

SURREY COUNTY ATHLETIC NEWS

(Issue 66 - February 2011)

SYLVESTER AKPALARA 1993 - 2010

It was with regret that we learnt from Steve Bosley that the young man who was shot and died on 29th December in Peckham was Sylvester Akpalara.

Sylvester had been a member of the Herne Hill Harriers since he was 12 and competed for the club in Ebbisham, NYAL & Southern Mens league matches as well as competing at London schools, Surrey County, Southern and National & three English Schools championships where he finished fifth and seventh in the 400m finals as a junior boy, indeed the last time I saw him run was in the heats of the U17 mens 400m at the National U17 champs in Bedford.

In 2008 he won a bronze medal in the final of the U15 boys 800m at the National U15 boys indoor championships in Birmingham as well as winning the U15 boys 400m outdoor title at the Surreys & third in the final of the Southern champs and he was nationally ranked in every year of his athletics career including 21st over 400m as an U17 in 2010 with a best of 50.4.

He was a quiet, unassuming lad who never griped about doing an extra event for his club and often ran himself close to exhaustion . He was reliable & rarely late for matches even if he had the furthest of most to travel to get to the coach. He enjoyed his athletics and made many friends both in the club and within the sport.

A Ceremony to remember his life was held on Thursday 13th January 2011 at Holy Trinity Church, Tooting. It was clear from the attendance that despite his youth Sylvester had made a significant impact upon the lives of his contemporaries both within athletics and beyond.

TED CAIGER 1936 - 2011

One of Surrey's top endurance runners of half-a-century ago, Ted Caiger, has died. Ted, who was 74 and lived in the USA, was third in the Surrey one mile championship in 1959 in 4:12.6 and was ranked third in the county with 4:08.5 that year. In 1960, he was fourth in the mile in 4:13.4 and ran 4:06.1 in the AAA championships at London 's White City in July that year, ranking him fifth in the county. He also ran 1:54.5 for 880 yards that ranked him 10th in Surrey behind Brian Hewson (1:49.3) Mike Fleet (1:50.9) and Bob Harvey (1:53.8).

He was a member of Hercules AC (now Hercules Wimbledon) and was a good class cross country runner finishing 15th in the Surrey championships on Wimbledon Common in 1961, the same year he finished 57th in the English National. In 1964, he finished fourth in the Surrey six miles championship at Wimbledon Park in 30:18.0 behind Surrey AC's Barry Collins and twins Bob and Dave Holt, also from Hercules. His last recorded race was in 1965, at the age of 29, when he completed a marathon in Port Talbot, Wales, in 2:33:10

COUNTY CHAMPIONSHIPS

Cross Country, Lloyd Park, Croydon, 8 January 2011

U13 GIRLS (74 finishers)

1 Katie Shiel-Rankin	AFD	14:19
2 Niamh Brown	Reig P	15:31
3 Megan Winslade	DMV	15:32

TEAMS (4 to score)

1 Windsor, Slough, Eton & H.	35
2 Dorking & Mole Valley	42
3 South London Harriers	67

U15 GIRLS (54 finishers)

1 Harriet Preedy	AFD	15:40
2 Ruth Bourne	Tonbridge	16:10
3 Josie Savill	SMR	16:33

TEAMS (4 to score)

1 Aldershot, Farnham & District	21
2 Guildford & Godalming AC	53
3 Windsor, Slough, Eton & H.	73

U17 WOMEN (16 finishers)

1 Ruth Haynes	AFD	18:35
2 Susan Shiel-Rankin	AFD	19:17
3 Katie Snowden	HHH	19:23

TEAMS

combined with U20 Women

U20 WOMEN (14 finishers)

1 Isobel Brinsden	E&E	19:09
2 Jo Klaptocz	G&G	19:42
3 Catherine Taylor	AFD	20:28

TEAMS (3 to score)

1 Aldershot, Farnham & District	12
2 South London Harriers	31
3 Guildford & Godalming AC	33

U13 BOYS (78 finishers)

1 Rian McCawley	C'ley	13:54
2 Charles Wyllie	DMV	13:54
3 Nathan Gibson	AFD	13:57

TEAMS (4 to score)

1 Camberley & District AC	38
2 Sutton & District	60
3 Herne Hill Harriers	77

U15 BOYS (59 finishers)

1 Tom Holden	SLH	14:06
2 Merhawi Yemane	HHH	14:14
3 Daniel Wallis	G&G	14:25

TEAMS (4 to score)

1 Herne Hill Harriers	25
2 Windsor, Slough, Eton & H	32
3 South London Harriers	84

U17 MEN (35 finishers)

1 Nick Tauwhare	AFD	25:43
2 Ben Bradley	AFD	26:12
3 Lewis Lloyd	HHH	26:13

TEAMS (4 to score)

1 Aldershot, Farnham & District	26
2 Windsor, Slough, Eton & H	50
3 Herne Hill Harriers	64

U20 MEN (15 finishers)

1 Josh Grace	AFD	24:52
2 Liam White	HW	24:54
3 Ian Bailey	AFD	25:12

TEAMS (3 to score)

1 Hercules Wimbledon	18
2 Dorking & Mole Valley	24

COUNTY CHAMPIONSHIPS

Cross Country, Lloyd Park, Croydon, 8 January 2011 (continued)

SENIOR WOMEN (99 finishers)

1 Emily Wicks	AFD	31:27
2 Estelle Damant	Rane	32:04
3 Liz Kipling	Rane	32:11

SENIOR MEN (179 finishers)

1 Phil Wicks	Belg	40:40
2 James McMullan	THH	41:25
3 Chris Busaileh	HHH	41:55

TEAMS (4 to score)

1 Aldershot, Farnham & District	28
2 South London Harriers	55
3 Clapham Chasers	71

TEAMS (6 to score)

1 Herne Hill Harriers	72
2 Belgrave Harriers	77
3 Thames Hare & Hounds	120

Thankfully these Championships were not affected by the weather as last year's event had been. This was probably the first time that a husband & wife have won the respective Senior Championships. A full set of these results is available on the county website.

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INTER-COUNTY EVENTS

SEAA Inter-County Cross Country, Biggleswade, 11 December 2010

As in 2009 Surrey won the U17 Women and U20 Women team races. We were in the top 5 for the remaining six age groups.

Individually Tom Holden won the U15 Boys after winning last year's U13 event. Sisters Katie and Susan Shiel-Rankin were runners-up in the U13 and U17 races with Harriet Preedy (U15) and Henry Pearce (U17) also gaining second places.

SENIOR WOMEN

Teams: 1 Essex 30, 2 Hampshire 55, 3 Kent 66, 4 Middlesex 68, 5 SURREY 88, 6 Bedfordshire 156.

Surrey athletes: 12 Emily ALDEN 22:46; 17 Ruth CLIFTON 23:11; 18 Rose NICHOLSON 23:12; 41 Marie SYNOTT-WELLS 25:02; 45 Susanna HARRISON 25:30.

U20 WOMEN

Teams: 1 SURREY 42, 2 Essex 46, 3 Kent 69, 4 Middlesex 92.

Surrey athletes: 4 Isobel BRINSDEN 23:00; 11 Adelle TRACEY 24:06; 13 Sophie COWPER 24:42; 14 Armelle FOLKES 24:57; 15 Molly RENFER 25:29; 16 Maddie GARNER 25:35; 26 Emer KERR 27:09; 31 Julia WEDMORE 27:26.

U17 WOMEN

Teams: 1 SURREY 24, 2 Essex 42, 3 Bedfordshire 59, 4 Buckinghamshire 69, 5 Hampshire 78, 6 Hertfordshire 90, 7 Norfolk 111, 8 Sussex 131, 9 Kent 133, 10 Middlesex 175.

Surrey athletes: 2 Susan SHIEL-RANKIN 17:38; 4 Katie SNOWDEN 18:05; 5 Helen WILSON 18:13; 13 Laura GENT 18:41; 24 Poppy DISLEY-MAY 19:23; 33 Steph McCALL 19:37.

INTER-COUNTY EVENTS

SEAA Inter-County Cross Country (continued)

U15 GIRLS

Teams: 1 Essex 44, 2 SURREY 52, 3 Buckinghamshire 57, 4 Hampshire 57, 5 Hertfordshire 93, 6 Bedfordshire 101, 7 Kent 103, 8 Sussex 119, 9 Middlesex 169, 10 Norfolk 172, 11 Suffolk 206.

Surrey athletes: 2 Harriet PREEDY 14:24; 4 Ruth BOURNE 14:38; 15 Leigh CHAPMAN 15:21; 31 Eleanor HARRISON 15:51; 38 Lucy DRUMMOND 16:10; 48 Amy BILLUPS 16:32; 69 Tessa BILLUPS 19:00.

U13 GIRLS

Teams: 1 Sussex 42, 2 SURREY 42, 3 Hampshire 46, 4 Essex 57, 5 Kent 65, 6 Hertfordshire 88, 7 Buckinghamshire 137, 8 Norfolk 191, 9 Suffolk 194, 10 Middlesex 199, 11 Bedfordshire 273.

Surrey athletes: 2 Katie SHIEL-RANKIN 10:36; 5 Niamh BROWN 10:52; 8 Victoria PICKEN 10:58; 27 Keuna PHILLIPS-DARKO 11:28; 33 Lianne LAFRENIERE 11:31; 35 Hannah MORRIS 11:38; 42 Molly POCOCK 11:41; Georgina HOLDEN 11:47.

U17 MEN

Teams: 1 Kent 38, 2 Hampshire 42, 3 SURREY 49, 4 Hertfordshire 71, 5 Essex 71, 6 Middlesex 96, 7 Buckinghamshire 105, 8 Sussex 144, 9 Suffolk 179, 10 Bedfordshire 239, 11 Norfolk 247.

Surrey athletes: 2 Henry PEARCE 14:55; 7 Nick TAUWHARE 15:32; 11 Lewis LLOYD 15:39; 29 Dom NOLAN 16:15; 37 Ben BRADLEY 16:25; 50 Adam HULIN 16:45.

U15 BOYS

Teams: 1 Middlesex 34, 2 SURREY 44, 3 Hampshire 56, 4 Kent 67, 5 Buckinghamshire 96, 6 Suffolk 97, 7 Hertfordshire 104, 8 Bedfordshire 117, 9 Essex 124, 10 Sussex 188, 11 Norfolk 259.

Surrey athletes: 1 Tom HOLDEN 12:57; 7 Daniel WALLIS 13:18; 8 Merhawi YEMANE 13:22; 28 Jack ROWE 13:48; 54 Jack WYLLIE 14:16; 64 Amin JISOW 14:29; 67 Patrick LUCAS 14:34; 68 Gus COCKLE 14:36.

U13 BOYS

Teams: 1 Essex 31, 2 Hampshire 45, 3 Buckinghamshire 57, 4 SURREY 59, 5 Hertfordshire 88, 6 Kent 94, 7 Sussex 108, 8 Suffolk 139, 9 Middlesex 140, 10 Bedfordshire 190, 11 Norfolk 253.

Surrey athletes: 10 Charlie WYLLIE 10:10; 13 Jamie BROWN 10:18; 14 Nathan GIBSON 10:19; 22 Henry McCANN 10:27; Rian McCRAWLEY 10:41; 45 Daniel ASHWOOD 10:51; 57 Omar HARHARI 11:02.

ANNUAL AWARDS

The following awards for the best performance in the 2010 County Championships have been agreed and will be presented at the AGM:-

UNDER 13 GIRLS - The “IMBER CUP” donated by Mrs Betty Smith
KATIE BARROW (Aldershot, Farnham & District AC) Javelin Throw 29.61m CBP.

UNDER 15 GIRLS - The “KATHRYN CHAMBERS CUP” donated by Mrs Kathryn Chambers

SHIRIN IRVING (Croydon Harriers) Pentathlon 2956 points.

UNDER 17 WOMEN - The “PALMER TROPHY” donated by Mrs Palmer
EMELIA GORECKA (AFD) 3000M 9:18.28 CBP

UNDER 20 WOMEN - The “CHAIRMAN’S SALVER” donated by Michael Cowlard
TWINELLE HOPESON (Croydon Harriers) 400m 55.41 CBP.

SENIOR WOMEN - The “LILY BRABEN SALVER” donated by Mrs Lily Braben
ELEANOR GATRELL (Woking AC) Shot Put 15.32m

UNDER 13 BOYS - The “GORDON PIRIE MEMORIAL TROPHY”
NATHAN INKESTER (Epsom & Ewell Harriers) 800m 2:19.07.

UNDER 15 BOYS - The “ARTHUR DUTHIE TROPHY”
TAIWO KAMOJO (Croydon Harriers) 200m 23.87.

UNDER 17 MEN - The “BROOKS CHALLENGE SHIELD”
ELLIOT SAFO (Croydon Harriers) Long Jump 7.15m CBP.

UNDER 20 MEN - The “SURREY COUNTY MEMORIAL SHIELD”
MATTHEW WALCOTT (Herne Hill Harriers) 110m Hurdles 14.75.

SENIOR MEN - The “SIR HARRY BARCLAY MEMORIAL TROPHY”
EMEKA UDECHUKU (Woodford Green with Essex Ladies) Discus Throw 54.70m.

The “MURIEL GUNN TROPHY” for the best performance by an Under 23 Woman in an International meeting goes to EMELIA GORECKA (Aldershot, Farnham & District AC) for her 9:18.43 3000m which placed her 11th in the World Junior Championships held in Moncton, NB, Canada.

The awards for the highest individual points achieved in the 2010/2011 Sportshall season go to:

UNDER 13 GIRLS - Sean AYO-OJO (Camberley & District AC)

UNDER 15 GIRLS - Emily RUNTON (Guildford & Godalming AC)

UNDER 13 BOYS - Jermaine GRAHAM (Herne Hill Harriers)

UNDER 15 BOYS - Aaron WELLS (Sutton & District AC)

2010 TRACK & FIELD SEASON

Enclosed with this edition of SCAN is an analysis based upon the Surrey Ranking Lists of the performances of Surrey athletes in the Under 13 and Under 15 age groups.

This year's stats are not strictly comparable with those I have produced in previous years. This is because we changed some of the Surrey standards and the AAA of England standards used for this analysis are based on the 2009-10 standards. Therefore I have recalculated the figures for the years 2005 - 2009 using the revised standards so that the year by year comparisons are valid. Those of you with access to the internet can view the tabulations by clicking on the link at the bottom of the home page of the Surrey Athletics website.

It is from this group of athletes that the future of our sport will be made. I believe that we need to ensure that they are encouraged to participate in a range of events and to learn the disciplines of both training and competition. The numbers of athletes achieving the Surrey standard is a measure of how successful we are.

I would hope that clubs look at their figures and then ask themselves why their figures have stayed the same as previous years or have changed. By asking these questions the answers they get should be useful in planning their future development.

Clubs who seek financial support from bodies such as Sport England are asked to provide performance indicators so that they can be measured. I would suggest that the figures shown in the analysis could be used for this purpose.

Guildford & Godalming AC have dominated the 2 Girls age groups since 2005 which clearly shows that they are being successful. In the U15 Girls 4 of the top 6 clubs come from outside Greater London whereas in the U13 Girls it is 3 out of 6,

Herne Hill Harriers overtook Croydon Harriers as the leaders in the 2 Boys age groups which they have tended to share between them over the past 6 years. I note that in the U13 Boys 4 of the top 6 clubs come from the part of Surrey outside Greater London whereas in the U15 Boys only 1 club (Camberley & District) come from outside Greater London.

For the County overall in the Under 13 Girls there was a noticeable drop in the number of Grade Is in the technical events. For the Under 13 Boys there was notable improvement in the standard of our sprinters and over 800m but there was corresponding fall over 1500m! In the Under 15 Boys the quality at 400m & 800m showed a marked fall. For the Under 15 Girls there was a significant improvement at 75m Hurdles but little change elsewhere. What is noticeable across the age groups is the generally low level of attainment in the long throws. (not a new phenomenon) which suggests that this is a long-standing problem which needs to be addressed.

Keith Burchell

COUNTY HANDBOOK

The 2011 edition of the County Handbook will be published in May. Please inform Keith Burchell of any amendments that affect the content by 15th April.

SPORTSHALL

Spectrum Leisure Centre, Guildford, 28 November 2010.

U13 Boys Teams

1	Wandsworth Borough	594
2	Herne Hill H	535
3	South London H	450
4	Herne Hill H 'B'	449.5
5	Camberley & District	396
6	Dorking & Mole Valley	381.5
7	Walton AC	374.5
8	Dorking & MV 'B'	351
9	Camberley 'B'	335
10	Sutton & District	324
11	Dorking & MV 'C'	307
12	Hercules Wimbledon	291.5
13	Epsom & Ewell 'B'	182.5
14	Guildford & G AC	175
15	Kingston AC & Poly H	171.5
16	Epsom & Ewell H	158
17	Herne Hill H 'C'	72

U13 Girls Teams

1	Guildford & G AC	729
2	Dorking & Mole Valley	683.5
3eq	South London H	679
3eq	Camberley & District	679
5	Walton AC	598
6	Epsom & Ewell H	593
7	Dorking & MV 'B'	536.5
8	Kingston AC & Poly H	514.5
9	Herne Hill H	465
10	Guildford & G 'C'	403.5
11	Epsom & Ewell 'B'	388
12	Kingston & Poly 'B'	379
13	Camberley 'B'	361
14	Hercules Wimbledon	337
15	Epsom & Ewell 'C'	310.5
16	Epsom & Ewell 'D'	310
17	Herne Hill H 'B'	265.5
18	Walton 'B'	245.5
19	Sutton & District	187
20	South London 'B'	138
21	Guildford & G 'B'	104
22	Arch Lanfranc S	36.5

U15 Boys Teams

1eq	Walton AC	308
1eq	Wandsworth Boro	308
3	Kingston AC & Poly H	287.5
4	Sutton & District AC	267.5
5	Hercules Wimbledon	215
6	Dorking & Mole Valley	168
7	South London H	146
8	Camberley & District	70
9	Epsom & Ewell H	32

U15 Girls Teams

1	Guildford & G AC	459.5
2	South London H	399
3	Kingston AC & Poly H	352.5
4	Dorking & Mole Valley	346.5
5	Walton AC	341.5
6	Epsom & Ewell H	297.5
7	Herne Hill H	289
8	Kingston AC & Poly	277
9	Camberley & District	274
10	Epsom & Ewell 'B'	154.5
11	Sutton & District AC	47.5

SPORTSHALL

Spectrum Leisure Centre, Guildford, 28 November 2010 (continued).

Best Individual points scorers:

U13 Boys		U13 Girls	
Tafari Williams (SLH)	68	Sean Ayou-Ojo (C'ley)	84
Creston Harrison (SLH)	67	Laura Darcey (K&P)	84
Jermaine Graham (HHH)	67	Megan Houska (Walt)	84
Charles Fox (HHH)	66	Nina Gibbins (K&P)	83.5
Jermaine Robinson (Wands)	65	Holly Clark (SLH)	83
King Attram (HHH)	63	Marcella Cato (SLH)	83
Garfield Francis (HHH)	62	Lianne Lafreniere (G&G)	82
Joel MacFarlane (Sutt)	60.5	Keauna Phillips-Darko (SLH)	80
Dennis Asante (Wands)	61	Jessica Crathern (G&G)	79.5
Sam Wattles (HHH)	60.5	Letisha Fleming (HHH)	79
		Sophie Mace (Walt)	79
U15 Boys		U15 Girls	
Daniel Ghosh (Sutt)	81	Zoe Doran (G&G)	95
Segun Babalola (Wands)	75	Matilda Rainsborough (G&G)	93.5
Curtis Knight (Walt)	75	Emily Runton (G&G)	92
Matt Jackman (Walt)	73	Vanessa Saunders (K&P)	85
Andre Livingstone (Sutt)	72	Nicole Kendall (K&P)	84.5
Aaron Wells (SLH)	72	Bryony Ross (K&P)	82.5
Jake Gill (DMV)	72	Lucy Weir (Walt)	82
Devonte Caseley-Hayford (HW)	71	Gemma Clements (Walt)	82
Paul Roche (C'ley)	70	Georgia Hallgalley (C'ley)	81.5
		Rhianna Madden-Hansle (SLH)	79.5

ENGLAND ATHLETICS LOCAL COACH DEVELOPMENT PROGRAMME

6 February - Guildford - Jumps Workshop and Sprints Workshops (10am - 12.30pm), Casio cameras demo (12.30), Throws Workshop (1.30 - 4pm)

16 February - Woking - Developing the Work Ethic in Young Athletes (7 - 9pm).

13 March - Sutton - Area Pole Vault Workshop (to be confirmed).

16 March - Woking - Motivating Your Athletes (7 - 9pm).

20 March - Sutton - Sprints, Jumps and Hurdles Workshops.

23 March - Woking - Nutrition to maximize Performance (7 - 9pm).

For further information contact Chris Benning, Club and Coach Support Officer on 07968 498708 or E: cbenning@englandathletics.org,

SPORTSHALL

Spectrum Leisure Centre, Guildford, 23 January 2011.

U13 Boys Teams

1	Herne Hill H	594
2	Wandsworth Borough	582.5
3	South London H	484
4	Camberley & District	467
5	Walton AC	383
6	Herne Hill H 'C'	381
7	Epsom & Ewell H	346.5
8	Camberley 'B'	333.5
9	Herne Hill H 'B'	318
10	Dorking & Mole Valley	305
11	Dorking & MV 'B'	298
12	Belgrave H	265
13	Sutton & District	215.5
14	Kingston AC & Poly H	186
15	Guildford & G AC	165
16	South London 'B'	141.5
17	Hercules Wimbledon	106

U13 Girls Teams

1	Guildford & G AC	817.5
2	Camberley & District	746
3	Herne Hill H	725
4	Dorking & Mole Valley	716.5
5	Kingston AC & Poly H	667.5
6	Epsom & Ewell H	630.5
7	South London H	629.5
8	Guildford & G 'C'	563
9	Dorking & MV 'B'	554
10	Guildford & G 'B'	548.5
11	Sutton & D 'B'	418
12	Sutton & District	408.5
13	Camberley 'B'	394
14	Epsom & Ewell 'B'	371
15	Guildford & G 'D'	368.5
16	Walton AC	337
17	Epsom & Ewell 'C'	335
18	Kingston & Poly 'B'	315.5
19	Herne Hill H 'B'	281
20	Wandsworth Borough	275
21	Belgrave H	257
22	Hercules Wimbledon	151.5
23	Epsom & Ewell 'D'	107.5
24	South London 'B'	89.5

U15 Boys Teams

1	Walton AC	298.5
2	Hercules Wimbledon	238
3	Sutton & District AC	216
4	Dorking & Mole Valley	151
5	Kingston AC & Poly H	135
6	South London H	123
7	Arch Lanfranc School	96.5
8	Camberley & District	58

U15 Girls Teams

1	Herne Hill H	454
2	Camberley & District	445.5
3	South London H	428.5
4	Kingston AC & Poly	414.5
5	Guildford & G AC	341.5
6	Walton AC	341
7	Walton 'B'	186.5
8	Belgrave H	181
9	Dorking & Mole Valley	177
10	Arch Lanfranc School	143.5
11	Sutton & District AC	127.5
12	Epsom & Ewell H	75.5

SPORTSHALL

Spectrum Leisure Centre, Guildford, 23 January 2011 (continued).

Best Individual points scorers:

U13 Boys		U13 Girls	
Jermaine Graham (HHH)	68	Lianne Lafreniere (G&G)	96
Tafari Williams (SLH)	67	Lucy Watson (DMV)	94
Jermaine Robinson (Wands)	64	Lucy Crayton (G&G)	93
Luke McIntosh (HHH)	63	Ellie Butcher (K&P)	92
Creston Harrison (SLH)	63	Nina Giambrone (Walt)	91
Ibrahim Belal (HHH)	62	Sophie Mace (Walt)	88.5
Adam Kona (Wands)	62	Sophie O'Neil G&G)	88
Ben Noris (DMV)	61	Anna Broughton (HHH)	86.5
Dennis Asante (Wands)	59.5	Sean Ayou-Ojo (C'ley)	86
Charles Fox (HHH)	59	Amaya Jones (E&E)	86
		Marcella Cato (SLH)	85
U15 Boys		U15 Girls	
Daniel Ghosh (Sutt)	72	Emily Runton (G&G)	104.5
Curtis Knight (Walt)	69	Vanessa La Fon (HHH)	104
Devonte Caseley-Hayford (HW)	66	Lillian Brower (C'ley)	101
Aaron Wells (SLH)	64	Zoe Doran (G&G)	98.5
Ayomi Obanubi (Sutt)	63	Vanessa Saunders (K&P)	98.5
Omar Reid (Arch LF)	61	Nicole Kendall (K&P)	97
Matthew Broderick (K&P)	59	Kerri Davidson (Sutt)	96.5
Oliver McMahon (Walt)	59	Anne Stanworth (DMV)	94
Matthew Stevens (K&P)	56	Laura Willis (HHH)	87
Robbi Prince (Walt)	53.5	Nicola Evans (C'ley)	87

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EUROPEAN CROSS COUNTRY CHAMPIONSHIPS, ALBUFEIRA, PORTUGAL, 12 DECEMBER 2010

Emelia GORECKA (AFD) won an individual bronze medal with a time of 13:00 in the Junior 3.97k event. She was joined by Lily PARTRIDGE (AFD), 9th 13:19 and Georgia PEEL (AFD) 27th 13:55 in the GB&NI team which won the Gold medal. Johnny HAY (AFD) finished 14th in the Junior Men's 6.07k race and was part of the GB&NI team which also won the Gold medal.

SEAA CHAMPIONSHIPS

INDOOR, LEE VALLEY, 9/15/16 JANUARY 2011

The following Surrey athletes won finals:-

Sen Women - Twinelle HOPESON (Croy) 200m 25.24;

Charis O'CONNOR (G&G) HJ 1.76m.

Sen Men - Tremayne GILLING (B&B) 60m 6.76; Ben WALLIS (G&G) 800m 1:52.15

CBP & 1500m 3:57.17; Joe IVE (ShaftB) PV 5.00m.

U20 Women - Jessie KNIGHT (HHH) 400m 57.76; Jade IVE (ShaftB) PV 3.20m;

Carla LETHEBY (Walt) SP 10.21m.

U20 Men - Elliot SAFO (Croy) LJ 6.81m; Jonathan ILORI (B&B) TJ 14.92m.

U17 Women - Kerri DAVIDSON (Sutt) TJ 11.44m

U17 Men - Omari CARR-MILLER (Croy) 400m 51.00;

Hugo FLEMING (Walt) 800m 1:57.69 CBP; Oliver NEWPORT (Craw) LJ 6.68m.

U15 Girls - Georgie HAY (HHH) 800m 2:30.69; Shirin IRVING (Croy) 60mH 8.75 CBP

U15 Boys - Simi OBI-ADEWOLE (SLH) SP 12.12m.

CROSS COUNTRY, PARLIAMENT HILL, 29 JANUARY 2011

Surrey winners:-

U17 Women: Emelia GORECKA (AFD).

U13 Girls: Katie SHIEL-RANKIN (AFD)

SURREY CROSS COUNTRY CHAMPIONSHIPS, 8 JANUARY 2011



Top Left: Under 17 Women - Katie Snowden, Susan Shiel-Rankin, Ruth Bourne

Top Right:- Under 20 Women - Caroline Taylor, Isobel Brinsden, Jo Klaptocz

Left - Senior Men - Chris Busaileh, Phil Wicks, James McMullan.

Photos by Mike Fleet

COUNTY DIARY 2011

5 February	SE Schools Inter-County Cross Country (U15/U17/U19)	Berkshire
5 February	Surrey Cross Country Leagues (Men Divs 3/4)	Wimbledon
12 February	Surrey Cross Country Leagues	various
12/13 Feb	UK Indoor Championships	EIS, Sheffield
13 February	U13/U15 Sportshall - South-East Region Finals	Burgess Hill
14 February	Southern Counties Vets Indoor Championships	Lee Valley
19 February	Surrey 10 miles Road Walking Championships	Lee Valley
19 February	National Cross Country	Alton Towers
26/27 Feb	Surrey Indoor Track & Field Championships	Sutton Arena
26/27 Feb	EA Indoor Age Group Championships	NIA, Birmingham
5 March	CAU Inter-County Cross Country	Cofton Park, Birmingham
5/6 March	EA Indoor Age Group Combined Events	EIS, Sheffield
12 March	SEAA Cross Country Relays	Wormwood Scrubs
18 March	Surrey County Athletic Association AGM	Park House, Leatherhead
19 March	English Schools Cross Country Championships	Nottingham
26 March	SE Schools Inter-County Cross Country (U13/U14)	Reigate
26 March	Schools International Cross Country	Ireland
27 March	SEAA Road Relays	Milton Keynes
27 April	Surrey 10,000m Track Walking Championships	Battersea Park
14/15 May	Surrey Track & Field Championships	Kingsmeadow
28 May	Surrey Masters Track & Field Championships	Ewell Court
1/2 July	English Schools Track & Field Championships	Gateshead
17 July	Senior Inter-County Track & Field	Hemel Hempstead
31 July	U13 Inter-County Track & Field	Kingsmeadow
14 August	U17 Inter-County Track & Field	Kingsmeadow
10/11 Sept	Surrey Combined Events & Steeplechases	Sutton Arena

2012

14 January Surrey Cross Country Championships tba

Updates to the Diary are published on the county web site and can be found at:

www.surreyathletics.org.uk/diary

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).

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