

The second round of the East Anglian League took place at the Lynnsport complex in Kings Lynn. The senior mens team was boosted by the return of several competitors from university which meant there was strength in every department. Unfortunately the younger squads, particularly the U13s, were affected by a combination of Fathers day and travel sickness and it's a tribute to those that made the journey that they put up a good performance. In the end Harriers won overall but were pushed close by a strong Cambridge team, with the threat from Norwich never materialising. Result

Ipswich Harriers	707
Cambridge and Coleridge	656
City of Norwich	498
West Norfolk	278
Ryston	231
Breckland	131

The U13 girls were individually a success as Miri Budd showed what a fine athlete she is turning into by winning the hurdles in 13.5 and the B long Jump and also came 2<sup>nd</sup> in the 200. Chloe Godbold came 2<sup>nd</sup> in long jump with 3.95, 2<sup>nd</sup> in 100 with sprint partner Lermae Youngs also coming 2<sup>nd</sup> in the B race. Daisy Tucker won both the discus with a pb of 17.80 and javelin. All four combined to get 2<sup>nd</sup> place in the relay.

Jamie Crocker was in fine form for the U13 boys team, winning both the 100m and 200m and 2<sup>nd</sup> in Long jump. Chris Jones won the High Jump equalling his pb of 1.35 before winning the 800m comfortably with Louis Breyer winning the B event and also the hurdles. Josh Richards increased his pb in the shot to 6.21 and finished 2<sup>nd</sup> in the discus and then all four finished 2<sup>nd</sup> in the relay to come 2<sup>nd</sup> in their section.

Sarah Prescott-Smith had a complete suite of victories in the 100m, High and Long jumps to get the u15 girls off to a good start Chantelle Kilpatrick won the B 100 came 4<sup>th</sup> in the 200m. Katie Peake got a pb of 50.7 in the 300m before coming 3<sup>rd</sup> in the 800. Lauren Ramsey done well to get 2<sup>nd</sup> place in the A 1500 with Skye Ramsey (no relation) won the B race and the B High Jump. Jasmine Mallet came 3<sup>rd</sup> in both her shot and 800m. Finally, Helena Coe and Ellie Bloomfield were dominant in the throws. Coe won her shot and the B discus, with Bloomfield winning the A discus and hammer.

In the U15 boys section, the dependable Jason Strauss gained valuable points in the Hammer and Javelin with Theo Passmore getting 3<sup>rd</sup> in the Javelin, discus and 800m. Josh Sugars came 4<sup>th</sup> in the 400 and 2<sup>nd</sup> in the 800 with 2.20. Richard Ling came 2<sup>nd</sup> in the 1500 and put in a good long jump of 4.65. Liam Manser came 2<sup>nd</sup> in the long jump with 4.96 with Kasey Hagan winning the B event in 4.73. Hagan also won the High Jump with 1.65 with Christian Frost winning the B with a height of 1.55. Frost also won the 400m and came 2<sup>nd</sup> in the 200.

Tom Powell won the 100m and 200m and the B High Jump with 1.65. His sprint partner Errol Thompson won the B 100 and the A High Jump with 1.80 before coming 2<sup>nd</sup> in the Triple Jump. Jason Duah won the B 100 and came 3<sup>rd</sup> in the Long Jump with 5.07. Toby Upson completed all distance races to secure some valuable points. Ben Fawcett also contributed with excellent performances in the jumps and hurdles. The throwing team of Paul Roberts and Theo Moore proved strong in all

throws, in particular Roberts threw well over 40m in the Javelin and Moore won the B discus.

The Senior women convincingly won their section by over 50 points. Enya Moore won the sprints with fine support from Georgie Gray. Lucy Barnes had good runs in the 400 and 1500 before winning the 800. Ruby Budd put in terrific performance in winning the B 400 and 800 events. Emily Robinson achieved a pb of 46.0 in the 300. Her sister Alice won the B discus and shot with Kerry Fuller winning the A shot. Charlotte Shelley and Beth Clarke won the A and B long and triple jumps. Finally the relay team of Crissell, Moore, Gray and Clarke won in a time of 53.4.

The Senior men won their section easily although not by as large a margin as the women. The track athletes seemed to work in pairs all day to dominate races. Mark Robinson and Daniel Green won their 100, 200 and 400m events. Ross Fawcett and Neil Gillingham won their 800 and 3000m with Gillingham also recording 4<sup>th</sup> in the hammer. Chris Bradshaw won the hurdles and the B triple and Long jumps. Rob Graham won the triple jump with 14.02, close to his pb. Ben Higgins won the B javelin with Paul Dowding winning A with 54.70 before helping the relay team to 1<sup>st</sup> place.