

UK Youth Development League (Upper Age Group) – May 16th

There were some excellent performances by our athletes competing for their respective second claim clubs in the Midland Premier Division of the Upper Age Group Youth Development League at the Alexander Stadium last Saturday.

Competing for Rugby & Northampton were Sam Khogali and Jack Hocking. Sam jumped an outdoor personal best of 6.99m to win the long jump, while Jack's personal best of 6.36m took second in the B string. Jack also placed second in the 400m in a personal best of 50.56s.

For Cannock & Stafford, we had Rachael Baylis, Cara Clarke and Ollie Gould. Rachael ran a big PB in the 80m hurdles (12.76s) and performed close to her best in shot put and high jump. Cara had a good consistent series of jumps, with a best of 4.94m putting her second in the u17 long jump competition. She also made a very creditable debut over the 80m hurdles. Ollie ran well in the 100m and 200m, setting a new PB of 23.10 in the latter, albeit that the wind was over the legal limit.

Birchfield had the assistance of Molly Hanson and Heather Paton. Molly (who had a heavy cold but insisted on running in spite of her coach protesting!) carved a sizeable chunk off her PB to run 48.14s and win the B-string race before returning to her sickbed. Heather, making a return from injury, ran a very creditable 12.68s season opener to win the B string under 20 ladies 100m.