

## **Lancaster & Morecambe AC**

### **Mid Lancs League 21/04/07**

The first Mid Lancs League meeting was held at Stanley Park Blackpool. Lancaster & Morecambe AC were well represented by 21 club members. There were many outstanding performances throughout the day. Harry Modley came 2<sup>nd</sup> in the U13 boys 800m with a time of 2.38.4secs. Frank Shepherd ran a personal best in the U17 men's 100m with a time of 12.1secs, Mark Gardner ran well in the senior men's 400m to come 3<sup>rd</sup> in a time of 54.4secs. Michael Friend, Daniel Blackburn and Phil Jackson dominated the throwing events in the U17 men's category with the following performances. Michael Friend 1<sup>st</sup> in the Javelin with 42.2m, Phil Jackson 1<sup>st</sup> in the Discus with 21.85m and 4<sup>th</sup> in the shot put with 8.73m, Daniel Blackburn 2<sup>nd</sup> in the shot put with 9.28m, 5<sup>th</sup> in the discus with 15.58m and 5<sup>th</sup> in the javelin with 29.08m.

In the women's events Sarah Hodgson came 2<sup>nd</sup> in the U13 girls 1500m with a time of 5.43.3mins, Natasha Butler came 2<sup>nd</sup> in the U15 girl's high jump with a jump of 1.50m she also won the 100m with a time of 13.4seconds. Nia Williams ran well in the U17 girls 100m and 200m coming 2<sup>nd</sup> in the 100m with a time of 13.30seconds and 3<sup>rd</sup> in the 200m with a time of 27seconds.

Other performance's included: U13 girls: Sarah Hodgson long jump 2.99m and 200m 37.4secs. U15 girls: Rebecca Mardell 800m 2.38.7secs and 300m 45.8secs. U17 women: Amy Moore 300m 44.8secs, Senior Women: Lauren Cooper 1500m 5.07.4mins. U15 boys: Adam Bateson high jump 1.20m, 400m 69.3secs, 3000m 11.00.4mins. Beau Smith 800m 2.24.6mins, 400m 64.6secs, 200m 29secs. Luke Hodgson 1500m 5.40mins and Callum Mason 1500m 5.09.3mins. U17 men: Phil Jackson high jump 1.60m. Jack Modley 1500m 4.37.6mins (pb). Matthew Burns 800m 2.17.1mins, 400m 59.6secs. Gareth Pike 400m 62.6secs. Matthew Clapp 100m 12.2secs. Paul Hodgson 3000m 11.32.7mins. Senior men: Jamie Bradbury 100m 11.90secs, 200m 24.3secs. Allan Gordon 400m 63.8secs.

Well done to everyone who competed, thanks go to Steve Armer, Dave Voyle, Richard Shields and Fiona Shepherd for helping out on the day. The next Mid Lancs meeting is at Wavertree Liverpool on 26<sup>th</sup> May.