**2015 Best Male – Nominations**

**Tom Adams**

Winner

Stanbury Splash, Pen y Ghent Fell Race, Murder Mile, Bradford 10k PB 31.28, Ilkley Incline, Burley Moor Run (CR), Harriers vs. Cyclists (CR), Withins Fell Race (CR), Course Record at Golden Acre Fell Relays

England Bronze Medal at World Mountain Running Championships

England Team Gold at Snowdon International Mountain Race

West Yorkshire X-Country Champion, Bunny Run wins

**Jack Wood**

Winner

Anniversary Waltz, Dick Hudsons Fell Race, Jack Bloor Fell Race. Over the Odda Fell Race, Otley Chevin Fell Race, Addingham Gala Fell Race, Stirton Fell Race, Beamsley Beacon Fell Race, Harrogate Road League (2),

Numerous Park Run Wins and PB 16.32

**2015 Best Female Nominations**

**Sally Morley**

Performances at Yorkshire and Nationals XC

John Carr 5k 18.23

YVAA 5mile championship 2nd lady 32.20

**Jane McCarthy**

Rombald’s Stride 1st lady

PB’s Bradford 10k 38.40,

Brass Monkey Half Marathon 1.26.57, Yorkshire Marathon 3 02 24.

Ultimate Trails 110km 2nd lady

**2015 Most Improved Male Nominations**

**David Chandler**

Coledale Horseshoe, Round Hill, Burnsall Races, Langdale Horseshoe (3hr 00), Abbey Dash (40.56), Harewood 10,

**Dan Hayes**

35th at The Stoop, Abbey Dash (37.52), Burley Moor Run, 4th at Harewood 5mile, Park Runs

**John Hayes**

Blubberhouses 25, Sub-4hr 3 Peaks, Jack Bloor, Round Hill, Sub-3hr Langdale Horseshoe, Burley Moor Run, Tour of Pendle

**Andrew Merrick**

Sub-3hr Marathon, 35th at The Stoop, Abbey Dash, Burley Moor Run, 3-Peaks

**Ben Sheppard**

Brass Monkey (1hr 20), Blubberhouses 25, 3-Peaks (3hr 38), 11th Ilkley Trail Race, 10th Wharefedale HM, Burnsall Classic, 2hr 40 Langdale Horseshoe, 6th at Burley Moor Run (49.47),

**Jack Wood**

Winning loads of races!!! See above!!! Also, 3rd at Ingleborough Fell Race, Langdale Horseshoe (2hr 29), 3rd Wadsworth Trog

**Will Worboys**

1hr 15 for the 10 mile event at Yorkshire Marathon, 20.54 Park Run, 1hr 45 half marathon, Chevin Chase (getting there AND result!)

**2015 Most Improved Female**

**Nominations**

**Kate Archer**

Performances at Brass Monkey (1hr 30), Pendle 2nd lady, Turner Landscape 2nd lady, Eccup 10 mile PB (1hr 09), 2nd lady Great Whernside,1st V35 at Chevin Chase,

**Sally Malir**

XC performances, 5-mile LV50 Club record, 4th FV50 at London Marathon (3hr 07)

**Helen Waddington**

Performances at Dewsbury 10 PB (46 11), Wilmslow Half Marathon PB (1hr 41), Yorkshire 3-Peaks (4hr 54), YVAA 5K John Carr 2nd LV45, 1st LV45 at John Carr 5K Series

**Lucy Williamson**

Performances at Cracoe Fell (1st U23), 5K time 19.45, Addingham Gala, Bradford City 10K 41.28, WYXC performances, U18 silver Yorkshire Fell Championships

**Best Endurance Runner – Road Male**

**Andrew Merrick**

Sub-3 marathon at Yorkshire 2hr 59

**Steve Weston**

Sub-3 marathon at Yorkshire 2hr 59, Freckleton Half (1hr 24)

**Dick Waddington**

3hr 00 marathon at Berlin, Brass Monkey (1hr 24)

**Tom Worboys**

3 marathons in 3 weeks! Including Yorkshire (3hr 40) Amsterdam (3hr 48)

**Best Endurance Runner – Road Female**

**Sally Malir**

Liversedge Half Marathon 1hr 28 30, 4th LV50 London Marathon (3hr 07) New Club Record

**Jane McCarthy**

Brass Monkey Half Marathon 1hr 26 57, 2nd LV40 Yorkshire Marathon (3hr 02)

**Best Endurance Runner Off-Road Male**

**Brian Melia**

Hardmoors 55 (25th overall), 3-Peaks, Edale Skyline

Dragon’s Back Race (5 days covering length of Wales with nearly 50,000ft of climbing in 54 hours 34 mins and 17th overall), Joss Naylor Challenge

**Ben Sheppard**

Blubberhouses 25, Yorkshire 3-Peaks, Old County Tops, 15th in Ultimate Trails 110km, Frostbite 30

**Best Endurance Runner Off-Road Female**

**Jane McCarthy**

Rombalds Stride, Old Country Tops, Ultimate Trails 110km, Sierre Zinal

**Sharon Meadows**

Completing the Ultra Tour Lake District 100. More than 20,000ft of climbing and 105 miles in 39hours and 15mins.

**Jann Smith**

4th successive 3-Peaks in 4hr 10 or less

**Alison Weston**

Completing 16th Yorkshire 3-Peaks, Joss Naylor Challenge (48 miles and 17,000ft of climbing in under 14 hours at 50 years old, Skala Uphill Norway

**Best Athlete U23 – Male**

**Jack Cummings**

John Carr 5K 17:07, 36th position at Ilkley Fell Race, 16th position at Ilkley Trail Race, 10th at Burley Moor Run

**Dan Hayes**

RAB Mountain Marathon performance with his DAD, 12th at Burley Moor Run, 4th in Harewood 5, 1st Harrier at Abbey Dash (37.52), 35th at The Stoop, 1st at Skipton Park Run (18.34)

**Harry Maslen**

Bronze medal and representing England at U20 Decathlon Home Internationals in July with a PB points score of 6,646 and ranking Harry as 4th in the National Rankings.

Silver in the England U20 Combined (Decathlon) with PB’s in 110 hurdles, javelin and 1,500m. 4th in English U20 Indoor Combined Events (heptathlon)

**Ruaridh Mon-Williams**

WMRA International Youth Cup Mountain Running in Bulgaria 56th position

BU18 2nd place in English Fell Championships Race 5

**Best Athlete U23 – Female**

**Jemima Elgood**

England vest in International Youth Cup Mountain Running Bulgaria (23rd)

Second FU16 at Intercounty Fell Championships

Winner of the Murder Mile, Senior wins at Burley Moor Run, Performances at senior level in FRA relays and Iain Hodgson Mountain Relays

FU18 record at The Stoop and 3rd lady, West Yorkshire XC performances

**Lucy Williamson**

Performances at Cracoe Fell (1st U23), 5K time 19.45, Addingham Gala, Bradford City 10K 41.28, WYXC performances, U18 silver Yorkshire Fell Championship

**Best Runner – Over 50 Male**

**Norman Bush**

World Champion V75 at Masters Mountian Running Champs in Snowdon

Performances on the fells and BOFRA races

**Phil Hirst**

Performances in Harriers League, Park Runs, YVAA Masters Series (top 20 position in 2015 Grand Prix Series MV55)

**Geoff Howard**

World Champion V70 at Masters Mountain Running Champs in Snowdon

3rd V70 in UK at 5K, 2nd in UK at 10k. Performances at park runs

**Andrew Merrick**

2hr 59mins Yorkshire Marathon time 3rd MV50 position

**Best Runner – Over 50 Female**

**Petra Bijsterveld**

Commitment to racing XC, road and park runs:

Performances in John Carr 5K series (1st FV50), Kielder marathon 4:47mins

**Hilda Coulsey**

Commitment to racing XC, road and fell

5-mile FV60 club record at Fairclough 5, 41mins 55 seconds, Over the Odda 1st FV50.

**Sally Malir**

XC performances, 5-mile LV50 Club record, Liversedge Half Marathon 1hr 28 30, 4th LV50 London Marathon (3hr 07) New Club Record

**Adela Reperecki**

Performances at 3-Peaks 5hrs 10mins, Over the Odda 1st FV50, Burley Moor Run, Withins, Chevin Chase

**Contribution to Club - male**

**Martin Archer**

Committee role as Treasurer

**Neil Chapman**

Committee, coaching Mondays/ Thursdays / Saturdays

**Paul Stephens**

Committee duties / Supporting Shirley with facilities meetings

**Dan Wilkinson**

Race organiser Addingham Gala, Committee role

**Contribution to Club- female**

**Petra Bijsterveld**

Commitment to Tuesday evening club run (announcements), Social Media Queen

**Ros Blackburn**

Commitment to junior section – Wednesday/Thursday evening training and help at races

**Jane Bryant**

Role as Chairman to Club for 2 years, commitment to coaching Thursday evening speed session

**Hilda Coulsey**

Committee role as Secretary

**Val Kerr**

Organising various relays throughout the year (Calderdale, Bradford Millenium Way, Iain Hodgson, FRA’s), Committee role

**Shirley Wood**

Running Junior section: over 200 children at Sportshall athletics, organising Wharefedale Schools XC league, spearheading the proposed compact athletics facility, commitment to Sports Leaders program, coaching and leadership at fell, XC and track – bringing through juniors such as Harry Maslen, Georgia Malir, Williamson sisters, Jemima Elgood and lots more!!!

**Captains Award – Male**

**Rob Cunningham**

Relays, availablility as standby for team events, commitment to the club, even having moved.

**Phil Hirst**

Commitment and performances in Harriers League, YVAA league, road relays and Harrogate road league

**Robert Sime**

Commitment to Tuesday night session and park run performances all year.

**Jack Wood**

Racing success on the fells, trails and park runs all year

**Captains Award – Female**

**Kate Archer**

Consistent and excellent results all year

**Sharon Meadows**

Completing the UTLD 100

**Sally Morley**

Excellence in XC and 5K races

**Adela Reperecki**

Category wins and commitment to racing

**Helen Waddington**

Commitment to training and support of Club / racing