

West Suffolk Athletics Club

Report 3 July 2011

The athletes of West Suffolk AC were active on 3 fronts last weekend, starting with those selected to represent their counties at the English Schools Championships at Gateshead.

There were 10 WSAC members, 9 for Suffolk and the other, Holly Archer, for Cambridgeshire. Holly ran in the 800 metres but failed to progress to the final, although her time of 2 mins 13.34 was a personal best. Junior Boy Cameron McKie reached the final of the 1500 metres after knocking almost 6 seconds off his pb, with 4 mins 14.82, but Seb Anthony (800m) and Tom Knight (hurdles) were not so successful. Harry Hughes was also a little down on his best form. These 3 along with Inter Boys Mac Delo and Alex Parkinson were competing on the big stage for the first time and were rather too tense. Hopefully they will get another chance and will be better prepared for the experience. Alex finished 6th in shot put but was over metre down on his best. Senior Emily Rogers competed in 100 metres but was also a little below par clocking 13.09. Ellie De Wild in high jump needed a new pb to have any chance of a medal but failed at 1.59. Chelsea Wade, in her 2nd English Schools competed in triple jump and after a faltering start, beat her pb twice, finishing 5th with 11.25 metres. As a first year inter, Chelsea could well be in medal contention next year.

On Monday two club members represented Culford School (and the Eastern Region) at the National Prep School Championships at Birmingham. Under 12 Nella Walters continued her rapid progress clocking 5 mins 10 secs, in the 1500 metres improving her pb by a further 5 seconds to take the silver medal. She was beaten into 2nd place by the narrowest margin, the winner being given the same time. High Jumper Beth Keswick beat her pb twice to clear 1.46 metres and finish 4th, all the medallists clearing 1.49. Beth improves on a weekly basis and will surely threaten the WSAC Club record of 1.53 by the end of the season.

On Sunday West Suffolk were at Bedford for the 3rd fixture in the Eastern Young Athletes League, where they finished a close 3rd, with 466 points just 22 behind Dacorum & Tring in 2nd place. This leaves West Suffolk in 6th position in a league where in recent years they have generally finished well outside the top 12. They are now more or less certain of competing in one of the league trophy finals in September, for the first time since the league was restructured a few years ago. West Suffolk has a strong under 15 boys squad this year and they won their section of the match convincingly. The under 13 boys and under 17 men were both 2nd, the under 13 girls and under 17 women 3rd and a disappointingly under strength under 15 girls team 4th.

This Sunday West Suffolk A C will host a match in the East Anglian League at the West Suffolk Arena.