

## NAL Match 1 Swansea 1<sup>st</sup> June 2024

There's always a certain amount of trepidation just before the first league match of the season, especially this season as the team are now in the NAL proper. Following the NAL restructure into one Premiership and four regionalised Championship divisions the potential to compete against athletes of high standard was obvious. Too many unfilled events in the team was worrying but I'm glad to say that those that committed to the match responded well with some great performances and a handful of personal bests and two club records.

Welcome additions to the team making their debuts were Teresa Iannatelli getting second place and close to her best in the 400m and a great lead off leg in the 4x400. Laura Chance now as a first year U20 made a solid start to her inclusion in the 1500m with second place. Ella Bowell came in with solid 100m, Long Jump and relay performances. Keira Devereux another second place for the team in the 800m. Lily Bailey added valuable points in High Jump and combined well in the 4x100 relay. Natalie Parsons who not only made her debut for the NAL team but also made her first ever track performance in the 3000m using up plenty of nervous energy to secure a second place

Debuts for the men were multi-eventer Charlie Hickling who amassed a hatful of points from Pb's in Pole Vault, Shot Put, Discus and Javelin. Louie Nelson also in the horizontal jumps got good points for the team.

From our experienced NAL campaigners there were Pb's for Kane Lee in the 3000m, Alexander Wilson in the 300mS/C which was an Under 23 club record, Stephanie Brooks in the Javelin and an equalling Pb performance in 400mH for Daisy Harvey.

Dominik Gordon, Sam Brudney and James Edwards formed the core of the sprint performances for the mens events and in true club spirit Dominik and Sam volunteered themselves for the 4x400 team to enable a few extra points to be gained, a decision Dominik possibly regretted at about the 200m mark, well done Dom.

Abby Barnfield threw the Hammer close to her best with a throw over 40m and was backed up by Leah Hale who took first place in the 'B' string and shored up the other throws events for the team.

Sophie Hornung continued her recent fine form in Pole Vault taking the win with a 3metre effort and just failing with a 3m10 Pb attempt.

Amelia Brandon had an excellent 100mH and continued adding team points from 200m and Long Jump.

Kirsty Treglown ever reliable in the 100m and 200m sprints also lead the 4x100m team home for a good second place.

Jordan IwhiWhu's Triple Jump was interrupted with his call for the 4x100m relay but he still managed over 13 metres.

Liam Hillier was again pushing the 4 metre mark in the Pole Vault but recorded 3m80 for a third place.

James Viner who has not been Hammer Throwing since last season dusted off his Hammer and after a couple of 'how do I do this' efforts pulled out a win with a 46 metre throw.

The womens 4x400 relay squad (Teresa Iannatelli, Keira Devereux, Daisy Harvey, Stephanie Brooks) rounded off their afternoon in an exciting race, Stephanie on last leg closing a 30m Swansea lead to just a few metres at the line. A new Senior club record of 4m02.06s.

Finally our team of highly qualified Officials – Matt Viner (Timekeeper), Jason Wyatt (Track Judge), Debbie Brooks (Field Judge), Charlotte Viner (Field Judge), Graham Brooks (Field Judge), Mike Smerdon (Field Judge), John Smerdon (Field Judge) played their part in enabling the match to take place and contributed 50 points to the team score.

The final scores put us in 4<sup>th</sup> place on the day which was a satisfying result behind a very strong Swansea team who steam rolled their way to first place with Basingstoke and Cardiff not too far ahead of us. Making home advantage pay and filling all the event spaces at our next match at Yate on June 22<sup>nd</sup> is essential.

Swansea Harriers	626.50
Basingstoke & Mid Hants AC	480.50
Cardiff Athletics	475
Yate & District AC	426
Yeovil Olympiads AC	379
Southampton AC	345

Individual Points scored for the team:-

Athlete	Total Points
Abby Barnfield	8
Alexander Wilson	15
Amelia Brandon	17
Charlie Hickling	25
Daisy Harvey	13
Dominik Gordon	6
Ella Howell	13
Elliott Chard	8
Emily Kovac	14
Greg Hayward	10
James Edwards	10
James Viner	21
Jordan Iwhiwhu	8
Kane Lee	18
Keira Devereux	10
Kirsty Treglown	18
Laura Chance	10
Leah Hale	20
Liam Hillier	8
Lily Bailey	8
Louie Nelson	10
Natalie Parsons	10
Sam Brudney	19
Sophie Hornung	12
Stephanie Brooks	20
Teresa Iannetelli	10