

Stevenage Masters prepare for Madrid

This weekend saw some of the Older members of SNHAC out gaining some early valuable competition experience at the British Master's Indoor Championships held at Lee Valley.

Joylyn Saunders-Mullins gave herself some valuable preparation time under competition conditions, as she gets ready for the European Masters Indoor Championships due to be held in Madrid. A strong 60m run in a time of 9.61 on Saturday saw Joylyn collect the Gold medal in her age group.

This was closely followed by Chris Feely in her 400m age group race equalling her personal best from 4 years ago in a time of 69.94, picking up a Silver medal.

Chris Westcott then completed his first of 2 events running a 1500m finishing in 4.22.32 in 4th place.

Sunday saw the throwers begin their Winter Throws competition. Steve Feely in the M50 category in the 6kg hammer threw a PB of 33m36 for the Bronze medal followed by Tim Saunders-Mullins, also off to Madrid, in the M60 5kg hammer throw a season's best of 33.24 also for Bronze.

Chris Westcott then had his first of two 800m races – in the heat he won in 2.08. and 2 ½ hours later in the final running 2.07.38 and finishing in 4th place.

Competing in the weighted throws at 11kg Steve Feely picked up Silver with a throw of 12.36 PB and Tim Saunders-Mullins in the 9kg category threw 11.97 also for Bronze.

Stevenage young athletes compete in 'best ever' Indoor Heptathlon Competition

Two days of fierce competition in Sheffield saw the U17 British 'All Time' record for an Indoor Heptathlon Competition smashed by Scottish lad - Scott Brindley.

Five SNHAC athletes were in action at the England Athletics Championships producing 24 personal best performances between them. 'Top end' U17 athletes Freddie Reilly and Dylan Baines started the competition on Saturday with the 2nd and 4th fastest times of the day in the 60m (Dylan 7.34 and Freddie 7.40) and continued though out Day 1 to smash their previous bests. Freddie in SP 12m47 and HJ 1m77 and Dylan in LJ 5m84, SP 10m89 and HJ 1m74 finishing Day 1 in 9th and 11th.

Day 2 started with the 60m hurdles where a big personal best from (8.59) from Freddie saw him move into 6th place. Although not able to replicate his performance in the pole vault Dylan Baines clearance of 4m26 saw him move into 3rd place. Sunday finished with the 1000m where big personal bests from both boys (2.46.58 Freddie and 3.18.26 Dylan) saw them finish in 7th and 8th overall both improving by 800 points on their scores from last year totals finishing with 4439 and 4359. Freddie was just 29 points behind the bronze medal position. This puts the boys 1st and 2nd in the East Region. Also competing for the first time in this age group and a year younger Joel Evans finished in 18th, Glenn Harrison 20th and Ollie Owen 24th (3524, 3314 and 2870 respectively).

Molly Gardner competed in the U17 Girl's Pentathlon finishing in 27th place out of the 40 who completed the 5 events with personal best performances in the 60m hurdles (9.89) and 800m (2.43.98) and a PB points score of 2706.

Competing in the U15 Boys Pentathlon Ed Laws had PBs in all 5 events – 60m hurdles 9.81, LJ 4m58, SP 7m16, HJ 1m59 and 800m 2.39.16 with a point's score of 1854 for 14th position.

The CAU National Inter County Cross Country Championships at Loughborough

on Saturday had two SNHAC Club athletes representing Hertfordshire. Competing in somewhat murky conditions U13 Tyler Wannerton finished his 3km race in 14min01 in 85th place out of 309 finishers and Tyler was the first Hertfordshire athlete home. U15 Lucy Taylor completed her 4km course in 21mins21 finishing 93rd out of 304 finishers and the fourth placed athlete in the Herts team.