

LWAC Annual Trophy Winners

(1) Senior Mens Trophy (F. Fountain Merit Cup) (All Round Performance)

2016	Josh Houlden & Ashley Steventon
2015	Josh Houlden
2014	Marc Afford
2013	Matt Houlden
2012	Matt Houlden (Competing in five or more events at the Northerns)
2011	Marc Afford
2010	Marc Afford & Ashley Smith
2009	Matt Bowser
2008	Marc Afford
2007	Matt Bowser
2006	Tom Doe
2005	Steve Swaby
2004	Matt Bowser
2003	Matt Bowser
2002	Dean Houlton
2001	Adrian White
2000	Mal Bramhall
1999	Mal Bramhall
1998	Dean Houlton
1997	Mal Bramhall
1996	Ian Parker
1995	Dean Houlton
1994	
1993	
1992	Dean Houlton
1991	Simon Bell
1990	Dean Houlton
1989	Alex Donnelly
1988	
1987	Richard Lorek
1986	
1985	Gary Heath
1984	Ian King
1983	Jon Compton

LWAC Annual Trophy Winners

(2) Junior Mens Merit Cup (Junior Merit Cup) (All Round Performance)

2016	
2015	
2014	Josh Houlden
2013	Josh Houlden
2012	Josh Houlden (Competing with Seniors at Northerns & BAL)
2011	Matt Houlden
2010	Joe Dunderdale
2009	Matt Houlden
2008	Shane Robinson
2007	Ashley Smith
2006	Steve Gregory
2005	Will Strangeway
2004	Will Strangeway
2003	Jason Hall
2002	Matt Bowser
2001	Matt Bowser
2000	Sean Mawer
1999	Daniel Hewitt
1998	Ian Smith
1997	Daniel Hewitt
1996	Lee Smith
1995	Andrew Garner
1994	
1993	
1992	
1991	Brian Beesley
1990	
1989	
1988	
1987	Matthew Sampkin
1986	
1985	David Neal
1984	David Neal
1983	Adrian Worthington

LWAC Annual Trophy Winners

(3) Under 17 Mens Merit Cup (Youths) (All Round Performance)

2016	Kieran Gillespie
2015	Kieran Gillespie
2014	Harry Cain
2013	Aaron Would
2012	Aaron Would (Competing at Senior Level & Competing in NYAL)
2011	Haran Dunderdale
2010	Sam Shuttleworth
2009	Joe Dunderdale
2008	Matt Houlden
2007	Shane Robinson
2006	Shane Robinson
2005	Matt Richardson
2004	Mark Plaskett
2003	Ian Kimpton
2002	Matt Hughes
2001	Richard Duffin
2000	Jason Hall
1999	Jamie Dixon
1998	Richard Blagrove
1997	Ian Smith
1996	Daniel Hewitt
1995	Lee Smith
1994	
1993	
1992	
1991	Ian Mansfield
1990	
1989	
1988	
1987	Daniel Wilkinson
1986	
1985	Matthew Sampkin
1984	John Woolhouse
1983	Sean Clark

LWAC Annual Trophy Winners

(4) Under 15 Boys Merit Cup (All Round Performance)

2016	Feliche Molinario
2015	Bradley Piper
2014	Kieran Gillespie
2013	Ben Skinner
2012	Fraser McDowall
2011	Oliver Fluck
2010	Haran Dunderdale
2009	Sam Shuttleworth
2008	Richard Brine
2007	Joe Dunderdale
2006	Neil Humberstone
2005	Jack Skeet
2004	Elliot Haywood
2003	Tom Duffield
2002	Danny Roome
2001	Josh Stone
2000	Luke Lovell
1999	James Gilbert
1998	Jamie Dixon
1997	Graham Simmonite
1996	James Hindle
1995	Ian Smith
1994	
1993	
1992	
1991	
1990	
1989	
1988	
1987	David Skinner
1986	
1985	Sean King
1984	Jason Wade
1983	<i>Not awarded</i>

LWAC Annual Trophy Winners

(5) Under 13 Boys Merit Cup (Colts) (All Round Performance)

2016	Ross Butcher
2015	Jess Wright & Rudi Konrath
2014	Morgan Brooks & Richard Mongan
2013	Archie Richardson
2012	Archie Fluck
2011	Jack McMunn
2010	Fraser McDowall
2009	Alex Humberstone
2008	Haran Dunderdale
2007	Haran Dunderdale
2006	James Hulme / Elliott Ruffle
2005	Joe Dunderdale
2004	Jonathan Humberstone
2003	Jake Coyle
2002	Jonathan Jones
2001	Matthew Richardson
2000	Mark Plaskett
1999	Shaun Holman
1998	Robert Hindle
1997	Robert Hindle
1996	Gary Cruickshank
1995	Paul Gilbert
1994	
1993	
1992	
1991	
1990	
1989	
1988	Andrew Lewis
1987	Rob Marcus & Ian Parker
1986	
1985	Stuart Benstead
1984	David Brylewski
1983	<i>Not awarded</i>

LWAC Annual Trophy Winners

(6) Senior Ladies Trophy (All Round Performance)

2016	Rhiannon Philps
2015	Ellie Clarke & Gemma Selwood
2014	Lydia Chamberlin
2013	Lydia Chamberlin
2012	Nina Swaby (Competing in Northerns T&F Full Quota of Events)
2011	Lydia Chamberlin
2010	Lydia Chamberlin
2009	Lydia Chamberlin
2008	Lydia Chamberlin
2007	Nina Swaby & Lydia Chamberlin
2006	Hayley Fox
2005	Nina Swaby
2004	Rowena Harrison
2003	Jenny Pacey
2002	Nina Swaby
2001	Kathleen Warhurst
2000	Dorothy Fraser
1999	Jackie Brown
1998	Kathleen Warhurst
1997	Sharon Waller
1996	Sharon Waller
1995	Stephanie Keal
1994	
1993	
1992	
1991	
1990	
1989	
1988	
1987	Kathleen Hutton
1986	
1985	Charmaine Oxby
1984	Sharon Parkin
1983	Sharon Parkin

LWAC Annual Trophy Winners

(7) Under 20 Womens Trophy (Junior Ladies Merit Award) (All Round Performance)

2016	Rhiannon Troop
2015	Alex Jackson
2014	Allison Mouzon
2013	Hannah Dunderdale
2012	Amy-May Saunders
2011	Amy-May Saunders
2010	Mary-ann Phillips
2009	Lara Thomas
2008	Rochelle Harrison
2007	Sarah Kimpton
2006	Lydia Chamberlin
2005	Lydia Chamberlin
2004	Lucinda Pitcher
2003	Lucinda Pitcher
2002	Jenny Pacey
2001	Jenny Pacey
2000	Jenny Pacey
1999	Katie Tilley
1998	<i>Not awarded</i>
1997	<i>Not awarded</i>
1996	<i>Not awarded</i>

LWAC Annual Trophy Winners

(8) Under 17 Ladies Trophy (Inter Ladies Trophy) (All Round Performance)

2016	Ella Thompson-Moulding
2015	Laura Wilkinson & Amy Knight
2014	Alex Jackson
2013	Alex Jackson
2012	Sydney Cherrie (Competing at Senior Level & Making the English Schools Combined Events Final)
2011	Sydney Cherrie
2010	Hannah Dunderdale
2009	Ellis Whyler
2008	Mary-ann Phillips
2007	Blue Haywood
2006	Lara Thomas
2005	Becki Jones
2004	Lydia Chamberlin
2003	Lydia Chamberlin
2002	Sarah Coates
2001	Steff Bramhall
2000	Katrin Hudson
1999	Rowena Harrison
1998	Elizabeth Ward
1997	Kate Tilley
1996	Hayley Zablockyj
1995	Lindsay Wilson
1994	
1993	
1992	
1991	
1990	
1989	
1988	
1987	Claire Holland
1986	
1985	Sharon Davenport
1984	Ruth McNair Taylor
1983	Cathy Glossop

LWAC Annual Trophy Winners

(9) Under 15 Girls Trophy (All Round Performance)

2016	Lucy Frow
2015	Ella Thompson-Moulding
2014	Ella Thompson-Moulding
2013	Leah Epton
2012	Holly Horton
2011	Alison Mouzon
2010	Sydney Cherrie
2009	Hannah Dunderdale
2008	Hannah Dunderdale
2007	Mary-ann Phillips
2006	Mary-ann Phillips
2005	Lara Thomas
2004	Becki Jones
2003	Liz Harley
2002	Rachel Humberstone
2001	Hayley Brylewski
2000	Rachel Nathan
1999	Lucinda Stafford
1998	Lucinda Stafford
1997	Rebecca Rowley
1996	Rebecca Hindle
1995	Rebecca Smith
1994	
1993	
1992	
1991	Alex Stafford
1990	
1989	
1988	
1987	Alex Bateman & Katie Sharpe
1986	
1985	Janice Harper
1984	Sharon Davenport
1983	<i>Not awarded</i>

LWAC Annual Trophy Winners

(10) Under 13 Girls Trophy (Minor Girl) (All Round Performance)

2016	Emily Crookes & India Barwell
2015	Evie Thompson-Moulding & Lucy Frow
2014	Olivia Spencer-Knot
2013	Olivia Spencer-Knot
2012	Abi Small
2011	Laura Wilkinson
2010	Lauren Ward
2009	Allison Mouzon
2008	Katie McMunn
2007	Hannah Dunderdale
2006	Hannah Dunderdale
2005	Hester Talbot
2004	Mary-Anne Phillips
2003	Blue Haywood
2002	Blue Haywood
2001	Rachel Humberstone
2000	Liz Samways
1999	Carly Gilbert
1998	Nichola Dale
1997	Nicola Baker
1996	Elizabeth Ward
1995	Elizabeth Ward
1994	
1993	
1992	
1991	Abby Stafford
1990	
1989	
1988	
1987	Claire Derry
1986	
1985	Shelley Haigh
1984	Claire Holland
1983	<i>Not awarded</i>

LWAC Annual Trophy Winners

(11) de Freitas Trophy (Most Outstanding Male Performance in Lincolnshire)

2016	Dan Hill
2015	Wayne Roddis-Clarke
2014	Haran Dunderdale
2013	Dan Fleming
2012	Dan Skinner (800m pb 2.09)
2011	Josh Houlden (1.73 HJ in North of England League Fixture 1)
2010	Malc Bramhall
2009	Matt Bowser
2008	Stuart Campbell (1500m Steeplechase)
2007	Shane Robinson (English Schools 1500mSC qualifying mark)
2006	Steve Gregory (1m 56s 800m record in County Champs)
2005	Steve Blagdon (400m in atrocious conditions at Boston)
2004	Tom Duffield
2003	Tom Duffield
2002	Matt Bowser (1 st English Schools 400m)
2001	James Gilbert
2000	Tom Doe
1999	Sam Illidge
1998	Richard Blagrove (1 st Anglian Schools 1500m, 4m 07.8s)
1997	Ian Smith
1996	Ian Smith
1995	Alistair Newmarch
1994	
1993	
1992	Ian Mansfield
1991	Ian Mansfield (800m, 1m 55.4s)
1990	
1989	
1988	
1987	Linda Gray
1986	
1985	Sharon Davenport (800m, 2m 16.7s)
1984	Ian King
1983	Ian King (Javelin, 61.32m)

LWAC Annual Trophy Winners

(12) Mens Sprint Trophy (Best Male Sprinter)

2016	Kobe Tong
2015	Kobe Tong
2014	Harry Cain
2013	Steve Blagdon
2012	Martin Bradbury (Fastest 200m & 400m Times)
2011	Mike White
2010	Chris Leslie & Mike White
2009	Martin Bradbury
2008	Matt Meanwell
2007	Steve Gregory
2006	Steve Blagdon
2005	Steve Blagdon
2004	Steve Blagdon
2003	Steve Blagdon
2002	Steve Blagdon
2001	Ricky Lea
2000	Ricky Lea
1999	Jimoh Ayuba
1998	Jimoh Ayuba
1997	James Melley
1996	Steve Swaby
1995	Steve Topliss
1994	
1993	
1992	
1991	Brian Beesley
1990	
1989	
1988	
1987	Pete Hinman
1986	
1985	Trevor Coleman
1984	John Woolhouse
1983	Trevor Coleman

LWAC Annual Trophy Winners

(13) Ladies Sprint Trophy (Best Female Sprinter)

2016	Georgina Adam
2015	Shireen Timmis
2014	Shireen Timmis
2013	Shireen Timmis
2012	Shireen Timmis (Fastest Time 100m & pb of 12.6 & Fastest 200m Time)
2011	Shireen Timmis
2010	Shireen Timmis
2009	Lydia Chamberlin
2008	Shireen Timmis
2007	Shireen Timmis
2006	Liz Ward
2005	Nina Swaby
2004	Rowena Harrison
2003	Liz Ward
2002	Nina Swaby
2001	Rowena Harrison
2000	Elizabeth Ward
1999	Denise Timmis
1998	Denise Timmis
1997	Denise Timmis
1996	Denise Timmis
1995	Sharon Waller
1994	
1993	
1992	
1991	Emma Benstead

LWAC Annual Trophy Winners

(14) Nicholson Junior Sprint Trophy (Most Outstanding Male or Female U20 Sprinter)

2016	Georgina Adam
2015	Georgina Adam
2014	Georgina Adam
2013	Harry Cain
2012	Harry Cain
2011	Matt Houlden (11.3s 100m)
2010	Matt Houlden
2009	Shireen Timmis
2008	Matt Houlden
2007	Mary-ann Phillips
2006	Mary-ann Phillips
2005	Lydia Chamberlin
2004	Lydia Chamberlin
2003	Lydia Chamberlin
2002	Steve Blagdon
2001	Rowena Harrison
2000	Ricky Lea
1999	Elizabeth Ward
1998	James Melly
1997	Nina Forney
1996	Hayley Zablockyj
1995	Sharon Waller
1994	Emma Benstead
1993	Emma Benstead
1992	Emma Benstead
1991	Emma Benstead
1990	Emma Benstead
1989	
1988	
1987	Alex Bateman
1986	Sharon Davenport
1985	Janice Harper
1984	Ruth McNair Taylor & Caroline Brown
1983	Caroline Brown
1982	
1981	
1980	Tracy Sharratt
1979	Alec Wood
1978	Jill Tunstall
1977	Jill Tunstall

LWAC Annual Trophy Winners

(15) Jim Littleover Trophy (Most Outstanding Male Field Performance)

2016	Wayne Roddis-Clarke & Ashley Steventon
2015	Wayne Roddis-Clarke
2014	Ben Skinner
2013	Joe Dunderdale
2012	Joe Dunderdale (75.73m Javelin Throw)
2011	Joe Dunderdale (72.55m U23 Nationals Javelin throw)
2010	Joe Dunderdale (1 st English Schools Javelin)
2009	Dominic Sykes
2008	Matt Houlden
2007	Matthew Houlden (U17 Triple Jump record 12.81m)
2006	Josh Bowden (11.33m Triple Jump)
2005	Ian Parker
2004	Nigel Winchcombe
2003	Nigel Winchcombe
2002	Geoff Powley
2001	James Gilbert
2000	Nigel Winchcombe
1999	Nigel Winchcombe
1998	Gareth Holyland
1997	Adrian White
1996	Andrew Garner
1995	Nigel Winchcombe (Hammer)
1994	
1993	Dean Goulding
1992	Andrew Parker
1991	Ian King
1990	
1989	
1988	
1987	Sean King
1986	
1985	David Baikie (Triple Jump, 12.87m)
1984	Ian King
1983	Ian King (High Jump, 2.01m)
1982	
1981	Ian King
1980	Ian King
1979	Ian King
1978	Ian King
1977	
1976	

LWAC Annual Trophy Winners

1975	
1974	Chris Lewis
1973	Vivienne Weston
1972	June Taylor

LWAC Annual Trophy Winners

(16) Ladies Field Trophy (Most Outstanding Female Field Performance)

2016	Alice Barnsdale
2015	Alice Barnsdale
2014	Alice Barnsdale
2013	Alice Barnsdale
2012	Sarah Stanhope
2011	Sarah Stanhope (47.81m club Hammer Record)
2010	Sarah Stanhope
2009	Sarah Stanhope
2008	Lydia Chamberlin (1.70m High Jump)
2007	Hannah Dunderdale (U13 Shot record 10.14m)
2006	Lesley Bryant (38.84m Discus British Vets Record)
2005	Lesley & Danielle Bryant
2004	Amy Orrow
2003	Jenny Pacey
2002	Jenny Pacey
2001	Hayley Fox
2000	Nichola Dale (Macdonalds League, Javelin, 4 th) & Caroline Barrett
1999	Caroline Barrett
1998	Sharon Waller
1997	Judi Stafford
1996	Linda Gray
1995	Judi Stafford
1994	
1993	
1992	
1991	Lesley Bryant
1990	
1989	
1988	
1987	Linda Gray
1986	
1985	Rebecca Hicks (Long Jump, 5.30m)
1984	Vivienne Weston
1983	Vivienne Weston (Discus, 40.12m)

LWAC Annual Trophy Winners

(17) James Hebdon Bowl (Most Outstanding Female Performance)

2016	Georgina Adam
2015	Abbie Donnelly
2014	Georgina Adam
2013	Abbie Donnelly
2012	Hannah Dunderdale
2011	Hannah Dunderdale (4549pt Heptathlon a Club Record)
2010	Emma Tonner (No.1 UK U15G miler in 2010)
2009	Hannah Dunderdale
2008	Blue Haywood (1 st Northern XC)
2007	Blue Haywood (Lincoln 10k 1 st U17)
2006	Blue Haywood (2 nd in English Schools 3000m)
2005	Blue Haywood (top 10 in Northern XC)
2004	Blue Haywood
2003	Rachael Nathan
2002	Rachael Nathan
2001	Rachael Nathan
2000	Dorothy Fraser (European Champs, 400m, Gold)
1999	Judi Stafford / Dorothy Fraser
1998	Judi Stafford
1997	Sharon Waller
1996	Gemma Newlove
1995	Elizabeth Ward
1994	
1993	
1992	Annette Bell
1991	Annette Bell (Selection for World 15k Road Champs)
1990	
1989	
1988	
1987	Sharon Davenport
1986	
1985	Sharon Davenport
1984	Sharon Davenport
1983	Ruth Elder

LWAC Annual Trophy Winners

(41) U11 Girls Training Trophy (Training Effort and Attendance)

2016	Erin Barwell & Ellen Boutle
2015	Nicole Scott, India Barwell & Izzy Vinter
2014	Amelia Brooks
2013	Ella Thornton
2012	Eleanor Horton / Eleanor Leslie
2011	Abi Small / Lydia Bainbridge
2010	Sophie Greoghan
2009	Holly Dickinson
2008	Caitlin Haywood / Jennifer Owen
2007	Bo Haywood / Catrina Thomas
2006	Bo Haywood / Katie McMunn / Catrina Thomas
2005	Sally Cairns

LWAC Annual Trophy Winners

(42) U11 Boys Training Trophy (Training Effort and Attendance)

2016	Max Patrick, Ben Patrick & Max Waddon
2015	Fergus Dolan, Charlie Vinter & Toby Williams
2014	Warren Limpkin
2013	Theo Butcher
2012	Jack Stocks
2011	Max Haywood
2010	Jim Allen
2009	Ben Skinner
2008	Michael Harper / Billy Onions
2007	Alex Humberstone
2006	Alex Humberstone / Joshua Drotleff / Joseph Small
2005	Callum Weir

LWAC Annual Trophy Winners

(18) U13 Girls Training Trophy (Training Effort and Attendance)

2016	Izzy Vinter, India Barwell & Emma Robinson
2015	Alicia Brown, Emily Crookes & Madison Green
2014	Hazel Williams
2013	Eleanor Leslie
2012	Lucy Thornton
2011	Jennifer Owen
2010	Holly Horton
2009	Rebekah Ward
2008	Abbie Donnelly
2007	Lucy Helas / Katie McMunn
2006	Vicki Lawrence
2005	Caitlin Lynch & Megan Ball
	From 2005, ceased to be the Girls Points Trophy
2004	<i>Not awarded</i>
2003	Lara Thomas
2002	Josina Clarke
2001	Rachel Humberstone
2000	<i>Not awarded</i>
1999	Steph Bramhall
1998	Cathy Morton
1997	Rebecca Hindle
1996	Rebecca Hindle
1995	Hayley Zablockyj
1994	
1993	
1992	
1991	Abby Stafford
1990	
1989	
1988	
1987	Claire Derry
1986	
1985	Janice Harper
1984	Rebecca Hicks
1983	<i>Not awarded</i>

LWAC Annual Trophy Winners

(19) U13 Boys Training Trophy (Training Effort and Attendance)

2016	Ross Butcher & Jack Marklew
2015	Warren Limpkin
2014	Kai Turner
2013	Jonathon Vickers
2012	Archie Richardson
2011	Billy Burrows / Brandon Duarte
2010	Joe Shuttleworth
2009	Daniel Skinner
2008	Alex Humberstone
2007	Josh Drotleff / Dylan Love
2006	Elliot Ruffle
2005	Luke Chambers
	From 2005, ceased to be the Boys Points Trophy
2004	<i>Not awarded</i>
2003	Ashley Smith
2002	Matthew Richardson
2001	Matthew Richardson
2000	<i>Not awarded</i>
1999	Neil Baumber
1998	Robert Hindle
1997	Kristian Harrison
1996	Richard Blagrove
1995	James Hindle
1994	
1993	
1992	
1991	
1990	
1989	
1988	
1987	David Skinner
1986	
1985	Sean King
1984	
1983	<i>Not awarded</i>
1982	<i>Not awarded</i>

LWAC Annual Trophy Winners

(20) U15 Girls Training Trophy (Reynolds Sports Award for Female Training) (Training Effort and Attendance)

2016	Eleanor Leslie, Olivia Hyslop, Hannah Brown, Hazel Williams & Charlotte Whitehead
2015	Olivia Hyslop
2014	Chelsea Jackson, Kathryn Skinner, Gemma Barnsdale, Vikki Nagy, Annalise Machin, Clea Butcher
2013	Rhiannon Troop (works hard training with older athletes and has improved greatly throughout the year)
2012	Laura Wilkinson
2011	Alex Jackson
2010	Abbie Donnelly & Rhiannon Philps
2009	Ellie Mason-Powers
2008	Lucy Helas
2007	Jasmine Cornwell
2006	Hester Talbot
2005	Lara Thomas & Georgia Ball
2004	Chelsea Coyle & Lara Thomas
2003	Kelly Gilbert
2002	Josina Clarke
2001	Sarah Kimpton
2000	Melanie Turner
1999	Melanie Turner
1998	Carly Gilbert
1997	Joanne Gilroy
1996	Nicola Baker
1995	Rebecca Hindle
1994	
1993	
1992	
1991	Hayley Zablockj
1990	
1989	
1988	
1987	Karen Meanwell
1986	
1985	Claire Holland
1984	Angela Norris
1983	<i>Not awarded</i>

LWAC Annual Trophy Winners

(21) U15 Boys Training Trophy (Training Effort and Attendance)

2016	Joe Green, Jess Wright & Nathan Allum
2015	Jack Kitchen
2014	Jack Kitchen & Archie Hall
2013	Ben Damms
2012	Dan Skinner
2011	Daniel Crow / Joseph Ward
2010	Josh Drotleff
2009	Bradley Wilson
2008	James Bermingham
2007	Ian Maplethorpe
2006	Jack Skeet
2005	Adam Webb
2004	Martin Mallett
2003	Beren Cross & Jack Ramsden
2002	Ian Kimpton
2001	Mark Plaskett
2000	Mark Plaskett
1999	Robert Swaby
1998	Robert Swaby
1997	Kristian Harrison
1996	Sam Illidge
1995	Stephen Swaby
1994	
1993	
1992	
1991	Ian Parker

LWAC Annual Trophy Winners

(22) Veteran Ladies Track & Field Trophy (All Round Performance)

2016	Denise Timmis
2015	Hayley Fox
2014	Hayley Fox
2013	Wendy Day (competed at all Northern League, Lincs league & County Champs)
2012	Denise Timmis (European Finalist in LJ 4.53m & Gold Medallist in European 4X4 Bronze Medallist in 4X1. Ranked no3 in Vets LJ)
2011	Denise Timmis
2010	Hayley Fox
2009	Hayley Fox
2008	Dot Fraser
2007	Dot Fraser
2006	Kathy Warhurst
2005	Dorothy Fraser
2004	Dorothy Fraser
2003	Denise Timmis
2002	Dorothy Fraser
2001	Denise Timmis
2000	Charmaine Donald
1999	Judi Stafford
1998	Dorothy Fraser
1997	Judi Stafford
1996	Judi Stafford & Denise Timmis
1995	Judi Stafford
1994	
1993	
1992	
1991	Judi Stafford

LWAC Annual Trophy Winners

(23) Veteran Mens Track & Field Trophy (Veteran Mens Merit Award) (All Round Performance)

2016	Marc Afford
2015	Loz Ramm
2014	Adey White
2013	Marc Afford
2012	Adey White
2011	Geoff Powley (For his All-round Performance)
2010	Geoff Powley
2009	Geoff Powley
2008	Malc Bramhall
2007	Geoff Powley
2006	Adey White
2005	Geoff Powley
2004	Malc Bramhall
2003	Geoff Powley
2002	Geoff Powley
2001	Andy Shepherd
2000	Mal Bramhall
1999	Mal Bramhall
1998	<i>Not awarded</i>
1997	<i>Not awarded</i>
1996	Andrew Shepherd
1995	<i>Not awarded</i>

LWAC Annual Trophy Winners

(24) Male Road Runner Trophy (Overall Club Road Runner)

2016	Matt Bowser & Jon Brayshaw
2015	Sean Barkes
2014	Marc Thorpe
2013	Jim Aram
2012	Neil Coney
2011	Pete Duncan
2010	Les Ball
2009	Aaron Scott
2008	Tom Doe
2007	Matt Bowser
2006	Peter Duncan
2005	Will Strangeway
2004	Steve Champion
2003	Steve Champion
2002	Dean Houlton
2001	Dean Houlton
2000	Dean Houlton
1999	Dean Houlton
1998	Derek Cruickshank
1997	Geoff Knight
1996	Dean Houlton
1995	Mark Heaton
1994	
1993	
1992	Simon Bell
1991	Dean Houlton
1990	
1989	
1988	
1987	Richard Lorek
1986	
1985	Paul Eveleigh
1984	John Holmes & Richard Donald
1983	Mick Whatmough

LWAC Annual Trophy Winners

(25) Female Road Runner Trophy (Overall Club Road Runner)

2016	Sophie Cowper
2015	Sophie Cowper
2014	Sophie Cowper
2013	Natalie Farrow (36.44 for 10K & 83.16 for half marathon)
2012	Helen Pavey
2011	Kerry McCall
2010	Harriet Johnson
2009	Harriet Canter
2008	Harriet Canter
2007	Harriet Canter
2006	Kerry McCall
2005	Sarah Kimpton
2004	Sylvia Strangeway
2003	Jo Champion
2002	Annette Bell
2001	Annette Bell
2000	Annette Bell
1999	Sandra Edwards
1998	Kathleen Warhurst
1997	Kathleen Warhurst
1996	Kathleen Warhurst
1995	Ann Gilroy
1994	
1993	
1992	
1991	Judi Stafford

LWAC Annual Trophy Winners

(26) Cecil Thurlby Cross-Country Trophy (Most Outstanding Male Cross Country Performance)

2016	
2015	Shane Robinson
2014	Matt Bowser
2013	Matt Bowser (Senior County Champion)
2012	Haran Dunderdale
2011	Ian Kimpton (4 th Northern XC)
2010	Sam Atkin (1 st , Northern XC)
2009	Sam Atkin
2008	Nathan Page
2007	Matt Bowser (19 th , Inter-Counties XC)
2006	Tom Herbert (27 th , Inter-Counties XC)
2005	Jack Skeet (3 rd , Northern XC)
2004	Matt Bowser
2003	Danny Roome
2002	Matt Bowser
2001	Matt Bowser
2000	Matt Bowser (18 th , Inter-Counties XC)
1999	Matt Bowser
1998	Roger Morley
1997	Sam Illidge
1996	Daniel Hewitt
1995	Lee Smith
1994	
1993	
1992	
1991	Dean Houlton
1990	
1989	
1988	
1987	Sally Robinson
1986	
1985	Jason Bates
1984	Sally Robinson
1983	Sally Robinson

LWAC Annual Trophy Winners

(27) Joan Barnsdale Trophy (Most Outstanding Female Cross Country Performance)

2016	Abbie Donnelly
2015	Abbie Donnelly
2014	Abbie Donnelly
2013	Abbie Donnelly (silver medal in Northern XC Championships)
2012	Abbie Donnelly (6 th in National XC out of 342 runners)
2011	Abbie Donnelly (1 st Anglain Schools, 6 th Northern, 13 th National XCs)
2010	Emma Tonner (1 st , Anglian Schools XC)
2009	Emma Tonner
2008	Blue Haywood
2007	Blue Haywood (2 nd , Northern XC)
2006	Blue Haywood
2005	Cat Foley (1 st in Lincs, Lincs Sch, Eastern, Anglian Sch XC)
2004	Blue Haywood
2003	Rachael Nathan
2002	Rachael Nathan
2001	Rachael Nathan
2000	Rachael Nathan (18 th , English Schools)
1999	Katie Hudson
1998	Katrin Hudson
1997	Rebecca Cansdale
1996	Claire Dale
1995	Stephanie Keal

LWAC Annual Trophy Winners

(28) Zatopek Trophy (Most Outstanding Male Road Race Performance)

2016	Joe Green
2015	Shane Robinson
2014	Shane Robinson
2013	Ian Kimpton (65.44 for half marathon)
2012	Ian Kimpton (65.13 in the Great North Run)
2011	Tom Doe (66.30 Half Marathon)
2010	Sam Atkin (1 st , UK U17M 5k rankings)
2009	Matt Bowser
2008	Tom Doe
2007	Matt Bowser (1 st , Mizuno Mile)
2006	Tom Doe (2 nd , Lincoln 10k)
2005	Matt Bowser (2 nd , Lincoln 10k)
2004	Tom Doe
2003	Matt Bowser
2002	Matt Bowser
2001	Simon Bell
2000	Simon Bell
1999	<i>Not awarded</i>
1998	Sam Illidge (1 st , Lincoln 10k)
1997	Andrew Shepherd
1996	Owen Haynes
1995	Owen Haynes (County Road Relays, Fastest Leg)

LWAC Annual Trophy Winners

(29) Kristiansen Trophy (Most Outstanding Female Road Race Performance)

2016	Sophie Cowper
2015	Jane Charlesworth
2014	Sophie Cowper
2013	Georgia Ball (58m in cabbage patch 10)
2012	Natalie Farrow (1 st Woodhall Spa 10k & 1 st National Police 10 mile Champs)
2011	Lucinda Pitcher (LWAC 5k Series)
2010	Natalie Farrow (1 st , Sheffield ½ Marathon)
2009	Harriet Canter
2008	Harriet Canter
2007	Blue Haywood (Lincoln 10k)
2006	Blue Haywood (36m ??s Birchwood 10k)
2005	Blue Haywood (LWAC 5k performance)
2004	Cat Foley
2003	Jo Blackburn
2002	Annette Bell
2001	Annette Bell
2000	Annette Bell
1999	Sandra Edwards
1998	Kathleen Warhurst (Eastern ½ Marathon Champs, 2 nd)
1997	Kathleen Warhurst (County Road Relays, Fastest Leg)
1996	Kathleen Warhurst (County Road Relays, Fastest Leg)
1995	Kathleen Warhurst (County Road Relays, Fastest Leg)

LWAC Annual Trophy Winners

(30) Veterans Queen of the Road Trophy (Best Overall Performance)

2016	Janet Armstrong
2015	Margaret Morris
2014	Margaret Morris
2013	Jane Charlesworth (competing half marathons, marathons, 5k series and 20miler)
2012	Jane Charlesworth (Running Amsterdam Marathon in 3hrs29mins)
2011	Jane Charlesworth (London Marathon Performance)
2010	Susie Ardron
2009	Deb Daley
2008	Susie Ardron
2007	Jane Ramsden
2006	Betty Stracey
2005	Jo Champion
2004	Jo Champion
2003	Trish Penistan
2002	Annette Bell
2001	Annette Bell
2000	Betty Stracey
1999	Betty Stracey
1998	Ann Gilroy
1997	Ann Gilroy
1996	Betty Stracey
1995	Ann Gilroy
1994	
1993	
1992	
1991	Judi Stafford

LWAC Annual Trophy Winners

(31) Veterans King of the Road Trophy (Best Overall Performance)

2016	Peter Duncan
2015	Peter Duncan
2014	Sean Barkes
2013	Joint winners – Pete Duncan & Glenn Moore
2012	Pete Duncan
2011	Mick Ramsden
2010	Neil Coney
2009	Les Ball
2008	Jon Hughes
2007	Richard Titchmarsh
2006	Brian Fox
2005	John Holmes
2004	John Holmes
2003	Jim Edwards
2002	Jim Edwards
2001	Robin Johnson
2000	Larry Allen (London Marathon)
1999	<i>Not awarded</i>
1998	Barry Carey
1997	Jim Edwards
1996	Andrew Shepherd
1995	Jim Edwards

LWAC Annual Trophy Winners

(32) Babs Parkin Trophy (Most Promising New Female Member (>6 months))

2016	Savana Rosling-Cook & Sophie Knapp
2015	Emily Crookes
2014	Maddie Wood
2013	Bella Williams
2012	Juliet Price / Olivia Spencer-Knot
2011	Lily Hughes (Top of Shot and Long Jump Rankings)
2010	Laura Wilkinson
2009	Devon Moore
2008	Allison Mouzon
2007	Amy Clarke
2006	Laura McMunn
2005	Siobhan Wasyliw
2004	Shireen Timmis
2003	Georgia Ball
2002	Blue Haywood
2001	Lara Thomas
2000	Hayley Brylewski
1999	Liz Samways
1998	Katrin Hudson
1997	Nichola Dale
1996	Rebecca Rowley
1995	Jenny Pacey

LWAC Annual Trophy Winners

(33) Dimbleby Trophy (Most Outstanding Performance by any Athlete)

2016	Georgina Adam
2015	Abbie Donnelly
2014	Georgina Adam
2013	Abbie Donnelly (gold at International Schools)
2012	Joe Dunderdale / Haran Dunderdale
2011	Ian Kimpton (29.31 UK Champs 10k, a Club Record)
2010	Joe Dunderdale (1 st English Schools Javelin)
2009	Lydia Chamberlin
2008	Stuart Campbell (1500m Steeplechase)
2007	Blue Haywood (2 nd fastest leg, National Road Relays)
2006	Tom Doe (10k and Steeplechase performances)
2005	Blue Haywood (10 th in National XC)
2004	Blue Haywood
2003	Tom Duffield
2002	Rachael Nathan
2001	Rachael Nathan
2000	Judi Stafford (Pole Vault, 2.40m, No. 1 in UK, equalled European best)
1999	Rachel Nathan
1998	Dorothy Fraser
1997	Ian Smith
1996	Daniel Hewitt
1995	Roger Morley

LWAC Annual Trophy Winners

(34) Ernie Harrison Trophy (Loyalty & Long Service to LWAC)

2016	Steve Read
2015	Betty Stracey
2014	Hayley Fox
2013	Dave Humberstone
2012	Nina Swaby
2011	Ann Gilroy
2010	Sharon Waller
2009	Dennis Wingad
2008	Malc Bramhall
2007	Linda Ellis
2006	Rob Lewis
2005	Gary Warhurst
2004	Babs Parkin
2003	Kathy Warhurst
2002	Linda Ellis
2001	Doug Bramhall
2000	Larry Allen
1999	Denise Timmis
1998	Joan Barnsdale
1997	Terry Norman
1996	Ken Barnsdale
1995	Terry Timmis

LWAC Annual Trophy Winners

(35) Hodson Coaches Shield (Committee Club Athlete of the Year)

2016	Kobe Tong
2015	Jane Charlesworth
2014	Joe Dunderdale
2013	Catrina Thomas
2012	Stephen Blagdon
2011	Megan Ball (For Performances in Northern League) / Lucy Helas (For Completing a 6 th Year of LWAC Representation in YAL & Northern League Representation)
2010	Geoff Powley
2009	Matt Houlden
2008	Hayley Fox
2007	Jim Slater
2006	Adey White
2005	Lydia Chamberlin
2004	Geoff Powley
2003	Nina Swaby
2002	Rachael Nathan
2001	Rachael Nathan
2000	Jenny Pacey
1999	Sharon Waller
1998	Mal Bramhall
1997	Denise Timmis
1996	Dean Houlton
1995	Sharon Waller

LWAC Annual Trophy Winners

(36) Stafford Trophy (Most Outstanding Female Track & Field Athlete)

2016	Summer Benson & Lucy Thornton
2015	Georgina Adam
2014	Chloe Bray
2013	Hannah Dunderdale
2012	Alison Mouzon (Competing at Senior Level & Achieving Senior Standard for the BAL in LJ with a Jump of 5.25m)
2011	Sydney Cherrie
2010	Hannah Dunderdale
2009	Hannah Dunderdale
2008	Hannah Dunderdale
2007	Hannah Dunderdale (1 st , UK Pentathlon rankings – also ranked in 7 other events)
2006	Lydia Chamberlin
2005	Lydia Chamberlin
2004	Jenny Pacey
2003	Jenny Pacey
2002	Jenny Pacey
2001	Jenny Pacey
2000	Carly Gilbert
1999	Jackie Brown
1998	Sharon Waller
1997	Sharon Waller
1996	Sarah Robinson

LWAC Annual Trophy Winners

(37) Timmis Trophy (Most Outstanding Male Track & Field Athlete)

2016	Josh Houlden
2015	Loz Ramm
2014	Malc Brammall
2013	Matt Houlden
2012	Josh Houlden (For Converting to the Senior Ranks at the Northerns & Especially at the BAL)
2011	Matt Houlden
2010	Matt Houlden
2009	Matt Bowser
2008	Matt Houlden
2007	Matt Bowser
2006	Steve Gregory
2005	Dan Hill
2004	Adey White
2003	Geoff Powley
2002	Geoff Powley
2001	Adrian White
2000	Luke Lovell
1999	Daniel Hewitt
1998	Sam Illidge
1997	Mal Bramhall
1996	Andrew Garner
1995	<i>Not awarded</i>

LWAC Annual Trophy Winners

(38) Gary S. Warhurst Shield (Most Improved Middle Distance Athlete)

2016	Bella Williams
2015	Gemma Selwood
2014	Rebekah Ward
2013	Joint Winners – Archie Richardson & Leah Epton
2012	Joe Wilkinson
2011	Dylan Love
2010	Abbie Donnelly
2009	Libbie Read
2008	Rhiannon Philps
2007	Ellie Jones
2006	Rebecca Dobson
2005	Sarah Kimpton
2004	Ian Kimpton
2003	Sarah Coates
2002	Tom Herbert
2001	Jason Hall
2000	Natasha Johnson
1999	Jackie Brown
1998	Mark Baddeley (3000m Steeplechase)
1997	Elizabeth Ward (800m)

LWAC Annual Trophy Winners

(39) Most Promising New Male Trophy (Victor Ludorum 1934) (Most Promising New Male Member (>6 months))

2016	Feliche Molinario
2015	Jay Thomas & Jess Wright
2014	Bradley Piper
2013	Alfie Whitton
2012	Elliot Stone
2011	Jake Davies (Anglian Schools HJ Champion)
2010	Harry Cain
2009	Fraser McDowell
2008	Tom Matthews
2007	Nathan Page
2006	Ian Maplethorpe
2005	Steve Gregory
2004	Jack Skeet
2003	<i>Not awarded</i>
2002	Danny Roome
2001	Matthew Richardson
2000	Joshua Stone
1999	Tom Doe
1998	Jamie Dixon
1997	James Lochrie
1996	Robert Hindle
1995	James Hindle

LWAC Annual Trophy Winners

(40) Norman Trophy (Best Team Performance)

2016	Senior Track & Field Team
2015	Senior Women's Northern Road Relay Team (Nat Burns, Abbie Donnelly, Rebekah Ward & Sophie Cowper)
2014	U15 Girls XC Team (Bella Willaims, Leah Epton, Rhiannon Troop, Lucy Thornton, Clea Butcher)
2013	U17 Girls XC/Road Relay team (Abbie Donnelly, Catrina Thomas & Rebekah Ward)
2012	BAL Ladies Team – Sharon Waller, Nina Swaby, Alison Mouzon, Megan Ball, Georgia Ball, Sophie Cowper, Hayley Fox, Sarah Stanhope, Emily Coulter, Ellie Clark, Denise Timmis
2011	Senior Northern T&F Team
2010	Senior Northern T&F team
2009	U13 Girls XC team (Emma Tonner, Bo Haywood, Catrina Thomas, Abbie Donnelly)
2008	U17 Women National XC Relays (3 rd) (Georgia Ball, Lara Thomas, Blue Haywood)
2007	U17 Women National XC (3 rd) & Northern Road (1 st) Relay team (Georgia Ball, Lara Thomas, Blue Haywood)
2006	U15 Girls NoEAA XC Champions (Georgia Ball, Chelsea Coyle, Blue Haywood, Lara Thomas)
2005	Mens 4x400m Team (taking club record 3 times in season)
2004	U13 Girls Northern XC Team
2003	GRE Plate Team
2002	U13 Girls Northern Road Relays Team
2001	U20 Northern Mens XC Team
2000	Northern Mens Track & Field Team
1999	Northern Womens Track & Field Team

LWAC Annual Trophy Winners

(43) Endeavour Trophy (For trying hard, sometimes under difficult circumstances)

2016	Toby Williams & Giuseppe Bastillo
2015	Jane Ramsden
2014	Alexander Philps
2013	Shaquille Bramble
2012	Paige Troop
2011	Rhiannon Philps
2010	Laura Pointer
2009	Amy-May Saunders
2008	Liam Clark
2007	Katrina Sutcliffe
2006	Beren Cross

LWAC Annual Trophy Winners

(44) Official of the Year

2016	Denise Campbell & Neil Campbell
2015	Sylvia Philps
2014	Dave Skinner
2013	Sylvia Philps
2012	Dave Skinner
2011	Melv Stanhope
2010	Bob Whyler
2009	Dave Humberstone
2008	Andy Brylewski
2007	Andy Brylewski
2006	Andy Brylewski

LWAC Annual Trophy Winners

(45) Coach of the Year

2016	The 515 Coaches
2015	Linda Ellis
2014	Denise Campbell
2013	Terry Timmis
2012	Dave Skinner / Alison Dale
2011	Terry Timmis
2010	Janette Dunderdale & Alison Dale
2009	Linda Ellis and Larry Allen
2008	Steve Swaby
2007	Mark Baddeley
2006	Mark Baddeley

LWAC Annual Trophy Winners

(46) Volunteer of the Year

2016	Susan Mouzon, Josh Drotleff, Jack Kitchen, Claire Skinner, Karen Wilkinson & Tamatha Troop
2015	Tamatha Troop
2014	Sylvia Philps
2013	Tamatha Troop
2012	Mark Fairbridge
2011	Steve Read
2010	Simon Kimpton
2009	Jon Humberstone
2008	Darrell Helas
2007	Darrell Helas
2006	Alison Dale
2005	Kathy Warhurst

LWAC Annual Trophy Winners

(47) Dennis Wingad Trophy (Outstanding performance in LWAC 5k series)

2016	Peter Duncan
2015	Shane Robinson & Matt Bowser
2014	Nat Burns
2013	Sophie Cowper
2012	Pete Duncan
2011	Scott Pryde
2010	Les Ball
2009	Les Ball

LWAC Annual Trophy Winners

(48) Craig Maskell Trophy (For best endeavour or relative performance by any athlete in an 800m race)

2016	Rochelle Harrison
2015	Archie Richardson
2014	Elliott Stones
2013	Alex Humberstone
2012	Alex Humberstone (800m pb 1.59)
2011	Harry Baxter
2010	Daniel Skinner

LWAC Annual Trophy Winners

(49) Philps Junior Endurance Trophy (girls) for any athlete up to and including U20 for track performances in 1500m (1200m U13 girls) and above.

2016	Emily Crookes
2015	Catrina Thomas
2014	Bella Williams
2013	Rebekah Ward

LWAC Annual Trophy Winners

(50) Philips Junior Endurance Trophy (boys) for any athlete up to and including U20 for track performances in 1500m and above.

2016	Shane Lee
2015	Elliott Stones
2014	Elliott Stones
2013	Haran Dunderdale

LWAC Annual Trophy Winners

(51) Philps Trophy for Determination for any member who has shown determination in overcoming any obstacles such as special/additional needs, illness, injury or any other difficulties

2016	Thomas Talbot & Alexander Philps
2015	Giuseppe Bastillo
2014	Declan Bennett
2013	Bella Williams

LWAC Annual Trophy Winners

(52) 515 Girls Training Effort & Attendance Trophy

2016	Brooke Robinson & Savana Rosling-Cook
2015	Emma Jagger
2014	Catherine Jackson & Hannah Hemlin
2013	Alicia Brown

LWAC Annual Trophy Winners

(52) 515 Boys Training Effort & Attendance Trophy

2016	Lewis Budgen, Jacob Burbridge, Oliver Cooney, & Dylan Troop
2015	William Jagger & Ralph Hughes
2014	William Jagger & Dylan White
2013	Dylan Troop

LWAC Annual Trophy Winners

(54) The Joan Barnsdale Long Jump Trophy

2016	Ella Thompson-Moulding
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LWAC Annual Trophy Winners

(55) The Barnsdale Trophy for Club Athlete

2016	Gemma Barnsdale
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