

The Nottinghamshire and Derbyshire County Championships returned to Mansfield's Berry Hill Park last weekend and Mansfield Harriers took advantage of being on home soil to take a healthy haul of medals.

Adam Sansom came out on top with a haul of 4 Golds, taking the U20 200m in 22.5, the 400m in 51.3, 400m Hurdles in 57.1 and Long Jump in 5.86m.

New Championship Best Performances were set by Chloe Elphick and David Lagerberg in the U17W Triple Jump and U17m 400m respectively. Lagerberg's time of 49.2 takes him into third spot on the UK age group rankings whilst Elphick's leap of 11.25m takes her into sixth spot.

Elphick was one of six Harriers to take double gold over the weekend, her 4.88m taking victory in the Long Jump and then going on to add two bronzes to her personal haul – in the Javelin and 80m Hurdles.

Alex Rieley and Caelidh Ross were two more athletes to take double gold – Ross taking the U15G 800m on Saturday in 2:29.6 before running an excellently paced race over 1500m on Sunday, to take the honours in 5:10.7. Rieley seized the U13B 1500m in 5:05.7 and the 800m in 2:25.7.

Molly Johnson and Claire Norris made it a Mansfield clean sweep in the 800m, Johnson taking Silver in 2:30.7 and Norris the Bronze in 2:31.4. Ella Shirley took Bronze in the 1500m clocking 5:24.3.

Martin White ran to victory in the Masters Men's 100m (11.5) and 400m (56.0) with Becky Woolley taking the double in the U17W Shot (7.33m) and U17W Javelin (33.46m). Holly Shaw took Silver in the Shot and Lucy Banner the Silver in the Javelin.

Becky Smith took Gold over 400m and 200m, just pipping Laura Bennett in the latter, both athletes being given the same time of 27.1. Bennett was victorious over 100m, clocking 13.0 and also took Silver in the Shot with a best throw of 8.74m.

Ryan Childs ran another sub 2 minute 800m, his fourth of the season to take victory in the U20m event with Greg Millar taking Gold in the Javelin in the same age group.

Chris Clarke continued his strong early season form to take Gold in the U17M Shot with a best throw of 13.27m and Matt Woolley produced his best throw since 2005 to take the SM Shot with 12.98m.

There were other Mansfield Golds for Paul Gair (Masters Men Hammer), Charlotte Bellingham (U17W 3K), Kate Raynor (U20W 3K), Nicholas Shardlow (U17M 100H), Alice Mortiboy ((U17W PV), David Wilkinson (U15B PV) and Chris Ashmore (Masters Men Long Jump).

Charlotte Gair took silver in the SW Discus with a best throw of 39.30m, Lee Peters doing likewise in the SM Javelin with a best throw of 53.91m. Peters

was just eight cms ahead of Richard Woolley who secured the Bronze with a best throw of 53.83m. Claire Beaumont produced another PB in the Hammer to take third spot, Gold going to local girl Rachel Gair competing in the Trafford AC colours.

There were Silver medals over 800m for Rachel Brandham (U17W) and Tilly Birkin (U13G) whilst Hannah Hardy and Claire Talbot took silver over 1500m and 3K respectively in the U17W age group. Hardy also took bronze over 3K.

Robyn Foster and Rachel Norris continued their sprint battle at U15G level, Foster taking two silvers, clocking 13.1 and 27.1 over 100m and 200m. Norris took bronze in both races, recording 13.2 and 27.4.

Silver medals in the Pole Vault went to Mark Ellis (U15B) and Tamsin Smith (U15G) whilst in the U17W Triple Jump Laura Brown recorded a new PB of 10.83m to take the silver medal. Beth Mortiboy took second in the U15G Long Jump with a best jump of 4.53m.

Back on the track and there was silver and bronze for Stef Wilcockson and Jonny Newell in the 400m Hurdles and a bronze for Martin Cook in the SM 200m, a race that was won by Team GB representative over 110m Hurdles at the Beijing Olympics, Andy Turner.