

SURREY COUNTY ATHLETIC NEWS

(Issue 36 - August 2003)

MODERNISATION

Athletics is being told it must modernise in order, it appears, to maintain funding support from various Government sources. As a consequence it is likely that changes to the structure of our sport will be implemented that will affect how the sport is administered and how initiatives are delivered for the “benefit” of the clubs and their members. Although attempts are being made at consultation there is a danger that the views of the larger clubs, who are more likely to have someone available to participate in the consultation process, will predominate. Clearly, if the smaller clubs do not participate then they will find it hard to justify complaining if the new structures do not suit them - and it will be too late anyway!

One of the items being discussed is the move to nine regional hubs in England. Not surprisingly, these hubs mirror Sport England’s structure. Therefore, we in Surrey could be split between London and the South-East. One of the problems with the Sport England split is that although it conforms to the political geography it does not conform to the sporting geography. Virtually all sports use the ancient county boundaries and organise their activities on that basis. Therefore Sport England has probably chosen the wrong geographical structure for the delivery of support to the grass roots level. London as the capital city should provide “capital city facilities” such as a national stadium but this does not mean that Greater London is, necessarily, a sensible administrative area for Athletics (or any other sport) to choose. It makes no sense for Surrey County AA to have to deal with two hubs and, in effect, set up “Chinese walls” within many of its activities that are of direct benefit to the clubs and their members.

Following the comments regarding the drop in numbers attending County Championships there appears to be a question mark over the role of the counties. Although not applicable to all athletes the county structure does provide an important stepping stone for many who aspire to success at the highest levels. County championships and county teams are often the first competitive opportunities outside of the club and are an important step on an athlete’s “learning curve”. Would athletes be more likely to enter a South-East or London Championship rather than a Surrey Championship? The question has already been posed for London and the athletes could be said to have voted with their feet.

Remember that you are part of our sport and that your views are important. Do not keep them to yourself - let THEM know what you think. UK Athletics and South of England AA would, I am sure, be pleased to receive your comments.

Keith Burchell

COACHING

South East region

UK Athletics has reorganised its coaching setup so that, at present, the South East region no longer has a RETA (formerly Ray Thompson). All matters that would have been referred to Ray should now be referred to UK Athletics at Birmingham on 0121 456 5098. However, it is worth talking about any course requirements to our PADO Sarah-Jane Sykes at the SSDU, Guildford on 01483 518944.

Level 1 Courses (£45) are scheduled for 19 Oct - Ashford, 14 Dec - Guildford, Feb 15 - Horsham, 18 Apr - Ashford.

Level 2 Courses (£100) are scheduled for 2/3 Sept - Crawley, 25/26 Oct - Guildford, 24/25 Jan - Horsham, 27/28 Mar - Ashford

London region

Level 1 Courses (£45) are scheduled for 14 Sept - Haringey, 29 Nov - Twickenham

Level 2 Courses (£100) are scheduled for 23/4 Aug - Twickenham, 4/5 Oct - Haringey
Children in Athletics Courses (£45) are scheduled for 7 Sept - Sutton, 30 Nov Twickenham

L2 Modules (£20) scheduled for 6 Dec (Speed/Throws) & 7 Dec (Jumps/Endurance) both at Twickenham.

For further details (inc. Level 3 & 4) call Chris Bowman on 07970 544 324

When booking include your name, address, postcode, tel. No. and course code (First time coaches Level 1, CIA, FIRW need to complete a Coach Data Form, which should be requested at the time of booking.) and send to

POST: Chris Bowman 5 Reinden Grove, Downswood, Maidstone, Kent ME15 8TH
ANSWERPHONE: 01622 861 866 FAX: 07092 144 324

EMAIL: cbowman@ukathletics.org.uk

Note. You can attend courses that are outside of the region in which you reside.

COUNTY MERCHANDISE

Surrey Tee Shirts - Childrens £4.50 Adults £6.00

Blazer Badges £4.50.

Yellow Polo Shirts £12.00 Black & Yellow Caps £3.50 Ties £5.00

Surrey Sweatshirts with Large or Small Logo £12.00 All sizes.

All the merchandise will be available at County events.

County Fleeces (black with County badge) £17.00

COUNTY CHAMPIONSHIPS

Track & Field Championships - Kingsmeadow, 10/11 May 2003

Senior Men

100M 1 Tim Abeyie (Belg) 10.6, 2 Dan Donovan (Belg) 10.7, 3 Dominique Richards (Harrow) 10.7. **200M** 1 Tim Abeyie (Belg) 21.60, 2 Leroy Slue (Harrow) 22.03, 3 Robert Graham (unatt) 22.50. **400M** 1 Michael Parper (Belg) 47.9, 2 Dedan Simmons (Harrow) 48.6, 3 Gavin Dublin (Harrow) 50.2. **800M** 1 Russell Bentley (B&B) 1:54.2, 2 Alister Moses (ReigP) 1:54.9, 3 David Taylor (B&B) 1:55.0. **1500M** 1 Alister Moses (ReigP) 3:54.9, 2 Kevin Nash (Belg) 3:59.8, 3 Alaster Stewart (Belg) 4:05.7. **5000M** 1 Paul Doyle (HHH) 16:01.38, 2 Tony Harran (HHH) 16:07.64, 3 Nick Hodges (DMV) 16:13.30. **110H** 1 John Heanley (WSEH) 15.25, 2 Clarence Allen (HHH) 15.39, 3 Jonathan Crawshaw (Craw) 17.13. **400H** 1 Richard Holt (B&B) 57.52, 2 Tony Mitchell (Wok) 57.84. **3000SC** 1 Kevin Nash (Belg) 8:58.3, 2 Daniel Chappell (HHH) 9:53.2, 3 Michael Maranzano (K&P) 10:53.3. **PV** 1 Cameron Johnston (Croy) 4.70, 2 Greg Conlon (Croy) 4.30, 3 Craig Timmings (Walt) 3.60. **LJ** 1 Dominique Richards (Harrow) 7.40, 2 John Heanley (WSEH) 6.71, 3 Paul Griffiths (unatt) 6.53. **TJ** 1 David Wellstead (Belg) 14.22, 2 Akin Oyediran (HHH) 14.11, 3 Matt Pullan (E&E) 13.62. **SP** 1 Bill Fuller (E&E) 15.58, 2 Anthony Soalla-Bell (SB) 14.28, 3 Peter Todd (RSyB) 11.80. **DT** 1 Anthony Soalla-Bell (SB) 43.45, 2 Bill Fuller (E&E) 38.54, 3 Peter Todd (RSyB) 37.92. **HT** 1 Bill Fuller (E&E) 55.14, 2 Gareth Cook (K&P) 54.41, 3 Peter Fuller (E&E) 53.13. **JT** 1 Duncan MacDonald (unatt) 54.70, 2 Matthew Kelly (HHH) 47.77, 3 Jeremy Davis (Walt) 42.40.

Under 20 Men

100M 1 Lawrence Mensah (HHH) 11.04, 2 Kamil Tejan-Cole (HHH) 11.47, 3 Paul Clement (C'ley) 11.70. **200M** 1 Lawrence Mensah (HHH) 22.19, 2 Ezekiel Ewulo (HHH) 23.07, 3 Kamil Tajan-Cole (HHH) 23.29. **400M** 1 Liam Campbell (Croy) 54.02, 2 Benjamin Duke (Walt) 54.14. **800M** 1 Joe Hemsted (Wok) 2:01.82, 2 Patrick Canavan (SLH) 2:03.13, 3 Paul Drake (HW) 2:04.76. **1500M** 1 Patrick Canavan (SLH) 4:11.09, 2 Stevyn Mills (Walt) 4:34.25, 3 Joshua Smalley (G&G) 4:45.98. **110H** 1 Duncan Rogers (HBS) 16.20, 2 Steve Carpenter (Wok) 16.73. **400H** 1 Daniel Lambert (Belg) 59.97. **2000SC** 1 Mark Elsworthy (Croy) 7:08.6. **HJ** 1 Michael Whitehouse (G&G) 1.95, 2 Daniel Campbell (B&B) 1.80, 3 Steve Carpenter (Wok) 1.75. **PV** 1 Steve Carpenter (Wok) 3.90, 2 Luke Elsworthy (Croy) 3.20. **LJ** 1 Phillip Greenland (Croy) 7.07, 2 Bernard Yeboah (Croy) 6.93, 3 Ezekiel Ewulo (HHH) 6.60. **TJ** 1 Enyioma Anomelechi (Croy) 14.00, 2 Steve Carpenter (Wok) 12.94, 3 James Heptonstall (K&P) 12.66. **SP** 1 Kyle Stevens (K&P) 16.31, 2 Roy Chambers (Wok) 9.93. **DT** 1 Felix Hatton (K&P) 41.89, 2 Kyle Stevens (K&P) 37.89, 3 James Sacha (G&G) 36.65. **HT(6kg)** 1 Kyle Stevens (K&P) 51.16, 2 Mark Covington (G&G) 47.58, 3 Tom Bridgland (G&G) 41.22. **JT** 1 Felix Hatton (K&P) 52.23, 2 Roy Chambers (Wok) 40.91.

COUNTY CHAMPIONSHIPS

Track & Field Championships - Kingsmeadow, 10/11 May 2003 (continued)

Under 17 Men

Championship Best for Daniel Davis (100H)

100M 1 Harry Aikines-Aryeetey (Sutt) 11.15, 2 Emlyn Akoto-Dwemoh (Croy) 11.43, 3 Paul Payne (HHH) 11.48. **200M** 1 Ryan Thomas (E&E) 22.68, 2 Myles Marshall (HHH) 22.88, 3 Harry Aikines-Aryeetey (Sutt) 23.12. **400M** 1 Ryan Thomas (E&E) 50.8, 2 Dominic Parsons (B&B) 52.2, 3 Sam Kissi (HHH) 52.2. **800M** 1 Martyn Rooney (Croy) 1:58.96, 2 Oliver Ralph (E&E) 2:01.03, 3 Steve Bruce (WSEH) 2:01.52. **1500M** 1 Robbie Powell (Croy) 4:14.97, 2 Oliver Ralph (E&E) 4:15.22, 3 Stephen Blake (AFD) 4:22.03. **3000M** 1 Ben Wilson (AFD) 9:16.29, 2 Stephen Blake (AFD) 9:41.05, 3 Jamie Tucker (Sutt) 10:00.30. **100H** 1 Daniel Davis (Sutt) 13.64 (=CBP), 2 Charles Davis (Belg) 15.19. **400H** 1 Jordan Roye (Croy) 61.29, 2 Charles Davis (Belg) 64.00. **1500SC** 1 Ian Sheppard (G&G) 5:52.3. **HJ** 1 Nick Stanislavljevic (Wok) 1.95, 2 David Cole (WSEH) 1.90, 3 Alex Montagnani (HHH) 1.65. **LJ** 1 Humphrey Waddington (K&P) 5.71, 2 Luke Hicks (E&E) 5.62, 3 David Stephens (Belg) 5.09. **TJ** 1 Dexter Nicols (HHH) 12.58, 2 Luke Hicks (E&E) 12.29, 3 Daniel Lee (Croy) 11.92. **SP** 1 Nicolas Webb (Wok) 11.69, 2 Daniel Ofori (HHH) 11.33, 3 Robert Smith (K&P) 10.94. **DT** 1 Nicholas Webb (Wok) 39.61, 2 Chris Scott (G&G) 37.50, 3 Adam Melia (K&P) 37.41. **HT** 1 Chris Scott (G&G) 41.00, 2 Nicholas Webb (Wok) 34.95. **JT** 1 Andrew Wheble (RGS G'd) 45.25, 2 R James Anderson (Wok) 43.25, 3 Humphrey Waddington (K&P) 32.85.

Under 15 Boys

100M 1 Danny Doyley (Croy) 11.69, 2 Ryan Meghie (HHH) 12.19, 3 Zakeel Monium (HHH) 12.22. **200M** 1 Precious Ojighoro (HHH) 23.74, 2 Tim Kuria (Wok) 24.32, 3 James Clement (C'ley) 24.92. **400M** 1 Precious Ojighoro (HHH) 54.8, 2 Jamal Dyce (Croy) 55.5, 3 James Clement (C'ley) 55.6. **800M** 1 Gary Bradbury (Wok) 2:05.4, 2 Daniel Sheppard (AFD) 2:11.8, 3 Jamal Dyce (Croy) 2:11.9. **1500M** 1 Gary Bradbury (Wok) 4:22.4, 2 Daniel Sheppard (AFD) 4:35.8, 3 Peter Humphrey (SLH) 4:38.0. **3000M** 1 Daniel Sheppard (AFD) 9:59.94, 2 Christopher Blake (AFD) 10:54.50, 3 William Lucas (AFD) 11:02.95. **80H** 1 Kieran Edward (E&E) 12.15, 2 Kane Ives (HHH) 13.33, 3 Ola Apena (HHH) 13.35. **HJ** 1 Graham Cole (WSEH) 1.60, 2 Kane Ives (HHH) 1.55, 3 Henry Shipley (R&T) 1.50. **PV** 1 Courtney Codrington (Walt) 2.10, 2 Sam Colgate (Wok) 2.10. **LJ** 1 Tawanda Mukusha (Croy) 5.64, 2 Matthew Field (K&P) 5.30, 3 Kieran Edward (E&E) 5.26. **TJ** 1 Matthew Field (K&P) 11.26, 2 Matthew Hirschler (R&T) 8.14. **SP** 1 Shivram Samant (HHH) 10.91, 2 Gregory Lowe (Croy) 10.42, 3 Richard Maito (Arch MR) 8.92. **DT** 1 Shivram Samant (HHH) 27.71, 2 Gregory Lowe (Croy) 26.92, 3 Allan Shaw (Wok) 22.67. **HT** 1 Allan Shaw (Wok) 22.95, 2 Shivram Samant (HHH) 20.82. **JT** 1 Jamie Payne (Brack) 37.90, 2 Kris Humphreys (Sutt) 37.34, 3 Charles Conn (Craw) 33.34.

COUNTY CHAMPIONSHIPS

Track & Field Championships - Kingsmeadow, 10/11 May 2003 (continued)

Under 13 Boys

100M 1 Nathan Flowers (HHH) 13.09, 2 Michael Crabtree (Wok) 13.50, 3 Samuel Gyanfi (Arch MR) 13.59. **200M** 1 Michael Crabtree (Wok) 26.87, 2 Nathan Flowers (HHH) 27.05, 3 Neal Renfer (K&P) 28.08. **800M** 1 Martin Cousins (AFD) 2:18.2, 2 Matthew Grant (E&E) 2:21.6, 3 Mark Inkester (Sutt) 2:21.8. **1500M** 1 Martin Cousins (AFD) 4:48.73, 2 Mickey Reed (AFD) 4:51.66, 3 Mark Inkester (Sutt) 4:52.70. **80H** 1 Nathan Flowers (HHH) 14.17, 2 Kariym Irving (Croy) 14.48, 3 Marvin Mhlanga (Arch MR) 15.33. **HJ** 1 Fraser Kent (G&G) 1.33, 2 Matthew Grant (E&E) 1.25, 3= Adam Wicks (K&P) 1.15, 3= Tom Porrill (Wav) 1.15. **LJ** 1 Jak Lawler (HasB) 4.69, 2 Tom Bettinson (AFD) 4.56, 3 Neal Renfer (K&P) 4.41. **SP** 1 Erasmus Ntim-Dwemoh (Croy) 8.76, 2 Fraser Kent (G&G) 6.25, 3 Ezra Nelson (K&P) 5.91. **DT** 1 Fraser Kent (G&G) 16.18. **JT** 1 William Trimble (K&P) 24.89, 2 Matthew Clements (K&P) 19.01, 3 Tom Porrill (Wav) 18.90.

Senior Women

Championship Best for Christina Bennett (HT).

100M 1 Jade Lucas-Read (T Sol) 12.1, 2 Sabrina Scott (WG&EL) 12.1, 3 Liz Williams (Walt) 12.2. **200M** 1 Sabrina Scott (WG&EL) 24.5, 2 Liz Williams (Walt) 24.9, 3 Jade Lucas-Read (T Sol) 25.2. **400M** 1 Michelle Pierre (SB) 57.0, 2 Susan Bovill (Sutt) 58.9, 3 Clementine Adams (AFD) 59.4. **800M** 1 Kelly Turner (Wok) 2:30.45. **1500M** 1 Jo Kelsey (Wok) 4:52.05, 2 Kelly Turner (Wok) 5:10.55, 3 Jenna Tarrant (Wok) 5:28.52. **3000M** 1 Jo Kelsey (Wok) 10:04.8, 2 Kate Jenrick (High) 10:20.8, 3 Fiona Love (G&G) 10:52.6. **100H** 1 Sarah Porter (Sutt) 15.17. **400H** 1 Susan Williams (Walt) 59.93, 2 Jennifer Culley (Belg) 60.07, 3 Ruth Brereton (T Sol) 60.66. **LJ** 1 Sarah Wellstead (Sutt) 5.87, 2 Lucy Atunumuo (Sutt) 5.84, 3 Helen Williams (Walt) 5.20. **TJ** 1 Azaria Francis (Croy) 11.76, 2 Katryna Euridge (Sutt) 10.65, 3 Tina Howell (Walt) 10.53. **SP** 1 Christina Bennett (E&E) 13.94, 2 Eleanor Gatrell (Wok) 13.90, 3 Joanna Bennett (E&E) 13.36. **DT** 1 Angela Mitchell (Harr) 39.82, 2 Jane Thrush (K&P) 27.34. **HT** 1 Christina Bennett (E&E) 52.00 CBP, 2 Eleanor Gatrell (Wok) 39.31, 3 Joanna Bennett (E&E) 36.65. **JT** 1 Jenny Grimstone (SB) 41.65, 2 Georgina Hogsden (Sutt) 37.07.

A complete set of results (including heats) is shown on the county web site. To access the results of Track & Field Championships you should enter the following:

[//www.surreyathletics.org.uk/trackfield/2003/champs/menu.htm](http://www.surreyathletics.org.uk/trackfield/2003/champs/menu.htm)

If you require a printed set of results then please send a stamped SAE to the Championships Secretary, Don Turner, 40 Rosedale Road, Stoneleigh, Epsom, Surrey KT17 2JH.

COUNTY CHAMPIONSHIPS

Track & Field Championships - Kingsmeadow, 10/11 May 2003 (continued) Under 20 Women

Championship Best and Surrey Record for Helen Ephgrave (HT).

100M 1 Seandelle Haley (HHH) 12.51, 2 Sarah Holmes (Wok) 12.63, 3 Nicole Creary (Croy) 13.16. **200M** 1 Seandelle Haley (HHH) 25.45, 2 Emily Parker (E&E) 25.60, 3 Amy Dowsett (Croy) 25.67. **400M** 1 Lauren Webb (Sutt) 57.2, 2 Sophie Douglas (G&G) 57.9, 3 Stacy Fairhead (G&G) 62.0. **800M** 1 Sarah-Jane Pickett (AFD) 2:17.22, 2 Emily Adams (AFD) 2:19.99. **1500M** 1 Alice Lethbridge (E&E) 5:21.53. **3000M** 1 Rosalie Powell (Belg) 10:41.4. **100H** 1 Catriona Forrest (G&G) 15.27, 2 Emily Parker (E&E) 15.34, 3 Jessica Case (SLH) 18.93. **400H** 1 Sarah-Jane Pickett (AFD) 64.34, 2 Jessica Case (SLH) 68.38. **HJ** 1 Danielle Fidge (B&B) 1.65, 2 Catriona Forrest (G&G) 1.60. **PV** 1 Lorna Bayley (Sutt) 2.70. **LJ** 1 Emily Parker (E&E) 5.93, 2 Katherine Soper (Sutt) 5.04, 3 Catharine Burrows (Sutt) 4.77. **TJ** 1 Emily Parker (E&E) 12.16, 2 Kara Miller (Wall HS) 11.30, 3 Michelle Nestor (Belg) 11.13. **DT** 1 Angela Chasalevris (Walt) 35.24. **HT** 1 Helen Ephgrave (G&G) 46.76 CBP. **JT** 1 Alex Ogleshorpe (Wok) 31.14.

Under 17 Women

3 wins for Dominique Blaize (HJ/LJ/SP).

100M 1 Joscelynn Hopeson (Arch T) 12.29, 2 Donna Walker (SLH) 12.42, 3 Michelle Nash-Odei (HHH) 12.51. **200M** 1 Donna Walker (SLH) 25.31, 2 Joscelynn Hopeson (Arch T) 25.54, 3 Michelle Nash-Odei (HHH) 25.63. **300M** 1 Amy Godsell (B&B) 41.53, 2 Cecilia Savundra (AFD) 41.91, 3 Sarah Harris (K&P) 42.09. **800M** 1 Hannah Brooks (Craw) 2:18.60, 2 Louise Collier (Belg) 2:24.59, 3 Kiri Nowak (AFD) 2:28.82. **1500M** 1 Danielle Christmas (Craw) 4:54.63, 2 Cecilia Savundra (AFD) 5:06.28, 3 Kiri Nowak (AFD) 5:06.31. **3000M** 1 Danielle Christmas (Craw) 10:28.3, 2 Hannah Brooks (Craw) 10:35.2, 3 Georgina Furze (AFD) 10:58.0. **80H** 1 Natasha Clementis (E&E) 12.06, 2 Louise Massingham (Walt) 12.12, 3 Rachel Peckham (E&E) 12.27. **300H** 1 Natasha Clementis (E&E) 45.7, 2 Rachel Peckham (E&E) 46.8, 3 Alex Banner (G&G) 47.4. **HJ** 1 Dominique Blaize (K&P) 1.70, 2 Shani Rainford (HHH) 1.60, 3 Charis O'Connor (G&G) 1.60. **PV** 1 Samantha Poulter (E&E) 2.60, 2 Cecilia Savundra (AFD) 1.70. **LJ** 1 Dominique Blaize (K&P) 5.73, 2 Ruth Hatch (E&E) 5.29, 3 Rachel Peckham (E&E) 5.16. **TJ** 1 Ruth Hatch (E&E) 10.96, 2 Lana Whatley (K&P) 10.32. **SP** 1 Dominique Blaize (K&P) 10.78, 2 Kate Gillett (Croy) 9.24, 3 Sian Matthews (O Palace S) 8.43. **DT** 1 Sarah Boreham (E&E) 32.09, 2 Sophie Harding (RSyB) 29.59, 3 Cecilia Savundra (AFD) 24.34. **HT** 1 Kate Gillett (Croy) 28.15, 2 Sarah Boreham (E&E) 15.97. **JT** 1 Hayley Crosswell (G&G) 34.49, 2 Nikki Cross (G&G) 29.31, 3 Raessa Chowdhury (Putney HS) 25.21.

COUNTY CHAMPIONSHIPS

Track & Field Championships - Kingsmeadow, 10/11 May 2003 (continued)

Under 15 Girls

3 Wins for Emily Martin (100/200/LJ)

100M 1 Emily Martin (HW) 13.07, 2 Amelia Montagnani (HHH) 13.09, 3 Magali Franka (HHH) 13.26. **200M** 1 Emily Martin (HW) 26.6, 2 Magali Franka (HHH) 26.6, 3 Amelia Montagnani (HHH) 27.4. **800M** 1 Katherine Mertens (Wok) 2:27.9, 2 Joanna Rowland (Craw) 2:28.0, 3 Leeanne Best (Craw) 2:33.1. **1500M** 1 Katherine Mertens (Wok) 5:03.5, 2 Leeanne Best (Craw) 5:09.6, 3 Zoe Shannon (DMV) 5:17.7. **75H** 1 Jade Bee (HHH) 12.3, 2 Harriet Abbiss (AFD) 12.3, 3 Vanessa Ward (G&G) 12.9. **HJ** 1 Amelia Montagnani (HHH) 1.55, 2 Anna Smith (B&B) 1.45, 3 Darcy Nicholson (Putney HS) 1.40. **PV** 1 Danielle Ayres (K&P) 1.90. **LJ** 1 Emily Martin (HW) 5.25, 2 Katherine Mertens (Wok) 4.63, 3 Katherine Reynolds (Sutt) 4.46. **SP** 1 Debbie Bruce (WSEH) 9.23, 2 Makeda Quamina (HHH) 8.72, 3 Jade Dodd (HHH) 8.67. **DT** 1 Kirsty Bate (Sutt) 25.06, 2 Emily Bullock (G&G) 23.17, 3 Debbie Bruce (WSEH) 22.65. **JT** 1 Debbie Bruce (WSEH) 24.05, 2 Joanna Rowland (Craw) 23.61, 3 Katherine Mertens (Wok) 22.61.

Under 13 Girls

100M 1 Charlotte Cole (Walt) 13.17, 2 Caroline Stakalls (Sutt) 13.96, 3 Montana Marshall (HHH) 14.21. **200M** 1 Charlotte Cole (Walt) 27.98, 2 Lizzie Cave (C'ley) 28.86, 3 Caroline Stakalls (Sutt) 29.06. **800M** 1 Louise Eley (AFD) 2:29.7, 2 Gemma McDonald (HHH) 2:34.5, 3 Megan Breen (Sutt) 2:38.3. **1500M** 1 Sophie Cowper (RSyB) 5:34.3, 2 Jenny Whitgift (Putney HS) 5:41.3, 3 Megan Breen (Sutt) 5:46.8. **70H** 1 Sandra Seaton (E&E) 12.4, 2 Harriet Lester (K&P) 12.6, 3 Samira Ibrahim (C'ley) 13.1. **HJ** 1 Kate Pereira (G&G) 1.40, 2 Natasha Alexander (Wok) 1.20, 3 Roseanne Mackay (K&P) 1.15. **LJ** 1 Harriet Lester (K&P) 4.37, 2 Katie Pereira (G&G) 4.32, 3 Lizzie Cave (C'ley) 4.24. **SP** 1 Roseanne Mackay (K&P) 6.32, 2 Sarah Breen (Sutt) 6.17, 3 Rachel Moore (K&P) 4.93. **JT** 1 Jenny McManus (G&G) 19.65.

Veterans Track & Field Championships - Kingsmeadow, 21 June 2003

Winners - Women

100M W40 Angela Griffiths (E&E) 14.23; W45 Christine Brooks (Croy) 14.76; W50 Anne Nelson (E&E) 16.01; W55 Val Parsons (WSEH) 14.49; W60 Iris Holder (Wok) 15.57; W70 Brenda Green (Serp) 21.56

200M W40 Angela Griffiths (E&E) 28.75; W45 Ros Aylett 30.18; W50 Anne Nelson (E&E) 33.09; W55 Val Parsons (WSEH) 30.08; W70 Brenda Green (Serp) 46.76

400M W40 Nicky Murphy (K&P) 65.63; W45 Ros Aylett 73.30; W50 Nicola Fleet (Croy) 80.83

800M W45 Jane Searle (K&P) 2:41.86; W55 Margaret Auerbach (Rane) 2:43.70

1500M W55 Margaret Auerbach (Rane) 5:27.21; W60 Bridget Cushen (Sutt) 7:22.13

COUNTY CHAMPIONSHIPS

Veterans Track & Field Championships - Kingsmeadow, 21 June 2003 (continued)

5000M W35 Nicola Atkins (K&P) 22:23.65; W45 Jan Ross (Win) 19:13.53

3K Walk W40 Sue Carnell (Reig P) 18:19.01

HJ W45 Jenny Piercy (E&E) 1.20m

LJ W45 Stella Fladgate (Croy) 3.25m; W50 Linda Harrison (Croy) 2.67m; W60 Iris Holder (Wok) 4.09m

TJ W45 Stella Fladgate (Croy) 7.35m; W50 Linda Harrison (Croy) 5.68m

SP W45 Jenny Piercy (E&E) 6.90m; W50 Vilma Thompson (Belg) 10.11m; W55 Liz Sissons (E&E) 9.83m

DT W45 Jenny Piercy (E&E) 16.20m; W50 Vilma Thompson (Belg) 17.52m; W55 Liz Sissons (E&E) 22.08m

HT W45 Jenny Piercy (E&E) 24.02m; W50 Vilma Thompson (Belg) 28.11m; W55 Liz Sissons (E&E) 28.86m JT W45 Jenny Piercy (E&E) 20.88m; W50 Vilma Thompson (Belg) 26.00m; W55 Liz Sissons (E&E) 25.87m

Winners - Men:

100M: M40 Mark Baker (HW) 11.81; M45 David Blunt (E&E) 13.38; M50 Geoff Walcott (HW) 12.35; M55 Graham Pope (Croy) 12.97; M60 Charles Isetts (K&P) 13.44; M70 Cliff Taylor (Belg) 16.29; M75 Charles Manning (Belg) 25.08; M80 Phil Munn (Sutt) 19.53.

200M M40 Mark Baker (HW) 24.30; M50 M50 Geoff Walcott (HW) 24.93; M55 100M Terry Bissett (E&E) 26.29; M60 Charles Isetts (K&P) 28.09; M65 Robert Neville (E&E) 32.43; M70 Cliff Taylor (Belg) 35.13; M80 Phil Munn (Sutt) 46.03.

400M M40 Mark Butler (E&E) 54.5; M45 Hugh Saxby (HW) 59.53; M50 G Walcott (HW) 56.36; M55 Graham Pope (Croy) 59.44; M60 Fred Bush (Hasl B) 63.74; M65 Robert Neville (E&E) 75.31.

800M M40 Ian Wright (Croy) 2:03.3; M45 Hugh Saxby (HW) 2:16.19; M50 David Hayward (Croy) 2:23.72; M55 Ken Lee (Croy) 2:27.29; M60 John Garber (TVH) 2:54.67.

1500M M40 Victor Maughn (HHH) 4:26.19; M45 Nigel Burnell (VAC) 4:45.68; M50 Stewart Littlewood (HW) 4:52.46; M55 Alan Davidson (Has B) 5:25.52; M60 Robin Dickson (Croy) 5:16.47; M75 Derek Funnell (E&E) 7:22.06.

5000M M40 Barry Broe (E&E) 16:24.30; M45 Ray Marriott (SLH) 16:25.18; M50 Stewart Littlewood (HW) 18:20.61; M55 Stephen Badgery (HW) 17:19.00; M65 Keith Spacie (THH) 20:12.72; M70 Derek Porter (VAC) 26:04.34.

3K Walk M45 Alan Dolton (SoC) 20:33.13; M50 Dave Hoban (SoC) 20:44.53; M55 Carl Lawton (Belg) 15:04.65; M70 John May (VAC) 23:04.80; M80 Jack Fitzgerald (Sutt) 23:56.86.

100H M50 Terry Hall (RSB) 17.06; M55 Bohdon Luklinski (G&G) 19.74; M60 Brian Harlick (E&E) 21.84.

110H M40 Glen Reddington (WSEH) 16.24.

300H M60 Fred Bush (Hasl B) 49.16.

400H M50 Terry Hall (RSB) 65.4

COUNTY CHAMPIONSHIPS

Veterans Track & Field Championships - Kingsmeadow, 21 June 2003 (continued)

HJ M40 Alan Self (DMV) 1.55m; M45 David Blunt (E&E) 1.50m; M50 Yarn Ballard (Croy); M60 Brian Harlick (E&E) 1.20m; M70 Cliff Taylor (Belg) 1.15m.

PV M50 Nick Phipps (Wok) 3.20m; M60 Brian Harlick (E&E) 2.80m.

LJ M40 Michael Pardoe (Ach) 5.63m; M45 David Blunt (E&E) 4.79m; M50 Yarn Ballard (Croy) 4.77m; M60 Frank Haque (HW) 4.37m; M65 Colin Sheppard (BMH) 3.61m; M70 Cliff Taylor (Belg) 3.53m.

TJ M40 Alan Self (DMV) 9.90m; M45 David Blunt (E&E) 9.92m; M50 Yarn Ballard (Croy) 9.16m; M60 Norman Rice (E&E) 10.01m; M65 Colin Sheppard (BMH) 7.59m; M70 Cliff Taylor (Belg) 7.06m.

SP M40 Peter Todd (RSB) 11.35m; M45 Richard Pitt (THH) 5.67m; M50 Tony Richards (Croy) 12.25m; M55 Bohdon Luklinski (G&G) 10.66m; M60 Eric Barker (Croy) 13.54m; M70 Cliff Taylor (Belg) 11.34m.

DT M40 Peter Todd (RSB) 39.06m; M45 Richard Pitt (TVH) 11.65m; M50 Tony Richards (Croy) 41.14m; M55 Chris Melliush (Camb H) 31.60m; M60 Brian Harlick (E&E) 34.19m; M70 Cliff Taylor (Belg) 23.05m.

HT M40 Peter Todd (RSB) 40.77m; M50 Nigel Hooker (Has B) 43.79m; M55 Chris Melliush (Camb H) 47.09m; M60 Eric Barker (Croy) 47.23m; M70 Cliff Taylor (Belg) 28.52m.

JT M40 Wayne Abrehart (Sutt) 26.04m; M45 Richard Pitt (TVH) 22.22m; M50 Joe Eastwood (Wok) 43.97m; M55 Peter Giles (HW) 24.31m; M70 Cliff Taylor (Belg) 23.95m.

SURREY ATHLETES AT NATIONAL CHAMPIONSHIPS

AAA U23 & U20 CHAMPIONSHIPS, BEDFORD - 28/29 JUNE 2003

U23 MEN

200M: 1st Chris Lambert (Belg) 20.58 (+0.2) CBP

High Jump: 1st Samson Oni (Belg) 2.18m

Pole Vault: 2nd Cameron Johnston (Croy) 4.85m

Long Jump: 2nd Mark Awanah (B&B) 7.49m (+1.5)

200M: 3rd Tim Abeyie (Belg) 21.14 (+0.2)

Discus: 3rd A Buhari (HHH) 46.76m

U20 MEN

Long Jump: 3rd Philip Greenland (Croy) 7.40m (+0.5)

U20 WOMEN

100M: 1st Jade Lucas-Read (T Sol) 11.59 (+0.7)

Long Jump: 1st Emily Parker (E&E) 5.97m (+4.0)

Triple Jump: 1st Emily Parker (E&E) 12.63m (+2.1) CBP

High Jump: =2nd Shani Rainford (HHH) 1.68m

Hammer: 3rd Helen Ephgrave (G&G) 45.03m

SURREY ATHLETES AT NATIONAL CHAMPIONSHIPS

ENGLISH SCHOOLS CHAMPIONSHIPS - SHEFFIELD - 11/12 JULY 2003

SENIOR GIRLS

400M: 1st Charlotte BEST (Crawley AC) 55.14

Triple Jump: 2nd Emily PARKER (Epsom & Ewell Harriers) 12.65m (+3.2)

Hammer: 2nd Helen EPHGRAVE (Guildford & Godalming AC) 44.95m

SENIOR BOYS

Long Jump: 2nd Phil GREENLAND (Croydon Harriers) 7.36m

Triple Jump: 2nd Enyioma ANOMELECHI (Croydon Harriers) 14.84m (+2.9)

Shot: 2nd Kyle STEVENS (Kingston AC & Polytechnic Harriers) 14.84m

INTER GIRLS

100M: 1st Joscelynn HOPESON (Archbishop Tennison School, Croydon) 11.93 (+1.5)

High Jump: 1st Shani RAINFORD (Herne Hill Harriers) 1.71m

Long Jump: 2nd Dominique BLAIZE (Kingston AC & Polytechnic Harriers) 5.69m (+2.1)

1500M: 3rd Danielle CHRISTMAS (Crawley AC) 4:29.72

INTER BOYS

High Jump: 1st Nick STANISAVLJEVIC (Woking AC) 2.05

400M: 2nd Ryan THOMAS (Epsom & Ewell Harriers) 48.78

100M Hurdles: 2nd Daniel DAVIS (Sutton & District AC) 13.19 (+2.4)

100M: 3rd Harry AIKINES-ARYEETAY (Sutton & District AC) 10.83

400M: 3rd Moyo SANKOFA (Herne Hill Harriers) 49.52

JUNIOR BOYS

1500M: 2nd Gary BRADBURY (Woking AC) 4:15.22

Long Jump: 2nd Tawanda MUKUSHA (Croydon Harriers) 6.09 (+2.3)

100M: 3rd Danny DOYLEY (Croydon Harriers) 11.20

MEDAL SUMMARY: 4G, 10S, 4B (2002 = 5G, 5S, 9B; 2001 = 5G, 4S, 6B)

AAA CHAMPIONSHIPS - BIRMINGHAM - 25/27 JULY 2003

Surrey's athletes had a very successful championship gaining 5 Gold, 7 Silver and 1 Bronze medals. This compares with 2G, 3S, 3B in 2002 and 1G, 2S, 1B in 2001. Medallists:-

Tracey BLOOMFIELD (G&G) - 1st Pole Vault 4.15m PB (Surrey record)

Jade JOHNSON (HHH) - 1st Long Jump 6.49m (0.0)

Joice MADUAKA (WG+EL) - 1st 100M 11.31 (-1.0) & 2nd 200M 23.42 (+1.1)

Shelley NEWMAN (Belg) - 1st Discus 58.16m

Emeka UDECHUKU (WG+EL) - 1st Discus 57.26m

Julia BENNETT (E&E) - 2nd High Jump 1.82m

Louis BURGESS (Enf & Har) - 2nd Long Jump 7.53m (-0.4)

Mark EASTON (Sy WC) - 2nd 5000M Walk 22:14.82

Jo KELSEY (Wok) - 2nd 5000M 17:32.22

Kevin NASH (Belg) - 2nd 3000M Steeplechase 8:41.17 PB

Estle VILJOEN (HW) - 2nd 5000M Walk 24:15.04 PB (Surrey record)

Andy FRANKLIN (Trafford) - 3rd 3000M Steeplechase 8:48.06

INTER-COUNTY MATCHES

CAU Inter-Counties - Bedford, 25/26 May 2003

The Surrey Women maintained their winning run. However, this year the Men improved to equal third and as a result Surrey won the Combined Trophy.

WOMEN - BEDFORD PLATE

1st SURREY 81pts; 2nd Middlesex 60.5pts; 3rd Hampshire 52.5pts; 4th Gtr Manchester 43pts; 5th Essex 36pts; 6th Kent 34pts

100M	FINAL	1st Joice MADUAKA 11.46; 3rd Sabrina SCOTT 11.93 (-2.0)
	HEATS	Joice MADUAKA 11.49 (+0.9); Sabrina SCOTT 11.77w (+2.8); Jade LUCAS-READ 12.07 (+0.9); Helen WILLIAMS 12.22w (+2.8)
200M	FINAL	1st Joice MADUAKA 23.12w; 6th Sabrina SCOTT 24.48w (+4.2)
	HEATS	Joice MADUAKA 23.30 (+1.3); Sabrina SCOTT 24.20w (+3.5) Helen WILLIAMS 25.40w (+2.2)
400M	FINAL	3rd Elizabeth WILLIAMS 55.26; 6th Michelle PIERRE 55.74
	HEATS	Michelle PIERRE 56.19; Elizabeth WILLIAMS 54.92
1500M	FINAL	1st Natalie HARVEY 4:17.95
100M H	HEATS	Sarah PORTER 14.73w (+5.1)
400M H	FINAL	3rd Jennifer CULLEY 60.59; 6th Susan WILLIAMS 61.57
	HEATS	Jennifer CULLEY 60.20; Susan WILLIAMS 60.39
HJ	FINAL	7th Dannielle FIDGE 1.55m
LJ	FINAL	4th Sarah WELLSTEAD 5.81m (+1.0)
TJ	FINAL	2nd Emily PARKER 12.48m (+2.3); 6th Liz PATRICK 11.90m (+1.8)
SP	FINAL	3rd Christina BENNETT 13.57m
DT	FINAL	2nd Shelley NEWMAN 56.87m
HT	FINAL	9th Christina BENNETT 49.63m
JT	FINAL	3rd Jenny GRIMSTONE 41.07m

MEN - ACHILLES TROPHY

1st Essex 71pts; 2nd Middlesex 64pts; 3rd= Kent & SURREY 63pts; 5th Hampshire 55pts; 6th Yorkshire 48pts.

100M	SF	Uvie UGONO 10.69w (+2.9)
	HEATS	Uvie UGONO 10.59w (+3.0); Dominique RICHARDS 10.67w (+3.0) Josh WOOD 10.71w (+3.0)
200M	FINAL	4th Tim ABEYIE 21.38 (+1.6)
	SF	Tim ABEYIE 21.24 (+0.9); Leroy SLUE 22.23 (+1.5)
	HEATS	Tim ABEYIE 21.60 (+0.4); Leroy SLUE 22.44 (+1.2) Gavin DUBLIN 22.61 (+0.4)
400M	FINAL	6th Dedan SIMMONS 49.95
	HEATS	Dedan SIMMONS 48.81; Gavin DUBLIN 49.52
800M	HEATS	R BENTLEY 1:55.23
MILE	FINAL	5th Alistar MOSES 4:06.35

INTER-COUNTY MATCHES

CAU Inter-Counties - Bedford, 25/26 May 2003 (continued)

5000M FINAL 10th T SANDNES 16:03.91
10000M FINAL 5th Andy WEIR 32:03.08
110M H HEATS Clarence ALLEN 14.99w (+3.1)
400M H FINAL 2nd Noel LEVY 52.81
HEATS Noel LEVY 52.97
HJ FINAL 4th Richard ASPDEN 2.05m; 8th John HEANLEY 2.00m
PV FINAL 1st Ian TULLETT 4.90m; 5th Cameron JOHNSTON 4.50m
LJ FINAL 1st Louis BURGESS 7.73m (+1.9);
4th Bernard YEBOAH 7.41m (+1.3)
5th Phillip GREENLAND 7.35m (+1.6)
8th Dominique RICHARDS 7.23m (+1.3)
QUAL John HEANLEY 7.11m (+1.9)
TJ FINAL 6th Akin OYEDIRAN 14.46m (+3.2)
SP FINAL 9th Anthony SOALLA-BELL 14.12m
DT QUAL Abdul BUHARI 46.32m
JT FINAL 12th Duncan McDONALD 58.55m

Under 13 Inter-County - Kingsmeadow, 27 July 2003

Successful 14 county match held last Sunday with Surrey winning both boys and girls team events.

Girls

1st SURREY 365.5, 2nd Essex 357.5, 3rd Hampshire 354.5

Boys

1st SURREY 384.5, 2nd Essex 379, 3rd Middlesex 352

Full results will be posted on the county web site www.surreyathletics.org.

COUNTY RECORDS

Up to 27th July County Records (Outdoor) have been broken 12 times this season. Natasha Danvers has broken the 400M Hurdles record 3 times and Tracey Bloomfield has broken the Pole Vault record twice. The record breaking performances have been:

11/5 U20W HT 46.76 Helen Ephgrave	21/6 SW PV 4.10 Tracey Bloomfield
7/6 SW 100H 12.96 Natasha Danvers	4/7 SW 400H 54.91 Natasha Danvers
8/6 SW DT 61.22 Shelley Newman	5/7 SW HT 54.57 Christina Bennett
15/6 SW 200 22.92 Joice Maduaka	7/7 SW 400H 54.32 Natasha Danvers

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SURREY ATHLETES AT INTERNATIONAL EVENTS

Spar European Cup, Florence, Italy - 21/22 June 2003

Tracey Bloomfield (G&G) set a personal best and a new Surrey Record by clearing 4.10m to finish 6th in the Pole Vault. Joice Maduaka (WG+EL) in her first International since taking up her Surrey qualification finished 4th in both the 100M and 200M with times of 11.32 (-1.3) and 22.98 (-0.4). Also contesting two individual events was Natasha Danvers (SB) who clocked 55.01 finishing 2nd in the 400M Hurdles and 13.25 (-0.1) finishing 7th in the 100M Hurdles. Jade Johnson (HHH), European Silver Medallist, was severely hampered by a swirling wind and only registered 2 valid jumps and finished 6th in the Long Jump with 6.45m (-2.2).

GB v RUSSIA v USA, Glasgow - 29 June 2003

The wet and windy conditions were not conducive to good performances. Once again Joice contested both sprints finishing 3rd in the 100M with 11.50 (-2.2) and 5th in the 200M with 24.04 (-4.1). Natasha Danvers was 2nd in the 400M Hurdles with 55.23 whilst Jade Johnson was 3rd in the Long Jump with a best of 6.77m (+3.7).

GB U20 v ITALY, Nove, Italy - 5 July 2003

Jade Lucas-Read (Team Solent) won the 100M with a time of 12.05 (-2.6). Emily Parker (E&E) was 3rd in the Triple Jump with 12.32m.

GB U23 v HUNGARY, Debrecen, Hungary - 5 July 2003

Tim Abeyie (Belg) was the only Surrey representative and he dipped under the European Under 23 Championships A-standard qualifying time of 21.10 in winning the 200M in a personal best of 21.06 (+1.8). He also won the 100M in 10.57 (+1.4).

European Cup for Combined Events, Talinn, Estonia - 5/6 July 2003

John Heanley (WSEH) finished 10th and was the leading British decathlete with a score of 7419pts. His performances were:- 100M: 11.35 (+1.3); Long Jump: 7.26m (+2.9); Shot: 10.58m; High Jump: 1.97m; 400M: 50.08; 110 Hurdles: 14.91; Discus: 37.06m; Pole Vault: 4.60m; Javelin: 50.54m; 1500M: 4:21.89.

GB 'B' v CATALONIA v ITALY, Barcelona, Spain - 11 July 2003

Sarah Wellstead (Sutt) cleared 6.15m to finish 2nd.

European Under 23 Championships, Bydgoszcz, Poland - 17/20 July 2003

Chris Lambert (Belg) was the outstanding performer. He won the 200M with new personal best (and Surrey record) time of 20.34 (+0.7) which also placed him at the top of the British Senior standings coming up to AAAs. He then gained a second Gold medal in the 4x100 Relay in which he ran the second leg. Tim Abeyie also contested the 200M but his 4th place in the heats with a time of 21.24 (+0.3) was not sufficient for him to make the final. In the High Jump Samson Oni (Belg) cleared 2.15m in the qualifying rounds whilst in the Long Jump Louis Burgess (E&E) in his qualifying pool jumped 7.34m - both failed to make their respective finals.

SURREY ATHLETES AT INTERNATIONAL EVENTS

European Under 20 Championship, Tampere, Finland 24/27 July 2003

Jade LUCAS-READ (T Sol) was 3rd in the 100M with a time of 11.60 (0.0). She also anchored the 4x100 relay team which was 2nd in 44.81.

Phil GREENLAND (Croy) finished 5th in the Long Jump with 7.49m (+0.6) and was the best of the three Britons in the event.

European Youth Olympics, Paris, France 28/31 July 2003

Ryan THOMAS (E&E) - 400M Bernard YEBOAH (Croy) - Long Jump

GB U23 v FRANCE v SPAIN, Ashford 2 August 2003

The following Surrey athletes have been selected: 200M Tim Abeyie - 200M & 4x100; Cameron Johnston (Croy) - PV; European Champion Chris Lambert - 200M & 4x100 and Samson Oni - HJ.

SOUTH OF ENGLAND CHAMPIONSHIPS

Surrey winners:

Under 20 Championships, Watford - 24/25 May 2003

U15B 200M / 400M - Precious OJIGHORO (HHH) 22.88 (+0.9) / 53.57

U15B 1500M - Gary BRADBURY (Woking) 4:15.26

U15B Long Jump - Ashley HARRIS (Croydon) 6.08m (+0.6)

U15G Long Jump - Emily MARTIN (HW) 5.40m (-0.9)

U17M 100 Hurdles - Ricky ALEXIS-SMITH (Sutton & D) 13.19 (+1.1)

U17M High Jump - David COLE (WSEH) 1.90m

U17W Long Jump - Rebekah PASSLEY (HHH) 5.67m (+1.0)

U20M High Jump - Michael WHITEHOUSE (Guildford & Godalming) 2.00m

U20W 800M - Charlotte BEST (Crawley) 2:06.56

U20W High Jump - Catriona FORREST (Guildford & Godalming) 1.65m

U20W Long Jump - Emily PARKER (Epsom & Ewell) 5.86m (-0.3)

Senior Championships, Portsmouth - 21/22 June 2003

SM Pole Vault - Ian TULLETT (Shaftesbury Barnet) 5.05m

SW 400 Hurdles - Susan WILLIAMS (Walton) 60.08

SW High Jump - Julia BENNETT (Epsom & Ewell) 1.84m

SW Discus - Shelley NEWMAN (Belgrave) 60.46m

COUNTY RECORDS

...continued from Page 12

11/7 SW 400H 54.02 Natasha Danvers	26/7 SW 5K Walk Estle Viljoen
20/7 SM 200 20.34 Chris Lambert	26/7 SW PV 4.15 Tracey Bloomfield

CROSS COUNTRY

Surrey Ladies Cross-Country League

Secretary: Ron Gobey, 10 Broome Road, Eltham, LONDON SE19 1LD

Telephone: 020 8856 4681 (before 10pm)

2003-2004 fixtures

18 October 2003	Richmond Park (Kingston Gate end)	hosts The Stragglers
13 December 2003	Lightwater Country Park	hosts Woking AC
10 January 2004	Richmond Park (Petersham end)	hosts Ranelagh H
7 February 2004	Lloyd Park, Croydon	hosts Croydon H

Any clubs not in the League and are interested in joining should contact the Secretary ASAP.

Surrey Cross Country League

Secretary: Bill Bird, The Old Weir House, St Peter Street, MARLOW, Bucks SL7 1NQ

Telephone: 01628 486321

2003-2004 Fixtures

	Division 1	Division 2	Divisions 3 & 4
18 Oct	Richmond Park	Wimbledon Common	Epsom Downs
13 Dec	Reigate	Lightwater	Richmond Park
10 Jan	Richmond Park	Merrow	Happy Valley
7 Feb	Coulsdon	Lloyd Pk, Croydon	Wimbledon Common

Border Cross-Country League

The Border League covers clubs in West Surrey, East Hants and South Berks but is open to other athletes/clubs who would like a local event on Sunday mornings (4/season).

It is open to ALL athletes but is scored ignoring all those who have been picked/taken part in their County teams. Ages U/9 to U/20.

Enquires to Martin Goodway (Treasurer) at martin.goodway@btinternet.com

Downs Cross Country League

Held on Sunday mornings (4/season) at Epsom Downs for Under 11 / Under 13 / Under 15 Boys & Girls.

Enquiries to John Woolmer (Co-ordinator) 020 8651 1244

East Surrey League (Road & Cross Country)

Secretary: Ken Crooke 020 8657 4269

2003-2004 Fixtures

4 October	Cross Country Relays - Wimbledon
25 October	Cross Country - Lloyd Park, Croydon
20 March	Road Relays - Dorking
6 April	Road Race - Ewell Court

COUNTY DIARY

2003

3 August	Under 17 Inter-Counties	Hemel Hempstead
9/10 August	AAA U17 & U15 Combined Events	Birmingham
10 August	SCAA 5K Road Championship	Wimbledon
16 August	Vets Inter-Counties	Kingsmeadow
16/17 August	AAA U17 & U15 Championships	Sheffield
17 August	Senior Inter-Counties	Abingdon
24 August	U15 & U20 Inter-Counties	Abingdon
13 September	SCAA Road Relays	Wimbledon Park
13/14 September	SCAA Combined Events	Crawley
20 September	SCAA 10,000m (Track)	Tooting Bec
5 October	SCAA YA Cross Country Relays	Guildford
11 October	SCAA Vets Cross Country	Petersham
12 October	U11 Sportshall	Spectrum, Guildford
2 November	U13/U15 Sportshall	Spectrum, Guildford
7 December	U13/U15 Sportshall	Spectrum, Guildford

2004

3 January	SCAA Cross Country	Lloyd Park, Croydon
11 January	U11 Sportshall	Burgess Hill
8 February	U13/U15 Sportshall	Spectrum, Guildford
14 February	U13/U15 Sportshall Regional Final	Spectrum, Guildford
15 February	SCAA Indoor Championships	Sutton
6 March	Inter-County Cross Country	Nottingham
11 April	U13/U15 Sportshall - National Finals	NIA, Birmingham
8/9 May	SCAA T&F Championships	Kingsmeadow
12 June	Surrey Schools Championships (tbc)	Kingsmeadow
13 June	Surrey Youth Games (tbc)	Spectrum, Guildford
27/28 June	CAU T&F Championships (tbc)	Bedford

Updates to the Diary are published on the county web site and can be found at:
www.surreyathletics.org.uk/diary

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17th October 2003 (November issue); 17th January 2004 (February issue);

17th April 2004 (May issue) & 17th July 2004 (August issue).