

UK Inter-Counties Athletics Championships
Bedford - 24th/25th May, 2009

At last, a warm and sunny CAU Championships. We, myself and a small team made our way there with the following results:-

<u>Men</u>	100m	Andrew Matthews. WSE&H Heat 6 th - 11.31s
	200m	Stephen Johnson. WSE&H Heat 5 th - 22.80s
	400m	Stephen Johnson. WSE&H Heat 3 rd - 48.55s
	800m	James Moorcroft. Team Kennet Heat 7 th - 2.01.90s
	110m Hurdles	Richard Knape. Team Kennet Heat 6 th - 15.96s
	400m Hurdles	Ashley Fry. WSE&H Heat 5 th - 56.13s
	Long Jump	Mark Holloway. WSE&H 9 th - 6.87m
	High Jump	Cameron Lake. WSE&H 9 th - 1.95m
	Triple Jump	Matthew Plumb. NAC 6 th - 13.08m

From a further 6 athletes - 2 did not confirm the invitation to compete - 2 withdrew with injury - 2 failed to turn up!

<u>Women</u>	100m	Shelley Bowen. RAC Heat 5 th - 12.38s Final 7 th - 12.18s
	400m	Leslie Owusu. WSE&H Heat 2 nd - 55.99s Final 3 rd - 55.99s
	400m Hurdles	Natalie Beale. RAC Heat 6 th - 67.8s
	Long Jump	Shakira Whight. WSE&H 11 th - 5.41m
	Javelin	Hannah Johnson. BAC 17 th - 33.85m

Congratulations to Shelley Bowen and Lesley Owusu, who both made the Final of their respective events and Lesley Owusu was our only medallist.

2 other athletes accepted the invitation to compete and then withdrew due to injury and another commitment. And Lesley Owusu decided not to contest the 200m and Shakira Whight withdrew from the Triple Jump.

Jill Wright