

Dave Varney reports on the final Women's Southern League & South West League Matches of the 2011 Track Season.

Newquay & Par athletes wound up their track & field League season at the weekend with a superb double promotion performance at Poole & Exeter to become Champions in both Division 1 of the Southern Women's T&F League and in the South West Athletics league.

The club also maintained a 100% record of wins for the season to achieve this unique double, but only just! In both matches, their leads were whittled down & then overtaken for a period, by Team Dorset on the Saturday & then Newton Abbot on Sunday. But in each case, a late rally, kept the record intact by just 7 points at Poole & a comfortable 69 at Exeter to make the celebrations complete.

The Women's team were short of their top three sprinters but veteran sprinter & jumper Debbie Drinkell made a much needed first away trip for the season, alongside, a promising Under 17, Katie Yeomans, who won the triple jump. Philippa Brett, paired up with team captain, Tessa Hewins for both hurdles to take maximum points, Philippa adding a high jump win at 1.50m & second in the Javelin.

Other wins in the Senior team came from two Under 17's, Maria Brett, throwing 32.38m in the Hammer, and Karis Harrington in Shot with 9.07m. With the pole vault cancelled, Charlotte Lowe could concentrate on the 80m Hurdles to win in a close race, Maria made it maximum points.

With middle distance & endurance athletes also short on the ground, Lucy Bowden ran well in both 800m & 1500m. Although missing the sprinters, the squad of Katie, Charlotte, Maria & Debbie still pulled off the only 4x100m Senior relay win of the season

Although the Under 15 team had no A string winners, Natalie Brown came close in the Javelin, losing out on the final round but extending her previous best by almost 4 metres to go top of the County with a throw of 24.28m. With two other p/b's on the day, Natalie also moved up from 8th to first in the County for Shot, adding over 1 metre at 8.08m & second in Discus with another big p/b by over 4m at 20.02m.

At the South West League, the club not only won the overall title but also finished top in three age group tables (Under 17 Men, Under 15 Boys and combined Under 17 & Senior Women) and the relays.

Despite winning on the day, the Senior Men / Under 20 Men's team lost out by one point to Newton Abbot. The win came as a result of Senior wins for Lee Hamilton in 400m Hurdles & Triple Jump, Mat Harris won both the 100m & 200m races and Jay Hill won the High Jump and Pole Vault. Added to this points score were Under 20 wins from Dexter Cater in High Jump & Matt O'Connor in Discus.

Half the female team stayed over at Exeter or returned the next day. Maria Brett & Lucy Bowden won the Under 17 Hammer & 800m respectively. Katie Yeomans moved up an age group to win the Senior long Jump & Lucy Hodgson (nee Kelvey) was 1.5 minutes clear of the next athlete in the 3000m at 10m:38.6s

Jack Wightman set a new p/b to win the 100m in 11.8s & added the 200m later in 24.0s for the Under 17 men's team

The Under 15 Boys had been strong all season & were out in force. Sam Robins won the Javelin before returning to the other end of the stadium where all but one athlete had failed in the High Jump. Sam's opening height of 1.40m won the event, he pushed this to 1.60m & just failed in an attempt to improve on his 1.65m p/b at 1.68m.

Corey Cross cleared 2.40m in the Pole vault for a new p/b, where James Graule was 10cms behind. James then went on to win the shot with a throw of 10.23m

Charlotte Cayton-Smith will claim the inaugural Division 2 Record for the 3000m. This was a new event for the Under 15 girls & in her first attempt at the distance looked comfortable over the 7.5 laps to win in 11m:05.9s. Claudia Carlyon, improved her Pole Vault best from 1.75m to 2.10m for the win.

In the Under 13 Age groups, Aidan Patton was way ahead of second in the Javelin with a throw of 25.94m, only 6cms shy of his best & after slipping back in the Under 13 Girls 800m, Lily England almost caught the leader on the line but missed by 0.3s

The relays once again proved successful for the club with wins for the Women and Under 15 Boys.

The two clubs that were promoted last year, Armada (a combined Plymouth, Erme Valley & Tavistock team) and North Somerset both return to Division 2 in 2012 in a straight swap for Newquay & Par and Newton Abbot, who took the drop last year.