

Under 20 Men's Gradings

	1	2	3
100m	11.0	11.2	11.5
200m	22.3	22.8	23.5
400m	49.9	51.1	52.5
800m	01:54.8	58:00.0	02:02.0
1500m	03:58.8	04:06.0	04:14.0
3000m	08:44.0	09:00.0	09:20.0
5000m	14:58.0	15:25.0	15:45.0
10000m	30:50.0	32:00.0	33:10.0
2000m S/C	06:05.5	06:17.0	06:34.0
110mH	14.4	15.1	15.6
400mH	55.0	57.0	59.5
HJ	1.96	1.90	1.80
LJ	6.60	6.15	5.85
Triple J	13.25	12.60	12.10
PV	4.40	4.10	3.70
Javelin	54.50	47.35	42.00
Discus	43.80	38.00	34.75
Hammer	61.10	50.75	45.00
Shot	14.00	12.75	11.60
60m	7.1	7.3	7.4
60mH	8.0	8.4	8.7
Decathlon	5100	4700	4400

NAME: Sean Band

AGE: U20 M

TRACK

DATE	MEETING	Age Group	100m	400m	110mH	1500m
15 & 16/05/09	Lincolnshire County Combined Events, Grantham	U20	12.70	58.20	18.60	05:53.7

Seasons Best			12.70	58.20	18.60	05:53.7
AAA Grades						

FIELD

DATE	MEETING	Age Group	Hammer	Shot	Discus	Javelin	L/J	H/J	Pole	Points
05/04/2009	Spring Open Meeting, Peterborough	U20	45.34	13.02	39.22					
26/04/2009	East Anglian League, Peterborough	Senior Men	40.85	11.41	37.48			1.85		
09 & 10/05/09	Lincolnshire County Championships, Grantham	U20	43.89	12.79	39.33					
15 & 16/05/09	Lincolnshire County Combined Events, Grantham	U20		12.42	36.54	40.67	6.23	1.82	2.70	4961
24/05/2009	National Junior League, Barnet Copthall	U20	46.90		40.06			1.80		
14/06/2009	National Junior League, Eton	U20	42.83	13.36	35.71			1.75		
20/06/2009	Anglian Schools Championship, Norwich	U20	42.90	12.77	40.53					
10/07/2009	English Schools Championships, Sheffield	U20	47.10							
26/07/2009	National Junior League, Blackheath & Bromley	U20	40.69			47.86		1.80		
02/08/2009	East Anglian League, Braintree	Senior Men	42.20				5.94	1.80		
16/08/2009	National Junior League, Lee Valley	U20	39.20					1.80		

Under 20 Weights	U20	6 kg	6 kg	1.75 kg	800g					
Seasons Best	U20	47.10	13.36	40.53	47.86	6.23	1.80	2.70	4961	
AAA Grades	U20	Grade 3	Grade 2	Grade 2	Grade 2	Grade 2	Grade 3		Grade 2	

Senior Men Weights	Senior Men	7.26 Kg	7.26 kg	2.00 kg	800g					
Seasons Best	Senior Men	42.20	11.41	37.48		5.94	1.85			
AAA Grades	Senior Men			Grade 3			Grade 2			

NAME: Anthony Church

AGE: U20 M

TRACK

DATE	MEETING	Age Group	100m	200m
09/05/2009	Cambs County Championships, Cambridge	U20	12.60	26.29
16/05/2009	Southern Mens League, Milton Keynes	Senior Men	12.60	27.20
06/06/2009	Southern Mens League, Peterborough	Senior Men		26.30
31/08/2009	Peterborough City Games	U20	13.07	

Seasons Best		12.60	26.29
AAA Grades			

NAME: Will Cook

AGE: U20 M

TRACK

DATE	MEETING	Age Group	100m	200m
09/05/2009	Cambs County Championships, Cambridge	U20	11.40	24.66
16/05/2009	Southern Mens League, Milton Keynes	Senior Men	11.50	24.40
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U20	11.79	

Seasons Best			11.40	24.40
AAA Grades				

NAME: Bayah Gatuak

AGE: U20 M

TRACK

DATE	MEETING	Age Group	800m	1500m	3000m
26/04/2009	East Anglian League, Peterborough	Senior Men	02:11.5		
09/05/2009	Cambs County Championships, Cambridge	U20	02:19.9		
16/05/2009	Southern Mens League, Milton Keynes	Senior Men	02:09.5		
19/07/2009	East Anglian League, Cambridge	Senior Men	02:08.5		
01/08/2009	Southern Mens League, Ipswich	Senior Men	02:04.9	04:52.8	
02/08/2009	East Anglian League, Braintree	Senior Men	02:15.2		09:58.7

Seasons Best		02:04.9	04:52.8	09:58.7
AAA Grades				

NAME: Ed Gunby

AGE: U20 M

TRACK

DATE	MEETING	Age Group	800m	1500m	3000m
26/04/2009	East Anglian League, Peterborough	Senior Men	02:02.8		
09/05/2009	Cambs County Championships, Cambridge	U20		04:21.2	
24/05/2009	National Junior League, Barnet Copthall	U20		04:17.87	
06/06/2009	Southern Mens League, Peterborough	Senior Men		04:14.2	
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U20			09:26.7
20/06/2009	Anglian Schools Championship, Norwich	U20			09:03.9
11/07/2009	Southern Mens League, Braintree	Senior Men	02:06.7	04:23.2	
19/07/2009	East Anglian League, Cambridge	Senior Men	02:07.0		
31/08/2009	Peterborough City Games	U20	02:04.0		

Seasons Best		02:02.8	04:14.2	09:03.9
AAA Grades				Grade 3

NAME: Ryan Howden

AGE: U20 M

TRACK

DATE	MEETING	Age Group	800m	3000m
26/04/2009	East Anglian League, Peterborough	Senior Men	02:10.8	10:38.2
10/06/2009	Development Meeting, St Ives	U20	02:10.7	
19/07/2009	East Anglian League, Cambridge	Senior Men	02:16.6	11:14.8

Seasons Best			02:10.7	10:38.2
AAA Grades				

NAME: Jamie Irons

AGE: U20 M

FIELD

DATE	MEETING	Age Group	H/J	T/J
26/04/2009	East Anglian League, Peterborough	U20	1.85	
09/05/2009	Cambs County Championships, Cambridge	U20	1.85	
24/05/2009	National Junior League, Barnet Copthall	U20	1.90	
06/06/2009	Southern Mens League, Peterborough	Senior Men	1.90	11.86
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U20	1.90	
14/06/2009	National Junior League, Eton	U20	1.80	
20/06/2009	Anglian Schools Championship, Norwich	U20	1.93	
21/06/2009	East Anglian League, Kings Lynn	U20	1.85	

Seasons Best		1.93	11.86
AAA Grades		Grade 2	#N/A

NAME: Matthew Pettit

AGE: U20 M

TRACK

DATE	MEETING	Age Group	800m	1500m	3000m
26/04/2009	East Anglian League, Peterborough	U20			09:32.0
03/06/2009	BMC Graded Races, Birmingham	U20	02:07.3		
06/06/2009	Southern Mens League, Peterborough	Senior Men		04:25.7	
14/06/2009	National Junior League, Eton	U20			09:22.6

Seasons Best		02:07.3	04:25.7	09:22.6
AAA Grades				

NAME: Adam Smith
AGE: U20 M

TRACK

DATE	MEETING	Age Group	100m	400m	110mH	1500m
15 & 16/05/2009	Lincolnshire County Combined Events, Grantham	U20	12.80	57.10	19.50	05:26.7
13 & 14/06/2009	U20 Combined Events Championships, Stoke	U20	12.40	58.22	16.87	05:14.9
19/07/2009	East Anglian League, Cambridge	Senior Men		57.40		
08 & 09/08/2009	North West Combined Events, Sports City, Manchester	U20	12.36	55.37	17.07	05:15.0
31/08/2009	Peterborough City Games	U20	12.54		17.24	
20/09/2009	English Schools Combined Events, Bedford	U20	12.58	55.77	17.42	05:00.4

Seasons Best		12.36	55.37	16.87	05:00.4
AAA Grades					

NAME: Adam Smith
AGE: U20 M

FIELD

DATE	MEETING	Age Group	Discus	Shot	Javelin	H/J	L/J	Pole	Points
15/03/2009	Throws Development Meeting, St Ives	U20	38.55	10.25	35.03				
05/04/2009	Spring Open Meeting, Peterborough	U20	39.56				5.72	3.40	
18/04/2009	International meeting, Marsa, Malta	U20	39.56						
26/04/2009	East Anglian League, Peterborough	Senior Men	41.24		36.33	1.75	6.03		
02/05/2009	Southern Mens League, Braintree	Senior Men	38.35		37.42	1.80	5.82	3.80	
09 & 10/05/2009	Lincolnshire County Championships, Grantham	U20	43.39	10.57	35.78	1.83		3.70	
15 & 16/05/2009	Lincolnshire County Combined Events, Grantham	U20	39.78	11.00	35.50	1.79	5.95	3.70	5072
24/05/2009	National Junior League, Barnet Copthall	U20	40.03				5.74	3.95	
06/06/2009	Southern Mens League, Peterborough	Senior Men	39.10			1.70	5.95	3.80	
13 & 14/06/2009	U20 Combined Events Championships, Stoke	U20	36.86	12.02	35.24	1.78	5.85	3.91	5504
20/06/2009	Anglian Schools Championship, Norwich	U20	39.41	11.12				3.90	
21/06/2009	East Anglian League, Kings Lynn	Senior Men		9.67		1.75	6.13		
28/06/2009	E.S.A.A. Combined Events, Corby	U20	39.41	12.09				4.00	5634
10/07/2009	English Schools Championships, Sheffield	U20	38.74						
19/07/2009	East Anglian League, Cambridge	Senior Men		9.53		1.70	6.30		
26/07/2009	National Junior League, Blackheath & Bromley	U20	38.80	11.43		1.75	6.12	3.80	
01/08/2009	Southern Mens League, Ipswich	Senior Men	35.90			1.70	5.98	4.00	
02/08/2009	East Anglian League, Braintree	Senior Men	35.53	10.03		1.80	6.23		
08 & 09/08/2009	North West Combined Events, Sports City, Manchester	U20	39.18	11.14	36.13	1.73	6.03	4.05	5640
16/08/2009	National Junior League, Lee Valley	U20	40.69			1.75	6.24	4.10	
31/08/2009	Peterborough City Games	U20				1.85	5.84	4.20	
20/09/2009	English Schools Combined Events, Bedford	U20	39.95	11.20	34.24	1.84	6.05	3.81	5651

Threw 1.75 kg Discus as non-scorer in Senior Men Competition

Under 20 Weights	U20	1.75 kg	6 kg	800g				
Seasons Best	U20	43.39	12.09	36.13	1.85	6.24	4.20	5651
AAA Grades	U20	Grade 2	Grade 3		Grade 3	Grade 2	Grade 2	Grade 1

Senior Men Weights	Senior Men	2.00 kg	7.26 kg	800g			
Seasons Best	Senior Men	39.10	10.03	37.42	1.80	6.30	4.00
AAA Grades	Senior Men	Grade 3			Grade 3	Grade 3	Grade 3

NAME: Martin Tinkler
AGE: U20 M

FIELD

DATE	MEETING	Age Group	Discus	Shot	Javelin
09/05/2009	Cambs County Championships, Cambridge	U20	42.35	14.35	43.87
24/05/2009	National Junior League, Barnet Copthall	U20	43.14	14.46	39.74
13/06/2009	Cambridge Schools T&F Championships, Peterborough	U20	42.99	14.01	43.85
14/06/2009	National Junior League, Eton	U20	45.74	14.59	44.22
20/06/2009	Anglian Schools Championship, Norwich	U20	44.21	14.33	46.78
21/06/2009	East Anglian League, Kings Lynn	Senior Men	38.00		40.59
10/07/2009	English Schools Championships, Sheffield	U20	43.58		
26/07/2009	National Junior League, Blackheath & Bromley	U20	39.71		
31/08/2009	Peterborough City Games	U20	39.46	13.84	46.08

Under 20 Weights	U20	1.75 kg	6 kg	800g
Seasons Best	U20	45.74	14.59	46.78
AAA Grades	U20	Grade 1	Grade 1	Grade 3

Senior Men Weights	Senior Men	2.00 kg	7.26 kg	800g
Seasons Best	Senior Men	38.00		40.59
AAA Grades	Senior Men	Grade 3		

NAME: Joshua Young
AGE: U20 M

TRACK

DATE	MEETING	Age Group	200m
26/04/2009	East Anglian League, Peterborough	U20	24.4

Seasons Best		24.4
AAA Grades		