

BEST PERFORMANCE TROPHIES

Awarded at the AGM, the following Trophies are awarded in recognition of what the Association believe is the best performance made by a county athlete throughout the year:

Best Track and Field Performance by a:

[Male Athlete Under 17](#) 1996 – To Date

[Male Athlete Over 17](#) 1996 – To Date

[Female Athlete Under 17](#) 1996 – To Date

[Female Athlete Over 17](#) 1996 – To Date

[Male Athlete](#) 1988 – 1995

[Female Athlete](#) 1988 – 1995

[Male or Female Athlete](#) 1979 – 1987

[Best Junior Field Performance](#)

[Best Performance on the Road or Cross Country](#)

[Best track and field Disability performance](#) 2018 onwards

[Best Masters performance](#) 2021 onwards

TROPHY WINNERS

Best Track and Field Performance by a Male Athlete Aged 16 or Under:

2024	Finn McLennan	C&C - 2 nd U15 1500m at English Schools
2023	Tom Waterhouse	HAC
2022	Noah Scott-Donkin	HAC
2021	Isaac Rothwell	C&C
2020	No awards	
2019	Charlie Knott	C&C/SBH
2018	Freddie Fraser	NVH
2017	Thomas Keen	C&C
2016	David Dow	C&C
2015	Rob Huckle	C&C
2014	Joe Warwick	C&C
2013	Tim Cobden	C&C
2012	Ben Snaith	C&C
2011	Max Everest	PAC
2010	Morgan Young	C&C
2009	Joel Grenfell	PAC
2008	Jordan Gillbanks	HAC
2007	Jack Jones	PAC
2006	Jamie Irons	PAC
2005	Daniel Tinkler	PAC
2004	Robbie Grabarz	Bed&Co
2003	Carl Titman	PAC
2002	Chris Knights	PAC
2001	Theo Wedderburn	C&C
2000	Tom Carey	HAC
1999	Not Awarded	
1998	N Grundy	C&C
1997	Richard Smith	PAC
1996	Sam Boden	C&C

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Best Track and Field Performance by a Male Athlete Aged 17 or Over:

2024	Tom Waterhouse	HAC – 5 th 800m European U18 champs
2023	Joseph Purbrick	SBH – 3 rd ht European U20 Championships
2022	Thomas Bridger	C&C – 1 st England U20 champs 3k S/C
2021	Alex Molloy	C&C – 3 rd European U20 3000m champs
2020	No awards	
2019	Thomas Keen	C&C – 7 th at Loughborough Int. 1500m
2018	Thomas Keen	C&C – European U18 3000m champion
2017	Ben Snaith	E&H
2016	Daniel Mees	PAC
2015	Josh Cox	
2014	Ben Snaith	E&H
2013	Ben Snaith	C&C
2012	Jonny Peacock	
2011	Ben Kelk	C&C
2010	Ed Aston	C&C

2009	Ed Aston	C&C
2008	Neil Speaight	Belgrave
2007	Neil Speaight	Belgrave
2006	Robbie Grabarz	Bed&Co
2005	Robbie Grabarz	Bed&Co
2004	Neil Speaight	HAC
2003	Adam Charlton	HAC
2002	Adam Charlton	HAC
2001	Neil Speaight	HAC
2000	Neil Speaight	HAC
1999	Neil Speaight	HAC
1998	Mark Roberson	
1997	Mark Roberson	
1996	Femi Akinsanya	PAC

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Best Track and Field Performance by a Male Athlete:

1995	Mark Roberson
1994	Mark Roberson
1993	Matthew Clements
1992	Greg Dunson
1991	Matthew Clements
1990	Mark Roberson
1989	Mark Roberson
	Nigel Will
1988	Jon Ridgeon

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Best Track and Field Performance:

1987	Jon Ridgeon
1986	Jon Ridgeon
1985	Jon Ridgeon
1984	Tina Reason
1983	Mark Jennings
	Richard Youngs
1982	John Mottram
1981	John Mottram
1980	Tony Jarman
1979	Colin Burton
	Kim Tuffnell

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Best Track and Field Performance by a Female Athlete Aged 16 or Under:

2024	Leah Wagstaff	C&C – 2 nd U17W England Indoor 60mH
2023	Leah Wagstaff	C&C
2022	Leah Wagstaff	C&C
2021	Ellie Loosley	C&C
2020	No awards	
2019	Elizabeth Moorhouse	NVH
2018	Elizabeth Taylor	PAC
2017	Stephanie Browne	C&C
2016	Adelaide Omitowoju	C&C
2015	Finlay Marriott	C&C
2014	Holly Brown	PAC
2013	Charlotte Underwood	Bed&Co
2012	Hollie Parker	C&C
2011	Simi Pam	PAC
2010	Simi Pam	PAC
2009	Hayley Sayer	C&C
2008	Laura Bass	C&C
2007	Lauren Sammout	C&C
2006	Dani McGrory	HAC
2005	Lucy Dowsett	C&C
2004	Lucy Dowsett	C&C
2003	Chloe Edwards	HAC
2002	Chloe Edwards	HAC
2001	Chloe Edwards	HAC
2000	Louise Hazel	PAC
1999	Rachel Dunn	HAC
	Louise Hazell	PAC
1998	Goldie Sayers	PAC
1997	Goldie Sayers	PAC
1996	Goldie Sayers	PAC

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Best Track and Field Performance by a Female Athlete Aged 17 or Over:

2024	Shannon Flockhart	C&C - 1 st 1500m (PB) at Morton Games
2023	Shannon Flockhart	C&C – 3 rd European U23 Champs 1500m
2022	Lauren Rule	Herts Ph - 2 nd England Champs 400m
2021	Elizabeth Moorehouse	PANVAC
2020	No awards	
2019	Julia Paternain	C&C
2018	Julia Paternain	C&C
2017	Julia Paternain	C&C
2016	Charlotte Murphy	WSAC
2015	Ella De Lucis	PAC
2014	Goldie Sayers	Belgrave
2013	Charlotte Cox	C&C
2012	Goldie Sayers	Belgrave
2011	Louise Hazel	Birchfield
2010	Louise Hazel	Birchfield
2009	Louise Hazel	Birchfield
2008	Goldie Sayers	Belgrave
2007	Goldie Sayers	Belgrave
2006	Louise Hazel	PAC
2005	Goldie Sayers	PAC
2004	Goldie Sayers	PAC
2003	Goldie Sayers	PAC
2002	Julie Hollman	PAC
2001	Goldie Sayers	PAC
2000	Goldie Sayers	PAC
1999	Goldie Sayers	PAC
1998	Ruth Watson	PAC
1997	Julie Hollman	PAC
1996	Ann Hollman	PAC
	Julie Hollman	PAC

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Best Track and Field Performance by a Female Athlete:

1995	Caroline Pearce	HAC
1994	Julie Hollman	PAC
1993	Julie Hollman	PAC
1992	Ann Hollman	PAC
1991	Teresa Dyer	
1990	J Ewing	
	Ann Hollman	PAC
1989	J Ewing	
1988	Jane Ewing	

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Best Junior Field Performance:

2024	Aran Peavoy	C&C – 5.78m LJ at ESAA champs
2023	Moria Howard	HAC - Longjump
2022	Willow Bedding	HAC - Hammer
2021	Sadie Werrett	Bed&Co
2020	No awards	
2019	Deshawn Lascelles	C&C
2018	Deshawn Lascelles	C&C
2017	Karim Chan	PAC
2016	Adelaide Omitowoju	C&C
2015	Adelaide Omitowoju	C&C
2014	Harriet Fenton	PAC
2013	Holly Brown	PAC
2012	Morgan Young	C&C
2011	Jonathan Edwards	HAC
2010	Jonathan Edwards	HAC
2009	Joel Grenfell	PAC
2008	Alice Forster	C&C
2007	Dan Tinkler	PAC
2006	Robbie Grabarz	Bed&Co
2005	Robbie Grabarz	Bed&Co
2004	Chloe Edwards	HAC
2003	Chloe Edwards	HAC
2002	Charlotte Spelzini	C&C
2001	Goldie Sayers	PAC
2000	Charlotte Spelzini	C&C
1999	Goldie Sayers	PAC
1998	Goldie Sayers	PAC
1997	Richard Smith	
1996	Goldie Sayers	PAC
1995	Robert Smith	
1994	Stuart Faben	
1993	Stuart Faben	
1992	R Thickpenny	
1991	Stuart Faben	
1990	D Bradley	
1989	S Baldwin	
1988	Femi Akinsanya	
1987	Adam Young	
1986	Mark Roberson	
1985	Mark Roberson	
1984	No Award	
1983	Tina Reeson	
1982	Tina Reeson	
1981	Tina Reeson	
1980	Mark Jennings	
1979	Vanessa Vanterpool	

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Best Performance on Road or Cross Country:

2024	Alex Melloy	C&C – 10 th world University short course XC
2023	Noah Scott-Donkin	HAC – 4 th U15 English XC champs
2022	Georgina Schweining	Cambridge Runners 11 th in CG Mar'n
2021	Norman Shreeve	C&C – ranked 7 th in Marathon
2020	No awards	
2019	Joshua Lunn	B&C
2018	Thomas Keen, David Dow, Oliver Newman, Nicolas Harhalakis	C&C U17 mens XC team
2017	Victoria Knight	C&C
2016	Ashley Brown, Rob Huckle, Jordan Wood, Ollie Sewell	C&C U17 men's XC team
2015	Kieran Wood	C&C
2014	Claire Wilson	C&C
2013	Hollie Parker, Claire Wilson, Diana Chalmers	C&C U17W Road relay team
2012	Glen Watts	SBH
2011	Paul Halford	Werrington Joggers
2010	Chris Wright	NVH
2009	Chris Wright	NVH
2008	Stan Owen	NVH
2007	Pete Galpin	BRJ
2006	Daniel Watts	PAC
2005	Daniel Watts	PAC
2004	Daniel Watts	PAC
2003	Ellen Leggate	C&C
2002	Chris Knights	PAC
2001	Ellen Leggate	C&C
2000	Andrew Barber	PAC
1999	Sam Boden	C&C
1998	Sam Boden	C&C
1997	Sam Boden	C&C
1996	A Barber	PAC
1995	Jenny Cliff	
1994	Teresa Dyer	
1993	Teresa Dyer	
1992	Teresa Dyer	
1991	G Rizzo	NVH
1990	E Motherwell	C&C
1989	G Rizzo	NVH
1988	Caroline Thomas	
1987	Giovanno Rizzo	NVH
1986	No Award	
1985	N Tennant	C&C
1984	Sally Ann Cox	PAC
	WBJ Jenkins	HAC
1983	John Jenkins	
1982	Korina Brighton	
1981	Korina Brighton	
1980	Ian Serjeant	
1979	Louise Silva	

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Best Cambs AA Disability performance

2024	Brendon Ballard	HAC - 2 nd 4:03.58 1500m at British Championships
2023	Lydia Church	P&NVAC – 4 th in World Champs F12 shot put
2022	Lydia Church	PANVAC – 2 nd in England Athletics F12 shot put
2021	Lydia Church	PANVAC – F12 Shot 2 nd in European Champs
2020	No award	
2019	Lydia Church	NVH – F12 1 st in shot at World para GP
2018	Lydia Church	NVH – F12 national gold in shot and discus

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Best Masters Performance

2024	Michael Hausler	C&C - 1 st 13.95 M60 Shot Put at British Masters Indoor
2023	Max Hall	P&NVAC – 3 rd world masters pentathlon
2022	Sullivan Smith	C&C – 2 nd World master m45 3k S/C
2021	Claire Smith	PANVAC - W45 BMAF 400m Champion