

CLUB ACHIEVER

CP1 (Chloe Plester)

"My achiever of the year is Chloë Plester who seems to have burst onto the scene and thoroughly embraced the club and the challenge to herself. She does a half marathon a month, (having only done her first half about a year ago I think) some longer runs too and also is super encouraging to her slower clubmates running events with them for their own pbs not hers. She is incredibly 'can do' and up beat. (I also think Chloe Plummer is a deserving candidate, having knocked chunks off her times and having not long ago delivered a baby, impressive)."

"For me it is Chloe Plester aka CP1, she has embraced running challenges wholeheartedly this year taking on a leg of the Hilly 100 cheerfully, running her first half-marathon, being one of only 3 BDRC members to run all the EMGP series and of course running in the Cani-Cross race at Claydons! "

Louise

"Club achiever of the year for me has to be Louise Follner. Her dedication to training for the marathon while raising a young family has seen as many 4am runs as I've had 4am walks of shame. Adding in regular buggy runs and throwing in a casual 20 miles the day before the TT final has seen Louise smash pb after pb throughout the season, while taking it all in her stride. An inspiring and humble person to be around the solid base she has delivered this year bodes well for next year and further."

"So my 1st vote for club achiever is for Louise Follner, 4.30am regular runs, running in her lunch hour, run to park run, then runs park run with a buggy. Fitting in running around work, husband and his training, and a little one. Has run some really good races this year. Latest club member to be added to the Helmdon Hurler, hurler bucket of fame. Helps out with GPG, very friendly, attends a lot of sessions considering what Louise fits into a day, even drags Max along to help out with Marshalling duties as well. A lovely club member and I've been in awe of her running with speed, distance and dedication."

"My vote for club achiever goes to Louise Follner, since joining the club she's gone from strength to strength. Running at silly times in the morning and consistently encouraging others to participate in long runs. All whilst looking after her little one. Earlier this year she smashed the MK marathon and I have no doubt with all her training she will improve on this for Abingdon."

James

"This is really hard this year. Whilst we have a number of newer runners who have really pulled out the stops it is hard not to be impressed by the effort, ability and consequent improvement and success of one of our best runners. On balance, my vote goes to Mr James Olliffe."

"Getting quicker and quicker and also has broken some long standing club records(probably marathon too by end Oct). A worthy club champion and a real asset to the club."

"Not just because he's my husband but also because of the progression he has made this year. Continuously pushing himself, setting new goals and achieving incredible PB's. Just goes to show that hard work does pay off. "

Rodney

"Rodney Stuart was not able to run very far at all at the start of the year but has absolutely stormed it to become our TT Champion. He's also achieved a half marathon and I think there will be much more to come."

"Rodney, he has got so much faster in the last half year"

"I would like to vote Rodney Stuart as club achiever because he has continued to put maximum effort into training and races and has improved hugely since starting in February (He isn't holding me at gun point to vote for him!)"

Tommo (Tom)

"An exciting young prospect for the club who has improved immeasurably this year."

"Club achiever goes to Tom Frogley (if I'm allowed to do that!), I've seen how dedicated he has been to improving his running and it has been amazing to watch, also he has gone from nearly zero running to hero running (half marathon for Catherine House Hospice) in just a year."

"Tom Frogley for his impressive journey from distant supporter looking after the girls to committed competitor beating PBs after PBs up to the half marathon distance. Difficult choice though since I've been equally impressed by Chezza for the very same reason, and many other newcomers."

Clip Clop (Tash)

"Natasha Berry gets my vote. Her consistency and ambition to run as many marathons starting with each letter of the alphabet is to be really admired. She flies the team colours at home and abroad and I love her enthusiasm for all things running, including a running blog!"

"As always, it's difficult to choose coz there's been some great achievements over the year from both new and established members. My vote goes to a young, yet established member, indeed a Committee member, who must have inspired newbies and oldies alike to make them realise they can do races, aswell as cajoling others to do events (Conti 24hr) and marathons (Froggles/Boggy/Nichola H). She's embraced the HR training technique, kept to it (I think a few Rule #5's were required at the beginning), made it work for her and

improve at all distances, on all terrains and is well on the way to doing the marathon alphabet.

She is, of course, the one and only crazy Clip Clop, aka Tash, aka Natasha Berry."

"Tash for smashing through marathons this year and really challenging herself by not just completing them but achieving great times. (I also think Suzanne has done amazingly this year. She's put an incredible amount of work into training and beaten all expectations in her events. I only didn't vote for her because it's triathlon and not running. But I am completely in awe of how much she has achieved!)"

"Natasha Berry - that girl is like the female Forrest Gump this year and she has massively improved with every run she does. "

"Tash is an inspirational young lady! To have run 8 marathons by the age of 24 is amazing and to have a goal of running the whole alphabet is fantastic (and to write a blog about her experiences at each one). She has also organised the Hilly 100 for the last 2 years. Did a great job of promoting the Chicken Run on Instagram & Facebook this year too. She is a great asset to the club and hopefully seone that younger runners can aspire to."

CP2 (Chloe Pummer)

"CP2, she's hit pb's in every distance she's run and she does it all with a smile on her face and a positive attitude. She's pushed herself to do things she didn't think she could do and she's come out on top!"

"I nominate Chloe Plummer (CP#2) for smashing her ever quicker PBs constantly, she has come a long way since she first joined."

Mazzo (Ian Marriott)

"Incredible event he did back in the summer, the 100mi coastal run, with very little fanfare, just got on with it, completed it, also with very little fanfare. An incredible achievement of mind over matter and bloody mindedness just to get it done! Not to mention one of the funniest stories of the year with him collapsing and getting wedged next to the toilet in the caravan....:)"

"His completion of his first 100 mile race is a significant achievement but the actual reason for my vote is that the same weekend provided the single most hilarious story of the year, when post-race he managed to get himself trapped behind a toilet!"

SPYBT (Suzanne)

"**Suzanne Peel-Yates-Bass-Twitchell** (is that really her full name...LONG!)"

Suzanne has done loads of epic stuff this year (not all running I know) so think she deserves some kudos for pushing herself to the max!"

Macca (Richard)

"For really committing to a training philosophy, putting in the hard work and miles, and then reaping the rewards in successfully completed marathons. His discipline in training and pragmatic approach to things like race nutrition have served him well and his

accomplishments this year show that anyone, of any age can achieve their goals with the right approach and dedication. A blinder of a year from a fantastic bloke!"

Del Boy (Mark)

"I'd like to vote for Mark Poulton for Club Achiever of the year. I admire how Mark came into running later on in life and ran the London marathon this year, which is something I guess he never imagined doing."

Shiv (Siobon Herring)

"My vote for club achiever is Shiv Herring. New to the club, she really has gone from strength to strength and has got herself some amazing PBs this year in the runs that she has done. Awesome!"

Chezza (Cheryl Torrington)

"Cheryl Torrington. Her training, her progression, her dedication have impressed me but mostly the great cause she's been doing all that for. What an achievement."

Flash (Anne-Marie)

"Anne-Marie - having gone back to running after a number of years she's thrown herself in 110% and achieved some great results. Unfortunately injury has prevented her from finishing the year on a high but she's still had a fantastic year and should be very proud of how much her running has gone from to strength to strength, and her achievements of 2019. Competitive? Just a bit! "

"I would like to cast my vote for Anne-Marie Gordon. The reason being she like myself started with the club at the beginning of the year, she made fantastic progress and pushed herself on to achieve some brilliant runs. She's currently injured and with the uphill struggle ahead to get back up to fitnesses, with gaining votes for club achiever this might help keep the motivation to get back to full fitness."

Ellie Meade

"Ellie Meade, Great improvement through the year."