

SURREY COUNTY ATHLETIC NEWS

(Issue 61 - November 2009)

With the festive season fast approaching can I, first of all wish you all, particularly our hard working officials, an enjoyable time and a happy and successful 2010.

Hopefully, our officials will be able to enjoy a well earned rest over the Christmas and New Year period and their first task in 2010 will be to help organise our cross country championships at Lloyd Park, Croydon, on Saturday, January 9.

Can I urge all of our clubs and athletes to also give these championships their full support. You should be able to find an entry form on the county website. Just to remind you that teams for the UK Inter-Counties Championships are selected mainly based on performances at the county championships. The Inter-Counties meeting is scheduled for Saturday March 13 which is the same day as the UK trials for the World Championships. The CAU have yet to decide whether to stage their championships in conjunction with the trials at Perry Park, Birmingham or independently at the traditional Nottingham venue.

I'm pleased to be able to welcome two new championship secretaries. Steve Holt has taken over as cross country championships secretary and his first task was the Bruce Judd Junior cross country relays at Guildford last month (October). He is also dealing with entries for the main championships in January.

Camilla Thrush, herself no mean thrower, has taken over from Maurice Joyce as veterans track and field championships secretary. These will be staged at Ewell Court on Saturday, May 29 2010. Good news for the veterans is that the championships sub-committee has agreed to the heavy throws being included in the programme. Hopefully, this can be achieved without extending the long day for officials.

On behalf of the county association can I wish them every success in their new posts and to you, the reader, best wishes for the festive season and 2010.

Tom Pollak

President 2009/2010.

NATIONAL CHAMPIONS 2009

Julien ALLWOOD (Indoor U17M TJ; U17M TJ)

Omari CARR-MILLER (U15B 400M) Peter CHAMBERS (U15B 3000M)

Donna FRASER (Indoor SW 200M & 400M)

Joice MADUAKA (Indoor SW 60M; SW 100M)

Jacob PAUL (Indoor U15B Pentathlon) Georgia PEEL (U17W 800M)

Jahisha THOMAS (U15G LJ) Emeka UDECHUKU (SM Discus)

Alex WRIGHT (U20M 10,000M Walk)

COUNTY CHAMPIONSHIPS

5K Road, Wimbledon, 9 August 2009

MEN

1	Ben Paviour	HHH	15:50
2	Jimmy Goulis	Stragg	15:53
3	Jon Thorpe	B&B	16:01
M40	Vic Mauggn	HHH	16:37
M50	Andrew Fay	DMV	17:57
M60	Geoff Newton	Tad	19:13

WOMEN

1	Jo Ronaldson	Rane	18:10
2	Marie Synott-Wells	Rane	19:12
3	Carol Evans	SLH	19:13
W35	Jo Ronaldson	Rane	18:10
W45	Carol Evans	SLH	19:13
W55	Jade Bardirzbanian	unat	32:32

TEAMS

1	Clapham Chasers	21	1	Ranelagh Harriers	22
2	Herne Hill Harriers	31	2	South London Harriers	24
3	Belgrave Harriers	35	3	Clapham Chasers	26

10K Track, Tooting Bec, 29 August 2009

1	Jonathan Brine	Walt	35:04.90
2	Rajdave Singh	HHH	35:48.99
3	James Ward	HHH	36:19.13

Road Relays, Wimbledon Park, 12 September 2009

SENIOR WOMEN (4 laps)- 16 teams finished.

1 Ranelagh H 71:17; 2 South London H 71:47; 3 Epsom & Ewell H 73:42.
Fastest lap: Georgie Bruinvels (SLH) 16:05.

W35 WOMEN (4 laps) - 8 teams finished

1 Thames H&H 75:47; 2 Epsom & Ewell H 77:57; 3 Ranelagh H 80:46.
Fastest lap: Elizabeth Stavreski (TH&H) 17:43.

SENIOR MEN (6 laps) - 21 teams finished.

1 Thames H&H 91:16; 2 Herne Hill H 'A' 91:36; 3 Herne Hill H 'B' 93:43.
Fastest Lap: James McMullan (TH&H) 14:14

M40 MEN (4 laps) - 8 teams finished.

1 Herne Hill H 66:01; 2 South London H 66:40; 3 Hercules Wimbledon 68:18.
Fastest lap: Vic Maughn (HHH) 15:40

M50 MEN (4 laps) - 13 teams finished.

1 South London H 66:30; 2 Ranelagh H 69:49; 3 Dorking & Mole Valley 71:51.
Fastest lap: David Ogden (SLH) 16:17

Thames Hare & Hounds (Men) and Ranelagh (women) both came from behind to take the county titles.

In the men's race, over six stages of 2.9 miles, it could all have been so different if Berlin Marathon bound Gareth Price had not lost a possible minute when he missed a turn and went sprinting off towards Wimbledon Village on the opening circuit. Already in a clear lead, the middle distance runner failed to negotiate a corner after the steep climb up Church Road and

COUNTY CHAMPIONSHIPS

lost loads of places.

“I looked back and couldn’t see anyone and must have lost a minute. I turned back but came out in 15 to 20th place,” said the 29-year-old, who has been building up the miles for his marathon debut. “I’ve been doing mid-80s for two to three months,” added Price.

Dorking’s Nick Hodges entered the stadium first for the first leg change-over before Price used his track speed to re-take the lead after clawing his way back through the field.

Herne Hill’s “B” team, who were not qualified for the Surrey championships, had taken over after a 14:57 split from Jeff Cunningham, by the end of the second stage, before Adam Przedzmirski’s 15:11 secured the half-way lead for hosts Hercules Wimbledon. Closing again were Herne Hill’s Surrey team through Ian Lockett’s 15:01 and they then went ahead through Jonathan Stead and Ian Yates and still led with just the final lap to come.

Thames’ James McMullan then celebrated his call-up for the England team to contest the Commonwealth uphill mountain race at Keswick with a 14:14 fastest lap that secured a narrow win for his club over Alan Barnes’ Herne Hill. “I caught up a lot uphill then took the lead at the start of the downhill,” said McMullan. “It’s my first senior vest and today was a good place to check my form,” added the 25-year-old who was fifth in the UKA mountain trial at Llanberis back in June.

Last Year Georgie Bruinvels led South London Harriers to victory with the fastest time in this event but, although again posting the best effort, could not quite prevent Ranelagh coming through on the final lap to snatch the gold medals.

“I was 36 seconds faster with 16:03 this year and I’ve been changing the way I race,” said the 20-year-old. She was referring to her usual front running tactics which she has modified in order to finish more strongly. Of her effort here, she said: “I’ve never had to race with the men before,” so this enabled a more cautious start. Her time was later amended to 16:05 on the official results.

Ceri Diss made up a host of places to give Herne Hill a second stage women’s race lead, before Becky Woodland returned South London to the head of affairs on the penultimate lap. “It was warm,” was Woodland’s accurate comment about the autumn weather. Finally, Liz Kipling brought Ranelagh through in the closing stages for victory as the holders, with three over-40s in their team just lost out.

Chasing Pippa Major, Kipling said: “I passed her just before we came back into the park.

The age group events saw a good performance from South London’s over-50 men’s squad who will be looking for more glory at the South of England relays at Aldershot at the end of the month.

Martin Duff

COUNTY CHAMPIONSHIPS

Combined Events & Steeplechases, Horsham, 12/13 September 2009

U17 WOMEN (1 competitor)

1 Christianne Risman G&G 3493

U15 GIRLS (10)

1 Vicky Maguire G&G 2783

2 Lily Newman G&G 2421

3 Lilian Brower C'ley 2349

UNDER 13 GIRLS (15)

1 Shirin Irving Croy 2464 CBP

2 Ellie Lane Wok 1994

3 Eleanor Smith-Hahn HW 1976

SENIOR MEN DECATHLON (2)

1 Roy Chambers Wok 5001

2 Mark Andrews Holl S 3702

VET MEN PENTATHLON (2)

1 Mark Thomas Walt 2244

2 Kevin Burnett SoC 1592

U20 MEN DECATHLON (1)

1 Ned Quiney Croy 5308

U17 MEN OCTATHLON (6)

1 Ben Weeks C'ley 3904

2 Michael Lusty Wok 3466

3 Martin Lay E&E 3406

U15 BOYS PENTATHLON (16)

1 Jacob Paul E&E 2374

2 Oliver Newport Craw 2350

3 Levy Smith Craw 2225

U13 BOYS PENTATHLON (12)

1 Justin Tarrant Craw 1668

2 Stirling Gibbons Croy 1545

3 Joshua Haasz Croy 1453

SM 3000M STEEPLECHASE (1)

1 Terry Lapins Croy 13:23.43

U20M 2000M STEEPLECHASE (2)

1 Nathan Stone HHH 7:45.86

2 Matthew Calder Wok 7:51.57

U17M 1500M STEEPLECHASE (3)

1 Nathan Ditton WSEH 4:45.47

2 James Tidd WSEH 4:55.35

3 Mark Plackett Croy 5:08.02

Bruce Judd YA Cross Country Relays, Stoke Park, Guildford, 3 October 2009

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

1 Aldershot, Farnham & District 26:24; 2 Reigate Priory 27:05; 3 Guildford & Godalming 27:44. Fastest lap: 8:24 Lucy Drummond (E&E).

UNDER 15 GIRLS (3 laps) - 18 teams finished.

1 Guildford & Godalming 24:59; 2 Aldershot, Farnham & District 25:17; 3 Windsor, Slough, Eton & Hounslow 25:33. Fastest lap: 7:56 Susan Shiel-Rankin (AFD).

UNDER 17 WOMEN (3 laps) - 8 teams finished.

1 Herne Hill H 24:46; 2 Guildford & Godalming 'A' 25:21; 3 Guildford & Godalming 'B' 27:09. Fastest lap: 7:50 Katie Snowden (HHH).

UNDER 13 BOYS (3 laps) - 30 teams finished.

1 Camberley & District 24:25; 2 Windsor, Slough, Eton & Hounslow 24:58; 3 Dorking & Mole Valley 25:02. Fastest lap: 7:32 Merhavi Tesfaldet (HHH).

COUNTY CHAMPIONSHIPS

Bruce Judd YA Cross Country Relays (continued)

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

1 Dorking & Mole Valley 23:07; 2 Windsor, Slough, Eton & Hounslow 23:09; 3 Herne Hill H 23:57. Fastest lap: 7:17 Peter Chambers (Croydon).

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

1 Windsor, Slough, Eton & Hounslow 21:19; 2 Hercules Wimbledon 21:21; 3 Epsom & Ewell Ht 22:45. Fastest lap: 6:47 Liam White (HW).

Vets Cross Country, Richmond Park, 17 October 2009

WOMEN (50 finishers)

W35-1	Liz Stavreski	THH	24:35
W35-2	Zoe West	E&E	24:36
W35-3	Rebecca Black	DMV	24:45
W40-1	Suzanne Wood	DMV	24:11
W40-2	Juliet Cleghorn	Strag	24:26
W40-3	Pippa Major	SLH	24:29
W45-1	Dee Smale	Strag	24:58
W45-2	Susanna Harrison	Wok	25:17
W45-3	Chris Costiff	SLH	25:36
W50-1	Alison Carpenter	THH	26:17
W50-2	Sue Cockle	Strag	31:17
W50-3	Louise Neville	Strag	31:29
W55-1	Anna Garnier	THH	25:51
W55-2	Maggie Statham	Holl S	27:39
W55-3	Chris Flynn	E&E	31:22
W60-1	Jane Davies	E&E	27:10
W60-2	Ann Bath	26.2	30:36
W60-3	Sandra Hughes	SLH	32:27

MEN (94 finishers)

M40-1	Andy Weir	THH	34:24
M40-2	David Symons	THH	34:39
M40-3	David Baker	SLH	35:40
M45-1	Vic Maughn	HHH	35:22
M45-2	Michael Goatley	G&G	36:01
M45-3	Tony Harran	HHH	36:49
M50-1	David Ogden	SLH	36:02
M50-2	Glenn Quarton	SLH	36:21
M50-3	Mark Gregory	SLH	37:16
M55-1	Chris Owens	Rane	38:03
M55-2	Hugh Saxby	HW	38:12
M55-3	Terry O'Neill	Belg	39:27
M60-1	John Quaintance	SLH	39:14
M60-2	Geoff Newton	Tad	40:20
M60-3	Stewart McIntyre	ReigP	40:55
M65-1	Peter Giles	THH	41:58
M65-2	Bob Gevers	SLH	45:02
M65-3	John Coffey	B Air	46:04
M70-1	Mick Harran	HHH	50:19
M70-2	Gerry Collins	Belg	55:32
M70-3	Ken Sheppard	SLH	59:24
M75-1	Brian Shave	HHH	54:32
M75-2	Alan Lane	Belg	61:25

TEAMS

WOMEN 35-44

1 Dorking & Mole Valley	15
2 South London H	23
3 The Stragglers	29

WOMEN 45+

1 South London H	18
2 The Stragglers	24
3 Woking AC	26

MEN 50-59

1 South London H	6
2 Ranelagh H	26
3 Dorking & Mole Valley	32

MEN 40-49

1 South London H	26
2 Guildford & Godalming	31
3 Herne Hill H	32

MEN 60+

1 South London H	12
2 Hercules Wimbledon	16
3 Herne Hill H	35

McCain Athletic Networks

With the assistance of our EA Club and Coach Development Officers, Chris Benning and Sarah Porter two Networks have recently been formed within the athletics county of Surrey - South Surrey and South London. They are both at the early stages of their development.

SOUTH LONDON NETWORK

Six athletic clubs in South West London are having talks to come together to form the South London Athletics Network (SLAN) with the aim of working together to promote and encourage participation in athletics to the benefit of the whole community.

The six clubs, which cover the London boroughs of Croydon, Merton, Sutton and Wandsworth, are Belgrave Harriers, Croydon Harriers, Hercules Wimbledon AC, Herne Hill Harriers, South London Harriers and Sutton & District AC.

Their aim is to pool their resources to bring about an improvement in both the standard and an increase in the numbers participating in athletics in a more effective way than working independently.

The hope is that coaches will use their knowledge and expertise to improve standards across all clubs in the network particularly in technical events that are considered weak such as the jumps, throws and hurdles.

The network is also hoping to increase the number of youngsters joining clubs by sending coaches to coach into schools.

Steve Bosley from Herne Hill has been elected to chair the network and one of his major tasks will be to appoint a network coordinator to work across the clubs to deliver its objectives.

SLAN has been working with the London and Kent network to appoint a joint coordinator who would operate on a full-time basis between the two networks. Funding for the post is expected to be provided through a grant of around £35000 from England Athletics. The two networks are expected to be formally launched early in 2010.

Anyone interested in applying to become the joint network coordinator should contact Steve Bosley by email on stevebosley1@aol.com.

SOUTH SURREY NETWORK

The South Surrey Network, chaired by Rob Russell, includes 8 clubs and has secured funding from England Athletics for a Coaching and Volunteer Coordinator post starting shortly. See Page 7 for advertisement.

South Surrey Network - Coaching and Volunteer Coordinator (part time)

We are one of the new McCain Athletics Networks with an ambitious plan to recruit, develop and retain coaches, athletes and volunteers across the South Surrey Network. We represent a cluster of 8 clubs working strategically with other local key partners to develop athletics in our area within the Administrative County of Surrey. Our initial aim is to drive up the quality of coaching and broaden the volunteering base. We are seeking to develop the all round quality of provision within clubs in the network and strengthen our links with schools. Our ethos will be one of partnership and, with funding from England Athletics, we are committed to sharing best practice at regular meetings with clubs in our network and with our partners. As the Coach and Volunteer Coordinator you would be tasked with executing our Network Plan.

Salary: £10,000-£12,500. Part time 3 year fixed term contract subject to continued funding. **Employer:** The South Surrey Athletic Club Network Ltd.

Location: Administrative County of Surrey

Description: England Athletics has funded the South Surrey Network based on a three year Network Plan. Whilst the priorities in the first year of the Plan are towards coaching and volunteering, in Years 2 and 3 we would assess progress against the Plan and prioritise your work in other areas including clubs, officials, competition, education, and athletes' participation and development. There will be plenty of opportunity to motivate and organise others in delivering the Network Plan.

You will already understand the importance to clubs of a strong coaching and volunteering base. You will be expected to work with the clubs, coaches and other volunteers in athletics across the whole South Surrey Network area and will need to be mobile to regularly meet mainly evenings with our clubs and partners. The successful candidate must be able to provide evidence of good face to face communication skills. You will need to show us your good organisational skills and be competent with email as a communication tool.

For job description and information pack: Contact Rob Russell Tel: 07810 862842 or e-mail: robruss24@hotmail.com

Applications: Please send your CV to Rob Russell as above.

Closing date: Friday 27th November

Additional Contact: Christine Benning Tel:07968 498708 or cbenning@englandathletics.org if further informal information is required.

SURREY COMBINED EVENTS CHAMPIONSHIPS



Competitors in the Under 13 Girls Pentathlon



Medal Winners - Under 13 Boys Pentathlon



Medal Winners - Under 15 Boys Pentathlon



Competitors in the Under 15 Girls Pentathlon.

INTER-COUNTY EVENTS

Under 17 Inter-Counties, K2 Crawley, 2 August 2009

U17 MEN

100M	A2	Cameron Smith	11.03/+0.1	B3	Andre Gibbs	11.58/-0.6
200M	A1	Josh Street	22.43/0.0	B3	Afamefuna Obi-Adewole	23.01/0.0
400M	A2	Stefan Richards	50.06	B2	Sylvester Akpalara	51.55
800M	A1	Ross Franks	1:55.17	B1	Elliott Woolmer	1:57.43
1500M	A2	Joshua Grace	4:09.23	B1	Jordan Maurice	4:11.62
3000M	A1	Liam White	9:02.46	B2	Joe Toomey	9:24.35
100H	A2	Andre Thomas-Richards	13.98/0.0	B2	Craig Hart	14.36/0.0
400H	A1	Paul Cave	57.39	B2	Martin Lay	62.90
1500SC	A4	Nathan Ditton	4:45.68	B2	James Tidd	4:45.90
HJ	A3=	Harry Rogers	1.80m	B4	Blade Ashby	1.75m
PV	A3	Jack Phipps	4.00m	B1	Rohit Naha	2.90m
LJ	A4	Elliot Safo	6.29m/-0.9	B1	Blade Ashby	6.27m/-0.8
TJ	A1	Julien Allwood	14.26m/+2.6	B1	Joe Lawrence	13.74m/+1.0
SP	A3	Hussein Al-Kemanchki	12.63m	B1	Tom Bullen	11.91m
DT	A4	Khalil Njoya	38.75m	B6	Tom Bullen	30.58m
HT	A8	David Mitchell	26.69m	B4	Khalil Njoya	20.77m
JT	A5	Michael Lusty	41.76m	B3	David Mitchell	38.32m
4X100M	2	SURREY	44.40	4X400M	1 SURREY	3:26.07

TEAMS: 1 SURREY 386.5, 2 Essex 360.5, 3 Middlesex 321, 4 Sussex 319.5, 5 Hampshire 287, 6 Kent 265.5, 7 Hertfordshire 248, 8 Buckinghamshire 83.

U17 WOMEN

100M	A4	Cleo-Patrice Barbour	12.94/+1.0	B2	Eleanor Ball	12.72/-1.4
200M	A3	Shanice Harrison	25.98/+0.4	B	-	
300M	A1	Amy Allcock	39.91	B	-	
800M	A7	Lydia Carmell	2:28.27	B	-	
1500M	A3	Calypso Finch	4:46.74	B	-	
HJ	A5=	Sarah Abrams	1.55m	B	-	
PV	A4=	Angharad Seaton	2.30m	B	-	
LJ	A3	Sarah Abrams	5.35m/-0.5	B	-	
DT	A3	Carla Letheby	34.78m	B2	Leanne Bettis	32.14m
HT	A4	Carla Letheby	35.06m	B4	Chioma Abi-Odewole	21.97m
JT	A5	Charlotte Kanini-Parsons	33.26m	B6	Leanne Bettis	26.19
4X100M	2	SURREY	48.84			

NOTE. Surrey had no competitors in 3000m, 80m Hurdles, 300m Hurdles, TJ & SP.

TEAMS: 1 Essex 348.5, 2 Kent 302.5, 3 Middlesex 289, 4 Sussex 277, 5 Hampshire 255, 6 Hertfordshire 246.5, 7 Buckinghamshire 205.5, 8 SURREY 181.

INTER-COUNTY EVENTS

Senior Inter-Counties, Chelmsford, 9 August 2009

		WOMEN		MEN	
100M	A	4 Denise Osei	12.53	2 Robert Graham	11.25/-2.9
	B	1 Azaria Francis	12.46/-2.0	1 Dwayne Grant	10.92/-2.4
200M	A	4 Shayone Simao	24.67/-0.6	5 Idris Ojuriye	22.93/-2.3
	B	-		2 Leroy Slue	21.97/-0.5
400M	A	1 Laura Langowski	55.23	5 Lawrence Mensah	49.69
	B	1 Susan Bovill	57.05	2 Dwayne Dowding	49.80
800M	A	5 Sally Read-Cayton	2:21.51	3 Ben Wallis	1:54.35
	B	2 Louise Ionascu	2:22.25	2 Alex Jackson	1:57.18
1500M	A	2 Emily Adams	4:30.80	3 Ben Wallis	3:59.30
	B	2 Sophie Cowper	4:53.10	-	
3000M/	A	3 Georgie Bruinvels	9:59.88	4 James McMullan	15:25.99
5000M	B	1 Karen Ellison	10:30.88	-	
3K W	A	1 Estle van Schalkwyk	15:27.24	2 Alex Wright	13:14.04
	B	-		2 Tim Watt	15:30.79
3K S/C	A	-		6 Matthew Morgan	10:11.14
	B	-		5 Geordie Logan	10:37.16
100H /	A	-		2 Daniel Davis	14.60/-1.1
110H	B	-		1 Jamie East	15.23/-1.8
400H	A	1 Ruth Brereton	60.45	3 Derek Paisley	53.49
	B	-		3 William Hartley	55.53
HJ	A	1 Julia Machin	1.80m	5 Milan Stanisavljevic	1.86m
	B	1 Charis O'Connor	1.75m	-	
PV	A	4 Jennifer Honeyball	2.87m	1 Ned Quiney	4.47m
	B	-		1 Sam Colgate	4.27m
LJ	A	1 Sarah Wellstead	6.10m	1 Paul Oluyemi	7.48m
	B	2 Jo Rowland	5.04m	1 Paul Ogun	6.86m
TJ	A	3 Julia Machin	11.24m	2 Paul Ogun	14.63m
	B	3 Sarah Wellstead	10.45m	4 Jamie East	11.58m
SP	A	1 Eleanor Gatrell	15.53m	2 Tom Norman	14.61m
	B	2 Jo Bennett	12.10m	2 Nick Webb	14.23m
DT	A	4 Angela Mitchell	36.32m	1 Tom Norman	53.04m
	B	4 Camilla Thrush	29.00m	1 Chris Scott	47.64m
HT	A	6 Camilla Thrush	37.79m	3 Gavin Cook	46.38m
	B	3 Jo Bennett	34.77m	3 Chris Privett	44.54m
JT	A	6 Jo Rowland	32.09m	6 Gavin Johnson-Asson	46.15m
	B	4 Zoe Edmonds	28.61m	4 Kariym Irving	43.72m
4x100M		2 SURREY	48.69	1 SURREY	41.87
4x400M		2 SURREY	4:00.61	4 SURREY	3:19.55

INTER-COUNTY EVENTS

Senior Inter-Counties (continued)

TEAM RESULT

	WOMEN		MEN	
	1 Kent	382	1 Essex	410
	2 Essex	358	2 SURREY	381
	3 SURREY	337	3 Kent	340
	4 Middlesex	307	4 Hertfordshire	320
	5 Sussex	262	5 Sussex	278
	6 Hertfordshire	223	6 Hampshire	274
	7 Hampshire	187	7 Middlesex	222
	8 Oxfordshire	122	8 Oxfordshire	29

SEAA U15/U20 Track & Field, Barnet Watford, 30 August 2009

	UNDER 15 GIRLS		UNDER 15 BOYS	
100M	7h1 Lily Newman	13.99/+1.2	2 Josh Atille	11.44/+1.4
200M	-		1 Josh Atille	23.13/-0.2
400M	n/a		1 George Munt	53.03
800M	4 Ruth Bourne	2:22.59	2 Omari Carr-Miller	2:02.31
1500M	2 Susan Shiel-Rankin	4:46.27	3 Peter Chambers	4:19.68
75/80H	5h2 Emma Nanson	12.73/+0.9	5h2 David Fitzpatrick	12.48/-0.3
HJ	10 Vicky Maguire	1.45m	3 Oliver Newport	1.75m
PV	7 Annabel Sharpe	2.20m	7 Daniel Ditton	2.80m
LJ	7 Lily Newman	4.70m/-1.3	10 Ethan Shakespeare-Richards	4.92m/-0.7
TJ	n/a		8 Ajiro Ewunu	11.25m/-0.6
SP	5 Nicole George	9.58m	1 Levy Smith	13.75m
DT	not held		not held	
HT	n/a		10 Levy Smith	29.12m
JT	12 Maura Maughan	22.58m	12 Linus Field	34.09m
	UNDER 20 WOMEN		UNDER 20 MEN	
100M	1 Twinelle Hopeson	12.24/+0.9	3 Tremayne Gilling	10.76/+0.8
200M	2 Twinelle Hopeson	24.72/+1.0	6 Billy Porter	23.44/+0.9
400M	1 Adelle Tracey	56.57	-	
800M	6 Hannah Edwards	2:18.05	1 Ben Wallis	1:55.56
1500M	6 Isabel Brinsden	4:59.30	3 Liam White	4:01.73
100/110H	1 Robyn St Luce Boyce	14.63/-0.4	1 Matthew Walcott	14.49/+1.0
400H	-		4 Matt Threadgold	57.56
2000S/C	n/a		10 Matthew Calder	7:50.83
HJ	6 Jasmin Dotzek	1.55m	10 Ryan Clancy	1.80m
PV	-		1 Ned Quiney	4.40m
LJ	1 Sarah Abrams	5.40m/+0.9	11 Julien Allwood	5.45m/-1.6
TJ	3 Sarah Abrams	11.33m/+0.2	2 Julien Allwood	13.47m/+0.5

INTER-COUNTY EVENTS

SEAA U15 & U20 Track & Field (continued)

SP	5 Jasmin Dotzek	9.96m	3 Nathan Featherstone	10.75m
DT	not held		not held	
HT	-		11 Nathan Featherstone	28.03m
JT	10 Zoe Edmonds	26.03m	7 Ross Norton	48.49m

Team Placings:

U15 GIRLS: 9th SURREY 20pts.

U15 BOYS: 1st SURREY 53pts.

U20 WOMEN: 2nd SURREY 58pts.

U20 MEN: 2nd SURREY 59pts.

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SURREY ATHLETES AT INTERNATIONAL MEETINGS

(August - October 2009)

IAAF WORLD CHAMPIONSHIPS, BERLIN, GERMANY, 15-23 AUGUST 2009

Harry AIKINES-ARYEETEY - 4x100M 3rd 38.02 (ran leg 4).

Ryan MOSELEY (Austria) - 100M 4h6 10.58/-0.8.

Martyn ROONEY - 400M 7s2 45.98 (45.45 in Heat);

4x400M 2nd 3:00.53 (ran 4th leg with split time of 44.9).

IAAF WORLD HALF-MARATHON, BIRMINGHAM, 11 OCTOBER 2009

Phil WICKS - 60th 65:18 (GB&NI team was 14th).

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COUNTY RECORDS

County records have been set on 9 occasions this year in 9 events. (In 2008 the equivalent figures were 28 & 18; in 2007 they were 17 & 9; in 2006 they were 15 & 7 and in 2005 they were 9 and 6).

U20W	1500M	4:16.24	Georgia Peel (AFD)	Sheffield	11.07.2009
U17W	300M	38.68	Amy Allcock (AFD)	Sheffield	11.07.2009
U17W	1500M	4:16.24	Georgia Peel (AFD)	Sheffield	11.07.2009
U17W	3000M	9:24.79	Emelia Gorecka (AFD)	Twickenham	03.06.2009
U17W	400MH	60.75	Laura Burke (WSEH)	Tampere, FIN	22.07.2009
SM	100M	10.09/+0.9	James Dasaolu (Croy)	Geneva, SUI	06.06.2009
U20M	TJ	15.65m/-0.8	Kola Adedoyin (Sutt)	Sheffield	11.07.2009
U17M	800M	1:51.06	Rikkie Letch (WSEH)	Twickenham	03.06.2009
U15B	200M	22.86/-0.1	Josh Atille (Croydon)	Sheffield	11.07.2009

CROSS COUNTRY

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

(a) South of England Inter Counties at Parliament Hill, 21 November 2009

1. Fastest leg at Surrey Cross Country Relays at Guildford on 3 October 2009.
2. The remaining 8 team/squad members will be selected by the Team Manager, using results from various leagues, opens, relays & Schools events.

(b) UK Inter Counties at Nottingham, 13 March 2010

1. The first 5 Surrey finishers at the Surrey AA Champs at Croydon on 9 January 2010.
2. Highest finishing Surrey runner (not in first 5 at Surrey AA Champs) at South of England Championships at Parliament Hill on 30 January 2010.
3. The remaining 2 team members will be selected by the Team Manager, using results from various leagues, opens, relays & Schools events. Special note will be given to those who performed well at the South of England Inter Counties.

Trevor Raggett - Team Manager (E: trevor.raggett@hotmail.com)

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SPORTSHALL

25 October 2009, Spectrum, Guildford

U13 Boys Teams		U13 Girls Teams			
1	South London H	466.5	1	Guildford & Godalming AC	644.5
2	Herne Hill H	457.5	2	Camberley & District AC	581
3	Camberley & District AC	378.5	3	Walton AC	571
4	Wandsworth Borough	356.5	4	South London H	564
5	Hercules Wimbledon AC	355.5	5	Herne Hill H	541
6	Kingston AC & Poly H	302	6	Kingston AC & Poly H	536.5
7	Herne Hill H 'B'	301.5	7	Wandsworth Borough	473.5
8	Epsom & Ewell H	296	8	South London H 'B'	402
9	Epsom & Ewell H 'B'	292	9	Guildford & Godalming 'B'	401
10	Camberley & District 'B'	256.5	10	Walton AC	388
11	Guildford & Godalming AC	256	11	Camberley & District 'B'	377.5
12	Sutton & District AC	211.5	12	Hercules Wimbledon AC	333
13	Walton AC	82	13	Sutton & District AC	323.5
14	South London H 'B'	60	14	Epsom & Ewell H	292
15	Archbishop Lanfranc Sch	32	15	Herne Hill H 'B'	281
			16	South London H 'C'	267
			17	Archbishop Lanfranc Sch	64
			18	Guildford & Godalming 'C'	63.5

SPORTSHALL

25 October 2009 (continued)

U15 Boys Teams

1	Walton AC	395
2	Sutton & District AC	355
3	Kingston AC & Poly H	335
4	Herne Hill H	332
5	Kingston AC & Poly H 'B'	324
6	Guildford & Godalming AC	318.5
7=	Archbishop Lanfranc Sch	290.5
7=	Camberley & District AC	290.5
9	Hercules Wimbledon AC	162
10	Herne Hill H 'B'	159.5
11	South London H	30

U15 Girls Teams

1	Guildford & Godalming AC	446
2	Epsom & Ewell H	417.5
3	Herne Hill H	355.5
4	Kingston AC & Poly H	327
5	Camberley & District AC	310
6	Walton AC	288.5
7	Kingston AC & Poly H 'B'	235.5
8	Herne Hill H 'B'	226.5
9	Archbishop Lanfranc Sch	52
10	Hercules Wimbledon AC	48
11	South London H	33

Best Individual points scorers:

U13 Boys

Fawiwaz Okunola (HHH)	59
Creston Harrison (SLH)	56.5
Jeauvante Collins (Wands)	56.5
Mark Hastings (C'ley)	55
Usher Wrightman	54.5
Laurence Rook (SLH)	54
Aaron Okuleye (Wands)	54
Aaron Fagan (HHH)	51
Peter Butler (G&G)	50
Thomas Sorrell (HW)	50
Isaac Henriques (K&P)	50
Adam Kena (Wands)	50

U13 Girls

Eleanor Smith-Hahn (HW)	72
Jessica Hall (G&G)	71
Alex Robers (SLH)	70
Freya Savage (G&G)	68
Letesha Fleming (Wands)	67
Eva Larkai (Wands)	66.5
Nina Giambrone (Walt)	66.5
Lauren Edwards (K&P)	66
Jessica Barnes (HHH)	65
Syntyche Rodrigues (SLH)	63
Jess Carl (C'ley)	63

U15 Boys

Daniel Ghosh (Sutt)	96
Matthew Elmore (K&P)	93
Kiran Richards (K&P)	93
Toby Borthwick (G&G)	88.5
Michael Parker-London (Sutt)	86
Reece Barnett (Walt)	84
Spenser Felix (HW)	81.5
Ineb Fehri (HHH)	78
Demi Aghetoyin (Arch L)	77.5
Tom Hilliard (Walt)	75.5

U15 Girls

Vicky Maguire (G&G)	97
Zoe Doran (HHH)	90.5
Laura Reilly (E&E)	89
Amy Lawrence (G&G)	86
Emily Runton (G&G)	83
Maisie Grant (E&E)	82
Camilla Papa (Walt)	81
Shona Richards (E&E)	81
Ilana Marismari (E&E)	80.5
Eloise Robini (E&E)	80

COUNTY DIARY 2009 - 2010

2009

14 November	Surrey Cross Country Leagues Fixtures	various
21 November	SEAA Inter-County Cross Country	Parliament Hill
21 November	London Cross Country Championships	Parliament Hill
29 November	U13/U15 Sportshall	Spectrum, Guildford
12 December	Surrey Cross Country Leagues Fixtures	various

2010

9 January	SCAA Cross Country Championships	Lloyd Park, Croydon
9/10 January	EA/SEAA Indoor Sen/U20 Combined Events	EIS, Sheffield
10 January	SEAA Indoor Championships (Pt 1)	Lee Valley
16/17 January	SEAA Indoor Championships (Pt 2)	Lee Valley
23 January	Surrey Schools Cross Country Champs	Reigate
24 January	U13/U15 Sportshall	Spectrum, Guildford
30 January	SEAA Cross Country Championships	Parliament Hill
6 February	Surrey Cross Country Leagues Fixtures	various
13/14 February	UK Indoor Championships	EIS, Sheffield
14 February	U13/U15 Sportshall - Regional Final	Burgess Hill
14 February	Southern Counties Vets Indoor Championships	Lee Valley
27 February	National Cross Country	Leeds
27/28 February	EA Indoor Age Group Championships	NIA, Birmingham
6/7 March	SCAA Indoor Championships	Sutton Arena
6/7 March	EA Indoor Age Group Combined Events	EIS, Sheffield
12/14 March	IAAF World Indoor Championships	Doha, Qatar
13 March	CAU Inter-Counties Cross Country	Nottingham
14 March	SEAA Masters Cross Country	Cockfosters
20 March	English Schools Cross Country Championships	Manchester
22 March	U13/U15 Sportshall UK Final (Date TBC)	NIA, Birmingham
March	Home Countries Schools Int'l Cross Country	tbc
28 March	IAAF World Cross Country Championships	Bydgoszcz, Poland
8/9 May	SCAA Track & Field Championships	Kingsmeadow

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

SCAN

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