

# Athletics Indoor Season ends on a HIGH!

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The Hertfordshire Indoor Athletics Championships at Lee Valley over the weekend brought the Indoor Season to a fitting climax. Thirty Seven Stevenage and North Herts Athletes were in action over the two days and between them they produced three Championship Best Performances, won nineteen gold, eighteen silver and thirteen bronze medals and recorded twenty one personal best performances.

Saturday saw two Championship Best performances, the first from Chloe Vernon Hamilton who ran 9.05 in the senior women's 60m hurdles (PB), she also placed first in the senior women's high jump with 1.60 metres. Later in the morning U17 David Koffi added a second CBP in the 5kg shot with his best throw of 12m62. Kit Kerr was second with 10.98 metres.

The U20 men's high jump competition saw a clean sweep by SNHAC athletes. Tyler Mitchell, Reni Omotomilola and Peter Keefe finishing with 1m85, 1m80 (PB) and 1m75 respectively. Keira Hicks won the U20 women's competition clearing 1m45.



*Tyler Mitchell, Reni Omotomilola and Peter Keefe*

Elsewhere Abigail Pickard jumped 2.80 metres to win the U17 women's pole vault whilst Molly Gardner was second with 2.40 metres. Eliza Brown jumped 2.00 metres to win the U15 girl's pole vault and Keira Hicks vaulted 2.70 metres to finish third in the U20 women's.

In the long jump, Oscar Jopp and Tyler Mitchell jumped 6.11(PB) metres and 5.72 metres to come second and third respectively in the U20 men's whilst Freddie Reilly jumped 5.26 metres to place second in the U17 men's.

In the U17 women's triple jump Daisy Needham jumped 9.57m (PB) and Abigail Pickard jumped 9.51 metres to come second and third.

In the U20 men's shot there was another clean sweep as Peter Keefe (12.00 metres), Reni Omotomilola (9.89 metres PB) and Oscar Jopp (8.85 metres) came first, second and third.

On the track, U20's Anna-Marie Uzokwe and Reni Omotomilola had wins in the 200m in 26.08 seconds, 23.7seconds (PB). In the U17 boy's competition there was another clean sweep with Brent Morris first in 24.03 seconds, Kit Kerr second in 24.09 seconds and Semba Bwalya third in 24.33 seconds, Petra Sijuwade came third in the U17 women's in 26.59 seconds and Emily Saunders ran 26.74 seconds to come third in the U20 women's. Alex Pickard placed fourth in the U15 boys with 26.58 seconds (PB), Madeline Hurley ran 27.72 seconds to finish fourth in the U17 women's and Bethany Harley finished fourth in the U20 women's race.



*Brent Morris, Kit Kerr and Semba Bwalya with their 200m medals*

Molly Gardner, Daisy Needham and Molly Davies all competed in the U17 women's 60m hurdles to come second, third and fourth in 9.96 seconds (PB), 10.88 seconds and 11.28 seconds. Madeline Waite, Charlotte Saunders and Eliza Brown all ran the U15 girls 60 m hurdles to again come second, third and fourth in 10.03 seconds, 10.68 seconds (PB) and 10.73 seconds (PB). Oscar Jopp and Peter Keefe ran the U20 mens hurdles in 8.72 seconds and 8.87 seconds (PB) to finish first and second whilst Edward Laws finished second in the U15 boy's hurdles in 10.77 seconds (PB). Lastly Aaron Hadfield finished second in the U17 men's 800m in 2 minutes 13 seconds, Jason List finished fourth place in the U17 men's race in 2 minutes 19 seconds, Tom Sloan finished fourth in the senior mens 800m in 2 minutes 4 seconds and James Beddall, Liam Gregory and Harry Doshier finished fourth, fifth and sixth in the U20 men's race in 2 minutes 14 seconds, 2 minutes 17 seconds and 2 minutes 28 seconds.

Sunday started on the track with the 60m races. U17 Semba Bwalaya was third in the his race running 7.8 seconds, U20's Reni Omotomilola and Oscar Jopp were in action again running PB's of 7.41 and 7.73 for third and fourth places and senior disability athlete Ben Barber won his race in 8.46.

The 400m saw U17 Freddie Reilly run 53.80 (PB) for the gold and Jason List run 60.95 for the bronze medal. The U20 women's race was won by Anna Marie Uzokwe (58.87), Emily Saunders was second (59.85) and Bethany Harley ran a PB of 63.78.

In the 1500m races Senior Man Tom Sloan ran a personal best of 4.22.91 for first and U17 Jason List also produced a PB in 5.01.85 for the silver medal.



*Moe Sasegbon in the shot*

The third Championship Best Performance from a SNHAC athlete came from Senior Women Moe Sasegbon in the shot with a throw of 12m20. Bethany Harley was second in the U20 shot (8m74) and Shona Pybus won the U17 shot with 9m48. In the

U17 women's long jump Rebecca Brown was second with 4m63, Shona Pybus and Connie Andrews recorded 4m09 and 3m67.

The last event of the day in the field was the U15 girl's high jump. Aisla Rhodes and Madeleine Waite were in action and producing a personal best by 9cm Alisa Rhodes won the competition clearing 1m55 with Madeleine in the bronze medal position clearing 1m45. A great way to end the indoor season.



*Aisla Rhodes and Madeleine Waite with their high jump medals*

Club athletes start the outdoor season on the 8<sup>th</sup> April with Club Championships and Open competition at Ridlins End.

### **English Schools Cross Country Championships Norwich**

Three SNHAC athletes were representing Hertfordshire Schools at a blustery Norwich on Saturday. Junior Girls Bluebell Cooke and Lucy Taylor finished in 88<sup>th</sup> and 139<sup>th</sup> over the 3.2km course in 11.58mins and 12.11mins respectively. There were 331 finishers.

Sam Wiggins was competing in the Intermediate Boys race where a time of 20.37mins saw him finish the 6km course in 196<sup>th</sup> place out of the 338 finishers.