



JAMIE AND DOMINIC FLYING HIGH AT KEN TRICKEY GREAT WEST OPEN

Exeter Harriers athletes produced top performances to dominate the results lists at the Ken Trickey Great West Open at Exeter Arena. With athletes attending from across the South West the sunny weather saw numerous top performances, and cream of the crop were U20 Harriers **Jamie Anderson's** 1.90 high jump clearance and **Dominic Allen's** 4m extension to his javelin pb. This was Anderson's first attempt at this height this season, having had a few unsuccessful attempts last year, and is a significant milestone to achieve, clearing it on his first attempt to the joy of the captivated crowd. Allen's new lifetime best javelin throw of 57.12 puts him 4th in the early season national rankings and gives him the national entry standard required for the English Schools Championships in July.

Harriers young athletes did extremely well, **Isabella Peyton-Jones** producing top performances with 2nd places in U11 hurdles and 150 (12.62 and 25.22) and knocking 7 secs off her lifetime best for first place in 600 in 2:05.17.

Charlie Hague delivered well with two wins in the U11 long jump (3.36) and 150 (24.45) and 3rd in the 600 in 2:04.36, **James Matthews** claimed 2nd in the 600 (2:01.82) and vortex throw (34.02), **Evan Murray** won the vortex throw (35.20) and claimed 2nd in 150 (12.81) and **Ryan Farleigh** achieved 2nd in long jump (3.09) and 3rd in 150 (25.42).

Talented multi-eventer **Katie Chapman** had three superb wins in U13 shot putt (9.52), and new lifetime bests in long jump (4.95) and high jump (1.53), coming close to the club age group records in all 3, and **Rebecca Squires** achieved the sprint double with new lifetime bests in 100 (13.55) and 200 (28.00). **Issie Farrant-Worth** claimed 2nd in 70 hurdles in 12.90 and **Chloe Harris** took 2nd in long jump (4.11) and 3rd in 70 hurdles (13.11), both new lifetime bests.

Sam Mills and **Cameron Bryson** battled for places in the U13 800, with Mills taking 2nd in a 6 sec pb (2:29.38) and Bryson 3rd (2:31.82). Mills was also 3rd in the 100 (15.32). **Michael Thomas** achieved 2nd in high jump with 1.15 and 3rd in long jump with 3.80, equalling his pb.

Harriers have a talented group of young U15 throwers, and **Josh Tyler**, who broke the club hammer record last week, once again did not disappoint with 1st place in hammer (38.39) and shot putt (11.64), and 2nd in discus (33.49). **Craig Moncur** also did well in the throws with a couple of 3rd places in shot putt and discus (9.92 &



29.03), both new lifetime bests, also achieving a new long jump best of 4.89 for first place, adding 30cm to his previous pb. **Matthew Williams** claimed a win in triple jump (9.87) and 3rd in high jump with a new lifetime best of 1.40, just pipped by **Nathan Blatchford** who also cleared 1.40 and claimed 2nd on count back, but lost out to Williams in the triple jump with his 2nd placed leap of 9.63. **Lee Dart** claimed a good win in the 200 in 26.9, also a new lifetime best.

National Indoor 800 Champion **Molly Canham** started the build-up to her season with an easy win in the U15 800 in 2:16.15, dominating early on to win by 16 secs, and also claiming a win in the 300 (43.18), with **Sadie Carter** taking 2nd with a new pb of 45.87. **Brooke Coldwell** claimed 2nd to Canham in the 800 (2:32.90), just fractionally outside her pb, and **Runa Manby** took 2nd in the 1500 in 5:20.01. **Amy-Beth Curtis** claimed 2nd places in javelin and shot putt (29.52 and 8.70), **Rachel Champion** had good runs with a win in the 100 in 13.46 and 3rd in 200 in 27.1, and **Isobel Pinsky** achieved a superb new lifetime best in high jump of 1.58, adding 3cm to her old best, and placing her ninth in the early season national age group rankings. Multi-eventer Pinsky also claimed 3rd places in 75 hurdles (11.74), just within the English Schools entry standard, and long jump (4.72).

Caitlin Apps ran well to claim a win in the U17 3000 in 10:49.88, and **Cecily Turner** also claimed a win in the 800 in 2:22.05, with **Sophie Burden** taking 2nd in the 300 (48.07) and 3rd in 800 (2:36.64). **Alice Please** was 2nd in shot putt (8.07).

Jack Turner and **Sam Gooding**, usually rivals on the multi-events circuit, chose different events this time, with Turner claiming 2 wins in discus and javelin (33.49 and 41.75) and Gooding, opting for jumps, winning high jump and equalling his pb



with 1.75 and claiming 2nd in long jump (5.74).

Harriers dominated the U20 800 with **Katie Olding** taking the win in 2:20.95 and **Maddie Roche** 2nd in 2:25.87, **Jessica Dobson** won the 200 in 26.1, **Anyia Turner** won the shot putt in 9.68 and took 2nd in 400 hurdles in 70.45, her first run at this distance having moved up from 300 hurdles, and **Lily Mills** was 2nd in shot putt (8.78).

Jack Moncur achieved 2nd in U20 javelin with 47.74 and **Matt Dowell** was also 2nd in 800 with



2:09.63. More winners were **Danny Ellis** in SM javelin with 47.41, **Clare Hodgson** in SW 800 in 2:28.91, and **Jackie**

Walpole ran well to clock 2:41.80 in the Vet60 age group, some 4 secs off the pace of her world leading time from last season.

SUPPORT

As with most things there's a lot of organisation that goes on behind the scenes. We'd like to give a special mention to **Janet Phillips**, The Competition Secretary, for compiling all the



entries and organising the event. A thank you also for all the Officials, Track and Field, working hard to ensure the

events ran on time. We're delighted to welcome 3 new track officials; **Emma Webber**, **Lee Farleigh** and **Jo Dart** and **Kevin Skinner**, Field Judge. If you'd like to find out more about becoming an Official please ask the volunteers on the Welcome Desk.



SPONSOR

We're also very grateful to the sponsorship received from **Dudley Associates**. This type of support is invaluable.

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