

# The 'highs and lows' in athletics!!

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Stevenage and North athletes in action over the weekend experienced both the joys and heart ache of competitive sport

U20 Nathan Gardner competing at the Welsh Championships on Saturday set a new personal best performance in the pole vault clearing 4m61 which secured third place.

The fourteen athletes competing at the London Indoor Games for Senior and U20 athletes also enjoyed success. With seniors Max Schopp and Jack Gladman both running personal best performances in their events. Max running a 200m in 23.20 and Jack an 800m in 2.17.34 which was a 2 second improvement.

Janet Browne was enjoying the senior high jump competition having cleared 1m65, however her first attempt at 1m70 saw her trip on the curve, spike her lower leg necessitating a visit to A&E and stitches. Not the end to the day anticipated!

Dan Gardner cleared 5m16 in the pole vault, Martina Barber's long jump was 4m50 and Laura Feely's shot 5m37.

U20's Oscar Jopp and Reni Omoyomilola both ran national qualifying times in the 60m hurdles (8.81 and 8.90 respectively) with Reni also running a national qualifying time in the 60m (7.37). This was Reni's first indoor competition and he gained new PB's in the 200m (23.68), high jump (1m75), long jump (5m81) and shot (10m25).

Tyler Mitchell cleared 1m90 in the high jump also a national qualifying height. Lee Brown vaulted 3m81, Michael Stocker 3m31 and Keira Hicks 2m81. Bethany Harley ran 8.33 in the 60m and threw 7m95 in the shot.

## Behind the Scenes!!!

Stevenage and North Herts pole vault coach Beth Harris was on her way to Australia as part of the England Athletics team management for the Nitro Games in Melbourne.



Responsible for the pole vaulters, long jumpers and javelin throwers in the team she faced her first challenge of the journey at Heathrow on Sunday.

Internal transport of pole vault poles through the airport proved daunting. After much discussion poles were finally loaded safely onto the plane. Stop overs in Dubai and Bangkok on the journey to Melbourne proved less challenging and poles, team and Beth arrived safely in Melbourne on Monday.

