

SURREY COUNTY ATHLETIC NEWS

(Issue 41 - November 2004)

FROM OUR PRESIDENT

It's a surprise that I have reached my half term stage in my office as your President. It coincides with the start of the winter season concentrating on Cross Country and, for those who hate to be running across uneven ground through mud and in the rain, there is indoor athletics comprising Sports Hall for the younger members and the regular indoor track and field for more senior athletes culminating in the County indoor Champs. at Sutton Arena on 12th February 2005 where I hope to meet many of those who took part in the summer outdoor meetings.

I have enjoyed meeting so many of you this summer both Track and Field and Road Runners. I have been given the opportunity to present medals and trophies to the most successful and to meet parents and supporters out on the banking and in the stands. Many of you have been in the county teams when I was manager of the younger age boys and you cannot appreciate the pleasure it has been for me to know that you are still enjoying your athletics, many of you at international level. In addition I have renewed acquaintance with your parents who make it possible for you to compete for the county team.

During this first half term I have come to realise that there are three dedicated teams of hard working people in the County, firstly the county officials team who turn out regularly to officiate at County Champs. and in the inter-County matches that Surrey promote. They do this as a hobby and enjoy the experience. Remember that like the athletes they are human so like all humans can sometimes make mistakes, it differentiates them from machines! . Do not be too hard on them when they do so as I know that they try very hard not to do so. Secondly but equally there is also the smaller team that promote the meetings. They spend a great deal of their spare time both before hand and on the day of the meeting deep in paperwork to ensure that it runs as smoothly as clockwork. Like the officials they also happen to be human! Thirdly, but by no means least, are the County team managers who go to great lengths to scour all available sources so that they can invite the best available athletes to compete for the County. This season their teams rewarded their efforts with some success. I am proud to be associated with a county who ensure that their athletes are given every opportunity to compete at the highest level and with success. There were a considerable number of athletes who obtained PB,s competing for the County. Many hope for selection so that they can compete against good quality athletes. Clearly it brings out the best in our athletes!

I have taken the opportunity on the day of the meeting to thank both former teams on behalf of all Surrey athletes and their supporters for without them there would be no athletics. In this report I also thank, on behalf of the same individuals, their team managers for without them there would be no teams. In addition all the hard work would be wasted if the stadia that we use was not ready for the athletes arrival. On behalf of you all I have thanked the grounds teams for their efforts. This extends to the First Aiders who again as volunteers turn up

regularly to ensure that injuries are dealt with promptly. To wait until you arrive home to deal with an injury may put your career in jeopardy so their kind help is important and ensures that meetings can be staged.

Surrey athletes and teams have done well this season, Our Senior ladies were second in the nation wide CAU match at Bedford and we won the Senior ladies CAU 10K champs at Gateshead, the first time in living memory. Derek Crookes was delighted with both his team's performance. He also managed the winning Senior Men team at Aldershot in a four team match. Our U/13 Boys won and the Girls were second in the Southern Inter-counties match that Surrey promotes so that all age groups can take part in an inter-counties matches. This also applies to the U/17s match, that our ladies won, which is promoted on a rolling basis among counties in the south. Both these matches are outside of the SEAA promotions who concentrate on U/15 and U/20s, where our U/20 men were in winning form. The county promotions are very popular with all the athletes who take part as I was told when chatting to supporters and athletes on the banking and in the stand.

This year was Olympic year and the UK team included six athletes from Surrey. Although some of our athletes were able to reach finals those precious medals eluded them. However PBs were achieved in some cases so clearly our athletes did their best. My commiseration go to those who sustained injury in their most important event. I hope the dedication that they show will carry them to success in four years time in Beijing. Our congratulations must go to Kelly Holmes from our neighbour county Kent for her outstanding achievement in Athens. If only she had lived 20 miles further west in Oxted! Athletics is full of 'if only's'.

I was unable to attend all Surrey Champs and representative matches due to holidays, injury or very special family occasions. I thank all those colleagues who stood in for me when I was absent. It's a packed calendar and the current Surrey Committee make a huge amount of effort to ensure that Surrey athletes can attend all available meetings, as clearly they deserve the chance. They even promote your President to acting team manager on the day to achieve the target that has been set.

I wish all Surrey athletes every success next year on the track and road and I look forward, with anticipation, to the coming winter season. Please ensure that all my colleagues who work so hard to give our athletes every opportunity, are rewarded with a large turn out at the County promotions

Martin Goodway
SCAA President

SURREY TRACK & FIELD RECORDS SET IN 2004

SW 5000M 15:14.08(31/7) Natalie HARVEY

SW LJ 6.80m/+1.2 (27/8) Jade JOHNSON

SM DT 64.93(17/7) Emeka UDECHUKU

U20M LJ 7.61/+1.2(21/8) Bernard YEBOAH

U17W 100M 11.70/-1.3(14/8) Joscelynn HOPESON

U17W JT 38.08(10/7); 38.23(17/7); 38.89(24/7); 39.46(29/8); 40.98(11/9) Jade DODD

U17M 100M 10.61/-1.0(8/8); 10.59/-0.9(22/8) Harry AIKINES-ARYEETAY

U17M TJ 14.32m (29/8) Jeremy ODAMETAY

TOM MITCHELL 1914 -2004

Tom Mitchell, who with his younger brother Frank, formed a coaching partnership for the successful cross country and middle-distance squads of the former Mitcham Athletic Club in the 1950's and 1960's, has died just a few days short of his 90th birthday. While Frank concentrated on grooming senior athletes to international status, including middle-distance runners Tony Harris and Ann Smith (who raced in the same 800 metres final at the 1964 Tokyo Olympics won by British team-mate Ann Packer), Tom put his efforts into the youngsters in the club.

Both brothers were previously members of Belgrave but, with Tom's daughter Carol, keen on running and Belgrave not, at that stage, having a women's section, they both gravitated to the Mitcham club, then based at the News of the World sports ground near Mitcham Common. Carol joined Mitcham at the age of 12 and competed internationally indoors over 800 metres at the old indoor arena at Wembley in the early 1960's. Her father coached the Mitcham quartet of Chris Marshall, Les Morrish, Keith Wallis and Graham Mountcastle which won the English junior team title at Sutton Coldfield in 1968 and the following year, Mitcham took the team silver medals.

In 1964, Mitcham won the youths silver team medals and in 1967 the bronze team medals with squads coached by Tom Mitchell. Mitchell coached Dave Harvey to victory in the Southern boys championship in 1959 when the Mitcham team took the silver medals. Mitcham took the team honours in 1961, were second in 1962 and then completed a hat-trick of wins from 1964 to 1966 with former marathon international Steve Badgery winning the individual bronze and Brendan Byrne the individual silver medals in 1965 and 1966.

Mitcham won the Southern junior team silver medals in 1962 and Badgery the individual bronze medal in 1967. In 1963, Badgery, who is still running with Hercules Wimbledon, won the Surrey boys cross country title in Morden Park after finishing fifth the previous year. In 1964, he won the Surrey youths title racing on Wimbledon Common. Other runners who progressed under Mitchell's guidance included Don Cope, second in the Surrey boys cross country championship in 1962 and Geoff Biscoe, third in the Surrey junior championship in 1964 and Surrey youth half-mile winner in 1961.

During his working life he was an engineer at the KLG factory in Putney Vale. When he retired, he and his wife used to go on trips to watch athletics throughout the world. He lived in Stonecot Hill and is survived by two daughters, three grandchildren and one great grand child. He was particularly proud of his granddaughter, Helen McLoughlin, who, following in her mother's footsteps finished runner-up in the Southern Women's Junior cross country championship in the mid 1980's. She had only just returned from the Athens Olympics where she was working for VISA.

Tom Pollak

JOHN JEFFERY 1944 -2004

John Jeffery, former President of Belgrave Harriers and Southern Counties Administrator, has died. The funeral will take place at Putney Vale East Chapel at 1pm on Friday 5th November. John's family have requested no flowers.

JIM ALFORD 1913 - 2004

One of UK athletics' last surviving pre-War champions, Jim Alford, has died in August at the age of 90. He was found at his home in Tooting, by former Olympic hurdler Lorna Boothe when she paid one of her frequent visits to him.

Representing his native Wales, he won the 1938 British Empire Games one mile title in Sydney, Australia, in 4 minutes 11.6 seconds, taking 1.2 seconds off the Games record. He was Captain of the Welsh athletics team on that occasion.

The AA of Wales proudly recalls that, during his brilliant career, Alford beat the world mile record holder Sydney Wooderson and the Olympic 1500m champion, Jack Lovelock. He also helped Britain's 4x1500m team break the world record.

In Wales, Alford won 11 Welsh titles in a range of disciplines from the 440 yards to cross country.

Before he went on to become the first National Coach for athletics in Wales, he represented Britain five times in 1937 and 1938 and would certainly have gained many more international vests had not his career been interrupted by the Second World War.

Before the War, he competed for Britain against France three times and against Norway once and also competed for Britain in the European Championships in Paris in 1938, finishing seventh in 4:03.0 in the 1500m final won by Wooderson in 3:53.6. Alford gained a sixth British international vest when he ran against France in Paris in 1945.

He had a best 880 yards time of 1:53.7. His best 1500m time of 3:56.0 was achieved at the 1937 World Student Games in Paris, where he won both the 800m and 1500m Gold medals.

Alford, who learnt his athletics with the Welsh club Roath Harriers which later merged to form Cardiff AAC, joined the RAF during the War, reaching the rank of Squadron Leader and flying Mosquito aircraft with the Pathfinders. Mixing business with pleasure, he won the RAF 880 yards and one mile titles.

After he retired from active athletics, Alford became one of Britain's leading coaches and was one of the first national professional coaches to be appointed by the former British Amateur Athletic Board in the 1950s under the legendary chief coach Geoff Dyson.

Alford regularly helped run Easter holiday training courses for up and coming athletes at Motspur Park and one of the messages he gave to many an inspired teenager was: 'You've probably got 15 years to be a good class athlete but during this time you will make friends you will keep for the rest of your lives.'

In addition to becoming National Coach for Wales, he sat on the IAAF Coaching Development Commission. He was particularly keen on helping to encourage and develop athletics in Third World countries and frequently paid visits to nations in Africa and Asia.

Closer to home, Alford helped develop Boothe's tremendous talent and also coached many other Olympic and international athletes at the old Tooting Bec, which was one of the few floodlit tracks in London in the 1960s.

Jim Alford (continued)

Under the glare of tungsten lights and gas tilly lamps, he coached a mass of athletes including sprinters Madelaine Weston and Marianne Dew, and middle distance runner Phyllis Perkins, who as Mrs Winger is still involved in the sport through her Ilford club and as a member of the South of England Track and Field Committee. He also helped the late Peter Driver to the Empire Games six miles gold medal at Vancouver in 1954. Driver won the AAA title the same year. Weston and Dew, now Mrs Cobb and Mrs Black respectively, competed at the 1960 Olympics. In 1958 Madelaine had won the Women's AAA 100 yards title in 10.6. In 1964, Marianne set a British 220 yards record of 24.2.

He also coached 400m international Martin Winbolt-Lewis and, more recently, helped 400m hurdles international Gowry Ratchekan.

In recent years, Alford did most of his coaching at Tooting Bec track. Until only a few months ago, he still drove to the track to coach and still enjoyed watching athletics. He attended this year's Surrey Schools Championships at Kingsmeadow Stadium and only four days before his death was at a UK National Young Athletes' meeting at the same venue.

Tom Pollak

COACHING

COACH EDUCATION PROGRAMME – London/East – 2004/5

Course	Date	Code	Venue	Time	Availability
Level 1 – Assistant Coach					
Sa 13 Nov 04	L040	Crystal Palace	0900-1700	8 places	
? Nov 04	EA044	Royston, Hertfordshire	0900-1700	10 places	
Sa 29 Jan 05	EA046	Chelmsford	0900-1700	8 places	
Su 30 Jan 05	L041	Twickenham	0900-1700	19 places	
Su 6 Feb 05	L045	Kingston College	0900-1700	20 places	
Sa 5 Feb 05	L048	Enfield	0900-1700	20 places	
Any Date	If you have 12 applicants a specific course could be organised for them				
Level 2 Core Module					
4/5 Dec 04	L211	Sutton Arena, Carshalton	0900-1700	9 places	
11/12 Dec 04	EA214	UEA Norwich	0900-1700	3 places	
22/23 Jan 05	L212	Crystal Palace	0900-1700	20 places	
5/6 Mar 05	EA215	Chelmsford	0900-1700	10 places	
Level 2 Event Modules and Assessments					
Sa 20 Nov 04	EA211SP	Level 2 Module Speed	Ware	0900-1700	2 places
Su 21 Nov 04	EA211JU	Level 2 Modules Jumps (am)		0900-1700	3+8 places
		& EA211TH & Throws (pm)	Ware	No assessments	
Level 3 & 4 Core Module					
12/13 Mar 05	L32001	Level 3 Phase 2, Twickenham	0900-1700	15 places	
?	L4C1001	Level 4 Phase I, Hackney	0900-1700	20 places	
Spring 05	EA3C201	TBC Level 3 Phase 2, Chelmsford	0900-1700		
Autumn 05		TBC Level 3 Event Specific, Venue TBC			

COACHING

COST OF COURSES

(non refundable - unless cancelled by UK Athletics but can be transferred)

Level 1 - £50 per person - 1 day no assessment

Level 2 - £120 per person - 3 days including assessment

Level 2 Additional Event Modules-£30 per person no assessment

Level 3 - Phase 1 - £80 per person - 2 days no assessment

Level 4 - Phase 1 - £80 per person - 1 day (scUK Group Excel)

Children in Athletics - £50 per person - 1 day including assessment

Fitness in Running & Walking - £50 per person - 1 day no assessment

Strength & Conditioning - £100 per person - 2 days no assessment

Mentoring - £80 per person - 2 days optional assessment

HOW TO BOOK ON A COURSE

New Coaches - must complete a Coach Application/Data Form and return it with passport photograph and payment PRIOR to the course. Forms can be downloaded from www.ukathletics.net or by contacting your Regional Education & Training Administrator, details on next page. Places are allocated on a first paid first served basis and will proceed provided minimum numbers are met.

FOR FURTHER INFORMATION & AN APPLICATION FORM CONTACT

Chris Bowman

60 Grecian Street, Maidstone, Kent ME14 2TS

Tel 01622 664 835 Fax: 07092 144 324

Mobile: 07970 544 324

Email: cbowman@ukathletics.org.uk

Note - between the following dates:

21 Oct to 2 Nov 04; 17 Dec 04 to 3 Jan 05; 10 Feb to 22 Feb 05 Email or Call Spanish Mobile No. 00 34 685 400 548 Or contact Stuart Attwell on UK No. 0870 998 6800.

International Cross Country Race for Lloyd Park, Croydon

Croydon Harriers are hosting the British & Irish Masters International cross-country on 20 November 2004, on behalf of the Veteran Athletic Association of England. Regarded by athletes aged 35-plus as one of the most prestigious and coveted individual titles to win, top Scottish, Irish, Welsh, N. Irish and English male and female distance runners are prepared to pay their own travel and hotel expenses for the privilege of wearing their country's colours. Previous winners include the 1976 Olympian, Nick Rose, likely to be included in the England M50-54 team, the Scottish international Trudi Thompson and Ireland's evergreen Anne Keenan-Buckley. Tracey Morris was second, running for her native Wales, in Cardiff last year.

Competition is in 5-year age groups, from 35 through to 70. Women, all age groups and men aged 70+ run 6km commencing at 12.15, followed at 13.00 by M50-59 and the M40-49 at 13.30 over a 2-lap 8km excellent spectator course. There are Open Races for athletes aged 17 and over at 14.15. Entry forms can be downloaded from the British Masters web site www.bmaf.org.uk, Croydon H web site or SAE to 8 Rylandes Road, Selsdon, South Croydon, CR2 8EA. Information 020 8683 2602.

COUNTY CHAMPIONSHIPS

5K ROAD RACE, WIMBLEDON, 22 AUGUST 2004

Senior Men

- 1 Phil SLY (THH) 14:47
- 2 Paul DOYLE (Rane) 15:34
- 3 Roger ALSOP (Belg) 15:39

M40 Men

- 1 K DONKIN (Vets M45) 16:02
- 2 M GILES (Sutt R M40) 16:28
- 3 M LANE (Rane) 16:56

M50 Men

- 1 Ian KITCHING (SLH) 17:01
- 2 D BATTEN (SoC) 18:29
- 3 D SHAW (Elm) 18:32

M60 Men

- 1 D NEWLAND (SLH) 19:25
- 2 Phil FENTON (Eps O) 20:55

TEAM:

- 1 Belgrave Harriers 13
- 2 Ranelagh Harriers 28
- 3 The Stragglers 36

Senior Women

- 1 Janet RAY (DMV W40) 18:26
- 1 Gillian O'CONNOR (SLH W35) 18:30
- 3 Alison McKENZIE (SLH) 18:34

W35 Women

- 1 Janet RAY (DMV W40) 18:26
- 2 Gillian O'CONNOR (SLH W35) 18:30
- 3 P ROGERS-DIXON (HHH W35) 18:47

W45 Women

- 1 L NEVILLE (Eps A) 20:42
- 2 J QUANTRILL (SLH) 21:19
- 3 M BROWN (26.2) 21:20

W55 Women

- 1 J DAVIES (E&E) 19:59

TEAM:

- 1 South London Harriers 12
- 2 The Stragglers 16
- 3 Epsom & Ewell Harriers 34

ROAD RELAYS, WIMBLEDON 11 SEPTEMBER 2004

Senior Women (4 laps): 1 Ranelagh H 71:10; 2 South London H 71:27; 3 Wimbledon Windmilers 72:17. Fastest lap: J RONALDSON (Rane) 16:30

Veteran Women 35 (4 laps): 1 South London H 78:13; 2 Thames H&H 79:46; 3 South London H 'B' 83:14. Fastest lap: R DISLEY (TH&H) 18:02

Senior Men (6 laps): 1 K Belgrave H 90:58; 2 South London H 93:50; 3 Belgrave H 'B' 94:46. Fastest lap: D ANDERSON (Belg) 13:50

Veteran Men over 40 (4 laps): 1 Ranelagh H 63:47; 2 South London H 64:44; 3 Herne Hill H 65:34. Fastest lap: M BOYLE (HHH) 15:05

Veteran Men over 50 (4 laps): 1 South London H 68:28; 2 Hercules Wimbledon 70:32; 3 Reigate Priory 70:44. Fastest lap: I KITCHING (SLH) 15:31

10,000M TRACK CHAMPIONSHIPS, TOOTING BEC, 28 AUGUST 2004

Men: 1 P DOYLE HHH 32:43.9; 2 K HEGVOLD (M40) Belg 33:17.1; 3 M ASHTON AFD 33:41.2.

Women: 1 J WRIGHT Shaft B 33:41.4; 2 S ALLEN (W35) HHH 44:48.8; 3 N ATKINS K&P 46:44.5.

COUNTY CHAMPIONSHIPS

COMBINED EVENTS CHAMPIONSHIPS, CRAWLEY, 18(a)/19(b) SEPTEMBER 2004

Senior Men Decathlon - 4 competitors

1 Mark ROBERTS (K&P) 5749pts (12.77/-1.5, 6.14, 11.21, 1.69, 55.7, 16.25/0.0, 38.34, 3.70, 47.25, 5:02.60); 2 Neil JENNINGS (R&T) 4293pts (12.58/-1.5, 5.39, 8.18, 1.51, 56.0, 20.44/0.0, 22.93, 2.60, 43.00, 4:57.42); 3 Adam RICHARDSON (TeamS) 3503pts (13.26/-1.5, 4.51, 10.95, 1.51, 61.1, 23.06/0.0, 31.95, 2.10, 31.37, 5:41.08).

Vet Men Pentathlon (age graded) (a) - 5 competitors

1 John WEBSTER (HW M65) 2609pts (LJ 3.64, JT 32.25, 200 35.44, DT 27.52, 1500 6:51.1); 2 Jeremy DAVIS (Walton M40) 2338pts (4.92, 42.31, 28.62, 33.42, 6:15.1); 3 Brian HARLICK (E&E M60) 2107pts (3.62, 25.11, 34.44, 34.54, 7:44.0).

Under 20 Men Decathlon - 1 competitor

1 Humphrey WADDINGTON (K&P) 4690pts (12.3, 6.06, 7.85, 1.66, 56.7, 17.78/0.0, 22.15, 2.00, 42.55, 4:41.95).

Under 17 Men Octathlon - 3 competitors

1 Chris SCOTT (G&G) 3957pts (17.62/+3.3, 5.77, 13.46, 67.18, 1.79, 49.16, 37.03, 6:13.54); 2 George THATCHER (Croy) 3788pts (15.89/+3.3, 5.58, 9.30, 54.24, 1.55, 17.96, 27.36, 4:37.87); 3 James CLEMENT (AFD) 3140pts (17.01/+3.3, 5.42, 7.35, 55.81, 1.55, 16.84, 18.25, 5:08.95).

Under 15 Boys Pentathlon (a) (LJ, 80H, SP, HJ, 800m) - 4 competitors

1 Alex JACKSON (E&E) 2513pts (5.28, 14.01, 9.50, 1.61, 2:07.36); 2 Graham COLE (WSEH) 2481pts (5.60, 13.72, 11.28, 1.76, 2:32.64); 3 Jamie EAST (C'ley) 2201pts (5.00, 12.31, 9.00, 1.52, 2:30.48).

Under 13 Boys Pentathlon (a) (LJ, 80H, SP, HJ, 800m) - 7 competitors

1 Mark HAYWOOD (C'ley) 1460pts (4.24, 15.67/-2.1, 5.79, 1.27, 2:24.88); 2 Jake ROSE (C'ley) 1373pts (4.27, 14.13/-1.1, 5.85, 1.27, 2:47.93); 3 Burty DREDGE (HHH) 1292pts (4.24, 15.92/-2.1, 5.50, 1.33, 2:39.78).

Under 20 Women Heptathlon - 1 competitor

1 Channelle GARNETT (HHH) 4656pts (14.35, 1.54, 9.79, 26.06/0.0, 5.52, 24.64, 2:31.73).

Under 17 Women Heptathlon - 4 competitors

1 Katherine MERTENS (Woking) 3670pts (14.72, 1.33, 7.74, 27.52/0.0, 4.63, 29.24, 2:25.18); 2 Nicola JELLEY (E&E) 3036pts (14.13, 1.42, 6.21, 29.60/0.0, 4.13, 16.92, 2:39.29); 3 Cassie BARDELL (E&E) 2905pts (14.02, 1.39, 7.24, 30.34/0.0, 3.91, 21.87, 2:53.59).

Under 15 Girls Pentathlon (b) LJ, 75H, SP, HJ, 800m) - 9 competitors

1 Lizzie CAVE (C'ley) 2595pts (4.69, 13.71/0.0, 7.01, 1.47, 2:30.0); 2 Amelia MONTAGNANI (HHH) 2466pts (5.02, 14.01/-1.6, 9.84, 1.44, 2:58.3); 3 Harriet LESTER (K&P) 2076pts (4.67, 12.41/-1.6, 5.67, 1.26, 3:01.0).

COUNTY CHAMPIONSHIPS

COMBINED EVENTS CHAMPIONSHIPS, CRAWLEY (continued)

Under 13 Girls Pentathlon (b) (LJ, 70H, S), HJ, 800m) - 10 competitors

1 Takara WILSON (HHH) 2138pts (4.41, 13.22/0.0, 7.84, 1.39, 2:57.67); 2 Emily EASTLAND (Horsh BS) 1866pts (3.68, 13.37/0.0, 4.71, 1.27, 2:36.46); 3 Katie SHEEHAN (C'ley) 1800pts (4.18, 13.53/0.0, 6.70, 1.21, 2:58.13).

CROSS COUNTRY RELAYS, STOKE PARK, GUILDFORD - 3 OCTOBER 2004

U13G - 1 Aldershot, Farnham & Dist 'A' 21:05; 2 Guildford & Godalming 'A' 21:56; 3 Epsom & Ewell 22:39. Fastest lap: 6:50 Catherine TAYLOR (AFD)

U15G - 1 Aldershot, Farnham & Dist 21:17; 2 Guildford & Godalming 21:42; 3 Dorking & Mole Valley 22:23. Fastest lap: 6:52 Becky GARDNER (DMV)

U17W - 1 Dorking & Mole Valley 21:17; 2 Sutton & Dist 'A' 22:47 ; 3 Sutton & Dist 'B' 26:05. Fastest lap: 6:47 Georgina BRUINVELS (DMV).

U13B - 1 Aldershot, Farnham & Dist 'A' 19:30 ; 2 Hercules Wimbledon 'A' 19:38; 3 South London H 'A' 21:04. Fastest lap: 6:14 Oliver AITCHISON (AFD) and Jonathan BURGESS (HW).

U15B - 1 South London H 'A' 18:20; 2 Woking 18:50; 3 Epsom & Ewell 19:08. Fastest lap: 5:59 Martin COUSINS (Wok).

U17M - 1 Aldershot, Farnham & Dist 'A' 17:07; 2 Epsom & Ewell 18:14; 3 Sutton & Dist 'A' 18:22. Fastest lap: 5:39 Ben WILSON (AFD)

VETERANS CC CHAMPIONSHIPS - RICHMOND PARK, 16 OCTOBER 2004

1 J RAY (D&MV) W40 23:19	1 M TENNYSON (G&G) M40 35:12
2 C EVANS (SLH) W40 23:41	2 M GOATLEY (G&G) M40 35:23
3 J CLARK (Belg) W40 23:58	3 D OGDEN (SLH) M45 35:27

First finisher in each age category:

W35 R HUTTON (SLH) 24:13; W40 J RAY (D&MV) 23:19; W45 A CARPENTER (THH) 25:05; W50 K MALLETT (Rane) 25:57; W55 J DAVIES (E&E) 25:36
M40 M TENNYSON (G&G) 35:12; M45 D OGDEN (SLH) 35:27; M50 B ATTWELL (SLH) 36:52 M55 L O'HARE (HHH) 38:14; M60 P GILES (THH) 39:30; M65 K SPACIE (THH) 40:52; M70 B SHAVE (HHH) 51:08; M75 D ADEY (Dul R) 51:59

TEAMS

W35-44

1 South London H	12
2 The Stragglers	21
3 Woking AC	25

W45+

1 South London H	13
2 Ranelagh H	16
3 The Stragglers	18

M40-49

1 Guildford & Godalming	18
2 South London H	20
3 Boxhill Racers	22

M50-59

1 Hercules Wimbledon	12
2 Ranelagh H	27
3 Thames H & H	42

M60+

1 Thames H & H	10
2 South London H	11
3 Herne Hill H	30

INTER-COUNTY MATCHES

SEAA U20/U15 INTER-COUNTIES - ABINGDON, 8 AUGUST 2004

Daniel Davis (Sutton & District) clocks 14.33 in the U20 110M Hurdles to set a UK U17 best. Harry Aikines-Aretey (Sutton & District) clocks 10.61/-1.0 in the U20 Mens 100M to place 6th on the UK All-time U17 rankings and set a new Surrey record (previously 10.64 by Jon Barbour in 1997).

Individual performances:-

UNDER 20 MEN

100M 5 Harry AIKINES-ARYEETAY
(U17) 10.61/-1.0

200M 5 Ryan THOMAS 22.43/-1.0

400M 2 Martyn ROONEY 47.79

800M 3 Joe VAN DER TOORN 1:54.38

1500M 5 Patrick CANAVAN 4:07.79

110H 1 Daniel DAVIS (U17) 14.33/+1.0

400H 6 Humphrey WADDINGTON 60.97

2000SC 7 Humphrey WADDINGTON 7:27.20

3k Walk Humphrey WADDINGTON DSQ -

HJ 3 Nick STANISAVLJEVIC 2.00m

PV 1 Steve CARPENTER 4.20m

LJ 3 Ezekiel EWULO 6.73m/-1.1

TJ 1 Enyioma ANOMELECHI 14.48m/+0.5

SP 3 Kyle STEVENS 15.26m

DT 4 Kyle STEVENS 37.27m

HT 6 Robert SMITH 38.21m

JT 5 Humphrey WADDINGTON 43.79m

UNDER 15 BOYS

100M 6 Tremayne GILLING 11.94w/+2.9

200M 5 Jermaine ALEXANDER 24.11

400M 3 Jack PEARCE 53.69 PB

800M 5 Alex JACKSON 2:07.59

1500M Nick FARRELL DNF

80H -

HJ 3 Graham COLE 1.70m

PV 1 Ryszard BUK 3.10m

LJ -

TJ 9 Henry SHIPLEE 10.70m

SP 2 Rohan SAMUEL 12.54m

DT -

HT 8 Douglas HUNT 28.43m PB

JT 6 Will MINTON 37.56m PB

UNDER 20 WOMEN

100M 4h2 Sarah HOLMES 13.40/-2.9

200M 6h2 Sarah HOLMES 27.03/0.0

400M 3 Lauren WEBB 58.70

800M 8 Louise COLLIER 2:20.63

1500M 3 Emily ADAMS 4:47.85

100H 1 Channelle GARNETT 13.98

400H -

HJ -

PV 2 Samantha POULTER 3.00m

LJ 1 Dominique BLAIZE (U17) 5.60m/-1.1

TJ -

SP 6 Dominique BLAIZE (U17) 11.07m

DT -

HT -

JT -

UNDER 15 GIRLS

100M 4 Jo WHITE 13.00/-2.5

200M 3 Magali FRANKA 25.61

800M 5h1 Jo ROWLAND 2:29.28

1500M 7 Sophie COWPER 5:07.38

75H 3h3 Natalie RISMAN 12.48/-0.3

HJ 12 Anita COOPER 1.40m

LJ 3 Jo WHITE 5.12m

SP 6 Montana MARSHALL 9.79m

DT -

JT 9 Abby PETERS 26.99m

INTER-COUNTY MATCHES

SEAA U20/U15 INTER-COUNTIES - ABINGDON (continued)

TEAM RESULTS:-

U20 MEN: 1 SURREY 84, 2 Kent 73.5, 3 Bucks 58, (18 Counties)

U20 WOMEN: 1 Kent 60, 2 Middlesex 49, 3 Devon 44, ... 8 SURREY 39 (17 Counties)

U15 BOYS: 1 Essex 76, 2 Middlesex 71, 3 Kent 66, 5 SURREY 42 (16 Counties)

U15 GIRLS: 1 Kent 58, 2= Hampshire & Sussex 36, 9= SURREY 22 (16 Counties)

MASTERS INTER-COUNTIES - ASHFORD, 8 AUGUST 2004

Teams: 1st Kent 546; 2nd SURREY 363; 3rd Sussex 341; 4th Hampshire 187;
5th Oxfordshire 140.

W35

100m 3A Ros AYLETT 14.9; 3B Debbie SINGLETON 15.6. **200m** 2A Ros AYLETT 31.0.
400m 4A Nicky MURPHY 71.5; 4B Alison COLLINS 77.6. **800m** 4A Jane SEARLE 2:44.0;
3B Ros AYLETT 3:04.2. **1500m** 4A Nicky ATKINS 5:45.1; 3B Ros AYLETT 6:51.8.
3000m 3A Nicky ATKINS 12:37.5. **400mH** 2A Nicky MURPHY 78.5.
3000m Walk 2A Susan CARNELL 16:40.9. **PV** 2A Debbie SINGLETON 2.10m.
LJ 2A Nicky MURPHY 4.26m; 2B Debbie SINGLETON 3.63m.
TJ 2A Nicky MURPHY 8.99m; 2B Debbie SINGLETON 7.82m.
SP 2A Camilla THRUSH 9.69m. **DT** 2A Camilla Thrush 26.83m.
HT 3A Camilla THRUSH 32.62m. **JT** 2A Camilla THRUSH 24.29m. **4x100m** 4 Surrey 63.9.
4x400m 4 Surrey 5:02.2.

W50

100m 4 Anne NELSON 15.8. **200m** 3 Anne NELSON 32.9. **400m** 4 Anne NELSON 94.6.
800m 1 Liz NEVILLE 2:55.3. **1500m** 2 Liz NEVILLE 6:08.2.
3000m 1 Liz NEVILLE 12:50.8. **3000m Walk** 1 Liz NEVILLE 18:00.9.
LJ 3 Linda HARRISON 3.16m. **TJ** 4 Linda HARRISON 6.70m. **SP** 1 Liz SISSONS 9.44m.
DT 2 Liz SISSONS 21.07m. **HT** 3 Liz SISSONS 25.96m. **JT** 1 Liz SISSONS 26.81m.
4x100m 2 Surrey 69.3. **4x400m** 3 Surrey 6:24.5

M40

100m 2A Glenn Riddington 12.2; 1B Pat Logan 12.6. **200m** 4A Pat Logan 26.3;
3B Michael May 27.9. **400m** 1A Iain Wright 56.0; 2B Michael May 72.5.
800m 1A Iain Wright 2:05.0; 3B Colin Oxlade 2:31.5. **1500m** 4 Colin Oxlade 5:02.5.
3000m 2A Mark Tennyson 9:24.6; 3B Colin Oxlade 11:04.6.
110mH 1 Glenn Riddington 16.7. **LJ** 3A Pat Logan 4.59m; 3B Michael May 3.47m.
TJ 3A Colin Oxlade 6.3m; 3B Mike May 5.48m. **SP** 2A Peter Todd 11.72m.
DT 1A Peter Todd 37.90m. **HT** 1A Peter Todd 36.08m. **JT** 2A Les Hatton 40.06m.
4x100m 4 Surrey 56.8. **4x400m** 3 Surrey 5:00.0.

INTER-COUNTY MATCHES

MASTERS INTER-COUNTIES - ASHFORD (continued)

M50

100m 1A Geoff Walcott 12.3; 3B Graham Pope 13.4. **200m** 1A Geoff Walcott 24.6; 3B Graham Pope 27.1. **400m** 1A Geoff Walcott 57.0; 1B Graham Pope 61.0. **800m** 5A Jack Rutherford 2:33.6. **3000m Walk** 2A Dave Hoben 20:06.8. **SP** 1 Mike Small 14.72m. **DT** 1 Mike Small 45.92m. **HT** 1 Mike Small 50.78m. **JT** 2 Mike Small 42.97m. **4x100m** 2 Surrey 52.8.

M60

100m 1 Charles Isetts 14.1. **200m** 1 Charles Isetts 29.2. **400m** 1 John Garber 68.7. **800m** 2 John Garber 2:30.7. **1500m** 2 John Garber 5:20.9. **3000m** 1 Rob Dickson 11:16.9. **100mH** 1 Dave Barrington 20.4. **300mH** 1 Dave Barrington 51.6. **3000m Walk** 1 Carl Lawton 15:41.1. **PV** 1 Brian Harlick 2.70m. **LJ** 5 Maurice Joyce 2.42m. **SP** 2 Chris Melliush 9.72m. **DT** 2 Chris Melliush 33.36m. **HT** 1 Chris Melliush 48.83m. **JT** 4 Brian Harlick 28.06m. **4x100m** 1 Surrey 60.9. **4x400m** 1 Surrey 4:54.5

INTER-COUNTY 10K ROAD RACE - BISHOP AUCKLAND, 15 AUGUST 2004

Women Team result:

1st **SURREY** 19, 2nd Norfolk 27, 3rd North East 32, 4th Lancashire 45, 5th Essex 64

Individuals:

Alison OUTRAM (Thames Hare & Hounds) 36:03; Gillian O'CONNOR (SLH) 38:22; Jo RONALDSON (Ranelagh) 40:33

Men Team result:

1st Gtr Manchester 30, 2nd North East 40, 3rd Warwickshire 56, 4th Lancashire 70, 5th Norfolk 107, 6th **SURREY** 109, 7th Hampshire 134, 8th Nottinghamshire 291.

Individuals:

Kasse TADESSE (Belgrave) 31:53; David SYMONS (Thames Hare & Hounds) 32:51; Roy REEDER (The Stragglers) 34:28.

SELECTION CRITERIA FOR U13G/U15G/U17W & U13B/U15B CROSS COUNTRY

South of England Inter Counties at Stowe on 11th December is:

1. Fastest individual leg at the Surrey XC Relay Champs at Guildford on 3rd October
2. First 3 Surrey runners home at Reebok London at Parliament Hill on 20th November
3. First Surrey runner home at Camberley Open at Frimley on 21st November

The Selection Criteria for the UK Inter Counties at Nottingham on 5th March 2005 is:

1. First 4 home in Surrey Champs at Croydon on 8th January.
2. First 2 Surrey runners in South of England Champs at Parliament Hill on 29th January.

The remaining team/squad members for both events will be selected by the Team Manager taking League and School races into consideration. If you have any queries contact Trevor Raggett on 01483 488026 or email trevor.raggett@hotmail.com

INTER-COUNTY MATCHES

SENIOR INTER-COUNTIES - HEMEL HEMPSTEAD, 15 AUGUST 2004

SENIOR MEN

Team scores: 1 Kent 385, 2 Middlesex 362, 3 SURREY 353, 4 Herts 300, 5 Sussex 212, 6 Essex 181, 7 Hants 161, 8 Oxfordshire 151.

100M	3A William POBIE 10.9	3B Josh WOOD 11.3
200M	6A Leroy SLUE 22.5	6B Kwadjo ADJEPONG 23.4
400M	5A Tom DEW 51.9	5B Stephen DAVIES 53.8
800M	1A Russell BENTLEY 1:54.1	2B Tom DEW 1:57.3
1500M	6A Mark HUMPHREY 4:21.0	
5000M	2A Paul ROGERS 15:28.6	4B Robin COPESTICK 16:43.1
110H	2A Noel LEVY 14.9	3B Stephen DAVIES 16.4
400H	1A Noel LEVY 52.8	2B Stephen DAVIES 57.2
3000SC	7A Steven HADLEY 11:33.4	6B Paul MITCHELL 11:49.8
3k Walk	5A Carl LAWTON 15:30.1	
HJ	1A Michael WHITEHOUSE 1.95m	1B David COLE 1.90m
PV	1A Cameron JOHNSTON 4.80m	4B Steve CARPENTER 4.00m
LJ	5A Ugochi ANOMELECHI 6.04m	
TJ	3A David WELLSTEAD 14.19m	1B Ezekiel EWULO 13.76m
SP	3A Anthony SOALLA-BELL 14.31m	2B Ian FRANKISH 11.22m
DT	1A Leith MARAR 52.09m	1B Abdul BUHARI 48.92m
HT	3A Steve SAMMUT 58.81m	2B Gavin COOK 48.03m
JT	4A Bekele TOLA 60.42m	1B Matt KELLY 45.26m
4x100m	SURREY DSQ	4x400m 3 SURREY 4:02.1

SENIOR WOMEN

Team scores: 1 Middlesex 364, 2 Kent 354, 3 Hants 324, 4 SURREY 295, 5 Essex 276, 6 Herts 243, 7 Sussex 186, 8 Oxfordshire 122.

100M	4A Helen WILLIAMS 12.3/+1.1	2B Channelle Garnett 12.6/-0.1
200M	3A Susie WILLIAMS 24.6/+0.9	4B Ruth BRERETON 26.2/-0.1
400M	3A Ruth BRERETON 57.3	800M 6A Liz WILLIAMS 2:17.7
1500M	6A Fiona LOVE 4:59.7	
100H	2A Channelle GARNETT 13.9/+1.2	3 Ruth BRERETON 15.5/0.0
400H	2A Jennifer CULLEY 59.8	1 Susie WILLIAMS 60.7
2000SC	3A Alice LETHBRIDGE 7:32.1	3k Walk 4A Fiona BISHOP 17:38.8
HJ	1A Julia BENNETT 1.83m	1B Shani RAINFORD 1.71m
LJ	2A Sarah WELLSTEAD 5.78m/+0.5	1B Helen WILLIAMS 5.55m/+0.3
TJ	4A Liz PATRICK 11.42m/-0.2	2B Katryna EURIDGE 10.52m/+0.1
SP	2A Eleanor GATRELL 13.57m	3B Jade LALLY 9.62m
DT	2A Jade LALLY 40.91m	3B Angela MITCHELL 32.46m
HT	5A Eleanor GATRELL 42.76m	3B Helen EPHGRAVE 39.28m
JT	7A Tina HOWELL 18.92m	
4x100m	5 Surrey 55.2	

INTER-COUNTY MATCHES

UNDER-17 INTER-COUNTIES - KINGSMEADOW, 29 AUGUST 2004

UNDER 17 MEN

TEAMS: 1 Kent 353.5, 2 Sussex 311, 3 Hampshire 293, 4 Essex 280, 5 Middlesex 275.5, 6 Hertfordshire 275, 7 Surrey 265, 8 Buckinghamshire 168.

100m	1A Harry AIKINES-ARYEETAY 10.88/-1.3	2B Danny DOYLEY 11.32/-2.0
200m	2A Harry AIKINES-ARYEETAY 21.93/-1.4	1B Danny DOYLEY 22.35/-1.3
400m	2A Idowu AKINDELE 51.40	4B Tim KURIA 54.20
800m	6A Daniel SHEPPARD 2:08.66	8B Alex HAWKINS 2:16.76
1500m	1A Gary BRADBURY 4:11.22	100mH 7A James CLEMENT 16.92/-0.4
400mH	7A James CLEMENT 63.21	1500mSC 2A Stephen BLAKE 4:44.4
4 x 100m	2 SURREY 43.82	4 x 400m 5 SURREY 3:47.25
HJ	7A Ashley HARRIS 1.60m	PV 1A Tom CRAWFORD 4.00m
LJ	2A Ashley HARRIS 6.53m	TJ 1A Jeremy ODAMETAY 14.32m
SP	4A Chris SCOTT 12.63m	5B Kaine HARRINGTON 10.98m
DT	1A Chris SCOTT 51.93m	
HT	1A Chris SCOTT 56.33m	1B Kaine HARRINGTON 50.64m

U17 WOMEN

TEAMS: 1 Surrey 306, 2 Kent 304, =3 Hampshire & Sussex 270, 5 Hertfordshire 268, 6 Essex 263, 7 Middlesex 208, 8 Buckinghamshire 122

100m	1A Joscelynn HOPESON 12.02/0.0	2B Emily MARTIN 13.09/0.0
200m	1A Joscelynn HOPESON 24.23/-1.9	2B Amy GODSELL 26.66/-3.1
300m	3A Amy GODSELL 41.42	1B Maria HANSHAW 42.04
800m	1A Montana JONES 2:19.84	1B Katherine MERTENS 2:23.77
3000m	4A Jessica CRAWLEY 11:34.07	4B Sinead LONG 12:02.72
80mH	4A Harriet ABBISS 12.74/-1.1	3B Vanessa WARD 13.17/-2.7
300mH	2A Vanessa WARD 46.59	3B Nicola JELLEY 49.67
4 x 100m	1 Surrey 47.95	HJ 1A Charis O'CONNOR 1.70
PV	4A Danielle AYRES 2.00	2B Jennifer HONEYWELL 1.80
LJ	4A Emily MARTIN 5.32	1B Charis O'CONNOR 5.11
TJ	8A Katie MILLER 8.77	
SP	3A Briony PHILLIPS 9.75	2B Jenny DAVIES 9.19
DT	3A Briony PHILLIPS 32.57	4B Kirsty BATE 27.48
HT	7A Jenny DAVIES 8.78	
JT	1A Jade DODD 39.46	1B Briony PHILLIPS 30.23

2004 TRACK & FIELD RANKINGS

The compilers of the lists for U13G/U15G/U17W and U13B/U15B/U17M/U20M have completed the lists from the available information. These are shown on the County web site at www.surreyathletics.org.uk/trackfield/2004/rankings/menu.htm. If there are any final changes then e-mail to [rankings-male](mailto:rankings-male@surreyathletics.org.uk) or [rankings-female](mailto:rankings-female@surreyathletics.org.uk) @ surreyathletics.org.uk.

SURREY ATHLETES AT NATIONAL CHAMPIONSHIPS

AAA U17 & U15 CHAMPIONSHIPS, BIRMINGHAM, 14/15 AUGUST 2005

Joscelynn Hopeson and Harry Aikines-Aryeetey win both U17 100M and 200M titles. Danielle Christmas adds U17 800M title to her English Schools 1500M victory.

Surrey medalists:-

U17 MEN

100M 1st Harry AIKINES-ARYEETAY (Sutton & Dist) 10.66/ -2.1/-1.3

200M 1st Harry AIKINES-ARYEETAY (Sutton & Dist) 21.76/-1.8/-1.1

1500SC 1st Ben WILSON (Aldershot, Farnham & Dist) 4:26.00

Discus 1st Chris SCOTT (Guildford & Godalming) 51.33m

Long Jump 2nd Ashley HARRIS (Croydon H) 6.91m/+1.2

Triple Jump 2nd Jeremy ODAMETAY (Herne Hill H) 14.48/+2.2

U17 WOMEN

100M 1st Joscelynn HOPESON (Archbishop Tennison S) 11.70

200M 1st Joscelynn HOPESON (Archbishop Tennison S) 24.24

800M 1st Danielle CHRISTMAS (Crawley AC) 2:08.02

High Jump 1st Charis O'CONNOR (Guildford & Godalming) 1.74m

Long Jump 2nd Dominique BLAIZE (Kingston AC & Polytechnic H) 5.87m

Javelin 2nd Jade DODD (Herne Hill H) 37.53m

High Jump 3rd Dominique BLAIZE (Kingston AC & Polytechnic H) 1.74m

U15 BOYS

100M 3rd Jermaine ALEXANDER (Croydon H) 11.57/-0.2

SURREY ATHLETES AT INTERNATIONAL MEETINGS

(August - October 2004)

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

200m Joice Maduaka 4h3 23.15/+1.6; 5q4 23.30/-0.1

400m Donna Fraser 2h3 51.19; 7s2 51.94.

LJ Jade Johnson 2 Pool A 6.71/+0.2; 7 Final 6.80/+1.2 - **PB & Surrey Record**

DT Shelley Newman 16 Pool B 56.04m.

4x400m Relay Final. GB 4th 3:25.12. (Donna Fraser ran the first leg).

200m Chris Lambert h3 DNF

DT Emeka Udechuku 12 Pool A 58.41m

Footnote: Sarah Winckless the former Epsom & Ewell Harriers Discus thrower gained a Bronze medal in the Womens Double Sculls (Rowing).

COUNTY DIARY 2004 - 2005

2004

7 November	Newbury Border CC Leage	Lightwater
14 November	Downs CC League	Epsom Downs
21 November	Surrey Schools Coaching Day	St Mary's Twickenham
27 November	Surrey Ladies CC League	Richmond Park
	Sweatshop Surrey CC League Div 1	Wimbledon Common
	Sweatshop Surrey CC League Div 2	Richmond Park
	Sweatshop Surrey CC League Div 3&4	Lightwater
5 December	U13/U15 Sportshall	Spectrum, Guildford
	Newbury Border CC League	tba
11 December	SEAA Inter-County CC	Stowe, Bucks
12 December	Downs CC League	Epsom Downs

2005

8 January	SCAA Cross Country Championships	Lloyd Park, Croydon
15 January	Surrey Ladies CC League	Richmond Park
	Sweatshop Surrey CC League Div 1	Wimbledon Common
	Sweatshop Surrey CC League Div 2	Oxshott Woods
	Sweatshop Surrey CC League Div 3&4	Lloyd Park
30 January	Newbury Border CC League	tba
6 February	U13/U15 Sportshall	Spectrum, Guildford
12 February	Surrey Ladies CC League	West Ewell
	Sweatshop Surrey CC League Div 1	Coulsdon
	Sweatshop Surrey CC League Div 2	Lloyd Park
	Sweatshop Surrey CC League Div 3&4	Reigate Priory
12/13 February	SCAA Indoor Championships	Sutton
20 February	Downs CC League	Epsom Downs
27 February	Regional U13/U15 Sportshall Final	Spectrum, Guildford
	Newbury Border CC League	Lightwater
5 March	CAU Inter-County CC	Nottingham
12 March	East Surrey League Road Relays	Dorking
13 March	Inter-Counties Half-Marathon	Hastings
	Downs CC League	Epsom Downs

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 July 2005 (August issue) and 17th October 2005 (November issue).