

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

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## Best performance Sprints - Male

2019	Charlie Heal
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 U15 Boys
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

2019	Sophia Deville Jones
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

## C&C Shield

100m U13 Girls
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

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2006	Kim Motley	100m U20 Women
2005	Hannah Worsfold	100m U13 Girls
2004	Dominique Smith	200m U17 Women
2003	Dominique Smith	200m U15 Girls

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## Best performance Middle Distance - Male

## C&C Shield

2019	Thomas Keen	Mile U20	1 <sup>st</sup> Manchester International
2018	Thomas Keen	3000m U20	European U18 champion
2017	Thomas Keen	3000m U17	English Schools champion
2016	David Dow	1500m U15	AAA Gd 1
2015	Rob Huckle	1500m U17	England U17 bronze medallist
2014	Kieran Wood	3000m U20	England U20 champion
2013	Tim Cobden	800m U17	England U17 Silver medallist
2012	Kieran Wood	1500m U17	
2011	Edward Aston	800m Senior	GB representative
2010	Edward Aston	800m Senior	GB representative
2009	Edward Aston	800m Senior	Club record
2008	Edward Aston	800m Senior	Club record
2007	Edward Aston	800m U20	
2006	Edward Aston	800m U20	ESAA Silver medallist
2005	Edward Aston	800m U20	ESAA Silver medallist
2004	Edward Aston	800m U17	ESAA 4th
2003	Edward Aston	800m U17	Eastern Championships silver medal

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## Best performance Middle Distance - Female

## C&C Shield

2019	Holly Archer	1500m Senior Wom	British Championships 4th
2018	Julia Paternain	3000m U20 women	English Schools champion
2017	Julia Paternain	3000m U20 women	English Schools champion
2016	Charlie Christensen	3000m Sen Women	Club Record
2015	Helena Dyce	1500m U15 Girls	England championships 9th
2014	Diana Chalmers	1500m S/C U17 W	SEAA championships 6th
2013	Claire Wilson	3000m U17 W	SEAA Champion
2012	Hollie Parker	1500m U17 W	England U17 Bronze medallist
2011	Hollie Parker	1500m U17 W	ESAA bronze medallist
2010	Charlotte Murphy	1500m U13 Girls	Club record
2009	Lucy Dowsett	800m U20 W	Club record
2008	Lucy Dowsett	800m U20 W	England championships 4th
2007	Lucy Dowsett	800m U20 W	England championships 6th
2006	Lucy Dowsett	1500m U17 W	England championships 5th

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2005	Lucy Dowsett	800m U17 W	ESAA silver medallist
2004	Lucy Dowsett	800m U15 Girls	England U15 Silver medallist
2003	Lucy Dowsett	800m U15 Girls	SEAA intercounties 3rd

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## Best performance Vertical jumps

2019	Charlie Knott
2018	Charlie Knott
2017	Charlie Knott
2016	Curtis Wood
2015	Curtis Wood
2014	Adelaide Omitowoju
2013	Simon Kumar
2012	Kit Phillips

## RHA Trophy

Under 17 Men	2.00m
Under 17 Men	1.99m
Under 15 Boys	1.80m
Under 20 men	1.95m
Under 20 men	1.98m
Under 15 Girls	1.55m
Under 17 men	1.85m
Under 15 Boys	1.73m

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

2011	Sam Richards - Senior Men 1.85m
2010	Ben Kelk - U20 men 1.93m
2009	Ben Kelk - U17 men 1.90m
2008	Ben Kelk - U17 men 1.85m
2007	Michaela Smith - U17 Women 1.55m
2006	Sion Whittaker - U17 men 1.65m
2005	Thomas Adams - U17 men 1.80m
2004	Thomas Adams - U17 men 1.75m
2003	No award
2002	No award
2001	No award
2000	Clare Robinson
1999	No award
1998	No award
1997	Tom Costello
1996	Tom Costello
1995	Tom Costello
1994	Tom Costello
1993	Tom Costello
1992	Alastair Harsant

Katie Reynolds - U15 Girls 1.50m
Katie Reynolds - U13 Girls 1.48m
Katie Reynolds - U13 Girls 1.35m
Guy Kendall - U13 Boys 1.35m
Beth Dixon - U15 Girls 1.50m
Isaac Jones - U15 Boys 1.65m
Isabella Gallucci - U13 Girls 1.45m
Zoe Kier - U13 Girls 1.44m
Michael Vickery
Rachel Johnson
Michael Vickery
Lewis Andrew
Brooke Wilson
Andrew Dickson
Andrew Dickson
Alex Payne
Hannah Gifford
Colin Hazel
Louisa Saunders
Louisa saunders

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## Best performance Long and

## Derek Hulyer Cup

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## Triplejump

2019	Deshawn Lascelles	Triplejump U17M	SEAA Indoor champion
2018	Adelaide Omitowoju	Triplejump U20W	English Schools Silver medallist
2017	Adelaide Omitowoju	Triplejump U20W	English Schools Champion
2016	Adelaide Omitowoju	Triplejump U17 W	England indoor Gold medallist
2015	Adelaide Omitowoju	Triplejump U17 W	England Indoor Bronze medallist
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

2019	Samuel Clarke
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
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## The George Hibberd Trophy

U20 Mens 400H	Club record
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
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# C&C Roll of Honour: Track and Field Event Specific Best Performance Trophies

2010	Dennis Penny-Toure	U15 Boys 80m H	EYAL plate final winner
2009	Ben Kelk	U17 men 400mH	ESAA bronze medallist
2008	Ben Kelk	U17 men 100mH	SEAA bronze medallist
2007	Ben Kelk	U15 Boys 80mH	England silver medallist
2006	Jack Lines		
2005	Jonathan Baxter		
2004	James Markley		
2003	James Markley		
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

2019	Isla Kotzenberg
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

U15 Girls 75mH	Seasons best
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

## The East Cambs Trophy

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2019	Matthew Smith
2018	Martin Courtois
2017	Nico Harter
2016	Terry Hacker
2015	OJ Parmenter
2014	Thomas Bridger
2013	No award
2012	Samuel Clarke
2011	Robert Huckle
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

2019	Leah Wagstaff
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

## The C&C Trophy

AAA Gd 1 11.88  
1<sup>st</sup> National Prep schools  
2<sup>nd</sup> National Prep schools

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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

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

2019	Michael Hausler
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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## The Bramford Cup

4 <sup>th</sup> in European Masters M60 Shot
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
Gabriella Kyriacou - Javelin
Romana Martin - Discus
Charlotte Spelzini - Shot
Charlotte Spelzini - Shot
Charlotte Spelzini - Shot
Sarah McGrath - Shot
Charlotte Spelzini - Shot

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

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

2019	Billy White
2018	Hugh Aubrey
2017	Stephanie Browne
2016	Ben Shackleton
2015	Emma Wallis
2014	Aedan Slack
2013	Albert Pavelin
2012	Morgan Young
2011	Isabella Coutts
2010	Morgan Young
2009	Jonathan Bailey
2008	Jake Cronin
2007	Lauren Sammout
2006	Hayley Sayer
2005	Lauren Sammout
2004	Alice Forster
2003	Sean Fisher - partially sighted
2002	Luke Shortman
2001	Luke Shortman
2000	Luke Shortman
1999	Victoria Royce
1998	Nick Grundy
1997	Andrew Humphries
1996	Oliver Hoad
1995	Adam Miller
1994	Oliver Hoad
1993	Nick Morley
1992	Jonathan Biggs

## The George Smith Cup

U15 Boys Shot Gd 1, club Record
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
U17 womens Javelin
U15 boys Javelin
U15 boys Javelin
Javelin - 4th Nat schools
U15 Girls Shot - AAA champion
Hammer
Shot
Shot
shot/discus
Hammer
Hammer
Hammer
Javelin
Discus
Hammer
Hammer
Discus
Shot/Hammer

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## Best Performance Multi-events - Male

2019	Samuel Clarke
2018	No award
2017	Istvan Jacso
2016	Samuel Clarke
2015	Samuel Clarke
2014	William Blackwell
2013	James Ritcher

## The Gillingham Cup

U20 mens pentathlon	ECAA Silver, club record
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



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

2012	William Blackwell	U17 Mens pentathlon	Club record
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## Best performance Multi-events - Female

2019	Leah Wagstaff
2018	Isla Kotzenberg
2017	Maya Vandermark
2016	Alice Lord
2015	No award
2014	Katie Reynolds
2013	Jessica Fox
2012	Katie Reynolds

## The Bill Oliver Cup

<u>U13 Girls Pentathlon</u>	ECAA bronze, Club Record
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.
U20 Womens pentathlon	1st ECAA, Cambs AA record
U15 Girls pentathlon	Club record

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