

HARROGATE HARRIERS & ATHLETICS CLUB

YOUNG ATHLETES TRAINING GROUP NEWS

18th SEPTEMBER 2005

As the track and field season comes to an end various members of the Harrogate Harriers' **Imageco Visual Imaging** sponsored young athletes training group have competed in the **West Yorkshire League** to good effect as high placings and personal marks have been set.

At the final League meeting **Jonathan Bell**, **Dominic Brown** and **Dan Coupland** all set PB's over the afternoon in the under 13's boys age group. Jonathan raced well in both the 80 metre and 800 metres gaining his best time in the sprint and placing in the top ten in the distance race. Dominic set two personal bests in the 80 metres and discus and equalled his best in the high jump. A graded performance in the discus was the highlight for Dan although he obtained a sixth place in the 800 metres and managed a PB in the high jump.

Top year under 13's girls **Katherine Coupland** and **Hannah Spruce** produced graded performances in their events. Hannah managed a grade 4 time in the 800 metres for 10th place with Katherine second in the same race in a grade 3 time of 2mins 44.1secs. Hannah's long jump gave her a grade 4 and in the 80 metres sprint she placed 4th overall stopping the clock at a fast 11.1secs. Katherine also posted a graded time in the 70 metre hurdles where she finished fifth overall. **Hannah Brown** collected League points for finishing in the top six in all three events she competed in. Hannah, in the under 17's age group, won the shot with a personal best distance, was fifth in the 100 metres and sixth in the 300 metres.

Two weeks later at the traditional end of season Championship meeting **Jonathan Bell** improved, yet again, his times in the 80 metres and 800 metres. His performance in the distance race reduced his previous best time by a full seven seconds, training with his older brother Alex obviously paying off. **Mika Brown**, also in the under 13's boys age group, competed in the 80 metres, 800 metres and discus. His best performance of the afternoon was surprisingly in the discus as this was the first time, outside of training nights, that he had thrown the discus. Mika not only gained a grade 3 and placed fifth overall but his 17.33 metre throw was a Club Best Performance.

Hannah Spruce collected a bronze medal in the under 13's 80 metre sprint final having placed second in her heat to qualify for the final. She also came fourth and ninth in the long jump and 800 metres respectively.

For the under 15 boys **Alex Bell** cruised round 800 metres to win a gold medal in a grade 2 time of 2mins 10.5secs., some five seconds off his best in what was his last track race in this age group. However he has had a groundbreaking season winning a medal at the Yorkshire Championships earlier in the year, won the County Schools junior boys 800 metre title in the process breaking the County Schools record for the distance. The following week at Grimsby in a County Schools representative meeting he reduced his best time to 2mins 05.8secs, a grade 1 time. Following this he went on to run for North Yorkshire Schools at the All England Schools Championships. To maintain his steady progress in the sport Alex has to train harder over the cross country season to get the benefit on the track next season and reduce his times even lower.

Axel Brown won a silver medal in the under 15's boys high jump with a personal best height of 1.47 metres and a grade 4 performance, he also ran in the 200 metres placing fifth overall.

Unfortunately **Sally Hudson** arrived just as the ladies javelin competition had begun, an event she would definitely win a medal in, however she did throw the discus and shot placing fourth in both events with marks of 21.73 metres in the discus and 7.63 metres in the shot.