

Under 13 Boy's Gradings

	gold	silver	bronze	1	2	3	4
75mH	14.2	15.2	16.0	13.2	13.9	14.9	16.0
100m	14.6	15.4	16.1	13.0	13.5	13.9	14.6
200m	29.6	30.9	32.5	27.0	27.9	29.0	30.5
800m	02:43.0	02:55.0	03:12.0	02:23.0	02:28.0	02:33.0	02:41.0
1500m	05:20.0	05:35.0	06:00	04:51.5	05:01.0	05:09.0	05:25.0
75m				9.9	10.2	10.5	11
150m				20.2	20.9	21.8	22.9
SHOT	6.70	5.35	4.50	9.20	8.15	7.15	5.90
LJ	3.90	3.50	3.00	4.65	4.35	4.10	3.75
JAVELIN	23.00	18.00	14.00	32.70	28.00	23.50	17.65
HJ	1.25	1.15	1.00	1.47	1.36	1.30	1.20
Discus	14.00	11.00	9.00	27.15	22.00	17.75	14.00
60m				8.4	8.6	8.8	9.3
60mH				10.1	10.6	11.4	12.1

NAME: Joe Bates
AGE: U13B

TRACK

DATE	MEETING	200m	75mH	800m
09/05/2009	Cambs County Championships, Cambridge		16.31	02:55.2
07/06/2009	Eastern Young Athletes League, Braintree		16.40	
19/07/2009	East Anglian League, Cambridge	32.00		02:54.2
02/08/2009	East Anglian League, Braintree	31.60		02:46.8
31/08/2009	Peterborough City Games	31.37		02:51.4

Seasons Best	31.37	16.31	02:46.8
PAC Club Standards	Bronze		Silver
AAA Grades			

FIELD

DATE	MEETING	L/J
09/05/2009	Cambs County Championships, Cambridge	3.59
07/06/2009	Eastern Young Athletes League, Braintree	3.69

Seasons Best	3.69
PAC Club Standards	Silver
AAA Grades	

NAME: Oliver Brant
AGE: U13B

TRACK

DATE	MEETING	100m	200m
28/06/2009	Eastern Young Athletes League, Peterborough	15.10	31.30
12/07/2009	Eastern Young Athletes League, Bedford	15.00	32.30
19/07/2009	East Anglian League, Cambridge	15.10	32.60

Seasons Best	15.00	31.30
PAC Club Standards	Silver	Bronze
AAA Grades		

FIELD

DATE	MEETING	L/J
28/06/2009	Eastern Young Athletes League, Peterborough	3.81
12/07/2009	Eastern Young Athletes League, Bedford	3.79
19/07/2009	East Anglian League, Cambridge	3.96
16/08/2009	Eastern Young Athletes League, Thurrock	3.74

Seasons Best	3.96
PAC Club Standards	Gold
AAA Grades	Grade 4

NAME: Joe De Lucis

AGE: U13B

TRACK

DATE	MEETING	100m
09/05/2009	Cambs County Championships, Cambridge	15.50
07/06/2009	Eastern Young Athletes League, Braintree	15.30
21/06/2009	East Anglian League, Kings Lynn	15.10
28/06/2009	Eastern Young Athletes League, Peterborough	15.00
12/07/2009	Eastern Young Athletes League, Bedford	14.60
19/07/2009	East Anglian League, Cambridge	14.80
22/07/2009	Development Meeting, St Ives	14.60
02/08/2009	East Anglian League, Braintree	15.40
31/08/2009	Peterborough City Games	15.56
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	15.91

Seasons Best	14.6
PAC Club Standards	Gold
AAA Grades	Grade 4

FIELD

DATE	MEETING	L/J	Discus	Shot
09/05/2009	Cambs County Championships, Cambridge	3.60		
07/06/2009	Eastern Young Athletes League, Braintree		13.08	4.73
21/06/2009	East Anglian League, Kings Lynn		13.14	6.03
28/06/2009	Eastern Young Athletes League, Peterborough		12.56	5.52
12/07/2009	Eastern Young Athletes League, Bedford		12.67	5.84
19/07/2009	East Anglian League, Cambridge	3.93		6.20
22/07/2009	Development Meeting, St Ives	3.60		
02/08/2009	East Anglian League, Braintree		17.56	5.21
31/08/2009	Peterborough City Games	3.79		5.77
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	3.73		

Seasons Best	3.93	17.56	6.20
PAC Club Standards	Gold	Gold	Silver
AAA Grades	Grade 4	Grade 4	Grade 4

NAME: Toby Edwards
AGE: U13B

TRACK

DATE	MEETING	100m	75mH	800m
05/04/2009	Spring Open Meeting, Peterborough			02:52.4
26/04/2009	East Anglian League, Peterborough			02:52.0
09/05/2009	Cambs County Championships, Cambridge	15.20		
21/06/2009	East Anglian League, Kings Lynn	14.90	15.40	
28/06/2009	Eastern Young Athletes League, Peterborough	15.00	15.50	
12/07/2009	Eastern Young Athletes League, Bedford	15.10	15.40	
19/07/2009	East Anglian League, Cambridge	15.10	15.20	
02/08/2009	East Anglian League, Braintree	15.10		
16/08/2009	Eastern Young Athletes League, Thurrock	15.90		
31/08/2009	Peterborough City Games	15.41	15.16	

Seasons Best	14.90	15.16	02:52.0
PAC Club Standards	Silver	Silver	Silver
AAA Grades		Grade 4	

FIELD

DATE	MEETING	L/J
09/05/2009	Cambs County Championships, Cambridge	3.70
07/06/2009	Eastern Young Athletes League, Braintree	3.64
21/06/2009	East Anglian League, Kings Lynn	3.65
28/06/2009	Eastern Young Athletes League, Peterborough	3.68
05/07/2009	Eastern AAA Championships, Cambridge	3.56
19/07/2009	East Anglian League, Cambridge	3.62
02/08/2009	East Anglian League, Braintree	3.59

Seasons Best	3.70
PAC Club Standards	Silver
AAA Grades	

NAME: Alex Fowler

AGE: U13B

TRACK

DATE	MEETING	1500m
28/06/2009	Eastern Young Athletes League, Peterborough	05:54.1

Seasons Best	05:54.1
PAC Club Standards	Bronze
AAA Grades	

NAME: Jack Frankland
AGE: U13B

FIELD

DATE	MEETING	L/J	Shot	Discus	Javelin
07/06/2009	Eastern Young Athletes League, Braintree		5.43	12.62	
21/06/2009	East Anglian League, Kings Lynn		5.92		15.78
28/06/2009	Eastern Young Athletes League, Peterborough		5.32	13.44	
05/07/2009	Eastern AAA Championships, Cambridge	4.46	5.83		
19/07/2009	East Anglian League, Cambridge		5.45		13.93
02/08/2009	East Anglian League, Braintree		5.19		15.73
16/08/2009	Eastern Young Athletes League, Thurrock		6.27	13.50	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge		5.69		
20/09/2009	East Anglian League Final, Bury St Edmunds	3.32	5.85		

Seasons Best	4.46	6.27	13.50	15.78
PAC Club Standards	Gold	Silver	Silver	Bronze
AAA Grades	Grade 2	Grade 4		

NAME: Daniel Gardener
AGE: U13B

TRACK

DATE	MEETING	75mH	200m	1500m
19/07/2009	East Anglian League, Cambridge	13.2	30.3	05:45.5
02/08/2009	East Anglian League, Braintree	14.3		05:40.7
16/08/2009	Eastern Young Athletes League, Thurrock	14.0	29.9	

Seasons Best	13.2	29.9	05:40.7
PAC Club Standards	Gold	Silver	Bronze
AAA Grades	Grade 1	Grade 4	

FIELD

DATE	MEETING	L/J
02/08/2009	East Anglian League, Braintree	4.49
16/08/2009	Eastern Young Athletes League, Thurrock	4.09

Seasons Best	4.49
PAC Club Standards	Gold
AAA Grades	Grade 2

NAME: Nathaniel Grenfell
AGE: U13B

TRACK

DATE	MEETING	800m
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	03:20.9

Seasons Best	03:20.9
PAC Club Standards	
AAA Grades	

FIELD

DATE	MEETING	Shot	Discus
19/04/2009	Eastern Young Athletes League, Braintree	5.18	13.67
26/04/2009	East Anglian League, Peterborough	5.19	11.72
09/05/2009	Cambs County Championships, Cambridge	4.80	11.58
21/06/2009	East Anglian League, Kings Lynn	5.06	14.38
28/06/2009	Eastern Young Athletes League, Peterborough	5.12	11.22
12/07/2009	Eastern Young Athletes League, Bedford	5.05	15.25
19/07/2009	East Anglian League, Cambridge	5.40	10.54
02/08/2009	East Anglian League, Braintree	5.66	13.98
31/08/2009	Peterborough City Games	5.62	14.99
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge		16.83
20/09/2009	East Anglian League Final, Bury St Edmunds	5.65	16.46
26/09/2009	Biggleswade Open Meeting	5.80	16.39

Seasons Best	5.80	16.83
PAC Club Standards	Silver	Gold
AAA Grades		Grade 4

NAME: Daniel Grieves
AGE: U13 B

TRACK

DATE	MEETING	1500m
05/04/2009	Spring Open Meeting, Peterborough	05:57.0

Seasons Best	05:57.0
PAC Club Standards	Bronze
AAA Grades	

NAME: Jamie Horne

AGE: U13B

TRACK

DATE	MEETING	100m	200m
19/04/2009	Eastern Young Athletes League, Braintree	14.80	
26/04/2009	East Anglian League, Peterborough	15.00	
09/05/2009	Cambs County Championships, Cambridge	14.70	
21/06/2009	East Anglian League, Kings Lynn	15.00	
28/06/2009	Eastern Young Athletes League, Peterborough	14.80	
05/07/2009	Eastern AAA Championships, Cambridge	14.55	
16/08/2009	Eastern Young Athletes League, Thurrock	15.60	
31/08/2009	Peterborough City Games	15.25	32.62
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	15.39	

Seasons Best	14.55	32.62
PAC Club Standards	Gold	
AAA Grades	Grade 4	

FIELD

DATE	MEETING	H/J	L/J	Shot
19/04/2009	Eastern Young Athletes League, Braintree	1.35		
26/04/2009	East Anglian League, Peterborough	1.40		
09/05/2009	Cambs County Championships, Cambridge	1.30		
21/06/2009	East Anglian League, Kings Lynn	1.30		
28/06/2009	Eastern Young Athletes League, Peterborough	1.38		
05/07/2009	Eastern AAA Championships, Cambridge		3.99	5.69
16/08/2009	Eastern Young Athletes League, Thurrock	1.25		
31/08/2009	Peterborough City Games	1.33		
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	1.20		

Seasons Best	1.40	3.99	5.69
PAC Club Standards	Gold	Gold	Silver
AAA Grades	Grade 2	Grade 4	

NAME: Brandon Howells
AGE: U13B

TRACK

DATE	MEETING	100m	200m
19/07/2009	East Anglian League, Cambridge	14.7	30.3

Seasons Best	14.7	30.3
PAC Club Standards	Silver	Silver
AAA Grades		Grade 4

NAME: Abraham Johnson
AGE: U13B

TRACK

DATE	MEETING	100m	75mH	200m	600m
05/04/2009	Spring Open Meeting, Peterborough	15.4	18.6	31.4	
26/04/2009	East Anglian League, Peterborough	15.2		31.6	
15/06/2009	Come & Try It, Peterborough	14.4			01:56.3

Seasons Best	14.4	18.6	31.4	01:56.3
PAC Club Standards	Gold		Bronze	
AAA Grades	Grade 4			

FIELD

DATE	MEETING	Javelin
15/06/2009	Come & Try It, Peterborough	18.84

Seasons Best	18.84
PAC Club Standards	Silver
AAA Grades	Grade 4

NAME: Charlie Jones
AGE: U13B

TRACK

DATE	MEETING	75mH	800m	1500m
26/04/2009	East Anglian League, Peterborough	17.80		06:01.4
09/05/2009	Cambs County Championships, Cambridge	16.31		05:54.8
21/06/2009	East Anglian League, Kings Lynn	15.50	02:38.6	
28/06/2009	Eastern Young Athletes League, Peterborough	15.10	02:37.9	
19/07/2009	East Anglian League, Cambridge	14.40	02:38.4	
16/08/2009	Eastern Young Athletes League, Thurrock	15.10	02:44.1	
31/08/2009	Peterborough City Games	14.77	02:41.2	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	14.90	02:49.2	
20/09/2009	East Anglian League Final, Bury St Edmunds	15.00		
26/09/2009	Eastern AA Minithon, Bedford	14.29		

Seasons Best	14.29	02:37.9	05:54.8
PAC Club Standards	Silver	Gold	Bronze
AAA Grades	Grade 3	Grade 4	

FIELD

DATE	MEETING	L/J	H/J	Javelin
05/04/2009	Spring Open Meeting, Peterborough	3.78		
26/04/2009	East Anglian League, Peterborough	3.36		
09/05/2009	Cambs County Championships, Cambridge	3.77		
21/06/2009	East Anglian League, Kings Lynn		1.20	
28/06/2009	Eastern Young Athletes League, Peterborough		1.25	
19/07/2009	East Anglian League, Cambridge		1.10	
16/08/2009	Eastern Young Athletes League, Thurrock		1.25	
31/08/2009	Peterborough City Games		1.33	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge		1.30	
20/09/2009	East Anglian League Final, Bury St Edmunds		1.35	
26/09/2009	Eastern AA Minithon, Bedford		1.35	19.73

Seasons Best	3.78	1.35	19.73
PAC Club Standards	Silver	Gold	Silver
AAA Grades	Grade 4	Grade 3	Grade 4

NAME: Charlie Ladds
AGE: U13B

TRACK

DATE	MEETING	100m	200m
31/08/2009	Peterborough City Games	16.73	35.35

Seasons Best	16.73	35.35
PAC Club Standards		
AAA Grades		

NAME: Simeon Lee

AGE: U13B

TRACK

DATE	MEETING	100m
28/06/2009	Eastern Young Athletes League, Peterborough	16.10

Seasons Best	16.10
PAC Club Standards	Bronze
AAA Grades	

NAME: Matthew Miles
AGE: U13B

TRACK

DATE	MEETING	100m	200m
27/05/2009	Devlopment Meeting, St Ives	14.28	29.77
07/06/2009	Eastern Young Athletes League, Braintree	14.50	29.10
21/06/2009	East Anglian League, Kings Lynn	14.10	29.10
28/06/2009	Eastern Young Athletes League, Peterborough	13.80	
12/07/2009	Eastern Young Athletes League, Bedford	14.00	29.10

Seasons Best	13.80	29.10
PAC Club Standards	Gold	Gold
AAA Grades	Grade 3	Grade 4

FIELD

DATE	MEETING	L/J
07/06/2009	Eastern Young Athletes League, Braintree	4.44
21/06/2009	East Anglian League, Kings Lynn	4.55
28/06/2009	Eastern Young Athletes League, Peterborough	4.43
12/07/2009	Eastern Young Athletes League, Bedford	4.81

Seasons Best	4.81
PAC Club Standards	Gold
AAA Grades	Grade 1

NAME: Adam Mirza
AGE: U13B

TRACK

DATE	MEETING	800m
31/08/2009	Peterborough City Games	03:02.5

Seasons Best	03:02.5
PAC Club Standards	Bronze
AAA Grades	

NAME: Miles Phillips

AGE: U13B

TRACK

DATE	MEETING	100m	200m	800m
07/06/2009	Eastern Young Athletes League, Braintree		32.80	02:34.9
21/06/2009	East Anglian League, Kings Lynn		31.10	02:39.6
28/06/2009	Eastern Young Athletes League, Peterborough		31.10	02:35.1
12/07/2009	Eastern Young Athletes League, Bedford		31.30	02:42.5
02/08/2009	East Anglian League, Braintree		31.90	02:35.0
16/08/2009	Eastern Young Athletes League, Thurrock		31.30	02:39.0
31/08/2009	Peterborough City Games			02:33.8
20/09/2009	East Anglian League Final, Bury St Edmunds	15.00	30.10	02:31.7

Seasons Best	15.00	30.1	02:31.7
PAC Club Standards	Silver	Silver	Gold
AAA Grades		Grade 4	Grade 3

NAME: Sean Roberts
AGE: U13B

TRACK

DATE	MEETING	75mH	100m
19/07/2009	East Anglian League, Cambridge	15.1	14.3
02/08/2009	East Anglian League, Braintree	15.0	15.5

Seasons Best	15.0	14.3
PAC Club Standards	Silver	Gold
AAA Grades	Grade 4	Grade 4

NAME: Daniel Stephenson
AGE: U13B

TRACK

DATE	MEETING	1500m
26/04/2009	East Anglian League, Peterborough	05:23.6
09/05/2009	Cambs County Championships, Cambridge	05:16.4
07/06/2009	Eastern Young Athletes League, Braintree	05:18.3
21/06/2009	East Anglian League, Kings Lynn	05:19.3
12/07/2009	Eastern Young Athletes League, Bedford	05:17.8
19/07/2009	East Anglian League, Cambridge	05:35.2
02/08/2009	East Anglian League, Braintree	05:07.5
16/08/2009	Eastern Young Athletes League, Thurrock	05:15.0
31/08/2009	Peterborough City Games	05:12.4
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	05:18.2
20/09/2009	East Anglian League Final, Bury St Edmunds	05:11.3

Seasons Best	05:07.5
PAC Club Standards	Gold
AAA Grades	Grade 3

FIELD

DATE	MEETING	Shot	Javelin	L/J	Discus
26/04/2009	East Anglian League, Peterborough	6.95	17.72		
09/05/2009	Cambs County Championships, Cambridge	6.82			
07/06/2009	Eastern Young Athletes League, Braintree	6.50		3.58	
21/06/2009	East Anglian League, Kings Lynn	6.84	19.41		
12/07/2009	Eastern Young Athletes League, Bedford	7.71			
19/07/2009	East Anglian League, Cambridge	6.97	21.15		
02/08/2009	East Anglian League, Braintree	6.93	25.23		
16/08/2009	Eastern Young Athletes League, Thurrock	7.76			14.54
31/08/2009	Peterborough City Games	7.24	25.09		
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	6.76			
20/09/2009	East Anglian League Final, Bury St Edmunds		26.08	3.43	

Seasons Best	7.76	26.08	3.58	14.54
PAC Club Standards	Gold	Gold	Silver	Gold
AAA Grades	Grade 3	Grade 3		Grade 4

NAME: Liam Ward
AGE: U13B

TRACK

DATE	MEETING	100m	200m	800m	1500m
05/04/2009	Spring Open Meeting, Peterborough				05:47.2
19/04/2009	Eastern Young Athletes League, Braintree		33.4	2:43.6	
26/04/2009	East Anglian League, Peterborough		33.5	02:42.6	
09/05/2009	Cambs County Championships, Cambridge				05:38.9
07/06/2009	Eastern Young Athletes League, Braintree				05:41.7
21/06/2009	East Anglian League, Kings Lynn		33.1	02:43.0	
28/06/2009	Eastern Young Athletes League, Peterborough				05:34.4
12/07/2009	Eastern Young Athletes League, Bedford			02:50.2	
02/08/2009	East Anglian League, Braintree		33.5	02:43.6	
31/08/2009	Peterborough City Games			02:37.9	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge		33.6		05:23.9
20/09/2009	East Anglian League Final, Bury St Edmunds	16.2	32.5	02:37.2	

Seasons Best	16.2	32.5	02:37.2	05:23.9
PAC Club Standards		Bronze	Gold	Silver
AAA Grades			Grade 4	Grade 4

FIELD

DATE	MEETING	L/J
05/04/2009	Spring Open Meeting, Peterborough	3.43
19/04/2009	Eastern Young Athletes League, Braintree	3.76
26/04/2009	East Anglian League, Peterborough	3.59
07/06/2009	Eastern Young Athletes League, Braintree	3.37
21/06/2009	East Anglian League, Kings Lynn	3.71
28/06/2009	Eastern Young Athletes League, Peterborough	3.66
02/08/2009	East Anglian League, Braintree	3.78
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	3.78

Seasons Best	3.78
PAC Club Standards	Silver
AAA Grades	Grade 4

NAME: Trey West
AGE: U13B

TRACK

DATE	MEETING	100m	200m
26/04/2009	East Anglian League, Peterborough	15.1	31.5

Seasons Best	15.1	31.5
PAC Club Standards	Silver	Bronze
AAA Grades		

FIELD

DATE	MEETING	L/J
26/04/2009	East Anglian League, Peterborough	3.99

Seasons Best	3.99
PAC Club Standards	Gold
AAA Grades	Grade 4

NAME: Scott Westley
AGE: U13B

TRACK

DATE	MEETING	800m	1500m
12/07/2009	Eastern Young Athletes League, Bedford		05:16.4
19/07/2009	East Anglian League, Cambridge	02:36.0	
02/08/2009	East Anglian League, Braintree		05:21.3
16/08/2009	Eastern Young Athletes League, Thurrock		05:13.0
31/08/2009	Peterborough City Games		05:13.4

Seasons Best	02:36.0	05:13.0
PAC Club Standards	Gold	Gold
AAA Grades	Grade 4	Grade 4