

## South West Athletic League – Match 3, Exeter -Sunday 6<sup>th</sup> July 2008

Dave Varney writes:

Starting the day second from bottom in Division 1 of the South West League in the penultimate fixture at Exeter, the Newquay & Par athletes had to produce something special to raise themselves above the two relegation places. It was clear from an early stage that the team managers had pulled out all the stops & the athletes had responded superbly, albeit that some of the Senior athletes had to cover more events than expected with late withdrawals.

A second place and some advantageous low placings for other clubs around them meant that the team has now moved straight up to fourth & barring another repeat disaster of the opening fixture, when they return for the final match in Exeter in September, should keep them well placed in the middle of the table.

Another run away win by the under 13 girls, to push them even further ahead in their age group was matched by the under 13 boys & the combined Under 17 & Senior Women.

In all, the under 13 Girls chalked up five 'A' string wins, including a 3.7s clear victory in the relay. Maria Brett won both 100m & 200m sprints, Charlotte Cayton-Smith, the 800m & 'B' 200m & Karis Harrington the Shot Putt, where Hannah Saunders made this the second 'double' of the day. Katie Yeomans & Charlotte Lowe added to the relay squad.

The Boys victory came as a result of not only 'double' wins for James Housman & Aaron Evison in the High Jump, Aaron & Rory Jarvis in Long Jump but high placings elsewhere by Michael Hunt in the sprints, Rory & Danny Old in the 1500m & another clear win for the relay squad gave them their best result of the year.

It was hard graft that achieved the Women's team win backed up by the Under 17 winning performances of Philippa Brett in the 200m after second in 300m Hurdles & Caroline Harvey in the Shot.

Philippa was the first to compete of the six club athletes on show who will represent Cornwall at the National Schools Championships at Gateshead on Friday & Saturday.

Left with only four of the original eight Senior athletes, Jasmin Hicks, Tessa Williamson, Caroline Steven & Charlie Notman, all set about gaining as many points as possible but still produced winning performances, including a 'double in Pole Vault.

The Men were even harder hit & it took a heroic effort from Sean Cater to not only organise the under 17, 20 & Senior Men's team on the day but still take part in six individual events plus the relay himself. With the exception of James Ansell, the other team members had to set aside their zimmer frames for the rest of the day!

Both Under 17 & Under 20 Men's teams were the best for the season. Dean Scott & Charles Gunning moved up an age group, Dean winning his first attempt at the steeplechase & Charles a speedy 400m before his departure to Gateshead for the 800m in the English Schools this weekend. Jay Hill will also be looking forward to the ESSA Finals in his favoured Hammer event after taking part in four 'alternative' events including a good 6.21m in the Long Jump for second. Daniel Pearce (another Cornish School selection) was the only winner in the Under 17's at 400m but the team of Tyler Westby, Callum Watts (both debuts), James Barker, George Brooks, Jacob Cain & Dexter Cater all played their part in high placings to finish third in their age group.

Isaac Vassell was on a high, literally, after winning the Under 15 Boys pole vault with a new p/b of 3.35m boosting his confidence before departing for Gateshead, one of a talented trio of vaulters from the club, including Jasmin Hicks & Jordan Henwood, looking for top placings.

Again, solid performances throughout from the Under 15 Boys & Girls teams added vital points to the overall club score & removed the possibility of going into the final match needing to fight off the relegation blues.

The other club athletes taking the long haul to the ESSA Championships are Matthew Halton, Lee Hamilton, April Hogg, Nicola George & Anna Sharrock.