

# PONTEFRACT ATHLETICS CLUB

## ROLE OF HONOUR

### MEDALLISTS AT ENGLAND ATHLETICS CHAMPIONSHIPS

#### SILVER MEDAL WINNERS

2016 (I)	Cameron Howes	U15 Boys High Jump	1.75 Metres
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### MEDALLISTS AT ENGLISH SCHOOLS CHAMPIONSHIPS

#### SILVER MEDAL WINNERS

2021	Jack Holmes	U15 Boys High Jump	1.81 Metres
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### MEDALLISTS AT NORTHERN ATHLETICS CHAMPIONSHIPS

#### GOLD MEDAL WINNERS

2016 (I)	Cameron Howes	U15 Boys High Jump	1.70 Metres
2016	Cameron Howes	U15 Boys High Jump	1.75 Metres
2018 (I)	Cameron Howes	U17 Mens High Jump	1.90 Metres
2021	Jack Holmes	U15 Boys High Jump	1.78 Metres
2022 (I)	Jack Holmes	U17 Mens High Jump	1.80 Metres

#### SILVER MEDAL WINNERS

2014 (I)	Cameron Howes	U13 Boys High Jump	1.40 Metres
2015	Rebecca Bell	U13 Girls Shot Putt	8.59 Metres
2016	Luke Shillito	U13 Boys Shot Putt	8.24 Metres

#### BRONZE MEDAL WINNERS

2015 (I)	Jasmine Bate	U13 Girls High Jump	1.30 Metres
2015 (I)	Jasmine Bate	U13 Girls Shot Putt	7.08 Metres
2016	Maria Schofield	U17 Ladies Shot Putt	12.67 Metres
2019 (I)	Cameron Howes	U20 Mens High Jump	1.95 Metres

### MEDALLISTS AT YORKSHIRE CHAMPIONSHIPS

(Including when we were part of the Ackworth club)

#### GOLD MEDAL WINNERS

2006	Faye Banks	Sen Ladies Half Marathon	1.26.24
2008	Faye Banks	Sen Ladies Marathon	3.00.33
2008	Rita Yates	U15 Girls High Jump	1.50 Metres
2013	Maria Schofield	U13 Girls Shot Putt	7.90 Metres
2015	Cameron Howes	U15 Boys 80m Hurdles	14.58

2016	Sam Schofield	U13 Boys Shot Putt	6.53 Metres
2016	Cameron Howes	U15 Boys 80m Hurdles	12.72
2016	Will Carter	U20 Mens 400m Hurdles	69.50
2017	Jasmine Bate	U15 Girls Hammer	30.74 Metres
2017	Cameron Howes	U17 Mens 100m Hurdles	17.36
2017	Robert Bate	U17 Mens Octathlon	2717 points
2018	Cameron Howes	U17 Mens High Jump	1.90 Metres
2018	Yorck Newrick	U17 Mens Hammer	31.68 Metres
2018	Robert Bate	U20 Mens Triple Jump	10.44 Metres
2019	Cameron Howes	U20 Mens High Jump	1.90 Metres
2021	Jack Holmes	U15 Boys High Jump	1.91 Metres CBP
2021	Faye Calvert	Sen Ladies Discus	33.16 Metres

### SILVER MEDAL WINNERS

2008	Charlie Lines	Sen Mens 3,000 mtrs s/chase	10:39.38
2009	Charlie Lines	Sen Mens 3,000 mtrs s/chase	10:42.0
2014	Will Carter	U20 Mens Shot Putt	9.07 Metres
2015	Richard Howes	Sen Mens Javelin	31.36 Metres
2015	Maria Schofield	U15 Girls Shot Putt	10.61 Metres
2016	Isabelle Stones	U13 Girls Shot Putt	8.21 Metres
2016	Cameron Howes	U15 Boys High Jump	1.60 Metres
2016	Maria Schofield	U17 Ladies Hammer	43.94 Metres
2016	Will Carter	U20 Mens Triple Jump	11.68 Metres
2016	Robert Bate	U17 Mens Octathlon	3083 Points
2017	Jasmine Bate	U15 Girls Discus	20.63 Metres
2018	Cameron Howes	U17 Mens 100m Hurdles	15.75
2018	Yorck Newrick	U17 Mens Shot Putt	10.85 Metres
2018	Jasmine Bate	U17 Ladies Hammer	28.04 Metres
2018	Jasmine Bate	U17 Ladies Triple Jump	9.22 Metres
2019	Jack Holmes	U13 Boys High Jump	1.30 Metres
2021	Harrison Carter	U15 Boys Hammer	24.87 Metres
2021	Niamh Atkinson	U17 Ladies Hammer	28.11 Metres

### BRONZE MEDAL WINNERS

2008	Liam Holdsworth	U17 Mens High Jump	1.60 Metres
2009	Liam Holdsworth	U17 Mens High Jump	1.80 Metres
2013	Lewis Schofield	U15 Boys 80m Hurdles	14.65
2013	Lewis Schofield	U15 Boys Javelin	24.19 Metres
2014	Will Carter	U20 Mens Triple Jump	10.98 Metres
2014	Will Carter	U20 Mens Decathlon	3,996 Points
2015	Richard Howes	Sen Mens 110m Hurdles	21.2
2015	Maria Schofield	U17 Ladies Hammer	39.16 Metres
2015	Emily Plimmer	U13 Girls 800 Metres	2:32.98
2015	Isabelle Stones	U13 Girls Shot Putt	7.70 Metres
2015	Jasmine Bate	U13 Girls Track Triathlon	1,344 Points
2016	Isabelle Stones	U13 Girls High Jump	1.25 Metres
2016	Isabelle Stones	U13 Girls Long Jump	4.35 Metres
2016	Jasmine Bate	U15 Girls Discus	19.89 Metres
2016	Maria Schofield	U17 Ladies Discus	31.11 Metres
2016	Will Carter	U20 Mens Javelin	38.60 Metres

2016	Will Carter	U20 Mens Long Jump	5.78 Metres
2016	Richard Howes	Sen Mens Javelin	37.12 Metres
2016	Richard Howes	Sen Mens 110m Hurdles	21.49
2016	Richard Howes	Sen Mens Long Jump	4.81 Metres
2016	Will Carter	U20 Mens Decathlon	4341 Points
2017	Cameron Howes	U17 Mens High Jump	1.75 Metres
2018	Rebecca Bell	U17 Ladies Shot Putt	9.72 Metres
2018	Will Carter	Sen Mens Javelin	37.21 Metres
2019	Elizabeth Teece	U13 Girls High Jump	1.25 Metres
2019	Will Carter	Sen Mens Pole Vault	3.30 Metres
2019	Will Carter	Sen Mens Long Jump	5.77 Metres
2019	Will Carter	Sen Mens Shot Putt	10.26 Metres
2021	Eleanor Birden	U20 Ladies 100m Hurdles	19.64
2021	Faye Calvert	Sen Ladies Hammer	41.83 Metres

### WEST YORKSHIRE CHAMPIONSHIPS

(Including when we were part of the Ackworth club)

### GOLD MEDAL WINNERS

2001	Karen Ball	Sen Ladies 800 Metres	2:30.2
2001	Karen Ball	Sen Ladies 1500 Metres	5:19.2
2003	Karen Ball	Sen Ladies 800 Metres	2:26.1
2003	Karen Ball	Sen Ladies 1500 Metres	5:08.2
2005	Adam Guy	U11 Boys Shot Putt	6.64 Metres
2006	Yvette Clift	Sen Ladies 800 Metres	3:09.6
2008	Rita Yates	U15 Girls High Jump	1.53 Metres
2009	Ross Blackburn	Sen Mens 1500 Metres	4:34.7
2012	Will Carter	U17 Mens Discus	25.20 Metres
2013	Will Carter	U17 Mens Shot Putt	10.07 Metres
2013	Kye Evans	U15 Boys 200 Metres	25.70
2013	Maria Schofield	U13 Girls Shot Putt	8.12 Metres
2013	Cameron Howes	U13 Boys High Jump	1.39 Metres
2013	Rebecca Bell	U11 Girls Shot Putt	5.11 Metres
2013	Isabelle Stones	U11 Girls Long Jump	3.82 Metres
2014	Richard Howes	Sen Mens Javelin	35.48 Metres
2014	Sophie Gilbert	U20 Ladies Long Jump	3.69 Metres
2014	Sophie Gilbert	U20 Ladies Shot Putt	5.04 Metres
2014	Callum Brain	U17 Mens Shot Putt	10.69 Metres
2014	Robert Bate	U15 Boys High Jump	1.40 Metres
2014	Cameron Howes	U13 Boys High Jump	1.40 Metres
2014	Isabelle Stones	U11 Girls Shot Putt	6.05 Metres
2015	Richard Howes	Sen Mens Javelin	37.57 Metres
2015	Andrew Clegg	Sen Mens Discus	26.92 Metres
2015	Will Carter	U20 Mens Shot Putt	9.61 Metres
2015	Cameron Howes	U15 Boys Long Jump	5.05 Metres
2015	Cameron Howes	U15 Boys High Jump	1.55 Metres
2015	Robert Bate	U15 Boys 200 Metres	25.92
2015	Robert Bate	U15 Boys Shot Putt	8.49 Metres
2015	Jasmine Bate	U13 Girls High Jump	1.46 Metres
2015	Sam Schofield	U11 Boys Shot Putt	6.80 Metres
2016	Maria Schofield	U17 Ladies Hammer	47.10 Metres

2016	Maria Schofield	U17 Ladies Discus	31.29 Metres
2016	Robert Bate	U17 Mens High Jump	1.50 Metres
2016	Cameron Howes	U15 Boys High Jump	1.60 Metres
2016	Cameron Howes	U15 Boys Long Jump	5.17 Metres
2016	Logan Askham	U13 Boys Shot Putt	5.45 Metres
2016	Callum Eastwood	U11 Boys 75 Metres	11.72
2016	Kallie Bell	U11 Girls Shot Putt	4.84 Metres
2017	Jasmine Bate	U15 Girls Shot Putt	8.63 Metres
2017	Logan Askham	U13 Boys High Jump	1.35 Metres
2017	Harrison Marsh	U13 Boys 80 Metres	11.65
2018	Yorck Newrick	U17 Mens Hammer	33.42 Metres
2018	Yorck Newrick	U17 Mens Discus	32.24 Metres
2018	Cameron Howes	U17 Mens High Jump	1.75 Metres
2018	Jasmine Bate	U17 Ladies Hammer	27.38 Metres

### BRITISH MASTERS CHAMPIONSHIPS

#### GOLD MEDAL WINNERS

March 2020	Richard Howes	M55 Long Jump	Lee Valley	1 <sup>st</sup>	4.75 Mtrs
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#### SILVER MEDAL WINNERS

Aug 2021	Richard Howes	M55 Javelin	Derby	2 <sup>nd</sup>	31.73 Mtrs
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#### BRONZE MEDAL WINNERS

March 2020	Richard Howes	M55 Javelin	Lee Valley	3 <sup>rd</sup>	34.77 Mtrs
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### **REPRESENTATIVE HONOURS**

Oct 2017	Faye Lightowler	England F35 Marathon	Chester	4 <sup>th</sup>	2.50.29
Oct 2018	Faye Lightowler	England F35 Marathon	Chester	3 <sup>rd</sup>	3.04.00
May 2019	Faye Lightowler	England F35 10K	Birmingham	13 <sup>th</sup>	39.53
Sept 2021	Christine McCarthy	England F60 Half Marathon	London	1 <sup>st</sup>	1.33.51
Sept 2021	Rebecca Winter	England F35 10K	London	3 <sup>rd</sup>	36.56
Sept 2021	Faye Lightowler	England F40 Half Marathon	London	4 <sup>th</sup>	1.21.46