

'Weedall Wonders 'W'Oscars 7'

Friday 4th December is the date of our 7th Christmas Party. Part of the evening will be our 7th Awards Ceremony – *The Weedall Wonders 'W'Oscars 7* (***Tickets are available now***). As normal, it will hopefully be a load of fun with a few surprises thrown in!! However, as usual the three main serious Awards of the evening; The Weedall Wonder of the Year; The Most Improved Athlete of the Year; and The Best Weedall Wonder Performance are voted on by the group.

Listed below are the nominations for each category – Just complete the form at the bottom with who you want to win in each category and return the form to Goffy, Tom or Bernie.

"Weedall Wonder of Year" Nominations

Dave Gough and Mark Thornley

A great effort saw the terrible twins cycle all the 897 miles from Lands End to John O'Groats in aid of Dystonia Society.

Paul Clutterbuck

Prepared to travel anywhere for a race. The tougher the course the more he enjoys it. Sets an example for all of the group to follow by thoroughly enjoying his running.

Tom Annable

What hasn't he done this year! Sorted out a new website; sorted out training sessions; organized teams for races; attended the dreaded club committees; developed relationships with the junior section – and he's ran well as well!!

John Davies

Took over organizing the sessions when Bernie stepped down. Provided a different challenge and a fresh impetus to the Group. It even got him back racing.... For a short time!!

Darren Cottier

Darren has provided some expertise and quality to the warm up part of training and can always be relied upon to turn for a team event/relays etc.

"Most Improved Weedall Wonder" Nominations

Carole Williams

Continued her development through 2009 with numerous PB's and enjoyed her first full cross country season, even competing in the National Champs.

Rob Olliver

Rob has made steady progress since he joined the group and has achieved some good results including his excellent performance in the Sandstone Trail and a sub 1.30 ½ marathon PB.

Jo Molyneaux

Took up triathlon this year, and has improved her running despite spending a lot of time in the water and on her bike. Some good results and another one to do well at the recent Sandstone Trail.

Tom Armstrong

Another of the Tesco crew who in a short space of time has developed from a bandy legged footballer who smoked into a consistent road runner with some good times all the way up to 20 miles.

Helen Smith

Helen has become a regular member of the group over the past couple of years, always working hard in training, and is now starting to reap the rewards with plenty of PB's.

"Weedall Wonder Performance of the Year" Nominations

Stuart Doyle – Another great season culminating in 2nd place in the Cheshire Grand Prix. Nominated for his consistency over a long season rather than one specific race.

Pauline Davies – Never got her true rewards for a great race at the Spenborough 20 – she still says she should have been athlete of the month - (and she's right)

Colin Rathbone – Only Colin could be unhappy with picking up an age group medal at the London Marathon. Despite his disappointment at not winning, it was a tremendous performance

Andy Gibbs - Competes infrequently but when he does he performs at the highest level, picked up a Silver medal in the British 5k Championships, resulting in selection for his England debut in the International XC in Birmingham.

Gemma Barnett – Like Stuart another to have a great season culminating in 3rd place in the Cheshire Grand Prix. Not bad for someone who has been competing for such a short time. Consistent over all distances.

Award

Nomination

"Weedall Wonder of Year"

"Most Improved Weedall Wonder"

"Weedall Wonder Performance of the Year"

Signed.....Print Name.....

Please Return to Goffy, Tom or Bernie by no later than Friday 20th November 2009.