

Abbi Carter breaks the English School's Hammer Record!

Abbi was among 16 athletes from Kingston upon Hull A.C. to compete for Humberside, against the countries best students at the annual English Schools' Track and Field Championships, this year staged at Birmingham's Alexander Stadium. Abbi won the Inter Girls Hammer competition with a championship best performance of 54.78m.

In the Senior Girls age group, **Emma Jackson** and **Megan Hout** both competed in the 100m. Emma ran in Round 1, Heat 1, finishing in 4th place in a time of 12.56. Megan ran in Round 1, Heat 2 and also finished in 4th place with a time of 12.46. Both girls progressed to the final where, in a very close race Emma finished in 6th place in a time of 12.57 and Megan finished just behind her in 7th place with a time of 12.62. Both girls also competed for Humberside in the 4x100m relay. Again in a very close race they came away with the Bronze medals in a time of 48.00.

Also competing in the Senior Girls age group was **Sonia Santos** in the 400m Hurdles. In the heats she finished in 2nd place in a time of 63.42. She progressed to the final where she finished in 4th place in a time of 62.70. **Beth Arandle** also competed in the Senior Girls Pole Vault final. Beth finished in 9th place with a best vault of 2.70m. Just the one competitor from Kingston in the Senior Boys age group - **Andrew Mimmack** finished in 8th position in the Senior Boys Javelin final with a best throw of 54.58m.

In the Inter Girls age group, **Jess Lonsdale** competed in the 800m. She won her Round 1 heat in a time of 2.17.22 and progressed to the semi final. In the 2nd semi final she finished in 3rd place in a time of 2.16.20 and progressed to the final. In the final she finished in 6th position in a time of 2.16.00. **Maegan Taylor** competed in the heats of the 100m. She finished in 5th place in her heat in a time of 12.88. **Rebecca Cope** competed in the Triple Jump. She finished in 4th place in her semi final with a best jump of 11.10m. She progressed to the final where she finished in 9th place with a best jump of 10.82m.

In the Inter Boys age group, **Ben Marshall** ran in the 200m. In the heats he finished in 2nd place in a time of 22.24. He progressed to the final where he finished in 4th place with a time of 22.40. Also in the Inter Boys age group, **James Lamswood** competed in the 800m heats where he finished in 6th place in a time of 2.02.06.

In the Junior Girls age group, **Molly Storey** and **Alex Stimpson** both competed in the 200m heats. Alex finished in 4th place in her heat in a time of 27.48. Molly finished in 2nd place in her heat in a time of 25.93. Molly progressed to the semi final where she finished in 3rd place in a time of 25.74 and then progressed to the final. In the final she finished in 4th place in a time of 25.80. Both girls also competed for the Humberside team in the Junior Girls 4 x 100m relay team. The team finished in 3rd place in the heats with a time of 49.66 and progressed to the final. In the final they finished in 2nd place and won the Silver medals in a time of 48.93. Also in this age group **Ellie Wilson** competed in the 800m heats where she finished in 4th place in a time of 2.20.51.

There was just one competitor from Kingston competing in the Junior Boys age group. **Daniel Preston-Routledge** won the Silver medal in the Shot Putt competition with a best putt of 13.91m.

Well done to all competitors competing at this event.