

Ipswich Harriers began the first leg of the East Anglian League at a sunny Northgate stadium with a comfortable win over some good opposition. There was a large turnout as a succession of Personal Best performances (PB) were recorded. The final points score was:

Ipswich Harriers	798.5
Chelmsford AC	455.5
Southend	451
Colchester & Tendring	389
Nene Valley Harriers	155
Diss AC	139

The U13 girls were the only Harriers group not to win their section, although it was a close second place to Colchester and all of them recorded PBs. Miri Budd gained PBs in all of her events winning the B hurdles (13.3) and 200m in 30.1. Lauren Grubb also won the A hurdles and 200m as well as the High Jump with 1.30. Chloe Godbold continued her good form from last year with 2nd in the 1500, 1st and PBs in the Long Jump (4.07) and 100m (14.0). Then it was the turn of the debutantes. The first, Lermae Youngs enjoyed herself winning the B Long Jump and recording PBs of 14.2 (100m) and 30.0 (200m). Katie Males secured PBs in the hurdles and 100m with 2nd in her hurdles. Ella Goodrun won the javelin with a throw of 13.79 and came 3rd in the 800m. Finally Daisy Tucker won the discus with a very good 15.99 and then also gained a pb in the 100m with 14.8.

After last year when Harriers struggled to fill a relay team, there were 10 members starting this season that convincingly won their section. Benson Craven won the 100m and came 2nd in the Long Jump. Chris Jones set new PBs of 1.25 when he won the High Jump and 2nd in the 1500 with 5.17. Henry Milldown won both the B Long Jump with 3.98 and the A 800m in 2.29 with Louis Breyer getting 2nd in the B 800.. Jamie Crocker had a good 2nd place in the 100m with a pb of 14.8 and then came 3rd in the 200m. Josh Richards was the top thrower winning both the javelin and discus. James Giddins, Jake Greenleaf, Bradley Tovell and Richard Lea all made good contributions to a fine start to the season.

In the U15 boys, George Johnson had good victories in the 100, 200 and 400m. Kasey Hagan won all the jumps. The High in 1.60, triple in 10.53, Long in 5.03, the last two were PBs. Theo Passmore won the 800 in a pb of 2.25 with Owen Giddins 2nd in the B race. Richard Ling came 2nd in the 1500 with a pb of 5.03 with team mate James Bemrose also 2nd in the B with another pb of 5.13. Oliver Pescott-Frost won both the discus and shot. Harry Harvey won the B triple jump and B 200m on his debut. Another debutant, Marshall Childs won the javelin with a throw over 40m and the shot in 9.68. Jason King, James Hawkins and Jesse Duah all made good contributions in this fine win. The most improved athlete was Jason Strauss who threw over 14m in winning the hammer.

The fears that the U15 girls would not be as good as last year proved to be wide of the mark as they more than demonstrated in winning their section. There are some very good

all round athletes in this group and their versatility is shown in the diversity of the events they attempt. Helena Coe was the pick off the athletes winning her shot in 9.58 and discus in a pb of 25.48. Lauren Ramsey improved her pb in the 1500 to 5.15 with Olivia Mair also getting a pb of 5.42 in winning the B race. Rachel Ryan got a pb of 2.29 in the 800, 4.13 in the Long Jump and 7.06 in the shot. Nadia Jolley got a pb of 11.2 winning the hurdles. Ellisse Morey got pb of 2.42 in the 800 and 5.39 in the shot. Christina Day came 2nd in the High Jump with 1.25 and 4th in the 200m. Chantelle Kilpatrick came 2nd in the 100 with 13.9, the first time under 14 secs. Skye Ramsey was also 2nd in the A High Jump with 1.35 and won the hammer with a throw of 11.98. Sophie Godbold came 4th in the 300 with a pb of 51.3. Mollie Frost got pbs in the 100 (13.7) and 200 (28.5). Further contributions from Jasmine Mallett (pb in 800), Ellie Tenant (1st in B 800) and Mae Munro ensured a successful day.

Highlights for the U17 boys included a pb for Andrew Revell in winning the 1500 (4.15). Tom Powell gained two pbs in the 100 (11.4) and 200 (23.3 and 1st). The throwers Paul Roberts and Theo Moore were in fine form. Roberts and Moore won the A and B discus and javelin respectively. Errol Thompson won the Long Jump with a pb of 5.54 and got a pb of 1.70 in the high jump. Debutant Jesse Duah came 2nd in the high jump with 1.25. Matt Constable got a pb of 23.0 in winning the 200.

The U17 girls and women team had a great day. Beth Clarke and Charlotte Shelley won their jumps both recording pbs in the triple. Emily Lambert stormed to victory in the 300 with a pb of 43.0 in the 300. Enya Moore won the 200m in 26.7 just after Lucy Barnes had a terrific race in the 1500 holding off 2 very good Southend athletes to win well.

In the senior mens, outstanding performances came from Ben Higgins winning the shot and javelin, with Paul Dowding again getting over 56 m in the A javelin. Joe Bloomfield won the discus and came 2nd in the shot. Rob Graham won the triple jump, Tim Byford the 400, Ross Fawcett the B 800 and Leon Holmes the 100m in 11.6.