

ANNUAL GENERAL MEETING & AWARDS 2024



REPORT 2024

- Another busy year
- Many excellent performances
- Membership flourishing
- Finances in good shape



Facilities



- All moveable equipment – Pole Vault to hurdles and javelins – owned and paid for by the club
- All maintained by the club volunteers
- No ground staff
- ‘Home’ matches – all set up by club volunteers
- Coaches / Officials / team managers – volunteers
- School competitions & training, summer term, club volunteers



Facilities

Delivered

- More storage
- Training hurdles
- Springboard

Coming soon

- Even more storage
- High jump steel cover
- High jump stands
- Sprint training equipment
- Gym equipment
- Plyometric blocksets



EVENTS

In 2024 the club:

Took part in 5 track & field leagues & 3 cross country

Hosted 5 track meetings; 2 road and 2 cross country races:

- SAL (at Kingston)
- Lily B league
- Ebbisham League
- ~~Vets league~~
- Rosenheim League
- Night of Miles
- Nonsuch Relays
- Surrey XC league
- Downs League
- East Surrey League

AND: Our athletes competed in individual competitions across the World.

AND: We facilitated use of the track by at least a dozen schools and community groups



STATEMENT OF ACCOUNTS

To 31 March 2024

HEALTHY

Turnover c£100K

Sources of income

- Subs
- Track users
- Donations

**Strong Reserves. Continuing
to spend on new equipment**

Outgoings

- Track & Clubhouse rent
- Competition expenses
- Equipment



Election of Officers

TRUSTEES

- Elect to new Positions
 - Club Secretary – Christian Glencross
- For possible re-election – end of term of appointment
 - Chairman – David Clarke
 - Trustee – David Howell
 - Trustee – Chris Ryans
- Election to vacancy
 - One Trustee – Neil Henderson nominated

PRESIDENT – (2 year appointment)

AUDITOR – Alan Bates



Volunteers

Thank you to all our volunteers, and especially to new volunteers who have started this year.

Without all of you the club would not be able to function.



Volunteers



- For the 2nd year running an EEH volunteer is recognised at EA south east regional awards
- Sophie Glencross with the "Newcomer to Volunteering" award



Volunteers

- Volunteer appreciation event



Volunteers

YOUR CLUB NEEDS YOU

- PLEASE! Can all senior members and parents of junior members sign up to at least one volunteering “team”
- Lots of people doing a little bit is much better than a few people doing everything.
- We will send an online sign-up form to all members in an email this evening.
- (The link to the form can also be found at the top of the club home page and on QR codes around the room.)
- Can existing volunteers also fill in the form, so our records are up to date
- Please don't ignore the email or forget to fill in the form



Volunteers

- We have highlighted roles where more urgent help is needed.
 - * Technical Officials – especially Field event officials
 - * Officials Coordinator
 - * Open Fixture Coordinator
 - * Officials Coordinator
 - * Coaches
 - * Volunteer Coordinator
- Don't be afraid to try something new, the club will provide lots of support.



AWARDS

38 INDIVIDUAL AWARDS

28 CLUB RECORDS

by 14 individuals

& 7 relay teams



Season

- SAL – top of Div 2 South & West
- Rosenheim Final – Women 2nd, Men 4th
- Ebbisham Boys – 2nd
- Lily B Girls – won the ‘league’; 2nd in Final
- Vets League – Men & Women both 2nd
- XC Surrey League 2023/24
 - Men promoted to Div 1 for the first time in many years
 - U17W Team - 1st; Other YA teams 3rd or 4th
- XC National, SEAA & Surrey
 - U20W 3rd National & National relays, 2nd Surrey & SEAA relays
 - U17W 3rd National & 1st at Surrey Champs
 - U15B 1st in Surrey Relays; 2nd at Surrey Champs
- Sportshall – 6 represented Surrey at Regional /National



Awards

- Awards decided in consultation with coaches and team managers
- Progress Awards – not necessarily the best in the rankings but an athlete who has shown creditable progress throughout the season.



1. U13 Girls Progress

Improved:

800m by 19.5sec

200m by 0.7sec

LJ by 61cm & selected for
the Surrey team

Elle Morris



2. U13 Boy Progress

Casey Reid

Improved:

Shot Put by 3.40m

Javelin by 6.19m

Long Jump by .14cm

Discus by .38cm

Shot put of 8.07 is
also Club Record



3. U15 Girls Progress

Ava Spackman

Improved

Shot Put by 1.18m

High Jump by 15cm

60m by 0.13sec

200m by 1.2sec

Surrey Champs pentathlon – 4th place



4. U15 Boys Progress

Won the improver award the last 2 years across a wide range of events:

This year won an English schools international vest at pentathlon & PB in all 5 events

Ranked 2nd in UK outdoor pentathlon & 3rd indoor Pentathlon

Samuel Tsolo



5. In memory of Matilda Kotcheff

For an U15G showing dedication and commitment to her sport

- Consistent performer for the club at middle distance and cross country
- This year improved at 1500m by 9seconds

Isabella Wilson



6. U17 Women Progress

Sabrina Coppola-Johansen

4th in the England Schools cross country race
& selected for the Schools International XC

Improved:

3k by 46secs

Club record: Mile 5:03.34

Mile by 23secs

800m by 16.17secs

1500m by 11secs



7. U17 Men Progress

Max Orchard

1500m – 17.5 secs

Discus - 3.5m

Long jump – 41cm

Shot put – 8.36m



8. U20 Women Progress

Last year's winner gets even better
England U20 champion at 3000m
steeplechase

Big improvements in 2k, 3k & 1.5k S/C
& 5k, 3k and 800m flat

Anna Bloomfield



9. U20 Men Progress

Last year's U17 improver

400m – 3.3 secs

200m – 1.32 secs

60m – 0.27 secs

Danny Trowell



10. Best Combined Events - Female

Once more, last year's winner continues to improve.

Won Surrey Schools Pentathlon with a new club record

1st SEAA indoor Pentathlon & ranks 5 in UK

PBs in 4 of 5 events

Estee Norman

Club records for

U17W outdoor pentathlon 3306

U17W Shot (11.01m) & Javelin (30.56m)



11. Best Combined Events Male

Samuel Tsolo

U15B pentathlete

This year won a schools international vest at pentathlon & PB in all 5 events

Ranked 2nd in UK outdoor pentathlon
& 3rd indoor Pentathlon



12. Seniors – Athlete's athlete female

Sophie Glencross

Female winner of East Surrey League

Always in the scoring 5 at Surrey XC league

Regular at SAL

**PBs at 800m, 1500m, mile, 5k 10k, 10miles
and debut in 1500m S/C**

Plus regular volunteering in the club



13. Seniors – Athlete's athlete male

Laurence Anderson

**Willing to do multiple events in any discipline at
track meetings**

**Also a member of club teams on the road and
cross country**

Always encouraging his teammates



14. Outstanding performance in a field event by a female

Liz Sissons

As W75 – UK ranked 1st in 2 throwing events, 2nd in 2 more and 4th in Hammer Throw.

As W80 – UK ranked 1st in 4 events

SURREY XC CHAMPS 1969



15. Outstanding performance in a field event by a male

Oscar Morrell

This athlete holds the club record for U13 Javelin

He disappeared for over 20 years

Now taking over where he left off

UK ranked 2nd in M35 Weights pentathlon

Currently best in the club at all 4 throws



16. Middle distance – Female

Anna Bloomfield

England U20 Champion at 3,000m S/C
Solid contributions at all distances S/C,
middle distance track and cross country.

Club Records:

U20 records at 5,000m and 3k S/C

U20 & Senior records at 2k S/C & 1.5k S/C



17. Middle distance – Male

Chris Ryans

PBs at 800m, 1500m, mile & 3,000m

Vital member of the cross-country team

Mile in 4.39.31 is M40 club record and ranks
9th in UK



18. Sprints Female

Lisa Boland

- Last year this W40 athlete had British records at 60m & 100m
- This year a British W40 record at 200m
- UK Age group Champ at 100m & 200m
- Finalist at World Masters 100m & 200m
- Member of British W40 4x200m relay team who set a British record at World Masters

Club & British W40 record – 200m 25.34 at Gothenburg Sweden



19. Sprints Male

Raph Grant

U20 athlete currently our best sprinter at 60m, 100m, 200m & improved his times at all three.

Club records:

U20 – 200m

U20 & Senior – 60m



20. Outstanding Indoor performance

Sue Wisdom

As last year - a female veteran sprinter
Competed in the W60 category at the
BMAF champs.

Won Gold in 400m to rank 3rd in UK



21. Best contribution by Road Runner – Female

Jane Davies

**In 1982 set the club record for the Marathon
2:57**

But still running 26.2 miles at 75+

4:07.56 is Ranked 1st in UK & 2nd in World

**Also 1st UK at half marathon, 4th 10miles & 7th
at 10k.**



22. Best contribution by Road Runner – Male

Shaun Silander

Completed the Marathon Majors this year with a best time of 2:48:19.

Half marathon – 78:36

5k – 17:59



23. Most successful Team Manager

Di Norman

Won Div 2 Southern Athletics League and promoted to Div 1.



24. Most successful XC Team Manager

Simon Bean

**Men's team won Div 2 of Surrey cross-
country league**

**Competing in Div 1 for the first time in
many years.**



25. Officials

Athletics needs lots of officials. We cannot value them too highly. We have a new award for best contribution as an official.

This lady is present at just about every club meeting, home and away, during the summer. And we will also see her at every Surrey County meeting.

In her spare time she is a valued Coach

Sheila Lay



26. Coaching award

This Coach agreed to take on a group on Thursday on a temporary basis which has become permanent

His well-structured sessions attract large numbers. The athletes find them enjoyable but challenging and many are achieving PBs.

On Thursday he works with Sheila Lay and the junior multi-event group.

And when he is not coaching, he also competes for the club

Matt Turner



27. Highest UK ranking

David Blunt

Still Pole Vaulting & High Jumping at 70

Ranked 1st in the UK at both events



28. Special Recognition

Julie Houghton

Today this award goes not one of our fastest athletes. But one who is ever present at track and field, cross-country and road races and showing off the club vest.

Her perseverance and dedication mean that during the last 12 months she has sliced chunks off her PBs from 800m track to 10k on the road



29. Special Awards

This year - 3 special awards for athletes who were selected by England schools for international events.

- Samuel Tsolo – U15 pentathlon
- Max Leon – U17 400m hurdles
- Sabrina Coppola-Johansen – U15 XC



Cross Country Senior & Vets 2023 / 2024



Cross Country 2023/24

Senior Women – Anna Bloomfield

Vets – Emily Hogg

Outstanding Contribution –

Sandra Newberry



Cross Country 2023/24 - Men

Seniors – Tim Adler

Vets - Simon Bean

Outstanding contribution -

Neil Henderson



Club Records



Club Records

U13G 60m indoors

8.54sec

Filijay Touray



Club Records

U13B 100m

(metric since 1969)

12.43sec

Yohan Grant

Ranked 6th in UK



Club Records

U17W

Pole Vault 3.40m

Madeline Dodd



Club Records

U17W

60m indoors – 7.85secs

Maia Heward-Mills



Club Records

U17M

60m hurdles indoors – 8.59secs

Max Leon



Club Records

U20W

3,000m – 9:57.6

Mile – 5:04.68

Matilda Laidlaw



Club Records

Senior Woman

60m hurdles indoors – 8.61secs

Albuquerque, New Mexico

Madison Hutton



Club Records

Apologies! In Sept. 2022

U15B 4x100m relay 47.26

And 4x300m relay 2:43:35

MAX LEON

ALFIE REBBECK

JOSH CLINTON

COLIN KINOSHITA-LI



Club Records

U15 Boys 4x100m relay – 47.24

Sept. 2024

CAMERON ATKINS

EUAN WORKMAN

FELIX LIDDLE

JOSH LIDDLE



Club Records

U17W 4x100m relay 48.62

Record stood since 1979

LILY RICHARDSON

MAIA HEWARD-MILLS

SOPHIE LAMB

KHADEEJA NIZAM-HAYLES



Club Records

Same day, same women with 1 substitution:

U17W 4x300m relay 2:50:07

LILY RICHARDSON

MAIA HEWARD-MILLS

SOPHIE LAMB

ESTEE NORMAN



Club Records

U20M 4x100m relay 43.24

Record stood since 1979

RAPH GRANT

DANNY TROWELL

JOSH CLINTON

KIA'A TIZARD VARCOE



Club Records

Senior mixed 4x400m relay

3:50.3

LILY KING

SOPHIE LAMB

DANNY TROWELL

MAX ORCHARD



The End!

Thank you & Goodnight

