

## **Last Ditch Throws, Par – Sunday 21<sup>st</sup> September 2008**

Dave Varney writes:

What started out as a small local specialist throws meeting 24 years ago, has developed into one of the top meetings of its kind in the Country, attracting entries from athletes throughout the South West. This year saw unprecedented numbers as the meeting's reputation for quality competition grows with over fifty throwers taking part.

Records have been broken in every single year since it started & this year was no exception. Matt Smith from Exeter Harriers launched the 800g Javelin out to a distance of 66.93m to smash the Senior 'Stadium Record' of 64.50m. Under 13, Karis Harrington added the Hammer County Record to her collection of Shot, Discus & Javelin Records, with a new best distance of 22.35m. Natalie Brown, competing as an Under 13 can lay claim to the under 11 Javelin County Best with a new Club Record of 16.31m.

As many personal best performances tumbled in the perfect weather conditions, Plymouth's Bobbie-Leigh Lenehan-Hodge, increased her best Hammer distance to a top 10 UK rankings mark of 37.69m.

Poole athlete, Andrew Elkins, saved his best Hammer throw to the sixth round, to record 61.33m for the best under 17 performance of the day. With another year in the age group, he will be looking to gain selection for the World Youth Games next season. Andrew followed this up with a p/b in the Javelin, an event which saw seven throwers over 40m, including a new p/b for Shaftesbury Barnet athlete, Aaron Harris at 58.01m

The three Curtis brothers from Bicester AC returned to Andover all with increased personal bests in Shot, Discus & Javelin & the dash home to catch the last ferry back to the Isle of Wight was worthwhile for under 15 Nick Percy after setting a new Hammer best.

Newquay & Par under 17 athletes, Caroline Harvey & Vicky Mark both increased their Discus bests to 24.41m & 24.38m respectively with Caroline also improving on her Hammer to 26.51m.