

# C&C Roll of Honour: Track and Field Event Specific Best Performance Trophies

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## Best performance Sprints - Male

2018	Adam Cross
2017	Adam Cross
2016	Adam Cross
2015	Adam Cross
2014	Rhys Pritchard-Jones
2013	Ben Snaith
2012	Ben Snaith
2011	Joseph Ebanks
2010	Ben Snaith
2009	Joseph Ebanks
2008	Chris Morter
2007	Luke Crabb & Chris Morter
2006	Luke Crabb
2005	Jacob Mandley
2004	Rashaad Noray
2003	Peter Steiner

## C&C Shield

100m U20 Men
100m U17 Men
100m U17 Men
200m U15 Boys
100m U13 Boys
400m U20 men
400m U17 Men
200m U15 Boys
200m U15 Boys
100m U13 Boys
100m U20 Men
100m U17 Men
200m U17 Men
200m U13 Boys
200m U15 Boys
100m Sen Men

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## Best performance Sprints -Female

2018	Maisey Snaith
2017	Maisey Snaith
2016	Maisey Snaith
2015	Emily Howland
2014	Jessica Fox
2013	Maisey Snaith
2012	Catriona Marriott
2011	Paris Hendricks
2010	Charlotte Cox (Special Olympics Gold medallist)
2009	Ella Houghton
2008	Ella Morris
2007	Juliet Powell
2006	Kim Motley
2005	Hannah Worsfold

## C&C Shield

400m U20 Women
100m U17 Women
200m U17 Women
100m U13 Girls
100m Sen Women
100m U13 Girls
300m U17 Women
200m U13 Girls
100m/200m U20
100m U13 Girls
100m U17 Women
100m U13 Girls
100m U20 Women
100m U13 Girls

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2004	Dominique Smith	200m U17 Women
2003	Dominique Smith	200m U15 Girls

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## Best performance Middle Distance - Male

2018	Thomas Keen
2017	Thomas Keen
2016	David Dow
2015	Rob Huckle
2014	Kieran Wood
2013	Tim Cobden
2012	Kieran Wood
2011	Edward Aston
2010	Edward Aston
2009	Edward Aston
2008	Edward Aston
2007	Edward Aston
2006	Edward Aston
2005	Edward Aston
2004	Edward Aston
2003	Edward Aston

## C&C Shield

3000m U20	European U18 champion
3000m U17	English Schools champion
1500m U15	AAA Gd 1
1500m U17	England U17 bronze medallist
3000m U20	England U20 champion
800m U17	England U17 Silver medallist
1500m U17	
800m Senior	GB representative
800m Senior	GB representative
800m Senior	Club record
800m Senior	Club record
800m U20	
800m U20	ESAA Silver medallist
800m U20	ESAA Silver medallist
800m U17	ESAA 4th
800m U17	Eastern Championships silver medal

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## Best performance Middle Distance - Female

2018	Julia Paternain
2017	Julia Paternain
2016	Charlie Christensen
2015	Helena Dyce
2014	Diana Chalmers
2013	Claire Wilson
2012	Hollie Parker
2011	Hollie Parker
2010	Charlotte Murphy
2009	Lucy Dowsett
2008	Lucy Dowsett
2007	Lucy Dowsett
2006	Lucy Dowsett
2005	Lucy Dowsett
2004	Lucy Dowsett
2003	Lucy Dowsett

## C&C Shield

3000m U20 women	English Schools champion
3000m U20 women	English Schools champion
3000m Sen Women	Club Record
1500m U15 Girls	England championships 9th
1500m S/C U17 W	SEAA championships 6th
3000m U17 W	SEAA Champion
1500m U17 W	England U17 Bronze medallist
1500m U17 W	ESAA bronze medallist
1500m U13 Girls	Club record
800m U20 W	Club record
800m U20 W	England championships 4th
800m U20 W	England championships 6th
1500m U17 W	England championships 5th
800m U17 W	ESAA silver medallist
800m U15 Girls	England U15 Silver medallist
800m U15 Girls	SEAA intercounties 3rd

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## Best performance Vertical jumps

2018	Charlie Knott	Under 17 Men	1.99m
2017	Charlie Knott	Under 15 Boys	1.80m
2016	Curtis Wood	Under 20 men	1.95m
2015	Curtis Wood	Under 20 men	1.98m
2014	Adelaide Omitowoju	Under 15 Girls	1.55m
2013	Simon Kumar	Under 17 men	1.85m
2012	Kit Phillips	Under 15 Boys	1.73m

## RHA Trophy

### Prior to 2012 there were Senior and Junior trophies

2011	Sam Richards - Senior Men 1.85m	Katie Reynolds - U15 Girls 1.50m
2010	Ben Kelk - U20 men 1.93m	Katie Reynolds - U13 Girls 1.48m
2009	Ben Kelk - U17 men 1.90m	Katie Reynolds - U13 Girls 1.35m
2008	Ben Kelk - U17 men 1.85m	Guy Kendall - U13 Boys 1.35m
2007	Michaela Smith - U17 Women 1.55m	Beth Dixon - U15 Girls 1.50m
2006	Sion Whittaker - U17 men 1.65m	Isaac Jones - U15 Boys 1.65m
2005	Thomas Adams - U17 men 1.80m	Isabella Gallucci - U13 Girls 1.45m
2004	Thomas Adams - U17 men 1.75m	Zoe Kier - U13 Girls 1.44m
2003	No award	Michael Vickery
2002	No award	Rachel Johnson
2001	No award	Michael Vickery
2000	Clare Robinson	Lewis Andrew
1999	No award	Brooke Wilson
1998	No award	Andrew Dickson
1997	Tom Costello	Andrew Dickson
1996	Tom Costello	Alex Payne
1995	Tom Costello	Hannah Gifford
1994	Tom Costello	Colin Hazel
1993	Tom Costello	Louisa Saunders
1992	Alastair Harsant	Louisa saunders

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## Best performance Long and Triplejump

2018	Adelaide Omitowoju	Triplejump U20W
2017	Adelaide Omitowoju	Triplejump U20W
2016	Adelaide Omitowoju	Triplejump U17 W
2015	Adelaide Omitowoju	Triplejump U17 W

## Derek Hulyer Cup

English Schools Silver medallist
English Schools Champion
England indoor Gold medallist
England Indoor Bronze medallist

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2014	Sam Richards	Longjump Sen men	7.09m
2013	Jessica Kennard	Triplejump U15 Girls	UK rank 3rd
2012	Joseph Warwick	Triplejump U15 Boys	SEAA Gold medallist
2011	Jessica Fox	Longump U17 W	SEAA Intercounties U20 winner
2010	Sam Richards	Longjump Sen men	6.84m
2009	Jessica Fox	Longjump U15 Girls	5.01m
2008	David October	Longjump U15 Boys	5.95m Cambs AA Champion
2007	Lauren Sammout	Longjump U15 Girls	5.16m
2006	Michaela Smith	Longjump U15 Girls	
2005	Lauren Sammout	Longjump U13 Girls	
2004	Rashaad Noray	Longjump	
2003	Kim Motley	Longjump	
2002	Colin Hazel	Triplejump	
2001	Sam Clarke	Longjump	
2000	James Gilbert	Longjump	
1999	Hayley-jayne Cone	Longjump	
1998	Hayley-jayne Cone	Longjump	
1997	James Nowak	Longjump	
1996	Colin Hazel	Triple jump	
1995	Hayley-jayne Cone	Longjump	
1994	Lisa Kruger	Longjump	
1993	Donald Campbell	Longjump	
1992	James Brennand	Triplejump	

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## Best performance Hurdles - Male U15 - Seniors

2018	Samuel Clarke
2017	Samuel Clarke
2016	Ed Brophy
2015	Ed Brophy
2014	Ben Kelk
2013	Ben Kelk
2012	Ben Kelk

### Prior to 2012 was awarded to U15 - U17's only

2011	Ben Gilbert
2010	Dennis Penny-Toure
2009	Ben Kelk
2008	Ben Kelk
2007	Ben Kelk
2006	Jack Lines
2005	Jonathan Baxter
2004	James Markley
2003	James Markley

## The George Hibberd Trophy

U20 Mens 400H	County Champion
U20 Mens 400H	County Champion
U15 Boys 80mH	AAA Grade 1
U15 Boys 80mH	SEAA championships 6th
U23 men 110mH	England silver medallist
U23 men 110mH	7th in British Championships
U23 men 110mH	English U23 champion
U15 Boys 80mH	EYAL plate final
U15 Boys 80m H	EYAL plate final winner
U17 men 400mH	ESAA bronze medallist
U17 men 100mH	SEAA bronze medallist
U15 Boys 80mH	England silver medallist

# C&C Roll of Honour: Track and Field Event Specific Best Performance Trophies

2002 James Markley  
2001 James Markley  
2000 Adam Atay  
1999 Chris Mycroft  
1998 Chris Mycroft  
1997 Chris Mycroft

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## Best performance Hurdles – Female U15 - Seniors

2018 Finlay Marriott  
2017 Finlay Marriott  
2016 Finlay Marriott  
2015 Finlay Marriott  
2014 Finlay Marriott  
2013 Finlay Marriott  
2012 Finlay Marriott

### Awarded to U15 - U17's only

2011 Ella Cave  
2010 Ella Cave  
2009 Ella Cave  
2008 Csepi Asztalos  
2007 Csepi Asztalos  
2006 Laura Bass  
2005 Kim Motley  
2004 Kim Motley  
2003 Kim Motley  
2002 Clare Rogers  
2001 Clare Rogers  
2000 Claire Robinson  
1999 Claire Robinson

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## The George Hibberd Trophy

U20 Women 100mH	SEAA U20 bronze medallist
U20 Women 100mH	Scottish International vest
U20 Women 100mH	Scottish International vest
U17 Women 80mH	Scottish International vest
U17 Women 60mH(i)	Eastern AA silver medallist
U15 Girls 75mH	SEAA Championships 4th
U15 Girls 75mH	SEAA Championships 6th

## Best performance Hurdles - Under 13 Boys

2018 Martin Courtois  
2017 Nico Harter  
2016 Terry Hacker  
2015 OJ Parmenter  
2014 Thomas Bridger  
2013 No award  
2012 Samuel Clarke  
2011 Robert Huckle

## The East Cambs Trophy

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2010	Joseph Warwick
2009	Joe Carden
2008	Harry Cotton
2007	Adam Tapley
2006	Sebastian Howarth
2005	Ben Kelk
2004	Thomas Higton
2003	Andrew Hall
2002	Jordan Kennard
2001	Tom Adams
2000	James Markley
1999	Luke French
1998	Leo Kitchen
1997	James Cross
1996	Guy Robinson

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## Best performance Hurdles - Under 13 Girls

2018	Polina Frakina
2017	Polina Frakina
2016	No Award
2015	Ruby James
2014	Ruby James
2013	Cassie Thompson
2012	Adelaide Omitowoju
2011	Finlay Marriott
2010	Katie Reynolds
2009	Lucy Webb
2008	Katrina Bass
2007	Ella Cave
2006	Csepi Asztalos
2005	Csepi Asztalos and Catriona Davidson
2004	Rosannah Cormack and Laura Bass
2003	Lauren West
2002	Lauren Rogers
2001	Lauren Rogers
2000	Clare Rogers
1999	Clare Rogers
1998	Ruth Godden
1997	Leah Thompson
1996	Claire Robinson

## The C&C Trophy

1 <sup>st</sup> National Prep schools
2 <sup>nd</sup> National Prep schools

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## Best performance - Throws (U20/senior equipment)

2018 Michael Hausler  
2017 Anne Moindrot  
2016 Aedan Slack  
2015 Albert Pavelin  
2014 Jenny Richards  
2013 Oliver Holway  
2012 Oliver Holway

**Prior to 2012 separate trophies were awarded to male and female**

2011 Morgan Young - U20M Javelin  
2010 Philip Bramford - M60 Javelin  
2009 Martin Lawrence - U17M with senior shot  
2008 Andrew Lee - Senior Hammer  
2007 Gary Parsons - Senior Discus  
2006 Gary Parsons - Senior Shot  
2005 Gary Parsons - Senior hammer  
2004 Sean Fisher - partially sighted shot/discus  
2003 Gary Parsons - Discus  
2002 Gary Parsons - Discus  
2001 Dave Vickery - Hammer  
2000 Oliver Hoad - Senior Hammer  
1999 Dave Vickery - Hammer  
1998 Gary Parsons - Discus  
1997 Gary Parsons - Discus  
1996 John Biggs - Hammer  
1995 Gary Parsons - Discus  
1994 Nick Morley - Discus  
1993 Nigel Spivey - Senior Hammer  
1992 Gary Parsons - Discus

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## Best performance - Junior Throws (U13/U15/U17 equipment)

2018 Hugh Aubrey  
2017 Stephanie Browne  
2016 Ben Shackleton  
2015 Emma Wallis  
2014 Aedan Slack  
2013 Albert Pavelin  
2012 Morgan Young

## The Bramford Cup

8<sup>th</sup> in World masters M55 shot  
Sen Women discus 31.84m  
U20Mens 6k shot SEAA Indoor Gold medal  
U20Men Javelin SEAA Silver medallist  
Sen Women Hammer Senior club record  
U20 men shot 6kg Cambs AA Gold medal  
U20 men shot 6kg SEAA U20 intercounties 3rd

Hayley Sayer - hammer  
Hayley Sayer - hammer  
Hayley Sayer - hammer  
Alice Forster - shot  
Alice Forster - shot  
Alice Forster - shot  
Alice Forster - shot  
Gabiella Kyriacou - Javelin  
Romana Martin - Discus  
Charlotte Spelzini - Shot  
Charlotte Spelzini - Shot  
Charlotte Spelzini - Shot  
Sarah McGrath - Shot  
Charlotte Spelzini - Shot

## The George Smith Cup

U13 Boys Javelin  
U15 Girls Hammer 2<sup>nd</sup> Eng Schools  
U15 Boys Shot/discus grade 1  
U15 Girls Javelin  
U17 mens Shot - SEAA silver  
U17 mens Javelin - SEAA silver  
U17 mens Javelin - 4th Eng Schools

# C&C Roll of Honour: Track and Field Event Specific Best Performance Trophies

2011	Isabella Coutts	U17 womens Javelin
2010	Morgan Young	U15 boys Javelin
2009	Jonathan Bailey	U15 boys Javelin
2008	Jake Cronin	Javelin - 4th Nat schools
2007	Lauren Sammout	U15 Girls Shot - AAA champion
2006	Hayley Sayer	Hammer
2005	Lauren Sammout	Shot
2004	Alice Forster	Shot
2003	Sean Fisher - partially sighted	shot/discus
2002	Luke Shortman	Hammer
2001	Luke Shortman	Hammer
2000	Luke Shortman	Hammer
1999	Victoria Royce	Javelin
1998	Nick Grundy	Discus
1997	Andrew Humphries	
1996	Oliver Hoad	Hammer
1995	Adam Miller	
1994	Oliver Hoad	Hammer
1993	Nick Morley	Discus
1992	Jonathan Biggs	Shot/Hammer

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## Best Performance Multi-events - Male

2018	No award
2017	Istvan Jacso
2016	Samuel Clarke
2015	Samuel Clarke
2014	William Blackwell
2013	James Ritcher
2012	William Blackwell

## The Gillingham Cup

M35 Mens Decathlon	BMAF 3994 pts
U17 mens pentathlon	ECAA Bronze medallist
U17 mens pentathlon	ECAA bronze medallist
U20 mens pentathlon	ECAA Gold medallist, club record
U13 Boys Minithon	77pts, club record
U17 Mens pentathlon	Club record

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## Best performance Multi-events - Female

2018	Isla Kotzenberg
2017	Maya Vandermark
2016	Alice Lord
2015	No award
2014	Katie Reynolds

## The Bill Oliver Cup

U13 Girls Quadrathlon	1200 points
U13 Girls Pentathlon	Cambs AA Bronze medallist
U13 Girls minithon	Cambs AA Bronze medallist
	-
U17 Womens heptahlon	England Champs 16th - club rec.



# C&C Roll of Honour: Track and Field Event Specific Best Performance Trophies

2013	Jessica Fox	U20 Womens pentathlon	1st ECAA, Cambs AA record
2012	Katie Reynolds	U15 Girls pentathlon	Club record

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