

Ipswich Harriers pulled off a terrific victory in the Eastern Young Athletes Plate Final held at Northgate. It was a satisfying end to a terrific season for the youngsters in which the U13 and U17 women also triumphed in their age group. The final results were

Ipswich	569
Enfield	548
Basildon	513
Herts Phoenix	464
West Suffolk	395
Luton	265

Lermae Youngs and Chloe Godbold ran extremely well to record 13.8 in winning both the A and B 100m. Godbold then went on to get 2nd place in the 1500 with Youngs also winning the B 200 in a pb of 29.1. Lauren Grubb came 2nd in the A 200 while recording a great win in the High Jump with a pb of 1.45. Ella Hughes came 2nd in the 800 with Freya Emerick also getting 2nd in the 1500. Miri Budd won her hurdles in 12.4. Daisy Tucker won the A discus with a throw of over 19 metres.

The Field team rescued the U15 girls from being overwhelmed. Sarah Prescott-Smith was again in excellent form, winning both the High Jump with 1.61, the Long with 5.60 and coming 2nd in the hurdles. Ellie Bloomfield came 1st in the hammer and discus with 30.85 and 27.84 respectively. Helena Coe won the shot with a throw of 10.85 and came 2nd in the B discus. Christina Day and Mollie Frost came 2nd and 3rd in the javelin. Chantelle Kilpatrick won the B Long Jump with a pb of 4.58. Finally Sophie Godbold equalled her pb of 1.70 in coming 2nd in the Pole vault despite an injury. On the track, Rachel Ryan did well in finishing 3rd in both the 300 and 800 with Alice Goodwin coming 2nd in the B race with a pb of 47.2.

For the U17 women, Enya Moore came 2nd in the 100 and 200 as Emily Lambert also got 2nd in the B 200 and the 300 with a good time of 43.0. Keeley Whitlock was 2nd in the 300 B race, but it was Lucy Barnes who was the pick of the track athletes, winning the 1500 in 4.58, getting 3rd in the 800 and then winning the B discus with a throw over 20m. The jumping team of Jess Crissell and Beth Clarke came 2nd in the A and B Long Jumps, with Crissell gaining 2nd in the A triple jump with 10.32 as Clarke won the B. Alice Robinson won the javelin with another throw over 32m and picked up good points in the shot and discus. Rosemary Aldous was 2nd in her javelin and the B shot.

For once a strong U13 boys side showed what they were capable of. Benson Craven did very well in getting a pb of 13.1 in the 100 before winning the 200 in another pb of 26.8. He also came 1st in the B long Jump in which Jake Greenleaf came 4th in the A with 3.88 and gained good points in the sprints. Louis Breyer achieved a pb of 5.21 finishing 2nd in the B 1500 where Henry Milldown also finished 2nd in the A with a pb of 5.05 and another pb of 1.30 in winning the B High jump. Chris Jones came 2nd in the A High Jump and the A 800 with 2.34. Bradley Tovell battled well for 2nd place in the

B race. Max Hudson and Josh Richards did really well in the throws as Hudson got 2nd in the shot with Richards winning the B discus.

Liam Manser won the B 100 in a pb of 11.7 in which George Johnson came 4th in the A race but then got a pb of 23.7 coming 2nd in the A 200. Jason King won the B 200 with 26.1. Josh Sugars got a pb of 2.17 in the 800 but still finished 4th. Theo Passmore got 2nd in the B race and also the B javelin with a throw over 20m. Marshall Childs won the A event with another huge throw over 48m. Richard Ling and James Bemrose battled against some tough opposition to finish 4th and 3rd in the A and B 1500 respectively.

Finally the U17 men did really well in their section despite coming up against the excellent sprinters from Enfield. Tom Powell equalled his pb of 11.3 in getting 3rd in the 100, came 2nd in the 200 with 23.2 and won the B high Jump. Errol Thompson won the A High Jump with 1.70. Toby Rankin and Cameron Whiting ran very well in the 1500 to record times of 4.33 and 4.47 respectively. Again the strong Field team put in a great performance with Toby Upson getting 2nd in the Pole Vault. Finlay Hudson won the javelin with 46.42 as Paul Roberts won the B with 40.11. Hudson also came 2nd in the B Triple Jump as Roberts came 2nd and 3rd in the shot and discus. Theo Moore won the B discus and came 3rd in the Hammer.