

## Athletics Sports Report

Athletes from two local athletics clubs joined forces on Saturday with other across the County when they represented Suffolk in the Eastern Regional Sportshall and Fun in Athletics Championships which took place at the University of Hertfordshire in Hatfield.

Qualifying to represent the County following Suffolk Sportshall league fixtures which took place in Ipswich and Lowestoft, 25 athletes from Waveney Valley AC and a further 4 from Bungay Black Dog RC were part of a 66 strong squad taking on teams from Norfolk, Essex, Cambridgeshire and Hertfordshire across a variety of 'track' events and 'field' events in a Sportshall environment.

With Sportshall athletics still growing in Suffolk as opposed to the more developed teams from Norfolk and Essex, the teams from Suffolk found the competition fierce, but there were many individual very strong performances.

Suffolk's best performing team on the day was the U11 boys, who finished in 3<sup>rd</sup> place with 442 points, but just 24 points from the joint winners of Norfolk and Hertfordshire. In the field, Suffolk's best result was a win for Diego Amarin in the vertical jump, with several Waveney 4<sup>th</sup> places – Joel Burgess with 5.86m in the triple jump, Ethan Hodds with 6.25m in the chest push and Vaughan Beckham with 52 in the speed bounce. With no individual track events at U11, all races were as a 2 or 4, with Suffolk taking several 1<sup>st</sup> and 2<sup>nd</sup> places, most notably in the 2+2 lap relay where Finn Howes and Joel Burgess (both Waveney) raced to victory by a clear second. Chase Hodds, Isaac Phillips and Benjamin Cone from Waveney were also in action for Suffolk. The U11 girls were unlucky to finish out of the medals in 4<sup>th</sup> place with 433 points, but just 17 points adrift of Norfolk in 2<sup>nd</sup>. Three Waveney girls, Daisy Knights, Amber English and Laila Spurgeon formed part of the 14 strong girls team along with Megan Sargeant of Bungay. In the field, Suffolk athletes took three wins led by Millie King (two) and Ruby Vinton. Suffolk performed strongly on the track with a wins in the 4x1 lap relay and 4x2 lap hurdle relay and 2<sup>nd</sup> in the 6 lap paarlauf with Waveney athletes performing strongly.

Solomon Elvin, Leo Joscelyne and Tom Spurgeon of Waveney and Ismael Manas of Bungay formed part of the the U13 boys team, finishing in 5<sup>th</sup> place against strong opposition. Going one better, the U13 girls finished in 4<sup>th</sup> place although Maisy Armstrong took a Suffolk victory in the 6 lap race. Waveney's top Suffolk performer was Abeni Beckham with a 4<sup>th</sup> place leap of 6.50m in the triple jump. Shamara Hammonds, Farren Turner, Maisie Elvin-Andrews, Abigail MacKenzie-Websdale and Maddie Archbold from Waveney, with Anya Clarke of Bungay were also in action.

Both Suffolk's under 15 boys and girls teams again found the competition very strong, but the boys still finished above bottom placed Cambridgeshire. In addition to the team results, U15 also compete individually with Suffolk's best placed U15 boy Callum Hopson finishing in 11<sup>th</sup> place from 32 with 114 points with a best performance of his three events a 2<sup>nd</sup> place in the speed bounce. Aidan Hewitt was just 2 points further back in 13<sup>th</sup> place with Tai Elvin-Andrews, Jamie Besford, Leon Field and Bailey Elvin also in action all from Waveney. The girls finished 20 points behind 4<sup>th</sup> placed Cambridgeshire with Scarlett Bailey of Bungay Suffolk's top girl finishing joint 20<sup>th</sup> from the 32 girls in action.

Ex-Waveney Valley AC athlete Hannah Mayne, representing Norfolk, qualified for the National Finals to be held at Manchester Sports City in April having finished as outright U15 girls winner. She will be joined by the Norfolk girls U13 team, with Essex and Herts taking the other places.