

JC Daniel Sacks Award for Outstanding Athletic Achievement
Performances 2012 - Boys

First Name	Surname	DOB/Year group	School	Club	Event	Perf	Pos	Venue	Meeting	Date	UK Age Group Ranking
Dean	Benzaken	Year 9	JFS	SBH	100	12.57	2	Lee Valley	Lee Valley Sprint Evening Open	12-Sep-12	
Dean	Benzaken	Year 9	JFS	SBH	200	27.85	4	Hendon	London Inter-Club Challenge	16-Jun-12	
Dean	Benzaken	Year 9	JFS	SBH	400	60.48	5	Hendon	London Inter-Club Challenge	16-Jun-12	
Natan	Bloom	28.7.98	Hasmonean	SBH	1500	04:50.2	2	Harrow	McCain Young Athletes' League Division Southern Premier NW	17-Jun-12	456
Natan	Bloom	28.7.98	Hasmonean	SBH	1500	04:53.9	4	Lee Valley	McCain Young Athletes' League Division Southern Premier NW	06-May-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	100	12.54	1	Woodford	Woodford Green Open	19-Jun-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT800	41.79	6	Lee Valley	National Junior Athletic League Southern Premier Division	24-Jun-12	410 inc seniors
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	50.97	6	Watford	South of England AA U15/U17 Championships	15-Jul-12	27
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	50.52	1	Woodford	Woodford Green Open	17-Jul-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	49.52	1	Chelmsford	Essex Schools' Championships	16-Jun-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	48.92	1	Chelmsford	Chelmsford Throws Festival	06-Apr-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	47.42	1	Harrow	McCain Young Athletes' League Division Southern Premier NW	17-Jun-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	45.94	1	Woodford	Woodford Green Open (Throws)	15-Apr-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	45.87	1	Lee Valley	McCain Young Athletes' League Division Southern Premier NW	06-May-12	
James	Bongart	30.6.96	K. Solomon High	Woodford Grn Essex Ladies	JT700	44.79	1	Southend	Essex County Championships	28-Apr-12	
Jamie	Cohen	31.3.99	St. Martin's Northwood	Harrow AC	1500	05:08.6	8	Watford	Hertfordshire County Championships	12-May-12	
Jamie	Cohen	31.3.99	St. Martin's Northwood	Harrow AC	1500	05:09.4	5	Lee Valley	McCain Young Athletes' League Division Southern Premier NW	06-May-12	

