**2022 Activities and Achievements Review**

2022 began with a much more positive atmosphere in the UK and after 2 years of very limited competitions we looked forward to delivering a full programme of events.

2022 was also the year of the European Championships in Munich, the Commonwealth Games in Birmingham, the World Championships in Oregon and the 2021 Olympic Games in Tokyo. London athletes were representing GB in all these internationals with some fantastic results:

Alex Yee – Triathlon- Gold Commonwealth Games and Silver Olympic Games

Ama Pipi –World Championships reached 400m SF and Bronze 4 x 400m, European Championships Bronze 4 x 400m, Commonwealth Games 4th 400m individual, Olympics SF of the 400m and 5th in the 4 x 400m.

Daryll Neita – World Championships SF 100m individual and 6th in 4 x 100m, European Championships Bronze 100m, Olympic Games Bronze in 4x100m and 8th in the 100m.

Katie Snowden – World Championships 1500m reached the SF, Commonwealth Games 7th 1500, European Championships 1500m 4th and Olympic Games reached SF.

Lorraine Ugen Long Jump World Championships 10th, Commonwealth Games 5th and Olympic Games qualified 14th.

Lina Nielsen – World Championships 400m H 8ht 4 x 400m, Commonwealth Games 400mH 6ht, European Championships 5th sf.

Renee Regis - European U18 Championships 100m Bronze

Dejaune Lingard – European U18 Championships 6th in 100m

Our 2022 competition calendar began with the **Main XC Championships** on the 2nd Feb at Wormwood Scrubs. The competition went very well, with over 750 athletes taking part. The fine weather made it a great experience for all especially first timers. Dulwich College took a clean sweep of the boys’ competition with a more varied number of schools being successful in the girls’ competition.

 We must express our thanks to John Husband who is retiring this year and his team from Thames Valley Harriers. John’s help has been invaluable in the running of this competition over many years. Also thanks to Major Carr (event referee) and his band of officials, to schools who bought staff, Gap and senior students to help run the event and Marilyn Walker event organiser.

Results are as follows:

Senior Boys Inter Boys Jnr Boys A Jnr Boys B

1st place Dulwich College Dulwich College Dulwich Alleyn’s

2nd place Westminster Emanuel Colfe’s Eltham

3rd place Emanuel Cardinal Vaughan Kingsdale Colfe’s

 Senior Girls Inter Girls Jnr Girls A Jnr Girls B

1st place No team placings\* Streatham & Clapham CLSG JAGS

2nd place Colfe’s F Holland NW1 Emanuel

3rd place CLSG JAGS Kingsdale

\*as no team had four finishers.’

The year **7 & 8 XC Championship** followed at Avery Hill Park on March 15th with 8 girls’ teams and 6 boys teams entered. Strong teams from Greenwich, Southwark and Wandsworth took all the top places across the age groups but one. We were again blessed with good weather and our thanks to Mick Bond for organising the event. The results follow:

YR 7 Girls YR 7 Boys Yr 8 Girls Yr 8 Boys

1st place Wandsworth Southwark Wandsworth Greenwich

2nd place Southwark Greenwich Greenwich Southwark

3rd place Greenwich Wandsworth H&F Wandsworth

The **English Schools XC Championships** followed in March. Our results were down on past years - possibly due to the lack of competition and training during the 2020/21. Thank you to Matt Burdekin & Marilyn Walker for organising the teams for this event. Our highest finishers and team results follow:

Highest finishers Team Results

 Jnr Girls Emer Tynan 45th 8th

Jnr Boys Sam Scrase-Field 45th 9th

Inter Girls Adela Svihalkova 31st 10th

Inter Boys Christo Chilton 73rd -

Snr Girls Poppy Craig-Mcfeely 15th 5th

Snr Boys Jacob Taylor 59th -

The **Combined Events Competition** was again held At Lee Valley Athletics Centre on 25th May with London inviting athletes from Kent and Middlesex to participate. Numbers were down from London and Middlesex schools with the majority from Kent.

Thank you to Matt Burdekin for organising the event.

Following the competition 2 girls 2 boys were selected to represent London at the **ESAA South East Combined Events and Race Walk Finals 25th & 26th June Crawley**

Junior boys 9th place Hamza Kabia 2043 points

Inter boys 16th place Nathan Firla 3704 points

Junior girls 9th place Gabriella Noyce 2575 points

Inter girls 15th place Gabrielle Johnson 3179 points

**English Schools Combined Events & Race Walking Championships** were held in Exeter in September 17th & 18th

One London athlete competed and that was Gabriella Noyce who came 31st with a score of 2400.

Unfortunately, this year we did not have any athletes for the Race Walk competition.

**Main Track & Field Championships Saturday 11th June Battersea park**

Unfortunately, this year due to clash of fixtures we did not reach the number of UKA officials of the required standard to be able to get a licence for the meeting.

Also this year an “Independent” category for strong athletes where their borough didn’t have a team or didn’t include them for one reason or another was added. There were 7 “Independent” athletes from London three of whom were selected for the London team IG 3000m, JG 1500m and JG 800m.

5 x ES and 3 x NS were achieved in the Field events

1 x NS achieved in the track events

Thank you to Marilyn Walker for organising the competition to Major Carr and his officials.

Results follow:

Jun Girls 1st Southwark 2nd Greenwich 3rd Wandsworth

Inter Girls 1st Greenwich 2nd =Westminster and Hammersmith & Fulham

Junior Boys 1st Southwark 2nd Greenwich 3rd Lambeth

Inter Boys 1st Southwark 2nd Wandsworth 3rd Greenwich

 **Year 7&8 Track and Field Championships Mile End track Tuesday 14th June**

Teams from 10 of our 12 boroughs were entered and it was a clean sweep for Southwark schools winning both boys and girls competitions in both age groups.

One new CBP Yr 7 boys 1500m and one equalled CBP Yr 7 girls 100m. New CBPs were also added for the Yr 8 300m as this is the first year they were included.

Thank you to Declan Hamblin and his students who were invaluable and Marilyn Walker for organising the competition and Major Carr for organising the officials.

Year 7 Girls 1st Southwark 2nd Lambeth 3rd Wandsworth

Year 7 Boys 1st Southwark 2nd Camden 3rd Lewisham

Year 8 Girls 1st Southwark 2nd Wandsworth 3rd Greenwich

Year 8 Boys 1st Southwark 2nd = Lambeth & Greenwich

**English Schools T&F Championships 8th & 9th July Manchester**

London won 7 individual medals, 2 x gold, 4 x silver, 1 x bronze, six medals down on 2019.

In the hotly contested Relays we won 3 medals. Our Senior Girls quartet came 1st, our Junior Girls quartet came 2nd, and our Inter Boys quartet came 3rd.

Eighteen of the athletes we took to Manchester came away with new Personal Bests, one athlete equalled their Personal Best, and two athletes gained Seasons Bests.

Seven athletes achieved ‘ESAA National Standards’ and 22 achieved ‘ESAA Entry Standard’.

Thank you to all our Team managers and a special mention to the staff of ARK Globe for coming on board and becoming Team Managers, two at the very last minute! Our medallists are:

Emily Cadman JG 200m gold

Hannah Bridge IG Shot Put gold

SG 4 x 100m gold

Ella Rennie JG 200m silver

Niyah Costley SG 100m silver

Lily-Rose Brown JG 300m silver

Isabelle Stamp JG Shot Put silver

 JG 4 x 100m silver

 Jamaal Darlington SB High Jump bronze

 IB 4 x 100m bronze

**Congratulations to our Special Awards** winners

Dan Coffey (XC) Poppy Craig-McFeely (15th at ESAA Champs)

Gwyn Williams Boy Trey Corlis (IB 100m Hurdles)

 Girls Hannah Bridge (IG Shot Putt)

Dick Wyer Field Hannah Bridge (1st and International vest IG Shot Putt)

 Track Emily Cadman (1st in JG 200m)

Sylvester Akpalara Mine Ebriku

Bridget Yule (Combined Events) Gabriella Noyce

We are again fortunate to have a faithful team of officials and helpers, without whom it would not be possible to put on any of our activities and on behalf of the LSAA Committee and our schools I offer a huge vote of thanks.

Patricia Turner