

After a long winter, Ipswich Harriers season got under way with the Senior Womens team traveling to Handy Cross, High Wycombe for the opening round of the Southern Womens premier division. Their opponents in this match were Havant, North Devon and Horsham. There were some call offs due to the University Championships being held at the same time but it was a disappointing turnout for the U15 squad. The team were 4th on the day, but overall ended up just below mid-table in the whole league.

However, the U15 quartet of Sophie Godbold, Lauren Ramsey, Katie Peake and Ellie Bloomfield showed real all round talent by taking part in as many events as possible and all of them recorded Personal Bests (PB) which augurs well for the rest of the season. Ellie Bloomfield was not only the mainstay of the throwers but done well in the 4x100 relay. She won the A javelin, discus and came 2nd in the shot with a PB of 7.71. Sophie Godbold enhanced her all round capabilities with a pb of 32.2 in the 200m, 2nd in the B discus (PB of 11.81) and 4th in the Long Jump. Lauren Ramsey had a good win in the 1500m A with a PB of 5.24. She also got PBs in her 100 (15.0) and shot (5.07). Katie Peake also recorded a PB in the 100 (15.2), Long Jump (3.72) before winning the B 1500 in 5.33.

The U17 and senior women also exhibited their versatility with all round performances by each athlete. Ruby Budd attained 2 PBs in the 400 and 2nd place in her 800 with 71.9 and 2.53 respectively. Emma Burroughs came 3rd in the A 800 with 2.44 and 3rd in the 1500. Emily Robinson was another athlete who recorded 2 PBs. The first was 69.5 in the 400 and then 2nd in the 300 with 52.9. Alice Robinson came 3rd in the A javelin with 24.62 despite the swirling wind and then made her debut in the High Jump with a PB of 1.25. Amber Bramble-Dearing recorded 1.40 in the High Jump to finish 3rd. Her throwing team mate Kerry Fuller won the shot with 8.48, 2nd in Hammer (25.66) and discus (25.75) and sandwiched in a good second place in the 100m hurdle. Rosemary Aldous came first in the B shot, 3rd in the B discus but recorded a PB of 24.95 in the Hammer.

Enya Moore was second in her A string 100m and 200m with Keeley Whitlock winning the B string. Whitlock also recorded a PB of 9.09 in coming 4th in the Javelin. Beth Clarke won both B string Triple and Long Jumps. Jessica Crissell came 3rd in the A Long Jump but won the triple with 10.25. Crissell, Moore, Whitlock and Yvonne Holmes then had a terrific race to win the 4x100. This was after Holmes had achieved a terrific 14.4 in the 100m. Crissell then went on to run the first leg of the 4x400 before handing to Budd, Robinson and Burroughs.