

PRESS REPORT Paddock Wood A.C 2.07.10

Last Saturday Paddock Wood A.C played host to round 3 of the Southern Women's League at Canterbury. Luckily there was a breeze blowing the whole day which helped to keep the temperature down. The hammer the first event proved to be an interesting competition. Louisa James from Hastings & Eastbourne aged 15 broke the British Record for her age group with a throw of 54.87 a tremendous achievement. Elizabeth Duffin finished 5th in the event 24.37 with Sarah Shephard coming 2nd 'B' string 18.25m. Elizabeth went on to be 2nd in the Javelin 25.43m 4th in the Discus and 4th in the Shot. Sarah was 2nd in the 'B' Shot, 4th in the 800m (2m 39.7s) and 5th in the 400m (70.7s). New member Shirley Exall threw herself into competition with gusto. Only ever run in road competitions it was her first time on a track. She ran the 400m 'B' to come 5th (81.8s) the 200m (37.8s) 6th, the 800m (3m .08.9s). She then went on to run her more favoured event the 3000m where she finished 4th (13m 30.4s). Julie Preston joined Shirley in the 3000m where she came 3rd (16m 03.5s) a PB. Julie also covered the 100m the 200m. Kate Maryon jumped a PB in the High Jump 1.30m and claimed another PB in the Javelin 20.34m. Kate ran the 100m (15.1s) slower than she would normally run due to recovering from a pulled muscle. Lorraine Shephard not needed for her usual 3000m threw in the 'B' Discus to come 5th. In the U/15 age group Hannah Howe returning after a break from athletics ran an excellent 100m (14.8s), she also ran the 200m (31.0s) and jumped the L/Jump 3.56m. Bethany Jeffrey covered the 'B' L/jump 3.43m. She finished 3rd in the H/Jump 1.20m and 3rd in the Javelin with a PB throw of 12. 80m. Caroline Shephard finished 3rd in the 'A' javelin 16.17m 3rd in the Discus and 6th in the 200m (31.4s). Holly Preston ran in the non scoring 100m. The club finished 6th on the day.

On the Sunday it was the National Junior League at Dartford. Sarah Shephard again competed in the Hammer not throwing as far as the previous day 17.36m, but there was an improvement in the Shot a PB of 7.69m. Sarah finished 2nd in the 3000m in a good time as running conditions were not ideal due to the heat (13m 35.4s). Jack Tovey ran a PB in the 100m (13.00s). Jack came 4th 'B' in the 200m (27.5s). Rob Leat ran the 1500m (5m 08.7s) and gained some valuable points in the Discus to finish 5th.