

### **THROWS TROPHY: Rory Stewart**

Best Male or Female athlete showing particular promise in any throwing event.

### **SPRINTS TROPHY: Alisha Rees**

Best Male or Female athlete showing particular promise in any sprint event.

### **CROSS COUNTRY TROPHY: Clare Stewart**

Best Male or Female athlete showing particular promise in any cross country event.

### **BALLANTYNE CUPS: Pam Auckland & Carl Fuhrmann**

For clubmanship, male and female not already holding a major trophy.

### **BEST TEAM MEDAL: U17 Girls**

Francis Sealy, Claire McGarvey, Clare Stewart, Rosa Hare, Maddy Silcock, Kayla Webster, Harriet Law, Lauren Liversidge.

### **ROYAL BANK CUP: Craig Strachan**

For the male athlete who, in the opinion of the committee has shown the most outstanding performance or achievement during the season.

### **JUMPS TROPHY: Claire McGarvey**

Best Male or Female athlete showing particular promise in any jumping event.

### **ENDURANCE TROPHY: Emma Swanson**

Best Male or Female athlete showing particular promise in any endurance event.

### **MULTI EVENTS TROPHY: Craig Strachan**

Best Male or Female athlete showing particular promise in any multi event.

### **COACHES GLASS: Willy 'Stand up and Run' Russell**

### **SUN ALLIANCE CUP: Alisha Rees**

For the female athlete who, in the opinion of the committee has shown the most outstanding performance or achievement during the season.

### **GORDON LOWE MEMORIAL CUP: Emma Swanson**

For the athlete who, in the in the opinion of the committee is the most improved or committed middle distance runner of the season. (800m,1500m).