

Ipswich Harriers hosted the second round of the East Anglian League at Northgate last Sunday where the opponents included strong opposition from Cambridge and Norwich. Harriers won the overall match and finished top in each of the age sections apart from the U13 and U15 boys.

The U13 girls were once again very strong and finished clear winners in their group. Gemma Ramsey was the pick of the athletes winning the A discus and Javelin and following up with a victory in the B shot. Georgina Harris came 2nd in the B 200 before winning the High Jump with Alice Kempson winning the B event. Natasha Males won the hurdles with a pb of 12.8 and came 2nd in the B long jump with Enya Pearson achieving a pb of 3.61 in coming 2nd in the A jump. Charlotte Summers (5.15) and Danielle Giusti (5.38) achieved a double win in the 1500 as Ella Gooderham won the 800.

The U13 boys finished second to Cambridge despite some excellent performances. In particular Alex Baxter won the High Jump before winning an excellent 1500 with a pb of 4.58 putting him in the top 50 in the country at this moment. Lewis Breyer won both the B 200 and 800 races with Jolyon Summers winning the A with a pb of 2.28 and Harry Mallett in his first outing at that distance getting 2.51.

The U15 girls were clear winners of their age group. Tilley Thomas won the A 100 and 200m with Chloe Stopher and Lauren Grubb winning the respective B races. Chloe Godbold improved her pb in the 800 to 2.33 and also the 300 to 46.9 with Emma Nicholls winning the B 300 in a pb of 49.6. Molly Leeson was another improver getting 5.31 in finishing 2nd in her 1500. Elloise Mabey won the discus with her throwing colleague Lana Fulcher recording an impressive win in the hammer.

Norwich dominated the U15 boys section with only Richard Ling recording a victory in the B 1500 with Sam Allen making his debut getting a superb time of 4.36 but still finishing 2nd in the A. Ling recorded a pb of 4.90 in the Long Jump with team mates Chris Jones and Harry Archer both getting 2nd in the High Jump. Josh Thompson was 2nd in the 800 with 2.25 while Archer recorded his first outing in that event with 2.31. Andrew Davis was second in the 300 with a pb of 41.2 and then came 3rd in the hammer, showing himself to be extremely versatile.

The senior women and U17 team easily won their group over strong teams from Cambridge and Norwich. Enya Moore won the A 100 with Hannah James continuing to improve with a win in the B race. Emily Lambert won the B 200 and recorded a sb of 43.3 in the 300m. Rachel Ryan was another who recorded a season best, this time 2.32 in the 800 and came 2nd in the long jump. Katy Sealy won the High Jump with 1.63 with the indomitable trio of Helena Coe, Ellie Bloomfield and Alice Robinson doing really well in the shot, discus and hammer respectively.

In a sparsely attended U17 mens match, Harriers recorded more points than the opposing teams grouped together. Christian Frost jumped 5.41 to win a competitive Long Jump while Luke Mascall-Wright won the High with 1.85. It was good to see Kasey Hagen win the B with a height of 1.75. George Johnson won the 100 and 200 with support from James Hawkins.

In the Senior mens match it was a similar story with a lot of wasted points as only Harriers were able to compete in every event. Despite this there were some very good performances on show, particularly from Ollie Minns who gave some very impressive displays on the track before winning the javelin with a throw over 30m. Tom Powell won both sprints before recording a seasons best jump of 1.80 in winning the high jump. Rob Graham won both jumps, the triple with a very good 13.25. In the field events Theo Moore won the hammer with 24.74 and the B discus.