

EBBISHAM ATHLETICS LEAGUE – MATCH 1 – DAVID WEIR CENTRE, 30TH APRIL 2017

HOLLANDS ATHLETES CONTINUE TO SHOW POWER OF ENTHUSIASM & WILLINGNESS TO COMPETE

NATIONAL GRADE 3 PERFORMANCES FOR MILES BROWN SMASHING HIS 1500m PB (4.58.6)!

SIX U13/U15/U17 ATHLETES ACHIEVE PERSONAL BESTS - MARCUS WILSON NEW 100m PB (13.5), THOMAS ERSKINE 800m PB (2.47.1), LONG JUMP PBS FOR WILL NOCKLES (3.86) AND THOMAS ERSKINE (3.48). JAMES STATION (U17) ACHIEVES 3 PBS –IN 100m, 200m, 400m (62.3)

JOSEPH LEIGH WINS 300M (45.9) & CLOSES IN ON NATIONAL RANKING

OUR U11'S DOMINATE COMPETITION WITH "BATTLE OF THE HUNTS" A JOY & SOURCE OF PRIDE IN 600m!

Enthusiasm and willingness to take up the challenge are **keys to any sporting Success!**

Our athletes continue to show the **power of enthusiasm and a willingness to take up the tough challenges** in sport with a string of power performances in athletics. The **Ebbisham Athletics League Match 1** at the David Weir Stadium (30th April) saw many **personal bests** that helped **Holland Sports AC almost catch Sutton and District AC to finish in 2nd team placing**. Our athletes secured many **top positions in both the A and B events suggesting that an Ebbisham Victory is possible**. The **strength of our U11s** was discussed by other coaches a fact highlighted by **Holland dominated 600m match involving record times from Joseph and Jacob Hunt**. U13 **Miles Brown proved the star performer with a National Grade 3 performance and new 1500m PB of 4.58.6**. Like all our top performers, Miles showed real maturity and control in a commanding his event from start to finish. Any athlete should be pleased with personal bests and **Marcus Wilson (100m 13.5)** achieved this along with U17 athlete **James Staton achieving 3 PBs** in 100m, 200m and 400m. The much improved and classy looking **Joe Leigh won the 300m** in a time of 45.9 and knows achieving National ranking (44.00) is only a matter of time.

MATCH SCORE

1st	Sutton & District	125 pts
2nd	Holland Sports AC	113 pts
3rd	Hercules and Wimbledon	72 pts
4th	Dorking and Reigate	38 pts

A fantastic Team result that suggests we should seek to WIN the next match. The strong turnout in events was key, along with some quality performances. The "versatility" of the Taggs and Alasdair Evans, "youthful enthusiasm" of Will Nockles & Thomas Erskine (with many U11s) superbly supported strong U13/U15 athletes (like Miles Brown) in a **day of promise and potential**

MATCH 1

75M HURDLES U13

1A	Lewis Tagg	Holland Sports	17.0
----	------------	----------------	------

Great enthusiasm secures maximum points for Holland. Exciting races (& improvement) to come in the next match.

100M U13

4A	Will Nockles	Holland Sports	14.9
2B	Alex Tagg	Holland Sports	15.2

As a young athlete you can still target performing well. A youthful Will close to his PB (14.8) and that National ranking of 14.2. His focus and key target is speed at the end race (strong arms locked at right angles)

100M U15

3A	Marcus Wilson	Holland Sports	13.5
2B	Joe Leigh	Holland Sports	14.3

New PB by Marcus closing in on National Ranking a year down (12.7). Joe Leigh 2nd in B races continues his rapid progress. Training and competing are drivers to improvement.

800M U13

3A	Thomas Erskine	Holland Sports	02:47.1
3B	Jacob Marrero	Holland Sports	03:27.6

Holland talent matches anyone in Surrey! Thomas Erskine new PB by 2 seconds with more to come (mid race strong focus needed) with 3rd quality points placing achieved by "never give up" Jacob Marrero

800M U15

3A	Euan Ashmore	Holland Sports	02:47.6
----	--------------	----------------	---------

There are always positives **in performances**. Another sign of progress in a **pacey performance from Euan** suggesting more to come. U15 Club standard (2.32.6) waits.

200M U13

4A	Will Nockles	Holland Sports	30.9
2B	Alex Tagg	Holland Sports	31.7

A Winning performance from the ever impressive Will Nockles (close to PB 30.7) and quality result in 2nd place from the "talented" Taggy.

200M U15

2A	Marcus Wilson	Holland Sports	28.5
2B	Joe Leigh	Holland Sports	28.9

Another Winning performance again from Marcus (pb 27.5) he should target National ranking (26.25) as his current injury is still hampering his very best. **Joe Leigh still showing real potential** with a quality 2nd – strong confidence will lead to more success.

1500M U13

2A	Miles Brown	Holland Sports	04:58.6
----	-------------	----------------	---------

The 1500m saw a **majestic run from Miles Brown**. In **smashed his previous PB Miles now has National grade 2 in sights (4.55.5)**. This was a commanding run from start to finish. "Mo Farah like tactics" from a very much in form & hard working athlete.

300M U15

1A	Joseph Leigh	Holland Sports	45.9
----	--------------	----------------	------

Winners believe and progress. It is pleasing to see belief in Joe Leigh resulting in another great run (close to National ranking).

4 X 200M U13

2A	Holland Sports	Holland Sports	02:10.0
----	----------------	----------------	---------

LONG JUMP U13

3A	Will Nockles	Holland Sports	3.86
2B	Thomas Erskine	Holland Sports	3.48

Both Jumpers achieve new pbs & Will closed in on National ranking (4.00). Technical work will lead to further progress.

JAVELIN U13

2A	Alasdair Evans	Holland Sports	10.61
----	----------------	----------------	-------

A message to us all. Great sign of what **we can achieve for your Club and self**.

SHOT U13

2A	Alasdair Evans	Holland Sports	4.61
----	----------------	----------------	------

Enthusiasm and willingness to take up the challenge are key for success.

HIGH JUMP U13

1A	Alex Tagg	Holland Sports	1.05
1B	Lewis Tagg	Holland Sports	1.05

All athletes need challenges. Both Tagg's look to be capable of Club Standard (1.17) and proved "Big Points" winners. Friendly rivalry always leads to good performances. Brothers again top scoring!

JAVELIN U15

1A	Ben Sumner	Holland Sports	26.88
1B	Luca Fairchild	Holland Sports	23.74

Winning performances confirm the continued good form from both our throwers. Long Throws await!

NON SCORING**U13 100m**

35	16.0	100m	HENRY MARSHALL	HOLLAND SPORTS	U13
69	17.4	100m	ALISTAIR EVANS	HOLLAND SPORTS	U13
38	17.5	100m	JACOB MARRERO	HOLLAND SPORTS	U13

Pace is key in track racing - Henry Marshall Top man proves he has it (pace) and is on his way back. Aim high Holland!

U17 100m

43	13.8	100m	JAMES STATON	HOLLAND SPORTS	U17
----	------	------	--------------	----------------	-----

PB from James Staton – always an indicator of good training and focus.

U11 150 M

51	23.1	150m	DEVON MOONEY	HOLLAND SPORTS	U11
52	24.8	150m	JOSEPH WALDON	HOLLAND SPORTS	U11
53	25.3	150m	LEWIS JESSUP	HOLLAND SPORTS	U11
89	25.5	150m	ARTHUR PEACHEY	HOLLAND SPORTS	U11
48	26.8	150m	OLIVER MARRO	HOLLAND SPORTS	U11
49	28.3	150m	ALEX BADAWAY	HOLLAND SPORTS	U11

Great to See Top Man – Devon Mooney leading a quality Holland Pack in 150m success. Devon blessed with real Pace – with a fantastic flying finish. Technique the key to top Sprint times!

U13 200m

36	32.7	200m	LEWIS TAGG	HOLLAND SPORTS	U13
35	33.1	200m	HENRY MARSHALL	HOLLAND SPORTS	U13

U17 200m

43	27.3	200m	JAMES STATON	HOLLAND SPORTS	U17
----	------	------	--------------	----------------	-----

The first of 3 PBS from James Staton. Great potential for more.

U11 600m

46	1.51.8	600m	JOSEPH HUNT	HOLLAND SPORTS	U11
47	1.52.6	600m	JACOB HUNT	HOLLAND SPORTS	U11
52	2.00.4	600m	JOSEPH WALDON	HOLLAND SPORTS	U11
53	2.00.7	600m	LEWIS JESSUP	HOLLAND SPORTS	U11
51	2.04.1	600m	DEVON MOONEY	HOLLAND SPORTS	U11
88	2.13.4	600m	GEORGE PEACHEY	HOLLAND SPORTS	U11
89	2.20.3	600m	ARTHUR PEACHEY	HOLLAND SPORTS	U11

*Holland athletes DOMINATE the Ebbisham League 600m race – 5/7 top event scorers- and in the Huts the best of the best. To be outstanding is special and was rightly celebrated with pride from record **breaker Joseph Hunt**.*

U17 400m

43	62.3	400m	JAMES STATON	HOLLAND SPORTS	U17
----	------	------	--------------	----------------	-----

Proof we have the talent. Perfect time to achieve PB at 400m.

U11 Long Jump

46	3.46	Long Jump	JOSEPH HUNT	HOLLAND SPORTS	U11
48	3.10	Long Jump	OLIVER MARRO	HOLLAND SPORTS	U11
88	2.84	Long Jump	GEORGE PEACHEY	HOLLAND SPORTS	U11
47	2.73	Long Jump	JACOB HUNT	HOLLAND SPORTS	U11
49	1.99	Long Jump	ALEX BADAWAY	HOLLAND SPORTS	U11
89	1.89	Long Jump	ARTHUR PEACHEY	HOLLAND SPORTS	U11

Joseph Hunt shows his talents with 2nd longest Jump of the competition (3.46). An example to our other U11s.

U17 High Jump

129	1.40	High Jump	JAMES STATON	HOLLAND SPORTS	U17
-----	------	-----------	--------------	----------------	-----

Further James Staton success in the High Jump.

SPRINTERS – ALL ABOUT TUNNEL VISION (LEWIS) & STRONG ARMS!



LONGER DISTANCES – BEING STRONG (STRONGEST IS ALWAYS FASTEST AS MILES SHOWS)



RECORD BREAKERS TAKE THEIR CHANCES & ENJOY GIVING 100%

