

Awards 2016

Standard Awards

Club

Anna Rust
Beverley Jackson
Billy Fadden
Carla Whitmore
Fiona Bell
Graham Albans
Jason Lee
Johanna Haigh
John Elworthy
John Murphy
Jon Clark
Karen White
Keith Rapley
Matt Pycroft
Paul Sloan
Peter Fadden
Peter Graham
Sarah Davis

Sean Crawley
Steve Wallace
Steven Woods
Suzy Rounding
Tracey Thompson
Iain Stott

Tin

Michelle Fadden
Oliver Jones
Ray Cooke
Richard Woodward
Sarah Crawley
Susan Pack
Sylvia Jones

Copper

Adrian Quarry
Claire Adamson

Mark Keens
Sacha Trude
Samantha Marlton

Bronze

Dea Ditchfield
Kirsty Jones
Russell Cartwright
Tony Jones

Silver

Jeanette Cheetham
Laura Marsh
Matt Bowmer
Niki Jones

Gold

Renette Wolvaardt
Sally Gurney

Platinum

Danny Winn
Neil Loader
Stuart Dare

Coaches Awards

Group 1:

Donna Deane, Carole Watts

Group 2:

Karen White, Sacha Trude

Group 3:

Niki Pumphrey Jones,
Amanda Friman

Group 4:

Lucy Fensome, Karen Robertson

Group 5:

Mark Taggart

Group 6:

Sally Gurney, Andrew Robertson

Group 7:

Adam Hills

Group 8:

Kirstie Sharman, Chris Dilley

Most Improved Runners

Lady Susan Pack

Male Richard Wild

Harriers who have run a marathon distance race this year

Hazel Lodge
Deborah Allen
Lindsay Carter
Ian Hammett
Kirsty Jones
Adam Mills
Bev Tredget
Richard Beard
David Sharman
Hensman Stuart
Ian Sturdgess
Stuart Trevallion
Mark Tinkler
Richard Piron
Eva Kovacs
David Prior
Paul Stuart
Gill Fullen
Tony Cormano
Craig Watt
Nick Beardow
Rebecca Baxter
Stuart Trevallion
George Murphy
Ian Hammett
Kevin Shelton-Smith
Stuart Dare
Paul Furness
Kirsty Meeten
Anna Folland
Kevin Willett
Andrew Palombella
Adam Hills
Friederike Schoeps
Andrew Robertson
Stuart Snelson
Sally Johnston
Sally Gurney
Graham Albans
Richard Baldock

Chris Capps
Juliet Smith
Dea Ditchfield
Alex Rothwell
Anna Litchfield
Richard Pooley
Veronica Singleton-Lawley
Carrie Traill
Ian Simpson
Suzy Rounding
Fiona Emmingham
Dean Newman
Jacqueline Popland
Rebecca Pinney
Steve Ball
Hazel Lodge
Gail Hendersn
Sarah Parker
Lee Clarke
Caroline Medley
David Course
Vittorio Paci
Stephen James
Claudia Adam
Noel Jones
Robert Jones
Gordon Lland
Stuart Trevallion
Noel Jones
Carrie Traill
Richard Baldock
Jen Lovesey
Ella Snape
Susan Johnston
Neil Loader
Mark Tinkler
Jen Lovesey
Noel Jones
George Murphy
Stuart Knight
Oliver Jones
Mark Tinkler
Stuart Trevallion

Kirsty Jones
Dea Ditchfield
David Holt
Viv Kilgour
Bob Wells
Robert Jones
Kevin Willett
Chris Linney
Sally Johnston
Iain Stott
Robert Jones

Harriers who have run an ultra distance

Deborah Allen
Hazel Lodge
Lindsay Carter
Mark Tinkler
Ian Hammett
Richard Baldock
Ian Hammett
Andy Sewell
Stephen James
Ian Hammett
Andy Sewell
Kevin Shelton-Smith
Dean Newman
Ian Hammett
Ian Hammett
Kevin Shelton-Smith
Jon Clark
Gary Finch
Oliver Jones
Dean Newman
Juliet Smith
Kirsty Jones
Simon King
Mark Taggart
Noel Jones
Lindsay Carter
Hazel Lodge
Fiona Newman

Ironman distance triathletes

Nick Beardow
Gary Finch
Angie Kay
Bev Hayes
Steve Crane
Eva Kovacs
Jason Lee
Paul Stuart
Ian Joyce
Nick Beardow
Gary Finch
Tony Parello
Simon Fisher
Juliet Smith
Mark Lowe
Sean McGilligan
Angie Kay
Eva Kovacs

Cake Awards

Small cakes, 200 to 300 miles:
Lyndsey Carter 205.2
Gary Finch 211.71
Andy Sewell 227.5
Hazel Lodge 254
George Murphy 265.22
Mark Tinkler 278.21
Kirsty Jones 293.7

Medium cakes, (over 300 miles):
Sally Johnston 316.25
Kevin Shelton-Smith 323.85
Ian Sturdgess 360.55
Richard Beard 363.8

Large cakes, (over 400 miles)
Ian Hammett 452.05

Championship Races

2016

Adam Hills
Doug Anderson 5k 1st MV35

Bob Wells
Abingdon Marathon 1st MV70

Caroline Diggle
Blisworth 5 1st FV40

Charlie Palmer
3-Counties XC at Wing - 1st Man

Danny Winn
Doug Anderson 5k 2nd Man

David Course
3-Counties XC, Wing 1st MV35

David Elliott
Stanwick 10K 1st MV40

David Prior
Brighton Marathon 1st MV65

Elaine Gray
Rockingham 10 1st FV45

Gill Fullen
Boston Marathon 1st Lady

Helen Woolley
Stanwick 10K 1st FV40

Ian Soaft
Stanwick 10K 1st MV65

Ian Sturdgess
Rockingham 10 1st MV55

Jackie Keenan
Doug Anderson 5k 1st FV65

Jackie Popland
Stanwick 10K 1st FV60
London Marathon 1st FV60

Jeanette Cheetham
Stanwick 10K 1st FV50

Jim Hendry
Doug Anderson 5k 1st MV80

Jodi Henderson
Great Eastern Half Marathon 1st FV35

Val Bird
Blisworth 5 1st FV65

Lee Clarke
Stanwick 10K 1st MV35

Lesley Gaunt
Stanwick 10K 1st FV55

Linda Wilding
Great Eastern Half Marathon 1st FV65

Lindsay Carter
Stort 30 miles 3rd Lady

Mark Keens
Rockingham 10 1st MV40

Mark Tinkler
Amsterdam Marathon 1st MV55

Nicholas Beardow
Stanwick 10K 1st MV55

Norman Beckwith
Doug Anderson 5k 1st MV70

Richard Piron
Rotterdam Marathon 1st MV60

Renette Wolvaardt
Great Eastern Half Marathon 1st FV50

Robert Jones
New River Marathon N' Carolina 1st MV40

Sheila Humphries
Doug Anderson 5k 1st FV60

Dean Newman
Stanwick 10K 1st MV45

Paul Stuart
Grafman Middle Distance Tri 1st Man

Samantha Baylis
Box End Park Off Road Tri 1st Lady

Billy Fadden
Box End Park Off Road Tri 1st Man

Sacha Trude
Bedford Super Sprint Tri 1st Lady

Ian Joyce
Anglian Water Duathlon 1st Man

Dave Girling
Bedford Super Sprint Tri 1st Man

Adam Mills
3-Counties XC, Wing 3rd man
Paris Marathon 2nd man

Christopher Dille
Doug Anderson 5k 1st Man
3-Counties XC, Wing 2nd Man

Ian Hammett
Stort 30 1st Man
London Marathon 1st Man

David Sharman
Stanwick 10K 3rd Man
3-Counties XC, Wing MV40

Jon Clark
Stort 30 M3
Rockingham 10 MV50

Larry Corkrey
Stanwick 10K MV75
Blisworth 5 1st MV75

Juliet Smith
Stort 30 1st Lady
London Marathon 1st FV45

Neil Loader
Blisworth 5 1st MV45
Berlin Marathon 1st MV45

Neil Lovesey
Blisworth 5 1st MV60
Doug Anderson 5k 1st MV60

Tony Barnes
Stanwick 10K 1st MV50
Blisworth 5 1st MV50

Sean Crawley
Doug Anderson 5k 1st MV40
Great Eastern Half Marathon 1st MV40

Andrew Palombella
Stanwick 10K 2nd man
Blisworth 5 1st MV35
Great Eastern Half Marathon 1st MV35

Stuart Dare
Doug Anderson 5k 3rd man
Great Eastern Half Marathon 2nd man
London Marathon 1st MV35

Paul Furness
Doug Anderson 5k 1st MV50
Great Eastern Half Marathon 1st MV50
London Marathon 1st MV50

Laura Marsh
Doug Anderson 5k 1st FV40
Great Eastern Half Marathon 1st FV40
Rockingham 10 1st FV40

Steve Horton
Blisworth 5 1st man
Great Eastern Half Marathon 1st man
Rockingham 10 1st man

Sally Gurney
Rockingham 10 2nd Lady
3-Counties XC, Wing 1st FV40
London Marathon 1st FV40

Sally Cartwright
Blisworth 5 3rd Lady
Doug Anderson 5k 3rd Lady
3-Counties XC, Wing 3rd Lady

Kevin Willett
Blisworth 5 2nd Man
Great Eastern Half Marathon 3rd Man
Rockingham 10 2nd Man
3-Counties XC, Wing 1st MV50

Chris Capps
Stanwick 10K 1st MV60
Great Eastern Half Marathon 1st MV60
Rockingham 10 1st MV60
3-Counties XC, Wing 1st MV60

Veronica Singleton-Lawley
Blisworth 5 1st FV55
Great Eastern Half Marathon 1st FV55
3-Counties XC, Wing 1st FV55
London Marathon 1st FV55

Kirsty Jones
Stanwick 10K 1st FV35
Doug Anderson 5k 1st FV35
Stort 30 2nd Lady
Amsterdam Marathon 1st FV35

Niki Jones
Stanwick 10K 1st FV45
Blisworth 5 1st FV45
Doug Anderson 5k 1st FV45
Great Eastern Half Marathon 1st FV45
3-Counties XC, Wing 1st FV45

Morris Dempster
Blisworth 5 1st MV65
Doug Anderson 5k 1st MV65
Great Eastern Half Marathon 1st MV65
Rockingham 10 1st MV65
3-Counties XC, Wing 1st MV65

Gary Finch
Blisworth 5 3rd Man
Doug Anderson 5k 1st MV45
Great Eastern Half Marathon 1st MV45
Rockingham 10 1st MV45
3-Counties XC, Wing 1st MV45

Kirstie Sharman
Stanwick 10K 2nd Lady
Blisworth 5 2nd Lady
Doug Anderson 5k 2nd Lady
3-Counties XC, Wing 2nd Lady
London Marathon 2nd Lady

Nora Haggart
Doug Anderson 5k 1st FV55
Great Eastern Half Marathon 2nd Lady
Rockingham 10 3rd Lady
3-Counties XC, Wing 1st FV60
Anglian Water Duathlon 1st Lady
Grafman Middle Distance Tri 1st Lady

Anna Folland
Stanwick 10K 1st Lady
Blisworth 5 1st Lady
Doug Anderson 5k 1st Lady
Great Eastern Half Marathon 1st Lady
Rockingham 10 1st Lady
3-Counties XC, Wing 1st Lady
London Marathon 3rd Lady

Sally Johnston
Stanwick 10K 3rd Lady
Blisworth 5 1st FV50
Doug Anderson 5k 1st FV50
Great Eastern Half Marathon 3rd Lady
Rockingham 10 1st FV50
3-Counties XC, Wing 1st FV50
London Marathon 1st FV50

Kevin Shelton-Smith
Stanwick 10K 1st Man
Blisworth 5 1st MV55
Doug Anderson 5k 1st MV55
Great Eastern Half Marathon 1st MV55
Stort 30 2nd Man
Rockingham 10 3rd Man
3-Counties XC, Wing 1st MV55
London Marathon 3rd Man

Grafman Middle Distance Triathlon

Paul Stuart
Nora Haggart

Box End Park Off Road Triathlon

Samantha Baylis
Billy Fadden

Bedford Super Sprint Triathlon

Sacha Trude
Dave Girling

Anglian Water Duathlon

Ian Joyce,
Nora Haggart

The Bill Steele Road Race Championship

Men

Kevin Shelton-Smith 1st Man
Steve Horton 2nd Man
Morris Dempster 3rd Man

Ladies

Anna Folland 1st Lady
Kirstie Sharman 2nd Lady
Veronica Singleton-Lawley 3rd Lady

Club Man of the Year 2016

Richard Watson

Club Lady of the Year 2016

Lorena Henderson

The Martin Lambourne Trophy
Race Volunteer of the Year
Tony Jones

Special Awards For Notable Achievements

Bob Wells

10 mile 1.06.57hrs
Carlisle 1st MV70 Run Britain Rankings
Marathon 03:10:55hrs
Abingdon 1st MV70 Run Britain Rankings

Bev Hayes

ETU Long Distance Triathlon Championships,
Poznan 11.22.00hrs
3rd F40-44

Robbie Burrells

7 Half Marathons in 7 days

Ian Hammett

The Ox Ultra 4:35:23 hrs
1st place and new course record
Chiltern Challenge Ultra 50k 4:14:08 hrs
1st place and new course record
Stort 30 miles 3.24.50 hrs
3rd Man UK Trail Running Championships,
1st MV35

Outstanding Performance Awards

Nora Haggart

British Duathlon Championship,
Standard Distance, Windsor 1st FV 60-64
ITU Duathlon World Championship, Aviles
1st FV 60-64

Gill Fullen

British Duathlon Championship,
Standard Distance, Windsor 1st FV 50-54
ITU Duathlon World Championship,
Aviles 1st FV 50-54
Boston Marathon 1st FV 50-54
1st Run Britain Rankings
ETU Duathlon Championship, Copenhagen
1st FV 50-54
Essex 20 miles 1st lady
1st Run Britain Rankings

Club Best Times 2016

Steve Horton

Rockingham 10 miles
55.08 mins 1st MV35
Great Eastern Half Marathon
1.12.17 hrs 1st MV35
EMGP Milton Keynes 10k
33.03 mins 1st MV35

Bob Wells

Brampton to Carlisle 10 mile
1.06.57 hrs 1st MV70
Lancaster Half Marathon
1.33.14 hrs 1st MV70
Abingdon Marathon
3.10.55 hrs 1st MV70

Larry Corkrey

Blisworth 5 mile
46.18 mins 1st MV75
Silverstone Half Marathon
2.05.45 hrs 1st MV75
MK Festival of Running
56.55 mins 1st MV75
Run Bedford 10k
56.30 mins 1st MV75

Kevin Shelton-Smith

London Marathon
2.50.50 hrs 1st MV55

Gill Fullen

Boston Marathon
2.53.32 hrs Ladies Club Best Time

Adam Mills

Paris Marathon
2.42.24 hrs 1st MV45

Kirstie Sharman

Brighton Half Marathon
1.23.04 hrs 1st FV35

Ian Hammett

50k: Chiltern Challenge Ultra 50k 4:14:08
50 miles: Chiltern Wonderland 50 7:15:56
100k: Stour Valley Path 100km Ultra 9:32:38
100 miles: South Downs Way 100 15:46:55

Deborah Allen

50k Kielder Ultra 50K 8.48.44

Most Improved Triathlete

Juliet Smith

Greatest Contributor to Triathlon

Sean McGilligan Simon Fisher Steve Daniels

Triathlete of the Year

Nicholas Beardow