



# Warwickshire County Athletics Association

**MINUTES OF THE 22<sup>nd</sup> ANNUAL GENERAL MEETING**  
**AT COVENTRY GODIVA HARRIER'S (new) HEADQUARTERS**  
**ON WEDNESDAY 23<sup>rd</sup> NOVEMBER 2011 at 7:30 p.m.**

**Present at the meeting**

Bill Adcocks	Coventry Godiva Harriers
Stewart Barns	WCAA Treasurer and Coventry Godiva Harriers
Paul Bergin	Sphinx AC
Bob Carey	Sphinx AC
Richard Carney	WCAA President and B.R.A.T.
Alan Edwards	WCAA LVP and Leamington C and AC
Barry Ewington	Nuneaton Harriers
Margery Ewington	WCAA LVP and County Officials Secretary and Nuneaton Harriers
Rebecca Freeman	WCAA Team Managers Co-ordinator & Solihull and Small Heath Harriers
Tony French	Northbrook AC
Nick Garner	Rugby & Northampton AC
Stewart Harris	WCAA LVP
Graham Healey	WCAA LVP and Sparkhill Harriers
Mary Hodges	WCAA LVP and Leamington CandAC
Gordon Horne	Coventry Godiva Harriers
Sean Lonergan	Spa Striders
Ray Morgan	WCAA Chairman and Leamington C and AC
Keith Richards	WCAA Vice President and Auditor and Coventry Godiva Harriers
Ian Riley	WCAA LVP and Royal Sutton Coldfield AC
Pat Taylor	WCAA Secretary and Nuneaton Harriers
Dave Timothy	Saracens RC
Geoff Wheeler	Centurion RC

**Apologies for absence.**

Mike Doyle	WCAA LVP and Sparkhill Harriers
Philip Gould	Kenilworth Runners
Paul Hawkins	Stratford Upon Avon AC
Tom McCook	Birchfield Harriers
Nick Price	WCAA President and B.R.A.T.
Margaret Riley	Royal Sutton Coldfield AC

The following minutes should be read in conjunction with the support notes which were distributed at the AGM and which are attached below.

Since last year's AGM we have lost Colin Simpson of Solihull and Small Heath AC. We had a minutes silence in memory of Colin who will be sadly missed.

#### Agenda Item 2

The minutes of the 2010 AGM were accepted as a true record.

#### Agenda item 3

Ray Morgan summarised his report on the year which can be seen in full in the meeting notes attached to these minutes.

#### Agenda item 4 and 5

Stewart Barnes presented his financial report to the meeting and it was unanimously accepted. The meeting agreed the proposition not to increase the WCAA affiliation fee. The Income and Expenditure report and the Balance Sheet are not included in the notes attached but can be requested from the Treasurer.

Ray and Stewart are standing down and Stewart Harris thanked them for the work they have done for WCAA and for their reports to the meeting.

#### Agenda item 7 (taken out of sequence)

The meeting agreed to create a new role "Honorary Endurance Secretary" who shall be particularly responsible for the Warwickshire Road Race League.

#### Agenda item 6

The Officers shown in the list below were reappointed or proposed by Keith Richards, seconded by Mary Hodges and elected unanimously. Note that the Association has a vacancy for the team manager of the senior track and field team.

#### Any Other Business

Becky Freeman announced that Nathan Woodward has been awarded the Ellis Trophy for the competition year 2010/11. Becky thanked Tom McCook and Stewart Harris for their reflections on the candidates.

Ray Morgan asked Members to send him copies of results of old County Championships which are not already on the Association web site.

Margery Ewington, our Officials Secretary, asked if we could check that our information i.e. grade, email address is correct on WCAA site or if we are no longer active please let her know.

Date of the 2012 AGM - Wednesday the 21st November

Pat Taylor

Hon Sec

## Election of Officers and Officials for 2011-12

### New appointments are highlighted.

#### Officers of the County Association.

President	Nick PRICE
President Elect	Keith RICHARDS
Hon Secretary	Pat TAYLOR
Hon Treasurer	Stewart BARNES
Treasurer Elect	<b><u>Jeremy EASTAUGH</u></b>
Hon Chairman	<b><u>Becky FREEMAN</u></b>

#### Officials of the County Association.

Hon Officials Secretary	Margery EWINGTON
Hon Promotions Secretary	Richard CARNEY
Team Managers Coordinator	Rebecca FREEMAN
"The Bear" Newsletter Editor	Keith RICHARDS
Hon Trophies and Medals Secretary	Bob CAREY
Trustees	Ian RILEY and Graham HEELEY
Auditors	Gareth Dixon and Keith RICHARDS
Hon Endurance Secretary	<b><u>Geoff Wheeler</u></b>

#### Life Vice Presidents.

The following have previously been elected Life Vice Presidents

Maureen BLORE,	Alan EDWARDS,	Norma BLAINE,	Ken BULL,
Winnie DALTON,	Mike DOYLE,	Stewart HARRIS,	Janet PAUL
Graham HEELEY,	Mary HODGES,	Frank KIRBY,	Dyfrig REES
Edna WALKER,	Henry MORTIMER,	John WALKER	Ian RILEY
Les BARNETT,	Margery EWINGTON	Richard CARNEY	
<b><u>Stewart BARNES</u></b>	(20 in total).		

#### Past Life Vice Presidents

Margaret BABBINGTON	Ted CLIFFORD	Ken DARE	
Marianne LINGEN	Peter MILTON	Norman WALKER	(6 in total)

Vice Presidents Stewart Barnes and **Ray Morgan** (2 in total)

Team Managers (for information only – they are appointed by the Team Managers Coordinator)

#### Cross Country

Simon Kinson, Nick Price, Simon Gale, Eddie Cockayne, Robert Pinton, Becky Freeman, Bob Carey, Helen Bebbington and Brian Higson.

#### Road

Tom and Pauline Dable (there are currently no Inter County road races)

#### U13/U15 track

John Nash and Becky Freeman

#### **Seniors track**

**Vacancy**

#### Race Walking

Keith Richards

#### Fell Running

Eddie Cockayne



# Warwickshire County Athletics Association

## NOTES FOR

**THE 22<sup>nd</sup> ANNUAL GENERAL MEETING**  
**HELD AT COVENTRY GODIVA HARRIERS' (new) HEADQUARTERS**  
**ON WEDNESDAY 23<sup>rd</sup> NOVEMBER 2011 at 7:30 p.m.**

### Agenda

1. Apologies for absence.
2. Acceptance of the minutes of the AGM held on Wednesday 24<sup>th</sup> November 2010 and matters arising.
3. The Annual Report by WCAA Chairman, Ray Morgan
4. The Financial Report by WCAA Treasurer, Stewart Barnes
5. Affiliation Fees for 2011-12  
The Treasurer and Officers propose no increase in the County fee for the coming financial year.
6. Election of Officers and Officials.
7. Any Constitutional Changes.
8. Any other business - at the discretion of the Chairman.
  - a) The Ellis Trophy (see notes attached).
  - b) Historic Championship Results.
  - c) Date of the 2012 AGM – Wednesday 21<sup>st</sup> November.

## **Obituary - Colin Simpson**

Extracted from Mike Wrenn's tribute which was published in the MMAC Newsletter in August.

Colin was a multi-faceted man. His loves, passions and interests included his family, the Baggies, jazz, Laurel and Hardy, gardening, having membership number 1 in MVAC, and being a father and son veteran running partnership. He was a wit, an observer of the absurd, efficient administrator, journalist and somehow found the time to be a first-class athlete.

Colin served a lengthy term of office as MVAC Treasurer from 1972. He also unfailingly volunteered for the task of meeting treasurer whenever the Midlands put on a National Championship. MVAC has promoted the National Open Veterans Road Relay Championship for 17 of the 24 events with Colin as Treasurer every year making a surplus to the benefit of BVAF and MVAC. Every year Colin played a more than full role – attending the February meeting with City of Birmingham officers, reporting back to the rest of the Committee, engaging St Johns and physiotherapists, paying out expenses and promptly producing a balance sheet.

More recently Colin's sterling contributions were recognised by England Athletics when in 2010 he was the West Midlands regional award winner for "Services to Athletics".

Colin joined Small Heath Harriers in 1944. His first love was handicap racing over ½ mile and 1 mile. Colin was four times a winner of the Coronation Cup, awarded to the winner of the Warwickshire senior men's mile, later 1500 m. He won in the inaugural year, 1953 and '54, '56 and '58. No other runner has equalled the feat of four victories. Add to this representative honours with the AAA and you recognise a very talented and competitive athlete.

In 1975 at the first World Veterans Athletics Championships held in Toronto Colin was second in the M45 1500m. In 1979 at the third World Athletics championships held in Hannover Colin gained two more World medals, second in the 10,000m and third in the 1500m. For those who associate Colin just with the track it may come as a surprise that in August 1976 at Rugby Colin was third M45 (first Brit) in the World veteran 10km road race.

The last races I have found recorded for Colin are the Midland and British Masters track championships of 2004. He was still winning! If you remember back to the first date I gave for Colin's participation in running you'll readily calculate that this gives an unbroken period of at least 60 years in which Colin competed at a very high level with great success.

## **WCAA 2011 AGM Agenda Item 1**

### **Apologies for absence**

Pre-notified to the Chairman and/or Secretary:-

Philip Gould Kenilworth Runners	Paul Hawkins Stratford Upon Avon AC
Tom McCook Birchfield Harriers	Nick Price B.R.A.T.

## **WCAA 2011 AGM Agenda Item 2**

### **Acceptance of the minutes of the 2010 AGM and matters arising.**

Graham Heeley proposed that we purchase more medals due to the poor interest rates being given to our savings and we did so. The same still applies.

## WCAA 2011 AGM Agenda Item 3

### The Annual Report by the WCAA Chairman, Ray Morgan

#### **1. General**

In political terms it has been a quiet year with little change. I commented at the last AGM that I hoped that the new CEO. of EA would not “reshuffle the deck” again but John Graves (the E.A. Chairman) continues to act as temporary C.E.O. and Mike Summers (the previous Chairman) has not yet been permanently replaced.

In competition terms it is a hectic time. The Commonwealth Games were held at the end of our 2010 track season followed by a World Championship this year and, as we are all very well aware, there will be the small matter of an Olympic Games to organise “locally” next year.

The County Association has “adopted” the Warwickshire Road Race League. The League has been revitalised this year by a scoring system set up by Mike Ellis and operated by Sean Lonergan (both of Spa Striders). The results and other useful information are available on a specific web site (reached through the County site) set up by Richard Carney. All of the athletes can now see all of their performances in all of the races no matter how impressive or lowly their achievements. Watch out for the new League notice board at all races next year.

#### **2. County Highlights**

A large number of County athletes have produced excellent performances over the last year including some at the very highest level. The best are covered in more detail by Tom McCook and Stewart Harris in their summary of candidates for the Ellis Trophy (see section 8 of this document).

We had some excellent Club results too.

- Rugby and Northampton took second place in three categories at the Midlands Cross Country Championships (U15Boys, U13Boys and U13Girls).
- Godiva retained their Birmingham Cross Country title at Northampton after a see-saw battle with Tipton. Bournville won Division 2 and Sphinx were second in Division 3.
- The Birchfield Harriers ladies won the UK Womens League.
- The Birchfield men had an excellent victory at the Midland Road Relays beating Bristol and West by 90 seconds Godiva ladies were second followed by Birchfield in third.

#### **3. Volunteers**

Many people, too numerous to mention, who help and support the County Association also do a lot of work for their Clubs, the Midland Counties, the UKCAU, the Networks and the West Midlands Council. I often refer to them affectionately as “the Usual Suspects”.

Several Warwickshire technical officials have been chosen to officiate at next year’s Olympic Games. Congratulations to Graham Heeley, Stewart Barnes, Rob Mulgrue, Stuart Paul, Dave Sprayson, Paul Nash and Mary Hodges.

Norma Blaine was awarded the MBE in the New Year’s Honours List for services to athletics. Norma is a Past President of WCAA and a Life Member. She competed as a race walker but is now better known as a coach, a mentor and a member of numerous committees. Graham Heeley, Stewart Harris and Charlie Kelly were recognised for their services to Athletics with Achievement Awards by England Athletics, Rugby BC and CSW Sport respectively.

I cannot possibly list everybody and these are just a few examples from an extremely long list of Volunteers (unpaid workers) to illustrate the effort they make to create the sport which gives great pleasure to our athletes and their supporters.

Please read the “Bear” to follow our Members’ progress in and out of competition.

## **4. WCAA Championships**

### **Cross Country**

The Championships were staged at Cofton Park in conjunction with Worcestershire CAA. Well done and many thanks to B.R.A.T. for organising what is effectively two events in one.

Jordan Kinney (RSC) won her first Senior title which means she has completed a clean sweep of all age group titles open to her from U13 to Senior Women. James Walsh made the journey down from Leeds to claim his fourth Senior title by almost a minute. The other age group winners were: Dean Parker (Masters), Jack Mee (U20), Matt Rose (U17), Daniel McKeown (U15), Shaun Evans (U13), Katie Wright (Masters), Rowena Cole (U20), Rebecca Robinson (U17), Sian Rainsley (U15) and Ellie Saunders (U13).

Coventry Godiva took five team titles and Royal Sutton Coldfield took two. Solihull and Small Heath, Birchfield, Bournville and Leamington won one each.

Unfortunately Worcestershire is not able to combine with us next January. The Championships will be held at Solihull on a course that has never been used for cross country. Well done and thanks to everybody at Knowle and Doridge R.C. for offering to host.

### **Track and Field**

The support from Nuneaton Harriers and the stadium staff (who are also Nuneaton Harriers) plus the facilities produced an excellent event. Many thanks to all at Nuneaton. This was the eleventh year that the Championships have been held in conjunction with Leicestershire and Rutland AA.

The Warwick Vase was retained by Birchfield Harriers. The Jack Hartley Trophy for the best individual performance was awarded to Rowena Cole of Coventry Godiva Harriers. For the first time we recognised the top performances by individuals in each age group – no easy task.

The 2012 Championships will return to Saffron Lane over the weekend of 12<sup>th</sup>/13<sup>th</sup> May 2012. The Senior Inter County Championships will move to August in 2012 (after the Olympic Games) and the County Championships will probably follow to a July date from 2013.

For the second year the County tried to promote a relays only meeting in August but it was cancelled because of lack of support. It is unlikely that we will try again.

### **Road**

The mens Championships were won by five different athletes. Paul Thompson (BRAT – 5k), Toby Spencer (Coventry Godiva – 5m), Matt Lole (Coventry Godiva -10k), Richard Harper (Leamington CandAC – 10m) and Richard Simkiss (Kenilworth Runners – 1/2Marathon). Myshola Kirkham of Coventry Godiva took two titles (5m and 1/2M). Joanne Emerey (Coventry Godiva – 5k), Madeline Boardman (Cambridge&Col – 10k), Amanda Deavy (Northbrook RC – 10m) took the others. Several Masters took multiple titles but the “stars” were Peter Fellows with four titles and Dawn Compton who won three.

468 men and 255 women from Warwickshire Clubs participated in the Warwickshire Road Race League during 2011. It is pleasing to see the spread of Clubs, particularly the younger Clubs, which feature in the prize lists. Richard Simpkins of Kenilworth Runners and Zara Blower of Leamington CandAC won the individual titles. Kenilworth Runners and Stratford Upon Avon AC took the mens and womens team trophies respectively.

### **Race Walking**

Steve Arnold of Nuneaton Harriers and Ann Wheeler of Leicester Walking Club retained their titles in the 10k and 5k walks and were third respectively in the Midlands Championships walked in conjunction. Jessica Mills of Birchfield Harriers won the U15 Girls race.

## **5. Inter County Competition – WCAA Teams.**

### **Cross Country**

The Championships were again held at Cofton Park which is proving to be a superb venue for the event. After the heartbreak of 2010, James Walsh finishing fifth in the Senior Men's race and was selected for the World Championships in Punta Umbria (where he was 77<sup>th</sup> overall). The mens team finished fifth and could no doubt medal if we can get a full strength squad out on the day.

Other notable performances:- SM Phil Hinch 16th, U20M team 9th, Paul Thompson 7th, Jack Gray 20th, U17M team 8th, Matt Rose 19th, Tom Griffith 21th, SW Laura Whittle-Kenny 11th, U20W team 7th, Emily Waugh 18th, U17W team 4th, U15G team 8th Sian Rainsley 8th.

Congratulations and thanks to all of the athletes who represented the County and thanks to Becky Freeman and her team of managers who supported the athletes.

### **Track and Field**

The Senior UKCAU Championships were once again staged at Bedford. The Men were eighth overall with 31 points and the Women were fifth with 48 points. Three athletes won their event: Tom Parsons (HJ 2.27), Emma Williams (400m 55.46) and Ese Okoro (400mHur 59.76). Second places were gained by Ann Wheeler (3kWk 16.45) and Sineade Gutzmore (TJ 13.00).

The Warwickshire young athletes usually dominate the U13/U15 Inter Counties match but this year they finished second overall behind Leicestershire and Rutland. A number of athletes won their event and the U15 Boys team won their age group.

Many thanks to John Nash for managing the youngsters and to Becky Freeman for managing the seniors and helping John with the juniors.

### **Road**

The Llandudno 10 mile road race hosted the only UKCAU road championship in 2011. We did not send a Warwickshire team and the event was very poorly supported by the other counties too.

### **Fell**

We do not often send a team to the UKCAU Fell Championships but this year a squad from Kenilworth Runners represented us at Broughton Park in Scotland. They did very well to finish in eighth position with Richard Simpkins, Phil Gould and Connor Carson making up the counters.

## **6. And finally.....**

I am standing down after six years in the Chair. They have been interesting years during when a number of very significant changes have taken place notably affecting the governing bodies and the responsibilities of the County Association. It has been very interesting and very enjoyable for me personally.

During my time in the Chair some of the Counties responsibilities have moved elsewhere – notably to EA and the Networks. Consequently WCAA has become smaller but leaner and fitter. We have fewer meetings (no “General Meetings” at all) and I think that the Clubs benefit from the reduction in admin overheads regarding the County - even if they have to spend more time elsewhere.

I thank the other Officers and team managers of the Association for their support and encouragement over the last six years. I shall not list them here but they know who they are! The Association is blessed with Officers who are very enthusiastic and very experienced and make a truly excellent team.

Ray Morgan, Chairman WCAA



## WCAA 2011 AGM Agenda Item 4

### The Financial report by the WCAA Treasurer, Stewart Barnes.

I am, unfortunately reporting that the financial year ended on 30<sup>th</sup> September 2011 shows a **deficit of £828.95p.**

This year the County has gained two further affiliated organisations. We welcome Knowle and Dorridge Running Club raising income from that source to £385. (Three clubs have made prepayments prior to the start of the current financial year thus the balance shows £465). The Road Race League paid their affiliation prior to the County taking over the running.

The two major Championships that are promoted by the County rendered a surplus of £3,078.54p slightly down on 2010 (£3,115.32p) (Track & Field £1,724.28 and Cross Country £1,354.26).

The Association awarded County vests to the value of £1042.68p which were bought earlier than usual to avoid the increased VAT. Although expensive I feel the practice should continue and shows the high regard that the Association holds its athletes in.

Medals for our Championships are also a large expense. They are, however of a standard that reflects the status that a County Championship deserve and are certainly better than others we know of! Being mindful of the impending rise in Value Added Tax that came into force on 4<sup>th</sup> January, your Officers authorised the purchase of two years of medals in December of to avoid that increase. That proved even more prudent when our supplier increased their prices by 10% early this year. The discount granted to us was also reduced by 5%, so a good decision at that time became a great one soon after making a more substantial saving than envisaged. We also have a large supply of medals in stock available for possible the next two years.

The CAU Championships of Track and Field and Cross Country continue to be fairly local so expenditure is not too great. This year a team competed in the Fell Running event in Scotland and that cost was greater than expected.

The Santander Community Account continues to bring a considerably reduced interest of £19.99p – a slight increase on last year. (Not too long ago that was over **£70 per month!**). The account stands at a very healthy £18,525.10p.

The County is on a fine and sound Financial Footing, but 'good housekeeping' is even more essential to maintain the efforts of the past.

I recommend that there be no alteration to Affiliation Fees for the time being, although this should always be under constant review.

I would like to thank Gareth Dixon (Birmingham Running Athletics and Triathlon Club) for his work on auditing these accounts. Keith Richards continues his excellent work alongside. I extend my thanks to him.

I present the Balance Sheet to the Annual General Meeting.

Stewart Barnes  
Hon. Treasurer

**The Income and Expenditure report and the Balance Sheet  
are available on request from the Association Treasurer**

## WCAA 2011 AGM Agenda Item 6

### Election of Officers and Officials for 2011-12

The current Officers and Officials are listed below. Nominations/Volunteers are invited for all of the positions listed with the exception of President, President Elect and Trustees.

#### Officers of the County Association.

President	Nick PRICE
President Elect	Keith RICHARDS
Hon Secretary	Pat TAYLOR
Hon Treasurer	Stewart BARNES
	<b><u>(Stewart has indicated that he would like to stand down)</u></b>
Hon Chairman	Ray MORGAN
	<b><u>(Ray has indicated that he would like to stand down)</u></b>

#### Officials of the County Association.

Hon Officials Secretary	Margery EWINGTON
Hon Promotions Secretary	Richard CARNEY
Team Managers Coordinator	Rebecca FREEMAN
"The Bear" Newsletter Editor	Keith RICHARDS
Hon Trophies and Medals Secretary	Bob CAREY
Trustees	Ian RILEY and Graham HEELEY
Auditors	Gareth Dixon and Keith RICHARDS
	<b>(Gareth was appointed mid-year)</b>
Hon Endurance Secretary	Geoff Wheeler

#### Life Vice Presidents.

The following have previously been elected Life Vice Presidents

Maureen BLORE,	Alan EDWARDS,	Norma BLAINE,	Ken BULL,
Winnie DALTON,	Mike DOYLE,	Stewart HARRIS,	Janet PAUL
Graham HEELEY,	Mary HODGES,	Frank KIRBY,	Dyfrig REES
Edna WALKER,	Henry MORTIMER,	John WALKER	Ian RILEY
Les BARNETT,	Margery EWINGTON	Richard CARNEY	
(19 in Total)			

#### Past Life Vice Presidents

Margaret BABBINGTON	Ted CLIFFORD	Ken DARE	
Marianne LINGEN	Peter MILTON	Norman WALKER	(6 in total)

Vice Presidents. Stewart BARNES (1 in Total)

Team Managers (for information only – they are appointed by the Team Managers Coordinator)

Cross Country	Simon Kinson, Nick Price, Simon Gale, Eddie Cockayne, Robert Pinton, Becky Freeman, Bob Carey, Helen Bebbington and Brian Higson.
Road	Tom and Pauline Dable (there are currently no Inter County road races)
U13/U15 track	John Nash and Becky Freeman
Seniors track	Becky Freeman
	<b><u>(Becky has indicated that she would like to stand down)</u></b>
Race Walking	Keith Richards
Fell Running	Eddie Cockayne

## WCAA 2011 AGM Agenda Item 7

### Constitutional Changes

The “adoption” of the Warwickshire Road Race League by the County Association has gone very well and is now fully operational. The Officers of the Association recommend that the Constitution be amended to formalise this change.

A new Officer called “the Honorary Endurance Secretary” is proposed. This would normally be the Chairman of the Warwickshire Road Race League. S/he will be responsible for the League in particular but Endurance in general.

Paragraph 5.2 of the Constitution currently reads as follows:-

5.2 The Officials of the Association shall be; the Trustees, the Honorary Promotions Secretary, the Honorary Officials Secretary, The Honorary Trophies and Awards Secretary, The Honorary Communications Secretary, The Honorary Team Managers Secretary.

The Officers propose that paragraph 5.2 be amended to read as follows:-

5.2 The Officials of the Association shall be; the Trustees, the Honorary Promotions Secretary, the Honorary Officials Secretary, The Honorary Trophies and Awards Secretary, The Honorary Communications Secretary, The Honorary Team Managers Secretary, the Honorary Endurance Secretary.

Appendix I of the Constitution lists the terms of reference of the Officers of the Association. The proposed terms and conditions for the new post are:-

The **Honorary Endurance Secretary** shall have particular responsibility for the management of the Warwickshire Road Race League. S/he shall appoint others as necessary to help him/her fulfill that role. S/he shall encourage the development of Road Running and endurance athletics in a wider sense.

## **WCAA 2011 AGM Agenda Item 8a**

### **The Ellis Trophy 2011**

We accepted an invitation to review athletic performances by an athlete with a Warwickshire County qualification of any age, in any discipline and in any event for the period between 01 November 2010 and 31 October 2011.

It is pleasing to note that there were many fine performances by Warwickshire athletes in the past year.

These include:-

- 15 years after he made his senior international debut at the European Indoor Championships in Stockholm, Marlon Devonish, who holds the distinction of being the inaugural winner of the Ellis Trophy in 2009 and who officially attained Masters status on the first day of June this summer, finished third over 100m at the Aviva World Trials and UK Championships at the Alexander Stadium.
- Stratford upon Avon AC's Andrew Pozzi became the UK's fastest ever Junior sprint hurdler when he stopped the clock in a time of 13.29 seconds at the Mannheim Gala in Germany on 3rd July. Pozzi won the England U20 60m Hurdles title at the NIA in Birmingham and completed an impressive domestic double by winning the UK Junior 110m Hurdles title at Bedford in late June. The 19-year old had to settle for the European Junior silver medal in Tallinn when he was edged out by his friend and training partner Jack Meredith in an impressive one-two for Great Britain.
- Nathan Woodward enjoyed a very similar level of success intermingled with a tinge of disappointment in international competition. The Tamworth AC runner won the England Under 20 400 metres hurdles title in Bedford in late June. A week later in Switzerland, he broke through the 49 seconds barrier for the first ever time with a 48.71 seconds clocking which not only ranks him second in the annual UK rankings behind the World Champion Dai Green but is a massive improvement of almost one second. In mid-July Woodward finished runner up to his compatriot Jack Green at the European Junior Championships in Ostrava. To the delight of the crowd at the Alexander Stadium, the former Coleshill schoolboy was crowned the UK Senior champion on 30<sup>th</sup> July to qualify for the IAAF World Championships in Daegu.
- Meghan Beesley once again demonstrated that she can bring home medals from major international championships. The Loughborough University student finished third in both the UK Championships and the European U23 championship. The 21-year old Birchfield Harrier improved her PB for 400m Hurdles this season by virtually a full second to 55.69 seconds.
- Rowena Cole once again provided evidence that she can perform well on the international stage by taking home a silver medal in the Women's 800 metres in a career best performance of two minutes 03.43 seconds at the European Junior Championships in Estonia after winning the England Under 20 title at Bedford. The Coventry Godiva Harrier began the year by winning both the Warwickshire and Midland Junior Cross Country titles. The 19-year old opened her track campaign by winning the Warwickshire 800 metres title at Nuneaton in mid-May.
- Birchfield Harriers High Jumper Tom Parsons went one better than last year when he won the Aviva UK Indoors Championships at Sheffield in a career best performance of 2.31m. The 27-year old returned from a troublesome foot injury to win the Inter Counties title for Warwickshire at Bedford before finishing third in the bronze medal position at the UK Championships in July.
- James Walsh recovered well from injury to record his fourth Warwickshire Cross Country title at Cofton Park on 8 January before winning his fifth Midland Cross Country championship in seven years at the end of the same month. The 29-year old achieved one of his long term goals when he represented Great Britain in the 2011 World Cross Country Championships. The Birmingham born athlete returned to the Alexander Stadium on 29 July to mount a successful defence of his UK 10,000m track title in a career best time by almost a minute. Walsh also won the England 5,000m title at Bedford and greatly improved all his PBs.

- Nadine Okyere, who has improved her personal best performance for the one lap distance by a couple of seconds in the past two years to 52.26 seconds, will be hoping to stake her claim for a berth in the Olympic Games 4x400 metres Relay squad.
- Luke Lennon Ford won a bronze medal from the individual 400 metres and was a member of the gold medal winning Great Britain 4x400 metres Relay quartet at the European Under 23 Championships after finishing in the silver medal position at the England Under 23 Championships at Bedford. The 22-year old Birchfield Harrier lowered his career best performance this season for the one lap distance by more than a second to 45.56 seconds which is an improvement of more than three seconds since 2008.
- BRAT's Paul Thompson improved his personal best performance for 3,000 metres by nearly ten seconds to 8:21:84. The 19-year old finished third in the Aviva Junior 5,000 metres at Bedford. The Birmingham teenager was the only runner brave enough to stay with the Spanish endurance runner Gabriel Navarro who won both the European Junior 5,000 and 10,000 metres titles. However in extremely hot and humid conditions in the longer of the two races in Estonia, Thompson collapsed to the ground with heat exhaustion whilst still in the silver medal position in the closing stages of the race.
- 22-year old Jade Surman continues on the comeback trail after a traumatic career threatening knee injury with the bronze medal in the 400m Hurdles at the England U23 Championships.

The future also looks encouraging with several talented youngsters winning national titles. These include:

- Coventry Godiva Harriers 14-year old Sian Rainsley, who is the Warwickshire Under 15 Cross Country champion as well as being a successful swimmer won the English Schools Intermediate Girls 1500 metres title at Gateshead in a time of 4 mins 35.02 secs.
- 18-year old Imogen Green, from Stratford Upon Avon, ended a long season on a high by winning the Senior Girls Heptathlon at Exeter in September with a score of 4,479 points.
- Birchfield Harriers Melisa Hanson won the Midland Counties Under 17 Indoor 200 metres before going onto complete the Warwickshire sprint double at Nuneaton in May. Melisa followed this by winning the English Schools 100 metres title at Gateshead on 2 July.

At the other end of the age scale, several more mature athletes continue to prove that they can give the youngsters a run for their money.

- A fortnight after celebrating her fortieth birthday, Leamington C and AC's Sue Harrison, who was last year's recipient of the Ellis Trophy, finished second in the IAU 50K World Trophy Final in the Netherlands on 20 August.
- Rugby and Northampton AC's Ellana Ruddock accomplished the sprint double at this year's County Championships and is now making her impact as a youngster on the Master's circuit.
- After a career threatening Achilles rupture, which kept her out of competition for more than a year, 40-year old Michelle Thomas returned to contribute towards Birchfield Harriers being crowned UK Premier League champions for the first ever time this season.

The decision this year has been the most difficult yet. Arguments could, and were, made in favour of at least four athletes who have acquitted themselves and Warwickshire with distinction on the national and international stage in the past year.

However eventually, after very time consuming and careful deliberation, we agreed that our nomination to the President of the Warwickshire County Athletics Association's to be the third recipient of Warwickshire's Ellis Trophy, in recognition of his many achievements, chronicled above, in what many consider to be currently UK Athletics strongest event; should be:-

## **Tamworth AC's Nathan Woodward**

**Nick Price (WCAA President) Stewart Harris and Tom McCook**

Thanks to Tom McCook for the script above

## **WCAA 2011 AGM Agenda Item 8b**

### **Historic Championship Results**

#### **Historic Championship results.**

Thanks to Janet Paul and Ray Morgan we have tracked down some County Championships results from the early 1990s. These have all been loaded to the County web site for your interest. We are missing the track and field Championships for 1994 to 2001 and the Cross Country Results from 1995, 1995, 1997-2002. These date back to the days before photo copiers let alone computers were widely used!! Do you have a copy? If so please contact Ray Morgan on 01926 330667 or [Ray.Morgan1@btinternet.com](mailto:Ray.Morgan1@btinternet.com)

### **Warwickshire County Fixtures for 2011**

7 <sup>th</sup> January	County Cross Country Championships At Solihull Sixth Form College, Hosted by Knowle and Doridge RC
12 <sup>th</sup> February	County Walks Championships at Coventry - Seniors
10 <sup>th</sup> March	UKCAU Inter Counties Cross Country Championship at Cofton Park
17 <sup>th</sup> March	County Walks Championships at Leicester – Younger athletes.
12 <sup>th</sup> /13 May	County Track and Field Championships at Saffron Lane, Leicester
25 <sup>th</sup> /26 <sup>th</sup> August	UKCAU Inter Counties Track and Field Championships at Bedford.
2 <sup>nd</sup> September	UKCAU Road Race Walking Championships at Hillingdon
8 <sup>th</sup> September (tbc)	U13/U15 Inter Counties match in Lincolnshire

### **Warwickshire Road Race League fixtures**

Some (tbc) will be invited to also host County Championships

15th April	Regency Run 10k
10th June	Two Castles 10k
13th or 15th June	Sphinx 5m
24th June (tbc)	Arden 9m
30th June or 7th July	Stratford 6m
15th July (tbc)	Northbrook 10k
16th Aug (tbc)	BRAT 5k
22nd August	Godiva Autumnal 5m
2nd September	Kenilworth Half Marathon
Late Sep	Rugby 10m

If you are not already receiving an electronic copy of "The Bear" or news from the County Association please send your e-mail address to [secretary@warwickshirecountyaa.co.uk](mailto:secretary@warwickshirecountyaa.co.uk)

and/or visit

[\*\*www.WarwickshireCountyAA.co.uk\*\*](http://www.WarwickshireCountyAA.co.uk)