	4B	S Symanski	3.99	
Highjump	1A	B Kelk	1.60				
Shot	1A	M Lawrence	12.65	1B	J McGillivray	10.30	
Discus	2A	J McGillivray	29.19	1B	M Lawrence	26.61	
Javelin	1A	A Morter	31.22	1B	O Bass	28.43	
4 x 100	4A		58.2				
Under 13 Boys – 4 th							
100m	5A	A Ette	15.4	5B	P Hopper	16.1	
	N/S	M Taylor	17.0	N/S	J Vane	17.3	
200m	5A	A Ette	31.1	5B	P Hopper	33.2	
	N/S	J Vane	34.9				
800m	7A	B Swannack	3.19.2				
1500m	2A	K Doherty	5.35.0				
Hurdles	3A	C Ennis	17.3	1B	P Hopper	19.4	
Longjump	4A	A Ette	4.19	4B	J Vane	3.65	
	N/S	C Ennis	3.84	N/S	W Cox	3.34	
Highjump	5A		1.25				
Shot	4A	W Cox	5.14	4B	M Taylor	4.02	
Discus	3A	K Doherty	13.89	1B	W Cox	11.22	
4 x 100 relay	5A		63.6				
Under 17 Women – 2 nd							
100m	3A	S Rogan	14.0	2B	H Cox	15.0	
200m	2A	SRogan	28.6	1B	L Bass	27.9	
	N/S	H Cox	30.7	N/S	C Cox	34.3	
300m	3A	Z Kier	44.5	2B	L Bass	45.2	
800m	3A	K Parker	2.43.4				
1500m	1A	C Arkell	5.41.8				
Hurdles	2A	L Bass	13.7	1B	Z Kier	14.3	
Highjump	2A	ZKier	1.55				
Longjump	4A	C Cox	2.38				
Shot	6A	S Rogan	4.88	3B	C Arkell	3.96	
Discus	4A	K Parker	11.66				
Javelin	4A	H Cox	11.64				
4 x 100 relay	1A		53.4				
Under 15 Girls – 1 st							
100m	6A	G Bristow	14.8	3B	A Midgley	14.5	
	N/S	S Baxter	17.4				
200m	3A	A Hay	29.7	5B	C Aszталos	30.5	
	N/S	E Roberts	35.5	N/S	J Kent	35.8	
300m	2A	A Hay	45.3	2B	C Aszталos	47.0	
800m	3A	E Taylor	2.38.6	3B	S Baxter	3.21.7	
1500m	1A	E Kier	5.10.8				
Hurdles	1A	C Aszталos	12.3	2B	G Bristow	12.9	
Longjump	3A	L Sammout	4.64	2B	????	4.13	
	N/S	J Kent	3.54	N/S	A Crabb	3.72	
Highjump	4A	K Caulfield	1.40	3B	S Rawe	1.25	
	N/S	E Roberts	1.20				
Shot	1A	L Sammout	10.42	1B	H Sayer	8.17	
Discus	2A	L Sammout	23.53	2B	H Sayer	16.05	
Javelin	3A	A Midgley	18.72	2B	H Sayer??	16.14	
	N/S	S Rawe	13.40				
4 x 100	2A		55.6				
Under 13 Girls – 6 th							
100m	6A	R Davidson	16.3				
200m	5A	K Bass	35.5				
Hurdles	4A	K Bass	14.0				
Highjump	5A	R Davidson	1.15				
Discus	5A	R Davidson	10.03				

BMAF weights Pentathlon July 1st

M55 3rd P Bramford 2793 pts
 Shot – 9.81, Hammer – 28.32, Discus – 31.29, Javelin – 36.16, Weight – 9.63

Eastern veterans league – Cambridge – 4th July

Men 5th 59 pts,
 100m 4th M40 G Meah 14.9 3rd M60 N Moss 15.8

400m	5 th M40	G Meah	73.4				
1500m	3 rd M40	M Chaplin	5.38.2				
2km walk	1 st M50	P Howard	12.31.4				
Longjump	5 th M40	G Meah	3.09	2 nd M60+	N Moss	3.56m	
Highjump	5 th M40	G Meah	1.10	4 th M50	N Moss	1.10	
Shot	3 rd M40	G Meah	5.13	3 rd M50	P Bramford	9.06	
				1 st M60+	F Martin	7.80m	
Hammer	2 nd M40	P Bramford	20.55	2 nd M50	F Martin	21.57	
Relay (4,2,2,4)	4 th	M40	3.33.6				
Ladies 4 th 35pts							
400m				1 st W55	S Barnett	91.4	
1500m	2 nd W35	J Herron	5.34.6	1 st W45	J Lasenby	5.25.6	
Shot				1 st W45	R Martin	7.65	
Hammer	1 st W35	R Roberts	24.68	1 st W55	R Martin	28.69	
BMAF multievents – July 7th/8th							
M35-39	4 th	A Taylor	4177				
100m	12.47, LJ 5.64, SP 8.04, HJ 1.72, 400m 61.34, Hdls 19.98, DT 22.68, PV 2.20, JT 34.06, 1500m 5.47.0						
National Disability Sport England Champs – Blackpool – July 7th/8th							
100m, 200m, Longjump	C Cox	100m 2 nd 16.2, 200m 2 nd 34.2, Longjump 3 rd 2.37					
Eastern AA Championships – Cambridge 8th July							
Sen Mens 800m	1 st	I Williamson	1.56.1				
Sen Mens Longjump	1 st	A Boyce	5.24				
Sen Mens Polevault	2 nd	A Boyce	3.40				
U20 Mens 400m	2 nd	O Francis	52.0				
U20 Men 3000m	2 nd	A Howarth	10.10.0				
U20 mens 400mhds	4 th	A Howarth	66.6				
U20 mens longjump	6 th	S Richards	5.93	8 th	S Whittaker	5.41	
U20 Mens Triplejump	2 nd	S Whittaker	11.83				
U17 Men 100m	5 th	J Baxter	11.7				
U17 men 200m	3 rd	G Baker	23.6	6 th	J Baxter	24.2 (24.0 in ht)	
U17 Men 1500m	6 th	W Mycroft	4.27.5				
U17 men 3000m	6 th	N Burch	10.36.0				
U15 Boys 100m	6 th	B Davies	12.0				
U15 Boys 80m Hdls	1 st	B Kelk	12.1				
U15 Boys shot	2 nd	J MacGillivray	10.42				
U15 Boys Discus	3 rd	J MacGillivray	29.70				
U15 Boys Hammer	3 rd	J MacGillivray	32.41				
U15 Boys Javelin	4 th	A Morter	32.12				
U15 Boys Longjump	3 rd	B Davies	5.21				
U13 Boys 100m	4 ^{ht}	J Vane	14.9				
U13 Boys 200m	3 rd	S Howarth	27.8 (27.6 in ht)	4 th	A Ette	28.4	
	5 ^{ht}	J Vane	32.4				
U13 Boys 800m	4 th	A Ette	2.30.4	6 th	S Howarth	2.31.2	
U13 Boys Longjump	3 rd	S Howarth	4.31	4 th	A Ette	4.18	
U20 Wom 100m hds	2 nd	K Motley	15.6				
U20 Womens 400m	1 st	I Aszталos	61.8				
U20 Wom Shot	1 st	A Forster	10.53				
U20 Wom Hammer	3 rd	A Forster	37.15				
U20 Womens 1500m	1 st	R Burbidge	4.59.9				
U17 Women 100m	6 th	Mar Oliver	14.1				
U17 Women 1500m	5 th	N Richards	6.05.6				
U17 Wom 80m hds	2 nd	L Bass	12.4				
U17 Wom 300m hdl	2 nd	L Bass	47.0				
U15 Girls 100m	6 th	J Corbett	13.6 (13.4 in ht)	8 th	A Midgley	13.8	
U15 Girls 200m	7 th	J Corbett	28.1				
U1515 75m Hdls	4 th	C Aszталos	11.9	5 ^{ht}	J Richards	14.0	
	6 ^{ht}	G Bristow	14.2				
U15 Girls 800m	9 th	K Waite	3.00.4				
U15 Girls 1500m	12 th	R Carter	5.44.6	13 th	L Gillie-Andrew	5.52.3	
U15 Girls Longjump	8 th	A Crabb	3.47				
U15 Girls Triplejump	1 st	L Sammout	9.87				
U15 Girls Shot	2 nd	L Sammout	10.53	5 th	H Sayer	8.91	
	9 th	J Richards	6.73				
U15 Girls Discus	3 rd	L Sammout	27.82	6 th	H Sayer	20.40	

U15 Girls Hammer	3 rd	H Sayer	35.63		
U15 Girls Javelin	3 rd	A Midgley	24.34		
U13 Girls 100m	7 th	Mat Oliver	15.7		
U13 Girls 200m	5 th	E Lowe	30.00		
U13 Girls 800m	9 th	E Lowe	3.03.5		
U13 Girls Longjump	7 th	E Lowe	3.63		

Southern Mens League at Hillingdon on 14th July

Re-scored after a protest about use of an illegible athlete in 7 events under a false name by Bedford

1 st C&C 153,	2 nd Wycombe 113,	3 rd Bedford 105,	4 th Havering 103		
100m	3A	A Starnes	12.0	1B	I Jones 12.3
200m	3A	I Jones	25.3	2B	J Huddlestone 25.6
400m	3A	A Starnes	53.9	2B	R Lasenby 54.9
800m	1A	N Beer	1.59.2	1B	J Morley 2.03.9
1500m	1A	D Potts	4.18.8	1B	W Mycroft 4.27.9
5000m	1A	P Liguori	16.21.2	1B	J Kazer 17.23.6
3000S/C	2A	A Howarth		10.52.3	2B J Kazer

110 hdl	1A	J Huddlestone	18.7	1B	T Brennan 20.1
400hdl	2A	J Huddlestone	61.3	1B	T Brennan 65.2
Highjump	2A	S Richards	1.69		I Jones NH
Longjump	1A	S Richards	5.79	2B	A Boyce 5.16
Triplejp	1A	S Richards	11.78	2B	A Boyce 10.72
Polevault	2A	A Boyce	3.00	3B	N Moss 2.00
Shot	1A	G Parsons	11.59	2B	P Bramford 8.88
Discus	1A	G Parsons	36.59	3B	P Bramford 23.75
Javelin	2A	M Thomson	40.28	2B	P Bramford 30.24
Hammer	2A	G Parsons	37.57	3B	P Bramford 20.23
4 x 100	2A	Starnes, Jones, Richards, Brennan			47.1
4 x 400	1A	Morley, Potts, Lasenby, Beer			3.33.9

National Schools at Birmingham 13th/14th July

U15 Boys Hurdles	B Kelk	5 th	11.56		
U15Boys Longjump	B Davies	18 th	5.11		
U15 Boys hammer	J MacGillivray	14 th	31.77		
U17 mens 100m	C Morter	7 th in ht	11.78		
U17 mens 400m	R Oppong-Konadu	5 th	50.25 (50.07 in ht)		
	G Baker (Suffolk)	6 th in ht	51.73		
U15 Girls Hurdles	C Asztalos	3 rd in ht	12.03		
U15 Girls Shot	L Sammout	3 rd	10.90		Bronze medal
U17 Womens 1500m	G Coe	10 th	4.46.52 (ht)		
U20 Womens 800m	L Dowsett	2 nd	2.07.45		Silver medal
U20 Womens Hmr	A Forster	13 th	36.82		

Senior Inter-territorial – Birmingham – July 15th

1500m	3 rd	I Williamson	3.59.75		
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Eastern Young Atletes league on 15th July at Peterborough

Match result – 1st Basildon 670, 2nd Peterborough 588, 3rd C&C 515, 4th Watford 436, 5th Hunts AC 306, 6th Thurrock 269, 7th Ryston/W Norf 162

Under 17 men – 7 th					
100m	3A	J Baxter	11.6	2B	I Jones 12.2
200m	4A	J Baxter	24.2	2B	I Jones 25.0
800m	3A	W Mycroft	2.11.9	1B	N Burch 2.19.7
Highjump	5A	I Jones	1.55		
Discus	5A	J Baxter	21.23	5B	W Mycroft 14.49

Under 15 Boys – 3 rd					
100m	2A	B Davies			
200m	5A	C Dundas	29.3		
400m	4A	J Paul	64.8	5B	S Szymanski 70.3
800m	3A	O Bass	2.21.3	1B	C Dundas 2.33.1
1500m	4A	S Pullen	4.55.5		
Longjump	1A	B Davies	5.28	4B	S Szymanski 3.77
Shot	2A	J McGillivray	9.70	1B	O Bass 8.09
Discus	2A	J McGillivray	30.99	2B	A Lemon 12.79
Javelin	1A	O Bass	32.69	2B	J Paul 22.57
	N/S	J MacGillivray	17.42		
4 x 100	5A		56.7		

Under 13 Boys – 3 rd					
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100m	5A	P Hopper	14.9	4B	R Sheppard 14.7
	N/S	M Jones	15.3	N/S	H Murdoch 15.9
200m	6A	M Jones	32.3	3B	H Tourmant 29.4
	N/S	B Swannack	36.3	N/S	P Hopper 32.7
	N/S	J Vane	34.6	N/S	A Tapley 29.5
800m	4A	H Cotton	2.40.2	1B	H Tourmant 2.31.3
	N/S	B Swannack	3.07.0		

1500m	1A	A Tapley	5.26.2		
Hurdles	3A	A Tapley	13.5	2B	H Cotton 16.1
	N/S	C Ennis	15.6		
Longjump	6A	C Ennis	3.65	4B	J Vane 3.26
	N/S	J Carter	2.88		
Highjump	3A	C Ennis	1.25		
Shot	5A	W Cox	5.09	4B	P Hopper 4.56
Discus	2A	J Carter	18.04	3B	W Cox 8.76
	N/S	D Warboys	15.59		
4 x 100 relay	3A		60.6		

Under 17 Women – 2nd

100m	4A	H Cox	13.9	4B	C Cox 16.4
200m	2A	L Bass	27.9	3B	H Cox 29.2
	N/S	C Cox	34.4		
300m	2A	L Bass	44.3	2B	Z Kier 44.9
800m	2A	K Parker	2.41.4	1B	E Currington 2.43.5
	N/S	F Tourmant			2.42.8
1500m	3A	N Richards			6.03.4
Hurdles	2A	L Bass	12.4	1B	Z Kier 13.6
Highjump	1A	M Smith	1.55	1B	ZKier 1.50
Longjump	1A	M Smith	4.60	4B	S Tomlin 3.55
	N/S	C Cox	2.24		

Triplejump	1A	M Smith	9.48	3B	S Tomlin
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Shot	5A	N Richards	3.86	2B	F Tourmant
	3.83				
Discus	5A	E Currington	15.26	1B	K Parker 14.28
Javelin	4A	??	13.75		
4 x 100 relay	3A		56.0		

Under 15 Girls – 2nd

100m	3A	J Corbett	13.5	4B	A Midgley 14.2
	N/S	S Baxter	15.7		
200m	1A	J Corbett	27.9	3B	A Midgley 29.3
300m	1A	J Corbett	45.0	1B	G Bristow 47.0
800m	5A	H Shepherd	2.47.1	4B	V Free 3.10.3
	N/S	S Baxter	3.22.0		

1500m	1A	E Kier	5.08.5		
Hurdles	1A	G Bristow	12.2	2B	J Richards 14.1
Longjump	5A	S Udin	3.43	5B	A Crabb 3.26
	N/S	V Free	3.40		
Highjump	6A	E Kier	1.25	3B	J Richards 1.20
Shot	1A	L Sammout	10.12	1B	H Sayer 8.45
Discus	2A	L Sammout	22.86	2B	H Sayer 20.01
Javelin	1A	A Midgley	23.18	N/S	S Baxter 8.97
4 x 100	4A		56.8		

Under 13 Girls – 4th

100m	5A	M George	14.6	2B	E Cave 14.3
	N/S	E Lowe	14.4	N/S	M Turner 15.4
	N/S	R Rehakova	17.0		
200m	5A	M George	29.9	4B	N Rehakova 34.5
800m	4A	M Turner	2.49.5	4B	E Lowe 3.03.4
	N/S	R Rehakova	2.58.6	N/S	Z Macdonald 3.28.9

1500m	4A	E Cave	5.27.9		
Hurdles	2A	E Cave	12.2	1B	M George 12.0
	N/S	E Lowe	112.9	N/S	K Bass 14.1
Highjump	4A	R Davidson	1.20		
Longjump	3A	M Turner	3.41	4N	A Goggin 3.09
Shot	6A	A Goggin	5.47	5B	Z Macdonald 4.45

Discus	5A	A Goggin	14.52	3B	R Davidson	13.26
4 x 100	4A		60.8			

BMC Grand Prix – Solihull – July 21st

800m Men	3 rd Ht F	I Williamson	1.54.67			
800m Women	1 st Ht F	G Coe	2.17.85			
1500m Women	8 th Ht B	L Dowsett	4.29.88			

East Anglian League – Cambridge – July 22nd

Overall match – 1st C&C 47, 2nd West Suffolk 36, 3rd Colchester and Tend. 32, =4th West Norfolk and
 leighton Buzzard 26, 6th St Edmunds Pacers 16
 Senior Men - 1st C&C 174 pts

100m	1A	S Whittaker	11.6	1B	J Huddlestone	12.2
	N/S	T Deas	12.0	N/S	T Brennan	12.1
	N/S	S Richards	12.2	N/S	J Brennan	
200m	2A	J Huddlestone	24.8	1B	T Brennan	25.6
	N/S	T Deas	24.9			
400m	1A	N Beer	51.9	1B	D Potts	52.5
800m	2A	R Lasenby	1.59.5	2B	M Kelk	2.58.5
1500m	N/S	A Howarth		4.36.7		
3000m	3A	M Chaplin	11.18.8			
Hurdles	1A	T Brennan	20.3	1B	J Brennan	
Longjump	N/S	T Deas	20.8			
	2A	S Richards	5.88	1B	A Taylor	5.52
	N/S	J Brennan				
Triplejump	1A	S Whittaker	11.63	1B	J Brennan	
	11.14					
Highjump	N/S	S Richards	11.65			
	2A	A Taylor	1.70	1B	S Whittaker	1.60
	N/S	J Brennan		1.50	N/S	T Brennan
Shot	1A	G Parsons	11.75	1B	B Percival	9.75
	N/S	A Lee	10.05	N/S	A Taylor	8.29
Discus	1A	G Parsons	38.16	1B	A Taylor	22.75
	N/S	A MacGillivray	17.99			
Javelin	2A	M Thomson	43.36	1B	A Taylor	40.49
	N/S	J Brennan		23.42		
Hammer	1A	G Parsons	39.87	1B	A Lee	39.13
	N/S	A MacGillivray	21.14			
N/S Hammer comp	N/S	A Lee	40.69	N/S	G Parsons	39.26
4 x 100 relay	1A	Whittaker, Richards, Huddlestone, T Brennan				47.6

Under 17 Men – 1st with 84 pts

100m	2A	C Morter	11.4	1B	G Baker	11.6
	N/S	J Baxter	11.5	N/S	O Slot	12.7
200m	1A	C Morter	23.5			
400m	1A	G Baker	52.2	1B	S Goldfinch	54.9
1500m	2A	W Mycroft	4.36.2			
Longjump	2A	S Goldfinch	5.58	1B	O Slot	5.14
Triplejump	2A	O Slot	10.93			
Discus	4A	W Mycroft	18.63	1B	J Baxter	17.98
Javelin	1A	C Morter	32.03			
4 x 100	1A	Slot, Morter, Baxter, Baker				48.7
Under 15 boys - 1 st with 136pts						
100m	1A	B Davies	12.6	1B	B Kelk	12.0
	N/S	M Dutton	12.9	N/S	A Mack	13.1
200m	2A	M Dutton	27.4	1B	A Mack	27.7
800m	1A	O Bass	2.21.8	1B	S Pullen	2.23.2
Hurdles	1A	B Kelk	11.9			
Longjump	1A	B Davies	5.56	3B	M Lawrence	2.97
Triplejump	2A	B Davies	10.74			
Highjump	1A	B Kelk	1.77			
Javelin	1A	M Lawrence	12.25	1B	J MacGillivray	9.82
Shot	N/S	A Morter	9.25			

Discus	1A	J MacGillivray	30.33	1B	M Lawrence	23.14
	N/S	A Morter	26.02			
Javelin	1A	A Morter	34.19	1B	O Bass	30.44
Hammer	1A	J MacGillivray	31.93	1B	A Coe	18.54
4 x 100 relay	1A	Davies, Lawrence, Dutton, Mack				52.5

Under 13 Boys – 1st with 121pts

100m	1A	D Ebanks	13.5	1B	R Shepherd	14.5
	N/S	P Hopper	15.3			
200m	2A	W Jacobs	30.5	1B	A Tapley	30.3
	N/S	R Shepherd	30.9	N/S	J Travers	33.2
	N/S	P Hopper	34.0			
800m	2A	A Tapley	2.42.2	1B	C Huntingdon	2.51.9
	N/S	G Kendall	2.51.4			
1500m	2A	S Kennard	5.12.9	1B	K Doherty	5.26.8
Hurdles	1A	A Tapley	13.0	1B	C Ennis	16.4
	N/S	P Hopper	16.6			
Highjump	1A	W Jacobs	1.48	1B	C Huntingdon	1.35
	N/S	C Ennis	1.35			
Longjump	1A	D Ebanks	4.61	1B	A Ette	4.16
	N/S	C Ennis	3.63	N/S	W Cox	3.14
Shot	2A	K Doherty	5.75			
Discus	2A	J Carter	18.16	N/S	W Cox	11.69
Javelin	1A	C Huntingdon	31.54	N/S	K Doherty	14.10
4 x 100	1A	Ebanks, Jacobs, Shepherd, Hopper				58.8

Under 11 Boys

80m	1 st	J Ebanks	11.7	8 th	J Tapley	13.2
	9 th	R McDonald	14.5	12 th	A Kennard	15.5
600m	2 nd	J Tapley	1.58.5	4 th	J Ebanks	2.04.5
	12 th	A Kennard	2.25.7	13 th	R McDonald	2.26.5
Longjump	1 st	J Ebanks	3.64	3 rd	J Tapley	3.35
Senior Ladies - 2 nd with 122pts						
100m	2A	S Rogan	13.2	1B	K Motley	12.6
	N/S	C Lacey	13.4	N/S	H Cox	13.8
	N/S	C Cox	16.1			
200m	1A	K Motley	27.1	2B	C Lacey	28.6
	N/S	S Rogan	27.2	N/S	H Cox	29.7
	N/S	C Cox	34.9			
300m (U17)	2A	L Bass	44.6			
800m	3A	J Lasenby	2.32.1			
1500m	2A	R Burbidge	5.16.1	2B	K Parker	5.38.4
	N/S	J Herron	5.45.9			
Hurdles (U17)	1A	LBass	12.8			
Highjump	2A	M Smith	1.55			
Longjump	2A	O Morton	5.32	1B	M Smith	4.75
Triplejump	2A	M Smith	9.91	2B	O Morton	

9.00

Shot	3A	R Martin	8.26	3B	H Cox	5.07
Discus	1A	R Martin	25.00			
Javelin	3A	L Bass	13.63	2B	K Motley	11.38
4 x 100	1A					53.2

Under 15 Girls – 2nd with 111pts

100m	2A	E Morris	13.0	2B	J Corbett	13.2
	N/S	C Fleming	13.6	N/S	S Baxter	14.9
	N/S	C Greed	15.0			
200m	3A	A Hay	28.2	2B	J Corbett	27.6
	N/S	C Asztalos	28.8	N/S	A Midgley	29.2
	N/S	C Cox	34.9			
800m	5A	H Shepherd	2.47.3			
1500m	4A	R Carter	5.40.1			
Hurdles	1A	C Asztalos	12.1	1B	G Bristow	12.7
Highjump	2A	B Dixon	1.45	2B	I Gallucci	1.35
Longjump	1A	L Sammout	4.76	2B	B Dixon	4.16
	N/S	C Fleming	3.85	N/S	C Asztalos	4.03
Shot	2A	L Sammout	9.65	1B	A Midgley	7.70

Discus	2A	L Sammout	27.82	3B	C Fleming	13.01
Javelin	4A	A Midgley	15.13	1B	I Gallucci	14.59
	N/S	S Baxter	7.36			
4 x 100	1A					54.3
Under 13 Girls - 1 st with 110 pts						
100m	1A	J Powell	13.4	1B	M George	14.0
200m	2A	M Turner	32.1	1B	K Bass	33.0
800m	1A	M Turner	2.48.8	2B	Z McDonald	3.11.0
1500m	1A	E Cave	5.32.9	1B	M George	6.34.5
Hurdles	1A	M George	13.6	1B	E Cave	12.6
	N/S	K Bass	13.6			
Highjump	2A	J Powell	1.20	1B	E Cave	1.00
Longjump	3A	K Bass	3.66	1B	J Powell	3.65
Shot	5A	M Turner	5.26	1B	Z McDonald	4.39
4 x 100	1A					57.4

Under 11 Girls						
80m	2 nd	S Dowsett	12.6	8 th	F Kendall	14.2
600m	5 th	F Kendall	2.26.0			
Longjump	6 th	F Kendall	2.68			

UKA Senior Championships – 27th July at Manchester

800m	7 th Ht	E Aston	1.57.2			
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National Junior League – Woodford July 29th – Team Cambridgeshire

Team Cambridgeshire	7 th – now 7 th in Southern Premier Division					
U20 Men						
400m	3A	R Oppong-Konadu	50.6			
800m				5B	D Potts	2.01.3
1500m	7A	R Lasenby	4.13.5	6B	W Mycroft	4.21.6
110 Hdls				4B	T Deas	19.9
4 x 100 relay	5A	Baker, plus 3				45.0
4 x 400 relay	5A	Baker, Oppong-Konadu, Potts plus 1				3.30.1

Under 20 Women						
100m	8A	K Motley	13.1	8B	A Forster	13.9
200m	5A	L Dowsett	26.8			
400m	1A	L Dowsett	57.0			
800m	5A	H Arbuckle	2.23.3			
1500m	1A	G Coe	4.49.6			
100 Hdls	3A	K Motley	15.9			
Longjump	8A	H Arbuckle	4.02			
Hammer	3A	A Forster	35.63			
Discus	4A	A Forster	28.00			
Shot	4A	A Forster	10.26			
4 x 100	8A	Asztalos, Motley plus 2				52.6
4 x 400	3A	Asztalos, Arbuckle plus 2				4.14.7

British Masters Championships – Birmingham – July 28th/29th

Mens 55+	P Bramford	Shot 6 th 9.35,	Discus 5 th 33.43,	Hammer 5 th 24.68		
		Javelin 4 th 35.64	Weight 5 th 7.46			
Mens 65+	P Howard	3km Walk 1 st 19.32.32				
Women 55+	R Martin	Shot 4 th 8.58,	Discus 2 nd 22.70	Hammer 1 st 30.69		
		Weight 2 nd 9.29				

Eastern Veterans league at Bedford – August 1st

Men – 5 th 24 pts						
200m	M40	-	M60	3 rd	N Moss	31.9
Mile walk	M40	-	M50	1 st	P Howard	9.40.2
Polevault	M40	-	M50	2 nd	N Moss	2.30
Triplej'p	M40	-	M60	2 nd	N Moss	7.05
Discus	M40	-	M60	4 th	N Moss	17.22
Javelin	M40	-	M60	Gst	N Moss	24.36
Women – 4 th 28 pts						
800m	W35	2 nd	J Herron	2.48.5	W45	1 st J Lasenby 2.33.2
					W55	1 st S Barnett 3.08.8
3000m	W35	2 nd	R Roberts	13.23.9	W45	1 st J Lasenby 12.08.3

London Grand Prix - On camp with Kelly U20 800m – Crystal Palace August 3rd

800m	8 th	L Dowsett	2.09.23			
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Southern Mens League at Peterborough on 4th August

1st	C&C 152,	2 nd	PAC 130,	3 rd	Stevenage 116,	4 th	Harlow 76
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100m	4A	A Taylor	12.9	4B	S Richards	12.6
200m	2A	E Aston	23.2	2B	N Beer	24.5
400m	1A	E Aston	50.2	1B	N Beer	52.5
800m	1A	I Williamson	1.54.5	3B	J Morley	2.04.6
1500m	2A	R Kreetzer	4.17.5	2B	W Mycroft	4.37.3
5000m	1A	P Liguori	16.50.5	2B	J Kazer	18.36.6
3000S/C	1A	J Kazer	11.46.8	1B	J Morley	12.38.8
110 hdl	2A	J Huddlestone	18.9	2B	T Brennand	19.2
400hdls	1A	J Huddlestone	60.5	1B	T Brennand	61.7
Highjump	2A	A Taylor	1.75	1B	S Richards	1.65
Longjump	2A	S Richards	6.07	2B	J Brennand	

Triplejp	5.54	2A	S Richards	12.07	1B	J Brennand	
	11.90						
Polevault	2.20	2A	A Boyce	3.70	2B	J Brennand	
Shot		3A	G Parsons	11.32	1B	A Lee	10.06
		N/S	P Bramford	8.36			

Discus	2A	G Parsons	36.55	2B	P Bramford	26.71
Javelin	3A	A Taylor	38.13	1B	P Bramford	34.79
Hammer	1A	A Lee	42.01	1B	G Parsons	41.77
	N/S	P Bramford	22.58			
4 x 100	2A	Richards, Taylor, Brennand, Huddlestone				47.2
4 x 400	1A	Morley, Aston, Williamson, Beer				3.29.9

Eastern Young Athletes League – Cambridge - August 5th

Overall match result – 1 st PAC 646, 2 nd C&C 614, 3 rd Milton Keynes 556, 4 th Southend 438, 5 th Ilford 265, 6 th Braintree 204, 7 th Barnet 75						
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Under 17 men (3 rd)						
100m	2A	G Baker	12.0	1B	J Baxter	12.1
200m	1A	R Oppong-Konadu	23.4	2B	J Baxter	25.4
400m	2A	G Baker	54.2	1B	S Goldfinch	54.9
800m	2A	W Mycroft	2.11.5	1B	J Baxter	2.21.1
Highjump	3A	R Oppong-Konadu	1.60			
Longjump	2A	S Goldfinch	5.49	3B	T Spry	4.37
Triplejump	3A	S Goldfinch	10.94			
Shot	4A	W Mycroft	6.67			
Discus	5A	W Mycroft	15.23	3B	T Spry	14.91
4 x 100	1A		46.1			

Under 15 Boys (2 nd)						
100m	2A	B Kelk	12.3	4B	M Dutton	13.5
200m	7A	J Chapple	32.2	4B	M Dutton	28.6
400m	5A	D Jones	70.8	3B	J Chapple	73.7
800m	4A	S Pullen	2.20.1	1B	O Bass	2.22.7
1500m	3A	C Davey	5.37.5	1B	E West	5.45.7
80m Hurdles	2A	B Kelk	12.0			
Highjump	3A	B Kelk	1.60	2B	J Chapple	1.30
Longjump	7A	M Dutton	4.24	6B	D Jones	3.22
Shot	1A	M Lawrence	13.37	1B	J M3acGillivray	9.78
Discus	1A	J MacGillivray	33.62	1B	M Lawrence	26.32
Javelin	3A	O Bass	32.38	3B	M Lawrence	19.81
4 x 100	3A		52.4			

Under 13 Boys (3 rd)						
100m	3A	D Ebanks	14.0	6B	R Shepherd	30.0 (fell)
	N/S	M Taylor	15.5	N/S	H Murdoch	15.9
	N/S	P Hopper	16.0	N/S	A Ette	14.2
200m	5A	A Ette	29.4	2B	D Ebanks	29.6
	N/S	R Shepherd	31.5	N/S	G Kendall	34.5
	N/S	H Murdoch	36.0	N/S	M Taylor	34.6
800m	4A	G Kendall	3.01.7	3B	C Pinner	3.08.5
	N/S	P Hopper	3.10.4			
1500m	3A	C Doherty	5.49.5			
75m Hurdles	5A	C Ennis	16.5	2B	C Pinner	18.0

Highjump	2A	C Ennis	1.20			
Longjump	2A	D Ebanks	4.45	2B	A Ette	4.37
	N/S	W Cox	2.95	N/S	C Ennis	3.66

Shot Putt	3A	H Murdoch	6.12	4B	M Taylor	2.97
	N/S	W Cox	5.14			
Discus	2A	J Carter	17.49	1B	W Cox	11.79
	N/S	K Doherty	12.81			
4 x 100 relay	4A		61.6			
Under 17 Women (1 st)						
100m	3A	M Oliver	13.8	2B	H Cox	14.3
	N/S	C Cox	16.5			
200m	4A	M Oliver	29.9	3B	H Cox	30.5
	N/S	C Cox	35.4			
300m	3A	Z Kier	45.5			
800m	1A	G Coe	2.22.2	1B	C Arkell	2.39.1
1500m	3A	K Parker	5.44.5	2B	N Richards	
	6.18.3					
Hurdles	1A	Z Kier	13.8			
Highjump	1A	M Smith	1.50	1B	Z Kier	1.45
Longjump	1A	M Smith	4.74	3B	C Cox	2.40
Triplejump	1A	M Smith	9.94	1B	H Cox	
	7.87					
Shot	2A	M Oliver	6.47			
Discus	4A	K Parker	15.30	2B	C Arkell	13.11
4 x 100	2A		54.1			
Under 15 Girls (1 st)						
100m	4A	G Bristow	14.0	5B	S Baxter	15.4
	N/S	C Asztalos	13.7			
200m	4A	C Asztalos	29.7	3B	E Taylor	30.4
300m	3A	G Bristow	49.2	1B	E Taylor	48.4
	N/S	H Shepherd	49.4			
800m	3A	E Taylor	2.37.9	2B	H Shepherd	2.48.3
	N/S	R Carter	2.42.0			
1500m	1A	E Kier	5.26.7	2B	L Gillie	6.21.6
75m Hdls	2A	C Asztalos	12.1	2B	G Bristow	12.4
	N/S	A Leventhorpe	15.3			
Highjump	2A	I Gallucci	1.40	2B	S Rawe	1.30
Longjump	2A	L Sammout	4.55	1B	A Crabb	3.53
	N/S	S Udin	3.37	N/S	V Free	3.56
Shot	1A	L Sammout	11.26	1B	E Roberts	6.07
	N/S	S Udin	4.97			
Discus	1A	L Sammout	29.15			
Javelin	2A	I Gallucci	19.59	3B	A Crabb	11.00
4 x 100	3A		56.1			
Under 13 Girls (3 rd)						
100m	1A	J Powell	14.0	2B	M George	14.6
	N/S	E Cave	14.2	N/S	135	15.7
200m	3A	J Powell	29.4	2B	M George	31.6
	N/S	E Lowe	30.2			
800m	3A	M Turner	2.51.4	2B	R Davidson	3.15.9
70m Hdls	2A	E Cave	12.3	1B	M George	12.7
	N/S	M Turner	13.4			
Highjump	1A	J Powell	1.30	1B	R Davidson	1.25
Longjump	3A	E Lowe	3.63	2B	M Turner	3.56
Discus	2A	R Davidson	13.39			
4 x 100	2A		57.4			
BMC/Watford Open meeting – 8th August						
1500m GU15		R Carter	5.28.32			
1500m WU17		K Parker	5.23.80			
1500m Women		L Dowsett (U20)	4.32.73		J Herron W40	2.29.94
800m WU17		G Coe	2.18.47			
England Athletics U15/U17 Championships at Sheffield on August 11/12th						
U15 Boys 80m Hdls		B Kelk	11.49	2 nd		
U15 Girls Shot		L Sammout	11.29	1 st	(Club rec)	
U15 Girls Discus		L Sammout	29.18	5 th	(Club rec)	
U15 Girls Hammer		H Sayer	37.43	5 th		
U15 Girls 75m hdls		C Asztalos	11.87	7 th	(11.83 in ht)	

U17 mens 400m		R Oppong-Konadu	50.01	6 th		
Scottish Athletics Senior Champonships – Scotstoun on August 11th/12th						
Mens 1500m		I Williamson	3.57.12	5 th		
East Anglian League – Colchester – August 19th						
Overall match result - 1 st Chelmsford 41.5, 2 nd PAC 41, 3 rd C&C 32.5, 4 th Colchester Harr						25.5, 5 th
Colchester & T 24.5, 6 th Braintree 17, 7 th St Edmunds Pacers 10						
Senior Men – 1 st 159 pts						
100m	3A	S Whittaker	11.4	2B	E Aston	11.8
	N/S	T Deas	11.8			
200m	2A	E Aston	23.3	3B	O Francis	24.1
400m	5A	J Huddlestone	54.8	3B	T Brennand	59.4
800m	1A	I Williamson	1.55.0	2B	J Morley	2.06.3
	N/S	R Kreetzer	2.01.5			
3000m	4A	C Mycroft	10.31.4	2B	A Howard	11.22.9
110m Hdls	2A	J Huddlestone	18.0	1B	T Brennand	19.2
	N/S	T Deas		N/S	J Brennand	
Highjump	3A	A Taylor	1.60	2B	S Whittaker	1.60
Longjump	1A	S Richards	5.72	1B	A Taylor	5.35
Triplejump	2A	S Whittaker	11.96	1B	J Brennand	
	11.33					
Shot	1A	G Parsons	11.59	1B	A Lee	9.52
	N/S	P Bramford	8.92	N/S	M Thomson	6.23
	N/S	A Taylor	8.75			
Discus	1A	G Parsons	35.74	2B	P Bramford	24.24
	N/S	A Lee	28.51	N/S	A Taylor	20.73
Javelin	3A	M Thomson	41.12	2B	P Bramford	32.32
	N/S	A Taylor	36.59			
Hammer	2A	A Lee	39.58	1B	G Parsons	37.19
	N/S	P Bramford	23.50			
4 x 100	4A		47.6			
Under 17 Men - 3 rd 91 pts						
100m	2A	C Morter	11.8	2B	J Stafford	12.1
200m	3A	C Morter	23.5	2B	J Stafford	24.9
400m	2A	G Baker	52.2	2B	J Baxter	57.9
1500m	1A	W Mycroft	4.24.8	2B	N Burch	4.39.6
Highjump	3A	G Baker	1.60			
Shot	3A	L Crabb	7.87	3B	J Baxter	7.25
Discus	3A	J Baxter	20.20	3B	L Crabb	17.69
Javelin	3A	J Stafford	37.15	1B	C Morter	30.58
4 x 100	2A		48.7			
Under 15 Boys – 3 rd – 74 pts						
100m	4A	B Davies	12.1	2B	A Morter	12.8
Longjump	2A	B Davies	5.18	4B	A Morter	3.62
Triplejump	2A	B Davies	11.15			
Shot	1A	M Lawrence	12.04	1B	J MacGillivray	9.15
Discus	1A	J MacGillivray	34.95	1B	M Lawrence	25.80
Hammer	1A	M Lawrence	26.05	1B	J MacGillivray	15.20
Javelin	2A	A Morter	37.90			
Boys under 13 – 4 th – 82 pts						
Hurdles	2A	A Tapley	14.0	3B	C Ennis	16.4
100m	3A	A Tapley	14.4	4B	M Taylor	15.7
200m	2A	H Tourant	28.4	2B	A Tapley	29.4
800m	2A	H Tourant	2.29.7	1B	J Tapley	2.49.1
Longjump	5A	C Ennis	3.75	3B	J Tapley	3.39
Highjump	4A	C Ennis	1.10			
Shot	2A	C Warboys		6.75	4B	M Taylor
	4.17					
Discus	3A	D Warboys	15.43			
Javelin	3A	D Warboys	19.86			
4 x 100	3A		61.2			
Ladies – 4 th – 112 pts						
100m	3A	K Motley	13.0	2B	C Lacey	13.4
200m	4A	I Asztalos	26.9	2B	C Lacey	27.5
300m	6A	F Tourant		48.7		

400m	1A	I Astalos	60.1				
800m	5A	K Parker	2.42.7	3B	F Tourmant		
1500m	2A	E Schofield	5.12.0	2B	R Burbridge	5.12.3	
100m hdls	3A	K Motley	16.6				
Highjump	3A	M Smith	1.50	4B	S Tomlin	1.05	
Longjump	5A	M Smith	4.36	5B	S Tomlin	3.38	
Triplejump	3A	M Smith	9.24				
Shot	1A	A Forster	10.05	3B	S Tomlin	6.44	
Discus	3A	A Forster	23.42	2B	E Schofield	16.60	
Javelin	4A	A Forster	14.72	3B	K Motley	14.20	
4 x 100	3A		53.5				

Under 15 girls – 1st equal 96 pts

100m	6A	G Bristow	14.3	2B	C Asztalos	13.8	
200m	4A	C Asztalos	29.0	4B	G Bristow	29.6	
800m	2A	E Taylor	2.35.6				
Hurdles	1A	C Asztalos	12.3	1B	G Bristow	12.8	
Longjump	1A	L Sammout	4.67	3B	I Gallucci	3.87	
Highjump	3A	I Gallucci	1.35				
Shot	1A	L Sammout	10.60	1B	H Sayer	8.01	
Discus	1A	L Sammout	26.99	1B	H Sayer	19.46	
Javelin	5A	I Gallucci	10.67	2B	S Baxter	10.16	
4 x 100	2A		55.9				

Under 13 Girls – 7th – 31 pts

200m	6A	M Turner	31.9	6B	Z MacDonald	34.8	
800m	3A	M Turner	2.49.9	4B	Z MacDonald	3.19.9	
Highjump	3A	R Davidson	1.35				
Shot	6A	M Turner	5.??	3B	Z MacDonald	4.37	
Discus	2A	R Davidson	14.37				
Javelin	6A	R Davidson	10.97				

SEAA Under 15/U20 Intercounties match – Cophall August 26th

Under 15 Girls	100m	J Corbett	14.2	8th			
	Highjump	J Corbett	1.35	14 th			
	Shot	L Sammout	10.61	3 rd			
	Discus	L Sammout	30.30	2 nd (CR)			
Under 15 Boys	100m	B Davies	12.3	9 th			
	80m Hdls	B Kelk	11.92	3 rd (11.59 in ht)			
	Triplejump	B Davies	10.20	10 th			
	Shot	M Lawrence	12.25	6 th			
	Discus	M Lawrence	29.84	9 th			
	Javelin	A Morter	38.47	9 th			
Under 20 men	400m	E Aston	49.91	4 th			
	S/C	A Howarth	7.28.75	6 th			

UK School Games – 26th August – Coventry

400m U17 men	1 st	R Oppong-Konadu	50.53				
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Marshall Peugot Games – Peterborough – August 27th

Sen men	400m Hdl	3 rd	J Huddlestone	59.7			
	100m	3 rd	J Brennand	13.3			
	800m	1 st	L Harper	2.03.2	2 nd	J Morley	2.04.5
	Longjump	3 rd	J Brennand	5.26			
	Triplejump	2 nd	J Brennand	11.41	3 rd	J	

Huddlestone 11.20

	Discus	2 nd	G Parsons	36.83			
	Javelin	2 nd	J Huddlestone	28.88			
	Shot	3 rd	G Parsons	10.69	5 th	A Lee	9.90
	Hammer	4 th	A Lee	39.71	5 th	G Parsons	39.06
MU17	Polevault	3 rd	BAbbott-Gribben	2.90			
BU15	100m	6 th	B Davies	12.2			
	Longjump	2 nd	B Davies	5.39			
	Shot	4 th	J McGillivray	10.55			
	Discus	2 nd	J MacGillivray	30.92			
	Hammer	2 nd	J MacGillivray	40.39			
BU13	75m Hdls	3 rd	A Tapley	13.9	(12.8 in hts)		
	1500m	4 th	A Tapley	5.26.0			
	Highjump	6 th	A Tapley	1.30			

BU11	80m	4 th	J Tapley	13.0	(12.9 in hts)		
	600m	2 nd	J Tapley	2.06.5			
	Longjump	2 nd	J Tapley	3.33			
GU15	Discus	1 st	L Sammout	29.13	6 th	H Sayer	18.64
	Shot	1 st	L Sammout	11.26	5 th	H Sayer	8.66
	Hammer	1 st	H Sayer	35.12			
WU17	Triplejump	1 st	L Sammout	9.97	2 nd	M Smith	
	9.89						
	Longjump	2 nd	M Smith	4.56			
	Highjump	2 nd	M Smith	1.50			

Southern Womens League – Sept 1st at Thurrock

1st C&C 106, 2nd Harlow 88, 3rd Lewes 55, 4th Chiltern 10

Seniors

200m	3A	K Parker	31.0				
800m	2A	J Lasenby	2.31.7	2B	K Parker	2.40.7	
1500m	2A	N Richards	6.11.2				
80m hurdles U17	1A	L Bass	13.0				
300m Hdls U17	1A	L Bass	48.5				
4 x 400m	2A						
Discus	2A	K Parker	16.25	2B	N Richards		
8.46							
Javelin	2A	J Jones	15.84	2B	L Bass	14.19	
Under 15 girls							
100m	1A	E Morris	13.3	1B	J Corbett	13.9	
	N/S	C Davidson	14.1				
200m	1A	E Morris	28.5	1B	J Corbett	28.8	
800m	1A	J Todd	2.57.2				
75m Hurdles	1A	C Davidson	13.5	1B	J Richards	14.2	
Longjump	1A	L Sammout	4.72	1B	J Richards	3.82	
Highjump	1A	J Richards	1.25	1B	J Corbett	1.20	
Shot	1A	L Sammout	10.03	1B	H Sayer	8.68	
Discus	1A	L Sammout	29.11	1B	H Sayer	19.45	
Javelin	1A	J Todd	11.22	1B	C Davidson	9.27	
Hammer	N/S	H Sayer	38.94				
4 x 100	1A		55.6				

National Junior League Promotion match – Lee Vallev – 2nd Sept - Team Cambridgeshire

1st Team Cambridgeshire 472.5, 2nd Basildon 419.5, etc

U20 Men

400m	3A	R Oppong-Konadu	50.0	3B	O Francis	52.3	
800m	1A	E Aston	1.54.3				
110m Hdls	2A	T Deas	17.5				
400m Hdls	6B	A Howarth	68.7				
2k S/C	6A	A Howarth	7.14.6				
Triplejump	7A	T Deas	11.57				
4 x 400 relay	2A	Francis, Oppong-Konadu, Aston Plus 1				3.23.0	

Under 20 Women

400m	5A	I Asztalos	60.6				
800m	1A	L Dowsett	2.16.0				
1500m	1A	L Dowsett	4.55.4				
3000m	1A	G Coe	10.49.9				
Discus	5A	E Schofield	16.46				
4 x 100	6A	Asztalos plus 3				53.1	
4 x 400	1A	Dowsett, Coe, Asztalos plus 1				4.06.0	

ECAA Intercounties trophy meeting at Bury – Sept 2nd (6 competing counties)

Senior Men (Cambs 5th)

100m	5A	S Whittaker	11.7	6B	J Brennand		
13.3							
200m				5B	S Whittaker	24.0	
110m hurdles	4A	J Huddlestone	18.5	3B	J Brennand		
21.0							
400m hurdles				1B	J Huddlestone	60.3	
S/C	4A	J Kazer	10.58.8				
Longjump				4B	J Bennand	5.42	
Triplejump				3B	J Brennand		
11.31							

Shot	4A	G Parsons	11.78			
Discus	2A	G Parsons	39.95			
Javelin	6A	M Thomson	37.24	5B	G Parsons	27.57
Hammer	5A	G Parsons	40.12			
4 x 100	4A	Whittaker, Huddleston, Brennand plus 1			45.9	
Senior ladies (Cams 6 th)						
100m	5A	C Lacey	13.5	4B	S Rogan	13.3
200m	4A	C Lacey	27.8	3B	S Rogan	27.7
800m	4A	R Burbridge	2.24.9			
1500m	4A	E Kreetzer	5.06.9	3B	R Burbridge	5.23.4
Under 17 men (Cams 6 th)						
100m	4A	C Morter	11.4	2B	J Baxter	11.5
200m	4A	C Mortar	23.3	5B	J Baxter	23.9
1500m	5A	W Mycroft	4.31.4	3B	J Baslington	4.37.6
3000m	5A	N Burch	10.22.8			
Longjump				6B	B Davies	5.19
Triplejump		6A B Davies		10.95		
Shot	6A	M Lawrence	10.87			
Discus				4B	J MacGillivray	29.90
Javelin	6A	C Morter	31.98			
4 x 100	4A	Mortor, Baxter, Crabb, Davies			46.8	
4 x 400	5A	Mycroft, Baslington, Burch plus 1				

3.57.1

Eastern Young Athletes league "B" Plate final at Watford on September 9th

Match result – 1st Ipswich 492, 2nd Luton 483, 3rd Watford 462, 4th PAC 451, 5th MKAC 449, 6th C&C 358

Under 17 men	6 th – 53 points					
100m	3A	C Morter	11.8	1B	J Baxter	11.8
200m	2A	C Morter	23.4	2B	J Baxter	24.0
400m	5A	S Goldfinch	55.8			
800m	6A	N Burch	2.19.4	5B	J Jamieson	2.20.6
1500m	4A	W Mycroft	4.23.5	3B	J Baslington	4.37.9
Hurdles	-					
Highjump	4A	I Jones	1.65			
Longjump	5A	S Goldfinch	5.55	4B	O Slot	4.80
Triplejump	-					
Shot	6A	O Slot	7.95			
Discus	5A	J Baxter	23.63	4B	J Jamieson	14.28
Javelin	5A	C Morter	???	5B	J Baslington	???
4 x 100m	4A		???			
Under 15 Boys	2 nd – 87 points					
100m	3A	B Davies	12.6	3B	M Dutton	13.4
200m	2A	B Kelk	24.6	5B	M Dutton	28.1
400m	6A	O Bass	62.7	5B	M Dutton	73.2
800m	3A	S Pullen	2.19.4	1B	O Bass	2.21.6
1500m	5A	T Carruthers	5.39.3			
Hurdles	1A	B Kelk	11.9			
Highjump	4A	B Kelk	1.45	4B	S Pullen	1.25
Longjump	1A	B Davies	5.57	3B	S Symanski	4.31
Shot	1A	M Lawrence	12.26	1B	B Davies	11.00
Discus	3A	M Lawrence	28.74	3B	A Morter	19.87
Javelin	4A	A Mortar	35.57	1B	O Bass	28.98
4 x 100	1A		50.3			
Under 13 Boys	6 th – 30 points					
100m	4A	D Ebanks	14.1	6B	J Vane	16.2
200m	6A	D Ebanks	29.0	5B	J Vane	33.3
800m	3A	E Ette	2.36.5			
1500m	-					
Hurdles	5A	C Ennis	16.6			
Highjump	5A	C Ennis	1.20	3B	A Ette	1.20
Longjump	6A	J Vane	3.38			
Shot	6A	J Carter	6.10	6B	C Ennis	4.96
Discus	3A	J Carter	18.04	5B	A Ette	10.20
4 x 100m	5A		59.7			
Under 17 Ladies	6 th – 53 points					
100m	5A	H Cox	14.1	5B	C Cox	15.9

200m	5A	L Bass	28.4	6B	H Cox	29.8
300m	3A	L Bass	44.8	5B	C Cox	55.8
800m	3A	K Parker	2.35.3	2B	E Currington	2.52.8
1500m	-					
Hurdles	1A	L Bass	13.0			
Highjump	2A	M Smith	1.50			
Longjump	2A	M Smith	4.71			
Triplejump	5A	H Cox		7.59		
Shot	5A	E Currington	5.84			
Discus	3A	K Parker	18.21	1B	E Currington	16.89
Javelin	-					
4 x 100m	6A		????			
Under 15 Girls	1 st – 91 points					
100m	4A	Jen Corbett		13.8	5B	C Asztalos
200m	5A	J Corbett	28.9	5B	G Bristow	30.0
300m	3A	J Corbett	46.4	3B	E Taylor	47.4
800m	2A	E Taylor	2.38.0	3B	H Sheppard	2.52.1
1500m	3A	R Carter	5.23.5			
Hurdles	2A	C Asztalos	12.5	1B	G Bristow	12.9
Highjump	2A	B Dixon	1.45	1B	I Gallucci	1.35
Longjump	2A	L Sammout	4.83	3B	C Asztalos	4.10
Shot	1A	L Sammout	10.54	1B	H Sayer	8.78
Discus	2A	L Sammout	29.05	2B	H Sayer	17.65
Javelin	3A	A Midgley	20.98	5B	I Gallucci	10.21
4 x 100m	5A		55.1			
Under 13 Girls	6 th – 44.5pts					
100m	6A	M George	14.9	5B	E Cave	14.5
200m	6A	M George	31.2	1B	J Wright	29.4
800m	6A	M Turner	2.54.1	6B	R Davidson	3.02.0
1500m	6A	E Cave	5.45.6			
Hurdles	1A	E Cave	12.0	2B	M George	13.2
Highjump	=4A	R Davidson	1.20	4B	J Wright	1.10
Longjump	6A	M Turner	3.37			
Shot	6A	A Goggin	5.86	4B	K Bass	5.05
Discus	4A	R Davidson	14.13	3B	A Goggin	12.89
4 x 100m	4A		57.6			
East Anglian League Finals – Bury Sept 16th						
– 8 teams in each age-group						
Senior Men – 1 st Ipswich 158, 2 nd NVH 141, 3 rd PAC 137½, 4 th C&C 136, 5 th Chelmsford 117, 6 th Luton 109						
7 th Ryston 100½, 8 th West Norfolk 43						
100m	5A	S Whittaker	11.8	4B	T Deas	12.1
200m	5A	S Whittaker	24.3	4B	J Huddleston	24.5
400m	4A	O Francis	53.0	3B	J Huddleston	53.9
800m	4A	R Kreetzer	2.04.6	3B	J Morley	2.06.7
3000m	5A	P Liguori	9.39.9	6B	C Mycroft	10.34.7
110m Hdls	3A	J Huddleston	18.6	3B	T Deas	19.9
Highjump	6A	A Taylor	1.60	4B	S Whittaker	1.60
Longjump	5A	J Brennand		5.34	-	S Richards
3NJ						
Triplejump	1A	S Richards		12.16	1B	J Brennand
Shot	4A	G Parsons	11.11	4B	A Lee	9.32
Discus	1A	G Parsons	38.54	4B	P Bramford	27.60
Javelin	6A	M Thomson	37.89	5B	P Bramford	32.09
Hammer	1A	A Lee	38.02	1B	G Parsons	36.75
4 x 100	6A		47.5			
Under 17 Men	1 st Ipswich 166, 2 nd NVH 152, 3 rd Chelmsford 131, 4 th Luton 108, 5 th PAC 105, 6 th C&C 78, 7 th W Suffolk 70, 8 th Waveney 53					
100m	4A	C Morter	11.6	1B	J Baxter	11.5
200m	2A	C Morter	23.1	2B	J Stafford	25.1
400m	1A	R Oppong-Konadu	50.6			
800m	7A	J Baslington	2.12.2			
1500m	4A	W Mycroft	4.25.2	5B	N Burch	4.44.3
Highjump	5A	R Oppoing-Konadu	1.60			
Discus	5A	J Baxter	22.53	4B	W Mycroft	17.09

Javelin	4A	C Morter	37.10	2B	J Stafford	31.39
4 x 100	2A		46.8			
Under 15 Boys – 1 st Chelmsford 179, 2 nd NVH 138½, 3 rd Ipswich 127, 4 th PAC 124½, 5 th C&C 113, 6 th Luton 104, 7 th Hunts AC 51, 8 th W Suffolk 39						
100m	5A	B Davies	12.1	3B	B Kelk	12.3
200m	7A	M Dutton	27.6	4B	A Morter	26.4
400m	8A	J Paul	65.0			
800m	5A	O Bass	2.21.3			
Hurdles	1A	B Kelk	11.9			
Highjump	4A	B Kelk	1.55			
Longjump	4A	B Davies	5.15	5B	M Dutton	4.24
Triplejump		2A B Davies		11.54		
Shot	1A	M Lawrence	12.83	3B	A Morter	9.47
Discus	2A	J MacGillivray	31.80	2B	M Lawrence	24.66
Hammer	1A	J MacGillivray	42.56	2B	M Lawrence	21.55
Javelin	2A	A Morter	39.37	3B	O Bass	30.85
4 x 100	3A		50.6			
Boys under 13 – 1 st OAC 122, 2 nd C&C 121, 3 rd Ipswich 115, 4 th Colch 80, 5 th NVH 77, 6 th Luton 61, 7 th St Eds Pacers 36, 8 th Chelmsford 32						
100m	1A	D October	12.6	2B	D Ebanks	13.8
200m	2A	H Tournant	28.4	2B	A Tapley	29.4
800m	2A	H Tournant	2.29.2	2B	A Tapley	2.39.8
1500m	3A	S Kennard	5.12.1	4B	K Doherty	5.43.1
Hurdles	3A	A Tapley	13.9	4B	C Ennis	16.9
Longjump	1A	D October	5.08	2B	A Ette	4.38
Highjump	1A	D October	1.45	1B	A Tapley	1.40
Shot	5A	C Warboys		6.26	4B K Doherty	
Discus	5.04	4A D Warboys	15.82			
Javelin	3A R Hutchinson		27.28			
4 x 100	2A		56.6			
Ladies – 1 st Chelmsford 196, 2 nd PAC 144, 3 rd NVH 127, 4 th Ipswich 117½, 5 th C&C 116, 7 th W Suff 105, 7 th Luton 88½, 8 th Ryston 71						
100m	8A	K Motley	13.8	3B	C Lacey	13.4
200m	6A	S Rogan	28.0	4B	C Lacey	28.1
300m	U17 4A	L Bass	44.9			
400m	5A	I Astalos	61.8	4B	F Tournant	
800m	69.0	5A K Parker	2.37.5	4B	F Tournant	
80m Hurdles U17	2.46.0	1A L Bass	13.0			
100m Hurdles	4A	K Motley	17.1			
Highjump	4A	M Smith	1.50	4B	M Oliver	1.30
Longjump	6A	M Smith	4.45	8B	M Oliver	3.66
Triplejump	8.67	4A M Smith		9.89	4B M Oliver	
Shot	1A	A Forster	10.48	4B	S Tomlin	7.17
Discus	3A	A Forster	28.33	6B	K Parker	14.16
Javelin	4A	L May	24.55	1B	S Tomlin	24.40
4 x 100	3A		53.5			
Under 15 girls – 1 st W Suff 130, 2 nd C&C 104, 3 rd Ipswich 101, 4 th NVH 94, 5 th PAC 94, 6 th Luton 89, 7 th Colch 79, 8 th Waveney 51.						
100m	8A	E Morris	13.8	4B	J Corbett	13.8
200m	6A	E Morris	27.9	6B	C Asztalos	29.4
800m	5A	E Taylor	2.38.2	6B	C Davidson	3.05.7
1500m	7A	J Corbett	7.41.4	7B	B Dixon	7.41.4
Hurdles	1A	C Asztalos	12.2	1B	G Bristow	12.8
Longjump	2A	L Sammout	4.67	5B	B Dixon	4.09
Highjump	2A	B Dixon	1.50	3B	J Corbett	1.30
Shot	1A	L Sammout	11.13	1B	H Sayer	8.82
Discus	2A	L Sammout	25.96	1B	H Sayer	16.92
Javelin	7A	E Morris	15.73	5B	H Sayer	14.24
4 x 100	5A		54.7			

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