



Summer 2023 Annual Track and Field Awards Presentation

Conservative Club Hornchurch 17 November 2023

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

Good evening everybody and welcome on behalf of Havering Athletic Club to the presentation of the track and field awards for 2023.

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.

After the disruption arising from COVID lockdowns, Summer 2023 was the first full programme of league and championship events since 2019. Here are some highlights from the season! 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, and our Under 17 & Under 20 Youth Development League (YDL) team were runners up after winning two of the four fixtures. It was a mixed season for our YDL Under 13 & Under 15 team who looked likely to lose their place in the top Southern Premier Division but thanks to a brilliant win in the final fixture they preserved their place. The Combined Senior Men's and Women's National Athletics League team were fifth in the Championship Division to rank in the top 20 clubs nationally and the Southern League team were fourth, just missing out on promotion.

As well as winning around 70 county championship medals, club athletes also won medals at the South of England, English Schools and England Athletics Championships and also internationally. Club records continue to fall, some of them dating back many years and there's no doubt that we have many talented athletes at the club, many of whom we recognise at tonight's awards.

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 after such a great season. These presentations will be followed by some special awards chosen by the club committee.

We now turn to the main business this evening. Our Club President Claire Brennan will again be presenting the awards and saying some kind 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 to the Masters Women. I will announce all three winners and then invite them up together to be presented with their awards.

The first award tonight is that for the **Masters Women on the Track** which goes to a committed athlete who receives this award for the third time since she joined the Masters' ranks. She was a regular in the club senior teams, with wins in the 1500m in all her three Southern League appearances and scoring well in all three National Athletics League 1500m events as well. She added more points in the long jump and stepped in to fill a gap in the triple jump in the NAL which we think she secretly enjoys!! In May she also successfully defended her Essex Championships Masters 1500m title winning gold once more. We hope to see her in club action for many more years. The winner is again...**GINTE BAILEY**.

The **Masters Women Field** award goes to an athlete who is a familiar face at these presentations – and not just because she presents these awards! In her first full season back from maternity leave she scored excellent points at her main, pole vault, event and scored well at javelin in all four SAL and the three NAL competitions. She also competed at high jump, shot and hammer, even getting up early to compete in the 9.35am hammer event at Liverpool to add extra points for the team. We hope to see her back competing at the 400m hurdles and in jury free next summer. 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. She was ever-present in the seven SAL & NAL fixtures, always competing in the 400m and the 4x400m relay and had a successful track season clocking her fastest 400m time since 2009. Keen to strengthen team points, she regularly added discus, shot and hammer points, joined Claire at the early Liverpool hammer start, and pole vaulted for the club cause. At the end of the season she then travelled to the European Masters Champs in Italy, competing in the 400m and was a member of the bronze medal winning GB 4x400m squad. We're fortunate to have such a committed team member as...**NINA BRENNAN**.



Thank you Tony and good evening and welcome to you all. I will begin with the Men's Masters age group.

The **Club Best Performance** on the **Track** award by a **Male Master** goes to an athlete who competed consistently in three of the four Southern League fixtures contributing valuable points along the way. At the August meeting he ran a 5K PB of 16.44 at the Woodford SAL which placed him 7th on the all-time list. In June he won an excellent silver medal in the Essex 5000m Championship at Ilford and then added another silver, this time over 1500m, at the Veterans AC Track & Field Championships in September. We hope to see more PB's and medals next season from... **JAMES BLOGG**

Next up we have the **Club Best Performance Field** award. This award is being given to a Havering AC legend, who is now almost older than the hills, but still performs to an excellent level! As a warm up for the summer season, in March, he competed in the British Masters Pentathlon at Lea Valley where he struck gold overall and came top in both the long and high jumps and second in the hurdles and shot. Competing twice in the Southern League this season, he claimed three victories in the javelin, discus & shot put and second in the hammer at the opening home fixture at Hornchurch. After recovering from a mid-season injury, he also competed in the National League, scoring valuable points in the Long Jump. Congratulations to the one and only... **MARK BISHOP.**

And so, I move on to the **Team Member Best Performance** award which goes to another athlete who competed in three of the four Southern League fixtures, contributing many points across various events. He eased into his season with a mere four events at the Hornchurch opener, winning the pole vault & javelin, along with second place in the triple jump. At the St. Albans fixture he added long Jump to his variety of events, and finished the season at Woodford with another victory in the pole vault. A totally reliable athlete who is always willing to help the team in whatever way he can, a team manager's dream. The winner is...**ARRON BONNING.**



On to the **Senior Women's** age group starting with the **Track Best Performance** award which goes to an athlete who had a brilliant season on the track for club teams. She recorded wins in the NAL at both 3000m and steeplechase, after warming up in the 800m both times, and recording a PB in the latter at Basingstoke. At the match in St. Albans SAL she also improved her steeplechase best for second place after competing at 800m and 1500m. A great person to have in the team, she can be heard cheering on her teammates from the sidelines, giving them her full support. A brilliant singer too, the worthy winner is **MORGAN CAMPBELL**.

Next up is the **Team Member** award which goes to an athlete who competed for the club SAL team around her officiating duties for the club. She competed in all four SAL fixtures at her favoured 200m where she was delighted to get back to pre-2016 times once more. She was a regular relay team member and ever-willing to earn extra valuable points for the team, competing in the high jump, long jump and 100m. She also supported the NAL team at all three matches as our most senior official. The winner of course is **RACHEL KERR**.



Moving onto the **Senior Men's** category and the winner of the **Club Best Performance track** award goes to an athlete who during his recent two years at university in America saw him achieve major improvements in his bests over both the longer sprints and hurdles. Despite an early season injury and a change of coach following his return home, he steadily improved over the season, topping the club rankings in the 400m hurdles with a time of 52.40s. He won both his NAL 400m hurdles races and also won 400m Hurdles silver medals at the Southern and Irish Championships. With a full winter and spring training behind him, we hope that 2024 will bring even greater reward with record breaking success and possibly even hopes of a place in the Irish Olympic team. Unfortunately, he can't be here this evening but we'll make sure that he gets his award. The winner is... **TOM PITKIN**

The next award is for **Club Best Performance** in the **Field** which goes to someone who has been ever present in every subsequent BAL and NAL match since first representing the club as a Higher Competition Athlete in 2012. Although specialising in the pole vault he is always willing to cover other events including the 110m hurdles. Fortunately, having joined Havering as a first claim member in 2023 he has now not only been able to compete in the NAL but also provided valuable support in multiple events in the SAL too. Despite now competing as M35 athlete it is good to see him maintaining his level of achievement, which has enabled him to top the club rankings in both the pole vault and 110m hurdles. Here's looking forward to him continuing to compete for the club on both track and field for many years to come, the winner is the very deserving... **LUKE WILLIAMS**.

The last award in this age group is the **Team Member** award which goes to a young man who, whilst aspiring to be men's team captain, is also a leader on the track amongst the middle and longer distances, and who is always on hand to help out where necessary, stepping in to cover any vacancies no matter the event. He has topped the club's 2023 rankings at 1500m, 3000m and 5000m with personal bests in the 1500m and 3000m of 3:53.30 and 8:31.40 respectively and his willingness to help out has placed him fourth in the triple jump. With a good cross country and winter's training behind him it is hoped 2024 will bring even greater success with record breaking performances for the well-deserving winner who is...**BEN DAVIS**.



Next up is the **Under 20 Women's** age group.

The **Club Best Performance Track** award goes to an athlete who has been competing regularly for the club teams since joining as an Under 13 in 2017. Despite her A level exams, she had wins for club teams in the YDL, Southern and National leagues in the 800m, 1500m and steeplechase. She achieved PBs this season in 1500m and 2k steeplechase and three times broke the club Under 20 and senior 1500m Steeple chase record, which places her in the top 10 nationally, and second in our 2k SC all time lists. An incredibly hard working, committed and talented young lady the winner is...**NATALIE SEWELL**.

Moving on to the **Best Performance** on the **Field**, this award goes to an athlete who wins an award for the third consecutive year, after winning twice as an Under 17. This young lady regularly competes at discus, hammer and javelin, but also pole vault and shot. But she's even tried triple jump this season. As a key team member for the YDL, SAL and NAL teams, her first, second and third places have added an impressive tally of points to team scores. She continues to improve, year on year earning new PBs in discus, hammer and javelin and winning with hammer gold and silver medals in discus at the Eastern Champs and the Essex County Champs. Our "Field Queen" is ...**KATIE ENNIS**.

And now for the **Team Member** award, which goes to an incredibly hard working, polite and committed member of our YDL and SAL teams. Whilst focusing this year on the longer of the two sprints, the 200m, she regularly added invaluable points to the team and helped to fill gaps in the team sheet in the high jump and triple jump. An ever present and reliable name on the YDL team sheet, this young lady has achieved a series of consistent results and is described as "a Team Manager's delight". The worthy winner of the Team Member award is...**LUCY NATTRASS**.



Now moving onto the **Junior (Under 20) Men's** age group and once again we begin with the award for the **Club Best Performance Track** award. This award goes to a young man who was a mainstay of the YDL teams and who has made great strides as a first year Under 20, improving his 100m and 200m PBs in the process to 11.23s and 22.90s respectively. He also stepped up to compete in the Southern League and filled gaps for the National League team to score valuable points. He was a regular and valuable member of the 4x100m relay team, always very patient when putting a relay team together and was also a key member of one of the fastest club U20 relay teams for many years. With two more seasons as an Under 20 we hope to see more from the deserving winner... **REECE MALCOLM**.

Moving on to the **Best Performance Field** award, which goes to a talented and good-mannered individual who is a pleasure to manage, always willing to help out to get those valuable extra points for the team. Scoring highly in both the YDL and Southern League, recording four wins in the pole vault and six in the javelin, he improved his PB in both events, throwing a fantastic 52.00m and clearing 3.50m, to enter the club all time senior lists. He also won javelin gold for Essex in the South of England U20 Inter Counties and still with another two seasons as an U20 the future is definitely bright for...**MATTHEW PAGE**

The **Under 20 men's Team Member** award goes to an athlete who competed in the 100m, 200m, 400m 4x100 relay and 4x 400m relay. He was ever-present in the YDL and competed in three of the Southern League fixtures, always stepping up when needed to fill gaps and doubling up on relays on more than one occasion. He even competed in the 100m, 200m and 400m and relay in one YDL match. As a quiet and unassuming athlete who sets a great example to others through his commitment, he was rewarded with PBs in all three of his events, improving his 100m to 11.79s, 200 to 23.84s and 400m 54.12s. Now studying at Essex University but we hope to see him back next season, well done to... **CALVIN SANNI**



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

The **Club Best Performance Track** award goes to an athlete who has been a staple on the team sheet for the 100 & 200m sprints at both EYAL and YDL fixtures, where she regularly collects invaluable points for the team. With this being her first year at U17 there is no doubt that this young lady will continue to grow and excel in her chosen disciplines. She is incredibly hard working, always polite and a valuable member of the team. Her highlights this season include but aren't limited to improving her 60m and 100m PBs, taking part at the Club Connect Relays and being a member of the Gold Medal winning 4x100m quartet at the Essex Track Relays. The well-deserved winner is ...**MYA THOMAS**.

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: discus, hammer and shot. She was a regular on the EYAL, YDL and Southern League team sheets and a reliable force to be reckoned with. She is an incredibly hardworking young lady and her achievements this season are testament to that. Some of her highlights include winning discus and hammer silver medals at the Essex County Champs and Essex Schools bronze and moving up to third on the club all-time U17 hammer list. The year's talented and ever-so-polite winner is...**TILLY BUNN**. (Unable to attend)

And so we come to the **Team Member** award which goes to a committed and hardworking young lady who not only regularly helps earn the team valuable points at both 800m and 1500m but also often helps the team manager out by filling gaps in triple jump and javelin. She has been a reliable and ever-present team member at EYAL and YDL meetings and is a well-liked and valued member of the team. Despite often being the victim of mistaken identity (!!)

she always remains super polite and goes about her business as cool as a cucumber. Our well-deserved winner is the amazing **CHARLOTTE EVANS**. (Unable to attend)



Now we come to the **Under-17 men's** age group and we begin with the **Best Performance** on the **Track** award which goes to a very talented athlete who continued his strong 2022 to an even better 2023. He competed in every league meeting, coming first or second in 100m or 200m, improving his PBs to 10.85s and 200 to 22.49s. He won South of England 100m silver, competed at England Athletics Championships, placing a credible seventh in the 100m final and was fifth in the English Schools 100m. With another year as an U17 and already third fastest ever club 100m U17 sprinter this young man can be as good as he wants to be. Always polite and smiling the award goes to...**JOEL AJAYI**

The **Best Performance Field** goes to a talented young athlete who improved his javelin best throughout the season. He won both the Essex County and Essex Schools javelin and was fifth in the English Schools Championships. Most importantly he gained his well-earned England U18 vest competing at the Welsh international in Cardiff. He even picked up a discus and helped out the club relay team out on more than one occasion to score points for his team. The team manager says that he enjoyed having this young man in the team as his confidence is infectious and the rest of the boys look up to and admire him. Despite this he still has his head on his shoulders. Congratulations go to...**BOBBY WILLIAMS**.

Finally, in this age group, we come to the **Team Member** award. The winner only joined the club at the start of the season but quickly became a very valuable team member. Improving his PBs in 100m, 200m, and triple jump he was always willing to step up and help his teammates and also to run any leg in the relay to ensure a good result. At the EYAL final he competed in the long jump for the first time and jumped further than any other U17 athlete had done all season. However, the team manager says that he gives him a headache as he is so relaxed and simply turns up to the start of the race with seconds to spare. The team managers asks "Please don't do that to me next season!". Congratulations ...**EMMANUEL ASIRIFI-OTCHERE**



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

The **Best Performance** on the **Track** goes to a dedicated athlete who had a fantastic season and could always be relied upon to bring home valuable points for the club, achieving seven first places & six second places across track and field events. She was a member of the sprint relay team and ran the vital anchor leg to win gold in 4x300m at the Essex Relay Championships. She won Essex & Eastern indoor 300m silver and Essex Schools 300m bronze whilst also excelling in the shot, improving her PB five times!!! She was the unofficial U15 Girls' Team Captain due to her ability to bring the team together with her commitment and mature attitude. An extremely polite well-mannered young lady who will be missed as she moves up to the U17 next season. Congratulations go to...**AMY MANSELL**.

The **Best Performance Field** award goes to an athlete who was a massive points scorer for the Under 15 girls' team bringing home six first and seven second places. She produced fantastic performances every time in the hammer, discus and shot, where she improved her PB a massive six times, helping to rank her fifth on the club all time U15 hammer list. A great team player who joined the relay squad at short notice on several occasions to ensure points were not lost. She is a fantastic athlete who is an asset to any team and we wish her luck next season as a U17. The worthy winner is...**EBONI ROACH**.

The **Team Member** award goes to goes to a young lady who showed her all-round abilities by competing in the 75m hurdles, pole vault and javelin this season, with twelve first places & four second places for the club. She improved

her PBs multiple times in each event and finished the season ranked fifth on the club all time U15 javelin list. She also won gold in pole vault at the Essex Championships & silver at the Essex Schools Championships along with Essex javelin bronze. These achievements are proof that the hard work and dedication to her athletics has paid off. We look forward to seeing her progress next season and wish her luck in the U17s...**SCARLETT WOODS**



We now come to the **Under-15 Boys** age group and the winner of the **Best Club Performance Track** award goes to an exceptional middle-distance athlete who continued to dominate this season winning all his 800, 1500 and 300m league races. He won Essex Schools gold in a new Championship Best and won South of England 3000m gold and 1500m silver. He set new club records at 1500m and 3000m to rank second in the UK at 3000m and sixth at 1500m. At the Essex relays he was one of the gold-medal winning 3x800m trio who set a new club record and the gold medal 4x300m team who ran the fastest time in the UK. There is much more to come as an U17, so the very worthy winner is...**FREDDIE ROWE**

The **Best Performance** award for **Field** events goes to a talented young athlete who continued to improve his performances throughout the season. A committed club member he had twelve wins and four second places in the YDL and Eastern Young leagues and also broke his own club record at the EYAL final to rank seventh in the UK. He also became a regular hurdler, ending the season as club number one. At the Essex Champs he won javelin and pole vault golds, javelin gold at the Essex Schools Champs, and at the South of England won javelin silver and pole vault bronze. His all-round talent saw him compete at the England Athletics Multi Events Champs in Manchester where he won a commendable Octathlon bronze medal. Good luck as an U17 to the deserving winner...**ZAK WILLIAMS.**

Finally, in this age group, we come to the **Team Member** award which goes to a dedicated athlete who competed in every Eastern Young and YDL league meeting, achieving an impressive fourteen firsts and seven seconds. As well as his main high jump event, he is a decent sprinter competing in every 100m race and relay and often seen stepping into the 200m or rushing to fill a last-minute gap in the 300m. He won Essex high jump gold and finished the season just outside the top ten club rankings with 1.73m. He was part of the 4x300m gold medal team at the Essex Track Relays, who were the UK number 1 ranked team and was also part of the 4x100m relay squad who won silver. Congratulations go to...**RYAN ALEXANDER**



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 young lady who is a most determined athlete, undeterred by niggles or the incessant bad weather this season. She assumed the role of on-track athlete co-ordinator, leading warm-ups and drills at each meet and organising the relay team. As the club's top sprinter at 200m, 150m, 100m and 75m throughout the season, she always put the team points before her personal goals. Beyond sprinting, she has jumped to fourth place in the all-time long jump list and placing her fourth in the UK rankings with a staggering distance of 4.80m. With an infectious smile, the winner is... **CLEO DRAKE**

The **Club Best Performance** award for the **Field** events in this age group goes to an athlete who has talents both on the track and the field. At the start of the season there were discussions about whether this athlete was better suited to track or field or both but her performances on the field soon made her the go-to scorer for both discus and shot. A 9.55m shot putt in the EYAL at Hemel Hempstead saw her reach fifth in the all-time list, which also ranked her seventh in the UK for 2023. Always committed to her training and demanding a lot of herself, the deserving winner is **AYLA BAKER**

The **Team Member** award goes to an athlete who never stops smiling and always wants to benefit the team. Without hesitation, she volunteered to fill so many gaps in the team sheet, while at the same time making huge leaps forward in her PBS at her preferred events of high jump, hurdles and javelin. Her hard work paid off this season and she finished in the top 100 UK rankings for all three events. She also amazed the team with her turn of speed, as the third leg in the relay, where her speed for the team exceeded that of her individual performances. The winner of this award is the unselfish... **AMELIE SHEARING**



And so, we come to the final three age group awards.

The **Best Club Performance Track** award goes to a polite young athlete who competed in his permitted four events at every EYAL namely the 200m, hurdles, javelin and relay, as well as the 150m in the YDL. He finished the season as the second best U13 athlete in all four of these events, achieving five firsts, seven seconds and three third placings. The team manager says that he was an absolute pleasure to manage all season and despite sometimes being disappointed with his performances, he still had a smile on his face. The winner this year is ...**GEORGE ROGERS**

The **Club Best Performance Field** award goes to a quiet young man who showed this season that his athletic talents are on the field. He won a silver medal for discus at the Essex County Champs and was awarded a county vest at the Southern Inter County Champs. He competed at every YDL fixture and four EYAL's, achieving seven firsts, four seconds and three thirds. He ended the season on a high improving his PBs in javelin and shot at the club champs winning three gold medals including discus. He ends a great season as the top U13 in discus and javelin and second in the shot. Keep up your training as an U15 next season, the deserving winner is ...**ETHAN JOHNSON**

The final **Team Member** award this evening goes to an all-round talented young athlete who is willing to compete in whatever events his team manager asked him to. He competed at every YDL fixture, including one of the 'Fab Four' who travelled to Poole, gaining those valuable points for the team. Across both leagues he competed in shot put, long jump, hurdles, 150m, 800m, 1500m, high jump and relay! As a reward for his hard work he gained PBs at the EYAL final in high jump and 800m and equalled his HJ PB at the club champs, winning HJ and 800m gold medals. Just like his sister he's an invaluable member of the U13 team, it's a double for the twins, congratulations...**ISAAC SHEARING.**



Before we let you loose on the buffet I'll introduce and announce the final award winners who receive the Special Awards presented by the Club Committee.

The first of these is the **Bill Woodberry Relay Trophy**, which was awarded for the first-time last year. As a former sprints coach and life member Bill gave over 40 years of sterling 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 each year in his memory.

The return of the Diamond League athletics to the Olympic Stadium in Stratford in July, the first time since 2019, also saw the return of the Club: Connect invitation relays. These relays are held at the start of the meeting and give young athletes the chance to compete on the 2012 Olympic track. The club was fortunate to have teams in both the Under 17 4x100m races, competing against the fastest teams in London, and after the girls' team finished sixth in a new

season's best it was the turn of the U17 men's quartet, who scorched round the track to place a fine fifth in a time of 43.49s. However, this time saw them slice one second off their previous best this year and improve their time on the club U17 and U20 4x100m relay records. So, it is for this reason, that the committee felt that they should be the deserving winners of this award. Congratulations go to the winning team of **Emmanuel Asirifi-Otchere, Joel Ajayi, Dan Lammas** (Unable to attend) and Ike Okwudi.



We finish 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 age range **U13 – U17** where the Committee were unanimous in their choice of the outright winner, who stood out from other strong contenders. After his breakthrough as a first year U15 in 2022 a win in the South of England indoor 800m final showed that there would be much more to come. He improved his 800m PBs in winning both the Essex County and Essex Schools Championships to move close to the club record and earn selection for his first English Schools Championships. At these Championships in Birmingham he lined up as an outside medal hope, in the same heat as the UK number 1, who had clocked the second fastest ever time by a UK U15 two weeks before. Two laps and one minute 56 seconds later he was the holder of the Junior Boys' 800m Championship Best Performance, dating back to 1986, and the following day in windy conditions he comfortably won English Schools 800m gold! His PB time was not only a club U15 record, but also the third fastest in the club U17 lists, which he now has two seasons to improve. He was also a key member of the club record breaking 3x800m relay squad, ranks third on the club all time 1500m list and seventh on the 300m lists. Plus, he's a decent high jumper too! We look forward to more progress as an U17 from... **FINDLAY MCLAREN.**



Next, it's the **Female Best Performance** in the age range **U13 – U17** and again the winner's achievements made her an easy choice, as she was the club's only female national finalist and medalist across these age groups. Her first national podium place came at the England Athletics Indoor Pentathlon Championships in March where she won silver in a new club U17 record. After county golds in both the 80m hurdles and high jump, equaling the club U17 high jump record, she added Essex Schools high jump gold. A superb 1.74m high jump clearance won her English Schools silver and was a new U17 and U20 club record. This also equaled the senior record which she then later broke recording a 1.75m clearance in August. A third national silver came at the England Athletics championships, and she finished the season with a club heptathlon record placing fifth in a high-quality competition at the English Schools Combined Events, helping the Essex to team gold. She ends a brilliant 2023 season representing the English Schools team in the indoor pentathlon in Cardiff in two weeks' time. A talented, hard-working and focused athlete who moves into the U20s with confidence, the undisputed winner is... **RUBY TILLSON.**



We now come to the award for **Male** age groups from **U20 to Veterans** and the winner receives this award for the second successive year. He opened his season at the Club Open in April with a throw close to his javelin PB from 2022 and went on to further improve that mark twice. His first medal of the summer came with gold at the Essex Championships in May, the following month he successfully defended his South of England title, improving his PB in the process and two weeks later he added England Athletics U23 silver. After finishing sixth in the UK Senior Championships in Manchester, he won silver at the England Athletics Senior Championships at Chelmsford in July. In club competitions he won all three National Athletics League fixtures and his winning throw of 66.76m at the second fixture at Chelmsford in July saw him move closer to the club record of 70.80m dating from 2008. He again ended the season ranked second in the National U23 rankings, and we're again pleased to present this well-deserved award to ...**PETER BRINTON-QUINN**.



And now for our final presentation of this evening, the award for the **Female** age groups from **U20 to Masters**. The winner is not surprisingly a regular at this awards evening. She started her medal-winning year in February taking South of England U20 Indoor 400m gold in a new PB. Outdoors she earned her first GB U20 vest running in the 4x400m relay at the Loughborough International in May and after county 400m golds indoors and out at the National League meeting at Basingstoke in June, she improved the Club U20 400m record dating from 1980 with her 55.00s PB. The same month she won 400m hurdles U20 gold at the Southern Championships, added England Athletics U20 400m hurdles silver and in July won English Schools Senior Girls' gold. These results earned her selection for the Commonwealth Youth Games in Trinidad where she won 400m hurdles gold in a new PB and club U20 and senior record of 58.19s. She then went on to help the England team to win mixed 4x400m gold. With two more years as an U20 she is already ranked 11th on the GB all-time U20W 400m hurdles rankings so we look forward to more future success and are delighted to present this award to... **STEPHANIE OKORO**.



So that concludes the formal proceedings and thank you for joining us to celebrate our athletes' successes this evening. But before we open up the buffet could all the winners come to the front for a winners' photos please. Thank you.





***These photos taken by Kevin White have been reduced in size from the originals.
For a high resolution copy please contact Tony Benton***