

## Littledown Harriers Awards Winners

### Runner of the Quarter (RotQ) / Harrier of the Quarter

Oct-Dec 2018:

**Steve Amey** - Incredible improvement. Smashing PBs. Support and reliable taxi driver to races!

**Brian Greenfield** - Improvement. Support. parkrun. PBs. Return from injury.

**Kristina Varley** - Attendance and commitment. Pushing hard on pink sessions.

**Nikki Whittaker** - Recent improvement and training. 1st marathon. 10k PBs.

### All nominations for Oct-Dec 2018

Name	Comments
Dave Parker	Times Commitment No 1 Encouragement. Sub 3hr marathon
Steve Amey	Incredible improvement. Smashing PBs. Support and reliable taxi driver to races
Phil Sparkes	CC organiser. Diplomatic...
Ant Robbins	Improvement and effort
Graham Malt	100 marathons
Steve O'Connell	Support Return from injury
Ken Parradine	Improvement Running times
Luke Dowsett	Improvement and support. Work for club. 1 <sup>st</sup> marathon.
Steve Williams	Consistent and commitment. Fabulous Men's Captain
Brian Greenfield	Improvement Support park run PBs Return from injury
Gary Taylor	Encouragement Race times
Richard Smith	Race times Training
Mark Everett	Inclusive coaching
Michael Cunningham	Improvement over all distances.
Alexandra Stevens	Marathons CC and DRRL
Dily Ruffer	1000 miles, Improvement. Support to others. Return from injury
Caroline Searle	Attendance and support for beginners. Coaching. Boscombe 10k. Fidelity

Suzanne Janes	Energy and Enthusiasm. Work for club. Improvement. Fidelity. Friendly, proactive. Lovely to work with.
Kris Varley	Attendance and commitment Pushing hard on pink sessions
Jacqueline Jenkins	Inspirational Race times. Gets up and continues marathon even after a bad fall. Good listener
Maria Everett	Race times. Commitment
Nicola Whittaker	Recent improvement and training. 1 <sup>st</sup> marathon. 10k PBs
Heather Khoshnevis	Marathons. Race times. Support for others
Mo Eccelston	Overall running all distances
Dani Dixon	Return from injury. Boscombe 10k. Work for club
Rachel Smith-Harrison	Attendance and race times
Angie Bond	Return from injury. Marathon

July-Sep 2018:

**Joseph Sherwood** - First in age category at first marathon (Berlin) improvement and training

**Amanda Hurst** - attendance at club, parkrun PBs and race times

2017/18-

**Jacqueline Jenkins** - Marathon times and inspiration to others

**Craig Palmer** - Support for others. Race times including VLM and Bournemouth Half

**Greg Hawkins** - Running achievement - 52 marathons in 52 weeks

**Graham Malt** - Running times, PBs, Attendance at club sessions and races

2016/17 -

**Maria Everett** - Improved times

**Scott Dutton** - Attendance and support for others

**Tracy Ashley** - Attendance and support for others

2015/16 -

**Trish Reilly** - Turnout at session and races

**Simon Davies** - Work for club and support for others

**Graham Malt** - Marathons and attendance

2014/15 -

**Matt Brown** - Marathon times, Improved running

**Kevin Dowsett** - Running times and support for others

2013/14 -

**Carmel Ryan** - Support and encouragement and running times  
**Steve Williams** - Improved times, Club turnout

### Members' Runner of the Year and Bush/Forman Trophy Winners

#### 2018/2019 –

To be presented at the AGM in June 2019

#### 2017/2018 -

Members' Runner of the Year - Male - **James Davies** / Female - **Caroline Horder**

Bush/Forman Trophy - **Janet Hooper**

#### 2016/2017 -

Members' Runner of the Year - **Jacqueline Jenkins** - Exceptional running over all distances from parkrun to marathon

Bush/Forman Trophy - **Phil Sparkes** – For his work with the Club Championship

#### 2015/2016 -

Members' Runner of the Year - **Caroline Horder** for her outstanding performances throughout the year. Particular reference was made to her achievements in her age group at the Virgin London Marathon

Bush Forman Trophy – **Kevin Dowsett** for his contribution not only to the club but to road running within Dorset. Despite being injured and not competing himself, Kev is actively involved in Beginners Coaching, Littledown 5, Littledown Marathon, Parkrun and is a long-standing committee member.

#### 2014/2015 -

Members' Runner of the Year - **Steve Williams** who has been very active within the club as Men's Captain as well as having some exceptional results in his races

Bush Forman Trophy – **Ken Ballam** for his outstanding contribution to many aspects of the running of the club – UKA membership data, Littledown 5 in addition to all his other roles within South West Veterans

#### 2013/2014 -

Members' Runner of the Year - **Guy Burdett** for overall enthusiasm and improvement

Bush Forman Trophy – **Peter Hellawell** for his contribution to many aspects of the running club

#### 2012/2013 -

Members' Runner of the Year - **unknown**

Bush Forman Trophy – **Steve Shuck**, an ex-chairman, who despite the fact he is unable to run anymore continued to support the club

**2011/2012 -**

Members' Runner of the Year - **Barry White** for completing 60 marathons

Bush Forman Trophy – **Barry Telling** for all the good work he has done (and continues to do) for the club