



SO East Herts run another successful Regional Athletics competition

Special Olympics East Herts hosted the 3rd SO Eastern Regional Athletics Competition on Sunday 18th September, 2016 at Wodson Park Sports Centre in Ware. Six Special Olympics attended the competitions from Enfield, North London, St. Albans, Norfolk and East Herts, with 59 competitors in total.

The competition started at 10:00 with an Opening Ceremony and athletes were able to take part in three events with a mix of track and field. Janet Warrington Disability SDO for SO East Herts said *"The athletes, who all have an intellectual disability, train all year-round so that they can take part in competitions like this. It is very important that we continue to host these events and would like to thank all the volunteers who came along to spend their Sunday making this work: the officials, team coaches and managers, SOGB volunteers, the 1st Braughing Scout Group, Amwell View School and parents, without these volunteers events like this wouldn't be able to happen."*



Alex Cloona, Head Coach of the SO East Herts Athletics Team said "On the day we had a team of nineteen athletes take part who achieved some fantastic results. I was very pleased with how they performed and everyone appeared to enjoy the day."

In total five HER gold ribbons were awarded, thirteen gold medals, eleven silver medals, thirteen bronze medals, four 4th place ribbons and a 7th place ribbon were awarded to the SO East Herts members.



Special Olympics have a rule which is called the 'Honest Effort Rule' or the 'Maximum Effort Rule' which means that a participant cannot improve their performance by more than 15%, if they do they will be awarded a gold ribbon rather than a medal. The athletes who 'smashed their personal bests' and were awarded a gold ribbon were: **Harry Herbert** in the softball throw (30.91) and the running long jump (2.94m); **James Hall** in the softball throw (21.14); **Sam Cawdell** in the running long jump (2.36m) and **Tara Phillips** in the softball throw (25.81m).



Gold medals were awarded to the following athletes: **Luke Rogers** won three gold medals in the 1500m (5:59.80), the 800m (3:02.00) and the standing long jump (1.18m); **Johnathon Ingham**, **Baris Sait**, **Jack Smith** and **Tara Phillips** in the 50m (21.60), (22.00) and (14.09) respectively; **Philip Goodall** in the 200m (34.10); **Haydn Buxton** in the softball throw (4.87m); **Mitchell Wright** and **Tara Phillips** in the running long jump (1.41m) and (1.73m) and **Andre Hagley-King** in the shot put (3.43m).



Silver medals were awarded to: **George Cooper** and **Esme White** who both received two medals each. George in the 50m (23.30) and the softball throw (5.49m) and Esme in the 50m (10.10) and the running long jump (1.67m). **Haydn Buxton** and **Sam Cawdell** in the 50m (21.80) and (9.97) respectively; **Michael Di Martino**, **Jamie Henderson** and **Mitchell Wright** in the softball throw (3.27m), (13.78m) and (14.17m) respectively; and **James Hall** and **Louis Gallagher** in the running long jump (1.27m) and (2.82m).

Bronze medals were handed out to: **Andre Hagley-King** 50m (26.20); **Michael Di Martino** 50m (11.20), **Abdul Jibril** in the 50m (11.20) and the softball throw (11.30m); **Louis Gallagher** 200m (38.90); **Mitchell Wright** 100m (18.80); **Sam Cawdell** 100m (16.70); **Philip Goodall** in the 100m (16.40) and the running long jump (1.04m); **Esme White** 100m

(19.30) **Johnathon Ingham** softball throw (3.53m); **Jack Smith** softball throw (3.32m); **James Wood** softball throw (5.67m).



Fourth place ribbons were presented to **James Wood** 50m (12.50); **James Hall** 100m (18.90); **Louis Gallagher** 100m (17.80); **Baris Sait** in the softball throw (1.83m) and Jamie Henderson was presented with a 7th place ribbon in the 100m (21.80).

Full set of results can be found on the Special Olympics website
www.specialolympicseastherts.org.

