

Gladman breaks T38 3000m British Record

Travelling to Darlington for the Keiran Maxwell Memorial meeting SNHAC's Jack Gladman became the first T38 athlete to break the 10 minute barrier for 3000m. Recording a time of 9.56 Jack was delighted with his British Record.

Hotly contested Club Champs 'kick start' the Track and Field season.

Stevenage and North Herts athletes turned out in force to contest the Club Championships and Open competition on Saturday at Ridlins Stadium. One hundred and twenty competitors were in action during the afternoon.

There was fierce competition in all the boy's competitions where in some just a couple of points separated first and second. The U11 competition saw Tom McLellan win with 209 points for his four events from Charlie Austin 207. Tom's best event a 15m javelin throw while Charlie had a great 1500m run (5.46.95). In the U13 competition Isaac Whitten won with 215 from Freddie Waite 211. Both contested the hurdles with Isaac winning with 16.17 to 16.27. The U15 boys saw Ed Laws come out on top with 290 points to Alex Pickard's 280. Both ran big personal bests in their sprint events (Ed 13.14 80m hurdles and Alex 12.56 in the 100m). U17 Freddie Reilly had a tough early afternoon with personal best performances in the 100m hurdles (14.33) and discus (29m62) matched by Dylan Baines in the 100m (11.66) and long jump (6m12). There was nothing between the two on points going into the 800m where a great 2.04.36 run from Freddie saw him win with 367 to 346. Kit Kerr won the U20 competition from Sam Wiggins 331 to 319. A solid 100m and LJ (11.82 and 5m96) gained him an early lead but Sam had a great 800m run (2.04.99) to narrow the gap. Masters athlete Steve Mayfield won the senior competition.



Freddie Reilly and Sam Wiggins in a very closely contested 800m

The U11 girl's competition was won by Lily Cotter with 158 points and good runs in the 80m and 600m (14.11 and 2.30.82). Abigail Manson and Eloise Howard battled for top spot in the U13 competition with Abigail coming out on top after a fine run in the 1500m (5.46.48) to win by 177 to 175 points. Rosey Davies won the U15 girl's competition with 219 points and personal best performances in the long jump and javelin (3m89 and 17m19). Connie Andrews took the U17 crown with 288 points to Lucy Taylor 282. A good run by Lucy in the 800m (2.24.17) brought her with in touching distance of the top spot but 4 solid performances from Connie in the 200m, long jump, shot and 800m won the event. Rebecca Beddall won the U20 crown with 267 points for the 100m, 800m, LJ and SP. Rebecca Pickard had a great afternoon with PBs in three of her four events for 311 points (100m 13.1, 800m 2.27.21, LJ 5m28 and SP 7m52).

A number of Club athletes were involved in the Open competition. Performance of the day came from U17 Libby Taylor whose 47m76 Throw was a PB, also having a good afternoon Nile Odejimi-Riley recorded personal best performances in the 100m hurdles (15.38) and Triple Jump (11m29).

The Clubs wheelchair racers were also in action enjoying early season competition. U20 Sean Morrison and U13 George Ward had good runs in the 100 and 200m.