

## National Athletic League match 3, Milton Keynes 5<sup>th</sup> August 2023

There was all to play for going into the final match of 2023. Standing at the top of National One Division equal with Milton Keynes on 14 points but with a superior match points total the team had to beat Milton Keynes to be able to claim the division title and at the very least remain in the top two to secure promotion into the NAL Championship for 2024 season. With Milton Keynes having a distinct home advantage the task would be tough. Thursday evening before the match there was optimism, then came Friday and most team managers know what the day before the match is all about.

The MET office forecast weather Armageddon with storm Antoni and the journey to the match was accompanied with several downpours. The venue lacked any cover for athletes or spectators and facilities were meagre. However after some concerns that some events might be cancelled the rains eased and for a decent period of the afternoon conditions approached pleasant although a bit of a headwind didn't suit the sprints. A lot of standing water and wet equipment didn't make for ideal conditions.

Events got under way and results started accumulating into the OpenTrack system, track results were almost instantly available and field results took a little longer but within an acceptable period. Hats off to Milton Keynes for their results processing efficiency but a definite black mark for the stupidity of insisting A and B string track races would not be combined resulting in races of 3 or less athletes and our 'B' string 100m hurdler running on her own when there were only 3 in the 'A' race. The online access to the OpenTrack results meant everyone could see the match positions through the afternoon. The team took an early lead but it was nip and tuck with Milton Keynes and the lead switched back and forth, mid way through the afternoon Reading AC suddenly crept into second place with Yate pushed back to third and Milton Keynes seemingly stretching a lead as our lack of middle distance women began to tell. The tough then got going and some shuffling of the team and coverage of those unfilled spaces brought us back into contention closer to Milton Keynes. As a team manager you have concerns about athlete health when they volunteer to cover 'alien' events but most cope well and always give it their best. However when your Hammer thrower adamantly insists he is going to run the 3000m you know the 'team spirit' bar has been raised. I'm not sure what kept Toby Conibear going, it must have felt like a marathon, but finish he did.

The strong mens 4x100m relay team stormed to a win and a new club record with Dan Brooks continuing to show his season's good form by powering past Reading on the last leg. This helped to inspire our women who continued their unbeaten in 2023 NAL record with another win. Putting together two 4x400m relay teams with a number of willing but not recognised 400m runners proved invaluable, the womens 4x400 pulled us up to equal points with Milton Keynes with just the mens 4x400 to go and we snatched the lead from Milton Keynes with the last event of the day as the MK team were DQ'd for a take over infringement (thank you to the eagle eyed track judge!).

Our team members with officiating duties scored maximum points again and led many events enabling the host club to put on the meeting as other clubs again fell short in providing officials.

Match result :-

|                    |     |
|--------------------|-----|
| Yate & District AC | 550 |
| Milton Keynes      | 540 |
| Reading AC         | 484 |
| Wigan AC           | 381 |
| Enfield & Haringey | 184 |

As the most travelled team in the division this season (Yate 384 miles, Wigan 337 miles, Enfield 305 miles, Reading 243 miles, Milton Keynes 210 miles) and with no home match advantage we had some excellent commitment with a strong core of athletes performing at all three matches. Wins at Milton Keynes and Reading on their home turf was outstanding.

Milton Keynes team performances below.

| Event       | Men 'A' (5)      | Perf.    | Pos | Pts | Men 'B' (55)      | Perf.    | Pos | Pts |
|-------------|------------------|----------|-----|-----|-------------------|----------|-----|-----|
| 100m        | Daniel Brooks    | 10.86    | 1   | 12  | Ethan Steele      | 11.21    | 1   | 10  |
| 200m        | Isaac Cory       | 21.83    | 1   | 12  | Liam Hillier      | 26.21    | 4   | 5   |
| 400m        | Isaac Cory       | 48.4     | 1   | 12  | Kane Lee          | 51.48    | 1   | 10  |
| 800m        | Kane Lee         | 1m58.11  | 1   | 12  |                   |          |     |     |
| 1500m       | Adam Wilson      | 4m13.68  | 2   | 10  |                   |          |     |     |
| 3000m       | Adam Wilson      | 9m09.25  | 2   | 10  | Toby Conibear     | 19m27.39 | 3   | 6   |
| 2k S/C      |                  |          |     |     |                   |          |     |     |
| 110mH       | Adam Davenport   | 19.15    | 2   | 10  |                   |          |     |     |
| 400mH       | Adam Davenport   | 66.59    | 1   | 12  | Graham Howell     | 99.53    | 2   | 8   |
| High Jump   | Adam Brooks      | 2.02     | 1   | 12  | David Thomas      | 1.67     | 1   | 10  |
| Long Jump   | Ethan Steele     | 5.92     | 4   | 7   | Daniel Brooks     | 4.42     | 2   | 8   |
| Triple Jump | Adam Brooks      | 12.57    | 2   | 10  | Adam Davenport    | 10.09    | 2   | 8   |
| Pole Vault  | Liam Hillier     | 3.02     | 4   | 7   |                   |          |     |     |
| Shot Putt   | James Viner      | 8.84     | 4   | 7   | Toby Conibear     | 8.67     | 3   | 6   |
| Discus      | Toby Conibear    | 23.33    | 5   | 6   | James Viner       | 23.18    | 2   | 8   |
| Javelin     | Adam Davenport   | 35.13    | 4   | 7   | Liam Hillier      | 32.24    | 4   | 5   |
| Hammer      | James Viner      | 47.47    | 2   | 10  | Toby Conibear     | 46.17    | 1   | 10  |
| 100m n/s    | Dominik Gordon   | 12.22    |     |     |                   |          |     |     |
| 4x100       | Daniel Brooks    | 43.09    | 1   | 12  | Ethan Steele      |          |     |     |
|             | Isaac Cory       |          |     |     | Dominik Gordon    |          |     |     |
| 4X400       | Adam Wilson      | 03:45.58 | 2   | 10  | Isaac Cory        |          |     |     |
|             | Liam Hillier     |          |     |     | Adam Davenport    |          |     |     |
| Event       | Women 'A' (5)    | Per.     | Pos | Pts | Women 'B' (55)    | Perf.    | Pos | Pts |
| 100m        | Kirsty Treglown  | 12.83    | 4   | 7   | Katie Robbins     | 13.16    | 2   | 8   |
| 200m        | Kirsty Treglown  | 26.63    | 3   | 8   |                   |          |     |     |
| 400m        | Katie Robbins    | 57.63    | 1   | 12  |                   |          |     |     |
| 800m        |                  |          |     |     |                   |          |     |     |
| 1500m       |                  |          |     |     |                   |          |     |     |
| 3000m       |                  |          |     |     |                   |          |     |     |
| 1500 S/C    |                  |          |     |     |                   |          |     |     |
| 100mH       | Stephanie Brooks | 17.16    | 2   | 10  | Amelia Brandon    | 16.98    | 1   | 10  |
| 400mH       | Stephanie Brooks | 73.35    | 2   | 10  | Amelia Brandon    | 77.56    | 1   | 10  |
| High Jump   | Emily Kovac      | 1.47     | 1   | 12  | Amelia Brandon    | 1.42     | 1   | 10  |
| Long Jump   | Kirsty Treglown  | 4.67     | 1   | 12  | Lucy Durham       | 4.58     | 1   | 10  |
| Triple Jump | Lucy Durham      | 10.04    | 1   | 12  | Emily Kovac       | 8.93     | 1   | 10  |
| Pole Vault  | Sophie Hornung   | 2.82     | 1   | 12  |                   |          |     |     |
| Shot Putt   | Joanne Smerdon   | 7.89     | 4   | 7   | Karen Jones       | 5.61     | 4   | 5   |
| Discus      | Joanne Smerdon   | 18.99    | 4   | 7   | Karen Jones       | 15.10    | 3   | 6   |
| Javelin     | Stephanie Brooks | 29.11    | 3   | 8   | Joanne Smerdon    | 26.30    | 1   | 10  |
| Hammer      | Karen Jones      | 27.17    | 4   | 7   | Sam Hillier-Smith | 23.17    | 3   | 6   |
| 4x100       | Amelia Brandon   | 53.27    | 1   | 12  | Kirsty Treglown   |          |     |     |
|             | Stephanie Brooks |          |     |     | Emily Kovac       |          |     |     |
| 4X400       | Lucy Durham      | 4m47.11  | 1   | 12  | Katie Robbins     |          |     |     |
|             | Stephanie Brooks |          |     |     | Kirsty Treglown   |          |     |     |

|           | Points |
|-----------|--------|
| Officials | 45     |
| Men       | 272    |
| Women     | 233    |
| Total     | 550    |