

Track and Field report 2024

The Harriers have had several athletes competing for GB & NI with Charlie Dobson leading the way, Charlie this year has concentrated on the 400 with great success placing 2nd in the European Championships, Rome Charlie ran 44.38 for his Silver medal, following on from the Europeans was the British championships here finished 1st this gained Charlie selection for the Olympics in Paris, sadly Charlie missed out on reaching the final, Charlie then ran the anchor leg of the 4 x 400 in a very competitive race Charlie finished in Bronze position and was awarded 43.33 for his leg, Charlie finished number 2 in the UK rankings and the All time list.

In July Lyla Belshaw represented GB & NI in the European Under 18 championships racing over her favoured event the 1500 giving a year to many she ran a tactically sound race to finish with a sprint none could follow Lyla ran a CBP 4.13.01 and took home gold. Lyla followed this with a 2.02.93 timing over the 800 ranking her number 1 for the 1500 and 2 for the 800, Lyla is also Number 2 on the UK all time list for the 1500 and 5th over the 800 just ahead of the Olympic champion Keeley Hodgkinson.

The 3rd athlete to represent GB & NI was Lizzie Wellsted in the World Under 20 championships being held in Lima, Peru. With several of the best Ethiopians and Kenya's in the race she ran well to finish in 12th position with 16.21.50 being her finishing time. Lizzie with a previous PB of 16.00.58 stands Lizzie at number 2 on the UK rankings and 13th on the All time list.

Paul Mingay our flying V65 competed at the World Master athletics Championships, Ullevi, Sweden. Paul competing over 3 distances 5k, 10k and HM came an amazing 3rd, 2nd and then 1st Paul in the UK rankings is ranked No.1 5k and No 2 All time, No.1 10k and 4th All time and No.2 for the Half Marathon.

Bronson Hearn-Smith joined the club last September and since joining has shown his talents in both Sprints and long jump, having been selected for the Essex Schools team, Bronson competed at the All England Schools championships he finished with a fantastic silver, he also went on to collect another silver anchoring the 4 x 100 relay with his PB of 10.99 this ranks Bronson number 2 UK U15 rankings and 14th on the all time list.

Lily Addington travelled to Birmingham to compete for the Essex Schools team in the All England Schools Championships, Lily came away with a 5th place and ranked 10th the UK U17 rankings.

Catherine Holdsworth placed 1st in several BMAF championships winning the Pentathlon in Horspath Catherine is ranked number 2 in the UK she followed this with firsts in the BMAF throws Pentathlon coming 1st in both the Discus and shot, 3rd in the hammer, 2nd in the Javelin and 2nd in the Throws Pentathlon.

The club had several athletes representing the Essex County at a Inter counties match in Oxford with Anna Prince U20 Javelin, Bobby Lock U15 Long jump, Lily Tyler U17 Shot and high jump, Bronson Hearn-Smith U15 100m.

The Eastern Young Athlete team had a slow start but competed consistently to place 15th in the league.

Southern Athletic league, the team just missed out on promotion placing 2nd to a strong Basildon team.

EMAC both men and ladies qualified for the final in Milton Keynes sadly due to other commitments the ladies team withdrew from the final, the men continued with the final and finished a creditable 6th

The club requires urgently more Coaches especially for sprints and jumps, in addition we can do with more officials be it track or field as without these the leagues cannot now be attended if anyone is interested in any of the above then please speak to me or Rick.

Dave Smith
Track and Field