

ATHLETE OF THE YEAR
“MOST IMPROVED MALE”
*** 2016 ***

presented by

GREYHOUNDS MASTERS T&F CLUB



to

DAVID DICKEY

*100M from 15.19 to **15.15 second***

*200M from 31.94 to **31.38 seconds***

*Long Jump from **3.95m to 4.13m***

*100m Hurdles from 20.34 to **19.48 seconds***

(improved his hurdles 4 different times)

*Pole Vault (first year) 1.70m to **1.90m***