

Windsor, Slough, Eton & Hounslow Report

ALDER VALLEY LEAGUE – SUNDAY 17TH JUNE

The girls from WSE & Hounslow (WSEH) Athletic Club continued their winning ways in the Alder Valley league on Sunday. But only by overcoming a day of disasters by pulling together and demonstrating the team spirit that makes the team what it is!

Compared to victory by over 50 points in the previous match, a margin of just 1 point gave some indication that things did not go to plan on the day.

A dramatic fall for one of the club's top U15 hurdlers, Sarah Phelps and a trip and spiking of brave Rosie Adams in the U13 600m race added to the team woes, as did the loss of the team's top U13 sprinter, Becky Seaton to a muscle injury.

The response to these and a string of other problems, so unusual for this team, was everyone rallying to the cause to great effect.

It started with new signing, Jess Lewis, giving up one of her non-scoring events to compete in the 300m Hurdles to cover a gap. Her reward was to join top hurdler, Faye Williams in gaining a personal best (PB). Then two other newcomers, Megan Downs & Sian Lewis covered the U17 Triple Jump and delighted everyone by placing 4th and 2nd in the "A" & "B" strings. U13, Alice Simmonds, in her first outing with the team for experience, bravely moved up into the scoring 70 m Hurdles and earned more valuable points for the team. Hannah James stepped into the vacant slot in the U13 relay straight after her Long Jump event. Her reward was to be part of the fastest U13 relay this season!

The constant flow of problems could have overshadowed the day and some excellent performances. The most impressive were achieved by U17s, Beth Newton & Katie Trehwella, who ran under their key distances for speed and proved their English Schools preparations are on target, by gaining impressive bests in 100m & 300m respectively. Trehwella also ran a season's best in the 300m "A" race, in which her partner, Emma Castle ran a PB in the "B".

Further exceptional sprint bests were achieved by Harriet Castle in the U13 150m and Shalisha Patrick in her debut 200m in the U15 age group. Both these young sprinters are ones to watch as they gain more experience and confidence through regular training.

There were more fine performances on the field, with personal bests for, Laura James in the U17 Discus, Bianca Fashanu & Steph Brown in the U17 Javelin, Steph Brown in the U17 High Jump, Letisha Richardson in the U15 Javelin, Miriam Mohammadi & Hannah James in the U13 Discus and Steph Clitheroe in the U13 High Jump.

A hot, muggy day made it tough for the middle distance athletes. But that did not stop Faith Smith (U17), Maryse Haynes (U15) and Lizzie Fielder, who delighted everyone with new bests in the 1500m, 800m & 1000m, respectively.

As if to celebrate the team's triumph over adversity, the exciting and successful relay races had the rest of the team, spectators and club officials on their feet. Both the U13 & U15 teams ran seasons bests and the U15 & U17 teams were victorious.

A fitting end to a difficult but successful day!