

Congratulation to West Suffolk Senior Women

3rd place at SEAA Road relay Championships at Crystal Palace



Holly, Emily, Justine and Megan

Though having expectations of finishing at least in the top ten, the four West Suffolk athletes excelled by gaining the bronze medal. We've never had such a strong team in this race and the running order worked well. Holly's strength and experience from St Mary's Uni. was clearly a help on the opening leg, allowing Emily to run clear on the second leg. Justine ran better can be remembered before her going to SMU (well out of that teenage plateau!) and Megan held and chased hard as was expected of her.