

SURREY COUNTY ATHLETIC NEWS

(Issue 55 - May 2008)

ANNUAL AWARDS

Surrey County AA held its AGM recently and elected Don Webb as its President for the current year.

Awards for the Best Championship Performance for 2007 in each age group were made as follows:-

Under 13 Girls: Ciara Denny (Dorking & Mole Valley AC) - 800m

Under 13 Boys: Stephen Knuckey (Aldershot, Farnham & District AC) - 1500m

Under 15 Girls: Georgia Peel (Woking AC) - 1500m

Under 15 Boys: Edward Baxter-Derrington (Sutton & District AC) -200m

Under 17 Women: Jade Ive (Sutton & District AC) - Pole Vault (Indoors)

Under 17 Men: Michael Wheeler (Herne Hill Harriers) - Shot Put

Under 20 Women: Jane Ejimafrugha (Herne Hill Harriers) - Triple Jump (Indoors)

Under 20 Men: Chris Scott (Shaftesbury Barnet Harriers) - Discus

Senior Women: Tracey Grant (Belgrave Harriers) - Pole Vault (Indoors)

Senior Men: Phil Wicks (Belgrave Harriers - Cross Country AND Joe Ive (Belgrave Harriers) - Pole Vault (Indoors)

The Awards for the best performances by Under 15 athletes at the Indoor Championships 2007 were awarded to:

Girls: Jahisha Thomas (South London Harriers) - Long Jump

Boys: Blade Ashby (Herne Hill Harriers) - 60m & 60mH

The awards for the Highest Points in Sportshall competitions 2006-2007 went to:

U13 Girls: Vicky Maguire (Guildford & Godalming AC)

U15 Girls: Molly Renfer (Kingston AC & Polytechnic Harriers)

U13 Boys: Taj Johnson (Herne Hill Harriers)

U15 Boys: Blade Ashby (Herne Hill Harriers)

The Muriel Gunn Trophy for the best international performance by a Surrey U23 female athlete was awarded to Charlotte Best (Crawley AC) for her 3rd place in the World University Games 800m.

The Officials Trophy was awarded to Patricia & Michael Cole.

NOTE. Change of Address (w/e from 1st May 2008) for Mike Scott (County Treasurer, Photo Finish etc):-

6 Ambleside, Lightwater, Surrey GU18 5TA ☎ 01276 471960.

IS YOUR CLUB REPRESENTED?

The County General Committee has vacancies for club representatives. If your club does not have a representative then this is your opportunity to have your voice heard. Please contact Don Turner (☎ 020 8393 8950 E: secretary@surreyathletics.org.uk) if you are interested in participating.

SURREY COUNTY ON THE INTERNET

The County web-site www.surreyathletics.org.uk has been available since 2001. It contains information which I hope is of interest to followers of athletics in Surrey. In the early days we were averaging around 6000 pages viewed per month. Currently that figure is around 35,000 viewed in 7,000 visits per month. As you might expect there are peaks shortly after our main championships as visitors look for results.

The site contains both static and dynamic pages. Static pages are those where the information is typed into the page and when you download it your browser displays what has been entered. Dynamic pages are different in that when you request to view them they are built from information stored in the databases that support the web-site at the time you make the request.

Currently all the databases contain information about performances by Surrey athletes. This includes results from the County Track & Field Championships 1991-2008 (31,970 records); Track & Field Rankings for 2001-2007 (14,800 records); performances at all the International Track & Field Championships (eg Olympics, World, European & Commonwealth) plus recent International Cross Country Championships (1180 records) and Inter-County Track & Field performances (currently being developed - 1050 records). As the information held is about performances by athletes each record has a key which uniquely identifies the relevant athlete. In order to create a unique identity the key is built from the athlete's full name and their date of birth. At present there are 2600 athletes who have been identified in this way. This means that it has been possible to provide a facility for viewing the information stored for a particular athlete which is called the "Athlete Profile".

To view the profile of a particular athlete select "Athlete Profiles" from the Home Page. Click on "Search for an Athlete". This will show all those athletes whose family name starts with the letter A (For names beginning with other letters then click on the letter). If the athlete you are seeking is shown then click on the name and this will display their profile.

Keith Burchell

SCAN

If you do not normally receive SCAN but would like to, it can be downloaded from the County web site: www.surreyathletics.org.uk/scan. If you would like an E-mail informing you that a new edition has been published then please contact the editor (see below).

Editor: Keith Burchell, 26 Norfolk Avenue, Sanderstead, SOUTH CROYDON, Surrey CR2 8BN E-mail: scan@surreyathletics.org.uk

SURREY ATHLETES AT INTERNATIONAL MEETINGS (February 2008 - April 2008)

European Indoor Championships, Valencia, Spain, 7/9 March 2008

12 Men High Jump - Samson Oni (Belgrave H) 2.24m

IAAF World Cross Country Championships, Edinburgh, 30 March 2008

43rd Junior Women - Lily Partridge (AFD) 21:53

83rd Senior Men - Phil Wicks (Belgrave H) 38:02

SURREY ATHLETES AT NATIONAL CHAMPIONSHIPS (February 2008 - April 2008)

UK Indoor Championships & World Championship Trials, Sheffield, 9/10 February

Gold medals won by Samson Oni in the High Jump with a Surrey record of 2.30m and Joice Maduaka in the 200m setting a PB of 23.43.

200M 1 Joice Maduaka (WG+EL) 23.43

800M 3 Claire Nichols (Woking) 2:08.20

High Jump 1 Samson Oni (Belgrave) 2.30m

Shot Put 2 Emeka Undechuku (WG+EL) 18.06m

English National Cross County Championship, Alton Towers, 23 February

Emelia Gorecka (AFD) and Ruth Haynes (AFD) finished 1st and 2nd respectively in the U15 Girls race. Phil Wicks (Belgrave) was 2nd in the Senior Mens race.

English Athletics U20/U17/U15 Indoor Championships, NIA, 23/24 February

Gold Medals for Jade Ive (U17 PV), Babatunde Amosu (U17 TJ) and Michael Wheeler (U17 SP).

U17W 60M 3 Twinelle Hopeson (Croydon) 7.70

U17W 200M 3 Twinelle Hopeson (Croydon) 24.79

U17W Pole Vault 1 Jade Ive (Sutton) 4.00m

U17M Pole Vault 3 Gordon Lester (K&P) 4.10m

U17M Triple Jump 1 Babatunde Amosu (Croydon) 14.70m

U17M Shot Put 1 Michael Wheeler (HHH) 19.06m

U15B 800M 3 Sylvester Akpalara (HHH) 2:07.95

U15B 60m Hurdles 2 Blade Ashby (HHH) 8.96

U15B Shot Put 2 Khalil Njoya (HHH) 14.29m

English Schools Cross Country Championships, Liverpool, 8 March

Emelia Gorecka & Ruth Haynes again were 1st & 2nd in the Junior Girls race. Jonny Hay won the Intermediate Boys race. The Surrey Schools teams were victorious in the Junior Girls, Intermediate Girls and Junior Boys events.

SURREY OFFICIALS TRAINING DAY

On Sunday 30 March over fifty Surrey Officials attended a Training Day to help them to enhance their judging skills and to learn to use new techniques, such as Photo finish and EDM, (Electronic Distance Measuring).



All the field officials were shown how to operate EDM and had a chance to practice using the technology on the field of the track at ACS Cobham where the day was held. The Timekeepers, Track Judges and Starter Marksman all had sessions with the Photo Finish equipment which was set up inside the Sports Centre at the school. All those disciplines also had their own workshops as did the Field officials when they were not involved with EDM training.



Surrey Officials Training Day (continued)

After lunch we were treated to a talk on “Meeting the Challenge” given by our guest speaker Wendy Haxell, a senior Hampshire Track Official. After the talk Wendy helped your Officials Secretary to explain the new official’s pathway which provoked a number of questions.



Don Webb our new President, a senior County field Official from Croydon Harriers gave a vote of thanks to Wendy Haxell and closed the training day by thanking the Tutors for the day and the Secretaries for organising the event. The only disappointing aspect was that more officials did not attend.

Patricia & Michael Cole

Photographs by Mike Fleet

NEW SURREY RECORDS

Running in the Reading Half-Marathon on 2 March 2008, Natalie Harvey (SLH) set a new Surrey record for the distance with a time of 72mins 27seconds. This improved upon the previous record of 72mins 52seconds set by Ceri Diss (HHH) in 1990. (*Information supplied by David Cocksedge & Pete Mulholland*).

As reported on Page 3 Samson Oni (Belgrave) improved his own indoor record for the High Jump to 2.30m at the UK Indoor Championships on 9 February 2008.

COUNTY CHAMPIONSHIPS

Indoor Track & Field, Sutton Arena, 1/2 March 2008

UNDER 13 GIRLS

60M		
1 Leona Brako	(Croy)	8.37
2 Sarah Rawlings	(Sutt)	8.72
3 Eve Bushell	(C'ley)	9.06
Long Jump		
1 Sarah Rawlings	(Sutt)	3.89
2 Lucy Drummond	(E&E)	3.78
3 Rhyannon Evans-Argent	(Sutt)	3.56

UNDER 15 GIRLS

60M		
1 Cleo-Patrice Barbour	(Croy)	8.13
2 Sylvia Ambadubah	(HHH)	8.33
3 Iesha Hinds	(Croy)	8.41
60M Hurdles		
1 Jess McCabe	(G&G)	9.57
2 Jessie Knight	(E&E)	10.29
3 Megan Philip	(K&P)	10.58

High Jump		
1 Kate Lee	(Walt)	1.35
2 Leila Abandah	(HHH)	1.30
3 Abbie Wroth	(Walt)	1.25

Long Jump		
1 Jahisha Thomas	(SLH)	4.86
2 Jessie Knight	(E&E)	4.71
3 Christianne Risman	(G&G)	4.50

Shot		
1 Carla Letheby	(Walt)	9.74
2 Iesha Hinds	(Croy)	8.22
3 Hannah Shephard	(E&E)	7.76

UNDER 17 WOMEN

60M		
1 Twinelle Hopeson	(Croy)	7.73
2 Emma Wakrim	(Sutt)	8.32
3 Stephanie Brathwaite	(Croy)	8.38
60M Hurdles		
1 Stephanie Loy	(C'ley)	10.95

High Jump		
1 Sarah Abrams	(AFD)	1.60
2 Emily Browne	(Sutt)	1.55
Pole Vault		
1 Jade Ive	(Sutt)	3.80 CBP
2 Rosa Williams	(HHH)	2.90
Long Jump		
1 Sarah Abrams	(AFD)	4.92
2 Rebecca Underhay	(G&G)	4.75
3 Hannah Roberts	(C'ley)	4.46

Triple Jump		
1 Rebecca Underhay	(G&G)	9.81
2 Leanne Bettis	(DMV)	8.61
Shot		
1 Sarah Bridgman	(DMV)	9.00
2 Georgina West	(SLH)	8.49

UNDER 20 WOMEN

60M		
1 Jade Phillips	(HHH)	7.64 CBP
2 Robyn St Luce Boyce	(HHH)	7.76
3 Jo White	(SMR)	7.78

60M Hurdles		
1 Rosie Marino	(Walt)	9.59
2 Harriet Lester	(K&P)	9.99
3 Jo Rowland	(Craw)	10.20

High Jump		
1 Jo Rowland	(Craw)	1.55
2 Helena Warren	(Walt)	1.55

Pole Vault		
1 Jennifer Honeyball	(HHH)	2.90 CBP

Long Jump		
1 Jo Rowland	(Craw)	4.98
2 Isabelle Stanway	(G&G)	4.75
3 Rebecca Pickering	(Walt)	4.62

Triple Jump		
1 Asha Forde-Salle	(HHH)	11.32

Shot		
1 Briony Phillips	(HHH)	11.40
2 Jo Rowland	(Craw)	10.01

COUNTY CHAMPIONSHIPS

Indoor Track & Field (continued)

SENIOR WOMEN

60M			
1 Michelle Watson	(HHH)	7.67	
2 Chanelle Garnett	(HHH)	7.96	
3 Helen Channon	(Walt)	7.98	
60M Hurdles			
1 Kaylee Price	(Walt)	9.38	
2 Joanne Regan	(Walt)	11.15	
High Jump			
1 Charis O'Connor	(G&G)	1.75	
Pole Vault			
1 Natasha Hart	(Wok)	2.90	
Long Jump			
1 Emily Parker	(E&E)	5.66	
2 Charis O'Connor	(G&G)	5.54	
3 Emily Martin	(HW)	5.43	
Triple Jump			
1 Ruth Hatch	(Birm U)	10.46	
Shot			
1 Eleanor Gatrell	(Wok)	15.70	
2 Joanna Bennett	(E&E)	11.97	
UNDER 13 BOYS			
60M			
1 Ayomide Segun	(Croy)	8.48	
2 Jonah Dykes	(C'ley)	8.64	
3 Ross Heron	(Croy)	8.75	
Long Jump			
1 Jonah Dykes	(C'ley)	4.36	
2 Harry Ramsey	(DMV)	4.22	
3 Myles Wright	(Sutt)	3.73	
UNDER 15 BOYS			
60M			
1 Blade Ashby	(HHH)	7.34	
2 Joshua Atille	(Croy)	7.35	
3 Taj Johnson	(HHH)	7.66	
60M Hurdles			
1 Blade Ashby	(HHH)	8.95	
2 Joseph Yarde	(Croy)	10.03	
3 Leon Onabanjo	(HHH)	11.92	

High Jump			
1= Oliver Newport	(Craw)	1.40	
1= Leon Onabanjo	(HHH)	1.40	
Long Jump			
1 Elliot Safo	(Croy)	5.32	
2 Ben Weeks	(C'ley)	5.17	
3 Javari Cameron	(Croy)	5.04	
Shot			
1 Khalil Njoya	(HHH)	13.06	
2 Adesini Obi-Adewole	(SLH)	6.00	

UNDER 17 MEN

60M			
1 Matthew Walcott	(HHH)	7.13	
2 Tom Kennedy	(Sutt)	7.14	
3 Damilola Segun	(Croy)	7.17	
60M Hurdles			
1 Matthew Walcott	(HHH)	8.31	
2 Tom Parry	(K&P)	8.78	
3 Adam Wicks	(K&P)	9.05	
High Jump			
1 Tariq Fadare	(Sutt)	1.80	
2 Ryan Clancy	(Sutt)	1.75	
3 Tom Pearce	(Ton)	1.75	
Pole Vault			
1 Gordon Lester	(K&P)	4.20	CBP
2 Ross Norton	(Sutt)	3.00	
Long Jump			
1 Jite Avwunu	(Croy)	6.26	
2 Stephen Babalola	(SLH)	5.87	
3 Julien Allwood	(HHH)	5.84	
Triple Jump			
1 Babatunde Amosu	(Croy)	14.68	CBP
2 Jite Avwunu	(Croy)	12.52	
3 Olushola Olojo	(HHH)	12.26	
Shot			
1 Michael Wheeler	(HHH)	18.58	CBP
2 Ross Norton	(Croy)	12.03	
3 Afamefuna Obi-Adewole	(SLH)	10.16	

COUNTY CHAMPIONSHIPS

Indoor Track & Field (continued)

UNDER 20 MEN

60M

1 Tremayne Gilling	(Sutt)	6.95
2 Kola Adedoyin	(Sutt)	7.04
3 Cyle Carty	(Sutt)	7.09

60M Hurdles

1 Thomas Ashby	(HHH)	8.59
2 Jamie East	(C'ley)	8.81

High Jump

1 Tsidi Dagadu	(Croy)	1.90
2 Milan Stanisavljevic	(Wok)	1.80
3 Jamie East	(C'ley)	1.75

Pole Vault

1 Adam Boshier	(E&E)	3.80
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Long Jump

1 Paul Oluyemi	(HHH)	6.76
2 Jermaine Olasan	(HW)	6.47
3 Thomas Ashby	(HHH)	6.33

Shot

1 Erasmus Ntim-Dwemoh (Croy)	14.67
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SENIOR MEN

60M

1 Robert Graham	(HHH)	6.8
2 Jonathan Barbour	(B&B)	6.9
3 Aidan Syers	(NEB)	6.9

High Jump

1 Kevin Burke	(HHH)	1.75
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Pole Vault

1 Roy Chambers	(Wok)	3.60
2 Dave Blunt	(E&E)	3.30
3 Robert Murkin	(Belg)	2.60

Long Jump

1 David Wellstead	(Belg)	6.52
2 Roy Chambers	(Wok)	6.31
3 Kevin Burke	(HHH)	6.25

Triple Jump

1 David Wellstead	(Belg)	13.62
2 Stephen Babalola	(SLH)	12.92

Shot

1 Michael Small	(Exe)	12.12
2 Ian Frankish	(E&E)	11.15

INTER-COUNTY EVENTS

CAU Inter-County Cross Country, Nottingham, 15 March 2008

EMELIA GORECKA FIRST & RUTH HAYNES SECOND IN U15 RACE

PHIL WICKS SECOND IN SENIOR RACE

ISOBEL BRINSDEN (U17) AND LILY PARTRIDGE (U20) BOTH THIRD

UNDER 15 GIRLS WIN CAU TEAM EVENT

SENIOR WOMEN - Team: 9th. Individuals: 25 Emily Adams (AFD) 29:54 , 40 Emily Nelson (E&E) 30:28, 47 Justina Heslop (Clapham C) 30:39, 117 Claire Nicholson (Stragglers) 32:33, 127 Jo Rodriguez-Downs (Woking) 32:44 , 139 Michelle Jenkins (SLH) 33:04 , 153 Pippa Major (SLH) 33:20 , 154 Estelle Damant (Ranelagh) 33:20 . 254 finishers.

JUNIOR WOMEN - Individuals: 3 Lily Partridge (AFD) 22:37, 107 Rebecca Gould (G&G) 29:12, 120 Rosie Musgrave (HHH) 31:00. 132 finishers.

U17 WOMEN - Team: 3rd. Individuals: 3 Isabel Brinsden (E&E) 18:15, 9 Loulou Rowlands (SLH) 18:42, 37 Catherine Taylor (AFD) 19:40, 57 Rosie Clarke (E&E) 19:59, 135 Julia Wedmore (HHH) 21:32, 143 Emily Eastland (HBS) 21:46, 158 Sophie Cowper (RSyB) 22:02, 164 Rebecca Fairhead (G&G) 22:09. 240 finishers.

INTER-COUNTY EVENTS

CAU Inter-County Cross Country, Nottingham, 24 February 2007 (continued)

U15 GIRLS - Team: 1st. Individuals: 1 Emelia Gorecka (AFD) 14:22, 2 Ruth Haynes (AFD) 14:45, 17 Mae Partridge (AFD) 15:36, 30 Katie Snowden (HHH) 15:54, 32 Adele Tracey (G&G) 15:56, 40 Georgia Peel (Woking) 16:01, 48 Hannah Edwards (HHH) 16:08, 56 Phillipa De La Rosee (HHH) 16:12. 274 finishers

U13 GIRLS - Team: 1st. Individuals: 7 Ruth Bourne (WSEH) 13:36, 16 Susan Shiel-Rankin (AFD) 13:53, 19 Sophie Storey (G&G) 13:55, 43 Louise Heron (G&G) 14:13, 45 Catie Callender (G&G) 14:16, 46 Leigh Chapman (AFD) 14:17, 57 Poppy Disley-May (G&G) 14:23, 78 Harriet Preedy (AFD) 14:30. 300 finishers

SENIOR MEN - Following the County Championship, five of the first six runners entitled to be selected by right accepted the invitation to do so. These five together with nine others down to twentieth position, including Paul Rogers and Sam Perkins, who were unable to run the County Championship - only four runners from the team for 2007 were entered!

The day before the race James Kelly had to withdraw due to Achilles tendon soreness: reserve Aiden Hogan came in.

The day was overcast but dry, going soft but not muddy. Phil Wicks ran a fine race to finish second only eight seconds behind the winner, Tom Humphries, earning selection for the World Cross Country Championship for the second successive year. The team finished a creditable ninth position (arch rivals Middlesex finished 12th!) - an improvement by three places over 2007 and are to be commended.

Mick Firth

Team: 9th. Individuals: 2 Phil Wicks (Belgrave) 37:11, 45 Paul Rodgers (Crawley) 39:30, 100 Ben Paviour (HHH) 41:15, 113 James McMullan (Thames H&H) 41:34, 129 Matt Shone (HHH) 41:52, 130 Tim Elsey (HHH) 41:54, 138 James Harvey (Walton) 42:05, 169 Aidan Hogan (Hercules Wimbledon) 42:58. 264 finishers.

JUNIOR MEN - Following the County Championship, only eleven runners made themselves available for the Inter Counties - two from the 2007 team!

The week preceding the race three of those entered had to withdraw leaving only eight, including two reserves available to run. Johnny Van Deventer could not be released from his university in America.

On the day the team ran with real endeavour. The reserves are to be commended coming in at a late stage. The team was sixteenth (Middlesex were unable to close in a team).

Mick Firth

Team: 16th. Individuals: 58 Ben Snowball (AFD) 28:30, 72 Ben Wallis (G&G) 28:45, 88 Alex Hawkins (E&E) 29:12, 98 Jack Swallow (Crawley) 29:24, 101 Michael McManus (John Fisher School) 29:32, 107 David Abrams (AFD) 29:40, 173 Alex Jackson (E&E) 32:02, 190 Ben Egan (G&G) 34:25. 195 finishers.

U17 MEN - Team: 4th. Individuals: 4 Jonny Hay (AFD) 20:15, 29 Josh Gorecki (AFD) 21:06, 36 Matthew Grant (SLH) 21:24, 37 Joe Morwood (AFD) 21:26, 86 Mickey Reed (AFD) 22:08, 102 Ralph Street (Tiffin School) 22:19, 190 Dominic Stieirt (SLH) 23:21. 258 finishers.

INTER-COUNTY EVENTS

CAU Inter-County Cross Country, Nottingham, 15 March 2008 (continued)

U15 BOYS - Team: 5th. Individuals: 24 Joshua Grace (AFD) 15:41, 35 Kegan Lymn (Camberley) 15:53, 41 Rikkie Letch (WSEH) 15:56, 59 Stefan Richards (E&E) 16:08, 72 Elliot Woolmer (WSEH) 16:12, 83 Joe Toomey (Hercules Wimbledon) 16:17, 93 Lewis Lloyd (HHH) 16:24, 96 Nathan Ditton (WSEH) 16:27. 281 finishers.

U13 BOYS - Team: 3rd. Individuals: 4 Stephen Knuckey (WSEH) 12:24, 21 William Robinson (Reigate Priory) 12:49, 29 Adam Hulin (DMV) 12:54, 47 Elliot Veheary (Croydon) 13:06, 78 Jack Wyllie (DMV) 13:19, 91 Hugo Fleming (Walton) 13:24, 95 Ben Bradley (Camberley) 13:25, 183 Frazer Novell (Riddlesdown School) 13:57. 298 finishers.

SPORTSHALL

London & South East Regional Finals, Spectrum, Guildford, 17 February 2008

Under 13 Girls

1	Surrey	726
2	Middlesex	704
3	Kent	564
4	Sussex	542

Under 13 Boys

1	Middlesex	725
2	Surrey	696
3	Sussex	580
4	Kent	519

Under 15 Girls

1	Surrey	651
2	Sussex	602
3	Kent	586
4	Middlesex	584

Under 15 Boys

1	Middlesex	656
2	Surrey	639
3	Kent	605
4	Sussex	527

National Finals, NEC Arena, Birmingham, 12 April 2008

Under 13 Girls

1	Birmingham	566
2	Norfolk	496
3	Essex	487
5	SURREY	462

Under 15 Girls

1	Derbyshire	620
2	Birmingham	615
3	Dorset	604
7	SURREY	569

The change of venue from the NIA was not a total success. Conditions were such that none of the "track" events were scored as the organisers deemed the surface to be unsafe for competition. This caused considerable disappointment to the athletes from all over the UK.

SURREY LADIES CROSS COUNTRY LEAGUE - 2008/2009 FIXTURES

11/10	Nork Park (Tadworth AC)	08/11	Lightwater (Runnymede R)
10/01	Coulsdon (SLH)	07/02	Lloyd Park (Striders of Croydon)

There are 36 Clubs in the League at present. Any club interested in joining should contact the Secretary, Ron Gobey. E: ron@gobey9944.fsnet.co.uk or ☎ 020 8856 4681.

SURREY SQUAD DAY, SUNDAY, 10TH FEBRUARY 2008

The penultimate meeting of the Surrey Athletics Squad took place at Sutton Arena, with seventy athletes present, together with twenty coaches and twenty sports scientists.



We were greatly honoured to be joined on this occasion by Mr Frank Dick O.B.E. President of the European Athletics Coaches Association and former Performance Director at U.K. Athletics, who gave a tremendously motivating presentation to the young, ambitious athletes present. Despite a couple of late calls on his time from television, Frank insisted on fulfilling his promise to the young athletes to share his knowledge and experience with them and was received with rapt attention and exited to rapturous applause. I would like to express our appreciation to Frank for giving of his precious time so freely and to Lorna Boothe, a Coach on the Squad, who assisted with the arrangements.

The latest development to the squad, the presence of a Chartered Physiotherapist and a Sports Therapist and Masseur, developed with several athletes requested advice and assessment and it was good to see that even obviously injured athletes turned up to see what they could learn from the day and how they could contribute to it.

Geoff Platt

THE SWEAT SHOP SURREY CROSS COUNTRY LEAGUE - 2008/2009 FIXTURES

	Div 1	Div 2	Divs 3/4
11/10	Richmond Park	Wimbledon Common	Nork Park
08/11	Wimbledon Common	Esher	Lightwater
10/01	Coulsdon	Lightwater	Lloyd Park
07/02	Ham	Lloyd Park	Wimbledon Common

League Secretary: Bill Bird, Middlestead, Green Trees, Peppard Common, Henley-on-Thames, Berks RG9 5EN ☎ 01189 722114

COUNTY DIARY 2008 - 2009

2008

4 May	Sutton 10k (RL)	Sutton
10/11 May	Surrey County Track & Field Championships	Kingsmeadow
11 May	Surrey County Half-Marathon Championships (RL)	Richmond
21 May	LSAA Combined Events Championships	Lee Valley
24 May	Surrey County Vets Track & Field Championships	Kingsmeadow
24/25 May	SEAA U15/U17 Track & Field Championships	Ashford, Kent
25/26 May	CAU Inter-counties Track & Field Championships	Bedford
31 May / 1 June	EA Open Combined Events Championships	Birmingham
1 June	Surrey County 10 Miles Championships (RL)	Dorking
14 June	Surrey Schools Track & Field Championships	Kingsmeadow
14 June	London Schools Track & Field Championships	Battersea Park
14/15 June	SEAA U20/Senior Track & Field Championships	Crystal Palace
21 June	Schools Inter-County Track & Field Championships	Kingsmeadow
21/22 June	EA U20/U23 Track & Field Championships	Bedford
24 June	LSAA Yr 7 & 8 Track & Field Championships	Linford Christie
28/29 June	ESAA Regional Combined Events Championships	Eton
29 June	Surrey County 10k Road Championships (RL)	Richmond
11/12 July	English Schools Track & Field Championships	Gateshead
11/13 July	UK Track & Field Championships & Olympic Trials	Birmingham
20 July	Elmbridge 10k (RL)	Walton
27 July	U13 Inter County Track & Field	Kingsmeadow
3 August	U17 Inter-County Track & Field	Basildon
9/10 August	EA U15/U17 Track & Field Championships	Birmingham
10 August	Senior Inter-County Track & Field	Kingsmeadow
10 August	Surrey County 5k Road Championships (RL)	Wimbledon
16/17 August	EA U15/U17 Combined Events Championships	Birmingham
23 August	Surrey 10,000M Track Championship	Tooting Bec
24 August	SEAA U15/U20 Inter-County Track & Field	Copthall
13 September	Surrey County Road Relay Championships	Wimbledon Park
13/14 September	Surrey Combined Events & Steeplechases	Horsham
4 October	Bruce Judd YA Cross Country Relays	Stoke Park, Guildford
18 October	Surrey County Vets Cross Country	Richmond Park
26 October	U13/U15 Sportshall	Spectrum, Guildford
30 November	U13/U15 Sportshall	Spectrum, Guildford

2009

January	SCAA Cross Country Championships	Lloyd Park, Croydon
11 January	U13/U15 Sportshall	Spectrum, Guildford

RL = Surrey Road League See Pages 10/11 for Cross Country League dates/venues.

Updates to the Diary are published on the county web site and can be found at:

www.surreyathletics.org.uk/diary