

## Littledown Harriers Award Winners

### Harrier of the Quarter (HotQ) (formerly Runner of the Quarter (RotQ))

July – Sep 2019-

**Luke Dowsett** – recent race results, work for the Club

**Helen Gilbert** – return from injury, improvement in running times, PBs

Jan - Mar 2019-

**Gary Taylor** – Training and encouraging others

**Suzanne Janes** - Outstanding work for the club. Improved running, PBs

Oct – Dec 2018-

**Steve Amey** – Incredible improvement, smashing PBs, Support and 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. 1<sup>st</sup> marathon. 10K PBs

July – Sep 2018-

**Joe Sherwood** - Berlin marathon time, 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 -

Members' Runner of the Year - Male – **Joe Sherwood** / Female – **Suzanne Janes**

Bush/Forman Trophy – **Suzanne Janes**

**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 -

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