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By Costas Goulas, July 22nd 2008

Weekend domestic round-up

At the BAL semifinal match at Eton, there were a couple of turn-ups over 200m albeit slightly windy that could possibly herald some new faces in the sprints top tier in the country. 200m girl Helen Pryer scorched to a fast 23.29 secs (wind 2.5) suggesting that substantial improvements could be on the way before the season is out.

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Pryer shows promise at Eton (Updated)

By Costas Goulas, August 11th 2008

Helen Pryer returned to Eton to complete what was left undone a fortnight before, when clocking a surprising windy 23.29 secs over 200m, and did not disappoint - this time at the UK Challenge Final.

Despite rainy conditions, the local 200m runner sped to a season's best of 23.67 secs, into a considerable headwind of -0.7 m/s, to suggest that a late breakthrough into the summer could lie afoot.