

# Team Manager Reports - 2023/24

## Cross Country

### Juniors

- U20W - Bronze medal in the National XC Champs and National XC Relay Champs plus Silver medals at Surrey Champs and Southern XC Relay Champs
- U17W - Bronze medal in the National XC Champs plus Gold at Surrey Champs and Surrey League Champions
- U15 Boys - Surrey XC Relay Champions and Silver at Surrey XC Champs
- Top 4 finishes in Surrey League in all age groups
- 27 athletes represented Surrey over XC

### Senior Men

Our club placed 1st in the Surrey XC league and gained promotion to Division one . This the first time we have been in division one for many years and reflects the strength in depth the club now has with a strong feed from the junior squads .

### Senior Women

The XC season for the ladies has been fantastic, showing a great teamwork throughout especially U20, Anna Bloomfield, Matilda Laidlaw, Sophie Lomas, Sophie Glencross, Poppy Mitchell and Grace Fordham to mention few. Their commitment paid off as they secured their place in Division One, a testament to their consistency and ability to compete among the top-tier teams.

### Sportshall U13/U15

About 25 athletes took part in each of the 3 Sportshall events in October, November and January. While we struggle to compete with clubs like Impact and Camberley at a team level, the athletes who do compete enjoy the competition and the determination is visible as they run, throw and jump. On an individual level 6 E&E athletes were selected to represent Surrey first at Regional and then at National level. They were: Filijay Touray, Amber Whitlock, Caleb Leigh, Zac Elston, Khadijah Nazim-Hayles and Max Orchard. Congratulations.

## Southern Athletic League (SAL) U17 & above

This was a tough season for us as we were on edge for every competition, needing to finish in the top two of the league to be promoted to Div 1. But WE DID IT winning the Div 2 South & West league with promotion! Although each match we struggled to fill gaps, the athletes achieved PB's, SB's & competing in events never attempted before. The highlight being Jason who saw there was a space in the PV, never picked a pole up before, giving me a heart attack on every attempt but he smiled on every trial gaining us vital points for the club.

## Rosenheim League

The Women's team finished 2nd in the Western Division, just a point behind Walton, with the Men 3rd. This gained both teams qualification to the Final at Kingston in August where the Men were 4th out of 8, with the Women an excellent 2nd behind a very strong Belgrave team. There were excellent performances throughout the matches, with a number of PBs and athletes trying new events. Special thanks to the club members who officiated at the matches.

## Southern Counties Veterans League (South London Division)

### Men

The men came a close 2nd this year to Hercules Wimbledon. The league was fought over three rounds rather than four due to our track closing due to travellers. We had really strong teams across both field and track and huge kudos to those that competed in their A events but also to those that did events they haven't done for years ! For example Guy Laister, Simon Pocock, James Thomas and others who stepped in to do key point scoring events such as high jumps, hammer throws or triple jumps..

### Women

Epsom women put in some great performances coming 2nd to Hercules Wimbledon in three out of three matches. Unfortunately we had to cancel our home match due to travellers on site. It was the first year since the pandemic there has been a league final which we just missed out on qualifying for. Our focus for next season will be to promote participation in the league amongst masters athletes so we can get our top spot back!

## Lily B

The girls had a very successful season and won the Lily B League Plate, being the team with the most points after 3 matches.

For the final we were missing a few key athletes but still managed to come a respectable 3rd, after what proved to be a very challenging match.

Highlight of the season was our U17 girls relay 4 x 100m team who broke the Lily B Record (previous holders were Croydon) with a time of 49.47 secs

## Ebbisham

Again, we had a very strong turnout of boys this season. All the boys were willing to try events they'd never done before to gain the team extra points and by showing such great team spirit we managed to finish 2nd behind an extremely strong Croydon team.