



PRESS RELEASE

National Young Athletes League – Drayton

Bicester AC and Banbury Harriers combined for the first round of the National Young Athletes League last Sunday held at Drayton. It was an excellent day for the hosts as they stormed to a comprehensive victory in the team competition.

Bicester had many fine performances to celebrate. None were better than Rhiannon Penfold's comprehensive win in the under 75 metre girl's race. Her time of 10.3 secs was not only a national grade 1 performance but also a new club record. Penfold also competed well in the long jump and only narrowly lost out to teammate Lauren Page in a very close competition. Page enjoyed her best day's competition of the summer so far as she also ran a brisk 23.6secs to take 2nd place in the 200 metres. Another under 13 girl in form was Kathryn Langley who cemented her fine start to the season with a fine win in the 75 metre hurdles clocking 14 secs. There was also success for the under 13 girls in the throwing events as Aoife Lyford enjoyed another fine competition winning the shot with a mark of 5.48m.

Not to be outdone by the girls under 13 boy Connor Wilce had an outstanding day with two first places in the 100 metres (14.5) and long jump (4.10m) as well as 2nd place in the 200 metres. In the under 15 girl events Emily Benfield ran her best 200 metres of the summer with a fine 2nd place in 29.2 secs. Lito Michaelidou was also in winning form as she took the B 100 metres in 14.3 secs. Amy Olah won both her B string events with a 15.8 secs clocking in her specialist event the 75 metres hurdles and a 15 metres throw in the discus. Karen Hieldebrand also competed in a range of events and was rewarded with a B string victory in the 800 metres, just managing to duck under the 3 minute barrier.

Apart from the outstanding national grade performance of Penfold, under 17 competitors Edward Burgess and Megan Davies also managed graded performances in their respective events. Burgess achieved a grade 3 performance in the 100 metres hurdles as he continued his sequence of victories with an excellent 14.2 secs clocking. And Megan Davies made a very promising start to her season campaign with a fine opening throw to win the discus (28.69 metres). Also successful in the under 17 competition was Anthony Tracokos who threw 18.15m in the discus.

