

West Suffolk Athletics Club Report

8 May 2011

All sections of West Suffolk A C from under 11's to Seniors were represented at Great Yarmouth on Sunday for the first fixture of the season in the East Anglian League. It was a very successful start to the campaign with 3 of the 7 age groups coming out on top and 2 others finishing 2nd. West Suffolk won the competition overall by 46 points ahead of City of Norwich who were themselves over 100 points clear of 3rd placed Gt Yarmouth.

WSAC athletes won many of the events and there were numerous personal bests – too many to detail individually. Senior Men Luke Allen and Matt Wake took double 1st in hurdles, but it was in the field that the club dominated. Matt and Jack Chrisman won the high jump, Luke and Jack the long jump and Matt also took 1st in triple jump. Luke and Jake Allen took double 1st in shot put, Jake also winning discus and hammer.

The Under 17 men's best results were also in field events, Alex Parkinson, with Steve Smith taking both shot put and discus. Steve won the high jump and Alex the javelin. To win shot put Alex threw a distance of 13.52 metres, an English Schools qualifying standard, and for this he was awarded the Athlete of the Match trophy.

The under 15 boys were dominant in nearly every event, winning their age group by more than 50 points. On the track Cameron McKie won 400 and 1500 metres, Ben Eames taking the B string. Lewis Burrows and Jack Taylor won double 1st in hurdles, and in the field Scott Handley-Howard and Lawrence Taylor won both long and triple jumps. Harry Hughes and James Curran took double 1st in discus and Harry, back to his best form, was a clear winner of the javelin.

The under 13 boys were best on the track with Adam Oakley winning 100, 200 and 800 metres, Jacob Freeborough weighing in with a dominant 1500 metres. Cameron Redden scored well in 100 metres, and mention must be made of Jamie McKie who despite falling in hurdles and suffering a wrist sprain, was game enough to pick himself up and contest the long jump before having to admit defeat and being taken to hospital.

There were a number of good wins for the joint team of Under 17 and Senior women. On the track, Emily Rogers won the 200, and Abi Harrington took double 1st with Leah Mapston in 300. Tania Spurling took the sprint hurdles. She was also successful in the jumps winning both long and triple jump with favour Osuchukwu and Chelsea Wade winning the B string. Ellie De Wild took B string high jump.

Ellie Keswick enjoyed a great day for the Under 15 girls, winning 100 and 200 metres as well as long jump. Peggy-Mai Norman took the B string 200 and the shot put with Lauren Gibbs winning the B string. Kate Robertson was close to her best in winning the hurdles.

The 4 Under 13 girls competed well, but the star of the show was Suleika Horrocks who won the 200 and long jump and the B string 100. Beth Keswick won the discus and Lilly Wade, despite being badly injured only a week before, won the B string long jump. The other member of the squad Megan Newton battled gamely to the reward of a pb in the 800 metres.

