



Grantham Running Club Awards 2025

Member of the Month Recap



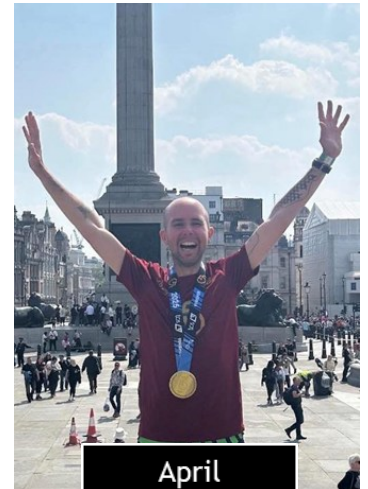
January
Sarah High



February
Marj Spendlow



March
Alan Carley



April
Gav Potter



May
Caroline Davis



June
Riley Maksimiw-Magan



July
Marj Spendlow & Andrew Goddard



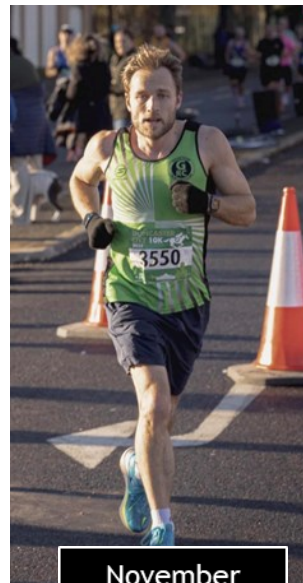
August
Peter Jennings



September
Nicola Ruston-Litchfield



October
Kev Wallace



November
David Poole



December
Kate Marshall

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.

Copper Award 40 - 44.99%

Nicholas Thorpe
Bethan Speir-Davies
Bronte Camm

Copper Award + 45 - 49.39%

Nick Payne	Lisa Williams	Vicki Geeson
Amy Jameson	Rebecca Harper	Emma Weighill
Neil Jameson	Simon Hartley	Jenny Wigham
Amelia Britten	Martyn Wand	Jingbiao Yang
Leanne Castle	Ruth Richley	Georgia Green
Daniel Bates	Sarah Holroyd	
Rhys Nicholls	Helena Morris	

Club Standards

Pewter Award 50 - 54.99%

Martin Carter	Natalie Hardwick	Julia Hallam
Sam Caton	Marie Tainton	Eleanor Catterson
Joshua Harlock	Kris Radford	Stuart Reader
Melissa Winter	Emma Hopkinson	Briarny Hayes
Brendon Buckley	CJ Walker	Jack Dodwell
Owen Wainwright	Lisa Burn	Jack Holroyd
Hannah McArthur	Edina Burns	Tony Hart

Pewter + Award 55 - 59.99%

Craig Drury	Yvonne Buckley	Jaimie Lord
Richard Payne	Jessica Taylor	Rachel Pattison
Richard Urquhart	Stephen Fay	Arleta Zydek
David Amos-Reeves	Hayley Halliday	Clare Mitchell
Nicci Whittaker	Jacqueline Anderson	Katie Wallace
Rosalind Sadler	Addelle Pattison	Richard Dobbs
Emma Duncan	Agnes van Rheinberg	Wendy Smith
Katherine Thompson	Catherine Pell	Rachel Metcalfe

Club Standards

Bronze Award 60 - 64.99%

Paul Davis	Zoe Wragg	Matthew Williamson
Tracey Gell	Christine Sawyer	Susan Copping
Jason Blair	Victoria Hardy	Tracy Webb
Andrea Ward	Nichola Webster	Robert Croston
Anthony Boyle	Paula Ebbins	Sam Dodwell
Stuart Baty	Sally Pygott	Christopher Moore
Harriet Morgan	Cameron Hoggan	Rebecca Hallett
Amy Jennison	Matthew Sadler	Paul Kelly
Carole Eldred	Dale Towning	Judi Allsopp
Jason Walker	Holly Wragg	
Kate Marshall	Jo Grace	

Bronze Award + 65 - 65.99%

Matt Fryer	Andrew Pask	Warren Stark
Tommy Napier	Russell Maksymiw	Sylv Hull
Robin Atter	Anna Hawkins	Jonathan Gilbert
Julie Gilbert	Martin Rodell	Victoria Ball
Stefan Latter	Simon Allsopp	Ross Warden
Paul Scott	Daniel Pearce	Ben Mason
Anne Fleming	Daniel Wallace	Paul Rushworth
Belinda Baker	Catherine Wallace	
Carlene Veasey	Robert Pask	

Club Standards

Silver Award 70 - 74.99%

Peter Jennings	Rachel Hamilton	Riley Maksymiw-
Samuel Jepson-Rivers	Matthew Atter	Magan
Piers Pye-Watson	Marjorie Spendlow	Tony Johnson
Hannah Whittaker	Michelle Parczuk	Richard Litchfield
Gavin Meadows	Robert McArdle	Paul Jepson
Caroline Davis	Alex Curtis	Jack Heathershaw
James McMullen	Scott Jones	Joe Diggins
Mark Toms		Kevin Wallace

Silver + Award 75 - 75.99%

Brian Hawkins	Clive George	Holly Durham
Peter Bonner	Alan Carley	David Poole
Robert Howbrook	Joe Clarke	Adrian Land
Andrew Goddard	Dean Riggall	
Gavin Potter	Joaquim Jeronimo	

Gold Award 80 - 84.99%

Matthew Kingston-Lee	Jake Richardson	Sarah High
Anne Walton	Russel Whittaker	Nicola Ruston-Litchfield

Platinum Award 90-94.99%

Catherine Payne

Club Awards

Nathan Walker Memorial Trophy - Kate Marshall

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.

The Committee provides Ady & CJ with 3 nominations and reasons and Ady & CJ decide on the winner.

The nominees for 2025 were:

Nicci Whittaker for her sterling work taking on the Solstice, her contributions to the Committee and club activities, including cross country and hosting the summer barbecue run.

Kate Marshall for all the different hats she wears for the club including run leader and Coach, welfare officer and membership secretary. She no slouch on the running side either, running the London Marathon, serious forays into ultra running in the UK and also up Mont Blanc.

Sam Jepson for his contributions as captain, to the committee, solstice, cross country participation and wrestling with GP for several years.

**This year's winner is
Kate Marshall.**



Club Awards

Ladies 5K Champion - Rachel Hamilton

Our runners up are a tie this year, with both ladies running an amazing time of 21:06. Catherine Payne's time set at the Lincoln Wellington 5K series netted her an incredible 89% age grading.

Nicola Ruston-Litchfield smashed it at the GRC 5K in an awesome year of results.

Our winner this year is 30 seconds clear of the runners up and just keeps getting better. Her time of 20:34, set at the Lincoln Wellington 5K has netted her the award for this year.

Runners Up

Catherine Payne - 21:06 - Lincs Wellington 5K

Nicola Ruston-Litchfield - 21:06 - GRC 5K



Men's 5K Champion – Russel Whittaker

The Lincoln Wellington 5K Series provided the setting for the top 3 men's results at 5K, an event which attracts some of the best and brightest of the region's athletes.

It was a close-run thing again, with only 18 seconds between 1st and 3rd place with all 3 runners proving they are deserving of their spot in the top 3.

In bronze place, and still the holder of the club 5K record, with a superb time of 17:28 is the legendary Matthew Kingston-Lee.

An impressive time of 17:21 secures silver position for Gav Potter.

However, winning by a clear 11 seconds this runner crossed the finish line of the first of the Lincs Welly 5K series in 17:10, claiming both a new PB and the trophy this year is Russel Whittaker.

Runners Up

2nd Place - Gavin Potter - 17:21 – Lincs Wellington 5K

3rd place - Matthew Kingston-Lee - 17:28 - Lincs Wellington 5K



Club Awards

Ladies 10K Champion - Holly Durham

Our 3rd placed lady Hannah Land saved the best til the end of the year with a brilliant time of 44:13 at the Doncaster 10K which brought her into bronze position.

Nicola Ruston-Litchfield managed to post the next two best GRC ladies 10K times for 2025 with her performances at Benidorm and also the Gainsborough Morton 10K, during a very successful November.

November must have been a magical month as our winner also posted a fantastic time at the Doncaster 10K. With a time of 42:27, she edged into the champion spot by 3 seconds. The ladies 10K champion for the 4th year in a row is Holly Durham.

Runners Up

2nd place - Nicola Ruston-Litchfield - 42:30 - Gainsborough Morton

3rd place - Hannah Land - 44:13 - Doncaster 10k



Men's 10K Champion - Gavin Potter

It was a close run result this year with 34 seconds separating 1st and 3rd place.

A fantastic PB time of 36:15 at Doncaster netted, ever-improving and undoubtedly one to watch, David Poole scoops bronze place.

Sneaking under the radar running a top 10 finish at Langtoft 10K, his sub 36 minute PB of 35:59 earns Joe Clarke silver position.

Our winner this year, by a clear margin of 20 seconds, running the Woodhall Spa 10K in an incredible 35:39 to take the top spot is Gav Potter

Runners Up

2nd - Joe Clark - 35:59 - Langtoft 10K

3rd - David Poole - 36:25 - Doncaster 10K



Club Awards

Ladies Half Marathon Champion - Holly Durham

Anne Walton takes the third spot with an impressive run at the Retford Half Marathon in March. Her time of 1:41:13 bagging her a gold age grading.

2nd place went to the ever-impressive Catherine Payne, also at Retford which was a GP round, with her time of 1:39:56.

A chilly Peterborough provided the setting for this year's winner where she ran a brilliantly paced race. Leaving enough in the tank to really ramp up the pace in the last 5K she crossed the line in a superb 1:38:04.

Runners Up

2nd place - Catherine Payne - 1:39:56 - Retford Half Marathon

3rd place - Anne Walton - 1:41:13 - Retford Half Marathon



Men's Half Marathon - Gavin Potter

In another incredible year, the gents of the club ran some very impressive half marathon times. The competition was fierce and we see the top 3 separated by less than 2 minutes over the 13.1 mile distance.

Just missing out on that top spot and taking the bronze position, gaining yet another PB at the North Lincs Half Marathon in a very impressive time of 1:19:11 is Joe Clark.

The silver spot was claimed in the latter part the year in an amazing time of 1:18:23 at the Great Eastern Run by David Poole.

Reeling in the top spot by 48 seconds, crossing the finish line of the Retford Half Marathon in a stunning time of 1:17:54 and taking home the half marathon and for a second year running, the winner is Gav Potter



Runners Up

2nd - David Poole - 1:18:23 - Great Eastern Run

3rd - Joe Clark - 1:19:11 - North Lincs Half Marathon

Club Awards

Ladies Marathon Champion - Hannah Land

The less glamorous Marathon in a place called Boston was the race that our 3rd place lady took part in during April.

Rebecca Hallett put a convincing sub-4 hour run to finish in 3:55:21.

2nd place goes to a Rachel Hamilton who tackled the London Marathon in memory of her Dad, raising £725 for the Lincs & Notts Air Ambulance. The electric atmosphere carried her to an impressive finish in 3:55:03 and second place.

On the same day way up north, our winner by a margin of 2 and a half minutes ran at Manchester on the warm conditions. Another super sub-4 of 3:53:36 won this year's ladies marathon trophy.

Runners Up

2nd – Rachel Hamilton - 3:55:03 - Great North Run

3rd – Rebecca Hallett - 3:55:21 - Boston UK



Men's Marathon Champion - Gavin Potter

Securing a third place finish for the second year running, once again proving that he has the legs to take on the challenge. Delivering a strong performance at the Manchester Marathon, clocking an impressive 3:03:42 is Andy Devine.

On the grandest stage our nation has to offer, demonstrating that grit, determination, and consistent training deliver results, storming across the London Marathon finish line in a brilliant 2:59:28 and taking the 2nd spot is Peter Bonner.

Hammering home by a huge margin and revelling in all the glory he delivered a blistering 2:44:56 at the London Marathon. Cementing his status as one of the club's all-round talents, adding another trophy to the collection along the way, the winner is Gav Potter.

Runners Up

2nd – Peter Bonner - 2:59:56 - London

3rd – 3:03:42 - Andy Devine - Manchester



Club Awards

Best Newcomer - Tony Hart

This award is open to any runner who joined the club between 1st Jan and 31st Dec 2025 and the winner was decided by the committee so as such is always open to judgement and interpretation. I'd like to invite Russ to present this award.

This year's winner was a popular graduate from our Begin to Run scheme. A motivated beginner, he diligently completed his runs to make sure he didn't fall behind when he couldn't make sessions and it's been brilliant to watch them progress and enjoy their running.

They took part in the GRC 5K (where they were forced to shake hands with the Chair who had only a few minutes puked in a bush) and in September only went and ran a half marathon, completing the Great North Run.



Cross Country Runner of the Year - Peter Jennings

Cross country is very much a team effort and GRC was very well represented with 32 members doing their bit through mud, snow, water and worse....

Particular kudos goes to Flash who put in excellent performances at all the Lincolnshire fixtures so far. Likewise Craig Drury has shown his commitment (or that he should be committed) by representing the club at all 4 of the North Midlands events.

An honourable mention must go to Ladies Captain Sarah High who not only did a fantastic job of marshalling her merry band of idiots at each event, but ran in every single race too.

This year's winner is a real pillar of the team and has taken part in every cross-country event going, representing the club at the National Relays, all of the North Midlands League where he came 5th in his age category AND Lincolnshire League races where he was 2nd.

Not only that, they are hugely supportive of their teammates, endlessly cheerful and encouraging, with a handshake that would make grown men weep.



Club Awards

2025 Ultra Runner of the Year - Paul Rushworth

This award is sometimes tough to track as results don't appear on Power of 10, but anyone who follows this globetrotting member on Strava might have seen their absolutely epic runs where finish times are measured not in minutes and hours but sometimes days.

He started the year "easy" with the Wilmot Wander 32 miler in January, followed by the 25 mile Shropshire Circular trail run.

The Coventry Way 40 miler followed in April, then the 30 mile Birmingham Canal Canter for which he prepared for by eating Turkish kebabs for the two weeks prior.

Another biggie was the Flower of Suffolk 100 Miler in May, where he was running constantly for nearly 27 hours.

He topped off his year with another crack at the notoriously brutal Bullock Smith 56 miler, an event he has competed in several times. His preparation included running from Nottingham to Grantham along the canal, then from Newark to Grantham on an unchartered route

He even made it back for the GRC Christmas Eve run, covering 10 muddy miles before breakfast, proving he's made of seriously tough stuff.



Biggest Improvement Award - David Poole

The biggest improver requires two performances from both the previous and current year, which we average to give the score. The winner is the person who improves their Grade the most from one year to the next.

The winner this year has shown real dedication with his consistent training. He quietly gets on with it and is always looking for ways to improve and add to his training and boy is it paying off.

In 2024 his half marathon time was 1:30:01. In 2025 he knocked spots of that time, shaving off nearly 12 minutes for an incredible new PB of 1:18:24.

His 2024 10K time set at Doncaster was 45:59. He returned a year later and ran the course in 36:15, knocking a massive 10 minutes off, a minute a mile faster to give you some perspective.

His age grading has shot up by an amazing 12.99% making him our most improved runner for 2025.



Club Awards

Member's Member - Russell Maksymiw

So now we move onto the Member's Member award. This award is unique in that it is voted for by our club members and acknowledges an individual for their contributions to the club. It's about more than running and rewards members for any positive impact they have had.

This year we had 19 different individuals nominated and it was great to read all the comments that painted an amazing picture of the number of dedicated members we have within this club, who give so much back to the running community.

Recognition must go to some worthy runners up who also got a lot of the votes. Three of our committee members, Nicci Whittaker, Ros Sadler and Sam Dodwell were mentioned numerous times for the dedication they have shown to the club in various ways. Nicci drawing praise for her hard work and efficient organisation around the Summer Solstice. Ros for her continuous encouragement and inclusive nature as a run leader and finally Sam for his consistent contributions to the club as both run leader and other voluntary positions that often sit under the radar.

This member has been described as a "strong team player" and their selfless approach is admirable, often meaning their own training takes a back seat so they can support and motivate others.

This person makes time for everybody, regardless of ability or time in the club and has made a difference to so many as they start out in their running journey.

They have a talent for making people feel welcome and have been described as "one of the good guys".

Leading the Begin 2 Run Programme means they have helped so many people and are always fiercely promoting GRC as the place to be!

They throw themselves into club activities including Cross Country, Equinox (completing an impressive 10 laps themselves!) and more recently leading on track sessions standing in the cold watching people run around in circles whilst cheering loudly from the sidelines.

This person genuinely wants to see others go further, faster and achieve their goals.

Reasons from the nominations include "an asset to GRC", "a prominent and active member" and a person who "many people owe their running to".

This year's Member's Member is Russell Maksymiw.



Club Awards

2025 Club GP Series

The Club Grand Prix is our year-long series of 24 local races, covering all the classic distances: 5K, 5 Miles, 10K, 10 Miles and Half Marathon. Scores are age-graded, keeping the competition fair for everyone. Each runner's top six results count, with the option to play a Joker.

How far did we run?

Together we logged almost **3,700 miles (6,000 KM)**—far enough to take us from the Tennis Club to the seas of Northern Greenland.

Who took part?

A total of **160 runners** (88 men, 72 women) raced in the Green and Black, averaging **2.94 events each** for **470 total results**.

One particularly dedicated member completed **13 rounds**, held together by KT tape.

The "statistically average" runner this year: **Ben Mason**, aged **47.94**.

Our age range spanned from **Riley (born 2004)** to Christmas miracle **Brendon (76)**—a brilliant reflection of the club's diversity and proof that running truly is for everyone.

Race breakdown

- **5Ks and 10Ks dominated**, making up **68.51%** of all entries (322 of 470).
- **5-mile races** accounted for less than 1%—is this classic distance fading away?
- **29 runners** completed one or more **Marathons**, and fittingly **13.1%** ran a **Half Marathon**.
- **21 members** played their **Joker**.

Event highlights

- The **GRC 5K** continued to thrive with **69 competitors** hitting Turnor Road
- **City of Lincoln 10K (42)** and **Doddington Hall parkrun (45)** secured third and second most-attended events.

In summary

The 2025 season delivered 24 rounds of outstanding running, memorable performances and personal triumphs. Statistics only tell part of the story—every member brought their own journey, motivation and version of success. Everyone should be proud of their year.

Club Awards

Ladies Club GP Series Champion - Catherine Payne

Top 10 Results

Pos.	Name	Total Points	Top 6 Scores	Average	Best Race of 2025
1	Catherine Payne	857.77	526.79	87.80%	90.42%
2	Sarah High	783.39	476.1	79.35%	81.00%
3	Holly Durham	435.52	435.52	72.59%	76.01%
4	Hannah Land	430.08	430.08	71.68%	74.29%
5	Caroline Davis	565.09	428.64	71.44%	74.08%
6	Michelle Parczuk	420.79	420.79	70.13%	72.81%
7	Sylv Hull	374.99	374.99	62.50%	65.94%
8	Zoë Wragg	414.49	361.69	60.28%	62.17%
9	Nicci Whittaker	335.77	335.77	55.96%	59.15%
10*	Nicola Ruston-Litchfield*	-	384.42	76.88%	81.01%

1st

Catherine Payne



2nd

Sarah High



3rd

Holly Durham



Club Awards

Men's Club GP Series Champion - Russel Whittaker

Top 10 Results

Pos.	Name	Total Points	Top 6 Scores	Average	Best Race of 2025
1	Russel Whittaker	710.32	485.61	80.94	81.94%
2	Peter Bonner	908.40	469.80	78.30	79.82%
3	Robert Howbrook	612.17	468.15	78.03	79.58%
4	Alan Carley	988.80	463.60	77.27	77.82%
5	Gavin Potter	682.66	460.38	76.73	78.30%
6	Peter Jennings	511.26	441.02	73.50	74.74%
7	David Poole	434.67	434.67	72.45	75.66%
8	James McMullen	703.41	432.62	72.10	73.91%
9	Joe Clarke	427.10	427.10	71.18	77.81%
10	Robert McArdle	630.68	426.34	71.06	72.74%

1st

Russel Whittaker

2nd

Peter Bonner



3rd

Robert Howbrook

