

Suffolk and Essex Saxons travelled to the superb Lee Valley Athletics stadium for the second round of the National Junior League. Despite the fact that some teams had athletes at the Olympics trials, the opposition was very strong and it was a credit to our athletes that we consolidated our 5th position in the league against the top clubs in the South East. Current League table:

1 Windsor, Slough, Eton & Hounslow	554
2 Blackheath & Bromley H&AC	494
3 Shaftesbury Barnet H.	440
4 Enfield & Haringey AC	427
5 The Saxons	396
6 Woodford Green & Essex Ladies	332
7 Basildon Beagles	316
8 Herts Phoenix AC	200

George Perkins ran extremely well to finish 2nd in both the 100 and 200 with a pb of 21.98 in the 200. Tom Powell managed to get good points in the B races and then achieved 1.70 in the high jump. The female sprint quartet of Hannah Smithdale, Enya Moore, Emily Lambert and Keeley Whitlock shone in the 4x100 relay as well as their individual races, both Moore and Lambert were close to their season best against a difficult headwind.

Chris Youell and Ollie Jones got 2nd places in the 800, Jones getting a pb of 2.02 and both ran good legs for the 4x400 relay team later in the day. Emily Robinson came 4th in the womens race before Andy Revell got a pb of 4.05 in the 1500 just missing out on 1st. Connor Whiting enjoyed his debut at this level with a time of 10.21 in his first ever 3K and was doing very well in the 2K steeplechase before an injury halted his progress. Lucy Barnes also returned to form with 3rd place in the womens 3K and also ran a top last leg of the 4x400 relay to get 4th place.

Ben Fawcett got a pb of 18.3 in the 110m hurdles and was 4th in the 400 hurdles. There were some successes in the jumps with Mitch Etheridge 1st in the B Pole Vault as his team mate Liam Yarwood attained a pb of 4.55 in the A. Georgia Atkins and Sarah Prescott-Smith won the A and B Long Jumps respectively.

Again it was the throwing team that really shone for the Saxons. The Ipswich duo of Paul Roberts and Theo Moore proved their versatility and strength in coping with all disciplines and getting pbs in the discus and hammer. Jason Duah assisted with a good throw in the Javelin. For the women, Chelsea Coker and Georgina Howe were dominant in their throwing disciplines, the shot and hammer with Coker winning the shot and Howe recording a pb of 34.58 in the discus. Alice Robinson came 2nd in the Javelin with Evie Castle winning the B throw.