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- 1 Khalif Ali
- 2 Latifat Adewunmi
- 3 Damien Amaniampong

#### **Best performance by Newcomer**

Aron Berhe

#### Most improved athlete

Ronan Edwards

#### **Coaches performance awards**



1 Ruby Moffat Virk			
2 Stacey Amaniampong			
3 Anika Sharma			
4 Luke Thake			
5 Ryder Islam			
Special performance award			
Krystle Balogun			
SAL points award for U20			
Aleena Lawrence			
SAL points award			
Dylan Harrod			
Senior female SAL award			
Jordan Hinds			
SAL Athlete of year			
Dylan Harrod			
Essex Champs T&F award			
Toyin Olufemi			
Toyin Olufemi  Essex T&F Champs award			



#### Outstanding achievement award. Female

Sameena Ahmed

**Outstanding achievement award Male** 

**Dennis Briggs** 

**Outstanding Contribution award female** 

Alison Sale

**Outstanding Contribution award Male** 

Jeevakan Sivayogan

Winter Trophy winner (F)

Carlie Quirem

Road & X Country female athlete of the year

Jordan Hinds

Road & X Country Male athlete of the year

Stephen Philcox

Field Athlete of the year

Toyin Olufemi

**U13** Athlete of the year

Jayden McDermott

**U15** Athlete of the year



Samuel Crane

U20 T&F	athlete	of the	year
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Oliver Blainey

Junior female athlete of the year

Ayshah Lawrence (accepted by her sister Aleena)

Junior Male athlete of the year

Joseph Grange

Female veteran of year

Joanne Reeves.

Veteran Male athlete of year

Terry Knightley

Track Athlete of the year

Paul Grange

Ilford AC Overall Athlete of the year

Ahmed Abdulle.

Ladies Cross Country Team

Group shot

