



**PRESS RELEASE**

**Oxford AC Open Meeting – Horspath**

There were several fine performances from Bicester AC athletes at the recent Oxford City AC Open held at Horspath. This is always a difficult meeting to place well at as it attracts athletes from a wide area. One of the performances of the day was from Lucy Benfield in the under 15 girl's long jump. Benfield was a magnificent equal first out of the 13 competitors and in the process posted a lifetime best with a leap of 4.45 metres. Benfield was also a good 5<sup>th</sup> in the 100 metres posting another sub 14 seconds clocking (13.86 secs).

Lauren Garside had already reached a high standard in the under 11 events earlier in the season and she was again in top form in the 80 metres. Garside posted the 2<sup>nd</sup> fastest time in her age group out of the 23 competitors clocking 13.04 secs. Just behind her was Holly Brown who was a fantastic 4<sup>th</sup> in 13.08 secs. Garside also led the Bicester contingent home in the long jump in 11<sup>th</sup> place with a season's best leap of 3.06 metres. There were also season bests in this age group for Amy Gould (2.72m) and Emily Wright (2.69 metres). Garside was also in magnificent form in the 150 metres as she finished 3<sup>rd</sup> in a swift 24.27secs. Brown also placed well in 8<sup>th</sup> place clocking 24.70 secs.

It was a busy day for the under 11 girls as Holly Hunter registered a fine 5<sup>th</sup> place in this age group in the 55 metre hurdles clocking 12.14secs. Molly Acton and Amy Gould also featured prominently in this event with clockings of 12.68 secs and 12.70 secs respectively. One of the biggest improvements of the day came in the under 11 600 metres as Maisie Sylvester ran a season's best 2m 16.47s finishing a second in front of teammate Amy Gould.

Jessica Cherry does not get many opportunities to take part in her specialist event the triple jump but Cherry took full opportunity at Horspath to not only win the under 15 girl's event but set a new club record mark of 9.73 metres. It was double delight for Bicester as Mark Smith took a break from the middle distance events to win the under 15 boy's event with a new personal best leap of 10.82 metres.

Jake Cherry tried hard not to be outdone by his sister and he enjoyed a fine day in the autumnal conditions to set new personal bests in the under 13 discus (13.33 metres) and long jump (3.53 metres). And Owen Acton also set new personal best marks in the under 13 long jump (3.35m) and 800 metres (3mins 7.10secs). Daniel Heijenke placed well in the under 1500 metres finishing 3<sup>rd</sup> in 5mins 9.71 secs. Lucy Hunter was slightly down on her best in the under 13 javelin but still finished 6<sup>th</sup> in 16.60 metres.

