

## Northern Athletics Under 20 Team Cardiff (Report 5<sup>th</sup> August 2013)

The England u20 North team was selected from the Northern U20 competition held in Manchester 20/21st July 2013 England Athletics offered the winning u20 athletes the opportunity to compete for England in their respective areas North, Midlands and South.

Led by Karen Buck and Shaun Hird England North and 22 Athletes travelled to Cardiff to compete in the Welsh Athletics International competition which saw the u20's competing against:

Wales Seniors , England Seniors, Scotland Seniors, Wales U20, England Midland U20  
England South U20, England North U20

The weather conditions weren't ideal but each athlete performed to the best of their ability and their effort, enthusiasm and attitude was outstanding throughout the event. The England North team's most outstanding performances of the evening came in the U20 men's Long Jump where Scott Hall set a new personal best by 18cm jumping 7.38 finishing in 2nd place.

Jessica Turner U20 women's 400m Hurdles followed this by setting a new personal best of 58.74 finishing in 3rd place.

Ciara Flannery suffered disappointment after she stumbled out of her blocks, she recovered well but unfortunately not enough to qualify for the final but her disappointment was short lived as she ran a superb leg in both the 4x100 and 4x400m relay.

100m Demetric Nelson 5th (10.93) (10.84 ht) Jay Raradza 3x100 Guest 100 8th (11.12) (11.11ht)  
Lauren Frid 4x100 (guest 100) 6th 12.55, 5th (12.45 ht) Ciara Flannery 5th (12.58)  
200m Rachel Highfield 4th (24.93) Thomas Somers 3rd (21.52)  
400m Emily Borthwick 4th (57.53) Alex Boyce 3rd (47.81)  
400m H  
800m Sally Smith 4th (2.10.30) Jamie Webb 9th (1.52.00)  
1500m/Mile Tessa McCormick 7th (4.36.39) Oliver James 10th (4.23.97)  
Triple Jump Lisa James Triple Jump 2nd (12.37) Adam Khan 4th (14:55)  
Javelin Ben Whipp 7th (51.79)  
Discus Francis Mulvaney 7th (36.91)  
Shot Kelly Baker 8th (11.16) Scott Jones Shot 6th (12.70),  
Hammer Maggie Okul 6th (44.02)  
Pole Vault Abigail Roberts 3rd (3.72),  
4 x100 Men 2nd (41.67) - Demetic, Tom, Jay and Scott Hall  
Women's 4 x 100m 2nd (47.62). - Lauren, Ciara, Lisa and Rachel  
4x400m Men 3rd (3.17.44) - Adam, Alex, Demetric and James Webster  
Women 3rd (4.02.56)- Sally, Ciara, Emily, Tessa , The overall match positions were:

1/ Wales Seniors	150
2/ England Seniors	150
3/ England South U20	100
4/ England North U20	99
5/ England Midlands U20	74
6/ Wales U20	65
7/ Scotland	61.1



Northern Athletics Team at Cardiff