

County Championships Results Round-Up

Last weekend, 11th / 12th May, saw the track and field county championships taking place across the country. Slough Junior AC was represented at three matches.

At Reading the **Berkshire** championships saw really positive performances from all of the club athletes taking part.

In the U13 Quadrathlons (shot; long jump; 75m; 600m) both Mia Woodley and Harry Roberts competed hard throughout the day against some tough competition. Both came 6th in their respective competitions.

In the U15 Boys Thomas Day ran a hard 800m finishing a strong 8th; Trey Bennett sprinted his way to silver medals in the 100m and 200m and a gold medal in the 300m; Matthew Smith was 4th in the 80mH; 5th in the long jump and 8th in the high jump getting near to his PB's in each event.

Madisyn Woodley ran and jumped well all day with 3rd in the 200m and long jump and a win the high jump equalling her PB at 1.50m. Aimee Munt was unfortunate not to medal in the high jump, just missed out on making the 100m final, and was 8th on a strong long jump competition.

Max (U17M 6th), Jake (U20M 4th) and Sacha Brech (SM 4th) made it a family affair in the 400m and set an example to us all about participation and competing.

Becky Watkins (coach; U20W) came away with gold medals in both the 400m and the 400mH.

At Kingston Gregory Menkiti and Indraneel Kandlagunta (both U15B) competed in the **Surrey** championships, always a very strong field.

Gregory qualified for the 100m where he came 7th. Indraneel just missed out on the 100m final but came 2nd in the 300m showing great strength.

In **Somerset** Lucy Chalmers (U17W) continued her strong start to the season.

She came 2nd in the shot and won the 300mH in a new Somerset Championships Best Performance time of 45.27seconds.

Well done to everyone who competed over the weekend. Thank you also to Craig Munt for officiating on the track at Reading and to those who went along to support at the various venues – such support is always very much appreciated by everyone.