

C&C Roll of Honour: Track and Field Overall best performance

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Best Performance Track and Field - Male

2019	Thomas Keen
2018	Thomas Keen
2017	Thomas Keen
2016	Ed Brophy
2015	Sam Richards
2014	Kieran Wood
2013	Ben Snaith
2012	Louis Rawlings
2011	Morgan Young
2010	Oliver Cantrill
2009	Ben Kelk
2008	William Blackwell
2007	Martin Lawrence
2006	Will George
2005	James Markley
2004	Andrew Starnes
2003	Joe Abbott-Gribben
2002	Thomas Hames
2001	Neil Flynn
2000	James Milton
1999	Bryn Percival
1998	Josh Topes
1997	James Cross
1996	Sam Boden
1995	Bryn Percival
1994	Bryan Moss
1993	Matthew Clements
1992	Matthew Clements

W Mitchell Hall Cup

Mile winner at Manchester Internat'l
European 3000m U18 champion
3000m English Schools champion
Hurdles
Longjump
Middle Distance
Sprints
Middle Distance
Javelin
Middle Distance
Hurdles
Javelin and Sprints
Heavy throws
Middle Distance
Hurdles
Sprints
Sprints
Middle Distance
Sprints
Sprints
Sprints
Sprints
Middle Distance
Sprints
Hurdles
Hurdles & Sprints
Hurdles & Sprints

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Best Performance Track and Field - Female

2019 Shannon Flockhart
2018 Julia Paternain
2017 Julia Paternain
2016 Adelaide Omitowoju
2015 Adelaide Omitowoju
2014 Finlay Marriott
2013 Claire Wilson
2012 Charlotte Cox (Downes syndrome - special Olympics)

The trophy was changed in 2012

2011 Lucy Parker
2010 Charlotte Murphy
2009 Alice Forster
2008 Lucy Dowsett
2007 Gemma Coe
2006 Lucy Dowsett
2005 Lucy Dowsett
2004 Zoe Kier
2003 Phillippa Markley
2002 Dominique Smith
2001 Melanie White
2000 Megan Lewis
1999 Joan lasenby
1998 Charlotte Spelzini
1997 Hayley Ginn
1996 Clare Robinson
1995 Anna Costello
1994 Ruth Watson
1993 Stacey McGivern
1992 Ruth Watson

The Simpson cup

3000m Youth International
3000m ESAA Champion
3000m ESAA Champion
Triplejump
Triplejump
Hurdles
Middle distance
Sprints

L Dodds Rosebowl

Middle distance
Middle distance
Heavy throws
Middle distance
Middle distance
Middle distance
Middle distance
Middle Distance
Throws
Sprints
Middle distance

Middle Distance
Shot
Sprints
Hurdles
Middle Distance
Sprints
Triplejump
Middle distance

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Best performance track and field - Veteran male

The George Smith trophy

2019	Michael Hausler M60	4 th in European Masters Shot
2018	Sullivan Smith M40	4 th in World masters S/chase
2017	Sullivan Smith M40	Steeplechase
2016	Istvan Jacso M35	Steeplechase
2015	Istvan Jacso M35	Middle distance
2014	Istvan Jacso M35	Steeplechase
2013	Keith Clarke M45	Sprints
2012	Kevin White M40	Middle distance
1992 - 2011 awarded for multi-discipline competition (run, jump, throw)		
2011	Julian Courtney	
2010	No award	
2009	Noel Moss	
2008	Alec Taylor	
2007	Alec Taylor	
2006	Noel Moss	
2005	Gerald Meah	
2004	Noel Moss	
2003	Gerald Meah	
2002	Noel Moss	
2001	Marcus Ennis	
2000	Noel Moss	
1999	Ian Girling	
1998	No award	
1997	Noel Moss	
1996	Noel Moss	
1995	Noel Moss	
1994	Noel Moss	
1993	Noel Moss	
1992	Phil Bramford	

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Best Performance track and field - Veteran Female

T&F Shield

2019	Mary Holmes	Mile W83
2018	Sarah McGrath	British Masters W45 shot champion
2017	Mary Holmes	1500m W81
2016	Mary Holmes	3000m W79
2015	Margaret Phillips	3000m W60 European Indoor Champ
2014	Mary Holmes	800m W75
2013	Mary Holmes	800m W75
2012	Mary Holmes	800m W75 British Record
1992 - 2011 awarded for multi-discipline competition (run, jump, throw)		
2011	Jane Packman	
2010	Joan Lasenby	
2009	Rachel Roberts	
2008	Rachel Roberts	
2007	Mary Holmes	
2006	Mary Holmes	
2005	Mary Holmes	
2004	No award	
2003	Mary Holmes	
2002	Mary Holmes	
2001	Mary Holmes	
2000	Romana Martin	
1999	Mary Holmes & Joan Lasenby	
1998	Dawn Perry	
1997	Carole Morris	
1996	No award	
1995	Mary Holmes	
1994	Mary Holmes	
1993	No award	
1992	Mary Holmes	

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