The Harriers over the past few years has seen a rapid growth in both junior athletes but also volunteers working as coaches, officials and team managers.

The club can now offer sessions for under 10s on a Sunday morning, Tuesday we see small groups of year 5-6 working in a multi event format and these sessions are supported by 8 junior members.

We have recently seen a number of individuals take the initial steps towards being full coaches, this is welcomed news especially with the number of under 10's and 12's coming through.

SAL and the promotion to Div 2, composite working well with Braintree, strong support from the men helped.

EYAL reaching the plate final again this year against still opposition, came a creditable 5 just a few points behind 4th.

EMAC Harriers reached the league final once again.

Individuals

Charlie Dobson  Europeans 400m and 4x400. Finished the season with a UK ranking of 3rd.

Catherine Holdsworth, Catherine competed in the BMA throws Penthalon, she finished the day just 100 points off the British V40 ladies record and first place, Catherine continued to support the SAL team even though living on the South coast providing valuable points.

Lyla Belshaw - 2nd National U20 champs preferred event 800, selected for the worlds U20 1500 reached the final and came 8th, Lyla finished the season UK ranked no 2 for the 1500 and 4th in the 800.

Bronson Hearn Smith, qualified for the U18 Europeans placing 2nd in the trials, entered the champs as number 2 went on to won gold in 20.70 CBP, uk rankings 3rd in both the 100 and 200m

Farryl McLoughlin, had an amazing break through year,
Highlights
English schools placing 3rd to receive the Bronze medal
Southern inter counties competing for Essex Farryl placed 1st
UK ranking  80m hurdles 3rd
Farryl also went on to compete in the Essex and Eastern counties penthalon finishing with Silver in the Eastern and Gold in the Essex.

Thanks go,
In particular to Tammy Belshaw, Tammy has been the main driving force in so many areas junior membership, volunteers and track and field secretary, she has also been a great support to me as track and field chair helping to put in place the vision I had a few years back without Tammy we wouldn't be where we are.

Linda Garnham, I’d like to say thank you Linda has taken on the SAL, Awards evening and organised the current list of Workshops being held.

Team managers of SAL and EYAL

And to the volunteer coaches and officials that make it all possible