

# Awards 2015

## Standard Awards

### Club

Aaron Donohoe  
Becky Cummings  
Friederike Schoeps  
Adrian Quarry  
Carole Watts  
Gemma Greenwood  
Cindy Taylor Carter  
Grace Dial  
Ian Bell  
Helen Deardon  
Joanna Knox Weerasinghe  
Ian Williams  
Helen Etherington  
Juliet Romain  
James Adams  
Helena Rozman  
Lesley Baker  
James Shea  
Lisa Chapple  
Michelle Fadden  
Matt Curtis  
Mira Tysoe  
Nadia Harris  
Nick Williams  
Niki Jones  
Rebecca Pinney  
Paul Coombes  
Sally Ingram  
Shirley McDonagh  
Robert Jones  
Sheila Humphries  
Stephen James

### Tin

Angela Sloan  
Anne Adamson  
Claire Adamson  
George Murphy  
Sue Pycroft  
Ray Cooke  
Susan Johnston

### Most Improved Runners

Ian Joyce  
Jenny King

### Copper

Andrew Baylis  
Deborah Allen  
David Elliott  
Fiona Emmingham  
Matt Bowmer  
Lindsay Carter  
Russell Cartwright

### Bronze

Jenny King  
Craig Watt

### Silver

Charlie Hempstead  
Elaine Reynolds  
David Cox  
Larry Corkrey  
Rupert Howton  
Simon King

### Gold

Chris Capps  
Ian Joyce

### Platinum

Gary Finch

### Diamond

Kevin Shelton-Smith  
Neil Lovesey

## Cake Awards

### 200 to 300 miles:

Tony Barnes  
Carrie Traill  
Richard Baldock  
Stuart Trevallion  
Noel Jones  
Dean Newman  
Kevin Shelton-Smith  
Richard Beard  
Caroline Diggle

### Over 300 miles

Ian Hammett  
Mark Tinkler  
James Adams

### Over 400 miles

Ian Sturdgess  
Sarah Wanden

## Harriers who have run a marathon distance race this year

Laurence Abbott  
Renee Allen  
Jose Ariza  
Richard Baldock  
Iva Barr  
Paolo Basso  
Rebecca Baxter  
Richard Beard  
Ian Bell  
Mourad Ben Taieb  
Val Bird  
Matt Bowmer  
Lindsay Carter  
Caroline Clark  
David Course  
Becky Cummings  
Michelle Davis  
Amber Deardon  
Caroline Diggle  
David Elliot  
Fiona Emmingham  
Helen Etherington  
Gary Finch  
Mark Finn  
Chas Fisk  
Rebecca Fleckney  
Lawrence Folley  
Lesley Gaunt  
Steve Gaunt  
Keith Gray  
Sally Gurney  
Ian Hammett  
John Harbour  
Jamie Hawthorn  
Lorena Henderson  
Adam Hills  
Rupert Howton  
Susan Johnston  
Sally Johnston  
Robert Jones  
Tasha Jones  
Noel Jones  
Sylvia Jones  
Simon King  
Jenny King  
Stuart Knight  
Eva Kovacs  
Keith Lakin  
Stephanie Lill  
Neil Loader  
Hazel Lodge  
Jenny Lovesey  
Kirstie Meeten  
Neca Louise Morrow  
Michael Munro  
Dean Newman  
Andrew Palombella  
Richard Piron  
Richard Pooley  
Jackie Popland

David Prior  
Mandy Pullinger  
Alan Rickhuss  
Jeanette Rinaldi  
Carla Rose-Hardman  
Helena Rozman  
Frederike Schoeps  
David Sharman  
Kevin Shelton-Smith  
Veronica Singleton Lawley  
Angela Sloan  
Juliet Smith  
Stuart Snelson  
Ian Sturdgess  
Mark Tinkler  
Stuart Trevallion  
Sarah Wanden  
Craig Watt  
Kevin Willett  
Nick Williams  
Kate Williams  
Ian Williams  
Marianne Williamson  
Rennette Wolvaardt  
Helen Woolley

## Harriers who have run an ultra distance

James Adams  
Richard Baldock  
Anne Barnicoat  
Richard Beard  
Fiona Emmingham  
Ian Hammett  
Adam Jones  
Noel Jones  
Dean Newman  
Rebecca Pinney  
David Prior  
Andy Sewell  
Ian Sturdgess  
Mark Tinkler  
Carrie Traill  
Stuart Trevallion  
Sarah Wanden  
Helen Woolley  
Kevin Shelton Smith

## Ironman distance triathletes

Bev Hayes  
Tony Parello  
Nicholas Beardow  
Ian Joyce  
Paul Coombes  
Juliet Smith  
Eva Kovacs

## Championship Races

<b>Pete Graham</b> 3-Counties XC, Wellingborough	3rd Man	<b>Bob Wells</b> Bournemouth Half Marathon	1st MV65	<b>Tony Barnes</b> Doug Anderson 5k Milton Keynes 10k Sandy 10 miles 3-Counties XC, Wellingborough	1st MV50 1st MV50 1st MV50 1st MV50	<b>Stuart Dare</b> Doug Anderson 5k 3-Counties XC, Wellingborough	2nd Man 1st MV35	<b>Kevin Willett</b> Doug Anderson 5k Milton Keynes 10k	1st Man 3rd Man
<b>Sally Cartwright</b> 3-Counties XC, Wellingborough	2nd Female	<b>Judy Prior</b> Bournemouth Half Marathon	1st FV65	<b>Neil Lovesey</b> Doug Anderson 5k Milton Keynes 10k Wolverton 5m 3-Counties XC, Wellingborough	1st MV60 1st MV60 1st MV60 1st MV60	<b>Christopher Dilley</b> Doug Anderson 5k 3-Counties XC, Wellingborough	3rd Man 2nd Man	<b>Steve Horton</b> Milton Keynes 10k 3-Counties XC, Wellingborough	1st Man 1st Man
<b>Sue Cross</b> 3-Counties XC, Wellingborough	1st FV50	<b>Andrew Robertson</b> Bournemouth Half Marathon	1st MV55	<b>Renette Wolvaardt</b> Wolverton 5m Bournemouth Half Marathon Berlin Marathon 2015	1st FV50 1st FV50 1st FV50	<b>Jack Chana</b> Sandy 10 miles 3-Counties XC, Wellingborough	1st MV65 1st MV65	<b>Danny Winn</b> Wolverton 5m Sandy 10 miles Bournemouth Half Marathon	2nd Man 2nd Man 1st Man
<b>Jim Hendry</b> Doug Anderson 5k	1st MV80	<b>Graham Horne</b> Bournemouth Half Marathon	1st MV50	<b>Andrew Palombella</b> Doug Anderson 5k Wolverton 5m Manchester Marathon	1st MV35 1st MV35 3rd Man	<b>Jackie Keenan</b> 5k 10k	1st FV65 1st FV65	<b>Gill Fullen</b> Doug Anderson 5k Milton Keynes 10k Sandy 10 miles	1st Female 1st Female 1st Female
<b>Ray Evans</b> Doug Anderson 5k	1st MV70	<b>Dean Newman</b> Bournemouth Half Marathon	1st MV45	<b>David Sharman</b> Milton Keynes 10k Sandy 10 miles London Marathon	1st MV35 1st MV35 1st MV35	<b>Chris Capps</b> Sandy 10 miles Bournemouth Half Marathon	1st MV55 1st MV60	<b>Juliet Smith</b> Sandy 10 miles Bournemouth Half Marathon 3-Counties XC, Wellingborough London Marathon	1st FV45 1st Female 1st FV45 1st FV45
<b>Dea Ditchfield</b> Doug Anderson 5k	1st FV45	<b>Fiona Emmingham</b> Bournemouth Half Marathon	1st FV40	<b>Nora Haggart</b> Doug Anderson 5k Sandy 10 miles 3-Counties XC, Wellingborough	1st FV55 3rd Female 3rd Female	<b>Val Bird</b> Sandy 10 miles London Marathon	1st FV65 1st FV65	<b>Kirstie Meeten</b> Doug Anderson 5k Wolverton 5m Milton Keynes 10k Sandy 10 miles London Marathon	3rd Female 1st Female 3rd Female 2nd Female 1st Female
<b>Ian Soaft</b> Wolverton 5m	1st MV65	<b>Paolo Basso</b> Bournemouth Half Marathon	1st MV40	<b>Paolo Basso</b> Doug Anderson 5k Milton Keynes 10k Bournemouth Half Marathon	1st MV40 1st MV40 2nd Man	<b>Sally Gurney</b> Doug Anderson 5k Edinburgh Marathon	1st FV40 1st FV40		
<b>Elaine McCulloch</b> Wolverton 5m	1st FV65	<b>Stella Bell</b> Bournemouth Half Marathon	1st FV35	<b>Renee Allen</b> Doug Anderson 5k Milton Keynes 10k London Marathon	2nd Female 2nd Female 3rd Female	<b>Samantha Baylis</b> 3-Counties XC, Wellingborough Wolverton 5m	1st FV40 1st FV40		
<b>Stuart Trevallion</b> Wolverton 5m	1st MV50	<b>David Elliott</b> 3-Counties XC, Wellingborough	1st MV40	<b>Veronica Singleton-Lawley</b> Wolverton 5m Milton Keynes 10k 3-Counties XC, Wellingborough	2nd Female 1st FV50 1st FV55	<b>Melissa Burrell</b> Doug Anderson 5k 3-Counties XC, Wellingborough	1st FV35 1st FV35		
<b>David Roberts</b> Wolverton 5m	1st MV45	<b>Iva Barr</b> London Marathon	1st FV85	<b>Jenny King</b> Sandy 10 miles Bournemouth Half Marathon Edinburgh Marathon	1st FV55 1st FV55 1st FV55	<b>Morris Dempster</b> Doug Anderson 5k Milton Keynes 10k	1st MV65 1st MV65		
<b>Sarah Wanden</b> Wolverton 5m	1st FV45	<b>David Prior</b> Brighton Marathon 2015	1st MV65	<b>Marianne Williamson</b> Bungay Marathon	2nd Female	<b>Sally Cartwright</b> Counties XC, Wellingborough	2nd Female		
<b>Stuart Snelson</b> Wolverton 5m	1st MV40	<b>Mark Tinkler</b> Amsterdam Marathon	1st MV55	<b>Adam Mills</b> Sandy 10 miles	1st Man	<b>Anna Folland</b> 3-Counties XC, Wellingborough	1st Female		
<b>Nicholas Beardow</b> Milton Keynes 10k	1st MV55	<b>Kevin Willett</b> Milton Keynes Marathon	1st MV50	<b>lan Hammett</b> Berlin Marathon 2015 Wolverton 5m	1st Man 1st Man				
<b>Phillip Jamieson</b> Sandy 10 miles	3rd Male	<b>Jamie Hawthorn</b> London Marathon	1st MV40						
<b>Gordon Lland</b> Sandy 10 miles	1st MV60	<b>Gary Finch</b> Wolverton 5m Doug Anderson 5k Milton Keynes 10k Sandy 10 miles 3-Counties XC, Wellingborough Edinburgh Marathon	3rd Man 1st MV45 1st MV45 1st MV45 1st MV45 1st MV45						
<b>Anne Hirst</b> Sandy 10 miles	1st FV50	<b>Kevin Shelton-Smith</b> Doug Anderson 5k Wolverton 5m 3-Counties XC, Wellingborough London Marathon	1st MV55 1st MV55 1st MV55 2nd Man						
<b>Nadia Harris</b> Sandy 10 miles	1st MV40	<b>Larry Corkery</b> Doug Anderson 5k Milton Keynes 10k Sandy 10 miles Bournemouth Half Marathon	1st MV75 1st MV75 1st MV75 1st MV75						
<b>Vittorio Paci</b> Sandy 10 miles	1st MV40								
<b>Joanne Smythe</b> Sandy 10 miles	1st FV35								
<b>Noelle Wolvaardt</b> Bournemouth Half Marathon	3rd Female								
<b>Mourad Ben-Taieb</b> Bournemouth Half Marathon	3rd Man								

## Road Race Championship

Men				wava
3rd	Kevin Willett	481.55	80.26	
2nd	Neil Lovesey	492.28	82.05	
1st	Kevin Shelton-Smith	505.12	84.19	
Ladies				wava
3rd	Jenny Lovesey	442.73	73.79	
2nd	Kirstie Meeten	467.61	77.93	
1st	Gill Fullen	547.56	91.26	

Club Man of the Year 2015  
Brian McCallen

Club Lady of the Year 2015  
Gill Fullen

## Special Awards For Notable Achievements

### Ian Hammett

The Wall Ultra, 1st Man, 9hrs 43mins 08secs

### James Adams

Last Annual Vol State Road Race, USA, 500k, 6 days 5 hrs 47

### Nicholas Beardow

Ironman World Championships, Kona, Hawaii, 12.32.57hrs

### Eva Kovacs

25 Ironman races

## Outstanding Performance Awards

### Nora Haggart

1st LV55, European Duathlon Championships, Standard Distance, Alcobendas, Spain

### Gill Fullen

1st LV50, Ironman 70.3 World Championships, Zell am See, Austria

1st LV50, ITU World Duathlon Championships, Standard Distance, Adelaide, Australia

Fastest FV50 British 5 miles time 2015, 28.55mins, Wellingborough 5

## Triathlon Awards

### Sprint Distance

**David Elliott** 1st Man

**Karen Robertson** 1st Lady

### Standard Distance

**Nicholas Beardow** 1st Man

**Sarah Janes** 1st Lady

### Middle Distance

**David Elliott** 1st Man

**Melissa Burrell** 1st Lady

### Most Improved Triathlete

David Elliott

### Greatest Contributor to Triathlon

Alastair Fadden

### Triathlete of the Year

Gill Fullen

## Club Best Times 2015

<b>Steve Horton</b>	<b>MV35</b>
Ickenham 5m	27.10
<b>Ian Hammett:</b>	<b>MV35</b>
Berlin Marathon	2.38.37
<b>Adam Mills</b>	<b>MV45</b>
Sandy 10	57.45
Hackney Half Marathon	1.15.31
Run Bedford 10k	34.39
<b>Kevin Shelton Smith</b>	<b>MV55</b>
London Marathon	2.51.42
Doug Anderson 5k	18.19
Brooklyn Half Marathon	1.21.34
<b>Neil Lovesey</b>	<b>MV 60</b>
Wardour Park 5k	19.14
Doug Anderson 5k	19.02
<b>Larry Corkery</b>	<b>MV75</b>
Sandy 10m	1.48.05
Leighton 10m	1.39.36
Fleetwood Half marathon	2.25.30
Bournemouth Half marathon	2.09.07
Doug Anderson 5k	28.54
MK 10k	60.21
Banbury 5m	46.59
Blisworth 5m	48.07
<b>Gill Fullen</b>	<b>LV50</b>
Doug Anderson 5k	17.47
Wellingboro 5m	28.55
MK Half marathon	1.22.41
Stanwick 10k	37.45
MK 10k	37.16
Sandy 10m	62.57
<b>Kirstie Meeten</b>	<b>LV35</b>
Reading Half Marathon	1.24.25
<b>Val Bird</b>	<b>LV 65</b>
London Marathon	5.12.24
<b>Cycling Time Trials</b>	
<b>Overall Lady</b>	
Gill Fullen	133.70
<b>Overall Men</b>	
Justin Burrell	59.20
<b>Veteran Men</b>	
Alastair Fadden	114.67
<b>Veteran Lady</b>	
Karen Robertson	155.66
<b>Overall Junior</b>	
Billy Fadden	108.65