



OUR ATHLETES SPREAD OUT THROUGH THE COUNTRY

With two indoor championships and the National Cross Country championships at the weekend we find our members engaged in these major meetings.

Top of the list must be the National Indoor meeting in Birmingham for we came away with four medals. It was another first place for Hayley Mclean as she took the U20 women's 400m title with a personal best clocking of 55.19s. In the same age group Poppy Lake with a clearance, so close to her best (1.78), claimed the silver medal with 1.76 metres. At U17 level Nicole McKechnie won her heat and semi final of the 300m and then came out with a time of 39.78 seconds for second place - which also placed her second in the seasons rankings. The 800 metres in this age group saw a real tussle with Rosa Prideaux and Christy Dailly involved in the final. Having qualified in 2m 16.73s just a shade outside her best set in the Essex c`ships earlier in the month the final proved to be a more tactical affair being some five seconds slower and with 2m21.54s Rosa was just shaded out whilst Chrissy with 2m22.75s was also in contention - the later had already run a pb over 300 metres with 42.92 seconds.

There were also fine performances by Moesha Howard in the 60 metre hurdles going through heats and semi final and the taking fifth place in the final in 8.94s. In the under 15 hurdles Jessica Down went out at the semi final stage but had the satisfaction of a pb of 9.82s. Max Paulin with a high jump clearance of 1.99 metres in the under 20`s was to be just outside the medals being fourth - a placing taken by Joseph Ellis in the under 15 boys hurdles.

At Sheffield it was the University championships and Lauren Bouchard won the 400 metres in 54.41s and ranks third in the country for U23. Lauren Longhurst set a pb in the heats with 60.93s. Having won heats and semi final of the 60m sprint Adeseye Ogunlewe finished second in the final with 6.76 seconds. Over 3000 metres Chris Youell ran 8m40.50 for third place in the heats and the took fourth spot in the final. Other members involved were Adam Crook, Alex Cooke and Jade Harding who produced their best performances.

It was a long haul for the cross-country contingent and needless to say many of our regulars were unable to make the 600 mile round trip to Sunderland for the national championships. Full praise however to the under 15 girls and under 17 women for putting out full scoring teams and each taking seventh places. The under 15`s had Jodie Judd 21st, Cameron Venton 33rd, Lucy Storrar 101st and

Megan Williams 106th - whilst the under 17`s comprised Sophie Riches 22nd, Jessica Swain 79th, Rebecca Wade 82nd and Natasha Fisher 91st with Izzy Warren 140th also turning out. Best individual run was by George Elliott 6th in the under 15 boys followed by Khai Mhlanga 13th in the under 13 girls - Phoebe Jeffery 123rd also ran. Callum Charleston placed 57th in the U17`s men race, Sophie Johnstone 74th under 20 women, Vikki Hayes 89th and Sally Mhlanga 128th were our sole athletes in the senior women, in the senior men we had David Fewell 108th, Peter Hawkings 280th, Ken Hoye 343rd and Mike Judd 847th.

Roy Meadowcroft
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