

Hertfordshire finish third at UK Sport Hall Final

A trip to Manchester was the reward for the Hertfordshire boys who finished second in the Regional Sports Hall Final at Hatfield in February by just 8 points from Norfolk.

Travelling to Sports City on Saturday the team of six from Stevenage and North Herts and Herts Phoenix made the most of the opportunity and finished third to strong teams from Donegal and Berkshire with Norfolk finishing in 7th.



Sixty-three competitors took part in the individual overall championships with the 8 lap paalauf and 4 x 2 lap relays being added to their results for the team championships. Each athlete had to compete in 3 individual events. Jean Nwahba (Simon Balle School) finished in 8th place, Freddie Reilly (SNHAC) was 14th, Dylan Baines (SNHAC) 23rd, Henry Bennet (Hitchin Boys School) and Joshua Horleston (HPX) in 32nd

and 33rd places with Semba Bwalya (SNHAC) in 35th. All six had top ten finishes in one or more of their events. Jean was 5th in the standing long jump (2m70) and 9th in the shot (11m84), Freddie was 5th in the shot (12m36) and = 6th in the 4 lap race (41.7), Dylan Baines was also = 6th in the four lap race, Henry was 6th in the shot (12m33), Joshua was 4th in the 2 lap race (19.6) and Semba finished 10th in the 2 lap race (19.9). The team had a fourth place finish in the 8 lap paalauf (1.24.2) and finished second in the 4x2 lap relay to finish the day (1.17.7).

Team Managers Marie Heald and Alice Seamark were delighted with the result.