



Motherwell Athletics Club

MAC RR Prizes 2009

Club Championship

1st	Graeme Kennedy	1st	Jo Clark
2nd	Benny Hands	2nd	Phyllis Hands
3rd	Robert Owen	3rd	Elaine Jamieson

Cross Country Championship

1st	Alan Tait	1st	Jo Clark
2nd	Benny Hands	2nd	Phyllis Hands
3rd	Michael Wedlock	3rd	Elaine Jamieson

Track Championship

1st	Baver Bari	1st	Laura McTavish
2nd	Benny Hands	2nd	Lesley Ross
3rd	John Hughes	3rd	Phyllis Hands

Time Trial Championship

1st	Nick Hughes	1st	Catherine Wotherspoon
2nd	Benny Hands	2nd	Mae Mclsaac
3rd	Jim Tracey	3rd	Pat Allen

League 1

1st	Graeme Kennedy
2nd	Benny Hands
3rd	John Hughes

League 2

1st	Nick hughes
2nd	Robert Owen
3rd	Jo cLark

League 3

1st	Phyllis Hands
2nd	Elaine Jamieson
3rd	Mae Mclsaac

League 4

1st	Jane Wedlock
2nd	Jill Logan
3rd	Elizabeth Martin

League 5

1st	Pat Allen
2nd	Lesanne Cherry
3rd	Catherine Wotherspoon

Most improved (Simpson Trophy)

Award for a series of outstanding performances

Award for contribution to the club (John Waddell Trophy)

Award for contribution to the club (Jessie Hill Memorial Trophy)

Award for Determination (Paul Gray Memorial Trophy)

Nick Hughes
Jo Clark
Carol Ferguson
John Hughes
Peter Knudsen