

After a grueling season, the young athletes from Ipswich Harriers reached the Eastern Young Athletes plate final held at Peterborough Athletics Stadium. While the overall result was a disappointing 4th behind strong teams such as Southend and Enfield and Haringey, the amazing U15 girls won their section with the U17 women also doing well to finish 2nd. The team had several people who had appeared for Suffolk the previous day so they made the extra effort for the penultimate event of the season.

The U13 girls saw a return to form for Chloe Godbold in the 1500 with a time of 5.32 to finish 4th. She also came 2nd in the B Long jump with 3.69 and 5th in the 100. Chantelle Kilpatrick came 4th in the Long jump with 3.93 and came 5th in her 100 and 200. Lauren Grubb equaled her pb of 30.8 in the 200 and came a creditable 3rd with 1.25 in her first real attempt at High Jump. Skye Ramsey got the same height but came 7th in the A section and 5th in hurdles. Olivia Mair had a very good 1500 race lowering her pb to 5.53. The duo of Elisse Morey and Jasmine Mallet made good times in their 800, both achieved pbs in the discus, 13.09 and 13.78 respectively, and then Morey got another pb of 5.61 in the shot.

The outstanding U15 girls got off to their customary start in the sprints with Enya Moore and Emily Lambert winning their 100m race. Moore came 2nd in the 200 with Keely Whitlock also coming 2nd in the B race. Lambert came 2nd in the 300 with a pb of 43.3 while Emily Robinson won the B 300 after finishing 4th in the 800. Lizzie Lehkyi ran her first competitive 800m to help the team and finished 3rd. She also came 3rd in the B shot. Katie Peake was 4th in the A 1500 while Lauren Ramsey came 2nd in the B with 5.42. Sarah Prescott-Smith and Beth Clarke both came 4th in their sprint hurdles then won the A and B Long Jump. Christina Day came 3rd in the High Jump, then it was the turn of the throwers to secure the section victory with wins for Ellie Bloomfield and Helena Coe in the discus. Bloomfield came 2nd in the Hammer with Alice Robinson winning the Javelin.

Lucy Barnes was the mainstay of the U17 women, coming 2nd in the 800 and 1500m together with another good throw in the discus to get another 2nd place. Jess Crissell won the Triple Jump and came 3rd in Long jump and 5th in the 300. Faye Morey won the B Triple Jump with Abby Hadley getting valuable points in the 100 and 200. Chloe Cooper came 2nd in her 300, 5th in the 200 and 4th in the B High Jump with Rachel Hall also getting 4th in the A event. Reniks Akintayu came 2nd in her 100 and together with Crissell, Hadley and Cooper formed the relay team. Rosemary Aldous got two second places in the hammer and discus with Olivia Calver pitching in with good points in the Shot and Discus.

The new middle distance recruits were a revelation with the U13 boys and for the first time this season we competed in all events. Richard Ling made an excellent debut in the 1500 with 5.32 and followed that up with 4th places in the High and Long jumps. Debutant Chris Jones also had a good 1500 with 5.47 and 4th in the High Jump. Charlie Startin came 4th in the B 100 and 200 but it was the 800 where he was a revelation

finishing a close 2nd in the 800. Theo Passmore won the A 800 and then gained valuable places in the Shot and Discus. Benson Craven came 4th in the A 100 and 200 races with James Bowskill managing to gain points in the shot and hanging on to 5th place in the hurdles despite injuring his heel.

A strong U15 boys team finished a close third behind Enfield and Southend. Wesley Doyle came 2nd in the 400 with 54.7 and 4th in the 100 with George Johnson 3rd in the B event. Seb Lupton won the B sprint hurdles at his first attempt and also got 3rd in the Long Jump. Toby Upson came 4th in the 200, 800 and discus. Aidan Kitchen was 3rd in the javelin, and 4th in his 400m race. James Bemrose stepped up to the 1500 to get 5.26. Errol Thompson got 2nd place in the hurdles and 1st in the B long jump. Kasey Hagen was another athlete trying a new event getting 2.40 in the pole vault as well as 2nd place in the High Jump. Finlay Hudson came 2nd in the shot and then produced a pb of 41.36 to also gain 2nd in the Javelin. Finally Jason Strauss came 2nd in the hammer.

The U17 men were up against some very strong teams but Andy Revell performed masterfully to finish 3rd in the 400, 800 and 1500, the last in 4.34. Tom Powell came 3rd in the 200 and High Jump with his team mate Leon Holmes also 3rd in the 100. Ben Fawcett made a good attempt at the hurdles and got 4.93 in the Long Jump before finishing 3rd in the Triple Jump. James Mann was another one to try the Pole Vault getting 4th place as well as his 4th in the Long Jump. Theo Moore and Paul Roberts held the throwing together, with Moore getting a pb of 9.81 in the shot and Roberts second in the shot and discus.

Finally congratulations and a big thank you must go to the two team managers, Vicky Lehkyi (male) and Yvonne Holmes (female) who were both newly appointed at the start of the season and have done a wonderful job getting us to the final and creating a great team spirit culminating in the terrific atmosphere at the final.