



# Grantham Running Club Awards 2023

# Club Standards

Age gradings are the means by which runner's performances can be fairly compared, regardless of age or gender.

Any member who has run in a UKA licenced road race or GP parkrun will earn an age grading certificate.

To determine what level members have achieved, we take their best age grading for a qualifying race. There are 11 bands from Tin up to Diamond.

## Tin + Award 35 - 39.99 %

Sarah Whatton

## Copper Award 40 - 44.99%

Vicki Geeson

Neil Jameson

Louise Haynes

Gayle Smith

## Copper Award + 45 - 49.39%

Nicola Cottam

Martin Kay

Nick Payne

Rachel Deans

Louise Kennedy

Vicky Willan

## Pewter Award 50 - 54.99%

Wayne Baxter

Beth Frisby

David Lewis

Brendon Buckley

Joni Goodband

Fraser Marshall

Yvonne Buckley

Kathleen Gray

Mark Rice

Martin Carter

Julia Hallam

Matthew Sadler

Alison Clark

Natalie Hardwick

Richard Smith

Jonathan Fisher

Rebecca Harper

Wendy Smith

Samantha French

Emma Hopkinson

Katherine Thompson

# Club Standards

## Pewter + Award 55 - 59.99%

Suzanne Angeloni

Vicki Ball

Emma Bannister

Debbie Bennett

Emma Duncan

Craig Drury

Jo Grace

Davina Honeywood

Sean Keegan

Riley Maksymiw-Magan

Kate Marshall

Carole Piggott

Laura Piggott

Clare Smith

Warren Stark

Yvette Taylor

Dale Towning

Tracy Webb

Nichola Webster

Jon Whittaker

## Bronze Award 60 - 64.99%

Judi Allsopp

Jacqueline Anderson

Balint Beni

Anthony Boyle

Ian Burrige

Richard Dobbs

Mark Edwards

Stephen Fay

Esther Fraser-Betts

Matt Fryer

Victoria Hardy

Cameron Hoggan

Sylv Hull

Paul Kelly

Richard Litchfield

Ben Mason

Sinead McDonnell

Robert Pask

Rachel Pattison

Richard Payne

Naomi Rivers

Martin Rodell

Rosalind Sadler

Christine Sawyer

Chris Smith

Richard Urqhart

Zane Wojtowicz

Catherine Wallace

Daniel Wallace

Holly Wragg

Zoe Wragg

# Club Standards

## Bronze Award + 65 - 65.99%

Simon Allsopp

Stuart Baty

Mark Carter

Paul Davis

Sam Dodwell

Paula Ebbins

Wendy Fraser

Anna Harding

Kevin Kettle

Russell Maksymiwi

James McMullen

Harriet Morgan

Tommy Napier

Michelle Parczuk

Daniel Pearce

Stuart Reader

Paul Rushworth

Simon Smith

Carlene Veasey

Kevin Wallace

Nicci Whittaker

## Silver Award 70 - 74.99%

Matthew Atter

Robin Atter

Andrew Devine

Joe Diggins

Julie Gilbert

Rachel Hamilton

Peter Jennings

Paul Jepson

Samuel Jepson

Tony Johnson

Stefan Latter

Andrew McAllister

Robert McArdle

Gavin Meadows

Andrew Pask

Piers Pye-Watson

Marjorie Spendlow

Hannah Whittaker

## Silver + Award 75 - 75.99%

Peter Bonner

Alan Carley

Holly Durham

Clive George

Sarah High

Penny Hodges

Adrian Land

Stewart Pick

Gavin Potter

Dean Riggall

Nicola Ruston-Litchfield

## Gold Award 80 - 84.99%

Robert Howbrook

Joaquim Jeronimo

Catherine Payne

Russel Whittaker

# Club Awards

## Men's 5K Champion - Russel Whittaker

Cementing his place as one of our best ever athletes, he keeps going from strength to strength, pushed on by a natural competitiveness.

In his first ever attempt at the 5K distance Russel ran an outstanding 17:12 at Lincs Wellington, taking this trophy by just 5s. This athlete will be itching to beat that 17min mark in 2024.

Runners Up

2nd Place Joaquim Jeronimo 17:17 Lincs Wellington 5K

3rd Place Sam Jepson 17:54 Lincs Wellington 5K



## Ladies 5K Champion - Penny Hodges

The winner is someone who worked really hard for this. Clocking 20:50 at the Lincs Wellington 5k, Penny broke her previous best set last year by 9s.

Still setting PBs at an age where she's not supposed too and scoring a whopping 76% age grade, her best ever!

Runners Up

2nd Place - Nicola Ruston-Litchfield - 21:02 - Shefford 5k

2<sup>nd</sup> place - Holly Durham - 21:02 - Mallard Cake Dash 5K



## Men's 10K Champion - Gavin Potter

Gavin is a new member who has taken the club by storm and certainly shaken things up at the faster end of the club.

Setting PB after PB and clocking times nobody thought possible, he's now got half an eye on club records.

Clocking an outstanding 35:54 at the Gainsborough 10k and then frustratingly matching that exact time again a week later at Doncaster. He takes this award by just 1s.

Runners Up

2<sup>nd</sup> place - Russel Whittaker - 35:55 - Telford 10k

3<sup>rd</sup> place - Joaquim Jeronimo - 35:59 - Lincoln 10k (Just 4s off the trophy)



# Club Awards

## Ladies 10K Champion - Holly Durham

The winner is someone who cleaned up at these awards last year and after a tough year struggling with injuries, Holly was never going to sign off 2023 empty handed.

Clocking an impressive 41:36 at the Doncaster 10k which is somewhere near her best, she's here to take her 10k trophy back home.



Runners Up

2<sup>nd</sup> place - Nicola Ruston-Litchfield - 43:30 - Doncaster

3<sup>rd</sup> place - Hannah Whittaker - 43:40 - Doncaster 10k

## Men's Half Marathon Champion - Joaquim Jeronimo

Flash is someone who's rediscovered that competitive spirit. Competing with his clubmates has really spurred him on but even still, the winning performance took everyone by surprise. On a tough course at the Worksop Half Marathon, he ran a 7min PB, clocking an outstanding 1:19:32 in his first HM for 3 years.

This is his first trophy since he was awarded the 2018 best newcomer.



Runners Up

2<sup>nd</sup> - Andy Devine - 1:20:52 - Sevilla

3<sup>rd</sup> - Gavin Potter - 1:23:49 - GNR

## Ladies Half Marathon Champion - Rachel Hamilton

The winner of this award is a talented athlete who is an infrequent racer. Running an 8min PB of 1:36:40 at the Great Eastern Run, Rachel, coincidentally, has only ever run HMs with Great in the title.

Runners Up

2<sup>nd</sup> - Penny Hodges - 1:37:40 - Boston

3<sup>rd</sup> - Catherine Payne - 1:40:54 - Keyworth Turkey Trot



# Club Awards

## Men's Marathon Champion - Piers Pye-Watson

This year's winner is someone who's reclaiming his crown from 2021.

After a busy spring marathon season where we had more sub 3hr performances than ever before, Piers decided to go against the grain and run a low-profile autumn race. In only his 3<sup>rd</sup> marathon and he exceeded even his own expectation to clock a massive 7min PB with a time of 2:50:21 at the Chester Marathon.

This is the fastest marathon by a GRC runner for 3.5 years and moves to 4<sup>th</sup> all time for the club

Runners Up

2<sup>nd</sup> - Russel Whittaker - 2:53:03 - London

3<sup>rd</sup> - Joe Diggins - 2:55:43 - London



## Ladies Marathon Champion - Caroline Davis

This year's winner is a runner who does not stop.

Seasoned at the distance, Caroline targeted Manchester and it paid off. Running her 14<sup>th</sup> marathon, she set a new PB by 0:01:30 to clock a time of 3:46:00.

Amazingly she ran the London Marathon the week later for her 15<sup>th</sup> marathon.

Runners Up

2<sup>nd</sup> - Hannah Whittaker - 4:04:46 - London

3<sup>rd</sup> - Sarah High - 4:11:27 - London



# Club Awards

## 2023 Ultra Runner of the Year - Nick Payne

This year's winner is someone who is made of different stuff.

Distance is his thing and he doesn't mind putting the miles in. So, for 2023 he did something exceptional. He ran the entire length of our island and he didn't even take the shortest or flattest route. Taking 31 days and running on average 31 miles a day, he only allowed himself 4 days of rest.

Nick is taking this award for the third time, the last of which was in 2018.



## Cross Country Runner of the Year - Jason Walker

The winner is a man who embraced cross country like never before, turning up and running his socks off in every race.

Jason's not afraid to roll the dice and ask the question early in a race.....He's someone who backs himself and has an incredible racing spirit in him.



## Best Newcomer—James McMullen

There were quite a few candidates presented to the committee but the decision was unanimous and one of the easiest we've ever made.

James has fully submerged himself in all that the club has to offer in his first year as a member and his race times have come right down too.

A true success story he was a member of the begin to run course and has never looked back.





# Club Awards

## Biggest Improvement Award - Holly Wragg

This year's most improved had a blinding first half of the year, with an improvement of 7.51%.

Highlights being her 7:30min 10k PB at Doncaster and her 23min PB at the Peterborough Half.

Runners Up

In 2<sup>nd</sup> place with an improvement of 7.36% is Rachel Hamilton.

In 3<sup>rd</sup> place with an age grade improvement of 7.3% is Laura Piggot..



## Men's Points Champion - Paul Jepson

The first person ever to take this trophy who wasn't called Peter Bonner, Paul ran a total of 66 events with a massive score of 4350.

This gentleman (and gentleman is what he is!) it completely addicted to his passion and his passion is running. Still churning out events at a ripe age he truly is an inspiration.

Runners Up

2<sup>nd</sup> place, running a total of 65 events with a total score of 4065 is Peter Bonner

3<sup>rd</sup> place, running 54 events and with a total score of 3422 is Paul Davis.



## Ladies Points Champion - Caroline Davis

The winner is no surprise. There are nowhere near enough weeks of the year to complete this many races but somehow, Caroline ran a massive 62 events and clocked 4172 points.

This lady does not and will not stop.

Runners Up

In 2<sup>nd</sup> place, also running 55 events but with a higher score of 3100 is Tracy Webb

In 3<sup>rd</sup> place, running a huge 55 events with a total score of 3000 is Yvonne Buckley.



# Club Awards

## Member's Member - Sylv Hull

Voted for by club members in an online poll, it was a close run thing between Fraser Marshall for all his work behind the scenes looking after the website, policies, GDPR, awards night statistics, not to mention his fantastic run leading,

Sylv Hull won by a nose for looking after the social side of the club and race reports. And the Christmas party.



## Men's Club Champion - Joaquim Jeronimo (Flash)

Flash has had a real breakthrough year. Backing himself in every race, he's set a string of PB with his top 4 age graded scores averaging an impressive 79.61%.

Runners Up

2<sup>nd</sup> - scoring an average of 78.14% is Robert Howbrook (he has this 4 times!)

3<sup>rd</sup> - scoring an average of 77.89% is Russel Whittaker.



## Ladies Club Champion - Catherine Payne

The winner will come as no surprise, taking her trophy back after a year's sabbatical. Catherine has now won this trophy on this 4 out of the 6 times it's been awarded.

Averaging an eyewatering 83.21%, there are no more superlatives that can be used.

Runners Up

2<sup>nd</sup> - average of 76.67%, Sarah High

3<sup>rd</sup> - with an average of 73.49%, Holly Durham



# Club Awards

## Men's Club GP Series Champion - Russel Whittaker

With 21 men qualifying, it was a bumper crop of athletes battling it out with some very close rankings!

Scoring the required 6 races were, Richard Urquhart, Ben Mason, Anthony Boyle, Martin Rodell and Stuart Baty, all showing consistency throughout.

Then came Sam Dodwell, Tommy Napier, Simon Allsopp, Kevin Wallace who were separated by just 2.4 percentage points.

Peter Jennings, and Andrew Pask were all vying for a top ten berth, but not quite. Just beating Andrew into 10<sup>th</sup> was Daniel Pearce.

The prolific Paul Davis ran more GP races than anyone else. He laced up his shoes a bumper 15 times and broke 1000 points with his best 6 placing him in 9<sup>th</sup>.

Stefan Latter, Number 1 Atter (Robin) and Number 1 Jepson (Paul) again were locked in battle all year with only 1.2% separating the trio. Robert McArdle took 5<sup>th</sup> and Alan Carley 4<sup>th</sup> proving there is life in the old dogs yet.

A stunning year in almost every single distance paints the picture of all the top three.

The most experienced in 3<sup>rd</sup>, Peter Bonner who's now on the cusp of the prestigious 80%.

Two of the most talented runners in the local area, with PB's galore, Gold County Medals, Gold Age Grading standards for both (the first time for each) and over the 6-race series were separated by just 1.4%...

In 2<sup>nd</sup> place - he averaged 79.47% with a high of 80.75% is Joaquim Jeronimo (Flash)

The winner of the Men's GP Series 2023 with an average of 79.70 and a high of 80.56%, is Russel Whittaker.



# Club Awards

## Ladies Club GP Series Champion - Catherine Payne

With 15 ladies completing the required 6 races, Yvonne Buckley, Judi Allsopp, Tracy Webb, Ros Sadler and Holly Wragg finished just outside the top 10.

Zoë Wragg nudged her younger sister to tenth but they were separated by just 7½ points. The sisterly battle will be one to watch for 2024.

Early season Naomi Rivers form and a late season resurgent Sylv Hull next in 8<sup>th</sup> and 9<sup>th</sup>.

Making great waves in her first year with the club the talented Carlene Veasey who came in at 7<sup>th</sup>.

Julie Gilbert, Marj Spendlow and Caroline Davis made up 6<sup>th</sup>, 5<sup>th</sup> and 4<sup>th</sup> - showcasing their determination and longevity.

In 3<sup>rd</sup> place and carving out a place as one of the club's finest but lesser raced runners - averaging 73.44% is Hannah Whittaker.

In a hard fought second place is a club legend; donning her racing shoes at the highest level once again; averaging 75.98% per race is the incredible Sarah High.

The winner is someone who endured an injury laden 2022 but staged a comeback plain to see through this year's series.

Averaging a whopping 82.96%, the highest score of the year - the brilliant, fantastic and whatever superlative you can think of winner is Catherine Payne



# Club Awards

## Nathan Walker Memorial Trophy - Nick Payne

The Nathan Walker Memorial Trophy 'is awarded to the member who has made an outstanding contribution to the club or has been recognised for an outstanding achievement at a race event as either part of a team or as a solo participant'.

This honours Nathan, one of our most promising athletes who tragically died in 2016, and son of two of our most popular members Ady and CJ Walker who died tragically in 2016.

The Committee provides Ady & CJ with 3 nominations and reasons. Ady & CJ decide on the winner. However, this year it was impossible to whittle it down enough and we presented Ady & CJ with 4 nominations

This year's nominees were:

Nick Payne  
Dean Riggall  
Sylv Hull  
Andrew Pask

Nick was awarded the trophy after an achievement which may never be beaten in terms of endurance and determination.

Nick ran from Lands end to John O'Groats the long way round!! Taking in the Brecon Beacons, the lake district, the west highland way and the Scottish highlands.

Nick covered over 1000 miles over 35 days, 31 days running and only 4 recovery days.

Nick ran in memory of his father who passed away a few years ago and raised £2500 for the pancreatic trust.



Nick Payne was presented with the Nathan Walker memorial trophy by Nathan's son Harley.