# SURREY COUNTY ATHLETIC NEWS

(Issue 54 - February 2008)

#### FROM OUR PRESIDENT

It has been a great honour to be Surrey County President for the past year which closes at this years AGM on 14th March. During the year Surrey County athletes & teams have achieved great success in all facets of the sport: track & field, cross country, road running, sportshall & walking.

Many thanks to all the athletes who have competed for the County in the past year, those I have met & seen have competed with great enthusiasm & shown there is a huge wealth of talent in the County. I'd also like to thank all the coaches & parents for their help & support especially in ensuring the athletes are so well prepared & assisting them to get to County matches. I hope representing the County has assisted athletes development & for many may be the stepping stone to National success. We are indebted to our team managers who have organised teams & assisted the athletes to enjoy representing the County.

I've tried to get to most County championships during the year & can only praise the efficiency of our officials. We are very lucky in the County to have so many officials prepared to voluntarily give up their time to enable competitions to take place in all conditions & it is reassuring that we have a large number of new officials taking courses. However we always need more so please contact Michael & Patricia Cole for details of officials courses.

I've been to the County committee meetings & there is a lot of hard work that goes onto putting on championships & arranging teams with a lot of pre-planning to make sure the day / event goes smoothly. Once one event is completed thoughts go onto the next event. The County always need more helpers so why not come along & assist, there is lots of experience & expertise within the Committee to help you. There will be spaces on the Surrey Committee to be elected at the County AGM so please contact myself or Keith Burchell via the excellent County website www.surreyathletics.org.uk for more information.

Best wishes for the coming year & wishing you every athletics success

Steve Bosley

## SCAA AGM

Club representatives are urged to attend the AGM to be held on Friday, 14 March 2008 at Park House, Randalls Road, Leatherhead commencing at 7.15pm. The first item will be the presentation of the Annual Awards. This will be followed by light refreshments and an opportunity for informal discussion with colleagues. The County Association exists to meet at least some of the needs of its members and therefore it needs to hear from you!

## **DOUG GOODMAN 1919 - 2008**

Doug was a reliable cross country runner for Herne Hill Harriers without ever achieving huge success. As an administrator however he achieved great heights. He roase from the clubs cross country secretary during the early 1950s when the club enjoyed great success to become Surrey County secretary (1960 - 1969), Surrey County President (1971) & Southern Counties AAA President following in the steps on his brother Ron. He was team manager of the England team for the 1970 Edinburgh, 1974 Christchurch & 1978 Edmonton, Commonwealth Games teams & also managed the 1978 Great Britain team for the European Championships in Prague & 1976 Olympics Games teams in Montreal. An extremely distinguished & likeable man who had a kind word for everyone Doug will be sadly missed by all that knew him.

Steve Bosley

## **OFFICIALS**

We are currently focusing on the shortage of Endurance Officials (Road Race and Cross Country) in the County. A training programme for those who would like to be involved with endurance events is being prepared by UK Athletics for courses to be run for interested parties, hopefully in the autumn. Meanwhile anyone that can demonstrate they have been involved with Endurance Events for over two years and have not yet been graded as an Endurance Official can apply to us for the necessary form or download it from the UKA website. All completed forms must be returned to us by 1st March 2008.

An official's training day is being held on Sunday 30 March at ACS (Cobham). Full details will be available early March but all officials should book this date in their diaries.

The following Officials have been successfully upgraded.

Field Level 3 to Level 4

Brian Harlick

Field Level 2 to Level 3

Pauline Mills Gill England Phillip Martin Colin Stroud

Congratulations to them all.

Patricia & Michael Cole - Officials Secretary

Tel 01372 458650

Email coledust@tiscali.co.uk

Starter Marksman Level 2 to Level 3

Martin Goodway David Clarke

Track Level 2 to Level 3

Sheila White Sophie Toomey Nicola Fleet

# **COUNTY CHAMPIONSHIPS**

# Cross Country, Lloyd Park, Croydon, 5 January 2008

U13 GIRLS (57 finishers)			U13 BOYS (81 finishers)			
1 Susan Shiel Rankir 2 Sophie Storey 3 Leigh Chapman	AFD G&G AFD	13.56 13.57 13.59	1 Stephen Knuckey 2 Adam Hulin 3 Jack Wyllie	AFD DMV DMV	12.20 12.46 12.49	
TEAMS (4 to score)			TEAMS (4 to score)			
1 Guildford & Godal 2 Aldershot, Farnhan 3 Dorking & Mole V	n & Dist.	22 29 66	1 Aldershot Farnham & D 2 St Marys Richmond 3 Walton AC	55 78 115		
U15 GIRLS (40 finis	shers)		U15 BOYS (55 finishers)			
<ul><li>1 Emelia Gorecka</li><li>2 Ruth Haynes</li><li>3 Beth Hubbard</li></ul>	AFD AFD AFD	15.53 16.29 17.01	1 Elliot Woolmer 2 Joshua Grace 3 Liam White	AFD AFD HW	15.08 15.16 15.20	
TEAMS (4 to score)			TEAMS (4 to score)			
<ul><li>1 Aldershot Farnham</li><li>2 Herne Hill H</li><li>3 South London H</li></ul>	& Dist	12 43 78	1 Aldershot, Farnham & I 2 Herne Hill H 3 Hercules Wimbledon A		17 63 74	
U17 WOMEN (23 fi	nishers)		U17 MEN (35 finishers)			
					22.06	
<ul><li>1 Lily Partridge</li><li>2 Loulou Rowlands</li><li>3 Isabel Brinsden</li></ul>	AFD SLH E&E	19.23 20.01 20.46	1 Johnny Hay 2 Josh Gorecki 3 Daniel Sellman	AFD AFD SLH	23.06 23.13 23.44	
2 Loulou Rowlands	SLH	20.01	2 Josh Gorecki	AFD	23.13	
2 Loulou Rowlands 3 Isabel Brinsden	SLH E&E	20.01	2 Josh Gorecki 3 Daniel Sellman	AFD SLH Dist AC	23.13	
2 Loulou Rowlands 3 Isabel Brinsden TEAMS	SLH E&E Women	20.01	2 Josh Gorecki 3 Daniel Sellman TEAMS (4 to score) 1 Aldershot, Farnham & I 2 South London H	AFD SLH Dist AC	23.13 23.44 12 28	
2 Loulou Rowlands 3 Isabel Brinsden TEAMS combined with U20	SLH E&E Women	20.01	2 Josh Gorecki 3 Daniel Sellman TEAMS (4 to score) 1 Aldershot, Farnham & I 2 South London H 3 Hercules Wimbledon A	AFD SLH Dist AC	23.13 23.44 12 28	
2 Loulou Rowlands 3 Isabel Brinsden TEAMS combined with U20 V U20 WOMEN (5 fin 1 Hannah Brooks 2 Monique Davis	SLH E&E Women ishers) Craw HHH	20.01 20.46 19.19 23.12	2 Josh Gorecki 3 Daniel Sellman TEAMS (4 to score) 1 Aldershot, Farnham & I 2 South London H 3 Hercules Wimbledon A U20 MEN (18 finishers) 1 Steven Connor 2 Ben Wallis	AFD C AFD G&G	23.13 23.44 12 28 73 22.58 24.11	

#### **COUNTY CHAMPIONSHIPS**

#### Cross Country, Lloyd Park, Croydon, 5 January 2008 (continued)

SENIOR WOMEN (76 finishers)		SENIOR MEN (151 finishers)			
1 Emily Adams	AFD	32.54	1 Phil Wicks	Belg	41.20
2 Justina Heslop	ClapC	33.16	2 Will Clark	E&E	43.50
3 Genevieve Gardne	er G&G	34.01	3 James Kelly	Belg	44.23
TEAMS (4 to score)		TEAMS (6 to score)			
1 South London Har	rriers	53	1 Herne Hill Harriers		60
2 Ranelagh Harriers 90		90	2 Thames Hare & Hounds		148
3 Dorking & Mole V	Valley	102	3 Hercules Wimbledo	n AC	156

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## CORRECTIONS TO NOVEMBER 2007 ISSUE OF SCAN

## Peter Smith 1920 - 2007 (Page 1)

Peter was President of SCAA in 1992.

# Sportshall (Page 10)

U13 Girls Teams - Wandsworth were first with 563.5 points and Herne Hill H were second with 550 points.

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# SEAA INDOOR CHAMPIONSHIPS, LEE VALLEY, 19/20 JANUARY 2008

The following Surrey athletes won finals:-

Sen Women - SP Eleanor Gatrell (Wok) 15.89m.

Sen Men - 200m Tim Abeyie (WGEL) 21.46; PV Greg Conlon (TVH) 4.50m.

U17 Women - 60m Twinelle Hopeson (Croy) 7.65; 200m Twinelle Hopeson (Croy) 25.32 CBP; 300m Frederica Foster (SLH) 41.67 CBP; 800m Hannah Edwards (HHH) 2:18.79; PV Jade Ive (Sutt) 3.80m CBP.

U17 Men - 1500m Rikkie Letch (AFD) 4:11.58 CBP; PV Gordon Lester (K&P) 3.70m; TJ Babatunde Amosu (Croy) 14.57m CBP.

U15 Girls - 800m Katie Snowden (HHH) 2:26.95.

U15 Boys - 200m Josh Atille (Croy) 24.32; 60mH Blade Ashby (HHH) 8.90; HJ Blade Ashby (HHH) 1.64m.

#### INTER-COUNTY EVENTS

#### SEAA Inter-County Cross Country, Parliament Hill, London, 8 December 2007

Surrey U15 Girls won their team race. The U13 Girls, U13 Boys, U15 Boys and U17 Men teams all came second. The Senior Women were third and the U17 Women were 6th. Individual winners were Emelia Gorecka (U15G), Stephen Knuckey (U13B) and Elliot Woolmer (U15B). Ruth Haynes (U15G) and Adam Hulin (U13B) both came third.

#### SENIOR WOMEN (6.5k)

Teams: 1 Essex 17, 2 Hampshire 41, 3 SURREY 54, 4 Middlesex 88, 5 Sussex 96, 6 Buckinghamshire 136..

Surrey athletes: 8 Justina HESLOP 22:09; 10 Emily NELSON 22:27; 16 Sarah MURPHY 23:02; 20 Anna SCALLY 23:28; 33 Katie JENRICK 24:16. 42 finishers

#### U20 WOMEN (6k)

Teams: 1 Sussex 45, 2 Hampshire 56, 3 Hertfordshire 67, 4 Kent 77, 5 Buckinghamshire 81, 6 Middlesex 113.

No Surrey athletes. 40 finishers

#### U17 WOMEN (5k)

Teams: 1 Middlesex 41, 2 Hampshire 48, 3 Essex 56, 4 Kent 56, 5 Sussex 84, 6 SURREY 87, 7 Hertfordshire 125, 8 Suffolk 136, 9 Buckinghamshire 155, 10 Bedfordshire 220. Surrey athletes: 6 Isobel BRINSDEN 19:24; 9 Catherine TAYLOR 19:34; 29 Monica ISAAC 21:03; 43 Christine LOWSON 21:50; 44 Julia WEDMORE 21:52; 56 Rosemary FERNANDO 23:14. 61 finishers.

## U15 GIRLS (4.2k)

Teams: 1 SURREY 17, 2 Hertfordshire 71, 3 Hampshire 75, 4 Essex 86, 5 Middlesex 93, 6 Sussex 107, 7 Kent 124, 8 Bedfordshire 134, 9 Buckinghamshire 140, 10 Suffolk 153. Surrey athletes: 1 Emelia GORECKA 15:15; 3 Ruth HAYNES 15:40; 4 Georgia PEEL 15:56; 9 Bethan HUBBARD 16:43; 12 Katie SNOWDEN 16:57; 15 Mae PARTRIDGE 17:00; 22 Hannah EDWARDS 17:14; 38 Grace O'LEARY 17:37.69 finishers.

#### U13 GIRLS (3k)

Teams: 1 Hampshire 43, 2 SURREY 54, 3 Middlesex 61, 4 Kent 63, 5 Essex 75, 6 Sussex 89, 7 Bedfordshire 92, 8 Hertfordshire 132, 9 Buckinghamshire 150, 10, Suffolk 207. Surrey athletes: 6 Ruth BOURNE 10:48; 8 Leigh CHAPMAN 10:50; 19 Susan SHIEL RANKIN 11:10; 21 Louise HERON 11:12; 32 Ciara DENNY 11:25; 33 Katie CALLENDER 11:26; 40 Harriet PREEDY 11:30; 52 Eleanor SMITH-HAHN 11:49. 69 finishers.

## **INTER-COUNTY EVENTS**

#### SEAA Inter-County Cross Country (continued)

#### U23 MEN (10k)

Teams: 1Sussex 44, 2 Hampshire 44, 3 Hertfordshire 51, 4 Kent 68, 5 Buckinghamshire 71.

No Surrey athletes. 28 finishers.

#### U20 MEN (10k)

Teams: 1 Essex 33, 2 Kent 46, 3 Hampshire 52, 4 Middlesex 76, 5 Hertfordshire 81, 6 Sussex 85, 7 Bedfordshire 115.

Surrey athletes: 29 Alex WARD 37:14; 30 Alex HAWKINS 37:21; 52 Michael McMANUS 40:12, 58 finishers.

#### U17 MEN (5k)

Teams: 1 Bedfordshire 26, 2 SURREY 48, 3 Kent 62, 4 Hampshire 88, 5 Hertfordshire 97, 6 Essex 97, 7 Middlesex 104, 8 Sussex 111, 9 Suffolk 138, 10 Buckinghamshire 158. Surrey athletes: 4 Johnny HAY 16:15; 8 Josh GORECKI 16:26; 9 Matt GRANT 16:38; 27 Joe MORWOOD 17:10; 49 Mickey REED 17:40; 58 Alex RICE 18:08. 71 finishers.

#### U15 BOYS (4.2k)

Teams: 1 Essex 39, 2 SURREY 41, 3 Middlesex 59, 4 Bedfordshire 68, 5 Hampshire 84, 6 Sussex 99, 7 Kent 103, 8 Suffolk 129, 9 Hertfordshire 149, 10 Buckinghamshire 167. Surrey athletes: 1Elliot WOOLMER 14:19; 10 Liam WHITE 14:49; 11 Josh GRACE 14:59; 19 Kegan LYMN 15:17; 29 Jack PUTTOCK 15:27; 38 Samuel WOODS 15:41; 60 Gari BROWN 16:17; 65 Joe TOOMEY 16:31. 72 finishers.

#### U13 BOYS (3k)

Teams: 1 Sussex 48, 2 SURREY 52, 3 Buckinghamshire 59, 4 Kent 68, 5 Essex 80, 6 Bedfordshire 81, 7 Hampshire 113, 8 Middlesex 115, 9 Suffolk 141, 10 Hertfordshire 153. Surrey athletes: 1 Stephen KNUCKEY 9:19; 3 Adam HULIN 9:29; 22 Jack WYLLIE 10:08; 26 Hugo FLEMING 10:13; 31 Ben BRADLEY 10:20; 54 Jack ROWE 10:50; 57 Tom BALL 10:53; Josh KEISLER 10:55. 74 finishers.

#### CAU 10K Road Championships, Chichester, 7 October 2007

Mer	1	•	Woı	men	
1	Lancashire	20pts	1	Lancashire	20pts
2	Kent	23pts	2	SURREY	20pts
3	Bedfordshire	28pts	3	Hampshire	20pts
4	Hampshire	38pts	4	Sussex	43pts
5	SURREY	45pts	5	Essex	59pts
6	Norfolk	46pts	6	Middlesex	61pts
6	Kojo Kyereme (SB)	30:17	2	Birhan Dagne (Belg)	33:24
13	James Kelly (Belg)	30:53	7	Naomi Warner (THH)	35:51
26	Ben Paviour (HHH)	32:35	11	Justina Heslop (ClapC)	36:37
49	David Mason (Belg)	35:03	21	Anna Scally (Rane)	37:57

# Spectrum Leisure Centre, Guildford, 2 December 2007.

U13	Boys Teams		U13	Girls Teams	
1	Guildford & G AC	417	1	Guildford & G AC	570
2	Herne Hill H	392.5	2	Camberley & District	508
3	South London H	367.5	3	Epsom & Ewell H	492
4	Kingston AC & Poly H	309.5	4	Herne Hill H	487
5	Wandsworth Borough	277	5	South London H	473
6	Camberley & District	267	6	Hercules Wimbledon	397
7	Kingston & Poly 'B'	250	7	Wandsworth Borough	387
8	Walton AC	238	8	Kingston AC & Poly H	365
9	Dorking & Mole V	216	9	Guildford & G 'B'	344.5
10	South London 'B'	182	10	Walton AC	318
11	Guildford & G 'B'	114.5	11	South London 'B'	278
12	Sutton & District	83	12	Epsom & Ewell 'B'	264
13	Herne Hill H 'B'	26	13	Kingston & Poly 'B'	248.5
			14	Sutton & District	236
			15	South London 'C'	231.5
			16	Herne Hill H 'B'	86
			17	Dorking & Mole V	84
U15 Boys Teams		U15 Girls Teams			
1	Herne Hill H	183	1	Guildford & G AC	335
2	Hercules Wimbledon	181.5	2	Herne Hill H	323.5
3	Guildford & G AC	150	3	Kingston AC & Poly H	308.5
4=	Kingston AC & Poly H	112.5	4	South London H	298
4=	Herne Hill H 'B'	112.5	5	Walton AC	291.5
			6	Camberley & District	266.5
			7	Herne Hill H 'B'	119
			8	Hercules Wimbledon	97.5
			9	Guildford & G 'B'	68
Bes	t Individual points scorers:				
	B Boys		H13	Girls	
	niel Whitlam (HHH)	52		ky Maguire (G&G)	68
	n Onabanjo (HHH)	52		ita Matayo (HHH)	67
	o Raynbird (G&G)	51		nor Smith-Hahn (HW)	64
	Johnson (HHH)	51		lia Dijk (G&G)	64
-	ie Obuks (SLH)	49		el Ashby (HHH)	63.5
•	on Okuleye (Wands)	49 47		y Paskell (Walton)	63
	n Butcher (G&G)	46.5		helle Ingham (C'ley)	62
	jun Babalola (Wands)	46.3		ecca Pritchard (G&G)	61
	ott Fraser (K&P)	45		y Vaughan (HHH)	61
	ver Garner (K&P)	43		sia Ndubuisi (Wands)	61
On	ver Garner (K&F)	44	Elys	sia indubuisi (Wallus)	01

# Spectrum Leisure Centre, Guildford, 2 December 2007 (continued).

U15 Boys		U15 Girls	
Blade Ashby (HHH)	44	Molly Renfer (K&P)	79.5
Nathan Safo Barnien (HW)	42.5	Sophie Small (SLH)	79
Alex Moisley (HHH)	39	Hannah Roberts (Camby)	75
Jose Costa (HW)	38	Katie Wren (G&G)	74
Louis Costa (HW)	33	Laura Parker (G&G)	71
Stephan Grren (G&G)	33	Abi Wroth (Walton)	68
Kyran Mitchell (HW)	33	Monique Alexander (HHH)	65
James Baker (G&G)	32.5	Sylvia Amdubahah (HHH)	61
Addean Gallimore	32	Sophie Peel (K&P)	60
Rohit Naha (K&P)	30	Natasha Skeet (HW)	59
Mikel Lutot	30	Shanice Harrison (SLH)	59
		Eleanor Ball (G&G)	59

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# MICHAEL WHEELER SETS UK U17 BEST

Competing at the Loughborough Open Indoor Meeting on 15 December 2007, Michael Wheeler (HHH) putt the shot 19.07m which is the best ever indoor performance by a British Under 17 year old.

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Wise Heads at the Surrey Squad Day.

# Spectrum Leisure Centre, Guildford, 13 January 2008.

U1:	3 Boys Teams		U13	Girls Teams	
1	Herne Hill H	541	1eq	Herne Hill H	592
2	Guildford & G AC	512	1eq	1	
3	South London H	471	3	Guildford & G AC	567.5
4	Camberley & District	418	4	Camberley & District	560.5
5	Walton AC	365.5	5	Guildford & G 'B'	502
6	Kingston AC & Poly H	365	6	Kingston AC & Poly H	428
7	Wandsworth Borough	352	7	Epsom & Ewell H	419.5
8	Dorking & Mole V	311	8	Hercules Wimbledon	395.5
9	Guildford & G 'B'	283	9	Herne Hill H 'B'	376.5
10	South London 'B'	253.5	10	Walton AC	368
11	Kingston & Poly 'B'	185	11	South London H	330
12	Epsom & Ewell H	178.5	12	Epsom & Ewell 'B'	274
13	South London 'C'	167	13	Guildford & G 'C'	261
14	Camberley & D 'B'	146	14	Camberley & D 'B'	251
15	Sutton & District	136.5	15	Sutton & District	195
16	Herne Hill H 'B'	31	16	Kingston & Poly 'B'	194.5
			17	South London 'B'	109
			18	Dorking & Mole V	32
U1:	5 Boys Teams		U15	Girls Teams	
1	Herne Hill H	234	1	Herne Hill H	236
2	Hercules Wimbledon	221.5	2	Walton AC	233.5
3	Kingston AC & Poly H	181	3	Guildford & G AC	223.5
4	Guildford & G AC	122.5	4	Kingston AC & Poly H	217
5	Epsom & Ewell H	40	5	Camberley & District	205
6	Camberley & District	36	6	South London H	186.5
			7	Hercules Wimbledon	63
Bes	t Individual points scorers:				
U1:	3 Boys		U13	Girls	
	Johnson (HHH)	64	Rebo	ecca Douglas (Wands)	72
	eo Raynbird (G&G)	63		erah Grant (Wand)	72
	ie Obuks (SLH)	62		ia Dijk (G&G)	71
•	drew Mason (Wands)	61	Vicky Maguire (G&G)		71
	on Onabanjo (HHH)	61	Briane King (HHH)		70
	niel Whitlam (HHH)	60		el Ashby (HHH)	69
	ott Fraser (K&P)	57.5		nor Smith-Hahn (HW)	69
	l Thompson (SLH)	56.5		e Peever (C'ley)	68.5
	jun Babalola (Wands)	56.5		charn Wright-Mason (Wand	s) 66
	Collins (Wands)	55.5		ia Ndubuisi (Wands)	66
	,		-	helle Ingham (C'ley)	66
				÷ , , , ,	

Spectrum Leisure Centre, Guildford, 13 January 2008 (continued).

U15 Boys		U15 Girls	
Blade Ashby (HHH)	53	Molly Renfer (K&P)	62
Nathan Safo Barnien (HW)	52	Abi Wroth (Walton)	60
Alex Moisley (HHH)	52	Hannah Roberts (C'ley)	58
Jose Costa (HW)	48.5	Sinead Worrell (HHH)	58
Kyran Mitchell (HW)	47	Laura Parker (G&G)	55.5
Louis Costa (HW)	44	Harriet Field (SLH)	52
Mikel Lurot (HHH)	41	Sophie Peel (K&P)	51.5
Frank Johnson (K&P)	41	Lauren Highton (Walt)	51
Martin Lay (E&E)	40	Carla Letheby (Walt)	50.5

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## ENGLAND ATHLETICS - LONDON REGION

Please note new postal address and telephone numbers (from January 2008):-

England Athletics London Region c/o The Academy of Sport London South Bank University South Bank Technopark 90 London Road LONDON SEL 8LN

Telephone: 020 7928 4686

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## SCAN

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

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> April 2008 (May issue) 17<sup>th</sup> July 2008 (August isue)

10<sup>th</sup> October 2008 (November issue) 17<sup>th</sup> January 2009 (February issue)

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

## **COMPETITION REVIEW**

In the previous edition of SCAN I included an article which reviewed the number of athletes achieving County Standard performances as reported in the annual Track & Field for the years 2004-2007. I am pleased to report that this generated some response from readers. David Barrington (Kingston AC & Polytechnic Harriers) wrote:-

I wish I knew the answer to the fluctuations in numbers! However, my experience is that these things change with the wind. Sometimes clubs find a group of keen boys - or girls - who enhance their age groups for 2/3 years then disappear with no great volume in the years behind; then, a coach could gather a good group or a coach could retire. As for the Surrey numbers you compile, though, I would suggest it's more likely that your ranking lists have become more efficient/well known and the reporting levels have increased. ......... would not, personally, jump to ANY firm conclusions from stats. Far more likely to effect rankings are such imponderables as exams/family pressures/lack of, or sudden bursts of, commitment / lack of ability / easier recumbent things to do / desire for money / keeping up with peers etc.

I also received a suggestion from a coach, who specialises in field events, that participants in the less popular events would benefit from the setting of performance targets for the year ahead and they provided a sample of the procedure they have adopted to facilitate this:-

At the beginning of the season the coach discusses with the athlete which meetings are to be the significant ones for the season. They then agree the target performance for the next meeting which is recorded on a form (such as the one shown below). For events, such as the English Schools Championships, where entry standards apply, these are also noted. Then during the season the form is updated with the actual performance and the next target is set giving the athlete the opportunity to measure their progress. This can provide incentives in the less popular events where the vagaries of the standard and number of participants can make relative positions less relevant.

Name: A. N. Other Age Group: U15G

Event: Shot PB: 9.50

Entry Standards: ESAA Grade I 10.70m

Date	Meeting	Venue	Target	Actual
	HW YA	C Palace	10.00	9.00
	NYAL	Copthall	10.00	10.50
	Surrey Champs	Kingsmeadow	11.00	
	Surrey Schools	Kingsmeadow		
	English Schools	Gateshead		
	U13 Inter-Counties	Kingsmeadow		
	Woking YA	Woking		

# **COUNTY DIARY 2008 - 2009**

#### 2008

9 February	Surrey Cross Country Leagues	various
10 February	Surrey Squad Day	Sutton Arena
17 February	U13/U15 Sportshall - Regional Final	Spectrum, Guildford
18 February	Surrey Schools Development Day	Oxted
23 February	National Cross Country Championships	Alton Towers
1/2 March	Surrey Indoor Championships	Sutton Arena
8 March	English Schools Cross Country Championships	Liverpool
14 March	SCAA AGM	Park House,
		Leatherhead
15 March	CAU Inter Counties Cross Country Championship	s Nottingham
6 April	Surrey Squad Day	Sutton Arena
12 April	National Sportshall Finals	NEC Arena,
		Birmingham
13 April	London Marathon	
10/11 May	Surrey County Track & Field Championships	Kingsmeadow
24 May	Surrey County Vets Track & Field Championship	s Kingsmeadow
25/26 May	CAU Inter-counties Track & Field Championship	s Bedford
14 June	Surrey Schools Track & Field Championships	Kingsmeadow
14 June	London Schools Track & Field Championships	tbc
21 June	Schools Inter-County Track & Field	Kingsmeadow
28/29 June	ESAA Regional Combined Events	Eton
11/12 July	English Schools Track & Field Championships	Gateshead
27 July	U13 Inter County Track & Field	Kingsmeadow
3 August	U17 Inter-County Track & Field	Basildon
10 August	Senior Inter-County Track & Field	Kingsmeadow
24 August	SEAA U15/U20 Inter-County Track & Field	Copthall
September	Surrey County Road Relays	Wimbledon
September	Surrey County Combined Events & S'Chases	tbc
October	Bruce Judd YA Cross Country Relays	Stoke Pk, Guildford
October	Surrey County Vets Cross Country	Richmond Park
26 October	U13/U15 Sportshall	Spectrum, Guildford
30 November	U13/U15 Sportshall	Spectrum, Guildford
December	SEAA Inter-County Cross Country	

#### 2009

January	Surrey Cross Country Championships	tbc
20 March	English Schools Cross Country Championships	tbc

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