

HARROGATE HARRIERS
YOUNG ATHLETES TRAINING GROUP NEWS
1st JULY 2006

At the **North Yorkshire Schools Athletics Championships**, held as usual at the only athletics track in the whole of the County – York's Huntingdon Stadium, several members of the Harrogate Harriers' **Imageco Visual Imaging** sponsored young athletes training group represented their Area.

In the junior girls (school years 8 & 9) **Anna Grundy** (year 8) didn't get a good start in the 100 metres and was disappointed to place fourth with a time of 13.2secs. **Katherine Coupland** (year 8) and **Carolina Blane** (year 8) contested the 1500 metres placing third and sixth respectively, Katherine clocked 5.18.3mins to Carolina's 5.28.2mins.

Phil Barry (year 9) followed up his silver medal performance from the Yorkshire County Championships a month earlier with a clear win in the sprint hurdles making him the County Schools Champion for 2006.

In the intermediate age group (school years 10 & 11) **Hannah Brown** (year 11) competed in the triple jump and was unlucky to finish in third place only two centimetres off second. Finally **Alex Bell** (year 10) who was leading going into the last 15 metres of the 800 metres had to settle for second place missing out on his second successive County title by a fraction of a second and **Chris Windle** (year 10) ended up in sixth place in the 200 metres.

At the end of the **third National Junior League meeting** of the season hosted by Bingley Harriers and held at the Cleckheaton track Harrogate finished third on the day and overall are also third in the Pennine Division of the League which is a very creditable position in this the first season as a combined men's and women's team.

Good performances came from **Alex Bell** in his first high jump competition for the club; he also combined well with **Matt Hallam** in the 800 metres. Matt's success in the 800 metres gave him a personal best time by two seconds and set him up for another quality run in the 1500 metres. For the men club best NJL performances came from **Brendan Roberts** in the 200 metres, **Ed Clementson** in the 400 metres hurdles, **Rob Seymour** in the 2000 metres steeplechase, **Ashley Williams** in the hammer and **Tristan Laight** in the long jump with **Charlotte Donnelly** setting a new discus record for the ladies.

This was possibly **Sally Hudson's** final meeting as she will probably be leaving the area in September to go to University. The Club would like to thank her for her contribution over the past seven years to the team efforts of both Harrogate and Skyrac. Sally has been a very reliable, friendly and committed member of the squad who in the last two years has become a top point scorer for the Club in the shot, discus, hammer and javelin

competitions at team meetings. Best wishes for the future Sally from all the coaches and team managers.

Results from Cleckheaton were as follows:-

MENS

100 metres A Brendan Roberts 6th 12.6secs, B Tristan Laight 3rd 12.6secs.
200 metres A Brendan Roberts 6th 24.0secs PB, B James Auckland 5th 26.1secs PB.
400 metres A Ed Clementson 3rd 53.4secs, B James Auckland 3rd 57.7secs.
800 metres A Alex Bell 3rd 2.04.6mins, B Matt Hallam 2nd 2.05.0mins PB.
1500 metres A Matt Hallam 2nd 4.31.2mins, B Scott Hubbocks 3rd 5.21.0mins.
400 metres Hurdles A 4th Ed Clementson 63.8secs, B Rob Seymour 2nd 72.4secs.
2000 metres Steeplechase A Rob Seymour 2nd 7.13.6mins PB.
Discus A Ashley Williams 5th 18.76metres.
Hammer A Ashley Williams 3rd 36.92metres PB.
High Jump A Alex Bell 6th 1.60metres, B Tom Miller 6th Tom Miller 1.50metres PB.
Javelin A Ashley Williams 2nd 41.11metres, B Rob Seymour 5th .
Long Jump A Tristan Laight 3rd 5.74metres PB, B Alex Bell 2nd 4.94metres.
Shot Putt A Scott Hubbocks 5th 7.55metres, B Tom Miller 1st 7.31metres.
Triple Jump A Tristan Laight 4th 11.09metres, B Ashley Williams 2nd 10.59metres.

WOMENS

100 metres A Hannah Brown 6th 13.7secs, B Hannah Grayson 4th 14.9secs.
200 metres A Hannah Grayson 6th 32.0secs, B Lara Green 4th 33.9secs.
400 metres A Hannah Grayson 5th 72.3secs, B Lara Green 4th 76.7secs PB.
Discus A Charlotte Donnelly 2nd 27.81metres PB, B Sally Hudson 1st 19.73metres.
Hammer A Charlotte Donnelly 4th 26.21metres PB, B Sally Hudson 1st 22.29metres.
Javelin A Charlotte Donnelly 3rd 24.00metres, B Sally Hudson 1st 21.32metres.
Long Jump A Hannah Brown 7th , B Lara Green 5th .
Shot Putt A Charlotte Donnelly 2nd 9.50metres, B Sally Hudson 1st 8.28metres PB.
Triple Jump A Hannah Brown 5th 9.22metres, B Sally Hudson 3rd 8.86metres.