

Local Hammer thrower Rachel Gair took silver in the England Athletics Senior Championships at Gateshead International Stadium last weekend.

Having released her first throw over 60 metres this season two weeks ago in the UK Women's League, Gair wasn't able to match the distance but her best throw of 54.91 metres was enough to give her second spot and a prized national medal.

Danny Barks was the only other local athlete taking part, finishing third in his heat of the 800m. On a day when fast times were ruled out due to the strong wind Barks was the slowest on paper of the seven starters in his heat. He ran well to finish third in 1:53.22, just missing out on qualification for the final.

Gair's training partner Claire Beaumont, in her first full season as a Hammer thrower, came closer to 40 metres with a new PB of 39.04m at the Charnwood Open meeting.

A small contingent of Harriers headed to Doncaster in midweek for the Doncaster Town Centre 5K race series. Steve Grainger produced a new PB of 16-50 to finish in third place in the Veterans race with Jonny Lowe in 12th position with a time of 17:51 and Steve Davies 26th in 18:39.

Jackie Massey finished 26th in the Veterans race coming home as second lady in a time of 18:39, being beaten to the top spot by just six seconds.

Amie Grainger continued her return from injury with a steady run of 20:48, taking the prize as ninth lady home in the open race.

The annual Hardwick Six mile race took place a night later and Andrew Wilson and Trevor Hiscox flying the Mansfield Harriers flag. Wilson took ninth place in a time of 38:51 with Hiscox 29th in 43:47.

Earlier in the week Denis Cormican came home as first Harrier at the booth Decorators League fixture at Carsington Water finishing in 28th spot with a time of 31:57 for the five mile course.

Ian Beckingham (33rd in 32:45), Sam Dobb (50th in 34:07) and Trevor Hiscox (66th in 35:05) also made the top hundred finishers.

OTHER MANSFIELD FINISHERS – 106: Julian Wood – 37:24, 122: Dave Rose – 38:18, 127: Ian Dobb – 38:41, 136: Mandy Cormican – 39:42, 137: Demi-Jade Jakymelen – 39:44, 138: Jake Lancaster – 39:45, 150: Carl Lancaster – 40:41, 185: Tim Raynor – 43:50, 194: Dave Ward – 45:29, 209: Katie Beckingham – 50:07, 210: Kate Raynor – 50:07, 212: Jess Raynor – 50:15, 213: Kathryn Raynor – 50:21

The National Young Athletes team could only manage third spot in their final fixture of the season against strong opposition from Notts AC and Cannock & Staffs.

Ryan Saxton produced a double victory in the U17M 3000m and 1500m Steeplechase with times of 9:32 and 5:02 respectively.

Success continued in the middle distance events with victories and new PBs for Alex Rieley in the U13B 800m (2:24.9) and Ella Shirley in the U15G 1500m (5:15.0). There was also a win for Caelidh Ross in the U15G 800m in a time of 2:28.0.

John Brennan set a new PB in the U15B 100m clocking 12.4 whilst Robyn Foster was just a tenth off her PB as she ran to victory in the U15G 200m in a time of 26.4.

Final victories of the day went to David Wilkinson (U15B) and Alice Mortiboy (U17G) in the Pole vault clearing 2.30m and 1.85m respectively.