

Southend-on-Sea Athletic Club Track & Field Championships & Open 2008

Garon Park

Saturday 19th July 2008

Winners and Club Champions

www.southend-on-sea-athletic-club.co.uk

Apart from a sudden 10 minute downpour on Saturday, it was a perfect athletic day.

The event was very well supported especially in the sprints, hurdles and the girls' Long Jump, and no fewer than 10 competitors signed up for the Pole Vault eventually won by Chelmsford's Michael Read with 4.75m. Southend's Senior representative, Jason Fry, produced a life-time best of 4.55m taking him to within 6cm of the Club Record set almost a decade ago. Under 17 winner Aaron Kaye cleared the 3rd best height of the day with 3.80m, while Under 15s Paul McCluskey cleared 2.80m and Rob Frith 2.10m.

Under 13 Boys

100m	Mitchell Turfrey	13.8
200m	Mitchell Turfrey	27.7
800m	Joe Beard	2.33.4
1500m	Rob Frith	5.18.2
75m Hur	Oliver Woodhouse	16.3
LJ	Mitchell Turfrey	4.83m
HJ	Oliver Woodhouse	1.25m
Javelin	Oliver Woodhouse	25.48m
Shot Putt	Kyle Marshall	8.09m
Discus	Callum Pastfield	16.01m

Under 13 Girls

100m	Tinashe Matsure	14.9
200m	Tinashe Matsure	30.2
800m	Chloe Williams	2.43.7
70m Hur	Shannon Mackie	12.6
LJ	Hayley Lamkin	4.13m
Discus	Kerry McCrory	9.04m

Under 15 Boys

100m	Tom Watts	12.9
200m	Tom Watts	26.3
400m	James Blake	62.5
800m	Harry Grose	2.07.5
1500m	Ashley Capel	4.48.7
3000m	Rhys Gillard	10.40.2
80m Hur	Callum McLean	12.6
HJ	Harry Grose	1.50m
Javelin	Callum McLean	33.00m
Shot Putt	Tom Watts	9.58m
Hammer	Ashley Dean	24.36m
PV	Paul McCluskey	2.80m

Under 15 Girls

100m	Ghanelle Edwards	13.6
200m	Ghanelle Edwards	28.0
300m	Sian McCrory	45.0
800m	Jessica Mead	2.28.7
1500m	Camilla Smee	4.57.8
3000m	Jordan Lacey	11.39.9
75m Hur	Natalie Woodhouse	13.4
LJ	Sophie Jarvis	4.69m
HJ	Sophie Jarvis	1.40m
Discus	Summer Dann	14.44m

Under 17 Men

100m	Jake King	12.1
200m	Jake King	25.7
800m	Tom Frith	2.03.9
1500m	Dave Smale	4.25.9
400m Hur	Liam Peoples	66.3
LJ	Jake King	5.96m
TJ	Liam Peoples	11.48m
PV	Aaron Kaye	3.80m
Javelin	Liam Peoples	39.06m
Shot Putt	Tom Jeffs	9.07m
Hammer	Tom Jeffs	34.85m

Under 17 Women

100m	Amy McDonald	13.2
200m	Amy McDonald	27.5
300m	Amy McDonald	42.8
1500m	Emily Burgess	5.13.5
80m Hur	Eleanor Evans	13.5
HJ	Eleanor Evans	1.30m
Javelin	Felicity Clarke	17.08m
Discus	Alexandra Dean	23.55m

Under 20s Men

200m	Kevin Brown	24.9
400m	Ben Hunter	53.1
800m	Paul Whittaker	2.04.9
5000m	Howard Clarke	16.55.1
1500m S/C	Lloyd Hartman	4.40.7
LJ	Kevin Brown	6.22m
TJ	Kevin Brown	13.78m
Javelin	Rob Franks	43.08m

Under 20s Women

1500m	Kerry Holland	5.18.4
5000m	Danielle Hurley	20.07.5
Javelin	Danielle Hurley	15.54m
Shot	Danielle Hurley	4.78m

Senior Men

200m	Greg Goodrem	25.4
400m	Greg Goodrem	54.1
5000m	Adam Hickey	15.29.7
Javelin	Peter Smale	33.60m
PV	Jason Fry	4.55m pb

Senior Women

1500m	Sara Jeffery	5.36.6
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Vets

1500m	Steve Hockett	5.23.9
5000m	Hendrik Zietsman	15.49.1
1500m S/C	Hendrik Zietsman	4.51.1 pb
Javelin	Geoff Smale	29.16m
Shot Putt	June Cork	5.92m
Hammer	June Cork	14.93m
Discus	John Tyler	16.91m

In order to give future potential club members some competition, the younger brothers and sisters were given the chance to win some sweets by taking part in the Under 11 events, an annual feature of these Championships.

60m Fastest: Alfie Williams 10.0

150m: Fastest: Laurence Willmore 24.6
Emma Jarvis 26.6

600m: Fastest: Laurence Willmore 1,56.2
Georgina Friswell 2,08.7