

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

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## Best performance of the season (all disciplines)

2019 H Archer, L Dowsett, R Hair  
 2018 T Keen, D Dow, O Newman, N Harhalakis  
 2017 N Harhalakis, D Dow, OJ Parmenter  
 2016 Adelaide Omitowaju  
 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

## H.G Ashman Cup

Endurance Womens 5 Mile National Road relay gold  
 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

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

1995	Stacey McGivern	Triplejump
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

2019	Michael Hausler	Shot	4 <sup>th</sup> M60 in European masters shot
2018	Mary Twitchett	Endurance	Los Angeles marathon WAVA 91.4%
2017	Victoria Knight	Endurance	National team vest 13 <sup>th</sup> 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	

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

1996	Ann Turrington	Middle distance
1995	Ann Turrington	Middle distance
1994	Malcolm Massey	400m Hurdles
1993	Diana Braverman	Middle distance
1992	Ann Turrington	Middle distance

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### **Best performance of the season - Wheelchair athlete**

2019	Claire Connon
2018	Molly Hunt
2017	Lizzie Bennett
2016	Lizzie Bennett
2015	Lizzie Bennett

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### **C&C trophy**

Improved at all distances 800m – 10k  
Great East Anglia 10k winner  
Great Anglia 10k  
Warwick half marathon  
Great Eastern Half Marathon

### **Contribution to the club**

2019	Charlotte Cox
2018	Charlotte Cox

### **C&C trophy**

5 golds in the IAADS World championships  
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