

## **LONGWOOD HARRIERS AWARDS for 2018 – Presentation evening March 22<sup>nd</sup> 2019**

Category	Nominations	Summary	Winner
<b><u>BEST VETERAN PERFORMANCE.</u></b> Last Year Ian Mitchell	JIM McCORMACK DEBRA CASSON	Three members competed in the World Master Championships in Malaga, Spain. <b>JIM McCORMACK</b> For his performances at the World Masters Championships competing in the over 75m category - time of 54.12 in the 10K road race in very hot conditions. DEBRA CASSON. Competing in the veteran ladies over 50 section. Debra recorded a time of 15.63 secs over 100m. She is also not afraid of competing at open age events and competes in the WYT&F League.	DEBRA CASSON
<b><u>BEST MARATHON PERFORMANCE</u></b> Last Year Robert Unwin	JOSH ELDERFIELD	The best thing about this performance was that it ever took place. Due to a misunderstanding on my part, Joshes Club entry for the London Marathon was not recorded and it was only due to the persistence of Josh that his entry was eventually accepted. Thankfully it was and Josh duly completed the marathon in a time of 3.59.22.	JOSH ELDERFIELD
<b><u>BEST FIELD EVENT PERFORMANCE</u></b> Last Year Ellie Fedzin	RACHEL SCHOLES CHRIS SAMPSON FINLAY ADDY CHILD	<b>RACHEL SCHOLES</b> Continues to be our mainstay in the women's throwing section in the Northern League. She competes in all throws and gains valuable points for the club. <b>CHRIS SAMPSON</b> Like Rachel, Chris Continues to be our main throwing competitor in the Northern League He gets little recognition for his performances but can always be relied upon for turning up using his own transport and competing in all throws <b>FINLAY ADDY CHILD</b> Finlay has been nominated for his PB of 1.55 m in the U/15 high jump at the YADL match. He also performed very well in the long jump and shot putt.	FINLAY ADDY-CHILD
<b><u>SENIOR ATHLETE OF THE YEAR (Female)</u></b> Last Year Susan Pickersgill.	HELEN ROBY LINDSAY ROBERTS FRANCESCA ROBERTSON	<b>HELEN ROBY.</b> Best female performer this year on the track, Road and Cross country. Competed for the club in The Northern T&F League, and in the WYCC League races. Finished 2 <sup>nd</sup> in the Denby Dale 6 mile road race, 3 <sup>rd</sup> in the Littleborough 10K and 7 <sup>th</sup> in The Brighthouse 10K . She was 4 <sup>th</sup> in the Road League, competing against the men. <b>LINDSAY ROBERTS</b> Competed in cross country, T&F and Road. Ran in all the WYCC League races, The Yorkshire CC championships and was our sole representative in the Northern CC Championships at Pontefract. <b>FRANCESCA ROBERTSON</b> Nominated for her tremendous contribution to the Northern League Team competing in five or six events. Is a regular member of our Coaching squad at Leeds Road helping our new younger athletes to improve and has been invaluable in recent weeks when there have been coach absences	HELEN ROBY

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<p><b><u>SENIOR ATHLETE OF THE YEAR (Male)</u></b>                      Last Year Josh Elderfield.</p>	JOSH ELDERFIELD ROB UNWIN ROB UNWIN HAKAN DALBAL DONALD KENNEDY	<p><b>JOSH ELDERFIELD</b> Nominated to regain his title, Josh competes throughout the year, cross country, T&amp;F, and Road. He is usually our top scorer in team races and this year won both the Road and Cross Country Leagues.</p> <p><b>ROB UNWIN</b> Rob has had great success on the road this year, running in the U/55 Veterans section, He was 1<sup>st</sup> in The Cudworth 10K, and the Denby Dale 6, and 2<sup>nd</sup> in The Meltham 10K, Helen Windsor 10K, Joe Percy 10K and Wakefield 10K.</p> <p><b>Michael McGowan</b> A regular member of our sprint squad for The Northern League Team who's performances often go unnoticed. He trains regularly all the year round with Richard on the track. And produces consistently good performances. He also competes in the WYT&amp;F League and Championship</p> <p><b>HAKAN DALBAL.</b> Hakan continues to improve each year and this year had a PB of 48.89 Over 400m. He runs all year including Indoor competition at Sheffield and this year finished 4<sup>th</sup> in the U/20 400m at the Northern Championships.</p> <p><b>DONALD KENNEDY</b> Donald competes regularly throughout the year and was one of our representatives at The World Masters Championships in Spain. Apart from anything else, I think Donald deserves an award for managing the Road and Cross Country League each year and for getting teams entered and sorted out for team races</p>	MICHAEL MCGOWAN
<p><b><u>OUTSTANDING CONTRIBUTION TO THE CLUB</u></b>                      (Cyril Foster Trophy)                      Last Year Dianne Crodden</p>	This award is selected by The President, The Secretary and Club Captain.	Always a difficult decision to make because so many helpers do an awful lot of voluntary work for the club each year, particularly the club officers and the committee.  This year the award goes to somebody who has already been mentioned for her contribution to The Northern League and invaluable help to the coaching team	FRANCESCA ROBERTSON

MEN'S CROSS COUNTRY LEAGUE			MEN'ROAD RACE LEAGUE		
3 <sup>rd</sup>	Donald Kennedy	46pts	3 <sup>rd</sup>	Dave Martin	81pts
2 <sup>nd</sup>	James Scholes	57pts	2 <sup>nd</sup>	Rob Unwin	82pts
1 <sup>st</sup>	Josh Elderfield	82 points	1 <sup>st</sup>	Josh Elderfield	102pts
WOMENS CROSS COUNTRY LEAGUE			WOMENS ROAD RACE LEAGUE		
1 <sup>st</sup>	Lindsay Roberts		1 <sup>st</sup>	Helen Roby	

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<p><b>Most Promising Young Athlete T&amp;F (Female)</b> Last Year Soraya Crodden</p>	<p>NEVE HARDCASTLE ISABEL WHITE</p>	<p><b>NEVE HARDCASTLE</b> Who continued to show massive improvement over 1500m and finished 4<sup>th</sup> overall in the WYT&amp;F League</p> <p><b>ISABEL WHITE</b> A sprinter in first year under 15 age group. Ranked in top 100 in UK over 200m &amp; 300m. Represented West Yorkshire in the inter League match. Trains regularly throughout the year. Coach believes her best is yet to come.</p>	<p>ISABEL WHITE</p>
<p><b>Most Promising Young Athlete T&amp;F (Male)</b> Last Year Chad Matheson</p>	<p>CORBAN WOOD TIGER STEEL ALBERT HOEY. LEE VAN Mc GILLVARY</p>	<p><b>CORBAN WOOD.</b> With PB's of 11.3 and 22.86 over 100 and 200m. Represented West Yorkshire in The English Schools. Shown great promise in the under 17 age group.</p> <p><b>TIGER STEEL.</b> Excellent performances throughout the year and finished 1<sup>st</sup> overall in the WYT&amp;F League.</p> <p><b>ALBERT HOEY.</b> Performed very well in first year as U/15 boy trains throughout the year and had some excellent results in indoor competition.</p> <p><b>LEE VAN Mc GILLVARY.</b> Lee Van continues to show improvement each year and this year as an U/17 had considerable success in Northern League at Senior Level.</p>	<p>LEE VAN MCGILLVARY.</p>
<p><b>Most promising Young Athlete C C (Female)</b> Last Year Roisin McGrath</p>	<p>MEGAN HUGHES SOPHIE WOOD NEVE HARDCASTLE HOLLY BREWSTER ROISIN McGRATH</p>	<p>After having the best cross country season we have had for many years, there are no shortages of nominations for this award.</p> <p>In the U/13s age group, there is <b>MEGAN HUGHES</b> who has been our leading scorer in all major races this year. <b>SOPHIE WOOD</b> who has supported Megan in all the races, but I think her best performance was when she finished 4<sup>th</sup> in the West Yorkshire schools Cross Country races at Leeds.</p> <p>At the U/15 girls, there are <b>NEVE HARDCASTLE, HOLLY BREWSTER</b> and <b>ROISIN McGRATH</b> who have had excellent results all season</p>	<p>HOLLY BREWSTER</p> <p>The only one of our under 15 girls competing in the same age group next year.</p>

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<p><b>Most Promising Young Athlete CC (Male)</b> Last Year Tom White</p>	<p>TOM WHITE RILEY LYNCH JACK WHITE</p>	<p><b>TOM WHITE</b> who continues to be our top scorer at U/13 level in all the West Yorkshire CC League races.</p> <p><b>RILEY LYNCH</b> who has had his best season so far Competing in both the YADL League on the track and West Yorkshire CC League Races. And Yorkshire Championships.</p> <p><b>JACK WHITE</b> who competed in all the West Yorkshire races and finished 11<sup>th</sup> in The Yorkshire Championships at Lightwater Valley.</p>	<p>JACK WHITE</p>
<p><b>Outstanding Contribution To Young Athletes League</b> Last Year Hakan Dalbal.</p>	<p>TIGER STEEL SORAYA CRODDEN NEVE HARDCASTLE LUCY FAIRBURN</p>	<p>I like this award because it can be awarded to any athlete either for individual performances or for general attitude and overall support to the team.</p> <p>Nominated for their performances this year were <b>TIGER STEEL, SORAYA CRODDEN</b> and <b>NEVE HARDCASTLE</b> who have competed in the team that did so well in maintaining their position in The Premier Division. <b>LUCY FAIRBURN</b> is nominated as part of that successful team and also for her general commitment and support at the club, particularly of new athletes at competitions</p>	<p>LUCY FAIRBURN</p>
<p><b>Junior Athlete of the Year, The Richard Hardcastle Trophy, (Female)</b> Last Year Neve Hardcastle.</p>	<p>HOLLY BREWSTER SORAYA CRODDEN</p>	<p><b>HOLLY BREWSTER.</b> Has tracked Neve throughout the season with little to choose between the two of them. Finished 12<sup>th</sup> in the Yorkshire CC Championships and 5<sup>th</sup> in the West Yorkshire Schools Championships.</p> <p><b>SORAYA CRODDEN</b> Competes throughout the year on the track including the WYT&amp;F League, YADL League, Yorkshire and Northern T&amp;F Championships In the winter she competes indoors in the Northern open meetings and Yorkshire and Northern Championships. She also competes in Sports Hall athletics and was in the West Yorkshire team. She rarely misses a training session and is able to lead a group if coaches are not available</p>	<p>SORAYA CRODDEN</p>

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<p><b><u>Junior Athlete of the Year (Male) - The Richard Hardcastle Trophy</u></b>  <b>Last Year Tiger Steel.</b></p>	<p>TIGER STEEL            ALBERT HOEY            LEE VAN            MCGILLVARY            FINLAY ADDY CHILD</p>	<p><b>TIGER STEEL</b> Was first overall in WYT&amp;F League, 3rd in Yorkshire Championships over 300m, First in 100m and 200m in West Yorkshire Championships. Tiger competes indoors during the winter and has achieved personal bests over 60m 150m and 300m.</p> <p><b>ALBERT HOEY</b> Being in the same U/15 age group as Tiger, Alberts' performances are often overlooked. He competes in the WYT&amp;F League, The YADL league and Yorkshire Championships. He also competes indoors in the winter and has posted some good times over 60m and 150m.</p> <p><b>LEE VAN MCGILLVARY</b> In his first season at U/17, Lee Van has shown that he can easily cope with the higher competition. He also competes well at senior level when competing for the club in The Northern League. He continues to improve each year and I am looking forward to watching him race over 400m this season.</p> <p><b>FINLAY ADDY CHILD</b> I think it was Finns first full season with the club and we are just beginning to see what a very good and versatile athlete he is. He has had some excellent result in all disciplines, running, jumping and throwing. He is willing to try all events and should have a good and successful season ahead</p>	<p>TIGER STEEL</p>