

Another busy week for Mansfield Harriers saw victory for James Mee at Erewash in the Notts AAA Road Race League, David Lagerberg climbing to the top of the UK Under 17 age group rankings over 400 metres and Charlotte Gair producing a new PB to take fifth spot at the National U20 Championships.

Mee warmed up for his outing on the roads with a 1500m race at Stretford the night before where he ran 4:00.59, Luke Cragg also coming within half a second of his PB at the same event, clocking 3:50.29, his fastest ever on UK soil.

Over an undulating 5.6 mile course on the country lanes Mee opened up a 35 second gap on his nearest rival to clinch victory in the third race of five in the Notts AAA summer series. Mark Johnson battled well to finish in eighth place in 30:11 despite a back injury, slipping one place in the race series but staying in the medals in third spot overall.

Pete Stafford and Steve Grainger had their own battle just behind Johnson. The pair swapped the lead throughout, Stafford's strength and experience coming good over the last half mile though to take eleventh spot in 31:39, Grainger in twelfth in 31:47.

Steve Davies showed no signs of fatigue in the mid race between his 99<sup>th</sup> and 100<sup>th</sup> Half Marathon appearances clocking 32:29 to take 21<sup>st</sup> place. Rob Smith was on good form, improving his standings this season with a 33<sup>rd</sup> place finish.

Stafford, Grainger, Davies and Smith kept the Mansfield Veterans team in with a shout at the Gold medals, posting a convincing win on the night and their 77 points taking them into a dead heat position with Long Eaton after three races.

Jonny Lowe was 38<sup>th</sup> in 33:12 to take the third scoring spot along with Mee and Johnson in the senior team. Denis Cormican (73<sup>rd</sup> in 35:41), Graeme Wilkinson (82<sup>nd</sup> in 36:06) and Trevor Hiscox (92<sup>nd</sup> in 36:46) also scored for a senior team which finished fifth on the night.

Jackie Massey produced another strong performance to finish in third spot in the ladies race, clocking 34:05 and hanging on to third position in the series, second in the VL45 category.

Helen Scott, in 22<sup>nd</sup> with a time of 38:30 and Kahli Johnson (29<sup>th</sup> in 39:25) were the next two Harriers home. Johnson and Massey were joined by Sue Day (42<sup>nd</sup> in 41:27) in the Veteran ladies trio that hang on to silver medal spot overall going into the next race at Worksop on July 7<sup>th</sup>. Hannah Colton (36<sup>th</sup> in 40:44) and Sally Smith (45<sup>th</sup> in 42:17) joined Scott as scorers in the Senior Ladies race.

OTHER MANSFIELD FINISHERS: MALE – 94: Chris Day – 36:50, 102: Phil Shaw – 37:05, 159: Julian Wood – 40:14, 163: Dave Rose – 40:33, 166: Ivan Colton – 40:50, 178: Clive Russell – 41:35, 204: Alan Maddocks – 44:41, 212:

Daniel Ward – 45:20, 219: Dave Ward – 46:52. FEMALE – 49: Mandy Cormican – 42:53, 56: Claire O'Mara – 43:08, 59: Julie Grainger – 43:26, 60: Amie Grainger – 43:26, 69: Tina Green – 44:13, 78: Denise Winfield – 45:55, 86: Linda Wilkinson – 46:51, 89: Carol Hartin – 47:12.

Lagerberg's success came at the Nottinghamshire Schools Championships where the Rainworth youngster moved himself to the top of the UK rankings with an impressive performance of 48.2 over 400 metres to take the Intermediate Boys title,

Joe Sassi posted a PB in the same race, finishing third in 52.3 whilst at the same age group Connor McHale won the Pole Vault with a clearance of 3.00m and Tom Walleth was second in the 100m Hurdles in 15.2.

Harriers athletes dominated in the U15 girls events, Rachel Norris taking the 100m in 13.2, Robyn Foster the 200m in 27.2 and Beth Mortiboy the Long Jump with a best jump of 4.57m. Meanwhile Claire Norris came out on top over 800m in 2:267.6 and Chevelle Baxter clocked 5:02.5 to take the 1500m.

The Under 17 girls weren't to be outdone, Becky Woolley securing victory in the Javelin with a throw of 35.39m, Lucy Banner taking second place with 29.22m. Chloe Elphick produced a double in the Long and Triple Jump, seizing victory in both with best jumps of 4.89m and 10.57m respectively. Charlotte Bellingham also took Gold over 3000m.

At the Aviva U23/U23 Championships Charlotte Gair produced a new PB of 43.00m to finish fifth in the U20 Discus. Gair has worked hard all season and has suffered several disappointments in her attempts to re-capture last season's form. This performance was evidence that perseverance and commitment pays off.

Despite recent success at U15 and U17 level Harriers could only finish manage fourth spot in the Nottinghamshire Mini League staged for the first time at Ashfield School – the new home of Sutton Harriers.

Green and Blue victories were few and far between – Alex Rieley in the U13B 1500m, Tilly Birkin in the U13G 1200m, Abby Winfield in the U13G High Jump and Robyn Foster in the U15G 200m being the only four of the morning.

Hannah Shaw scored useful points with a second place in the U11G 80m and Long Jump, Laura Herrod doing likewise in the U13G 100m and 200m where she finished second and third respectively.

Beth Mortiboy finished second in the 75m Hurdles, third in the Long Jump and second in the Shot.

Mortiboy also earned good points when Mansfield took on Charnwood and Royal Sutton Coldfield in the third of four matches in the National Young Athletes League. With victories in the Long Jump and Shot she contributed to Harriers second place in the match.

Tom Wallett scored maximum points with a treble win in the U17M 100m (11.9), 100m Hurdles (15.2) and 400m Hurdles (62.4). Chris Clarke did likewise with wins in the U17M Shot (13.45m), Discus (30.59m) and Javelin (36.47m).

Chloe Elphick, Ryan Saxton and Becky Woolley all produced double victories, scoring good team points on a day when performances really mattered. Elphick came out on top in the Pole Vault and Triple Jump, Saxton in the 3k and in an encouraging debut in the 1500m Steeplechase and Woolley in the Shot and Javelin, including a new PB of 9.46m in the Shot.

David Lagerberg demonstrated his potential again, clocking 48.9 to win the U17M 400m comfortably, Connor McHale taking the Pole Vault in the same age group with a best clearance of 3.10m.

At U15 level there were victories for Cameron Smith in the High Jump, Caelidh Ross over 800m, Rachel Norris in the 100m, Jordan Boam in the 80m Hurdles and Tamsin Smith in the Pole Vault.

Not to be outdone the Under 13s were well represented with wins from Laura Herrod in the Long Jump, Abbie Winfield in the High Jump, Alex Rieley over 1500m and Emma Cundy in the Shot.

Several Harriers youngsters were selected to represent Nottinghamshire Schools at the Mason Trophy Inter Counties match in Birmingham.

David Lagerberg and Becky Woolley both took first place against some strong opposition – Lagerberg taking the 400m in 48.7 and Woolley the Javelin with a best throw of 38.23m.

There were second place spots for Chevelle Baxter who clocked a new PB of 4:56.1 over 1500m and Chris Clarke who had a best throw of 14.30m in the Shot.

Ryan Saxton took another second off his 3000m PB to take third place and Robyn Foster also took third spot over 200m.

At the other end of the age range a handful of Harriers were in action at the Midland Masters Championships at Leicester.

Martin White took Gold in the VM35 100m in 11.6 and Silver over 200m in 23.6. At VM45 level Chris Ashmore was just outside the medals over 100m but took silver in the 200m in 25.8.

Steve Woolley came away with three throws medals in the VM50 category. Woolley took silver in the Discus throwing a new PB of 35:54 along with bronze in the Shot and Hammer.

Lee Peters also continued his good season with Gold in the VM40 Javelin – his best throw being 57.20m.

Despite most of Harriers road runners choosing to turn out at Erewash there was still a reasonable contingent of green and blue vests at the third Booth Decorators League race – some even choosing to turn out on two consecutive nights. Luke Marshall was first Harrier home in 17<sup>th</sup> position with a time of 27:02.

Ian Beckingham made the top fifty with a time of 29:01 giving him 48<sup>th</sup> spot. Sam Dobb (63<sup>rd</sup> in 29:56), Tom Wragg (73<sup>rd</sup> in 30:18) and Pete Collinge (95<sup>th</sup> in 31:33) all made the top 100.

OTHER MANSFIELD FINISHERS: 125: Julian Wood – 23:58, 137: Dave Rose – 33:35, 159: Kate Raynor – 34:46, 162; Mandy Cormican – 34:56, 183: Tina Green – 36:17, 200: Maddy Collinge – 37:15, 202: Dave Ward – 37:30, 210: Sue Bellingham – 38:23, 231: Katie Beckington – 41:35, 232: Jess Raynor – 41:44.

Elsewhere on the roads Mark Jenkins completed all five races in the Gordon Whelbourn series at Newark finishing 4<sup>th</sup> each evening, except for Tuesday when he slipped to fifth spot. This was enough to give him the series title at VM40 level.

Claire Coombes ran four of the five races, Trevor Hiscox turning out for the first and the last. Hiscox also completed the Long Eaton 5 mile race, finishing 74<sup>th</sup> in 33:38.