



WASP NEWS

Issue 4 – December 2011

Merry Christmas and a Happy New Year, Have an Olympic 2012...

Keeping you up to date with forthcoming events, results and information about the Woodford Wasps.

Friday 25th November – 10 out of 10

Results are as follows.

60m	Abigail Coe	9.8	2 nd
	Thomas Adolphus	9.6	2 nd
	Chris Agyeman	8.2	2 nd
200m	Aziza Abdulali	34.3	1 st
	Jack Thomas	33.5	2 nd
600m	Abigail Allen A	2:30.0	2 nd
	Rosie Green B	2:58.6	3 rd
	Max Wintle A	1:57.2	1 st
LJ	Hannah Sullivan	2.30m	3 rd
	Thomas Adolphus	2.98m	3 rd
Vertical Jump	Thomas Adolphus	32cm	3 rd
	Chris Agyeman	50cm	1 st
Obstacle Relay	Max, Abi, Jack & Wren	1:34.2	3 rd

Looks like everyone had an exciting evening, sorry I couldn't be there. Great performances from Max 600m, Aziza 200m and Chris in the Vertical Jump.

WGEL were 2nd on the night, better than last year!

Well Done to ALL WASPS who attended.

Lee Valley Minithon Sunday 18th December

Don't forget to enter and attend the next Minithon at Lee Valley. Sorry but I won't be there but if you do compete please let me know how you got on.

Good luck to all who attend.

Membership Forms

Woodford Wasps from age 8 can now become actual members of Woodford Green AC with Essex Ladies.

If you have not completed these, please do so as soon as possible.

NOTE: both forms need to be completed and signed by either Mum or Dad.

Although it says there is a £35 fee this is NOT REQUIRED until the athlete moves into the U13 section on Tuesdays and/or Thursdays.

Please ask me for forms if you haven't completed one.

Friday 2nd December – 10 out of 10

Results are as follows.

60m	Abigail Coe	9.2	1 st
	Thomas Adolphus	9.5	1 st
	Chris Agyeman	8.7	2 nd
200m	Aziza Abdulali	33.2	1 st
	Jack Thomas	33.7	2 nd
600m	Abigail Allen A	2:10.6	2 nd
	Rosie Green B	2:27.8	2 nd
	Max Wintle A	1:57.7	1 st
LJ	Abigail Coe	2.87m	2 nd
	Thomas Adolphus	3.02m	1 st
Vertical Jump	Max Wintle	41cm	2 nd
	Chris Agyeman	50cm	2 nd
	Sam Wintle	55cm	2 nd
Obstacle Relay	Max, Aziza, Jack & Lacy	1:48.3	3 rd

WGEL came 2nd overall and had some fantastic performances. Well done to everyone, especially Thomas Adolphus who won both his events and also to Max's brother Sam for helping in the Vertical Jump and the last Relay!

Hope everyone enjoyed the evening, I did and it was great to see so many WASP's and parents there. A big THANKS and CONGRATULATIONS to all. I have the Certificates for taking part!

Essex Sporthall U11 Boys

Congratulations to Chris Agyeman for being selected to represent Essex in the U11 Sporthall competition. He won his three events last weekend when he competed at Chelmsford Saturday morning (he wanted to miss the Cross Country session ;-)

2 Lap	24s
STJ	6m26
Chest Push	5m65

Well Done Chris!

Coach Phil

Just a reminder, please ensure you arrive at the track for Saturday sessions before 9:55am, it will help to get started quicker and have more fun than having to wait around. Wear those layers and always bring a drink, water is best.

My contact details: Mob: 07764479634
Email: philip.sharkey@btinternet.com