



1

RIP

ANNE SISSONS 1934 -2025

Member since 1949, international athlete 440 yards, dedicated club volunteer

DON TURNER 1937-2025

Member 50 years+, international athlete, leading UK official



2

REPORT 2025

- Another busy year
- Many excellent performances
- Membership flourishing
- Finances in good shape
- Full Report on the club website

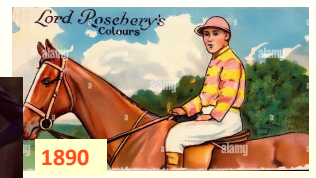


3

New Kit



Since 1970s?



4

EVENTS

The Club:

Took part in 4 track & field & 4 endurance leagues
Hosted 4 track meetings; 2 road & 2 XC races:

- | | |
|---------------------|----------------------|
| • SAL (at Kingston) | • Surrey XC league |
| • Vets league | • Downs League |
| • Rosenheim League | • East Surrey League |
| • Night of Miles | • Nonsuch Relays |

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



5

Facilities

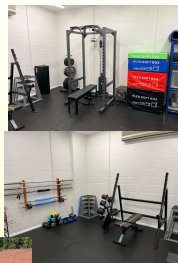


Trackmark Certification renewed for 3 years

6

Facilities

- High jump steel cover
- Sprint training equipment
- Gym equipment
- Colour co-ordinated barriers
- More storage



7



8

STATEMENT OF ACCOUNTS To 31 March 2025

HEALTHY

Turnover c.£80K

Books balanced

Sources of income

- Subs
- Track users

Outgoings

- Track & Clubhouse rent
- Competition expenses
- Equipment

Strong Reserves

- Improved where these are invested
- Continuing to spend on new equipment
- Clubhouse refurb?



9

Election of Officers

TRUSTEES 6 officers + 4

3 year appointments

- For possible re-election – end of term of appointment
 - Membership Secretary – David Blunt
- Election to a vacancy
 - One Trustee
 - 2 Candidates



10

TRUSTEES Election to a vacancy - 2 Candidates

DAVID WHITAKER

Retired from full time work

Member since 1983

500+ races in club vests

Vets Team Manager 20+ years

Long term member of the old committee

GUY LAISTER

Runs an environmental consultancy

Member since 2016

Runs on track, road & XC + volunteer tasks

Governor at local primary school with some focus on safeguarding



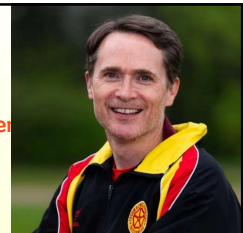
11

Election of Officers

PRESIDENT – (2-year appointment)

Stuart Flack

AUDITOR – Alan Bates



12

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.



13

Volunteers – Our Coaches

DI NORMAN – Coaching Secretary

STU FLACK	SHEILA LAY	MICHELLE O'BRIEN
MARCUS LEVETT	LIZ SISSONS	STEVE WINDER
MATT TURNER	VICKY WEBB	DAN JOHNSON
CHRISTINE TAYLOR	ADAM GAREL	JOSEPH
ANDY TROWELL	HENRY SMITH	GONZALEZ-ARMAS
ANDY VAUGHAN	JOHN ANDREWS	DEREK PAISLEY
VINCE HOWLEY	ALEX GURTEEN	ANDY LOMAS
LESLEY BENNETT	CSABA FODOR	



14

Volunteers – Our Officials

- | | |
|------------------|-----------------|
| •SUE BOYMAN | •DAVE BLUNT |
| •LESLEY BENNETT | •SUE BLUNT |
| •SHEILA LAY | •JEROEN LEMMENS |
| •KEN LAY | •JANE DAVIES |
| •DAVID CLARKE | •RACHEL WATERS |
| •JANET COATES | •DAN JOHNSON |
| •VANDA CAULFIELD | •JIM WHITWORTH |
| •BILL ARBURY | |



15

Volunteers – Team Managers

- DI NORMAN – SAL & UPPER YDL
- CHRISTINE TAYLOR – LOWER & UPPER YDL, EBBISHAM, LILY-B
- STU FLACK – JUNIOR XC & RR
- VICKI WEBB – U13/U15 SPORTSHALL
- MICHELLE O'BRIEN – U11 QUADKIDS, SPORTSHALL, DOWNS LEAGUE
- SIMON BEAN – SENIOR MEN XC & RR, ROSENHEIM & MENS VETS T&F
- RACHEL WATERS – WOMENS VETS T & F
- NICKY STEVENSON – SENIOR WOMENS XC & RR



16

Volunteers YOUR CLUB NEEDS YOU

Key roles where urgent help is needed.

- Vets League – Womens Team Manager
- Club Room Manager
- Volunteers Coordinator

WE ALWAYS NEED:

- Technical Officials – especially Timekeepers & Field event officials
- Coaches

Don't be afraid to try something new, the club will provide lots of support.



17

Thank You - David Clarke

for everything do you for the club:

- Chairman & Trustee
- Event organiser, field official and race adjudicator
- Equipment repairs!
- ...and for your work with
- Surrey County Athletics
- Surrey XC League
- England Athletics



18

AWARDS – last time in this format Young Athlete age group changes

- From April 1 2026
- GOODBYE – U13/U15/17
- HELLO TO – U12/U14/U16/U18
- Significant effect on competition structures – much still to be decided
- Club / County / National Records????
- Schools athletics – not changing until Sept 1



19

AWARDS

35 INDIVIDUAL AWARDS
75 CLUB RECORDS
by 71 individuals
& 4 relay teams



20

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 good progress throughout the season.
- Later – awards for particular events
- Club records

"Some difficult decisions this year because so many great performances"



21

1. U13 Girls Progress

Improved:
800m by 11 sec
70mh by 1.54sec
HJ by 18cm
LJ by 70cm
SP by 1.83m
Pent: by 686 points AND
Surrey Champion
Selected for Surrey in
70mH, 800m & XC

ISABELLA BRAY



22

2. U13 Boy Progress

**JACOB
MORRISON**

Improved:
Javelin by 8.12m
Shot Put by 1.67m
100M by 1.13sec
Discus by .38cm
SEAA CHAMPION JT

4 Club Records at
JT, SP, 75m, 150m



23

3. U15 Girls Progress

**AMBER
WHITELOCK**

Improved
60m by 0.14sec
100 by 0.6sec
200m by 2.02sec
Silver medal @ 60m Surrey indoors
Represented Surrey Schools

Club Records at
60m & 100m



24

4. U15 Boys Progress

100m – 2.00sec
 200m – 1.07sec
 300m – 2.66sec
 LJ – 1.43m

LEO SHAW

25

**5. In memory of Matilda Kotcheff
For an U15G showing dedication and
commitment to her sport**

Winner for 2nd year in a row
 Improved
 •3,000m by 13.85 sec
 •1500m by 6.03 sec

ISABELLA WILSON

26

6. U17 Women Progress**CHARLOTTE COLEMAN**

200m 1.17 secs
 300m 1.84 secs
 800m 4.83 secs
 1500m 4.80 secs



27

7. U17 Men Progress

60m – 0.8 secs
 100m – 0.56secs
 200m – 1.05secs
 300m – 0.54secs
 LJ – 50cm
 TJ – 41cm

EUAN WORKMAN

Club Record at
 300m 38.33secs

Selected for Surrey Schools and for Surrey
 Athletics



28

8. U20 Women Progress

IMPROVEMENTS AT – Shot, Discus,
 400m, 100mh, 400mh, Long Jump,
 Triple Jump, Heptathlon and Club Records at
 Pentathlon Pentathlon 3008pt
 4th at English Schools pentathlon
 Surrey Indoor Champion at LJ & HJ
 silver medal 200m
 Surrey Champs 2nd 5P & 3rd 400m

ESTEE NORMAN

29

9. U20 Men Progress

Improvement in all 4 sprints from
 100m to 400m and Javelin Throw

Club Record at 300m
 35.58

WILL PANES

30

10. Best Combined Events - Female

Indoor Pent 4422 BRITISH RECORD W50
Outdoor Pent 4158 BRITISH RECORD W50
UK ranked 1st in age group

DIANA NORMAN

Club records for both Pentathlons



31

11. Best Combined Events Male

MAX ORCHARD

This U17M improved in both Pentathlon and Octathlon
In latter got PBs in 7/8 events & SURREY CHAMPION



32

12. Seniors – Athlete's athlete female

KATRINA FIDLER

Competed in SAL, Rosenheim, Cross country.
Always willing to fill a gap in the team
Always smiling, always encouraging others



33

13. Seniors – Athlete's athlete male

STEVE WINDER

Competes at SAL, Vets, road and cross country
(And bike racing when he takes off his running shoes)

Encouraging, determined, helpful, still competitive at 50+.

Coaches and motivates junior athletes

STEVE also has club M50 records at 10M RR, 10K RR, 10000m & 2K S/C



34

14. Outstanding performance in a field event by a female

DI NORMAN

W50 CLUB RECORDS @

SP – 12.5m

HJ – 1.50m

LJ – 4.84m

JT – 29.12m

+ more

Total of 13 Club records



35

15. Outstanding performance in a field event by a male

AXEL OTTOSSON

Ranked 3rd in UK U15B Triple Jump
Good improvements in TJ, HJ, LJ, SP



36

16. Middle distance – Female**MATILDA LAIDLAW
(U20W)**

Club Records at:

1500m – 4:26.33

1 mile – 4:54.03

3,000m – 9:40.48

5,000m 16:36.13



37

17. Middle distance – Male**GEORGE HANNAY**Outstanding improvements at 800m,
1500m, 1 mile.

Achieved his first Surrey vest as a Senior



38

18. Sprints Female**LISA BOLAND (W40)**For 3rd year running
Continues to improve Club and
British records

Club & British W40 records:

60m – 7.75sec

100m – 12.15sec

200m – 25.23sec



39

19. Sprints Male**RAPH GRANT**For 2nd year this U20 athlete is our best
sprinter at 60m, 100m, 200m & improved
his times and Club records in the first two.

Club records:

U20 – 60m 7.00sec

U20 – 100m 10.79sec



40

**20. Outstanding Indoor
performance****LISA BOLAND (W40)**Ranked 1st in UK at 60m
and 200m

41

**21. Best contribution by Road
Runner – Female****ANNA BLOOMFIELD**

Club records at

10K – 38:25min

5K – 15:15min



42

22. Best contribution by Road Runner – Male

**KEVIN WOODWARD
(M60)**

M60 Age group club records at:

- 10M – 64:25
- Half Marathon – 86:44
- 20M – 2:17:07
- Marathon – 3:02:08



43

23. Most successful Team Manager

CHRISTINE TAYLOR

First season in YDL:

Champions in lower division

2nd in Upper Div



44

24. Most successful XC Team Manager

STUART FLACK

Surrey XC league:

U17W 2nd

U13G / U13B / U15B&17M & U15G = All 4th



45

25. Officials

Athletics needs lots of officials. We cannot value them too highly.

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



46

26. Coaching award

How to choose from a great group of dedicated coaches?

This coach is at the track 3 nights every week. Not to mention supporting her athletes at weekends, often as team manager.

She coaches hurdles, sprints and blocks.

Special mention to Andy Trowell and Vicki Webb for their support:

CHRISTINE TAYLOR



47

27. Highest UK ranking

LIZ SISSONS (W80)

Our longest standing club member

Last year I showed a picture of her running cross country in 1969

Now still competing in throws at 80+ and ranks UK 1st in 6 events



48

28. Special Recognition

MICHELLE O'BRIEN

At last year's AGM we asked for volunteers
– this woman came forward

Within weeks she was helping coaches on
Mondays and team manager for U11s

Gained her 'assistant coach' badge and now
helps Tuesdays as well

Never stops smiling, engaging with members
and parents and encouraging to athletes



49

29. Comedy award

Di has acquired a new trophy
She decided it should be given to

ANDY TROWELL

as the Contribution to Comedy award

He's always smiling, always joking and
always complaining he never gets awards.

Sadly he can't be here tonight. Christine will
collect it and hand it over next week.



50

Cross Country Senior & Vets 2024 / 2025

(Young athlete awards presented in the Spring)



51

Cross Country 2024/25

Senior Women – Annie Snowball

Ran all 4 league races & our top points scorer

Vets – Lauren Johnson

Strong contribution across the season

Outstanding Contribution – Julie Houghton

Ran in many XC & RR events, always smiling, always
enthusiastic



52

Cross Country 2024/25 - Men

Seniors – Charlie Sinden

Strong performances across the season even against Div
1 opposition

Vets - Simon Bean

Ran all the XC races & 1st individual M65 Surrey League
Div 1: 3rd in Surrey Masters

Outstanding contribution - Steve Winder

Fantastic performances at the National and South of the
Thames races



53

Club Records

Including a few Di has dug out from previous
years, we have 87 awards for Club records



54

Club Records

U13G 75m 18.67 Millie Strudwick
 U13G 1 mile 5:41.98 Lucy Pennington
 U13B 1200m 3:56.1 Alfie Thorpe
 U15B 60m 7.64i Yohan Grant
 U17W SP 11.79m Mimi Alalade-Blankson
 U17W 10kRR 40:32 Lola Williams
 U17M JT 37.58m Callum Dallaway



55

Club Records

U20W 300m 40.49 Liliana Richardson
 Snr&U20 150m 18.67 Liliana Richardson
 U20W 60m 7.99i Liliana Richardson
 U20M TJ 14.29i Teyi Thomas
 10M RR 54:09 Ollie Garrod
 HM 69:19 Ollie Garrod
 Marathon 2:27:10 Ollie Garrod



56

Club Records**RELAYS**

U15G 4x100m – 50.55

Amber Whitelock, Filijay Touray, Georgina
 & Megan Herrett

U15G 4x300m – 2:56.15

Filijay Touray, Georgina & Megan Herrett,
 Iris Osikoya



57

Club Records**RELAYS**

U17M 4x100m – 46.19

Zac Elston, Yohan Grant, Leo Shaw, Tom
 Wilson

Mixed 4x400m 3:48.7

StJohn Windus, Zara Girling, Estee Norman,
 Will Panes



58

Club Records

M35 100m 12.3 Freddie Chalk
 M45 800m 2:08.11 Chris Ryans
 M45 3000m 9:21.43 James Wilson
 M45 10000m 35:13.36 James Wilson
 M55 800m 2:19.67 Dan Johnson
 M55 1500m 5:17.13 Dan Johnson
 M70 HJ 1.36m David Blunt
 M70 PV 2.65m David Blunt
 M70 LJ 3.61m David Blunt



59

The End!

Thank you & Goodnight



60

Attention Road Runners

Sneak preview of 2026 road league

- Valentines Day 10k - 15 Feb
- **Kew Gardens 10k - 28 Mar**
- Sutton 10k - 19 Apr
- Ranelagh HM - 10 May
- Dorking 10m - 7 Jun
- Richmond 10k - 21 Jun
- Ranelagh Sunset Sprint 3k - 3 Jul
- Elmore 7 - 11 Jul
- Elmbridge 10k - 19 Jul
- ~~Wedding Day 7~~

