



The H A W C S

# H A W C S

## Competition News

W Number 2 - 2019

[www.thehawcs.co.uk](http://www.thehawcs.co.uk)

### *U13, U15 and U17 South Of England Championships*

In the previous issue I reported on the results from this competition, and the excellent results that were achieved, sorry to say I missed out one of those really good results, produced by Emily Swain in the 800m, as follows:

U17 Women	Emily Swain	800m (h)	2:30.23	4th
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and recording her second ever best time, and bering mind this was an indoor race, it certainly would have matched her outdoor time of 2:27.7 in not bettered it if it had of been outdoors.

### *U20 amd Seniors South Of England Championships*

Katie Liptrot wsa the first of our older athletes to begin their indoor season, running her first 400m as an U20, and returning to competition after a long spell off with first her GCSE's and then some niggles and injuries, so it was good to see her back on the track:

U20 Women	Katie Liptrot	400m (h)	63.93	5th
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### *U20 and Senior London Games*

A number of our older athlete's were in action for the first time in these Championships, and two of them in their first U20 competitions, and especially Grace Gentry after her long lay off last season with a stress fracture, but also Skye Wicks in her first U20 run out, together with Deborah making her 2019 indoor debut:

U20 Women	Katie Liptrot	400m	64.20	3rd
	Skye Wicks	200m (h)	26.45	3rd
	Grace Gentry	200m (h)	27.45	5th
Senior Women	Deborah Willis	800m (h)	2:20.70	4th

### *Eastern Counties Championships and Essex County Championhsips*

A good number of athlete's were in action for this one, with Skye doubling up in her County Championships, whilst all the rest were ther for the Eastern Counties Champs., and again we saw some good results, with new personal bests and some medals too.

Great to see first year U15 Boy Ronan O'reilly have a go and a couple of events he would not normally do, it was a shame that more of o'ur young Academy athletes did not come out and have a go, well all except Rhys Bethell that is who produced an excellent result in his 800m

Big personal bests also came in the 800m for Alexa Forster, chopping 5 seconds off, and then Jess Downing in only her second race, chopping 8 seconds off her personal best, and a Pb for Will Farndale in his 200m.

U13 Boys	Ronan O'Reilly	60m (h)	9.56	6th	<b>Pb</b>
		200m (h)	31.80	5th	<b>Pb</b>
		Long Jump	3.27m	7th	
	Rhys Bethell	800m	2:35.37	1st	<b>Pb G</b>
U15 Girls	Daisy Marshall	60m (h)	9.65	5th	
	Alex Forster	800m (h)	2:29.29	3rd	<b>Pb</b>
		800m (f)	2:34.50	6th	
	Jessica Downing	800m (h)	2:40.76	6th	
	Roisin Hurley	800m (h)	2:43.93	5th	
U15 Boys	Cameron Clowes	200m (h)	27.97	4th	

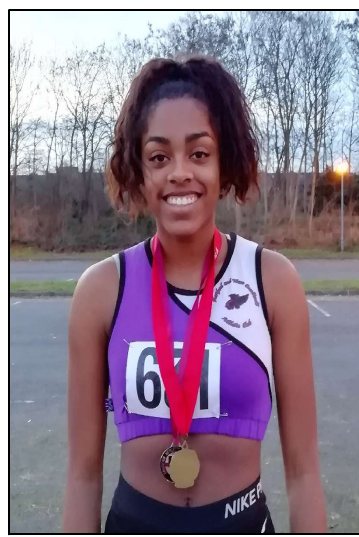
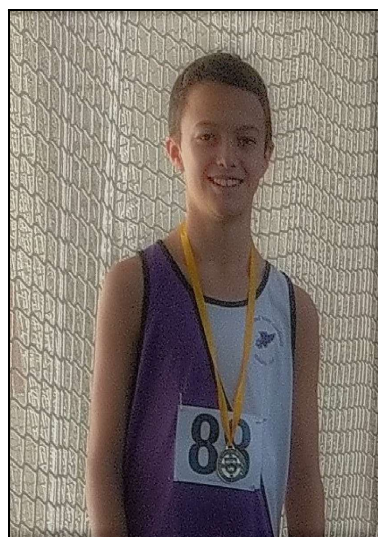
## Eastern Counties and Essex Championships (cont) ....

U17 Women	Trixie Wraith	800m (f)	2:14.06	<b>1st</b>	<b>G</b>
U17 Men	Daniel Fielding	200m (h)	24.60	2nd	
		200m (s/f)	24.63	5th	
		Long Jump	6.00m	<b>3rd</b>	<b>B</b>
	Will Farndale	200m (h)	24.30	<b>3rd</b>	<b>Pb</b>
		200m (s/f)	27.71	6th	
		400m (h)	53.83	3rd	
U20 Women	Skye Wicks	60m (h)	7.91	2nd	
		60m (f)	7.92	4th	
		200m (h)	25.92	2nd	
		200m (f)	25.54	3rd	<b>B x 2</b>
	Katie Liptrot	400m (h)	64.80	3rd	
		400m (f)	64.32	5th	
Senior Women	Deborah Willis	800m (f)	2:23.24	<b>2nd</b>	<b>S</b>

It was one of those weekends where things were going well or not. Poor Daisy almost pulled up in her 60m and then withdrew from the competition due to a niggle in the hamstring. Will Farndale had a real disaster in his semi-finals in the 200m and 400m, having run a Pb in his 200m heat, and a really good time in his 400m heat, he managed to fall in both of his semi-finals.

On the otherhand we saw a string of Pbs, supported by a haul of medals - Gold for Rhys and Trixie, with Trixie recording the 3rd fastest time in the UK - Silver for Debs in the 800m, Bronzes for Skye in the 200m and for Daniel in the Long Jump hitting his first 6m jump of the season.

## WELL DONE EVERYONE



**NEXT INDOOR COMPETITIO'N ALL HAWCS MEMBERS SHOULD BE ENTERING IS THE HERTS. COUNTY INDOORS CHAMPIONSHIPS**

**DETAILS HAVE BEEN CIRCULATED  
CLOSING DATE 28TH FEBRUARY**