

Club Awards 2016 U11

Award	Name	Details
U11 Girl Field	Isabelle Hall	Isabelle has competed in both the NYSD Track & Field meetings and the fantastic 4 where she came 3 rd overall. In the final round she easily improved on her personal bests in several events.
U11 Girl Track	Ella Hedger	Ella has followed in the footsteps of her elder sister. She competed in both NYSD Track & Field at 75m & 600m and the XC.
U11 Girl XC	Ella Baker	Another one to follow in the footsteps of a sibling. She competed in the NYSD XC series
U11 Boy Field	Oskar Studholme	Oskar competed in the Fantastic 4 series narrowly missing out of a top 6 position He also took part in the NYSD Track & Field series and has shown tremendous improvement putting a lot of effort into his training sessions.
U11 Boy Track	Will McPartland Charlie Redpath	Will competed in the NYSD Track & Field outdoor series. He also was placed in the top 3 overall in the Fantastic 4 series. A consistent performer for his Coach and squad.
U11 Boy XC	Dylan Appleby Curtis Johnson	Dylan shows great determination and endurance and has been ever present in all the NYSD XC events. He narrowly missed out on 3 rd overall out of 24 competitors Curtis followed a successful track season with an even more impressive XC season competing in various school competitions with good success and following this with a string of great runs in the NYSD XC League. Curtis has hopes of competing in the NE Championships aiming to push for a place on the Cleveland Inter Counties Team

Club Awards 2016 U13/15

U13 Girl Field	Charlotte Kelsey	Charlotte competed at all UKYDL events this year and was top ranked in the club for long jump
U13 Girl Track	Afoma Ofor	Afoma has broken the club records at 100 and 200 metres and won two SILVER medals at the North Eastern championships
U13 Girl Club	Grace McDonald	Grace Competed well in all throws for the club this year with a club record in the discus
U13 Girl XC	Bethany Bergstrand	Improving performances and consistency throughout the XC season
U13 Boy Field	Frankie Angioy	Frankie has enjoyed a good first year with the club being top ranked at the long jump, discus and shot putt
U13 Boy Track	Ryan Hodgkinson	Ryan is the clubs top ranked 100m and 200 metre runner and has also broken the club record in the 75 metre hurdles
U13 Boy XC	Daniel Payne	Daniel has also won the annual award from his coach, Dave Wilkinson. His achievements will be listed then.
U13 Boy Club	Ben Johnson	Ben has competed extensively this season including in the YDL league, NYSD league and BMC races improving over all distances and field events
U15 Girl Field	Abigail Pountain	Abigail was the clubs no 1 in the long jump and high jump and moved into third place on the club all time rankings
U15 Girl Track	Zoe Wilmot	Zoe had some fine late season performances resulting in her being the clubs top 100 & 200 metre runner in the under 15 girls age group
U15 Girl Club	Annabel Robson	Annabel was top ranked in club 75m hurdles
U15 Girl XC	Emily Dixon	A consistent performer for the club at cross Country
U15 Boy Field	Ethan Rigg	A newcomer to the club this year Ethan wasted no time in making a name for himself in the high jump. Ethan set a club record of 1.84 metres and is ranked 3 rd in the UK at under 15 level.
U15 Boy Track	Daniel Currie	Daniel won BRONZE medal at National under 15 championships in August in the under 15 boys 3000 m and moved to second place on the all-time club rankings and was ranked 5 th nationally in 2016. Ran for England at XC. 5 th in the English schools and 8 th in an England International schools match
U15 Boy XC	Josh Cowperthwaite	North East Championships GOLD English Championships GOLD English schools Championships BRONZE.

		<p>Competed for England, came 7th in Home International schools competition</p> <p>British Road Champs GOLD in new record time</p> <p>British Road Mile Champs GOLD</p>
U15 Boy Club	Hedley Wordsworth	<p>Hedley was top ranked in the 100/200 and 300 metres as well as improving the club 300m record twice this season. He was unbeaten in every YDL match this season. He also took SILVER medals at the North Eastern and Northern Championships. In the Cleveland Schools, Hedley won GOLD in the 100m, 200m and 300m. A first for his coach Cyril Banks!</p>

Club Awards 2016 U17/U20

U17 Woman Field	Kate Carmichael	
U17 Women Track	Jasmine Clark	Jasmine won GOLD North East title at 300 metres hurdles, broke the club record in that event and also won a fantastic SILVER medal at the UK school games.
U17 Women Club	Ella Maxwell	Ella competed at Senior and U17 level regularly. She has also set club records in the 100 and 200 metres and in May she won GOLD at the North East Championships in the under 17 women's 100 and 300 metres and in August Ella represented the North East at UK School Games relay team.
U17 Woman XC	Isobel Wherritt	Consistent performances throughout the season
U17 Men Field	Steven Wheeler	Steven had an excellent year winning the Bronze medal at the English Schools Bronze in the High Jump winning GOLD in the North East and finishing a highly creditable fourth at both the England Championships and UK School games, surpassing the previous club record on all of these occasions.
U17 Men Track	Josh Cowperthwaite	Josh had a fantastic season winning three national titles on the track, road and over cross country. He won GOLD in the England Cross Country title in March and was selected to represent England later that month, In April he won GOLD in the British road race championships over 1 mile and another GOLD in August the England under 17 championships over 3000 metres. He also won GOLD in the Northern 1500m championships His new personal best of 8 minutes 37.92 was not only a club record but ranked Josh first in the UK.
U17 XC	Nathan Baker	Silver in the British XC Challenge at Milton Keynes
U17 Men Club	Caleb Hanif, Steven Wheeler, Alex Nixon, Ryan Nimmo	These young men broke the club record for the 4x100 metres relay competing in the UK Youth Development League and also finished fourth at the English Schools
U20 Woman Field	Beth Carter	Beth moved to second on the club all time rankings in the shot putt, she also winning gold at the north eastern championships
U20 Women Track	Philippa Stone	Philippa won the BRONZE medal over 1500 metres at the English Schools Championships in July and was also the top ranked athlete over 800, 1500 and 3000 metres

U20 Women Club	Rachel Carter	A very consistent performer at all the YDL matches winning the 200m and 100mH and a second in the 400m. She is ranked just outside the top 100 at 400mH
U20 Woman XC	Philippa Stone	North East Championships GOLD Northern Championships SILVER English Champs 7 th English Schools 5 th . Selected for England Junior XC team twice, finishing in SILVER in the International in Belgium. British Road mile SILVER
U20 Men Field	Charlie Myers	Charlie was selected for the Pole Vault for Great Britain at the World Junior Championships where he finished in ninth place
U20 Men Track	Sam Day	Sam won double GOLD at the North East championships winning the under 20 men's 400 and 800 metres and he won SILVER at the Northern championships over 400 metres, Sam was also selected to represent England North in July's Welsh International.
U20 Men XC	X	
U20 Men Club	George Dawson	George was an ever present member of the under 20 and senior teams setting personal bests over 100 metres and 400 metres

Club Awards 2016 Seniors

Senior Women XC	Josephine Stone	Another of the very talented Stone family, Josie was our only Senior representative at Road running and Cross Country. She was the overall winner of her category in the NYSD XC series.
Senior Women Field	Kaitlin Enderwick	Kaitlin won SILVER medals in the shot put both indoors and out at under 20 level and moved into the top three all time club rankings in both the shot and discus
Senior Women Track	Jessica Welburn	Jess competed extensively for the club in the league improving her personal bests in the long and triple jumps and was the top ranked senior in the sprints
Senior Women Club	Faye Winspear	Faye competed in three of the four senior matches this season having one of her best years for some time over 100 and 200 metres often running in both relay team too
Senior Men Field	David Dowson	Dave had an excellent year winning four GOLD medals in the North East veteran championships and also breaking the club record in the shot putt
Senior Men Track	Nick McLeod	Nick improved his personal bests over 100 and 400 metres winning the silver medal at the North East championships
Senior Men XC	Adam Mitchell	Adam Mitchell was a high scorer in NYSD XC and our only senior man. He is also our main scorer in the Seniors for the past 3 years often competing in 3 or more events in the Endurance races but also 400 m hurdles. Without him we would have really struggled.
Senior Men Club	Steven Birse	Steve found himself revitalised in 2016 and moved into second place on the club all-time javelin rankings as well as winning gold at the North East Vets championships
Disability athlete of the year	Amy Carr	Amy maintained her high standards of competition in 2016. Competing in her first senior championships she claimed silver in the T37 200 metres in July before competing in the junior championships in August where she won the gold medal in the 200 metres and the silver over 100 metres.

Club Athlete of the year	Richard Kilty	Richard was the clubs first active member ever to be selected to represent Great Britain at an Olympic Games. He competed with distinction in 4x100 metres at Rio. His fantastic season also saw him set new club records in the 60 metres, 100 metres and 200 metres
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Coach Squad Athlete of the year 2016		
Coach	Name	Details
Brian Walsh	Richard Jeal	My reason for choosing Richard for the squad award is that as the older statesman of the group he is an excellent example to all the younger throwers. From competing in the senior league to his own training, and is always available to help the younger athletes with their training. No matter what the weather conditions it is the same Richard who turns up.!
Mike Kaiser	Jessica Coapes	3 wins at UKYDL matches, UK SILVER in NE discus
Charles Stuart	Nathan Alford	U17m Always gives 100% in training and racing, improved during the season to win 100m GOLD and 200m SILVER at the York Open. Excellent Potential.
Alan Foster	Noveed Adris	He is ever present at training and works really hard. He was ever present in his support of the team events taking up a range of events that were empty thus picking points for the team.
Steve Hay	Zoe Wilmot	Zoe Wilmot trained hard all winter while waiting for a ear operation which kept been put back and back. She competed at the first NYSD at Darlington running really well but then eventually got her date for the operation but would miss the summer season, Zoe after that came to the track to help but wasn't allowed to train but did it with a

		smile. When given the all clear she competed at the York Open, the Northern Champs making the 100m final at MSV and Tartan games , So for never giving up I give her my athlete of the year.
Cyril Banks	Hannah Segrave	Hannah is the UK U23 800m ranked 3 rd with a time of 2.04.13 & 400m 17 th 55.58. She has consistently broken all the records from 400m to 3000m representing her University in America
Dave Welford	Matthew Barnwell	This season Matthew has managed to train hard twice a week. He has had PB after PB in each event he has competed in. Well done.
Dave Howells	Ellie Waddup	Ellie is an enthusiastic and committed member of our group and really loves her athletics. Never one to shy away from hard work, Ellie does all that is asked of her with a big smile on her face. She was a good servant to the club last season, competing whenever she could in the YDL matches for the U15 girls team. Her hard work paid off when she was selected to represent Cleveland at the English Schools Cross Country event last March. Ellie has taken big strides since she joined us two years ago and is a pleasure to coach.
Ray Oliver	Emma Sedgwick	Emma is very enthusiastic, listens to our advice on ways to improve on all track and field events. A regular attendee at all our training sessions Has been present for all the Fantastic four meetings (both indoor and outdoor) and looks likely to take 1st place for her age group. Has also competed in the u11 NYSD meetings and hopefully will try the cross country events. Well done
Marino Rea Danilowicz	Joseph Phillips	Joseph has shown great improvement of his all round ability, balance and co-ordination whilst attending the U11 group. He was ever present in the Fantastic Four competitions.
Peter Johnson	Emily Hulyer	This season Emily was Stockton Schools 100m Champion & Cleveland Schools 100m Champion for year 9 Girls. She also represented Mandale in our Promotion Winning U13/15 squad in the YDL, playing a major part in the 100m sprints & also relay squads' success. She always gives 100% at training sessions and has developed into a real talented athlete over the past few seasons with her determination and willingness to push her limits and improve.
Jane Kelsey	Thomas Hogg	The reason I have selected Thomas for this award as that in his first year of training and competing with the club he has impressed

		<p>me a lot with his attitude towards training and competing. At times when it has been horrible weather on a Saturday morning I have turned up to coach and there has only been Thomas who has also turned up but he is always eager and willing to do any training session given to him. He is a big part of the training group never moans at any training that we do never complains just gets on with it and always gives 100pc. Thomas also was selected for YDL squad he stepped completely out of his comfort zone and every match did a middle distance race for the club to fill spaces and give the team vital points again a great team player in my opinion also learning hurdling which then in turn he gained a UK Ranking for. Thomas also has had a successful first season in his performances picking up an abundance of medals if five different events in my opinion he is a very promising athlete was a fantastic approach and attitude to his sport - Well done Thomas</p>
Dave Wilkinson	Daniel Payne	<p>In his first year of real training Daniel has achieved continued improvement throughout both the Cross-Country and the recent Track Season. Achievements: 1ST Redcar NY SD XC 4th North Eastern U-13 XC Championships 2nd Cleveland Schools XC 76TH English Schools XC Championships 1st year Junior age group. Selected for North Eastern XC team for the National Inter -Counties Championships finishing in 16th position Selected for the North Eastern team to run in the London Mini Marathon. Track season 800 mtrs improved from previous years time of 2 m 18sec to 2 mins 07.7 secs in his first year u-15 1500mtrs 4mins 24secs which gained him selection for the English schools Championships. Finished 1st in the Middlesbrough Junior 3k race He coupled these performances with County level Cricket.</p>
Martin Peevor	Ben Bergstrand	<p>Ben has improved significantly last season in both race performances and consistency in his training sessions, culminating in his first championship medal, a bronze in the NE U17 3000m. He's a great asset to his squad, with his no nonsense hard working approach to his running, his consistency makes sure everyone around him has to be focused and ready for every session.</p>
Kate Brazukas	Luke Noble	<p>Luke is an inspiring young man, who has tried his hand at most disciplines within athletics and progressed exceptionally well, improving his skills on a weekly basis. When he started with our group he was quite shy, but has</p>

		become a confident young man.
Rick Betts	Sam Griffin	Sam won the North East Championships in the 200m, then went onto win Northern BRONZE medal over 200m, and represented England North at the Welsh International
Chairman's Award	Josh Cowperthwaite	
Jon Simpson Trophy	David Dowson	This young man had a great year both for club & at Championship level with some outstanding performances 1st in all 4 Northern League matches for both Shot & Discus plus Gold in the British Masters Championships (over 35s) for Shot, Discus and WT 15.88Kgs. A credit to both himself and the club.
Services to Coaching	Brian Walsh	Brian has been a coaching stalwart for the club over many years producing over 50 top class throwers who have gone on to represent various counties at the English Schools and who have also won regional and national medals in throwing events
Volunteer Award	Jane Kelsey	Officiating at all levels NYSD and Team Manager UKYDL Lower league Girls

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