

British Championships fifth place for Neil.

Competing at the British Athletics Championships in Birmingham on Saturday Stevenage and North Herts javelin thrower Neil McLellan produced his best performance for five years.



A throw of 67m70 saw Neil finish in fifth position. A great result given that in recent years Neil's focus has been on his young family so training has had to take second place. He is delighted with the result and is looking forward to the rest of the season.



U23 Max Schopp recorded a time of 55.80 in his heat of the 400m hurdles at the Championships.

Inter county second and third for SNHAC ladies!

Three SNHAC athletes travelled to Kingston upon Thames to represent Hertfordshire at the Senior Inter County match. 400m hurdler Rebecca Pickard ran 68.00 for second place. In the women's high jump Janet Browne cleared 1m65 for third place and senior man James Goss recorded a throw of 57m54 in the hammer competition for 4th place.