

**C.A.U. INTER-COUNTIES / ENGLAND AAA CHAMPIONSHIPS**  
**Bedford 30<sup>th</sup> / 31<sup>st</sup> July 2016**

For the second time these Championships incorporated the newly resurrected England AAA Championships.

The last minute ambiguity of the timetable, caused confusion for many athletes, so to overcome this, they just turned up at the earliest time quoted.

For the Hampshire Women - Natalie Whitty (Guernsey Is) took 8<sup>th</sup> place in the 1500m Final, whilst Corin Bearpark (Havant) came 7<sup>th</sup> in her 800m Final

Louise Small (AFD) lead all the way in the 3000m Final, but was unfortunately piped at the post for the Gold medal.

The 3000m S/Chase Final saw Amy Bream (Havant) finish 11<sup>th</sup>.

In the Field, Sarah Ellis (Soton) came 10<sup>th</sup> in the Javelin, whilst Phoebe Dawson (B`mouth) took the Bronze medal in the Discus

(Out of the 45 Counties and Regions)

**The Hampshire Ladies finished 9<sup>th</sup> out of 13 in the CAU Division 1**  
**(Aggregate 6<sup>th</sup> overall with the Men's Team)**

With sudden tragic loss of Kate Longhurst the Men's Team Manager – I stepped in to look after what of course with “her team”.

In the Sprints, Kieran Showler-Davis (BMH) came 5<sup>th</sup> in the semi-final of the 100m, whilst Owen Richardson (BMH) also finished 5<sup>th</sup> in the semi-final of the 200m, with Jamie Robinson (Soton) coming 8<sup>th</sup> in his heat.

Harrison Pockock claimed 5<sup>th</sup> spot in the heats of the 400m.

The Mile final saw Tom Bowerman (AFD) and Thomas MacSwayne (CoP) finish 10<sup>th</sup> and 11<sup>th</sup> respectively.

Alex Tuetin (CoP) won the Silver medal in the 3000m S/Chase, with Edward Mason (Guernsey I) finishing 14<sup>th</sup>.

Andy Blow (BMH) claimed 4<sup>th</sup> place in the final of the 110m Hurdles, with Sean Adams taking 7<sup>th</sup> spot in the longer 400m Hurdles final.

The Silver medal went to Chris Snook (AFD) in the 3000m Walk.

In the Field, Samuel Bass-Cooper (Soton) and Tom Farres (CoP) finished 7<sup>th</sup> and 8<sup>th</sup> respectively in the Pole Vault final.

**The Hampshire Men finished 6<sup>th</sup> out of 12 in the CAU Division 1**

David Churcher

Team Manager

**Senior 8-Counties Meeting – Basingstoke 10<sup>th</sup> July 2016**

Hampshire Ladies 4<sup>th</sup> Hampshire Men 6<sup>th</sup> - Combined Result 5<sup>th</sup>