

HARROGATE HARRIERS

YOUNG ATHLETES TRAINING GROUP NEWS

13th AUGUST 2005

At the end of the **National Junior League** fixtures the Harrogate Harriers teams sponsored by **Imageco Visual Imaging** both managed to place in creditable positions considering that this was their first season in this League which caters for athletes in the **under 20** and **under 17** age groups. Next season the teams will be combined and there is probably going to be a new structure to the League.

The fourth and final meeting was held on a cold and damp afternoon at Longford Park, Stretford, both teams were under strength but the club athletes performed well despite the conditions. For the ladies **Charlotte Donnelly**, **Sally Hudson** and **Hannah Brown** placed in the top three in all but one event with Charlotte winning the discus and shot "A", Sally won the "B" string discus and triple jump and Hannah won the "A" triple jump and the Athlete of the Match medal for her 10.02metre performance. In the mens team PB's were set by **Ryan MacFarlane** in the 200metres clocking a Club Best 23.9secs, **Chris Raske** over 400metres, **Stuart Johnstone** in the 1500metres and triple jump plus **Frank Beresford** and **Matt Hallam** in the 3000metres not to mention **Alex Harper's** Club Best throw of 9.63metres in the shot.

The full results from Stretford are as follows:-

Mens:

100 metres A Ryan MacFarlane 6th 11.9secs Grade 3, B Brendan Roberts 6th 12.3secs.

200 metres A Ryan MacFarlane 4th 23.9secs PB CBP Grade 3, B Brendan Roberts 7th 26.1secs.

400 metres A Ed Clementson 4th 52.4secs Grade 3, B Chris Raske 7th 57.5secs PB.

800 metres A Stuart Johnstone 4th 2.07.2mins, B Ed Clementson 5th 2.14.5mins.

1500 metres A Stuart Johnstone 6th 4.22.4mins PB CBP, B Chris Raske 5th 4.47.9mins.

3000 metres A Frank Beresford 4th 9.42.5mins PB CBP Grade4, B Matt Hallam 1st 10.07.4mins PB Grade 4.

400 metres Hurdles A Matt Hallam 6th 69.2secs, B Ed Clementson 63.7secs.

Discus A Alex Harper 4th 20.73metres, B Tom Miller 3rd 19.36metres.

Hammer A Alex Harper 4th 18.94metres, B Tom Miller 3rd 13.61metres.

High Jump A Tim Wainwright 5th 1.50metres, B Matt Hallam 3rd 1.50metres.

Javelin A Chris Raske 5th 22.37metres, B Tom Miller 4th 13.38metres.

Long Jump A Ryan MacFarlane 6th 5.22metres, B Tim Wainwright 3rd 5.15metres.

Shot A Alex Harper 4th 9.63metres CBP, B Brendan Roberts 5th 6.60metres.

Triple Jump A Tim Wainwright 4th 11.20metres, B Stuart Johnstone 2nd 10.32metres PB.

Womens:

100metres A Hannah Brown 4th 13.8secs.

Discus A Charlotte Donnelly 1st 29.33metres Grade 3, B Sally Hudson 1st 20.82metres.

Hammer A Sally Hudson 3rd 19.08metres PB.

Javelin A Charlotte Donnelly 4th 23.10metres, B Sally Hudson 17.99metres

Long Jump A Hannah Brown 2nd 4.63metres Grade 4.

Shot A Charlotte Donnelly 1st 9.96metres Grade 3, B Sally Hudson 2nd 7.48metres.

Triple Jump A Hannah Brown 1st 10.02metres Grade 2, B Sally Hudson 1st 9.17metres.