Match Report

4th SAL Match Oxford July 13th 2019

We made an early start to Oxford but good progress enabled a little coffee stop on the way, so we arrived nice and early but refreshed and raring to go

Amongst the first field events were women’s Pole vault ,and men’s shot. Imogen Walker claimed 1st place in the pole vault with a jump of 2.75m – not a PB but a good distance higher than the other jumpers. Sam Woodley threw a PB 13.78m to come 2nd in a highly competitive shot competition.

Other great performances were seen later in the day again from Sam Woodley in the discus with a throw of 54.35m and Jason Kingwell with a hammer throw of 40.73m.

In the other women’s field events great performances were seen by Chloe Vernon-Hamilton with a Triple jump of 11.70m , Shot 12.76m and Javelin throw of 28.66m gaining 3 1st positions and valuable points for us.

We struggled a bit with athletes for this match and a lot of b-string places were unfilled but there were some good track performances nonetheless. Sally Judd won the 5k in a PB of 19:01.9 and she also ran 2:24.9 for the 800m. The Found sisters were 2nd and 1st in a and b string for 1500m- Isabel running a PB of 5:06.9 and Sophie Segun ran 26.2 in the 200m to come 2nd in the a-string. Newcomer Fin Roper ran a PB of 24.2 in the 200m to come 3rd and he ran 55.0 another PB in the 400m. Kelly Asemota also ran a PB in the 400m 54.2 to come 3rd place in the b-string. Daniel Gill running for the second time in the SAL ran a PB in the 1500m of 4:12.17 getting 2nd place in the a race whilst George Rowedder returning from injury and exams ran a PB of 4:20.3 again in the 1500m. Yvonne Jones ran a PB in 1500m steeple chase which ranks her 3rd in her age group on the power of 10. David Stephens, Christa Hetherington and Sophie Segun did 5 events each with many SB and PB’s for their efforts.

Well done athletes we came 4th in the match and are looking forward to the final meeting at Ware.