

WINCHESTER & DISTRICT AC

Annual Awards

2009-2010

Saturday 27 March 2010

Winchester & District AC Annual Awards 2009-2010 Season



A Word From the Chairman

George McCallum, Chairman Winchester & District AC

It has been a great honour to serve as Chairman of WADAC and when I look back over last year's achievements we have a club that we can all truly be proud of.

On reflecting on the past year we have made great strides forward in the 3 areas of PERFORMANCE, PROGRESS and PARTICIPATION.

When I think about *participation* I am reminded that our membership is at record highs at 530 making us the biggest club in Hampshire. This is not hard to believe when you look at the huge numbers on a Thursday evening at the track. The buzz of excitement for a training night is tremendous. And it is not just about numbers. When WADAC turn up for any event we see huge numbers wearing black and gold and our support is second to none. This was probably best typified by the four track and field events we hosted at our home track for the first time this year and of course the Hampshire League cross-country at Farley Mount. We have also seen some great participation of our club in the local community. Most noticeably the creation of the Beginners Group to introduce people to our sport for a first time has been a huge success.



Progress – of course we only have to think about the huge number of PBs that have been achieved during the year. One would expect to see this with our younger athletes as they grow and develop but we saw records in Vets Track and Field and even the Romsey 5 produced an array of personal improvements. It is great that in our sport everyone can strive towards their goals. And it is not just individual progression as a club we have also progressed our administration to cope with our growth – although we are still reliant on a few key individuals. It is YOUR club and we need your help to keep it moving forward.

However first and foremost as an Athletics Club our priority has to be the *performance* of our teams and individuals and when I look through the awards booklet it is great to be reminded of the achievements during the year. Our Junior section (both in terms of cross-country and track and field) is now a force to be reckoned with. Our senior road and cross country remains a true area of strength for the club either at the local level or on the bigger national stage. Numbers turning out for our senior men's and women's track and field teams were a disappointment this year. This is an area where I hope we will improve as our younger talent comes through. Of course I cannot finish without a mention of our Senior Women's Vets Track and Field teams and individual performances.

It is safe to say that that whenever the black and gold of WADAC is on the start line the competition now take notice.

I am confident that we will build on these successes next year but tonight is about recognizing our best performances – join me in celebrating them.

Simon Stevens

WADAC road running teams had another excellent year. In the Hampshire Road Race League our A and B teams won the men's and women's competitions for the 3rd consecutive time with strong leads. We were once again among the biggest participating clubs: 46 women and 64 men put in 337 individual performances in the 2008/09 league. There were signs though by the end of the season that our domination was under threat in the men's competition.



Wins in Salisbury and Eastleigh were enough for us to secure our league wins. In the last 2 races – Alton and Netley – our turnout was maintained but we failed to dominate the results.

The beginning of the 2009-2010 season would show whether there was any longer term weakening in our road race strength. Our teams made a good start at Overton, winning the A and B team competitions. Cracks then showed. We had too few runners at Victory to produce a C team of men or women, and our best performing team was the women's A in 3rd. At Solent our men recovered with a win and 3 teams, while the women managed just one team and 7th. Performances then improved and we ended 2009 at the top of men's A and women's A and B leagues. Weaker turnouts since have once again put the men's title in serious doubt, though the women remain well-placed to retain theirs.



In the County Championships, we have reigning champions in Emma Patel and Toby Lambert for 5 miles, Jo Jefferies V35 10K, Simon Stevens and Katharine Jones V40 and V45 half-marathon respectively and Paul Rogers V60 marathon.

Elsewhere on the road our 20 strong Welsh Castles team managed a creditable 11th out of 42 teams in the open competition.



The London Marathon saw five WADAC men complete in under 3 hours and six women in 3-and-a-half hours, including 3rd place for Karen Hazlitt in the Vets category. Tom Payn managed a string of incredible PBs, including 2:17:29 at the Fukuoka Marathon in Japan, 65:00 at the Bath Half and 49:53 over the 10-mile Great South Run. Toby Lambert added a 29:32 PB over 10K to his already superb record. Katharine Jones was third overall in the Cayman Islands Marathon.

Three teams turned out at the Test Way relay including a winning ladies' team, 3rd place for the men and 4th for the mixed team.

RR10 2009 Season

Jonathan Kane



Each summer there is a series of ten off road races of around 4½ miles at various venues from Sway in the New Forest to I.B.M. at Hursley. There are twelve local clubs involved and on average 300 runners per race. A men's team consists of five and the ladies three.

There are no entry fees, you just turn up on the evening wearing your club vest and run. It is competitive but fun.

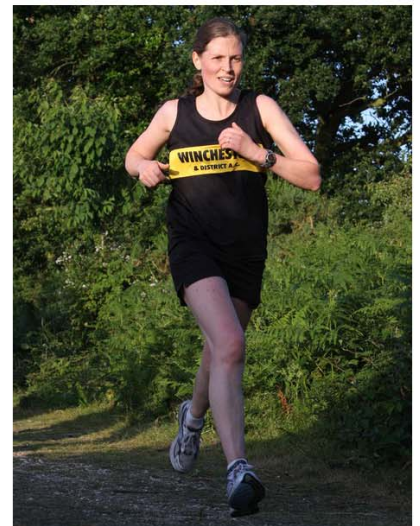
The 2009 season saw Winchester's men's team secure the runners-up position again, behind Southampton Running Club. Julian Mann was our highest placed overall man in the overall standings with a 4th-placed finish.

The WADAC ladies' team was second equal with Eastleigh Running Club, behind Team Southampton. Janet Littlewood was our best placed individual lady, finishing 9th at the end of the series.



I have passed the Team Managers role over to David Walker and would like to thank all those members who supported me over many years.

I wish David well in the role and know the club will give him the same backing as I received.



Junior Cross-Country 2009-2010 Season

Stella Bowling

The autumn season began for some athletes at the Overton road race in September, where Stuart McCallum and Jade Bowling scored first-place finishes in the male and female junior races respectively.

For the SEAA road relays, we fielded both an A and B team for the under 13 girls. A team Phoebe Rochford, Lucy Rochford and Rosie Upton came home in 10th place and B teammates Imogen Emmett, Hannah Knapton and Klara Lyne, secured 15th place. The under 13 and under 15 boys took 15th and 19th place, respectively. The under 15 girls built on last years success, climbing one place to 6th position (Rebecca Knapton, Georgia Morris, Laura Fenwick), whilst the under 17 women's team (Louisa Warwick, Jade Bowling, Amy Rochford), came home in 10th position.



For the National Cross Country Relay championships we again had 2 teams for the under 13 girls, with Lucy Rochford, Phoebe Rochford and Hannah Knapton in the A team coming 8th place, the best ever finish for the club in this age group. B team Imogen Emmett, Rosie Upton and Klara Lyne finished 23rd overall, the third placed B team. The under 15 girls came 14th, while the under 17 women team, (Louisa Warwick, Jade Bowling and Amy Rochford) came 6th place overall.

Unfortunately the Hampshire Championships were cancelled this year and the Hampshire League was also hampered by the weather with one of the five races being cancelled.

In total, 45 runners competed throughout the league, with shining performances from Rosie Upton, Klara Lyne, Imogen Emmett, Rebecca Knapton, Georgia Morris, Jade Bowling, Calum Upton, Charles McLoughlin, Will Stafford and Jack walker, who represented the club at all 4 matches.

This season our teams have been buoyed up by several newcomers, notably Charles McLoughlin, Will Stafford, Jason Haw, Klara Lyne and Emily Stoodley (10th place in her first ever cross-country race with trainers on!). The under 15 girls have been strengthened by newcomer Georgia Morris, whilst the under 17 girls have had welcome additions in Sarah Lawson and Victoria Stoodley, which have enabled them to keep the team going throughout the league.

At the last league match in Salisbury we picked up 2nd team trophies for under 13 girls, under 15 girls, under 17 women, and under 13 boys. Individual trophies were awarded to Hannah Knapton, 2nd individual, and Lucy Rochford, 4th individual under 13 girls. Calum Upton 2nd individual under 13 boys. Rebecca Knapton Hampshire League Champion under 15 girl, Amy Rochford 3rd individual under 17 women.

Eight individuals also ran at the National Cross Country championships at Leeds where Rebecca Knapton excelled for the under 15 girls coming 2nd and Calum Upton came a fine 5th in the under 13 boys. A number of athletes are also through to the English schools in March, including Rosie and Calum Upton, Phoebe Rochford, Georgia Morris, Stuart McCallum, Rebecca Knapton, Jade Bowling and Amy Rochford.

Senior XC and Championship Road Relays 2009-2010 Season

Dave Kennedy

Last April saw the men contest the Southern 12 Stage Road Relays in Milton Keynes for the first time and with a real mixture of youth and experience the team placed an excellent 12th with Tom Payn posting the 7th quickest long leg and Max Kiralyfi our quickest short leg. The ladies gave it a real go in their event held over 6 Stages and led going into the 5th leg finally taking a wonderful set of silver medals, with Louise Damen 3rd quickest of the day. The National Road Relays in Sutton Coldfield later the same month saw the men 31st, with Tom Payn 6th quickest short leg and Chris Powner, our quickest long leg. Our women traditionally perform well at the Sutton Coldfield venue and again showed their class with a fine 7th position, with Louise Damen 4th quickest overall.



On to the autumn and The South of England Road Relays saw the senior women finish 35th and the men 55th with Phill Berntsen the pick for the men. Perhaps the biggest achievement of the year was the veteran quartet of Clare Knapton, Michaela McCallum, Karen Hazlitt and Lucy Elliott, in placing 6th of the 69 competing teams and smashing the Over 40's course record by 56 seconds. It will be interesting to see just how many years their record will last. The women went on to contest the National Road Relays with Lucy Elliott quickest of the Winchester quartet as the team placed 14th.

The Hampshire XC League fixtures saw black and gold vests to the fore as Toby Lambert (Farley Mount), Tom Payn (Goodwood) and Lucy Elliott (Popham) each won with the men 3rd and the women 2nd at the end of the season and both the men's and women's veteran teams victorious in their categories. Tom (Senior Men) and Michaela McCallum (Veteran Ladies) were individual champions.

The Southern XC Championships saw another "high" as the senior women scorers of Jess Macrory (15th), Michaela McCallum (22nd), Barbara Hosack (37th) and Emma Patel (63rd) took bronze medals with Phil Killingley (50th of 806 finishers) the top senior man.



The National XC Championships at Leeds, was for the Club, all about the Junior athletes but it gives a great opportunity to mention the value to the Club of the seniors that did run, Clare Knapton, Madeline Vosser, Lou Walker, David Vosser and Dave Kennedy who all put a lot of appreciated time and effort into the Club behind the scenes from many angles.



Ewan Simmonds

Hampshire League:

Three matches were held at Winchester, Eastleigh and Portsmouth over the Autumn and Spring terms and involved teams of up to twelve boys and girls in the U11 and U13 age groups, with the U15 competition for individuals. WADAC's U11 Boys won their competition with our U11 Girls coming third due to a lack of experience rather than poor performance. U13 Boys came a close second overall, having lost the third match in the last relay the by .04 secs, after sharing the lead after Match 2. The U13 Girls finished fifth overall; again due to lack of numbers. U15 - Of our 2 boys, Jack Mitchell came second with Alex Hill-King third, and of our two girls, who competed in all three matches, Fiona Brown came first overall with Rosa Tallack a brave and unanticipated third. Jack, Alex, and Fiona, were selected to compete for Hampshire in the regional competitions

Aviva Regional Competitions:

The Aviva sponsored competitions for all 3 age-groups were held at the Olympos, Burgess Hill this year. At the Regional Finals for U13/15s on 08-Feb-10 we had 1/12 girls and 2/12 boys in the U13 team competition which the Hampshire boys won, qualifying for the UK Final on 18-Apr-10. The girls finished fifth. In the U15 All Rounder competition we had one boy and two girls competing for Hampshire. The boys' team came sixth out of six teams, due to the unfortunate absence on the day by 2 of its 6 athletes, but the girls qualified for the UK Final as winners with a clear margin of 74 points from Surrey, reversing their positions of last year. The Regional "Fun in Athletics" for U11s took place on 14-Mar-10 with Winchester making up 5/13 boys and one girl for the Hampshire teams.



Summary of the Year:

Our thanks go to Mark & Elspeth Brown, the U13 team managers, together with Karin Gray for the U11s - all three first timers. Thanks also go to fellow coaches, Ernie Chambers & Tony Bateman, Steph Cooke, Robert Ellis and Eugene Wills, and some willing parents, without whose help Sportshall could not have survived. We can achieve even better results in the future with increased athlete participation. We wish to thank the parents of the 41 (41 also in 2008/9) young athletes (20 boys and 21 girls) who competed at some stage during our year, and who have contributed to a real team ethos. 22 (12 boys and 10 girls) competed at all three locations, compared to the fourteen last year.

The Future:

We encourage ALL our young athletes to compete in as many of the competitions as possible, on a Saturday or Sunday, whether the three League fixtures, the Aviva Regional Competitions at a higher level, the National event (if qualified), or the Individual Competition, which is an opportunity for all our athletes to compete, and also to take advantage of circuit training in the gym when the Sportshall is unavailable due to exams.

Quadkids 2009 Season

Karin Gray

Quadkids requires up to 14 Under 11 Boys and Girls to compete at 4 events during each League Match in 75m, 600m, Long Jump and Vortex throw.

Wessex League:

The Wessex League has pioneered the Quadkids format. Many congratulations to the WADAC Quadkids who came 3rd after 4 league matches, behind Oxford City (2nd) and Slough (1st) out of 19 clubs. This is an outstanding result given we struggled to get enough athletes for the first match, but in following matches managed 1st at Andover, 2nd at Poole and a resounding 1st at Winchester for the final match.

At the Quadkidscup match in Basingstoke Harry Talks managed 3rd individual place overall, WADAC taking 5th team place.

Several Quadkids have scored in the 2009 record books:

- Harry Talks
- Justin Blake
- Max Kirwan
- Isobel Gray
- Tilly Bray
- Alex Miller
- Harry Tosen

Winchester Club Match:

To give everyone a chance to compete, we staged a club match in September. Thanks to a very willing and talented bunch of parents who helped to time, measure and organise, we held a very successful match on a glorious late summer evening. For the girls Tilly Bray came first, followed by Alex Millar then Isobel Gray. The boys match posed a dilemma with 3 boys tying for first place (Max Kirwan, Harry Tosen and Justin Blake), followed closely behind by Harry Talks.



WADAC Quadkids succeeded in being nominated for an award at the annual Winchester and District Sports Awards, in the Junior Category.

Karen Hazlitt and Michaela McCallum thought our juniors would be best trying out Quadkids if they wished to compete, or recreational athletics otherwise. This format has worked well.

Many thanks to all coaches, officials, parents and children for all the commitment and positive attitude shown. Thanks to Tom Reid for being our excellent and willing statistician, website manager and photographer as well as cheering his son William leading 600m races!

The Quadkids format has been so successful that England Athletics are rolling the format out at club and school level. Here at Winchester Quadkids has given many children the chance to try out 4 events. Some have been surprised to find out they have a talent in a particular discipline. Childrens' performances have improved, they have experienced an increase in self confidence, and had lots of fun.

Women's Track & Field 2009 Season

Moyna Lee

Last summer's Southern Women's League matches were usually well supported by our senior ladies with our U15 girls competing when other leagues managed to avoid unfortunate weekend fixture clashes.

Overall there were eight PBs broken during the season

Oxford's meeting we saw Jess Macrory break both her 800m and 3000m PBs in her first outing for the club. There were wins for India Lee 800m, Jess in the 800mB & 3000m, Lorna Russell 3000mB. Also performing well early season were Gabriella Oliver in the 200m & 80mH and Jessica Maw with a 2nd in the HJ and 3rd in the LJ and 800m.

At Salisbury in May Rebecca Knapton bettered her 800m with 2:22.7 and a win. Also winning on the day were Lucy Elliott 1500m and Sarah Holiday 3000mB. In Poole Rebecca again won 800m and Sarah Holliday the 3000mB.



So July and to Andover and it was a case of 'here come the girls'. Four PBs today - Olivia Hazlitt (LJ), Karen Hazlitt (800m), Sarah Burgin (400m) and Nicola Ferris (LJ). Cleo Oliver made a couple of rare track appearances, Annie Hazlitt hurdled and sprinted. Fenella Langridge and Emma Patel scored much needed 800m and field events points. There were wins for India Lee 3000m, Karen Hazlitt 3000mB, Nicola Ferris LJ and of course the fantastic 4x400m - beating home team Andover, the sprint specialists into 2nd (they had beaten us by a vest width in Oxford). A fun day, contested with great team spirit.

The final match in September was in Bournemouth (yes Sue, Bournemouth). Sue True won 1500m in a new PB. Nicola Ferris won the 100h and HJ and took 2nd in the JT. Sue also won the *TomTom* prize for quickest time between track venues, having arrived at Poole only to realise she should have been in Bournemouth!



These matches are always enjoyed by those that attend and they get some very good results. We win most of the events we fill with event specialists. We pick off so many of the other events with athletes being prepared to run 'not their usual distance'. We always fill the relays at the end of the day as everyone stays around to support.

Past Team Manager Sue Hume, although now not able to attend as often as she would like, always arrives with hammer, discus & shot and her sprint spikes in the hope she can relive her 4x100m and 4x400m from last season. She gives valuable moral support and advice when asked. Sue, you are a legend!

I am looking forward to managing this league team this season and hope we have fun, enjoy some good competition and most importantly win that 4x400m!

Veterans Track & Field 2009 Season

Karen Hazlitt

2009 saw the WADAC ladies win the Hampshire League to then have the honour to represent Hampshire at the Southern Finals in Ashford in September. In true WADAC style the ladies did not set out to win the league, but through true team playing with the emphasis on maximum points the strategy paid off. We were fortunate, this year, for the first time since I have been team manager to have a sole V60 representative in Moira West, and wow what a season she had (as you will see from her personal write up in this booklet). It has to be said that she set the standard and encouraged all the ladies to take part in events that perhaps were not their preferred choice.



Credit must also be given to Alison Fenwick, who won the gold medal at the Masters Triple Jump in Birmingham in July.



Our home fixture was superbly supported by

Athletes, Officials, Club members and families to make a memorable evening and a home win by our ladies.

Our chaps had a solid season, hampered a little by injuries, but not by enthusiasm. Ian Leedham, Martyn West and Simon Hazlitt all were awarded unofficial multi-eventer of a Match!

Elsewhere WADAC Vets were in action in the 4 stage Masters road relays in Sutton Park in May, and the ladies won the Southern Vets 4 stage road relays in Aldershot, breaking the course record (Hazlitt, McCallum, Knapton and Elliott). Karen Hazlitt secured a FV40 win at the Amsterdam Marathon in October and in December Steve Goodwin won MV50 prize at the Cayman Islands Marathon.

My aim for the Vets matches is to encourage new members to take part. This happened at each of the 4 matches. I hope that this tradition will continue into 2010.

Any over 35's who do not receive my e mails please drop me a line:
Hazlitt@hazlittfamily.co.uk



Junior Track & Field 2009 Season

Michaela McCallum

Having gained promotion to Division 1 of McCain National Young Athletes League last year the objective for this season was clear – avoid relegation and confirm our status as a worthy Division 1 team.



The season kicked off with a home match on the weekend that marked the official opening of the track. With many of our younger athletes having been in the various press coverage the day before it was down to business and a solid performance saw us finish in 3rd place. The next match took us up the road to Hillingdon and a first ever team bus. A real fun experience and another 3rd place.

The third match of the season on a hot Sunday was marked by action off the track as the team managers had a car crash on the way to Bournemouth. A great effort by stand in coaches and

parents helped to manage the team to another 3rd place. To celebrate a big group of athletes and parents headed to the beach to cool off those legs. Another 3rd place at Salisbury left it all to play for in the final match of the season.



Junior Track & Field 2009 Season

The climax of the season came with our second host match. Not only did we produce our best performance of the season finishing 2nd and securing Division 1 competition for next year but we celebrated with an end of season team BBQ. It was a fitting finale to our first season on our new track.



During the season there were a huge number of excellent performances and PBs but it was our ability to get large numbers out so we were able to cover most events that really helped the team. On each occasion it was those single points that really made the difference.

In the Wessex League our objective was simply to provide extra competition with priority given to those who weren't selected for NATYAL. However merely turning up is not the WADAC way and during the season we were able to put out some really strong teams such that our team scores were really making an impression. This really underlines the strength in depth at the Junior end of the club.

WADAC Individual Award Winners 2009-2010 Season



Ian J Berry

All Round Performance - Male

Ian Berry's perpetual smile, willingness to try anything and an obsession with wearing his black-and-gold WADAC vest make him a worthy winner.

Ian completed 3 marathons in 2009. He recorded a new PB at London in April (2:39:36), then provided metronomic pacing for the sub-3h team at Amsterdam in October. He is a stalwart of the Hampshire Road Race League - he has progressed through the WADAC ranks to be a consistent A-team points scorer when racing, and ever-present even when using the races as training sessions.

Despite his protestations about mud, Ian ran RR10s and cross-country races for WADAC. He put together a team to tackle the Clarendon Way Relay Marathon. The team (McCallum, Berry, Mann, Stevens) won and also secured a new course record. In typical *Ian* fashion, as soon as his relay leg was over he started the Clarendon Half-Marathon, finishing in the winning team for the second time in one day!

Track races bring a bemused look, but no lack of enthusiasm for the Vets League. A memorable (and wet!) debut at the 3000m steeplechase proved that sometimes eagerness can overcome a lack of talent! Among his 48 races in 2009 in a WADAC vest, Ian beat the train at *Race the Train*, secured an Elite start at the Paris-Versailles race, and competed in the WADAC teams at the Welsh Castles, Test Way and the Road Race Relays.

In March 2010 he raced the hilly Cotswold Marathon, securing a career-best Second-Place finish.

Karen Hazlitt

All Round Performance - Female

This year Karen has demonstrated her multi-disciplined talent with success across a wide range of race distances.

She competed at the English National Cross-Country Championships at Parliament Hill, finishing in a very impressive 40th place.

On the track, Karen is well known as the manager of the Vets League team for WADAC and is always prepared to race as well as manage. She also appeared in black-and-gold for the Southern Women's League and it was there that she recorded a new PB in the 800m with a stunning time of 2:22.7. She finished the season as manager and competitor of the WADAC team representing Hampshire in the Southern Area T&F Finals at Ashford. The team finished in third place.

She was a member of the team that won Vets gold medals at the 4-stage road relays in Aldershot (with a new course record). She also won silver in the Southern 6-stage road relays in Milton Keynes with a superb last leg performance.

On the road, she won the Ryde 10 and was 5th lady at the Bath Half-Marathon (1:21). She ran both the London and Amsterdam Marathons, winning the FV40 race at the latter.



WADAC Individual Award Winners 2009-2010 Season

Sandra Bowers

Long Distance Runner - Female

Traditionally the *Long Distance Runner* title has been awarded to WADAC's fastest marathon runner. However, this year there is only one WADAC athlete that can truly be said to have conquered the world of *long distance*.

Sandra's season begun by representing Scotland at the Anglo-Celtic 100k in Galway in March where she ran a new PB and was crowned the Scottish Champion. Her stunning performance (8:28:58) is the 18th fastest UK result of all-time. Her performance was rewarded with selection to run for Great Britain. She made her Team GB debut at the World and European 100k Championships in Belgium in June.



She ran her third 100k of the year at the inaugural Commonwealth Ultra-Distance Championships in Keswick in September.

Between her appearances as an international elite athlete, Sandra represents WADAC at numerous marathons each year. She also secured a 5k outright race win at the *Santa Run* in Portsmouth in December (beating all the male *Santas!*).

She and her three huskies are always centre of attention at the weekly Basingstoke Parkruns where her ever-improving times prove that Sandra's got great speed as well as phenomenal endurance.

Tom Payn

Long Distance Runner - Male

Twelve months ago Tom Payn held a marathon personal best of 2:18:46. A time he secured when finishing an impressive eighth place at the 2008 Florence Marathon. Since then he has continued to demonstrate his prodigious talent at road races and cross-country.



His appearances for WADAC in the Hampshire Road Race League netted wins at both the Lordshill 10 and the Gosport Half-Marathon. Such performances are impressive alone, but quite amazing when one learns Tom raced then at his intended marathon pace!

Three weeks after Gosport, Tom travelled to Japan for one of the most prestigious marathons in the world. Entries in the elite field for the Fukuoka Marathon are strictly by invitation only, with the few hundred entrants all capable of 2:45 or (much!) quicker.

Tom ran a perfect race to come home in 12th place overall, and record a stunning new PB of 2:17:29.

For anybody a one-minute PB would be cause for celebration, but Tom's post-race party must have been as spectacular as his marathon! His sub-2:18 finish has met the qualifying standards for the 2010 Commonwealth Games in Delhi in October, and also for the 2010 European Championships in Barcelona in July.

For these achievements, Tom is the undoubted winner of 2009-2010 Long Distance Runner award.

WADAC Individual Award Winners 2009-2010 Season



Andy Gannaway *Men's Veteran/Masters*

Andy competed indoors in the winter at the European Vets Champs in Ancona, Italy, running 400m (57.66) & 800m (2:11.75). He hit the track for the WADAC Male Vets team running 100m (12.9), 400m (58.9) & 800m (2:11.4). He came 5th in the BMAF National Championships in July (V45) 800m (2:09.12) - his season's best. Followed by the World Masters Championships in Lahti, Finland to run 400m (58.63) & 800m (2:11.88).

Andy has also embraced the road this year with a PB at the Gosport Half Marathon (1:25:24), and running as part of the 4-stage road relay team at Aldershot.

Andy is a true supporter of the Vets team, always a smile and can-do approach. He is an asset to the club. 2009 National Rankings V45 - 400m 14th, 800m - 7th.

Moira West *Female Veteran/Masters*

Moira began the outdoor season with her 60th birthday, well placed to take the V60 age category by storm. She did not disappoint us. As WADAC's sole V60 she challenged herself to get maximum points for the team. She excelled at her chosen distances of 100m & 400m, winning Gold medals in the BMAF National Champs in July. After a great WADAC Ladies Vets season, the team went on to represent Hampshire at the SCVAC Finals in Ashford in September. Moira competed in eight individual events on that day plus the relay, scoring 26% of the total teams points! Her contribution ensured that the team came 3rd. Moira is an inspirational athlete, she is dedicated, team spirited and glamorous! National rankings 2009 (V60): 100m 1st, 200m 1st, 400m 1st (PB), HJ 3rd (PB), LJ 2nd (PB). Representative Honours 2009 - South of England at the Inter-Area Match in Solihull in August.



Simon Stevens *Road Runner - Male*

Simon Stevens has provided tremendous support for the WADAC road race team and been a great example for the club.

He has been consistently first or second home for the club over the last 12 months with some excellent performances. These include the Gosport Half-Marathon 1:13:40 (2nd Vet), Overton 5 26:50, Great South Run 56:30 (1st Vet), Solent Half-Marathon 2nd overall.

He is also Hampshire Half-Marathon Champion and currently leading the Hampshire Road Race League.



Natalie Cain *Road Runner - Female*

Natalie made a welcome return to regular racing this season, placing first WADAC female finisher three times and second twice. Her A team finishes were vital in securing WADAC ladies the Hampshire Road Race League title again in 2008/09 and giving us a firm lead so far in 2009/10.

Impressive performances include 3rd place and 31:26 at the Overton 5, 1:28:29 at the Gosport Half-Marathon and second at the Netley 10k.

She impressed elsewhere with wins at the Hurstbourne 5 and the Hursley 10k.

WADAC Individual Award Winners 2009-2010 Season

Alison Fenwick

Most Improved Senior Female

Alison was a permanent and valued member of the WADAC Female Vets team in 2009. Her jumping prowess in the long jump, triple jump and high jump earned valuable maximum points. She happily ran 200m and 400m, although jumps are her preferred event.

2009 saw PBs for Alison in the 200m (30.8) and Long Jump (4.67m).

Her highlight has to be Gold at the BMAF National championships in Birmingham in July where she won the triple jump in 9.04m.



Simon Stevens

Most Improved Senior Male

Simon's enthusiasm and devotion as manager of WADAC's Hampshire Road Race League teams are admirable, but it is in his own race performances that he provides the greatest role model for the rest of us.

Prior to the start of the 2009-2010 season Simon had impressive speed, but in the past twelve months he's upped his game and shown no complacency. He started the year with a new PB at the Overton 5 (26:59), promptly bettered with another new PB at the Victory 5 (26:50). He recorded 2nd place finishes at the Solent Half-Marathon and the Lordshill 10 (just a few seconds outside his PB). Closely followed by a new personal best at the Gosport Half-Marathon (1:13:40).

Amy Rochford

Most Improved Junior Female

Amy's positive attitude and dedication to training has paid real dividends this season on both the track and the country. Narrowly missing out on a Hampshire county medal over 800m seemed to spur Amy on to a great track season with a win in the Wiltshire Schools 800m followed by a personal best of 2:18 and 2nd place in the South West Schools Championships. She also achieved her target of selection for the English schools track championships. Amy has continued to deliver great performances through the winter, finishing 2nd on two occasions in the Hampshire League achieving 3rd in the league for the season, 2nd in the Wiltshire Schools championships and 21st at the SEAA Inter-County Championships in November. The South West Schools Championship at Truro was another successful outing with a fine 14th place.



Jack Walker

Most Improved Junior Male

Track personal bests over 400m (60.5), 800m (2:14.1) and 1500m (4:29.8) have been followed by great improvements throughout the cross-country season. Jack's 800m improvement led to a fourth place in the Hampshire Championships. This was followed by a bronze in the County 1500m but he ran even quicker to take silver in the County Schools Championships. He will be chasing that sub-60s 400m next year though!

Jack's consistency over the country with a best placing of 9th in the Hampshire League at Goodwood led to county selection where he finished 37th at the SEAA Inter Counties Championships contributing as the 3rd counter for the team.

WADAC Individual Award Winners 2009-2010 Season



Tom Payn

Senior Cross-Country - Male

Winner of this award last season, Tom Payn was again the outstanding star on the country.

Focusing on the Hampshire Cross-Country League, he took 2nd place in the opening fixture at Farley Mount, Winchester and followed that up with a win at Goodwood, repeating his victory at the same venue 12 months earlier.

This meant that by placing 4th in the final league meeting, Tom scooped the title of Hampshire Cross-Country League Senior Men's Individual Champion.

Jess Macrory

Senior Cross-Country - Female

The highlight of the year for the Senior Women was in scooping 3rd place at the South of England XC Championships in January at Parliament Hill, Hampstead Heath and in leading the team with an excellent 15th place on the day.

Jess Macrory, who has managed to combat her fair share of injuries during the season, is a deserved winner of this years award.



Tom Anderson

Junior Cross-Country - Male

Running as an Under-20 in the Hampshire Cross-Country League race at Farley Mount, Tom Anderson placed 10th. Later in the season he scored a 3rd placed finish at the Hampshire League race at Popham Airfield.

It was in the ECCU Cross-Country Relays at Mansfield that he really caught the eye. Tom ran extremely competitively, scoring 3rd spot on the opening leg and 7th quickest overall on the day.

He helped the team to an excellent 6th place finish with Phillip Berntsen and Max Kiralyfi.



Jade Bowling

Junior Cross-Country - Female

Jade's hard work and commitment to the club and training has really paid dividends this year. Ever present at all of the Hampshire League races delivering a great set of results finishing 6th at Farley Mount, 8th at Goodwood, 3rd at Popham and 4th at Salisbury.

An international win in Coutances running for Hampshire was followed by a good performance at the South of England Championships with one of her best performances being reserved for the Hampshire Schools championships finishing 5th and assuring a place in the Hampshire team.

WADAC Individual Award Winners 2009-2010 Season

Rebecca Knapton

Under-15 Cross-Country - Girl

Rebecca has dominated the Hampshire League this year with 3 wins out of the 4 races and one 2nd place. Leading the Girls' team to a very pleasing 2nd place team trophy. 9th quickest at the National Cross-Country Championships gave an indication of things to come followed by 4th at the Southern Inter-Counties. Rebecca had one of her best ever performances to date at Parliament Hill fields taking 3rd place in the South of England Championships. She also finished 2nd in the Hampshire Schools behind world student games champion Georgia Peel. At the National Championships in Leeds Rebecca produced an outstanding run with one of the clubs best ever performances at this event taking 2nd place.



Stuart McCallum

Under-15 Cross-Country - Boy

Stuart's first year as an under-15 has been very successful with a number of strong performances with a victory in the Hampshire Schools Championships standing out as his best run to-date.

Stuart started the season strongly at Farley Mount finishing 7th and ran bravely with an injury at Goodwood to support the team but came back strongly with another 7th at Popham in December.

Stuart also enjoyed his 'international' trip to Coutances finishing 2nd overall and leading the Hampshire team to a clear victory over our European rivals.



Lucy Rochford

Under-13 Cross-Country - Girl

Lucy has had a most impressive first full year in the Under-13 age group producing excellent results in all of her races throughout the winter. Her first race in our home fixture at Farley Mount gave a clear indication that she meant business. Running in her committed style finishing 3rd and followed these performances with a 4th at Goodwood and 5th at Salisbury. Her busy racing schedule also produced great runs in the Southern Road Relay championships, National Cross Country Relays, 20th in the Southern Inter Counties, 21st in the South of England, and 2nd in Yr7 Wiltshire schools. One of Lucy's top performances to date must be her superb 2nd place in the South West Schools Championships at Truro.



Calum Upton

Under-13 Cross-Country - Boy

Calum has simply got stronger as the winter has progressed. Starting the season in the Hampshire League at Farley Mount with a confident 2nd in the ever competitive under 13 boys he slipped to 3rd at Goodwood after a nasty fall but came back to 2nd at Popham and nailed it in the final match with a great win at Salisbury. He also took 11th at the Southern Inter Counties but moved up a gear to claim a magnificent 6th spot in the South of England Champs followed by 4th as a bottom year junior boy in the Hampshire Schools and 1st in the year 8 schools champs. Calum produced an outstanding performance taking 5th at the National Cross Country championships in Leeds which ranks as one of the best ever Winchester placings at this prestigious event.

WADAC Individual Award Winners 2009-2010 Season

India Lee

Senior Track & Field - Female

Over the summer India improved her 1500m PB by 5sec over the summer to an amazing 4:35.8. She ran in the England U23 Championships, finishing 4th in final with a PB. At the BUCS Championships she made final and ran another PB. At the Hampshire Champs she finished 3rd with one more PB!



Tom Anderson

Junior Athlete Track & Field - Male

Tom's track performances this season have been remarkable. He succeeded in breaking the 4min barrier at 1500m (3:57.75), set a terrific 3000m time of 8:32.70 & lowered his 5000m PB to 15:24.0. He posted some excellent finishes when he represented the club in the Southern Men's League. In addition he made a stunning road race debut with a 10k in 31:32.



Sarah Burgin

Junior Athlete Track & Field - Female

In May at the County Championships, Sarah's master class of 800m running saw her record a time of 2:15.34 to become Hampshire U20 Champion.

In June at the South of England Championships Sarah secured a Silver medal in 2:12.08 only headed by the athlete that went on to represent GB at the European Youth Festival.

Whilst competing for the club at the Southern Women's League in Andover she lowered her 400m PB to 61.5. Sarah went on to end her season with an impressive 800m PB of 2:10.61 at the BMC meeting at Watford in August. Now at Birmingham University reading Medicine, we send Sarah very best wishes and congratulations on a much deserved award.



Phoebe Rochford

Young Athlete Track & Field - Female

When you look at the young athlete female performances during the year it is probably no surprise that the winner should come from one of the many talented U13 middle distance runners where competition for team selection was so hot that there were just not enough places for our athletes and we often saw 1st and 2nd doubles. It was Phoebe's all round performance however that made her stand out. In addition to her 800m and 1200m we also saw her compete in a wide range of events (75m, 150m, LJ, HJ, 75mH) to bring in valuable team points.

Of course it was her middle distance performances where she is ranked nationally (21st in 1200m and 40th at 1500m) that make her a worthy winner of this award.



Calum Upton

Young Athlete Track & Field - Male

In a team with so many talented athletes it is surprising that the choice of Calum as Young Male Athlete was so easy. However when you see his performances you will understand why. Calum dominated the 1500m for U13 winning all five of the YAL matches and going on to win the Hampshire Championships. It was not just his distance running that earned him this award but also his contribution to the team points competing in 200m, 800m, shot, javelin and discus - an inspiration to all his fellow athletes. He rounded off the season in September with his first attempt at 3000m where his 10:16.7 saw him take the long standing club record from Gavin Smith and reach 2nd in the national rankings. Of course he was already used to having his name at the top of the UK U13 rankings this season - 400m 5th, 800m 12th, 1500m 8th, 3000m 2nd. How about that!

WADAC Individual Award Winners 2009-2010 Season

Ed Clements

Sportshall Athlete - Male

This year the Under-11 Boys' team improved on last year's second place performance to win a very competitive league. They won all 3 matches for maximum points of 30 as a team, and clearly winning the final match.

This young athlete, Ed Clements, contributed 47.25 points to a team total of 310, competing in eleven events altogether. He finished first in 3, second in 4, third in 2 and fourth in 2, with his partner, over a range of seven disciplines.

In this, his final year in the age group, he has steadily improved in all disciplines and competed in all three league matches, in whatever event his Team Manager required. He always contributed positively to relays and may well turn out to be better at longer distances in the future.

He will no doubt look forward to an even more competitive season next year as an Under-13 athlete.



Emma Froome

Sportshall Athlete - Female

Unlike the Boys, the Girls' Under-11 team struggled in the league matches, coming third, fourth and finally second, for third place overall.

This young athlete, Emma Froome, competed in all three matches and contributed a total of 40.75 points to the team total of 265.50, competing in 11 events altogether, including relays.

She came first in 3, second in 3, third in 2, fourth in 2, and fifth in 1, with her partner, over a wide range of events, including a best league time in the Hi-Stepper at Eastleigh.

A most willing and co-operative young athlete, she can look forward to consolidating her skills for one more year as an Under-11 before, hopefully, moving forward successfully into the Under-13 age group.



WADAC Individual Award Winners 2009-2010 Season

Harry Talks

Under-11 Athlete - Boy



Harry Talks is a Quadkids star:

- 8th boy in records with 246 points in 4 events
- 3rd boy in 2009 Long Jump records
- 3rd in Quadkids Cup
- Major contribution to WADAC's 3rd place in League
- Top scorer in two league matches

A word to the club's Jumps coaches...

Harry will give you much work! He has won every Sportshall Jumps competition he has tried, despite starting his first competition with no Sportshall experience.

As he's young in his age band, this makes his achievements yet more outstanding. His attitude is exemplary and he puts 150% energy and focus to everything.

Isobel Gray

Under-11 Athlete - Girl

Isobel Gray is a Quadkids star:

- 9th girl with 196 points in 4 events
- 2nd girl in Vortex Throw with 31.03 metres
- 5th in Long Jump with 3.68 metres
- 10th equal in 75 metre sprint with 11.8 seconds

Isobel is also a keen Sportshall athlete. Often winning the High Stepper event she won the 2008 Hampshire County title. Her times for this event are amongst the best nationally, possibly indicating a future in hurdles?

Isobel always has a smile on her face, loves the company of the other girls in the team, her Nintendo DS and chocolate!



Certificates of Merit 2009-2010 Season

The following athletes have distinguished themselves through their ability, commitment and loyalty to their teams and to the club.

Junior Cross Country 2009-2010

Hannah Knapton
Rosie Upton
Klara Lyne
Imogen Emmett
Georgia Morris
Jessica Maw
Hannah Jennings
Laura Fenwick
Jennifer McLachlan
Victoria Stoodley
Sarah Lawson
Ben Dunford
Charles McLoughlin
Rory McCallum
Will Stafford
Charlie Maw
Sam Appleton

Quadkids 2009-2010

Alex Millar
Cara Upton
Izzy Upton
Millie Newsome
Elizabeth White
Tilly Bray
Harry Tosen
Max Kirwan
William Reid
Tom Lane
Justin Blake
Tom Whitehead
Kieran Horan
Ben Parkinson
Harry Bayles
Jonathan Miller

Young Athletes T&F 2009-2010

Jonah Dykes
Jack Mitchel
Sam Broadhurst
Charlie Maw
Harvey Thomson
Charles Mcloughlin
Rory McCallum
Will Rayner
Jessica Maw
Fiona Brown
Libby Bristow
Charlotte Hurrell
Rosie Upton
Imogen Emmett
Klara Lyne
Rachel Duffin
Imogen Cooper

Sportshall 2009-2010

Alex Hill-King
Fiona Brown
Eddie Amos
Claire Wills
Ben Parkinson
Isobel Gray

Some athletes have been recognised for their achievements in more than one discipline.

WADAC Individual Award Winners 2009-2010 Season

Ian J Berry

Club Personality Award

The Club Personality is awarded to a member who by their character and presence made a significant contribution to the club.

Ian J Berry who has made a contribution to a great many aspects of the club:

As an athlete on the road, track and cross-country;

As a team organiser including taking the initiative for the club outing to the recent Amsterdam Marathon, organising the winning Clarendon Relay Marathon team and preparations for this year's assault on the Welsh Castles Relay;

And by boosting the club profile through some great press coverage, some top quality material production (including this booklet) and of course his photographs which bring delight to members of the club of all ages.



Mark Upton

John Broadway Award

The John Broadway Award is presented to a member who has quietly and efficiently worked hard behind the scenes for the overall benefit of the club.

Mark Upton Best captured in the words on one of his nominators: "Mark known for the best warm up in town has enabled the Junior middle distance squad to expand to new levels. He can seamlessly accommodate more athletes on the home straight for a mass warm-up than *Mr Motivator* could ever achieve. Always there at every session bringing out the best from athletes through continuous positive reinforcement and always highly visible in his yellow jacket at every race."

In addition Mark has been developing his own coaching group in the area of sprints hurdles as well as an able assistant to team managers both at cross-country and track and field. A great contribution to the club in so many levels and well deserved recognition.



Jonathan Kane

New Life Member

Ewan Simmonds

New Life Member



The committee has decided to award life membership to Jonathan and Ewan for their contributions made to the club over a number of years.