



Club Awards 2017

Under 11s

| Award | Name | Details |
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| U11 Girl Field AND U11 Girl Track | Amy Wilmot | Good all round improvement in the past year especially in sprinting and long Jump. Represented Mandale in the NYSD Track U11 events and did extremely well. A regular attendee at the Fantastic 4 sessions as well |
| U11 Girl XC | Ella Hedger | Super Long distance runner for her age. Top Mandale girl in U11 cross country events last winter. Her times in park runs and 2k races are improving. She will soon move into a group alongside the top XC runners in the club |
| U11 Boy Track | George Charville | Has been with the group for a few years now and is a regular attendee. Good at distance and sprints always finishing in the top 3 of any race he starts. Another athlete who has done well at Fantastic 4 picking up gold and silver in the 8/9age group. |
| U11 Boy XC | Christy O'Hare | Again definitely a distance athlete in the making, always wins the 600/800m runs we do in training. He competed in many of the winter cross country events and did well, Always in the top ten. Another athlete who ran for Mandale in NYSD U11 events with pleasing results |

Under 13s

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| U13 Girl Field | Grace McDonald | This athlete has worked very hard this season and this hard work has resulted in her breaking THREE long standing club records. She looks like a fine investment in the club's future. |
| U13 Girl Track | Isobel Morfitt | Ranked 1st in club for 150m, 200m and 4th in north east for 150m. This young girl, in her 1st year competing ,has made a great start to her athletics |
| U13 Girl XC | Katie Lowe | This young lady has showed great improvement and enthusiasm during the cross country season, competing at NYSD's finishing 2nd overall and major events such as the British Cross challenge and National cross country champs. That experience will stand her well for the future. She was invited to run in the Vitality Westminster mile finishing a very impressive 24 th . She is ranked in the top 50 in the UK for the 1 mile distance. |
| U13 Girl Club | Imogen Lillie | Ranked 1st in club for 800m and 1200m also ranked 1st in North East for 1200m and 7th in North East for 800m. A strong talent for the future. |

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| U13Boy Field | Joe Sigsworth | <p>Shot club 1st and 4th in the North East</p> <p>Discus club 1st also</p> <p>New to throws this season making the switch from sprinting. Has had a great start with lots of potential for the future.</p> |
| U13 Boy Track | Mason Harris | <p>This young man has competed in the YDL and NYSD as an U13. He has shown good solid improvement after winning the Cleveland Schools Sprint as an U11 last year.</p> |
| U13 Boy XC | James Hughes | <p>He made very good progress this year finishing 2nd overall in the NYSD's league and strong performances at North Eastern's and National cross country champs and 60th in the English Schools XC Championships. Looking good for the future.</p> |
| U13 Boy Club | Alex Carter | <p>This award goes to someone who is very much an all-rounder improving all the time. His club records make impressive reading being 2nd in the 100m, 3rd in the 200m, 2nd in the discus, 4th in the javelin and 1st in the U13 hurdles. He came 7th in the North Eastern's hurdle event also.</p> |

Under 15s

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| U15 Girl Field | Saada Juma | This young lady has really blossomed in her first year at the club, and did very well in qualifying for this year's English Schools. Another one very much for the future. |
| U15 Girl Track | Afoma Ofar | Despite having to change her coach, this one has not let that interfere with her achievements. She won gold in the 100m at the English Schools and at the Northern's. She is ranked 20 th in the UK 100m list and 44 th in the 200m and even better, she has another year to go in her age group. |
| U15 Girl XC | Betty Bergstrand | This talented lady competed at all levels at cross country, NYSD's, British cross challenge, and all major cross country champs with very consistent performances. Much improved on the previous season and an excellent talent for the future. |
| U15 Girl Club | Abigail Pountain | Once again Abigail has gone beyond expectations and has been outstanding for the club. She represented for the club at YDL's and NYSD matches, Schools Inter County level and has this year competed in North Eastern Pentathlon championships. A true all rounder! |
| U15 Boy Field | Jake Picken | He is one of those athletes who will have a go at anything. He is now an U15 but has been injured for a while but always shows tremendous club commitment |

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| U15 Boy Track | Will Calvert | He is in his first year of competing for the club and has made a big impact. He is already ranked 32 nd in the UK 100m and 33 rd in the UK 200m |
| U15 Boy XC | Daniel Payne | This young man can excel on the track at 1500m, ranked 4th in the UK for his age group and on the open fields at cross country. He has represented the club at county, Inter County and the NorthEastern's at XC and in the London mini-marathon. He is a natural all rounder in a multitude of sports. |
| U15 Boy Club | Frankie Angioy | This guy does not shy away from having a go at all and any events. Such that he is now competing in Pentathlon events with great enthusiasm. A first for the club under the coaching of Dave Welford |

U17s

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| U17 Lady Field | Evie Miller | This energetic lady competed in all 4 YDL matches this season in long jump, triple jump and high jump. She also represented the county in long jump at the English schools championship in Birmingham. |
| U17 Lady Track | Emily Hulyer | This very talented lady is showing the signs of becoming a top 100 and 200m runner. She won gold in the English schools in the 100m. A great day for the club with Gold in the 100m U17 and Afoma's gold in the 100m U15. Top class girls! She also has another year in this age group so the future is looking good. |
| U17 Lady Club | Jessica Coapes | Threw for Richard Jeal in the U17 and U20s and Brian in the Seniors. Terrific prospect for the club's future Shot club 1st Discus club 1st Hammer club 2 nd and is still only a first year Under 17 |
| U17 Lady XC | Laura Havis | She won the NYSD XC league and competed very well at all the major cross country champs. Her best ever season. The future is looking good |

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| U17 Man Field | Ethan Rigg | <p>Excellent High jumper. Jumped for both the U17/U20s and in the Senior squad also.</p> <p>High jump club 2nd, UK outdoor 20th, indoor 27th, 2nd North East</p> <p>Long jump club 1st, UK indoor 44th, outdoor UK 69th, 3rd North East</p> <p>Shot club 1st</p> <p>And another only first year Under 17</p> <p>Another jewel for the future.</p> |
| U17 Man Track | Matthew Barnwell | <p>At the U17 level, this young man is ranked 5th in the North East and in the top 100 at UK level. He has competed at YDL's and NYSD's and another athlete who will help out if needed at other track distances.</p> |
| U17 Man XC | Josh Cowperthwaite | <p>This very talented young man is a natural and a modest guy as well. He takes the pressure so well and has that true 'Teesside grit' whether it be on the track, road or XC. He won silver at the English schools 3000m and the Junior Great North Run in a new record time. He is the North East XC Champion and holds the all-time record for U17s in the Parkruns.</p> |
| U17 Man Club | Steven Wheeler | <p>This one is ranked 1st in the club for HJ, 2nd in the 100m and 200m and 5th in the 400m. He has continued to progress and is now ranked 9th in the UK for High Jump outside and 3rd in the UK indoors. He won medals at the Northern U17/U20 championships and has the potential to go far</p> |

U20s

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| U20 Lady Field | Beth Carter | <p>Threw for both the U17/U20 team and for the Senior League. Great lady</p> <p>Pole vault club 1st Shot club 2nd, English Schools and 45th UK Discus club 2nd Javelin club 1st</p> <p>Another talented thrower</p> |
| U20 Lady Track | Layla Bell | <p>This lady despite doing most of her training on her own, has competed for both the Upper YDL and the Senior teams. She is ranked Number 1 in the club at 200m and 34th in the UK U20 indoor 200m. She was part of the winning team representing Catholic schools internationally in Italy winning an individual gold and bronze</p> |
| U20 Lady XC | Philippa Stone | <p>Fantastic cross country season representing England at the Lotto cross cup in Belgium and the Home international. Gold at North East champs, silver at the Northern champs and bronze at English National champs. Narrowly missed out on a GB vest at the world cross country champs in Uganda. A very talented lady.</p> |

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| U20 Lady Club | Kate Carmichael | <p>This very talented lady throws the shot. She is ranked 2nd in the North East rankings, finished 7th in the English schools championship and competed in all the YDL matches this season.</p> <p>Shot club 1st, English schools, UK 37th</p> <p>Discus club 1st, 82nd UK</p> <p>Hammer 2nd club</p> <p>Javelin 2nd</p> <p>And only a first year in the u20 age group. Looking good for the future.</p> |
| U20 Man Field 2 nominations | Daniel Nixon Aaron Jeal | <p>He has upped his level again this season and has the fortunate knack of throwing well at the major Championships. Again this year was no exception, and he also excelled at the English Schools.</p> <p>The season was hampered by a back injury for this athlete early on but when he came back he opened up with a personal best. He is currently ranked in the top 100 in the Hammer 6k category.</p> |
| U20 Man Track | Nathan Baker | <p>After recovering from injury during the winter, he showed great commitment and improved rapidly to</p> |

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| | | put in some very good track performances getting close to his 1500m pb. |
| U20 Man XC | Ben Bergstrand | Won all 3 NYSD races he ran in and improved throughout the season. Very strong performances at all the major cross country champs, 4th at North east champs, 16th at the Northern and 59th at the national cross country champs. His talent is there to see. |
| U20 Man Club | Ben Palmer | This very approachable guy is always willing to give support to help the club gain more points. Committed and a great team athlete. Another great asset to the club. |

Seniors

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| Senior Lady Field | Kaitlin Enderwick | This lady won North east championship medals in the shot, discus and hammer. She also broke a 26 year old club record in the shot putt with a throw of 11.15. |
| Senior Lady Track | Hannah Segrave | This runner has again had a brilliant season. She is ranked 5 th overall in the UK at 600m indoors, 4 th in the U23 age group outside and 8 th overall. She is the top runner for the club at 400m, 800m and 1500m. She thoroughly deserved her England vest as well |
| Senior Lady XC | Bethany Brown | This University student still competes under the club name in the University and County XC championships. |
| Senior Lady Club | Faye Winspear Hewson - | This athlete has been here a few times before collecting a medal most years for the past 8 years at least. Her club commitment is outstanding and will always support the youngsters in the making. She is ranked 1 st in the 100m and 200m for the club. She played a huge part in the success of the Senior team this year |

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| Senior Man Field | David Dowson | This very fit guy competed in every Northern league match this season scoring more points than any other club athlete. He even turned his hand to running!!! He is nationally ranked 14th in shot putt and the top ranked veteran in Britain. He also is very happy to encourage and support the up and coming youngsters |
| Senior Man Track | Rob Longstaff | This award goes to someone who is a priceless addition to the Senior team. This season he has filled whatever gaps Brian had on the team sheet. Not just getting us a point but WINNING!!! EVERY team needs a Rob Longstaff. |
| Senior Man Club | Charlie Myers | This award is being given to someone who has moved up an age and is now a senior athlete coming through the ranks since he was 11. He won gold at the British Universities, a gold at the Scottish indoors, a silver at the Northerns and 4 th in the British Indoor championships. He showed off his event of pole vaulting brilliantly on the television at the Newcastle city games. |

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| Disability Athlete | Amy Carr | <p>This exceptionally talented young lady reproduced her sparkling World Junior Championships form at Loughborough.</p> <p>The 18-year-old made headlines in August as she won 200m and long jump gold and 100m bronze for Great Britain at the first-ever International Paralympic Committee World Junior Championships, in Switzerland.</p> <p>And despite feeling some understandable fatigue from that event, the Bede College Sixth Form student claimed first place in the long jump and third in the 100m at the National Finals. York St. John university awaits and good luck with your success there.</p> |

| Coach Choice for Squad athlete of the year 2017 | | |
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| Coach | Name | Details |
| Brian Walsh | David Dowson | As a Senior, David has competed in a mere 4 events per match!! even the 100m. He will always show willing to assist the young ones to improve. |
| George Dawson | Nathan Alford | Nathan was by far my most hardworking athlete. Who has been a excellent example of how hard work can lead to big improvements in both technical aspects and success in competitions |
| Alan Foster | Gabriella Peart | Gabriella performed to a high standard both as a sprinter and hurdler in competitions for our club |
| Steve Hay | Ellie Hewitt | Ellie did all u17 YDL in events she has never done before then came pb month after month in these events. She was asked to do triple jump in the senior team, practiced and practiced until she could do it then did it for the team. Elli never complained did all her new events with a smile and started to get some good times finishing the season with a tremendous bronze at the Tartan games in the 300m. |
| Cyril Banks | Hedley Wordsworth | Hedley has competed for the club in the U17 age group at the YDL's and NYSD. He has also assisted his Coach Cyril with encouragement and support for the youngsters, taking the warm up and warm down sessions. |
| Dave Welford | Matthew Barnwell | Matthew Barnwell this year, once again he has got a PB each time he has competed. He has gone beyond expectations and has been outstanding for the club. Well done. |

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| Dave Howells | Sam Tyers | Sam has made considerable progress during 2017, improving his 800m personal best by 8 seconds in one year to 1:58, winning the inter counties at Hexham and gaining selection for the English Schools Championships in that event. Sam has an excellent attitude to his training, is always looking to do extra and has the kind of work ethic needed to be successful in the sport. |
| Ray Oliver | Amy Wilmot | Has shown improvements in all aspects of athletics, especially sprints and long jump. she was a regular entrant in Mandale's U11 team at this summer's NYSD events and the ongoing Fantastic 4's and a great credit to her squad. |
| Marino Rea Danilowicz Tues | Leah Donnelly | She shows great determination and rises to any challenge set. She is enjoying her distance running and as well as training with Mandale is joining in with the local 2k and 5k Park runs. |
| Mon/Wed | Tyler Wedgewood | Tyler is an ever-present group member who has competed throughout the NYSD cross country and track and field seasons. Tyler is a little gem of an athlete, with the hard work she has put in this year will reap the rewards in future competitive seasons. |

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| Peter Johnson | Emily Hulyer | Emily Continues to be an integral part of our training squad leading by example with her hard work and dedication to constantly improve. This season she has impressed over the 100m and 200m setting a new Pb in both events. She gained impressive 1st and 2nd place finishes in the Cleveland Schools 100m and 200m. She went on to follow that up at the Inter Counties with another win in the 100m. She has made the North East 100m u17 final and competed well at the Northern Championships. Emily was also picked for the coveted 100m spot in the Cleveland Schools squad that attended the English Schools Championships in Birmingham. Well Done Emily on an excellent season. |
| Jane Kelsey | Daisy Robson | I've chosen Daisy as she has proved to be a hard-working and extremely determined young athlete. Daisy at times has had a challenging season but every time she has always come back with grit and determination and bettered herself every time and ended the season with great results and pbs! |
| Martin Peevor | Ben Palmer | Ben has made excellent progress in 2017 with much improved cross country and track performances. He has been highly focused and motivated in the last year which has been a big factor in his improvement. A very popular and positive member of the squad. |
| Rob Simpson | Phoebe Wilson | Rob chose Phoebe as she very rarely misses training and tries her best and has competed in all the NYSD track fixtures. She has an excellent attitude throughout. |

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| Peter Lillie | Jack Hugill | Jack always attends training with the right attitude a smile on his face and a willingness to put into practice what we learn. He's an asset to the group. |
| Mike Kaiser | Joe Sigsworth | I chose Joe because he performed well in the shot and contributed to the Team effort by taking part in two high jumps and one hurdle race although not a regular participant in these events. Excellent team commitment |
| Glynn & Carol Williams | Caleb Hanif | We selected Caleb because he along with the rest of our group have showed great commitment to the club and will continue to do so. Caleb in particular competed in the under 20s league and the senior league with great enthusiasm doing everything the team managers asked of him and being rewarded with a number of personal best performances. |

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| <p>The star of the YDL Lower Team</p> | <p>Sophie Vickers</p> | <p>At the start of the season, after recovering from an operation, Sophie was concerned she would not make the YDL squad. She is a middle distance runner but offered her help with other events. A Team Manager cannot turn an offer like that down. Sophie competed in all 4 high jump events and performed well. She stepped in to help in the relay, her own 800 and even the 300m when others declined. Sophie can be admired for her team commitment gaining those extra points that can make all the difference. Sophie will definitely be one of the girls I will miss now she moves to Upper League next season but I'm sure with her talents and great attitude she will be a massive asset to the her squad next season.</p> |
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| <p>Jon Simpson Trophy</p> | <p>Charlotte Kelsey</p> | <p>Firstly after what only can only be described as a most horrendous time last summer Charlotte took time away to grieve. She returned but this season struggled with her favourite event which she normally does very well. However she still jumped at every YDL because she knew points for the team were crucial. Often the night before a match, having Mum as the Team Manager was much too convenient. She would be asked to compete in events completely alien to her if they were short! She finished in a great position plus a pb!. This trophy is named after Jon Simpson, a long time member of the club who died at a young age. Jon was a good friend to Charlotte all the way through school and through another friend encouraged Charlotte into athletics so hopefully this award means a lot to Charlotte and her Mum, Jane.</p> |
| <p>Special Award for 2017</p> | <p>U15 XC Team of Daniel Currie Patrick Haycock Archie Lowe Daniel Payne</p> | <p>Winners of the U15 Boys Northern XC Team in January followed by winning of the National XC Team the next month. No team from Middlesbrough Mandale has ever won either of these titles at any age group in the club's history. In the space of 4 weeks a small club like ours produced 4 very talented athletes who won both events.</p> <p>Their coach Martin Peevor richly deserved to be named North East Coach of the year</p> |

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| England Selection | <p>Hannah Segrave</p> <p>Charlie Myers</p> <p>Josh Cowperthwaite</p> <p>Josh Allen</p> | <p>All these athletes have over the 2017 year, been selected to represent England and sometimes, Great Britain in their chosen events from track to field to fell-running. To be chosen and wear a vest with your country name on it is a supreme honour. VERY WELL DONE! Your Coach and Club members are very proud of you all !!!</p> <p>Hannah was selected this year for the first time in the U23 European championships in Poland. She won Bronze in the 800m. She has been nominated in the Future Champions category for the Awards organised by the Evening gazette. She has made the shortlist of 3. Good Luck Hannah</p> <p>Charlie represented England and Great Britain in the cities of Budapest, Geneva, Copenhagen, and China and Poland. He is Number 1 in the U23 ranking for pole vault</p> <p>Josh was selected to run in an England Vest at a Schools International 3000m in Dublin. He gained that from his impressive silver at the English Schools Championships</p> <p>Josh went out to the Bahamas with the Youth Commonwealth Team and came back with a Bronze in the 800m</p> |

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| | Philippa Stone | Philippa represented England in Belgium at XC. She had previously won 1 st in the North East, 2 nd in the Northern's and 3 rd in the Nationals XC |
| | Amy Carr | Amy won gold in the 100m and Long Jump at the world Junior IPC games in Switzerland |
| | Ben Bergstrand | Ben has followed in both his Parents footsteps winning an England vest at the Junior Fell running international in Peebles in Scotland. He has had an impressive season both on the track and XC |
| | Jack Roach | Jack represented England in Manchester. He is a multi-talented athlete in high jump, long jump, Triple and pole vault. He had previously won the Counties Athletic Union championships in the long jump |

Our last award tonight is in some respects a very sad occasion. We lost our long time coach, timekeeper and friend earlier this year, Charles Stuart. Our coaches were asked who to select as a nomination for the Award and why. This is what they said. They were completely unanimous in their choice.

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| <p>Charles Stuart Award</p> | <p>George Dawson</p> | <p>George Dawson has been nominated for the Charles Stuart Award. He was one of Charles athletes who we remember seeing Charles have such an impact on him. They always seemed to have a great relationship. He competed well for Charles plus stood in for us in the YDL as timekeeper in place of Charles to fulfil that role this season. Also he took on the athletes from Charles group and I think he would be a worthy recipient of the award</p> <p>There can only be one recipient for the 1st Charles Stuart Award.</p> <p>He competed in every YDL and all or most of the senior league matches this season. He took over Charles' athletes when he was too ill and it's probably his last season with the club before he goes to Uni.</p> <p>It's got to be George Dawson!!!</p> <p>George Dawson. As far as the senior team goes he did everything asked of him. (so did others also) George is U20 and he was totally dominant in the sprints this last season.</p> <p>I can't think of anyone better for this award than George.</p> <p>Good Luck at York university also.</p> |
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JK /2017