



Special Olympics Eastern Regional Athletics Competition Wodson Park - 12th May 2018

Special Olympics East Herts hosted the Eastern Regional Athletics Competition at Wodson Park Sports and Leisure Centre on Saturday 12th May 2018.

Forty-two athletes travelled to Ware from St. Albans, North London, Harlow and East Herts Borough of Broxbourne to take part in track and field events.

Gobi Ranganathan, International Para-Badminton player, who is currently undertaking intensive training in the hope of making it to the 2020 Tokyo Paralympic Games, came along to the event to present the medals and ribbons to the athletes.

Derek Goodall, Scout Leader of the 1st Braughing Scout Group, once again brought his scouts along to ensure the smooth running of the event. Tents were erected for the athletes to wait to compete and then to wait for their medals, a refreshments tent and also results tent. The scouts were also runners from the field of play to the results tent to ensure everything ran smoothly.

Janet Warrington, Disability Sports Development Officer said *"It was a brilliant day and SOEH has to say a big thank you all the other volunteers, but in particular Derek, his family and his scouts from the 1st Braughing Scout Group."*

I would also like to thank Gobi for coming along to present the awards to the athletes alongside Jan Liversage (Headteacher Amwell View School). All of the volunteers are so important and without whom frankly the event would not be possible.

Special Olympics East Herts team of 14 athletes won 3 Golden Ribbons for Maximum Effort Rule breaks; 10 Gold Medals; 12 Silver Medals; 9 Bronze Medals; two 4th place Ribbons and one 6th place Ribbons.

The Maximum Effort Rule is a SOGB rule which says if the athlete runs faster than 15% of their entry time, jumps or throws further than 15% of their entry distance, they break the rule and receive a golden ribbon and the next person in their division receives the gold medal. There were three athletes who achieved these: **Joel Weeks** in the Softball Throw, **Sam Wilson** in the Standing Long Jump and **Thomas Ingham** in the Long Jump.

Gold Medals were awarded to: **Bradley Flowers** in the 50m run and the Long Jump; **Lucy Goodman** in the Standing Long Jump and the Softball Throw; **Luke Rogers** in the 800m run; **Jack Smith** in the Softball Throw; **Philip Goodall** in the Standing Long Jump; **Johnathon Ingham** in the 50m run; **Jade Finch** in the 50m run and **Tara Phillips** in the Softball Throw.



Gobi Ranganathan presenting Luke Rogers with his Gold Medal for 800m run

Silver Medals were presented to: **Jamie Henderson** in the 100m run, Softball Throw and the 6x50m Relay alongside **Thomas Ingham, Jack Smith, Joel Weeks, Tara Phillips** and **Jade Finch**. **Johnathon Ingham** for his Softball Throw; **Susannah Mew** for her Standing Long Jump and **Andre Hagley-King** also for his Standing Long Jump.



Tara Phillips – Standing Long Jump

Bronze medals were given to: **Sam Wilson** the 100m run and the 4x100m relay alongside **Luke Rogers, Philip Goodall** and **Bradley Flowers**. **Thomas Ingham** for his 50m run; **Susannah Mew** also for her 50m run, **Jade Finch** for her Softball Throw and **Andre Hagley-King** for the Shot Put.



4x100m Relay Team

Fourth place ribbons were presented to **Jack Smith** for the 100m run and **Philip Goodall** for his 100m run and a 6th place ribbon was presented to **Luke Rogers** for his 200m run.

Neil Ward, Founder of Special Olympics East Herts said *“It is really important our members have the opportunity to compete against other competitors. They train every week at Wodson Park and therefore these competitions give them something to aim for and to improve performance in whichever is their chosen discipline, and the opportunity to meet fellow athletes and make new friends in this splendid stadium.”*

Alex Cloona, Head Coach for the Athletics Club, who train on Monday evenings 6-7pm at Wodson Park said *“the athletes had a great time, they have all gone home with awards and a smile on their faces. We aim to make the Regional Athletics Competition an annual event every spring. If anyone is interested in finding out more about the Special Olympics East Herts Athletics Club they can find out more information on our website: www.specialolympicseastherts.org / Our Clubs / Athletics. Full results can be also found there.”*