

Windsor, Slough, Eton & Hounslow Report

NATIONAL JUNIOR LEAGUE – SOUTHERN PREMIER DIVISION WOODFORD GREEN – 1/7/07

Windsor Slough Eton & Hounslow Athletic Club continue their push for a place in the National Junior League Final at Derby in September with a gutsy performance in windy conditions at Woodford Green.

In the third match of the Junior League series the girls had another good day out. The first two events saw PBs for Jade Tallent PV and Nasya Harvey Shot. Jenny Heckford also had a PB in 100m and a 1st B 100m Hurdles as did Rose Reynolds in A 100m Hurdles. U17's Louisa Lingley, Faith Smith both 1500m and Faye Williams TJ and LJ all had solid performances while Rachel Stedman 3rd A and Yaz Lala 1st B 3000m placed well. Again the relay girls 4x100m 4th and 4x400m 2nd ran seasons best - both good team efforts. The final match is the end July and with a good effort there is every possibility they could reach their 2nd final as a joint team

The Men, although fielding a much depleted team, produced a typical gutsy performance to finish fifth on the day and maintain fourth place in the division and with it a great chance to progress to the Finals.

League debutants, Josh Patrick (100m 10,7 secs) and Adam Medcraft (200m 22.8secs) both produced PB's and another youngster, Nick Lingley, volunteered to tackle the 3000m which he had never attempted at this level before and produced a great run in aid of the Team. The best performance of the day was from Alex Tovey who due to an accident on the motorway did not arrive at the track until his event was warming up, he then had to jump a fence to get to the start before tackling his first steeplechase of the season in which he ran brilliantly to finish second in a time that places him 39th in the Country at Junior Level.

In the field it was left to unsung hero, David Melluish, to set a PB in the hammer. A just reward for an athlete who always gives of his best and never lets the team down whenever he is called upon to compete.