**Annex 3**

**COMPETITION REPORT**

T&F LEAGUES

Most successful of the leagues in which the club competes was the UK Women’s League, where after placings of 2nd, 2nd and 1st in Division 2 the club finished 2nd overall and so gained promotion to Division 1 for 2019. Support for the team and team spirit was strong in the fixtures at Bedford, Liverpool and Sheffield.

In contrast, support for the Southern Athletics League team was poor in terms of numbers and the club finished 16th and last in Division 2 East and so is relegated to Division 3 for 2019.

The Eastern Young Athletes League team did reasonably well finishing 16th in a 26 team league.

Our other team for Young Athletes under 13 and under 15 - the Youth Development League (Lower) was affected by low turn-outs in the 4 matches and placed 8th and last in Division 2 Central, but will remain in this division in 2019 after a restructuring process.

The club's veteran (over 35) athletes competed in the Herts & North Middlesex section of the League with individual success in many events

Many thanks are due to the team managers for their efforts in ensuring representation in these leagues.

CHAMPIONSHIPS

UK CHAMPS

Seven club members were invited by UKA to compete in these champs in Birmingham. They were Eden Davis,100m; Eloise Meakins,JT; Khai Mhlanga,800m; Lauren Thompson,400mH; Hannah Williams,400m; Jodie Williams,200m and Sam Woodley,DT. The meeting doubled as the trials for the European Championships and Jodie, now based in Phoenix, Arizona, qualified for Berlin by placing 3rd.

EA CHAMPS U20/U23

These champs in Bedford saw 10 club members taking part, with 3 winning medals - Hannah Williams 1st,U23 400m; Laura Armorgie 2nd,U23 HJ and Sam Woodley 3rd,U20 DT. Also competing were Erin Breen, Aaron Cooper, Eden Davis, Lara Hansen, Khai Mhlanga, Bret Okeke and Emily Ruane.

SOUTHERN CHAMPS

There were 3 Gold medals for Herts Phoenix in these champs for Senior and Under 20 athletes - Lauren Thompson SW 400mH in club record time of 57.32; Eloise Meakins SW JT and Sam Woodley U20 DT. Other club competitors were Georgina Anderson, Elliot Breen, Erin Breen, Aaron Cooper and Lara Hansen.

HERTS CHAMPS

A good turn-out of club athletes for these champs in Watford saw no fewer than 25 medalling --

**Gold Silver Bronze**

Georgina Anderson U20,400m Erin Breen Sen,PV Bryce Breen U17,PV

Elliot Breen U20,PV Miles Douglas U15,200 Ben Freckleton U17,200

Eden Davis U20,100 & 200 Lara Hansen U20,400 Christa Hetherington U17,100

Myles Douglas U15,300 Christa Hetherington U17,80H Thomas Kennedy U20,400

Amelia Gittens U13,100 &200 Harry Scully U20,400 Trinity Meikle U13,200

Adam Hughes U20,800 Imogen Walker U20,PV Rebecca Porter U20,DT

Lottie Julian U17,200 Lauren Simpson U17,200

Eloise Meakins Sen,JT

Ena Olivier U13,70H,HJ &LJ

Lottie Rowedder U20,5000

Lauren Simpson U17,400

Callum Stern U15,80H

Chloe Vernon-Hamilton Sen,TJ

George Ward U13,800

Sam Woodley U20,DT

ENGLISH SCHOOLS CHAMPS

Khai Mhlanga (for Essex schools) and Sam Woodley (for Herts schools) were winners in the Senior age-group in 800m and discus respectively.

Also representing Herts Schools were Georgina Anderson, Bryce Breen, Elliot Breen, Myles Douglas and Shaka Egbo.

BUCS CHAMPS

Several club athletes turned out for their University or College in these champs in Bedford. Top performer was Laura Armorgie who placed 3rd in High Jump.

CROSS-COUNTRY

Club runners were in action throughout the winter in the Metropolitan CC League made up of 5 fixtures. To figure in the final overall individual standings runners had to run in at least 4 of the races. Good results in these categories were:

Lottie Rowedder - 1st U20, ran 5 of 5, placed 1st/1st/1st/1st/1st

Daniel Gill - 1st U15, ran 4 of 5, placed 1st/4th/4th/2nd

Brett Rushman - 1st U17, ran 5 of 5, placed 3rd/1st/1st/3rd/1st

George Rowedder - 2nd U20, ran 4 of 5, placed 7th/9th/7th/7th

John Eves - 3rd SM, ran 4 of 5, placed 12th/5th/5th/7th

 Richard Bloom - 1st V70, ran 4 of 5, placed 1st/1st/1st/1st

 Special mention to those others who competed in all 5 races:

 Holly Hudson U13

Lily Harrison-Stokoe U13

Ethan Primett U15

Rhys Thomas U15

Harry Gilham SM

The Herts CC Champs were held in early January at St Albans. There were team medals for HPX in U11 Girls (3rd) and U15 Boys (2nd). Individual club medallists were:

Georgie Featherstone 1st,U11; Lottie Rowedder 1st,U20; Emily Ruane 2nd,SW and Brett Rushman 2nd,U17M.

Afewerk Rossom competing in the Essex champs was the winner in the U20M race.

 Several club runners took part in the Southern Champs at Parliament Hill and National Champs at Harewood House, as well as representing their County in Inter-County events at Horspath and Prestwold Hall, and English Schools Champs at Temple Newsom.

Khai Mhlanga represented GB in European Cross-Country Champs in Netherlands. She placed 7th in the Under 20 race and helped GB to team gold medals.

ROAD-RUNNING

The club was again involved in the Midweek Road Race League and best results across the series of 5 races came from Afe Rossom, who won each race he took part in.

*Stuart Broadhead - Competition Co-ordinator. March 2019*

---------------------------------------------------------