

WINDSOR SLOUGH ETON & HOUNSLOW ATHLETIC CLUB

PRESS REPORT 18th July 2021

ENGLISH SCHOOLS ATHLETICS CHAMPIONSHIPS – MANCHESTER.

There was considerable success for WSEH athletes in the English Schools Championships with nine medallists plus a significant number of athletes making the Finals.

Most impressive was the performances of the WSEH Distance Squad under the leadership of Coach Shireen Higgins whose athletes totally dominated the Under 17 Steeplechase. Rachel Clutterbuck(5.03.04) took the gold medal with Freya Ruffles(5.07.15) in the silver position and Jessica Hatch (5.07.45)securing the bronze.



The was also a victory for Luke Birdseye in the male U17 1500m Steeplechase, clocking a new pb of 4m26.4

Gold also came on the last afternoon for U15 Molly Staunton in the Pole Vault - a tight competition led to three competitors clearing 2.75 m, but Molly's superior record gave her first position.

There were silver medals for Ava John in the U15 75m Hurdles in 11.41 secs, Lucy Chalmers in the U20 400m Hurdles ran 60.74secs, Lionel

Owona equalled his best in the U20 High Jump with 2m10, and U17 long jumper James Taylor reached 6.91m.

Other finalists were:

U15 100m Desola Omonijo 16th/11.82secs

U17 300m Liana Williams 14th/42.43

U20 400m Emma Morris 11th/57.19

U20 3000m Jasmine Young 8th/9.55.8

U17 80m Hurdles Scarlett Gammell 5th/11.38

U20 100m Hurdles Lauren Watkins 12th/15.32

U17 1500m Steeplechase Keshni Manek 12th/5.36.76

U17 300m Hurdles Isla Brown 9th /47.29

U17 1500m Steeplechase Joshua Mingoia 5th/4.52.59

U17 Discus Claudia Kerry-Rodger 6th/32m71

U17 Hammer Lucy McCourt 12th/ 41m35

U17 Pole Vault Jack Staunton 8th/3.60m

Congratulations to all these great performances and to all the coaches and parents who helped make it happen, our athletes did us all proud. With WSEH athletes representing so many counties it is possible we have missed some great performances – please let us know!

Southern Athletics League at Bracknell

WSEH AC were runaway winners of their Southern Athletic League match last weekend:

1st WSEH AC 430pts

2nd Woking AC 377

3. Bracknell AC 333

4. Guildford & Godalming AC 299

5th Aldershot Farnham & District AC 282

6th Maidenhead AC 70

The first sprint event the 100m saw a win for Giovanni Sealy in 11.24secs.

For the ladies, Harriet Jones took the honours in 12.15secs with Brogan McCafferty completing the double by winning the B race in 12.67secs,

Giovanni Sealy completed his double by also taking the 200m in a new pb of 22.51 secs with Kevine Gallimore in 2nd place in the B race in 23.65secs, Anna Babis was the best over the ladies 200m with her clocking of 26.54secs. There was also 2nd place for Tom Hunter in the 400m in 50.64 secs with Laurie Sutcliffe winning the B in 52.95secs.

Long term team member Dan Brookling continued to contribute by taking the 800m in with a pb of 1m56.02. He was well supported by Dereece Green who took the B race with yet another pb of 1m58.04,

There was double success also in the 3000m with Tom Chandler winning the A string on 9m06.6 with Oliver Emmet winning the B with 9m17.91.

There were good runs from Danni Barnes-Heeney - winning the 5000m in 18.45.91 with Isabelle Rayner 2nd in the B string with 20.01.22

The 3000m Steeplechase also saw Seb Cirillo leading the way in 10.17.29

Harriet Jones recorded her 2nd victory of the day in the 100m hurdles in 14.66secs. Callum McKay repeated the feat in the 110m Hurdles in 16.20 secs with Michael Louise completing the WSEH double in the B race on 16.66sec.

There was a 2nd place for Leon Bradshaw in the 400m Hurdles in 58.54secs.

The Hurdles successes continued in the Ladies races. Havana Sale was 2nd in the 400m hurdles A race with 70.31secs, with Millicent Russell winning the B race with 70.54secs. The best result in the Steeplechase races came in the Mens 3000m S/C with Seb Cirillo winning in 10/17.29

The 4x100m relay saw WSEH men in 2nd place von 44.75secs, whilst the ladies took the plaudits with their victory in 48.16secs

Both teams finished in 2nd place in the 4x400m relays

The Ladies High Jump was won by Yasmine Grosvenor with 1m55 with Sampda Sharma 2nd on 1m38 whilst both WSEH athletes took 2nd places in the Mens events with Troy McConville on 1m83 and Mathew Doraisamy on 1m73.

The Pole also produced WSEH winners in Troy McConville on 4m30 and Kaliska Nowers in the Ladies with 3m20. There as a winning double in the

mens Long Jump via the efforts of Sam Challis on 7m08 and Rico Lionetti. This feat was reproduced in the mens Triple Jump by Paulus Svarauskas on 14m21 and Rico Lionetti with 12m15.

More good points accrued in the Throwing events. Jardae Hodge-Spencer was 2nd in the Ladies Shot on a new pb of 10m56, whilst there was a winning double in the Mens Discus event from Troy McConville on a pb of 37m14, backed up by Naman Sharma with yet another pb of 32m61. There were 2nd places in the ladies Discus from Rachel Denton – Snape with 33m23 and Jardae Hodge-Spencer on 23m34. The Hammer event saw a clean sweep across the board by WSEH athletes. The mens Hammer produced a victory for both Iain Botting with 47m73 and Luke Norris on 44m00. The ladies event had wins for Rachel Denton-Snape with 44m45 and Barbara Norris on 38m80. The Javelin saw Jonah McCafferty winning with 56m57. In the ladies event Calia Logan-Griffith was 2nd on 33m96 with Jardae Hodge-Spencer winning the B string with 31m32.

Dennis Daly WSEH AC