

Rain doesn't stop play!



Opening Ceremony



Nine teams from as far away as Bradford travelled to Ware in Hertfordshire for the 5th Special Olympics Eastern Regional Athletics Competition hosted by SO East Herts at Wodson Park in Ware on Saturday 8th June 2019.

The teams included Nene Valley Harriers from Peterborough, Special Olympics clubs from Enfield, Bradford, East Herts, Essex, Norfolk, North London, St. Albans and Suffolk.

Fifty-Seven athletes, all of whom have learning difficulties competed in track and field events on a very wet and wind morning. Forty-seven won gold medals, thirty-eight silver and twenty-two bronze medals. Five athletes were awarded the Golden Ribbon for breaking the 'Maximum Effort Rule' which means they improved their time or distance by over 15%.



Adam presenting awards with Harry

The athletes received 1st-3rd medals and 4th-8th place ribbons or a gold ribbon if they broke the MER rule. Presenting the awards was **Adam Lynch** and **Harry Herbert** supported by Jan

Liversage, Headteacher at Amwell View School and Specialist Sports College. Adam and Harry recently returned from the SO World Summer Games (Abu Dhabi) as gold medallist playing as team members of the SOGB Basketball Team.

Fifteen SOEH members took part in the athletics competition. They all had two individual events and all took part in a relay. There were two relay events the 6 x 50m Mixed Relay and the 4 x 100m Mens Relay and all three relay teams finished in 3rd place in their division and were awarded bronze medals.

Susannah Mew was the only SOEH athlete to be awarded the Golden Ribbon for breaking the Maximum Effort Rule which basically means she technically did everything right and 'smashed' her pb, her previous best time was 00:29.80 and she ran over 5 seconds faster finishing in a new personal best time of 00:24.3. Her other individual event was the Standing Long Jump (SLJ) which she won the silver medal.



Zak Guy

Four athletes came home with two gold medals for their individual competition: **Zak Guy** - 50m and Soft Ball Throw (SBT); **Johnathon Ingham** – 50m and SBT; **Bradley Flowers** 100m and Long Jump (LJ); **Chris Thornton** and 200m and LT.

Other gold medallists included **Frazer Bonner** – SBT and winning a silver medal in the 50m; **Thomas Ingham** – 400m and finishing 4th in the 50m; and **Alfie Sherwood** – 50m and winning a bronze medal in the SBT.



Alfie Sherwood

Athletes winning two silver medals were: **Jack Smith** - 200m and 50m and **Andre Hagley-King** – Shot Put (SP) and the SLJ.

Athletes winning silver and bronze medals were: **Luke Rogers** – 800m and 400m; Sam Wilson – SLJ and 100m; and **Justis Wintz** – SBT and 100m.



Luke Rogers

Ralphie Byles won a silver medal in the SBT and 4th place ribbon in the 50m; **Philip Goodall** won a bronze medal in the SLJ and a 5th place ribbon in the 100m and **Charlie Forgione** won a bronze medal in the LJ and a 7th place medal in the 100m.



Philip Goodall

Alex Cloona Head Coach of the SOEH Athletics Club said *“I am very proud of the athletes who tried their best in every event despite the wind, rain and cold conditions!” Every athlete came home with a medal and more importantly a smile.”*

Janet Warrington Main Contact from SOEH said *“I would like to say a big thank you to Derek Goodall, his family and the scouts from the 2nd Buntingford Scout Group where he is a Scout Leader. Derek asks this cubs to come along to this event to be runners and ensure the athletes and paperwork are in the right places. Also a big thank you to Jan Liversage and the staff at Amwell View School who volunteer to ensure the event runs smoothly. Special Olympics East Herts is very lucky to have such a good team of volunteers who support this event without whom we would not be able to run the event.”*

“Our next Athletics Competition is already in the diary for next year 13th June 2020. If anyone is interested in finding out more about our clubs or volunteering please check out our website www.specialolympicseastherts.org and contact us via specialolympicseastherts@gmail.com to find out more information.”

Full set of results can be found on the Special Olympics East Herts website.