

RUNNER'S NAME	CATAGORY	REASONS NONMINATED
James Espie	Male Performance	Cross country performance, Representing Scotland Winner of the Highdown Hike
Paul Hewitt	Male Performance	Marathon performance, 3.24.14 PB by 13 mins 10k 40.16 PB 5k 19.01 PB 10k uner 41 mins and
Dave Barry	Male Performance	Ran final Cross Country of the season to ensure the team got promoted - Won Team Gold and Individual M60 Silver- general moaning about Arsenal
Tracy Brockhurst	Female Performance	Represented GB at the European Masters, won team Bronze
Pauline Rich	Female Performance	Consistently representing GB at the European Masters and winning 2 gold medals Will run for GB at the World Masters in October in Australia
Liz Chapman	Female Performance	Running a number of trial marathons throught the year always with a smile on her face
Pat Cummins	Female Performance	Represented GB at the European Masters, won team gold and individual Bronze. Won individual gold in W65 Sussex Cross country league.
James Oram	Improved Male	Lost over 1/2 stone since running, and 5k PB under 24 mins
Ian Puttock	Improved Male	Now a sub 20 5K
Tim McGrath	Improved Male	Completed 1/2 marathon in new PB
"Young" Sam	Improved Male	Consistant improvement throughout the year
Gary Parguori	Improved Male	Last year beginner - this year Park Run improver
Jo Saych	Inproved Female	Last year beginner - this year running first competitive 5K at New Forrest
Rosemary Sewell	Inproved Female	Last year beginner - great improvement in 2016
Karen Miles	Inproved Female	Now part of Andy C's development squad and improving weekly. 10k 48.26 PB improved from 54.15 in 2015.
Karen Thompson	Inproved Female	Last year beginner - this year running first competitive 10K at Littlehampton
Lucy Robinson	Inproved Female	Jessica Ennis-Hill style comeback after the birth of 3rd child running better than before 5000m W40 Sussex track champion with 20.46 pb 3rd lady in Bognor 10k.