

In an extremely tight contest Ipswich Harriers finished 2nd to the host team, Huntingdon, in the 3rd round of the Southern Athletics meeting held at a cold and windy St Ives. The adverse weather conditions caused the Pole Vault event to be called off. Result:

1 Huntingdonshire	199
2 Ipswich	193
3 St Albans	182
4 Ryston Runners	164

However, they managed to retain their lead at the top of the Division 2 table:

Top 6	Match	League
	Points	Points
1 Ipswich	618	11
2 Basildon	642	10
3 Bedford & County	599	10
4 St Albans	596	10
5 Cambridge & Coleridge	561	9
6 Huntingdonshire	522	9

There were lots of individual efforts recognised by the match organisers with Katy Sealy and Enya Moore mentioned for the ladies team. Sealy won the Javelin, long jump and came 2nd in the shot to cap a fine overall performance. Alice Robinson won the B javelin with Helena Coe also winning her B shot. With the Pole Vault cancelled, Sophie Godbold earned good points in the High and Triple jump with Jessica Crissell winning the A triple, B long, B 1500 steeplechase and then anchored the 4x100 relay team to victory. Emma Burroughs won the A 1500 steeplechase with a pb of 6.09.

Unfortunately we could not provide a female athlete for the 3000m which probably cost us the match. Lauren Ramsey equalled her season best (5.48) in the A 1500. Keeley Whitlock won both the B 100 and 200, in which incidentally the B 200 race was faster than the A. Finally Kerry Fuller won the discus and together with Jenny Reason cleaned up in the sprint hurdles.

For the mens team, Paul Dowding was the individual who stood out for the Field events with a SB of 56.84 in the A javelin with team mate Paul Roberts winning the B throw. Together with Theo Moore the trio kept the pressure on the strong host throwers throughout. Chris Bradshaw again proved what an all round performer he is by winning the B High and Long Jumps with 1.65 and 5.82 respectively. Tom Powell also achieved 1.65 in the High but could only get 3rd in the A event. Powell came 2nd in the 200 in an exciting race behind Ryan Palmer of Huntingdon. Rob Graham won both Triple with 13.23 and the Long jump with 5.95 and followed up with a good run in the 100. Mark Robinson came back from university to get 23.7 in the 200 and 52.1 in the 400m, another performer recognised by the match referee. Nigel Hayman won the B triple jump and held his own in both hurdles events. But the best performance of the men came with the dominance of the 800m trio of Andrew Revell, Ross Tenant and Oliver Jones who finished 123.

