

REEPHAM RUNNERS NOMINATIONS FOR 2018

Most Improved Runner for 2018 – Male	Tim Suswain x 13 Jon Thetford x 5 Greg Pearson x 4 Rob Greeves x 3 Steve Smith x 1 Noel Meeks x 1 Julian Trott x 1
Most Improved Runner for 2018 – Female	Hilary Peachment x 5 Hayley Thompson x 4 Jenni Van Rae x 3 Ursie Webber x 3 Paula Lawson x 3 Julie Wade x 2 Abi Grand x 1 Sam Ward x 2 Anna Jolly x 1 Jean Gowing x 1 Clare Self x 1 Shayney Blyth x 1 Pippa Crosby x 1
Volunteer of the Year (not a Committee Member)	Andy Hawes x 7 Carl Willimott x 5 Noel Meeks for Park Runs x 5 Mike Jolly x 4 Richard Bulman x 3 Jo West x 2 Jason Lawson x 1 Rob Groves x 1
Best Individual Performance – Male	Jon Thetford (PB & half marathons) x 6 Sam Kingston (Marathon des Sables) x 5 Dom Blake (Norwich & Liverpool half marathon) x 5 Shaun Hurr (RNR with fractured back) x 4 Tim Suswain (Broadland half marathon) x 2 Jon Beverley (for RNR stage) x 2 Mike Jolly x 2 Nick Bowden (for RNR stage) x 1
Best Individual Performance – Female	Nina Atkinson (Amsterdam M) x 10 Charlotte Mears (London Marathon) x 4.5 Ursie Webber (Peterborough half marathon) x 4 Paula Lawson (fritton lake trail run) x 4 Jenni Van Ree (Broadland Half marathon) x 3.5 Pippa Crosby x 2
Least Improved Runner (One off for this year only – voted by Committee!)	Rob Groves
Best Performance at the Round Norfolk Relay	Andy Hawes – Charlotte Mears Richard Bulman – Peter Gowing