

Mansfield Harriers Report 6th July 2008

4 Mansfield Harriers look forward to action in next weeks Aviva National Championships at Birmingham's Alexander Stadium. In an event which incorporates the Olympic Trials Ricky Soos, Stephen Lisgo, Rachel Gair and Chris Brown have all achieved the required standard in their events to merit an invitation.

Soos has recently returned to the track after a series of set backs since representing GB at the 2004 Olympics in Athens and whilst he won't be expecting to return to that sort of form just yet it is good to see him back in action on the track. Joining him in the 800m will be Chris Brown who'll be looking to improve on his season's best time of 1:52.25, set 10 days ago at Solihull, and to get close to his 2006 form of 1:50.60.

Lisgo will be hoping for a good performance over the 3K Steeplechase after a good week in which he raced over the barriers over 2K at the Bank of Scotland Cup. Finishing in 3rd position Lisgo was beaten by Andrew Lemencello, one of the favourites for a top spot at this weekend's trials.

Currently ranked in 7th spot on the national rankings Rachel Gair will be aiming to get close to 60 metres in the Hammer. Having set a new personal best of 58.26 metres earlier this season she is training well and, with the right conditions, will be pushing hard for the magical mark.

Lisgo, Brown and Gair all warmed up for next weekend's action by turning out for their club in the 3rd round of the Midland Senior League Division One at Coventry. While Brown sharpened his pace for his 800m with a rapid run out over 400m taking 1st spot in the B string race in 49.7 his two team-mates were busy scoring big points.

Busy juggling her role as Women's Team Manager with her role on the field Rachel Gair contributed 24 points to the Mansfield total with a win in the Hammer, 2nd in B string Discus, 4th in Shot and a speedy run to take second place in the B string 100m clocking 13.4 secs.

Starting off the day with a new PB in the 400m Hurdles winning the race in 57.0 secs Steve Lisgo followed up by filling in for an injured team-mate to take second spot in the B string 800m and then took victory in the 1500m in a time of 4:03.4.

Harriers finished the day in 3rd position behind league leaders City of Stoke and host club Coventry Godiva with several other athletes scoring useful points on a day when the team was weakened by injury and absence. Steve Woolley chalked up 19 points completing in all 4 throws and Martin Cook scored 14 with 2 second place A string finishes in the 100m and 200m.

Ellie Maddocks made her comeback to track and field competition after 2 years away and contributed 17 points to the team total with performances in the Long Jump, 100m Hurdles, Shot and Javelin. Meanwhile Amie Grainger sandwiched a 200m run between her second place finish in the 800m and her third placed spot in the 1500m to score 16 pts recording a new personal best of 2:21.0 in the 800m.

Both then finished the day with a relay leg – Maddocks joining Rachel Gair, Katy Welch and Lucy Spray to take 3rd place in the 4x100m relay whilst Welch and Spray joined Grainger and Georgia Milton to take 2nd place in the 4x400m event.

Charlotte Gair and Sandi Gair were not to be outdone by Rachel's achievements, Charlotte taking second place in the Discus and Sandi winning the B string hammer and finishing 3rd in the B string Javelin.

Danny Barkes made a welcome return to action on the track and showed what a talented athlete he could be with a solid period of training behind him. Barkes finished second in the 800m in 1:57.9, 3rd in the B string 1500m and then went on to run a leg of the 4x400m relay in 50.1 secs.

Elsewhere on the track James Mee had another strong run to win the 5000m in 15:35.1. Other top 3 placings were recorded by Lucy Spray in the 400m Hurdles (2nd) and 100m (3rd), Jonny Newell was second in both the B string 400m H and 110m H, Dale Jacobs 2nd in the B string 100m, Stef Wilcockson 3rd in the 110m H, Steve Grainger 2nd in the B string 2K Steeplechase and Paul Wright 3rd in the 400m.

On the field Tom Bell finished in second spot in the Triple Jump with a best jump of 13:18 whilst Natalie Butterworth and Ollie Fell both also took second in the B string Triple Jump and Long Jump respectively.