

The third round of the National Junior League for the Suffolk and Essex Saxons took place at the revamped Gloucester Park stadium at Basildon. The opposition in this league gets tougher with each round as the top young athletes in the London and South East area are increasingly using it as the event in which to get top class competition. Some late call offs caused Saxons problems from the outset but we still came away with a good performance that enabled us to maintain our league position above Norwich and Basildon. There was a minor controversy at the end when the 4x100 team did not have their time credited to them even though it was Norwich who did not finish. This has been appealed by the Saxons Management team and is currently undergoing review by the League. With one event still to go it looks likely we will compete again at this level for another season.

The sprint duo of Nathan Greenaway and Ryan O'Sullivan put in good performances in the 100 and 200, Greenaway getting a SB of 22.67 in the 200m, but the winning times of 10.5 and 21.4 by the Basildon athlete, David Bolarinwa were exceptional. The women sprinters fared better with Hannah Smithdale getting 4th in both 100 and 200 and Elise Walker getting a pb of 12.85 in the 100m. Together with Emily Lambert and Enya Moore the sprint relay team got a pb of 50.39 to finish 2nd.

Caroline Hill, Emily Robinson and Chris Youell gained valuable points in the 400m before Katie Tuttlebury recorded a good time of 11.54 in the 3K. Bradley Wattleworth and Andrew Revell contested a highly competitive mens race with Revell getting a pb of 9.18. The track performances of the day were produced by Ipswich athletes in the 1500m. First of all Lucy Barnes reduced her pb by over 4 seconds to 4.57, followed by Ross Fawcett also getting a pb of 4.20 in the male race.

The best all round performance was supplied by Chris Bradshaw who got 3rd in the sprint hurdles, 2nd in pole vault, 5th in triple jump before helping out in both relays. Evie Castle was the most versatile female athlete, winning the B javelin, 3rd in hammer, shot and hurdles. Alice Robinson came 3rd in the A javelin with a pb of 30.19 as well as 4th in shot. Two U17 athletes from Ipswich made their debut in the Field events, Rosemary Aldous enjoyed herself in the shot, hammer and discus while Beth Clarke managed a good 5th place in the A Long Jump but had to withdraw from the Triple Jump.

The male throwing team consisted of an entirely Ipswich based team of Paul Dowding, Paul Roberts and Theo Moore who are attracting all the right attention. Dowding won the javelin and was a key member of the 4x100 relay proving that throwers need to be quick. Roberts came 3rd in the B javelin, threw 23.78 in the discus and 8.91 in the shot. Moore came 4th in the Hammer and shot.