

## ENDURANCE AWARDS FOR PERFORMANCES FROM 1ST OCT 2009 UNTIL 30TH SEPTEMBER 2010

<u>Award</u>	<u>Winners</u>
<p><b>CHAMPIONSHIP TROPHIES</b> Based on fastest times over the following distances: 2 x 3km-5miles 2 x 10km 1 x 10 miles</p>	
FEMALE VET 35	JILL RUSH
FEMALE VET 45	HELEN FRANCES
SENIOR MALE	GAVIN ALLEN
MALE VET 40	WAYNE BULLEID
MALE VET 50	JOE MCEWAN
<p><b>CHALLENGE TROPHY</b> Awarded for outstanding effort and performance over the following distances: 2 x 10km 2 x 10 miles 2 x Half Marathon 1 x Long (must be min 15 miles or over)</p>	
SENIOR MALE	RYAN ASKEW
MALE VET 40	TREVOR SIBLEY
<p><b>MOST IMPROVED TROPHY</b> Awarded for improvement over the following distances: 2 x short races ie 3km - 5 miles 2 x 10km 2 x 10 miles or over</p>	
SENIOR FEMALE	FREYA ROWLING
FEMALE VET 35	LINDSAY ROLERKITE
FEMALE VET 45	HELEN FRANCES

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SENIOR MALE	STUART ELLIS
MALE VET 40	PAUL MILLER
THE PB CHALLENGE TROPHY Awarded for the most PBs achieved over any distance (Male or Female of any age category)	LINDSAY ROLERKITE
SENIOR CROSS COUNTRY	MARK FRIBBENS
JUNIOR CROSS COUNTRY	DAISY SOLOMON & SOPHIA DISS
800M	JAMES MCLEOD
1500M	CHLOE BECKETT
3000M	JILL RUSH
MARATHON	SIMON MENNELL