

HARROGATE HARRIERS
YOUNG ATHLETES TRAINING GROUP NEWS
9th JULY 2006

For their **fourth Young Athletes League** meeting of the season the Harrogate Harriers' **Imageco Visual Imaging** sponsored team travelled to the Preston Sports Arena. Unfortunately for Harrogate a series of injuries and mishaps didn't help their points score but for certain individual athletes there were personal best performances set.

For the under 13 girls **Kate Hunt** placed first in the 1200 metres "B" race and also set her best time in the 70 metre hurdles plus she gained even more points in what was her first high jump competition. **Caroline Pearson** claimed two new PB's in the 150 metre sprint and the shot putt and **Lizzie Ellis** knocked over six seconds off her previous 800 metre time. **John King** was the most successful under 13 boy collecting two personal bests with determined runs in the 800 metres and the 75 metre hurdles, in fact, his time over the hurdles was a club best for the age group. **Ravi Patel** won the shot putt competition by over two metres with his best ever throw of 7.64 metres and **Dan Coupland** made it a double success by winning the "B" string. **Tom Warren's** 800 metres race proved to be one of the closest finishes of the day unfortunately he was beaten into second place literally on the line.

A trio of versatile under 15's girls, **Rebecca Turner, Nicki Gears** and **Katherine Coupland**, continue to work hard and can be relied on to run, jump or throw for the good of the team. Nicki and Rebecca set new PB's and Katherine showed her expertise as a javelin thrower for the first time as well as running the 1500 metres and 75 metre hurdles! The boys had an outstanding day especially **Tom Hart, Dan Cheeseman**, and **Fergus Gray** who each set two new personal bests, **Phil Barry** not only won over the hurdles but scored well in the high jump and discus, **Lyle MacFarlane** proved what a class sprinter he is winning the 100 metres and finishing a close second in the 200 metres. **Adam Auckland** deserves a special mention for his willingness to have a go at any event to get points for the team. He gained maximum points in the "B" string hurdles plus more in the 100 metres, 1500 metres and the 4 x 100 relay.

A shortage of under17 girls hasn't helped the team this season and **Sarah Hickling** made her last appearance for the club at the meeting which makes it more difficult for the final meeting of the season in two weeks time at Bebington Oval on the Wirral. For the under 17's boys throwers **Rob Coupland** and **James Auckland** added valuable points to the score as did the distance runners **Matt Hallam, Alex Bell, Rob Seymour** and **Alex McFarlane**.

The full results were as follows:-

Under 13 Girls

75 metres A Charlotte Allen 4th 11.8secs Grade 4, B Caroline Pearson 3rd 12.0secs.

150 metres A Charlotte Allen 3rd 23.4secs, B Caroline Pearson 3rd 23.8secs PB.
70 metre Hurdles B Kate Hunt 2nd 15.4secs PB, B Caroline Lambert 3rd .
800 metres A Lizzie Ellis 4th 2.58.3mins PB.
1200 metres A Caroline Lambert 3rd 4.18.4mins PB Grade 3, B Kate Hunt 1st
4.46.6mins.
High Jump A Kate Hunt 3rd 1.15metres.
Long Jump A Ellie Smith 4th 3.05metres PB, B Lizzie Ellis 2nd 2.94metres .
Shot Putt A Caroline Pearson 4th 5.85metres Grade 4 PB, B Caroline Lambert 1st
5.49metres.

Under 15 Girls

100 metres A Anna Grundy 3rd 13.6secs Grade 3, B Hannah Spruce 1st 13.9secs Grade 4.
200 metres A Anna Grundy 2nd 27.9secs Grade 4, B Rebecca Turner 4th 31.0secs.
800 metres A Nicki Gears 4th 2.41.7mins Grade 4.
1500 metres A Katherine Coupland 4th 5.24.3mins Grade 4, B Carolina Blaine 3rd
5.37.1mins.
75 metre Hurdles A Katherine Coupland 4th 14.9secs, B Rebecca Turner 2nd 17.8secs.
Long Jump A Nicki Gears 3rd 3.85metres PB.
High Jump A Hannah Spruce 4th 1.30metres, B Nicki Gears 3rd 1.25metres.
Shot Putt A Rebecca Turner 3rd 6.37metres PB, B Laura Biscombe 3rd 5.94metres.
Discus A Abi Needham 3rd 15.75metres PB, B Laura Biscombe 3rd .
Javelin A Katherine Coupland 3rd 12.78metres, B Abi Needham 2nd 12.53metres.

Under 17 Ladies

100 metres A Hannah Brown 4th 14.0secs, B Hannah Grayson 3rd 15.0secs.
200 metres A Sarah Hickling 4th 35.4secs.
800 metres A Sarah Hickling 4th 3.09.5mins.
300 metre Hurdles A Sarah Hickling 3rd 62.5secs.
Long Jump A Hannah Brown 4th 3.42metres, B Hannah Grayson 2nd 3.31metres.
Triple Jump A Hannah Brown 4th 9.22metres Grade 3.
Discus A Hannah Grayson 3rd 16.89metres.

Under 13 Boys

100 metres A Ravi Patel 4th 15.1secs, B Mika Brown 3rd 15.3secs.
200 metres A Jack Emmett 4th 30.9secs, B Dan Coupland 4th 34.5secs.
800 metres A Tom Warren 2nd 2.35.8mins Grade 3, B John King 2nd 2.47.6mins PB
Grade 4.
1500 metres A Dan Coupland 4th 5.37.2mins , B Jack Emmett 2nd 5.44.0mins.
75 metre Hurdles A Ravi Patel 3rd 17.1secs, B John King 3rd 15.8secs PB CBP.
High Jump A Tom Warren 4th 1.05metres.
Long Jump A Jack Emmett 4th 3.57metres, B Tom Warren 4th 3.08metres.
Shot Putt A Ravi Patel 1ST 7.64metres Grade 3 CBP PB, B Dan Coupland 1st 5.81metres.

Under 15 Boys

100 metres A Lyle MacFarlane 1st 12.6secs Grade 3, B Adam Auckland 2nd 14.1secs PB.
200 metres A Lyle MacFarlane 2nd 25.7secs Grade 3, B Joe Iveson 2nd 28.3secs.

400 metres A Alex Rhodes 3rd 64.0secs, B Dan Cheeseman 2nd 67.2secs PB.
800 metres A Dan Cheeseman 4th 2.27.2mins PB, B Tom Hart 3rd 2.42.3mins PB.
1500 metres A Adam Auckland 4th 5.49.0mins.
80 metre Hurdles A Phil Barry 1st 12.8secs Grade 3, B Adam Auckland 1st 18.9secs.
High Jump A Phillip Barry 2nd 1.45metres Grade 4, B Axel Brown 1st 1.45metres Grade 4.
Long Jump A Lyle MacFarlane 3rd 4.61metres, B Joe Iveson 2nd 4.10metres.
Shot Putt A Fergus Gray 2nd 8.23metres PB, B Axel Brown 2nd 8.21metres.
Discus A Philip Barry 3rd 15.89metres PB, B Tom Hart 2nd 15.40metres PB.
Javelin A Fergus Gray 1st 24.42metres PB.
Hammer A Axel Brown 2nd 19.86metres PB, B Fergus Gray 2nd 19.77metres.

Under 17 Men

100 metres A Ryan MacFarlane 4th 12.0secs Grade 4.
200 metres A Ryan MacFarlane 4th 24.7secs Grade 4, B Matt Hallam 3rd 26.1secs.
400 metres A Matt Hallam 3rd 55.6secs Grade 4 PB, B Jack Merrill 3rd 62.2secs.
800 metres A Alex Bell 2nd 2.07.7mins Grade 4, B Alex McFarlane 3rd 2.23.7mins PB.
1500 metres A Matt Hallam 3rd 4.29.2mins Grade 4, B Alex McFarlane 3rd 4.57.7mins..
400 metre Hurdles 2nd Alex Bell 62.7secs Grade 3, B Rob Seymour 1st 69.9secs PB.
1500 metre Steeplechase A Rob Seymour 2nd 5.11.6mins.
Long Jump A Alex Bell 4th 4.60metres, B Jack Merrell 3rd 4.59metres.
Triple Jump A Jack Merrell 3rd 10.09metres, B Alex McFarlane 3rd 8.68metres.
Shot Putt A Ryan MacFarlane 4th 7.99metres PB, B Rob Coupland 1st 7.16metres.
Discus A James Auckland 3rd 21.82metres, B Rob Coupland 2nd 19.26metres PB.
Javelin A James Auckland 4th, B Rob Seymour 2nd.
Hammer A James Auckland 2nd 18.62metres, B Rob Coupland 1st 18.50metres PB.