

SAC Junior athletes set 19 new club records and win 6 County medals and one national medal

A report on the 2021 track & field season by Darrell Smith, Head Coach.



The 2021 season started well with 16 athletes competing in the Kent Championships in May. Highlights were a double by James Beecroft winning both the 100m and 200m, and 10 athletes placing in the top 6 in their events.

Later in the month came the first match in the Kent Young Athlete League where Sevenoaks AC had been promoted to Division 1 following great performances in the previous year. The Team placed 6th, which was a great result and gave us hope of staying in Division 1. But it turned out to be our best performance of the year, as covid reduced the team's turnout in the following matches. Following two 8th places, we are back to Division 2 for next year.



The U15G 400m relay team of Abigail Hamshare, Ava Algar, Emma Windsor, and Emily Austin competed with distinction in all three KYAL fixtures

A positive development has been the growth of our U17s who competed in the Southern Athletics League where Jess Lewis and Erin Vallance excelled.

The next major event was the Kent Schools on the 12th June. Athletes competed for their School but it's worth noting that we had 10 athletes from the Club competing with two athletes winning medals. Holly Diprose 3rd in the U15G 1500m and Emma Windsor 3rd in the U15G High Jump.



In September, three U13s competed in the Kent Championships with Harry Thorburn placing 3rd in the U13 High Jump and Teddy Ainsworth placing 5th in the 100m from a standing start and in trainers! And at the same event Jess Lewis placed 2nd in the U17W Heptathlon with very little preparation. Her main events are Sprints and Long Jump.





Special mention should be made of our U17 Sprinter Erin Vallance who has progressed with the club from an U11, improving every year. This season she ran 27 races as she chased her goal of going Sub 13 seconds for 100m, which she did in July with a new club record of 12.84. She also ran a 26.8 for 200m which is equally impressive.

Finally, our U15 Sprinter, James Beecroft has had an excellent Season. Competing in over 25 races he won the Kent (100m and 200m) and Southern Counties titles (200m) and placed 2nd at the English Schools 100m. A truly outstanding season. With impressive personal bests of 11.21 for 100m and 22.48 for 200m. I look forward to seeing him progress next summer when he has a further year in this age group .



2021/22 Cross Country

We have 20 athletes competing in the Kent League this Winter. I'm hoping that several will represent their County this Winter and that we may win a Team medal at the County Champs. More news later.

Darrell Smith, Head Coach.



Thanks

To Darrell and Dan.

Enjoy your running and stay safe.

Jim.

Jim@7oaks-ac.org.uk