

NAL Match 1 Milton Keynes, 7th May 2022

I can only praise the performance of the team we took to Milton Keynes and hope we get a better response and commitment from the athletes that stayed at home in the remaining matches. A look at the results on OpenTrack shows the standard of performance at the match is easily achievable by most of our U20/Senior club athletes and the number of 1st and 2nd places our team delivered is proof of that. The team sheet for the next match will be on the Facebook group page very soon and will show the selections and spaces so athletes can make themselves available by email or message.

Stantonbury Stadium Milton Keynes looked a little tired as a facility and it makes you appreciate the YOSC facility.

Match result placed us in 4th place just on the wrong side of the Milton Keynes and Yeovil scores. The empty spaces in the team cost us a lot, considering a last position in the 'A' string gains 5 points and in the 'B' string 3 points.

Belgrave Harriers	501
Milton Keynes	445
Yeovil Olympiads	431
Yate & District AC	424
City of Portsmouth	369
Southend AC	244

Individual performances were good. Amy Pye in the 400mH stormed to a breakthrough Pb with 58.63s giving her a 6th on the national rankings currently, a statement performance after her controversial DQ at BUCS competition. Personal bests followed also for Ben Wells (400m), Ethan Steel (100m and Long Jump), Liam Hillier (Discus), Toby Conibear (Hammer), Stephanie Brooks (Long Jump), Tilly Spinney (3000m), Sophie Hornung (Pole Vault), Libby Davidson (Shot Putt).

Seamus Robinson had a great battle with the Yeovil athlete in 1500m, leading for most of the race he just lost out as the Yeovil athlete pulled away in the last 200m. Behind him Freddie Cooper sped past two rivals with a turn of sprint speed in the last 100m. Our male High Jumpers Adam Brooks and Luke Ball outclassed the competition who were out before Adam and Luke's opening height. Adam Wilson, just recovered from injury, tested himself with a solid 5000m and in the male throws events Aaron Sloan, Matt Muggeridge, Liam Hillier, Toby Conibear and Reece Straker made sure there were no event spaces and kept the team points score accumulating. Harry Williams got close to his Pole Vault best in a competitive event with Liam Hillier taking good 'A' string points. Nick Kanonik came good in the 200m, a welcome return after last seasons injury problem. A makeshift 4x100m relay team strolled home for a good 2nd place.

Kirsty Treglown shrugged off a knee niggle and delivered solid 100m/200m performances and brought the 4x100m relay team home for an excellent win. Fiona Barkley Long jumped over 5 metres again for the first time since 2018 and Stephanie Brooks took the 'A' string Long Jump with another Pb adding to her list of multi-event improvements this season. Jodie Dale took the Javelin 1st place and covered Shot and Discus for the team while new addition to the team Amelia Brandon showed her multi talents with 1st places in 'A' string 100m Hurdles and 'B' string 100m/Triple Jump. Lucy Durham improved her last performance at BUCS to take the 'A' string Triple Jump 1st place. Tilly Spinney our only representative in the female middle distance events continued to make improvements with her 3000m performance. Hannah Holman delivered a solid Hammer Throw performance in the first event of the match to get the team off on its quest to get points. Libby Davidson also new to the team secured good High Jump points and filled the vacant Shot Putt with a good team support attitude. Hannah Jackson, optimistic about her 100mH unfortunately clipped hurdle two but still managed to finish and get points. Sophie Hornung equalled her Pole vault Pb as her development continues.

As an aside – you may think that the Steeple Chase events must have been a high standard of competitor when I tell you none of the athletes got their feet wet, however the organisers couldn't get the water jump filled in time for either the men's or women's races so the competitors omitted the water jump from the race 😊

Yate Performances –

Event	Men 'A' (5)	Perf.	Pos	Pts	Men 'B' (55)	Perf.	Pos	Pts
100m	Ethan Steele	11.24	2	10				
200m	Nicholas Kanonik	22.94	2	10	Matthew Muggeridge	24.99	5	4
400m	Ben Wells	48.43	1	12				
800m								
1500m	Seamus Robinson	4m00.25	2	10	Frederick Cooper	4m17.03	2	8
5000m Men	Adam Wilson	16m21.11	5	6				
3k S/C Men								
110mH Men								
400mH								
High Jump	Adam Brooks	2m09	1	12	Luke Ball	2m00	1	10
Long Jump	Ethan Steele	5m97	3	8	Matthew Muggeridge	5m35	2	8
Triple Jump	Matthew Muggeridge	11m43	4	7				
Pole Vault	Liam Hillier	3m30	4	7	Harry Williams	2m90	1	10
Shot Putt	Aaron Sloan	9m49	6	5	Liam Hillier	8m44	3	6
Discus Throw	Aaron Sloan	26m88	6	5	Liam Hillier	26m67	4	5
Javelin Throw	Matthew Muggeridge	40m51	5	6	Aaron Sloan	31m96	3	6
Hammer Throw	Toby Conibear	50m12	3	8	Reece Straker	42m52	1	10
100m n/s								
200m n/s								
400m n/s								
4x100	Luke Ball	44.87	2	10	Ethan Steele			
	Adam Brooks				Ben Wells			
4X400								

Event	Women 'A' (5)	Perf.	Pos	Pts	Women 'B' (55)	Perf.	Pos	Pts
100m	Kirsty Treglown	12.69	3	8	Amelia Brandon	13.53	1	10
200m	Kirsty Treglown	26.69	3	8	Stephanie Brooks	26.04	1	10
400m								
800m								
1500m								
3000m Women	Tilly Spinney	10m43.60	2	10				
2k S/C Women								
100mH Women	Amelia Brandon	17.00	1	12	Hannah Jackson	18.60	1	10
400mH	Amy Pye	58.63	1	12				

