

Ipswich Harriers traveled to Mile End, the home of Victoria Park AC for the 3<sup>rd</sup> round of the Senior Womens premier division. Their opponents in this match were Victoria Park, Radley AC and Dacorum and Tring. On paper this was a difficult match but with a strong squad, Harriers ran out worthy winners by a margin of over 20 points and moved up the league table.

Ipswich	152
Radley	130
Dacorum and Tring	120
Victoria park	108

The U15 squad had been boosted by a lot of athletes making their debut in this league boding well for the future. Mollie Frost came 3<sup>rd</sup> in her 100 and 200m but managed 2<sup>nd</sup> in the javelin. Hannah Hine making her debut weighed in with very good performances in the shot, discus and javelin. Ellie Bloomfield recorded a pb of 28.29 in the discus as well as 4<sup>th</sup> in shot. Chantelle Kilpatrick came 2<sup>nd</sup> in the 100 and long jump B with Sarah Prescott-Smith winning the A event as well as the A High Jump as Christina Day finished 2<sup>nd</sup> in the B. Chloe Godbold stepped up to the Senior division by winning the B 800 which Rachel Ryan had a terrific race with the Victoria Park athlete to just snatch the A 800. Ryan also came 2<sup>nd</sup> in her 200. Lauren Ramsey ran a steady race in the 1500m to finish 2<sup>nd</sup> with 5.27. There were pbs for Sophie Godbold and Georgia Kemp in the 100m and the U15 match ended with a great tussle between the Relay A and B teams with a narrow victory for the A team.

Enya Moore won the 100m in a SB of 12.9 with Emily Lambert getting 2<sup>nd</sup> in the B race. Lambert then won the B 200m with Gemma Malster winning the A 200m. Ella Jennings won the 400m with 63.8 as Keeley Whitlock won the B race in a PB of 64.1. Kirsty Thorndyke put in great performances in the middle distance events with a pb in finishing 2<sup>nd</sup> in the 800. Supporting her in the 1500 and 3K were her sister Leanne and Becky Welbourne. The versatile Kerry Fuller came 3<sup>rd</sup> in the hurdles and 2<sup>nd</sup> in the shot and hammer. Charla King in addition to getting a pb in the 100m finished 3<sup>rd</sup> in the High Jump with 1.35. Jenny Reason came 2<sup>nd</sup> in the B event but won the Pole Vault with 2.50. Emily Robinson came 2<sup>nd</sup> in the 300m hurdles in a pb of 51.0. Her sister Alice won the Shot and Javelin with Rosemary Aldous winning the B javelin and coming 2<sup>nd</sup> in hammer. Beth Clarke came 3<sup>rd</sup> in the A long jump and 2<sup>nd</sup> in the Triple Jump. Jess Crissell came 2<sup>nd</sup> in the B Long Jump before anchoring the 4x400 relay team of Malster, Jennings and Whitlock to victory. Earlier the sprint relay team had cruised to a comfortable win in 52.2.

It was a satisfying day for the team as a whole with lots of youngsters taking part. The team spirit was epitomized by Kerry Fuller and Becky Welbourne participating in a very specialized event such as the 400m hurdles and getting 6 points out a possible 8.