

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

Click on the headings below to go directly to the correct page

[Overall BP - All disciplines](#)

[Overall BP – Veteran](#)

[Overall BP - wheelchair](#)

[Contribution to the club](#)

## Best performance of the season (all disciplines)

2021 Holly Archer  
 2020 No awards due to Covid  
 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

## H.G Ashman Cup

Middle Distance	1500m European Indoor Silver medal
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
	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

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

1997	Sam Boden	Middle Distance
1996	Sam Boden	Middle Distance
1995	Stacey McGivern	Triplejump
1994	Sam Boden	Middle Distance
1993	Matthew Davies	Middle Distance
1992	Matthew Clements	Sprint Hurdles

[Back](#)

### Best Performance Veteran of the season (all disciplines)

### The Veteran Shield

2021	Michael Hausler	Shot	Top ranked M60 in UK
2020	No awards due to Covid		
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	

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

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

[Back](#)

### Best performance of the season – Wheelchair/Frame Runner athlete

2021	Esther Leighton
2020	No awards due to Covid
2019	Claire Connon
2018	Molly Hunt
2017	Lizzie Bennett
2016	Lizzie Bennett
2015	Lizzie Bennett

[Back](#)

### Contribution to the club

2021	Leo Williams
2020	No award due to Covid
2019	Charlotte Cox
2018	Charlotte Cox

### C&C trophy

For her team efforts in the Kevin Henry league

Improved at all distances 800m – 10k

Great East Anglia 10k winner

Great Anglia 10k

Warwick half marathon

Great Eastern Half Marathon

### C&C trophy

For his work in coaching and as Starters assistant at age 16

5 golds in the IAADS World championships

5 golds in the IAADS World championships