

Mansfield Harriers & Athletic Club

More international success was experienced by Mansfield Harrier Stephen Lisgo when selected to compete in the 3000m Steeplechase at the St Mary's Classic meeting in London last week.

Winning the race in a new personal best and club record of 9.01.2 Lisgo has now qualified to compete in July's Olympic Trails. However despite this the Scottish international has his sights firmly set on winning the AAAs national under 23 Championships in 2 weeks time.

Despite a strong start to life in the new Midland Senior Track and Field League Division One Mansfield's athletes found it hard to keep their form when travelling to Cheltenham for the second fixture.

This season has seen 6 of Mansfield's top athletes register for higher league competition with National League clubs and the team missed the experience - and ability to score points - of Rachel Gair, Chris Brown, Matthew Woolley, Richard Woolley, Sam Cordin and Martin Cook.

With the women finishing 3rd and the men 6th the team finished in 5th place overall on the day and Mansfield reach the halfway point of the 2008 season in 2nd position overall in the league.

On the men's side it was left to Hurdlers Stefan Wilcockson and Jonathan Newell to pick up some of the best points of the day. Wilcockson took the A string second place sport in both the 400m and 110m Hurdles with Newell picking up 4th and 1st in the B string.

Elsewhere on the track there were 3rd place finishes for Stuart King and Steve Lisgo in the B 800m and A 3000m respectively. Lisgo went on to also finish 5th in the A string 800m, High Jump and Pole Vault to become Mansfield's highest scoring individual male athlete bagging 18 points.

Steve Woolley was just one point behind on 17 thanks to useful performances in the Shot, Discus, Javelin and Hammer. Also on 17 was Stefan Wilcockson who added the Triple Jump to his Hurdles performances.

James Hardy had Harriers highest placed finish on the field with 2nd in the B string High Jump and Lee Peters finished 3rd in the A string Javelin.

Multi-eventer Laura Bennett topped the points table for the women scoring 22 points from her 4 individual events. With her best result a second in the A string 100m Hurdles she backed this up with a 3rd in the Long Jump, 4th in Shot and 5th in 100 metres.

Jess Grieves was on form again in the 400m Hurdles snatching victory over the last 50 metres and then going on to finish 3rd in the B string 100m Hurdles.

Georgia Milton and Amie Grainger both doubled up in the 800 metres and 3000 metres with only 60 minutes between the 2 races. Milton finished 2nd in the 800m in 2:18.3 and 3rd in the 3000m in 11.12.9 whilst Grainger produced 2 new personal bests of 2:22.0 and 11.26.2 to take 2nd in the B string 800m and 1st in the B string 3000m.

Lucy Spray, currently studying at Cambridge University, demonstrated that her new training regime is working with a strong run in the 400m, finishing 2nd in a time of 57.7secs. Christie Childs was 4th in the B string in a time of 61.2 having earlier produced a season's best of 2:21.1 running as a guest in the 800m.

Sandi Gair recorded the 3rd Mansfield victory of the day winning the B string hammer with a throw of 21.20 metres. Other top 3 finishes went to Emily Reeve 92nd in B string 400m H), Beth Farr (3rd in B string Long Jump and Shot Putt) and Charlotte Gair (3rd in A string Discus).

The Women's team ended the day on a high smashing the Senior club record in the 4x400m Relay. With 3 of the 4 still Under 17 athletes this performance promises well for the future.

Georgia Milton led them out on the difficult first leg handing over after a 62.8secs split to Jess Grieves. Grieves worked well over the one lap leg coming back in 62.7 secs having gained a place. Amie Grainger took the baton from Grieves chasing down the Coventry athlete and running a strong 62.2 secs lap to hand on the baton to the only true senior in the team, Lucy Spray, with the Mansfield and Coventry girls neck and neck. In a repeat of their individual race earlier in the day Rowena Cole of Coventry just managed to hold off Spray despite the 4th leg Mansfield runner recording a split of 57.2.

Mansfield's Under 11, Under 13 and under 15 athletes were also in action at the weekend travelling to Nottingham's Harvey Hadden Stadium for the second fixture of the Nottinghamshire Mini League.

The usual middle distance domination from Harriers was matched by some equally impressive performances from the sprinters and field eventers.

Becky Woolley led the way on the field producing a new personal best of 36.20 metres to win the Under 15 girls Javelin.

Ben Hardy and Laura Herrod took all the honours in the Under 11 80m events, Ben winning the boys event in 12.1 and Laura the girls in 12.8. Ben went on to make it a sprint double with victory in the 150m in 22.5.

At under 13 level Rachel Norris won the 100m in 14.0 and Robyn Foster the 200m in 28.7.

Mansfield won 4 out of 6 of the middle distance races – Nicole Goulding and George Pidding leading the way with a double in the Under 11 600m. Kayleigh Ross went on to win the Under 13 girls 800m and there was also victory for Rachel Brandham in the Under 15 girls race.

Elsewhere on the track Mansfield athletes have been in action at two recent British Milers Club (BMC) open events at Sports City in Manchester and Stretford.

Stephen Lisgo produced a personal best in the 1500m at the Sports City event finishing in 3.51.1 whilst Chris Brown and Stuart King recorded 3.58.1 and 4.07.7 at the same meeting. Luke Cragg ran over 5000 metres finishing in a time of 15.43.4 whilst Jodie Bestwick recorded 2.31.1 in the women's 800 metres.

The Stretford meeting saw outings for two of Harriers Under 17 contingent - Dea-Anna Davey and Sophie Ward. Davey recorded 2.19.2 in the 800 metres and Ward 5.12.6 in the 1500 metres.

Away from the track and on the roads Dave and Michelle Peet flew the Mansfield flag at the Elvaston 10k – Dave finishing 51st in a time of 40:33 and Michelle 256th in 54:48. Meanwhile Trevor Hiscox went east to Lincolnshire where he finished 53rd in the Woodhall Spa 10K in a time of 39:02.