

Mansfield Harrier Rachel Gair was crowned National Under 23 Champion on Sunday when she took the England Athletics Hammer title at Bedford.

Gair took Gold with a best throw of 55.20 metres, a strong performance in the weekend's windy conditions and now looks forward to improving on this in next weekends Throws Festival at Birmingham before returning to Birmingham 2 weeks later for the National Senior Championships on 12<sup>th</sup> July.

6 other Mansfield athletes achieved qualifying standards to compete in the Bedford championships with Steve Lisgo returning home with another national medal. Taking silver in the Under 23 3K steeplechase was another stepping stone for Lisgo and set him up well for his next big race where he'll compete in the National Senior Championships in 3 weeks time.

Chris Brown ran 1:52.91 in his heat of the 800m to qualify for the final where he finished 7<sup>th</sup> in 1:54.54. Meanwhile Lucy Spray and Martin Cook completed the Under 23 line up both finishing 5<sup>th</sup> in their heats with times of 64.56 and 49.64 in the 400m Hurdles and 400m respectively.

Richard Woolley and Sam Cordin flew the flag for the Mansfield Under 20s – Woolley taking 5<sup>th</sup> place in the javelin with a best throw of 60.20m and Cordin recording 49.06 to take 4<sup>th</sup> in his heat before finishing 7<sup>th</sup> in his semi-final.

Elsewhere on the track Mansfield youngsters made the trip to Sutton Coldfield where they faced Royal Sutton Coldfield, Yate and Derby in the 4<sup>th</sup> fixture of the National Young Athletes League Midland premier Division.

Harriers finished second to Yate in a fixture where the stormy weather caused havoc – the Discus and Hammer being cancelled as the winds had damaged the cage and the Pole Vault being deemed to be unsafe due to the conditions.

James Hardy led the way with a hat trick of individual victories taking the Under 17 men's A string 200m in 23.0, 100m Hurdles in 13.7 and the High Jump with a clearance of 1.70m before going on to run the first leg of the 4x400m Relay.

Adam Sansom and Ollie Fell scored a double victory in the Under 17 Long Jump both jumping a best of 5.91 metres. Sansom also recorded a victory in the 400m Hurdles and a second in the B string 100m Hurdles while Fell took 2<sup>nd</sup> in the B string 200m and third in the A string 400m.

Greg Millar threw 50.57m to win the A string Javelin and was 2<sup>nd</sup> in the A string Shot whilst Ryan Childs followed up his victory in the B string 400m Hurdles with the same in the Shot.

At Under 15 level Ben Leivers-Riley took 2<sup>nd</sup> place in the 200m in 24.2 before taking victory in the 100m in 11.7. Ryan Saxton and Tom O'Mara completed a double in the 1500m running 4:42.8 and 5:10.3 respectively while Ewan Millar took first place spot in the B string Javelin.

Competition was tough at Under 13 level with no victories for Harriers – Jake Lancaster recording 2 second place finishes in the B string 1500m and High Jump and James Mackintosh taking second in the A string Shot with 5.71m.

The Under 17 Women produced some excellent performances with the club hoping that these athletes will continue into the senior ranks. Jess Grieves recorded double victories in the A string 300m Hurdles and High Jump and was second in the B string 80m Hurdles.

Charlotte Gair took advantage of there not being a discus event to record a new personal best of 8.05m to take first place in the Shot with Beth Farr taking 1<sup>st</sup> in the B string with 7.95m. Beth also took first in the B string 300m Hurdles and was second in the 80m Hurdles A string in 13.2 secs.

Amie Grainger won the 3000m in a new personal best of 11:11.3 whilst Hannah Wragg and Emma Wilkinson recorded a double victory in the 1500m, Wragg running 4:48.7 and Wilkinson 5:24.0.

Other victories were secured with Emily Reeve, Holly Blount, Laura Brown and Claire Beaumont respectively winning the B string in the 100m, 200m, Long Jump and Triple Jump.

The day ended well for the Under 17s when they beat the club record in taking victory in the 4x300m Relay. The quartet of Jess Grieves, Amie Grainger, Christie Childs and Georgia Milton ran a great race in very difficult conditions to take a second off the previous record – in a time of 2:57.1.

At Under 15 level Double firsts were recorded by Becky Woolley and Arlayna Davey in the Javelin and by Demi-Jade Jakymelen and Claire Talbot in the 1500m.

Robyn Foster and Rachel Norris continued their domination of the Under 13 sprint events with Foster winning the A string 75m and 150m in 10.2/20.6 and Norris taking the B string in 10.5/20.9.

Not to be outdone by the sprinters Chevelle Baxter and Claire Norris had excellent runs in the 1200m – Baxter taking 2<sup>nd</sup> in the A string with a Grade 1 performance of 4:03.6 whilst Norris won the B string in 4:20.9.

Mansfield's senior athletes have also been keeping the blue and green vests visible on the roads with performances at the Ranby 10K and the Long Eaton 5 mile road race.

At Ranby Trevor Hiscox was first Harrier home in 23<sup>rd</sup> place in a time of 40:05 followed soon after by Bob Scott whose time of 40:32 took the prize for first Male Over 50.

Brian Harris was only 3 seconds and one place behind Scott taking the prize for first Over 60. 18 seconds and five places later came Mansfield's 3<sup>rd</sup> prize of the night – Kirsty Huntingdon taking first spot in the Senior ladies race.

Rick Huntingdon was next back in 41:23 taking 39<sup>th</sup> place overall with Colin Fell in 85<sup>th</sup>, Helen Scott (90<sup>th</sup> and 3<sup>rd</sup> Senior Lady), Maddy Collinge (97<sup>th</sup>) and Chris Fell (159<sup>th</sup>). Chris Huntingdon completed the family line up in 197<sup>th</sup> taking the honours and prize as first over 50 lady back. To complete the prize haul for the evening the ladies took the award for first team.

At Long Eaton Steve Davies returned home first for Mansfield in 32<sup>nd</sup> place with a time of 29:44. Trevor Hiscox was just over 2 minutes behind Davies in 31:45 and John and Lynne O'Reilly completed the line-up finishing in 106<sup>th</sup> and 191<sup>st</sup> respectively in 34:48 and 40:00.

The next action for Mansfield is next weekend when Berry Hill Park plays host on Saturday to the Nottinghamshire Mini League (Under 11, 13 and 15), on Sunday when the Under 20 team travel to Cannock for the National Junior League and on Sat/Sun at Birmingham when club members take part in the National Jumps and Throws Festivals at Birmingham's Alexander Stadium.