

The final round of the National Junior League took place at Norman Park, Bromley for the Suffolk and Essex Saxons. There was still a possibility that we may have had to enter the play-off promotional match but that was dismissed after the first few events in the field in which the Ipswich athletes really shone, none more so than Matti Mortimer who deservedly won the male Athlete of the Match award for his outstanding throw in the javelin and his professional attitude. The female athlete of the match, Sam Milner (Blackheath and Bromley) trains with our throwing team at Northgate. The final league table resulted in 5th place, the highest placed we have ever achieved, with Norwich relegated and Woodford in the play off position.

1 Shaftesbury Barnet Harriers	29
2 Blackheath & Bromley H&AC	29
3 Windsor, Slough, Eton & Hounslow	26
4 Enfield & Haringey AC	16
5 Suffolk & Essex Saxons	15
6 Basildon Beagles	13
7 Woodford Green & Essex Ladies	10
8 City of Norwich	6

The male throwers come from Ipswich and they have been magnificent as a team and individually throughout the season. Matti Mortimer won the Javelin with a throw of 66.97 with Paul Dowding not far behind winning the B event in 57.08. Mortimer also did well in the shot and discus in which Paul Roberts ably supported him in the B events. Theo Moore got 24.68 in the A Hammer with Dowding recording 23.57 in his only throw. Roberts also recorded a pb of over 43m as a guest in the Javelin out performing many of the other teams athletes.

There was almost a double victory for us in the Pole Vault from Liam Yarwood and Rob Wood but a magnificent 4.40 from the Blackheath vaulter prevented that. Chris Bradshaw put in another good all round display, 2nd in the Triple Jump, 3rd in the 110m hurdles, 3rd in the B High Jump before being part of the 4x100 relay team that finished 5th. The others, Nathan Greenaway, Mitchell Etheridge and George Perkins all did remarkably well in the sprints against some really tough opposition. Chris Youell got a pb of 1.57 finishing 5th in the 800m before the Ipswich trio of Andrew Revell, Bradley Wattleworth and Ross Tenant ran a really good race as a team in the 3000 before all 4 participated in the 4x400 relay.

The female throwers have also been fantastic all season. Chelsea Coker, Evie Castle and Georgina Howe again produced terrific performances. Coker and Howe won the A and B hammer with throws of 48.09 and 44.17 respectively. Both also finished 2nd in their discus. Castle came 5th in the javelin and 3rd in the hurdles with Jessica Crissell making only her second ever javelin throw came 6th in the B event. Crissell and Beth Clarke gained good points in the Triple Jump and also supported Hayley Maclean winning the Long Jump. Poppy Lake won the High Jump with 1.70 as her team mate Jade Harding came 2nd in the B event.

The Chelmsford athletes then really helped out the team in the sprints and middle distance but the two best runs came from Ipswich girls. First of all Alex Leigh-Pearson pulled out all the stops to get 4th in a hotly contested 100m. Emma Burroughs was forced out of the 3000 after feeling ill, but then showed great spirit and determination by coming back and recording a pb of 6.26 in the 1500m steeplechase.