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Dacorum & Tring AC Awards 2019

**Saturday 5th October 2019
7.30pm**

Dacorum & Tring AC Awards 2019

Welcome Ladies and Gentlemen to the 2019 Dacorum and Tring AC Awards. This year has been another excellent year with so much that is good about the fantastic sport of athletics exemplified by the members of this wonderful club of ours.

From cross-country to the track. From the road to the field, we have seen wonderful achievements by so many of our athletes across all the various disciplines and we are here to celebrate those achievements. Our teams have done great things with highest ever placings in the EYAL , the North West London and Chiltern Cross Country leagues and an excellent placing in the Southern Athletics League as well as excellent team results in numerous county championships.

In addition to the celebration of the achievements of the individuals we have awards presented by the coaches in recognition of the effort and commitment that athletes have given throughout the year.

I would like to take this opportunity to express my gratitude for all those who volunteer to help out with fixtures and in particular those who coach the various training groups across the club. Without their contribution I am sure we would not be celebrating anywhere near as much success as we are and I am delighted they have their place in the limelight tonight as they present the awards for their respective coaching groups.

Finally I would like to thank your hosts for tonight, Philly Lowe and Ben McGuinness. They, along with others, have worked hard to organize this evening and I am sure it will be a success.

So please sit back and enjoy yourselves this evening.

Mike Smith
Chairman

Order of Presentation

Cross Country Awards

This award is given to the athlete – one male and one female, in each age group who has accumulated most points in the Chiltern Cross-Country League.

Under 11 Girl

Under 13 Girl

Under 13 Boy

Under 15 Girl

Under 15 Boy

Under 17 Woman

Under 17 Man

Junior Man

Senior Woman

Senior Man

Veteran Woman

Veteran Man

Most Points at EYAL Matches

These awards are given to the athletes, male and female, who have scored most points in EYAL matches.

Under 13 Girl Mark Taylor Award

Under 13 Boy Mark Taylor award

Under 15 Girl

Under 15 Boy

Under 17 Woman

Under 17 Man

Most Points at SAL Matches

This award is given to the athletes, male and female, who have scored most points in Southern Athletics League matches.

Senior Woman

Senior Man

Track & Field Club Championships

These awards go to those athletes who have accumulated most points in the club track and field championships as determined by the IAAF scoring tables.

Under 11 Girl Mark Taylor award

Under 11 Boy Mark Taylor award

Under 13 Girl

Under 13 Boy

Under 15 Girl Blaxland Trophy

Under 15 Boy Amy Daly Trophy

Under 17 Woman

Under 17 Man Milton Shield

Junior Woman

Junior Man Committee Shield

Senior Woman Committee Bowl

Senior Man Ladbroke Cup

Veteran Woman

Veteran Man

Coaching Group Awards

These awards are presented by the coaches for the respective coaching groups. These are personal awards by the coaches who can apply their own criteria in making the award.

Development Group

Luis Ochser
Ella Gurney
Grace Moriarty

Seb Wadlow

Discus/Hammer

James Isaacs
Alex Jackson

Seb Wadlow

High Jump

Anna Craggs
Edward Hopper
Talia Turay

John Hopper

Hurdles

Arya Ariasa-Surrey
Edward Foy
Mia McIntosh

Deb Keenleyside

Javelin

Tia Ginn
Megan Maddison
Jessica Thorn

**Trevor Ratcliffe &
Charlie Rowland**

Long Jump & Triple Jump

Tasmin Martin
Jake Scourfield
Talia Turay

Rob Wright

Middle-Distance

Sam Burnell
Jessica Hoar
Jack Raine

Mike Dunphy

Multi –Events

Helena Van Hullen

John Garner

Pole Vault

Thomas Ashton
Haydn Williams
Matthew Williams

Andy Jackson

Road Runners

Denise Burford
Tina Le
Philip Pugh

Rob Deane

Shot

Josiah Barker
Krystal Powley

Shaun Wall

Sprint Group 1

Samad Abraham
Louis Jackson
Libby Mallard

Danielle Town

Sprint Group 2

Jasmine Hardy
Xia Webb

Cathie Woolfrey

300/400

Matthew Marven
Abbie Parker
Marcus Stansbury

Deb Keenleyside

Under 13's

Kenneth Powley
Nathan Trotter
Milla Walsh
Talia Williams

Petra Carroll

Club Awards

These awards are presented in a variety of categories and represent the most prestigious awards within the club. The nominees have been determined by the awards committee which is made up of the coaches and team managers in the club.

Relay Team of the Year

Senior Ladies Pednor Relay Team –2 x 5 miles (Samantha Fawcett, Ania Gabb); Won the title by over five minutes, completing the win for the fourth successive year.

Under 15 Boys 4 x 100 (Michael Joyce, Alex Mancey, Miles Kenny, LHenry)- Broke the club record with a time of 46.8 at Cambridge.

Under 15 Girls 4 x 100 (Mia McIntosh, Abbie Parker, Jasmine Hardy, Lily Norwood) — Broke Overall and U15 club records in recording 49.74 at Watford.

Under 20 Men 4 x 100 (Samad Ibrahim, Jacob Haynes, Louis Jackson, Destiny Ogali) - Broke the U20 record with two under 17 athletes with a time of 45.1 secs at Jarman Park.

Team of the Year

Dickens Glass Decanter

EYAL Team; Finished second in the EYAL league table and then achieved a best ever 4th place in the final.

U 13 County Challenge Team; Took the county title in this event to repeat the 2018 success with a completely different team.

U 15 Boys Cross Country Team; Won both age group titles at the North West London league and the prestigious Chiltern League.

U 15 Boys EYAL Team; A fine season in finishing 2nd overall in the U15 category in the EYAL.

Veteran Ladies Road Runners Team; Won team titles in the county 5k, 10k and 10 mile events.

Club Athlete of the Year

Williams Trophy

Zoe Carroll; Coaches at Saturday session including supporting children with additional needs, U13 team co-manager and also competing despite athletics not being main sport and participated in EA game-changer scheme.

Anna Craggs; Always reliable for EYAL and SAL teams. Started with TJ but found a second event in the HJ as well as dabbling in 1500m.

Claire Hallissey; Great team ethic and set age group records at 800, 1500, 3000 and 5000 as well as racing in 4 x 100 and 4 x 400 in SAL.

Marcus Stansbury; Massive contribution to the SAL team and willing to cover any event as well as officiating and providing great support to team mates.

Milly Soanes; Despite being injured, as U17 Captain has led by example, contributing points over 1500m and in throws. Always supportive in training showing others yoga moves in cool downs and the like.

Katy Warren; Great performances at the SAL, taking part in numerous distances. Managed the U15 EYAL team and encouraged increased participation in the SAL by senior athletes.

Outstanding Hurdler

The Fred Ward Trophy

Arya Ariasa-Surrey; Herts and Eastern Counties champion at 80mH breaking the club record 3 times on the way to being ranked 8th in the UK.

Noah Franklin; Herts County champion and represented Herts at U13 75mH on way to ranking 49th in UK.

Milly Gall; Won Bronze medals at both the English Schools, National Champs and Southern Counties at 80mH. Her pb of 11.40 saw her ranked 4th in the UK.

Marli Jessop; English Schools champion and runner-up at the National Championships at 80mH as well as 2nd in Schools International. In addition to several indoor titles. Ranked 2nd in the UK at 80mH with a best of 11.33.

Mia McIntosh; Won the English Indoor 60mH setting the British record in 8.77s. She then went on to win the English Schools 75mH also setting a new British record and securing the No 1 UK ranking with a time of 10.75 beating the old mark by a full tenth of a second.

Outstanding Jumper

Sarka Hawtin; Won Silver in the V40 European Masters PV with a seasons best height of 3.10 which ranks her 2nd in the UK in her age group.

L Henry; 4th in English Schools TJ and ranked 11th in UK and backed this up with 6.03m in LJ which ranked him 19th.

Tasmin Martin; Broke the club U15 record with 10.19m in the TJ at the Southern Counties Champs which saw her placed 6th and ranked 27th in the UK.

Talia Turay; Placed 2nd in Eastern Counties Championships in U15 HJ with a 1.50pb which ranks her 87th in UK as well as earning valuable points in EYAL in the Long Jump.

Leonie Onyems; Broke the U20 club record 3 times and her 11.53m placed her 8th in the English Schools and saw her ranked 16th in the UK.

Josh Woods; Won Bronze in English Schools Champs in TJ and in the Youth Nations Cup. His 14.57 indoors for 3rd place at the National Indoor Champs placed him 9th in the UK rankings.

Outstanding Marathon Runner

Rhoda Bartley Memorial Trophy

Kerry Ardley; Improved her pb by over 12 minutes in running 3.19.00 at London.

Kelly Du Buisson; Ran a remarkable 2 pb's in 13 days, firstly at Boston and following it up with 3.14.06 at London.

Ania Gabb; Came so close to the 3 hour barrier running 3.00.40 in Frankfurt before breaking it in a new club record of 2.58.54 at Manchester.

Kate Rennie; Set a new club record with a run of 2.57.48 at London and ranked 7th V45 in the UK.

Ben Stratford; Improved 16 minutes in the past 12 months, firstly running 2.55.48 in Manchester and then bettering that mark with 2.51.34 in Berlin.

Outstanding Middle-Distance The John Dickenson Runner Cup

Joseph Chamberlain; Won Gold in U17 800m in both Herts and Eastern Champs and Silver in the 1500m at the Eastern. He set a new club record of 4.03.89 in the 1500m.

Tom Gaunce; Set a new club record 3 times for U15 800m beating a record which had stood for over 30 years. His 2.00.97 saw him ranked 7th in the UK as well as 15th in 1500m. He won titles at County and regional levels both indoors and outdoors.

Freddie Truman-Williams; Set a new club record of 6.52.5 in U17 3000m S/C. Won Herts Schools and Inter Counties titles at 1500m S/C. His 4.38.28 earned him 17th place in UK rankings.

Stella Whitlum; Won the Southern and Eastern Counties U15 800m titles and set a new club record twice with a best of 2.18.66, breaking the 2.20 barrier.

Outstanding Female Road Runner

Kerry Ardley; Built on her progress in 2018 with pb's at 10k and half marathon before posting a brilliant 12 minute pb in running the London Marathon in 3.19.

Kelly Du Buisson; Great achievement to post two fast marathon pb's in the space of 13 days culminating in her 3.14 run at London. She followed this up with a superb effort in running the legendary Comrades Marathon (54 miles) in South Africa to finish in 9 Hours 28 minutes.

Celia Findlay; A prolific race schedule saw her win numerous team and individual medals at county level over a variety of distances. She broke club records for the V50 category at 10 miles, half marathon and 20 miles and capped things off by winning the V55 British Masters multi-terrain title over 30km.

Ania Gabb; Winner of several 5k, 10k and half marathon races as well as breaking through the 3 hour barrier for the marathon to set a new club record with her 2.58 run at Manchester.

Kate Rennie; Represented England in the Masters Home International winning the V45 event and also represented England 10k. Won the veteran title at the Chiltern XC league. Broke the marathon club record in London and was ranked 3rd in UK at V45 for 10k and 10 miles.

Outstanding Male Road Runner

Ben Kenny; Enjoyed a fine year in slicing chunks off his pb's at parkrun, 10k and half marathons as well as an excellent set of performances in triathlons including some fast run legs.

Phil Oddy; Recorded the fastest times in the club with pb's over both 10k, going under 35 mins (34.41) and at the Big Half in running 1.14.11.

David Olima; His hard work through the year was rewarded with pb's at 5000m and 5k and he proved to be very consistent through the year and was rewarded with an excellent debut half marathon at the Big Half.

Phil Pugh; Enjoyed great success at a wide range of distances with club records at 5k, 10k and 20 miles in the V60 category.

John Slack; His complete commitment to training was rewarded with a series of club records ranging from 5000m to half marathons. A huge inspiration to other members.

Outstanding Sprinter

The Chairmans Cup

Philly Lowe; Ran a pb and new club record of 52.83 for 400m which saw her ranked 12th in the UK. Won the Loughborough International 400m and was 3rd at the International Invitational event in Geneva. She was also selected to run for GB in the 4x400 at the European Indoor Championships.

Lilly Norwood; Herts Schools and County Champion over 100m U15, she was a finalist in both the English Schools and National Championships. Club records at 60m, 100m and 200m saw her ranked 5th in UK at 60m and 7th at 100m.

Abbie Parker; Repeatedly broke the U15 300m club record bringing it under 40 seconds (39.87) which saw her ranked 5th in the UK. Winner of Herts Schools and County titles as well as several indoor titles, she was an English Schools finalist.

Destiny Ogali; Winner of the English Schools U17 100m, his time of 10.61 has him ranked 7th in UK. Was 2nd at Loughborough International 100m and went on to represent GB Juniors in the Manchester International, winning bronze in the 4x100m

Outstanding Thrower Trevor Ratcliffe Trophy James Issacs; Made excellent progress through the year, with pb's of 41.72 for U17 Hammer and 39.52 in discus to see him ranked 32nd and 34th respectively. He also contributed valuable points throwing senior weights in the SAL.

Alex Jackson; A finalist in the English Schools U15 Discus, he showed great improvements in shot, discus and hammer, improving his pb's for the latter two by almost 10 metres. He won most points at EYAL matches and was ranked 16th in Hammer and 19th in Discus.

Gabe Lamb; A finalist in the English Schools U15 discus he progressed throughout the year adding over 9 metres to his pb which culminated in his finishing 2nd and the National Championships where his throw of 43.15 ranked him 4th in UK.

Megan Saywell; Won the National Preparatory Schools U13 Girls Javelin in her first year in the age group. Her pb of 28.61 sees her ranked 19th in the UK.

Jasper Smith; A finalist in both the English Schools and National U17 Javelin, his pb of 56.29 saw him ranked 14th in UK. He also threw over 50m with the senior weight at SAL.

Shaun Wall; Won the National Masters Indoor Javelin title and was 2nd in the Shot Put. He was ranked 12th for Javelin and 13th for Shot in V35 Category

Outstanding Ultra Runner

Charlotte Ashton; Finished 3rd Lady in the Angles Way 50k Ultra and 2nd Lady in the Sundae Challenge 6 hour event covering 31.4 miles.

Neal Ashton; Was 'talked into' doing his first Ultra by wife Charlotte and completed the Angles Way event with her. He then went on to finish 1st male at the Sundae Challenge event.

Kelly Du Buisson; Took part in the classic Comrades Marathon which is in fact 54 miles. Completed the tough uphill course in 9 hrs 28 mins finishing in the top 10% of female finishers.

Jamie Marlow; Ran the 54 mile Lakes in A Day which features over 14,000ft of ascent. Then finished 7th overall in the South Downs Way 100 mile race, one of the premier ultra races in the UK, finishing in 16hrs 49 mins.

Outstanding Female Athlete The Barford Trophy

Outstanding Male Athlete The Echo Cup

Athlete Achievement The Bob McCall Award

COUNTY REPRESENTATIVES CROSS COUNTRY 2018-19

8 December 2018: South of England Inter Counties Championships - Oxford

U13 Girls: Isabelle Jelfs, Brooke Evans

U15 Girls: Stella Whitlum, Grace Hucknall

U17 Women: Indira Patel

Sen Women: Sarah Grover

U15 Boys: Sam Burnell, Joe Chamberlain, Jack Raine

U17 Men: Freddie Truman-Williams

9 March 2019: UK Inter Counties Championships - Prestwold Hall, Loughborough

U15 Girls: Stella Whitlum

U17 Women: Amy Cassidy

U15 Boys: Joe Chamberlain, Sam Burnell, Tom O'Reilly, Jack Raine, Jamie Bailey

U17 Men: Freddie Truman-Williams, Angus Saunders

16 March 2019: English Schools CC Championships - Temple Newsam, Leeds

Junior Girls: Stella Whitlum

Senior Women: Indira Patel

Inter Boys: Freddie Truman-Williams, Sam Burnell, Joe Chamberlain

23 March 2019: National Schools CC Championships - Prestwold Hall, Loughborough

Year 7 Girls: Evie Light

Year 5 Boys: Archie Seddon

Year 7 Boys: George Doyle, George Hawkins

COUNTY REPRESENTATIVES TRACK & FIELD 2019

22nd/23rd June 2019: English Schools Combined Events SE Regional Final - Basingstoke

U15 Boys: Miles Kenny, Alex Mancey

U17 Women: Jessica Hill

12th/13th July: English Schools - Birmingham

U15 Girls: Lily Norwood, Abbie Parker, Stella Whitlum, Mia McIntosh

U17 Women: Milly Gall, Marli Jessop, Grace Hucknall

U20 Women: Leonie Onyems

U15 Boys: Alex Mancey, Tom Gaunce, Ayra Ariasi-Surrey, Gabriel Lamb, Alex Jackson, LJ Henry

U17 Men: Jacob Haynes, Joe Chamberlain, Freddie Truman-Williams, Jasper Smith

U20 Men: Destiny Ogali, Ralph Williams, Josh Woods

21st July 2019: U17 Inter-Counties - Chelmsford

U17 Women: Grace Hucknall, Zoe Carroll,

U17 Men: Joe Chamberlain, Freddie Truman-Williams, James Isaacs

27th July 2019: U13 Inter-Counties - Kingston

U13 Girls: Talia Williams, Phoebe Miller, Olivia Wilson, Scarlet Walters

U13 Boys: Noah Franklin

**COUNTY REPRESENTATIVES
TRACK & FIELD 2019
(Continued)**

7th September 2019: U15/U20 Inter-Counties - Oxford

U15 Girls:

Abbie Parker, Lily Norwood, Stella Whitlum, Tasmin Martin, Corrine Kola-Balogun

U20 Women:

Libby Mallord, Leonie Onyems

U15 Boys:

Ayra Ariasi-Surrey, Matthew Marven, Tom Gaunce, Gabriel Lamb

U20 Men:

Ed Hopper, Destiny Ogali

14th September 2019: Hibbard, Bemax & Peterhouse Trophy Meeting - Ipswich

U20 Women:

Libby Mallord

U17 Men:

Freddie Truman-Williams

U23 Men:

Rhys Rowlands

21st/22nd September 2019: English Schools Combined Events Final - Exeter

U15 Boys:

Miles Kenny

WINNERS OF CASH REWARDS FOR NATIONAL/INTERNATIONAL MEDALS

The following athletes have all won medals at national/international level competition and are eligible for a cash award from the club.

Milly Gall:	80m Hurdles	Bronze	English Schools National Champs
Tom Gaunce:	800m	Bronze	National Indoors
Sarka Hawtin:	Pole Vault	Silver	European Masters
Marli Jessop:	60m Hurdles	Silver	Scottish Indoor Nationals
	80m Hurdles	Gold	English Schools
		Silver	S.I.A.B
		Gold	National Champs
Gabriel Lamb:	Discus	Silver	National Champs
Mia Mcintosh:	60m Hurdles	Gold	National Indoors
	75m Hurdles	Gold	English Schools
Esme O'Connell:	Javelin	Gold	Activity Alliance
	100m	Gold	International
	Long Jump	Gold	
	4x100m	Gold	
	Long Jump	Gold	National Age Groups
	100m	Gold	Mencap Nationals
	Long Jump	Gold	
	Javelin	Silver	
Destiny Ogali:	100m	Gold	English Schools
	4x100m	Gold	
		Bronze	Manchester Int'l
Nathan T:	100m	Gold	Activity Alliance
	800m	Gold	International
	LJ	Gold	
	4x100m	Gold	
Shaun Wall:	Javelin	Gold	National Masters
	Shot	Silver	Indoors
Josh Woods:	Triple Jump	Bronze	National Indoors
		Bronze	English Schools
	4x100m	Gold	

