

Youth Development League (LAG) - Ashford 2nd May 2015

Connie Forman and Laura Runciman were the stand-out performers, as the club's U13 and U15 team opened their YDL season at Ashford on Saturday.

Connie (U15) blasted to victory in THREE events – the 200m, 75mH, and Long Jump – registering PB's in the latter two. Her performances have rocketed her up the UK rankings too – to FOURTH in the Long Jump, and 10th in the 75mH. Quite a weekend for her!

Laura Runciman broke the club U15 Girls Hammer record for the THIRD time this season – and it's still only MAY! Her mammoth throw of 44.08m has moved her up to the SECOND place in the UK rankings!

The other events winners, who also produced PB's on the day were Georgia Tombs (U13) in the 800m, Elliott Cordery (U15) in the 1500m and Hannah Bardo (U13) in the 70mH.

Ndidi Okoh (U13) won the 1200m, and the John Boyle (U15) won the High Jump – while the U13 Girls team won the 4x100m Relay.

The other PB's on the day were:

Boys	Girls
U13	U13
Cassius Quinn – 100m; Long Jump	Dominika Czekajilo – 75m
Sean Donovan – 200m; Long Jump	Lily Parris – 150m; 70mH
Jerome Kuma – 200m; 75mH	Faye Sweeting – 800m
Hugo Whitten – 800m; 75mH	Hannah Bardo – Long Jump
Alex Davis – Javelin	Martha Smith – 1200m
	Lucy Rutter – Javelin
U15	U15
Sam Rawlinson – 100m; 800m; Hammer	Emily Foster – 100m; 200m
Peter Broughton – 100m	Rachel Dunn – 300m; 800m (3 rd); Discus (2 nd)
Drew Kuma – 200m; 80mH	Nancy Eagle – 300m; High Jump
Thomas Keevil – 800m (2 nd)	Hannah Bolton – 800m
Kieran Bennett – 80mH	Tallulah Quinn – Hammer
Matthew Bruce – Shot	Amber Whitehorne – Javelin
Zach Bridgeland – Javelin	