

U13 athletes collect 4 Gold medals at the County Champs at Stevenage

Bank Holiday Monday saw 12 SNHAC youngsters in action at the County Track and Field Championships. Lucy Reed won gold in both the shot and discus (5m59 and 15m31), Aimie Taylor was second in the shot (4m78). Shanumi Akinfenwa won the high jump and was fourth in the long jump (1m35 and 3m47). Leah Bottomley and Lily Denhardt made the final of the 200m (31.12 and 32.12 respectively). Lily was fourth in the 70m hurdles (15.62). In the boy's competition Gregor Smith won the javelin throwing 26m73 while Isaac Whitton and Freddie Waite were 3rd in the 800m and long jump respectively (2.35.6 and 3m83). Ella Bymollen and Reo Upton Mohun both competed in the 100m.

Gold, Silver and Bronze in County 1500m Champs

Lisa Barber won the U20 1500m title, Lucy Taylor was second in the U15 girl's competition (5.03.24) and Tom Sloan was 3rd in the Senior men's race (4.26.8). U15 boys Joseph Gallego and Charlie Grayson ran 4.48.5 and 5.00.9 in their race and U17 Jason List ran 4.54.06 for 4th place in his race.

Medal haul at County Vets Champs

Nine of the Club's veteran athletes were in action on the May 1st in the County Vets Championships at Stevenage. Between them they won 18 gold medals, 3 silver and 1 bronze. In the M70 age group Len Albrighton won gold in the 100m, shot and Javelin (20.66, 6m77 and 19m61). In the W65 age group Joylyn Saunders Mullins won the shot and javelin (7m32 and 23m82). Mick Shortland won the shot, discus, hammer and javelin in M65 category (8m90, 23m58, 30m85 and 24m16). The M60 age group saw wins for Tim Saunders Mullins in the shot, discus and hammer (8m10, 20m50 and 31m37). Chris Feely won both the 300m and shot in the W50 age group (54.0 and 5m86). Steve Mayfield competed in five events winning the pole vault, long jump and discus (2m10, 4m29, and 22m41) and coming second in the 200m (27.26) and third in the javelin (27m64). James Goss won the M40 hammer (44m60) and Louise Hampton won the W35 hammer (33m85).

SNHAC Disability Athletes out in force at the County Disability and Open Championships

Fifteen athletes competed at the County Disability Championships bringing home sixteen gold medals between them. Wheel Chair athletes Courtney Daly, Jack Norman and Sean Morrison were in action in the 100m and 200m. winning 4 gold medals. Competing in the seated throws Nick Chiddle, Sean McGeever and Sean Morrison collected another 4 wins. Emily Day won her category in the 100m, 200m, shot and discus. Mya Glennister won her category in the shot and discus. Andrew Prior won his 100m race. Adam Edney set a new personal when winning his 400m (60.5) while Joseph Strong won the long jump. Luke Mynott, Arun Mehum and Abigail Edmunds all won their 80m category races in the Open competition and Marie Verdeille had a good run in her 100m open race. Toby Addison ended his day with a trip to A&E which confirmed a hairline fracture sustained when competing in the 100m. We wish him a speedy recovery and hope he will be back competing soon.

Many of these athletes will be in action on May 6th at the Regional Championships at Chelmsford.