

West Suffolk Athletics Club Reports for 1 May 2011

The 1st fixture of the season in the Eastern Young Athletes' League saw West Suffolk Athletics Club take 2nd place at Watford, their best start in this league for a number of years.

Both the under 15 boys and the under 17 women finished 1st in their own sections, both being boosted by some excellent individual results.

For the girls Favour Osuchukwu and Lizzie Hannaford took double 1st in 100 metres, a feat repeated by Lizzie with Chelsea Wade in long jump (where Chelsea set a new personal best) and by Chelsea with Abi Harrington in high jump. In high jump Ellie De Wild equalled Chelsea's winning 1.50 metres as a non scorer. Ellie won the B string hurdles and Beth Tooley set a new pb in taking the 1500 metres. There was also a pb in 200 metres for India George, and good contributions by Beth Wade (who scored well in shot, discus and hammer) and Lauren James who was close to her best in 800 metres.

The under 15 boys took double 1st in shot put and javelin, with Harry Hughes and Lawrence Taylor setting pbs in shot. Harry won the javelin alongside Euan McKie. He was 2nd in discus with a pb, James Curran winning the B string. Seb Anthony was a clear winner of the 1500 metres. Cameron McKie set a pb for 2nd place in 400m metres, where Lawrence Taylor took the B string, and they both achieved pbs in long jump. Cameron's best though was saved for the 800 metres where another big personal best took him within reach of the club record. The boys finished the day with a flourish, an excellent win in the sprint relay, where Lewis Burrows who had won B string 100 metres, and Jack Taylor featured.

. There were very few under 13 boys but they did well for the team. All 3 won an individual event, Jacob Freeborough the 1500 metres, Jamie McKie the hurdles and Cameron Redden the long jump. Jacob also set a pb in 200 metres.

Five under 13 girls became 4 when Lilly Wade was injured having been persuaded to try the high jump. This was right at the start of the day so she was unable to do more than add to the strain on the NHS at the local A & E unit. Lilly became the first West Suffolk athlete to win the Athlete of the Match trophy (from her contrite team manager) without scoring a point. Sophie Tooley would otherwise have been in the running for this after a great day on which she won the 200 metres with a pb, won the 800 metres (by a distance) breaking her own club record, and brought home a winning relay team. Beth Keswick and Evie Pettingale both set pbs in long jump, Evie winning the B string, and Megan Newton showed enthusiasm and promise competing for the club for the first time, taking 2nd place in B string 800. The best results for the under 17 men came in the throws where Alex Parkinson and Steve Smith took double 1st in both shot and discus. Mac Delo set pbs in both 800 and 1500, taking 2nd in 800 and winning the 1500, while Adam Lawrence set a pb in 200. The under 15 girls were a little below par in some respects, their only wins coming from Peggy-Mai Norman in shot and Lauren Gibbs in B string long jump, both with new pbs. Ella Pettingale was 2nd in A string long jump with a new pb, and was only edged out of 1st by 2 cms. Ellie Keswick ran 300 metres for the first time and was narrowly beaten into 2nd place, while Kate Robertson

struggled with a strong headwind in the hurdles although she showed enough to threaten her pb on a good day. Megan Filkins showed promise in sprints and long jump.

SOUTHERN WOMENS LEAGUE

A small senior team made the trip to Kings Lynn on Saturday for the first match in the Southern Womens League. Eight athletes took part and did well to finish 4th of 7 competing clubs. Had they been able to field anything like a full team, the result would have been very much better, since in the events contested on the track and in jumps no West Suffolk athlete ever finished below 2nd place. The vast majority were winners. The biggest contribution was made by Tania Spurling who started the year in good form and rightly went home with the Athlete of the Match award. Tania took 1st place in sprint hurdles, long jump and triple jump and 2nd in javelin and B string high jump, mostly with performances close to her best. Emily Rogers was also in fine form, winning both the 100 and 200 metres together with B string long jump. Chelsea Wade won the high jump and B string triple jump, while back on the track, Justine Anthony and Emily Baker took 2nd A and 1st B string in 3000 metres. Most of the throwing events were less successful, but Beth Wade, Emily Rogers and Dawn Mason worked hard for useful points, their best being Beth's 3rd place in discus.

Last but by no means least, the walking wounded! Leah Mapston insisted on making the trip despite injury keeping her from her favourite hurdles and sprints. She raced to 2nd place in the B string 100 metres despite having been advised to merely jog for a point, and then went on to throw the javelin for an extra point. This was real enthusiasm, which may well be matched this Sunday when a trip the seaside at Gt Yarmouth is the reward.