

The third round of the East Anglian League took place at the West Suffolk Stadium at Bury. Harriers took strong teams in most age sections, and for the first time for several years were able to field two relay teams in the U13 girls. The meeting had some indifferent weather but there was a great atmosphere generated by the friendly hosts. The overall match result was:

Ipswich	736.5
West Suffolk	656.5
Gt Yarmouth	472
Peterborough	382
Breckland	160
Ryston	121

A strong u13 girls team narrowly missed out to Yarmouth in their group. Lauren Grubb came 3rd in a close run High Jump with a pb of 1.40 as Maddison Clarke making her debut came 3rd in the B string. Another debutante was Olivia Wilson who recorded an impressive 2.48 in the 800m behind a very good athlete from West Suffolk. Daisy Tucker did very well in the throws winning the discus with 19.40, which pushes her well up the rankings in this age group. Freya Emerick, another first timer in this league won the B shot. Miri Budd won the B long Jump while Lermæe Youngs came 2nd in the A long jump. Chloe Godbold won the B 100 and then did very well to compete in her first 1500 race for a long time.

The small U13 boys squad won their section with some terrific performances. Louis Breyer came 2nd in the hurdles and 200m and won the B 800. Chris Jones came 2nd in the A 800 with 2.35 while winning both the B High Jump and hurdles. Henry Milldown won the High Jump with a pb of 1.32 and also came 3rd in the 1500 with 5.20. Jake Greenleaf came 3rd in the 200 and 100 before anchoring the relay team with Milldown, Breyer and Josh Richards helping out after his victory in the B shot. To cap a fine performance Max Hudson won both the Shot with 8.15 and the javelin with 26.10.

The U15 girls edged out a strong Peterborough side. The mainstay of this success was due to the strength of the Throwers, Ellie Bloomfield and Helena Coe. Bloomfield won the Hammer and then Discus in a pb of 29.48. Coe won the shot and the B discus and javelin. Mollie Frost threw well in the A javelin to come 2nd with Rachel Ryan winning the B shot. Ryan then won the B Long Jump came 2nd in the 800 with 2.35. Christina Day won the B High Jump while Sarah Prescott-Smith won the A with 1.60 as well as 2nd in the hurdles and 1st in the Long Jump. There was a double triumph in the 1500 for Lauren Ramsey and Ellisse Morey.

In contrast to the girls, the U15 boys were well and truly beaten by the home side. The Field team relied on the multi-disciplined athletes to get points in the throws and jumps. Theo Passmore came 3rd in the A javelin as well as 2nd and 4th in the 800 and 400 respectively. James Bemrose came 2nd in the 1500 and turned in good displays in the shot and javelin. Josh Sugars turned his hand to discus before getting 2nd and 3rd in the 400 and 800. George Johnson and Liam Manser both recorded 11.8 in the 100, finishing 2nd in A and 1st in B respectively. Manser then went on to win the 200 in 24.0.

The Senior Womens team trounced the opposition on both the track and field. There were wins for Enya Moore in the 100 and 200. Emily Lambert won the B 100 and then equalled her pb of 43.0 in winning the 300 in which Keeley Whitlock won the B race. Ella Jennings came 2nd in the 400m. Lucy Barnes and Emma Burroughs came 2nd and 3rd in both the 800 and 1500. Georgina Howe coming back from injury won the discus with a pb of 34.08 and the hammer. Alice Robinson won B shot and was 2nd in javelin. Kerry Fuller won the A shot with 9.28. Beth Clarke and Jess Crissell won the A and B Long Jump then reversed the order in the triple jump.

In a low key U17 mens section, the hosts ran out winners. Errol Thompson had a very good 100m winning in 11.8. He also won the Triple Jump and came 2nd in the High with 1.75. Jsaon Duah won the B 100 and A Long Jump in which Ben Fawcett won the B event and also won the hurdles. Finaly Hudson came 3rd in the discus and shot but won the B javelin. Paul Roberts won the B discus and got 2nd in the javelin with 42.2.

The senior men were as strong as the women. It was a succession of victories beginning with Dan Green in the 100 and 400. Ben Higgins contributed a lot with victories in the 400, B javelin and 2nd place in the Long Jump. Ross Fawcett came 2nd in the 800 and 3K with Keiran Wilson winning the B 100 and 2nd in his Triple Jump and 200m. Chris Bradshaw was 2nd in the hurdles before winning the A Log Jump. Finally the throwers Matti Mortimer and Joe Bloomfield completed a clean sweep of the shot, hammer and discus. Paul Dowding won the Javelin with a pb of 62.90 catapulting him into the official UK Athletics top 10 target area. We now have two 60 metre plus throwers in the club. For the second meeting in a row, Dowding ran the 3rd leg in the relay.