

U.K. Inter Counties Athletics Championships - Bedford 30<sup>th</sup>/31<sup>st</sup> May 2010

A blustery, rather chilly two days, but there was a good response from our Athletes and some pleasing performances.

Men

<u>100M</u>	Phillip Brickley R.A.C.	Heat 6 <sup>th</sup>	10.86	
	Luke Wale R.A.C.	Heat 5 <sup>th</sup>	10.96	
<u>400M</u>	Stephen Johnson WSE&H	Heat 2 <sup>nd</sup>	49.74	
	Dominic Smith Eton College	Heat 4 <sup>th</sup>	50.15	
<u>110M Hurdles</u>	Dwayne Stoddart WSE&H	Heat 4 <sup>th</sup>	14.66	Final 5 <sup>th</sup> 14.56
	Michael Dyer R.A.C.	Heat 4 <sup>th</sup>	14.66	Final 7 <sup>th</sup> 15.14
<u>800M</u>	Mitch White B.A.C.	Heat 4 <sup>th</sup>	1.55.56	Final 7 <sup>th</sup> 1.57.59
<u>400M Hurdles</u>	Ashley Fry WSE&H	Heat 3 <sup>rd</sup>	54.28	Final 6 <sup>th</sup> 54.69
	Bertie Lewis T. KENNEDY	Heat 5 <sup>th</sup>	56.29	
<u>Mile</u>	Carl Bradbury R.A.C.			Final 9 <sup>th</sup> 4.19.91
	Richard Kinnersley R.A.C.			Final 12 <sup>th</sup> 4.25.47
<u>5,000M</u>	Nathan White WSE&H			Final 1 <sup>st</sup> 14.52.88
<u>Hammer</u>	Micki Finn WSE&H			Final 12 <sup>th</sup> 53.85
<u>Long Jump</u>	Mark Holloway WSE&H		NO JUMPS RECORDED	

Women

<u>100M</u>	Michelle Warren WSE&H	Heat 7 <sup>th</sup>	13.02	
	Shelley Bowen R.A.C.	Heat 2 <sup>nd</sup>	12.08	Final 8 <sup>th</sup> 12.07
<u>400M</u>	Lesley Owusu WSE&H	Heat 5 <sup>th</sup>	57.29	
<u>800M</u>	Rachel McClay B.A.C.			Final 4 <sup>th</sup> 2.13.15
<u>Hammer</u>	Helen Broadbridge N.A.C.			Final 12 <sup>th</sup> 44.27
<u>Javelin</u>	Hannah Johnson WSE&H			Final 17 <sup>th</sup> 36.32
<u>Triple Jump</u>	Shakira Whight WSE&H		NO JUMPS RECORDED	

Our only victory came on the second day with Nathan White's fine win in the 5,000M. Having been relegated last year, in the Men's competition, this year we came 2<sup>nd</sup> in our new group, the Rockingham Shield, with 23 pts.

JILL WRIGHT  
Team Manager