Hi all

Last Saturday saw BBHAC U13 boys triumph in the last Kent league fixture of the summer. Combining the scores with the U15 boys left us in a creditable 2nd place overall for the season.

On a lovely sunny afternoon the U13 boys ran, jumped and threw out of their skins gaining 16 personal bests on the day giving them a comfortable winning margin over Tonbridge AC U13 boys.

Myles Xavier not only ran personal bests in the 100m and 200m he also long jumped further than he had before.

Middle distance runner George Pope showed what a great sprinter he is as well with personal bests in 100m and 200m .

James McGruer continued his great season with a personal best in the 200m, whilst also on the track great PB's were had by Keir Lundy, Ben Gardiner and Cameron Swatton in the 1500m.

Ben also jumped a personal best in the long jump.

In the field James Lancaster had a fabulous day not only  improving his best in the discus, shot put and hammer but winning all three events as well.

Henry James Cowie was also busy again high jumping, shot putting and getting a person best in the hammer for his efforts.

Despite picking up a niggling injury  during the afternoon Caelan Raju still managed to get PB's in the 100m and high jump and race over the hurdles and run a leg in the relay.

Regular thrower Dominic Mulhall had yet another busy afternoon throwing discus, shot and hammer scoring valuable points and helping the team secure victory.

Sam Theaker showed he is multi talented running a strong 1500m before scoring more points in the high jump.

It's worth noting that over half of these boys are only just finishing year six and so they will all have another track season competing in the U13 age group in 2014 . Looking good for next year.

This weekend sees six BBHAC U13 boys competing for Kent in the U13 inter counties meeting at Kingston . **We wish them all the best of Luck.**

Angus Harrington      800m AND Javelin

Caelan Raju               75m Hurdles

Dillon Robertson        800m

Michael Eagling         1500m

Oliver Lucas - Head  High jump

James Lancaster        Discus

Regards

Paul Austridge