

**ATHLETE OF THE YEAR. FEMALE**

**Rebecca Morris**

Rebecca has achieved this award for her consistent performances throughout the year. She runs in all the club races and competes at both cross-country and track and field. She has also competed indoors this winter finishing 3<sup>rd</sup> in her new age group (U/17) in the recent Leeds meeting. Rebecca also excels in sports hall athletics and gained selection for the successful WY team that won the regional final in Hull, where she achieved the best performance in the U/15 girls. Rebecca achieved 4.40mts in her long jump last summer and is hoping to improve on that this season so she is travelling over to Leeds on a regular basis for extra training. This year she moves into the U/17 age group and should be a valuable addition to our Senior women in the Northern League.

**ATHLETE OF THE YEAR. MALE**

**Liam Slater**

Unlike Rebecca, we don't see too much of Liam during the winter when he plays rugby but he usually makes an early start in the track and field season. Last year Liam gained two medals in the Yorkshire Championships, finishing 2<sup>nd</sup> in the 400m hurdles and 3<sup>rd</sup> in the triple jump in the U/17 men's section. He was a regular performer in the WY T&F league and finished first overall in his age group.

Liam moves up to the Junior Mens age group this year. We hope he will continue to improve and like Rebecca should be a valued member of our Northern League team.

**MOST PROMISING YOUNG ATHLETE TRACK & FIELD**

**MALE**

**ARAN THOMAS**

Although just competing in the U/11 age group, Aran has shown excellent potential. He performed very well in the WY CC league, but it is in T&F where he shows most promise. He finished 2<sup>nd</sup> overall in his age group in the WY T&F League where his results in the field events matched those of his track performances. He is also very good at Sportshall athletics and gained selection for the WY U/11 team. This winter he has had good performances indoors at

Leeds, Wakefield and Sheffield and is currently ranked 3<sup>rd</sup> in high jump and shot and 9<sup>th</sup> long jump in the National rankings.

Aran moves up to the U/13 age group this summer which gives him more competition and a wider choice of events and we look forward to watching his progress.

## **MOST PROMISING YOUNG ATHLETE TRACK & FIELD**

### **FEMALE**

#### **MEEGAN LEIH**

Meegan's talents lie mainly in the throwing events, particularly discus and hammer. Her main competition period is in the summer, but she trains regularly throughout the winter with coach Brian Jackson.

Last summer she finished 2<sup>nd</sup> in the Yorkshire championships hammer competition with a throw of 21.76 mts, but she later achieved a PB of 26.16 mts. She competed regularly in the WYT&F League and in all the Junior and Senior league matches. She is still in the under 17 age group this season and is currently ranked No 1 in Yorkshire.

This year, although only 16, Meegan was elected our club captain, the first female and the youngest person to hold that position. It was a good choice, and I'm sure our T&F team will benefit from her leadership.

## **MOST PROMISING YOUNG ATHLETE CROSS-COUNTRY**

### **MALE**

#### **LUKE WHITE**

It is hard to believe that Luke is still only in the U/13 age group, he seems to have been with us and running so well for such a long time. Luke is very competitive, and loves racing. This season he ran in all the WYCC League races, the Yorkshire championships at Lightwater Valley, The Northern Championships at Knowesley Safari Park, and even travelled to Sunderland to run in the National championships where he finished a highly creditable 58<sup>th</sup>. Luke is still in the U/13 age group next year but is training regularly with our U/15's so can be expected to produce even greater performances next season.

**MOST PROMISING YOUNG ATHLETE CROSS-COUNTRY**  
**FEMALE**

**MOLLY AND MACY ELLIS**

Molly and Macy moved up from the U/11's to the U/13 age group this season, which is always a big step. Nevertheless they competed well in the WYCCL finishing 44<sup>th</sup> and 51<sup>st</sup> in the overall results.

We decided to give the award jointly because as with their appearance it is hard to distinguish between them. Last year it was Macy who showed the most promise over the country, but this year it was Molly who had the upper hand. They are such talented athletes, they are active in many other sports but they have another year to go at U/13 level and I hope they continue with their running so we can watch their progress next season.

**CONTRIBUTION TO YOUNG ATHLETES LEAGUE**

**Masie McNabb**

Last years Young Athletes League competition was not easy, we had three long trips to Lincoln. Grimsby and Scunthorpe. Only 7 athletes managed to compete in all three competitions so we thought the winner should come from one of those.

This is a hard award to choose, because there is no hard and fast criteria set down. It can be awarded for exceptional performances, number of points scored or general enthusiasm or support to the team and I think this years winner comes under the latter category.

For the past two years, Masie and Alisia have fully supported the league usually being the only two U/13 girls in the team. They have always competed in their full quota of events without question. It was hard to split them, but as Masie always competed in the "A" string rather than the slightly easier "B" string races we felt the award should go to her.

**BEST FIELD EVENT PERFORMANCE**

**MEEGAN LEIH**

Meegan gains this award for her performance finishing 2<sup>nd</sup> in the Yorkshire Champs U/17 ladies hammer competition in 21.76mts. Although she later bettered that performance by some 5mts. Gaining a UKA grade 4 standard.

This year she has already improved her PB for the hammer to 28.66 metres so hopefully we can look forward to more winning performances in the forthcoming season.

### **BEST MARATHON PERFORMANCE**

#### **DIANNE LEIH**

When Dianne first announced that she had entered a marathon, I thought she was having a laugh. She wasn't, she got down and did some training, progressed from the 5K park run to running a half marathon and eventually a full marathon when she completed the Chester Marathon in a time of 5hrs 29mins. It was not the fastest marathon performance by a Longwood runner during the year but a very creditable performance and well worthy of this award.

### **BEST VETERAN PERFORMANCE**

#### **ANDREW NORGATE**

Andrew wins this award for his performance in the WYCC League, finishing 1st overall in the Veterans O/60 section. Andrew had 2 first places and 1 second place, beating Kevin Yewlett of Holmfirth by 1 point. 3<sup>rd</sup> place went to our President and last years winner Ian Mitchell.

### **OUTSTANDING CONTRIBUTION TO THE CLUB**

#### **DIANNE LEIH**

I think Dianne is a worthy winner of this award this year. She has already received the award for her running but she also coaches. She has successfully qualified as a coaching assistant and has also taken the Leader in Running Fitness course. She regularly coaches a group of young athletes on Tuesday and Thursday evenings, including some of this evenings trophy winners. Dianne is also the Club Coaching Co-ordinator and organises and chairs the coaching meetings. Her activities don't stop there though, she is regularly seen collecting money and handing out notices and leaflets on training nights.

Like many willing volunteers Dianne continues to add to her workload and was recently appointed "Competitions Secretary" which involves informing athletes of forthcoming fixtures and entering teams and individuals for team and championship events. Having done that job for many years myself, I can vouch for it being a difficult and timeconsuming exercise. At the moment, Dianne

seems to be coping very well with all these duties but I hope she doesn't overload herself so if any of you can give her a hand in any way, I'm sure she would be grateful for your assistance.

**YOUNG ATHLETE OF THE YEAR FEMALE**

**NATALIE McGUIRE**

Natalie may be surprised to receive this award because based on her own high standards she had a rather disappointing cross country season. Injured with a broken arm early in the season she lost form and never really regained it.

Nevertheless, such is her talent that she still finished 9<sup>th</sup> overall in the WYCC League and narrowly missed a place in the Yorkshire team.

This award however is for overall performance throughout the year and last year I think Natalie really showed her potential on the track as well as over the country. She not only performed well over her usual middle distances but also developed a fair turn of speed over 200mts. She finished 4<sup>th</sup> overall in her age group in the WYT&F League and won most of her races in the Young Athletes League. She gained selection for the Kirklees Schools team for their tour of Italy and Czech Republic and Andy Cook remarked on how well she well she had performed over there. Still in the U/15 age group, she should do well on the track this season. Natalie was a bit disappointed last year that there were not more girls of her age to form a team so lets hope we can encourage more of our girls to compete and build a successful team around Natalie.

**YOUNG ATHLETE OF THE YEAR MALE**

**JAMES CLARKE**

James was nominated for most improved runner and I am sure he would have been a worthy winner of that award but as we don't have an award in that category his nomination was considered for this award.

James has shown considerable improvement this year both in track and field and over the country. His times continue to come down on the track and as he is still in the under 15's this season we will be expecting him to be among the winners.

In cross country, I can remember James's first race about three seasons ago. It was on a particularly tough course at Pudsey, James was finding it tough detached from the rest of the runners at the rear of the field, he could have easily called it a day but he didn't, he continued and completed the course.

Longwood Harriers presentation evening awards 2013

Afterwards his father commented saying “ that was a baptism of fire wasn’t it”, and I had to agree with him. I thought that might have been the end of James’s cross-country career but thankfully he persevered and is now getting into the top 20 in West Yorkshire.

James trains regularly and diligently on training nights and I am sure he will achieve greater success in the future.