



Summer 2022 Annual Track and Field Awards Presentation

Conservative Club Hornchurch 11 November 2022

(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 2022.

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

After COVID lock-downs affected the 2020 and 2021 summer seasons all leagues were organised on local basis with no promotion or relegation. Summer 2022 was the first year since 2019 when we had close to a full programme of league and championship events.

Here are just a few highlights from the season! The Eastern Young Athletes League team won their Division and went on to convincingly win the end of season Final against the top clubs in the league, just as they did when it was last held in 2019. Our Under 17 & Under 20 Youth Development League (YDL) team were runners up after winning one match and finishing second in two, and our YDL Under 13 & Under 15 team was third in the top Southern Premier Division. 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.

As well as winning around 60 county medals, club athletes 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 the future looks bright. As well as celebrating these successes this evening is the chance to recognize the superb efforts of our brilliant team of volunteer Club Coaches, Team Managers, Officials and all the numerous others who give up an enormous amount of their time to ensure that athletes are able to do their 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 for top performances achieved outside the league system.

But first of all we pay tribute to two of our former Club Volunteers and successful coaches who have passed away this year. Just a few weeks ago we lost Warren Roe, a life member and well-respected middle-distance coach and the club was well represented at his funeral earlier this week. And in March we mourned the passing of another life member and sprints coach Bill Woodberry at the fine age of 97. Bill gave over 40 years of sterling service to the club, retiring in 2009. He had all those attributes that makes for a good coach and we will always be grateful for the thousands of hours he gave to the Club. Members past & present have fond memories of Bill, who was true gentleman of the old school and we're delighted that his memory will live on, as his family have kindly supported a trophy in his honour to be known as the **Bill Woodberry Relay Trophy**, to recognise the best performance by a club relay team. We're delighted to welcome members of his family to join us tonight and I'd like to invite his son John Woodberry, who was a club member and is still ranked fourth on our Under 20 men's all time pole vault lists, to join me for this first presentation of the Bill Woodberry Relay Trophy.

When a record has stood for almost 30 years it's proof that it's a good one. The first winners of this Trophy are a team who improved a record that has stood since 1993 – the record for the 3x800m relay for Under 15 Boys. And they didn't just beat it, they smashed it, taking four seconds off the previous mark to set a new record of 6 minutes 36.1 seconds. Congratulations to the trio of Freddie Rowe, Jack West and Findlay McLaren, who also won the South of England Cross Country Relay title a few weeks ago.



We now turn to the main business this evening, and 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 an athlete who picks up this award for the second time after joining the Masters' ranks in 2020. She was a regular in club senior teams, competing in the SAL & National League fixtures at 1500m and 3000m, and also covering gaps in the 800m, steeplechase and long jump. She also won Essex Championships 1500m gold. We're sure to see much more in future years from: **GINTE BAILEY**.

The **Masters Women Field** award goes to an athlete who has been a regular at these presentations for many years but we were not expecting to see her win an award this year as she only gave birth to baby William at the start of May. But under two months later she pulled on a club vest to pole vault for the team in the NAL and she never looked back, ending the season with her second highest ever vault, to rank in the top four W40 nationally. She also competed at high jump, shot, hammer and javelin and we hope to see her back over the hurdles next summer. The winner is of course, our President: **CLAIRE BRENNAN**.

Before handing over to Claire, the **Masters Women Team Member** award goes to another athlete who has been a regular winner of these awards in her 25+ years as a club member. She competed in seven of the eight SAL & NAL fixtures, always competing in the 400m and was a regular in the 4x400m relay, hammer, discus and shot and also threw the javelin to support the club cause. She ran her fastest 400m since 2009 and won W35 bronze at the British Masters championships. Always a committed squad member who gives her best for the club, the winner is again...**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 has made this award his own since joining the club and demonstrates his terrific commitment to the sport, that has never diminished over an illustrious career of over 20 years. Combining both track and road competitions with outstanding effect over distances between 3000m and the marathon, he has once again been outstanding in the NAL over both the 5000m and 3000m. He clocked a season's best time of 14:59.13 for the 5000m and 8:46.66 for the 3000m, placing him in 1st and 2nd place in the club's 2022 rankings and 17th and 19th on the UK M35 rankings. We look forward to seeing him racing on both track and road for many years to come. The winner, who unfortunately can't be with us tonight, is **JAMES CONNOR**.

Next up we have the **Club Best Performance Field** award. Remember that old expression "They don't make 'em like they used to?" Well that really sums up this athlete who is still going strong, and what a season he's had, competing in all but one NAL & all SALs. He's rewritten the Stat Pack in his age category, being No.1 in high jump, long jump, shot, javelin, discus and second in the pole vault. The only blemish on this stellar season was taking the Discus No1 spot off the SAL team manager! Who else could it be but the ever-youthful **MARK BISHOP**.

And so, I move on to the **Team Member Best Performance** award. It's good to see a new face representing the club - you might have seen him out running the roads as he prepared for the track season by doing the Boston Marathon in April. He made his track debut by doing an 800m & 1500m for the SAL in May and got his first track win for the SAL in the 3000m in June, before making his debut for the NAL in July. Injury and a cancelled SAL curtailed his track season but he improved his marathon best last month. We hope to seeing him going even faster next year. Welcome and congratulations to **JAMES BLOGG**, who unfortunately is also unable to attend this evening.

On to the **Senior Women's** age group starting with the **Track Best Performance** award. In her second year back after her maternity leave the winner had a superb season over the hurdles and twice improved her 400m hurdles best set back in 2013 to rank fifth fastest senior all time. Her fine performances saw her win five of her six 400m hurdles races in the SAL & National Leagues, placing a narrow second in the other. She also scored in the sprint hurdles races and regularly contested both relays for club teams, just minutes apart. This season she's proven that there's still more to come, the winner is... **FLIC CLARKE**.

Next up is the **Team Member** award that goes to another athlete who juggled childcare and other challenges to compete. She again set a high standard at the 100m hurdles with wins in all most all her races and for the first time in many years competed regularly at 400m hurdles, improving her best set as an under 20 back in 2006. She also competed at high jump and 200m for the club and after moving into the W35 age group in September, set a new club W35 hurdles best. We hope to see much more in 2023 from... **CHLOE WILLIAMS**.



Moving onto the **Senior Men's** category and the winner of the **Club Best Performance track** award goes to a young man who continues to develop over a number of sprint and jump events. He was again a reliable and valuable points scorer at both the SAL and NAL, and topped the club rankings for a UK based athlete in the 200m, 400m and triple jump, with new personal bests of 22.2s, 48.98 and 13.15m respectively. I am sure that, with a full winters training behind him, 2023 will bring even greater rewards with record breaking success for... **MATTHEW AGNIMEL**.



The next award is for **Club Best Performance** in the **Field** goes to a young man who once again in 2022 led by example over all four throwing events with his commitment to the club in both the NAL and SAL. Following the restrictions to training over the past few seasons it was good to see him getting back to his previous levels of achievement, topping the club rankings in two of his four disciplines with a season's best of 44.91m and a UK ranking of 39th in the discus. With a good winter's training behind him it is hoped 2023 will see some new personal best performances from the well-deserving winner... **DUANE JIBUNOH**, who unfortunately can't be with us tonight.

The last award in this age group is the **Team Member** award. This winner is described by his team managers as reliable, enthusiastic with a 100% attendance at both NAL & SAL league matches. He's versatile, covering events from the 4x400m relay, to 1500m, 3000m and 5000m, what more could a team manager want? Well winning of course, which he duly delivered in both leagues. He had an excellent season and improved his PBs in the 1500m, Mile, 3000m and 5000m. A true team member ready to step in at any time, congratulations to the worthy winner... **JAMES STEWART**.

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

The **Club Best Performance Track** award goes to middle distance athlete who was a valuable member of the YDL, SAL & NAL teams. She scored maximum points in both her YDL 800m races, placed second for the NAL team at 800m and 1500m and second at 1500m for the SAL team. She made an impressive winning debut at steeplechase for the SAL, running the second fastest ever time by a club U20. She also ran in the 4x400m relay when needed and happily competed for all club teams at javelin, as well as competing for the Essex team at the Southern inter-counties, finishing second. The winner is...**NATALIE SEWELL.**

Moving on to the **Best Performance** on the **Field**, this award goes to an athlete who competed regularly and was a consistently high scorer of valuable points in the YDL and NAL leagues. She had a win and two second places in the discus for the YDL team and scored well in the NAL against very strong opposition, with a B string win and third and fourth places in the discus in her other two appearances. She also covered a javelin gap in the NAL. We hope to see more of the same in 2023 from...**HANNAH YEXLEY.**

And now for the **Team Member** award, which goes to an athlete who was a valuable athlete this season competing for the club teams at the YDL, as well as the National and Southern League meetings. She was a regular team member in the 400m, long and triple jumps, achieving wins, second and third places for the club, whilst setting new PBs for the 400m and long jump. Always willing to help the team, she competed in both the sprint and 4x400m relays on several occasions and also covered a gap in the 100m for the NAL team. She would have competed more often if it hadn't been for minor injuries. Good luck in the senior age group ...**AMY KILNER.**



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, which goes to a multi-talented athlete who needs little introduction. Nationally ranked 5th at his main event 400m Hurdles with a time of 53.47s, he finished 5th in the England Athletics U20 champs, and 3rd in the English Schools and Southern Champs. Also ranked No.1 Club U20 at 400m and for good measure one of only two Havering athletes to break the elusive two minutes for 800m, which earned him £10 from a certain well-known member in the process! The winner is the one and only ... **JACOB BLANC**.

Moving on to the **Best Performance Field** award, which goes to another talented and well-mannered athlete. New to Havering AC in 2022, this athlete was a great addition and valuable member of the squad. He ended up ranked third for his main event Javelin with a 52.78m effort, and won both a YDL at Woodford and a Southern League at Chelmsford. He coupled this with a further two YDL second places and a Southern League second place, proving what a consistent and reliable performer he is. Additionally, he was selected for the Essex team at the English Schools where he finished a creditable 12th, and added valuable triple jump points too! Well done...**SIMON HILL**, who unfortunately is unable to be with us this evening.

The **Under 20 men's Team Member** award goes to an athlete who has shown great strength in the sprints and 400m, improving his PBs in the 100m to a superb 10.89s and 22.35s for 200m. He was a reliable team member, present in all YDL, and some NAL meetings, and had a NAL win and many good placings. He made a significant contribution to the team's success through his individual performances and as a regular member of the 4x100m and 4x400m squads, occasionally running both in quick succession, which is not easy! The team manager says he is a pleasure to deal with, the winner is...**RONNIE ADOMA**.



Continuing to move down the age groups, I come back to the **Under-17 women**.

The **Club Best Performance Track** award goes to an athlete who proved how hard work and dedication pays off. Despite an injury affected early season, she competed in five league matches, placing first or second in her 80m hurdles and 100m sprints. After winning 80m hurdles silver at the English Schools in a new club record she went on to win English Athletics gold, again breaking the club record to rank her top UK U17. She also won gold at the Southern Champs and Bronze at the School Games. The team manager says her sometimes “lively”, confident and witty demeanour has made her a pleasure to manage. Congratulations to the one and only...**PARIS KING**.

The **Best Performance Field** award goes to an athlete who wins this award for the second year. She took part in a whopping 12 meetings across EYAL, YDL, NAL and SAL and regularly placed first, second or third in her discus and hammer specialities, before filling gaps in both shot and javelin also. She won hammer gold and discus silver at the Essex champs and discus gold at the Essex Schools. She is now ranked third on the Club all-time U17W lists at both the 3kg and 4kg hammer. This amazing young lady is also a keen young official, and is a role model to our young athletes. The deserving winner is again...**KATIE ENNIS**.

And so we come to the **Team Member** award which goes to a committed and hardworking young multi-eventer who is a force to be reckoned with in a range of disciplines. She regularly placed first or second at high jump, long jump or 80m hurdles and covered gaps in other events when called on, always happy to help earn extra points for her team. She won 80m hurdles bronze at the Southern Champs, placed fourth in the high jump at the School Games and ranks eighth nationally at high jump. Although only a first year U17 she is mature beyond her years and an invaluable member of the team. There's more to come from **RUBY TILLSON**, who is unable to be here this evening.



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 young man who was a mainstay of both the EYAL and YDL teams. He improved his 100m and 200m PBs in the process to 11.70s and 23.88s respectively, and he was club ranked a close second Under 17 for both events. He had two YDL victories and a YDL second place, with a further three EYAL second places. He was also a regular member of the 4x100m relay team. He just gets on with it and never moans, he is a valuable member of the squad. The deserving winner is...**REECE MALCOLM**, who is also unable to be here this evening.

The **Best Performance Field** award goes to a talented and good-mannered individual who is a Team Manager's dream, as he was always willing to help out to get valuable extra points. Ranked first U17 at Pole Vault with 3m, and second for Javelin with a throw of 48.34m when winning the Essex Championships, he also won silver at the County Schools. For good measure he was also club ranked no.4 at Shot Put and fifth at Discus. With a formidable total of 16! Yes 16, first places across the season in the EYAL, YDL, Southern League and London Inter Club Challenge the richly deserving winner is...**MATTHEW PAGE**.

The **Team Member** award goes to an athlete who competed from 200m through to 3000m but mainly competed at 800m and 1500m. He was club ranked fifth U17M at 800m with a PB of 2.07.23, second at 1500m with 4m 31.2s and first at 3000m with 10.20.33. A valuable member of any team he had two first places in the YDL over the season, and second places in both the EYAL and Southern League. He was also a regular and reliable member of the 4x400m relay team and scored points in hammer & discus. Well done to...**NATHAN HART**.



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

The **Best Performance** on the **Track** goes to a dedicated sprint athlete who has had a fantastic season and can always be relied upon to bring home valuable points for the club. She scored maximum points on four occasions, coming second five times in the 200m and 300m, and she was the quickest club 300m runner, ranking seventh on the Under 15 girls all-time list. She was always a member of the sprint relay team and helped them to win the Essex Relays silver. Despite this the team manager is convinced she should run the 800m. With another year in the age group congratulations goes to...**LEILA JONES**.

The **Best Performance Field** award goes to an athlete who was a massive points scorer for the Under 15 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 Hammer, Shot and her best event Discus. She won Discus Bronze at the Essex Championship and had multiple PBs during her first year in the U15s and we think she has great potential to be an outstanding athlete for the club. Well done to the worthy winner...**EBONI ROACH**.

The **Team Member** award goes to goes to a young lady who showed her all-round abilities by competing at seven different events plus the pentathlon this season. She competed in all the EYAL and YDL fixtures and was a big points scorer in 75m Hurdles, 800m, Long Jump, Shot Putt and even javelin when needed. She represented Essex County and Essex Schools at pentathlon, competing in the national schools' event. A reliable team member whose coaches say is very polite and a pleasure to train, who always encourages others and is a great role model. Good luck in the Under 17s ... **MAGGIE SMITH**.



We now come to the **Under-15 Boys** age group and the winner of the **Best Club Performance Track** award goes to a talented athlete who powered his way onto the sprint scene this season. He competed in every league meeting, winning every YDL 200m, placing him sixth on the club all-time list. He set a 100m PB at the EYAL Final, despite running into a strong headwind, and he competed at 100m & 200m at his first England Athletics Championships. There's much more to come as an U17, the award goes to...**JOEL AJAYI**.

The **Best Performance** award for **Field** events goes to a talented young athlete who improved his javelin best throughout the season, adding two metres to his PB at the Club Champs to rank sixteenth in the UK. He won both the Essex County and Essex Schools Javelin and just missed a medal at both the South of England Championships and Southern Inter Counties. He also gave pole vault a try and his natural ability saw him place sixth in the club all-time rankings. Ever present in the EYAL and YDL, he had five javelin and three pole vault wins. There's so much more to come next season from...**ZAC WILLIAMS**.

Finally, in this age group, we come to the **Team Member** award. The winner proved again that he is a superb middle-distance runner, winning five 800m league races and a 1500m. He also competed well at high jump, 300m and was a regular member of the 300m relay team. He won 800m gold at the Essex Championships, silver at the Southern Champs and bronze at the Essex Schools. His 800m PB of 2.03.70 PB ranked him fourth on the all-time list. He was part of the 4x300m county silver medal team and as we've heard one of the record-breaking 3x800m team. A superb team member with an exciting future, the winner is...**FINDLAY McLAREN**.



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 was by a huge margin, our top point scoring u13 girl. She joined the club having excelled in school competitions and started with a focus on sprinting before showing her depth of talent on the field with impressive jumps. She won Essex Championships long jump gold and bronze in both the 100m and 200m. She's third ranked in the UK at high jump and second best all time club U13 with her 1.51m jump at Hornchurch in July. She is the bouncy and always smiling...**ANNABELLA (BEL) DRAKE**.

The **Club Best Performance** award for the **Field** events in this category goes to an athlete who has consistently been our top U13 Girls' javelin thrower, who almost guarantees to bring maximum points in the event, whilst also proving to be a strong contender in 800m, 200m and shot. She puts athletics top of the list of her priorities and places team needs before personal objectives. She won gold in the Essex Championships in the Javelin. Always very pleasant and fully behind the team, she's a true all-rounder and a great thrower. The deserving winner is...**JESSICA PAGE**.

The **Team Member** award goes to an athlete who always scored highly. She has a huge portfolio of events from this year's matches - 150m, 200m, 800m, 1200m, 1500m, Long Jump, Discus and Javelin. She is a pleasure to manage and to coach and she will always give her best. She is the most energetic of the girls in the team and can bounce from event to event, switching her mindset quickly to get in the zone. If there is a gap, she will fill it and she will perform well. She is dependable, multi-talented and a real pleasure to be around. The future is bright for...**EMMIE LOLE**.



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

The **Best Club Performance Track** award goes to an all-round athlete who won indoor Essex and Eastern gold medals in both 200m and 800m and a 60m silver. He was A string at 800m and high jump in both leagues, winning the high jump at the EYAL Final. He is sixth on the all-time list at 75m and third equal for 150m. Although later held back by injury, he only missed one league meeting, gaining five firsts and four second places. A pleasure to manage and a committed team member, always willing to fill gaps to gain those extra points. Good luck next season...**AIDAN DOHERTY.**

The **Club Best Performance Field** award goes to a polite, talented young man who went from strength to strength this year. He won Essex County Champs silver medals in discus and shot, and discus silver at the Essex Schools. He ranked fourteenth in the UK for discus, and fourth for discus and eighth at shot on the club all-time lists. He competed at every EYAL and YDL fixture achieving an impressive twelve wins and seven second places. He was also a regular member of the relay team, finishing top club U13 in discus and hurdles. The outstanding winner is...**HARRISON RABESS.**

The final **Team Member** award this evening goes to a quiet young athlete who has grown in confidence this season. He was willing to compete at whatever his team manager required of him and he competed at every EYAL and YDL fixture, gaining five wins and nine seconds. He is an excellent sprinter who regularly earned his spot in the relay and finished the season equal third on the club all-time list at 150m and top javelin thrower and long jumper. An invaluable member of the U13 Boys' team win, the deserving winner is...**JAYDEN WILKINSON.**



I'll now move on to introduce and announce the winners of the **Special Awards** presented by the Club Committee, before we let you loose on the buffet.

These four **Best Performance Awards** have been chosen by the Club Committee for achievements set 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** and the Committee had little difficulty choosing the outright winner, who stood out from the other contenders. After a fine season as an Under 15 in 2021 he moved up seamlessly to the Under 17 age group and wasted no time to adapt to the new age group javelin weight, with a series of long early season throws. He was unbeaten at his main javelin event in club competitions but his season highlight came at the English Schools event in July, when he unleashed a 61.72m throw, adding over seven metres to his personal best to win a bronze medal and move up to fourth on the club all time list. This won him selection for the Schools International in Ireland, where he placed fourth, which he later backed up with a fourth place in the England Athletics championships and sixth at the National School Games. He ended the season as the top ranked first year Under 17 nationally so we hope to see more good results in 2023 from...**BOBBY WILLIAMS**.



Next, it's the **Female Best Performance** in the age range **U13 – U17** and again the winner's achievements made her an easy choice, just as they did in 2021. After sweeping the board at 300m hurdles last season, she stepped up to the 400m hurdles with the aim of making the European Under 18 Championships. It wasn't plain sailing at first but after a few near misses she achieved the UK selection mark at her final attempt in the trial race in June – and how – setting a new UK Under 18 record and club U17, U20 and senior best. At the European Championships in Jerusalem after winning her heat & semi-final she went even faster in the final winning a magnificent bronze medal in a new UK age 16 and Under 17 best and new club record of 58.44s. As if that wasn't enough, she added the Southern, England Athletics and School Games titles at 300m hurdles and set fast times at 80m hurdles, 100m, 200m and 400m. A hugely talented, hardworking and modest athlete who now moves into the Under 20s with confidence, the truly deserving winner is...**STEPHANIE OKORO**.



We now come to the award for **Male** age groups from **U20 to Veterans** where the Committee had a choice between a number of excellent performances. After winning silver at the English Schools Championships with his first 60m throw last season, it soon became clear following a new PB at the Woodford Open in April this year, that even better things were yet to come! A huge PB of 66.26m won him the South of England Championships in June, the third longest ever by a club senior, and in July, after winning the South of England Inter Counties event, he achieved another big throw which won him silver at the England Athletics Under 23 Championships, only losing out on the gold medal in the final round. He ended the season ranked second in the National Under 23 rankings, and he is working hard to beat the 70m barrier and club record of 70.80m dating from 2008. We're delighted to present this award to the deserving winner...**PETER BRINTON-QUINN**.



And now for our final presentation of this evening, the awards for **Female** age groups from **U20 to Masters**. This winner has a fine record in disability sport in the T20 category and is part of the English Paralympic Talent Programme. She competes for club teams in the YDL, Southern League and National League and in May improved her 1500m best at the YDL meeting. In July a strong sprint finish saw her cross the line in first place in the Ambulant 1500m race at the England Athletics Senior & Disability Championships at Bedford, but she had to settle for silver as the gold medal went to the third-placed visually impaired athlete under the Raza Points Score System which adjusts performances for the various Paralympic categories. She went on to win the Ambulant 1500m gold at the England Athletics Age Group Championships in August and ended the season top ranked U20 in the T20 category and third female overall for both 800m and 1500m. We're delighted to present this award to...**REBECCA O'ROURKE**.



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' photo please. Thank you.

