



The Hammer Circle

The Association of
British Hammer Throwers
Founded 1952



THE PAULINE SPICK TROPHY

Pauline Spick was the Warden at Grendon Hall offering the Hammer Circle support in the organisation of its annual reunions from 1981 to her retirement in 1991. Pauline returned to Grendon every year up to 2003 to award an individual trophy to the most improved female thrower.

In 2006, The Hammer Circle provided an annual trophy to be presented at the reunion for the thrower who has made the most improvement, by distance. In accordance with Pauline's wishes, this award was restricted to U17 or U20 throwers. To recognise the high standard of young women's throwing it was agreed at the 2009 AGM that only distances greater than 40m would be considered.

In 2014 the U17 girls hammer weight changed from a 4kg to a 3kg forcing another change the criteria for this award. From 2015 this award will mirror the men's Sedykh Programme and be awarded to the female member who has made the most improvement, by distance, over 50m with the 4kg hammer.



WINNERS

1992	Diane Holden	2008	Helen Broadbridge
1993	Anne Gardner	2009	Megan Thomas
1994	Anne Gardner	2010	Stephanie Hendy
1995	Sarah Moore	2011	Abbi Carter
1996	Lyndsey Jones	2012	Kayleigh Presswell
1997	Rachael Beverley	2013	Annabelle Palmer
1998	Vicci Scott	2014	Holly Rodgers
1999	Vicci Scott	2015	Maggie Okul
2000	Helen Taylor	2016	Katie Lambert
2001	Shirley Webb	2017	Anna Purchase
2002	Shirley Webb	2018	Tara Simpson-Sullivan
2003	Sarah Holt	2019	Charlotte Williams
2004	Sarah Holt	2020	Not Awarded
2005	Lucy Tattersall	2021	Tara Simpson-Sullivan
2006	Victoria Thomas	2022	Charlotte Payne
2007	Sophie Hitchon		