

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

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## Best Performance Track and Field - Male

2021	Thomas keen
2020	No awrds due to Covid
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

First C&C sub 4 minute mile
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
Sprints
Middle Distance
Sprints
Hurdles
Hurdles & Sprints
Hurdles & Sprints

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

## Best Performance Track and Field - Female

2021 Holly Archer  
2020 No awards due to Covid  
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

1500m European silver indoor  
  
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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# C&C Roll of Honour: Track and Field Overall best performance

## Best performance track and field - Veteran male

2021	Michael Hausler
2020	No awards due to Covid
2019	Michael Hausler M60
2018	Sullivan Smith M40
2017	Sullivan Smith M40
2016	Istvan Jacso M35
2015	Istvan Jacso M35
2014	Istvan Jacso M35
2013	Keith Clarke M45
2012	Kevin White M40

## The George Smith trophy

UK rank 1 in M60 shot 13.81m
4 <sup>th</sup> in European Masters Shot
4 <sup>th</sup> in World masters S/chase
Steeplechase
Steeplechase
Middle distance
Steeplechase
Sprints
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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# C&C Roll of Honour: Track and Field Overall best performance

## Best Performance track and field - Veteran Female

## T&F Shield

2021	Stacy McGivern	W40 Longjump 5.04m
2020	No award due to Covid	
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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