

Coaches Report – Colin Mitchell

Senior [U17 upwards] track and field group

The group is made up of 33 athletes, we lost about 4-5 athletes through a mix of moving away and starting Uni at the end of 2021 and during the Winter.

2022 was a bit of a mixed bag for the group, as we had some great individual performances from the group in the sprints, with 6 of the men under 12 seconds for the 100m, 5 under 24 seconds for the 200m, 2 male LJ's over 5 meter and one U17 male throw 10+ meters in the Shot with the same athlete achieving 15.65 in the 100mh.

The Ladies also put in some great performances one running 12.37, with 5 under 14.00 seconds for the 100m and 2 jumping over 4 meters in the LJ.

The down side was a poor turnout for the Midland League due in part to the sudden departure of our Midland League manager and we were too slow to replace her, which meant the dates we not sent around till late and hence a poor turnout, so we were relegated and are now in Division 3 but on a brighter note we have a new TM in place this year and will circulate dates before the end of January, plus we have a good cohort of U15's coming up this year, so we should have a more successful 2023 Season.

We have gained a couple of Coach/Helpers and hopefully work on some of the other events such as 400m - HJ-PV and more of the Throws events.

100m

Luke Chown	11.46	Tiffany Cox	12.37
Edward Betts	11.46	Kaila John	13.50
Max Whitaker	11.53	Amy Stevenson	13.60
Ollie Thompson	11.60	Isabella Cuanalo	13.86
Joel Robinson	11.78	Emily Arrowsmith	13.90
Joey Johnson	11.90	Isobel Keeble	13.95

200m

Luke Chown	23.14	Tiffany Cox	25.86
Max Whitaker	23.36		
Harrison Wright	23.74		
Oscar Oweka	23.81		
Joel Robinson	23.09		

Long Jump

Oscar Oweka	5.70	Kaila John	4.56
Ollie Thompson	5.67		

SP

EJ Brown	10.45
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100mh

EJ Brown	15.65
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