

Athletics Ewan and Holly lead fine Avon effort at English Schools Championships

By DAVID TURNER

AT the English Schools Athletics Championships in Birmingham, two Avon Schools athletes achieved the ultimate by winning gold in the 800 metres.

Ewan Sparey (Kingswood) (1:53.45 mins) and Holly Sanigar (St Brendan's) (2:09.28) both ran immaculate races to destroy their opposition. In Holly's case she retained her senior girls title from last year.

The impressive Martha Herringshaw (Gordano) won silver in the inter girls 200 metres in 24.12 secs, having won her heat, and Owen Garrett (Wellsway) won bronze in the senior boys discus, having won two silvers in previous years, an amazing achievement. He also impressed as the boys team captain.

Martha and Ewan now go on to represent England against the other home countries in Belfast.

Another 800m runner, Max McKinstry (St Brendan's), broke his PB in the senior boys 800m to finish third in his heat and finish ninth overall, one place from the final with a time of 1:53.58mins. A great effort.

In the junior girls 800m, the impressive Beatrix Reveler (Bristol GS) (2:15.9mins) just missed out on place in the final.

The athletes all gelled well, creating a really good atmosphere both in the hotel and at the arena where the European Championships will be held in a few weeks.

A plethora of personal bests peppered the two days with more than 70 per cent achieving a top-ten performance across England.

The high jumpers did particularly well with Ella Delin (King Edward's) finishing fourth with a PB 1.58m in the junior girls, while school colleague Ruby Taylor (King Edward's) finished seventh. In the



The Avon team that competed at the English Schools Championships

senior girls, Eva Moir finished fourth with a PB 1.69m, and Josh Toms (St Brendan's) achieved a new PB of 1.92m in the senior boys.

Serena Sumer Challis (St Kath's) improved her PB by 15cms to finish fourth in the junior girls long jump with a massive leap of 5.50m, just 5cms from bronze.

The first day started well with Issy Spencer (Backwell) finishing seventh in the junior girls discus, throwing 30m-plus to improve her pb by two metres, followed closely by George Cox (Churchill) with a PB 11.99m in the junior boys shot.

The amazing Gertie Blewitt (Norton Hill) (63.13secs) took two seconds off her 400m hurdles best, running a superb heat and then a strong seventh in the final.

Stan Wyatt (Ralph Allen) (6:05.21mins) in the 2000m steeplechase qualified for the final with

a great run in the heat, smashing his PB. He battled his way round in the final to finish fifth with a new PB of 12 seconds quicker. Amazing.

Freya Smith (Redland Green) (10:11.78mins) ran a smart race in her 3000m to surpass her PB by more than eight seconds to reach the final. Sadly, in the final, Freya did not finish after becoming unwell after three laps.

Will Frankton (Beechen Cliff) confirmed his promise with a new PB of 13.55m in the triple jump to take fifth place, while Ben Newport (Wellsway) finished eighth in the same event.

In the junior girls 300m, newcomer Isabella Marr (Clevedon) (41.56secs) continued her impressive season by finishing ninth of 27 with a new PB, one second inside her best before the day. In the boys equivalent, Harrison Maher

(Clifton College) (38.72secs), a late replacement, also broke his PB by a second to justify his arrival and also ran a great relay leg.

Eseose Osazuwa (St Bede's), the South West Schools champion, ran a PB in her 100m heat of 12.65secs, just short of qualifying for the final. A fine effort. Ed Stoate (Backwell), too, came close to his PB in the pole vault, clearing 2.80m for 10th place.

Team captain Isabelle Walkey (Winterbourne) was unlucky not to make the final of the senior girls 100m, recording 11.91secs, one tenth away from getting through.

One mustn't forget Poppy Feasey (Beechen Cliff) (5:13.9m) in the 1500m steeplechase. She has had a great season, winning the South West title and again got close to her PB in this event, finishing ninth after a wonderfully gutsy display. Mairi Carver Brown (Trinity) was

close to her PB in the inter girls 800m with a fabulous 2:14.91mins.

The second day concluded with an absolute classic as Elizabeth Hutchings (Red Maids) ran in the junior girls 1500m. Having run a sensible heat run to qualify well, she produced a fantastic effort to take fourth place in 4:33.57mins, an improvement of eight seconds on her PB. For the last 300 metres, Elizabeth fought another competitor toe-to-toe for the bronze to just miss out on the line. Another amazing run by this impressive athlete.

All 36 athletes were competitive and, while some did better than others, everyone justified their selection. A real pleasure for all the team managers involved with this wonderful team. Thanks to the parents, family and friends as well as the athletes for a wonderful two days.

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