

As the clocks sprung forward Mansfield Harriers had their first outing onto the track for the summer season with several athletes taking part in the Spring Spruce open meeting hosted by Notts AC.

Despite the blue skies and sunshine there was a chill in the air and a deceptive breeze blowing against the track athletes along the home straight and the throwers.

Adam Sansom kicked off the day on the track running 59.2 in the 400m Hurdles. This only just under a second off his personal best and such a strong run so early in the season promises well for the rest of the year. Sansom went on to run 23.5 over 200m later in the day.

Twins Ryan and Christie Childs both went well over 800m, Ryan just missing his personal best by 0.7 of a second running a solo race from the start. Christie took on the pace from the start too and dipped under 2:20 to win her race in 2:19.8 before going on to clock 44.3 over 300m.

Paul Wright led the way over 400m recording 50.4 having earlier clocked 23.4 over 200m in a race that also saw James Hardy come home in 24.2, after a debut over 110m Hurdles in which he recorded 15.6. Stef Wilcockson and Alex Lloyd recorded 53.0 and 54.7 over 400m and earlier in the meeting Wilcockson fought off a late challenge from Martin White in the 200m, the pair running 24.3 and 24.4 respectively.

White was the fastest Harrier over 100m clocking 12.2 with Chris Ashmore, who went on to run 25.5 in the 200m, finishing the shorter distance in 12.7.

Laura Herrod ran well in the Under 11 Girls 80m and 150m with highly respectable times of 12.8 and 23.8 whilst elsewhere in the sprints Jess Smith clocked 30.8 in the Under 15 Girls 200m.

Rachel Brandham was first back in her 1500m event with a time of 5:08.3 whilst Emma Wilkinson ran 2:26.4 over 800m along with Kiera Abbott and Holly Smith who ran 2:39.2 and 2:52 in the younger age groups.

Harrison Smith finished third in his 600m in 2:03.6 with David Wilkinson recording 2:43.7 over 800m. Wilkinson went on to throw 25.10 metres in the Javelin.

Richard Woolley finished second in the Senior Men's Javelin with a best throw of 56.03. Meanwhile Dad Steve and older brother Richard threw 31.52 and 33.02 respectively in the Discus. Steve also threw the Hammer 33.93 and Matt recorded 12.38 in the Shot. Not to be outdone the youngest member of the family, Becky, threw 36.54 in the Javelin.

Charlotte Gair threw 30.63 in the Under 17 Women's Discus whilst Lucy Bonner completed a successful early outing for Mansfield with a 24.58m best throw in the Under 15 Girls Javelin.

Faz Fahy led home the Mansfield contingent at the Retford Half Marathon with a new personal best time of 81:36. Fahy will be hoping that the work he has put into this performance will pay off as he enters the summer road race league.

Rob Smith completed the 13.1 mile course in a respectable time of 83:42 despite having to have an early toilet stop. Dave Peet demonstrated his pre London Marathon form with a strong run of 86:03 to come back as third Harrier.

Trevor Hiscox and Steve Davies battled it out for next place – Hiscox just pipping Davies in the finishing stages with the duo recording 87:40 and 87:41 respectively. Graeme Wilkinson was next back, making his racing debut over this distance. With his London Marathon training going well he will be hoping that his 88:45 over the half gives him a good chance of a sub 3:15 time at London in just 4 weeks time.

Jackie Massey was next back and with her time of 91:27 took the first prize in the Ladies V45 age category. John O'Reilly and Clare Coombes, in 1:42:42 and 1:44:51 respectively, were next back with Michelle Peet (1:55:43) and Elaine Greaves (2:15:59) completing the line up.

Clare Coombes went from Retford to Lincoln in successive weeks, recording 44:45 to finish 647th in the Lincoln 10K with Alan Hutchinson first Harrier home in 224th position in a time of 40:12.

The first track and field action of the season takes place at Berry Hill Park next Sunday (April 5th) when Mansfield Harriers stage an Early Birds Open Meeting. Full details are at www.mansfield-harriers.org and the action starts at 10.30am (field) and 11am (track) with spectators very welcome.

Mansfield Harriers also stage an open 5K road race, sponsored by Mansfield Building Society, on Friday April 24th. Open to club runners and non club runners the course starts on the athletics track before heading around the park, out onto Lichfield lane, along The Avenue, into Blackscotch Lane, back into the park and round the same loop again. Full details at www.mansfield-harriers.org.