

2009 ANQ Heptathlon Championships
Townsville Sports Reserve, Oct 3-4 2009

Report by Ben Turner

The girls were greeted with ideal conditions for the 2009 ANQ champs. The girls that gathered on the start line were, Rebecca Robinson, her younger sister Jessica Robinson, Harriet Lawrence and Emma Capell. Rosanna Doolan was a non starter which made the competition a battle of the University of Queensland athletes.

The conditions were perfect for hurdling with warm temperature, around 30 degrees and a following wind of 1.7 and the girls were off. Rebecca got off to a great start and flew over the first 2 hurdles but hit the third and got a bit off balance before regaining herself and finishing strongly. Jessica was chasing her down in her first race over the full height hurdles, and it was a close race between Jess and Emma, who was also hurdling cleanly. Harriet was chasing them down, but being at the Australian Uni games the preceding week looked like it had taken a bit out of her legs. The girls finished in that order with Bec running 14.46, Jess 15.59, Emma 15.90 and Harriet in 17.16.

High jump was next up and the girls should have been excited to jump on the same pit that Josh Hall had jumped a 2.21 meet record the night before. The heights started at 1.41 with first time clearances for Bec and Jess. It was all clear till 1.50 then Bec ran into a few issues and bowed out of the competition with a best of 1.47. The others were jumping well with Jess clearing a new pb at 1.53. Then there were clearances all round at 1.56. At 1.59 Jess had a first time massive clearance as did Emma, however Harriet had some run up issues and finished with a best of 1.56. The same thing happened to Jess at 1.62 but she was over the moon with a 1.59 pb and her second pb in 2 events. So Emma was left jumping at 1.65 which would have been a new pb and after a run under the bar on her second attempt her third attempt was a massive jump, but she just clipped that bar and it bounced and fell off. So Emma got the individual win in that event with 1.62m

Then it was to the shot put circle and the girls seemed to take a liking to the circle with some good warm up throws going out a fair distance. Bec was the first to show this in competition throws with a huge half a metre pb putting the shot out to 12.37m. She could not match the first throw on any of her other attempts but a big pb for Bec. Harriet was next to throw well with a 10.30m, also a big pb for her. Jess then responded with her 3rd pb in 3 events with a 9.40m put. Emma threw a solid 8.65m but was hoping for over the 9m mark.

The girls were also greeted with some friendly conditions for the 200m. The gun went and they were off. Bec flew out of the blokes and was well away around the bend and had a big lead coming into the straight. It was a tight race between the other 3 and they held their stagger coming around into the straight. With 50m to go Bec started to feel the effects of a lingering cold and a day in the sun, but finished in a solid time of 25.51. Harriet got the better of the other 2 girls coming down the straight and finished in 27.11. She was followed by Jess in 27.77, yes another pb, and then Emma in 28.21.

The girls had done well over the first day with Bec sitting on 3029, Jess 2628, Emma 2541 and Harriet 2520.

The ladies woke to another beautiful day in Townsville with a nice breeze and around 33 degree temperatures. The Long jump was next and it was Emma to get a good jump on the board. She leapt out to 5.06m which was a pb for her and a good result. Bec was next to produce a great jump with a new pb of 5.67m and she didn't even touch the board. Bec also equalled that jump on her second attempt and then had a huge jump in the third round but had just put a toe over the foul line, but it shows that a big jump is not far away. Emma also went over 5m on her second jump but was unable to extend beyond her new pb. Jess having had some hamstring issues with her take off leg decided to play it safe and jump off her other leg but this didn't seem to bother her as she improved on each jump to again reach a new pb of 5.27m. Harriet again had a few run up issues and finished with a best of 5.06.

The ladies were greeted at javelin with a strong cross head wind, meaning that if they didn't throw through the javelin it wasn't going to go anywhere. All the girls struggled with this a little bit but in the end it was Harriet to finally hit one on her last throw and launch the javelin out to a new pb of 34.41 and her first individual event win for the weekend. Jess also waited till the last throw to produce her best and also another pb of 33.68m. The girl was on fire!! Bec also got her best throw out on her last with 31.49 which was a little way off her best. Emma also struggled a bit in the conditions and threw a best of 26.83.

Because of flights home the girls 800 got moved forward which was very good of the organisers. However this meant that the girls were running at 1.30pm in the middle of the day in 33 degree temperatures. The girls had a few targets to aim for. Bec was going for the 5000 point barrier again. After a great comp thus far Jess was hoping to get around 4300 and Harriet and Emma were aiming for the 4000 point national qualifying mark. So they were off with Bec taking up the running and going through the first 400 in 68sec; Jess was next in 77sec and then Harriet and Emma in around 82sec. The girls started to feel the effects of the 2 hot days in the sun during the 3rd 200m and all looked like they started to struggle up the back straight, but valiantly all finished strong through the line with Bec finishing in 2.25.14, Jess 2.47.42, Harriet 2.53.09 and Emma 2.55.42.

The girls had a great 2 days with some good events and some not so good, but that is the nature of the multi events. The final standings were:

Rebecca Robinson	5039
Jessica Robinson	4299
Harriet Lawrence	4088
Emma Capell	3943

Emma finished 6 points off her pb and agonisingly close to the national qualifier, but I am sure it is just around the corner for her. Bec had a solid comp and Jess an awesome weekend and a great result for her first heptathlon while Harriet also did well to get the national qualifier after 4 days of competition preceding this one. Congratulations to the girls and best of luck for upcoming competitions.

Ben Turner