Most Promising Young Athlete T&F (Female)

Nominations.

Isabel White

Set new club records for U/13 Girls 80m, 150m and 200m. Member of relay team that broke club record for 4x100m. Finished 2^{nd} overall in WYT&F League. Gained bronze medal in Northern Championships 200m, 4^{th} in Yorkshire Championships and represented YADAL in the inter league match at Middlesbrough.

Soraya Crodden

Performed well at 100m, 200m and hurdles throughout the year, Runs in all the major championships, Yorkshire, Northern and English both indoors and out She finished 3rd overall in the U/15girls WYT&F League She ran in all the Young Athletes league matches and represented the league in the inter league match. She trains regularly at Leeds Road on Tuesday and Thursday nights and always trains hard even when others around her sometimes don't. and her coach is sure she will see the benefits of this in her performances this summer.

Jodie Ounsley

Although registered partially deaf has some excellent performances over 100 and 200m. ranked 14th fastest in Yorkshire over 100m and represented GB in the world disability games in Turkey. Sadly, Jodie has now moved out of the district so we may not see much of her in the future.

The Winner is SORAYA CRODDEN

Most Promising Young Athlete T&F (Male)

Nominations

Chad Matheson

A relative newcomer but produced good performances in sprints and long jump. Performed well in YDAL matches finishing 1^{st} in the 100m and Long Jump at Cleethorpes and 1^{st} in the long jump at Cudworth with a PB of 5.57m. Was part or the relay team which broke the club record over 4x100m. Represented the League at Middlesbrough were he ran 24.7secs over 200m.

Lee-Van McGilvary

Another of our crop of goods young sprinters. Trains regularly with Richard at Leeds Road on Tuesday and Thursday showed significant improvement last year improving his 200m time by 2secs. A regular member of our Young Athletes Team.

Tom White

Being just 10years old, competition limited but performed very well in WYT&F league finishing 2^{nd} overall in under 11 boy's

The winner is CHAD MATHESON

Most Promising Young Athlete Cross-Country (Female)

Nominations

Holly Brewster

Last year's winner had another good season in 2017. Finished 4th overall in WYCC League, 11th in Yorkshire Championships, 53rd in Northern Championships.2nd in Spenborough Open CC, Selected to run for West Yorkshire in The English Schools CC Championships.

Roisin McGrath

Bar far the most improved runner this season Has supported Neve Hardcastle in all the races. Ran well in the Yorkshire and Northern Championships and school events. A difficult girl to handicap, won both the Point to Point and Christmas Handicaps

The Winner is ROISIN MCGRATH

Most Promising Young Athlete Cross-Country (Male)

Nominations

Two nominations, both from our strong under 11's section

Ben Mourne

Finished 8th at Wakefield in the first WY League fixture. Was first in The Spenborough Open CC and was 1st in our Point to Point and Christmas Handicaps.

Tom White

Ran in 3 out of 4 WYCC League races, finishing in 9th position overall Our leading runner in all races.

The winner is TOM WHITE

Outstanding Contribution to Young Athletes League

Five Nominations who have all made an outstanding contribution to the League.

Jessica Corcoran

Not one of our better known athletes, but always competes against some strong competition. Was a member of the under 13 team which broke the club record for 4x100m relay.

Shahbaz Tariq

Shabaz only seems to compete in the YADAL events and his achievements often not recognised. Came 1^{st} in the 300m at Cudworth and Wakefield and was 1^{st} in the High Jump at Wakefield and 2^{nd} at Cudworth

Soraya Crodden

Present at all the meetings and always performs to her best gaining valuable points in both sprints and hurdles.

Levent Balbal

Competes in all the YADAL fixtures in a variety events in the 150m he gained 1st,2nd and 3rd places. 2nd in 75m Hurdles 5th in the long Jump and two 2nd and one 3rd place in the shot putt. His willingness to attempt a variety of events is the attitude we need in the league competition.

Hakan Baldal

Well, what can you say about Hakan he had a great season again in both junior and senior competition Getting his PB for 400m down to 49.44 secs. He moves up this year so will no longer be available for this competition, which is a shame as he was such an inspiration to the rest of the team, who would line the track whenever he competed knowing they were watching something special.

The Winner Is HAKAN DALBAL

Junior Athlete of the year RH Trophy (female)

Nominations

Eve Wrigley-Jones

Again, not an athlete we hear a lot about but she finished 2^{nd} overall in the WYT&F League competing in sprints and jumps. And was part of the team which broke the club record for the U/15 girls 4x100m relay.

Isobel White

We have heard of Isabels performances earlier. She Competes regularly in all events including the major championships She is ranked nationally at no 35 in the Under13 girls 200m with a time of 27.3secs.

Soraya Crodden

Soraya competes all the year round, not cross country but track and field both indoors and out, including combined events where she finished 7^{th} in the Yorkshire U/15 Girls pentathlon. She is also pretty good at sportshall athletics and recently represented West Yorkshire in the inter regional competition.

Neve Hardcastle

The RH trophy is for all-round performance throughout the year and for that you can't get a better example than Neve. She finished 5th in the WYCC League 9th in the Yorks Championships and 41st in the Northern, Was selected to represent Yorkshire in the Inter-Counties cross country and West Yorkshire in The English Schools Championships. On the track she finished 7th overall in the WYT&F League and was a regular member of the team in the YADAL league She also competed in he Yorkshire Championships and Combined events championships. She has run indoors in the Yorkshire and Northern Championships and was

also in the West Yorkshire team for Sportshall athletics. At committee meetings, when it comes to reporting on club performances, Neve's name is seldom off the agenda.

The winner is NEVE HARDCASTLE

Junior Athlete of the year RH trophy (Male)

Nominations

Hakan Dalbal

You have heard about his tremendous contribution to the leagues His individual performance of 49.44 secs over 400m ranks him first in Yorkshire and 9^{th} in England. He is also ranked 2^{nd} in Yorkshire over 200m with a time of 22.7secs. He is still improving and hopes to improve on those times this season.

Tiger Steel

Tiger seems to have been in the club a very long time, yet last year he was still in his first year as under 15. Having moved up an age group he found the opposition tougher but still managed to gain 4th place overall in the WYT&F League. He competes in all the YADAL Matches and also the Yorkshire Championships. He would be the first to admit that he is not a natural cross-country runner, nevertheless he turns out for the team in the WY CC races even if it means carrying his inhaler with him to help him breath. (not the Bradley Wiggins type I may add). He runs in all the club races and this year was the first boy in The Christmas Handicaps.

Luke White

Running in the U/17 men's section, Luke had an excellent season on the track, and was ranked 6th in Yorkshire over 1500m with his time of 4mins 10.11secs. He was also our most successful cross-country runner, finishing 8th in the Yorkshire Championships and 18th in the Northern Championships. He gained selection for the Yorkshire team for the inter counties but unfortunately was injured at the time and we unable to compete.

The Winner is TIGER STEEL

Best Veteran Performance

Nominations

Dave Shelton

Not many of you will know Dave, he is one of our oldest active runners, he is still sprinting on the track at the age of 72. Last year he competed in the British Masters Indoor championships over 200m which he finished inn a time of 34.35secs. He is ranked 7th in the Uk for his age group.

Ian Mitchell

Unlike Dave, all of you should know Ian our Club President. Ian was nominated for his performances this year over the country, when he won the WYCC League trophy for veteran men O/65. Apart from that he has also won the O/65 awards in several races on the road

including YVAA 10K championship, The Joe Percy 10K,Lindley10K, Helen Windsor 10K and The Travellers 6mile races.

The winner is IAN MITCHELL

Best Marathon Performance

Nominations

Three Nominations this Year

Robert Unwin

Robert completed the Yorkshire Marathon this year in a time of 3hrs 16.29secs and won the veterans O/55 title.

Bridgid Walsh

Bridgid or Bernie as most of us know her, completed the Dublin Marathon in 3hrs 47.56secs.

Donald Kennedy

Donald also completed the Dublin Marathon in a time of 3Hrs 14 secs.

The Winner is ROBERT UNWIN.

Best Field Event Performance

Nominations

Ali Israr

Ali is one of Richards Sprinters but surprised us all last season when he had a go at the Shot Putt at Cleethorpes and won with a throw of 10.39m.

Ellie Fedzin

Ellie is Nominated for her High Jump performance this year. Competing in the U/13 Girls section she achieved a height of 1.45m which ranked her joint 3rd place in Yorkshire. She also won the silver medal in the Yorkshire Championships for finishing second in the High Jump.

Alicia Marriott

Last years winner, Alicia continues to perform well in the High Jump. In 2017 she had a PB of 1.63m which is a new club record. She is also attempting some multi-event competition where I think her talent will really show.

The winner is ELLIE FEDZIN.

Senior Athlete of the year (Female)

Nominations

Rachel Scholes

Despite her family commitments, Rachel competes regularly in The Northern League fixtures usually attempting all the throwing events. She can also be tempted to take part in a relay if

we are short. Not usually a distance runner, she managed to beat the handicapper and everybody else in this years Christmas Handicap.

Susan Pickersgill

Susan represented the club in T&F competitions at various levels regularly throughout the season and has done so for many years. Last season she competed for us in all 4 Northern League matches, 6 WYT&F League fixtures, Northern Veterans League, Yorkshire Veterans Open and Championships, Pontefract Open meeting and Spenborough Spring open meeting Despite her age,(now over 60) she still managed to finish in 2nd place overall in the Senior Womens section of the WYT&F League.

The winner is SUSAN PICKERSGILL.

Senior Athlete of the Year (Male)

Nominations

Michael McGowen

A consistent performer over 100 and 200m. Finished 13th overall in the WYT&F League. Represents the club in The Northern League fixtures where he performs well against some stiff opposition.

Josh Elderfield

Josh is a prolific performer, who seems to turn up at all events although sometimes at the last minute. On the track he competed in the WYT&F League and The Northern League, Yorkshire Championships and The Northern Championships. On the road he has run in countless 10 and 5K races, including the Salford 10K where he had a time of 35.35. At cross country he ran in the WYCC League races, The Yorkshire and Northern Championships. He was the only Longwood entrant for the National Championships in London, but I haven't managed to find him in the results. He was this years winner of both the Road and CC leagues.

The winner is JOSH ELDERFIELD.

Road League

1st Josh Elderefield

- 2nd Donald Kennedy
- 3rd Ian Mitchell

Cross-Country League

- 1st Josh Elderfield
- 2nd Elliott Thompson
- 3rd RobLidou.

Fell Award Andy Norgate.