

## SHORTLIST FOR THE LINCOLNSHIRE SPORTS AWARDS 2017

### Active Change Award (Individual) – still available to sponsor

**1. Mark Bliss – participant in swimming**

Mark has faced a series of challenges throughout life, brought on by his severe learning disabilities and autism. Over the past year, Mark started working with CAST and got interested in swimming at the Meridian pool in Louth. From a starting point of just 2 lengths, he is now reaching up to 20 per session. These positive experiences have had an effect on Mark's wider life, less episodes of frustration and increased positive interaction with his peers.

**2. Ray North – activity through the Macmillan Get Active Feel Good programme**

Ray started working with Macmillan after being diagnosed with cancer. During chemotherapy treatment, he began exercising and keeping a blog to inspire others to be active during treatment. When he finished treatment, Ray set himself 12 weeks to train for the Bath Half Marathon – at the age of 69! Ray completed the half marathon, raising money for Macmillan. His story has since been picked up nationally by Macmillan and is now inspiring many more to keep active.

**3. David Harding Price – Cycle60 participant (Lincoln)**

David had not cycled for 43 years and felt daunted at the prospect of getting on a bike again. He turned up to take part on the programme on his son's bike which was too small for him and had not been used for many years. (The bike had huge sentimental value as his son died from sarcoma). David was helped enormously by the Cycle60 ride leader Suzanne who gently persuaded him to cycle round the block. She eventually got him cycling further. He now cycles to work on occasions, cycles to the shops and has even organised a group ride with colleagues.

### Active Primary School of the Year – sponsored by One Network

**1. Barrowby C of E Primary School**

The school delivers a wide programme of sporting opportunities, including:

- Commitment to swimming that ensures all pupils leave with 25m swimming proficiency.
- School sports committee that meets regularly with the PE subject leader to evaluate, refine and put on a range of fun competitions for 100% of the school community.
- Lunchtime sports clubs
- Playtime leaders: 49% of Key Stage 2 children act as playground leaders to provide fun, active and challenging activities for the children to enjoy,
- Employing two dinner supervisors to promote activity and healthy lifestyles through a range of fun activities such as using an adventure playground, and riding bikes, trikes, scooters and go-karts.

## 2. Tattershall Primary School

The school delivers a wide range of curricular and extracurricular activities:

- Establishing the daily mile for all parents, children and staff.
- Creation of a girl's football team line with current FA strategies.
- Extracurricular sporting opportunities and competitions for 100% of KS2.
- 230 opportunities for KS2 children to represent the school in inter-school competitions
- 248 opportunities for the whole school to join an extra-curricular club and links to various community sports clubs.
- Over the past two years, the activity levels and wellbeing of children at the school has surpassed those of many previous years and at the 35 inter-school competitions they took part in this year, they won a record-beating 9 winners medals/trophies.

## 3. Potterhanworth C of E Primary School

Recently, the school achieved the School's Games Mark, achieving gold for the second time! Other achievements include:

- Third place in the ASA national primary school of the year, recognising commitment to swimming from reception to year 6.
- All year 3 & 4s participated in a tri golf tournament and the majority of year 5 & 6 took part in sports hall athletics, a tag rugby tournament and a football / netball festival.
- Every KS2 child and member of staff ran a virtual marathon in support of Ben Smith's 401 Marathon Challenge.
- Every child has the opportunity to attend at least one free after school sports club. These have included tennis, badminton, games club, football, netball, rounders and multi skills.
- Launched a Change for Life Club, which along with a member of staff, is being run by four year 5 & 6 children.

## Active Workplace Award – sponsored by Ruddocks

### 1. Ambitions Personnel (Lincoln)

The business has been working hard to promote the benefits of having an active lifestyle to its employees for more than five years. This has included supporting many sporting events including entering a team of 15 runners in this year's Lincoln 10k, raising more than £600 for Lincs & Notts Air Ambulance, 30 employees completing a 5k colour run and a team of 20 taking part in an It's a Knockout obstacle challenge.

In January, the company took part in an 8-week challenge, #WalkingWednesday, which encouraged people who either took the bus or drove to work to don their trainers and walk in! Off the back of the 8 week walking challenge, we formed a group of people using Fitbit activity trackers to start a weekly Workweek Hustle step challenge, competing against each other to get the most steps between Monday to Friday. This really gets you thinking about how you can fit more activity into your day.

### 2. Rockstar (Lincoln)

Winners of the award for two years running, the company are not resting on their laurels and have continued to build on their strong support of active lifestyles across the business.

Activities have included supporting the LovetoRide Lincs cycle challenge and adding quirky activities to their social calendar, such as Airball and Footgolf to encourage fun and engagement. The company also provides subsidised gym membership, supports the ride to work and bike maintenance scheme and has regular football matches

between the day and night shifts, which has led to a team that plays on Sundays. They were the proud winners of the March & June LovetoRide Lincs Cycle challenge weeks in the 200-499 Staff Category.

### **3. Siemens Industrial Turbomachinery Ltd (Lincoln)**

Siemens have a Healthy @ Siemens programme which as a range of initiatives to help employees lead healthier lives. Physical activity is one of the core elements and the wellbeing committee meets to drive initiatives. Examples include the indoor cycle challenge, supporting charity events such as the Santa Run and the Golfing Challenge.

As part of the Active Lincolnshire launch in March, Siemens made the pledge to get the business more active, launching the "SITLess Move More" initiative, part of the Healthy @ Siemens programme. A special Siemens Social Network group was created to capture all community activity all in one place. This allows employees to view and create activities and events that interest them - such as a lunchtime walk or an after work run. The ambition is that this platform will be adopted and 'owned' by employees and will lead to a greater participation in types of activity or sport related events.

## **Disabled Sportsperson of the Year – sponsored by Magna Vitae**

### **1. Rebecca Franks (Swimming)**

Rebecca has had a brilliant year culminating in getting picked for the Worlds on her debut for Great Britain where she just missed out on a final. She has achieved PBs this year and recorded three ASA national times in April. Unsurprisingly Rebecca has won a couple of accolades already; top disability swimmer at county level in April; the top disability woman in Lincolnshire in February,

### **2. Carly Bricknell (Para-dressage, dressage and showing)**

An active member of Welton Riding Club, Carly was diagnosed with rheumatoid arthritis and Lupus aged 30. She was so ill that she did not think she would ever ride again and sold her horse. Six months later, she had a change of heart and bought a new horse, Magic, and hasn't looked back. In the 5 years since she bought Magic, she's done even more, riding in regional competitions in dressage and one day eventing. Classified as a grade v para rider, her achievements have included competing at county level in dressage to music, qualifying for Para silver Championships as Grade V rider and being selected to represent England at Para Home International in April this year.

### **3. Stuart Rodgers (Vision Impaired Archery)**

Stuart is a completely blind archer, yet he is an Inspiration to those around him. His commitment and dedication have driven him to be selected this year for the world para archery championships. 2017 has been a very successful year for Stuart with a handful of medals at all levels:

- Bronze at the Worshipful Company of Fletchers British Blind Sport Archery Indoor Championships 2017
- Bronze at a European VIAT in Andorra 2017
- Silver at a European VI Archery Tournament in France 2017

## **Lifetime Achievement Award – sponsored by SCS Technology Solutions**

### **1. Charles Rogers (Swimming)**

Charles has dedicated fifty years to the world of swimming. Back in the early 70s he was head coach for Sale ASC, and in his time there, he coached many young swimmers to National level. He moved to Skegness to retire, but the draw of the pool

was too great and 10 years ago, he walked into Skegness Amateur Swimming Club. From that day, his dedication to Skegness ASC has been second to none. For the past five years, he has committed more than eight hours of coaching each week, as well as attending meetings and competitions at weekends. Today Skegness has several county and regional swimmers, but six years ago, the club only had a few C grade swimmers.

The secret to Charles' success? Hard work but with fun included, catering for not just the performance swimmers but also the ones that have no desire to compete. He believes every child should be included and catered for as they grow and develop.

## **2. Barry Chapman (Tennis & Golf )**

Barry has been the driving force at both Jubilee Park Tennis Club and Woodhall Spa junior golf section for nearly 60 years (Chairman Jubilee Park Tennis Club 31 years and Junior Organiser Woodhall Spa Golf Club 27 years +).

He has given untiring enthusiasm, time and support to both clubs and the legacy he leaves as he starts to retire are two thriving clubs that have strong processes, great ethos' and good community involvement that will ensure their longevity. Some highlights:

- At Jubilee Park Tennis Club he was instrumental in developing the junior section, was the founder of both the men's and ladies doubles teams and instigated a mixed doubles competition that today still attracts teams from across the county.
- At Woodhall Spa Golf Club, since his appointment in 1989, Barry has developed a thriving and highly respected junior section that has maintained more than 70 juniors

The secret to Barry's success? It not just his tenacity to get things done, but the way he treats all players from the very new to the highly talented, ensuring equal opportunities to have fun, play and compete at all levels.

## **3. Barry Molsom (Archery)**

Barry has been involved in the sport for over 40 years and sits on several committees for archery bodies. He coaches at a couple of clubs every week and the juniors adore him. He is very patient and is the voice of reason, always encouraging the kids to be the best they can. He regularly pitches up at competitions, even national ones, when he knows the juniors are competing to give encouragement and reassurance. If he can't attend, he is always on the end of the phone or What's app if the youngsters have any problems. Barry has just turned 75yrs old and gives so much to these juniors. He still coaches juniors who are now competing for GB at junior level.

## **Physical Activity Award (Programme) - still available to sponsor**

### **1. Back to Netball (countywide)**

Part of England Netball's mission is to increase participation across all aspects of the sport. They launched Back to Netball a few years ago to get women to play the sport after probably not playing since school. To date in Lincolnshire they have run 33 programmes with 1,078 participants and 16 specific Back to Netball Programmes with 228 participants across the county.

The main reasons for the success are the low commitment levels – drop in and play – so it fits around a participant's lifestyle and the link with a local club. It's helped clubs to grow their members and new teams have also sprung up in the Boston, Grantham, Lincoln and Skegness Leagues. Some have also taken coaching and umpiring qualifications.

Another success has been the Netball Now programme. This was originally designed as a summer top up activity when the leagues are on a break. It has worked in the more remote areas where there are no qualified coaches and sessions have run in Gainsborough, Sutton Bridge and Grantham at Grantham Tennis Club as an additional activity for members.

## **2. Lincs Ladies Running and Fitness group (Bourne)**

Sam Scales set the group up in September 2015 after she wanted to run but not on her own. Around 30 women turned up for the first run and now there are almost 650. There's now a team of volunteers who help to run several groups that are split to cater for everyone.

Their motto is no one is ever left behind and they have used a number of programmes such as couch2 5K to make sure that everyone is supported along their running journey. The club is so inclusive that they have even set up a walking group for those who can't run.

The club is now moving towards becoming an affiliated club to provide their members with even more benefits; coaching, insurance and reduced fees for example.

Lincs Ladies has changed the lives of many of its members who are now a familiar site around Bourne in their new running kits.

## **3. Lincoln Parkrun (Lincoln)**

Lincoln Parkrun began in 2013, and by the time of the Sports Awards in November will have delivered 200 free 5k events. Parkrun is inclusive of all levels of fitness, with finishers ranging from regular runners, to those who have never taken part in running before or have lapsed from all forms of physical activity. The age spectrum of individuals involved ranges from children aged under five, to older adults aged sixty five plus. The popularity of Lincoln Parkrun continues to grow and the event now regularly attracts more than 400 individuals weekly.

It is surprising that such a simple concept can have made such an outstanding contribution to physical activity within the Lincoln area. And much of this down to the army of volunteers who give their time week in-week out, timing, directing and encouraging runners around the course. They've helped to create a supportive community for individuals to engage in physical activity and with an emphasis of the social benefits of physical activity participation.

**Sports Club of the Year – sponsored by Firstaid4sport Ltd**

## **1. Fenland Netball club (Grantham)**

Fenland Netball Club is a Silver CAPs accredited Community Club with 72 affiliated members and more than 50 casual members. The club offers programmes to suit all ages and abilities.

This includes teams in all age group categories in the county league in the 2016/17 season; the development of a local league with 11 teams; and Back to Netball festivals and programmes which has grown the membership significantly.

Highlights of the season include the Back to Netball festival where the team finished in the top three in all events and finished in silver position overall and the relaunching of the Grantham League to grow participation further.

Long-term development is key to the club and they have an active workforce development programme. This year they have added three new coaches, two new umpires and two Walking Netball Hosts.

The club has also grown its youth element through an after school club at the Priory Ruskin Academy with 30 attending regularly. They've also set up an evening session with Positive Futures working with girls who would not normally have the confidence to do a sport.

## **2. Lindum Hockey club (Lincoln)**

Since its merger, the club has gone from strength to strength. At the start of the 2016 season, it had 820 players which puts it in the top 10 in the UK for hockey participation.

By the end of the season, this had soared to almost 1,300 thanks to links with 30 local schools and sessions for everyone. At primary schools, it used the quicksticks programme to deliver hockey to more than 3,000 children in school time and 420 after school. This has translated into 120 children attending sessions on a Saturday morning. Four of the junior players are in trials at U16 & U18.

Hockey is now played in more primary schools across the City of Lincoln with Lindum HC using the EH initiative quicksticks, this has seen the club school link programme deliver to over 3000 children during the academic year with 420 children accessing after school club delivery.

## **3. Bracebridge Heath Cricket club (Bracebridge Heath, near Lincoln)**

This is one of the most successful clubs in the county: Champions of the top Lincolnshire League; top of the ECB Premier League 10 times in the last 15 years; and they have won the Albion Cup 14 times since 1998.

The club is run by a great team of volunteers covering all duties such as maintaining the ground, providing teas, running the junior section and its weekly summer coaching nights, looking after the pavilion and helping out at fund-raising events.

Over the last five years, the club has re-established and much improved its junior section. It now runs seven teams in the Lincoln Youth League from U9 through to U17. To attract even more juniors, the coaches have gone into the local village school to give cricket coaching sessions.

For younger children, the club is now part of the new ECB initiative of the "All Stars" cricket which is aimed at 5 – 8 year olds. It has attracted 40 youngsters who have met every Sunday morning from 21 May until end of July.

At the Gala Day on 28 May 2017, the club unveiled their refurbished pavilion which was paid for by a huge fundraising effort which also paid for new equipment.

## **Sports Department of the Year (Secondary, HE/FE) Sponsored by Lincoln City Football club**

### **1. Carre's Grammar School PE and Community Sport Department (Sleaford)**

Activity levels and participation in extra-curricular activities is outstanding at the school and contributes to the high levels of success their sports teams and their performers' experiences. They are county champions in many sports and at different age groups: U12, U14 & U18 football; U14 rugby 7s; all basketball age groups; and U13 cricket.

Unsurprisingly they have international performers in athletics, triathlon, golf (among other sports), in addition to numerous county & national level performers. The school also supports the students to success by organising sports tours in rugby, football and basketball.

The PE department's staff all give an hour per week to 22 primary schools to raise teacher expertise and provide high-quality PE to their learners.

## **2. Activities Department, University of Lincoln Students' Union**

During the 2016/17 academic year, more than 5,000 students took part in activities under the campaign "We Are Lincoln Community #wearelincoln.

Everyone was catered for, from the Play and our Give it a Go programme called Participate to Perform which is dedicated to supporting the elite level. Elite success has included Kofukan Karate, competing internationally and winning gold and bronze in both team and individual events. The women's rugby union team and the athletics track/field both reached the BUCS cup final. In February, Lincoln hosted, and were named victors, of the Varsity cup for the first time ever against Hull. Hundreds of students and locals came to watch over 90 fixtures including football, tennis, wheelchair basketball, equestrian and more.

Much of the success has been down to instilling a culture within the teams of commitment, respect, inclusion, dedication and engagement to inspire students to participate and be physically active as part of their student experience as well as imbedding an ethos of members achieving excellence, whether this is on or off the pitch.

A new initiative called SPOTS (Science Practitioners of Team Sports) was introduced whereby seven teams and seven sport students worked together to give the students opportunities to apply their knowledge whilst developing and providing extra development for clubs. Due to the success of SPOTS, the Union is implementing COTS (Coaching of Team Sports) this year.

## **3. Bishop Grosseteste University (Lincoln)**

The University has used its sponsorship of Lincoln City FC this year to help it meet several of its strategic themes – promotion of its new sports provision and wider community engagement to name just two. The university hosted a FA cup fixture and used it to launch their newly built Centre for Enhanced Learning and Teaching. The partnership has seen their website hits increased significantly during this phase and given the club national and international TV exposure with its message 'Study Sport at BGU' during the FA cup run on BBC TV .

The sports department have been innovating and delivered a variety of tangible outputs in a great year. Achievements include: a great partnership between students, BGU staff and professionals from Lincoln City FC; BGU becoming a partner in the varsity / charity Cathedral Cup games; a new BSc Sports Coaching Programme at BGU and new sports provision at partner colleges in Lincolnshire.

## **Sportsman of the Year – sponsored by University of Lincoln**

### **1. Jordan Philpott (Bowls)**

Having only taken the sport up three years ago, Jordan is currently a junior England international bowler both indoors and outdoors.

He won titles at both junior and senior level leading to an invitation to attend an England trial day for the under 25 national team. He got selected and has represented his country twice at indoor and will be making his outdoor debut in September.

Jordan lives for the sport and demonstrates high levels of determination to achieve his goals and play for his country.

## **2. Rob Hazelwood (Waterskiing)**

Robert has started his 2017 season fully fighting fit after coming back from his dislocated hip. He is combining the efforts of competing at the world level in his sport with studying at Lincoln College where he has just finished his second year L2 professional cookery course with a distinction.

The highlight of his year was becoming Junior World Champion in Slalom in Chile in January. He also picked up two bronze medals at the same championships, one in the Over All category and the other one in the team event. Three months later, he picked up silver in the Jump and Over All at the USA Masters and a bronze in tricks at the same event.

Alongside competing, Rob is also now a fully qualified international judge and he is helping to coach other members of the GB Junior Squad.

## **3. Adam Harrison (Table Tennis)**

Adam has had a very successful year. He has been selected to represent Team GB at the upcoming World University Games as part of a team of three. He has been signed in the British league for a team in the premier division who finished runners-up last year and are aiming to go one better with the signing of Adam.

His other notable successes include reaching the quarterfinals in the European University Championships in the team event and the men's doubles. He was also the British University Championships Men's singles runner up, the Nottingham Grand Prix band 1 winner and the Tipton Grand Prix men's open semi-finalist. He is currently ranked 18 senior in England.

## **Sportswoman of the Year – sponsored by Belvoir Lettings (Lincoln)**

### **1. Zoe Smith (Equestrian)**

At the age of 19, Zoe was selected as 1 of 7 riders for the U21 Great Britain squad for Holland. With her own yard and trainer, she produces horses that she moves through the ranks. At a competition in Belgium, she received two 1m 45 placings.

She also successfully completed the Advanced Apprenticeship in Sporting Excellence last year.

### **2. Nicole Wells (Sprint Kayak)**

Nicole achieved full colours at the University of Lincoln for the 16/17 academic year due to some stellar performances. She reached the semi-final at World University Championships in 2016 and was the national silver medalist in k4 500m distance. She also finished fifth in the K1 1,000m.

Nicole became female club champion at Lincoln Canoe Club for the third year running in 2016.

### **3. Megan Pepper (Rowing)**

Megan achieved a silver medal in the British Championships in a girls eight in 2016 and followed this up in 2017 with two bronze medals in the National Schools Regatta, one in a girls eight and one in the coxless fours.

## **Sports Volunteer of the Year – sponsored by Branston**

### **1. Nicola Hitchcock (Swimming, Grantham Swimming Club)**

Nicola plays a very active role within Grantham Swimming Club making sure that there are the officials that are needed to run ASA licensed events. Nicola puts many hours into

developing the club's pool of officials and she attends every gala the club hosts. She is also well-known within the club for being at a venue early so that she can assist with setting up and organising any equipment that might be required throughout the event. She is thorough, pro-active in her approach, and extremely well organised. Volunteer recruitment and management is a never-ending task and Nicola manages it with great ease.

Nicola also officiates at a high level and in 2017; her appointments included refereeing at the regional championships in Sheffield in May, the European Masters Championships in London in May and the British Para-Swimming International Meet.

## **2. Anne Sutton (Cricket) Heighington Bracebridge Heath Cricket club**

Anne's love for the game is demonstrated by the work she puts in to making BBHCC successful. Her role as secretary (for the past twenty years) is very time consuming, but she also finds time to be the first eleven scorer, helping out with the teas, baking (her apple crumble is renowned) and growing produce

Anne also keeps an eye on clubhouse maintenance and cleans when required, not to mention organising the club fun day attended by the club and local community.

## **3. Carol Fletcher (Netball) Lincoln**

Carol's role as umpiring secretary is extremely time consuming but she makes sure that the fixtures run efficiently and effectively, while at the same time supporting an increasing number of upcoming umpires to improve their skills.

In addition to umpiring, Carol is always on hand to encourage players and give them confidence. This is evidenced by the number of Back 2 Netball players who have started playing for a bit of fun, then with Carol's support as the team manager, have found the courage to play in the tournaments and sometimes the Lincoln Netball League. Women have developed a passion for the sport due to the encouragement and commitment of Carol.

As Chairperson, she provides a consistency within the club, supporting and guiding the progress of the club, and supports the growth and development of younger volunteers.

## **The Michael Beard Coach of the Year Award – sponsored by Bishop Grosseteste University**

### **1. Dan Clarke (Golf Professional, Market Rasen Golf Club)**

Dan has been a great asset to the club's coaching team this year. He has the ability to bring his coaching skills to help all members and is able to analyse technical faults in a vast range of golfers due to his skills in tailoring his approach to suit his clients.

His work with the younger generation of golfers has been excellent. This year he organised and delivered a series of Tri -Golf sessions for 4-8 year olds in the community hall of Market Rasen which brought a lot of new players to the game. He also runs a junior golf roll up every Wednesday evening throughout the summer which is free of charge and open to everyone.

He also organised a series of coaching sessions called 'Tee For Two' which brought husbands, wives and partners closer together through playing golf. This helped people to improve and brought a more enjoyable social element to the club.

## **2. Maciej Rakowski (Head Coach at Grantham Swimming Club)**

As head coach of the club, Maciej has had a big impact on performance this year with 27 members qualifying for the regionals – winning 10 gold, 6 silver and 9 bronze medals. One swimmer was crowned the 13yr age group regional champion.

The club are also the county champions for the second year running, thanks to an impressive performance in the county champs, winning 66 gold, 58 silver and 47 bronze medals. Eight swimmers qualified at national level in summer 2017.

Maciej has improved relations between Grantham Swimming Club and the Meres Learn to Swim school. He has been pivotal in increasing the number of swimmers coming to the club from the school. He has also recently qualified as an Institute of Swimming (IOS) Tutor, which allows him to tutor other volunteers to become coaches and to impart his vast technical knowledge to others.

## **2. Lizzie Saywell (Netball coach, Lincoln City Netball Club)**

Lizzie has been a great asset to the club, making sessions fun but beneficial for all players. She coaches many different age groups to significant success this year:

- U14s qualified and played regional finals
- U16s qualified for regional finals
- U16s who finished the season at the national finals in April

She has been present at the major tournaments despite being diagnosed with glandular fever. Lizzie is also the chair of Lincoln City Netball Club who won Club of the Year for Lincolnshire in May.

Her efforts have not gone unnoticed by her peers who have nominated her as Young Volunteer of the Year for the England Netball Regional Golden Globes 2017.

## **3. Justin Revill (Tennis coach, David Lloyd Lincoln)**

Justin has worked at the club as a self-employed coach for over 10 years. He has worked primarily on the junior programme, coaching and supporting aspiring junior players. The club's performance programme, led by Justin, each year consistently produces numerous players representing Lincolnshire in all age categories.

For each of the past three years, his players have received tennis scholarships to American Universities: Andrew Ponder, Jacob Clarke and Edward Colclough.

He has worked as full time coach to professional player Daniel Cox since he came back to Lincolnshire two years ago. With the well documented financial difficulties for full time pro players, Justin has worked tirelessly to ensure Daniel has been able to continue his career, coaching and travelling extensively many times at his own cost.

## **Veteran Sportsperson of the Year – still available to sponsor**

### **1. Ian Urquhart (Swimming, Pentaqua Swimming Club, Lincoln)**

Ian had not trained or competed in over 28 years when he started lane swimming at Yarborough in early 2013 in a bid to lose weight and get fitter. By September 2013, he had joined Pentaqua and he was soon encouraged to enter Masters age group competitions. He now trains three times a week.

He won three golds at his first competition in Oct 2014 and over the last couple of years, he has entered various Open Masters competitions.

He has gone on to represent Lincolnshire in a number of Masters Meets and has won three golds and one silver in the 60+ category

Last year he competed in the European Championships in Aquatics Centre, London and recorded a 15th place in 200IM and 24th in 50M Breaststroke. He now holds three East Midlands records in the 60-64 age group: Short course - 100IM, Long course - 50Br and 200IM.

### **2. Bernie Fox (Jaguars Wheelchair Basketball Club, North Hykeham)**

Bernie only started playing the sport in his forties following his son having a motorbike accident and is now a dedicated player. Due to arthritis now in both knees, Bernie is classed as a 4.5 player.

He is a greatly experienced player and is one of the league's top scorers at the age of 75. His experience is greatly valued by the team who all hope that he has plenty of seasons with Jaguars ahead of him.

The team went onto be the fourth division regional winners in November 2016 with Bernie in the starting five for all matches and scoring 10 points a game.

Bernie now also coaches the Jaguar's 4th division team.

### **3. Ian Ferraby (Hockey)**

Ian has had a great year, achieving recognition at international level. He was selected for the European Championships Masters in the Netherlands in August and played in the England Hockey Masters Men's Over 40s in the Home Nations in May. Earlier in the year, he was England Over 40s' top goal scorer in Indoor World Cup in Germany.

Ian has worked hard on his fitness and skills to achieve the outstanding levels of performance required to compete at the top level.

## **Young Disabled Sportsperson of the Year – sponsored by Lincolnshire Showground**

### **1. Harvey Phillips (Swimming, Louth)**

Harvey was struck down with Meningitis when he was a few months old, which left him as an amputee through knees and right arm below elbow & left hand fingers & thumb.

Harvey, aged 12, has ambitions to swim for Team GB and is on the talent pathway with Swim England. He attends regional camps and competitions throughout the year. Harvey also swam at the Lincs ASA County Championships in January and February at Louth and Grantham, participating in several events, achieving personal best times.

In June 2017, he became junior national champion in his classification in 50m breaststroke, 100m freestyle and 150m ind medley events. Back in December, he became national champion at all his events, bar 50m backstroke at Manchester.

Harvey is an inspiration to his fellow swimmers and coaches at the club. He works so hard in training, always smiling and never complaining.

### **Florence England (Equestrian rider, Horncastle)**

During a complicated birth, the nerves supplying Flossie's movement and sensation to her right arm were severely damaged, leaving her with a permanent disability.

Only still 12 years old, she is competing in show jumping, usually against able-bodied riders, due to para show jumping still in its infancy. This year, despite a fall resulting in a head injury, she has managed to qualify for two national championships in August. She has also been well placed in the pony rider bronze league, East Midlands area. This is in addition to competing in the newly launched British Show jumping para league as a grade III junior rider. She also represents her school and Pony Club in show jumping competitions.

This year, she also qualified for British Show jumping's Stepping Stones Championship which is an able bodies competition.

### **3. Leah Hall (Ice Skating, Sleaford)**

Always keen on sport, Leah's life changed when she developed sudden, severe Juvenile Idiopathic Arthritis (Polyarticular) in April 2016. She was practically paralysed for months, with frequent relapses during treatment. To have regained enough movement to skate was amazing as specialists told her she would not compete again.

In April this year she defied the odds and won a silver award at British Inclusive Skating Championships. Five months before the competition, Leah was stuck in a wheelchair and it took enormous determination and drive to reach competition standard.

## **Young Sports Volunteer of the Year – sponsored by Bridge McFarland Solicitors**

### **1. Cassie Overton (Positive Futures in Boston)**

Cassie has been involved with the Positive Future's project nearly 6 years, starting as a 9 year old attending dance sessions .

During the past 12 months, Cassie has attended nearly 100 sessions and has started to share her enthusiasm with the rest of her peer group. This has led her to develop her role with Positive Futures and has become a Young Person Ambassador for the newly developed MYPB app, a reward app that young people can use to collect points for attending Positive Futures sessions in their local community.

She has helped to sell the app to young people in Boston by explaining the benefits and helping them to log in. She also helped the Positive Futures staff with to produce a leaflet to advertise the app.

### **2. Bradley Bullas (Louth Tennis and Sports Centre)**

There isn't a job at the club that Bradley won't do to help it flourish. He helps out with taking bookings behind the desk, stringing (after having completed the UKRSA course this year), coaching (about to book on his level 2 course), umpiring mini match plays, stock taking and helps in the club shop. All this after only having taken up the sport three years ago.

Bradley is quite the salesman on and off the court; persuading members and new members alike to join squads and socials, as well as ensuring they have the correct equipment. He also plays, competing in the 18&U AEGON team and men's doubles teams.

### **3. Imogen Leahy (Yarborough Target Shooting Club, Lincoln)**

Imogen is a founder member of the club and is an accomplished shooter herself. She uses her skills to instruct other members and helps new members feel at home at the club.

She has a number of roles at the club. Not only is she the assistant treasurer collecting the weekly subs, but she puts up and takes down the range. Imogen very rarely misses a week and if she does, it is usually through another volunteering commitment.

Imogen also supported the county development team at the Countryside Sports Day at Riseholme Campus where she looked after a group of eight participants. She is extremely reliable and worked at the event for the last four years.

In addition to her volunteering at the club and the county she also finds time to help at Riding for the Disabled and is a Young Leader at the Lincoln 3rd Brownie unit.

## **Young Sportsman of the Year – sponsored by Chestnut Homes**

### **1. Matthew Broughton (Swimming, Saxilby)**

Since his coach's return to Lincoln, Matt has gone from strength to strength to become County and Regional Champion in breaststroke. He has also been selected for the British Champs this year in nine events and two in the summer nationals.

He is the current age group champion for Lincolnshire and in May, he won a gold at the East Midlands Champs. He has competed at the highest levels for his age group and excelled in particular in the middle distance and IM discipline.

All this has been down to the tremendous effort that Matt has put into his training. He trains 8/9 times per week and always listens to his coach to achieve the best that he can. Matt is also a good team member and encourages his fellow teammates. He continues to excel at school and aspires to become a sports physiotherapist.

### **2. Ethan Steel (Judo, Friskney)**

Ethan has proved to be an adept and willing student, always willing to learn and adopt new techniques to further improve, for such a young man he shows a remarkable maturity and helps to pass on his knowledge to both younger and older members of his local club. His attitude is exemplary as is approach to training, regularly doing extra sessions with his coaches, who are more than willing to support him, as are his parents.

His recent key achievements include winning the Bushido Za-zen national tournament November 2016, winning the all-British schools championship April 2017 and being picked for the GB Junior Judo squad April 2017.

### **3. Dara Clarke (Swimming, Branston)**

Dara's commitment to swimming has seen him up early mornings often at 3.30am to attend the Beacon Programme in Nottingham. His dedication and commitment cannot be faulted, training a minimum of 17 hours a week. He is an athlete who never misses training and has complete respect for his coaches and the club which he is immensely proud to represent. He is often called upon to represent Lincolnshire at regional events.

His key achievements include qualifying for the 200 back and 1500 freestyle (only top 24 in uk) and competing in the National Swimming Championships in July 2016

He is the only swimmer from Lincolnshire selected for the Beacon Programme Sept 2016-July 2017.

## **Young Sportswoman of the Year – sponsored by Ambitions Personnel**

### **1. Georgina Adam (Athletics, Lincoln Wellington Athletics Club)**

Georgina is a dedicated and determined U20 athlete specialising in sprinting, most notably 200m. Her achievements year on year have progressed her through district, county, regional and twice international competitions.

This year has been Georgina's first year in the U20 category and she is competing against individuals receiving high level coaching at universities. She has relished every opportunity to compete for her club, school, district and county at 100m, 200m and relay both indoor and outdoor all season.

This year so far, she has become northern indoor U20 200m bronze medallist, northern Senior 200m gold medallist and national England Athletics U20 200m bronze medallist. She qualified for the U20 English Schools Track and Field Championships but was unable to take part as she was selected to represent team England at the Commonwealth Youth Games in the Bahamas for 200m and 4x100m relay. To date Georgina has ran her first round of the 200m and won her heat by nearly 1 second.

### **2. Nesta Baxter (Kickboxing, Boston)**

Nesta Baxter is a 17-year-old WAKO kickboxing athlete competing in two disciplines in her sport: Point Fighting and Light Continuous Kickboxing. She puts in 10 hours training every week whilst at the same time studying for her A Levels and still finds time to volunteer at her local club in Boston.

She began kickboxing at the age of four and has recently been selected for the Great Britain Team for the fifth year in a row. Her selection came after winning two British National titles in both of her divisions in February in Junior Girls (16-18yrs) - 60kg Point Fighting and in the Junior Girls (16-18yrs) - 60kg Light Continuous.

This year Nesta will represent her country at the WAKO Junior European Kickboxing Championships in Macedonia in September where she hopes to retain her European Title from two years ago. Throughout this year Nesta has travelled across the country and across Europe to many different events to represent her local club, Evolution Martial Arts in Boston, Lincolnshire and Team GB. In December of 2016 Nesta graded in her Senior 2nd Dan Black Belt and was successfully awarded this grade a big achievement for only a 16 year old at the time.

### **Darcie Proud (Table Tennis, Skegness)**

The focus of Darcie's season has been to get international experience, especially in Europe. She's achieved this, having played in four Internationals which has included being selected to represent England in the Cadet 6 Nations in Holland this June. Her major victories this season include a win against the World Number 33 in Spain in the Spanish Youth Open in May and a win against the Swedish Under 18 number 1 in the Safirs International in Sweden in March.

Darcie also won a team bronze medal in her England debut at the Cadet 6 Nations and a doubles bronze medal in the Zagreb Open in April. This international experience has been

vital this season as it has established Darcie as a key player in the England Squad and has boosted her confidence no end.

