

County Championships Gold Medal Tally – 21 for SNHAC Athletes

Fifty SNHAC athletes were in action at County Championships over the weekend.

First in action on Saturday was U17 Libby Taylor competing at Peterborough in the Cambridgeshire Championships winning the hammer with a throw of 35m51.

Sunday at Watford saw a further 49 athletics club members enjoy the warm sunny conditions at the Hertfordshire County Championships. The first field event of the day saw the club's hammer squad gain further success with wins for U15 Joe Adams (32m87), U17 Mike Knowles (44m53), U20 Lauren Aldridge (42m84) and senior man James Goss (45m27). Senior women Laura Feely finished second (29m95). 400m hurdlers were in action first on the track with U20 Rebecca Pickard winning her race in 66.44 and U17 Freddie Reilly recording 58.74 for his winning time. The sprint hurdles saw success for U20 Oscar Jopp in the 110m hurdles(16.15) and Kit Kerr in the U17 100m hurdles (15.07). U17 Molly Gardner was third in the 80m hurdles (13.38). High Jump wins came from senior athletes Elior Harris and Janet Browne (1m95 and 1m68 respectively) with U20 Lee Brown and U17 Cameron Crowe both coming second with a 1m80 clearances. U15 Madeleine Waite was third with a 1m50 jump. Pole vault wins came from Lee Brown (4m02) and U17 Molly Gardner (2m10). U17 Dylan Baines equalled the Championship Best Performance with a 4m02 clearance but came second on countback. Long Jump success came from senior Martina Barber with 4m92, U20 Oscar Jopp was second (5m95) with Joey Harrison third (5m77) and U17 Kit Kerr third (5m91). Abigail Pickard finished 2nd in the triple jump with 9m92. The club's javelin throwers were out in force with senior Neil McLellan throwing an impressive 62m61 to win. Senior women Kirsty Bateman Foley was second in her competition with 33m58, also second was U20 Alisha Levy (33m76) while U17's Jason List and Georgia Shepherd Gazely were third (33m58 and 34m97 respectively) and U15 Elle Stone also finished third throwing 31m36. U17 David Koffie led the way in the shot with a winning throw of 12m60 with Mike Knowles gaining the bronze medal with 11m62. Elle Stone was second in her competition (9m52). U20 Peter Keefe won his discus competition (38m76) with Joey Harrison second (28m18). Back on the track there was success for Lucy Taylor in the U15 800m winning in 2.22.41, U20 James Beddall was second in his 800m with 2.03.5 and senior Ton Sloan finished third in his race with 2.07.77. Sprint group success came from U20 Emily Saunders winning the 400m in 59.00 and senior Martina Barber in 66.29. U17 Brent Morris came second in his 400m (53.44). U15 Lisa-Marie Uzokwe was second in her 200m (26.93). U20 Bethany Harley was 3rd in the 100m (12.85) and U17 Petra Sijuwade was third in the 200m (26.21). The final race of the day the U15 300m saw a convincing win for Lisa-Marie Uzokwe in a time of 44.33.



Lisa- Marie winning the U15 girl's 300m (last event of the day)