

List of Awards 2023

<u>Cross Country</u>			
Ford Motorhouse Cup	Men's Club Champion	Jake Watson	Best performer in 3 of 4 BIXCL Races
Yellin Cup	Ladies' Club Champion	Emma Robertson	Best performer in 3 of 4 Midland Womens XC League
H. Samuel Shield	U17 Men's Champion	Sam Gingell	Winner of U17 Club Championship
Peter Crowe Cup	Best U17 Performance	Lilia Mico	1 st in County Schools Champs, 5 th in Midland Champs
Charles Wilcox	Best Overall Performance	Lilia Mico	54 th in National Champs
<u>Track & Field</u>			
Violet Bick Trophy	Men's Club Champion	No entries	
Ann Wade Trophy	Ladies' Club Champion	Emma Robertson	
Worcester AC Shield	Under-17 Men's Club Champion	Josh Sanders	
Frank Edwards Trophy	Under-17 Ladies' Club Champion	Alice Lazenbury	
John Clatworthy Cup	Most Improved Male Track Athlete	Sam Davey	3'59.86 to 3'52.68 at 1500m, also 1'52.08 to 1'49.65 800m
Worcester AC Cup	Most Improved Female Track Athlete	Millie Clemson	12.7s to 12.1s at 100m
Worcester AC Cup	Most Improved Male Field Athlete	Damon Cripps	7.26kg HT 37.15 to 41.97, also 6kg HT 41.69 to 44.56m
Worcester AC Cup	Most Improved Female Field Athlete	Elodie McNelis	1.38m to 1.51m high jump
Ernie Andrews Cup	Best U15 Sprint Performance	Felicity Moore	For achieving EA grade 2 performance in both 75m (10.5 seconds at Tipton) and 100m (13.8 in Banbury)
<u>Walking</u>			
Vic Wilson Cup	Men's Club Champion	Not awarded	
Ann Keely Rose bowl	Ladies' Club Champion	Not awarded	
Paul Sargent Cup	Men's Long-Distance Award	Not awarded	

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<u>Others</u>			
Simon Tansell Award	Best Under-11 Girl	Ellia James	Dedication to training and for getting fully involved in both track and field and cross country competitions for the club
Simon Tansell Award	Best Under-11 Boy	Dawson Hall	Dedication to training and for taking part in club track and field events and looking out for additional events to take part in, including the Cross County Championships. He has also made his Sportshall debut!
Councillor Wilkes	Best Under-13 Girl	Summer Eades	Dedication to training and for taking part in club events, both track and field and cross country, for being part of the Sportshall and T&F leagues as well as championships and representing the club at additional, local competitions. She is an inspiration to others!
Councillor Wilkes	Best Under-13 Boy	Charlie Lindley	Dedication to training and for taking part in club events (T&F, XC, and the fun run and for being part of the club team in the Road and XC relays, SportsHall and T&F leagues as well as Championships. He is willing to do whatever is asked of him for the team – a great example to others
Ann Rich Clock	Best Supporting Female	Cat Hutchinson	For volunteering for difficult events in Midland League (eg Steeple Chase, Hurdles) and also filling in on many others.
Ivan Pawluk Cup	Best Supporting Male	Darren Kirby	For volunteering for whatever was needed in Midland league
Jenny White Cup	Best U17/U20 Performance	Alex Houchin	3 rd in English Schools Champs, 4 th in National Champs, part of GB 4 x 400m gold medal relay team at European U20 Champs.
Richard & Claire White Cup	Best Senior/U23 Performance	Sam Davey	4 th in EA 800m champs
Alf Poole Cup	Best Vet Performance	Mel Garland	4.44m LJ to win World indoor champs
Three Counties Cup	Best Male Road Runner	Jake Watson	28.08 long leg in MCAA 12 Stage Relay
Mazak Vase	Best Female Road Runner	Evie Hawkesford-Johnson	Retained individual U20 title in Hereford 5k Road Race series with 2 wins and a second.
Charles Jones Cup	Season's Best Performance	Mel Garland	4.44m LJ to win World Indoor Champs
Pam Price Shield	Volunteer of the year	Pete Stewart	Supporting WAC at all club meetings
John Marshall Cup	Committee's Choice	Derek Jackson	For his membership of a world record breaking relay team, his international vest, and generally representing WAC in a good light.