

SURREY COUNTY ATHLETIC NEWS

(Issue 40 - August 2004)

UNDER 17 INTER-COUNTIES, Sunday 29th August 2004

This annual fixture is hosted, in rotation, by one of the participating counties. Although it was not our turn, and as no other county was willing to host, Surrey volunteered to be the host at Kingsmeadow. There was some difficulty in finding a suitable date but we have ended up with the Bank Holiday weekend. Our Officials Secretaryps, Patricia & Michael Cole, are still looking for some additional officials for the day. If you are available, or know of someone else who would be available, then please let the Coles (01372 458650) know as soon as possible. As a County we value these fixtures as they provide the opportunity for younger athletes to gain representation and to participate in good competition.

ACTIVE SPORT - LONDON

Stage 1 - Kingston have been taking part in the programme for about 6 months.

Stage 2 - There are still a number of clubs who need to complete a London Active Partnership Club Registration form which will enable them to receive support from the partnership, in terms of club coach volunteers, if they are working towards Clubmark. For further information please see www.londonactivepartnership.org.

Stages 3 and 4 - The first Active Sports squad day is being planned for Sutton Arena for October/November. The day will involve those young athletes who have been taking part in the Active Sports delivery programmes. The day will consist of a workshop in the morning and specific coaching in the afternoon on Sprints, Hurdles and Jumps. The day will run from 10.30am - 4.00pm with 6 coaches (ie 2 per discipline). Any coaches interested in coaching on this day should contact Steven Edwards on sedwards@englandathletics.org or 07185 072650.

Those clubs working towards Clubmark and coaches working on the Active Sports programme can access 50% funding towards their UKA level 1, 2 or 3 courses. As at early July there are 2 places for those clubs working towards Clubmark and a place for a coach working on the Active Sports programme.

There are paid coaching opportunities on the Active Sports programme in a number of locations: Lambeth (2 coaches required) and Sutton (2 coaches required).

Contact: Steven Edwards on sedwards@englandathletics.org or 07185 072650.

ACTIVE SPORT - SURREY

Clubmark - The following clubs are currently working, with support from Sarah-Jane Sykes, towards establishing themselves as a safe, effective, child friendly athletic club:

Camberley AC, Woking AC and Epsom & Ewell Harriers.

COACHING

Coaches Forum

Following the successful forum held this spring a series of coaching clinics is planned for the coming autumn and winter. All those who attended the first forum will receive a calendar of events, but any coach is welcome to attend any of the sessions. The clinics will be event specific and can be used to gain coaching licence renewal credits. Anyone who did not attend the first forum can register their interest with the London RDC on 020 7902 0218 who will forward details.

Coach Licence Renewal

Coaches are reminded that the process for renewal is detailed on pages 11-13 of your coach licence. There are two changes to the described process as follows:

- 1) the UKA Home Study packs will be available shortly.
- 2) you do not need to submit your renewal until January 2005.

Any existing coach who has not received this information should contact their RETA as soon as possible (contact details on enclosed green sheet)

Community Sports Coach Scheme

This scheme provides part funding to enable coaches to be part or fully employed as a coach. Each county has 50% funding for 8 Full time and 50 part time coaches - across all sports. To access this funding for athletics coaches, a partnership within an area (eg a local authority, a club and County Active Sports / AA Development Group) have to submit a bid showing 50% funding for the post and identifying an employer . This bid is then considered by the Surrey Sports Partnership and presented to the Regional Sports Board for approval.

Full Time post 37 hrs per week Salary £18-26k - Partners to find £12k

Part Time 6 hrs per week Salary £4k Partners to find £2k

Part time posts can be multiples of the 6 hr per week post eg 12, 18 or 24 hrs per week

- Work Programme of coach determined by funding partners
- Qualification - UK Athletics Level 2 with CIA module
- Minimum of 75% of time to be spent coaching
- Remaining time to be spent developing their own professional skills
- Can coach in a variety of situations predominantly out of school hours eg in club time

If you are interested in this scheme either as a coach or employing partner please contact the Partnership Athletics Development Office Sarah-Jane Sykes on 01483 518963 or Regional Development Coordinator Elspeth Turner 07815 072558.

Coaching Courses

A list of forthcoming courses within Surrey and nearby are shown on the enclosed green sheet. There are further courses in other parts of London, Kent and Sussex which the respective RETAs will be able to advise - their contact details are given on the green sheet.

COUNTY CHAMPIONSHIPS

Half Marathon - Ranelagh - 16 May 2004

SM 1 Paul Doyle Rane	72:24	SM 2 Nick Henderson Rane	76:43
SM 3 John Atyeo HHH	76:59	M40 1 Mike Lane Rane	77:05
M50 1 Ian Kitching SLH	77:51	M60 1 Phil Fenton Eps Odd	99:29

TEAM 1 Ranelagh H 7, 2 Herne Hill H 22, 3 Striders of Croydon 31

SW 1 Marie Synnott-Wells Rane	86:36	SW 2 Gillian O'Connor SLH	88:28
SW 3 Phyllis Flynn Stragg	88:46	W35 1 Marie Synnott-Wells Rane	86:36
W45 1 Sue Ashley HHH	98:11		

Team 1 South London H 14, 2 Ranelagh H 21, 3 The Stragglers 21.

10 Miles - Dorking - 6 June 2004

SM 1 Will Cockerell Belg	54:33	SM 2 Paul Doyle Rane	54:42
SM 3 Paul Haywood Box	56:04	M40 1 Mark Tennyson G&G	58:35
M50 1 Richard Pitt THH	62:25	M60 1 John Coffey B Air	69:40

TEAM: 1 Guildford & Godalming AC 20, 2 Belgrave H 28, 3 Boxhill R 32.

SW 1 Gillian O'Connor SLH	66:08	SW 2 Janet Ray DMV	66:20
SW 3 Veronique Bringlow Sutt R	67:34	W35 1 Gillian O'Connor SLH	66:08
W45 1 J Taylor Wim Wind	78:55	W55 1 Sue Garner Ling	78:23

TEAM: 1 Lingfield R 22, 2 Sutton R 24, 3 Dorking & Mole Valley AC 30.

10 Kilometres - Petersham - 27 June 2004

SM 1 Paul Doyle (Rane)	32:43	SM 2 Will Cockerell Belg	33:12
SM 3 David Symons THH	34:02	M40 1 Barry Broe E&E	34:34
M50 1 Steve Badgery HW	36:18	M65 1 Keith Spacie THH	39:37

TEAM: 1 Ranelagh H 19, 2 Belgrave H 21, 3 The Stragglers 34

SW 1 Joanne Ronaldson Rane	38:21	SW 2 Marie Synnott-Wells Rane	38:45
SW 3 Janet Ray DMV	39:58	W35 1 Joanne Ronaldson Rane	38:21
W45 1 Alison Carpenter THH	40:34	W55 1 Jane Davies E&E	41:59

TEAM: 1 Ranelagh H 7, 2 The Stragglers 24, 3 Epsom & Ewell H 26.

Forthcoming Road championships

5K - August 22 - Wimbledon

Road Relays - 11 September - Wimbledon Park

Forthcoming Cross Country championships

YA Relays - October 3 - Stoke Park, Guildford

Vets - October 16 - Petersham

Other Age Groups - January 8 - Lloyd Park, Croydon

COUNTY CHAMPIONSHIPS

Main Outdoor Track & Field, Kingsmeadow Stadium, 15/16 May 2004

UNDER 13 GIRLS

Sarah Breen sets new Shot Put Championship Best. Twinelle Hopeson matches her sister Joscelynn (U17) by winning both sprints.

100m 1 Twinelle Hopeson (Arch T) 13.2, 2 Joy Danquah (HHH) 13.9, 3 Faye Nash (Sutt) 14.0, 3 Maddie Gunn (AFD) 14.0. **200m** 1 Twinelle Hopeson (Arch T) 27.1, 2 Joy Danquah (HHH) 28.4, 3 Faye Nash (Sutt) 29.1. **800m** 1 Frederica Foster (SLH) 2:30.96, 2 Catherine Taylor (AFD) 2:34.53, 3 Laura Burke (Walt) 2:38.17. **1500m** 1 Maddie Gunn (AFD) 5:18.4, 2 Catherine Taylor (AFD) 5:26.2, 3 Danielle Brewer (C'ley) 5:34.3. **70H** (0.0) 1 Lucy Jones (K&P) 12.79, 2 Faye Nash (Sutt) 13.58, 3 Jemma Neate (G&G) 14.11. **HJ** 1 Takara Wilson (HHH) 1.40, 2 Katie Sheehan (C'ley) 1.25, 3 Stephanie Loy (C'ley) 1.25. **LJ** 1 Katie Sheehan (C'ley) 4.44, 2 Takara Wilson (HHH) 4.34, 3 Gemma Coate (G&G) 4.22. **SP** 1 Sarah Breen (Sutt) 8.16 CBP, 2 Leanne Cryer (Wok) 5.61, 3 Jemma Neate (G&G) 5.58. **DT** 1 Leanne Cryer (Wok) 12.47.

UNDER 15 GIRLS

Jo White wins 3 Golds (100/200/Long Jump).

100m 1 Jo White (R&T) 12.7, 2 Amelia Montagnani (HHH) 12.9, 3 Lizzie Cave (C'ley) 12.9. **200m** (-2.3) 1 Jo White (R&T) 26.53, 2 Lizzie Cave (C'ley) 27.45, 3 Lisa Holmes (Wok) 27.50. **800m** 1 Alys Morgan (G&G) 2:21.43, 2 Joanna Rowland (Craw) 2:21.64, 3 Daisy Collingridge (Croy) 2:27.04. **1500m** 1 Shona Main (TVH) 5:02.8, 2 Sophie Cowper (RSB) 5:05.7, 3 Eleanor Griffith-Jones (AFD) 5:08.3. **75H** 1 Jade Bee (HHH) 12.3, 2 Natasha Risman (G&G) 12.4, 3 Harriet Lester (K&P) 12.6. **HJ** 1 Joanna Rowland (Craw) 1.40, 2 Harriet Lester (K&P) 1.40, 3 Elizabeth Thompson (E&E) 1.40. **LJ** 1 Jo White R&T 5.19, 2 Harriet Lester (K&P) 4.80, 3 Natasha Risman (G&G) 4.65. **SP** 1 Montana Marshall (HHH) 10.51, 2 Amelia Montagnani (HHH) 10.04, 3 Amy Trimble (K&P) 7.34. **DT** 1 Montana Marshall (HHH) 23.09, 2 Rachael Abbott (E&E) 21.37, 3 Natasha Matthews (Croy) 19.59. **JT** 1 Abby Peters (WSEH) 26.72, 2 Joanna Rowland (Craw) 24.09, 3 Chantelle Evans (Sutt) 23.69.

SURREY COUNTY ATHLETIC ASSOCIATION 100 CLUB

You can help the finances of the Association by joining the 100 Club.

Each share costs £12 for a year. Further details from:-

Mike Scott, 30 Silver Birch Close, Woodham, Surrey KT15 3QW

Tele: 01932 343108

COUNTY CHAMPIONSHIPS

Main Outdoor Track & Field, Kingsmeadow Stadium, 15/16 May 2004

UNDER 17 WOMEN

Danielle Christmas sets new Championship Best in 1500m. Dominique Blaize wins 3 Golds (High Jump/Long Jump/Shot Put).

100m (-1.4) 1 Joscelynn Hopeson (Arch T) 12.06, 2 Dominique Blaize (K&P) 12.50, 3 Denise Osei (HHH) 12.71. **200m** 1 Joscelynn Hopeson (Arch T) 24.7, 2 Amy Godsell (B&B) 25.3, 3 Donna Walker (SLH) 25.8. **300m** 1 Sarah Harris (K&P) 40.71, 2 Amy Godsell (B&B) 40.80, 3 Emily Martin (HW) 41.59. **800m** 1 Hannah Brooks (Craw) 2:14.15, 2 Montana Jones (Wok) 2:15.26, 3 Cecilia Savundra (AFD) 2:25.45. **1500m** 1 Danielle Christmas (Craw) 4:32.58 CBP, 2 Leeanne Best (Craw) 5:00.67, 3 Katherine Mertens (Wok) 5:14.45. **3000m** 1 Katherine Mertens (Wok) 11:30.5, 2 Jessica Cawley (AFD) 11:48.6, 3 Sinead Long (Sutt) 12:14.7. **80H** (0.0) 1 Harriet Abbiss (AFD) 12.16, 2 Zerlina Klu (Sutt) 12.77, 3 Thea Payne (G&G) 12.80. **300H** 1 Alex Banner (G&G) 47.04, 2 Vanessa Ward (G&G) 47.30, 3 Cassie Bardell (E&E) 48.48. **HJ** 1 Dominique Blaize (K&P) 1.75, 2 Charis O'Connor (G&G) 1.70, 3 Rachael Hamilton (G&G) 1.60. **PV** 1 Danielle Ayres (K&P) 1.80. **LJ** 1 Dominique Blaize (K&P) 6.01, 2 Emily Martin (HW) 5.51, 3 Katherine Mertens (Wok) 4.77. **TJ** 1 Emily Martin (HW) 10.76, 2 Katie Miller (E&E) 9.63, 3 Vicky Lee (G&G) 9.07. **SP** 1 Dominique Blaize (K&P) 10.56, 2 Amy Mulley (Croy) 9.02, 3 Jenny Davies (K&P) 8.91. **DT** 1 Sarah Boreham (E&E) 30.34, 2 Briony Phillips (HHH) 29.15, 3 Kirsty Bate (Sutt) 27.95. **HT** 1 Sarah Boreham (E&E) 18.29. **JT** 1 Jade Dodd (HHH) 34.19, 2 Frances Athawes (B&B) 29.08, 3 Briony Phillips (HHH) 28.35.

UNDER 20 WOMEN

100m (0.0) 1 Michelle Nash-Odai (HHH) 12.59, 2 Sarah Holmes (Wok) 12.71, 3 Channelle Garnett (HHH) 12.99. **200m** (-1.2) 1 Michelle Nash-Odai (HHH) 25.95, 2 Sarah Holmes (Wok) 26.31, 3 Ruth Hatch (E&E) 27.61. **400m** 1 Lauren Webb (Sutt) 57.79, 2 Jessica Case (SLH) 61.80, 3 Natasha Clementis (E&E) 64.00. **800m** 1 Charlotte Best (Craw) 2:09.84, 2 Emily Adams (AFD) 2:17.51, 3 Stacy Fairhead (G&G) 2:21.21. **1500m** 1 Emily Adams (AFD) 4:44.92, 2 Alice Lethbridge (E&E) 5:02.51. **3000m** 1 Georgina Furze (AFD) 10:45.1, 2 Alice Lethbridge (E&E) 10:58.5, 3 Anair Beverly (Rane) 11:19.3. **100H** (-3.0) 1 Rachel Peckham (E&E) 16.11. **400H** 1 Amy Forsyth (Belg) 66.1, 2 Rebecca Smith (Walt) 68.6, 3 Jessica Case (SLH) 71.8. **HJ** 1 Shani Rainford (HHH) 1.65. **PV** 1 Samantha Poulter (E&E) 3.00. **LJ** 1 Channelle Garnett (HHH) 5.51, 2 Ruth Hatch (E&E) 5.15, 3 Sasheana Gordon (K&P) 5.04. **TJ** 1 Michelle Nestor (Belg) 11.52, 2 Ruth Hatch (E&E) 11.00, 3 Sasheana Gordon (K&P) 10.97. **SP** 1 Briony Phillips (HHH) 10.64, 2 Keleesha Smith (Croy) 8.75, 3 Hayley Crosswell (G&G) 8.08. **DT** 1 Jade Lally (HW) 38.00. **HT** 1 Jade Lally (HW) 29.56, 2 Kelesha Smith (Croy) 29.18. **JT** 1 Hayley Crosswell (G&G) 31.17, 2 Maureen Njuguna (HW) 22.42.

COUNTY CHAMPIONSHIPS

Main Outdoor Track & Field, Kingsmeadow Stadium, 15/16 May 2004

SENIOR WOMEN

Tracey Grant equals her own Pole Vault Championship Best (set in 2000 & 2002).

100m (-2.6) 1 Sabrina Scott (WGEL) 12.11, 2 Helen Pryer (Brack) 12.12, 3 Helen Williams (Walt) 12.57. **200m** (0.0) 1 Helen Pryer (Brack) 24.20, 2 Sabrina Scott (WGEL) 24.63, 3 Sarah Zawada (AFD) 24.92. **400m** 1 Michelle Pierre (ShaftB) 55.95, 2 Clementine Adams (AFD) 57.70, 3 Susan Bovill (Sutt) 57.85. **800m** 1 Liz Williams (Birch) 2:14.27, 2 Chrissie Foster (HHH) 2:16.62, 3 Sally Read-Cayton (Wok) 2:18.22. **1500m** 1 Genevieve Gardner (G&G) 4:39.56, 2 Emily Nelson (E&E) 4:41.22, 3 Rosie Powell (Belg) 5:08.56. **3000m** 1 Genevieve Gardner (G&G) 9:57.7, 2 Janet Ray (DMV) 10:38.1, 3 Jessica Richards (E&E) 11:12.8. **100H** (-3.0) 1 Sarah Porter (Sutt) 14.28. **400H** 1 Susan Williams (Birch) 60.0, 2 Louise Aylwin (WSEH) 60.9, 3 Claire Heafford (ShaftB) 61.3. **HJ** 1 Julia Bennett (E&E) 1.80. **PV** 1 Tracey Grant (Belg) 3.80 = CBP, 2 Ellie Spain (Belg) 3.70, 3 Kerry Teamey (Belg) 3.10. **LJ** 1 Sarah Wellstead (Sutt) 6.10, 2 Julia Bennett (E&E) 6.03, 3 Joanna Trotman (T Sol) 5.95. **TJ** 1 Azaria Francis (WGEL) 12.11, 2 Aisha Myton (HHH) 11.08, 3 Katryna Euridge (Sutt) 10.94. **SP** 1 Eleanor Gatrell (Wok) 13.78, 2 Joanna Bennett (E&E) 12.22, 3 Camilla Thrush (K&P) 9.99. **DT** 1 Angela Mitchell (Harrow) 36.51, 2 Kasia Kublik R&SB 32.65, 3 Camilla Thrush (K&P) 32.53. **HT** 1 Helen Ephgrave (G&G) 44.68, 2 Eleanor Gatrell (Wok) 41.55, 3 Joanna Bennett (E&E) 39.27. **JT** 1 Jenny Grimstone (ShaftB) 40.33, 2 Georgina Hogsden (Sutt) 35.71, 3 Helena Rademeyer (HHH) 34.33. **3000m Walk** 1 Estle Viljoen (HW) 13:56.6, 2 Sue Carnell (Rei P) 16:39.2, 3 Gill Broderick (Belg) 21:14.5.

UNDER 13 BOYS

Michael Wheeler improves Shot Put Championship Best by over 30%!

100m 1 Jordan Alexander (Croy) 13.2 1 Kariym Irving (Croy) 13.2, 3 Robert Jaye (G&G) 13.5. **200m** (-0.7) 1 Jordan Alexander (Croy) 28.13, 2 Robert Jaye (G&G) 28.48, 3 Matthew Holmes (E&E) 28.71. **800m** 1 Oli Aitchison (AFD) 2:23.01, 2 Jonathan Hay (AFD) 2:23.09, 3 Jonathan Burgess (HW) 2:26.94. **1500m** 1 Oli Aitchison (AFD) 4:43.79, 2 Jonathan Hay (AFD) 4:45.67, 3 Jonathan Burgess (HW) 4:49.73. **80H** (-2.0) 1 Kariym Irving (Croy) 13.61, 2 Jake Rose (C'ley) 15.25, 3 Adam Wicks (K&P) 15.32. **HJ** 1 Adam Wicks (K&P) 1.25, 2 Ezra Nelson (K&P) 1.05. **LJ** 1 Ben McDaniel (SLH) 4.84, 2 Robert Jaye (G&G) 4.50, 3 Kariym Irving (Croy) 4.45. **SP** 1 Michael Wheeler (HHH) 12.09 CBP, 2 Kariym Irving (Croy) 9.03, 3 Jamie Falconer Homefld 8.97. **DT** 1 Michael Wheeler (HHH) 21.06, 2 Matthew Clements (K&P) 17.10, 3 Josh Ayres (K&P) 15.56. **JT** 1 Johnny Fairclough (HHH) 36.44, 2 William Trimble (K&P) 32.84, 3 Jake Rich (Brack) 31.34.

COUNTY CHAMPIONSHIPS

Main Outdoor Track & Field, Kingsmeadow Stadium, 15/16 May 2004

UNDER 15 BOYS

100m (-1.6) 1 Jermaine Alexander (Croy) 11.81, 2 Tremayne Gilling (Wimb C) 11.92, 3 Rab Babataher (Sutt) 12.03. **200m** 1 Jake Williams (Croy) 24.36, 2 Troy Harris (HHH) 24.68, 3 Paul Oluyemi (HHH) 24.75. **400m** 1 Precious Ojighoro (HHH) 53.30, 2 Stuart Price (K&P) 56.85, 3 Michael Crabtree (Wok) 57.08. **800m** 1 Alex Jackson (E&E) 2:02.5, 2 Nick Farrell (SLH) 2:06.1, 3 Peter Humphrey (SLH) 2:08.1. **1500m** 1 Nick Farrell (SLH) 4:23.81, 2 Peter Humphrey (SLH) 4:29.48, 3 Alex Ferrelly (Walt) 4:34.02. **3000m** 1 Ben Snowball (G Abbot) 10:00.2, 2 Lee Wilson (AFD) 10:03.4, 3 Mickey Reed (AFD) 10:09.6. **80H** (-1.0) 1 Stuart Price (K&P) 11.67, 2 Richard Stanton (Sutt) 12.60, 3 Jamie East (C'ley) 12.68. **HJ** 1 Graham Cole (WSEH) 1.72, 2= Alex Jackson (E&E) 1.65, 2= Henry Shiplee R&T 1.65. **PV** 1 Ryszard Buk (Croy) 2.90. **LJ** 1 Paul Oluyemi (HHH) 6.06, 2 Nathan Flowers (HHH) 5.21, 3 Nicolas Garcev (HHH) 4.91. **TJ** 1 Henry Shiplee R&T 11.03, 2 Jack Pearce (SLH) 10.94, 3 Nathan (HHH) 9.95. **SP** 1 Erasmus Ntim-Dwemoh (Croy) 10.45, 2 Jamie East (C'ley) 8.35, 3 Thomas Francis (K&P) 7.16. **DT** 1 Jason Coultman (Croy) 29.19, 2 Cassius Trotman-Wilson (HHH) 23.95, 3 Thomas Symons R&SB 23.47. **JT** 1 Paul Oluyemi (HHH) 40.23, 2 Matt Keep (Walt) 33.45, 3 Adam Pollard (AFD) 26.08. **3000m Walk** 1 David Statter (SyWC) 23:48.2.

UNDER 17 MEN

Harry Aikines-Areety betters the existing Championship Best by 0.3 secs in 100m. Daniel Davis improves his own CB in 100m Hurdles. Chris Scott wins 3 Golds (High Jump /Discus /Hammer).

100m 1 Harry Aikines-Aryeetey (Sutt) 10.5 CBP, 2 Danny Doyley (Croy) 10.8, 3 Daniel Davis (Sutt) 10.9. **200m** 1 Harry Aikines-Aryeetey (Sutt) 22.4, 2 Danny Doyley (Croy) 22.5, 3 Lawrence Dight (Croy) 22.9. **400m** 1 Lawrence Dight (Croy) 50.73, 2 Idowu Akindele (Sutt) 51.39, 3 Tim Kuria (Wok) 52.77. **800m** 1 Daniel Sheppard (AFD) 2:05.53, 2 Julian Anderson (AFD) 2:06.28, 3 Alex Hawkins (E&E) 2:06.70. **1500m** 1 Gary Bradbury (Wok) 4:04.5, 2 Daniel Sheppard (AFD) 4:22.0, 3 Alex Byrne (E&E) 4:24.2. **3000m** 1 Ben Wilson (AFD) 9:01.4, 2 Martin Marshall (E&E) 9:12.7, 3 Andrew Conway (HHH) 9:16.8. **100H** (-3.0) 1 Daniel Davis (Sutt) 13.49 CBP, 2 Mathew Field (K&P) 14.51, 3 Charles Davis (Belg) 15.20. **400H** 1 Ryan Murphy (Wok) 59.89, 2 James Clement (AFD) 62.37, 3 Charles Davis (Belg) 64.43. **1500m S'chase** 1 Ben Wilson (AFD) 4:34.4, 2 Stephen Blake (AFD) 4:59.1, 3 Daniel Stone (HHH) 5:31.5. **HJ** 1 Chris Scott (G&G) 1.83, 2= James Deane (HHH) 1.65 2= Courtney Codrington (Walt) 1.65. **PV** 1 Sam Colgate (Wok) 3.10. **LJ** 1 Ashley Harris (Croy) 6.69, 2 David Cook (E&E) 6.48, 3 Tawanda Mukusha (Croy) 6.09. **TJ** 1 Jeremy Odametey (HHH) 13.77, 2 David Cook (Eps C) 13.04, 3 Andrew Spring (HHH) 12.83. **SP** 1 Nicholas Webb (Wok) 13.68, 2 Luke Adekoya (Croy) 12.46, 3 Dayton Best (HHH) 12.39. **DT** 1 Chris Scott (G&G) 42.29, 2 Michael Webb (Wok) 41.53, 3 Allan Shaw (Wok) 27.76. **HT** 1 Chris Scott (G&G) 52.99, 2 Kaine Harrington (Reig S) 52.60, 3 Luke Adekoya (Croy) 41.13. **JT** 1 Ikechi Emeruwa (HHH) 29.55.

COUNTY CHAMPIONSHIPS

Main Outdoor Track & Field, Kingsmeadow Stadium, 15/16 May 2004

UNDER 20 MEN

Martyn Rooney sets Championship Best in 400m beating previous mark set in 1990. Humphrey Waddington wins 3 Golds (110 Hurdles/400 Hurdles/Discus).

100m (-2.4) 1 Ayotunde Payne (HHH) 11.30, 2 Kamil Tejan-Cole (HHH) 11.37, 3 Dexter Nicols (HHH) 11.68. **200m** 1 Ryan Thomas (E&E) 22.3, 2 Moyo Sankofa (HHH) 23.0, 3 Kamil Tejan-Cole (HHH) 23.1. **400m** 1 Martyn Rooney (Croy) 47.60 CBP, 2 Ryan Thomas (E&E) 48.69, 3 Craig Price (K&P) 51.73. **800m** 1 Martyn Rooney (Croy) 1:55.29, 2 Joe van der Toorn (WSEH) 1:56.55, 3 Craig Price (K&P) 1:57.07. **1500m** 1 Matthew Leslie (AFD) 4:32.41, 2 Matthew Horgan (HHH) 4:48.12. **3000m** 1 Matthew Leslie (AFD) 9:44.1. **110H** (-2.4) 1 Humphrey Waddington (K&P) 18.9. **400H** 1 Humphrey Waddington (K&P) 60.95, 2 Simon Holmes (E&E) 61.38. **2000m S'chase** 1 Mark Elsworth (Croy) 6:47.6, 2 Matthew Horgan (HHH) 7:14.0, 3 Ian Sheppard (G&G) 8:25.3. **HJ** 1 Nick Stanisavljevic (Wok) 2.05, 2 Michael Whitehouse (B&B) 2.05, 3 David Cole (WSEH) 1.85. **PV** 1 Steve Carpenter (Wok) 4.20, 2 Joe Ive (Sutt) 3.90. **LJ** 1 Ezekiel Ewulo (HHH) 6.53, 2 Roy Chambers (Wok) 6.47, 3 Ike Mba (HW) 6.47. **TJ** 1 Ezekiel Ewulo (HHH) 13.96, 2 Enyioma Anomelechi (TVH) 13.62, 3 Oliver Briggs (WSEH) 13.23. **SP** 1 Kyle Stevens (K&P) 13.81, 2 Robert Smith (K&P) 12.07, 3 Roy Chambers (Wok) 11.35. **DT** 1 Humphrey Waddington (K&P) 24.83. **HT** 1 Mark Covington (G&G) 53.04, 2 Robert Smith (K&P) 38.91, 3 Alexander Best (Craw) 32.04. **JT** 1 Roy Chambers (Wok) 46.72, 2 Ryder Anderson (Wok) 44.19, 3 Roy Collier (Belg) 35.10.

SENIOR MEN

100m (+2.1) 1 Joshua Wood (Harrow) 10.8w, 2 William Pobie (HHH) 10.9w, 3 Robert Graham (HHH) 11.0w. **200m** 1 Jonathan Browne (S'end) 22.5, 2 Lawrence Mensah (HHH) 22.6, 3 Joshua Wood (Harrow) 22.6. **400m** 1 Dedan Simmons (Harrow) 48.49, 2 Michael Parper (Belg) 49.93, 3 Gavin Dublin (Harrow) 50.09. **800m** 1 Jonathan McCallum (Croy) 1:55.4, 2 Russell Bentley (B&B) 1:55.7, 3 David Taylor (B&B) 1:56.5. **1500m** 1 Kojo Kyereme (ShaftB) 3:55.3, 2 Andy Franklin (Traff) 3:57.2, 3 Kevin Nash (Belg) 3:58.6. **5000m** 1 Philip Wicks (WSEH) 14:55.12, 2 Jonathan Hamblen (Walt) 15:20.15, 3 Alister Moses (Rei P) 15:25.63. **110H** (-2.3) 1 Charles Akpabio (WGEL) 15.2, 2 James Lowery (Belg) 15.8, 3 Christiaan De Jager (HW) 17.0. **400H** 1 Stephen Davies 58.1, 2 Richard Holt (B&B) 59.1. **3000m S'chase** 1 Michael Maranzano (K&P) 10:14.4. **PV** 1 Cameron Johnston (Belg) 4.50, 2 Greg Conlon (Croy) 4.50, 3 James Lowery (Belg) 4.20. **LJ** 1 Christiaan de Jager (HW) 6.55, 2 Ian Frankish (E&E) 5.71. **TJ** 1 Mathew Pullan (E&E) 13.74, 2 Ugochi Anomelechi (Croy) 13.60, 3 Joseph Ibe (HHH) 11.50. **SP** 1 Anthony Soalla-Bell (ShaftB) 15.02, 2 Michael Small M50 (E&E) 13.68, 3 Peter Todd M40 (RSB) 11.69. **DT** 1 Abdul Buhari (HHH) 48.17, 2 Michael Small M50 (E&E) 41.65, 3 Michael Conerney (St Marys) 40.20. **HT** 1 Gareth Cook (K&P) 56.36, 2 Steven Sammut (WSEH) 54.84, 3 Gavin Cook (TVH) 51.04. **JT** 1 Duncan MacDonald (TVH) 55.36. **3000m Walk** 1 Tim Watt (Steyn) 14:29.9, 2 Carl Lawton (Belg) 15:35.1, 3 Ian Statter (SyWC) 15:53.8

COUNTY CHAMPIONSHIPS

Veterans Track & Field, Kingsmeadow Stadium, 29 May 2004

Winners - Men

100m M40 Mark Baker (HW) 12.0, M45 Jovan Djurovic (E&E) 13.1, M50 Geoff Walcott (HW) 12.4, M55 Graham Pope (Croy) 13.2, M60 Terry Bissett (E&E) 13.0, M70 Gordon Daborn (EVAC) 15.8 CBP, M75 Ken Croke (Croy) 19.2, M80 Phil Munn (Sutt) 21.9.

200m M40 John Shepherd (E&E) 24.3, M45 Jovan Djurovic (E&E) 26.8, M50 Geoff Walcott (HW) 24.8, M60 Terry Bissett (E&E) 26.2, M70 Gordon Daborn (EVAC) 32.2 CBP, M75 Ken Croke (Croy) 38.8, M80 Phil Munn (Sutt) 52.8.

400m M40 Mark Butler (E&E) 56.0, M50 Geoff Walcott (HW) 56.6, M55 Graham Pope (Croy) 59.7, M60 Terry Bissett (E&E) 59.6 CBP, M75 Ken Croke (Croy) 95.5.

800m M45 Rodney Chinn (LR) 2:25.3, M50 Hugh Saxby (HW) 2:11.9, M55 1. Michael Mann (HHH) M60 John Garber (HHH) 2:30.8 CBP, M70 Brian Shave (HHH) 3:18.7.

1500m M45 Clive Abbott (E&E) 4:22.8, M50 Ken Daniel BB 4:39.6, M55 1. Michael Mann (HHH) 4:42.8, M60 John Garber (HHH) 5:21.3, M70 Brian Shave (HHH) 6:29.7 CBP.

5000m M40 Mark Tennyson (G&G) 15:58.7, M45 Barry Broe (E&E) 16:19.1, M50 Stuart Littlewood (HW) 17:32.7, M55 Stephen Badgery (HW) 17:37.5, M60 Robin Dickson Croy 19:12.0 CBP, M65 Alan Lang Ran 21:24.1, M70 Brian Shave (HHH) 23:12.4.

Sprint Hurdles: M40 Clarence Allen (HHH) 15.1 CBP, M50 Yarn Ballard (Croy) 18.8, M70 Gordon Daborn (EVAC) 15.4 CBP

300m Hurdles M60 David Barrington (K&P) 52.3, M70 Gordon Daborn (EVAC) 61.2 CBP.

400m Hurdles M40 David Orchard (HW) 74.1, M45 David Moles (Walt) 63.3 CBP, M50 Yarn Ballard (Croy) 72.2.

3000m Walk M60 Nolan Simmons (VAC) 19:00.1, M70 John May (VAC) 23:48.1, M80 Jack Fitzgerald (Sutt) 26:52.3.

HJ M40 Jeremy Davis (Walt) 1.55, M50 Hugh Saxby (HW) 1.49 CBP, M60 Brian Harlick (E&E) 1.22 CBP, M70 Cliff Taylor (Belg) 1.10, M75 1. Alf Woods (E&E) 1.05 CBP.

PV M40 John Andrews (E&E) 3.80, M50 Nick Phipps (Wok) 3.40 CBP, M60 Brian Harlick (E&E) 2.70, M75 Alf Woods (E&E) 2.20 CBP.

LJ M40 John Shepherd (E&E) 5.89.

TJ M70 Cliff Taylor (Belg) 6.77.

SP M40 Jeremy Davis (Walt) 11.74, M45 Ashley Kibblewhite (TVH) 9.89, M50 Mike Small (E&E) 14.82 CBP, M55 Ken Prior (E&E) 10.12, M70 Cliff Taylor (Belg) 10.83, M75 Alf Woods (E&E) 8.17 CBP.

DT M40 Peter Todd (RSB) 36.42, M45 Ashley Kibblewhite (TVH) 31.09, M50 Mike Small (E&E) 47.55 CBP, M55 Ken Prior (E&E) 34.48, M60 Brian Harlick (E&E) 32.75, M70 Phil McEvoy (SCVAC) 27.07, M75 Ian Briggs (RSB) 25.40 CBP.

HT M40 Peter Todd (RSB) 38.23, M50 Mike Small (E&E) 51.73, M55 Chris Melliush (Cam H) 48.52, M60 John Webster (HW) 38.49, M70 Peter Barber Cam 42.03.

JT M40 Jeremy Davis (Walt) 46.84 CBP, M50 Joe Eastwood (Wok) 43.24, M55 Les Hatton (K&P) 41.72 CBP, M60 John Webster (HW) 34.05, M70 Gordon Daborn (EVAC) 29.41 CBP.

COUNTY CHAMPIONSHIPS

Veterans Track & Field, Kingsmeadow Stadium, 29 May 2004

Winners - Women

100m W40 Angela Griffiths (E&E) 13.8 CBP, W45 Christine Brooks (Croy) 15.0, W50 Anne Smith (Croy) 16.6, W55 Val Parsons (WSEH) 14.9, W60 Iris Holder (Wok) 15.9.

200m W40 Angela Griffiths (E&E) 27.8 CBP, W50 Anne Smith (Croy) 34.5, W60 Iris Holder (Wok) 34.0 CBP.

400m W40 Angela Griffiths (E&E) 65.7, W45 Ros Aylett (Walt) 70.9 CBP.

800m W45 Jane Searle (K&P) 2:43.6

5000m W40 1. Janet Ray (DMV) 18:24.9.

3000M Walk W40 Fiona Bishop (Wok) 17:54.1.

HJ W45 Debbie Singleton (Walt) 2.30 CBP.

LJ W45 Stella Fladgate (Croy) 2.72, W50 Anne Smith (Croy) 3.38, W60 Iris Holder (Wok) 3.76.

SP W35 Camilla Thrush (K&P) 10.03 CBP, W45 Jenny Piercy (E&E) 7.06, W50 Vilma Thompson (Belg) 10.49 CBP, W55 Liz Sissons (E&E) 9.97 CBP.

DT W35 Camilla Thrush (K&P) 29.86, W45 Debbie Singleton (Walt) 25.15 CBP, W50 Vilma Thompson (Belg) 23.78 CBP, W55 Liz Sissons (E&E) 22.68.

HT W35 Camilla Thrush (K&P) 34.93, W45 Debbie Singleton (Walt) 24.73, W50 Vilma Thompson (Belg) 24.34, W55 Liz Sissons (E&E) 26.15.

JT W35 Camilla Thrush (K&P) 24.69 CBP, W45 Jenny Piercy (E&E) 20.60, W50 Vilma Thompson (Belg) 23.59, W55 Liz Sissons (E&E) 28.66 CBP.

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) £19.00

INTER-COUNTY MATCHES

CAU INTER-COUNTIES - BEDFORD, 30/31 MAY 2004

Team Results:-

Women - 1 Essex 88, 2 SURREY 71, 3 Middlesex 68

Men - 1 Yorkshire 93, 2 Middlesex 85.5, 3 Essex 78, 4 Kent 66, 5 SURREY 42.5

Performances by Surrey athletes:-

WOMEN

100m - 3 Helen PRYER 11.95/-1.6	200m - 2 Helen PRYER 24.03/+1.6
400m - 3h2 Michelle PIERE 56.12	5000m - 5 Genevieve GARDNER 17:47.74
1500SC - 7 Sarah-Jane PICKETT 5:21.7	100H - 3 Sarah PORTER 13.81/+1.0
400H - 1 Jennifer CULLEY 60.16	HJ - 1 Julia BENNETT 1.86
PV - 2 Tracey GRANT 3.60	LJ - 8 Joanne TROTMAN 5.61/-0.8
TJ - 4 Azaria FRANCIS 12.30/+1.2	DT - 8 Angela MITCHELL 38.75
HT - 11 Helen EPHGRAVE 38.57	

MEN

200m - 5s1 Leroy SLUE 22.38/-0.4	400m - 5 Dedan SIMMONS 48.98
800m - 6h1 Jon McCALLUM 1:56.37	1500m - 11 Alistair MOSES 4:25.62
5000m - 4 Kassa TADESSE 14:28.92	10,000m - 3 Paul DOYLE 32:29.62
110H - 7h2 J LOWERY 15.28/+2.7	400H - 4h3 John HEANLEY 57.26
HJ - 7 John HEANLEY 1.90	PV - 7 Cameron JOHNSTON 4.50
LJ - 1 Louis BURGESS 7.59/-0.5	TJ - 6 Enyioma ANOMELECHI 14.61/+1.4
SP - 14 Abdi BUHARI 13.20	DT - 14 Abdi BUHARI 44.42
HT - 10 Steve SAMMUT 55.15	3000m W - 12 Tim WATT 14:10.15

ARMY v SURREY v HAMPSHIRE v ACHILLES - ALDERSHOT, 30 JUNE 2004

Match scores:

MEN: 1 SURREY 191, 2 Army 179, 3 Achilles 162, 4 Hampshire 61

WOMEN: 1 Hampshire 150, 2 Achilles 124, 3 Army 120.5, 4 SURREY 92.5

Performances by Surrey athletes:

WOMEN

100M 2 Helen WILLIAMS 12.6; 3 Suzie WILLIAMS 12.6
200M 1 Suzie WILLIAMS 24.83
800M 2 Liz WILLIAMS 2:12.6; 4 Emily ADAMS 2:14.8
1500M 3 Georgina FURZE 4:56.89
400H 3 Katrina NORMAN 68.2
LONG JUMP 1 Helen WILLIAMS 5.54m
SHOT 1 Eleanor GATRELL 13.62m
DISCUS 2 Angela MITCHELL 37.05m; 3 Kasia KUBLIK 34.85m
JAVELIN 2 Jenny GRIMSTONE 41.08m

INTER-COUNTY MATCHES

ARMY v SURREY v HAMPSHIRE v ACHILLES (continued)

MEN

100M 2 Josh WOODS 11.0; 8 William PHOBIE 11.6
200M 5 Josh WOODS 22.62; 7 Noel LEVY 23.20
400M 5 Craig PRICE 51.3
800M 1 Tim DEW 1:56.7; 8 Patrick CANAVAN 2:07.3
1500M 1 Alistair MOSES 3:58.60; 6 Kevin QUINN 4:16.71
3000M 3 Kasse TADESSE 8:32.6; 4 Philip WICKS 8:32.8
110M Hurdles 2 Charles AKPABIO 15.0; 7 Christiaan DE JAGER 17.0
400M Hurdles 1 Noel LEVY 53.8; 5 Stephen DAVIES 60.2
2000M S'Chase 1 Andy FRANKLIN 5:47.8; 6 Michael MARANZANO 6:18.6
4X100M RELAY 1 SURREY 44.43
4X400M RELAY SURREY DSQ
HIGH JUMP 1 David COLE 1.90m; 5 Ian FRANKISH 1.65m
POLE VAULT 1 Cameron JOHNSTON 4.60m; 2 Greg CONLON 4.30m
LONG JUMP 3 Ezekiel EWULO 6.53m; 7 Christiaan DE JAGER 6.15m
TRIPLE JUMP 1 Akin OYEDIRAN 14.03m; 2 Matthew PULLAN 13.48m
SHOT 2 Abdul BUHARI 12.81m; 5 Ian FRANKISH 11.40m
DISCUS 1 Emeka UDECHUKU 57.98m; 3 Abdul BUHARI 43.64m
HAMMER 2 Steve SAMMUT 55.78m; 5 Paul KELLY 37.07m
JAVELIN 1 Duncan MCDONALD 57.44m; 5 Roy CHAMBERS 48.40m

U13 INTER-COUNTIES - KINGSMEADOW STADIUM, 25 JULY 2004

BOYS

Team Result:-

1 Surrey 316.5, 2 Buckinghamshire 292.5, 3 Essex 290, 4 Kent 279.5, 5 Hampshire 277.5,
6 Middlesex 264, 7 Sussex 262, 8 Dorset 245, 9 Somerset 242, 10 Hertfordshire 207.5,
11 Oxfordshire 200.5, 12 Berkshire 193.

Individual performances:

100m Ehi OBIOTE 12.57/-2.3; Jordan ALEXANDER 13.71w/+4.4
200m Ehi OBIOTE 25.14/-1.6; Jordan ALEXANDER 27.80/-2.2
800m Joshua GRACE 2:28.18; Jonathan O'HALLORAN 2:34.52
1500m Oliver AITCHISON 4:40.68; Jonathan HAY 4:50.51
80H Kariym IRVING 12.98; Reece FROMANT 14.30
HJ Richard SMEATON 1.40
LJ Kariym IRVING 4.97; Ben McDANIEL 4.68
SP Michael WHEELER 12.90; Kariym IRVING 9.10
DT Michael WHEELER 24.60; William TRIMBLE 20.28
JT Johnny FAIRCLOUGH 36.13; William TRIMBLE 31.58
4x100 metres SURREY 53.77

INTER-COUNTY MATCHES

U13 INTER-COUNTIES (continued)

GIRLS

Team Result:-

1 Berkshire 293, 2 Surrey 291.5, 3 Kent 288.5, 4 Middlesex 281, 5 Sussex 274.5,
6 Hampshire 273.5, 7 Oxfordshire 261.5, 8 Buckinghamshire 257, 9 Essex 241.5,
10 Hertfordshire 223.5, 11 Somerset 214.5, 12 Dorset 199.

Individual performances:

100m Twinelle HOPESON 13.43/-3.0; Joy DANQUAH 13.78/-2.0

200m Twinelle HOPESON 26.94/-0.9; Joy DANQUAH 28.65/-0.7

800m Catherine TAYLOR 2:40.12; Jo PARKER 2:46.74

1500m Maddie GUNN Surrey 4:58.40; Emily EASTLAND 5:12.13

70H Lucy JONES 12.41/-3.3; Jemma NEATE 13.19

HJ Harriet SPEED 1.35

LJ Katie SHEEHAN 4.61; Takara WILSON 4.51

SP Sarah BREEN 8.27; Takara WILSON 7.98

DT Jessica WILLISHER 21.02; Sarah BREEN 17.24

JT Joanna PARKER 17.71; Louise NORTHAM 15.95

4x100 SURREY 54.26

SURREY ATHLETES AT NATIONAL CHAMPIONSHIPS

AAA U23/U20 CHAMPIONSHIPS - BEDFORD, 26/27 June 2004

Nick Stanisavljevic achieves World Championship qualifying height of 2.15m

UNDER 23 MEN

100M 1 Tim ABEYIE (Belg) 10.79 / -2.7; 200M 1 Tim ABEYIE (Belg) 21.25 / +0.3;

PV 3rd Cameron JOHNSTON (Belg) 4.75m.

UNDER 23 WOMEN

HT 3 Helen EPHGRAVE (G&G) 45.26m.

UNDER 20 MEN

HJ 1 Nick STANISAVLJEVIC (Wok) 2.15; HJ 2 Michael WHITEHOUSE (B&B) 2.06.

UNDER 20 WOMEN

100 3 Joscelynn HOPESON (Arch T) 12.21 / -3.1; 800 3 Charlotte BEST (Craw) 2:05.42;

1500 2 Danielle CHRISTMAS (Craw) 4:24.46;

100H 2 Channelle GARNETT (HHH) 13.92 / +1.4;

HJ 2 Shani RAINFORD (HHH) 1.73m; HJ 3 Dominique BLAIZE (K&P) 1.73m;

LJ 3 Dominique BLAIZE (K&P) 5.88m / +0.8.

SURREY ATHLETES AT NATIONAL CHAMPIONSHIPS

ENGLISH SCHOOLS CHAMPIONSHIPS - GATESHEAD, 9/10 July 2004

Surrey athletes representing Surrey(S) and London(L) won 18 individual medals:-

SENIOR BOYS

PV 2 Steve CARPENTER (S) 4.35m; LJ 2 Bernard YEBOAH (S) 7.37m/+1.5;
LJ 3 Ike MBA (S) 7.05m / -0.5; HT 3 Mark COVINGTON (S) 51.46m.

SENIOR GIRLS

HJ 3 Shani RAINFORD (S) 1.69m; PV 3 Samantha POULTER (S) 3.15m;
TJ 2 Rebekah PASSLEY (S) 12.00m / -0.2.

INTERMEDIATE BOYS

100 1 Harry AIKINES-ARYEETY (S) 10.73/+0.7; 100H 2 Daniel DAVIS (S) 13.04/+2.1;
LJ 3 Ashley HARRIS (S) 6.77m / +1.4; DT 2 Chris SCOTT (S) 46.85m.

INTERMEDIATE GIRLS

100 1 Joscelynn HOPESON (S) 11.81 / -0.1; 1500 1 Danielle CHRISTMAS (S) 4:24.77;
HJ 2 Charis O'CONNOR (S) 1.77m; LJ 1 Dominique BLAIZE (S) 6.03m / +0.9;
JT 2 Jade DODD (L) 38.08m.

JUNIOR BOYS

200 2 Precious OJIGHORO (L) 22.89 / +0.1; 80H 3 Stuart PRICE (S) 11.44 / 0.0.

AAA CHAMPIONSHIPS & OLYMPIC TRIALS - MANCHESTER, 10/11 July 2004

Surrey athletes gain 5 Gold, 2 Silver and 2 Bronze medals

200 1 Chris LAMBERT (Belg) 20.94 / -0.3;
200 1 Joice MADUAKA (WG+EL) 23.16 / +0.7;
5000 1 Catherine BERRY (Belg) 15:45.28; LJ 1 Jade JOHNSON (HHH) 6.72m / +1.53;
DT 1 Emeka UDECHUKU (WG+EL) 61.60m.
100 2 Joice MADUAKA (WG+EL) 11.56/-0.8; DT 2 Shelley NEWMAN (Belg) 55.44m.
HJ 3 Samson ONI (Belg) 2.15m; HJ 3 Julia BENNETT (E&E) 1.78m.

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OLYMPIC GAMES - ATHENS, GREECE - 18/29 AUGUST 2004

Following the second list of selections for the British team announced by the British Olympic Association on 20 July there are 6 Surrey athletes in the team:-

Women 200M: Joice MADUAKA (Woodford Green with Essex Ladies)
Women 400M & 4x400M: Donna FRASER (Croydon H)
Women Long Jump: Jade JOHNSON (Herne Hill H)
Women Discus: Shelley NEWMAN (Belgrave H)
Men 200M & 4x100M: Chris LAMBERT (Belgrave H)
Men Discus: Emeka UDECHUKU (Woodford Green with Essex Ladies)

SURREY ATHLETES AT INTERNATIONAL MEETINGS
(May - July 2004)

**HUNGARY v ENGLAND v NORWAY v WALES v SERBIA - SZOMBATHELY,
HUNGARY - 29/30 MAY**

Womens Long Jump - 1 Sarah WELLSTEAD 6.20w / +2.3 (6.03 / +0.7)

Womens Triple Jump - 2 Emily PARKER 12.65 / +1.1

Mens Shot Putt - 1 Emeka UDECHUKU 18.61

SPAR EUROPEAN CUP - BYDGOSZCZ, POLAND - 19/20 JUNE

Womens 100M - 4 Joice MADUAKA 11.56 / -1.6

Womens 200M - 7 Joice MADUAKA 23.43 / +0.6

Womens 400M - 5 Donna FRASER 52.32

Womens 4 x 100M - 8 GB&NI (Joice MADUAKA ran 4th leg) 44.27

Womens 4 x 400M - 4 GB&NI (Donna FRASER ran 4th leg - split 51.35) 3:27.22

Mens 4 x 100M - 1 GB&NI (Chris LAMBERT ran 3rd leg) 38.67

GB & NI U20 v AUSTRALIA U20 - MANCHESTER - 3 JULY

200M: Joscelyn HOPESON (Arch T) 1st 24.34/+0.9

800M: Charlotte BEST (Craw) 1st 2:07.55

1500M: Danielle CHRISTMAS (Craw) 1st 4:24.51

100H: Chanelle GARNETT (HHH) 3rd 14.48/-1.2

HJ: Shani RAINFORD (HHH) 2nd 1.69m

LJ: Dominique BLAIZE (K&P) 3rd 5.73m/+1.6

4x100: Joscelyn HOPESON (Arch T) 2nd 45.03

4x400: Charlotte BEST (Craw) 1st 3:37.78

HJ: Nick STANISAVLJEVIC (Wok) 1st 2.12m

HJ: Michael WHITEHOUSE (B&B) 2nd 1.95m

4x400m: Martyn ROONEY (Croy) 1st 3:10.15

EUROPEAN CUP - COMBINED EVENTS - HENGELLO, NETHERLANDS, 3/4 JULY

John HEANLEY (WSEH) finished in 19th place with a score of 7092pts.

His performances were: 100M 11.44/+2.9; LJ 6.79m/+1.5; SP 11.38m; HJ 1.97m; 400M 50.20; 110H 15.09/+0.7; DT 36.30m; PV 4.20m; JT 43.82m; 1500M 4:27.31.

IAAF WORLD JUNIOR CHAMPIONSHIPS - GROSSETO, ITALY - 13-18 JULY

Nick STANISAVLJEVIC (Wok): HJ - cleared 2.14m in Final to finish 9th. He cleared 2.15m to equal his personal best in the qualifying round.

Charlotte BEST (Craw) ran 3rd leg for GB team which finished 5th in the Final with a time of 3:33.67.

GB & NI U23 v GERMANY U23 v ITALY U23 - MANCHESTER - 24 JULY

Tim ABEYIE (Belgrave H) 200m: 2nd 20.92/+0.4 & 4x100m: 3rd (Leg 4) 41.00

GB & NI v USA v Europe Select v Commonwealth Select - BIRMINGHAM - 25 JULY

Donna FRASER (Croydon H) 400M (Europe Select) 4th 52.70

Chris LAMBERT (Belgrave H) 200M 5th 20.67/+1.7

Joice MADUAKA (Woodford Green with Essex Ladies) 100M 7th 11.47/+1.7

COUNTY DIARY 2004 - 2005

2004

7/8 August	AAA U17/U15 Comb Events + 3000m	Birmingham
8 August	U15 & U20 Inter Counties	Abingdon
8 August	Vets T&F Inter-County	Ashford, Kent
14/15 August	AAA U17/U15 T&F Championships	Birmingham
15 August	SEAA Senior Inter-County	Hemel Hempstead
15 August	National Inter-County 10K Road Race	Bishop Stortford
22 August	SCAA 5K Championship & RL	Wimbledon
28 August	SCAA 10,000M Track Championship	Tooting Bec
29 August	U17 Inter-County	Kingsmeadow
11 September	SCAA Road Relays	Wimbledon Park
18/19 September	SCAA Combined Events	Crawley
18/19 September	English Schools Comb Events + Walks	Exeter
3 October	SCAA YA Cross Country Relays	Stoke Park, Guildford
10 October	Surrey Schools Coaching Day	Sutton
16 October	SCAA Vets Cross Country Champs	Petersham
24 October	U13/U15 Sportshall	Spectrum, Guildford
21 November	Surrey Schools Coaching Day	St Mary's Twickenham
5 December	U13/U15 Sportshall	Spectrum, Guildford

2005

8 January	SCAA Cross Country Championships	Lloyd Park, Croydon
6 February	U13/U15 Sportshall	Spectrum, Guildford
12/13 February	SCAA Indoor Championships	Sutton
27 February	Regional U13/U15 Sportshall Final	Spectrum, Guildford
3 April	Surrey Schools Coaching Day	Sutton

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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Please note the following dates for submission of items for inclusion in SCAN:
17th October 2004 (November issue); 17th January 2005 (February issue);
17th April 2005 (May issue) and 17th July 2005 (August issue).

If you know of anyone who wishes to receive SCAN then they should contact the editor giving details of their involvement with athletics in Surrey. SCAN is available for download from the County web site by entering www.surreyathletics.org.uk/scan (NOTE all in Lower Case)