

AAAs REGIONAL SILVER MEDALS FOR OUR MULTI-EVENTERS



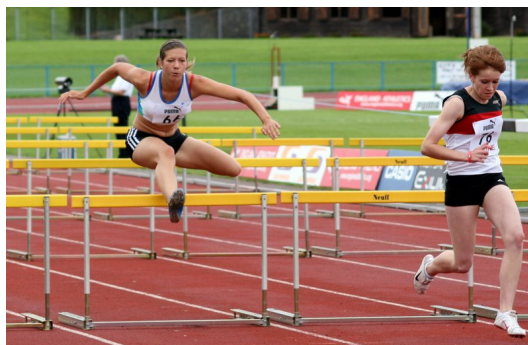
This weekend, three of our intrepid multi eventers travelled down to Stoke for the England Athletics U17 & U15 Outdoor Combined Events Championships.

Despite not having great performances, Aiden Davies (U15M) and Nicole Bewley (U17W) both came away with regional SILVER medals.



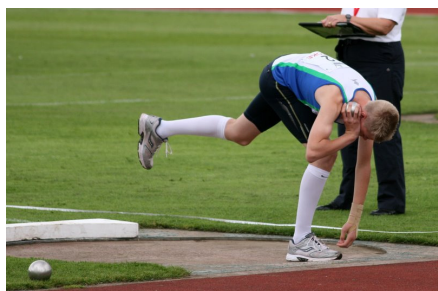
Lucy Chappell also competing in only her second outdoor U15G Combined event had a superb day finishing in 13th place in a really strong field of 28 athletes at this National championship event (which incidentally was won by the unbelievable Morgan Lake, who achieved the highest points ever recorded in an U15G Pentathlon of 3,676 – at the age of 13!).

The weekend's competition – the U17W Heptathlon - started off for Nicole on Saturday morning with the 80m hurdles. She didn't have a very good race though and ended up in seventh place with a time of 12.55 secs.



Aiden followed with his opening event in the U15B Pentathlon, the 80m Hurdles, and also ran a very disappointing race in one of his slowest times of the year - 12.73secs, which put him in a lowly 11th place.

Nicole moved onto the high jump and made amends for the slow start with a good jump of 1.62m – her second best outdoor jump of the year. This was also the second highest jump of the day with Nicole only being beaten by the overall winner of the competition, Tanisha Clayton.



Whilst Nicole was jumping, Aiden took to the Shot Putt circle wanting to make up for his poor start in the hurdles. He did this admirably with a PB first throw of 9.55m (which was 85 cms further than he had thrown before in competition). However in this quality of opposition it was only the 10th best throw on the day and didn't really move him up the leader board much.

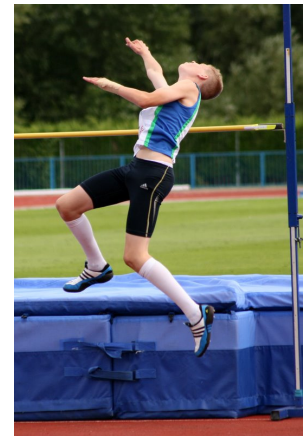
Nicole went into her shot putt event fired up and wanting a good throw. In practice she really excelled and looked as though a 10m+ throw would be on the cards. However when it came to the competition her exuberance got the better of her with her first throw which went out of bounds (nearly taking out an official). Her second throw wasn't much better at 8.37m so she really had to pull one out of the bag for her third to keep herself in the competition. She did this with the third best throw of the day of 9.99m.

Aiden, now back on track, hoped to carry on making amends with a good long jump. All his practice jumps were spot on the board and good jumps but when it came to the actual competition he could only jump 4.99, 4.90 and 5.00m which were well below par and did him no good at all - only the 12th best jump on the day.



Nicole finished her day with the 200m but this was another disappointing run in 27.70 secs. For someone with a 27.2 sec PB this lost her valuable points, which would really count at the end of the competition. Nicole did however finish day one in 2nd overall position.

Aiden moved onto one of his stronger events, the high jump, hoping to pull back some valuable points on his opposition. He jumped a solid 1.62m (4th highest on the day) but unfortunately this didn't move him up higher than 10th place in the competition overall going into the last, and his strongest event, the 800m.



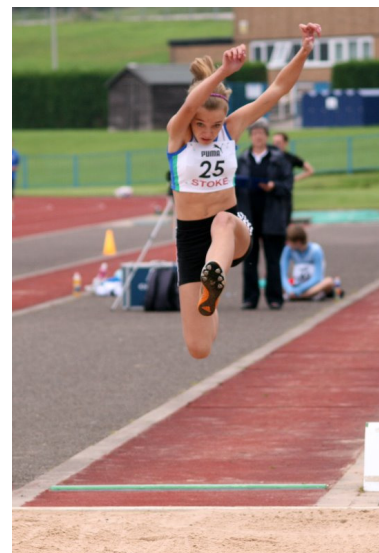
As expected, he totally outpaced all the other opposition winning by over 5 secs from the next quickest athlete, however running in the first and slowest race he had no-one to push him on and won it by over 13 secs but in a relatively slow time for him of 02:12.48. This only elevated him up to his finishing position overall of 7th place.



He was also beaten for the first time by his rival from Leeds City AC, Matty Campleman, who took the North Of England Gold medal, leaving Aiden with the Silver.

DAY 2 – Sunday 8th August

On Sunday, Lucy Chappell started her U15G Pentathlon competition with the Long Jump. With her final jump she achieved an excellent distance of 4.81m (just short of her PB), which was the 11th best jump on the day and gave her an excellent start to the competition. It was however a bit down on Morgan Lake's awesome jump of 5.77m, which was the longest recorded jump for an U13G this year in any competition



It was then the turn of Nicole to take to the long jump runway for the start of day two in her U17W Heptathlon. She was really hoping to achieve a 5m+ jump as this had been her bogey distance all year (regularly doing it in training but never being able to achieve it in competition). Her first jump (although being way over 5m) was a 'no jump' however she didn't let this phase her and her next two jumps were both an excellent 5.11m (hooray – break out the Champers Gayle!). This was the fourth longest jump and unfortunately dropped Nicole down to fourth place.



Lucy's events then continued with the 75m Hurdles She ran a good solid race posting a time of 13.24 secs but with the strength of competition there this was only good for 24th place.

Lucy then went on to compete in the shot putt, one of her weakest events. She did however throw an excellent 7.32m with her first throw, which was a PB but only the 19th best throw overall and dropped her down one place in the standings.



At the same time, Nicole was at the other end of the stadium throwing the Javelin. This didn't prove very successful as she was carrying an injury, which stopped her throwing to her normal potential. Whereas she could normally hope to throw 30m+ she could only manage 27.93m and all her main competition around her threw very well taking valuable points off her.

Nicole really needed to go into the final event, the dreaded 800m, with a lead over her rivals but her throw only moved her up one place overall with the three athletes around her all better 800m runners on paper. Still, as Nicole always does, she put in a very gritty and determined performance, achieving a PB time of 02:39.15.

This wasn't however enough to hold onto the Bronze medal position and Nicole finished the day overall in fourth place but second in the North of England just behind her arch rival Hannah Dunderdale from Lincoln Wellington AC. She did however beat her previous PB Heptathlon score by over 100 points – with 4277 points which puts her in 8th overall position in the country (at the bottom end of her age group).





Lucy still had two more events to go..... first up was the High Jump. Her jumping in Pool 'A' was excellent and she jumped heights of 1.39, 1.42, 1.45, 1.48 & 1.51 with her first jumps. This was good enough to give her 4th place in this individual event and raise her overall standing to 15th.

Finally Lucy took to the track where she ran in heat 2 and came home in a PB time of 02:38.06. This promoted her to 13th overall position where she finished the day on 2,627 points - 119 points better than her previous PB.

