

**BOURNEMOUTH ATHLETIC CLUB'S MAY DAY HAMMER FESTIVAL**  
**Kings Park Bournemouth 1<sup>st</sup> May 2006**

Bournemouth Athletic Club invited 32 of the South of England's top throwers to Kings Park Athletic Centre on Bank Holiday Monday to compete in a Hammer Festival. This competition was organised as part of the Club's Centenary Celebrations. Lorraine Shaw, Commonwealth Games Bronze Medallist and Assistant National Event Coach brought her elite squad to the event with others from Northern Ireland, Wales, Isle of Wight and the London Hammer School to compete with our local throwers. Highlight of the day was performances from Zoe Derham (Birchfield) 62.69m and Carys Parry (Rhondda) 60.28m who finished 5<sup>th</sup> and 6<sup>th</sup> in the Melbourne Final behind Lorraine. In the U15 Girls event Gabrielae McNally (Orchard NIR) set a Northern Ireland National U15 Record with 36.61m with Emma Phillips (Poole Runners) second with 30.11m. Many Personal Bests were set by athletes ranging from U13 to 65 years old including BAC's Dan Brunsdon U20 48.69m, Steve Brunsdon U17 50.62m and Sam Chappell U17 45.48m. Andy Turner M40 47.26m and Simon Armstrong M40 40.54m both threw season's bests. Matt Frampton U23 53.71m finished up even with Adam Beauford (Yeovil) 52.60m after Matt won the Morning event and Adam the Afternoon Session.

All the athletes and officials were presented with commemorative T-Shirts that had been sponsored by Health Care Health Foods, Ki Energy and Ward Bosence Accountants.

The Club would thank Mike Phillips, David Lovett, Rex Bale, Dennis Elkins, Ray Scovell, Derrick and Andrea Frampton for Officiating and Gail Chappell for providing lunches for all.

**Results**

**Morning**

SM 7.26k 1 Matt Frampton (BAC) 53.71m, 2 Adam Beauford (Yeovil) 52.60m, 3 Andy Turner (BAC) 47.26m,  
4 Alex Hitchins (Newquay) 46.01m, 5 Simon Armstrong 40.54m  
U20M 6k 1 Peter Morgan (Cardiff) 49.92m, 2 Dan Brunsdon (BAC) 47.65m  
U17M 5k 1 Steve Brunsdon (BAC) 50.62m, 2 Alex Warner (Cheltenham) 49.25m, 3 Sam Chappell (BAC) 45.48m  
4 Matthew Paindavies (WLHS) 42.78m, 5 Michael Toomey (Gloucester) 40.39m  
6 Martin Elkins (Poole AC) 39.91m  
U15B 4k 1 Callum Woon (IOW) 49.32m, 2 Tim Williams (Gloucester) 40.28m, 3 Dempsey McGuigan (WLHS)  
32.82m, 4 Jimmy Coleman (Gloucester) 30.65m, 5 Matthew Holton (Newquay) 29.48m  
6 Andrew Elkins (Poole AC) 28.69m  
U13B 3k 1 Nicholas Percy (IOW) 23.40m  
SW 4k 1 Zoe Derham (Birchfield) 62.69m, 2 Carys Parry 60.28m 3 Linda Bennin (WLHS) 51.02m,  
4 Bola Ogun (Exeter) 46.92m, 5 Amy Church (Sutton AC) 41.92m, 6 Skye McGuigan (WLHS) 38.44m  
U20W 4k 1 Rhiannon McNally (Orchard NIR) 46.91m  
U17W 4k 1 Kate Yhnell (Gloucester) 38.69m  
U15G 3k 1 Gabrielae McNally (Orchard NIR) 36.61m (NIR U15G Rec) 2 Emma Phillips (Poole Runners) 30.11m  
W55 3k 1 Rosemarie Alexander (Wimborne) 35.55m  
W65 3k 1 Yvonne Miles (BAC) 22.26m

**Afternoon**

SM 7.26k 1 Beauford 52.27m, 2 Frampton 50.72m, 3 Hitchins 45.85m  
U20M 6k 1 Morgan 50.39m, 2 D.Brunsdon 48.69m 3 Steve Brunsdon (U17) 42.72m  
U17M 5k 1 Warner 44.45m, 2 Chappell 41.56m, 3 M.Elkins 39.44m, 4 Tommey 38.67m  
U15B 4k 1 Woon 50.03m, 2 Williams 39.07m, 3 Coleman 29.09m, 4 Holton 28.51m, 5 A.Elkins 24.63m  
U13B 3k 1 Percy 20.55m  
SW 4k 1 Ogun 47.43m, 2 Church 43.06m  
U20W 4k 1 Gabrielae McNally 45.10m  
U17W 4k 1 Yhnell 35.05m  
U15G 4k 1 Gabrielae McNally 25.53m  
W65 3k 1 Miles 22.29m  
SW 3k 1 Parry 67.45m

Report by John Rumbold BAC