

## City of Stoke AC – 2009 Midland Track and Field League Report, Match 1 at Coventry

A small squad of stoke athlete's made the short trip down to Coventry for the 1st of 4 meetings of the Midland track and field league. Having finished top of division 1 last year, it was always going to be challenge to emulate last years performance.

With that thought in mind the 15 men and 7 women that made the trip down did a superb job on the day with many athletes competing in two or more events.

There were several individual winners during the day, Chelsea Cooper showing some good early form and hopefully has finally overcome her recent problems, with wins in the 200M (A), Long Jump (A) and the Javelin (B). Alice Lennox was also showing her early season form in the 100M (A) and adding a total of 28 points to the team total. There were also wins for Katie Holt in the 1500M (B) and Michelle Robins in the LJ (B).

For the men top performers were Martin Bartholomew with 21 team points and a win in the hammer (B), Gregg Nixon with 20 team points and double wins in the shot (B) and discus (B), also contributing 20 points was decathlon Robin Smith, who also won the 110M hurdles (A).

There were also wins for Ben Williams in the triple jump (A) and David Lee in the 2k steeplechase (B).

We also had a number of athletes making their 1st appearance for the club in this league Matt Scragg in the 200M & 400M, Liam Hendricken in the 1500M, Ben Williams in the triple and the long jump, Matt Rollings in the long jump, Sebastian Duffy in the 800M and 5K.

A welcome back for Dave Mountford with a 2<sup>nd</sup> place in the triple jump and for decathlon Jason Hill, who I believe competed for a few years ago. Jason is obviously well known on the circuit as he appears in the only video of the day, which can be watched via facebook.

There were a number of personal bests performances on the day with Martin Bartholomew in the shot, Sebastian Duffy and David Lee in the 5K, Rob Cook and Dave Lee in the 2K SC.

To finish 3<sup>rd</sup> behind home club Coventry and Birchfield, who were supported by three internationals Kelly Sotherton, Eden Francis and Zoe Derham was a remarkable achievement,

Please note the next meeting is on the Sunday 7<sup>th</sup> June at Rugby, If you would like compete at this meeting,

Please contact the women's team manager [Alan Morris](mailto:alan.e.morris@btinternet.com) - alan.e.morris@btinternet.com or for the men [Steve Shubotham](mailto:stephen.shubotham@ntlworld.com) - stephen.shubotham@ntlworld.com

Position	Team	Points
1	Coventry	400
2	Birchfield	371
3	City of Stoke	322
4	Mansfield	317
4	Rugby/North	317
6	Bristol & West	232

<b>Men 100m</b>	<b>A</b>	6	Jason Hill	12.3
	<b>B</b>	4	Matthew Rollings	11.7
<b>Men 200m</b>	<b>A</b>	6	Liam Tracey	23.4
	<b>B</b>	6	Matthew Scragg	24.0
<b>Men 400m</b>	<b>A</b>	2	Liam Tracey	50.7
	<b>B</b>	4	Matthew Scragg	54.6
<b>Men 110m H</b>	<b>A</b>	1	Robin Smith	15.3
		-		
<b>Men 400m H</b>	<b>A</b>	6	Nigel Gardner	75.9
	<b>B</b>	5	Rob Cook	69.8
<b>Men 800m</b>	<b>A</b>	6	Sebastian Duffy	2.03.9
	<b>B</b>	5	Adrian Thiemicke	2.39.1
<b>Men 1500m</b>	<b>A</b>	6	Liam Hendricken	4.23.3
	<b>B</b>	4	Rob Cook	4.38.2
<b>Men 5000m</b>	<b>A</b>	2	Sebastian Duffy	15.17.2
	<b>B</b>	3	David Lee	17.13.0
<b>Men 2000m s/c</b>	<b>A</b>	3	Rob Cook	7.02.9
	<b>B</b>	1	David Lee	7.10.0
<b>Men Long Jump</b>	<b>A</b>	3	Ben Williams	6.58
	<b>B</b>	2	Matthew Rollings	6.35
<b>Men Triple Jump</b>	<b>A</b>	1	Ben Williams	15.29
	<b>B</b>	2	David Mountford	14.08
<b>Men High Jump</b>	<b>A</b>	3	Jason Hill	1.70
	<b>B</b>	6	Nigel Gardner	1.50
<b>Men Pole Vault</b>	<b>A</b>	5	Robin Smith	3.50
	<b>B</b>	3	Jason Hill	2.80
<b>Men Shot Putt</b>	<b>A</b>	2	Martin Bartholemew	14.43
	<b>B</b>	1	Gregg Nixon	13.85
<b>Men Discus</b>	<b>A</b>	2	Martin Bartholemew	44.15
	<b>B</b>	1	Gregg Nixon	43.93
<b>Men Hammer</b>	<b>A</b>	3	Gregg Nixon	41.69

	<b>B</b>	1	Martin Bartholemew	38.59
<b>Men Javelin</b>	<b>A</b>	2	Robin Smith	53.96
	<b>B</b>	2	Jason Hill	39.85
<b>Mens 4x100m</b>		6		51.7
<b>Mens 4x400m</b>		4		3.36.6
<b>Women 100m</b>	<b>A</b>	1	Alice Lennox	12.4
	<b>B</b>	2		12.9
<b>Women 200m</b>	<b>A</b>	1	Chelsea Cooper	25.3
	<b>B</b>	-		
<b>Women 400m</b>	<b>A</b>	3	Kate Anderson	61.3
	<b>B</b>	-		
<b>Women 100m H</b>	<b>A</b>	2	Alice Lennox	15.1
	<b>B</b>	-		
<b>Women 400m H</b>	<b>A</b>	-		
	<b>B</b>	-		
<b>Women 800m</b>	<b>A</b>	3	Kate Anderson	2.27.7
	<b>B</b>	-		
<b>Women 1500m</b>	<b>A</b>	2	Emma Jackson	4.21.4
	<b>B</b>	1	Katie Holt	4.29.4
<b>Women 3000m</b>	<b>A</b>	3	Clare Booker	10.44.5
	<b>B</b>	-		
<b>Women Long Jump</b>	<b>A</b>	1	Chelsea Cooper	5.88
	<b>B</b>	1	Michelle Robbins	5.53
<b>Women Triple Jump</b>	<b>A</b>	3	Michelle Robbins	11.08
	<b>B</b>	-		
<b>Women High Jump</b>	<b>A</b>	4	Alice Lennox	1.55
	<b>B</b>	-		
<b>Women Pole Vault</b>	<b>A</b>	3	Kate Anderson	10.83
	<b>B</b>	6	Alice Lennox	5.59
<b>Women Discus</b>	<b>A</b>	6	Clare Booker	8.01

	<b>B</b>	-		
<b>Women Shot</b>	<b>A</b>	3	Kate Anderson	10.83
	<b>B</b>	6	Alice Lennox	5.59
<b>Women Hammer</b>	<b>A</b>	6	Clare Booker	12.79
	<b>B</b>	-		
<b>Women Javelin</b>	<b>A</b>	3	Alice Lennox	`
	<b>B</b>	1	Chelsea Cooper	35.3
<b>Womens 4x100m</b>		-		
<b>Womens 4x400m</b>		2		4.01.1