

SNHAC athletes see action in London, Lee Valley, Loughborough, Sheffield and Cardiff at the weekend

Stevenage and North Herts athletes were in action all over the country during the weekend. Running her first Half Marathon, Alex Gates joined 17,000 runners in a very windy London Vitality Half Marathon, finishing 2,404th and 360th women in a time of 1hr39.45. Her next race will be over 20 miles before running the Brighton Marathon in 7 weeks' time.



Alex Gates at the end of the London Vitality Half Marathon

Also competing 'locally' six Masters' were in action at the British Championships at Lee Valley, bringing home two silver and three bronze medals between them. A personal best for Chris

Westcott in the V45 1500m (4.16.49) was rewarded the silver. Richard Bruce ran a 56.74 400m for silver in the V45 race. Joylyn Saunders ran 9.35 in the W65 60m gaining the bronze medal. Steve Feely collected two bronze medals in the V50 weighted throws and hammer (11m24 and 33m38). Also competing were W55 Chris Feely in the 800m (2.44.20) and V65 Tim Saunders Mullins HT (32m04).

U13 Abigail Manson ran in Loughborough for Hertfordshire at the CAU Inter Counties competition, again both windy and cold, running her 3,000m race in 15.01mins. Maddie Waite recorded three personal best performances in the U17 England Athletics Indoor Pentathlon Championships in Sheffield with a 1m56 HJ, 9m16 SP and 800m 2.48.83, a season's best in the hurdles and long jump contributed to a 2796 point score which is a 250 points improvement on her previous best.

Probably the most challenging event of the weekend was Vault Cardiff. Although the competition was indoors both parents and coaches struggled to get poles to Cardiff from all over Britain in the gale force winds. Beth Harris, SNHAC pole vault coach took the athlete's poles to Cardiff from London on Saturday evening, waiting until the winds had abated a little but had no such luck on her journey back late Sunday afternoon. Torrential Rain and very high winds meant tricky driving conditions with 2 pole bags on the roof rack. Both Nathan Gardner and Dylan Baines enjoyed the carnival atmosphere of jumping in the Elite Men's competition. Nathan clearing 4m83 and Dylan 4m38.