Dacorum & Tring A.C.

# NEWSLETTER

JUNE 2006

EDITOR - DIANE RATCLIFFE

## CLUB PENTATHLON

Forms are now out for the Club Pentathlon, which is on 9th July.

Don't forget, that all U/13's entering, will be automatically entered into the County U/13 Champs, which are held in conjunction with ours.

County will also be holding their 3,000m Champs during the afternoon.

Please get your pentathlon forms back to me as soon as you can.

## CRYSTAL PALACE TRIP

There are twenty one of us going to Crystal Palace on 28th July, and I've had quite a result. I have had a lot of trouble booking up these tickets, and in the end I sent a letter of complaint to UKA, who forwarded my letter on to Fasttrack. The result being, that they have given us all 21 tickets for free.

So we are all donating £5 per ticket and we will give the money to Cathie for her charity walk in September.

## ANNUAL TROPHIES

Don't forget that if you won a trophy at the Presentation Evening last year, we will refund £5 per trophy towards the engraving upon production of your receipt.

See me for refund.

**QUIZ NIGHT - I'VE HAD THREE TABLES CANCEL, SO ANYONE OUT THERE WANTING A TABLE, LET ME KNOW.**

## CATHIE'S CHARITY WALK

Cathie has lots of plans in the pipeline for raising her £1,500 she must raise before being able to take part in this walk.

One of them being a Charity 6-a-side football match at the track on Sunday 27th August. The cost will be £5 per person to enter and there will be a trophy to be won. We have been given the use of the track free of charge, and there will also be some fun games to take part in.

I mentioned a couple of newsletters ago about sponsoring Cathie for this walk. There won't be any sponsor forms, but what people have

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to do is to pledge an amount but have to pay up front. As I said before, she has to have all the money before the walk or can't take part. So what I said before still applies, anyone pledging £10 or over will go into a draw for either 4 free tickets for the Disco/ Presentation Evening in October, or 2 free tickets for the Xmas Dinner/Dance in December.

For anymore information regarding any of these activities, please get in touch with Cathie - mobile no. 07751 149634 or her home number is 01442 259899, or failing that you can get in touch with me.

Forgot to mention that the Sitar Indian Restaurant in Boxmoor are organising a charity meal on Tuesday 4th July. The cost is £15 each, with a complimentary drink included, and they will donate £5 of each meal to Cathie. Again, Cath will give you more details.

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Congratulations to the following for achieving new Club Records this year:-

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| Lucy Rillstone | U/15 | 60m | indoors | 8.54s | 8.1.06 |
| Lucy Rillstone | U/15 | Pentathlon | indoors | 2,539 pts | 8.1.06 |
| Chris Hamilton | U/17 | 60m | indoors | 7.65s | 4.3.06 |
| Danielle Patmore | U/13 ? | 60m | indoors | 8.74s | 5.3.06 |
| Catherine Cotterill | S. Lady | Shot | | 11.75m | 22.4.06 |
| Mel Flash | J. Lady | Hammer | | 42.99m | 22.4.06 |
| Frances Roberts | U/17 | 800m | | 2.19.9 | 22.4.06 |
| Lee Cordell | J. Man | P.Vault | | 4.00m | 29.4.06 |
| Stacey Phipp | U/17 | P.Vault | | 2.40m | 14.5.06 |
| Val Pritchard | V 0/35 | 400m | | 72.7s | 8.5.06 |
| Val Pritchard | V 0/35 | 400mH | | 84.8s | 20.5.06 |
| Danielle Town | U/13 | 75m | | 10.4s | 21.5.06 |
| Becci Armorgie | U/13 | 1,200m | | 4.14.0 | 21.5.06 |
| Lee Cordell | J. Man | P.Vault | | 4.15m | 3.6.06 |

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Well done to all of the following:-

Ben Flash for coming 7th in the SEAA U/17 Champs at Chelmsford on 27th May in the Hammer with a throw of 45.42m

Lucy Rillstone who won the Herts Schools County Combined Events Pentathlon. Lucy did very well and achieved PB's in the High Jump 1.45m, Long Jump 4.84m and 800m 2.49.5 and also ran the Sprint Hurdles in 13.2s and put the Shot 7.59m

Andy Del Nevo who ran in the Surrey County Champs and finished 7th in the 800m in 2.11.72 and 9th in the 1,500m in 4.26.42

Our Senior Mens Team have done extremely well too by winning 2 matches and coming 2nd in their third match. They are still 2nd in the division on 11 league points, with the top four teams all being on 11 league points, but Watford are 1st with 440½ match points, us on 2nd with 425½ match points, and Bedford 3rd with 421½ match points. So we really need to get all our top athletes out for the last two matches.

Also well done to three of our athletes who qualified for the finals of the British National Biathlon Champs in Manchester. Tommy Sheldrick finished 8th in the 17-18 age group and was part of the Eastern Region team which came 1st, Carly Dollman who was 10th in the 17-18 age group, and Aoife Kelly who came 42nd in the 15-16 age group.

## COUNTY CHAMPIONSHIPS

Another excellent year for our athletes at the County Championships on 14th May. We had 60 people entering the Champs, and we finished up with a total of 20 gold medals, 11 silver and 15 bronze from the Herts Champs,a gold and silver from the Bucks Champs and 2 bronze at the Beds Champs. Unfortunately, I haven't been given the results from the 1,500m Champs on the 1st May, and we had no entries in the Vets Champs. Well done to all of the following:-

| | | | | | |
|---|---|---|---|---|---|
| U/13 Girls | Sarah Grover | 1st | High Jump | 1.18m | Cnty Champ |
| | Becci Armorgie | 3rd | 800 m | 2.38.67 | |
| | Carly Simmonds | 3rd | 70 m H | 17.08s | |

Sarah and Sophie Olah ran in the 800 m.

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| U/15 Girls | Lucy Rillstone | 1st | Long Jump | 4.76m | Cnty Champ |
| | | 2nd | 100 m | 13.44s | |
| | | 2nd | 200 m | 23.23s | |
| | Aoife Kelly | 3rd | 800 m | 2.26.85 | |

Steffi Huntingford, Anna Hampton, Lucy Davis and Emily Ansell ran in the 800 m.

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| U/17 Girls | Stacey Phipp | 1st | Pole Vault | CLUB RECORD 2.40m | Cnty Champ |
| | | 3rd | 100 m | 13.36s | |
| | Joanne Botwright | 1st | Discus | 28.63m | Cnty Champ |
| | Frances Roberts | 2nd | 800 m | 2.23.39 | |
| | Hannah Wood | 2nd | 80 m H | 12.93s | |
| | Jenny Hackett | 3rd | Javelin | 25.52m | |

Hannah Walker and Lyndesey Batchelor ran in the 800 m.

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| Junior Ladies | Zoe Dunnings | 1st | 2,000 m S/Chase | 9.06.29 | Cnty Champ |
| | Mel Flash | 1st | Hammer | 42.42m | Cnty Champ |
| | Tor Mudd | 3rd | 800 m | 2.31.11 | |
| Senior Ladies | Natasha Brunning | 1st | Triple Jump | 10.51m | Cnty Champ |
| CHAMPIONSHIP BEST | | 1st | Pole Vault | 3.00m | Cnty Champ |
| | | 2nd | Long Jump | 5.05m | |
| | Catherine Cotterell | 1st | Discus | 39.21m | Cnty Champ |
| | | 1st | Hammer | 41.25m | Cnty Champ |
| | | 2nd | Shot | 11.49m | |
| U/13 Boys | Oliver Hopping | 1st | Discus | 13.04m | Cnty Champ |
| | | 2nd | Javelin | 14.36m | |
| | | 3rd | Shot | 6.03m | |
| | Luke Huntingford | 3rd | Long Jump | 3.63m | |

Luke and Oliver Glyn ran in the 800 m.

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| U/15 Boys | Daniel Dyer | 1st | 100 m | 12.81s | Cnty Champ |
| | | 3rd | 200 m | 26.20s | |
| | Matt Williams | 1st | Pole Vault | 2.60m | Cnty Champ |
| | | 2nd | Javelin | 26.19m | |
| | Miles Francois | 1st | 80 m H | 13.41s | Cnty Champ |
| | Michael Wadlow | 3rd | 80 m H | 17.15s | |
| | | 3rd | High Jump | 1.27m | |
| | Graham Taylor | 3rd | Shot | 5.40m | |
| | | 3rd | Hammer | 12.61m | |

Michael Wadlow ran in the 100m, Jack Thie, Matt Williams and Matt Salt ran in the 800m and Graham Taylor threw in the Discus.

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| U/17 Boys | Steve Watson | 1st | Discus | 38.76m | Cnty Champ |
| | | 3rd | Shot | 10.82m | |
| | Ben Flash | 1st | Hammer | 44.64m | Cnty Champ |
| | Chris Newcombe | 2nd | 100 m H | 15.60s | |

Kevin Clarke and Adam Driscoll both ran in the 100m and 200m, and Ed Gardner ran the 400m.

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| Junior Men | Ian Simson | 1st | Long Jump | 5.91m | Cnty Champ |
| | | 1st | Triple Jump | 12.78m | Cnty Champ |
| | Gareth Mitchell | 1st | Discus | 35.42m | Cnty Champ |
| | | 2nd | Shot | 10.51m | |
| | Shaun Daly | 1st | Shot | 11.45m | Cnty Champ |
| | | 3rd | Discus | 31.19m | |
| | Lee Cordell | 2nd | Pole Vault | 3.20m | |

In the Bucks Champs:-

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| Junior Ladies CHAMPIONSHIP BEST | Liz Roberts | 1st | 3,000 m | 11.27.8 | Cnty Champ |
| | Alison Bennett | 1st | 100 m H | 15.8s | Cnty Champ |

In the Beds Champs:-

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| U/15 Girls | Danielle Patmore | 3rd | 100 m | 13.5s |
| | | 3rd | Long Jump | 4.28m |
| | | 4th | 200 m | 27.8s |

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## RESULTS

NATIONAL JUNIOR LEAGUE - 7th MAY - GUILDFORD - Report from the Gazette

'Dacorum and Tring Athletics Club had Mel Flash take centre stage for a second successive meeting, as she was voted Athlete of the Match again. It was the second meeting in a row where she had achieved this, with this time being in the first round of the National Junior League.

Her achievements were acknowledged after she won the hammer with a throw of 41.57m and the shot with a distance of 9.99m. Ian Simson was also on good form as he won the Triple Jump in 12.44m and also won the long jump with a personal best of 5.97m

Meanwhile, Steve Watson threw an impressive 35.20m in the discus and Ben Flash threw 39.23m, as both made their debuts in the Junior League. Several other athletes achieved personal bests while Tor Mudd claimed wins in the B strong shot and hammer events, while Watson won the B Shot and Shaun Daly took the B string Hammer and Discus titles.'

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO IAN SIMSON

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VETS LEAGUE - 8th MAY - ENFIELD - In their first Vets match of the season, the ladies came 2nd and the men 7th. Val Pritchard was 2nd in the 400m in 72.7s, Colin Taylor was 3rd in the 0/40 1,500m in 5.01.5 and Adi Balogun, in his first match for the club, was 3rd in the 0/40 Shot with 8.45m.

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO COLIN TAYLOR

RESULTS CONTINUED

SOUTHERN MENS - 20th MAY - WATFORD - This is my report submitted to the Gazette, but which they failed to print even though the men had another terrific win. 'Another magnificent win for the D & T AC'S Senior Mens team at their 2nd match of the season at Watford on Saturday. Their final score was 145 points over Watford 136½, Harrow 118 and Wycombe on 88½.

Top points scorer of the day was, once again, Roger Hunter who notched up 38 points having competed in 10 events, including both relays. Roger was 1st in Long Jump A 6.15m, Shot A 12.58m, Discus A 37.98m, 110m H B 17.2s, Pole Vault B 3.20m and 400m B 53.8s, and was 2nd in the Hammer B 23.61m and Javelin A 44.83m.

Also scoring well was Andrew Cracknell, who once again travelled from Loughborough for the match, by being 1st in the High Jump A 1.80m, 3,000m S/C 10.38.9 and 400m H B 59.5.

Ian Simson won the Triple Jump A 12.35m, Long Jump B, with a personal best of 5.98m, and was 2nd in the 200m A 24.4s. Andy Jackson was 1st in the Shot B 8.95 and 2nd in the Discus B 23.01m, Alan Cooper was 1st in the 400m H A 57.6s and 2nd in the 400m A 51.6s. Richard Hansard was 1st in the 100m H A 16.1s and 2nd in the 100m A 11.7s. Paul Rose won Triple Jump B 10.47m and 2nd places went to Alun Sainsbury 5,000m A 16.34.8, David Briggs 200m B 24.72s and Andy Del Nevo 1,500m B 4.40.1. Roger, Richard, Ian and David were 2nd in the 4 x 100m in 47.4s, and Andrew, Alun, Roger and David had a superb win in the 4 x 400m in 3.42.4.

Trevor Ratcliffe, Tom Edwards and Colin Taylor also competed and scored valuable points.'

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO ANDREW CRACKNELL

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SOUTHERN WOMENS - 20th MAY - ETON - Report from the Gazette 'A solid third place finish was the reward for a good day's work from the Dacorum & Tring AC's Club female athletes on Saturday at Eton.

They racked up 162½ points at the Southern Womens Div 1 meeting, with Charlotte Brooks leading the way as she picked up wins in the U/15 Javelin B and Discus A. Meanwhile, Danielle Patmore and Laura Jackson were winners in their respective 100m A and B races, while Lucy Rillstone won the 200m A and Aoife Kelly won the 1,500m A with Lucy Davis tasting glory in the 800m B.

There was also a new best for Natacha Lee in the 75m hurdles.

In the senior competition Kate Horwell took first spot in the 100m hurdles B in her debut for the club, while Lizzie Roberts (3,000m) and Stacey Phipp (Pole Vault A) both set new bests and Val Pritchard gained a veterans club record in the 400m hurdles!

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO CHARLOTTE BROOKS

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N.Y.A.L. - 21st MAY - HEMEL - Report from the Gazette 'There were plenty of good performances from the young athletes from Dacorum & Tring AC's Club at the latest National Young Athletics meeting at Jarman Park. Their points total of 314 saw them placed third behind Aldershot and Wycombe Phoenix.

The League Athlete of the Day went to Steve Watson who claimed victories in the discus, hammer and shot, while Jack Rossini took wins in the 400m and the 400m hurdles. Other winners were U/13 girls: Sophie Lee (High Jump A and Shot B), Courtenay Williams (High Jump B), Danielle Town (Shot A). In the U/13 boys: Ellis Bannard (hurdles). U/15 girls: Vicki Jeff (High Jump B), Becky Ellis (Discus B) and Rebecca Barton (Javelin B). U/15 boys: Daniel Dyer (Javelin A), Matt Williams (Javelin B), Miles Francoise (80m H),

RESULTS CONTINUED - N.Y.A.L.

Michael Wadlow (80m H B) and Graham Taylor (Hammer B and Discus B).

U/17 girls: Hannah Wood (80m H and Trple Jump B), Stacey Phipp (Triple Jump A and 80m H B), Louise Pinsent (100m B) and Joanne Botwright (Discus A). U/17 boys: Tom Edwards (Long Jump B), Jason Hamilton (High Jump), Chris Hamilton (Triple Jump) and Gary Harewell (Triple Jump B).

CLUB ATHLETE OF THE MATCH AWARD PRESENTED TO JACK ROSSINI

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VETS LEAGUE - 22nd MAY - ENFIELD - In their 2nd match of the season the ladies finished 5th and the men 6th, leaving them in 3rd position overall for the ladies and 7th overall for the men after 2 matches.

Trevor Ratcliffe was 1st in the O/40 High Jump with 1.50m and 2nd in the Hammer with 36.11m, and Colin Taylor was 2nd in the O/40 3,000m. Bob McCall, John Cooper, Peter Morris and Alun Sainsbury also competed and Val Pritchard competed in the ladies team. (Our ladies team consists of a combined team from Dacorum and Enfield).

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO TREVOR RATCLIFFE

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SOUTHERN MENS - 3rd JUNE - COLCHESTER - My report from the Gazette 'The Club's Senior mens team enjoyed an unexpected 2nd place at their match in Colchester on Saturday. Colchester won the match with 150 pts, with Dacorum & Tring on 135½, Harlow 109½ and West Norfolk 41.

The Athlete of the Match Award went to Ian Simson, for winning the Long Jump A with a personal best of 6.29m, the 200 A and coming 2nd in the Triple Jump A with 12.50m. Ian also ran in the 4 x 100m.

Trevor Ratcliffe - almost back to full fitness - won the Pole Vault B 2.80m and came 2nd in the hammer, 110m hurdles and the discus.

Lee Cordell won the Pole Vault A with a new personal best and new Club Record of 4.15m, and also came 2nd in the 400m B. Paul Rose was 1st in the 400m hurdles B and 2nd in the 110m hurdles B, while David Briggs was 1st in the 100m B with a personal best of 11.7s, 2nd in the 400m A and also threw a personal best in the javelin.

Andy Del Nevo was 1st in the 800m B and 2nd in the 3,000m S/C B with a personal best of 11.19.8s. Alan Cooper won the 400m hurdles A in 56.3s and Tom Edwards was 1st in the High Jump B with 1.50m and threw a personal best in the javelin.

Matt Hallissey, back after a two year break, came 2nd in the 3,000m S/C A and Alun Sainsbury came 2nd in the 5,000m A.

Andy Jackson in the Discus B and Tommy Sheldrick in the 1,500m B also came 2nd, the latter with a personal best of 4.35.5 in what was his first senior mens match.'

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO IAN SIMSON

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N.Y.A.L. - 4th JUNE - WOKING - Report from the Gazette 'Young athletes from Dacorum & Tring AC notched up their first win of the season on Sunday at a match in Woking.

Excellent weather brought out the best in the club's young talent, with athlete of the match awards going to Stacey Phipp for the Pole Vault and Tom Muskett for the 100m. The Club's own athlete of the match award went to Sophie Lee for her performance in the U/13 High Jump. Jaque Hutchinson leaped to a personal best of 1.80m in his first high jump competition of the season and Harry Hogarth won the 200m in what was his first match for Dacorum.

Danni Town nearly made history, falling just short of her aunt's club record in the U/13 shot with a putt of 8.05m. Wins for the U/13 girls came for Courtney Williams in the

RESULTS CONTINUED - N.Y.A.L.

150m and 70m Hurdles, Danni Town in the 75m, Becci Armorgie in the 1,200m and Sophie Lee in the 1,200m B.

For the U/15 girls, wins were achieved by Lucy Rillstone in the 100m, Laura Jackson in the 100m, Danni Patmore in the 200m, Natacha Lee in the 200m B, Steffi Huntingford in the 800m, Becky Ellis in the javelin and discus, Becky Barton in the javelin B and shot B, and Hannah Richardson in the shot A.

The U/17 girls also notched up wins thanks to Kate Paddock in the 80m hurdles, 300m hurdles and high jump, Jenny Hackett in the javelin and shot, Jo Botwright in the discus and shot B.

For the U/15 boys, Miles Francois won the 80m hurdles, 100m B and 200m B and in the U/17 boys wins came from Jamie Hearn in the 100m B and long jump, Jack Rossini in the 100m hurdles, Adam Driscoll in the 400m hurdles, Steve Watson in the discus and shot, Ben Flash in the hammer, Shot B and discus B, Gary Harewell in the triple jump, Tom Edwards in the hammer B and javelin B and Jaque Hutchinson in the javelin.

CLUB ATHLETE OF THE MATCH AWARD WAS PRESENTED TO SOPHIE LEE

## JUNIOR LEAGUE

After our 1st Junior League match at Guildford on 7th May our team finished in 6th place, but we had some very good performances from our athletes. Best performances for the day from the ENTIRE DIVISION went to Ian Simson in his triple jump of 12.44m, Mel Flash in both her hammer with 41.57m and shot with 9.99m. Second best performances went Paul Rose in the 110m hurdles in 22.3s, Ian Simson in the long jump with 5.97m - which at the time was a personal best for him - and Steve Watson in the discus with 35.20m, and third best performances went to Ben Flash in the hammer with 39.23m, Shaun Daly in the shot with 11.63m and Mel again, in the discus with 24.63m. Remember, these were from the entire Brent division on the day, not just from our match. Well done to all of you.

## DATES FOR YOUR DIARY

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|---|---|---|
| **FRIDAY 23rd JUNE** | **QUIZ NIGHT** | **CAMELOT RUGBY CLUB** |
| **SATURDAY 24th JUNE** | **SOUTHERN WOMENS** | **HEMEL** |
| Sunday 25th June | N.Y.A.L. | Kingston |
| Wednesday 28th June | Open Meeting | Watford |
| Monday 3rd July | Vets League | Copthall |
| 7/8th July | Eng.Schools Chmps | |
| Saturday 8th July | Southern Mens | M. Keynes |
| 8/9th July | British Masters Chmp | Birmingham |
| **SUNDAY 9th JULY** | **CLUB PENTATHLON** | **HEMEL** |
| Wednesday 12th July | Open Meeting | Watford |
| Saturday 15th July | Southern Womens | Welwyn |
| Sunday 16th July | Junior League | Hemel (V of A match) |
| 19-30th July | European Msts.Chmps | Poland |
| 22/23rd July | AAA's U20/U23 Chmps | Bedford |
| Sunday 23rd July | N.Y.A.L. | Guildford |
| Wednesday 26th July | Open Meeting | Watford |
| **FRIDAY 28th JULY** | **CRYSTAL PALACE TRIP** | |
| Sunday 30th July | U/13's Inter Counties Match | Kingston |