

Overall Outstanding Performance goes to Kayleigh Mills for her ESAA Championship Gold performance in the U17 Ladies Hammer Competition.

Although circumstances prevented Kayleigh competing in the YAL she performed with distinction in the NJL and NoE Senior Leagues. Apart from throwing a Pb to win the ESAA Gold, Kayleigh took the Bronze medals in the Schools International and in the Schools Cup. A truly great season.

Athlete of the Year Ashleigh Wood UK Top 10 Ranked in 3 Events & close to Top 10 in another. (see U17 Ladies Field Award)

U13 Girl Track Award Rachel Highfield. 75/150m (100+200m)

Rachel had an excellent year winning and scoring well in the 75 & 150m in the YAL as well as featuring well in 100 and 200m races throughout the season, Her powerful sprint action and excellent technique bode well for the 2009 season.

U13 Girl Field Award. Hannah McLaren, High Jump

Although Hannah started in my Sprints group it was obvious that her ability and skill indicated she would do well in field events, thanks to our Throws group and to Lloyd Powell with the high jump Hannah scored well in the YAL matches and topped the U13 Club ranking in the High Jump as well as a top 3 North East "Powerof10" ranking. A very good first year with our Club.

U13 Boy Track Award. Patrick O'Connor 75mH

Patrick has had a superb season winning all his YAL matches to win this award. His ability also had him top our U13 Boys 800m well done.

U13 Boy Field Award. Patrick O'Connor, High Jump.

Patrick shone again in the Field Events with an excellent "Grade I" standing in the YAL High Jump with 1m57 which also placed him 2nd on the National Powerof10 Ranking, he was prolific with his points scoring throughout the season. Patrick is showing real multi-event skill and talent for one so young. We wish him continued success in all his events next season.

U15 Girl Track Award. Emily Fields 800m.

Emily has had an outstanding season, winning all five YAL League 800m races, the NE Counties Championships the Cleveland County Schools Championships and then ran a Pb in the ESAA Championships at Gateshead. I look forward to seeing her on the track next year.

U15 Girl Field Event. Vanessa Jacques, Discus

Vanessa excelled at Discus, Javelin and Shot winning four out of five YAL matches in both Discus and Javelin with the Shot scoring maximum points in three. She took 2 Gold and a Silver at the NE Championships and won the Cleveland County Schools at Discus. Over the season Vanessa won 16 1st places, all in all a very good 2008, here's to 2009. Very well done.

U15 Boy Track Event. Richard Hodgson, 200m.

We are most fortunate to have an athlete of Richard's ability he produced the most exciting sprint results in 2008 he took the England Indoor Championship U15B 60m title with a time of 7.08s the second fastest ever in that event. Richard followed that at the NE Counties

Championships with an 11.21s 100m but a staggering 22.60 in the 200m took him to 2nd place in the UK “Power of 10” rankings. After winning his early season YAL races a hamstring injury kept him away from racing much of the season. He did come back to win another YAL race for the Club and feature in the ESAA Championships where after winning his heat and semi-final his injury caused him to finish 4th, a remarkable position in the circumstances. A healthy Richard has much to offer athletics in 2009

U15 Boy Field Event. Matthew Potts. Hammer and Iain Swall Discuss.

It has been very difficult assessing and rating the merits of the awards contenders tonight but this one defeated me. Both Matthew and Ian performed with distinction though the season with equal YAL Grades almost the same %age away from standard and both had a identical NEast Power of 10 and so close a National Power of 10 ranking that in all reality they could not be separated.

Well done to both.

U17 Ladies. Track Event-Kate Welford. 100m/200m

Kate had a busy year winning most of her sprint events (all her 200m at YAL) and moving up the rankings in the 100m with a PB of 12.6s whilst topping the NE Rankings with her 200m time up from 26.6s to an excellent YAL Grade 1 of 25.42 when running in the ESAA final at Gateshead, the best 200 time in any agegroup for many years. We look forward to Kate moving into her 2nd year of the U17 age-group in 2009 with a similar reduction of her sprint times.

U17 Ladies. Field Event- & Athlete of the Year. Ashleigh Wood –Long jump+

This has been an amazing year for Ashleigh both in volume of work and performance. From the 3rd of January until the 17th September she competed in 128 events which included 63 wins, 16pbs, 19 out of a maximum possible 20 events in the YAL League, 9 events in the NJL and 11 events in the NoE Senior League, is ranked 14th for the Long Jump, 5th for the Indoor Pentathlon and 8th for the Heptathlon in the UK. Ashleigh won the Northern Counties 80mH and was UK ranked 4th During her REST period at the end of the track& field season Ashleigh became the Northern Trampoline Champion. It exhausts me just thinking of the effort in competing and training required at this level. Many thanks to Ashleigh for the sterling work she has done for the Club, the County and the Region. I look forward to next season with interest.

U17 Ladies= Field Event- Chloe Gill- Triple jump

We are fortunate to have another top class jumper in the Club with Chloe, now ranked 6th in the UK with 11.74m. Chloe also won the NEC Indoor title, the Northern Counties and the UK Schools Games titles plus all her Club TJ competitions at YAL and NJL. This award follows her winning it last year when a first year in this age group. Extremely well done, here’s to 2009.

U17 Men. Track Event –Joseph Cox

This age group threw up two very good contestants with both performing at a parallel level in YAL matches but a tremendous finish to the season with a Pb of 58.56s in the 400mH and a Powerof10 national ranking of 32nd edged Joe home. With a time over 400m of 51.4s Joe’s 400mH hurdle time looks to be on the way down next season..

U17 Men. Field Event. – Ben Daley- Hammer.

Here again we had two strong contenders but Ben took the No1 spot with a great Pb Hammer Throw in the Northern Counties Match of 48.62m. This followed on from a very busy season with the “Throws” group, not only at hammer but Shot, Javelin and Discus as the need arose. In all Ben contested 12 events for the YAL, 7 for the NJL and another 7 for our NoE Senior team.

He also won the Cleveland County Schools title at Hammer and Javelin and the Northern Inter Counties at Hammer. Ben finished a very pleasing 26th on the National "Powerof10" ranking. I congratulate Ben on having had a good year. May he continue his progress

U20 Lady. Track Event. Kirsty Legg. 800/1500m

Kirsty had a good season with Pbs in all her events, 400m,800m,1500m and 3K. Her win and Pb of 4.23.3s in the BMC Classic 1500m earned her a well deserved No7 ranking on the National "Powerof10", and Northern U20 Championship title both in Manchester. She had good runs in the NE Schools Inter counties and in the NJL. One cannot question Kirsty's desire and willingness to work hard to achieve, I wish her well in 2009.

U20 Lady. Field Event. Kayleigh Sullivan. Hammer.

Although Kayleigh was selected for her performance with the Hammer, her No1 event, she also excelled for the Club in the NJL and Northern Div2E matches in the Shot, Discuss and Javelin with pbs in the Hammer, Discuss & Shot, a good result for 2008 & we hope for 2009..

U20 Men. Track Event- Nick Phelps- 400mH

Nick won all his NJL 400mH races for the Club as well as the NEC Champ's and was a finalist in the ESAA Champ's at Gateshead. This places Nick 18th on the UK National rankings. He also competed well with 8 appearances in the NJL and 8 for our NoE League team taking in 110mH, TJ, 400m and PV, not forgetting all the relay races. Nick is also going well at the decathlon (UK U20 18th), we wish him the very best of success in athletics in 2009.

U20 Men. Field Event.- Charlie Dryden -Long jump

Overall, Charlie competed in the NJL and NoE League in 21 events throughout the season winning many times at **Long** and Triple Jumps whilst contributing many points to the Team in sprints & Relays. As well as winning the NEC Champ's **Long Jump** at Gateshead Charlie's performances in the NJL earned him an invitation to compete in the NJL Final, along with the other 7 top scorers in the league matches, at Bedford in September. Charlie responded by winning "Gold" when gaining the top points over the 3-event competition. 100m,200m and **Long Jump**. Congratulations, he sets a great example and good ambassador for our Club.

Senior Lady- Track Event. –Emma Payne 100mH

Emma, won all her races for the NoE League team at 100mH running a Pb at the Jarrow match she also took max points for the 200m at the same venue. She also competed well at the BUSA Champ,s with a Pb of 25.56s in the semi-final of the 200m.

Senior Lady-Field Event. Rachel Fairless. Pole Vault.

Rachel, our Ladies Team Manager, had another good year winning all her Pole Vault Competitions in the Northern League Div2E. Her performances placed her 2nd in the NER Power of 10 rankings. A Worthy Field event award winner.

Senior Men-Track Event. . Glen Blenkinsop 110mH

Glen as Men's Team Manager led from the front with excellent performances in the High Hurdles gaining major points in this very technical event over the course of the season, Glen also

contributed to the team scores with high scores in the Pole Vault and relays. He is a great credit to our Sport and to our Club.

Senior Men. Field Event. Adebayo (Ade) Babatunde. Triple Jump.

Ade started the season with the NEC Indoor title with 14.32m and finished the season in the NE “Powerof 10” rankings in the No1 spot after improving his personal best to 14.84m in August following an excellent TJ of 14.54m to win the NoE League match held at Clairville. We wish Ade the very best for 2009 in this very demanding event.

The “YAL Athletes” were selected for their Club Spirit, willingness to be available and to tackle events when requested by their respective team managers thus resulting in many more points for the Club.

YAL Female Club Athlete **U17 Courtney Frost** - Nominated by Team Manager- Sue Penny. Middlesbrough Schools 300m Champion. took on other events including 800m & relays as requested.

YAL Male Club Athlete **U15 James Diedrick** –Nominated by Team Manager-Andrew Maguire Hammer and other throwing events.

2007/2008 Cross Country Awards.

- U13 Girl** **Faye McClusky** Faye won 2 & finished in the top 4 in 2 other NYSD races, a strong & determined runner she did well.
- U13 Boy** **Matthew Rhodes** Matthew competed in all 7 NYSD races and finished consistently in the top 3. A really good Club athlete.
- U15 Girl** **Stephanie Allison** This is the 2nd year Stephanie has won this age group award, She led the U15 girls team home to win their age group title again for the 2nd time. A very consistent performer.
- U15 Boy** **Nick Wooley** Nick contested well throughout the season in a very strong age group. Did well.
- U17 Men** **Grant Hawkins** Grant showed promise by winning NYSD League Race and finishing well in the NE Championships
- U20 Men** **Adam Mitchell** Adam has been a consistent performer for the last 6 years and this year finished all his races in the top 10. A really solid and reliable athlete.

A big **thank you** must go to our Relay runners who contested the Relay Festival at Jarrow on 17th September. In winning all but one of their races and coming 3rd in the other they won the match and a £100.00 prize for the Club. Thanks to:-U17 Team, Jenny Phelps, Jess Kennedy, Courtney Frost and Ashleigh Wood with wins in the 4x100 and 4x200m. In the Senior Ladies, Clare Turnbull, Hayley Braithwaite Fran White with help from our U17s won the 4x100m, 4x200 and 4x400m Whilst Nick Phelps, Charlie Dryden, Ben Stephenson with back up from Philip Hay and Elliot Hills won the 4x100m,4x200m and were 3rd in the 4x400m A Fab relay evening. (Nick Phelps dipped under 50 secs for the final leg and Ben Stephenson ran 51.2s for his debut at 400m racing)