

HARROGATE HARRIERS & ATHLETICS CLUB

YOUNG ATHLETES TRAINING GROUP NEWS

15th OCTOBER 2005

With the ending of this season's track and field season members of the Harrogate Harriers' **Imageco Visual Imaging** sponsored junior training group can reflect on what a successful squad of young athletes they have been in 2005 culminating in their promotion to the top flight of the sixteen best clubs in the **Northern Region** of the **Young Athletes League**.

More than seventy squad members competed over the season in a Harrogate vest at various meetings of the three leagues that the Club affiliates to:- the **West Yorkshire Track and Field League**, the **Young Athletes League** and the **National Junior League**. Sixty seven participated over the three age groups (under 13's, under 15's, under 17's) in the successful Young Athletes team, thirty seven in the West Yorkshire meetings which start with under 11's and go all the way through to senior level, and twenty nine in the National Junior League side for under 20 and under 17 athletes.

An indication of how well the athletes performed could be measured by the amount of personal best marks set in the season which happened to total well over two hundred. **One hundred and fifty two PB's** were collected in just five meetings of the Young Athletes League, thirty eight came from four National Junior League meetings and thirty five from eight meetings of the West Yorkshire League. When it came to graded performances, which measures the quality of performance, there was an unbelievable one hundred and forty seven set of which **three were Grade One (National level), twenty two Grade Two (Regional level), forty three Grade Three (County level) and seventy nine Grade Four (Area level)** and that was only in the YAL meetings! On an individual level **Ravi Patel, Hannah Spruce, Katherine and Daniel Coupland, Caroline Lambert, Lara Green, Georgina Large, Tobin Carey Williams, Tom Hart, Axel Brown, Fran Lyth, Hannah Brown and Rob Coupland** competed in all the YAL meetings as did **Matt Hallam, Charlotte Donnelly and Hannah Brown** in the National Junior League.

Athletes of the month awards were collected by **Hannah Brown** (in both the YAL and NJL), **Grace Chattaway, Hannah Spruce, Katherine Coupland and Lyle MacFarlane**. The athlete who obtained the most personal bests, eight, over the season was **Jonathan Bell** and he only competed in the West Yorkshire League. Top thrower **Charlotte Donnelly** produced the most graded performances in the season of twenty two, although she did have the benefit of competing at both the YAL and NJL meetings. Under 13's Hannah Spruce and Lyle MacFarlane shared the score of twelve each from their YAL competitions with Rebecca Turner and Katherine Coupland the next best on ten. In the final competition of the season, the Wakefield Open Meeting, Hannah Spruce shared the top place in the under 13's 100 metres and 200 metres producing a Grade One time of 27.6secs. in the longer sprint and a Grade Two time of 13.6secs. for the short sprint. Hannah Brown meanwhile collected two bronze medals for third places in both the under 17's long jump and shot putt.

The Club would like to thank all the young athletes for representing them in the track and field season and congratulate them also for their success. Thanks must also go to the **coaches, parent helpers, team managers and volunteer helpers** at all the team meetings. With the team spirit and boundless enthusiasm of all involved 2006 should again be a year of positive performances and top competition.