

WINDMILER AWARDS FOR 2015

We are very grateful to club members for putting forward so many of their peers for awards this year. Almost all the members who were nominated met the criteria for participating in the life of the club (volunteering and/or representing the club in team events). The awards sub-committee had a hard job making the decision from your selection: here are the results.

Runner of the Year -	GORDON BERRY – after years of consistent running he has shown that it’s still possible to get new personal bests (for example at marathon, half marathon, 10 mile, 8 mile, 7 mile, 10k, 5k) while putting in a lot of time for the club as one of the men’s captains.
Male Athlete of the Year -	The award goes to MATT GALLAGHER for his all round performances. Among many other things, winning the London Enduro 50k, a consistent top ten finisher for Wimbledon Common parkrun, doing well in numerous MABACs.
Male Vet of the Year -	The award goes to GAVIN MCLAUGHLAN for many great runs, for example his 1 hour 19 minute half marathon at Ealing, plus cross country performances
Female Athlete of the Year -	The award goes to KATE CARTER because her performance across many different distances continues to get better and better, eg her 1 hour 27 half marathon and of course, her 3 hour Berlin marathon.
Female Vet of the Year -	The award goes to CHIARA SAMELE for her very strong performances this year, which have resulted in a series of personal bests at different distances, and some very strong cross country performances.
Improver of the Year -	This year the award is given to two people who have both shown big improvements at different distances – NORMAN URQUIA AND CHIARA SAMELE.
Marathon performance of the Year (male) -	This year the award goes to MARK RABBETTS, for his performances at London and Abingdon marathons, in each of which his age-grading was an incredible 80% or above.
Marathon performance of the Year (female) -	This year we have chosen to give the award to BERNIE MAHER ALLAN for her Connemara marathon – for improving her PB by over 10 minutes to 3 hours 22 mins on a hilly marathon course.
Extreme performance of the Year (male) -	The award goes to KEITH MACINTOSH for his top class performance in the CCC – this very tough Alpine race is a 101k ultra with 6100m ascent & descent). Keith came 59 th out of 1470 runners, finishing in 15 hours 35 min.
Extreme performance of the Year (female) -	The award goes to LOUISE AYLING for completing no fewer than 4 one-hundred mile races in the space of

	5 months.
Multi-sport athlete of the year (male) -	The award goes to DAVID SHARMAN – he has come very close to club records in long distance events (top 20 in the Outlaw full iron distance - 10 hours 7 mins - and half iron distance races), and winning his category in shorter events
Multi-sport athlete of the year (female) -	The award goes to ISABEL GWYTHYR for continued improvements in running and cycling but especially for completing the 7k Brownsea Island swim
Multi-sport improver -	The award goes to MARTIN DAVIES for the great progress he has made, particularly in swimming
Coach of the Year -	The Coach of the Year award is new this year. The award goes to OLWEN SEEAR – as everyone knows Olwen has shown incredible dedication to the club over the years, particularly turning out to lead the track sessions every Saturday until earlier this year.
The committee makes the Unsung Hero award each year to recognise club volunteers whose contribution is not really visible to members, but which really helps the club in different ways. This year the committee was keen to recognise a larger number of volunteers.	
Unsung hero - trophy	For over 6 years, STEVE DICKINSON has organized the club's quarterly coaching rota. That means making sure that, despite their injuries, holidays, races, and anything else that could get in the way, there are enough coaches allocated to all the club's midweek & Sunday sessions, which amounts to putting names to 91 coaching slots a quarter.
unsung hero - certificate	COLIN HARRIS - For helping with Surrey cross country results and many other things.
unsung hero - certificate	CAROLINE HELDER & CHRIS MCNICHOLAS - For services to kit – expanding the range of what's available.
unsung hero - certificate	JOHN SABOURIN - For cake, for renovating the club's benches on the Common, for taking photos & doing research for the Waffle.
unsung hero - certificate	LEE WILLIAMS - For organising & leading the club's cycle rides at weekends & deep involvement with other aspects of the multisport.
One award is given on the basis solely of the number of votes cast by members – either by e-mail or by participants at the club Christmas dinner. This year the award of Windmiller of the Year goes to DAVID AND LISA WOOD – they share the role of membership secretary, while David is a very active coach.	