

LWAC Annual Trophy Winners

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

| | |
|------|---------------|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|------------------|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|------------------------------|
| 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)

| | |
|------|-------------------------------|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|-----------------------------|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|--|
| 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)

| | |
|------|----------------|
| 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)

| | |
|------|-----------------|
| 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)

| | |
|------|-------------------------------------|
| 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)

| | |
|------|---|
| 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 | |
| 1975 | |
| 1974 | Chris Lewis |
| 1973 | Vivienne Weston |
| 1972 | June Taylor |

LWAC Annual Trophy Winners

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

| | |
|------|--|
| 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)

| | |
|------|---|
| 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)

| | |
|------|--|
| 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)

| | |
|------|---|
| 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)

| | |
|------|---|
| 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)

| | |
|------|--|
| 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)

| | |
|------|-----------------------------|
| 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)

| | |
|------|----------------------------|
| 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)

| | |
|------|-------------------------------|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|------------------------------|
| 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)

| | |
|------|-------------------|
| 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)

| | |
|------|--|
| 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)

| | |
|------|--|
| 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)

| | |
|------|---|
| 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)

| | |
|------|---|
| 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)

| | |
|------|----------------|
| 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)

| | |
|------|-------------------------------|
| 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))

| | |
|------|------------------|
| 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)

| | |
|------|--|
| 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)

| | |
|------|----------------|
| 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)

| | |
|------|------------------|
| 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)

| | |
|------|--|
| 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)

| | |
|------|--------------------|
| 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)

| | |
|------|------------------------------------|
| 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))

| | |
|------|--------------------|
| 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

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

| | |
|------|-------------------|
| 2008 | Liam Clark |
| 2007 | Katrina Sutcliffe |
| 2006 | Beren Cross |

LWAC Annual Trophy Winners

(44) Official of the Year

| | |
|------|----------------|
| 2008 | Andy Brylewski |
| 2007 | Andy Brylewski |
| 2006 | Andy Brylewski |

LWAC Annual Trophy Winners

(45) Coach of the Year

| | |
|------|---------------|
| 2008 | Steve Swaby |
| 2007 | Mark Baddeley |
| 2006 | Mark Baddeley |

LWAC Annual Trophy Winners

(46) Volunteer of the Year

| | |
|------|----------------|
| 2008 | Darrell Helas |
| 2007 | Darrell Helas |
| 2006 | Alison Dale |
| 2005 | Kathy Warhurst |

LWAC Annual Trophy Winners

(40) Norman Trophy (Best Team Performance)

| | |
|------|--|
| 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 |