

SBH SPECIAL AWARDS DINNER AWARDS LIST – 17 DECEMBER 2022

Zharnel Hughes

UK ranking 100m 2 9.97 200m 2 20.07

World Championships 100m + 4 x 100m relay **Bronze**

Commonwealth Games 200m **Silver** + 4 x 100m Relay **Gold**

European Championships 100m **Silver** + 200m **Gold** + 4 x 100m Relay **Gold**

Elizabeth Bird

3000m S/C

UK ranking 1 UK and SBH record 9.07.87

World - 3000m S/C, Commonwealth Games - 3000m S/C **SILVER**, European - 3000m S/C **BRONZE**

Kyle Langford

800m

UK ranking 3 Club record 1.44.49

World Championships

Hayley McLean

400m hurdles

UK ranking 3 53.67

European Championships 5th sf - 400m Hurdles

Josh Faulds

400m hurdles

UK ranking 5 overall. 3 ranked U23 50.05

European Championships

Ellie Baker

UK ranking 800m 4 1.59.52, 1500m 5 4.04.90

World Championships 800m SF, 8th European Championships 1500

Charlie Dobson

UK ranking 200m 4 20.19, 400m 3 45.11

European Championships - 200m 4th, 4x400m **GOLD**

Ojie Edoburun

100m

UK ranking 4 10.07

Commonwealth Games – 100m + 4 x 100m Relay **Gold**, European Championships – 100m

Nick Percy

Discus

UK ranking 2 65.00m

World Championships **14th**, Commonwealth Games **5th**, European Championships **14th**

Jessica Hunter

100m Hurdles

UK ranking 3rd 13.12

European Championships

Jade Lally

Discus

UK ranking 1 61.78m

Commonwealth Games DT - **SILVER**, World DT - 8th in Q, European DT - 9th

Scott Lincoln

Shot put

UK ranking 1 20.92m

World Indoor - SP 16th, World - SP 8th in Q, Commonwealth Games - SP **BRONZE**, European - SP 10th

Beth Potter - one of our best-ever endurance runners who has switched to Triathlon

World Championships – Sprint Triathlon **Bronze** – Sprint Relay Triathlon – **Silver**

Commonwealth Games – Triathlon – **Bronze**

Lina Nielsen

400H

UK ranking 2 54.73

World - 400mH 8ht, Commonwealth Games - 400mH 6ht, European - 400mH 5th sf

Chris Bennett

Hammer

UK ranking 3 73.48m

Commonwealth Games – we wish him a happy birthday today on his 33rd birthday

David Smith

High Jump

UK ranking 1 2.25m

Commonwealth Games, European Championships

Glen Quayle

Pole Vault

UK ranking all 15 U23 4 5.03m

Commonwealth Games

Shadine Duquemin

Discus

UK ranking 3 58.26m

Commonwealth Games

Zane Duquemin

Discus

UK ranking 3 63.76m

Commonwealth Games

BEST PERFORMANCE AWARDS 2022

NAL TROPHY – WOMEN

Hayley McLean

NAL TROPHY – MEN

Greg Thompson - Discus

UK ranking 4 61.23m

Southern Champion, England Champion, competed in all 4 NAL matches, covered DT, SP + HT

HURDLES CUP – MEN

Josh Faulds

LONG DISTANCE ROAD RUNNER OF THE YEAR – WOMEN

CROSS COUNTRY SENIOR CLUB CHAMPION - WOMEN

Naomi Taschimowitz

MASTERS DISTANCE RUNNER OF THE YEAR – MEN

Kojo Kyereme – 5000m

UK ranking 1 at V45 14.51.68

World Masters Championships – 5000m – Gold Medal

CROSS COUNTRY MASTERS CLUB CHAMPION – MEN

Robert Rigby

COACH OF THE YEAR

Ty Holden – ZICO JONES – local schoolboy – joined as an 11-year-old – as an U15 he's ranked 3rd on the UK all-time list for 300m with 35.29 - now a first year U17 – runs 400m + 200m Welsh Junior Athlete of the year – Won National, Southern, UK Schools Games titles and was 2nd in the National Indoor 400m Championship. His UK ranking is 2nd at 400m 48.6 and 4th at 200m 21.87

ANGEL MCLEOD – joined as an 11-year-old – now a first year U15 –Southern Championships won gold in 100m and silver at 200m. At the English Schools won silver in 100m. National Championships – 4th in 100m. UK ranking - 60m indoors 3rd 7.83, 100m 8th

JOSEPH WHEELER-HENRY – Happy Birthday today at 15 - joined as an 11-year-old – as an U15 he's ranked 2nd 200m 22.46 and won silver medal at English Schools. Unfortunately, he's also a talented footballer and has signed Youth Academy forms with Chelsea. So, we don't now see too much of him.

OFFICIAL OF THE YEAR

Neville Thompson

Joined in 1972 aged 17, threw JT, DT, SP +HT. Coached by GM in his early days. Senior GB at DT. Moved to coaching with a long string of successes including his son Greg. Moved to field official to help the Club and is now Level 2 and will be Level 3 in 2023. Represented the club all season.