

Athletics

There were celebrations for Herts Phoenix Athletics Club after they clinched the Youth Development League title.

They had held a decent lead going into the final round, which was switched at the last minute to Tooting Bec, but they made sure by winning on the day too.

A spokesman for the club said: "It was attest to everyone's

dedication that everyone still did their very best."

The club's athletes also collected plenty of PBs with Josh Heesham taking 0.8 seconds off his 100m time by clocking 11.80, just one tenth away from the English Schools' qualifying mark.

Amelia Gittens has already qualified for those championships but still went

quicker, taking her own 100m PB down from 12.98 to 12.90.

Tiana Rizzo moved into the top-15 U13 athletes in the UK with a time of 10.20 in the 75m while Trinity Meikle set a new mark in the U15 100m race.

In the field Ena Olivier and Jacob Vickers set new marks with throws of 7.44m in the U15 shot-put and 4.81m in the U13 long jump.