

# BDRC Annual General Meeting 2024

## Club Achiever



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**Heidi Carruthers**

Amazing 20 years of running, completing a brilliant Ultra this year, so inspiring. Plus she's a fab session leader and a lovely person



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### Mary de Frates

I think she's very worthy of this award. She has improved so much this year, racking up so many PBs which I know she has worked incredibly hard for.

Consistently turning up in the miles in all weathers, and always with a smile on her face – rewarded with a half marathon PB



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### Caroline Bennett

Has greatly improved this year – entering numerous races and pushing herself to do greater distances.

She has developed from a regular GPGer to a top contender in the Women's handicap and champs



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**Martin Percival**



For making amazing progress in his running this year, this has been confirmed in the Handicap Champs. He has been smashing out the PBs all year too!



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**Melissa Boulton**

Has continued to work really hard on her running and has knocked time off and achieved PBs across the majority of race distances this year!



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**Rachel Prior**



For regular FV60 top 3 places  
without any self-promotion!



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### Eleanor Downer

For pushing herself to achieve more.  
She joined through the C25K  
Programme and is now running the  
winter route 5 milers!

Has progressed from Couch 2 -  
5K and now looks comfortable  
within the main sessions. She's  
brill, she just gets on with it.



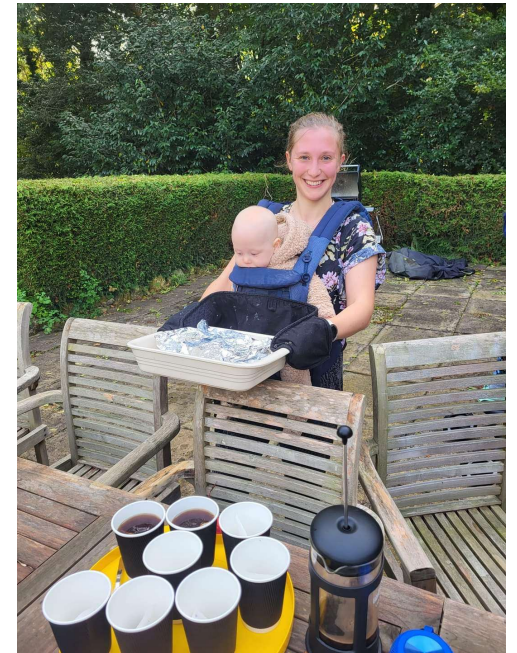


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**Sarah Righetti**

She is such an amazing runner even when heavily pregnant and to come back so quickly having had a baby must have taken hard work and determination that I am jealous of! She is an inspiration.



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**Nicola Crookes**

Recent Ultra achievement -  
amazing.



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And the winner is...



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**Keith Fox**

He has gone to another level this year

Pushing impressive improvements across all distances, especially the marathon, whilst dealing with the instabilities of his diabetes! Impressive stuff mate, well done & well deserved 🙌



Fantastic Chester marathon



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## Club Person



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## Club Person

**Kim Fox**

Always smiling and friendly  
and organises some fab  
social events.

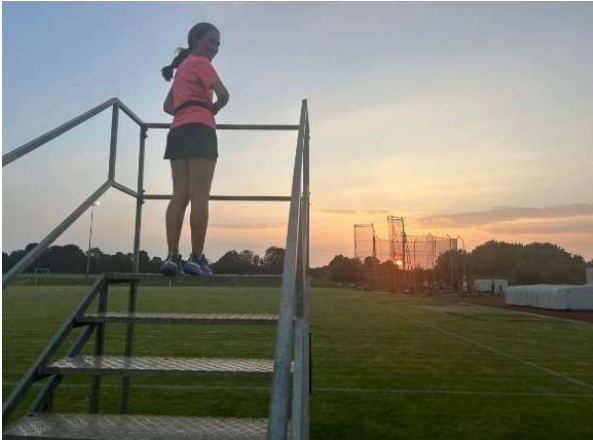


Has organised fantastic socials  
this year and helps out with  
sessions such as fartleks, soon  
to be leading sessions as well.



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## Club Person



### Amanda Hallam

For being such a supportive and positive influence in the club. She always has a smile on her face and is only too happy to help anyone and everyone. She is a great addition to the session leaders too and really does make the track sessions a great place to be.



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## Club Person

Frances Edwards

For the TTs and organising the volunteers the runners and taking our Micky taking.



For everything she (and her and family) do to help make the time trial a success as well as the MC run and social, not to mention her committee role.





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## Club Person

### The whole Follner Family



For being such ambassadors for  
the club and the sport,  
especially for Time-trial, XC and  
Junior Park Run



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## Club Person



### Max Follner

For setting up the very successful virtual cross-country event replacing the formal league races.

For the Virtual XC series, frequent session leading, and bad jokes. Our chairperson Louise Follner also deserves a vote for all the behind the scenes work she does for the club, not to mention looking after two small children whilst said XC courses are being reconnoissanced and sessions are being led.

For all his hard work setting up the virtual XC, checking out routes, creating instructions and also being a session leader.



For taking the time to create and run the cross country. The routes were great fun and bumping into random BDRCCers while doing it was lovely.



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And the winner is...



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For being involved in absolutely everything and helping everywhere she possibly can.



Does so much for the club and much of it is done behind the scenes so nobody knows - committee, Chicken Run, session lead, says hello to everyone (new and old members).

## Club Person

# Nicola Crookes

As a new member joining at the start of the year, Nicola went out of her way to make me feel welcome, and a part of the club. Throughout the year she has offered me loads of advice and encouragement which has helped me to achieve targets that I didn't know I was capable of. She is a big part of why I have loved joining the club!

Website coordinator. Session Leader. Figuring out new routes. And so supportive outside the club. She's encouraging, helpful doubles back on runs so no one is left behind. She's run with me loads when I've been struggling or more recently injured, sacrificing her own run to keep me company! Yep. She's ace!

Is a long term member of the committee, session leader, webmaster and I always enjoy working with her. She is just tireless!

All the webbo stuff, session leader, helps to sort out kit, helps pull the chicken run together, attends lots of sessions and races, links with people, supports people, is "club mum"



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## Chair's Award



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Nicola Crookes

