

LWAC Award Winners 2009

TROPHY	WINNER
SENIOR MEN F FOUNTAIN MERIT CUP	Matt Bowser
JUNIOR MENS CUP	Matt Houlden
U17 MENS MERIT CUP	Joe Dunderdale
U15 MENS MERIT CUP	Sam Shuttleworth
U13 MENS MERIT CUP	Alex Humberstone
SENIOR LADIES TROPHY	Lydia Chamberlin
U20 LADIES MERIT AWARD - R E CHARLTON BUILDERS	Lara Thomas
U17 LADIES TROPHY	Ellis Whyler
U15 GIRLS TROPHY	Hannah Dunderdale
U13 GIRLS TROPHY	Alison Mouzon
DE FREITAS TROPHY - O/S PERFORMANCE IN LINCOLNSHIRE	Matt Bowser
MENS SPRINT	Martin Bradbury
LADIES SPRINT	Lydia Chamberlin
NICHOLSON SPRINT U20 TROPHY O/S MALE OR FEMALE	Shireen Timmis
JIM LITTLEOVER TROPHY O/S FIELD PERFORMANCE - MALE	Dominic Sykes
LADIES FIELD TROPHY - O/S FIELD PERFORMANCE - FEMALE	Sarah Stanhope
JAMES HEBDEN TROPHY - O/S FEMALE PERFORMANCE	Hannah Dunderdale
U11 GIRLS TRAINING EFFORT & ATTENDANCE	Holly Dickinson
U11 BOYS TRAINING EFFORT & ATTENDANCE	Ben Skinner
U13 GIRLS TRAINING EFFORT & ATTENDANCE	Rebekah Ward
U13 BOYS TRAINING EFFORT & ATTENDANCE	Ben Skinner
U15 GIRLS TRAINING EFFORT & ATTENDANCE - REYNOLDS SPORTS AWARD	Ellie Mason-Powers
U15 BOYS TRAINING EFFORT & ATTENDANCE - REYNOLDS SPORTS AWARD	Bradley Wilson
VETERAN LADIES TRACK & FIELD TROPHY	Hayley Fox
VETERAN MENS TRACK & FIELD TROPHY - R E CHALTON BUILDER	Geoff Powley
MALE ROAD RUNNER TROPHY	Aaron Scott
FEMALE ROAD RUNNER TROPHY	Harriet Canter
CECIL THURLBY TROPHY O/S MALE X/C PERFORMANCE	Sam Atkins
JOAN BARNSDALE TROPHY O/S FEMALE X/C PERFORMANCE	Emma Tonner
ZATOPEK TROPHY O/S MALE ROAD PERFORMANCE	Matt Bowser
KRISTIANSEN TROPHY O/S FEMALE ROAD PERFORMANCE	Harriet Canter
VET QUEEN OF THE ROAD TROPHY	Deb Daley
VET KING OF THE ROAD TROPHY	Les Ball

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TROPHY	WINNER
BABS PARKIN TROPHY - MOST PROMISING NEW FEMALE MEMBER LAST 6 MONTHS	Devon Moore
DIMBLEBY TROPHY - O/S PERFORMANCE BY ANY CLUB MEMBER DURING COMPETITION	Lydia Chamberlin
ERNIE HARRISON TROPHY - LOYALTY & LONG SERVICE TO LWAC	Dennis Wingad
HODSON COACHES SHIELD - COMMITTEE CLUB ATHLETE OF THE YEAR	Matt Houlden
STAFFORD TROPHY - O/S FEMALE T & F ATHLETE	Hannah Dunderdale
TIMMIS TROPHY - O/S MALE T & F ATHLETE	Matt Bowser
GARY S WARHURST TROPHY MOST IMPROVED MIDDLE DISTANCE ATHLETE	Libbie Read
MOST PROMISING NEW MALE MEMBER LAST 6 MONTHS	Fraser McDowell
NORMAN SHIELD - BEST TEAM PERFORMANCE	U13 Girls XC team - Emma Tonner, Bo Haywood, Catrina Thomas, Abbie Donnelly
ENDEAVOUR TROPHY	Amy-May Saunders
OFFICIAL OF THE YEAR	Dave Humberstone
COACH OF THE YEAR	Linda Ellis and Larry Allen
VOLUNTEER OF THE YEAR	Jon Humberstone
DENIS WINGAD TROPHY	Les Ball