

Cambridge & Coleridge

Athletics Club

President – M Holmes

Chairman - N Costello

www.cambridgeandcoleridge.org.uk

Newsletter

Summer 2010

Imminent C&C “team” fixtures (full list inside)

July 1 st	Kevin Henry 5k league	Saffron Walden	All over 16
July 4 th	East Anglian league	All	Colchester
July 7 th (evening)	Eastern vets league	Veterans	Sandy
July 10 th	Southern Mens League	Males 15+	Cambridge
July 11 th	Eastern Young Athletes Lge	All under 17	Thurrock
July 25 th	National Junior League (Cambs clubs team)	U20's	Cambridge
July 31 st	Southern Mens League	Males 15+	Cambridge
Aug 4 th (evening)	Eastern Vets League	Veterans	Milton keynes
August 5 th	Kevin Henry 5k league	Haverhill	All over 16
August 7 th	Southern Women's League	All Females	Lee Valley
August 8 th	East Anglian League	All	Norwich
August 15 th	Eastern Young Athletes Lge	All under 17	Lee Valley
Sept 2 nd	Kevin Henry 5k league	Newmarket	All over 16
Sept 4 th	Southern Women's League	All Females	Colchester

Year 2010 subs are due on the date shown on your membership card. If you haven't paid already, please pay on training evenings or post it to Neil Costello, 118 Thornton Rd, Girton, Cambs, CB3 0ND. £50 for wage earners and £40 for non-earners. (Reminders enclosed where appropriate)

Your contact details

There are a few members for whom we don't have an e-mail contact address – if you receive this newsletter by post, please let us have your e-mail address if you have one. It helps us contact you for matches etc. Similarly, if the e-mail address we have used is not now your preferred one, let Neil Costello and Noel know which one we should use in future.

No longer wish to participate in club activities?

If you are no longer training or competing, and don't intend to do so any more, please let Neil Costello know so that we can take you off the membership list.

Just send him an e-mail to info@cambridgeandcoleridge.org.uk stating that you are no longer wish to be an active member.

PARENTS - THIS CONTAINS IMPORTANT INFORMATION ABOUT THE CLUB AND COMPETITIONS - PLEASE READ IT.

Chairman's chatter

We've seen more success for the club in the last few weeks. Ben Kelk's performances have been very impressive, threatening club record times set by Jon Ridgeon (Jon was eventually a silver medallist in the World Championships). Ed Aston also continues to perform well - it was a delight to see a C&C vest again in the televised National Championships and European Championship trials even though Ed missed out on selection for the Europeans. He still has plenty of time as an up and coming athlete, though I guess it doesn't always seem like that to Ed given the commitment and training that's required. Congratulations go to both of them as they continue to inspire us. Club teams have given good performances when the turnout has been high and organisationally the club has been awarded 'Club Mark' once more, along with a comment from the chief assessor that the club's submission was the best he'd seen in any sport. There are more details on these things on the web site.

Success takes real effort from lots of people – athletes, coaches, managers, officials, parents.... We mustn't underestimate that nor take it for granted and I'd like to go back to team success – 'when turnout has been high'. There are lots of reasons for not competing, such as exam pressure, injury or other personal demands, but 'can't be bothered' isn't one of them. Coaches and team managers, in particular, put in enormous amounts of time and effort to enable individual athletes to get the best out of themselves. Those of us who are helped in this way have an obligation to turn out for teams if we can. Success breeds success and increases enjoyment. Please think about this if you're asked to take part in a team and make the default answer, 'Yes', rather than 'No' or not answering at all.

Some of these thoughts came to me as I was watching TV. I'd just seen 11 multi-millionaires playing football badly; in some cases trying to blame anyone but themselves for their incompetence and all looking as miserable as sin. I switched channels and watched the National Athletics Championships. What a refreshing change. Athletes who were interviewed were aware of the need to work hard, had realistic ideas of what was needed, were enthusiastic and looked fit, focused and usually happy (but then they'd usually finished in the top three). Apologies for preaching but money has ruined football. (There's a point to all this. It's not just a rant.) Winning is all and cheating is expected, whether it's 'diving', going over the top in tackles or claiming the ball when clearly it should go to the other side. The German goalkeeper has admitted he knew England had scored but he played quickly so that the referee wouldn't notice. An English goalkeeper would have done exactly the same. For the goalkeeper to say that the opposition

had actually scored would cause deep shock around the footballing world and he'd probably be dropped for the rest of the tournament. I like watching football but its morality appals me. Where is the sport any more? Of course, some people try to cheat in athletics through using drugs but we don't condone it. We have a sport which is fair and honest and, unlike football (on the evidence of the World Cup), encourages self reliance, commitment and focus. Sometimes we take that for granted too and taking part in teams when we can, because we feel an obligation to do so, is one reflection of the commitment we need to be successful athletes. And if we don't want to be the best we can, given our own circumstances, what are we doing it for?
Neil - July 2010

National event successes

Congratulations go to

- Ben Kelk, who recently won the England Athletics Under 20 championships in the 110m hurdles in a time of 13.86 just 6/100ths of a second slower than the C&C record set by International Hurdler Jon Ridgeon.
- Ed Aston reached the final of the UK Athletics Championships and European trials in the 800m, and eventually just missed out on the bronze medal in the final, in a race which had a slowish first lap and a sprint finish for the silver/bronze medals
- Charlotte Cox won double gold in the 100m and 200m at the Disability Sport England Championships
- Charlotte also won double Silver at the Mencap National Championships with a 100m run of 15.3 and a 200m run of 33.6.
- Ian Williamson just missed out on the final of the 1500m at the UKA Championships and European trials, clocking a new personal best time of 3.45.46

Richard has sights set on 2014 Winter Olympics

THE 21st Winter Olympics opened on a tragic note in Canada at the weekend with the untimely death on Friday of luge slider Nodar Kumaritashvili.

The Georgian lost control of his luge and crashed heavily on his second training run prior to the opening ceremony in Vancouver.

The luge star left the high speed Whistler track before hitting a metal pole and while he was rushed to hospital by ambulance, he later died from his injuries.

While competitors' safety immediately came into question, the organizer made changes to that particular corner and the competition was due to go ahead as planned.

One man who understands the thrills and dangers of taking part in this top Olympic discipline is Biggleswade United Football Club therapist Richard Luddington. A member of the Great Britain World Class Talent Squad, Richard is an BSc (Hons) graduate in Sports Therapy having studied at London Metropolitan University. He works for the Fit For Sport Sports Therapy and Injury Clinic – www.fitforsportclinic.com – in Sawston and trains at Greens Gym and with Cambridge and Coleridge Athletics Club. And he also makes regular trips down to Bath University where he uses their push-start facility.

He is a head first skeleton bob competitor (luge sliders go feet first), and it's reputed to be among the fastest of all the winter disciplines. It's said by some to be quicker than both the two- and fourman bobsleighs and carries forces of up to five Gs – the equivalent of a that experienced by a fighter pilot!

The top sliders attain over 90mph as they race down the technically difficult Olympic one-mile ice ride on what is little more than a beefed-up tea tray on runners!

At a University Challenge selection race in Lillehammer, Norway, back in 2007, Richard was among the top three finishers and he received training from British Olympian Adam Pengilly who had finished eighth at the 2006 Olympic Winter Games in Torino, Italy and is currently in Canada as a competitor.

After that Richard was selected by the Matrix Group as the only slider to receive special extensive training and they even provided him with a top quality sled which made a great difference.

He has competed at both Konigsee and Winterberg in Germany, Igls in Austria, St Moritz in Switzerland, Cesana in Italy and, of course, Lillehammer in Norway. And while competing in a selection race at the beginning of last season, he broke two ribs in a crash at the Cesana track but was back sliding again and representing Great Britain in the Europa Cup a few months later.

"It's a great adrenaline rush and I hope I can go as far as I can in the sport. I will be watching closely this week and really hope that the Great Britain team do well." Richard's goal has always been the 2014 Winter Olympics which are scheduled to take place in Sochi,

Track and Field leagues

Turn out in the leagues has again been a little better in the younger age-groups so far this year, (but it could still improve further), and it has again been poorer in the Senior leagues.

We need you to support your club's teams – gaps in the team are wasted points and lost matches. All athletes competing in scoring events get points for the team.

All fixture dates are shown on the club website now, together with match results, individual performances and ranking lists, and these are updated regularly – usually weekly.

For all the leagues, information is sent out by e-mail to all those members for whom we have e-mail addresses, and also information is handed out at the club. We won't chase you – it's up to you to respond to us.

All the fixtures are listed in the fixture list in every newsletter, and in the T&F competition handbook which was circulated with the spring newsletter, so you have all the dates.

The team managers are different for the two leagues involving young athletes so please ensure that you contact the correct one – details of all league team managers are on the website.

Remember that we use competition to measure the benefit of your training. Unless you compete you have no measurement of your improvement.

Eastern Young athletes league – Under 13's Under 15's and Under 17's – July 11th, August 15th and the league final on 12th September

East Anglian league – All ages – Under 13's up to Seniors – July 4th and August 8th and the league final on Sept 19th.

Southern Womens league – Under 15, U17 and Senior females – August 7th and, Sept 4th.

Southern Mens league – Males aged 16 upwards – Senior competition – July 10th and July 31st (both at Cambridge).

Southern Men's League

Not a good start to the season. We finished last in our first home match after being 3rd for most of the match, due to injuries to two sprinters which meant less points in the 200m and relays. The 2nd match was much better and at Stevenage we were 2nd. The 3rd match at Swindon as very poorly attended with just seven competing, and not surprisingly we were last again. In the 4th match at Guildford, it was a much stronger team but nowhere near what we are capable of and we finished 5th yet again

We are currently 21st in the Division but it is still possible to move up to 19th and safety if we score well in the last two fixtures and Oxford and Colchester continue their current poor form.

It's not clear why the turn-out has been so poor – exams etc have contributed – and injuries of course – and many of our under 20's are away at University which affects the first four matches.

Southern Women's League

A change of team management this year – our thanks to Carl Woolf for all his past efforts and to Wendy Fox, Joan Lasenby and Hayley Sayer for taking up the challenge. Turn-outs are gradually increasing, but clashes with NJL and EYAL on the same weekend matches do not help. The team is in the Mixed (Sen/U15) Div 1 which has 10 clubs, and we are 7th after three matches. In the match at St Ives, the team finished in 5th place, with a reasonable turn-out of athletes given the number of team fixtures that weekend.

Eastern Veterans League

We have competed in two of our four evening league matches at Bedford and Cambridge, with others at Sandy and Milton Keynes still to go. In the last match at Cambridge the men's team ended in 4th place only 11 points behind Huntingdon, and the women's team in 2nd place only 11 points behind Milton Keynes. Outstanding performances at Cambridge included John Oakes who ran 9 56.1 in the M50 3000m and was named 'Man of the Match' and Joan Lasenby's 2 34.3 in the W45 800m and 11 28.5 in the 3000m.

A few more vet athletes would help us tremendously, perhaps even help get us into the Final. We are very poorly represented in jumps and non-existent in hurdles. This is what makes the difference. So if we can have a few people doing long jump for a point and perhaps attempting 0.90m or 1m in the high jump at Sandy, it may make a big difference as many other teams have these gaps too! The final will be at Bedford on Sunday 5 September. Carole

East Anglian league

A good start in the first match at Cambridge, followed up by a solid, but not outstanding result at Braintree, leaves the teams all in contention for top 8 places and the league final.

Congratulations to the under 13 girls and the Senior Men for winning their age-groups at Braintree.

It is essential to have good turn-out for the remaining two matches, but it looks as if we clash on July 4th with the Race for life amongst other things, so anyone who can please offer to come to the Colchester match.

The most vulnerable age-group is the Under 17 men who are =7th but only 1 point ahead of 9th place, (but the recent match at Colchester has probably eased that situation a bit).

Eastern Young Athletes league

An excellent start to the season with 3rd place in the first fixture at Peterborough, just behind PAC and Bedford and with a good score, followed by a win at home in the 2nd fixture beating Dacorum & Tring and Herts Phoenix.. In the 3rd match at St Albans, which was a tough one, we finished 4th with a relatively lower points score.

The team is currently 11th and has a good chance to reach the Plate final (teams 7-12) in September if the scores are good at the next two fixtures. All the results are in the results section.

We still have a major problem with under 17 athletes – they are simply not turning out, with a few exceptions, and we need more commitment from this age-group please

Cambridgeshire AA Open Development meeting – July 21st at St Ives

Cambs AA Devt Group run a series of evening open graded events during the early summer at St Ives to enable athletes to have some close competition, and improve their personal bests. In the 3rd meeting on July 21st, there are also County Championship events.

The Cambridgeshire Mile Championships.

The Mile is open to all athletes aged 13 and over, and for those in the Under 17's, Under 20's and Senior Mens age-groups, and the Under 17's, and U20/Senior Womens age-groups, it is a County Championship event with medals. To be eligible for the County Championship you have to be born or resident in the County as with the main championships.

The Cambridgeshire Steeplechase championships

Under 17 mens, Under 20 mens and Senior Mens and Womens steeplechases.

There are also 2 sprint events, plus some field events (Javelin, Longjump and Polevault).

General Open events - Entry fee £2.00 per event.

- Advance entry by post is encouraged if possible, but entries will be accepted on the evening.
- Register/Collect your numbers on the night from about 18.15.
- Field events which start at 19.00 will commence warm-up at 18.40.

Note – all Open track event entries will close 15 minutes before the event times for seeding.

The Steeplechase (July 21st) – Open events, but also including the Cambs AA Championships. Open entry fee £2.00, Cambs AA Championship entry fee £2.50.

- Open events for any athlete in the appropriate age-groups (Under 15's up to Seniors Male and Female)
- Steeplechase events for Sen Men (3k), U20M (2k), U17M (1.5k) and for U20/SenW Women (2k)
- Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£2.50)
- Club, County or National vests must be worn by those athletes contesting the County Championship.

The Cambridgeshire Mile (July 21st): Open Entry fee £2.00. Cambs AA Championship entry fee £2.50.

- Open to all Under 15's, Under 17's, Under 20's and Seniors, including non-Cambridgeshire athletes.
- Under 17's, Under 20's and Senior athletes with Cambridgeshire eligibility will be competing for the County Championship (medals to first 3 in each age-group)
- Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£2.50)
- Club, County or National vests must be worn by those athletes contesting the County Championship.
- Cambridgeshire Under 15's may elect to compete as Under 17's for the Mile championship

Entry forms on www.cambsaa.org.uk or e-mail championships@cambsaa.org.uk

19.05: Womens 2k Open Steeplechases (Inc. Cambs County Championship events)

19.20: 100m (All ages, graded races)

19.50: The Cambridgeshire Open Mile, all ages (Inc. Cambs champs for Under 17's up to Seniors),

20.15: 200m (All ages, graded races)

20.35: Open Steeplechases (Inc. Cambs Championship events) SM 3k, U20M 2k & U17M 1.5k

19.00: Javelin (Under 13's up to Seniors)

19.30: Polevault (the bar will start at 2.10m)

20.00: Longjump (Under 13's up to Seniors).

Under 11's events – 19.00: 150m, 19.10: Longjump, 19.45: 600m

Cambridgeshire AA County Track and field championships

Another good day for C&C. We had a high level of entries, and won seven of the team trophies.

The event was well contested again this year, and it was the largest entry in recent years (600 athletes) despite moving the 3k and S/C's to evening meetings.

Kings School Peterborough retained the schools trophy yet again. This year the championship again included the Cambs District Schools selection meeting and it appeared to work quite well.

All the C&C results are given in the results section

Congratulations to the C&C qualifiers for the National Schools Championships

This year the Cambridgeshire is again in the lowest size category and can take 25 competitors.

The following 9 C&C athletes have been selected to compete for Cambridgeshire Schools at the English Schools Championships (36% of the team again this year)

Hayley Sayer, Ben Snaith,	Jenny Richards, David October,	Morgan Young, Laura Bass,	Will Blackwell, Hollie Parker	Ben Kelk
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Already there are several new club records this season

Athletes who have broken club age-group records to date (this is not an exhaustive list at present and doesn't include new records set by veterans – only those which have been broken)

Julian Courtney	Vet M45 200m	27.37
Ben Snaith	U15Boys 400m	52.6
Ed Aston	Sen mens 800m	1.48.10
Kevin White	Vet M40 800m	2.14.8
Joe Tucker	Vet M50 800m	2.33.79
Joan Lasenby	Vet W50 800m	2.32.22
Joan Lasenby	Vet W50 1500m	5.16.20
Joan Lasenby	Vet W50 3000m	11.25.78
Sue Barnett	Vet W60 1mile walk	9.59.5
Sue Barnett	Vet W60 2k walk	12.35.0
Diana Braverman	Vet W55 2k walk	12.37.0
Sue Barnett	Vet W60 3k walk	19.16.98
Lauren Sammout	Sen Womens Triplejump	10.49
Hayley Sayer	Sen Womens Hammer	41.86
Hayley Sayer	U20 Womens Hammer	40.32
Adelaide Omotowojo	Under 11 Girls 80m	11.8
Katie Reynolds	Under 13 Girls Highjump	1.47m

Fixtures for 2010 Outdoor

Road

July 10 th	Histon Feast Run	Histon	All over 16
July 11 th	Bushey 10k	Peterborough	Seniors
July 11 th	Felsted 10k	Felsted Essex	All over 16
July 18 th	St Ives 10k	St Ives	Seniors
July 18 th	Fairlands valley Challenge	St Albans	Seniors
July 18 th	Milton Keynes Half Marathon	Milton Keynes	Seniors
July 21 st	Peterborough 5k grand prix	Stamford	All over 16
July 22 nd	Girton 5k	Girton	All over 16
July 25 th	Harlow 10mile	Harlow	Seniors
July 25 th	Littleport 10k	Littleport	All over 16
July 31 st	Swiss Alpine Marathon	Davos	Seniors
August 1 st	Wellingborough 5	Wellingborough	All over 16
August 4 th	Peterborough 5k grand prix	Werrington	All over 16
August 5 th	Kevin Henry 5k league	Haverhill	All over 16
August 6 th	Wibbly Wobbly log jog	Brandon Forest	All over 16
Aug 8 th	Isle of Man marathon	Ramsey IOM	Seniors
August 15 th	Thorney 5 mile	Thorney	Seniors
August 18 th	NVH 5k	Ferry meadows	Seniors
August 28 th	Eversden 5 mile	Eversdens	All over 16
Sept 2 nd	Kevin Henry 5k league	Newmarket	All over 16
Sept 12 th	Grunty Fen Half Marathon	Ely	Seniors
Sept 12 th	Robin Hood Marathon/Half Marathon	Nottingham	Seniors
Sept 12 th	Swineshead 10 mile	Bedford	Seniors
Sept 18 th	Round Norfolk Relay	Kings Lynn etc	Seniors
Sept 19 th	Chariots of Fire	Cambridge	All over 16
Sept 19 th	Harvest trail 10 mile	Royston	Seniors
Sept 19 th	Great North Run	Gateshead	Seniors
Sept 26 th	Saffron Walden 10k	Saffron Walden	Seniors
Sept 26 th	Bourne 10k	Bourne	All over 16
Sept 26 th	New Forest marathon	Hampshire	Seniors
Sept 26 th	Berlin Marathon	Berlin	Seniors
Oct 3 rd	Abington 10k	Abingtons	All over 16
Oct 3 rd	Frostbite League	TBC	All
Oct 3 rd	Loch ness marathon	Inverness	Seniors
Oct 3 rd	Jersey Marathon	Jersey	Seniors
Oct 10 th	Great Eastern Run(Half Marathon)	Peterborough	Seniors
Oct 10 th	Abindon Marathon	Abindon Berks	Seniors
Oct 17 th	River Cam Run	Fen Ditton	All
Oct 31 st	Fenland 10 mile	Wisbech	Seniors
Nov 7 th	Dovedale dash	Dovedale	Seniors
Nov 7 th	Frostbite League	Bushfield	All
Nov 7 th	Rutland Water Marathon	Normanton	Seniors
Nov 21 st	St Neots Riverside half Marathon	St Neots	Seniors
Nov 28 th	Norwich Half Marathon	Norwich	Seniors
Nov 28 th	Hereward Relays	Peterborough	Seniors
Dec 5 th	Luton marathon	Luton	Seniors
Dec 5 th	Nene Valley 10	Bretton	Seniors
Dec 12 th	Frostbite League	Hinchbrooke	All
Dec 26 th	Club Boxing day 4 mile	Fen Causeway	All
Dec 28 th	Year End 10 mile	Buntingford	Seniors
Dec 31 st	Ely New Years Eve 10k	Little Downham	All over 16
Jan 16 th	Frostbite League	Ramsey	All

Feb 6th Frostbite League Bourne All

For a more extensive list please refer to the Endurance website <http://ccac.aci-net.co.uk>

Outdoor T&F

July 9/10 th	English Schools	Qual	Birmingham
July 10 th	Southern Mens League	Males 15+	Cambridge
July 11 th	Eastern Young Athletes Lge	All under 17	Thurrock
July 17 th	ECAA Championships	All	Cambridge
July 17/18 th	English Senior Championships	Seniors	Gateshead
July 24/25 th	SEAA Combined events	All	Copthall
July 25 th	National Junior League (Cams clubs team)	U20's	Cambridge
July 31 st	Southern Mens League	Males 15+	Cambridge
Aug 4 th (evening)	Eastern Vets League	Veterans	Milton keynes
August 7 th	Southern Women's League	All Females	Lee Valley
August 8 th	East Anglian League	All	Norwich
Aug 13/14 th	Crystal Palace Grand Prix	Spectators	Crystal Palace
Aug 15 th	Bedford International Games 2009	Spectators	Bedford
August 15 th	Eastern Young Athletes Lge	All under 17	Lee Valley
August 7/8 th	AAA U15/U17 combined events	U15's/U17's	Stoke
August 21/22 nd	AAA U15/U17 Championships	U15's/U17's	Bedford
August 28 th	UK Challenge Final	Invitation	Cardiff
August 28 th	SEAA U20/U15 intercounties	County select	Copthall
Sept 3-5 th	UK School Games	Schools select	Gateshead
Sept 4 th	Southern Women's League	All Females	Colchester
Sept 11 th	Hibbard Trophy match	Cams AA select	Harlow
Sept 12 th	Eastern Young Athletes Final	qualifying clubs	TBC
Sept 19 th	East Anglian league Final	All	Bury St Edmunds

Useful telephone numbers for 2010

Mary Holmes – President	01223 860189	Neil Costello – Chairman	01223 524428
Noel Moss	T&F coordinator and newsletter		01223 833470
Matt Witt	Officials coordinator		01638 742088
Martin Crabb	Young Athletes coordinator		01954 717324
Sonia Cox	Welfare		01223 264889
James Brennand	Coaching Secretary		01223 249410
Adam Poole	Road running		07932 622892
Carole Morris	Veterans T&F team manager		01638 742024
Chris Flood	Treasurer		01223 319549

Useful E-Mail and website addresses

C&C Club Website	www.cambridgeandcoleridge.org.uk
E-mails about C&C membership and other admin issues	info@cambridgeandcoleridge.org.uk
Amendments/items for website	webmaster@cambridgeandcoleridge.org.uk
Newsletter editor (for your results and articles to publish)	noelmoss@btinternet.com
C&C Endurance running website	www.runcambridge.org.uk
Cambridgeshire AA website	www.cambsaa.org.uk
UKA website	www.uka.org.uk
Power of 10 database (you may be in it)	www.thepowerof10.info
England athletics website	www.englandathletics.org
SEAA website	www.seaa.org.uk
Living Sport Cambridgeshire	www.livingsport.co.uk
Athletics kit and shoes by internet or mail order	www.bournesports.com
Athletics equipment (Stadia Sports online)	www.clicksports.co.uk

ROAD RUNNING BITS

London Marathon report – A Irvine

Another huge day in London, and a mixture of triumph and disaster as usual. Well done everyone who made it round, and heartfelt thanks from them to the support crew. Special congratulations to our top male and female finishers, John Ferguson (2:52) and Kim Masson (3:11), who were absolutely magnificent.

There were plenty of other fine performances from our 23 runners, and at the risk of missing out other deserving cases, I'd pick out Alan Pritchard's sub-3 marathon debut (just pipping a battling Caz to the hotly-contested Debutant-Pritchard-of-the-Day award), sub-3s from Alessandro Coianiz and the returning Pietro Liguori, near-PB runs from experienced marathoners Giulio Cinque and Katie Samuelson, and training mates Andrea Martinelli and Maria Brightwell's excellent 3:30-somethings. A very good day.

Talkin' about our m.m.m.motivation

Hope I die before I get slow – (with apologies to Pete Townsend)

Resplendent en masse in our glorious blue and white at Kevin Henry 5k's and Frostbites, we appear a pretty homogenous bunch. We roll up to training with a common purpose in mind – i.e. to improve our running, or at least to slow the deterioration inevitable with encroaching age.....which reminds me of when I phoned our Head Honcho with a view to joining C+C. I was asked what I wanted to get out of the Club, and I mumbled something about wanting to get faster, only to receive a throaty chuckle in reply, followed by what I thought then were somewhat pessimistic words, "Some of us are just trying to hold on to what bits of speed we've got!" I think I know better now.....

Yet scratch the surface of any runner (gently) and this seeming sameness disintegrates immediately, and what we have of course is a vast array of human aspiration.

*Our attitude to distance: very short (800m – 5k, say), middle-distance, marathon and that admirable, yet hard-to-understand bunch, - the ultras.

*Some of us go for particular TYPES of races: we have cross-country aces, budding triathletes, yea verily up to potential Ironmen, and even those who have dabbled in Adventure races.

*There are race-junkies in the Club, who thrive on adrenalin, and there are those who conversely avoid racing as much as possible, perhaps because they can't stand the heady excitement.

So we all tend to identify with particular distances and types of running and motivate ourselves accordingly. If you have a nurdy approach to running (and I confess I sometimes do), you can even determine "mathematically" which is your strongest suit by careful analysis of WAVA percentages at different distances.

But what on earth gets us up-and-running in the first place? What makes us do something as hard and repetitive, not to say boring, as running? Some responses to this heard in the club include.....

- * "So that I can eat/drink lots."
- * "To keep my weight down."
- * "To be out in the elements."
- * "To see the countryside."
- * "To feel fit and healthy."
- * "I like the endorphin-buzz."
- * "To look attractive." (!)
- * "I used to play football/rugby/hockey/tennis, etc but got injured/too old, so I started running."
- * "Got fed up of watching TV."

Hmm....doesn't seem like a whole bunch of convincing arguments or noble sentiments, but it's another dimension of variety which all adds to the rich tapestry of life. Keep on runnin', folks.

Alex Downie

Cambridge Cambourne 10K (by Andy Irvine)

It's our biggest day of the year, and again we had something approaching a perfect day (ignoring the light breeze!). 987 runners finished the second Cambridge Cambourne 10k, and the first was our very own Steve Watterson, winning in 32:28 - congratulations Steve! Not far behind were a host of C&C stars, with Noel Carroll fourth in 34:28, Alan Pritchard 11th in 36:01. Bob Watson and Andrew Shields were second and third V40s, 14th and 17th overall. John Morley and Simon Brightwell battled it out for 20th, and Mike Smith was 33rd.

In the women's race, Ipswich's Helen Decker took top honours in a spectacular 35:07, beating all but half a dozen of the men. Our own in-form Katie Toynton's 41:42 gave her sixth place, pipping seventh-placed Caz Pritchard and ninth-placed Kim Masson. Kim also took first place in the V45s. Congratulations to all of those.

There were plenty of impressive performances from elsewhere in our 27-strong squad, so check the results for details.

Finally, a huge thank-you to everyone who made the event possible off the course as well as on. The feedback we've been getting is excellent (so far!) again, and it couldn't have happened without all your efforts. I won't name names because I'm bound to leave someone out (you all know who you are), but particular praise and hats off to race director Neil.

Kevin Henry 5k Road League

What a superb evening for C&C at the first race at Saffron Walden in early June with two C&C teams this year. After this first match the two CC&C teams were 2nd and 3rd overall behind Cambridge Triathlon, who are new to the league. The C&C white etam was first in the Ladies with the Blues fourth and in the mens the Blues were 2nd and the whites 4th.

All credit to Adam, the overall strength of the two teams has worked out to be very similar, which was his target, so that C&C don't dominate the league as in previous years when we had just one team. Unfortunately at the time of publishing, the results of the 2nd match are still not available.

Contratulations to Kim Masson

on finishing the West Highland Way race in under 24 hours. It's a race through mountainous wilderness over 98 miles, and most of us wouldn't want to walk it in a week, never mind race it in under 24 hours. Kims time was 23 hours 58 minutes and 18 seconds and gave her 58th place of 109.

ROAD AND MULTI TERRAIN

Stowmarket Striders Joe Cox Half Marathon- March 28th

8 th	J Ferguson	2 nd M45	1:22:44	9 th	A Shields	2 nd M40	1:22:46
13 th	G Capetti	3 rd M40	1:24:18	18 th	S Brightwell	3 rd M45	1:25:44
31 st	G Cinque	3 rd M50	1:29:53	104 th	M Brightwell	2 nd W45	1:43:46
155 th	D Braverman	3 rd W55	1:48:42				

Sudbury Fun run - 5 mile - April 2nd

5 th	J Oakes	1 st M50	28:26	164 th	D Braverman	2 nd W55	40:22
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Cambridge Parkrun - 3rd April

2 nd	B Watson		18:19	10 th	A Allsopp		21:11
14 th	K Samuelson	2 nd F	21:42	25 th	M Applegate		23:04
27 th	D Mail		23:17				

Shining Cliff Woods fell race - April 4th

71 st	G Meah		51:42				
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Trowse 10k - April 4th

11 th	B Watson	1 st M45	36:47				
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Cambridge Parkrun - April 10th

2 nd	C Pyle		17:34	8 th	C Nielsen		18:32
17 th	A Allsopp		19:59	19 th	C Pritchard	2 nd F	20:24
22 nd	K Samuelson	3 rd F	20:41	36 th	A Downie		21:53
39 th	M Applegate		22:10	66 th	D Braverman	W55	25:08
72 nd	B Womack		26:05				

Sandy 10 mile - April 11th

37 th	S Penny		65:41	175 th	G Smith		73:58
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Cambourne 10k - April 11th

1 st	S Watterson		32:28	4 th	N Carroll		34:29
11 th	A Pritchard		36:03	14 th	B Watson		36:53
15 th	D Johnson		37:18	17 th	A Shields		37:58
20 th	J Morley		38:27	21 st	S Brightwell		38:28
33 rd	M Smith		39:30	56 th	K Toynton	F	41:48
61 st	L Stone		42:20	65 th	C Pritchard	F	42:23
84 th	K Masson	F	43:30	112 th	G Meah		44:47
160 th	A Martinelli		46:32	163 rd	M Brightwell	F	46:42
191 st	J Schultz	F	47:59	197 th	V Green	F	48:14
241 st	K Semple		49:37	303 rd	J D'Alessandro	F	51:33
334 th	C Cooke		52:54	391 st	M DiFranco		54:30
452 nd	I Graham Hagg	F	56:00	463 rd	B Thomson		56:20
535 th	M Crabb		58:01	655 th	E Reed	F	1:01:30
831 st	D Bayles		1:07:53				

Cambridge Parkrun - April 17th

3 rd	D Johnson		17:09	4 th	B Watson		17:23
6 th	G Anderson		17:35	8 th	C Nielsen		18:13
12 th	J Ferguson		19:41	21 st	K Samuelson	1 st F	20:18
27 th	A Downie		21:32	37 th	D Mail		22:14

103 rd	S Cassidy	F	29:38				
<u>Derwent Dambuster 10 mile – April 17th</u>							
29 th	J Kazer		1.10.57	103 rd	C Stanier	F	1.28.31
<u>Bungav Black Dog Marathon- April 18th</u>							
44 th	D Edwards	3 rd M50	3.29.44				
<u>Bungav Black Dog Half Marathon- April 18th</u>							
3 rd	J Oakes	1 st M50	1.18.13				
<u>Flitwick 10k – April 18th – 851 finished</u>							
480 th	S Barnett	W55	54.58	547 th	P Howard		57.11
<u>Cambridge Parkrun – April 24th</u>							
1 st	M Salt		16:42	3 rd	B Baldelli		17:02
4 th	B Watson		17:05	8 th	J Oakes		17:34
10 th	C Nielsen		18:12	13 th	A Barnes		18:29
17 th	M Smith		18:55	35 th	M Applegate		21:16
38 th	R Haworth	1 st F	21:35	56 th	C Stanier	F	23:29
<u>London marathon – April 25th</u>							
547 th	J Ferguson	535 th M	2:52:11	719 th	A Pritchard	701 st M	2:55:03
724 th	A Coianiz	706 th M	2:55:07	725 th	P Liguori	707 th M	2:55:07
1471 st	G Capetti	1398 th M	3:05:34	1574 th	G Cinque	1489 th M	3:06:58
1754 th	S Brightwell	1651 st M	3:08:42	1873 rd	A Shields	1761 st M	3:09:57
2029 th	K Masson	133 rd F	3:11:36	2050 th	I Badr	1914 th M	3:11:50
3200 th	K Samuelson	307 th F	3:22:24	3423 rd	A Hill	346 th F	3:24:05
5234 th	J Jones	694 th F	3:35:08	5340 th	D Yenerski	4628 th M	3:35:45
5354 th	A Martinelli	715 th F	3:35:50	5749 th	M Brightwell	801 st F	3:38:05
5776 th	C Pritchard	806 th F	3:38:13	6800 th	M Simmons	1056 th F	3:43:47
7044 th	S Culit	1108 th F	3:44:53	7144 th	A Irvine	6017 th M	3:45:22
15350 th	S Redfern	12185 th M	4:17:21	17143 rd	H Turton	3741 st F	4:23:49
22077 th	A Marshall	16586 th M	4:42:29				
<u>Cambridge Parkrun – May 1st</u>							
5 th	J Escalante-Phillips		18:39	6 th	K White		18:40
17 th	K Samuelson	2 nd F	21:26	18 th	M Applegate		21:36
22 nd	S Redfern		22:09				
<u>Bartlow Challenge – May 2nd – 8.5 miles</u>							
1 st	B Baldelli		56.00	2 nd	A Coaniz		59.00
	G Cinque		61.00				
<u>Great East Anglia Run – 10k – Kings Lynn May 2nd</u>							
8 th	M Salt		33:51	10 th	N Carroll		34:02
38 th	D Johnson		37:11	60 th	S Bowen		39:21
<u>Ashdon 10k (10.8k) May 3rd</u>							
42 nd	B Kennard		50.53	46 th	A Downie		51.32
76 th	F Downie		55.41				
3k race	S Kennard	1 st	8.07				
<u>Breckland 10k – May 3rd</u>							
5 th	J Oakes	1 st M50	35:16	6 th	B Watson	1 st M40	35:33
38 th	J Evans		38:57				
<u>Cambridge Tri 10k – Cambridge May 6th</u>							
6 th	D Johnson		17:16	10 th	G Anderson		17:55
12 th	J Escalante-Phillips		18:02	15 th	C Nielsen		18:29
19 th	G Schwiening	1 st F	18:53	32 nd	S Redfern		22:41
40 th	I Graham Hagg	F	24:42				
2k race	J Tapley	1 st	7:31				
<u>Newmarket Heath run – 6th May – 6k</u>							
6 th	J Oakes	1 st M50	19.48	61 st	M Vile		??
<u>Cottenham Fun run – May 8th – 4.5 miles</u>							
6 th	S Thoday		28:28	14 th	G Meah		29:10
17 th	J Jones	2 nd F	30:54	25 th	A Stimson		31:00
<u>Cambridge Parkrun – May 8th</u>							
4 th	J Escalante-Phillips	4 th M	18:24	15 th	K Samuelson	2 nd F	20:34
37 th	S Redfern	32 nd M	22:36	58 th	A Martinelli	15 th F	24:01
67 th	A Shields	48 th M	24:55				
<u>Colchester 10k – May 9th</u>							
3 rd	J Oakes	1 st M50	34.59				
<u>Eye 10k – May 9th</u>							
9 th	B Watson	1 st M45	36.09	208 th	D Braverman	1 st W55	48.01
<u>Halstead and Essex marathon – May 9th</u>							
73 rd	K Masson	1 st W45	3.22.22	146 th	A Irvine		3.38.25
153 rd	D Edwards		3.29.27				
<u>River Cam Run – Fenditton – 4.67 miles – May 9th</u>							
4 th	G Capetti	1 st M40	28:29	6 th	G Cinque	1 st M50	29:44
12 th	S Thoday		31:44	16 th	M Simmons	2 nd F	32:41
18 th	M Kreetzer		33:21	21 st	M Applegate		33:42
22 nd	R Haworth		33:42	23 rd	G Smith		33:53
53 rd	I Graham Hagg		39:27	65 th	E Reed		42:11
88 th	N Yufa		50:27				
<u>Marlborough Downs Challenge – May 15th – 33 miles</u>							
56 th	D Edwards		5.51.11				
<u>Cambridge Park Run – May 15th – 5k</u>							
1 st	A Coianiz	1 st M	17:15	7 th	A Shields	7 th M	18:41
8 th	A Pritchard	8 th M	18:57	27 th	M Applegate	24 th M	21:13
28 th	K Samuelson	4 th F	21:18	49 th	G Smith	40 th M	23:18
54 th	C Stanier	11 th F	23:42				
<u>Windemere Marathon – May 16th</u>							
59 th	K Samuelson-Dean	4 th F	3.24.20				
<u>Dereham 10 mile – May 16th</u>							
4 th	J Oakes	1 st M50	58.42				

East Cambs Half Marathon – May 16th 120 finished						
12 th	D Pell		1:23:49	18 th	S Brightwell	1:28:49
39 th	A Pascual Garrido	4th F	1:38:18	41 st	A Irvine	1:38:52
62 nd	C McEniery	1 st W35	1:44:42	78 th	M Brightwell	1:50:45
82 nd	A Martinelli		1:52:05			
Harlow series Ladies 5k race May 18th						
4 th	K Samuelson-Dean	F	20:27			
Cambridge Park Run – May 22nd						
1 st	M Salt	1st M	16:35	7 th	G Anderson	7th M 17:51
10 th	C Nielsen	10th M	18:01	11 th	D Johnson	11th M 18:03
14 th	A Barnes	13th M	18:21	16 th	J Escalante-Phillips	15th M 18:48
21 st	A Shields	19th M	19:07	34 th	C Pritchard	5th F 20:33
36 th	D Edwards	31st M	20:35	43 rd	A Irvine	37th M 20:57
44 th	M Kreetzer	38th M	20:58	45 th	M Applegate	39th M 21:00
49 th	G Smith	42nd M	21:36	51 st	J Jones	8th F 21:42
59 th	B Watson	50th M	22:23	61 st	D Mail	51st M 22:28
65 th	C McEniery	12th F	22:49	75 th	M DiFranco	61st M 23:32
82 nd	A Martinelli	17th F	23:56	83 rd	C Stanier	18th F 23:57
Felsted Dash – 13 miles May 23rd						
20 th	C Stanier		2:18:10	21 st	J Kazer	2:18:10
Gog Magog 5 May 23rd						
	G Meah		37:38			
Gt Baddow 10 mile – May 23rd						
18 th	J Oakes		1:01:44			
White Peak Marathon May 23rd						
9 th	S Nicholson		3:29:00	77 th	K Samuelson	F 4:21:03
138 th	S Redfern		4:51:32			
Cambridge Tri Club 5K Series May 27th						
1 st	D Ó Séaghdha	1 st M	16:19	3 rd	D Johnson	3 rd M 17:05
6 th	A Coianiz	6 th M	17:26	8 th	A Tapley	8 th M 17:36
9 th	B Watson	9 th M	17:43	10 th	G Anderson	10 th M 17:47
11 th	C Nielsen	11 th M	17:55	14 th	G Schwiening	2 nd F 17:57
17 th	A Shields	15 th M	18:20	26 th	C Schwiening	23 rd M 20:35
42 nd	I Graham Hagg	14 th F	24:00			
2k race	1 st James Tapley	1 st M	7:23			
Cambridge Parkrun May 29th						
3 rd	J Oakes		17:24	4 th	D Johnson	17:37
5 th	B Watson		17:47	9 th	J Escalante-Phillips	18:43
10 th	A Pritchard		18:46	21 st	S Brightwell	19:54
25 th	D Edwards		20:16	30 th	M Applegate	20:30
35 th	G Meah		20:54	36 th	A Pascual Garrido	4 th F 20:59
38 th	K Samuelson	6 th F	21:10	48 th	D Mail	22:40
51 st	M Brightwell	9 th F	22:58	58 th	C Stanier	13 th F 23:35
78 th	A Baldock		25:06	83 rd	G Smith	25:19
84 th	M DiFranco		25:20	101 st	D Carter F	26:57
141 st	S Redfern		33:16	151 st	D Braverman	F 37:25
Woodland Half Marathon Bourne Woods May 31st						
3 rd	J Kazer		1:30:24	55 th	C Stanier	F 1:56:04
Brandon Forest Half Marathon Monday 31st May						
2 nd	D Johnson		1:20:00	50 th	D Edwards	1:36:00
68 th	D Mail		1:38:38	102 nd	K Samuelson	11 th F 1:45:21
138 th	S Redfern		1:49:02	176 th	D Braverman	2 nd W55 1:54:41
Bupa London 10000 - 31st May						
26 th	N Carroll		34:48			
Hatfield Broad Oak 10K May 31st						
22 nd	J Oakes	2 nd M50	35:02	24 th	B Watson	4 th M45 35:09
Kevin Henry 5K League – Cambridge 3rd June						
3 rd M	M Salt		16:22	8 th M	J Oakes	16:52
9 th M	M Branco		16:55	11 th M	A Coianiz	17:15
12 th M	B Watson		17:28	16 th M	G Anderson	17:36
17 th M	J Baslington		17:36	19 th M	C Nielsen	18:04
21 st M	A Shields		18:10	23 rd M	J Escalante-Phillips	18:28
24 th M	G Baker		18:29	27 th M	J Morley	18:38
29 th M	J Kazer		18:43	30 th M	J Evans	18:53
37 th M	P Haynes		19:28	40 th M	S Brightwell	19:34
41 st M	T Evans		19:34	44 th M	A Allsopp	20:00
45 th M	S Barr		20:05	48 th M	D Edwards	20:27
51 st M	M Applegate		20:42	53 rd M	A Irvine	20:51
54 th M	S Thoday		20:57	55 th M	C Schwiening	20:58
58 th M	M Kreetzer		21:10	62 nd M	A Downie	21:27
66 th M	G Smith		21:50	68 th M	T Harwood	22:03
69 th M	S Redfern		23:18	73 rd M	M DiFranco	
78 th M	A Baldock			80 th M	C Hurcomb	
82 nd M	D Bayles		32:02			
1st F	H Zenner Branco		18:37	3 rd F	J Clarry	19:58
4 th F	K Samuelson		20:08	9th F	C McEniery	21:54
12th F	A Martinelli		22:44	14th F	C Stanier	22:52
17th F	J Packman		24:05	19th F	I Graham Hagg	
20th F	R Roberts			32nd F	D Carter	
Kirton Friday 5 mile – June 4th						
6 th	J Oakes	1 st M50	27:59	122 nd	P Dewison	35:38
Cambridge Parkrun – June 5th						
1 st	B Baldelli	1st M	16:53	3 rd	B Watson	3rd M 17:47
10 th	A Shields	10th M	19:00	12 th	S Brightwell	12th M 19:05
17 th	A Allsopp	16th M	19:57	28 th	M Applegate	25th M 20:43

33 rd	A Downie	29th M	21:38	54 th	M DiFranco	45th M	23:33
62 nd	A Martinelli	13th F	24:10	68 th	A Baldock	53rd M	24:30
118 th	D Bayles	73rd M	28:57				
<u>The Tilty Hill 5 mile – June 6th</u>							
7 th	J Oakes	2 nd M50	29.39	86 th	G Smith	3 rd M60	37.41
<u>Harlow Ladies 5k series – June 8th</u>							
4 th	K Samuelson		20.40				
<u>Cambridge Tri club 5k series – June 10th</u>							
3 rd	D Johnson		16:49	5 th	B Watson	1 st M40	17:12
7 th	A Coianiz	2 nd M40	17:26	9 th	J Escalante-Phillips		17:35
11 th	G Anderson		17:46	12 th	C Nielsen		17:59
14 th	A Shields	4 th M40	18:05	38 th	F Downie	F	23:38
42 nd	I Graham Hagg	F	24:25				
2k race	1 st J Tapley		7:21				
<u>Stowmarket Striders Friday 5 – June 11th</u>							
11 th	J Oakes	1 st M50	30:03	83 rd	D Edwards	5 th M50	35:58
126 th	P Dewison	6 th M55	38:18	153 rd	D Braverman	2 nd W55	39:56
<u>Swaledale Marathon June 12th – 23 miles</u>							
69 th	D Yenersalski		4:20:00	111 th	J Kazer		4:43:00
191 st	C Stanier	F	5:21:00	446 th	G Costello	F	8:45:00
447 th	M Holmes	W70	8:45:00				
<u>Cambridge Parkrun June 12th</u>							
1 st	B Watson		17:10	11 th	A Shields		18:21
15 th	J Escalante-Phillips		19:09	31 st	S Thoday		20:41
39 th	K Samuelson	4 th F	21:37	42 nd	D Mail		22:01
<u>Abbey 10k – Ramsey – June 13th</u>							
2 nd	M Salt		33:53	6 th	B Watson	1 st M45	35:32
62 nd	E Kreetzer	F	42:44	67 th	C Brown		42:50
85 th	M Applegate		44:39	121 st	M Edwards		47:00
156 th	J Pashley	F	51:09	175 th	I Graham Hagg	F	52:49
<u>Midsummer 10 - Wymondham, 13th June</u>							
28 th	A Irvine		1:13:13	50 th	C McEniery	F	1:19:29
<u>Stortford 10k – 13th June</u>							
1 st	B Baldelli		58:05	42 nd	A Downie		1:19:34
60 th	F Downie	F	1:24:38				
<u>The St. Albans Half Marathon - June 13th</u>							
13 th	J Oakes	1 st M50	1:19:00	36 th	D Johnson		1:25:55
119 th	A Allsopp		1:34:38				
<u>West Highland Way race – June 19th – 98 miles</u>							
58 th	K Masson		23.58.18				
<u>Cambridge Park Run – June 19th</u>							
1 st	B Watson	1st M	16:49	4 th	J Oakes	4th M	17:18
5 th	G Anderson	5th M	17:48	18 th	D Edwards	16th M	20:29
37 th	M Brightwell	5th F	22:17	42 nd	M DiFranco	35th M	23:02
58 th	I Graham Hagg	11th F	24:39	67 th	R Brightwell	52nd M	25:03
86 th	D Carter	21st F	26:50	90 th	P O'Brien	66th M	27:31
93 rd	D Bayles	67th M	28:08				
<u>Huntingdon 10k – June 20th</u>							
1 st	M Salt		34.07	24 th	S Thoday		42.34
85 th	J Schultz	F	47.08				
<u>North Downs Run – June 20th</u>							
217 th	A Irvine		2.53.45	266 th	M Strain		3.00.10
<u>Chilford 10k and 5k – June 20th</u>							
10k	7 th P Haynes		41.20	23 rd	B Kennard		46/40
5k	3 rd S Kennard		19.55				
<u>Bury St Edmunds Friday 5 mile June 25th</u>							
9 th	B Watson	1 st M45	28:12	11 th	J Oakes	1 st M50	28:31
58 th	D Edwards	4 th M50	33:24	110 th	P Dewison	6 th M55	35:56
154 th	D Braverman	1 st W55	38:21				
<u>Cambridge Park Run – June 26th</u>							
9 th	B Watson	8th M	18:22	14 th	A Shields	13th M	18:55
19 th	J Escalante-Phillips	18th M	19:23	26 th	C Brown	25th M	20:34
27 th	M Applegate	26th M	20:45	33 rd	J Ennis	32nd M	21:14
37 th	K Samuelson	2nd F	22:00	39 th	D Mail	37th M	22:18
40 th	M Brightwell	3rd F	22:24	43 rd	A Martinelli	4th F	22:42
59 th	I Graham Hagg	8th F	24:28	66 th	R Brightwell	58th M	25:16
80 th	D Carter	14th F	26:21	87 th	D Bayles	71st M	27:09
92 nd	P O'Brien	73rd M	27:43				
<u>Stanstead 10k – June 27th</u>							
4 th	A Pritchard		40.12	37 th	C Pritchard	4 th F	46.55
<u>TRACK & FIELD</u>							
<u>Chelmsford Throws Festival – April 2nd</u>							
Shot	U17W	5 th	F Kumar	6.94			
	U20/Sen	2 nd	H Sayer	8.55			
Javelin	U15B	5 th	S Kumar	25.76	U17M	3 rd	A Marsh 27.85
	U17W	5 th	F Kumar	21.23	Sen W	1 st	R Moulds 23.83
Hammer	U20W	2 nd	H Sayer	38.82			
<u>Herts Phoenix Open meeting – April 2nd</u>							
100m	U13G	4 th	L Parker	15.3	10 th	M Cassidy	16.2
200m	U13G	6 th	M Cassidy	34.9			
	U17W	2 nd	H Forbes-lange	29.4			
600m	U11G	4 th	L Murphy	2.24.8			
1500m	U13G	1 st	L Parker	5.40.4	3 rd	C Murphy	5.44.3
70m Hlds	U13G	3	K Reynolds	13.7			

400m Hds	2 nd	D October	57.6				
Highjump	U13G	=1 st	K Reynolds	1.35			
Longjump	U13G	4 th	M Cassidy	3.04	U17M	1 st	D October 6.01
Javelin	U15B	1 st	M Young	40.43			
Discus	U15B	2 nd	M Young	25.81			
Chelmsford Open meeting – April 3rd							
100m	U13B	7 th	C Hatch	16.64	U15B	4 th	J Mair 13.44
200m	U15B	6 th	J Mair	27.40			
1500m	U17M	4 th	J Cochrane	4.28.60			
Longjump	U13B	16 th	C Hatch	2.84			
	U15B	2 nd	J Mair	4.46			
	Sen M	1 st	S Richards	6.84			
Highjump	Sen Men	3 rd	S Richards	1.75			
Lea Valley Open Meeting – April 10th							
100m	U15G	6 th	E Houghton	13.44	U15B	2 nd	J Ebanks 12.26
200m	U15G	6 th	E Houghton	28.84	U15B	3 rd	J Ebanks 25.34
Peterborough Open – April 11th							
100m	U15G	6 th	A Galloway	14.02	U17W	3 rd	E Cave 13.52
200m	U15G	8 th (4ht)	A Galloway	29.45			
300m	U15G	3 rd	H Parker	47.39	U17W	3 rd	F Kumar 50.06
800m	U13G	4 th	L Parker	2.44.7			
	U13B	2 nd	T Heylen	2.45.47			
1500m	U15G	1 st	H Parker	5.01.79			
70m Hdl	U13G	1 st	K Reynolds	13.58			
80m Hdl	U17W	3 rd	E Cave	12.97			
	U15B	1 st	D Pennytoure	14.30			
Highjump	U13G	1 st	K Reynolds	1.35	U20W	2 nd	L Sammout 1.40
	U13B	1 st	A Slack	1.30			
Longjump	U13G	1 st	K Reynolds	4.35	6 th	L Parker	3.61
	U17W	2 nd	J Fox	4.88	5 th	F Kumar	3.55
	U13B	3 rd	J Heylen	3.34			
	U15B	1 st	D Pennytoure	4.67	2 nd	C O'Brien	3.73
	SM	1 st	S Richards	6.43			
Javelin	U17W	1 st	F Kumar	25.15	SW	2 nd	R Moulds 26.10
	U13B	2 nd	A Slack	15.38			
	U15B	1 st	M Young	40.76	2 nd	S Kumar	29.69
	U17M	4 th	A Marsh	28.09			
Shot	U15B	2 nd	S Kumar	6.71			
Discus	U13B	2 nd	A Slack	12.70	U15B	1 st	M Young 31.59
Hammer	U20W	3 rd	H Sayer	36.66			
Bedfordshire Open – April 17th at Luton							
100m	U13G	-	F Marriott	14.9	-	M Cassidy	15.8
	U15G	3 rd	E Houghton	13.5	5 th	A Galloway	14.1
		6 th	C Marriott	14.3			
200m	U13G	4 th	F Marriott	32.3	5 th	M Cassidy	33.9
	U15G	1 st	E Houghton	28.2	5 th	A Galloway	29.6
		6 th	C Marriott	31.0			
1500m	U15G	1 st	C Wilson	5.06.9			
80m Hdl	U15G	2 nd	E Cave	12.9			
Longjump	U13G	2 nd	F Marriott	3.54	4 th	M Cassidy	2.89
	U17W	1 st	J Fox	4.74			
	U20W	1 st	L Sammout	4.75			
Triplejp	U17W	1 st	J Fox	9.34	3 rd	F Kumar	8.89
Javelin	U17W	2 nd	F Kumar	24.14			
	Sen W	2 nd	R Moulds	22.35			
	U15B	1 st	S Kumar	30.44			
	U17M	1 st	A Marsh	29.38			
Shot	U15G	-	C Marriott	6.09			
	U20W	1 st	L Sammout	9.02	2 nd	H Sayer	8.34
	U15B	?	S Kumar	6.35			
Discus	U20W	1 st	H Sayer	19.59			
Hammer	U20W	-	H Sayer	32.18			
Kettering Open – April 18th							
Highjump	U17W	-	J Fox	1.35	Longjump	U17W	J Fox 4.58
London Interclub challenge – April 24th							
Longjump	Sen	6 th	S Richards	6.54			
Southern Womens League – Walthamstow – April 24th							
7 th team (of 10) 205 pts							
100m	Sen	6A	E Cave	13.6			
800m	Sen	2A	J Lasenby	2.35.0	3B	F Kumar	2.55.1
1500m	Sen	5A	N Richards	5.34.7			
3000m	Sen	2A	J Lasenby	11.39.1			
Highjump	Sen	5A	L Sammout	1.35	2B	J Richards	1.25
Longjump	Sen	3A	L Sammout	4.79	2B	J Fox	4.54
Shot	Sen	3A	H Sayer	8.38	2B	J Richards	7.85
Discus	Sen	1A	L Sammout	28.82	2B	H Sayer	20.74
Javelin	Sen	5A	F Kumar	22.68			
Hammer	Sen	1A	H Sayer	41.86 (CR)	1B	J Richards	30.94
4 x 100 relay		6A	56.8				
Hurdles	U17W	2A	E Cave	13.1			
100m	U15G	3A	A Galloway	13.9			
200m	U15G	5A	A Galloway	28.7	3B	H Parker	29.9
800m	U15G	1A	H Parker	2.28.0			
Highjump	U15G	5A	M Rose	1.25			
Longjump	U15G	4A	M Rose	4.07			

Shot	U15G	6A	I Hyde	6.33			
Javelin	U15G	1A	I Hyde	20.28			
Eastern Young Athletes League – Peterborough – April 25th							
3 rd team of 6 with 505pts (Bedford 591, Peterborough 526)							
Under 17 men(4 th team)							
100m		6A	J Harriott	13.1	4B	J Hackett	12.9
200m		6A	J Harriott	26.5	4B	J Hackett	26.5
400m		4A	O Bass	56.5			
800m		1A	O Bass	2.10.4			
4 x 100		4A		49.8			
Highjup		4A	A Marsh	1.45			
Shot		3A	O Bass	9.41			
Discus		4A	A Marsh	16.55			
Javelin		2A	A Marsh	32.22	1B	J Hackett	26.37
Under 15 Boys (1st team)							
100m		2A	J Ebanks	12.6	1B	J Mair	12.8
		N/S	B McKeown-Toft	15.5			
200m		2A	J Ebanks	25.1	1B	J Mair	26.3
		N/S	J Wainwright	26.5	N/S	B McKeown-Toft	31.1
400m		1A	B Snaith	53.9	1B	J Wainwright	57.1
		N/S	B McKeown-Toft	69.2	N/S	Y Chudasama	69.9
800m		1A	B Snaith	2.08.8	2B	J Saunders	2.25.6
1500m		1A	G Kendall	4.38.3	2B	S Kumar	5.54.4
Hurdles		1A	D Pennytoure	15.1			
4 x 100 relay		1A		51.8			
Longjump		1A	J Mair	5.05	1B	D Pennytoure	4.83
		N/S	C O'Brien	3.75			
Shot		3A	W Cox	8.44	2B	S Kumar	6.80
Discus		1A	M Young	29.91	1B	W Cox	25.18
Javelin		1A	M Young	44.89	1B	S Kumar	32.67
Hammer		2A	W Cox	23.34			
Under 13 Boys (1 st team)							
100		5A	I Jones	18.9			
200m		1A	O Cantrill	29.8	2B	I Jones	39.5
800m		iA	O Cantrill	2.27.5			
1500m		2A	J Wilmot	5.35.1			
Highjump		4A	A Slack	1.25	1B	T Clements	1.05
Longjump		1A	O Cantrill	4.12	3B	I Jones	2.60
Shot		1A	A Slack	7.13	2B	J Wilmot	4.64
Discus		2A	T Clements	15.95	2B	A Slack	13.48
		N/S	J Wilmot	10.96			
Under 17 Women (3 rd team)							
100m		4A	M George	14.2	2B	L Gillie-Visser	14.2
200m		4A	M George	29.8			
300m		5A	F Kumar	54.9	5B	L Millichap	49.4
4 x 100 relay		3A		61.0			
Longjump		3A	L Gillie-Visser	3.93			
Shot		2A	F Kumar	7.16			
Javelin		2A	L Millichap	23.77	2B	F Kumar	21.22
Under 15 Girls (3 rd team)							
100m		4A	A Galloway	14.0	3B	C Marriott	14.6
		N/S	T McVey	15.1	N/S	E Deeks	16.2
		N/S	B New	17.1			
200m		5A	A Galloway	29.0	3B	K Bass	30.3
		N/S	C Marriott	31.1	N/S	T McVey	31.7
		N/S	E Farrow	34.0			
300m		2A	N Rehakova	46.2	3B	E Smyth	48.2
800m		2A	N Rehakova	2.30.8	1B	C Gillard	2.33.0
		N/S	L Schmidt	2.47.5			
1500m		2A	C Wilson	5.04.3	3B	E Farrow	6.32.2
		N/S	K Baker-Davies	6.12.0			
4 x 100 relay		4A		57.4			
Highjump		3A	H Peacock	1.20			
Longjump		5A	E Smyth	4.13			
		N/S	T McVey	3.22	N/S	B New	1.97
Shot		3A	A Goggin	7.25	1B	O Abbott	6.10
Discus		2A	A Goggin	19.34	1B	I Hyde	17.20
Javelin		1A	I Hyde	21.70	1B	H Peacock	17.61
Hammer		1A	I Hyde	21.69			
Under 13 Girls (3 rd team)							
100m		2A	F Marriott	14.7	3B	M Cassidy	15.8
		N/S	A Omitowoju	15.4	N/S	T Windsor	16.6
		N/S	J Rehakova	17.6			
200m		3A	F Marriott	31.7	3B	M Cassidy	33.7
		N/S	A Omitowoju	31.7	N/S	E Bliss	35.7
		N/S	J Rehakova	37.6	N/S	H Todd	40.7
800m		4A	E Bliss	2.52.6	3B	A Pettit	2.52.6
1500m		1A	C Murphy	5.21.9			
Hurdles		3A	H Todd	16.0			
4 x 100 relay		3A		62.0			
Longjump		3A	F Marriott	3.55	3B	T Windsor	3.30
Highjump		4A	K Rehakova	1.00			
Shot		4A	K Rehakova	5.16	1B	M Cassidy	4.57
Discus		2A	K Rehakova	11.39	2B	J Rehakova	7.33

National Junior League – Braintree – April 25th

100m	U20M				1B	B Kelk	11.6
110Hdl	U20M	2A	B Kelk	15.2			
Highjump	U20M	1A	B Kelk	1.90			
Longjump	U20M				1B	B Davies	5.94
Triplejump	U20M	2A	B Kelk	12.80			
Shot	U20M	4A	B Davies	8.34			
400Hdls	U20W	2A	L Bass	67.0			
Longjump	U20W	4A	J Fox	4.94			
Hammer	U20W	2 nd	H Sayer	40.32 (non scorer)			

Southern Mens League Div 2 – Cambridge – May `1st

1 st Herts Phoenix 149, 2 nd Walton 103, 3 rd = Colchester & Hastings 94, 5 th C&C 91							
100m		3A	J Baxter	11.5	4B	A Rubinstein-Bayliss	12.2
200m		5A	A Rubinstein-Bayliss	25.2	3B	S Richards	24.2
400m		2A	G Baker	50.7	5B	T Brennand	69.1
800m		4A	O Bass	2.06.5	3B	J Cochrane	2.06.7
1500m		4A	J Morley	4.29.0	4B	A Howarth	4.48.9
5000m		4A	B Watson	17.04.5	1B	G Anderson	17.31.6
		N/S	A Howard	18.58.2			
3K S/C		4A	J Baslington	11.03.7	4B	T Brennand	15.01.7
400m Hurdles		4A	T Brennand	69.9	3B	A Howarth	66.4
110m Hurdles		4A	T Brennand	20.4	3B	J Brennand	21.7
4 x 100		5A		49.1			
4 x 400		4A		3.49.0			
Polevault		4A	J Brennand	2.40	4B	N Moss	1.50
Highjump		3A	B Kelk	1.80	3B	S Richards	1.70
Longjump		2A	S Richards	6.42	2B	J Baxter	5.90
Triplejump		2A	S Richards	11.96	1B	B Kelk	11.59
Javelin		5A	P Bramford	32.76	5B	M Lawrence	26.62
Shot		5A	M Lawrence	9.69	3B	A Lee	9.52
		N/S	P Bramford	8.31			
Discus		5A	M Lawrence	30.03	4B	A Lee	23.93
		N/S	P Bramford	26.64			
Hammer		1A	A Lee	41.61	3B	P Bramford	21.95

Watford open – May 5th

800m	Sen M		I Williamson	1.54.57			
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Cbridgeshire AA Championships – May 8th at St Ives

Senior Men

100m	Sen M	4ht	S Richards	12.02			
1500m	Sen M	3 rd	J Morley	4.27.94			
5000m	Sen M	3 rd	W Mycroft	16.16.06			
5000m	Vet M	2 nd	D Pettitt	19.25.23			
Under 20 men (1st team)							
100m	U20M	1 st	B Kelk	11.3	2 nd	G Cummins	11.6
200m	U20M	2 nd	G Cummins	23.51			
1500m	U20M	4 th	J Baslington	4.22.87			
110 Hdl	U20M	1 st	B Kelk	14.54 (CBP)			
Longjump	U20M	1 st	G Cummins	5.53			
Under 17 men (1 st team)							
100m	U17M	4 th	C Brindle	11.56	4ht	M Larkinson	12.26
200m	U17M	2 nd	C Brindle	24.17	4ht	M Larkinson	25.04
400m	U17M	2 nd	J Travers	55.21	4 th	H Tournant	56.87
800m	U17M	2 nd	J Cochrane	2.07.27	3 rd	O Bass	2.07.87
		4 th	H Tournant	2.15.41			
1500m	U17M	2 nd	J Cochrane	4.39.12			
Javelin	U17M	4 th	A Marsh	30.41			
Shot	U17M	2 nd	O Holway	10.41			
Hammer	U17M	3 rd	O Holway	31.36			
Under 15 Boys (1 st team)							
100m	U15B	1 st	J Ebanks	12.08	4 th	T French	12.25
		5 th	J Mair	12.45	3ht	J Vane	12.94
		3ht	P Hopper	12.51	4ht	R Sheppard	12.54
		4ht	D Pennytooure	13.31	6ht	K Robbins	13.69
200m	U15B	2 nd	J Ebanks	25.18	3 rd	W Blackwell	25.61
		1ht	T French	25.50	4ht	J Vane	27.26
400m	U15B	2 nd	B Snaith	53.88	3 rd	L Rawlings	57.17 (56.90)
		4 th	J Wainwright	58.97	1ht	S Reynolds	59.62
800m	U15B	1 st	B Snaith	2.10.55	2 nd	L Rawlings	2.18.19
		3 rd	S Reynolds	2.22.84	7 th	M Rogan	2.36.31
		11 th	J Biggs	2.44.12			
1500m	U15B	1 st	G Kendall	4.28.59	4 th	W Taylor	4.57.65
80 Hdls	U15B	2 nd	D Pennytooure	13.86			
Longjump	U15B	1 st	J Mair	4.56	3 rd	D Pennytooure	4.23
		6 th	J Vane	4.05	7 th	S Kumar	3.97
		8 th	J Biggs	3.95	10 th	J Richards	3.94
		14 th	B Cowley	3.75	16 th	C O'Brien	3.47
Triplejp	U15B	1 st	B Cowley	10.80			
Javelin	U15B	2 nd	M Young	44.68	3 rd	J Bailey	38.12
		4 th	W Blackwell	35.15	6 th	S Kumar	27.21
		7 th	P Hopper	26.19			
Discus	U15B	1 st	M Young	28.85	3 rd	T Davies	23.47
		7 th	S Kumar	16.86			
Shot	U15B	2 nd	T Davies	9.89			
Under 13 Boys (1 st team)							
100m	U13B	5 th	N Monck	14.39 (3ht 14.53)			
800m	U13B	1 st	O Cantrill	2.32.77	2 nd	T Heylen	2.37.66

1500m	U13B	3 rd	T Blatch	2.40.41	14 th	C Hatch	3.21.70
75 Hdl	U13B	4 th	J Willmott	5.46.61			
Highjump	U13B	1 st	O Cantrill	15.04			
Longjump	U13B	2 nd	A Slack	1.20			
Javelin	U13B	2 nd	O Cantrill	3.93	8 th	C Hatch	2.99
Shot	U13B	1 st	T Mila	25.98			
Discus	U13B	1 st	A Slack	6.95			
		4 th	N Monck	16.09			
Senior Women (1 st team)							
100m	Sen W	2 nd	E Morris	13.21			
200m	Sen W	2ht	L Bass	27.24	2ht	E Morris	27.60
400m	Sen W	2ht	L Dowsett	60.41	4ht	F Tournant	70.73
1500m	Sen W	1 st	J Lasenby	5.16.20	4 th	R Carter	5.21.42
		5 th	N Richards	5.50.61			
400Hdl	Sen W	1 st	L Bass	67.54			
Longjump	Sen W	1 st	L Sammout	4.53			
Triplejp	Sen W	1 st	L Sammout	10.43	4 th	A Moindrot	9.30
Javelin	Sen W	2 nd	R Moulds	23.61			
Shot	Sen W	4 th	H Sayer	8.05			
Discus	Sen W	3 rd	L Sammout	27.20	4 th	A Moindrot	26.26
		8 th	H Sayer	18.74			
Hammer	Sen W	2 nd	H Sayer	38.34			
U17 Women (1 st team)							
100m	U17W	1 st	E Cave	13.14	4 th	J Ring	13.57
		5 th	M George (13.62)	13.73	6 th	H Forbes-Lange	13.87(13.63)
		5ht	L Gillies-Visser	13.84	5ht	J Powell	14.14
		6ht	L Millichap	14.76			
200m	U17W	6 th	M George (29.00)	30.00	3ht	H Forbes-lange	29.4
		4ht	L Millichap	30.5			
300m	U17W	5 th	J Powell	49.97			
800m	U17W	2 nd	M Turner	2.32.42			
1500m	U17W	2 nd	H Algar	5.23.81	8 th	B Petersen 7.10.86	
80 Hdls	U17W	1 st	E Cave	12.54			
Longjump	U17W	3 rd	L Gillies-Visser	3.78			
Triplejp	U17W	1 st	F Kumar	9.37			
Javelin	U17W	2 nd	L Millichap	24.06	3 rd	F Kumar	20.68
Shot	U17W	2 nd	J Richards	7.75	3 rd	P Ossai	7.74
		7 th	F Kumar	6.05			
Discus	U17W	2 nd	P Ossai	18.27			
Hammer	U17W	1 st	J Richards	21.90			
Under 15 Girls (1 st team)							
100m	U15G	2 nd	E Houghton	13.00	3 rd	A Galloway	13.35
		4ht	E Smyth	14.52	5ht	D Dear	14.68
200m	U15G	2 nd	C Marriott	28.83	3 rd	A Galloway	28.98 (28.42)
		4 th	E Smyth	29.53	5 th	K Cook	30.19 (29.95)
		3ht	T McVey	30.52	4ht	A Rose	30.78
		6ht	S Brumann	34.27			
300m	U15G	1 st	N Rehakova	47.08	4 th	L Weber	50.22
800m	U15G	2 nd	N Rehakova	2.35.72	3rd	C Gillard	2.36.00
		6th	Z MacDonald	2.50.97			
1500m	U15G	1 st	H Parker	4.59.11	2 nd	C Wilson	5.07.94
75m Hdls	U15G	2 nd	K Bass	12.83			
Highjump	U15G	2 nd	A Rose	1.35			
Longjump	U15G	6 th	A Rose	3.80	9 th	S Dowsett 3.56	
		10 th	L Weber	3.40	11 th	T McVey	2.99
Javelin	U15G	3 rd	I Hyde	18.97			
Shot	U15G	7 th	C Marriott	5.41			
Discus	U15G	1 st	I Hyde	18.12			
Hammer	U15G	1 st	I Hyde	28.94			
Under 13 Girls (1 st team)							
100m	U13G	3 rd	F Marriott	14.32	6 th	Li An Cowley	15.34
		3ht	M Cassidy	15.44	7ht	E Schaertin-Coffey	16.40
200m	U13G	4 th	L Parker	30.8	6 th	M Cassidy 33.8 (32.47)	
800m	U13G	1 st	L Parker	2.43.95	5 th	E Bliss	2.59.38
		9 th	A Newcombe	3.06.16			
1500m	U13G	1 st	C Murphy	5.35.93			
Highjump	U13G	1 st	K Reynolds	1.25			
Longjump	U13G	1 st	K Reynolds	3.75	2 nd	E Dowsett 3.57	
		4 th	L Parker	3.42	5 th	F Marriott	3.16
		6 th	L Cowley	3.05	10 th	M Cassidy 2.63	
Shot	U13G	1 st	K Reynolds	7.43	3 rd	K Rehakova	5.28
Discus	U13G	2 nd	K Rehakova	11.86			

Southern Mens league – May 15th at Stevenage

1 st Stevenage 143, 2 nd C&C 108, 3 rd Aldershot 106.5, 4 th London heathside 98.5, 5 th Croydon 69							
100m	4A	B Kelk	11.5	4B	A Vairac		12.0
200m	4A	S Richards	24.3	3B	A Vairac		24.5
400m	2A	G Baker	51.1	5B	J Escalante-Phillips		56.2
800m	4A	J Escalante-Phillips	2.11.2	5B	A Howard		2.29.9
1500m	2A	J Morley	4.26.6	4B	B Watson		4.46.4
5000m	3A	B Watson	17.34.5	4B	J Kazer		18.47.5
Steeplechase	5A	J Kazer	13.04.8	5B	T Brennand		14.16.3
400 Hdls	3A	T Brennand	70.7	4B	J Brennand		74.0
110 Hdls	2A	T Brennand	21.8	1B	J Brennand		21.8
4 x 100	2A		45.7				
4 x 400	5A		4.14.9				

Highjump	2A	B Kelk	1.85	2B	S Richards	1.70	
Longjump	1A	S Richards	6.76	5B	T Brennand	4.77	
Triplejump	1A	B Kelk	12.82	2B	S Richards	11.56	
Polevault	=3A	J Brennand	2.40	=2B	N Moss	1.40	
Javelin	5A	P Bramford	32.72	3B	J Brennand	28.39	
Shot	3A	L Shortman	10.99	2B	A Lee	9.78	
Discus	2A	G Parsons	31.36	1B	P Bramford	28.10	
Hammer	1A	L Shortman	45.94	1B	A Lee	41.69	
East Anglian league – May 16th at Cambridge							
Overall 2 nd team							
Senior Men – 2 nd team 142 pts (Ipswich 145)							
100m	Sen men	4A	S Richards	11.8	1B	B Davies	11.8
200m		5A	T Brennand	26.2	4B	J Brennand	29.9
400m		4A	T Brennand	61.9	3B	A Howard	69.2
800m		3A	K White	2.14.8	3B	A Howard	2.33.6
3000m		1A	N Carroll	9.38.7	1B	D Johnson	10.02.8
		N/S	D Pettit	10.46.0			
Hurdles		2A	T Brennand	21.0	2B	J Brennand	22.0
4 x 100m relay		2A		47.5			
Highjump		1A	B Kelk	1.80	1B	S Richards	1.60
Longjump		1A	S Richards	6.83	1B	B Davies	6.11
Triplejump		2A	B Kelk	13.07	1B	S Richards	12.83
Javelin		3A	P Bramford	31.93			
Shot		4A	P Bramford	7.96	4B	J Brennand	6.18
Discus		2A	P Bramford	27.08	1B	M Lawrence	25.94
		N/S	G Parsons	31.24			
Hammer		2A	P Bramford	21.68			
Under 17 men – 2 nd team – 67 pts							
100m		5A	J Vane	13.2	3B	J Grace	12.3
200m		4A	O Bass	25.1			
400m		2A	D October	52.8			
800m		1A	O Bass	2.08.2			
1500m		1A	J Cochrane	4.27.5			
Highjump		4A	A Marsh	1.40			
Longjump		1A	D October	6.45	1B	J Grace	5.61
		N/S	J Vane	4.25			
Triplejump		2A	O Bass	10.04			
Javelin		3A	A Marsh	33.05			
Discus		2A	A Marsh	18.93			
Under 15 Boys – 1 st team – 120 pts (Ipswich 119)							
100m		2A	J Ebanks	12.1	2B	T French	12.3
		N/S	K Robbins	13.3	N/S	O Bidwell	14.4
200m		1A	J Ebanks	25.2	2B	W Blackwell	25.8
		N/S	B Snaith	24.2	N/S	K Robbins	27.3
400m		1A	B Snaith	55.7	1B	L Rawlings	57.6
800m		1A	G Kendall	2.14.7	1B	L Rawlings	2.19.7
		N/S	A McIntyre	2.52.9			
1500m		3A	J Cahill	5.31.0			
4 x 100 relay		1A		50.3	N/S		52.6
Longjump		1A	D Pennytoure	4.83	2B	O Bidwell	3.91
Triplejump		1A	B Cowley	10.67			
Javelin		1A	W Blackwell	40.59	1B	J Bailey	38.69
		N/S	M Young	45.59	N/S	S Kumar	29.76
Shot		1A	M Young	10.35	N/S	S Kumar	6.94
Discus		1A	M Young	26.97			
Under 13 Boys – 1 st team – 86 pts							
100m		1A	F Buchanan	14.0			
200m		1A	F Buchanan	29.4	2B	R Isbister	33.1
800m		2A	T Blatch	2.38.3	1B	R Isbister	3.00.5
		N/S	P Young	3.04.0			
1500m		2A	J Wilmott	5.23.9			
4 x 100 relay		1A		63.8			
Highjump		1A	A Slack	1.30			
Longjump		2A	R Isbister	3.87	1B	P Young	3.68
Javelin		1A	T Mila	20.04			
Shot		1A	A Slack	7.17			
Discus		2A	T Clements	17.17	N/S	A Slack	21.07
Senior/U17 Women – 2 nd team – 134pts							
100m		3A	E Morris	13.1	2B	J Ring	13.5
		N/S	L Millichap	14.7			
200m		4A	E Morris	27.2	4B	H Forbes-lange	28.1
		N/S	L Millichap	30.0			
400m		3A	L Bass	62.6	3B	F Tournant	68.2
800m		2A	M Turner	2.41.1	1B	R Carter	2.33.2
1500m		2A	N Richards	5.40.4			
100m hlds		2A	L Bass	16.4			
Highjump		2A	L Sammout	1.35	2B	J Richards	1.30
Longjump		3A	L Gillies-Visser	3.84	2B	L Sammout	3.84
Triplejump		1A	L Sammout	10.37	1B	F Kumar	9.06
Javelin		3A	R Moulds	21.15	1B	F Kumar	18.70
		N/S	L Millichap	27.00			
Shot		3A	H Sayer	8.36	1B	J Richards	7.98
Discus		2A	L Sammout	30.40	1B	A Moindrot	28.07
		N/S	H Sayer	19.84			
Hammer		2A	H Sayer	39.84	N/S	J Richards	28.74

Under 15 Girls – 2 nd team – 104 pts						
100m	4A	A Galloway	13.8	3B	S Hammond	14.3
	N/S	C Marriott	13.7	N/S	S Dowsett	14.6
200m	3A	C Marriott	29.0	2B	O McGuire	28.5
	N/S	T McVey	30.6	N/S	S Dowsett	31.2
800m	1A	H Parker	2.22.4	2B	L Schmidt	2.41.5
	N/S	Z McDonald	2.36.7	N/S	N Rehakova	2.41.5
1500m	1A	C Wilson	5.02.5	1B	C Gillard	5.21.0
Hurdles	2A	K Bass	13.1			
4 x 100 relay	2A		58.4			
Longjump	3A	S Dowsett	4.00	3B	T McVey	3.80
Javelin	2A	I Hyde	21.17			
Shot	3A	O Abbott	6.27	2B	C Marriott	6.00
Discus	3A	I Hyde	18.40	2B	H Parker	13.17
Hammer	1A	I Hyde	29.75			
Under 13 Girls – 1st team 114 pts						
100m	3A	L Cowley	15.1	2B	E Dowsett	15.1
	N/S	L Parker	14.4	N/S	M Cassidy	15.2
	N/S	J Evans	15.9	N/S	E Scaertlin-Coffey	16.2
	N/S	H Hall	16.3			
200m	2A	F Marriott	30.9	2B	M Cassidy	33.4
	N/S	M Oddi	31.3	N/S	L Rudin	32.9
	N/S	E Scaertlin-Coffey	35.0	N/S	H Todd	36.3
800m	1A	C Murphy	2.39.5	2B	E Bliss	2.46.6
	N/S	A Newcombe	3.01.8			
1500m	1A	L Parker	5.24.3	2B	J Evans	6.04.0
	N/S	L Rudin	6.01.9	N/S	H Hall	6.10.9
Hurdles	1A	K Reynolds	13.3	1B	F Marriott	13.6
	N/S	H Todd	16.9			
Highjump	1A	K Reynolds	1.40	1B	M Oddi	1.20
	N/S	S Dowsett	1.20			
Longjump	2A	E Dowsett	3.77	2B	L Cowley	3.46
	N/S	L Rudin	3.64	N/S	F Marriott	3.35
Javelin	2A	K Reynolds	11.89	N/S	L Marsh	8.05
Shot	2A	M Oddi	5.44	1B	K Rehakova	5.22
	N/S	M Cassidy	4.18			
Under 11 Girls						
80m	1	A Omitowaju	12.2	3	M Snaith	12.6
600m	3	L Murphy	2.13.9	5	J Rehakova	2.18.4
Longjump	2	A Omitowaju	2.93			
Watford BMC Gold standard – May 18th						
800m Men	3 rd ht2	I Williamson	1.53.50			
Southern Womens league Div 1 North – Mile End						
Seniors						
100m	5A	E Cave	13.7	9B	C Cox	16.2
200m	?A	C Cox	34.3			
800m	3A	J Lasenby	2.32.6			
1500m	3A	J Lasenby	5.18.3			
3000m	3A	N Richards	11.54.3			
80m Hdls U17's	2A	E Cave	12.9			
Highjump	3A	L Sammout	1.30	1B	J Richards	1.35
Longjump	3A	L Sammout	4.83	6B	C Cox	2.47
Triplejump	3A	L Sammout	10.49			
Javelin	8A	H Sayer	12.29			
Shot	4A	H Sayer	8.26	1B	J Richards	7.84
Discus	3A	L Sammout	26.05	3B	H Sayer	18.53
Hammer	1A	H Sayer	36.63	1B	J Richards	30.62
Under 15's						
100m	4A	A Galloway	13.5			
200m	4A	A Galloway	29.0			
75m hdls	6A	A Galloway	16.3			
Javelin	2A	I Hyde	22.02			
Loughborough International – May 23rd						
800m	3 rd (2 nd in match)	E Aston	1.50.27			(representing England)
110Hdls	U20Men 5 th	B Kelk	14.19			
BMC meeting – Eltham – May 26th						
800m	Men 4 th	I Williamson	1.53.64			
Camb's AA Evening Open Graded meeting – May 26th at St Ives						
Sen M	800m	8ht2	D Johnson	2.23.29		
Sen M	3000m	1 st	M Branco	9.31.84	11 th	D Pettitt M45 10.40.57
U20M	800m	2ht2	J Escalante-Phillips	2.11.72		
U20M	200m	5ht3	J Escalante-Phillips	25.99		
U17M	100m	6ht2	M Larkinson	12.35		
U17M	200m	5ht2	M Larkinson	24.84		
U17M	Shot	1 st	O Holway	10.93		
U17M	Hammer	2 nd	O Holway	31.41		
U15B	80m Hdls	2 nd	D Pennytoure	14.30		
U15B	100m	4ht4	W Blackwell	12.63	5ht5	D Pennytoure 13.81
U15B	200m	4ht3	W Blackwell	25.97		
U15B	800m	5ht4	J Biggs	2.38.14		
U15B	Longjump	1 st	D Pennytoure	4.41	3 rd	J Biggs 4.08
U13B	800m	6ht4	T Blatch	2.41.42		
U13B	Shot	1 st	A Slack	7.51		
Sen W	3000m	4 th	J Lasenby (2 nd SW)	11.25.78	6 th	N Richards (3 rd SW) 11.39.95
U20W	Longjump	1 st	L Sammout	4.72		

U20W	Shot	1 st	L Sammout	9.90	2 nd	H Sayer	8.29
U20W	Hammer	1 st	H Sayer	38.03			
U17W	3000m	1 st	G Schweining	10.40.55			
U17W	Longjump	2 nd	F Kumar	4.13			
U15G	100m	4ht5	C Marriott	13.69			
U15G	200m	3ht5	C Marriott	29.19			
U15G	3000m	3 rd	C Wilson (U15 1 st)	11.01.01			
U13G	70m Hdls	2 nd	A Deeks	20.36			
U13G	800m	4ht4	C Murphy	2.38.14			
U13G	200m	3ht7	L Parker	30.49	5ht7	A Pettitt	32.32
U13G	Longjump	4 th	A Deeks	2.58			

BMC Grand Prix – Manchester – May 29th

1500m	Men	5 th B race	I Williamson	3.46.26			
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SEAA U17/U15 Championships at Ashford 29/30th May

U15B	Triplejump	5 th	B Cowley	10.37			
U17M	800m	5ht	O Bass	2.05.51			
U17M	400 Hdls	6 th	D October	56.94 (56.62 in hts)			
U17W	Longjump	11 th	J Fox	4.72			

CAU intercounties – May 30th/31st at Bedford

Longjump	Men	23 rd	S Richards	6.21			
Hammer	Women	22 nd	H Sayer	38.41			

International Flanders meeting, 5th June, Belgium

800m	Men	4 th Ht 2	E Aston	1.48.21			
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Southern Mens League – 5th June at Swindon

1 st Poole 131, 2 nd Herne Hill 121, 3 rd Swindon 111, 4 th Oxford 98, 5 th C&C 64							
100m	5A	S Richards	11.9	4B	N Moss	15.6	
200m	4A	S Richards	24.5	5B	A Lee	31.2	
400m	5A	A Howard	71.4	4B	T Brennan	73.8	
800m	5A	A Howard	2.35.9	4B	T Brennan	2.47.0	
1500m	5A	A Howard	5.16.4	5B	T Brennan	6.21.0	
5000m	-						
3000m S/C	-						
110 Hdls	4A	T Brennan	21.6	2B	J Brennan	22.7	
400 hdls	5A	T Brennan	72.5	5B	J Brennan	83.2	
4 x 100 relay	5 th		58.5				
4 x 400 relay	-						
Pole vault	2A	J Brennan	2.4	=2B	N Moss	1.10	
Highjump	3A	S Richards	1.60	=2B	T Brennan	1.50	
Longjump	1A	S Richards	6.47	5B	J Brennan	4.98	
Triplejump	3A	S Richards	12.23	5B	T Brennan	10.12	
Shot	3A	A Lee	10.37	5B	P Bramford	7.31	
Discus	5A	A Lee	28.23	5B	P Bramford	21.77	
Hammer	1A	A Lee	42.89	4B	P Bramford	23.25	
Javelin	4A	P Bramford	30.85	4B	J Brennan	25.11	

Eastern Young athletes league at Cambridge on June 6th

Match - 1st C&C 650, 2nd D&T 635, 3rd Herts Phoenix 556 4th WSAC 495, 5th Hunts AC 298, 6th Trent Pk 86

Men Under 17 (3rd 88 pts)

100m	4A	A Rubenstein-Baylis	12.3	3B	M Larkinson	12.2	
	N/S	J Hackett	12.4				
200m	1A	D October	23.5	4B	A Rubenstein-Baylis	25.7	
	N/S	M Larkinson	24.8	N/S	J Hackett	25.2	
400m	1A	D October	51.8	1B	O Bass	53.0	
800m	1A	O Bass	2.03.5				
1500m	3A	J Cochrane	4.29.8				
Highjump	3A	A Marsh	1.45				
Longjump	4A	O Bass	5.36				
Shot	2A	O Holway	11.36				
Discus	3A	O Holway	24.45	3B	A Marsh	18.66	
Javelin	3A	A Marsh	29.68	2B	J Hackett	26.88	
Hammer	2A	O Holway	30.25				

Boys Under 15 (1st 139 pts)

100m	1A	J Ebanks	12.2	1B	J Mair	12.1	
	N/S	M Jones	12.2	N/S	R Sheppard	12.6	
	N/S	A Holdsworth	12.8	N/S	W Cox	13.7	
	N/S	J McKeown-Tofts	14.3	N/S	J Richards	14.5	
	N/S	B McKeown-Tofts	15.0				
200m	1A	J Ebanks	25.1	1B	W Blackwell	25.3	
	N/S	B Snaith	24.1	N/S	L Rawlings	25.2	
	N/S	M Jones	25.4	N/S	A Holdsworth	27.1	
	N/S	B McKeown-Tofts	30.1	N/S	J McKeown-Tofts	30.3	
400m	1A	B Snaith	52.6	2B	B McKeown-Tofts	70.6	
800m	1A	G kendall	2.12.6	1B	S Reynolds	2.19.5	
1500m	4A	J Cahill	5.16.9				
80m Hdls	1A	D Pennytoire	13.5				
Highjump	3A	S Kumar	1.35	2B	Y Chudasama	1.30	
Longjump	1A	J Mair	5.08	N/S	D Pennytoire	4.40	
Shot	2A	J Mair	6.37	1B	J Richards	6.04	
Discus	1A	M Young	31.94	1B	W Cox	23.64	
Javelin	1A	W Blackwell	44.41	1B	M Young	37.61	
	N/S	A Pavelin	31.80	N/S	S Kumar	27.23	
Hammer	1A	W Cox	27.51				
4 x 100	1A		49.0				

Boys Under 13 (3rd 83pts)

100m	2A	N Monck	14.1	1B	F Buchanan	13.8	
200m	1A	N Monck	29.6	1B	F Buchanan	29.0	

800m	1A	O Cantrill	2.25.9	1B	T Blatch	2.42.0
	N/S	R Isbister	2.49.0			
1500m	3A	J Wilmott	5.14.8			
Longjump	1A	N Monck	4.21	1B	O Cantrill	4.02
	N/S	R Isbister	3.97	N/S	J Rand	3.72
Highjump	2A	A Slack	1.30			
Shot	2A	A Slack	7.49			
Discus	3A	A Slack	20.55	1B	T Claments	18.40
4 x 100	DQ					
Under 17 Ladies	(2 nd 104 pts)					
100m	4A	M George	13.8	4B	L Millichap	14.6
	N/S	L Gillies	13.6			
200m	4A	M George	28.2	4B	L Millichap	30.4
300m	4A	M Turner	45.8			
800m	2A	M Turner	2.29.7			
Hurdles	2A	E Cave	12.7			
Highjump	3A	J Fox	1.35	1B	J Richards	1.25
Longjump	1A	J Fox	5.11	3B	L Gillies	4.16
Triplejump	3A	J Fox	9.93			
Shot	2A	J Richards	7.92	3B	F Kumar	6.72
Discus	5A	L Gillies	14.34	2B	M Turner	14.01
Hammer	1A	J Richards	33.05			
Javelin	3A	L Millichap	24.74	1B	F Kumar	22.58
4 x 100	4A		55.0			
Under 15 Girls	(1 st 135 pts)					
100m	1A	A Galloway	13.1	1B	C Marriott	13.5
	N/S	E Smyth	13.9	N/S	K Cook	14.0
	N/S	B New	16.7			
200m	3A	A Galloway	27.7	2B	C Marriott	29.0
	N/S	N Rehakova	28.5	N/S	H Parker	28.6
	N/S	T McVey	29.9	N/S	E Smyth	29.0
	N/S	K Cook	29.9			
300m	3A	N Rehakova	46.7	2B	Z Macdonald	47.5
800m	1A	H Parker	2.22.3	1B	Z Macdonald	2.41.4
	N/S	L Schmidt	2.50.2	N/S	E Farrow	3.07.2
1500m	1A	C Wilson	5.01.4	1B	C Gillard	5.23.8
	N/S	E Bliss	5.29.8	N/S	K Skinner	6.04.3
Hurdles	3A	K Bass	13.2	4B	A Galloway	15.2
Longjump	2A	C Bass	4.31	2B	E Smyth	3.97
	N/S	S Dowsett	3.96	N/S	M Rose	3.82
Highjump	4A	M Rose	1.30	3B	H Peacock	1.25
Shot	5A	A Goggin	7.34			
Discus	2A	A Goggin	21.62	1B	I Hyde	18.25
Javelin	1A	I Hyde	19.24	1B	H Peacock	18.58
Hammer	1A	I Hyde	30.72			
4 x 100 relay	4A		55.7			
Girls Under 13 (2 nd – 101pts)						
100m	5A	M Cassidy	15.2	1B	L Cowley	14.8
	N/S	T Windsor	15.4	N/S	H Hall	16.6
200m	4A	A Pettit	31.3	4B	M Cassidy	32.4
800m	2A	A Pettit	2.47.0	1B	A Newcombe	2.55.2
	N/S	H Hall	3.07.8	N/S	S Cassidy	3.08.3
	N/S	A Sheppard	3.18.3			
1500m	1A	C Murphy	5.19.8	2B	L Rudin	6.16.3
Hurdles	3A	K Reynolds	12.8	3B	A Deeks	17.1
Highjump	1A	K Reynolds	1.40	3B	E Dowsett	1.10
	N/S	K Rehakova	1.00			
Longjump	5A	E Dowsett	3.49	5B	L Cowley	3.11
	N/S	S Cassidy	2.63			
Shot	1A	K Reynolds	7.46	3B	K Rehakova	5.33
	N/S	I Cassidy	5.62	N/S	F Marriott	4.55
	N/S	M Cassidy	3.76			
Discus	2A	I Cassidy	14.15	1B	K Rehakova	12.69
	N/S	T Windsor	11.68			
4 x 100	4A		61.9			
Cambs AA Evening Devt meeting – St Ives - June 8th						
100m Graded Rd 1	4 th Ht 3	C Marriott (U15G)	13.65	5 th Ht 4	A Deeks (U13G)	17.16
100m Graded Rd 2	4 th Ht 3	C Marriott (U15G)	13.75	4 th Ht 4	A Deeks (U13G)	17.53
800m BMC race 1	4 th	G Kendall (U15B)	2.10.20			
800m BMC race 2	3 rd	N Rehakova (U15G)	2.36.11			
800m open race 1	7 th	D Johnson (SM)	2.25.57			
800m open race 2	1 st	C Gillard (U15G)	2.32.70	2 nd	Z McDonald (U15G)	2.36.54
	3 rd	A Pettitt (U13G)	2.42.48	5 th	A Newcombe (U13G)	3.05.73
1500m BMC race	5 th	J Cochrane (U17M)	4.24.35	6 th	M Branco (Sen)	4.29.15
	8 th	D Johnson (Sen)	4.43.02	14 th	C Murphy (U13G)	5.17.54
	15 th	N Richards (U20W)	5.42.37			
1500m Open race	5 th	H Branco (SW)	4.50.21			
Discus	U13B	1 st	A Slack			
	M35	2 nd	G Parsons			
Shot	U13G	1 st	F Marriott			
	U13B	1 st	A Slack			
	U17M	1 st	O Holway			
	U20M	2 nd	M Lawrence			
	M35	2 nd	G Parsons			

Cambridgeshire Schools – June 12th at Cambridge

Under 15 Girls						
100m	2 nd	E Houghton	13.3	6 th	A Galloway	13.9
200m	2 nd	C Marriott	27.9	3 rd	A Galloway	28.2
800m	3 rd	N Rehakova	2.27.5	4 th	C Gillard	2.28.5
1500m	1 st	H Parker	4.50.3	2 nd	C Wilson	4.55.2
Hurdles	3 rd	K Bass	12.8			
Longjump	2 nd	M Rose	4.48			
Highjump	5 th	M Rose	1.30			
Discus	3 rd	I Hyde	18.71			
Javelin	3 rd	I Coutts	24.57	4 th	I Hyde	22.29
Under 17 Women						
100m	1 st	E Cave	13.3			
800m	2 nd	M Turner	2.29.5			
Hurdles	1 st	E Cave	12.9			
Longjump	3 rd	L Gillie-Visser	4.16			
Triplejump	3 rd	F Kumar	9.38			
Shot	2 nd	P Ossai	8.70	3 rd	J Richards	7.89
Discus	2 nd	P Ossai	20.40			
Javelin	2 nd	L Millichap	26.99	3 rd	F Kumar	26.27
Hammer	1 st	J Richards	34.08			
Under 20 Women						
Longjump	1 st	L Sammout	3.72			
Triplejump	1 st	L Sammout	10.61			
Shot	1 st	H Sayer	8.75			
Discus	1 st	L Sammout	27.16	2 nd	H Sayer	19.35
Hammer	1 st	H Sayer	37.57			
Under 15 Boys						
100m	1 st	J Mair	12.4	2 nd	J Ebanks	12.5
200m	2 nd	J Ebanks	24.8	3 rd	M Jones	25.5
400m	3 rd	L Rawlings	55.6			
800m	1 st	B Snaith	2.04.0			
1500m	1 st	G Kendall	4.35.2	3 rd	W Taylor	4.55.5
Hurdles	2 nd	D Pennytoure	13.6			
Longjump	1 st	Jake Mair	5.21	4 th	D Pennytoure	4.89
Triplejump	1 st	B Cowley	10.80			
Shot	2 nd	T Davies	10.46			
Discus	1 st	M Young	31.70			
Javelin	1 st	W Blackwell	41.37	2 nd	M Young	41.33
	5 th	S Kumar	26.59			
Under 17 men						
400m	2 nd	O Bass	53.1	3 rd	H Tournant	55.4
800m	1 st	O Bass	2.08.5	3 rd	S Pullen	2.09.60
Shot	2 nd	O Holway	11.75			
Hammer	4 th	O Holway	36.64			
BMC meeting – Watford – June 12th						
800m Men	3 rd	A race E Aston	1.48.10 (CR)			
1500m Men	4 th	C race I Wil.liamson	3.47.00			
SEAA Championships – June 12th/13th – Crystal Palace						
U20 W Hammer	6 th	H Sayer	39.14			
U20M 110 Hdls	1 st	B Kelk	14.50	(14.42 in hts)		
Anglian Schools – Grantham June 19th						
Under 20 Men						
2k S/C	3 rd	J Baslington	6.56.4			
Shot	2 nd	M Lawrence	12.19			
Discus	2 nd	M Lawrence	31.08			
Hammer	4 th	M Lawrence	22.16			
Under 17 Men						
400m	7 th	H Tournant	56.3			
800m	2 nd	O Bass	2.04.1			
400Hurdles	1 st	D October	59.2			
Under 15 Boys						
100m	3 rd	J Mair	12.0	6 th	J Ebanks	12.3
400m	2 nd	M Carter	55.6			
800m	1 st	B Snaith	2.07.2			
1500m	2 nd	G Kendall	4.23.0			
Hurdles	5 th	D Pennytoure	13.5			
Longjump	6 th	D Pennytoure	4.96			
Shot	7 th	T Davies	10.06			
Discus	3 rd	M Young	32.00			
Javelin	2 nd	M Young	47.94	3 rd	W Blackwell	45.40
Under 20 Women						
100m	4 th	E Morris	13.3			
Shot	1 st	H Sayer	8.64			
Discus	2 nd	H Sayer	18.30			
Hammer	2 nd	H Sayer	37.26			
Under 17 Women						
100m	5 th	E Cave	12.9			
800m	3 rd	M Turner	2.25.2			
Hurdles	2 nd	E Cave	12.4			
Longjump	2 nd	J Fox	5.03			
Triplejump	2 nd	J Fox	10.00			
Shot	3 rd	P Ossai	8.46			
Discus	5 th	P Ossai	22.91			
Javelin	6 th	L Millichap	23.69			
Under 15 girls						

100m	6 th	E Houghton	12.9			
200m	6 th	C Marriott	27.9			
1500m	2 nd	H Parker	4.51.2	3 rd	C Wilson	4.59.2
East Anglian League at Braintree on June 20th						
Overall match – 1 st Chelmsford 743, 2 nd Luton 738, 3 rd Braintree 628, 4 th C&C 587, 5 th HAC 269						
Senior Men - 1 st with 120pts						
100m	2A	G Cummins	11.7	3B	B Davies	11.9
200m	3A	G Cummins	24.0			
400m	4A	A Howard	65.1			
800m	2A	O Bass	2.01.0	2B	A Howard	2.28.2
3000m	1A	D Johnson	9.49.8	1B	A Howard	10.56.2
	N/S	D Pettitt	10.38.8			
Hurdles	2A	J Brennand	21.9			
Highjump	2A	S Richards	1.70	1B	J Brennand	1.10
Longjump	2A	S Richards	6.40	2B	B Davies	5.71
	N/S	G Cummins	5.24			
Triplejump	2A	S Richards	12.58	2B	J Brennand	10.43
Shot	5A	B Davies	8.63			
Discus	5A	M Lawrence	24.50	3B	J Brennand	16.80
Hammer	4A	M Lawrence	16.85			
Javelin	4A	M Lawrence	24.07	2B	J Brennand	23.46
4 x 100	3A		47.0			
Under 17 Men – 5 th team with 26 points						
400m	4A	J Cochrane	56.7			
800m	2A	J Cochrane	2.05.3			
Triplejump	2A	C Ennis	9.88			
Discus	3A	A Marsh	18.84			
Javelin	3A	A Marsh	32.21			
Under 15 boys - 3 rd team with 99 pts						
100m	2A	J Ebanks	12.2	2B	J Mair	12.4
200m	3A	W Blackwell	25.9	2B	J Ebanks	25.3
400m	1A	B Snaith	53.8			
800m	1A	B Snaith	2.07.2	1B	S Reynolds	2.14.9
Longjump	4A	J Richards	4.59	3B	J Ebanks	4.54
Triplejump	2A	M Carter	10.96	2B	S Kumar	8.83
Shot	3A	J Richards	7.02			
Discus	3A	W Blackwell	22.11	3B	J Mair	11.45
Javelin	1A	W Blackwell	40.51	1B	J Bailey	40.29
	N/S	S Kumar	30.35			
4 x 100	3A		49.9			
Under 13 Boys - 3 rd team with 73 points						
100m	4A	C Weber	15.9	3B	J Rand	16.1
200m	4A	C Williams	40.0	3B	R Isbister	33.1
800m	1A	O Cantrill	2.22.2	1B	R Isbister	2.51.0
	N/S	J Heylen	3.03.7			
1500m	1A	T Heylen	5.05.7	1B	T Blatch	5.22.3
	N/S	J Willmott	5.22.7			
Longjump	1A	O Cantrill	4.13	4B	J Rand	3.57
	N/S	R Isbister	3.65	N/S	J Heylen	3.50
Discus	2A	C Williams	11.39			
Javelin	3A	C Weber	10.11	N/S	J Rand	22.43
4 x 100	3A		57.4			
Senior Ladies - 4 th with 100 points						
100m	3A	E Morris	13.4	2B	E Cave	13.4
	N/S	J Fox	13.9	N/S	M George	14.5
200m	5A	H Forbes-lange	29.2	1B	E Morris	27.6
	N/S	81?	26.9	21	M George	28.8
400m	4A	A Moindrot	69.3			
80m Hurdles U17	1A	E Cave	12.4			
Highjump	4A	E Cave	1.25			
Longjump	3A	J Fox	4.71	4B	F Kumar	3.93
Triplejump	3A	J Fox	10.13	1B	A Moindrot	9.91
Shot	2A	H Sayer	8.32	3B	F Kumar	6.11
Discus	3A	A Moindrot	27.35	3B	H Sayer	19.15
Javelin	1A	F Kumar	20.74	1B	E Morris	15.65
Hammer	3B	H Sayer	36.04			
4 x 100	3A		52.4			
Under 15 Girls - 4 th team with 61 pts						
100m	3A	A Galloway	13.6	3B	C Marriott	13.9
	N/S	O McGuire	14.2	N/S	D Dear	14.4
	N/S	G Newton-Livens	15.5			
200m	3A	A Galloway	28.5	2B	O McGuire	28.7
	N/S	C Marriott	28.9	N/S	L Weber	30.6
	N/S	T McVey	31.2			
300m	N/S	Z MacDonald	48.0			
800m	3A	Z MacDonald	2.39.4			
Hurdles	3A	G Newton-Livens	16.6			
Highjump	5A	T McVey	1.25			
Longjump	5A	T McVey	3.36			
	N/S	L Weber	3.92	N/S	D Dear	3.73
Shot	3A	C Marriott	6.32	3B	Z MacDonald	6.20
Discus	3A	T McVey	12.23			
Javelin	5A	A Galloway	11.63			
4 x 100 relay	2A		56.8	N/S		60.8
Under 13 Girls - 1 st team with 108 points						

100m	2A	F Marriott	14.3	1B	L Cowley	15.2
	N/S	M Cassidy	15.7	N/S	A Pettitt	16.1
	N/S	R McDonagh	17.5			
200m	3A	A Pettitt	32.7	2B	M Cassidy	32.8
	N/S	L Rudin	32.4			
800m	1A	C Murphy	2.36.6	2B	A Newcombe	2.56.9
	N/S	E Schaertlin-Coffey	2.53.4	N/S	L Rudin	2.56.7
	N/S	H Todd	3.31.6			
1500m	2A	E Bliss	5.17.3	1B	L Parker	5.27.2
Hurdles	2A	K Reynolds	12.8	3B	H Todd	18.4
Highjump	1A	K Reynolds	1.44			
Longjump	1A	K Reynolds	4.31	2B	L Parker	3.52
	N/S	L Cowley	3.62			
Shot	3A	F Marriott	5.19	3B	H Todd	4.23
Discus	1A	M Cassidy	11.80			
Javelin	3A	R McDonagh	7.93			
4 x 100 relay	3A		63.2			
Under 11 Girls						
80m	1 st	A Omitowojo	11.8	3 rd	M Snaith	12.6
Longjump	1 st	A Omotwojo	3.49			
UKA Under 20 Championships – Bedford June 19/20th						
U20Men 110m H	1 st	B Kelk	13.87 (13.86 in ht)			
BMAF Weights pentathlons – Milton Keynes June 20th						
W60	2 nd	A Bramford	2285			
Hammer 23.30, Shot 5.59, Discus 15.53, Javelin 11.09, Weight 10.27						
M60	4 th	P Bramford	3031			
5kg Hammer 30.91, 5kg Shot 12.58, 1kg Discus 38.16, 600g Javelin 35.61, 9kg Weight 11.50						
Southern Womens League – June 26th – St Ives						
C&C 5 th team – 241.5 pts – 7 th Overall						
Seniors						
100m	7A	H Forbes-Lange	14.0			
400m	4A	F Tourmant	67.6	4B	N Richards	84.1
800m	4A	R Carter	2.38.1			
1500m	2A	J Lasenby	5.18.0			
3000m	1A	J Lasenby	11.25.2	1B	N Richards	11.38.6
Highjump	4A	J Richards	1.30	=2B	F Kumar	1.00
Longjump	4A	J Fox	4.19	4B	F Kumar	3.94
Triplejump	3A	K Fox	9.45			
Shot	5A	H Sayer	8.45	2B	J Richards	8.19
Discus	5A	H Sayer	20.09	5B	J Lasenby	14.70
Javelin	4A	R Moulds	24.55	2B	F Kumar	22.87
Hammer	1A	H Sayer	35.85	1B	J Richards	31.70
300Hdls U17	3A	H Forbes-Lange	57.7			
4 x 100	6A	57.1		4 x 400	5A	4.48.8
Under 15's						
100m	6A	L Parker	14.9			
200m	7A	C Murphy	31.4			
800m	3A	C Murphy	2.36.6			
1500m	1A	Z Macdonald	5.20.7	1B	L Parker	5.22.3
75m Hurdles	4A	K Reynolds	14.4			
Highjump	1A	K Reynolds	1.47			
Longjumo	2A	K Reynolds	4.42			
Discus	6A	L Parker	12.29			
UKA Championships – 25-27 June – Birmingham						
800m	4 th	E Aston	1.49.48			
1500m	6 th in ht	I Williamson	3.45.46			
Southern Mens League – 26th June at Guildford						
1 st Kent 129, 2 nd WSEH 108, 3 rd ESM 105½, 4 th Guildford 98½, 5 th C&C 79						
100m		C Morter	DQ	2B	J Baxter	11.7
200m		CMorter	DQ	3B	J Baxter	24.3
400m	1A	G Baker	50.1	5B	T Brennand	69.7
800m	4A	J Morley	2.07.8	3B	A Howard	2.29.0
1500m	5A	J Morley	4.41.0	4B	A Howard	5.00.8
5000m	5A	N Carroll	17.14.7			
110 Hdls	4A	T Brennand	22.5	2B	J Brennand	22.5
400 hdls	4A	T Brennand	77.8	4B	J Brennand	77.0
4 x 100 relay	3A		46.2			
4 x 400 relay	5A		4.12.9			
Pole vault	4A	J Brennand	2.40	4B	S Richards	1.20
Highjump	5A	S Richards	1.70	3B	T Brennand	1.60
Longjump	2A	S Richards	6.58	2B	J Baxter	5.73
Triplejump	3A	S Richards	12.61	3B	J Brennand	10.98
Javelin	5A	C Morter	33.87	4B	A Morter	31.36
Shot	4A	A Lee	9.91	3B	G Parsons	9.39
Discus	4A	G Parsons	31.52	3B	A Lee	28.26
Hammer	2A	A Lee	41.48	2B	G Parsons	33.29
Mencap National Championships – Manchester June 26/27th						
100m	2 nd	C Cox	15.3	200m	2 nd	C Cox
33.6						
Championaats D'Ile de France						
110 Hdls U20 Men	4 th	B Kelk	14.09	(1 st in ht – 13.99)		
Eastern Young athletes league at St Albans on June 27th						
Match Res - 1 st St Albans 812, 2 nd Stevenage 701, 3 rd Havering 658, 4 th C&C 398, 5 th Hunts AC 126,						
6 th Harlow 120 Note – non-scoring results not yet available from this match						
(4 th 21pts)						
Men Under 17						
100m	4A	C Brindle	12.0			

Highjump	4A	A Marsh	1.45			
Triplejump	4A	C Ennis	10.08			
Discus	4A	A Marsh	19.06			
Javelin	3A	A Marsh	30.22			
Boys Under 15	(4 th 77 pts)					
100m	1A	J Mair	12.1	1B	J Ebanks	12.4
200m	1A	J Ebanks	24.6			
400m	5A	Y Chudasama	67.8			
800m	5A	A McIntyre	2.37.8			
Highjump	5A	Y Chudasama	1.35	2B	S Kumar	1.25
Longjump	4A	C O'Brien	4.62	3B	J Richards	4.??
Shot	4A	C O'Brien	7.03			
Discus	2A	W Cox	21.14	2B	S Kumar	17.19
Javelin	4A	S Kumar	26.09			
Hammer	1A	W Cox	25.40			
4 x 100	3A	Mair, Ebanks, Cox, Kumar				51.1
Boys Under 13	(4 th 58pts)					
100m	4A	A Graham	14.7	2B	F Buchanan	13.8
200m	3A	F Buchanan	28.6	3B	A Graham	30.5
800m	1A	O Cantrill	2.32.5	5B	R Isbister	2.48.3
1500m	3A	J Wilmott	5.17.5	3B	T Blatch	5.37.1
Longjump	1A	O Cantrill	4.38	1B	R Isbister	4.05
Shot	4A	R Isbister	4.38			
Under 17 Ladies	(4 th 58 pts)					
300m	2A	M Turner	44.7			
800m	3A	M Turner	2.25.9	2B	H Forbes-lange	2.44.9
Highjump	4A	J Richards	1.35			
Longjump	2A	F Kumar	4.49			
Shot	3A	J Richards	7.96	2B	F Kumar	6.37
Discus	4A	M Turner	13.99			
Javelin	3A	F Kumar	18.95	3B	H Forber-lange	9.55
Hammer	2A	J Richards	24.30			
Under 15 Girls	(4 th 107 pts)					
100m	4A	A Galloway	14.0	3B	S Hammond	14.2
200m	2A	A Galloway	27.7	3B	N Rehakova	28.5
300m	3A	N Rehakova	45.0	2B	T McVey	48.9
1500m	1A	Z MacDonald	5.19.0			
Hurdles	2A	K Bass	13.3	3B	G Newton-Livens	20.0
Longjump	3A	K Bass	4.21	3B	?	3.65
Highjump	4A	H Peacock	1.15			
Shot	3A	C Marriott	6.38	1B	O Abbott	6.34
Discus	4A	I Hyde	18.50	3B	C Marriott	12.92
Javelin	3A	I Hyde	19.01	2B	H Peacock	18.43
Hammer	1A	I Hyde	26.45			
4 x 100 relay	3A	Galloway, Bass, McVey, Hammond				56.5
Girls Under 13	(4 th 77 pts)					
100m	3A	F Marriott	14.4	3B	H Dansie	14.8
200m	3A	L Parker	29.8			
800m	2A	L Parker	2.35.1	4A	E Schaertlin-Coffey	2.58.8
1500m	2A	C Murphy	5.17.4	2B	L Rudin	6.01.2
Hurdles	2A	K Reynolds	13.0			
Highjump	1A	K Reynolds	1.40			
Longjump	1A	K Reynolds	4.26	1B	H Dansie	3.56
Shot	5A	F Marriott	4.91			
Discus	4A	L Parker	13.48			
4 x 100	2A	Parker, Marriott, Rudin, Murphy				59.2
National Junior League – June 27th at Bedford						
Team Cambridgeshire – 2 nd	– now 4 th overall		U20 men (C&C only)			
800m	1A	O Bass	2.01.8	2B	J Cochrane	2.05.14
3000m	4A	J Baslington	9.50.20			
Longjump	3A	B Davies	6.33			
Shot	1B	M Lawrence	13.02			
U20 Women (C&C only)						
400m	4A	Z Kier	63.56			
1500m	3A	R Carter	5.23.28			
Longjump	2A	J Fox	5.03	1B	L Sammout	4.89
Highjump	3A	Z Kier	1.50			
Triplejump	1A	L Sammout	10.88	N/S	J Fox	10.32
Shot				1B	H Sayer	8.45
Discus				1B	L Sammout	25.03
Hammer				1B	H Sayer	37.92
BMC/ Open meeting at Watford 30th June						
1500m	9 th R1	A Pettitt	5.28.62	1 st R2	D Pettitt	5.04.60
	2 nd R9	J Cochrane	4.17.86			