

## Windsor, Slough, Eton & Hounslow Report

### ALDER VALLEY LEAGUE – SUNDAY 15<sup>TH</sup> APRIL

#### WINDSOR SLOUGH ETON & HOUNSLOW START 2007 WITH A BANG!

The girls from WSE & Hounslow (WSEH) Athletic Club got the 2007 season off to a flying start with an emphatic win in the first round match of the Alder Valley League.

With a huge 412.5 points score, the team of under 17 (U17) under 15 (U15) and under 13 (U13) year olds left 6 other teams trailing in their wake with runners up, Guildford gaining 358.5 points.

The U17s squad were affected by holiday and exam absentees, but still managed some good results and performances.

There were double victories for new signing, Louisa Lingley and Melissa Hack in the 1500 metre race, another new signing, Chanel Taite and Vicki Binns in the Long Jump and Becky Richards & Taite in the Javelin.

Taite is one of two talented multi event athletes who have recently joined the club. She and training partner Rachael Collins have already proved themselves to be worthy additions to WSEH's top flight U17 squad. They are a credit to their coach, Nigel Swift.

Jade Tallent dominated the Pole Vault, gaining a new personal best (PB) of 2.50m. There were further wins or PB's from Natalie Daniels in the High Jump and 80m Hurdles, Rosie Youdan in the 100m and hurdles, Charlotte Brunton in the 300m, Karoline Healy in the Hammer, Laura James in the Discus, Lydia Masters in the High Jump, Vicki Binns in the Triple Jump, Nasya Harvey in the Shot and Becky Richards in the Javelin.

In her first outing in the U17 age-group, Bianca Fashanu was rewarded for her work during the winter season. A fine 8.03m Shot Put gained her a very creditable 3<sup>rd</sup> place.

The U15 squad were very dominant, gaining many victories plus numerous athletes placed in the top places in their events.

They were lead by outstanding sprint performances, the most impressive of which came from Kanzah Anyabwile, who won both the 100m and 200m in PBs of 12.8s and 26.5s. The "B" string athletes in these races, Shalisha Patrick and Chloe Mays were also winners in PB times.

Clem Nicholson and Sarah Phelps gained another double win in the sprint hurdles races, in which Phelps gained a PB which took her to the top of the U15 hurdles rankings.

Further winning performances were achieved by Emily Barrett in the 800m, Letisha Richardson in the Shot, Pascale Waterson in the Long Jump, Amy Leigh-Quine in the Discus and Lucy Douglas in the High Jump.

The U13 squad featured many newcomers alongside just one or two more experienced athletes, however the results were heartening.

The sprint team was lead by Sarah Hing, whose experience brought her a PB in the 75m race and inspired her team mates, Maddi Mellish, Rosie Wege and Becky Seaton to follow suit.

Emma Croft, Christina Hall & Harriet Daniels all produced promising Middle Distance performances, whilst Rosie Adams achieved a PB in the 600m.

The field and hurdle events produced equally exciting results from Stephanie Clitheroe, Hannah Williams, Alice Auton and Hannah James.

#### **Match Result**

WSE & HOUNSLOW	412.5
GUILDFORD	358.5
READING	353
ALDERSHOT	261
NEWBURY	224
CAMBERLEY	156
MAIDENHEAD	34

***Irene Speller***