

Blake Williams Rewrites the Record Books.

Having taken Dean Scott's under 15 club record two weeks ago in the 1500m, Blake Williams showed his range by smashing Kevin Toher's record in the 3000m set in 1987! Blake took almost seven seconds off the previous mark.



This was largely due to Oliver Smart's blistering pace as he took the athletes around to not only run a personal best (PB) himself but also all five athletes recorded PBs. In the second race, City of Plymouth's Jed Hutchings, carried on his fine form trying the 3000m for the first time, and recording a time of 9.27.8 which takes him to number one in the country as a first year under 15 athlete. Dan Costello from Hayle Runners must be credited for leading him around and also recorded a PB to win.



Dan Costello (Hayle Runners) leading around Jed Hutchings (City of Plymouth)

In race four local athletes Dylan Stevens and Georgina Clark had a fine tussle with Dylan eventually getting the better and again both recording fine PBs.



Dylan Stevens (Newquay & Par)



Georgina Clark (Newquay & Par)

Newquay & Par have had a limited but highly successful series of competitions at Par and may be the format could be a blue print for the future with great performances and a glut of PBs virtually every week since the 25th July 202 when Newquay & Par were virtually the first club in mainland Britain to go ahead and host competition.