

**HARROGATE HARRIERS**  
**YOUNG ATHLETES TRAINING GROUP NEWS**  
**NATIONAL JUNIOR LEAGUE REPORT**  
**17<sup>th</sup> APRIL 2005**

The first **West Yorkshire Track and Field League meeting** of the season was held at the Thornes Park track, Wakefield, last Saturday afternoon. The weather conditions on the day weren't particularly as it was overcast and breezy.

For the under 13's girls **Katherine Coupland**, who had had an outstanding cross country season, started her track season on a high note with a personal best performance in the 70 metre Hurdles placing second with a club record time of 14.3secs. A further PB came in the 800 metres where she was third overall in a time of 2mins.43.6secs. In the high jump **Nicki Gears** set a PB of 1.20 metres for third place, this was also a highly commendable **Grade 4** performance. **Caroline Lambert** and **Hannah Spruce** tasted West Yorkshire League competition for the first time and both acquitted themselves well scoring points for placing in the top six in an event. Caroline decided to throw the discus finishing second with a best throw of 13.98 metres and also raced over 800 metres clocking a time slightly over 3 minutes. Hannah led Caroline and Nicki across the finish line in a heat of the 80 metres sprint, her winning time was 11.8 secs. which gave her 5th place overall, Caroline clocked 12.4 secs to Nicki's 12.5 secs.

In the under 15's girls **Grace Chattaway** began her season with a second place in the 100 metres, her time of 13.4 secs. was only a tenth of a second outside her PB which augurs well for the future meets. Grace also ran in the 75 metre Hurdles winning her heat and finishing fourth overall. Also making her debut for the Club was a rather nervous **Olivia Shackley-Charles** but after competing in the 100 metres she was inspired to enter the shot putt finishing with a distance over 5 metres.

**Mark Pettit** was another new recruit to the club's Young Athletes Training Group who made his track debut on the day. He raced over both 100 metres and 200 metres in the under 17's age group, winning his heat of the 100 and placing sixth overall. Mark again finished sixth in the longer sprint and will be in the National Junior League team for the meeting at Cleckheaton this coming weekend. **Mika Brown** and **Jonathan Bell** competed as under 13's with their older brothers **Axel** and **Alex** respectively in the under 15's age group. Mika's best result came in the 70 metre Hurdles where he placed seventh, Jonathan set a PB in the long jump, Axel secured PB's in the long jump and 100 metres and Alex had a terrific gutsy run in the 1500 metres finishing second with a PB of 4mins.37.8secs which was a Grade 3 performance and club record time. **Tobin Carey-Williams** raced over the 80 metre Hurdles and finished within centimetres of Axel in the long jump in this his first competition in the under 15's age group.