

*2004 T.A.A.F. Female Athlete of the Year*



**Ashley Isham**

*Cedar Park, Texas*

**2000 – 2004 Competed and qualified at T.A.A.F. Region 3 Meets for T.A.A.F. Games of Texas**

**2000 T.A.A.F. Games of Texas –1600 meter run – Silver Medal**

**2000 T.A.A.F. Games of Texas – 800 meter run – Ninth Place**

**2000 Competed in Amateur Athletics Union (AAU) Jr. Olympic Nationals– 1500 meter Run and AAU Cross Country Nationals**

**2001 T.A.A.F. Games of Texas – 1600 meter run – Fourth Place**

**2001 T.A.A.F. Games of Texas – 800 meter run – Sixth Place**

**2001 AAU Cross Country Nationals - medalled**

**2002 T.A.A.F. Games of Texas – 800 meter run, 1600 meter run**

**2002 AAU Junior Olympic Nationals – 3000 meter – medalled**

**2002 Competed in USATF Cross country Nationals**

**2003 AAU Cross Country Nationals – Medalled**

**2003 Set Texas state age group record – 11-12 year in 5 K run**

**2004 T.A.A.F. Games of Texas – 1600 meter run – Set record 5:27.09 – Gold Medal**

**2004 T.A.A.F. Games of Texas – 3200 meter run – Set record 11:52.17 – Gold Medal**

**2004 Competed at AAU Jr. Olympic Nationals – 1500 meters; 3000 meters**

**2004 Set Texas state age group records –11-12 year in 5 K run –breaking her previous record**

**“A” Honor Roll student, participates in school choir, former Girl Scout**

**Selected 2004 T.A.A.F. State Female Athlete of the Year**