Coaches Report – Colin Mitchell   Speed Development Squad group.

This group is made up of 36 athletes and has been expanding during the year, as we have taken in new members from the U13's as they graduate to the U15 age group and still have take in new members to the Club, mainly brought in by word of mouth.

This is the hardest group to Coach as we have a mixture of some that have done athletes before and those that are new, combined with the fact many are going through large grow spurts and they are having to learn to coordinate the longer arms and legs and live with grow pains, so great credit to our team of Coach/Helpers who have to work with these challenges and to endure to constant talking and teenage looks when you ask them to go outside their comfort zone.

Having said that we have seen some great performances and great turn outs in both the team events and open meeting such as the County Championships, which as Coaches we love to see the waves of yellow vests around the track and personal best performances.

The Club's investment in new equipment has already paid of with one of our U13's male athletes, who we brought into SDS about 6 months ahead of time, compete in one of the last local open meetings of the year at Tilsley Park and threw the 400g Javelin 39.86m, which put him 2nd in the Country in his age group in 2022.

We coach this group along side the Seniors, as we have some very fast U15's and they get the challenge of running with someone slightly faster.

We have a good spread of girls and boys, many who have now moved up to the U17 age group in 2023, so we are really looking forward to a non-Covid full on track season.

Notable performances in 2022

100m

| William Lyon | 11.98 | Bethan Thompson | 13.5 |
| Jason Kiba Kahura | 12.34 | Maddie Kingston | 13.6 |

200m

| Jason Kiba Kahura | 24.35 | Maddie Kingston | 28.09 |
| William Lyon | 24.47 | | |

300m

| | | Maddie Kingston | 44.15 |

LJ

Vadim Kazakov	4.63	Bethan Thompson	4.41
Joshua Brent	4.22	Elizabeth McNeil	4.39
		Sophie Greenham	4.16

JT [400g]

| Dominic Smith U13 | 39.86 |