

C&C Roll of Honour: Overall Club Seasons Best Performance Trophies

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Best performance of the season (all disciplines)

2018 T Keen, D Dow, O Newman, N Harhalakis
 2017 N Harhalakis, D Dow, OJ Parmenter
 2016 Adelaide Omitowoju
 2015 C Christensen, C Wilson, G Schweining, K Hedgethorne
 2014 N Griffiths, C Wilson, G Schweining, B Fitzsimmonds
 2013 H Parker, D Chalmers, C Wilson (U17 women)
 T Heylen, T Blatch, O Cantrill, R Huckle (U15Boys) and
 2012 H Parker, C Murphy, C Wilson (U15 Girls)
 2011 Ben Kelk
 2010 Ed Aston
 2009 Charlotte Cox
 2008 Ed Aston
 2007 Ed Aston
 2006 Ed Aston
 2005 Thomas Digney
 2004 Lucy Dowsett
 2003 Petr Steiner
 2002 Charlotte Spelzini
 2001 Charlotte Spelzini
 2000 Charlotte Spelzini
 1999 Steve Thompson
 1998 Nick Grundy
 1997 Sam Boden
 1996 Sam Boden
 1995 Stacey McGivern

H.G Ashman Cup

Endurance U17 mens Gold National Cross Country
 Endurance U15Boys National Road relay champions
 Triplejump England Indoor Gold medal
 Endurance SEAA SW Road relays Champions
 Endurance SEAA SW Road relay Bronze medal
 Endurance SEAA Road relay Champions
 Endurance SEAA Road relays Silver medal
 Endurance National XC relay Bronze medal
 Hurdles ESAA winner and C&C U20 club record
 800m GB selection
 Sprints (Disability) Special Olympics
 800m Club record
 800m AAA U20 bronze
 800m GB U20 selection
 Javelin (Disability) National record
 800m U15G club record
 Sprints
 Shot
 Shot
 Shot U20 women
 800m & 400m U17 mens club records
 Discus ESAA winner and U15B club record
 Middle Distance
 Middle Distance
 Triplejump

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1994	Sam Boden	Middle Distance
1993	Matthew Davies	Middle Distance
1992	Matthew Clements	Sprint Hurdles

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Best Performance Veteran of the season (all disciplines)

The Veteran Shield

2018	Mary Twitchett	Endurance	Los Angeles marathon WAVA 91.4%
2017	Victoria Knight	Endurance	National team vest 13 th Overall
2016	Victoria Knight	Endurance	11th in Great North Run Elite
2015	Mary Twitchett	Endurance	World team gold medallist in HM
2014	Margaret Phillips	Middle distance	3000m - 4th W60 in World masters
2013	Mary Holmes	Middle distance	800m W75
2012	Mary Holmes	Middle distance	800m British W75 record
2011	Mary Holmes	Middle distance	800m W75
2010	Joan Lasenby	Middle distance	1500m W50
2009	Mary Holmes	Middle distance	800m W70
2008	Mary Holmes	Middle distance	800m W70
2007	Joan Lasenby	Middle distance	800m W45
2006	Giacomo Capetti	Endurance	London Marathon M40
2005	Takao Komatu	Endurance	Dutchy Marathon 1st W40
2004	Phillip Bramford	Discus	M50
2003	David Blyth	Endurance	
2002	Joan Lasenby	Middle distance	
2001	Romana Martin	Shot/Discus	
2000	David Vickery	Hammer	
1999	Carole Morris	javelin	
1998	John Jenkins	Middle distance	
1997	David Blyth	Endurance	
1996	Ann Turrington	Middle distance	
1995	Ann Turrington	Middle distance	

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1994 Malcolm Massey
1993 Diana Braverman
1992 Ann Turrington

400m Hurdles
Middle distance
Middle distance

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Best performance of the season - Wheelchair athlete

2018 Molly Hunt
2017 Lizzie Bennett
2016 Lizzie Bennett
2015 Lizzie Bennett

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C&C trophy

Great East Anglia 10k winner
Great Anglia 10k
Warwick half marathon
Great Eastern Half Marathon

Contribution to the club

2018 Charlotte Cox

C&C trophy

5 golds in the IAADS World championships