

Ipswich Harriers travelled to Thurrock for the final leg of the Eastern Young Athletes league hoping to qualify for the plate final being held at Northgate on 5<sup>th</sup> September. In the end they beat two very strong sides in Enfield and Bedford to record 2<sup>nd</sup> close behind the local winners, Basildon. We now qualify for the final to be held at Northgate on Sunday 11<sup>th</sup> September.

Basildon	521
Ipswich	487
Bedford	445
Enfield	354
Thurrock	277
Colchester Harriers	208

The U13 boys team have really pulled together this season and punched above their weight. Chris Jones pulled off another pb in winning the 800m with 2.27 after he had already secured points in the hurdles and high jump. Bradley Tovell came 4<sup>th</sup> in the 800 with 2.46 and 3<sup>rd</sup> in the hurdles. Jamie Crocker enhanced his pb in the 200m to 28.5 after coming 4<sup>th</sup> in the 100m and the long jump. His sprint partner Jake Greenleaf came 2<sup>nd</sup> in his 200m with 30.3. The throwing team of Max Hudson and Josh Richards had a double win in the shot with Richards getting a pb of 6.65, and then both came 3<sup>rd</sup> in their discus event.

The U13 girls struggled for numbers but the quartet who did go, Ellie Gooderham, Ella Hughes, Lermae Youngs and Chloe Godbold pulled off a great win in the relay race with a very good time of 58.8. Youngs and Godbold held their own in the 100 and 200 against sprinters from the London teams and gained good points in the Long Jump. Hughes achieved 2.43 in the 800 while Gooderham got 2.51 in the same race.

The sprint duo of Liam Manser and George Johnson shared the honours in the sprints as the U15 boys racked up the points. Manser won the A 100 and B Long Jump with Johnson winning the A Long Jump and B 100. Connor Elles made a very good debut for Harriers by picking up good points in the discus with a throw of 16.67 before getting 1.50 in the High Jump. Theo Passmore came 2<sup>nd</sup> in the 800 with James Bemrose just behind in a pb of 2.25. Passmore and Bemrose did very well in their throws, in particular Passmore threw over 22m in the javelin. Another debutant was George Williams who came 2<sup>nd</sup> in the B 1500 with 5.17 with Richard Ling getting 2<sup>nd</sup> in the A with 5.04.

Despite taking a large number of girls, the U15 missed out on several events and the points total suffered as a result. The throwers, Helena Coe, winning the B discus and shot, and Ellie Bloomfield who won the A discus and Hammer really saved the day. Sarah Prescott-Smith was again the pick of the track athletes, winning both high and long jump as well as getting 2<sup>nd</sup> place in the hurdles. Chantelle Kilpatrick won the B long jump with 4.24. Sophie Godbold picked up 3<sup>rd</sup> in the pole vault while Jasmine Mallet got points in the javelin and 800. Rachel Ryan came 2<sup>nd</sup> in the 800 before getting a pb of 47.3 in the 300 where Gabby Hartfield made her debut with 51.3.

In contrast, the U17 men piled up the points. Theo Moore came 2<sup>nd</sup> in hammer with 33.05 and won the B discus. His throwing partner Paul Roberts won the javelin with a throw over 41 metres and came 2<sup>nd</sup> in discus with 33.84. Toby Rankin won an absorbing 1500 against a string of runners from Bedford with C Whiting getting 2<sup>nd</sup> in the B as well as the long jump. Errol Thompson won the B triple jump as Ben Fawcett was his usual versatile self by getting 2<sup>nd</sup> in triple with 11.25 and getting points in hurdles and long jump. Tom Powell won the B High Jump. Toby Upson performed bravely for the team by putting in some good performances in the 800, javelin and high jump despite an injury.

The U17 female team recorded a string of victories. Lucy Barnes pulled off a 800 and 1500 double win as well as 2<sup>nd</sup> in the discus. Emily Robinson won the B 800 as her sister Alice got a pb in winning both discus and javelin. Enya Moore stormed home in the 200 in 27.1 with Emily Lambert winning the B race. Keeley Whitlock won the B 100 as Jess Crissell came 2<sup>nd</sup> in the Triple jump and 3<sup>rd</sup> in the B 300 before being part of the relay team with Moore, Lambert and Whitlock that had a great win in 53.2.