

Seventh Place finish at National Champs for SNHAC athlete!

Stevenage and North Herts athletes were in action at the English Schools Combined Events finals in Boston, Lincolnshire over the weekend. A bitter wind and showers on Saturday and some torrential rain Sunday didn't stop all producing personal best performances throughout the weekend.

Competing in the senior Boy's Decathlon Reni Omotomilola (representing Bedfordshire), Oscar Jopp (Cambs) and Joey Harrison (Herts) started Day 1 with the 100m where a strong tail wind helped Reni to a brilliant 11.19 time to kick start the day. The long jump saw Oscar and Joey both jump personal bests (6m17 and 5m86 respectively). Reni recorded 6m39 in the long jump, a 10m92 shot, cleared 1m86 in the high jump and finished the day with a personal best in the 400m running 52.93 for fifth place. All three started Day 2 with personal best runs in the 110m hurdles. Reni 15.16, Oscar 15.52 and Joey 18.22. Both Reni and Joey cleared PBs in the pole vault 3m30 and 3m10. Oscar gained a personal best in the javelin (40m63). The last event of the day saw Joey and Reni run their best times for the 1500m - 4.49.73 and 5.03.66 respectively. Reni completed the Decathlon with a PB point score of 5969 finishing in 7th place which takes him to 12th on the National Rankings, Oscar was 11th – 5467 points (PB) and Joey was 20th.

Competing in the Senior Girl's Heptathlon competition representing Hertfordshire Bethany Harley started with a personal best in the 100m hurdles, finished with 3825 points for the seven events and 11th place.

Freddie Reilly competing in the Inter Boy's Octathlon had personal best performances in the long jump, discus, javelin, 100m hurdles and shot (5m92, 27m69, 32m77, 14.84 and 11m66) for a PB point score of 4478 and 16th place.

Glenn Harrison and Ollie Owen were representing Hertfordshire in the U15 Boy's Pentathlon on Saturday. Both started with PBs in the 80m hurdles 12.63 and 12.77 respectively. Glenn went on to gain personal bests in the shot and 800m (9m87 and 2.26.64) gaining 2408 points (PB) and 23rd with Ollie scoring 2226 and 29th.

End of Season Win for Parris!

The last competition of the Track and Field season saw eleven Stevenage and North Herts athletes entered at Peterborough in the Eastern Athletic Association Pentathlon Championships. Three of the U13 athletes were attempting a pentathlon for the first time. The athletes took advantage of a sunny, warm day to produce a number of personal best performances to end their season.

Competing in the U17 Pentathlon, Connie Andrews won the bronze medal with a PB points score of 2057 and a personal best in the shot (8m54).

U15 athletes Maddie Waite and Will Cant finished in 4th and 5th places in their competitions. Will gaining personal best results in the 80m hurdles dipping under 14 seconds for the first time and the high jump with a 1m56 clearance.

Competing in his first pentathlon U13 Harry Scrowther was competing in the hurdles and 800m for the first time and ended the day in 9th place delighted with his 9m55 personal best throw in the shot.

Three U13 girls were involved in a fiercely fought competition which had attracted a big field. Aimee Taylor was delighted with her personal best performances in the shot, high jump and long jump which resulted in the a PB point score of 1082. Parris Mitchell and Shanumi Akinfenwa were competing in their first pentathlons with three events new to both. The first event the high jump set the standard for entire field with Shanumi winning with 1m47 and Parris in second with 1m41. The two girls swapped places during the next 3 events with PB's for both in the hurdles and shot. Going in to the last event the 800m which neither had run before Parris was leading with Shanumi in third place. [A gutsy run in the 800m \(2.47.28\) saw Parris hold on to her lead and win the Eastern Pentathlon Championship with a point score of 2125 and new Club Record.](#)