

## Under 17 Men's Gradings

	gold	silver	bronze	1	2	3	4
100m	12.0	12.3	13.0	11.2	11.5	11.8	12.2
200m	24.2	25.0	27.0	22.8	23.5	23.9	24.9
400m	55.0	57.5	60.0	51.4	53.1	54.3	56.7
800m	02:08.0	02:14.0	02:18.0	01:58.5	02:01.5	02:05.5	02:10.7
1500m	04:30.0	04:38.0	04:50.0	04:08.0	04:17.5	04:25.0	04:37.5
3000m	09:55.0	10:20.0	10:50.0	08:57.5	09:20.0	09:38.0	10:10.0
100mH	15.7	16.2	17.1	13.7	14.3	14.9	16.0
400mH	64.0	68.0	74.0	57.1	59.5	61.6	64.7
1500m S/C	05:02.0	05:18.0	05:40.0	04:31.0	04:43.0	04:55.0	05:10.0
HJ	1.67	1.63	1.63	1.90	1.80	1.70	1.60
LJ	5.65	5.35	5.00	6.20	5.85	5.55	5.15
TJ	12.00	10.85	9.50	12.85	12.25	11.75	10.80
PV	2.80	2.50	2.20	4.20	3.70	3.20	2.65
JAVELIN	38.00	33.00	28.00	51.40	44.50	39.00	31.55
DISCUS	32.00	27.00	21.00	41.85	34.60	29.90	24.30
SHOT	11.60	10.60	9.20	14.00	12.30	11.25	9.50
HAMMER	34.00	26.00	20.00	52.85	46.00	34.25	24.30
Shot (7.26kg)							
60m				7.3	7.5	7.6	8.0
60mH				8.3	8.7	8.9	9.3

**NAME:** Zoheb Arif

**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100m	200m	400m
05/04/2009	Spring Open Meeting, Peterborough	U17	12.80		
19/04/2009	Eastern Young Athletes League, Braintree	U17	12.30		
26/04/2009	East Anglian League, Peterborough	U17	12.60		
07/06/2009	Eastern Young Athletes League, Braintree	U17	12.40	25.70	
10/06/2009	Development Meeting, St Ives	U17	12.30		
21/06/2009	East Anglian League, Kings Lynn	U17	12.00	24.40	
28/06/2009	Eastern Young Athletes League, Peterborough	U17	12.30	24.90	
05/07/2009	Eastern AAA Championships, Cambridge	U17	12.16	24.67	
12/07/2008	Eastern Young Athletes League, Bedford	U17	12.20	25.00	
19/07/2009	East Anglian League, Cambridge	U17	11.80	25.20	
22/07/2009	Development Meeting, St Ives	U17	12.40	25.80	
02/08/2009	East Anglian League, Braintree	U17	12.30	25.00	
16/08/2009	Eastern Young Athletes League, Thurrock	U17	12.60		60.70
31/08/2009	Peterborough City Games	U17	12.32	25.27	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	12.13		59.59
20/09/2009	East Anglian League Final, Bury St Edmunds	U17	12.00		60.70

<b>Seasons Best</b>		<b>11.80</b>	<b>24.40</b>	<b>59.59</b>
<b>PAC Club Standards</b>		<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>
<b>AAA Grades</b>		<b>Grade 3</b>	<b>Grade 4</b>	

**FIELD**

DATE	MEETING	Age Group	Shot	L/J
21/06/2009	East Anglian League, Kings Lynn	U17	8.57	
19/07/2009	East Anglian League, Cambridge	U17		5.41
02/08/2009	East Anglian League, Braintree	U17		4.73
16/08/2009	Eastern Young Athletes League, Thurrock	U17		5.23
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17		5.02
20/09/2009	East Anglian League Final, Bury St Edmunds	U17		4.58

<b>Seasons Best</b>		<b>8.57</b>	<b>5.41</b>	
<b>PAC Club Standards</b>			<b>Silver</b>	
<b>AAA Grades</b>			<b>Grade 4</b>	

**NAME:** Josh Benson

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>100mH</b>
26/04/2009	East Anglian League, Peterborough	U17	18.6

<b>Seasons Best</b>		<b>18.6</b>
<b>PAC Club Standards</b>		
<b>AAA Grades</b>		

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>T/J</b>	<b>Javelin</b>
26/04/2009	East Anglian League, Peterborough	U17	9.44	15.78

<b>Seasons Best</b>		<b>9.44</b>	<b>15.78</b>
<b>PAC Club Standards</b>			
<b>AAA Grades</b>			

**NAME:** Josh Bold  
**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>100m</b>	<b>1500m</b>
05/04/2009	Spring Open Meeting, Peterborough	<b>U17</b>	12.8	
28/06/2009	Eastern Young Athletes League, Peterborough	<b>U17</b>	12.8	
02/08/2009	East Anglian League, Braintree	<b>U17</b>		06:11.1
16/08/2009	Eastern Young Athletes League, Thurrock	<b>U17</b>		06:25.8

<b>Seasons Best</b>		<b>12.8</b>	<b>06:11.1</b>
<b>PAC Club Standards</b>		<b>Bronze</b>	
<b>AAA Grades</b>			

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>Javelin</b>	<b>Shot</b>
16/08/2009	Eastern Young Athletes League, Thurrock	<b>U17</b>	4.83	6.03

<b>Seasons Best</b>		<b>4.83</b>	<b>6.03</b>
<b>PAC Club Standards</b>			
<b>AAA Grades</b>			

NAME: Michael Frankland

AGE: U17M

TRACK

DATE	MEETING	Age Group	100m	200m	400m	800m	1500m
26/04/2009	East Anglian League, Peterborough	U17		23.90	50.30		
09/05/2009	Cambs County Championships, Cambridge	U17			51.42		
16/05/2009	Southern Mens League, Milton Keynes	Senior Men				02:06.9	
23 & 24/05/09	S.E.A.A. Championships, Ashford, Kent	U17			51.17		
07/06/2009	Eastern Young Athletes League, Braintree	U17	11.80				04:41.0
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17			50.81		
14/06/2009	National Junior League, Eton	U20			50.57		
20/06/2009	Anglian Schools Championships, Norwich	U17			51.40		
21/06/2009	East Anglian League, Kings Lynn	U17		23.30	50.60		
28/06/2009	Eastern Young Athletes League, Peterborough	U17		23.30	51.20		
10/07/2009	English Schools Championships, Sheffield	U17			50.40		
12/07/2008	Eastern Young Athletes League, Bedford	U17		23.20			
02/08/2009	East Anglian League, Braintree	U17		23.90	51.00		
16/08/2009	Eastern Young Athletes League, Thurrock	U17		23.90	53.60		
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17			51.77		
20/09/2009	East Anglian League Final, Bury St Edmunds	U17		24.20	51.20		

<b>Seasons Best</b>		<b>11.80</b>	<b>23.20</b>	<b>50.30</b>	<b>02:06.9</b>	<b>04:41.0</b>
<b>PAC Club Standards</b>		<b>Gold</b>	<b>Gold</b>	<b>Gold</b>	<b>Gold</b>	<b>Bronze</b>
<b>AAA Grades</b>		<b>Grade 3</b>	<b>Grade 2</b>	<b>Grade 1</b>	<b>Grade 4</b>	

FIELD

DATE	MEETING	Age Group	Javelin	Discus	Shot
07/06/2009	Eastern Young Athletes League, Braintree	U17	26.55		
21/06/2009	East Anglian League, Kings Lynn	U17	24.32		
12/07/2008	Eastern Young Athletes League, Bedford	U17		16.59	
02/08/2009	East Anglian League, Braintree	U17			8.54
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	18.87		8.05
20/09/2009	East Anglian League Final, Bury St Edmunds	U17			6.69

<b>Seasons Best</b>		<b>26.55</b>	<b>16.59</b>	<b>8.54</b>
<b>PAC Club Standards</b>				
<b>AAA Grades</b>				

**NAME:** Vasyl Galea

**AGE:** U17M

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>Javelin</b>
28/06/2009	Eastern Young Athletes League, Peterborough	U17	26.54

<b>Seasons Best</b>			26.54
<b>PAC Club Standards</b>			
<b>AAA Grades</b>			

**NAME:** Peter Godly  
**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100mH	400mH
05/04/2009	Spring Open Meeting, Peterborough	U17	17.50	
19/04/2009	Eastern Young Athletes League, Braintree	U17	17.90	
26/04/2009	East Anglian League, Peterborough	U17	17.40	
07/06/2009	Eastern Young Athletes League, Braintree	U17	17.40	
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17		68.28
28/06/2009	Eastern Young Athletes League, Peterborough	U17	16.70	
12/07/2008	Eastern Young Athletes League, Bedford	U17	16.70	
02/08/2009	East Anglian League, Braintree	U17	17.30	
16/08/2009	Eastern Young Athletes League, Thurrock	U17	16.60	
31/08/2009	Peterborough City Games	U17	16.68	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	16.32	

<b>PAC Club Standards</b>		<b>16.32</b>	<b>68.28</b>
<b>PAC Club Standards</b>		<b>Bronze</b>	<b>Bronze</b>
<b>AAA Grades</b>			

**FIELD**

DATE	MEETING	Age Group	L/J	T/J	Javelin
19/04/2009	Eastern Young Athletes League, Braintree	U17	4.48	9.90	
26/04/2009	East Anglian League, Peterborough	U17		10.10	30.07
07/06/2009	Eastern Young Athletes League, Braintree	U17	4.63	10.15	
28/06/2009	Eastern Young Athletes League, Peterborough	U17	4.82	10.35	
12/07/2008	Eastern Young Athletes League, Bedford	U17	4.72	10.27	
02/08/2009	East Anglian League, Braintree	U17		10.52	26.54
16/08/2009	Eastern Young Athletes League, Thurrock	U17	4.86		27.22
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	5.09	10.16	

<b>Seasons Best</b>		<b>5.09</b>	<b>10.52</b>	<b>30.07</b>
<b>PAC Club Standards</b>		<b>Bronze</b>	<b>Bronze</b>	<b>Bronze</b>
<b>AAA Grades</b>				

**NAME:** Nevin Guiste

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>100m</b>
21/06/2009	East Anglian League, Kings Lynn	<b>U17</b>	13.3
28/06/2009	Eastern Young Athletes League, Peterborough	<b>U17</b>	12.5
12/07/2008	Eastern Young Athletes League, Bedford	<b>U17</b>	12.2
02/08/2009	East Anglian League, Braintree	<b>U17</b>	12.5

<b>Seasons Best</b>		<b>12.2</b>
<b>PAC Club Standards</b>		<b>Silver</b>
<b>AAA Grades</b>		<b>Grade 4</b>

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>L/J</b>
02/08/2009	East Anglian League, Braintree	<b>U17</b>	4.69

<b>Seasons Best</b>		<b>4.69</b>
<b>PAC Club Standards</b>		
<b>AAA Grades</b>		

**NAME:** Stuart Haw

**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100mH	800m	1500m
21/06/2009	East Anglian League, Kings Lynn	U17			05:15.8
28/06/2009	Eastern Young Athletes League, Peterborough	U17			04:54.4
12/07/2008	Eastern Young Athletes League, Bedford	U17	22.9		05:06.4
19/07/2009	East Anglian League, Cambridge	U17		02:37.4	05:09.7
16/08/2009	Eastern Young Athletes League, Thurrock	U17	24.0	02:29.0	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17		02:39.5	05:06.7
20/09/2009	East Anglian League Final, Bury St Edmunds	U17		02:23.4	04:57.0

<b>Seasons Best</b>			<b>22.9</b>	<b>02:23.4</b>	<b>04:54.4</b>
<b>PAC Club Standards</b>					
<b>AAA Grades</b>					

**FIELD**

DATE	MEETING	Age Group	L/J	Discus	Hammer
21/06/2009	East Anglian League, Kings Lynn	U17	3.23	12.18	
12/07/2008	Eastern Young Athletes League, Bedford	U17	3.63		
19/07/2009	East Anglian League, Cambridge	U17	3.46		
20/09/2009	East Anglian League Final, Bury St Edmunds	U17			4.55

<b>Seasons Best</b>			<b>3.63</b>	<b>12.18</b>	<b>4.55</b>
<b>PAC Club Standards</b>					
<b>AAA Grades</b>					

**NAME:** Jordan Holland

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>100m</b>
10/06/2009	Development Meeting, St Ives	<b>U17</b>	11.87
28/06/2009	Eastern Young Athletes League, Peterborough	<b>U17</b>	11.90

<b>Seasons Best</b>		<b>11.87</b>
<b>PAC Club Standards</b>		<b>Gold</b>
<b>AAA Grades</b>		<b>Grade 4</b>

**NAME:** Jack Jones

**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100m	100mH	200m
05/04/2009	Spring Open Meeting, Peterborough	U17	12.2	15.30	
19/04/2009	Eastern Young Athletes League, Braintree	U17		15.20	
26/04/2009	East Anglian League, Peterborough	U17		15.10	
09/05/2009	Cambs County Championships, Cambridge	U17		15.30	
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17		15.63	
21/06/2009	East Anglian League, Kings Lynn	U17			25.4
28/06/2009	Eastern Young Athletes League, Peterborough	U17		15.50	
20/09/2009	East Anglian League Final, Bury St Edmunds	U17		15.30	

<b>Seasons Best</b>		<b>12.2</b>	<b>15.10</b>	<b>25.4</b>
<b>PAC Club Standards</b>		<b>Silver</b>	<b>Gold</b>	<b>Bronze</b>
<b>AAA Grades</b>		<b>Grade 4</b>	<b>Grade 4</b>	

**FIELD**

DATE	MEETING	Age Group	H/J	L/J	T/J	Discus	Shot	Pole
05/04/2009	Spring Open Meeting, Peterborough	U17	1.93					
19/04/2009	Eastern Young Athletes League, Braintree	U17	1.80	5.98				
26/04/2009	East Anglian League, Peterborough	U17	1.85	6.12				
09/05/2009	Cambs County Championships, Cambridge	U17	1.85	6.09				
16/05/2009	Southern Mens League, Milton Keynes	Senior Men	1.75	5.92	11.68			
23/05/2009	S.E.A.A. Championships, Ashford, Kent	U17	1.90					
24/05/2009	National Junior League, Barnet Copthall	U17		5.53				
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	1.85	5.71				
20/06/2009	Anglian Schools Championships, Norwich	U17	1.75	5.62				
21/06/2009	East Anglian League, Kings Lynn	U17	1.75	5.84				
28/06/2009	Eastern Young Athletes League, Peterborough	U17	1.80	5.75				
19/07/2009	East Anglian League, Cambridge	U17				23.04		
02/08/2009	East Anglian League, Braintree	U17	1.80	5.58			9.38	
16/08/2009	Eastern Young Athletes League, Thurrock	U17	1.78					2.70
20/09/2009	East Anglian League Final, Bury St Edmunds	U17		5.28	11.53			

<b>Seasons Best</b>		<b>1.93</b>	<b>6.12</b>	<b>11.68</b>	<b>23.04</b>	<b>9.38</b>	<b>2.70</b>
<b>PAC Club Standards</b>		<b>Gold</b>	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Bronze</b>	<b>Silver</b>
<b>AAA Grades</b>		<b>Grade 1</b>	<b>Grade 2</b>	<b>Grade 4</b>			<b>Grade 4</b>

**NAME:** Adam Kimber

**AGE:** U17M

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>Pole</b>	<b>Javelin</b>	<b>H/J</b>	<b>Shot</b>	<b>Discus</b>
09/05/2009	Cambs County Championships, Cambridge	U17	3.50				
24/05/2009	National Junior League, Barnet Copthall	U20	3.35				
07/06/2009	Eastern Young Athletes League, Braintree	U17	3.40	31.10	1.50		
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	3.45				
21/06/2009	East Anglian League, Kings Lynn	U17		36.67		10.22	
28/06/2009	Eastern Young Athletes League, Peterborough	U17		42.75		9.61	
12/07/2008	Eastern Young Athletes League, Bedford	U17	3.50	38.97		10.22	
19/07/2009	East Anglian League, Cambridge	U17		39.09		10.16	
20/09/2009	East Anglian League Final, Bury St Edmunds	U17		39.07		10.63	25.01

<b>Seasons Best</b>			<b>3.50</b>	<b>42.75</b>	<b>1.50</b>	<b>10.63</b>	<b>25.01</b>
<b>PAC Club Standards</b>			<b>Gold</b>	<b>Gold</b>		<b>Bronze</b>	
<b>AAA Grades</b>			<b>Grade 3</b>	<b>Grade 3</b>		<b>Grade 4</b>	

**NAME:** Ross McConnachie

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>100m</b>	<b>200m</b>
19/04/2009	Eastern Young Athletes League, Braintree	<b>U17</b>	11.90	
26/04/2009	East Anglian League, Peterborough	<b>U17</b>	12.30	
09/05/2009	Cambs County Championships, Cambridge	<b>U17</b>	11.60	24.82
13/06/2009	Cambridge Schools T&F Championships, Peterborough	<b>U17</b>	11.88	
05/07/2009	Eastern AAA Championships, Cambridge	<b>U17</b>	12.01	28.58
12/07/2008	Eastern Young Athletes League, Bedford	<b>U17</b>	11.80	24.70
19/07/2009	East Anglian League, Cambridge	<b>U17</b>	11.60	24.60
31/08/2009	Peterborough City Games	<b>U17</b>	12.10	25.60

<b>Seasons Best</b>		<b>11.60</b>	<b>24.60</b>
<b>PAC Club Standards</b>		<b>Gold</b>	<b>Silver</b>
<b>AAA Grades</b>		<b>Grade 3</b>	<b>Grade 4</b>

**NAME:** James Murtagh

**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100m	200m
21/06/2009	East Anglian League, Kings Lynn	U17	12.20	24.40
28/06/2009	Eastern Young Athletes League, Peterborough	U17	12.30	24.30
12/07/2008	Eastern Young Athletes League, Bedford	U17	12.20	24.70
19/07/2009	East Anglian League, Cambridge	U17	12.00	25.00
31/08/2009	Peterborough City Games	U17	12.19	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17		24.69

<b>Seasons Best</b>			<b>12.00</b>	<b>24.30</b>
<b>PAC Club Standards</b>			<b>Gold</b>	<b>Silver</b>
<b>AAA Grades</b>			<b>Grade 4</b>	<b>Grade 4</b>

**FIELD**

DATE	MEETING	Age Group	Javelin	Discus
28/06/2009	Eastern Young Athletes League, Peterborough	U17	33.58	
12/07/2009	Eastern Young Athletes League, Bedford	U17	36.95	
19/07/2009	East Anglian League, Cambridge	U17	34.51	
31/08/2009	Peterborough City Games	U17	40.06	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	28.76	20.85

<b>Seasons Best</b>			<b>40.06</b>	<b>20.85</b>
<b>PAC Club Standards</b>			<b>Gold</b>	
<b>AAA Grades</b>			<b>Grade 3</b>	

**NAME:** Tom Paddock

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>400m</b>
26/04/2009	East Anglian League, Peterborough	U17	57.6

<b>Seasons Best</b>		<b>57.6</b>
<b>PAC Club Standards</b>		<b>Bronze</b>
<b>AAA Grades</b>		

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>Discus</b>	<b>T/J</b>
26/04/2009	East Anglian League, Peterborough	U17	14.69	10.75
28/06/2009	Eastern Young Athletes League, Peterborough	U17		10.33

<b>Seasons Best</b>		<b>14.69</b>	<b>10.75</b>
<b>PAC Club Standards</b>			<b>Bronze</b>
<b>AAA Grades</b>			

**NAME:** Alex Pycock  
**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100m	200m	400m
29/03/2009	Notts A.C. Open, Nottingham	U17	11.50	23.40	
05/04/2009	Spring Open Meeting, Peterborough	U17	11.50	22.80	
11/04/2009	Spring Open Meeting, Wakefield	U17	11.21	22.69	
12/04/2009	Kingston upon Hull A.C. Open	U17	11.24	22.39	
19/04/2009	Eastern Young Athletes League, Braintree	U17	11.30	22.90	
09 & 10/05/09	Lincolnshire County Championships, Grantham	U17	11.90	22.60	
24/05/2009	National Junior League, Barnet Copthall	U17	11.39	22.26	
07/06/2009	Eastern Young Athletes League, Braintree	U17	11.60	23.80	
14/06/2009	National Junior League, Eton	U20	11.36	22.39	
20/06/2009	Anglian Schools Championships, Norwich	U17	11.20	22.80	
12/07/2009	Eastern Young Athletes League, Bedford	U17			54.9
02/08/2009	East Anglian League, Braintree	U17	11.80	23.70	

<b>Seasons Best</b>		11.20	22.26	54.9
<b>PAC Club Standards</b>		Gold	Gold	Gold
<b>AAA Grades</b>		Grade 1	Grade 1	Grade 4

**FIELD**

DATE	MEETING	Age Group	Shot	Discus
12/07/2009	Eastern Young Athletes League, Bedford	U17	8.55	22.23

<b>Seasons Best</b>		8.55	22.23
<b>PAC Club Standards</b>			Bronze
<b>AAA Grades</b>			

**NAME:** Tristan Smith

**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	400m	800m	1500m
05/04/2009	Spring Open Meeting, Peterborough	U17		02:24.2	04:59.6
19/04/2009	Eastern Young Athletes League, Braintree	U17	58.4	02:19.5	
26/04/2009	East Anglian League, Peterborough	U17	57.9	02:20.0	
07/06/2009	Eastern Young Athletes League, Braintree	U17	57.9	02:20.1	
21/06/2009	East Anglian League, Kings Lynn	U17		02:23.4	
28/06/2009	Eastern Young Athletes League, Peterborough	U17	59.6	02:19.4	
12/07/2009	Eastern Young Athletes League, Bedford	U17	59.4	02:17.4	
19/07/2009	East Anglian League, Cambridge	U17	57.5	02:16.9	
02/08/2009	East Anglian League, Braintree	U17		02:15.1	04:45.4

<b>Seasons Best</b>		<b>57.5</b>	<b>02:15.1</b>	<b>04:45.4</b>
<b>PAC Club Standards</b>		<b>Silver</b>	<b>Bronze</b>	<b>Bronze</b>
<b>AAA Grades</b>				

**FIELD**

DATE	MEETING	Age Group	Shot	Discus	Hammer
19/04/2009	Eastern Young Athletes League, Braintree	U17	6.13		
21/06/2009	East Anglian League, Kings Lynn	U17		18.86	
28/06/2009	Eastern Young Athletes League, Peterborough	U17		20.01	
19/07/2009	East Anglian League, Cambridge	U17			8.93
02/08/2009	East Anglian League, Braintree	U17		21.40	

<b>Seasons Best</b>		<b>6.13</b>	<b>21.40</b>	<b>8.93</b>
<b>PAC Club Standards</b>		<b>#N/A</b>	<b>#N/A</b>	<b>#N/A</b>
<b>AAA Grades</b>		<b>#N/A</b>	<b>#N/A</b>	<b>#N/A</b>

NAME: Peter Spencer

AGE: U17M

**TRACK**

DATE	MEETING	Age Group	100mH	1500m	400m
26/04/2009	East Anglian League, Peterborough	U17	14.6		
09 & 10/05/09	Lincolnshire County Championships, Grantham	U17	14.9		
15 & 16/05/09	Lincolnshire County Combined Events, Grantham	U17	14.8	05:12.2	56.6
13/06/2009	Lincolnshire Schools Championships, Boston	U17	14.4		

<b>Seasons Best</b>		14.4	05:12.2	56.6
<b>PAC Club Standards</b>		Gold		Silver
<b>AAA Grades</b>		Grade 3		Grade 4

**FIELD**

DATE	MEETING	Age Group	H/J	Shot	L/J	Pole	Discus	Javelin	Points
26/04/2009	East Anglian League, Peterborough	U17	1.80	12.93					
09 & 10/05/09	Lincolnshire County Championships, Grantham	U17	1.81	12.49	5.92	3.30			
15 & 16/05/09	Lincolnshire County Combined Events, Grantham	U17	1.75	11.11	6.11		31.44	39.58	4387
13/06/2009	Lincolnshire Schools Championships, Boston	U17	1.78						

<b>Seasons Best</b>		1.81	12.93	6.11	3.30	31.44	39.58	4387
<b>PAC Club Standards</b>		Gold	Gold	Gold	Gold	Silver	Gold	
<b>AAA Grades</b>		Grade 2	Grade 2	Grade 2	Grade 3	Grade 3	Grade 3	

**NAME:** Nicholas Stone

**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	800m	1500m	3000m
04/04/2009	Bedfordshire Open Meeting, Sandy	U17			10:00.3
05/04/2009	Spring Open Meeting, Peterborough	U17		04:39.8	
19/04/2009	Eastern Young Athletes League, Braintree	U17		04:37.3	
26/04/2009	East Anglian League, Peterborough	U17		04:34.2	
09/05/2009	Cambs County Championships, Cambridge	U17			09:53.2
27/05/2009	Development Meeting, St Ives	U17			09:45.8
07/06/2009	Eastern Young Athletes League, Braintree	U17		04:42.9	
10/06/2009	Development Meeting, St Ives	U17	02:13.9		
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17			09:45.6
20/06/2009	Anglian Schools Championships, Norwich	U17			
28/06/2009	Eastern Young Athletes League, Peterborough	U17	02:16.9		
01/07/2009	Watford Open Meeting	U17			09:28.9
05/07/2009	Eastern AAA Championships, Cambridge	U17			09:51.0
16/08/2009	Eastern Young Athletes League, Thurrock	U17		04:39.7	
23/08/2009	Peterhouse Trophy, Ipswich	U17			09:55.6

<b>Seasons Best</b>		<b>02:13.9</b>	<b>04:34.2</b>	<b>09:28.9</b>
<b>PAC Club Standards</b>		<b>Silver</b>	<b>Silver</b>	<b>Gold</b>
<b>AAA Grades</b>			<b>Grade 4</b>	<b>Grade 3</b>

**FIELD**

DATE	MEETING	Age Group	Shot
07/06/2009	Eastern Young Athletes League, Braintree	U17	7.04

<b>Seasons Best</b>		<b>7.04</b>
<b>PAC Club Standards</b>		
<b>AAA Grades</b>		

**NAME:** Ben Turner

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>100m</b>
09/05/2009	Cambs County Championships, Cambridge	<b>U17</b>	11.70
06/06/2009	Southern Men's League, Peterborough	<b>Senior Men</b>	11.80

<b>Seasons Best</b>		<b>11.70</b>
<b>PAC Club Standards</b>		<b>Gold</b>
<b>AAA Grades</b>		<b>Grade 3</b>

**NAME:** Ashley Watson  
**AGE:** U17M

**TRACK**

DATE	MEETING	Age Group	100m	200m	400m
05/04/2009	Spring Open Meeting, Peterborough	U17	12.10	23.90	
19/04/2009	Eastern Young Athletes League, Braintree	U17	11.70	24.00	
26/04/2009	East Anglian League, Peterborough	U17	11.90	24.00	
09/05/2009	Cambs County Championships, Cambridge	U17	11.70	24.05	
07/06/2009	Eastern Young Athletes League, Braintree	U17	11.70		54.2
10/06/2009	Development Meeting, St Ives	U17	11.68		
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U17	11.62	23.57	
20/06/2009	Anglian Schools Championships, Norwich	U17	11.70	23.70	
21/06/2009	East Anglian League, Kings Lynn	U17			54.9
28/06/2009	Eastern Young Athletes League, Peterborough	U17	11.60	23.50	
12/07/2009	Eastern Young Athletes League, Bedford	U17	11.50	23.60	
19/07/2009	East Anglian League, Cambridge	U17	11.70	23.80	
22/07/2009	Development Meeting, St Ives	U17	11.70	24.10	
02/08/2009	East Anglian League, Braintree	U17	11.90	23.70	
16/08/2009	Eastern Young Athletes League, Thurrock	U17	11.80	23.90	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	U17	11.92	23.84	
20/09/2009	East Anglian League Final, Bury St Edmunds	U17	11.70	23.90	

<b>As</b>		<b>11.50</b>	<b>23.50</b>	<b>54.2</b>
<b>PAC Club Standards</b>		<b>Gold</b>	<b>Gold</b>	<b>Gold</b>
<b>AAA Grades</b>		<b>Grade 2</b>	<b>Grade 2</b>	<b>Grade 3</b>

**NAME:** Sam Wilson  
**AGE:** U17M

**FIELD**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>Hammer</b>	<b>Shot</b>	<b>Discus</b>
05/04/2009	Spring Open Meeting, Peterborough	<b>U17</b>	35.58		
19/04/2009	Eastern Young Athletes League, Braintree	<b>U17</b>	31.40	7.35	19.42
26/04/2009	East Anglian League, Peterborough	<b>U17</b>	36.96		23.77
09/05/2009	Cambs County Championships, Cambridge	<b>U17</b>	38.55		
23 & 24/05/09	S.E.A.A. Championships, Ashford, Kent	<b>U17</b>	36.70		
07/06/2009	Eastern Young Athletes League, Braintree	<b>U17</b>	36.64	7.96	20.99
13/06/2009	Cambridge Schools T&F Championships, Peterborough	<b>U17</b>	37.63		
21/06/2009	East Anglian League, Kings Lynn	<b>U17</b>	36.77		
28/06/2009	Eastern Young Athletes League, Peterborough	<b>U17</b>			23.39
05/07/2009	Eastern AAA Championships, Cambridge	<b>U17</b>	35.61		
12/07/2009	Eastern Young Athletes League, Bedford	<b>U17</b>	33.75	7.85	27.06
19/07/2009	East Anglian League, Cambridge	<b>U17</b>	35.41	7.23	23.29
16/08/2009	Eastern Young Athletes League, Thurrock	<b>U17</b>	39.45	7.87	30.01
31/08/2009	Peterborough City Games	<b>U17</b>	40.97		
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	<b>U17</b>	35.46	7.63	29.40
20/09/2009	East Anglian League Final, Bury St Edmunds	<b>U17</b>	34.97		29.82

<b>Seasons Best</b>		<b>40.97</b>	<b>7.96</b>	<b>30.01</b>
<b>PAC Club Standards</b>		<b>Gold</b>		<b>Silver</b>
<b>AAA Grades</b>		<b>Grade 3</b>		<b>Grade 3</b>

**NAME:** Jacob Wisbey

**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>1500m</b>	<b>3000m</b>
05/04/2009	Spring Open Meeting, Peterborough	<b>U17</b>	04:24.3	
19/04/2009	Eastern Young Athletes League, Braintree	<b>U17</b>	04:24.4	
09/05/2009	Cambs County Championships, Cambridge	<b>U17</b>		09:40.3
23 & 24/05/09	S.E.A.A. Championships, Ashford, Kent	<b>U17</b>	04:18.2	
10/06/2009	Development Meeting, St Ives	<b>U17</b>	04:19.8	
13/06/2009	Cambridge Schools T&F Championships, Peterborough	<b>U17</b>	04:19.0	
14/06/2009	National Junior League, Eton	<b>U20</b>	04:21.7	
20/06/2009	Anglian Schools Championships, Norwich	<b>U17</b>	04:16.9	
28/06/2009	Eastern Young Athletes League, Peterborough	<b>U17</b>	04:27.9	
05/07/2009	Eastern AAA Championships, Cambridge	<b>U17</b>	04:29.2	
12/07/2009	Eastern Young Athletes League, Bedford	<b>U17</b>	04:29.3	
19/07/2009	East Anglian League, Cambridge	<b>U17</b>	04:34.5	
26/07/2009	National Junior League, Blackheath & Bromley	<b>U20</b>	04:16.7	
23/08/2009	Peterhouse Trophy, Ipswich	<b>U17</b>	04:27.3	
31/08/2009	Peterborough City Games	<b>U17</b>	04:25.0	
13/09/2009	Eastern Young Athletes League, Plate Final, Cambridge	<b>U17</b>	04:27.4	
20/09/2009	East Anglian League Final, Bury St Edmunds	<b>U17</b>	04:23.2	

<b>Seasons Best</b>		<b>04:16.7</b>	<b>09:40.3</b>
<b>PAC Club Standards</b>		<b>Gold</b>	<b>Gold</b>
<b>AAA Grades</b>		<b>Grade 2</b>	<b>Grade 4</b>

**NAME:** Vinnie Hart  
**AGE:** U17M

**TRACK**

<b>DATE</b>	<b>MEETING</b>	<b>Age Group</b>	<b>800m</b>
12/07/2009	Eastern Young Athletes League, Bedford	U17	02:04.0

<b>Seasons Best</b>		<b>02:04.0</b>
<b>PAC Club Standards</b>		<b>Gold</b>
<b>AAA Grades</b>		<b>Grade 3</b>