

Spenborough & District A.C.

(Founded 1965)

Princess Mary Athletic Stadium, Bradford Road, Liversedge. WF15 6LW



AWARDS PRESENTATION – 2017/18

TROPHY	DISCIPLINE	WINNER	PERFORMANCE
PRESIDENT'S CUP	<i>For services to the club (non-athlete)</i>	BARBARA CROUGHAN	Has taken on an awful lot with the shop and catering and the finances wouldn't be as good without her time, but also attends all track events as a track official
ALLAT MEMORIAL CUP MALE OR FEMALE	<i>MOST OUTSTANDING ATHLETE</i>	MOLLY WARING	A selection of her results : 1st West Yorkshire League Junior Women with 119 points across Track and Field 6th English Schools 400m Hurdles final Second Yorkshire championships in 400m and 400m Hurdles Junior women most league points 2018 PB's in seven different events XC U17 award winner
SNR MEN'S MOST POINTS	<i>T & F LEAGUE</i>	GLENN ASPINDLE	Showing consistent form across all 4 meets on the track but particularly in the field the winner of Snr Men T&F with 145 points
JNR MEN'S MOST POINTS	<i>T & F LEAGUE</i>	JAKE DARBY	135 points across senior and YDL events, PB in shot, discus and hammer. Also coming out as overall Jnr men West Yorkshire league winner
U17 MEN'S MOST POINTS	<i>T & F LEAGUE</i>	BEN WILSON	Consistent high points scoring in 100, 200 and triple jump with a total of 86 points and awarded with selection to English Schools Championships
U15 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	BAILEY LAWTON & LEWIS BARNES	Joint winners here with these two going head to head all season, both up and coming sprinters who dipped their toes into field events as required
U13 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	LUCAS BARNES	74 points and showed a great set of skills across different events
U11 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	BEN WHITAKER	This result is based on performance in West Yorkshire league and the winner for his all-around skill set
SNR WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	BETH THOMAS	A great whole season performances across throws with 101 points
JNR WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	MOLLY WARING	Also collected the West Yorkshire league title in first year at this age group with over 100 points and providing 117 points to YDL and seniors
U17 WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	OLIVIA REAH	Also tucking a Yorkshire title into the season showing ,massive potential in Long and triple jump
U15 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	NATALIE GROVES	A high set of points across the sprints disciplines in which she achieved 7 first place finishes with a total of 77 points, and being selected for the English schools champs, also running a breath taking 40.6 for 300m, the 5th best time for age group in UK

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U13 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	MOLLY FIRTH	One outstanding athlete across track and field events accumulating 56 points and smashing several PB's along the way
U11 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	IMOGEN ATKINSON	Results are based on West Yorkshire league and a young lady we have high hopes for
MALE MOST IMPROVED	<i>TRACK</i>	DANIEL SMITH	Consistent improvement through the season, reducing his 200, 400 and 800m times. He stepped up and learnt an awful lot by competing in the senior and even gave a floodlight a punch along the way
FEMALE MOST IMPROVED	<i>TRACK</i>	ELLIE HOLDEN	Showing determination to keep improving in training 200, 300 and 800m a well-deserved award
MALE - BEST INDIVIDUAL PERFORMANCE	<i>TRACK</i>	SIMON BOLLAND	Coming home in a seasons best 4.18 in 1500m at Northern Champs
FEMALE - BEST INDIVIDUAL PERFORMANCE	<i>TRACK</i>	MOLLY WARING	Wearing a West Yorkshire vest at the time competing at English Schools Championships at 400m Hurdles, smashing her PB by 2 seconds and qualify for the final
MALE MOST IMPROVED	<i>FIELD</i>	BEN WILSON	Shown great improvement in triple jumps. His finest hour came in YDL improving his PB from 12.40m to 13.13m
FEMALE MOST IMPROVED	<i>FIELD</i>	LILY CROUGHAN	Across the season especially in YDL this young lady has PB'ed in shot (a massive 2m improvement), discus, and javelin
EARNSHAW TROPHY – MALE	<i>BEST FIELD PERFORMANCE</i>	CONNOR BELL	Showing improvement year on year and some impressive results all-around. But his improvement in Discus 18.61m to 23.95m
SHERWOOD TROPHY – FEMALE	<i>BEST FIELD PERFORMANCE</i>	ELLA BARNES	The winner of this award produced a massive 1.40m in high jump while still only aged 12
DRANSFIELD TROPHY – MALE	<i>BEST OVERALL CROSS COUNTRY</i>	SIMON BOLLAND	He stepped up in the Yorkshire Championship just after the death of his beloved Grandma Sheila, as he warmed up with tears flowing most thought he would never get to the start line, but his performance in memory of Sheila was outstanding finishing 109th
BRAY TROPHY FEMALE	<i>MOST POINTS OVERALL CROSS COUNTRY</i>	JENNI MUSTON	Good finishes in West Yorkshire league and the strong performance at national championships 159th place
JULIAN TROPHY FEMALE	<i>BEST PERFORMANCE CROSS COUNTRY</i>	JENNI MUSTON	For her performance in nationals
MALE - BEST PERFORMANCE	<i>CROSS COUNTRY</i>	HENRY CARTER	The improvements in this young chap have been a joy to watch
MALE MOST IMPROVED	<i>ROAD RUNNING</i>	DAN DALTON	Knocking 11 ½ mins off 10mile time, shown consistency in all races and one to watch, Improvements in park run and 10k
FEMALE MOST IMPROVED	<i>ROAD RUNNING</i>	LEANNE JACKSON	Prior to being injured she was improving all the time at a steady rate, knocking chunks of her park run PB's a pesky stress fracture is slowing her down at the moment

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MALE MOST PROMISING	<i>ROAD RUNNING</i>	PHIL WILKINS	In his first year of competition taking 4 mins of his 10k time
FEMALE MOST PROMISING	<i>ROAD RUNNING</i>	ANGELA BUCKLE	Always up for a challenge run wise and is ready to try her hand at any running discipline, she came as a beginner and always gives 100%, taking 2 mins of park run and 10k times
SPEN 20 - CHAMPION (first Spen runner finishing Male/Female)	<i>ROAD RACE – 20 MILE</i>	EDWARD REVELL	Awarded to first Spen runner to cross the line in our annual 20 mile race, the winner finishing an impressive 20th overall
U11 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	BEN WHITAKER	First U11 Boy home in Spen XC Open, A young man with great determination and attitude to improve
U11 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	ISABEL TOHER	First U11 Girl home in Spen XC Open. Looking forward to seeing this young lady on the track again next year to see how well she does
U13 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	MATTHEW DALTON	First U13 Boy home in Spen XC Open, a great little prospect, with the right coaching can go far and not wanting to be out done by his dad
U13 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	MOLLY FIRTH	First U13 Girl home in Spen XC Open. Now if this young lady believed in her all around talent just a little more we are convinced she will do some great things in the future
U15 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	-----	
U15 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	OLIVIA REAH	First U15 Girl home in Spen XC Open. A natural runner with the heart of a lion, she says we won't be seeing her on XC's again, but you never know
U17 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	-----	
U17 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	MOLLY WARING	A fine race being the first junior athlete home in Spen XC Open women's race
JNR/SNR MEN MOST POINTS	<i>CROSS COUNTRY</i>	JOE SAGAR	Fist home in the Spen XC Open men's race, a talented athlete who we are sure people will hear more about over the next few seasons
JNR/SNR WOMEN MOST POINTS	<i>CROSS COUNTRY</i>	HAZEL PIKE	First senior woman athlete home on a challenging course at the Spen XC Open
MALE MOST POINTS	<i>GRAND PRIX</i>	EDWARD REVELL	Decided over a 15 race format across the season finishing with the Abbey Dash with placing calculated as points
FEMALE MOST POINTS	<i>GRAND PRIX</i>	JOANNE BURDEN	Decided over a 15 race format across the season finishing with the Abbey Dash with placing calculated as points