

HARROGATE HARRIERS

YOUNG ATHLETES TRAINING GROUP NEWS

3RD JUNE 2006

For the **Imageco Visual Imaging** sponsored Harrogate Harriers junior training groups' **second Young Athletes League meeting** of the season the team didn't have very far to travel as they themselves were the promoting club. This was a big issue for such a small and relatively new club and it became more difficult with the extreme weather on the day. The added problem of the track at Leeds Metropolitan University was the lack of cover for the teams there being no shelter whatsoever. However despite persistent rain throughout the six hour long meeting only the pole vault was cancelled although the high jump caused concern for officials.

Harrogate's opponents on the day happened to include two of the best clubs in not only the North but nationally probably rank in the top ten. All credit to the Harriers team that scored well over two hundred points although individual results were badly affected by the rain. There were 26 graded performances and the same personal bests with a club best time set by **Rob Seymour** in the under 17's steeplechase. **Caroline Lambert**, in the under 13's age group, produced a good set of results from her three events setting two new PB's and equalling her best in the hurdles. **Anna Grundy** and **Lyle MacFarlane** are proving to be a quality sprinters despite being in their first year in the under 15's age group producing grade 3 performances in both the 100 metres and 200 metres. Thrower **Fergus Gray** managed three PB's and together with **Axel Brown** and **Tobin Carey-Williams** collected valuable match points for the team. In the under 17's age group distance runners **Rob Seymour**, **Matt Hallam**, **Frank Beresford** and **Alex Bell** are seeing the benefit of a solid winters training paying off with PB's set at every meeting.

Results were as follows:-

Under 13 Girls

75 metres A Alice Hall 3rd 11.6secs Grade 4, B Charlotte Allen 3rd 11.7secs Grade 4.
150 metres A Charlotte Allen 4th 23.5secs, B Caroline Pearson 4th 24.3secs.
70 metres Hurdles A Caroline Lambert 2nd 13.4secs Grade 3, B Kate Hunt 3rd 15.6secs.
800 metres A Kate Hunt 3rd 2.51.6mins PB Grade 4, B Liz Ellis 3rd 3.05.1mins.
1200 metres A Caroline Lambert 2nd 4.19.6mins PB Grade 3.
High Jump A Alice Hall 2nd 1.15metres.
Long Jump A Alice Hall 4th 3.19metres, B Caroline Pearson 3rd 2.51metres.
Shot Putt A Caroline Lambert 2nd 6.04metres PB, B Caroline Pearson 1st 5.20metres.

Under 15 Girls

100 metres A Anna Grundy 4th 13.4secs Grade 3, B Olivia Moore 4th 15.3secs.
200 metres A Anna Grundy 4th 27.6secs PB Grade 3, B Olivia Moore 4th 31.8secs.
800 metres A Nicki Gears 3rd 2.44.2mins, B Georgina Large 3rd 2.50.4mins.
1500 metres A Katherine Coupland 4th 5.24.1mins Grade 4, B Laura Eves 4th 6.37.3mins.
75 metres Hurdles A Katherine Coupland 3rd 16.2secs, B Laura Eves 4th 17.5secs.

Long Jump A Katherine Coupland 4th 3.76metres PB, B Laura Biscombe 4th 3.37metres.
High Jump A Nicki Gears 4th 1.25metres, B Hannah Spruce 4th 1.25metres.
Shot Putt A Abi Needham 4th 6.12metres, B Laura Biscombe 4th 5.66metres.
Discus A Laura Biscombe 2nd 15.35metres, B Abi Needham 2nd 14.71metres.
Javelin A Georgina Large 4th 12.65metres, B Abi Needham 3rd 12.58metres

Under 17 Ladies

100 metres A Hannah Brown 4th 14.0secs, B Suzanne Moore 3rd 15.8secs.
200 metres A Hannah Grayson 4th 30.06 PB, B Suzanne Moore 4th 31.5secs.
300 metres A Lara Green 4th 54.0secs.
800 metres A Lara Green 4th 3.03.2mins.
Long Jump A Hannah Brown 3rd 4.55metres Grade 4, B Lara Green 4th 2.50metres PB.
Triple Jump A Hannah Brown 2nd 9.49metres Grade 3.
Shot Putt A Hannah Grayson 4th 4.86metres, B Charlotte Fisher 4th 4.39metres.
Discus A Suzanne Moore 4th 15.33metres, B Charlotte Fisher 4th 11.92metres.
Hammer A Hannah Grayson 4th 19.27metres, B Charlotte Fisher 2nd 16.02metres PB.

Under 13 Boys

100 metres A Ravi Patel 4th 15.5secs, B Jack Emmett 2nd 15.6secs.
200 metres A Elliott Kilvington 3rd 31.5secs, B John King 2nd 32.1secs.
800 metres A Tom Warren 3rd 2.39.9mins Grade 4, B Jack Emmett 3rd 2.52.6mins.
1500 metres A Dan Coupland 4th 5.31.2mins , B Elliott Kilvington 3rd 5.39.2mins.
75 metres Hurdles A John King 3rd 16.3secs PB CBP, B Ravi Patel 4th 17.1secs.
High Jump A Mika Brown 3rd 1.10metres PB, B Tom Warren 3rd 1.10metres.
Long Jump A Jack Emmett 2nd 3.71metres Grade 4, B Tom Warren 2nd 3.40metres.
Shot Putt A Ravi Patel 2nd 6.41metres Grade 4, B Dan Coupland 3rd 5.55metres.

Under 15 Boys

100 metres A 3rd Lyle MacFarlane 3rd 12.7secs PB Grade 3, B Joe Iveson 3rd 13.2secs.
200 metres A Lyle MacFarlane 3rd 25.4secs PB Grade 3, B Joe Iveson 3rd 27.9secs.
400 metres A Alex Rhodes 3rd 65.1secs, B Dan Cheeseman 3rd 67.3secs.
800 metres A Alex Rhodes 3rd 2.29.7mins, B Dan Cheeseman 3rd 2.31.0mins.
1500 metres A Duncan Birtwistle 3rd 4.58.0mins PB, B Adam Auckland 3rd 5.29.4mins PB.
80 metres Hurdles A Phil Barry 2nd 13.5secs Grade 4, B Duncan Birtwistle 4th 18.0secs.
High Jump A Axel Brown 1st 1.45metres Grade 4, B Phillip Barry 1st 1.45metres Grade 4.
Long Jump A Lyle MacFarlane 3rd 4.55metres, B Callum Postoyalko 3rd 4.34metres PB.
Shot Putt A Axel Brown 4th 7.48metres, B Fergus Gray 1st 7.40metres PB.
Discus A Fergus Gray 3rd 18.21metres PB, B Tobin Carey-Williams 2nd 16.26metres.
Javelin A Fergus Gray 2nd 24.01metres PB, B Tobin Carey-Williams 3rd 18.54metres.
Hammer A Tobin Carey-Williams 1st 20.47metres PB, B Axel Brown 1st 18.33metres.

Under 17 Men

100 metres A Ryan MacFarlane 3rd 12.0secs Grade 4.
200 metres A Ryan MacFarlane 3rd 24.1secs Grade 4.

400 metres A Alex Bell 4th 55.5secs Grade 4, B Alex McFarlane 4th 67.1secs.
800 metres A Matt Hallam 3rd 2.07.0mins PB Grade 4, B Alex Bell 3rd 2.07.4mins Grade 4.
1500 metres A Matt Hallam 3rd 4.28.3mins PB CBP Grade 4.
3000 metres A Frank Beresford 1st 9.43.0mins Grade 4, B Josh Eves 3rd 11.06.8mins.
400 metres Hurdles 3rd Matt Hallam 65.0secs PB, B Rob Seymour 3rd 73.5secs.
1500 metres Steeplechase A Rob Seymour 4th PB CBP Grade 4.
High Jump A James Pearson 4th 1.45metres.
Long Jump A Tristan Laight 3rd 4.92metres, B Alex Bell 4th 4.44metres.
Triple Jump A Tristan Laight 3rd 11.28metres, B James Pearson 3rd 9.85metres.
Shot Putt A Ryan MacFarlane 4th 7.23metres, B Rob Coupland 4th 6.08metres.
Discus A James Pearson 4th 16.78metres
Javelin A Rob Seymour 4th 19.93metres PB, B Rob Coupland 4th 17.96metres.
Hammer A Rob Coupland 4th 17.72metres PB.