

## West Suffolk Athletic Club Reports for 19 June 2011

West Suffolk AC did fairly well in the East Anglian League fixture at Chelmsford last weekend finishing in a very respectable 3<sup>rd</sup> position overall.

The best results came from the under 15 boys who won their section by nearly 30 points. The senior women were 2<sup>nd</sup> and both the under 13 boys and senior men 3<sup>rd</sup>. The other age groups were a little short of athletes and this showed with the under 13 girls taking 4<sup>th</sup> place and both the under 15 girls and under 17 men 5<sup>th</sup>. There were a number of close results and the team overall finished only 34 points behind the winners, the home club Chelmsford.

The under 15 boys were dominant in the field taking double 1<sup>st</sup> in no fewer than 4 events. Mark Smith and Michael Bartram won high jump, both with pbs and Scott Handley-Howard and Lawrence Taylor won the triple jump, also with pbs. Double 1<sup>st</sup> in the discus and javelin came courtesy of Harry Hughes and Cameron McKie, and Harry with Mark Smith. Harry Hughes also set a new pb in taking 2<sup>nd</sup> in shot put in which Lawrence Taylor won the B string. There was less success in the sprints although Harry Unwin set a pb in 100 metres. However it was success all the way in the longer races, Scott Handley-Howard and Ben Eames coming home in front in 800, Scott with a pb, and Cameron McKie with Michael Bartram winning the 1500, where Michael also improved his best time.

The under 13 boys' best results also came in the field events. Will Selfe won the long jump, with Pierrick Hausler taking 2<sup>nd</sup> in B string. Adam Oakley and Levi-Jack Roper took double 1<sup>st</sup> in shot put both with new pbs, a feat repeated by Levi-Jack in winning the discus. There were also good performances by Jacob Freeborough, 2<sup>nd</sup> in 1500 metres and by new member Ryan Norton in javelin.

There were no wins or pbs on the track by the under 17 men, but Alex Parkinson and Steve Smith threw well in shot and javelin, taking double 1<sup>st</sup> in both, with Steve setting a pb in javelin. Jake McCarthy also set a pb in triple jump. Seniors Luke Allen and Matt Wake took double 1<sup>st</sup> in sprint hurdles, which they repeated with Matt as the A String in high jump. Luke and his younger brother Jake Allen teamed up for another double in javelin.

There were only 4 under 13 girls, and their best results came from Sophie Tooley, who won both the 800 metres and 200 metres, the latter in a new personal best time. Megan Newton made a massive improvement in B string 800, reducing her pb by 16 seconds, aided in no small way by an excellent last 300 metres. Megan's performance earned her the Athlete of the Match trophy. Suleika Horrocks also set a pb in 200 metres and Lilly Wade did well in long jump.

Under 15 girl Alana Hart set a pb in 800 metres, and both Lauren Gibbs (shot) and Peggy-Mai Norman (discus) won the B string in their events, but otherwise the team struggled a little against very tough opposition.

The joint team of under 17 and senior women enjoyed their best results in field events. Tania Spurling and Lizzie Hannaford took double 1<sup>st</sup> in long jump, and were 1<sup>st</sup> and 2<sup>nd</sup> respectively in triple jump, with Tania also taking the javelin. Beth Wade set a new pb in winning hammer. On the track, Emily Rogers took 2<sup>nd</sup> in 200 metres with Favour Osuchukwu winning the B string after a storming finishing straight. Beth Tooley and Lauren James were both 2<sup>nd</sup> in 1500 metres, Beth getting very close to the pb she set a week or two earlier.