

# CLUB ACHIEVER

## Clip Clop (Natasha Berry)

I'd like to nominate Natasha Berry for club achiever. She's done so much this year with another marathon, also an ultra and took part in the Hilly 100 (didn't she run 2 legs?) And the cotswold 24. She finally got her sub 2hr half and she's trained really hard.

## Meadster (Gareth Meade)

"To complete the three 'Race to the....' races is an amazing achievement. He trained hard, pushed through each of the races, he had to deal with running over some of the hottest days this year, he battled through the last one. Truly inspirational."

"Gareth Meade for his brilliant series of ultra events as well as challenging himself personally to take on the role of session leader."

"Gareth Meadster for club achiever for his string of ultras. Doing them back to back and having a 3 hour medical stop on the last one but still going out and finishing!  
Shows determination, great will and a lot of courage 🙌"

"For Club achiever I would like to vote for Meadster. His step up to ultra running with the three 'Run to' races (the King, the Stones and the Tower) was a great achievement, especially in the heat and still completing despite spending time in the medical tent. Since then he continues to run great distances. This is all done with a self effacing modesty and he is the first to encourage and celebrate others' achievements."

"This one is easy, it has to be Gareth Meade who gets my vote. Over the summer he defied common sense, expectations and even medical advice to complete the Threshold Series of ultras. He then went on to finish the very tough Crossing of Dartmoor ultra before changing distances dramatically to win the club TT. This award would reflect a year of really great achievement for Gareth."

"What a year. There are so many people that I could vote for. Mini Max, Big Baby Bosh, Uncle Kev, Boggy, Clip Clop, Froggles .....however, I think the guy who really deserves this award is the Meadster. To do all three of the Race to the.....series is an amazing achievement. And to top it all off he won the club's Time Trial. A fantastic year! 🙌"

"Wow, so many to choose from this year. Have to admit, it's been inspiring to see and hear about the performances from all BDRC's... inspiring even to a so called 'old git' like me!  
Some stand outs were:

The groups who got together to do races and put in great individual and team performances, such as Cotswold 24, Ladybower and Oxford Half. Great team camaraderie is what the Club is all about.

Yet again Froggles. Seems I mention her every year, but this year she's improved another step further, improving her diet and really pushing in races.

Mazzo can't stop himself doing marathon's and ultra's... stupid boy!!

Boggy doing crazy crap. Need I say more!?!

Choochi winning ladies Club Champs and is always an annual contender and Heidi getting close in Club Champs and H'cap.

Emily smashing races to get ladies Club H'cap with Mini Max and Tucker getting close, but not close enough.

ChairBow retaining his Ladybower crown and doing other crazy races. ChairBow has issues, ChairBow runs with pain... don't be like ChairBow!! Enjoy your winter break ChairBow.

Sam has done amazing times in races and cruised to the men's Club Champs. Think his stand out performance was doing Woodstock 12 (top 10 finish) and Draycote Water 20 (11<sup>th</sup> overall) on the same weekend, being first BDRC at both in times that are eye watering to us mere mortals. He doesn't hang around after races though... sort it out for next year Sam!!



Cornish has improved so rapidly he nearly won the men's Club Champs and (at time of going to press) looks like he's won the men's Club H'cap. Cornish is a very close second (aka 1<sup>st</sup> loser) for Club Achiever, but...

I choose the one and only Meadester. He set himself a crazy goal of doing that ultra-race series, which the races were in quick succession. He did some quality training for it and it paid off. He then goes and bloody wins the Club TT, a useful indicator to others that long distance training builds strength to benefit your speed aswell. The only disappointing thing is he hasn't completed enough races to qualify for Club Champs or Club H'cap, but has completed a fair amount, so I'll let him off.

Bravo Meadester, kudos all round."

"Really difficult decision this year with so many of the club doing amazing inspirational things: Chairbow's efforts whilst always struggling with injury this year, Tiny Dawn's incredible and incessant marathon running, Mini Max's life changes whilst running her first marathon in incredible heat, Tash's first ultra, Bish Bash's first ultra.....but unfortunately i can only pick one and the stand out candidate this year for me is the incredible Meadester running the 3 ultra series in quick succession through the heat of the summer, and in the face of serious collapse in the last race. Superhuman effort> And to top it off winning the TT final. Remarkable!"

## Maxine

"Maxine for making major lifestyle changes and running her first marathon (I think)"

"Maxine for great improvement in running including 24 hour relay and many more races encompassing many pbs"

"CLUB ACHIEVER could of been lots of people, found it very difficult to get down to one person but have gone for Mini Max, a huge achievement to get your first marathon, also a fantastic club member too, very supportive and good fun to be around."

"For the club achiever I would like to vote for Mini Max (Maxine Sutton), together with giving up smoking, cutting right down on drinking (massive positive life changes) she has continued to slash her running times and challenging herself to run her 1<sup>st</sup> marathon. With the sudden rise in temperature from freezing snow to a scorching summer day, things didn't go to plan, but Maxine showed her guts and determination to still finish, a great achievement. Always helpful and encouraging of others, great fun to run with even when she's having a little moan (haha). Great year Mini Max."

“Always difficult to single out individuals so I've listed a number of members who I believe are deserving: Mini! Max Sutton - for the significant life-style changes she has made this year, completing her first marathon, and dramatic improvements in pb's across all distances. Gareth 'Meadster' Meade - for his epic completion of the trail walker series, completed in some of the hottest weather of the year, and not giving up despite medical intervention, truly inspiring! Chris 'Nozzer' Noble - for smashing multiple club records this year, even if they are in the 'old git' category! – but final vote is for Maxine”

## **R' Kelly (Kelly Llewellyn)**

“In a couple of years Kelly has gone from being a non runner to doing 23 miles in 24 hours. She challenges herself, entering a variety of races or doing run every day for a month. She just gets on and does this and is pretty quiet about all her achievements. “

## **Nozzle (Chris Noble)**

“Tricky decision this. Bish has made great strides this year (literally!), but I think Noz, as quite an ancient fella, just pips him for achievements this year. However, nul points to Noz for sartorial elegance.”

## **SPYBT (Suzanne Peel-Yates Bass-Twitchell)**

“For me this goes to Suzanne, she has taken her running to a whole other level this year. I used to be able to run with her but now she's just a dot vanishing into the distance!

## **Froggles (Claire Frogley)**

There are many people in the club who've achieved great things in their running this year: Maxine for turning herself round and embarking on a much healthier lifestyle, which has shown through her much improved fitness and running, Bish for taking on new distances, dealing with the psychological side of running and for beginning to learn to temper his inner puppy that has him wanting to go out of the blocks full-chat, that has often resulting in a blow-up and subsequent mental torment, Meadster for completing the Threshold Trail Series of three ultra marathons, Gareth Bowden for yet again cementing his authority over the Ladybower50, Noz (despite being older than every other member of BDRC combined) for achieving numerous category wins/records and possessing a level of cardio fitness the rest of us can only dream of, to name but a few.

However, my vote goes to Claire Froggles. This year Claire has made huge progress in her running, despite travelling lots with work and often struggling to find time to get runs in, but what stands out to me is the way in which she's done it. She'd hit a plateau and realised that if she wanted her performance to improve she needed to make changes: diet changes helped, but it was her mindset that stole my vote. I asked “what the heck have you done to suddenly get so much faster?”

Her response: “I've learnt that it's ok to suffer!”

That, right there, is the difference between doing 'ok' and achieving your potential, and it has been so evident in the sudden improvement in Claire's running that if you're prepared to work for it and endure suffering, you will be rewarded. I find that inspirational, hence my nomination.

“Claire Frogley, her running has been amazing this year and she's got so fast!”