

2016 Runner of the Year – Male Nominations

			<p style="text-align: center;">DAVE CHITTOCK</p> <p>Dave has been training hard and racing well recently and watch out for him on his new bike! Dave is also a great asset to the club and has worked tirelessly on organising teams for the Cotswold Way Relay which was a great success thanks to his hard work - Dave does love a spreadsheet!</p>
			<p style="text-align: center;">MIKE DALY</p> <p>Mike was nominated by his daughter Catherine for always putting maximum effort into his training (whilst running a busy veterinary practice) and quietly getting on with his races. He recently completed his first ultra (34 miles) in a very respectable 6 hours 41 minutes. Well done Mike!</p>
			<p style="text-align: center;">MARK EAVERS</p> <p>Mark was nominated not only for his enthusiasm for running but also for his involvement in charity work - he recently had that famous beard shaved off for a fundraising cause! - and, in particular, for his assistance to visually impaired runners. Well done Mark!</p>



IAN GILL

This month's Runners of the Month Ian and Glenda Gill create a piece of club history, being the first husband and wife to win the accolade in the same month. Not only are they a massive part of the club, they also make things happen. Whether it is getting volunteers for club races, organising fantastic Saturday morning Forest of Dean runs - bacon sandwiches too. Being group leaders on club night, organising marathon training runs and their running continues to get better, as they manage to run lots of races too. Oh and there's the small matter of arranging the trip to Torremolinos.



JOSH HAND

Becoming a new father has clearly not affected Josh's running, as he has earned PBs at all distances from 10k upwards this year. However, it is at the marathon distance where Josh has excelled with top 40 finishes in Chester (2.53 PB) and the notoriously challenging 2016 Brookes Snowdonia marathon (3.04). Well run Josh!



PHIL JEYES

A big thank you to Phil Jeyes for all his planning and hard work as Race Director for the Linda Franks race in January 2017 and congratulations to him on a very successful race. Phil enjoys his running and is always encouraging to others.



MIKE KENNEDY

Mike just gets quicker and quicker. His marathon times have improved tremendously. In action in the Pisa Marathon, he made it look very easy. He is a great bloke who always says yes when asked to assist with an AA event.



DAN MAGOVERN

Dan really enjoys and is very dedicated to his running and has been steadily progressing since joining the club. He can often be seen at the track giving it his all. Well done Dan!






PRASHANTH KUMAR SRIPATHI ('PRASH')

Congratulations to Prashanth Kumar Sripathi (Prash) for his fantastic run at the 2017 Manchester marathon where he managed to knock a magnificent 26 minutes off his previous personal best to finish in 3.01.08. Prash has been training hard and constantly improving - he was also the first male Almost home at the recent Cleevewold. Well done Prash!

			<p style="text-align: center;">RICH WALKLATE</p> <p>Rich loves off road running and has been producing excellent times and runs at cross country events. He recently started the AA Suffershire group, helps leading a group on Wednesdays and is part of the parkrun core team. In addition Rich is always happy to help with AA events.</p>
			<p style="text-align: center;">DOUG WAYMARK</p> <p>Doug has been nominated for the amount of help he gives to the club. Doug can often be seen at races on the lead bike or, in the case of the 2016 Meteor Mile, getting drenched in the finishing area whilst filming all finishers to ensure accurate times for everyone. Thanks Doug!</p>
			<p style="text-align: center;">DOUG WIGHT</p> <p>Doug's stunning run at the 2016 London Marathon earned him a top 200 placing with a phenomenal time of 2:36:58. Testament to his hard work and disciplined training, Doug also won the 2016 Stroud Trails Marathon. Awesome running, Doug!</p>

2016 Runner of the Year – Female Nominations

 A photograph of Deb Cartlidge, a female runner, captured mid-stride. She is wearing a purple athletic top with a yellow bib number '71' and black shorts. She has a joyful expression and is waving with her right hand.		<p style="text-align: center;">DEB CARTLIDGE</p> <p>A big pat on the back this month to Deb Cartlidge for her consistent hard work and dedicated training. Deb regularly attends club sessions and really enjoys her running. Her hard work paid off in February 2017 at the very hot and hilly Torremolinos half marathon where she was first Almost lady home. Well done Deb!</p>
 A photograph of Sheila Chatterley, a female runner, running on a paved path. She is wearing a purple t-shirt with a yellow bib number '0185' and black leggings. She is smiling and waving with both hands.		<p style="text-align: center;">SHEILA CHATTERLEY ('ZIPPY')</p> <p>Congratulations to Sheila for working hard to improve her race times recently, resulting in personal best times at the 5 mile, 10 mile and half marathon distances. Keep it up Zippy and keep smiling!</p>
 A photograph of Mariel Chretien, a female runner, running on a paved path. She is wearing a purple t-shirt with 'MARIEL' printed on it and a yellow bib number '75'. She is wearing black shorts and has a focused expression.		<p style="text-align: center;">MARIEL CHRETIEN</p> <p>Mariel put in a strong performance at the 2016 Guy Fawkes 5, just seconds off her PB, however her love for running lies firmly off-road. Not only did she place highly at the 2016 Aston Subedge marathon but she is a regular at cross country events. She also shares her enthusiasm by organising muddy weekend runs for other club members to enjoy. Congratulations Mariel!</p>



GLENDA GILL

This month's Runners of the Month Ian and Glenda Gill create a piece of club history, being the first husband and wife to win the accolade in the same month. Not only are they a massive part of the club, they also make things happen. Whether it is getting volunteers for club races, organising fantastic Saturday morning Forest of Dean runs - bacon sandwiches too. Being group leaders on club night, organising marathon training runs and their running continues to get better, as they manage to run lots of races too. Oh and there's the small matter of arranging the trip to Torremolinos.



JEANETTE GULLICK

Jeanette is a well deserved winner as she has been working hard on improving her speed which will shortly translate into new PBs we are sure. She also convincingly won Race 4 of the 2016 club handicap series. Well done Jeanette!



GEMMA HARGRAVES

Congratulations to Gemma for her consistent form and recent successes. Gemma was first lady at the 2016 Stroud Trails Half Marathon, Westonbirt 10k and most recently on leg 7 of the 2016 Cotswold Way Relay. Well done Gemma!

		<p style="text-align: center;">DI KEMPLE</p> <p>Never one to shy away from a challenge, Di not only trained for and completed a half Ironman in 2016 but she also completed the 2016 Brooks Snowdonia marathon in under 5 hours. Closer to home the long hours of training on Bredon Hill resulted in a return to form on the road in her sub-2 hour showing at the 2016 Cheltenham half marathon.</p>
		<p style="text-align: center;">VICKY KENNEDY</p> <p>We've been very impressed by Vicky's dedication to her running - particularly her marathons. Vicky is the first female Almost Athlete to have completed all six Marathon Majors (London, Berlin, Boston, New York, Chicago and Tokyo)! Equally proficient at all distances, she was also part of the winning team at the 2017 Berkeley 20 mile race. Well done Vicky!</p>
		<p style="text-align: center;">PATRICIA PEEVER</p> <p>Congratulations to Patricia for achieving some great race times recently and in particular for achieving a new 10 mile LV35 age group record of 72.05, beating the previous record held by Linda Franks for 23 years. Patricia is also a regular team member at Gloucestershire cross country events.</p>
		<p style="text-align: center;">GEMMA STEVENS</p> <p>Gemma followed up her strong 3.33 showing at the 2016 Virgin Money London Marathon with a creditable 2.33 at the Cheltenham half marathon pushing her sister Hayley in a wheelchair. No mean feat on very challenging terrain around the racecourse. It was difficult to tell whose smile was broader at the finish - Gemma's or Hayley's. Nice work, Gemma (and Hayley)!</p>