

# Maria's dream!

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Stevenage and North Herts athlete Maria Verdeille's amazing journey to the Commonwealth Games saw her competing in front of 35,000 people at the Carrara Stadium in the final of the T35 100m last Wednesday. Finishing 6<sup>th</sup> in the race in 19.38 Maria expressed her thanks afterwards to all those who supported her on the journey to selection and competition especially coach Cathy Walker who was in Brisbane to see her protégé compete.

## Mixed fortunes for SNHAC athletes in early season League matches!

A warm, sunny day saw SNHAC's Senior team travel to Milton Keynes on Saturday for the first Southern Athletic League match of the year.

Newly promoted to the top division and missing some key individuals (warm weather training or back at university) the team struggled and finished fourth behind City of Norwich, Milton Keynes and Bedford.

The only win for the men came from Elior Harris clearing 1m95 with some ease.

The women fared better with a clean sweep in A and B string long and sprint hurdles. On her way to convincing win in the 400m hurdles Rebecca Pickard ran the qualifying time for the National Champs later in the year with 64.86, with Molly Astill winning the B race (69.18). Bethany Harley and Rebecca won the 100m hurdles (16.66 and 17.21). B string wins came from Rebecca Beddall in the 400m, Connie Andrews in the pole vault and Martina Barber in the long jump.



*Elior Harris in the High Jump*

Competing at home on Sunday on a chilly, breezy day which ended with rain the Club's younger athletes had a much better day. Up against six other teams from across the region the 70 athletes in

the team fought hard all afternoon and emerged victorious. Stevenage 745, Thurrock 728, Nene Valley 603, St Albans 474 with Braintree, Colchester and Tendering and Luton in the last three positions.

Over 300 youngsters were in action at Ridlins Stadium producing excellent performances all afternoon.

The U17 Girl's and Boys along with the U15 Boys won their age groups with the U17 boys over 50 points ahead of their nearest rivals. The U17 Boys had 10 A String wins, & 7 B wins along with the relay. A clean sweep in the 100m, 200, and 400 saw Dylan Baines and Semba Bwalya win the 100m (11.4 and 11.5), Semba and Freddie Reilly win the 200m (23.5 and 23.8) and Freddie with Josh Roache the 400m (51.3 and 52.7). Cameron Crowe won the A PV, HJ and TJ (2m80, 1m80 and 11m29), David Koffi the SP (12m71) and Dominic Buckland DT and HT (40m49 and 31m60). B string wins in the field came from Dylan Baines HJ and DT, Josh Roache LJ and Jason List JT. The U15 Boys had a clean sweep in the 300m from Alex Pickard and Ed Laws (41.1 and 45.2), Tyler Wannerton won the 800m (2.20.3), Joe Gallego the 1500m (4.32.2) and Mitch Jury the PV (2m30). Henry Radford won the B javelin (26m51). There was one win in the U13 Boys from new athlete Asher Banton in the 100m (14.7).

The U17 Girls collected 6 A wins and 5 B along with the relay -winning the age group by 10 points from Thurrock. Petra Sijuwade and Madeline Hurley had a clean sweep in the 200m (27.0 and 27.4) with Petra also winning the 300m (43.6). Maddie Waite and Molly Gardner won both A and B TJ (9m69 and 8m91) Molly also winning the A PV and B SP (2m80 and 9m92) and Maddie B HJ 1m45. Libby Taylor won the Hammer competition (42m87) and Katie Thompson the B 1500m (5.55.1). There were 3 B String wins for the U15 girls – Isobel Geere in the 300m (46.1), Parris Mitchell in the HJ (1m45) and Shanumi Akinfenwa in the LJ (4m31). The only win in the U13 girls age group came from javelin thrower Poppy Radford (18m11).

Team managers Abigail Pickard and Shannon Rapacchi were delighted with the result and are looking forward to the next match in Ipswich on the 6<sup>th</sup> May.