

BDRCLUB ACHIEVER 2016 WINNER – CLAIRE (FROGGERS)

Claire Frogley (Froggers)

“For the men Mazzo and Bish Bash have been brill, even ChairBow, even though he's taken it steadier this year. However, so many of the ladies have run so well, shown massive improvement and joined in on everything, it has to be between Tash, Froggers, Choo Choo & TD. Hmmm, I nominate.... Claire Frogley”

“She has come from Gentle Pace Group, attends most of the sessions and races too. Her improvements have been outstanding.”

“Joined only last year, attends most sessions, massive improvements on time and distance.”

“Started last year at the GPG and has worked tirelessly to improve pace and distance. Also encourages others to push themselves too.”

Michael (Bish Bash Bosh) Bishop

“Has set so many PBs and is so enthusiastic about his running it's been infectious (in a good way)”

“For his continued hard work, grit and determination to get faster and run further, he has progressed so far in the last couple of years and is an inspiration to new and experienced runners of all ages.”

“Incredible improvement this year, he used to be a long way behind me in races, he's now a long way in front - brilliant effort Michael, well done on a great year!”

“The improvement is remarkable and the hours he has put in to achieve it is admirable! Plus 5 of my steps is one of his that's an achievement in itself!!”

“He has pursued his goal to become a stronger, faster runner and had totally and utterly achieved this. He is an inspiration to anyone wishing to do the same.”

Kirsty Hambleton

“Every time she's run with me in gentle pace group she's pushed me to do that little bit more, more speed, more distance and has been very encouraging from day one”

“For progressing to ultras”

John Russell

“Through hard work and determination has achieved amazing running times and distance. “

Suzanne

“Started at GPG pretty slow, worked so hard to up her pace and stamina. Always smiling and works really hard and then won the time trial! She pushes herself but also pushes others and is a great support now to our new GPG members. She goes to races as well as all the different types of sessions.”

Tash Berry (Clip Clop)

“Because she is awesome and has worked so hard to grab PB's all over the place.”

Dave Bowen.

“Amazing Ultra achievement but very unassuming and always encouraging.”

Tony Chapman

“He has been a great inspiration to me especially during the summer, always friendly and encouraging (as everyone else in the club is) when I was quite new to running and great company at the odd race like Thame 10k. “

BDRC CLUB PERSON 2016 WINNER – ADE (RC/YT)

Ade (YT/RC)

“For his work on the time trial this summer”

“For his efforts to up the competitive game and for bringing the trophies within the reach of all”

“Brought in new initiatives that all club members can compete for and admin'd 'em. Also done races/events to compete in all those initiatives 🖐 And his velocipeding is nearly up to my standard... nearly, but never will be!!! 🙄😁)

“For his time and amazing effort in running (along with Nicola) and working out all the times etc for the new TT competition.”

“Great time trial, even though I only made it to 1 of them!”

“For organising the time trials and his constant encouragement. Not only that but cycling with him at the Hilly 100 was a pleasure and his Tour De France endeavours are just awesome.”

Keely Weir

“For her excellent idea on gentle pace group and the efforts in making it work, as well as sorting out all the nice socials we have had this year.”

“She’s spent a long time organising gentle pace group and being supportive along the way! I absolutely love seeing them improve and the sense of achievement and Keely made that happen!”

“What a fab idea the Gentle Pace Group was – we now have some fantastic new members”

Nicola (choo choo)

“She sits on both the main committee and Chicken Run committee and attends all meetings and just helps our club function in a good way. To top it all she has to put up with Ade as well”

“Choochi aka Webbo, a fine young lady who does soooooo much for the club with the website, emails, press and promos, she really is invaluable. She is also terrifically good fun and can be relied on for providing much amusement... I did nearly discount her after she tried to man handle the Chairman's Goblet last week but I shall overlook that unfortunate incident for now ;-)”

“Always works so hard despite working full time, 2 busy kids, busy husband, injuries, no sleep and always smiling and going the extra mile to make BDRC awesome. So much time dedicated to the Chicken run as well as the committee and website. Goes to races, does crazy long runs/short runs/park runs... Def my club person.”

“Not only is she a top webbo et al but this year she is also webbo for the Chicken Run Committee Ensured BDRC has been advertised and promoted where possible. Sought Flyers and potential advertising opportunities to further promote the club. Located potential new kit suppliers. Has supported GPG as well as all other members. Put in every ounce of effort for all of her own races. Hosted numerous meetings. Made us laugh on the days we've wanted to cry and just constantly been a utterly fun Choochi

Lady Brew

Special mention to Mrs Brew for great enthusiasm and organisation as usual. And for smiling this year!