

# NEWPORT HARRIERS

## NEWSLETTER

### Championships Special



#### Welsh Open Senior, Commonwealth Games Trials & U13/U15 Track & Field Championships

12<sup>th</sup> & 13<sup>th</sup> June 2010 Cardiff

##### U13 & U15

**The combination of the U13 & U15 with The Commonwealth Trials & Senior Open Championships gave the Juniors a fantastic opportunity to see some of Wales' top athletes performing. There were not a huge amount of entries from the Juniors but those that did take part had a good weekend with PBs being achieved plus a number of finalists and medallists.**

In the U15 boys Oliver Hudson came a very creditable 5<sup>th</sup> in the 400m after comfortably winning his heat. There was also a 5<sup>th</sup> place finish in the 800m Final from Jack Fear with Luke Gill also competing in this event finishing 7<sup>th</sup> in his heat. Kyle Arnold completed Newport's track representation with a 7<sup>th</sup> place finish in the final of the 80m Hurdles. In the field Stevan Russell came away with Newport's U15 boys only medal a fantastic silver in the pole vault having only taken up the event this year he added to this an 8<sup>th</sup> place in the High Jump and 5<sup>th</sup> in Javelin. Kyle Arnold & Ryan Morgan fought it out in the Long Jump with a 9<sup>th</sup> & 10<sup>th</sup> place finishes respectively. Ryan Morgan finished just outside the medal places with a 4<sup>th</sup> in the javelin.

In the U15 Girls Katie-Jane Priest reached the final of both the 100m & 200m finishing 5<sup>th</sup> in both. Emma Hennessey was also a finalist in the 200m finishing 6<sup>th</sup>. In the field Bethan Hill- Howells gained Newport's 2<sup>nd</sup> U15 silver medal of the day in the High Jump.

In the U13 boys Carwyn Penny finished 5<sup>th</sup> in the 800m Final. The Bryant Brothers battled it out in the Shot and Discus with Jordan winning a bronze medal in the Shot and Jamie coming 5<sup>th</sup>. The Discus saw a reversal of fortunes with Jamie winning the bronze and Jordan coming 4<sup>th</sup>.

Amelia Reynolds was a brilliant double medal winner in the U13 Girls sprints gaining a silver in the 100m and bronze in 200m. She then went on to a 10<sup>th</sup> place finish in the Long jump. Danielle Morgan added to the Newport medals with a silver in the Javelin also finishing 7<sup>th</sup> in the Long Jump.

##### Seniors

**Entries were very thin on the ground from the Seniors.**

Two of our U17s, Elliott Hardee & Hannah Griffiths bravely took the step up to the Senior competition, both doing well in their heats but missing out on the Finals.

In the Mens competition Jonathan Morgan came 6th in his heat of the 1500m qualifying for the final but electing not to take his place as he had only just returned from injury. Emrys Penny was unlucky not to come away with a medal in the 3000m Steeplechase finishing 4<sup>th</sup>.

The Womens competition saw Newport's only Senior medals come from Rebecca Williams with silver in both 200 & 400m. In the 400m hurdles there was a good 5<sup>th</sup> place finish for Antonia Yorkshire.



## U17 & U20 Championships

10<sup>th</sup> July 2010 – Carmarthen

### **Despite the distance to Carmarthen this proved to be a very successful Championship for our U17s & U20s.**

In the U20 Mens competition there were 1 silver and 2 bronze medals for Newport athletes. The silver medal was won by Emrys Penny in the 2000m Steeple Chase with the 2 bronze medals coming from Lemarl Freckleton in the 200m and Tom Morgan in the High Jump. Other finalists were Lemarl in the 100m finishing 5<sup>th</sup> and Ed Lantzos qualifying in 400m where he finished just outside the medals in 4<sup>th</sup>. Tom Morgan added to his High jump success with a 4<sup>th</sup> place in the Long Jump.

The U20 Womens competition saw a silver medal for Sian Jordan in the discus and a 4<sup>th</sup> place finish for Antonia Yorkshire in 400m hurdles.

As in all their league matches this season the U17 Men saw Newport's largest representation. Elliott Hardee produced a brilliant gold medal performance in the final of the 800m with Curtis Goodger, ensuring there were 2 Newport finalists, finishing 8<sup>th</sup>. The 1500m saw another Newport athlete on the podium with a silver medal performance from Dan Chesworth. Connor Harte booked his place in the 100m final with a 4<sup>th</sup> place finish in his heat and finished 8<sup>th</sup>. Connor also took part in the Triple Jump competition finishing 5<sup>th</sup>. With a 2<sup>nd</sup> place finish in his heat of the 200m Declan O'Brien was unlucky not to qualify for the finals.

There may only have been 2 of them but the U17 Women's competition saw Newport's best medal haul of the day with 2 golds and a silver. Hannah Griffiths must surely be one of our most successful athletes this season with 2 gold medal winning performances in the 200m & 300m finishing in quite dominant form in both finals. Melissa Arthur ensured it was another Newport podium finish with a silver medal in the Javelin.





## WELSH SCHOOLS CHAMPIONSHIPS

3<sup>rd</sup> July 2010 – Brecon

**The Aviva Welsh Schools Championships saw a number of Newport Athletes earning a place in the SE Wales Regional Team with some brilliant medal winning performances.**

The Senior Boys category saw 1 gold 2 silver and 3 bronze medals for Newport athletes. Lemarl Freckleton coming home 2<sup>nd</sup> in the 100m following that up with a bronze in the 200m. The 3000m saw a silver medal winning performance from Chris Carpanini. The gold medal winning performance of the day came from Emrys Penny in the 2000m Steeplechase finishing 16secs ahead of the athlete in 2<sup>nd</sup>. In the field Tom Morgan added to the medal haul with bronze medal finishes in both long and high jumps.

In the Middle Boys category there were 2 Newport athletes in the team. Elliott Hardee continued his successful season with a gold medal in the 1500m and Dan Chesworth in the 800m finished outside the

medals in 4<sup>th</sup>.

The Senior Girls age group saw Antonia Yorkshire win a bronze in the 400m hurdles with Siân Jordan coming 6<sup>th</sup> in the Discus.

There were 2 gold medals for Newport athletes in the Middle Girls category. Melissa Arthur in the Javelin out threw the 2<sup>nd</sup> place athlete by 1cm to win the gold, whilst Hannah Griffiths was once again dominant in the 300m.

There were 3 Newport girls in the Junior age group Katie Preece winning a bronze in the 100m and Emma Hennessy was 7<sup>th</sup> in 75m Hurdles. In the field Bethan Hill-Howells was one of 4 athletes on 1.45 in the high jump but was placed outside the medals in 4<sup>th</sup> on count back.

Overall the SE Wales Team finished 4<sup>th</sup> out of 8 teams.



## ENGLISH SCHOOLS T & F CHAMPIONSHIPS

Birmingham Alexander Stadium – 9<sup>th</sup> & 10<sup>th</sup> July

**Why the English Schools? I hear you ask; well yes Newport did have an athlete in the ESAA Championships. Qualification for this competition is tough with athletes not only having to perform well in the regional competitions but also having to hit challenging standards. There are in excess of 1700 athletes taking part in 2 days of competition.**

In the SW Schools Regional Championships Bethan Wakefield won the 100m exceeding the ESAA qualification standard. Megan Coe threw a new PB in the Javelin to come 2<sup>nd</sup>. Bethan was then selected to be a part of the Avon Schools Team making the journey to Birmingham for the 2 days of competition. 31 Intermediate Girls started out in the 100m on the Friday and after winning her heat and coming 2<sup>nd</sup> in her semi-final Bethan made it to the final. In a very exciting final Bethan came 6<sup>th</sup> just 7/100ths of a sec behind the girl in 1<sup>st</sup>.

# CONGRATULATIONS...

...to the following Newport Athletes on their National selection

## Welsh Schools Squads: -

### SIAB Games

Hannah Griffiths - 300m & 4x300m Relay

Melissa Arthur – Javelin

Elliott Hardee – 1500m

### UK Schools Games

Hannah Griffiths – 300m & 4x300 Relay

Melissa Arthur – Throws reserve

Elliott Hardee – 1500m

Dan Chesworth – Middle Distance reserve

## Welsh U18 Squad:-

### 2010 Celtic Games

Elliott Hardee – 800m

Emrys Penny – 1500m Steeplechase

Bethan Wakefield – 4x100m Relay Team

Hannah Griffiths – 4x300m Relay Team

We are all very proud of their selections and wish each of them the very best of luck in each of the competitions.