

A weekend of PB's

Stevenage and North Herts athlete Nathan Gardner (U20) guesting at the **Welsh International in Cardiff** cleared 4m65 in the pole vault for a new personal best performance.

Six of the club's younger athletes were in action at the **Lee Valley Open** on Sunday collecting 10 personal best performances between them. U15 Alex Pickard ran 8.10 and 27.18 for the 60m and 200m both PBs. Competing indoors for the first time U15 Aisla Rhodes ran 11.12 in the 60m hurdles (PB) and cleared 1m45 (PB) in the high jump while Madeleine Waite ran a PB in the 800m of 3.01.96 and also cleared a PB of 1m45 in the high jump. Madeleine's hurdle time of 9.76 was just outside the 9.62 she ran a few weeks ago. All the U13 athletes were competing for the first time indoors. Dylan Thomas ran 2.51.01 (PB) for the 800m while Caleb Clovis Wright ran 8.88 in the 60m and 32.09 in the 200m both personal best performances. U13 Shanumi Akinfenwa cleared a PB of 1m20 in the U13 girl's high jump but then had to withdraw with a sprained ankle.

Cambridge half marathon and Stevenage Park run

On a wet and windy Sunday morning 3 Stevenage and North Herts runners joined 9000 others for the Cambridge half marathon. The course takes in the sites of Cambridge City Centre before heading out towards Trumpington and Grantchester before heading back into the city.

Trevor Mason finished in a time of 1 hour 40 minutes and 1 second. Martin Reed ran a personal best time of 1 hour 40 minutes and 30 seconds while Paul Pickard crossed the line in 1 hour 41 minutes 22 seconds. All three were in the top 25% of finishers.

In Saturday's Stevenage parkrun Charlie Grayson ran a personal best time of 20 minutes 37 seconds to finish first in his age group. Jason List also won his age group in a time of 20 minutes 32 seconds.