



Bedford & County AC Track and Field Review 2011

Whilst a number of individuals achieved high levels of success, I think it is fair to say that we are not punching our weight in terms of team performance. A club of our size and strength with a coaching team which is the envy on most other clubs in the country, should be finishing higher up the leagues and moving up into higher leagues. It is not the fault of the team managers, not of those athletes who turn out, often doing more events than is good for them. It is understandable that athletes have individual goals which may conflict with team goals; but if we want to get better team competition, we need to win promotion into higher leagues, and therefore we need more of the athletes more of the time.

The International Arena

Lucy James starred for Great Britain at the European Under 20 Championships, where she finished 7th in the final of the individual 400 metres, and was part of the 4 x 400m team which won the Gold Medals.

Ros Gonse returning to Heptathlon after being sidelined for three years with a debilitating illness, was selected to represent England in the Home Countries Heptathlon International, where she finished second

Jake Devereux represented England Schools in the Schools International in Cardiff where he claimed second place in the Pole Vault.

Peter Benedickter claimed gold and silver medals in the 400 hurdles and 400m respectively at the European Masters Games, whilst **Lance Croft** made it a full set for Bedford & County by taking bronze in the 800m at the same meeting.

Ian Roberts was again team coach to the England Schools Team.

The National Stage

Fourteen athletes were ranked in the National Top Ten (Power of Ten Ranking) in their age group, eight of them in the top five. One of whom, **Frankie Johnson**, is top of the all-time list for Under 11 Pole Vault.

Mark Draper took the bronze medal in the 3000m steeplechase, at the UK Championships, whilst **Lucy James** took 400m silver at the England Athletics Under 20 Championships.

The English Schools Championships provided another four medals, with Gold for **Matt Bergin** in the SB 3000m, and silvers for **Daniella Hankins** (Senior Girls High Jump), **Jake Devereux** (Inter Boys Pole Vault) and **Josh Conroy** (Junior Boys High Jump)

Daniella Hankins also gained a bronze in the England AA U20 National Indoor Championships, whilst **Matt Bergin** and **Jack Goodwin** took silver and bronze respectively in the CAU Inter Counties 1 mile for Senior Men.

Many more athletes gained medals at the South of England Championships.

17 Club Records Set (of which 11 survived) and 7 (5 surviving) more in the Masters

The number of records set this year was again down on previous years; however one must not forget that each time the standard is raised it makes it harder to beat the next year. The standard of our records is really very, very high indeed - most of our all-time records would rank in this year's top ten performances, so it takes something special to break them.

Team Successes and Disappointments

The Senior Women having done so well over the past five seasons, when they have climbed to the UK Women's League Division 1 (the second tier, given that there is a Premier Division above Division 1) fell from grace in a disappointing manner. It was not that they were not good enough, but that they simply could not put enough bodies on the line, when it mattered. This meant that despite the heroic efforts of those who were there, there were unfilled events and lost points. Let us hope that they regroup in Division 2 next year and go back up again.

The Men had a frustrating season. Having dropped through the BAL Divisions over the past few years for much the same reasons as the women this year, they fought back in the Southern Men's League. Despite less than full strength teams, they finished 4th in Division 1 and went into the BAL Qualifying match with a good chance of promotion. However for the second year running they finished third, missing out on going into the BAL by one place.

In the Seniors-only Southern Women's League Division 1, the team finished 5th or 6th (depending on the outcome of a points review); whilst the men's B team were 2nd in the Southern Men's League Division 2 and would have gained promotion to SML Division 1, but for the A team failing to win promotion out of Division 1 and blocking their way (no club can have two teams in the same division).

The Eastern Young Athletes League we tied on match points for 2nd place with Havering and Chelmsford, finishing 3rd overall when team points were considered. In the EYAL Top Six Final we were 5th. The team finished 8th in the Southern Premier West Division of the National Young Athletes League.

The composite Team Bedfordshire finished in fourth place out of six teams in the Thames Division of the National Junior League.

In the Masters competitions, the Men were second in the Final of the Eastern Vets League (consisting of the top 8 teams from across the whole region) having placed second in the Central Division of the EVAL League. The Women who were fifth in the Central Division did not make the final.

(Note: This review cannot detail every achievement, but attempts to provide a broad review of the club's activities on the Track & Field. Also this review covers only Track and Field and first claim members only. A separate review will be written for Road and Cross Country.)

With apologies for any errors and omissions

Dennis Johnson
15.10.11

Individual Medals at Major Championships (AAA, ESAA, UK School Games, CAU)

Lucy James	Gold	European U20 Championships 4 x 400m
Ros Gonse	Silver	Home Countries Heptathlon International
Peter Benedickter	Gold	European Masters Games 400m Hurdles
Peter Benedickter	Silver	European Masters Games 400m
Lance Croft	Bronze	European Masters Games 800m
Mark Draper	Bronze	UK Senior 3000m Steeplechase
Lucy James	Bronze	England Athletics 400m
Matt Bergin	Gold	English Schools Senior 3000m
Daniella Hankins	Silver	English Schools Senior High Jump
Jake Devereux	Silver	English Schools Inter Boys Pole Vault
Josh Conroy	Silver	English Schools Junior Boys High Jump
Mat Bergin	Silver	CAU Championships 1 mile
Jack Goodwin	Bronze	CAU Championships 1 Mile
Daniella Hankins	Bronze	England Athletics U20 Indoor High Jump

Athletes ranked in the Power of Ten Top Ten (not including Masters)

Mark Draper	Senior Men	5000m (5); 3000m Steeplechase (5)
Ros Gonse	Senior Women	Heptathlon (10)
Scott Johnson	U23 Men	High Jump (7)
Jack Goodwin	U20 Men	5000m (3)
Matt Bergin	U20 Men	3000m (6)
Lucy James	U20 Women	400m (2)
Daniella Hankins	U20 Women	High Jump (i) (5) High Jump (9)
Josh Cox	U17 Men	100m (=2)
Jake Devereux	U17 Men	Pole Vault (i) (8): Pole Vault (5)
Lemarr Jean-Jaques	U17 Men	Triple Jump (10)
Olivia DaCosta	U17 Women	Javelin (7)
Josh Conroy	U15 Boys	High Jump (2)
Lottie Underwood	U15 Girls	75m Hurdles (7)
Frankie Johnson	U11 Boys	Pole Vault (1 st All Time); HJ (2); Shot (3)

Bedford & County AC**Club Records set in 2011**

XX/09	Club 2000 S/C	Nicola Sykes	6m 55.22	UKWL	Bedford	04.07.09
01/11	Club M 5000m	Mark Draper	13m 34.63	Mt Sac Relays	California	15.04.11
02/11	U15 B High J	Josh Conroy	1.86M	NYAL	Reading	08.05.11
03/11	U20 M 3000m	Matt Bergin	8m 19.59	Open Meet	Watford	18.05.11
04/11	U17W Javelin	Olivia DaCosta	40.81M	Charnwood OM	Loughborough	16.04.11
05/11	U17M Pole V	Jake Devereux	4.30M	Biggleswade Open	Sandy	16.06.11
06/11	U20W 400m	Lucy James	54.26 sec	UKWL	Swansea	04.06.11
07/11	Club W 400m	Lucy James	54.26 sec	UKWL	Swansea	04.06.11
08/11	Club W 400m	Lucy James	53.99 sec	AAA U20	Bedford	26.06.11
09/11	U20 W 400m	Lucy James	53.99 sec	AAA U20	Bedford	26.06.11
10/11	U20 M 1500m	Matt Bergin	3 m 50.47	AAA U20	Bedford	26.06.11
11/11	U20 M 3000m	Matt Bergin	8m 19.45	English Schools	Gateshead	02.07.11
12/09	U20 M 5000m	Jack Goodwin	14m 28.83	BMC	Solihull	09.07.11
13/11	Club W 400m	Lucy James	53.87 sec	European U20	Tallin	21.07.11
14/11	U20 W 400m	Lucy James	53.87 sec	European U20	Tallin	21.07.11
15/11	U15 G 75m Hur	Lottie Underwood	11.35 sec	English Schools	Gateshead	02.07.11
16/11	club M 3000m S/C	Mark Draper	8m 42.89	UK Trials	Birmingham	31.07.11
17/11	U17 M Pole V	Jake Devereux	4.31M	EYAL	Bedford	24.07.11
18/11	U13 B Hammer	Will Kerr	27.80M	Hammer Circle	Bedford	08.10.11

Bedford & County AC**Veterans Records set in 2011**

V01/11	M60 1500m	Dave Laynes	5m 16.1	EVAC	Bedford	04.05.11
V02/11	M40 400 Hur	Peter Benedictcr	58.32 sec	CAU	Bedford	30.05.11
V03/11	M60 800m	Dave Laynes	2m 33.8 sec	EVAL	Cambridge	01.06.11
V04/11	M40 Hammer	Darren Kerr	47.18M	SML	Colchester	04.06.11
V05/11	M40 Hammer	Darren Kerr	49.28M	British Masters	Birmingham	26.06.11
V06/11	M35 10 000m	James Lawler	31m 22.2 s	Open Meeting	Sandy	14.07.11
V07/11	M40 400 Hur	Peter Benedictcr	58.2 sec	SML	Bedford	13.08.11

CORRECTION

VX/08	M40 Discus	Dave Burrell	35.79M	EVAC	Cambridge	06.08.08
VX/09	M45 Discus	Dave Burrell	38.42M	EVAC	Milton Keynes	03.06.09
VX/10	M45 Shot	Dave Burrell	12.45M	BAL	Bedford	03.07.10
VY/10	M45 Discus	Dave Burrell	38.88M	BAL	Bedford	03.07.10
VZ/10	M45 Hammer	Dave Burrell	46.33M	EVAL	Sandy	07.07.10

This is not necessarily a comprehensive list as there may have been other records set of which I am not aware.

Dennis Johnson 28.09.11

B&C AC/VREC2011

First claim members may set records in any bone fide competition. Second and Higher Claim members may only set records when competing for Bedford & county AC in Team competition.