

# Special Olympics East Herts Athletics Club

## Eastern Region Athletics Championship

FIFTEEN Special Olympics East Herts athletes from the Athletics Club travelled to Chelmsford on Saturday 9<sup>th</sup> May, 2015 for the Eastern Region Athletics Championship for disabled people.



Sam Cawdell

Athletes each competed in three events selected from the track and field programmes.

Penny Warner Coach said *“The team returned with an array of medals for their achievements: 14 golds, 10 silver and 7 bronze. They were very supportive to each other and cheered on by family and friends, it was a great start to the season.”*

Three gold medals were won by **Christopher Thornton** in the Long Jump (3.92), Ball throw (34.87) and the 400m (1:17.77); **Luke Rogers** in the Ball Throw (11.60), 400m (1:17.56) and the 800m (3:05.11); and **Jack Smith** in the Standing Long Jump (0.6), Ball Throw (2.71) and the 100m (42.46), Penny said *“Jack couldn’t have been any faster as he chose to skip*

*and not run to the finish line, which brought on much laughter from his mum.”* Other gold medallists were **Susannah Mew** for her Standing Long Jump (0.45); **Tara Philips** in the Shot (5.51), **Joel Weeks** for his Ball Throw (47.27) and **Harry Herbert** won two gold medals for his Long Jump (2.35) and the 100m (18.90).



Chris Thornton

**Susannah Mew** won two silver medals in the Ball Throw (2.07) and the 60m (30.79); and **Lucy Goodman** in the Ball Throw (10.94) and the 60m (15.49); other silver medallists were **Mitchell Wright** Standing Long Jump (1.39); **Zak Guy** Ball Throw (23.76); **Harry Herbert** Ball Throw (15.66), **Sam Cawdell** 60m (11.53), **Chris Thornton**

200m (31.41) and **Joel Weeks** 100m (17.88).



Susannah Mew

**Sam Cawdell** won two bronze medals in the Ball Throw (14.73) and the 100m (19.36); **Jade Finch** also winning two bronze medals in the Ball Throw (6.92) and the 60m (17.22); other bronze medallists were **Joel Weeks** in the Long Jump (2.28); **Lucy Goodman** in the Standing Long Jump (0.94); and **Jamie Henderson** in the Ball Throw (13.66).

Just outside the medal table with two 4<sup>th</sup> places were **Zak Guy** in the Shot (3.52) and the 100m (22.95) and **Alfie Sherwood** in the Shot (4.60) and the 100m (21.18); other 4<sup>th</sup> places were awarded to **Sam Wilson** in the Standing Long Jump (1.41); **Jade Finch** Standing Long Jump (0.41); and **Mitchell Wright** Ball Throw (13.38).



Chris Thornton

5<sup>th</sup> places were awarded to **Alfie Sherwood** Standing Long Jump (1.23); **Tara Philips** 100m (22.97), **Mitchell Wright** 100m (20.29) and **Sam Wilson** 100m (21.83). 6<sup>th</sup> places were awarded to **Jamie Henderson** in the Standing Long Jump (1.23 and the 100m (22.54) and **Sam Wilson** for his Ball Throw (9.38)

Lucy Currie Coach said ***"The athletes have been training all year for competitions like this and I am very proud of not only their achievements but the way in which they supported one another and were a team, even though this is an individual sport."***

**Results and photos can be found on the website [www.erdaf.org.uk](http://www.erdaf.org.uk).**

**For more information about Special Olympics East Herts and their clubs go to [www.specialolympicseastherts.org](http://www.specialolympicseastherts.org).**