

Chiltern Harriers Athlete Performance Report 2023

Chiltern Harriers had another good year in 2023. As usual the first event on the calendar was the Buckinghamshire Cross Country Championships, held this year at Ampthill in Bedfordshire. There were wins for the U13 Girls, U13 Boys, U15 Boys, Junior Women, Vet Women, Senior Men, and Veteran Men. Soraya Roughton won the U11 Girls race with Holly Knott third; and Kara Gorman, Evelyn Wildman and Maya Davis were 1-2-3 in the U13 Girls race. Maddie Hughes won the U17/20 Women's race with Frankie Baxter second. In the U13 Boys race Thomas Reynolds was second and Charlie Quantrill third; in the U15s Alex Hughes and Daniel Munn were 1-2; and Thomas Redmond was second in the U17 Men's race. Bex Nkoane (2nd), Ellie Bates (4th) and Katie Royals (5th) were just one point away from taking the team win, and the Senior Men saw a 1-2-3 from George Brown, Will Brown and Richard Slade.

The club also managed to retain their overall Chiltern League title from 2022. All teams contributed well. Senior Men (2nd), Vet Men (2nd), U20 Men (1st), U17 Men (1st), U15 Boys (2nd), U13 Boys (2nd), U11 Boys (2nd), Senior Women (1st), Vet Women (3rd), Junior Women (4th), U15 Girls (2nd), U13 Girls (1st), U11 Girls (2nd). Individual medallists included Richard Slade, George Brown, Tom Dixon, Nick Hughes, Trevor Brawn, James Palmer, Louis Peterson, Ash Finch, James Holdsworth, Thomas Living, Hannah Wardley, Cath Holloway, Emily Ford, and Kara Gorman.

The club hosted the Pednor 5 in May, the Shardeloes 10k in September, and the Pednor 10 in December. At Pednor 5 Chiltern won the men's team prize courtesy of Alex Hughes, Adam Shute, Alex Paul and Tom Dixon, and the female trio of Fiona Kelleher, Mairead O'Rourke and Abi Askey were second. At Shardeloes Chiltern won both teams (Alex Hughes, Nick Hughes, Tom Dixon, James Turner) and (Maddie Hughes, Frankie Baxter, Mairead O'Rourke). The Pednor 10 on New Year's Eve saw an individual win from Richard Slade and the relay team win from Alex Hughes and James Holdsworth.

On the track the club featured in the YDL Lower Age Group, YDL Upper Age Group and the Southern Athletics League. In the UAG and the SAL Chiltern combined with Wycombe Phoenix to make the South Bucks composite. The SAL saw the composite get promoted to the top division. League athletics provides a great opportunity for all sections of the club to combine. 2024 sees reduced travelling times and edited timetables to make the matches more user friendly.

In the Bucks Track and Field Championships medals came from Abi Masters (U15G 200m), Dylan Rossi (U15B 300m), John Nickless (U20M 800m), Lily Jessop-Tranter (U17W 800m and 1500m), Isaac Collier and James Holdsworth (U15B 1500m), Ellie Shield (U20W 1500m), Lucy Wilkinson (U17W 1500m), Kara Gorman, Maya Davis and Nia Clarke (U13G 1500m), Bethan Lloyd and Bronwen Harman (U13G 70m hurdles), Taye Awuku-Chan (U15B 80m hurdles), Florence Lee-Rubis (U17W 80m hurdles and long jump), Ffion Harman (U17W 300m hurdles), Mattie Gemmell (U15B high jump), Holly Knott and Nia Brown (U13G high jump), Chisom Nwafor (U20W long jump), Isla Dalby (U15G long jump), Sarah Cross (SW shot and javelin), Zoe Partridge (U13G shot, discus, javelin).

Chisom Nwafor won English Schools Senior Girls long jump with a huge 6.53m. Euan Pinder won bronze in Inter Boys steeplechase. Also involved in Birmingham at English Schools were Maddie Hughes, Lucy Wilkinson, Taye Awuku-Chan, Alex Hughes, Leon Doran, Isaac Jessop-Tranter, Archie Pinder, Isaac Collier, Tom Emery and Frankie Baxter.

The autumn saw three Chiltern League matches and the club won the first but struggled in match 2 due to clashes with ESAA Schools Cross Country Cup and the Cross Challenge. After the three matches the club held second place.

Steve Perkin

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