

# SURREY COUNTY ATHLETIC NEWS

(Issue 45 - November 2005)

## *STANDARDS*

Most of you will be aware of the AAA of England Standards Scheme which sets national standards for assessing the performances of athletes. In the table below I have counted the number of performances in the 2005 Surrey Track & Field Rankings (compiled by Clare Cave and Keith Burchell) for Grades 1 - 3 for each event for the Under 13 age groups.

### UNDER 13 BOYS

### UNDER 13 GIRLS

Event	AAA 1	AAA 2	AAA 3	Event	AAA 1	AAA 2	AAA 3
100M	2	4	8	100M	0	6	7
200M	1	4	8	200M	3	2	11
800M	4	3	7	800M	5	10	15
1500M	5	2	5	1500M	2	6	5
75H	0	1	1	70H	2	6	6
80H	1	1	2	-			
HJ	2	6	4	HJ	0	6	7
LJ	0	11	9	LJ	2	3	12
SP	0	0	5	SP	0	1	7
DT	0	1	4	DT	1	0	2
JT	0	0	4	JT	0	3	1

In addition to AAAoE Standards we have set a Surrey Standard which is used to determine the level necessary for inclusion in the Surrey Rankings. The table on the following page shows the relative positions of the Surrey clubs based upon their Surrey athletes only and upon performances submitted for inclusion in the current ranking lists. Each Grade 1 performance scores 4 points; Grade 2 3 points; Grade 3 2 points and Surrey standard 1 point. For the Boys 75M and 80M Hurdles if an athlete is ranked in both then the higher grade performance only is counted. The table also shows the number of individual athletes in each club who have at least one performance in the 2005 Surrey Rankings.

Club scores:-

UNDER 13 BOYS

UNDER 13 GIRLS

1	Herne Hill H	101pts	20 athletes	1	Guildford & God	121pts	28 athletes
2	Croydon H	61	16	2	Aldershot F&D	88	14
3=	Aldershot F&D	50	8	3	Kingston & Poly	61	16
3=	Walton AC	50	14	4	Walton AC	57	15
5	Guildford & God	43	11	5	Herne Hill H	48	14
6	Kingston & Poly	28	12	6	South London H	31	4
7	Sutton & Dist AC	15	6	7	Dorking & MV	23	6
8	Here Wimb AC	12	4	8=	Camberley & D	21	4
9	South London H	10	4	8=	Herc Wimb AC	21	5
10=	Camberley & D	6	1	10	Woking AC	19	6
10=	Woking AC	6	2	11	Sutton & D AC	12	4
12	Richmond & T	5	1	12	Epsom & Ewell H	10	3
13	Epsom & Ewell H	4	1	13	Croydon H	9	7
14	Dorking & MV	1	1	14	Windsor SE&H	4	1

***AAA CHAMPIONS 2005***

Daniel DAVIS (U20M Indoor 60H, 110H)

Donna FRASER (SW 200M, 400M)

Charis O'CONNOR (U20W HJ)

Nick STANISAVLJEVIC (U20M HJ)

Michael WHEELER (U15B Indoor SP)

Jade DODD (U17W JT)

Jade JOHNSON (SW Indoor LJ)

Martyn ROONEY (U20M 400M)

Emeka UDECHUKU (SM Indoor SP)

In addition Surrey athletes gained 19 Silver and 13 Bronze medals.

***SCAN***

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

If you have any views that you wish to express that would be of interest to SCAN readers then the editor will publish suitable material.

Please note the following dates for submission of items for inclusion in SCAN:

17<sup>th</sup> January 2006 (February issue); 17<sup>th</sup> April 2006 (May issue);

17<sup>th</sup> July 2006 (August issue) & 17<sup>th</sup> October 2006 (November issue).

## COUNTY CHAMPIONSHIPS

### 3000M Track Walk, Haringey, 14 May 2005

#### WOMEN

1 E Viljoen HW 15:00.4

#### MEN

1 C Lawton Belg 16:09.4  
2 P Hannell SyWC 16:34.6  
3 J Ryan 22:28.8

### 5K Road, Wimbledon, 14 August 2005

#### MEN

1 P Wicks Bel 15:09  
2 H Raidi Bel 15:48  
3 Paul Doyle Rane 15:57  
M40 M Boyle HHH 16:08  
M50 K Archer Rei P 17:11  
M60 P Giles THH 19:16

#### WOMEN

1 Jo Ronaldson Rane 17:57  
2 M Keaton Bel 18:26  
3 A McLaughlin Rane 18:36  
W35 Jo Ronaldson Rane 17:57  
W45 A Morris Rei P 23:53  
W55 C Egglestone Ling 23:15

#### TEAMS

1 Belgrave Harriers 16  
2 Herne Hill Harriers 22  
3 South London Harriers 42

1 Ranelagh Harriers 8  
2 Striders of Croydon 25  
3 Belgrave Harriers 26

### 10,000M Track, Tooting Bec, 27 August 2005

#### WOMEN (ran 9600M)

1 N Atkins K&P 44:14.9  
2 S Allen HHH 45:51.1

#### MEN

1 P Doyle Rane 32:12.1  
2 T Harran HHH 34:11.8  
3 F Staunton SLH 34:17.4

### Road relays, Wimbledon Park, 10 September 2005

Because of works at the Wimbledon Park Track the course was different from previous years - therefore the published championship records were unaffected by the 2005 results.

SENIOR WOMEN (4 laps)- 13 teams finished.

1 Ranelagh H 73:48; 2 Wimbledon Windmilers 75:25; 3 Belgrave H 78:36.  
Fastest lap: E Nelson (E&E) 17:12.

W35 WOMEN (4 laps) - 9 teams finished.

1 The Stragglers 82:51; 2 South London H 85:26; 3 Ranelagh H 86:13.  
Fastest lap: Rachel Disley (THH) 18:55.

SENIOR MEN (6 laps) - 19 teams finished.

1 South London H 94:55; 2 Belgrave H 96:50; 3 Guildford & Godalming AC 102:02.  
Fastest Lap: Stuart Major (SLH) 15:11

M40 MEN (4 laps) - 13 teams finished.

1 Herne Hill H 66:02; 2 South London H 68:27; 3 Wimbledon Windmilers 73:00.  
Fastest lap: Vic Maughan (HHH) 15:59

M50 MEN (4 laps) - 8 teams finished.

1 South London H 72:15; 2 Hercules Wimbledon AC 74:38; 3 Ranelagh H 74:58.  
Fastest lap: K Archer (Reig P) 17:06.

## COUNTY CHAMPIONSHIPS

### Combined Events, Crawley, 10/11 September 2005

#### SENIOR WOMEN

1 Channelle Garnett HHH 4627

#### U17 WOMEN

1 Jo Rowland Craw 3958  
2 Katherine Mertens Wok 3721  
3 Nicola Jelley E&E 3625

#### U15 GIRLS

1 Daisy Collingridge Croy 2630  
2 Lizzie Cave AFD 2628  
3 Elizabeth Thompson E&E 2323

#### UNDER 13 GIRLS

1 Sarah Abrams AFD 2132  
2 Georgia Taylor AFD 2058  
3 Georgina Wilcox Brun J 1812

#### SENIOR MEN DECATHLON

1 Adam McCarthy Walt 4523  
2 Jon Ladley Walt 4446  
3 Brian Stokes Wok 3597

#### VET MEN PENTATHLON

1 Nick Phipps (M50) Wok 3125  
2 John Webster (M65) HW 2823  
3 Robin Roach (M55) Walt 2173

#### U20 MEN DECATHLON

1 Roy Collier Belg 5677  
2 Roy Chambers Wok 4768  
3 Hiren Patel R&T 2778

#### U17 MEN OCTATHLON

1 George Thatcher Croy 4248  
2 Matthew Field K&P 4244  
3 Jamie East C'ley 3869

#### U15 BOYS PENTATHLON

1 Will Hartley RGS Gfd 2377  
2 Ben Robson Croy 2364  
3 Mark Hayward C'ley 1973

#### U13 BOYS PENTATHLON

1 Julien Allwood HHH 1565  
2 Mark Bird C'ley 1473  
3 Martin Lay E&E 1196

### YA Cross Country Relays, Stoke Park, Guildford, 2 October 2005

UNDER 13 GIRLS (3 laps) - 20 teams finished.

1 Aldershot, Farnham & D. 19:14; 2 Dorking & Mole Valley 19:23; 3 Guildford & Godalming 19:49. Fastest lap: 5:55 Frederica Foster (SLH).

UNDER 15 GIRLS (3 laps) - 20 teams finished.

1 Aldershot, Farnham & D. 18:59; 2 Guildford & Godalming 19:29; 3 Epsom & Ewell 19:47. Fastest lap: 6:04 Maddie Gunn (AFD).

UNDER 17 WOMEN (3 laps) - 7 teams finished.

1 Dorking & Mole Valley 18:46; 2 Herne Hill H 20:17; 3 Epsom & Ewell 20:41. Fastest lap: 6:06 Georgie Bruinvels (DMV).

UNDER 13 BOYS (3 laps) - 21 teams finished.

1 Aldershot, Farnham & D. 'A' 17:39; 2 Aldershot, Farnham & D. 'B' 18:00; 3 Hercules-Wimbledon 19:01. Fastest lap: 5:35 Elliot Woolmer (AFD).

UNDER 15 BOYS (3 laps) - 16 teams finished.

1 Aldershot, Farnham & D 17:09; 2 Woking 17:25; 3 South London H 17:39. Fastest lap: 5:33 Josh Gorecki (Woking).

## ***COUNTY CHAMPIONSHIPS***

### ***YA Cross Country Relays (continued)***

UNDER 17 MEN (3 laps) - 10 teams finished.

1 Aldershot, Farnham & D 15:42; 2 South London H 15:44; 3 Epsom & Ewell 16:23.

Fastest lap: 5:00 Daniel Sheppard (AFD).

### ***Vets Cross Country, Petersham, 15 October 2005***

WOMEN (56 finishers)

W35-1	H Alsop	Belg	25:48
W35-2	O Balme	Dul R	26:04
W35-3	K Symons	THH	26:34
W40-1	R Disley	THH	23:36
W40-2	J Clark	Belg	24:09
W40-3	S Harrison	Wok	24:29
W45-1	D Smale	Strag	24:37
W45-2	A Carpenter	THH	25:23
W45-3	S Blenkinsop	Strag	26:00
W50-1	A Garnier	THH	25:19
W50-2	M Jones	HW	25:56
W50-3	M Statham	Holl S	26:13
W55-1	J Davies	E&E	26:24
W55-2	R Tabor	Dul R	26:37
W55-3	M Auerbach	Rane	28:17

MEN (118 finishers)

M40-1	R Alsop	Belg	34:30
M40-2	M Goatley	G&G	35:24
M40-3	M Tennyson	G&G	36:10
M45-1	T Harran	HHH	35:34
M45-2	M Airey	SLH	35:59
M45-3	R Marriott	SLH	36:02
M50-1	B Attwell	SLH	36:22
M50-2	R Jacobs	HHH	36:25
M50-3	C Owens	Rane	37:28
M55-1	F Upcott	SLH	38:17
M55-2	J Quaintance	SLH	38:42
M55-3	S Knight	HHH	39:58
M60-1	R Gevers	SLH	40:12
M60-2	M Sharp	HW	42:33
M60-3	G Taylor	DMV	43:48
M65-1	K Spacie	THH	41:24
M65-2	P Warren	Rane	46:19
M65-3	M Harran	HHH	48:48
M70-1	B Shave	HHH	58:21

### TEAMS

#### WOMEN 35-44

1	Belgrave H	12
2	South London H	27
3	Woking AC	36

#### MEN 40-49

1	South London H	16
2	Guildford & Godalming	17
3	Herne Hill H	28

#### MEN 60+

1	South London H	14
2	Thames Hare & Hounds	23
3	Ranelagh H	35

#### WOMEN 45+

1	The Stragglers	11
2	South London H	30
3	Ranelagh H	32

#### MEN 50-59

1	South London H	12
2	Herne Hill H	29
3	Hercules Wimbledon AC	31

## **INTER-COUNTY EVENTS**

**Vets Track & Field, Ashford, Kent, 13 August 2005**

MEETING CANCELLED

**Senior Track & Field, Haringey, 14 August 2005**

		WOMEN		MEN	
100M	A	3 Helen Williams	12.52/+0.6	6 Victor Nwagbara	11.14/+1.0
	B	2 Claire Heafford	12.81/+1.6	5 James Heptonstall	11.32/+0.8
200M	A	4 Jennifer Culley	25.46/-1.0	7 William Pobie	23.37/-0.9
	B	3 Ruth Brereton	26.06/-0.8	7 Victor Nwagbara	23.05/-2.0
400M	A	7 Claire Heafford	62.72	2 Dedan Simmons	48.92
	B	7 Isabel Halton	70.83	6 Robbie McIntyre	51.55
800M	A	-		6 Chris Axe	2:01.63
	B	-		4 George Thatcher	2:00.06
1500M	A	2 Emily Adams	4:34.15	3 Kojo Kyereme	3:59.89
	B	1 Genevieve Gardner	4:44.95	1 Ben Paviour	4:00.62
3000M/	A	4 Fiona Love	10:44.58	5 Will Cockerell	15:44.91
5000M	B	-		5 Humphrey Waddington	18:56.23
3K W	A	4 Fiona Bishop	17:52.49	5 Tim Watt	14:41.96
	B	-		2 Carl Lawton	16:09.12
2K S/C /	A	-		4 Mike Maranzano	10:00.81
3K S/C	B	-		4 Andy Arbour	10:31.28
100H /	A	7 Chanelle Brereton	15.63/+2.0	5 James Parker	15.56/-0.7
110H	B	4 Tessa Mainstone	17.55/+0.7	1 John Heanley	15.38/+0.8
400H	A	1 Ruth Brereton	60.91	5 John Parker	55.62
	B	1 Claire Heafford	61.44	2 Humphrey Waddington	60.20
HJ	A	1 Julia Bennett	1.75m	4= David Cole	1.90m
	B	-		5 Michael Asimoah	1.70m
PV	A	3 Laura Batchelor	2.80m	3 John Heanley	4.40m
	B	-		1 Tom Crawford	4.20m
LJ	A	3 Katryna Euridge	5.34m	4 James Heptonstall	6.72m
	B	1 Helen Williams	5.30m	2 Humphrey Waddington	6.07m
TJ	A	3 Liz Patrick	11.36m	2 David Wellstead	14.02m
	B	-		2 James Heptonstall	13.53m
SP	A	3 Eleanor Gattrell	14.24m	2 Kyle Stevens	14.84m
	B	4 Camilla Thrush	9.72m	4 John Heanley	10.66m
DT	A	5 Angela Mitchell	36.75m	1 Leith Marar	53.51m
	B	4 Kasia Kublik	28.41m	1 Abdul Buhari	51.17m
HT	A	4 Helen Ephgrave	42.04m	4 Kyle Stevens	53.28m
	B	3 Eleanor Gattrell	38.11m	5 Humphrey Waddington	16.60m
JT	A	-		4 Felix Hatton	57.52m
	B	-		2 Duncan MacDonald	56.38m
4x100M		2 Surrey	49.45	3 Surrey	43.58
4x400M		3 Surrey	4:03.26	2 Surrey	3:33.04

## **INTER-COUNTY EVENTS**

### **Senior Track & Field (continued)**

#### TEAM RESULT

WOMEN		MEN		
1	Middlesex	393	1 Middlesex	389
2	Kent	324	2 SURREY	366½
3	Hertfordshire	308	3 Kent	363
4	Hampshire	294	4 Hertfordshire	278
5	SURREY	285	5 Essex	256
6	Sussex	254	6 Sussex	173½
7	Oxfordshire	185	7 Hampshire	157
8	Essex	132	8 Oxfordshire	60

### **U17 Track & Field, Portsmouth, 21 August 2005**

WOMEN		MEN		
100M	A 3 Emily Martin	12.5	1 Rab Babather	11.3
	B 7 Clare Stonestreet	13.2	3 Daniel Awolesi	11.5
200M	A 8 Clare Stonestreet	27.2	2 Rab Babather	23.0
	B 4 Emma Patton	27.2	Chris Burton	DNF
300M /	A 3 Emma Patton	42.2	2 Tim Kuria	51.2
400M	B 1 Katherine Mertens	42.6	-	
800M	A 1 Monique Davis	2:19.7	-	
	B -		1 George Thatcher	2:02.1
1500M	A 6 Georgie Brunvels	5:02.8	6 Matt Burke	4:30.9
	B 7 Natasha Lodge	5:47.4	-	
3000M	A 5 Zoe Shannon	11:27.7	-	
	B 4 Amie Reynolds	12:29.2	-	
80H /	A 5 Natasha Risman	12.2	7 Ashley Healey	15.2
100H	B 3 Vanessa Ward	12.8	-	
300H /	A 4 Vanessa Ward	47.1	2 Kieron Edwards	57.8
400H	B 2 Nicola Jelly	46.6	2 Ashley Healy	64.2
1500 SC	A n/a		2 Gary Bradbury	4:31.6
	B n/a		4 Matt Burke	5:09.3
4x100M	4 SURREY	50.5	2 SURREY	44.9
4x400M	n/a		3 SURREY	3:34.9
HJ	A 6 Jo Rowland	1.50m	5 Graham Cole	1.85m
	B 7 Jenny Honeyball	1.40m	1 Prathamesh Kaneri	1.85m
PV	A 4= Jo Rowland	2.30m	2 Ryszard Buk	3.60m
	B 2 Jenny Honeyball	2.10m	3 Jonny Cox	2.50m
LJ	A 1 Emily Martin	5.45m	4 Paul Oluyemi	6.04m
	B 3 Katherine Mertens	4.95m	6 Prathamesh Kaneri	5.44m
TJ	A 4 Nicola Jelly	10.65m	7 Troy Harris	11.68m(w)
	B 3 Natasha Risman	10.60m (w)	5 Henry Shiplee	11.35m
SP	A 3 Briony Phillips	10.56m	3 Michael Wheeler	13.04m
	B 3 Jenny Davies	8.75m	4 Thomas Ashby	10.73m

## **INTER-COUNTY EVENTS**

### ***U17 Inter-Counties (continued)***

DT	A	1 Briony Phillips	35.40m	8 Thomas Ashby	22.94m
	B	2 Makeda Quamina	33.08m	5 Michael Wheeler	21.35m
HT	A	7 Briony Phillips	21.16m	2 Kaine Harrington	56.03m
	B	4 Makeda Quamina	15.16m	6 Thomas Ashby	18.59m
JT	A	1 Jade Dodd	38.15m	4 Paul Oluyemi	42.60m
	B	5 Katherine Mertens	23.31m	6 Jack Pearce	26.78m

### **TEAM SCORES:**

U17 WOMEN: 1 Kent 340, 2 Essex 323, 3 SURREY 300.5, 4 Sussex 283½,  
5 Hampshire 260½, 6 Middlesex 245, 7 Buckinghamshire 201.5, 8 Hertfordshire 200.

U17 MEN: 1 Hampshire 353½, 2 Kent 350½, 3 Sussex 329, 4 Essex 293,  
5 SURREY 290, 6 Hertfordshire 278, 7 Middlesex 250, 8 Buckinghamshire 10.

### ***CAU Inter-Counties 10K Road, Bishop Auckland, 21 August 2005***

MEN: 14 Kassa Tadesse 30:31; 22 H Raidi 31:24; 24 A Stewart 31:38.

WOMEN: 13 Jo Kelsey 36:58; 17 J Ronaldson 37:45; 18 T Heaton 37:53.

### **TEAM RESULT:**

MEN: 1 North-East 50, 2 Leicestershire 56, 3 SURREY 60, 4 Lancashire 97

WOMEN: 1 Lancashire 232, 2 SURREY 268, 3 North-East 287, 4 Norfolk 295

### ***SEAA U15 & U20 Track & Field, Abingdon, 28 August 2005***

<b>UNDER 15 GIRLS</b>			<b>UNDER 15 BOYS</b>			
100M	4	Lizzie Cave	12.65/+3.3	8	Faron Griffiths-Moore	11.89/+5.5
200M	1	Jo White	24.91/+3.3	5	Robert Hunt	23.55/+3.6
400M	n/a			4h2	Adam Fletcher	57.37
800M	7h1	Gemma McDonald	2:41.53	7	Martin Cousins	2:10.53
1500M	8	Sophie Cowper	5:01.13	7	Alex Ferrelly	4:35.23
75/80H	5	Harriet Lester	11.84/+3.9	5	Ehi Oboite	12.08/+2.1
3K W	-			2	Richard Calder	21:49.40
HJ	9	Harriet Speed	1.50m	9	Ben Sharples	1.55m
PV	-			11	Gordon Lester	2.40m
LJ	4	Jo White	5.02m/+1.1	13	Neal Renfer	4.92m/+2.3
TJ	n/a			3	Tom Chambers	11.79m/+1.7
SP	2	Montana Marshall	10.29m	3	Michael Wheeler	15.87m
DT	10	Katie Parker	22.37m	-	Michael Wheeler	NT
HT	n/a			11	Kariym Irving	21.00m
JT	12	Felicity Dickinson	22.13m	8	Jonny Fairclough	36.90m



## ***INTER-COUNTY EVENTS***

### ***SEAA U15 & U20 Track & Field (continued)***

	UNDER 20 WOMEN		UNDER 20 MEN	
100M	1 Michelle Nash-Odei	12.07	5h1 Byron Robinson	11.70/+1.7
200M	-		-	
400M	7 Katherine Mertens	62.79	1 Ryan Thomas	48.52
800M	-		1 Joe van der Toorn	1:52.82
1500M	-		-	
100/110H	-		8 Roy Collier	16.24/+4.1
400H	-		- Humphrey Waddington	DNF
2000S/C	n/a		6 Martin Marshall	6:44.56
3K W	-		-	
HJ	-		-	
PV	5 Sam Poulter	2.80m	2 Tom Crawford	4.20m
LJ	10 Katherine Mertens	4.82m/+1.8	7 Ezekiel Ewulo	6.23m/+1.7
TJ	-		1 Jeremy Odametye	14.64m/+2.0
SP	4 Briony Phillips	10.75m	7 Chris Scott	11.64m
DT	2 Jade Lally	38.37m	1 Chris Scott	47.25m
HT	-		4 Chris Scott	48.04m
JT	1 Jade Dodd	42.34m	7 Roy Collier	37.94m

Team Placings:

U15 GIRLS: 6th SURREY 30pts.

U15 BOYS: 6th SURREY 33pts.

U20 WOMEN: 7th SURREY 34pts.

U20 MEN: 2nd SURREY 54pts.

## ***COUNTY RECORDS***

The following new County Track & Field records have been set this season:

- 11 June U17W & U20W Javelin - 42.80m Jade DODD (HHH) - Battersea
- 11 June SW 3000M Steeplechase - 10:51.82 Alice LETHBRIDGE (AFD) - Watford
- 2 July U15B Shot Putt - 15.97m Michael WHEELER (HHH) - Tooting
- 3 July U20M 400M - 46.44 Martyn ROONEY (Croydon) - Bedford
- 22 July U20M 400M - 46.44 Martyn ROONEY (Croydon) - Kaunas, Lithuania
- 27 July U15B Shot Putt - 16.02m Michael Wheeler (HHH) - Tooting
- 31 July U17W & U20W Javelin - 43.34m Jade DODD (HHH) - Battersea Park
- 24 September SM 600M - 1:16.9 Martyn ROONEY (Croydon) - Crawley

The 600M record broken by Martyn Rooney was the oldest on the books - the previous record of 1:17.6 was set by Martin Wimbolt-Lewis in 1969.

This means that County records were set in 6 events in 2005. This compares with 8 events in 2004 and 13 events in 2003. Jade Dodd has set records in each of the three seasons.

## ***SURREY ATHLETES AT INTERNATIONAL MEETINGS (August - October 2005)***

### ***IAAF WORLD CHAMPIONSHIPS, HELSINKI, 6-14 AUGUST 2005***

Donna FRASER: 7<sup>th</sup> Semi-Finals 400M 52.48 (Ht. 51.68) & 3<sup>rd</sup> FINAL 4x400M.  
Martyn ROONEY: 4<sup>th</sup> FINAL 4x400M.

### ***COMMONWEALTH GAMES, MELBOURNE, 15-26 MARCH 2006***

The following Surrey athletes have been selected (as at 21 October 2005) to represent England at the Commonwealth Games in March next year:-

Julia BENNETT (High Jump)      Natasha DANVERS-SMITH (400M Hurdles, 4x400M)  
Donna FRASER (200M, 400M, 4x100M, 4x400M)  
Natalie HARVEY (5000M)      Jade JOHNSON (Long Jump)  
Chris LAMBERT (200M & 4x100M)      Martyn ROONEY (4x400M)  
Kassa TADESSE (Marathon)      Emeka UDECHUKU (Discus)

In addition the England Team Manager will be Janet HONOUR from Woking who competed in the 1970 (=6<sup>th</sup> High Jump) and 1974 (6s1 100H & 9<sup>th</sup> Pentathlon) Games.

## ***CROSS COUNTRY***

Selection criteria for the U13/U15/U17 Girls & U13/U15 Boys age groups:

### **(a) South of England Inter Counties at RAF Barnham, Suffolk, 10th December 2005 (no Under 13 boys race!)**

1. Fastest individual leg at the Surrey XC Relay Champs at Guildford on 2nd October.  
(U13 girls - Frederica Foster, Under 15 girls - Maddie Gunn, Under 17 women - Zoe Shannon, Under 15 boys - Josh Gorecki)

2. First Surrey runner home at Camberley Open (Entry form 104k MS Word) at Frimley on 20th November.

3. First Surrey runner home at London Championships/Uk Challenge at Parliament Hill on 19th November.

4. The remaining team/squad members will be selected by the Team Manager, taking League & Schools races into consideration.

The team will be announced on Thursday 24th November. If you have any queries please contact Trevor Raggett on 01483 488026.

### **(b) UK Inter Counties at Nottingham, 11th March 2006**

1. First 4 home in Surrey Champs at Croydon on 7th January.

2. The remaining team/squad members will be selected by the Team Manager, taking League, Championship & Schools races into consideration.

*Trevor Raggett - Team Manager*

## ***CROSS COUNTRY***

### ***Letter of Apology - Team Selection***

I will be selecting the teams for various junior cross country teams at the end of November. Before I receive any phone calls or emails asking why certain athletes were not selected, I would like to apologise to anyone I miss.

Team selection in the county is extremely difficult due to a number of factors. These include the fact that a number of Surrey athletes are members of Hampshire, Sussex, Berkshire and Middlesex based clubs (such as Aldershot, Windsor, Crawley & Horsham) and they compete in their counties cross country leagues. Personally, I would love for these runners to compete in the Surrey league, but, I realise that this is extremely unlikely to happen. I will keep an eye on all these leagues/athletes but, as we all know, it is nigh on impossible to compare standards at different cross country events.

Unfortunately, I will even have problems using the Surrey League (or is it leagues?) to select prospective athletes. This is due to the boys running in 4 different division races at various locations and the fact that the Under 13s run far further than UK guidelines for their age.

Although the girls all run in one match, and are not split into divisions, I will still have problems with the Under 13 selection, due to them running further than the UK guidelines whilst running with the Under 15s.

Perhaps amalgamated leagues and individual age group races over recognised distances is the way forward. This would, I am sure, attract more county athletes to compete in our county's league.

I will, as usual, endeavor to select the strongest teams from the information I have available. This will include scouring the Athletics Weekly results, obtaining info from schools races and by speaking to various coaches.

*Trevor Raggett*

*Under 13, 15 boys and Under 13,15,17 girls Cross Country Team Manager*

### ***Cross Country Leagues***

Remaining fixtures for the 2005-2006 season are shown in the County Diary (back page). The venues for the Sweatshop Surrey CC League were shown in SCAN44.

## **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 DIARY 2005 - 2006

### 2005

19 November	Sweatshop Surrey CC League	various
19 November	SEAA London Cross Country Champs	Parliament Hill Fields
27 November	U13/U15 Sportshall ( <b>Start: 11:30</b> )	Spectrum, Guildford
10 December	SEAA Inter-County Cross Country	Southend
11 December	Border Cross Country League	TBA

### 2006

7 January	Surrey Cross Country Championships	Lloyd Park
8 January	U13/U15 Sportshall (Start: 13:00)	Spectrum, Guildford
8 January	SEAA Indoor Pentathlons	Sutton Arena
14 January	Sweatshop Surrey CC League	various
21 January	East Surrey League CC Relays	Wimbledon Common
21/22 January	SEAA Indoor T&F Championships	Brunel Univ
28 January	SEAA Cross Country Championships	Bicton College, Exmouth
4 February	Sweatshop Surrey CC League	various
4 February	SEAA Vets Cross Country Champs	Ruislip
5 February	U13/U15 Sportshall (Start: 13:00)	Spectrum, Guildford
19 February	Border Cross Country League	TBA
25 February	ECCA National Cross Country	Parliament Hill Fields
26 February	U13/U15 Sportshall Regional Finals	Spectrum, Guildford
4/5 March (TBC)	Surrey Indoor T&F Championships	Sutton Arena
5 March	Border Cross Country League	TBA
11 March	CAU Inter-Counties Cross Country	Nottingham
11 March	East Surrey League Road Relays	Dorking
19 March	CAU Inter-Counties 10K	Eastleigh
2 April	CAU Inter-Counties Half-Marathon	Ackworth
9 April	U13/U15 Sportshall National Finals	NIA, Birmingham
11 April	East Surrey League Road Races	Ewell Court
13/14 May	Surrey T&F Championships	Kingsmeadow
27/28 May	SEAA U15/U17 T&F Champs	TBA
28/29 May	CAU Inter-Counties Track & Field	Bedford
17/18 June	SEAA U20/Senior T&F Champs	TBA

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

**\*\*\* PLEASE NOTE THE REVISED START TIME FOR THE NOVEMBER SPORTSHALL MEETING. \*\*\***

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