

## Windsor, Slough, Eton & Hounslow Report

### NATIONAL YOUNG ATHLETES LEAGUE – SUNDAY 20th May 2007

The youngsters from WSEH AC continued their charge towards the National Young Athletes League Finals in September with another victory in the second match in their Southern Premier Division at TVAC on Sunday. This time they saw off the challenge of second placed Shaftesbury Barnet AC by a substantial 40 point margin.

#### Girls Team

Another fantastic performance from the Girls team resulted in another win putting WSEH firmly on track for the 2007 Finals in September.

In excess of 30 personal bests (PB`s) were set in perfect conditions at TVAC, Eton.

A few injury worries on the eve of the match and on the day itself meant a few call-ups at short notice. Those who came into the team were brilliant.

In the U13 Girls section, Harriet Castle came in for her first High Jump event and produced a solid performance. Becky Seaton and Rosie Wege yet again showed how strong they were in the sprints. Chloe Allen, Christina Hall, Emma Croft and Rosie Adams all achieved PBs in the Middle Distance. Emma's was a 10 second improvement.

In the U15 section, big points were won by the sprinters.

Hannah Kirby was one of those athletes called up at very short notice (2½ hours) before race time, and she ran superbly, setting a new PB by over 22 seconds in the 1500m.

Hannah ran the day before at Portsmouth, and this just shows how committed she is to turn out for the team two days running.

Sarah Phelps also ran the day before, setting more PBs in Hurdles (eq PB) and JT.

Emily Barrett set a new best in the 800m and helping the team with good points in the High Jump.

The U17`s team also produced some very good performances.

Becky Richards who has found a new event (Pole Vault) set another PB, also setting a PB in the JT. Beth Newton equalled both her sprint PBs.

Steph Brown, another who turned out on both days, ran the 300H for the first time and set a PB in the 3000m (at short notice).

Charlotte Brunton again improved on her 300m time, taking off half a second.

Katie Trehwella recorded a fine double in the 800m/1500m. The 800m was an English Schools Qualifying time. Louisa Lingley set a PB in the 800m. Melissa Hack set new figures in the 1500m.

Chanel Taite and Rachael Collins (heptathletes) continued to bring in the top points with very good performances.

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## Report

### Boys Team

Josh Patrick took the male 'athlete of the match' award with his 11.2 secs win in the U17 100m. Michael Lee ensured maximum points by winning the B string in 11.4secs. WSEH dominated the sprints in this age group with Adam Medcraft winning the 200m in 23.3secs, with Sadiq Kamugisha 2<sup>nd</sup> in 24.2secs.

Ashley Fry continued his conversion to the one lap race with an impressive win in the opening track event, the 400m Hurdles in a new pb of 58.9secs.

The WSEH throwers in this age group amassed the points with a series of victories. Rob Cramb set the trend with his win in the opening Hammer event with 49m44 and Sam Wilkinson completed the double with his win in the B string with 33m27. Wilkinson grabbed a further share of the limelight with his win in the Discus with 35m02 and Matt Todd came in as a late replacement to win the B with a pb of 21m09.

Stephen Light was the best of the Javelin throwers with his 47m12 and Matt Todd in his favoured event won the B string with another pb of 41m83.

Points were much harder to find in the U15 Age Group and the lone A string winner was Ryan Francis in the Javelin with 30m23. The most points were accrued in the Hammer where Mark White was 2<sup>nd</sup> with 26m23 and Teo Kubeina won the B string with his pb of 24m09 and in the 1500m where Lewis Sloan was 2<sup>nd</sup> in 4m27.6 and James Bennington won the B string with 4m35.9.

It was the middle distance runners that shone in the Under 13 age Group. There was the now expected front running display from Jay Fieldmartin, winning the 800m in 2m26.8, plus a good debut from James Porter in the B string with 2<sup>nd</sup> place in 2m47.1.

Ricky Harvey dipped under the 5minute barrier for the first time to win the 1500m in 4m58.2 and Kieran Wye ensured maximum points with his B string victory in 5m11.8.

There was also an unexpected win from Russell Waterson in the High Jump with 1m25.

Best of the relay events was an outstanding run from the U17 4x100m squad of Chris Bart, Adam Medcraft, Michael Lee and Josh Patrick who edged close to the club record with their 44.0secs clocking.

**Denis Daly/Geoff Bayles**