

Hi All,

The **WORLD CHAMPIONSHIPS** are currently being held in Daegu, South Korea.

**Day 2 – 28 August** : results of the 2 events **WILLEM COERTZEN** completed in the Decathlon prior to pulling out of the competition with injury, 110m Hurdles in 14.48, and in the Discus he threw 43.13m.

**Day 6 – 1 September** : heat three of the 800m turned out to be the fastest of the 5 heats, with **MARILYN OKORO** fighting all the way to the line to finish 4th in 1:59:74 only just outside her SB, the winner Janeth Busienei won in 1:59:36.

**Day 7 – 2 September** : this was always going to be a tough semi-final of the 800m, as it turned out semi-final three had 3 of the favourites, the pace was fast throughout and coming into the final 200m **MARILYN OKORO** just could not stay with them and finished 7th in 2:01:54.

**LEE MCCONNELL** was selected to run leg three in heat three of the 4 x 400m relay, and the GB team finished 2<sup>nd</sup> in a SB 3:23:05, just 1 second behind the winning Jamaican team.

**Day 8 – 3 September** : the final of the 4 x 400m relay, saw the GB team struggling to stay with the USA, Jamaica and Russia, finishing 4th some 4 seconds off a medal. **LEE MCCONNELL** ran the final leg.

Apologies but it is very hard to find the individual times for the relay.

**SEAA U15 & U20 INTER-COUNTIES CHAMPIONSHIPS** one result omitted from last week's report. **MALI LEWIS U20** in the 400m heat, he finished 2nd in 51.47, and in the final was 4th in 51.73.

With the Leagues now completed, our **Young Athletes** finished their season in spectacular style, by finishing second to a very strong Blackheath and Bromley, in the **National Auxiliary Final** at the Alexander Stadium, Birmingham on Saturday the 3rd September.

Being one of the most action packed days in the calendar, there are 82 events, with 625 athletes competing, and **Shaftesbury** alone had 35 individual wins, which is phenomenal.

On behalf of Clyde & Joyce they want to thank not only our exceptional group of young athletes, but the coaches, officials and especially the parents. Their help and enthusiasm makes managing the team a real pleasure.

Two performances that stood out were, **ANYA RODRIGUEZ** in the Pole Vault "A" who cleared a PB of 3.30m which was a new League Record and ranks her No.3 UK U15 in 2011, and **WILSON ADUNTOW** in the 100m "A" who ran a PB of 12.41 which ranks him No.9 UK U13 in 2011.

**Remaining winners were as follows – Under 13's** : **WILSON ADUNTOW** in the 200m "A" ran 26.42, and in the Long Jump "A" achieved 5.06m, **SIAN SINCLAIR** in the 75m "B" ran 10.70, **HARRY LODOVICA** ran the 100m "B" in 13.50 and cleared a PB of 4.31m in the Long Jump "B", **EMMA BABALOLA** ran 21.01 in the 150m "A", **NABIL HAQUE** in the 200m "B" ran a PB of 26.45 and threw 10.43m in the Shot "A", **LIANNE LANGFORD** in the 1200m "A" ran a PB in 4:03:30, **WILLIAM STIBBS** in the 1500m "B" with a PB of 5:04:61 and **TAKYLE CLARKE** in the Shot "B" with 10.34m.

**Under 15's** : **CHIMDI KEMA** in the 100m "A" ran 11.63, **BILLY KELSEY** in the 400m "B" ran a PB of 55.76, **ALEX ABADESSO** in the 1500m "B" ran a PB of 4:38:67, **CALLUM SCUTT** in the Long Jump "A" with 5.59m and **CHIDINMA ODIKA** in the Long Jump "B" with 5.22m.

**Under 17's** : **YASMIN LAKIN** in the 200m "B" ran 27.15, in the Long Jump "A" with a PB 5.16m, and in the Triple Jump "A" with 11.19m, **JOHN OTUGADE** in the 100m "A" ran 11.26, and 22.65 in the 200m "A", **MATTHEW MORRISON** in the 200m "B" ran 23.25, **REBECCA GRAHAM** in the 800m "B" ran 2:31:70, **MATTHEW MCLAUGHLIN** in the 400m "A" ran 50.32, also in the 800m "A" ran 1:55:15, **PHILIP CROUT** in the 1500m "B" ran 4:18:67, **ELEANOR HUNT** in the 3000m "A" ran 11:00:03, **SIMISOLA OYESANYA** in the Shot "A" with 8.99m, and in the Discus "B" with 24.35m, **KAYOMIE THOMPSON** in the Shot "B" with 8.49m, **JOE BAMFORD** in the Javelin "A" with 50.39m, **DEAN OAMEN** in the Triple Jump "A" with 13.13m and **MATTHEW SEARS** in the Triple Jump "B" with a PB 12.66m.

**Remaining Results – Under 13's :** **EMMA BABALOLA** in the 75m "A" was 2nd in 10.41, and in the Long Jump "A" was 8th in 3.80m, **SIAN SINCLAIR** in the 150m "B" was 2nd in 21.88, and in the High Jump "A" was 3rd with 1.35m, **JESSICA HURLEY** in the 800m "A" was 6th in a PB of 2:40:02, and in the Long Jump "B" was 5th with 3.74m, **CHARLEY KELSEY** in the 800m "B" was 7th in 2:55:65, and in the Shot "B" was 5th with a PB 5.34m, **SAM MORRIS** in the 800m "A" was 5th in 2:31:00, and in the 75m Hurdles "B" was 4th in a PB of 14.53, **FELIX BORDET-STEAD** in the 800m "B" was 4th in 2:34:80, and in the High Jump "A" was 8th with 1.25m, **MARIE SATO** in the 1200m "B" was 4th in 4:27:36, **NATHAN DAVIES** in the 1500m "A" was 3rd in 5:02:08, **LOLA DOWNES** in the 70m Hurdles was 8th in 13.58, and in the High Jump "B" was 7th equal with a PB 1.15m, **NABIL HAQUE** in the 75m Hurdles was 3rd in 13.27, **EBONY COWARD** in the Shot "A" was 3rd with 7.96m, **HARRY LODOVICA** in the High Jump "B" was 5th with a PB 1.20m.

**Under 15's :** **TAHLIA WELLER-HARRIS** in the 100m "A" was 4th in 13.47, and in the High Jump "B" was 5th with a PB 1.30, and in the Long Jump "A" was 3rd with 4.57m, **EMILY PIMLOTT** in the 100m "B" was 7th in 14.26, **KYRELL MARTIN** in the 100m "B" was 3rd in 12.43, **FREYA HUFTON** in the 200m "A" was 6th in a PB of 29.16, and in the Shot "A" was 6th with 6.25m, and in the Long Jump "B" was 2nd with 4.54m, **LAYLA WALKER-LAWRENCE** in the 200m "B" was 6th in 29.75, and in the Shot "B" was 8th with a PB 4.26m, **CHIDINMA ODIKA** in the 200m "A" was 6th in 25.04, **CALLUM SCUTT** in the 200m "B" was 3rd in 25.29, **KYLE LANGFORD** in the 400m "A" was 2nd in 52.34, **JOSHUA SOUTHWORTH** in the 400m "A" was 4th in 55.89, **CHLOE GOODSON** in the 800m "A" was 5th in a PB of 2:37:17, and in the Discus "B" was 7th with 10.63m, **EMMA DWAN** in the 800m "B" was 7th in a PB of 2:45:86, **BILLY KELSEY** in the 800m "A" was 2nd in 2:07:34, **JOSEPH BRENNAN** in the 800m "B" was 2nd in 2:16:56, **NATALIE CONNOR** in the 1500m "A" was 2nd in 4:49:91, **MOLLY GARDEN** in the 1500m "B" was 4th in 5:20:12, **ROBBIE LIGHTOWLER** in the 1500m "A" was 3rd in 4:36:68, **LUCY O'CONNELL** in the 75m Hurdles "A" was 6th in 13.97, and in the Discus "A" was 8th with 11.51m, **NAFISSA CHAM** in the 75m Hurdles "B" was 6th in 14.34, and in the Javelin "A" was 7th with a PB 14.01m, **CHIMDI KEMA** in the 80m Hurdles "A" was 2nd in a PB of 11.88, **ADE ODEFOLALU** in the 80m Hurdles "B" was 5th in a PB of 14.21, and in the High Jump "A" was 3rd with a PB 1.60m, **OBI EGBUNIKIE** in the Hammer "A" was 7th with 26.69m, and in the Shot "B" was 3rd with 9.98m, and in the Discus "B" was 2nd with 24.46m, **JONATHAN ALESE** in the Hammer "B" was 2nd with a PB 24.83m, and in the Discus "A" was 2nd with a PB 28.92m, **AURELIJA IPPOLITA** in the High Jump "A" was 7th with 1.30m, and in the Javelin "B" was 3rd with 13.71m, **COLIN BUGG** in the Shot "A" was 3rd with a PB 10.82m, and in the Javelin "B" was 5th with a PB 22.53m, **GEORGE GRANT** in the Pole Vault "A" was 5th with a PB 2.30m, **LOUIS COLLINS** in the Javelin "A" was 5th with a PB 29.02m.

**Under 17's :** **ENIOLA OYESANYA** in the 100m "A" was 3rd in 13.10, and in the 200m "A" was 3rd in 27.27, and in the High Jump "B" was 4th with a SB 1.40m, **SOPHIA THAKUR** in the 100m "B" was 4th in 13.47, **KIMMEL GORDON** in the 100m "B" was 5th in 12.13, also in the Hammer "A" was 5th with 20.39m, **HARRIET CLIFFORD** in the 300m "A" was 5th in 46.83, also in the 800m "A" was 3rd in 2:27:46, **REBECCA GRAHAM** in the 300m "B" was 4th in 47.90, **JOE HEADLAND** in the 800m "B" was 3rd in 2:07:04, **FREYA LENTON** in the 1500m "A" was 4th in 5:10:60, **RORY MUDD** in the 1500m "A" was 2nd in 4:13:55, **PHILIP CROUT** in the 3000m "A" was 4th in 9:52:27, **CALLUM MCCORMICK** in the 3000m "B" was 2nd in a PB of 10:15:07, **SUZU SATO** in the 3000m "B" was 2nd in 12:16:90, **FAITH WHITTER** in the 80m Hurdles "A" was 7th in 15.94, and in the Hammer "B" was 2nd with 15.55m, and in the Javelin "A" was 4th with 17.37m, **ALEXIS ABAYOMI** in the 80m Hurdles "B" was 3rd in a PB of 15.76, and in the 300m Hurdles "A" was 5th in a PB of 52.58, also in the Triple Jump "B" was 2nd with a SB 9.70m, **VAGNOL KEDIAMBIKO** in the 100m Hurdles "A" was 7th in a PB of 20.11, and in the 400m Hurdles "A" was 8th in a PB of 66:74, and in the Long Jump "B" was 2nd with 5.29m, **JOE REDWOOD** in the 1500m Steeplechase was 6th in 5:10:20, **JOE BAMFORD** in the Hammer "B" was 5th with 18.19m, and in the High Jump "B" was 2nd with 1.60m, **ELIZABETH TAN** in the High Jump "A" was 5th with a PB 1.40m, **MATTHEW SEARS** in the Long Jump "A" was 3rd with a PB 5.56m, **DEAN OAMEN** in the Javelin "B" was 7th with a PB 4.33m, **AKIN COWARD** in the High Jump "A" was 4th with 1.65m, **KAYOMIE THOMPSON** in the Hammer "A" was 2nd with a PB 22.07m, and in the Discus "A" was 3rd with 28.45m, **IFE ADEPEGBA** in the Discus "A" was 8th with a PB 11.15m, and in the Shot "B" was 8th with a PB 5.45m, **SIMISOLA OYESANYA** in the Javelin "B" was 2nd with a PB 16.42m, **SEAN LODOVICA** in the Shot "A" was 8th with 8.02m.

**Under 13 Relays** : Boys 4 x 100m won with 52.69 : **HARRY LODOVICA, NABIL HAQUE, DOMONIC THOMPSON, WILSON ADUNTOW**. Girls 4 x 100m were 4th in 56.90 : **LOLA DOWNES, EMMA BABALOLA, LIANNE LANGFORD, SIAN SINCLAIR**.

**Under 15 Relays** : Girls 4 x 100m were 4th in 53.32 : **EMILY PIMLOTT, FREYA HUFTON, LAYLA WALKER-LAWRENCE, TAHLIA WELLER-HARRIS**. Boys 4 x 400m were 4th<sup>h</sup> in 3:54:82 : **ROBBIE LIGHTOWLER, JOSEPH BRENNAN, BILLY KELSEY, JOSHUA SOUTHWORTH**.

**Under 17 Relays** : Girls 4 x 100m were 3rd in 52.21 : **ENIOLA OYESANYA, SOPHIA THAKUR, ALEXIS ABAYOMI, YASMIN LAKIN**. Boys 4 x 100m were 3rd in 45.55 : **IFE ADEPEGBA, SEAN LODOVICA, KIMMEL GORDON, JOHN OTUGADE**. Girls 4 x 300m were 5th in 3:06:05 : **HARRIET CLIFFORD, REBECCA GRAHAM, FREYA LENTON, ELEANOR HUNT**. Boys 4 x 400m were 2nd in 3:37:92 : **KYLE LANGFORD, KIMMEL GORDON, MATTHEW MORRISON, RORY MUDD**.

#### Other Track & Field Results

**Folksam Challenge, Molndal, Sweden** : 03/09 **LLOYD GUMBS** in the 400m Hurdles was 5th in 53.75

**McCain Combined Events Championships, Stoke** 03/09 & 04/09 : **GABRIELLE ROWSELL U20** in the 200m was 3rd in 26.36, in the 800m was 5th in 2:37:77, in the 100m Hurdles was 4th in 16.29, in the High Jump was 3rd with 1.56m, in the Long Jump was 3rd with 5.30m, in the 4kg Shot was 5th with 7.76m, in the 600g Javelin was 6th with 22.40m, Finished third in the **Heptathlon** with 4,094 points.

**Oxford City AC Open, Horspath** 28/08 : **NICHOLAS PERCY U17** won the 5kg Shot with 16.73m, also won the 1.5kg Discus with 54.43m, and won the 5kg Hammer with 64.55m.

**Peterborough Open** 29/08 : **NICHOLAS PERCY U17** won the 5kg Shot with 15.89m, also won the 1.5kg Discus with 55.56m.

**Sainsburys UK Schools Games, Sheffield** 03/09 & 04/09 : **NICHOLAS PERCY U17** won the 1.5kg Discus with 57.20m, **MICHAEL CALLEGARI U17** in the 3000m was 2nd in 8:49:79

**South West League, Division 1, Yeovil** 04/09 : **ALEX LEE U20** in the 100m was 5th in 11.51, in the 200m was 3rd in a SB 23.43, in the 400m Hurdles was 2nd in 56.40, in the 7.26kg Shot was 8th with 9.68m, **ANDREW ELKINS U20** won the 6kg Hammer with a throw of 63.55, also in the 1.75kg Discus was 2nd and threw a SB 35.32m, **ADAM CARPENTER U20** won the 1.75kg Discus non-scoring with 25.56m, also in the 800g Javelin was 12th with 29.18m, finally **MELISSA COURTNEY U20** in the 800m won in a time of 2:16:84, also in the 1kg Discus was 9th and threw a PB 13.84m.

**Woodford Green Open** 30/08 : **ENGI OSSAI V35** in the 100m was 4th in 11.25, **SAGIE BENAÏM** in the 1,500m was 2nd in 4:07:50.

#### Road Results

**Maidenhead Half Marathon** 04/09 : **BARRY CHISOLM V50** was 363rd in 1:43:03, and was 27th V50.

**Middlesex 10k, Hackney** 04/09 : **RONAN BREEN V40** was 33rd in a SB 38.09, and was 4th V40.

#### Upcoming Fixtures

September 11th National Junior League Final at Derby.

September 17th St Albans Cross Country Relays.

September 17th European Champion Clubs Cup for Juniors at Castellon de la Plana, Valencia, Spain

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Alan