

# C&C T&F trophies

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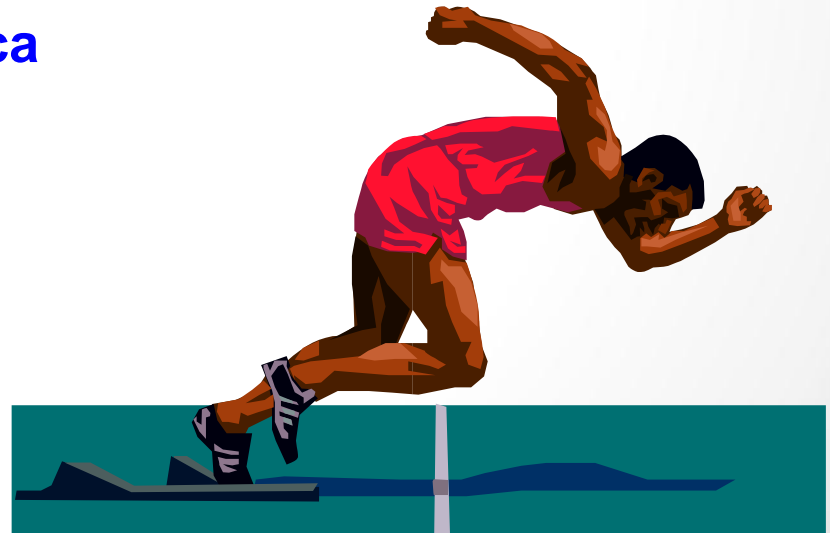
17<sup>th</sup> October 2022



# C&C T&F trophies

## Best performances Sprints

- **Male Adam Cross**  
Under 23 Men 100m 10.43secs  
Club record. 4<sup>th</sup> in SF1 of England championships.  
Club Record
- **Female Lila-Belle Nacca**  
Under 13 Girls 200m 25.3  
Ranked 7<sup>th</sup> in UK



# C&C T&F trophies

## Best performances Middle Distance

- **Male**     **Thomas Keen**  
**Sen men (U23) 1500m 3:37.7**  
**Club Record.**  
**UK ranked 4<sup>th</sup> U23**



- **Female**     **Ellie Loosley**  
**U17 Women 3000m 9:41.31 at Watford**  
**UK Ranked 8<sup>th</sup>**  
**4<sup>th</sup> in English Schools**



# C&C T&F trophies

## Best performances Jumps

- **Vertical jumps Amelia Smith**  
U17W Highjump 1.55m
  
- **Horizontal jumps Stacey McGivern**  
W45 Longjump 5.06m  
UK ranked 1<sup>st</sup> W45



# C&C T&F trophies

## Best performances Hurdles

- **U15's – Seniors Male – Samuel Clarke**

400m hurdles 51.37

Club record England Champs 2<sup>nd</sup>

UK ranked 5<sup>th</sup> U23M



- **U15's – Seniors Female – Leah Wagstaff**

75m hurdles Under 15 Girls – 11.04

UK ranked 1<sup>st</sup>

England athletics Champion

ESAA champion Champion



# C&C T&F trophies

## Best performances U13's Hurdles

- **Under 13 Boy Ollie Waters 13.1 secs**  
**1<sup>st</sup> EAL final and National prep schools**
- **Under 13 Girl Samantha Horman 13.8secs**



# C&C T&F trophies

## Best performances Throws

- **Senior/U20/Veteran Kristiaan Winkel**  
**Senior mens discus 50.95m Club Rec.**  
**2<sup>nd</sup> in SEAA senior championships**  
**UK rank 5<sup>th</sup> U23**

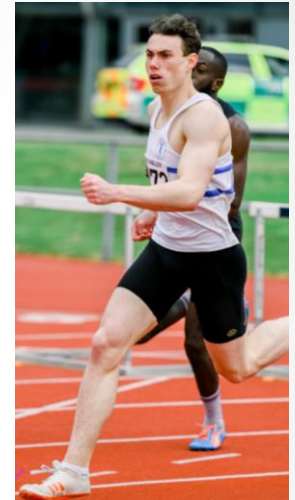


- **U17/U15/U13 equipment Samantha Horman**  
**U13 Girls Javelin 27.84m**  
**UK rank 7<sup>th</sup> Club Record**

# C&C T&F trophies

## Best performances Combined events

- **Male Samuel Clarke ECAA Senior champion**  
**Outdoor Pentathlon 2858 pts**
- **Female Leah Wagstaff U15 Girls ECAA Champion**  
**Outdoor Pentathlon 2718 pts**



Also special congratulations to Francesca Bush U13 Girls  
2<sup>nd</sup> in ECAA and 1<sup>st</sup> Cambridgeshire 2048 pts





# C&C T&F trophies

## Most Improved

**Polina Frakina U17 Women**

**Triplejump improvement from 9.81 to 11.19**



# C&C T&F trophies

## Overall Best performances T&F

- **Male Samuel Clarke**  
400m Hurdles 51.37  
2<sup>nd</sup> in England athletics championships  
UK ranked 6<sup>th</sup> U23 male
  
- **Female Leah Wagstaff**  
England Athletics National champion U15G 75m Hurdles  
English Schools champion

# C&C T&F trophies

## Veteran Best performances T&F

- **Veteran Male T&F Michael Hausler M60**  
**5k shot 14.08m - Club age-group record**  
**Top of UK Age-group rankings**
- **Veteran Female T&F Stacy McGivern W45**  
**Longjump 5.01m Age group club record**  
**1<sup>st</sup> in Southern Counties masters champs**



# T&F League Team awards



- **Vets league males** **Michael hausler**
- **Vets league females** **Sarah McGrath**
- **EYAL males** **Freddie and Monty Chatfield**
- **EYAL females** **Samantha Horman**
- **Anglian league males** **Thomas Hufford**
- **Anglian league females** **Francesca Bush**
- **SAL males** **Thomas Abbott**
- **SAL females** **Maya Vandermark**

# Endurance Running Awards

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# C&C Endurance Running Awards

## Marathon

- **Male – William Mycroft**  
**Manchester Marathon 2:17.02**  
**UK rank 16**
- **Female – Hannah Sanders**  
**Paris marathon 2:57.19**
- **Male Veteran – Charlie Wartnaby M50**  
**Manchester Marathon 2:53.01 WAVA 82%**
- **Veteran female – Sarah Wightman W45**  
**Edinburgh Marathon 3:18.0 WAVA 77%**

# C&C Endurance Running Awards

## Half Marathon

**Males – Jonathan Escalante-Phillips,  
Antrim half marathon, 64.41**

**Females – Holly Archer,  
Copenhagen half marathon, 72.47**

**Veteran Female – Mary Twitchett  
Cambridge half marathon W60 96.36 WAVA 90.59**

**Veteran male – Norman Shreeve M35 66.06  
Copenhagen Half Marathon WAVA 90.69**



# C&C Endurance Running Awards

## 10 Km

**Male – Jack Gray,  
London 10k, 29.33**

**Female – Darcie Hey U20,  
Saffron Walden 10km 38.10**

**Veteran Male – Matthew Slater – M35  
Bedford 10k 34.25      WAVA 81%**

**Veteran Female – Stephanie Godfrey – W55  
Chessington 42.01      WAVA 89%**





# C&C Endurance Running Awards

## 5 Km

- **Male – Callum Elson**  
**Cardiff 5K 14:10**
- **Female – Hannah Irwin –**  
**Battersea 5K 16.06**
- **Veteran Male – James Reed M40**  
**Ipswich 5k 15.06**
- **Veteran Female – Clare Thurgood W35**  
**Leicester 5k 17.48**

# Overall Awards

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## C&C Overall club Seasons best performance by a Disability sports athlete

Charlotte Cox for her 5 gold medals at the IAADS European Championships in Finland.

100m

200m

400m

Longjump

Multi-event





# C&C Overall club best performance trophy Veteran

**Sullivan Smith      3km steeplechase**

**2<sup>nd</sup> in World masters M45 in 9:58.57**

**UK rank 1<sup>st</sup> M45**

**All time UK rank 10th**





# C&C Overall club best performance trophy

**Seasons Best performance, agegroups U13 – Senior**

- **William Mycroft**

**Manchester Marathon**

**2:17.02**

**10th in Elite race UK rank 16**





# C&C Overall club trophies

**General committee award for outstanding contribution to the club**

- **Carole Morris**

**For her lengthy service as the veteran's team manager for the EMAC league, and previously as a competing athlete (javelin)**

***A comment from EMAC – “Carole was the most organised and responsive team manager and she will be missed by the organisers”***



- Thank you and well done all