

Individual Awards

Individual Awards for 2025/26 season					
We apply several criteria to work out the awards.					
1) You can only receive 1 award					
2) You have to compete in at least 4 fixtures to be eligible					
3) You receive the award for your highest placing					
4) If you are in the same position in multiple categories:					
a) Seniors before U23 before Universities. The logic being the number of competitors drops from Seniors through U23 to Universities					
b) For the age groups, you get the award in the youngest age group					
5) If you tie with someone on points. Whoever finished first in fixture 5 wins					
The grey lines below help to explain how the above criteria are applied					
Under 23 Women (58 competed in season)					
		age group	club	points	fixtures
1	Sian Duval		University of the West of England	101	4
2	Beatrice Rusby		University of Swansea	81	4
3	Caitlin Jones		Pontypridd Roadents Athletic Club	81	Beatrice beat Caitlin in final fixture
University Women (35 competed in season)					
		age group	club	points	fixtures
1	Maddison Griffiths	23	Cardiff University AC	35	4
2	Elise Hollis	23	Bristol University	28	4
3					No other athlete completed 4 fixtures
Senior Women					
		age group	club	points	fixtures
1	Lucy Williamson		Parc Bryn Bach Running Club	1465	
2	Nynke Kuiper		Les Croupiers Running Club	1450	
	Louise Flynn	35	Les Croupiers Running Club	1427	1st W35
3	Kani Hinshelwood		Parc Bryn Bach Running Club	1413	
7	Miranda King		Bristol and West Athletic Club	1405	
Women Masters 35					
		age group	club	points	fixtures
1	Louise Flynn		Les Croupiers Running Club	1052	
	Annabel Granger	45	Bristol and West Athletic Club	1046	1st W45
2	Katerina Adams	45	Spirit of Monmouth	1016	2nd in both W35 and W45 - receives award in younger age group
3	Julie Chamberlain		Cardiff Amateur Athletic Club	992	
Women Masters 45					
		age group	club	points	fixtures
1	Annabel Granger		Bristol and West Athletic Club	718	
	Katerina Adams		Spirit of Monmouth	703	2nd W35
3	Sandra Chipper		Liswerry Runners	694	
	Niki Morgan	-55	Chepstow Harriers	667	1st W55
3	Tanya Chowdhury		Bristol and West Athletic Club	619	
Women Masters 55					
		age group	club	points	fixtures
1	Niki Morgan		Chepstow Harriers	330	
2	Mel Holliday		Taf Running & Orienteering Teams	310	
3	Liz Richards		Caerleon RC	308	

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Women Masters 65			age group	club	points	fixtures
1	Linda	Woodland		Neath Harriers	65	
2	Helen	Williams		Llanelli Amateur Athletic Club	60	
3	Lindy	Geyer		Taf Running & Orienteering Teams	59	4
Under 23 Men (93 competed in season)			age group	club	points	fixtures
1	William	Stewart		Bristol University	156	
2	Badr	Alainzay		Cardiff Amateur Athletic Club	145	
3	James	Palmer		Bristol and West Athletic Club	129	
University Men (54 competed in season)			age group	club	points	fixtures
	William	Stewart	23	Bristol University	95	1st M23
1	Matt	Grantham		Parc Bryn Bach Running Club	91	4
2	Edward	Roberts	23	Bristol University	67	4
3	Fin	Mowat	23	University of Swansea	64	4
Senior Men			age group	club	points	fixtures
1	Phil	Matthews	45	Parc Bryn Bach Running Club	2079	
	Chris	Green	35	Wells City Harriers	2035	1st M35
	William	Stewart	23	Bristol University	2034	1st M23
2	Tom	Flitcroft		Les Croupiers Running Club	1991	
	Daniel	Bodman	35	Parc Bryn Bach Running Club	1982	2nd M35
	Badr	Alainzay	23	Cardiff Amateur Athletic Club	1979	2nd M23
	Robert	Stewart	35	Bristol and West Athletic Club	1979	1st M35
3	Alex	Coombs		Wells City Harriers	1950	
	James	Palmer	23	Bristol and West Athletic Club	1937	3rd M23
4	Ben	Kennedy		Les Croupiers Running Club	1934	
Men Masters 35			age group	club	points	fixtures
	Phil	Matthews	45	Parc Bryn Bach Running Club	1431	1st SM
1	Chris	Green		Wells City Harriers	1421	
2	Daniel	Bodman		Parc Bryn Bach Running Club	1216	
3	Robert	Stewart		Bristol and West Athletic Club	1219	
Men Masters 45			age group	club	points	fixtures
	Phil	Matthews		Parc Bryn Bach Running Club	778	1st SM
1	Martyn	Rowling		Aberdare Valley A.A.C	883	
2	Matt	Jacklin		Aberdare Valley A.A.C	863	
3	John	Perkins		Amman Valley Harriers	853	
Men Masters 55			age group	club	points	fixtures
1	Jeff	Wherlock		Llisswerry Runners	330	
2	Marcus	John		Pembrokeshire Harriers	326	
3	Douglas	Briggs		Chepstow Harriers	317	
Men Masters 65			age group	club	points	fixtures
1	Richard	Bullen		Les Croupiers Running Club	257	

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3	David	Coles	Les Croupiers Running Club	242					
4	Steve	Williams	Neath Harriers	234					