

This meeting is part of the EAP Circuit  
& UKA Combined Events Challenge



Beaumont Hotel  
Hexham



**TRACK & FIELD**

[www.trackandfieldsports.com](http://www.trackandfieldsports.com)

email: [info@hexham-meeting.org](mailto:info@hexham-meeting.org)  
web: [www.hexham-meeting.org](http://www.hexham-meeting.org)



# HEXHAM MEETING '09

International Athletics

Tynedale Athletics Park, Hexham

18-19 July 2009

Under UKA/IAAF rules



**TRACK & FIELD**

### Saturday 18th July

10.00 100m DECATHLON  
 10.30 100m Hurdles HEPTATHLON  
 10.45 Hammer Open Men  
 11.00 Long Jump DECATHLON  
 11.30 High Jump HEPTATHLON  
 11.45 Hammer Open Women  
 12.00 800m Open Men  
 12.10 800m Open Women  
 12.20 100m Open Men  
 12.30 100m Open Women  
 12.30 Shot Putt DECATHLON  
 13.00 Pole Vault Open Men  
 13.30 Javelin Open Men  
 13.40 200m Open Men  
 13.50 200m Open Women  
 13.50 Long Jump Open Men  
 14.00 Shot Put HEPTATHLON  
 15.00 High Jump DECATHLON  
 15.00 Pole Vault Open Women  
 15.10 Triple Jump Open Men  
 15.30 Discus Open Men  
 15.30 400m Open Men  
 15.40 400m Open Women  
 16.30 200m HEPTATHLON  
 17.00 400m DECATHLON

### Sunday 19th July

10.00 110m Hurdles DECATHLON  
 11.45 Discus DECATHLON  
 12.00 Long Jump HEPTATHLON  
 12.30 400m Hurdles Open Women  
 12.40 400m Hurdles Open Men  
 13.00 Northumberland Mile Open Women  
 13.10 Northumberland Mile Open Men  
 13.00 Pole Vault DECATHLON  
 13.30 110m Hurdles Open Men  
 13.45 100m Hurdles Open Women  
 14.00 3000M Steeplechase - Men  
 13.30 Long Jump Open Women  
 14.00 Javelin HEPTATHLON  
 14.45 High Jump Open Men  
 15.00 Triple Jump Open Women  
 15.00 5000m Open Men  
 15.15 Javelin (a) DECATHLON  
 15.30 4 x 100 Relay Open Men  
 15.30 4 x 100 Relay Open Women  
 15.45 4 x 400m Relay Open Men  
 15.55 4 x 400m Relay Open Men  
 16.00 Javelin (b) DECATHLON  
 16.30 800m HEPTATHLON  
 17.30 1500m DECATHLON

### MEETING RECORDS - DECATHLON

100m François Gourmet 10.73sec 2007  
 LJ William Frullani 7.60m 2004  
 SP Dean Macey 15.18m 2004  
 HJ William Frullani 2.07m 2004  
 400m Liam Collins 48.64sec 1999  
 110mH Ed Dunford 14.24sec 2007  
 DT Dean Macey 46.22m 2004  
 PV Sergy Blonsky 5.10m 2004  
 JT Aki Heikkinen 66.42m 2005  
 1500m Robert Ingram 4:16.26 2004  
 Day 1 William Frullani 4,332pts 2004  
 Day 2 Dean Macey 3,830pts 2004  
 Dec. Dean Macey 7,842pts 2004

### MEETING RECORDS – HEPTATHLON

100mH Zita Balint 13.41sec 2000  
 HJ Ganna Melnichenko 1.83m 2004  
 SP Vera Yepimashko 16.21m 2004  
 200m Karolina Tyminska 24.29sec 2006  
 LJ Ganna Melnichenko 6.38m 2004  
 JT Laurien Hoos 50.85m 2004  
 800m Karolina Tyminska 2:08.09 2006  
 Day 1 Svetlana Kazanina 3,456pts 2003  
 Day 2 Karolina Tyminska 2,578pts 2006  
 Hept. Karolina Tyminska 6,026pts 2006

**BONUS FOR MEETING  
 RECORD IN ALL EVENTS**

## ENTRY FORM

Name: .....

Address: .....

.....

.....

Post code: .....

Tel: .....DOB.....

Email: .....

Club: .....Nationality.....

Choose your event(s) from the list below  
 (see timetable for date and time of event)

100m\*, 200m\*, 400m\*, 800m, Mile, 5000m(M), 100mH(W), 110mH(M),  
 400mH, HJ(M), PV, LJ, TJ, SP, DT(M), HT, JT(M), 4x100m relay, 4x400m  
 relay, Heptathlon(F), Decathlon(M) (All events are M/F unless stated)

**\*enter all 3 sprint events as part of the sprint triathlon**

Events Entered	Personal Best	Season Best

Cheques should be made payable to "Hexham Combined Events"

### Entry Fee

£15 Decathlon/Heptathlon, £3.50 all individual events (or £8 for the sprint triathlon), £8 per relay team.

### Please return completed form to:

Hexham Meeting 2008  
 Burnside View, Kirkwhelpington,  
 Northumberland NE19 2RT

I agree that I am eligible to compete under UKA rules.

Signed ..... Date.....

If under 18, signed by Parent/Carer

**Closing date: Wednesday 8th July 2009**