

Men's Southern League Division 3W, Salisbury, 21 May 2005 - Mike Harper

With seven athletes unavailable we were always going to struggle, especially against a strong Navy team. Although when I phoned on Friday, Simon he had just finished an 11 miler and had a Saturday morning football match, he still agreed to come along and run the 5k for us, making our 5k team with Tony a very strong one. Both Tony's track races produced the second best times by our athletes. Tony has some way to go to break Andy Vernon's s/c record but we should have a great battle when Mark returns to the 5k, as Tony was only 3 seconds off that record. With us being short of throwers, Martin agreed to have a go and produced 4 points with his two throws. As far as I know the first and only over 60 to gain points for us in the Senior Men's Southern league. At the other end of the age range, Jamille and Dan continued their improving form. Both of Jamille's runs were graded and p.b.'s, his 100m time just getting on to our new look Club Records sheet and an impressive 400m that has only ever been bettered by Mike Williams. Dan helped out with a 5 m long jump, and ran well in a tough A-string 200m. In the 800m Dan and Zippy ran a clever race to pick up 9 points, Dan only a second from his p.b. Great to see Zippy after missing out last year, he was back with 1st and 2nd A-string in the middle distance races and a decent time in the 400m. As mentioned elsewhere in the Green runner, Gordon took a bad fall in the high hurdles, which will rule him out for the rest of the track season although hopefully not the XC season. Although far from fully fit Mike Williams managed 5 events and two relays. I imagine his 200m and 400 relay legs will be the most pleasing to Mike. What he may not realise, is that in the two throws he did, of current SGR athletes only Stew in the Discus and Stew and Ray in the Javelin have thrown further. Mike will be a very strong B string 'chaser' to Tony at Swindon, here he was happy to tackle the tricky events and he produced very good performances.

Grade

	400mH	Mike Bainbridge	72.4s	A	4 th		
	400mH	Mike Harper	69.4s	B	3 rd		
4	100m	Jamille Hogg	12.0s	A	2 nd	PB	
	100m	Mike Harper	13.3s	B	4 th		
	800m	Zippy Grice	2.09.6	A	2 nd		
4	800m	Dan Dell	2.11.5s	B	1 st		
	5000m	Tony Allen	16.06.2s	A	2 nd		Next Best
	5000m	Simon Hearnden	17.33.2s	B	2 nd		
3	400m	Jamille Hogg	53.1s	A	2 nd	PB	Next Best
	400m	Zippy Grice	56.5s	B	3 rd		
	110mH	Gordon Westley	Inj – DNF	A			
	110mH	Mike Harper	21.5s	B	3 rd	PB	
	200m	Dan Dell	25.7s	A	3 rd		
	200m	Mike Williams	23.8s	B	1 st		
	1500m	Zippy Grice	4.31.6s	A	1 st		
	1500m	Mike Harper	5.18.7s	B	4 th		
	4 x 100m	ZG/MW/TA/MH	61.6s		4 th		
	4 x 400m	DD/ZG/TA/MW	3.47.5s		2 nd		
	3000s/c	Tony Allen	10.40.7s	A	2 nd		Next Best
	3000s/c	Mike Harper	12.25.1s	B	3 rd		
	Long jump	Dan Dell	5.09m	A	4 th	PB	
	Long jump	Mike Bainbridge	4.78m	B	3 rd		
	High Jump	Mike Williams	1.70m	A	4 th		
	High Jump	Tony Allen	1.00m	B	4 th		
	Pole Vault	Mike Williams	2.00m	A	4 th		

Pole Vault	No competitor				
Triple Jump	Mike Bainbridge	9.20m	A	4 th	
Triple Jump	Mike Harper	8.02m	B	4 th	PB
Hammer	Mike Harper	8.98m	A	4 th	
Hammer	Martin Wellstead	5.93m	B	4 th	PB
Javelin	Mike Williams	30.88m	A	3 rd	PB
Javelin	Gordon Westley	27.63m	B	3 rd	
Shot	Mike Harper	5.92m	A	4 th	
Shot	Martin Wellstead	5.69m	B	4 th	PB
Discus	Mike Williams	23.11m	A	4 th	PB
Discus	Mike Harper	16.27m	B	4 th	

Next Fixture is at Swindon on 25 June. If you can run, throw or help please phone me on 02392 588220. There we face Swindon, Plymouth and Chiltern. All four teams have struggled this season and are in the bottom six so we really need a first or second to try to pull away from our rivals.