

Record Breaking Week for Stevenage and North Herts athletes!

Ten SNHAC athletes were in action at the English Schools Championships on Friday and Saturday in Birmingham

Setting the standard on Friday Inter Boy Dylan Baines started his Championship vaulting early in the morning and secured the bronze medal clearing 4m20.



Dylan finished the day running the first leg of the 4x100m relay, with the team winning their heat for a place in Saturday's final.



In one of the last Field events on Friday Senior Boy Oscar Jopp was fourth in his vault competition also clearing 4m20. Peter Keefe competed in the Senior Boy's discus where a 40m16 throw saw him finish in seventh.



Inter Boy Freddie Reilly was second in his heat of the 400m hurdles on Friday afternoon. Saturday's final saw Freddie involved in a thrilling finish, having to settle for second, being beaten by 0.14 of a second. Freddie's run of 54.87 smashed the club record he had set earlier in the year. In one of the last events Dylan gained a silver medal when the Herts team came second to Surrey in the IB 4x100 Relay in 43.03.

Also competing in the Inter age group were Aisla Rhodes HJ, Dominic Buckland DT, David Koffi SP and In the Junior age group were Will Lawler HJ, Ollie Kay DT and Joe Adams HT.

In addition to the 10 named above, three other Club athletes were selected but were unable to take up their places because of pre-existing commitments – Libby Taylor and Georgia Shephard Gazely Inter Girls Hammer and Javelin respectively and Molly Astill Senior Girls 400m Hurdles.

Club records broken

The previous Sunday Moe Sasegbon competing at Crawley broke the Clubs HJ record jumping 1m85 and on the same day in Ipswich U15 Shanumi Akinfenwa set a new Club Age Group best for the long jump with a leap of 5m33.

Third Place finish for SNHAC at Home Southern Athletic League Match.

Stevenage and North Herts Athletic Club produced a great result at the home SAL fixture on Saturday. The Club's volunteers worked under extreme pressure in hosting the match on an extremely hot afternoon. The athletes all stepped up, filled gaps and produced season's best and personal best performances. Up against 3 Clubs well above SNHAC in the league, a third place finish behind WSEH and Nene Valley but in front of Crawley was unexpected.

A and B string wins were recorded by Semba Bwalya and Brent Morris in the 200m (23.04 and 24.18), Nathan Gardner and Mitch Etheridge in the Pole Vault (4m40 and 4m30), Kit Kerr and Elior Harris in the Long Jump (6m16 and 6m10), James Goss and Neil McLellan in the Hammer (46m29 and 27m05) and Neil and Aaron Hull in the Javelin (62m40 and 39m52). Elior also won the A High Jump with a 2m clearance. Lauren Rule and Rebecca Pickard won the A and B 100m (12.4 and 12.64), Rebecca also won the B 200m and Triple Jump (26.18 and 9m69) while Martina Barber won the B Long Jump (5m13).

Women's team manager Rebecca Pickard set the standard by stepping up and taking part in six events. Both Rebecca and Tom Sloan thanked all the athletes and volunteers for their help and performances and hope that as many as possible will be available for the last match at Southampton in August.

SNHAC County 3km Road relays report – Thursday 26th July

On a hot and humid evening last Thursday 21 SNHAC athletes made the short trip to Fairlands Valley for the annual 3k relays which include the county championships. It was tough going in the conditions but at least we avoided the thunder and lightning by 24 hours!



The quickest SNHAC runner of the night was Chris Westcott who made light work of the undulating 3k course to complete his leg in an impressive 9 minutes 58 seconds, the 20th quickest of the 497 runners on the night. Under 17, Harry Hatton was second fastest in 10.57. The top SNHAC team on the night consisted of 5 of our younger athletes. Finishing 12th in the county championships, the team consisted of James Beddall (11:54), Charlie Major (11:41), Jack Gladman (11:09), Paul Spicer (11:01) and Harry Major (12:33). Their time of 58.18 was just ahead of the mens' masters team where Chris Westcott was joined by Richard Bruce (11:16), Trevor Mason (12:32), Steve Mayfield (12:15) and Mark Grayson (12:37). They finished 7th in the county veterans' championships.

The women's team of Erin Oliver (13:33), Charley Duke (14:35) and Hayley Duke (15:56) completed the race in 44:04 to claim 9th place. For the first time the event included a mixed team competition so the time of 1 hour and 5 seconds by Katie Thompson (14:04), Bob Whitten (15:13), Graham Spicer (15:18) and Lisa Barber (15:30) was guaranteed to be a club record!

Finally, Harry Hatton and Chris Westcott (running a second leg!) were joined by Tony Carolan (13:24), Paul Pickard (13:30) and Adil Loudiyi (13:18) in a team which finished 32nd of the 51 men's teams.

As always this was a great evening and it was fantastic to see both those who have been running the 10k midweek league and some of our younger members joining together for these relays, which as always, were excellently organised by Fairlands Valley Spartans.