

## National Athletic League match 2 Portsmouth 4<sup>th</sup> June

A committed core of our athletes travelled to Portsmouth for the 2<sup>nd</sup> NAL match of the season. A disappointing number of spaces in the team meant it would be tough day to get a decent team result. However, the athletes again produced excellent performances, the women in particular bagged a great number of team points with no one finishing below a third place. There were best performances from Stephanie Brooks (400mH – 66.53s), Jodie Dale (Javelin – 40m71, Discus – 24m11), Amelia Brandon (Long Jump – 5m00), Libby Davidson (Shot Put – 7m82), Maisy Harvey (Hammer – 40m01). The sprints were hampered by a strong headwind gusting up to 6 metres a second so times were definitely affected however Kirsty Treglown showed great strength delivering two 2<sup>nd</sup> places in 100/200m.

For the men, Toby Conibear and Reece Straker got the team off to a good start with an early Hammer competition. Toby improved his best (51m11) while Reece got a seasons best (44m47). Toby also went on to get a new best performance in Shot put (10m80) later in the day. Liam Hillier had a good day in the field with best performances in Pole Vault (3m71), Shot Put (9m39) and Javelin (33m38).

Our three track athletes Seamus Robinson (3000m), Greg Hayward (800m) and Jack Derrick (1500m) strove hard to deal with the windy conditions and deliver decent team points.

Our excellent officials, Graham and Debbie Brooks, Matt and Charlotte Viner, Bob Lavis, Jeremy Dale again made sure we secured maximum 45 officials points, so a big thank you to them.

Problems with the results mean there is still no match result calculated but I feel the loss of some many points for unfilled event places will not leave us in a good place going into match 3. We need a good deal more commitment from athletes who have yet to show up for the team.