

WORLD CHAMPIONSHIPS BERLIN 2009

Team GB members helped by RPFM

Men:

100m Dwain Chambers; Tyrone Edgar, Simeon Williamson
200m Chambers, Marlon Devonish
400m Martyn Rooney, Robert Tobin
800m Michael Rimmer
1500m Andy Baddeley, James Brewer Tom Lancashire
5000m Mo Farah
110mH Gianni Frankis, Will Sharman
400mH David Greene, Rhys Williams
P/Vault Luke Cutts, Steve Lewis
L/Jump Greg Rutherford, Chris Tomlinson
T/Jump Nathan Douglas, Phillips Idowu
Shot Carl Myerscough
4 x 100m Harry Akinos-Aryeetey, Ricky Fitton, Craig Pickering
4 x 400m: Chris Clarke, Nigel Levine, Conrad Williams.

Women:

400m Christine Ohuruogu, Nicola Sanders
800m Jenni Meadows, Marilyn Okoro, Jemma Simpson
1500m Lisa Dobriskey, Charlene Thomas, Stephanie Twell
3000mSC Helen Clitheroe
20K R/Walk Joanna Jackson
100mH Sarah Claxton, Jessica Ennis
400mH Eilidh Child, Perri Shakes-Drayton
Pole Vault Kate Dennison
Javelin Goldie Sayers
Hammer Zoe Derham
Hept. Jessica Ennis, Louise Hazel
4 x 100m Emma Ania, Montell Douglas Jeanette Kwake, Anyika Onuora, Laura Turner
4 x 400m Lee McConnell

The British team for Berlin has suffered another two withdrawals through injury, and others have had to prove their fitness before being selected. Not an ideal situation before such an important competition but with Jessica Ennis, Phillips Idowu, Goldie Sayers, Lisa Dobriskey and Christine Ohuruogu there is hope of reaching the five medal target set by Charles Van Commenee. Over 80% of the 60 strong team have received RPFM grants at the start of their athletic careers.

They are listed here in the hope that this will add to your enjoyment during the TV coverage on BBC from August 15, knowing that your efforts are linked with their success. The relay runners are in addition to the individual sprinters named and our best wishes for success goes with them all.

The success of the charity would never have happened without the generosity of all our marathon runners over the years and the many supporters of the aims of RPFM. It is thanks to you that Ron's Fund has been able to keep going over the past 18 years and introduce new methods to help our young athletes and coaches to develop.



Special Grants for athlete/coach partnerships were introduced two years ago and three of the recipients are included in this team. Following her gold medal in the 400m Hurdles at the European U/23 Championships, **Perri Shakes-Drayton** has been selected for this event.



Chris Clarke's 400m win at the European U/20 Championship in 45.59 secs has gained him selection for the 4 x 400m relay. **Steph Twell** was still a Junior when selected for the 1500m at the 2008 Olympics and she has kept her place in the Senior team by finishing second in the Trials. Our five year support of **Steve Lewis** ends this year and his 5.72m pole vault in Germany recently leads us to hope that he is coming into form at just the right moment!



World Class Coaching Conferences for the Throws in 2007 and the Jumps in 2008 were sponsored by RPFM and organised together with UKA. Copies of the DVD's produced from each Conference are still available at £10 per event (2 DVD's) or £25 for each full set of 4 individual events (8 DVD's) plus p & p. Order forms can be downloaded from our website www.rpmf.org.uk.

London Marathon 2009

The online entry system transformed the stress involved in finding runners to fill our Golden Bond places. The speed of the internet meant the ballot results were known in October, two months earlier than usual! Thanks to referrals from previous runners and those wishing to take part again, the 29 RPMF places were filled within a few weeks. The few withdrawals later were soon taken up, leaving Jean to enjoy her Christmas knowing all our places had been filled!

In spite of the credit crunch all runners have reached their sponsorship targets, three have doubled it thanks to company matching schemes. Two runners have yet to send in their money but already our total is £34,500 with Gift Aid still to be claimed on some donations. Thanks to you we will be giving out our usual £40,000 or more to over 200 of our talented young athletes next January.

We have 28 places available in 2010. Make sure you contact Jean as soon as the ballot is known if you, or anyone you know are interested in taking part (rpmf@lineone.net).

Thanks to

Cllrs. Russell & Dr Linda Russell for organising the second Hertford Charity Run on 19 April 2009.

This time the sun shone for the 365 runners who took part. Alex McIntosh, Garden City Runners, won and Sharon Gannon, Ware Joggers, in 7th place was first woman. Jean was delighted to receive a cheque for £2600 that was raised by the event, to which was added sponsorship of £1036 collected by one runner.



Also to Hertford District Scouts for the money raised by a collection at their Church Parade. District Commissioner Trefor Salter presented a cheque for £386.53 to the Fund at the same presentation at Castle Hall, Hertford.

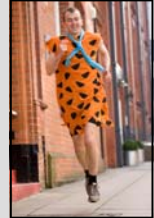
And to Daley Thompson, Geoff Capes and Kriss Akabussi, together with **Stuart Storey & Paul Dickenson**, for taking part in an evening event at Campus West, WGC. The generosity of local businesses in Welwyn Village and the Garden City, together with memorabilia for the auction, meant £2642 was raised for RPMF at the event. Special thanks go to **Andy Gibb**, the Manager of Campus West and his staff for their help in making the evening a success.



And to ... Goldie Sayers and Jason Gardener who have paid back the RPMF grants they received early in the careers so that other young athletes may benefit in the future.

Our Runners included

Adrian Morreale, Greg Sawyer and Matt Briscoe, teachers at John Warner School, Hoddesdon; Anette Crick, mother of four from Shiplake; Fred Flinstone, aka Paul Bennett from Grant Thornton; Lee Nakan & Athos Rushovich from South Africa; Chris Finch who made sure he reached the finish this year; three Glaxo employees; and James Hodson, running for the fifth time in memory of friend Ed Prickett.



Congratulations!

Jodie William became the first woman double sprint champion at the **World Youth Championships**, where **Ben Williams** won gold in the Triple Jump and **Katerina Thompson** gold in the Heptathlon.

The **European U/20's** produced 15 medals, including gold for **Chris Clarke** (400m) **Lawrence Clarke** (110mH) and 4 x 400m Men's relay. From the **European U/23's** the team came home with 18 Medals and another clean sweep in the men's 100m; Gold medals to **Harry A-A, Toby Sandeman, Lloyd Gumbs, Eden Francis, Perri Shakes-Drayton** and men's & women's **sprint relays**.

The British 10K London Run

Jimmy Martin and four members of his football team decided to keep fit for the new season by taking part in the above event on July 12th. Jimmy finished in 46th place and the Fund will benefit from the sponsorship raised through their efforts.

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