

# Merseyside County AA

## Best Performance Trophy Winners <sup>1</sup>

### Blair Trophy for male athletes

### Pat Green Trophy for female athletes

<b>2023</b>	Jonny Mellor	Marathon	Liverpool H & AC	<b>2023</b>	Katarina Johnson-Thompson	Heptathlon	Liverpool H & AC
<b>2022</b>	Jonny Mellor	Marathon	Liverpool H & AC	<b>2022</b>	Katarina Johnson-Thompson	Heptathlon	Liverpool H & AC
<b>2021</b>	Jonny Mellor	Marathon	Liverpool H & AC	<b>2021</b>	Katarina Johnson-Thompson	Heptathlon	Liverpool H & AC
<b>2020</b>	No Award – Covid			<b>2020</b>	No Award – Covid		
<b>2019</b>	Jamie Webb	800m	Liverpool H & AC	<b>2019</b>	Katarina Johnson-Thompson	Heptathlon	Liverpool H & AC
<b>2018</b>	Jamie Webb	800m	Liverpool H & AC	<b>2018</b>	Katarina Johnson-Thompson	Combined Events	Liverpool H & AC
<b>2017</b>	Jonny Mellor	Marathon	Liverpool H & AC	<b>2017</b>	Anyika Onuora	400m	Liverpool H & AC
<b>2016</b>	Jamie Webb	800m	Liverpool H & AC	<b>2016</b>	Anyika Onuora	400m	Liverpool H & AC
<b>2015</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2015</b>	Katarina Johnson-Thompson	High & Long Jump	Liverpool H & AC
<b>2014</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2014</b>	Katarina Johnson-Thompson	Heptathlon	Liverpool H & AC
<b>2013</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2013</b>	Anyika Onuora	100m	Liverpool H & AC
<b>2012</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2012</b>	Anyika Onuora	100m	Liverpool H & AC
<b>2011</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2011</b>	Anyika Onuora	100m	Liverpool H & AC
<b>2010</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2010</b>	Vicky Griffiths	800m	Liverpool H & AC
<b>2009</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2009</b>	Vicky Griffiths	800m	Liverpool H & AC
<b>2008</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2008</b>	Vicky Griffiths	800m	Liverpool H & AC
<b>2007</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2007</b>			
<b>2006</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2006</b>	Anyika Onuora	100m	Liverpool H & AC
<b>2005</b>	Michael Rimmer	800m	L'pool Pembroke & Sefton H & AC	<b>2005</b>	Diane Allahgreen	100m Hurdles	Trafford AC
<b>2004</b>	Phil McGlory	Cross Country	Liverpool H & AC	<b>2004</b>	Diane Allahgreen	100m Hurdles	Trafford AC
<b>2003</b>	Kevin Thompson	Triple Jump	Liverpool H & AC	<b>2003</b>	Diane Allahgreen	100m Hurdles	Trafford AC
<b>2002</b>	Danny Graham	High Jump	Liverpool H & AC	<b>2002</b>	Diane Allahgreen	100m Hurdles	Trafford AC
<b>2001</b>	Danny Graham	High Jump	Liverpool H & AC	<b>2001</b>	Diane Allahgreen	100m Hurdles	Trafford AC

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<b>2000</b>	Steve Smith	High Jump	Liverpool H & AC	<b>2000</b>	Diane Allahgreen	100m Hurdles	Liverpool H & AC
<b>1999</b>	Steve Smith	High Jump	Liverpool H & AC	<b>1999</b>	Diane Allahgreen	100m Hurdles	Liverpool H & AC
<b>1998</b>	Steve Garland	Decathlon	L'pool Pembroke H & AC	<b>1998</b>	Diane Allahgreen	60m Hurdles	Liverpool H & AC
<b>1997</b>	Steve Smith	High Jump	Liverpool H & AC	<b>1997</b>	Diane Allahgreen	100m Hurdles	Liverpool H & AC
<b>1996</b>				<b>1996</b>			
<b>1995</b>	Steve Smith	High Jump	Liverpool H & AC	<b>1995</b>	Diane Allahgreen	100m Hurdles	Liverpool H & AC
<b>1994</b>	Rob Laing	Decathlon	Liverpool H & AC				
<b>1993</b>	Steve Smith	High Jump	Liverpool H & AC				
	Steve Smith	High Jump	Liverpool H & AC				
<b>1992</b>	Curtis Robb	800m	Liverpool H & AC				
<b>1991</b>	Martin McLoughlin	5K	Liverpool Pembroke				
<b>1990</b>	Martin McLoughlin	10K	Liverpool Pembroke				
<b>1989</b>	Alex Kruger	110m Hurdles	Liverpool Pembroke				
<b>1988</b>	Alex Kruger	Decathlon	Liverpool Pembroke				
<b>1987</b>	Martin McLoughlin	10 Miles	Liverpool Pembroke				
<b>1986</b>	Kevin Capper	3K S/chase	Liverpool H & AC				
<b>1985</b>	Dave Murphy	5K	Liverpool H & AC				
<b>1984</b>	Alex Kruger	High Jump	Liverpool Pembroke				
<b>1983</b>	Geoff Smith	10K	Liverpool H & AC				
<b>1982</b>	John Woods	5K	Liverpool H & AC				
<b>1981</b>	Geoff Smith	Middle Dist	Liverpool H & AC				
<b>1980</b>	Geoff Smith	Middle Dist	Liverpool H & AC				
<b>1979</b>	Geoff Smith	Middle Dist	Liverpool H & AC				

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1978	Geoff Smith	Middle Dist	Liverpool H & AC			
1977	Sean Butler	2K S/chase	Liverpool H & AC			
	Tony Baker	Javelin	Liverpool H & AC			
1976	Jeff Brooks	Javelin	Southport AC			
1975	Bill Hartley	400m Hurdles	Liverpool H & AC			
1974	Bill Hartley	400m Hurdles	Liverpool H & AC			
1973	Bill Hartley	400m Hurdles	Liverpool H & AC			
1972	Bill Hartley	400m Hurdles	Liverpool H & AC			
1971	Brian Green	100m	Pilkington Rec			
1970	Brian Green	100m	Pilkington Rec			
1969	Barrie Williams	Hammer	Liverpool H & AC			
1968	Geoff Hignett	Long Jump	Liverpool Pembroke			
	Philip Aylward	120 Yds Hurdles	Waterloo Harriers			
1967						
1966	Mike Turner	Cross Country	Liverpool H & AC			
1965	Mike Turner	Cross Country	Liverpool H & AC			
1964	Mike Turner	Cross Country	Liverpool H & AC			
1963	Mike Turner	Cross Country	Liverpool H & AC			
1962	Ken Wilcock	440 yds	Sutton Harriers			
1961	Ken Wilcock	440 yds	Sutton Harriers			
1960	Tom Farrell	880 yds	Liverpool H & AC			
1959	Martin Heath	Mile	Merchant Taylors'			
1958	Ken Wilcock	880 yds	Sutton Harriers			

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1957	Tom Farrell	440 yds Hurdles	Liverpool H & AC				
1956	Tom Farrell	440 yd Hurdles	Liverpool H & AC				
1955	Tom Farrell	440 yd Hurdles	Liverpool H & AC				
1954	Jim Railton	100 yds	Liverpool Pembroke				
1953	Ron Davies	Cross Country	Liverpool H & AC				
1952	Len Platt	Long Jump	Wallasey AC				

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