

**U20/U17/U15 National Indoor Championships – Birmingham Indoor
Arena 14th/15th February 2009**

Dave Varney writes:

Matthew Halton blitzed the opposition to win the Under 17 National Indoor Shot Putt title by over 1.5m and was one of three Newquay & Par athletes to break County indoor Records at the Under 20/Under17 & U15 Championships at Birmingham's indoor arena.

Not only was this the biggest win of his throwing career so far, it was also the best series of throws he has strung together in a competition, showing that the hard work he has put in over the winter is paying dividends. His opening throw set the competition alight as he pushed the 5kg shot out beyond the 15m mark. With others coming nowhere near this distance, he followed this with three further 15m plus throws before launching the 15.55m Record putt in the fifth round, then equalled it in the sixth. The next best throw being 13.96m!

Throws coach, Mo Pearson was there to see this superb performance but also an impressive shot putt series from one of the younger athletes, Karis Harrington.

Karis was ranked 1st in Great Britain for the 2.72kg under 13 Shot last summer & moving up to the heavier 3.25kg weight was a smooth transition having won several events against the older age group in the club's Southern Women's League matches. This was her first National Championship at Under 15, where she finished 5th with four throws over 9 metres, her best coming in the first round at 9.80m.

The third Record also came from an under 15, who had just moved up to this age group. Maria Brett kept the Record in the family as she lowered older sister, Philippa's 60m Hurdles time down to 9.92s in the opening heats.