



**Summer 2024 Annual Track and Field Awards Presentation**

**Conservative Club Hornchurch 8<sup>th</sup> November 2024**

*(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 2024.**

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.

With the bad memories of the disruption from COVID lockdowns now behind us, Summer 2024 saw a full programme of league and championship events - here are some highlights from the season!

Our Under 17 & Under 20 Youth Development League (YDL) team were Division 1 champions, winning two of the three fixtures to gain promotion to the Southern Premier Division next summer. The Eastern Young Athletes League team were runners up in the League and narrowly edged into third in the end of season Final against the top clubs in the league. The Combined Senior Men's and Women's Southern League team had a brilliant season to win the Division 2 North & East title and win promotion to Division 1 while our National Athletics League team were runners up in their Championship East Division to qualify for the Promotion Final. Sadly, our YDL Under 13 & Under 15 team lost their place in the top Southern Premier Division to drop back into Division 1.

The summer once again brought numerous medals won at county, South of England, English Schools and England Athletics Championships, and also in international events. Club records continued to fall, some of them dating back many years and tonight we recognise many of those athletes who achieved those record breaking performances.

Tonight is also the chance to recognise the superb efforts of our brilliant team of volunteer Club Coaches, Team Managers, Officials and all the numerous other volunteers who give up an enormous amount of their time 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 have been selected by the respective team managers who we know have had some very difficult choices to make. These presentations will then be followed by 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 but before handing over to Claire I'll make the first group of presentations those for the Masters Women. 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.

The first award tonight is for the **Masters Women** on the **Track** which goes to a committed athlete who has attended these presentations on many occasions but is receiving an award for the first time since joining the Masters' ranks. She was a regular in the club senior teams, competing well at both 100m and 400m hurdles in three Southern League meetings, where she was unbeaten, and three National Athletics League events. She added high jump points in three meetings. She finished fourth in the South of England Senior 100m hurdles and ranked second in the national W35 lists at 100m hurdles and third at 400m hurdles, setting a club W35 best at this event. We hope to see her in action for many more years. The winner is.... **CHLOE WILLIAMS**

The **Masters Women Field** award goes to an athlete who is a familiar face at these presentations – and not just because she presents the rest of tonight's awards! She scored full points in the pole vault in her three Southern League events and scored well in the three National League meetings where the pole vault was held. She competed in that event at the World Masters in Sweden finishing ninth and would have placed higher if she did not have to dash across to compete in the hurdles. She also competed strongly in both hurdles events in the SAL and NAL, finishing first or second in most meetings. In her spare time, she also competed for Thurrock (Boo!!) in the Eastern Masters League. The winner once again is our President: **CLAIRE BRENNAN**.

Before I hand over to Claire, the **Masters Women Team Member** award goes to another returning winner. Successfully taking on the Southern Athletics League team manager role, and leading them to promotion, did not stop her competing. She ran in seven of the eight SAL & NAL fixtures, taking on the 800m, 1500m and 3000m and even tried the steeplechase in two SAL meetings to win important points for the team. It may not be the last time as she set club W35 records at both 1500m and 2000m 'chase, and was fourth fastest W35 in the UK at the 2k event. She even competed at long jump at one SAL meeting and came out on top against our club Chairman in their annual jump off at the club championships, setting a new PB. We're fortunate to have such a committed team member as... **GINTE BAILEY**.

*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 consistently competed for the club at the highest level for almost 40 years. In more recent years he has combined competing with also being the Senior Men's Team Captain leading by example in ensuring the team fills every event possible. Whilst the steeplechase was ultimately his preferred event, he has always been competitive in a range of disciplines and once again this season has successfully competed in the steeplechase, 110m and 400m hurdles, hammer and javelin. Here's hoping he can remain fit for the coming season which should provide major opportunities for further success as he enters the V50 age group, the winner is....**JASON LENDON**.

Next up we have the **Club Best Performance Field** award. This award goes to an evergreen and seemingly younger stalwart of the club who has been regularly competing for club teams since he was a young athlete. He competed in all four Southern League fixtures and was a vital cog in our promotion push which ended with us as the league Champions. He covered a total of 23 event competitions across the season including four first places, four second places and five third places, covering events including pole vault, discus, hammer, javelin and shot for good measure. He was obviously bored at some meetings, finding time for high jump & triple jump on occasions! A Team Manager's dream - the absolutely, thoroughly deserved winner is....**ARRON BONNING who is unable to attend this evening**.

And so, I move on to the **Team Member Best Performance** award which goes to another vintage athlete, who despite having one knee and various other injuries, still competed in three of the four Southern League fixtures and

one NAL fixture. Competing in the gruelling steeplechase, mainly over the longer 3000m distance, his valuable points across the season, along with those from Jason Lendon and Steve Walker in this event, very much helped the team secure promotion as Champions. In his first outing of the season at Dartford, he even took the last leg baton from his son Sam to help out in the 4x400m, and I'm pretty sure he claimed after that he ran the faster leg of the two of them, although I hear this is still open to further debate! Well done... **GARY ATKINS.**



On to the **Senior** age group and starting with the **Women's Track Best Performance** award which goes to an athlete in her first season in the senior and Under 23 age groups. Her studies at Birmingham University did not stop her competing regularly for club teams where she represented the club in three of the four SAL meetings and two of the four NAL matches. She was unbeaten in all four of her SAL races at 800m, 1500m and both the 1500m and 2000m steeplechase. She recorded two second places for the NAL team and her 2k steeplechase PB of 7m 20.72 secs at the Chelmsford match places her second on the club all-time list. We hope to see her doing even better in 2025 – the deserving winner is...**NATALIE SEWELL who is unable to attend this evening.**

Moving onto the **Senior Men** and the winner of the **Club Best Performance track** award goes to a young man who continues to develop his love of sprinting. Summer 2024 has seen him consistently improve over the season, topping the club rankings in both the 200m and 400m with new personal bests of 21.7s, and 47.39s respectively, ranking him in eighth (200m) and fourth (400m) on the club all time lists. He won three of his four 400m races in the NAL, and two of three 200m in the SAL, plus a South of England 400m silver medal. With a full winter and spring training behind him, 2025 should bring even greater record-breaking success. The winner is **MATTHEW AGNIMEL who also can't make it this evening.**

The next award for **Club Best Performance** in the **Field** goes to an athlete who despite suffering from a major accident last summer has slowly but surely overcome his injuries and is once again getting back to his previous high levels of achievement, which included setting the club shot record in 2015. He competed in three of the four NAL fixtures in the shot and also added javelin and hammer points, topping the club rankings in both the hammer and shot put, with a season's best of 13.73m in the latter. With a good winter's training behind him it is hoped 2025 will see him fully recovered and setting some new personal best performances. The well-deserving winner is...**LAURENCE GOODACRE.**

The last award in this age group is the **Team Member** award which goes to an athlete who is actually also a young Master V35 who simply loves to compete as his Power of 10 profile will show you! He competed in three NAL fixtures

and in all four Southern League fixtures, so he was another key part of the promotion winning team. Overall, he had ten wins, 12 second places and nine third places! His main event is the pole vault, but he was also a regular in the 110m Hurdles scoring invaluable points for club teams. During the season he ran every event between 60m and 1500m (apart from 800m) and also competed in the long jump, discus, javelin, and shot and was a reliable leadoff man in the 4x100m relay. All in all, I think you will agree he is both a versatile and talented athlete. The worthy winner is...**LUKE WILLIAMS.**



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

The **Women's Club Best Performance Track** award goes to an athlete who has been competing regularly for club teams since joining as an Under 13 in 2018. In her first year as an Under 20 her contribution to the successes of our teams has been pivotal, competing for the club at NAL, YDL and SAL competitions in both the 100 & 200m, and sprint relay. She won Essex County 200m bronze, won 100m silver & 200m gold for Essex in the Southern Inter Counties, and won South of England Under 20 200m bronze with a PB of 25.29s to rank in the club all time U20 top 10. She also anchored the U20 Women's Relay quartet to National 4x100m Bronze in a new club record. An incredibly hard working, committed and talented young lady, the winner is...**CASSIE CAMPBELL.**

Moving on to the **Best Performance** on the **Field** award which goes to an athlete who wins an award for the fourth consecutive year and really is testament to the hardworking athlete that she is. Regularly competing, and often first on the team sheet for the YDL, SAL and NAL teams in her chosen disciplines of discus, hammer and javelin, she was a huge points scorer, setting a brilliant 36.04m discus PB at the NAL Final. Her season highlights include discus golds at the South of England and Eastern AA Champs, and an Essex County Champs hammer gold and discus bronze. Her contributions on the field for the club are unrivalled and she now moves up to the Under 23s where she will be sorely missed by the YDL team. Our long reigning 'Field Queen' is once again...**KATIE ENNIS.**

And now for the **Women's Team Member** award, which goes to an athlete who despite currently studying at Warwick University and competing in university competitions, was able to compete regularly in the NAL, YDL and SAL meetings. She has been a force to be reckoned with through the age groups from U13 up to this final year as an Under 20. Although mainly a 400m specialist she also regularly competes for club teams at 100m, 200m, and both relays, and happy to double up and help to fill gaps on the team sheet. She set new PBs at both 100m and 200m this

summer and was another key member of the U20W Relay at the National Relay Champs in Birmingham. Our ever so polite and well-deserved winner, who we wish good luck in the Under 23s is...**OLIVIA BOACHIE**.

Now moving onto the **Men** and once again we begin with the award for the **Club Best Performance Track** award. This award once again goes to a young man who has been a regular in club teams and who this year, despite his A level studies, exams and minor injuries, still competed in three SAL and three NAL fixtures. He was a good points scorer for these teams, and recorded his fastest ever times for 100m and 200m, whilst also being a regular and valuable member of the 4x100m relay teams. Now studying at Brunel University and with one more season as an Under 20, there is much more to come from the deserving winner...**REECE MALCOLM who unfortunately can't be with us tonight**.

The **Best Performance Field** award goes to a polite young man who has continued to improve in his throwing events this season, in his first year as an Under 20 tackling the heavier weight implements. He competed at the YDL and SAL leagues, achieving three second and third placings. He particularly excelled at the Crawley YDL where he threw three PBs in discus, shot put and javelin, improving his javelin PB by three metres. When selected he competed for Essex at the Southern Inter Counties and finished a respectable third in discus. His team manager says that it was always a pleasure to have him in the team. The worthy winner is...**MICHAEL TESI who also can't be here this evening**.

The **Men's Team Member** award goes to an athlete who has been a familiar face in club teams since he joined as an Under 13. Although not managing so many competitions this year due to his A level studies, he did compete at all three of the YDL meetings and two of the SAL fixtures. He was always willing to fill a gap, scoring those extra points for the teams who both won promotion to the higher divisions. He competed at 100, 200, 400 and relay as well as getting a high jump PB at the Crawley YDL – which perhaps isn't surprising when you see how much he's grown since 2021 when he last competed at high jump! Keep up the training and congratulations...**DANIEL LAMMAS who also has other commitments this tonight**.





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

The **Women's Club Best Performance Track** award goes to an exceptional athlete who consistently delivered outstanding results throughout the season, competing in all five EYAL meetings and two YDL matches. With seven first places and ten second places in her 100m and 200m events, she played a crucial role in securing valuable points for the club. She was a key member of the sprint relay team, and she showcased her talent in the Club: Connect relay team at the prestigious London Diamond League meeting in July. She set new PBs in both 100m and 200m, and topped the club Under 17 Women's rankings for the 200m, reflecting her incredible dedication and skill. The well-deserved winner is...**MYA THOMAS who is unable to be here this evening**.

The **Best Performance Field** award goes to an athlete who has gone from strength to strength this season gaining PBs in all three of her throwing events: the discus, hammer and shot. She has been a powerhouse for the Under 17 women's team, competing in every fixture and contributing 20 first places and 13 second places across her events and also competed regularly with the higher weights in the SAL. Competing in over 40 events this season, she excelled making big improvements to her PBs in all three throwing events, proving herself to be an invaluable asset to the teams. Her excellent performances have made an impact on the all-time lists, and her contributions are truly appreciated. Congratulations to...**EBONI ROACH**.

And so we come to the **Team Member** award which goes to a young lady who demonstrated remarkable versatility, competing in the 200m, 300m, 400m, 800m, 1500m, high jump, and triple jump. With six first places and twelve second places, her commitment to the team has been unwavering. When approached to try triple jump for the first time, she embraced the challenge by eagerly seeking out instructional videos! Her empathy and support for her teammates have significantly boosted the team's morale, and her dedication is evident in all her endeavours. Our well-deserved winner is the amazing ...**GRACE TILSON**.

Now we come to the **Men** and we begin with the **Best Performance on the Track** award which goes to a young man who dominated in the sprints this season, with ten firsts and four second places. Despite missing out on a medal in the 200m at the South of England Champs, he set a new 200m PB of 22.23sec to place him sixth on the club U17 all-time list, and a 100m PB earning him ninth on the all-time list. He ran the second leg at the Diamond League Club Connect Relays, helping the team slice almost a second off their season's best and break both the U17 and U20M Club Records. The relay team then went on to equal the record once more at the National Relay Champs in Birmingham, where he also stepped up to compete in the 400m relays helping the team to win bronze. It's an absolute pleasure for the award to go to ...**EMMANUEL ASIRIFI-OTCHERE**.

The **Best Performance Field** goes to an athlete who specialises in the throwing events and moved up an age group from the Under 15s to the heavier weights in the Under 17s. Only missed one league meeting all season, he was the only U17 Man to throw the hammer and also filled a gap in the javelin at Tooting Bec YDL, finishing second, gaining valuable points for the team. He improved his throws throughout the season and helped the U17 Men win their age group at the EYAL Final. He finished the season winning shot put gold and discus silver with a big PB at the Club Champs. The worthy winner is...**FREDDIE HATCHER**.

Finally, in this age group, we come to the **Men's Team Member** award which goes to a talented athlete who has excelled this season. He competed in every EYAL and YDL league meeting, accumulating 109 points for the team, achieving an impressive fourteen firsts along the way. He also competed for the NAL team at his favoured 800m event, running a PB of 1.54.81 taking him second on the club all-time list and eighth on U20 list. In the EYAL Final he not only won the 800m and cleared 1.70m at high jump but also agreed to run 1500m for those extra points. He is superb 400m runner, earning a late call up to run at the English Schools Champs, clocking a new PB of 51.57s, and he ran the fastest leg in the bronze medal winning 4x400m team at the National Relay Champs. With another year as an Under 17, there is much more to come from the winner who is...**FINDLAY McLAREN.**



And now we move down another age group to the **Under-15's.**

The **Girl's Best Performance** on the **Track** goes to an athlete who really stepped up her game this season. She competed in a vast number of events from 75m hurdles to 1500m along with many field events, PB'ing in all of them!. She has always agreed to fill in on events when needed to gain extra points for her team, even rushing from the Mini Marathon to a YDL competition to ensure we picked up points in the hurdles. She finished the season as the fastest Under 15G in 800m, second at 1500m & third in hurdles. She also could have challenged for a field award as she is now fifth on the all-time list in Triple Jump, with PBs for high jump, javelin, long jump and shot and not forgetting her strong pentathlon performances! Always polite and smiling she is a pleasure to coach & manage. The worth winner is...**JASMINE ASMAL.**

The **Best Performance Field** award goes to an athlete who only joined the club at the start of the season and after a nervous start she soon found her feet and never looked back. She always competed in three throwing events at both the EYAL & YDL, scoring highly in each, setting PBs in shot, javelin (adding 8m), discus (adding 6m) and added a massive 8m in her main event the hammer! Her first hammer PB of the season in April was also a club record which she went on to improve four more times, and saw her finish the season just shy of 40m but 10m clear of second place on the club all-time list. Always a pleasure to coach & manage, we wish her all the best in the Under 17s next season. The winner is...**LILA CHAPELHOW.**

The **Team Member** award goes a young lady who really took a step forward this year. In the past she struggled with confidence which held her back but from the start of this season she made herself available for everything, forcing her way into the EYAL & YDL squad at 300m, 300m relay & 800m. She was a real team player who was just as happy being an A string athlete as she was as a non-scorer - which was required of her on many occasions. Because of this

you could see the improvements that she made mentally as well as physically as her PBs at 800m, 200m, 300m showed. A lovely team member who has much more to come as she moves into the Under 17s, the winner is ...

**DAISY COSSEY-ATKINS.**

We now come to the **Boys** and the winner of the **Best Club Performance Track** award goes to an athlete who dominated the club's U15 track middle distances this season, finishing as the fastest in the age group for the 300m, 800m and 1500m. He won 800m silver at the Essex Championships early in the season, and reached the final in the Southern's in the 800m – setting new PBs in both competitions. He set new PBs in every track event that he competed in, competing for the club in every track event except the 100m. However he then competed in the 100m at the Club Champs setting another PB and another winning the 300m which ranks him equal eighth in the club all time lists. Looking ahead to good performances again next season as an U17, the very worthy winner is...**AIDAN DOHERTY.**

The **Best Performance** award for **Field** events goes to a talented young athlete who only joined us this season but very quickly made his mark. Starting with performances just in shot put, he had five first place and two second places in the YDL and EYAL meetings, finishing the season ranked 11th in the UK and fourth on the club U15 all-time list. After a few weeks with the club, he also started to throw the hammer and was an instant success. Competing in the hammer six times for the club at the YDL and EYAL meetings, he broke the club record in July and broke it again at the England Athletics Championships in August with a throw of 46.40m, five metres better than the old mark, finishing the season ranked eighth in the UK. Good luck as an U17 to the deserving winner...**SAM JOHNSON.**

Finally, in this age group, we come to the **Team Member** award which goes to a dedicated athlete who competed in all nine Eastern Young and YDL league meetings this season and also the Club: Connect Relays and the National Relay Championships. Competing successfully in long jump and 300m at every meeting, he also regularly took part in the javelin, improving on his PBs. He was a regular member of the 4x100m relay team at the EYAL and the 4x300m relay at the YDL, always travelling on the coach and being a big part of the team. He also won long jump silver at the Essex County Schools Championships and so we wish him good luck for next season as an U17. Congratulations go to...**JAYDEN WILKINSON.**





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 dedicated athlete who has had a fantastic first season and can always be relied upon to bring home valuable points for the club. She scored maximum points on seven occasions and achieved five second places competing in the 150m, 200m and 800m. She was always a member of the sprint relay team and has proved to be a talented high jumper too. A very talented runner she competed in the 800m in the Year 7 race at the Essex Schools and the Essex County champs where she was crowned champion on both occasions. It is clear that with a few more races in her legs she will realise there is nothing to be nervous about and her training and hard work will shine through. Congratulations to... **MILLIE COOKE**.

The **Club Best Performance** award for the **Field** events goes to an athlete who was a massive point's scorer for the Under 13 girls' team. One of the first names on the team sheet, she competed in all the EYAL and YDL meetings, representing the Havering team in the high jump and entered her first pentathlon this year at the Eastern Counties event, winning Essex County bronze and improving the Under 13 club record. She is also a very talented track athlete and competed in the 75m, 100m, 200m, 800m and 70m hurdles. Always happy, smiling and loves training, the worthy winner... **ABIGAIL ADEGITE**.

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 six different events, scoring big points in the 70m hurdles, 100m, long jump, and even threw the javelin when needed. She won both the Essex County and Essex Year 7 gold medals at 70m hurdles and is now ranked eighth on the club U13 all-time list. She is a reliable team member, and her coaches say that she is very polite, always encourages others and is a great role model. Congratulations and good luck in the Under 15s... **SIOBHAN ETEMADI**.

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

The **Best Club Performance Track** award goes to a dedicated athlete who has grown in confidence and ability this season. Despite only missing one league meeting, he achieving six firsts and seven seconds, accruing 103 points for the team. At the Club Champs, he won 800m gold, 75m Hurdles silver (PB) and 100m bronze (PB). He ended the season in second position for 75m hurdles, 800m and high jump and is eighth on the all-time list for 75m. He was a regular in the relay team, always asking if they were going to do relay practice, and when the team manager finally did a couple of coaching sessions the squad won the EYAL Relay final, smashing their PB to finish seventh in the UK Rankings. Enthusiasm must be his middle name, a pleasure to coach and manage, the winner is... **NATHAN HATHAWAY**.

The **Club Best Performance Field** award goes to a polite young athlete who joined the club with his twin brother in the spring and has excelled at sprints and long jump this season, proving to be a natural late comer to the high jump too. He won Essex Schools long jump gold and improved his PB at the Bedford EYAL jumping a massive 5.24m taking him to second in the club all-time list and third in the UK Rankings. He won eleven events in the leagues and broke the club 75m record at Hornchurch in 9.80secs. He finished the season in top spot for long jump, high jump and the 100m, winning gold in 100 and 200m at the Club Champs. A talented member of the Relay Team, the future is bright for... **TOBI OLUBORODE OLUSEYE**.

The final **Team Member** award this evening goes to a versatile young athlete who is willing to compete with a smile on his face at whatever his team manager requires. In both leagues he competed in 75m, 100m, 150m, 200m and discus and filled gaps in the hurdles, javelin and 800m for vital team points. He peaked at the EYAL Final to achieve PBs in 200m and discus as well as being in the fab winning Relay Team. Like the other two award winners, he was a

valuable member of the Under 13 boys' team who were age group winners at the EYAL Final. Congratulations go to **...JACK ROSSINGTON.**



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 has been a particularly difficult choice as the Under 17 Men's 4x400m squad won bronze at the National Relays Championships with the fastest time by a club team for several decades, while the Under 17 Men's 4x100m relay squad were fourth at the same championships, equaling the club record that they had set at the Olympic Stadium in Stratford in July at the Club: Connect Relays. However both of these excellent results were pipped by another team who also won bronze at the National Relays Championships - the Under 20 Women's 4x100m team who twice broke both the club Under 20 and senior 4x100m relay records, the latter dating back to 1991. The squad won their heat in 47.80s to break both U20 and Senior records for the first time, then returned a few hours later for the final where they ran even faster to win bronze in a photofinish, taking another tenth off their short-lived records clocking 47.69s, just four one hundredths off silver. Congratulations go to the winning team of **STEPHANIE OKORO, STEPHANIE OSUALA, CASSIE CAMPBELL AND OLIVIA BOACHIE.**



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, standing out from other contenders. After an impressive season as an Under 15, the winner wasted no time to make his mark in the Under 17 ranks, improving the club 1500m record, when winning England Athletics indoor bronze at Sheffield in February with a time of 4m 01.13s. He was a regular competitor at the YDL meetings, adding the 1500m steeplechase to his usual 1500m or 3000m events and his fast times earned him selection for the School Games National Final where he smashed his PB with 4m 20.10s, the second fastest ever by a club Under 17, winning silver and beating all three English Schools medalists. Another national medal came when he was one of the club Under 17 bronze medal winning 4x400m squad at the national relay championships and he ended his track season on a high when he broke his own club 1500m record at the club championships and dipping under four minutes with his 3m 59.90s clocking. Still an Under 17 next summer, there's more to come from the deserving winner...**FREDDIE ROWE**.



Next, it's the **Female Best Performance** in the age range **U13 – U17** and the winner was the club's only female national finalist and medalist across these age groups which made her the obvious choice. She joined the club from Chelmsford at the start of 2024 after an injury-affected 2023 season and soon showed her potential with a series of early season PBs winning Essex medals at both long jump (silver) and 100m (bronze). In June she jumped 5.75m to win the Essex Schools gold and equal the 20-year-old club Under 17 record, a mark she equaled later in the season when winning silver at the South of England Championships. Her Essex Schools win brought her English Schools selection where she finished sixth in a close contest in the final at Birmingham. However the highlight of her season was yet to come and she won long jump silver at the England Athletics Championships in August, after leading for much of the competition. She was a reliable and regular performer for club teams who was only defeated in two club competitions all season, and in those where she finished second she was jumping against older opposition in the NAL. A talented, hard-working athlete who moves into the Under 20s with confidence, the undisputed winner is...**ALICIA FAIRMANER**.





We now come to the award for the **Male** age groups from **Under 20 to Masters** and the winner receives this award for the second time having won the award in 2021, and is recognised for an impressive series of performances on top of his appearances for the NAL and SAL teams. The first of these saw him win the 1500m para event in pouring rain at the 70<sup>th</sup> Anniversary of Sir Roger Bannister's first four-minute mile at Oxford in early May and two weeks later he was a fine third at the Loughborough International para 1500m. A trip to Sweden followed in June where he represented the Great Britain team in the Virtus European Championships for athletes with intellectual impairments, placing fourth in the 800m and sixth in the 1500m event. Back in the UK a few weeks he later won bronze in the para 1500m at the UK championships, and was fifth in the 1500m event at the London Stadium at the Diamond League meeting. But he was not finished and displayed another quality result at the British Milers Club event in Gillingham at the start of September, where he slashed over two seconds off his 800m PB with 1m 55.99s to set a new English Record for the T20 category. The winner is of course...**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 recognised on past awards evenings. Indoors she represented the English Schools team at the Combined Events international in Cardiff winning bronze but this achievement was soon overtaken during a summer season which saw her win three national titles and improve the club Under 20 and senior high jump record four times. Starting the season with a PB of 1.75m she added one centimetre in winning the Essex Championships in May, another centimetre in winning South of England gold in June, and a further centimetre in winning her first national title when she won English Schools gold in July. She added the England Athletics Under 20 high jump gold two weeks later, and finished the season on a high with her fourth club record of 1.80m and won her third national gold of the summer at the English Schools Senior Heptathlon. The sky's the limit for... **RUBY TILLSON who is unable to be here due to a family bereavement.**

*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 and 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.

The winner qualified as coach many years back and when we were looking to strengthen our volunteering team in 2012 decided to renew her coaching licence and come back to coach at the club. Since then, she has been an absolute star, giving the young athletes in her group an excellent start in their athletics career and is in every way the type of coach who fully deserves to receive this award.

**Well Done & Congratulations to – SUE DEANE.**



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.