

## **Sportshall Eastern Regional Finals 30<sup>th</sup> January 2016**

This event was the culmination of a programme that encompassed three county league fixtures in the autumn and a squad training day on the 16<sup>th</sup> January.

Our under 11s competed in a Fun in Athletics Festival including lots of relays and indoor field events with everyone having a great time. Our under 13s and under 15s competed under a championship format, with the winning county team from each category gaining a place in the national finals. The Eastern Region is one of the strongest in the country and we are not yet ready for the nationals. Nevertheless, all our athletes did well and will have gained valuable experience.

The team travelled on coaches that departed from Ipswich and Lowestoft to the venue at Hatfield. This gives a clue as to which parts of Suffolk the team was drawn from and from which parts it was not. The county league is what it says on the tin so let's have some more teams taking part this autumn. Before then is the Suffolk Quadkids on 25<sup>th</sup> June at Northgate SC.

Many thanks to those coaches, team managers, officials and parents who supported the various events over recent months.

Geoff Morgan, 2<sup>nd</sup> February, 2016.