

Sports Personality of the Year – Example Nomination

'This prestigious award will be given to the sportsman or woman who has displayed an outstanding level of achievement over the last year either as an individual or as part of a team and is competing at a consistently high level in their chosen sport. Supporting evidence must clearly specify their level of achievement and give an indication of where the nominee is ranked in their sport. Non-playing coaches or management are not eligible. Information on the person's character and any additional activity such as coaching and being an ambassador will be taken into account.'

How to sum up Geoff Capes in 300 words...a multi-disciplined thrower who seems to excel in whatever he picks up, in his preferred discipline (shot put) Geoff is currently ranked 4th at Senior Level and 1st at U-23 nationally. Silver medals at both the indoor and outdoor British Universities Championships and a Bronze in the British Indoor Championships are stand out moments in his outstanding season. Throwing over 17m 8 times, winning 10 out of 13 competitions and medalling in all (10 gold, 2 silver, 1 bronze), he is the worthy reigning indoor South of England Champion for the second year in a row. His only negative feature is his irritating ability to be world class in at anything he tries, medalling in 1 of 2 entered discuss competitions (the second plagued by injury mid-comp) and both Hammer entries.

The only time in the last 2 years that Geoff has dropped below a 16m throw had been as a result of an injury. Slicing his throwing hand open and doing serious nerve damage, Geoff acted like a true champion and met the adversity mid-season by teaching himself to throw left handed. He entered 6 competitions in this stage of his season...coming in the top 3 every time.

A multi-faceted student-athlete, Geoff balances competing and full time master's study but doesn't stop at representing us superbly on the sporting stage. A credit to his sport and this department, he is arguably our finest scholar ambassador, standing for the values of both our scholarship programme and the department all whilst being a remarkably charismatic, personable and the definition of a true young leader. Passionate to a fault for his sport, he volunteers his own time to coach our Athletics Club and young budding shot putters in the community! His infectious personality galvanises all it touches and he was a key feature in bringing the scholars and athletics club members together in forming one almighty Panthers Athletics Squad, which saw our best National season to date. He is even well known for his keenness to quite literally 'be a Panther' by wearing our mascot costume Panther Pete!

Commented [BG1]: Strong opener which sings the nominee praises but backs it up with performance evidence

Commented [BG2]: How does BUCS competition compare to senior competition? You can't be sure the panel will know what 'BUCS' is.

Commented [BG3]: Good evidence but if you aren't a shot putter it is tricky to know how good this is, it would have been good to include the 'average' person's throw for reference

Commented [BG4]: Hopefully this claim is correct...it wouldn't be hard to check!

Commented [BG5]: Context was important here in explaining a 'dip in performance, while many would be proud of those results they only represent real success for Geoff when you understand what he had to overcome to get there

Commented [BG6]: A good nod to 'consistency' but would have been even better if the wording of the criteria was used!

Commented [BG7]: While indubitably a community focus is something you may normally expect to see in a Sports Personality nomination, the author hasn't given it a big focus as it isn't one of the main criteria

Commented [BG8]: Here his personality is more relevant as it affected the team

Commented [BG9]: An okay sign off with a nod to 'personality' but the author could have included a subtle reference to Geoff's medal haul here to underline one of the nominations main points