

Nathan vaults to the Silver Medal in Sheffield



The winner was Joel Leon Benitez from Millfield and the third placed athlete was Emmanuel Thomas from Croydon.

Stevenage and North Herts athletic Club had athletes competing at both of the National Championships over the weekend.

On Saturday U15 Lucy Taylor had a great run at the **English National Cross Country Championships** at Wollaton Park in Nottingham. The hilly course suited Lucy as did the 4km distance and a time of 18.01 minutes saw her finish in 68th place out of 426 finishers.

Also competing on Saturday U17 Dylan Baines jumped a personal best for a 6th place finish in the pole vault at the **England Athletics Indoor Age Group Championships** in Sheffield. U20 Anna Marie Uzokwe

ran a season's best in her heat of the 400m finishing in 58.38. Sunday brought another good result in the pole vault when U20 Nathan Gardner cleared 4m60 for the silver medal. Also competing U20 Oscar Jopp ran a personal best in his heat of the 60m hurdles (8.69), U17 Kit Kerr produced a season's best in the long jump with a leap of 5m91 for 7th place and David Koffi finished in 5th a distance of 12m in the U17 shot.



Nathan Gardner on the runway ready to jump

One of the club's younger athletes was in action at the Lee Valley Minithon on Saturday. U13 Rosey Davies ran a 9.77 60m, recorded 3m27 in the long jump and 4m85 in the shot. The 60m and shot performances both being personal best performances.