

Tie for Top Spot in Southern Athletic League match at Kings Lynn!

Stevenage and North Herts A. C. senior team were in action on Sunday in the second Southern Athletic League match of the season at Kings Lynn. The match went down to the last events the 4x400m relays where first place for the ladies and second for the men saw SNHAC draw level with Ryston Runners – both teams finishing the match with 212 points. Medway and Maidstone were 3rd (196) and Thurrock 4th (125).

Elior Harris continued his good form from the first match winning four A string events – 110m hurdles, high jump, long jump and triple jump (16.7, 1m94, 6m58 and 12m92). James Beddall won the A 400m (53.7) and James Goss the A hammer (45m62). Tyler Michell won both the B string high jump and long jump (1m88 and 5m91), Tom Sloan won the B 800m (2.03.9) and Lee Brown the B triple jump (11m76). In the Ladies events Emily Saunders ran brilliantly to win both the 200 and 400m (26.0 and 58.2). Fellow sprinter Bethany Harley won the 100m and 100m hurdles (12.9 and 15.6). Rebecca Pickard won the A 400m hurdles and B high jump (67.40 and 1m43). Keira Hicks won the A high jump and pole vault (1m43 and 2m55). Molly Garner won the B 100m hurdles and pole vault (16.5 and 2m35) Sarah Feely and Rebecca Beddall won the B 1500m and 400m hurdles respectively (5.49.9 and 76.0).

Team managers Lee Grint and Rebecca Pickard were delighted with the result and are looking forward to fielding a strong team at the next match at Norwich in June.

Five Points separate Top Two

On Sunday 47 athletes from Stevenage and North Herts Athletics Cub competed in the second round of the Upper Age Group Youth Development League. Having home advantage the team managed an impressive second place against strong opposition from Team Bedfordshire, Havering, Tonbridge, Enfield and Harringay and Chelmsford, finishing with a final score of 644 points which was just 5 points behind first place Team Bedfordshire.

Particular success went to the club's pole vaulters who won all six competitions of the day. In the u17s Abigail Pickard and Molly Gardner won the women's A and B string competitions with 2.60 metres and 2.45 metres and Dylan Baines won the men with 4.15 metres. In the u20 competition Keira Hicks won the women's competition with 2.60 metres whilst Lee Brown and Oscar Jopp won the A and B string with 3.95 metres and 3.80 metres.

In the u17 women's competition there was a win for Molly Astill in the B string high jump (1m45). In the throws Libby Taylor won the A string u17 hammer (40m72), and Natasha Takats won both the B string u20 hammer and discus. On the track Rebecca Pickard and Rebecca Beddall won the A and B string u20 400m hurdles in 68.07 seconds and 72.19 seconds and lastly Petra Sijuwade won the A string u17 300m in 42.38 seconds.

In the men's competition Freddie Reilly won both the u17 B string 400m and the A string 400m hurdles in 51.98 seconds and 58.85 seconds. Also winning on the track was u17 Sam Wiggins who won the 1500m steeplechase in a time of 5 minutes and 10 seconds. In the u17 men's jumps there were several successes. Freddie Reilly won the B string high jump with 1.55 metres, Jean Claude Aka won the B string triple jump with 10.44 metres and Kit Kerr won the A string long jump with 6.16 metres. Lastly in the u17s David Koffi won the A string shot putt with 13.10 metres. In the u20 men's competition Peter Keefe won the B string hammer with 34.22 metres and Remi Omotomilola won the A string high jump with 1.86 metres. Lastly Oscar Jopp won the B string long jump with 5.79 metres.

Overall the team competed at a high standard throughout the day and nearly managed an unexpected win. They look forward to competing in the third round at Chelmsford in June.

Paris Delight for Jack!

A trip to Paris to compete at the IPC Grand Prix on the 31st May led to a new British Record for SNHAC's Jack Gadman. His time in the T38 1500m race of 4.32.35 was a great way to celebrate his first International event of the year.

Stevenage and North Herts athletes snatch second place from Hosts at Hemel Hempstead!

A short trip to Hemel Hempstead on Sunday for Stevenage and North Herts athletes led to a thrilling battle with host club Dacorum and Tring for the second place. Bedford gained an early lead and were never going to be caught but the second and third place changed hands a number of times during the afternoon. The end result saw Bedford finish with 793, SNHAC 721.5, Dacorum and Tring 695.5 with St Albans, Herts Phoenix and Harlow finishing in fourth, fifth and sixth places.

SNHAC athletes won both the U17 Girl's and Boy's age groups with the U15 boys losing their age group to Bedford by 1 point. The U17 boys recorded 5 A string wins and 6 B string while the girls gained 5 A and 4 B wins. In the U17 boy's competition Brent Morris and Semba Bwalaya won the A and B 200m (23.3 and 23.5), Brent and Joshua Roache won A and B 400m (51.7 and 56.1), Freddie Reilly and Sam Wiggins won A and B 800m (2.03.7 and 2.05.8) and Dominic Buckland with Cameron Crowe won the A and B discus (40m42 and 22m35). Ben Simkins won the A javelin (44m14) and Jean Claude Aka won both B 100m hurdles and triple jump (15.0 and 10m27). The boys rounded off the day with an emphatic victory in the 4x100m relay winning in 47.3. The U17 girls also won the A and B 200m with Petra Sijuwade and Madeline Hurley (25.9 and 27.4), Petra and Leah Cairns also won the A and B 300m (42.0 and 45.2). Molly Gardner and Libby Taylor won the A and B shot (10m40 and 9m72), Libby also won the A hammer (41m40). Georgia Shepherd- Gazely won the A javelin (31m36) and Lizzy Raymont won the B 1500m (5.37.9).

In the U15 age group A string wins for the boys came from Glenn Harrison in the high jump (1m65) and Joe Adams in the hammer (36m59). Bhuvanesh Ranbauth won the B 100m (12.6), Alex Pickard the B long jump (4m11) and Yannick Goldbourne B string shot and discus (8m22 and 16m98). Lisa Marie Uzokwe won the A 300m (42.2) and Lucy Taylor won the A 800m (2.27.4).

Although there were numerous personal best performances in the U13 age group the only win came from Gregor Smith in the discus with a throw of 15m10.

Team managers Paul Pickard and Chris Feely were pleased with the result and are looking forward to taking the team to Cambridge on the 2nd July.

Neil throws World Trials Qualifying Distance

The South of England U20 and Senior Championships reverted to their 'home' in 2017 and were held at Crystal Palace. Nine Stevenage and North Herts athletes travelled to South London with varying degrees of success. Competing on Saturday U20 Emily Saunders ran 58.69 in her heat of the 400m and Senior Peter De'Ath 50.43 in his semi-final. Best performance on Saturday came from U20 Nathan Gardner with a 4m40 clearance in the pole vault for second place. Competing Sunday Moe Sasegbon ran a season's best in her heat of the women's 100m hurdles - 14.81. U20 Tyler Mitchell cleared 1m85 in the high jump while Lauren Aldridge recorded a 40m93 throw in the hammer. Discus thrower Peter Keefe found the conditions tricky and only recorded a standing throw of 27m64. Janet Browne was delighted with her 1m68 clearance in the women's high jump which gained her the silver medal. The best however was left until the last field event of the day where Neil McLellan recorded a 66m28 throw in the men's javelin competition to win. This was Neil's fifth South of England title and also a World Trial's qualifying mark.

County Schools Champs see Eight wins for SNHAC athletes

Thirty-nine Stevenage and North Herts athletes represented their schools in the County Championships at Jarman Park, Hemel Hempstead on Saturday. In the Pre-Junior competitions there was a win and personal best performance from Shanumi Akinfenwa in the high jump with a clearance of 1m46. Bluebell Cooke won the Junior Girls 800m in a time of 2.22.3 and in the Inter Girls competitions Petra Sijuwade won the 200m in 26.10. Joel Evans won the Junior Boys 80m hurdles in a personal best time of 11.90. Semba Bwalya won the Inter Boys 200m (23.38), Freddie Reilly won the 400m in 51.30, David Koffi won the shot with a throw of 12m14 and Mike Knowles won the hammer with a throw of 44m41.