



Summer 2025 Annual Track and Field Awards Presentation

Conservative Club Hornchurch 14th November 2025

(text of presentation speeches from Tony Benton & Claire Brennan)

Good evening, everyone and a warm welcome on behalf of Havering Athletic Club to the presentation of the track and field awards for 2025.

The main business this evening is to celebrate the performances of our current generation of athletes, some of whom may well become future club all-time greats.

The Summer of 2025 was unusual as our athletes had to train away from Hornchurch Stadium for the main two months of the season as the track was finally being resurfaced. I'm sure that you'll agree that it was worth the wait.

Here are some highlights from the season!

After winning promotion to Division 1 of the Southern League last year, our combined Senior Men's and Women's team had another good season, to finish mid-table in the higher division, as did our National Athletics League team in their Championship Division. Our Youth Development League (YDL) Under 13 & Under 15 team were runners up in their Division, but the Under 17 and Under 20 team were competing in the tough Southern Premier Division and unfortunately lost their place. The Eastern Young Athletes League team were third in both the league and at the end of season Final against the top clubs in the league maintaining their impressive series of results in this competition, making the Final for as long as we can remember.

Our athletes also did well outside the league competitions and the summer season once again brought numerous medals at Essex County, the South of England, the English Schools and the England Athletics Championships. We also saw athletes win international vests for the England Athletics, English Schools and the Great Britain teams. Our athletes continued to break club records, some of which dating back many years. So tonight we will be recognising the fantastic achievements of many of the athletes who achieved these record-breaking performances.

Tonight is also the chance to recognise the superb efforts of our brilliant team of volunteer Coaches, Team Managers, Officials and all the numerous other volunteers who give up an enormous amount of their time free of charge to make sure that our athletes can do their very best when it matters.

We have three categories of award in each age group - the **Club Best Performance Track Award**, the **Club Best Performance Field Award**, and also the **Team Member Award**. These awards have been selected by the respective team managers who we know have had some very difficult choices to make. After these presentations there will then be some special awards chosen by the Club Committee.

Now for the main business of the evening. Our Club President Claire Brennan will again be presenting the awards and saying some words from the respective team managers about each of the winners. The male and female winners in each age category will be announced and will then be invited to come up together to be presented with their awards.

But before handing over to Claire I'll make the first group of presentations - those for the Masters Women.

The first award tonight is for the **Masters Women on the Track** which goes to a committed athlete who this summer had her best results for several years and retains the award which she won as a Master for the first time last year. She was runner up in her 100m hurdles speciality in both her National Athletics League appearances and she won this event in both of her Southern League meetings, twice winning the female Athlete of the Match. She also twice competed at 400m, setting a new club W35 record and she also set new club W35 records at the 60m and 100m hurdles events. She won the Eastern Masters indoor hurdles gold and she was Essex senior hurdles champion, both indoors and out, and she ranked second in the national W35 lists at 100m hurdles. A great servant of the club, the winner is again...**CHLOE WILLIAMS**

The **Masters Women Field** award goes to an athlete who needs no introduction, but I'll give her one anyway!! She was ever present in the pole vault in the Southern League events with two second places and a third place, and she was third and fourth in the pole vault in her two National League appearances. On the track she was a regular in the 400m hurdles, and she also added sprint hurdles points. She won two medals at the British Masters Championships with W40 400m hurdles gold and pole vault silver. Once again, she also competed regularly in the Eastern Masters League for Thurrock (Boo!!), scoring well. The winner is once again our President: **CLAIRE BRENNAN**.

Before I hand over to Claire, the **Masters Women Team Member** award goes to another returning winner who only missed one of the seven club National and Southern League fixtures, competing in five separate events across these meetings. She added points to the club cause in the shot, discus and hammer in both leagues, and she ran in the 400m in the NAL and even vaulted to win the B string in the last Southern League match. She set a new hammer career best, and set two club W40 records and ranks in the club all-time W40 lists in four other events. Like big sis Claire, she also found time to compete for Thurrock in the Eastern Masters – but we won't hold that against her! We need more committed team members like the winner... **NINA BRENNAN**.



Thank you, Tony and good evening and welcome to you all.

The **Club Best Performance** on the **Track** award by a **Male Master** goes to an athlete who has represented the club with distinction for over 25 years — a truly remarkable achievement. Throughout his long and dedicated career, he has consistently competed at the highest level, always giving his best for the team. In recent years, despite additional responsibilities outside athletics, he has continued to show the same commitment and passion for competing in club colours. While the steeplechase has always been his preferred event, he has proved himself competitive across a range of events. This season, he once again excelled — performing strongly — in both the steeplechase and the 3km, and topping the club rankings in the 3km steeplechase. His dedication and enthusiasm remain undiminished. Here's hoping we'll see him continuing to compete — and inspire — in the years to come. The winner is... **ROB WARNER.**

Next is the **Club Best Performance Field** award. Every year the conversation starts with this athlete asking “Am I still needed?” and the answer is always an unequivocal “Yes”! He competed in all four Southern League fixtures at seven different events — it's actually much easier to list the only field event he didn't compete at this year (it's the long jump)! He managed a total of 19 events across the four fixtures, including a B string pole vault win at Norwich, and second place in both the B pole vault and discus at Hornchurch. Away from the track, he even found time to run the Brighton Marathon in April! The winner is the consistent and evergreen ... **ARRON BONNING.**

And so, I move on to the **Team Member Best Performance** award. What can we say about this man who is also a pillar of the club. He competed in all four National League fixtures, and three of the four Southern League fixtures mainly at his new hammer event, in which he improved his PB through the season. After injury he returned to the track, and as well as a couple of 400m hurdles races he returned to his familiar steeplechase events, firstly setting a new M50 club 2000m best at the Southern League in Norwich. Then at the British Masters championships at Derby in September he won a close race to become National Champion for his age category, setting a new M50 3000m 'chase club best. If they cut this man in half, he would have blue and yellow blood running through him. The winner is the one and only... **JASON LENDON.**



On to the **Senior** age group and starting with the **Women's Track Best Performance** award, which goes to a talented athlete who has been badly missed in club colours after spending the previous two years at University in America. After an excellent cross-country season last winter, she ran superbly on the track this summer. She was ever present in the National League finishing first, second and third in her 1500m and 3000m races, setting a new 1500m PB and she also won her 1500m race at the Southern League. She also improved her PBs in both the 3km and 5km, winning both the Essex and Southern titles at the 5km. Her cross-country season has started well so we hope to see her doing even better on the track in 2026 – the deserving winner is...**KATE O'NEILL**.

Moving on to the **Best Performance** on the **Field** award which goes to an athlete in her first year as a senior after excelling in the younger age groups. She loves competing and is one of the first names on the team sheet in her chosen throwing events – the discus, hammer, and javelin. She was a huge points scorer, with her best results coming in the discus where she was always in the top three in all four SAL matches and she finished third and fourth overall in both the NAL fixtures that she contested. She was also ever present in both hammer and javelin and also competed at shot in the NAL. She improved her discus PB at the Southend Open, won Essex senior discus silver and made her British University Champs debut. The winner is of course...**KATIE ENNIS**.

And so, we move on to the **Team Member Best Performance** award which goes to an athlete who has competed regularly in the middle-distance events for club teams since she joined as an Under 13 ten years ago. She always gives of her best whether it is over 800m or 1500m and this year she also filled a gap in the grueling 5km in the last SAL match, in very windy conditions having earlier run in the 800m. She improved her 800m PB at the Dave Naylor Open and trimmed it further when winning senior bronze at the Essex Championships. Well done on your performances this year and congratulations to the deserving winner ... **REBECCA O'ROURKE**.



Moving onto the **Senior Men** and the winner of the **Club Best Performance track** award goes to an athlete who, year after year, has shown an unwavering commitment to competing for the club at the highest level — whether in the sprints or the longer hurdles, and always in the events where he's needed most. Always the first to confirm his availability and willing to adapt for the good of the team, 2025 saw him step away from his favoured 400m hurdles to focus on the individual sprints and relays. Despite the passing years, he continues to perform at an exceptional standard, consistently producing times close to his personal bests. With a solid winter and spring of training ahead, there's every reason to believe 2026 will bring even greater rewards for the winner who is... **ISAAC OGUNLADE**.

The next award for **Club Best Performance** in the **Field** goes to an athlete who has demonstrated outstanding loyalty, versatility, and commitment over many years. Since first representing the club as a higher-competition athlete in 2012, he has been ever-present in every BAL and NAL match. While the pole vault is his main event, he never hesitates to step up and cover other events, including the 110m hurdles and long jump, whenever the team needs him. As a first-claim Havering member since 2023, he has continued to play a key role in the NAL and across multiple events in the SAL. Even as the years go by, his performances remain as strong as ever — topping the club rankings this season in both the pole vault and the 110m hurdles. His dedication and enthusiasm are a real inspiration to athletes across all age groups. Here's to many more seasons of him flying high for the club both on the track and in the field. The winner is... **LUKE WILLIAMS**.

The last award in this age group is the **Team Member** award which goes to an athlete with a fantastic attitude and manner who is always willing to put the team needs first. He competed in three of the four fixtures at both the National and Southern Leagues and along the way achieved new personal bests in both the 100m of 11.77s and 200m of 23.56s respectively. In May he also competed over the 400m at the Essex County Championships where took the silver medal. A regular member of both the 4x100m, and 4x400m relay teams and an absolutely key squad member, the deserving winner is...**LOUIS BERRETT**. Unfortunately, Louis can't be with us this evening but well make sure that he gets his award.



Next up is the **Under 20** age group.

The **Women's Club Best Performance Track** award goes to a very dedicated and talented young lady who has been a regular on the team sheet since joining the club as an under 13. Despite carrying a minor injury throughout most of the season and not being at her best, she pushed on to help her teams across YDL, SAL and NAL. Her highlight of the season was earning silver in 100m and bronze in 200m at the Essex County Champs. This summer was her final season as an Under 20 and having now gone on to university, she will no doubt be missed in the YDL Team and we hope to see her back soon. Not surprisingly she is no stranger at these ceremonies and for the second season running, the award goes to...**CASSIE CAMPBELL**.

Moving on, the **Best Performance** on the **Field** award goes to an ever so polite young lady who won the Best Performance Award for Under 13 to Under 17 last year. Now in the Under 20s, she has gone from strength to strength, competing in YDL, SAL and NAL competitions. Specialising in long jump she is also a force to be reckoned with on the track, scoring an impressive points tally. She won gold at the Essex County Champs in both the 100m and long jump and Southern Inter Counties long jump gold with an impressive 5.94m PB, improving her best for the third time this season, cementing her second place on the club's all-time Under 20 list. With top six finishes in both the English Schools and England Athletics Championships she has a very bright future ahead of her. This year's talented winner is **ALICIA FAIRMANER**.

And now for the **Women's Team Member** award. In her first season as an Under 20 and in her first season as a first claim Havering athlete this athlete has certainly made her mark. As well as her main 400m hurdles event she competed in the 400m, the sprint hurdles, high jump, long jump, shot, discus and javelin and competed regularly in the YDL, SAL and NAL. She has become a very welcome addition to the team, and her team managers say that it's been a pleasure managing her. One of her highlights of her season was winning bronze in the 400m Hurdles at the Essex County Champs and her PB at the event in National League ranks her seventh on the club all time U20 and senior lists. A dedicated and talented young lady who has another year as an Under 20. Our winner is...**LUCY CHAPELHOW**.



Now moving onto the **Under 20 Men** and once again we begin with the award for the **Club Best Performance Track** award. This award goes to a young man who has been a regular in club teams in his final season as an Under 20. He competed in YDL, SAL and NAL competitions in both the 100m and 200m sprints, and the sprint relay all whilst juggling his A level studies and exams at the same time. Having now secured a place at university we say goodbye to him in the YDL but look forward to welcoming him back as a senior athlete in the SAL and NAL next season. The deserved winner is... **CHRIS AGNIMEL**.

The **Best Performance Field** award goes to a specialist thrower who takes home this award for the second season running. Since joining the club as an Under 13 many moons ago, this young man, has consistently put in some solid performances, but in the YDL competitions this season, he bettered his personal best in both discus and shot. He won discus gold at the Essex County Champs earning Essex selection for the Inter Counties championships at Oxford where he improved his PB to win another gold. The dedicated, hardworking and worthy winner is...**MICHAEL TESI**. Unfortunately, Michael can't be with us this evening but well make sure that's he gets his award.



Continuing to move down the age groups, next up are the **Under 17s**.

The **Women's Club Best Performance Track** award goes to a very dedicated and talented young lady who took part in seven of the eight league meetings across both EYAL and YDL competitions. A very strong multi-eventer, always ready and willing, her efforts this season have helped earn vital points for the team, both on the track and field. Along the way she improved her personal bests in several of her events including the 300m hurdles, where she ranks eighth on the club's all-time list, as well as fifth in the heptathlon lists. Over the 300m hurdles she won Essex Schools gold, and bronze medals in both the Essex Clubs Championships and Southern Inter Counties. With a 2025 Power of 10 listing as long as your arm, the deserved winner is... **AMY MANSELL**.

The **Best Performance Field** award goes to a very hardworking and confident young lady who competed in all EYAL and YDL competitions this season, specialising in the full catalogue of throws – discus, hammer, javelin and shot. Her efforts have been pivotal to the success of the teams, earning a wealth of points and personal bests in the discus and shot. But we mustn't forget to mention her whopping hammer club Under 17 record throw of 40.62m early in the season, earning her a bronze medal at the Essex County Champs. She earns an award for a second consecutive season, to add to her win in the Under 15s last year. Clearly there is something in the water at the Chapelhow household as our winner is... **LILA CHAPELHOW**.

And so, we come to the **Team Member** award which goes to a young lady who is regularly the first name on the team sheet but we must also give kudos to mum who is undeniably the quickest availability request, parent responder the world has ever seen! Having competed at all EYAL and YDL competitions and also in the SAL this season in 300m, 400m, 1500m, 1500m steeplechase, high jump, triple jump, shot put and relay teams...(pew)...this young lady epitomises what it is to be a team player. Beating her personal bests in both the 1500m and 1500m S/C and earning a bronze medal at the Essex County Schools championships in 1500m steeplechase, her hard work, dedication and versatility are the envy of every team manager. Our worthy winner is... **GRACE TILSON**.



Now we come to the **Under 17 Men** and we begin with the **Best Performance** on the **Track** award which goes to a young man who, despite only joining the club in March and sitting his GCSEs this summer, took part in all but one of the eight YDL and EYAL league fixtures, competing in the 100m, 200m, 100m hurdles and relay. His performance at the EYAL Final, in his first 100m Hurdles for over three months, may have added the vital points which resulted in the team winning the U17 Men's age group category. He was a member of the 4x100m relay squad who qualified for the National Relay final and ran the third leg in the winning relay team at the EYAL Final, where the quartet ran the second fastest U17 Men's relay time ever by a club Under 17 Men's team. The winner is...**ROMEL SEMPER**.

The **Best Performance Field** goes to an athlete who is an all-rounder, but the throwing events are his specialism. Having moved up this year from the Under 15s to the heavier weight implements in the Under 17s, he performed well throughout, with five wins in the shot and three wins in the discus across the league fixtures. Attending all league meetings this season, throwing discus, shot and hammer when asked to, he also won county gold and Essex schools

silver in the discus and his discus PB made the club all-time top 10. Also performing in the long jump and triple jump to help gain all important points for the team he helped the Under 17 Men win their age group at the EYAL Final. The worthy winner is...**HARRISON RABESS.**

Finally, in this age group, we come to the **Men's Team Member** award which goes to an athlete who has paved his way as an integral part of the Under 17 Men's team this season. He competed in all eight of the EYAL and YDL league meetings, competing in multiple events to pick up points for the team. On the track he competed in the 400m, 800m, 1500m and 4x400m relay, also competing on the field in the high, long and triple jumps. Whilst specialising in the 800m this season he has taken nine seconds off his PB, achieving the holy grail of breaking two minutes by clocking an impressive 1min 58.93 secs! In his first year of competing in the 400m he ran a new PB of 52.72 secs at the EYAL Final. The worthy winner is...**AIDAN DOHERTY.**



And now we move down another age group to the **Under-15s** and we begin with the girls' awards.

The **Girl's Best Performance** on the **Track** goes to a young lady who was determined to show her track talents as she stepped up into the Under 15 category. She was the top points scorer for the team, with seven first places and seven second or third places in the 300m and 800m. Her talents earned her Essex gold and Eastern silver indoors in the 300m at the Lee Valley Indoor Champs, and outdoor 300m gold at the Essex County Champs, leading to her Essex Team selection at the Inter-Counties Champs in Oxford. Her PB in the 300m places her eighth on the club Under 15 all-time list. With her continued hard work there is so much more to come for the well-deserved winner...
MILLIE COOK.

The **Best Performance Field** award goes to an athlete who has been a big points scorer for the team. With strong talents, both on track and field, she has been one of the team's top performers at both EYAL and YDL fixtures. Her talents in multi events have also been on full show this season competing in three pentathlons, with the Essex Schools Combined Events in Grays, helping to earn her selection for the English Schools Regional Final in Corby, and going on to compete at the English Schools Combined Events Championships in Chelmsford. A mature athlete that many look up to, her talents will continue to shine. The deserving winner is...**OME NWAPA.**

The **Team Member** award goes to the only Under 15 athlete who competed at all the EYAL and YDL fixtures this season, earning many valuable points for the team. Showing her all-round abilities she competed in six different events - the 100m, 200m, 300m, hurdles, high jump and javelin, plus both the 4x100m and 4x300m relays. She finished the track and field season at the Essex & Eastern Combined Events Champs in Peterborough winning an Essex pentathlon silver and Eastern sixth place with PBs in the long jump and shot. She is a fantastic athlete and a real asset to the team. Big congratulations go to...**ABIGAIL ADEGITE**.



We now come to the **Under 15 Boys** and the winner of the **Best Club Performance Track** award goes to a young man in his debut season for the club. From the beginning he showed a quiet determination to improve his sprinting, as competition was extremely high across the Under 15 Boys. He missed only one league meeting, always willing to give his best and placed highly in many races. In the EYAL Final, he was fractions outside his 100 and 200 PBs despite strong headwinds! A regular in the successful 4x100m relay who made the National Relay Final, he rounded off his season in style at the Club Champs with a 200m silver and won 300m gold in his first race at the event with the fastest time by a club Under 15 Boy this season. This worthy winner has an exciting athletics journey ahead.

Congratulations...**DAVID OJO EKHATOR**.

The **Best Performance** award for **Field** events goes to an athlete who has shown outstanding consistency and strength throughout the season. Now in his fourth season competing for the club, he has delivered fantastic performances time and time again, competing in seven league meetings and the EYAL Final accruing 104 points for the team. His reliability and results in discus, shot put, javelin and hammer made a huge impact, winning discus in the EYAL Final and throwing a hammer PB. At the Essex County Championships, he threw superbly winning silver in the discus with an early season PB of 29.27m and placed fourth in javelin. He achieved an impressive four first-place and nine second place finishes for club teams and rounded off an excellent season with a fantastic double gold in both the discus and javelin at the Club Championships. The truly deserving winner is...**ETHAN JOHNSON**.

Finally, in this age group, we come to the **Team Member** award which recognises an athlete whose commitment and team spirit have stood out throughout. He showed exceptional dedication, competing in three very competitive events plus the relay at every league meeting. Over the season he scored 104 points for the team in 800m, high jump, 80m hurdles, 300m, shot put and 300m relay and on the day of the EYAL Final he agreed to stand in for the long jump and sprint relay, showing his versatility and dedication to the team. He also competed at the London Youth Games, Essex County and Essex Schools County Championships. At the Club Champs he won bronze medals in 800m and 200m, ending the season as fastest Under 15 Boy in 800m and second in 300m. His attitude, team-first approach and contributions have been immense. There's more to come for our deserving winner, congratulations...**NATHAN HATHAWAY.**



Finally, it's the turn of the youngest age group, the very patient **Under 13s.**

We begin with the **Girls'** awards and the **Best Club Performance Track** award, which goes to a talented athlete who has pushed on this season. She is top of the club Under 13 rankings in 75m, 100m, 150m and has made it onto the club all-time lists, ranking ninth in the 75m and tenth in the 100m. She was always part of the relay team and helped score valuable points at every meeting. We are sure that with age and dedication she will become even quicker - especially if she warms up and turns up at the start line without moments to spare! Congratulations to... **CHARLENE BANGNE.**

The **Club Best Performance** award for the **Field** events goes to an athlete who was a massive points scorer for the Under 13 girls' team. She was one of the first names on the team sheet, and she competed in the 75m, 100m, 150m, 200m, 800m and shot and we are not sure what her best event is yet. She is a very talented runner but it was the shot that she excelled in, winning the event at every EYAL and YDL fixture. Her best shot performance has placed her fourth on the Under 13 Girls' all-time shot list ranking, which is a big achievement in her first full year at the club. The worthy winner is... **BETSY MORROW.**

The **Team Member** award goes to a young lady who competed in all the EYAL and YDL fixtures and showed her all-round abilities by competing at four different events, scoring big points in the 70m hurdles, 800m, high jump and shot. She won high jump bronze at the Essex County Championships and made the hurdles final at the same meeting. This young lady is an organiser, always helping other athletes to warm up and be at their race on time, giving them encouragement to do well. Some people may call this bossy, but others may say that she is an asset to the team manager, we're not sure which one it is! To top off a great season she won Essex gold and Eastern bronze at the Eastern Combined events in her first Pentathlon. Congratulations go to... **EDIE SMITH.**



And now it's the turn of the **Under 13 Boys.**

The **Best Club Performance Track** award goes to an athlete who has grown in confidence this season. He ended the season as the second fastest in 75m and 200m, eighth on the all-time list for 75m and he won 100m silver at the Club Championships. Also, a regular member of the relay team, he accrued 102 points for the team throughout the season. As well as sprinting, his favourite event is javelin where he won bronze at the Essex Champs and earned his Essex vest at the Under 13 Inter Counties in August. At the YDL opener in May, his throw of 31.62m took him to eighth on the all-time list and he won gold in this event at the Club Championships. He also competed regularly in long jump, winning all the javelin and long jump events at the YDL. The worthy winner is...**EUAN CHEESEWRIGHT.**

The **Club Best Performance Field** award goes to a talented young athlete who excelled at shot putt this season and was a natural late comer to discus too. He won the shot at every YDL and increased his PB to win gold at the South of England Championships. He achieved selection for the Essex team at the Inter Counties winning the B string shot putt and placing third overall. He shone on the track too, being the fastest Under 13 at 75m, 100m, 150m and 200m! On the club all-time lists, he finished the season sixth in shot put, eighth in discus, fifth in the 75m and eighth in the 150m and in the UK rankings 15th in shot and 11th in the discus. He performed at his very best in the EYAL final, winning all his events - 100m, discus with a PB of 25.05m and shot put with a PB of 10.21m. The future looks bright for this deserving winner ...**WILLIAM HILES.**

The final **Team Member** award this evening goes to a polite, versatile young athlete who is willing to compete with enthusiasm at whatever his team manager asks of him. In both leagues he competed in hurdles, high jump, 800m, 1200m, relay and sprints, earning vital points for the team. He competed in six out of eight league meetings plus the EYAL final, scoring 105 points for the season. In the Club Championships he won high jump and hurdles gold and 800m silver. He ended a great season as the top Under 13 in the hurdles & high jump and second in 800m & 75m. A valuable member of the Under 13 boys' team and an athlete who is a pleasure to coach and manage. Congratulations go to...**AUSTIN BROADHURST**.



Before we let you loose on the buffet I'll introduce and announce the final group of award winners who are receiving the **Special Awards** presented each year by the Club Committee.

The first of these is the **Bill Woodberry Relay Trophy**, which was awarded for the first time two years ago. As a former sprints coach and life member Bill gave over 40 years of service to the club in many roles, before retiring in 2009. Sadly, in March 2022, Bill passed away at the fine old age of 97, but it was his family's wish that an award be presented in his memory, and they generously bought a shield for that purpose, so that Bill's memory lives on.

This year there were two strong contenders, as the Under 17 Men's 4x100m relay squad made the National Relay final and easily won the EYAL final just outside the club record set last year. However, this excellent result was pipped by another club team who also did well at the National Relay Championships finishing fourth, and ranking fourth club team nationally. The squad ran a season's best of 46.00s in their heat and even faster in the final with 45.57s in the second fastest time ever by a club Under 15 Boys team. Congratulations go to the **Under 15 Boys** team of **DENZEL MWASHA, DAVID OJO EKHATOR, TOBI OLOYEDE** and **JOSHUA BUXTON**, plus **TOBI OLUBORODE OLUSEYE** who ran in the heat at Birmingham. Denzel Mwasha and Tobi Oluborode Oluseye are unable to attend but we'll get their awards to them



We finish the presentations this evening with the winners of the four **Best Performance Awards** chosen by the Club Committee for achievements outside the usual Club League competitions, particularly at regional, national and international events, and national rankings.

The first of these is for **Males** in the **Under 13 to Under 17** age groups where the Committee were unanimous in their choice of the outright winner. After an impressive 2024 season the winner wasted no time to make his mark this year, improving his own club 1500m record when winning England Athletics indoor gold in February with a time of 3m 58.92s. He improved this again with a front running victory at the Essex Championships in May before running a stunning 3m 44.62s at a BMC meeting in June, the second fastest ever by a UK Under 17 – and the third fastest ever by a club male of any age. He also smashed the club Under 17 and Under 20 records for 800m in April with his 1m 51.05s clocking. He lost just one track race, when he had to settle for silver at the English Schools Championships in Birmingham. He will be in the new Under 18 age group next summer and a place in the GB Team at the European Under 18 Championships in Italy beckons. Congratulations on an amazing season ...**FREDDIE ROWE.**





Next, it's the **Female Best Performance** in the age range **Under 13 to Under 17** and the winner was the club's only female national finalist and medalist across these age groups which made her the obvious choice. Starting the season with a javelin PB of just over 30m she added five metres to her best in her opening competition of 2025 at the club open, and improved it an astonishing five times in consecutive competitions, settling for a huge club Under 15 and Under 17 record of 42.55m in winning the Southern Championships in June – almost 12 metres better than her best throw last year. An elbow injury restricted her progress after that, but it did not stop her winning English Schools silver in July and ending the season ranked UK Number 2. We can't wait to see what 2026 brings for the outstanding winner...**AYLA BAKER.**

We now come to the award for the **Male** age groups from **Under 20 to Masters** and the winner receives this award for the third time having again recorded an impressive series of performances this summer. He again won gold in the 1500m para event at the BMC Bannister Miles event in May and two weeks later he set a new PB in finishing third for the England team in the para 1500m at the Loughborough International. He ran even faster in June at the Watford Open, edging closer to the four-minute mark with his 4m 00.96s PB and in July he was sixth in the 1500m event at the Diamond League meeting at the London Stadium. But the highlight of the season came at the UK Athletics Championships in August when he had us all screaming at our screens as his amazing sprint finish brought him Ambulant 1500m gold in the final stride. Hungry for more he then achieved a final win in the Para 1500m at the Manchester International. Once again, we celebrate an amazing winner...**KIERAN O'HARA.**



And now for our final athlete presentation of this evening, the award for the **Female** age groups from **Under 20 to Masters**. The winner is not surprisingly an athlete whose achievements have been frequently recognised at past awards evenings. She had a great indoor season, breaking the club Under 20 400m record with an impressive 54.36s and went on to win 400m silver at the British Universities Indoor Championships. Her early season outdoor performances – including winning the British Universities outdoor 400m hurdles gold and placing second at the Loughborough International – won her a GB Under 20 vest at the prestigious Mannheim International in Germany where she was second in the 400m hurdles and ran a brilliant 400m relay anchor leg. In July she broke her own club Under 20 and senior 400m hurdles record with a superb 57.98s at the BMC Grand Prix and she went on to win silver in the British Athletics Under 20 Championships to earn selection for the European Under 20 Championships in Finland, where she just missed out on a final place. The winner is... **STEPHANIE OKORO**. Unfortunately, Steph can't be with us this evening but we know her mum will keep it safe for her!

There is one final award, which I'll pass over to Tony to introduce.

The final award this evening isn't one that we present every year. It's the **Sidney Edwards Award for Services to Coaching**. Sid Edwards was a club coach stalwart back in the 60s, 70s and 80s, always encouraging and helping his athletes, and the well-deserved winner of this award certainly has all these attributes and qualities.

This year's winner was one of the club's all-time great athletes, earning GB vests and competing for England in the Commonwealth Games. His performances have stood the test of time as he still holds the club 400m and decathlon records and appears in numerous other club ranking lists. He qualified as a coach over 25 years back and in recent years has been able to pass on his extensive knowledge and experience, gained from working alongside some great coaches, such as the late, great Bruce Longden, coaching club athletes to national medals and international vests. He is everything that you would expect of a performance coach, travelling far and wide to support athletes in major competitions, where his calm and quiet advice has proved crucial to their success. He even still pulls on a club vest to compete, as the masters' rankings show. Well done and congratulations to club legend **MARK BISHOP**.



So that concludes the formal proceedings and on behalf of the club and committee I'd like to thank you for joining us to celebrate our athletes' successes this evening. Thank you.

