

HARROGATE HARRIERS YOUNG **ATHLETES TRAINING GROUP NEWS** **28TH MAY 2006**

Despite the unrelenting rain for the duration of the second **National Junior League meeting** at Cleckheaton the team from Harrogate Harriers, sponsored by **Imageco Visual Imaging**, competed well enough and finished a slightly disappointed 5th team on the day. The standout performances on the day came mainly from the throwers with **Charlotte Donnelly** and **Sally Hudson** for the ladies and **Ashley Williams** and **Tom Miller** for the men. Personal bests came from **Frank Beresford** in the 3000 metres, **Ed Clementson** in the 200 metres and **Rob Seymour** in the 2000 metres steeplechase.

Results were as follows:-

MENS

200 metres: A Ed Clementson 7th 24.8secs PB, B James Auckland 6th 26.7secs.
400 metres: A Ed Clementson 2nd 53.7secs Grade 3, B Jack Merrill 6th 59.8secs.
800 metres: A 5th James Dean 2.17.7mins, B Rob Seymour 4th 2.29.4mins.
1500 metres: A James Dean 5th 4.49.4mins.
3000 metres: A Frank Beresford 3rd 9.33.6mins PB CBP Grade3.
110 metres Hurdles: A 3rd Sean Rushton 20.2secs.
400 metres Hurdles A: 3rd Sean Rushton 65.6secs, B Ed Clementson 1st 63.9secs.
2000 metres Steeplechase: A Rob Seymour 4th 7.18.4mins PB.
Discus A: Tom Miller 5th 26.45metresPB CBP, B Ashley Williams 4th 21.39metres.
Hammer A: Ashley Williams 4th 26.41metres PB CBP, B Tom Miller 3rd 22.15metres.
High Jump A: Sean Rushton 5th 1.55metres.
Javelin A: Ashley Williams 4th 41.50metres PB CBP, B Tristan Laight 5th 27.12metres.
Long Jump A: Tristan Laight 6th 5.06metres, B Sean Rushton 6th 3.99metres.
Shot Putt A: Tom Miller 5th 7.19metres, B Rob Seymour 5th 5.29metres.
Triple Jump A: Tristan Laight 2nd 11.03metres, B Ashley Williams 2nd 10.60metres PB.

WOMENS

200 metres A: Hannah Brown 5th 29.1secs, B Hannah Grayson 6th 30.9secs.
400 metres A: Issy Rowe 7th 67.3secs, B Hannah Grayson 4th 71.2secs PB.
1500 metres A: Issy Rowe 4th 5.13.9mins.
400 metres Hurdles A: Issy Rowe 2nd 74.2secs.
Discus A: Charlotte Donnelly 2nd 26.65metres, B Sally Hudson 1st 19.06metres.
Hammer A: Charlotte Donnelly 3rd 25.33metres PB, B Sally Hudson 1st 21.14metres.
High Jump A: Issy Rowe 5th 1.30metres.
Javelin A: Charlotte Donnelly 4th 21.50metres, B Sally Hudson 2nd 20.49metres.
Long Jump A: Hannah Brown 4th 4.30metres, B Hannah Grayson 5th 3.53metres.
Shot Putt A: Charlotte Donnelly 2nd 9.66metres, B Sally Hudson 2nd 7.69metres.
Triple Jump A: Hannah Brown 2nd 9.95metres Grade 3, B Sally Hudson 2nd 9.01metres.

At a midweek **West Yorkshire Track and Field League meeting** also at Cleckheaton the following results from Harrogate young athletes were recorded:

Under 11 boys: Leo Carey-Williams 600 metres 2.20.9mins, Long Jump 2.95metres.

Under 13 boys: Jonathan Bell 80 metres 13.5secs.

Under 15 boys: Jonathan Penkett 200 metres 32.1secs.

Under 17 boys: Alex Bell 800 metres 2.06.6 3rd Grade 4.

Under 17 girls: Hannah Brown 200 metres 29.7secs, Discus 14.47 metres 5th PB,
Lara Green 800 metres 2.51.6mins.