

**SEDGEFIELD**

**HARRIERS**

**ATHLETICS CLUB**

**ANNUAL CLUB AWARDS**

**2014**





## AWARDS 2014

This is the opportunity for those individuals who have had an exceptional year to be recognised for their achievements. It is our opportunity to tell them how well they have done. There can be no greater feeling than for those achievements to be acknowledged by your peers.

To make the list of nominations is an achievement in itself and demonstrates that one or others in the club believed that you stood out for what you have done.

Please consider the nominations and cast your vote as soon as possible during the evening. The awards will be at the culmination of the evening.

### Club Member of the Year

Roll of Honour

2013	Marie Walker
2012	Jane Spink
2011	Diane Baines
2010	Marie Walker
2009	Jo James
2008	Marie Walker
2007	Matthew Jones
2006	Scott Hydon

### Runner of the Year

Roll of Honour

2013	Gary Thwaites
2012	Diane Baines
2011	Jason Catterall
2010	Roger Whitehill
2009	Ean Parsons
2008	Gail Bell
2007	Marie Walker
2006	Rosie Sims

### Supporter of the Year

Roll of Honour

2013	Alan Tait
2012	
2011	Vivienne Parsons/Gareth James
2010	Michelle Addison
2009	Susan Wallace
2008	Susan Wallace

### Volunteer of the Year

Roll of Honour

2013	Kevin Archbold
2012	Tim Dredge
2011	Diane Baines

### Individual Performance of the Year

Roll of Honour

2013	Matthew Jones
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### Newcomer of the Year

Roll of Honour

2013	David Round
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### Club Track & Field Athlete of the Year

Not previously awarded

### Grand Prix

2013	David Greatorex & Tracy Brown
2012	David Greatorex & Gail Bell
2011	Graeme Addison & Gail Bell
2010	(Summer) Graeme Addison & Susan Smith

### Time Trial

2013	Paul Weir and Abie Hearmon
2012	Jonathan Baines and Abie Hearmon
2011	Jonathan Baines & Gail Bell
2010	(Summer) Gary Hetherington & Gail Bell



## Nominations

### Club Member of the Year

*The Club Member of the Year is someone who has gone the extra mile for the club and the members; who does a lot behind the scenes; a driving force within the club who always seems to be around doing things and inspires and encourages others.*

#### **Votes cast by everyone at the club dinner**

#### **Paula Warwick**

Reason for Nomination: Paula has done lots of roles within the club in the last year, not least organising the annual dinner. She coaches the Mini harriers and is doing her coaching training. She's taken part in lots of training and races over the last year and has been a great asset to Sedgefield Harriers

Reason for Nomination: A hard worker, doesn't give up and extremely motivated which works as a motivator on everybody else. She's also very sociable and great at organising events and "faffing" - dress things up to make it look just the part! Generally Paula is a great girl, would do anything for her friends and one of the most genuine people to be around!

Cake-pops, organising Cross Country (I think), coaching, annual dinner etc.

Just always there doing her very best both running and helping out organising things and baking cake-pops!

I am nominating Paula because every time I look on Facebook she is competing in an event pushing herself to her limits with a big smile on her face. She has had a tough year and is running the London marathon in memory of her sister. She has drive and encourages other runners to do well too At park run she shouts " well done" and see you at the finish and has brought the "Letts family" juniors on a treat. Well done Paula

Paula gets involved with everything she can with enormous enthusiasm. She already feels central to the club and helps out with everything and is totally committed. She has organised teams, helped with races, she coaches, she's taken on organising the dinner, she's done the farmers market and farmers show etc. etc. She's an amazing ambassador for the club and great to have around.

Paula has made a huge contribution to almost every aspect of the Club this year, from organising the annual dinner, coaching at mini harriers, organising cross country teams, making cake pops to sell at Sedgefield show, decorating the venue for the junior harriers presentation evening and generally lending a hand if ever one is needed? Thanks Paula, all of your hard work and enthusiasm is much appreciated.

Paula has taken the lead on organising a number of events, frequently inspires others, and trains regularly which has led to many an occasion where she has smashed a PB. All in the face of great hardship this year. A great Sedgefield Harrier.

Paula has really helped to encourage participation in races and has taken the lead in pulling entries together like the North East Harrier League and the National Cross Country Relays she also takes part in a lot of races herself. Paula supports the junior section by coaching the Minis group every week. She has also helped to organize tonight.

Always encouraged me at training and a friendly face for the Harriers

## ***Club Member of the Year...***

### **Tracy Brown**

Just for being you!!!! :) Also for completing the mini's plan every single week even when she was out of action with her face! And for all the hard work that went in to the Serpentine race. For being inspiring and encouraging!

She gets involved with lots of different tasks for the club, always doing them in a quiet manner, never blowing her own trumpet. She's a good 'un!!

Tracy huge help to the junior section, she is the lead coach for the Mini's, doing the planning for the whole group as well as coaching. Tracy has also put on a couple of sessions for the Mini coaches to help them develop as coaches. Tracy also coaches with the Minors group, she even came along to help at the Minors Endurance challenge on a Saturday morning. Tracy is brilliant with the children and they think she's great! She also sorted everything that was needed for the Minis for the Junior Presentation evening and she helped with the preparation of the prizes for the Junior Trophy winners. This year has seen Tracy take on the role of sorting out the hall rental with the Community College, sorting the bookings and checking the invoices. Tracy is also heavily involved in the seniors section, along with Steve she organized the Serpentine Race and she has helped with some of the organizing of Annual Dinner, along with helping at senior events like the Hamsterley Marathon. Tracy you're a star!

Everywhere you look in the club Tracy is involved, helping and making things happen. Not only has she been deeply involved in the Serpentine but she has also marshalled other races. She coaches juniors and helps others to coach and coaching is a big commitment in itself. She has helped out with lots of things this year from the beer festival to the dinner - always willingly and always happy to get well involved. She makes a difference.

### **Steve Foreman**

Steve does lots of things behind the scenes for the club that go unnoticed by the majority of us, but we would notice if they weren't done. Thank you Steve

Steve has helped organize the Serpentine race along with Tracy, he has also been involved with FoSH and became a trustee for them. Steve regularly supports Harriers events, like the Hamsterley marathon and the Minors Endurance challenge.

Steve has become an increasing part of the club over the past twelve months and has taken on and got involved in many things including major things like Hamsterley Marathon marshalling, setting out the course at the Neptune Relays and Race Director for the Serpentine and in addition helping out in many ways with things like trophies, serving at the beer festival, becoming a Trustee of FoSH. These are the countless things that go on behind the scenes that need someone to help with and are essential for a club to work.

### **Louise McAlpine**

Her welcome & continued support & encouragement week after week to everyone who comes along to Happy Feet Joggers, making each session varied & fun (yes, even the hills!!!). Also I don't think I would have finished my 1st 10K (Tees Pride) if she hadn't been beside me all the way, reassuring & convincing me I could & would do it.

Louise has been the driving force behind Happy Feet Joggers and has provided a warm and welcoming environment for people who want to run but may not have the speed, the confidence or the fitness to join the "Big Harriers". She has widened the appeal of Sedgefield Harriers to a group who might otherwise never have joined a running club. From a personal perspective, I have benefited not only from the opportunity to become fitter and leaner but also in developing a network of friends in the local community. Unfortunately, I cannot join the Annual Dinner due to other commitments but I hope to hear that Louise's enthusiasm, commitment and hard work have been recognised in your awards.

For always inspiring others to try their best and for having an infectious passion for running. Louise is always encouraging people to participate in extra events - both in a running and social capacity.

## ***Club Member of the Year...***

### **Scott Hydon**

Scott commits so much of his own personal time to the endurance group. The kids do appreciate you, but I don't think you realise how much!! But I can only say thanks as if it wasn't for your commitment my daughter would not have got to English Schools, which was an experience she will never forget.

### **Marie Walker**

Marie puts a lot of time into the club but never complains. She sorts out juniors training plans and goes on many training courses to keep up to date as well as her own job and looking after 3 children. She also sorts out senior social runs. I wish I was as organised.

Marie seems to be everywhere helping out and giving up so much time to help keep the club going forward.

### **Tracy Glaister**

Amazing improvement all year in all the races she has ran, a great lass and always there to give advice and lend any support for the seniors and juniors.



## Nominations

### Club Runner of the Year

*The Runner of the Year will be someone who has trained hard, attended regular sessions, raced a lot in the club vest and represented the club, performed well, achieved pb's, and inspired and enthused others.*

#### Votes cast by club members at the club dinner

##### Dave Sawyer

His dedication & commitment to a superb year of training & competing in so many amazing events. What an inspiration to us all, showing everyone what can be achieved if you believe in yourself.

Solid determination to achieve whatever he sets his mind to. Never complains and ever the positive man! And his positivity rubs off on others and motivates anyone who runs with him. An inspiration!

Well, he is just amazing. He set out his goal for the year and smashed it. And what an amazing and nice man he is too.

This might be one of the last times that ordinary is mentioned in the same sentence as Dave Sawyer, from ordinary bloke to extraordinary endurance athlete, Dave has achieved so much this year and we have enjoyed sharing this with him. Dave really is an inspiration to others although we do still think that he is slightly mad. Well done Dave, you have had an incredible year of running

Very easy decision. All I know is my life is better for knowing David Sawyer and he has inspired me to push on and try things I never thought possible.

Does it really need a reason? LEGEND!!! Not just for what he has achieved but too come this far in that short space of time is unreal. Well done

Dave has not only inspired many people in the club - but has also achieved a massive ultra-run this year - he is a true inspiration.

There's not enough space in this box to say why I'm nominating David. His achievements this year are remarkable. He set out with his crazy plan at the start of the year and he has never wavered from it never complained and has calmly and quietly completed everything he set out to do. He is an inspirational person and I am proud to say that I know him.

Dave has put in a great deal of effort this year which has helped achieve many of his running, and health goals. A truly inspirational and dedicated character who has pushed others on to their own targets.

For his exceptional performances & charity fund raising over the year including 5 marathons

Er, do I really need to give a reason?

The amazing Mr. Sawyer, nothing else to say.

What can I say, what a year! A regular at all training sessions, loads of races and the icing on the cake his run from Sedgfield the Bamburgh. Truly awesome, truly inspirational.

## ***Club Runner of the Year....***

### **James Oldfield**

Because he is fast and that helps if you want to win stuff.

### **Chris Lines**

Chris has had the bit between his teeth this year, turning out consistently at a lot of events - which is what it's all about - and competing well and encouraging everyone else.

### **Paul Weir**

Paul has ran countless times for Sedgefield Harriers and produced some outstanding times. His commitment to training is second to none and with this hard work produces his fantastic times.

Paul displays an admirable dedication and commitment to his running to be the best that he can. He has represented the club in a huge variety of events and races and always pushes himself to succeed and achieve amazing times. Paul always seems to do this with a smile and always makes the effort to enthuse and cheer on us slower runners as he sprints past!

For always pushing hard and trying to be the best he can be!

### **Paula Warwick**

Her time improvements have been phenomenal. She has become a coach and has organised many events within the harriers for the ladies team and managed to get teams together for several relays as well as organising the Christmas sportsmanship dinner presentation. Paula has had a difficult year but always managed to remain positive she deserves to win in Paula's own words I always nearly win but never quite manage to let's make it The year Paula does win!!

### **Gary Thwaites**

Gary has continued to improve and has achieved many PBs this year, but always remains humble in his achievements. A true gentleman.

### **Gary Austin**

Gary Austin this year has come back from injury and really picked up his training, very focused on his goals, he has managed to get a PB in 5K, 10K and half marathon along with completing his first marathon in 3.24.

Gary has had a superb year of achieving PB's, and completed his first marathon in a fantastic time 🐾

### **Tracy Glaister**

Tracy has turned out for lots of training and races. She has achieved PB's over several distances and her enthusiasm for running is infectious- you are laughing all the way around when Tracy is there!

Turning up to almost every session, putting in 100% and supporting fellow runners, First female home at the Handicap and Serpentine race. You can rely on TG to make a team for any race, XC's, Road relays, Sprint relays, NYMAC relays and Crook relays - even at the shortest notice!

Tracy has continued to improve over this last year. She works hard in all her training session and this has got her some great PB's.

### **Graeme Addison**

Graeme Addison deservedly gets nominated every year for Runner of the Year but he's not won yet. Nevertheless it is a great achievement to be nominated. Graeme goes his own way in training and racing and often trains on his own. Despite doing so he clocks very credible performances in all sorts of races from marathon to 10k to fell. He is very consistent and makes no fuss about it and is a fantastic ambassador for the club.



## **Nominations**

### **Volunteer of the Year**

Recipient will be a member of the club or a stakeholder in the club which may include coach, a parent/carer or a volunteer.

*The recipient will have put themselves forward to help out when needed and always seems to be there and be involved. The type of person that we can't do without.*

**This award is made by the club committee**



## Nominations

### Individual Performance of the Year

*This will be awarded for a stand out athletic performance by an individual that may be a club record, a pb or an achievement of a personal goal.*

#### Votes cast by club members at the club dinner

##### Dave Sawyer

Achievement of an incredible challenge. Just unbelievable!

Running 5K parkrun Saturday 25th October then running throughout the day & night to then compete in the Castles Half Marathon the following day - amazing performance!

240 mile challenge, but mainly the last challenge of Sedgefield to Bamburgh.

He's had an amazing running year and an inspiration - 90 miles in 30 hours???? Crazy Diamond!

31 hours!

The only person in the club that I know of to put themselves through this .....From PAIN to JOY .... And I hope a lot of fun and memories, cheers Dave!

Dave's journey this past year has been incredible. Marathon after marathon, mile after mile Dave has run an unthinkable amount of miles, all leading to his epic 90 mile run.

He did the unbelievable and from the photos that I could see, kept a bright smile on his face throughout. A truly epic performance that does not need mentioning it was that iconic. Very much the beginning for Dave too given his plans for others including the Western States!

Dave's story, dedication and thirst for a challenge is incredibly admirable and I think this is the perfect award for him! The way he has challenged himself, both physically and mentally over the year is an amazing achievement - I look forward to hearing what his next challenge will be!

Again does it need a reason? For a man to run a parkrun, then run all the way up to Bamburgh to compete and finish a 90 mile trek by doing a half marathon. Insanity of the year, not performance 😊

Sedgefield to Bamburgh, 30 hours, 100 miles. Don't need to say anything else.

It just has to be Dave, to run a 5K then to keep running for over 80 miles over night to then after a 10 minute break to run a half marathon, Run Dave Run!!! Awesome!!!

Because he is MAD

Got to be the 100 miler. Others maybe faster, but the mental toughness and endurance that was needed to complete his challenge was phenomenal!

## ***Individual Performance of the Year...***

### **Justin Cox**

This is not for one particular performance, but Justin performs at a very high level at every distance. We have great athletes in the club, but over every distance Justin produces fantastic times. The climax for me was his sub 2:50 time at York Marathon.

### **Gary Hetherington**

Gary has been struggling with injuries for a couple of years and hasn't been able to perform anywhere near his best. As ever, he has continued to take Wednesday evening sessions, but for much of the last year he didn't participate fully. Even when he did start to run during the sessions, he was some way off his best pace. Then a few weeks before the Great North Run, his brother offered him his number (don't tell Brendan!). So, for the first time in several years, Gary lined up at the start. I'll be honest - I set off ahead of him and didn't expect to see him again until I got to South Shields. So, I was slightly surprised when he breezed past me at the three miles mark. He said hello, offered me a drink, squirted that same drink at some of the kids lining the route and went on his merry way, disappearing off into the distance. I did indeed see him in South Shields - of course he had already been there for a little while when I arrived. It was a timely reminder of how good a runner Mr Hetherington is - he rolled back some of the years, got into a rhythm and clocked in at 81 minutes on minimal training. Form is temporary and all that. Brilliant Gaz!

### **Gary Austin**

I was very impressed with Gary Austin's 3:26 run at York. People rarely achieve anywhere near their potential time at a first marathon and can often be up to half an hour away. Gary is undoubtedly capable of a quicker time but he ran York outstandingly and clocked a time he can be very proud of.

### **Gary Thwaites**

Amazing first ultra-marathon this year in a fantastic time, unbelievable 😊



## Nominations

### Club Track & Field Athlete of the Year

*This will be awarded to a club member who has represented the club well in track and field disciplines or has given an outstanding individual performance.*

#### Votes cast by club members at the club dinner

##### Jane Spink

Jane turned up at NYSD to do both javelin and track events. Jane as usual made it look easy. Both of my children were inspired by Jane and asked why I wasn't taking part as I should also represent the club. I have now competed in my first track event and shall compete next year. Jane you were an inspiration!!!!

Jane has competed in the 600g javelin at Darlington in June and her throw of 26m 38cm ranked her 7th in the UK for her age group, well done Jane!

##### James Oldfield

It doesn't matter where James has competed this year. He's put himself and Sedgefield harriers on the map with his incredible performances over a variety of distances- just amazing!

He turned up at the NYSD league and competed in as many track events as he could even though he was the only senior from Sedgefield entering the races with the odd exception.

James has represented the club in different Athletic Events and always tries his hardest. He has had a go at some new events this year, out of his comfort zone, including the 100m and isn't phased if he doesn't do as well as he'd hoped. Instead he uses this to challenge himself to get better and just looks forward even more to the next event! James has thrown himself into the track arena this year, despite his inexperience, and has given his best over a number of sprint, and long distance track events with much success! Bring on next season!

Outstanding year overall this year but three records achieved on the track this year is brilliant. Well Done 🖐

##### Geoff Hill

The picture of the Jarrow sprint relays on the club site. Perfect form!

##### Jason Catterall

I think that a lot of Harriers are unaware of the achievements of the Ferryhill Flyer this year. Jason has dedicated himself to the track and he's reaped the rewards of real dedication and graft. I don't have all of the details to hand, but Jason has bagged loads of wins and other top three finishes in sprints - he's become a leading veteran in the region. His nickname has never been more apt!



## Nominations

### Newcomer of the Year

*The Newcomer of the year will be someone who has got involved and made a big impact in the club with their contribution of support or who has made a big impression with their commitment to athletics and their individual performances.*

#### Votes cast by everyone at the club dinner

##### James Oldfield

James is always cheerful whether at training or racing, he seems able to effortlessly move between track, road, & trail and can achieve success at a wide variety of distances. A good team player too!

James has brought a passion and enthusiasm for running to the Harriers which has pushed him forward to break many a PB. He has performed at a very high level, frequently attends training, and is set for greater things next year! Well done James!

Amazing athlete and all round nice guy.

For braving the 'Sedgefield Harriers too short shorts!' And for all his great times, especially Redcar Half Marathon!

He is amazing and achieved so much this year. After overcoming illness, he has pushed himself to good health through his exercise and fitness. Well done James

I feel James has made a positive impact on the club since he has joined, representing the club in a wide range of events and always striving for a PB. James thoroughly enjoys attending the training sessions and since joining the club has achieved new PB's in his 5k, 10k, 1 mile and half marathon races. He is incredibly committed to athletics and his individual performances.

James has made incredible progress this year competing on the track and in marathons wearing his (special) harriers vest with pride.

"The whippet" Another who has gone from strength to strength all in his first year Club records beware, this lad is going to break a canny few

I couldn't believe that James only runs three times/week! He's already records very impressive times and can only improve. In addition he is very keen to compete for the club and has got involved where he can straight away.

James has hit the ground running (sorry!) since joining the club earlier in the year. He has excelled at almost every distance, from sprints on the track to half marathon, and in cross country too. And of course, he added in the small matter of that epic cycle ride. James has quickly become a Harriers star, yet remains very modest. In fact, I reckon that the rest of us have more confidence in his ability than he does. Once Mr Oldfield really starts to believe that he can win races, he will start doing so.

Since James has joined the club he has been keen to race with a Sedgefield vest (he even made his own!) James is a regular at training sessions and races, and is a brilliant runner. He's performed well at a lot of races, on track, road and cross country, he has also come in the top 3 at a few trail races.

A great addition to the club and an inspiration to us all, having had the previous few years that James has had. Always encouraging and always nice to be around.

Outstanding first year at the harriers, records, fast times etc. and always ready to support the team

## ***Newcomer of the Year...***

### **Alda Hummelinck**

Alda has given everything a go since joining Sedgefield Harriers and has steadily improved her running

### **Tracy Glaister**

Great performances. Massive improvement over the year. Parkrun age grade of over 68% & with potential to go faster. Always cheerful. A great asset to the club.

It's about a year since Tracy joined the Senior Harriers and is now probably one of the most regulars at all the training sessions and races. Tracy has also just recently started to help with the Junior Endurance group.

### **Ray Carmichael**

Is he new? I think he is, isn't he? Anyway he's a really good runner and he helps out a lot.



## Nominations

### Supporter of the Year

Recipient will be a family member or friend of a fully paid up member of the club.

*Who do you think deserves to be recognised for coming to races, giving lifts, washing kit, going round running shops, listening to runners' woes and injury tales?*

#### Votes cast by everyone at the club dinner

##### Paul Glaister

Paul was not a Runner but chauffeured both seniors and juniors to many events all over the UK, and of late because of running has taken an interest in photography and has taken many of the latest photos. As well as supporting Dave recently throughout the night (and was questioned by police of why he was stopped in the middle of nowhere!!!) He was kind of forced into running because of family, if you can't beat them you might as well join them!!! But he became injured and has not been able to compete for many months.

Has been injured for a long period of time and unable to run but has still turned up to events and taken photos and supported people. Also spent a good portion of the night supporting Dave and Ean as the backup vehicle on Dave's challenge.

Attending races with his not very forgiving camera! Giving lifts to runners even when he's not running himself e.g. XC's in Mansfield and Liverpool!

As a Dad of 2 Junior Harriers and husband to a Senior Harrier it meant Paul did a lot of standing around and cheering, so he joined the club himself but only to be hit by injury and is now back standing around again, so he has now taken on a new supporting role as the Harriers photographer!

Of course, Paul is more than a supporter - he's a keen club runner too! However, I think he really deserves this award for all of the extra 'stuff' he's done this year, helping out with junior and senior events, cheering from the side-lines when not competing himself and capturing loads of great photos.

Always taking superb pictures of races and supporting team events etc, especially as he has been injured for most of the year 🍷

##### Louise McAlpine

Consistent support and encouragement for beginners. Her nurturing of and enthusiasm for HFJ should be commended!

Louise started HFJ and constantly encourages us all to improve our running via training sessions and messages. She supports us as athletes and friends Our PB's at park run are improving and several of us have moved onto 10k and cross country events and she come out with us to do extra training, pushing us further and further to go quicker and improve our running techniques. She is undertaking a coaching course to learn more and every week she brings something new to try on us. Even in the dark and the rain, 10 of us turned up smiling and laughing. She just motivates us to keep it up. Well done Louise

##### Helen Letts

Helen has supported many of the Happy Feet Joggers, including her inspirational daughter Georgina. She also regularly motivates and supports other Harriers to train and to take part in races. Well done Helen.

## ***Supporter of the Year...***

### **Kate Oldfield**

Kate has been a great supporter at many events I have run at, but not only supporting me she supports all the Sedgefield Harriers that have turned out to run. From marathons to cross country to track, Kate has been there cheering everyone on.

### **Angus Hearmon**

Supporting the rest of the Hearmon family runners, doing race entries, ordering kit, and ensuring a good hot meal awaits us on our return from races and training! Even catching the bug and doing a few 5k trail races and parkruns himself

### **Dave Sawyers Epic Run Support Team**

It was great to see how so many people responded, almost spontaneously, to support David Sawyer on his epic run to Bamburgh. A lot of people gave up their weekend time and came good with sustenance, support and navigational skills to see Dave through and some assistance rendered was almost beyond the call of duty! There was a team spirit around the whole event that will live long in the memory. If David was the astronaut this was the team that put him on the moon!

### **John Haycock**

Without John's help many of the junior endurance group's training weekends and days would not have been possible

### **Chris Hearmon**

Without Chris' help many of the junior endurance group's training weekends and days would not have been possible