

# **Amateur Athletic Association**



**Annual Report 2009**

# AMATEUR ATHLETIC ASSOCIATION

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President: Sir Rodney Walker Kt.  
Chairman: Chris Carter

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## MANAGEMENT BOARD

|                    |                          |
|--------------------|--------------------------|
| C. Carter          | Chairman                 |
| W. Nicholls        | Honorary Secretary       |
| G.A. Jessop        | Treasurer                |
| A.G Bunner MBE     | Events Director          |
| R.H Float          | Director                 |
| I. Byett           | Director (Cross Country) |
| E.C Butcher        | Director (Road Running)  |
| M. Neighbour       | Regional Director        |
| G. Durbin          | Regional Director        |
| B. Heywood         | Regional Director        |
| Ms F. P. Ratchford | Director                 |

Auditors:

ALLIOTTS

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# MANAGEMENT BOARD REPORT

The last year has seen the Association steadily continue its role in the development of the various initiatives in the sport. The Association are a historic part of the sport of athletics stretching back to April 1880. However the Association are now playing an important role in building for the future of the sport including many initiatives where we are working closely with various agencies in particular England Athletics, the British Heart Foundation and the English Schools Athletic Association.

Under the direction of our Competition Director, Mr. George Bunner, the Association has continued the successful series of Tom Pink Relays meetings, both indoors and out, and has also made great progress with the Simultaneous International Marathon Relay which is garnering interest in many parts of the world. Although just outside the scope of the year in review on the last race day in October there were eight teams of 16 girls and 16 boys from the school year 7 age group from England, Spain, Canada and the U.S.A. competing for the fastest time over the marathon distance in a continuous relay format.

Another project that has caught the imagination has been the Board's supporting and stimulating interest in the throws and jumps by promoting a Jumps and Throws Initiative in an effort to improve future national standards and to encourage participation. Many of these projects are further outlined in the report.

The large number of historical trophies held in trust by the Association has resulted in two major projects being undertaken by the Association. With the assistance of Mr Jack Miller and Mr Philip Andrew of the British Athletic Supporters Association over a hundred trophies have been photographed, catalogued and their history's written. This has generated a new interest in the heritage and history of the Association and a number of trophies were put on show together with their histories at the England Athletics Hall of Fame Dinner. The forthcoming England Track and Field Championships will be used for athletes to rediscover the thrill of being presented with athletic trophies that have previously been won by great A.A.A. Champions from the past.

In conjunction with and the support of England Athletics the Association has commissioned Mr Mel Watman to write an update of the History of the A.A.A. The Association is honoured that such an athletics historian as Mr Watman had agreed to undertake this venture which will include a brief synopsis of the history of the A.A.A. and W.A.A.A. and note all A.A.A. Champions up to the present day. It will complement Peter Lovesey's Centenary Book of the A.A.A. published in 1980.

The Board are optimistic that the surge of interest in the sport generated by the 2012 Olympic Games in London can be sustained and the Association is determined to play its part in the future development of the sport. The Association wishes to thank all the volunteers who have contributed freely in so many ways to the sport.

I would also like to thank personally all the members of the Board for their continued interest in the work of the Association especially Mr Graham Jessop who, as Chairman and Treasurer, has been an important part of the administration of the Association and is standing down at the Annual General Meeting from his position of Treasurer. We wish him well in his continuing role within the sport.

The Association is indebted to Adam Burgess (in the earlier part of the year) and latterly Mrs Carolyn Newton who have looked after the administration of the Association and in particular the work for the A.G.M., together with the Honorary Secretary and the other Officers of the Association.

**Chris Carter**  
Chairman

## NORTHERN ATHLETICS

|   |   |                             |
|---|---|-----------------------------|
| <b>President (2008/9):</b> Malcolm Fletcher | <b>Chairman:</b> Brian Heywood  | <b>Treasurer:</b> Nigel Orr |
| <b>President (2009/10):</b> John Driscoll   | <b>Executive Board:</b> JN Green, IM Rogers, M Fletcher<br>K Taylor, J Driscoll, S Gaines |                             |

At our 2009 AGM, Steve Gaines was elected onto the Executive Board, representing Cross Country, and he is proving to be an able addition. All our Championships were held although in some instances with reduced participation, yet we remain committed to maintaining all our current promotions and providing a relevant pathway for both athletes and officials.

Unfortunately, the past year has seen the demise of the Track & Field Inter-Territorial matches, although Road Running has added a 5k championship event held within the Blackburn race. The Indoor Open meetings at the EIS, Sheffield continue to attract an increasing number of entries and a third meeting will be added to the winter 2009/2010 indoor season although this will be a Masters only event – a first for Northern Athletics. Links with England Athletics (EA), the three Regional Councils in the North (North East, North West and Yorkshire & Humberside) continue to be strengthened as do those with our colleagues in the Midlands and South. Executive Board members have also attended English Cross Country Association and England Road

Running Association meetings in addition to the AAA's. Discussions during the year, initiated by England Athletics, has resulted in some financial assistance been provided to Northern Athletics, (also the Midlands and South) for 1 year confirmed and a further 3 years 'in principle' but with an annual review. Andy Lee, EA Team leader, North, is a member of the 'Partnership Steering Group'.

I must take this opportunity to thank Richard Brown for his many years service as Track & Field Officials Secretary. His successor is Paul Yates who has been appointed as Honorary Secretary of the new Northern Tri-Regional Officials Group and we wish him well in this post.

### **Cross Country**

The Senior Men from Leeds City AC continued their dominance of the team event with a sixth successive victory in muddy conditions at Sherdley Park, St. Helens. Liverpool H & AC won silver medals from Salford H & AC by 2 points, both having totals 200 points more than the winners! The individual title went to Steve Vernon, Stockport H & AC, who had previously won the title 5 years earlier at Sherdley Park thus reversing the previous years placing with David Webb, Leeds City AC finishing in 2<sup>nd</sup> place.

Similarly, the Senior Women from Hallamshire H, Sheffield retained their team title with Hatti Dean leading them home in 2<sup>nd</sup> place. First and third positions went to Gemma Miles and Sarah Tunstall, both of Kendall AAC, although this was insufficient to get them any team awards which went to Chester-le-Street & District AC and Sale H, Manchester respectively. Gemma was the first Senior Woman to successfully defend the title since Sonia Thomas in 2003, who this year finished fourth.

Rotherham H & AC in the U/20 Women were the only other team to successfully defend their team title. All the other age category team titles changed hands with Lincoln Wellington AC winning the U/17 Men and U/13 Girls titles whilst Wirral AC won both the U/15 and U/13 Boys titles. The remaining team winners were Liverpool H & AC (U/20 Men), Vale Royal AC (U/17 Ladies) and East Cheshire H & Tameside AC (U/15 Girls). Two brothers from Scarborough AC, Danny and Josh Schofield, were the individual winners in the U/17 men and U/15 Boys races respectively.

Overall entry numbers were again down although increases were shown in the U/20 Women and the U/13 Boys but the number of finishers was down, most likely down to the very muddy conditions.

In the 'National' held at a muddy Parliament Hills, London, Hatti Dean (Hallamshire) turned the tables on her rival from Kendal to win the Senior Women's race from Sarah Tunstall (Kendall) and Sonia Samuels [Thomas] (Sale) thereby making it a clean sweep of individual medals for Northern Club athletes. Hallamshire Harriers also collected 3<sup>rd</sup> place medals. In the Senior Men's race Steve Vernon, (Stockport) finished 2<sup>nd</sup> with Leeds City, also 2<sup>nd</sup>, winning silver medals. James Knox (Helm Hill Runners) was the only 'Northern' Champion to attain the double when he won the gold medal in the U/13 Boys with Adam Howard (Oldham & Royton) finishing 3<sup>rd</sup> and receiving the Bronze medal. Northern champions Wirral AC won the Bronze medals. Silver medal winners were Lauren Howarth (Leigh) in the U/20 Women and Kate Avery (Shildon) in the U/17 Women whilst Laura Park (Kendal) won a Bronze medal in the U/17 Women as did Danny Schofield (Scarborough). Silver team medals for 2<sup>nd</sup> place were collected by Leeds City, Vale Royal, and East Cheshire in the Junior Men, U/17 Women and U/15 Girls respectively.

Representative teams went to Tilburg and the Cross Challenge events in Antrim and Cardiff with Rob Cameron carrying out the duties of Team Manager

### **Road Running**

As part of its commitment to provide competition in the North, Northern Athletics has expanded its individual and team road running championships. For several years it has held a 5K championship, but has now added the 10K and 10 miles distances to its portfolio, all included within a major open road race in the North.

The first 10 mile championship was held in conjunction with the popular annual Thirsk 10 mile on a crisp, bright November morning with almost 1000 runners taking part with some excellent times. The first Northern Athletic Champions were Matthew Pierson, Holmfirth HAC and Sarah Jarvis, Ilkley H with Otley AC and Holmfirth HAC been the respective team winners.

The 5K championship was moved after several years at Horwich to the Town Centre event at neighbouring Blackburn and despite a disappointingly small entry, some good times were recorded and in a very close finish to the Men's race Matthew Barnes, Altrincham & District was victorious whilst Sarah Tunstall, Kendal AAC won the Women's race. NA team medals went to Blackburn H&AC (Men). Unfortunately no complete Women's teams finished the race.

The Men's 12 Stage and Women's 6 stage Relays returned to Stockport in April where Leeds City AC and Chester-Le-Street & District AC again ruled the roost and later in the year both were again victors in the 6 and 4 stage relays at Leeds Carnegie University Campus. The Young Athletes relays were also held at the same venue where Warrington AC (U/13 Girls), Hallamshire Harriers Sheffield (U/15 Girls) and Vale Royal AC (U/17 Women) were the winning teams and Liverpool H & AC (U/13 Boys), Sale Harriers, Manchester (U/15 Boys) and Derby AC (U/17 Men) were also successful.

Representative teams participated in the 10K events at Swansea Bay, Chichester and Manchester. At Swansea Bay both the Men and Women finished 2<sup>nd</sup> team with the Ladies maintaining that team position in the

other two races. The men were third in Manchester but due to late withdrawals failed to finish a team at the Chichester event.

### Track and Field

Another busy year in Track & Field has been tinged with a little sadness at the loss of the traditional Inter Territorial matches including the Northern U23 match at Derby. We tried to replace the event with a new initiative of a handicap meeting and the Tom Pink relays but disappointingly both had to be cancelled due to lack of entries.

The Indoor Open meetings once again proved very popular and were well attended by all age groups. The Championship events were not as well supported. The outdoor U/15-17 championships were at Gateshead which appears to have been too far north for many athletes to travel if the low turn out is anything to judge by, however, we remain committed to the North East as they frequently have to travel long distances south to compete. In addition the stadium is top class and we are made very welcome by Gateshead MBC, and yes the sun did shine.

All our Combined Events championships were held in conjunction with the England Athletics Championships and our thanks go to EA for their assistance and co-operation.

Our second trip to Malta seems to have established the Malta International event firmly on the calendar. The feed back from athletes, coaches and parents has been very positive with performances from the athletes throughout the summer appearing to confirm that it is a very worthwhile exercise.

The Senior/U20 event returned to what seems to be becoming it's regular home at Manchester's Sport City where again we were made very welcome.

The Inter County meeting went to Wigan, a venue without an outside throwing area, where our officials did a wonderful job in ensuring everything fitted into the schedule. Without them and the many helpers athletics would struggle and we are most grateful for their services.

The World Championships in Berlin saw our Northern athletes performing wonderfully well with Jessica Ennis winning Gold in the Heptathlon and Jenny Meadows Bronze in the 800metres. Our sincere congratulations go to both of them. Additionally, we must not forget all the other Northern athletes who gained International vests at both Great Britain and England level and across the age groups.

### New Northern Championship Best Performances achieved by:-

#### Outdoor

|                       |             |          |  |
|-----------------------|-------------|----------|--|
| <b>Senior Men</b>     | Pole Vault  | 5.40m    | Luke Cutts (Dearnside High AC)               |
| <b>Under 20 Men</b>   | Pole Vault  | 5.05m    | Andrew Sutcliffe (Sale Harriers, Manchester) |
|                       | Javelin     | 71.38m   | Matthew Hunt (Kingston upon Hull AC)         |
|                       | Hammer      | 75.28m   | Peter Smith (Kingston upon Hull AC)          |
|                       | Decathlon   | 7567 pts | Daniel Gardiner (Leeds City AC)              |
| <b>Senior Women</b>   | Triple Jump | 12.47m   | Becky White (Sale Harriers, Manchester)      |
| <b>Under 20 Women</b> | Pole Vault  | 4.05m    | Holly Bleasdale (Blackburn H & AC)           |
|                       | Hammer      | 60.26m   | Sophie Hitchon (Blackburn H & AC)            |

#### Indoor

|                       |             |           |  |
|-----------------------|-------------|-----------|--|
| <b>Senior Men</b>     | 3000m 8m    | 13.66s    | Jonathon Taylor (Morpeth H & AC)             |
|                       | Pole Vault  | 5.62m     | Luke Cutts (Dearnside High AC)               |
| <b>Under 20 Men</b>   | 400m        | 48.30s    | Harry Doran (Liverpool Pembroke & Sefton AC) |
|                       | 800m        | 1m 53.23s | Robbie Schofield (Newham & Essex Beagles AC) |
|                       | 3000m       | 8m 36.42s | Harry Ellis (Warrington AC)                  |
|                       | 60m H       | 8.00s     | Jack Meredith (Liverpool H & AC)             |
|                       | Triple Jump | 14.02m    | Joshua Bones (Scunthorpe & District AC)      |
| <b>Senior Women</b>   | 200m        | 24.30s    | Hayley Jones (Wigan & District H & AC)       |
|                       | Shot Putt   | 14.53m    | Amy Hill (City of Sheffield AC)              |
| <b>Under 20 Women</b> | 60m         | 7.46s     | Shaunna Thompson (Sale Harriers, Manchester) |
|                       | 400m        | 56.44s    | Leigh Lennon (Newham & Essex Beagles AC)     |
|                       | Long Jump   | 6.05m     | Katarina Johnson-Thompson (Liverpool H & AC) |
| <b>Under 15 Girls</b> | 60m H       | 9.05s     | Yasmin Miller (Derby AC)                     |

Over 80 clubs continue to participate in the Northern Track & Field League for male & female athletes with Division 1 comprising 6 clubs followed by Divisions 2, 3 & 4 each comprising four leagues having 6 – 8 clubs in each league. Division 1 champions were Blackburn H & AC with City of Manchester AC runners up. Promotion to Division 1 was achieved by Wakefield & District AC and Blackpool, Wyre & Fylde AC replacing Trafford AC and Leeds City AC. A 'knockout' competition is also held with the 'cup' winners being Blackburn H & AC, completing the double of league and cup, whilst Lincoln Wellington AC won the 'plate' event. Disappointing entries to these competitions may mean their demise in 2010! Thanks are again due to Alan Johnson, League Secretary and Frank Gorman, Chairman.

### Standards

The sale of AAA badges continues although they report a further decline in sales from the previous year. Our thanks go to Edwin Bellamy and his 'agents' for their work.

### **Acknowledgements**

I must express my thanks to the members of the Executive Board for their continued work together with that of our Honorary Treasurer, Nigel Orr whilst also not forgetting invaluable work put in by our volunteer Finance Officers and especially our sponsors whilst also recognising the assistance from the many Local Authorities. We are also indebted to all our team managers and selectors for their work during the year as well as all the volunteers and 'Northern' officials, without whom, competitions could not take place.

On behalf of athletes, officials and supporters of athletics, we thank you all for your contribution to our sport. Additionally, the Executive Board are extremely grateful for the work that Judith Temperton and Natalie Walker carry out from our office in Dewsbury, West Yorkshire.

**Brian Heywood**  
Chairman

## **MIDLAND COUNTIES ATHLETIC ASSOCIATION**

**President(2007/2009):** Mrs J. Febery      **Chairman:** Mr G. Durbin      **Treasurer:** Mr R. Float  
**President(2009/2010):** Mrs B Randle

This has been the first year of the change in the funding structure of the Association. In July we signed a Partnership Agreement with England Athletics to provide competition to the Tri-Region of the West and East Midlands and the South West. The funding commenced with effect from the 1<sup>st</sup> April 2009, confirmed for 1 year and 'in principle' for a further three years. This funding assists in the main function of the Association 'to continue to provide a suitable level of competition for athletes to aspire to and, for those capable, to use as a 'stepping stone' to National representation'. The Association has also taken on the responsibility of supporting competition and officials in the South West region using ring-fenced funding.

The Association has promoted a number of Championships in the various disciplines and these have been well supported.

### **MIDLAND COUNTIES CROSS COUNTRY ASSOCIATION**

There were many outstanding performances – our senior Midland Champions Jane Potter and Phil Nicholls – went on to compete for GB in the World Cross Country Champions in Jordan.

Our Midland U17 Boys Champion Danny Mills and U17 Inter Counties champion Paul Thompson were placed an excellent 2<sup>nd</sup> & 3<sup>rd</sup> respectively in the Irish International.

The Senior Women's team from Charnwood AC had a very successful season winning our Midland Championships convincingly the both of the National titles in ECCA CC Relays and the National CC Championships.

In the Senior Men Notts AC were our best team at National level gaining 4<sup>th</sup> place in both the ECCA CC Relays and the National CC Championships. However they were beaten into 3<sup>rd</sup> place in our Midland CC Championships by Tipton H and Bristol & West AC.

### **ECCA NATIONAL CC RELAYS BERRY HILL PARK MANSFIELD 1 NOVEMBER 2008**

#### **Senior Men**

4<sup>th</sup> Team                      Notts AC                      61.43.50s

#### **Junior Men U20**

6<sup>th</sup> Team                      Bristol & West AC                      27.59.90s

#### **U17 Men**

2<sup>nd</sup> Team                      Owls AC                      25.45.90s                      D Hellam, S Stobler, L Smart

#### **U15 Boys**

9<sup>th</sup> Team                      Notts AC                      20.21.35s

#### **U13 Boys**

8<sup>th</sup> Team                      Royal Sutton Coldfield                      22.34.15s

#### **Senior Women**

1<sup>st</sup> Team                      Charnwood AC                      30.43.65s                      T Kryzwicki, J Potter, J Doyle

4<sup>th</sup> Fastest lap                      Trina Brown Coventry                      10.05.0

#### **Junior Women U20**

3<sup>rd</sup> Team                      Bristol & West AC                      26.31.10s                      K Mehere, E Merrick, K Knowles

#### **U17 Women**

5<sup>th</sup> Team                      Royal Sutton Coldfield                      28.12.90s

2<sup>nd</sup> Fastest                      Blue Haywood                      8.32s

#### **U15 Girls**

10<sup>th</sup> Team                      Telford AC                      23.11.50s

Fastest lap                      Katie Holt Stoke                      6.40s

#### **U13 Girls**

|                             |                          |           |                             |
|-----------------------------|--------------------------|-----------|-----------------------------|
| 3 <sup>rd</sup> Team        | Mansfield H & AC         | 23.30.55s | C Baxter, C Ross, M Johnson |
| 2 <sup>nd</sup> Fastest lap | Lauren Bleaken Team Bath | 7.25.5s   |                             |

### **ECCA NATIONAL CC CHAMPS PARLIAMENT HILL 21 FEBRUARY 2009**

#### **U13 Boys**

|                      |                    |                             |
|----------------------|--------------------|-----------------------------|
| 7 <sup>th</sup> Team | Tamworth AC        | 342 pts                     |
| <b>U13 Girls</b>     | 2nd Lauren Bleaken | Team Bath 12.38s            |
|                      | 5th Amy Griffiths  | Leicester Coritanian 12.58s |

|                 |                               |                 |
|-----------------|-------------------------------|-----------------|
| 2nd Team        | Leicester Coritanian          | 161pts          |
| <b>U15 Boys</b> | 6 <sup>th</sup> Mark Thompson | Notts AC 15.44s |

|                      |                                |                    |
|----------------------|--------------------------------|--------------------|
| 4 <sup>th</sup> Team | Birmingham Rowheath            | 195pts             |
| 5 <sup>th</sup> Team | Coventry Godiva H              | 267 pts            |
| <b>U15 Girls</b>     | 2 <sup>nd</sup> Annabel Gummow | Bristol & W 14.03s |

|                      |                             |                 |
|----------------------|-----------------------------|-----------------|
| 4 <sup>th</sup> Team | Halesowen A & CC            | 176 pts         |
| 5 <sup>th</sup> Team | Leicester Coritanian        | 236 pts         |
| <b>U17 Men</b>       | 4 <sup>th</sup> Sam Stabler | Owls 20.28s     |
|                      | 5 <sup>th</sup> Danny Mills | Nuneaton 20.35s |

|                  |                                   |                       |
|------------------|-----------------------------------|-----------------------|
| <b>U17 Women</b> | 4 <sup>th</sup> Eleanor Wimshurst | Bristol & West 19.35s |
|------------------|-----------------------------------|-----------------------|

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| 3 <sup>rd</sup> Team | Mansfield H & AC       | 268 pts |
| 5 <sup>th</sup> Team | Royal Sutton Coldfield | 287 pts |

|                  |                   |                   |
|------------------|-------------------|-------------------|
| <b>U20 Women</b> | 5th Sarah Waldron | Gloucester 14.41s |
|------------------|-------------------|-------------------|

|                      |                                 |                     |
|----------------------|---------------------------------|---------------------|
| 2 <sup>nd</sup> Team | Royal Sutton Coldfield          | 84 pts              |
| <b>U20 Men</b>       | 10 <sup>th</sup> James Trollope | Birchfield H 35.48s |

|                      |                             |  |
|----------------------|-----------------------------|--|
| <b>Sen Women</b>     | 4 <sup>th</sup> Jane Potter | Charnwood AC 30.07s  |
| 1 <sup>st</sup> Team | Charnwood AC                | 49 pts 4 J Potter, 13 Hannah Whitmore,<br>15 J Doyle, 17 G Steel |

|                |                              |            |
|----------------|------------------------------|------------|
| <b>Sen Men</b> | 5 <sup>th</sup> Moumin Geele | NEB 35.44s |
|----------------|------------------------------|------------|

|                      |          |         |
|----------------------|----------|---------|
| 4 <sup>th</sup> Team | Notts AC | 407 pts |
|----------------------|----------|---------|

### **ENGLISH SCHOOLS CC CHAMPIONSHIPS LEICESTER MARCH 2009**

|                     |                                      |        |
|---------------------|--------------------------------------|--------|
| <b>Junior Girls</b> | 3 <sup>rd</sup> Alice Wright (H & W) | 11.05s |
|---------------------|--------------------------------------|--------|

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|--------------------|-----------------------------------|--------|
| <b>Junior Boys</b> | 1 <sup>st</sup> Mike McKeown (WM) | 14.52s |
|--------------------|-----------------------------------|--------|

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|-------------------|---------------------------------|--------|
| <b>Inter Boys</b> | 2 <sup>nd</sup> Tom Curr (Glos) | 17.32s |
|-------------------|---------------------------------|--------|

|  |                                   |        |
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|  | 3 <sup>rd</sup> Danny Mills (Wks) | 17.35s |
|--|-----------------------------------|--------|

|                    |                                    |        |
|--------------------|------------------------------------|--------|
| <b>Senior Boys</b> | 2 <sup>nd</sup> Paul Thompson (WM) | 23.15s |
|--------------------|------------------------------------|--------|

### **INTER COUNTIES CC CHAMPIONSHIPS WOLLATON PARK NOTTS. 7 MARCH 2009**

|                   |                               |               |        |
|-------------------|-------------------------------|---------------|--------|
| <b>Senior Men</b> | 5 <sup>th</sup> Phil Nicholls | Staffordshire | 37.56s |
|-------------------|-------------------------------|---------------|--------|

|                |                               |              |        |
|----------------|-------------------------------|--------------|--------|
| <b>U17 Men</b> | 1 <sup>st</sup> Paul Thompson | Warwickshire | 20.30s |
|----------------|-------------------------------|--------------|--------|

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|--|--------------------------|-----------------|--------|
|  | 3 <sup>rd</sup> Tom Curr | Gloucestershire | 20.43s |
|--|--------------------------|-----------------|--------|

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|--|----------------------------|-----------------|--------|
|  | 4 <sup>th</sup> Ben Norris | Nottinghamshire | 20.46s |
|--|----------------------------|-----------------|--------|

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|--|-----------------------------|----------------|--------|
|  | 6 <sup>th</sup> Sam Stabler | Leicestershire | 20.50s |
|--|-----------------------------|----------------|--------|

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|--|-----------------------------|--------------|--------|
|  | 9 <sup>th</sup> Danny Mills | Warwickshire | 21.01s |
|--|-----------------------------|--------------|--------|

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|----------------------|--------------|---------|
| 3 <sup>rd</sup> Team | Warwickshire | 174 pts |
|----------------------|--------------|---------|

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| <b>U15 Boys</b> | 10 <sup>th</sup> L Scarr | Warwickshire | 15.25s |
|-----------------|--------------------------|--------------|--------|

|                 |                               |                |        |
|-----------------|-------------------------------|----------------|--------|
| <b>U13 Boys</b> | 5 <sup>th</sup> Xander Tansey | Leicestershire | 12.46s |
|-----------------|-------------------------------|----------------|--------|

|                  |                             |                 |        |
|------------------|-----------------------------|-----------------|--------|
| <b>Sen Women</b> | 3 <sup>rd</sup> Jane Potter | Nottinghamshire | 28.43s |
|------------------|-----------------------------|-----------------|--------|

|  |                                 |                |        |
|--|---------------------------------|----------------|--------|
|  | 4 <sup>th</sup> Hannah Whitmore | Leicestershire | 28.48s |
|--|---------------------------------|----------------|--------|

|  |                              |              |        |
|--|------------------------------|--------------|--------|
|  | 8 <sup>th</sup> Laura Kenney | Warwickshire | 29.15s |
|--|------------------------------|--------------|--------|

|                      |                 |         |
|----------------------|-----------------|---------|
| 4 <sup>th</sup> Team | Nottinghamshire | 342 pts |
|----------------------|-----------------|---------|

|                  |                            |                  |        |
|------------------|----------------------------|------------------|--------|
| <b>U20 Women</b> | 4 <sup>th</sup> Holly Avil | Northamptonshire | 22.42s |
|------------------|----------------------------|------------------|--------|

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|------------------|---------------------------------|-----------------|--------|
| <b>U17 Women</b> | 4 <sup>th</sup> Hannah Alderson | Avon & Somerset | 18.45s |
|------------------|---------------------------------|-----------------|--------|

|  |                            |               |        |
|--|----------------------------|---------------|--------|
|  | 6 <sup>th</sup> Katie Holt | Staffordshire | 19.01s |
|--|----------------------------|---------------|--------|

|                  |                                 |                 |        |
|------------------|---------------------------------|-----------------|--------|
| <b>U15 Girls</b> | 6 <sup>th</sup> Floren Scrafton | Avon & Somerset | 15.09s |
|------------------|---------------------------------|-----------------|--------|

|                  |                                |                 |        |
|------------------|--------------------------------|-----------------|--------|
| <b>U13 Girls</b> | 1 <sup>st</sup> Lauren Bleaken | Gloucestershire | 13.31s |
|------------------|--------------------------------|-----------------|--------|

### **EUROPEAN CC CHAMPIONSHIPS SPAIN 14 DECEMBER 2008**

|                |                                     |  |
|----------------|-------------------------------------|--|
| <b>U23 Men</b> | 13 <sup>th</sup> Tom Russell 25.25s | <b>Great Britain 1<sup>st</sup> Team</b> |
|----------------|-------------------------------------|--|

|  |  |  |
|--|--|--|
|  | 39 <sup>th</sup> Alex Derricott 26.20s |  |
|--|--|--|

|                     |                                      |  |
|---------------------|--------------------------------------|--|
| <b>Senior Women</b> | 13 <sup>th</sup> Laura Kenney 28.40s | <b>Great Britain 2<sup>nd</sup> Team</b> |
|---------------------|--------------------------------------|--|

|                  |  |  |
|------------------|--|--|
| <b>U23 Women</b> | 11 <sup>th</sup> Stacey Johnson 23.02s | <b>Great Britain 1<sup>st</sup> Team</b> |
|------------------|--|--|

|                     |                                      |  |
|---------------------|--------------------------------------|--|
| <b>Junior Women</b> | 4 <sup>th</sup> Emily Pidgeon 14.00s | <b>Great Britain 1<sup>st</sup> Team</b> |
|---------------------|--------------------------------------|--|

### **WORLD CROSS COUNTRY CHAMPIONSHIPS JORDAN 28 MARCH 2009**

|                     |                                     |  |
|---------------------|-------------------------------------|--|
| <b>Senior Women</b> | 51 <sup>st</sup> Jane Potter 29.04s | <b>Great Britain 9<sup>th</sup> Team</b> |
|---------------------|-------------------------------------|--|

|  |   |  |
|--|---|--|
|  | 58 <sup>th</sup> Hannah Whitmore 29.19s |  |
|--|---|--|

Senior Men 86<sup>th</sup> Phil Nicholls 38.15s

Great Britain 14<sup>th</sup> Team

**BELFAST INTERNATIONAL CROSS COUNTRY 3 JANUARY 2009 – MIDLAND TEAM**

**U17 Men** 2<sup>nd</sup> Danny Mills 17.43s 3<sup>rd</sup> Paul Thompson 17.44s 5<sup>th</sup> Robert Galt 17.58s

**U20 Women** 3<sup>rd</sup> Jordan Kinney 13.30s 5<sup>th</sup> Blue Haywood 13.35s Olivia Larcombe 13.46s

**MIDLAND AREA RACE WALKING ASSOCIATION**

**INTER AREA MATCH 2009**

With a badly depleted team which saw the Midlands not put out any competitors in three of the events, the Midlands came in a lowly third. The North won the trophy marginally beating the South. The Midlands picked up several very useful points in the last races, but it was impossible to make up for those events where no athletes were fielded.

**26<sup>th</sup>.April 2009 – Stockton –on – Tees (In conjunction with R.W.A. Championships)**

**50km Men (The George Chaplin Trophy)**– John Constandinou – Birchfield Harriers.

**11<sup>th</sup>.July 2009 - Newmarket– Long Distance Champs. (In conj. With RWA Championships)**

**Long Distance Champion –(Ron Stone Trophy) - Mark Wall – Leicester W.C.**

**ROAD RUNNING**

We continue to support the Inter Area matches but unfortunately we could not provide a Midland home match this year. We intend to host an event in 2010.

**ROAD RESULTS SUTTON PARK**

**NIKE English Road Running Association Men's 6 Stage Road Relays 18 October 2008**

**Midland placings:**

2<sup>nd</sup> Notts AC - 1.45.50s Chris Warburton, Martin Whitehouse, Tim Hartley, Jonathan Thewlis, Ina Boneham, Bruce Raeside

**NIKE English Road Running Association Womens 4 Stage Road Relays 18 October 2008**

**Midland placings:**

2<sup>nd</sup> Charnwood AC – 59.09s Clare Mensley, Sarah Maude, Juliet Potter, Jane Potter

4<sup>th</sup> fastest leg – Juliet Potter Charnwood 14.12s

**NIKE English Road Running Association Young Athletes Road Relays 19 October 2008**

**Midland placings:**

**U13 Girls** 5<sup>th</sup> Mansfield H & AC – 46.00s

4<sup>th</sup> Fastest lap Annasley Park Bristol & West 14.33s

**U15 Girls** 8<sup>th</sup> Halesowen A & CC – 44.37s

2<sup>nd</sup> Fastest lap Annabel Gummow Bristol & West AC 13.22s

**U17 Women** 8<sup>th</sup> Royal Sutton Coldfield AC – 44.33s

**U13 Boys** 5<sup>th</sup> Halesowen A & CC – 43.20s

**U15 Boys** 7<sup>th</sup> Coventry Godiva H 39.05s

2<sup>nd</sup> Fastest lap Luke Carroll Cheltenham & Co 12.14s

3<sup>rd</sup> Fastest lap Mark Thompson Notts AC 12.19s

**U17 Men** 5<sup>th</sup> Notts AC 36.44s

**NIKE Midland Men's 12 Stage Road Relays 4 April 2009 Sutton Park**

1<sup>st</sup> Tipton H – 3.51.55s Ian Williams, Jelle Verwer, Pat Kavanagh, Nigel Stirk, Dan Beier, John Millington, Phil Nicholls, Steve Marriott, Phil Clamp, Martin Williams, Neil Burton, Mike Buntin

2<sup>nd</sup> Coventry Godiva H – 3.53.07s

3<sup>rd</sup> Notts AC– 3.53.39s

**Fastest lap Short** Chris Davies Telford AC 14.01s

**Long** Phil Nicholls Tipton H 25.54s

**NIKE Midland Women's 6 Stage Road Relays 4 April 2009 Sutton Park**

1<sup>st</sup> Charnwood AC – 1.42.21s Katie Lomas, Sarah Maude, Juliet Doyle, Clare McKittrick, Gemma Steele, Tara Krzywicki

2<sup>nd</sup> Bristol & West AC – 1.45.15s

3<sup>rd</sup> Coventry Godiva H – 1.45.39s

**Fastest lap** Juliet Doyle Charnwood 16.12s

**NIKE Masters Mens 6 Stage Road Relays 4 April 2009 Sutton Park**

1<sup>st</sup> Leicester Coritanian – 2.02.42s Gordon Lee, Simon Cotton, Dave Miles, Rob Sheen, Andy Hart, Gareth Deacon

2<sup>nd</sup> Redhill RR – 2.02.59s

3<sup>rd</sup> Tipton H – 2.06.16s

**Fastest lap Short** – Alan Smith Redhill RR 15.31s

**Long** – Gordon Lee Leicester Coritanian 27.03s

## **NIKE ERRA 12 Stage Mens Road Relays 26 April 2008 Sutton Park**

### **Midland Placings**

**3<sup>rd</sup>** Tipton H - 4.11.48s

**5<sup>th</sup>** Birchfield H – 4.13.05s

**2<sup>nd</sup> Fastest lap** – Phil Nicholls Tipton 25.39s

## **NIKE ERRA Women's 6 Stage Road Relays 26 April 2008 Sutton Park**

### **Midland Placings**

**1<sup>st</sup>** Charnwood AC – 1.38.14s Gemma Steele, Sarah Maude, Juliet Doyle, Hannah Whitmore, Tara Krzywicki, Jane Potter

**3<sup>rd</sup>** Bristol & West AC - 1.40.44s

**5<sup>th</sup> Fastest lap** - Juliet Doyle Charnwood 16.02s

**6<sup>th</sup> Fastest lap** – Jane Potter Charnwood 16..03s

## **ERRA London Marathon Championships (ENGLISH CHAMPIONSHIPS) 26 April 2009**

**Women 2<sup>nd</sup>** Michelle Ross-Cope City of Stoke 2.36.02s

## **ERRA London Marathon Championships (UKA CHAMPIONSHIPS) 26 April 2009**

**Women 2<sup>nd</sup>** Michelle Ross-Cope City of Stoke 2.36.02s

## **INTER AREA MATCHES 2008**

### **Manchester 10K 17 May 2009 (Northern Match)**

**Women No results available**

|            |                        |               |        |
|------------|------------------------|---------------|--------|
| <b>Men</b> | <b>1<sup>st</sup></b>  | Phil Nicholls | 29.21s |
|            | <b>3<sup>rd</sup></b>  | Dan Robinson  | 29.49s |
|            | <b>7<sup>th</sup></b>  | Phil Hinch    | 30.18s |
|            | <b>12<sup>th</sup></b> | Tim Hartley   | 30.36s |
|            |                        | Bruce Raeside | 30.57s |
|            |                        | Mark Miles    | 31.11s |

### **2<sup>nd</sup> Team**

### **Cardiff 10k, 6 September 2009 (Welsh match)**

|              |                        |                 |        |
|--------------|------------------------|-----------------|--------|
| <b>Women</b> | <b>2<sup>nd</sup></b>  | Rebekah Randell | 35.34s |
| <b>Men</b>   | <b>1<sup>st</sup></b>  | Jean Ndayisenga | 29.25s |
|              | <b>2<sup>nd</sup></b>  | Tom Humphries   | 29.51s |
|              | <b>13<sup>th</sup></b> | Matt Almond     | 31.09s |
|              | <b>17<sup>th</sup></b> | Ryan Kenney     | 31.34s |

### **Brighton 10k, 15 November 2009 (South of England match)**

|              |                        |                 |        |
|--------------|------------------------|-----------------|--------|
| <b>Women</b> | <b>3<sup>rd</sup></b>  | Gemma Steele    | 34.34s |
|              | <b>7<sup>th</sup></b>  | Charlie Coffey  | 36.09s |
| <b>Men</b>   | <b>2<sup>nd</sup></b>  | Jean Ndayisenga | 30.07s |
|              | <b>11<sup>th</sup></b> | James Trollope  | 30.58s |
|              | <b>23<sup>rd</sup></b> | Gaz Davies      | 32.10s |
|              | <b>26<sup>th</sup></b> | Adam Watt       | 33.04s |
|              | <b>40<sup>th</sup></b> | Ben Sharman     | 33.46s |

**Team 2<sup>nd</sup>**

## **WORLD HALF MARATHON CHAMPIONSHIPS 11 OCTOBER 2009**

|              |                        |                    |                   |          |
|--------------|------------------------|--------------------|-------------------|----------|
| <b>Women</b> | <b>25<sup>th</sup></b> | Claire Hallisey    | Bristol & West AC | 1.12.14s |
|              | <b>34<sup>th</sup></b> | Michelle Ross-Cope | City of Stoke AC  | 1.13.50s |

## **TRACK & FIELD**

Once again a full programme of Indoor and Outdoor competition was provided and generally well supported by the athletes, considering the spiralling costs of entry caused by increased fees for use of facilities and equipment which invariably gets passed onto the athletes.

## **MIDLAND ATHLETES AT MAJOR GAMES (TRACK & FIELD) 2009**

### **European Indoor Championships**

|                 |              |            |                       |
|-----------------|--------------|------------|-----------------------|
| Kelly Sotherton | Birchfield H | Pentathlon |                       |
| Steven Lewis    | NEB          | Pole Vault | 4 <sup>th</sup> 5.71m |
| Kate Dennison   | Sale H       | Pole Vault | 6 <sup>th</sup> 4.35m |
| Chris Warburton | Notts AC     | 1500m      |                       |
| Andy Turner     | Sale H       | 60mH       | 4 <sup>th</sup> 7.62s |

### **European Youth Games**

|              |            |           |   |
|--------------|------------|-----------|---|
| Jenny Batten | Stroud & D | 100m/200m | 1 <sup>st</sup> 11.73s/1 <sup>st</sup> 23.80w |
|--------------|------------|-----------|---|

### **World Youth Games**

|             |                 |      |                                    |
|-------------|-----------------|------|------------------------------------|
| Rowena Cole | Coventry Godiva | 800m | 3 <sup>rd</sup> 2.03.83s <b>PB</b> |
|-------------|-----------------|------|------------------------------------|

|              |                   |             |                                  |
|--------------|-------------------|-------------|----------------------------------|
| Adam Cotton  | Birchfield H      | 800m        | S/F                              |
| Andrew Pozzi | Stratford on Avon | 110H        | S/F                              |
| Ben Williams | City of Stoke     | Triple Jump | 1 <sup>st</sup> 15.91m <b>PB</b> |

### European U20 Championships

|               |                |             |                        |
|---------------|----------------|-------------|------------------------|
| Emily Diamond | Bristol & West | 200m        |                        |
| Ross McDonald | Birchfield H   | 4 x 400m    | 1 <sup>st</sup>        |
| Ese Okoro     | Birchfield H   | 400H        | 6 <sup>th</sup> 60.64s |
| Ben Williams  | City of Stoke  | Triple Jump | 6 <sup>th</sup> 15.10m |

### European U23 Championships

|                  |                 |             |   |
|------------------|-----------------|-------------|---|
| Meghan Beesley   | Birchfield H    | 400H        |   |
| James Brewer     | Cheltenham & Co | 1500m       | 2 <sup>nd</sup> 3.51.33s                |
| James Campbell   | Cheltenham & Co | Javelin     |   |
| Eden Francis     | Birchfield H    | Shot/Discus | 6 <sup>th</sup> /1 <sup>st</sup> 57.29m |
| Lloyd Gumbs      | Shaftesbury BH  | 400H        | 1 <sup>st</sup> 49.62s <b>PB</b>        |
| Emma Jackson     | City of Stoke   | 800m        | 5 <sup>th</sup> 2.02.09s                |
| Jessica Leach    | Birchfield H    | High Jump   |   |
| Luke Lennon-Ford | Birchfield H    | 4 x 400m    |   |
| Stephen Lisgo    | Mansfield H     | 3k S/C      | 5 <sup>th</sup> 8.45.77s                |
| Emma Lyons       | Sale H          | Pole Vault  |   |
| Emily Pidgeon    | Stroud & D      | 5000m       | 3 <sup>rd</sup> 16.04.71s <b>SB</b>     |
| Callum Priestley | WGEL            | 110H        | 3 <sup>rd</sup> 13.63s                  |
| Ryan Scott       | NEB             | 4 x 100m    | 1st                                     |

### WORLD CHAMPIONSHIPS

|                 |                 |               |                                  |
|-----------------|-----------------|---------------|----------------------------------|
| James Brewer    | Cheltenham & Co | 1500m         | S/F 3.37.27s                     |
| Kate Dennison   | Sale H          | Pole Vault    | 6 <sup>th</sup> 4.55m            |
| Zoe Derham      | Birchfield H    | Hammer        |                                  |
| Marlon Devonish | Coventry G      | 200m/4 x 100m | S/F/2 <sup>nd</sup>              |
| Louise Hazell   | Birchfield H    | Heptathlon    |                                  |
| Steven Lewis    | NEB             | Pole Vault    | 7 <sup>th</sup> = 5.65m          |
| Will Sharman    | Belgrave H      | 110H          | 4 <sup>th</sup> 13.30s <b>PB</b> |
| Andy Turner     | Sale H          | 110H          |                                  |

### TRACK & FIELD TEAMS REPORT 2009

This season we reintroduced the Antwerp trip at full cost to the athletes/management. We were not sure how many athletes would want to pay £155 but we were pleasantly surprised to take a team of 30 athletes plus management away from 28 – 30 August. This proves how much this fixture means to athletes looking for stepping up to the next level.

We were treated to a rare sight in the Mens 400m as we had 1, 2 and 3 in the A race in the form of Ross McDonald, Jonathon Hornblow and Michael Warner then in the B race James Baines ran a cracking 49.66s to win by almost a second giving us a great 4 x 400m team but sadly there were no relays!

From the development point of view of the meeting quite a few of our athletes did very well but some were a little disappointed with their result. What was very clear though was that they had all enjoyed and learnt from the experience and are all keen to go again.

Those who finished in the first 3 of the A events won some money/prizes to bring home.

### MIDLAND TRACK & FIELD LEAGUE

The Midland Track and Field League has continued to develop this season. It has continued to encourage clubs to integrate their men's and women's teams and to foster intra and inter-club spirit.

42 teams competed over 7 divisions in the 2009 season, the final placings were very closely fought in many divisions.

There have been numerous new record performances, and the publishing of divisional records means there is always something to aim for.

### MACC

MACC continue to support the scholarship coaches on educational trips to conferences in the UK and abroad. From feedback this has been a very worthwhile project, the brain-child of which was the former Director of Coaching for UKA, Max Jones. All recipients of grants have benefitted enormously from the extended experiences they have had and certainly put them to good use. This will continue until the funds run out which may only be one more year.

Three examples of where coaches have progressed are

1. Tom Crick – now has a position with UKA in Coach Education
2. Alan Richardson has use his added knowledge to gain a position with England Athletics as PV national coach

3. Carolyn Franks has continued her high level of coaching and coach education benefitting from her trips to Finland for Javelin conferences.

We continue to staff the athletics module at Staffordshire University and at some schools in the region.

**G. Durbin**  
**Chairman**

## **SOUTH OF ENGLAND ATHLETIC ASSOCIATION LIMITED**

**President:** Ms Sally Gunnell OBE  
**Chairman:** Mr John Gebbels

**Honorary Secretary:** Mr Chris Carter  
**Honorary Treasurer :** Mr Nigel Faben

The South of England Athletic Association in conjunction with its competition company, S.E.A.A. (Competition) Ltd, has enjoyed another successful year. The links with the South Region of England Athletics have administratively been excellent with regular meetings between representatives of England and the S.E.A.A.

Our main role is as a competition provider of Championship events which are part of the Competition Agreement with England Athletics. During the year in review the core business, the competition element, has been very successful with in the main increased participation. During the year the Discipline Working Groups have worked hard to produce the standard of competition expected of the Association with the result that with goodwill from all including the technical and ancillary officials, helpers and athletes the competition year was conducted in a manner that the sport has come to expect from the organisation.

We continue to support the clubs and organisations who have declared their loyalty to the Association by continuing to be members of the Association by regular information mail outs and entry forms for Championship events. Our staff are always ready to give advice whenever possible to members and to the general public. A recent revamp of the Association's website has made it easier for members to access entry forms and results. It is hoped that in the future all entries to Championship events may be made on line although this will be helped when all competing athletes are registered with England Athletics.

### **CROSS COUNTRY**

D.W.G. Chairman Mr Martin Howard

With the English Championships being held at Parliament Hill the Main Championships were held at a very muddy Hillingdon House Farm. The Senior Men's title was won by Phil Wicks (Belgrave Harriers) from Ben Whitby (Windsor, Slough, Eton and Hounslow A.C). The team title was won by Winchester and District A.C. (162 pts) from last year's runners up Newham and Essex Beagles (201pts) with last year's winners, Bedford and County Harriers, a close up third (210pts). After a close first lap Katherine Sparke (Woodford Green w Essex Ladies) came away from the field to win the Senior Women's race and equal the gold medal won by her brother Ronnie in the U20 Men's race earlier in the day. Faye Fullerton (Havering Mayesbrook A.C.) was second while the team title went to Aldershot Farnham and District by one point from Woodford Green w Essex Ladies. The previous year's winners, Winchester and District A.C. were a distant third.

Aldershot, Farnham and District A.C. continued their run of success in the age group championships with seven team victories; one better than last year. The only one they missed was the U15 Boys title that went to Tonbridge A.C. Aldershot's Emelia Gorecka (U15G) and Stephanie Twell (U20W) and Beth Carter of Invicta East Kent (U17W) retained their titles from the previous year. In an experiment this year the Masters Championships were held with the Inter Counties Championships at Biggleswade. This was not an unqualified success as many counties did not participate. The London Championships, together with an England Athletics London Regional age group event was held at Parliament Hill in December. It also included an E.C.C.A Young Athletes cross county initiative but unfortunately entries were not as good as had been hoped and it was decided that the experiment will not be repeated.

### **ROAD RUNNING**

D.W.G. Chairman Mr Laurie Kelly

The Road Running D.W.G has been active during the year. The Spring Relays returned to Milton Keynes after a year's sabbatical at Rushmoor. The Autumn Relays continued at Rushmoor Arena in Aldershot over two full and successful days. The events were hosted by Milton Keynes A.C. and Aldershot, Farnham and District A.C. respectively.

At the Spring Relays the Men's 12 stage race title was regained by Belgrave Harriers after their five race winning streak was ended last year by Shaftesbury Barnet Harriers. The men's race saw both Phil Wicks (23.08) and Andy Vernon (23.12) better the existing long stage record before Aldershot took the women's six stage award for the first time, clocking more than a minute inside the previous team best as Charlotte Purdue (17.55) and Emma Pallant (18.01) were the fastest. Early leaders in the men's race were Windsor, Slough, Eton and Hounslow but by the end of the fifth leg Belgrave had the lead which by the end of the race they were nearly four minutes ahead of Aldershot who had been in the top three for the whole race and who themselves finished over three and a half minutes in front of third placers Woodford Green w Essex Ladies. Fastest short legs were Bels' Danny Mulhare (16.27) and City of Norwich's Mitch Goose (16.31). Although Aldershot won

the women's race by nearly three minutes they had not taken the lead until Emma Pallant took over on the fifth leg and with Charlotte Purdue on the last leg the result was not in doubt. Louise Damen of Winchester and District was the third fastest runner and her team finished second ahead of Bedford and County A.C.

The Autumn Relays were held over two days at the end of September. Belgrave Harriers retained the 6 Stage title that they have now won six times in the last seven years. Both Aldershot Farnham and District and Newham and Essex Beagles tried hard to hold Belgrave but they were winners by just 11 seconds from the Aldershot team. Fastest leg was from Blackheath and Bromley's Scott Overall while second fastest was Wells City Harrier, Frank Tickner. The Senior Women's event was won by Aldershot Farnham and District A.C. by nearly three minutes from Bedford and County A.C. Aldershot's Stephanie Twell who beat her club mate Charlotte Purdue by two seconds for the fastest leg medal.

The Marathon Championship was held within the Flora London Marathon and the 10km Championship was again held in the Chichester 10km. The Association sent representative teams to the Inter Area Road Race series with mixed results and also a successful team to Prague for a road race but it always helps if the travelling athletes remember their passports!. The team managers, Mr Gerry North and Mrs Kath Bailey worked hard to get the best representative teams out.

## **TRACK AND FIELD**

D.W.G. Chairman      Ms Abi Onatade

The individual Indoor Championships were held again at the Picketts Lock facility at Lee Valley. After the very long two days in the previous year's the 400m and 800m individual events in all age groups were held with the combined events. Sarah Claxton (Woodford Green w Essex Ladies) and Gemma Bennett (Shaftesbury Barnet) had a close race in the 60mH with Sarah breaking her Championship record with 8.09 secs from Gemma's 8.16 secs. Veteran international Donna Fraser (Croydon Harriers) ran a championship best performance in the 200m with 24.30 secs. Top male field performance came from Darvin Edwards (Belgrave Harriers) with a win in the Senior Men's High Jump with 2.20m. Jodie Williams (Herts Phoenix) moved up an age group and continued her run of success by improving the U17W 60m championship best in 7.43 secs.

The three main Championship events held during the period under review have all seen an increase in entries. The Under 15 and Under 17 Championships were once again held at the excellent Julie Rose Stadium at Ashford and there were many outstanding performances. Star performer at the meeting was Thurrock Harriers Jessica Judd who broke the UK U15 best for 1500m with a time of 4.23.02 secs. Running from the front she won the event by over 17 seconds. In the U17 age group Jodie Williams (Herts Phoenix) carried on her excellent form from the previous year when winning the 100m in a new CBP of 11.56 secs. (Later in the season winning the World Youth title in 11.39 secs) Annie Tagoe (TVH) was second to Williams in the 100m but went one better in the 200m winning in 24.78. A top performance in the U17M events was a close javelin competition between Matti Mortimer (Ipswich Harriers) with 66.54m and Sam Taylor-Outridge (Milton Keynes) 66.24m. Under 15 sprinter from Victoria Park Harriers and Tower Hamlets A.C Nathan Hanson won both sprints (11.35 secs and 22.98 secs) and later went on to win both titles in the England U15 Championships in 11.22 secs and 22.96 secs.

The Senior and U20 Championship returned to Watford after a couple of years and were successful on the track although did nothing to keep the stress levels of the officials down. Not until a few days before the meeting was the track certified and on the first day there were not enough suitable hurdles for eight lanes until more were borrowed from another stadium. Lawrence Clarke (WSEH) set the championship best in both heat and final of the U20m 110mH with a best of 13.62 secs and later broke the UK age best with 13.37 secs when winning the European U20 Championships. Curtis Griffith-Parker (Cambridge Harriers) set CBPs in both U20m shot and discus (19.16m & 58.21m) on Sunday having won the senior shot and placed second in the senior discus the previous day. Joey Duck (Milton Keynes) and Lucy Sargent (Havering Mayesbrook) were first and second in both senior sprints (11.67 & 11.78 and 23.76 & 23.99) but it was pleasing to see Abi Oyepitan return after injury to place third in the 200m. Last year's 400mH winner Perri Shakes-Drayton ran a lifetime best of 52.98 secs in winning the 400m, later in the season bringing her time down to 51.81 secs.

Many athletes from S.E.A.A. Clubs competed at the World Championships in Berlin but special congratulations must go to Triple jump Champion Phillips Idowu (Belgrave Harriers), 1500m silver medallist Lisa Dobrisky (Ashford) and the medallists in the two relays, Simeon Williamson, Tyrone Edger and Harry Aikines-Aryeetey, Martyn Rooney, Rob Tobin, Conrad Williams.

## **FINALLY**

The Association recognises that financing of the sport is not going to be any easier in future years. S.E.A.A. (Competition) Ltd as a subsidiary of the Association and the Association itself has very little income save that from the small club subscriptions, increasingly reduced interest from its reserves and entry fees for the competitions. Therefore the grant received from England Athletics to promote the competitions as part of their competition programme is a vital proportion of the overall cost of running the Association. The issue of underfunding in future years will make the Association and the Competition Company take a very close look at

the future programme of events if we are to continue to serve our clubs coaches and athletes as we have in the past.

I would like to thank all the volunteers who have contributed in so many ways to the work of the Association as technical and ancillary officials, committee members and other helpers. In particular the Association must thank Miss Linda Whitehead, the Director of Competition, and Miss Kelley Few for their continued dedication to the office work of the Association. We look forward to 2010 as a stepping stone to the London Olympics in 2012.

**Chris Carter**  
**Honorary Secretary**

## **ENGLISH CROSS COUNTRY ASSOCIATION**

Last Season was one of the best certainly in the last decade for the number of Athletes participating in our Championships. Record entries at Mansfield for the Relays was matched, even surpassed by the numbers that took part in our main Championships at Parliament Hill. Both events were well run, supported by the Clubs the length and breadth of the Country and were very competitive.

The traditional venues remain popular and we have held the Relays at Berry Hill Park, Mansfield now since 1989, so this year we will celebrate being at this Midland venue for 20 years. Parliament Hill is also a popular venue and it seems the muddier the Course the more the athletes in general like it. The 2009 National held at the London venue proved to be very popular with over 4000 athletes competing at this historic Course. This was the first time that this number had competed at the Championships on a single day. Problems like getting to the site, difficulties in parking and lack of shelter are all overcome at Hampstead Heath where elsewhere they would be a problem. This year even the weather played along and the Races were held in warm and sunny conditions.

So is everything in the garden rosy? Certainly youngsters are still taking up the sport and competing with great enthusiasm and receive encouragement and in general good coaching at Clubs. The structure leads them through the age groups with a gradual increase in distances run but we can't just sit back as there is so many distractions for teenagers. However there is a Team of people working on initiatives to keep interest going and certainly the Association is playing its part with these ideas. We must keep working hard and be aware of the pressures on Young Athletes to do other things, we certainly need to ask those that give up why they have done so and try and overcome the reasons given.

Our International programme of events continues and last season the Association sent Teams both Senior and Junior to six different venues costing around £12,000 to do so.

Those athletes gained experience from the venture and found out how to deal with problems like snow in Milan and being stuck there for an extra 24 hours that is apart from the racing side of things. Interestingly we feel we have a full programme with six trips but looking back at the 1986-87 handbook I see that the Association received 27 invitations and accepted 21. Admittedly back then English Athletes were well respected everywhere and these were invites for one or two athletes but it just shows you how things have changed. Once again the Team managers have done a splendid job and of course England supplies the vast majority of runners that compete for GB at European and World Cross Country Championships.

A Special thanks then to everyone who has contributed to where we are at present. The Season ahead is again a busy one with the Relays at Mansfield, while the National is taking place at another well known venue, Roundhay Park, Leeds. Finally the Association is staging the Home Countries International in 2010, planning is well under way with the venue likely to be Mansfield. So a lot to look forward to, wishing everyone a happy and successful season.

**Ian Byett**  
**Honorary Secretary**

## **ENGLISH ROAD RUNNING ASSOCIATION**

For the English Road Running Association (ERRA) 2009 was very much a year of consolidation as it addressed the implications of working alongside England Athletics and the UK body Run Britain. However, during the last twelve months there has been the usual activity with the autumn and spring relays, the inter-area matches and ultra distance running.

During 2009 AAA's medals were only awarded at the relays as England Athletics awarded their own medals at the national road race championships. Nevertheless ERRA members had a significant involvement, working with England Athletics at the London Marathon, the Wilmslow half marathon and the 10 mile Championships at Portsmouth. The 2009 World Half Marathon Championships were held this year in Birmingham and again this event had a strong ERRA presence.

The spring and autumn relays which are promoted, organised and staged by ERRA were held at the usual venue of Sutton Park Birmingham. These events continued to attract much interest from Clubs and in particular it was pleasing to note that the entries for the Young Athletes relays showed an increase over the previous year. We are again grateful to NIKE for their sponsorship of the relay and to the City of Birmingham for the use of their facilities, (full results are on the AAA's website).

The Inter-area matches continue to be extremely competitive and provide an important stepping stone between local competition and an international vest. This year's events were held in Manchester (North), Cardiff (Wales) and Brighton (South). The ERRA is grateful to the race organisers for accommodating these matches in their races but also to all the Team Managers for making things happen, especially in providing such a valuable form of competition.

Ultra – distance running continues to be an integral part of the ERRA calendar which has included the Anglo-Celtic Plate and the Keswick Commonwealth Ultra and Mountain Running Championships. The Celtic Plate is a representative match and in 2009 was held in Galway, Southern Ireland. The event proved a successful venue for both the male and female England teams who won their respective events. In the men's event England had first, second and third places with Jez Bragg as the overall winner and second and third places in the women's race.

2009 saw the introduction of some new Commonwealth Championship events of 100 km. and 24 hours which took place in Keswick, Cumbria between 17<sup>th</sup> and 20<sup>th</sup> September. All involved with the event were extremely pleased with how successful it had been. Crowds of spectators saw athletes from 14 nations compete at three separate disciplines – mountain races, a 100 km road race and a 24 hour race. The 100 km proved to be England's most successful event with the top three placings coming from Jez Bragg, Matt Giles and Mathew Lynas.

The relationship between ERRA and England Athletics continues to evolve with a number of joint initiatives planned and the aspiration of a strong partnership emerging between the two bodies. ERRA for its part will continue to run the road relays and undertake other major supporting roles while England builds up its capabilities.

**Graham Jessop**  
**Chairman**

## **FELL RUNNERS ASSOCIATION**

The association continues to act as governing body for fell running in England and administers the England Mountain Running Team with financial support and kit from England Athletics.

In conjunction with ERRA we jointly hosted the inaugural Commonwealth Mountain and Ultra Distance Championships in Keswick, which were a great success. It is hoped the event will continue to prosper and eventually become a part of future Commonwealth Games. Financial support was forthcoming from many branches of athletics including AAA and we are most grateful for this.

The FRA continues to promote championship events during the year for junior senior and master athletes.

An initial first aid course was held and we are still assessing demand to decide whether to hold similar courses in the future. Two mountain navigation courses were held.

**Alan Barlow**  
**Chairman**

## **RACE WALKING ASSOCIATION**

### **General**

Slow progress continues to be made and numbers in our events are rising at a modest rate. It is encouraging that some more people are now coming forward showing an interest in officiating and coaching, although the ever-increasing bureaucracy connected with such service has discouraged many of the older volunteers from pursuing the qualifications and licences required, a problem felt quite widely throughout sport as a whole.

### **Development**

Our work with the English Schools' Athletic Association continues and we are also building plans for regional development subject, as usual, to the provision of funding and manpower. We hope that the local centres of activity will continue to grow and expand.

### **International**

For the first time for some years, we were able to send a team to the Small Nations International in Dublin and they finished third against some good opposition. In 2010, the event is to be hosted by us and will be held in Bedford.

## Finance

We have struggled with finances for some years, as one reorganisation after another in British athletics has deprived us of sources of funding. However, the Entry Levy Scheme is proving useful and has, among other things, enabled the international representation mentioned above. Promoters of all Open Walks are required to pay to the R.W.A. a levy of 50p on each entry fee taken; half of the remittances are retained by the R.W.A. nationally and the rest is distributed equally between our three Areas to help with their administrative and development costs. We are also, of course, pursuing other avenues of possibility.

## Outlook

A Think Tank has been established more or less outside the R.W.A. organisation by former international walker George Nibre to give an independent approach to problems of development and possible solutions and is producing some interesting ideas.

The inclusion of walks in the forthcoming Commonwealth Youth Games in the Isle of Man is encouraging and reflects a great deal of effort by many people to keep international opportunity for younger competitors in existence.

## RACE WALKING ASSOCIATION NATIONAL CHAMPIONS, 2009

### Men, 10 miles (Lee Valley, 21/2/2009)

Ben Wears Redcar R.W.C. 70:22 Team Redcar R.W.C.

### Women, 10 miles (Lee Valley, 21/2/2009)

Lisa Kehler Wolverhampton & Bilston A.C. 82:27 Team Redcar R.W.C.

### Junior Men 10k (Shrewsbury, 12/4/2009)

Mark O'Kane Coventry Godiva H. 47:46 Team Tonbridge A.C.

### Junior Women 10k (Shrewsbury, 12/4/2009)

Holly Smith Birchfield H. 56:16 Team –

### Senior Men 20k (Shrewsbury, 12/4/2009)

Luke Finch Colchester H. & A.C. 1:28:31 Team Ilford A.C.

### Senior Women 20k (Shrewsbury, 12/4/2009)

Johanna Jackson Redcar R.W.C. 1:35:57 Team Leicester W.C.

### Senior Men 50k (Ropner Park, Stockton-on-Tees, 26/4/2009)

Scott Davis Ilford A.C. 4:30:28 Team Redcar R.W.C.

### Senior Women 50k (Ropner Park, Stockton-on-Tees, 26/4/2009)

Maureen Noel Belgrave H. 6:07:26 Team –

### Under 13 Boys 2k (Victoria Park, London, 3/5/2009)

Lawrence Green Steyning A.C. 11:00 Team –

### Under 13 Girls 2k (Victoria Park, London, 3/5/2009)

Emma Achurch Leicester W.C. 11:02 Team Birchfield H.

### Under 15 Boys 3k (Victoria Park, London, 3/5/2009)

James Green Manx H. 16:50 Team –

### Under 15 Girls 3k (Victoria Park, London, 3/5/2009)

Kate Funnell Ashford A.C. 16:12 Team Manx H.

### Under 17 Men 5k (Victoria Park, London, 3/5/2009)

Jonathan Hobbs Ashford A.C. 25:49 Team Leicester W.C.

### Under 17 Women 5k (Victoria Park, London, 3/5/2009)

Kelsey Howard Ashford A.C. 26:23 Team Tonbridge A.C.

### Senior Men Long Distance [100 miles] (Newmarket, 11-12/7/2009)

Richard Brown Surrey W.C. 20:12:44 Team Ilford A.C.

### Senior Women Long Distance [100 miles] (Newmarket, 11-12/7/2009)

Sandra Brown Surrey W.C. 19:57:24 Team –

### Senior Men 10k (Abbey Park, Leicester, 5/9/2009)

Brendan Boyce Coventry Godiva H. 44:40 Team Birchfield H

### Senior Women 10k (Abbey Park, Leicester, 5/9/2009)

Johanna Jackson Middlesborough & Cleveland A.C. 46:23 Team Tonbridge A.C.

### Under 17 Men 10k (Abbey Park, Leicester, 5/9/2009)

Jonathan Hobbs Ashford A.C. 52:37 Team –

### Under 17 Women 10k (Abbey Park, Leicester, 5/9/2009)

Kelsey Howard Tonbridge A.C. 55:27 Team –

### Inter-Area Match (Doncaster, 26/9/2009)

1 North 2 South 3 Midlands

## P.J.Cassidy

Honorary General Secretary

# TUG OF WAR ASSOCIATION

This year 2009 was a big year for the Association, as England Tug of War Association won the right by winning the weight classes at the United Kingdom Championships to represent Great Britain at the World Games in Chinese Taipei. The Ladies team represented by Sheen Ladies TOW Club from Derbyshire competing at 520 kilos came a creditable third, winning the Bronze Medal. The 640 kilos team represented by Felton Eccles from Bristol came fourth, with Bosley Woodtreatment from Cheshire representing at 680 kilos coming third, winning the Bronze medal.

The AAA Outdoor Championships held at Sandhurst, Berkshire. The Catchweight was won by Woodtreatment Bosley and the 640kg Championship weight class was won by Felton Eccles.

The AAA Indoor Championships results are Catchweight winners Sheen Farmers. Sheen Farmers from Buxton, Derbyshire went on to win the 640kg weight class as well. The Championships were held at The Harry Mitchell, Centre, Smethwick, Birmingham.

Teams representing England at the European Outdoor Championships in Assen, The Netherlands won one Gold medal at 560 kilos represented by Norton TOWC from Staffordshire. Fourth place was achieved by two other England representative teams in the 640 Kilos and the Under 23's Championships.

**P. Craft**  
**TOWA**

## AAA DEVELOPMENT INITIATIVES & LEGACY

The AAA working in partnership with England Athletics and Sportshall Associates have been supporting a number of development initiatives recognised as an important contribution to the future of our sport.

### TOM PINK RELAYS

For the third year the Association has held a series of very successful Tom Pink Relay and Field Events for children in the U11 and U13 age groups. They were:

|                                      |  |
|--------------------------------------|--|
| <b>12<sup>TH</sup> OCTOBER 2008</b>  | <b>LEE VALLEY ATHLETICS CENTRE, LONDON</b>   |
| <b>1<sup>ST</sup> NOVEMBER 2008</b>  | <b>ENGLISH INSTITUTE OF SPORT, SHEFFIELD</b> |
| <b>17<sup>TH</sup> FEBRUARY 2009</b> | <b>NATIONAL INDOOR ARENA, BIRMINGHAM</b>     |
| <b>29<sup>TH</sup> MARCH 2009</b>    | <b>SPORTCITY, MANCHESTER</b>                 |
| <b>6<sup>TH</sup> JUNE 2009</b>      | <b>WADE DEACON TRACK, WIDNES</b>             |

These programmes, made possible through a generous bequest by the Pink family, will enable this initiative to be sustained up to and including 2012. The event format is recognised as a way of making track and field meetings exciting and attractive to children and to form a bridge between the successful Sportshall programme and main stream track and field.

### JUMPS AND THROWS

**Standards** – One of the Association's priorities is to encourage the development and improvement in jumping and throwing events. To this end we have introduced a programme of providing suitably engraved salvers to athletes in the U15 and U17 age groups who achieve Grade 1 standard at National and Area Championships and other approved competitions. We have also been helping with the promotion of a medicine ball throws initiative (the Med-ball Throws Challenge) which is designed to assist in the identification of raw talent in school P.E. lessons or other training sessions.

### INDOOR AWARD SCHEME FOR PRIMARY SCHOOLS

Working in co-operation with Sportshall Associates the Association has contributed to help the research and development of the new UKA Awards Scheme by providing funding for pilot demonstrations of this and the throws initiative at over 20 venues throughout England.

### ENDURANCE AWARD SCHEME AND NEW SHORT FORM SCHOOLS COMPETITION

The Association working in conjunction with the Sonia McGeorge at the British Heart Foundation and Sue Garvey at the English Schools A.A. as members of England Athletics Endurance Group, have been formulating and testing ideas for the proposed Endurance Award Scheme and Short Form Competition programme for both the primary and secondary age groups. We hope that this initiative will extend to adult and university levels and be linked with the Run England and 3-2-1 initiatives.

### MARATÓN INTERNACIONAL SIMULTÁNEO

This inter-city programme in which teams of 32 boys and girls run a continuous relay covering the marathon distance has proved very successful and attracted attention from many overseas countries. For the international challenge the World is split into 3 time zones and all the city teams within a particular time zone

compete simultaneously on a single starting signal. All the venues are in communication and the progress of teams involved is updated at 5km intervals. So far only London and the City of Manchester have taken part from the UK but other cities, including the City of Birmingham, have asked to be involved in the future. The programme offers an excellent opportunity for cultural links and cross-curricular activities.

### **CAMBRIDGE & BEDFORD**

The Association is supporting the development of a virtual competition format for the school in these two counties which we hope will ultimately extend throughout England.

### **UNIVERSITIES**

The Association is working with Professor Dick Fisher and Dr Lorna Godwin of St. Mary's University College Twickenham, on a teaching and learning programme that presents the various development initiatives to teachers as an educational tool.

### **HERITAGE**

The Association has engaged the services of Mr Mel Watman to up date our historical records for both the men's and women's sections. This is quite a considerable task but Mr Watman is aiming to have it completed by late 2010 for publication next year.

### **TROPHIES**

As many of you are aware, we have over 100 A.A.A. and W.A.A.A. trophies in safe storage for which we are seeking a permanent home. Mr Jack Miller and Mr Philip Andrews of the British Athletic Supporters Club have kindly offered to take the lead in this important matter and the Board is very grateful for their services

**George Bunner**  
**Events Director**

## **ATHLETICS FOR THE YOUNG (CHARITY)**

We see a continuing strong demand for grants from young athletes during our yearly exercise and are happy to be able to support so many. Puma and Start Fitness have provided valuable assistance and support to enhance the grants.

Our thanks go to Dan Davies who retired during the year after many years assistance to the charity. A warm welcome is made to Walter Nicholls who has joined us as a new trustee.

The investment performance has improved over the last 12 months and we are confident of continuing the charity's work in future years.

**Alan Barlow**  
**Treasurer / Trustee**

## **STANDARDS SCHEME**

Last year I reported that the volume of sales of standards badges had reduced by about 400 badges from the previous year. Unfortunately this trend has continued with only about 1200 badges sold last year. What are the reasons? The increased costs to £2 per badge, brought about by both increases in postage and manufacturing costs of the badges may be partially responsible. However I believe that the major factor, in the diminished sales, is that clubs and athletes do not know about the scheme. We now have no means of contacting all the clubs, with mail shots about the scheme- they used to be enclosed with circulations from the AAA and the territories but these have been cut due to staffing cuts and economies on circulating all the clubs by post.

Sales have been buoyant at grade 1 level where the percentage of overall sales has increased from 19.1% to 37.4% whilst for all the other grades their percentage of the total sales have declined. This seems to suggest that an ever greater proportion of the sales are made at championship events, where the standard of performance is higher, than by postal application, which includes all meetings.

This year fewer clubs have purchased badges in bulk for their annual presentations –again perhaps cost is a factor.

Postal charges mean that distribution of certificates in bulk is expensive - I always have quantities of certificates and leaflets which clubs can obtain from me at most of the major meetings.

**Edwin Bellamy**  
**Hon Standards Secretary**

## 2009 AAA AWARDS

### **The Dame Marea Hartman Award**

Awarded annually to the English female athlete who is adjudged to be the outstanding athlete of the year

**Jessica Ennis (City of Sheffield A. C.)  
Gold medal at 2009 World Championship in the Heptathlon with 6731 pts**

### **The C N Jackson Memorial Cup**

Awarded annually to the English male athlete who is adjudged to be the outstanding athlete of the year

**Philips Idowu (Belgrave Harriers)  
Gold medal in World Championship in Triple Jump with 17.73m**

### **John Thornton Award**

Awarded annually to the United Kingdom male competitor who is adjudged to have accomplished the best High Hurdles performance during the year in the United Kingdom.

**.Andrew Turner (Sale Harriers)  
Winning UK Championship in 13.47 secs.**

### **Lady Reed Trophy**

Awarded annually to the English female athlete who is adjudged to have accomplished the best Field Event performance anywhere in Great Britain in Senior Competition

**Kate Dennison (Sale Harriers)  
Pole Vault multiple British records with best of 4.60m (4.58m in UK)**

### **The Nelson Neal Trophy**

Awarded annually to the English female competitor who is adjudged to have accomplished the best multi-event performance during the year anywhere in the world

**Jessica Ennis (City of Sheffield A. C.)  
World Champion in Heptathlon with world lead 6731pts**

### **George Hogsflesh Memorial Trophy**

Awarded annually to the English male Junior athlete who is adjudged to be the outstanding Track and Field athlete of the year.

**Lawrence Clarke (Windsor, Slough, Eton and Hounslow A. C.)  
Gold Medal in European Junior 110mH Championships (13.37 secs)  
5<sup>th</sup> on 2009 World Junior List and New British Record**

### **Armitage Trophy**

Awarded annually to the English Junior female athlete who is adjudged to have accomplished the best throwing performance during the year anywhere in the world.

**Sophie Hitchon (Blackburn Harriers and A.C.)  
Hammer Best of 63.18m for British Junior Record and 9<sup>th</sup> on 2009 World Junior List**

### **Jack Crump Memorial Trophy**

Awarded annually to the English male U17 athlete who is adjudged to be the outstanding U17 Track and Field athlete of the year

**Themba Luhana (Rugby and Northampton A.C.)  
For performances over 100mH, winning England U17 and  
ESAA Championships, best time of 12.93 secs (8<sup>th</sup> all time best)**