

North of England T&F  
16<sup>th</sup> May 2026  
Grantham

Our "Magnificent Seven" athletes together with our team of Officials and Helpers did the Club proud at the first of this season's North of England Track and Field Series at Grantham last weekend. In the final analysis the "Gold Tops" finished in second position just three points behind winners host club Grantham A.C. and a hundred and ten ahead of Hillsborough, Halifax, Bradford, Pontefract, Bingley and Worksop. It was a great start to the 2026 North of England League season and given a full turnout at the next fixture at Cudworth on Sunday June 21st our representatives will be hoping to maintain a position at the head of the EAST 2 table.

The three men and four women competing for B.A.D.A.C. at Grantham supported each other very well and by competing in their maximum allowable individual events produced a superb team result. Emma Penson contributed her highest ever number of points in the League in the process of running a total of 6000 metres on the track. Winning the 200 metres, 400 metres and the B 100 metres. Emma added second places in the 1500 metres and 3000 metres and finished third in the 800 metres. Under 20 Jess Newlin won the Triple Jump and claimed second place points in the 100 metres, Long Jump and Hammer and the B Javelin competition. Two Under 18 representatives, Issy Reid and Shona Mindham provided excellent support by finishing second in each of their respective events and also ran the female legs of the new event this year the mixed 4 x 100m Relay. Issy was runner up in the Javelin, the B Shot and the B Discus and Shona added second place points in Shot, Discus and the B Hammer. Ben Pell also put in a full seven event shift for the team recording a second in the 100 metres B race, thirds in 200 metres, Javelin and B Long Jump a fourth in B Shot with fifths in Hammer and B Discus. Despite being restricted by injury Oli Tiainen competed in six events securing second position in B Javelin, thirds in the B 800 metres and B Hammer, fourth in the 3K Steeplechase and fifth in both Shot and Discus. Under 23 Luke Saunders joined Ollie to run the male half of the Mixed 4 x 100 m Relay and competed in six individual events. He achieved second place in Triple Jump and the B 200 metres race, finished third in the 100 metres and added fourths in 400 metres and Long Jump and sixth in the 800 metres. What a great start to the 2026 North of England League campaign. The same excellent team work coupled with the availability of a few more members would give the "Gold Tops" a good opportunity of maintaining a high position in this season's eight club East 2 League.

Beryl