

Weekend PB Bonanza!

Travelling to Sheffield, Cardiff, Loughborough and Lee Valley, Stevenage and North Herts Athletics showed the results from hard winter training and produced numerous personal best performances during the weekend.

The best individual performance came from U20 Nathan Gardner at Vault Cardiff on Sunday. Smashing his previous personal best in the pole vault by 22cm Nathan cleared 4m83 to finish second in the Junior Men Vault Britain series and winning the male best performance trophy. This completes a great indoor season in Nathan's first year with a new coach at Cardiff University. Oscar Jopp also gained a new personal best clearing 3m93 while Lee Brown came home from Cardiff with a season's best 4m03.



Nine of the club's athletes were in action in Sheffield at the England Athletics U15 and U17 Combined Events Championships

In top class fields (3 Championship Best Performances from the winners in 3 of the 4 competitions) SNHAC athletes recorded 35 PB's between them. In the U17 boy's Heptathlon Competition Kit Kerr finished in 13th place with a PB points score for the 7 events of 3933. Kit had personal best performances in the 60m (7.43), shot (11m56), 60m hurdles (8.79) and pole vault (3m01).

Finishing in 16th place with a PB points score of 3629 Freddie Reilly gained PB's in the 60m (7.69), LJ (5m29), shot (9m98), HJ (1m70), 60m hurdles (9.23) and PV (2m21). Dylan Baines was in 17th place with a PB points score of 3570 producing his best performances in the 60m (7.44), shot (8m51), 60m hurdles (9.90), pole vault (3m81) and 1000m (3.35.23). Cameron Crowe was 21st with 3197 points also a personal best with his best events coming from the 60m (8.03), shot (9m60), HJ 1m73 and 1000m (3.44.33).

U17 girl's Molly Astill, Molly Gardner and Connie Andrews finished in 31st, 41st and 47th positions (2870, 2504 and 1968 points respectively). Both Molly's produced 4 PBs in the 5 event Pentathlon. Molly Astill ran the 60H in 9.93, cleared 1m49 in the HJ, and recorded 4m49 in the long jump and 8m52 in the shot. Molly Gardner's time for the 60H was 10.30, high jump 1m49, long jump 4m39 and shot 9m10. Connie had personal best performances for 60H and shot (11.28 and 7m97).

Competing for the first time at a national competition U15 athletes Madeleine Waite and Aisla Rhodes finished in 23rd and 36th places with 2582 and 2053 points respectively in the Pentathlon. Personal best performance came for both girls in the high jump where both cleared 1m46, the long jump Aisla 4m36 and Madeleine 4m19, the shot Madeleine 7m62 and Aisla 6m68 and the 800m 2.54.38 for Madeleine and 3.08.66 for Aisla.

At the CAU National Inter County Cross Country at Loughborough

On Saturday Bluebell Cooke and Lucy Taylor represented Hertfordshire in the U15 girl's 4km race. Bluebell finished in 77th place in a time 17.11 while Lucy was 180th in 18.06. There were 295 finishers.

British Masters Indoor Championships

John Mayor (V55) collected his 45th Masters Gold Medal at the British Masters Indoor Championships at Lee Valley running 9.53 to win the 60m hurdles. Chris Westcott (V40) was second in the 1500m (4.21.21) and recorded a personal best in the 800m for the bronze medal (2.04.83). Chris Feely (V50) recorded 33.33 for her 200m, 3m10 in the long jump and 6m in the shot.