

YDL ATHLETICS MEEING – MATCH 1 – 22ND APRIL 2017, BRIGHTON

“MARATHON WEEKEND” SHOWS HOLLAND ATHLETES CAN MEET ANY CHALLENGE

MILES BROWN SHOWS HIS CLASS IN HISTORIC LONDON MINI MARATHON PERFORMANCE ACHIEVING OUR BEST EVER U13 TIME 18.31 (A YEAR DOWN).

OSCAR POWNEY (1500M NG 3), KATIE GREER (JAVELIN NG 4) & “6” NATIONAL RANKINGS ACHIEVED IN YOUNG ATHLETICS DEVELOPMENT LEAGUE MATCH 1 : JOE LEIGH (300M), JESS MURRAY (75M & 150M), CLARE CHAPPELL (SHOT) & POPPY WELLS (75M)

If you're looking for a challenge, the 2017 Virgin Money Giving Mini London Marathon is your chance to compete against the best new talent in British road running. Miles Brown took up this challenge and was selected to run for his Bromley Borough. To gain selection is an achievement in itself featuring the “best” athletes from the nine regions of England, Scotland, Northern Ireland and Wales, and teams from all 33 London Boroughs. Miles looked at home in this elite event (even a year down) to finish 41/172 place against the borough best and 92/229 against the best in the Country. Unsurprisingly he helped his borough to a 2nd Borough team placing. **The weekend was very much about meeting challenges!**

In the **Young Athletics League meeting in Brighton** Holland Athletes achieved **8 National Rankings or above** against some of the strongest athletes in the region. Our athletes are again to be congratulated again **looking at home taking up the toughest challenges (many even a year down).** Our **top Male performance came from Oscar Powney whose 1500m was a National Grade 3** performance whilst **Katie Greer (National Grade 4 Javelin) was the top Girls performance.** Athletics is all about competing against the clock or against distances/heights and many athletes started the season in style. Our emerging U13s looking full of potential, energy and ambition (e.g. Poppy Wells, Jess Murray, Will Nockles and Tom Erskine) whilst Joe Leigh (300m) and Clare Chappell (shot) each achieved National Standards for their events! *Congratulations to all Holland competitors – the ‘Marathon weekend’ certainly showed the power of sport to bring out your best however tough the challenge you face.*

ACHIEVEMENT STATISTICS MET BASED ON “CLUB STANDARDS”

PERSONAL BESTS	13	Lisa Lamali (Long Jump), Leila Treacher (100m), Clare Chappell (Discus & shot), Oscar Powney (1500m), Marcus Wilson (100m/200m), Charlie Fisher (100m), Joseph Leigh (300m & LJ), Dillon Quirici (800m & LJ), Luca Fairchild (Javelin).
Club Standard	13	Clare Chappell (Discuss), Poppy Wells (75m Hurdles), Leila Treacher (100m & 200m), Frankie Fisher (100m & 200m), Will Nockles (100m & 200m & LJ), Ben Sumner (Javelin), Luca Fairchild (Javelin), Marcus Wilson (200m), Dillon Quirici (800m),
National Ranking	6	Joseph Leigh (300m), Jess Murray (75m & 150m), Katie Greer (75m), Poppy Wells (75m), Clare Chappell (Shot).
National Grade 4	1	Katie Greer (Javelin)
National Grade 3	1	Oscar Powney (1500m)

Targets for next time:

1. Develop & show “Competition Readiness” (warm up well and allow min 30mins).
2. Make your style strong and consistent throughout your event
3. Believe you can compete with anyone – you can!
4. Look at those Club standards (see document) – especially if you are at top of your age group!

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YDL GIRLS

U13 YDL 1 – SPRINTS

Best Performer – Katie Greer – only Winner plus National Ranking and PB

One to Watch – Jess Murray (fast and strong and like Katie good at both sprints! With training one to watch.

75m	A	JESS MURRAY	3RD	11.8	11.5	nr
	B	KATIE GREER	1ST	13.5	11.5	nr
150m	A	JESS MURRAY	3RD	23.8	22.6	nr
	B	LISA LAMMALI	6TH	28.2	26.4	

Great day for all our sprinters – PBS in all events.

U13 YDL 1 – Middle Distance

Best Performer – Poppy looks strong and fast. Confidence and readiness to compete were real strengths.

One to Watch- Phoebe running PB like times already! With training they will come!!

800m	A	POPPY WELLS	5TH	2.59	3.00.30	
	B	PHOEBE MUSGROVE	2ND	3.12	3.12.30	

U13 YDL 1 – FIELD EVENTS

Best Performer – Katie Greer with that epic Javelin NG 4!

One to Watch- Lisa Lammali (2nd in Javelin) so much more to come!

Javelin	A	KATIE GREER	3RD		17.03	ng 4
	B	LISA LAMMALI	2ND		6.68	
Shot	A	KATIE GREER	5TH	6.55	4.95	
	B					
Long Jump	A	JESS MURRAY	6TH	3	3.18	
	B ?	LISA LAMMALI	5TH	3.41	2.98	

U13 YDL 1 – HURDLES/RELAYS

Best Performer – Poppy - Club Standard and after week of being unwell. Imagine!!!

One to Watch – Katie = great sprinters running mechanics that says more to come!

70m Hurdles	A	POPPY WELLS	3RD		15.2	cs
	B					
4 x 100m Relay	1	LISA LAMMALI			63.9	5TH
	2	KATIE GREER				
	3	JESS MURRAY				
	4	POPPY WELLS				

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U15YDL 1 – SPRINTS

Best Performer – Great PB in the 200m and a sprinters style and focus

100m	A	LEILA TREACHER	6TH	14.41	14.5	cs
	B					
200m	A	LEILA TREACHER	5TH	30.52	30.3	cs
	B					

U15 YDL 1 – FIELD EVENTS

Best Performer – Clare in Shot National Ranking and Club Standard/PB at Discus. PB = successful day!

One to Watch- Leila (she has the confidence and enjoys working for success). More t come.

Discus	A	CLARE CHAPPELL	2ND	12.41	17.65	cs
	B					
Hammer	A	CLARE CHAPPELL	5TH		11.34	
	B					
Shot	A	CLARE CHAPPELL	2ND	6.62	7.44	nr
	B					
Long Jump	A	LEILA TREACHER	6TH	4.16	3.97	

YDL BOYS

U13 YDL 1 – SPRINTS

Best Performer – Will Nockles (ambitious & fast/furious at both sprints)

One to Watch – Frankie Fisher (learning quickly after easing up on 200m and talking about training more)

			POS	pb	result	STANDS
100m	A	FRANKIE FISHER	4TH		14.7	CS/U13
	B	WILL NOCKLES	2ND		14.8	CS/U13
200m	A	FRANKIE FISHER	5TH		32.2	
	B	WILL NOCKLES	3RD		30.7	CS/U13

Last Year Miles Brown started his rise as a Year 6 – both Year 6 sprinters achieved Club standard in their first race a year down. Both do need to warm up better for speed , run tall & straight (running biomechanics) but both already show a racing response of an elite sprinter. Great days await!

Non scoring

			POS	pb	result	STANDS
100m	A	BEN CARPENTER	4TH		15.9	
	B	TOM ERSKINE	2ND		15.6	

Both showed excellent parts of a race – but racing responses are about the whole race. Ben started really quickly whilst Tom finished strongly. Both know with a focus on the whole race improvements will come quickly!

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U13 YDL 1 – MIDDLE DISTANCE

Best Performer – Oscar Powney National Grade 3 (amazing strong power last 400m that destroyed the field)

One to Watch – Tom in his first race so strong and never far from the front (keep belief and strong running).

			POS	pb	result	STANDS
800m	A	TOM ERSKINE	3RD		2.49.30	CS/U13
1500m	A	OSCAR POWNEY	2ND	5.14.18	5.02.10	ng 3

Oscar Powney gave best performance of the day with National grade 2 performance – training and racing makes National grade 2 (4.55) possible. Imagine what going more with the leader could have given?

800m	A	BEN CARPENTER	1ST		2.52.00	
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Running on your own is never easy – good to see your strength and power. WE will use these more and more in the race to push on. Keep working arms and attacking the last 400m. Racing responses are all about doing this each race.

U13 YDL 1 – FIELD EVENTS

Best Performer – Will Nockes Club Standard a Year down !

One to Watch – Tom Erskine so strong and bouncy you would expect more to come as he believes he can!

			POS	pb	result	STANDS
Long Jump	A	WILLIAM NOCKLES	4TH		3.78	CS/U13
	B	TOM ERSKINE	4TH		3.44	

U13 YDL 1 – HURDLES/RELAYS

4 x 100m Relay	1	WILL NOCKLES			61.5	=4TH
	2	TOM ERSKINE				
	3	FRANKIE FISHER				
	4	OSCAR POWNEY				

U15 YDL 1 – SPRINTS

Best Performer – Marcus Wilson (Year down and with groin strain) still hits Club Standard!

One to Watch – Charlie Fisher (finishing speed in last 20m was incredible)

			POS	pb	result	STANDS
100m	A	MARCUS WILSON	4TH	13.95	13.7	
	B	CHARLIE FISHER	2ND	14.3	13.6	
200m	A	MARCUS WILSON	5TH	28.3	27.5	cs
	B	BEAU FACKRELL SPINKS	4TH	29.2	30.6	

There was evidence of twisted body in style that slows flow and power in both. So imagine what is to come from our sprinters. Serious about success secures success – Beau 1 second from PB. Time to work and want!

100m	A	SEB ROYCE	6TH		15.3	
	B	CONOR GREER	4TH	14.77	14.1	

Seb was aware of the importance of starting whilst Conor ran with a real sprinters style, response to others and ambition that says there is more to come.

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U15 YDL 1 – MIDDLE DISTANCE

*Best Performer – Amazing & Inspired Joseph Leigh close to National Grade 4 (42.1). Great response and readiness.
One to Watch – Dillon Quirici a 2 second PB and a POWER last 400m. Dillon is in flying form*

			POS	pb	result	STANDS
300m	A	JOSEPH LEIGH	5TH	46.16	43.5	nr
800m	A	DILLON QUIRICI	5TH	2.26	2.24.00	cs
	B	MAX FACKRELL SPINKS	4TH	2.33.4	2.42.40	
1500m	A	SEB ROYCE	6TH		6.27.60	

You can use data in training and racing to see progress and target needs! Great to see our Middle Distance men improving and having Momentum! The key is to use it in each training and racing opportunity.

U15 YDL 1 – FIELD EVENTS

*Best Performer – Luca Fairchild – great to see the Distance and obvious good form Club Standard!
One to Watch – Ben Sumner (even not well) a class athlete and loyal Holland AC member.*

			POS	pb	result	STANDS
Discus	A	TOM SIMPSON	6TH	16.99	11.73	
Hammer	A	TOM SIMPSON	5TH		13.65	
	B	CONOR GREER	3RD		10.64	
Javelin	A	BEN SUMNER	1ST	29.4	28.11	cs
	B	LUCA FAIRCHILD	2ND	23.71	29.11	cs
Shot	A	CONOR GREER	5TH	7.05	6.96	
	B	BEAU FACKRELL SPINKS	5TH	4.66	4.51	
Long Jump	A	JOSEPH LEIGH	4TH	4.18	4.31	
	B	DILLON QUIRICI	2ND	3.6	4.07	

Good to see the PBs and number competing!

U15 YDL 1 – HURDLES/RELAYS

*Best Performer - Conor Greer(PBS are always something to celebrate)
One to Watch – Conor Greer (he has the Mechanics and will only get better with training!! Look out)*

			POS	pb	result	STANDS
80m Hurdles	A	CONOR GREER	3RD	16.48	16.6	
4 x 100m Relay	1	CONNOR GREER			57.3	=2ND
	2	BEAU FACKRELL SPINKS				
	3	TOM SIMPSON				
	4	CHARLIE FISHER				
4 x 300m Relay	1	DILLON QUIRICI			3.22.10	=5TH
	2	MAX FACKRELL SPINKS				
	3	JOSEPH LEIGH				
	4	SEB ROYCE				

JM. April 2017

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