

Midland Regional Final for UAG YDL – Sunday 7th August 2022 at YOSC

Team Avon come first and win a place in the National Final

Team Avon won by a large margin over the other Midland premier clubs: Team Avon 751, Coventry and Leamington 587, Birchfield Harriers 485, Cardiff Archers 442, Rugby and Northampton 387, Swansea Harriers 293. Team Avon came first in every aspect of the meeting; officials, track, field, relays, men and women. Both men's and women's relays were particularly successful and our teams are ranked highly across the country. We will now compete in the National Final at Sportcity, Manchester on 4th September for further honours and hopefully, individual medals.

The men kept up their strong performance across the season. Toby Conibear, James Viner, Ruben Brady, Jacob Dibble, Sam Walker (U20s), Louis Tutchter and Adam Merrett (U17s) made a clean sweep of the throws events with some great personal best performances. Other impressive wins came from Ed Wilson, Josh Maggs, Freddie Cooper, James Harrod, Luke Ball, Dominic Murray (U20s), and Ryan Brady, Ashley Avis, Ben Wagstaff, Ishmael Bradley, Thomas Darton, Joe Markey, Destiny Sadiku, and Jordan Iwhiwhu (U17s). Harry Williams achieved a new PB in the Pole Vault, as did Ethan Canning in the long jump, Max Elliott and Oskar Billet in 400m, and Nicholas Pestell in the 800m. Sam Rudge bravely won his first race over 400H. Good contributions to the team score came from Patrick Kyle, Louie Nelson and Henri Contineau.

The women managed to field a stronger team for the Regional Final than their last match at Cheltenham. Athletes returning from Holidays the day before, were keen to be involved, which helped to cut down the empty spaces.

All four clubs within the composite team, were represented which was great, with athletes willing to step up and cover gaps where they could. There were 21 1st places, 7 PBs and some very pleasing performances, particularly from athletes that were competing in events they do not normally do.

Kirsty Treglown looked very impressive winning the U20 100m with Tilly Spinney and Rhiannon Paton running strongly in the U20 Middle distance races. Stephanie Brooks added the 4 x 400m at the last minute to the 400H, 100H, Shot and 4 x 100m, contributing 21 individual points and contributing to the maximum points achieved in the 2 relays.

Ciara Galvin, never having competed in the event, offered to do the U17 TJ with resounding success. Came 2nd with a jump of 10.20m. Mayalee Osola was again impressive winning the 80H and backed it up with a PB in the U17 200m and a good win in the U17 Javelin. Sophie Hornung added another 15 cm to her Pole Vault PB. Lucy Acott is to be commended for her solo run in the 1500m s/c which enabled her to be eligible for selection for the National Final.

As usual our Officials turned out in force and their expertise was very much appreciated. Finally, a big thank you to Charlotte Viner for her quiet efficiency in handling the results, where the YDL programme again presented problems for the recorder.

Respectfully submitted

Lesley Nunn, Women's team manager

Sandra Woodman, Men's team manager