

SOUTHEND-ON-SEA ATHLETIC CLUB

RESULTS OF THE ESSEX COUNTY ATHLETIC ASSOCIATION INDOOR CHAMPIONSHIPS 2010

Girls Under 13

60m	Sarah Weaver	4 th (ht) 9.29	
	Jade Packer	1 st (ht) 8.78 Q	8.86 GOLD MEDAL
	Rebecca Pateman	3 rd (ht) 9.2 q	6 th F 9.26
200m	Sarah Weaver	31.31 SILVER MEDAL	
	Brogan Smith	6 th F 35.85	
800m	Brogan Smith	5 th F 3,05.93	
Long Jump	Sarah Weaver	4.09m GOLD MEDAL	

Girls Under 15

60m Hurdles	Rebecca Withams	1 st (ht) 9.88 Q	dnf
	Abigail Frith	3 rd (ht) 10.53q	5 th F 12.01
60m	Tinashe Mutsure	4 th (ht) 8.63 q	5 th sf 8.66
	Olivia Smith	5 th (ht) 8.94	
	Rebecca Withams	3 rd (ht) 8.87	
	Kerry McCrory	4 th (ht) 9.07	
300m	Hannah Maslen	5 th F 48.19	
60m	Kyle Marshall	1 st (ht) 7.83 Q	3 rd sf 7.78 Q 4 th F 7.76
	Harry Cameron	6 th (ht) 8.75	
200m	Kyle Marshall	1 st (ht) 25.36 Q	25.2 BRONZE MEDAL
800m	Alex Masterson	4 th (ht) 2,08.74 (ran in U17 event)	

Shot Putt Kyle Marshall **9.66 BRONZE MEDAL**

Women Under 17

60m Leanne McCrory 5th (ht) 8.72

400m Sophie Jarvis 4th (ht) 68.08
Sian McCrory 3rd (ht) 64.81q 5th F 63.68

800m Jessica Mead 3rd (ht) 21,30.76 Q 4th F 2,30.9
Emily Crowe 2nd (ht) 2,31.82 Q **2,27.24 BRONZE MEDAL**

Men Under 17

200m Tom Watts 3rd (ht) 25.1 q F: dns

800m Jonathan Kerridge 2nd (ht) 2,05.11 Q 6th F 2,10.15
Luke Oliver 3rd (ht) 2,06.47 q **2,01.6 SILVER MEDAL**

High Jump Paul McCluskey **1.70m GOLD MEDAL**

Pole Vault Paul McCluskey **2.90m BRONZE MEDAL**

Shot Putt Tom Watts **9.72m GOLD MEDAL**

Men Under 20

60m Jake King **7.04 SILVER MEDAL**

200m Jake King **22.73 GOLD MEDAL**

800m David Smale **2,02.79 GOLD MEDAL**
Kyle Aldridge 4th F 2,07.56 **pb**

Pole Vault Aaron Kaye **4.60m = pb GOLD MEDAL CBP**

Senior Women

One Mile Walk Linda Mountford (V) **10,55.07 GOLD MEDAL**
Valerie Mountford (V) **12,11.86 SILVER MEDAL**

Senior Men

400m	Ali Lubulwa	4 th F 59.07
800m	Peter Smale	2,03.73 BRONZE MEDAL
	Ali Lubulwa	5 th F 2,22.02
Triple Jump	Kevin Brown	14.08m GOLD MEDAL

What a Medal haul – very well done everyone! There were some near-medal misses too for which commiserations.

NB: Not all the Field events were available. Any outstanding SAC members' performances will be added as soon as any relevant information arrives.

**KEY: (ht) = heat time; Q = Qualified by right; q = qualified as fastest loser
dns = did not start; dnf = did not finish F = position in Final
V = Veteran athlete, ie 35+ for Women, 40+ for Men**