

HARROGATE HARRIERS
YOUNG ATHLETES TRAINING GROUP NEWS
NATIONAL JUNIOR LEAGUE REPORT
15th MAY 2005

Thirty seven members of the Harrogate Harriers' **Imageco Visual Imaging** sponsored junior training group travelled to Jarrow's Monkton Stadium track for their first meeting of the season in **Division One (East)** of the **Young Athletes League**. Prior to this meeting several athletes had competed at the Wednesday evening **West Yorkshire Track and Field League** in Cleckheaton. **Jonathan Bell** set a PB in the under 13's 80metres, **Philip Barry** and **Tom Hart** ran their fastest times over 200metres and **Alex Bell** placed second in the under 15's boys 800metres clocking a personal best and club record time for his age group of 2.11.9mins. **Hannah Turner** won her heat of the under 11's 75metre sprint placing 8th overall and by sheer coincidence her sister **Rebecca** also won her heat of the under 13's 80metres and was 8th overall! Rebecca also set a PB in the shot putt by close to two metres again finishing eighth.

At Jarrow the under strength Harriers team actually competed much better than expected to finish second behind Morpeth Harriers scoring 330 points with only 34 points separating the teams. New members of the track and field team **Hannah Spruce, Lara Green, Georgina Large, Daniel Coupland, Caroline Lambert, Ravi Patel, Fraser Birtwistle, Freddie Procter, Mika Brown, Sarah Pritchard, Chris Windle, Sarah Hickling** and **Rob Seymour** made confident starts setting marks to be beaten at subsequent meetings. Outstanding performances came from under 13's **Hannah Spruce** in the 75metres and **Katherine Coupland** over 1200 metres and under 15 **Grace Chattaway** in the 200metres, all three setting **Grade 2** times.

A comprehensive results listing from Jarrow follows:-

Under 13's Girls:

75 metres A **Hannah Spruce** 1st 11.2secs **Grade 3**, B **Rebecca Turner** 1st 11.2secs **Grade 3**.

150 metres A **Hannah Spruce** 1st 21.2secs **Grade 2**, B **Rebecca Turner** 2nd 21.5secs PB **Grade 3**.

1200 metres A **Katherine Coupland** 2nd 4.07.3mins PB **Grade 2 Club Record**, B **Caroline Lambert** 1st 4.36.9mins **Grade 4**.

70 metre Hurdles A **Katherine Coupland** 2nd 13.8secs =PB **Grade 3**, B **Nicki Gears** 2nd 16.3secs.

High Jump A **Nicki Gears** 4th 1.15metres.

Long Jump A **Rebecca Turner** 2nd 3.76metres PB **Grade 4**, B **Nicki Gears** 2nd 3.53metres **Grade 4**.

Shot Putt A **Hannah Spruce** 2nd 5.16metres, B **Caroline Lambert** 1st 5.14metres.

Under 13's Boys:

100 metres A **Ravi Patel** 3rd 15.6secs, B **Fraser Birtwistle** 4th 18.0secs.

200 metres A **Ravi Patel** 3rd 31.3secs, B **Freddie Procter** 2nd 32.1secs.

800 metres A **Mika Brown** 3rd 2.54.0mins, B **Fraser Birtwistle** 3rd 3.16.7mins.

1500 metres A **Daniel Coupland** 2nd 5.40.0mins, B **Freddie Procter** 1st 5.43.4mins.

75 metre Hurdles A **Ravi Patel** 3rd 17.2secs, B **Mika Brown** 3rd 18.1secs.

Long Jump A **Freddie Procter** 4th 3.33metres, B **Mika Brown** 2nd 3.22metres.

High Jump A **Daniel Coupland** 3rd 1.05metres.

Shot Putt A **Daniel Coupland** 3rd 5.15metres.

Under 15's Girls:

100 metres A **Grace Chattaway** 1st 13.4secs **Grade 3**, B **Hannah Grayson** 3rd 15.0secs.

200 metres A **Grace Chattaway** 1st 26.8secs **Grade 2**, B **Hannah Grayson** 2nd 30.9secs =PB.

300 metres A **Sarah Pritchard** 2nd 52.5secs. B **Lara Green** 2nd 54.5secs.

800 metres A **Sarah Pritchard** 3rd 2.55.4mins, B **Lara Green** 2nd 3.00.1mins.

1500 metres A **Georgina Large** 3rd 6.15.7mins.

75 metre Hurdles A **Hannah Grayson** 3rd 15.3secs, B **Georgina Large** 3rd 17.6secs.

Long Jump A **Grace Chattaway** 1st 4.72metres PB **Grade 3 Club Record**, B **Laura Biscombe** 3rd 3.22metres.

Shot Putt A **Jade Crooks** 3rd 6.38metres, B **Laura Biscombe** 2nd 4.98metres.

Discus A **Jade Crooks** 2nd 17.05metres, B **Laura Biscombe** 2nd 12.97metres.

Javelin A **Georgina Large** 2nd 14.79metres, B **Jade Crooks** 1st 12.81metres.

Under 15's Boys:

100 metres A **Chris Windle** 2nd 13.4secs, B **Tobin Carey-Williams** 3rd 15.4secs.

200 metres A **Chris Windle** 2nd 26.9secs, B **Duncan Birtwistle** 3rd 32.2secs PB.

400 metres A **Tom Hart** 4th 70.9secs, B **Duncan Birtwistle** 3rd 71.3secs.

1500 metres A **Duncan Birtwistle** 4th 5.26.7mins PB.

Long Jump A **Chris Windle** 2nd 4.73metres, B **Axel Brown** 3rd 3.57metres.

Shot Putt A **Axel Brown** 3rd 6.48metres, B **Adam Pawson** 2nd 4.55metres.

Discus A **Tobin Carey-Williams** 2nd 14.85metre, B **Tom Hart** 1st 13.25metres.

Hammer A **Axel Brown** 1st 19.54metres, B **Tobin Carey-Williams** 1st 18.22metres.

Under 17's Girls:

100 metres A **Fran Lyth** 1st 13.8secs, B **Hannah Brown** 2nd 14.5secs.

200 metres A **Fran Lyth** 1st 28.1secs.

800 metres A **Sarah Hickling** 2nd 2.59.5mins.

1500 metres A **Sarah Hickling** 3rd 5.53.6mins **Club Record**.

80 metre hurdles A **Henri Carradine** 2nd 13.2secs PB **Grade 4 Club Record**, B **Fran Lyth** 1st 14.4secs.

300 metre Hurdles A **Henri Carradine** 2nd 54.4secs, B **Sarah Hickling** 1st 61.9secs.

High Jump A **Henri Carradine** 2nd 1.45metres **Grade 4**.

Triple Jump A **Hannah Brown** 1st 9.46metres **Grade 3**.

Shot Putt A **Hannah Brown** 3rd 5.71metres, B **Sarah Shaw** 3rd 4.55metres.

Under 17's Boys:

100 metres A **John Greenwood** 2nd 12.4secs, B **Mark Pettit** 2nd 12.7secs PB.

200 metres A **John Greenwood** 3rd 25.6secs, B **Mark Pettit** 2nd 26.2secs.

400 metres A **Adam Pawson** 3rd 61.7secs, B **Mark Pettit** 1st 62.6secs.

800 metres A **Adam Pawson** 2nd 2.19.6mins PB, B **Rob Seymour** 2nd 2.26.7mins.

1500 metres A **Adam Pawson** 2nd 5.10.4mins, B **Rob Seymour** 1st 5.23.7mins.

3000 metres A **Josh Needham** 2nd 11.47.7mins PB.

1500 metres Steeplechase A **Tim Wainwright** 1st 5.42.9mins, B **Tim Raske** 1st

5.42.9mins.

High Jump A **Tim Wainwright** 1st 1.59metres PB **Club Record**, B **Tom Rushton** 1st 1.50metres.

Long Jump A **Tim Wainwright** 1st 5.34metres PB, B **Tristan Laight** 1st 4.93metres.

Triple Jump A **Tristan Laight** 1st 11.22metres, B **Josh Needham** 2nd 8.29metres.

Shot Putt A **Chris Raske** 2nd 8.09metres, B **Rob Coupland** 1st 6.07metres.

Discus A **Tristan Laight** 2nd 21.13metres, B **Rob Coupland** 1st 14.57metres.

Hammer A **Tom Rushton** 2nd 15.98metres, B **Rob Coupland** 1st 13.22metres.

Javelin A **Tom Rushton** 2nd 26.07metres.