

Spensborough & District A.C.

(Founded 1965)

Princess Mary Athletic Stadium, Bradford Road, Liversedge. WF15 6LW



AWARDS PRESENTATION – 2018/19

TROPHY	DISCIPLINE	WINNER	PERFORMANCE
PRESIDENT'S CUP	<i>For services to the club (non-athlete)</i>	STUART HALL	Over 20 years' service to the club and outstanding coaching achievements this year with all of his athletes
ALLAT MEMORIAL CUP MALE OR FEMALE	<i>MOST OUTSTANDING ATHLETE</i>	BAYLEIGH LAWTON	A selection of his results : West Yorkshire League U15B 200mm Championship Record Yorkshire Champion in 100 and 200m PB's in 3 different events 1st English Championship U15B 300m
SNR MEN'S MOST POINTS	<i>T & F LEAGUE</i>	GLENN ASPINDLE	Showing consistent form across all 4 meets on the track but particularly in the field the winner of Snr Men T&F with 129 points
JNR MEN'S MOST POINTS	<i>T & F LEAGUE</i>	BEN MADDOCKS	With a total of 103 points across Senior and YDL events, PB's in 400m and 400m Hurdles This young man is a credit to the club
U17 MEN'S MOST POINTS	<i>T & F LEAGUE</i>	DANIEL SMITH	A really competitive season from this young man and no damage caused to any lamp posts this year!!!, PB's in 400 and 800m he accumulating 81 points
U15 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	JAMES BELL	consistent all year, great performances in a range of events across the board
U13 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	Not Awarded	
U11 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	BEN WHITAKER	This result is based on performance in West Yorkshire league and for his all-around skill
SNR WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	MOLLY WARING & BETH THOMAS	after 4 meets we have joint winners winner both scoring 90 points, one with some great PB's on the track in the sprints and both hurdles events and still a Junior and the other giving a massive performance in throws and even did a cheeky long jump
JNR WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	MOLLY WARING	Only dropped 2 points in all events entered throughout the YDL season and has already had an exceptional Senior season, achieving first place in all league 400m Hurdles races entered
U17 WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	OLIVIA REAH	Also tucking a Yorkshire title into the season showing ,massive potential in Long and triple jump
U15 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	LILY CROUGHAN	Impressive in the field, really stacking up the points with PB's in shot and discus

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U13 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	SOPHIA FOULGER	With 47 points and Strong throughout the year both on the track and in the field, ran a very impressive 1,200m at Middlesbrough
U11 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	IMOGEN ATKINSON	Based on West Yorkshire League, a young lady we have high hopes for and repeating her victory from last year
MALE MOST IMPROVED	<i>TRACK</i>	JOE SAGAR	Showed consistent improvement through the season, but when he stepped on to the track in 5000m taking 47 secs of his already impressive PB
FEMALE MOST IMPROVED	<i>TRACK</i>	HOLLY MARTIN	Showing determination to keep improving in training, and rolling back the years on the track with PB's in 200 and 400m
MALE - BEST INDIVIDUAL PERFORMANCE	<i>TRACK</i>	BAYLEIGH LAWTON	1st place and English u15 300m champion in a PB of 36.13 and second fastest in UK for his age group
FEMALE - BEST INDIVIDUAL PERFORMANCE	<i>TRACK</i>	NATALIE GROVES	Wearing a West Yorkshire vest at the time competing at English Schools Championships bringing home a bronze medal, with a new PB of 40.51 even more impressive as ran from lane 8
MALE MOST IMPROVED	<i>FIELD</i>	JAKE DARBY	Shown great improvement throughout the season. His finest hour came in Yorkshire Champs competing in his first ever decathlon and picking up a Bronze medal, PB's in HJ, LJ, SP, Discus, hammer, Javelin and pole vault
FEMALE MOST IMPROVED	<i>FIELD</i>	OLIVIA MYERS	Across the season especially in YDL this young lady has PB in High Jump and Discus
EARNSHAW TROPHY – MALE	<i>BEST FIELD PERFORMANCE</i>	CONNOR BELL	Improvement in Discus by 7m and 6kg hammer by 8.77m
SHERWOOD TROPHY – FEMALE	<i>BEST FIELD PERFORMANCE</i>	OLIVIA REAH	Yorkshire Champion, breaking an 11-year-old championship record, improving her PB by a huge 1.08m, ranked 12th in UK
DRANSFIELD TROPHY – MALE	<i>BEST OVERALL CROSS COUNTRY</i>	JOE SAGAR	17th in Yorkshire Cross Country, 47th in Northern and 138th in National championships, some outstanding performances to say the least
BRAY TROPHY FEMALE	<i>MOST POINTS OVERALL CROSS COUNTRY</i>	NATASHA GEERE	First good finishes in West Yorkshire league 2nd in age group and the strong performance at Yorkshire, Northern and national championships
JULIAN TROPHY FEMALE	<i>BEST PERFORMANCE CROSS COUNTRY</i>	JENNI MUSTON	For her performance in Northern and Yorkshire Champs, 2nd in WY age group
MALE - BEST PERFORMANCE	<i>CROSS COUNTRY</i>	JOE SAGAR	Highest placing in National Championships since 2015
MALE MOST IMPROVED	<i>ROAD RUNNING</i>	SIMON BOLLAND	Time improvements in 5k and 10k and his dedication to the club

TROPHY	DISCIPLINE	WINNER	PERFORMANCE
FEMALE MOST IMPROVED	<i>ROAD RUNNING</i>	LOUISE JANSEN	Great improvement throughout the year, with good performances in Dewsbury 10k, Fleetwood Half, and York Marathon
MALE MOST PROMISING	<i>ROAD RUNNING</i>	CRAIG THOMPSON	Great improvements across the season, with PB's in marathon and Half Marathon
FEMALE MOST PROMISING	<i>ROAD RUNNING</i>	SARA WALLACE	Really coming to the attention, Greenway 10K 44.20, York 10 mile 75.12, consistently the first female finisher in Dewsbury park run and currently having a good X country season
SPEN 20 - CHAMPION (first Spen runner finishing Male/Female)	<i>ROAD RACE – 20 MILE</i>	MARTIN PECK	Awarded to first Spen runner to cross the line in our annual 20 mile race, the winner finishing an impressive 22nd overall
U11 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	BEN WHITAKER	A young man with great determination and attitude to improve
U11 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	IMOGEN ATKINSON	Looking forward to seeing this young lady on the track again next year to see how well she does
U13 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	MATTHEW DALTON	A great little prospect, with the right coaching can go far great endurance winner
U13 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	SOPHIA FOULGER	If this young lady believed in her ability just a little more we are convinced she will do some great things in the future
U15 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	Not Awarded	
U15 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	Not Awarded	
U17 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	Not Awarded	
U17 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	MIA BUTLER	A great season and so pleasing to see her get rewarded as sometimes she goes under the radar, but is always there with great performances
JNR/SNR MEN MOST POINTS	<i>CROSS COUNTRY</i>	SIMON BOLLAND	Some great performances ground out in testing conditions
JNR/SNR WOMEN MOST POINTS	<i>CROSS COUNTRY</i>	JENNI MUSTON	Without doubt a great x country runner and 2nd in age group
MALE MOST POINTS	<i>GRAND PRIX</i>	HENRY CARTER	Decided over a 15 race format across the season finishing with the Abbey Dash with placing calculated as points
FEMALE MOST POINTS	<i>GRAND PRIX</i>	LYNDA ROBERTSON	Decided over a 15 race format across the season finishing with the Abbey Dash with placing calculated as points

All medal winners are members of the Circle of Performance, which will result in the club paying English and Northern Athletics fees for the athletes and other advantages to be announced across the 2020 season. This should give others an extra incentive to pull on the red and gold of Spen A.C. and join this elite squad. There are other criteria for ranked points totals in Northern Senior League, Youth Development League Upper and Lower and the West Yorkshire Cross Country league, allowing other athletes to be awarded membership to the performance squad.....

	CIRCLE OF PERFORMANCE	REASON	MEMBER
1	ALLAT MEMORIAL CUP	<i>MOST OUTSTANDING ATHLETE</i>	BAYLEIGH LAWTON
2	SNR MEN'S MOST POINTS	<i>T & F LEAGUE</i>	GLENN ASPINDLE
3	JNR MEN'S MOST POINTS	<i>T & F LEAGUE</i>	BEN MADDOCKS
4	U17 MEN'S MOST POINTS	<i>T & F LEAGUE</i>	DANIEL SMITH
5	U15 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	JAMES BELL
6	U11 BOY'S MOST POINTS	<i>T & F LEAGUE</i>	BEN WHITAKER
7	SNR WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	BETH THOMAS
8	JNR WOMEN'S MOST POINTS	<i>T & F LEAGUE</i>	MOLLY WARING
9	U15 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	LILY CROUGHAN
10	U13 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	SOPHIA FOULGER
11	U11 GIRLS MOST POINTS	<i>T & F LEAGUE</i>	IMOGEN ATKINSON
12	FEMALE MOST IMPROVED	<i>TRACK</i>	HOLLY MARTIN
13	FEMALE - BEST PERFORMANCE	<i>TRACK</i>	NATALIE GROVES
14	MALE MOST IMPROVED	<i>FIELD</i>	JAKE DARBY
15	FEMALE MOST IMPROVED	<i>FIELD</i>	OLIVIA MYERS
16	EARNSHAW TROPHY – MALE	<i>BEST FIELD PERFORMANCE</i>	CONNOR BELL
17	SHERWOOD TROPHY – FEMALE	<i>BEST FIELD PERFORMANCE</i>	OLIVIA REAH
18	DRANSFIELD TROPHY – MALE	<i>BEST OVERALL CROSS COUNTRY</i>	JOE SAGAR
19	BRAY TROPHY FEMALE	<i>MOST POINTS OVERALL CROSS COUNTRY</i>	NATASHA GEERE
20	JULIAN TROPHY FEMALE	<i>BEST PERFORMANCE CROSS COUNTRY</i>	JENNI MUSTON
21	MALE MOST IMPROVED	<i>ROAD RUNNING</i>	SIMON BOLLAND
22	FEMALE MOST IMPROVED	<i>ROAD RUNNING</i>	LOUISE JANSEN
23	MALE MOST PROMISING	<i>ROAD RUNNING</i>	CRAIG THOMPSON
24	FEMALE MOST PROMISING	<i>ROAD RUNNING</i>	SARA WALLACE
25	SPEN 20 -CHAMPION	<i>ROAD RACE – 20 MILE</i>	MARTIN PECK
26	U13 BOYS MOST POINTS	<i>CROSS COUNTRY</i>	MATTHEW DALTON
27	U17 GIRLS MOST POINTS	<i>CROSS COUNTRY</i>	MIA BUTLER
28	MALE MOST POINTS	<i>GRAND PRIX</i>	HENRY CARTER
29	FEMALE MOST POINTS	<i>GRAND PRIX</i>	LYNDA ROBERTSON

	CIRCLE OF PERFORMANCE	REASON	MEMBER
30	RANKED HIGH IN POINTS	<i>SENIOR TRACK & FIELD</i>	JASON NEWELL
31	RANKED HIGH IN POINTS	<i>SENIOR TRACK & FIELD</i>	DARREN THOMAS
32	RANKED HIGH IN POINTS	<i>SENIOR TRACK & FIELD</i>	FIONA THOMAS
33	RANKED HIGH IN POINTS	<i>SENIOR TRACK & FIELD</i>	MEGAN ASCOUGH
34	RANKED HIGH IN POINTS	<i>YDL</i>	CHARLOTTE BELL
35	RANKED HIGH IN POINTS	<i>YDL</i>	BEN WILSON
36	RANKED HIGH IN POINTS	<i>YDL</i>	LUCIAN DENT
37	RANKED HIGH IN POINTS	<i>YDL</i>	ALEXANDRA STOCKS
38	RANKED HIGH IN POINTS	<i>CROSS COUNTRY</i>	MARTIN HALL
39	RANKED HIGH IN POINTS	<i>CROSS COUNTRY</i>	NEIL BARKER