

**HARROGATE HARRIERS**  
**YOUNG ATHLETES TRAINING GROUP NEWS**  
**18th JUNE 2006**

At this year's **Yorkshire Track and Field Athletics Championships**, held at Barnsley's Dorothy Hyman Stadium, **Phil Barry** and **Hannah Brown** from the Harrogate Harriers' **Imageco Visual Imaging** sponsored young athletes training group both collected silver medals in their specialist events. In the under 15's boys 80 metres hurdles Phil clocked 12.99secs. Hannah's medal came in the under 17's women's triple jump.

Also competing from the club were **Katherine Coupland**, **Rebecca Turner**, **Anna Grundy** and **Alex Bell**. Katherine finished eighth in the under 15's 1500 metres, Rebecca competed in both the under 15's 100 metres and the discus where she placed fifth. Anna had a challenging day graduating through the heats (2<sup>nd</sup>) and semi-final (3<sup>rd</sup>) of the under 15's 100 metres and finishing sixth in the final, her fastest time over the three races was a personal best 13.25secs. In the under 17's men's 400 metres and 800 metres Alex placed sixth and fifth respectively clocking 55.18 for the shorter of the two events and 2mins 04.40secs. Two weeks later, at the North of England Championships, Alex qualified for the final of the 800 metres when placing fourth in heat three, he then finished seventh in the final and his best time on the day came in the heat where he registered 2mins 04.41secs.

The third **West Yorkshire Track and Field League** meeting of the season was held at Wakefield's Thornes Park track. **Kern MacFarlane** made his track debut in the under 11's 75 metres sprint placing third with a fast time of 11.7secs. **Jonathan Bell** set a PB in the under 13's shot. **Lyle MacFarlane** emulated his younger brother by also placing third in the under 15's sprint race. In the same age group **Dan Cheeseman** injured himself when placing eighth in the high jump so he missed the 1500 metres. **Alex Bell** won the under 17's 1500 metres in a personal best time of 4mins 20.4secs beating his previous best by ten seconds. For the girls **Kate Hunt** set a new best time in the under 13's 800 metres, **Hannah Brown** also set a PB of 6.69metres in the under 17's shot placing third overall, she also placed seventh in the 100 metres and **Lara Green** crossed the finish line in eighth place in the under 17's 1500 metres.

There were **44 new PB's** set by members of the **Young Athletes League** team at the third meeting of the season at nearby South Leeds Stadium plus thirty graded performances on the day. Club best performances came from **Nicki Gears** in the under 15's girls 800 metres, **Ravi Patel** in the under 13's boys shot putt and **Caroline Lambert** in the under 13's girls 70 metres hurdles.

YAL results were as follows:-

### **Under 13 Girls**

75 metres A Alice Hall 4<sup>th</sup> 11.2secs Grade 3 PB, B Charlotte Allen 2<sup>nd</sup> 11.5secs Grade 4 PB.

150 metres A Charlotte Allen 4<sup>th</sup> 22.9secs Grade 4, B Caroline Pearson 4<sup>th</sup> 24.0secs PB.

70 metres Hurdles A Caroline Lambert 1<sup>st</sup> 12.8secs Grade 2 PB CBP, B Alice Hall 1<sup>st</sup> 13.0secs Grade 3 PB.

800 metres A Kate Hunt 4<sup>th</sup> 2.54.2mins Grade 4, B Ellie Smith 4<sup>th</sup> 3.03.0mins PB.

1200 metres A Caroline Lambert 4<sup>th</sup> 4.18.7mins PB Grade 3, B Imogen Coughlan 3<sup>rd</sup> 4.47.4mins.

High Jump A Alice Hall 2<sup>nd</sup> 1.20metres Grade 4, B Rebecca Grey 2<sup>nd</sup> 1.15metres.

Long Jump A Rebecca Grey 4<sup>th</sup> 3.62metres Grade 4, B Ellie Smith 4<sup>th</sup> 2.93metres.

Shot Putt A Caroline Lambert 1<sup>st</sup> 6.58metres Grade 3 PB, B Caroline Pearson 2<sup>nd</sup> 5.75metres Grade 4 PB.

### **Under 15 Girls**

100 metres A Anna Grundy 4<sup>th</sup> 13.4secs Grade 3, B Nicki Gears 3<sup>rd</sup> 14.1secs Grade 4 PB.

200 metres A Anna Grundy 2<sup>nd</sup> 27.6secs Grade 3, B Rebecca Turner 4<sup>th</sup> 30.4secs.

800 metres A Nicki Gears 2<sup>nd</sup> 2.35.2mins Grade 3 CBP PB, B Georgina Large 2<sup>nd</sup> 2.51.1mins.

1500 metres A Katherine Coupland 3<sup>rd</sup> 5.23.8mins Grade 4, B Carolina Blaine 1<sup>st</sup> 5.38.5mins.

75 metres Hurdles A Katherine Coupland 4<sup>th</sup> 14.4secs PB, B Rebecca Turner 4<sup>th</sup> 14.5secs PB.

Long Jump A Hannah Spruce 4<sup>th</sup> 3.81metres, B Katherine Coupland 3<sup>rd</sup> 3.78metres PB.

High Jump A Hannah Spruce 3<sup>rd</sup> 1.30metres, B Nicki Gears 2<sup>nd</sup> 1.30metres.

Shot Putt A Abi Needham 3<sup>rd</sup> 7.15metres PB, B Rebecca Turner 3<sup>rd</sup> 6.26metres.

Discus A Abi Needham 2<sup>nd</sup> 14.78metres, B Georgina Large 3<sup>rd</sup> 11.71metres.

Javelin A Abi Needham 3<sup>rd</sup> 14.27metres PB, B Georgina Large 3<sup>rd</sup> 11.69metres.

### **Under 17 Ladies**

100 metres A Hannah Brown 2<sup>nd</sup> 13.7secs.

200 metres A Lara Green 3<sup>rd</sup> 33.1secs.

300 metres A Lara Green 4<sup>th</sup> 52.7secs.

800 metres A Lara Green 4<sup>th</sup> 2.57.4mins.

Triple Jump A Hannah Brown 2<sup>nd</sup> 9.93metres Grade 2.

Shot Putt A Hannah Brown 2<sup>nd</sup> 6.72metres PB.

### **Under 13 Boys**

100 metres A Ravi Patel 4<sup>th</sup> 15.0secs Grade 4, B Jonathan Bell 4<sup>th</sup> 16.3secs.

200 metres A Elliott Kilvington 4<sup>th</sup> 30.9secs, B Dan Coupland 4<sup>th</sup> 33.4secs.

800 metres A Tom Warren 2<sup>nd</sup> 2.34.3mins Grade 3 PB, B Mika Brown 2<sup>nd</sup> 3.03.3mins.

1500 metres A Dan Coupland 3<sup>rd</sup> 5.39.0mins, B Elliott Kilvington 3<sup>rd</sup> 5.51.8mins.

75 metres Hurdles A Ravi Patel 4<sup>th</sup> 16.5secs PB, B Mika Brown 3<sup>rd</sup> 17.1secs..

High Jump A Tom Warren 4<sup>th</sup> 1.05metres, B Mika Brown 2<sup>nd</sup> 1.05metres.

Long Jump A Elliott Kilvington 2<sup>nd</sup> 3.89metres Grade 4, B Tom Warren 4<sup>th</sup> 3.49metres PB.

Shot Putt A Ravi Patel 3<sup>rd</sup> 7.13metres Grade 4 CBP PB, B Dan Coupland 1<sup>st</sup> 6.20metres Grade 4.

### **Under 15 Boys**

100 metres A 4<sup>th</sup> Lyle MacFarlane 3<sup>rd</sup> 12.5secs PB Grade 3, B Adam Auckland 4<sup>th</sup> 15.8secs.

200 metres A Lyle MacFarlane 3<sup>rd</sup> 25.4secs Grade 3, B Phil Barry 3<sup>rd</sup> 27.9secs PB.

400 metres A Alex Rhodes 3<sup>rd</sup> 61.7secs PB, B Dan Cheeseman 4<sup>th</sup> 67.7secs.

800 metres A Alex Rhodes 4<sup>th</sup> 2.31.0mins, B Dan Cheeseman 4<sup>th</sup> 2.34.5mins.

1500 metres A Duncan Birtwistle 4<sup>th</sup> 5.06.2mins PB, B Adam Auckland 4<sup>th</sup> 5.39.1mins.

80 metres Hurdles A Phil Barry 2<sup>nd</sup> 12.6secs Grade 3 PB, B Duncan Birtwistle 4<sup>th</sup> 17.3secs PB.

High Jump A Axel Brown 3<sup>rd</sup> 1.45metres Grade 4, B Phillip Barry 2<sup>nd</sup> 1.40metres.

Long Jump A Lyle MacFarlane 3<sup>rd</sup> 5.01metres Grade 4 PB, B Alex Rhodes 3<sup>rd</sup> 4.41metres PB.

Shot Putt A Axel Brown 4<sup>th</sup> 7.83metres, B Tom Hart 3<sup>rd</sup> 6.24metres.

Discus A Tobin Carey-Williams 4<sup>th</sup> 18.95metres PB, B Tom Hart 4<sup>th</sup> 15.15metres PB.

Javelin A Tobin Carey-Williams 3<sup>rd</sup> 23.85metres PB, B Tom Hart 4<sup>th</sup> 11.22metres.

Hammer A Tobin Carey-Williams 3<sup>rd</sup> 22.52metres PB, B Axel Brown 2<sup>nd</sup> 16.70metres.

### **Under 17 Men**

100 metres A Chris Windle 3<sup>rd</sup> 12.3secs PB, B Tristan Laight 2<sup>nd</sup> 12.3secs PB.

200 metres A Chris Windle 4<sup>th</sup> 25.0secs PB, B Mat Hallam 4<sup>th</sup> 25.5secs.

400 metres A Alex Bell 2<sup>nd</sup> 54.4secs Grade 4 PB, B James Auckland 2<sup>nd</sup> 56.2secs PB.

800 metres A Matt Hallam 4<sup>th</sup> 2.07.6mins Grade 4, B Josh Eves 4<sup>th</sup> 2.22.6mins.

1500 metres A Matt Hallam 4<sup>th</sup> 4.27.8mins PB Grade 4, B Matt Hallam 1<sup>st</sup> 4.29.3mins.

3000 metres A Frank Beresford 2<sup>nd</sup> 9.37.4mins Grade 3, B Alex MacFarlane 3<sup>rd</sup> 10.45.8mins PB.

400 metres Hurdles 3<sup>rd</sup> James Pearson 69.4secs, B Rob Seymour 1<sup>st</sup> 70.3secs PB.

1500 metres Steeplechase A Rob Seymour 3<sup>rd</sup> 5.14.4mins.

High Jump A James Pearson 4<sup>th</sup> 1.45metres.

Long Jump A Tristan Laight 2<sup>nd</sup> 5.40metres PB, B Alex Bell 1<sup>st</sup> 5.32metres PB.

Triple Jump A Tristan Laight 3<sup>rd</sup> 11.33metres, B Chris Windle 2<sup>nd</sup> 10.02metres PB.

Shot Putt A Rob Coupland 3<sup>rd</sup> 6.93metres.

Discus A James Pearson 3<sup>rd</sup> 19.19metres PB, B Rob Coupland 3<sup>rd</sup> 17.50metres PB.

Javelin A James Auckland 3<sup>rd</sup> 29.20metres, B Rob Seymour 3<sup>rd</sup> 22.90metres PB.

Hammer A Rob Coupland 3<sup>rd</sup> 17.13metres.