

British Empire Medal for Ros

Disability Sport in Hertfordshire has benefitted for many years from the dedication and time Ros Cramp has given to young people in Hertfordshire. Monday evenings throughout the year Ros can be found at Stevenage and North Herts Athletic Club encouraging athletes, coaches and volunteers to engage in athletics. Awarded the BME For services to Disability Sport in Hertfordshire SNHAC are delighted that Ros has been recognized in the Honors list.

London Para World Championship Selection for Martina and Jack

Stevenage duo Martina Barber and Jack Gladman have been selected for the London Para World Championships in July. Gaining their first full senior international vests Martina will be competing in the long jump and Jack in the 1500m.

England Athletics Silver for Nathan

Competing at the England Athletics U20 Championships in Bedford on Saturday SNHAC's Nathan Gardner came away with an outdoor personal best performance in the pole vault clearing 4m70 for second place. Competing on Saturday in the U23 Championships Peter De'Ath ran 49.96 in his heat of the 400m, Lauren Rule ran 56.69 in her 400m heat and Max Schopp 55.11 in his heat of the 400m hurdles. U20 athletes Emily Saunders and Rebecca Pickard were also in action on Saturday with Emily running 58.73 and Rebecca 65.39 in their heats of the 400m and 400 hurdles.



British Masters medal for Steve

Competing in Oxford on Sunday Steve Mayfield came third in the V50 Pentathlon with 2466 points (LJ 4m36, JT 24m33, 200m 27.05, DT 24m89 and 1500m 5.23.54). Chris Feely was also in action in the W55 age groups and gained a 2387 point score (80m hurdles 19.44, HJ 1m12, SP 5m40, LJ 3m18 and 800m 2.54.87).

Anglian Schools win for SNHAC pole vaulters

Competing for Cambridge Schools on Sunday Club athletes Oscar Jopp and Keira Hicks won the Senior Pole Vault competitions with clearances of 3m70 and 2m60. Oscar also won the 110m hurdles (16.2) and Inter Girl Libby Taylor was third in the hammer with a throw of 43m21.

SNHAC's SAL team finish second to League Leaders City of Norwich on Saturday

A hot day on Saturday saw Stevenage and North Herts Athletic Club senior athletes supported by U20 and Y17 younger athletes travel to Norwich for the third competition of the year in the Southern Athletic League. In the men's competition's maximum points came in the high jump and long jump. Elior Harris and Tyler Mitchell winning the high jump with 1m98 and 1m95 (PB) respectively.



Tyler was also first in the B triple jump with a new PB of 12m30. Elier won the long jump competition with Kit Kerr winning the B string (6m79 and 6m03). Lee Brown cleared 3m70 to win the A pole vault. The women had a clean sweep in the hurdle races. Moe Sasegbon and Bethan Harley winning A & B 100m hurdles (14.4 and 16.6) while Sandra Reed and Connie Andrews won A & B 400m hurdles (74.8 and 79.4). Moe and Louise Hampton secured victory in the A and B shot competitions (12m84 and 8m82). Lauren Aldridge and Louise Hampton won the A and B hammer (41m25 and 32m79). Janet Browne won the A high jump with a new personal best of 1m70 and Connie Andrews and Bethany Harley won the B pole vault and javelin respectively (1m70 and 28m22). The team finished the day with a storming win in the 4x100m relay (51.4). The team finished with 193 points to City of Norwich's 233 with London Heathside and Dacorum and Tring in third and fourth.