

HARROGATE HARRIERS

YOUNG ATHLETES TRAINING GROUP NEWS

29th MAY 2005

At the **Yorkshire Track and Field Championships**, held at the Dorothy Hyman Stadium, Barnsley two of the Harrogate Harriers' Imageco Visual Imaging sponsored Young Athletes' training group, **Grace Chattaway** and **Alexander Bell**, won medals in their chosen events. **Katherine Coupland** was just a place off winning another in the under 13's 800 metres.

Grace won her heat of the under 15's 200 metres, her semi-final, and then placed second in the final with her best time of the day in 26.2 secs. Alex also had the tough test of racing in heats, but all credit to him, he managed to do that in the under 15's 1500 metres on the Saturday and the 800 metres on the Sunday. His 1500 metres final brought him a silver medal when he finished second, clocking a PB and Club Record of 4:31.2. The 800 metres saw him again reduce his fastest time for the distance by over two seconds, recording 2:09.7 for fourth place and another Club Record performance.

This was Katherine's first taste of track and field County Championships. She competed very well against the best in Yorkshire in her age group. Third position in her heat of the 800 metres with a PB of 2:36.7 gave her a place in the final a couple of hours later in the afternoon. Unfortunately, after staying with the leaders, she lost out in the run in to the line and finished fourth.

Last weekend, a team travelled over to Burnley for the second meeting in the **Pennine Division** of the **National Junior League**. Over the course of the afternoon, the Harriers once again competed exceedingly well against local rivals from Nestle Rowntrees York, Bingley Harriers, Spenborough AC., and Wakefield Harriers as well as Burnley AC., Bolton United AC and Trafford AC.

In the mens' section, Harrogate again placed an excellent third amassing 226 points (only 11 points behind Bingley Harriers) whereas all credit to the women who finished fourth this time as opposed to fifth at the opening fixture of the season at Cleckheaton.

Several personal best marks were set as well as club records. The most notable performances came from **Ryan MacFarlane** in the 100 and 200 metres, **Frank Beresford** and **Matt Hallam** in the 3000 metres, **Stuart Johnstone** in the 800 metres, **Hannah Brown** in the triple jump and **Charlotte Donnelly** and **Katy Leigh** in the throws.

The full results for the Harrogate Harriers athletes were as follows:-

Fran Lyth: 4th 100 metres A 13.9 secs., 4th 200 metres A 28.8 secs., 4th 100 metre Hurdles A 21.7 secs.

Hannah Brown: 5th 100 metres B 14.3 secs, 4th Long Jump A 4.20 metres, 1st Triple Jump A 9.53 metres.

Alex Culshaw: 5th 400 metres B 76.3 secs., 6th 800 metres A 2.57.4 mins, 3rd 1500 metres B 6:02.5 mins.

Charlotte Donnelly: 1st Discus A 28.37 metres Grade 3, 4th Javelin A 26.77 metres Grade 4, 1st Shot A 9.36 metres Grade 3.

Katy Leigh: 4th Hammer A 27.21 metres PB CBP, 1st Discus B 20.58 metres, 4th Javelin B , 3rd Shot B 6.85 metres.

Sarah Hickling: 4th 200 metres B 32.3 secs., 5th 800 metres B 2.46.2 mins PB, 1st 400 metre Hurdles B 84.1 secs.

Issy Rowe: 6th 400 metres A 69.3secs., 5th 1500 metres A 5:19.3 mins CBP, 2nd 400 metre Hurdles A 73.3 secs., 4th Long Jump B 3.72 metres, 2nd Triple Jump B 8.45 metres

John Greenwood: 4th 200 metres B 25.6 secs., 7th 400 metres A 58.6 secs.

Ryan MacFarlane: 7th 100 metres A 12.1 secs PB CBP Grade 4, 4th 200 metres A 24.6 secs PB CBP Grade 4, 7th Shot A 6.84 metres.

Jack Merrell: 4th 100 metres B 12.6 secs PB, 5th 400 metres 56.9 secs.

Stuart Johnstone: 3rd 800 metres A 2:05.7 mins PB CBP, 3rd 1500 metres A 4:26.7 secs.

Chris Raske: 4th 800 metres B 2:13.5 mins PB, 2nd 1500 metres B 4:46.7 mins.

Tim Wainwright: 3rd Long Jump 5.09 metres, 4th High Jump A 1.55 metres, 2nd Triple Jump 11.31 metres.

Frank Beresford: 4th 3000 metres A 9:48.0 mins PB Grade 4 CBP.

Matt Hallam: 2nd 3000 metres B 10:15.8 mins PB.

Sean Rushton: 4th 110 metre Hurdles , 3rd 400 metre Hurdles A 65.1 secs, 3rd Shot B 6.36 metres.

Ashley Williams: 5th Discus A 22.32 metres, 4th Hammer A 23.28 metres, 3rd Javelin A 38.02 metres.

Tom Rushton: 2nd Discus B 19.09 metres, 3rd High Jump B 1.45 metres, 3rd Hammer B 14.14 metres PB.

Tristan Laight: 2nd Javelin B 27.63 metres, 4th Long Jump A 5.18 metres, 3rd Triple Jump A 11.36 metres.