



Havering Spring Warm Up Open Hornchurch Sat 9th April

The club got their outdoor season under way on Saturday as they hosted their annual Spring Warm Up Open at Hornchurch Stadium on Saturday, attended by more than 230 athletes, over half of them from the club took part.

Jacob Blanc now has a near monopoly of club hurdles records as he got proceedings underway with two club records in the opening event the 300m hurdles. His clocking of 38.47s not only bettered the record in his Under 20 age group, but also broke the senior record of 39.3s dating back to 1989.

On a day of many personal bests there were several early season performances have already made an impact on the club all time lists.

Three of these came from the strong javelin squad as Jessica Page entered the Under 13 girls' list in ninth after her 23.88m PB, new recruit Emily Fessey Cook's 28.73m throw ranked her tenth best club Under 17W and Bobby Williams stepped up to the Under 17s top 10 with his 52.77m effort.

But arguable the stand out result came from Summer Smith on her track debut, as the Year 6 pupil, still two months shy of her 11th birthday ran 5m 06.47s in the Under 13 Girls' 1500m – the tenth best ever by a club athlete, with no doubt faster times to follow, as the season proper gets going.

RESULTS link (Power of 10): <https://www.thepowerof10.info/results/results.aspx?meetingid=444528>



Pic of Jacob Blanc (Nicole Farrell)