

On a hot day at Grays Athletic club, Ipswich Harriers took part in the 2<sup>nd</sup> round of the Eastern Young Athletes league against some strong opposition including Herts Phoenix and Bedford, but eventually secured another victory with an outstanding all round performance. There were some very good displays from all age groups with many recording personal best times or distances.

Ipswich	588
Herts Phoenix	533
Bedford	366
Thurrock	302
Watford	214
Harlow	103

In the U13 girls, Georgia Harrold and Ataylia Clarke dominated the sprints enhancing their times with Clarke winning the B High Jump. Ella Hughes ran well in the 200 in a time of 28.3 and came 2<sup>nd</sup> in the shot. Natasha Males came 2<sup>nd</sup> in the hurdles and in the long jump achieved a pb of 3.88. Kia Goode and Beth Fewlings ran well in the 1500 while Gemma Ramsey came 1<sup>st</sup> in the B shot and 2<sup>nd</sup> in the discus and there were good contributions to the team from Siobhan Mannby and Liberty Salsby in the 800.

The U15 girls team were convincing in their age group with again Chantelle Kilpatrick and Chloe Stopher putting in great performances in the sprints. Kilpatrick also won the Long Jump with Miri Budd getting 2<sup>nd</sup> place. Lauren Grubb won the High Jump with 1.48, previously winning the 200 with 27.2. Chloe Godbold won the 300 with a pb of 45.5. then together with Rachel Collett and Gabby Hartfield ran well in difficult conditions in the 800m. Charlotte Wickens came 2<sup>nd</sup> in the 1500 with Freya Emerick who was also 2<sup>nd</sup> in her B race as well as winning the B High Jump. Jasmine Mallett secured valuable points in the throws with Emma Nicholls. Isabella Blowers did well in the Pole Vault recording a pb of 2.10.

With Exams in full swing, all the U17 teams were not at full strength, but again harriers were too strong for the opposition. Rachel Ryan improved her pb in the Triple Jump by winning with a jump of 10.15 after coming 2<sup>nd</sup> in the 800 with Carly Goode who was also 2<sup>nd</sup> in her race. Ellie Bloomfield won the discus shot and hammer with Alice Robinson also doing well in the shot and high jump as well as her javelin. Sophie Godbold showed great character in winning the pole vault despite an injury flaring up. Enya Moore, Keeley Whitlock, Hannah James and Emily Lambert dominated the 100, 200 and 300 with maximum points in all events.

The performance of the day for the U13 boys team was Alex Baxter enhancing his pb in the 1500 to 4.50 with Matthew Snowdon also improving to 5.02. Jake Greenleaf got 28.5 in winning the 200 with John Eley winning the B 100 with 14.6. All the boys rallied to perform in each event they could not help the team and formed the relay team that won the relay.

The strong U15 boys team had a good day. Sam Allen improved his pb to 4.30 in winning the 1500 putting him in the top 40 in the country. Henry Milldown came 2<sup>nd</sup> in the B 1500 with 5.00. Theo Passmore won the 800 in a close finish in a pb of 2.13 and then on the 300 in a pb of 42.5. Richard

Ling came 2<sup>nd</sup> in his 800 and long jump. Andrew Davis did very well in his sprints as did Jason King. There were some good performances from Josh Richards in the throws, Oliver Campbell in the High Jump and Antonio Capasso in the 800 and javelin.

The U17 boys were not quite at full strength but still won comfortably in a sparsely populated competition. Josh sugars came 2<sup>nd</sup> in the 400 and 3<sup>rd</sup> in the 1500. Toby Upson won the B 1500 and helped out massively in the jumps and throws. Jason Duah moved up to the 800 with an impressive 2.19. Errol Thompson and Kasey Hagen did very well in the jumps and relay with Thompson getting a big pb of 1.91 in the High. George Johnson got a pb of 23.3 in winning the 200m.