



The H A W C S

HAWCS Competition News

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Another P6 for Rhys at the Lee valley Open

Rhys Bettell was in action again, this time at the Lee Valley Middle Distance Open at the Lee Valley Centre, and slicing another THREE seconds off his personal best, as follows:

U13 Boys	Rhys Bethell	800m	2:32.32	3rd
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in a mixed race of athletes of different age groups.

Athletes at the National Indoor Championships

Two of our U17s athletes travelled up to Sheffield last weekend to compete in the National U17s Championships. as part of their build-up to the summer season.

Trixie Wraith was competing in the U17 Women's 800m, with a heat on the Saturday evening to qualify for the final on Sunday lunchtime, which she did with ease, winning her heat in 2:15.34, recording the fastest qualifying time of the two heats, setting her up for the possibility of a medal in the final on Sunday.

With a good lane draw in the final, Trixie went straight to the front, with two other athletes tracking her including the favourite, and she did not relinquish that position until about 300m to go, when the favourite went to the front, but the other athlete could not sustain the pace that Trixie had set, and began to drop back. Despite being overtaken, Trixie did not let go and stuck on the tail of the leader and towards the end of the race began to come back at her, but could not quite catch, BUT IT WAS CLOSE with the winner recording 2:12.29 and Trixie recording 2:12.63 which not only earned her the Silver Medal, but also a new personal best, surpassing her 2018 outdoor personal best. We know that indoor performances/times can be slower than outdoors, so there is every reason to believe she is capable of taking another couple of seconds off this time.



Trixie on the run in

the U17 Women's 800m Final

Also in action was Daniel Fielding, in the U17 Men's Long Jump where he came 10th overall with a jump of 5.92m, just short of his season's best, but a good jump never the less.

Coming Up this Weekend

This weekend see's the first of the Lee Valley Centre's Open Meetings for U13s and U15s Boys and Girls, and a number of our Young HAWCS have entered.

Sean O'Connor will be the Coach on duty at this one.

GOOD LUCK TO EVERYONE COMPETING