

Beverley AC Awards 2018

Thank you to Rob for introducing our proceedings. We feel strongly that our Club Chairman takes the honour of handing out these awards.

Ask the winners to come up to receive their awards from our Chairman Rob Reid, and then have their photograph taken by the lovely Andy.

We start proceedings with **The Handicap Series**.

There are 13 individual races to award. We will mention the top 3 placings and ask the winner to come up. Then please remain to one side, in order to celebrate all 13 winners together.

Race	1st	2nd	3rd
Ferriby 10	Darren Edge	Lucy Stamford	Fiona Holland
Hornsea Third Marathon	Mark Dalton	Pete Watkinson	Steve Parkinson
Dalton Dash10K	Steve Evins	Pete Watkinson	Lucas Meagor
Walkington Reverse HC 10k	Penny Booth	Nicola Riley	Andy Grainger
EHSL Leven 10K	Cat Williamson	Lucy Stamford	Kay Farrow
Burton Pidsea 10k	Stephen Logan	Nicola Glover	Laura Emms
Humber Bridge Half	Lewis Holloway	Curtis Arnott	Lynne Stabler
Withernsea 5 mile	Aiden Glover	Jack Simms	Neil Sargeant
Gilberdyke 10	Jo Rowland	Paul Allen	David Brown
North Newbald Reverse HC 5 miles	Sheila Dixon	Paul Allen	Fiona Oakes
Bridlington Half	Sam Allen	Demi Lidster	Stuart Eskrett
Dave MacDonald Haltemprice 10k	Ivor Roberts	Cat Williamson	David Clark
Deepdale Dash 10K	Andy Johnston	Nicola Riley	Fran Ibson-Turner

(Jo to stay there!)

There is a level of commitment that we recognise in running 10 or more races in the series. Those who do, are rewarded with free membership to the club for the upcoming year. This year we had but one who did 10 races. Congratulations.....

Jo Rowland (10) (Cat will be in touch re membership).

Ladies and Gentleman on the next set of awards I would ask that the 3rd, 2nd and 1st placings all come up, and please remain in order for us to get photo of the top 3. Now we move onto the **10K Series**. To qualify you must run 3 or more races of 10k or less. This year 21 qualified. Of those that qualify, it is their best 3 results that are counted.

Third: Ivor Roberts

Second: Cat Williamson

First: (Well deserving winner) Stuart Eskrett

Now the **Full Handicap Series**. To qualify you must run 2 short races and 1 long and a minimum of 6 races over all. The best of these results give your score. (9 qualified.)

Third: Cat Williamson

Second: Paul Allen

First: (It's not often won by the same person who won the 10k series so well done)
.....Stuart Eskrett

Green Jersey Award. The person who is the most consistent runner (i.e. closest to your handicap target) throughout the series.

Third: Kay Farrow

Second: Jo Rowland

First: Cat Williamson

The **Knockout Cup** starts with 64 runners, with pairings competing head to head to progress to the next round, until we reach the final. The final was run over PP Parkrun in Dec. Therefore our

Runner Up: Kay Farrow

Winner: Pete Watkinson

The **Andy Tate Duathlon Trophy** is awarded for the club duathlon which takes place in June. This covers a 2m run, 10m cycle and a final 2m run with legs that resemble scaffolding poles. The annual trophy is shared 6 months a piece.

Mens: Pete Fielding Smith

Ladies: (First time competing) Emma Greensmith

Club Rankings are determined by our fastest runners over 5 different distances. .
Our thanks to Steve Walker for maintaining these throughout the year. Could we have both the male and female come up please

We will start with the Fastest **5k**

Ladies 1st: Eastville Parkun (not present). 20:15 Ellen Harrison

Men 1st: Armagh International Road Race. 16:11 Stuart Little

Now the Fastest **10k**.

Ladies 1st: Great Bristol 10K 39:35 Ellen Harrison

Men: Doncaster 10K 35:19 Darren Edge

Let's now look at the **10 mile** distance.

Ladies 1st: Snake Lane 1:14:08 Emma Greensmith

Men: Gilberdyke 59:39 Luke Davison

Fastest **Half Marathon**

Ladies 1st: Stone (Not present) 1:39:26 Lucy Stamford Major

Men: Bridlington Half 1:20:24 Luke Davison

Fastest **Marathon**

Ladies 1st: Loch Ness 3:27:09 Lucy Stamford

Men: Greater Manchester Marathon 2:59:55 Steve Walker

Discretionary Awards.

Ladies and gentleman we are now moving on to the discretionary awards. These are based on your nominations and each one discussed for their merit and decided upon within the Committee.

Notable Mention:

Sam Allen and Paul Allen.(Rob's intro)

We will start with the **Endurance Award**

Nominees:

Andy Johnson (Endure 24), yet another 100 mile event for Andy, which in itself is a phenomenal performance and he even sneaked a PB in 25 degrees!

Linda Wright (Punk Panther); having only been running for 4 years and concentrating on marathons, this year Linda extended her repertoire to complete her first Ultra covering 34 miles with 4000ft of ascent in 8:18:29.

Edd Lisney (Lakes in a Day); Supported by an pretty unsupportive Storm Alison.

Lucy Stamford (Hardwold 80). Lucy only decided on a whim to do this 2 weeks before the event. A distance PB, Lucy completed this after she had already completed the Pennine 39 in June and the Lakeland 50 in July.

Winner: Lucy Stamford – Hardwolds 80

Marathon Performance of the Year Female

Nominees:

Anna Pugson: Chose Edinburgh as her first marathon knocking out an extremely credible 3:52:30 And then got married 6 days later!

Lucy Stamford: Loch Ness hammering out 3:27:09 which beat her PB set 7 years previously.

Rachel Waterson: Edinburgh. Rachel has gone from running a few miles to becoming a marathon runner. She represents what the club is about; encouraging anyone to do more than they ever thought they could.

Linda Wright: At Bournemouth Linda got an impressive Personal Best of 3:48:49.the day after she decided to knock out a 23:06 5k Personal Best.

Fiona Oakes: Kielder; Having come back from a disappointing run at London, to get her zest back for running marathons.

Linda Wright: London. An impressive result despite the arduous conditions and our only woman finisher to come in sub 4 completing in 3:54:53.

Winner: Lucy Stamford – Loch Ness Marathon

Marathon Performance of the Year Male

Nominees:

Steve Walker: Greater Manchester. Completing in 2:59:55. Our clubs only sub 3 marathon this year. That's a punishing 6:50 min mile pace. Off the back of this Steve qualified for London despite the drop on qualifying times announced at the same time, still achieving this GFA by 5minutes and 5 seconds.

Alan Flint: Greater Manchester; coming back from a disappointing pull up at Hull and coming back to finishing in 3:26:00, qualifying for London 34 minutes faster than his anticipated age grade finish .

Graham Justice: Hull; Last minute decision to enter Hull and told no one he was doing it. He completed in an impressive 3:14. Yes, you heard right, he told NO ONE.

Ian Boardley: London: Always a consistent marathon runner, he did incredibly well to still deliver an incredible 3:01:23 in the punishing conditions.

Rob Gray: Yorkshire. Knocked 8 minute off his marathon PB completing in 3:07 at a very VERY soggy York.

Winner: Alan Flint – Greater Manchester. (Stay there Alan.)

We have a little clip we would like to share.

This clip illustrated Alan's resilience in the face of fatigue and how much effort he puts in. Well done Alan, and thank you for being a good sport. And thank you Rob for catching Alan! We did check that Alan was happy to share this! Thank you Megan for your editing genius!

Race performance of the Year Female

The number of nominations received for this category is higher than it's ever been. It reflects the growth of the club and the caliber of our members. We had 9 nominations in both male and female. Let's start with our ladies.

Nominees:

Susan McIntyre & Jess Hobson: Hull Marathon; A first marathon for them both and an example of working together to achieve great things. They trained and ran together for the entirety of the race finishing in 4:15:39.

Laura Emms: ABP Coastal Half Marathon; Laura achieved a PB time of 1:41:54, a significant breakthrough for her and an excellent performance.

Linda Wright: Punk Panther; for her Ultra endeavors over 34 miles and 4000 foot.

Emma Greensmith: Snake Lane; Achieving a fantastic 1:14:08.

Demi Lidster: Bridlington Half; Demi was very nervous on the start line, but went on to win money and post a strong time of 1:42:02 on a difficult course despite being in lots of pain.

Lucy Stamford: Hardwolds 80; Delivering a fantastic result over a distance PB on a last minute decision.

Jackie Edwards: Northern Cross Country at Sheffield. Jackie put her all into this race. She was worried that 'she wasn't fast enough' but the main thing was she participated and ensured that there was a Beverley Senior Female Team

Rachel Waterson: Edinburgh Marathon; for her dedication to her training with such a busy schedule in her personal life.

Anna Pugson: Dave MacDonald Haltemprice 10k; Anna beat her demons to achieve 44:49 and smashed a great chunk off her PB of 2 mins 51.

Winner: Anna Pugson Dave MacDonald Haltemprice 10k

Race performance of the Year Male

Nominees:

Stuart Little: The Armagh 5k back in February is one of the fastest 5k road races in the world. Stuart Little held his own completing in a reputable 16:11.

Steve Walker: Greater Manchester Marathon; Despite all the excuses for not going faster, he broke the 3 hour barrier after a punishing training programme.

Darren Edge: Doncaster 10K; Darren took 1 minute 05 seconds off to achieve an enormous PB of 35:18, which bettered his already good PB from one month earlier at Dave MacDonald H10K.

Alan Flint: Beverley 10k; Displaying how much effort he put in with his heroic finish.

Alan Flint: Greater Manchester Marathon; And his enormous 34 min improvement on his anticipated good for age time.

Luke Davison: Dave MacDonald Haltemprice 10k: A fantastic performance where he was 2nd overall in a time of 35:40, in a strong field of fast runners, second only to Kris Lecher.

Patrick Marshall - Gilberdyke 10; Completed in 1:19:53 for an amazing PB.

Andy Johnson: Endure 24; 100 miles in 24 hours and a PB.

Lucas Meagor: Hull Half Marathon achieving a sub 90 minute time of 1:29:55 and near 4 minute PB.

Winner: Darren Edge: Doncaster 10K

Most promising Female newcomer

This year we had 33 new female members over the year. Of these 3 made the shortlist.

Nominees Shortlist: Demi Lidster; Anna Wilbor; Fran Ibson-Turner

Winner: Our winner has demonstrated some impressive race performances throughout her first year with the club, displays keen club attendance at a variety of sessions, and a supportive attitude to all. Shows promise in being one of our fastest ladies. Our winner: **Demi Lidster.**

Most promising Male newcomer

We have had 25 new male Members last year. The committee had some really tough discussions here, as our nominees were all incredibly well deserving.

Nominees: Brian Young; Gareth Moyle; Dave Clark; Chris Gibson; Michael Proudlove; Pete Allan; Adrian Hancock.

Winner: An enthusiastic new member right from the start. He performed well in the club handicap and attends lots of sessions with his own brand of humour. He's shown a determination to improve and also encouraged other new members to join. Ladies and Gentlemen: **Dave Clark.**

Most Improved Runner Female

Our **Nominees** this year:

Megan Chown: a 6% improvement over 10k

Laura Emms: An improvement over a range of distances including a huge 6 minute improvement over 10 miles.

Lucy Stamford: PB over 5k, 10k, and marathon, a distance PB and her best 10 miles in 6 years.

Linda Wright: 3 new PB's, 2 of which, the 5k and marathon, were on consecutive days.

Anna Pugson: Has also demonstrated massive improvement over a range of distances. Over 2 minutes off a 5k, nearly 3 mins off a 10k, 9 minutes off her half mara time and completed her first marathon in 3:52.

Winnerthe statistics speak for themselves, in that she has shown the biggest improvement over all the distances, ladies and gentlemen, **Anna Pugson**.

Most Improved Runner Male

8 Nominees this year with 2 of them being new members in 2018:

Luke Davison: Taking nearly a min off his 5k and 10k times And has gone on to PB in practically every distance this year, becoming one of our clubs fastest males.

Graham Justice: who is fast and getting faster achieving PBs over 10k by 2 mins and improved by 6% over 10 miles.

Darren Edge: Darren has shown consistent improvement over 5k, 10k and 10 miles. With his PB at Doncaster seeing him shave 1 min off his time.

Paul Allen: Knocked 5:27 off his 10k time over the year and 10 mins 10 secs off HM within a month.

Chris Gibson: A non-runner last May, then went on to graduate from Couch to 5k, became a club member, regularly attends park runs, achieved a distance PB of 10 miles in November, AND now supports the next cohort of c25k in a weekly basis. A great example of where hard work gets you!

Stephen Logan: Puts in the work and gets the results, improving his 10k time by 10 mins over 2 years.

James Durham: Won this category last year and continues to improve. Displaying PB's across 5k, 10k, 5 miles, 10 miles and ½ marathon distances.

Rob Gray: Marathon PB by over 8 mins on a filthy wet day; and PBs in both 5k and 10 mile.

Winner: To already be a fast runner and make the improvements he has, demonstrates his commitment and ability. Luke Davison.

Team Performance of the Year

Nominees: We have a number of differing teams who make very worthy qualifiers on this category.

- Men's Northern 6 stage at Manchester

- (Steve Walker, Stephen Peacock, Phil Savage, Darren Edge, Alan Flint, David Morrison)
- Men's Cross Country Relays Sheffield
 - (Steve Walker, David Morrison, Richard Parkin, Alan Flint).
- Women's Cross Country Relays Sheffield
 - (Nicole Dawson, Laura Emms, Jackie Edwards)
- Ladies at Snake Lane.
 - (Emma Greensmith, Lucy Stamford, Laura Emms) taking 3rd place.
- Men's Walkington 10K.
 - (Darren Edge, Graham Justice & Curtis Arnott) taking the win.
- Couch to 5k Graduation at Peter Pan Parkrun.
 - (51 members of our club either ran, paced or volunteered at this event. It was an impressive day that made everyone incredibly proud to be part of this club. This was all possible due to the hard work and dedication of Patrick Marshal. All the names of the people involved are displayed on the screen.)

[Darren Edge, James Durham, David Morrison, Paul Clark, Richard Parkin, Steve Richmond, Mike Blamires, Sandy Milson, Becs Burge, Nicole Dawson, Luke Doe, Adi Hancock, Jed Holden, Lucy Stamford, Linda Wright, Tricia Donlon, Clare Gardiner, Megan Chown, Bruce Woodford, John Nicholls, Alan Flint, Allison Hayward, David Robinson, Kay Farrow, Penny Booth, Pam Atkins, Nicola Riley, Emma Sayers, Chris Gibson, Ivor Roberts, Paul Allen, Chris Peach, Jo Bridgeman, Julia Peplow, Paula Nicholls, Catherine Maynes, Lynne Stabler, Julie Timperley, Kathleen Hall, Patrick Marshall, Darna Barron, Fiona Oakes, Jackie Edwards, Kate Little, Ciara McClarence, Frank Harrison, Dean Field, Jane Skeates, Sarah Gibson, Suzanna Kettrick, Helen McEgan]

Winner: These are all incredibly worthy nominees. And our winners also epitomise team working. Two of our number completed their first marathon at Hull in September. They trained together. They entered together. They started together. They went through the highs and lows of running a marathon together. And to their ultimate credit they finished together. To be there for each other with neither feeling the desire to take the leading edge at the final stages is the ultimate magnanimous action and a wonderful display of friendship and camaraderie. **I give you Susan McIntyre & Jess Hobson.**

Unfortunately they cannot be here tonight, so we caught up with them earlier this week.

Pacey Pensioner

We are lucky enough to have a lot of quality athletes in this pensioner category (over 60), 8 of which have been nominated. We have had some outstanding performances.

Nominees:

Alan Flint: For his well-earned time at Greater Manchester and his phenomenal commitment to races and staying fit despite health issues.

Ivor Roberts: Our bionic man, making an amazing comeback, proving that you can't keep a good man down.

Jackie Hardman: There seem to be no limits to her running prowess....or her cycling....or her swimming...!

Frank Harrison: Our own running legend, still completing marathons at nearly 80, still helping and encouraging others still committed to his own running.

John Boardley: Still running strong at the tender age of 76.

Viv Williamson: A newcomer to the club and running, gets involved in everything and a regular at Parkrun.

Peter Naylor: Taking himself off to Greece to run unsupported the 157 mile route of the Spartathlon and knocking an entire day off his previous time.

Pete Watkinson: A consistent presence in most local races and delivers the goods every time.

Winner: Our winner was nominated 4 times. Not just a runner, but a swimmer and a cyclist too. She competed in the Triathlete world Championships in Kona in Hawaii last year. But despite these additional feats, her running statistics are consistent and impressive across a range of distances and this accolade is richly deserved purely for her running abilities and the sheer number of races she crams into a year.

Jackie Hardman.

Wooden Spoon

Our Wooden Spoon award recognises that people contribute in different ways, but haven't quite been the best in their class, given a very tough field in a strong year.

Nominees:

Bruce Woodford, Graham Justice, Elaine Julian, Adrian Hancock, Linda Wright, Steve Walker, Laura Emms.

Winner: Has had very good race performances throughout the year but was frequently just pipped to the post in these awards..... **Laura Emms.**

Club Member's Member of the Year

Nominees: Sam Allen; Nicole Dawson; Rob Reid; Patrick Marshall; Andy Johnson; Stuart Little; Fiona Oakes; David Morrison; Chris Gibson; Lucy Stamford; James Durham; Laura Emms; Megan Chown

Winner: Patrick Marshall

Runner of the Year

Nominees:

Luke Davison, Stephen Walker, Lucy Stamford, Jackie Hardman, Alan Flint, Lucas Meagor, Darren Edge, Chris Peach, Andy Johnson

Winner: Chris Peach