

LONGWOOD HARRIERS ANNUAL AWARDS 2016

MOST PROMISING YOUNG ATHLETE T&F (FEMALE)

Last Year Soraya Crodden

Nominations

Soraya Crodden. Last year's winner nominated again. Continues to improve. Holds the club records for 60m 100m and 150m.

Alicia Marriott. I think Alicia has already shown her promise as a young runner but continues to improve in other disciplines such as long jump, high jump and hurdles. An excellent all round athlete who finished first overall in the WY T&F League.

Lucy Wilding Lucy's performances are sometimes overlooked as she often finishes second to Alicia, but she continues to improve and now there is now very little to choose between them in the sprints. In 2016 Lucy finished 4th overall in the WYT&F League.

Megan Hughes Although only running in the under 11's where there is a limited number of events, Megan has shown real promise in the distance events, finishing 2nd four times in the 600m. in the WY league. In cross country Megan has had a really good season, finishing 4th overall in the WYCC League often beating girls twice her size. She also posted the fastest time in our club Point to Point and Christmas Handicap races.

The winner for 2016 is **Lucy Wilding.**

MOST PROMISING YOUNG ATHLETE T&F (MALE)

Last Year Zac Wimpenny

Nominations

Tiger Steel. Holds the club record for 200m and 800m. Although he seems to have been around for many years, he was still in the U/13 age group on the track in 2016. He performed very well in both the sprints and middle distances and finished 1st overall in the WY T&F League.

Lawence Grose. Lawences first season on the track competing in the under11's age group.He had considerable success with 1x1st, 1x2nd and 1x4th place over 75m and 600m in the WY league.

Dalvin Cyrus. Now in the under 17 age group. Dalvin competed regularly for the club in both the Young Athletes and Senior League. Has a personal best of 11.7secs over 100m. Has continued to compete indoors over the winter posting impressive times over 60m and 150m. Although still under 17 this season he will be in demand to compete for the club at senior level and I would not be surprised to see him our No1 sprinter in 2017.

Tom White. In his first season with the club, Tom has shown real promise over the middle distances. He trains very well and still in the under 11 age group this year should post some good results in 2017.

The winner for 2016 is **DALVIN CYRUS**

MOST PROMISING YOUNG ATHLETE CC (FEMALE)

Last Year Neve Hardcastle

Nominations

Holly Brewster. Like Lucy, Holly's performances often go unnoticed as she so often finishes closely behind Neve. In the WYCC League she had one 7th places and finished 10th overall. She was 31st in the Yorkshire Championships at Lightwater Valley. I think her best performances were in the Schools races. She won both the Kirklees and West Yorkshire schools year 7 championships and was today representing West Yorkshire in the national schools championships in Leicester.

Megan Hughes. Megan is a very promising cross country runner She finished fourth overall in the WYCC League under 11's section. She had the fastest time in her age group for the club point to point and Christmas handicap races. Megan trains well and I look forward to seeing her results next year when she moves up an age group and will be able to run in the County and Northern Championships.

Amy Mourne. Amy is another promising U/13 girl. She won both the club point to point and Road Race handicaps, and was a member of our under 13 girls team that finished 21st in the Northern CC Relays in Sheffield. She finished 3rd in the Kirklees schools year 7 championships and like Holly was selected to run for West Yorkshire in the national championships. Amy however is also a talented cyclist, and her cycling events often clash with the cross-country races and was not able to compete in the WYCC league races.

The winner for 2016 is **HOLLY BREWSTER**

MOST PROMISING YOUNG ATHLETE CC (MALE)

Last year Elliot Thompson

Nominations

Jack White. Jack was our leading under 13 cross country runner in 2016, with a best position of 17th in a West Yorkshire CC league race. He finished 26th in the Yorkshire Championships and was a member of our under 13 boys team who finished 32nd in the Northern CC relays in Sheffield. He was second in the Kirklees Schools championships and a counter for Kirklees in The West Yorkshire Schools Championships.

Lawrence Grose. Lawrence also competed in the under 13 age group, although he just missed the under 11 age group by a few days. He finished 27th overall in the West Yorkshire CC League, was 47th in the Yorkshire Championships and was also a member of the Northern CC relays team. Lawrence supports all the club races, he won the club point to point handicap and also ran in the club Road Races and Christmas Handicaps.

Tom White. A third member of the successful White family. Finished 8th overall in the WYCC League under 11's section He posted the fastest time of our under 11's team that finished 9th in the Northern CC relays in Sheffield. He will still be under 11 next season, so I look forward to seeing him progress.

The winner for 2016 is **Lawrence Grose**

OUTSTANDING CONTRIBUTION TO YOUNG ATHLETES LEAGUE

Last year Caitlin Lunn.

Last season we had over 50 athletes competing in the Young Athletes League, which is a credit to the club and also a reflection of the efforts put in by the Team Manager Dianne Crodden. Only eight of those athletes, however turned out in every match, Tiger Steel, Lucy Wilding, Emily Mclachlan, Eve Wrigley Jones, Alicia Marriott, Tiana Mitchell, Isabel White, and Soraya Crodden, so it is most likely that the award will go to one of those.

Nominations

Tiger Steel Winner of the WY T&F League U/13 boys, a valuable member of the team, attended all meetings, scored valuable points in both sprints and middle distance.

Alicia Marriott Also winner of the WY T&F League. Such a versatile athlete, a great asset to any team. Not only willing to compete in any event, but usually wins them as well.

Emily Mclachlan. Competed in all meetings showed considerable improvement throughout the year. Was the nomination of the team manager which is an indication of her efforts towards the team.

Soraya Crodden. Also competed in all fixtures, scored valuable points in the sprints and hurdles.

The winner for 2016 is **Emily McGlachlan.**

JUNIOR ATHLETE OF THE YEAR RICHARD HARDCASTLE TROPHY (FEMALE)

Awarded for general performance throughout the year.

Last Year Alex Walker

Nominations

Soraya Crodden. Soraya was our most promising Young Athlete T&F last year and has continued to show improvement in 2016. As mentioned earlier, she competed in all the young athletes league meetings and also most of the WYT&F League meetings, where she finished 8th overall. Soraya doesn't run cross-country in winter but she keeps competing indoors at Sheffield, Leeds and Manchester.

Neve Hardcastle. Neve has had a tremendous season. On the track she competed the Young Athletes League and the WYT&F League in a very competitive under 13's section. But it was in cross-country that she really excelled. She finished 6th overall in the West Yorkshire League, 19th in the Yorkshire Championships and 36th in the Northern Championships. This winter she also competed in Sheffield in the Northern Indoor Championships.

Alicia Marriott. Like Soraya, Alicia doesn't like running cross-country, she did however turn-out in the Kirklees Schools Championships and in the usual Alicia fashion came home first. On the track she has almost been unbeatable. She finished first overall in the U/15 girls in the WYT&F League, winning races of all distances between 100m and 1500m. She also had excellent performances in the jumps achieving 5.15 in the long jump and 1.55m in the high jump. She has continued to compete indoors this winter and is attending extra high jump sessions in Sheffield. If she continues to improve and adds throwing to her

repertoire, we could be looking at a very good pentathlete, another Jess Ennis perhaps.

The Winner for 2016 is **Alicia Marriott**

Junior Athlete of The Year Richard Hardcastle Trophy (Male)

Last Year Hakan Dalbal

Nominatios

Hakan Dalbal Nominated again this year. On the track, Hakan won all of his races in the young Athletes League. He also competed in the senior Northern League where he showed most of the seniors men the way home as well. He does not run many cross country races as they tend to clash with his football commitments. He did however win the Kirklees Schools trials, and gained selection for the West Yorkshire Schools team for The National Championships.

Tiger Steel. Still in the U/13 age group, Tiger performed very well on the track. He won the overall title in the West Yorkshire T&F League, winning races from 100m to 800m. He also competed in all the young Athletes League races gaining a haul of points for the club. On his own admission, Tiger dose not like cross-country races very much but he is always there making up the team. He ran in all the West Yorkshire Cross Country League races and was a member of our team that finished 32nd in the Northern Cross Country Relays in Sheffield.

The winner for 2016 is **TIGER STEEL**

Best Veteran Performance

Last Year Martin Maynard

Nominations

David Shelton. David is one of the oldest active members of the club and is still sprinting at the age of 71. He won both the 100m and 200m titles in The Yorkshire Veterans O/70 section and regularly competes in The Northern Veterans Meetings. This winter he competed indoors in the Northern open meetings and recently travelled down to London to compete in The British Masters Championships and finished 4th in the 200m with an excellent time of 34secs.

Donald Kennedy Donald competes in the O/50 vet category he has won numerous awards in local road races and most recently finishing first vet O/50 in the Huddersfield Road Runners 10K. He has also won races outside the area including the Winslow 10K and The Nostel Priory 10K. He was second vet in the Hornsea 9miles and also The Helen Windsor 10K. This year Donald also completed the London Marathon in an excellent time just over 3hours.

The winner for 2016 is **Donald Kennedy**.

Best Marathon Performance.

Not Awarded Last Year

I've almost given the game away because this year there was only one nomination for this award which was **Donald Kennedy**. As mentioned earlier Donald completed the London Marathon in a time of 3hours 2mins 17secs, agonisingly just outside the 3hours, but an excellent time for an over 50 year old veteran.

The winner for 2016 is **DONALD KENNEDY**

Best Field Event Performance

Last Year James Clark.

Nominations.

A difficult one this year, we couldn't pick out an outstanding performance for any one particular athlete. Sometimes, particularly in the junior ranks, athletes trying a field event for the first time don't always appreciate how good they are. Its always worth trying new events, you may discover talents you never knew you had.

There was one nomination which stood out and was well worthy of the award which was for **Alicia Marriot**. It was for her performance in the long jump and High Jump in Sheffield Alicia achieved 5.15m in the long jump and 1.55m in the high jump. Unfortunately the indoor event was run using next years age groups, so although still under 15, Alicia had to compete as an U/17. Had it been classed as an U/15 performance, it would have put her well up in the National Rankings.

The winner for 2016 is **ALICIA MARRIOTT**

Senior Athlete of the Year (Female)

Last Year Rebecca Morris

Nominations

Meegan Leigh Meegan is best known as a thrower, regularly competing in the Hammer, Discus and Shot Putt events. She competed in 3 out of 4 Northern League fixtures when she has also had a go at the triple jump and helped to complete the sprint relay team. Still under 20, under dual registration, Meegan also helped our neighbours, Spenborough A.C by competing for them in The Youth Development League.

Claire Pickersgill Claire has been our sole representative in the WYCC League races this year. She also competed in The Northern Championships at Knowesley Safari Park. She also competes in local road races. She has not performed much on the track this season because Claire is also becoming an excellent triathlete, and prefers to do triathlons during the summer.

Francesca Robertson Francesca is studying at Newcastle University, but travels down to compete for Longwood in the Northern League fixtures. She is essentially a sprinter and hurdler, but when we are short she is often known to compete in 6 or 7 events at one meeting. Always willing, and totally fearless, I remember the time, I think it was Grantham, when she had a heavy fall in the 400m hurdles but later bandaged and bruised she was seen to line up to compete in the 100m hurdles. Francesca is a qualified coaching assistant and when not at university she helps coaching the young athletes at Leeds Road. She is now taking her full coaching award and we look forward to seeing her down at Leeds Road again this Summer.

The winner for 2016 is **Francesca Robertson**.

Senior Athlete of the Year (Male)

Last Year Peter Hoyle

Nominations

Josh Elderfield Josh came to us as a student from Huddersfield University and thankfully he is now working locally and is still running for us. He has been our top senior runner at cross country running 3 of the 4 WYCC races, and finished 12th overall in the senior ranks. Josh also competes in local Road Races where

he is usually our leading runner. In the summer Josh competes for us in the Northern League running in anything from 800m to 5000m. He also competes in the 3000m hurdles and would post some excellent times if he could only jump over the hurdles instead of climbing over them.

Elliott Thompson. Elliott was our Junior Athlete of the year last year. Now over 17 he is eligible for this award. He has had an excellent season running on the road, cross-country, track and even the occasional fell race. He competed in all the WYCC league races running against the seniors and finished 10th overall in the Junior men's Section. He has competed as a senior in the Northern track and Field League fixtures He had the fastest time in both The club road races and Point to Point race. When Elliott was nominated for this award, Ian gave me a list of his achievements which covered a full A4 sheet so I wont read them all out now but his success and consistency is well indicated in the fact that this year he has won both the club Road Race League and the Cross-country League.

The winner for 2016 is **Elliott Thompson.**

Outstanding Contribution to the club

Last Year Steve Clark

This trophy, The Cyril Foster trophy is always the hardest to award. It is awarded to the person considered to have made an outstanding contribution to the club throughout the year and is decided by the President, Club Captain and Club Secretary. It is the hardest, because the club is run entirely by volunteers, who all give their time voluntarily in the interests of the club. This year, I think one of the most significant changes which has been beneficial to the club is the increasing role played by parents. We now have a rota of parent helpers, assisting our coaches on training nights and also a list of volunteers who man the desk on training nights, completing the register and collecting the fees. This year we also welcomed three new parent members onto the club committee. All this is greatly appreciated and helps to make us a better and more successful club.

Now to this year's winner, it is not a parent but someone who has been in the club for many years now and I am surprised that he has not been awarded the trophy in the past. I am pleased to announce that this year the trophy goes to **Tom Reed.** As you know, Tom is a club coach and committee member. He attends training sessions every Tuesday and Thursday evening and I can tell you

from experience how trying that can be. The difference between me and Tom however is that he still has to work for a living. The rapid increase in our younger membership means that we are constantly reviewing our training methods and Tom is presently engaged in revising the training groups and allocating each athlete to a particular coach. All this takes time and has to be fitted in outside his working commitments. Tom is also a qualified Athletics Official and his services are in demand not just for local promotions but also in Tom's case national events and even internationals. Not satisfied with that, Tom is also our website manager, he designs the website and keeps it updated. He also looks after our Facebook page posting messages and information to keep our members well informed. So with all that and more I think you will agree that Tom has made an outstanding contribution to the club.

The winner for 2016 is **Tom Reed**

Road Race League 2016

3 rd	Donald Kennedy	62points
2 nd	Dave Martin	71points
1 st	Elliot Thompson	97points

Cross Country League 2016/17

3 rd	Josh Elderfield	49points
2 nd	Ian Mitchell	54points
1 st	Elliott Thompson	65points.

Fell League

We used to have a fell league and a fell trophy but not any longer. Three members have been fell running this year, all from the same family. Dad Andy Norgate, son Richard Norgate and Son-in-law James Scholes. If they organized themselves into a league, they all could win a medal. For 2016, from the results we have received we assessed Richards to be the best performances so this year we are awarding a medal for Fell Running to Richard Norgate.