

# **ST. HELEN'S – SUTTON** **ATHLETICS CLUB**



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## **POINTS FOR 2015**

## **Points System**

### **For the Indoors:**

Ages from U11 to U15

### **For the Cross Country:**

Points are given to those athletes who competed in the Manchester Area League, Northern Champs, the National and the County Champs. The Senior Men's has a few additional events.

### **For the Track and Field:**

The points are taken from numerous competitions:

***For the young athletes*** U9 to U17, the U9 and U11 points are taken from the Cheshire League and Dash Quadrathlon. All the other age groups include the Cheshire League, Dash Quadrathlon, the Young Athletes League and the County Champs.

***For U17s and Junior athletes*** points can be obtained from the following competitions:

The YDL for U17 and U20,  
The NoEAA Athletics League  
The County Champs and  
The Cheshire League

***For the Seniors*** points are gained from the NoEAA League, the County Champs and the Cheshire League.

**Please note in the Junior and Senior Leagues athletes are classed as one age group when the points are issued. Second claim athletes are excluded. The one with the fastest time is classed as the 'A' runner.**

All points are totalled up for each age group and positions worked out.

To win an award you don't have to be the very best. Points are awarded for every event that you do. Therefore, the more events that you are willing to do the more points you earn.

### **AWARD WINNERS FOR 2014/15 IN REVERSE ORDER**

#### **Sports Hall**

U11 Girls	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Beri Salihi Celine Virton Elizabeth Greenhall
U11 Boys	in Joint	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Michael Feeney Michael Dobson / Max Harrison Oliver Lloyd
U13 Girls	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Rebecca Houghton Kaitlin Naylor Kirsten Bottom
U13 Boys	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Nathan Harrison Scott Aldred Michael Brussels
U15 Girls	in	1 <sup>st</sup>	Chloe Orrick
U15 boys	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Ben Oldham Daniel Lamb Daniel Dobson

#### **Club Championship for Road Running**

Senior Ladies	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Sonia Monahan Rachael Beesley Rachel Wilcock
Senior Men	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Ian Roberts Chris Coatsworth Steve Anders

### **Cross Country**

U11 Girls	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Amber Escoffery Hollie Brussels Lucy Bridge
U11 Boys	in Joint	3 <sup>rd</sup> 1 <sup>st</sup>	Matthew Roberts Arron Leach / Ben Toole
U13 Girls	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Blythe Carter Jones Alyx Bridge Lucy Price
U13 Boys	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Charlie Roberts Matthew Slevin Michael Brussels
U15 Girls	in	2 <sup>nd</sup> 1 <sup>st</sup>	Emily Lowrie Samantha Price
U15 Boys	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Jack Worrall Ben Oldham Anthony Walker
No Under 17 girls			
U17 Boys	in	2 <sup>nd</sup> 1 <sup>st</sup>	Lochlainn Fisher Jonathan Causer
Ladies	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Maria McGoldrick Gemma Connolly Rachel McGoldrick
Men	in	2 <sup>nd</sup> 1 <sup>st</sup>	John Greenhall Tom Griffiths
Vets Men	in	1 <sup>st</sup>	Barry Graney

### **Track and Field**

U11 Girls	in	2 <sup>nd</sup> 1 <sup>st</sup>	Niamh Abbott Hollie Brussels
U11 Boys	in Joint	2 <sup>nd</sup> 1 <sup>st</sup>	Arron Leach /Jacob Roberts Michael Dobson
U13 Girls	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Amber Escoffery Shana Rigby Lauren Taylor
U13 Boys	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Matthew Roberts Michael Brussels Charlie Roberts
U15 Girls	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Lucy Price Cody Wills Lauren Marshall
U15 Boys	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Alex Moore Daniel Dobson Peter Davies
U17 Girls	in Joint	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Erin Makin / Hannah Seabrook Zoe Pye Jess Leonard
U17 Boys.	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Jacob Beesley Daniel Lamb Adam Woosey
Junior Ladies (U20)	in	3 <sup>rd</sup> 2 <sup>nd</sup> 1 <sup>st</sup>	Shannon Partington Maria McGoldrick Rachel McGoldrick
Junior Men's	in	1 <sup>st</sup>	Jonathan Causer

Senior Ladies	in	3 <sup>rd</sup>	Gemma Connolly
		2 <sup>nd</sup>	Amy Hughes
		1 <sup>st</sup>	Trish Spark
Senior Men's	in	3 <sup>rd</sup>	Nathan Orr
		2 <sup>nd</sup>	Mike Hughes
		1 <sup>st</sup>	Darren Scott

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Every athlete that competes for the club is a valued member of the team and their contribution is very much appreciated. Would these athletes be kind enough to come up to receive their medals, they are:

### **Girls**

Libby Pearson, Rebecca Plant, Hannah Whitney, Rebecca Brown  
 Oliva Byrom, Hannah Shaw-Binns, Imogen Harwood-Moss,  
 Jessica Durrance, Rebecca Houghton, Kirsten Bottom, Kan Avison,  
 Christina Rimmer, Holly Cooper, Natalie Tait, Hanna Brew,  
 Ellie Doyle, Ashley Sprott, Emily Ashton, Olivias Harwood-Moss,  
 Abbie Roberts, Alex Bottomly, Denni Rigby

### **Boys**

Jack Wooland, Anthony Plant, James Moran, Liam Houghton,  
 Nathan Worral, Lewis Turner, Nathan Harrison, Matthew Dodd,  
 Dylan O'Brian, James Carberry, Sam Thomson, George Asson,  
 Joseph Woods, Joseph Walker,

Anybody else who feels they should have received a medal please see Chris at the end.

## **Moving on to the Club's Special Awards**

These awards are appointed by the committee after coaches have nominated them. Athletes have to be nominated to be in contention. Under 13 athletes are not nominated for these awards.

### **The Terry Arnold Award for Young Male Performance of the Year**

**Adam Woosey:** put in some great performances at the Youth Development League matches and also the Seniors North of England League competing mostly at 400m and 800m. He became Merseyside champion at 800m, then recorded a personal best time 2.03.37 finishing in fourth place at the Northern Athletics U15/U17 Championships at Middlesbrough.

### **The Rebecca Clague Award for Young Female Performance of the Year**

**Jessica Leonard** – Hard working athlete who competes at 100m, 200m, 300m and 400m, representing the club at Youth Development League and Seniors North of England League, where she set a new club record of 58.6 for 400m. She became Merseyside Champion at 200m and 300m and competed at the English Schools Championships in 300m.

### **The Mark Barrow Award for Young Male Athlete of the Year**

**Matthew Lamb** -- A versatile athlete running all the sprint races from 60m to 400m, he has also competed in long jump, triple jump and pole vault. He won a silver in 100m at Merseyside County Championships. He is another U17 athlete who makes a big contribution to the Senior's track and field team.

### **The Holly O'Connor Award for Young Female Athlete of the Year**

**Erin Makin** - A sprinter in 100m and 200m and a long jumper, she won silver medals in 200m and long jump at Merseyside County Championships. She has competed in Youth Development League and is another U17 contributing to the Seniors track and field team.

### **The Ken Williams Award for Senior Male Performance of the Year**

**Darren Scott** - Competed in European Masters Championships (M45 category) in Torun, Poland in March 2015 where he won gold and set a new World record for his age group 22.52, he also competed in the World Masters Championships in Lyon, France in August 2015 coming 3<sup>rd</sup> in 100m and 1<sup>st</sup> in 200m. He still found time to represent the club at Seniors North of England track and field league competing in 100m, 200m 400m Hurdles, high jump and triple jump.

### **Senior Female Performance of the Year**

**Karen Marsh** - Has had complex problems with her foot and has undergone surgery. Whilst she couldn't run or hurdle, she competed at Senior track and field league at discus and hammer. In September 2015 she competed in Civil Service and Open Masters Championships at Loughborough in 5 different events, she won gold in 80mH, two silver medals in 100mH and long jump and a bronze in 200m.

### **Senior Male Athlete of the Year**

**Jonathan Causer** - Competed in all Youth Development League matches volunteering to compete in field events rather than his own track events to gain more points for the team, competed in all Senior Track and Field League matches, competing in events he had not trained for, 3000m S/C, 100m and 200m, as well as his own events gaining valuable points.

### **Senior Female Athlete of the Year**

**Trish Spark** - Competed at all the Senior Track and Field League matches despite not much training due to commitments at home, covered all the throwing events, and even pulled on a pair of borrowed spikes to make up a ladies relay team.



### **The Jim Crehan Award is for the Most Improved Junior Athlete of the Year**

**Charlie Roberts** - A frequent competitor over a variety of events including cross country, road running and track and field. His efforts have concentrated on 800m where he was after the club record set by Adam Woosey in 2011. He is Schools and County Champion over 800m, but it wasn't until July in a Youth Development League match that he finally set a new record of 2.22.7 shaving just 0.7seconds off the previous record but knocking a whopping 35 seconds (roughly) from his first run out in March.

### **The Billy McMinnis Award is for the Most Improved Senior Athlete of the Year**

**Rachel Beesley** - is a road runner, she has trained hard and consistently and steadily improved her 5k times from about 30minutes at the start of 2015 down to 22.45 minutes and has knocked minutes off her 10k times to reach a best of 47.59.

**Steve Anders** - has competed in cross country, road running improving his times from last year, he only started competing in track and field in 2015 where he has covered 800m, 1500m, 3000m, 5000m and even 400mH which he showed great potential for.

### **Billy McMinnis Medal for the Highest place National position**

**No competitors**

### **Volunteer of the Year Chairman's choice**

**This year's award goes to:.....Ellie Mawdsley.....**