

# 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 |
|----------|---------------|--------------------|-------------|

#### BRONZE MEDAL WINNERS

|          |             |                    |             |
|----------|-------------|--------------------|-------------|
| 2022 (I) | Jack Holmes | U17 Mens High Jump | 1.88 Metres |
|----------|-------------|--------------------|-------------|

### MEDALLISTS AT ENGLISH SCHOOLS CHAMPIONSHIPS

#### SILVER MEDAL WINNERS

|      |             |                    |             |
|------|-------------|--------------------|-------------|
| 2021 | Jack Holmes | U15 Boys High Jump | 1.81 Metres |
|------|-------------|--------------------|-------------|

### 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 |
| 2024 (I) | Sienna Lavine | U13 Girls 800 Metres | 2:19.24     |

#### 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  |
| 2024 (I) | Sienna Lavine   | U13 Girls 60 Metres  | 8.61         |

### 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    |
| 2022 | Jack Holmes     | U17 Mens High Jump       | 1.93 Metres     |
| 2023 | Will Carter     | Sen Mens Long Jump       | 5.62 Metres     |
| 2023 | Will Carter     | Sen Mens Triple Jump     | 10.76 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 |
| 2022 | Harrison Carter | U17 Mens Discus             | 23.19 Metres |
| 2022 | Harrison Carter | U17 Mens Hammer             | 22.48 Metres |
| 2022 | Will Carter     | Sen Mens Pole Vault         | 3.20 Metres  |
| 2022 | Will Carter     | Sen Mens 110m Hurdles       | 21.27        |
| 2023 | Will Carter     | Sen Mens 110m Hurdles       | 21.74        |
| 2023 | Harrison Carter | U17 Mens Hammer             | 22.14 Metres |
| 2023 | Harrison Carter | U17 Mens Javelin            | 20.81 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 |
| 2022 | Madison Toddington | U15 Girls Discus          | 17.12 Metres |
| 2022 | Harrison Carter    | U17 Mens Shot Putt        | 8.66 Metres  |
| 2023 | Harrison Carter    | U17 Mens Shot Putt        | 10.00 Metres |
| 2023 | Harrison Carter    | U17 Mens Discus           | 26.72 Metres |
| 2023 | Madison Toddington | U17 Ladies Javelin        | 15.53 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 |
| 2022 | Katie Kelly     | U17 Ladies 800 Metres | 2:35.8       |
| 2022 | Archie Fraser   | U15 Boys Shot Putt    | 8.97 Metres  |
| 2022 | Sienna Lavine   | U11 Girls 600 Metres  | 1:54.0       |
| 2023 | Harrison Carter | U17 Mens Hammer       | 23.48 Metres |
| 2023 | Harrison Carter | U17 Mens Discus       | 25.13 Metres |
| 2023 | Sienna Lavine   | U11 Girls 75 Metres   | 11.80        |
| 2023 | Sienna Lavine   | U11 Girls 600 Metres  | 1:54.87      |

### BRITISH MASTERS CHAMPIONSHIPS

#### GOLD MEDAL WINNERS

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

#### SILVER MEDAL WINNERS

Aug 2021 Richard Howes M55 Javelin Derby 2<sup>nd</sup> 31.73 Mtrs

### BRONZE MEDAL WINNERS

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

### **CROSS COUNTRY**

#### NATIONAL PRIMARY SCHOOLS AND YEAR 7 CROSS COUNTRY CHAMPIONSHIPS

### SILVER MEDAL WINNERS

2024 Sienna Lavine Year 6 Girls

#### WEST YORKSHIRE CROSS COUNTRY LEAGUE

### OVERALL WINNERS

2022 Sienna Lavine Under 11 Girls

2023 Sienna Lavine Under 11 Girls

### **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 |
| May 2022  | Christine McCarthy | England F60 Half Marathon | Chester    | 2 <sup>nd</sup>  | 1.38.03 |
| Oct 2022  | Christine McCarthy | England F60 Marathon      | Chester    | 1 <sup>st</sup>  | 3.19.35 |