

# **ATHLETE OF THE YEAR**

*“MOST IMPROVED FEMALE”*

**\* 2016 \***

*presented by*

**GREYHOUNDS MASTERS T&F CLUB**



*to*

**VALERIE SCOTT**

***Improved all 4 of her events from 2015 to 2016***

*100m from 17.20 to **16.31 seconds***

*200m from 34.71 to **34.44 seconds***

*400m from 1:20.82 to **1:20.39***

*Javelin throw from 18.80m to **19.73m***