

Mansfield Harriers' Men's and Women's teams both qualified to compete in next months National Road Relays by finishing 12<sup>th</sup> and 19<sup>th</sup> respectively at last weekends Midland event at Birmingham's Sutton Park. They will now return to the same venue on April 18<sup>th</sup> to compete against the best from the North and South.

James Mee led off for the men on the 12 stage race, which involved the 1<sup>st</sup>, 4<sup>th</sup>, 7<sup>th</sup> and 10<sup>th</sup> leg runners taking on the 5.4 mile long leg with the others racing over the shorter 3 mile leg.

Mee, still getting back to fitness after a lay off through illness, ran a respectable 29:46 bringing the team back in 19<sup>th</sup> position. Stuart King was next off, running the short leg for the first time and had one of the best runs of the day clocking 15:19 and gaining 4 places.

Chris Brown took another 4 places with his time of 16:14 on the 3<sup>rd</sup> leg before handing on to Sean Ledger.

Ledger, fresh from his excellent 3<sup>rd</sup> place finish the previous week in the Bradford 10K where he ran 32:21, produced a storming leg of 28:44 and gained one place to take the team into 10<sup>th</sup> spot.

Youngest member of the team, Luke Marshall headed out on the 5<sup>th</sup> leg returning in 17:10 and just dropping two places to 12<sup>th</sup>. He handed on to Steve Grainger who produced a 17:05 leg retaining the 12<sup>th</sup> spot.

Faz Fahy was next out on the tough long leg, running well to retain the team position, producing a time of 32:35. Tim Raynor was next off clocking 17:44 before the oldest member of the team, Steve Davies, headed out on the 9<sup>th</sup> leg.

Davies brought the team back in 14<sup>th</sup> spot recording 18:56 for the 3 mile lap. Doug Ross took over for the last long leg and with the field now well spread out retained 14<sup>th</sup> spot with an individual time of 32:36.

Steve Capewell headed out on the penultimate leg running a time of 16:53 before Pete Stafford took over for the last leg, clocking 17:13, gaining two places and bringing the team back in 12<sup>th</sup> spot.

The men's B team was unfortunately incomplete due to some last minute injuries however 8 runners were led out by Dave Peet who recorded 34:19 on the first leg before handing on to Mike Mumford.

Mumford came home in 18:05, gaining 8 places and was followed out by Alex Lloyd who recorded 19:30.

Craig Woods took on the long 4<sup>th</sup> leg returning in 37:23 with Bryan Borrill (19:11) and Dave Robertson (21:34) completing the next two short legs.

Trevor Hiscox and Mark Jenkins completed the line up, Hiscox recording 36:42 on the long leg and Jenkins 18:09 on the short.

Miriam Tedder was first off for the women's team, running 19:49 to produce the fastest Mansfield time of the day over the 6 leg race where each runner took on the 3 mile lap.

Tedder brought the team back in 23<sup>rd</sup> before Kirsty Huntington made up 4 places with her second leg run of 20:27.

Helen Scott retained 19<sup>th</sup> spot running 20:54 with Clare Coombes and Kate Raynor next out and recording 21:35 and 21:45 respectively. Sue Bellingham completed the team with a run of 23:35.

Elsewhere on the road Bryan Borrill ran his first Half Marathon for several years at Wilmslow finishing 299<sup>th</sup> in a big field of nearly 4000. Borrill ran a time of 89:01.

Trevor Hiscox and Lorraine Garvey were the only Mansfield runners to take on the Sheffield 10K, Hiscox just making the top 50 with his 49<sup>th</sup> finish and a time of 38:26 whilst Garvey was 325<sup>th</sup> in a time of 56:27.

Steve Capewell took the silver medal spot at the Underwood 10K with a time of 36:14 over what is a notoriously tough course. Wayne Turner was 18<sup>th</sup> in 41:50 with Pete Collinge 33<sup>rd</sup> in 45:11. Maddy Collinge and Carol Hartin completed the Harriers line up finishing 53<sup>rd</sup> and 79<sup>th</sup> respectively with times of 48:27 and 51:13.

Julian Wood was first harrier back at the Rother Valley 10K finishing in 173<sup>rd</sup> spot with a time of 44:32. Maddy Collinge was third VL55 back, finishing in 336<sup>th</sup> overall recording 48:01 whilst Eva Williams and Tina Green were 369<sup>th</sup> and 395<sup>th</sup> respectively clocking 48:43 and 49:11.

Track and Field action returned to Berry Hill Park when Mansfield Harriers staged their Spring Open Meeting with close to 500 entries across a range of events.

Two visitors claimed national records with Ashley Gilder of Notts AC breaking the UK age best for a 13 year old in the Hammer and Steve Linsell of Leeds City taking a UK record for the V45 category in the High Jump clearing 1.85m.

Closer to home there were some strong early season performances from Mansfield athletes. Rachel Gair threw 57.66m in the Hammer in a highly competitive event that saw some of the country's most promising throwers turn out.

Jess Grieves produced a new personal best of 47.6 in the 300m Hurdles whilst Adam Sansom, equalled his best time of 56.7 in the 400m Hurdles

despite having moved up an age group and having to master a higher set of hurdles. Stef Wilcockson ran 57.4 to record his 3<sup>rd</sup> best ever time and there was also a PB for Jonathan Newell with a time of 60.9.

Caelidh Ross produced a strong run over 600m to take a run away victory clocking 1:48.4. With this Ross took a full 10 seconds off a club record that has stood for 8 years.

Martin Cook showed some good early season form running 22.8 for the 200m after he had warmed up with a 2:00.5 performance over 800m whilst Paul Wright just managed to dip under the 50 sec mark over 400m with a time of 49.9.

Christie Childs doubled up for the second successive week with runs in the Under 17 Women's 300m and 800m clocking 44.4 and 2:19.0 respectively whilst brother Ryan did likewise over 400m and 800m recording 52.3 and 2:06.3.

Chris Brown clocked the fastest time of the day in the 800m despite some earlier than anticipated pace with a time of 1:57.3 whilst Sam Johnson dipped under 2:30 for the first time in the Under 13 boys 800m with a time of 2:29.5.

Stuart King ran a controlled race over 3K to come home first in 8:55.8 whilst there were PBs for Daniel Ward and Claire Talbot in the same race. The pair battled it out to the line – Ward recording 10:54.1 and Talbot 10:54.3.

Ollie Fell and Adam Sansom both cleared over 6 metres in the Long Jump, Fell producing a best jump of 6:09, just 3cms ahead of Sansom's 6:06.

Greg Miller cracked the 50 metre barrier early in the season with a best throw in the Javelin of 50:03 whilst Lucy Banner produced a PB in the Under 15 girls Javelin, throwing 28:56m, just ahead of Becky Woolley who threw 28:30m. .

#### OTHER MANSFIELD PERFORMANCES:

80 metres – Hannah Shaw: 14.3, Michael Read: 12.7, Holly Shaw: 12.2, Anya Rambdale: 13.0, Ella Shirley: 13.9, Ben Hardy: 12.2, Quinn Bailey: 14.0

100 metres – Ancell Maxwell: 12.2, Chris Ashmore: 14.0, Dale Jacobs: 12.1, Ollie Fell: 12.3, Cy Holmes: 12.4, Robyn Foster: 13.7, Jennifer Stowell: 14.8, Elise Glover: 14.9, Rachel Norris: 13.8

150 metres - Michael Read: 23.0, Jack Foster: 21.8, Steven Sowter: 23.2, Ben Hardy: 23.7, Abigail D'Aguair: 22.8, Beth Mortiboy: 23.0, Anya Rambdale; 24.3

200 metres – Stefan Wilcockson: 24.1, Ancell Maxwell: 24.2, Jonathan Newell: 24.9, Stuart King: 26.0, Adam Sansom: 23.6, Dale Jacobs: 24.5, Alex Lloyd: 25.4, Ewan Millar: 26.3, Alex Heath: 26.1, Chris Ashmore: 25.6, Robyn Foster: 28.2, Elise Glover: 30.7, Jennifer Stowell: 31.1, Rachel Norris: 28.9

400 metres – Chris Brown: 52.8, Ollie Fell: 53.7, Alex Lloyd: 54.2, Alex Heath: 59.3

600 metres – Harrison Smith: 2:00.2, Abigail D'Aguiar: 1:56.0, Emma Heath: 1:59.5, Ella Shirley: 1:59.5, George King: 1:52.6, Alex Rieley: 1:55.0, Finny Quilty: 1:58.3

800 metres – Stuart King: 2:02.5, Will Stone: 2:16.7, Richie Talbot: 2:16.8, Tom O'Mara: 2:19.8, Sam Raynor: 2:39.4, James O'Mara: 2:43.2, Demi-Jade Jakymelen: 2:33.0, Hannah Hardy: 2:36.9, Hayley Silver: 2:42.2, Kiera Abbott: 2:44.0, Alice Mortiboy: 2:44.8, Holly Smith: 2:52.0, Molly Johnson: 2:38.4, Claire Norris: 2:40.5

Long Jump – Chris Ashmore: 5.35, Ewan Miller: 4.74, Cy Holmes: 4.52, Jack Cabourn: 4.62, Ales Rieley: 3.62, Finny Quilty: 3.58, Michael Read: 3.67, Luke Silver: 2.48, Beth Mortiboy: 3.81, Holly Shaw: 3.39, Hannah Shaw: 2.79

High Jump – Ansell Maxwell: 1.65, Jack Cabourn: 1.45

Javelin – George Reid: 10.49, Bob Scott: 16.47, Chris Huntington: 9.07