

Track & Field Fixtures 2006

3rd May	Eastern Vet's League	Peterborough
7th May	National Junior League	Ipswich
20th May	Southern Men's League	Bedford
20th May	Southern Women's League	Hemel Hempstead
21st May	UK Young Athlete's League	Corby
3rd June	Southern Men's League	Peterborough
4th June	East Anglian League	St Ives
4th June	UK Young Athlete's League	Nuneaton
7th June	Eastern Vet's League	Milton Keynes
11th June	National Junior League	Ipswich
25th June	East Anglian League	Luton
25th June	UK Young Athlete's League	Derby
5th July	Eastern Vet's League	Cambridge
8th July	Southern Men's League	Kings Lynn
15th July	Southern Women's League	St Mary's
16th July	National Junior League	Bedford
23rd July	UK Young Athlete's League	Peterborough
2nd August	Eastern Vet's League	Bedford
5th August	Southern Men's League	Woodford Green
6th August	East Anglian League	Peterborough
12th August	Southern Women's League	Peterborough
13th August	National Junior League	Cambridge
28th August	Marshall Peugeot Games	Peterborough
2nd September	Southern Women's League	Biggleswade
3rd September	Eastern Vet's League (Final)	Bedford
17th September	East Anglian League (Final)	Bury St Edmunds
24th September	Multi-Events	Peterborough

• Please note all fixture's are provisional check for conformation *

Date:
May
2006

PAC Newsletter



New Track & Field Season

Once again the new Track & Field season has started and once again it's the same familiar faces competing for the club on a regular basis. For a club that has over 200 members, it is rather disappointing and annoying when about only 30 athletes take part.

I would like to remind all members new and old who do train with Peterborough Athletic Club, that this club is not a **KEEP-FIT** club nor is it to be used as a **CRECHE FACILITY**, but is actually a fully **COMPETITIVE ATHLETIC CLUB**.

There are no entry fees to pay for representing the club and everyone will be able to compete no matter what standard of athlete they are, so if you are keen to represent your club please see either of the Men's/Boys team manager's Ron Crosby or Kevin McKeivitt or the Ladies/Girls team manager Jan Longman. You can also see either Elaine Larkins or Dick Dawson at the tea bar in the clubhouse and you will be shown who the team managers are.

PETERBOROUGH ATHLETICS ARENA

TRAINING

TUESDAYS 6.00 — 8.00 PM
THURSDAYS 6.00 — 8.00 PM

www.peterborough-ac.org.uk

Contacts;

Chairman Ron Crosby 01733 202901
Hon Sec Elaine Larkins 01733 210353

Renewal of Membership Fee's

The renewal of membership fees are due from the 1st April 2006. Please make prompt payment as you can only compete for the club once your new membership is paid.

Please see Elaine Larkins or Dick Dawson in the clubhouse to make your payment and receive your new membership card.

Your Membership helps towards the running costs of the club, it helps towards the hire of facilities on training nights and also helps towards reduced travel costs.

The most important thing that your membership covers is your insurance should anything happen to you while you are training within the confines of the club and with the club's qualified coaches.

Welcome to the following new members who have joined the club in March. We hope you enjoy your athletics and have a happy and successful time with us.
Sarah Caskey, Melissa Casey, Oliver Hall, Caroline Swain, Allyson Godly, Matthew Dalton, Stephanie Hart and Zoe Hodgson.

CLUB SHOP

Club Vests		£ 15.00
Crop Tops		£ 14.50
High neck Crop Tops		£ 16.00
Club Track Jackets	Small / Medium	£ 22.00
	Large / Extra Large	£ 25.00
Club Sweatshirts		£ 12.50
Club T-Shirts	Short sleeve	£ 5.50
	Long sleeve	£ 8.50
Club Shorts		£ 16.00
Club Briefs		£ 11.00
Club Badges		£ 1.00



Second hand spikes & trainers (ask inside refreshment-hut for details)

Also the place to get your bottled water & high energy drinks.

FRED WRIGHT 3 K FUN RUN & 10 K ROAD RACE

RESULTS

10 K ROAD RACE

1	34.25	Glen Watts	Senior Men
2	35.43	Matthew Axton	Senior Men
4	37.06	Jason Burke	Senior Men
8	38.50	Peter Kirwin	Senior Men
11	39.39	Oliver Mason	Senior Men
16	40.12	Brian Corleys	Senior Men
34	43.43	Ryan Arnold	Senior Men
41	45.08	John Taylor	Vet Male 55
42	45.08	Roger Smith	Vet Male 50
44	45.25	Janice Burke	Vet Female 40
57	48.09	Jill Eve	Vet Female 40
84	72.05	Nicola Kenny	Vet Female 35

**Report from Graham Ward.
Road Running Sec. & Team Manager.**

National Junior U20 League

If any P.A.C athletes who are interested in competing for team Cambridgeshire in the National Junior U20 League could you please see Kevin McKeivitt for an application form and more details.

Also would all athletes who have already signed up to compete please return your form to Kevin A.S.A.P.

* A provisional fixture list is on the notice board inside the clubhouse. *

FRED WRIGHT 3 K FUN RUN & 10 K ROAD RACE

3 K Fun Run.

We received 36 entries, 6 athletes did not start and 1 failed to finish. Of the 29 finishers, 12 were from P.A.C. which is an encouraging number for the coaches and officials who are endeavoring to produce competitive athletes.

The race was won by Richard Pawlak (age 15) in a time of 11 mins 31 secs, Richard won the race despite suffering a fall during the race as did a couple of other runners. Second was fellow P.A.C member Nicholas Stone (age 12) who recorded a time of 12mins 58 secs.

RESULTS

3 K FUN RUN

1	11.31	Richard Pawlak	Male 15
2	12.58	Nicholas Stone	Male 12
5	13.39	Gemma Bays	Female 13
7	13.46	Nathan Popple	Male 15
9	13.54	Peter Godly	Male 12
10	14.00	Sam Longman	Female 12
11	14.54	Laura Arnold	Female 11
12	15.31	Charlotte Kenny	Female 13
15	15.58	Richard Stone	Male 14
17	16.49	Nigel Godly	Senior Men
18	17.45	Robert Stone	Male 9
25	22.07	Tabitha Eve	Female 10

10 K ROAD RACE.

Including the race day entries we received 92 entrants, unfortunately 7 pre race day entrants didn't start and of the 85 finishers 12 were from P.A.C. which is a further endorsement of good support to coaches and the officials who organised the race.

Glen Watts was 1st across the line in a time of 34 mins 35 secs. This was a very encouraging performance from Glen and it begs the question is he beginning to close the gap on twin brother Dan. The weather conditions were not conducive to fast times, but Glen had a 78 second cushion on club colleague Matthew Axton who is current Cambs Road Race League Champion who finished 2nd in 35 mins 43 secs. Jason Burke had an excellent run to finish 4th in 37 mins 06 secs. P.A.C. won the team award with 4 to score : 1st, 2nd, 4th and Peter Kirwin completed the scoring quartet in 8th place in 38 mins 50 secs.

Track Discipline

We have recently had a couple of near accidents on the track, and now the weather is getting warmer and the nights longer there seems to be more and more people using the track. Please be much more aware of what is happening around you at all times.

- * You must not walk back along the track after your effort, always use the outside grass area.
- * Never just walk across the track, look first to make sure there is no-one running down the track.
- * Never run the wrong way up/around the track.
- * Keep all hurdles to the outside two lanes.
- * Keep all block practice to the outside three lanes and preferably where no other group are working.
- * Never ever walk or run across the centre of the grass area.
- * Middle/long distance runners to use the inside two lanes, if you have to start off in lanes 3, 4, 5, 6, 7, 8 then move into the inside lanes as soon as possible.
- * Sprinters to use lanes 3, 4 & 5 (6, 7 & 8 only when no hurdles are out in the home straight).

These are just a few rules of the track you must adhere to for your own safety and the safety of everyone else.

Peterborough AC Open meeting 2nd April 2006

GIRLS / LADIES

U11 GIRLS

80M MEGAN EDWARDS 1ST 12.7s RENEE EARL JARRETT 2ND 13.6s

LONG JUMP MEGAN EDWARDS 1ST 3.47m

U13 GIRLS

80M BLAISE TSIERKEZON 3RD 12.4s ELOISE SCOTT 4TH 12.9s
JAY BINGHAM 5TH 13.1s CLARISSA MURPHY 6TH 13.6
CHERIE SANDERSON 7TH 13.6

150M BLAISE TSIERKEZON 4TH 23.8s LAURA ARNOLD 5TH 24.5s
RENEE EARL JARRETT 6TH 25.6s CLARISSA MURPHY 7TH 26.6s

1000M GEORGIE FREEMAN 1ST 3m33.5s LAURA ARNOLD 3RD 3m53.2s
RACHEL DUNN 5TH 4m05.7s JAY BINGHAM 6TH 4m08.4s
CHERIE SANDERSON 7TH 4m13.4s CLARISSA MURPHY 8TH 4m21.4s

LONG JUMP LAURA ARNOLD 6TH 3.57m JAY BINGHAM 7TH 3.35m

U15 GIRLS

80M (race 1) TYISHA LANNON 3RD 11.9s
80M (race 2) SHARNA EMANUEL 1ST 11.1s LEANNE KNIGHTS 5TH 12.5s

150M (race 1) SHARNA EMANUEL 1ST 20.8s GEMMA BAYS 5TH 21.9s
LEANNE KNIGHTS 6TH 23.9s

150M (race 2) TYISHA LANNON 4TH 23.0s CAROLINE SWAIN 5TH 23.2s

1000M CHARLOTTE KENNY 4TH 4m04.6s CAROLINE SWAIN 5TH 4m07.5s

LONG JUMP GEMMA BAYS 4TH 3.83m CAROLINE SWAIN 6TH 3.71m

U17 LADIES

80M (race 1) CHLOE WEAVER 1ST 11.1s
80M (race 2) STEPHANIE HART 4TH 11.4s MELISSA CASEY 7TH 12.2s
SARAH MARTIN 8TH 12.4s

150M (race 1) CHLOE WEAVER 1ST 21.0s SAM EVE 3RD 21.5s
150M (race 2) SARAH MARTIN 5TH 23.8s

300M CHLOE WEAVER 2ND 44.6s

600M CHELSEA OLDHAM 2ND 1m46.4s

SEN. WOMEN

300M KELLY SUTTON 2ND 45.1s STACEY MCGIVERN 4TH 45.5s
WENDY PERKINS 7TH 49.2s

600M LOUISE HAZEL 1ST 1m41.7s

3000M SARAH AINSLIE 1ST 10m58.2s
LONG JUMP STACEY MCGIVERN 1ST 5.39m

EASTERN CHAMPIONSHIPS

Entry form for the Eastern Championships to be held at Ridlins Stadium, Woodcock Road, Stevenage on Sunday July 9th are now available.

Closing date for entries is Wednesday June 21st, don't leave it until the last minute to get your entry in - do it now!

See Elaine in the clubhouse on training nights for your entry form.

U17 & U15 SOUTH OF ENGLAND CHAMPIONSHIPS

Entry forms for the above championships due to be held on Saturday May 27th and Sunday May 28th at Chelmsford are also available.

The closing date is Tuesday May 16th, again don't leave it until the last minute to get your entry form, see Elaine now!

U20 & SENIOR SOUTH OF ENGLAND CHAMPIONSHIPS

These forms are also available, the championships are on Saturday June 17th and Sunday June 18th at Crystal Palace.

Again the entry forms are available from Elaine in the club house, the closing date for entries is Tuesday June 6th.

Your Newsletter is for You.

If you have any views or information & results that you would like to include in any future Newsletters please put it in writing and hand it to Dave Longman (Newsletter Editor) in the clubhouse or hand it to any committee member who will be only too pleased to pass it on. You may also have items for sale or would like to advertise your services, once again just see Dave and well see what we can do.

EAST ANGLIAN LEAGUE @ NORWICH 23rd APRIL 2006

RELAYS

4 X 100 m Relay U13 GIRLS	2nd	61.1	Jay Bingham, Megan Edwards, Laura Arnold, Georgie Freeman.
4 X 100 m Relay U13 GIRLS n/s	5th	65.6	Penelope Ford, Rachael Dunn, Liza Watts, Clarissa Murphy.
4 X 100 m Relay U15 GIRLS	1st	55.3	Olivia Royce, Caroline Swain, Gemma Bays, Sharna Emanuel.
4 X 100 m Relay U17 MEN	Disq		Jamie Irons, Sean Band, Richard Pawlak, James Crockett.
4 X 100 m Relay SEN LADIES	2nd	53.5	Sam Eve, Nichola Gibson, Leah Parsons, Nikita Waldin Walker.
4 X 100 m Relay SEN LADIES n/s	6th	58.1	Lucy Davies, Emily Edwards, Chelsea Oldham, Jess Langford.
4 X 100 m Relay SEN MEN	1st	46.4	Craig Torr, Andy Suter, Mike Wright, Aaron Steels.

NON SCORERS

Under 13 Girls

800m	Liza Watts	2nd	3.01.6	Lindsey Irons	4th	3.15.8
1500m	Charlie Wing	1st	5.42.1	Rachael Dunn	2nd	6.32.5
	Clarissa Murphy	3rd	7.10.7			

Under 15 Girls

100m	Olivia Royce	2nd	14.2	Molly Edwards	3rd	14.5
	Carolyn Swain	6th	15.4			
200m	Olivia Royce	2nd	29.7	Catherine England	3rd	29.8

A Message to all Coaches.

Would all Coaches please ensure that all athletes within their group are paid up members of the club and if they are not please advise them to see Elaine Larkins in the clubhouse.

Also could you please make every effort to encourage your athletes within your group to compete for the club as it seems pointless for yourselves to train these athletes, if, at the end of the day they only want to keep fit. If that's what they want then they should go and join the local gym and free up the track for the athletes who want to train and compete.

Many Thanks

The Committee

Peterborough AC Open meeting 2nd April 2006

BOYS/MEN

U13 BOYS

80M	MARK EVEREST	1ST	12.2s
	ALEX SLINGSBY	4TH	12.5s
LONG JUMP	PETER GODLY	2ND	3.78m
	ALEX SLINGSBY	4TH	3.43m

U15BOYS

80M	SEBASTIAN AGUILAR	1ST	10.6s
	ANTHONY CHURCH	3RD	11.1s

U17 MEN

80M	JAMES CROCKATT	2ND	10.4s
	MINH HUYNH-QUOC	3RD	10.6s
150M	GRANT OAKES	2ND	18.2s
	MINH HUYNH-QUOC	3RD	20.1s

U20 MEN

80M	TRISTAN CHEEK	1ST	10.8s
3000M	JASON BURKE	1ST	9m 57.7s
LONG JUMP	AARON STEELS	1ST	6.09m

SEN. MEN

80M	CRAIG TORR	1ST	9.8s
	CARL TITMAN	3RD	10.7s
150M	CRAIG TORR	3RD	18.0s
300M	MARTIN DAWSON	5TH	41.6s
3000M	ANDREW SUTER	1ST	9m 15.1s
	MICHAEL WARD	2ND	9m 54.7s

Peterborough AC Open meeting 9th April 2006

GIRLS/LADIES

U11 Girls

80m	Megan Edwards	1st 12.1	Renee Earl Jarrett	2nd 12.6
150m	Megan Edwards	1st 23.0	Renee Earl Jarrett	3rd 23.2
LJ	Megan Edwards	1st 3.23	Tabitha Eve	2nd 3.03

U13 Girls

100m	Jay Bingham	6th 16.0	Clarissa Murphy	7th 17.0
150m	Jay Bingham	5th 24.4	Clarissa Murphy	6th 27.0
600m	Lindsey Irons	4th 2.13.4		
800m	Laura Arnold Penelope Ford	1st 2.44.5 4th 3.02.5	Georgia Woods	2nd 2.51.9
70mH	Clarissa Murphy	4th 16.5		
HJ	Jay Bingham	1st 1.05		
LJ	Jay Bingham	3rd 3.26	Clarissa Murphy	8th 2.61

U15 Girls

100m	Sharna Emmanuel Tyisha Lannon	2nd 13.3 7th 14.7	Olivia Royce Catherine England	3rd 14.1 8th 14.8
200m	Sharna Emmanuel	1st 27.7	Tyisha Lannon	4th 30.7
800m	Charlotte Kenny	7th 3.13.6		
Javelin	Toni Oakes	2nd 9.19		

U17 Women

100m	Chloe Weaver Melissa Casey	1st 13.4 8th 14.7	Stephanie Hart	7th 14.3
200m	Sam Eve	3rd 28.1		
800m	Lucy Davis	2nd 2.29.5		

U20 Women

300mH	Emily Craven	1st 53.2		
400m	Emily Craven	5th 69.1		

EAST ANGLIAN LEAGUE @ NORWICH 23rd APRIL 2006

A / STRING

B / STRING

High jump	U13	G	Megan Edwards	2	1.15	Jay Bingham	3	1.10
Triple jump	SEN	L	Jess Langford	2	8.46	Sam Eve	2	8.42
Long jump	U13	B	Peter Godly	3	3.71			
Shot	U13	G	Penelope Ford	6	4.48	Rachael Dunn	4	3.67
Hammer	U17	M	Sean Band	1	39.22			
Hammer	U15	B	Richard Stone	2	20.64			
Long jump	U13	G	Jay Bingham	3	3.57	Clarissa Murphy	2	2.99
Shot	SEN	M	Dan Tinkler	1	14.71			
High jump	SEN	L	Leah Parsons	1	1.55	Emily Edwards	2	1.30
Javelin	SEN	L	Verity Swinscoe	6	12.17	Jess Langford	2	11.35
Shot	U17	M	Martin Tinkler	1	14.79			
Long jump	SEN	M	Aaron Steels	2	5.39			
Discus	U15	B	Roger Tinkler	2	21.33			
Javelin	U13	G	Sam Longman	4	8.39			
Javelin	U13	B	Peter Godly	1	26.22			
Shot	U15	G	Molly Edwards	5	5.38			
Discus	U17	M	Martin Tinkler	1	41.22			
Long jump	SEN	L	Nichola Gibson	2	4.42	Emily Edwards	2	3.19
Long jump	U15	G	Gemma Bays	5	4.21			
Discus	SEN	M	Dan Tinkler	1	36.88			
Shot	SEN	L	Leah Parsons	2	7.62	Verity Swinscoe	3	6.50
Javelin	U17	M	Aaron Steels	3	37.36			
Discus	U15	G	Michelle Longman	5	12.80			
High jump	U17	M	Jamie Irons	2	1.70			
Discus	U13	G	Georgie Freeman	3	13.26			
Javelin	U15	G	Olivia Royce	3	14.94	Michelle Longman	1	13.91
Discus	SEN	L	Chelsea Oldham	7	15.03	Verity Swinscoe	3	13.82

EAST ANGLIAN LEAGUE @ NORWICH 23rd APRIL 2006

A large squad of P.A.C Athletes turned out on a cold and damp day to represent the club at Norwich in their first meeting of this season in the East Anglian League.

P.A.C competed against six other sides. These were, Luton, West Norfolk, Great Yarmouth, Waveney Valley, Breckland, and home club Norwich.

The team came second behind the very strongly represented home team from Norwich.

The P.A.C team rallied around to fill the gaps in the b - string events to gain as many points as possible.

There were many fine performances with over 20 individual winners and many runner up positions. Once again Dan and Martin Tinkler were unbeaten.

Many athletes gained PB's whilst making their debut for the club, they joined the other experienced athletes who also achieved their PB's.

<u>A / STRING</u>					<u>B / STRING</u>					
70m H	U13	G	Clarissa Murphy	3	18.3					
75m H	U13	B	Peter Godly	1	15.1					
80m H	U17	L	Jess Langford	3	14.7					
100m H	SEN	L	Leah Parsons	1	17.1					
100m H	U17	M	Sean Band	2	15.6					
800m	U13	G	Georgie Freeman	2	2.37.6	Laura Arnold	1	2.49.5		
800m	U15	G	Michelle Longman	3	2.37.4	Carolyn Swain	3	3.05.6		
800m	SEN	L	Chelsea Oldham	3	2.30.4	Wendy Perkins	2	2.35.6		
800m	SEN	M	Andy Suter	3	2.04.2	Michiah Debbage	2	2.14.8		
100m	U13	G	Jay Bingham	4	15.7	Megan Edwards	2	15.0		
100m	U15	G	Sharna Emanuel	1	13.2	Catherine England	3	14.3		
100m	SEN	L	Nikita Waldin Walker	4	13.6	Sam Eve	2	13.5		
100m	U13	B	Tristan Smith	3	15.2					
100m	U15	B	Seb Aguilaur	3	12.2					
100m	U17	M	James Crockett	2	12.4					
100m	SEN	M	Craig Torr	3	11.5	Matthew Dalton	4	12.1		
400m	SEN	L	Christina Birch	2	62.8	Wendy Perkins	1	69.4		
400m	SEN	M	Andy Suter	3	55.9	Mike Wright	1	52.9		
300m	U17	L	Nichola Gibson	2	45.8	Chelsea Oldham	2	46.0		
1500m	U13	G	Samantha Longman	2	5.59.2	Penelope Ford	1	6.06.1		
1500m	SEN	L	Sarah Ainslie	1	5.17.9	Lucy Davies	1	5.21.2		
1500m	U17	M	Richard Pawlak	2	4.29.9	Matthew Pettit	1	4.34.4		
3000m	SEN	M	Paul Hayman	5	9.50.8					
200m	U13	G	Georgie Freeman	3	31.1	Laura Arnold	1	30.8		
200m	U15	G	Sharna Emanuel	2	27.8	Gemma Bays	1	29.3		
200m	SEN	L	Nikita Waldin Walker	3	28.1	Sam Eve	2	27.7		
200m	U15	B	Seb Aguilaur	2	25.2					
200m	U17	M	James Crockett	3	25.3					
200m	SEN	M	Craig Torr	3	23.6	Mike Wright	2	23.6		

Peterborough AC Open meeting 9th April 2006

BOYS/MEN

U11 Boys

Long Jump Robert Stone 3rd 2.66

U13 Boys

100m Nicholas Stone 2nd 15.9

800m Nicholas Stone 1st 2.48.6

75mH	Scott Neil	2nd 15.4	Adam Kimber	4th 15.6
	Peter Godly	5th 15.6	Matthew Pennil	6th 16.7

Long Jump Peter Godly 4th 3.34

Javelin Peter Godly 1st 23.49

U15 Boys

100m Seb Aguilar 3rd 12.6

Shot Roger Tinker 1st 8.43

U17 Men

100m	Grant Oakes	2nd 12.3	James Crockatt	3rd 12.6
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200m	Grant Oakes	2nd 25.3	James Crockatt	3rd 26.2
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400m John Burgess 4th 57.3

3000m Richard Pawlak 1st 9.36.2

High Jump	James Irons	1st 1.80	Sean Band	2nd 1.80
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Shot Martin Tinkler 1st 14.68

Javelin Sean Band 1st 31.67

U20 Men

800m Ryan Arnold 3rd 2.17.3

3000m	Andrew Suter	3rd 9.14.8	Jason Burke	5th 9.56.7
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Shot Daniel Tinkler 1st 16.38

Pole Vault Leo Amies 1st 3.10

Senior Men

100m Craig Torr 2nd 11.7

200m Craig Torr 1st 23.9

3000m	Michael Ward	2nd 9.30.9	James Lampett	3rd 9.47.3
	Paul Hayman	4th 9.48.8	Oliver Mason	5th 10.08.3

Southern Womens League.

This was a great performance by the 9 Ladies and 3 Girls who represented P.A.C in their return to the Southern Women's League after two years absence. Held at Walthamstow on the 22nd April 2006. On a hot day for this time of year they competed against three other clubs from Barnet, Ilford, and host club Harlow.

As usual in these leagues by filling the majority of B - String events P.A.C came out winners on the day by over 30 points. There were many fine performances with 4 wins for both Stacy McGivern and Leah Parsons, 3 wins for Nichola Gibson and Kelly Sutton, 2 wins for both Christina Birch and Sarah Caskey and a win each for Lucy Davies and Kay Gibson, whilst Verity Swinscoe gained 2 PB's finishing second in both the Hammer and Discus in the Ladies Senior Team.

Also six of the Ladies bar Stacy, Kelly and Sarah competed the following day at Norwich gaining victories there aswell. (see East Anglian Results)

As for the combined U13/U15 Girls there was a win each for Michelle Longman in the 800m, her sister Samantha in the 1500m A -String and Penelope Ford 1500m B - String. Then all three of them competed the following day at Norwich in the East Anglian League.

Unfortunately with the East Anglian League fixture taking place on the following day, many of the young girls chose to compete at Norwich rather than make up the team numbers at this fixture.

Hopefully this can be addressed for the next fixture at Hemel Hempsted in May.

	<u>A - String</u>	<u>B - String</u>		
<u>U13 & U15 Girls</u>				
Javelin	Samantha Longman	2	6.39	
800m	Michelle Longman	1	2.36.6	
Discus	Michelle Longman	2	14.44	

	<u>A - String</u>	<u>B - String</u>
<u>Senior Women</u>		
Hammer	Verity Swinscoe 2 21.65	Kay Gibson 1 19.94
Long Jump	Stacy McGivern 1 5.37	Leah Parsons 1 4.65
Discus	Kay Gibson 2 17.55	Verity Swinscoe 2 17.43
300H	Nichola Gibson 1 53.9	
100m	Kelly Sutton 3 13.6	Christina Birch 2 14.1
High Jump	Leah Parsons 1 1.60	Stacy McGivern 1 1.60
800m	Lucy Davies 2 2.37.0	Sarah Caskey 1 2.44.8
Shot	Verity Swinscoe 2 5.85	Lucy Davies 3 3.53
Triple Jump	Stacy McGivern 1 11.55	Nichola Gibson 2 8.22
400m	Kelly Sutton 1 62.7	Christina Birch 1 65.7
200m	Christina Birch 3	Nichola Gibson 2
Javelin	Leah Parsons 3 19.68	Kay Gibson 3 10.20
1500m	Sarah Caskey 1 5.41.1	
4 x 100m	Leah Parsons Nichola Gibson	Stacy McGivern Kelly Sutton 1 53.0
4 x 400m	Lucy Davies Nichola Gibson	Christina Birch Kelly Sutton 1 4.29.1