

Windsor, Slough, Eton & Hounslow

Report

NATIONAL JUNIOR LEAGUE – SOUTHERN PREMIER DIVISION LEE VALLEY STADIUM – 29/4/07

A determined team effort from the WSEH Under 20 Men and Ladies saw them finish in 4th spot in their opening match in the tough Premier Division of the National Junior League at the Lee Valley Stadium on Sunday. If they can hold this position in the remaining matches they will be set fair for another place in the National Finals in September.

A number of double victories from the Men piled in the points and personal bests were also the order of the day. Max Galliers set the tone with his pb of 10.6 secs in winning the B 100m. The first wining double came in the 1500m where Ian May crossed the line in 4m01.5 and Alex Tovey completed the double with his pb of 4m02.1 in wining the B string. Nathan White emphasised the resurgence of the club's distance runners by winning the 300m in 8m55.9.

It was in the Field Events that more maximum points accrued. Alan McKie was the winner of the A string High Jump with 2m10, with Cameron Smart securing the B string with his 1m95. The 'on song' Dan Pembroke again proved unbeatable in the Javelin with his 58m70 whilst erstwhile Javelin thrower Ashley Bryant, now focussing on the decathlon, showed that he has kept most of his edge by winning the B string with 51m50. The Pole Vault also earned good points with Steve Walker taking 3rd with his 3m95 and Iain Grierson winning the B with 3m20.

Outright wins were much harder to come by in the Ladies match, though 6 personal bests demonstrated the endeavour amongst the Ladies to play their role in the match. The opening track event promised much, with a good 3rd from Nicola Jelly in the 400m Hurdles, with Cassie Bardell 2nd in the B with 68.9secs. Chinedu Monye equalled her pb in taking 2nd in the 100m and there was a good run from Emma Patten with her 2nd place in the 400m in 59.7secs. The WSEH hurdlers scored well with Jenny Heckford 2nd in the A with 15.5secs but Rose Reynolds flew across the barriers in the B race to win in a new pb of 14.9secs. Points accumulated in the 3000m from Rachel Steadman who was 3rd in the A string with 11m16.3 and Yasmin Lala 2nd in the B string with 11m16.5. The 1500m saw more good points from the WSEH distance runners. This time Sophie Crumley set a new best of 4m47.9 in taking 3rd in the A string, whilst Melissa Bennington won the B with her 5m06.8.

It was the ladies that produced the best result in the Relays. Cassie Bardell, Rachel Steadman, Nicola Jelly and Emma Patten combined to good effect to take 2nd in the 4x400m in 4m09.4.

Match Result:

Blackheath & Bromley AC	526
Enfield & Haringey AC	479
Shaftesbury Barnet AC	452
WSEH AC	434
Wood ford Green AC	397
Harrow AC	373
Team Cambridge	359
Herts Phoenix AC	347

Dennis Daly