

West Suffolk Athletics Club Reports for 9 July 2011

SOUTHERN WOMENS LEAGUE

A small senior team made the trip to Parliament Hill Fields on Saturday for the 3rd match in the Southern Womens League. Only 9 athletes were available but they performed well finishing 4th of 7 competing clubs. This was similar to the first two fixtures, but WSAC finished only 5 points off 3rd place, their best result so far. The club's Athlete of the Match award was presented to Beth Tooley, who as well as setting a new pb in discus contested the 3000 metres in a determined fashion to finish 4th in a time of 12 mins 05.6 secs. There was just one other pb on the day, an improvement of 2 seconds in 400 metres by Emily Rogers, her time of 64.0 secs taking her to 2nd place. There is clearly a lot more to come from Emily as she gets used to this new event. Emily also took on 100 and 200 metres, taking 2nd in 100. Favour Osuchukwu won B string 100 and took 2nd in A string 200, the latter in 28.1 secs. Danielle Todman won the 400 hurdles in 72.2 secs and the shot with 10.91. Chelsea Wade and Lizzie Hannaford took double 1st in triple jump with leaps of 10.52 and 9.20 metres respectively. Lizzie also teamed up with Emily Rogers for a double in long jump, Emily jumping 4.89 and Lizzie 4.83. Ellie De Wild was 2nd in high jump, and Beth Wade took 3rd place in each of three throwing events, the hammer, discus and shot put. Lauren James also weighed in with good points in 800 metres and javelin.