

Aldershot Farnham & District Athletic Club

Affiliated to SEAA, Hampshire AA, Surrey AA,
Founded 1948



Newsletter

Issue 2

In this second issue of the newsletter, we bring you more results from meetings that our athletes competed in, and some interesting links to copy and paste into your browser.

An interesting podcast interview with GB International and AFD AC's very own Louise Small.

<https://podcasts.apple.com/gb/podcast/ep-42-louise-small-the-olympic-dreams-of-a-girl-born-to-run/id1413486978?i=1000462295539>

An article on managing transition from junior to senior athletics, in which careful management by all stakeholders is critical in their long term involvement in the sport:

https://www.athleticsweekly.com/performance/managing-the-junior-to-senior-transition-in-athletics-1039927413/?fbclid=IwAR25qtqewODkwC3HC_LrQAGUmdAptWB8nAoM7LVQtO9p5SPfcxm-nBu2gbk

Cross Country

Alton Sports Hampshire League, 11th January

U11 Girls:

1st 10:35 Maya Jobbins
2nd 10:41 Grace Cooper
4th 11:09 Grace Cooke
41st 15:31 Amelie Nunn

U13 Girls (3.1km):

9th 12:48 Rebecca Gascoyne
16th 13:09 Jemima Henderson
30th 14:14 Scarlet Cooper
37th 15:25 Eloise Nunn

U13 Boys (3.1km):

9th 11:24 Raffety Herd
16th 11:47 Jacob Harkness
39th 13:15 Connor Newell
48th 14:26 Matthew Reynolds

U15 Girls (3.5km):

11th 13:37 Jessica Heyward
13th 13:42 Christina Wigley
14th 13:45 Emma Wigley
17th 13:58 Rosie Kelly

U15 Boys (4.3km):

1st 13:13 Daniel Shattock
3rd 13:31 Rudi Morell
5th 13:42 James Dargan
11th 14:29 James Hayward
14th 15:02 Bertie Bruce-Gonzalez
38th 16:40 Alfred Packett

42nd 17:41 Daniel Treacy

U17 Women (4.3km)

3rd 15:20 Rachel Gillett

5th 15:34 Ruby Horton

U17 Men (5km):

3rd 18:25 Woody Jerome

4th 18:33 Max Duckworth

6th 18:48 Alastair Rushforth

Senior Women (5km):

4th 19:41 Phoebe Law

8th 20:14 Pippa Roessler

10th 20:35 Juliet Hodder

11th 20:39 Gintare Juknyte

17th 21:12 Alice Gurner

18th 21:14 Philippa Bowden

23rd 22:00 Anna Weston

28th 22:19 Amy Leach

38th 23:26 Emma Boswell

58th 25:15 Wendy Fitzpatrick

Senior Men (9.5km):

1st 31:53 Luke Prior

3rd 32:40 Joe Wigfield

5th 32:51 Philip Sewell

7th 33:23 Shaun Smith

13th 33:59 Jack Boswell

16th 34:11 Matthew Merrick

31st 35:36 Mike Boucher

46th 36:38 Xavier Booth

50th 36:51 Ethan Kendall

53rd 36:55 Daniel Ayers

66th 37:47 Edward Gronbech

74th 38:18 Tom Glancy

76th 38:24 Christopher Tizzard

79th 38:46 Matthew Huntley

86th 39:09 Danny Chatfield

106th 40:20 Robert Wakefield

109th 40:32 Chris Try

126th 42:33 Brendan Cottrell

132nd 42:03 Nigel Duke

155th 45:08 Andrew Hislop

Lotto Cross Cup, Belgium, 19th January

2nd 30:12 Andy Vernon

SEAA Cross Country Championships, Hampstead Heath, 25th January

Senior Men 15k (Gold in men's team):

5th 48:43 Luke Prior

9th 48:56 Ellis Cross

12th 49:09 Callum Charleston

20th 50:01 Shaun Smith

21st 50:02 Sam Eglen

30th 50:38 Phil Sewell

67th 52:50 Jack Boswell

122nd 54:49 Richard Lovejoy

161st 55:53 Mike Boucher

535th 63:41 Rob Wakefield

897th 72:57 Andrew Hislop

Senior Women 8k (Silver in women's team):

4th 29:35 Lauren Hall

16th 31:11 Emily Wicks

34th 32:18 Katie Stevens

54th 32:54 Gintare Juknyte

86th 34:05 Emma Stevens

98th 34:22 Anna Weston

125 35:13 Lizzie Raynor

365 41:55 Wendy Fitzpatrick

U20 Men 8k (Silver in U20 men's team):

12th 27:14 Matthew Merrick

18th 27:46 Theo Doran

20th 27:54 Joe Blacknell

37th 28:42 Elliot Pocock

55th 29:32 Xavier Booth

58th 29:42 Jack Johnson

73rd 30:39 Ethan Kendall

Under 20 Women 6k:

10th 26:26 Maisie Grice

17th 27:24 Katriona Brown

31st 28:51 Katie Hughes

Under 17 Men 6k:

19th 23:26 Alastair Rushforth

46th 24:13 Max Duckworth

Under 17 Women 5k (Gold in U17 Women's team):

8th 19:55 Pippa Roessler
9th 20:09 Alice Garner
27th 21:01 Rachel Gillet
36th 21:22 Niamh McLoughlin
80th 23:06 Emma Boswell
111th 25:32 Charlie Parsons

U15 Boys 4.5k (Bronze in U15 Boys team):

7th 14:55 Dan Shattock
11th 15:04 James Dargan
27th 15:31 Rudi Morell
91st 16:17 Bertie Bruce-Gonzalez
111th 16:36 James Hayward
197th 17:43 Euan Stewart

U15 Girls 4k:

49th 18:56 Emma Wigley
75th 19:29 Rosie Kelly
102nd 19:46 Christina Wigley
105th 19:49 Jessica Hayward
109th 19:52 Poppy Morris
128th 20:08 Lucy Roberts

U13 Boys 3k:

120th 13:23 William Smith
244th 14:37 Colm McLoughlin

U13 Girls 3k

56th 13:58 Emmeline Orbell
97th 14:27 Rebecca Gascoyne
185th 15:27 Lucy Johnson
205th 15:48 Izzy Smith
247th 16:23 Eloise Nunn

British Universities Cross Country Championships, 1st February

AFD athletes listed with the Universities they are representing:

10k Men (Long Course):

7th 33:04 U23 Abdulqani Sharif, St Mary's
13th 33:26 U23 Ellis Cross, St Mary's
16th 33:35 U23 Luke Prior, St Mary's
44th 34:28 U23 George Gathercole, Cambridge

62nd 35:08 U20 Cameron Allan, St Mary's
73rd 35:24 U23 Rian Macawley, Leeds

8k Men (Short Course):

7th 26:57 U23 Sam Johnson, St Mary's
13th 27:14 U20 Matthew Merrick, St Mary's
29th 27:43 U23 Shaun Smith, St Mary's
60th 28:18 U20 Max Heyden, Loughborough
166th 30:09 SEN James Quinlan, Swansea

8k Women (Long Course):

1st 28:03 U23 Anne Emilie Møller, St Mary's
11th 30:25 U23 Niamh Brown, Birmingham
16th 30:46 U23 Nancy Scott, Cambridge

6k Women (Short Course):

6th 23:06 U20 Maisie Grice, Birmingham
17th 23:39 U23 Katie Stevens, Birmingham
24th 24:06 U20 Katie Hughes, St Mary's
27th 24:12 U23 Gintare Juknyte, St Mary's
35th 24:32 U20 Lizzie Squibs, Birmingham

Newbury Border League, Stoke Park, 2nd Feb

Under 9 Girls:

5th 5:41 Scarlett Hooper
19th 6:10 Kiri Jobbins
48th 6:54 Sophie Driver

Under 11 Girls:

3rd 5:29 Maya Jobbins
4th 5:29 Grace Cooper
8th 5:44 Tilly Robertson
23rd 6:16 Tori Waller
35th 6:29 Charlotte Johnson
36th 6:30 Eleanor Champions
51th 6:48 Olivia Potter
58th 6:54 Anna Rattray
85th 7:36 Amelie Nunn

Under 13 Girls (2.3k):

8th 11:29 Lucy Johnson
11th 11:33 Scarlet Cooper
25th 12:20 Eleni Malandri
33rd 13:04 Eloise Nunn
39th 13:44 Ashley van Niekirk
43rd 13:55 Enya Lloyd
44th 13:57 Megan Jackson

Under 15 Girls (2.9k):

8th 12:53 Marissa Newell
12th 13:59 Jocie Hilton

Under 9 Boys:

10th 5:33 Charlie Griffiths
24th 5:50 Lucas Pinto

Under 11 Boys:

5th 8:09 Daniel Orbell
16th 8:33 Alastair Gibbs
20th 8:45 Eddie Wright
22nd 8:47 Milo Driver
29th 8:54 Oliver Densley
38th 9:09 Idan Polat
39th 9:11 Michael Champion
48th 9:21 Alexander Tomkins
64th 9:38 Fraser Gibbs
83rd 10:14 Jude Doherty
106th 10:54 Oliver Cullinane

Under 13 Boys (2.9k):

3rd 10:58 Jacob Pearce
5th 11:18 William Smith
19th 12:07 Yalamber Limbu
26th 12:30 William Hughes
27th 12:39 Finley Potter
31st 13:02 Alasdair Rattray
33rd 13:09 Henry Driver
42nd 14:29 Lucas Jesse

Under 15 Boys (3.7k):

10th 23:15 Callum Shadrake
11th 25:48 Benjamin Wigley

Hampshire League Cross Country, Popham Airfield, 8th February

U13 Girls:

25th 13:31 Rebecca Gascoyne
44th 14:57 Eloise Nunn

U13 Overall Individual after 5 races:

*8th Rebecca Gascoyne
29th Eloise Nunn*

U15 Girls:

9th 16:10 Christina Wigley
11th 16:27 Emma Wigle
15th 16:50 Jessica Hayward
36th 19:18 Jocie Hilton

3rd in Overall Team standings after 5 races

U15 Girls Overall Individual after 5 races:

*10th Emma Wigley
=11th Christina Wigley
13th Jessica Hayward*

U17 Women:

3rd 21:23 Rachel Gillett
10th 24:10 Abby Barton

U17 Women Overall after 5 races:

4th Rachel Gillett

Senior Women:

6th (1st U20) 23:41 Alice Garner
10th (2nd U20) 24:02 Pippa Roessler
14th (5th U20) 24:31 Katriona Brown
15th 24:49 Anna Weston
21st 25:33 Lucy Rochford
30th (7th U20) 27:02 Emma Boswell
34th 27:22 Megan Gildea

2nd Senior Women Team after 5 races

1st U20 Women Team after 5 races

Overall Individual U20 Women after 5 races:

*2nd Pippa Roessler
4th Alice Garner
=7th Emma Boswell*

U13 Boys:

16th 12:02 Jacob Pearce
34th 12:47 Colm McLoughlin

4th U13 Boys Team after 5 races

Overall Individual U13 Boys after 5 races:

26th Colm McLoughlin

U15 Boys:

2nd 13:41 Daniel Shattock
6th 14:05 James Hayward
27th 15:16 Josh Tomkins
46th 16:43 Alfie Packett
53rd 19:01 Miles Adams

1st U15 Boys Overall after 5 races

Overall Individual U15 Boys after 5 races:

2nd Daniel Shattock

3rd Rudi Morrell

8th James Hayward

31st Alfie Packett

U17 Men:

2nd 17:43 Woody Jerome
3rd 18:04 Max Duckworth
4th 18:19 Alastair Rushforth
7th 18:52 Harry Hyde

1st U17 Overall after 5 races

Overall Individual U17 Boys after 5 races:

2nd Woody Jerome

4th Max Duckworth

5th Alastair Duckworth

6th Harry Hyde

Senior Men:

2nd 33:07 Alex Pointon
4th 34:17 Jack Boswell
5th (1st U20) 34:22 Cameron Allan
8th (2nd U20) 34:24 James Gillon
21st (5th U20) 35:59 Jack Johnson
28th 36:33 Tobias Smith
32nd 36:54 Michael Boucher
35th (8th U20) 37:04 Xavier Booth
39th (9th U20) 37:17 Isaac McCollum

42nd (10th U20) 37:26 Abdullah Ahammad
52nd 38:13 Edward Groenbech
58th (11th U20) 38:31 Ethan Kendall
63rd 38:47 Marcus Irving
69th (13th U20) 39:08 Edward Smart
71st 39:17 Christopher Tizzard
86th 39:59 Tom Glancy
88th 40:00 Danny Chatfield
115th 41:16 Daniel Black
128th 41:46 Chris Try
137th 42:39 Rob Wakefield
176th 46:04 Andrew Hislop
207th (19th U20) 50:13 Stephen Lavery

1st Senior Men Overall after 5 races

2nd Veteran Men Overall after 5 races

Overall Individual Senior Men after 5 races:

1st Cameron Allan

3rd Phil Sewell

9th Jack Johnson

12th Jack Boswell

18th Mike Boucher

27th Xavier Booth

30th Ethan Kendall

Overall Individual Veteran Men after 5 races:

3rd Michael Boucher

=7th Tom Glancy

=14th Danny Chatfield

48th Andrew Hislop

Overall Individual U20 Men after 5 races:

1st Cameron Allan

2nd Jack Johnson

7th Xavier Booth

8th Ethan Kendall

CrossCup Rotselaar, 9th February

Senior Men (9.5km):

6th 30:53 Ellis Cross
25th 32:22 Luke Prior

Senior Women (6.5km):

9th 23:20 Sarah Astin
11th 23:28 Lauren Hall
20th 23:59 Emily Wicks
27th 24:35 Maisie Grice

Road

Stubbington Green 10k, 12th January

4th 32:46 Richard Lovejoy
35th 35:18 **PB** Christopher Tizzard
44th 35:50 Tom Glancy
53rd 36:17 Lesley Locks

Houston Half Marathon, 19th January

2nd (1st Women) 68:55 **PB** Stephanie Twell

Houston Marathon, 19th January

5th 2:11:52 **PB** Stephen Scullion (Olympic Qualifying time)

Chichester 10k 2nd February

2nd 29:11 Ben Bradley
7th 29:46 Andy Vernon
11th 30:09 Alex Pointon
15th 30:23 Philip Sewell
41st 32:02 Richard Lovejoy
165th 36:32 (V55) Koji Miyazaki
194th 37:32 (V55) Chris Try
245th 38:37 Emma Stevens
264th 39:05 (V65) Austin Soane
292nd 39:46 (V45) Brendan Cottrell
365th 41:39 (U23) Lucy Rochford
423rd 43:17 (V40) Richard Smith

1st Senior Men team

Kagawa Marugame International Half-Marathon 2nd February

2nd 68:23 Charlotte Purdue

Indoor Athletics:

Dartmouth Relays, Hanover USA, 10th January

1 Mile:

1st 4:26.8 **PB** Macgregor Cox

SEAA Indoor Championships, 11-12 January

60m Hurdles:

8.74 **PB** Ella Manning (Receiving her gold medal below)



London U20/Senior Games, 18th-19th January

60m:

8.31 **PB** Kim Valente V40
8.5 **SB** Natasha Norris V40

800m:

1:52.97 **SB** Daniel Howells U20
2:10.64 **SB** Abdullah Ahammad U23

Welsh Athletics Senior 3k Championships, 19th January:

1st 7:59.42 Adam Clarke
4th 8:11.86 Ben Bradley

London Indoor Games, 24th-25th

January

U15 Women 60m:

8.01 **PB** Emily Lucas
8.24 Annabelle Honey
8.47 **PB** Jasmine Pattison

U17 Men 200m:

24.08 Bailey Roberts

U15 Women 200m:

27.04 Emily Lucas
27.14 Jasmine Pattison
27.76 **PB** Annabelle Honey

U17 Men 400m:

53.46 **PB** Bailey Roberts

BU Terrier Invitational 3k, 25th

January:

7th 8:36.22 Macgregor Cox

World Athletics Indoor Tour, Roxbury, USA, 25th January:

300m:

3rd 38.45s Amy Allock

University of Washington Invitational, 1st February

3000m Men:

7th 7:56.45 Jack Rowe

Windsor Indoor Series, 2nd February:

U15W 60m:

8.06 Emily Lucas
8.08 Madison O’Gorman
8.26 Annabelle Honey
8.36 Jasmine Pattison
9.97 Nia Wells

U15M 60m:

7.68 Troy Over

V40 60m:

8:32 Kim Valente

High Jump:

1.70m Chris Horlock (U23M)
1.40m Brooke Gannon (U15W)

South of England AA U20/Senior Championships, 2nd February

U20M 800m:

1st 1:52.63 Daniel Howells

Vault London 2020, 19th February

3.12m **PB** U20 George Asprey
3.52m **SB** SM Gavin Berry
2.92m **SB** M45 Andy Buchanan

Sportshall:

Sportshall, 26th January

Events were: 2 lap; 4 lap; 30 second speed bounce; Vertical Jump; Standing Long Jump; Chest Push (Shot Putt for under 13s and u15s)

Under 11 Girls:

12. Pippa Greasley
16. Tori Waller
33. Tilly Robertson
36. Erin Harris
45. Anna Rattray
59. Amelie Nunn
65. Sophie Driver
70. Seren Butler
73. Charlotte Johnson

After 3 matches, under 11 girls are 4th in overall League

Under 11 Boys:

9. Stirling Williams
19. Idan Polat
26. Harry Ellis
30. Eliot Fabre
31. Milo Driver

After 3 matches, under 11 boys are 5th overall

Under 13 Girls:

9. Hazel Heydon
11. Grace Barnard
12. Sophie Day
16. Jasmine Williams

After 3 matches under 13 girls are 6th overall

Under 13 Boys:

1. Will Bryant
3. Vidal Pinto
6. Josh Mortimer
7. Jake Hedger
8. Archie Ellis

After 3 matches under 13 boys are 1st overall

Under 15 girls:

3. Lisa Duke (and 3rd overall after 3 matches)

Race Walking:

Steyping 15k, 25th January

3rd (1st Woman) 81:10 Abi Jennings

Southern Race Walking Association Championships and Open, Hillingdon

U17 Women 5k:

2nd 28:32 Lois Carty

Senior Men 10k:

9th (3rd U20 Men) 58:27 **PB** Nicholas Hart

Senior Women 10k:

3rd (1st U23) 53:54 Abi Jennings (1st in
Southern Champs)

6th 61:14 V40 Penel Cummings

11th 68:06 V55 Sue Davies

1st Team Prize, Senior Women

Track

Alder Valley League:

At recent AGM the following were announced
as League best performance in 2019 season

Alder Valley Girls

U11 600m:

1:56.5 **SB** Tori Waller

2:0.6 Maya Jobbins

U17 80m Hurdles:

11.6 **SB** Ella Manning

800m:

2:20.4 **SB** Rachel Gillet

Alder Valley Boys

U13 100m:

12.4 **Equal League Record** Troy Over

200m:

25.3 **Equal League Record** Troy Over

Long Jump:

5.15m **SB** Troy Over

U17 400m:

51.4 **SB** George Asprey